

Quarterly News from the
Sacramento House Rabbit Society

All Ears in Sacramento



Number 30
Winter 2006

Inside this Issue:

The Rabbit Habit.....	1
Sacramento City Animal Shelter Bunny Crisis	2
Rabbits Available for Adoption	3
Recent Adoptions.....	3
Run for the Buns	5
Bunnies Inspire Young Artists.....	6
Run for the Buns Registration	6
Upcoming Events	7
UC Davis Survey.....	7
Keep in Touch!	8
Volunteer Opportunities	8

The Rabbit Habit: *Local Businesswoman Merges her Love for Bunnies and Healthy Living*

In the middle of a busy, tree-lined street in midtown Sacramento is a Victorian house that's home to a yoga and personal training studio with a cheerful name, a happy owner, and several long-eared mascots. Healthy Habits, opened by Rose Zahnn in 1993, offers not only exercise and healthy living classes to human clients, but also a helping hand to local rabbits in need.

An outgoing and friendly woman, Zahnn seems to bubble over with energy. In addition to her work within the midtown business community, she has also become known as a kind of local "bunny guru" over the last few years. Locals and clients consult her when they

find stray rabbits, have questions about their bunnies or are debating whether to adopt a rabbit. As a longtime animal lover, it's a role she relishes – although it brings a smile to her face when people assume that she's been around rabbits her whole life. Actually, as she tells the story, Zahnn fell into the role of informal "bunny educator" almost by accident.

Discovering a Passion

A few years ago, a client asked Zahnn if she would take in a stray rabbit found by a friend. Zahnn had had a pet rabbit once before and was tempted, but she was initially hesitant because she was unsure of how her dog, Ms. Daisy, would react to a small newcomer. But once they met, and it was clear that there would be no problem, Zahnn adopted the rabbit, named Winter.

Winter, like Ms. Daisy, quickly settled into Zahnn's lifestyle, accompanying her pretty much everywhere. "She's the original Healthy Habit Rabbit," Zahnn says, laughing. "I have a two-seater Honda, and every morning Ms. Daisy would hop into the front seat and Winter would get into her carrier." Because of the nature of Zahnn's business, it didn't seem unusual for two four-legged companions to be hanging around at work. Zahnn describes it as the "pet therapy element at Healthy



HOUSE RABBIT SOCIETY

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1 Rose and her bunny pal Enuff

continued on page 4

Sacramento City Animal Shelter Bunny Crisis

On January 26th, SHRS volunteer Barbara Koenigsmark was contacted by the Sacramento City Animal Shelter. They were about to receive a large number of rabbits seized from their owners and they requested our help with processing them into the shelter. Originally, they told us there would be around 48 rabbits, but the actual count was close to 100. There were angoras and lops, mothers with newborn babies, juveniles, etc. The shelter staff was overwhelmed by the numbers and needed our help.

Our members stepped up to the challenge and brought cages, crocks, food and hay to the shelter. We also gave the most important gift – the gift of our time. This included all the “dirty work” of cleaning cages and the “fun work” of grooming and petting the rabbits. We brought exercise pens so the bunnies could have some time out of their cramped quarters to stretch their legs and do a few “bunny binkies.”

Another volunteer rescue group called “A New Hope Animal Foundation” joined us in the overwhelming chore of grooming dozens of matted rabbits and trimming nails. Kim DeWoody and her volunteers spent days working on getting all the rabbits’ fur back into beautiful shape. What a wonderful and patient group of folks! They also did their share of cage cleaning too.

The shelter set up a temporary tent to house the majority of the rabbits. The mothers with babies were moved indoors to keep warm. Kim and her group took several of them into their foster program, along with a few of the adults who had potential health issues.

On January 31st we got the green light to publicize the situation and ask for help. We posted a plea on Craigslist, our website, the National website and several to other egroups. In addition to our online pleas, we worked with the staff at the shelter to hold a special adoption day on February 18th. Thankfully the weather co-operated and we were able to set up several pens to display the rabbits. They all had a wonderful time taking turns in the pens and “showing off” to potential adopters. We gave each adopter a copy of the *House Rabbit Handbook*.

Only one month later, we are delighted to announce that there are only 30 rabbits still left at the shelter. They have all been moved indoors and the tent is retired from duty. Our members will continue to come and volunteer at the shelter to help care for the rabbits, display them in pens and give potential adopters information about owning and caring for a rabbit, so they can make the decision of whether a rabbit is the right companion for them.

Our SHRS volunteers never cease to amaze me. When asked, they always step up to the challenge and open their hearts to bunnies in need. I am so proud to be a part of such a remarkable group of dedicated bunny lovers. Bless you all!

– Susan King

For more information about adopting these rabbits, please contact the Sacramento City Shelter at (916) 808-7387 or www.saccityshelter.com. The shelter is located at 2127 Front Street in Sacramento.



Some of the wonderful rabbits still available at the Sacramento City Shelter.

Rabbits Available for Adoption



Hoppy Gilmore is a young active and playful boy.



Casey is a very sweet boy who would make a good match for a mellow female.



Sweetie and **Little Bigwig** are a bonded brother and sister. They are friendly to people, dogs and cats.



Spike loves attention and to be petted. He enjoys playing with toys. He is being litter trained. The vet thinks his ears were surgically removed earlier in his life.



Finley and **Phoebe** are cuddly sisters who enjoy sitting on your lap while you brush them.



Buttercup is a shy adult female lop with lots of love. She loves to explore. She needs a quiet home with no dogs or cats.



Do You Enjoy... All Ears in Sacramento?

Then pass it on! Help us spread the word about proper rabbit care, and about bunnies in need.

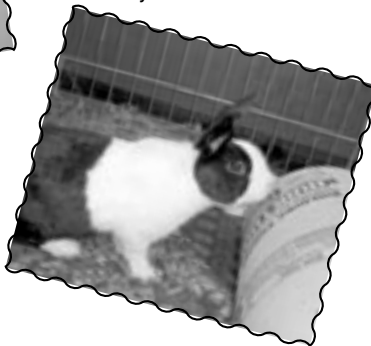
Once you've enjoyed this issue, please give it to a doctor's office, a school, a community center, or anywhere else that it can be picked up and read by others.

Recent Adoptions

Zelda was adopted by Melody and Eric Hazzard as a companion for their bunny Misha

Puff was adopted by Rose Zahnn as a friend for Honey

Oreo was adopted by Karin Boston



Cream was adopted by Stacy Jonasen as a companion for Della

Brownie was adopted by Choquette Marrow



Crockett was adopted by Kristin and Duke Ritenhouse as a friend for Jezebel. What a happy family!



Ginger was adopted by Peggy and Mark Kern as a companion for Flint

Princess was adopted by Tracy and Ta'leah Murry



Honey Bunny was adopted by Jessica ? as a friend for Snowflake



The Rabbit Habit

continued from page 1

Habits ... clients could come to the studio to connect not only with other humans, but also friendly, furry beings."

Sadly, Ms. Daisy passed away unexpectedly about six months after Zahnn adopted Winter. The loss was hard for Zahnn, and soon she began to wonder if Winter was lonely without her companion, too. Searching the HRS web site, Zahnn found a photo of a handsome male bunny named Euff. It was a match made in heaven when the two bunnies first met nose-to-nose. "I like to tell people they met online," Zahnn jokes. But the adoption of a second bunny meant a shift in lifestyle. Winter and Nuffy now spend most of their days at Zahnn's home and commute to work with her less often. "Sometimes I work long days, and there's a lot of coming and going," Zahnn explains. "There was too much stress involved in moving them in the summer heat."

Filling a Need

But Zahnn couldn't be without a companion at the office for long. And Winter's empty cage at the studio seemed far too lonely. When another client found a rabbit in midtown Sacramento, it seemed like kismet, and Zahnn agreed to take in Honey the Bunny as a temporary foster. However, Honey – who Zahnn calls "a poster child for a stuffed animal" – stole Zahnn's heart and soon joined the Zahnn family as a permanent resident as well. Now Zahnn had three bunnies at home – and again, an empty cage at work!

Ever-resourceful, Zahnn next hit upon the idea of partnering with the HRS to create a fos-

tering program in her studio. As she initially envisioned it, the program would be called the "Bun of the Month," with an HRS rabbit spending days socializing with clients and staff at Healthy Habits (and getting the run of the studio when traffic was slow). The first bunny in the program was "Mr. Bunny" (later renamed "Spike"), a stray who was missing both ears. As a special-needs rabbit, his looks turned plenty of heads, but it was his winning personality that won over most of the studio's clients. Though he didn't find a permanent home while at Healthy Habits, he – and the HRS foster program – earned a lot of positive exposure from Zahnn's efforts.

Mr. Bunny was followed by Simba, the second "Bun of the Month." Zahnn was smitten with Simba, who was the male half of a pair of Lionhead (angora) rabbits rescued from the Yolo County Animal Shelter. Getting to know Simba led to Zahnn's adoption of Simba's sister Puff (who turned out to be a good mate for Honey back home). And so the Zahnn household grew by one more rabbit ("I need to get a bigger house!" she jokes).

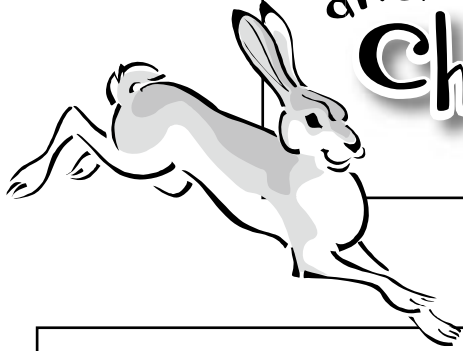
Expanding a Business, an Animal Family, and Volunteer Efforts

For now, Zahnn is taking a break from fostering, but she's showing no signs of slowing down, either professionally or in her advocacy work for local rabbits. This past fall, she opened a second Healthy Habits location on J Street, and continues to actively lobby for HRS in other ways – she's organizing a "Run for the Buns" fun run and spa day fundraiser for HRS on March 28 (see page 5), and she recently gave a talk at an HRS adoption day about how companion rabbits can be an important part of healthy living, even in the workplace.

To Zahnn, the topic of her talk was a natural, as her animals are as much a part of her daily life as eating and breathing. "I've always been an animal lover; we raised German Shepherds when I was a child, and responsible pet ownership was embedded in

Rose explains the fun of having rabbits in the workplace.





and Run for the BUNS Chocolate Spa Party!

Auction Donations

If you or your business would like to donate an item or service to our silent auction please e-mail mbatterman@gmail.com.

Donations are tax deductible (receipts will be given). Silent auctions items can include: gift certificates, tickets to events, theme parks or concerts, vacation getaways, and services offered from your business. A great way to advertise!

my upbringing," she explains. "Through all the years of college and getting situated with my business, I didn't feel like I would be a very good pet owner, because I didn't have the time required to give (a pet) the attention needed. But when Ms. Daisy came along, I found that I could make her a part of my life - I could make it work. And when Winter came along, it was like, ok, this can work, too."

Zahnn adds that she enjoys answering questions and offering advice. "My bunnies are sort of my kids, and I love being able to educate. Because I see so many people, there's a real opportunity there. Maybe efforts like this can eventually change the course of homeless animals."

For more information about Healthy Habits and/or the upcoming "Run for the Buns," please visit www.healthyhabitsstudio.com or call (916) 444-7729.

- Kirsten Macintyre

**Tuesday March 28, 2006
4-8 pm**

**To Benefit the Sacramento
House Rabbit Society**

**Walk or Run for the Buns, it's just for fun!
Choose the 1 mile, 5K or 10K
and go at your own pace
(\$20 donation / includes bunny ears!)**



Pamper yourself after the walk/run in our

Chocolate Lounge:

- * Chocolate * Wine * Mini-massages * Spa treatments
- * Hennas * Body Energy readings * Psychic readings
- * Shopping Sale * Silent Auction * Bunny love * and more!

Healthy Habits Fitness and Yoga Studio

2224 J Street, Sacramento, CA 95816

916-444-7729

www.HealthyHabitsStudio.com

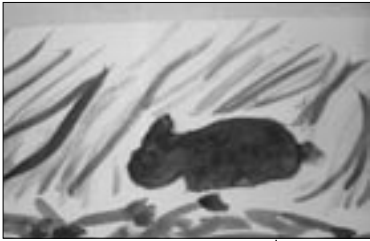
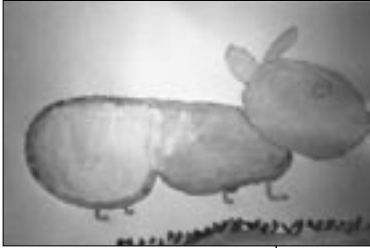
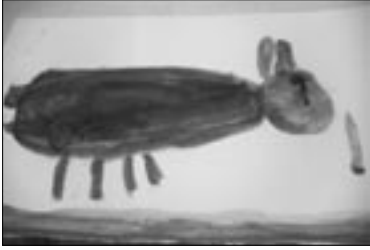


**Run for the Buns
registration on
page 6!**



**HOUSE RABBIT
SOCIETY**

Bunnies Inspire Young Artists



SHRS pet therapy bunnies Kimmie and Kylie are old pros at working with children, but last May they received a special request. The art teacher at Shriner's Hospital asked if they could attend class one morning and serve as models for young painters.

Kimmie and Kylie took their place in the classroom. One bunny at a time was the featured "model", and she was located on a table in the middle of a room in an exercise pen, with all the budding artists at tables in a semi-circle facing her.

The lesson that day was to learn about watercolors. Each child was given the three primary colors. Kimmie is a dark gray, and Kylie is a brown/taupe.

Each student sketched a pencil outline of the model, mixed his watercolors and began to paint. Gray and brown/taupe were not easy colors to produce, but the kids did a wonderful and creative job.

As each rendition progressed, it became clear that each artist had his own vision of the finished product and how he wanted to accomplish it. Some included details and backgrounds such as the sun, grass and, of course, carrots! As might be expected, the bunnies' legs seemed to be the biggest challenge.

Although there was no physical interaction between the students and the rabbits, the kids worked very intently on their art and studied the bunnies very carefully. Kimmie and Kylie took turns on the table throughout the morning, and they did very well. After all, they had their usual "comforts" and plenty of attention! It was great fun and a pleasant experience for all.

– Barbara Koenigsmark

Healthy Habits Fitness and Yoga Studio Run for the Buns

Tuesday March 28, 2006

Please come to the party 4-8pm before/after or without the fun run!

Mail or bring before March 20th to: Healthy Habits, 2224 J Street, Sacramento, CA 95816, telephone 916-444-7729.

Include payment by check or credit card. One person per entry form. (\$20 per person before March 20, \$30 per person after)

Dress for comfort and plan on a casual and FUN event! Bring a friend, and also bring cash/checkbook to treat yourself to some pampering and shopping. Start training NOW for the distance of your choice.

Day of Event Check in: Remember that this year's event is self-timed, and you may start the fun run/walk at anytime between 4pm and 8pm after checking in at Healthy Habits that evening.

----- Cut here ----- **Keep top portion for your records** ----- **Mail the bottom portion to us** -----

Waiver: In consideration of your accepting this entry I, intending to be legally bound, do hereby for myself and my heirs, executors, administrators, waive and release any and all rights and claims or damages I may accrue against the persons and organizations affiliated with the event for any and all injuries that may be suffered by me or en route to or from the event. I attest that I am physically fit and sufficiently trained for this event, my physical condition verified by a licensed MD during the last 6 months. This also releases photos and videos taken at the event for future Run for the Buns event promotions. I am responsible for the pets or guests I bring to the event. As part of this waiver, I acknowledge that I have read and understand all of the above.

Signature _____ Date _____

Name (Please print CLEARLY!) _____

Address _____ City _____ State _____ Zip _____

Phone cell _____ home _____ work _____ email _____

Check enclosed **I'm donating to the Sacramento House Rabbit Society!** The amount enclosed, or to be charged, above the \$20 entry fee is a donation.

Please charge my credit card number: _____ - _____ - _____ - _____ exp _____ / _____

Name on card _____ Amount to be charged \$ _____ Zip code of your address for credit card bill _____

What time do you plan on checking in for walk/run? _____ What distance do you plan on completing? 1 mile 5K (3.1 miles) 10K (6.2 miles)

Upcoming Events

Bi-Annual Chapter Meetings

March 19, 2006

September 17, 2006

All Sacramento House Rabbit Society members are invited to attend the bi-annual chapter meeting held on the third Sunday of September and March at 1:00 pm. Find out about what the chapter has been up to, upcoming plans, and volunteering opportunities. To RSVP and receive directions, please contact Jill at shrs@macmail.com.

Adoption and Information Clinics

Are you thinking about adding a bunny to your household? Or are you just looking to learn more about the one you've already got? Regardless of whether you've had a rabbit for years or if you're new to the joys of rabbit companionship, you'll have a great time at our monthly Adoption and Information Clinics. Come ask us questions about bunny behavior, care, grooming, nutrition, or anything else you can think of. We have free printed information on a variety of topics, and, of course, we also have our fabulous fosters on hand, waiting for just the right family to come along! The adoption donation is \$50 (\$75 for two), and includes a copy of *The House Rabbit Handbook*.

If you already have a bunny, you're welcome to bring him or her to the Clinic in a secure carrier. We do offer nail trims for a \$5 donation, but please call our hotline at least 48 hours in advance to set an appointment time (so we'll be sure to have someone available for you!). Please also bring your own, sterilized clippers. Grooming and de-matting services are also available outside of Clinic hours, but by appointment only. Call our hotline for more information.

March 11

10:00 am – 3:00 pm

Fair Oaks PetCo

8840 Madison Avenue

April 8

10:00 am – 3:00 pm

Folsom PetCo

855 E. Bidwell Street

May 13

10:00 am – 3:00 pm

Arden PetCo

1878 Arden Way

June 10

10:00 am – 3:00 pm

Fair Oaks PetCo

8840 Madison Avenue

Tell UC Davis about your Rascally Rabbit

The UC Davis Vet school is conducting a web survey about the effects of altering on rabbit behavior. Share your experiences and contribute to the understanding of the relationship between altering and behavior.

These surveys are for pet rabbits only, not rabbits used for commercial or scientific purposes. The survey results will be published & made public after the survey has been completed & analyzed.

For those who have multiple rabbits, please complete *only one* survey for *one* rabbit in your household. Please choose the rabbit that you have owned for at least 3 months and whose name begins with the letter(s) closest to the beginning of the alphabet. For example, if your rabbits are named Bonnie and Rex and you have owned both for at least 3 months, only complete the survey for Bonnie. If your rabbits' names are Bonnie and Ben, only answer the survey for Ben.

There are 3 surveys depending on the alteration status of your rabbit.

Rascally Rabbits I - for rabbits that were intact when acquired but are now spayed or neutered:

<http://intercom.virginia.edu/SurveySuite/Surveys/RabbitBehaviorPart1>

Rascally Rabbits II - for rabbits that were already spayed or neutered when acquired:

<http://intercom.virginia.edu/SurveySuite/Surveys/RascallyRabbitsII>

Rascally Rabbits III - for intact rabbits (i.e. rabbits that have not been spayed or neutered):

<http://intercom.virginia.edu/SurveySuite/Surveys/RascallyRabbitIII>

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Sacramento House Rabbit Society
 P.O. Box 19850
 Sacramento, CA 95819-0850

membership
 expiration date



Not a Member?

Sacramento House Rabbit Society depends on donations to keep running. Please fill out the form below to keep receiving *All Ears in Sacramento*, and to support local rabbits in need! *SHRS does not sell or share our member's information with any other organizations or companies.*

Keep in Touch!

Time to renew your membership? New to the House Rabbit Society? The annual membership to the House Rabbit Society is \$18. This includes a subscription to the quarterly *House Rabbit Journal*. The annual membership fee for the Sacramento Chapter, which includes the quarterly *All Ears in Sacramento*, is \$15. The House Rabbit Society is an all-volunteer, non-profit organization. All membership fees are tax-deductible and go towards care expenses for the rabbits and for providing educational materials, such as these newsletters.

- Please sign me up for the National Membership, \$18
- Please sign me up for the Sacramento Membership, \$15
- Please sign me up for both for \$30
- I have enclosed an additional donation of \$_____
- I would like to volunteer with SHRS (see choices to the right)

Name: _____

Phone: _____

Address: _____

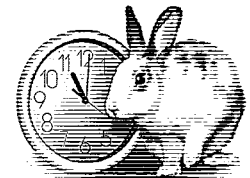
email address: _____

*Return with check payable to House Rabbit Society to:
 Sacramento House Rabbit Society, P.O. Box 19850, Sacramento, CA 95819-0850*

Volunteer!

Would you like to help local rabbits and bunny-lovers? We could use volunteers in the following areas:

- Public Events (staffing education tables)
- Fundraising Events
- Distributing Literature
- Working with Shelters
- Transporting shelter rabbits to local adoption days
- Fostering



HOUSE RABBIT SOCIETY