

May 2005



Happy Memorial Day everyone!

This month I am happy to present our new calendar of events for the next few months and to announce some wonderful new relationships we have forged along the way. We have joined forces with some incredibly talented local practitioners who are going to be visiting and teaching every month at BrightHaven.

We are truly becoming a centre for people to come and experience the BrightHaven magic as they learn about the many and varied healing skills that are available to us all to better serve our animal friends.

Some classes will be regular monthly events, some will be on a drop-in basis and some will be a once in a lifetime opportunity. I invite you to tell us more of the things you would like to learn more about and we will do our very best to include them in our calendar.

Richard and I are determined that BrightHaven will not only continue, but will grow and prosper as we forge ahead with new plans to help people better to help the animals they love.



You can review the calendar on the website at [http://www.brighthaven.org/workshop\\_schedule.pdf?ArdSI=405e04c094d6d9f849defbeb14bffb2](http://www.brighthaven.org/workshop_schedule.pdf?ArdSI=405e04c094d6d9f849defbeb14bffb2) and also read more below on page 10.

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5. "Brighthaven Miracle stories"
6. Around and about at BrightHaven:  
Events, What's in the pipeline and Special projects.

### 1. ANIMAL NEWS AND UPDATES

#### REMEMBER FLAME?

Flame arrived at BrightHaven in January, from a local shelter where he had been living for six long years. He brought with him a deep sadness, a painful mouth and back, a nose showing a growth of some kind and a deep fear of most human contact.

Flame luckily took to his new natural diet easily and as he fell in love with his food he has gradually taken on a new lease on life and we are happy to see a new man emerging from this shy and timid body!!

Most recently Flame has taken to sitting on laps – He loves head butting to get kisses right on the top of his head – and most importantly hanging out with the other dozen or so cats awaiting food on the breakfast room table at dinner time. He is clearly becoming a big part of the family finally and we are just so happy to observe this newfound confidence and happiness exuding from him.

The even better news? – The suspicious growth on his nose has almost completely disappeared now!



#### WHO COULD NOT REMEMBER JOEY-D?



Here JD is shown proudly with Ollie, who at the tender age of 20 years has decided it is time for him to retire from public speaking engagements.

Well - Joey would like you to know that he has finally decided to take on the challenge of a job for BrightHaven. Most recently Suzy and Sam have taken on the project of representing BrightHaven at local (far away too!) booths in order to promote our educational program and raise badly needed funds. Joey has jumped in to become the next BrightHaven mascot. Last week at the Sonoma Earth Day Richard and I nervously brought Joey along to introduce him to his public. Well – we need not have worried in the least. Indoors Joey is very territorial and defensive of his home and family but out in the real world he showed us that he just is filled with love and fun for everyone. He lit up like a beacon as he saw the crowds – and almost dragged me along to meet more and more people and showed an especial love for the groups of small children who gathered eagerly around him. At his first event he behaved as an old pro – and has given us food for thought as to how best to arrange his future public engagements!

## 2. THE LAST MONTH AT BRIGHTHAVEN



BrightHaven was proud to present our first ever booth at a major event last month at San Francisco's 2005 New Living Expo. Everyone worked terribly hard to put the booth together in a very short time but sadly I missed the entire weekend as I was driven to bed by a very nasty flu bug that knocked me off my feet. Happily though, BrightHaven made many new friends at the booth, as well as garnered some donations during the weekend and Suzy snapped some great pictures to record the event.

Here are a selection below:-



**YOU WILL JUST LOVE THIS DELIGHTFUL AND TERRIBLY INTERESTING BRIGHTHAVEN STORY AS TOLD BY SUZZZZZZZZZZY – PLEASE DO READ ON....**

**TO BEE OR NOT TO BEE? .....WELL THE ANSWER SEEMED TO BEE....SHE HASTA BEE!**



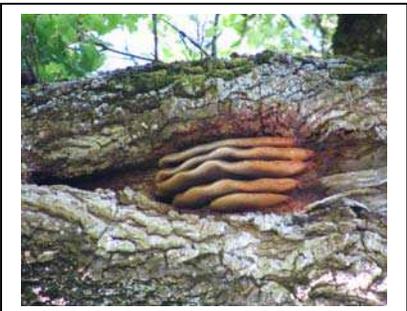
It was a beautiful May evening and Sam and I were taking our nightly walk with the dogs down to the pond. While trimming some branches from the big oak tree for Dorothy and Paloma (our goat girls), to munch on, Sam turned to find that we were standing only a few feet away from an enormous swarm of bees who were busy making new accommodations around their glorious and chosen Queen. As we looked further up the tree we noticed that many large colonies had also chosen our beautiful and grand oak for their home.



Luckily, last summer Sam had the opportunity to meet a local bee keeper who has been making honey in our neck of the woods for donkey’s years and, after contacting him we learned that our new bees were a little “pot of gold” to him and so he hurried to BrightHaven to relocate them to his own little bee paradise. His name is Fred Nelson and he and his wife Donna own “She Hasta Bee” apiaries just down the road where they live with their very large “swarm” of family members.



Fred had me charmed along with those bees as he gave me a mesh hat and told me that there was no danger to me in staying next to the moving operation, and that I may take photographs. As I stood there motionless, except for my finger taking pictures as fast as I could, I found myself lost in the new and mystical world of these fascinating creatures and knew that I had found a new love. A handful of bees that had made a wrong turn, ended up in my face mask, and were walking around my nose sniffing me and tickling my face with tiny legs. I was overawed by the tranquility of the moving process and that the bees seemed perfectly aware that they were not in danger and that they were being handled with love.



The process was incredible and Fred explained it step by step as he went along, with absolute confidence and grace as his bare hands gently placed the bees into their new home, piece by piece. The bees were not upset in the slightest and did exactly as Fred told us they would...Many of them stood in formation with their hind ends in the air, releasing a pheromone into the air that informs the other bees that home is moving and they better fly into the box because their Queen is leaving town. The box is then left for a few more days to ensure that everyone has gathered their things and is ready to go - and then it’s “off to the apiary”.

Never a dull moment to be had in the wonderful world of BrightHaven and I was so thankful to experience such an awesome buzz of activity.

**A WEEKEND AT BRIGHTHAVEN!!**

I am delighted to report that we are still receiving bookings for this year and would just like to remind you that we offer

“Bed and Breakfast – with a difference” here at BrightHaven!!

You will have the comfort of your own bedroom and bathroom with access to a lovely little garden. Perhaps one of the many BrightHaven residents will choose to spend the night with you. You will be welcome to experience animal feeding time Saturday evening and also Sunday morning. You will also have the opportunity to get to know Gail and Richard better over a glass of wine and dinner. Gail and Richard will be happy to discuss your animal concerns (or not!) during your stay and, of course you will be welcome to stay at BrightHaven and be part of our family during your visit or take the time to go wine-tasting or exploring in the gorgeous local countryside.

The cost: a tax-deductible donation to BrightHaven of \$200.00.



**BELLESTAR MEETS HER MATCH!**



Our cute, bright and bouncy Bellestar the pony met her match this month as she was checked over by BrightHaven local equine veterinarian Tere Crocker, who helps us with the care of all the BrightHaven horses.

Bellestar foundered recently and Tere paid us a welcome visit to check on Belle’s hooves and trim them.

You will be happy to know that Belle is now doing well again although she is not at all happy to have her intake of juicy grass restricted!!

**HORSE BLANKET DONATION**

We are thrilled to announce that we received a lovely donation from our friends at **CLASSIC COVER-UPS** earlier this month. Classic Cover-Ups manufacture high quality, water and weather-proof horse sheets and blankets that are wildly popular with horse people. Ian Bishop, the big-hearted, wonderful owner of Classic Cover-Ups, has made an incredibly generous and innovative gift to BrightHaven: His staff custom-made eight sheets and blankets for our five horses, to keep them warm



and dry in the winter time. But wait, this is not all. The four worker bees Doti, June, Cheryle and Nancy lovingly designed those “Coats of many colors”, using leftover materials and remnants, creating colorful and fun blankets with each one being an original. The cost of caring for the horses is tremendous, so we were particularly happy to get Nicki, Copy, Bellestar, Daisy and Paris all dressed up in their stylish new clothes at no cost.

Thank you Classic Cover-Ups – You are great!!



Paris and Daisy modelling their coats

## ANIMAL OUTREACH

The BrightHaven outreach program has two main areas of focus:

### 1. The BrightHaven email database of like minded friends of BrightHaven as well as rescue organizations.

We are still asking for your help in the following ways please

- a. By allowing me to add your name to my list – if you are not already receiving these appeals.
- b. By telling friends and family of the project and asking them to send in their email addresses also.

### 2. The BrightHaven “at-home” program.

This part of the program is under construction as Suzy works on the veterinary liaison aspects so that we have everything in place before steaming ahead.

The program is already underway in a small way as Susanna, Suzy and Sam have visited the homes of friends and volunteers to offer their help and guidance as requested.

## THE ROSE CEREMONY

This month’s Rose Ceremony fell on Mother’s Day and we were a small group that sat together in honor of BrightHaven’s “Luke” who left us recently.

“Mothers” were my topic of conversation this month which prompted me to talk about the Mothers who have shaped and formed my own life – both human and animal ones.

I also remembered how Luke, in the early years had become a “Mother as well as a Father to our Tim – the well-known little rogue with a broken back! A particularly poignant memory was that of big Luke carrying the tiny kitten tenderly in his teeth to help him up the stairs.

We would love to welcome you to any BrightHaven Rose Ceremony.

They are held on the second Sunday of every month at 2pm.



In this section of the gathering you can see volunteers Ann Kaplan (with Joey) Christy Johnston (with Ollie) and husband Rick (stroking Sammi). Friend and volunteer Keri Lepperson extends her legs at the front of the picture!

### 3. A FAMILY PROFILE

**SAM** Pieper joined the BrightHaven family in 2003 and very quickly earned the love of every animal he met. Sam has a natural talent with animals and his daily responsibilities are primarily medical and range from the preparation and delivery of remedies homeopathic or herbal, to the daily administration of life saving subcutaneous fluid therapy.

Sam has recently worked on several BrightHaven event booths with Suzy and found himself taking to it like a duck to water - which leads me to mention that he is also in charge of the BrightHaven birds and is totally adored by his chicken girls, not to mention the geese and ducks of course!



Unfortunately we can only afford to have Sam working with us part time but visitors to BrightHaven will often find this personable young man devoting his afternoon to helping Richard out with the weekend tasks – such as mowing the huge areas of grass – rebuilding fences and mending all manner of things!

### 4 VOLUNTEER NEWS

**CHRISTY** Johnson has been a long time friend of BrightHaven and dedicates all her spare time to coming to volunteer help with the animals. Christy is a huge star with the BrightHaven dogs and is always forced to take them for a stroll before beginning her tasks for the day!

Christy joined us at BrightHaven for Kathleen Prasad's beginning Reiki class and loved it sooo much that she has already taken level 2 Reiki and is actually starting her own business very soon, which will incorporate Reiki skills with her many other talents in the care of animals – such as elderly animal care at home – especially at the end of life, the use of flower essence therapy and much more ..... Her new company is to be called “A Peaceful Journey for Animals” and we know she will be a huge success.

Christy has recently traveled her own long road with her own elderly feline – Ronnie, who has been preparing to make his transition for some months and she has now written her delightful and very poignant story of their journey together. Reading it brought tears to my eyes as I realized what joy and peace it conveys. I strongly urge you to read on.....

#### **Riding the Reiki Wave**

**By Christy Johnston**

As I start to write this on March 29th, my kitty, who was resting under my desk on a soft blanket in his bed, emerges, taking in a long drawn-out breath and giving a restricted cough. He is 14 and has a mass growing in his neck, which is now constricting his breathing. He will pass peacefully, I am confident, with the help of Reiki.

At the beginning of March, Kathleen came to BrightHaven, a healing arts center for animals where I am a volunteer, to teach a group of us the ancient technique of Reiki. We practiced on people one day, on animals the next, and took all the initiations to be certified as Level 1 practitioners. I didn't know it then, but I would be using Reiki at least 2 times a day to help Ronnie with his health and healing.

Ronnie has been with me for 12 years. He has been the gentle leader of my kitty family of five, over the years raising a couple from kittenhood as their mother and father, accepting two more in off the streets, and generally teaching them all, in his wisdom, how to live more fully and joyfully. A friend visited him yesterday and noticed how they all took his lead in divine greeting with a bow of the head to her hand.



Of course there is always hope of a cure with any healing modality so, four days after my Reiki class ended, I started focusing my practice on Ronnie, almost convincing myself that I was not expecting a cure. Kathleen joined the team shortly thereafter, doing four ½ hour long-distance sessions with him on consecutive days, and continuing with a regular session long distance every three days. I am getting used to the regimen now but it has been nice to get a respite every third night and to hear about Kathleen's experiences with Ronnie's sessions that she emails me the next day.

I offered Reiki to my kitties starting March 3rd and switched to Ronnie twice a day on the 6th. Kathleen started her four session treatments on the 8th. Ronnie hit a low period where he became weak, dehydrated, and wouldn't eat from March 5th through the 10th. He then improved greatly, eating again and with interest. I am wondering if he had a healing crisis because of the Reiki or if the Reiki took him out of the downward spiral. Whichever, it was great to see him enjoying life again.

Kathleen taught us that Reiki will go where it is needed but it is still mysterious to me. Ronnie's breathing had become labored and erratic before we started Reiki. He looked uncomfortable. Since starting Reiki, the tumor has not shrunk, but his breathing is calm and full. I'm just amazed at how this would work and so happy for him that he can rest more peacefully again. One day, I had to limit both the nighttime and the next morning's treatments to 15 minutes. I noticed right away that his breathing became a little more labored. So I feel comfortable that the two ½ hour sessions that he receives every day are keeping a good balance and that this can be upped if needed.

On April 10th, my sister came to give him lunch while I was away and she left me a note: "Still so powerful and still inside". More and more, Ronnie doesn't notice his illness, though the tumor continues to grow. Now, at the end of April, I have seen him make adjustments, time and again, so that he can find enjoyment in the day. He takes it slower going up and down the stairs. And rather than taking a couple bites and walking off to catch his breath, he now stays at his plate to catch his breath and then continues eating. It's as if, in allowing Reiki to bring its peace inside, Ronnie can operate more peacefully and willingly in the outside world.

On April 12th, Ronnie came into the bedroom in the middle of the night. He was having a little trouble breathing. I offered him Reiki for ½ hour and his breathing settled and he went back to sleep. That morning there were no signs of labored breathing and I continued the twice a day treatments. I was grateful that he sought me out for help that he sought out Reiki.

The majority of Ronnie's treatments have been from a few feet away. He may be walking around the room when I start, but a few minutes into the treatment, he is on his bed, resting with eyes partly closed or sleeping. A very few times, he has come and lay in front of me and I have put my hands near him or on his sides for a very few minutes until he walks away. Luckily, I often do Reiki sitting on the floor so that hands-on or hands-near can be an option.

Toward the end of April, I was encouraged by what Kathleen was feeling from her treatments to start offering Reiki to the family, to prepare us to carry on when Ronnie was gone. In doing so, I saw relationships tighten and kitties who had not played together before start interacting and touching noses. That was an important piece for us and for Ronnie, who would want to make sure the family was going to be okay before he left.

Around the beginning of April, Ronnie started to be less aware, at times, of what was going on around him. Now, at the end of April, he is often crouched and looking contemplative. I feel that Reiki aids him and his spirit in connecting with the place where he will go after death of the physical body.

Ronnie has given me a great gift. He has encouraged me, through his illness, to practice a very effective technique and to see that there is something I can do for him when it feels like there is nothing I can do to help him. With Ronnie's body slowly winding down, I am accepting his eventual passing, in part, because I have had time with him and been able to aid in his journey. I am grateful for the comfort he has gotten from Reiki and I'm encouraged that I will be seeing him ride the Reiki wave, without looking back, to the other side.

**About the author:**

Christy Johnston received her Level 1 Reiki training with Kathleen in early March and her Level 2 at the end of April. She has always loved animals and has discovered that Reiki is a great way to connect with them. She is currently living in Santa Rosa, California. After Ronnie makes his transition, she will be joining her husband in Seattle where she hopes to continue her work with animals and Reiki.

**5 BRIGHTHAVEN MIRACLE STORIES"**

This month our miracle story is a special tale of sweetness and love, as told by Suzy:

As many of you will know our little "Alfie" is in the "Golden Oldie" stage of his life and will clearly not be with us for very much longer. He is now very much in need of his family for love, support, and lots of cuddle time.

A few days ago, I was conducting a BrightHaven Tour and had Alfie hanging comfortably cozy around my waist in a baby sling as we walked across to the BrightHaven stables to introduce our guests to the horses.

Daisy, our most beautiful, but very pushy palomino immediately came over to investigate the situation. She leaned her head down to examine what I had in my "pouch", and what happened next left me in true awe, as I realized I was experiencing yet another BrightHaven miracle.



Daisy gently placed her muzzle on Alfie's head and began to slowly breathe very deeply as she gently explored her way around his entire tiny, sleeping body. She half closed her eyes and seemed to fall into a very focused, almost meditative state. Her ears began to travel backward and forward in a gentle rocking motion that mimicked her breathing pattern. I soon realized that Alfie was also breathing in this same pattern and that the erratic breathing that had troubled him all morning, was no longer evident.

This beautiful moment seemed to last forever and both the tour ladies and I were moved to tears by the tenderness shared between our dominant and spirited horse and our dear little dog.

**6 AROUND AND ABOUT AT BRIGHTHAVEN**

- a. What's in the pipeline – Workshops and Events
- b. Special projects
- c. Help with our wish list – some products you may be able to contribute to help us.

**6A. WHAT'S IN THE PIPELINE?**

Well – the answer is – LOTS I am delighted to say – Please read through our upcoming calendar of events and see if you – or someone you know may like to attend one in support of BrightHaven – Full details can be found on the BrightHaven website at the link shown below

[http://www.brighthaven.org/workshop\\_schedule.pdf?ArdSI=405e04c094d6d9f849defbeb14bffb2](http://www.brighthaven.org/workshop_schedule.pdf?ArdSI=405e04c094d6d9f849defbeb14bffb2)

## UPCOMING EVENTS AND WORKSHOPS AT BRIGHTHAVEN

**Our goal as an education center is to help you better help your animal.**

<b>Title</b>	<b>Detail</b>	<b>Dates/Time</b>	<b>Cost</b>	<b>Space</b>
<b>The BrightHaven Rose Ceremony</b>  See Page 6	The ceremony is a BrightHaven tradition to honor the passing of our loved ones. It is a wonderful opportunity to share memories with like-minded people	June 12th  The 2 <sup>nd</sup> Sunday every month At 2pm	No charge	No limit
<b>The Secrets of Health and Longevity for Animals – Naturally!</b>	with BrightHaven's Founder and President Gail Pope	June 18 <sup>th</sup> 1pm-4pm	\$50  All proceeds benefit BH	Limit 15
<b>Animal Wellness Day</b>	Our monthly Wellness Day welcomes the Community to tour BH, meet the staff and some of our healing specialists. Question-time included.	June 24th		
<b>Veterinary Orthopedic Manipulation (V.O.M.)</b>	With Dr. Ann Kaplan and Fray Huffman	June 26 <sup>th</sup> 2pm-4pm	\$30 All proceeds benefit BH animals	Limit 10
<b>Loving Touch for Your Animals</b>	with Founder of Loving Touch Animal Massage Andrea Kern	July 16 <sup>th</sup> 1pm-5pm	\$75 per person 50%proceeds benefit BH animals.	Limit 10
<b>TTouch</b>	A Breakthrough in the care and training of companion animals With Jaynellen Kovacevich	July 17 <sup>th</sup>  1pm-4pm	\$60 per person 50% proceeds benefit BH animals	Limit 10
<b>Beginning Animal Communication</b>	with best selling Author Marta Williams	July 23 <sup>rd</sup> & 24 <sup>th</sup> 1-5pm both days	\$150 per person 50% proceeds benefit the BrightHaven animals.	Limit 30
<b>TTouch - Equine</b>	A Breakthrough in the care and training of horses with Jaynellen Kovacevich	August 6 <sup>th</sup> 1-4pm	\$60 per person 50% proceeds benefit BH animals	Limit 10 people
<b>Reiki Level 1 Workshop</b>	with Reiki Master Kathleen Prasad	August 20 <sup>th</sup> and 21 <sup>st</sup> 1pm-4pm both days	\$250 50% proceeds benefit BH animals	Limit 10
<b>A Weekend at BrightHaven</b>	See page 5 for details	Call for dates	\$200 donation per couple	Limit 2

**The BrightHaven Un-brunch****Event in progress!!**

Hurry to our “Un-event” This is your chance of a lifetime to stay at home – not have to get dressed up and absolutely NOT have to attend our un-brunch.



Wendy says: “Un-Brunch!  
It’s the Un-Event of the Season, Darling!”

By un- attending our event you have successfully saved some major time, worry and money. – Our delightful brochure will explain all – plus invite you to purchase all manner of wonderful entrees or deserts in support of our animals.

You can choose from all manner of things to tempt your palate.....Try ordering such delicacies as Bellestar Waffles for \$30.00 or Harley’s Ham and Eggs for \$100.00. Cassie’s coffee will set you back a mere \$5.00 donation – or make a splash with Charlie’s champagne at \$25.00

Of course you can tease us by sending Sushi’s surprise of any amount.

All the animals are, of course our very own and you are in store for some very cute shots.

Please call the BrightHaven office for your copy of the brochure.  
707 578 4800

**BrightHaven mugs, T-shirts, mouse pads and License plates:****Available now!!**

For a donation of \$50.00 we will be please to send you any of the above items, personalized with the animal of your choice, except of course the license plate holder and for that you can choose the wording to appear on the bottom from either:

“Happy healthy animals” or “Healing Arts for Animals”

Please email Suzy at [Suzy@brighthaven.org](mailto:Suzy@brighthaven.org) to place your order and arrange the details.

**6B SPECIAL PROJECTS WE ARE ASKING FOR YOUR HELP WITH:****Spring/Summer projects!!!**

We are still seeking people to volunteer to join a team day to help us with our on-site building and maintenance projects e.g. farmyard houses/shelters, fencing for horses, pigs and goats, painting and all sorts of maintenance issues –both indoors and out.

A huge project we are sending out a plea for help with is our cat gardens. Since our arrival here in Santa Rosa we are proud to have achieved lots of redecoration and changes to benefit the animals. We have even managed the basic construction of some cat garden areas. Basic being the word!!!

We need to turn these areas into the beautiful and tranquil settings our animals have been previously used to.

We must – provide a watering system

We must – provide patio areas and hardscaping

We must – provide flower beds and fill them with bushes and suitable cat proof plants and trees for fun and shade.

We must – provide areas of lawn upon which to sunbathe and for eating too!

We must – provide water holes...well actually water features are our aim – such as rockeries with water flowing and fountains – excellent for Feng Shui purposes too.

So – all in all – we have a mammoth task.

We boast of the beauty of BrightHaven and are determined to live up to it once again. Please consider helping us in any way you are able.

- Come and help us – call Sam at 707 578 4800 or email [Sam@brighthaven.org](mailto:Sam@brighthaven.org) for information and team day dates
- Donate towards the construction work
- Donate towards our purchase of plants, trees, fountains, and other features.
- Donate towards our purchase of cat friendly outdoor furniture
- Donate towards our purchase of suitable climbing and playing outdoor amusements!

## **6C HELP WITH OUR WISH LIST – SOME PRODUCTS YOU MAY BE ABLE TO CONTRIBUTE TO HELP**

### **Play room furniture and toys**

Coolaroo's® Small Pet Bed (for pets up to 35 lbs) **Item Number/Name:** CL317263 - Small Pet Bed  
<http://www.outdoordecor.com/cgi-local/SoftCart.exe/online-store/scstore/p-CL317263.html?L+scstore+vzk6968Overture-Manufacturersff968a96+1111714945>

Baskets

Wicker baskets of all sizes – the cats just love them!!

Diapers for Tim:

Pampers – Stretch – 8-14lbs

Diapers for Ollie, Alfie and Joey-D

Poise Pads – Extra Plus (60 count pack)

Glucose strips for blood testing for diabetics: Arthur and Vancouver:

Any pharmacy; Accu check Comfort curve glucose test strips

Paper towels:

Your choice!

Well folks, that's the latest from BrightHaven for this month. I do hope you have enjoyed catching up with our news. Please let me know by email if there is anything you would like me to include in future newsletters. I will be happy to add or change the content.

The BrightHaven vision is important for animals and humans alike.

"The greatness of a nation, and its moral progress, can be judged by the way its animals are treated".

M. Gandhi



**Please join with us as we work towards making this world a better place where people will join together with people to help animals.**

Together we *can and are* making a difference.

With warmest regards,  
Gail Pope  
Founder and President

**\*Please note our new P.O. Box mailing address:**

You can donate to help our cause.....  
by check, cash or money order  
by credit card via our web site,  
or simply by telephone to our office  
or by PayPal at [www.paypal.com](http://www.paypal.com)

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