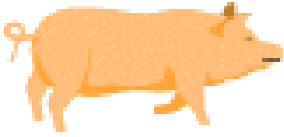




Happy Trails Farm Animal Sanctuary

DECEMBER 2008

Newsletter



A Stable Filled With Compassion...

The Perfect Holiday Present – Giving The Gift Of Life

*“She wrapped him in cloths
and placed him in a manger,
because there was no room for
them in the inn.” Luke 2:7*

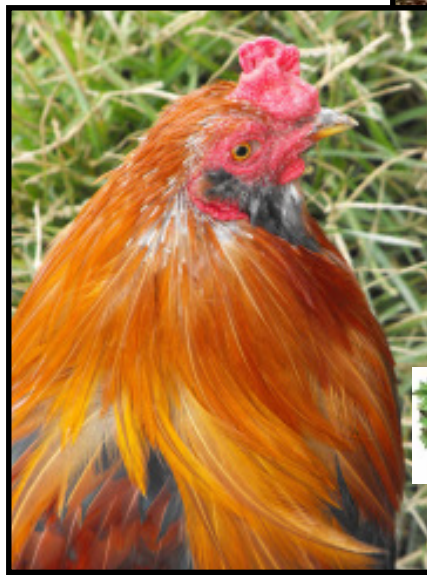
Over this past year, the Happy Trails “inn” has not only been full, but *constantly* overflowing with farm animals and horses that have arrived from abuse, neglect and abandonment situations. Our mangers have held goats, sheep, ducks, geese, chickens, and turkeys, and the stalls have housed donkeys, horses, ponies and cows — all creatures who were created by Him, who also placed animals in that stable on a cold winter night so many, many years ago.

During this most blessed time of year, we encourage folks to open their hearts and their homes to welcome a homeless animal into their family, whether it be a dog or a cat from your local humane society, or a furry farm animal or rescued horse from Happy Trails. Fill your stable or fill

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Baby Clementine and her mama received the gift of life this year — read about mama’s rescue and Clem’s birth on page 4.



Nacho the rooster gives back to his community all the time — he visits folks in nursing homes and is a member of Happy Trails Farm Animal Visitation Program.



Romeo the Standardbred takes life one day at a time — he has cancer, but holds out hope for a sponsor for Christmas!



Malcolm, a year old pot belly pig, is seeking a family of his own in time for Christmas. He is relying on his handsome looks to get a place he can call home!



letter from the director

Dear Friends Of Happy Trails,

During this holiday season, a time of year that should be filled with peace and compassion, I would like to thank everyone who supports the animal rescue work of Happy Trails. The opportunities that have come our way this past year have been incredible, and each day is a new opportunity to provide peace, comfort and rehabilitation for a suffering, abused or neglected animal!

Looking back, I found 2008 to be a personally rewarding year, having been invited to many events as a guest speaker to educate folks about the various forms of animal cruelty. I had the privilege of speaking to the University of Akron Social Problems and Ethics classes; at a fund-raiser held for the Humane Society Of The United States Legal Fund; at the State Capitol in Columbus of help make animal fighting a felony here in Ohio (instead of just a misdemeanor); at both the Columbus and the Cleveland Mercy for Animal's dinners; and also taught a Case Western Reserve weekend class regarding animal issues that was held here at Happy Trails. I cherish these educational opportunities and look forward to many more this next year.

With tough economic times, animal abandonment cases are more prevalent than ever — animals are left behind on farms, turned loose to fend for themselves, or are being starved to death by owners unwilling to give them up. Without



ever having seen many of the animals that are the focus of the cruelty calls that we receive daily, Happy Trails

has been able to network and has helped to place hundreds of these animals in loving homes or with other sanctuaries — animals that will never know we were involved in their rescue and will never see the gates of Happy Trails. That alone is an incredible feeling. The power of networking and people working collectively for the higher good is nothing short of amazing.

Many thanks to everyone who has forwarded on a desperate email seeking an emergency home for a homeless animal, hung up one of our "Featured Animal" fliers in a local business, adopted an animal in an emergency situation, or donated funds to assist Happy Trails in the rescue and rehabilitation of one of our abused or neglected furry or feathered friends.

I am truly grateful for the overwhelming support that we receive, for your hundreds of letters of support and encouragement, and for the thousands of folks who are willing to embrace compassionate choices in their daily lives. During this blessed time of year, I wish everyone a kind and compassionate holiday season!

Annette Fisher
Executive Director

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If you are willing to be a volunteer on-call to help assist in animal emergencies in Ohio, contact us at (330) 296-5914. We are always seeking to add volunteers willing to haul rescued animals from an emergency situation to a safe sanctuary .

The Gift Of Life — Providing A “Home For The Holidays”

(continued from front page)

your home with the love that only an animal can bring to your family. Consider providing a home for those who have arrived at the sanctuary lonely, abused, starved, and mistreated.

Adopt a comical little pot belly pig, or add a friendly, colorful rooster to your barn. Have a stall open? Help an older Grandma or Grandpa horse to feel the love of a family and know that someone in this world cares about him or her after many years of hard work? How about getting enjoyment from watching the antics of a pair of white Pekin ducks in your yard dig for treasures that only ducks are aware of, as they root around in the grass and the dirt? Ever consider getting a watch dog? Geese may be just the hot ticket, as they will alert you to any intruders near the barn and will help keep watch over the smaller barn animals.

Our goal is to find a home for the holidays for as many rescued animals as possible. We can provide information to help you make your decision as to what farm pet will work best for your family. We can talk to you about proper nutrition, health care, safe fencing, careful handling and the cost of care for your new farm pet.

Since Happy Trails has been serving such a great number of animals over this past year, we need to make “room at the inn” so that we can continue to help more animals recover from situations of abuse and neglect.

Is there a horse at Happy Trails that has been over-looked by many adoptive families because in the long run it was destined to be in your barn? Are there feathered friends that would have the perfect winter home in your roomy horse stall? Or is there a piggy that is waiting to steal your heart and snuggle up under a heat lamp and warm sleeping bag in a corner of your barn?

If you can find room in your heart, your stable, or your home, to provide a home for the homeless during this holiday season, please reach out and extend a compassionate hand to those who were born in a stable. That original Christmas stable was filled with love, compassion and hope — let’s continue that tradition as we celebrate life during this blessed time of year, and let’s bring love, compassion and hope to our own stables as well!

**To Inquire
About Farm Animal
Adoptions,
Call Happy Trails At
330-296-5914**



Photos From Top: Family of four geese; Susie Pony; Peaches the pot belly piggy — all available for adoption!

Two Lives Were Saved, Not Just One! **Mother Donkey Rescued From Sugarcreek Has Her Baby!**



stomach appeared to be taking on a strange pear shape, and Annette guessed early on that Janice Bond might be pregnant. And indeed she was.

Which brings us to baby.

Yasmin, the doting new adoptive mom to the Bond girls, worried and fussed over Emma (formerly Janice Bond) throughout the summer, and as the blessed date approached, she watched every move the donkey made. Would it be tonight? No, not tonight, maybe tomorrow.

This went on for weeks and weeks. Finally we received the joyous news — Emma had her baby — a very healthy and bouncy baby girl who is all legs and ears, just like mama! “She just goes bouncing across the pasture,” said Yasmin.

“Emma has been a very protective mother, and has not let Daisy (formerly Jane Bond) near the baby. If Daisy wants to go over and visit, Emma will move and stand between them.” In time, Emma began to share her little bundle of

(continued on page 19)

Yasmin Aral, proud new mama to the pair of donkeys that we originally called “The Bond Girls” due to the one donkey’s auction tag number of 007, was absolutely thrilled (and relieved) to finally announce the birth of what is probably the cutest thing we have ever seen!

Janice and Jane Bond (now re-named Emma and Daisy), found a place in Yasmin’s heart and worked their way into her home! With her love for all animals, Yas took on the duo knowing that one would be giving birth sometime between September and October. She didn’t care or see that as extra work — she would keep the baby and love it and spoil it rotten, just as she was doing for the two lovely ladies who survived the Sugarcreek Auction back on May 9th. That’s when Happy Trails picked up the girls.

During the bidding for the draft horses who were the focus of the rescue, Annette Fisher, Happy Trails Executive Director, couldn’t pass up the two very thin, malnourished donkey girls who were being bid on by the meat buyers. The rescued



Baby was half as tall as mama, and she was just born!

drafts were to be housed at Frog Pond Draft Horse Rescue in Cambridge, and no animals would be returning to the already-full sanctuary. On the way back to Happy Trails that night, Annette placed the call— “We’re coming back with two Percherons, a Standard-bred, and two donkeys!” “What? Are you kidding?” was the astonished reply!

No, she definitely was not kidding. Two adorable donkey with ears just as long as their legs were unloaded and made as comfortable as possible in the back woods at the sanctuary. On the road to recovery, they began to gain weight. Janice Bond’s



Happy Trails president, Sharon Barnard, makes friends with baby Clementine.

Fantasia The Pig's Incredible Journey — A Home In Time For The Holidays!

Jamestown, Tennessee was now imminent. We help move animals to safer facilities on a regular basis. This one, however,



was going to be extremely difficult for me to let her go. She had become my little buddy, my friend, the one I looked forward to climbing into her stall with and talking to her about my day. So a Happy Trails crew consisting of myself, my husband Russ Fisher, and board members Cheri Rider and Rob Willard, organized a weekend trip to take our precious cargo to a truly wonderful

A friend of mine who investigates animal cruelty cases called me this past summer about a farm pig that she removed from a very sad neglect situation. Could we please help foster the youngster until the folks with the Pig Placement Network could get her moved to another sanctuary a few states south of us in the fall? Sure, as long as she didn't grow too fast — the only small space we even had available was in the pot belly pig barn, and the accommodations wouldn't hold a growing farm pig for very long!

So we picked up an absolutely beautiful little black and white female farm pig which we promptly named Fantasia, because we told her that such a pretty girl needed a pretty name! At first she was extremely shy of people, but after figuring out that she was safe and loved, belly rubs became a daily requirement of hers, and she would

“help” with whatever chores you needed to do in her yard. She was friendly, personable, lovable, and funny as all get-out. All of us grew quite attached to the growing young farm piggy.

Finally one day we noticed one day that her back was now hitting against the top of the doorway going into the pot belly pig barn. A short time later, she had to even

duck down to get into the barn at night. The heat of the summer that would have made traveling uncomfortable disappeared, and was replaced with the cool, crisp fall air. A trip to The Pig Preserve in



The staff at Sharon Center Vet Clinic helped Fantasia settle into a stall for her health check-up.

sanctuary for pigs.

In the spirit of always networking with other rescue groups, I had heard about an even younger farm piggy named Rosie, a baby, that was residing at Rescue Village in Geauga County. If The Pig Preserve had room, would they like us to take Rosie the pig along with Fantasia? The answer was a definite yes, and so the plans were made.

First, Fantasia had to take a trip to the vet to get her health certificate to cross state lines. Sharon Center Vet Clinic had a wonderful staff that helped Fantasia get settled into a stall. She was the perfect patient, standing perfectly still for shots and her examination. She didn't even oink.

On our day of departure, Friday, October 31st, Rosie Pig

(continued on page 16)



Here, Rescue Village Humane Officer, Joyce Rice, explains to Baby Rosie Pig who arrived at Happy Trails in her pet porter, that she would have a new pig friend named Fantasia, and that she would be made comfortable on the long trip. Rosie looked exactly like a mini-Fantasia!



HAPPY TRAILS HOLIDAY WISH LIST



If you choose to remember a rescued animal during the holidays, here are ways to help us, help them!

STUFF WE USE REGULARLY

- Gas Cards
- Grain: sweet feed (any kind), senior horse feed, chicken scratch, duck/goose pellets
- Good quality hay not more than a year old
- Straw
- Apples, carrots, lettuce, celery

ITEMS NEEDED FOR SPECIAL PROJECTS

- Several loads of dirt to fill in all the low areas in the horse stalls
- Five industrial-sized barn fans to be installed in various animal barns
- Rubber mats for 14 - 12'x12' square horse stalls
- Three hay rings to hold round bales - the kind of hay rings that allow the round bale to sit up off the ground. *(They carry these at Western Reserve.)*

HORSE TACK

- Used horse blankets, all sizes, in good, clean condition for us to 1) distribute to needy Amish horses 2) to have blankets available to assist other rescue organizations when mass rescues occur during the cold winter months
- We collect gently used horse tack and related horse items. We sort out items that can be used for the rescued animals at Happy Trails. Extra items are sold at tack auctions to raise funds to help support our equine rescue programs.

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FARM EQUIPMENT

- A flat bed trailer to haul our massive loads of hay
- A 1-ton pick-up truck to help haul the rescued animals to safety and for all of our sanctuary chores
- A stock trailer to handle our mass rescues of farm animals

SHELTER ITEMS

- Industrial-sized barn fans for proper air circulation
- Several loads of gravel to help fill in lower, muddy animal areas
- Tools to help make repairs. Often volunteers don't have their own tools — we can use everything from hammers to chain saws to cordless drills and everything in between.
- All types of rakes, including leaf rakes, stall picks, pitch forks and garden rakes
- Shovels - everything from snow shovels to garden shovels to flat shovels to help move sand and dirt

VOLUNTEER ITEMS

- Work gloves, warm ones for winter, garden gloves for warmer weather
- Bottled water or soft drinks

HAPPY TRAILS IS “REGISTERED” FOR THE HOLIDAYS AT:

- Western Reserve in Ravenna (330) 296-3424
- Copley Feed & Tack in Copley (330) 576-5414

These stores are participating in a holiday registry for Happy Trails. They will have on-hand a list of items that would be useful to the sanctuary that can be purchased in their particular store. You may wish to purchase an item and drop it off at the sanctuary on a Saturday or Sunday, and visit with the animals when dropping off your donation. Simply call ahead during the holidays (330) 296-5914.



Please Be A Christmas Angel And Remember Our Animal Friends In Need!

Dear Santa,

Happy Trails is honored and privileged to provide rescue, rehab and adoption services for farm animals and horses. We have worked very hard this past year and have been very good, helping to rescue well over 200 animals. Our all-volunteer staff often works long hours in all kinds of weather, and our job of rescuing abused and neglected animals is often challenging, both physically and mentally. After giving it a lot of thought, dear Santa, we came up with three of our biggest wishes that would make our job of caring for the animals and responding to emergency rescues much easier, safer and more productive. If you can fit one of these presents in your bag Santa, we would be thrilled!

- A reliable 1 ton truck (New or used - we need a one-ton to handle our many draft horse rescues. Just two horses can put over four thousand pounds in the trailer). Happy Trails does not own a truck, and has to rely on the availability of volunteers who already own a truck to help us to haul rescued horses, pickup grain, take animals to Ohio State University, haul hay, and handle other animal emergencies and sanctuary chores.*

- A bumper pull stock trailer to handle group animal rescues. For example, we had to haul 44 cock fighting roosters in 44 separate cages; we picked up an entire family of sheep; we rescued multiple herds of goats; and we picked up 47 neglected feathered friends including geese, turkeys, chickens and ducks. Our two-horse trailer is too small to handle groups of farm animals and is definitely not made quite right for the cows that we've hauled.*

- A cement aisleway in the horse barn to make barn sanitation easier and to prevent our aisle floor from eroding. Every time we rake up manure from the aisle, our dirt floor is disappearing a little at a time. We aren't seeking to put a cement floor in the stalls - just in the aisleway. This would enable us to give rescued horses baths under the comfort of the barn roof, to treat wounds and address health issues, and then to simply hose off the concrete.*

Santa, we will continue to do our very best with what we have to work with and not complain. There will be hay and fresh water left for your reindeer in the horse barn. In case they need to rest, we will leave a stall open for them too!

Michloe,

The Happy Trails Crew

Kent State SOS Volunteer Group Spends The Day With The Big Pigs!

Mrs. Beasley, Oliver, and Maria Pigget would like to express their sincere appreciation to the wonderful, good-sports, hard-working, all-around awesome college students from the SOS Volunteer Group at Kent State University who came to the rescue on Sunday, October 19th!

Any time that you have big pigs (around 1,000 lbs. or so), you will definitely have mud. Every time they walk, they stir up the ground with their pointy hooves, turning the dirt into a mud slurry. This makes for difficult walking, especially if you are a big pig who's older and may have some arthritis issues.

So on that sunny October day, a large group of the nicest and most hard-working Kent State University students came out to Happy Trails and took on the project of making a walkway for the piggies. First we gathered up all the large rocks that we could possibly find at the sanctuary and used them for the base. We placed them in the mud one by one. Once they were packed down like cobblestones, we took a load of sand and shoveled that over rocks. And the finishing touch came with railroad ties to line the sides of the walk way. We were barely finished when the pigs decided to wake up and try it out. They were thrilled! Up and down the ramp went Mrs. Beasley. Oliver went in and out of the shelter multiple times, and even grumpy Maria Pigget seemed to give it a snort of approval.

Thanks, also to the regular Happy Trails Sunday servants who assisted with this project also — Tim Shimer, Tara Vanta, Christine Mezmarich, Sharon Barnard, and Caitlin Doherty. Good job guys!

Hey, What University Do You Attend?

Don't be left out! Ask about community service projects available for college organizations at Happy Trails. It's always a fun day, with team work accomplishing a specific task to benefit the animals. What a better way to meet new people and make new friends! For more information, call us at 330-296-5914.



(Photos compliments of Kent State student Benjamin Villarreal — thanks Benjamin!)



I'm Crushed!

If you are one of the *many* folks saving aluminum cans for the sanctuary, can we please ask a favor? If you are able, can you please help by crushing the cans?

In the current economy, the amount paid for recycled aluminum has dropped 75%, so each trip to the recycle company counts! The more cans we can take in one trip, the more effective that trip is! If you can help us out by crushing the cans, it would be very helpful!

If you cannot crush the cans, still save them and bring them over, and we will have volunteers help to crush the cans. In this instance, having something crushed is a really good thing, so keep saving those cans!



Happy Trails Hoodies Available!

Dark green hooded sweatshirts with a yellow Happy Trails logo — \$24.95 (plus tax and shipping). Available in sizes S, M, L, XL, 2X. For ordering details go on-line at www.happytrailsfarm.org or call (330) 296-5914.



How Your Donation Helps

The biggest expenses at Happy Trails are the medical and veterinary care of the rescued animals, and coming in at a close second is the feed, grain, hay and nutritional needs required to promote healing and recovery. Shelter needs, barn and shelter repairs, fencing and daily care come in third.

Happy Trails still operates on an all-volunteer staff and has no paid employees.

If there is a type of animal that touches your heart, or if there is a specific project that you would like your donation to go toward, we will be happy to honor your request.

How Can You Help As A Volunteer?

Many folks wish to be a part of animal rescue, but are not physically capable of handling the manual labor chores that come with the daily activities of animal care at the sanctuary. There are many other volunteer opportunities available, and we can help you find your niche in animal rescue! If you are a senior citizen, perhaps you would like to be trained to give tours of the sanctuary, or represent Happy Trails at one of our many community events. Are you a great "people-person" and would like to help return phone calls and network with other rescue groups? Perhaps you

Happy Trails Farm Animal Sanctuary is a 501c3 non-profit organization that relies on the generosity of kind folks who believe in our animal rescue efforts.

Please consider making a difference by sending a donation to help spread compassion and the save the life of a neglected, abused or abandoned farm animal today.

DONATION INFORMATION

I'd like to send a donation at this time of

☐\$25 ☐\$35 ☐\$55 ☐\$75 ☐\$125 ☐\$_____other

☐ Please use this donation where it is needed the most.

☐ I'd like my donation to be in memory of my beloved pet

_____ (name), a _____ (type of animal), who has crossed the Rainbow Bridge

☐ Please add me to your mailing list. ☐ I am already on your mailing list.

☐ Please send me a tax-deductible receipt for my donation.

NAME _____ ADDRESS _____

CITY/STATE/ZIP _____ PHONE _____

**Return to Happy Trails Farm Animal Sanctuary, Inc.
5623 New Milford Rd., Ravenna, Oh 44266**

You can sign up to receive occasional sanctuary news updates through e-mail. Log onto our website at www.happytrailsfarm.org and register to receive farm news!

Happy Trails rescue programs are funded by your kind and generous donations. Many thanks for your support and kindness!

have the most interest in promoting animals that are available for adoption, and are willing to help us place ads or post fliers to find a forever home for some lucky horse, pot belly pig, duck, goat, sheep or goose. Do you like to be out and about? Then sign up to be a follow-up representative to help check on the animals that have already been adopted!

To learn more about the many volunteer opportunities at Happy Trails, call our Volunteer Program Coordinator, Sue Buttermore, at 330-388-2106.

"Thank You..."

...from the bottom of our hooves," says Natasha the goat. Your kind donations helped to save over 200 lives this past year and educate thousands of people! Your care and compassion has helped make this world a better place for everyone!



Highly Recommended Reading

Prevent and Reverse Heart Disease

by Caldwell B. Esselstyn, Jr., M.D.

A ground-breaking program backed by the irrefutable results from Dr. Esselstyn's 20-year study proving changes in diet and nutrition can actually cure heart disease

Caldwell Esselstyn, Jr., M.D., a renowned Cleveland Clinic surgeon, has devised a diet that not only prevents heart disease, but also reverses it by actually unclogging arteries that have narrowed, largely due to excessive amounts of cholesterol that have accumulated, resulting in arterial plaque buildup ("clogged arteries" or atherosclerosis).

Heart disease remains the leading cause of death in the United States for men and women.

But, as Dr. Caldwell B. Esselstyn, Jr., a former internationally known surgeon, researcher and clinician at the Cleveland Clinic, explains in this book it can be prevented, reversed, and even abolished. Dr. Esselstyn believes that conventional cardiology has failed patients by developing treatments that focus only on the symptoms of heart disease, not the cause.

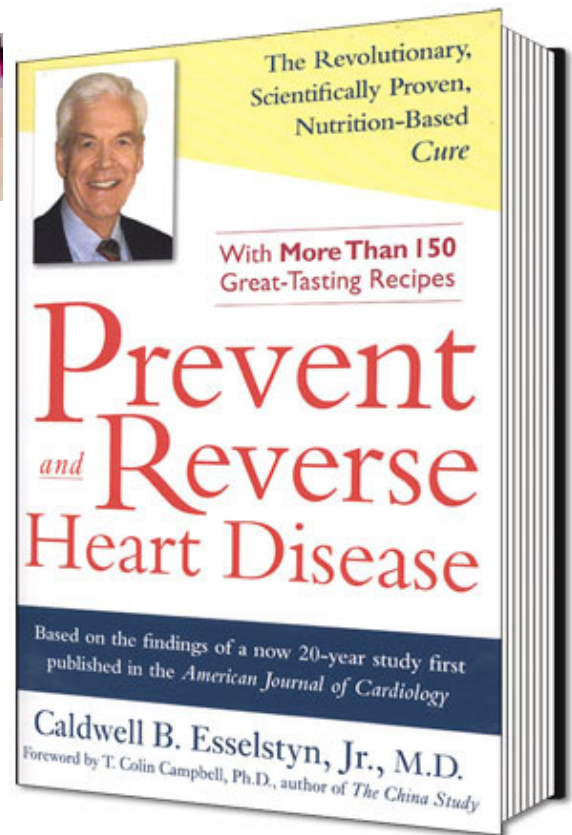
While dedicating the last 20 of his 40+ years in medicine to nutritional study, Dr. Esselstyn conducted one particular study involving 17 patients who had collectively suffered 49 cardiac events (heart attacks, strokes, etc.) prior to the study, necessitating aggressive treatments, including multiple bypass operations.

These 17 study participants faithfully followed a "heart healthy" plant-based, lowfat diet formulated by Dr. Esselstyn. The results were impressive. There were zero cardiac events in the group within the 12-year study period.

It is commonly known that high cholesterol leads to clogged arteries (atherosclerosis), which leads to heart attacks, strokes, and other severe conditions. Animal-based foods contain cholesterol. This includes meat, chicken, fish, eggs, and dairy products. Plant-based foods (fruit, vegetables, legumes, nuts, and seeds) contain zero cholesterol. Thus, eating a plant-based diet ensures that one is not consuming any cholesterol at all, which usually helps to keep cholesterol levels down without drugs.

Based on the groundbreaking results of his 20-year nutritional study—the longest study of its kind ever conducted—this book explains, with irrefutable scientific evidence, how we can end the heart disease epidemic in this country forever by changing what we eat. Dr. Esselstyn proves that a plant-based, oil-free diet cannot only prevent and stop the progression of heart disease, but also reverse its effects.

The proof is in the results. The patients in Dr. Esselstyn's initial study came to him with advanced coronary artery disease. Despite



the aggressive treatment they received, among them bypasses and angioplasties, most were told by their cardiologists that they had less than a year to live. Within months on Dr. Esselstyn's program, their cholesterol levels, angina symptoms, and blood flow improved dramatically. Twenty years later, they remain free of symptoms. Here are the documented results:

Drop in cholesterol levels: After 5 years on Dr. Esselstyn's plant-based diet, the average total cholesterol levels of his research group dropped from 246 milligrams per deciliter to 137 mg/dL (Above 240 mg/dL is considered "high risk," below 150 mg/dL is the total cholesterol level seen in cultures where heart disease is essentially nonexistent.) This is the most profound drop in cholesterol ever documented in the medical literature in a study of this type.

Cardiac events: The 17 patients in the study had 49 cardiac events in the years leading up to the study, and had undergone aggressive treatment procedures. Several had multiple bypass operations. After beginning the eating plan, there were no more cardiac events in the group within a 12-year period.

Angiogram evidence: Angiograms taken of the participants in the study show a widening of the coronary arteries, and thus a reversal of the disease.

Prevent And Reverse Heart Disease offers readers the same simple, nutrition-based plan that dramatically changed the lives of his patients forever. With this eating plan, sufferers of heart disease will maintain cholesterol levels low enough to ensure that they will never have a heart attack. Best of all, the book offers over 150 delicious recipes that Dr. Esselstyn and his wife have developed—showing readers how easy it is to enjoy their new way of eating.

Delicious Christmas Recipe

Christmas Rolls With Cabbage Filling

Traditional winter holiday dish in north Europe.

1 cup oil
1 1/2 tablespoons sugar
1 1/2 teaspoon yeast
1 t salt
1 cup soymilk
1 pound flour
2 pounds cabbage, shredded
2 medium onion, chopped
1/2 t cumin
3 tablespoons oil
salt and pepper to taste



Directions

DOUGH:

Combine oil, soymilk, salt, sugar and yeast in large mixing bowl. Let it stand for 20 minutes in warmth. Then add flour and mix well.

FILLING:

Boil shredded cabbage in salted water for 7 minutes. Drain. In a skillet fry onions and cumin until golden, add cabbage and fry 10 more minutes until it turns slightly brown. Taste for salt and pepper. Chill.

WRAPPING:

Divide dough in 5 equal balls, take one and put the other four

in fridge. Now roll it out until you get nice circle (like pizza crust). Divide it in 8 slices (half, half and half). Put a teaspoon or so of filling on the flat edge of a slice and roll it towards the pointy end. Repeat with the rest.

BAKING:

Preheat oven to 395 F. Place your rolls on parchment covered baking sheet. Bake for 12 minutes, brush with a little oil and bake for 12 minutes more.

Serves: 40 rolls

Compliments of
<http://vegweb.com/index.php?topic=22095.0>

Deciding to choose more compassionate and heart-healthy foods?

Be sure to check out:

- <http://www.veganconnection.com/recipes/index.htm>
- <http://www.pcrm.org/health/veginfo>
- www.vegforlife.com
- www.goveg.com

Excellent Recipes!

How about trying a meal or two this week that is animal-friendly, cruelty-free and heart-healthy? The scrumptious dinner on the left is completely free of any animal products (they call a meal like this “vegan”). We’ll do our best to feature at least one animal-friendly recipe in each newsletter!

Check out a great assortment of delicious vegan recipes at www.fatfreevegan.com and <http://www.veganfamily.co.uk/yule.html>.



This recipe is highly recommended by Quincy The Goose and Russ Fisher, Happy Trails Co-Founder, who thoroughly, enjoys cooking! He personally tried the above dish, and everyone loved it! If you don't find Russ in the kitchen cooking, you will find him giving a pig a belly rub!



Looking To Try A New Restaurant For The Holidays? Look No Further!



Plan A Visit To Chrissie Hyde's New Restaurant/Bar/Coffee House/ Bakery Near Downtown Akron!

It's vegan fair with an Italian flare—an incredible fusion of mediterranean and vegetarian flavors, hence the name VegiTerranean!

VegiTerranean is a unique, welcoming and stylish blend of restaurant – bar – coffee house – bakery with an incredible mouth-watering menu.

This innovative restaurant gets high marks from *ClevelandScene*, a magazine devoted to all things in Cleveland, Ohio.

Thanks to the dedication and determination of Chrissie Hyde, leader of the rock band The Pretenders, the city of Akron is now home to an upscale

restaurant that creates amazing cuisine with no meat or other animal-related products. At VegiTerranean, no meat is served at all, and substitutes such as soy, tofu, and gardein (a garden protein made out of soy and wheat) are used creatively and with an Italian twist.

VegiTerranean is both a vegan and a kosher restaurant.

What can you expect from their incredible menu? Appetizers; soups; salads; pasta dishes; pizzas; scrumptious entrees such as Gardein chicken piccata, and Mediterranean stuffed tomatoes with grilled vegetables; to-die-for desserts such as giant chocolate/raspberry cupcakes; and don't forget there's a full bar of beer, wine and mixed drinks.

Check out the lunch
and dinner
menu's at
www.thevegiterranean.com



VegiTerranean Chef Scott Jones, a Culinary Institute of America alumnus, has been in the culinary business for 23 years, focusing on regional Italian, French influences, and continental accents. Not surprisingly, *Bon Appétit* magazine rated his restaurant the best in the Midwest.

Jones' secret weapons for wowing even the most ardent meat-lovers with his entirely plant-derived dishes? Fresh herbs, lemon and lime juice, and love.

Watch for recipes from talented Chef Scott to appear on the Happy Trails website and in future newsletters!



**For reservations call
(330) 374-5550**

**Lunch/Dinner
Mon – Sat.
11am – 10pm.**

**VegiTerranean is
located at
21 Furnace Street**

**In the Northside Lofts,
Just North of downtown Akron**

Our Friends In Animal Rescue — Southeast Llama Rescue

What are a few fun or neat things to tell people who are considering adopting a llama and have never had llamas before?

Why llamas? The huge, beautiful eyes of a llama penetrate deep into your soul. Their

kisses are unrivaled in the animal kingdom. Once you gain a llama's trust, your spirit will soar.

Your adoptive llama can be an easygoing companion to you or other farm animals. He can carry your lunch in his pack when accompanying you on a hike or he can provide alternate transportation if you hitch him to a cart. Llamas educate and lift spirits in schools and nursing homes as public relations animals. Inquisitive by nature, llamas are always on the lookout for something new and can successfully protect herds of sheep, goats or even chickens from coyotes or a single dog. If you are chilly, a llama's soft, warm fiber can be spun and made into a sweater or a blanket to keep you warm. A llama's soft padded toes are environmentally friendly so don't be concerned about

tearing up a nature trail or a golf course if you plan to use him as a caddy.

What does a llama's diet consist of?

Llamas are browsers and grazers. Given their choice they would feast on pasture grass, brush and trees. Domesticated llamas who are not lucky enough to have endless pasture are supplemented with a low protein hay, a special llama feed, and free choice mineral that is low in copper.

Are llamas pretty friendly?

Llamas are friendly but aloof. They are prey animals so their first response when encountering a new situation is to flee. However, their natural curiosity usually gets the better of them so they are inclined to investigate. An inquisitive llama will greet a human with a soft nose kiss and a "wuffle", a combination of a sniff and a snort. Don't reach up to scratch their heads though because they will shy away. A safe scratching spot on a llama is the neck or shoulder.

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Happy Trails does not take in rescued llamas. Why? Because there are great organizations out there like Southeast Llama Rescue! Meet Helen Carpenter, a Happy Trails supporter, volunteer and emergency foster mom, who has a passion for the delightful creatures we know as llamas! We hope you enjoy our interview with our friend Helen!

Helen, do you work strictly through the group or do you take in rescued llamas on your own as well?

I work both with SELR and on my own. This year, I coordinated an 80 llama rescue in northwest Ohio. Since SELR did not have the resources (money, foster facilities, approved adopters) to accommodate that many animals, I gave the llamas away to adoptive homes. I was assisted by other SELR coordinators and volunteers in this effort. Southeast Llama Rescue is a 501c3 incorporated in North Carolina

Can you tell us a little bit about your latest rescued llamas?

McLlama was abandoned when his owners were evicted from their farm. He was thought to be aggressive, however I found him to be defensive due to poor treatment, his health or a combination of the two. I believe that McLlama is a survivor of menengial worm which has left him severely crippled. He is an large, older, gentle llama with an attitude who needs a lot of TLC. He is available for adoption to a farm that is fairly flat and that has other gentle farm animals that can be his companions.

James Madison, PacMan, and Santa Nick are three young male alpacas who were surrendered together. PacMan had a gate fall

on him a few months ago and was not treated for his injuries. He suffered broken ribs, broken spinal bones and still has an open wound that is stubborn to heal. Fortunately, he did not incur any damage to his spinal cord so his injury is not evident in his movement. All three alpacas have been adopted and are awaiting transportation to their new homes.

What do you look for in an adoptive home for llamas?

Physical facilities must meet standard guidelines for basic llama care. In other words, there must be appropriate shelter, pasture space, fencing, food supply, water, etc. Prior to adoption, the facility is inspected by the coordinator or another experienced volunteer. The potential adopters need not have experience with llamas but it is often helpful. A mentor is assigned and serves as a 24/7 resource for questions, problems, support, etc. The adoptive home must have other animals whether they are alpacas, llamas, sheep, goats, etc. Solitary llamas or alpacas are not placed.



**Helen
Carpenter
hugs furry
GG
(Gracie's
Gift), her
beautiful
pet llama!**

www.southeastllamarescue.org

We Are Their Heroes

People who work animal rescue are some of the strongest, most courageous people that I know. They see and experience things that most people don't even want to hear about. They often stand strong for themselves, for the animals, and for those around them, and shed their tears in private after the rescue is complete. At times they are ridiculed for



their decisions to stand up against the cruelty of man and are chastised when they choose to speak out against hideous forms of animal cruelty that is prevalent in our society today. During this, the most blessed time of year, when we celebrate the gift of life and the gift of compassion, this essay

is to help our friends in animal rescue keep a good attitude, be compassionate toward the people who do not know how to be compassionate, and to keep focused on bringing peace and kindness to our world on behalf of those who cannot speak for themselves.

If you worry that you have not made a difference, you have,

for only those who do not worry about it have not. If you feel overwhelmed, if the weight of problems is too heavy to bear, remember it is a shared burden and the strength of numbers can accomplish much.

If you think society and government are blind, it only serves to remind that we need to change one mind at a time, one law after another. We effect change by cooperation, not by isolation.

If you consider that we cannot save them all, and what difference does one make?, you ought to know the joy of the one who is saved. Mourn those we cannot save, it is a eulogy to their being. Do not let their loss be in vain.

Be kind to yourself, remember your needs and those of your family and friends of every species. Strive to be happy and healthy. You are needed. Achieving balance in life is a lifelong struggle.

We who help those who do not have all that they need should be among the most grateful for what we have. Be proud of your accomplishments, not your opinions. The quality of your efforts is more important than the quantity.

Forgive your own deficiencies - sometimes your caring is sufficient. Everyone can do something, it is up to you to do the thing you can.



A kind word and a gentle touch can change a life.

If anger wells up within you, because people are the problem, remember your humanity and that people are also the solution.

Concentrate on specific needs, pay attention to the individual - they make up the whole. See beyond the unlovable, the unattractive, the impure and the wounded - see that their spirit is as deserving as the rest. Help them heal. Their eyes are windows to their soul and the mirror of your sincerity.

All species, all beings, share this Earth in a chain of life. Care more about what makes us alike than what separates us.

Policies, rules and regulations are not infallible. Apply them judiciously, interpret them wisely. No decision based purely on money is ever the right one.

Listen to your heart. Sometimes we have to do that which we are most afraid of. Be true to yourself and your beliefs. Family may abandon you, friends may disappoint you, strangers will ridicule you. People shun what they do not understand. Help them to understand - kindly, softly, gently.

Those who do not respect all life are to be pitied. Often the wrongdoer is as in need of help as his victims.

Forgive, then teach by example. Educate yourself or you cannot hope to teach others. No action based in hatred is ever right and anger drowns out wisdom.

Yours may be a voice crying in the wilderness, make it a voice to be respected. Listen more than you talk, be courteous and reliable. Learn to ask for help. Never waiver from the truth.

Know that it takes a lot of strength to cry. And with every defeat, we learn.

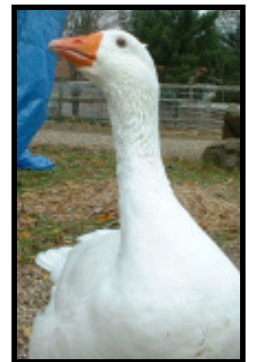
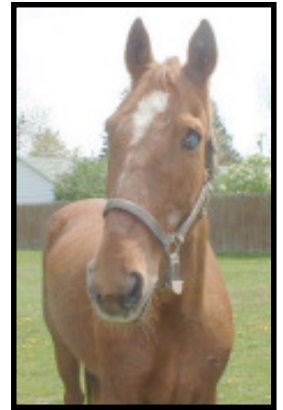
All Creation celebrates that which is in its own best interest. The Children are our hope - nurture them. Nature is our legacy - protect it. The Animals are our brethren - learn from them.

Your rewards will not be material, but they will be meaningful, and the courage of your convictions can survive anything.

We are small boats cast adrift on a cruel sea, but someday the tide will turn toward a safe harbor.

No matter how dark the storm clouds, or deep the pain of heartbreak - never forget:

We are their heroes.



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POLARIS NEEDS A HOME!



GENDER: Mare

AGE: 3 years old

BREED: Quarter

COLOR: Brown & White Paint

BACKGROUND:
Severe neglect case

MEDICAL
Sound and healthy, knees were x-rayed — ready to train, no restrictions!

MISC Has been under saddle and has had people on her back — greenbroke. Easy and calm to work with — a very willing learner. Great personality!

UTD Up-to-date on vaccinations, hoof trimming, teeth floating, worming

ADOPTION REQUIREMENTS

- Must have another equine for a pasture buddy
- Her new home must own their own facility — a boarding situation will not be approved
- Safe fencing is required - no barbed wire fencing is ever approved

ADOPTION FEE: \$450

Happy Trails Farm Animal Sanctuary
(330) 296-5914 — www.happytrailsfarm.org

Fantasia's Trip

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arrived in a pet porter with her personal servant, Joyce Rice, the humane officer for Geauga County's Rescue Village. Much to our delight, Rosie looked *exactly* like a miniature version of Fantasia. Much to our dismay, she screamed her high-pitched piggy squeals until her limo (the horse trailer) arrived and it was time to load everyone and everything for the big adventure.

We arrived the next morning in Tennessee to a very warm welcome at Richard and Laura Hoyle's Pig Preserve, a heaven-on-earth for abused pigs of all types. Though they were separated in the trailer for the ride to Tennessee, once off the trailer, Fantasia and Rosie became fast friends. The baby followed Fantasia like a start-struck fan, and Fantasia enjoyed the company of the little girl who she seemed to take under her wing. The Pig Preserve is 100 acres of beautiful grounds, separated into several areas to help older, arthritic or very young pigs hang out together, and



Fantasia thoroughly enjoyed snuggling up with me in the trailer, and on the morning of our arrival in Tennessee, she was treated to a special breakfast mix of grain and apples. Once fearful of people, she is now quite a "people pig" and we have regained her trust!

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Fantasia checked the land for treasures only known to pigs. After digging up several areas thoroughly, she declared the facility to be good medicine, and decided that her new home was more than suitable to meet her needs.

the bigger, healthier pigs have the run of everything else. A secluded, huge pond was available for their swimming enjoyment, and we found many of the pigs laying in the stream or sunning themselves on the banks. A large, official-looking sign made me laugh: "Big Pig Swimming Hole - No Lifeguard On Duty". Every single pig resident appeared to be happy and content and friendly and well cared for. Each of the pigs, just like all the animals at Happy Trails, had a personal story of abuse or neglect. They now were enjoying life, and in return, bringing great joy to those who meet them.

Rosie and Fantasia carefully and enthusiastically inspected their new home, complete with constant barn and stall privileges, available mud wallers, and a heated water trough that never freezes. It was pure heaven. They ran about meeting the other pigs, and then would come back to us

as if to say, "Isn't this great? We love it here!"

Within several days, Fantasia and Rosie blended in with the smaller group of pigs and were accepted and welcomed by Flurry, a big pink mama pig, and her other pig companions. We heard about how wonderful they were doing after we returned to Happy Trails.

For me that was the hardest part — returning to the sanctuary minus two passengers in the horse



Richard Hoyle, director of The Pig Preserve in Tennessee, introduced us to some of the bigger pigs, who had nearly 60 secluded, fenced-in acres to call home. He knew each pig by name, and they all knew Richard too. There was definitely good energy at the Pig Preserve.

trailer. I think many people get attached to the animals in their lives — they become a part of your family. In the short time that I knew her, I had become Fantasia's family, and she had become mine. Knowing that both piggies hit pay dirt when they were accepted into the beautiful, tranquil and peaceful Pig Preserve, I still cried a river on Saturday night when it was time leave. A wonderful bonfire, gracious hosts, and a lovely facility didn't do much to ease the ache in my heart as I sadly said good-bye to a truly wonderful pig and her new best pig friend.

The beauty of folks who network in animal rescue is that everyone truly works together for the higher good, and for a safe and happy ending for the animals involved. Lisa Novak of Northeast Ohio Humane originally helped to rescue the fearful little piggy. Pig Placement Network stepped in to find her a permanent home. Happy Trails agreed to foster the little bundle of joy, and The Pig



Flurry, the big pink piggy in the center, greeted the excited baby Rosie and explained the rules of the small pig waller to her. Rosie was fascinated by all the sights, sounds, and other pig friends. The rolling hills were now all hers to destroy - er, I mean, root up and explore!

Preserve agreed to be her forever home. The bonds and friendships that are formed between the folks in animal rescue are strong and sincere. Their love and their respect for the way animals are treated are admirable.

So much appreciation goes out to everyone involved in Fantasia and Rosy Pig's rescue and happy ending story. Do we miss Fantasia? Terribly! Do we know that her and Rosie are having the very best life possible for fast growing farm piggies? You betcha! And best of all, they both got settled into a wonderful home just in time to celebrate the holidays!

Be sure to check out the website for The Pig Placement Network at www.pigplacementnetwork.org — they are a 501c3 organization and can always use a kind donation toward their care of abused and ne-

glected pot belly pigs and farm pigs. Donations can be sent to: PO Box 555, Jamestown, TN 38556. For pig information or information on The Preserve, you can email Richard Hoyle at thepigpreserve@gmail.com.



Part of the pig crew (left to right): Russ Fisher, Happy Trails Co-Founder and board member; Rob Willard, driver and Happy Trails board member; Joyce Rice, Humane Officer for Rescue Village; Annette Fisher, Happy Trails Executive Director and Co-Founder; Cheri Rider, Happy Trails Board Member



This official sign warned the pigs about no life guard being available at their beautiful, scenic pond in the woods.

Southeast Llama Rescue

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Do you need volunteers to help with rescues?

Volunteers are always appreciated. I have been very fortunate to have a small network of local llama folks who have helped with every aspect of llama rescue. The greatest need is always foster homes and assistance with transportation.

Do you have a wish-list of items that you could use when rescuing llamas, and if you do, can you give us a list that we can include?

We have a very long wish list but since we do not have a central facility, it is difficult to accumulate items and get them where they are needed the most. Monetary donations, donations of gas cards or TSC gift cards would be most appreciated.

If someone wishes to donate toward llama rescue, where should they send their donation?

Gift cards can be sent to:
Helen Carpenter, OH SELR Coordinator
2809 Tallmadge Rd
Ravenna, OH 44266

Monetary donations can be sent to:
Nancy Sottosanti, SELR Treasurer
678 Mill Creek Road
Luray, VA 22835

SELR also accepts donations via PayPal on their website.

How many llamas are currently available for adoption?

In Ohio, there are currently nine llamas available for adoption. Due to a permanent, disabling stifle injury, one llama is in a permanent foster home and cannot be adopted.

In other states, there are 37 llamas awaiting a good home. Many more are currently unadoptable due to poor health, behavioral issues or old age.

What area do you serve as far as llama rescue goes?

Personally, I coordinate llama rescue in northern Ohio and western Pennsylvania.

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The lines are not rigidly drawn and territories often overlap. The SELR network encompasses the eastern half of the United States north as far as NY. We also have coordinators in MO, TX, OK, NM, CO, UT and AZ.

What would you like folks to know?

You can see photos of rescue llamas from the OH 80 rescue at: <http://public.fotki.com/molmymoo>. I have it set up that anyone can download copies. There are a couple of cute crias (baby llamas) in the "Rescue Llamas in Their New Homes" album.

Many thanks to Helen Carpenter for fostering goats for Happy Trails, for having provided vegetarian lunches for our hard-working volunteers, and for being there for all the rescued llamas!



If people want to adopt a llama, who should they contact?

In Ohio, there are two rescue coordinators
Northern Ohio Coordinator:

Helen Carpenter
330-325-2421

hcarpenter@heather-hill-llamas.com
www.heather-hill-llamas.com

Southern Ohio Coordinator:
Chris Adams
740-869-3289
adamsllamas@aol.com

Interested adopters in other states should visit the SELR website to find coordinators in their state.

*Spreading kindness
and compassion
for ALL animals!*

*Hear our prayer ...
for animals that are
overworked, underfed, and
cruelly treated;
for all wistful creatures in
captivity that
beat their wings against
bars; for any that are
hunted or lost or
deserted or frightened
or hungry; for all that must
be put to death.... And for
those who deal with them
we ask a heart of
compassion and gentle
hands and kindly words.*

~ Albert Schweitzer ~

Excellent Educational Websites For Animal Issues, Legislation And Related topics

Physicians Committee For
Responsible Medicine
www.pcrm.org

Humane Farming Association
www.hfa.org

Mercy For Animals
www.mercyforanimals.org

Humane Society Of
The United States
www.hsus.org

Farm Sanctuary
www.farmsanctuary.org

PETA (People For The
Ethical Treatment Of Animals)
www.peta.org

Care 2 Make A Difference
www.care2.com

Animal Place Sanctuary
www.animalplace.org

Animal Welfare Institute
www.awionline.org

Baby Donkey

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energy with everyone else. And share she did! A crew of excited Happy Trails volunteers made the afternoon journey to visit the donkey mama and the new bouncing baby girl (and Yas too of course!). I believe they took nearly a million pictures of the joyous event, and we are happy to report that mama and baby are both doing extremely well!

So talk about happy endings — a sweet, gentle donkey who would have been destined for the meat buyers truck, instead wound up staying with her very best friend as they left the auction; she was lucky enough to be adopted together with her donkey friend into a truly wonderful home; and even though she suffered from malnutrition and was extremely thin, both she and her baby gained the weight needed to produce a healthy and beautiful fuzzy little girl.

Congratulations both to Yasmin, the wonderful human mom, and to the entire donkey family! God bless you all!

"But what would we most yearn for if we were locked away in dark little pens and stalls and ignored or shouted at and treated like garbage? I for one would yearn most for the sun and the cool water and the breeze and fellowship of my kind. I would yearn to be seen, feeling that if others only saw me they would try to help."

Mathew Sculley - Dominion

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- Gary Riggs DVM, ABVP
- Kim Stewart DVM
- Michael Selig DVM
- Tracy Worth RVT

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Many thanks to Delores Norsic, owner of Add-A-Nickel Plating, who is storing our double-decker livestock trailer at her shop!

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Visit Us At Stan Hywet!

The incredible winter wonderland of holiday lights illuminated the grounds at the historic Stan Hywet Estate for their celebration of Deck The Halls, and Natasha the goat walked down the paths under the brightly lit holiday arches which twinkled merrily against the black night sky. Her eyes were wide in wonderment, and she looked around in awe of the beautiful decorations. "What other goat ever got to experience such a beautiful night?" she thought! The evergreen decorations looked tasty, and she munched a big mouthful before we caught onto what was happening.

You, too, will be in awe of the festive holiday atmosphere and the welcoming feel of Stan Hywet Hall in Akron, where some Happy Trails animal residents will be residing throughout Christmas. However, please don't eat their pine

decorations — they do frown on that. The rescued animals will be there to meet and greet visitors, and to help spread compassion for *all* animals during this blessed holiday season. Be sure to make this delightful event a part of your family's new holiday traditions!

Art of the Nativity is a special exhibit in the Manor House of more than 40 nativity scenes. Special musical entertainment from area choirs and music groups will be featured on Sunday and Tuesday evenings.

Natasha the goat makes random guest appearances on weekends.

Details are on our website at www.happytrailsfarm.org or at www.stanhywet.org. Or call Stan Hywet 330-836-5533.

TIMES: Tuesday through Sunday (closed Mondays) from 5pm - 8pm



(closed Christmas Eve and Christmas)

COST: Self-guided Manor House and grounds-tours are \$14 per adult; grounds only tours are \$8 per adult. Youth (ages 6-17) are \$2 each for either tour. Children under the age of 6 are admitted free with an adult. Stan Hywet members receive an additional discount.