



The WAAG

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Letter from the President

A Diet and Exercise Plan for Your Puppy's Healthy Life

Just like humans, nutrition and exercise play a key role in how healthy our puppies will be. No matter what the breed, exercise combined with a balanced diet can improve muscle tone, keep joints supple, help organs function, and prevent your puppy from gaining weight as they mature. Exercise during the early years has even been identified as a hip dysplasia preventative.

According to an article written by Dr. Mary C. Wakeman, D.V.M., hip dysplasia has often been thought to be the result of genetics. However, once a puppy is born, the environment in which it lives has a huge influence

and may be up to 100% responsible for how well that puppy will mature. Just think, puppies with congenitally good hips could suffer from an injury only to end up with hip dysplasia. Puppies with shallow hip sockets, hip dysplasia, can turn out to be mobile and free of pain to an advanced age, if the correct diet and exercise is provided. Kennel studies performed on large breed dogs resulted in some interesting findings. For example, puppies whose exercise opportunities were maximized grew much slower because the majority of their food intake went into play and running. These same puppies also rarely suffered from injuries and

had symmetrical hip sockets, even if they were very shallow to start with. On the other hand, their litter mates, who were confined in a small place and exposed to brief bouts of intense play or jogging when their owners returned home from work, showed quite a different set of observations. These dogs grew very large, very fast, often suffering more injuries. The implications of the studies are enormous, but simple to understand. Large breed dogs, such as Golden Retrievers, grow too quickly for their biology to keep up. Unfortunately, as owners of these types of dogs we tend to overfeed them as puppies, with

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Meet a Member — Kimberly Greene

**By Amy Behrendt
WAAGR Marketing/PR
Coordinator**

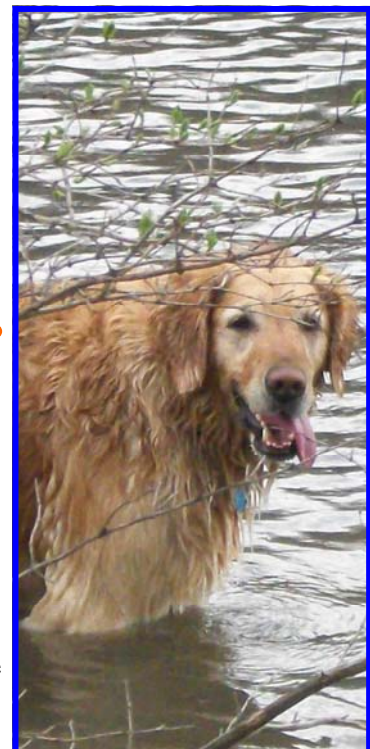
What started as a visit to the Wisconsin Adopt A Golden Retriever (WAAGR) booth at the Great Lakes Pet Expo a few years ago has turned

experience for one WAAGR member. And we're lucky to have this member, with her public relations background and her love for animals!

Meet WAAGR member Kimberly Greene, who has been involved with WAAGR

for about a year and half. She recalls how she first found out about the organization. "I came across the WAAGR booth a few years ago at the Great Lakes Pet Expo at Wisconsin State Fair Park," she said. "I've always thought Golden Retrievers were

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The Story of Teddy

Those who have read previous issues of WAAGR or have checked the website already know all about Teddy, a WAAGR Special Needs dog. Teddy came to WAAGR just over two years ago from a puppy mill. Though a very handsome and sweet natured dog, Teddy was morbidly obese. At the puppy mill, Teddy received no attention but was left with a bucket of food in his cage 24/7. He weighed 142.5 pounds, 82.5 pounds more than a golden his age and size should weigh. He could only take about 15 steps before collapsing.

Polly, a WAAGR member, agreed to be Teddy's foster parent. He visited a veteri-

narian and was put on a canine conditioning plan. He was also given toys, dog friends, and affection for the first time in his life.

Over the months, Teddy continued to improve, but he had his share of struggles. Due to knee problems, his weight loss plan took a big longer than originally expected. However, with the support of his foster family and others, Teddy continued to improve and work toward his goal.

Now, two years later, Teddy has finally reached his goal weight. Though he will always need special care to maintain his

weight, Teddy is now able to do everything a healthy golden should be able to do. Even better, Polly has decided to officially adopt Teddy! Not only has he become a physically healthy golden, but he now has a family that will always love him and give him the affection he deserves.

Thank you to everyone from WAAGR who supported Teddy by donating to his cause, visiting him at WAAGR events, or by following his story and sending love and support to him and his foster family. With the help of WAAGR, Teddy's life was truly saved.



Letter from the President

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only the best of intentions. After all, we want to see them mature and grow into strong and healthy adults. However, we are now learning that overfeeding is by far, the wrong thing to do.



Chester having some fun

Instead, we need to realize that the single most important factor in a puppy's life is exercise. Since it can be hard for today's working family to achieve long bouts of exercise with their new puppy, the next best thing we can do is NOT overfeed our growing puppy and avoid short bouts of strenuous exercise. Short bouts of strenuous exercise will exhaust muscles and leave your puppy unable to protect his or her joints from injury. So, give your puppy frequent and moderate exercise instead. Re-energize yourself and your puppy with good old fashioned fun including walking, ball time or whatever it is that your best friend likes to do. Things like throwing a ball, playing hide and seek, letting your puppy interact with other dogs in the neighborhood or taking your puppy to training classes are all good ways to stimulate their mind and body. Performing these types of activities will keep not only your puppy but you in the best possible shape and ultimately keep you both young.

The conclusion from these studies and observations are that the single most important environmental factor in a puppy's life is exercise. Do you remember what our last few Newsletter articles were about? Exercise; yes exercise and now we have more studies and observations telling us that exercise is vital to the health of your Golden. Please find some time each day to exercise your best Golden friend!

Craig Cwiklowski
WAAGR President

Meet a Member — Kimberly Greene

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just the sweetest, nicest dogs, and I stayed at the WAAGR booth for almost an hour, talking to the members and petting the dogs. I didn't want to leave!

“WAAGR always stayed in the back of my mind until I finally decided to apply to become a member and start volunteering.”

Her love for animals runs deep. She also is involved with Milwaukee Area Domestic Animal Control (MADACC) where she walks dogs and socializes

cats. She's also on the event planning committee at Elmbrook Humane Society. This is in



WAAGR Member Kimberly Greene

addition to the PR duties, home

visits and events she helps with for WAAGR. “All of this keeps me very busy, but I am truly an animal lover and it's very rewarding,” she said.

Oh, did we mention that she also has two cats, Mia and Flirt? And that she's considering adopting a dog, too? Now she just needs to find affordable, dog-friendly housing!

Regarding her involvement with WAAGR, Greene said that her favorite part is interacting with the dogs and seeing them go to

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WAAGR 2010 Perennial Sale

The 2010 WAAGR Perennial Sale was a great success! This year, the sale was held at a new location, the Heritage Senior Living Facility in West Allis. The new facility was extremely accommodating, as they did some advertising and provided lots of manpower to assist with setting up displays and hauling flats of plants. The sale was extremely successful, raising \$1,022 for WAAGR. Below are some of our volunteers hard at work at the sale!



Meet a Member — Kimberly Greene

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good homes, which many members can agree is the best part. “It’s great to see them blossom in foster care and very fulfilling to be able to match them with the perfect adoptive family,” she said. “And it’s fun to be a ‘doggy matchmaker!’ I also don’t have any dogs of my own, so volunteering with WAAGR allows me to get my ‘puppy fix.’”

By day, Greene is an account executive at Ron Sonntag Public Relations (RSPR), a full-service agency in Milwaukee. There she writes a lot of marketing materials, including client newsletter, press releases, advertisements, text for Web sites, and direct mail. “I also work with media and coordinate publicity for many of our clients,” she said.

Upcoming WAAGR Events

Stamps to the Rescue Campaign

In celebration of the new *Animal Rescue: Adopt a Shelter Pet* stamps, the Postal Service™, together with Ellen DeGeneres and Halo: Purely for Pets, is giving shelter pets around the country a First-Class Meal. During the launch of the stamps, Halo will be donating a million meals to animal shelters around the country. Please visit the WAAGR website for details!

WAAGR Golf Outing

July 10

Event takes place rain or shine and tees off at 8:30 a.m. Enjoy a day of golf while helping the golden retrievers in WAAGR's care. Not a golfer? Join us for dinner and silent auction later in day. Ends around 4 p.m. You can find the registration form on the WAAGR website.

Meet and Greets

Appleton, WI eastside PetCo

July 25: noon- 2 p.m.

WAAGR volunteers will be at the PetCo at 3829 E. Calumet in Appleton on the above days for an adoption event held at the store. We and our Golden friends look forward to meeting you!

WAAGR at Society Sundays

Pizzeria Piccola

July 25

WAAGR is the nonprofit group at Pizzeria Piccola, 7606 W. State St. in Wauwatosa from 4 -9 p.m. Enjoy a great meal and help WAAGR raise funds to help the Golden Retrievers in our care! WAAGR members will be the wait staff, the table bussing staff and greeters for this event. WAAGR makes a profit from every meal sold (including take out) and keeps all the tips to help the Golden Retrievers.



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ABOUT US

Wisconsin Adopt a Golden Retriever is an all volunteer/member Golden Retriever rescue organization serving Southeastern Wisconsin and beyond. WAAGR has no paid staff and depends on the generosity of individuals that want to help provide a safe and happy life for Golden Retrievers that for whatever reason have lost their homes. Our volunteers/members will do what needs to be done to help these kind and loving animals find the home of their dreams.

It is our belief that education and staying involved in our communities is the key to great placements in great forever homes.

Dog Perk to support WAAGR

Looking for some fun "owner gear?" Shop and help WAAGR at the same time!

Check out the Friends page on the WAAGR website for details!

BEHIND THE SCENES

President—Craig Cwiklowski

Vice President—Barb Hart

Secretary—Diana Reynolds

Treasurer—EJ Kubick

Member at Large—Dave

Effinger

Member at Large—Amie

Trupke

Medical Director—Dana

Bourassa

Marketing/PR Coordinator—

Amy Behrendt

Newsletter—Christina Schneck

Foster Coordinator—Karen

Congdon

Home Visit Coordinator—

Mary Schmittinger