



GRREAT News

May/June 2000

Volume 10, Number 3

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

From the President
**In Cooperation
for Rescue**
Doug Brown

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On March 18, an annual ritual took place, one that has proven to be one of GRREAT's largest fundraising events of the year. Oddly enough this event was *not* a GRREAT-sponsored event, nor was it an event organized by GRREAT. The event to which I refer is the annual Potomac Valley Golden Retriever Club (PVGRC) awards banquet. The banquet is held by PVGRC to honor the outstanding achievements that members of PVGRC and their Golden partners have accomplished during the previous year at various competitions, such as agility, field and conformation, to name just a few.

PVGRC feels strongly enough about the work that GRREAT performs in rescuing Golden Retrievers that they allow us to hold a silent auction at *their* awards banquet. This is an extraordinarily generous opportunity that PVGRC annually affords to GRREAT.

PVGRC, continued on page 4

In December, my husband and I adopted a Golden Retriever puppy in New Zealand and planned to transport her back home with us. In addition to making all of the necessary arrangements with the airlines, we learned through reading lots of brochures and information on the web that it was not advisable to tranquilize a dog during air travel. The reasoning, in part, is that it inhibits the animal's own ability to regulate its body temperature and balance. Talking to our breeder in New Zealand we learned about Rescue Remedy, which was supposed to be good for calming animals during travel. Not knowing really what it was, I bought some (in a health food store) and checked with the vet in New Zealand before giving it to her to make sure it was safe. Although he had heard of it and was aware of its use, he had not ever used it for himself (humans can take it too) or for his animals. We used it for our puppy, Bailey, during the long trip back home from New Zealand. Everything went very smoothly and when I got home I decided to try to learn more. The information which follows is taken from the references listed at the end of this article.

Rescue Remedy, continued on page 7

Let's face one fact of dog ownership life: when one dog wants to be petted, they all want to be petted. Now, if you only have two dogs, that's OK, but if you have three, you have a problem. This has perplexed my mind ever since Deb and I started fostering. If God gave me three dogs, why not three hands?

You see, the third dog is the dumb dog. Now, I don't mean the third dog in the pack, I mean the one that looks up to see you petting two dogs (one with each hand), and thinks there's a place for him/her. I have met dogs that were no-accounts and dogs that counted for everything in a person's life, but never one that could *count*. That doesn't seem right, since my cousin Dexter was so dumb that he would put on his windbreaker when he had gas, and he could count to 21 if he took off his shoes. So why can't a dog count to three?

This important subject has caused me to do some research. The great Roman philosopher, Petta Yerradogga, once stated that having three dogs is like having three wives—you can't satisfy all of them at the same time. (However, dogs do listen to you when you talk to them.) The Pilgrims had multiple dogs, which was the reason it slowed their

Genetic Engineering, continued on page 8

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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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Photo courtesy of www.petspeak.com

Terri Diener, pet communicator

**Pet Communicator To Hold
Sessions at Bark-B-Que**

A very special event at GRREAT's picnic on May 7th will be appointments with Terri Diener of Petspeak in Baltimore. An experienced pet communicator with a background in neurolinguistics and counseling, Terri uses her skill to perceive how animals fit into and reflect the dynamics of their families. She is able to help pet owners create comfortable and respectful solutions to issues of mutual concern. Her connection with animals takes the form of tuning into them in a telepathic or intuitive process. Her goal is to expand awareness of animals as intelligent, feeling, spiritual beings and to facilitate enriched relationships between people and their animal companions, recognizing that this relationship can be one of the most prized and enduring gifts of life.

"Animal communication is never a substitute for training, veterinary care, and proper nutrition," Terri says. "Resolving a pet problem requires patience, gentleness and respect. As family members learn to relate more effectively with their pets, they often incorporate those skills and attitudes into other areas of their lives, leading to positive impact on how they relate to each other." If you recognize that there may be a behavior problem that make perfect sense to the animal but drives you crazy, or if you want to know how your pet feels about separation from you or adjustment to new surroundings, or if you want to learn your pet's wishes about life and death, don't miss this Golden opportunity.

Appointments with Terri Diener are being scheduled between 11:00 and 3:00 on May 7. The fee for a 15 minute session is \$20, and Terri is very kindly donating the proceeds back to GRREAT. To schedule an appointment, e-mail Dan Keppler at DANIEL.KEPPLER@WCOM.COM or call him at 703-421-6597. Appointments are filling up quickly for this very special event.

GRREAT'S ANNUAL BARK-B-QUE

SUNDAY, MAY 7, 2000 11:00 AM TO 3:00 PM

NEW LOCATION!

KNIGHTS OF COLUMBUS FACILITY

NEW LOCATION!

10142 CHERRY HILL ROAD, COLLEGE PARK, MD

PICNIC FEE: \$5.00 PER FAMILY

Scheduled Events

Bark-B-Que Registration	10:30 - Noon
Welcome	11:00
Pet Communicator	11:00 - 3:00
<i>(see page 2)</i>	
Lunch (coals ready)	Noon
Contests galore!	12:30 - end
<i>ribbons for the</i>	
• tallest Golden older than 1 year	
• shortest Golden over 1 year	
• reddest Golden	
• blondest Golden	
• youngest Golden	
• oldest Golden	
• which Golden can retrieve the most tennis balls from a bucket of water in 30 seconds	
Chinese Raffle	drawn at 2:00
Biscuit Contest	closes at 2:30
Closing and Clean-up	3:00

Enjoy a beautiful day outdoors with dozens of other Golden Retrievers and their families. This is a wonderful opportunity to visit with old friends, your dog's foster family and our wonderful volunteers. We are in a new location this year, at a private facility more centrally located to our members, with more picnic tables, plenty of parking, a full shelter, playground equipment for the kids, easily accessible restrooms and other improvements.

Plan now to attend a GRREAT day of Golden fun in the sun!

We'll have games and contests with ribbons and prizes, as well as other activities for pets and people—and some surprises! A very special event at the picnic will be appointments with an animal communicator (see page 2).

Don't forget your checkbook—there will be a raffle table featuring Golden-related items and other

desirables. GRREAT merchandise will also be available.



GRREAT will provide soft drinks and charcoal for the grills. Please bring your own picnic food. You can cook burgers, hot dogs and chicken on the grills. Please, no alcoholic beverages.

To help us plan for beverages and the games, please call GRREAT's voice mail 703-620-6593 box 54 and let us know how many people and pets will be attending. GRREAT requests a \$5.00 donation for the entire family to cover the cost of renting the facilities. The donation can be made at the picnic.

Directions to the Knights of Columbus Grounds

(if you know the way to Cherry Hill Park where our December party was held, the K of C facility is very close!)

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. Then make a quick left onto a gravel road and follow it a couple hundred yards to the picnic grounds.

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. Then make a quick left onto a gravel road and follow it a couple hundred yards to the picnic grounds.



Towel and Toy Donations Sought

Time for spring cleaning? Don't know what to do with those old linens? Donate them to GRREAT! We need old towels and blankets for our dog wash on May 13. When we are finished with these items, we will clean them and donate them to local shelters and animal hospitals that always need extra bedding for the animals they take care of. We are also seeking used collars and leashes as well as dog toys in good condition.

Please bring your items to the GRREAT Picnic on May 7 in College Park or call Dan Keppler, Volunteer Coordinator to arrange for picking them up.



The GRREAT Dog Wash

Saturday, May 13, 2000
10:00 - 4:00
Mills Recreation Center
43895 Grottoes Drive
Ashburn, VA



Free!

**(donations GRREATfully accepted!)
No Appointment Necessary!
All breeds welcome!**

Also Planned

Bake Sale (see below)
Dog Grooming Demonstration
Entertainment for People and Animals

Directions to Dog Wash: From the Washington Beltway, take VA-267, the Dulles Toll Road. After paying the 50 cent toll, take the first exit, Route 7 west towards Leesburg/Winchester. Follow route 7 approx 16 miles to Ashburn Village road. Make a left onto Ashburn Village road and follow it approx. 3 miles to Gloucester Parkway. Turn right onto Gloucester Parkway and follow it approx half a mile. Mills Recreation Center is on the left.

Volunteers, Supplies, and Baked Goods Solicited for Dog Wash

Volunteers are needed for this fun event to wash, dry, and handle the dogs. Last year, more than 100 dogs were bathed in one day! In addition to the donation of towels for the dog wash (see request at left), the following supplies will be needed for the dog wash.

If you can loan or donate any of the supplies listed below, or if you are interested in volunteering for this event and can bring some of these supplies, please contact Dan Keppler 703-421-6597 or by e-mail at DANIEL.KEPPLER@WCOM.COM.

We need the following:

- Slicker brushes
- Bathing brushes
- Ten 5-gallon buckets
- Bowls for drinking water for dogs
- Four 100-foot hoses
- Two spray nozzles for hoses

We are also requesting donations of baked goods to be sold during the event. Please contact Dan Keppler (phone and e-mail above) if you can contribute your culinary skills to this project.

PVGRC, continued from page 1
GRREAT also appreciates the wonderful opportunity PVGRC has extended to us in allowing GRREAT to hold a silent auction and social gathering at the Golden Retriever Club of America's Eastern Regional Specialty, which PVGRC is hosting in Frederick, MD. As of this writing, the Eastern Regional events have not taken place but the telephone reservations and outpouring of enthusiasm for the planned schedule ensure a successful fundraising activity to benefit GRREAT a second time this year.

The GRREAT Board of Directors and the Goldens we all love so much send our sincere thanks to the Board and members of PVGRC for their continued willingness to support our efforts in rescue. Thank you, PVGRC, and please be assured that GRREAT recognizes and appreciates your generosity in allowing us to be a part of your awards banquet and the Eastern Regionals in order to raise funds for the many needy Goldens that come to GRREAT for help.

Tributes Accepted for 2001 Calendar

This year for the first time, GRREAT is accepting tributes for placement in the 2001 calendar. Two spaces are planned for each month of the calendar. The writer need not be a member of GRREAT. The dog(s) being remembered need not be from GRREAT, and may be alive or beyond the Rainbow Bridge. Tribute statements will be accepted on a first-come basis—this is not a competition. The deadline for accepting placements is May 27, 2000.

Each tribute should be no longer than 50 words. Keep in mind that the more concise the message, the more effective it will be. Due to space limitations, no pictures can be included in the tribute.

The fees from the tributes are intended to cover the cost of printing the calendar, rather than using money from our operating fund which pays veterinary expenses for the dogs we rescue. Tributes are accepted independently of the winning photographs for each month; a tribute and a picture of the same dog will not appear together on one page.

Here's how to reserve your space on the 2001 GRREAT Calendar:

- Select the month in which you would like your tribute placed.
- Contact Dan Keppler at (703) 421-6597 or DANIEL.KEPPLER@WCOM.COM to see if that space is available. He will let you know if the space is open or will offer you alternative spaces.
- Once you know that you have a place in the calendar, send the wording of your memorial and a check for \$100 to GRREAT.

Act quickly! Only 24 spaces are available for the year. Honor your best friend by placing a tribute in the GRREAT 2001 Calendar.



LIGHTS! CAMERA! ACTION!

It's time for the GRREAT 2001 Calendar Contest!

By popular demand, GRREAT will be creating a 2001 calendar featuring the most photogenic Rescue dogs in the world. Photos will be selected for the cover and for each month, plus a collage page of honorable mentions. Photos are judged by a committee of GRREAT members using the following criteria:

- composition (balance, centering, color and contrast between dog and its surroundings; top of head, paws and tail not cut off by photo)
- background (uncluttered, nothing sticking up behind the dog's head; a simple background is best)
- sharpness (your photo will be enlarged to 9 x 13 and fuzzy pictures only look worse when enlarged)
- general appearance (no glowing eyes, but muddy, wet, or snow-covered dogs show what this breed is all about)
- appropriateness (holiday, spring, summer, fall, and winter settings and activities that maintain the dignity and beauty of the animals; costumes are discouraged)
- variety (old dogs, puppies, in action or posed, light, dark, big, little—just like the dogs we rescue)

Helpful hints for taking better photographs of your dog appear on page 17 of this issue.

Send the photo(s) of your GRREAT dog, with its GRREAT ID number, age, and a brief description of the dog's past or present life, together with the name, address, and phone number of the person submitting the entry to Deb Nizer, GRREAT Rescue Calendar Photo Contest, 327 Thelma Ave, Glen Burnie, MD 21061.

Deadline for entries: June 1, 2000

Calendar Photo Contest Rules

1. Only GRREAT Rescue dogs are eligible. Dogs featured in the 2000 calendar (other than honorable mentions) are not eligible this year, but other dogs in the family are.
2. Animals only in the picture, please (no humans, although other family pets may be included).
3. Horizontal shots (picture wider than tall) are required, due to the design of the calendar. Vertical pictures will not be considered.
4. Color photographs and color digital images are eligible; Polaroid instant pictures are not. Maximum photo size is 5 x 7 inches.
5. Submitted pictures and stories are not returnable, but may be used in a future issue of the newsletter.

Special Donations were received

IN MEMORY OF...

A GRREAT BIG Thank You

to **Dr. Janet Olcott** of Shepherdstown, WV, for taking such good care of Buddy, a special needs dog in foster care.
—Jan Skadberg

Laurie Ahearn, who loved her Golden so very much. We miss you, but are so thankful we had the opportunity to know you. —Melissa Tomlinson

Alex, from John and Theresa Wallingford

Our beloved **Amber**, who we lost to cancer in March 1999, from Walter and Dolores Buchanan

Bailey, a fabulous foster dog who is sadly missed by his family, Dan, Eileen and Abby Hill —Theresa Standridge

Hogan and **Shalom**, from Nathan M. Greene

Ike, my first Golden and best friend, from Tom Tucker

Molly (Mortenson) from Greg and Lois Utterback

Our beloved GRREAT Golden **Tia**, who we adopted in the summer of 1996 and sadly lost in May of 1999, when she suddenly passed in less than 24 hours from a tumor on her heart. This gift is also **in honor of Cody**, our GRREAT Golden who came into our lives in 1995 and fills our family with love, joy and adventure. We miss you, Tia. —Chris and Kyra Detmer

Our darling **Katie**—we miss your sparkling personality, from Bettilyn and James Smyth

Taffy, Anita and Bill Guit's wonderful Golden, and also in loving memory of my lab mix, **Bermoe**, from Janis L. Brown

Teddy, the wonderful Golden boy of our friend and neighbor, Terri, from Teri Niebuhr and Lou Stachowiak



Special Donations were received for the following special reasons

From Molly, my 9 year old Goldie **in honor of Archie**, her newly adopted son, two years young, and **to thank Denise Irwin** of Home Away from Home for her caring and help through Archie's adoption. We love you GRREAT! —Linwood Jones, Jr.

In honor of and to thank Deb Nizer, to whom we will forever be indebted for letting us have Taz (99-129) who is the perfect Golden in every way. Deb, you knew how much we were hurting after losing Stetson to cancer—thanks so much for finding us such a special guy to help ease our sorrow and pain. —Pat and Pat McAllister

In honor of Jan and Marty White for fostering so many fur faces.
—Jim and Ginny Schultz

In honor of all the folks at GRREAT and to thank them for my Goldie girl.
—Mildred Fink

In honor of Dusty, from Jonathan C. Gordon

In loving memory of Alice, a beautiful Golden, and **in honor of Marjorie Tuttle and Deb Gross**, from Linda Watts, Ingrid Zene and Martha Cole Glenn.

In honor of Belle and her puppies and **to thank Mary Ellen Lunde**, from Geri Gunther

In honor of Buzz (99-188) from Nikki Parisi

Rescue Remedy, continued from page 7

Before I continue with this subject, please be advised that all that I know about these flower essences is what I have learned from the references at the end of this article and my one experience with Rescue Remedy.

A word of caution before we begin.....

Flower essences and other forms of alternative therapy are not a substitute for veterinary care, nor do they work for all situations or on all animals. While some of the symptoms described below can be helped with flower essences, they could also be indicative of serious illness and owners should consult a veterinarian if symptoms persist.

Holistic Therapies, Homeopathy and Flower Essences

According to Dr. Pitcairn (p. 189) “health problems are rarely caused by just one factor....and we need to look at the whole picture of an illness and find therapies that will work with—not against—the whole body in the healing process.” In holistic medicine “we recognize that disease or illness affects the whole animal, so to understand and treat a health problem...we must address all levels of the body and spirit” (Pitcairn, 1995). Very often in conventional medicine, we treat the symptoms of an illness and not the underlying cause.

In addition to being a big advocate of feeding dogs a fresh, natural, homemade diet, Dr. Pitcairn, although trained in conventional veterinary medicine, is a firm believer in various holistic therapies, such as naturopathy, herbology, chiropractic, acupuncture and oriental medicine, homeopathy, tissue salts and flower essences (Pitcairn, Chapter 14). Because there are similarities among these, I will only discuss two of these here: homeopathy and flower essences. For more information on homeopathy and other alternative therapies, including flower essences, consult the references and other resources at the end of this article.

The science known as homeopathy is practiced on both humans and animals the world over. Homeopathy was founded on the principle that “like is cured by like” (*similia similibus curentur*). Dr. Samuel Hahnemann, a German physician living in the late 18th and early 19th century is generally credited with originating the system of homeopathy. He noted some similarities between symptoms produced by some diseases and by the drugs most useful in their treatment. He developed the “Law of Similars,” a theory that says that a disease can be cured by careful use of a medicine that produces similar symptoms when given to a healthy person. The treatment works *with* rather than *against* the body’s own efforts to regain health. Homeopathic remedies contain minute doses of herbs, minerals and animal products and are made into dilute solutions which carry a healing energy derived from the original substance (Pitcairn, p.200-01).

Flower essences, like homeopathic remedies, are “dilute infusions of flowers and tree buds....said to act primarily upon the mental state” and are used to treat both behavioral and physical problems (Pitcairn, p. 205). Flower essences have also been described as “liquid pattern-infused solutions made from individual plant flowers, each containing a specific imprint that responds in a balancing, repairing and rebuilding manner to imbalances in humans on their physical, emotional, mental and spiritual or universal levels” (Wright, 1988). The idea behind flower essences is that “the essence of any phenomenon is its vibrational character, and that there is a fundamental resonance between the vibrational character of certain phenomena and aspects of human nature which can be used to restore harmony to the latter.” The “principle underlying the use of flower essences in treatment is that states of mind are the primary cause of sickness and disease (Graham and Vlamis, 1999).

According to Graham and Vlamis (1999), “flower essences are important in the treatment of animals because they restore the

Rescue Remedy, continued on page 10

Thanks

...to these wonderful volunteers who helped at the following events

March 11th Adoption Day in Frederick, MD

Kim Shumaker

Jill Fisher

Vicky Smith and daughter

Karen Holbrook
Carol Holbrook

Lori Bott

Cheryl Garbett

Denise Gettier

Ann Wakefield

Skip and Deb Nizer

Most of the Board

Our Wonderful Foster Homes

March 26 Education Day in Annapolis Denise and John Gettier

Dawn Lowe

Chris Dell, his wife and their dog Belle

Cheryl Babick

Sharon

Robinson-Boonstra

Janet and Martin White with Nicki

March 26 ASPCA walk at John Hopkins

Doug and Becky Brown

Barbara McDonald

Marsha Fair

Mary Ellen Lunde

Gail Corby
Amanda Corby

Jo Bighouse



Genetic Engineering, continued from page 1 progress. I mean, how can you hunt for game, build houses, and plant crops while trying to pet three dogs with two hands? (I saw that book in the library—skip it; no dog photos).

The Norwegian scientist, Professor Elke Hund, in 1843 tried attaching a leftover arm from Napoleon’s campaign to his brother, Dasch Hund. The experiment was a failure because the third dog detached the arm and ran away with it and buried it—something about inferior stitching.

Now with modern medical advances (such as computerized billing), Dr. Y Murer has come up with a way to combine sheep DNA with human DNA. However, since sheep have four legs, his success has been too good, meaning that the three-dog owner would need four dogs (and the additional arm itch was maddening). The next step was to mix mule DNA with that of man, minus the hyper allfex molecules, thus giving man three arms. The idea came from Dr. Y’s wife, who claims it works because men are clearly related to jackasses.

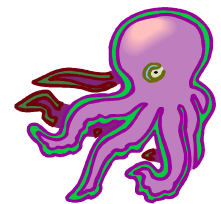
But now we have incurred other problems: fashion and politics. You see the problems arise—where do you put the third arm? Shirt manufacturers want to know. Does it go on the right or the left, and how many would be

sold? If the extremity goes on the right side, would people think you are a right wing extremist, or on the left a left wing extremist? Conservatives would be in the middle, but that would be an awkward place except for those who drive and pick their nose. You could have two hands on the wheel and well, you know... The garment industry is in a tizzy over these issues, as is the finger printing section of the FBI. Also, parents of young girls dating right wingers or left wingers or even conservatives with teenage hormonal problems.

I will keep you informed of any further developments.

How do I cope with three dogs, you ask? Well, when the third dog comes up, I slip my arm over dog #2 until my free arm is on his head and my hand is on dog #3. Then I do the scratch-and-rub (rubbing with the underside of the forearm) and allow my other hand to scratch #1 and hold the TV remote. Scratching and holding the remote can be difficult—maybe four arms would be better. Or five (holding a beer), or six for chips, seven for pizza, or eight to scratch myself.

Hmmm, has anyone experimented with octopus DNA?



A GRREAT BIG Thank You

goes to

Sam Connelly, Laura Schmitz and Martha Cole Glenn for their tireless work on the recent silent auctions that have benefitted GRREAT.

And many thanks to **April Fritz, Cheryl Garbett, and Marsha and Wally Wallen** for their hard work updating the membership database.



Adoption Day

Saturday, April 29, 2000 — Noon to 2 pm
PETCO at Festival Shopping Center
2319 Forest Dr, Annapolis, MD 21401
410-224-8323 (for directions only)

Directions: Take Route 50 from Washington to Annapolis or I-97 from Baltimore to Annapolis. Take the Riva Rd/Aris T. Allen Blvd exit (#22). Turn left (north) on Riva Rd. Proceed approximately one third of a mile. Petco is in the Festival Shopping Center on the right at the intersection of Riva Road and Forest Drive.

IN REMEMBRANCE
JAKE

Linda and Michael Stacy-Nichols write

Jake "the Snake" LaMotta (96-007) passed away prematurely in August, as a result of congestive heart failure. He is now an angel dog, which is also how we came to view him when he was still with us.

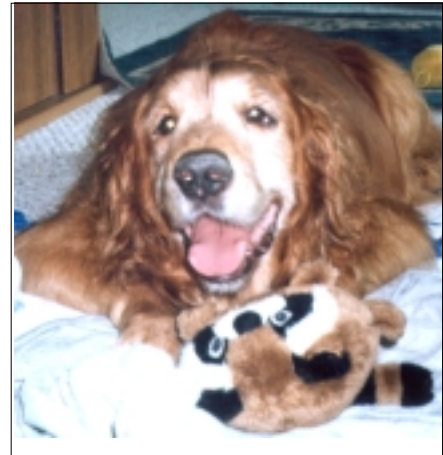
Jake was found wandering the streets of Maryland during the horrible winter of '96. He had heartworms, eyelid problems, and a terrible sinus infection. GRREAT saw the potential despite all those problems and thought that with a little love and a lot of medical treatment, he could join someone's family as a proud and esteemed member. I am happy to say that family was ours.

At the adoption in September '96, he was clean and brushed and apparently permanently connected to the tennis ball in his mouth. He had a sprout of hair like a cowlick standing straight up on his head. He had a droopy eyelid from surgery. His foster mom told me he had already been through one adoption day and nobody had wanted him and she had considered trimming his cowlick to make him a little cuter. I petted Jake and moved on. Someone already had her name down to adopt him, and my son had his eye on a puppy. Jake seemed a bit too tame for an 7-year old boy. But the puppy was adopted and as the adoption day began to draw to a close, I wandered back to say goodbye to Jake. The foster mom told me that the woman who was going to adopt him had changed her mind. For the second time Jake was going to go back to foster care, unadopted.

But wait...he loved tennis balls, just like us; he had a cowlick, just like my son and me; he had chronic sinus infections, just like me. No! this dog was *meant* for us. The health check at my vet was somewhat discouraging: Jake seemed fine but the vet shook his head when he reviewed his history. "Not many people would adopt a dog with this many health problems." My heart sank. That day I resolved to make whatever time we had together fun. Jake made that easy, as it turned out, since he could not read his medical records and, like most Golden Retrievers, knew how to enjoy life, dog-style.

That meant climbing into the empty bath tub and looking expectantly at the faucet, and when the bathtub was full, joy of joys, pawing ecstatically at the water and burying his nose underneath to chomp on a ball. That meant diving into the neighbors abandoned fish pond with a huge *kersplash*, and enjoying countless days in his wading pool, barking excitedly at the water. It meant turning a mud puddle into an impromptu spa treatment, replete with excited rolling and thrashing until the mud

*Jake Stacy-Nichols,
never too far from
toys, tennis balls or
water*



was wholly ingrained in every golden hair. It meant trips to the beach and the mountains, moving always toward whatever body of water was available, until my arms ached from holding the leash.

Tennis balls were a close second to water, and one that rolled under the couch meant endless barking until it was (humanly) retrieved. It meant me brushing him as I asked in our little ritual, "Who's pretty? Who's fluffy? Who's pretty and fluffy?" And fun also meant walking around the block and sitting proudly as all the neighborhood children lined up to pet him and try to pry a tennis ball from his mouth. But the walks got slower and slower, and though Jake still went in the wading pool, it began to exhaust him. At first the vets were hopeful and they thought medication would help. Then we visited a cardiac specialist who drained the fluid from around his heart. That night he was his old self again, carousing in the wading pool. But the next day he was weaker than ever. The vet suspected it was a tumor. His lungs were also scarred. I thought back to the heartworms, and the treatment itself, which is necessary but also toxic. I thought way back to the heartless people who neglected him so badly that he was at the mercy of a bitterly cold winter.

I thought of how he must have felt when GRREAT picked him up, and he spent his first warm night with people who stroked him and cleaned him *and fed* him and told him they would take care of him. In the last minutes of his life, the vet clipped off some of the beloved golden fur for me to keep. I wondered through my tears what he had been like as a puppy. I had wondered that many times before, as people with "second-hand" dogs often do: what was his history? He always seemed so confident, so adventurous, so full of fun, and so unaware of the cruelty in the world, even when it was neglect that had directly shortened his life.

You can learn a lot about living from a dog, even one that does not live the full life he deserved to live. Even one who seemed to have no history, but who just magically appeared, right place, right time, with a cowlick and a ball...with some kind of blind faith that the new people taking him belonged to him as much as he belonged to them. For whatever time was left. Thank you GRREAT, and thank you, Jake, angel dog.

Flower Essences Useful for Rescue Animals

Here are just a few examples of Bach flower essences excerpted from the *Flower Essence Directory* (Part II of Graham and Vlamis' book). Please remember: **Flower essences and other forms of alternative therapy are not a substitute for veterinary care, nor do they work for all situations or on all animals. While some of the symptoms described below can be helped with flower essences, they also could be indicative of serious illness and owners should consult a veterinarian if symptoms persist.**

Honeysuckle (*Lonicera caprifolium*)

Remedies homesickness and difficulty adjusting to new circumstances. For animals that need a new home because of their owner's death; that get lost and taken into new homes or sanctuaries; are rescued and re-homed; or whose history is unknown. For lost or rescued animals that can't adjust to new accommodations and/or owners or who keep returning to former homes.



Gorse (*Ulex europaeus*)

Remedies despondency and hopelessness. For animals that appear to have lost heart and given up; that show great lethargy, apathy, low energy when ill or in confinement; for animals that don't respond to encouragement. Good for dogs that remain for long periods in rescue kennels and pounds. Indicated when symptoms are more extreme than those for which Gentian is appropriate.



Gentian (*Gentiana amarella*)

Remedies easy discouragement, weakness after illness, lack of interest in food. For animals that give up and stop eating, especially when ill or following loss of owner or a companion animal; for animals that become despondent following domestic upheaval; for animals in rescue shelters or kennels, especially those caged after living in a house, that become listless, sleep much of the time and whose coat is dull. For animals not praised or encouraged by their handlers during training, performance, or competition or for animals that suffer a set back or relapse when ill. Can be used for recovery from orthopedic injury and orthopedic correction, in conjunction with Oak and Larch. May help in situations with animals who refuse to eat.



Wild Rose (*Rosa canina*) (Dog Rose)

Remedies resignation and apathy. For animals in critical conditions when they appear to be giving up and their body is cold; for animals during long-term debilitating illness; for animals that seem chronically and hopelessly sad, bored, indifferent, and apathetic. Also good for animals lacking energy; or that do not want to move, and for animals that appear to be getting no enjoyment from life. Useful for abandoned animals in shelters and kennels.



Flower Essences, continued on page 11

Rescue Remedy, continued from page 7

balance and harmony of an animal's true nature, thereby remedying the disorders and diseases resulting from its distortion by humans." They are "safe to use alone or in conjunction with other forms of treatment, including allopathic or homeopathic medicines" and according to Pitcairn, "they are mild in their effect and cannot cause problems even when overused." Whereas homeopathic remedies have been extensively studied, there have been no such published controlled clinical trials on the efficacy of flower essences. However, there is abundant anecdotal evidence which suggests that they are effective in animal treatment. Some of these stories can be found in the references below.

Dr. Edward Bach and the 38 Bach Flower Essences

The first modern therapeutic system based on flower essences was developed by the distinguished British physician Edward Bach (1886-1936). Bach was trained in medicine at the University College Hospital, London, began his work as a bacteriologist, and continued as a pathologist, but developed an interest in homeopathy. Bach's research led him to discover that "positive, healthy states of mind could be restored by the energies found in flowering plants, trees, bushes, and special waters" (Graham and Vlamis, 1999).

Flower Essences for Rescue and Shelter Dogs

"The principle underlying the use of flower essences in treatment is that states of mind are the primary cause of sickness and disease." Accordingly, personality and temperament are the major guide to their correct use (Graham and Vlamis, 1999, p. 21).

In a separate article [to the left], I list a few of the Bach flower essences that are thought to be particularly good for assisting with problems that might be encountered when dealing with a rescue or shelter animal. Below, I will summarize what I know about

Rescue Remedy, continued on page 11

Rescue Remedy, continued from page 10

Rescue Remedy, the five flower essence formula developed by Dr. Bach.

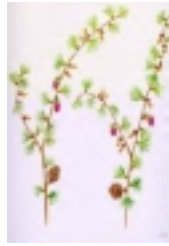
Rescue Remedy

Rescue Remedy is an emergency remedy that combines five flower essences and is “widely considered to be the single most important remedy in healing animals” (Graham and Vlamis, 1999, p. 87). Rescue Remedy combines Impatiens, Clematis, Rock Rose, Cherry Plum and Star of Bethlehem [see illustrations at lower right]. It is believed to remedy stress, distress, and tension and restore calm, reassurance, and relaxation. Impatiens (*Impatiens glandulifera*) is included to deal with the impatience, irritability, and agitation often accompanying stress that sometimes results in muscle tension and pain. Clematis (*Clematis vitalba*) is the remedy for unconsciousness, “spaciness” and faintness that often accompanies trauma. Rock Rose (*Helianthemum nummularium*) is the remedy for terror, panic, hysteria and great fear. Cherry Plum (*Prunus cerasifera*) is the remedy for loss of mental or physical control and Star of Bethlehem (*Ornithogalum umbellatum*) is the remedy for mental and physical trauma.

Rescue Remedy is said to be good as an adjunct to any other treatment used for—and during—immediate crisis resulting from accident, dental treatment, injury, shock, surgery, and trauma. It is a safe alternative to sedatives and tranquilizers. Animals are said to relax more easily when being groomed if given Rescue Remedy and animal handlers and drivers report that Rescue Remedy given in drinking water helps them to deliver animals in good condition because it helps to relax the animals and enhance their general well-being. Rescue Remedy can help animals involved in road accidents or other accidents where they are in shock or injured. Rescue Remedy is also good for animals under stress or for those remaining in shelters and rescue accommodations for long periods.

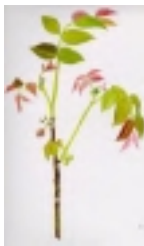
Rescue Remedy, continued on page 12

Flower Essences, continued from page 10



Larch (*Larix decidua*)

Remedies loss of confidence, hesitancy, fear of failure. For animals that have been abused or traumatized at some time. For animals entering rescue shelters, and whose owners or handlers have been or are heavy-handed; for animals that have been ill for some time and have lost their former standing with companions. For dogs in competition that lose confidence in themselves and/or their handlers; that have been wrongly taught by their owners and become confused when taken to obedience/training classes; those that surrender to others; and puppies.



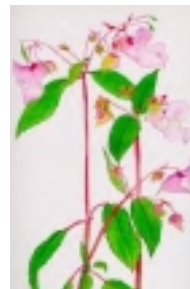
Walnut (*Juglans regia*)

Remedies difficulties in adapting to new circumstances. For distress and/or behavioral disorders associated with transitions in life, new surroundings, changes of lifestyle, such as when people join or leave the household, changes in routine or diet, or changes in the emotional climate of the household. For animals being re-homed or moving home or for animals subjected to long journeys or exportation. For dogs that become aggressive to the remaining owner after the death of a partner; puppies and older dogs when changing homes or owners; geriatric dogs that become blind from glaucoma, cataracts, or other disease or that become deaf.

The Five Essences of Rescue Remedy



Clematis



Impatiens



Star of Bethlehem



Cherry Plum



Rock Rose

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www.bachcentre.com



Eight-week old Bailey, getting ready for her long plane ride

Rescue Remedy, continued from page 11

Rescue Remedy is prepared in liquid form and as a cream. The liquid is made by preserving the flower essences in an alcohol base. The liquid is given orally either by putting four drops in drinking water or if no liquid is available it can be dropped directly on the tongue. It can also be applied externally when an animal is unconscious by being rubbed into the gums, lips, nostrils or skin, pulse points or soft cavities. The cream can be applied to bruises, contusions, and other wounds.

Because of international regulations, our new puppy Bailey was required to travel in the cargo hold, even though she was only eight weeks old. We gave Bailey a couple of drops of Rescue Remedy on her tongue just prior to the short one hour flight from Christchurch to Auckland and then a few hours later we gave her four more drops on her tongue just prior to the 12 hour flight between Auckland and Los Angeles. It seemed like it went into effect right away and she got very tired. However, in both cases, as soon as we met her at the airport, she was very energetic and none the worse for the experience. It is hard to know when during the long flight the Rescue Remedy had worn off. Even though Bailey is very outgoing and not afraid of new situations, we were fortunate that everything went well. We visited for a few days in Los Angeles, and then between Los Angeles and Washington, Bailey got to stay with us in the cabin in a pet container under the seat—and she was so good few people knew she was there.

Once again: Rescue Remedy is *not* a replacement for veterinary care; nor does it work indefinitely. While it helps an animal get over initial shock, further treatment may be needed and should be obtained as quickly as possible.

References

Bach Flower Remedies for Animals by Helen Graham and Gregory Vlamis, Findhorn Press, 1999.

**Thank You
to these
individuals
for their recent
donations**

- Anonymous
- Kenneth and Patricia Arey
- James and Gwendolyn Clauter
- John and Anna Mae Edwards
- Joel and Valeria Fischer
- Paula Karpe
- John and Doris Keppler
- Stephen and Kristina Kotulak-Hays
- Dawn and Ed Lowe
- Rose Fabia Roberts
- Patricia Scahill
- Kimberly Shumaker
- Melanie Smith
- Dinah Stevens and Hugh Spitzer

We'll see you at the

Animal Education and Awareness Day

Saturday, May 20 10:00 - 2:00

Blue Ridge Veterinary Associates

120 East Cornwell Lane

Purcellville, VA

- *GRREAT Education Table*
- *Animal nutrition and health exhibits*
- *Agility and obedience demonstrations*
- *Lots more*

Call 540-338-7387 for more information!

Dr. Pitcairn's Complete Guide to Natural Health for Dogs and Cats by Richard H. Pitcairn and Susan Hubble Pitcairn," Rodale Press Inc., 1995. [Good overview of natural diets, holistic and alternative care].

Flower Essences, by M.S. Wright. Warrenton, VA: Perelandra, Ltd., 1988.

"If You Aren't Using Flower Essences, You Are Missing the Best Part of Your Pet!" by Elaine Edwards, Cobb, CA ([HTTP://WWW.FLOWERSOCIETY.ORG/ELAINEEDWARDS.HTM](http://www.flowersociety.org/elaineedwards.htm))

Resources on the Web

- 1) <http://www.bachcentre.com> [the source of the illustrations on pages 10 and 11]
- 2) <http://www.floweressence.com>
- 3) <http://www.nelsonbach.com>
- 4) <http://www.flowervr.com>

Suppliers in the U.S.

(also try local health food stores)

- Flower Essence Services, P.O. Box 1769 Nevada City, CA 95959; 800-548-0075.
- Global Health Alternatives, 193 Middle Street, Portland, ME 04101; 800-547-1295.
- Flower Vision Research, P.O. Box 43628, Upper Montclair, NJ 07043; 800-298-4434.
- NelsonBach USA, Wilmington Technology Park, 100 Research Drive, Wilmington, MA, 01887; 800-319-9151.
- Perelandra Flower Essences, Perelandra Center for Nature Research, P.O. Box 3603 Warrenton, VA. 22186; 703-937-2153.



May 7-13, 2000

**How are you going to celebrate?
Your dog wants to know!**

Dear Leo,

Please accept this donation in memory of my best friend Jenny, who has been gone since January 1995. We had been together from the time I held her in my hands when she was one hour old until I cradled her in my arms 12 years later when she died.

This excerpt from Peter Jenkins' book, *Close Friend*, has been changed slightly to fit Jenny (with my apologies to the author):

"I loved you so much. I loved you because you were always there for me. There was never a time of rejection between us. There was never the moment when your mood was not ready to respond to mine.

"If I stroked your head, you thanked me. If I did not, you didn't wonder if I still loved you. You knew I did. I loved you like I've never loved any other dog before you. Jenny, you may be dead, but you are not gone from me; you never will be. You will be in my heart forever."

May God bless you all for the good work you do. —Jo Dempsey

Jenny Dempsey, 1983-1995



Dear Leo:

We'd like to make this a donation to the Leo Fund on behalf of some very special people. We'd like to thank Scott and Kelly Daniels for their tireless dedication, support and determination to help us find our two large Golden Retrievers. We'd also like to thank Nikki Parisi and Georgie Bahler for helping with our search, and we're very grateful to Mary Ellen Lunde for her continuous guidance and support during the foster/adoption process.

Thanks to these people, we became foster parents to a four-year-old brother and sister (Winston and Amber) on December 23. They made Christmas so special, and now we've adopted them so that we can spend all of our holidays with them.

We really appreciate what all of the volunteers at GRREAT are doing for these sweet lovable dogs, especially our new Winston and Amber. They make us smile, they make us laugh, and they make us proud to be associated with such a wonderful organization

—Mary and Mark Maloney

- A special donation to the Leo Fund was received in honor of Rufus from Joyce Casey and Jerry Williams.
- A GRREAT big thank you goes to June and Richard Downing, who raised money for the Leo Fund throughout 1999 by selling items at their shop, Something Special, in Stafford, VA. We are GRREATful for your continuing generosity.



Leo's Corner

*The Leo Fund
for special needs dogs.*

**Golden Angels
(\$500 or more)**

**June and Richard
Downing, owners of
Something Special**

**Golden Heroes
(\$100 - \$499)**

**Mary and Mark
Maloney**

**Firpo's family:
Cheryl Udy and
Tracy Blount**

**Joyce Casey and
Jerry Williams**

**Leo's Pals
(up to \$99)**

**Vicki and James
Eurice**

Sandra Huber

Sandra W. McShea

Dear GRREAT:

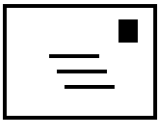
**I want to help dogs that need special surgery.
Here's a donation to The Leo Fund.**

Please send me a donation acknowledgment.

Name _____

Address _____

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



Dear GRREAT

We wanted to let you know that Brandon (94-057) is doing very well, even though he is far from his original home. We adopted him in April, 1994. In November, 1998, my husband accepted a new position in West Java, Indonesia, and we took our two dogs, Christa and Brandon, with us. They flew from Dulles Airport to Zurich, Switzerland in about seven hours. After a long layover during which they got lots of exercise and fresh air at a park across the street from the airport, they took another flight, which lasted seventeen hours, to Jakarta. They arrived in fine shape—they had enough supply of water and ice cubes between the U.S. and Jakarta. My husband stopped at the McDonald's at the Jakarta airport to get more water for them before they started the final leg, the one-hour drive to Bogor, where we now live.

Christa and Brandon have been adjusting quite well since the beginning. The big move doesn't seem to have any effect on them. They seem to be very happy just as long as they are with their families. They enjoy their morning or evening walks (we live near the mountains and the weather is nice and cool in the morning and the late afternoon into the night). The kinds of animals that they encounter around the house are different from the ones they saw in the U.S. There are frogs (who sing in and around the pond every night), geckos, other

Christa, Brandon (94-057), and Audrey, thriving in Indonesia



types of lizards (they are benign), and various critters.

It has been such a pleasure to receive your newsletters regularly thousands of miles away, and we hope to continue receiving them in the year 2000. Keep up your wonderful work. Our warmest regards to you all.

—Anna Maria Kawuryan and Keith Fuglie

Please accept this donation to honor Chelsea and to thank GRREAT. We adopted Chelsea in December and I can't tell you how much we love this amazing dog! She is absolutely perfect and we are so grateful and fortunate to have her. We do so appreciate her foster parents, the Whites, and GRREAT for giving us this special gift.

—Kelly and Chris Kane

Enclosed you will find the "proof of completion" of an obedience course for Wendy, formerly known as Amber (99-077) whom we adopted last July. I would like to tell you that my husband and I think that Wendy has really benefitted from taking basic obedience! I don't know that I would have taken her, had we not had the stipulation in our adoption contract and paid the \$50 "deposit" when we adopted her, mostly because our first Golden, who is a natural pleaser, didn't seem to benefit much from the same classes and because Wendy was already over a year old. "Set in her ways," I thought. I was so wrong! It has made such a difference in her direction and confidence. Wendy excelled in obedience and loved learning new "rules." We think that had her first home gone through the expense and time, she would probably still be with them. We're glad she's with us and a part of our lives.

Thank you, GRREAT, for knowing ahead of time what is best for Golden retrievers like Wendy. I hope you will continue to request that new owners like us take the time to attend a basic obedience class. It makes such a difference.

—Carl and Kim Wiff
(Tod and Wendy, too!)

Here's my renewal form and a picture of my GRREAT Golden Oldie. Her name is Penny. I was so fortunate to be working (I work at a vet hospital) when Penny's foster mom, Kathy Carbone, brought her in for her first vet visit. Oh my, was Penny a mess! She was so stinky! Her ears were infected, her eyes were also infected, and she had a large mammary gland tumor and quite a lot of other small masses. We weren't sure at the time if she had ever been spayed. Kathy said she had already bathed her once and removed masses of ticks. She sat on my lap that night while we trimmed her nails and cleaned her eyes and ears. She had so many kisses for *everyone!*

I said right then that I wanted this girl. The general opinion was, *are you sure?* She's 12 years old, maybe not spayed with all those tumors. I said I wanted her very much—there's a beautiful girl under this mess. I was so right!

She came to my home and joined three other Golden Retrievers, a female 13 years old (Taffy), and two males, one 6 and the other 2 years old. My 13 year old looked at her and said 'welcome.' The 6 year old, Nugget, said, 'oh not another dog to pick on me' (he's such a wimpy Golden!). And then there was 2 year old Beau, the dominant one. Penny immediately said 'look, kid, I'm here now and I'm the boss.' To my surprise, he respected her right from the start. When the boys rough house, she gets right in there, grabs them by the scruff and mumbles 'break it up!' and they do!. I thank my lucky stars for the day Penny came into my life. She loves everything and everyone. We call her Miss Kissy Kissy because she has 12 years of kisses to give away. So please, all of you who read this, please consider the old ones. They do so appreciate being treated like the *gold* they are.

—Robin Greenfield

P.S. Penny says I love to get my teeth brushed, and my beautiful red hair brushed too! Sleeping in the big people bed is not bad either!



Penny Greenfield, queen of "Robin's Retriever Ranch"

Here's a Woody update: he's now Cody. I decided that if I got a dog from GRREAT and he/she didn't come with a lifelong name, a female would be Molly and a male would be Cody. I hope you don't mind—Cody certainly doesn't. He is the most lovable, laid back rascal I ever imagined. The lady next door has given him three stuffed toys, and each time he gently takes it from her hand, and takes it and me (I keep him on a leash when we're out of the yard) back home and adds it to his collection. Then it's playtime where he ducks his head every time I reach for it. The second time Mary saw him, she claimed half ownership. However, though Cody has a nice variety of toys including two partially deflated footballs, a soft ball, and a pull toy, he always goes back to his favorite squeak ball. He also loves to swim.

He loves to go for rides. I take him everywhere I can as long as it's not too hot. Last Sunday I asked him if he wanted to go for a ride, and before I opened the truck door for him, he jumped up and clambered through the open driver's side window! My mother, who is 98, is in a nursing home, and I've taken him to see her twice. The second time I took him, he got out of the truck and headed straight for the front entrance. Most of the old folks there pet or scratch him and he loves it.

—Jack Gregory

Woody/Cody Gregory and friend, after a swim



A Letter to Pollux, In Memoriam

Laura Garces Fischer

Has it been six months already—or six months only—since you left us? When we love, length of absence matters not; only the numbing intensity which confounds and mocks the passing of time. So it is that deep, dense memories of you have overflowed, in a sense, into a second nature, prompting us to behave as we would have before. By reflex we avoid the spots you used to like—the front of the bed, your special area in the kitchen—bypassing them or leaning however awkwardly around or above them, so as not to disturb the shadow of your presence. We think of you at the fish counter when we go to the grocery store (you so loved fish and shellfish!), and we remember you so well that we can almost see you lying on the couch in the living room, or steadfastly nested in that small sofa on the porch, your long limbs hanging out from the narrow bench, your head gradually slipping down the pillow until someone came to prop you up.

We buried you in the spot that Felix called your ‘summer residence,’ under the bush where you liked to lay, listening to the stirrings of the neighborhood’s day, watching for long moments that sometimes stretched into hours, nature in movement. Few causes for interruption: only the enervating bees prompting you to shake your head from side to side in an attempt to snatch and swallow them; the squirrels that propelled you to your feet, barking furiously.

And the nearing of a storm that you felt before anyone else, as if in communion with nature’s inner workings, sending you trembling into a corner, panting.

Whence this peculiar gift for telling the weather? You would stand in evident concentration, your muzzle raised up to the air, whiffing in small quick breaths what we assumed were pieces of information. We tried buying tapes to desensitize you from the noise of thunderstorms, to no avail. If you occasionally came out of your slumber, it was to raise your chin, stir a leg, change positions, concentrating on the comfort of the posture which, finally arrived at, would trigger a deep noisy sigh. What you felt and feared in storms, we came to understand, was the change in air pressure. Your exposure to the

elements, we assumed, had woven a singular symbiosis between you and your surroundings. During the four years you had lived chained in a yard, your alertness sharpened through probable abuse and the distress of hunger produced by the feedings randomly consented—an infallible instinct. You knew long beforehand when Felix or I was to arrive, and rose eagerly to greet us moments before the car turned into the alley. Somehow you always knew.

Your concealed past lent an enigmatic quality to your deep brown gaze, which your seigneurial demeanor further compounded. After you had put on some pounds, and when weeks, months, years had shaped a life that you enjoyed and adopted, you shed the fearful composure. You were now far from the idea we have of an abused or rescued dog. You

stole food from your Golden pal, Castor, and ate it leisurely; you totally ignored our summoning if a particular scent called for your undivided attention. In the acupuncture sessions resorted to for your back pain, you lay perfectly still, head erect, lips pursed in an expression of utter contemptuous detachment. We ventured that you had been a sultan in your previous life, and had had too many women, hence the vertebrae problems. Seeing you evolve stunned our sorrow and the welcome surprise then swelled into pride. You managed to give us all

back a past that had been stolen from your life. Assuredly, this was the greatest gift of all: showing us it was possible to come up with a clean slate, to forget, to start over.

The weather has been unusually warm; there have not been many thunderstorms, thank goodness, because since you left, Castor is afraid of them. Felix spotted little bulbs coming out unseasonably around your summer residence. You will be relieved to know that you missed your bath today. Soon, one day, or one day soon, we will go and get a pal of yours in need of a home. When we do, I want you to know that it is you who has made this possible. Pollux, you will always be in our hearts.



Pollux Fischer, at his ‘summer residence’

Adoption Report January - March 2000

The winter months of 2000 brought 36 families together with new dogs. Seventeen were females and 19 were males. Nine of the adoptions were dogs under age 1; six were over the age 6. Congratulations to all these new families! See you at the picnic!

<u>NAME</u>	<u>ID</u>	<u>AGE</u>	<u>SEX</u>
Amber	99-247	4	F
Brandy	00-008	4	F
Brownie	00-005	6	M
Buddy	99-214	14 mo	M
Cesar	00-010	1½	M
Clancy	99-246	7	M
Comet	00-028	2½	F
Cricket	99-161	1½	F
Daisy	99-189	4½	F
Honey	99-228	5½	F
Jack	99-238	6½	M
Jake	99-208	8	M
Jake	00-015	1	M
Jessie	99-226	3½	F
Jessie	99-240	1	F
Karman	99-222	4	M
Katie	00-043	2½	F
Kayra	96-109	7	F
Maggie	00-045	1½	F
Major	99-140	2	M
Max	00-003	11 mo	M
Moses	99-235	3	M
Parker	99-212	7½	M
PJ	99-131	9 mo	M
Raven	00-050	1	F
Rex	99-207	7 mo	M
Ruby	99-237	4 mo	F
Rusty	99-244	8	M
Sahara	00-056	4	F
Sammie	00-007	7 mo	F
Sammy	00-029	14 wks	M
Sandy	99-239	6 mo	F
Sandy	00-009	5	F
Shadow	99-229	2	M
Thumper/Toby	00-002	5	M
Tom	99-218	1	M

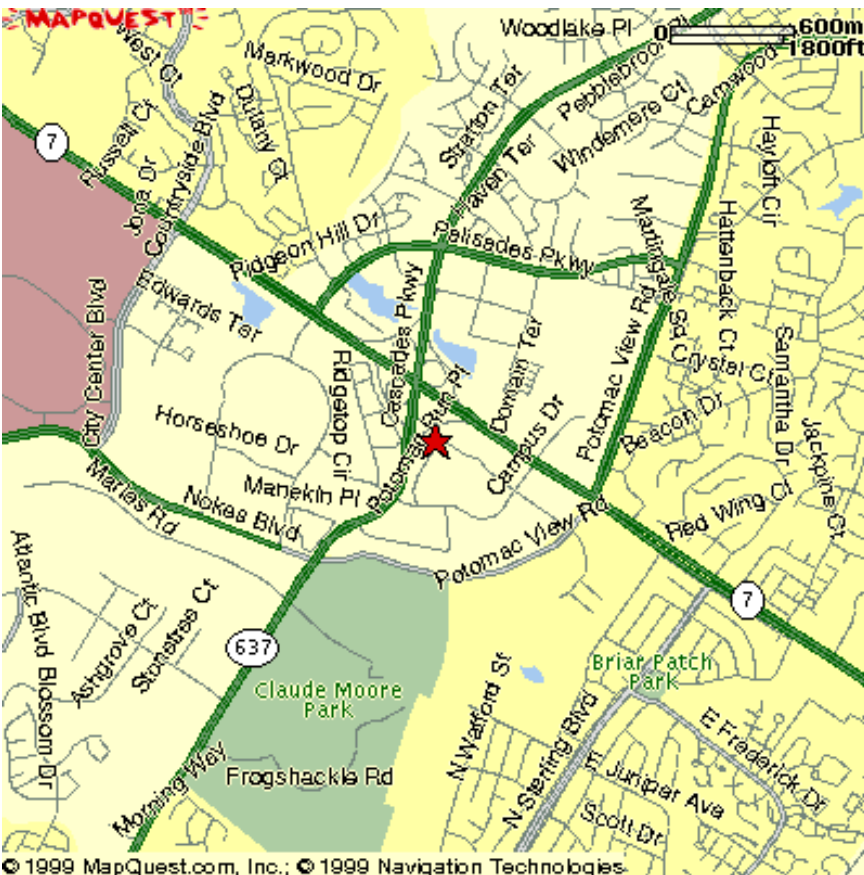


Lucky Wood, winner of this year's calendar photo contest in a slightly different type of "action" shot

Eight GRREAT Tips for Photographing Your Pets

Taking photos of your pets is more important than simply entering a picture contest. If your pet is ever lost or stolen, adding a current photograph to a "lost dog" flyer could make the difference in having your pet returned to you. Here are some suggestions for taking good—potentially prize winning or lifesaving—pictures of your pets.

1. Get down to the dog's level, with the camera angle even with the dog. Photos taken at dog's-eye level bring out the true beauty of the animal, without the distortion of looking down on it as humans usually do.
2. Get close. You want the photo of the dog, not the scenery around it. Fill the view frame with your pet. Using a zoom lens will allow you to take a big image without crowding the dog. And unless you are doing a face-only shot, make sure all paws, tail and ears are also in the picture.
3. Take lots of pictures. What you think may be the perfect pose could be followed seconds later by an even better one. Skimping on film is not the way to get a "cover girl" shot—there's a direct relationship between the number of pictures you take and the number of good ones you get.
4. Use an assistant standing behind you to attract the dog's attention. Holding a treat just outside camera range or making a loud noise are the best ways to attract a dog's attention and a dog looks particularly handsome with his ears and eyes alert.
5. Keep the background clean and simple. Watch out for wires or lights or other distractions that might end up "growing out of the head" of the animal being photographed. Be aware of patterned upholstery and wallpaper and busy or cluttered surroundings.
6. Avoid the need for flash. Go outside on a bright cloudy day or one with hazy sun. Experiment with different times of day, lighting, angles and shadows. If a flash is necessary, shoot with a bounced flash or with the dog looking to the side in order to avoid the problem of glowing eyes.
7. Be patient. Pets get bored and tire easily, so shoot your pictures over several sessions. Break frequently for play time and start again when the dog is fresh. Patience and luck often produce better pictures than expensive camera equipment.
8. Use ISO 200 speed film or faster to stop motion, especially if you are trying to catch your dog in action. If your dog is very light colored, close down the aperture by a half or full stop so that the shot will not accidentally be overexposed by the light reflecting off her fur.



Education Day, May 6, 2000
Adoption Day, June 3, 2000

PetsMart
46220 Potomac Run Plaza, #150
Sterling, VA
 703-444-6500 (for directions only)

Directions from Maryland, eastern and southern Virginia: From the Washington Beltway (I-495), take the Dulles Toll Road (VA 267) to the Leesburg Pike (VA 7) exit. Follow Leesburg Pike about 10 miles (the pike becomes Harry Flood Byrd Highway). Turn left onto Bartholomew Fair Drive and then right onto Potomac Run Plaza.

From western Virginia: Take VA 28 (Sully Road) north about three miles past Dulles Airport. Turn right onto West Church Road (VA 625) and then a slight left onto VA 637 which becomes Cascades Parkway. Go 1.5 miles and turn right onto Bartholomew Fair Drive and then left onto Potomac Run Plaza.

***I'd Rather Grow
 Old as a Dog...
 (Why It's GRREAT To
 Be a Dog)***

1. If it itches, you can reach it. And no matter where it itches, no one will be offended if you scratch it in public.
2. No one notices if you have hair growing in weird places as you get older.
3. Personal hygiene is easy: no one expects you to take a bath every day, and you don't even have to comb your own hair.
4. Having a wet nose is considered a sign of good health.
5. No one thinks less of you for passing gas. Some people might actually think you're cute.
6. Who needs a big home entertainment system? A bone or a simple toy can entertain you for hours.
7. You can spend hours just smelling stuff.
8. No one ever expects you to pay for lunch or dinner. You never have to worry about table manners, and if you gain weight, it's someone else's fault.
9. It doesn't take much to make you happy. You're always excited to see the same old people. All they have to do is leave the room for five minutes and come back.
10. Every garbage can looks like a cold buffet to you.

Twelve-year-old Tess Niebuhr enjoying the dog's life



—adapted from the Internet (author unknown)

**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 2000 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 information booths at dog shows,
community fairs, etc.
- _____ At Fund Raisers, Pictures with Santa, etc.
- _____ 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: _____

GRREAT News May/June 2000

MARK YOUR CALENDAR



Saturday, April 29, 2000 Noon – 2:00 pm
Adoption Day at PETCO in Annapolis, MD

Directions on page 9

Saturday, May 6, 2000

Education Day at PetsMart in Sterling, VA

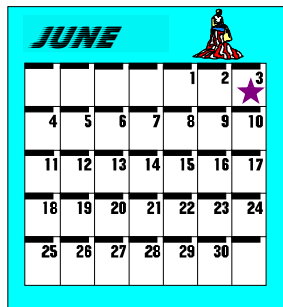
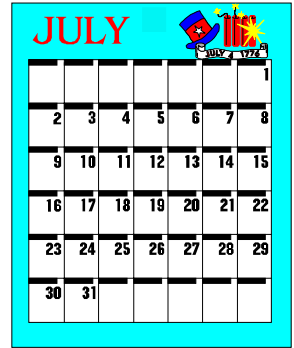
Directions on page 18

Sunday, May 7, 2000 11:00 am – 3:00 pm

GRREAT's Annual Bark-B-Que

College Park, MD

Details on page 3



Saturday, May 13, 2000

The GRREAT Dog Wash 10:00 - 4:00

Ashburn, VA

Details and directions on page 4

Saturday, June 3, 2000 Noon - 2:00 pm

Adoption Day at PetsMart in Sterling, VA

Directions on page 18



June 1, 2000 — Deadline for Entries to GRREAT 2001 Calendar Photo Contest

Golden Retriever Rescue, Education and Training, Inc

P.O. Box 3069

Falls Church, VA 22043-0069

703-620-6593

GRREAT BEGINNINGS



LEAD TO HAPPY ENDINGS!

Golden Retriever Rescue
Education and Training, Inc.

First Class Mail