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# EASE NEWS



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*ENVIRONMENTAL ANIMAL SANCTUARY AND EDUCATION*  
THE NEWSLETTER FOR THE **FRIENDS OF EASE**

Volume 9, Issue 2  
**July 2009**

## Editorial

*Summer greetings to our Friends and welcome to another issue of EASE News.*

*This edition contains news of our recent trip to Waunifor in Wales to set up a special garden area designated to the human/animal relationship.*

*We also have articles covering animal-related news and other news on our various services as well as an article ‘Coping with Grief in Pet Loss’.*

*Enjoy the newsletter, and the lovely summer weather we’re all having!*

MELINDA HILL  
EASE PROJECT MANAGER



*The Ruby Arch area – before and after our work*



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## The Ruby Arch at Waunifor, Wales

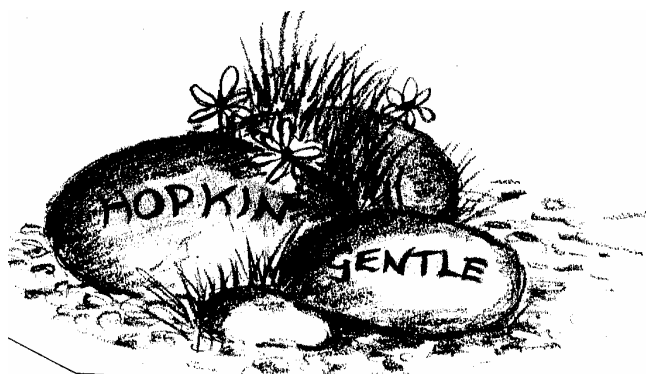
Over the weekend of 27/28 June, Mel and Angela visited Waunifor in Wales ([www.waunifor.com](http://www.waunifor.com)), a centre for rural retreats and international conferences, whose managers and volunteers are EASE supporters.

During this weekend we set up a small area which we are calling the Ruby Arch. The Ruby Arch is an area designated to the connection between human beings and the little people of the planet (fauna life), where people can contemplate on the richness of this natural mutuality.

The Ruby Arch is located in Waunifor’s beautiful five-acre gardens, where we took a small overgrown area and spent the weekend clearing it out and turning it into an attractive location where a person can spend time sitting quietly.

We have also lodged in the Ruby Arch the pet remembrance stones that were previously located at the EASE sanctuary. The Garden of Remembrance Stones is a collection of large pebbles with the name of a beloved pet who has died on one side and on the other side is written a quality or strength chosen to best reflect the gift they brought to their carer during their life. In our work supporting people who are facing pet loss, these stones can represent a simple yet potent way of expressing value for pets and for the human-animal connection.

Now that we have a new home for the stones, we are glad to be able to re-offer this service to people who have lost a pet and would like to celebrate his or her life in this way. If you would like to take advantage of this service, email Mel at mel@ease-animals.org.uk with the details of your pet's name, the quality your pet embodied, and any preferences for the artwork on the stone.



**'DON'T ACCEPT YOUR DOG'S ADMIRATION AS CONCLUSIVE EVIDENCE THAT YOU ARE WONDERFUL'**

**ANN LANDERS**

### *Donating to EASE via Ebay*

**A** new method of fundraising has been brought to our attention by one of our enterprising EASE Friends – as part of selling private items on Ebay.

The most common way of fundraising via Ebay is to post items for sale on a charity's behalf, in which the proceeds of the sale go directly to the charity. However, alongside this a second way has now been started by Ebay – where a private or commercial seller can now put any percentage of their sale price towards a charity of their choice.

Our thanks go to the supporters who have raised funds over the past few months for EASE in this way. For any further information on this scheme, please email Mel or visit Mission Fish on [www.missionfish.org.uk](http://www.missionfish.org.uk).



### **How to help beat cruelty abroad**

**W**ith the holiday season upon us, we thought EASE Friends might be interested to know about Animals Worldwide (AWW).

This is a new charity that offers help to animal lovers who come across cases of cruelty while holidaying abroad. AWW was founded by Suzy Gale, wife of Roger Gale, MP For North Thanet, who encountered sick and starving feral cats and kittens dying in blistering heat while on a trip to Cyprus. She later returned to work with teams of young vets on feral catch-neuter-release programmes.

AWW has now been granted charitable status and has the backing of major organisations such as Battersea Dogs and Cats Home, Dogs Trust and the Donkey Sanctuary. Holidaymakers are urged to report to AWW when they see cases of cruelty while they are abroad and to complain directly to cruise and tour operators, hoteliers and tourist boards.

AWW has a network of rescue centres and vets working in tourist areas, providing neutering schemes and practical support.

See [www.animalsworldwide.org](http://www.animalsworldwide.org) for more information.



**Did you know...** that people and animals have a long history of living together and bonding..

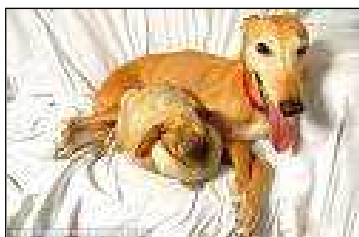
Perhaps the oldest evidence of this special relationship was discovered a few years ago in Israel – a 12,000-year-old human skeleton buried with its hand resting on the skeleton of a six-month-old wolf pup.

## The inspiring story of Jasmine

*In 2003 police in Warwickshire, England, opened a garden shed and found a whimpering, cowering dog. It had been locked in the shed and abandoned. It was dirty and malnourished, and had clearly been abused.*

In an act of kindness, the police took the dog, which was a greyhound female, to the nearby Nuneaton Warwickshire Wildlife Sanctuary, run by a man named Geoff Grewcock and known as a willing haven for abandoned and orphaned animals. Geoff and the other sanctuary staff went to work with two aims: to restore the dog to full health, and to win her trust. It took several weeks but eventually both goals were achieved. They named her Jasmine, and they started to think about finding her an adoptive home.

But Jasmine had other ideas. No one remembers now how it began, but she started welcoming all animal arrivals at the sanctuary. It wouldn't matter if it was a puppy, a fox cub, a rabbit



or any other lost or hurting animal, Jasmine would peer into the box or cage and, where possible, deliver a welcoming lick. Geoff relates one of the early

incidents: "We had two puppies that had been abandoned by a nearby railway line. One was a Lakeland Terrier cross and another was a Jack Russell Doberman cross. They were tiny when they arrived at the centre and Jasmine approached them and grabbed one by the scruff of the neck in her mouth and put him on the settee. Then she fetched the other one and sat down with them, cuddling them. But she is like that with all of our animals, even the rabbits. She takes all the stress out of them and it helps them to not only feel close to her but to settle into their new surroundings. She has done the same with the fox and badger cubs, she licks the rabbits and guinea pigs, and even lets the birds perch on the bridge of her nose."

Jasmine, the timid, abused, deserted waif, became the animal sanctuary's resident surrogate mother, a role for



which she might have been born. The list of orphaned and abandoned youngsters she has cared for comprises five fox cubs, four badger cubs, 15 chicks, eight guinea pigs, two stray puppies and 15 rabbits.

And one roe deer fawn. Tiny Bramble, 11 weeks old, was found semi-conscious in a field. Upon arrival at the sanctuary, Jasmine cuddled up to her to keep her warm, and then went into the full foster mum role. Jasmine the greyhound showers Bramble the roe deer with affection and makes sure her fur is not matted. "They are inseparable," says Geoff. "Bramble walks between her legs and they keep kissing each other. They walk together round the sanctuary. It's a real treat to see them."



Jasmine will continue to care for Bramble until she is old enough to be returned to woodland life. When that happens, Jasmine will not be lonely – she will be too busy showering love and affection on the next orphan or victim of abuse.

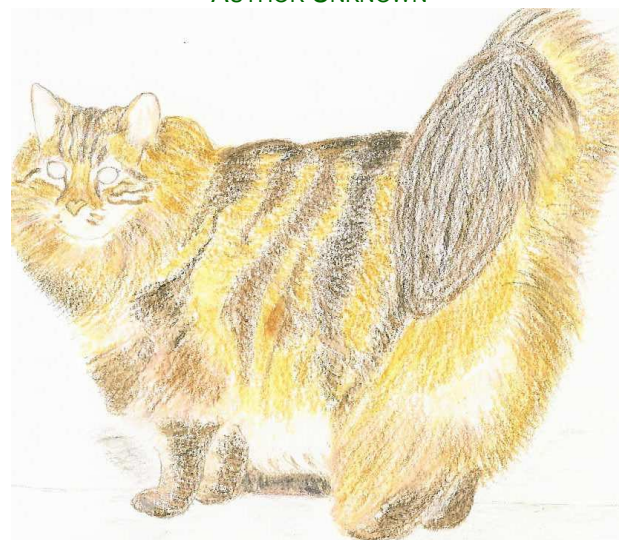
*Gentle eyes that see so much, paws that have the quiet touch.*

*Purrs to signal "all is well" and show more love than words can tell.*

*Graceful movements touched with pride, a calming presence by our side.*

*A friendship that will last and grow, small wonder that we love them so.*

AUTHOR UNKNOWN



## Danger foods for Dogs

**G**rapes, raisins, onions, mushrooms, tomatoes and chocolate – these are all harmless everyday foods that we eat without a second thought, but to our canine friends they can all cause illness and even have the potential to be fatal.

Every year in the UK hundreds of dogs are hospitalised after eating these foods, and sadly some dogs die as a direct result of one or more of these ingredients.

It might seem strange that ingredients that are harmless to us can be so dangerous to dogs, but it comes down to differences in the way our bodies digest and process the active chemicals that exist in these foods. For example, humans have no problem dealing with theobromine, the active ingredient in chocolate, but dogs are far more sensitive to its effects and it can cause very serious problems.

**Chocolate:** Chocolate is probably the most well-known ‘danger food’ for dogs, but nevertheless it is also probably the most common cause of food-related toxicity in canines. Its active constituent, theobromine, is closely related to caffeine and its toxic effects on dogs mirror the effects we might experience after too many espressos – tremors, excitability, nervousness, excessive urination and heart palpitations. However, theobromine toxicity in dogs can cause much more serious problems, and fatalities are usually caused by the effect of the chemical on the heart muscle.

**Grapes, raisins and sultanas:** These can all cause the same type of problems when eaten by dogs. The actual mechanism of the toxicity is unclear, but they all have the potential to cause severe and irreversible kidney disease, even when only a small amount is eaten. The main symptoms of this kind of toxicity include vomiting, diarrhoea, poor appetite and pain in the abdomen.

**Onions:** Onions are less toxic than chocolate, grapes and raisins, but can still cause serious illness especially if eaten regularly over a long period. And other related vegetables – including

garlic, leeks and shallots – can also cause problems. The main problem is anaemia due to damaged red blood cells, which causes various symptoms including weakness, pale gums and breathing difficulties.

**Tomatoes:** Both the plant and the actual tomatoes are toxic to dogs and cause a range of symptoms including digestive upsets and heart palpitations.

**Mushrooms:** Mushroom poisoning is rare, but mushrooms can cause serious problems including liver and kidney damage, vomiting, diarrhoea, severe abdominal pain, and even convulsions and death. So they are definitely best avoided.

**Other foods:** Less common food poisons that can affect dogs include Macadamia nuts, walnuts, nutmeg and avocados.

**Xylitol:** Xylitol is a sugar substitute in sugar-free gum and sweets that can also be very toxic for dogs. Xylitol can be found in some pharmaceuticals and oral health products such as chewable vitamins and throat lozenges, and can also be used in home baking. While Xylitol is safe for humans, it can be very harmful to dogs: the compound doesn’t affect glucose levels in humans but when ingested by dogs it can cause a dangerous surge of insulin. At higher doses Xylitol is believed to be toxic to the canine liver, and just three grams of Xylitol can kill a 65-pound dog. As a general rule, between eight and ten pieces of gum might be deadly to a large canine, but a smaller dog could die after ingesting just two sticks of gum.

**Medicines:** Human medicines, such as aspirin, paracetamol and ibuprofen, can also be harmful to both dogs and cats, so never try to administer human pain-killers to any animals.

*Of course, if your dog eats any of the above danger foods, take it to the vet immediately for treatment. Remember, awareness and prompt action may one day save your dog’s life!*



## Coping with Grief in Pet Bereavement

By Angela Garner, EASE 's pet bereavement counsellor

When we truly care for our pets, they become an integral part of the family, and often a deeply-loved companion in everyday life. Pets return our love in immeasurable ways, offering warmth and companionship. When such a beloved pet dies, the sudden sense of loss can be overwhelming, bringing a whole roller-coaster of emotions, such as:

- 🐾 Shock and numbness
- 🐾 Anger
- 🐾 Deep sadness
- 🐾 Longing
- 🐾 Anguish
- 🐾 Anxiety
- 🐾 Guilt

..and sometimes the fear that we will never recover or feel normal again.

The severity of these emotions can take us aback, even to the point of thinking “I’m going out of my mind”. These feelings and thoughts reflect the depth of pain of separation and, although this is a normal response, it can be hard to bear – particularly in the early days of a pet bereavement.

Grief of any kind is a natural and necessary process. It’s a journey which we each face at different times during life, and it is certainly not a process that we can simply ‘get over’. Grief needs to be recognised for what it is – a natural reaction to the loss of a loved one, be that a person or pet.

It is important to allow ourselves the time and space to grieve fully and to release the many emotions that arise, and to talk through the troubling thoughts and anxieties that grief can bring.

It’s natural for everyone to cry during grief, whether man, woman or child. Indeed, tears are a necessary release during this emotionally turbulent time.

Shock usually accompanies grief, making us feel ‘all over the place’ and ‘out of sorts’, even disturbing sleep and making us not want to eat for a short while. Therefore it makes good sense to take care of ourselves and ‘to be kind to oneself’, recognising the significance of the grieving process and how it affects us individually.

It often helps to talk things through with someone who understands what we are going through, or who at least recognises the significance of the loss we endure. This could be a close friend, relative or maybe a pet bereavement counsellor or befriender, as offered by some animal welfare organisations. Some people find they need to visit their general practitioner, especially if they have a condition such as depression that is likely to be affected by an emotional upset.

Whilst it is wise to allow ourselves the freedom to express what we feel, there may be times when we need to be just a little firm, but gently so, with ourselves – when we can – to begin to lift ourselves up from the anguish and sadness we experience. As one lady reflected after the loss of her beloved dog, Max:



*“I was totally distraught for days when Max died, and I cried and cried – on my own, with my husband, on the ‘phone to my friends, and with my sister. But after a while, I remembered how Max used to look at me when I’d been upset. He would look very anxious – he didn’t like to see me upset. So I tried each day not to stay down for too long, because I knew Max would want me to start to be happy again. It was difficult to do this, especially at first, as I had started to feel very low, but I wanted to get through this in memory of Max as much as for my own sake. Of course, I still miss him terribly, but now when the sadness threatens to descend on me, I try to focus on the good times we shared, and there were many of these, and then I begin to feel a bit stronger. I think of him running across the field, full of joy, and how he’d love to share adventures with me, and this lightens*

*my heart making me thankful for the wonderful time we had together.”*

Grief takes the time it needs, but within the process there comes a quiet healing and eventually a settlement to the fact that ‘life moves on’ and sometimes our beloved companions move on before we do. We may always miss those whom we have loved and lost, but in our hearts and minds we can settle to the special times we shared and cherish the many memories gifted to us within our journey together.

One of the hardest things can be ‘to let go’; however we can each find our unique way of doing so. It may help to remember that our beloved pets will always stay close in our hearts and minds. No one can ever diminish the special bond shared between a person and their pet – this can live on in the memory for the rest of our lives.

In closing, please remember that it is totally natural to grieve for the loss of a beloved pet, and through your care for your companion animal over the time you spent together, you helped to make the world a better place for animals in the world.



## *Tip for Cat Owners*

**N**ow that summer is well upon us, many cat owners will be facing the situation of receiving regular ‘gifts’ from their feline friends who have been out hunting.

*This can be quite distressing for cat owners, but an ingenious solution is at hand to capture those mice fortunate enough to find refuge from their feline predators under household furniture.*

*Many cat owners have probably experienced the frustration of middle-of-the-night searches for hapless mice stuck under the bedroom drawers and cupboards. Help is on the way, however, with a simple tool made from a cardboard tube, such as that inside a roll of kitchen paper.*

*Just cover one end of the tube with a piece of paper, fix it to the tube with an elastic band –*

*and presto, your very own state-of-the-art mouse catcher!*

*To use it, locate the mouse and put the open end of the tube close to it. Encourage the mouse towards the tube in some way – such as moving a stick towards his backside – and he will see this inviting-looking cardboard ‘tunnel’ where he will feel safe, and will scurry directly inside it*

*Once the mouse is safely inside the tube, simply cover the other end with your hand and take it to a safe place for release.*



**‘YOU THINK DOGS WILL NOT BE IN HEAVEN?  
I TELL YOU, THEY WILL BE THERE LONG BEFORE  
ANY OF US!’**

*Robert Louis Stevenson*



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