



Safe Haven Rabbit Rescue, Inc.

# Safe Haven Scoop

## Inside this issue:

We've been busy!	1
27 in 23 Days	2
Updates	3
Virtual Adoption	4
Fun Ideas	5-6
Educational Corner	7-8
Did You Know?	8


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*By Karen Augustynowicz, President*

## *We've been busy!*

In this time of crisis, we hope everyone is staying safe and enjoying having more time to spend with your bunny friends. Our bunnies can absolutely help us to relax and ease many of the stresses associated with the current time. What is more comforting than to lie on the floor petting your bunny? If you are lucky, you may even hear a tooth purr or two!

It is my hope that this newsletter will be a bright spot in your day. That our stories will take your mind off the news and sadness all around us.

Lots of things are different at this time. And, yet many things remain the same—or are even better. When Safe Haven was alerted to a dire situation involving 40+ rabbits in a neighboring Pennsylvania home, we knew we had to act quickly and that it was not something we could do on our own. We reached out to other rescues and they responded. You will find our story “**27 in 23 Days**” on the next page.

We even had our first **Virtual Adoption!** Congratulations are in order to foster parent, Stacey Bavos for working through the adoption of her foster bun, Trudy via video call “visits” both of Trudy’s set up and with the adopter as she prepared Trudy’s new home. **Their story is on page 4.**

We hope you will take a little time to relax and read through the articles. In addition to her always educational articles, Linda Torlay has also come through again to bring cheer with a bunny shaped cookie recipe and fun T-Shirt design.

Isn’t it a wonderful thing that we do not have to social distance from our bunnies! Now that would be painful!

Our bunnies need us to stay safe and healthy. It does seem to me that they are aware that something is just not right with the world. They seem a little quieter and even more watchful than normal. But, as usual they are always questioning....where is my salad? is it pellet time yet? Is it my turn to run the hallway.....You just gotta love them!



## 27 Rabbits Rescued in 23 Days

Early in March, we were alerted to an “abundance of rabbits” in a small home in PA. There was speculation that more and more litters were being born all the time. Gail and I met with the family on Sunday, March 15 and after catching our breath from what we saw, quickly began a rescue plan. Due to COVID-19 restrictions, we knew this rescue would be a little more complicated, and we were careful to follow distancing protocols to keep all participants safe. Still, knowing how quickly the current number of 42 would escalate into hundreds, we needed to remove the breeding capability as soon as possible.

That week, 12 male rabbits were neutered and, all but three, transported to other rescues – that removed all the possible fathers at the house. Two females were also spayed and placed that first week. In the second week, three more females were spayed, three others were sent directly to a rescue and the newest litter of seven kits and their mom were placed in our foster care. The third week, three of the spayed girls and two of the neutered boys were placed in yet another rescue.

**We did not do this alone.** We are grateful to Tammy Wilson of Willy’s Wabbits for reaching out to many of her contacts and providing a list of rescues who offered to help. And to Lisa of the Bunderground and her transport group for getting the rabbits to several longer distance rescues. This allowed us to place rabbits in rescues in NJ, MD, PA and NY.

### *Rescues accepting rabbits included:*

- ◇ Reenie’s Rabbits, Hudson Valley, NY
- ◇ All About Rabbits, Queens, NY;
- ◇ Eastern Shore Rabbit Rescue, Rock Hall, MD
- ◇ Ghandi’s Refuge Animal Rescue, Drexel Hill, PA
- ◇ Judges Park, Edinburg, PA.

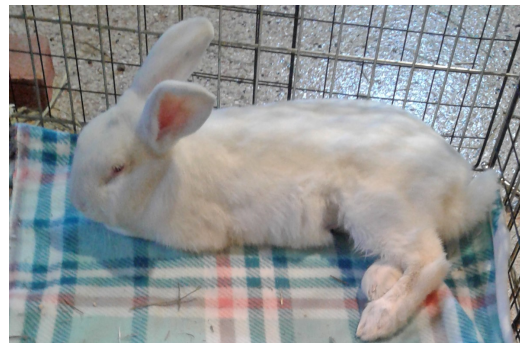
We are thankful to them all.

The COVID-19 stay-at-home orders have us on hold for now. We were successful in placing all the adults we were able to get out of the house. All the males were neutered and placed, and the kits that were a big concern as the remaining breeding risk are now in our care. Safe Haven also has one of the Rews who was found to be a hermaphrodite. Gail affectionately named him/her “Herman” or Hermie for short and he/she will also stay with us for the time being.

**The total number rescued in 23 days was 27.** We believe there are 12 female rabbits still remaining. We hope to resume when conditions permit. Special thanks to volunteers Gail Petersen, Bill Mack and Astrid Hesse who went above and beyond to get this accomplished in a very short period of time!



Momma & 7 babies



Nap Time for Herman

## *Update on Hope*

Many of you have been following Hope's story on facebook or our website, so I won't repeat it here. But I am happy to report that Hope continues to do well and is one of the friendliest, silliest, and most engaging rabbits I have been blessed to have in my care. Please visit her on our website where you will find [the full story](#) of her rescue.



Her pen is right in my dining room, so she is front and center most of the time. Hope seems to love the attention and is constantly seeking more. Please continue to keep her in your prayers as her condition is still very guarded.

Hope truly is a sweetheart of a little girl who has been through way too much.  
She is very cute too!




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## *Happy 10th Birthday, Boo*

Many of you remember the story of Boo. The baby bunny who came to us with a broken leg in 2010. And whose fundraiser created those famous nightlights. After amputation, Boo did very well as a three legged bunny for many years with the help of acupuncture and more recently laser and physical therapy. But, as of a few months ago, Boo just lost the ability to get himself around in his pen anymore and had to be moved to a cage.

He still is a happy go lucky kind of guy. Still loves to eat and poops up a storm. Now he just does it from the comfort of a cozy well lined cage. And he is going topless now so he can keep an eye on everyone else. He shows no signs of giving up and seems to like being served his salad in bed!





## *First Virtual Adoption Safely Performed*

Trudy

Adopted April 6, 2020

Despite COVID-19 and social distancing, we were able to conduct our first virtual adoption on April 6th.

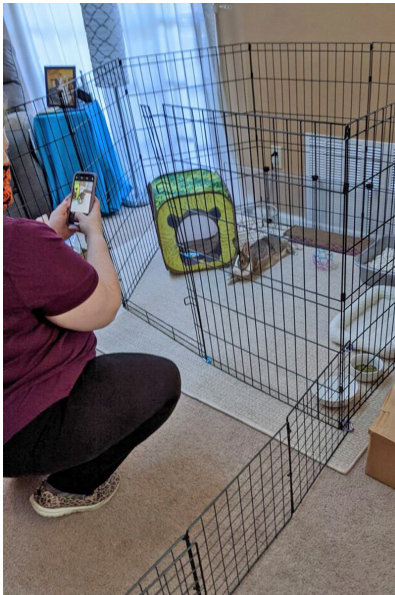


Trudy, who was left on the curb with a sign saying "free rabbit" was rescued by SHRR in Sept. 2016. She was adopted quickly by someone who unfortunately did not give her a chance to adjust. After a bonding attempt did not work out in only a week, the adopter returned her to us.

Naturally she was frightened, but with some TLC Trudy became a super fun bun! Trudy has caught the eye of many over the years, but none as qualified as her new mom Rebecca. Through phone calls and video chats, we knew it was the perfect match. A home with a Mom who understands that it takes time for any prey animal to get used to new people and new surroundings. Rebecca has had lots of experience with skittish Guinea pigs and now only has a grumpy Betta fish named Bash who she assured us would stay in his own tank. :)

After a protected and safe hand-off, Trudy is quickly adjusting to her new forever home.

**Congratulations to both Trudy and Rebecca!**



*Fun things to do while you are home! 1 of 2*  
*By Linda Torlay*

Linzer Cookies are wonderfully delicious buttery jammed filled cookies. How cute to use bunny and heart shaped cookie cutters to make these easy and fun treats.

Linzer Cookie recipe courtesy of King Arthur Flour  
(<https://www.kingarthurflour.com/recipes/linzer-cookies-recipe>)

$\frac{3}{4}$  cup unsalted butter

$\frac{1}{2}$  cup sugar

Grated zest of 1 lemon or 1 tsp. ground cinnamon

1 large egg yolk

1 tsp. vanilla extract

1 cup all-purpose flour

$\frac{3}{4}$  cup almond flour

$\frac{1}{4}$  tsp. fine salt

Raspberry jam

Powder sugar for dusting



(photo from [www.fragolelimone.com](http://www.fragolelimone.com))

1. To make the dough: Beat the butter, sugar, and zest (or cinnamon) until light and fluffy, scraping the bowl as needed, about 3 minutes. Add the yolk and vanilla and beat until combined.
2. Meanwhile, whisk together the flour, almond flour, and salt. Add the flour mixture to the egg mixture and mix until just combined. Don't over-beat.
3. Divide the dough in half, and pat each half into a disc. Wrap in plastic wrap, and refrigerate until firm, about 1 hour.
4. To assemble: On a lightly floured surface, roll one disc of dough out about  $\frac{1}{4}$ "-thick. Using a bunny cookie cutter, cut out cookies. Transfer to a parchment-lined baking sheet. Gather the scrap dough, roll, and repeat. Place the cut cookies in the refrigerator for 30 minutes.
5. Preheat the oven to 350°F.
6. While the first half of cookies are chilling, cut the same amount from the remaining dough. Once you've transferred these cookies to a baking sheet, use your small heart shaped cookie cutter to make a peekaboo cutout. Place cookies in the refrigerator for 30 minutes to chill.
7. To bake: Bake all of the cookies for 8 to 10 minutes, or until the edges are just beginning to turn brown. Let them cool for 5 minutes on the pan, then transfer to a rack to cool completely.
8. To fill the cookies: Place the cookies with the holes in them on a cookie sheet and sift confectioners' sugar over the top. Turn the remaining cookies flat side up and spoon a thin layer of jam into the center, spreading it slightly. Top with the sugar-dusted cookies.

*Recipe yield will vary depending on the size of your cookie cutter.  
For more fun use varying flavors and colors of jams.*

*Fun things to do while you are home! 2 of 2*  
*By Linda Torlay*

**How to Make a Designer Bleach Sprayed T-Shirt**

What you will need:

Bleach and a small spray bottle

Paper template and a manilla folder or other heavy weight paper stock

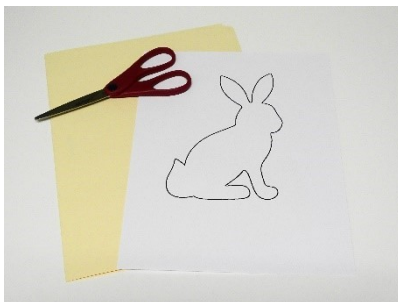
Scotch tape

A thick white towel or bubble wrap

A colored cotton t-shirt

1. Start by finding and printing an on-line template or drawing one. Its size should be appropriate to the size print you want on your t-shirt.
2. Cut out the template on a manilla folder or other heavy weight paper stock (i.e.; cardboard).
3. On a work safe area lay out your clean, wrinkle free t-shirt and place the towel or bubble wrap on the inside so when you spritz the bleach it doesn't penetrate thru to the back side of your shirt.
4. Secure your template on the front (or back) of your t-shirt by rolling scotch tape to create a loop. Adhere the tape in various places of your template (especially along the edges because wet paper has a tendency to curl) then press the template down onto your t-shirt.
5. Put some undiluted bleach in a small spray bottle set to mist and spritz your shirt to create splatter. The bleach will wash out your t-shirt's color. Spritz to create a small bleached out parameter around your template or a larger one. Work in a well-ventilated area or wear a mask so you don't breathe in bleach fumes.
6. Carefully lift the template off of your t-shirt and discard.
7. Allow your t-shirt to now dry.
8. When your t-shirt is dry remove the towel or bubble wrap and rinse well in cold water and again allow your t-shirt to dry. Wash as you normally would before wearing.

You can use one template or several smaller ones and/or varying ones. Be creative and have fun!





## Educational Corner —

By Linda Torlay, Safe Haven Educator



Let's talk about Electric Magnetic Fields otherwise known in short as EMFs. What are they, why all the fuss, and what on earth does this have to do with my rabbit?

As humans expand the use of and rely more on technology the safety of EMFs is debated more than ever. In today's world we are exposed in a never-ending barrage of low to mid frequency radiation, that too is becoming stronger, from the many common devices we use which we are told are harmless yet others report the opposite due to the cumulative radiation we unknowingly ab-

sorb.

EMF radiation is a broad term for electric fields, magnetic fields, and microwaves. EMFs are grouped in an ionizing or non-ionizing category. Ionizing radiation comes from the sun and x-rays and are considered to be in the mid to high radiation range. Non-ionizing radiation comes from man made items we use such as cellphones, smart watches, microwave ovens, tablets and computers, Wi-Fi routers, Bluetooth devices, smart meters, and powerlines to be the most common and considered to be in the low to mid radiation range.

EMFs are believed to cause numerous health issues. Symptoms such as insomnia, fatigue, depression, poor digestion, difficulty focusing and concentrating, and agitation can be linked to EMF exposure. Brain tumors and cancers being the most severe.

In that EMF radiation effects humans it also does animals. One of Safe Haven's volunteers, Jacqui, believes her bunny Woolie suffered from too much EMF exposure that started when her complex's electric meters were changed out and over to smart meters which increased the amount of EMF exposure pulsing thru areas of her home significantly. Jacqui confirmed elevated EMF readings when she purchased a home meter that reads EMF frequencies.

In brief Jacqui said ... "the past year Woolie has been acting sort of high strung. He's afraid a lot. When you sit next to him on the floor, he often runs away or is ready to run away. He never really seems calm and also seems scared to sit in his litter box. He kept jumping out like something was going to get him. It's been a slow progression, but he has become a very anxious bunny.

Woolie has developed chronic gas and stasis over the last three months. We have had a recent issue with a noisy neighbor but it also got me thinking about the bank of 12 smart meters on the outside wall right underneath Woolie's main living area.

I purchased a home EMF reading device and I do get a reading in that area. I moved his cottontail cottage and toys to the other side of the room where there is no reading to encourage him to spend his time there. I noticed a difference pretty quickly. He is much calmer and the chronic gas issue is resolving. He actually flops on his side and lets me pet him now. *(continued next page)*

## ***Educational Corner (continued)*** — *By Linda Torlay, Safe Haven Educator*

Unlike dogs and cats, rabbits are often confined to a dedicated space. If that space is near a strong EMF signal, they have no choice but to endure it, they can not move to another area which is why it's important that they be penned in areas of the home that have minimal EMF readings and not near Wi-Fi routers or computers, televisions, or along walls where smart meters are mounted outside. Inexpensive EMF readers can be purchased for home use on [www.smile.amazon.com](http://www.smile.amazon.com) (please choose Safe Haven Rabbit Rescue to support with your purchases).

There are numerous articles on-line about the danger of EMFs and their effect on both humans and pets. One in particular that Jacqui found interesting is <https://www.wirelesseducation.org/wi-fi-hurts-rabbits/>

### ***Did You Know?***

*By Linda Torlay, Safe Haven Educator*

*DID YOU KNOW* rabbits do not carry and transmit the COVID-19 virus to their owners? According to The World Health Organization there is no evidence at this time that companion animals spread the COVID-19 virus.

With that being said, it is however best not to immediately interact with a pet of an owner who is sick. Even though the virus is said to survive longest on hard, inanimate surfaces, a pet can briefly carry the virus on their fur if they are in immediate contact with someone who is infected who is not properly protecting those around them. Just as you would restrict your contact with other people if you were sick you should with pets too. Wash your hands, contain your cough, and refrain from kissing.



But *DID YOU KNOW* there was an outbreak of RHDV2 (rabbit hemorrhagic disease) at a clinic in New York City February of this year. RHD, be it version 1 or 2 is a highly contagious fatal disease for rabbits. In that humans cannot contract this disease humans can pass it along to rabbits via environmental contamination. The United States Department of Agriculture continues to monitor reported events and new information about the New York City outbreak can be found via the following link ... [https://www.oie.int/wahis\\_2/public/wahid.php/Reviewreport/Review?reportid=33541](https://www.oie.int/wahis_2/public/wahid.php/Reviewreport/Review?reportid=33541)

If you would like to revisit the article about RHD that was featured in Safe Haven's Spring 2019 newsletter [this link](#) will take you there.

*Please note when visiting OIE's site that the date appears as a day, month, year*

