ISSUE #04

Quarterly Newsletter

HEALING PASTURES

SUMMER 2026

FOUNDER - HONEY COWAN

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

Dear Friends,

There is something special about summer at the ranch. Even with the heat, the animals seem a little happier.

This spring brought one of the highlights of our year, our Family Fun Day in May. On behalf of everyone at Healing Pastures, I would like to extend my deepest gratitude to the incredible volunteers, sponsors, donors, staff, and community members who helped make the event such a tremendous success. It was heartwarming to see so many families enjoying the ranch, meeting our animals, and celebrating the spirit of community that makes Healing Pastures so special.

To our volunteers, thank you for the countless hours you dedicate behind the scenes and during our events. Your compassion and commitment make our work possible.

To everyone who attended Family Fun Day, purchased tickets, volunteered, donated, or simply spent the day with us, thank you for helping create such a joyful and memorable event. Your support directly impacts the lives of the individuals and families we serve throughout the year.

Thank you for being part of the Healing Pastures family. Your support helps us create meaningful experiences, care for our animals, and continue serving our community. We are grateful for all you do and excited for what this summer season will bring.

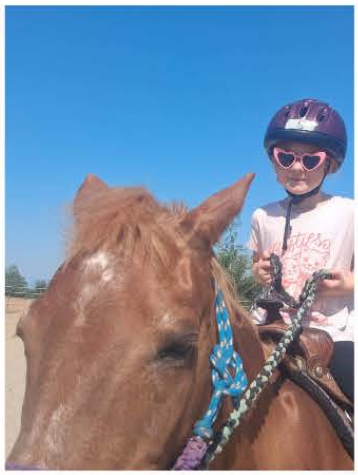
Enjoy this season's newsletter!

We Rescue Animals so they can Rescue People!

Honey Cowan

In this newsletter you can expect:

- Community Updates
- Horse & Animal Spotlight
- Ranch Reminders
- Summer Information for Pets
- Color Me Page
- Community Partners



Community News

April was a wonderful month of community support and connection. We were grateful to host a successful dine-and-donate event at Eureka, where friends and supporters came together to enjoy a great meal while giving back to the ranch. Events like these help strengthen our mission and directly support the animals and programs here at Healing Pastures.

May was one of our most active and community-driven months of the season. We kicked off the month with our annual Family Fun Day at the ranch, welcoming families and supporters for a full day of hands-on animal experiences, activities, and connection with the herd. It was a beautiful celebration of community and the mission of Healing Pastures.

We also hosted a local Girl Scout troop for a special visit and learning experience at the ranch, giving them a chance to engage with the animals and learn more about ranch life. Later in the month, our Savers FunDrive brought in strong community participation, with donated items collected and weighed through Savers, helping raise funds to support our programs and care for the animals. Throughout it all, the ranch remained full of activity, riding lessons & volunteer support.

June was an especially exciting month at Healing Pastures, highlighted by a fantastic summer camp with 8 riders. Campers spent their days learning horsemanship skills, building confidence, arts & crafts and forming meaningful connections with the horses.

Horse Spotlight

Valkyrie

Val is one of the 2 horses we rescued in April. When we rescued her, she was malnurished and had skin issues. In just a few months, she's made a quick recovery and has already joined the program doing a few lessons. She's a sweet horse that has a great future ahead of her here at Healing Pastures.

Animal Spotlight

Penelope

Penelope continues to be one of the most beloved personalities at Healing Pastures With her curious snout and gentle nature, she has a special way of bringing smiles to everyone who visits the ranch. She loves to sunbathe with her pasture mates, Angel and October (Sassy Pants).

She loves to snack on any fruits and veggies, but her absolute favorite snack are Tortillas! Next time you are at the ranch, ask any staff member for a Tortilla and Penelope will greet you with a waggy tail and a sweet wiggly nose.

Ranch Reminders

Important Dates

Lessons will remain scheduled, unless notified otherwise

July 4 - Independence Day
July 13 - HP Board Meeting
July 17 - World Emoji Day
July 21-23 - Horse Camp
July 30 - International Day of Friendship

August 8 - International Cat Day
August 10 - HP Board Meeting
August 15 - National Relaxation Day
August 18-20 - Horse Camp
August 26 - National Dog Day

September 7 - Labor Day
September 11 - 9/11 Remembrance Day
September 11 - Rosh Hashanah
September 14 - HP Board Meeting
September 15-17 - Horse Camp
September 19-21 - Masterson Method at HP
September 22 - First Day of Autumn

Ranch Wish List

Venmo @healingpastures

Helpful Websites!

www.healingpastures-chorseranch.org
www.bodyworkforequine.com
www.auburnrec.com

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!

PET SAFETY TIPS FOR SUMMER

DOGS

Here are a few tips to keep your dog's paws safe during the summer heat:

- Walk your dog early in the morning or in the evening when the sun is setting and the ground has had some time to cool down.
- Test to see if the pavement or other surface you're walking on is too hot by placing a bare hand or foot on the ground for 15 seconds. If you are unable to hold your hand there for the full time, then it is too hot to walk your dog.
- Take your walk at a park or somewhere where you can remain on grass a majority of the time.
- If your dog has been in the water, her paws may be more sensitive to hot surfaces after swimming.

obol.info

CATS

Here's some tips to protect cats during the hottest monthst:

- Have at least one water station where your cat hangs out (outdoors or indoors). Consider adding some ice cubes for extra chill!
- Providing your cat with a cool & shady place to relax is vital to controlling their temperature and avoiding heat stroke.
- Freezing your treats can help keep your cat cool, while spoiling them on top of it! You can purchase frozen treats or even make them at home yourself. Always make sure that the frozen treats you make at home are with cat-safe ingredients!

heavencanwaitlv.org

Recipes

FROZEN TREATS FOR YOUR PETS!

FROZEN STRAWBERRY YOGURT **DOG** TREATS

Ingredients

- Baking mold or ice cube trays
- 2-cup measuring cup or similar
- Blender or food processor
- Unsweetened frozen strawberries
- Plain yogurt (we used non-fat)
- Water

1. Add a handful of frozen strawberries to the blender. Aim for 4-6 berries.
2. Add 2 ounces of yogurt and 2 ounces of water.
3. Blend, adding water if needed to aid the blending process.
4. Spoon batter into mold or ice cube trays & freeze until solid.

FROZEN PATÉ **CAT** TREATS

Ingredients

- Baking mold or ice cube trays
- 2-cup measuring cup or similar
- Blender or food processor
- 1 can of wet food
- Favorite cat treats

1. Scoop out the wet food into a mixing bowl.
2. Stir in a few of your cat's favorite soft treats or a sprinkle of dried catnip.
3. Spoon batter into mold or ice cube trays & freeze until solid.

Independence Day – a time to celebrate! Sadly, more pets get lost on July 4th than any other day… even if they're well trained. Loud noises from fireworks and firecrackers can frighten pets and cause them to try and escape. And when humans are relaxing, it's easy for pets to get into places and things they shouldn't.

- **Don't party with your pets!**

Leave your fur-babies at home so they aren't exposed to hazards such as unfamiliar crowds, hot BBQs, alcohol, toxic "people" foods, glow sticks, firecrackers/sparklers, and more.

- **Keep your pets inside.**

Create a comfortable environment inside your house for them by giving them a pet bed or blanket, cool water and their favorite toy to play with.

- **Close all windows and doors.**

Closing windows and doors reduces possible escape routes and lessen the noise of fireworks.

- **Make sure your pets have collars!**

Have your name and phone number on the tag so you can be contacted if your pet gets out.

- **Always have a registered microchip.**

Sometimes collars can come off, but microchips ensure your pets will be returned to you if Animal Services pick them up.

- **Have a recent photo of your pets.**

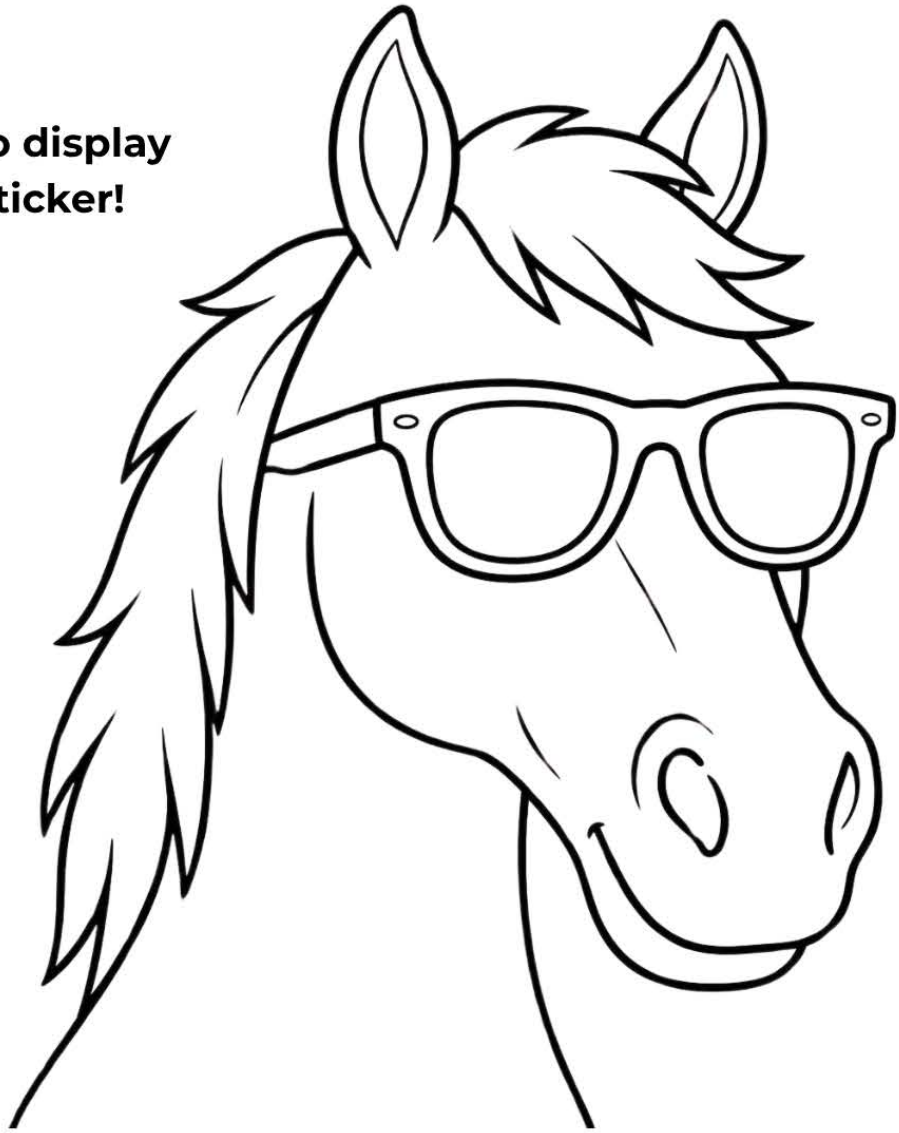
If your pets escape, you can easily circulate photos to the local community.

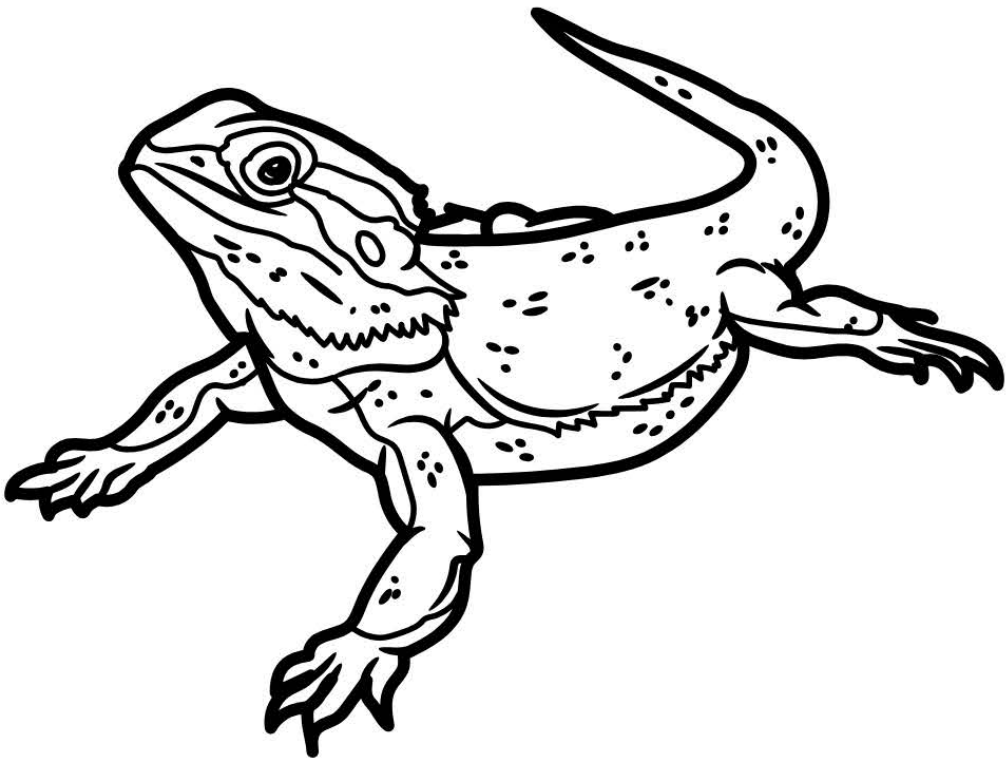
- **Be friendly with your neighbors!**

If you're staying home, offer to watch their animals or notify them if you see something concerning. If you're going out, maybe ask them to do the same.

Color Me

bring your art to the ranch to display
& get a Healing Pastures sticker!





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

Eureka! Roseville

Savers Thrift Store

Girl Scout Troop 683

Individual Sponsors

Randall Chiropractic Office
Debbie Heinzmann
Michael Duncan
Jeanne Heffernan
Melanie Nguyen
Raymond Carpenter-Giese
Stephanie Morrison

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

Thank you for reading!

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