



ANIMAL CHANNEL NEWSLETTER

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Winter 2002/2003 Newsletter

Seasons Greetings

Hi everyone,

By the time you read this newsletter the holidays will be over. I tell Elena Smith what I would like in the newsletter, she writes it, and then I check through it to see if I can find any mistakes to correct. There aren't many. Elena does a great job!

I asked her to get this issue out early in December and she put other chores aside and did just that. However, I didn't follow through and get it to you. The holidays were depressing to me and I hid from all responsibility. Christmas is over and the New Year just a couple of days away as I write this. I had hoped if I ignored them they would just go away. As I celebrated my special pity party I knew there would be no magic in my life.

Wrong.

I can see part of my horse pasture from my bedroom window. The ground slopes down and a line of trees pass through. There is more field on the other side. The leaves are off the trees now, and snow is on the ground. Jean was in my office today talking to me and caught sight of some movement in the trees and in the snowy field behind them. She said, "Deer!" and we both rushed to the window to watch.

There were about six or eight deer playing tag. They raced around and around, leaping, kicking, and having a blast. They seemed to be going in all directions at once at top speed. There were all ages and sizes. We stood at the window for at least ten minutes in awe of the show and grateful to be witness to it.

I was able to do my stable chores with a lighter heart than I've had for weeks, and then look forward to working on this newsletter.

I woke up at 4 a.m. and had a problem getting back to sleep - very unusual for me. I decided to put the mental picture of the deer playing into the VCR of my mind and drift back to sleep while I watched. I relived the scenes of the deer and then the images changed. I saw the magnificent male cardinal sitting on a snowy branch the other day. I noticed it then but just thought, "How pretty," on my way past the window. I did not stop to soak up the sheer beauty. The next item on the mental tape was the feeling of energy I had earlier when I had lunch with friends. I had a chance to savor the feelings of being with good friends instead of feeling in the dumps. The next picture was of my son and I giggling over a silly commercial, and the love and friendship I feel when I'm with him. Then I heard stirring music from a tape I had listened to recently.

The last vision was seeing myself working and hearing the words and messages of the animals. What a wonderful gift I have been given to be able to help those who need it. I am truly blessed.

I don't just wish you happy holidays - I wish you magic.

I've been busy since the last newsletter. I had the opportunity to fly to Eugene, Oregon in October and speak at the American Holistic Veterinary Conference. What a wonderful experience that was! I met some incredible people, and was delighted at the turnout for my talk. It is so rewarding to know that there are veterinarians interested in the subject of animal communications. There were too many years that communications were a taboo subject for us to bring up at the vets.

About eight or nine years ago Susan Ajamian's horse, Ritchie, told us that animal communications would be commonplace in about ten years. It looks like he was right!

I flew out to the conference with Stacey Small of Equilite. I took Equilite's pet essence, Mellow Out Blend before we got on the plane, as I don't like to fly. It worked well and Stacey and I had an uneventful trip out. 'Uneventful' is my favorite way to travel. Stacey and I have been working on other blends of herbs and flower essences for the animals (and me, if I need them) and have a few bottled and ready to go. *Panic Attack* for separation anxieties is ready, and *At Your Service* for animals that give service such as therapy animals, guide dogs, and service dogs who need a boost. It is also for school horses who are going through some burn-out.

We designed *Sibling Rivalry* for animals, litter-mates or not, who are not getting along, or are fighting for a lead position in the household. There are more to come in the near future: a blend for an animal or person who is experiencing the loss of a companion, a blend for animals who are disturbed by spirits, and a blend for animals who have to stay in a kennel. We are working on a blend for wild animals in captivity, including birds in cages, and a few others. See [HTTP://www.Equilite.com](http://www.Equilite.com) for more information.

This work has been exciting, complicating, and spiritually rewarding for both of us. It is also exhausting at times, but we feel that the good that will come of it is worth it.

The workshop schedule is on page 10 of this newsletter. I look forward to meeting some of you there.

A Second Chance to Say Goodbye, the book that Marianne Michaels and I co-authored is out now and we have had some positive feedback from it. Many thanks. It can be ordered from my website or a call to the office.

Enjoy the newsletter and please keep in touch.

Anita



VETERINARY CARE

BREAD DOUGH A NO-NO FOR DOGS AND CATS

As the holidays descend upon us, there'll be many cooks in the kitchen--but don't spoil your pet by giving him bread dough. According to Jill A. Richardson, DVM, of the ASPCA Animal Poison Control Center (APCC), when bread dough is ingested, an animal's body heat causes the dough to rise in the stomach. As alcohol is produced during the rising process, the dough expands. Pets who've eaten bread dough may experience abdominal pain, bloat, vomiting, disorientation and depression.

"We once had a case in which a Labrador retriever ate several rolls that the owner had placed on the oven to rise," Richardson recalls. "The owner didn't think much of this, and was just upset that the dog ate part of the holiday feast. But a few hours later, the owner noticed that the dog looked very lethargic. He was resistant to move, uncoordinated and was retching."

As the dog's symptoms worsened, his owner brought him to an emergency clinic, which contacted the APCC. Unfortunately, the dog's stomach was so severely distended by this time that the only option was to surgically

remove the dough; he was also treated for alcohol toxicosis, caused by the fermentation of the dough. The canine was kept at the clinic for the weekend and fortunately recovered completely.

Although the Labrador had ingested quite a bit of dough, an animal needs to eat only a small amount to cause a problem, because bread dough can rise to many times its size. Please take care not to let Fluffy or Fido in the kitchen unsupervised when you're baking this holiday season--especially if you've got a professional chowhound who's always on the lookout for some grub.

CANINE/FELINE HEALTH ALERT: HOLD THE ONIONS, PLEASE!

Raw, dehydrated, cooked, or powdered -- onions in any form can be dangerous to your dog or cat, say veterinarians at the ASPCA Animal Poison Control Center (APCC). Should your pet partake of a toxic dose, thiosulphate in the onions can cause hemolytic anemia, in which the red blood cells are spliced and unable to supply enough oxygen. The minimum toxic dose will vary, depending on the animal's size and sensitivity and the amount and type of onion ingested, but initial signs of poisoning include vomiting, nausea and diarrhea, progressing to lethargy, weakness and difficulty breathing. Says the APCC's Dr. Jill A. Richardson; "Often the pet owner realizes there is a problem when the damaged red blood cells are eliminated in the pet's urine, which becomes a bright red color."

Poisoning can occur with repeated ingestion of small amounts of onion or with a single ingestion, as was the case with two collie mixes from Philadelphia. The dogs ate some fried onions out of the trashcan on a Friday. "By Sunday, the dogs' urine was red--from the free hemoglobin released from ruptured red blood cells," reports Richardson. "At that time the owner brought them into an emergency clinic, thinking the dogs had urinary tract infections."

Upon examination and discussion, exposure to onions was confirmed. The clinic's veterinary staff contacted the APCC for treatment solutions. Says Richardson, "Our recommendations included administering fluids to protect the kidneys, a blood transfusion and aggressive nursing care." The dogs responded well and were released later in the week.

What should you do if you think your animal companion has accidentally eaten onions? Contact your veterinarian or the APCC's animal emergency hotline at (888) 4-ANI -HELP for decontamination help.

HEALTH TIPS TO HELP MAKE THE SEASON BRIGHT FOR PETS

"We see an increased number of calls related to pet poisoning during the time between Thanksgiving and New Year's," says Dr. Steven Hansen, DVM, director of the ASPCA Animal Poison Control Center (APCC). Here's one holiday list you can check twice to help keep the furry members of your family happy and healthy:

Season's eatings shouldn't include holiday greenery such as holly, mistletoe, lilies and amaryllis. While commonly used to deck the halls, they can make your pet sick if ingested.

Look before you light. Lit candles produce fumes that can be harmful to birds if inhaled. And don't forget, your pet's wagging tail can easily knock over a burning candle. Liquid potpourri is also dangerous to pets, who could ingest it from decorative bowls and simmering pots.

Whoa, Christmas tree! Their branches definitely delight pets, who've been known to chew on them and whatever decorations may be hanging from them. Place small, breakable ornaments up high, and keep tinsel and garland out of your pet's reach, as these can get caught in his throat. And make sure that pine needles, which can be toxic, don't get eaten.

Keep batteries loose and in packages away from pets. They contain corrosives that can cause ulceration in your animal companion's mouth, tongue and gastrointestinal tract if bitten or swallowed.

Shy animals can get stressed with the hustle and bustle of holiday guests, so make sure there's a quiet room to which your pets can retreat.

If you suspect your pet has gotten into a potentially poisonous substance, call your veterinarian or the APCC's emergency hotline, 1-888-4-ANI-HELP, for round-the-clock telephone assistance. For more information on poison prevention, visit APCC online.



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

Slyder Roche
Ruffer Brown
Holly Hawkins
Sasha Symonds
Missy Aumick
Rim Alderson
Whitey Behr
Missy Aumick
Jesse Arms

Lou Schachter
Don King Reed
Lou Schachter
Lacy Anderson
Ganesh Mathna
Natasha Luna Ford
Fluff Deuchawn
Lad Hurley
Comet Schaffer

Buster Morgan
Kave Green
Buffy Sweigert
Sweet Cassia Cohen
Shadow Remenick
Amber Clark
Storm I sabelle
Tucker Vidovich

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.



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.

Kitra Boardman now Luna
Star White now Star White Iorio
Abby Barker back as Tess



Try this home remedy to get wax out of your pet's ears.

Combine 1/8 teaspoon lavender essential oil, 3/4 cup witch hazel extract, 1 tablespoon powdered boric acid and 1/4 cup aloe vera juice. Wet the ear canal with the mixture and massage the ear base. Remove the excess liquid with a cotton ball. Stand back while your pet shakes. Clean both ears every other week or as needed when wax builds up.



Breed Rescue and Adoption site

Looking for a specific breed? Want to give an abandoned, homeless, abused animal a loving home? Here's a comprehensive list of breed rescue organizations that are dedicated to finding the best possible homes for such purebred dogs as well as a list of pets (dogs, cats, ferrets, and other exotics) up for adoption.

<http://www.creatures.com/USBR.html>



Veterinary Medicine info site

Here is a site where you will find information on all aspects of veterinary medicine. You can learn about disease conditions for dogs, cats, and exotics. Find out about animal behavior, parasites, drugs, pregnancy and birth, nutrition, vaccination protocols and even how to become a vet. There are forums, live chats, pools, free postcards, pet photos, free newsletters and more. Plus you can get online advice, one-on-one, from a real expert.

<http://www.vetmedicine.about.com>



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:

Fido's Favorite Treats

- | | |
|-----------------------------|---|
| 1 Cup uncooked Oatmeal | 1 Tblsp. Bouillon Granules (Any Flavor) |
| 3/4 Cup Powdered Milk | 1 Egg |
| 1/3 Cup Butter or Margarine | 1/2 Cup Hot Water |
| 3/4 Cup Cornmeal | 3 Cups Whole Wheat Flour |
- Egg Wash – 1 Beaten with 1 tbsp. Water.

In large bowl pour hot water over oatmeal, margarine, and bouillon granules: let stand 5 minutes. Stir in powdered milk, cornmeal and egg. Add flour, ½ cup at a time, mixing well after each addition. Knead 3 to 4 minutes, adding more flour if necessary to make very stiff dough. Pat or roll to ½-inch thickness. Cut into bone shapes and placed on a greased baking sheet. Brush with egg wash. Bake in a 325-degree oven for 50 minutes. Turn off the oven and allow to dry until hard. Store airtight.

Cheesy Treats

1 Cup rolled Oats	1/3 Cup Butter or Margarine
1 Cup Water	¾ Cup Cornmeal
1 Tablespoon Sugar	1 tsp. Beef Bouillon Granules
½ cup Milk	4 Oz. Cheddar Cheese, Shredded
1 Egg, Beaten	3 Cups Whole Wheat Flour

Boil water. Combine oats, butter, and water. Let stand ten minutes. Stir in cornmeal, sugar, bouillon, milk, cheese and egg. Mix well then add flour, one cup at a time. On floured surface, knead in remaining flour until dough is smooth and no longer sticky. Roll dough to ½ in. thickness. Cut with a cookie cutter and place on greased cookie sheets. Bake at 325 degrees for 35 to 45 minutes or until golden brown. Cool and store airtight.

LOW CALORIE TREATS

Why not some veggies? Carrots, broccoli, cauliflower and beans are great snacks for any pet especially overweight pets and those on restricted diets – yes even allergy-prone pets. Feed raw (best for the teeth) or cooked. Just stay away from onions!



HOW MANY DOGS DOES IT TAKE TO CHANGE A LIGHT BULB?

GOLDEN RETRIEVER: The sun is shining, the day is young, we've got our whole lives ahead of us, and you're inside worrying about a stupid burned out bulb?

BORDER COLLIE: Just one. And then I'll replace any wiring that's not up to code.

DACHSHUND: You know I can't reach that stupid lamp!

ROTTWEILER: Make me!!

LAB: Oh, me, me!!!! Pleeeeeze let me change the light bulb! Can I? Can I? Huh? Huh? Huh? Can I?

GERMAN SHEPHERD: I'll change it as soon as I've led these people from the dark, Check to make sure I haven't missed any, and make just one more perimeter patrol to see that no one has tried to take advantage of the situation.

TIBETAN TERRIER: Let the Border Collie do it. You can feed me while he's busy.

JACK RUSSELL TERRIER: I'll just pop it in while I'm bouncing off the walls and furniture.

POODLE: I'll just blow in the Border Collie's ear and he'll do it. By the time he finishes rewiring the house, my nails will be dry.

COCKER SPANIEL: Why change it? I can still pee on the carpet in the dark.

DOBERMAN: While it's dark, I'm going to sleep on the couch.

BOXER: Who cares? I can still play with my squeaky toys in the dark.....

CHI HUAHUA: Yo quiero Taco Bulb.

IRISH WOLFHOUND: Can somebody else do it? I've got this hangover.....

POINTER: I see it, there it is, there it is, right there....

GREYHOUND: It isn't moving. Who cares?

AUSTRALIAN SHEPHERD: First, I'll put all the light bulbs in a little circle...

OLD ENGLISH SHEEP DOG: Light bulb? I'm sorry, but I don't see a light bulb?

HOUND DOG: ZZZZZZZzzzzzz.z.z.z..z..z...z

DALMATIAN: I'm too stupid, let Mojo do it.

CAT: Dogs do not change light bulbs. People change light bulbs. So, the question is: How long will it be before I can expect light?

ALL OF WHICH PROVES, ONCE AGAIN, THAT WHILE DOGS HAVE MASTERS, CATS HAVE SERVANTS.

Become a Better Horseman

Top Ten Exercises to Become a Better Horseman...

10.) Drop a heavy steel object on your foot. Don't pick it up right away. Shout, "Get Off, Stupid! GET OFF!"

9.) Leap out of a moving vehicle and practice "relaxing into the fall." Roll lithely into a ball and spring to your feet.

8.) Learn to grab your checkbook out of your purse and write out a \$200 check without even looking down.

7.) Jog long distances carrying a halter and a carrot. Go ahead and tell the neighbors what you are doing; they might as well know now.

6.) Affix a pair of reins to a moving freight train and practice pulling to a halt. Smile as if you are having fun.

5.) Hone your fibbing skills: " See, Hon. Moving hay bales is FUN!" and, "No, really, I'm glad your lucky performance and multi-million dollar horse won the blue ribbon. I am just thankful that my hard work and actual ability won me second place"

4.) Practice dialing your chiropractor's number with both arms paralyzed to the shoulder and one foot anchoring the lead rope of a frisky horse.

3.) Borrow the U.S. Army's slogan: Be All That You Can Be: bitten, thrown, kicked, slimed, trampled, frozen...

2.) Lie face down in a puddle of mud in your most expensive clothes and repeat to yourself, " this is a learning experience, this is a learning experience, this is..."

❖) THE NUMBER ONE EXERCISE TO BECOME A BETTER EQUESTRIAN: Marry money

CAT LAWS:

LAW OF CAT INERTIA - A cat at rest will tend to remain at rest, unless acted upon by some outside force, such as the opening of cat food, or a nearby scurrying mouse.

LAW OF CAT MOTION - A cat will move in a straight line, unless there is a really good reason to change direction.

FIRST LAW OF CAT ENERGY CONSERVATION - Cats know that energy can neither be created nor destroyed and will, therefore, use as little energy as possible.

LAW OF BAG/BOX OCCUPANCY - All bags and boxes in a given room must contain a cat within the earliest possible nanosecond.

LAW OF FURNITURE REPLACEMENT - A cat's desire to scratch furniture is directly proportional to the cost of the furniture.

LAW OF CAT COMPOSITION - A cat is composed of Matter + Anti-matter + It Doesn't Matter.

LAW OF CAT OBEDIENCE - As yet undiscovered.



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* \$18.00

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, or visit WWW>Equilite.com

❖ 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.



Woofit and Chi

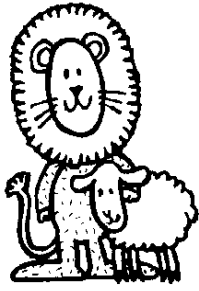


Gandolf heading for a win



WORKSHOP SCHEDULE

DATE	LECTURE/WORKSHOP	LOCATION
March 14, 15, 16	Lecture, Level I, Level II	Tryon, NC
March 29, 30	Level I, Level II	Chambersburg, PA
May 3, 4	Level I, Level II	Locust Grove, VA
May 24, 25	Level I, Level II	Wayne, PA
June 6, 7, 8	Lecture, Level I, Level II	Lancaster, PA
June 21, 22	Level I, Level II	Oxford, PA
July 12, 13	Level I, Level II	Bowie, MD
July 26, 27	Level I, Level II	Sun Prairie, WI
August 16, 17	Level I, Level II	Shillington, PA
August 30, 31	Level I, Level II	Dover, PA
September 13, 14	Level I, Level II	Haymarket, VA
September 27, 28	Level I, Level II	Stockertown, PA
October 18, 19	Level I, Level II	Sebastian, FL
November 1, 2	Level I, Level II	Harrisburg, PA



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Best Friends by Maureen



Pet Portrait Drawings
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