

#### **Message from Roz Robinson**

Cat Haven CEO

Hi Everyone,

Welcome to all our Members, Readers and Supporters

We end another year, and we are fully into kitten season, with litters arriving daily. Our last count of cats and kittens was 375 and one day alone saw the arrival of 96 cats and kittens.

As WA's only "Open Admission" Shelter, we have to deal with these sorts of numbers. What exactly does Open Admission mean? Simply, we never say no to any cat, no matter its condition, age, or temperament. Our doors are always open for intake, including Christmas Day. We provide afterhours amnesty condos for those owners who maybe too embarrassed to face surrendering their cat to staff and volunteers, or who can't get to Shenton Park in business hours.

Being Open Admission does put an enormous strain on our staff and volunteers, especially on very hot days, but we believe it is really important continue to be that place which never says "no" and where every cat does matter. Out intake for 2019 until the end of November was Incoming 7,380 (4,473 of these were strays) 622 fewer than last year and 5,842 adoptions, but still significant numbers. Despite this we are pleased to say we are maintaining our standard of zero euthanasia of healthy, treatable cats and kittens. At the time of writing this, we are fast approaching Christmas, when it is seen to be inappropriate to adopt out kittens due to the concern they will be returned in the New Year when they have grown out of

the "cute" phase. At Cat Haven, we haven't found this to be the case, in fact it is a great time to adopt when all the family are on holidays and there is time to bond with your new family member. All we ask that it's a well thought out decision taking on what is probably going to be a 15 year + commitment.

As we fast approach the end of another year, I just want to take this opportunity to sincerely thank everyone involved with Cat Haven for making sure we do continue to keep our doors open.

From all of our donors, fundraisers, foster carers, drivers, board members, volunteers and staff, without you we wouldn't exist.

Thank you for your ongoing support of Cat Haven.

Kind Regards,

Roz Robinson - CEO



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Photos by Alma Sarhan and Lauren Nesbitt. Cover image by Lilian Yeow.

Please call Lauren Nesbitt on 08 9442 3600 if you are interested in advertising in Cat Chat.

## Help a cat today, donate:

#### **Donations** Your details of \$2.00 Name: \_\_\_\_\_ or more are tax deductible Email: Phone: I would like to donate: Send form to: **\$**\_\_\_\_\_each month from my credit card Cat Haven **\$** as a one-off donation Reply Paid 83881 23 Lemnos Street \$10 will provide flea and worm treatment for a cat Shenton Park **\$25** will feed a cat for a week WA 6008 \$50 will help fund a foster care place for an extended amount of time \$100 will contribute towards vital vet care THANK **\$200** will provide a subsidised sterilisation and a microchip for two cats I'd like to leave a bequest to Cat Haven in my Will. Please tell me how. Adopt, Donate, Foster, I have already left Cat Haven a bequest in my Will. Volunteer, Bequeath To donate online, please visit: www.cathaven.com.au/store/donation/ a Gift in Your Will. Or simply complete this form and either mail or email to us. Type of Card: Visa MasterCard Card number: \_\_\_\_\_\_ Expiry Date: \_\_\_/\_\_ Signature





# Cat Haven's Companion **Cat Program**

Cat Haven is Western Australia's premier cat welfare organisation, taking in over 8,500 stray, unwanted and surrendered cats and kittens every year. We are an open admission shelter which means we take in any cat, no matter how old, sick or feral. Cat Haven is a charity, relying heavily on donations and bequests as we have to raise 98% of our operating costs. We are committed to rehoming as many unwanted cats as possible and work hard to maintain our standard of zero euthanasia for treatable, re-homable cats entering the shelter. To help us re-home as many cats as possible, Cat Haven commenced a Companion Cat Adoption Program for mature cats in 2014. As older cats are often overlooked for adoption, they can remain at the shelter for many months, which can be detrimental to the cat's health and wellbeing. Our aim is to encourage Perth care facilities to adopt these older, more sedate cats to become a communal cat at the home. In turn, the cats will give companionship and joy to the residents.

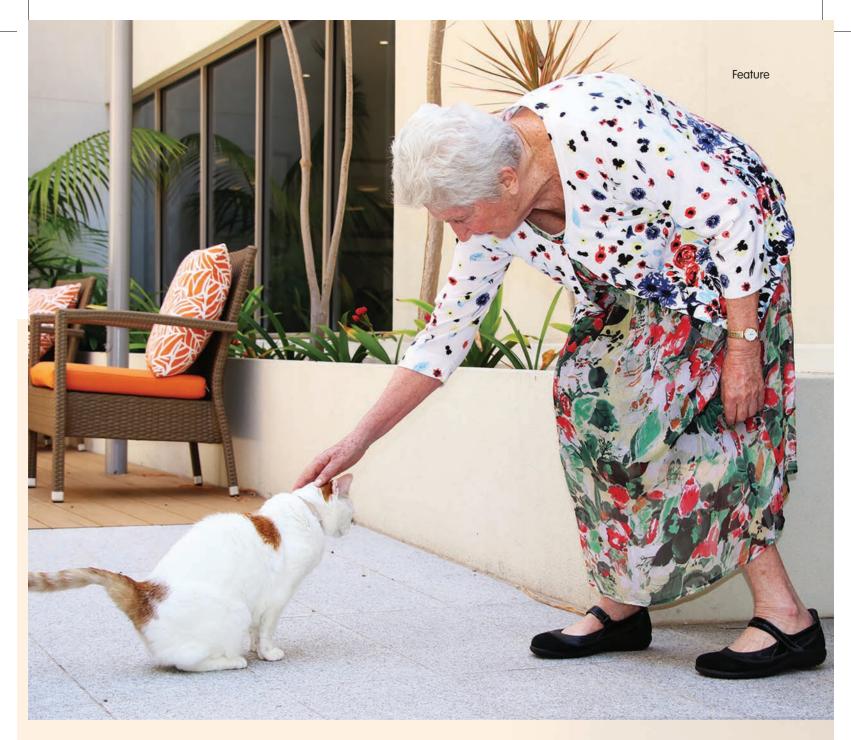
#### What are the main benefits of having a companion cat in a care facility?

Studies have shown regular interaction with animals has a positive effect on mental health and also helps to combat feelings of loneliness, particularly in the aged community.

#### Are the cats easy to care for and how does Cat Haven help?

Any cat selected to be a companion cat will have had a full vet check done prior to being adopted into the facility. Cat Haven makes sure the cats are healthy, friendly and that the facility knows of any special requirements such as special dietary needs. Cat Haven Staff are available to answer any concerns and should the cat need to see a vet we will assist in making an appointment to see the onsite vet at the shelter. The cats selected for these facilities are generally older cats who only require lots of love, food, access to fresh water and lots of cosy spots to sleep.







#### What You Need To Do

If you would like more information about the Companion Cat Adoption Program please contact Roz Robinson, Cat Haven CEO on phone: 9442 3600 (Extn. 210) or email: roz.robinson@cathaven.com.au

Roz would be delighted to answer your questions and perhaps discuss a trial run with a companion cat.

Please click here to watch our Companion Cat Program Video

www.youtube.com/watch?v=siLHsAV-ecQ



# Does my cat LOVE ME

Article supplied by Dr Martine from Perth Cat Hospital

All domestic cats are born with the potential to form beautiful and everlasting bonds with the people in their lives. However, unlike our canine companions, cats have also retained their ability to hunt and survive a free roaming life independent of human care. This is quite unique to other domesticated animals and means that there are cats living a range of lifestyles around the world from a cherished family member living within the home, to feral cats which will avoid human contact at all costs.

#### So, do all cats want to be our pets?

It is vital to appreciate that every cat is an individual, and while many of us have already learnt that some cats are incredibly social and thrive on human contact, there are others that only want limited, short interactions, and some that want none at all. How friendly a cat may be will strongly depend on two factors. Firstly, it will depend on the cat's previous life experiences with humans especially those experiences that occurred during their early kitten hood period from 3-7 weeks of age, which is called the socialisation period.

Secondly, a cat's friendliness will also depend on their parents' genetics and temperament as this directly contributes to the cat's own temperament. The sociability of a cat will influence what sort of pet they can be, and it is important to respect that some cats are not suited to and may not cope well with living in certain types of households.

If you are looking at adopting a new cat for your home, it is important to discuss with the shelter what your home is like so that they can best pick a companion suitable for your needs. For example, a busy family household with young children would suit a confident, outgoing cat, whereas a guiet home with a single adult would be better suited for a shy, and less confident cat.

#### What are the benefits for a cat being a family pet?

Our cats are solely reliant on us to provide them all their important resources including a regular supply of fresh water and good quality food, and an enriched environment with opportunities to play, hide, perch up high, and hunt. We have a responsibility to preserve our native wildlife so in order to allow our cat to act out their predatory needs, we should provide them with toys to hunt in addition to using puzzle feeders so they can "hunt" their food.

We should provide our companion cats with the best preventative and medical health care to maintain their optimal health, and we also need to provide them with the opportunity for social interactions at a level that they choose and have control over.

#### What health benefits are there to owning a cat?

There has been recent growing scientific interest in determining the potential benefits of pets to people. Some of these numerous studies have looked at the benefits for dog and cat owners, and some studies have been conducted more specifically in cat owners. Areas that have been investigated have included what effects pet ownership has on the physical, mental and emotional health of people, including studies specifically on children, adults and the elderly. 1, 2, 3

#### The following health benefits have been found to be associated with cat ownership:

- lower heart rate;
- lower blood pressure, and therefore lower risk of cardiovascular disease; and
- Less reactivity and quicker recovery (as measured by heart rate and blood pressure) during simulated stress tests.

#### Cat ownership has also been shown to be related to a range of psychological and emotional benefits, including:

- feelings of enhanced social support, a feeling of belonging;
- reduced negative moods;
- decreased feelings of loneliness; and
- Increased self-esteem and feelings of self-worth.

#### So, does my cat love me?

Cats often get the reputation for being aloof and independent, but recent studies have investigated how cats respond and interact with their owners and confirmed that cats form secure bonds with their owners, meaning that the presence of the owner in an unknown situation gives them comfort.4 This research suggested that we may be underestimating a cat's social abilities and that in many cats it may parallel that of dogs. It is always important to remember that they are all individuals however and learn to read your own cat's body language and follow their lead on how they want to interact. Cats are the ultimate "control freaks" and if you let them always initiate their interactions, you will be well on your way to having one of the best friends you could ever ask for.

#### Dr Martine van Boeijen



#### References

- 1. Allen et al. Cardiovascular Reactivity and the Presence of Pets, Friends, and Spouses: The Truth About Cats and Dogs. Psychosomatic Medicine 2002: 64:727–739.
- 2. Beetz A et al. Psychosocial and psychophysiological effects of human-animal interactions: the possible role of oxytocin. Frontiers in Psychology. 2012:3:234.
- 3. Da Silva Carcia Dinis, Fernandes Martins. Does cat attachment have an effect on human health? A comparison between owners and volunteers. Pet Behaviour
- 4. Vitale KR. Attachment bonds between domestic cats and humans. Current Biology. 2019;29:18.

# Common Foods that are toxic to Cats

The holidays are a time for lots of delicious foods that you might be tempted to share with your cat so it's important to know what's safe and what isn't for our feline friends.

Tiny little bits of lean cuts of meat will be fine, but here is a list of common foods to avoid giving to your cat:

- Meat that is cooked in or that has fat, stuffing or gravy in or on top of it.
- Onions are a big fat no-no. Onions are highly toxic to all cats and therefore they need to be avoided at all costs. Eating onions can result in anaemia and in bad cases can lead to death.
- Bacon is a high fat food, along with chestnuts and pate and they're not suitable to feed to cats.
- Be careful of chocolate! It is toxic for cats not as severely as for dogs, but it can still cause problems such as vomiting, diarrhoea, extreme thirst and seizures.
- Potatoes, garlic, grapes, raisins, alcohol, milk and eggnog should all be avoided.

Remember to keep all foods covered and away from curious cats that might be lurking in the kitchen! Alternatively you easily could make your cat treats from scratch!

www.thecookierookie.com/3-ingredient-salmon-cat-treats/



# Fostering Saves Lives!

We are always looking for foster carers to be on our list to call to take sick cats, young kittens and cats who need a little love before they can be adopted. You can also foster an older cat that just needs a break from the shelter if it has been here too long.

To find out more visit our website or contact fostercare@cathaven.com.au

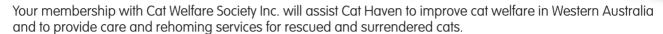


The Value of Cat Haven Membership

Sign up to be a Cat Haven Member and start enjoy the benefits all year round!

Our members receive;

- Regular Cat Chat magazine
- 10% off all in-store products
- 10% discount on Boarding\*
- Invitations to Cat Haven events



\*Conditions Apply to the 10% off boarding.

## **Application Form**

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PERS	ONAL DETAILS	
Full n	ame: DOB:	//
Addr	ess:	
	Suburb:	Postcode:
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	e:	
PAYN	Lifetime Membership (55 years and over)	Send form to: Cat Haven Reply Paid 83881 23 Lemnos Street Shenton Park WA 6008
Type	of Card: Visa MasterCard	
Card	number:	Expiry Date:/
Nam	e on card:	
Signo	iture:	
or onli	ure I/We agree to support the mission and objectives of the Cat Welfare Society Inc (available ne) upon this application being accepted. If a volunteer, I agree to follow all relevant policies apper functioning of Cat Haven for the continued welfare of all cats. I understand that members f my membership.	and procedures to ensure
Pleas indica	e sign here to the your agreement Date:	//



It is a legal requirement for the Cat Welfare Society Inc to keep a register of members' names and addresses and to make this register available to any member for perusal and copying. Questions about this requirement may be directed to the Department for Consumer and Employment Protection on 1300 304 074.

# Give a Cat a **Second Chance** Adopt a Cat Today.

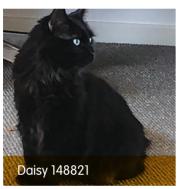
Cat Haven has hundreds of cats and kittens in need of a good home. Please come into Cat Haven to meet your new friend or see our website: www.cathaven.com.au

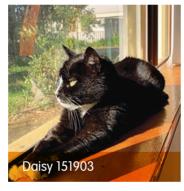
































Adoption

#### **Reliable & Hard Working Purrfessional**

To whom it may concern,

I am writing in hopes you will consider me for the position of "New Best Friend/Good Boy". Unfortunately I don't have a very full resume as I have spent my life on the streets. But I'm currently a temp in my foster home. My boss there thinks I'm such a brave boy because I travel in cars really well and I warm up to people so quickly.

The benefits of hiring me are that I have so much love to give, I just love people! And cuddling up on laps. Downside of hiring me...Nothing! Well ok, if we are being honest, I will leave tuna in the office fridge. And I can only type 4 words per minute...I don't have thumbs!

As Paddy is FIV+ he will need to be kept indoors only. Please contact Cat Haven if you would like more information or to arrange an interview in my West Perth office!





























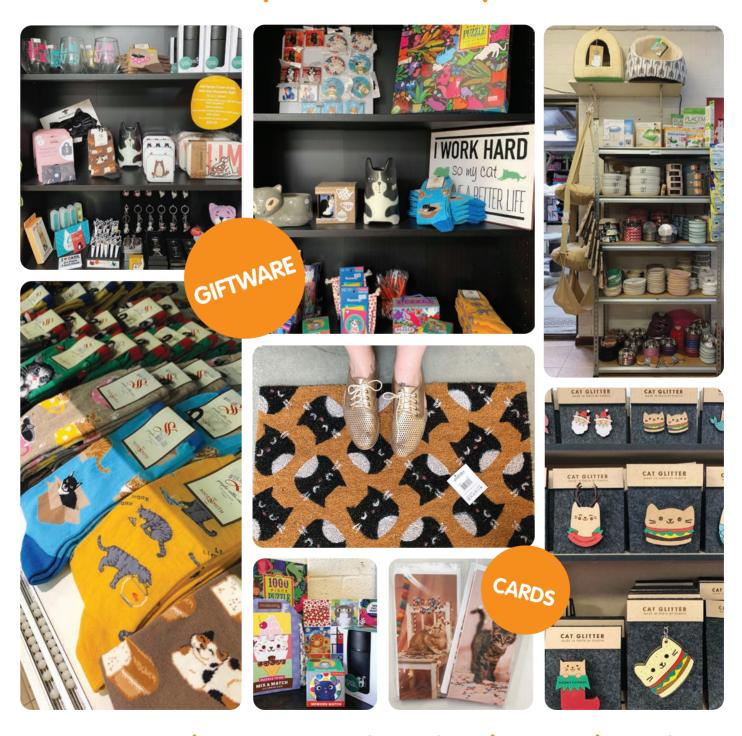






All proceeds from purchases made in our retail store help the cats in our care!

Please shop small and help save lives!



www.cathaven.com.au/store/product-catalogue/



# Community







## Helping the lost, abandoned and abused cats of Bali

Villa Kitty is a kitten and cat rescue and rehoming Clinic in Ubud, Bali. Founded by Elizabeth Henzell, Villa Kitty provides crisis care, long term care and medical care for the cats of Bali and endeavours to find homes for all cats once healed and ready to be rehomed.

Villa Kitty receives no government funding and relies on donations from the public and visitors to Bali. All cats are sterilised and vaccinated before they are re-homed. Villa Kitty always need donations of supplies as it is very hard for them to source special products like Wombaroo (kitten formula), flea and worm treatment and special kitten food. If you are planning a trip to Bali, please consider visiting Villa Kitty or making a donation to help them save more lives. They are also very appreciate of donations of cat and kitten supplies but it is always best to email Elizabeth (elizabeth@villakittybali.com) first to find out what is on the top of their wish list!

www.villakitty.com

# **Corporate Volunteering** If you are interested in getting together a team from your office for a corporate volunteering day to provide hands on work at the shelter please contact: Samantha. Holliday@cathaven.com.au

#### **Cat Condo Sponsors**

#### **Corporate Sponsors**

**ABC Blinds** Half Price Blinds Perth Cat Hospital Onegerup Tyres

#### **Personal Sponsors**

The Beckett Family Callan Baker John Cripps Julian & Sue Nesci Nola Haddrill Judy Berman Joe Clark



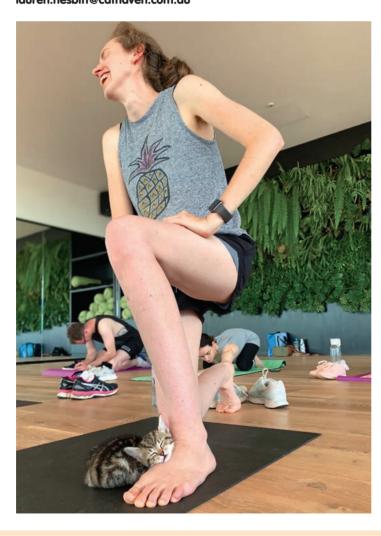
THANK YOU

# Fundraising and Events

# Kitten Yoga



As we are now in the full swing of kitten season we have been holding kitten yoga classes across Perth. Kitten Yoga is an amazing way for us to raise vital funds for the cats at the shelter. We are so thankful to our volunteer instructors and for donated studio spaces. Big thanks to Golds Gym in South Fremantle, Marg Anderson, The Northside Hub in Wangara and City of Canning for getting on board for these very adorable fundraising events. If you are interested in coming along or hosting a kitten yoga class please email Lauren at lauren.nesbitt@cathaven.com.au



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# **Past Events**

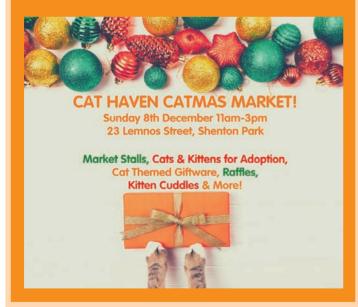
#### **Twilight** Market

Thank you so much to everyone who came down to our recent Twilight Markets and adoption event. Despite the downpour of rain we had that day over 30 cats found their forever homes and we raised lots of funds for the cats in our care.



### **Catmus Market**

Our Annual Catmas Market was held on the 8th of December and was a fantastic event! We had a variety of stalls, raffles, food, jumble sale and of course lots of cats and kittens for adoption. It was a really successful day with lots of money raised for the cats in our care and lots of cats and kittens finding their forever homes. This is a huge event to put on each year and a big thanks goes out to all staff and volunteers involved!



#### THANK YOU SO MUCH TO EVERYONE



## Pop Up Shop at Watertown **Brand Outlet**

Thank you to everyone who visited our pop up shop at Watertown. The store has been an amazing way for us to raise vital funds for the cats at the shelter and we are so thankful to the wonderful team of volunteers who run the store. Big thanks also to Watertown for having us!

Our Pop up Shop at Watertown is now closed but watch this space for future Felines & Fashion fundraising events!



# Cat Haven Needs More Corporate Cat Condo Sponsorships



#### Condo Sponsorship **Application Form**

I / We (print name/s) \_

Shenton Park WA 6008

Wish to done period of 1 ye	ate towards a Cat Haven Cat Condo for the ear:
	Corporate Sponsorship
	At the cost of \$795 per year
	** The above price is tax deductible **
	tand that a plaque will be attached to an ndo with wording chosen by me/us.
	the plaque (100 characters max.) includes logo e and message;
Method of F	Payment (please tick)
Cheque	Mastercard Visa
Name:	
Address:	
Suburb:	Postcode:
Phone:	
Email:	
	my credit card for the amount of \$
Card No:	
CVV:	Expiry Date: ///
Name on Co	ırd:
Signature: _	
Total Amoun	t Enclosed \$
Please send	your form to: Cat Haven, 23 Lemnos Street,

Please sponsor a Cat Haven cat condo and your sponsorship will go directly towards the health and wellbeing of all the cats that live temporarily in that condo.

#### Corporate Sponsorship \$795 per year

Includes:

- A silver plaque displayed on a cat condo with your company name and logo engraved on it;
- Your logo displayed in the sponsors' section of our website;
- Use of our specially designed 'Cat Haven Proud Sponsors' logo on your website, emails and marketing material;
- Special mention and printing of your logo in our Cat Chat magazine;
- The opportunity for up to 12 of your staff to become personally involved via a corporate volunteer day;
- A certificate of appreciation; and
- Knowledge that your sponsorship is supporting and saving the lives of all the cats that live in that condo during the year, whether it's just a short stay or a longer time at the shelter.

To sponsor a cat condo, please complete and return the sponsorship

www.cathaven.com.au/support/other-waysto-support-cat-haven/sponsor-a-cat/



# **Staff Focus**

## Emma Hawkins

#### **External Adoptions Coordinator**

#### My role at Cat Haven is...

I am the External Adoptions Coordinator. My main job roll is to organise and transport cats and kittens out to over 20 different external adoption centres around Perth to find their forever homes. I also look after Cat Haven's Companion Cat Adoption Program, which involves finding suitable cats and rehoming them into aged care facilities all over Perth. We have a wonderful team of volunteer drivers and between us we will complete an array of many different jobs, from daily delivery and collection of cats and kittens to vet clinics for sterilisation, x-rays, ultrasound etc, to donation collections, to picking up cats from the airport, all different odd jobs here and there, anything that needs doing off-site really.

#### Before Cat Haven I was working at...

Showgrounds Equestrian Centre in Claremont. I was the manager of the riding school and taught children and adults of all ages and abilities. After five and a half years I felt it was time for a change of animal!

#### The most interesting thing I have learnt in my time at $\operatorname{Cat}$ Haven...

Every single day it still blows me away how many cats get adopted each year, it's so wonderful! And even more so, how passionate every single person at Cat Haven is about their job, from the administration staff keeping everything running smoothly, to the grounds and adoption staff caring so dearly for every single cat that comes in. What is especially amazing are all the incredible volunteers, Cat Haven wouldn't be here without them that's for sure! It is a pleasure to come to work!

#### The thing I am most passionate about...

I always have and always will be crazy about animals no matter how big or small they are. I really enjoy educating people on how to properly care for their animals, it could be the simplest of things that make a world of difference for these animals and their owners.

#### The biggest influence in my life is....

Definitely has to be my Mum. The most caring, loving, inspirational and strongest woman I know. I wouldn't be here in Australia today living this wonderful life doing what I love most if it wasn't for her pushing me to chase my dreams. So Mum, thank you from the bottom of my heart!

#### My favourite meal to cook....

Ooooh has to be Mum's spag bol or my beef stroganoff, so easy and so yummy!







#### What's a work-related accomplishment that you're really proud of?

Firstly being offered the role of EAC coordinator, I was so excited and couldn't wait to get stuck in! But also, with the amazing help of the EAC officer Lisa, seeing the numbers of cats and kittens going out to EAC'S grow every month! It is such a wonderful feeling that between us all so many more cats are finding their forever homes.

#### What was the last show you binge-watched?

I am currently hooked on Younger....girly and a bit cheesy but so much fun to watch!

#### Tell us about the most interesting or memorable place you have ever travelled to?

I would have to say either Dubai or Spain. I spent the summer holidays of my teenage years visiting my dad in Dubai and then moved out there myself when I was 20 and started my dream job working with horses. Over the years I made some incredible memories and amazing friends which lead to the best decision I ever made, moving to Perth on my 22nd birthday.

My mum and step dad have lived in Spain for 4 years now, I absolutely love the stunning Spanish country side and I find all the history so fascinating.

#### Tell us about your furry family members...

On the first day working for EAC my colleague Louise convinced me to foster a poor skinny little 10 month old mumma cat called Shelsea who had just come into the shelter with her four, five week old kittens. She also unfortunately had a very badly injured back leg which, once her kittens were old enough to leave her, had to be amputated. You would never think she knew any different! I completely fell in love with her hilarious sassy personality and she has stayed with me ever since.

Nearly three years ago my child hood dream came true and I finally got my own horse, a gorgeous pinto pony mare called Skye. Little did I know she was actually pregnant at the time and later that year I had a very big surprise when she gave birth to a stunning little filly called Lily, which was one of the most amazing experiences of my life!

#### What's the biggest misconception people have about your position at Cat Haven?

I don't think many people realise that you don't actually need to come to Cat Haven to adopt. Also people definitely think that we just cuddle cats all day long.....well we don't ALL day haha!

#### When you're not working, how do you like to spend your time?

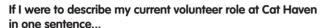
I love the outdoors and being active, riding and competing with my horse, catching up with my gorgeous friends and of course cuddles with Shelsea.



# Volunteer **Focus**

# Julianne **Taylor**

Cat Haven Volunteer



I provide an important 'taxi' service for our furry little friends who can't drive themselves.

#### I became a volunteer at Cat Haven because...

My children are now driving and old enough to sort themselves out so it was time for me to do something for myself – and I just love cats. This way I can indulge my need for additional cat cuddles without (truly) becoming the crazy cat lady.

#### The best part of my volunteer job is....

Meeting all the cats with different personalities and being part of an organisation that does great work and all the cat cuddles.

#### When I am not at Cat Haven I normally...

Work as a nurse, spend time with family, enjoy a nice glass of wine and avoid doing the ironing or housework unless absolutely necessary. And I give my own (three) cats lots of cuddles.



#### My favourite holiday destination and why...

Phuket because I love the food.

#### My signature dish...

Deep fried spring rolls and steamed dumplings, usually provided on mass for watching sporting events.

#### My all-time favourite movie is...

Ladyhawk with Michelle Pfeiffer.

#### One thing I want to do in my lifetime is...

Visit Antarctica.

#### Something no one knows about me is...

Well......if I told you that then everyone would know!

#### My biggest lesson in life is...

don't sweat the small stuff – as long as you have friends and family around you then the rest will sort itself out. And own plenty of cats – they are good for the soul.



If you are interested in volunteering at Cat Haven or organising a team from work to come down to Cat Haven, please contact: samantha.holliday@cathaven.com.au



Please Donate, Adopt, Foster, Bequeath, Volunteer.

