

Gold Ribbon
Rescue

*Helping Golden Retrievers and Their
Owners in Central Texas*

Golden Guidebook

for Adoptive and Foster Families of Gold Ribbon Rescue

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GOLDEN GUIDEBOOK

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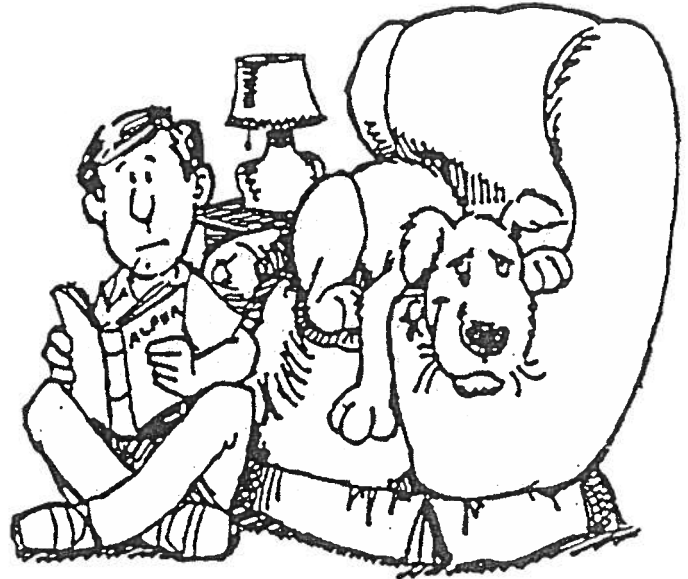
TRAINING 1

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How to **ALPHA**betize Yourself
(How To Help Your Dog
Regard You As Leader)

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T..Ryan, 1990

If your dog is rather pushy and out of control, lacks respect for your point of view and doesn't mind letting you know about it, he or she could be showing signs of the ALPHA SYNDROME!

The Alpha Syndrome is at the root of many behavior problems. IN MOST CASES, WE ARE NOT REALLY DEALING WITH A PROBLEM DOG, BUT A PROBLEM ENVIRONMENT OR PROBLEM RELATIONSHIP BETWEEN DOG AND OWNER. Dogs, just like their ancestor the wolf, need a leader. If the dog is not provided with appropriate guidance, if in the dog's opinion, you are not a worthy leader, your dog may try to take over and call the shots. In other words, your dog may be running for higher office.

The ALPHAbetizing plan will make an improvement on how your dog views the social hierarchy in your pack. This plan involves changing daily interactions with your dog. It does not resort to punishment and very few actual TRAINING exercises are used.

Implement as many of the concepts as you possibly can. Stay with it for several weeks. Your dog did not climb to the top of the totem pole overnight; therefore, it may take a little time to change your pal's mind about things. As your dog becomes rehabilitated, you may gradually phase out these corrective measures.

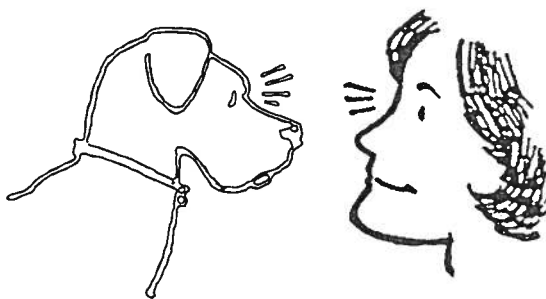
The following notes will help you remember the principle features of each ALPHAbetizing concept you have been taught in class. Please use them to refresh your memory as you progress with the program.

Good luck and remember - dog ownership is not a democracy, be consistent, but be firm, be patient, be ALPHA!

Please Note: Professional help is recommended before attempting any type of behavior modification with an aggressive dog.

A LEADER MUST FIRST GET THE FOLLOWER'S ATTENTION

Encourage eye contact several times a day. Call your dog's name, help the dog make eye contact with you by tracing a line with your hand between your dog's face and yours. You can make your hand more interesting by holding a toy or other inducement. Even a one second glance should be reinforced with praise or a reward. You are setting up communication channels and a bond between you and your dog.



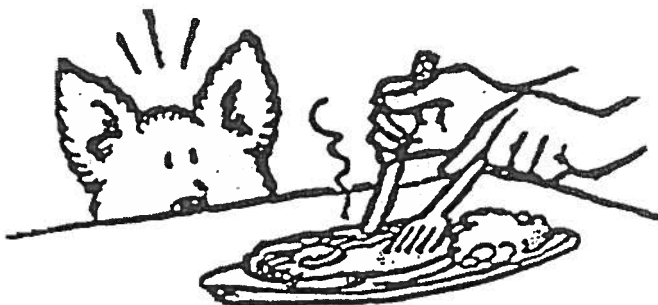
A LEADER IS DEPENDABLE

Scheduled (rather than free choice) meals aid in housetraining problems and put your dog in a position of dependence on you for food. (More than one meal a day will relieve hunger "stress".) Food is a primary reinforcer. Use it to your best advantage.



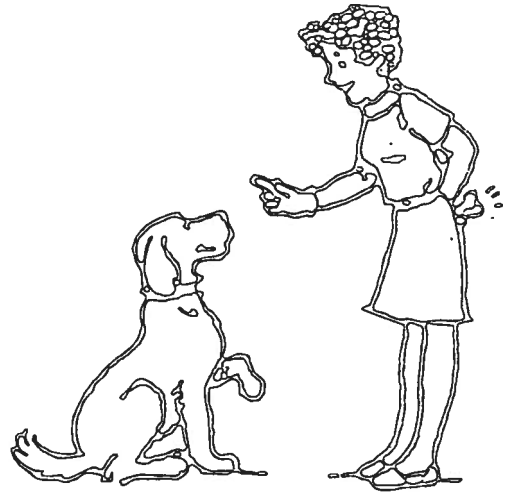
LEADERS EAT FIRST

If your meals coincide with the dog's scheduled meals, make it a point to feed the dog AFTER you have eaten. Dogs are nonverbal communicators. This is a statement. Remember the National Geographic specials! Which wolf eats first??



EARNING PRAISE AND TREATS

Stop all food treats and petting for your dog during this rehabilitation period EXCEPT what is "earned" by obeying a command. Examples: If your dog comes to you for attention, tell the dog to "sit" before petting. A brief heeling session can precede a treat. Don't worry, this is only a temporary measure until your dog's behavior improves.



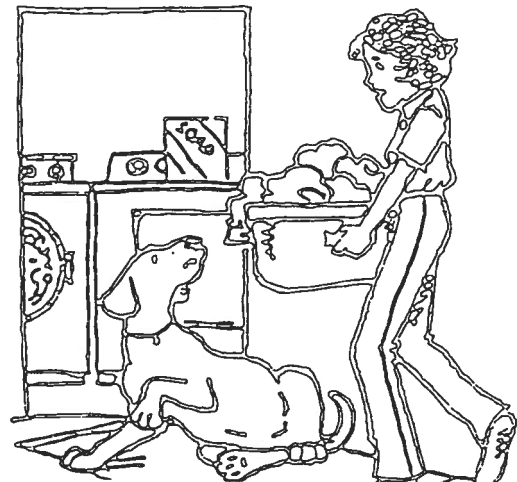
LEADERS GO FIRST

Don't allow your dog to charge in and out of "territory" before you. At the door of your home, vehicle, or at a fence gate, put your dog on a stay, go through first, then call the dog in or out.



THE LEADER CONTROLS TERRITORY

A follower yields to the leader. For instance: If your dog is lying down in a hallway and you wish to pass, MAKE YOUR DOG MOVE, don't step over or around.



LEADERS MEAN WHAT THEY SAY

When giving your dog a command, don't beg or scream, speak in low, firm tones. And remember, no matter how simple the command, give it only once and make sure to help your dog comply.



LEADERS ARE WINNERS

Control the games, control the dog."

Ordinarily tug-of-war games are inappropriate for a pushy dog. It may escalate assertiveness and when you let go, your dog considers it a "win." An important message can be conveyed, however, if you play by these rules:

Keep the game brief so your dog won't become overly excited. Be sure to WIN (have your dog release the toy to you) and while your dog is watching, put the toy away for the day, out of your dog's reach.



LIFE WITH YOUR DOG IS NOT A DEMOCRACY

... But please be a kind and gentle dictator! I'd like to think of it as a partnership, with you making the important decisions! To help explain this to your dog, for now, you get the bed! Your dog may sleep in your bedroom at night, but until the behavior problems resolve, not on your bed. Sleeping together in the bed makes you seem like a littermate, an equal. Besides, there have been MANY alpha confrontations regarding possession of resting areas!



TALK TO YOUR VETERINARIAN

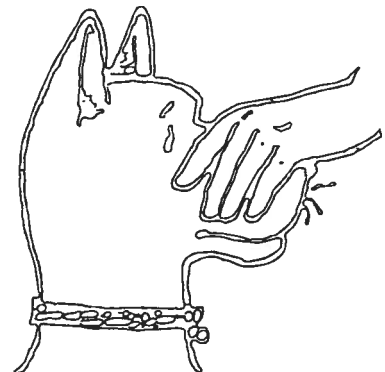
-- about neutering or spaying your dog. Frequently this procedure has a positive impact on behavior problems and your veterinarian will explain numerous other benefits as well.

A thorough exam is important to determine if your dog's misbehavior is caused by a physical problem.



MUZZLE CONTROL IS A NATURALLY DOMINANT GESTURE

Put your hand over the top of your dog's muzzle and gently hold it there for a few seconds. This can be a regular part of your petting and attention.



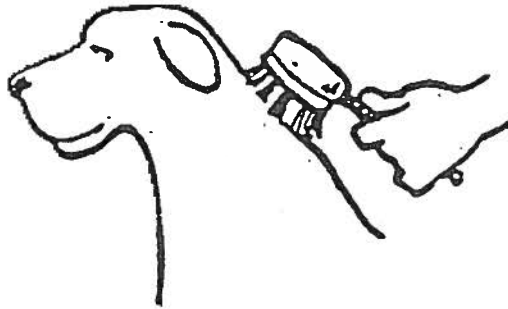
BELLY UP IS A NATURAL ACCEPTANCE POSTURE

Once a day invite your dog over for a free belly rub. Show your pet how enjoyable this gesture of subordination can be.



A FOLLOWER ALLOWS GENTLE HANDLING

Have regular grooming sessions with your dog. With positive reinforcement, gradually include "sensitive" spots, if any. Your goal is to have your dog relax and allow you to brush (or at least pet) the belly area.



DOWN IS A SUBORDINATE POSITION

Have your dog hold one 3-minute down-stay per day. Enforce it!! This can be done while you eat a meal or read the paper, but be sure you are in a position to help your dog stay down.



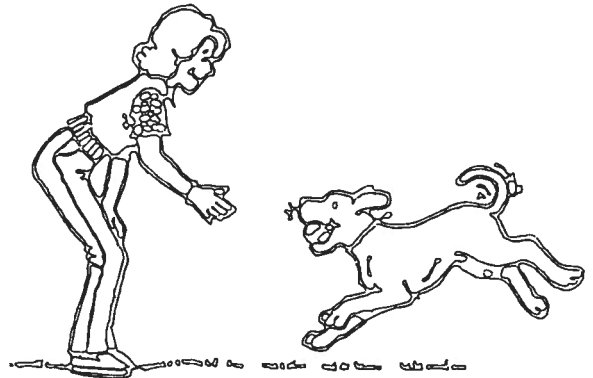
TRAIN, DON'T COMPLAIN

Give your dog about twenty minutes of obedience training a day. Break it up into two or three sessions. You do not have to be a member of an organized obedience class for this, but the guidance of a qualified instructor and the group experience for the dog are valuable. Give a command, help your dog comply, praise for a job well done.



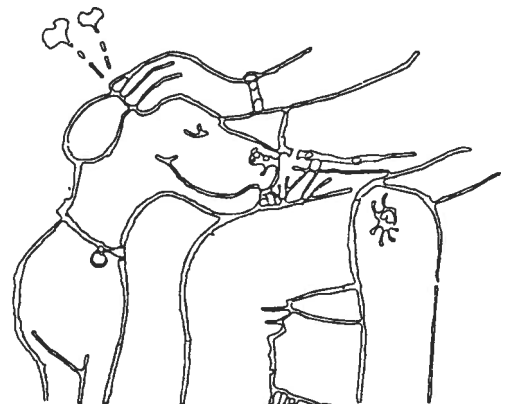
ALPHA OWNERS ARE FUN

Do some things you know your dog will enjoy, but you should remain "in charge" of these activities. For example: If your dog likes to retrieve, tell your pal to COME, help with compliance if necessary, and as a reward, play fetch. Help your dog release the object immediately on command. When play is over, praise and as the dog watches, put the object away.



LEADERS ARE FAIR, KIND, CONSISTENT

Be firm, not harsh. Don't work with your dog if you lose your patience, but stay with it! The concept of an alpha owner will become clear to your dog with consistent repetition.



Stop-Your-Dog- From-Wrecking-The-House WORKOUT

Curb those canine bad habits with daily exercise.

By Joanne Carrieria

A FRIEND OF MINE WAS HAVING A HARD TIME WITH HER BEAGLE. While she was at work, Sassy chewed away the idle hours. Carol would arrive home to be greeted by gnawed-on cabinet corners, moldings and wooden chairs.

As she described the problem, we discussed the dog's background. Sassy, my fiend proudly explained, came from a long line of field trial champions. Picturing an energetic dog bred for outdoor pursuits, I asked her how much exercise she gave Sassy. "I don't," she said. "I only walk her long enough to go to the bathroom, but we play a lot of games in the house."

I suggested that Sassy was probably bored and frustrated, and I urged Carol to give her more sustained, vigorous outdoor exercise. They started going for long walks every day. In a few weeks, Carol reported that Sassy was no longer chewing.

Whether you stroll around the block or hike in a nearby park, walking is good exercise for you and your dog.

NEUROLOGY

Exercise is a basic need for dogs of all sizes. Most owners are aware that exercise keeps their dogs physically fit. But many people don't realize how important it is in keeping dogs mentally healthy and alert. Exercise can prevent or relieve such problems as chewing, digging, excessive barking and other boredom induced misbehaviors.

M. Christine Zink, D.V.M., author of *Peak Performance: Coaching the Canine Athlete* (Howell Book House, 1992), explains that exercise releases endorphins in the brain. Endorphins are neurotransmitters, or "biochemical messengers." Some endorphins cause a feeling of well being or even euphoria. Because of this, the dog is not as prone to restlessness, nervousness or destructive behaviors. It's the same principle that dictates that exercise helps people who feel depressed or stressed.

BREED

How much exercise is enough? To answer this, you must know the background of your dog's breed. Size alone doesn't determine how much exercise a dog needs. You must consider the breed's original purpose. Shelties, for example, having been designed for sheep herding, are sturdy, active little dogs. They can adapt to a more sedentary lifestyle but

are happiest when given long walks and frequent opportunities to run and play vigorously.

Some of the sporting breeds, such as German Shorthaired Pointers, are very keen and active, and thrive on running. There are even differences in bloodlines within a breed. Many Golden Retriever breeders, for example, say that Golden Retrievers bred for the show ring are sometimes more laid-back than those bred for hunting and field trials. Dogs bred for the field tend to have high energy levels and above average stamina.

TRAINING

There are all levels of activity that you and your dog can enjoy together, depending on your preference and desired level of fitness. Taking long, leisurely strolls is a relaxing activity. Walks give your dog a chance to limber up, explore and see new places and things. You are also getting a dose of exercise. If you follow a regular schedule, you may make new friends in the neighborhood who walk their dogs on the same route at the same time. I have become acquainted with a Basset Hound owner, a Labrador Retriever owner and a Golden Retriever owner, as well as with several people who own mixed breeds. Moderate walks are particularly good for small dogs and older dogs that don't need a fast pace to keep them happy. Another plus is that if you walk your dog regularly, your own energy level will increase. Jean Clodwick, who breeds Shetland Sheepdogs, advises her puppy buyers to give their grown-up dogs walks of at least a mile or two every day.

The next level of activity can be jogging. Jogging has many pluses. It burns off your dog's excess energy and is good for stamina, cardiovascular fitness and muscle tone. Some of the larger, long-strided breeds - such as German Shepherds, retrievers and Greyhounds - have the advantage

here because their strides naturally match the pace you set when jogging.

If you want to offer your dog the pleasures of jogging but don't feel up to jogging yourself, you may want to train your dog to trot alongside as you bicycle. It's easy to set an even pace that will allow your dog to run beside you at a steady trot. Ease your dog into this routine gradually. Make sure your dog is steady on a leash and has the self-control not to lunge if it sees something interesting. Start in quiet, familiar surroundings before hitting the open road.

Exercise also can be disguised - in obedience training, for example. While practicing heeling and coming, the dog is getting its exercise for the day. If you continue on to advanced work with jumping, you will notice the dog becoming even stronger. Agility training adds even more variety as your dog learns to scoot through tunnels and navigate obstacles.

ACTIVITIES

But all work and no play wouldn't cut it for either of you, so exercise time also can be playtime. Retrieving is the first activity that comes to most people's minds. It provides an outlet for a dog's natural prey drive (the excitement of the chase) and uses its carrying instinct, which is especially strong in retrievers. Retrieving refreshes a dog mentally. Vary the activity by using a tennis ball, a plastic or canvas field training bumper, a Kong toy or a Frisbee.

A lot of dogs, especially the retriever breeds, live for the chance to swim. It's a passion with many Golden Retrievers and Labs. While they're out having fun, they are exercising all their muscles. If you also enjoy a cool splash, you'll find your dog an excellent swimming buddy. Of course, not all breeds swim well, and you should never let your dog out of your sight. Flotation vests designed for dogs add an extra element of safety. If you are a landlubber, combine swimming with retrieving by throwing a plastic field dummy in the water for your dog.

THE CANINE ATHLETE

When you commit to giving your dog the kind of exercise that will keep it happy, you must start thinking in terms of treating the dog as you would an athlete. Think about the dog's safety and the wear and tear on its joints and muscles. This is important even though the dog may be doing these activities for recreation rather than in competition. Pet dogs can and do get injured as a result of improperly managed exercise.

With this in mind, follow some common-sense rules. Build up your dog's activity level gradually. Perhaps walk the dog half a mile the first few days, then a mile, gradually working up to a few miles. Always warm up with slow activity for a few minutes before allowing your dog to do something fast and strenuous. For example, you might jog for a few minutes to limber up your dog before a game of retrieve.

Keep the saying "everything in moderation" in mind. Barbara Birdsall, a Labrador Retriever trainer and obedience instructor, stresses the importance of moderation. For example, if you are working your dog over hurdles, she suggests setting a goal of a few good jumps during each session and limiting the dog to perhaps six or eight at a time.

Obedience trial dogs can develop arthritic shoulders from too much jumping, she says.

Maintain your dog at a good weight. You should be able to feel its ribs easily, but that doesn't mean the dog should be bony. Keep its toenails trimmed. Nails that are too long are uncomfortable for the dog and interfere with the natural action of its feet and toes with each stride, eventually causing such problems as splayed (spread out) feet and weak pasterns (ankle joints). It is also wise to avoid hard surfaces, such as concrete and asphalt. The constant pounding can harm a dog's feet and joints just as it can a person's.

Avoid asking the dog to do too much leaping, such as when you encourage it to catch a Frisbee. Many breeders of large breeds say that leaping and landing on the hind legs can contribute to hip dysplasia, particularly if the dog is already prone to it. Clodwick, the Sheltie breeder, agrees, saying, "The dog should keep all four feet on the ground for the majority of its exercise." When working on retrieving exercises, don't use hard balls because they can injure a dog's teeth. During hot weather, exercise the dog early in the morning or in the evening, during the coolest parts of the day. A dog can easily suffer heatstroke.

AGE

You must take precautions with puppies. Because a puppy's bones and joints are not fully developed, it can't take as much stress as an adult. Let the puppy determine how much exercise it wants. Let it run and play to its heart's content, but don't encourage the pup to keep going when it flops down, tired and ready for a nap.

Clodwick recommends offering at least two hours of activity a day to a puppy. Again, this simply means allowing the pup to exercise at its own pace. You can accomplish this by filling your puppy's day with a variety of activities, such as training or chasing a ball. Clodwick notes that even a few minutes of leash training a day adds to your puppy's total exercise.

Trainer Birdsall also cautions against overdoing exercise, recommending that owners go lightly on puppies. "I've known dogs whose hips were ruined by getting too much exercise," she says. Birdsall recalls one owner who was baffled by the fact that her puppy's feet bled after a walk. She had been walking the 10-week-old puppy through a park that spanned about two miles, far too much walking for a puppy that age.

Exercise also is important for older dogs. Just because a dog is 13 years old and arthritic doesn't mean it doesn't need a walk. Exercise helps an older dog control its weight and contributes toward its overall health. Exercise also can alleviate some of the stiffness of arthritis. Simply adjust the amount of exercise to the dog's condition. Always consult your veterinarian on your older dog's needs and recommend level of activity.

By giving your dog regular exercise you will keep it fit and happy, help avoid behavioral problems that result from boredom and have fun together.

Crate Training

How and why to use this effective training tool

The dog crate is a wonderful training tool. Apart from its obvious uses for transporting dogs by car or plane, the crate may be used for short-term confinement – to keep the dog out of mischief at times when the owner is not able to supervise. Confining the dog to the crate prevents it from developing bad habits. In addition, the crate may be used specifically to create good household habits: to housetrain the dog, to establish a chew toy habit, and to reduce hyperactivity and barking. However, sometimes crate training backfires and misuse of the crate by novice owners may produce a dog that is more difficult to housetrain, more active and unruly, more vocal and destructive, and maybe aggressive!

Misuse-Abuse

Crate training problems usually arise because owners fail to teach the dog to like the crate, and leave untrained dogs confined for too long. If the owner has not accustomed the dog to the crate, it will not enjoy confinement, and might run from the owners when called and/or resist and resent being manhandled into the crate. Once confined, the dog might bark out of frustration and try to destroy the crate in an attempt to escape. If confined for too long, the dog will soil the crate.

Whether or not an adult dog likes its crate depends largely on *when* the crate was initially introduced and *how*. If the dog was taught to enjoy the crate during puppyhood, it will prefer resting in its doggy den as an adult (this is easily tested by leaving the crate door open).

However, an adolescent dog allowed complete freedom of house and garden since puppyhood might need some very patient training to enjoy the crate.

Introducing the Crate

No matter how much the dog enjoys its crate, there will be occasions when the owner wants to confine the dog but the dog does not want to be confined. Therefore, never call the dog and put it in the crate, or else it will soon become wary of approaching its owner when called. Instead, use a place command such as “Go to your crate” or “kennel”. It is possible to enforce a place command without ruining the dog’s recall.

Tell the puppy/dog “Go to your crate,” lure it towards the crate with a food treat, and give the lure as a reward when the dog settles down inside. Praise the dog and periodically hand feed kibble while the dog is inside but ignore the dog the moment it leaves. Feed the pup in the crate. Place pieces of kibble in the crate so the pup will develop the habit of visiting the crate on its own. And, whenever it does, praise the pup and offer especially tasty food treats, ignoring the pup when it leaves. The pup will soon learn it gets lots of attention, affection and goodies inside the crate, but very little outside.

Now accustom the pup to short confinement. Throw a treat in the crate and close the door long enough to give the pup two or three tasty treats through the gate, then open the crate. Repeat this many times over. It is important that the dog learns confinement does not necessarily mean “for the duration” but, rather, for a short time – and a good time.

Place Training

A dog crate is a marvelous place to send the dog when the house gets busy or when the owner just wants a little peace and quiet. It is important to familiarize the dog with the crate as early on as possible so that controlled, quiet periods set the precedent for later life. Learning to “turn the dog off” – to frequently instruct the pup to settle down and shush – is a priority obedience exercise for pet owners.

The length of time a dog may be confined to a crate depends on whether it enjoys the crate and whether it is housetrained. To confine an unhousetrained dog to a crate for lengthy periods is courting disaster. If the dog is forced to soil its sleeping area, the crate may no longer be effective in inhibiting elimination, and therefore cannot be used as a predicting tool in housetraining.

Housetraining

A dog crate may be used extremely effectively as a housetraining tool. House soiling is a spatial problem, and confinement is the solution. The dog is eliminating in the wrong place, and if confined and not allowed free access to the living rooms and bedrooms, it cannot soil the carpets. However, long-term confinement to a small area to prevent house soiling should not be confused with short-term confinement to a crate during housetraining.

The purpose of *long-term confinement* to a small area (with both sleeping/eating quarters and a toilet zone) is to *confine the problem* at times when the owner cannot supervise the dog. Acknowledging the puppy/dog will have to eliminate during the course of the day, the owner confines the dog to an area where it is acceptable for the dog to eliminate.

Confining the dog to a room indoors is sometimes a temporary necessity until the dog is housetrained. However, during housetraining, the purpose of *short-term confinement* (crate training) is to inhibit the dog from eliminating at all. Then the dog will want to eliminate immediately when released from confinement and taken to its toilet area.

The single most important use of the crate for housetraining is as a tool to predict *when* the dog will eliminate. This vital piece of information must be communicated to novice dog owners.

When away from home, keep the puppy in its long-term confinement area – the kitchen, utility room, basement, etc. When at home, confine the pup to its crate in the same room as the family, so the pup is not socially isolated. Every hour, run the pup to its elimination area and give it three minutes to produce. If it does, praise and give food treats. If it doesn't, back in the crate for another hour.

Chewing

When the owner is home, confine the puppy as much as possible to its crate with a variety of chew toys. A chew toy is an appropriate item to chew, which the dog can neither destroy nor consume. Confining a dog to a crate with a chew toy is like confining a child to an empty room with a Nintendo. This is called *passive training*. All the owner has to do is set up the situation, and the dog is *autoshaped* via self-reinforcement (successive munches on a chew toy will progressively reinforce chewing the chew toys). As the dog becomes hooked on its chew toy habit, regular chew toy sessions soon comprise an integral part of the dog's day.

Making chew toys especially attractive and/or novel may augment the passive learning process. Fairly indestructible toys may be stuffed with tasty treats. A dog biscuit forced inside a Kong or some freeze-dried liver squished into the cavity of a Redi-bone make irresistible toys. The dog knows the treats are there, and will worry at the chew toy forever trying to get them out.

The above information was compiled from writings of Ian Dunbar, Ph.D., an animal behaviorist, veterinarian and author. He has developed a series of behavior booklets and a video, *Sirius Puppy Training*,

Recommended reading:

The Dog Whisperer, by Paul Owens with Norma Eckroate
The Culture Clash, by Jean Donaldson

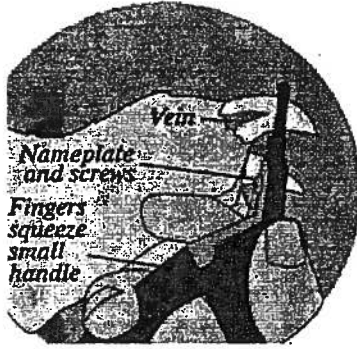
GROOMING 2

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Clipping Your Pet's Nails

by Marty Smith, D.V.M.
Drs. Foster and Smith, Inc.



Trimming your pet's nails is not just a part of grooming, but is important for your pet's health as well. It is important to remember that untrimmed nails can cause a variety of problems including broken nails which are painful and bleed profusely. In some cases, nails will actually curl and grow back into the dog's feet.

A good indication that dogs' nails are too long is a telltale "click-click-click" when walking on uncarpeted areas. Cats may tend to get their unclipped nails caught in the carpet,

furniture or your clothing.

How many of us put off trimming our pet's nails until the inevitable veterinary check-up comes around and the veterinarian must do it? If you're like many pet owners, you may be hesitant to trim your dog's nails because you're afraid of cutting the quick of the nail which may cause pain or bleeding. Once you learn how to do it, clipping your pet's nails is almost as easy as clipping your own.

When you are trimming your pet's nails, you are only cutting away the excess. Recognizing what is excess and where the nerves and blood vessels begin is what you need to know to make nail trimming a painless process for both you and your pet.

To trim your pet's nails:

1. Assemble what you will need - trimmers and some styptic powder, Kwik-Stop, CutStop Styptic Pads or other product to stop bleeding if you nick the quick.
2. You may want to sit on the floor with your pet, hold your pet in your lap, or have someone hold your pet on a table. Hold your pet's paw firmly and push on its pads to extend the nail. Locate where the quick ends. With clear or light nails, it is easy to see the pink color where the quick ends.
3. Using a nail trimmer for pets, cut the nail below the quick on a 45-degree angle, with the cutting end of the nail clipper toward the end of the nail. You will be cutting off the finer point. In cats, the quick is generally easy to see, and you can cut the excess away with one cut. In dogs, especially those with dark nails, make several small nips with the clippers instead of one larger one. Trim very thin slices off the end of the nail until you see a black dot appear towards the center of the nail when you look at it head on. This is the start of the quick that you want to avoid. The good news is that, the more diligent you are about trimming, the more the quick will regress into the nail, allowing you to cut shorter each time.
4. In some cases if the nails are brittle, the cut may tend to splinter the nail. In these cases, file the nail in a sweeping motion starting from the back of the nail and following the curve to the tip. Several strokes will remove any burrs and leave the nail smooth.
5. If your pet will tolerate it, do all four feet this way. If he won't, take a break. And don't forget the dewclaws. On most breeds, if they haven't been removed, dewclaws are 1-4" above the feet on the inner side of the legs. If not trimmed, dewclaws can grow so long they curl up and grow into the soft tissue, like a painful ingrown toe nail.
6. If you accidentally cut the quick, wipe off the blood and apply Kwik-Stop or styptic powder to stop the bleeding. It's not serious and will heal in a very short time.

Some valuable tips

- Remember, it is better to trim a small amount on a regular basis than to try and remove large portions. Try to trim your pet's nails weekly, even if long walks keep them naturally short. The "quick," a blood vessel that runs down the middle of your pet's nail, grows as the nail grows, so if you wait a long time between cuttings, the quick will be closer to the end of the nail. This means more likelihood of bleeding during trimming.
- Trim nails so that when the animal steps down, nails do not touch the floor.
- Invest in a good pair of nail trimmers in an appropriate size for your pet. They can last a lifetime.
- Make trimming time fun and not a struggle. Trimming your pet's nails doesn't have to be a chore or unpleasant. If your pet is not used to having his nails trimmed, start slowly and gradually work up to simply holding his toes firmly for 15-30 seconds. Do not let him mouth or bite at you. It can take daily handling for a week or more to get some pets used to this. When your pet tolerates having his feet held, clip just one nail, and if he is good, praise him and give him a tiny treat.

GROOMING YOUR GOLDEN

RECOMMENDED SUPPLIES FOR GROOMING

These supplies are available at local pet stores. However, we've found that they are **substantially** cheaper if ordered on line or from a mail order catalog. You can also help GRR raise funds by visiting www.iGive.com. Simply sign up at no cost to you, then shop online with one of the many pet supply stores listed on their website. GRR will benefit by receiving a percentage of the profits. There is also a link to iGive.com on the GRR website home page www.grr-tx.com.

Heavy Duty "Guillotine" style nail clippers

Dremel Tool

Slicker Brush

Undercoat Rake (the Teflon coated one reduces static)

Comb

Pin Brush if you have a very long coated dog

Trimming scissors (blunt nosed and thinning shears)

HOW TO GROOM YOUR GOLDEN

Think of grooming your Golden as a "Three Point System." The ears, the paws and the tail. Your GRR home visit volunteer will have demonstrated grooming on the home visit dog. But if you are like most of us you will still be a bit apprehensive about making that first cut into your dog's fur. *For additional information on grooming along with excellent step-by-step instructions and how-to pictures please visit the Morningsage Golden Retrievers website at the following link: www.morningsagegoldens.freesevers.com/Grooming.html* The first page shows you how to groom ears. At the bottom of that page you will see a drop down menu, click on "Grooming 2~Feet" for information on how to groom paws, then click on "Grooming ~ Tail & Shoulders" to complete your dogs makeover.

BRINGING YOUR GOLDEN HOME



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OLD DOG MEETS NEW DOG

Dog Introductions

Your dog (henceforth referred to as "old dog") should be up-to-date on all shots and parasite free. Your GRR (new) dog should come to you up-to-date on vaccinations, treated for parasites and should be spayed/neutered before you adopt him/her. On rare occasions you may have to wait until the dog is old enough to be spayed/neutered or healthy enough to undergo the spay/neuter surgery.

First you need a crate a 36" crate is usually fine for a GR but sometimes larger Goldens will need a 42" crate. When you bring your new dog home, take two clean hand towels then wipe each dog with a towel. After wiping down the dogs, feed each dog on the opposite towel to associate something pleasant with the other dog's scent. Be sure to feed the dogs in separate locations, the best option will be to feed the new dog in his/ her crate. You may want to take the towels with you when you meet your new dog, this way your old dog can get used to the new dogs smell before he/she moves in.

When you bring the new dog home, introduce him/her to your other dog off your property. Go for a walk down the street with both dogs on leash and let them meet one another. If they're acting friendly, you should head toward home and your fenced back yard. Once you and the dogs are inside your fenced yard you can let go of your old dogs leash (but keep the leash on him). If they're still doing ok you can drop the new dogs leash (keep leash on the dog just don't hold on). Have the water hose handy and be ready to squirt them if they get into a fight. If you ever need to break up a fight by pulling the dogs apart, go for the back legs and lift them off the ground. Do not go in and grab collars as this will pose a bite risk to you.

If all is going well in the yard, pick up the new dogs leash and walk him/her into the house. Make sure you have picked up ALL toys and bones/chews first so the old dog has nothing to protect. Your old dog should come inside with you, still wearing his/her leash but you will not be holding the leash. Walk your new dog around inside, introduce him/her to the crate and let your new dog go in the crate for a while. Leave your old dog to do his/her normal routine. Allow your old dog to check out the new dog while the new dog is in his/her crate. Have a squirt bottle filled with half water and half white vinegar on hand, if either dog acts up give him/her a squirt.

Your new dog should stay in the crate when you can't watch him/her and when you're not home. As things improve, give him/her more freedom. Even if things seem to be going very well; **DON'T GET OVER CONFIDENT**. Most dogs are on their best behavior for about two weeks while they get the lay of the land and figure out the daily routine (we call this the "honeymoon" period). Once your new dog settles in you will see his/her true personality emerge, your new dog may become more active once he/she realizes this is home. Until you are 100% confident your old dog and new dog are getting along do not leave your new dog uncrated when you can't supervise. Even dogs that have lived together all their lives can get into a spat over a toy or food so always be aware of your dogs behavior.

Just remember to go slow, take your time and don't expect your old and new dog to be best buddies right off the bat. It takes time to develop trust and establish an order. You want your old dog to realize he/she is still the **TOP DOG** in the house, so pet him/her first, feed him/her first then see to your new dogs needs.

NEEDED SUPPLIES

BEFORE YOU BRING YOUR GOLDEN HOME

These supplies are available at local pet stores. However, we've found that they are **substantially** cheaper if ordered on line or from a mail order catalog. You can also help GRR raise funds by visiting www.iGive.com. Simply sign up at no cost to you, then shop online with one of the many pet supply stores listed on their website. GRR will benefit by receiving a percentage of the profits. There is also a link to iGive.com on the GRR website home page www.grr-tx.com.

Collar (usually 18"-22"-ask about the specific dog you are adopting). All dogs come to you with a collar and tags, but feel free to get your dog a new collar. Your dog will have a GRR tag on his collar, please transfer this tag each time you change his collar. This tag should stay on him for life. If it should be lost let us know and we will get you a new one. Your dog will also have a microchip tag on his collar which should also stay on him for life and be transferred when switching to a new collar.

ID tag with your name, address, and phone number on it

Training collar (ask your trainer what type of training collar is best for your dog).

36"- 42" Wire Mesh Crate

Airline style plastic ones do not allow enough airflow and can contribute to skin and ear problems). A 36" will hold smaller goldens and is fine if you have limited space, 42" may be more comfortable for them, particularly if you are going to crate for longer periods of time.

Crate Mat (if your pet has arthritis or will spend a lot of time in the crate, we recommend the "orthopedic" convoluted foam type mats and beds).

Toys: Sterilized bones, balls, stuffed toys (if the dog won't shred it and eat it), Kong, Booda Velvet, Potato Pop-Pups, Veggie bone, Gum-a-bone (Check with foster family to determine your dogs' favorites). *NO RAWHIDE!*

CATALOG SOURCES FOR DOG GEAR
Provided by Gold Ribbon Rescue www.grr-tx.com

RC Steele 1-800-872-3773
www.rcsteele.com

PetEdge 1-800-738-3343
www.PetEdge.com

The Dog's Outfitter 1-800-367-3647
www.dogsoutfitter.com

Valley Vet Supply 1-800-360-4838
www.valleyvet.com

Drs. Foster & Smith 1-800-826-7206
www.DrsFosterSmith.com

Jeffers Pet Catalog 1-800-553-3377
www.jefferspet.com

JB Wholesale Pet Supplies Inc. 1-800-526-0388
www.jbpet.com

J and J Dog Supplies (obedience, agility & flyball training equipment)
1-800-642-2050 www.jandjdog.com

Great Companions 1-800-829-2138
www.greatcompanions.com

Pet USA 1-800-4PETUSA
www.PetUSA.com

Dog Wise (great for books & videos) 1-800-776-2665
www.dogwise.com

You can also help GRR raise funds by visiting www.iGive.com. Simply sign up at no cost to you, then shop online with one of the many pet supply stores listed on their website. GRR will benefit by receiving a percentage of the profits. There is also a link to iGive.com on the GRR website home page www.grr-tx.com.

HEALTH CARE

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What to Put In Your Canine FIRST AID KIT

Contributed by Anne McGuire

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Assembling a canine first aid kit for home or travel use is fairly simple. In fact, it's pretty easy to assemble a kit that will serve both human and canine members of your family!

Before reading further, know that I am NOT a veterinarian. The contents of my first aid kit were assembled using common sense and my experiences with my own dogs. Dosage information listed here comes from the Merck Manual or from my own veterinarian.

*****PLEASE consult your own vet about appropriate uses and doses before giving your dog any of these medications. Also be sure to become familiar with the side effects and Adverse Reactions before using any of these medications – while they are considered fairly safe and are not prescription medications, there may be some dogs that will react badly to some of these drugs.*****

The first thing you need for a good first aid kit is a suitable container. We use a fishing tackle-type box. On the outside, with permanent marker, label the box "First Aid" on all sides – in an emergency someone else might have to locate and use this kit. Tape to the inside of the box lid, a card with the following information:

- Your name, address, phone number
- Name and phone number of someone to contact, in an emergency, who will take care of your dogs if you are incapacitated
- Your dog's names and any information about any medications they take, any allergies or significant medical conditions they have
- Name and phone number of your vet

Also tape to the inside of the box lid, a card with a list of common medications, their general dosages, and the specific dose for the weights of your own dogs. For example:

- Benadryl – 1 to 2 mg per pound, every 8 hours (65 lb dog, two to four 25 mg tablets every 8 hours)
- Aspirin – 5 mg per pound every 12 hours (one 325 mg tablet per 65 lb dog every 12 hours)
- Hydrogen Peroxide to induce vomiting – 1 to 3 teaspoons every 10 minutes until dog vomits
- Pepto Bismol – 1 teaspoon per 5 pounds, every 6 hours (3 to 4 Tablespoons per 65 lb. dog every 6 hours)
- Kaopectate – 1 ml per 1 lb every 2 hours (3 to 4 Tablespoons per 65 lb. dog, every 2 hours)
- Immodium – 1 mg per 15 lbs 1 to 2 times daily
- Mineral Oil – (as a laxative) 5 to 30 ml per day – DO NOT USE LONG-TERM

(Note: my dogs both weigh about 65 pounds. YOURS may differ. List the actual doses needed for your OWN dog's weights. This way they are quickly and easily available and you don't have to be searching for a calculator or trying to recall from memory when your dog needs medication.)

NEVER EVER give Tylenol (toxic to liver) or Ibuprofen (Nuprin, Motrin, Advil, etc.). Ibuprofen is very toxic and fatal to dogs at low doses. Only aspirin is safe for dogs, and buffered aspirin or ascriptin is preferred to minimize stomach upset.

Check with your vet to confirm dosages before using. If symptoms persist, consult your vet ASAP – do NOT continue to try to treat at home, the problem might be more serious than you think!

Give liquid medications using an oral syringe tucked into the side of the dog's mouth, holding jaws closed (rather than poking straight down the throat and risking getting liquid into the lungs).

It's also a good idea to keep copies of your dog's vaccination records, including a copy of the Rabies Certificate, in the First Aid kit or in a packet in your car. I keep packets with shot records, what heartworm preventative the dogs get and which day of the month it should be given, emergency contact information, and my vet's name and phone number, in EACH car, and in my dog show equipment bag. In addition, the emergency contact and vet information are clearly posted on my refrigerator door at home where anyone who needs it can find the information. You never know when you may be incapacitated in an accident and your dogs may be in the hands of a complete stranger who will need this information.

THINGS TO PUT IN THE FIRST AID KIT

- Cotton gauze bandage wrap – 1.5 inch width, 3 inch width
- Vet wrap – 2 inch width, and 4 inch width (4 inch is sold for horses)
- Ace bandage
- First aid tape
- Cotton gauze pads
- Regular band aids

- Cotton swabs or Q-tips
- Benadryl
- Ascriptin (buffered aspirin)
- Pepto Bismol tablets
- New Skin liquid bandage (useful for patching abrasions on pads)
- Iodine tablets (if you hike and camp in areas where the stream water may not be safe for consumption without first treating with iodine or boiling)
- Oral syringes (for administering liquid oral medicines, getting ear-drying solution into ears, etc., -- very useful!)
- Needle & thread
- Safety pins in several sizes
- Razor blade (paper wrapped for protection)
- Matches
- Tweezers
- Hemostat (useful for pulling ticks, thorns, large splinters, etc.)
- Small blunt-end scissors
- Canine rectal thermometer (get one made specifically for dogs)
- Antibiotic ointment (such as Bacitracin, Betadine, or others)
- Eye rinsing solution (simple mild eye wash)
- Small bottle of 3% hydrogen peroxide
- Small bottle of isopropyl alcohol (rubbing)
- Alcohol or antiseptic wipes (in small individual packets)
- Small jar of Vaseline
- Specific medications YOUR dog may need (for allergies, seizures, etc.)

Also have the following around the house, and consider packing to take on out-of-town trips:

- *Ottomax (ointment for ear infections)
- *Chlorasone eye ointment (or a similar cortisone-antibiotic eye ointment)
- *Gentocin topical spray
- Hydrocortisone topical spray (such as Cortaid brand)
- Ear cleaning solution (Nolvasan Otic, Epi-Otic, or your favorite)
- Homemade ear-drying solution (1 part rubbing alcohol, 1 part white vinegar, 2 parts water)
- Otoscope (for examining ears)
- Epsom salts
- Hot spot remedy ingredients – whatever your favorite hot spot remedy is, never leave home traveling with your Golden without everything you need to treat a hot spot.

Those supplies preceded by an asterisk (*) must be obtained from a veterinarian. All other supplies can be purchased, over the counter, at most any drug store. Several dog supply catalogs, such as Drs. Foster & Smith, UPCO, and Omaha Vaccine, offer a variety of medical and first aid supplies.

If your dog has severe allergies to bee stings or other things that might be commonly encountered in places you take your dog, consider asking your vet about stocking your first aid kit with medication that might be needed for that sort of special emergency. Likewise, trackers and field trainers may want to consult their vet about equipping their first aid kits with specific supplies to deal with snake bites.

Be sure to clearly LABEL all medications and supplies with their name and expiration date. Be sure to replace medications that may have exceeded their recommended expiration date. Go through your kit at least once a year, replacing expired medications, replenishing used supplies, etc. We do this right before going on vacation with the dogs, so we know the kit is up-dated and complete when we are traveling and away from close veterinary care.

For good canine first aid descriptions and instructions:
Dog Owner's Home Veterinary Handbook
 By D. G. Carlson and J. M. Griffin
 Howell Book House, 1980 or more recent new edition?,
 ISBN 0-87605-764-4

For more detail:
 The Merck Veterinary Manual
 C. M. Fraser et al. (editors)
 Published by Merck & Co.,
 7th Edition 1991.
 ISBN 911910-55-7

***** If in doubt, see your vet!*****

***** Your dog's health is too precious to play gotta-save-money guessing games with!
 Remember first aid is just that – the "first" aid given as you get the patient to a doctor for proper medical attention. *****

ANIMAL TOLL-FREE POISON CONTROL NUMBER

The ASPCA has a new poison control hotline phone number for pets. If you have reason to suspect that your pet may have been exposed to something toxic, either internally or externally, this phone number will connect you with an ASPCA veterinarian specially trained to assist pet owners or other vets.

This is the only dedicated animal poison control hotline in the world manned by veterinarians, not telephone operators. The number is staffed 24/7.

(888) 4ANI-HELP or (888) 426-4435

GENERAL INFORMATION **5**

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SUMMER CARE TIPS

AT LAST, winter's doldrums are behind us, spring has sprung, and summer has arrived. Summer should be one long picnic for you and your dog, but that picnic can easily turn into panic if your canine buddy isn't adequately protected from sun, heat, humidity, outdoor hazards and the onslaught of seasonal pests. Whether your dog is adventurous or sedentary, these tips will make its summer safe and enjoyable.

Coping With Heat

When environmental conditions exceed the ideal 60 to 75 degrees Fahrenheit and 45 to 60 percent humidity, the canine "thermostat" - a combination of instinctive behavior and physiological changes - takes over. On hot days, most dogs seek out the coldest, shadiest surface available and plunk down. If that surface happens to be tile, vinyl, concrete or brick - materials that actually absorb and dissipate heat - the dog may lie fully outstretched to maximize the cooling effect. Outdoors, many dogs prefer to dig themselves a cool ditch to lie in - under your prized rose bushes, perhaps? Indoors, you can help by keeping temperatures below 90 degrees Fahrenheit and cooling your dog's eating and sleeping areas with a portable fan (covered with wire safety mesh to keep inquisitive noses out.)

Although not discernible to the naked eye, pores on the dog's skin expand slightly in hot weather, allowing for better ventilation. You might assume, then, that a dog would be more comfortable without the burden of its fur. Not so! A healthy, well-maintained coat actually acts as insulation, keeping heat out, offering protection from sunburn and regulating body temperature.

To promote air circulation and stimulate oil glands in the skin, comb or brush your dog's coat daily during the summer months and bathe it regularly. Grooming prevents matting and gives you an opportunity to check for parasites and inspect the condition of your dog's skin, ears, eyes and feet. If you are unable to maintain a thorough daily grooming regime, however, your veterinarian or groomer may recommend clipping (not shaving) the coat for ease of care during the summer.

Unlike people, dogs release body heat directly only through the paw pads or by panting. The dog's tongue has a rich surface blood supply; as air is forced over the tongue, the blood is continually cooled and recirculated.

Efficient though it may be, the dog's internal cooling mechanism will fill in the absence of fresh, cool drinking water and shade from the sun. If a dog loses even as much as 10 percent of its total body water, serious metabolic changes can occur. A 15 percent body water loss may result in death.

Prevent dehydration by providing your dog with 24-hour access to a large, sturdy container of cool water. A dog's water consumption may double during hot weather. Water replenishes fluids voided and absorbs body heat.

Dogs that don't drink enough water or that lose fluids more rapidly than they are replenished may become dehydrated. Signs of dehydration include lethargy, fatigue and loss of appetite. To check for dehydration, gently pull up a fold of skin from the middle of your dog's back. If the skin springs back very slowly, or not at all, the dog is dehydrated and needs immediate veterinary attention. Treatment usually includes administration of intravenous fluids and may also require hospitalization.

Heat Distress

Under normal conditions, the dog's temperature-regulating mechanisms keep its body on an even keel. But high temperatures, humidity, poor ventilation or a lack of water can send the body into a panic situation known as heat stress. If not relieved within a few minutes of its onset, heat stress rapidly escalates into life-threatening heatstroke.

Signs of heat stress include panting, red mucous membranes, rapid pulse and temperature elevated one or more degrees above the dog's normal average of 102.5 degrees Fahrenheit. The legs, ears and nose feel hot and dry to the touch.

When the body's coping mechanisms collapse entirely, heatstroke (hyperthermia) sets in. Signs include weakness, glassy eyes, dehydration, vomiting, diarrhea, pale gray lips and body temperature in excess of 107 degrees Fahrenheit. If not treated in time, shock, internal bleeding, coma and, ultimately, death will result.

The typical hyperthermia victim is a dog, cat or infant left unattended in a parked car or other vehicle. Even if the ambient outside temperature is only 75 to 85 degrees Fahrenheit, the inside of a parked vehicle can reach 120 to 140 degrees Fahrenheit in just minutes. Because sun patterns shift quickly, even a car parked in the shade can turn into a pressure cooker moments later. No animal (or youngster) should ever be left in a parked vehicle (even if windows are left partially open).

Although vehicle confinement is the most common cause of heatstroke in pets, any hot, stuffy enclosure - a porch, garage, inadequately ventilated room or closet, for example - can pose a threat.

Barbara L. Diamond is a Southern California-based freelance writer and a frequent contributor to DOG FANCY.

June 1990 DOG FANCY

A dog's susceptibility to heat stress and heatstroke increase if it is very young, old or overweight. Also vulnerable are dogs prone to heart or respiratory problems (including breeds with impaired breathing due to shortened noses), dogs that have experienced heatstroke in the past, and dark-colored breeds with short coats.

If you'll remember back to elementary school science, light-colored surfaces deflect light, while dark ones absorb it. For this reason, light-colored animals generally tolerate sunlight and heat better than their black, brown or gray counterparts. White dogs, however, may lack the natural sun protection afforded by skin pigmentation. As a result, these dogs are prone to sunburn, particularly on the nose leather and sparsely furred ear tips. Over time, skin damage from sunburn can lead to skin cancer, so susceptible pets should be kept indoors as much as possible. Ask your vet to recommend a nontoxic, waterproof sunscreen that may be applied to the dog's ears and nose before it goes outdoors. Regardless of color, all dogs need access to shady rest areas throughout the day.

First Aid for Heatstroke

A few precious minutes can mean the difference between saving or losing a heat stroke victim. The goal of first aid is to rapidly reduce the pet's body temperature below 103 degrees Fahrenheit. However, because professional emergency veterinary care is essential, the following lifesaving measures should be administered on the way to the veterinary clinic, if at all possible:

. Take the dog to an air-conditioned area immediately- If possible, direct the current of cold air toward the dog.

. If the dog is conscious, give it small amounts of cool water to drink, or rinse its mouth with water to aid the cooling process.

. Reduce the body temperature rapidly by soaking the dog's coat in cool water, spraying it with a garden hose, or surrounding the dog with plastic bags filled with ice, and applying ice packs to its forehead.

. Massage the dog's skin gently to encourage circulation.

. Get professional veterinary care immediately.

Exercise And Nutrition

Warm weather inspires many of us to begin or renew plans to jog, bike, swim or engage in some other form of strenuous exercise, often with our canine best friend in tow. If the only workout your dog enjoyed all winter was following you back and forth from the couch to the refrigerator, begin exercising slowly and during the coolest hours of the day - early morning or at dusk. Increased temperature and humidity at midday inhibit the body's ability to regulate internal temperature, thus rendering dogs (and their human companions) more susceptible to heatstroke.

If jogging, allow time for your dog's footpads to toughen, and if possible, run on grass or packed dirt, rather than concrete or asphalt, which can burn sensitive paw pads. Overweight and elderly dogs, as well as flat-faced breeds such as Pugs, Pekingese, Boston Terriers and Bulldogs, and dogs with arthritis or hip dysplasia, should be examined by a veterinarian before embarking on a strenuous fitness program.

Encourage your dog to drink water before exercising, and bring water along to offer approximately 15 minutes into your exercise program. Save breakfast (or dinner) for later, though. Neither pets nor people should exercise on a full stomach.

Speaking of full stomachs, you will want to watch your dog's food intake at this time. The average dog requires as much as 20 to 25 percent less food during warm weather as it does during the winter months.

Pesky Pests

As the weather warms up, bees, wasps, spiders, ticks, mosquitoes, lice, chiggers and gnats abound. If your dog comes out the loser after an encounter with one of these hopping, crawling or flying menaces, it may need immediate first aid and, possibly, veterinary attention if a secondary allergic reaction develops.

Mosquitoes can transmit heartworm microfilaria (immature worms) from one dog to another. The microfilaria enters the dog's bloodstream, growing

into adult worms and migrating to the heart and major blood vessels. Signs of heartworm infection include persistent coughing, depression, weight loss and fatigue. By the time signs appear, serious damage to the dog's heart, lungs and other organs may have already occurred.

Medication (prescribed by your veterinarian) that prevents the microfilaria from developing into adult heartworms is the best method of avoiding heartworm infestation. Ask your veterinarian whether your dog is at risk and what you can do to prevent heartworm disease.

Most dogs experience no more than a localized reaction to insect bites and stings. However, if an individual is particularly sensitive, or contact with the toxin is prolonged or repeated, a systemic or localized allergic reaction may develop. Acute allergic signs include vomiting, diarrhea, drooling, fever or an asthma-like restriction of breathing. Slower-developing allergies cause hives (soft, swollen areas) primarily on the face. The itch brought on by flea allergy dermatitis causes sensitive dogs to bite, lick and scratch themselves raw.

Bee, wasp and hornet stings result in a large, painful, red wheal, often on the face or paw; flea, chigger, mosquito, lice and gnat bites produce small, red, itchy pinpoints. The bites of black widow spiders and brown recluse spiders may cause generalized pain, nausea, chills and fever, painful cramps and difficulty breathing. Insect bites and stings should be treated as follows: . Remove the parasite or stinger if still present.

• Wash the affected area.

. Apply cold compresses, rubbing alcohol, witch hazel or another soothing, anti-inflammatory medication to reduce localized swelling and itching.

. If the dog shows signs of an allergic reaction, seek immediate veterinary attention.

Avoid exposing your dog to ticks, including the pepper-size deer tick (*Ixodes dammini*), known to transmit Lyme disease. Although pets (and humans) can contract this disease at any time of the year, most contagion occurs between May and September.

Signs of Lyme disease in pets include fever, listlessness, appetite loss and, occasionally, swollen lymph glands. (Humans bitten by the deer tick may also exhibit a red, bull's-eye shaped rash at the site of the bite and may experience flu-like symptoms.) Disease control experts recommend taking the following precautions to prevent Lyme disease exposure: Avoid walking your pet in wooded or brushy areas; trim brushy growth bordering paths and sidewalks, and keep lawns mowed; rid your home of field mice (which are known to carry the disease); frequently inspect pets for ticks; to repel ticks, spray dogs with a permethrin-based insecticide (developed for direct use on dogs), and treat lawns and gardens with permethrin-based lawn chemicals. Ask your vet for advice on selecting appropriate insecticidal products.

The Great Outdoors

Poisoning is a year-round hazard that intensifies in warm weather. Among the poisonous substances your dog might inhale, lap up or lick off its feet or coat are suntan lotion, paint, garden fertilizers, weed killers, chlorine, algicides, rodenticides, and pesticides used to control fleas, ticks, roaches, ants and snails. The sweet taste of automobile radiator coolant (ethylene glycol) entices dogs and cats, but ingesting as little as a few teaspoonfuls can cause a painful death. Household and garden chemicals should be used and stored with extreme care.

General signs of poisoning include vomiting, diarrhea, convulsions, pain and/or coma. If the poison is ingested, the dog may have chemical burns around, or a peculiar odor coming from, its mouth or skin. If you suspect your dog has been poisoned, administer first aid as follows:

. Identify the poisonous substance if possible; if the container is available, read and follow directions regarding accidental poisoning. Call your local poison control center for guidance. (Keep the number posted by your phone.) Otherwise:

. If the poisonous substance is on the skin or in the eyes, use plain water to rinse the area continuously for 10 to 15 minutes.

. If the dog has swallowed a **non-corrosive material**, give it 1 to 2 teaspoons of hydrogen peroxide by mouth every 5 minutes to **induce vomiting**.

. If a **corrosive poison** has been swallowed, or if you are not sure what the dog swallowed, **do not induce vomiting**. Instead, give milk or vegetable oil orally.

. If the toxin has been inhaled, get the dog to fresh air. Clear its airway and give artificial respiration if needed.

. Save a sample of the poison, poison container, insect or vomitus, if possible. Take the dog and the sample to a veterinarian immediately.

It wouldn't be summer without Fourth of July fireworks. But while your family is partying, the safest place for your dog is inside the house or in a secure, quiet enclosure. Fireworks, matches, candles and glowing charcoal from a barbecue or fire pit - especially one left Unattended to cool - can cause serious burns to your dog's paws, skin and fur. In addition, the startling noises, yells, bright lights and general air of confusion that accompanies such celebrations can easily confuse and frighten pets.

If your dog enjoys swimming, be sure to rinse it in clear water afterward. Salt water and chlorine irritate sensitive skin. Not all dogs are good swimmers, and even a good swimmer can tire and drown if it cannot get out of the water. Ramps, non-slippery pool floats or big beach towels - securely fastened at deck level and draped into the water at either side of the pool - can help the dog climb to safety. Or your dog may be outfitted with its own pet-size life preserver, available by mail order and at some pet stores.

Now that you and your dog are prepared, you can sit back, relax and enjoy the good 01' summertime.

KONG STUFFING RECIPES

EXAMPLE - Step One: Start with a few clean Kong toys appropriately sized for the largest dog that could access them (see size chart).
NOTE: small breeds need medium Kongs for stuffing.

Step Two: TANTALIZER

Place a little morsel of freeze dried liver, peanut butter or cheese into the little hole on top.

Step Three: DESSERT

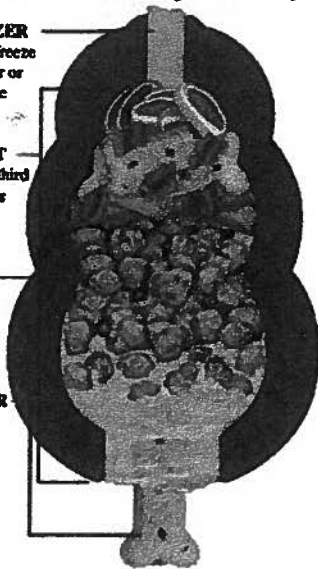
Fill approximately one-third of the cavity with doggie treats such as biscuits, marrow bites, etc.

Step Four: MAIN COURSE

Fill the last two-thirds with canned food or food roll mixed with food nuggets.

Step Five: APPETIZER

Leave a nice tidbit sticking out of the opening. The "easy pickings" will provide an immediate pay off and entice your dog to "get serious" about the job.



It is important for dogs to succeed at their "work". Make it easy to remove the kong stuffing at first. As they become more experienced, you may want to make their job more challenging - here's how: **1.** Pack stuffing together. **2.** Wedge biscuits inside the cavity using the inside rim of the opening to secure them. **3. FREEZE IT!** Very popular! Try various combinations of canned food, gravy, noodles, rice and mashed potatoes mixed with food nuggets and freeze. **KONGSICLES** are a favorite with many hot dogs! Put a dab of peanut butter in the small end of the Kong to plug it. Turn it upside down in a cup. Fill it with water, chicken broth or fruit juice and freeze. Cool doggies! Kongsicles are recommended for outdoor use. **4. CHEESE IT!** Mix cheese pieces or cheese spread with food nuggets and microwave until cheese melts. Let it cool to a safe temperature. **NOTE -** Use a cup to contain the Kong when freezing or microwaving.

As you create recipes, be sensitive to your dog's tummy as you experiment. Following are recipes created by veterinarians, dog trainers and dog lovers worldwide.

BANANA RAMA: 1 fresh banana - 2 tblsp wheat germ - 1 tblsp plain yogurt (can use your pet's favorite flavor as well) - Kong Toy that best fits your pet's chewing temperament. In a bowl, mash banana, add wheat germ and yogurt. Mash all ingredients together and use a spoon to add to Kong. Freeze for 4 hours. Makes 1 serving for Medium Kong. Double for every Kong size that is bigger.

CHEESY DENTAL KONG DELIGHT: 3 slices of your pet's favorite cheese - Dental Kong Toy. A very simple and creative way to make any pet drool in delight. Just place the 3 slices of cheese directly onto the grooves of your pet's Dental Kong. If model has a rope, make sure cheese does not get into it. Melt in microwave for 20 to 30 seconds. Allow to cool before giving to your pet.

PHILLY STEAK: steak scraps - 1 ounce cream cheese - appropriate Kong Toy. Place small scraps of the steak inside the Kong toy. Spread cream cheese in large hole to hold scraps.

FRUIT SALAD: apple and carrot chunks - 1/4 banana - appropriate Kong Toy. Place apples and carrots in Kong Toy. Mash the banana in large hole to hold fruit in place. You can include other fruits and veggies: orange slices, peach and/or nectarine chunks, celery sticks, broccoli and/or cauliflower, tomato and black olive mixture.

VEGGIE KONG OMELET: 1 egg - your choice of shredded cheese - any vegetables that your pet may like - appropriate size Kong Toy. Scramble egg and fold in vegetables. Put into Kong toy. Sprinkle some cheese over the top and microwave for about 20 seconds. Allow to cool thoroughly before giving to your dog.

MAC 'N CHEESE: Leftover macaroni and cheese - small cube of Velveeta - appropriate Kong Toy. Melt Velveeta in microwave until gooey. Add mac 'n cheese to Kong Toy. Pour heated Velveeta into Kong. Allow to cool before giving to your pet.

AUNT JEANNIES' ARCHEOLOGY KONG: (for advanced dogs) **LAYER ONE:** (deepest): roasted, unsalted cashews - freeze dried liver bits **LAYER TWO:** dog kibble, cookies or liver biscotti - cheerios - sugar free, salt-free peanut butter - dried banana chips, apples and apricots **LAYER THREE:** carrot sticks - turkey or leftover ravioli or tortellini - Kong Toy (the larger the better!) Pack as tightly as possible. The last item inserted should be an apricot or piece of ravioli, presenting a smooth "finish" under the main opening. **LIGHT VERSION:** substitute crumbled rice cakes for cashews, Caesar croutons for freeze-dried liver, fat free cream cheese for peanut butter.

FROZEN JERKY POPS: Peanut butter - bouillon - Jerky Strips - water - appropriate Kong Toy. Smear a small amount of peanut butter over small hole in your Kong Toy. Fill with cool water and add a pinch of bouillon. Place a Jerky Stick inside Kong Toy and freeze.

FOSTER CARE INFORMATION

*Adoptive Homes; don't feel left out!
You will find the information in our Foster Manual very helpful.*

In this Chapter

Foster Care Manual (not just for foster homes) 26



Foster Care Manual

Note: This manual was originally created for foster families, but it provides so much useful information that it has become a guidebook for adoptive families as well. Whether you're a foster or an adoptive home, we hope you will enjoy this information.

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Introduction

Welcome to the world of GRR foster parenting! You are embarking on a wonderful, humane, and sometimes challenging journey. Your foster care will culminate in a new beginning for a deserving Golden Retriever.

The goal of this manual is to provide you with guidance in fostering, to make the experience easier and more rewarding for both you *and* your Golden guests. The information you'll find here is based on the knowledge and advice of GRR members who have been fostering Golden Retrievers for years.

As a foster parent, you are a *very* important person in the GRR organization. You spend the most time with your foster Golden, you know him or her best, and your recommendations are instrumental in helping us select the right adoptive family. As your foster dog lives with you, you'll evaluate his temperament and, no doubt, work on basic obedience and house manners. There is a little paperwork involved (it's minimal), but your most important job will be to provide a Golden in need with love, care, and security at a difficult time in his or her life. In the case of dogs found as strays, you are literally giving the Golden a chance to *have* a life.

Being a great foster parent does not mean having to know everything there is to know about Golden Retrievers! GRR is full of people who share a breadth of knowledge, experience, and dedication to the task of rescuing Golden Retrievers and foster parenting. You can always contact your Foster Coordinator at any time, and if she can't answer your questions, she will find someone who can. GRR members are organized around the cause of helping this truly exceptional breed of companion dog, and they will help you, too.

One of the questions we're asked most often is: "Don't you become so attached to your foster dogs that it's hard to give them up?" Yes, we do (and you will, too). Most of the time, the foster dog will stay with you for 2 to 8 weeks, and in that time you can't help but become attached to each other. However, when you know the dog you've fostered is going to a loving home, and you see the joy on the new family's faces when they meet the right Golden, you'll be reminded of why you got into rescue in the first place. Each time you help match a displaced Golden with just the right family, you will know you have done something good, caring, helpful, and lasting. You will have been the major player in helping a Golden Retriever find a happy life. Of course, each Golden you foster will always have a special place in your heart—and luckily, you'll probably see the dog again, perhaps at one of the GRR activities.

Thank you for joining GRR as a foster parent!

Our history. Gold Ribbon Rescue (GRR) was formed in 1998 as a nonprofit organization. We exist to rescue Golden Retrievers. We are a volunteer organization whose members share a love and heartfelt appreciation for Goldens. Our mission is threefold. We aim to:

1. Rescue and place Golden Retrievers: we provide a network for shelter, rehabilitation, and finding homes for the dogs.
2. Provide public education and information about responsible dog ownership and, in particular, about the Golden Retriever breed.
3. Provide a forum for Golden Retriever fanciers to meet and share knowledge, experience, and stories.

The work of the foster home is the critical part of this activity. Without foster homes, we cannot rescue dogs. This manual is intended to guide you through the fostering experience.

GRR is not alone in its efforts to help Golden Retrievers. There are many Golden rescue groups across the country. Through the exchange of newsletters and information, we help each other in the business of rescue work. One such group, Golden Retriever Rescue in Nebraska (GRRIN), created an extensive foster care manual and generously gave GRR permission to use it as the foundation for the manual you are reading now. When Robin Adams, president of Delaware Valley Golden Retriever Rescue (DVGRR) in Pennsylvania, sent the manual to GRRIN, she included some sage advice: “Hope this [manual] helps... it will surely overwhelm... but sit down, take a deep breath... sip a drink... and ask the same question I do every day...HOW THE HELL DID I GET INTO THIS? Then look at your Golden, lying safe and relaxed at your feet or prancing into a party and proudly showing off your dirty underwear to a room full of guests, and you will remember.”

The Role of the Foster Home

People are not always completely candid when giving up a dog. The owner may think he or she is doing the dog a favor by not revealing the occasional indoor “accidents” or marathon chewing sprees. Some people simply do not understand that growling and snapping are unacceptable. Placing dogs in foster homes gives us a chance to find out anything the owner neglected to disclose, and it’s the best way to evaluate a dog. The better the picture of the dog’s personality, the better able we are to make a good placement into a permanent home. The safer and more stable the dog feels, the more her true personality will come out. Evaluating the temperament, personality, and health status of a rescue dog is one of the roles of the foster home.

As an ethical rescue organization, GRR is committed to being truthful in disclosing any behavioral or medical problems our dogs may have. This policy is also practical—we want adopters to make an informed choice about the dog so the adoption can be a permanent and happy one. The observations and

recommendations of the foster family are crucial to the continued success of our group in placing rescue Golden Retrievers.

Frequently Asked Questions about Foster Care

1. **How long does a dog stay in foster care?** If he's healthy, two weeks to two months is typical. Some dogs need just 10 to 14 days; others may be with you for longer. Older dogs and those recuperating from health troubles tend to have longer stays in foster care.
2. **How do I know whom to contact if I have questions about my foster dog?** You will be assigned a Foster Coordinator and given her phone number and e-mail address. She will have your contact information, too. Your Foster Coordinator is there to help and support you.
3. **What if my Foster Coordinator is not available when I need help?** Once you complete your home visit and are officially approved to foster, you will receive a letter entitled "Welcome to Fostering." This letter will contain a list of veterinarians, emergency clinics, and additional important information specific to your fostering experience. It will also include a list of GRR contacts and anyone on this list will be able to help you with any issue or question that may arise.
4. **What if I can't keep my foster dog any longer?** While it is best for the dog to stay in one home, we realize that plans sometimes change unexpectedly. Talk to your Foster Coordinator; she will notify the Intake Team, and they'll work on moving the dog to a new foster home as quickly as possible.
5. **May I adopt my foster dog?** GRR does not encourage or expect you to adopt your foster dog, but we certainly do recognize the realities of fostering, including the fact that foster families often fall in love with their foster dogs! Therefore, the foster family has the first option of adopting the foster dog. If you do wish to adopt, we ask that you notify your Foster Coordinator by day 14 in foster care. Otherwise, the matchmakers will assume the dog should be matched and will proceed with finding him a great home. Once they've spoken with a prospective home about your foster dog, he's considered matched and off the market for all other adopters, including the foster home.
6. **May I choose which dogs I foster?** You may certainly set limits on the kinds of dogs you foster. If you are asked to foster a dog who doesn't seem right for you, you can decline. If a foster dog you've accepted proves too difficult to handle, he can be placed elsewhere (see "What if I can't keep my foster dog any longer?").
7. **How much time does it take?** From an hour a day to however much time you have to spend with the dog.
8. **Will I become attached to the dog?** Yes, but when you meet the people who will provide a permanent home for a dog you have helped rescue, you'll feel so happy to see him move on to his new life that the good-byes will be a little easier.

9. **How much does it cost to foster a dog?** Lack of funds should not prevent you from fostering, but you will have expenses. We ask that you provide your foster dog with high-quality dog food, such as Nutro Max, Pro-Plan, Flint River Ranch (available on the GRR website), Wellness, Nature's Choice, Solid Gold, Canidae, Eagle Pack—there are many choices. If you're in doubt about what to feed your foster dog, ask your Foster Coordinator for advice. **PLEASE DO NOT FEED STORE-BRAND DOG FOOD.** These less expensive brands contain large amounts of corn and wheat fillers, which most dogs can't easily digest or are allergic to; they also tend to be high in sugar and use artificial colorings, which, again, can cause allergies. Rescue dogs often come to us in desperate need of good nutrition, and one of your important jobs is to ensure they get it. Additional expenses you may incur include: telephone calls (however, if you need to make a long-distance call to a prospective adopter, we will be happy to give you our calling card number); any toys you provide; and any damages the foster dog causes. On the other hand, the foster dog's veterinary expenses and medications, including heartworm and flea/tick preventive, will be paid for by GRR unless you want to donate these expenses to us (they are tax-deductible).

INTRODUCING THE FOSTER DOG TO YOUR FAMILY

A little forethought now, as you are first bringing an "orphan" Golden Retriever into your home, can make life a lot easier for you, the foster dog, and the permanent members of your family—canine, feline, and (especially) human.

For everyone's sake, set aside a day or two to closely supervise the household and the foster dog. During the first couple of days, it is prudent to keep other pets' toys, water bowls, beds, etc. away from the foster dog. You may also want to keep a 4-foot leash on the foster dog (just let him drag it around) until he makes the transition into your household.

Children

Always supervise when small children are around the foster dog. You can't always know how the dog will react to kids, especially if he has never been around children or has had bad experiences with them. Teach children to respect the dog's privacy when he goes to his special place (his crate, dog bed, or just a corner of a room) to be alone and rest. Don't let children try to take a toy away from a dog or bother him at mealtime or when he is relieving himself. Even though the kids may enjoy watching their own pets eat, explain that even the nicest foster dogs might get anxious or grumpy if they haven't always been treated well or had enough to eat—they might think the kids will take their food away. For helpful information about dogs and children go to Colleen Pelars website: www.livingwithkidsanddogs.com

Dogs

Your pets may resent the intruder, and if the foster dog is frightened, he may exhibit aggressive behavior to mask his fear. Even an initially friendly greeting may be replaced by a squabble over a special place, a toy, food, etc. So keep the foster dog away from your pets until you, your pets, and the foster dog know more about one another. Even then, the foster dog should not share food dishes with your permanent dog.

Your own and other volunteers' experiences will be invaluable in making safe and successful introductions. However, even if your dog is used to guest dogs and is very accepting, go step-by-step. This will keep the stress on both dogs to a minimum. There is always the possibility that even a timid Golden, if rescued from abuse or neglect, may rebound and begin to test the pack order.

Here are more specific instructions for the initial meetings with your own dogs:

1. Find a neutral territory, away from your dog's "turf." This might be a neighbor's fenced yard, a nearby park with a fenced-in area, etc. Put both dogs on loose leads and have each dog controlled by a different person. Let the dogs approach each other and sniff for ten or fifteen seconds. Be matter of fact. Keep the leads loose, because using a lot of tension on either dog's leash may make one or both dogs assume that there is a threat, prompting protective aggression.
2. Now call both dogs away, trying not to pull on their leashes. If they show no sign of aggression, repeat the procedure for slightly longer. If there are signs of aggression, correct immediately and keep the dogs apart. If you see two wagging tails and one or both dogs go into the "play" stance, you can let them start to play together if you closely supervise and keep the initial play session brief. Keep the leashes on awhile for security, even if you have moved the dogs into your own backyard.
3. Before moving the dogs into the house, pick up all the toys. Keep toys picked up until a firm friendship has been established. Your dog may pick up something found in the yard (a stick or that hidden tennis ball) and "present" it to the foster dog for play. However, in the house, introduce the least-special toys first and observe the interaction of the dogs for any signs of jealousy or aggression.
4. Feed the dogs from separate bowls far enough apart (at opposite ends of the kitchen, for instance) that they won't feel a need to defend their food. Supervise mealtime so one dog does not steal the other dog's food. Consider giving your permanent dog his food bowl first to reinforce his dominance in the pack order of your household. Feeding your foster dog in his crate is an excellent way to help him adjust to feeding time with other dogs.

Cats

1. Be particularly careful in introducing the foster dog to your cat. While it is GRR's policy to accept only non-aggressive dogs, this is not a guarantee for how the dog will react to seeing a cat. Most of the time, the dog's history with cats is unknown. Be cautious!
2. Keep the dog and cat separated for several days. Make sure the dog cannot gain access to the litter box. Baby gates come in very handy in signaling the litter box as "off limits" to an inquiring Golden nose. When you crate the foster dog at night, the cat will have the opportunity to check out this new canine beast, but will probably be very wary of a face-to-face meeting.
3. When the time is right to introduce the dog and cat, put the dog on leash for quick control. Pick a meeting place that affords the cat an escape route, but do not let them "meet" for the first time in the yard. Also be aware that a first meeting in a room with only one exit door will make your cat very wary.
4. Do not force a meeting; allow time for the dog and cat to work things out on their own by allowing them to get used gradually to each other's presence.
5. Don't hold the cat in your arms. He will feel restrained, the dog may feel jealous, and then you are very likely to get scratched.
6. If the dog growls or barks, correct him.

If Your Foster Dog Growls, Bites, Snaps, or Shows Other Signs of Aggression:

Put your foster dog in a crate or isolate him from other dogs and your family. Call your Foster Coordinator IMMEDIATELY. If your Foster Coordinator is not available refer to the contact list in the Welcome to Foster letter and keep calling until you reach someone. Once you have contacted a GRR representative, you will be given specific instructions on how to handle the situation.

CARING FOR THE FOSTER DOG

Here are some basic tips on caring for your new houseguest. Should situations or questions not covered here arise, please call your Foster Coordinator.

Identification

The first thing to do for your foster dog is to be certain she has a buckle collar that fits, that all previous owner's tags have been removed, and that a GRR identification tag and microchip tag is attached to the collar. *Do this the first day.* If the dog does not come to you with a collar and GRR tag, call your Foster Coordinator. It's an excellent idea to attach a temporary tag with your own name and telephone number. It can prove helpful if, despite your best efforts, the foster dog performs a Houdini act and is found exploring your neighborhood.

Second, your Foster Coordinator will let you know which GRR vet you will use for your foster dog. Please keep that number handy. (You'll also receive a "Welcome to Fostering" letter listing the numbers and locations of the veterinary clinics—both "regular" and emergency—that GRR uses in the Austin/San Antonio area.)

Where Should the Foster Dog Stay?

Foster dogs need to live in your home, but they don't need the run of the place. The ideal solution: crating.

Even an immaculate, vetted, well-trained, housebroken Golden needs a place of her own, where she can get used to strange surroundings and schedules, recuperate from surgery, or just get away from things. (Besides, you'll appreciate a little respite from the work of keeping any mischievous fosters out of trouble.) Nothing is better for that purpose than a sturdy crate of appropriate size. Crate dimensions of 42 inches long, 36 inches high and 24 inches wide will accommodate almost any Golden Retriever. Moreover, since adopters are urged to crate their dogs, your use of a crate will help the dog become acclimated to her new home. GRR strongly recommends wire mesh crates over the molded-plastic airline type. Wire crates allow the dog more air circulation and a view out from all sides, lessening any "trapped" feeling for dogs who are not used to crates. They can also be easily folded up for storage and transport.

The typical foster dog soon regards the crate as her private den, where she can go when she needs a safe and secure place to rest. An excellent discussion of the value of crating in housebreaking and problem prevention can be found in *Good Owners, Great Dogs* by Brian Kilcommons.

GRR recommends crating whenever the dog is unsupervised. If you don't have a crate, call your Foster Coordinator for a loaner *before* the foster dog arrives. A couple of chew toys or tennis balls (not the ones that belong to your own pets) will help keep the dog happy. *Rawhide, even though relished by most dogs, is not recommended. It can cause intestinal blockage if large pieces are swallowed (which Golden Retrievers are likely to do); and the rawhides are often prized treasures that cause fights and disappear in minutes.* Hard rubber toys like Kongs, Nylabones and Booda rope toys will last much longer (although rope toys are also discouraged by some vets due to the fact that they can be easily ingested by dogs). Don't offer shoes, even ones you don't want any more; they're full of toxic chemicals, and few dogs can distinguish discarded foster home "play toy" shoes from the adoptive family's (or your own) dress shoes. A crate pad or thick folded towel or blanket makes the crate comfier, but again, be on the alert for illicit chewing. If the new dog is going to eat the crate pad, it is safer for her to do without.

Water

A foster Golden, like any pet, needs free access to fresh water. During his first few hours with you, however, give water sparingly to minimize chances he'll drink too much because he's anxious, then throw up or have an accident.

A sturdy, wide-mouthed crock or stainless steel bowl is ideal, as it is not apt to be accidentally spilled. Place the bowl where spills won't matter, since not all Golden Retrievers are dainty drinkers. Some Golden Retrievers try to go for a "swim" in the water bowl, even putting their paws in and splashing around, so watch your step on slippery floors. (You may want to keep an old towel handy for mopping up.) And remember: dogs should never be permitted to drink from the toilet bowl.

Feeding

A high-quality dry dog food from a specialty feed or pet store is recommended (see "How much does it cost to foster a dog?" under "Frequently Asked Questions about Foster Care," page 29, for specific examples of high-quality food). Your foster dog may arrive with a supply of her usual food. If you need to convert her to the food you use, bear in mind that a sudden change from one food to another often causes diarrhea. Make the change gradually, mixing in increasing portions of the new food each day for a week or so.

To help prevent bloat or torsion (see also page 42), don't exercise the dog immediately before meals, and limit his exercise for one hour after meals. You may want to feed three smaller meals per day initially, just to encourage easier digestion; within a week, the dog can be fed twice daily.

Sometimes the foster dog just won't eat for a day or two. As long as she is drinking and urinating normally, this usually is not cause for alarm. To get her to relax and eat, first eliminate possible distractions—toys, children, and pets. Leave the food for 20 minutes, then pick it up and wait two hours before offering it again. If she doesn't eat for 24 hours, add a small amount of canned dog food or warm broth. Once she is accustomed to her surroundings and has regular exercise, she will probably eat better, and you can eliminate the canned food or broth. Don't feed table scraps or people food, since this unbalances a balanced canine diet and encourages begging.

Vomiting and Diarrhea

If your foster dog has diarrhea or vomits, withhold food for 24 hours and offer small amounts of water or ice frequently. Then resume feeding with a bland diet, e.g. one part boiled lean hamburger, skinless chicken breast, or skinless turkey breast to two parts boiled rice, until her system is clearly getting back to normal. Then work high-quality dry food back in again. If the diarrhea or vomiting persists, or if there is blood in the vomit or diarrhea, fever, or apparent pain, call your Foster Coordinator and schedule a vet visit. Take a stool sample to help the doctor narrow the search for the cause.

Weight Management

Excess weight is a common problem for Goldens, often because those pleading brown eyes win extra food or table scraps from misguided humans. **DO YOUR FOSTER DOG A FAVOR THAT WILL PROLONG HER HEALTHY LIFE: DON'T OVERFEED!**

If you're not sure whether the dog is overweight, here's how to tell. Run your hands over his chest; you should be able to feel his breastbone easily. Now put your thumbs on his spine and make sure you can feel his backbone without having to press in. Spread your fingers down his sides; again, you should be able to feel his ribs without having to push in. A little coverage is OK, but not a lot. And, a trim dog should have no "love handles" around his waist; when you look at him from above, you should see a definite narrowing at the waistline. If the dog looks completely cylindrical (like a roll of paper towels) or, worse yet, bomblike in outline (bulging at the middle and narrow at the ends), a diet is called for!

If your foster dog does need to lose weight (as many do), start her weight-loss diet right away. There are several low-fat dog foods available that contain the necessary vitamins and minerals. Dogs often come to us as chubby tubs because their owners didn't have enough time for them and, to alleviate the guilt they felt over the lack of attention, handed out those extra treats. But lots of Goldens would rather have your time than another Milkbone! Show your love with an extra walk around the block, five minutes of fetch, or just a kiss, hug, pat, or "come keep me company while I fold the laundry."

Exercise

All Goldens benefit from frequent walks each day, even short ones of 10 to 15 minutes. Don't be surprised if your foster dog is unfamiliar with the concept of walking with a human, though. He may have been "on the road" for much of his life or left alone in a backyard, and may not know what to make of a leash and the idea of staying alongside you. But with a little practice, even the most confirmed Golden About Town will turn into a contented stroller.

Never walk a foster dog off lead. NEVER, NEVER, EVER. Even if she seems content never to leave your side and comes every time she's called, off-lead exercise is so risky that it may endanger the dog's life.

Some additional suggestions:

1. Use a stout, short (4-foot) leash made of leather or cotton webbing. Nylon leashes can be uncomfortable to hold if the dog pulls.
2. Use an appropriate collar. Some dogs walk great on a buckle collar, others are strong pullers and need a training collar. Check with your Foster Coordinator if you need advice on what type of collar would be best for your foster dog. *GRR does not recommend the use of a choke chain, as it can cause damage to the dog's trachea.*
3. A fenced area where the dog can roam free is a great advantage, but always keep a new foster dog under surveillance. Goldens can jump very high, dig

very fast, climb quite skillfully, and squeeze through remarkably small spaces. Don't assume that just because your own dog doesn't get out, the foster dog won't manage it: some have survived on their wits for so long that they try to escape just for practice. (On that subject, be sure gates are well-braced or, better yet, fastened with a padlock; some foster dogs are impressively adept at popping lift-up or "horseshoe"-type latches by jumping against a gate or nudging with their noses.)

4. Keep in mind that a Golden that has been confined or tied from puppyhood is likely to have poor musculature in her hind end, and she will need to increase her stamina and agility gradually. A 15-minute walk with you a few times a day is a great way to help your foster dog gain stamina and confidence as well as a nice way for you to spend some quality time alone with your foster.

Grooming

Although quality food and regular exercise are important to the health of the Golden's skin and coat, and some Goldens appear to be self-cleaning, regular grooming is essential to maintain their health, comfort and handsome appearance. You will also want the Golden to look his best for potential adopters.

Brushing

Regular brushing—weekly at least, and more often if needed—helps prevent mats and reduces the amount of drifting hair you'll otherwise find wherever a Golden has come to rest. A rake, a slicker brush, a heavy comb and a fine comb are useful. The inexpensive two-sided brushes are handy, but not very durable. Thinning shears are useful on dogs who have a lot of loose hair or have not been groomed recently.

Before brushing, rub the dog's whole body briskly with your fingers to loosen dead skin and hair, locate any mats, and detect lumps, bumps, or scratches. Brush in the direction of hair growth. If there are mats, pick them apart from the end of the hair toward the skin, using your fingers or a comb. If the mats are rock-hard and very tight (as is often the case with neglected dogs and shelter strays), carefully cut them out (use sharp scissors, cut the mat away bit by bit, and keep your fingers between the dog's skin and the blades as you snip). Knots form quickly in the thick hair under Goldens' ears; weekly combing and brushing is a good way to discourage them.

Ears

Goldens' ears require occasional cleaning. Brush the flaps gently and examine them for thickened areas or black "gunk" which may signal an infection. Remove visible dirt with a cotton ball or a cloth-covered finger.

Use a non-medicated commercial ear cleaner. Most are used as a flush: drip a small portion into the ear canal, massage gently around the base of the ear, allow the dog to shake his head to shake the debris from the canal, and wipe out with cotton. Do not use cotton swabs like Q-tips, because they can push debris further into the ear canal and, potentially, break the eardrum.

After swimming and bathing, dry the ears well with a soft cloth, or rinse the ear with a swimmer's ear type solution to promote drying and prevent water from becoming trapped in the lower ear canal.

Black, foul-smelling debris can indicate the presence of an infection or mites. Repeated head shaking, scratching of the ears, or rubbing of the ears are additional signs. Set up a vet visit to check this out; then use the medication the veterinarian recommends, and follow directions exactly.

Nails

Left too long, a dog's nails force his toes up and spread them out, break off well above the quick (which then bleeds profusely), and catch in rugs and underbrush. Gravel or pavement may keep his nails worn down if he walks on such surfaces a lot, but usually nails must be clipped or filed. A dremel tool, which grinds the nail down bit by bit, is a great way to keep nails short for dogs who just loathe the clippers.

If a dog arrives at your home nails so long they are almost curving under his pads and making him uncomfortable, and you are hesitant to tackle them on your own, you can take him to the vet for the initial clip (let your Foster Coordinator know). Otherwise, follow these tips to clip nails at home.

Suggestions for successful nail clipping

1. Check the dog's nails every two weeks. If they're not trimmed before they grow overly long, the dog may have difficulty walking and you're more likely to cut into the quick.
2. Invest in a good nail clipper from a specialty store or catalog. Many sold in pet stores are incapable of making a decent break without discomfort to the dog.
3. Until you and the dog are comfortable with clipping, plan to do only one foot at a time.
4. Put the dog in a comfortable position, preferably on his side.
5. Begin holding the toes and nails while reassuring the dog so he remains quiet. An alternative technique is to place the dog in a corner, asking someone to steady him if he won't stand. Straddling him backwards, pick up a foot as one does a horse's hoof. Slight pressure on the pad makes the nails easy to see and trim, and your hip will help to hold him still.
6. Holding one paw firmly, press on one pad so the nail extends. Cut off a tiny bit of the hook of the nail tip. Praise. If the dog is not accustomed to this procedure, do only one additional nail at this time.
7. Your foster dog may still have his dew claws (about an inch up on the inside of the leg). Keep these nails trimmed, too.
8. No matter how careful you are, you may cut the quick and cause the nail to bleed.
9. To stop the bleeding, have cornstarch, Kwik-Stop or another styptic product handy. If no styptic is available, you can try scraping the nail along the surface

- of a soft bar of non-perfumed soap. Keep the dog quiet while a clot forms.
10. Most Golden Retrievers need the hair between their toes and pads trimmed regularly to allow the pad to grip, help keep the feet dry, and, in wet weather, reduce the accumulation of mudballs on their feet. (In cold-winter climates, keeping hair trimmed also keeps ice from accumulating on paws.) To trim, spread the toes gently and carefully trim the hair evenly along the foot, using the pad line as a guide.

Bathing

A healthy, normal Golden need not be bathed often. In fact, it's best not to do it too frequently: even mild shampoo removes necessary natural oils and may cause dry, irritated skin. When a bath is necessary make it enjoyable; most Golden Retrievers love water! First rub him with your fingers and find and remove any mats. Brush out dead hair.

Choose a good-quality, mild dog shampoo, such as an oatmeal formula or Hy-Lyt (sold at vet clinics), and keep it from getting in his eyes. If you are using a flea shampoo, scrub his head and ears first so fleas won't simply migrate there and escape the body scrub.

Using a spray hose with lukewarm water, get the coat thoroughly wet. Apply shampoo with a sponge, a rag or your hands. Be methodical about covering the whole dog, including the pads of his feet. Scrub with a sponge, fingers or a brush. If the veterinarian has recommended a medicinal shampoo, follow the directions exactly; you'll often need to leave the lather on the dog for several minutes.

Rinse repeatedly with a spray hose or many buckets of water. It is essential to remove all traces of shampoo. Excess water can be stripped off with your hand or the flat side of a brush or comb. At this point, your dog will probably attempt to shake and get you as wet as he is. Be prepared for a shower! Also, a just-washed dog will usually choose to roll, so have him on a leash (or clip one on quickly) to keep this from happening. Briskly towel dry; use a soft cloth to dry inside his ears. If you use a blow dryer, set the temperature to low or cool. Brush the hair in the direction of growth to avoid too much fluff.

Teeth

Although few dogs suffer from tooth decay, many have gum disease, causing inflammation, bad breath, loose and infected teeth, and eventual tooth loss. In severe cases, periodontal disease can lead to serious infections elsewhere in the body. Chew toys, Greenies, and biscuits help prevent the accumulation of tartar, but many veterinarians recommend daily or every-other-day teeth cleaning with specially formulated and dog-palatable products you can buy from catalogs or pet stores.

If you decide to brush the foster dog's teeth (to reduce bad breath, for example), follow this procedure:

Purchase good pet toothpaste. These products come in poultry, beef, and other flavors and contain fluoride plus enzymes specific to the dog's mouth chemistry. Human toothpastes are ineffective, foam too much, and cause stomach upset when pets swallow them. Though you can use an ordinary soft toothbrush, it's easy to find special pet toothbrushes that fit over an index finger or have a wedgelike shape to better work around a dog's large back teeth.

Moisten the toothbrush with warm water and apply pet toothpaste to the brush. Gently brush the cheek surfaces of the incisors, the front-most teeth. Gradually over the next few sessions, extend the toothbrush further back in the mouth so eventually all teeth are brushed. The cheek surfaces of the teeth build up the most plaque (since the tongue removes much of the plaque from the inside surfaces of the teeth), so brushing can focus on the cheek surfaces and the dog can keep his teeth together.

HEALTH CARE

This section summarizes general health issues that may arise while you are fostering. The first part pertains to keeping your own dog(s) healthy despite exposure to a number of foster dogs, some of who may have had less than adequate care prior to their rescue. The second part covers health precautions for you and your human family. The last part addresses medical problems sometimes encountered by foster dogs.

Before the rescue dog enters your home, he or she will probably have been examined by a veterinarian, brought up-to-date on vaccinations, spayed or neutered, tested for heartworm, tested and treated for intestinal parasites, and started on treatment for any other problems identified during the veterinarian's examination. Your Foster Coordinator will let you know if any further veterinary care is expected while the dog is living with you.

Please monitor the dog's behavior, gum color (pink is normal), endurance, gait, skin and coat quality, eating and drinking habits, and elimination habits. If any abnormalities develop or you feel a veterinary appointment is needed, call your Foster Coordinator.

Emergencies

IN AN AFTER-HOURS EMERGENCY, CALL THE LOCAL EMERGENCY CLINIC RECOMMENDED IN YOUR "WELCOME TO FOSTERING" LETTER IMMEDIATELY. Then call your Foster Coordinator before you leave or as you are in route to the emergency clinic. If your Foster Coordinator is not available, bring along the GRR contact list and start calling people until you reach a live person.

IN AN EMERGENCY DURING REGULAR VET HOURS: Call the vet your foster dog has seen or the GRR vet closest to your home (refer to the vet list in your "Welcome to Fostering" letter); then call your Foster Coordinator immediately.

GRR authorizes necessary diagnostic and stabilization procedures. However, if surgery is recommended, other than life-saving emergency surgery, prior authorization from the GRR Board of Directors is required.

Keeping Your Own Dog Healthy

External Parasites

Every attempt is made to have the foster dog come to you free of fleas, ticks, and other external parasites. However, these little beasts are tricky, and an occasional one may slip through. GRR gives badly infested incoming dogs a medication called Capstar, administered in tablet form; it kills all fleas on the dog within about 30 minutes.

Fleas: To prevent the occasional flea from setting up housekeeping in your home, vacuum carpets at least weekly during flea season (summer and fall) and consider using a borate product or insecticide spray in the house. (Borates are relatively nontoxic products, which kill by drying out the fleas and their eggs.) Some pet owners have an exterminator visit regularly, and some use outdoor products such as biological predators sprayed on the lawn. One of the best defenses, however, is maintaining healthy skin and coat through good diet and attention to underlying medical problems that can affect the skin. If your dog does get fleas, be sure to treat the house (as described above) and the dog. Topical products such as Frontline or Advantage, applied between the dog's shoulder blades, kill and prevent both fleas and ticks (they kill them almost as soon as they bite). Frontline is typically needed about every 3 months, but you may use it monthly during the height of flea season or if you have a lot of ticks on your property. And many Golden Retrievers these days take Sentinel, a combination product containing both a heartworm preventive and a medication that stops the flea's life cycle; it is given monthly. It won't kill any flea that bites your dog, but it will prevent its eggs from hatching and limit infestations in that way.

Ticks: The most common ticks are the American dog tick and the deer tick. Both can transmit diseases such as Rocky Mountain spotted fever and Lyme disease to pets and people. All GRR dogs are treated with Frontline (mentioned above), which kills live ticks and prevents further infestation, but some foster dogs may come into your home with live ticks until the Frontline begins working.

To remove a tick, grasp the entire tick (including the mouth) with tweezers or between gloved fingers and pull gently without squeezing the tick so hard it regurgitates its contents back into the dog. Try to remove the tick completely, and then clean the area with an alcohol-free antiseptic or soap and water. Wash your own hands well, since some disease-causing organisms can penetrate intact skin.

Other external parasites make their presence known by causing the dog to itch and/or lose hair. Excessive licking, chewing or scratching manifests itchiness. Since itchiness has a number of causes other than skin parasites (like allergies), you should see your veterinarian to determine the cause of your own dog's itchiness.

Internal Parasites

All incoming GRR dogs are treated with Drontal, an all-purpose dewormer. Just to be on the safe side, however, pick up and discard the foster dog's stools promptly to prevent possible worms from infesting your property.

While most worms can be detected only with the aid of a microscope, the presence of two types of worms may be determined by the naked eye. Roundworms resemble spaghetti strands and may be found in vomited material or in the stool. Tapeworm egg packets look like rice grains and may be attached to the surface of the stool or to the hair coat near the anus or tail.

Dogs should not be permitted to drink from toilet bowls or streams, as these can be sources of giardia, which causes vomiting and diarrhea.

Kennel Cough (Bordetella)

Every effort is made to ensure that foster dogs do not have diseases transmissible to other dogs. It is nonetheless possible for a dog, particularly one that has been kenneled in a shelter, to be harboring kennel cough. If the foster dog has a cough, you will probably notice it during the first day or two, while he's relatively isolated from the rest of the family. *All foster homes should vaccinate their own dog(s) for kennel cough every six months.*

Other Diseases

Your dog should, of course, have an annual physical examination and be kept current on distemper/parvo, kennel cough and rabies vaccinations.

Keeping Your Human Family Healthy

Because small children like to put things in their mouths, they are at risk of ingesting dogs' (and cats') fecal parasites. To decrease this risk, follow the recommendations in the "Internal Parasites" section above, and keep cats from defecating in flowerpots and children's sandboxes.

Some skin problems, such as ringworm (a fungal infection) and scabies (caused by a mite), may be shared by pets and people. While every effort is made to ensure that the foster dog is free of contagious skin diseases, it is nevertheless possible for such a problem to become evident while the dog is with you. See "Itchy Skin and Hair Loss" (below) for information on dogs. If people in your household develop a skin problem that is diagnosed by your physician as ringworm or scabies, please contact your Foster Coordinator.

Medical Problems That May Arise with Foster Golden

Itchy Skin and Hair Loss

The most common cause of itchiness and hair loss in the Golden is allergies to inhalants (such as pollen, house dust, or molds), specific food ingredients, and/or fleas. During the short course of foster care, there may not be time to pinpoint the specific problem. However, you can minimize the dog's discomfort by keeping your house flea-free, bathing the dog with an anti-itch shampoo (such as oatmeal dog shampoo), and giving an antihistamine such as Benadryl (sold generically as diphenhydramine) or Tavist. Talk to your Foster Coordinator or the vet about appropriate dosages.

Other causes of itchy skin and hair loss include ringworm (a fungal infection diagnosed through a fungal culture), mites (identified by examining a skin scraping with a microscope), or endocrine disorders such as hypothyroidism or Cushing's disease.

Ear Scratching and Head Shaking

If the dog's ear canals have a foul odor or if he is shaking his head or scratching his ears excessively, he may have an ear infection. The most common underlying cause in Golden Retrievers is allergies to inhalants (pollen, molds, house dust) or specific food ingredients. Other factors that may play a role are water entering the ear during swimming or bathing, lack of air circulation due to debris matted onto the hair at the entrance of the ear canal, ear mites, or a foreign object in the ear canal.

If an ear infection was diagnosed during the dog's veterinary exam, follow the vet's treatment recommendations. If the ears are fairly dirty, it's a good idea to clean them before medication is applied, so the medication will come into direct contact with the skin. To clean a dog's ear canals, which are L-shaped internally:

1. Raise the earflap as far as it will go to straighten out the "L";
2. Pour the cleaning liquid (typically something like Epi-otic) into the canal until it drips out the top;
3. Massage the base of the ear for about 10 seconds to loosen debris from the walls of the ear canal;
4. Let go of the ear and allow the dog to shake his head, which will move the debris from deep in the canal up onto the earflap.
5. Wipe the earflap clean with gauze, a soft cloth, or a soft paper towel. Once the ears are clean and dry, apply the prescribed medication. You'll follow the same general procedure just outlined; pull the dog's earflap up, drip in the required number of drops, and massage them in well by rubbing the base of the ear.

If the dog has smelly ear canals and is scratching his ears and shaking his head but an infection has not been diagnosed, clean the ears following the instructions above; then call your Foster Coordinator if the signs continue. Use only a commercial nonmedicated ear cleaner, not an antibacterial one (the antibacterial agents in medicated cleaners kill only some bacteria, allowing others to flourish). Avoid

hydrogen peroxide (its free radicals damage skin and impair normal hearing) and alcohol (it stings already irritated skin, almost ensuring the dog will not tolerate future ear treatment). Do not insert cotton-tipped swabs (such as Q-Tips) into the ear canal; they can push debris deeper into the canal and may damage the eardrum.

Vomiting, Diarrhea, and Bloat

The most common cause of diarrhea in foster dogs is an abrupt dietary change and recent significant life stresses. To minimize diarrhea, make a gradual, week-long transition (if possible) from the food the dog has been eating (if you know what that is, of course) to the food you are feeding. Some dogs will vomit, although vomiting can also indicate that something is obstructing his gastrointestinal tract, that he has eaten something toxic, or that he has other, underlying problems.

If you suspect an obstruction or toxin, immediately call a veterinarian or (for a toxin) the National Animal Poison Control Center (1-900-680-0000) and your Foster Coordinator.

Most cases of vomiting and diarrhea are self-limiting and respond well to conservative therapy. Withhold food for 24 hours (or as directed by your vet), but offer water or ice chips (small amounts at a time if the dog is vomiting). After 24 hours, feed several small meals of bland food daily until the dog's system is returning to normal; a good choice is boiled white rice with a small amount of boiled lean hamburger, ground turkey breast, or skinless chicken breast mixed in. Gradually, over a week or so, reinstate high-quality dog food.

Bloat, also known as gastric dilation/volvulus (GDV) or gastric torsion, is an emergency problem characterized by the stomach filling with gas, often because the stomach has twisted on its axis, closing off the entrance and exit. Clinical signs are discomfort, uneasiness (pacing, etc.), retching without producing vomitus, straining without producing a bowel movement, and, eventually, enlargement of the abdomen. **THIS IS A LIFE-THREATENING PROBLEM. IT IS AN EMERGENCY. TAKE THIS DOG TO THE VET OR EMERGENCY VET CLINIC IMMEDIATELY. YOU CAN CALL YOUR FOSTER COORDINATOR LATER.**

To minimize gastrointestinal distress like vomiting, diarrhea, and bloat, feed high-quality food twice daily. Don't exercise the dog immediately before meals; make sure he has relaxed and is not breathing hard before you feed. Don't exercise him for an hour after meals. Put a small amount of liquid, such as water or broth, in the food; if the dog tends to bolt his food down in a split second, spread it out on a cookie sheet to slow him down. Provide plenty of fresh water at all times. If a dietary change is necessary, make a gradual transition from the old diet to the new.

Coughing

Frequent dry coughing (when the dog is not pulling so hard on his leash that his collar is pushing against his trachea) may indicate a case of kennel cough (see “Bordetella,” page 40), which may be transmitted to your own dog. Isolate the foster dog and talk to your Foster Coordinator about a possible visit to a veterinarian.

Changes in Water Consumption and Urination

If your foster dog drinks and urinates excessive amounts, urinates small amounts frequently, or begins having accidents but has previously been completely reliable indoors, he or she may have a urinary tract infection or an endocrine disorder such as diabetes or Cushing’s disease. Please call your Foster Coordinator to discuss having the dog seen by a veterinarian. (If you need to collect a urine sample, that’s easy to do: just slide a clean, dry pie dish under a female dog as she squats, or use a ladle to catch a specimen from a male dog. Pour the specimen into a clean glass jar and take to the vet.)

Seizures

A seizure is a period of abnormal electrical activity in the brain and is characterized by unconsciousness and, often, convulsions or trembling rigid limbs, jaw snapping or a tightly clenched jaw, vocalization and loss of bladder and/or bowel control. If your foster dog has a seizure, protect him from hurting himself (e.g. if he is banging his head on the floor, put a pillow under his head) and focus on observing all possible details.

Bear in mind that a dog in the midst of a seizure is out of control. He may snap and bite involuntarily and may be unable to relax his clenched jaws. Be careful.

Once the seizure ends, call the veterinarian and describe the seizure, i.e. how soon after eating it occurred, whether he had recently had any medications (including his monthly heartworm pill), what the dog was doing prior to its onset (roughhousing, sleeping, etc.), whether he acted different shortly before the seizure, whether a part of the body such as one leg started trembling first or if the entire body started shaking, whether the dog responded to your voice during the seizure, how fast the heart was beating (place your hand on his chest during the seizure if you judge it safe to do so), how many minutes the seizure lasted, if the dog behaved strangely after the seizure and how long this phase lasted. If the vet recommends bringing the dog in, contact your Foster Coordinator.

II. TRAINING AND BEHAVIOR

GRR doesn’t expect you to formally “train” your foster dog, but you are certainly going to begin (or renew) his education. While dogs will be dogs, that doesn’t mean they can’t learn new or better manners at any age! He should learn to walk fairly quietly on a leash, to sit and to lie down on command, to tolerate confinement and grooming without hysterics, to be reliably housebroken, and to come when called—at least from the end of a leash.

Many rescue Golden Retrievers know the basics required to fit comfortably into foster homes; the rest will surprise you with how quickly they learn as you work with them and they begin to pay attention to you.

Don't hesitate to seek help from members of GRR. Behavior change can sometimes be very difficult, but usually it can be worked out. If your foster dog's behavior or training problems persist, call your Foster Coordinator to discuss the next steps.

TRAINING

Don't be permissive with the dog even if you feel sorry for him. Some behaviors you allow or even enjoy in your own dog may make your foster dog harder to place. For instance, he should not be allowed on your furniture. He may sit or lie near your dinner table, but he should be given nothing from the table. He should not be permitted to jump up on anyone. If your foster dog is a jumper, see the section on behavior problems for help in ending this bad habit.

You are free to make your own house rules, but the foster dog will fit more easily into the adoptive family's home if you establish consistent and fairly conservative behavior limits. For the first several days, supervise him strictly; don't just open the door, take off his leash and let him roam the house. At first, give him free range of only one or two rooms, letting him drag his leash so you can take it and keep him from wandering. Baby gates are great for confining the average Golden, and of course, the crate is invaluable. You can give him access to more rooms as he earns it with good behavior.

You are the Pack Leader

All canines live and need a structured pack order. The pack leader (you) will be constantly challenged by the lower members (the dogs). If the pack leader fails to exercise leadership, a behavioral vacuum occurs and must be filled. Thus, the foster dog may test you with excessive barking, not coming when called, toy or food guarding, etc.

Keep in mind that dogs want to be led and are comforted by the fact that you are the pack leader. Become the leader by taking control and exerting your authority. Most of all let the dog know you mean business and that you will make and enforce the rules.

Time on His Paws: Every Good Dog's Downfall

A bored dog may exhibit signs of frustration by barking, whining, chewing on himself or on your drapes, etc. Burn up the excess energy *wisely* by having the dog chase balls or jog (on a leash) with you, health permitting. Once the superfluous energy *is* consumed, the boredom-based behavior usually abates.

Don't encourage mischief or endanger the dog's safety by leaving things he shouldn't have within reach. Put shoes, socks, and underwear away (such things are common causes of life-threatening intestinal obstructions in dogs). Fence off flowerbeds and expensive or poisonous plants. In short, dog-proof your home. And, crate the dog when you're not at home.

The Art of Command

The foundation of all dog training is willing obedience. The dog must obey commands, promptly, definitely, and with enthusiasm. Begin your system of training early on, the day your dog joins the household. Maintain it day after day, act after act. Put the emphasis on positive reinforcement for every positive act—a gentle pat or an enthusiastic “good dog!” This is not only the kinder way to go; it's far more effective than punishment (which is in fact counterproductive), because it satisfies the dog's drive to earn the approval of the pack leader (you).

Standard commands are: Come, Stay, Stand, Sit, Down, Off. Telling the dog to “Sit down” will confuse him. If he jumps on you, say “Off,” not “Down” (which means to lie down) to avoid confusing him. Don't lose your temper or give more than one command at one time. *Control yourself if you wish to control your dog.*

If your foster Golden doesn't respond to oral commands, put him in position using firm but gentle hand pressure while saying the command, e.g. “Sit.” When he does what you want him to do, praise him warmly (e.g. “Good Sit!”). He will quickly learn to do what you ask if you give lots of positive feedback.

Commands should be spoken in the same firm, friendly tone each time. Because repetition brings understanding, a given command must mean the same thing every time. Dogs hear far better than we do, so there is no need for (and no point to) shouting. Make it clear that you expect every command to be obeyed, and you will soon have a dog that responds to even a mere whispered request. Your friends will consider you to be positively masterful.

Remember that a dog that has been tied out all his life is unlikely to be impressed by a little pressure on a buckle collar. Yanking him around during a walk will only convince him that it's not much fun being tied to you. If you are not an experienced trainer, resort to common sense. Get him a little tired from play, let him settle down from the excitement, and then, using a training collar, do some leash work. When he pulls ahead, stop and turn in the other direction suddenly so he's not ahead but behind. Eventually, he will realize that it's your walk and he has to follow your lead.

Disciplining the Errant Golden

When the dog does something that must be corrected (removing the turkey from the Thanksgiving table), a nonviolent admonition must be administered immediately or not at all. If the turkey's absence is not discovered for several hours, the dog will not connect his misdeed with your reprimand. He may conclude that you have lost your

mind and that he need never listen to anything you say, or he may become frightened of you because of your incomprehensible and unpredictable yelling.

Never, never, never correct a dog's error by striking him. Instead, use a low, gruff voice of disapproval—for instance, a low, guttural, “Oh, what a baaaad, baaaad dog.” To him, it will sound like his mother's scolding. And that is more effective than any physical punishment.

A correction technique used by many trainers is to take the loose flesh just behind the dog's jaws in both hands and, while shaking it back and forth and staring him straight in the eye, say “Bad dog!” in a low guttural voice. The idea isn't to cause pain, but to fill him with certainty that he has disappointed the pack leader. The technique was adapted from careful observation of what mother dogs do when puppies disappoint them.

A dog that receives plenty of attention and exercise is seldom destructive and less likely to be noisy. Make a practice of taking him for walks and playing games with him. Even the dog whose owners are away during the day can be happy, if he receives plenty of attention while they are home.

BEHAVIOR PROBLEMS AND HOW TO SOLVE THEM

Barking

It is natural for dogs to bark in play or excitement, but no dog has to bark all the time. The message of the bark is, “There is something strange happening. Be alert!” The barking doesn't tell you whether the arriving person is a friend or a stranger, but once the person has been identified as a friend, the barking should be replaced by a greeting ritual.

A correction is indicated every time the dog barks without cause. Tell him firmly “Quiet!” or “No Bark!” and be ready to enforce the command with a correction (e.g. shaking a shaker can, which can be made by putting a few pennies or pebbles into an empty soda can and taping the opening securely).

Another way to stop excessive barking is to teach the dog to bark on command. In any case, don't get into a yelling contest with your dog. He will likely think it's a game: “I bark, she barks. I bark, she barks.”

Begging

A dog who begs is extremely annoying. If you give him what he asks for, he'll soon learn to be demanding at other times, which leads to bullying and aggressiveness.

The cure is consistency. The dog is never to be fed from the table, no matter how melting and tragic the look he directs at you! Insist that all members of your family (and guests) respect this rule, and the dog will soon learn that begging is unprofitable. But remember, consistency is vital.

If you take in a foster dog that is a devout beggar, you can reform him. Here's how: place a leash and training collar on him just before mealtime. The first instant he cozies up to his chosen human patsy, give a quick snap of the lead to one side and say "NO" in a firm tone of voice. Ignore any further signs of begging. In a few days, if you are perfectly consistent, the dog will realize that your mealtime isn't his snack time, and he'll give you peace.

Chewing

Chewing is natural for dogs, and not just when they're teething. They do it for fun, because they are bored or anxious, or they have more energy than they know what to do with. When you catch the dog chewing something "illegal," rattle a shaker can and say "NO" or "NO CHEWING" in a firm voice. Remove the object that was being chewed and replace it with a toy. Proper confinement can also play an important role in solving chewing problems. When you cannot watch your foster dog, a crate will help tremendously.

House Soiling

Foster dogs often are reliably housebroken. Also, if the dog who comes to you is an adult, he'll automatically have certain advantages over puppies: greater learning capacity, more appreciation for praise, greater bladder and bowel control, and less frequent need to relieve himself.

But not all fosters are adults, and even adults make mistakes. If a problem occurs, the keys to successful housebreaking are, once again, consistency and positive reinforcement.

Even if your foster dog was perfectly trained in his previous home, nervous reaction to a strange situation or scents, such as that of another dog, may cause a lapse in manners. Also, he may not know how to tell you he needs to go out, especially if he had a special signal for his previous owners that they neglected to mention. Watch for cues such as running between the door and you, whining, pawing at you, or circling behavior. As you and the dog begin to communicate, the housebreaking will progress rapidly. Be aware, too, that foster dogs may be insecure at the start, and may need you to go out with them and keep them company (and praise them!) while they perform. If you just open the door, let him out, and shut it again, he may be so concerned that you are going to leave him alone out there indefinitely that he may not get down to business.

There will be fewer problems if the dog has a crate to call his own while you are gone. He will be reluctant to soil his "den," and if you take him out two to four times a day to a specific place, he will quickly learn to "go" there. It may help to use a specific word to encourage him; "hurry up" is a favorite, so you don't find yourself crying out "go potty!" "make a pee!" or some such in front of complete strangers on the street. Eventually, the dog will "go" on command. Don't forget to praise him when he does!

Accidents do happen, and unless interrupted, they may become habits. The key here is to show the dog what to do, rather than punishing him for what he had to do. When an accident occurs, you must not strike him (for this or any misdeed). Nor is it wise to call him to you for punishment; he will soon stop coming to you. What works is catching him in the act, taking him to the area you want him to use, and then praising him, repeatedly.

Some dogs trickle urine because of nervousness. This is an entirely involuntary action, usually triggered by excitement or fear. Punishment only heightens the apprehension and makes things worse. When you come home, speak quietly, act calm, and don't make a fuss or tower over the dog. Take him outdoors immediately. As he gains confidence in you, himself, and his surroundings, he'll get over it.

Urine mistakes will mar floors and carpets unless cleaned quickly, and of course the aroma may linger, encouraging the dog (and other dogs!) to re-use the area. Clean up any accidents thoroughly; Nature's Miracle enzyme cleaner does a good job, as does Simple Solution. Soaking with vinegar also helps dilute and neutralize urine; use paper towels to blot it up.

Jumping

Dogs jump on people as a way of greeting them, but uninvited jumping is the mark of an unmannered dog. It has to be managed, because it can be dangerous and is particularly annoying to visitors. Solving this problem is not difficult, but it requires time and effort. The key is to be ready when you think the dog will jump, and to find a training device he responds to.

You may choose the shaker can correction, leash and training collar correction, or nudging the dog off balance with your knee. *With the shaker can*, place the dog in a situation when you know he will jump on someone. When he does, rattle the can loudly and say, "NO," "NO JUMPING," or "OFF" in a firm voice. (aware that some dogs take the shaker as an invitation to party harder, so have a back-up plan.) *With the leash and training collar*, have them on the dog when he jumps on someone. Using both hands on the leash, give it a quick snap and say "NO," "NO JUMPING," or "OFF" in a firm voice.

A particularly effective technique on larger dogs like Golden Retrievers is to *use your knee to gently nudge (not kick) them off balance* when they jump. Be ready to get your knee up first to push him down. Command "OFF" as you push him away. It is more effective if the dog is caught by surprise. Then, call him to you, have him sit in front of you, and praise him. He will appreciate your "Good Dog!" even more when he stays on all fours.

Whining

Dogs whine when they are under stress, as when they feel abandoned (separation anxiety) or when they are frustrated. The worst thing you can do is reward such behavior. Saying, "Oh, you poor boy, what's wrong?" only encourages them. Ignore whining; give him things to do to take his mind off the cause of his anxiety (practicing sits or downs, for example).

Sometimes, simply saying "ENOUGH" will let the dog know you hear him, and he'll stop. But continuous shouting is seldom helpful and can make things worse by increasing his anxiety.

In any case, most dogs simply stop whining eventually. As they develop confidence in themselves and in the effectiveness of other techniques (like looking at you dolefully as only a Golden can do) the whining almost always ceases.

III. FINDING A FOREVER HOME FOR YOUR FOSTER DOG

Weekly Foster Reports

As a foster family, you are asked to fill out weekly foster reports on your foster dog. This weekly update is submitted through the GRR website to your Foster Coordinator and the Matchmakers. This report helps your Foster Coordinator stay abreast of any issues with your foster dog and enables her to assist you when necessary. These reports are EXTREMELY important to our Matchmakers. Without weekly foster reports the Matchmakers can't learn anything about your foster dog's personality. The more information our Matchmakers have on your foster dog, the better the job they can do finding him the perfect forever home. Please visit the link below each week and complete a foster report making sure to include his GRR number on each report. Your foster dog will be forever grateful.

http://www.grr-tx.com/fp/foster_report.htm

Photos and Story for the GRR Website

GRR needs digital photos of your foster dog for the website, and a story about him or her as well. If you do not have a digital camera, contact your Foster Coordinator; she'll put you in touch with a GRR photo volunteer. She can also give you more information about writing web stories, and tell you where to e-mail your story for editing and posting. (This information will also be provided in your "Welcome to Fostering" letter.)

IV. RECOMMENDED BOOKS

Bones Would Rain from the Sky, by Suzanne Clothier. Warner Books.

Childproofing Your Dog, by Brian Kilcommons. Warner Books. By teaching your pet to accept predictable child/dog interactions before they happen, you can own a dog that is loving, loyal, trustworthy, and great with kids.

Golden Retrievers for Dummies, by Nona Kingore Bauer. IDG Books Worldwide, Inc. Useful despite the title!

Good Owners, Great Dogs, by Brian Kilcommons. Warner Books. Great all-around manual.

How to Be Your Dog's Best Friend, by the Monks of New Skete. Little, Brown. First published in 1978. The monks' philosophy is: "understanding is the key to communication, compassion, and communication" with your dog.

How to Teach a New Dog Old Tricks, by Ian Dunbar. Sirius Puppy Training; James & Kenneth Publishers. Anything Ian Dunbar writes is worth reading.

The Other End of the Leash, by Patricia B. McConnell, Ph.D. Ballantine Publishing.

Living With Kids and Dogs, by Colleen Pelar

GOLD RIBBON RESCUE NEEDS YOU



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Gold Ribbon Membership Levels

Gold Ribbon Rescue offers a Membership Program that will allow each member to choose their level of commitment. A portion of each membership fee will be tax deductible based on the value of the benefits received.

Membership Dues

and how it provides for the GRR dogs:

Membership Benefits:

\$40-\$99 Golden Friend

- Intake exam and vaccines for one dog OR,
- X-rays for one dog OR,
- Ear infection treatment for one dog

1. Gold Ribbon's quarterly newsletter.
2. Special recognition in the quarterly newsletter.

\$100-\$249 Golden Nugget

- Suspicious lump removal to rule out cancer for 1 dog OR,
- Total health blood profile with thyroid test for 1-2 dogs; OR,
- Kennel cough treatment for 2 dogs

1. Gold Ribbon's quarterly newsletter.
2. Special recognition in the quarterly newsletter.
3. Sheet of personalized GR return address labels.

\$250-\$499 Gold Medalist

- Spay or neuter 5 dogs OR
- Crucial dentistry for 1 dog OR,
- Shelter fees for 5 dogs to come into care

1. Gold Ribbon's quarterly newsletter.
2. Special recognition in the quarterly newsletter.
3. Sheet of personalized GR return address labels.
4. Complimentary pair of tickets to your choice of GRR events that requires a paid entrance fee (current year).

\$500-\$999 Golden Circle

- Heartworm treatment for 1 dog OR,
- Major surgery for 1 dog
- Rimadyl for an arthritic senior for one year

1. Gold Ribbon's quarterly newsletter.
2. Special recognition in the quarterly newsletter.
3. Sheet of personalized GR return address labels.
4. Complimentary pair of tickets to your choice of GRR events that requires a paid entrance fee (current year).
5. One All About ME! pet memory book.

Thank you for supporting GRR with your membership.

Membership

By joining GRR you are helping to cover costs such as printing and mailing of our newsletter. Any extra funds received go directly into our ExtraOrdinary Golden Fund.

Memberships are done annually. When you receive your newsletter, the mailing label will list when your membership is up for renewal. We do this by quarters. February-April, May-July, August-October, November-January. Your membership is due in the quarter indicated on your mailing label.

You may join by visiting our website <http://www.grr-tx.com/membership.htm> or you may mail your membership fee along with the following form to: GRR, P. O. BOX 956, AUSTIN, TX 78767

Name _____

Address _____ City _____ State _____ Zip _____

Home phone _____ Cell phone _____

E-mail address _____

Membership Level:	Golden Friend	Golden Nugget	Gold Medalist	Golden Circle
	\$40-\$99	\$100-\$249	\$250-\$499	\$500-\$999

Check payable to Gold Ribbon Rescue
 Check _____ Amount of _____

GOLD RIBBON RESCUE NEEDS YOU!

Gold Ribbon Rescue is an all-volunteer organization dependent solely on the generosity of our volunteers' time to remain a success. Several hundred dogs have been placed in loving homes due to the efforts of those who have given their time, talent and financial support. Please consider giving some of your time and support to our continued endeavor. Your Golden and all of his or her friends will thank you for it every day for the rest of their lives!

Volunteers are always needed in a variety of functions. All volunteers are provided with training, resources and support for these critical jobs.

HOTLINE: These volunteers access GRR's phone from their remote locations with special codes. They return calls and answer questions.

INTERVIEWERS: These volunteers conduct a phone interview with prospective adopters. The questions for the interview are provided; you simply ask them then complete and submit the form via a direct link on the GRR website.

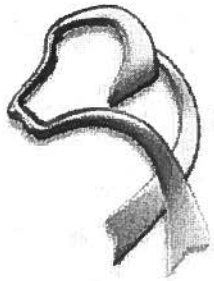
HOME VISITORS: These volunteers conduct the third step in the GRR adoption process. They visit prospective adopter's homes with a golden in tow. They ask questions (provided for you), check out the fence, give a grooming demo, and talk about appropriate toys, etc. Once the visit is complete they submit the answers to the home visit questions via a direct link on the GRR website.

FOSTER HOMES: We **always** need more foster homes. The more we have the more dogs we can save. Fostering is rewarding and fun. GRR pays the vet bills, all you do is provide love, shelter and quality food. GRR will also provide you with a crate to use while fostering. If you would like to foster you must successfully complete the adoption process before you can become an approved foster home.

SPECIAL EVENTS: We need people to make phone calls, scout locations, do clerical stuff and help with our ever increasing number of special events and fundraising

DOG TEAM: We can always use more people to help transport dogs to and from vet appointments, or get them to their foster homes. We can also use volunteers to do intake evaluations on incoming dogs.

For more information on volunteering for GRR call our Hotline 512-659-GOLD or visit our website www.grr-tx.com/about/howhelp.htm



Gold Ribbon Rescue

Helping Golden Retrievers and Their Owners in Central Texas

PO Box 956, Austin Texas 78767-0956 — Hotline (512) 659-4653 (GOLD)

OTHER WAYS TO HELP GOLD RIBBON RESCUE

Busy life, no time to volunteer?

Donations and financial support to cover vet care and expenses are always cheerfully and GRReatly appreciated! GRR is a 501c3 charitable organization and donations are tax deductible. You can help support GRR and needy Goldens in Central Texas by:

1. Becoming a member of GRR. Memberships begin at \$40.00 per year and all members receive our quarterly newsletter filled with great tips on dog care, health, training and more (see page 54 for membership information).
2. Making a one-time donation to GRR or the Extraordinary Golden Fund or become a regular donor of the Gold Ribbon Donor Club. Visit our website www.grr-tx.com/about/howhelp.htm for more information.
3. You can also help GRR by shopping at Randall's or Tom Thumb: Randall's/Tom Thumb Food Stores, "Good Neighbor" program helps non-profit organizations raise much-needed funds. Next time you go to Randall's/Tom Thumb, tell them to put Gold Ribbon Rescue as the designated charity on your Randall's/Reward card. Our number is 8583—please write it on your card so you will remember it the next time you are checking out. Once they enter the number that first time, it stays on your card until you change it. For every dollar you spend, they credit our name. At the end of each quarter, they send us a check. It's easy and it doesn't cost you a cent. Please consider joining us in this easy fund raising activity for GRR.