



“A Golden Retriever Can Change Your Life!”™

Golden GRRROWL

A registered non-profit 501(c)(3) charitable organization

August 2022

Bodhi – Ambassador of Joy

by Debbie Stratton

I adopted Bodhi in November of 2020, but it almost didn't happen. When Roberta Miller first told me about Bodhi, I said “no way, I don't want another mill dog.” Mill dogs can be pretty traumatized. My other Golden, Darby, is from a “commercial breeder” and while she's awesome, she can get overwhelmed.

I was assured that Bodhi was different. And he is. I think maybe his super friendly personality gave him special privileges at the puppy mill, maybe he wasn't treated so horribly. I went to see him at GRRR. He put that big nose in my face and that was it. I was smitten. I brought Darby to meet him and she agreed...he was her new brother and was coming home with us.

Mill dogs are rarely adopted to families without another dog. It's much easier when the current dog can teach them how to be a dog. Darby taught Bodhi things like how to go up and down stairs and how to get into the car to go to the park. She taught him so much, and he looks up to her. The first night when we went to bed, Bodhi was lying out in the hall. Darby barked a few times and then went out to get him. She said “we sleep in here, buddy.” He followed her to the bedroom and we all settled down.

Bodhi is the most loving Golden I've had, and loves everyone he meets. And they love him. He hopes everyone who passes by on walks will stop to pet him...and since his tail is always wagging, they usually do. It's an instant connection when Bodhi looks up at people with love in his eyes. They always remark how awesome he is, and they are right.

Pet Therapy Program

Since this boy is so loving, I thought he'd make a great therapy dog. A few friends and GRRR volunteers, Susan Von Daudt and Pat Rogers with her dog Ellie, also volunteer with the pet therapy program at Littleton Adventist Hospital. I took Bodhi in for an evaluation. They messed with his feet and pulled his fur, and threw loud metal bowls and brought in a wheelchair, but he was pretty nonchalant about all of that; he just loved all the attention. With his handsome looks and wagging tail (it never stops), he passed with flying colors. It didn't surprise me when they said he was one of the best they've ever tested.



Darby and Bodhi



We visit the hospital twice a month, and Bodhi creates quite a stir everywhere we go...in the lobby, in the waiting rooms, in the parking lot, even in the bathroom. We feel very appreciated and know we make a difference.

The most common thing we hear is that he's so handsome, especially with his necktie. And they let me know how much happiness he brought to them. He gets to bring people joy, laughter, and smiles, and in return, get petted, treats, and even hugs. It's a win-win. Patients get to forget about being in the hospital, if only for a short while. Bodhi also has a business card that we hand out, and a blog too (www.therapydogbodhi.com). I'm so proud of him, and I get a lot of joy from these visits too.

Special Stories

Patients or their families can fill out a request for pet visitations. We had a request to visit a patient in the ICU on our first day of work. Normally therapy dogs do not go into ICU, but this was a special patient.

Continued on next page

Since I was new, I wasn't even thinking about what shape the patient might be in. I wasn't prepared when we walked in and I saw a patient who had encountered some sort of trauma and had many facial bruises. I couldn't even tell if the patient was a man or a woman. The nurse took the patient's hand and put it on Bodhi's head to pet.

My trainer was crying and lots of nurses were watching. We stayed in there a few minutes and then went in the hall to see the ICU nurses. They all loved Bodhi and took many photos, and were very happy that the patient got to pet him. Bodhi wanted to go back in her room and went over to the mom to give her some loving and support. She needed it.

That visit really hit me emotionally. At that point I didn't know what happened to the patient; I assumed an auto accident. Turns out the woman was hit by a bullet when her neighbor's gun went off. It really made me grateful for my life and good health.

I received a really nice email from Libby, my trainer, that sums up our experience: *"I will never forget our training and seeing the impact Bodhi had on both staff and patients throughout the hospital. I saw with my own eyes, the loving, calm presence that both you and Bodhi brought to the staff in the ICU."* Thanks, Libby, I think we are making a difference too.

Another Special Moment

I believe that dogs think that we are on the phone way too much (we are). Bodhi went up to a woman in the waiting room and waited for her to get off the phone so she could give him undivided attention.

As we talked, the woman told me about her dad who died recently. After he died, she was with her siblings cleaning out his house and had the song B-I-N-G-O in her head. She didn't even realize the song was about a dog. She told her sister and brother... and they both had it in their head at the same time! She knew that her dad was trying to send them messages, and now that she looks for signs from him, she receives a lot of dog-related signs. Bodhi lay down near her and would not leave. I pulled him a little but he was not budging. I even walked out of the room and he did not follow me – highly unusual. She asked if he had ever done that before and I said no. She was amazed. I think her dad was channeling Bodhi and sending his best wishes for her surgery.

At this point everyone else in the waiting room was paying attention too. The guy across the room even tried calling Bodhi over. Bodhi wagged his tail on the floor but stayed with the woman. We stayed for a while; I didn't want to pull Bodhi away. I knew there was a reason he needed to stay with her today. And there was. It was really a special moment.

ICU patient

Another special day. I hadn't been to the ICU since our first day, so we visited a few families in the ICU waiting room. As Bodhi was comforting one family, another family kept watching us. We went up to them and a man asked if we could visit his mom – she was just told she

was dying. That's what we are here for, so we followed a few other family members to her room. She didn't seem very sick and was very talkative, reminiscing about the poodle she grew up with. She and the other family members were petting Bodhi and I could tell he was relieving their stress and anxiety. Bodhi lay down, and again didn't want to leave. I asked him a few times to leave but he said no, this is where I need to be right now. I don't question his motives so we stayed in her room for about 15 minutes. They all thought that was pretty special. We went back out to the waiting room and I told her son what happened, and that his mom really enjoyed Bodhi's visit.

Visiting family members too

The waiting room is often extremely busy with a lot of family members waiting for their loved ones. I can see the excitement when Bodhi walks in, and everyone around the room waits to pet him as we go from person to person. Many tell me about their own dogs too, and of course they say how gentle and handsome Bodhi is. One woman recently lost her dog and cried into Bodhi's fur. Then she smiled and said "Boy, that's a way to spark joy!"

In the ER waiting room, one woman was crying and distressed. Bodhi went over to her to give her a little love. She perked up when she saw Bodhi and pet him for a little bit. Sometimes we stay with the person for a while and sometimes it's a quick hello. Sometimes I engage them in conversation and sometimes I just introduce him and don't talk much. Sometimes it's best to just let the love happen.



Bodhi and his harem of nurses



Staff Visits

Visits with staff are really important to help relieve some stress. Often they say “this is just what I needed.” I can see them smile, even with masks on, the second they see Bodhi coming.

Our first stop is usually to visit some of Bodhi’s favorite staff in medical records. Bodhi, of course loves all the attention. The women remark on how much stress Bodhi relieves and how calm he is. They sometime compare him to their dogs at home who are a bit more wild. Bodhi can get a little crazy and run around at home too, but he’s always Mr. Calm at the hospital. The ladies surround him, give him loving and treats, and he looks back and smiles at me...he loves his harem! Working in a hospital can be stressful for staff working with patients as well as those in administrative roles.

While we were visiting with patients in the surgery waiting area, a staff member walked down the hall and I could see she was so excited to see Bodhi. She intercepted us and took us to her back office in the pre-surgery area to visit her coworkers. It’s a regular stop now, and they really appreciate his visits (they have treats too). It’s a competition with the medical records staff to see who adores Bodhi the most!

When we go up to the patient floors we check in with the nurses station first. Bodhi really loves the nurses stations...they swoon all over him and sometimes four or five nurses pet him at once! All the staff we meet are super friendly and many pull out their phones to take pictures or to show me photos of their dogs.

Favorite Comments from Staff

In addition to hearing how handsome Bodhi is (the most common comment), everyone thanks us, and makes us feel so appreciated. I should carry a tape recorder to remember all comments, but a few favorite (besides “I love you Bodhi”) are:

- Thank you for coming to make me feel better
- This is the real reason I come to work
- This is the best way to start my work day
- You brought me a lot of happiness today
- I really needed this...it’s been a long week and it’s only Tuesday
- You don’t know how much this helps us
- This is such a good stress reliever
- This is the best part of my day!
- From staff answering the phone: “I’ll have to call you back...I’m petting a dog!”

Gala Ambassador

Bodhi was an Ambassador Dog at the recent GRRR Gala too. He had a great time schmoozing around to each table and trying to steal the dog toy out of people’s gift bags. Each greeter dog made a special video - check them out at <https://www.goldenrescue.com/2022-gala-photos/>. It was so fun to bring him to the Gala; I’m so proud of him.

Mary Kenton forwarded me this awesome email from a GRRR member:

“Our daughter is a BSN, RN OR Nurse at Littleton Adventist Hospital – has been for several years. I was telling her about Bodhi’s video. I had saved all of them to watch now and then since the Gala – a little fur-treat to myself while at work. She’d just gotten off her shift and I started to tell her about Bodhi to see if she’d seen him at work. I didn’t even get to finish the story when she exclaimed, “I KNOW HIM – he is the sweetest, most loving guy. He is just so calming. He just made my day after a particularly grueling day in the OR when a bunch of other nurses and I ran into him in the hallway. He let me just love on him and love on him – and love on him. I needed that so much!” She just could not say enough about Bodhi and the difference he made in her day that day.

I met this nurse on our last visit too. It’s so great to hear how much these dog visits mean to the patients and staff.

I am so grateful to GRRR where I adopted Bodhi and four other dogs over the years. I think I get the best dogs. Of course, everyone thinks they have the best dog too...and they are right.

I love so many things about Bodhi – that his tail is always wagging. That he is so fun and goofy. That he follows me around and wags his tail when I talk to him. I love that he jumps around like a gazelle when he chases toys. I love that he makes me laugh every day. I especially love starting every morning with Bodhi jumping up in bed for special loving and ear scratches. But most of all, I love that he brings so much joy to me, and I get to share his love with the world. 🐾



Debbie and pups at Spring Fling



Giving and getting love from nursing students

Darby and Bodhi



Recent Rescues

Hi GRRR:

Moby is absolutely amazing. We love him so much. He is the biggest teddy bear. He really has fit into our family and we can't imagine what life was like before him. I think Casey and Ben sent him to us. He opens doors like Casey did and woofs like Ben used to...but Moby's woof is much higher pitched than Ben's...ha!

Here is a picture of Moby snuggling with me the other day. Something spooked him and he came barreling up on the couch to snuggle. Nothing better than 130 pound lap dog.

Francie Rakiec



Dear GRRR:

Rue, originally JLo when we adopted her two months ago, is doing so well! It took some time for her to get adjusted and she is still working on trusting us, which we know may take a lot of time. She has made SO much progress from the first night with us. She went from not wanting to come inside, having accidents, pacing, hiding under the couch, and staying in one room, to being so brave and going in and out of the house without being coerced, sleeping upstairs in our room at bedtime, going on 1-2 walks daily, and going to dog parks, all with her brother Bo!

Bo has been so patient with her and has taught her to trust us and to take that step forward to us when we are trying to give her love and attention. He has been the major piece in this puzzle and has helped Rue learn how to be a dog.

Rue's smile, tail wagging, and happy bark when I come home says it all! I am so thankful to you all for giving us Rue! She is living her best life and we could not be more in love with her!

Thank you so much again!

Erica Goodwin

Newsletter Submissions

We all love reading about your Golden Retrievers and we'd like to hear from you! If you'd like to submit a letter AND photo of your GRRR rescue, email the letter and digital photo to debbie.davis@goldenrescue.com. Deadline for the November 2022 issue is October 6, 2022. Thanks!

Recent Stats

January 1 - June 30, 2022

Number of Dogs Placed:	172
\$ Spent on Medical Needs:	\$55,500

Dear GRRR:

We have had Brody for about 11 months. He has turned into a beautiful dog, a Pyrenees Golden mix.

The Golden half loves people and all animals, while the Pyrenees is extremely stubborn and not the best listener. Never had a dog with a split personality before and we are enjoying every minute of it.

Amy Lane



Hey GRRR:

Checking in on how our "New Addition" is getting along! After losing both our seniors, Brody Boone and Toby Boy, Enzo is truly a JOY to have in our lives!

Enzo starts his second level obedience class. He will then be moving on to his CGC and Therapy Dog Training, so he can take the Therapy Dog International test when he is 1yr old!

Enzo is very mellow, loving, and still a joy to have in our lives! He has probably been the least trouble of any puppy we have had to date...potty-trained in a very short amount of time, crate trained, and he sits to greet people and does NOT jump up! Whatta Guy!

Carol and Armella Sauer



Dear GRRR:

Greetings! Charlie continues to be an amazing dog! He loves his two kitties and three teenage boys. He has a big yard to roam all day if he's not inside with us, and he is just a happy boy. We entertain a lot and he's amazing with kids of all ages and other dogs. He's calmer now and full of good energy. Thanks again for the rescue. I can't imagine life without him!

Pamela Everitt



Dear GRRR:

Look who's one year old! Cooper celebrated his first birthday over the 4th of July weekend and is such a happy chap! He's grown up fast and is the sweetest boy. He loves his walkies, finding and carrying sticks (any size will do), and hanging out with his human dad. He keeps us on our toes and makes us smile every day. We are so grateful he's part of our family!

Donna and Barry Neale



Recent Rescues

Dear GRRR:

Annie is such a sweetheart. She loves the snow, her daily walks, her many toys, and to be brushed and petted. She is still shy but has made so much progress. We love her so much!

Lori and Bill Neff



Dear GRRR:

I have found such love and companionship with Odie! He is just turning 8 months old and is pure joy for me and my family! Odie has mastered so many new things and is super smart. He has many best friends and loves play dates.

Beth Broadway

Hi GRRR:

Harvey (formerly Harley) is doing very well. He has had lots of fun new experiences and has been living the good life since his adoption in early May. He's climbed St. Mary's Glacier, played at Arvada West dog park 3-4 times a week, played in his new pool on those hot summer days, explored a mud pit and many different parks, and had so, so many treats. He also got a new Husky brother who he's taught how to play, eat, and solve puzzle toys.

Harvey continues to be overflowing with enthusiasm and is always happy to see everyone! He has struggled through a few seizures, but we've been able to prevent a couple with emergency meds and counter with other meds to break up a cluster. His vet says he's in great shape, and we will continue to meet and overcome the challenges of his seizure disorder and give him a great, fun life!

Steve and Kim Sanford



Dear GRRR:

I wanted to reach out with an update on Rudolph, one of the Christmas puppies. He is doing really well, graduated from puppy school and turned 6 months. Rudolph is so sweet, loves his walks, water, kitties, snuggles, and is such a blessing.

Rudolph just came back from a 10-day road trip to the Midwest and loved it. He did well with the car, people, dogs, and hotels.

We look forward to the GRRR parties and hope to see some of his brothers and sisters there as well.

Jenn Polan and Troy Hanley



Dear GRRR:

I adopted Olivia in early February. She is a beautiful girl with so much heart. Her friend Lily, our white lab, has been instrumental in teaching Olivia the ropes. Lily loves her new friend and is grateful to have her.

Each day, each week, each month we peel the onion and learn more and more about each other. Olivia is happy and really starting to make more eye contact and be more animated. I really think she is a puppy in 6-year-old skin. Olivia absolutely loves her yard and I think summer will bring many new adventures for us.

We have all found our soulmate.

Hugs,

Olivia, Lily and Kim



Hi GRRR:

Louie (formerly Eli) is such a wonderful boy and has won the hearts of our family.

Louie came to us at the right time as we had lost our Golden girl, Molly, at 15-1/2 years in March and were devastated. Louie has brought so much joy to us again. He is so lovable and just wants to make everyone happy. He loves to play in our big yard, with his toys, and go for walks.

He is going to training to help him socialize a little bit more, but he does great around others and we take him everywhere we can.

We are so grateful for the opportunity to give him a fur-ever home. Louie is an absolute lover boy. We love him.

Sandy Blain

Recent Rescues

Dear GRRR:

Jackson is loving life as he spends his days wrestling and playing tug with his older sister, Cashew. He goes on long walks every day on the trail system near our house. He is attending puppy obedience classes and he is learning a lot! Jackson is not sure if he likes to swim but is still very curious.

Jackson is a crazy bundle of joy and the perfect addition to our family!

Catie Radcliffe



Hi GRRR:

Rieger (formerly Sunny) is doing well. Rieger passed Terroux Training basic obedience classes in June and will be taking AKC Canine Good Citizen (CGC) class soon.

Rieger certainly has a lot of energy! He and Fwankie play together and seem to love each other! They are partners in crime...those two boys are knuckleheads!

Thanks for giving me my handsome golden baby!

Joanie C.



Dear GRRR:

“Little” Skeeter is livin’ his best life with me and Augustus (former Turkey Dog Wally). We’re so happy he found us!

Before and after – what a lovely transformation from an auction rescue to a beloved brother and family member. I knew he was special! He has some anxiety issues but those are a work in progress.

He has quickly earned the title of “Activities Director” with my boarding clients! We all love him so much! Thank you GRRR for matching BOTH of my guys!

Love,

Autumn Trottier



Hello GRRR:

“Zach” (short for Zachary, formerly Mackie), has been with us for about one month and was afraid and apprehensive about almost everything. After a month of mentoring by his adopted sister dogs, Zoie (17) and Ginger (10) he is finally relaxing and offering his truer personality and cuteness.

Yesterday he totally destroyed his bed in about 30 seconds and then spent the rest of the day as a loving 1.5 year old. Thanks, GRRR, for this opportunity.

Linda and Steve Morganfield



Dear GRRR:

We have almost had our sweet boy, Zeke, for one year and he is turning 5 in June. He has been a blessing for our family especially after we lost our 23-year-old son in December. Thank you all for allowing us to make Zeke part of our family.

Jamie and John Sharp



Golden Angel update

Bodhi

by Jennifer Page & Christian Oggel

When my husband and I met him for the first time at GRRR, Bodhi persuaded us that a) he is a very good boy and b) he would be a lot of fun to have around. He did not disappoint! We love how much he likes to play fetch and prance around the yard with squeaky toys. We love his enormous head, big wolfy teeth and goofy, noodly body. And we love that he is a people pleaser, always watching and adapting and eager to learn.

Bodhi's sweet temperament is pretty amazing, given that he had surgery on both elbows a few weeks after we brought him home. Doctor's orders were to rest as much as possible, which was quite challenging for him because he has so much puppy energy. But he is recovering like a champ and slowly starting to run and play again. He can't wait to zoom around the dog park with his friends. Next week, he starts obedience training, where we know he'll be at the top of his class.

We'll always be grateful to GRRR for helping us find our new buddy Bodhi and for getting him the crucial surgery he needed. thanks to all who donate to the Golden Angel Fund too. We're so happy to have Bodhi in our family!



Naming Tributes

Aspen and Riley, by Jan Witt

When 10-month-old Aspen came home with me, she flew into the back yard to meet Riley. She bit his ear to invite him to play, but he was not amused. He yelped in surprise and went back to sniffing the yard. Two weeks later, she tried the same invitation—with the same result. At this point, Aspen looked at me and asked if she could go back to GRRR to live with Mary Kenton. I told her Riley would want to go with her, so she rolled her eyes and gave up.



Sadie, by Francie Rakiec and Wade Stencel

Sadie loved nothing more than to play fetch or go for a run. She was also a huge daddy's girl. She leaves another huge hole in our hearts.

Dusty, by Steve Schmidt

Dusty – always a big smile, always an eye on me, and wanting nothing but to please and be together. A Golden Angel forever whose sweet nature lives on. Dusty is greatly missed.



Interested in a Naming Tribute?

With your donation of \$100 you may request a Naming Tribute so that one of GRRR's rescued Golden Retrievers will be named after your dog or loved one. You will honor the memory of your loved one, and your donation will help us give a rescued dog a new start to a better life. More info on Naming Tributes: <https://www.goldenrescue.com/naming-tribute/>

Donations in Memory or Honor

- Samantha Bartolo in honor of Kyle Bartolo
- Paula Berman in honor of Roxanne Sabin
- Wayne Doss in memory of Christine M. Bristow
- Shelby Dunster in memory of Patsy Houlihan
- Albert and Marilyn Falcione for Brent's birthday
- Stephanie Fiet in memory of sweet & shining Riley
- Wendy Goad in memory of Bandit & Cheyenne
- Tess Hammonds in memory of Jo Ann Hammonds
- Michelle Ienna in memory of Leroy
- Russ and Cathy Jones in memory of Brock, Louie, Brody & Louise
- Donna Kincheloe in honor of Wanda Kudna
- Dan Matras in honor of Snoopy, Cajun, Simon, Bosley, Bear & Molly Matras
- Stacie McWilliams in memory of Palei
- Bettina Meadors in memory of Louie
- Carol Meyer in honor of Patti Abbate

- Roberta Miller in memory of Ben
- Robert F Rosenthal in honor of Marley MacLean and in memory of Sooner, Bo, Sage, Henry, Razz & Zoey
- Roxanne Sabin in memory of Our Sweet Hope
- Sherri Sanders in honor of Andrea Sanders
- James Skeffington in memory of Zach
- Martha and Craig Stephenson in memory of Calvin
- Jennifer Tammam in memory of Tonka Ignatew
- Cheryl Welsh in memory of Elle and Laura Stevens
- Timothy Walsh in memory of Cotswold
- In memory of Sadie, Francie Rakiec and Wade Stencel's beloved Golden:
Russ and Cathy Jones • Ellen Rabinowitz
Julie and Mike Speck • Stacy Springston • Wade Stencel

We regret any errors or omissions.

Golden Angel:

by Jeannie Miller

This sweet old girl is named Goldie. We think she is 9 or 10 years old. She came to us from one of our partner rescues in Texas. Her owners were evicted from their home and couldn't take her with them, so they took her to an over-crowded shelter where she was unlikely to ever be adopted due to her age. Things looked pretty bleak for Goldie until the rescue found her and saved her.

She was taken to one of their foster homes to stay while they looked for a home for her. It was the day before Easter. When Easter morning came and Goldie's foster Dad got up to greet the day, he was greeted with Goldie sitting in a pool of bloody fluid. Confronted with an obvious emergency situation, he immediately took her to the urgent care vet nearby.

They diagnosed this poor girl with pyometra. Pyometra is an infection of the uterus. This occurs in non-spayed female dogs and cats. It is a result of bacteria invading the lining of the uterus during the dog's cycle and when their natural defenses are compromised. If left undiagnosed and treated, the infection can overwhelm the dog's immune system and lead to shock and death.

Goldie was fortunate that she was taken immediately to get attention and that she was able to have surgery to remove her infected uterus. Goldie came through surgery well. What the vets didn't know at the time of her surgery was that Goldie also has heartworm. This put her at very high risk of death due to the strain of undergoing surgery on a heart that is infected with those nasty worms. Luckily, she made it through but now is faced with undergoing the uncomfortable and expensive treatment for heartworm.

The Texas rescue then called Mary to see if GRRR would take Goldie. Mary Kenton of course said 'yes'! It was then time to arrange transport for Goldie to Colorado. She arrived at Phoebe's Place in early May. She still needed to recover from her surgery before any heartworm treatment could begin.

Goldie is the sweetest girl. She settled into life at GRRR although, it was probably a bit more chaotic than what she was used to. Goldie gets along well with other dogs and LOVES people. She just goes with the flow and tries to follow Mary all around the house.

When Dr. Carpenter was able to examine her, he found that she has horrific decayed teeth that most certainly cause her quite a bit of pain. With her heartworm though, we cannot really treat those teeth yet because several would need to be removed and she cannot be put under anesthesia. That will have to wait until she finishes her heartworm treatment in a few months.

Once again, GRRR said 'yes' to a Golden in need, and who knows what would have happened to Goldie otherwise. She is feeling much better these days and has gone to stay in a wonderful foster home while she completes her heartworm treatment. Her new parents say "Goldie has settled in very nicely and gets along great with the rest of their pack. The only time she gets growly is when one of them comes too close to her and she lets them know they are in her space before they trample on her! She loves meal and treat time and does a howly, happy dance."

Goldie and the other pups are so grateful for your donations to the Golden Angel Fund. It helps us to give them all the help they so desperately need. Thank you! 💙



Please Donate to GRRR's Golden Angel Fund!

Many dogs coming to GRRR need extra medical attention, and sometimes extraordinary medical costs are the reason a Golden comes to us. With the Golden Angel Fund we can help more of them find a quality, pain-free life in a new and loving home. Your donation will help GRRR dogs in need of extra medical care including treatments for cancer, hip dysplasia, allergies, heartworm, infections, and special medications.

Please send your tax deductible donations to: GRRR, 15350 W. 72nd Avenue, Golden, CO 80007 (make your check payable to GRRR with "Golden Angel Fund" in the memo portion). Or donate on-line at <http://goldenrescue.com/golden-angel-fund>

Thank you!

Day in the Life

by Jeannie Miller, Mary Kenton and Francie Rakiec

We thought you might want to learn a little more about all the many varied activities that occur here at Phoebe's Place.

GRRR is truly special and having Phoebe's Place (PP) makes us unique among 99 percent of rescues in the United States. Most rescues operate using foster homes and rescue fewer than 100 dogs per year. With PP, we have the capacity to rescue many, many more beautiful Golden Retrievers.

A typical year sees 250-300 dogs coming through our gates. Because we have PP, as well as you, our generous members and donors, we rarely have to say no to a Golden in need.

Our exciting upcoming renovation will improve the house space so that Mary Kenton, our Director of Animal Care and the heart of GRRR, and any assistants, can better care for the dogs.

Many of you are frequently out to PP, whether coming to interact with the dogs as part of our VIP program or helping out in a myriad of other ways. But even spending a bit of time there, it is difficult to appreciate all that really goes on at PP – especially behind the scenes!

No "Typical Day" at PP

To begin with, there is no such thing as a "typical" day at PP. You never know what will happen next. Mary and Francie Rakiec, GRRR's Executive Director, have both learned to expect the unexpected. Although Mary has probably just about seen it all, even she gets surprised by the things that happen out there. Both Mary and Francie are calm in the face of chaos or an emergency (thank goodness for that). There are many routine things that happen every day, like feeding dogs, cleaning kennels and exercise areas, and VIP team members coming to play and socialize the dogs. There are other tasks that running a business like ours require, such as buying dog food and other supplies, keeping the books, keeping good records of every dog and every dollar spent, and keeping the grounds and buildings in tiptop shape.

Is it Snowing?

Mary's day starts with going out into the main rooms of the house to see what the dogs have been up to during the night. Most nights, everyone is pretty well-behaved, but once in a while, something gets into some of the pups and all hell breaks loose! Once, Mary walked into the main room and it looked like it had snowed! There must have been a big dog party going on! In that instance, the dogs had gotten into a dog bed that was filled with feathers. (Who puts feathers in a dog bed?) When trying to vacuum them up, the exhaust from the vacuum just blew them around until Mary and her granddaughter were both covered. Look closely at the photo ... you'll see a puppy sleeping in the feathers!

But Some Things Happen Like Clockwork

After making sure that all is well with all the pups and cleaning up any messes, big or small, it is feeding time. Steve Schmidt, GRRR's Maintenance Director, usually arrives first thing in the morning



Must be dinner time!



uh oh! Did it snow?

and brings the dogs that spend their day in the kennel out to their runs. Special food for some, special eating places for others – it’s a puzzle and a stack of stainless-steel dishes three feet tall.

Francie arrives first thing as well. Usually she has one or two office dogs with her. Lately it’s cute little Ivy and big-guy Moby, who “work” all day at PP. Francie spends the first hour answering all the emails and voicemails from the previous afternoon. Between Mary and Francie, they get over 50 phone calls and dozens of emails every day.

At around 10 a.m., the first of our VIP (dog walking) team will arrive to spend time with the dogs in the kennel. They will walk dogs, brush them, and sometimes just sit with them. Francie manages the schedule to ensure that each dog gets multiple interactions every day. Some days, Sukie McMaster, our VIP Coordinator, holds training sessions for new VIP team members.

Steve takes care of the kennels and grounds and something always needs to be repaired. He stays busy most of the day with clean-up, mowing, weed control, snow shoveling, and other tasks that keep the grounds tidy. We are also fortunate to be able to host corporate volunteer teams who come out to help with bigger projects, like painting the fences and spring yard clean-up.

Usually dogs need to be taken to our veterinarian, Dr. Carpenter, first thing in the morning and then picked up later in that day. Shopping trips to obtain supplies are needed too, and multiple deliveries arrive from Mary’s favorite, Amazon!

With 300 dogs per year, we get an average of one dog surrendered per day. Some are brought to us by their owners for surrender, and others need to be picked up from other cities/states or shelters who reach out to us. Mary coordinates these activities, including organizing the transport.

Finding a Good Match for a Happy Ending

The 300 dogs per year also means that one adoption per day happens. Mary and Roberta Miller, our amazing Adoption Coordinator, work closely together to identify the very best match for each dog. Once screened, the potential adopters are contacted to schedule a meet and greet. Roberta will meet with the person, family members and their dogs (if any). She will bring the rescue dog out to the small play yard to meet them. They get to play and interact there for as long as they want. If everything looks good, the lucky dog will go home with his or her new family. We are really good at happy endings.

The days go by in a flash. At the end of the day, it’s feeding time again. Steve and Francie have gone home by this time, so Mary feeds the dogs in the house first. While she is feeding the kennel dogs, she lets the house dogs out into the big play yard to romp. Once the kennel dogs are fed, they too get to come out so the “whole herd” is out running and playing until dark. They have a grand old time! Then it’s time for bed. All dogs who can be around the others come into the house for the night. It is typical for Mary to share her bed with four or five dogs. Remember, these are Golden Retrievers, so I am not sure there is room for Mary!

Phoebe’s Place is so special for GRRR and our dogs. We are proud of it and so grateful for all that it provides. There is never a dull moment there, and keeping it running takes so many resources, both human and financial. Thank you so much for all your support of donations and volunteer time. GRRR people are the best! ❤️



Hanging around the house



Enjoying the play yard



No room for Mary on her bed!

President's Report

by Judi Servoss,
President

Exciting things are happening around Phoebe's Place...that's in addition to lots of dogs, puppies, and fun events! As we've told you, GRRR survived and even thrived during the pandemic years. Our operations remained stable, through an initial dip in dog numbers to a rebound to pre-pandemic numbers. As we looked around, we started asking "where do we go from here?"

The Board began a strategic planning process, examining our dog placement practices, staffing, facility needs, marketing and outreach opportunity and, of course, our finances. We believe excellence in each of those areas is essential to GRRR's sustainability for the long haul. We're not looking to grow in numbers, rather to do what we do as well as we possibly can.

As we began working on this, Pam Hollister and Mitchell Graye, Phoebe's Place original lead benefactors, came over, asking how they could help once again. They proposed a renovation and an addition to the main house, believing these would benefit GRRR in many ways, particularly in improving the experience for our dogs and their caregivers. We would be able to add an assistant live-in caregiver, which is part of our succession plan. We would be able to have multi-purpose rooms which could be adapted for puppies, isolation, or special-needs dogs who require medical, behavioral and social development.

We agreed to partner, with Mitchell and Pam putting in 70 percent of the cost, up to \$700,000, and GRRR putting in the remaining 30 percent. We're very excited and believe this will help to ensure the long-term viability of the organization. Our facility team is now working with an architect to determine the best design for the funds we can spend. We're excited to take this next step for GRRR to be the very best rescue it can be. The future looks bright as we continue rescuing, rehabbing and rehoming Golden Retrievers. ♡



One in a MILLION Gala

by Francie Rakiec
Executive Director

This year's gala was truly a "One in a MILLion" event. We raised over \$208,000 for the sweet Golden Retrievers who come into our care. This is a record-breaking number. While our expenses were higher than they have been the last two virtual years, we still managed to net around \$171,000, and the best part is we were able to get together for an in-person gala. We also had five wonderful former breeder or MILL dogs as our greeter dogs. Those dogs were April, Bodhi, Cady, Sophie and Tasha. They all did amazing jobs at the event and were a huge hit. April is still a little too shy for public appearances, but she is leaps and bounds from where she first started. In case you missed any of their videos, you can find them on our website under the Participate/Event Gallery tab. Have your tissues ready because some of them are real tearjerkers.

From the bottom of our paws we would like to say thank you to each and every one of you for another very successful gala! GRRR people are the GRRReatest!

2022 GRRR Lifetime Membership Awards

Congratulations to the following for their long time dedication and special efforts to advance GRRR and its mission:

Chris Cooper • Cindy Charles and Ed Tanner • Roxanne Sabin and Ellen Rabinowitz • Wade Stencel

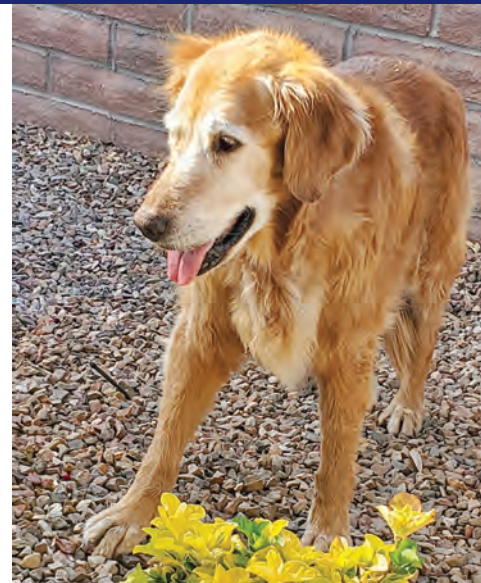


In Memory

Bailey by Karen and Jack Simmons

We helped our sweet Bailey cross the Rainbow Bridge this morning. Our hearts are broken but we are forever grateful to GRRR for having her in our lives for almost six years.

Bailey was just shy of her 14th birthday. Bailey was the sweetest most loving Golden girl ever. She was still doing therapy work until 2 weeks ago. She loved the third graders at Read to a Dog and they loved her. So now our turkey dog Cookie will be our solo queen of the house. She will be missed terribly.



Sadie by Francie Rakiec and Wade Stencil

Sadie was our very first (of many) foster fails. She came home shortly after Daisy passed away and I knew there was no way we would adopt another girl right away. Turns out I was wrong. Sadie was our little athlete. She loved nothing more than to play fetch or go for a run. She was also a huge daddy's girl. She leaves another huge hole in our hearts. There is now way too much room on the bed at night and it saddens me to say that our counters are 100% safe from any counter surfing. I know she, Casey and Nala are all reunited and living it up. Until we meet again baby girl!



Ruby by Anne Mudgett, Scott Fergusson and Collin Mudgett-Fergusson

We adopted Ruby from GRRR in February of 2005. Prior to adopting her, we'd had a rough few years: a near fatal car accident for me in 2002, the death of our 14-year-old Golden Retriever, Travis in 2003, and the death of my father in 2004. Ruby was living proof that things always get better.

A few years after we got Ruby, our son was born. He grew up with her, and she was a steadfast and loving companion to him for 13 years. A boy couldn't ask for a better friend.

Ruby was a sweet and happy girl. Her "smile" and friendly greeting to anyone who walked by our yard in Steamboat were well known to all our neighbors.

Ruby lived a long and adventurous life. Like most Golden Retrievers she loved the water (in liquid and frozen form). Laying in a mountain creek and taking a snow bath were two of her favorite things to do. Ruby was also my trail running partner. She was always excited to go with me, even in the dead of winter in the frigid darkness of 5:30 a.m. She joined us for many hikes and family camping trips, too. Ruby was a strong and athletic dog even into her senior years, summiting Mt. Sherman (14,036 feet) at age 13.

We lost Ruby in June 2021 at the age of 16 years and 9 months. We are grateful to GRRR and Mary Kenton, her foster mom, for giving us the opportunity to have Ruby join our family. She brought us so much joy, and we miss her every single day.



This article is from a clinical psychologist and active volunteer with GRREAT of Northern Virginia. He wrote this article on the challenges of adopting a rescued dog with a trauma history using both his experience with rescuing traumatized dogs and as a Clinical Psychologist.

Adopting a Traumatized Dog

I would like to offer some guidance and caution if you plan to adopt a dog with a known history of neglect, abuse, or trauma. I am a lifelong dog owner and over a period of years our family has rescued over 15 dogs, the last five of which have been Golden Retrievers (thank you, GRREAT of Northern Virginia!), including one of our two current females. I'm also a retired Clinical Psychologist with expertise in treating anxiety disorders.



Our most recent rescue, a 5-year-old Golden Retriever female, renamed Khema, who we got through a private, word of mouth rescue, joined our family in August of last year. She was rescued from a rural puppy breeding farm, otherwise known as a “puppy mill.” She was in terrible condition. She was 20 pounds underweight according to our vet; she should have ideally weighed 60 pounds but was barely 40 when we got her. All her coat had fallen out and her teats were grossly distended, swollen, and infected. Since her first heat, at about age 1, she had had 42 puppies in four years. She had not been spayed and soon after we got her, she went back into heat thereby delaying the spaying for eight weeks. We immediately got a full exam and all her shots and vaccines as we had no idea if she had ever been inoculated. We are fortunate to have the world's best vet, IMHO, who we have been with for over 20 years. She has the experience to understand the challenges of traumatized dogs.

In addition to her terrible physical condition, she had all the classic behavioral symptoms of post-traumatic stress disorder. PTSD is an anxiety disorder with similar symptomatology in both dogs and

humans other than the cognitive symptoms, which we have no way of assessing in canines. She was extremely anxious, experienced disrupted sleep (would startle awake, as if she was having a nightmare), had a severely heightened startle response to any sudden movement or slight noise, and was terrified of everything and anything. She was in a constant state of hypervigilant high alert. She quickly became a Velcro dog with me and showed marked signs of separation anxiety whenever I was out of the room or out of the house. If she could not locate me, she would whine, pace, drool and become very anxious. The day after we picked her up, she became startled by a car noise while I was walking her and pulled the leash out of my hand and escaped as if shot out of a cannon. Fortunately, after much frantic searching and much anxiety, she was located the next day in a neighbor's back yard with her leash wrapped around a tree. We brought her back home to great relief as I had fears of her being hit by a car or worse. She was unused to any aspect of city living including cars, people, noises, movement, and indoor living. She was a terrible reactive barker, barking at any noise or sudden movement. Her tail did not come out from between her legs for 10 weeks and during that time she anxiously panted constantly. Fortunately, our six-year-old rescued female Golden welcomed her without so much as a growl. They quickly became fast friends. The six-year-old's presence has been a tremendous help in her recovery. They now play-fight all day long when they are in the house, a delightful sight to behold!

We have now had her for 10 months and she is doing remarkably well. She was spayed after her last heat and has gained the 20 pounds back. She looks great. Her coat has fully grown-in and she is a beautiful dog. See the attached picture.

Below are some suggestions should you be considering adopting a dog with a trauma history:

- 1. Patience, patience, patience.** There is no quick fix for PTSD in dogs or humans. The initial period can be challenging and frustrating. Not only is the dog out of control with anxiety, but it may manifest as destructive behavior or bathroom accidents in the home. Most traumatized dogs are poorly socialized with people or other dogs, and many have not been housetrained.

2. Consistency is the name of the game. As soon as possible, establish a consistent and predictable routine that is not too complicated. This means feeding at a regular time, bathroom breaks at a regular time, a consistent time for walks, and a dedicated sleeping space (which for many traumatized dogs is not a crate. Ours was phobic about being crated, having spent her first five years confined to a small cage).

3. Provide lots and lots of love, attention, happy talk, physical touch, and playtime as well as long walks. A tired dog is generally a happy and less anxious dog. Ours is a sponge for attention and affection, having never had it in her prior life. We do our best to meet the demand!

4. Most traumatized dogs have a history of poor nutrition. Those who use dogs as livestock for breeding and profit are not typically concerned with proper nutrition. Do not skimp on food. Feed your adoptee a high-quality diet recommended by your vet.

5. In the first two months, limit walks in areas where there are not lots of people, other dogs, traffic, and noise. The key is to gradually desensitize the dog to all forms of stimuli which might provoke a startle response. By following this strategy consistently, after 10 months, our girl barely notices external stimuli other than extremely loud noises.

6. Dog parks are a no-no because the unpredictability of the behavior of other dogs risks a major setback in your adoptee's progress. If we encounter another dog out walking, we may, with permission from the other owner, allow a few minutes of butt sniffing if, and only if, our girl seeks it. If she shies away from the other dog, we move on.

7. The key to reducing anxiety in both humans and other mammals is what is known as "graduated exposure."

The operative word here being graduated, meaning that exposure to any new fearful situation or disturbing stimuli is done slowly and in small increments. For example, when I begin exposing her to previously upsetting external stimuli, such as car traffic or noises, I did so only briefly and from a safe distance. From there we would gradually "up the ante" each time we went out, with incrementally increased exposure. Now she does not even notice her surroundings unless it's a squirrel in her pathway!

8. Once your adoptee can tolerate novel situations without heightened anxiety, it is time to begin obedience training.

Starting too soon is likely to fail as her level of anxiety will make learning difficult, if not impossible. As a psychologist, I am a huge proponent of clicker training as it derives from classical learning theory. While there are many good resources on the Internet, if possible, I recommend hiring a trainer proficient in clicker training for guidance. I do not recommend an obedience class as it is likely to prove overly stimulating and anxiety-producing. Some years ago, with another traumatized rescue, I attempted an obedience class which resulted in the dog refusing to get out of the car. I learned my lesson.

9. Time is your friend when dealing with a traumatized adoptee. After 10 months, new girl shows significantly less separation anxiety, which is her only real remaining symptom. She is a wonderful dog!

Rescuing or adopting a dog with a background of neglect, abuse, or trauma is not for everyone. I do not recommend it for a family with young or highly active children. Cats are a no-no. If you currently have a dog or dogs, an extended "meet and greet" is essential as reactive aggression is common in traumatized dogs. Nor are they always welcomed in an established pack as they may exude negative energy. The last thing a traumatized dog needs is to be rehomed because they did not work out with their first family. If you don't have the time, patience, proper environment, or experience with dogs, I recommend that you do not adopt an abused or neglected dog with a known trauma history. The good news is that it is pure joy to see them recover, come out of their shell, and become a beloved and welcomed member of the family.

Good luck!

Contact the author:
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Golden Retriever Rescue of the Rockies
15350 W. 72nd Avenue
Arvada, CO 80007

Upcoming Events at Phoebe's Place:

- **Senior Play Day - Sunday, Aug 21**
- **Rescue Reunion Picnic - Saturday, Sept 17**
- **Halloween Party - Sunday, Oct 23**

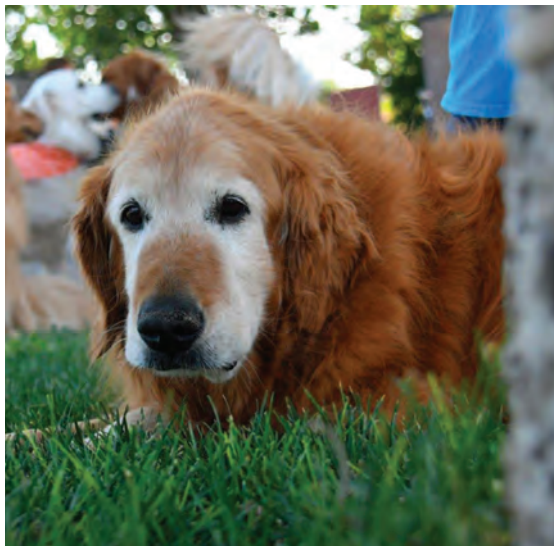
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“A Golden Retriever Can Change Your Life!”[®]

OUR MISSION STATEMENT:

Golden Retriever Rescue of the Rockies is dedicated to rescue, placement and public awareness, to ensure that Golden Retrievers are adopted by people who are able to provide a safe, loving home.

Applications to adopt a Golden are available on our website www.goldenrescue.com

Please accept my Membership in GRRR (includes quarterly newsletter plus free attendance at all events and reunions)

I would like to receive my newsletter:

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Please accept my additional tax deductible donation to help Goldens where needed most:

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Interested in volunteering? Go to www.goldenrescue.com to fill out the volunteer application. Thanks!

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