Garage Sale Fundraiser A Big Success:
Rabbit Rescued on Sale Day

By Brian Zulauf

Having attended a number of the garage sale pricing parties I thought I knew what to expect when I arrived at the home of Rabbit Advocate volunteer Arlene MacMonagle early that Saturday morning. I had scouted out the area that was designated for the sale and felt secure in my estimation of its scope and size. That was, of course, until I arrived. Sitting outside was an enormous moving truck, sagging under a load so heavy I worried about the integrity of the tires. The contents of the truck had come by way of Carpe Vinum, a great local wine shop on SE Division. Laura & Mike Master, the store’s proprietors, had graciously allowed us to store this mountain of donations in the shop’s storage room until the day of the sale. In addition, Arlene had still more items piled in her house. The generosity of our donors, and the work involved in collecting these donations, was truly awe-inspiring.

The only thing more impressive that early summer morning was how many Rabbit Advocate volunteers were there at 6 am to unload and sort this monstrous amount of donations in time for the early bird shoppers. To say that this was a massive effort would be an understatement and a lot of credit goes to Arlene MacMonagle and Chris Arends (or as I came to affectionately call them, General and Lieutenant). The effort wasn’t limited to them alone, however. Over 28 Rabbit Advocates helped through the course of the sale and 7 non-RA’s helped as well. The dedication of the volunteers who labored in 90 degree heat was very apparent and often commented on by the many shoppers who visited us.

We easily surpassed the amount of money raised at last year’s sale. The value of these funds could not have a better endorsement than from a little brown and white rabbit known as Norman. Norman was first introduced to us as a rumor of a rabbit for sale somewhere in the neighborhood. There was very little information; we heard that he was kept outside in a small cage. Many volunteers heard the same story but it seemed like there were as many possible locations as stories. After a search of the neighborhood, Norman was finally tracked down. The rabbit was indeed housed in a very small cage, and although he looked superficially in good health, the owners said he had become aggressive and they couldn’t keep him. It was apparent that the only course of action was a rescue, both to determine what caused the change in personality and to improve his living conditions. Upon further examination, it was noticed that Norman was suffering from severe teeth problems and an appointment was promptly made for him to see a vet.

The Rabbit Advocates Medical Assistance Fund was created specifically to help rabbits like Norman. Other than needing his teeth filed and his fleas evicted, he was in surprisingly good condition. Norman became the garage sale’s mascot on Sunday much to the delight of many of the shoppers and our volunteers. He is now in foster care - thank you Rabbit Advocate volunteer Sandy Alto! Even though we sold an incredible amount of items, it was impossible to sell everything. After the sale was finished on Sunday, the remaining items were boxed up. This included clothing and useful household and other items. All of this was donated to low income families and to the New Life Shelter of Portland.

Got a rabbit question?
Call our HELP-LINE
503-617-1625
Rabbits are intelligent creatures who can learn to solve problems, communicate, and even trick each other! Here are some examples our volunteers have offered, and some suggestions for keeping your bunny’s IQ sharp.

By Shelley Cooper Hanel

Social Intelligence
People are amazed at how animals communicate. Why does Mr. B nudge my feet? After a few times of him doing this I figured out that he was asking for some affection. He kept nudging me until I said hello. The moment I started to pet him, he kicked back his hind legs and sprawled out on the floor.

Hugo has learned to jump up on the couch, come when called, and chase his two large cats. He also takes naps with humans!

Rabbits living together do not like to share their treats. Fritz will take a papaya tablet, step on it to conceal it from his companion Elvira, and then grab a second treat. Elvira only got one… until several months later when she learned to do the same thing.

It is a privilege to watch bunnies teaching other bunnies. It is amazing to watch them communicate with one another. When I introduced my female, Jasper, to my new rescued male bunny, Hopscotch, it was not love at first sight. The only thing Hopscotch was interested in was mounting Jasper – and she was only interested in running away from him! Over time, though, Jasper taught Hopscotch that it was NOT okay to mount her, but it was great to groom her and lay beside her.

Environmental Intelligence
Bunster learned how to use the cat door by just watching the cats - and also learned about using their litter boxes!

Julie fostered 19 rabbits. She changed the way they got water from dishes to water bottles all at the same time, then watched as all of the rabbits figured out how to use the spout. One grabbed it with his teeth and shook it, another licked the wrong part of the spout, but all eventually figured out how to drink from a bottle. Is this bunny self-education or rabbit instinct?

When Walter wants to come out of his pen, he picks up a piece of hay and holds it horizontally in his mouth. Then he tries to chew through the hay and the wire of his pen at the same time. His mom believes he’s thinking, “If I can chew through this long narrow object (the hay), I should be able to chew through this other long narrow object (the wire).

Stimulating Mind and Body
Creating an environment that is mentally and physically stimulating is important for the health of our rabbits. Rabbits are inquisitive animals who like to be kept occupied. They need safe activities to keep the mind and body in shape.
Volunteer Spotlight: Chris Arends

by Adam Gottschalk

Chris Arends is a person you may well have seen, considering he’s been an integral part of Rabbit Advocates for about four years, at the Oregon Humane Society. RA meetings, the annual garage sale, representing the group on television, or various other places only the intrepid volunteer is found regularly. You might not know, however, how much Chris has done for Rabbit Advocates, both for the organization and also the bunnies; though Chris is well spoken and very active, he appears to be one who reserves his words for only those that really need to be spoken. He has been a board member, a foster parent and steadfast volunteer since he began with RA in 2000, and indeed, as I found sitting on Arlene MacMonagle’s front lawn, he has much to share.

As many people have done who take to keeping house-rabbit companions, Chris had outdoor bunnies all through his childhood in San Diego. He remembers rescuing a buck when he was eight or nine years old, and says that he and his parents tried to keep him indoors; the major hurdle, he acknowledges, was litter box training. At the time, of course, no information was available on the subject. Now, Chris says, one of his most favorite aspects of being a Rabbit Advocate is bringing a new person or family into the fold that “really understands” about keeping house-rabbit companions.

After he and his parents made their way to Portland when Chris was 15, Chris spent two years in Sicily, returning to Portland to attend Lewis and Clark College. His education in business and finance makes up part of the skill set he has shared with RA. He was there to help the group officially become a 501(c)3 non-profit corporation in May of 2002. And, to be sure, he has played a vital role in not only the annual RA garage sales (which also began in 2002), but also in bringing together such important fund-raising successes as the remittance envelopes which accompany the RA newsletter and vehicle donations.

When Chris is not laboring for the sake of the rabbits, he might be playing tennis, or volleyball, or soccer; he might just be snow boarding, or preparing for his next triathlon. Come to think of it, considering the grand scale of his efforts (and the success of this year’s garage sale!), it may well be that Chris is even training for marathons just so he’ll have more energy to give to RA next year. Let’s hope it’s true, and be thankful for those RA volunteers with seemingly endless amounts to give.

Kaninhop on the Internet

by Kem Sypher

What’s “Kaninhop”, you say? Kaninhop is the Danish word for the sport of Rabbit Hopping which has been very popular in Denmark and Sweden for over a decade. The sport has recently “hopped” the Atlantic and there is an organization called the Rabbit Hopping Organization of America, based in Eugene, Oregon, which promotes the sport and has held several competitions there. A group of Rabbit Advocates attended one of these “jumps” in Eugene two years ago and came away much impressed. If you’ve never seen Kaninhop, the following websites, from Europe and America, are full of photos and information about the sport.

Rabbit Hopping Organization of America

www.rhoa.tk R.H.O.A. is the premier rabbit hopping organization in North America and was featured on the front page of the Wall Street Journal. This website offers great photos of rabbits hopping a course and tips about building jumps and how to train your rabbit.

BJERNER’S Homepage:

All about rabbits, rabbit hopping and rabbit care www.kaninhop.dk/uk

This Danish website is in English and offers detailed information and photos about hopping, training and supplies you will need to get started. Click on the “Rabbit hopping” button to go to the Kaninhop page. There is even a short video of a rabbit running a course that will leave you amazed!

Norges Kaninhoppforening

www.geocities.com/nkhf/nkhf.htm

Although not in English, this site offers some terrific photos of rabbits leaping over high jumps and broad jumps. Click on “Fotoalbum” to see the pictures.

Editor’s note: For the safety of the rabbits, Kaninhop requires special equipment and training. Contact RHOA for more information. Please DO NOT try this at home!
Meet the Vet: Chris Wilson

Unlike humans, rabbits are ruminants and need to digest fiber...high-fiber/low protein grasses such as Timothy hay are critical sources of this fiber.

by Adam Gottschalk

I had a chance to chat with Dr. Wilson, of the Beaverton Pet Clinic, one afternoon a few weeks ago. Awaiting him briefly in an examination room, a very comfortable one, I might add, with homey pictures and pleasant custom painting on the walls, I wasn’t sure what type of doctor I was about to meet - a speedy one with too much to do, an intellectual one who speaks academese, a shy one who hardly says a word? I was very pleasantly surprised to be met by a very personable and down-to-earth doctor, who, though I’m sure his schedule was full, made as if I, a mere interviewer, were his only concern in the world.

He was more than happy to answer any of various questions, and I learned not only a bit about Dr. Wilson and his long association with Rabbit Advocates, but also some very important information about rabbit health. A great day for me indeed!

Dr. Wilson hails from Omaha, Nebraska, where he was also schooled at the University of Nebraska. After school, he and his family (he and his wife celebrated their 22nd anniversary most recently) moved Portland way so Dr. Wilson could work with a vet named Gene Davis, whose business Dr. Wilson eventually inherited, and the very one he runs today.

I was told that Dr. Wilson was a very good friend of Rabbit Advocates and an extremely generous supporter of the spay/neuter program, so I was compelled to ask Dr. Wilson what, in particular, makes him inclined to be so giving of his services to rabbits. After mentioning a little bit about past experiences with rabbits of his own, and the three he keeps now, Dr. Wilson quoted the Bible, saying, “To whom much is given, much is required.” In fact, Dr. Wilson is in the habit of doing service work, having been on Christian missions to India on a number of occasions, aiming to go every other year. On his most recent trip, his two eldest children (two of six), the two girls, joined him.

Dr. Wilson estimates that half the bunnies he sees are house rabbits and half hutch rabbits. The number-one problem he sees is gastrointestinal stasis. This common problem occurs for a variety of reasons, including teeth problems, high-sugar/low fiber diets, emotional stress, and others. Further, he explains that when a rabbit’s gastrointestinal system slows or stops, beneficial bacteria are overcome by the bad bacterium Clostridium, which leads to such hazards as a buildup of gas. Unlike humans, rabbits are ruminants and need to digest fiber (we cannot digest fiber). High-fiber/low protein grasses such as Timothy hay are critical sources of this fiber, and, again, an insufficient amount will allow harmful bacteria to proliferate.

Clearly, Dr. Wilson stays well-informed, and described several networks of veterinarians of which he is a part. The latest findings and the latest word in rabbit-friendly vet circles hold that the amount of pelleted feed our companions receive should be minimal. Importantly, the advice he stressed most of all for rabbit parents is that they feed lots of hay and greens. [See our website, www.adoptarabbit.org, for a list of rabbit-safe vegetables.]

Happily, we have great friends like Dr. Wilson to help us keep the bunnies we take into our homes and hearts healthy and happy. Many thanks, Dr. Wilson!
Napoleon & Josephine, 
A Love Story

Napoleon had already begun his conquests. Let loose in the kitchen for exercise, he took over the bed of Arlene’s little dog Annie.

by Sydney Thomson

“You won't believe the rabbit I rescued from the humane society,” my friend Arlene told me on the phone. I could hear the exasperation in her voice.

“He’s this little guy, a Hotot mix – you know, one of those white ones with black rings around their eyes - and he’s like a wind-up toy, never stops going. He terrorized everyone at the shelter - biting, lunging, bouncing off the walls of his cage. They were desperate to get him out of there and delighted when I took him.” She paused, then admitted.

“I’ve had him for six weeks and he’s still a whirling dervish. What can I do?” “I have just the help you need,” was my answer.

The help I was referring to was TTouch, a type of bodywork for animals. Developed by animal expert Linda Tellington Jones, the method works with the animal’s nervous system and is extremely effective for calming and bringing an animal into balance – emotionally, physically and mentally.

As a certified practitioner, I TTouch all my animals, with particular success on my rescued rabbit Shadow, a cage aggressive bunny slated for euthanasia at a shelter, who’s become the very model of a family rabbit. Arlene’s little charge sounded like an interesting case and I was up for another challenge, so I agreed.

The bunny I met later that week had a lot of issues. He raced madly around in his cage, rearing up to lunge at me, then darted back and forth making pig-like grunts. He squirmed wildly when I picked him up, practically catapulting out of my grasp.

“He’s such a little guy with a big attitude.”

Like Napoleon,” I mused. “Would that be more in keeping with his personality and potential?” And it was.

Napoleon had already begun his conquests. Let loose in the kitchen for exercise, he took over the bed of Arlene’s little dog Annie. Fearless, he stopped a good-sized neighbor’s dog in his tracks by leaping up and biting him on the nose. And the moment I met him, he stole my heart.

Arlene proved to be a willing and enthusiastic student as I shared my TTouch expertise. Between sessions, an excited phone update told me of Napoleon’s progress. She was ecstatic when he relaxed enough to stretch out fully in his cage, concerned on those days when no changes were noticeable. I loved working with Napoleon, watching his awareness grow, seeing him take a deep breath, feeling his body relax under my hands. Arlene vigilantly kept up the TTouches between our meetings and searched for more ways to help Napoleon relax.

“What about the Bach Flower essences?” she asked a couple of weeks into our sessions.

These essences, developed by Dr. Edward Bach in the 1930’s, can be a valuable and gentle way of dealing with the underlying emotions contributing to a behavior. And so we added another modality to Napoleon’s empire. He was making great strides, but we both knew something was missing.

“He needs a bunny partner,” we said to each other. “That would be the best emotional support we could give him.”

But where to find a rabbit to match his diminutive size and cope with his outgoing personality?

Life has a way of taking care of things when the time is right. In December we heard about a small rabbit in need of a new home. The family planned to release her outdoors if we didn’t want her... She couldn’t have been more than 6 months old, a tiny Hotot girl, completely white but for the black circles outlining her eyes.

We named her Josephine after the love of Napoleon Bonaparte, hoping to set the stage for rabbit romance.

With Arlene’s bonding expertise, it wasn’t long before Napoleon and Josephine were living together. When Josephine returned from her spay appointment, it was all I could do to keep them apart for one day as they sulked at the nearest edges of their cages. Napoleon was protective and loving, Josephine receptive and sweet. And in those rare moments when I glimpsed them privately grooming one another, the smile ran right down to my heart.

When the time was right for these two small rabbits to have a place of their own, life once again took care of them, this time in the form of an adult home with free roaming privileges.

“Isn’t it hard for you to give them up?” their new mother Dawn asked with tears in her eyes. “You’ve been their foster mom for so long.”

It was, but I knew they needed a forever home where they’d be the center of attention. Watching Napoleon become the bunny I knew he could be when we first met, finding his love Josephine, seeing them take care of each other, it had been a joyful journey. And the love story continued, as the two small rabbits stole another heart.

Sydney Thomson is a Certified TTouch Practitioner, Rabbit Advocate and occasional foster mom for small animals. She lives in Troutdale, Oregon with her boyfriend, two dogs, two cats and seven rabbits. Email: sydkin@comcast.net or Phone: (503) 351-9340
Keeping Bunny Healthy:  
A look Inside Your Rabbit’s Ears

Rabbits from hot climates, such as the Jackrabbit, have big ears to help them keep cool; whereas Arctic hares have tiny ears to prevent loss of precious body heat.

by Valerie Madison

Who can resist stroking the long, silky ears of their companion rabbit? Ears are not only the most distinctive and cute physical feature of the rabbit, but they also are functional, serving as radiators, sound receivers and mood indicators.

The ears of domesticated rabbits are extremely variable in length, shape and position. Netherland Dwarfs have the shortest ears at less than 2 1/2 inches, while English Lop rabbits have the longest ears, which are at least 21 inches in length.

A rabbit’s ears represent a large proportion (about 12%) of the total body surface. They are highly vascularized with many blood vessels near the surface of the skin. These vessels expand and contract to regulate the body temperature. Rabbits cannot sweat or pant to keep cool. Instead, in warm weather their ears act as radiators to cool their bodies. The blood vessels dilate when the rabbit is warm, so air moving across the ear cools the blood as it passes through the vessels, thus returning cooler blood to the body to cool the rabbit.

Rabbits from hot climates, such as the Jackrabbit, have big ears to help them keep cool; whereas Arctic hares have tiny ears to prevent loss of precious body heat.

Rabbits prefer an air temperature between 50 F and 70 F and are especially susceptible to excess heat. To cool an overheated rabbit, wipe the ears with a damp cloth, or lightly mist them with cool water. If, however, your overheated bunny shows symptoms of lethargy, panting or difficulty in breathing, go immediately to a rabbit knowledgeable veterinarian. Overheating can be fatal.

Our rabbits’ wild ancestors depended upon their acute hearing for their survival. The upright external ears act like sound receivers, picking up noises and funneling the sound waves to the internal auditory structures of the middle and inner ear. The rabbit can move the external ears forward, backward and side-to-side, focusing on the source of sound without moving his head. In addition, each ear can move independently to catch sound from every direction. This profound sense of hearing makes it important that we provide our bunny companions an environment free of loud noises.

Watch your bunny’s ears to know his mood. A happy rabbit keeps his ears pointed up and turned forward. Turning the ears to first point sideways, then backward indicates increasing anger. Lowering the backwards-pointing ears down to the body shows greatest outrage. You won’t mistake this for an invitation to groom! Lop-eared rabbits move their ears in a manner similar to up-eared rabbits, but the results are usually much less obvious.

If you notice a foul smell from your rabbit’s ears, a buildup of debris inside the ears, or if your rabbit has symptoms of excessive ear scratching, head and ear shaking, consult your veterinarian immediately. Your bunny may be suffering from ear mites, or a bacterial ear infection of the external, middle or inner ear.
Eloise (left) is a petite Dutch female mix with baby blue eyes. Her coat is dark brown ticking with a white band. She is 3 years old. Eloise is a kitchen rabbit. She lives cage-free in a kitchen cupboard which has been reserved just for her. Her kitchen cupboard houses her litterbox, food and water bowls and hay. She does not like the slick kitchen floor so she will not venture off the cotton throw rug outside her cupboard. The kitchen rug is her “pen”. She is very dependable about using her litterbox. Eloise enjoys pets and cuddles and will sit in your lap while you watch TV. She interacts well with the two household cats with which she shares her home. Eloise must live indoors in a cage free environment.

Contact: Lorbushek@cs.com

Zayda (right) is a dark brown neutered Rex adult male with a white tummy who is sweet and cute. He has learned to get along with eight cats, and does lots of binkies. He enjoys house time, is good at his litter box, and has learned to love healthy treats. Zayda likes attention, but preferably close to the ground.

Contact: Lopbunny88@aol.com

Bella (above) a neglected girl looking for a quiet home with patient, loving humans.

Contact: ovine22@yahoo.com

Jack & Gypsy (right) about two years old & part Dutch. They would like a quiet indoor home with people who don’t mind not handling them much until they learn to trust humans again.

Contact: ovine22@yahoo.com

Hoppa & Cassie (left) are a charming and devoted pair of lops. Hoppa is a shy boy who needs some patience and gentle handling. Cassie is a bouncy outgoing girl. Contact: ovine22@yahoo.com

Tazo and Chai (above)
Contact: zenrabbit1@hotmail.com

Maggie (above) A sweet female lop.
Contact: zenrabbit1@hotmail.com
From our Helpline: Box Bunny Rescued, Now Safe in Foster Home

It is a really a good thing his rescuer stopped because one day in a closed box out in the sun would have killed him.

“FREE”, said the sign on the small box at the side of the road, “Please find me a home”. Driving through an industrial district in the Tualatin area on a hot summer day, a kind and quick-thinking animal lover saw the box, backed up and took a closer look. Inside the box was a terrified little rabbit.

When the call came in to our Help Line, volunteer Mary Huey (who in addition to fielding Help Line calls also serves as our coordinator of Adoptions and Foster Care) thought of foster mom Arlene MacMonagle. While our volunteers rarely have space for MORE rabbits (we house close to 300 in our homes), Arlene has recently had the good fortune to place three of her foster bunnies in loving permanent homes.

The rabbit, a young Netherland Dwarf, was too scared to move or eat for a few days, and his weepy eyes concerned Arlene, so she arranged for a veterinary checkup, courtesy of the Rabbit Advocates Medical Assistance Fund. Avery (named for the road where he was found) relaxed after a few days and started eating; he is receiving medication for his eyes, and foster mom reports that he enjoys attention!

“It is a really a good thing his rescuer stopped because one day in a closed box out in the sun would have killed him off for sure,” says Arlene.