



ANIMAL CHANNEL NEWSLETTER

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Written by: Elena

Smith

Spring 2002 NEWSLETTER

Editorial and Edited by: Anita Curtis

 Happy Spring! 



Come on Spring!!!

Today is the first day of spring and for the second time in three days it is raining. There is actually MUD in the horse's pasture. What a welcome sight after our warm, dry winter. We had rain two days ago along with a dusting of snow. The green grass poking up through the white coating of snow made a delightful contrast.

I know that the beginning of spring marks the vernal equinox, the passage of the sun from the Southern to the Northern Hemisphere of the sky. This is the day where day and night are equal in time. It's more than that to me; it is a renewal of life and energy. There will soon be puppies, kittens, foals, chicks, and all kinds of new life. The robins and geese have led the migration of birds and butterflies from the south back to us. This is an exciting time.

We hold workshops in various locations, spring through fall, and I'm looking forward to the new season. I am always delighted to meet the people I have only spoken to on the phone. The workshop listing is in this newsletter and on the website. It changes at times so please keep checking for one in your area. Better yet, host one yourself. Call us for information.

Please read the end of the newsletter for a new advertising idea for you.

Love and peace,
Anita



VETERINARY CARE

The following numbers are provided if you wish to get information on holistic and chiropractic veterinarians near you.

International Veterinary Chiropractic Association
(309) 658-2920

American Holistic Veterinary Medical Association
(410) 569-0795 phone
(410) 569-2346 fax



PHONE MESSAGE

If you call between 10:30 am and 4pm, Eastern, Monday-Friday and get our voice mail, please leave a message. Jean is on a call helping another client and will call you back as soon as possible.



FRIENDS NOT FORGOTTEN

Cassy Ajamian
Daisy Bause
Ray Lloyd
Snap Hassett
Marcos Landers
Alexander Bosbyshell
Minnie Layfield
Morticia Layfield
Mandy Haaf
Miss Kitty Ingram
Miss Jones Pierce
Toby Andrel

Ginger Cole
Duffy Cassino
Lex Heller
Chocko Blumberg
Boyington Suddard
Amy Bowe
Meg Bowe
Dusty Bowe
Bonnie Palmer
Socrates Matheos
Fargo Krise
Buck Frakes

Seamus Braunschwig
Patience Pearson
Rocky McKenney
Silver Cloud Rishberger
Sabab Spaziani

Wags, Doe friend of Sue
Mazzotti

If we have inadvertently omitted the name of one of your animal friends, please accept our apologies. Give us a call or write us a note so we may include your friend in the next newsletter.



A sad but true fact is that we will most likely outlive our pets. Whether dogs, cats, birds, horses or any other living creature, our pet friends affect us in ways that require a special touch to heal. Listed below are some resources to aid you in your grieving, and to aid you in the healing process.

Pet Loss Web Sites:

- ❖ [Association for Pet Loss and Bereavement \(APLB\)](http://www.aplb.org) – (www.aplb.org) dedicated to helping people who grieve for a lost pet. Provides an international clearinghouse for information and direction on this subject.
- ❖ [Pet Loss Hotline at Washington State University](http://www.vetmed.wsu.edu) –(www.vetmed.wsu.edu) veterinary student volunteers can help you cope with grief and bereavement in the pending or past loss of a companion pet.
- ❖ [Pet Loss Support Page](http://www.petloss.com) – (www.petloss.com) features articles and resources for dealing with the death of a pet.
- ❖ [Super Dog's Pet Loss](http://www.superdog.com/petloss.htm) – (www.superdog.com/petloss.htm) a reference to references.
- ❖ [Rhodesians...](http://www.avma.org/care4pets/avmaloss.htm) (www.avma.org/care4pets/avmaloss.htm) How do I know when its time? Pet loss hotline.

Pet Loss Books:

- ❖ [The Loss of a Pet : New Revised and Expanded Edition](#) -- Wallace Sife (Introduction); Paperback
- ❖ [When Only the Love Remains : The Pain of Pet Loss](#) -- Emily Margaret Stuparyk; Hardcover
- ❖ [Journey Through Pet Loss - Revised Edition 2000](#) -- Deborah Antinori, MA Deborah Antinori; Audio Cassette
- ❖ [Pet Loss : A Thoughtful Guide for Adults & Children](#) by Herbert A. Nieburg, et al (Paperback - March 1996)
- ❖ [Final Farewell : Preparing for & Mourning the Loss of Your Pet](#) by Marty Tousley, et al (Paperback - November 1997)
- ❖ [Rainbow Bridge](#): A list by pets-n-places, Pet Loss Support Books
- ❖ [Blessing the Bridge : What Animals Teach Us About Death, Dying & Beyond](#) by Rita M Reynolds; Softcover
- ❖ [Crossing the Rubicon: Celebrating the Human Animal Bond in life and Death](#) by Julie Kaufman, D.C., C.A.C; Softcover
- ❖ [The Soul of Your Pet: Evidence for the Survival of Animals After Death](#) by Scott S Smith; Softcover



WELCOME BACK!!

Many of you have heard me say that our animal companions can come back to us after they have passed on. This new column is dedicated to our loving friends who have returned to us. Please contact us with any names and/or stories about friends that have returned to you.

Trevor Fitzsimmons back as Katy
Tweety Bowe back as Tweety
Maggie Fister back as Olive
Miss Kitty Billings back as Miss Kitty
Molly Larson back as J.D.
Muffin Devecchio back as Rocky
Augusta Field back as Oakely



Laugh Lines:

DIARY OF A CAT

DAY 752 - My captors continue to taunt me with bizarre little dangling objects. They dine lavishly on fresh meat, while I am forced to eat dry cereal. The only thing that keeps me going is the hope of escape, and the mild satisfaction I get from ruining the occasional piece of furniture. Tomorrow I may eat another houseplant.

DAY 761 - Today my attempt to kill my captors by weaving around their feet while they were walking almost succeeded, must try this at the top of the stairs. In an attempt to disgust and repulse these vile oppressors, I once again induced myself to vomit on their favorite chair...must try this on their bed.

DAY 762 - Slept all day so that I could annoy my captors with sleep depriving, incessant pleas for food at ungodly hours of the night.

DAY 765 - Decapitated a mouse and brought them the headless body, in attempt to make them aware of what I am capable of, and to try to strike fear into their hearts. They only cooed and condescended about what a good little cat I was...Hmmm. Not working according to plan.

DAY 768 - I am finally aware of how sadistic they are. For no good reason I was chosen for the water torture. This time however it included a burning foamy chemical called "shampoo." What sick minds could invent such a liquid? My only consolation is the piece of thumb still stuck between my teeth.

DAY 771 - There was some sort of gathering of their accomplices. I was placed in solitary throughout the event. However, I could hear the noise and smell the foul odor of the glass tubes they call "beer." More importantly I overheard that my confinement was due to MY power of "allergies." Must learn that this is, and how to use it to my advantage....

DAY 774 - I am convinced the other captives are flunkies and maybe snitches. The dog is routinely released and seems more than happy to return. He is obviously a half-wit. The Bird, on the other hand, has got to be an informant. He has mastered their frightful tongue (something akin to mole speak) and speaks with them regularly. I am certain he reports my every move. Due to his current placement in the metal room his safety is assured. But I can wait; it is only a matter of time.

A Dog's Diary:

5:30am: Started the day as a hero! When the sound of the newspaper hitting the driveway roused

me from my deep slumber - the impact indicating the paper was much heavier than normal - I realized that no one in the house was yet awake! I roused my master by licking him in the face. He appeared very angry with himself for having overslept, shouting and waving his arms. His ill temper even seemed directed at me a bit, which is silly since it is I who saved him from being fired. Funny thing though: He didn't go into work, but spent the morning leafing through the large newspaper and drinking coffee. He seems to do this once a week, and I don't know why.

7:30am: Invaders! The people who live next door came out into their yard, obviously getting ready to lay siege to our house. Snarling and barking, I let them know in no uncertain terms that I was prepared to tear them from limb to limb if they came any closer, and was able to repel the invasion. This is an almost daily occurrence; you'd think they'd learn. My master added his voice to the fray as well, yelling angrily. I am sure the people couldn't hear him, but it was nice of him to lend his support.

10:00am: I was forced to move, as the patch of sun in which I was lying had, for some reason, slid over a few feet. It's not easy being a dog.

1:00pm: I have the most thoughtful master in the world! While it's true he left me alone in the house for several hours, he did set out a treat for me on the kitchen counter. It was even gift-wrapped, a courtesy I wish he'd skipped, since it led to me having a lot of plastic in my teeth. The roast was delicious, though frozen in the center. I don't want to seem ungrateful, but crunching through two inches of rock-hard beef is hardly my idea of a delicacy.

2:00pm: Most unpleasant experience when my master returned home and was furious that I had not eaten the plastic wrap, which had been covering my present. He kept pointing at the small pieces of Styrofoam and other debris and raving in a most irrational fashion. I'm sorry, but he should know that I can't eat that stuff, it makes my stomach upset. When he began rolling up a newspaper I realized he'd lost all reason and bolted for the front door, which was fortunately open just a crack.

4:00pm: Spent the afternoon with the girls. A most productive day I was able to mark territory for two blocks. "Drip 'til you drop" is our motto. We had a small snack at an outdoor cafe we like, with meat scraps and bread served out of circular containers with easily displaced lids, Ran into that rogue Sebastian, who lifted his leg with irritating nonchalance - does he think I don't know about his obsession with Muffy, that snotty schnauzer from down the road? Last month there wasn't a male in the neighborhood who couldn't be found outside her fence, and Sebastian was at the head of the pack. I let him know I want nothing more to do with him.

5:00pm: What a treat! On the way home a flock of ravens drew my attention to a squirrel that had been flattened by an automobile. After several days in the sun, the aroma was so delicious it made my nose quiver. I rolled in the wondrous fragrance for several minutes, and when I stood up I positively radiated eau de roadkill. Let Sebastian drool over Muffy - he doesn't know what he's missing.

6:00pm: Of all the times to get a bath! My master, still in a foul mood, made me stand outside in the chill air while he shampooed and rinsed me several times. Every time I shook the water from my fur he, too, became drenched, and in the end he was shivering. Why in the world does he do stuff like this?

9:00pm: Time to sleep, though I am not allowed on the bed whenever anyone's home. Ah, the life of a dog.



**SMALL ANIMAL ACUPRESSURE TRAINING -
Saturday & Sunday, April 6th & 7th**

ARDEN, DELAWARE ----- An Introduction to Small Animal Acupressure Training will be offered on Saturday and

Sunday April 6th and 7th from 9AM to 4PM in Arden, Delaware. This training course is perfect for all pet guardians, trainers, handlers, and healthcare practitioners, and other animal healthcare practitioners to learn the basics of animal acupressure.

Acupressure is a safe, noninvasive, deceptively gentle and an extremely powerful ancient healing art. The class includes both demonstrations and hands-on exercises. The course will cover the following:

- Key Concepts Underlying Traditional Chinese Medicine
- Exercises to Open and Balance Chi Energy
- How to Perform a Complete Acupressure Treatment
- Location and Function of Meridians on Dogs and Cats
- Specific Acupressure Points for Common Canine & Feline Conditions.

Amy Snow and Nancy Zidonis, authors of *The Well-Connected Dog: A Guide to Canine Acupressure*, and *Acu-Cat: A Guide to Feline Acupressure* will teach the class. They teach animal acupressure worldwide and have also co-authored *Equine Acupressure: A Working Manual Acupressure*. Nancy Zidonis is a founding board member of the International Associate of Animal Therapy and Healing (IAATH).

The fee for the 2-day training course is \$250.00

For Registration And More Information: Tallgrass Animal Acupressure 888-841-7211/www.animalacupressure.com, and acupressure4all@earthlink.net To contact your local host, Ronni Yaskin, 302-529-7882, vaskinworld@dea.net



From the Kitchen

If you have a favorite recipe for treats for you pet please share them with us. Here are a few snacks we have come across:

Horse or Dog Treats

Oliver's Cookies

3c corn meal	3c oatmeal or granola	2c wheat bran (NOT cereal!)
1/2c flour	1 c sugar	1/4c wheat germ
8 oz molasses	2 big handfuls of grain	1t salt
Bit of vegetable oil		

Mix all ingredients - should be firm like cookie dough. Add oil and molasses to adjust texture. Form into balls and bake until hard. About 1/2 hour @ 350.

Low fat: use egg whites and water for oil and use Lowfat granola

More fat to gain weight: add peanut butter.

Experiment. It is a very forgiving recipe. The more sugar and molasses, the less they notice the burnt parts!

{Thanks Sharon Small}

Dog Treats

Stuart's Cookies

1 1/2c flour	3/4c oatmeal	1/4c honey crunch wheat germ
1/4c peanut butter	1/4c salad oil	1/4c honey
1t baking powder		

In a large bowl, with mixer at low speed, mix 1c flour with remaining ingredients and 1/2c water until well blended. Still in remaining 1/2c flour with a wooden spoon.

With floured hands on well-floured surface, knead dough until dough holds together. Roll dough to 1/4" thickness. With person or cat or squirrel cookie cutter, cut as many as possible. Bake on large, ungreased cookie sheet @ 350 for 20 minutes. Turn off oven and let cookies remain in over for one hour longer to harden up a bit. Makes approx. 20 medium cookies. (For softer cookies leave in oven for less time)

{Kathie Schroeder}

Cat Treats

Mikey's Mackerels (Yield: 1 servings)

1/2 c canned mackerel, drained	1 c Whole-grain bread crumbs	1 tb Vegetable oil
1 ea Egg, beaten	1/2 ts Brewer's yeast, optional	

Preheat oven to 350 degrees. In a medium-sized bowl, mash the mackerel with a fork into tiny pieces. Combine it with the remaining ingredients and mix well. Drop mixture by 1/4 teaspoonfuls onto greased cookie sheet. Bake for 8 minutes. Cool to room temperature and store in an airtight container in the refrigerator.

{From "Cat Nips!" by Rick and Martha Reynolds (\$ 8.95; Berkley)}



First Aid and Home Remedies for pets:

Signs of Cushing's syndrome.

(If your dog shows the following signs check with your vet to make sure your dog is okay. Cushing Syndrome can be treated.)

- Constant panting and shortness of breath
- Infertility
- Lethargy
- Depression or odd behavior
- Decreased interaction with owner
- Seeking out cool surfaces to lie on
- Irregular sleep/wake pattern such as sleeping during day and waking at night
- Excessive water intake
- Increased or frequent urination
- Diarrhea
- Increased or ravenous appetite/obesity

- Vomiting
- Thinning hair and lack of new hair growth on the trunk
- Skull-like appearance of the head
- Blackheads and darkening of the skin, especially on the abdomen
- Chronic or frequent infections
- Enlarged, distended abdomen
- Extreme muscle stiffness
- Muscle weakness in the back legs
- Diabetes mellitus may develop, often resistant to insulin
- Seizures

Most often affects:

Beagles, Boston Terriers, Boxers, Dachshunds, Miniature and Toy Poodles, German Shepherds, Golden Retrievers, Yorkshire Terriers

De-Skunking formula:

Just in case you missed this in our last issue, we reprinted it for the spring!!

Does your pet head the Welcome Wagon committee to greet skunks returning from their hibernation time? Has the skunk objected?

Mix 1-quart hydrogen peroxide (3% USP), 1/4 cup baking soda and 1-teaspoon dish detergent. Work it through the hair coat and rinse well. Users claim it works!

Garden Dangers:

Plants that affect your dog's heart:

Lily of the valley, oleander, rhododendron, azalea, rosebay, yew, foxglove, kalanchoe species, mountain and sierra laurel, lambkill, calico bush, dog hobble, dog laurel, fetter bush, male berry, stagger bush, pernettya species.

Plants that can cause kidney failure:

Rhubarb (leaves only)

Plants that can cause liver failure:

Sago palm, Amanita phalloides mushroom

Plant that can cause multiple ill effects:

Crocus, castor bean, mushrooms

For more complete list visit ASPCA websites at **www.aspca.org** and Humane Society of the US at **www.hsus.org**.



OF GENERAL INTEREST

I sometimes forget that not all the readers of my newsletter are clients and that we have added new services as this business evolves. Listed below is a brief description of the services we now offer.

Consultations - \$25.00/15 min.

These consultations are all done over the telephone. I can help many more animals in a shorter amount of time this way. It is also less distracting for the animal to be in his own home environment.

Tape recording - \$5.00/tape

A tape recording of your consultation is entirely optional. If you decide you don't want the tape after having your consultation recorded, you just don't send the extra \$5.00.

Workshops - \$85.00 and up

The workshop fees can vary because of travel costs, space rental, and lunches provided.

Lectures - Mileage fee

Sponsors of the lecture may charge admission as a fundraising event. I do require reimbursement for travel expenses.

Books & Video tape- see below + \$2.00 to ship item & PA tax for PA residents.

- ❖ Anita's books: 'Animal Wisdom: Communications with Animals' and 'How to Hear the Animals' (kit) have been combined into one book: 'Animal Wisdom: How to Hear the Animals' \$15.95 (Meditation Tape \$2.00)

- ❖ The Psychic Connection \$15.00

A video of interviews with animal communicators featuring Anita Curtis, Carol Gurney, Lydia Hiby, Beatrice Lydecker, Penelope Smith, and Teresa Wagner.

- ❖ Flower Essences - \$10.00 + \$3.00 shipping.

If you are unable to find flower essences in your area we are able to provide these for you. They can be mixed to suit your needs. You might be interested in a line of flower essences carried by Equilite that are designed especially for either small animals or horses. Call 800 942 LITE for more information.

- ❖ Gift Certificates - variable

We can provide gift certificates for consultations (w/wo tape), workshops, books, flower essences, virtually any service we provide.



PHOTOS, PHOTOS, PHOTOS

Anita receives many photos from clients of their animal friends and we would like to share them with you. Starting with this newsletter we would like to ask you to send us cute photos of your animal friends.

Unfortunately we can't guarantee that your photo will be printed. But if we do use your photo we will send you a \$5.00 Gift coupon good towards a discount off of any of Anita's services or products. Please don't send any original photos to insure that we don't lose your only copy. We can't take that kind of guilt!!!! If you would like the photo returned, please send a self-addressed envelope and we will do our best to return it to you.

Please label the picture with your name, the name of your animal friend or friends in the picture, and any caption you would like printed.



Lectures and workshops 2002:

We are still looking for hosts and hostess for the upcoming year, if you are interested in holding a workshop and/or lecture please contact us and let us know. The Schedule for the 2002 year will be posted in the Spring 2002 Newsletter (or maybe sooner ☺).

Look for upcoming information on a "swim with the Dolphins" workshop next year.

Lectures and Workshops Scheduled to date:

April 6-7, 2002

Level 1 & 2

Oxford, PA

April 20-21, 2002

Level 1 & 2

Framingham, PA

May 4-5, 2002	Level 1 & 2	Bowie, MD
May 19	Level 1	Carlisle, PA
June 1-2, 2002	Level 1 & 2	Export, PA (Pittsburgh Area)
June 22-23, 2002	Level 1 & 2	Trevoise, PA
August 31, September 1	Level 1 & 2	Dover, PA
September 28, 29	Level 1 & 2	Stockertown, PA
Schedule as of 3/8/02		

*****For more details and Registration information contact the office at 610-327-3820



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