THE GUARDIAN

NOVEMBER 2026 | ISSUE 144

OWEN #4279



ARE YOU A *golden retriever* BELIEVER?

Golden Rescue
...About Second Chances

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THE GUARDIAN

NOVEMBER 2026 | ISSUE 144

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

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

If you have any comments or suggestions for the Guardian, please email **board@goldenrescue.ca**.

All the Guardian issues since 2013 are on our website. If you'd like to read past issues, please click HERE.

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GOLDEN RESCUE MISSION STATEMENT

SECOND CHANCES FOR GOLDENS IN NEED

Our comprehensively volunteer-run organization is dedicated to ensuring 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 Goldens prepare for their second chance with a loving forever family. We also help educate people about the virtues of rescue.

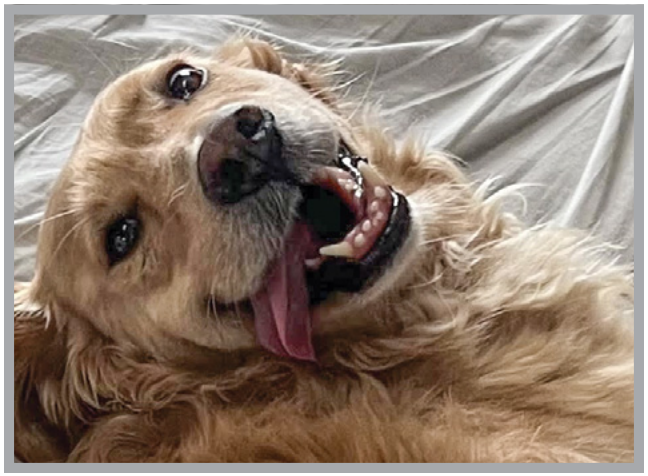
Our core values are our guiding principles ~ integrity, kindness, compassion ~ delivered without judgment.

Mailing address:
PO Box 31026, Barrie, ON L4N 0B3

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ON THE COVER

Owen #4279 ~ Owen is such an amazing boy. We call him a live stuffy because his most favourite thing to do is snuggle. He will melt right into you for hugs and will paw at you if you stop petting or cuddling him. Owen is always happy to nap with us or watch a movie on the couch. I don't think Owen has a limit to how much attention he can get and lucky for him, there is no shortage of people willing to indulge him. He loves going for car rides and his walks; however, he's such a low energy boy, he tires quickly and likes to lie wherever he is and observe what's going on around him. Owen is also very funny and manages to make everyone laugh and smile with his goofiness and cuteness. Everyone who meets Owen wants to take him home. One of our favourite things about him is when he says "wooowooo". This typically happens when something fun is about to happen like meals and going for a walk. He gets along great with our other rescue, Daisy ~ they make a great team and both have benefited from learning from each other. **Anick & Thomas**





DON'T MISS OUT ON GOLDEN NEWS!

We send out regular Adoption Alerts and eblasts for News & Events...

AND NOW, OUR FREE GUARDIAN!

To stay 'in-the-know' about Golden news

CLICK HERE TO JOIN OUR MAILING LIST

or sign up by going to our website *(click on 'Join our mailing list' on the top right-hand corner and follow the prompts).*

FOLLOW US ON SOCIAL MEDIA

'Like' us on Facebook and 'Follow' us on Threads, Instagram, and Pinterest to stay up-to-date on what's happening with Golden Rescue. Click on the icons here (or on our website) to stay connected!

Fat Is Not Fluffy

Are you killing your Golden with kindness?

We love our Goldens. We show that love with cuddles, comfort and, far too often, food. An extra treat here...a little table scrap there...a slightly generous scoop at dinner. It all adds up and those extra pounds are doing far more harm than we may realize.

Being overweight puts added strain on the heart, lungs, and joints. Goldens are already prone to hip and joint problems and every unnecessary pound makes moving more difficult and painful. It can also increase the risk of diabetes, arthritis, and other serious health problems.

So, let's be blunt: a fat Golden is not a healthy Golden.

You should be able to feel your Golden's ribs without pressing through a thick layer of fat and see a waist when looking down from above. If you lovingly refer to your Golden as 'Chunky Monkey', guess what? There may be a little too much monkey and considerably too much chunky.

The solution is usually simple: feed less and exercise more. Measure meals, count treats as food, and add another walk...or sniffari...to the daily routine. If the weight still isn't coming off, speak with your veterinarian and ask whether a medical issue, including an underactive thyroid, should be investigated. There are also lots of weight-control pet food options that you can discuss with your vet.

Food is not love. Helping your Golden live a longer, healthier life IS!!!



MEET & GREET SKYE #5181

On August 28th, an angel came into our lives and stayed. She hasn't been our girl for very long; however, she has truly brought joy into our lives. We are grateful for Golden Rescue for saving her and for allowing us to adopt her. She has the most wonderful personality ~ very sweet, very gentle...but with lots of determination when she wants something. When she thinks it's time for a walk, she stares and if it takes too long, she quietly vocalizes her feelings. Speaking of walks, right from the start, she would sit for the leash and walks very politely. Skye loves to play and can catch a ball, and like a lot of dogs, she wants us to join in the fun but is reluctant to hand the ball over. She is believed to be 6 or 7 years old; however, she sure hasn't lost that puppy energy. Skye loves car rides so we take her everywhere where dogs are allowed. She is the best companion anyone could ever wish for and we are happy that we decided to adopt once again.

Elizabeth & Paul

ASK Goldie

Dear Goldie: I have the same name as a famous person ~ you know, the one and only Simon Growl, who appears on AGT along with Howlie Mandel. Lots of dogs have been on that show and I always hope to see a Golden dancing or doing tricks. It's no secret that Goldens score 4th in the Top 20 Smartest Dog Breed ranking. Third place is the German Sheepherd, second place the Poopdle, and first place the Birdercoal, eh? Goldie, what are the chances of me learning to do cool stuff so I can appear on TV? Simon

Dear Simon: It's possible Simon! There was a Golden named Oscar who sang on the show in 2018. Goldens have many talents and strengths and they score very high on social intelligence. Their cooperative skills come to the forefront for training as guide dogs, search and rescue, cancer detection, and word comprehension. Goldens have scored an impressive understanding and recall for approximately 200 words.

Dear Goldie: You know the song "Bummy, bummy, bummy, I get food in my tummy..." Now, listen to this. Mom's friend came over last week for lunch with her Golden named Scraps. This was an eye opener for me. Scraps repeatedly went over and sat beside his owner, then stared up at her as she discretely gave him morsels of food. Mom laughed and said, "Oh, you're spoiled!" This continued throughout lunch. Later at dinner time, I decided to sit by mom, look cute, and stare up at her to get a treat, but for some reason it didn't work and mom just ignored me. What a bummer! Grace

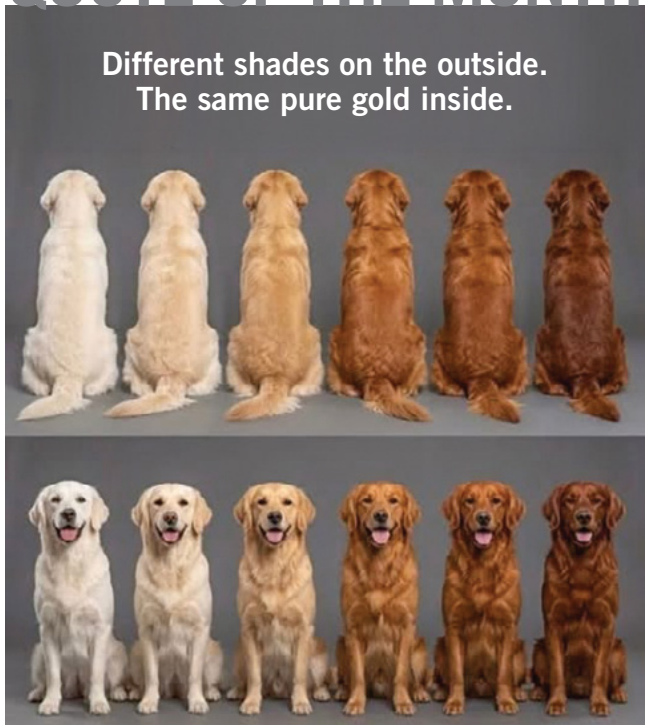
Dear Grace: Goldens who never bum food are stars. Bumming at the table is a learned behaviour reinforced by reward. Do it once or twice with success and bumming becomes a persistent habit. Also, keep in mind that many human foods are also high in fat and/or salt or have xylitol, which is toxic to dogs. Regular bumming is a trait immediately recognized by guests and may contribute to weight gain. I respect your mom's zero table food policy.

Dear Goldie: When I was first rescued, I used to cower and lie down the minute I saw an approaching dog on my dreaded walk to the park. I felt fear, anxiety, uncertainty, and submission so I would sink down and try to look small and non-threatening. This used to be me, but not anymore, thanks to my foster family. I couldn't be happier. "Risin' up, back at the park. Did my time, took my chances. Went the distance, now I'm back on my paws. Just a Golden with the will to survive. It's the eye of the Golden, it's the thrill of the walk..." Yes, that's the new confident me. Goldie, can you please share my success story. Sly

Dear Sly: When a pet parent has a Golden who cowers, they should increase distance and move further away to keep their Golden standing. Redirect their visual attention with a positive cue such as "look at me" followed by a high-value treat only given when other dogs are visible. Avoid forced greetings in the initial stages as a direct leash approach can heighten stress or fear. Slowly decrease the distance between other dogs over several training sessions and gradually begin to move closer only if your Golden stays upright, relaxed, and calm.

With love dear readers, Goldie XOX

QUOTE OF THE MONTH



MEET & GREET



WINNIE #4043

Winnie has been thriving and doing so well. We couldn't be luckier to have her as part of our family. She is a princess who loves her bed and has her own spot on the couch. We moved houses in July and she has claimed the spare bedroom to be her own with the entire bed to herself. She is oddly a winter lover even though she comes from Turkey...and she doesn't love the heat. She still is very cautious, especially around new things, but is always curious to learn more. Her love for other dogs can get a bit overwhelming on walks (she always wants to play) but she listens so well (especially if there are treats).

Catrina

MEET & GREET



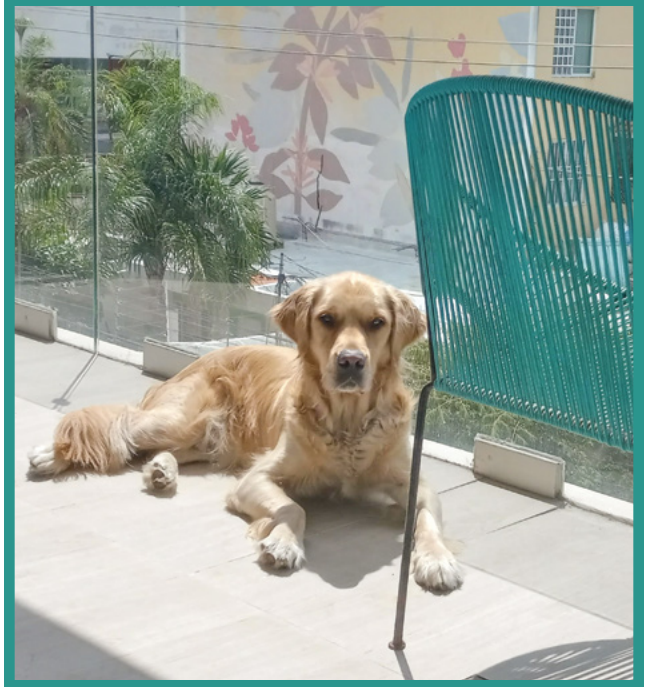
LANEY #5110

Laney is a delight! She is so quiet in the house and has made herself comfortable.

She is a great cuddler. She loves our walks and has been able to run on the field, which is part of our daily routine. She is greeting other dogs in the neighbourhood, especially the other Goldens and smaller dogs. Laney is great with every person she meets. I am so happy to have her in my life.

Chris

MEET & GREET



HUNTER #4485

Hunter is an absolute amazing boy and became a huge part of our family. I was diagnosed with sensorneural hearing loss so we have Hunter trained and certified to be a service dog. He was extremely easy to train and has also been registered to fly with us when we vacation at our condo in Mexico. He has become a local favourite with all the girls...he is such a playboy.

Michelle & Kyle

UPCOMING EVENTS

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

Sun, Nov 15th
Beaches Santa Claus Parade
Toronto (ON)
1 pm

Sat, Nov 21st
Amherstberg Santa Claus Parade
Amhertsberg (ON)
6 pm

Sat, Nov 21st
Bowmanville Santa Claus Parade
Bowmanville (ON)
10:30 am

Sat, Nov 21st
Orangeville Santa Claus Parade
Orangeville (ON)
5 pm

Fri, Nov 27th
Huntsville Santa Claus Parade
Huntsville (ON)
6 pm

Sat, Nov 28th
Huntsville Holiday Market
Huntsville (ON)
11 am – 8 pm

Sat, Nov 28th
Port Hope Santa Claus Parade
Port Hope (ON)
1 pm

Sat, Dec 5th
Scugog Santa Claus Parade
Port Perry (ON)
5 pm

Dec 5/6th & 12/13th
Oshawa Flea Market-Christmas Event
Oshawa (ON)
10 am – 6 pm

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, please email **volunteer@goldenrescue.ca**. Indicate which event you would like to help with and the hours you are available.



LEVI #3232



2027 CALENDAR

IN THE GR STORE NOW!

Click HERE to order your copies today!

THE GRRR8 STORE

GOLDEN MOMENTS©



"OK maybe I didn't think this all the way through."

MEET & GREET LEONARD #5179



HARVEY (L) & LEONARD #5179 (R)

Leonard flew from Barbados to join our family in Canada. He has been with us for almost 3 months and is living his best life. We initially visited the Golden Rescue site with the intention of adopting a Golden; however, while browsing, I completely fell in love with Leonard ~ a Caribbean Potcake. We were unsure how he would adjust to the Canadian climate and new home, but he has settled in perfectly. His absolute favourite thing is hanging out with his big sibling, our 4-year-old Golden, Harvey. They became fast friends and are completely inseparable ~ whether playing in the yard or curling up for a nap together. Thank you so much to everyone involved in his journey and coordinating his flight. He's such a joyful, loving addition to our family and we cannot imagine life without our little island boy.

Natalie & Kelly

When Goldens Take Over Golden BC



Everywhere you looked, there was a Golden and behind every Golden, a human with a huge smile. Golden BC was certainly living up to its name!

The first-ever Golden Tails Gathering brought 267 Goldens and around 450 people together at Golden Riverfront Campground on September 26th. With mountains all around and a pond to swim in, it was heaven for Goldens and humans alike.

From the superhero costume contest to the agility course, there was plenty of fun to be had. The swimming pond was the highlight ~ hundreds of Goldens swimming and playing together, completely in their element.

continued on page 9...

continued from page 9...

The weather did what mountain weather does... sunshine, rain, sometimes both at once. The Goldens were far too busy having fun to care.

The Big Sit brought everyone together for a group photo. Getting that many Goldens and their humans to cooperate was no small task, but the result was worth it...just look at the photo!

At the Golden Rescue booth, our ambassadors put on their Golden charm while our volunteers shared our story and the work we do. Visitors came to meet the Goldens and to learn how they could help. Many expressed interest in volunteering and fostering and signed up for our mailing list. We are grateful to everyone who donated or bought a calendar and to the organizers for including us among the rescue organizations receiving a portion of the event proceeds. Best of all, we helped spread an important message: Golden Rescue is Canada-wide. Thank you to our volunteers and ambassadors who helped spread the word: Buddy #4452, Penny #3875, Piper #3177, Ruben #4343, Cairo #4708, Summit #4286, Lucy, Bailey, Finnigan, and Henry (and all of their humans too, of course). A special thank you to Banff Dog House for partnering with Golden Rescue and donating a portion of proceeds from all cookies sold. Summit #4286 also made sure every ambassador received a cookie as thanks for their hard work.

And to the organizers, thank you for bringing this first Golden Tails Gathering to life and making Golden Rescue part of it... we can't wait for next year! Speaking of next year, mark your calendars...the next Golden Tails Gathering is September 25th!



Rescue Journeys

Transformations & Lessons

I love Goldens...all dogs for that matter. Why? I feel there is a purity about them. They have the ability to love wholeheartedly and unconditionally. What a remarkable gift it is to experience unconditional love ~ so rare and precious. I don't know what we do to deserve it; however, I do my best to show my appreciation and that I am worthy of their love.

When I think of things that have warmed my heart and filled my soul, there is usually a dog involved. Some of the most rewarding memories are related to a fearful dog learning to trust or a nervous dog building confidence. Any time I can help a dog move forward, even the teeniest of steps, it is a great day.

In this 'mini-series' about rescue journeys, I will talk about some of the transformations we see in rescued dogs and things I have learned. I would love to incorporate your input. Tell me about your experience by emailing **board@goldenrescue.ca** (and put 'Transformations' into the subject line please).

For now, I will leave you with this:

It starts with just a little wag
With you approaching me
You learn to trust
My heart takes flight
The start of our journey

Sherry Cox
Education & Advocacy Team



MEET & GREET KYLO #4412

Kylo is a real blessing to our life. Once he was adopted, we took him for several weeks of regular training and it was a really smart decision, because now he can approach any dog without acting aggressively and is really good at listening to his commands (well, mostly). He's also been going to a doggy daycare twice a week to burn energy and heighten his social skills (learning all that secret 'dog language'). He's even started to train out bad behaviour in new dogs coming to the daycare (which is what dogs will do to maintain peace within the pack). We keep him trim and have a regular walking schedule. We have had several dogs (two were adopted from Golden Rescue) so, we don't say this lightly when we say that Kylo is quite literally the cuddliest dog we've ever known. He's so well behaved and people in our neighbourhood think he is super adorable...and he is!

Sue & Gary



MEET & GREET MILA #5178

After the sudden death of our beloved Cooper, a Lab mix, we wanted to get a Golden. We were familiar with Golden Rescue through a friend and tried to adopt several times. And then a photo appeared of three Potcakes from Barbados. We decided to adopt Mila, a 10-month-old fox terrier/greyhound mix. She has become a lovely member of our family ~ eager to please with lots of wet kisses. She learns fast, runs like a true greyhound on a self-made track in the garden, and meets people and makes friends with other pups in the neighbourhood. Every morning she waits eagerly to go for her daily hikes and sniffing. We are so happy that we found Mila ~ we would not trade her for anything.

Ineke & Jan

Golden Rescue to the Rescue: PAWS, FUR & LESS STRESS AT TMU!

The Metropolitan University Engineering Society (MUES) at Toronto Metropolitan University (TMU) had the perfect solution for mid-term stress on October 21st ~ a little Golden magic!

Golden Rescue volunteers brought their wonderful furbabies to the TMU campus for a special de-stressing visit with engineering students in the thick of mid-term exams. And let's be honest, who needs another formula when a few Golden cuddles, a furry head to scratch, and a wagging tail can make the world feel a whole lot better?

Students enjoyed some much-needed love, while the Goldens happily soaked up all the pets, attention, and affection. It was a win-win ~ the students got a break from their studies and our Goldens did what they do best...spreading happiness and love.

A HUGE thank you to our amazing volunteers who gave their time, brought their beloved rescues, and helped make this event possible. Golden Rescue is grateful for your enthusiasm and willingness to share Golden love.

We hope the students headed back to their exams feeling a little more relaxed, a little more cheerful, and perhaps even ready to tackle a few more equations! After all, engineering might be about solving complex problems; however, sometimes the best solution is simple: **ADD GOLDENS!**

Golden Rescue ~ helping people and Goldens find a little more joy, one paw at a time.



MEET & GREET

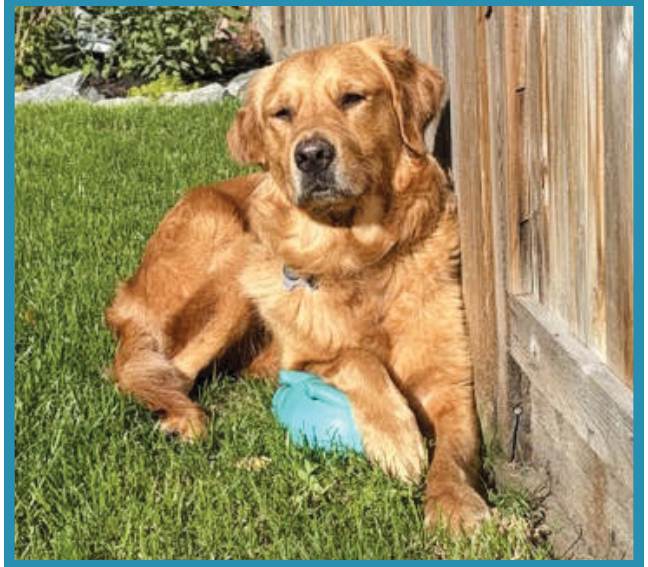


RILEY #4419

Riley has blossomed from being timid, afraid to walk around the block, to a confident, happy, high-energy girl who loves people and other dogs. She is neither submissive nor dominant but a beautiful balance of the two. She is equally at home rough-housing with big dogs or playing with little ones. She has lots of leash-free sessions at the dog park and she's a born hunter ~ living in the hopes of catching a squirrel or bunny. She never walks out to the back yard... she charges out hoping to ambush any unsuspecting rabbits. She's very sweet and affectionate and loves to cuddle. Her favourite thing, other than chasing critters, is snuggling with us on the sofa.

Anna & William

MEET & GREET



CHARLIE #5221

Charlie has truly been like our soul furbaby ~ she is SO loving and sweet. We have never met a Golden like her! She has been doing amazingly well with meeting new faces and dogs. She met our friends 4-month-old baby and was so gentle. We truly can't imagine what life was like before she came home. It has taken a bit of work to support her with being comfortable alone for a few hours but she is adjusting very well. I just wanted to thank you and the whole team at Golden Rescue for making this dream come true!

Erin & Christopher

MEET & GREET



CLEMENTINE #2306

Clementine is a sweetheart. When she became part of our family almost nine years ago, she was nervous and anxious. Her older sister, Joonie, also a Golden Rescue sweetie who has since crossed over the Rainbow Bridge, helped her immensely to feel safe and secure. Clemmie loves her walks and has made many friends in the neighbourhood, both people and doggies. She can be wary of other dogs because of her start in life, but once she knows they want to play and be her pal, she's all in. She LOVES her stuffies. She often falls asleep with one nearby and always brings one or two to the door to welcome us home. Clemmie loves her meals and ours too ~ typical Golden.

Anne & Dan



Join Golden Rescue's Christmas Parade Crew

Goldens and their chauffeurs wanted!
No Golden? Come be an elf!

- **November 15th at 1 pm – The Beaches (Toronto)**
- **November 21st at 10:30 am – Bowmanville**
- **November 21st at 6 pm – Amherstburg**
- **November 27th at 5 pm – Huntsville**
- **November 28th at 1 pm – Port Hope**
- **December 5th at 5 pm – Port Perry**
- **December 12th at 5 pm – Bobcaygeon**

Every smiling face, wagging tail, and helping hand makes a difference! Let's fill these parades with Golden love, holiday spirit, and lots of Christmas magic while spreading the word about Golden Rescue!

INTERESTED IN JOINING US? Please email **goldenrescueparades@gmail.com** and specify in which location(s) you would like to participate. Secondary school students can earn volunteer hours ~ we need elves to carry our banner and hand out treats!

Let's make this a PAW-SITIVELY GOLDEN CHRISTMAS!

WELCOME TO THE GOLDEN FAMILY



Laney #5110
Adopted by Chris



Daisy #5154
Adopted by Erin & Rahim



Skye #5181
Adopted by Elizabeth & Paul



Pasha #5182
Adopted by Linda & Bob



Boog #5201
Adopted by Myah & Kurt



Sandy #5202
Adopted by Sue & Wally



Mack #5207
Adopted by Cherie & Randy



Barley #5209
Adopted by Jennifer & Bob

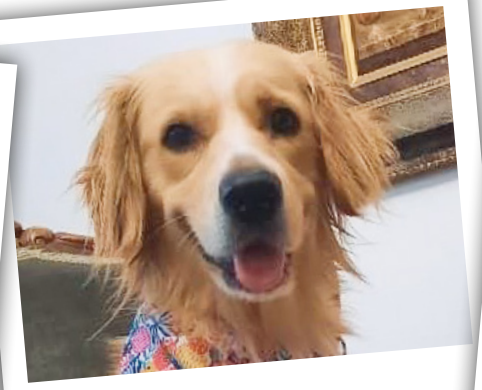
WELCOME TO THE GOLDEN FAMILY



Yogi #5214
Adopted by Kari & Andrew



Bentley #5217
Adopted by Christine & David



Callie #5218
Adopted by Judy & Rick



Grace #5219
Adopted by Kathleen



Doug #5220
Adopted by Nick



Charlie #5221
Adopted by Erin & Christopher



GOLDEN SMILE

Why don't Goldens make good poker players?

Their tails give them away.


LOOK BACK AND BE
grateful
LOOK AHEAD AND BE
hopeful
LOOK AROUND AND BE
helpful
Help our future Goldens by becoming a monthly donor ~ any amount is appreciated ~ nothing is too big or too small. Or make a one-time donation.
Click HERE to donate!
SUMMIT #4286