



GRREAT News

January/February 2003

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From the President **Saying Goodbye** *Dan Keppler*

I cannot believe that my two years as President of GRREAT are coming to an end. It seems like such a short time ago (3½ years) that I looked up “Golden Retrievers” on the Internet and became involved with this wonderful organization. I started out going to Adoption Days and holding dogs while they were being tattooed. Colleen and I then graduated to fostering and then came the 2000 annual board meeting. About one month before the meeting, Doug Brown, then the President, asked me to run for Vice President. I was not sure I was ready at that point since I had only been with GRREAT for about six months. However, with the incredible support system that is in place, I was able to learn on the job and when Doug completed his term as President, the membership voted for me to take over for him.

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**Total Golden
Rescued in 2002**
315

Managing a Dog with Arthritis

compiled by
April Fritz

Over the past two years I have been very fortunate to meet and work with so many special people. To name of all these folks would fill this newsletter at a time when many more people need to be acknowledged. However, please know that your hard work and dedication to this breed has not gone unnoticed in helping to save over 600 dogs over the past two years. As GRREAT has grown, the organization has evolved into a multi-layered group with literally hundreds of volunteers working year round to make things run

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Does your dog limp? Is your dog reluctant to climb stairs? Does Goldie lie around the house most of the time? Does your dog “snap,” “crackle,” or “pop” when she moves? Does your dog seem depressed in cold, wet weather? Is your dog slow to lie down or get up? Is your dog stiff after a period of inactivity? Does Goldie have trouble running?

If you answered ‘yes’ to one or more of these questions, your dog may have some form of degenerative joint disease. DJD includes a variety of conditions such as include arthritis, joint dysplasia, chondrodysplasia, and healed fractures or other trauma, any of which can contribute to painful movement.

There are many different types of arthritis: osteoarthritis resulting from hip dysplasia, other congenital problems, or excessive wear and tear on joints; hypertrophic arthritis, in which bone spurs develop in joints; inflammatory diseases such as rheumatoid arthritis, polyarthritis, and systemic lupus erythematosus (all of which are the result of immune system problems in the animal); infectious arthritis (including that caused by puncture wounds and Lyme disease); and traumatic arthritis (the result of an injury, being hit by a car, or repetitive trauma). In this article, we will concentrate on the most common of the degenerative diseases, osteoarthritis, and how it can be managed.

Canine osteoarthritis—generally referred to simply as arthritis—is the most common form of chronic pain in dogs. One of every five adult dogs more than a year old—small and large breeds included—has some level of arthritis. That’s an even higher rate than in humans! Large breeds, such as Golden Retrievers and other retrievers, German Shepherds, Great Danes, and very active dogs (working dogs, hunting dogs and dogs involved in agility

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Education and Training, Inc.**
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Web site: [HTTP://WWW.GRREAT.ORG](http://www.grreat.org)

GRREAT, Inc. is a non-profit, 501(c)(3) all-volunteer organization dedicated to the rescue, foster care, and placement of Golden Retrievers in Maryland, Virginia, the District of Columbia, Delaware, and parts of Pennsylvania.

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From the President, continued from page 1

smoothly. We have implemented many new ideas and procedures that have helped us rescue dogs that previously it would have been impossible to bring in. For that I am very grreatful. Many times we have called or e-mailed people during holidays or in the middle of the night to help save a dog and they have always responded to the challenge. I have learned that most people are willing to do such extraordinary things if you just ask.

For a long time, GRREAT has been considered one of the top rescue organizations in the country, and I know that will continue under the new leadership in 2003. I hope everyone will make an effort to attend the annual GRREAT Business Meeting on January 25 to learn all about what goes on at GRREAT, how your donations are spent to help our dogs and to vote for new officers for the organization. Currently the nominees are Kim Wiff for President and Bob Kurtz for Vice-President. Incumbents Mary Ellen Lunde (Secretary) and Gail Corby (Treasurer) have agreed to run again. We will also be accepting nominations for all elected offices at the meeting. We invite and encourage anyone who wants to get more involved in the Rescue to attend the meeting or get in touch with us. GRREAT is always looking for new ideas to implement for greater efficiency and future growth.

With this message, I say goodbye as President and I also say goodbye for Doug as Vice-President. We are both stepping back at a very positive time in GRREAT's operations, but we don't plan to disappear. We both have truly enjoyed our time helping GRREAT in our current capacities and look forward to seeing everyone at upcoming events. We leave our positions with the upmost love and respect for this organization and we can't wait to see where the future takes GRREAT.

—Dan Keppler

***Have a GRREAT
2003!***

GRREAT Annual Business Meeting

Saturday, January 25, 2003

9:30 a.m. — 2:00 p.m.

Knights of Columbus Center

10142 Cherry Hill Rd., College Park, MD

MEETING SCHEDULE

9:30 a.m. Get Acquainted Session

(beverages and munchies will be served)

10:00 a.m. Business Meeting

Agenda

- Officers and Coordinators Reports
- Election of Officers
Proposed Slate of Officers for 2003
- President Kim Wiff
- Vice President Bob Kurtz
- Secretary Mary Ellen Lunde
- Treasurer Gail Corby

Nominations for officers will also be taken during the business meeting.

- Reports of 2002 activities
- Plans for the coming year's fundraising efforts
- Plans for the coming year's educational activities
- Coordinator reports

All members are encouraged to attend. You must be present to vote.

Voting Eligibility

Voting membership is given to those GRREAT members who have volunteered at least 20 hours of service during a year. Elected officers and appointed coordinators and administrators are automatically considered voting members as their positions require more than 20 hours of service annually.

For other volunteers, hours accumulated in the past or current calendar year are considered valid for voting purposes. Each member keeps track of his/her volunteer hours.

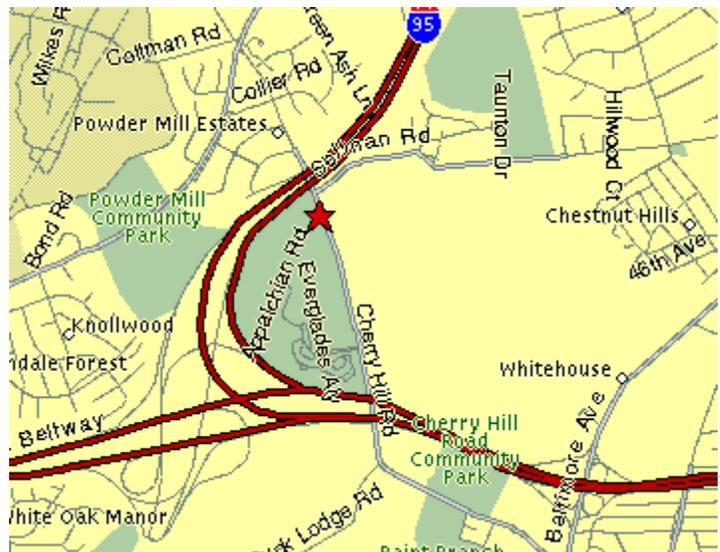
The following can be used as a guide in tabulating hours.

Fostering one dog	10 hours
Fostering a second dog during same year	10 hours
Attend/volunteer at a GRREAT function	5 hours
<i>(maximum of 4 functions to be tabulated, including Adoption Days, Picnic, Winter Party, Meetings, MCI Center, Tattoo Clinics, Fundraisers, Education Booths)</i>	
Transport a dog	5 hours
<i>(maximum of 4 to be tabulated, including shelter pickups, vet trips, owner give-ups, adoption and foster home transport)</i>	
Chair an appointed committee or function	10 hours
Active assistant to a coordinator	10 hours
Home check <i>(maximum of 4 per calendar year)</i>	5 hours

DIRECTIONS TO KNIGHTS OF COLUMBUS CENTER:

From the Washington Beltway (I-495), take Exit 25 (U.S. 1) south toward College Park. Take the first right onto Cherry Hill Road. Go about 3/4 mile and make a left into the Knights of Columbus property. The parking lot and K of C building are on the right.

From Baltimore, Southbound I-95, take Exit 29B (Route 212 Calverton). Follow Route 212 (Powder Mill Road) one mile and turn left onto Cherry Hill Road. Go a mile and a quarter and turn right into Knights of Columbus property. The parking lot and K of C building are on the right.



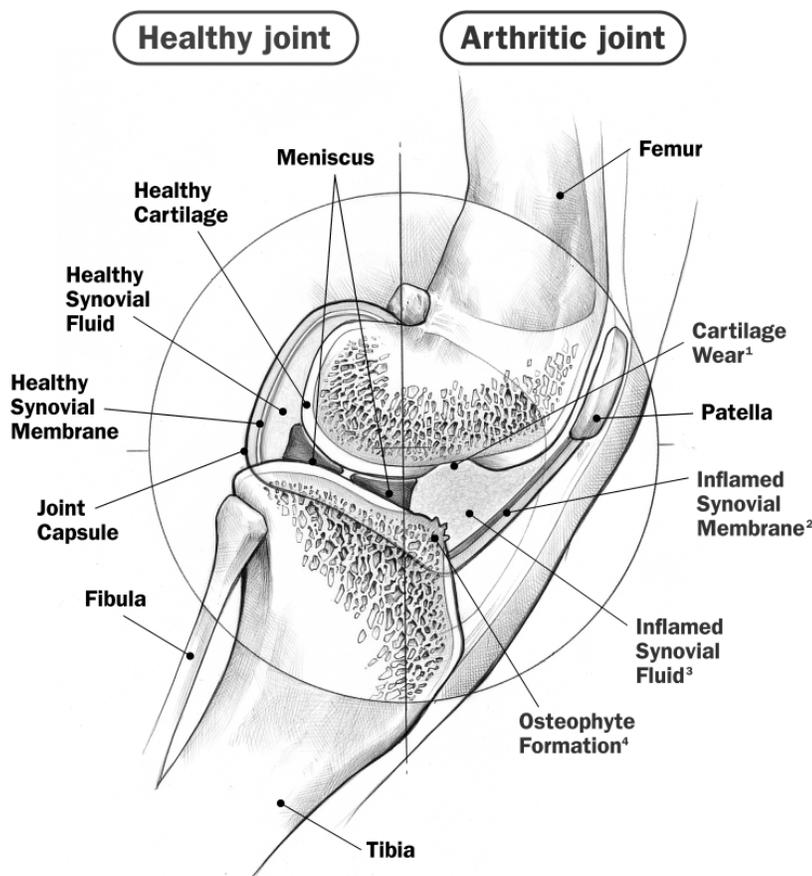
and other active sports), are particularly susceptible to arthritis. Half of all dogs older than seven have arthritis, although the disease can develop at any age.

Arthritis (meaning inflammation of the joint) is an incurable, chronic, painful, progressive disease. It is more than just the ‘aches and pains’ of growing old. A variety of conditions can result in osteoarthritis, including genetic and hereditary defects, previous injuries and accidents, and joint damage from strenuous activity and exercise, as well as immune system problems and infections.

Osteoarthritis and degenerative joint diseases in general cause deterioration of the articular cartilage in a joint like a hip, elbow, or knee. Cartilage forms a protective cushion between the bones that move against each other (articulate) in the joint. Figure 1 illustrates arthritic changes in a knee joint. The left side of Figure 1 shows a normal joint—smooth surfaces on bone and

Illustration courtesy of
Pfizer Animal Health

Figure 1. Knee Joint Showing Arthritic Changes



cartilage and healthy membranes. The right side of Figure 1 shows changes in the surfaces of the bone (osteophyte or bone spur formation), worn irregular cartilage, and inflamed synovial fluid, all of which contribute to arthritis. In a normal joint, the cartilage protects the ends of the bones and rubs against itself with no pain because there are no nerves in the cartilage. But when the cartilage wears down and the bones themselves rub together, that’s when the pain, swelling, and stiffness occur.

The onset of arthritis is sometimes quite insidious, marked by one or more of the symptoms noted at the beginning of this article. The disease may remain stable and quiet for a period of time and then have sudden, painful flare-ups. Most dogs are very stoic—choosing not to show pain by yelping or crying out—and consequently many owners do not realize that arthritis has developed in the animal.

Observe your dog for symptoms of joint problems.

- Lameness, tiring easily or even sitting down during a walk
- Slowness to rise from a resting position
- Holding up or not using a leg with a sore joint
- Standing on three legs so there is less weight on the sore joint
- The dog snaps or turns her head when the joint is moved or bumped
- The dog pants or holds his breath when the joint is moved

Examine her joints and the surrounding areas for problems. Look for:

- Swelling
- Abnormal warmth of the tissues
- Redness of the skin over the joint
- Tenderness when the joint is moved or felt
- Resistance to flexing the joint

There are a number of possible causes for these symptoms, but one of the most common is arthritis. In some situations, there may be no swelling, warmth or redness of the joint even though the dog has

Arthritis, continued on page 6

I am enclosing the copy of the certificate of completion for Pixie's training class. I think I learned more than Pixie (02-194), because she seemed to already have the right instincts. Anyway, it was a good learning experience for me since this is our first dog.

The whole process from first learning about GRREAT and meeting dogs and families at an Adoption Day, through our home visit with Terry Moses, our match with Pixie, her tattooing with Jessie and now the completion of her training has truly been a wonderful experience. Everyone in the organization was so helpful along the way.

We are especially blessed to have such a loving addition to our family and often wonder how we got along all these years without such an affectionate companion.

We want to thank everyone for the time and care you put into the organization and please keep our deposit as a small token of our appreciation to use to continue your great GRREAT work.

Thanks again to all involved in bringing Pixie into our lives.

—Patti and Brent Wildasin

Enclosed please find a copy of the Certificate of Achievement for Chloe Selden (02-176) that she received when she graduated from her basic training class. Chloe passed her training class with flying colors and according to the instructor was her favorite student due to her intelligence, beauty, and loving heart.

Chloe recently turned the big "02." She continues to thrive and mature everyday, charming everyone she meets – canine or human – and finding that special place in so many hearts. What an awesome dog!

Please retain the training deposit for Chloe as a donation in memory of Chloe's foster buddy, Dickens, who passed away recently and who will be greatly missed.

Warmest Regards.

—Margaret Selden

Please accept this donation in celebration of Avery Uslander's Bar Mitzvah. Avery and his family have been wonderful and loving parents to lovely Amber 00-227, who needed them to take care of her so badly. After interviewing several other families, I knew as soon as we stepped into the Uslander's home that we had found a perfect match, and they have been living happily ever after with their sweet girl. I know this because we keep in touch with one another via phone and e-mail and have visited on several occasions.

I've had the privilege of having Amber as a guest in our home while the Uslander 'people' went on vacation. She is now a very happy and healthy girl. She's come a long way from the frightened, neglected young lady that was handed over to me as a foster parent by her owner in a parking lot. God bless you, Avery, for all the work you are doing for all of GRREAT's Goldens, but a special thank you from me and Amber for giving her the love and care she so desperately needed. Mazel Tov!

—Kathleen Doyle

To all our Friends at GRREAT:

Thank you so much for participating in our Walk for Paws fundraiser this year. Our Walk was a huge success with over 500 people in attendance.

We were able to raise quite a bit of money for our many causes, such as our spay/neuter services for low-income families with pets, our humane education programs for school children, and promoting the adoption of shelter pets.

We hope to see you again next year at our Walk.

—Barbara Leech
Animal Advocates
of Howard County
Ellicott City, MD

Dear 
GRREAT

Visitors check out the GRREAT information table at the Howard County Walk for Paws





Buddy provides a tender loving cushion for Gracie Bonato

∞ IN REMEMBRANCE: BUDDY ∞

The Bonato family writes:

We are sending you this donation in honor of our wonderful, loving, fluffy Buddy. We only had the pleasure of having him in our lives for seven months when he died suddenly of cancer. We feel blessed to have had him, no matter how short the time was. My mother-in-law, Edythe Bonato, wrote this poem in honor of Buddy.

—Lisa, Johnny, Gracie, and Matthew Bonato (Lucky and Ginger too)

He came into our lives, a Golden bundle of fur,
A canine with dignity, we could have called him Sir.
We named him Buddy and he would melt you heart,
And he settled into our home easily right from the start.

He was loyal and perceptive; he seemed to understand our needs,
This beautiful dog, Buddy, who was filled with good deeds.
A canine that gave us his unconditional love,
Became a member of our family like a smooth fitting glove.

We had two Golden Retrievers, who were never apart,
and Buddy made three, they all tugged at your heart.
These three bouncing retrievers, with their distinctive colored fur,
Buddy, Lucky and Ginger, O' what a trio they were.

Buddy romped and he frolicked all around the place,
And he guarded and protected our sweet daughter Grace.
A real beauty, our dog Buddy, resembling a silver-golden rug,
Who was always awaiting Grace's gentle little hug.

He nestled by Matthew, our new baby boy,
And he sensed that this child was a precious kind of joy.
Buddy's heritage must have come from a magnificent family line,
A special doggie, Buddy, we had for a short happy time.

The joy Buddy gave us was truly heaven sent,
Until God took him to His Kingdom, it was where our Buddy went.
He was God's gift to our family, a devoted and faithful friend,
My beloved dog, Buddy, who gave us his heart 'til the end.

Arthritis, continued from page 4

arthritis. If you suspect that your dog has arthritis, see your veterinarian for a professional work-up and diagnosis.

During the office visit, the vet will ask you a series of questions, for example, about the dog's limitations, how long the condition has been present, any injuries or other signs of illness. Therefore you need to be observant about your dog's signs and symptoms at home. The vet will conduct a complete physical exam to look for other reasons the dog might be in pain. In particular, the vet will want to see the animal move and should check all limbs, including moving them to feel resistance or any cracking or grinding sensation (called crepitus). In older dogs especially, a complete blood count and blood chemistry panel should be done to look for signs of infection or other diseases that might cause pain or joint problems. X-rays of the painful joints will confirm the diagnosis and assess the level of joint damage. In extreme or difficult cases, other tests such as serology (to rule out rheumatoid arthritis or Lyme disease), synovial fluid analysis (looking for bacterial infection), arthroscopy (examination of the inside of the joint using a lighted instrument), or even arthrotomy (surgically opening the joint to examine it) may be necessary. Generally, however, the vet's examination and some x-rays will tell the story. The next step is deciding how to manage the arthritis and the pain it causes.

The Big Four in Managing Arthritis Pain

1. Weight management

Needless to say, maintaining the dog's ideal weight is probably the best way to slow the progression of the arthritis. Extra weight causes a cycle of sluggishness, lack of exercise, and increased weight that stresses inflamed joints. Getting a dog to lose weight is probably more difficult for the human than the dog. The owner has to deal with "the look" of a Golden that thinks she is being starved, but remember who has the

Arthritis, continued on page 10

Old Gold: the Best Way to Start the New Year

I'm sure no one will be surprised to hear that GRREAT took in a record number of goldens and golden mixes during 2002—315 as of 12/31/02. Many of these dogs were young, healthy dogs that quickly moved into their adoptive homes. However, as a breed rescue, GRREAT is committed to taking in not only the young and healthy, but also the senior and sick—those who are probably the most in need of rescuing. Consequently, at the moment we have a number of older dogs who are looking for a place where they can have the love, peace and security that they deserve in their senior years.

Fletch (02-163) is one such special boy. I can guarantee you that any sacrifice on your part will be repaid tenfold by the love and goofy Golden grins that he will shower on you each and every day. Here's how Fletch's foster mom describes him....

Fletch is a 10-year old neutered male who is an absolute sweetheart. He loves his foster (canine) brother and all his four legged friends in the neighborhood. He is very gentle with children, even the little ones, and previously lived with a cat. Before coming to GRREAT, Fletch was diagnosed with *hypomyelination*, a condition that affects his nervous system, most noticeably in his rear hips and legs. This condition limits his mobility, especially when climbing stairs. He is on daily vitamins and supplements. He is also currently receiving acupuncture treatments which seem to ease his pain and help his mobility.

*Fletch (02-163)
wants to be your
New Year's
resolution*



Despite his age and his condition Fletch is still quite playful. He'll bring me his soft squeaky toy to play with first thing in the morning, even before going potty! Fletch will chase balls outside for periods of time, but I have to limit this kind of play due to his hips. Fletch also enjoys short walks, usually two quarter-mile walks a day. He likes being outside, catching rays, feeling the wind in his fur, and watching the world go by.

Fletch is a happy-go-lucky guy, very sociable, and has succeeded in stealing my heart. But because my townhouse has too many stairs, he needs a new home with very few stairs. Ideally Fletch's forever home will have someone home part of the day and perhaps children or another dog to play with and to keep him company.

If you think Fletch would be the perfect 2003 addition to your home, please contact Mary Ellen R. Lunde, melunde@att.net, 301-549-3156.

Special Needs Sweethearts Available for Adoption

Visit the GRREAT website www.grreat.org to read about other seniors awaiting their forever homes. Maybe one of them is meant for you!

And while you're there, check out the pictures from the Howliday party, the GRREAT Calendar for events and directions, Golden e-cards, back issues of GRREAT News, and much more Golden information.

Special Donations were received

IN MEMORY OF...

REMINDER It's Membership Renewal Time

Please check your mailing label for this issue. If it shows "Expires 12/31/02" in the upper right corner, your GRREAT membership has expired. This is the last issue you will receive.

Membership dues are still only \$25 per year and include a subscription to GRREAT News.

Dues are payable now through January 31, 2003, after which time membership will be forfeited.

This is also the time to consider making a tax-deductible donation to GRREAT. Use the handy form on page 19, and mail it and your check to GRREAT's post office box in the addressed envelope included in this issue.

Tuck a note in the envelope about your pride and joy—and maybe a picture—we love to hear from you!

Lloyd Stoddard of New Britain, CT, who never met a dog he didn't like.

—Barbara and Robert Osgood

Kenai, a truly wonderful Golden Retriever. Kenai passed away suddenly and is very much missed by his owner/friend Joy Levy. Thanks you for all the work you do on behalf of this special breed.

—Cecilia Bast and the Rural Legacy Staff
(Pam, Michelle, Jackie, Geoffrey,
Carol and Ceil)

On November 11 2002, **Casey**, the beloved Golden Retriever of my brother-in-law and his wife, died unexpectedly. She was only 8 years old. I wanted to do something to honor her life and memory and asked them if there was a particular animal organization I could make a contribution to. They suggested the GRREAT. Please accept the enclosed check in memory of Casey.

—Elaine and Douglas Ayers

Malcom: a day doesn't go by without me thinking about you. You are forever in our hearts. Until we meet again, our handsome Golden boy. And to thank GRREAT! Without GRREAT we wouldn't have our 'diamond in the rough' known as Molson (a.k.a Ajay). He has found his forever home and we found a handsome, loving, grateful treasure.

—Walter Grabowski and Robin Hoesch

Dee-O-Gee, our beloved Golden that we lost five years ago.

—Kathleen and Kerry Skeen

Please see Letter to GRREAT on page 9.

Andy, our first Golden who taught is about the really important things in life.

—Mary Lou and George Siegle

Allie. —Charles and Martie Heaton

Honey's GRREAT Surprise CD, CGC, TDI.

—Sharon and Nick DeCesare

Sandi (95-021).

—Connie and Robert Boykin

Alex. —John Wallingford

Dingo, my feisty Basenji brother, who welcomed me into my home. I miss him.

—Keo (Dahle) and Carla too

Our five Golden who have crossed the Rainbow Bridge—**Jesse, Sandy, Jenna, Zerelda, and CJ**.

—Barbara and Ace Oestreich

Alex and Jason and Jake—32 great years.

—Sally Tongren

Buddy Bonato, adopted from GRREAT in 2002.

—Lisa and John Bonato

Please see remembrance on page 6.

Jenny (a 12 year old Golden who died 11/98)

—Patrick Neiler

Babe, Sheba, and Monti (93-178).

—Cathie and Mike Skoog

Barney, Copper and Traveler.

—Charles and Gillian Heagy

Chuck (93-025).

—Ethel and Haddon Carryer

Chester for Duchess' Sake, CDX, JH, WCX.

—Al and Teresa Blumberg

Patrick, Shamby and GGbean.

—Lynne Young

Buck and Morgan. —Pat Balducci

Please see remembrance on page 9.

Barbara, Kaiser, and Brandy.

—Priscilla and John Borden

Penny (99-080), our angel in a fur coat.

We miss you, precious.

—Robin and Donald Greenfield

Asta and Dagmar.

—Bob Cohen and Karen Stierman

Al's best bud **Sammy** who crossed the Rainbow Bridge in 2000.

—Al and Jean Huey

Wesley, our first GRREAT Golden.

—Liz and Charlie Clark



Dear GRREAT,

I have been a member of GRREAT for several years. And, although I have not adopted a dog from you or fostered dogs, I am an avid promoter of this wonderful rescue organization and the terrific dogs they represent. Anyone that knows me is aware that I am involved in Golden Retriever Rescue.

I am writing to you today to renew my membership and make a special memorial donation to GRREAT. Please accept this in memory of "DEE-O-GEE", our beloved Golden that we lost 5 years ago.

We adopted him at six months from a woman going through a divorce. The little girl of the family had been learning to spell and so they had named him D-O-G. Since he knew his name, we decided to keep it. His name was a constant source of questions from everyone.

He had been traumatized and abused mentally if not physically and was frightened of everything. If you tossed a ball for him he would run and hide under the dining room table. Slowly he matured into a very loving and happy dog who forgot all of his previous worries.

As a big part of our family, he moved across country with us twice and traveled with us through many great adventures. He lived in-town most of his life, but finally he was able to retire to the country where he had a pond of his very own! He lived a very long and happy life with us and died just 2 months shy of his 16th birthday. We will miss him forever.

I know that this donation will go to help many more wonderful Golden. My husband and I are very pleased to be able to do this.

—Kathleen Skeen

Pat Balducci writes:

I have read the letters very sad owners of deceased Golden have written throughout the years. As I read them, I guess I really thought my guys were different; they were going to live forever. All that changed on November 18, when I lost two of my three Golden within twenty-four hours of one another.

Buck, age 13, and Morgan, age 12, passed away on November 18 and 19. Buck went to the Bridge after being euthanized. He had suffered from lymphoma (cancer of the lymph nodes). He was my very first foster dog from GRREAT. He had been with our family for seven years. I simply could not let him go.

He came to me from the Blue Ridge Animal Hospital at age six. He was 40 pounds soaking wet and not quite used to living in the house. I'll never forget the day he jumped the fence in the middle of a thunderstorm and I'll never forget getting him back the next day. Needless to say, the fence was extended upward.

Though Buck had been a stray, living on the streets for a while, he was a happy dog from the beginning. The seven years he spent with my family (including two other dogs and two cats) were wonderful. I will miss Buck for a long, long time. I was able to be with Buck as he made his journey to the next world.

Later that evening, Morgan, my twelve and a half year old Golden that I had since she was 8 weeks old, had a massive stroke. Her death came so suddenly, I couldn't even react initially. I will miss her with all my heart. I still can't believe she is gone.

Please accept this modest donation in memory of Buck and Morgan for all the good you do on behalf of Golden. As I grieve, I know how much care you continue to provide to homeless Golden on a daily basis. I have fostered other GRREAT dogs and know how dedicated and hard working you are.

IN REMEMBRANCE: BUCK AND MORGAN

Ongoing Gifts grreatfully acknowledged

Proceeds from the sale of Janet's Notecards.

—Janet Hauck

Proceeds from the sale of handcrafted animal ornaments, pins, and magnets at the Howliday party.

—Sam Connelly

From Pipevine, Inc. for donations received through networkforgood.org.

From United Way of Central Maryland

Rochelle Lesser and landofpuregold.com (donations resulting from the Golden Greetings photo cards contributions program)

Thank You to these individuals for their recent donations

L Clay Beall III and
Janis Beall

Andrew and
Barbara Becker

Margaret and
Buz Bonifant

Cheryl Brooks

J Brooks and
Sherry Yetter

Jerry Cann

Sherry and
Richard Carson

Sandra and
Kenneth Diamond

Allan and
Debra Farcosky

Laura Garces Fischer
and Felix Fischer

Charlotte and
Charles Gilmore

Bronda Harrison

Paula Hart

Charles and
Wendy Heinz

Pamela Hodgkinson

June Hurtgen

Jim and Teri Jamison

Paula Karpe
continued on page 11

Arthritis, continued from page 6

opposable thumbs that operate the can opener, open the refrigerator, or get an extra burger for Goldie at the Whopper Shoppe. Less to eat, lite kibble, and lots of green beans can make the difference between a life of pain and a trim, comfortable animal.

2. Treatment

Medical treatment is almost always the first step in managing arthritis, and there are many types of medical treatment. These may also be referred to as conventional therapies, in contrast to the alternative therapies discussed later in this article.

NSAIDs (*non-steroidal anti-inflammatory drugs*) This class of drugs relieves the pain and inflammation caused by arthritis but does little to slow the advance of the disease. Non-prescription NSAIDs include buffered aspirin (Ascriptin, Bufferin, and other brands) which can be given safely to dogs. Three other NSAIDs compounds—ibuprofen (Advil, Mortin, Nuprin), acetaminophen (Tylenol) and naproxen (Naprosyn)—are **not** recommended for dogs and cats. Buffered aspirin can be administered to a large (60 to 70 pound) dog at the rate of ½ of a 5-grain (325 milligram) tablet three times per day or one whole tablet morning and night. Giving the buffered aspirin with food helps minimize the side effects (gastric upset or gastric ulcers). There is even a canine buffered aspirin available from veterinarians called Palaprin6. It was developed especially for dogs and does not cause the gastrointestinal upset that human buffered aspirin can.

Prescription NSAIDs include newer oral medications such as carprofen (Rimadyl) and etodolac (Etogesic). In addition to providing good pain relief, these drugs may also slow the arthritic process, but they are expensive and have been associated with gastrointestinal irritation and liver problems.

Prolonged use of prescription pain relievers and analgesics may result in gastrointestinal distress (vomiting, diarrhea, bleeding, even stomach ulcers), liver toxicity, kidney

failure or excessive urination. Short term use of these drugs is relatively free of such problems, but any type of pain reliever should only be administered under the guidance of a veterinarian.

Steroids (prednisolone/prednisone, dexamethasone and other corticosteroids) This class of drugs will significantly reduce the swelling and inflammation of arthritic joints, but long-term use of steroids is discouraged because of the effect steroids have on other organs in the body. Prolonged use of steroids can suppress the normal function of the adrenal glands and pituitary gland, cause insulin resistance, harm the immune system, and even cause skin lesions and hair loss on the animal.

Keep in mind that none of the NSAIDs or steroids promote healing of the joint; they only relieve pain and reduce inflammation. A few other agents will actually help repair the joint.

The prescription-only injectable drug polysulfated glycosaminoglycan (Adequan) is in a drug class by itself, called *disease-modifying osteoarthritis drugs (DMOAD)*. Adequan is the only FDA approved product of its type on the arthritis treatment market and it has been clinically shown to help treat the disease by stimulating cartilage repair and diminishing joint damage while reducing the pain. This too is an expensive treatment and requires regular visits to a veterinarian for the injections.

Nutraceuticals (glucosamine and chondroitin) are dietary additives that help prevent further cartilage destruction and enhance the body's natural attempts to repair the joint damage. Also called chondro-protective (chondro = cartilage) agents, these nutritional supplements have few side effects, such as minor diarrhea, which can be corrected by changing the dose, dividing the dose and giving morning and evening, or giving it with a meal. Although they are not FDA-approved (and thus have no specific dosage recommendations), glucosamine and chondroitin rehabilitate the cartilage by

continued on next page



Once a year we call him Saint Nick, the rest of the year we call him President Nick of PVGRC. **Thank you to our Santa and to all the volunteers who made the GRREAT Howliday Party such an enormous success!**

Continued from previous page

retaining the moisture necessary to keep the cartilage cushiony and lubricate the joint. Chondroprotective supplements are the most common supplement given to dogs. However, it takes several weeks for a therapeutic dose of these supplements to build up in the animal. During that time, it would be appropriate for the dog to receive anti-inflammatory NSAIDS to relieve the animal's pain.

Alternative therapy is the general name for a wide variety of treatments including herbs, homeopathic treatment, magnets, copper collars, and acupuncture. In general, there is little clinical evidence to support the effectiveness of herbs and other diet supplements, such as alfalfa, devil's claw, yucca, seaweed extracts, boswellin, manganese, and various vitamins in the relief of joint pain. Some owners have been very successful in managing their animals' arthritis with these treatments; for others, they have shown little effect. It is important to consult a homeopathic or herbalist veterinarian if the owner desires to use these treatments.

Nutraceuticals, herbs, and diet supplements will not reverse joint damage caused by arthritis, but they can reduce the inflammation of the disease and may slow the process of further damage, as well as improve the animal's general well-being. Actually, nothing can reverse arthritic joint damage, but in some cases, the damage can be surgically corrected.

Surgical treatment is an option for some animals with early stage osteoarthritis—the type that usually results from hip dysplasia—before too much damage has occurred to the bone. However, replacement of a joint should only be considered if medical treatments are not effective. For late stage arthritis, other options are joint fusion to prevent bones from moving against each other, ligament repair, and correction of deformed or unstable joints. Most dogs recover full function after a hip replacement but the procedure is very costly and the recuperation period is lengthy.

3. Moderate activity

Swimming is the best activity, because joints can move without the pressure of the dog's weight, but few owners have access to a pool that tolerates dog hair. The key words are gentle and regular when it comes to exercising an arthritic dog. Moderate walking is preferred to jogging or running, both of which put extra pressure on the joints. Furthermore, the exercise will help the dog to lose pounds, if needed, and to stay limber. Avoid activities that involve jumping, such as Frisbee playing or running agility or flyball hurdles. A smooth steady pace is better than a burst of speed followed by a long period of inactivity. Daily exercise is important, rather than weekends-only.

4. Additional comfort measures

Adding to the comfort of your dog's life can ease some of the pain.

Elevated dog bowls If your dog has arthritis of the shoulders, neck or spine, she would benefit from raised food and water bowls. As a matter of fact, any large breed dog will benefit from an elevated feeder as the risk of bloat is reduced. A variety of these prod-

Arthritis, continued on page 16

Thank You to these individuals for their recent donations

continued from page 10

Maureen Kelley

Dottie and
Marie Kilcarr

Jo and
Yvonne Kinkaid

Tony and
Lisa Kitzmiller

Gary and
Debbie Kramer

Jane Kunze

Alison and
Tony Martin

Courtney Matthews
and Andrea Supp

Lawrence and
Jeanne McKay

Bob and Pat Miles

Lee Ann Moore

Karen Moses

Rhett and
Carolyn Murphy

Mark and
Mary Nielsen

Gina Norton and
Anne Volpe

Nicolette Parisi and
Richard Wakeling

continued on page 13



Leo's Corner

*The Leo Fund
for special needs dogs.*

Golden Angels (\$500 or more)

**Kate and Seth
Whitelaw**

Golden Heroes (\$100 - \$499)

Gary Greenwood

**Joe and
Pat Johnson**

Patricia Kennedy

**Tom and
Mary Ann Kuehne**

Robert Mercer

Joseph O'Neill

Michele Petrillo

Eileen Pratt

**Richard and
Jan Scolio**

**Raymond and
Kathleen Schmid**

Barbara Stephens

Betsy Surprenant

Karen Wahler

Dear GRREAT:

I want to help dogs needing special surgery with this Leo Fund donation.

Please send me a donation acknowledgment.

Note to Leo: _____

Name _____

Address _____

Mail to:

The Leo Fund c/o GRREAT, P.O. Box 3069, Falls Church, VA 22043-0069

Leo's Pals (up to \$99)

Katie Bock

Debbie Brent

Sheila Cohen

Patricia Collier

Debbie and Wayne Cunfer

Jill Fisher

**John Fisher and
Donna Mistretta**

Anita and John Funk

John and Pat Gird

Lynne Glennon

**Douglass Gray and
Patricia France**

Debra and William Haegele

Mary Anne Hovatter

Robert and Julie Karner

Jo-Ann and Ahsan Khan

Jo and Yvonne Kinkaid

Joel and Eileen Langert

David and Laurel Leiss

Neal and Judy McKinley

**Thomas McQueen and
Sarah Kohn**

Joseph and Caroline Miller

Rhett and Carolyn Murphy

Skip and Deb Nizer

Cathy and John Opdenaker

Janet and CJ Owen

Beverly Porter

Marilyn and Doug Reedy

Jane Smith

Louis and Teri Stachowiak

Kathleen and Jay Witkin

Rosemary Workman and Scott Meyer

Gary and Kathryn Zeiler

Notes to Leo

In memory of Penny Whitelaw, best friend, patient teacher. —Kate and Seth Whitelaw

In memory of Chassidy. —Joseph O'Neill

In honor of our senior fur kids: Rusty and Rocky. 2 GRREAT pups.
—Barbara Stephens

Bear and Cody thank you for your continued good work. —Jo and Yvonne Kinkaid

In memory of Sandy.
—Robert and Julie Karner

In honor of my three Golden Fur Kids: Kodi, Sierra (GRREAT 94-188) and Quinn.
—Beverly Porter

In memory of Rhapsody.
—Joel and Eileen Langert

In memory of Beau (99-089) and Kerry.
—Kathleen and Jay Witkin

In honor of our foster dogs for 2002—Sandy (SEVA GRREAT), Joe, Riley, and Sawyer.
—Joe and Pat Johnson

In memory of Sandy (our first Golden) — that taught us what a special breed of dog Goldens are. —Cathy and John Opdenaker

In memory of Huckleberry. —Jane Smith

In memory of Max Fisher—a good dog. 1986-2001. —Jill Fisher

In honor of Toby, Morgan, and Jost—some of the great dogs of our life. To thank GRREAT for Blazer 00-272.
—Steve and Betsy Surprenant

For the Simile-Finale Fund

To thank GRREAT for what you do!
—Tim White and Anna C Alt-White

In memory of Elaine and Don Yeager's beloved Liberty. —Karen Wahler

To thank GRREAT for Lucky.
—Sheila Cohen

In memory of Jack (94-008), who crossed over the Rainbow Bridge on June 10, 2002, after suffering kidney and heart problems. He was a sweetie who loved to be talked to.
—David and Laurel Leiss

In memory of Leland.
—Tom and Mary Ann Kuehne

In memory of Chelsea. —Lynne Glennon

In honor of Morgan (98-133) a.k.a Peaches —she brightens our life every day.
—Anita and John Funk

In honor my beloved GRREAT big baby Jack (00-246) who gives me unconditional love every day. —Michele Petrillo

Here's a Christmas donation for the Leo Fund. —Gary and Kathryn Zeiler

In memory of Joseph Ciavaglia of Feasterville, PA—a dear, long-time family friend of my parents (Miriam and FT Brent), myself and all my/our furry kids.
—Debbie Brent

In memory of Maggie 6/16/92-12/16/02.
—Marilyn and Doug Reedy

In memory of Maddy.
—Thomas McQueen and Sarah Kohn

In honor of Sam and Belle. —Katie Bock

In memory of Sir Arby of Clearview, one of GRREAT's fosters and adopted in 1990. He is greatly missed. —Robert Mercer

Thank You

to these individuals for their recent donations
continued from page 11

Harvey and Lenora Pascal

Jack and Micky Penkoske

Brian and Diane Petrenick

Mary Portelly

Gary Powers

James and Margaret Schultz

Susan Seward

Marion Shields

Judy and Ron Sienknecht

Alan and Michele Smith

Jim Stillwell and Barbara Brincefield

Kathleen Teitel

Sheila Urquhart

Karen Wahler

Lane and Gene Weinzeig

Brian and Shirl West

James Wilmoth

Michelle Wiseman

Gwen Wood

Special Donations were received IN HONOR OF...

Happy Birthday Alexis Inch —and thank you from GRREAT!

The enclosed check was given to me on my birthday by two of my dearest friends, Andre and Stephanie Balderrama. They know how important Golden Retrievers and GR rescue efforts are to me—and with that, they are making a donation in my name.

I hope this helps relieve a bit of the burden that GRREAT carries in its attempt to save and place our wonderful Golden Retrievers with forever homes. Thank you. Keep up the good work.

—Alexis Inch

Olivia McDonough. —Judith Adrezin

Pat Balducci, a “Golden Angel” who lost her Buck and Morgan so suddenly.
—Phil and Janet Hauck

First grade teacher, **Jill Guhne** of Pasadena Elementary in Pasadena MD, and the great teaching provided to my son, Jonathan Swann. —Lisa Shore

Nancy Bender, aunt of foster parents Kim and Paul Mayberry and Chance, because she’s a great neighbor who loves animals. —The Adams Family, Chrystie, Doug and Rebecca

Rick Paisley—here’s a gift for our dear friend whose only Christmas wish was for his beloved Goldens. —Karl and Barbara Von Vorys

Bob and Pat Miles—Happy Holidays! Love, Mark and Mom. —Mark and Patricia Hattan

Michelle Stenzel. —Joseph and Caroline Miller

The Gaylans Family and Gillie and Breezy. —Sharon Albright

Belle. —Leonard and Georgia Woody

Carolina. —Suzanne Miller

Dusty. —Jonathan Gordon

Jack is a Taz Too, CGC, TD, CD —Debra and Bill Barrows

Rowdy and Holly, two GRREAT Goldens. —Penny March

‘Princess’ **Nina** (99-096) Walman. —Rosalind and Stuart Walman

Annie Ludwig, Molly Glennon, and Hannah Glennon. —GT Ludwig

Layla (01-069) and **Harley.** —Elysa and Igor Birman

Mr. Peabody, who helped us train our Goldies. —Curtis and Stephanie Dalpra

Our beautiful **Teddino** (Teddy 01-207). —William Caplan and Jake Jacob

Rascal (99-166). —Tam and Eugene Steffen

Sandy (99-187)—still crazy after all these years. We love her.
—Gerald and Ziva Schuchman

Cassie. —Jeff Joseph and Lisa Merman

Farah (99-057), our special Golden girl. —Susan and Michael Sanders

Katie and Topaz. —Chuck and Carolyn Ellington

My parents’ loving dog **Samantha.** —Paula Abernethy

In honor of **Kayla and Cassie** (01-175) **and my fiancé Bob** who has been adopted by my fur kids. —Christine Williams

Max (98-074) —Charlene Little

Carmel (00-182). —Lori and Peter Kubic

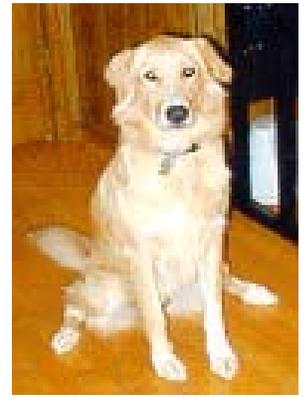
Scout (96-176), **Katie, and Luger**—two Goldens and one Golden wannabe. Also to thank all the kind hearted foster families. —Susan Amaral

We wanted to drop you a note since it's been about a year since we first spotted Penny at the Pet Expo. She has been such a wonderful little addition to our household. She goes most places with us and makes a wonderful traveler. At home, she and our other Golden Suzy make such a wonderful team. Although Penny is taller than Suzy now, Suzy has remained the alpha! Penny is a constant companion to our son Sam and has attended school and Boy Scout functions as well as being his little companion each day at the bus stop.

During the day, Don and I really enjoy Penny's company. You were so right about Penny around Don's wheelchair—she's so gentle around him.

We just can't thank you and GRREAT for affording us this wonderful opportunity with Penny. We have enjoyed her immensely. Please accept this donation to GRREAT **in celebration of our one year anniversary with Penny!**

—Don, Mary and Sam Sherman



*Picture perfect
Penny Sherman*

To thank Judy and Keith Koval for fostering Kess. —Cynthia Martin

To thank Jan Brown for looking after Nikko and Brandy in the summer whilst we went home to visit family and friends in the UK. —Julie and Craig Wright

To thank Joe, Pat and Shannon. —Joseph Reiter

To thank Mrs. Joyce Page for rescuing Rusty (99-192) so he could fill our home with wet kisses and furry love. —Linda and Jim Kuhn

This is a **Christmas gift to Trish Collier** from her daughter. —Wendy Eakle

To thank Bob and April Fritz for their friendship and hard work with GRREAT. —Vicki and Gordon Sumner

For Trixie and Moe, to thank them for another year of love and companionship. —Sara Bogle

In honor of Goldens everywhere. —Evelyn Grau

In honor of Dozer and Lucas (99-143), and **in loving memory of BJ and Adam**, my precious boys. —Beverly Mustaine

In honor of Brady 02-169. **In memory of Riley 99-213, Sophie, Nellie, Josh and Scottie.** —Joe and Judy Niebauer

In honor of Addie and Catie (02-021) Arey and **in memory of Duke and Chammy and Cory** Arey. —Patty Arey

In honor of Shadow and **in memory of Sandy.** —John Powell

In honor of MacIntosh who has brought Golden smiles to our hearts; **in memory of Lykke**, our sweet Golden girl from days gone by, and **to thank GRREAT** for all it does. —Janette and Dave Siebs

In honor of Cody (99-150), our Golden love. **In memory of Tiger**, our Golden memory. —Kim and Dan Rolland

For finding Molly. —Jaine and Larry Summers

For helping all of the needy dogs, even if they are not purebreeds. —Donna and Thomas McConn

Special Donations for special reasons

In memory of a GRREAT girl, **Molly**. Molly was a special girl who won many hearts with her easy smile and gentle manner. She gave love and was loved. Also this donation is given **in honor of** our Golden **Claire** (98-173), another GRREAT girl who steals our hearts each day with her many smiles and loving eyes. Thank you for all the love GRREAT gives to these joys of life. Their breed name is so appropriate — Golden — pure gold to all who know Goldens.

—Ernest and
Iscella Wittich

Holiday Greetings and Special Donations received for GRREAT

Midas Touch Naturally Healthy Pets Seminars

1/18/03 Noon - 5:00
Homeopathy for Your
Animal Companion
*Christina Chambreau,
DVM*

2/1/03 10:00 - 5:00
Reike for Your Compan-
ion Animal
(pets welcome)
Joanne Herp

2/15/03 1:00 - 3:00
The value of Acupunc-
ture for Your Pet
Harold Alterman, DVM

3/29/03 1:00 - 4:00
Diet and Herbs for Your
Pets
Joanne Herp

For further information
about registration and
fees, go to
www.midastouchgoldens.com
or call Jo Bighouse at
703-777-0096.

Midas Touch is a not-for-
profit charitable organiza-
tion offering a variety of
services for Goldens and
other pets.

To thank Dan [Keppler] for being an extraordinary President and all the hard-working volunteers.

—James and Margaret Schultz

To thank GRREAT for Sam who thinks every day is Christmas and makes every day Christmas for us. We are so grateful for Sampson (99-061) who we adopted on July 4, 1999. Thank you for this magnificent gift of love. Sam is a true 75 pound lap dog. He is pure joy and makes every day Christmas for us.

—Diana and Doug Hellinger

For all the great work you do, Happy Holidays.

—Wendy Saylor

To thank GRREAT volunteers for all their hard work.

—Elaine and Richard Johnson

To thank you for your good work and my Brandy, adopted in 2000.

—Marilyn Cloyd

To thank everyone at GRREAT for doing a great job!

—John and Jackie Lodmell

Please use this donation where it is most needed. I give my heartfelt **thanks to the many volunteers** helping all the Goldens who pass through your doors. You are truly angels who walk the Earth. May you continue your good work.

—Kathleen Doyle and Casey

To thank you for Bo.

—Roger and Joann Adkins

Merry Christmas from Molsen (98-041).

—Doreen and Brad Wright

Here's a Christmas donation for

GRREAT.

—Joyce and Ralph Page

From Hannah Cheever (01-203).

—Darlene and William Cheever

Many thanks for all you do.

—Abby and Steve Owen

Thank you for all the wonderful lives you are helping. Happy Holidays to all.

—Regina and Neil O'Keefe

Arthritis, continued from page 11

ucts—plastic, metal, wood, fixed or adjustable—are available from pet supply sources, but an economical version can be created as simply as cutting the bottom out of a plastic bucket, turning it upside down, and slipping a two-quart stainless steel pan into the hole.

Massage offers a variety of benefits to a dog feeling the pain of arthritis: a relaxing touch for the animal, a bonding experience for the animal and its owner, an opportunity to check the animal for lumps and bumps as well as warm and swollen joints, and soothing movement for sore muscles.

You can perform the massage yourself or take him to a professional. Your veterinary staff can give you a quick lesson.

- Start gently; remember the area is sore.
- Build trust in the animal by petting the area of the tender joint.
- Then start kneading the muscles with your fingertips moving in small circles.
- Gradually spread the motion to adjacent muscles.

A soft place to sleep is important. If your dog sleeps with you, he may have difficulty climbing into bed, and you'll need to decide whether to lift him, provide a ramp, or retrain him to use his own bed. Some arthritic dogs like a cool place to soothe inflamed joints, other seek out warm places to snooze. Many pet supply stores and web sites offer orthopedic dog beds containing "egg crate" foam that distributes weight evenly and reduces pressure on joints, but an old infant mattress or other mattress of soft foam rubber at least four inches thick will work fine.

Warmth is something many dogs seek. You can use moist heat, such as a water bottle or a towel soaked in warm water, but avoid human heating pads as they can become much too hot. Pet supply sources sell specially made continuous low heat pads that can be inserted in a dog bed. Even with the Golden's heavy coat, a sweater or coat will help keep the dog's body temperature consistent during outdoor activities.

continued on next page

Name	ID #	Age	Sex	Name	ID #	Age	Sex
Amy	02-249	1	F	Josie	02-068	1	F
Annie	02-227	3 mo	F	Macintosh	02-145	6	M
Annie	02-233	5	F	Matti	02-220	5	F
Annie	02-285	2	F	Napoleon	02-173	11 mo	M
Argon	02-234	3	F	Otis	02-185	1	M
Bailey	01-265	4	F	Pooh Bear	02-260	1	M
Beau	02-200	1	M	Raphael	02-263	7	M
Big Boy	02-177	5	M	Riley	02-210	1	M
Bijoux	02-039	1	F	Rusty	02-049	5	M
Bo	02-219	6	M	Sandy	02-034	2	F
Brownie	02-264	6	F	Scooby	02-286	10 mo	M
Delaney	02-205	4	M	Shadow	02-190	10 mo	M
Dixie	02-244	6	F	Sherlock	01-193	3	M
Ginger	02-235	4	F	Sparkles	02-138	7	F
Hunter	02-187	1	M	Spencer	02-209	1	M
Hunter	02-230	6	M	Susie	02-259	4	F
Jake	02-150	2	M	Wilson	02-241	5	M
Jenny	02-172	12	F	Zody	02-247	4	M
Jenny	02-246	3	F				

Adoption Report

November 11 to
December 31, 2002

A large number of Golden Retrievers have been humming "Home for the Holidays." The last few weeks of 2002 saw forever matches for 37 lucky dogs and their new families. Among these pooches, thirteen were puppies, and three were age 7 or older, including one 12 year old.

Our statistics on this group: 17 females and 20 males; 16 were age 2 or under; 3 were age 7 or older, and 18 dogs between age 2 and 7.

Congratulations and many Happy New Year's to all!

Continued from previous page

Mobility Even a checkup trip to the vet can be a painful experience if the dog has to jump into and out of the car. If the dog is too large to lift, a ramp can help the dog avoid jumping. Ramps for cars, trucks, vans and SUVs are available in a variety of materials. At home, ramps can be built for stairs and to place next to a bed if the arthritic dog insists on sleeping with its humans. For handy folks, ramp designs are available in dog magazines.

Even though arthritis is not curable, it can be managed with tender loving care and treatment. Living with arthritis is all about maintaining the quality of life your Golden deserves.

Please note: This article is intended for educational purposes only. You should not rely solely on this information to diagnose or treat arthritis in an animal in lieu of consulting your own veterinarian.

Resources:

Pfizer Animal Health
WWW.REPORTERVILLE.COM/OAMONTH
 The Pet Arthritis Resource Center
WWW.ARTHRITIS-CATS-DOGS.COM
WWW.DOGS-WITH-ARTHRITIS.COM
WWW.WORKINGDOGS.COM/DEBOER_SUPPLEMENT.HTM
WWW.CANISMAJOR.COM/DOG/NSAIDS.HTML
WWW.ALTVETMED.COM/ARTHRITI.HTML
PETS.YAHOO.COM/PETS/DOGS/CARE/DOG_ARTHRITIS_JOINT/
WWW.ONLINEVETERINARY PRACTICE.COM/HEALTH_ADVICE/DOG/INFO/ARTHRITISDOG.HTM
 (British website)
EASTBAYSPCA.ORG/PETOWNERSHIP/DOGARTHRITIS.CFM
 "Ten signs of joint trouble" by Kim Campbell Thornton.
WWW.ANIMALNETWORK.COM/DOGFANCY

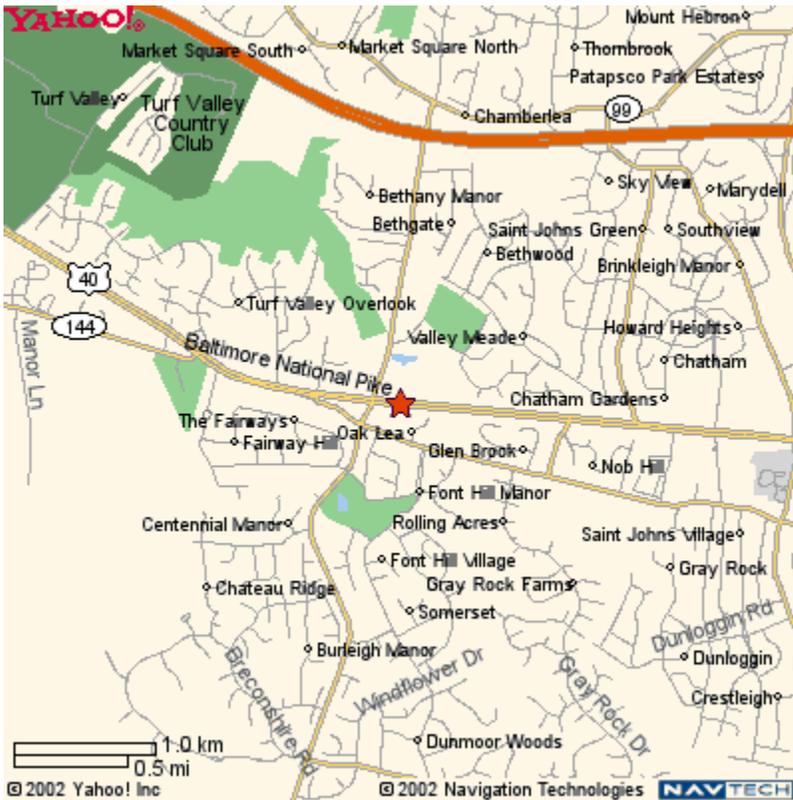
Congratulations
 to GRREAT member
**Barbara Nastus of
 Queenstown, MD**

**Barbara was the
 lucky winner of the
 quilt raffle drawn at
 the GRREAT
 Howliday Party.**

Thanks

**once again to the
 quilt's creator,
 Deborah Lamb-
 Mechanick, whose
 generous support to
 GRREAT is appreci-
 ated by all of us and
 the wonderful
 Golden Retrievers who will
 benefit from the
 raffle.**

Adoption Days for February and March



Saturday, February 8, 2003 (2nd Sat.)

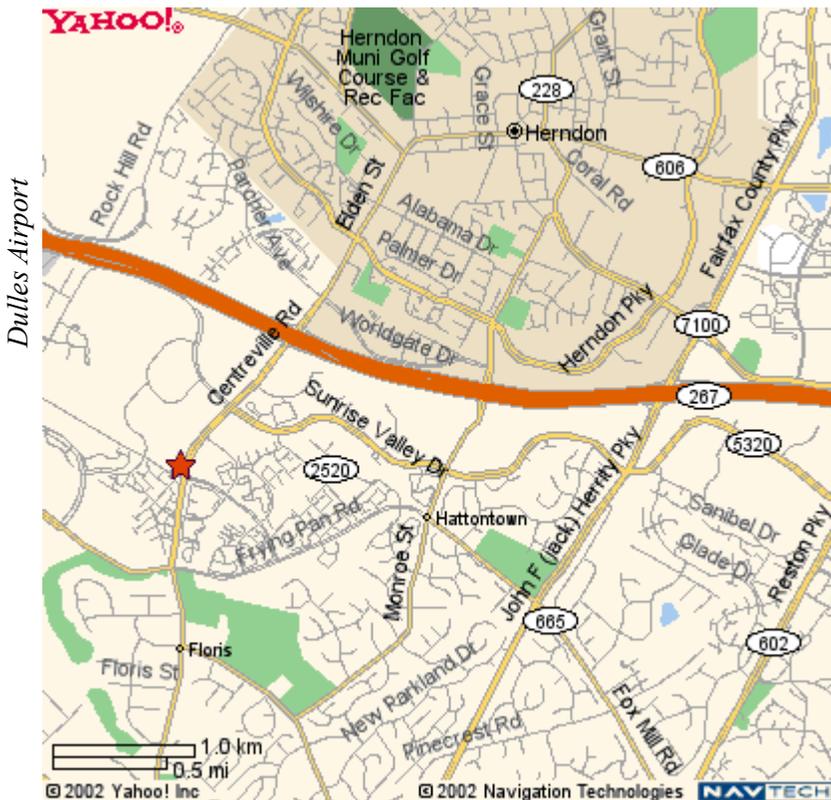
Noon - 2:00 pm

PETCO

Suite G-150,
10060 US Hwy 40 at Bethany
Ellicott City, MD 21042

Directions from the Baltimore area: Go west on US 40 (Baltimore National Pike), past US 29 (Columbia Pike) and through Ellicott City. The Enchanted Forest Shopping Center is on the right, about 2 miles west of US 29.

Directions from Washington: Take I-95 north toward Baltimore. Take MD 32 west (exit 38B) toward Columbia about 3 miles. Take US 29 north about 7.5 miles. Take US 40 west about 2 miles to Bethany. Shopping center is on the right.



Saturday March 8, 2003 (2nd Sat.)

Noon - 2:00 pm

PETCO

2441-F Centerville Rd
Herndon, VA 20171

Directions to PETCO of Herndon:

From the west side of the Capital Beltway (I-495), take the Dulles Toll Road west toward Dulles Airport. Exit onto Route 657 (Old Centerville Road/Herndon-Chantilly exit) south toward Chantilly. There will be a toll charge as you exit. PETCO is next to the clock tower in the corner of the Tudor-style shopping center off Centerville Road on the left at Sunrise Valley Road. There is a Red Lobster in front of the shopping center.

**DEAR GRREAT:
HERE'S A DONATION**

- I'd like to make a donation to GRREAT for _____

- In honor of _____

- In memory of _____

- To thank _____

All donations are tax-deductible and gratefully
acknowledged in *GRREAT News*.
Thank you for your generosity.

MAIL IN MEMBERSHIP FORM

- New member Renewal

Name _____
Address _____

Mark here if this is an address or name change.
Phone (____) _____
E-mail address _____

Circle as many as applicable:

1. I am enclosing \$25 for my 2003 membership dues.
2. I am enclosing a tax-deductible donation of \$ _____
3. I am interested in becoming a GRREAT volunteer.
(Please complete Volunteer Form at right)
4. I am interested in donating the following services or
supplies to GRREAT:

Checks should be made payable to GRREAT.

**Thank You
for your support of GRREAT**

VOLUNTEERS NEEDED

Please detach and return this form to volunteer for any of the
capacities below. If you have special talents that aren't listed
below, fill in the "Other" section at the bottom. Return form to:
GRREAT
Attention: Volunteer Coordinator
P.O. Box 3069
Falls Church, VA 22043

Name _____
Street _____
City, State, Zip _____
E-mail Address _____
Home Phone _____ Best time to call _____
Are you over age 18? Yes _____ No _____
Work Phone _____ OK to call at work? _____
County or area where you live _____
County or area where you work _____
Other areas where you visit regularly _____
Best days/hours to volunteer _____

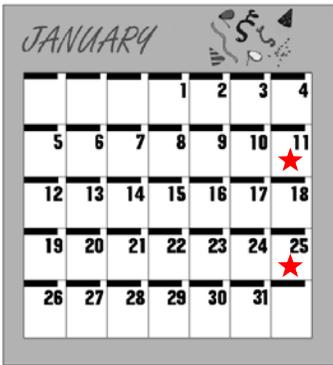
Please indicate any area of interest. The appropriate GRREAT
Coordinator will contact you for more information.

I would like to know how I can help

- _____ As a foster home for a GRREAT dog
- _____ As an emergency or short-term foster home
- _____ At Adoption Days
- _____ At Tattoo Clinics
- _____ At MCI center events
- _____ At information booths at dog shows, community
fairs, education days, etc.
- _____ At Fund Raisers
- _____ Transport GRREAT dogs (to/from vet, pick-up at
animal shelter, owner give-ups)
- _____ Transport supplies, food
- _____ Perform home checks prior to adoptions
- _____ Provide storage space for food, supplies, crates
- _____ Stamp and address newsletters and flyers
- _____ Donate the following services:

Other: _____

MARK YOUR CALENDAR



Saturday, January 11, 2003 - Noon - 2:00 pm
Adoption Day

PETCO

1929 Old Gallows Rd, Vienna, VA 22182
703-448-3401 *for directions only*

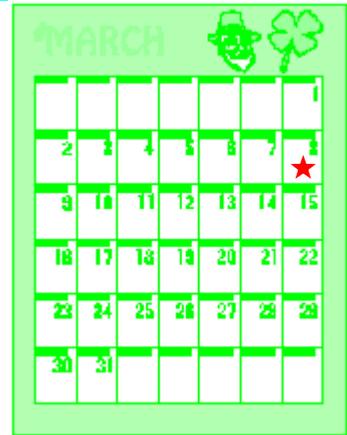
Saturday, January 25, 2003

GRREAT Annual Business Meeting

9:30 a.m. to 2:00 pm

Knights of Columbus Center
10142 Cherry Hill Rd, College Park, MD

See page 3 for information.



Adoption Days

See page 18 for directions.

Saturday, February 8, 2003 (2nd Sat.) - Noon - 2:00 pm

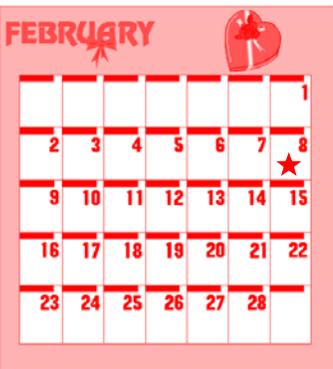
PETCO

10060 US Hwy 40 at Bethany, Suite G-150
Ellicott City, MD 21042

Saturday March 8, 2003 (2nd Sat.) - Noon - 2:00 pm

PETCO

2441-F Centreville Rd
Herndon, VA 20171



Golden Retriever Rescue, Education and Training, Inc.

P.O. Box 3069

Falls Church, VA 22043-0069

703-620-6593

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GRREAT BEGINNINGS



LEAD TO HAPPY ENDINGS!

Golden Retriever Rescue
Education and Training, Inc.