



# GGRR Newsletter

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February 2016

## February 2016 Newsletter

Gateway Golden Retriever Rescue  
P.O. Box 31700  
St. Louis, MO 63131  
Phone: (314) 995-5477  
www.ggrr.com

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### January Meeting Minutes

The meeting was called to order at 7:49 p.m. by President, Mike S. There were no minutes from the December meeting since no formal meeting was held, therefore no corrections to the minutes.

### President's Report

Mike reported that we would like to start going to quarterly meetings. After discussion, the general consensus was that is seemed to be a good idea. Mike will draw up a calendar, but most likely January, April, August and October with a holiday get-together in December. The rent on the room at the Dog Museum is \$55 per night so this would be a savings for the group.

Dirks Fund is bringing in six dogs from Turkey. Luv-A-Golden is getting four. The donation to bring a dog over is roughly \$1800 per dog and the rescues overseas always need money. Julie moved that GGRR send \$2,000 in donations to Turkey. Tim M. seconded, unanimous vote yes.



### Treasurer's Report

No report was given.

### Membership/Volunteer Report

Tim M. reported that we had no membership/volunteer inquiries and no new members. There was one

visitor at the meeting, Jessica V. a new trainer from Petropolis.

Tim reminded everyone that our annual dues are due! Paperwork and renewal forms will be sent out later this month. Dues are \$20 per family.

### Intake Report

Michelle F. reported that we had one new dogs come in the past month:

#16-001 Abbie—A two year old female who is very active according to her previous owner. She doesn't do well with all other dogs, some she tolerates.

### Adoption Report

Chris R. reported that there were no dogs placed in their forever homes in the last month.

### Website Report

No report was given.



## Be My Valentine!

**VOLUNTEERS NEEDED**

Want to help out by doing a Dog Visit or Home Visit in 2016?  
Want to Foster a Golden in your home?  
Contact our President, Mike S. to find out how you can help!

## GGRR Events

### Upcoming Events

#### Next GGRR Meeting

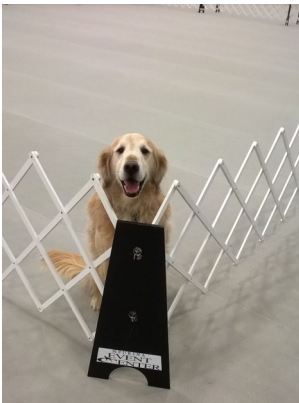
Thursday, February 11th at 7:30 p.m., at the Dog Museum in Queeny Park.

#### The Golden Specialty at Purina Farms

The Golden Specialty will be January 21st through the 24th at Purina Farms. We will have a booth as always and will need volunteers to help work the booth.

#### St. Patrick's Day Parade

We WILL NOT be doing the St. Patrick's Day Parade in Downtown St. Louis this year.

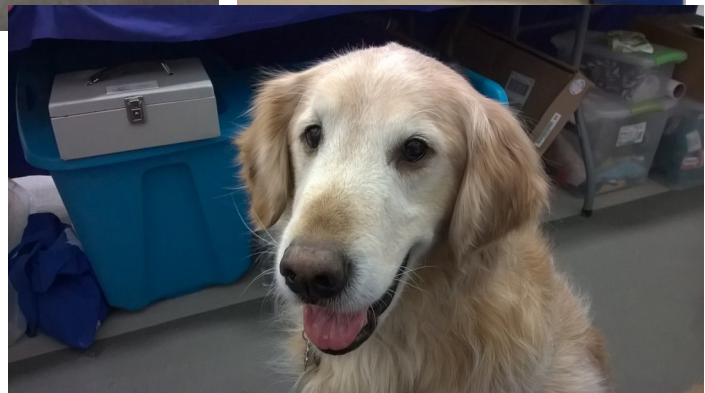


### NEW TABLECLOTH FOR EVENTS

We are in need of good clear pictures of your furry kids! Our rescue tablecloth we use at events has seen better days. Julie G. is going to make a new one and needs pictures of your Golden Retrievers to include on it. Please send your best pictures to Julie at: [stargazr@charter.net](mailto:stargazr@charter.net)



*Beau Rogers and Jake Goldman had a rough time manning our booth at the Golden specialty as you can see by these pictures!*



## Old & New Business

### Old Business

We will not be doing the St. Patrick's Day Parade held in Downtown St. Louis this year like we usually do. Michelle F. invited us to the Cottleville St. Patrick's Day Parade with the 4H group instead if interested.

### New Business

There was no new business to be discussed.

A motion was made by Tim M. and seconded by Julie G. to adjourn the meeting. All were in favor. The meeting was adjourned at 8:50 p.m.

## 4 Pet Myths that Nearly Everyone Believes [www.huffingtonpost.com](http://www.huffingtonpost.com)

Even the most experienced, well-intentioned pet owners can get it wrong sometimes.

According to veterinarian Barbara Royal, there are several pet-related misconceptions that far too many of us tend to believe. She calls these misguided ideas "mythconceptions," and says that there are four commonly held myths in particular that it's high time we bust.



### **MYTH: Dry kibble chips off tartar.**

Actually, the opposite is true, says Dr. Royal. "That sticks to your teeth," she explains. "It's actually making your teeth more likely to have tartar and problems."

### **MYTH: Animals see in black-and-white.**

We've all heard this age-old adage, but it isn't accurate. "They don't see all of the colors that we see, but they can actually distinguish between colors," Dr. Royal says.

### **MYTH: Animals may limp to get attention.**

Don't dismiss it when your animal limps, Dr. Royal says. "They are limping because there probably is something wrong," she points out. "You do need to find out what that is about."

### **MYTH: Animals can eat cooked bones.**

"You should definitely be careful if they eat any kind of cooked bones -- they splinter in very sharp, splintery ways inside of the intestines," Dr. Royal says. "They can eat raw bones. Raw bones are great... They help clean teeth [and] they're good for mental capacity, just to chew through a nice raw bone. That can be fun."



**Volunteer / Membership Dues are DUE!**

**Please send your updated volunteer form to Tim M. along with your \$20 dues ASAP!**



## Dog Joint Pain: What To Look For & How To Treat It Naturally

### Signs That Your Dog Has Joint Pain

The signs and symptoms to look for if you think your dog may be experiencing joint pain are:

- Limping
- Walks getting slower and slower
- Reluctance to climb stairs
- Swelling in around joint areas
- Yelping when touched
- Slowness and stiffness when getting up or lying down
- Licking or favoring certain joints

Regardless of the form of treatment you ultimately choose for your dog's joint pain, you should initially have your dog looked at by your vet in order to get an accurate diagnosis. There are a number of other things that could be going on which simply resemble joint pain.

### How To Treat Dog Joint Pain

Typically, dog joint pain is treated with pain medication prescribed by a veterinarian, or a nutritional supplement like Cosequin.

As an alternative, you could treat your dog's joint pain using natural remedies instead.

Here are 5 natural ways to treat dog joint pain:

- Dog homeopathy is the act of combining a blend of medicinal herbs which present no side effects with dogs.
- Dog acupuncture can significantly relieve pain in dogs, just as it can in people. By placing teeny tiny pins into various acupuncture points on the dog, pain relief soon follows.
- Low- impact exercise such as swimming is less stressful on the joints, while at the same time it also strengthens the dog's joints.
- Heat applied to the sore spot relaxes the muscles and



temporarily reduces a dog's joint pain. Applying heat also promotes blood circulation for faster healing.

- Dog massage & stretching helps reduce swelling and promote healing. For example, here's how to massage your dog's hips. For added benefit, you can even try a little aromatherapy when giving your dog a massage.

In addition, a number of pet owners give their dog supplements for joint pain.

Three of the most common ones are:

- ◆ Glucosamine
- ◆ Chondroitin
- ◆ Omega-3 fatty acids

### It May Just Be Old Age...

Maybe your dog is just slowing down from old age. In that case, low-impact exercise and dog massage therapy are a couple of natural remedies that will come in handy.

As your dog becomes a senior, he will naturally start to slow down and have some aches and pains — just like we do. With a little TLC, you can help your older dog learn to cope and enjoy his golden years.

[www.dogs.thefuntimesguide.com](http://www.dogs.thefuntimesguide.com)

## 5 Ways to Spoil Your Pet on Valentine's Day By: Kate McQuillian

It's the global day of love: Valentine's Day. For some, it is a joyous day to celebrate the love between two people. For others, it is a sad or a wistful day, spent wishing for what one once had or for what one has yet to find. For those with pets, Valentine's Day offers the ideal opportunity to honor a love unlike any other: The love for a beloved pet.

Sharing Valentine's Day with your pets can create a lasting memory or just provide the opportunity to spoil your best friends with what they love most in the world.

### 5 Ways You Can Spoil Your Pets on This Special Day

#### Have professional photographs taken

You probably have more pictures of your beloved pets than you can count, but that's just how it should be anyway. Consider booking an appointment with a professional photographer to set up a Valentine's photo shoot for your pet, complete with a Valentine theme backdrop. You can even get in the photographs to create a lifelong memento.

#### Make paw prints

Your pets are a precious part of your life. But, time with our pets is fleeting. Creating a paw print, in clay, will preserve a special part of your pet. You can generally find handprint making kits at craft stores. It's a simple and



fun process that will allow you bonding time with your pets.

#### Give your pets their favorite treats

Holidays are the ideal time to spoil those we love with the things they love the most. It's no different for your pets. Spoil them with their favorite treats - give your dog a new toy or your cat a comfortable new bed. Or maybe bake them some homemade treats.

#### Go shopping for new toys

Pamper your pets on Valentine's Day with lots of love and get them new toys you can both play with together. You can purchase a vast array of high-quality pet toys online ahead of Valentine's Day which are sure to give you and your pet hours of fun.

#### Set aside time for just you and your pets

Life is hectic for most people these days. Plan time on Valentine's Day just for you and your beloved pets. Take your dog for a walk along his favorite path. Give your cat a nice ear scratch. Cuddle with your rabbit or play your bird's favorite music. No matter what you do on Valentine's Day, the most important part is just being with your beloved friends.



Valentine's Day is all about celebrating love. No one loves you more unconditionally than your pets. Tap into your creative side and find ways to show your pets just how much you love them this Valentine's Day.

***How do you plan to spend Valentine's Day with your pets?***

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### Next Meeting

Thursday, February 11th at 7:30 p.m.  
at the Dog Museum in Queeny Park.

We love having happy healthy Goldens  
at our meetings! Please make sure your  
dog is up to date on shots and  
vaccinations please!

## To Adopt or Surrender a Dog Call the GRR Phone Lines: (314) 995-5477

### Officers

#### **President**

Mike Stemmler  
mstemmler1012@yahoo.com

#### **Vice-President**

Jim Dilg  
jtrdilg@aol.com

#### **Secretary**

Shane Stark  
belleismine@gmail.com

#### **Treasurer**

Lynn Stark  
golddog05@mac.com

#### **Membership Representative**

Chris Rogers  
chrissyrogers@sbcglobal.net

### Coordinators

#### **Intake Coordinator**

Michelle Frasca  
mickyfl@charter.net

#### **Adoption Coordinator**

Chris Rogers  
chrissyrogers@sbcglobal.net

#### **Membership Coordinator**

Tim Miget

#### **Events Coordinator**

Julie Goldman  
stargazr@charter.net

#### **Webmaster**

Paul Swarthout  
paul@paulswarthout.com

### Mentors

#### **Intake Phone Lines**

Mike Stemmler  
mstemmler1012@yahoo.com

#### **Adoption Phone Lines**

#### **Home Visits & Dog Visits**

Shane Stark  
golddog05@mac.com

#### **Foster Homes**

Kathy Dierkes  
Kathy\_dierkes@yahoo.com