



January 2010
Volume 8, Issue 1

P.O. Box 31700
St. Louis, MO 63131-1700
(314) 995-5477
www.goldenrescuestlouis.org

Inside this Issue

- 1** Minutes from our Last Meeting
- 3** Rainbow Bridge
- 4** The Training Corner – Winter Exercise Guidelines
- 5** If I Didn't Have a Dog or Cat
- 5** Donations

Next Meeting

Thursday, Jan. 14th
at 7:00 p.m.
held at The Dog Museum
in Queeny Park

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

GGRR Newsletter

Minutes from Our Last Meeting Held on December 10th, 2009

By Tracie B.

The meeting was called to order at 7:40 p.m. by President Tim M. Pat M. moved to dispense with the reading of the minutes from the November meeting. The motion was seconded by Penny M. A vote was taken and the motion passed. There was one correction to the minutes that the Adoption Phone Lines Mentor should be changed on the back of the newsletter to Pat M.

Treasurer's Report

Beth J. was running late and the report will be given at the next meeting.

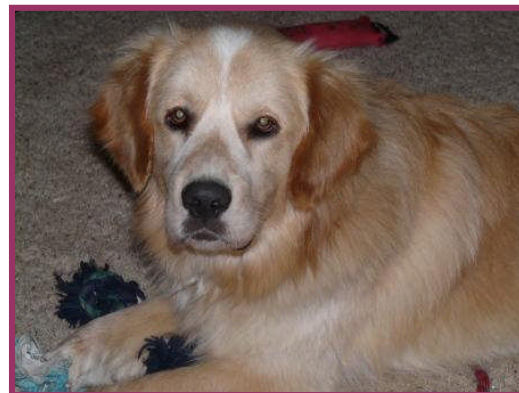
Membership Coordinator's Report

Janice E. reported that we had no membership inquiries in the last month but that we had one new member, Michelle F., who was also present at the meeting. We had one visitor at the meeting, Kevin B. and his dog Mango. President, Tim M., welcomed both of them.

Intake Coordinator's Report

Carrie T. was absent so Barb B. gave her report. Five new dogs came in in the month of November:

09-025 Flame – a 2 year old male who is the father of the puppies. He seems to be a really good dog.



Otis, pictured above, got the best gift for Christmas... His new forever family!

09-026 Ginger – a 7 week old female puppy who is being fostered by Paul & Nanette S.

09-027 Mya – a 7 week old female puppy who is also being fostered by Paul & Nanette S.

09-028 Sugar – a female who is the mother of the puppies.

09-029 Tucker – a 5 and a half year old male who needs to be on a diet.

We have one dog waiting to come in in the Branson, Missouri area. He's a 1 year old male. Please let Carrie T. or Tim M. know if you will be able to foster this dog.

Adoption Coordinator's Report

Amy A. reported that we did not place any dogs in the month of November, but with all of the good applications she has received tonight, that should change very soon!

Event Coordinator's Report

St. Patrick's Day Parade

Barb B. reported that the main upcoming event is the St. Patrick's Day Parade in Downtown St. Louis on Saturday, March 13th. Barb has ordered more candy dog bones that need to be labeled with our information. Kate R. boy scout troop will help along with Natalie H. Any other volunteers should contact Barb.

Lucky Dog – December 19th

Barb B. reported that she will cover Lucky Dog on the 19th from 12pm to 3pm.

Extra Dog Supplies

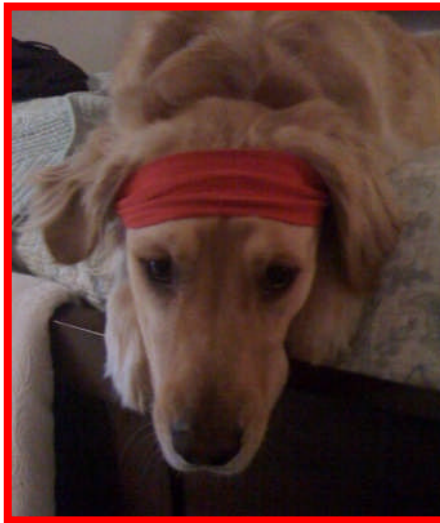
Barb B. mentioned that we may want to try to gather all of our extra dog supplies and sell these used dog items at one of our events to make some extra money for our organization. Pat M. thought this was a good idea but mentioned that we should probably revisit this idea after the New Year and decide on a date to gather all of these gently used items.

Barb B. mentioned that she has 2010 magnetic calendars available at the front desk left over from the Webster Groves Christmas Walk and some car decals as well. Please see her after the meeting if you would like one.

Website Coordinator's Report

Paul S. reported on our website traffic during the previous month. Our website had:

- Hits: 64,428
- Page Views: 12,832
- Visits: 7,240
- Unique Visits: 2,616



Cami Anzelmo sports her new workout look... Complete with mom, Amy's, headband! The cruel things we do to our Golden's!

Old Business

Pat M. asked again if anyone is available to do the phone lines on Sundays. If you are available to do this, please see Pat.

Chris R. asked about our Café Press store. Beth J. said that we've only received one check. Korisa C. confirmed that they only send a check once your balance reaches \$20-\$25. Chris R. thought it would be a good idea to have a committee after the first of the year to look at the Café Press website and reassess if we want to continue with this or try something else to sell our wares.

Tracie B. reported that she has envelopes available at the front desk for mailing adoption applications, phone interviews, etc. to Amy A. and checks to Beth J. Please come take some after the meeting if you need some.

New Business

Tim M. reported that we need someone to do the home visit on Kevin B., visitor at the meeting. Amy G. volunteered to do this.

Penny M. reported that our Pet Finder site is up and running. She explained that she's learning as she goes and so far we have our current dogs on there. She will take care of updating the website when dogs come in. She mentioned that it will be helpful for the Intake and Placement Coordinator to notify her when dogs are brought in and placed so she can update. Paul S. said that he will put a link on our website to our Pet Finder site.

Amy A. asked who has the application for Andy B. in St. Charles. Chris R. reported that she called him and left a message and he never returned her call. She will contact him.

Amy G. said that she had a call on an application that hasn't heard back from anyone yet. Please make sure you are calling on these applications in a timely matter.



"Hey Mom...it's cold out here!" Tank & Max wait patiently for mom, Tracie B., to let them in from their romp in the freshly fallen snow!

Tim M. reported that we have to have elections for the offices of Vice President and Treasurer. Ballots were passed out and the following was recorded:

Vice President:

29 votes for Heather H.
2 votes for Chris R.
1 vote for Randy K.

Heather H. will continue as Vice President.

Treasurer:

24 votes for Beth J.
1 vote for Mickey Mouse

Beth J. will continue as Treasurer.

Chris R. said that she has our shirt orders up at the front desk. If you ordered something, the following prices apply:

- Long sleeve shirt - \$10.00
- Long sleeve mock - \$12.00
- Fleece Quarter Zip - \$28.00
- Fleece Full Zip - \$30.00
- Hoodies - \$20.00

Barb B. asked if everyone had their name in the basket for our Christmas raffle prizes. The following people won the raffle baskets:

Tracie B.
Korisa C.
Jenny J.

A big thank you to Barb B. for putting together these raffle prizes. Tim M. stated that after the meeting has adjourned, if you brought a gift, please take a gift home from the gift table.

A motion was made by Kathy D. and seconded by Sandy B. to adjourn the meeting. A vote was taken and all were in favor. The meeting was adjourned at 8:10 p.m.



Flame, sire of the pups from Springfield, takes refuge in his crate so the other dogs don't steal his toy. Flame was being cared for by Barb B. while Carrie T. and her family were gone for the holidays.



Pamela W. is pictured above reading to her dog, Canon, who she says looks just like the dog on the cover of the book when he was a pup. Canon recently earned his second obedience title, his CDX, and he did it in just three trials!

RAINBOW BRIDGE

Our thoughts and prayers go out to the following families who recently lost a loved one or beloved Golden companion.

Donna & Ron Graef lost their beloved **Snider** in the month of December. After much thought and anguish they decided to have him put to sleep because he had tumors on his spine and could not walk and hardly get up to go outside anymore. He was with them for four and a half years and brought great joy to their lives. He will be missed dearly.

Kay Callison, one of our members and foster home in Columbia, MO., lost her husband, **Mike**, to a sudden massive heart attack over the holidays. They had a private burial and memorial service after the New Year. If you would like to make a memorial donation, they can be made to:
Truman VA Hospital
Attn: Voluntary Services
800 Hospital Drive
Columbia, MO 65201
In the memo line write: "Personal Recovery Plan"
Mike did volunteer work there as a peer counselor for veterans with mental health issues.

THE TRAINING CORNER

Winter Exercise Guidelines

By: The American Society for the Prevention of Cruelty to Animals
Taken from their website: www.asPCA.org

Getting pets who dislike the cold to go outside in winter can be a challenge, but chilly weather or not, pets need fresh air and exercise. ASPCA experts assure us that while short-haired and smaller breeds may require cozy apparel to protect them from winter's bite, others simply need a little training to learn how to enjoy a cold-weather romp.

"With a few simple training tricks—and the right attire—pet parents can teach animal companions to be much more enthusiastic about playing outdoors in winter," says ASPCA Animal Trainer Kristen Collins.

1. Entice your pooch with off-leash exercise sessions, playing tug or fetch, or romping with canine buddies—the more aerobic the activity, the warmer the dog will be.
 2. If your dog's playing off-leash, you can use treats to reward her for fetching toys—even if you usually don't have to. The extra incentive might further spark her interest in the great (and chilly!) outdoors.
 3. Offer your pet special treats during outdoor excursions. While on a brisk walk, pop something delicious into her mouth every now and then—or feed her breakfast by hand while outdoors.
 4. Winter is a great time to enroll in indoor training classes. Sports like agility and flyball are often taught in heated facilities and are excellent exercise for the canine body and mind—and you'll enjoy them, too!
 5. Walk your pet in wooded areas during the winter months. The forest not only provides protection from wind, but the rich smells, sights and sounds can be infinitely interesting for dogs to investigate, distracting them from chilly temperatures.
 6. Many dogs dislike going outside during winter because snow, salt and chemical de-icers hurt their paws. Canine booties can protect paws, while keeping them warm—and disposable latex boots are available for dogs who don't like the feel of thicker boots.
 7. Musher's Secret, a waxy substance that you can apply to your dog's paws, can be an effective alternative to booties for protecting toes and paw pads in snow and ice.
 8. Getting your dog to play outside may simply be a matter of keeping her warm:
 - Dress puppies—who don't have as much body fat as adults—in a coat or sweater.
 - Get waterproof gear for wet days.
 - Invest in a well-fitting coat that covers your dog's back *and* underside. (Fleece is nice!)
 - Staying warm during winter takes more energy, so increased food intake may be necessary. Good body condition means you can feel, but not see, your dog's bones. If you can see his spine, hips and ribs, then he's too thin and you should talk to your veterinarian about increasing his food intake.
 9. If you've tried everything and your dog still seems miserable when you take her outside, provide extra exercise indoors by playing games that involve physical exertion, like tug-of-war.
 10. Help your dog expend *mental* energy by feeding her meals in food-puzzle toys, giving her plenty of things to chew, teaching her new tricks and playing interactive games like hide-and-seek.
- Make sure your dog has access to shelter and water at all times. And please remember, if you're cold, your dog probably is, too, and it's time to come home.

If I Didn't Have a Dog or Cat Submitted by: Barb B.

I could walk around the yard safely with bare feet. My house could be carpeted instead of tiled and laminated. All flat surfaces, clothing, furniture, and cars would be free of hair and nose prints.

When the doorbell rings, it wouldn't sound like a kennel, and I could get to the door without wading through fuzzy bodies who beat me there.

I could sit on the couch and my bed the way I wanted, without taking into consideration how much space several fur bodies would need to get comfortable.

I would have money and no guilt to go on a real vacation.

I would not be on a first-name basis with six veterinarians, as I put their yet unborn grandkids through college.

The most used words in my vocabulary would not be 'out, sit, down, come, no, stay, and leave him/her/it ALONE.'

My house would not be cordoned off into zones with baby gates or barriers. My house would also not look like a daycare center with toys everywhere.

I would not talk baby talk - eat your din din, yummy for the tummy, etc.

My pockets would not contain things like poop bags, treats and an extra leash.

I would no longer have to spell the words B-A-L-L, F-R-I-S-B-E-E, W-A-L-K, T-R-E-A-T, B-I-K-E, G-O, and R-I-D-E.

I would not have as many leaves (or pine needles) INSIDE my house as outside.

I would not look strangely at people who think having one dog/cat ties them down too much.

I'd look forward to spring and the rainy season instead of dreading 'mud' season.

I would not have to answer the questions 'Why do you have so many animals?' from people who will never have the joy in their lives of knowing they are loved unconditionally by someone as close to an angel as they will ever get. How empty my life would be!



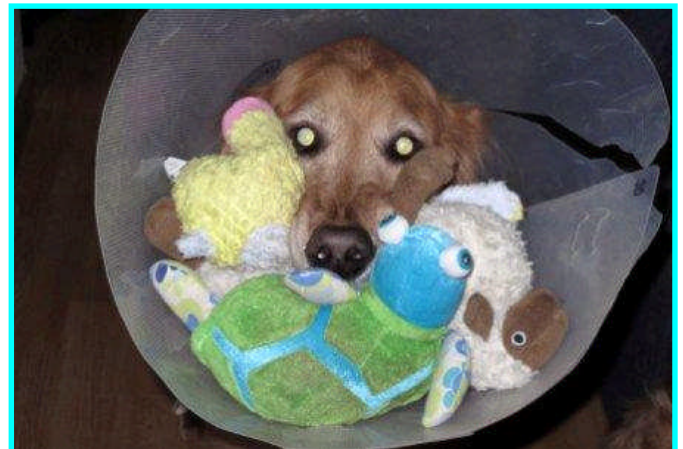
Stone Carbone watches carefully over his little brother, Alex, as he has his first experience with SNOW! Stone loves the snow and stayed close by Alex the entire time! Mom, Korisa, said that both boys took a long nap after their romp in the snow!

DONATIONS

GGRR received donations from the following individuals and groups:

Peter Wollenberg, as a tribute to Pamela Wollenberg.

The Pfizer Foundation Matching Gifts Program



Riggs Elsenraat greeted mom, Janice, at the door with all of his favorite toys stuck in his cone!

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

OFFICERS

President:

Tim Miget
tsemiget@charter.net

Vice-President:

Heather Haberstroh
heather_haberstroh@yahoo.com

Secretary:

Tracie Bayer
tbayer80@gmail.com

Treasurer:

Beth Johnson
Goldenmom03@charter.net

Member Rep:

Chris Rogers
Chrissyrogers@sbcglobal.net

COORDINATORS

Intake Coordinator:

Carrie Tennesen
Carrie2tenn@aol.com

Adoption Coordinator:

Amy Anzelmo
amylynn1027@gmail.com

Membership Coordinator:

Janice Elsenraat
raileyJR@hotmail.com

Events Coordinator:

Barb Blacksher
blacksher@charter.net

Webmaster:

Paul Swarthout
cody@antidotecomputer.com

MENTORS

Intake Phone Lines:

Mike Stemmler
Mstemmler1012@yahoo.com

Adoption Phone Lines:

Pat Moran
P4021M@sbcglobal.net

Home Visits:

Shane Stark
golddog05@mac.com

Dog Visits:

Shane Stark
golddog05@mac.com

Foster Homes:

Kathy Dierkes
kathy_dierkes@yahoo.com



GRRR Newsletter
Tracie Bayer, Secretary
329 Providence Rd.
Ballwin, MO 63011

ADDRESS CORRECTION REQUESTED