

# PROJECT



Project Cat is nonprofit tax-deductible organization

## Feline Community Assistance Rescue and Adoptions

MAIL: 571 County Rt 2, Accord, NY 12404

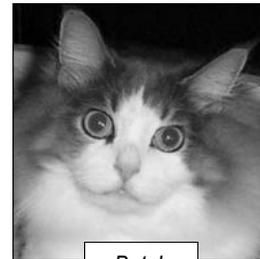
SHELTER: Adoptions are by appointment  
www.projectcat.org info@projectcat.org  
Ph/fax: 845-687-4983



Blossom



Cheeko



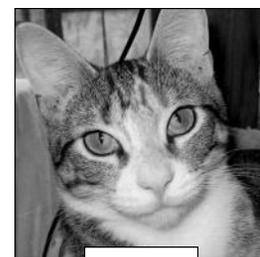
Butch



Poobah



Wild Thing



Renee



Fall/Winter 2010

Dear Friends of Project Cat,

We hope this letter finds you healthy and prospering along with your cats and dogs and whatever other animals you share your lives with. Many of you who read this have adopted cats from us and we thank you for providing a home for so many of our rescues.

We seem to have more kittens than usual this fall - the second or even third litter(!) for some females. It might be due to people continuing to feed outdoor cats without stopping to think that the more food is available the more likely that intact cats will continue to breed into cold weather and eventually all year long. When an animals' basic survival needs are met -e.g. food and shelter - they can spend less time hunting for food and more time breeding and raising young.

The usual breeding season starts in January - that's right - in mid-winter with freezing temperatures and snow cover. Most people don't realize this and are surprised when litters of kittens start to show up in the Spring. The first litters start to appear in March and the numbers increase until it peaks in June when we get a flood of calls about 6-8 week old kittens that appear beneath porches and under sheds. Intact indoor cats often breed all year long because their survival needs are met.

It is a welcoming luxury for us to take in healthy cats and kittens but mostly by the time they reach us they are malnourished, parasite infested shadows of the robust animals they should be. This is true of both outdoor and indoor cats.

Of course, these are the ones that tug most at our heart strings and we want to help make comfortable and whole again and somehow make up for the misery that they have had to endure. To treat so many cats and have them thrive requires medicines, vaccinations, veterinary care, high quality food and lots of human interaction and supportive care to make them adoptable quality animals. Needless to say this all requires lots of money.

You have all been so generous in the past in keeping our organization alive and functioning and we are counting on your financial support now to carry on our important efforts to take care of a very special animal that has a long history of being part of our lives. Making it better for others can only make it better for ourselves. *Thank you for your generous support!*

*Gail Mihocko*

Gail Mihocko  
Director



*Just a few of our  
many adoption cats  
in need of homes.*

# ACCORD PLAZA FEEDS

EQUINE FEED  
LIVESTOCK FEED



PET FOOD  
WILDLIFE FEED

IN ACCORD PLAZA  
47-37 RTE 209  
ACCORD, NY 12404

(845) 626-7675  
(845) 626-4817 FAX

MON-FRI  
9:00 - 6:00 PM  
SAT 9:00 - 5:00 PM

Arnold R. Rugg, D.V.M.  
Peter R. Bixby, D.V.M.

Beth A. Alden, D.V.M.  
Edward A. Decort, D.V.M.

## KINGSTON ANIMAL HOSPITAL, P.C.

456 Albany Ave., Kingston, NY 12401

Telephone: (845) 331-0240 Fax: (845) 331-4184  
www.kingstonanimalhospital.com

## Gene's Tire Service



*Tires\*\* Alignments\*\* Brakes\*\**

*4755 Rt. 209 Accord, NY*

*Mon. - Fri. 8:00 - 5:00 845-626-7008*  
*Sat. 8:00 - 12:00*

## Lucas Avenue Pet Supply

"catering to your pets needs"

Glen Van Gorden  
owner



845.331.CHOW (2469)

350 Lucas Avenue Kingston, NY 12401 www.lucaspets.com

### Pet Supplies



## Emmanuel's Pet-Agree

Stone Ridge Plaza, Stone Ridge, NY 12484  
845-687-2500

Mon - Sat 9:00am - 8:00pm  
Sun 9:00am - 5:00pm



Eric Hartelius, D.V.M. Bridget Bloom, D.V.M.  
Susan Siegel, D.V.M. Roman Bohonowych, D.V.M.

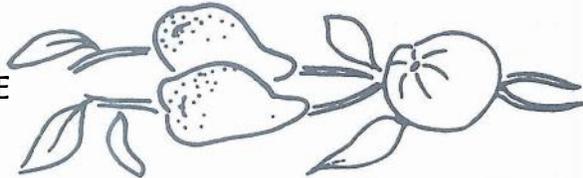
voice: 845.626.5555 fax: 845.626.8121  
email: rrvets@rvvets.com  
6006 Route 209, Kerhonkson NY 12446

## RvVets

RONDOUT VALLEY VETERINARY ASSOCIATES

## CHANTAL'S DECORATIVE PAINTING STUDIO

- FLOORCLOTHS
- PAINTED FURNITURE
- DECORATIVE PAINT FINISHES



- MURALS
- PAINTED FLOORS
- COLOR CONSULTATION

CHANTAL KAMMRATH

NAPANOCH, NY

(845) 647-1164

Thank you to all our sponsors for their support

## Our Featured Adoption Cats - Tito, Shadow and Greta - Come Visit Them



*Waiting for a belly rub*



*Tito with his cast and his mother*



*Enjoying his new comforts with  
his healed leg*

### Tito

Tito was a feral kitten that was trying to survive at the old IBM complex in Kingston. Special notice was taken of him because he was limping. We trapped him and his mother and discovered that he had a serious compound fracture of the front leg. He was 3 months old at the time.

While Tito was generally healthy, he was thin, weary looking and grungy from scrounging around dumpsters for food. And being feral he was very frightened - however he was not aggressive and really seemed to have warmth in his eye and a certain softness about his personality. Having limited financial resources, we had to decide if we could afford to take a chance on this kitten with an unpredictable future and a leg that might not be fixable.

At Rondout Valley Veterinary Associates, Dr Eric Hartelius and veterinary assistant Jennifer Warren were also fond of the little guy and generously donated many services to give him a chance. Jennifer fostered Tito (as she named him) after Dr Hartelius straightened the badly crooked leg and put a cast on it. After 4 weeks of dragging a cast around the cast came off and x-rays revealed a beautifully healed leg!

Tito came back to the shelter for some cage rest while he strengthened his atrophied muscles. We gradually let him out of his cage for exercise but once he got a taste of toys and freedom he was a whirlwind in the cat room. He couldn't get enough of climbing up posts, racing through tunnels, jumping from high places and chasing every toy that rolled, jingled or fluttered.

Tito, now 7 months old, has grown into one of the nicest cats we ever had, and a real black beauty. He remains timid with strangers and usually hides until he feels comfortable. But he is a lap cat that purrs, has wonderful social skills with other cats (and my dog) and follows me around the cat room as a keen observer and to be part of the activity. He can certainly form a bond with people.

Ideally, Tito needs a quiet home with one or two patient people and another cat or dog.

### Wish List

- Laundry Soap (unscented), Dish Soap, Paper Towels
- Cat Food Dry and Canned  
(prefer Holistic Select, Innova, Evo, or other  
high quality)
- World's Best Cat Litter or Feline Pine clumping or  
pellets
- Printer Ink (black and color for HP OfficeJet K80)
- Prefabricated shed for storage  
Smaller items may be dropped off at  
Lucas Avenue Pet Supply in Kingston  
or  
Accord Feeds in Accord

### Special Thank You's to:

- Jim Yost for helping us purchase a new HP computer - it was an emergency necessity.
- Alex Averin for the Canon digital camera and for helping us set up our new computer.
- Linda Bloom for once again helping us with the purchase of a another used Subaru - we do a lot of traveling!
- Jo Ann Jacobsen for the 6' tall cat tree - it's the cat's meow.

## Shadow - mature cat

Shadow came to our shelter after her elderly owner died. I met Shadow's owner, Ursula, the previous year and had visited her occasionally as part of our community outreach service. I treated Shadow for fleas and intestinal parasites and offered help if she ever needed it. About 2 months after my last visit I received a call from a relative telling me that Ursula had passed away and asked if we could take 10 year old Shadow, whom she had since a kitten.



Ursula had told her relatives about me and that I was very kind to her and her cat. I was saddened by the news, and although I knew Shadow was a bit timid I also knew she was a gentle cat who liked human attention. If I was unable to take her they would probably have her euthanized as they did not want to give her to someone they knew nothing about - a difficult but noble decision.

Living most of her life as an only cat with one person, she was quite traumatized when she came to the shelter. It took patience and lots of quiet and coaxing but she gradually emerged from her protective shell. It was rewarding after many weeks to see her bat at her first toy and the catnip really made her party girl side emerge.

Shadow is a healthy and very beautiful \*dilute calico with lots of white and copper colored eyes. She would be fine as an only cat or would do well with another cat of similar personality or a dog (she took to my dog immediately). Shadow would make a lovely, quiet companion for someone who is willing to care for her for the second half of her life.



*\*Dilute refers to the genetic dilution of black to gray and orange to buff. So calicos are black/orange/white and dilute calicos are gray/buff/white. Of course, there is no dilute to white. Tortoiseshells lack white and are black/orange and dilute torties are gray/buff.*

## Greta - long-time shelter resident

Greta is an exquisitely beautiful brown classic (circular patterns rather than stripes or spots) tabby. She is 2 ½ years old and has been with us since she was a kitten. Except for a few months in a foster home she has been at the shelter and seen other cats come and go.

She was born in a horse stall and grew up in a narrow section of wall and was accustomed to seeing a large horse nose looking at her from above. She is a gentle and sweet soul who prefers a quiet household. She gets along well with other cats, although she tends to be low in the hierarchy and gets picked on by some bolder cats. She adores my dog and loves to rub up against him.



Why is she still with us? Some of our cats take a long time to get adopted because of the simple reason that there are more cats than there are homes for them. People have a huge selection of cats to choose from and the competition is high to win someone over. Not all cats show well in a shelter environment or even to new people approaching them. A cat savvy person may see beyond the initial reaction of a cat and be willing to take on a cat that requires a bit of work. Having to win over the friendship and trust of a cat can be extremely rewarding and the bond formed between human and animal can be especially strong. This extra work and patience can also result in learning and understanding new things about cat behavior - something your cat will appreciate.



## What Are You Feeding Your Cat?

Most people purchase their cat food at the grocery store and if your cat eats what you buy then you assume it must be good food and you trust the company that makes it. Keep in mind that businesses want to make money and they might not always have the best interest of the consumer in mind. Think of how many unhealthy human foods are on the market even though the packaging screams its health benefits to you.

If you are a wary food shopper for yourself then you should be just as wary about what you buy for your cat. Most of what we feed our cats (and dogs) are highly processed foods - cooked and dried or canned foods - not fresh. Processed and packaged food can never replace freshly prepared food. Ideally, if our cats were allowed to eat naturally they would be hunting for their own food - mainly small rodents freshly killed and eaten raw - since they are predators and require a diet high in animal protein and fats.

But most of us lead busy lives and prefer to open a box or can to feed our cats. If we most go this route, then we should at least purchase a product with the highest grade ingredients in the proper ratios. Unlike omnivorous humans who can thrive on a healthy vegetarian diet, you cannot ignore the fact that your cat absolutely requires meat to survive. Without a meat source and its necessary amino acid taurine, a cat will eventually die.

Pick up a box of dry cat food at the supermarket and read the first ingredient, it most likely is ground yellow corn. Really? You're feeding your cat corn...? Corn in all its forms is a carbohydrate and not a high quality protein source for cats, and it has been implicated in health problems like obesity and diabetes (not unlike in humans) and its high carbohydrate content could contribute to teeth and gum problems due to carbohydrate consuming bacteria in the mouth. Unhealthy gums and teeth are a big problem in cats that we take into the shelter, even in kittens! Some of the healthiest cat mouths I have seen are those from well-cared for cats that are also hunting and eating their prey. (I do not, however, advocate letting cats outdoors for other reasons and another article). I mention this to stress the importance of natural raw foods.

If the first ingredient listed on the package is not a whole meat source you should consider looking for a new food. You will pay more for premium foods but in the long run this might balance out against future veterinary bills and, isn't your cat worth it? You will find that by feeding a higher quality food your cat will eat less of it because it is more nutritious with fewer non-nutritional fillers.



to better the lives of so many battered cats that come to our shelter, we believe that a healthy diet can go a long way to making life better for them. And we certainly want our adopters to end up with as healthy a cat as possible.

We wish we could feed fresh, homemade raw food to all of our cats, but as a shelter that is a prohibitive luxury. So we make sure we purchase what we think are some of the best foods to bring our rescue cats back to health and keep them that way. We also try to purchase foods made in the United States and locally if possible.

When looking at the ingredients we look for a whole meat source as the first ingredient and preferably 2 or 3 whole meat products. We purchase foods with no to low grain content of either rice or bar-

ley. We avoid corn, corn gluten meal, wheat, beet pulp, animal digest, and of course no food colorings, flavors or chemical preservatives like BHT. Meat by-products have gotten a bad rap but they can be beneficial when used in proportion to the rest of the ingredients and with good quality control. After all, when a cat eats a mouse it usually eats all of it, fur and feet.

To find better foods for you cat you will have to turn to smaller, independently owned feed stores that carry a wide variety of higher grade foods including frozen raw food if you choose that route. A good, private store should be able to answer questions about the different foods and help you pick out the right one for your cat. Supermarkets and large box stores tend to carry cheaper, less nutritious foods; even the well-advertised commercial foods tend to be poorer quality.

When switching your cat to a new food, it should always be done gradually and in small amounts. You can start by mixing just a few pieces of dry, or a teaspoon of wet food if you feed canned, to the food you have been using. Once your cat is eating the new food along with the old, gradually mix in more of the new food and less of the old food every few days. Within a couple of weeks you should have transitioned completely over to the new food. You may have to experiment with different foods as each cat has its own food taste preference. Some companies have free trial pouches of food to try before you invest in a larger bag. If you feed a dry kibble, try to introduce canned food into the diet as its higher water content is good for the urinary tract system and lower carbohydrates will be better for overall health.

Don't be discouraged or give in to you cat's refusal to eat a new food. It can be hard to break old habits and make the switch from eating highly flavored 'junk food' to healthier foods. Just wait them out and they will eat when they get hungry enough.

Unless your cat is very disciplined in controlling its own food intake, we recommend feeding twice a day rather than free-feeding or leaving a bowl of dry food down 24/7. This can lead to overweight cats (another *huge* problem) and boredom with their food. By having discreet feeding times it makes meal time more exciting for your cat and can help to build a bond between you and your cat(s). Playing with your cat before feeding is a good way to simulate predatory activity before they 'make the kill' and eat out of their bowl.

There are so many foods on the market these days with new ones always emerging and it can make your head spin. But start with making a few changes and do some reading on cat food studies and we're sure your cat will be healthier.

Some of the foods that we use at the shelter and recommend are: Holistic Select, Abady, Innova, Innova Evo, Wellness, Chicken Soup for Cats, California Natural, Felidae, to name a few.

Don't forget the importance of fresh water. We had a water fountain donated to the shelter last year and it is a huge success! The cats love it and some of them splash the water around. Encouraging water drinking is healthy for your cat's urinary tract system, and weight control especially if you feed a dry diet. If you feed canned food your cat may get enough water without drinking much. Cats by nature are not big water drinkers since they get enough fluids from prey that they would kill.

**For more in depth information on feeding cats we recommend *Catinfo.org*.**

**Check out the recent article on the biomechanics of how cats drink at <http://www.nytimes.com/2010/11/12/science/12cats.html>**



*Glen Van Gorden, owner of Lucas Avenue Pet Supply, can help you choose the right food for your cat.*



*Lola & Mocha at the waterfall*

## Highlight on Volunteers

*Chantal Kamrath:* Chantal and her mother Jilberte, originally from France, have been **fostering cats and kittens** for us in their home in Napanoch. After helping Chantal with two stray cats on her property, she started to take in some of our kittens to help raise them for adoption. She also helps with fundraisers and whatever requests we might make of her. Fifi, one of the strays still lives with them, along with a couple of other strays that have turned up on their doorstep. The French love their cats!



*Lauren Marcus:* Like most of our volunteers, we met Lauren when she called us about some stray kittens. A friendship developed and Lauren began to foster kittens for us until they were ready to be adopted, with many growing up in her house until they found homes. Her own cat Daisy and poodle Stanley were always gracious hosts. Lauren also helps with fundraising and has designed and printed note cards for us to sell. Lauren recently had to move out of state, but we await her return so she can resume her fostering career.

*Lauren the Librarian & Stanley*

*The Greenhalls:* A warm and energetic cat-loving family, James, J.L. and their son Liam, initially adopted two kittens from us. A year later they started to foster kittens for us. Little did they know what they were getting into! Two years later they have helped to raise a multitude of kittens and adults cats. And their own household has grown by two more cats that they couldn't give up. They are great at deciphering the personalities of the cats to make it easier to match them up with the right adopter.



*Rebecca Diamond:* Office volunteer is just one of the ways that Rebecca donates her time to us. Her main task is supply inventory and the resulting paperwork - the less exciting part of shelter work. She also helps with fundraising and last-minute urgent requests. Although she has her own family of cats to care for, she couldn't resist adopting Conrad, a large adult cat that came to our shelter one winter with frost covered fur and icicles hanging from his whiskers.

*Jim Yost:* Shelter volunteer extraordinaire and great supporter of our organization. We met Jim one year ago when he called to donate some of his time after retiring from his full-time career. He has been coming to the shelter three times a week to clean and befriend cats. He was initially overwhelmed being around so many cats at once (~15) but has really learned a lot about their individual personalities and about cat behavior. We are losing him for a time while he winters in warmer climates but look forward to his return, as do the cats!

