

Safe Haven Rabbit Rescue, Inc.

# Safe Haven Scoop

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### Foster Homes Needed!

Do you have room for just one more bunny? Foster home care is always needed as our "Adoptables" wait for their forever home.

Please contact us via our [Volunteer form](#) if you are interested in fostering. All needed supplies are provided.



Donate



*By Karen Augustynowicz, Director*

## *Take time to Relax .....*

Yes, things are crazy hectic now, but did you notice that your bunnies still manage to get in all *their* naps! I wanted to take a moment to *Thank You* all for your continued support of our rescue buns. I am truly always grateful to everyone for their efforts. Whether that be through volunteering, fostering, adopting, participating in our events, sponsoring, or donating—every bit helps and it is only with your support that Safe Haven can continue to help bunnies and educate their owners.



Since incorporating in 2003, Safe Haven's mission has remained the same. But, Mother Time reminds me everyday (otherwise, I would forget!), that I, and a lot of my volunteers, are just not as young as we used to be! Hard to admit, but definitely true. So, I had to make choices of where to cut down on the workload and still be able to maintain our mission.

While bunny sitting was a very popular service for many; and a great fundraiser for the rescue, it became too difficult to care of all of the regulars here and bunnies as well. So, that service has been discontinued. This allows more time and space for the foster and sanctuary buns.

Our Bun-nanza event has proven to continue to grow and we plan to make that our biggest event of the year. As time permits, we will also hold our very popular "Bunny Spas". With your support of these events, your donations and participation, we look forward to our challenges of finding new ways to educate and spread the word about the joys of having a companion rabbit and the knowledge of caring for them. Helping as many bunnies as we can.

Rabbits truly are deserving of our best efforts and reward our efforts many times over. And, they remind us often of what is truly important: a cozy place to snooze, good, healthy food to eat, and friends to share it all!

**Wishing you a Blessed Holiday Season!  
Enjoy the Newsletter!**

*With sincere thanks,*

*Karen Augustynowicz, Director*

## Re-Opening of our On-line Store!

Just a sample of items...



Some of you may remember us having a "store" five or six years ago to help raise money for care of our foster bunnies. We took a break on that for a few years, but now, are happy to announce that we once again are able to offer a good selection of unique items available for purchase!

Many of the items are handmade or created just to help the bunnies of Safe Haven. Just in time to help you finish your holiday shopping or buy a special gift for yourself.

[Go to Store!](#)

## Children's Hospital—story submitted by Bill Schaible

At the Safe-Haven 2018 Bun-nanza, my wife and I had the pleasure of meeting Nancy Laracy who was there promoting her new book, *BunnyBoy and Me*.

We exchanged e-mail and phone numbers and 4 months later in February of 2019 Nancy called me and asked if I might be interested in having Mikey and Darla be special guests at a March 22, Bergen Community College Children's Hospital fundraiser.



Nancy had been bringing her female rabbit for 3 years as an "added attraction" for the kids. Her rabbit Muffin has recently passed away, but she wanted to continue the "rabbit theme" if possible.

I was a little reluctant at first since it was a bit of a ride for us plus a long night for the bunnies. I agreed to help out and just a day prior to the event I came down with a head cold, but thankfully, did not let this stop me. My wife, myself and friend Edy all met at Nancy's house in Franklin Lakes with Mikey and Darla in their large carrier.

Once at the College, we had to set ourselves up outside the main auditorium in the lobby with Nancy having a book-signing area with an additional short children's book she was giving away. She had approximately 35 books and each one included a 5 x 7 lovable photo of Mikey & Darla snuggling together. Many children ages 5 - 13 were able to see, hold and take pictures with Mikey and Darla and what joy it brought to their young faces!

A County photographer was also there taking many pictures with some being printed in local papers. It was a long night for the bunnies and a bit noisy, but they were troopers and they also endured the long ride home. Once home they each ran to their own litter boxes and shortly after had a long drink from the bowl! I was so proud of them the next day and so happy we were invited.

Bill Schaible

**Recent Event Photos. . .**

*Our 7th Annual Bun-nanza! Held October 27, 2019*



We had a wonderful turn-out this year despite the dreary weather! Dr. Deborah Adelson's presentation was wonderful and warmly received. She did a great job and had a very attentive and interested audience. We thank her for sharing her expertise! Big "Thank You's" go to all our Sponsors and Vendors who came to spread a little bunny joy. Everyone and every bun really seemed to be having a lot of fun. There were lots of shopping opportunities for bunny food and toys! And of course, we hope everyone learned some new ways to care for their rabbits. There is a slideshow of about 50 more photos on our facebook page and also on our website home page. Check them out [Here](#). Hope to see you next year!

**Event Sponsors**

**Diamond**



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**Gold**



**Thank you to all our Volunteers!**

- Jacqui Crown (Pre-event Prep)
- Stacey Bavos (Marketing & Publicity)
- Bob Coniglio (Bunny Course/Maze)
- Judy Coniglio (Lagomorph Lounge)
- Yvonne & Noelle Deehan (Check in – Registration)
- Astrid Hesse (Grooming)
- Shana Hurley (Safe Haven Sales Tables)
- Sherry Totaro (Busy Bunny Sales)
- Maria Sgourdas (Busy Bunny Sales)
- Peggy Macaoay (Willow Sales)
- Gail Petersen (Planning, Educational Tables)
- Jim Ruzicka (Refreshments)
- Bill Mack (Video Corner & Maze attendant)
- Yumi Nakayama (Photographer)
- Rich Zielinski (Rabbit Treasures Sales)

★ *Educational Corner* ★  
by Linda Torlay, Safe Haven Educator



**STRESS!** We all know that feeling when too much is just too much and it's no different for your rabbit.



Stress can come from varying sources when you're a rabbit. Noise (too loud, too much, sudden), climate conditions (too hot, too cold, too bright, too dark, too breezy), too much interaction or handling, rough handling, traveling, another rabbit or house pet, noxious or strong smells, confinement, boredom, change of environment (new location, new pen), or illness to name the most common.

We all know rabbits are prey animals and even though domesticated they are still naturally more sensitive, more alert, and more cautious than other house pets may be. Individual personalities also factor in to how easily a rabbit stresses or not and prior experiences they had can influence how a rabbit feels and reacts to a situation.

Rabbits find comfort in 'the same ole', and even though they are curious and need mental and physical stimulation it needs to be on their terms and they need to be able to retreat to an area of comfort and familiarity. Comfort and familiarity mean safety when you are a rabbit.

Common signs of stress are thumping/stomping the ground, bulging eyes, running low to the ground, hiding, rapid breathing/panting, grunting, easily agitated, lack of interest in food and water, difficulty handling, aggression, restlessness, lethargy, ears held back tight against the head, hair pulling, over grooming, or repetitive behavior such as biting the bars of their pen.

At times stress cannot be avoided. A trip to a veterinarian is necessary even though it is often stressful. We can however make their carrier a familiar and safe place. Let your rabbit explore her carrier before having to use it, keep a towel inside with her scent, and a handful of hay. We can also control the many other causes of stress for our rabbits by making changes to avoid a stressor or limiting the source of one. For example, if you have a busy home keep your rabbit's pen in an area that has less traffic and noise but not isolated.

Too much stress or stress for too long could escalate to shock and heart failure which is a very serious medical emergency that many rabbits do not recover from.

Your rabbit will be incredibly thankful to have you observe and learn her tolerance levels, and help in managing her environment to live a stress free and happy life.

## Did You Know?

By Linda Torlay, Safe Haven Educator

*Did You Know* in ancient Aztec mythology there is a goddess who birthed 400 rabbit babies who drank from her not milk but a strong alcohol made from maguey sap, a type of agave plant, that would make them drunk.

Mayahuel is the goddess of the maguey plant and fertility. She and Patecatl, who is the god of medicine, healing and fertility, and pulque. Together they had 400 hundred babies that were divine rabbits who were always drunk because her milk was not milk but pulque.



Pulque is Mexico's oldest alcoholic beverage. It's an undistilled milky liquid with a slightly sour taste made from the fermented sap of the maguey plant. It is still made today and may be mixed with other ingredients such as fruits or nuts to round out the taste. It is said that your mind stays clear but your body feels it's effect.

The 400 rabbits are known as the Centzon Totochtin, the innumerable rabbits, and are known as the gods of drunkenness. Ancient carved figures show a Centzon Totochtin represented as a rabbit atop of a human warrior. Many of the 400 rabbits had names and were also pulque gods. During gatherings in ancient Aztec times of celebration, the more rabbits that were seen in the area the more drunk the partygoers were predicted to get.

## We would all LOVE new homes in the New Year!



**Dazzle & Daisy**



**Hank**



**Maisy**



**Trudy**