



GRREAT News

May/June 1998
Volume 8, Number 3

Published by Golden Retriever Rescue, Education and Training, Inc.

From the President Shaaron Plate

Ever since I volunteered to be a GRREAT foster home a number of years ago, people have asked me questions: How can you do it? How can you bear to take a dog into your family, love it, care for it, train it, sometimes even nurse it back to health, only to go through the pain of adopting it to someone else? How can you constantly disrupt, and sometimes distress your own dogs by bringing strange canines into their pack? How do you manage your lifestyle to allow time to foster? How do you care for "special needs" dogs who are old, infirm, or have behavioral problems? I've heard many other people say, 'I'd like to be able to foster rescued dogs, but I know I'd never be able to give them up to new homes.'

How would *you* answer the people who ask these questions?

From the President, continued on page 4

Sharing the Responsibility of Pet Ownership Skip Nizer

One of the nicest, most charming, highly intelligent and kindest persons I know spoke to me this morning at 6 a.m. I woke up and said "Skip, you need to write another article for the newsletter." I then rolled over and said "I'm absolutely right!" Modesty refrains me from saying more...

I lay there thinking, trying not to move so I wouldn't wake Debbie. She wasn't feeling good. I was even extra quiet as she got up to let the dogs out.

Sharing the Responsibility, continued on page 6

Kibble Ingredients In Premium Dog Foods Mary Ellen R. Lunde

There are literally hundreds of dry dog foods on the market. Many are sold in grocery stores; others are called premium or super-premium brands and are sold in pet supply stores. There are regional brands and national brands, expensive brands and economical brands. How is it possible to know what is best for our beloved Golden buddies?

Many new adoptive families ask us for recommendations on what to feed our fur-kids. We know that Goldens in particular are allergic or sensitive to certain grains that can comprise a large portion of some dry dog foods. The answer to this problem does not have to be expensive veterinary treatment and continuous medication. GRREAT encourages Golden owners to select a dog food that will help avoid skin problems and other signs of allergy.

To help you decide what is best for your fuzzbutt, I have created a table listing the top five ingredients of 28 major premium and super-premium kibbles. (Grocery store brands, which GRREAT does not recommend, were reviewed in extensive Consumer Reports articles in February and May, 1998, and are not covered here.) If the product uses ethoxyquin, BHA or BHT as a preservative it is also shown. The table that starts on page 11 lists general purpose dry adult dog foods. Senior, puppy, nursing mother, low calorie, vegetarian, and other special diets are also not included in this list, but once you understand what ingredients to look for (and avoid), you can evaluate these special diets yourself. Kibbles that are made of entirely human grade components shown in **bold** in the table.

Kibble Ingredients, continued on page 11

Also In This Issue

What is a 501(c)(3) Organization?	2
GRREAT Picnic	3
Dog Property Laws	4
Donations	5
Letters to GRREAT	7, 8
Remembering Vera Case	9
Leo Fund	9
Adoption Report	10
If...	10
Volunteer, Donation and Membership Forms	15
Mark Your Calendar	16

What is a 501(c)(3) Organization?

Not-for-profit organizations in the United States—and there are more than 600,000 of them—can qualify for tax-exempt status under federal income tax laws. However, tax-exempt status does not necessarily mean that a donation to the organization is tax deductible on the donor's income tax. That is why many organizations, including GRREAT, apply for 501(c)(3) status.

The name comes from the section of the Internal Revenue Service Code that describes such organizations. An organization may qualify for 501(c)(3) status if it is organized exclusively for one of several specific purposes. The organization must also be a corporation or foundation. GRREAT is incorporated in the state of Maryland and qualifies for tax exemption as both an educational organization and one dedicated to the prevention of cruelty to animals. GRREAT is designated by the IRS as a "public charity" because it receives a substantial part of its income, directly or indirectly, from the general public. GRREAT receives no federal or state funding.

The Internal Revenue Service code sets specific standards for 501(c)(3) organizations and monitors the group's adherence to them, such as:

- No part of the organization's net earnings may inure to the benefit of an individual.
- The organization cannot, as a substantial part of its activities, attempt to influence legislation (lobby) or participate in a political campaign for or against any candidate for public office.
- Meetings of the organization must be open to the public.
- The organization must obtain an employer identification number, even if it has no employees.

GRREAT meets all of these qualifications.

Obtaining tax deductible status involves a lot of paperwork, but there are specific benefits to the organization and to its benefactors:

- The organization itself is exempt from paying federal income tax (but still may be required to file annual income information).
- Donations to an exempt organization are deductible as charitable contributions on the donor's federal income tax return, if the donor files an itemized tax return.
- Non-reimbursed expenses related to volunteer work with the organization are tax deductible if the volunteer files an itemized tax return.

The IRS code sets certain limitations on tax-deductible donations to 501(c)(3) groups.

- Individuals giving to 501(c)(3) organizations that are public charities may deduct contributions representing up to 50% of the donor's adjusted gross income if the individual itemizes on his tax returns. Persons who do not itemize may not deduct charitable donations on their federal income tax returns.
- Corporations may deduct all contributions to 501(c)(3) organizations (regardless of foundation status) up to an amount normally equal to 10% of their taxable income.

Why are we telling you this?

501(c)(3) Organizations, continued on page 6

Golden Retriever Rescue, Education and Training, Inc.

P.O. Box 3069

Falls Church, VA 22043-0069

Phone: 703-620-6593

E-mail: GRREATWEB@GRREAT.ORG

Web site: 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, and parts of Pennsylvania and Delaware.

1998 Officers and Advisory Board

PRESIDENT*

Shaaron Plate 410-667-6512

VICE PRESIDENT*

Debbie Nizer **DNIZER@AOL.COM**
or 410-590-6703

SECRETARY*

Mary Ellen Lunde

TREASURER*

Cy Plate 410-667-6512

ADOPTION COORDINATOR

Debbie Nizer 410-590-6703

ADOPTION ADMINISTRATORS

Dave and Linda Clark 301-933-9179

ADOPTION FOLLOW-UP

Leslie Peszczyński

EDUCATION COORDINATOR

Doug Brown (MD)* 301-595-7365

Laurie Anderson (VA) 703-327-4724

FOSTER HOME COORDINATOR*

Georgie Bahler 703-620-6698

FUNDRAISING COORDINATOR*

Sam Connelly 410-256-3113

GRREAT NEWS EDITOR*

April Fritz 301-330-5749

MAIL ADMINISTRATOR

Cheryl Garbett 703-448-3840

MEMBERSHIP COORDINATOR

Robert Fritz 301-330-5749

MERCHANDISING COORDINATOR*

Becky Brown 301-595-7365

TATTOOING COORDINATOR*

Laura Schmitz 703-503-8961

VOLUNTEER COORDINATOR*

Joan Gunby 410-647-8978

* members of the GRREAT Board of Directors

The best time on two or four legs!

GRREAT'S ANNUAL GOLDEN GET-TOGETHER

Sunday, May 31, 1998

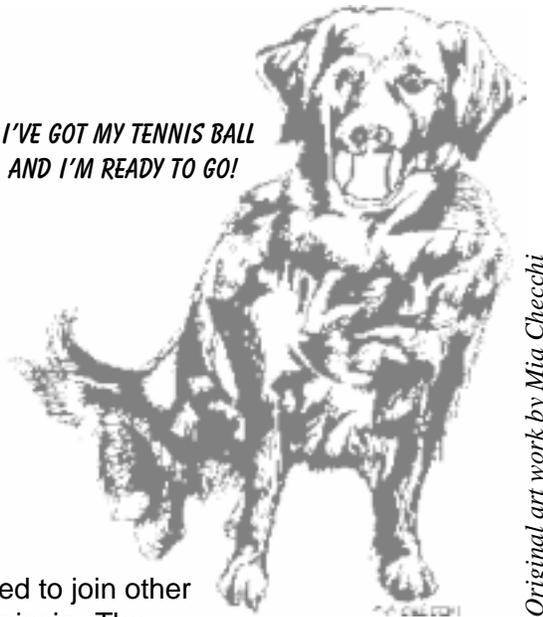
11:00 am – 3:30 pm

Games start at Noon

Raffle is drawn at 2:00 pm

**Bull Run Regional Park Area 8
7700 Bull Run Drive
Centreville, Virginia**

*I'VE GOT MY TENNIS BALL
AND I'M READY TO GO!*



Original art work by Mia Checchi

Your fur kids have already packed their tennis balls, and you are invited to join other Golden-loving families for GRREAT's annual 2-legged and 4-legged picnic. The weather the weekend *after* Memorial Day should be perfect for the fun and games. Dogs are welcome in the park but *must be on a leash* at all times.

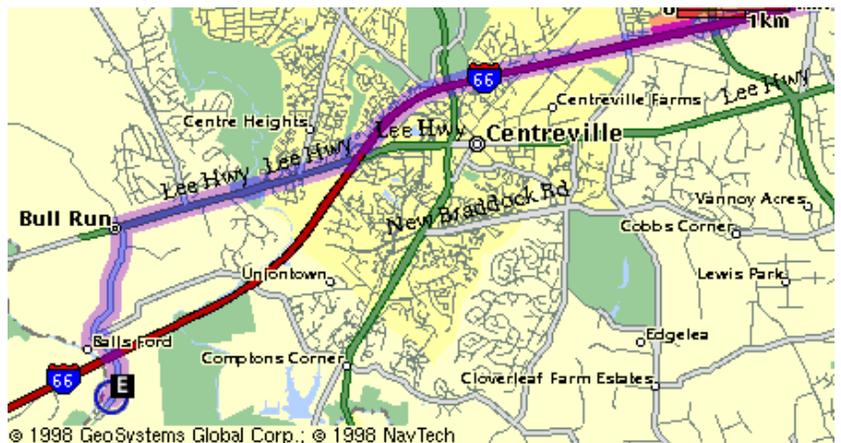
The picnic will be held at the same park as last year, but in a different area with more privacy for our group. There are lots of trees and picnic tables, and a creek nearby for dog splashing. We're planning games and contests, including a doggie obstacle course, contests for the oldest, youngest, darkest and lightest dogs, and other activities for pets and people. GRREAT merchandise will be available for sale, including our terrific new embroidered Golden t-shirts.

New this year will be a series of raffles featuring Golden-related items, such as a week's boarding plus extras in Culpepper, VA, an L.L. Bean fancy dog bed, a year's supply of Heartguard Plus, a year's supply of Interceptor, plus other desirables including two gift baskets, a retriever print woman's jacket, a Mardi Gras dinner for eight, and hand-painted ceramic salt, pepper and dog hair shakers. Don't forget your checkbook!

GRREAT will provide soft drinks and charcoal for the grills. Please bring your own picnic lunch—you can cook hot dogs and hamburgers at the shelter. No alcoholic beverages are permitted in the park. GRREAT requests a \$5.00 donation per family to cover the cost of renting the facilities. The donation can be made at the picnic. Please note that there is a \$5.00 daily use fee for out-of-state cars. Just ask for a receipt at the park entrance and show it at the picnic—your GRREAT picnic donation will be waived.

To help us plan for beverages and the games, please call GRREAT's voice mail 703-620-6593 box 54 and let us know now many people and pets will be attending the picnic. Thank you.

Directions to Bull Run Regional Park: From the Washington Beltway in Virginia, take route I-66 west to exit 52, route 29. Be sure to go past route 28 (it also says route 29). Take a right onto south 29 and follow signs to the park. Go approximately 2 miles to Bull Run Post Office Road. Turn left into the park. There is a sharp curve before getting to the park, so please be careful. The park ranger at the gate will give you directions to area 8.



© 1998 GeoSystems Global Corp., © 1998 NavTech

*From the President
continued from page 1*

Personally, I think the best answers are also questions: How can we **not** open our homes and hearts to these homeless dogs? If **we** won't do it, who will?

There are now over 50 Golden Retriever rescue groups throughout the United States. I know it's hard to imagine so many Golden Retrievers in need of so much help, but it's true. Like GRREAT, these groups are all volunteer, non-profit organizations whose only purpose is to save and improve the lives of displaced Golden Retrievers.

One of the reasons for so many unwanted Golden Retrievers is that these wonderful dogs are the fourth most popular A.K.C. breed in the U.S. today. They're everywhere on the television and even in the movies. Another reason so many Golden Retrievers are homeless is the mistaken belief on the part of some uneducated puppy buyers that their cute little ball of fluff will magically grow into another Air Bud, Fluke, or a Golden like the ones they see in TV commercials. Well, it doesn't happen quite that easily.

Hours of training, discipline and attention are required to produce a well-socialized dog with good house manners, not to mention the special talents of a movie dog. Many times Golden Retrievers are given up by owners who don't want to—or don't know how to—properly train their 60 to 80 pound Golden "puppy" with raging hormones and high energy levels. Somehow they find it easier to give them up to a shelter or a rescue organization than try to deal with the problems themselves.

The sight of a homeless Golden sitting in a cage at a public animal shelter is something I hope you never experience. But if you are unfortunate enough to encounter such a sight, chances are very good that you are there to evaluate or transport it to a foster home, and we all thank you for that.

To those of you who have been thinking about expanding your involvement with

GRREAT, and to those who have the time, lifestyle and commitment needed to provide foster care, we extend to you our encouragement and invitation to join our foster home team. GRREAT will provide all of the information and support necessary to see you through this challenging and rewarding experience. Just call our Foster Home Coordinator, Georgie Bahler, at 703-620-6698 for more information.

We realize that fostering isn't for everyone. Some of us have commitments and responsibilities that simply won't allow another dog into our lives, no matter how short the stay. So, to those of you whose lifestyle can't accommodate a foster dog, we invite you to volunteer with GRREAT in other ways. We are always in need of assistance with information and education booths at dog events, transporting of dogs or supplies, home checks for potential adopting homes, tattoo clinics, and at special events such as the annual picnic or our winter holiday party. Interested? For more information about our volunteer program, call Joan Gunby, Volunteer Coordinator, who can be reached at 410-647-8978 or GUNBY@EROLS.COM.

If you are outside our geographic area but want to show your support, won't you help the volunteers of GRREAT continue their work by making a tax-deductible donation in memory of your favorite pet or loved one? (Please see page 2 for an explanation of GRREAT's tax-exempt/tax-deductible status.) Memorial donations go directly into our general operating fund where your contributions allow us to provide routine medical and foster home care for our orphans.

We hope you will also remember The Leo Fund, which pays for critical care for dogs with extraordinary physical problems such as hip dysplasia, and the Simile-Finale Fund, which allows us to use alternative/holistic medical treatments such as acupuncture, chiropractic, or special diets to help our furry friends heal faster.

From the President, continued on page 6

DOG PROPERTY LAWS...

(from the Internet—
Author Unknown)

1. If I like it, it's mine.
2. If it's in my mouth, it's mine.
3. If I can take it from you, it's mine.
4. If I had it a little while ago, it's mine.
5. If it's mine, it must never appear to be yours in any way.
6. If I'm chewing something up, all the pieces are mine.
7. If it just looks like mine, it's mine.
8. If I saw it first, it's mine.
9. If you are playing with something and you put it down, it automatically becomes mine.
10. If it's broken, it's yours.

 indicates a Leo Fund donation

Mrs. Mildred Reilly, mother of GRREAT member Beth Lund and grandmother of GRREAT member Patrick Lund, from Jill and Keith D'Agostino

Two loving and beloved grand dames of the Golden world: **Seneca Golden Callisto**, CDX, TD, WC (1980-1998) owned by Sue and Rodger Armstrong, and **Ch Waterford Tri-J Rory O'Rye**, UD, JH (1986-1998) owned by John and Jody Culver and Joanne Prothero, from Marie Acton

Brandy and **Buddy**, our black Labs, from Barbara Blair and Russell Stephens

Panzie, my kitty (1982-1998) and to thank Dr. Richard Zehmer and staff, Annandale Animal Hospital and Dr. Jody Clarke, Pender Veterinary Clinic, from Priscilla Borden 

Shakespeare (8^{1/2}); you made our lives complete and we will always love and miss you, from Brad and Kathy Bowser and brother Tucker

Boomer, our first and most faithful Golden, who died in June 1997 at 11 years of age, from Sharon S. Coale

Kendall, the beautiful, sweet, gentle and lovable pet owned by Joan Donahue. Kendall died this month. She will be missed by all of us that had the pleasure of spending time with her, from Florence Combs.

Greta, who truly was an angel in a doggie suit, from Marsha Connolly

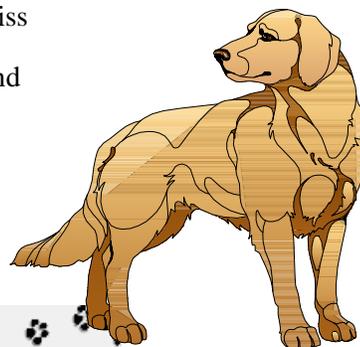
Brandy, from Maurice and Jean DeBoy

Brandon, who died of cancer in December, from Nancy and Bill Goldcamp

Henry Krusa, a delightful, charming and lovable Golden Retriever, from Henry's friend, Debbie Jaffe

Princess (Pooter) Lunde, from Pam Theiss

Beauregard (Beau), dedicated friend and family member of Terry, Judy, and Ryan Rowles of Virginia Beach, VA, from Paul and Chris Unberger 



Memorial Donations were received in memory of...



Stuart F. Balderson (Jill's father), upon upon his retirement after 40 years with the U.S. Government, from Keith and Jill D'Agostino

Trish Collier, from Wendy Eakle 

Ch Sunkota's Electrick, from Patricia and James O'Neill

Apple Jack and **Olive Wight**, from Kate Symonds

Honey's GRREAT Surprise, CD, CGC, TDI, on her 12th birthday. Once again, thanks to Georgie Bahler, from Nick and Sharon DeCesare

Our Golden **Max**, rescued from an abusive situation and adopted from an ad in the newspaper. He earned his CD and we are very proud of him, from Cor and Leny Endlich

Dusty, from Jonathan Gordon

Our Goldens past and present, from Dr. and Mrs. James Hayes

Toby, whom the four members of our family are totally in love with, from John and Patti Elliott

In joyful thanksgiving of **Jonah** (97-170), from William and Colleen Minder 

Special Donations were received in honor of...

Sharing the Responsibility
continued from page 1

After she left the bedroom, I quietly got up—so as not to break my concentration—and got into the shower, just before she yelled for me to feed the dogs. Which I couldn't do because I was in the shower. The hot water helps the creativity blood flow to the brain, you know.

I still couldn't come up with an idea. Deb wanted me to clean the yard of doggie lawn bombs, but I had to go get a hair cut. By the time I got back, after stopping at the sports store, Deb had brushed the dogs and cleaned the yard.

I knew I had to come up with some idea and really concentrated during the fishing show that was on TV while Deb cleaned their ears. It seemed that an idea was close to being born but it just wouldn't show itself. I had thought so hard that I got a headache and couldn't help Deb clip the dogs' nails.

Later that day after Deb had finished house cleaning, I got up and suggested we take the dogs for a walk. Well, she said, "I'm too tired". Then it hit me. I should do an article about sharing the responsibility of pet ownership.

I told Deb about my idea, about how each person should help, share the duties, and make the pet a family responsibility, about how each person should know how to care for the dog and in turn they'll know the dog better and be able to spot problems sooner. I guess I'll write about that next time. Right now, however, Deb said something about feeding the dogs or sleeping on the couch. I guess I better check it out.

Skip

From the President, continued from page 4

As your new president, I look forward to meeting and working with each one of you in the coming year as we continue to provide a "new leash on life" for displaced Golden Retrievers. Remember, GRREAT beginnings really do lead to happy endings!

501 (c) (3) Organizations
continued from page 2

Why are we telling you this?

- We want you to know the difference between a tax exempt and a tax deductible organization.
- We want you to be an informed donor to GRREAT and any other organizations you choose.
- We would like you to educate your employer about the benefits of making a donation to GRREAT.
- We want you to be able to make your donation and take the deduction as easily as possible.

The Council of Better Business Bureaus of the United States offers these tips on making and deducting contributions:

- Contributions are deductible for the year in which they are actually paid.
- Under IRS rules, you can't deduct a donation of \$250 or more without a detailed receipt. Ask for one.
- Membership dues that cover the cost of privileges and benefits (such as this newsletter) received by the member are not deductible.
- The value of volunteer time or services to a charitable organization is not deductible. However, out-of-pocket expenses directly related to voluntary service are usually deductible.
- The price of participating in a raffle or similar drawing cannot be deducted as a charitable donation. Similarly, only contributions in excess of the regular price of a gift or other benefit are deductible. For example, if you purchase for \$10 a box of candy that normally sells for \$8, only the \$2 difference is tax deductible.
- There are special guidelines for deducting the fair market value of donated property. Contact a tax advisor for details.

Compiled by April Fritz from various Internet sources, including the Internal Revenue Service, Council of Better Business Bureaus, USA Today, and The Citizen Advocacy Center.

A note of thanks

GRREAT member Julie Palais would like to thank the following people for supplying pictures of Golden Retrievers for the decoupage items that she makes and donates to the PVGRC auction every year. Keep the pictures coming and thanks for your help. If I have forgotten anyone that should be on this list, I apologize.

Thank you to...
Cheryl Garbett
Jill D'Agostino
Theresa Nieburh
Pat Balducci
Nancy Goldcamp
Daphne Hoover
Martha Cole Glenn
Pat McAllister
Ann Markham
Pat Collier
David Long
Patti Miller
for supporting
GRREAT in this way.

Our Christmas was made very special, thanks to your generosity and our new addition. Scholar had his own stocking, filled with new balls and squeaky toys, some even bought by his new grandparents.

We can't remember life without him, not that we want to. The cats think he's one of them, and the littlest one thinks he's hers. She lays against him, rubs herself on him, and cleans his face.

He's adjusted well and made himself right at home. He never uses his own doggie bed, preferring ours instead. At night he starts out on our nice, thick, wool oriental bedroom carpet, neatly tucked in under his own queen-sized blanket. By morning, however, there are a lot more Whitelaws in the bed than we started out with. Oh, well, the more the merrier.

He loves gardening. Every hole I dig gets his nose shoved into it. I have tried to explain to him that mommy made the holes, not an animal of interest, but he refuses to listen (like most three year olds). He's particularly proud of carrying my little trowel and loves taking rides in the wheelbarrow.

We hope you enjoy this picture of Scholar and Josh "playing cars." Please convey our thanks to Carl and Sara Gepp for giving us this special gift of Scholar.

—Kate, Seth, Brooks, and Joshua Whitelaw



Scholar (left) and Josh Whitelaw share some playtime



Super watchdog Rollei Welch

Our new family member, 6-year old Rollei (formerly Bumper), is worth far more than his weight in gold. About a week after he joined us, this wonderful Golden Retriever earned his keep and his permanent place in our hearts by defending his new home against an intruder.

The intruder smashed and destroyed our basement door and window and damaged our washer and dryer while breaking into the house. But the person stopped short of entering the house and stealing our belongings. The police officers who visited us that night credited Rollei with stopping the intruder, challenging the notion that Goldens are poor watchdogs. During the police inspection, Rollei waited patiently in his crate and received kudos on his good behavior. Our fear was that the police would notice Rollei was not yet "legal" because we hadn't had time to obtain a dog license for him.

Today we are happy to report that most repairs have been made on the house, and more importantly, Rollei is proudly wearing his dog tag.

Thanks to GRREAT for bringing us together with this magnificent Golden Retriever. He brings new meaning to the word "GRREAT."

—Bill and Linda Welch





Dear
GRREAT:

Microwave Doggie Doughnuts

Recipe via Meal-Master™*
Yield: 1 Serving

- 2 c Whole wheat flour
- 3 T Oatmeal
- 1 Egg; lightly beaten
- 1 tsp Garlic powder
- 2/3 c Beef or chicken broth

Place flour in a bowl, add egg and broth, mix well. Blend in oatmeal and garlic powder. Roll dough into a ball, roll out on a lightly floured surface to 1/2" thick. Cut with small doughnut cutters. Reroll scraps and repeat. Arrange on a shallow baking dish or on a sheet or parchment paper in a single layer. Cook on HIGH 10 minutes or until firm. Let cool until hardened. Store in covered container in refrigerator.

*a computer shareware database program for collecting, searching, and exchanging recipes, available from http://ourworld.compuserve.com/homepages/S_Welliver/reclink.htm.

Through one of your members and a friend of mine, I have received a beautiful soul—a rescued Golden Retriever named Apple Jack. What a delightful creature! What an advertisement for Golden Retrievers!

My interest in adopting a Golden grew shortly after getting my dog Olive who is part Golden and part Labrador. The friend who told me about Apple Jack has said several times that you are a very good organization.

Because of all of the above, it is also now time to begin supporting your organization. Gayle Golubmeski provided me with one of your newsletters which is several years old. I look forward to receiving them.

I would also like to commend Gayle for rescuing Apple Jack, who is a wonderful pet!

—Kate Symonds

Enclosed is a check to cover my new membership in GRREAT. For years I've admired the Golden Retriever from afar and at dog shows. I've decided to pursue the breed through the adoption process (hopefully a young female). I plan to attend the next Adoption day for a viewing. I am excited about the opportunity your organization provides for providing second chances for these beautiful animals.

—Carole Hines

Enclosed is our membership to GRREAT. We adopted Maggie May (98-044, formerly Goldie) in March, 1998. She is adjusting very well and has become a very loving family member.

Special thanks to Debie Persinger and June Downing. Debie told me all about GRREAT and helped me along the way, and June allowed us to adopt Maggie. Thanks!

—Ken and Lisa Funks

Please put this donation in your general fund. I currently cannot help by adopting a dog, but I am hoping you can put these funds to good use. You each should be commended for your dedication and time that you give day after day.

—Betsy Keen

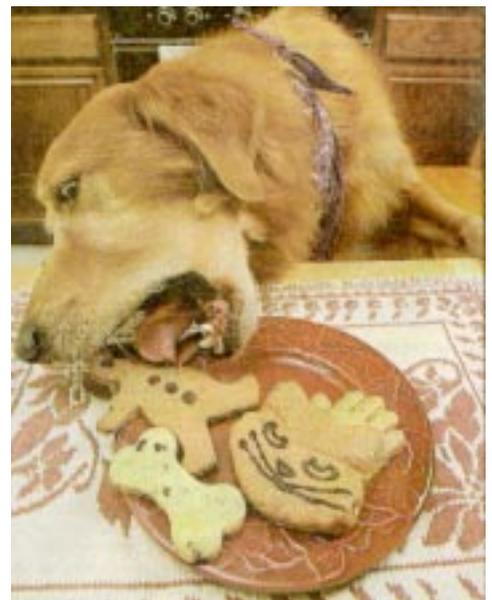
I thought you'd enjoy seeing Tucker (adopted 2/95 in Herndon) in his new role as good dog/bad dog model for an article in our local paper on dog biscuits made by a local baker. Every Golden owner knows the eating-off-the-table/counter scenario.

We moved to Austin, Texas at the end of 1996, and Tucker has adjusted well. When I get a bigger house, I hope to adopt more Golden Retrievers. At age 7, Tucker is enjoying his second chance at the good life.

Thanks again; we love our dog!

—Nell Seiler

Tucker Seiler, rendering his gastronomic opinion on Texas dog cookies.



*Remembering
Vera Case*

Golden lover Vera Case was remembered in the last issue of GRREAT News. Since that time, additional memorial donations and notes have been received from:

- Denise Braley
- Peter and Kathleen Brodtkin
- Charles and Harolyn Dunham
- Charles and Linda McCabe
- Barbara Reeser

I was saddened to hear of the tragic circumstances surrounding Vera Case's death. I was her neighbor on Rollwin Road and got to know her and her beloved Golden, Sunshine. If you pass this information on to her family in Germany, please let them know that their daughter once helped me and my three dogs who had gotten through our gate and were unable to get back in to their food and water. It was an extremely hot day and Vera brought over a bowl of fresh water and kept and eye on them until I returned home from work. It was greatly appreciated. Thank you for your time and wonderful organization.

—Barbara Reeser

Please accept this donation in memory of Vera Case, a wonderful veterinary technician at Columbia Animal Hospital. She was always wonderful with our active Black Lab and we really miss her.

—Charles and Linda McCabe

Recent Notes to the Leo Fund

During National Professional Pet Sitting Week (March 1 - 7), my company, Red Baron Pet Sitting, collected 10% of sales and some other donations from my customers to split between the two organizations I volunteer for and support. So here is a donation to the Leo Fund. I love your organization and would like to help as much as possible.

—Stacy Martin-Duffy

This donation is to thank you for all of your magnificent work, with a special thanks to Cy and Shaaron Plate for their dedication to and love of our brown-eyed friends.

—Susan Melrath and Brian Landgren

*Thank you for each and every donation
from all the dogs the Leo Fund has helped.*

Dear GRREAT:

I want to help dogs that need special surgery.

Here's a donation to The Leo Fund.

Please send me a donation acknowledgement.

Name _____

Address _____

Mail to: The Leo Fund c/o GRREAT

P.O. Box 3069

Falls Church, VA 22043-0069



Leo's Corner

*The Leo Fund
for special needs dogs.*

Golden Heroes (\$100-499)

Stacy Martin-Duffy

Wendy Eakle

Susan Melrath and
Brian Landgren

William and Colleen
Minder

Pricilla Borden

Leo's Pals (up to \$99)

Jean and Robert
Barton

Cor and Leny Endlich

Jonathan Gordon

Gwenifer Law

Judy McKinley

Paul and Chris
Unberger

Howard and Frances
Wode

WE'RE NOW WWW.GRREAT.ORG

Through the generosity of June and Richard Downing, their store, Something Special in Stafford, VA, and their Internet server, GRREAT has acquired its own domain name on the World Wide Web! You'll find a list of available dogs, special deals on GRREAT Stuff merchandise, and links to nearby Golden Retriever groups. Stories about special dogs, current and past issues of *GRREAT News*, membership forms and other informative articles are also available from the web site. We invite your comments and stories about your favorite brown-eyed beauties! You can leave e-mail messages for GRREAT at our new address, GRREATWEB@GRREAT.ORG. Join the thousands who have visited our web site, and tell your friends about our new, easy to remember Internet address!

WWW.GRREAT.ORG

Adoption Report

(GRREAT Beginnings
lead to Happy Endings)

During the months of March and April 1998, there were two Adoption Days and two lists of available dogs distributed. As a result, 45 dogs found new homes. Twenty-seven were male, eighteen were female; sixteen were age one or younger, and twelve were age six or older. Congratulations to all of the new families!

Name (GRREAT ID)	Age	Sex
Anna/Nikki (97-172)	5	F
Bailey (98-055)	16 mo	M
Bailey (98-024)	1½	M
Bear (97-093)	3	M
Beau (98-023)	10 mo	M
Benny/Leo (98-025)	3	M
Brandi (98-046)	5	F
Buddy (98-058)	5 mo	M
Buster (98-020)	10 wks	M
Casey (98-009)	11 mo	M
Chase (98-026)	1½	M
Chelsea (97-034)	8	F
Chelsie (98-040)	6	M
Cherokee (98-052)	6	F

Chessie/Jessie (98-031)	1	F
Chuck/Higgins (98-038)	10 mo	M
Corgan(98-030)	1	M
Dakota/Cody (98-034)	3	M
Dusty (98-005)	6½	M
Emma (98-053)	1	F
Goldie (98-044)	1	F
Goldie (97-168)	7	F
Holly (98-045)	16 wks	F
Honey (98-029)	6 mo	F
Jonah (97-170)	4	M
Josh (98-015)	7	M
Koa (98-039)	7	M
Kurlee (97-150)	1	M
Lady Di (98-008)	6	F
Maggie (98-027)	16 mo	F
Mandy (98-007)	7	F
Mohican/Moe (98-047)	9 wks	M
Monti (93-178)	7	F
Nellie (98-019)	10 wks	F
Pebbles (98-054)	6	F
Ricky/Molson (98-041)	1	M
Riley/Bailey (98-032)	3	M
Rusty (97-108)	5	M
Sammie (98-051)	2.5	F
Sampson (98-016)	4½ mo	M
Scarlett (98-022)	3½	F
Shadow (98-067)	1½	M
Skippy (98-017)	6	M
Tango (98-063)	2½	M
Traveler (97-124)	9	M

If

If you can start the day without caffeine;
 If you can get going without pep pills;
 If you can always be cheerful, ignoring aches and pains;
 If you can resist complaining and boring people with your troubles;
 If you can eat the same food every day and be grateful for it;
 If you can understand when your loved ones are too busy to give you any time;
 If you can forgive a friend's lack of consideration;
 If you can overlook it when those you love take it out on you when, through no fault of your own, something goes wrong;
 If you can take criticism and blame without resentment;
 If you can ignore a friend's limited education and never correct him;
 If you can resist treating a rich friend better than a poor one;
 If you can face the world without lies and deceit;
 If you can conquer tension without medical help;
 If you can relax without liquor;
 If you can sleep without the aid of drugs;
 If you can honestly say that deep in your heart you have no prejudice against creed or color, religion or politics;

Then, my friend, you are almost as good as your dog!

from the Internet—Author Unknown

Additional Donations GRREATfully Acknowledged

Thank you to the following friends of GRREAT for their recent contributions:

Betsy Keen
 Richard and Marilyn Miles
 Timothy and Carol Quigg
 Dave and Linda Smith
 Linda Stacy-Nichols
 Bruce Young

In the table, I have asterisked (*) certain ingredients that can, but not always, denote inferior sources of nutrition. The American Association of Feed Control Officials (AAFCO; a pet food industry standard setter) definition of these ingredients, along with further explanations, continues below.

This list is meant strictly as a starting point. One of the big things missing from any ingredient list is the quality of the ingredients. For example, two products could list chicken or chicken meal but you would not know from the list, if it is 'pet grade' chicken, meaning not fit for human consumption. Pet-grade could include the disease-ridden, such as salmonella-infected, rejects.

Another thing to think about when reading labels is that the ingredients are supposed to be listed in weight order. However, "creative" labeling does occur. For example, the Science Diet Lamb Meal and Rice kibble shows lamb meal first, so you might think that there was more lamb than any other ingredient. Well... note that the second, third and fourth ingredients are brewers rice, rice flour, and rice gluten. It is quite possible that there are more substandard rice derivatives in this product than lamb.

At the very end of this article are my personal opinions and recommendations on what to feed.

INGREDIENTS TO KNOW ABOUT

*Animal Fat

AAFCO definition: Animal fat is obtained from the tissues of mammals and/or poultry in the commercial process of rendering or extracting.

Natura comments: As a byproduct of meat meal processing, the origin of the contributing animals is never known, and the resulting oil is very low in linoleic acid, which is an essential fatty acid important for skin and coat health.

Kibble Ingredients, continued on page 12

Ingredients in Premium Dry Dog Foods

Listed are the brand name, corporate location, the five most common ingredients by weight, and any preservatives listed on the label.

** indicates an inferior source of nutrition*

Bold indicates a product made of human-grade ingredients.

Best In Show (Jupiter, FL)

turkey, chicken, chicken meal, barley, whole ground brown rice

Best In Show Lamb & Rice (Jupiter, FL)

lamb meal, brown rice, white rice, sunflower oil

California Natural (Natura Pet Products, Santa Clara, CA)

lamb meal, ground brown rice, ground rice, sunflower oil

Diamond Premium (Meta, MO)

poultry by-product meal*, ground corn*, wheat flour*, chicken fat, brewers rice

Eagle Natural Pack (Mishawaka, IN)

lamb meal, ground brown rice, ground yellow corn*, ground whole wheat, chicken meal

Eukanuba Adult (The IAMS Co., Dayton, OH)

chicken, chicken by-product meal*, rice flour*, ground corn*, ground grain sorghum*

Eukanuba Natural Lamb & Rice (The IAMS Co., Dayton, OH)

lamb, rice flour*, ground corn*, fish meal, ground grain sorghum*

Flint River Ranch (Riverside, CA)

chicken meal, wheat flour, ground rice, lamb meal, poultry fat

IAMS Chunks (Dayton, OH)

chicken by-product meal*, ground corn*, rice flour*, ground grain sorghum, animal fat*

IAMS Lamb Meal and Rice (Dayton, OH)

lamb meal, rice flour*, ground corn*, ground grain sorghum*, fish meal

Innova (Natura Pet Products, Santa Clara, CA)

turkey, chicken, chicken meal, ground brown rice, whole steamed potatoes

Natural Life Lamb & Rice (Frontenac, KS)

lamb meal, whole brown rice, ground grain sorghum*, oatmeal, poultry fat

Nature's Recipe Ground Whole Wheat* (Corona, CA)

lamb meal, ground whole brown rice*, wheat bran*, lamb fat

Nutra Nuggets (St. Thomas, MO)

chicken by-product meal*, brewers rice*, ground corn*, chicken fat, turkey by-product meal*

table continues on next page

Ingredients in Premium Dry Dog Foods, continued

Listed are the brand name, corporate location, the five most common ingredients by weight, and any preservatives listed on the label.

** indicates an inferior source of nutrition*

Bold indicates a product made of human-grade ingredients.

Nutro's Lamb Meal & Rice (City of Industry, CA)

lamb meal, ground rice, rice bran*, rice flour*, sunflower oil

PetGuard (Orange Park, FL)

chicken, chicken meal, ground whole brown rice, ground whole yellow corn

PHD (White Plains, NY)

lamb meal, poultry meal, brown rice, whole corn, poultry fat

Precise Foundation (Nacogdoches, TX)

chicken meal, ground brown rice, ground whole wheat, ground yellow corn*, poultry fat

Precise Sensitive Formula (Nacogdoches, TX)

lamb meal, ground brown rice, ground oats, rice bran*, linseed meal

ProPlan Natural Turkey (Ralston Purina, St. Louis, MO)

barley, corn*, corn gluten meal*, animal fat*

Quality Care Plus (Battle Creek, MI)

chicken, chicken meal, ground brown rice, corn gluten meal*, oatmeal

Science Diet Canine Maintenance (Hill's Pet Nutrition, Topeka, KS)

corn*, poultry by-product meal*, soybean meal*, animal fat*, natural flavors, BHA, PPG, citric acid

Science Diet Lamb Meal & Rice (Hill's Pet Nutrition, Topeka, KS)

lamb meal, brewers rice*, rice flour*, rice gluten*, poultry fat

Sensible Choice (St. Peters, MO) (also available in chicken version)

lamb meal, lamb, brewers rice*, rice gluten*, rice flour*, poultry fat

Solid Gold (El Cajon, CA)

USDA lamb meat, whole ground millet, ground brown rice, whole ground barley, amaranth

VIP (Sirius Pet Food Co., Inc., Mingo Junction, OH)

chicken meal, turkey meal, whole brown rice, brewers rice*, whole oats

Waltham (Kal Kan Pet Care, Vernon, CA)

rice, ground corn*, chicken by-product meal*, ground wheat*, corn gluten meal*

Wysong (Midland, MI)

chicken, ground whole corn grain, ground whole wheat grain, ground whole brown rice, ground extruded whole soybeans*

***Beet Pulp (Sugar) (controversial)**

AAFCO definition: Beet pulp is the dried residue from sugar beets which has been cleaned and extracted in the process of manufacturing sugar.

Natura comments: it is used because "it is a good source of fiber and a stool hardener." However, it is not found in their Innova or California Natural products.

Solid Gold comments: it is not used because they believe it is "added to pet food to slow down the transition of rancid animal fats (think toxic waste). This holds the waste in. Kidneys and liver work overtime. Dogs may chew their lower backs. Feet may swell, so the dogs lick their feet. Sugar is a contributing factor to ear infections and cataracts."

Note: Beet pulp is rather controversial; many think that it is an excellent additive and source of fiber and that all the sugar has been completely extracted before the pulp is added as a pet food ingredient. If this is the only "problem" ingredient in a kibble, other factors will have to help you decide.

***Beef Tallow**

AAFCO definition: Beef tallow is obtained from the tissue of cattle in the commercial process of rendering.

Natura comments: "Although this is a very palatable source of fat, it is low in linoleic acid, which is necessary for skin and coat health."

Wendy Volhard in "The Holistic Guide for a Healthy Dog" also shows that beef tallow is a saturated fat whose main purpose is flavoring and palatability of food. Linoleic acid is a polyunsaturated fat and the acid should constitute about 1% of diet.

***Brewers Rice**

AAFCO definition: Brewer's rice is the small milled fragments of rice kernels that have been separated from the larger kernels of milled rice.

Note: Natura will not use it because they state it is a "lower quality rice product that is missing many of the nutrients found in ground rice and ground brown rice."

Kibble Ingredients, continued from page 12
Solid Gold says that it is the sweepings from the floor of the mill.

***Chicken By-Products**

AAFCO definition: Chicken by-products consist of the rendered, clean parts of the carcass of slaughtered chicken, such as necks, beaks, feet, undeveloped eggs, and intestines, exclusive of feathers except in such amounts as might occur unavoidably in good processing practices.

Natura comments: they do not use it since it is an inconsistent ingredient because of the multiple organs used and their constantly changing proportions. Chicken by-products are much less expensive and less digestible than chicken meal.

***Corn Gluten Meal**

AAFCO definition: Corn gluten meal is the dried residue from corn after the removal of the larger part of the starch and germ, and the separation of the bran by the process employed in the wet milling manufacture of corn starch or syrup, or by enzymatic treatment of the endosperm.

Solid Gold comments: it is “added to pet food to slow down the transition of rancid animal fats (think toxic waste). This holds the waste in. Kidneys and liver work overtime. Dogs may chew their lower backs. Feet may swell, so the dogs lick their feet. Corn is thought to be the number three cause of food allergies in dogs.”

***Ground Corn**

AAFCO definition: Ground corn is the entire corn kernel, ground or chopped.

Note: Neither *Natura* nor *Solid Gold* use it since “although ground corn is a good quality source of carbohydrates, it is thought to be the number three cause of food allergies in pets.”

***Poultry By-Product Meal**

AAFCO definition: Poultry by-product meal consists of the ground, rendered, clean parts of the carcass of slaughtered poultry, such as necks, beaks, feet, undeveloped eggs, and intestines, exclusive of feathers except in

such amounts as might occur unavoidably in good processing practices.

Note: *Natura* and *Solid Gold* feel that it is an “inconsistent ingredient because of the multiple organs used and their constantly changing proportions. The origin is from any fowl (turkeys, ducks, geese, buzzards, etc.) instead of a single source, like chicken. Poultry by-product meal is much less expensive and less digestible than chicken meal.”

***Rice Bran**

AAFCO definition: Rice bran is the outer coating of the rice kernel, with little or none of the starchy part of the germ.

Note: *Natura* and *Solid Gold* reject it because it is “an inexpensive source of fiber that is considered a filler ingredient;” in other words, it is devoid of nutrient value.

*** Rice Flour**

AAFCO definition: Rice flour consists principally of the soft, finely ground and bolted meal obtained from milling rice (containing essentially the starch and gluten of the endosperm) together with fine particles of rice bran and the offal from the ‘tail of the mill.’

Note: Not used by *Natura* or *Solid Gold* because “this is a highly pre-processed ingredient. All of the naturally occurring vitamins have been leached out by the processing. Ground rice with its natural nutrients intact would be preferable.”

***Rice Gluten (Glue)**

AAFCO definition: Rice gluten meal is the dried residue from rice after the removal of the larger part of the starch and germ, and the separation of the bran by the process employed in the wet milling manufacture of rice starch or syrup, or by enzymatic treatment of the endosperm.

Note: *Natura* does not use rice gluten meal, a poor quality protein filler. The crude protein analysis on pet food labels is only a measurement of the amount of nitrogen in a food—not the quality of the protein. Because of this, pet food companies can use the cheaper by-products of human food

Kibble Ingredients, continued on page 14

What IS Good for Your Golden?

The Animal Protection Institute offers these recommendations to help you find the best food for your pet.

- Look for meat as the first ingredient, such as turkey or lamb.
- Stay away from meat-and-bone meals, by-products and by-product meals.
- Consider which grains are in the formula—rice is the most digestible of all grains used in pet foods.
- If corn is listed more than once in the first five ingredients, try another brand.
- Include raw veggies like chopped parsley, clover and alfalfa sprouts, or cooked veggies like zucchini, carrots, peas, green beans, broccoli and spinach.
- Whole eggs—shell and all—are among the best sources of protein available.

If you decide to change brands of processed dog food, mix 1/3 of the new food to 2/3 of the old food and increase the new food a little every day to avoid gastric upset or that *whew!* sensation.

Alternatives to Processed Dog Foods

Processed dog food is just that—processed. While many commercial pet food manufacturers have significant expertise in developing the best possible processed dog food, there is no getting away from the fact that raw and natural pet food (just as with human food) is of much more beneficial quality. If you are ready to learn a little more about using fresh meat and veggies to enhance the quality of life of your pet, check out the following:

How to Feed a Golden Retriever, by Kathy Partridge
[HTTP://WWW.DREAMSCAPE.COM/GRCCNY/FOOD_HTML.HTML](http://www.dreamscape.com/grccny/food_html.html)

The Holistic Guide for a Healthy Dog, by Wendy Volhard. Howell Book House, 1995.

Dr. Pitcairn's Complete Guide to Natural Health for Dogs and Cats, by R.H. Pitcairn, W. Pitcairn and M.W. Fox. Rodale Press, 1995.

Kibble Ingredients, continued from page 13 production, such as rice gluten meal. Meat is always the best source of quality protein. Meat protein is better absorbed and retained and is higher in essential amino acids like methionine, arginine, and taurine. Rice gluten meal has a biologic value less than 50% of chicken meal.

Solid Gold comments that any gluten is “added to pet food to slow down the transition of rancid animal fats (think toxic waste). This holds the waste in. Kidneys and liver work overtime. Dogs may chew their lower backs. Feet may swell, so the dogs lick their feet.

*Sorghum

AAFCO definition: Sorghum is the ground grain of the sorghum plant.

Note: Natura alleges that although sorghum is good source of carbohydrates, it is low in digestibility.

*Soybean Meal

AAFCO definition: Soybean meal is the product obtained by grinding the flakes which remain after removal of most of the oil from soybeans by a solvent or mechanical extraction process.

Note: Natura and Solid Gold state that it is “a poor quality protein filler.” The crude protein analysis on pet food labels is only a measurement of the amount of nitrogen in a food—not the quality of the protein. Because of this, pet food companies can use the cheaper by-products of human food production, such as soybean meal. Meat is always the best source of quality protein. Meat protein is better absorbed and retained and is higher in essential amino acids like methionine, arginine, and taurine. Soybean meal has a biologic value less than 50% of chicken meal. Some allege that soybeans are the number one allergy of dogs.”

Recommendations

I could recommend any of the kibbles that use only human grade products. You would need to investigate further to determine accessibility, cost, and ascertain that your dog had no allergic reactions to any of the

ingredients. I believe that no matter which kibble you choose, you will need a vitamin and mineral supplement. Because it is processed at over 120 degrees, no kibble can contain all the vitamins, minerals, enzymes that a well-nourished dog needs.

My two goldens get 30% Solid Gold with supplements and 70% natural (human) food, including meats, raw finely grated veggies, some grains/starches, limited dairy/fish.

Further Reading

If you would like to know more about dog nutrition, you can start your investigations with the following Internet sites and books:

What's Really in Pet Food, by The Animal Protection Institute
[HTTP://WWW.API4ANIMALS.ORG/PETFOOD.HTM](http://www.api4animals.org/petfood.htm)

Understanding Dog Foods and Dog Food Labels, parts I and II, by Earl Wolfe
[HTTP://WWW.ALOHA.COM/~WOLFEPACK/FOODCHT1.HTML](http://www.aloha.com/~wolfepack/foodcht1.html)

Choosing a Dog Food
[HTTP://WWW.PATHFINDER.COM/PETPATH/VETPEDIA/DOGS/DOGLISTS/DOGFILES/82.HTML](http://www.pathfinder.com/petpath/vetpedia/dogs/doglists/dogfiles/82.html)

The Dry Dog Food Reference by Howard D. Coffman compares almost 200 foods. Besides giving the complete ingredients list, it also has information on understanding pet food labels, nutrient descriptions, AAFCO Official Feed Term & Ingredient Definitions, Primary Ingredient comparisons. This and other books mentioned are available from Direct Book Service, 1-800-776-2665 or [HTTP://WWW2.DOGANDCATBOOKS.COM/DIRECTBOOK/](http://www2.dogandcatbooks.com/directbook/)

**Adoption Day June 14, 1998
PETCO of Bailey's Crossroads, VA
5758 Leesburg Pike**

Directions: From Shirley Highway, I-395, take exit 5 (Route 7, King Street) west for two miles. Turn left into the parking lot at the traffic light immediately after crossing over Columbia Pike. If you are coming from the north side of the metropolitan area, take the George Washington Parkway to I-395.

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 (Member number
from label M_____)

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 \$20 for my 1998 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 the form to:

GRREAT
Attention: Volunteer Coordinator
P.O. Box 3069
Falls Church, VA 22043

Name _____

Street _____

City, State, Zip _____

Home Phone _____ Best time to call _____

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. You will be contacted by the appropriate GRREAT Coordinator for more information.

I would like to know how I can

_____ Be a foster home for a GRREAT dog

_____ Be an emergency or short-term foster home

_____ Help at Adoption Days

_____ Help at Tattoo Clinics

_____ Help at information booths at dog shows,
community fairs, etc.

_____ Help at Fund Raisers, Pictures with Santa, etc.

_____ Transport GRREAT dogs (to/from vet, pick-up at
animal shelter, owner give-ups)

_____ Transport supplies, food

_____ Provide storage space for food, supplies, crates

_____ Stamp and address mail (newsletters, flyers)

_____ Donate the following services:

_____ Other: _____

MARK YOUR CALENDAR



Sunday May 31, 1998
 11:00 am - 3:30 pm
**GRREAT's Annual Picnic
 and Golden Get-Together**
 Bull Run Regional Park
 Centreville, VA
See page 3 for more information.



Sunday, June 14, 1998
 Noon to 2:00 pm
Adoption Day
 PETCO of Bailey's Crossroads, VA
See page 14 for directions.

Future dates to note
Sunday, July 26, 1998
Adoption Day
 PETCO of Annapolis, MD



Attention GRREAT Cooks!



Recipes Still Needed

GRREAT wants you to be part of our fundraiser cookbook, *GRREAT Cooks*, which is scheduled for publication this fall. Just about every type of recipe is needed, including doggie snacks. Especially desired are updated classics and health-conscious foods.

Please send your recipes to GRREAT's post office box, marked Attention: Cookbook Recipes.

Each recipe submitted will be considered an entry in the *GRREAT Cooks* raffle. The raffle winner will receive a gift set consisting of the first edition of the cookbook and an apron, designed by our own Diane Petruso, featuring a Golden in a chef's hat and surrounded by the disclaimer "The cook is not responsible for dog hair in the food!"

GRREAT BEGINNINGS



LEAD TO HAPPY ENDINGS!

Golden Retriever Rescue
 Education and Training, Inc.

P.O. Box 3069

Falls Church, VA 22043-0069

☎ 703-620-6593

First Class Mail