



Safe Haven Rabbit Rescue, Inc.

Safe Haven Scoop

Fast Moving Fall..... By Karen Augustynowicz, President

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Safe Haven volunteers have been very busy this fall with four rescues just in September, our Fall Bunny Spa in October, bunny sitting, bonding bunnies, working on a new design and new release for our website (a special *thank you!* to volunteer Stacey Bavos for her great design), answering emails and phone calls for help, visits to the vet and the day to day care and nurturing of our current foster bunnies.

It has also been a very sad past few months for several members of the Safe Haven family who have lost their cherished bunny companions. Although difficult to put into words, each of us understand what the others are going through and share the great loss. Our healing will come knowing our bunnies would want us to continue rescuing others in their honor and bringing their love and joy of life to as many people as we possibly can. Our cherished companions will always remain in our hearts and are remembered in the memorial section of this newsletter.

Featured Rescue: "Remington"

Remington's medical issues were many when he first arrived at Safe Haven. Besides the obvious cataract and flea infestation, having been confined to a small area for so long left him just about able to get around. That is improving just by giving him space!



Blood test results still indicate infection, so he is currently is being treated with antibiotics; Once his blood counts improve, we would like to have him seen by a veterinary ophthalmologist for evaluation of his right eye and cataract.

Your [Sponsorship](#) will help us help him!

News to share!

The Safe Haven team welcomes **Doreen Jacobus** as a foster parent as of Sept. 21, 2012. Doreen and her husband, Jeff reside in Bangor, PA along with their two kitties Marvin and Walter. And now, welcome foster bunny "Lola" to their home.

We welcome Doreen with a sincere

Thank you!



Don't forget to check out our fancy, new [website!](#)



Educational Corner

by Linda Torlay

A B C's for your Rabbit

You may remember in the last newsletter I spoke about vitamins A, B and C. Good nutrition is essential for your good health and it is no different for your rabbit. Our pet rabbits rely on us, their human companions, to choose and feed them fresh nutritious foods in addition to quality hay and the best commercial feed pellets available which is why I am going to talk today about vitamins D, E and K. Because vitamins not synthesized in the body or in required amounts have to be consumed from food sources, it's important to be conscious of a balanced nutritious diet for your furry friend.

Vitamin D is a fat-soluble vitamin and also a hormone. Vitamin D is referred to as the "Sunshine Vitamin" because a rabbit's body, just like ours, will make Vitamin D from UV light exposure. Vitamin D plays a role in the secretion of insulin and glucose tolerance in rabbits as well as the metabolism of phosphorus and calcium. Because our rabbits are kept indoors and thus not exposed to UV light from the sun Vitamin D is primarily obtained from quality commercial feed. The recommended nutritional analysis on the bag should read between 800-1200 IU/kg. Vitamin D is also obtained from sun dried hays via the precursors Ergocalciferol and Ergosterol which the liver converts to Vitamin D. Unlike humans a healthy rabbit does not need Vitamin D for calcium absorption as rabbits are designed to absorb calcium in the intestinal tract well enough. Vitamin D deficiencies are linked to the malabsorption of phosphorus which affects bone calcification. Osteomalacia (bone softening) is seen in adults and Rickets in Kits. As with all fat-soluble vitamins excess is stored in the body. Too much Vitamin D is toxic with adult rabbits being the most sensitive. Too much causes calcium to be deposited in soft tissues like the kidneys and aorta. Signs of toxicity include but are not limited to high blood levels of calcium and phosphorus, calcification of tissues, renal failure, anorexia, diarrhea, weakness, paralysis and death.

In that sun exposure is a healthy way for a rabbit to acquire Vitamin D remember it can be deadly to a rabbit because of heat exhaustion and/or heat stroke.

Vitamin E is also a fat-soluble vitamin known primarily for its antioxidant property. Vitamin E works synergistically with selenium to inactivate peroxides that are formed during normal metabolic processes that damage cells. In addition, studies have found that Vitamin E and selenium work together to inhibit the formation of atherosclerosis in rabbits. Vitamin E is good for circulation, eyes, healthy skin, fur and tissue. There are two groups of Vitamin E, Tocopherols and Tocotrienols. Deficiencies

can exhibit muscular weakness/dystrophy, incoordination, fatty liver and death through damage to the heart muscle. A dietary level of 40-70 mg/kg of body weight has been suggested. Good food sources for Vitamin E are arugula, basil, broccoli**, cilantro, mustard greens, parsley*, canned pumpkin, purslane, spinach*, watercress, wheat/barley grass.

Vitamin K too is a fat-soluble vitamin, it's primary purpose is for clotting blood. Vitamin K is also needed for bone formation and repair, healthy kidneys, liver and intestines. Rabbits synthesize Vitamin K by their cecal microflora and thus deficiencies are not common. However if a rabbit is not eating it's cecotrophs or is on antibiotics for a length of time Vitamin K deficiencies can be seen. Signs include impaired blood clotting, muscle weakness, paralysis and breathing difficulties. If supplementing a sick rabbit with Vitamin K excess can cause kidney inflammation. Recommended amounts if supplementing is 1-2 mg/kg. Good food sources for Vitamin K are alfalfa sprouts*, arugula, basil, blueberry, broccoli**, cabbage**, carrot tops*, celery, chicory, cilantro, dandelion greens*, endive, escarole, kale**, Romaine lettuce, mustard greens, parsley*, purslane, spinach*, watercress.

** High in calcium. Prolonged high dietary calcium intake needs to be avoided.*

*** Can cause gas. Limit portions fed and watch for signs of distress caused by gas.*

A common source of balanced vitamin intake for your rabbit would come from a high quality commercial feed pellet you provide. Please note the shelf life for feed does expire and conditions in which the feed is kept can compromise the stated value or turn the product rancid. Heat and moisture do the most damage.

This article is written to provide basic information and taken from sources considered reliable. Always consult with a Veterinarian who has knowledge and experience with rabbits regarding your rabbit's needs and health.

*Primary resources: Rabbit Nutrition and Nutritional Healing by Lucile Moore
and
Textbook of Rabbit Medicine
by Frances Harcourt-Brown*

Adoption Updates (Stories contributed by new parents)

Honey & Javin

Honey Adopted June 4, 2011

Javin Adopted January 10, 2012

by Gail Peterson

In the 1960s, I had a white rabbit named Hoppy. He was a hutch rabbit that my mother cared for, but I remember being allowed to pet him and give him lettuce on a plate. Hoppy had a life-long influence over me as I love all things “rabbit.” My mother bought me all the Beatrix Potter books and notecards, as well as throw rugs and pillows with rabbits on them. I collected porcelain rabbits and for 20 years have threatened my husband that one day I would bring one home.

Finally, in June 2011, we agreed it was time. After a career traveling internationally and taking care of kids and parents, we finally had the time to dedicate to some furry friends. A coworker told me about rabbit rescues and we found Safe Haven. We saw Honey on their website and she was so beautiful, we went to visit her.



A little skittish as first, but so very sweet – we signed the adoption papers and arranged for her to come to her new forever home.

We scurried getting crocks, pens and chew toys – things we never had in our house before. I also read up on everything I could find about caring for a house rabbit. Finally the day came, and bunny made three. Honey was very aloof at first – not letting us get close or touch her. But we persevered -- lying on the floor, moving slowly, speaking quietly, getting her into a routine and giving her lots of space to run and play. Ever so slowly she came around. By October, she was coming close and with her ears flat and head down, wanting to have her cheeks rubbed. She began licking my face and jumping all over me when I did my yoga in the mornings. It made for a very fun exercise regime. But soon we began to think that Honey needed a companion as I had read that many bunnies like to have a mate.

We went on vacation around this time and brought Honey to stay at Safe Haven while we were away. Lying in the kitchen in a blue leg cast was this lovely black and brown Lionhead. Found just before Hurricane Irene along the side of the



road, he had a broken leg but was now healing in the peaceful care of Karen at Safe Haven. We noticed him, commented what a cute boy, but were not focused on finding a mate at that moment. But later, when we called Karen about finding a mate, to our surprise, she suggested the Lionhead. His cast was off and he was scheduled to be neutered. He healed beautifully and we picked him up just in time for Christmas. He was the best present under the tree. We named him Bear.



Things were a little rough at first – some chasing and nipping - and my nerves were getting frazzled. We had never bonded a pair of rabbits and began to think that Bear, as cute as he was, might not be the best choice for Honey. But with time, and help from Karen, Honey and Bear established a “working” relationship and began life in one pen. Over time, their relationship has blossomed. Honey is definitely more demonstrative and wants to be near Bear all the time. Bear is more laid back and doesn’t groom her as much – he’s happy to find a patch of floor to stretch out on. But when we cut Honey’s nails or brush her, which she doesn’t like, Bear is right there to comfort her. They sleep together and share their salad, pellets and hay with pleasure.

It is heartwarming for us every day to watch how happy they have become together. We have the double satisfaction of knowing we provide them with a kind, safe and loving home. And it proves the Winnie the Pooh theory... that Bears love Honey.



Adoption Updates (Continued)

Molly

Adopted May 6, 2012
by Kristin Bernardi & Family

Thank you so much for saving Molly and for helping us adopt her into our home. She is an absolutely wonderful bunny – gentle, sweet, and playful! She gets along with all of our animals, enjoying the company of our two parakeets during the day and hopping around the family room with our dog Snickers at night.

For such a little thing she sure eats a lot of salad! It is often a family affair preparing her meals. She especially likes Chicory, Carrots, and Parsley – and she loves her morning sliver of banana.



Lindsey often plays Barbies with Molly, and Molly really enjoys going into

the second floor of the Barbie house and stretching out in the Barbie camper. It is very cute to see.

We are so thrilled with what a wonderful pet she is. She truly brings a lot of joy to the entire family.

A Special "Thank you" to
Satsang Yoga Studio

And Michele Scott for donating several weeks worth of their weekly community yoga class proceeds to Safe Haven Rabbit Rescue! Michele raised \$68 for our bunnies by donating her time as yoga instructor for these special classes.

Thank you all very much!

Satsang Yoga Studio is located at 307 South West, Westfield, NJ 07090. Their website is:
www.satsangyogastudio.com

Ask the Vet . . .



Question: *I'm bringing a new rabbit into my home and have another rabbit now. How important is it that my new rabbit be checked for E. Cuniculi? Can you tell me more about E. Cuniculi, how a rabbit is tested for it and what to do if a rabbit does have it?* Dr. David Horn, Veterinary Medical Doctor and owner of Veterinary Care Center in Mercerville, NJ replied:

Ecephalitozoon cuniculi (E. cuniculi) is a microscopic parasite known to affect rabbits. Up to 80% of all rabbits tested are positive FOR EXPOSURE. Routine blood testing for E. cuniculi identifies antibodies to the parasite. A small percent of rabbits that have the parasite will actually ever get sick because of it. A healthy rabbits immune system can keep the infection under control. It is only in individuals with compromised immune systems that actual symptoms may develop (geriatric, severely stressed or otherwise sick animals). Because most rabbits may have positive tests, the benefit of 'screening' a new pet is very limited. If a healthy individual tests positive, NO treatment would be indicated. If on the other hand, the new rabbit has any symptoms of disease, quarantine and appropriate testing and treatment would be necessary.

General information: Although the parasite can infect a variety of tissues within a rabbit, most infections are confirmed in the nervous system, kidneys and eyes. Neurologic disease is seen more commonly in older individuals, while the eyes are more commonly affected in the very young (dwarf breed kits appear more susceptible than non dwarf breeds). No vaccine is available to protect against E. cuniculi infection, but medications have been used successfully in individuals suspected of illness because of it. Potential symptoms of this disease include: head tilt, rolling, loss of appetite, lethargy or decreased feces size or numbers or any evidence of inflammation of the eyes. Our 'delicate little babies' are actually much tougher than we give them credit to be. Symptoms are frequently not noticeable until infections / problems are advanced. Being a good bunny parent requires knowing YOUR PETS normal, and seeking expert care as soon as possible if any problems are noted.

Truly
David Horn VMD

Veterinary Care Center is located at 2663 Nottingham Way in Mercerville, NJ 08619 #609-890-6266. Visit their website @ www.vccvet.com

Did You Know?

By Linda Torlay, Safe Haven Educator

It's that time of year ...

The time of year when colds, flues, viruses and germs seem to be everywhere. But *DID YOU KNOW* that some human ailments can be transmitted to your rabbit and one in particular is deadly.

The Herpes Simplex I Virus, otherwise known as the Common Cold Sore or Fever Blister, can easily be transmitted to rabbits. The Herpes Virus does not show signs externally in rabbits like it does in humans but instead travels from the Olfactory (nose) and Optic (eye) nerves to the brain causing an infection that is fatal. The onset of symptoms can be sudden or the virus can lay dormant before the onset of symptoms appear. Symptoms displayed can be head tilt, loss of balance, circling, spinning, restlessness, respiratory problems, seizures and/or coma. Often a rabbit infected with the Herpes Virus are misdiagnosed with Head Tilt or E. Cuniculi related problems.

No known successful treatment has been concluded for rabbits infected with the Herpes Virus which is why it is so important that anyone with an active outbreak practice the utmost in good hygiene and care. If you are unable to have someone else tend to your rabbit then wash your hands thoroughly before handling your pet and everything it comes in contact with until your sore is completely and well healed so that you do not transfer the virus. And especially refrain from direct contact such as the irresistible urge to share kisses or a bite of fruit with your special rabbit friend.

*Primary resources: When Your Rabbit Needs Special Care by
Lucile C. Moore and Kathy Smith
and
Various Internet Sites*

A few pictures from our *Fall Bunny Spa!*

Held October 13, 2012

At

Country Pet Specialties,
1271 Rt. 22 East, Lebanon Plaza
Lebanon, NJ 08833



Arriving Guests (left)
Michelle Manderski & Astrid Hess get down to
grooming



Stacey Bavos mas-
saging a happy client!



Jacqui Crown with a
very relaxed "Parker"

**If you missed this one, we hope to see you
in the Spring!**

IMPORTANT!: Please be sure we have an active email address for you. Notices for events are sent out first via email and then placed on our website. If you did not receive an email about the last Bunny Spa Day that means we do not have a valid email address for you. Let us know your address by sending an email to: adopt@SafeHavenRR.org so we can update our database or go through our website [sign-up form](#). Thank you!

Memorials



***Monroe**
October 15, 2012
Loved by
Michelle & Greg
Manderski*



***Nellie Grace**
September 4, 2012
Loved by
Astrid Hesse*



The inspiration began with you . . .

***Emily Ann**
November 7, 1998—
October 17, 2012
Loved by
Karen
Augustynowicz*



***Abby**
July 14, 2012
Loved by
Alison Tamborlane &
Michel Scheffers*



***Clint**
August 8, 2012
Loved by
Grant, Linda & "Toffee"
Ashley*