

Golden Nuggets

www.egrr.net

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HAPPY ENDINGS

A follow-up on Carmel and puppies

Everyone likes a happy ending and I am so pleased to share with you the happy ending to the story of Carmel and her puppies. First Carmel; when the puppies were 6 weeks old, needle biopsies were performed on several of the many bumps Carmel had on her body. Unfortunately, one got infected and ruptured resulting in two trips to the emergency vet. Their advice was that these three cysts and the mammary tumor should be removed as soon as possible. It was therefore decided to get Carmel to her forever family as soon as possible and have the surgery, to include spay, done by their vet, Dr. Virginia Johnson. Dr. Johnson is the person who contacted us about Carmel originally. John and Donna English, Carmel's new mom and dad and new EGRR volunteers, dropped everything and drove over to get their girl (they fostered Carmel before she came to us) and 2 days later the surgery was performed. The best news is all of the biopsies came back benign so we are expecting Carmel to have many happy years with John and Donna.

All nine puppies are in their new homes and being loved by their adoptive families. A big "THANK YOU" to all of the volunteers that helped with the care of Carmel and the puppies.



"Saving one dog will not change the world, but, surely for that one dog the world will change forever." - Unknown



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Web Site
www.egrr.net

Contact Us
Evergreen Golden Retriever
Rescue
P. O. Box 3088
Renton, WA 98056
206-286-5900
goldenrescue@egrr.net

Editor
Gayle George-Sackett
gaylesac@mindspring.com

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From the President's Desk

As summer draws to an end, I can not help but think of all that the fall season brings with it including the upcoming November election. Whatever the outcome, our economy will be influenced by the results and this will trickle down eventually to Rescue. Most rescue groups across the country are struggling to deal with a large increase in the number of dogs being turned in because of home foreclosures or because the family can no longer afford to care for them. We have seen it too but to date only a limited number. I suspect we may also be experiencing a smaller number of applications as some families put off adopting because they cannot afford the costs of pet ownership at this time. This could add up to a greater need for foster homes so I would encourage anyone interested in fostering to try it. It really is fun and rewarding work.

I remain positive about the future for both our country and EGRR. By the time this goes to press, we will have taken the final step in our journey to independence by ending our long relationship with Seattle Purebred Dog Rescue. The Board made this decision in May because as a group we have reached the point where we will function more efficiently and effectively on our own. This came as no surprise to SPDR and we appreciate the support they have shown our Breed Representatives and volunteers over the years.

Remember that just as you need to plan for your family in an emergency, you need to plan for your pets. I asked volunteer Kathy Rall, who is a retired attorney, to write an article on this subject. Additionally, EGRR volunteer and newsletter editor, Gayle George-Sackett, created a Pet Emergency Form which she has included with this edition. Please feel free to share them with all of your friends with pets.

Nancy Kiesler

Memorial Donations

Simonsen/Callahan Family In Memory of
Ch. Pulali's Peppercreek Dax
beloved dog of Scott and Karen Rohrer

David Olliver and Cassandra Ekblade
In memory of Their special boy

Boz

whom they adopted from EGRR in 2002.

He will be missed by David and Cassandra and his sister, Toast

EGRR is a 501c3 organization. Donations are tax deductible so please consider helping us in our efforts. If your employer will match your donation, consider EGRR in your charitable giving.

Send a check, payable to EGRR to:
Evergreen Golden Retriever Rescue

P.O. Box 3088
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From the Vet's Desk

Addressing Canine Obesity With Diet and Exercise

By

Kent Thomazin DVM

Animal Hospital of Newport Hills



As we discussed in a previous newsletter canine obesity is a very common problem in large dogs and becomes increasingly more difficult to manage as the dog ages. As veterinarians we are just starting to understand the pathophysiology of obesity and its systemic long term

effects on our patients.

As in people weight loss in dogs is much easier in theory than in practice. It requires a nutritional and exercise plan, an end goal for target weight and above all, discipline to achieve that goal. As in any other disease process that we address, there needs to be a thorough treatment plan outlined that everyone understands and is on board with for success. While we are starting to understand the complexity of weight loss and the physiological and behavioral factors that contribute to failure, the formula for success remains quite simple. Calorie intake has to be less than caloric expenditure to have weight loss. There are two means to achieve this goal, one is to increase caloric expenditure through exercise; the second is to restrict caloric intake with dietary restriction. A combination of the two generally has the greatest success.

The first step in addressing this problem is to recognize that there is a significant health issue and we need to be honest with ourselves as to how we have arrived at this point. When we address obesity in our patients, we need to recognize that we are dealing with an owner's behavior often more so than the patients. Often times people are feeding measured amounts of a calorie restricted diet, but are not taking into account the calories from treats. I find that simply addressing the treats can significantly contribute to success. I do not use ANY commercially available treats, including rawhides and pigs ears. I recommend kibbles of their regular diet for training purposes. If a dog is accustomed to receiving treats and an owner's habits are such that treats are part of the routine, I use carrot sticks or apple slices. If they do not like these as treats, we do not need the calories anyway and this is a way to retrain their snacking behavior. All dogs,

regardless of body condition need to be fed a measured amount of food multiple times daily. It is the very rare dog that will self regulate their food intake. Even in very large dogs, it is rare that a dog will require more than 3-4 cups divided 2-3 times daily. When using the feeding guidelines on commercial food, it is necessary to reduce those portions by 1/3 to 1/2 for weight loss.

Anything that we can do to increase exercise will contribute to weight loss. Walking and swimming are often the most practical. As with any medical condition, patients should be evaluated prior to starting exercise regimes. Underlying medical conditions such as hypothyroidism and Cushing's disease need to be ruled out. Often older patients that are obese have significant orthopedic problems. We need to make sure that we are exercising as is tolerable for the patient without exacerbating underlying conditions. I very strongly recommend joint supplements and often times non-steroidal anti-inflammatories to keep the patient comfortable as we start exercise programs. Often, as we are successful with weight management, the need for anti-inflammatories is significantly reduced. I recommend monthly weigh ins at the Veterinary Hospital to assess progress, with ideal weight loss of 2-3% per month. More rapid weight loss can actually be detrimental as we are losing muscle mass as well as body fat. It is not unusual depending on the degree of obesity to take 6-9 months to achieve target weights.

There are new and very promising, safe medications available for weight loss in dogs designed at controlling appetite and resetting the metabolic rate for those challenging patients. This is no substitute for diet and exercise, but medications can be a very useful adjunct to achieving our target weights.

With a well defined plan and committed owners, I have not met the dog that we have not had success with weight management. Aggressive weight management as young adults and throughout middle age pays huge dividends for their quality of life and longevity as geriatric dogs. As with any medical condition, the prevention of obesity with good feeding habits and snacking behaviors as young dogs is far superior to treatment.

ESTATE PLANNING FOR PETS

by
Kathy Rall

What happens to your best friend when you die or are physically or mentally incapacitated? What should happen to your pet if you must go into a nursing home? You are more likely to become incapacitated before you die than die outright, so one needs to plan for the care of your pet if you are unable to care for him/her.

First, talk with your children or possible caretakers about your wishes regarding your pet. For example, if your pet is injured seriously, do you want the vet to do everything possible even if it includes surgery? What if the animal gets cancer? What if the vet says that radiation or chemo can extend the dog's life for a year or more? Do you want it to be treated, and, do you have the money to provide treatment? I lost my second golden a year and a half ago. I took him to WSU where they did surgery and then 3 weeks of radiation. He was 12 at that time and the vets guessed it would give him at least a year and maybe two. I decided to have him treated and stayed in Pullman while they were doing the radiation. A year and half later, the cancer returned. When chemo failed to reduce the size of the tumor, the vet recommended palliative care only. Total cost -- \$12,000. Fortunately, I had money to spend this way; everyone must consider the cost of treatment and the possible life expectancy it provides for the animal. If you face this decision, ask yourself, what is best for your pet? Prolonging your pet's life because you NEED it is not reason enough to prolong his/her life if it is not in his/her best interest. I watched numerous people trying to make this decision at WSU and it is painful. Allow yourself time to grieve.

Second, you need a written estate plan (last will and testament) that provides the framework of care for your pet.

A. Do you want to leave a cash sum to the person carrying for your pet? Be sure the person will not deprive your pet of care in order to have money in his/her pocket. Pets do take time and energy; make sure that Spot isn't put down so that Mary can buy a new car and go to Hawaii. Please note that I don't make these up; after 30 years practicing law, I have seen almost everything.

B. Do you want to establish a trust for your pet? If so, give your pet to one person who will provide the physical care, and make another person the trustee who will handle the money and provide it to the caregiver. Caregivers should be compensated in some way for caring for your pet. Once your pet has passed away, to whom do you wish to give the remainder of the trust balance? Relatives? Charity? ASPCA? King County Humane Society?

C. Do you want your pet euthanized at the time of your death? Do you wish your pet to be buried or cremated? Do you wish to have him/her placed in the same place you are buried, or is there a special place where you want his/her ashes spread?

Please note that it is necessary to have a will and a trust drafted by an attorney if you wish to establish a trust for the care of your pet; set forth your wishes and to assure that documents are properly drafted so the money will go where you want it to go. If you have a substantial estate, it is not wise to leave all your money to your pets. It is not likely that a pet will need \$200,000 for care. There have been cases where animal trusts have been broken because the person has left their animals millions and their children nothing. However, please note that the court does uphold trusts giving charities millions and children nothing. So keep things in perspective and in a reasonable balance. And, for now, give your special friend an extra love, pat and treat.

Kathy is a member of EGRR and we thank her for this very informative article.



Snickers was rescued from the Kent Shelter in October of 2007. Terry and Karen Jenkins took her home to nurse her back to health and decided that their home would be her "forever home."

Emergency Care for My Dog(s)

Name: _____

Address _____ City _____ State _____ Zip _____

Phone (H) _____ (W) _____ (C) _____

In case I am incapacitate or in case of my death, please honor the following requests concerning my dog(s). You will be reimbursed for any phone and/or transport expenses. It is likely that my dog(s) are at home and will need immediate attention. Please notify the following individuals immediately:

Name: _____ Address _____

Home _____ Work _____ Cell _____

Name _____ Address _____

Home _____ Work _____ Cell _____

If I am traveling away from home, please have the dog(s) cared for by the nearest reputable boarding kennel until arrangements can be made to get them home. If they are injured and need emergency care, please transport them to the nearest reputable veterinarian or emergency animal hospital. All expenses will be taken care of by me or my designated representative.

My Veterinarian Dr. _____

Name

Clinic Name

Address

Phone

Dr. _____ is authorized to make a decision concerning the welfare and treatment of my dog(s). If they are injured beyond hope of recovery, please humanely euthanized them and have their bodies cremated. The ashes are to then be forwarded to my Veterinarian for pick-up at a later date.

Date: _____

Date: _____

Signed

Witness

Print Name

Print Name

*****Information about the Dog(s) are on the Reverse Side*****

This form is compliments of
Evergreen Golden Retriever Club and Evergreen Golden Retriever Rescue

Dog Information & Descriptions

Name _____ Breed _____ Date Whelped _____

Brief Description _____

Tattoo # _____ Microchip # _____

Feeding Directions _____

Medications _____

Special Instructions _____

Please contact my Veterinarian (listed on the front of this form) for medical and vaccination records.

Name _____ Breed _____ Date Whelped _____

Brief Description _____

Tattoo # _____ Microchip # _____

Feeding Directions _____

Medications _____

Special Instructions _____

Please contact my Veterinarian (listed on the front of this form) for medical and vaccination records.

Name _____ Breed _____ Date Whelped _____

Brief Description _____

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Feeding Directions _____

Medications _____

Special Instructions _____

Please contact my Veterinarian (listed on the front of this form) for medical and vaccination records.

Spotlight On Our Volunteers

The Intake Team



When a listing agreement arrives the people who jump into action are the Intake Coordinators, Leslea McLean and Angie Thain. One of them steps forward to deal with that dog and then makes the initial phone call to determine how the intake will be managed. They arrange for temperament testing and since we currently do not have a Foster Home Coordinator, finding a foster home for a dog often falls on their shoulders too. Sometimes they have to make the difficult decision to decline a dog due to temperament issues. They also coordinate with shelters and arrange or provide transportation to a foster home. And if that's not enough, they frequently foster dogs so they wear many hats.

So who are these incredible women really? Leslea was born and raised in the Snohomish area and is married to John, a Boeing Engineer. They have two delightful daughters, 11 yr old Megan and 9 year old Jenna, both of whom are very active in 4-H. They also have 3 Golden Retrievers (all Rescues), Shelby, Scout and Angel, and 2 rescue cats. Leslea adopted Scout through EGRR and saw Rescue as a cause she wanted to be involved with. She started by screening new applicants and did such a good job that she was soon rewarded with being asked to do more by helping with Intake. The true spirit of volunteerism! Fortunately she said "yes". In addition to being a busy parent and EGRR volunteer, Leslea works with her father and brother in their telecommunications company.

Angie met her husband, Nick, who heralds from "down under" while stationed in Texas with the Air Force. Nick's work with the Australian Air Force landed him a position with Boeing and EGRR was the big winner since Angie came with! While in Texas, Angie was a foster home with a Golden Retriever Rescue group so she came to EGRR with valuable experience. They do not have a dog of their own which makes their involvement amazing – and their role as foster home even more valuable as they can take a foster dog that has issues with other dogs. Angie has also taken classes to become a dog trainer.

We certainly could not let this talent go to waste so we recruited Angie to help with Intake. Angie and Nick are very active with hiking, climbing, kayaking, skiing but their real passion is photography. Nick hopes to turn this avocation into a profession some day. In the meantime, we need to prepare ourselves for their return to Australia which is scheduled for December, only 3 months away.

Leslea and Angie provide the critical first step for every dog on their journey to their new, forever family and for some dogs provide much more as a loving foster home. They are an awesome team and we are so fortunate to have them.



Angie



Leslea



Rainbow Bridge

This past quarter we had two rescue dogs that crossed the bridge.

“BO”

Chris Enrico lost **Bo** from a major growth blocking his throat. Bo was an EGRC Rescue Dog.

Kevin Cobb sent out the following note and allowed me to re-print it. Buddy was a rescue from NORCAL Golden Retriever Rescue.

“BUDDY”

Hi All...you guys are part of my very extended family and as such, I wanted to share some sad news with you. I am very sad to say that yesterday my big red Golden Buddy, passed away suddenly. He was having some issues with pancreatitis which we had gotten under control and he had lost some weight as a result of not getting any more hot dogs from the grill, and eating special food. Monday afternoon, we walked for about 3 miles at a very brisk pace. About a quarter of a mile from the house, he collapsed...took him to the emergency vet clinic as it was after hours for my vet, where they determined he was dehydrated and had a slight infection. They kept him all night. Tuesday when I picked him up, I was shocked to see that he could barely stand. I took him home, called my vet and got a 9:15 appt (two hours later). When I got home with him, Maggie's reaction was one of shock. She actually reeled when she saw him, and then went and laid down in the other room. I had just finished a book called *Merle's Door* (true story and great book I might add) in which a dog dies. The author recounts the actions of some visiting friends dogs when one of them is dying of cancer. It was exactly the same as what Maggie did...a look of shock and sorrow on her face. Almost to say, I dont want to remember my friend this way. At any rate, the two hours we had with Buddy, talking to him, telling him what a great dog he was and giving him the okay to pass over the bridge as they say. I took him to the vet who later called me at 2:30 to tell me he had passed. Very sad, made especially more sad by the fact that he was barely 7 years old. The blessings is that Buddy made the decision to die so that I wouldnt have to make the

decision to put him down.

I cannot tell you how hard this has hit me. I feel as though I have lost a child. I have not grieved like this with any previous death I have experienced. Buddy traveled everywhere with me, including work, the store, anywhere I went in the truck, so did he and Maggie. Some of you may have seen the photo of him riding in the truck with his head resting on the back of my seat. If he wasnt resting it on my shoulder, or my lap, he was resting it on the nearest piece of furniture that I was in. Buddy never growled at anyone, never dug a hole, never chewed up any furniture, never had an accident in the house. He was the ambassador on my street in WA, playing with all the kids. My neighbors would come over and let them out to play with their kids. He wore bandanas with pride and when people would look at him and smile or laugh, it was almost as if he were saying "go ahead, laugh at me. That is my job to make you laugh!" He would pull Maggie's tail and run and then flop over in front of me so I could rub his stomach.

Needless to say, I miss him terribly. I have always considered my dogs part of my family as opposed to pets. Buddy was in deed a member of my family. Buddy loved his yard and his home so much, I am planting a tree (what else, a dog wood) in his honor and will spread his ashes at the roots. I am also thankful that my sweet wife got me a photo session with a photographer for my birthday, which we took a couple of months ago. I have some wonderful photos that will help me keep his memory alive in my heart.

Thanks for letting me share Bud's story with you. I know you all had a chance to meet him but never really knew him.



Buddy

A Golden Treasure - Casey -



Casey came to EGRR in the fall of 2006 because his owners had just retired and wanted to travel. He had lived his entire life outside and weighed 120 pounds! At 13 years old, he was not the oldest dog we have taken in but he was very possibly the oldest that EGRR has ever placed. He was fostered by Bobbi Miller and adopted by her co-worker, Deirdre Sylvestre where he became brother to their Yellow Lab, Skate and 7 year old son, Daniel. When Deirdre's husband, Patrick, started graduate school in Ft. Collins, Colorado, Casey stayed with Bobbi off and on until Deirdre could drive him to Colorado. When Deirdre had a baby, Casey became the perfect vacuum cleaner!

After Patrick, finished his Master's degree, he received orders for Hawaii. Determined that neither dog would have to be quarantined, Deirdre worked for months to meet the Department of Agriculture requirements. On August 15, Casey flew to Hawaii, 2 weeks after Skate did and Patrick was at the airport to meet him. Deirdre and the children followed 2 days later. Casey quickly settled in to life in Hawaii. He spends most of his days under the house where it is always cool and shaded -- and open to the breeze of the tradewinds. He does not go near the stairs

of the house but there is a ramp to the front door which makes it easy for him to come in for his custom-made meals of holistic dry food mixed with rice and ground beef. We should all be so lucky!

Here's to Casey and his incredible family – and all the wonderful people who adopt seniors. They know, as do all the EGRR volunteers, that there is “no Gold like Old Gold!”

