



Safe Haven Scoop



April 30, 2012

Spring/Summer Issue



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Ways To Help

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becoming a
Sponsor instead!**

**Sponsorship
Program**

Happy Spring!!

Did we really have a winter? Excepting that crazy October snow storm, we sure got away easily weather wise this past winter. And here we are again, looking forward to a great spring and summer! Safe Haven volunteers have been extra busy the past few weeks getting ready for our annual spring events, answering email questions, taking phone calls, helping each other out and, of course, caring for all the bunnies! We hope that you will find this edition of the newsletter entertaining and educational.

As always, we welcome update stories and/or pictures from you! If you have photos to share or questions you would like to see answered in an up-coming newsletter, just [email](#) them to us!



So Hare We Go!!



News about Safe Haven....by Karen Augustynowicz, President

Our most recent rescues.....

Travis

On March 26th, we received a call about a rabbit found in a home by detectives investigating a domestic abuse case. No one there knew what to do about the rabbit, or what to feed it or even when it had last been fed. Luckily, I was able to reach Safe Haven volunteer Michelle Manderski and she quickly set out on her first rescue. I asked Michelle to take along two of her carriers to bring whatever she found there home.

When Michelle and her husband arrived, a detective, seeing the size of the carriers quickly remarked "they're not going to *big enough*" He was right! The rabbit Michelle found turned out to be the biggest rabbit ever to come through our rescue! Luckily, Michelle's husband had brought his van which allowed the two of them to transport both the rabbit and the cage he was being housed in back to her house.



After calling him *Big Guy* for a few days, I finally settled on the name of *Travis* which seemed to suit him. He is a gorgeous fawn colored Flemish Giant - underweight at 11 lbs. 10 oz.; his vet exam found no problems except for ear mites. Ear mites can be very painful....especially when you have giant ears! And, he was very sensitive to having them medicated. But, soon his ears got better, he was eating well and healthy enough for the all important neuter!

Knowing he was going to need a very special home with someone well experienced with rabbits, I was very happy when our friend Alice, who has been wanting a Flemish Giant for a very long time, decided to adopt him. I knew she would give him a wonderful home. But the day she was coming to meet him, I had to tell her that two hours earlier Travis had sailed easily over the 42" high pen I had been keeping him in - twice! No effort at all! I had moved him to a 48" high pen and was figuring out a way to block it to the ceiling when Alice arrived for her visit. But Alice was not deterred and was willing to take on the challenge. Well experienced with bunny tricks, Alice built him a very secure 48" high pen with a top....now a few weeks post adoption, I hear maybe Travis should have been named *Houdini* as it seems he has already managed to find a way out of that too! *I'll look forward to sharing the adventures with you in up-coming newsletters!*



(click)

Going on Vacation?
?

Board your bunny
with us!



Contact Us:

SafeHavenRR.org

or

adopt@

website



Molly

Just four weeks prior to the rescue of Travis, another little bunny found her way to Safe Haven. An adorable little lionhead female who was cruelly turned loose by an uncaring owner. Molly is one of the sweetest little girls we have seen. A little timid around strangers, she quickly warms up once she spends a little time with you.



I knew it would not be very long before Molly found a family to call her own and sure enough she did! I received many inquiries about her, but none of them seemed right. But, just last week a young family came to visit and since Molly seemed as smitten with them as they were with her, she will be going to her new home next weekend!

Congratulations Molly! We know you will do well!



Upcoming Events....



3rd Annual



Bike for the Buns!

Saturday, June 16th, 2012

Bull's Island State Park
2185 Daniel Bray Highway
Stockton, NJ 08559

The 'Bike for the Buns!' event is a noncompetitive, fundraising bicycle ride along the scenic towpaths within Bull's Island State Park to benefit the foster rabbits at Safe Haven Rabbit Rescue, Inc., Clinton, NJ. Bull's Island Recreation Area is comprised of a portion of a small forested island surrounded by the Delaware River and the Delaware & Raritan Canal near Stockton, NJ. Ride along the river towpath and enjoy the views!

www.Bikeforthebuns.info

for event details and to register

Register by June 1st to guarantee a Free T-shirt!

*This year we are we have a very special
Bunny Champion Sponsorship Opportunity!*



We'd love for you and/or your furry friends to join Sara in helping raise funds to help the Safe Haven foster buns and allow us to help even more!

[Check out the program details!](#)

We think you will find it a fun way to show your support!



Yoga Classes to Benefit Safe Haven Foster Bunnies!

**Satsang Yoga Studio
307 South Avenue West
Westfield, NJ 07090**

A special "Thank you!" goes out to Michelle Scott who arranged for Safe Haven to be Satsang Yoga Studio's feature non-profit to receive proceeds from their donation based classes run during the months of May and June!

These classes will be taught by members of the Satsang teacher community (Michelle will be teaching on May 26... other members of her teacher training will be teaching the other weeks).

All levels welcome.

Classes will be held Saturdays, 4–5 pm

**Donation-based classes
on the following dates:**

**May 12th and May 26th
June 2nd, 23rd and 30th**

307 South Avenue West
Westfield, NJ 07090

Phone: 908.789.7203

<http://www.satsangyogastudio.com>

We hope you will join in!

Adoption Updates.... *Stories contributed by new parents:*

Madelyn

Adopted

By Melissa Kenzari & Family

August 29, 2011

Madelyn is a big name for a little rabbit. That was my first thought when we adopted our first furry friend from Safe Haven. But after six months, I now realize she owns her name with a big personality.



First, Madelyn doesn't have a cage or a pen – she has her own room in our home. My poor son still thinks it's his room, but Madelyn and I know better. At night, she sleeps in her pen in his room, but during the day she has free range. She listens to music (country and Latin are favorites), she reads the paper (then tears it apart), she scampers about looking for trouble and races to you for a lovely rub and scratch whenever you enter.

She's very picky about her food, too. Don't try to pass off yesterday's lettuce – she'll leave it on the plate and look at you like, "You must be kidding me." She loves bananas and always picks these out of her salad first. And don't be late – she'll rattle her cage if you try to sleep in – Madelyn must eat!

In the evening, Madelyn puts my son to bed. She cuddles next to him on the bed allowing him the privilege of petting her. And when his hand finally gives way to sleep, she hops into her own pen, so I can close her up for the night.



Before Madelyn, I never would have believed that a rabbit could be as engaging or much a part of the family as she is. She's a little rabbit with a lot of love inside, and we're so glad she's come into our home.



Chase & Zoey



Adopted

By Maureen Malone & Family

June 5, 2011

Our New Friends - Chase & Zoey

Our family was lucky enough to adopt Chase & Zoey last spring. They were thankfully rescued by Safe Haven and were lovingly taken care of by their foster mom, Michelle, until they joined our family last June. It's been a wonderful year since they joined our family. We've quickly adapted to our role as first time bunny owners.

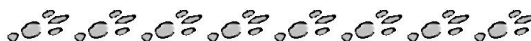


Chase & Zoey have been a pleasure. They are set up in a spare room that we now refer to as their "apartment". We have a pen but they are rarely confined to it. They are free to roam around their bunny-proofed apartment, which is hilarious to watch. When we're lucky we catch a good binky or two! Their favorite place is under the couch - the bottom of the couch is fringed which allows them easy access. It's a nice enclosed spot for them to relax.

As a bonded pair they are rarely apart from each other. They love to be sprawled out together, eat together and sleep together. The bunnies also love to play with their toys together.



One of our favorite things is to watch them "investigate" - especially Chase as he's the more curious and brave one of the pair. If we move things around Chase immediately comes to investigate. He cannot resist checking things out! Zoey always follows a short time later; it's fun for us to rearrange things just to get their reaction. We are so thankful to have Chase & Zoey!!



Ask The Vet.....

Question: *I am hearing about Alternative medicines being used for animals. What kinds of treatments are you using for rabbits you see?* **Dr. Sharon Marx, DVM at VCA Animal Healing Center in Yardley, PA replied:**



A holistic approach involves viewing the **whole animal** and understanding their needs, including emotional and mental as well as physical.

The alternative treatments we use for rabbits are very much the same as those used for dogs and cats. In most cases a multi-modality approach works the best.

These treatments include:

Acupuncture

- For arthritis, gastric and digestive disturbances, neurological disorders, immune support and urinary issues

Acupuncture involves inserting a tiny filamentous needle just under the skin at specific acupuncture points. Surprisingly, most rabbits tolerate this very well. For those that are too jumpy to sit still for the needles we can use aquapuncture (which involves using a tiny needle and syringe to inject vitamin B-12 and homeopathic remedies at the acupuncture points)



(Editor's note: "Emily" a 13+ yr. old mini-rex, owner of Safe Haven's director, Karen Augustynowicz (left) during her first treatment; on right 3 wks. later, now standing with support!)



Homeopathy

- For all the symptoms above as well as behavioral issues such as anxiety.

Rabbits may get an injectable or oral form depending on the specific situation. Nux vomica is a commonly used homeopathic for gastric stasis. Traumeel (by Heel) is a commonly used combination homeopathic for pain and arthritis. Aconite is used for anxiety or stress.

Chinese herbs

- Primarily used for cancer and immune support

The tablets can be crushed and made into a liquid suspension which can be flavored and then administered to bunnies.

Probiotics

- A source of good bacteria for the gut

Thankfully, there are probiotics that are now more specific for the gut flora of rabbits! Not only do they aid in digestive issues, but also help boost the immune system.

Western Herbs

- These include herbs and plants that naturally grow in the United States

Parsley and Dandelion are very good in supporting the kidneys. Fortunately, these are plants that rabbits naturally eat. In addition to kidney support, we also use herbs for immune support (astragalus), arthritis (boswelvia) and digestion (papain- an enzyme form pineapple)

Nutritional supplements

- Digestive enzymes can be sprinkled on greens or pellets to help digestion and immune support.
- Raw apple cider vinegar can be sprinkled on greens or mixed into drinking water to aid with digestion, arthritis, infection or immune support.
- Glucosamines can be given orally to aid in healthy joint support.

Erchonia Laser

The erchonia laser is a cold laser that can be set for specific frequencies for anxiety, digestion, arthritis, bladder, nerves, kidney or liver disease and many more conditions.

This is especially good for rabbits that are too anxious for needles.

As you can see, in addition to conventional medicine we have many alternative options to choose from that often are very effective and generally have fewer side effects to make our pet bunnies healthy and happy.

Sharon Marx, DVM
VCA Animal Healing Center
1724 Langhorne-Yardley Rd
Yardley, PA

19067
Phone: 215-493-0621

[Website](#)

www.vcahospitals.com/animal-healing-center

Visit their [website](#) for details!
Healing Center Open House!

Sunday, May 20th from 10a.m.-4p.m.

If you have questions, you would like to see answered by one of our veterinarians, please [let us know!](#)



educator

Educational Corner.... by Linda Torlay, Safe Haven volunteer and

A B C's for your Rabbit.

Good nutrition is essential for 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 hay and commercial feed pellets which is why I am going to talk today about vitamins A, B and C. Vitamins not synthesized in the body or in required amounts have to be consumed from food sources.

Let's talk about vitamin A first. Vitamin A is a fat-soluble vitamin that is formed from the precursor beta-carotene found in plants. It is a known antioxidant, which in a nutshell is a molecule with the ability to neutralize a free radical which is an unstable molecule that either needs to lose or gain an electron to become stable. When a free radical attaches to another molecule looking for that missing electron and that molecule is not an antioxidant molecule than it too will become unstable making *it* a free radical. When too many molecules are stealing too many electrons from other cells damage occurs which is why antioxidants are so important. They simply keep cells healthy. Vitamin A is also important for things like good vision and a healthy coat.

Good food sources for a rabbit include arugula, basil, carrot top*, cilantro, dill, kale*, leaf lettuce, mustard greens*, parsley*, spinach* and watercress. Canned pumpkin, albeit not fresh, is also another good source. As with all fat-soluble vitamins, vitamin A is stored in the liver and too much can be toxic. The precursor beta-carotene which is found in plant matter falls into a different category and under normal feeding conditions is unlikely to cause a toxic reaction.

Now vitamin B. There are 9 components that make up vitamin B-complex. They are thiamin (B1), riboflavin (B2), niacin (B3), pantothenic acid (B5), pyridoxine (B6), folate or folic acid (B9), cyanocobalamin (B12), biotin and choline. B-complex is a water-soluble vitamin that the body needs every day because water-soluble vitamins are not stored. cv

A rabbits cecotrophs are a rich source for B2, B3, B5 and B12. Cecotrophs as you know are mucous-coated soft feces which are high in volatile fatty acids in addition to the noted B vitamins. Microbes produce these nutrients in the cecum and the rabbit consumes them directly from the anus.

B1 is needed for brain function, muscle tone and appetite. Good sources for rabbits are chickweed, dandelion greens*, parsley*, peppermint and raspberry leaf.

B2 is needed for red blood cell and antibody formation and helps maintain mucous membranes in the digestive tract . Good sources are asparagus, broccoli**, chickweed, leafy greens, peppermint, parsley*, raspberry leaf and spinach*.

B3 is needed to support the metabolism of fats and proteins, secretion of biles, syntheses of sex hormones, the circulatory system and skin. Good sources are broccoli**, carrots, chickweed, dandelion greens*, parsley*, peppermint and raspberry leaf.

B5 is needed by the cells in the body. Good sources are arugula, banana, basil, green bell pepper, blueberry, broccoli**, carrot, dandelion greens*, endive, escarole, parsley*, canned pumpkin and wheat grass.

B6 is needed for the production of hydrochloric acid, brain function, synthesis of DNA and RNA and is involved in the absorption of proteins and fats. Good sources are banana, broccoli**, cabbage** and carrots.

B9 is needed for the metabolism of amino acids and nucleic acids and is found in asparagus and leafy greens.

B12 is needed for digestion and absorption of nutrients and helps to prevent nerve damage. B12 in a rabbits diet comes primarily from his cecotrophs.

Biotin helps to metabolize carbohydrates, fats, and protein, skin, fur, nerve tissue and bone marrow. Pelleted feed supplies biotin.

Choline is needed for the transmission of nerve signals from the brain to the central nervous system, gall bladder function, liver function, hormone production and fat metabolism. Good sources are arugula, banana, basil, broccoli**, cabbage**, chicory*, cilantro, dandelion greens*, endive and escarole.

Last is vitamin C (ascorbic acid). Vitamin C is a powerful water-soluble antioxidant good for healthy connective tissue and many metabolic processes in the body. Rabbits, unlike humans, are able to make vitamin C in the liver from glucose. During times of stress and illness plasma levels of vitamin C are known to significantly drop and therefore food sources rich in vitamin C are helpful. Good food sources for vitamin C are arugula, basil, green bell pepper, broccoli**, cabbage**, carrot top*, chicory, cilantro, dandelion greens*, dill, kale*/**, romaine lettuce, mustard greens, parsley* and spinach*.

** 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 rabbits needs and health.

Primary resource: Rabbit Nutrition and Nutritional Healing by Lucile Moore

Vitamins D, E and K to be discussed in the next newsletter.



Did You Know?? by Linda Torlay, Safe Haven volunteer and educator

The Rabbit Totem

Native American cultures say that each individual is connected with nine different animal spirits/guides that will accompany them through life, acting as protectors and teachers that are with us both in the physical and spiritual world. In addition to Native American cultures, animal signs are found throughout all cultures around the globe and have been throughout time with similar beliefs. These animal totems come to us because they have a lesson we need to learn. Each animal has its own purpose and message for us.

In that we will identify with different animals at different times in our lives one will be more consistent and special and act as our main guardian spirit. This totem is said to be with us from the start. Different animal guides will come in and out of our lives depending on the direction that we are headed and the lessons that need to be learned along our journey in life. These different animals each have unique survival skills, lessons to teach and they also serve as a guardian/protector to us during the time they are with us. The animal totem that comes to you offers you its wisdom and power. This animal is not necessarily a companion to you, it simply presents itself to you in either dream or its physical presence making a connection of importance to you. You will know when an animal chooses you and makes itself known to you. Observe and feel your surroundings and trust your instincts. Animal Totems may also be ones we are attracted to with an internal calling toward that animal. Learn to communicate with those that are choosing you. Listen, watch, trust, and respect and become open to the lesson they are bringing

to you.

There is not one clear definition of the meaning of an animal totem, it is more like a story. For the rabbit it symbolizes fertility and with fertility comes love or is it because of its "love making" the rabbit is known for fertility. Either way rabbits symbolize both love and fertility which is associated with the importance of family. A rabbit's life (wild rabbits) is not one of great length and therefore it takes advantage of every waking moment which might say to you to not waste time. A rabbit survives because of its quick wit, keen observation skills and ability to respond instantaneously teaching you to be observant and quick to identify signs of danger or to know when you are in a time of peace. Rabbits are thought to be timid and fearful yet they move forward in spite of not knowing what's ahead of them or in spite of fear reminding us to not let our fears keep us from moving ahead. Their timidity also makes them gentle reminding you too to be gentle. Rabbits do not travel far and naturally live in a group which could indicate to you to stay close to home and to be amongst family. Rabbits are also known for vigilance, staying alert, always listening and watching. Stay observant to what is around you, listen and watch and something of importance will be revealed to you.

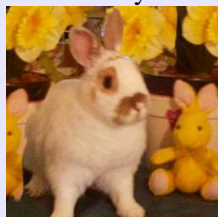
The belief in and of animal totems is subjective and hopefully will encourage you to explore the topic further for a more personal understanding. There is a great deal of information to read on the subject noting differences and similarities in cultural beliefs. All however do seem to agree that our animal spirits/guides choose us, we do not choose them.

Various internet sites were referenced to compile the information used for this piece.

In Memory

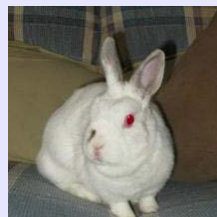
*Those we love don't go away,
They walk beside us every day,
Unseen, unheard, but walking near,
Still loved, still missed, and very dear.
(Author Unknown)*

Penny



Safe Haven Special Needs
Born: Sept. 21, 2001
Rescued: Jan. 22, 2002
Died: April 3, 2012

Buttons



Safe Haven Sanctuary
Born: Unknown
Rescued: Nov. 6, 2010
Died: Feb. 24, 2012

Oliver



My Own
Born: Unknown
Rescued: June 2001
Died: Dec. 26, 2011



The bunnies *Thank You* for your attention and support! We can't do it without *you!*



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