

Safe Haven Rabbit Rescue, Inc.

Safe Haven Scoop

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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



By Karen Augustynowicz, Director

Spring? It sure feels like Summer already to me! Somehow, I have a feeling we are all going to have to get used this crazy weather. The bunnies sure are all shedding a great deal even though they are safely indoors in the air conditioning. I am constantly chasing dust bunnies in every room.



I hope you will find this newsletter entertaining and educational. Special thanks to Linda Torlay for her always informative and fun contributions to each edition. And in this edition, we share an update/bonding story about Gwen, a special little girl whose rescue involved several of our volunteers and the neighbors in the area where she was found.

We've been able to help several buns find new homes through our Private Adoption Program in the past couple of months. And, our Bunnies Helping Bunnies program has come to the rescue of several owners needing vet care or food for their rabbits. With the intake request number always increasing, the continuation of these programs is important to either keep rabbits in their homes, or help re-home them where they can have a better life.

As always, we welcome update stories and/or pictures from you! If you have photos or stories to share or questions you would like to see answered in an upcoming newsletter, just email them to us!



Enjoy the Newsletter!

Wishing you, your family and bunnies an Enjoyable Summer.

With sincere thanks,

Karen Augustynowicz, Director

Safe Haven Rabbit Rescue, Inc.

Our Amigurumi Fundraisers

Thank you so much to everyone who came to the craft fairs to support our efforts!

Astrid Hesse and I are expanding our Amigurumi line-up! The reception at the craft fairs has been very encouraging, sales are brisk and we both are enjoying creating more and more. I only started crocheting a year ago February, but Astrid has been crocheting for years. So, I have to admit, she is much faster and better at it than me, but that is ok LOL.

We have attended 3 craft fairs so far, including the BunFest in September and Burnt Mills Pottery in October 2025. This year, we were at Cedar Hills Prep School in April. 100% of all sales go directly to the care of the Safe Haven rabbits.

Coming up this year.....We hope to be at Burnt Mills Pottery again in October and are signed up for Cedar Hills Prep in December. We plan to have quite the display with even more critters. Please come and check them out!



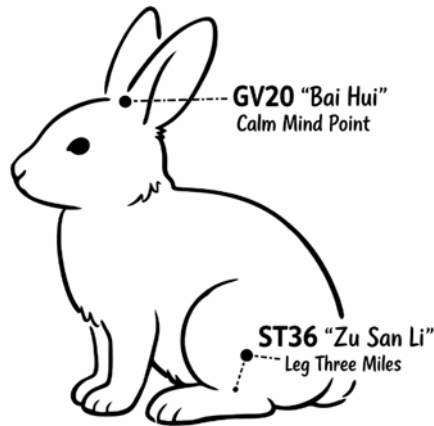
This picture is from the April Cedar Hills Prep School fair in Somerset, NJ. In December, we will have additions, plus Christmas themed items.

While we are not currently selling online, we do have them listed on our website store. If you would like to pre-order and pick up, that can be arranged, just let us know and we will work out the details. Shipping is not currently an option.

The website address is: <https://www.safehavenrr.org/amigurumi>

Educational Corner

by Linda Torlay, Safe Haven Educator



Acupressure is a technique that applies gentle pressure to specific points on the surface of the body to stimulate self-care and healing. Like acupuncture it focuses on the meridian pathways on the body but unlike acupuncture it does not involve needles.

Acupressure is understood to have originated over 5,000 years ago in China and is a component of Traditional Chinese Medicine. Acupressure works by balancing the body's energy flow known as Qi thus triggering the release of endorphins which are the body's natural 'feel-good' neurotransmitters, release of other hormones, stimulation of the nervous system, relax muscle tension, and improve circulation, all of which helps the body heal. The practice of acupressure spread out from ancient China and different versions were developed thru out the world with the same principle applying.

By now you are probably asking 'what does this have to do with rabbits?' and I'll tell you. By using acupressure on your rabbit, you may help them deal better with stress, help digestion when there is trouble, and support pain management from chronic conditions like arthritis.

In that most people are not formally trained to practice acupressure it is best to remember that rabbits are delicate and only soft gentle pressure need be used. For the untrained practitioner gentle clockwise circles using a finger can be used over a point. 1 to 2 minutes time is ample and if your bunny is not cooperating do not force the issue. By no means is acupressure to replace the care of your veterinarian. It is to compliment.

The following two points are general enough that anyone can do.

To help a stressed rabbit relax there is a point on the top of the head, between the eyes and ears, known as GV-20. By slowly and lightly rubbing clockwise circles on this point you may help reduce overall stress and anxiety.

To help support a rabbit with digestive slowdown (it is imperative to see a veterinarian during this time) the point ST-36 is stimulated by making small clockwise circles using the ball of your thumb on the outside of the rabbit's lower legs just below the kneecaps.

There are other acupressure points on a rabbit but those are best explored with a trained acupressure or acupuncture therapist who is licensed and knowledgeable.

Did You Know....

By Linda Torlay, Safe Haven Educator

Did you know there is a tiny little sea creature affectionately known as a 'sea bunny' that resembles a bunny, the kind we all know and love.

Jorunna Parva is a species of Dorid Nudibranchs (shell-less sea slug) that lives in the warm shallow coastal reef waters, amongst the algae and sponges, of the Indo-Pacific ocean around Japan, Australia, and the Philippines.

This tiny little sea creature measures between $\frac{1}{4}$ - $\frac{1}{2}$ inch in length which is about the width of your pinky nail. Sea bunnies range in color from white to yellow or orange, and even brown. Its body looks to have fluffy fur which are actually small rods

designed to send out chemical messages that it excretes from eating sponges containing toxins that it too is toxic. What looks like upright ears to us are sensory organs that detect chemicals in the water that help the sea bunny find food and a mate. And that fluffy little tail is a network of feathery gills that take in oxygen from the water so the sea bunny can breathe.

Sea bunnies are hermaphrodites possessing both male and female reproductive organs. They do however need to mate with another sea bunny in order to bear offspring. Both bunnies will exchange sperm, and both will lay fertilized eggs.

Sea bunnies have a short life span living only a few months and no more than one year. Sea bunnies do have natural predators, but their biggest threat are humans destroying their habitat and the ecosystem.



Adoption Update—Gwen

By Austin & Amelia Eisele

Bringing Gwen into our family has been the most wonderful experience. We knew right away after bringing home Pippin that he was craving a partner. He loved booping noses with our small dogs, but his safety was most important, so he only ever saw them under supervision. We knew he needed a friend he could cuddle with 24/7.

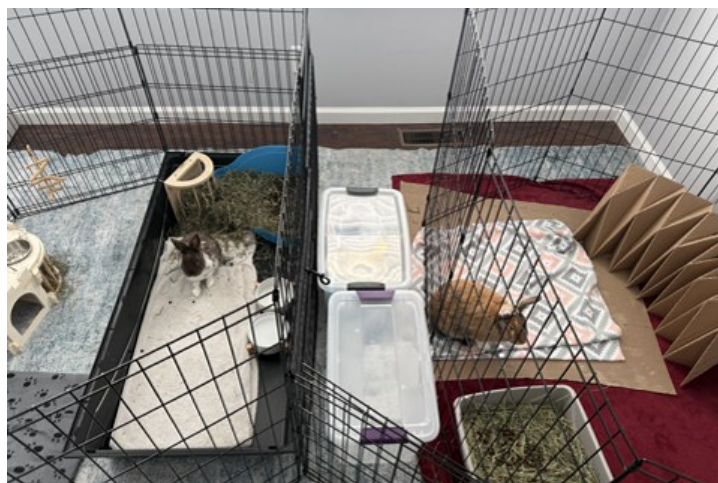
His first bonding introduction to Gwen happened at the rescue in June 2025. It was a lively first meeting. But they both showed a very friendly, non-aggressive interest in each other. We kept it short and were encouraged by the very promising signs of a perfect match we all saw.



To get ready for Gwen, we prepped a fresh space. Since we had no carpet, we laid down 1/2" interlocking exercise mats for cushioning and a large thin rug. We set up two pens side by side with spacers between them so the buns couldn't push them together, and we attached cooling racks so they couldn't stick their heads between the rungs. We also heard Gwen liked to chew and dig, so we laid extra blankets to

line her pen. I placed their litter boxes, food, and water along their shared wall so they could mirror each other and be next to one another during the biggest parts of their day. We also added a hideout to each of their spaces.

We had a third, smaller pen and a neutral litter box set up for dedicated bonding time. During their bonding dates, we started small and with few distractions. Karen was so sweet to share what to look out for, so we made sure any circling or nipping didn't escalate. If they started to look territorial, I'd put them next to each other, pet them for a second, and then let them figure it out again.



As they got more comfortable, we'd extend the length of their bonding dates. They started to cuddle and share the litter box together rather than just take turns, so we started moving some of their toys and foraging treats into their bonding space. We waited until we finally saw consistent signs of grooming from Pippin before removing the spacers between their separate pens. We still left the cooling racks between their pens, though, to protect them from getting their heads stuck, or in case they had a bonding setback and tried to scratch each other. Now though, they could smooch up against each other.

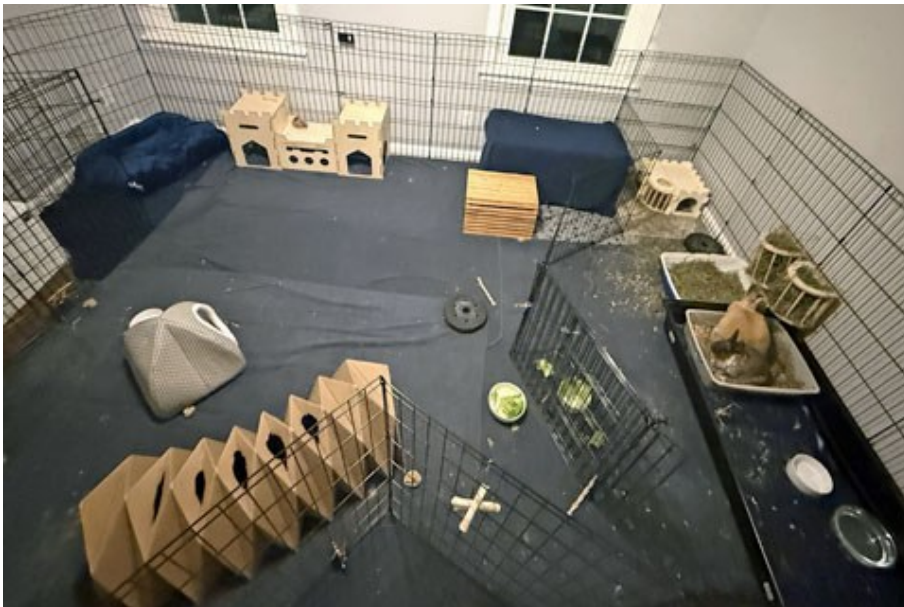
Adoption Update—Gwen *By Austin & Amelia Eisele (continued)*

They had been playing and cuddling so well, but we had still been waiting for Gwen to feel comfortable enough to groom Pippin too. They gave us the hint that they were finally ready for 24/7 snuggle access anyway. They both started digging at their boxes whenever they'd go back to their spaces after bonding dates and spent all their lounge time as close to each other as possible.

We decided to set up their shared pen in our bedroom over a weekend so we could give them as much time together as possible. Within the first day or so, Gwen was grooming Pip regularly too, so we progressed to adding overnights with us also. I took this time to deep clean their room and combine their pens into one large space for them to transition back to. The first day they tested it out, they had a little tiff and a small scratch, but with quick intervention and a move back to neutral space, they went right back to being cuddle buddies.

They were doing great transitioning when Pippin had a little GI upset from all the excitement. We expanded our bedroom pen setup to keep a closer eye on them a little longer. This allowed them some space for binkies, while also allowing us to separate them if we needed to monitor his personal litter box habits while he recovered.

After I had set up the one large pen in their room, Pippin's GI issue inspired me to add a little alcove with a door. It could stay open to them at all times, but we could also close it off if we needed a together-but-separate recovery zone again in the future. It was a great reminder of how helpful Karen's tip was to have a full time pen setup, even if they have the whole room. It's peace of mind to know we can easily enclose and scoop them up in an emergency.



were overly stressed as we went along. Now, all the pups and bunnies love seeing each other every day.

We definitely took it slow and steady while bonding Gwen and Pippin, but it was worth it. It's been so rewarding to see how both of their personalities have grown.

ENJOY THE SUMMER!

The heat showed up early this year, but I am confident that those reading this newsletter know that all domestic rabbits should be indoors and being kept cool with preferably air conditioning and if that is not possible, with fans and additional cooling measures as needed.

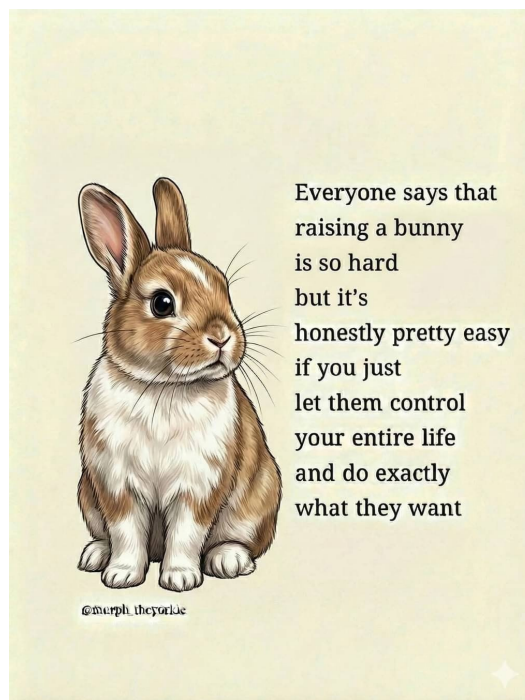
According to Susan J. Tyson, VMD, MS, DABVP (Avian), owner of Avian & Exotic Philly Vet Medical Surgical Clinic, in Philadelphia, the ideal environmental temperature for rabbits is 60–70 F.

She breaks it down this way:

- **Ideal temperature:** 60–70 F
- **Caution:** 80–84 F
- **Danger:** 85 F and above
- **Serious heatstroke risk:** 90 F and above, especially with high humidity Dr. Tyson explains that rabbits are highly susceptible to overheating because they lack functional sweat glands.

Ensure that your rabbit's environment is cool enough. Keep them all out of the danger zone.

The Bunnies will love You for it!



So true!
Have a wonderful summer!