

# THE GUARDIAN

JUNE 2025 | ISSUE 127

BERNADETTE #4015



ARE YOU A *golden retriever* BELIEVER?



# THE GUARDIAN

JUNE 2025 | Issue 127

The Guardian is the official publication for Golden Rescue, a not-for-profit rescue and adoption service for Golden Retrievers.

**Editor:** Viive Tamm **Creative Director:** Betty James

The Guardian is the result of many people who have generously donated their time, expertise, design, and resources to its production.

If you have any comments or suggestions for the Guardian, please email [guardian@goldenrescue.ca](mailto:guardian@goldenrescue.ca). (Golden Rescue™ is a registered trademark of the Canadian Golden Retriever Adoption Service Inc.)

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## Golden Rescue Mission Statement

### SECOND CHANCES FOR GOLDENS IN NEED

Our mission is simple and straightforward because that's who we are and that's what we do. Our volunteer-run organization, led by a volunteer, working board of directors, is dedicated to ensuring that each and every rescued Golden receives exceptional care, regardless of the extent of their needs. We provide veterinary care, rehabilitation, behaviour training, and numerous other services to help our Golden Retrievers prepare for their second chance with a loving forever family. We also help educate people about the virtues of rescue as rescue is our favourite breed.

At the root of everything we do are our core values ~ integrity, kindness, compassion ~ all delivered without judgment. These are our guiding principles that drive our purpose and sustain our ability to continually wrap our arms around Golden Retrievers who so desperately need our help.



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## On The Cover

**Bernadette #4015** ~ We call Bernadette, Maizy. Her mother, Findley, came from Egypt pregnant and had nine pups. We were fortunate to get one of the nine. Maizy is a perfect companion and we spend a lot of time together on our island where she gets to run free to chase squirrels and whatever else. She loves everything and everybody, including our cat. She is fit, healthy, and has a beautiful silky coat that doesn't really care for being brushed, but she grudgingly accepts it. While swimming isn't her favourite activity, she has gone for a swim on occasion to cool down after playing. She loves to fish, either on the boat or the ice, waiting for someone to reel one in, watching attentively as it comes to the surface. Maizy is my fourth Golden and, like her predecessors, they have all been wonderful with different personalities but great attitudes. Golden Retrievers, in my opinion, are the best of any dog breed for families as they have such love in their hearts. **Bernie**



## Past, Present & Future: **HAPPY READING!**

Read past issues and stories any time! All the Guardian issues since 2013 are on our website and we will continue to add each issue from now on. So, if you'd like to read past issues, please click [HERE](#).



# LOUISE PENNY to the RESCUE...



## to talk about other ways YOU CAN HELP GOLDEN RESCUE

Golden Rescue is dedicated to a single purpose ~ to responsibly rescue, heal, and rehome Golden Retrievers in need; however, behind the scenes, there is a tremendous amount of work to make this mission a success. Shop at our Golden Rescue Store, donate prizes for our online auction or picnic raffle, participate at events, and help with our Wishbone Lottery...to name a few. [HERE](#) is Louise to tell you about the many other ways you can help or get involved. **We can't do it alone...we need YOUR help!**



## MEET & GREET

### Colby #2374



Colby is still with us and living his best life. We have just celebrated his 13th birthday. Like us, Colby is getting a little stiff in the joints but he still loves his walks. Sometimes he just tells us 'that's far enough for today guys', especially with the snow we had this winter. He had an ACL tear three years ago that needed two surgeries so that was not a great summer for him; however, he recovered and was back to his normal, active self in no time. He is looking forward to this swim season, which is close though he has to make it through the mud season first. Colby is still working with the St. John's Therapy dog program and has gotten his sister Luna (now 9) into it as well. As a gentle soul, he is great with kids' programs and his favourite activities are the library reading program, school visits for the little children and special needs kids, and stress buster programs at high schools. He just laps up the attention. We feel privileged to have Colby in our lives. He remains one of the sweetest dogs we have ever had. We are grateful Golden Rescue sent Colby to us.

**Andrea & Daryl**





# SAY CHEESE!

## PHOTOS NEEDED

There's no time like the present to start asking for photos of your rescued Golden. We need great photos of your photogenic Golden in different seasons or celebrating various holidays for our calendar, newsletter, and website.

Print has very specific requirements so to increase your chances to be a calendar contender, your photo must be an original (high resolution/large format and no screen captures, scans or 'photos of photos'). Please don't make the photos smaller by saving smaller/compressing them (especially in email). For calendar months, landscape formats are preferred.

Please save your photos with your Golden's rescue name and number and send them to: [photos@goldenrescue.ca](mailto:photos@goldenrescue.ca)

## ADOPTION ALERT

# ONE'S A DELIGHT...ONE'S A DOLL!

## WISH #4931 & MILO #4932

There's nothing worse than that feeling of not being wanted. I'm Wish and I'm an 11-year-old female and this is my 6-year-old brother Milo. We are what you call a 'bonded pair' because we have lived together since Milo was a pup so if you have space for both of us, we would be ever so grateful.

Read more about us [HERE](#).

Please consider giving Wish & Milo the family they are yearning for by filling out an adoption application [HERE](#) – or if you have already applied, please email [adoption@goldenrescue.ca](mailto:adoption@goldenrescue.ca) to let us know you're interested.

BLOOD makes you related!

LOVE makes you family!



# WISHBONE LOTTERY

## OUR GOLDENS NEED YOUR HELP!

Yahoo...it's Wishbone Lottery time! You remember... where the first prize is Dinner for Two ANYWHERE in the World. Well, it's actually a \$30,000 travel voucher but that should be able to get you pretty much anywhere you want...other than outer space but that doesn't appeal to me one little bit.

It's Golden Rescue's biggest fundraiser and so important to the goal of not leaving any Golden in need behind. We need YOU to step up to help sell tickets to your friends and family. Please, please, please...will you help us sell a book or three. Every penny raised goes to help a Golden. Please email [board@goldenrescue.ca](mailto:board@goldenrescue.ca) to let us know you'll help.

I've already bought my tickets. If I win, I'm going to Italy for that spaghetti dinner just like in The Lady and The Tramp....mmmmm delizioso!!!



MILO #3864



## MEET &amp; GREET

**Robbie #4782**

It's hard to believe that six months have passed since I found my new family, Ian and Nora. I was 58 pounds when I arrived ~ I am now 70 pounds. I was a reddish-brown colour...now I am as light as sand. I had no stockings on my legs nor plumage in my tail. Now I have both. I had never been exercised. Now I go on two or three long walks every day. I have completed my indoor and outdoor training and dad tells me (ad nauseam, I'm afraid) that I am the "best boy ever". He might be right (ha-ha). I never saw water before, except in a bowl, and now I have gone swimming in both Lake Erie and Lake Huron. I am now spending more at the cottage and I love it there too. Thank you, Golden Rescue. I am a very contented boy. In fact, the only ones I know who might be even happier are Ian and Norah.

# UPCOMING EVENTS

TELL YOUR FRIENDS,  
MARK YOUR  
CALENDARS, AND  
HOPE TO  
SEE YOU SOON!

## Help us spread the GOLDEN word!

We need YOU ~ volunteers and visitors! If you are interested in volunteering with your Golden for a few hours, send an email to our events team at [events@goldenrescue.ca](mailto:events@goldenrescue.ca). Indicate which event you would like to help with and the hours you are available.

**Sat, Jun 21st**  
**Wag-tastic Day**  
**WinchesterGlen**  
**Retirement**  
**Community –**  
**Oshawa (ON)**  
10 am – 3 pm

**Sat, Jun 21st**  
**Guelph**  
**Farmers Market**  
**Guelph (ON)**  
8 am – 1 pm

**Sat, Jul 26th**  
**Muskoka Market**  
**Summer Edition**  
**Huntsville (ON)**  
10 am – 5 pm

**Sat, Aug 16th**  
**Pawlooza**  
**London (ON)**  
9:30 am – 5 pm

**Sat, Sep 6th**  
**Ottawa Farmers**  
**Market Westboro**  
**Ottawa (ON)**  
9 am – 3 pm

**Sat, Sep 20th**  
**Annual Golden**  
**Rescue Picnic**  
**Woodview (ON)**  
(near Peterborough)  
10 am – 5 pm

**Sat, Sep 27th**  
**Canadian Tire**  
**Tag Day**  
**Sudbury (ON)**  
11 am – 5 pm

**Sun, Oct 5th**  
**Bark-toberfest**  
**Pinery Market**  
**Grand Bend (ON)**  
9 am – 4 pm

**Sun, Oct 19th**  
**Ottawa Farmers'**  
**Market Barrhaven**  
**Ottawa (ON)**  
10 am – 2 pm



LEVI  
#3232

## AGM + Q&A ~ Thu, Jun 19th ~ 7 pm EST

This year, Golden Rescue's AGM will be accessible to everyone via Zoom. At the conclusion of the AGM, we invite you to participate in a Q&A, where you will be able to ask our board members questions.

IF YOU WOULD LIKE TO ATTEND, PLEASE [CLICK ON THIS LINK](#).

Meeting ID: 850 0765 2275

Passcode: 124591

LOOKING FORWARD TO SEEING YOU. THANK YOU!

## GOLDEN MOMENTS©



"Actually, I'm good to go on my own,  
but thanks."



## MEET & GREET

### Gracie #1494

Gracie is awesome. At 14.5 years old, she is living the dream. Gracie is our heart dog. She has and continues to fill our life with such joy. At around 3 years of age, Gracie, our phenomenal girl, started doing agility. With lessons and much practice, she eventually became a regional champ in her height class. She trialed in both the U.S. and Canada. Along with agility and due to her incredible personality (empathetic, caring, kind, and sensitive), we undertook the necessary training and successfully volunteered with St. John Ambulance Therapy Dog Program for around 8 years. She also passed her training to work with children and the vulnerable. We spent years volunteering in hospitals, school reading programs, nursing homes, etc. We also volunteered at the Para-Olympics. One of our greatest achievements has been volunteering with York Region Victim Services at the Newmarket courthouse. Gracie has spent countless hours supporting those most vulnerable. Her support has been immense and immeasurable. So, you ask, how is Gracie? She is one of a kind...the love of our family. We are deeply grateful to Golden Rescue for blessing us with Gracie, our truly special 'Golden rescue'.

Marcia & Rick



# GOLDEN ANGEL

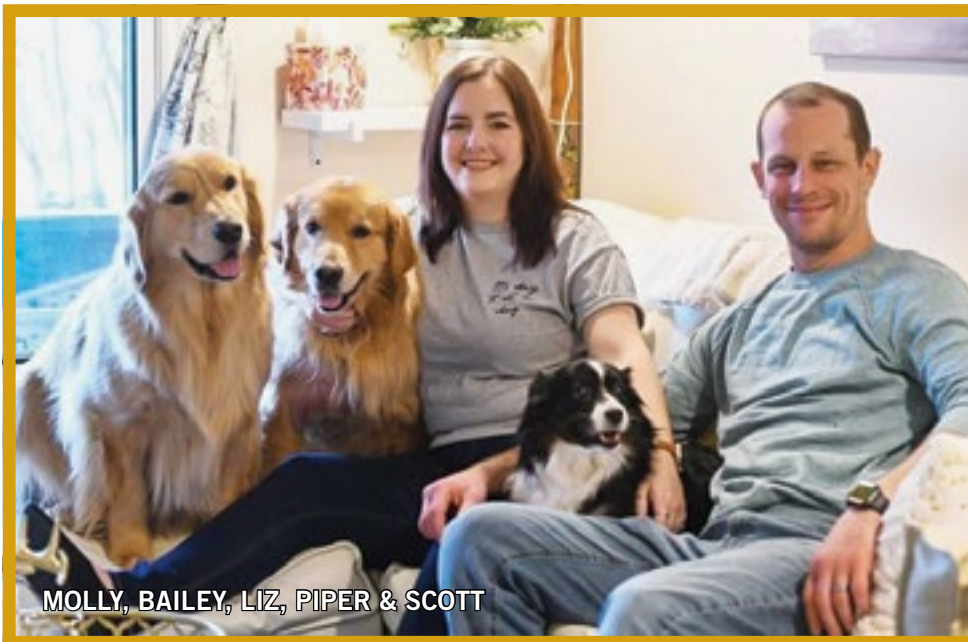


Shadow #1342

Meet outstanding volunteers ~ golden angels with golden hearts!

## Liz Wood

Liz has been a dog lover all of her life. She is pictured here with her husband, Scott, and Golden retrievers, Molly and Bailey and her Mini-Aussie, Piper. Liz has always been a rescue advocate but in 2021 while treating Bailey for a very rare condition (lymphangioma), she realized how many people have challenges looking after their beloved pets and wanted to get involved with rescue in a more meaningful way. That is when she discovered Golden Rescue and she has been a strong supporter, monthly donor, and valuable volunteer ever since. Liz suffers from agoraphobia so it was difficult for her to help in many ways like transports or events so she found a way to help from home. The perfect position in placements came available and she has become a superstar in this very important role. Although Liz has a very demanding job in the financial services



MOLLY, BAILEY, LIZ, PIPER &amp; SCOTT

and investment industry, Liz says that her work with Golden Rescue is the most fulfilling. No matter how hard her day was or what challenges came up, knowing she's a part of an organization full of selfless individuals working tirelessly to give innocent Golden retrievers a second chance really feeds her soul. Thank you, Liz, for your inspiring positive attitude and passion ~ we and our Golden retrievers are so grateful to have you in our corner.

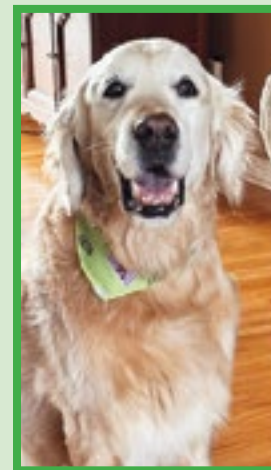
We believe that Rocky has made **GOLDEN RESCUE HISTORY** as our oldest Golden to be adopted. Sweet Rocky was adopted just a short while ago at 16 years of age. We want to thank his new mom for graciously and happily adopting him!

## MEET & GREET

### Rocky #4926

Rocky is a sweet old gentleman who is very easy to live with. The only time he barks is to greet me when I come home. He loves his stuffy...a little lamb. He is quite put out when I put it in the wash and he mopes about until the wash is finished. He then takes it up to his bed and puts his chin on it to sleep as all is right with his world again. I have yet to find a food he doesn't like from carrots to cauliflower, strawberries to watermelon, and his treat for being a good boy at the vet is a MacDonald's hamburger. If he has pills to take, I just put them in his food bowl and they vanish. He loves everyone young and old, human and dog. He also loves schmoozing all the techs at our vet's and they love him. He is a joy to share my life with.

**Carol**





Redd has a fascinating story...one of challenges but ultimately success. We were on a hiking trip in the UK when we received an email from Golden Rescue about the impending ban asking us if we'd like to adopt a Turkish Golden ahead of the ban. Redd touched down in Canada one day before we did. He spent the night with a foster and we picked him up the next day. Redd had both femur heads surgically removed before his arrival in Canada. He was emaciated, weak, and sporting two scars. And so began his physical recovery. He started a weekly regime of hydrotherapy, physiotherapy, and rehab. John had recently retired and quickly became Redd's primary person. Redd was reticent and fearful of everything from birds to garbage cans. He blossomed inside and quickly became the 'apple of our eye'. John began using Redd's profile picture on all his social media and they became inseparable. Over the next year, Redd gained strength and functionality and expanded his horizons. He made a few doggie friends and some of his fears of birds and inanimate objects lessened. Although he attended and progressed through obedience classes, his aversion to other dogs outside increased. His reactivity became hard to manage and we sustained redirection bites. We sought professional help but managing Redd on leash was very challenging. Around this time, John began exhibiting strange medical symptoms and managing Redd became too much for him as he progressively lost strength in his hands and legs. Sadly, John

was diagnosed with Bulbar ALS. Then Jane became Redd's primary person. His reactivity resulted in several falls which took some time to heal. John's diagnosis and rapid physical decline, our changed lifestyle, and Redd's limited success with trainers, prompted a chorus of concerned people telling us to surrender Redd back to Golden Rescue. John was resolute that Redd would improve and stopped any further chatter about his departure. We found a new trainer with experience and gravitas who instilled us with renewed hope. She reminded us that we get the dogs we need, not the dogs we want. She encouraged me to stop reminiscing about our previous 'easy' dogs and to focus on Redd. When we did that, we realized that we had received the dog we needed. Jane's 3-hour daily walks/training sessions with Redd was the respite that was needed. When we walked, I had to be very present and only focus on him and his reaction to the outside world. It allowed me to forget about life's other challenges. Redd has improved significantly and I've become part of a reactive fog walking group and he's becoming more confident and comfortable on leash in the presence of other dogs. Redd had been a constant for us through two years of personal change and challenges. He loves all John's caregivers and visitors. Redd is indeed the dog we needed. We are very grateful to Golden Rescue for giving us the opportunity to offer him a forever family.

**Jane & John**

WE GET THE DOG WE NEED,  
NOT THE ONE WE WANT.

MEET & GREET

Redd #4301



## BEHIND-THE-SCENES AT GOLDEN RESCUE

# FOSTER ONBOARDING

Although, from the outside, it may seem like rescued Golden Retrievers smoothly move from the intake process to a foster family; however, there is a wonderful team of volunteers in between these steps who work hard to ensure that only the best foster families are onboarded. You may have seen our calls for more foster families, and just as a Golden is taken through an onboarding process, so are the foster families who answer our call.

What happens when an interested family completes the online foster application? The Foster Onboarding Team Lead receives the application and delegates it to one of Golden Rescue's fabulous volunteers. The volunteer immediately gets to work connecting with the applicant to email them the comprehensive Foster Guide that contains just about everything you could ever want to know about fostering a Golden. The volunteer will arrange a call with the applicant to interview them and answer any questions they may have. Ideally, if there is more than one individual in the home, all will attend this call to ensure everyone is on the same page. The volunteer will also follow up with the applicant's references. All of this can happen within the span of just a few days!

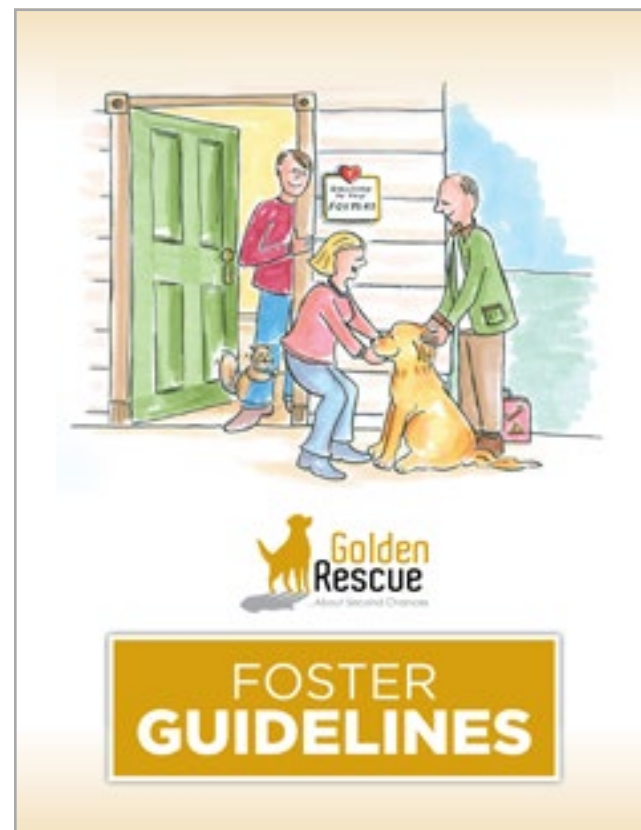
The next step is for the foster onboarding volunteer to contact the home visit team and they will arrange to have a volunteer visit the applicant's home to meet the potential future foster family to ensure it is a safe and good environment for a Golden (more on that wonderful team in a future issue). Once the home visit team

has confirmed that all is well, they will send a report to the foster onboarding volunteer who will then send the approved foster family our foster agreement and addendum with the twelve rules for becoming a Golden Rescue foster family.

One of the most important rules for future foster families is that they must agree to foster a minimum of three Golden Retrievers before they can be considered to adopt a foster in their care (you may recall from our April issue that being a 'foster fail' is not unusual). You may think it sounds easy to do, but there is a reason for this rule ~ once you see that sweet Golden face, your resolve may crumble! It's important to carefully consider this requirement before taking on the fostering role as the most difficult part of fostering is letting them go.

Once the foster agreement and addendum are signed, the foster onboarding team passes the baton to the foster mentor team (we will talk about foster mentors in the next issue of The Guardian) and they will reach out to the new foster family to begin their official journey of Golden care.

The key traits of a foster onboarding volunteer are being organized and remaining open-minded. The most difficult aspect of the role can be the wait...it is an extensive process for vetting a potential foster family and it can take people a while to consider all of the information and reach a decision. Though that can be frustrating, it is worth the wait as we only want Golden Retrievers



going to safe, loving fosters on their way to a forever family and this process ensures the right families are chosen. And the system works. When asked why volunteers have continued in this role for many years, they say that they love the organization, communication, and thoroughness of Golden Rescue's systems and it gives them confidence that they are truly helping Golden Retrievers in need.

Our wonderful foster onboarding volunteers love this role because the end result is knowing that they contributed to a Golden's journey to love, safety, and comfort.





SAVE THE DATE!



# Golden Rescue Picnic

## SATURDAY SEPTEMBER 20th

### 10am – 4:30pm

**Please join us, 2 and 4 legged, for another fun-filled Great Canadian Golden Rescue Picnic!**  
**There will be lots of activities ~ games, raffle, hikes, BBQ...and much more!!**

Can't wait to see our furry friends again and meet new ones!

Please RSVP ~ 2 and-4 legged at [picnic@goldenrescue.ca](mailto:picnic@goldenrescue.ca)

Cost is \$15 per person/\$30 per family

**We need volunteers to help make this day a success.**  
**If you would like to volunteer at the picnic,**  
**please email [volunteer@goldenrescue.ca](mailto:volunteer@goldenrescue.ca)**  
**(please put 'picnic' in the subject line.**

We would like to thank our gracious host and sponsors for helping to make this fabulous event possible.





**Dear Goldie:** I wonder how many Goldens do the BTR (bum tuck run). Some do it, some don't. One minute it's an average day, then all of a sudden 'I Feel the Need for Speed'. You know, from the movie Top Dog. Without warning, I suddenly jump up and do the BTR. Sometimes I do it outside, but it's best inside when I zoom around the room, motoring at full throttle in a tight circle with bum tucked in, fast dodging chairs, people, and anything in my way. Gales of laughter erupt or shouts of "look out, here he comes!". What Golden doesn't like to be smack-dog in the middle of the action? Not even sure what triggers the BTR. Do you know Goldie? Tucker

**Dear Tucker:** Your sudden bursts of energy to run at high speed through the house are actually called 'zoomies'. This behaviour is a normal form of play to burn off pent-up energy or to release excess excitement.

**Dear Goldie:** Roses have thorns. Although I have eyes that melt your heart and a sweet expressive face, my thorns are my windy puffs. Every night, when I eat dinner with

mom and dad, I gobble up my meal in record time. Then I go into sitting mode beside the table while occasional windy puffs sneak out the back door, with mom and dad fanning their noses in unison. To make matters worse, I even vocalize sometimes with a little squeak. Later, when we watch TV, I'm sometimes awakened by my windy puffs and deny that it could even be me while going into a contortion to get up close and personal for rear-end inspection. Then I swing back around with a genuinely end-bareassed look of disbelief. "Was that really me?" When guests come for dinner, I lay under the table. Problem is that I can clear a room in minutes. What's happening here? Windafrid

**Dear Windafrid:** You've given me a clue. Being a speed-eater can cause you to swallow excess air. Try these possible solutions and if they don't work, visit your veterinarian. Split up your normal food amount into two meals and try using a slow-feed dog dish. A daily scoop of probiotics added to your food might also help reduce gas by promoting a healthy balance of gut bacteria.

**Dear Goldie:** I've always had a passion for eating tissues, paper towels, and even do-do paper (unused of course). When we go for a walk, I'm always on the look-out for that magic white stuff. Tissues are so much fun to shred or swallow quickly when dad isn't looking. Why do I do this? Koleena

**Dear Koleena:** This may seem rewarding due to a prey or hunting drive, or maybe you started eating tissues as a pup, out of boredom, hunger

or anxiety. You may also be doing this to gain your owner's attention. A single tissue is unlikely to cause harm; however, if ingested in large quantities or frequently, vomiting or loss of appetite could signal a possible blockage. I'm sure your owner will keep tissues well out of reach and redirect you when spotting discarded ones on your walks. Try to restrain yourself. Surgery to get the stuff out is no fun.

**Dear Goldie:** Can we be serious for a moment? My name is Teddy and I'm a seasoned, well-adjusted rescue. Now, I'd like you to step back in time with me to better understand what my thoughts were as that frightened Golden awaiting a second chance. Here goes: Don't expect too much from me when I arrive. I'll need time and the benefit of the doubt. You will learn new things about me. I may carry a hidden secret, issue or fear, but please don't give up on me. If I make a mistake, correct me, don't scare me. Be patient even if it means altering your house rules for a short time. I desperately want to be a part of your life. I'm trying hard to fit in, learn new things, trust you, and earn your love. Here's my question Goldie ~ did I leave anything out? Teddy

**Dear Teddy:** Yes, you did. Your biggest hurdle when you reached your forever family was that you would not pee or poo in the backyard. You would only do your jobs on a walk. This continued until your owner had an ankle injury and briefly could not walk you. After one long day, you finally pee-ed big time in the yard while your mom watched and praised you from the back door. From that day on, all was good!



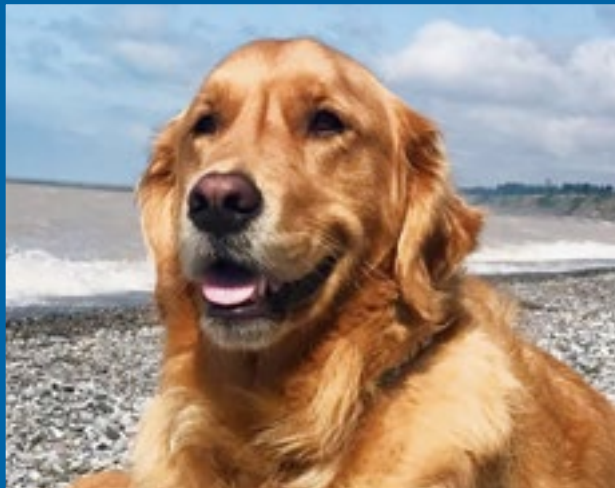
## MEET &amp; GREET

**Sully #3621**

Sully is doing wonderfully well! He arrived in June of 2021. During the first eight weeks, we had a few minor challenges ~ medical and behavioural; however, he became our very special boy. He has volunteered with GR market days in Huntsville, visits my mom at the long-term care home, is great at helping with recycling, and is loved by our fur grand-dogs. He has even accepted our grand-cat who has moved in with us while our daughter has moved to attend medical school.

**Kim**

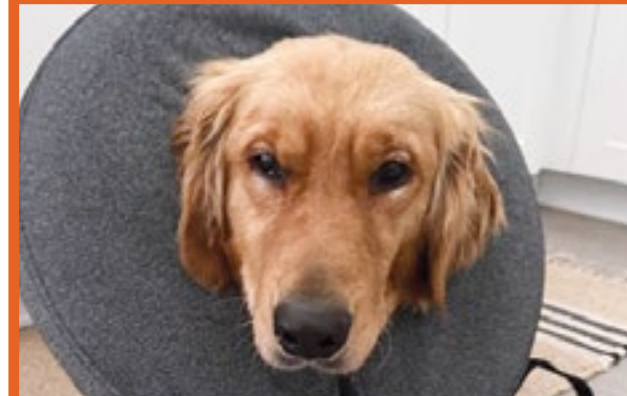
## MEET &amp; GREET

**Bea #3284**

Bea is amazing ~ she is my once in a lifetime girl. I work in veterinary health and therefore see dogs all day, every day. She is nothing short of exceptional... calm, intelligent, and affectionate ~ a true Golden! She has atopy (allergies) but it is well controlled with her prescription anti-itch medication, shampoos, and omegas. Otherwise, she is a very active and fit girl. She goes to soft daycare twice weekly and is often used as a 'trainer' for new dogs or puppies because she has such a lovely temperament. Everyone loves Bea. Her favourite place to be is the beach, which is 10 minutes from our home!

**Angela**

## MEET &amp; GREET

**Hamlet #4920**

This is Hamlet. He hasn't had the easiest of starts to his new life but he is a champion of resiliency. He is so kind and sweet and has bonded with us very quickly. He loves to be by our side and is more than curious about everything going on around him. He hasn't quite figured out that he doesn't need to be scared of his reflection. Watching him howl at himself is pretty funny. He has made a few dog friends at the park and loves to go on a sniffari. He is very comfortable and wakes up every day with his tail wagging excited to start the day. He LOVES food and water. Hamlet has been a great addition to our family and has fit in so well, as if he has been here forever...and we hope he always will be.

**Jennifer & Ryan**

# SHOP GOLDEN!

Come and visit our store here ~ great gifts for someone special or treat yourself! We have so many great products ~ and many can be personalized with a picture of your Golden.

## NEW IN THE STORE! BOTTLE OPENERS



Add a touch of elegance to your bar with our magnetic bottle openers. Made by an artisan in Kelowna, BC, these bottle openers come in **TWO STYLES.**

## BACK IN STOCK! LEGGINGS



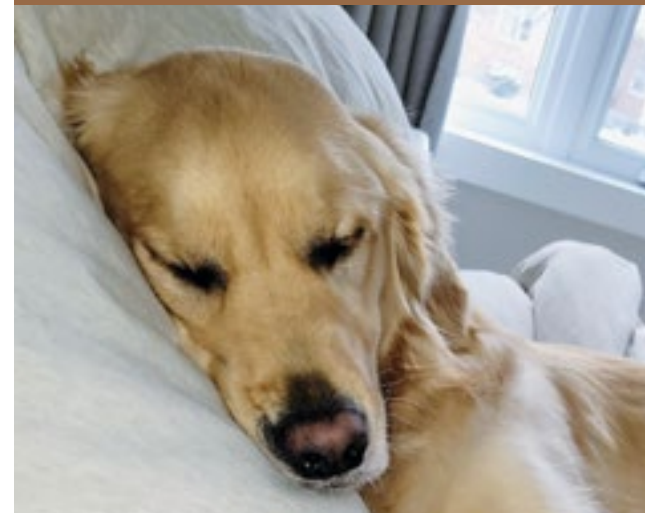
## FEATURED: BEER MUGS



Why not pair your bottle opener with Golden Rescue beer mugs.

**GET \$20 OFF WHEN YOU BUY FOUR.**

## MEET & GREET



## Emmy #4522

Emmy is now 1.5 years old and has been a dream. Emmy is best described as having complete 'joie de vivre'. She loves and is fascinated by everything ~ birds, leaves, people, dogs...life in general. Emmy is a perfect combination of laid-back and up-for-anything. She proudly presents us with her toys at every opportunity and is very vocal in her attempts to communicate with us. We swear she will actually start speaking one day. She's a happy, healthy, and affectionate girl and we are so grateful to have her in our lives.

**Adrienne**

Click [HERE](#) OR scan our QR code to shop the GRRR8 Store!



**HAPPY SHOPPING  
& THANK YOU  
FOR YOUR SUPPORT!**



# Balance For Success!



By Peter Brown

Balance is key to a happy, healthy, and well-adjusted canine companion and it means ensuring our dogs have neither too much nor too little of essential activities. It keeps them mentally and physically at their healthiest, preventing depression and anxiety. Our dogs are living, breathing, thinking, and feeling creatures and, as such, it is important to provide them with all kinds of positive stimulation in an environment that will help support and encourage their personal growth and success. This means creating a balanced scale in their life between vital areas that support this development including play, work, and rest. Often behavioural problems such as barking or digging indicate an imbalance in these areas which tells us that there's something missing. All are critical and should not exist without the other. Love and consistency are crucial in maintaining this balance in all activities and should be a critical part of everything you do.

Maintaining a balanced lifestyle for your dog involves a healthy mix of several factors, including exercise, mental stimulation, routine, and schedule ~ all underscored by a foundation of love and respect.

The simplest way to ensure your dog has a balanced routine is by establishing and maintaining a consistent daily schedule. Dogs do not recognize weekends or holidays and any deviation from their routine can cause them stress.

It is important to tailor your routine to fit both your and your dog's specific needs. Different dogs require varying amounts of each element in

the balance of play, work, and rest. As dogs age, the balance will gradually shift from less work towards more play and rest.

To determine the appropriate balance, consider what your dog was bred for.

**For instance, a Golden will likely enjoy activities involving water and objects to fetch.**

Teaching such behaviours can be an excellent means of providing exercise and engagement. Many breeds, including Golden Retrievers, thrive on pleasing their owners and are eager to learn new skills and behaviours that contribute positively to their development.

The routine I recommend includes periods of play, work, and rest. Playtime typically involves bathroom breaks and lasts for about 20-30 minutes. This period should include plenty of active and enjoyable play, allowing your dog to engage in natural behaviours such as running.

Work sessions should be short and focused and involve engaging your dog's brain through positive interaction and training exercises. These sessions should begin with affection, as it serves as both a reward and an indicator of what is to come. Training activities may include commands like sit, stay, walk on a loose leash, fetch, and focus. Many dogs thrive on using their minds in this way and love to learn and practice new skills. And if it means they get a huge helping of love and praise for being such a good dog for completing the task, then all the better in their mind!



Finally, rest is a crucial component of a balanced lifestyle. If your dog does not rest adequately after both play and work sessions, it indicates insufficient physical and mental exertion. Adjust the amount of play and work accordingly, ensuring that activities remain short, positive, and grounded in love. A tired dog is a happy dog, and rest allows them to reflect on their experiences, leading to the development of a

*continued on page 13...*

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happy, healthy, and well-behaved companion. This approach fosters a deep and enduring bond between you and your dog, lasting throughout your lives.

It's important to keep in mind that as we strive to give the best of a balanced life to our pups, there are often challenges we face along the way. We are busy humans with busy lives in a busy world and with schedules that are constantly changing. Whether it be work, kids or friends, something always seems to interfere with our dog's need for exercise and play. Activities like throwing a ball, running, walking, hiking or chasing a stick are essential to prevent behavioural issues. And like kids on a rainy day, if you don't have the time to exercise and play with them, you will pay with their (mis)behaviour in the end. So, once the dog has had their exercise and playtime and is sufficiently tired then I move on to work their brain's a bit. I focus on short training sessions lasting 2-5 minutes several times a day, which can be easily fit into even the busiest days. On days of transition, a quick training session and some play before a trip ensures a more pleasant journey with a tired and content dog.

All of these activities, when conducted on a regular schedule that fits the needs of everyone in your family, both humans and canine, and layered with a large helping of love, will go a long way towards creating a happy and healthy dog and fostering that deep and lasting bond between you and your furry friend.

**Peter Brown, Owner  
and Professional  
Dog Trainer at  
Alpha Paws**

[www.alphapaws.com](http://www.alphapaws.com)



SHADOW #1342



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## MEET &amp; GREET

## Bella #4063



Bella is an amazingly lovely and smart girl. Everyone who sees her, wants to meet her and it is often noted that she looks so lovely and friendly, which she is. She is super mellow and friendly with other dogs and loves nothing better than to play tag with other pooches. Her nose is very strong and I plan to begin teaching her nose work so she can do more of what comes naturally to her. We have our morning run and an afternoon walk as well as hiking on weekends. When she first arrived, she hated water (and men) but now we can't keep her out of every river or lake that we encounter; however, she is not

a swimmer...just a plop in the water to chill girl. She is still somewhat cautious with new men but warms to them quickly when we indicate they are not a threat. There is not an aggressive bone in her body although the occasional baby bunny or bird finds its way into her mouth but upon a 'drop it' command, she does and they are left unharmed. She uses play and avoidance to manage more outgoing or aggressive dogs. She has added so much to our family and brought so much joy to our lives.

Lynne



## Commemorate a Date!

Buy a commemorative date in the 2026 Calendar for your loved ones and support Golden Retrievers in need at the same time!

- Happy Birthday Shadow #1342
- In memory of Bailey #1212
- Happy Gotcha Day Kili #4171

Please email the date, message, and photo to [board@goldenrescue.ca](mailto:board@goldenrescue.ca) and send your e-transfer to [treasurer@goldenrescue.ca](mailto:treasurer@goldenrescue.ca).

**Cost:** \$20 per date or \$50 if you'd like a small photo in the same month (limited spaces available so first-come...)

### DEADLINE: JULY 15TH

(commemorative dates and photo submissions)

*To ensure we produce a high-quality calendar, the feature month photos are not for sale; however, you are welcome to submit high-resolution photos to [photos@goldenrescue.ca](mailto:photos@goldenrescue.ca) for consideration. Also, when you purchase a commemorative date, it does not include purchase of the actual calendars. The calendars will go on sale in September in the general store and at the picnic.*

# Welcome to the Golden Family 🐾 🐾 🐾 🐾

## **Bear #4921**

Adopted by Elizabeth

## **Bruno #4838**

Adopted by Anneke & Theo

## **Buddy #4925**

Adopted by Penny & Fred

## **Buster #4908**

Adopted by Jenn & John

## **Duke #4911**

Adopted by Jesse

## **Hamlet #4920**

Adopted by Jennifer Lynn & Ryan

## **Huxley #4897**

Adopted by April & Mike

## **Jake #4850**

Adopted by Barb & Bradley

## **Jasper #4854**

Adopted by Diane & Glenn

## **Layla #4899**

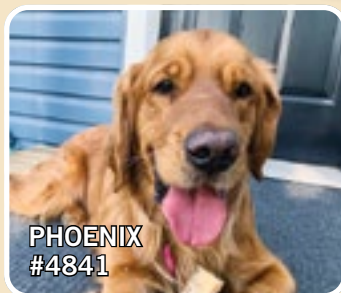
Adopted by Cindy

## **Louis #4906**

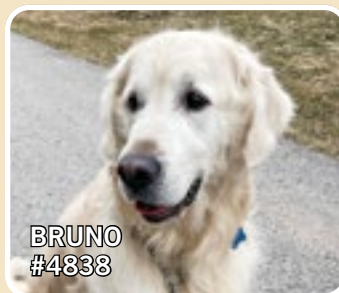
Adopted by Monica & Lewis

## **Mary #4858**

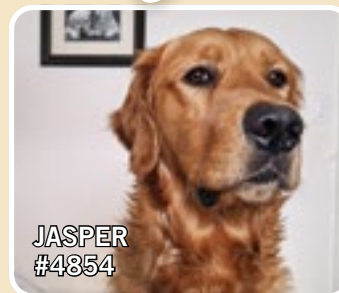
Adopted by Jane & Brian



PHOENIX  
#4841



BRUNO  
#4838



JASPER  
#4854



MOOSE  
#4895

## **Moose #4895**

Adopted by Tom

## **Morris #4909**

Adopted by Eva & Kevin

## **Odie #4938**

Adopted by Jillian & Greg

## **Oliver #4912**

Adopted by Palma & Joseph

## **Phoenix #4841**

Adopted by Ann & Randy

## **Sadie #4919**

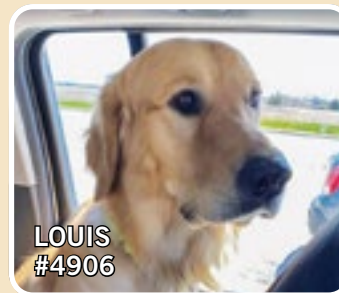
Adopted by Lisa & Pino

## **Stella #4935**

Adopted by Ginny & Sandro



HURLEY  
#4897



LOUIS  
#4906



BUSTER  
#4909



OLIVER  
#4912



BEAR  
#4921



ODIE  
#4938

*Congratulations to all the Golden Retrievers for Finding Forever Families ♥*



## MEET & GREET

### Willow #3352



I couldn't be happier or prouder of Willow for how far she came in a such a short amount of time. Willow touched down at Pearson from Cairo, Egypt, on a very cold day in January.

From the moment I laid eyes on her, I could tell she was terrified...but underneath that fear was a sweet little Golden girl just waiting to be loved. We had a 2.5-hour drive from the airport to home. I will never forget how stiff and unsure she was during the drive. She looked like a statue paralyzed with fear. I spoke to her softly, telling her she was safe and loved and was going to love the life that awaited her. I could tell she was listening. When we arrived home, it was clear she was petrified about entering the house. If it wasn't for the cold wind and -30 degree temperature, I would have sat outside with her until she was ready to come in but unfortunately, we didn't have that luxury. After about five very slow attempts to coax her inside, she crossed the threshold and immediately ran to the nearest couch with her tail tucked between her legs. It was heartbreaking. From that moment on, the love sofa became Willow's security blanket. If she could have dragged it around or carried it in her mouth, she would have. Willow was your classic 3-3-3 rule girl. Those first three days were all about decompressing, observing her surroundings, getting used to new smells and sounds, and feeling safe. She panted non-stop and barely left the love sofa. It was clear she needed to take things slowly so that's what we did. By the third week, Willow started to understand the daily routine and was trusting her environment. She was still very skittish and many things spooked her, but she was learning to trust and slowly her goofy personality started to make an appearance. You could tell she was testing boundaries. Every time she attempted to interact with a toy or did zoomies, she would stop to see my reaction. It was her way of saying,

do you approve of this, is this okay, will I get in trouble for being happy and goofy? Slowly but surely, the garbage cans on the curb stopped spooking her, she started to play with her toys, and she started coming out of her shell. By month three, our sweet little girl had blossomed into a social butterfly and is now your classic happy, goofy Golden. She adores all humans and canines, big and small. She barks at squirrels if they run up a tree and at chipmunks hiding under a shed. She is now the talk of the town because of her larger-than-life personality. I'm known as Willow's mom which is music to my ears. Willow is our third International Golden from Golden Rescue. Without a doubt, the most rewarding part has been watching our Golden girls transform into their truest selves. Each of our International fur-babies have had their own traumas, unique quirks, and distinct personalities. For Willow, it became quite clear she didn't enjoy playing fetch, hiking or going on adventures. Willow's favourite things in life are cuddling on the couch (she knows the word cuddle), having playdates with her friends in the neighbourhood, and going on walks with the sole purpose of saying hello to everyone we meet. She is the happiest, goofiest, sweetest girl and we feel so incredibly lucky to be her family. She takes care of us, gives us endless reasons to laugh, brings us oodles of joy, and showers us with unconditional love each and every day. We don't know what we did to deserve Willow but we are so grateful she flew all the way from Cairo to join our family. Thank you, Golden Rescue, for all that you do!

**Catherine**

LOOK BACK AND BE  
*grateful*

LOOK AHEAD AND BE  
*hopeful*

LOOK AROUND AND BE  
*helpful*

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