



Rescuing Goldens in Central Texas for Over 16 Years

Trouper 15-016 and
Tiara 15-017

MARCH 2015

From Margo, GRR President



This month I'd like to spotlight our many volunteers who generously give their time and efforts. I've said it before and I'll say it again --- the joy of this work comes back to all of us a hundred-fold. You make a difference, every single one of you. Volunteering is the quintessential opposite of caring for ourselves and is a stark contrast to the people we were before we started this work. What a blessing all of you are!

Please mark your calendars for our **Volunteer Appreciation Gathering**, Sunday, April 19th from 2:00-4:00. More details coming soon.

In this edition, read testimonials from our volunteers, learn about introducing dogs to one another safely, see how our darling Elmo (14-116) is doing, and much more!

Again, thank you for helping to make a difference in the life of a golden.

Best,
Margo

Help GRR on Amplify Austin Day: March 5 – 6, 2015



Amplify Austin is a community fundraising event that connects Central Texans with local non-profit organizations. It's part of the "I Live Here, I Give Here" movement.

Please help spread the word about GRR. Think about it: if 100 people donate \$10, that's \$1,000 dollars that will fund vaccinations for 12 dogs. 500 people donating \$10 is \$5,000....you get the picture. Small amounts add up quickly. It's easy to help:

- **Email, text** or **call** family, friends and co-workers about GRR's participation in Amplify Austin.
- Post on your **Facebook** page (not just the GRR FB page)
- Upload video to **YouTube**
- Paste photos on **Instagram**, and **Tweet!**

Remember: When you share via Facebook, Twitter, Instagram or other social media, please add #AmplifyATX and #AmplifyGRR to your posts.

While the official Amplify Austin Day kicks-off at 6 p.m. on Thursday, March 5th and runs to 6 p.m. on Friday, March 6th, **donations can be made now** at this special [Amplify Austin GRR page](#) which includes info and photos of our Goldens. Check it out.

This is the actual link to include in your posts and messages: <https://amplifyatx.ilivehereigivehere.org/goldribbonrescue/overview>

Thank you for helping **Amplify Gold Ribbon Rescue!**

If you have questions, email Paula at prellis@austin.rr.com

Upcoming Events

Volunteer Training
-March 7
Austin
Contact
Sheila at
sheila@grr-tx.com

Spring Splashfest at The Quarries
- April 11
Stay tuned!

Volunteer Appreciation Gathering
-April 19
2:00-4:00
Stay tuned!

Valentine's at the Zoom Room!



Goldens had a blast at the GRR Valentine party! Thank you to all who attended. Thank you so much to Michelle Mendoza and [The Zoom Room](#) staff for hosting us again this year!! They donated the space, provided beer and wine, and cleaned up all that hair! Thank you to [Cody Ash Photography](#) and to [Brushstrokes Pottery](#) for the fun activities. The support from these local businesses is so greatly appreciated! Lastly, thank you to Michelle Goldberg who organized this annual event.



Why We Volunteer with GRR

"I volunteer with GRR because, through the adoption process when we adopted our Harry in 2007, I realized what a great organization this is. It is amazing to see the difference that an all-volunteer organization can make in the lives of dogs and loving families. The process of screening adoptive homes and vetting and evaluating foster dogs makes it easier for GRR to make such magical matches. It is obvious that this organization has the dogs' best interest in its mission and in the hearts of every member and volunteer. I get a sense of fulfillment out of my small part of helping every GRR dog in need find the perfect fur-ever home." - **Susan Wilson**

"I volunteer for Gold Ribbon Rescue (GRR) because it brings me so much joy to see how the Central Texas community rallies around dogs who are truly in need. GRR goes to great lengths every single day to ensure that Golden Retrievers throughout the state find loving, stable forever homes - at the same time, this organization brings happiness to families who are looking to welcome that perfect canine companion into their lives. GRR is an organization with extraordinary people and even more extraordinary dogs - take a moment to learn a little bit more about what GRR does, and I think you'll agree that this organization makes a positive impact for dogs and humans alike!" - **Stephanie Hertz**

"When I adopted Sophie, I was so impressed with this fine group of people who are passionate in their resolve to rescue, foster, and match these kind and beautiful dogs. I was completely taken in. Even if my part is small, I hope that I make a difference in the life of a needy dog or a loving family. Being a volunteer with GRR has given my life a richness I did not have before and it is an honor to give my time to such a wonderful cause." - **Dawn Marie Rae**

"I have been asked how in the world did Ron and I get involved in GRR? It is very simple: we fell in love with a dog. Charlie needed us and we needed him. He had quirks just like most 'second hand' dogs do, but he was loving and fun and beautiful. About 150 volunteers spread out across the whole middle of Texas lovingly open their homes, buy food and toys and beds and do their best to get a dog ready for a forever second-chance family. Much good work happens in an organization built around the tenets of 'do your best for each dog and for each family'. Generous in spirit and resources, GRR is an organization that makes us feel proud to do our very small bit." - **Karen Mattison**

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donate to
GRR at the
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Join GRR:

Click this [link](#)
to join or
renew your
membership

Dog of the Month: Truman (14-037)



Status: [Available for Adoption](#)

Male/Age 8/Weight 70lbs

Type of Surrender: Owner turn-in

Meet Truman, aka The Official Door Greeter! He is a sweet eight-year old who has a lot of energy and playfulness about him. He has overcome his anxiety when riding in the car and will high-five you any time you're around. One of his favorite things to do is walk with his companion. A no-brainer there! He loves to take walks and we think he'll high-five you to get going with the leash action. He has learned to walk very nicely on a leash, thank you very much! While some people might overlook Truman for not being 100% Golden, we can assure you that he's 100% heart!

Truman is available for adoption. If you are interested in Truman, please fill out our application [here](#). If you have already applied, have had your phone interview and your home visit, please contact Paula Ellis at prellis@austin.rr.com.

How Can You Help a Golden?

Make a [tax deductible donation](#) to GRR

Become a [monthly donor](#) --- it's easy.

Volunteer – lots of exciting opportunities

Foster – helping a golden is rewarding

To volunteer or learn more, contact Sheila at

Volunteer Spotlight: Lisa Westergard



Annabelle, 10-040, Hunter, 14-041, and Boone

How long have you been volunteering with GRR?

I have been volunteering for 4 years, or since 2011.

What made you want to volunteer with GRR?

We adopted Annabelle, 10-040, and shortly after wanted to help these awesome dogs find a better life.

What volunteer position do you hold?

I do a few different tasks for GRR. Phone interviews for adoption applications, hotline, intake evaluations, and transports.

About how many hours do you typically spend volunteering in this position?

Depending on how many dogs we get in each week, and need to be transported, anywhere from 1-4 hours a week.

What is your favorite part above all?

No question, it is watching the transformation of the "train wrecks" turn into spoiled family members. I have had the privilege of evaluating a shelter dog that undoubtedly would have been put down, but ended up being the best friend to a loving family.

Describe a cute/funny/interesting story while volunteering in this position.

Well, although a bit embarrassing, I evaluated a dog (apparently not very thoroughly) and reported it as a female, when in fact it was a male. So 'Trudy' became Truman.

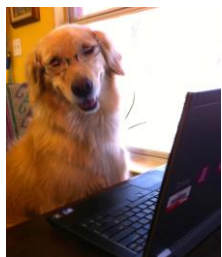
Give one piece of advice for volunteers interested in serving in this position.

Just do it! It is so rewarding to help these unconditionally loving dogs get to the right families and go on to live a great life.

What are one or two words that describe your experience while volunteering with GRR?

Making a difference.

To learn more about volunteering with GRR, send an email to Sheila@grr-tx.com.



Dear Goldie:

Introduction and disclaimer: Dear Reader, The 'Dear Goldie' column offers advice on issues behavioral and medical, and are written from the **dog's first-person perspective**. I have researched a great number of articles on the internet -and from you- before I formed the issue for this month. I am not an expert, but I do my research. If you have any sample issues for the column, please drop me an [email](#). I promise to make the question and answer fun but informational. Enjoy! - **Dawn Marie Rae**

Hero (Sherry Keller)

Dear Goldie, I love human food. My favorites are steak and fried chicken and French fries – yum, yum, yum! The minute my human parents start cooking I am literally drooling right there on the kitchen floor, it smells soooo good. Eventually, it's time to eat and I right away put on my 'game face'. You know the one. Batting my eyelashes, looking all sweet and innocent. I roll my eyes and everything - no shame. And then? Here comes my treat, YAY! My problem is this. There are some days that I don't get even ONE single treat from the table no matter what I do. This is very frustrating. Please help me out!

-Hungry in Helotes

Dear Hungry, I doubt you are starving, but one thing to remember in your quest for human food is unexpected weight gain. They don't eat YOUR food! But, there's good news. There are a number of things you and your human parents can do. Let's start with the best one. 1) You can patiently wait until they are done eating in another place other than the dining room and get one of your own treats afterwards. Believe me, this is your best plan of attack. 2) Barring that, you could get one of your 'stuffies' and use that as an appetizer in your special spot, which, by the way, is NOT in the dining room. 3) And finally, if you still can't control your begging, you could sadly be placed on the other side of a baby gate. I doubt that will be as much fun as getting a treat after your human parents finish dinner. Help your human family and stop with the guilt trips. And Hungry? Learn some patience.

Newsletter
Editor: Dawn
Marie Rae

Send
comments or
suggestions
to:

dawnmarie@rr-tx.com



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Rescue
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Introducing Dogs To Each Other (The Safe Way)

- Carol Blackwell

Special Attention:

- Those conducting Home Visits with resident dogs
- Foster families with resident dogs

The number one rule when bringing a new dog into a household that already has dogs is to do it **gradually**. The worst mistake people can make when adding a new pack member is to simply bring the dog straight into the house. To the dogs that are already there, this is an intrusion on their territory by a stranger. To the new dog, being thrust into an unknown environment leaves it without any rules to follow or boundaries to respect.

Prior to the introduction, pick up all toys from the yard and the house.

- New dogs should meet resident dogs one at a time in a **neutral** place, like the street, on leash, simulating a walk. Have the dogs walking parallel with at least 12 feet of space between them. If all is going well, you can slowly decrease the distance. Let them get used to the space and each other.
- IF all is going well, you can move to the backyard. Keep only the new dog on a leash. Having both on the leash will make them more nervous.
- Move gradually into the house and avoid having them both go through the doorway at the same time. Tight spaces like doorways, stairways, and gates can make them nervous with each other.
- Show the new dog around the house still on leash and then put the new dog behind a baby gate in a quiet part of the house, preferably where they can still see you. The other dog(s) can smell each other safely (this is their way of communicating) while not overwhelming either dog.
- Keep the new dog behind the baby gate for 3-5 days. Always have this dog on leash at all other times. Not only does this calm both dogs down, it's also a way for you to establish yourself as the pack leader.
- Both dogs need to know that when they are in close proximity that good things happen, so feed treats with both present.
- Toys can be especially challenging. It's fine (and desirable) to give chew toys to dogs that are separated. It helps them relieve stress. However, when the dogs are finally allowed

out together, these toys can cause resource guarding. Make sure they are supervised and pick them up immediately if there are signs of aggression.

There is no such thing as going too slow with a new dog in the house. Both of your dogs will appreciate this. Please realize that most dogs will work out their differences on their own. Beware of the difference between one dog just putting the other dog in his place with a look or quick growl and actual aggressive behavior.

[Foster families: If you notice what you believe to be signs of aggression, please contact Sheila Thomas or Carol Blackwell immediately.](#)



The Golden Ear

- Dawn Marie Rae Compiled from various articles on the web.

GRR rescues many dogs each year with chronic ear problems. It's very common in the breed, and if left untreated or not treated correctly and consistently, ear problems can become chronic and affect the dog's quality of life.

There are generally three types of ear problems: 1) Yeast 2) Bacteria and 3) Mites.

Yeast is the most common cause of ear infections, especially for dogs who swim a lot. It is a normal inhabitant of the ear but when it overgrows it causes redness, odor and itchiness. This can be minimized by a homemade mixture of 50% white vinegar / 50% water, or ready-made solutions available at pet supply stores. Use cotton balls or gauze and not Q-tips. They can push earwax and other bacteria further down into the ear canal.

Regardless of what brand or mix you use, the ear cleaner should do two things: 1) It should be able to break down the waxy substance in the ear; and 2) It should make the ear environment such that it is hard for yeast to grow; usually this means it will make the inside of the ear acidic. Once a yeast infection starts, you will need to consult with your veterinarian for appropriate treatment – rinses no longer will be enough. The usual treatment is a prescription anti-fungal agent, such as Otomax, Tresaderm or Mometamax, among others.

If a yeast infection is left untreated it can progress to a **bacterial infection**, which is more serious. Bacterial infections are usually painful and have a very strong odor. Bacterial infections can cause the dog to be physically ill, including vomiting, anorexia and fever. These infections must be treated aggressively. The infection can also progress to the middle or inner ear. If this occurs usually the dog will have a distinct head tilt or may lose its sense of balance. Treatment is the same for yeast, except the cleanings are done more frequently, and the dog will also be put on antibiotics. If there is no improvement after 7 days, a culture and sensitivity of the ear should be performed to choose the appropriate antibiotic. Usually the dog is on antibiotics for a minimum of 2 to 3 weeks. If left untreated, the dog will eventually incur irreversible damage to the eardrum. Also, if the antibiotics are stopped too soon, the infection will just come right back.

Gold Ribbon Rescue

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The third, and by far least common, cause of infection are **ear mites** or Otodectes Cyanotis. Ear mites do not live in the environment. They have to be passed from animal to animal. If your dog does not come in close contact with any other dogs or cats, there is no way that he can get mites. Ear mites cause severe itchiness of the ears, and there is usually a black, tarry wax present. Mites are treated with cleaning, as described before, and a good anti-mite medication.

If your dog has an occasional yeast infection or an infrequent bacterial infection, it is no cause for alarm if it gets treated. If your dog continues to have problems then the underlying causes must be investigated. Some causes can be environmental, swimming a lot, bathed frequently and getting water in the ears. Other causes can be hormonal or hereditary such as hypothyroidism, food allergies or flea allergies. Finally, growths in the ear can cause persistent or recurrent ear problems.

Prevention is the key. Golden Retrievers should have their ears thoroughly cleaned at least once weekly. If they swim, the ears should be cleaned at the end of the day on the day they are in the water.



Considering Medicinal Mushroom Therapy?

- Compiled from various articles on the web - DMR

Certain kinds of mushrooms have immune boosting and anti-cancer effects. Some examples of these mushrooms include Shiitake (yes, the same one we eat in Chinese restaurants), Maitake, Reishi, Cordyceps, Coriolus, Agaricus and Cordyceps. They extend life, slow progression, and keep life quality high in dog cancer patients beyond traditional care expectations. They do this in three main ways. First, they are immune enhancing. Second, they stimulate the immune system. Lastly, they help with the toxic side effects of chemo and radiation.

Studies showed significantly improved survival times for cancers of the lung, stomach, ovary, breast, colon, rectum, the nasal-throat area, and cervix. In addition, they improved life quality, decreased pain, boosted the immune system, and decreased side effects of chemo and radiation. Immune suppression is a big part of cancer progression, and these mushrooms help overcome this problem via immune stimulation. These mushrooms and others contain a carbohydrates in the beta-glucan family. This may have positive effects for chemo agents that cause anemia and low white counts (which many do).

The use of these mushrooms should be used only after consultation with your vet or oncologist. K-9 Immunity, Turkey Tail Mushroom, and Health Concerns are but a few of the products out there. Here's a [list](#) from Amazon for more of these types of supplements. Shop on Amazon [with this special link](#) and donate to GRR at the same time!

Dog Parks – What to Know Before You Go

- Dawn Marie Rae and Sheila Thomas



We all love to see our dogs in a social situation with other dogs, running free and playing together. It's also wonderful exercise, especially for apartment-bound dogs, but also a time when owners can share their love of their furry kids with each other and other dog lovers.

If you're thinking of taking your canine pal to a dog park for exercises and socialization, there are some things that you need to pay attention to in order to ensure a happy and safe experience.

Healthy chases look like one dog chasing after another. One dog being chased initiates the game, and the dog being chased does not have his tail tucked under. If a dog is shy and vulnerable, that vulnerability will make other dogs take advantage. Be a 'Triple A' owner: alert, attentive and engaged. Interrupt your dog frequently. Watch for wagging tails, which is a good sign, and for stiff posture, which is not.

Watch for common behaviors that can happen in large groups that can indicate your dog isn't having fun.

- Bullying
- Group chase (risky and unhealthy - dangerous)
- Hunting (usually hunting small dogs)
- Mobbing (two or more dogs against one)
- Targeting (one dog becomes obsessive about pursuing another)

It's also important to **know your park**. The more open the park, the less the dogs feel threatened. Take your dog when there are no other dogs present for the first time. Introduce him/her at the perimeter before entering the park. Avoid small and confined parks with a large

number of dogs inside.

Another alternative allowing your dog to have fun and good exercise are play-dates with trusted dogs that know each other and get along well. A dog's most important play partner is a human being and the best interaction is to take your dog hiking and walking with YOU.

Where are they now? Mingus (Elmo 14-116)

-Ken and Emily Freudigman



Mingus (Elmo 14-116) has made himself quite at home with us in San Antonio since we adopted him through GRR in August last year. On his trip from San Marcos to San Antonio, he celebrated his adoption by barking all the way home! Rescued as a tiny puppy wandering the streets in Austin, Mingus was successfully treated for Canine Parvovirus (CPV) and various other parasites. Today, he is about 9 months old and a hefty 38 pounds. We're enjoying watching him grow (even in his awkward phases!). He enjoys walking park trails, visiting with other dogs, meeting people, playing with his boy, and barking at the cats that share his home. He loves to go with Ken out to the practice studio to listen to him play the cello and greets all of our music students enthusiastically. While we have successfully trained him to sleep in his crate, Mingus has won the battle of the couch and can usually be found resting there when he's not tearing around the yard.



BananaBerry Appsicle

Reprinted from [Sugar the Golden Retriever](http://sugarthegoldenretriever.com)

Ingredients: 1 Apple, 1 Banana, 2 Strawberries

- 1) Cut the apple in half.
- 2) Scoop out the *insides*, leaving the walls intact at about 1/2 to 1/4 inch thickness. (Remember to remove the seeds.)
- 3) Place it in the blender with the banana and strawberries.
- 4) Using a spoon, place it inside the apple.
- 5) Freeze it for about 20 minutes. Then slice into small pieces. (Don't freeze it too long as it will be harder to cut.)
- 6) Re-freeze it after cutting.
- 7) Serve and ENJOY!

3 Superfoods – To help relieve your dog's allergies

Dr. Jodie Gruenstern ([see full article](#)) See Dr. Jodie's [holistic website](#) for more information. Reprinted with permission.



Sprouted Seeds

In a normal gut, there's a balance between good and bad bacteria that helps preserve the integrity of this mucosal barrier. Fortunately, feeding the good bacteria with prebiotics or replenishing them with probiotics can help repair the holes in the gut lining. This means you can protect your dog against allergies by providing him

with a prebiotic/ probiotic super food. My favorite of these for a carnivore is sprouted seeds.

Sprouted seeds contain highly bio-available vitamins, minerals, enzymes and probiotics that will support a dog's healthy gut flora. The nutritional value of sprouted seeds is far greater than that of the unsprouted seed and the nutrients are more easily absorbed by the body.

Carnivores forage, and I believe they intuitively know the value in searching for and consuming the amazing nutrition which abounds inside freshly sprouting seeds. How often do we wonder why dogs eat grass and whether there is a dietary deficiency that eating grass fulfills? As it turns out, the nutrients in sprouted seeds contribute to a protective gut barrier. They are not laboratory derived, but rather come from nature; they're the very probiotics and prebiotics that a dog would consume in nature to feed his own individual gut bacteria.

Nettle

Cooled nettle leaf tea can be used as a coat or even eye rinse for itchy skin or itchy eyes. Dogs will often eat the fresh, young plants as well.

In Western herbal medicine terms, nettle has alterative and detoxicant (depurative) actions. In the popular text *Herbs for Pets*, Gregory Tilford and Mary Wulff explain that nettles' effectiveness against allergies may be due to their histamine content. They suggest that the effect is similar to the "like cures like" concept in homeopathy: the plant stimulates the body to protect itself from an attack of allergens.

Nettle can also be useful in Oriental diagnostic patterns of "wind-damp" invading the skin and causing skin eruptions (eczema). The anti-allergy impact of nettle may be also be due to its Quercetin content. Quercetin is a flavonoid; flavonoids are plant constituents, some of which can inhibit IgE-induced histamine release.

Licorice

In Eastern herbal formulations licorice (*Glycyrrhiza glabra L.*) is a harmonizer. It has been utilized by the Chinese and Ayurvedic formulators for allergy patients for thousands of years. In traditional Chinese medicine (TCM), licorice tonifies the spleen, benefits the *Qi*, moistens the lung, stops coughing, clears heat, detoxifies *Fire Poison* (boils, sore throat) and soothes spasms. In Western herbal medicine it is not only a useful herb, but also makes the entire extract more palatable, especially for dogs. In fact, although it is *not* candy, licorice herb alone is quite delicious!

Licorice can also relieve inflammation in the upper digestive tract, increase the anti-inflammatory effect of glucocorticoids and helps eliminate mucus from the respiratory tract. Just what the doctor ordered for dog or human allergy sufferers!

Double benefit: Nettle/Licorice combination

A 50:50 blend of nettle and licorice extract has been used with success repeatedly in my practice for allergic dogs. Each extract can be alcohol or glycerin based. If one or both is glycerin, this will increase palatability dramatically. If one is an alcohol extract from a reputable herbal company, this increases the efficacy tremendously. If your herbs don't work, consider a different manufacturer.

We recommend that you use this herbal blend for five days on and two days off. This not only gives the tummy a break from the herbs, but it allows a pet parent to ascertain efficacy. Does your dog itch and scratch just as much during the days on as he does on the days off?

Brands I've used successfully are Standard Process Mediherb, Natural Path and Animal Apawthecary.

For me, the efficacy of allergy management relies on my understanding, belief, intent and good product selection. I'm pleased when East meets West in my mind. This allows me to be a safe and effective holistic practitioner and pet parent!

For more info on holistic veterinarian practices see this [website](#).

GRR Monthly Report for February

Adopted: Princess (14-085), Jigsaw (14-104), JD (14-082), Jozey (14-128). Jilly Bean (15-014), Lucky (14-146), Dyson (14-096)

Came in to GRR Care: 9

Currently in Foster Care: 28 (11 Available Now or Soon, 12 Foster-Pending-Adopt, 5 Permanent Fosters)



2014 GRR Tax Deductions

What you do for GRR can count towards your deductions!

What you CAN claim:

- \$5 per day for EACH dog that you foster in foster care
- Mileage for every mile you travel for GRR purposes: vet appointments, transport, home visits, etc.
- Medical attention for your foster dog with our approved vets but you paid for it yourself.

- - Money spent on envelopes, postage, containers for supplies, baggies for supplies, etc.
- **What you CANNOT claim:**
- - Toys and food you bought for your foster dog
- - Grooming for your foster dog
- - Any non-approved vet visit

Email GRR Treasurer Tim Tierney at tjt@grr-tx.com with your foster dog list, the dates they were at your house, and the total number of foster days and Tim will email you a tax donation receipt.

Example of how to provide documentation for Tim (list all this info):

Foster: #13-142 Andy
01/01/14 - 02/27/14 = 58 days

Foster: #14-073 Buttercup
06/08/14 - 07/28/14 = 50 days

Foster: #14-079 Cozy
06/23/14 - 10/26/14 = 125 days

Total days for foster dogs: 233 days x \$5/day = \$1,165 tax donation

- Please contact [Tim](#) if you have any questions.