



# BRIGHTHAVEN

C H R O N I C L E S

## BRIGHTHAVEN: A PLACE OF MIRACLES

**W**elcome to the wonderful world of BrightHaven and especially to this second edition of the Chronicles. It is hoped that when you read these stories and the information, they will relax you, excite you, fill your eyes with laughter and touch your soul with tears as Sarah, our guardian angel, relates to you more of her stories of the residents, Richard picks another topic near to his heart and Gail takes you further inside the everyday life of the retreat.

### *"Why did you call it BrightHaven?"*

They searched and searched until their minds ached and refused to think anymore—as if they could no longer cope with the sheer weight of information or assimilate the reasons for liking or not liking the particular name, it all became much too confusing.

So they slept and rested and darkness fell. Many cats and the odd dog crept onto the bed luxuriating in the safety and comfort of a home with no bars, or an overpowering smell of disinfectant, or death, or fear of a predator, as many of their last experiences had been of a pound, a vet's clinic, the wild, or a lonely room where their beloved human had died.

As dawn broke and lifted its life-giving light and warmth over the horizon, a shaft of sunlight burst through the window and settled on Zsa Zsa, a frail but healthy 25 year old tabby who was sleeping, curled up between Richard's legs. Zsa Zsa had come from a dark, cold, lonely cage in a pound, two days away from death. Now two years later she was warm and comforted and protected, curled up in a haven with bright sunlight pouring energy and life into her old but comfortable body.

When things are not forced and allowed to balance, they happen naturally.

### *Of Course!!! "BrightHaven"*



Visit our website at [www.brighthaven.org](http://www.brighthaven.org)



*Sarah*

**H**ello, my name is Sarah. As you can see I am a pretty silver and white cat of about eight years old. Although my failing body required me to leave this earth I am honored to be the inspiration for BrightHaven and its spiritual guardian. Now I'd like to let Richard tell you about BrightHaven...

I am really pleased to be able to speak to you again and am most grateful to Sarah for letting me have this space.

I would like to emphasize that any opinion, advice, recipes, thoughts and philosophies that you may read here are born out of our experience over the last 10 years and come without any formal or classical training and we strongly advise that you consult with a professional in respect of your animal's well being.

So to launch headlong into my first opinion I would like to talk to you about **BALANCE**.

Many ancient religions and philosophies preach that before any state of health or mind can be found or can heal, a balance of body and soul and mind must be reached. We at BrightHaven believe this implicitly and in welcoming many animals into our homes over the last 10 years and sharing our lives with them, understand this better than most. This understanding is not possible unless you live and interact with them on a daily basis which is impossible in most shelters. The best

## BALANCE

(Continued on page 4)

"The person who says it cannot be done should not interrupt the person doing it" - CHINESE PROVERB





# COPY *the* horse

**R**ichard always wanted a horse, and after the house and land were purchased in the canyon and the stables were built, the time seemed perfect.

At that perfect time there was a perfect horse living in the same canyon, his registered racing name was Dee Days Copy: a tall, handsome, chestnut, gelding, quarter horse with a tattoo inside his lip, a few race times on his registration and a heart as big as America.

After Copy decided not to be a race horse he was acquired, loved and nurtured by his new owner, and for many years his life was full of happiness and fun, but as we all know everything must change. His owner had taken on the responsibilities of a young family and a job and could not spend as much time with her companion galloping around the enchanted canyon trails. She could have kept Copy hanging around for her own sake, but in an act of pure unselfishness that you only find in those who can truly love, she set out to find Copy a better life to repay him for his companionship to her over the years.

As destiny would have it, the perfect chance presented itself and Copy, now 20 years old, arrived at a shining new stable with plenty of running, jumping, and rolling space at BrightHaven - the perfect answer.

Copy was a little arthritic in his back legs and his racing muscles needed to go to the gym, but his heart was full of love, fun and adventure. However, Richard soon found out that he only had been born with two gears, stop and full gallop, so at his age we had to slow him down a little. After some training, in which Richard learned how to fly over a horses' head - due to Copy's incredible brakes, the magical times began: riding through the canyon in the early morning mists and late summer evening.

For the next two and a half years Copy's life was idyllic and apart from a few mishaps (such as

him falling into a muddy sinkhole, which will be a story in the BrightHaven book)' fun and adventure was the order of the day.

Richard and Gail absolutely believe that there are no coincidences in this world and once again this has proven to be the case. Richard spends every minute he can with the horses and generally goes to the stable late at night to talk to the three of them - mostly to answer complaints about carrot rations!!

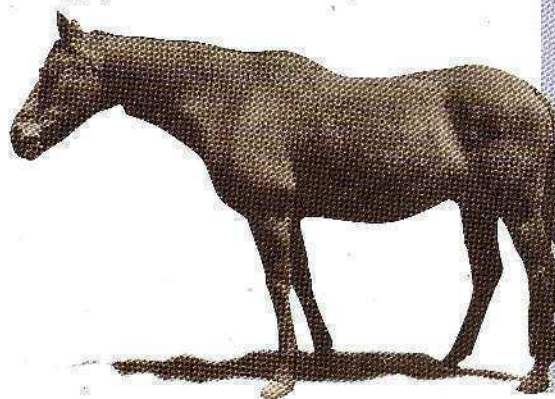
About two months ago he began to feel uneasy about Copy who was being over affectionate and leaning his head on Richard's shoulder for long periods of time. His habits were changing, like messing in his stables, a thing he would never normally do. Copy was in trouble and was trying to tell his Dad. Richard immediately contacted both homeopathic and allopathic vets, he drew blood for analysis, but except for some high glucose readings, nothing seemed too serious. Then other signs appeared, puffy eyes, extra hair, overheating, a small founder and the worst sign of all, Copy's galloping gear had disappeared. Richard suspected what the problem might be but could not find confirmation.

It was Tuesday morning when Richard sat down at his desk to work. On his way out of the house he had picked up the latest edition of his horse magazine and put it in his briefcase. While emptying his case onto his desk the equestrian

magazine fell to the floor. When he picked it up he noticed that it had fallen open at an article about Cushings Disease (a benign tumor on the pituitary gland which will affect many of the bodies functions). Richard was transfixed by the article and started to read. By the time he had gotten past the second paragraph a crystal clear picture of Copy's face came racing into his mind and there was no doubt in his mind that he had been given all the confirmation he was ever going to need.

There is good news and bad news with Cushings Disease - the good news is it can be treated, the bad news is that it will cost \$300 a month for the rest of his life for medication. For some owners there is a decision to be made. At this point for Gail and Richard, there was none. The full and wonderful forces of the BrightHaven balanced treatment regime will be brought to bear, and no remedy or feeling will be left unexplored until I can write in a later edition of the Chronicles that the perfect horse in the most perfect condition will again catch the perfect trail on a perfect late summers evening and again live the perfect life.

Please help Copy and sponsor him. However large or small, it may be he needs your gift. 🐾



## General Health/ Nutrition Tips

1. A little raw meat a day keeps the vet at bay.
2. Never be without Rescue Remedy.
3. Always have fresh bottled (spring or distilled) water available for your pet.
4. There is no substitute for fresh air and sunshine.
5. Fresh green grass is great for the digestion.
6. Buy canned food from a Natural Health Food Store.

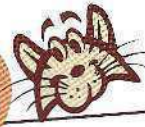
"A Nation's progress can be judged by the way it treats its animals" - ALBERT SCHWEITZER





# ashley

formerly the WILD CAT



Poor Ashley had a problem - well actually more than one, but her main difficulty was that she liked people - you know, humans - you know, those terrible beings whose main purpose in life is to take all the so-called wild cats, trap them, do horrible things to them, put them in a cage and then get confused as to whether to let them go or not - they probably mean well, but! (Now obviously this is another Richard's page discussion topic that will have to wait for another Chronicle.)

It's all Holly's fault really, if she had not been so intuitive, quiet and gentle, it wouldn't have happened. Ashley could have gone on mistrusting humans, running, hiding and cowering from a mere hint of a touch and everything would have stayed as normal, not as though normal was necessarily good, but at least it would have been normal and she could have liked them from a distance.

Holly, for those who have never met her at BrightHaven, or did not read the last Chronicle, is Gail's trusted and talented assistant and Ashley is - sorry-was, a wild cat that was trapped from near the

harbor at Dana Point and eventually, as nobody really knew what to do with her, ended up at BrightHaven. We all thought she would spend her life hiding from view as the feral side of her genes would never let go of the in-built terror that the human race has managed to instill in much of the animal kingdom, except of course for stupid old dogs who get mistreated on a regular basis and still come back for more.

Now, not only did Ashley have to put up with her mental anguish, but on top of that she developed Stomatitis, a painful and insidious disease of the mouth, which is something I experienced as a cat and would not even wish it upon a mouse - only a joke! - some of my best dinners - I mean friends, have been mice. So there was Ashley - scared stiff in threatening surroundings, a raging fire in her mouth and wondering what the humans would do next, and why she liked them.

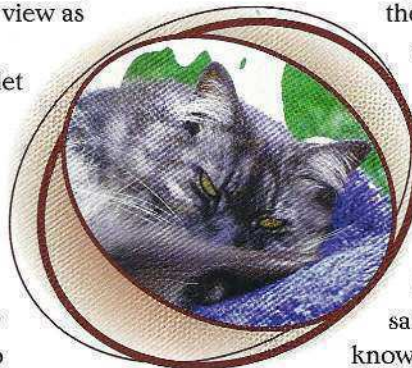
"Can I work with Ashley and take responsibility?" said Holly. "You most certainly can," said Gail. "See what you can do, although the chances of helping her are thin." Well that did not deter Holly. She slowly built a relationship with Ashley over the next 12 months.

At first Holly would say her name gently as she went about her duties, getting nearer to her, inch by inch, offering her little treats,

then ignoring her for awhile until good old cat curiosity got the better of Ashley and she would come to find her.

One day Holly casually said to Gail "You know she really wants to be like the domestic ones and be loved." "Who?" said Gail, putting another load of washing into the washer. "Ashley, she is desperate" replied Holly. The next month would take a whole chapter of the BrightHaven book in order to portray the magical things that happened with Holly, Gail and Ashley, suffice it to say when Richard left for Canada on his last trip, the last thing he noticed before he walked out of the retreat was Ashley lying on a bed with Holly, brushing her and both seemed to be purring loudly.

Ashley's new found happiness is because of Holly. Whether Gail can beat the Stomatitis will depend on if she can find the right BrightHaven balance for Ashley. Whether they can help rescue another one of the wild bunch from a dark, depressing cage full of fear and despair will depend on your donation, no matter how small. PLEASE HELP!







# BALANCE

(From page 1)

way I can describe it is like our subconscious minds get programmed as tracking devices which pick up the smallest deviation in an animal's habits, which would never be noticed unless a close relationship is formed with an animal in a family environment.

When perfect balance is achieved miracles explode all around, but there is not a single formula that sweeps over all animals. It is now possible for Gail, Holly, and myself to pick up an imbalance in an animal within a matter of hours and when these imbalances are small, perhaps 1/2 an hour of extra love and 25cc of more fluids may restore balance to mind and body.

One of the main differences that I have noticed is how Gail will approach treatment of sickness in chronic situations. Instead of focusing on the obvious symptom, she will first balance the animal's mind and emotional state, as we firmly believe that if the mind is imbalanced in any way there is little chance of healing the body, unless you will be satisfied with allopathically suppressing the symptom.

The most difficult to cure and balance is a new animal who is disoriented, scared and has probably been traumatically removed from a long standing routine and environment and inserted into a new situation, generally via a pound or rescue center where the smell of panic and death are unavoidably present. These cases are extreme and time consuming and some times can take up to a year to even find the start of balance. The balancing of an animal can consist of some of the following, however love must always be present. The other elements are diet, homeopathy, animal communication, herbal remedies, flower essences, acupuncture, cranial sacral therapy, social therapy, chiropractic care, traditional Chinese medicine and modern health care. When these are administered to an animal there are only two results, one is that a partial balancing will occur and the health and mental will improve, and two, a perfect balance will be achieved and 28 year old cats will jump on furniture and play with mice and cancer symptoms will disappear, i.e. a miracle.

I intend to write a whole chapter on this subject in the BrightHaven book, but for now I have run out of time.

## THE EVERYDAY WORLD OF BRIGHTHAVEN BY GAIL POPE



**T**hose of you who read the last edition of the Chronicles will remember that "my page" is devoted to acquainting our readers with the history of BrightHaven and describing our everyday world and the people who share it with us.

My last writings described our family journey from England 12 years ago, to the point where we had relocated to Trabuco Canyon and opened our doors and hearts to the waifs and strays of the animal kingdom. To recap a little: I was working hard and learning lots from Doug Coward DVM and finding the balance of rescued animals gradually leaning towards the elderly, most brought home from work to be saved from euthanasia. We had finally given in to pressure from our friend Vicki Allinson and tentatively begun to feed the animals raw meat.

Things were changing at our house indeed and we were perplexed!! Our younger residents were clearly exuding more good health and energy, but when the senior citizens began to glow, with bright eyes, shiny coats and newfound energy, we had to pay attention. One day we found a 22 year old arthritic little skeleton of a cat, firmly sat upon a chair previously unattainable, and another calmly inspecting the kitchen countertops, previously unknown. Our house was full of cats not only looking, but also behaving 10 years younger!!! We began cautiously adding a few supplements to the diet and were delighted with the results.

Around that time, Vicki introduced me to a well-known authoress and expert in her fields of healthcare and nutrition: Pat McKay. Pat volunteered to try to educate me a little more into the mysterious world of holistic medicine and I was to have my third consult with her one bright sunny day, when I realized that our dear old man "Winston" (featured last BH Chronicles) had developed a huge hematoma in his left ear. His ear was red, throbbing and hugely swollen and so I called Pat, to reschedule, as Winnie must clearly have surgery. Imagine my surprise when Pat, clearly



unperturbed, pronounced that, not only would it be dangerous to put such an elderly dog under anesthetic, but that his problem could be treated with homeopathy. I still knew nothing about homeopathy and the

information Pat gave me did nothing to encourage my belief. How on earth could this work??? She wanted me to give a remedy which, had it contained any of its original substance, would have caused the same kind of problems that Winnie was experiencing!!! The woman was clearly crazy and I wanted to hang up.

Pat suggested that, as Winston's problem was not life threatening that I should try her suggestions and wait a couple of days before surgery. Hesitantly I agreed and, guess what — Winston never did need surgery!!

I started to devour books on homeopathy, but found the science confusing, baffling and completely contradictory to my everyday world of veterinary medicine. Then, one day came the very push I needed.

I was struggling hard to deal with the impending death of "Cindi" a beloved elderly Persian mix, who had fought Inflammatory Bowel Disease with drugs for so long that they had finally taken their toll and her last hours were clearly approaching. Vicki enlisted the help of Internationally known homeopath Dr. Christina Chambreau (featured last BH Chronicles), who telephoned to offer her help. Politely and tearfully I declined, only to find that Christina was not to be deterred. She firmly informed me that she and not I was the vet, and so I had nothing to lose. I cuddled Cindi and listened and answered many strange questions. What on earth could she do by telephone? — I was miserable, but followed her advice, called Vicki and sent her scurrying to purchase the remedy indicated.

Sometimes we are granted miracles and my experience with Cindi was just such an event, obviously sent to change our lives yet again and forever!! Needless to say Cindi recovered and so began yet another chapter in our ever-changing world...

*To be continued.*

"Until he extends the circle of compassion to all living things, man will not himself find peace" - ALBERT SCHWEITZER





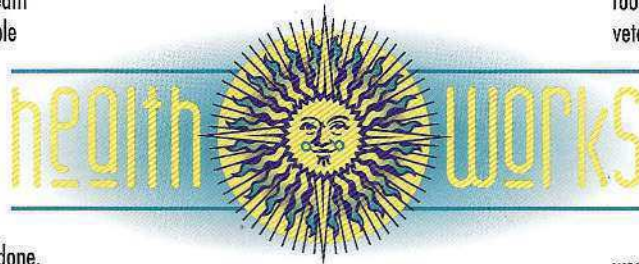
Over and over again we are asked how we deal with advancing kidney problems in our aging cats. Some see chronic and acute renal failure as a death sentence and, in our opinion, far too many people panic and take precious time away the minute they hear the news. BrightHaven cares for many cats in various stages of chronic and acute renal failure, many living on HAPPILY for months and often years longer. We understand that the kidneys cannot be regenerated, but there is much to be done.

#### FIRSTLY IT IS IMPORTANT TO RECOGNIZE THE EARLY WARNING SIGNS:

- Excessive water drinking. (A cat on a nat. diet should not need to drink water)
- Dehydration. (Pick up the fur behind the neck - it should SNAP QUICKLY BACK INTO PLACE)
- Finicky eating and sometimes, weight loss
- Dull coat and a general 'dimming' - sometimes seen as just 'getting older now' or 'not quite as good as they used to be'.

A blood panel is important at this stage to identify the exact problem and rule out other ailments. The most common illnesses of our seniors are kidney and liver

disease, hyperthyroidism and inflammatory bowel disease: all of which we address with great success.



#### THE NEXT STEPS:

The single most important thing to be done, in our opinion, is to keep the body properly hydrated, which will flush the kidneys to prevent a build up of toxicity. This is a very simple process (scary at first!) called giving subcutaneous fluids, which involves injecting fluid under the surface of the skin. Your veterinarian will be pleased to demonstrate this procedure for you and advise its frequency. Of course you may take your cat to the vet regularly for treatment, but remember it is important to minimize stress, which is added to greatly by vet visits. We administer SubQ fluids anywhere from once a week, up to two or three times a day, depending upon the need. If your animal is diagnosed as having an acute problem then intravenous

fluids are almost always imperative for just a few days and then once out of danger, a new regime can be found - hopefully with the help of a homeopathic veterinarian. The BrightHaven Way:

- SubQ fluids given with love and in a tranquil environment.
  - The natural diet supplemented by "treats" as necessary. (The very sick may have sore or ulcerated mouths or throats and we find a sloppy mix made with baby food or the like works the best. Please try to aid the kidneys by working with natural treat additives as far as possible).
  - Regular consultations with one of our homeopathic veterinarians.
  - Herbal preparations. (Animals Apawthecary produce a number of excellent herbal products to aid in kidney, as well as other diseases-available at BrightHaven).
  - Flower essences (available from Anaflo).
- Other forces to employ to regain balance are: acupuncture, cranial sacral therapy, chiropractic care, magnetic therapy, healing crystals, aromatherapy and traditional Chinese medicine.

remember: love and peace bring balance;  
Stress and fear prevent balance

## Nigel the CAT

### NEW ARRIVAL

"I'M HOME". RICHARD HAD JUST RETURNED FROM ANOTHER GRUELING BUSINESS TRIP TO LONDON VIA SAN FRANCISCO. THERE WAS NO REPLY AND HE KNEW GAIL WOULD BE TENDING TO A SMALL, FURRY RESIDENT SOMEWHERE, SO HE WANDERED THROUGH THE HOUSE TO FIND HER.

"THE NEW BATCH HAS ARRIVED FROM PASADENA ANIMAL SHELTER" SHE SAID LOOKING UP FROM THE FLOOR. "LOOK AT THIS BEDRAGGLED LITTLE MAN!"

THERE LOOKING UP AT HIM WAS A BIG, ORANGE FACE HOUSING TWO ROUND WINDOW LIKE EYES WHICH IMPORED YOU TO LOOK THROUGH TO HIS VERY SOUL AND FEEL HIS HEART-WRENCHING STORY. "I HAD A FRIEND AT SCHOOL WITH A FACE LIKE THAT, HIS NAME WAS NIGEL." SAID RICHARD - SO NIGEL THE CAT WAS NAMED.

NIGEL TRIED TO SPEAK BUT NO SOUND CAME OUT OF THE POOR

LITTLE MOUTH WITH A FEW BAD TEETH SHOWING AND WHEN HE GOT UP TO WALK, HIS REAR SUSPENSION GAVE WAY AND HE FELL TO THE GROUND.

NIGEL FOUND A SMALL CUPBOARD TO SLEEP AND EAT IN FOR THE NEXT COUPLE OF WEEKS, ONLY COMING OUT TO USE THE LITTER BOX AND STRETCH. GRADUALLY THE BRIGHTHAVEN ESSENCE SURROUNDED HIM AND HE WAS TO BE FOUND, ON THE ODD OCCASION, SLEEPING IN THE SUN IN THE GARDEN, ALWAYS WITH ONE OR TWO OTHER CATS NEAR HIM, MAYBE DISCUSSING OLD STORIES OF GIANT SIZE MICE THEY HAD ONCE CAUGHT OR TELLING HIM HOW HE COULD NOW BELIEVE HE WOULD NOT BE DISTURBED AGAIN AND COULD REST HAPPY HERE FOR THE REST OF HIS LIFE.

NIGEL CAME FROM A WELL MEANING LADY WHO TRIED TO SAVE ABANDONED CATS, BUT AS SO OFTEN HAPPENS, SHE OVER-STRETCHED HERSELF AND TRIED TO DO SO MUCH IT EVENTUALLY LEAD TO HER AND THE CATS UNHAPPY DEMISE. IT IS SUCH A PITY THAT A VITAL IMBALANCE OCCURS IN THIS DAY AND AGE WHERE THOSE WHO CAN AFFORD TO HELP, AS

A GENERALIZATION DO NOT, AND THOSE WITHOUT THE MEANS, STRUGGLE TO SAVE THE WORLD, BUT THAT DISCUSSION MUST WAIT FOR ANOTHER CHRONICLE.

NIGEL IS PROBABLY ABOUT 20 YEARS OLD AND IS GAINING HEALTH, STRENGTH AND MENTAL BALANCE AS EVERY DAY GOES BY.

"GAIL COME AND LOOK AT THIS" YELLED RICHARD. SHE CAME AND SAW NIGEL RUNNING ACROSS THE ROOM CHASING A FLUFFY LITTLE BALL THAT WAS BEING BATTED ACROSS THE ROOM BY A YOUNGER CAT. HE STOPPED, LOOKED UP AT GAIL AND RICHARD AND A SMALL, MUFFLED CRY CAME OUT OF HIS MOUTH AS HE TURNED TO CHASE THE BALL AGAIN. THERE WERE FOUR EYES WITH TEARS IN THEM - NONE BELONGED TO NIGEL.

IF YOU COULD HELP NIGEL AND SPONSOR HIM WE COULD RESCUE ANOTHER LITTLE SOUL - ANYTHING WILL HELP, NO MATTER HOW SMALL.



"A long life is not good enough but a good life is long enough" - UNKNOWN





# NEW ARRIVALS

**"DORY"**

ARRIVED 5-22-99



HER LOVING OWNER, UNABLE TO CARE FOR HER ANY LONGER, SADLY RELINQUISHED DORY INTO OUR CARE. AT 17 1/2 YEARS YOUNG, SHE SPENT TWO DAYS HISSING AT THE ENTIRE WORLD AND THEN CAUTIOUSLY DECIDED TO EXPLORE HER NEW DOMAIN. SHE FINDS HERSELF NOT TOO PLEASED TO HAVE ACQUIRED SO MANY BROTHERS AND SISTERS, BUT HAS ALREADY FIRMLY ESTABLISHED HER PLACE ON THE BED AT NIGHT!!

**"PENELOPE" (PENNY)**

ARRIVED 4-23-99



"HAPPY" AN 18-YEAR OLD POSSESSED OF FAR TOO MANY TOES, DIM VISION AND A VERY BITTER AND ANGRY DISPOSITION MOVED INTO MY OFFICE- HER NAME CLEARLY A BAD JOKE! SHE NOW HAS A NEW NAME AND IS SLOWLY LEARNING TO MIX WITH HER NEW WORLD. SHE WILL EVENTUALLY FIND LOVE.

**"SIMON"**

ARRIVED 5-3-99



SIMON, AT AROUND SIX MONTHS CLEARLY DIDN'T TAKE NOTE OF OUR AGE RESTRICTIONS, WHEN HE MOVED INTO OUR BARN TO JOIN THE HORSES. ALREADY WELL VERSED IN THE NATURAL DIET, HE MOVED INTO THE HOUSE, ADJUSTED VERY QUICKLY AND PROCEEDED TO REJUVENATE EVEN OUR MOST SENIOR CITIZENS. IN VIEW OF HIS EARNEST AND PRODUCTIVE WORK WE HAVE GRANTED HIM AN AGE PARDON AND EMPLOYMENT FOR LIFE AT BRIGHTHAVEN!!

## BRIGHTHAVEN Angels

**"Amelia Jane"**

1981 approx.—5'4"99

So sweet and gentle. Her injuries too great allow her to stay. Wish we had known her longer.

**"Sassie"**

1982 approx.—6'3"99

Sassie will forever protect our clinic. She dwelled therein- a powerful force!!!-beloved by all.

**"JR"**

1977—7'10"99

JR arrived September 1998-the angry curmudgeon, determined not to be our friend- he lost!! He was our perfect gentleman- dignified to the very end and very much loved.

**"Gabrielle"**

1990—7'17"99

Gabrielle stole my heart the moment I saw her. She had a horribly hard life, which took its toll and we battled for two short years to save her life where others could not. We lost, but her sweet memory will always remain at BrightHaven.



MARCUS ALLEN - A LEADER AMONG CATS.

**"MARCUS ALLEN"**

A SPECIAL TRIBUTE

Marcus Allen was larger than life: a proud, dignified and gentle spirit, much loved by all that knew him. He was bold and adventurous, once actually leaping fearlessly into a swimming pool to retrieve a tennis ball!! Sadly Marcus Allen has left this world - gone, but not forgotten by BrightHaven, thanks to the generosity of his owners Lisa and Michael Mesnick. Although "Marcus Allen" never lived here Lisa and Michael wanted to create a special memory that would help others, and so presented the BrightHaven Clinic with a much-needed autoclave.

For BrightHaven to exist we need contributions and our residents are pleased to accept, with much love and appreciation, your gifts however great or small. Remember, all donations are tax exempt.

- ☐ I wish to sponsor \_\_\_\_\_ (name animal) on a monthly basis, in the amount of \$ \_\_\_\_\_ /mo.
- ☐ Enclosed is my first check in the amount of \$ \_\_\_\_\_
- ☐ I wish to make a one-time gift to BrightHaven of \$ \_\_\_\_\_
- ☐ I wish to discuss including BrightHaven in my will or a forthcoming trust.
- ☐ I would like to receive the next six issues of the *BrightHaven Chronicles* at a cost of \$24. (Please add \$24 to your check/payment amount)
- ☐ Enclosed is my first check in the amount of \$ \_\_\_\_\_

Please note all sponsoring/donations can be charged to your credit card.

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☐ Visa

Card #

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Expires

Please debit card

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Name as it appears on card

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## Around & About at BrightHaven

**B**rightHaven is proud to have stolen the heart of a lady well known in the local community for her deep love of animals and her tireless work on their behalf. I would like to introduce you to the one and only Roz Grashaw

Roz volunteers much of her life to us all. She cleans house (and I mean cleans- woe betide the one of us who fails to meet her standards!!!), shops endlessly for all the family, both two legged and four legged, grooms to purrrrrfection, administers medicine with deep love, criticizes when she sees the need, and cries along with us when we are faced with sadness and grief.

Roz would not, I know, wish me to mention her age, but suffice to say that she is driven by an energy that anyone 1/2 her age would be proud to possess. Many years have been spent giving love and natural care to her own cats, now sadly gone from this place, and so Roz is a mine of information on all subjects ranging from diet and healthcare, to behavioral problems—to the best deal on a bottle of wine this week: a glass of which she has been known to partake of whilst regaling us with anecdotes drawn from her Airline days.



*The only thing left to say I guess is "Thank you so very much Lee and Roz from us all—you are both very special people with enormous hearts of pure gold"*

Late in the afternoons on most days at BrightHaven can be heard the cheery sound of Lee Bradford's voice as she greets each and every resident with a "Hello, and how are you today my darling?"

When I tell you that Lee is a lifesaver - I am definitely not joking!!!



She bounces into the house when I am at my lowest ebb and helps - or actually does almost all of the evening feeding.

She brightly prepares the food and then serves dinner for each and every animal - always remembering the tiny, but important details that make dinner a gourmet experience for each and every resident. One prefers turkey, another lamb. Others rely upon a small treat like a "cherry on the top," whilst those that are not well today may prefer baby food or perhaps a small serving of red salmon. Lee even remembers which cats need to have a flat plate - due to aged mouths!! Dinner is served on brightly colored trays, which Lee carries from room to room for those who prefer to eat in their chosen place.

She even waits patiently whilst dinner is eaten to ensure that there is no stealing—and also to serve seconds where requested!!!

## THE CAT CAFE

(Dogs please excuse us - the title just wouldn't work!!!)

The Cat Café proposes to give diet and nutrition tips as well as great recipes, however this first column will be devoted to try and explain the preparation of the natural diet in a simple way. Many people ask us what we feed and as importantly, what we add to it!!

Our basic diet is very simple and comprises meat plus vegetables - fed raw. Your meat source can range from organic or natural to plain old supermarket, depending upon your pocket! Of course, for those of you who are just "too busy to do all that stuff" - you can purchase a diet ready to feed, as I do now. Meat should be ground or chopped to your animal's needs. The vegetables need to be fine ground for digestibility for cats, but larger chunks OK for dogs. When reading about diet suggestions, people get very confused by the wide variety of supplements they are advised to add. Our advice is to keep it as simple as possible, address the animals essential needs, and then add more supplements should you so desire - at a later stage.

Regardless of the diet you choose to feed, knowing what IS essential to add is your next step. These are the guidelines I follow:

- Digestive Enzymes
- Calcium
- Essential fatty acids
- Nutritional herbs, vitamins and minerals

- Please note that the essential amino acid Taurine is found only in raw meat\*
- A great way to give your animals calcium and also a treat is to give them raw chicken necks to chew on.
- Remember it is important to have variety i.e. rotate types of meat and vegetables and don't worry about always adding the appropriate supplements to every meal It is always good to have a change or a rest!!
- Please call our Office if you would like to receive more information on the natural diet.
- All the supplements we use are available for purchase from our Office.



*"Jack" verifying that raw meat is even worth stealing!!*

"The highest ideal of therapy is to restore health rapidly, gently, permanently: to remove and destroy the whole disease in the shortest, surest, least harmful way, according to clearly comprehensible principles" - DR. SAMUEL HAHNEMANN





## Vet's Corner

How many of us take for granted that our own Doctor will send us to the appropriate specialist after diagnosis? – but how many of us actually know of the great specialists available to us in veterinary medicine? Our veterinarian is almost always wonderfully talented and well equipped to take care of our animals and their health problems or emergencies, but just occasionally we need the expertise of someone specializing in soft tissue, oncology, neurology or orthopedics etc. etc. The animal world offers us all these fine options, but the special surgeons who perform this incredible work are rarely known to the general public, as they are normally only available to us upon referral by our veterinarian.

Southwest Surgery and Oncology is one such practice, offering surgical Oncology, chemotherapy, plastic and reconstructive surgery and urogenital work. The practice is both owned and operated by Gayle S. Donner and is available upon referral by your veterinarian. Gayle's credentials include: DVM Diplomat ACVS, 1988; education at University of Georgia, 1981; internship at University of Pennsylvania, 1982; residency at University of Florida, 1987.

Derek



We have both laughed happily in disbelief and cried tears of anguish with Gayle. Yes, we have won some major battles and sadly lost some together in the last 5 years. Our very first meeting was over a dying cat "Derek". Derek had been horribly injured: his bladder & surrounding areas destroyed. He had spent almost a week hovering close to death when I was told of Gayle's work. She looked him over, clearly horrified by what she saw - and then calmly informed me that, if she could get him through the trauma of surgery and recovery, that she was confident that she could

repair and rebuild any damage that she found inside. Derek spent 2 weeks in hospital very slowly fighting his way back to us. That was 5 years ago, and Derek is vibrant and strong - no sign of his trauma. He is clearly lucky and happy to be alive and now devotes much of his time to working with any one of the animals who is suffering illness. "Gingi" is yet another remarkable case - unable to urinate or defecate on his own after being hit by a car 5 years ago. It became apparent that all was not well when Gingi's appetite went from bad to worse to, unable to eat or even move for pain. Local ultrasounds gave mixed results with no diagnosis apparent. Gingi was clearly going to die unless something miraculous was done. Dr. Donner accepted him as an emergency - took one glance at his x-rays and one more at him and said she would stake her career on the diagnosis. He was rushed straight into surgery where she confirmed that he was suffering a pericardial diaphragmatic hernia and that his liver and spleen were actually wrapped around his heart. Gingi had apparently had this condition since birth and it had been progressively worsening over 7 years and now there was huge tissue damage - a difficult surgery to say the least. Of course "Gingi" recovered to be yet another 'BrightHaven Miracle'.

Gayle is an unbelievably brilliant soft tissue surgeon, who is often only brought into the picture at the possible end of an animal's life. Her dedication is unwavering, and her staff, Board Certified Medical Oncologist Courtney Zwalen, Laura, Kathy, Carrie, and Karen, are all caring and sensitive "animal people."



Gingi

### BRIGHTHAVEN SERVICE REFERRALS

- **Natural Diet**  
(prepared fresh and shipped frozen):  
Fresh Food Mama; Jan Zickel; 916-967-6255  
wolf@sofcom.net
- **Educational Material and Homeopathic Supplies:**  
Natural Health Supply; 888-689-1608
- **Animal communication, behavioral problems, death transition, energetic healing and Feng Shui:**  
Vicki Allinson; 520-636-7001
- **Flower Essence Therapy for animals and animal communication**  
Sharon Callaghan; 530-924-6424  
aualflora@snowcrest.net, www.aualflora.com

### PRODUCTS AVAILABLE FOR PURCHASE AT BRIGHTHAVEN

- **Prozyme:** A lifetime-enzymatic program
- **Animals Apawthecary Herbal Preparations**
- **Animal Essentials:** Essential Fatty Acids
  - Nutritional herb/vitamin/mineral supplement
  - Organic calcium supplement
- **Heartland Wheat Litter**
- **Colostrom** to support immune function
- BrightHaven is now an official distributor for **Nikken products** - we plan to write about our success with magnetic therapy as part of a balance for healing.

