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F A T
Feline Assistance Team

Helping Felines
And Their Friends

T Z

Fall 2018

The Scratching Post

And A Miracle Happened.. A Beautiful Foster Story

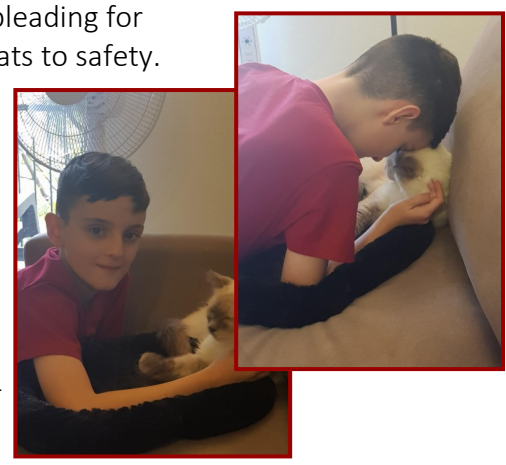
This story began on a September afternoon at Valencia County Animal Control.

We were notified about two adult cats at the shelter who had an upper respiratory infection (URI). That's basically a cat cold. In a shelter situation, a URI is easily passed around the room. Cats and kittens in the shelter are more susceptible as they are stressed and that weakens their immune system. These two were on the danger list because of their URI.



When we got the call that they had 3 hours before euthanasia, we sprung into action, desperately searching for a foster home. Even a temporary foster home to get them out of the shelter until we could find a more permanent foster. Our social media pages became super heated, pleading for someone to get these cats to safety. They didn't deserve death just because they had a cold.

We couldn't have been more overjoyed when we heard Zac and Madalyn would take them as temporary fosters to get them to safety and on the mend! That was only the first step and they were out of the shelter because someone stepped up to temporarily foster until another more permanent foster home could be found. Well, that has happened for one of them. She is now happy and alive in her new foster home because someone stepped up to become the temporary bridge to a new foster or permanent home.



It is easy to make the commitment to help the cats and kittens in our metro area. Just do it!

Howl & Growl



Join F.A.T. Katz, Boofy's Best for Pets and all our special guests for our annual Halloween pet celebration! **Sun. Oct. 28, 1-4pm, 8201 Golf Course Rd. NW.** Bring your kids and your pets for Halloween costume contests and trick-or-treating; participate in games for a chance to win fun prizes; get your pet's photo taken by F.A.T. Katz to commemorate the fun; meet adoptable pets from local rescue

organizations; visit wonderful vendors with lots of goodies for the entire family; and enter the fundraising raffle for a chance at some fantastic prizes.



Admission to Howl & Growl is FREE, however some games, contests, and activities request a small fee or donation to support the animal rescue groups and nonprofits participating in the event.



F.A.T. KATZ is a registered 501(c)(3) non-profit. Your donations are tax-deductible to the fullest extent of the law.





George



Berlioz and Toulouse

Berlioz & Toulouse



Fuji



Blinky

Blinky



Dani

Danaerys



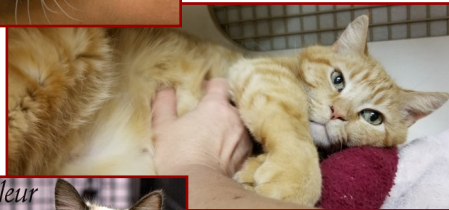
Maximus

Maximus



Trigger

Trigger



Sunny



Fleur

Fleur

Victoria



Victoria

Rhaegar Fairbairn



Rhaegar



Graebly

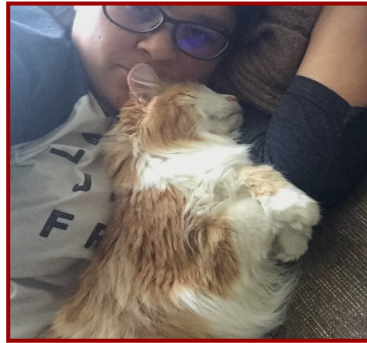


Ollie

Volunteer Spotlight

This edition is focused on Maisie Baca. When asked why she volunteers, she told us this:

My name is Maisie and I am the volunteer coordinator for F.A.T Katz. I have also adopted and fostered with the rescue over the last 5 years. My responsibilities are ensuring we have coverage for all our events and many times it means I have to find creative



ways to communicate with the volunteers to get them to come out and help. Volunteering has given me the opportunity to help save the lives of so many precious fur babies and they all hold a special place in my heart. I enjoy spending my weekends making their time at Petco Clinic as comfortable as possible as well as helping them find their forever homes.



Salmon Cat Treats

- Ingredients:
- 10 oz canned salmon undrained
 - 1 egg beaten
 - 2 cups whole wheat flour

Instructions:

- ~Heat oven to 350°. Pulse 10 oz /canned salmon (undrained) in a food processor and chop as finely as possible.
- ~In a stand mixer, combine salmon, 1 egg (beaten), and 2 cups whole wheat flour until dough forms. If dough is too dry, add up to 1/3 cup water. If dough is too wet or sticky, add a bit more flour. Dough should be tacky but not sticky.
- ~Roll out dough on a floured surface until about 1/4 inch thick. Use a 3/4-inch cookie cutter in the shape of your choice to create your treats.
- ~Place treats on a parchment-lined baking sheet and bake at 350° for about 20 minutes. When they're slightly browned and crunchy, they're done.
- ~Allow to cool before serving.
- ~Store in an airtight container for up to 2 weeks.



I to R, Marmalade, Flash, Storm, Baxter

All of our cats are spayed/neutered, current on vaccines and are tested negative for Feline Leukemia (FeLV) and Feline Immunodeficiency Virus (FIV) prior to adoption!

Visit our adoptable kitties at our adoption center at Petco, 6300 San Mateo NE, weekly, Saturdays 11:30am-5:30pm & Sundays 12-4pm.

Ask us about our adoption fee specials!

GIRL'S DAY OUT!!

(And guys too)

POT LUCK, PAMPERING & SHOPPING!

When: Sat. Nov. 3, 11am-5pm

Where: 1101 Cardenas Dr. NE

Why: Fundraiser for the kitties of F.A.T. Katz, a day of relaxation and good company

Join us for a day of pampering, food, music, and shopping! Over 30 vendors will be in attendance. There will be something for everyone! If you've ever wondered what these companies are and ever wanted to try these products, now is the time. They're all under one roof and a portion of your dollars spent goes directly to the over 150 cats and kittens of F.A.T. Katz. Come out and support our local small business folks and have fun while doing so.



A Walk Down 42nd Street

Join us **Wednesday, Dec. 12 @ 7pm** for a local Broadway themed Show at **Sidewinders Bar, 8900 Central Ave. SE**. You will enjoy the entertainment of lots of local talent all to raise funds for F.A.T. Katz. We will have cat-themed items for sale and donations are always greatly appreciated! It will be loads of fun and we hope to see you there.

What your donations do.....

We are so happy that you are interested in donating to F.A.T. Katz! Most people wonder where their money goes when they donate. We have decided to give you some ideas of what your money does.

- \$10 covers one rabies vaccination
- \$25 covers all shots for one cat
- \$100 covers complete vetting for one cat
- \$150 feeds four cats on special diets for two months
- \$300 covers one dental cleaning with some extractions
- \$1,000 covers tests and one night hospitalization for an acute, life-threatening condition

- \$15 covers one FeLV/FIV test
- \$60 covers one spay or neuter
- \$130 covers one complete blood panel
- \$400 covers one minor eye surgery



We sincerely thank you for all of your donations and support
—big or small—and hope
you will continue supporting our F.A.T. Katz kitties!

Fundraising always welcome!

Want to raise funds with a lemonade stand, yard sale or car or dog wash? Just collecting spare change? Maybe with your girl scout troop, church, friends, neighbors, etc.? If you are interested in doing an independent fundraiser, please contact us at 505-293-2830 or FatKatzAbq@gmail.com and we can provide you with all the info you need!



Year-Round Recycling Program

You can support the cats all year and help the planet by recycling your cartridges and small electronic gadgets and buying recycled cartridges. Email or call us, FatKatzAbq@gmail.com, 505-293-2830 or visit our page below to see how it works!
www.PlanetGreenRecycle.com/FatKatzAbq

Recycle

Recycle Empty Inkjet Cartridges, Cell Phones & Small Electronics



Buy Recycled

Buy High-Quality Remanufactured Inkjet Cartridges

When you recycle...

We receive funds from Planet Green for collecting and sending in these recyclables!

When you buy recycled...

- ~We receive a 15% donation of every inkjet cartridge you purchase
- ~You save up to 70% buying high quality remanufactured inkjet cartridges vs. the original brand
- ~Buying remanufactured inkjets reduces landfill which makes the environment greener
- ~Support an American remanufacturer who is here to stay

Low-Cost Spay/Neuter

An un-spayed female cat, her mate and all of their offspring, producing two litters per year, with 2.8 surviving kittens per litter can total:

- One Year: 12
- Two Years: 67
- Three Years: 376
- Four Years: 2,107
- Five Years: 11,801
- Six Years: 66,088
- Seven Years: 370,092
- Eight Years: 2,072,514
- Nine Years: 11,606,077

Through our low-cost spay/neuter program, we will help you obtain the surgery at a fraction of the regular cost. We have no income requirements, so this program is available to everyone and their cats! Please call 505-293-2830 or email FatKatzAbq@gmail.com if interested.

Cat Acne: Yes, It Exists and Yes, You Can Treat It

Has your cat ever experienced pimples or blackheads on her mouth, face or other parts of her body? Yes, cat acne is a thing, and your cats don't have to be teenagers to experience cat acne either.

First, what is cat acne?

Cat acne is the common name for an idiopathic (meaning we don't know why it occurs) disorder, which is known histologically as follicular keratosis. It is very common in cats and can occur at any age and any breed.



What are the symptoms of cat acne?

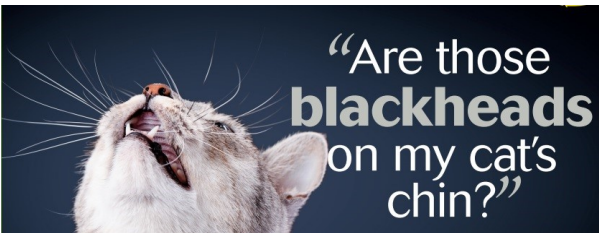
Cat acne, or feline acne, is a cosmetic disease, but it usually requires lifelong on-again, off-again symptomatic treatment to keep it under control. Most of the time there are just asymptomatic comedones (blackheads) on the chin, lower lip, and sometimes on the upper lip. There is the possibility that pustules will form if a secondary infection is present. In very severe cases, the skin around the chin can become very thick and edematous (swollen) and even scarred from repeated infections and treatments.

Don't confuse cat acne with other diseases such as mange (demodicosis), ringworm (dermatophytosis), contact dermatitis (such as an allergy to plastic food bowls), Malassezia (a type of yeast) dermatitis or eosinophilic granuloma complex. It is important to rule all these diseases out with the appropriate testing by a veterinarian,

Cat acne treatment

Mild cases of feline acne (non-infected) can be treated with human acne pads or medicated shampoos. If the area is infected, then the treatment involves systemic antibiotics for two to six weeks.

You can also gently cleanse with an antibiotic soap, hydrogen peroxide, diluted iodine (Betadine), diluted Epsom salts and topical vitamin A. In more severe cases of cat acne, cleanse the skin with an ointment or gel containing benzoyl peroxide (OxyDex) or chlorhexidine. To curtail dermatitis issues, you can switch from a plastic bowl to a ceramic, stainless steel or glass bowl. Plastic food bowls are porous and can trap bacteria, which then transfers to the cat's chin.



What causes cat acne?

We don't know the exact cause of cat acne. There are several possible causes of feline acne, including stress, poor grooming by human companions or by the cat herself, over-active sebaceous glands and food allergies. However you proceed, always consult your veterinarian before treating your pet at home, and good luck.



LOVE

Happy Tails

Send Us Your Pictures!

We plan to continue our "Happy Tails" section in our newsletter but can't do it without your updated pics! We invite those of you who have adopted a cat from us to submit a photo labeled with the pet's name and date adopted to our e-mail: FatKatzAbq@gmail.com



Liath



Lizzie



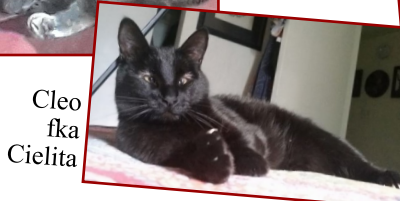
Emmy fka Celine



Severus fka Fiduciary & Lily fka Cecily



Spooky fka Boo



Cleo fka Cielita

17 Health Benefits of Owning a Cat

When you think of things that can help you increase your health, you don't often think about cats. However, health professionals and researchers are finding that owning a cat can actually benefit your health. You can enjoy a number of benefits from cat ownership. Here are some of the benefits associated with owning a cat:

Lower risk of cardiovascular disease: A study from the University of Minnesota found that people without cats were between 30 and 40 percent more likely to die of cardiovascular disease than cat owners. According to the study, dog owners didn't reap the same benefits as cat owners.

Reduce risk of heart attack: Not only will your entire cardiovascular system thank you, but you can reduce the chance that you die suddenly due to heart attack if you own a cat.

Improve your immune function: The feelings you get related to the cat can help you give your immune system a boost. Cats often know when you are ill, and can provide you with comfort, helping you get better while boosting your immune system.

Decrease chance of developing allergies: There are some studies that newborns that live with animals, specifically cats and dogs, are more likely to avoid developing allergies. Being used to them from an early age triggers immunity.

Help prevent asthma in children: If you have kids, owning a cat and exposing your kids to cats might help them to avoid developing asthma. Early and regular contact with cats can help your children avoid a number of respiratory problems.

Reduce blood pressure: Just stroking a cat is calming and lowers blood pressure. Those who own pets, according to a State University of New York at Buffalo study, are more likely to have lower blood pressure than those who do not have pets.

Lower triglycerides: Some studies indicate that if you have a cat, you can lower your triglycerides and boost your health by owning a cat. While you should probably still exercise and eat better, owning a cat can help the process along.

Lower cholesterol: A 2006 study in Canada showed that owning a cat was actually more effective at lowering cholesterol than the medications designed to do that same thing. Indeed, you could save money on meds and improve your health, possibly, by becoming a cat owner.

Reduced risk of stroke: A study at Minnesota University found that cat owners could reduce their risk of stroke by 1/3. The idea that you can help reduce the chances of having a stroke, thanks to a cat, is one reason to consider cat ownership.

Reduce stress: Having a cat has many psychological benefits, and one of those is relieving stress. Being able to care for an animal, or having a cat snuggle with you, can help you feel better, and reduce your level of stress.

Reduce anxiety: Petting a cat is calming, as are other aspects of caring for cats. When you are concerned with caring for another creature, it can help you take your mind off your worries. Additionally, the presence of a cat that will snuggle with you can help you calm yourself as you enjoy the unconditional love of a cat.

Improve your mood: Owning a cat can help you feel better in general, boosting your mood. If you are looking to see mood improvement, a cat can help with that.

Help with depression: While a cat may not actually "cure" depression, it can help take your mind off your problems, and focus on something else. The love a cat offers can also be soothing to the mind. If you are depressed, cat companionship can help you in your battle.

Help with autism: Those with autism have a hard time communicating in the same way that others do. Having a cat can actually help in these cases. There have been instances where cats have been instrumental in therapy for autistic children. Other developmental disorders can be helped with exposure to cats as well.



Reduced loneliness: Cat companionship can help those who are lonely feel a connection with another life. Just having a cat to come home to and spend time with can help those who are single, or widowed.

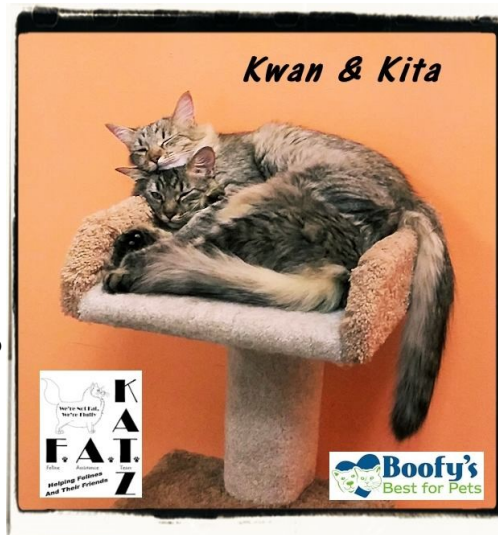
Fewer health care visits: This includes visits to the doctor, and hospital visits. Studies have also shown that nursing homes that allow cats as part of the therapy for patients have lower medication costs than facilities that do not make use of cats as part of therapy.

Longer life: Cats provide a number of benefits that can lead to a longer life, including a form of social interaction. So, if you want to be healthy and live a little bit longer, consider owning a cat.



Adoption events are held every weekend at Petco 6300 San Mateo NE Saturdays 11:30am-5pm & Sundays 12-4pm

Kita & Kwanzie want some humans to love as much as they love each other! These gorgeous sisters are two of the most appealing kitties Boofy's has ever fostered for F.A.T. Katz. Sweet-natured, affectionate, playful, and sometimes just a little naughty. Stop by Boofy's during regular business hours to meet them! They are available for adoption as a bonded pair.



WISH LIST

- Cat litter - clumping and non-clumping
- Toys, catnip
- Cat beds
- Foaming, non-alcohol hand sanitizer
- Copy paper, printable address labels
- First-class stamps
- Volunteers for adoption or special events
- Sponsor a newsletter
- Commercial printing services

- Canned & dry foods
- Antibacterial dish soap
- Towels
- Small garbage bags
- Printer ink
- Foster homes
- Scratching posts, trees & cardboard scratchers
- Sponsor a newspaper advertisement
- Gift cards - Revival Animal, Petco, PetSmart, WalMart or Zoetis

We are an all volunteer organization so your donations go directly to the cats in our care! Please consider becoming a member or a sponsor today! See the membership form below!

A huge thanks to all of our volunteers, fosters, donors, members and sponsors! If you are interested in donating, volunteering or becoming a member, please complete the form below, call 505-293-2830 or email FatKatzAbq@gmail.com

If you are interested in an email version of the newsletter, please email us at FatKatzAbq@gmail.com

**F.A.T. KATZ – P.O. Box 90394 – Albuquerque, NM 87199-0394
505-293-2830 or FatKatzAbq@gmail.com www.Facebook.com/FatKatzAbq www.FatKatzAbq.org**

Yes, I would like to become a member of F.A.T. KATZ in the following category (checks or money orders made payable to FAT KATZ):

- Guardian Angel (\$1000 or more)
- Star (\$500)
- Hero (\$250)
- Friend (\$100)
- Sponsor or Family (\$50)
- Individual (\$30)
- Active Volunteers (\$10)
- Student, Seniors, Low Income (\$10)

Sponsor-A-Cat, Name of cat and amount _____
See Facebook or web page for pictures and the list of adoptable cats

Microchip program sponsor amount _____

F.A.T. KATZ also has a PayPal account! You can donate through PayPal with your credit card using our email address listed above! You can also donate straight from your paycheck using United Way. Please visit their website <http://www.uwcnm.org/> to find out how!
 Please check here for information on volunteering or fostering - you must provide email address or phone # for this!

NAME: _____

ADDRESS: _____

CITY, STATE, ZIP: _____

E-MAIL ADDRESS: _____

HOME PHONE: _____ WORK PHONE: _____

CELL PHONE: _____ DATE: _____

F.A.T. KATZ is a registered 501(c)(3) non-profit. Your donations are tax-deductible to the fullest extent of the law.