

KIBBLES & BITS

THE NEWSLETTER OF SPRING FARM CARES JULY 2008

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www.springfarmcares.org

SPECIAL ENVIRONMENTAL ISSUE FROM THE ANIMALS OF SPRING FARM CARES

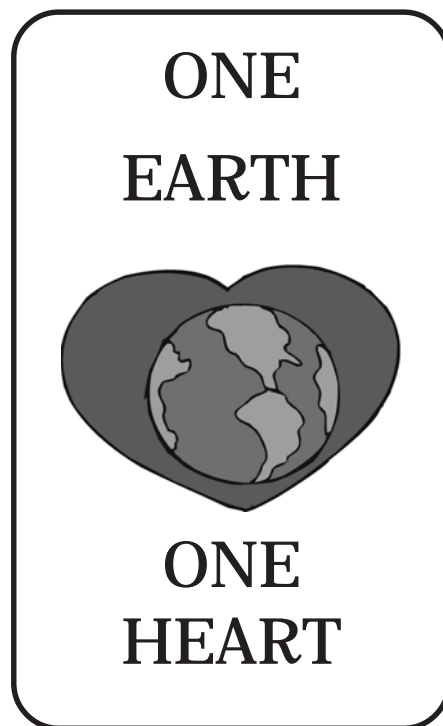
FROM THE CHIEF WRITER

My name is Viva and I am a horse who lives here at Spring Farm CARES. I am not just any horse however. I am elected by my fellow animal friends to be the chief writer for this issue of our newsletter. Now, I've never done anything like this before, so I hope it turns out ok. I am actually one of the first 3 horses to live on this farm, so I am considered one of the founders.

This issue is going to be dedicated to all the work we and our human friends are doing for the environment. Besides being an animal sanctuary, we also have a strong love for the Earth we live on. Our humans began a journey into looking for alternative ways to live here at the farm that would be beneficial to the well-being of us animals, and to our beloved planet as well.

Everyone here is doing their part to help, except the ducks. I haven't really figured out what the heck they are doing but I do know that they love this planet very much and they have told us that many things are not like they used to be. Like we really needed them to tell us this! But they tell me that the soil and water are not the same as they once were. This has direct impact on all us grass eaters for sure. So we do listen to our ducks.

By far the biggest news is that the windmills are coming! The windmills are coming! For those of you who



don't know about this, you will be very interested to read this issue. It is big news in my pasture for sure, as my friends and I will have a front row seat to all of this construction. Wind is a good thing. I know a lot about wind because I live in a pasture with three long winded mares. But the real point I'm trying to make is that the farm here is on a big hill with lots of wind flow. So why not use it! This is very exciting. This means that if the power were to go out, then the folks here could still get water to all us animals. And water is very important. I will let the humans tell you all about the technical part of all of this.

What Do you love most about the Earth?

Bella – cat – Two things. The birds and the grass. One gives me great joy in hunting and the other gives me joy while resting.

Sasha – dog – I love the sun. Although I'm blind, I love to feel the sun. I can feel how bright and beautiful it is and it warms me through and through.

Nutmeg – goat – Food. I love the earth for all the food it produces. Everything from grass to leaves.

Amber Donkey – The earth itself. I love to roll in dirt and dust. A happy donkey is a dusty donkey. You can clearly measure the happiness of a donkey by the amount of dust in its coat.

Tangene – duck – Water and bugs. I love the feel of water on my feet. And I love the taste of bugs.

Dinah – horse – I love the heartbeat of the earth. I've always felt it but the older I get the more I come to know it. It is very soothing to me.



VIVA

OUR ALTERNATIVE ENERGY PLAN

WHY ALTERNATIVE ENERGY?

Spring Farm CARES became aware of the need for an alternative energy plan back in 1998. In January of 1998, a widespread and catastrophic ice storm hit many parts of New York State. While we were not affected here at Spring Farm, we had reports from the Watertown area of extensive, long term, power outages, which resulted in the deaths of many hundreds of farm animals. Farmers who were caught without generators or back up energy sources could not get water to their animals, among many other problems they encountered. Many who had generators could not get gasoline to run them as gas stations began to shut down when they too could not pump the gas or encountered sudden shortages as new supplies of fuel could not be delivered. There also was loss of human life as people literally struggled to survive the cold without electricity. This storm made us take a hard look at our own situation and to ask several questions.

1. Could we provide for our animals to keep them alive during a similar circumstance?
2. Would we be able to continue to function as an employer to the 28 employees who not only handle the physical care of the animals but also depend on us for employment to support their families?
3. Would we be a resource to our community or would we be desperately trying to get their help to save the animals?
4. What did we need to do to plan for a catastrophic event so that we could be as self-reliant as possible?

These were difficult questions to face. The first thing that we did was to invest in generators to be able to at least run the water pump to provide water to the animals. Without electricity, we are without water, heat, refrigeration... and many aspects of our operation which the animals depend on for survival, not

Our Mission Statement

To boldly go forward in researching and implementing the best environmentally friendly methods to sustain all residents (human and animal) of Spring Farm CARES during anticipated effects of global warming and reduced availability of carbon fuels. Actively prepare to mitigate and recover from any local or regional disaster threats. Quickly act to reduce dependence on outside resources needed to conduct daily operation of the Farm as much as possible. Plan to phase these changes into effect sequentially over time as they become available and can be fit into the Farm budget. This includes being totally independent of the local electrical power grid within a maximum of ten years.

to mention us humans. This brought us some peace of mind but we also knew this was not a long term answer as we were now completely dependant on the availability of gasoline to keep the generators operating. Then there were other events that propelled us further in our planning.

September 11, 2001, changed the thinking of many people around the world, but most especially here in this country. Just how vulnerable are our most critical infrastructures? And how quickly life can suddenly change. Like everyone else, we began to realize that the world had abruptly changed on many levels. Then, August 14, 2003 another event occurred that again drove home the point to find an alternative energy source, the great blackout of 2003.

Again, Spring Farm CARES was spared the worst of it, having only lost power for a few hours. But many went without for several days. At this point, we started

seriously looking into answers to our questions.

The first step was to hire a consultant to look into not only what was available in technology, but specifically addressing the needs of Spring Farm CARES and our objectives of such a plan. We chose someone who had been involved with Disaster Recovery Planning for 28 years and was very familiar with our organization as a whole. This study and subsequent report took place for over a year.

Then in 2005, the nation watched in horror as Hurricane Katrina ravaged the Gulf Coast. One of our staff members went to help with animal rescue for over two weeks. We heard, and saw through his photographs, first hand, the absolute devastation, loss of human and animal life, and the desperation of those in need. There were not enough resources available to help. It was days before any aid could get there. Lives were lost by the hundreds for humans, and by the many thousands for animals. No, we are not in an area affected by hurricanes, but we can still be affected by so many other natural and man made disasters. And we realized fully that we can not expect our governments or local communities to be able to respond to the full need of everyone in trouble. The responsibility is ours to take care of the animals in our care, to continue to be able to support our staff who in turn support the animals, AND to be a resource to our community. Because if we could be self-reliant, then not only would we not be a drain on our community, but we could be a very valuable resource for those desperately in need. We mobilized in earnest.

The final factor in our planning involves the very real environmental changes occurring on our planet. For many, the topic of global warming is a political issue. We believe strongly that this is not political at all but is a

moral and ethical issue and one that must be faced and addressed immediately. We feel that we have a responsibility not only to care for the animals in our trust, but to do so in a way that helps the environment, or at the very least, minimizes our impact on this planet. We began to ask ourselves, how big is the footprint that we as an organization and as individuals are leaving on this planet. We only have one planet. The science is irrefutable that changes are occurring. And the evidence is overwhelming that we absolutely can change it and turn it around for the better, but we must do so now. This became the second part of our objective.

Phase One

REDUCING OUR OWN ENERGY CONSUMPTION

Before we could do anything else, it was very obvious to us that our first step had to be to reduce our own energy consumption. A look at our energy usage showed that for us to be self-sustaining and off the grid, we would need to cut our energy usage by a whopping 50-60%. At first glance we thought that impossible. What could we give up? We were only using what we absolutely needed already, right? We all think that. And we, like many of you, immediately think that we can't do without certain things. Then we picture ourselves living in a shack without electricity and starving to death. We have become a society based on abundance and we have forgotten what is a necessity and what is a convenience. But in one year, our results are utterly amazing to us. We have already cut 40-60% off of our energy usage, depending on the season and circumstances. And we still have many things yet to implement. Here are some of the steps we took:

Step One: Attitude: Before we changed anything else we had to change our attitudes. We had to realize that each step we took was for the good of our environment and the planet. It really wasn't that hard, especially when we began to see immediate results. We got our staff involved and made it a challenge to

see which work areas could cut the most off their energy usage. At first they all grumbled just like we did, but then they all became a part of the solution and it showed.

Step Two: Turn things off: This one is so easy that it is actually painless and just takes a little training. We began simply by turning lights off that were not needed or in use. Then we added the step of putting all electronics on power strips. This included, televisions, computers, VCR/DVD players, printers, copy machines and anything that could be off all night. All of the above mentioned constantly draw power EVEN when they are turned off! When anyone left their office area for more than 30 minutes, they turned their power strip off. Yes, its a hassle firing it all up again when they returned, but it saved quite a bit of energy.

Step Three: Replace Inefficient Appliances: This is obviously a more expensive endeavor and one which is ongoing as we replace equipment when needed. Although one of the first changes was to immediately replace all of our refrigerators. Refrigerators and freezers eat up a LOT of energy. Because we were going to switch over to alternative energy, the refrigerators had to be addressed in Phase One. We replaced 6 refrigerators and a small freezer in total for the whole property. We changed to Sun Frost energy efficient refrigerators which are made to run on alternative energy systems. Just doing that made an immediate, appreciable difference in our electric usage. When it came time to purchase a new washer (which we have to do about every 3 years here) we purchased an energy saving low water usage machine. We do about 12 loads of laundry per day on average. One washer and two electric dryers were always running. We built a large clothes line behind our facility and the staff began hanging out the majority of the laundry, weather permitting. Again, this had an enormous impact. When we need to buy new dryers we will be switching to propane instead of electric. We needed to replace one of our oil boilers and did so with a much more energy efficient model. We put the two electric water heaters, that we have in our barns, on timers so that we are not

heating water we don't need. We also insulated those heaters.

Step Four: Being more energy conscious: Once we started seeing our monthly usage literally plummeting, we got even more involved and aware. We changed our thermostats so that in the summer we kept the air conditioning set at 75 instead of the 69-70 it was on last year. In the winter, we set the heat at 63-65 and wore heavier clothing, instead of the 70 degrees it was the year before. We have insulated more of our building to hopefully see even more improvement for winter. We have switched some light bulbs to energy efficient bulbs. All of our outside lighting is now energy efficient and some of the indoor bulbs, although we still have many more to go with that. We also recycle as much as we can and we use as many "green" products as we can. From cleaning products to paper towels and toilet paper we have switched over. Most of these products are now within the same price range of the non-green products. It is simply a matter of choice.

Step Five: Decide what truly is needed and what is a convenience: This is often not easy. And one person's necessity is someone else's convenience. There were things we thought we could not do without that we discovered we could and so could the animals. And there are things that we need to do for the animals that in a normal household could be downsized or done away with altogether, that is not an option for us. The trick is to take a good honest look and see what can go and what can not. Our small above ground pool that we had kept going for the staff (which was almost never used) was decidedly a convenience, so we took it down. We all decided that the water cooler did not have to be running for the extra cold water. Those who wanted colder water, put bottles in the refrigerator. Did we have to give some luxuries up? Yes, we all gave up some things. But in the end, we saw that electric usage drop 40 - 60% and we all feel good about that. Like we are each doing something to help. Lowering our

electric consumption as a society is a goal that is clearly within our grasp. It simply takes our deciding to do it and then to do it.

Phase Two

WIND POWER

We are just entering Phase Two of our plan which is the implementation of wind generated power. It has been determined that to meet our power needs, and given our geographical location, we cannot just depend on one form of alternative energy. We intend to phase in different forms of technology as we can afford to do so and as according to which will fulfill our needs first. We will be doing a combination of solar, wind, and other alternative energy resources. Wind turbines was the first step as it will give us the most immediate benefit to begin with. Spring Farm CARES is located on nearly 200 acres of land. We have a lot of natural resources at our disposal. Wind being one of the obvious ones.

Our plan is for three 10kW Bergey wind turbines as pictured to the right. These are small residential turbines, much like the wind mills common in the last century all around the countryside. These are not windmills the size of which we see on commercial wind farms. The Bergey towers are 2 feet in diameter and ours will be 120 feet tall, with blades that are 10.5 ft. long. To put this into perspective, the windmills that are seen at commercial wind farms are 328 feet tall, 13.5 ft. in diameter, and the blades are 113 ft. long. We are talking about MUCH smaller windmills. As for how much sound they will make, the three wind turbines proposed for our site will be 46 decibels at 300 ft. away. The average household refrigerator is 50 decibels. The sounds of the wind turbines can not be distinguished from the ambient sounds around them. These windmills will be situated in one of our horse pastures on the east side of the farm.

These three wind turbines will feed power to a series of batteries as well as to the grid. What electricity

generated we don't use, gets fed directly into the grid system, thus helping the power company with the load of everyone else. If the grid goes down, the windmills will automatically stop feeding the grid and will allow us to use the electricity we generate to operate our basic needs. Should there be no wind, we will have approximately 48 hours of battery storage. We also plan to have a back up generator that would feed the batteries should the windmills not be functioning due to lack of wind. This will enable us to continue operating and servicing our most basic



needs. It would also put us in a position to help others in need as well.

We understand that people have questions and concerns regarding a project like this. Any sort of change to new technology brings about a lot of questions and apprehension. Ironically, in many cases, alternative energy techniques are based on age old principles, and are not at all new. Windmills have been around for a very long time. This plan was not started on impulse or whim. Many hours of research and questioning by us has gone into this. We have the ultimate concern for the environment, our animals, and our community. Our buildings, animal facilities, residences, and the beauty of our farm are most impacted by these windmills by far. Questions of safety, environmental

soundness, etc. are being considered every step of the way. We are at a critical time in our society. Some pretty hefty decisions must be made soon for our continued survival. There will always be trade offs that have to be made. Some have voiced concern that windmills are not natural to the landscape and will ruin our rural landscapes. Telephone poles, tall electric towers, and power lines are not natural to our landscape either yet we live with them daily, and they are far more dangerous to us and the environment than any windmill. A large electric power line project has been proposed to go through our area in Upstate New York to provide power for downstate New York. Residents, including ourselves, have large concerns about this plan. But we can't have it both ways. We can't expect to have unlimited power at our finger tips but not the conveyance of the power in our communities. We have a choice to make. We can look at power lines, live with the change in our pastoral views, the dangerous health threats, and loss of our property to eminent domain. Or we can look to a future of safer, cleaner, alternative energies to sustain us. Will it mean that we will have to learn to look at something other than power lines? Yes. Should we do so responsibly? Of course. Change will occur. It is up to us to decide just what that change will be. Already in New York State, they are saying that we soon cannot meet our energy needs. We will need to do something. At Spring Farm CARES, we are trying to assure that the needs of the animals in our care will be met; that we can continue to employ the 28 people who work here; that we can be a resource center for our community in times of need; and that we can move forward in trying to lighten our load on this planet and to help in every way we can to help it to heal. That is where we are placing our energy and resources. The greener we go, the greener we'll stay.

After 2 years, our Town Planning Board has voted unanimously to approve the windmill project. We hope to move forward with construction this summer.

WHAT ARE OUR FUTURE PLANS?

Once the wind power is up and running and we can get more funding for the next phase, we plan on turning our focus to solar power. Solar energy will enable us to also charge our battery bank and more importantly, it will give us a source to heat water. Solar power will be a boost, but we could not depend on solar as the primary source, for lack of sunny days, especially in the winter.

We also will be looking into and further researching alternative sources of heating. Right now we are dependant on oil for our heating needs.

And we will continue to be a resource to our community. We are already registered with our town and county as a resource for people.

And, of course, we do all of this so that we will be able to continue the work we are doing with not only the animals in our immediate care but for many others who, along with their people, are helped through our various other programs.

YOUR DONATIONS TRULY ENERGIZE US!!!!

Watch your donations for our Environmental Project Fund go to work. Many of you have contacted us asking us if you could donate and request that your donations be put to the construction of our windmill project. The answer is a resounding YES. See our website for updates and for the complete story and genesis of our environmental project. **Please note that no funds are taken from animal care or our spay/neuter fund to pay for this project.** We are using donations, bequests, and grants solely allocated for this specific project. In order to complete this project, we are taking a loan from our invested funds. So even after you see the windmills erected on the farm, we will be fundraising to replenish the money we borrow to get them up and running.



As of 6/7/08 : Your donations have now paid for over half of this project! (These figures are based on the total cost of the project LESS grants/incentives. In other words, this is our out of pocket cost.) Total donations to date, ear-marked for this project: \$127,000

OUR EARTH

Thoughts from Belle - Morgan Horse

We are all living on the same planet, even when it doesn't seem that way. We all walk on the same earth. We all sleep beneath the same blanket of stars. We all drink the same water and breathe the same air. We all dream the earth's dreams. And we all feel the earth's pain. We all know her seasons as her moods keep changing. And we all feel her great love for us. Why then do we all act as if we are separate? Why do you act as if this domain is yours and yours alone? Why do you think you are the ones in charge when you are the ones who are least connected? These are some tough questions which you need to join in the conversation of answering.

The animals, plants, trees, rocks, minerals and even the stars have been conversing for eons. At first we all thought you just couldn't hear us. But then we realized you could hear us but didn't realize it. And then worst yet was when you knew you could hear us but ignored us. We all desperately need you to join us and our planet. You could be a part of the greatest healing ever known to mankind. A healing that has been delayed by you instead of supported by you. Our planet has healed herself many times. It is a natural force to seek out that which heals you. It is the most basic of instincts. Health is not something to strive for but something to be. Earth knows the way to health and wholeness. The plants and animals know how to caress and support her. Just as she nurtures us, we nurture her in return.

Mankind has forgotten how to nurture. We see you have trouble even nurturing yourselves. You try to destroy what mother Earth has in abundance, and you ignore what gifts she brings you. You shelter yourselves from her nature. You don't hear her song as she sings to you. You see her as a force to conquer. Or worse yet, you don't recognize her as a being at all. We pray that you get the message soon and join all of us in the most loving and tender conversation of all. The talk of Life. The walk of Love. The journey of Healing.



Belle

LEARN TO COMMUNICATE WITH ANIMALS AND NATURE WITH THESE WORKSHOPS WITH

DAWN HAYMAN:

AWAKENING THE 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.

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.

2008 Dates: August 16-17, October 11-12

Price: \$325 Lunches included

LISTENING FROM THE HEART

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.

2008 Dates: September 13-14

Price: \$325 Lunches included

For more information and to register: Call Spring Farm CARES at (315) 737-9339, M-F, 9am-4pm

An Interview with Bo

Thoroughbred mare



Q: If you had one thing that you wanted to communicate to people, what would it be?

A: Kindness. It seems to me that people need to know more about kindness. Or at least they could use it more. I don't even just mean kindness to animals but to themselves. I always tell the other horses, especially the young ones who have come through here, that if you want to have a good life, then always be kind. If people trust you then they will be kind to you. But I notice that people don't trust each other much. And they certainly are not always kind to one another. If people could be gentler to one another they'd all have an easier time. And it sure would be more fun as well.

Q: What do you most enjoy about your life?

A: My friends. That is an easy question for sure. On this farm, we are all allowed to have friendships that really last. We have friends who have died and we miss them. But all of us can share those connections and memories and we can talk to one another about them. The other day I was thinking about my mother Four Bales. Not many of my friends here have spent time with their birth herd. But I got to be reunited with my mother Four Bales and we had a great time. She was very wise. My friend Gypsy, who I also grew up with, also knew my mother and so we can talk about her and it is like she is still here. Gypsy got to spend time with her daughter Mariah and they were great friends. Mariah was my friend too and when Mariah died, both Gypsy and I could share in how losing a relationship like that really mattered. And our other friends here could support us as well. That is the greatest blessing in this life for me – my friends.

Q: What do you dream about?

A: Sometimes when it is really quiet in the barn, I dream about what it would be like for all of Life to know freedom. That may sound silly but that is what I dream about. Joe Peewee comes and tells us about all the things he knows about in the world. He travels a lot and tells us all stories about what it is like in other places. He tells us about a lot of darkness that he sees. But he tells us all that he and his friends are trying to send out the message of hope. So sometimes after he has told us what all is going on in the world and about lots of violence and darkness that he knows is happening, we all dream about hope and peace and we send that out with him again. Joe Peewee tells us that lots of places know about us here now because he spreads the word.

Q: Who is Joe Peewee!? Is he real or in your dreams?

A: He is very real, not a dream spirit. He is the head sparrow who lives here in the barn sometimes. He's been here for years. We all love Joe Peewee! He is like the big news man. What he doesn't know he can find out by asking other birds. He is pretty neat to talk to.

Q: Ok, and one last frivolous question. Who named Joe Peewee?

A: We horses voted on it and gave him that name. It's an affectionate name for him.

**FIND OUT WHAT YOUR ANIMALS WANT YOU TO KNOW AND WHAT IS IMPORTANT TO THEM!
CONSULTATIONS AND SPIRITUAL INTUITIVE READINGS
WITH DAWN HAYMAN**

(Dawn is now accepting new clients)

Check out our website to find out more information about Dawn's work and to find out about consultations and spiritual intuitive readings and how to schedule them with Dawn. All proceeds from consultations, readings, and workshops go directly to Spring Farm CARES. You can help our animals at the same time you help yours!

www.springfarmcares.org/ac.htm

DISCOVER THE SPRING FARM CARES NATURE SANCTUARY

The Sanctuary Mission Statement

To preserve and restore natural habitat and to promote native biodiversity using only ethical, humane, and organic methods.
To reestablish native plants and herbs especially, but not limited to, those that are considered to be uncommon or at risk of extinction.

To restore the amazing natural diversity that once existed in the northeastern hardwood forests.

To create and maintain habitat for wildlife, especially for native animals considered to be “threatened” or “endangered”.

To educate the public on the importance of maintaining and protecting natural ecosystems.

To provide a working example of a nature sanctuary that utilizes only ethical, humane, and organic management techniques.

Your tax-deductible donations are welcomed and will go directly to the good work of habitat restoration and preservation. If you wish, you may sponsor the reestablishment of a specific "at risk" plant or the construction of nest boxes for birds like the American Kestrel or Woodduck.

FOR MORE INFORMATION: Visit us on the web at www.springfarmcares.org and click on Nature Sanctuary and Environmental Programs.

TOURS: Nature Sanctuary tours for individuals or groups are available with our Conservation Director Matt Perry. **Call our office for details. Office hours: Monday - Friday, 9AM-4PM. (315) 737-9339**
