

GOLDEN RETRIEVER
RESCUE OF MID-FLORIDA™

TALES OF GOLD

STORMY SUPERSTAR



Meet Stormy, a GRRMF rescue who was adopted at age four in 2013. Stormy is a true golden who enjoys attention and when you start petting him you can't stop as he will use his paw to touch your hand or nuzzle his head under your elbow until you give in. In public, he's on his best behavior unless there's food involved and then all bets (and everything else) are off the table...sound familiar? Stormy loves when people talk to him, which is part of the reason he joined the Hearts of Gold therapy team in 2019. He has the perfect personality...calm, doesn't care if you play with his paws, nose, ears and through it all his tail never stops wagging. Because of his easygoing demeanor, Stormy is a natural born therapist. Every Sunday somehow Stormy knows it's his therapy "work day" at retirement homes. He wakes up extra early and tap dances around with his paws until he sees his leash. Watching the residents' faces light up when he prances in week after week is priceless. At the local universities during exam week, Stormy does therapy visits providing stress relief and even befriended Pete the Therapy Llama with a golden kiss at a Paws & Relax event. The joy and comfort that Stormy brings is the reason he and his mom love therapy visits and always leave smiling.

When Stormy's mom, Kim, started to notice some aging changes, she consulted her vet and found a wonderful facility to help Stormy strengthen his spine, hips and legs with hydrotherapy and physical therapy. And guess what? They have tasty treats as his reward for his awesome behavior. He waits by the door of his hydro therapy tank to be let in and for the warm wonderful water to be introduced so he can start his buoyant walks. Doing his rehab therapy is fun too with treats rewarding his balancing and stretching poses to build muscle strength to support his skeletal structure starting to see the onset of arthritis. Kim says he is a poster child for pet insurance. When Stormy was younger, several emergency room / surgeries saved Kim thousands and his current preventative care is also covered under his pet insurance policy.

What you may not know about this unique pup is that Stormy is a TV star and will be happy to give you his pawtograph. He has been featured in national Ashley Furniture Black Friday commercials and you will see him again this year! In one, he is featured at the "tail end" jumping off the bed and running towards the camera. Funny thing is, that was the first take and he was supposed to stay on the bed for beauty shots. In another he's "stealing" a present (which had hot dogs inside). It certainly wasn't acting...he just had to look adorable and play with a present stuffed with food which is a no brainer for this special boy. From a rescue, to paying it forward with humans he rescues, plus a TV star with special rehab to ensure a happy future, Stormy is living life to the fullest!



GRRMF CONTACT INFORMATION
www.grrmf.org
info@grrmf.org

PO Box 1449
Goldenrod, FL 32733

Hotline: 407.332.2840
Fax: 888.408.5520

GRRMF LEADERSHIP TRANSITIONS by Barbara Durham

Greetings to all of our golden lovers in GRRMF! Volunteers, adopters, donors, friends – you all are the absolute salt of the earth and we could not complete our mission without you. Part of the volunteer base of GRRMF is our Board of Directors. Since I joined the GRRMF Board in 1998, I have been fortunate to serve with many talented Board members who invest so much time and effort into saving our goldens. Not long after I joined the Board, I moved into the President's role and it has truly been an amazing experience. After 20 years as President, I feel it is time for someone else to lead GRRMF and I am pleased to announce that Carol Forsberg was voted in as President at a recent Board meeting. Carol is going to be fantastic in her new role. She has been a GRRMF volunteer for 13 years, served on our Board as a Director and Secretary, and also adopted her dear, sweet Ruby through GRRMF. Carol has a huge heart and passion for our dogs and volunteers' wellness. She brings 30+ years of corporate experience to her role including strengths in information technology, communications, process improvements, and organizational development. The GRRMF Board has been successful over the years because we have all focused on what is best for the dogs. Not egos, not people – it's all about the dogs. I always say when you are confused about what to do about anything in rescue, ask yourself what is in the long-term best interest of the dogs in our care. If you answer that question, you will usually come to the right decision and a solution becomes crystal clear.



As Carol leaves the Secretary position to assume the role of President, Cynthia Knopka has joined our Board as Secretary. Cynthia is an adopter, transporter, foster and long-time volunteer who has been managing all our dog records and related systems. She is an amazing resource for GRRMF as she brings her considerable talents to this area. Welcome Cynthia to our Board! Just so you know, I am not going anywhere either as I have assumed the position as Treasurer. This is a natural fit for me, as my professional career has been spent in accounting/finance. I've also been involved in running GRRMF business operations since I started serving on the Board. I look forward to continued service and being a part of this fantastic team, who cumulatively have an amazing 117 years of experience in rescue!

Our current Board of Directors is made up of the following volunteers:

President – Carol Forsberg **1st VP** – Roberta Haker

2nd VP – Kirsten Brown

Treasurer – Barbara Durham

Secretary – Cynthia Knopka

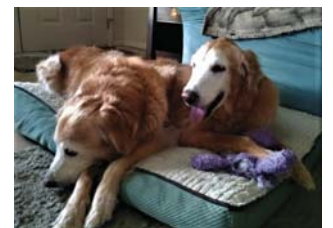
Director – Sarah Davis (GRRMF Founder and 1st President)

Director – Barbara Burgner **Director** – Dianne Gerrity

Director – Bambi Anderson-Ivers

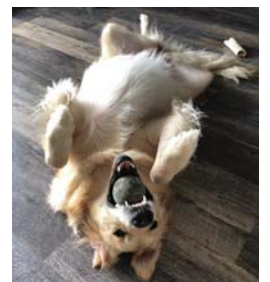
Team Klemetti

Stacy and her family of fur are awesome fosters who care for the most neediest to arrive in rescue. Currently she is providing a sanctuary home for 2 bonded senior girls, one almost blind and the other a MegaE girl who requires special food preparation techniques and positioning when eating, Stacy takes on every challenge with joy and compassion. Words cannot express the thankfulness for our fosters like Stacy who give their all to care for so our precious special needs pups.



Team McClellen

A seven-year foster Jennifer always raises her paws to help those in need especially when there are special quirks in behavior that need to be corrected. Through love, gentle kindness and working with our positive reinforcement trainers, Jen is a hands-on foster who encourages each pup be the best golden that we know they will be...with her golden being a welcoming assistant with the process. Fostering 12 dogs in her tenure, each has been blessed to have Jen as their foster mom to help show them the way to a loving forever home. Thank you Jen for your abundance of care of these precious rescues.



5 STAR FOSTERS

by Kirsten Brown and
Bambi Anderson-Ivers



Note: Our condolences to Jen who lost her Dad in September. He was a lover of animals as well and frequently helped the dogs Jen fostered. Forming a special bond with angel Jackson, Jen has no doubt, that he was there to meet her dad with his tail wagging and a ball in his mouth.

HEARTS OF GOLD THERAPY TEAM UPDATE

Our precious rescues and family pups are creating excitement at each therapy visit, not just because a room radiates with smiles when they enter with golden tails wagging, but also because we are wearing the official program's logo. Look at us...You have to admit that our Hearts of Gold therapy teams look AWESOME sporting their dog vests and handler tee shirts. Word is getting around Central Florida and we have facilities contacting us weekly requesting visits from our therapy teams. Our Melbourne Hearts of Gold team recently traveled to Village Veranda in Lady Lakes to support our newest member, Minnie and handler MaryLou, during their first visit at the beautiful Veranda facility. Minnie had such a wonderful time interacting with their memory care residents that she signed up on their calendar to do weekly visits. Colleges and universities are requesting our teams be on campus during upcoming exam weeks (December and May) to help students de-stress. Although many of our therapy teams are GRRMF rescues, your family pet is also invited to join if you are a GRRMF adopter or volunteer. For those GRRMF alums who are already certified with Project PUP and doing therapy visits, we would love to have you join GRRMF Hearts of Gold and support our new dog/handler teams by sharing your experience and helping to educate the public about the wonderful community service our organization with our rescues.



GRRMF is currently holding pre-screening events every other month on the west coast and on the east coast to help you and your dog prepare for the Project PUP final assessment. You will receive helpful tips and one-on-one feedback so you can practice your skills at the different testing stations and arrive at your Project PUP evaluation session full of confidence. Dates and locations can be found on our Facebook page and our website. We need volunteers in the Orlando area to open a pre-screening location there for our central teams. Those interested in our program as a dog/handler team or to volunteer your talents in other areas can contact coordinator Ginger at GRRMFTherapypups@grrmf.org for more information. Be the reason someone smiles today ... join our Hearts of Gold therapy team.

FOOTBALL STAR REBORN

Kenny Alford found his forever home with a family originally from Massachusetts who decided to rename him Bruschi, after their favorite football player. "When his foster mom told us she was from Rhode Island, also a Patriots fan AND that her favorite player was also Tedy Bruschi, a former New England Patriots linebacker, we knew it was meant to be," reports Heather and Cliff. Bruschi was sniffed, licked and invited to rough house after given the approval by his fur siblings golden retriever Chase and Cairn Terrier Misty. "As a puppy he especially loved playing with our two daughters, even sneaking into their rooms to chew their toys. At first that was an adjustment the girls needed to make by keeping their doors closed, but after a few arms and legs were chewed off their dolls they got the point. Bruschi has outgrown the puppy-chewing stage and now just loves to proudly show you his prize - a sneaker, blanket, remote control, even 12-pound dumbbells!. He is a typical goofy puppy who constantly makes us laugh and especially enjoys wrestling with his brother Chase. His energy level and playfulness keep all of us on our toes. He loves joining the family on boating trips, going for car rides, and bringing all his toys outside. Next trick is to get Bruschi to bring them back inside at night. Our youngest daughter loves Bruschi so much she even decided to dress up as HIM for Halloween last year. He is adored by our entire family!"



RAINBOW BRIDGE

- John and Lynda Alfson - Rosa
- Sue Angle - Cooper
- John and Charlotte Bentley - Gus Nico
- Annie Chewcaskie - Oakley
- Barbara and John Ferrante - Mona
- Janice and William Gibson - Brandon Juddy
- Ellen and Mark Hardgrove - Scout

- Robert and Leonie Kruysman - Whisper Jodie
- Kathleen and Brian Robison - Gordon
- BJ and Sue Scott - Scarlett O'Hara
- Kevin and Joanne Serzan - Annie
- JWilliam and Gay Webb - Suzy
- JTom Wiegand - Levi



Adoption Stories



Cliffy Miller (now Mr. Cliff)

Yes, he's a dog, but his new family will swear that he's really a big fish! Mr. Cliff loves nothing better than to swim in the family's pool... we're talking hours of swimming! In fact, that was the first thing Mr. Cliff discovered when he first arrived in his new home. Ok, he also loves his new parents and chewing on tennis balls. His mom says, "We

love Mr. Cliff! He has been such a great addition to our family and I am so thankful that we have him!!

Lexi Mona (now Lexi Sunshine)

"Her official name is Lexi Sunshine because that is what she brings to my life", reports Bambi. Once a frightened young girl, Lexi now smiles from ear to ear and has blossomed into a confident Hearts of Gold therapy dog who brings her spontaneous sunshine to others. Lexie won't hesitate to start a wrestling match with her canine big brother, Tony, and is always ready for a car ride, especially if a walk is promised. "Lexi truly is a beautiful soul and every day with her is a delight."



Dakota Jelly

After a few weeks of being in her new forever home, it seemed like Dakota had been there since she was a puppy. Surrendered by a good Samaritan, Dakota loves to be a part of anything her new family is up to. She curls up beside her two human siblings to "help" them with homework and enjoys looking out the window to see who might be passing by. Dakota also loves belly rubs, walks, and especially naps, sleeping with all four paws in the air or resting her head on a pillow.



Goldie Adele

"I know this is going to sound crazy but from the moment I saw her picture I knew she was the dog that I had been waiting for."

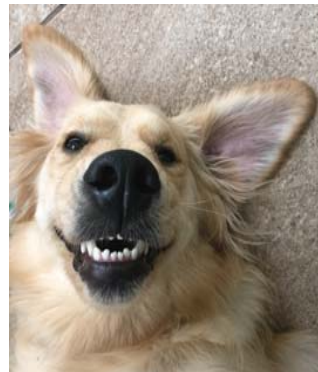
This quote from Goldie's new mom just about says it all. This beautiful golden girl got a second chance for loving and a happy home. Now mom, dad, the kids and Goldie do everything together. Whether they're hiking, swimming or just snuggling up, they are a true forever-family ready to create a lifetime of wonderful memories.



Charlie Neptune

"I can always count on Charlie for a good snuggle," reports Tom. He enjoys chewing his big bones and playing with his fur brother Noah. Charlie loves car rides, especially if the family is headed to a neighborhood restaurant, their Longboat Key beach cottage or a trip to Disney's Fort Wilderness Cabins. "While he is a good

listener, Charlie is a sneaky counter surfer who can snatch stuff so quick that I don't even realize it's gone." His best trait is loyalty and love for his family.



Jack Ormond (now Buddy)

When people visit Jack Ormond (now affectionally called Buddy), they might find him watching his favorite TV shows: animal programs and cartoons. Surrendered after his owner had medical issues, Buddy has found a loving home. Considered a "third child," Buddy has been a "dream dog." Swimming, chasing lizards, playing with toys, and starting therapy dog training keeps Buddy busy, but just mention "peanut-butter-jelly-time," and he will come running. Visits to Sarasota to see his dog cousins Willy and Shelby round out Buddy's list of fun activities with his new family.

VOLUNTEER SPOTLIGHT *by Lyn Holiday*

Volunteer: **Judy S.** (assisted by husband Jerry, the Golden Whisperer)

Found out about GRRMF: When we lost two goldens within weeks of each other, we had already made the decision to see the world once we retired and it was not the best time to get another dog - but there was such a hole. A friend and volunteer of GRRMF kept asking me to join. I told her yes but after I retire and have time! We retired, did a couple of trips and the rest is history!

Length of Time Volunteering So Far: Nine Years

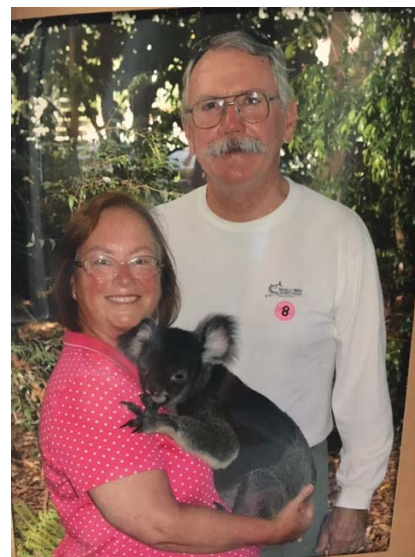
GRRMF Volunteer Career: Foster, Transport, Events, Writer, Media Team Leader

Continued Commitment: I enjoy the people and the pups! They all come from different walks of life, but all have the same passion. Meeting the people at the reunions (along with our previous fosters) is so heart-warming. It keeps us active and enables us to use our life experiences to help other people and dogs. Watching a pup blossom is truly a gratifying feeling. Most of the time you don't know what that dog has gone through in its previous life. It is wonderful when they come out of their shell or finally get well and you get that glow knowing that you helped turned their heart light back on.

Most Memorable Moment: I enjoy working with the Media Team - it is truly the best. Helping with the launch of the new website is a special memory I will never forget. It was hard, but I actually contributed to a greater cause. Now when I use it, I know that I helped to build it and still get to improve it on an ongoing basis.

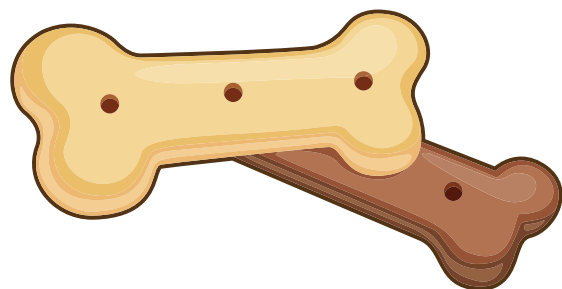
My Dog Whisperer Jerry would say "Cooper of 2012"! If we hadn't agreed not to get a dog and we weren't traveling, Cooper would have never left! We haven't had a dog yet that within a couple of days wasn't his best bud and will do anything and everything he asks.

Advice to Potential Volunteer: You have a skill GRRMF can use. You'd be surprised what a rescue needs! Volunteers have other jobs, go to school, go on vacation, own their own businesses, and travel, but we all can lean on each other to make the organization work as a whole. Don't be afraid to say - 'I can't do that now'. We have volunteers that can only do one aspect of a team, and that's OK.



CHRISTMAS COOKIES FOR YOUR DOG – *courtesy of positively.com*

Spoil your pups for the holidays with this super easy cookie recipe. It's simple and completely customizable!



Ingredients:

2 cups whole wheat flour (or, if your dog has wheat sensitivity, switch it for another flour)
1.5 teaspoons baking powder
1/3 cup peanut butter (smooth, crunchy, doesn't matter)
1 cup hot water

Optional ingredients:

Dried blueberries, honey, a dash of cinnamon, flax or chia seeds, or another favorite ingredient!

Let's get started ... Preheat oven to 375 degrees F. Line two cookie sheets with parchment paper, or coat them in a light layer of olive oil if you don't have parchment on hand. In a large bowl, combine the dry ingredients (flour, baking powder, and any other seeds or seasoning you decide to throw in).

Drop in the peanut butter, add the hot water, and stir. This is the tricky part – the dough should be like bread dough, neither too sticky nor too dry. If too wet, add a pinch more flour. Too dry, add a splash of water or honey.

Roll dough mixture on a floured surface. Use holiday cookie cutters – or bone shapes or the opening of a cup – to cut it out. Spread the shapes across the cookie sheet leaving room for expansion between each cookie.

Bake for 20 minutes at 375 degrees F.

Even though your dogs were probably drooling through the whole process, allow the cookies to cool completely before serving. Pop them in the fridge while you clean up the kitchen, then let them taste-test. Store the cookies in an airtight container.

Bonus: If your friends and family tend to sneak your dogs little bites of food during holiday gatherings, set these cookies out on a pretty tray with a note that says "Dog Friendly!" It'll encourage your guests to feed approved food instead of potentially harmful scraps!

THANK YOU! DONATIONS JULY - SEPTEMBER 2019

GENERAL DONATION

Ade, Marilynn
 Allen, Peggy
 Anderson, Barbara and Robert
 Atwell, Caprice
 Babbitt, Amanda
 Billue, Pamela
 Bressen, Gary
 Cannavino, Tina
 Chistolini, Lisa
 Covert, Chris
 D'Alessandro, Melinda
 Gerard, Helen
 Golden Retriever Foundation
 Gonzalez, Carmen
 Haberkamp, Elizabeth
 Haker, Robert
 Hamel, Susan
 Hamrock, Darlene W
 Harris, Karen
 Holliday, Linda and Barry
 Hornick, Victoria
 Juliano, Marcus
 Keilholtz, Joseph
 Keller, Cliff and Karen
 Marguglio, Dane
 McKenzie, Graham
 Mitzel, John
 Noble, Cynthia
 O's 20/20
 Parker, Jeanie
 Pritchard, Timothy
 Regan, Amy
 Rodenbaugh, Gale
 Saini, Sonali M
 Sanczyk, Edna F
 Snow-Posner, Dianne
 Sprague, Robert
 Stringer, Mary Jennifer
 Tradelius, Mary Anne
 Velden, Peg
 Wertz, Kimberlee L
 Wilson, Lannette R
 Zimmerman, Karen J

IN HONOR OF

Borosky, Ed, for Loki
 Guiney, Michelle, for Beverly McLaughlin
 Hamrock, Darlene W, for Alysheba
 Levine, Marjorie, for Hershey Tercilla
 Smith, Elizabeth for Sally Ogg
 Steiger, Pat
 Wade, Susan, for Frank Carter
 Whitley, Maree, for Frank Carter

IN MEMORY OF

Alfson, John and Lynda, for Terry T, Sugar and Sunnie
 Angle, Sue M, for loving husband Ray
 Bloom, Carolyn, for Avery
 Brock, Mary, for Fred Johnson
 Cooper, Judith
 Dower, Rita L, for Dutch
 Dull, Terri Hatfield, for Eva
 Durham, Barbara, for Haley
 Gamelin, Dennis, for Champ
 Grasso, Susan and Frank, for Belle Onyx and Wilson
 Hamrock, Darlene W, for Blaze
 Kerze, Sharon A
 Lancaster, Christy, for all ours
 Long, Sherry L, for Marley
 Pratt, Debra, for Cooper
 Rice, Lisa, for Bodhi
 Skaggs, Susie and Bill, for Honey Capps
 Spaulding, Eric and Terri, for Fred Johnson
 Webster, Victoria E, for Roxy Stiner

Wildermuth, Sherie, for Fred Johnson
 Wilson, Sally, for Krissy Lee Stokes
 Zierdt, Michael, for McGee

WOODY FUND

Alfson, John and Lynda, for heartworm dogs
 Bogle, Ralph
 Doherty, Philip
 Drapo, Deborah, for Paris
 Eskey, Elisa, for Paris
 Fazekas, Paul, for Leo
 Forsberg, Carol, for Lucy
 Glaros, Carol A
 Graves, Betsy
 Gruhler, Alfred J
 Gurtner, James, for Leo
 Knopka, Cynthia, for Scarlett
 Pflaumer, Arlene
 Popick, David
 Steiger, Ellen, for Lucy
 Tradelius, Mary Anne
 Vallin, Elaine, for Lucy

WOODY FUND FOR BUFFY

Adler, Jeffrey S
 Anderson, Barbara
 Anson, Richard
 Beck, Megan
 Buckley, Vicki
 Conicella, Lisa A
 Forsberg, Carol
 Frederickson, Barbara
 Geer, Cynthia
 Giffin, Sharon
 Gurrie, Christopher
 Hoatson, Susan C
 Johnson, Cherie
 Johnson, Deanna
 Kapral, Cheryl
 Kard, Carole and Charles H

Laufenberg, Jeri
 Lee, Cathy
 Matthews, Cassi
 McKenzie, Graham
 Merrick, Susan
 Miller, Walter C
 Mitchell, Robert
 Moser, Courtney
 Nesbitt, Paul
 Norvug, Linda
 O'Nale, Michelle
 Oxford, Linda
 Pittle, Eileen
 Poisson, Mary Ann
 Pucci, Robert
 Rauzzino, Thomas
 Spica, J
 Tubell, Eleanor
 Wall, Mary

FACEBOOK FUNDRAISERS

Christie, Cathy
 Connelly, Cherie
 Gerrity, Dianne
 Hinkle, Max
 Rodenbaugh, Gale

GIFTS IN KIND

Hardgrove, Ellen
 Scocca, Briana

SPECIAL FUNDRAISER

We extend a special thank you to our volunteer Frank Carter who fulfilled his lifelong dream of walking the Appalachian trail from Georgia to Maine and used his 6 month journey as a fundraiser for our GRRMF medical fund. We celebrate his achievement and his safe return home in September. Congratulations Frank!

HOLIDAY BLESSINGS by Carol Forsberg

As we look forward to the holiday season and new year ahead, we are truly thankful to our volunteer's, donors and adopters for sustaining our rescue this year and for the past 28 years. 2019 was a challenging year with so many arriving with significant medical and behavioral needs requiring finances, time and love for healing. Through our donor's generosity and an abundance of love and care from our vets and foster families, most of these precious rescues will have a wonderful holiday, now thriving in their forever homes. As a new community service, we were thrilled to launch our Hearts of Gold Therapy team as a way to provide happiness and comfort to those we service on our west and east coasts of mid-Florida. We are looking forward to expanding their tender paws reach in 2020. Thank you for your ongoing support of our rescue to continue our mission in the months and years ahead of saving, protecting and re-homing this wonderful breed we all cherish. Blessings to you and all your loved ones this holiday season and in 2020.



GIFT GIVING OPPORTUNITIES



GIVING TUESDAY - December 3, 2019

Each year on Giving Tuesday, people are looking for ways to give back and support the causes that mean most to them. We hope GRRMF is a cause you will support. Giving Tuesday harnesses the generosity of millions of people like you around the world to support the causes you believe in and the communities in which you live. You are the most important part of making this movement a reality. Our goal this year is to raise \$7,000 and if we are successful with your help, we have donors who will match your donations dollar for dollar for a total of \$14,000. We will be posting our hourly progress on our Facebook page and Website at www.grrmf.org during the day on December 3rd. Together we can make a difference in the lives of our golden retrievers. This is the most important movement a reality.



DOUBLE YOUR DONATION

Does your employer match your donation to GRRMF? Experts say that not being aware or knowing how to participate in an employer's matching gift program are the top two reasons why eligible donors don't take advantage of this wonderful benefit. Look at your employee benefits which could be online or information shared annually, or reach out to a human resource officer for help and guidance to the right channel. You can always contact GRRMF at info@grrmf.org for any information your employer may need. Even if you are retired, many companies still support this philanthropic benefit.



SHOP AND HELP

• We hope you enjoyed learning more about our wonderful Golden Rescue Beads Etsy store and the healing power gemstones can offer in this newsletter feature. 40% of your purchase is donated to GRRMF. www.etsy.com/shop/GoldenRescueBeads

■ Our precious 2020 GRRMF Calendars are here! We know you want to start the new year with our beautiful adopted golden retrievers who also share their forever home stories. They make great gifts for family and friends -order yours today! www.grrmf.org/grrmf-calendar/

■ Did you know a percentage of your Amazon purchase can be donated to GRRMF? Simply identify GRRMF as your recipient and shop with Amazon Smile to help stretch your holiday shopping gift giving at no additional cost to you! Here is the link to sign up. <https://smile.amazon.com/>

■ Our annual Yankee Candle Fall/Winter campaign launched in September and runs through January 15th. Yankee Candle and Home & Family products are perfect for the fall, holidays and special occasions. They make great gifts for friends, neighbors, family, coworkers, clients and you! And remember, you can buy ahead as these products are non-perishable and will last until time to wrap and give so please think ahead for your shopping needs. Also, shop early as we don't want you to miss out on the wonderful selections that sell out fast. www.grrmf.org/donate/yankee-candle-fall-fundraiser/

■ Goodshop is an online shopping mall that donates a percentage of your purchase price to your favorite cause when you shop at one of 3000+ partner stores like Macy's, Land's End, Cabela's, & PetSmart. You can also find 25000+ active discounts and money-saving coupons so you can save money and give back at the same time! www.goodshop.com/

TIPS FROM A TRAINER - DOG SPORTS by Jamie Demsky

Sports are just fun to watch, but even more fun to play. Neighborhood leagues and pick-up games are great ways to burn off stress and make friends. So why not get your pooch playing as well? Dogs were originally bred to work alongside people and, although many of those innate traits are no longer needed, dogs still have that brainpower and energy. Having them play a sport with you is the perfect way to challenge them and keep your best friend fit. There are many activities available. Choosing the right one depends on the fitness level of man and beast as well as the time commitment you are willing to make. Here are a few suggestions::

■ Obedience and Rally O. These are a more traditional sport measuring your dog's responsiveness to certain exercises. Check out www.thebark.com/content/teaching-your-dog-obedience-and-rally-o/

■ Agility. This fast moving game encourages speed and accuracy over a series of obstacles. View www.akc.org/sports/agility/

■ Dock Jumping. This is a relatively new sport where a dog runs down a dock and jumps into a pool to retrieve a toy. Go to www.dogids.com/blog/dog-dock-jumping-how-to-join-the-fun/

■ Flyball. This is also a fast moving sport in which teams of 4 dogs each compete to retrieve a tennis ball off a spring-loaded box. Look at www.vetstreet.com/our-pet-experts/dog-sports-101-flyball

■ Barn Hunt. Here's another new sport where dogs hunt for 'rats' within a maze of hay bales. Learn more at www.barnhunt.com ■ Frisbee. This is probably the fastest growing of the dog sports. Many organizations offer different versions of Frisbee toss games. Try www.tossandfetch.com



With so many to pick from, finding the right sport for you and your dog should be a slam-dunk. Spending quality time with your dog will make you a champion!

Golden Retriever Rescue of Mid-Florida
Post Office Box 1449
Goldenrod, Florida 32733

Return Service Requested



WHAT'S NEW ON THE WEB?

Our 2019-2020 events added to our schedule -

www.grrmf.org/about/upcoming-events/

Updated Volunteer page with areas needing extra paws -

www.grrmf.org/volunteer/become-a-volunteer/

Volunteers share stories of their golden joy -

www.grrmf.org/ask-a-volunteer/

Please consider making a much needed donation to help save our goldens!

You may donate online at www.grrmf.org or fill out this form and mail it to:
GRRMF - P.O. Box 1449 - Goldenrod, FL 32733. Donations are tax deductible.

Name: _____ Email: _____

Address: _____

Phone: _____

Would you prefer to receive your receipt letter by (circle one) EMAIL US MAIL

I'd like to donate as follows:

\$ _____ General donation \$ _____ Woody Fund for special needs dogs

\$ _____ In honor of : _____

\$ _____ In memory of : _____

Membership options (circle one): \$25 Regular \$50 Golden Friend \$100 Sponsorship

A copy of the official registration and financial information for Golden Retriever Rescue of Mid-Florida Inc., a Florida-based nonprofit corporation, (Registration no. #CH11185), may be obtained from the Division of Consumer Services by calling toll-free 1-800-help-fla (432-7352) within the state or by visiting 800helpfla.com.
Registration does not imply endorsement, approval or recommendation by the state.



28 YEARS OF SAVING GOLDENS -- 3,760 SAVED SINCE 1991
Golden Retriever Rescue Of Mid-Florida