



Forgotten Ones Cat Rescue Mewsletter

Summer 2020

TIME TO PAWS AND REFLECT



All across Canada, animal rescue groups have reported a surge in demand for rescue dogs and cats during the pandemic. It seems that many Canadians have been looking for furry companions to keep them company during the

COVID-19 lockdown. While an increase in pet adoptions is good news, it causes some concern for animal advocates.

Rescue groups caution that some adoptions can be an impulsive reaction to an emotionally stressful time. They request adoptive families consider their reasons for adopting a pet and what their post-pandemic lifestyles will be like. The worry is that, when people start going back to work and are not spending as much time with their pets, there could

be a rise in the number of cases of dogs and cats suffering from separation anxiety.

Forgotten Ones has always had a thorough adoption process that includes asking about prospective adopters' lifestyles. Sometimes the need for our in-depth review been questioned, but the process is not meant to be laborious or judgemental. Our goal is to ensure that both people and pets are right for one another and that it is a positive experience for all involved. A cat or kitten being placed in a household that isn't suitable can result in behavioural and/or health issues for the felines, a situation that is then stressful for the adoptive family.

Pandemic or no pandemic, our screening process is time-consuming and comprehensive, which means our organization will never be a high-volume rescue group. However, we believe it to be the right approach and the cornerstone to happy-ending adoptions.

Laura Wyatt, Director, Forgotten Ones Cat Rescue

FEATURED ADOPTION: Libby



I met Libby when she had to be re-homed because of a newborn baby's medical issues. For the baby's health, Libby had been kept in a room away from her family. When I brought her to my home, I think she was glad to be with people again. From the day we picked her up, she did not make strange; she was social and didn't shy away from anyone.

I have had Libby for two years now. She always wants to be with me. She likes to be picked up, or to sit on my lap while I watch TV. She follows me around constantly and is under my desk when I am on the computer. Libby plops down right outside whatever room I am in, as she knows I will have to step over her and will give her a pat when I come out—she's pretty smart!

Libby sits on the same chair every morning and waits for me to brush and comb her. At night, she waits for me to turn off the kitchen light and usually beats me to my bed. I don't think I am any different from any other cat lover—we all let cats rule our lives, don't we?

I do not know what I would have done without Libby during COVID-19 self-isolation. It has been pretty boring, but would be much worse without her. Libby is a very loving, affectionate cat companion.

~ Norma

SKATTY AND THE SOUND OF THE SEA



Sailing is an adventurous activity that requires sailors to use all their senses to ensure safe passage. Paul J. Thompson, a deaf sailor, avoids catastrophes at sea thanks to his first mate, a Maine Coon named Skatty.

Thompson, a small-craft naval architect and computer programmer, was born in South Africa and now resides in Auckland, New Zealand. He spends much of the year on his 32-foot sailing boat *La Chica* with his first mate **Skatty**. Paul's beloved cat provides companionship and love, and acts as his ears both on- and offshore.

As an avid supporter of animal rescue groups and Trap-Neuter-Release feral cat programs, Paul was delighted to share with Forgotten Ones Mewsletter readers the story and photographs of his life with Skatty.

The Search for a Cat Crew

I believe there is no need for breeders to keep breeding when so many cats and kittens need homes. However, when I turned fifty-eight, I decided I wanted a Maine Coon cat. Maine Coons are lovely, big teddy bears, are highly intelligent, and genuinely like humans. I thought there was no

likelihood of ever finding a Maine Coon rescue, so I decided to bite the bullet and buy a pedigree cat.

I had three rescue cats prior to Skatty and all had long lives. Tommy, Skatty's predecessor, was a beautiful grey tabby that spent 15 years sailing with me and lived to be 19 years old. There is still a berth onboard *La Chica* for a rescue cat and, when one comes along, Skatty will have a feline companion.

Skatty Aboard

Strauss von Skattebol of Rebelpaws, aka Skatty, was born on January 5, 2016. His Maine Coon parents had pedigrees as long as your arm and the breeder is highly respected in

WHAT IS IN A NAME?

Strauss von Skattebol of Rebelpaws: *Strauss* was Skatty's given name at birth, *von* added a touch of sophistication, *Skattebol* is Afrikaans for "my darling" or "my treasure", and *Rebelpaws* is the breeder's name.

Pedigree cat registration rules require the breeder's name be included in cat's official name.



▲ Paul and Skatty enjoy spending much of the year living on *La Chica*, a steel double-ended junk-rigged sailing boat.

▼ Although he was soaking wet and startled, Skatty suffered no ill effects from his brief dip in the sea. Paul keeps a fishing net on hand should Skatty ever fall overboard again.



the New Zealand Maine Coon community. All the kittens from this breeder are brought up underfoot, which means they are part of the family and are handled, cherished, and loved from birth.

Skatty joined me when he was 14 weeks of age. It is normal in the pedigree world to let kittens stay with their family until at least 12 weeks of age. That avoids many socialization problems that can arise when kittens are separated from their mothers at too young an age, and ensures the kittens have happy childhoods.

Maine Coons are at home around water and I had planned for Skatty to be a boat cat from Day One. In addition, Skatty is polydactyl, which is traditional for ship cats. The old-time sailors believed that big polydactyl paws gave cats a better grip on the deck and also made them better mousers.

Skatty adjusted quickly to life on a boat. When we're at anchor, he likes to sit on the solar panels on deck, as it gives him a good view and, since the panels are dark, they keep his bottom warm. The down side is that it cuts down on the charging rate!

I am totally deaf and Skatty is my ears. Without any training, he twigged to the fact that I can't hear. On his own accord, he started to alert me to sounds and let me know if a boat came alongside.

When Skatty comes up and we're under way, he stays in the cockpit voluntarily, sitting or lying next to me or on my lap. The exception is when the water is rough. Then he goes under the salon table and goes to sleep.

At night he sleeps with me, curled up in the crook of my knee. He wakes me every morning at 5.30 a.m. on the dot. Since he does not care about daylight savings, in summer we get up somewhat earlier!

Maine Overboard

Skatty is intensely interested in *anything* that is water-related. Some days, if I fill a dish or the sink at the office with water, he'll happily play in it for hours.

Skatty did accidentally fall in the water once. I was expecting it, as he had insisted on going out on the bumpkin, so I was on hand and ready to rescue him. He was in the water for about two minutes—and it was cold!

It took about two hours of TLC and warmth for him to recover and he was somewhat subdued for the rest of the day. He was never in any danger, as I was watching him all the time, but sometimes a cat has to learn the hard way. After that incident, I made some changes to make the boat safer for him.

Life Ashore

In summer we live onboard *La Chica* full time, but in winter, when I work more, we share time between the boat and my



Whether he is snuggling with Paul (above) or relaxing on deck (below), Skatty is lapping up the good life!

office, which is also a small apartment. Skatty acts as my ears onshore just as he does when we are on the water. Skatty will put his paw on the phone to indicate that I have received a text, or leads me to the door when someone arrives.

I take Skatty just about everywhere: to restaurants (where permitted), to the library, and to my company's office branches. Skatty is also receiving training as a therapy cat and we will be visiting homes for the aged and hospices to share the love. Older people in these places are often desperate for a bit of attention and love, and a cat does not care if they are sick or not as able or as good-looking as when they were younger—Skatty just loves them all.

Smooth Sailing

Skatty provides company for me and I have learned to see the world through his eyes. Having a cat onboard forces you to slow down and take life at your cat's pace. Invariably, that is a good thing, as humans are all far too busy rushing around.

Skatty wants to know about everything. In satisfying his curiosity, I learn to see things in a new light or from a different perspective.

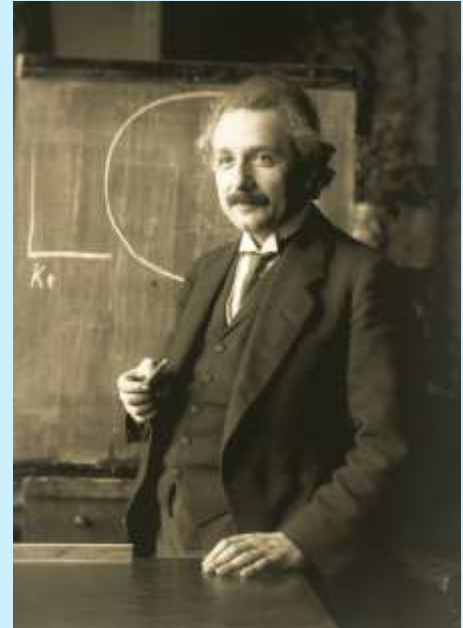
The love of a cat is a very special and precious thing. Once earned—and you do have to earn it—it is forever!



FAMOUS CAT QUOTES

You don't have to be a genius to know that cats have been loved by humans for centuries—but many who have loved cats have been geniuses!

- “The only escape from the miseries of life are music and cats.” **Physicist Albert Einstein**
- “There are no ordinary cats.” **French novelist Colette**
- “Dogs come when they're called; cats take a message and get back to you later.” **Professor Mary Bly**
- “Women and cats will do as they please, and men and dogs should relax and get used to the idea.” **Science-fiction writer Robert A. Heinlein**
- “In ancient times cats were worshipped as gods; they have not forgotten this.” **Novelist Terry Pratchett**
- “Cats have it all—admiration, an endless sleep, and company only when they want it.” **Poet, songwriter and singer Rod McKuen**
- “Cats are connoisseurs of comfort.” **Veterinarian and author James Herriot**
- “If animals could speak, the dog would be a blundering outspoken fellow; but the cat would have the rare grace of never saying a word too much.” **Author Mark Twain**
- “What greater gift than the love of a cat.” **Author Charles Dickens**
- “A cat has absolute emotional honesty: human beings, for one reason or another, may hide their feelings, but a cat does not.” **Author Ernest Hemingway**
- “You know how it is with cats: They don't really have owners, they have staff.” **Romance novelist P.C. Cast**
- “The smallest feline is a masterpiece.” **Artist Leonardo da Vinci**
- “Sleep is like a cat: It only comes to you if you ignore it.” **Novelist Gillian Flynn**
- “Never try to out-stubborn a cat.” **Science-fiction writer Robert A. Heinlein**
- “I love cats because I enjoy my home; and little by little, they become its visible soul.” **French writer, artist and filmmaker Jean Cocteau**
- “I have lived with several Zen masters—all of them cats.” **Spiritual writer Eckhart Tolle**
- “Time spent with cats is never wasted.” **Psychiatrist Sigmund Freud**
- “Dogs have their day but cats have 365.” **Mystery writer Lillian Jackson Braun**
- “I take care of my flowers and my cats, and enjoy food, and that's living!” **Actress Ursula Andress**



THE THEORY OF RELATIVITY

From the brilliant physicist Albert Einstein (above) to the 60s sex symbol Ursula Andress, (below) artists, writers and intellects have found inspiration in cats—it's all relative!



ANIMAL ASSISTED THERAPY



A calm friendly dog, a loving cat, or a small pet a child can hold is a great therapist. The right therapy animal offers unconditional love and affection, and makes a child feel special. An animal therapy session can help a child who struggles with *any* type of disability: physical, behavioural, or developmental.

Pets and therapy animals can help alleviate stress, anxiety, depression, and feelings of loneliness and social isolation. For centuries they have been in the hearts—and sometimes laps—of people with a range of conditions.

The negative effect of the coronavirus pandemic on people's physical and financial welfare has been quickly recognized by governments around the world. Fortunately, the detrimental psychological impact is also acknowledged.

In May 2020, the Secretary General of the United Nations stated that the mental health and well-being of societies has been severely affected by the COVID-19 pandemic and is a priority to be addressed urgently.

The Canadian government undertook initiatives to deal with that aspect of the pandemic, including the creation of the Wellness Together Canada website. This online portal is intended to provide Canadians with free resources, professional support services, and tools to help with mental health.

One coping tool that many Canadians are turning to is their pets. A recent survey conducted by Angus Reid on behalf of Global Pet Foods

revealed that 98% of Canadian pet parents felt their pet has provided companionship during the COVID-19 pandemic. In addition, 92% of Canadian pet parents said their pets have also provided emotional support, helped improve their mental health, and helped them cope with feelings of isolation during the pandemic.

The contribution of pet animals to our physical and mental welfare is not a new concept; their value has been recognized for hundreds of years.

ORIGINS OF THERAPEUTIC PETS

Animal Assisted Therapy (AAT) or Pet Assisted Therapy (PAT) can be traced all the way back to the ancient Greeks. They were the first to use animals, specifically horses, to lift the spirits of the severely ill.

During the Middle Ages, Belgians implemented the practice of people and pets rehabilitating together, with pets providing

natural therapy for the humans. It's likely that interacting with humans provided the animals with a feeling of companionship, which they reciprocated in kind.

Belief in the socializing and psychotherapeutic properties of animal companionship became more popular in the eighteenth century. Philanthropic groups in Europe began advocating the introduction of tame animals to some of the more progressive mental institutions.

The first documented case of humans using animals to change the behaviour of the mentally ill was from 1792. The Quakers established the York Retreat in England, an asylum for the mentally disturbed. As part of their therapy, patients took care of rabbits and poultry, and they had a positive response to interacting with the animals.

Florence Nightingale

By the nineteenth century, the introduction of animals to institutional care facilities had become widespread. Florence Nightingale, the founder of modern nursing, was a proponent of animal companionship.

In her book *Notes on Nursing* (1859) she wrote: "A small pet animal is often an excellent companion for the sick, for long chronic cases especially. A pet bird in a cage is sometimes the only pleasure of an invalid confined for years to the same room."

Sigmund Freud

During the early 1930s, Sigmund Freud, best known as the father of psychoanalysis, became a supporter of AAT when he began using his favourite dog Jofi during his psychotherapy sessions.

Freud believed that dogs had a special sense, and he thought that Jofi could signal a patient's level of tension by how close to the patient the dog positioned itself. If Jofi stayed right by the patient, he or she was thought to be relatively free of tension; but if the dog stayed at the other end of the room, the patient was thought to be very tense.

Freud also used Jofi to facilitate communication with his patients. He found that many patients initially felt more comfortable talking through Jofi, and that this interaction served as a stepping stone to feeling comfortable speaking directly to Freud.

However, Freud's view on animals' therapeutic potential did not receive recognition until almost two decades after his death, when a series of books were released that included translations of his letters and journals.

Boris Levinson

The first formal animal-assisted therapeutic work and research was done by Dr. Boris Levinson. In 1961, while working with a withdrawn and mentally impaired young boy, Dr. Levinson



NURSING THE IDEA

In the 1860s, Florence Nightingale recognized how well animals provided social support for institutionalized, mentally ill patients and included her impressions in her book on nursing.

Sigmund Freud also nursed the idea of pet-assisted therapy, but his thoughts were not known until years after his death when his findings were translated and published in 1960.



Alpacas (below) need minimal training to be comfortable with human interaction, which makes them suitable therapy animals.

Their personalities are ideal for working with patients who are confused or threatened by human relations, as they help people feel safer and less frightened.



made an accidental discovery involving his dog Jingles.

Levinson briefly left Jingles alone with the boy and, when he returned, found the young boy interacting with the dog.

This inspired Levinson to do further research with Jingles and his young patients. Levinson found that the presence of a dog during therapy sessions had a positive effect on impaired young patients. He later used the expression “pet therapy” in reference to Jingles’ beneficial effects on mentally impaired children in a therapeutic setting

A SPECTRUM OF STRESS-REDUCING SPECIES

The current trend for AAT is to incorporate an animal into a patient’s treatment plan to enhance and complement the benefits of traditional therapy. A broad range of animals are used for pet therapy, although dogs are the most widely recruited. Horses are the second most favoured, and cats are beginning to be used more frequently.

Cats are common in nursing homes, as they can wander in and out of rooms and pause to snooze and snuggle. One of the biggest advantages of letting patients interact with animals in such places appears to be improved mood and reduced anxiety.

Cats also aid elderly people suffering from dementia; and it has been reported that Alzheimer’s patients may recall memories when petting cats. Sometimes felines are a good option for individuals who might be intimidated or afraid of dogs.

Pet Partners is a non profit organization that has been promoting the benefits of animal-assisted interventions since 1977. Their team visits with patients in recovery, people with intellectual disabilities, seniors living with Alzheimer’s, students, veterans with PTSD, and those approaching end of life. Their mandate is to improve human health and well-being through the human–animal bond.

According to Glen Miller, a spokesperson for Pet Partners, a wide variety of animals can be wonderful companions or pets. Therapy pets can include dogs, cats, rabbits, birds, guinea pigs, rats, miniature pigs, llamas, alpacas, horses, donkeys, and mini-horses.

To be registered, a therapy animal must be at least one year old and have lived with their owner for a minimum of six months.



FORGOTTEN ONES' BULLETIN BOARD

PICTURES? STORIES? TIPS?

Receiving photos and updates about Forgotten Ones adopted cats and kittens is very rewarding for our volunteers. We would love to hear from you so we can include your photo and story in our Mewsletter. Please contact us at contact@forgottenones.ca and include the word *Mewsletter* in the subject line.

COVID 19 UPDATE

Forgotten Ones Cat Rescue is fortunate to have an amazing group of volunteers and, even during the COVID-19 crisis, our team has kept the organization operational. Adoptions are still taking place through virtual meet-and-greets, digital forms and agreements, and contactless delivery of cats and kittens to their new homes.

In addition, we are able to continue our work thanks to all the people who have stepped forward to be foster families. We currently are not in pet stores, so we lost the option to temporarily house homeless cats in adoption centres while they were waiting to find forever families. We very much appreciate all those who opened up their homes to help.

We are still facilitating cat and kitten rescues that are within our organization's scope. We are a small organization and not equipped to deal with emergency or large-scale animal rescue cases. Please call your local municipal animal services for urgent situations.

Year-Round - Tru Pet Adoption Centre *Closed until further notice.* Visit cats available for adoption in a cage-free environment. Tru Pet, 10520 Yonge St. (Winners Plaza), Richmond Hill, 905-508-1112.

Year-Round - Elgin Mills PetSmart Adoption Centre *Closed until further notice.* Forgotten Ones cats and kittens are featured at Elgin Mills PetSmart, 1700 Elgin Mills Road East, Richmond Hill, 905-787-8740.

HOW TO DONATE THROUGH YOUR EMPLOYER

Many companies believe in corporate social responsibility and support local charities. As an extension of corporate philanthropy, matching gift programs are designed to be the means by which businesses encourage employee charitable giving. Companies match donations made by employees to a wide range of not-for-profit organizations. As a registered charity, Forgotten Ones is an eligible recipient of the matching gift funds.



In addition, if you donate to United Way, you can also request that your contribution be directed to us.

Forgotten Ones
Cat Rescue



We rely on financial contributions to continue our mission of finding loving homes for abandoned cats and kittens. Every dollar received is used for the needs of the animals in our care.

Donations can be made through our website, or mail a cheque to: Forgotten Ones Cat Rescue, P.O. Box 32203, Richmond Hill, ON L4C 4H0. Tax receipts will be issued for donations of \$20 or more. Please include your email address.

www.forgottenones.ca



Moo – Not Too into Moo-ving

I'm trying to think back on dates and I think I adopted Moo at the beginning of 2018. I really have to think about it because it feels like he's been with me forever.

Moo has really leaned into being lazy and enjoys a relaxing lifestyle 90% of the time. Occasionally, I can sucker him into playing, but he'd always rather snuggle. Every day when I pull into my driveway, Moo is sitting in the window waiting for me, unless I come home early (which is very confusing for him). I adopted a sister for Moo so he could have some company when I am at work and he is generally tolerant of her.

I don't know what kind of situation Moo was in when Forgotten Ones found him, but I just can't fathom someone not wanting him or not treating him right. I really want to thank everyone who volunteers their time with Forgotten Ones, not just on behalf of Moo but for all the cats you care for. You made a huge difference, not

only in Moo's life, but in mine too.

I appreciate your help in finding a cat that is such a good fit. I really could never ask for a better cat and I will be forever thankful that Forgotten Ones stepped in to save him. ~ Katie



Lucy – Brought Bliss and a Hiss

I found Lucy through a friend who told me about Forgotten Ones. I went to meet Lucy at the pet store and immediately loved her markings, especially the diamond-shaped mark on her nose. Lucy rubbed against my hand through the cage and I was smitten right away. It was like love at first sight.

Lucy was an older, declawed cat who was shy and overweight. I was happy to save a vulnerable, overlooked cat. I think older cats get a bad rap, as a lot of people want kittens.

I brought her home, and Lucy adjusted well, with the two of us connecting in a week or so. Unfortunately, Lucy hates my son and daughter. When they visit, she hisses all the time. I love Lucy's personality, but not her hissing at my kids.

I brush Lucy's fur every day and her coat is shiny and beautiful. She loves to cuddle and she loves to eat—she is an eating machine! She has lost some weight; I don't know how much. Her quirkiness is that she talks to me and answers to her name. She is my best buddy! ~

Tina