

THE heart



OF
HOMEWARD
BOUND

MAY 2023 / VOL 24, ISSUE 2

HOMEWARD BOUND GOLDEN RETRIEVER RESCUE AND SANCTUARY, INC.

What's Inside

Jonna is called to her faith, her sense of duty, and her love of rescue dogs. She found purpose by combining all three. Read about her journey in our cover story.

Can you "read" dogs? Canine body language tells us what dogs cannot. Pick up some important cues in our article on page 6.

Prevention and preparedness. Protect and guard your dog's health by keeping their environment free of harmful chemicals, and learn pet CPR for an emergency we hope never happens. Visit our articles on pages 7-9.

Pets as gifts? Please don't! We have alternatives for the animal-loving dog in your life on page 10.

May marks the halfway point in our Double the Gold Challenge. Your gifts – no matter the size – are matched by a waiting Fund of Love. We need your help to capture every matching dollar! All gifts support the medical needs of the hundreds of dogs that will come into our program this year and 80 more that we support in permanent foster. Read about the Challenge on page 4. And THANK YOU!

PLEASE PASS ALONG!

You can help us to expand our reach by sharing our newsletter with friends, family, and co-workers! Thank you!



Connecting Passion, Faith, and Duty: Jonna's Story

Homeward Bound volunteers come from all walks of life. Their passion for rescue and animals brings them to us, but how they connect that passion to other parts of their lives sometimes surprises us. That's the case with Jonna Dolinta, a Homeward Bound volunteer.

Like many volunteers, Jonna was first introduced to Homeward Bound as an adopter. A dog lover, her experience through the adoption process led her to want to help. She joined our volunteer team almost a decade ago. A professional bodybuilder, Jonna retired in 2018 after 10 years of competition with the World Natural Bodybuilding Federation (WNBF). She wanted to prove the capabilities of vegetarian athletes. She would take small breaks from the Homeward Bound feeding team to regain strength after

Continued on page 11



Our Mission

Homeward Bound Golden Retriever Rescue & Sanctuary, Inc. is an all-volunteer organization which rescues and heals displaced, abandoned, and homeless Golden Retrievers and Golden mixes, regardless of their age or health. Homeward Bound secures safe, loving homes through a comprehensive adoption program, and also provides lifetime sanctuary for Golden Retrievers that cannot be adopted.

Homeward Bound also provides education on proper animal care and on the benefits of, and need for, rescue and sanctuary. In the event of a disaster, Homeward Bound will provide assistance to other rescue groups and the families of dogs impacted by the disaster.

Homeward Bound will continue to serve as a model rescue organization, addressing animal welfare needs throughout California and neighboring states, and strives to be a national leader in rescue, sanctuary and education.

DOGS RESCUED TO DATE 2023
180

VET EXPENSES TO DATE 2023
\$102,500



A Message from Our President

Dogs! Dogs! Dogs! As of this writing, we are pacing +55% ahead of last year's intake, which was already high at 400 dogs. They are coming from overcrowded shelters, surrenders, and puppy mills that are shedding their "stock" as the economy slows and puppy sales decline. They are young and untrained, old and in ill health, or mom dogs that have never experienced anything outside their small enclosures. They need time, training, TLC, and for many - significant medical care.

Our expenses grow with the number of dogs - and as we transition from Dr. Codde's practice to a network of veterinarians following her retirement. We are grateful for our new resources, and we are finding our rhythm transporting dogs from hospital to hospital. Still, we simply cannot duplicate Dr. Codde's donation of time and significant discounts. We have been able to meet the need thanks to the support of our generous supporters. Our Fund of Love donors have once again stepped up to create a big-hearted match fund. Now we turn to the broader group for your help in the Double the Gold Challenge. No gift is too small, and every dollar donated through May will be matched - doubling your impact. We're asking anyone who can to dig deep so we can capture every matching dollar.

Our volunteers, fosters, and adopters have also been critical in meeting the need. That we can devote 90% of our financial resources to the direct care of the dogs is owed to our all-volunteer model: more than 250 people, including our ever-growing foster network coming together for the love of dogs. That our network of adopters still grows means dogs find their forever homes, making room for more to be saved.

We can be there for dogs - Golden or golden-hearted - thanks to the support of all of you. We will get through this time together. I offer my heartfelt thanks and gratitude to all.

Judy Kent
President



Unhappy Beginning: Fairytale Ending

When Snickerdoodle arrived at Homeward Bound after a three-day, crated journey across the country, she was terrified and enormously pregnant. The first of our Ohio puppy mill rescues, she had to be carried up the short flight of stairs to the building that would house her and her puppies. She had never touched a floor before, much less stairs. She wouldn't touch the blankets we gave her. Straw was probably her only comfort before. We created a potty area inside. She understood how to use it – likely accustomed to creating a space inside her small enclosure for her own waste. Soon, we saw her scratching at the blankets, piling them into the corner. At almost four years of age, she had likely birthed six litters already. She knew how to make a nest.

Twenty-four hours later, she put it to use. Snickerdoodle delivered seven pups from evening to 2AM and another six early the next morning – Christmas Eve Day. Two were lost, but she nursed the remaining 11 like the experienced mom she was. She ventured outside for the first time when they were about a week old and thriving. It took a great deal of coaxing, but to see her experience an open yard was a sight to behold. Initially, she wanted to quickly return to her pups, but as they grew, she would spend more and more time outside reveling in her freedom.

The freedom was short-lived. Those puppies grew big, strong, and pesky, making a nuisance of themselves to Mom! She was calm and patient, but she let us know she was done as they turned seven weeks. We were lucky enough to have a waiting foster. Brittney and her husband were patiently waiting for the right dog to come along – a puppy to age four, high energy, up for adventures. They were touched by Snickerdoodle's story and

wanted to help while they waited. Snickerdoodle is nothing like the dog they were searching for. She had never lived in a house, and every noise was new and startling; she wasn't potty trained; was afraid of her own reflection; and she barked to warn off dogs that came too close to the house – the instincts of a protective mom. She absolutely hated car rides which made adventuring a challenge. But she was sweet, gentle, and devoted. In their care, she learned to love her walks, soaked up their affection, and grew in skills, confidence, and even acceptance of select other dogs.

The fosters never intended to keep Snickerdoodle until they saw the posting we put on social media. The reality hit home. They simply could not imagine a better home for her – and neither could we. They realized that Snickerdoodle was already home. A fairytale ending for a beautiful soul with an unlucky start in

life, and a reminder to all of us to keep our minds and hearts open when we go looking for a companion. You never know who will steal your heart.



Here's Your Opportunity to Double The Gold!

Each year, in early spring, a small group of donors step up to build a fund for the medical care of the dogs. Now, we turn to you. This is where the smaller donations of the many add up to a lot because every dollar raised through the Double the Gold Challenge will be matched by their Fund of Love – doubling the impact of every gift.

We have not seen a situation as dire as this since the great recession. Shelters are overwhelmed with dogs of all ages and health. Unable to surrender dogs to shelters beyond capacity, people are simply abandoning them. Puppy mills are closing as the economy is squeezed, producing an endless stream of dogs with special medical needs. Last year, we took in 400 dogs and supported another 80 in permanent foster; this year, we are pacing 40-50% ahead of that number.

Now – more than ever – your support is needed to capture every penny of the waiting Fund of Love match. No gift is too small. Together, we can get there and ensure that we can still say “yes” to every dog in need. The Double the Gold Challenge is on!



Homeward Bound

DOUBLE THE GOLD



Following are just a few of the hundreds of transformations you will help make possible this year.

KELLEN

We wrote about Kellen in our March newsletter. At approximately two years of age, skinny Kellen was found wandering the streets in Central California. That's difficult because Kellen has no toes on three legs, and barely a pad on the fourth where infection had set in. The infection was treated but would likely reoccur... without help. That help has arrived! Dr. Katrina Castaneda, DVM, DACVS-SA – a board certified veterinary surgeon specializes in orthopedics and has a

working relationship with PALS (Pet Artificial Limbs and Support) based in Houston, TX. Dr. Castaneda took expert measurements and the first of Kellen's prosthetics was fitted in mid April. Once we are confident that the fitting is good and that he will accept them, the rest will be underway. Already, the change is dramatic. He is able to walk and run for the first time! Many of you contributed to help Kellen on his journey to full mobility. We will be sure to keep you posted on his progress!



KROGER

Kroger is a beautiful Labrador Retriever who was found hit by a car. Unable to stand, the shelter needed a rescue to step up immediately, or he would have been euthanized. Of course, we said 'yes.'



Kroger was rushed to a local vet, with Homeward Bound assuming his care.

HOW TO HELP US “DOUBLE THE GOLD!”

Donate securely online by credit card, PayPal, or simply mail a check.

Visit our website at:
www.homewardboundgoldens.org and
click on “Double the Gold Challenge” for the link
and mailing information.

He had suffered internal trauma and bleeding, but his organs and bones were thankfully intact. Unfortunately, the same could not be said of his tail. Crushed, it had lost its wag and had to go. Emergency care saved Kroger's life. His health stabilized and mobility restored, he has joined us now with a happy, docked tail. Kroger's bill came to nearly \$9,000. Because you are by our side, Kroger is now ready to find his forever home.

SASHA

On Christmas Day, a good Samaritan found and took in Sasha and her running companion, Benny. Eventually, she tracked them to a house where they had been used as backyard breeding dogs. The owner did not respond. Friendly and sweet, they were too much dog for the finder, so she asked for our help. Unsurprisingly, Sasha was pregnant. She was also breaking with kennel cough and



quickly landed in the ICU with pneumonia. The medications needed to save her life would also jeopardize the puppies, but if we lost her, we would lose them too. With the life-saving medications administered, she went into premature labor and delivered 11 pups. All except one were sadly lost. But one, a strong handsome boy named Bailey, has thrived in his foster's loving care. Sasha's bill was almost \$9,000 – but worth every penny for this beautiful girl and her boy who now call their foster “mom.”

PENELOPE

Penelope was found stray in the Central Valley. She is a pint-sized Golden mix with a giant heart. It was soon clear that Penelope had an untreated medical condition. Blood tests revealed diabetes. A CT scan identified a mass on her liver. Surgery is not an option until her blood sugar is under control. One of our dedicated volunteers has taken this on with insulin administered daily and a strict schedule of blood sugar testing and feeding which are critical to success. Our paws are crossed that we can get her healthy enough to outrun the mass. Her vet bill so far: \$2,500. Thanks to you, we can be there for her.



NOLA

Nola arrived in late 2022. A beautiful, young chocolate Labrador Retriever surrendered to a high-kill shelter. She was obese, limping, and wasting in her hind end – the result of two torn ACLs. Hers is a long road to recovery, but with so much life ahead of her, we had to give it our all.



First, she needed to lose weight; a hard enough task for a girl that can't exercise and loves her chow! By January, that goal was met, and she underwent the first of two surgeries. Each recovery is typically eight weeks, made more complicated by the weakness in the other leg. But she is progressing well and will soon undergo her second surgery. Throughout all, she has been supported by her loving fosters so she can recover in peace and comfort. We are committed to returning her full mobility – thanks to good people like you.

Homeward Bound has been able to support all these dogs thanks to your generous gifts.

In 2022, our veterinary expenses exceeded \$420,000 – an 18% increase over 2021 in keeping with the high intake and the dogs' extraordinary needs. This year presents an even greater challenge with more dogs and the retirement of our beloved Dr. Codde who donated so much of her time and discounted her services.

We know that these are extraordinary times for many. Anything you can contribute during the *Double the Gold Challenge* will not only help – it will go twice as far as your gift is matched by a waiting *Fund of Love*. Let's not leave even a dollar of that match behind! We simply cannot do it without you.

HOW TO HELP

Donate securely online on our website at hbgr.org - or by check mailed to:
Homeward Bound Golden Retriever Rescue
7495 Natomas Rd.
Elverta, CA 95626

On behalf of the Golden and golden-hearted dogs that will benefit from your generosity,
our heartfelt
thanks.



Canine Body Language

By: Gail Westrup

Many dog owners occasionally wish they were Dr. Doolittle and could “hear” what their dog was “saying.” Canines communicate with us and each other through their own non-verbal language. Still, just as humans don’t all speak the same language, it can vary among dogs and the situations they are in. However, there are some key canine body language signals to watch for to understand better what a dog is saying, predict their behavior, and prevent problems.

It’s been said, “The eyes are the windows to the soul,” and the saying holds true for dogs and humans. A relaxed dog’s eyes appear softly opened, almond-shaped. A tense or fearful dog will exhibit “whale eyes,” looking at you from the side of their face with the white of the eye showing. According to Carolyn Unger with the Homeward Bound Behavior Team, dogs acting like this are scared, uncomfortable, and may even bite if cornered.

Round, wide eyes with dilated pupils indicate excitement, but in what context? It could warn of aggression or show anticipation over a ball about to be thrown. A cold, hard stare where a dog looks intently at something usually signals a threat, and you need to tread carefully. Looking away to avoid eye contact indicates a dog is stressed or uncomfortable, not stubborn or ignoring



you, as some dog owners might think. Dogs can smile, just like their owners. But, for the most part, canines don’t communicate with their mouths as people do. We yawn when tired; dogs yawn when uncomfortable or nervous to calm themselves. Dogs may lick their lips after a tasty treat. Still, they do it more often due to anxiety, usually a quick tongue flick that’s hard to notice. Panting is not always because a dog is hot. Carolyn says it may be because they are very uncomfortable or in pain. Behavior team member Rob Kessel says an open, loose mouth is usually a good sign when dealing with a dog you don’t know well, indicating they are comfortable and happy. But if a dog’s mouth clamps shut and stays that way, they are likely worried and may feel they need to be defensive.

Most of us readily recognize the happy wagging tail on our own dog as they head out on a walk or see the tennis ball. But Rob points out that a wagging tail doesn’t

always indicate a safe dog. Pay attention to two things: The position of the base of the tail and how the tail is moving. A neutral tail resting from the hips at a natural height indicates a more relaxed state. In contrast, a lower or tucked tail suggests a sign of concern or fear. And a raised “flagging” tail going straight up and possibly lashing back and forth tells you the dog is on alert. A playful tail is usually at a neutral height at the base of the hips, with a broad, sweeping, back-and-forth motion.

Rob stresses that since dogs can vary in how they communicate, it’s always best to try to get the “big picture.” Be aware of changes in a dog’s behavior, especially sudden changes. Pay more attention when that happens and see if you can discern the cause of the shift. Still wishing for a Dr. Doolittle experience? Rob agrees that learning to pay close attention to and decipher canine body language is challenging but rewarding.

Turn KIBBLE INTO CASH for the pups at Homeward Bound!

For every large bag of Nature’s Select Premium Pet Food purchased, Nature’s Select will donate \$3.00 back to Homeward Bound. Nature’s Select provides FREE HOME DELIVERY in the greater Northern California area. It’s all-natural, holistic pet food from a local, family-owned and operated company.

“We love the convenience of having this quality food delivered to us, as well as the generous donations the “Kibble Into Cash” program provides.”

- Judy Kent, President, Homeward Bound Golden Retriever Rescue & Sanctuary



916-480-0900 www.nsnorcal.com

Live With the Dandelions

Are our weed-free lawns killing our dogs? In August 2022, the American Veterinary Medical Association (AMVA) shared the results of Nationwide Insurance Company's analyzed cancer claims for 1.6 million dogs insured by the company from 2015-2021.

Among the findings was that big dogs carry bigger risk and not all cancers are "old dog diseases." Lymphatic cancers (e.g. lymphoma) are a significantly higher risk to dogs in their middle years than other forms of cancer.

According to the National Cancer Institute, approximately six million dogs are diagnosed with cancer each year. Whether cancer in dogs is on the rise, or simply reported more often, one thing is clear – there are things we can do to reduce risk in their environment.

One of the most common weed killers in the country has a name you've probably never heard: 2,4-D. Developed in the 1940s, the herbicide rids backyards of aesthetic undesirables like dandelion and white clover. But there is a growing body of scientific evidence that 2,4-dichlorophenoxyacetic acid, as it's known to chemists, poses a danger to health and the environment.

The pesticide can attack both the roots and leaves of weeds by making



the unwanted plant's cells grow out of control—sort of like inducing cancer in the plant to kill it or drastically slow its spread. Researchers have observed apparent links between exposure to 2,4-D and non-Hodgkin's lymphoma (a blood cancer) and sarcoma (a soft-tissue cancer). In 2015, the International Agency for Research on Cancer declared 2,4-D a possible human carcinogen, based on evidence that it damages human cells and, in a number of studies, caused cancer in laboratory animals.

Herbicide and pesticide companies warn that people and pets should stay off freshly treated lawns for a few hours. But a 2014 study found that herbicides persisted on lawns for at least 48 hours after application, and a 2001 study found that herbicide 2,4-D drifted into the air and onto surfaces in the home after application. Depending on the formulation, it can be tracked inside homes by pets or children. It can also poison small mammals, including

dogs who can ingest it after eating grass treated with 2,4-D.

A 1991 study found that dogs whose owners used herbicide 2,4-D were up to 200% more likely to develop lymphoma; a 2012 follow up confirmed the increased risk. Research is underway in dog trials at the University of Wisconsin Madison School of Veterinary Medicine. People enrolled in the studies complete questionnaires on their dogs' households, yards, cleaners and chemicals, and provide air, and water samples.

The easiest way to avoid 2,4-D is to avoid the products that contain it. That may even include some products that are listed as safe for kids and pets – so check labels carefully. When it comes to a few dandelions or other lawn weeds, make peace with them. It's better to be safe than sorry.

References: ScienceDirect.com; NIH.gov



**HOMeward
BOUND** Golden
Retriever
Rescue

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Tax ID No. 68-0442702



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Reunion Picnic!

Meet old friends and new! Adopters, alumni, and volunteers reunite for a casual day of fun and golden companionship and the food and drink are on us!

This year we are moving to Gibson Park Ranch House. It is close to Homeward Bound with a beautiful lawn shaded by old oak trees. Bonus: there are bathrooms and an indoor, air-conditioned space to prepare and layout food. Sorry...no dogs allowed inside. But bring a blanket, some lawn chairs, and your appetite!

All well-behaved HBGRR alumni and humans invited! Food! Festivities! Fun!

Saturday, June 10, 11A-2P
Gibson Park Ranch House
8556 Gibson Ranch Park Rd.
Elverta, CA 95626
Parking: \$6.00 - CARPOOL!

Our Wishlists

You have probably noticed by now that AmazonSmile was discontinued. It made us frown, as your purchases resulted in thousands of dollars in support to Homeward Bound at no cost to you.

But you can still help. We maintain two wishlists - one at Amazon and the other at Chewy. There, we maintain frequently used (and sometimes abused...as in toys!) items that are always in demand. Both links are on our website. Just click on Donate on the navigation menu and scroll down. And don't forget to include a gift card so we know who to thank!



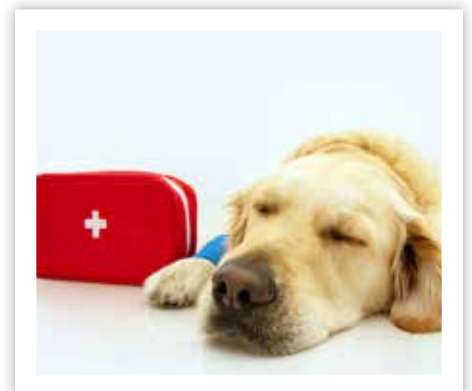
Dog CPR

If your dog suddenly collapsed, would you know what to do? Even if you have taken a human Cardiopulmonary Resuscitation (CPR) course, dog anatomy is very different. Last edition, we talked about the Heimlich Maneuver for dogs. Now, let's talk about dog CPR.

Just like their human counterparts, when a dog's heart stops beating, or they stop breathing, it causes oxygen levels in the blood to drop in a hurry. Without oxygen, vital organs can fail. Once respiratory failure occurs, brain damage can also take place, so it's crucial to act quickly and appropriately when a dog is in danger.

The instructions at the right, courtesy of Cornell University's Baker Institute of Animal Health, provide a condensed guide and good visual reference. Be sure to read about the different compression locations depending on the dog breed and build. And be alert to any response from your dog when checking for a clear airway to avoid a bite. We also found the video link that follows to be very helpful in demonstrating the proper technique. It's only five minutes long and it may save your dog's life someday. Video Link: <https://www.youtube.com/watch?v=KqClwoUrgZA>

If at all possible, it helps to have two people – one to deliver the breaths, the other to do the compressions. As soon as someone is available for transportation, load your pet into the car and continue CPR as you travel to the nearest vet.





BAKER INSTITUTE
FOR ANIMAL HEALTH

CPR for your DOG or CAT

CPR includes **chest compressions** to get blood flowing, and **rescue breaths** to deliver oxygen to the organs.

If you find your pet unresponsive, attempt to stimulate him by shaking or calling his name. If he doesn't respond, check for breathing. If your pet is breathing, get him to the closest veterinary office.

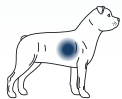
If your pet isn't breathing, check to make sure her windpipe is clear. Pull the mouth open, grasp the tongue, pull the tongue toward you and get a look all the way to the back of the throat. If you see something in there, gently try to remove it. Be careful not to push it further into the airway. If this invokes a response from your pet, stop! Beware of bites.

If a response is not elicited, call for help. CPR is a team sport and remember, your primary goal is to get your pet to the closest open veterinary hospital. So ask your helper to go and get the car immediately while you start CPR.

Start by doing **30 chest compressions**, pause to deliver **2 quick breaths**, then immediately **repeat** both steps.

Chest Compressions:

Find Your Compression Location



Dogs with round chests
(such as Labrador Retrievers)
Lay the dog on his side and focus the chest compressions over the widest part of the chest.



Dogs with narrow, deep-chests
(such as Greyhounds)
Lay her on her side, but push directly over the heart to try to squeeze it.



Small dogs and cats
(generally all have a narrow chest)
Focus your compressions directly over the heart. To minimize the chance of squeezing too hard, you could do compressions with one hand, rather than the two-handed approach.



Dogs with squishy-faces sometimes have flat chests
(like English Bulldogs)
Try laying them on their backs. Put your hands directly over the breastbone and push on the solid piece of bone. If the dog doesn't easily stay on his back, lay him on his side and do compressions as you would for a round chested dog.

Get in Position

1. Kneel or stand behind your pet.

2. Put one hand on top of the other with the fingers interlaced.
Focus the force of your compression on the heel of the hand that's touching the chest.

3. Place your shoulders directly above your hands and keep your elbows locked.
Bend at the waist, not at the elbows.

4. Compress at least 1/3 and no more than 1/2 the width of the chest.

For medium to large breed dogs, you'll have to push hard to compress the chest by 1/3! In small dogs and cats, it's easy to push too hard, so be sure not to compress more than 1/2 the width of the chest!

5. Aim for about 100 – 120 compressions per minute,
or about two compressions every second. Sing a song in your head to keep the right beat such as "Stayin' Alive".



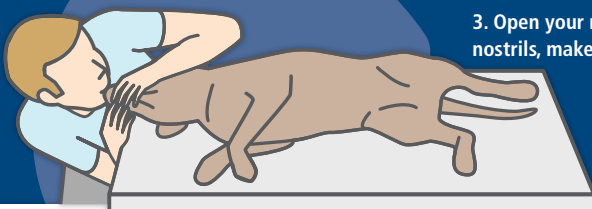
Rescue Breaths

1. Close the mouth.

2. Make sure your pet's windpipe is as straight as possible.
Head should be flat on the table or floor and the tip of the nose should be aligned with the spine.

3. Open your mouth, put it over both of the pet's nostrils, make a seal, and deliver a breath.

4. Allow the pet to exhale and repeat for one more breath.
Blow hard and quickly and make sure that you see your pet's chest move.



Tip

If you have another person to help, one person should do chest compressions and the other should deliver rescue breaths. After two minutes, switch positions. Chest compressions are tiring!

As soon as someone is available with transportation, load your pet into the car and continue CPR as you travel to the nearest vet.

CPR requires manual skills that are best learned from an expert. That's why it's best to get certified in Pet CPR before there's a crisis! Learn more at: ecornell.com/courses/veterinary-courses/pet-cpr/



Cornell University
College of Veterinary Medicine



recoverinitiative.org

The Baker Institute is committed to improving animal health through scientific discovery. Visit our website to learn about our research and how you can support our mission.
vet.cornell.edu/baker

Pets as Gifts: Please Don't

Willow was purchased by a senior gentleman for his wife. Neither was up for raising a puppy and Willow was relegated to the garage. Milo was gifted to a spouse as well. The woman was pregnant with her seventh child, and they were in the middle of a move. Both pups were, thankfully, surrendered to Homeward Bound.

Shelters and rescues are full of dogs (and cats) given as gifts for holidays, birthdays, and other occasions. Beyond the "aww...so cute!" initial reaction, these well-intentioned surprises come with a great deal of responsibility, expense, time, and effort that the intended recipient usually didn't sign up for or may even be too young to handle. And guess who pays the price? The discarded and unwanted "present." If you are searching for a present for an animal-loving family member or friend, we have a few alternatives to share.

If the intended recipient is not currently in position to care for an animal, make a donation in their honor to a favorite animal rescue, or organize an online fundraiser benefitting the charity on their behalf.

If you are a member of a family considering adding a fur-companion but are unsure, try fostering as a first step instead of gifting. At Homeward Bound, foster care can be for as short as a weekend or as long as several weeks. Fostering a dog gives the family a taste of understanding what goes into a dog's care. While there are other important considerations like expense, vacation coverage, and more, you'll learn something valuable about whether or not a companion truly fits into your lifestyle. (P.S...no...we don't do trial runs. Foster is foster.)

If the recipient has been actively talking about adopting or acquiring a new

pet, and you believe they are able to do so, create a gift certificate stating that you will cover the cost of a future adoption. Include some information to help your friend or family member make a wise decision. This strategy gives the recipient(s) of your gift the chance to choose their own pet and to decide when they are ready to take on the responsibility that comes with it.

The recipients of your gift will appreciate being able to make these decisions themselves. Each type of pet is different in terms of care, feeding, behavior, cost, housing, and demands on one's time. Puppies, for instance, need a lot of care for a long time. Many breeds don't really "grow up" until they are two or three years of age. Puppies cannot be properly socialized, housetrained, or grow into canine good citizens if left alone all day during the regular work and school hours.

Pets enrich our lives in immeasurable ways. But they are also a commitment for life. For some, the commitment may be 15 years or more. There will be many costs that come along with pet ownership, so the gift recipient must be aware that getting a pet is both a significant financial and time commitment. Help us reduce the number of discarded and abandoned animals by making wise gift decisions for the animal-loving person in your life.



Planned Giving: A Golden Legacy

Estate or planned gifts to Homeward Bound Golden Retriever Rescue are excellent opportunities to create a legacy ensuring the rescue's permanence and that more Golden lives are saved. Planned giving is an option for donors of all incomes and may allow you to make a larger gift in the future than you otherwise could from current assets. A planned gift can also help you reduce capital gains or estate taxes on your heirs.

Naming us in your will or trust is one of the easiest ways to ensure that future generations of Golden Retrievers in need will find a second chance at life. You'll find more information on our website under "Donate."



the exhausting training, but she would always return.

That strength would serve her well as she joined the United States Navy in June 2022. Jonna's goal was to become a K9 Military Chaplain using therapy dogs to comfort and serve the men and women in uniform. Pet therapy isn't widely used by Chaplains in the military. However, Jonna's love for rescue dogs and for people inspired her to explore the idea of combining the two, offering compassionate support to our Armed Forces.

Most Navy Chaplains commission straight to officer. Jonna decided to join the military as an enlisted service member instead. To be of most service as a Chaplain, she wanted to gain insights into the perspective of junior enlisted sailors. By putting herself through their training, she would learn first-hand some of what they had endured. And it was tough, especially in boot camp.

She was surrounded by 18–22-year-olds who had never been away from home. Berated by drill instructors for 18-20 hours every day, they were put through high-stress mental and physical tests to see how they would stand up to the rigors of the battlefield. They also wanted to test the candidates' ability to work together as a team – something Jonna had well proven at Homeward Bound. She put her fitness capabilities, maturity, and life experiences to work, building team camaraderie.

Jonna believed the experience would bring her credibility as a chaplain – important to winning trust. The street "cred" she built, having experienced their hardships, would help her bridge gaps. "They will know this because of the insignia and patches I wear on my uniform and because I will share my stories with them. I want to show junior sailors that senior officers can support them because some of us have experienced what they have been through," she says.

In addition to her volunteer work with Homeward Bound, Jonna is currently volunteering as a Law Enforcement Chaplain for Sacramento County, serving as an enlisted Navy Reservist, and finishing her undergraduate degree at Jessup University. She will enter the Chaplains Candidate Officer Program, commissioning as an Officer, and start her Master of Divinity degree next year. Jonna wants to connect her passion for rescue with her faith and sense of duty by using retired service dogs from K9s for Warriors and, hopefully, rescues from Homeward Bound. "I want to minister to military and law enforcement, "creating a bridge of hope for our first responders," she says.

Jonna's vision is to open doors through dog ministry. "I would like to see rescue dogs find purpose by serving and loving those who risk their lives to support and defend our community and country." What a wonderful way to find canine and human purpose.



How to Reach Us

Your help and ideas are always welcome! Contact team leaders below if you are interested in helping in any of these areas:

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Dates to Remember

The Double the Gold Challenge runs through May!

Reunion Picnic, Saturday, June 3

Help Wanted

Volunteer Positions Currently in High Demand:

- **Feeders:** A dog's best friend and so rewarding!
- **Walkers:** Build bonds of trust through walking, playing, training, and grooming. Help prepare the dogs for their forever homes.
- **Fosters:** Be the bridge to a dog's forever home.

Our Golden Wish List

You can also shop our **Amazon Wish List**. You'll find the link on our website!

For Our Goldens:

Nature's Select Dog Food (donate with your online purchase)
Large Pill Pockets
Dog Cookies
Rubber-backed Rugs
Amazon Gift Cards

Office Supplies

Postage Stamps
Professional Printing Services

General Maintenance & Laundry

Paper Towels
Garbage Bags (heavy duty & extra heavy duty)
Pooper Scoopers

Facilities Supplies

Lowes or Home Depot Gift Cards

For Landscaping & Our Memorial Garden

Green Acres Nursery Gift Certificates
Shredded Cedar Bark/Mulch