

Quarterly Newsletter



HEALING PASTURES

FALL 2026



FOUNDER - HONEY COWAN

Here's what's happening on the Ranch and what's to come!

Dear Friends,

As we head into the fall season and a time of Thanksgiving, I find myself reflecting on just how much there is to be grateful for here at Healing Pastures.

First and foremost, I want to recognize our incredible volunteers. Some of you are here every week, and some of you are here nearly every day, feeding, cleaning, caring for our animals, helping around the ranch, lending a hand at events, and doing the countless little things that keep us going. Much of what happens here simply would not be possible without you. Your time is one of the greatest gifts you can give us, and please know that it does not go unnoticed. From the bottom of my heart, thank you.

The past few months have given us so much to celebrate. We watched our summer campers learn, ride, create, and make memories at the ranch; welcomed new animals into our family; celebrated the tremendous work happening in our community garden; hosted our first Paint & Punch; and welcomed another Masterson Method Clinic to the ranch. Each of these moments is a reminder of how much we've grown and how many wonderful people have become part of our story.

And we aren't finished yet! Our Fall Festival is coming October 11! We are looking forward to opening the ranch for a day of fall fun, animals, activities, food, and time together as a community. We hope you'll bring your family and friends and join us as we celebrate the season at Healing Pastures.

[Get Your Fall Festival Tickets Here!](#)

As Thanksgiving approaches, I hope each of you knows how thankful I am that you are part of Healing Pastures. Whether you are a rider, parent, volunteer, donor, supporter, staff member, or simply someone who cheers us on from afar, you are part of what makes this ranch so special.

Enjoy this season's newsletter!

We Rescue Animals so that they can Rescue People!

Honey Cowan

In this newsletter
you can expect:

Community
Updates

Horse & Animal
Spotlight

Ranch
Reminders

Fall Festival &
Fall Fun Facts!

Color Me Page

Community
Partners



Community News



July was hot, but our summer campers had a blast! Our campers spent time with the animals, learning, riding, and enjoying all the fun that comes with a summer at Healing Pastures. One of their creative projects was making beautiful horseshoe dream catchers to take home, all of the horseshoes came from our horses!

Our community garden continued to make a wonderful impact this summer! Malachi donated more than 1,800 pounds of fresh produce to the Auburn Interfaith Food Closet, helping provide fresh food to families in our community. We are so proud of the work being done in our garden and the way it allows Healing Pastures to share the bounty of the ranch with others.

August welcomed a new little face to the ranch, Velvet, our new bunny! She has already become a sweet addition to our animal family.



September was full of creativity and exciting events starting with a brand-new event to Healing Pastures: our very first Paint & Punch! Guests gathered at the ranch for an evening of painting, refreshments, and fun, and everyone got to take home their own masterpiece. We also had the pleasure of hosting Masterson Method Clinic at the ranch. During the clinic, Ms. Honey was presented with a certificate recognizing Healing Pastures as a Recognized Host, honoring the ranch as a place where this work can be shared with our community



Horse Spotlight



MALI

Mali has always been one of our *golden horses*, one of those very special horses with a natural ability to connect emotionally with his rider. His calm, gentle nature helps riders feel safe and secure, easing their fears and allowing trust and healing to develop.

Ms. Honey has had Mali for more than 10 years, and at approximately 25 years old, he continues to be a wonderful partner for our riders. As an Icelandic Horse, Mali is a gaited breed, giving him an especially smooth and comfortable ride that many of our riders enjoy.

Animal Spotlight

TILLY

Tilly is one of the newest members of the Healing Pastures family! This approximately 3-year-old Bernese Mountain Dog is big, beautiful, silly, and wonderfully floppy. She has settled into ranch life quickly and has already found a best friend in Sadie.

Ms. Honey hopes that, with time and training, Tilly may follow in Sadie's footsteps and become a therapy dog, sharing her gentle nature and lovable personality with others.



Ranch Reminders

Important Dates

Lessons will remain scheduled, unless notified otherwise

October 1 - World Smile Day 

October 5 - HP Board Meeting

October 10, 17 & 24 - Saturday Horse Camp

October 11 - Fall Festival 

October 13-15 - Horse Camp

October 29 - Ms. Honey's Birthday

October 31 - Halloween 

November 1 - End Daylight Savings 

November 6 - Diwali Begins 

November 9 - HP Board Meeting 

November 11 - Veterans Day

November 14, 21 & 28 - Saturday Horse Camp

November 17-19 - Horse Camp

November 26 - Thanksgiving 

December 4 - Hanukkah Begins 

December 5, 12 & 19 - Saturday Horse Camp

December 14 - HP Board Meeting

December 15-17 - Horse Camp 

December 25 - Christmas

December 26 - Kwanzaa Begins 

December 31 - New Years Eve 

Did you know:



You can have your Birthday Party at the Ranch?

You can sponsor an animal and provide food and care for the month?

We are in the process of setting up a disc golf course?

We are going to be offering art classes?

We are looking for new Board Members?

Check out our website to find more information!

www.healingpastures-chorseranch.org



Volunteer & Support

Do you love to work with animals? Do you love to work with kids & adults? Do you have a special artistic talent? Are you good working outside? If you answered YES to any of these questions, you sound like the perfect volunteer! We have many volunteer opportunities around the Ranch. Reach out to any Healing Pastures Staff or come into the office.

If you don't have the time, but rather the means, please know that your tax-deductible gift helps in every aspect of the Ranch.

We couldn't run the Ranch without your support, and we are so grateful!



Ranch Wish List



Venmo @healingpastures

Helpful Websites!

www.healingpastures-chorseranch.org

www.bodyworkforequine.com

www.auburnrec.com





FREE ENTRY

FALL FESTIVAL

AT

HEALING PASTURES

October 11th 11a-4p

REGISTER NOW

FOR ADVANCED
TICKET PRICING



Pumpkin Patch

Mystery Room

Bounce House & Games

Hayrides

Animal Feeding

Food & Snack Shack

Face Painting

**Professional
Photography Sessions**



11685 LORENSON ROAD, AUBURN, CA

WWW.HEALINGPASTURES-CHORSERANCH.ORG 530-888-7766

Why Are the Animals Getting So Fuzzy?

Horses and other farm animals grow thick, fuzzy coats in the fall and winter to trap body heat and stay warm in cold weather

Have you noticed the horses and other animals starting to look a little fluffier lately? Even when our California weather still feels like summer, their bodies already know winter is on the way!

Surprisingly, cooler temperatures aren't the main reason horses grow their winter coats. The biggest signal is the changing amount of daylight. As the days get shorter in late summer and fall, a horse's body responds to the longer periods of darkness and begins preparing for winter by growing a thicker coat.

Did You Know?

A horse's winter coat works like its very own insulated jacket! The longer hairs can stand up and trap a layer of warm air close to the skin, helping the horse stay warm when temperatures drop.

You may also notice some of our horses looking extra fluffy compared with others. That's completely normal! Age, breed, health, living environment, and individual genetics can all affect how much winter coat a horse grows.

And Then Comes Spring...

As the days begin getting longer again, the process reverses. Horses start shedding all that winter fluff, which means hair. EVERYWHERE. On our clothes, in our hair, floating through the barn... basically, it's officially spring at the ranch when we're all covered in horse hair.

Fun Fact

The seasonal coat cycle is influenced by melatonin, a hormone associated with darkness. That's why changes in daylight can get the process started before the weather feels particularly cold.

So next time you visit the ranch and notice our horses looking a little more like teddy bears, you'll know why!



"I'M NOT COLD, MY OWNER, SHE'S COLD!"



TRICK OR TREAT?



Fall Foods Our Animals Can & Can't Eat!

Fall is full of tasty treats, but not everything on our plates belongs in the pasture! Can you guess which seasonal favorites are a **TREAT** and which ones are a **TRICK** for our ranch animals?



TREAT

or

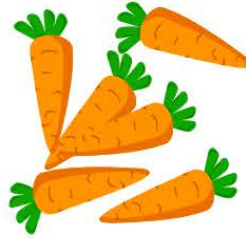
TRICK



TREAT

or

TRICK



TREAT

or

TRICK



TREAT

or

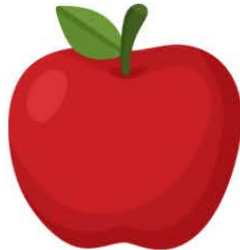
TRICK



TRICK

or

TREAT



TRICK

or

TREAT



TRICK

or

TREAT



TRICK

or

TREAT

PUMPKIN - TREAT

Plain pumpkin can be enjoyed by horses, goats and dogs in moderation. Rabbits can have a small amount, too.

ACORNS - TRICK

Acorns may look like a natural snack, but large amounts can be harmful to horses and other livestock.

CARROTS - TREAT

Horses, goats and rabbits can enjoy carrots in moderation—and many dogs like them, too!

SWEET POTATO - TREAT, WITH CAUTION

Some animals can enjoy plain sweet potato in small amounts, but preparation and the individual animal matter.

CANDY - TRICK

Candy is for the humans! Sugar, wrappers, chocolate and ingredients such as xylitol can be dangerous for animals.

APPLES - TREAT

A favorite for horses and goats! Rabbits can enjoy small pieces occasionally. Remove the seeds and core for dogs.

PUMPKIN PIE - TRICK

Plain pumpkin may be fine, but pumpkin pie contains sugar, fat and other ingredients our animals don't need.

CHOCOLATE - TRICK

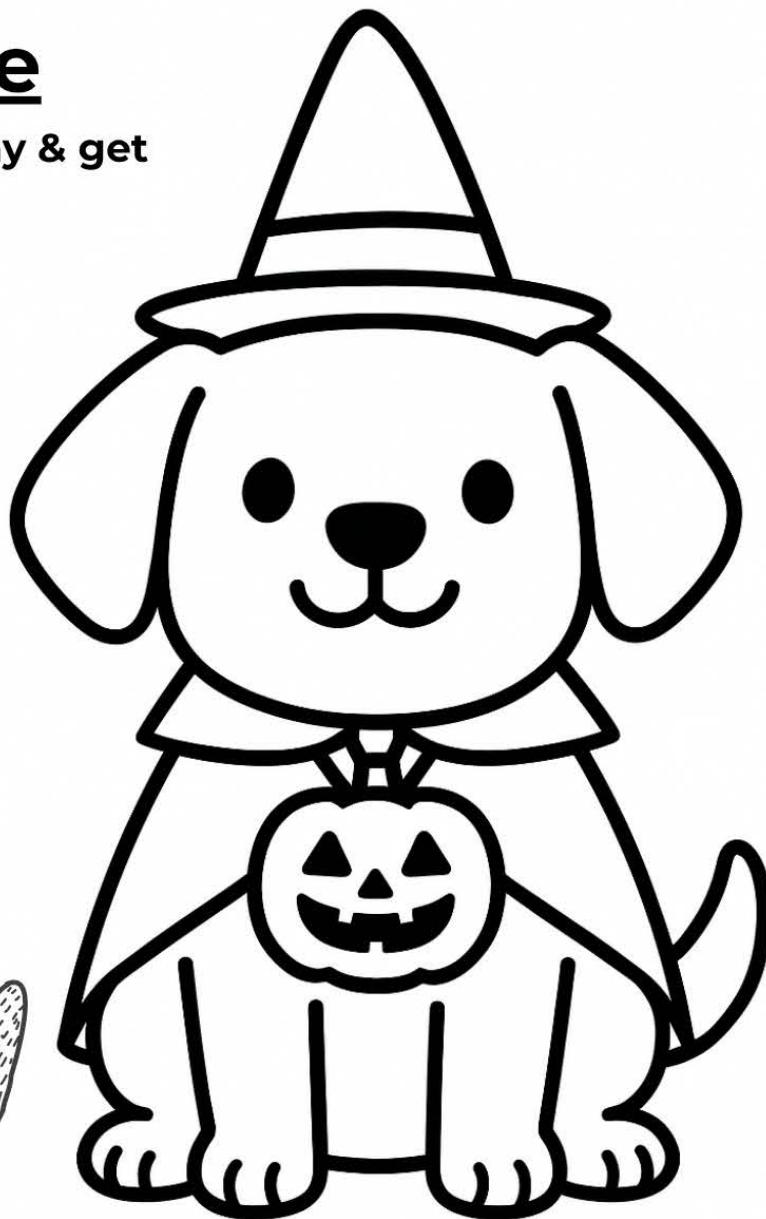
Keep this Halloween favorite for the humans. Chocolate can be dangerous for many animals.

*****THE RANCH RULE**

Please don't feed any Healing Pastures animal without permission from a staff member. Even foods that are normally safe may not be appropriate for a particular animal because of individual dietary or health needs.

Print & Color Me

**bring your art to the ranch to display & get
one of our new stickers!**



Our sponsors play a vital role in the work we do at Healing Pastures. Through your support, we are able to sustain our programs, care for our animals, and create a place where healing and connection can thrive.
Thank you for standing with us

Community Sponsors



There are so many ways to support the ranch! Every contribution helps us care for our rescued animals and continue providing programs for our community.



- Sponsor an Animal
- Become a Community Sponsor
- Volunteer
- Donate Supplies
- Make a Donation

We ♥ our Volunteers

Individual Sponsors

Jeanne Heffernan
J Turner



(Need a hat, a sticker or a shirt? Buy them at the Ranch!)

Thank you for reading!



HEALING PASTURES	(530) 888-7766 Office (530) 305-7458 Ms. Honey
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