

KIBBLES & BITS

THE NEWSLETTER OF SPRING FARM CARES

December 2007

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ATTENTION!!

This Kibbles and Bits will be different than others. While getting ready to put some sort of year-end newsletter together, Dawn asked the animals if they had anything they wanted to add. Amber, the donkey, checked in first, exclaiming, "Do we have anything to add!?? You should just let us write it from our perspective. Instead of writing about us, why don't you let us write about you!?"

So, we humans are stepping back and will let the animals of Spring Farm CARES tell you what they want to say about their life here at the farm, their year in review, and their hopes for the future. Bonnie, Dawn, Margot, and the entire staff, wish you all the best for the Holiday Season and for the year ahead.

FROM THE CHIEF WRITER

I am Amber donkey. I am not the only donkey on the farm but I'm the only one old enough to remember the great flood. That is donkey humor, although I am over 40 years old. I am the official greeter for the farm and I generally have lots to say and a good strong voice to say it with. The humans tell me that I can be heard about 100 acres away, deep into our Nature Sanctuary. This is good.

I'm not going to be in charge of writing the whole newsletter but I will gather up the rest of the crew, large and small, and we will share with you a bit about what our life is like at Spring Farm CARES. If you haven't been here yet, you really must come. And we all love



In Memory of Gulliver, who we called the Great Eyes. He still watches over all of us, and the humans too.

"From the moment I came into this body, to the day I went from this body back into Spirit, my journey has been full. I leave with many memories and leave many memories behind. My life was one that was lived. My teaching passed along securely. My heart fulfilled.

Mine was a life lived and a mission completed."

--- Gulliver

to have our friends we have met in the past, return for other visits. Many people ask what it is they could bring to the farm when they come. The answer, I think, is quite simple. Carrots for the old donkey! Okay, I will share with the others too.

All you really need to bring is an open heart. We will do the rest.

We animals dedicate this issue to.....

Gulliver, llama, who passed into spirit in August 2007. He was our spiritual leader and we miss him greatly, yet still feel him around the farm. He helped bring many people to the farm and taught all of us how to recognize the humans we are to work with at Dawn's workshops and how best to work with them. We all learned a lot. There are others who passed this year as well and we will share a bit about them in this issue.

But we also dedicate this to the humans who started this farm, maintain this farm, and work with us and for us every day. We can tell you that they never stop moving. But they also never stop believing in us and in their connection to us. They would have never said this for themselves, so now we can. It is through support of people like you that we can continue to help open the human heart and help them find themselves. That is what this farm is about. That is what we do here. We open hearts. We also eat, and, for that, we do need your help.



Amber Donkey

Our Year in Review

This has been a year with lots of changes. We turn our attention to the ones we have lost this year. Not out of sadness, but out of respect and love for who they are and what they brought here with them when they lived here on this farm.

In the barn, we lost Lucinda, our most favorite goose lady. She was quite the lady and had a real sense of what the farm stood for. She would often sit in the morning, watch the sun rise high in the sky, and tell us that she could feel all the energy of the farm circulating around her. Some of the ducks stayed with her to learn from her how to properly ground the energy of the farm.

Of course, we felt a major loss when Gulliver passed over. He was a king among us in the barn. We all relied on him for news of the world and how to help humans find themselves again. He was a true loving friend to all on the farm. Through his passing, he left a lot of gifts on the farm. He loved the animal communication workshops and worked with Dawn a lot to transform her workshops, which she did this year. He was very proud of what she did and he told us all to help support her in her work, which we all do.

Then we lost our horse friend Viking. He was a most generous and kind soul. He hadn't been here for long in Spring Farm years but he was family to us. He was 30 years old and he knew a lot about a lot of things. Mostly he will be remembered by us for how kind he was.

They lost a lot of friends among the small animals this year as well. There was great sadness when several of the dogs died this year. They were all special. Some of them were very old. I know that I particularly miss Boots and Rosie. They used to bark at us when we were grazing on the hillside behind their rooms. Boots was a Border Collie mix who lived life just the way he wanted it. He came to the farm

when he was just 18 years old and started his life over again with all of us. He was quite a character. He was 20 years old when he passed into spirit. Very sadly, Rosie, who had lived with him in the same room, missed him greatly. She was no spring chicken (that's another donkey joke) herself. Rosie, a German Shepherd mix, was also 20 years old when she passed just 3 months later. She was the queen of all the dogs and they all miss her.

Down at the office, in the farm house, they lost two dogs. Zena, another Border Collie mix, who was the farm's chief of security, and Snuffy, who was a very loud Beagle. Now there was a dog that was so much like a donkey that it was incredible. I think she could be heard 100 acres away too when she brayed in the yard.

There were also many special cats that passed this year. Two of the most famous were Elvis, who was one of two remaining cats from before the 1993 fire, and Snuggles, aka Ooples, who taught many people a great lesson about forgiveness. Dawn teaches about him all the time in her workshops and many people knew about him.

Death is as much a part of this farm as Life is. One thing that we love about living here is that our lives and deaths are recognized for what they are to each of us. It is great for all of us to know love and warmth. The humans all get very sad at times, but then they realize that the gifts we bring to each other are always ours to keep. We take with us what we learned from being here and we take with us all the wonderful memories and feelings of love and joy, while leaving with them the gifts we have to offer and the heart connections that are eternal, if only they would remember that. Life is one big circle. This farm is one of those places where we understand that that circle begins and ends in the same moment. There is no difference. No distinction from where each life begins in body and then re-enters into spirit. It is all one journey. This is what we wanted you to know about

our year. We remember our loved ones not from sadness but from joy of having known them, shared with them, and loved with them. We cherish the humans who we share it all with and for those of you who also are a part of the understanding and connection.

Of the farm in general, we are grateful this year for a crop of hay. We hear that not everyone was so lucky this year, and at least we know we will be eating through the winter. I know the dogs and cats don't appreciate that but, for us in the barn, it is big news.

Many people visited the farm this year. Lots of children came through for visits. The old donkey of course is one of the highlights! I hear tell that they visited the cats, dogs, and rabbits as well. It is a great thing that our humans do here each year, to open our doors to these young hearts who understand us for who we are. We do all our best to infuse them with the love of the earth and hope they hear and remember their connections into adulthood. We love their innocence and their joy at seeing us.

And of course there were all the wonderful workshop attendees who came and communicated with us all. This is one of the important things that we need all that hay for. We have to keep up our strength to help them hear us so that they learn to hear themselves. It's a lot for them to think about when they leave here. I hope more of you will come next year.

And, last but not least, Dawn told me I had to mention somewhere that the new website is finally up. I don't understand the internet but Dawn spent a lot of time putting this all together for us so that we could communicate to people all over the world. If you ask me, the donkeys could do that just fine without a computer. But whatever. The address is www.springfarmcares.org. I should tell you that I have things to say on there too! Check it out.

Human Crack-ups

This is my favorite part of the newsletter. They told me that they always have a column called Animal Crackers where they tell funny stories of what the animals here have done or said. So, wouldn't you say they've had this coming for some time? Now it's our turn. I've thrown this one out to all my animal friends on the entire farm. It will be tough to narrow it down but we'll try to pick just a few. I swear though, sometimes we animals all say that if we stare at them long enough, those humans almost seem to act like they understand us!

Yoda, goat, tells this story:

The Cotton-filled Sheep

One day there was a tour coming through and a woman with several children came in to see us. Dawn was with them and was showing them how to pet us. We three goats and the three sheep were all there for this brilliant moment when the adult visitor taught the children about us. She told them that sheep were the providers of cotton and now they should remember when they wear cotton what it came from. We watched Dawn fidget around, trying to find a way to break the news about the difference between a sheep and a plant. When she did tell them that sheep actually had wool and not cotton, the adult visitor let Dawn know she was wrong. We all laughed about that. But I'm enjoying my life with the three amazing cotton-covered sheep I live with.



Size 5, a cat in the office, tells this story:

A Day in the Life of an Office Assistant

I can tell you an awful lot about humans. Many days, I help Claire in the Happy Hearth Spay/Neuter Office. I don't know how she does it some days. The calls can be endless and the people can be very interesting. One day I got caught snoozing after a particularly difficult morning on the phone. Just once this happens to me and what do they do but run and get the camera as if they needed more evidence. A girl can't even catch a nap around here with any privacy. If you do call the Spay/Neuter office for help, please be nice to the humans in our office. They work very hard trying to help many animals. I can tell you first-hand just how tiring it is.



Realistic Duck Statuary

from Karl, Muscovy Duck

One day I was out in the driveway sunning myself. I had just settled in for a good nap, head under wing, when a car came up the driveway. Now, I am used to cars in the driveway and quite frankly they are a nuisance. But this time, I was well out of the way, so I continued napping. The car stopped and a woman got out and walked up to me. Just then Dawn came out the front gate of the barn. The woman was inches away from my face when she yelled over to Dawn, "This is one of the most realistic duck statues I have ever seen!" Annoyed beyond belief, I took my head out from under my wing to look at her, when all of a sudden she let out a shriek, ran back to her car, and drove away. She never came back. No one knows who she was. People are really interesting.



2008 WORKSHOPS WITH DAWN HAYMAN

Come join Dawn and the animal teachers of Spring Farm CARES on this exciting new path into opening our heart connections to this incredibly beautiful world around us.

AWAKENING THE HEART

During the more than 20 years that Dawn has been communicating with animals and helping others to learn how to hear their own animals, she has done over 15,000 consultations and had conversations with over 35,000 animals both alive and in spirit. Through the course of these conversations, these amazing beings, many master teachers in their own right, have shared with Dawn much knowledge and wisdom of the ages. They have asked her to join with them on their mission of opening the human heart.

In this workshop, prepare to journey inward to the depth of your own heart in which lies the connection to all of life around you. The animals themselves will lead you to the very place where you find them within yourself – deep within your heart. For many of us, the deepest love and connection we have felt in our lives has been with our animals. It is because they love us unconditionally. Come and experience the world that they see and feel and want us to experience with them. Learn the clear path of communication with your own animals by learning to listen with your heart. Discover and deepen the innate connection you have with all of nature and life around you. Be a part of the reawakening and healing of the planet by walking with an open heart.

The human race has been asleep for a very long time. It is time to wake up. The alarm has gone off. We can keep hitting the snooze button or we can get up and face the new day before us and be a part of it. The animals understand living from the heart and staying focused in the present moment. They are completely skilled in living with unconditional love and without judgment. We often feel most in touch with who we are when we are spending time with them. Who better to ask how best to get in touch with our own hearts, than those who we so freely let in there, and who know our hearts best. As one amazing dog explained to Dawn: “When mankind shifted from a heart based understanding to one of mental knowledge and acuity, the focus shifted from love to fear. Love does not conquer the minds of men nor beasts. Love lives within the heart. But fear conquers all logic and blocks all access to the heart. As fear began to become deeply entrenched into the human psyche, love began to recede and be redefined. Love was no longer of the heart and evidenced by feelings, but instead became almost a legend of prose and lyric. The peace and stillness of the heart was then replaced by the business and control of the mind. The darkness of the mind befell mankind and entrenched itself in solid form. The very trees and rocks of the earth went deep within their own hearts and contained their knowledge in seeds within, knowing one day that the light would return for the seeds to sprout and grow once again. That time has come. Those with the knowledge are being asked to step up now to deliver their light and to realign the knowledge with the knowledge within the Earth herself.”

Come be a part of the reawakening of your heart, the heart of mankind, and the healing of the Earth. Through the thousands of stories from animals alive and in spirit, from humans alive and in spirit, and from the resident animal teachers on the farm, Dawn will lead a path of discovery to the very core of who we are and why we are here. This is not a “how to” workshop, but instead it is a journey to finding your own path to your own heart, with the wisdom, love, and patience from the animals and nature around you. It is a look at life through eyes of compassion, unconditional love, without judgment, and with humor and joy for it all.

Cost: \$325, lunches included.

Dates for 2008: April 26-27, August 16-17, October 11-12

LISTENING FROM THE HEART

(Formerly the Learning To Listen Workshop)

Gulliver, a former llama resident of Spring Farm, told Dawn that he noticed that people had a hard time listening to each other as well as to the animals. He suggested that they are too busy in their heads and so cluttered with their thoughts that they aren't listening with their hearts. And he then asked her to help him do something about that. “Humans,” he said, “need to spend more time being and less time doing.”

This workshop, facilitated by Dawn, but largely taught by the animals of Spring Farm CARES, focuses on listening with an open heart. Through a series of exercises with the animals, plants, and trees, you will learn to be more aware and a part of

all of Life around you. This is an eye and heart-opening workshop which includes meditations written by the animals themselves. Dawn will draw on her unique and profound relationship with the animals of the farm and from wildlife, and the plant and tree kingdoms, to lead you on this wonderful journey.

Come share in the abundance of wisdom, joy, love, and compassion that the animals and all of nature around will share with us. You will get your own communications from the animals, plants, rocks, and trees and then all will share what we learn with the group, thus helping one another on this wondrous journey of discovery.

Cost: \$325, lunches included.

Dates for 2008: June 7-8, September 13-14

GATHERING OF HEARTS

(Formerly The Gathering Workshop)

This workshop is designed to be more of a reunion or refresher workshop for people who have taken workshops with Dawn or other Animal Communicators before.

All of us carry a unique piece or wisdom of the truth of the universe. Each one of us sees and understands things in a slightly different perspective. When those viewpoints are shared and combined, the result can be absolute magic. Join Dawn and the animals, both domestic and wild, of the farm and nature sanctuary. This workshop is about sharing our own unique insights and gifts with one another. We will spend time with the animals of the farm and nature sanctuaries, in the serene surroundings of Spring Farm, listening for the messages that are there for each of us, and then returning to the group to share from the heart of what was shared with us. This will be an opportunity for participants to experience the magic and peace of the land and all her inhabitants. Come be inspired, recharged, and re-energized while we share the bounty of wisdom, hope, joy, and oneness.

Cost: \$325, lunches included

Participants should come prepared for all sorts of weather (sun, rain, mud) as we will be spending time outside.

Dates for 2008: July 26-27

Workshops will be limited to 20 participants. For information and reservations, please call the Spring Farm CARES office, Monday-Friday, 9am-4pm, (315) 737-9339.

OTHER LECTURES, SEMINARS, AND EVENTS WITH DAWN

Saturday, February 9, 2008 NOON - Saratoga Springs - LECTURE - CABIN FEVER LUNCHEON

To be held at the Gideon Putnam Hotel in the Spa State Park. The cost is \$60 per person and the e-mail address for more information is cabinfeverinfo@gmail.com. The phone number for more information is 518-522-8106. Cabin Fever is one of the major fundraisers for Soroptimist International of Saratoga County, an organization of business and professional women whose mission is to help women and girls both locally and throughout the world.

July 2008 - Glen Highland Farm - CANINE COUNTRY CAMP - July 6-11, and 17-22. Dawn will be one of several instructors at this one-of-a-kind camp held at an amazing organization. This is a great opportunity for you and your dog. Go to www.glenhighlandfarm.com for full details and registration and for information on Glen Highland Farm Sweet Border Collie Rescue.

From the President's Desk

By Scooter

If there is anyone who is on the President's desk a lot, it is me. I am Scooter and I live with Bonnie, the President of this organization. The reason I was asked to write something by Amber is that I'm one of the only animals on the farm that can't hear her. I am deaf. Actually, I was chosen because I have a special request. Many of you have donated to Spring Farm CARES over the years and we wanted to thank you for that. I know I've made good use of the many blankets people have sent! But the humans here have a hard time asking for money. Let me explain though what your money does.

I know the humans will tell you that your money goes to care for the animals in our sanctuary, as well as for the many wonderful programs we run. But your donations go way beyond this farm. And that is what I've been chosen to talk to you about. When you give to Spring Farm CARES, you are helping an animal to do the work they came here to do. Many of us came through incredible circumstances, overcoming great odds, to arrive at the farm to give a message. Some of us teach loudly, while others of us teach in the background. You may not understand the enormity of what I'm telling you. But listen closely to this. Each penny you give goes to expanding and opening a human heart.

This is what it looks like. If you donate money for the care of the animals at our farm, then we touch lots of human lives as they come to visit. But, Spring Farm has also helped spay and neuter a lot of animals whose lives have been directly touched by your donations as well. Think of how far and wide this spreads. You don't get it yet?

Okay, let me give it to you from my heart. You know how you feel with your animals. You know that feeling in your heart when you are loved by them unconditionally. When you come home from a hard day and your

special animal friend is there waiting for you, you know that feeling that just makes it all worthwhile. Your heart is filled by the love your animals bring to you. You trust us. You let us in to your hearts. And we love you for who you are, no questions asked. You don't



have to do anything but show up and we are there for you. You know what I mean?

Now, imagine people that don't know what that feels like. Remember a time in your life when you may not have had that unconditional loving friend at your side. Your donations help animals connect with people's hearts and then magic happens. I know this is true. Give from your heart, and your gift will help open another human's heart, and most likely it will open way more than one.

You see, there is one more reason why I was asked to write this. I am a Pitbull and I am deaf. I was in horrible shape when I was picked up on the street with no hair from severe mange. I was taken in to be killed. But someone looked me in the eyes and, through my fear, they felt my heart. They called my friends here at the farm and asked if they could try to rehabilitate me and give me a chance. And you know what? They put aside their fear of Pitbulls and they put aside how ugly I looked and how bad I smelled. And they welcomed me into their homes and hearts and were a candle in a very dark night of my life. I had given up hope. And then they showed me that there was a chance I could live in warmth and love. Now, look at me. I

sleep in bed with the President! I sit at her desk. And I sometimes hear her toss and turn when she wonders how more donations will come in. I see all these people here for who they are. Because they saw through a whole lot of preconceived notions of their own, and through a whole lot of despair of my own. And, together, we healed. Many Pitbulls never get this chance. And many humans hearts would not have been touched by me either. I am a favorite of many at the farm. Because they see me for who I am. I have all my hair now. But the amazing thing I learned was that when I was at my worst, they were at their best. And now, I can give them the best I can. That is the way your animals approach life too.

But if someone like you hadn't donated to our mission, I may not be able to sit at the President's desk and talk to you now. I might be dying somewhere turned into a fighting dog, or dying in an alley somewhere cold and hungry. Or, I may have just been killed for being a lost soul with nowhere else to go and no one to take me in. Worst yet, I could have just died inside. I can tell you that our facility is always full. I see more lost souls walk in this place than you could ever know. And as soon as they walk in and feel the warmth and love that the people here offer to them freely, well, like me, they find the strength to survive and even thrive. Many of them go on to be adopted and to open hearts of children and adults and the magic that they found at Spring Farm has then spread further. Magic made possible by your help. Thank you for listening and understanding the importance of opening hearts. It is what we do. Not just at the farm. But for all animals everywhere, it is our dream and our mission. We thank you for opening your hearts and helping.

DEAR AMBER DONKEY

A HUMAN BEHAVIOR ADVICE COLUMN



Dear Amber D: Do humans really hear us? --Crazed Cat.

Dear Crazed:

This has been a question that has perplexed all animals for a very long time. We know from long-time research by dogs, that if you stare at them long enough, they do seem to get it. At least something seems to register that you are trying to tell them something. Some of them start guessing and will try feeding you, taking you outside, petting you, and even singing to you, when all you were trying to say to them is "hello."

My personal opinion is that the human brain is so large that it blocks out their hearts so they don't listen well. My advice to you is to try the staring technique and, by process of elimination, you may actually get them to do what you want.

Dear Amber D: My people sit and watch television a lot. Do you think they really understand what they are seeing? --Doubtful Dog

Dear Doubtful: There is a theory that all they actually see are squiggly lines and that they are simply responding to the sound. It should be noted however that the dazed looks on their faces and their limited brain function while doing this activity seem to indicate some sort of hypnotic trance. This may be a good opportunity for you to sit and stare at them and get your messages through. We could at least see if we can get them up off their chairs to save themselves. If that doesn't work, just stand in front of the television and look pathetic.

Dear Amber D: Do humans see colors? --Dazzling Duck

Dear Dazzling: It is fairly certain that humans see colors. However, they don't seem to feel the colors exactly the way we do. We don't know exactly what it is that they see but they do seem to react to colors for sure. The problem seems to be that they don't understand how colors affect us and the role color plays in our lives. This may just be a biological difference and nothing else.

Dear Amber D: If a tree falls in the forest and there is no human there to hear it, does it make a sound? --Baffled Bunny

Dear Baffled: For this question I will confer with forest wetland resident experts, our friends the beavers. The beavers tell me that they themselves know first hand the answer to this question. Having very acute hearing themselves, and their skill at felling trees, they are highly qualified and viewed as experts in this subject. They assure me that whether a human is in the forest or not anywhere near it, the tree for sure makes a sound. And it is not "Wahoooooo!"

Dear Amber D: Is my bucket half empty or half full? --Pessimistic Pony

Dear Pessimistic: Now this one I can answer with certainty for myself. It depends what bucket you are referring to. For me, if it is my water bucket, then it must be full to the half-way mark. If it is my food bucket, then for sure it is empty. No need to despair over this one. Just always ask for more, no matter what it is.

That is all for this issue. Thank you all for your fine submissions and remember: Human behavior is not always immediately obvious. Sometimes what they say is not what they do and what they do is not what they mean. The best method is to just watch carefully, move slowly, and don't push them too fast. Eventually, they do come around and many are even trainable.



THE GIFT OF HOPE

by the Animals of Spring Farm CARES

We animals in residence at Spring Farm have put our hearts together to reach out to you. We have put aside our differences and put together many hopes, dreams, and common beliefs. We are dogs, cats, horses, donkeys, ponies, rabbits, chickens, ducks, sheep, goats, and parrots. We are all children of this Earth, just as you are. We remember this each day, but it seems you have all forgotten. Each day we awaken, we know gratitude. We feel warmth. We feel appreciated. We feel needed. We understand that there are millions of animals out there that do not experience this same truth. Its so simple for us to feel loved, yet we never, ever, take this for granted. All of us here know the reality of the world outside of this farm.

Many of our horse friends have suffered long journeys working with people and found themselves going off to auction and to the "meat man". We've known horses, our friends, who met this fate. Some of our dog friends have come from puppy mills where they were being discarded in hideous ways. Others of our dog friends were being trained as fighting dogs when all they felt was tenderness inside and didn't understand why people wanted this of them. Many of our cat family have been turned out into the cold, defenseless and unable to survive. Many others have never known a life of being loved. Millions of animals out there suffer daily and we are aware of them. They are a part of us. But, equally a part of us, are the even greater number of humans out there who have not found the peace they are so desperately looking for within themselves. They are suffering at an even deeper level than they know. We see them come through this farm all the time. They are empty, lost, and searching. There is no greater pain to us than that of hopelessness and despair. Yet, the human heart seems to hold on to that experience and then you seem to create that experience all around you.

Your world around you is an expression of what is inside of all of you. If you come to our farm here, you will feel that instantly. We have filled our space with the hope, love, and peace that we have found. It is within us, and it flows around us. If we could give you one gift, just one, it would be that you find hope. Without hope, your world will continue to struggle and decay. It will know fear. It will know despair. But if you would only but look to hope, your world will thrive. We know this, because almost every one of us on this farm has known great despair. We have known darkness. We have known fear. Then we came here and found hope. That tiny seed then grew and became our world. You can find that too. But most of all, you can also give it to another. The gift of hope is the gift of life. Our world is your world and your world is ours too. We are all one. If we can find hope in the great darkness that we have known, then certainly you can too. What a world this would be for all. This is our hope for the future. We hope to see you join us soon. Because this world is all of ours.

Spring Farm CARES
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