



**BRIGHTHAVEN:  
LOVING SPECIAL  
SOULS AND SENIORS**

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# HAVEN TAILS

Issue 2

FEBRUARY 2011

## BrightHaven Welcomes the Horses of Sadie's Haven

There are several new residents at BrightHaven. They are 12 senior horses from [Sadie's Haven Horse Rescue & Sanctuary](#). After a year of living in flood zone pasture here in Sonoma County, these horses now have a permanent place to call home for the remainder of their years.

Over the course of the past year, Sadie's Haven Horse Rescue & Sanctuary – like BrightHaven a 501(c)3 nonprofit charity located in Sonoma County -- rescued 25 horses. Most of them were older with special needs. Not only were they sometimes viewed as useless by their previous owners, these horses were generally found in deplorable conditions. If not for Sadie's Haven, many, if not all, of them would have been heading to slaughter houses in Texas or Canada via the black market.

Through outreach, Sadie's Haven was able to adopt out 18 horses, with the remaining horses either too ill or too old for placement. That is why we invited these animals to take up residence here.

BrightHaven is committed to providing sanctuary for our new arrivals, whilst Sadie's Haven will administer their daily care, as well as continue its important work informing and educating the public about the plight of neglected and abandoned horses.

We invite you to sponsor this exciting collaborative effort by making a donation to Sadie's Haven. You can donate online at [sadieshaven.com/pages/donate](http://sadieshaven.com/pages/donate) or by mailing your check to Sadie's Haven, 2951 Thorn Road, Sebastopol, Ca. 95472.

A percentage of your donation will be given to BrightHaven towards stable repairs, fencing and upkeep of the sanctuary grounds.





## SANCTUARY TALES

# The Inspirational Story of a Dog Named HOPE

Hope came to BrightHaven in March 2009 to die, and lived!

This remarkable dog was born with a major heart defect as well as no eyes. Rejected by her mother and given for euthanasia, baby Hope was cared for by shelter staff who just could not resist her charm. After many months Hope found her way across country to BrightHaven to be cared for in hospice as she left this earth — and there began a change in her story.

When BrightHaven discovered that a dangerous heart surgery might be possible, they turned to animal communication for help, to hear Hope quickly say she wanted surgery—would live through it and furthermore, would become a BrightHaven miracle of healing to join the many before her. Hope indicated she came to prove to humans they can change their lives by changing their thoughts. Miracles happen every day.

Having survived the incredible surgery and supported by classical veterinary homeopath Dr. Jeff Levy, Hope was “OK” but unable to eat on her own, losing weight and clearly still in trouble. She was simply not present in her body. Fearful and unable to be touched without great stress and fear, other methods were sought quickly to try to reach this girl to help her. Time was fast running out when Gail contacted Jaynellen Kovacevich, a Tellington Touch practitioner, who quickly appeared at our door. For several months Jaynellen made daily trips to work with Hope, often late at night after a grueling day. Aided once again by the intuitive and sensitive talents of Cathy Currea, animal communicator extraordinaire, the magic began and soon the difference in Hope was observed by all. The magic began and soon the difference in Hope was observed by all.

Hope is a different dog these days. She is full of life, love, joy, and importantly, she is calm, relaxed and grounded, easily finding her way around the huge house and gardens. She is also finally starting to learn to eat by herself—a little on occasion, but a start is all we need.

Life is for the living and Hope is living hers and showing the world clearly that miracles can happen each and every day.



## The Shelter Animal Reiki Association: Beginnings at BrightHaven and Beyond

By Kathleen Prasad, SARA President and Co-founder

Leah D'Ambrosio and I met at BrightHaven in September of 2007. Over snacks during the break during one of my BrightHaven Level 1 Reiki classes, I mentioned to Leah my "dream" of seeing Reiki implemented in shelters all over the world. All shelter and sanctuary animals should have access to Reiki treatments to support stress-relief, healing and well-being, I expressed to her. All shelter staff should have access to Reiki training so that they could use Reiki for self-healing/stress-relief and to help the animals in their care. "Count me in!" she said, and we laughed about it. Sure, no problem, just start a nonprofit and spread it worldwide. No problem at all. Rei means "spirit," and Ki means "energy," so literally, the word Reiki translates as "spiritual energy." Thus in reality, all things consist of Reiki, since all things are made of energy. The system of Reiki is a series of Japanese practices and techniques created by Mikao

Usui in early 20<sup>th</sup> century Japan that helps one deepen one's connection to this energy for the purposes of healing. Reiki is ideal for use with animals because it is gentle and noninvasive. It doesn't cause stress, discomfort, or pain, and yet yields powerful results. Animals respond intuitively to Reiki's power to heal emotional, behavioral, and physical illnesses and injuries. Well, here we are, less than three years later, and that's exactly what we've done together through our strong partnership and the assistance of our amazing and hard-working volunteer members all over the world. SARA, The Shelter Animal Reiki Association, now has 28 animal organizations as members, 26 practitioner members, and 24 teacher members. Our members volunteer all over the United States, and we also have members in Canada and England. Our teachers train interested shelter staff and volunteers in SARA courses such as *Level 1 Reiki/Reiki for Animals* and *Level 2 Reiki/Reiki for Animals*. Both practitioners and teachers are trained to educate the general public and shelter staff in an *Introduction to Reiki for Animals* and *Self-care for Animal Caregivers*.

We have created a standard protocol for offering Reiki where the animals are honored for their inherent wisdom and approached with a gentle openness. Our practitioners don't "do" Reiki TO the animals, we learn to meet them as a partner in healing, inviting them into a Reiki space for any healing they might be open to receive. Physical contact is not used unless it is initiated/asked for by the animal. In addition, SARA is building bridges with the veterinary community, and we often have veterinarians and veterinary technicians among the students in our classes. Reiki is a wonderful way to support the health and wellness programs implemented by veterinarians for the animals in shelters and sanctuaries. Many health problems veterinarians deal with in shelter and sanctuary settings, such as stress/anxiety, respiratory illnesses and skin conditions, as well as the chronic conditions of aging animals can be supported and mitigated through a regular Reiki program.

Our practitioner and teacher members volunteer Reiki for companion animals such as cats, dogs, rabbits and guinea pigs, horses, goats, cows and pigs, and even wild animals such as owls, hawks and squirrels. Animals have an inherent energetic awareness and appreciation, and seem to gravitate towards the treatments, understanding how much the energy can support them. The trust and bond created between Reiki practitioner and animal is an amazing thing to witness.

And so SARA moves forward into 2011, reaching more animals, people and organizations every day. All this has manifested just from our simple conversation around the BrightHaven table while surrounded by BrightHaven's amazing animal teachers. It just shows you that with Reiki, really anything is possible! BrightHaven was SARA's first official member organization, having offered Reiki as part of its program for almost six years. Gail and Richard have been wonderful supporters of Reiki and SARA, thanks to the healing results they have seen for many of their animals.

We hear more and more beautiful Reiki stories every day from our members around the world. Please visit SARA's blog to meet our SARA members and read real-life animal stories of the amazing work they are doing with Reiki for shelter and sanctuary animals at [www.shelteranimalreikiassociation.org/blog/](http://www.shelteranimalreikiassociation.org/blog/).



Kathleen &  
Mollie

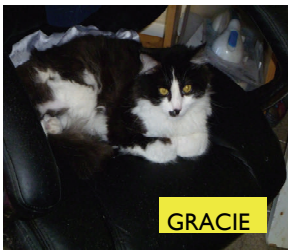
Email us at [subscribe@brighthaven.org](mailto:subscribe@brighthaven.org) to join the BrightHaven email network. You will receive future newsletters with up-to-date information about the wonderful senior and special needs animals who are seeking foster or forever homes, heartwarming updates about the many happy endings and useful medical and alternative healing information. And more.....



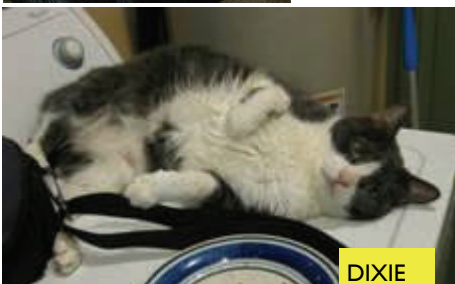
# THANK YOU!

In the past few months alone, BrightHaven donations have saved the lives of Bubbles, a sweet black cat with a horrible hernia she'd had for years that allowed 6 inches of inner fat to hang out (hernia repair); Dixie, who had stomatitis and had all her teeth removed; Barnaby, a senior cat with a torn ligament (that went unrepaired by his initial rescue group for years) who no longer suffers horrible leg pain; Gracie, a gorgeous longhair dumped at the shelter with a broken hip who was rescued and mended; and Sissy, a declawed 13 yr old with a severely infected eye (eye removed) who also gets her thyroid meds through Bright Haven while in foster care. The joy these animals experience after appropriate medical care and relief from pain is something to see.

In addition, BrightHaven donations paid for countless x-rays and blood tests, thyroid treatments and the like, that saved animals such as 13 year old cats Gabby and Greta, rescued from the Sacramento shelter the day before they were scheduled to be killed. (*Gabby is a tortie and Greta is a polydactal Siamese (and ready for adoption). We've run blood work on both - Gabby is hyperthyroid and just beginning treatment; Greta is the picture of perfect health.*) Also, Tenzin (now known as Lissette), a 17 year old lilac point Himalayan rescued from the Antioch shelter. (*She was fostered back to glowing health and then got a plane ride to her retirement home in Florida in February.*) Then there's maine coon sisters Smokey and Corey, now safe in foster care and recovering from a severe parasite infection; Lucy, a sweet, skinny cat found on the streets who is receiving hospice care for intestinal lymphoma and still enjoys a good meal; Teddy, dumped at an LA shelter with a broken leg, who was rescued, repaired, flown to foster care in SF and then found a great home; and Sweet Charlotte, a blind kitty now enjoying her new home. And there were Cece and Squeaky, who both fought cancer with your help, and nearly won. You've made a world of difference. Thank you from everyone here at BrightHaven.



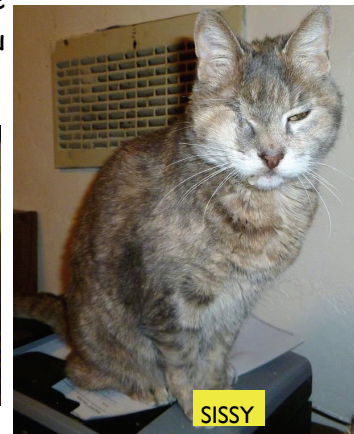
GRACIE



DIXIE



TEDDY



SISSY

# Q&A for Interested Fosters or Adopters

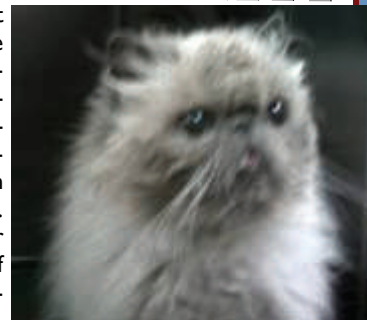
**Q:** My pet is sick and I don't understand much of what the vet is saying. Is there a resource I can consult to learn more about the condition?

**A:** If you have a computer and can stand to wade through a lot of medical and technical terminology, an invaluable resource is the online version of the Merck Veterinary Manual. You can find it at [www.merckvetmanual.com/mvm/index.jsp](http://www.merckvetmanual.com/mvm/index.jsp). You can also do on-line searches and find a lot of great information from resources such as Wikipedia (Wikipedia.org) and free medical dictionaries (medical-dictionary.thefreedictionary.com) and useful websites like [www.peteducation.com](http://www.peteducation.com). There are also support groups on-line for owners of pets with FIV, stomatitis/gingivitis and cancer, to name a few. Don't struggle alone. Jump on-line and start looking.

## Rescue Tails: Tenzin



No one knows how an elderly, pure bred lilac point Himalayan with no teeth ended up starving on the streets, but things weren't much better when someone took her to a shelter. With 2 days before euthanasia, BrightHaven put out a frantic appeal and thankfully, Tenzin found a foster home. She received wonderful care and regained weight and glossy fur. Such a tiny little old girl, with a sweet and gentle nature. Even better, a permanent home became available for her... it just meant flying to Florida during a time of massive snowstorms shutting down airports throughout the east coast! But God was on Tenzin's side.



She travelled safely from her foster home in Novato, to San Francisco for transport, then flew to Florida via a rainy Washington DC and arrived safely. Below is a glowing report from her new mom:

"Yesterday I was a bit worried as I had to be gone all day at the office; was hoping she would be alright on her own and that there would be no problems with the other cats. When I finally dragged in at 6.30, she was waiting there as bright and eager as (or moreso than) all the others! Bless her little heart, there she was with those huge round eyes, talking a mile a minute and hurtling round the house to keep up with exactly where I was going and what I was doing. She was VERY excited to have dinner, and wolfed down a full bowl in a very short amount of time, then proceeded to start on the remaining bowls in the living room ☺ She wants to be friends with everybody, and when she approaches one of the other cats, they usually give a cursory hiss and stalk off in the other direction. That doesn't put Lisette off at all - she's right off after them! I am hoping eventually at least one of them will consent to become her buddy... but you know what cats are like. She does tire easily, so after dinner last night we had a few hours of quiet time on the bed... she is so loving, she stares into my face and she gave me a big head-nudge and she reaches out and pats my face with her paw. She also played with her rabbit-octopus a little, she is very fast when she wants to be! She sleeps on the bed with Eve and Declan (and me) and Eve and Dec tolerate her without much fuss. I feel happier having her on the bed with us so I know she won't feel scared or lonely during the night. Her energy levels and appetite are a little unpredictable at the moment, for instance this morning she was very groggy and was not at all ready to eat breakfast; I left a bowl on the bed for her and hopefully she will eat soon. Eve is next to her, and periodically nibbles from her own bowl, so perhaps that will encourage her. Or perhaps she just didn't like this morning's flavor of Wellness. I am looking into possibilities of different food. Wellness is a great food but it does have a very high protein content for an older cat... not sure. Would like to have my vet come to visit her and have a look at her blood test results from BH, just to get him familiarized with her. She also needs to get micro-chipped as soon as possible, especially because she's got the lovely long fur I would prefer not to have her wear a collar and ID tag (my other cats have both chips and collars with ID tags). So that's our eventful update; just thought you would both be happy to know things are going well and she seems to be very **happy** ☺ We're definitely feeling the love."

# Sponsor a Horse



Sadie's Haven Horse rescue and Sanctuary is located in Santa Rosa, CA. We specialize in the shelter and care of horses that have been abused, neglected and/or abandoned. We have been very successful in finding new loving homes for many of the horses that have been in our care through our adoption and foster home programs. However, some of the horses are not adoptable typically due to medical maladies and they will spend the rest of their natural lives in the protection of our sanctuary. This presents a unique opportunity for you to become a Sponsor of one of the horses at the Sanctuary. Sponsorship is very rewarding and personally satisfying as you interact and assist in the care of the horse you choose to sponsor. For a \$50.00, tax deductible, monthly donation, which helps support the horse that you select, you too can assist in this noble effort of equine protection. To become a sponsor, the first step is to contact Vicki Sims, President and Founder to make an appointment to visit the Sanctuary and select the horse that you prefer to help support. Vicki can be reached by phone

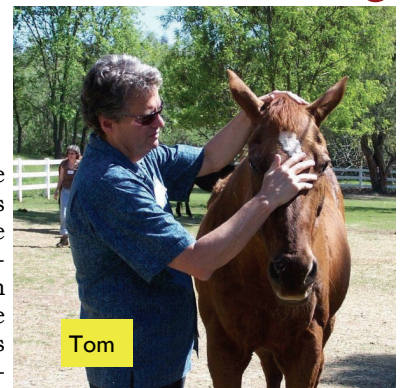
at 707-206-1892 or via email at [vicki@sadieshaven.com](mailto:vicki@sadieshaven.com).

Once you select a horse then you are welcome to come by, when you have available time, and care for your sponsored horse. Aspects of care include, feeding, grooming, walking, and most importantly, loving the horse that you have selected. These equines would surely be headed for the kill box in the slaughter houses of Canada and Mexico via the Black Market traders were it not for our collective efforts. Help save a life and become a sponsor at Sadie's Haven Horse Rescue and Sanctuary. Visit us on-line at [www.sadieshaven.com](http://www.sadieshaven.com).

## About Animal Hospice: Dancing to the End of the Song

*By Tom Wilson, PhD  
Director, Animal Acupressure Training Academy  
P.O. Box 2278 Nevada City, CA 95959-1945  
530.913.1309 [www.animalata.com](http://www.animalata.com)*

Why an animal hospice class? For one reason, it to educate and train people about the compassionate care of animals in the final stages of their lives. As conscious beings, they deserve all the compassion and assistance we can give them. From the standpoint of those of us who work with animals, animal hospice is a necessary part of our work. We get called in by animal guardians when their animal is reaching the last stages of its life. The guardians know that time is running out for their animal. And though time is running out, the converse is also true--this is an amazing time of closeness and connection with our animals, a time of grace.



Tom

This is why I've called the animal hospice class "Dancing to the End of the Song": I'm saying that, when done well, animal hospice can be, in the midst of inevitable grief, a celebration of life and the passage of death. When there is no hope of a physical recovery, our animals still have a journey to make. They still have mental, emotional, and spiritual journeys to make as conscious beings moving toward physical death. With its focus on the whole being, the traditional Asian and Western therapies, including acupressure and Jin Shin Jyutsu, show us ways to assist animals and their guardians in all stages of critical illness, aging, and hospice care. As practitioners, we will be placed in a supportive role to critically ill, aging, and animals in the last stage of life.

Animal hospice is emerging as a grassroots extension of human hospice, and it is nowhere more in evidence than at BrightHaven Animal Sanctuary. Richard and Gail Pope, founders of BrightHaven, have 23 years experience with animal hospice. They say that it has taken them 23 years to understand what hospice really is. They have assisted over 500 animals in the last stages of life. What they have learned is that hospice ends in death but is actually about life and living this final chapter. During our class, Richard and Gail will share some of their experiences and wisdom with us. Also, holistic veterinarian Ella Bittel, creator of Spirits In Transition has announced that she will be joining us in class at BrightHaven. Dr. Ella is a pioneer in animal hospice and works tirelessly to make this time of passage a meaningful part of the animal-guardian relationship. Spirits in Transition focuses on support for the animal and guardian. [www.spiritsintransition.org/](http://www.spiritsintransition.org/)



It has been my experience that when fear and powerlessness are replaced by a compassionate continuity of care that involves the animal, its guardian and family members, there is a strength that emerges. When death is accepted as an inevitable and meaningful part of a life and a soul's journey, coupled with a courageous and loving commitment to dance to the end of the song with our animals, there may be sorrow but there will not be regret for how we walked every step of the way together with our animal friends. For the animal and its guardian, the hospice and dying process can be a time of deepening and, ultimately, a time of grace.

The typical reaction of guardians when traditional medical care has reached its limits to heal their animal is that they feel powerless to help, and feel as if they have abandoned their animals. What we also teach in our animal hospice work is working closely with the animal's guardians and caregivers to understand the process of death and dying, to help them build a team of support, and to empower them to assist their animal companion with compassionate touch. And this is where the amazing power of touch comes in. We teach animal guardians some simple and effective acupressure points and flows for their animals. They feel empowered by this. Feelings of helplessness and fear dissipate. The journey is made together to the animal's last breath.

## Introducing our new medical columnist

Dear friends,

Welcome to our second publication of Haven Tails. I would like to share with you the new and emerging face of BrightHaven. The BrightHaven Center is fast becoming one of the foremost, unique and progressive animal care organizations in the country providing holistic treatment, hospice care, and also, more recently, rescue and placement for senior and special needs shelter animals who have nowhere to go. The BrightHaven regimen of raw meat-based diet, classical veterinary homeopathy, animal Reiki, other philosophies of natural healing when available, some conventional care, immune and organ support and lots of love, has paved the way for the many miracles of healing and longevity for which it is well-known.



We truly believe the path of natural healing is appropriate for all seasons in the circle of life. Our animals have classically lived longer, healthier lives and when possible, are allowed to experience the comfort and dignity of a natural death in the arms of the ones they love. Healing and hospice care have then become the BrightHaven path and when we share our learning with the community, we truly believe we are becoming a significant part of helping our planet become a better place in which we can all live peaceably together.

Throughout the last year our mission has expanded to encompass the rescue of many animals from Bay Area shelters, and during that time we have realized the need to develop a creative and broad mix of conventional and holistic healthcare for our animal friends as they rehabilitate and move on to new homes.

Many of you have shown your fascination for our alternative ways and so I am thrilled to welcome Dr. Christina Chambreau as a regular contributor to Haven Tails. Dr. Christina, who has been a member of the BrightHaven board of directors for almost twenty years, is a well-known and respected, internationally acclaimed veterinarian, who travels and teaches as her life's work. Christina has agreed to present a column for us which will address and discuss a new issue of healthcare in each edition and explain the holistic perspective on treatment. She will also be delighted to answer your questions on topics ranging anywhere from natural feeding, to fleas, the vaccine controversy, feline stomatitis, diabetes, renal failure and so much more! So – please do send them along for next time! I encourage you to visit her web site at [christinachambreau.com/](http://christinachambreau.com/)

I do hope you will enjoy reading this edition and will help us to spread the word to help our mission grow.

With my love and blessings

Gail Pope  
President and Founder  
"Helping People to help Animals"



# Medical Column

Dr. Christina Chambreau graduated from the University of Georgia College of Veterinary Medicine in 1980 and has been using primarily homeopathy in her practice since 1984. [www.ChristinaChambreau.com](http://www.ChristinaChambreau.com) [www.HealthyAnimalsJournal.com](http://www.HealthyAnimalsJournal.com)  
410-771-4968



## PET HEALTH QUESTIONNAIRE

1. Is your companion animal acting old, getting stiff, or having trouble jumping?
2. Has there been treatment by a veterinarian for any problem more than one time per year?
3. Are there problem behaviors?
4. Does your dog smell "doggy" and need bathing every few months or more?
5. Does your dog or cat have mouth odor or tartar on the teeth?
6. Have you noticed that anyone in the family is becoming allergic to your animal?
7. As the years pass, is your companion showing less interest and happiness in life?

## Something different—Holistic

"Holistic" is an approach to thinking about health that focuses on the whole animal rather than a "disease." The holistic approach uses both conventional and alternative treatments. Holistic practitioners are taught to use all the symptoms an animal has now and has ever had in the past to find and treat the individual's underlying predisposition to illness. Each dog with thin hair, lethargy and obesity may need a different homeopathic remedy or different acupuncture point prescription. Each itching cat may regain his or her health with one of the different treatment options available. When treatments are successful, the current symptoms resolve over time, never come back, the animal is more active, feels better and no further treatment is needed. Keeping a journal is the cornerstone of the holistic approach because it helps you evaluate your animal's total health and response to treatment.

## A palette of choices

Think of an artist's palette with many different colors of paint as this holistic approach. The palette is the approach of focusing on the whole animal and paying attention to the response to each treatment. Each different color of paint is a type of treatment—conventional drugs, conventional surgery, conventional lab work, classical homeopathy, combination homeopathy, needle acupuncture, laser acupuncture, traditional Chinese medicine, chiropractic, network chiropractic, herbs, flower essences, massage and more. Your animal's life is the painting. Some paintings need only one color and others need many different colors to be beautiful. Conventional treatments, or homeopathy, or herbs may be the only approach needed to maintain health, or many different treatment approaches may be essential.

## 7 Keys to Health

**Know the current level of health.** Most health problems are the result of an underlying energy imbalance. As we cure animals of "disease", we find that other things we thought were normal go away, so we can use these clues to know that animals are not healthy yet. Your goal is for your animal to have great energy, no doggy odor, no hairball vomiting, little shedding, a glowing coat and more. *Early Warning Signs of Illness* is a list on [www.theAVH.org](http://www.theAVH.org) or [www.ChristinaChambreau.com](http://www.ChristinaChambreau.com). In young animals, these apparently "normal" problems may be the only indications to start exploring new options for lifestyle or treatment.



# Medical Column

**Feed the best.** What are the best diets for people or animals -- the most processed or the freshest, most organic? The best ingredients should be the most consciously raised - local, organic vegetables, free ranging protein sources. Dogs and cats have ripping and tearing teeth, bone crunching teeth, no digestive juices in the mouth, jaws that do not chew, a stomach full of acid where the food sits for 4-12 hours and a very short transit time in the intestines. Dogs and cats do not pull out a knife to de-bone their prey and do not pull out matches to light a fire to cook their meat and vegetables. Therefore the best diet for dogs and cats is raw meat including raw bones, pureed raw and cooked vegetables and a few supplements (Calcium if no bones are eaten is critical). Grains are not good for most animals, but if there are none of the early warning signs (see below) and no illnesses, you can feed some grains, preferably the higher protein ones. Start as young kittens and puppies or at whatever age you read this (Brighthaven.org, a cat sanctuary, switches 16 years old and older cats to a raw meat diet and some have lived to 27 and 30, and now one to 34). Second best is same quality, but cooked food. Even grocery store quality meat and vegetables are much better than most processed foods. Processed foods are an effort for the food industry to use up its waste products, except for a few companies with great motives (and even they sometimes get bad or inferior ingredients). Processed foods are also a problem for the environment - they are not sustainable. Every animal needs and wants a different combination of foods and supplements at different times in their lives depending on different stressors and health challenges, just as we do. With any food, observe each of your animals for the effect that food has on them and change if decreased energy or poor coat or other Early Warning Signs appear. NEVER feed DRY food to cats - even as treats. It causes most cats to drink more water resulting in stress to the kidneys and also can trigger bladder problems in cats. You can now buy many commercial raw meat diets. You must research them as well. Ask where the ingredients are raised? Are chemicals used? Are the chickens, beef, pork, etc raised in humane ways, out in the sun to get the Vitamin D in the meat, etc?

**3. Vaccinate the least.** In my opinion, vaccines have caused more harm to animals than anything else we have done. Do you get measles, mumps and polio every year of your life? Researchers in conventional veterinary medicine agree that we vaccinate too often, in too many combinations, and that this level of vaccination, while preventing epidemics, is harmful to the health of susceptible animals. The damage specifically linked to vaccines is fibrosarcoma (occurring in a small percentage), an invasive tumor. What holistic veterinarians observe is that asthma, allergies, and behavior issues, as well as problems with skin, bladder, genitals, gums, eyes and more, are often related to vaccines in specific animals. While no studies exist on this (who would fund them?), we see these conditions often resolving when given homeopathic remedies known to rebalance the vital force after damage from vaccines. On-going studies show that antibodies are high 10 and 16 years later for dog and cat distemper and dog Parvo so I recommend just a few baby shots and NO more. While Rabies is also a viral disease, you must follow the law and vaccinate every 3 years. You can help fund research to allow the vaccine to be given less frequently, which will help dogs and cats become healthier. Go to: THE RABIES CHALLENGE FUND ([www.RabiesChallengeFund.org](http://www.RabiesChallengeFund.org).)

**4. Use the fewest chemicals, remembering that there are chemicals in vaccines.** Each animal is an individual and will respond differently to heartworm, flea and tick preventatives. Some are very sensitive to chemicals used in the yard or the house and in vaccines - they will become profoundly ill. Others will be triggered by these chemicals to just not have full health. Chemicals in foods can cause allergic type reactions, so again feeding a fresh diet from local ingredients will be best. Healthy yards have lots of weeds. House cleaners made from foods and microfibril cloths clean like a charm. Healthy animals never get fleas and ticks.

**5. Understand how animals become ill and how they heal.** First there is an energetic imbalance (they are just not right), then a functional problem (the dog is

Continued on page 12

## BRIGHTHAVEN'S 2011 SEMINAR CALENDAR

Healing arts seminars hosted at BrightHaven Animal Sanctuary benefit BrightHaven's sanctuary and rescue operations. Seminars are held in the sanctuary's milieu, which also serves as a home environment to the family of BrightHaven animals who are receiving specialized lifetime care. Seminar participants have the opportunity to learn a variety of healing modalities and educational topics, including animal reiki, T-Touch, animal jin shin jyutsu, animal communication, raw food nutrition and end of life journeys. One on one interaction with sanctuary cats, dogs, horses and goats are often a part of the magic of these seminars. Animals in need become both receivers and teachers of the healing arts and participants take with them a deeper understanding of what is possible in connecting with all creatures great and small. The health and well being of BrightHaven animal residents is enhanced by the practice of these healing arts and leading seminar practitioners donate half the proceeds of each seminar to BrightHaven sanctuary and rescue, further supporting our operations.

~February 2011~

### Reiki II and Animal Reiki Training: Advanced Techniques

**Become attuned and certified in level 2 Animal Reiki with *Kathleen Prasad***

Saturday & Sunday, February 5 & 6, 2011, 12 noon-5 pm both days

Tuition: \$300 (50% proceeds will be donated to BrightHaven)

Contact Kathleen: [info@animalreikisource.com](mailto:info@animalreikisource.com) or [www.animalreikisource.com](http://www.animalreikisource.com)

### Animal Communication Seminar

**Learn and develop your natural ability to communicate with animals with *Cathy Currea***

Saturday, February 19, 2011, 11 am-5 pm

Tuition: \$150 (50% proceeds will be donated to BrightHaven)

Contact Cathy: 925.671.9208 / [info@animalmuse.com](mailto:info@animalmuse.com)

[animalmuse.com/AnimalCommunicationClassBrightHaven02-19-11](http://animalmuse.com/AnimalCommunicationClassBrightHaven02-19-11)

[www.animalmuse.com](http://www.animalmuse.com)

### T-Touch

**Learn how to activate cellular intelligence in the bodies of animals through methods of touch.**

With ***Jaynellen Kovacevich***

Saturday, February 26<sup>th</sup> and 27<sup>th</sup>, 2011, 11 am-4 pm both days

Tuition: \$220 (50% proceeds will be donated to BrightHaven)

Contact Jaynellen: 707.578.9486 of [jaynellenk@comcast.net](mailto:jaynellenk@comcast.net)

Learn more at [www.ttouch.com](http://www.ttouch.com)

~March 2011~

### Reiki Level III and Animal Reiki Teacher Training

**Become attuned and certified in level 3 Animal Reiki with *Kathleen Prasad***

Saturday & Sunday, March 5 & 6, 2011, 12 noon-5 pm both days

Tuition: \$1,000/person (50% proceeds will be donated to BrightHaven)

Contact Kathleen: 415.420.9783 or [info@animalreikisource.com](mailto:info@animalreikisource.com)

[www.animalreikisource.com](http://www.animalreikisource.com)



## BRIGHTHAVEN'S 2011 SEMINAR CALENDAR

### Animal Hospice Seminar

Become educated on an animal's end of life processes and come to understand your beloved pet's journey through life with **Tom Wilson**

Saturday & Sunday, March 19 & 20, 2011, 11 am-5 pm both days

Tuition \$240 (40% proceeds will be donated to BrightHaven)

Contact Tom: 530.913.1309 or [www.animalata.com](http://www.animalata.com)

~April 2011~

### The Royal Banquet

Learn about the benefits of the raw meat-based diet and how you can prepare this feast for your canines and felines with **Lauren Urbais**

Saturday April 9, 2011, 11 am-5 pm

\$120/person (50% proceeds will be donated to BrightHaven)

Contact Lauren: 707-795-8115

### BrightHaven Volunteer Orientation Day

Become a BrightHaven volunteer and assist us in expanding the efforts of our organization

With **BrightHaven Staff**

Saturday April 16, 2011

**Tours:** begin at 12 noon

**Orientation:** begins at 1 pm

PLEASE RSVP: [jessica@brighthaven.org](mailto:jessica@brighthaven.org)

### Reiki Level 1 and Animal Reiki Training: The Basics

Become attuned and certified in level 1 Animal Reiki with **Kathleen Prasad**

Saturday and Sunday, April 30 & May 1, 2011, 12 noon-5 pm both days

\$250/person (50% proceeds will be donated to BrightHaven)

Contact Kathleen: 415.420.9783 [info@animalreikisource.com](mailto:info@animalreikisource.com)

[www.animalreikisource.com](http://www.animalreikisource.com)

~May 2011~

### Reiki II and Animal Reiki Training: Advanced Techniques

Become attuned and certified in level 2 Animal Reiki with **Kathleen Prasad**

Saturday & Sunday, May 14 & 15, 2011, 12 noon-5 pm both days

Tuition: \$300 (50% proceeds will be donated to BrightHaven)

Contact Kathleen: 415.420.9783 [info@animalreikisource.com](mailto:info@animalreikisource.com) or

[www.animalreikisource.com](http://www.animalreikisource.com)

# BRIGHTHAVEN'S 2011 SEMINAR CALENDAR

*Continued from previous page*

## **Life Cycles: An Animal's Perspective**

**Learn about the life stages of an animal from a their perspective and gain further understanding of your beloved animal's needs with *Cathy Currea***

Saturday May 21, 2011, 1 pm-4 pm

Tuition: \$90 (50% proceeds will be donated to BrightHaven)

Contact Cathy: 925.671.9208 / [info@animalmuse.com](mailto:info@animalmuse.com)

[www.animalmuse.com](http://www.animalmuse.com)

## **Heart and Art**

**This class touches upon an array of holistic healing modalities as applied to animals**

With ***Tom Wilson***

Saturday & Sunday, May 28 & 29, 2011, 11 am-5 pm both days

Tuition \$240 (40% proceeds will be donated to BrightHaven)

Contact Tom: 530.913.1309 or [www.animalata.com](http://www.animalata.com)

# Medical Column

*Continued from page 9*

itchy), then inflamed (skin is red, infected, swollen and hot) and finally tissue changes (thick, black skin). Results of any treatment can be no change, amelioration (current symptoms disappear with no other improvements, then return), suppression (current symptoms disappear and they become more ill) or a cure (everything about the animal to begins to improve, especially the overall energy level.) Keeping a journal is critical to determine what treatments are helping problems to become less frequent and less severe. You can stand firm with what you feel is working even if your professional disagrees and change approaches when needed.

***www.HealthyAnimalsJournal.com*** is a great one to use and an e-version will soon be available.

**6. Learn different healing approaches yourself.** There are so many different ways to stimulate your healing that you never need to give up trying. Flower essences, essential oils, homeopathy, acupuncture, massage, Reiki and chiropractic are just a few. Classes are found through your health food store, by phone or on-line.

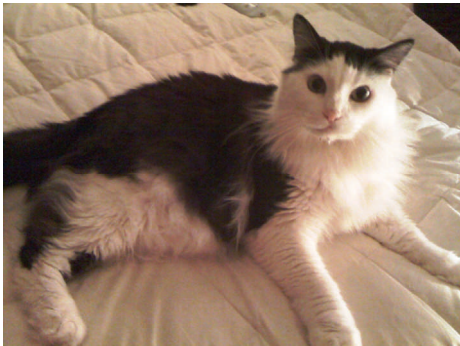
**7. Select the best healers for each animal's health team.** Most people want a veterinarian (preferably integrative) and an energy healer. You decide what needs to be tried next for your animal. When you realize the animal is not improving, seek different care. Use conventional veterinarians for diagnosis and emergency treatment, or if other methods are not working. Again, integrative veterinarians will be able to do both, and have the philosophical understanding of the vibrational causes of illness.

In future issues, we will look at the philosophy of the holistic approach, explore different modalities, and select integrative practitioners and treatments for different ailments.



## RESCUE TALES:

# Against All Odds: Ernie



BrightHaven was contacted to help a very sick, skinny kitty named Chaucer at a local shelter, and with their hard work, the kitty found a home. The true miracle is in his new mom's recent update:

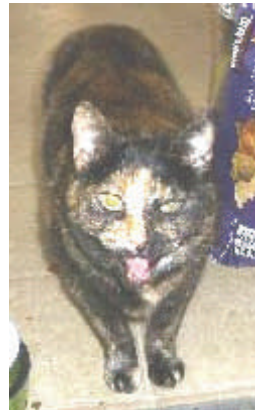
"As you know, when he first came to live with me he was in a deplorable state, but he's improved greatly. That is the good thing. The not so good thing is he is functioning with only 1 kidney and that one has a couple of crystals in

it. We found this out after a visit to the vet, who could not locate the other kidney in the x-rays taken. Later that same evening, my boyfriend noticed a very long scar on Ernie's belly which explained why the second kidney could not be spotted -- it had been removed. I use a veterinary service (Healthy Pets) that employs both traditional and Eastern medicine when treating the kitties and dogs that come under their care. Ernie is receiving 1/8 tsp of Crystal Stone Formula twice a day to help decrease the size of the crystals and prevent more from forming and also Transfer Factor Complete to help him stay healthy. He's had a follow-up visit and the doctor said it looked as if the crystals had decreased in size AND there were no new ones. Ernie will be taking those meds for the remainder of his life. He'll also be checked every 6 months to be certain that the meds are keeping his remaining kidney as healthy as it can be. By the way, he's no longer the skeleton he was when he first arrived at my home and he weighs a robust 16.4 lbs. now. I'm in the final stages of transitioning Ernie, Teddy and Sheena to a raw diet. Molly will have to be brought along a lot slower since she is fearful of changes to her routine. My vet recommended the diet and I think it will lead to healthier kitties all around. Ernie gets along with my other three cats (more or less - lol). The only one that has issues with him is my other male cat, Teddy. The problem is not serious and involves occasional personal space issues -- Ernie likes to follow Teddy around or stand in his way at times and it makes Teddy very unhappy. Eventually go their separate way and that ends it, so there is never physical confrontations. He gets along well with my rescue cat, Sheena (one of the Oakland hoarder rescues) and ok with my other female kitty, Molly, who has insecurities because she too was abandoned and needs tons of love and reassurance. The amazing thing about Ernie is that he felt comfortable in my home immediately. It was almost as if he had lived here for years. That has never occurred before, and I'm happy he's so content!

# ADOPTABLES

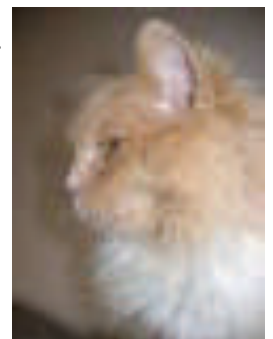
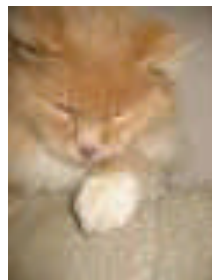
## CRANKY MIDDLE AGED TORTIE SEEKS LOVING AND INDULGENT HOME

ELSA is a shelter rescue, so we don't know how she got into the fix she's in. She is not very fond of other cats (scared) and tends to hide in a multi-cat home, but she loves to eat and will do anything for food. She enjoys being petted and scratched but has been terrified when picked up, though we are working on acclimating her to that a bit. Her voice is a big fat squawk!! She sounds like a duck and it is sooo funny. She has tiny ears and a short tail, but a nicely filled out body. She needs lots of reassurance but in the right home will soon be sleeping with you and ordering you around quite happily. She is very healthy. Contact Bonita, if interested, at [bonitaberger@aol.com](mailto:bonitaberger@aol.com)



## Daniel

Daniel is a big orange cat at 15lbs who loves to sleep in the sun. His veterinarian estimates that he is at least 10 years old. He is probably a Selkirk Rex mix with his thick wooly fur and the curly fur on his belly. He has the sensitive skin of a Selkirk Rex and needs regular flea medicine to prevent skin allergies from flaring. Daniel was surrendered to a shelter because he needed veterinary care and BLISS was able to rescue him before he was euthanized. He had an epithelial cell cancer removed from his neck and recovered well. He gets along with other male cats but the female cats find him a little intimidating. Although he is very dog-like, he has to be supervised around dogs. He likes to hit them on the head. Daniel will jump in your lap occasionally for a head scratch and likes to be in the same room with people. For more information, contact [susan\\_hoffman@yahoo.com](mailto:susan_hoffman@yahoo.com).





# ADOPTABLES

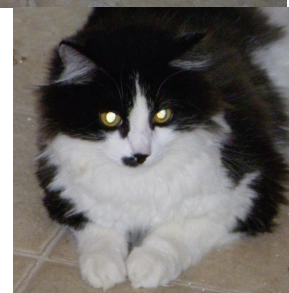
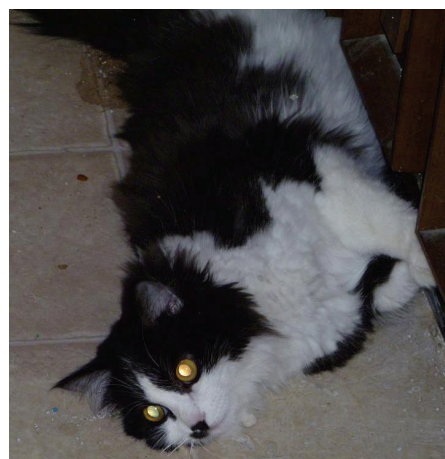
## Gracie

This is a lovely little cat who got very very lucky. She landed at one of the high kill shelters with a dislocated (luxated) hip and subluxated something else in her other back leg. Our vet thinks she was probably hit by a car.

Now it's about 6 weeks later. She has had surgery to repair the messed up back legs. She suffered the boredom of 3 weeks of post-surgical cage rest. She just had the pins removed and follow-up x-rays done. All those bones are right where they should be and she is racing around her foster home like a black and white powder puff. No problem getting into her foster mom's lap. Everything as it should be.

Gracie is under 2 years of age. She is spayed, vaccinated, tested negative for FIV and FeLV, microchipped. And rebuilt! She's ready to move on to a forever home.

If you would like more info, please email. [Susan\\_hoffman@yahoo.com](mailto:Susan_hoffman@yahoo.com).



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## Chelsea



Chelsea is tired of waiting. She's been in foster care all year and she really does not like living with other cats. She wants her own person, all her own, and will reward that person with unconditional love. She loves having someone to sleep on, loves to greet visitors, and is not at all shy. At first we thought Chelsea was a bluepoint Siamese on steroids. She's a big girl and solidly built. But it has been brought to our attention that she may be a colorpointed British Shorthair. Makes sense when you research the breed. She does look more British Shorthair than Siamese. Chelsea is 10-12 years old. She has recent blood work that shows all systems in good running order and she's had dental work too. And of course, she is spayed and vaccinated. If you are interested in meeting Chelsea, please call Susan at 415-359-4113 or email [susan\\_hoffman@yahoo.com](mailto:susan_hoffman@yahoo.com).

# ADOPTABLES



## Blossom

This precious girl was rescued from being a breeder in a puppy mill, abandoned and left shivering in a back yard when her owners moved. Now, the kind neighbors who took her in are moving themselves, into a senior facility, and are forced to give her up.

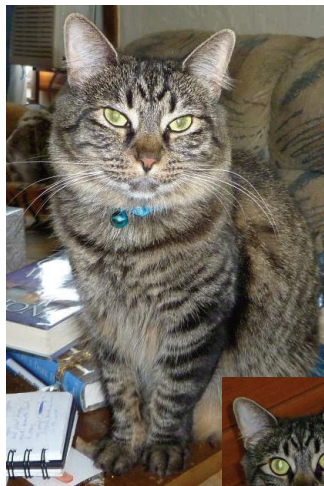
Blossom is an 8 year old Dachshund, current on vaccinations. In spite of her earlier treatment, she is very friendly and loves being in a warm lap.

This sweetheart has had such a hard life. Won't you give her the love, respect, and comfort she deserves? Just one look at her sweet face should do it.

**CONTACT Susan Hoffman (415) 359-4113 or [susanh@brighthaven.org](mailto:susanh@brighthaven.org)**

## POOCHEZ

Poochez, sometimes called Duchess, is a 2 year old Maine Coon mix female who was abandoned at a cat sitter's by her homeless mom. She is a total diva and a control freak. She loves to sleep with her foster mom and when she wants to be petted, she will hop up on the furniture and put out a paw and snag you, demanding you stop whatever you are doing and pet her NOW. She is super affectionate in those moods, and often, first thing in the morning, last thing at night. However, if she is not in the mood, she will resist you with gentle slaps and bites, which if you ignore her wishes, will become less gentle! Although not a suitable as a family cat, Poochez is a great fit for a busy person who wants some snuggling at night. She is very self sufficient. She is healthy, fat, fixed, vaccinated and well behaved in the house. If you want a cat who is loving but not a nuisance, consider her. She has a pretty dominant personality and should probably be an only cat, as she will make life miserable for a gentler cat and continually butt heads with a stronger-willed one. Contact Bonita at [bonitaberger@aol.com](mailto:bonitaberger@aol.com) if interested.



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to join the BrightHaven email network  
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letter!

# How to Exercise with Your Cat

1. Build strong forearm muscles by typing or using the mouse at the computer with your cat draped across your arms.
2. Build strong stomach muscles by doing sit-ups with your cat stretched across your throat or chest.
3. Improve leg strength by walking the length of the house with a cat attached to your ankle.
4. Improve agility and leaping ability by jumping over sleeping cats or dogs as you navigate the house, or avoiding their attempts to snag you.
5. Use cleaning the litter box as a chance to do squats.
6. Buy lots of jugs of cat litter and bags of pet food to carry in, work those arms and legs!
7. Finger exercises—scratch those heads and cheeks for hours.
8. Never worry about being a couch potato, you will be up and down constantly waiting on your divas.
9. More wrist and finger exercises—open lots of cans of food.
10. Improve flexibility by bending repeatedly to gather up cat toys before vacuuming.
11. Improve overall strength by moving the sofa to retrieve all the cat toys batted under it.
12. Waist exercise: bend from waist every few minutes to pick up crying, needy kitten.
13. Sitting pushups: While pinned in place on the sofa by cat in lap and needing to go pee, use arms to push lower half of body up repeatedly.
14. Sleeping kitties on your pillow also make good neck rolls for neck extensions.

BrightHaven is always in need of volunteers who can help with anything from grant-writing and fund raising to fostering animals. There is much to be done, either from your home office or on-site here at BrightHaven. We need help with outreach, bookkeeping, web management, writing flyers and web content, soliciting money from community donors to buy wood to build a new fence for us, volunteer coordinating, event organizing, tending the grounds, gardening, feeding and caring for the BH animals, transporting animals from shelters to fosters, the list goes on. Please email Jessica at [Jessica@brighthaven.org](mailto:Jessica@brighthaven.org) for more information on ways to help. Thanks.



Sanctuaries and Rescues like BrightHaven are always desperately in need of your donations to continue their work. Please consider a yearly tax deductible gift in honor of the wonderful work BrightHaven does. This page can be printed separately and sent in.

\*\*\*\*\*

Please print and complete this form and mail it along with your tax-deductible donation to:

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Be sure to enclose your check or your credit card information.

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If you prefer to make your donation by phone, please call 707 578 4800. Or, online, visit <http://ssl.sonic.net/gailpope/donations/> to donate. See more of BrightHaven at [www.brighthaven.org](http://www.brighthaven.org)!

BrightHaven is a registered 501(c)(3) nonprofit and your donations are tax-deductible.



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Caring for the True Carnivore Is Our Specialty®



**Veterinarian  
Approved**

## How To Make One Recipe:

Shake well before use.

1/2 cup of **My Natural K9™** powder

1 1/2 cup filtered water (3/4 cup  
more water with ground meat)

2000 mg Salmon oil

1 1/2 lbs raw meat (no bones)

1/2-3/4 lb steamed veggies

Multiply your dogs weight in pounds  
by a factor of 0.4. This provides the  
daily food in ounces. Divide into  
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Thaw daily as needed.

**This Jar Makes 10 Recipes or  
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Sara

## My Natural K9™

### GUARANTEED ANALYSIS

Crude Protein	35.0% Minimum	Ash	28.0% Maximum
Crude Fat	16.5% Minimum	Calcium	6.0% Minimum
Crude Fiber	5.0% Maximum	Phosphorus	3.0% Minimum
Moisture	5.5% Maximum	Magnesium	1.0% Maximum

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**Ingredients:** Bone Meal Steamed, Egg  
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Psyllium Seed Husk, Adrenal Extracted  
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Vitamin B 50 Complex Supplement.

*This supplement is intended  
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