

Safe Haven Rabbit Rescue, Inc.

Safe Haven Scoop

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A Special Time.....

By Karen Augustynowicz, Director

Fall is always my favorite season. I'm not a fan of the summer's heat (the bunnies hate it too) or the cold and wind of winter, but the cool crispness of fall always seems just right!

I also love Thanksgiving. Not so much for all the food, but more for the thoughts promoted by the holiday. And so, in this newsletter, we wanted to be sure to convey our thoughts of how thankful we are



for the generosity shown by our donors and volunteers. And to convey the wish that your support will continue going forward.

With various medical needs, veterinary bills are our biggest expense. So, our Holiday Wish is for your continued donations! *We just cannot do it without you.*

And, of course, we wanted to wish you a

HAPPY THANKSGIVING!!

Enjoy the Newsletter!

Wishing you, your family and bunnies a Blessed Holiday Season.

With sincere thanks,

Karen Augustynowicz, Director

Safe Haven Rabbit Rescue, Inc.

Questions about care?

Do you have questions about caring for your rabbit? Zoom call help available for nail trims, grooming, litter-box training, bonding, etc.

Please contact us via our [Contact form](#) if you have care question (*no medical questions, we are not vets*).

No charge.



Donate



Our Fall Fundraisers - Getting Crafty BunToberfest Sept 7th & Burnt Mills Pottery October 18

Thank you So Much to our Volunteer Fundraisers & Donors!

We wanted to be creative and trying new things is always fun! Special thanks to Astrid Hesse and Karen A for creating lots of crocheted cuteness in a variety of amigurumi critters. And to Laura Colon for her talents and a birthday gift of a 3D printer used to create adorable Halloween keychains, ghost and pumpkins— they were a big hit!



We had quite the display at Willy's Wabbits' Buntober Fest! We had several pre-sale items and a good amount of sales. All proceeds going directly toward the care of Safe Haven bunnies.

We took a second chance at a public, non-bunny specific craft fair held at Burnt Mills Pottery in Whitehouse, NJ Oct 18. It was a beautiful day, lots of people came out and sales were brisk!



Astrid and Karen brought the amigurumis only as everything had to be handcrafted. We had 40 individuals buying 59 items! Lots of empty spots on our tables by day's end. Another great sales day for the bunnies!!

P.S. If you see anything you would like to purchase, we are selling with *local pick-up only*. Send us an [email](#) for details and we will arrange to meet you within 20 minutes of Clinton or Belvidere, NJ. We eventually hope to have displays on our website store with local pickup delivery.

Educational Corner

by Linda Torlay, Safe Haven Educator



Bunnies are notorious beggars for treats, snacks, and extra pellet feed and trust me when I say most of are not starving and are playing on your sympathy to give them more of the 'good' stuff. With that being said, just like with humans, it's important for bunnies to maintain a healthy and appropriate weight for their size and breed.

Being aware of your bunny's weight is one component of monitoring health.

It can be a little tricky determining if your bunny is at a healthy weight just by looking at them. Thick and/or fluffy fur doesn't allow for a true evaluation by sight alone and a 'hands on' approach gives a better indication.

You should be able to feel the spine and ribs but the curves should feel rounded, not sharp or pointed indicating the bunny is underweight, or too well padded indicating the bunny is overweight.

Mature females will have a pouch/roll under their chins and that is normal and called a dewlap. That extra roll serves as a source of extra fur that a female will pull from for nesting and also as a fatty reserve for sustenance during pregnancy and when she is nursing.

Weighing your bunny is straight forward. They can be placed on a baby scale (if they will sit still for those few seconds) or you can hold them weighing both them and yourself on a standard scale and then subtracting your weight. It's important that either scale measure pounds and ounces or kilograms.

Overweight bunnies are at a higher risk for numerous health problems such as sore hocks, digestive issues, heart disease, arthritis, liver and/or kidney problems, bladder sludge and/or urine scald because of inability to properly posture, inability to properly groom, musculoskeletal problems, difficulty regulating their body temperature, and increased risk if anesthesia is required.

Underweight bunnies are at a higher risk too for the same health problems in addition to being malnourished, a weakened immune system, and physical weakness from muscle and fat loss.

Your bunny savvy veterinarian should be evaluating weight when he/she is seen during visits and the attached guide is great for reference for monitoring of their weight at home.

Even healthy treats and snacks, as well as wholesome pellet feed and fresh greens, can be harmful if given too much. The only food that should be freely feed is timothy hay.



(Continues next page)

Educational Corner (continued)

by Linda Torlay, Safe Haven Educator



SIZE-O-METRE SCORE

CHARACTERISTICS

1 Very thin



- Bony prominences such as hip bones, shoulder blades and spine are sharply prominent. Ribs are also very easily felt with no pressure and very prominent.
- There is muscle loss, no fat cover, and the area of the rump curves in.
- This is a very unhealthy body condition which puts your rabbit at risk. Veterinary advice should be sought immediately about your rabbit's body condition.

2 Thin



- Bony prominences such as hip bones, shoulder blades and spine are prominent and easily felt. Ribs are also easily felt and prominent.
- There is muscle loss, very little fat cover, and the area of the rump is flattened.
- Veterinary advice should be sought about your rabbit's body condition.

3 Ideal



- Bony prominences such as hip bones, shoulder blades and spine can be easily felt with moderate pressure but are rounded and not sharply prominent.
- Ribs are easily felt though a light fat covering with only light pressure.
- The area of the rump is flattened (although this varies by breed).
- This is a healthy weight.

4 Overweight



- Ribs, hip bones, shoulder blades, spine can only be felt with moderate pressure under a layer of fat.
- The rump is rounded.
- Veterinary advice should be sought about your rabbit's body condition.

5 Obese



- Hip bones, shoulder blades, spine are very difficult to feel under a thick layer of fat. Ribs are not able to be felt under their thick layer of fat.
- There is abdominal bulging due to fat padding.
- The rump is very round and bulging out.

Please note:

It is important to touch your rabbit all over to help assess their body condition score. Their length and thickness of coat can make their appearance at odds with their actual body condition score based on a combination of visual and touch assessment. Make sure that you are gentle and get your rabbit used to being touched all over gradually using reward based training.



Did You Know....

By Linda Torlay, Safe Haven Educator

Did You Know bunnies have about 17,000 taste buds on their tongues and pharynx (the pharynx is a funnel-shaped passageway at the back of the throat that connects the nasal and oral cavities to the esophagus and larynx). This is much more than the average adult human which has between 2,000 to 10,000 depending on age and genetic makeup.



Having so many taste buds is a survival mechanism for their wild 'cousins' that helps them to identify, along with the help of their scent receptors, toxic plants to avoid ingesting them.

Bunnies can distinguish sweet, bitter, sour, and salty flavors preferring sweet (think romaine lettuce) and bitter (think dandelion greens) over sour and salty.

Taste buds, like all cells, regenerate as long as nerves to are not damaged.

Our **Private Adoption Program** was put into place years ago to provide owners who needed to rehome their rabbits a safe platform to do so. Any rabbits found, adopted through, or listed as a 'private adoption' are the sole responsibility of the current owner and/or the adopting party. They are not Safe Haven foster rabbits. We only offer this program as there are more rabbits needing re-homing than area rescues can accommodate. That need is currently at an all time high.

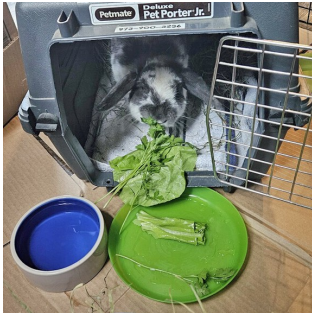
Please remind everyone that turning a rabbit loose is *Never* a good option. It often is a death sentence. There is other help, even if not right away.

And, if you are looking to adopt, please remember to check out our listings under the [Privately Owned](#) Adoptables tab as well!



Clementine
Rescued August 16, 2025

One of the so many rabbits “set free” during the heat of the summer months, Clementine was one of the lucky ones who was seen and scooped up by caring folks who were out looking for a lost dog.



Clementine was very scared on intake as would be expected. It took quite a while for her to come out of the carrier, but soon she became one who is always seeking attention from her foster mom, Astrid. She is spunky, active and sometimes naughty as normal buns can be!

She has been spayed and vaccinated and has been getting a number of adoption applications.



***Note: We do have one adoption application considered “pending” as her potential beau needs to be vaccinated before the two can meet. Other applications are being kept for consideration should this one not be completed.*

Gingerbread Bunny Cookies....

By Linda Torlay, Safe Haven Educator

And why can't you have Gingerbread Bunny Cookies for the holidays ... or your favorite rolled and cut out cookie in the shape of a bunny and festively decorated.

No Spread, No Chill, Gingerbread Cookies courtesy of lifestyleofafoodie.com

Ingredients:

- ½ cup butter – softened
- ½ cup brown sugar
- 2 Tbs. granulated sugar
- 1 tsp. vanilla extract
- 1 large egg – room temperature
- 1/3 cup molasses
- 3 cup all-purpose flour
- 2 tsp. ground cinnamon
- 2 tsp. ground ginger
- ½ tsp. ground all spice
- ½ tsp. salt



Instructions:

Preheat oven to 375(f) degrees. Line a large baking sheet with parchment paper.

In a large mixing bowl mix the butter, brown sugar, and granulated sugar until mix. Do not cream.

Add in egg, vanilla, and molasses and mix until just incorporated. Add flour, cinnamon, ginger, all spice, and salt and mix until flour disappears.

Dump cookie dough onto work surface (if crumbly work it together with your hands) and roll dough to about ¼" thick. Use a cookie cutter to cut shapes and place on parchment lined cookie sheet. Bake about 9 minutes.

Let cookies cool completely before decorating.

Royal Icing courtesy of sugarspunrun.com

- 3 cup powdered sugar – sifted
- 2 – 4 Tbs. milk
- 2 Tbs. light corn syrup
- ½ tsp. vanilla extract (of flavor of your choice)
- Decorative colored sugars, sprinkles, nonpareils, etc.

Instructions:

Combine ingredients in medium bowl and stir. Look for a consistency where the icing that drizzles off a spoon and back into the bowl holds its shape for several seconds before dissolving back into the rest of the icing. If too thick, add more milk about a tsp. at a time. If too thin, add powdered sugar about a Tbs. at a time.

Transfer to piping bag with small tip and pipe frosting onto cookie. Sprinkle with decoratives before icing hardens.

HAPPY HOLIDAYS!

Our bunnies would love for you to play Santa
and send some items their way for the holidays.

Holiday Wish List for rabbits who are naughty and nice

Small Pet Select 2nd cut Timothy Hay
Oxbow Large Timothy Mat
Science Selective Country Loops Rabbit Treats
Oxbow Digestive Support
Oxbow Simple Rewards Rabbit Treats
Oxbow Joint Support
Oxbow Timothy Hay Barrel
Oxbow Timothy Bungalow Hideout
Chewy eGift Card

All wish list items can be purchased thru
[CHEWY WISH LIST](#)

*The Bunnies will love
You for it!*

*Thank you in
Advance!*