

scratchingpost

Magazine of Ten Lives

December 2018

please
take
one!

FOSTER CARING:

'TIS THE SEASON

INSIDE:



BEHIND THE LENS:
RACHAEL DANIELS



BIN RESCUE:
MIGHTY MAX'S STORY



OUR FAVOURITE:
MR BINKS MERCH

2019 FUNDRAISING CALENDAR

The purrfect stocking stuffer is back again this year!

Our calendar is one of our biggest fundraisers each year, raising funds to support the work we do here at Ten Lives. For just \$15 not only do you get to look at gorgeous kitties throughout 2019 but your purchase helps a kitty in need!

A big thanks go to Rachael & Freya for volunteering their amazing photography and design work again this year!



Now available for sale from the following locations: Ten Lives Cat Centre, Ten Lives Cat Centre Op-Shop (Margate), Animal Tuckerbox, Hobart and Channel Highway Animal Hospitals, North Hobart Veterinary Hospital, Hobart Community Veterinary Hospital, Macquarie Animal Hospital, Kingston Animal Hospital, Sandy Bay Holistic Veterinary Centre, Mayfair Veterinary Clinic, Lindisfarne Vet, Eastern Shore Veterinary Hospital, Tasmanian Animal Hospital Bellerive, Tasmanian Animal Hospital Sorell, Tasmanian Animal Hospital Kingston, Terry White Chemmart Rosny Park, Plato's (Salamanca), Number 10 on High Street (New Norfolk), Lenah Valley Newsagency and Kmart Plaza Newsagency New Town!

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STEALING THE SHOW:

107.3 TRIPLE M'S AL PLATH (LEFT) AND DAVE NOONAN (CENTRE) HAD TO COMPETE WITH LEONARD (BOTTOM RIGHT)

CLOWDER COLLECTIVE

Clowder members are the perfect ambassadors for Ten Lives to communicate our responsible cat ownership messages throughout their organisations, as well as encourage participation in initiatives that support cats, the environment and the community.

In return, Ten Lives gives back by hosting a number of free networking events throughout the year with inspirational local guest speakers.

In November we hosted Triple M Hobart's Al Plath and Dave Noonan, who both spoke candidly about themselves and their experiences in life. They openly shared the challenges, tragedies and triumphs that they have faced, which all ultimately lead them to be working together on breakfast radio.

The Clowder Collective have a number of exciting events planned for 2019. The group provides the opportunity to attend these events, all you need to do is join our Facebook group and we will keep you informed about upcoming events.



ANOTHER ENTERTAINMENT BOOK RECORD!

For the fifth year running we have improved on our previous years fundraising efforts through selling Entertainment Books and Digital Memberships, this year raising in excess of \$2,500!

Thank you for your support again this year purchasing your Entertainment Memberships through Ten Lives.

Not only do you get a years worth of great savings but by purchasing your book or digital membership from Ten Lives you are also helping kitties in need!

You can still order digital memberships via the Entertainment website:

www.entbook.com.au/240v102



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Ten Lives would like to thank the following businesses for their support:



Behind the Lens: Rachael Daniels



Flour power



Photoshop play



Dancer



Jessica Mauboy



Sorell on stage



Fly ball fun



Puppies at Wobbly Boot

If you have visited the Centre on a weekend over the past seven years, you would have probably run into our photographer (and often cat counsellor!) Rachael Daniels, who volunteers her time to take the stunning photos you see on our website and around the Centre.

"When we adopted our last two cats from the (then) Hobart Cat Centre in August 2011 I asked if the Centre would like me to take some photos of the cats awaiting adoption for use on the website. The Centre gratefully accepted as their previous photographer had just returned overseas. It was perfect timing."

When not utilising her creative photography skills, Rachael finds balance through her day job.

"I have a Business degree and have worked in a few different government departments in finance and accounting roles. Photography is a good opportunity to balance right brain with left brain."

In addition to volunteering at Ten Lives, Rachael also volunteers for Pets in the Park and at Wobbly Boot Vineyard's quarterly fundraiser "Wine and Woofs", raising much needed funds for local charities by selling her photos from the day.

"I started taking photographs for Pets in the Park this year. This is an amazing group of volunteer vets, vet nurses and admin providing free monthly clinics for companion animals of homeless people and those at risk of becoming homeless."



Photo: Andrew Burn



Hockey & Tour Down Under



Baskerville



Pets in the park

It's wonderful to be associated with this fantastic charity.

"Since early 2016 I have also taken photos of dogs having fun at Wobbly Boot Vineyard's 'Wine & Woofs' quarterly events to fundraise for animal charities. These events raise money to support charities such as Small Paws, Ten Lives Cat Centre, and the Devil in Danger Foundation just to name a few.

"It is amazing because there's the opportunity to make a difference, even if just in a small way, both in animals and people's lives. I very much believe that the saying of 'saving one animal won't change the world but it will change the world for that animal'. So it's about saving one animal at a time, else it would just be too overwhelming!"

If you follow Rachael's social media feeds you will have noticed that her skills are not just limited to animals!

"I enjoy taking photos of pretty much anything and everything! However if I have to narrow it down (other than animals) it would be macro flower shots, sport (tennis, cycling, hockey, motor sport), dancers and event photography (such as bands, festivals and theatre)."

In addition to all the furry friends she has made

at the Centre, Rachael and her husband Paul have four kitties of their own at home who are all heading towards their senior years.

"Owning a pet is a commitment for life, so really consider if you are able to make that commitment. Adopting a pet is really worthwhile, knowing you are giving them a second chance for a happy life (and don't overlook the mature moggies - you can see their personality and know what you are getting)."

And since first volunteering back in 2011, Rachael's photos have helped us rehome literally thousands of cats.

"It's such a joy to be able to use my passion of photography to contribute to the welfare of animals, for which I am also extremely passionate. I've often had people say they have adopted after seeing a photo I've taken. It totally makes my day (and usually makes me a little sniffly too!)."

"I love the work that all the amazing and caring staff and volunteers at the Ten Lives Cat Centre do, I am very proud to be part of the team. Cats and kittens are just so well cared for at Ten Lives."

You can find more of Rachael's work at rachaelphotography.com, @rachaelphotography on Facebook and @rachdphotography Instagram!

Behind the Lens continues next page with Rachael's own kitties!

Behind the Lens: Rachael's Kitties



Keira our British Blue cross – she's our plus sized super model kitty. She's gorgeous and she knows it. If you purchased a Ten Lives Christmas Card over the last few years you'll have seen her beautiful face as she's on the back. She hates being brushed – she prefers the soft furnishing attachment on the vacuum cleaner. Her favourite place is the back of the couch draping her thick tail across your head. She rarely stops purring (unless being brushed!)



Monty (adopted from then Hobart Cat Centre) rules the roost. He's a tiny tabby but I'm pretty sure he thinks he's a tiger. He's full of personality and loves visitors. He's been known to hop up on someone's knee and give them a social grooming on first meeting, he's not at all shy. He's also a chirpy morning person (unlike me, but it's hard to resist his head butts and chirping whilst I'm getting ready for work).



Manu (adopted from then Hobart Cat Centre) is the baby (at 7ish). He's a black smoke tabby with gorgeous dark yellow eyes that stare right into your soul. He's a deep thinker. He can also be a complete nutter, springing and darting around hurling a green bean about the floor (like many cats he seems to prefer odd household items over purchased toys). His favourite place is lying upside down on the couch next to us with all four legs in the air.



Romeo (adopted from then Hobart Cat Centre) is our 9 year old going on 9 months. He has the longest black tail perfect for chasing which he does regularly. He's a sensitive lad and loves to snuggle and give eskimo kisses. He is super sweet. He's a gourmet, preferring anything that's on our plate rather than his cat food (but this does incite his bad habit of patrolling the kitchen bench regularly looking for snacks).





CLOCKING UP THE MILES:

THE WINKIEMOBILE DURING A RECENT VISIT TO SPREYTON PRIMARY SCHOOL.

Schools all around the state have been embracing our Edu.Cat program. Our educators will be in schools next year teaching Tasmanian children about Science, Technology, Engineering and Maths (STEM) using the engaging subject of cats.

The program was first launched in March 2017 and in that first year the focus was on development and road testing the program.

Edu.Cat is not cat show and tell. It is a complete package from kindergarten to grade 7, linked to the Australian Curriculum. The material covers all aspect of responsible cat ownership and environmental and community issues. Students are challenged with science, technology, engineering and mathematics, STEM, which is a priority for educators in Australia.

Edu.Cat provides an engaging subject matter for students while providing quality educational value.

Edu.Cat was rolled out to nearly 8,000 students during 2018.

The value and recognition from educators is demonstrated in that we have rebooked all these schools for 2019 and already have new bookings taking the total up to 12,000 students before we have finished this year.

We have an ambitious plan to roll out Edu.Cat statewide for the next ten years to change the way the community care for cats and the environment. We are well on track with this world leading initiative.

Rose Bray, our Community and Education Manager, is to be congratulated for the development and success of this program to date. It is the largest project that Ten Lives has ever

tackled. While Rose will be quick to acknowledge the team effort involved there is no doubt that this has been driven by Rose and her passion to make a difference for cat welfare.

Ten Lives attended many other community and student events including the Festival of Bright Ideas. We also had a partnership with the Terrapin Puppet Theatre Company where Honey the cat puppet delivered a humorous and engaging skit to 12,000 students statewide about responsible cat ownership. In total our Community and Education team led by Rose Bray has delivered important responsible cat ownership messages to over 25,000 students during 2018.

To book a session or get more information, please go to tenlives.com.au and click **Educate**, email us at: edu.cat@tenlives.com.au or call on 03 6278 2111.



Photo: Rachael Daniels

'TIS THE SEASON:

FOUR WEEK OLD BATMAN IS JUST ONE OF THE KITTENS IN FOSTER CARE WAITING TO BE OLD AND BIG ENOUGH TO BE DESEXED

Kitten season has well and truly hit us, with upwards of 200 cats and kittens currently in foster care.

Foster carers volunteer to care for cats and kittens in their own home until they are ready for adoption, at which point they are returned to the Centre. Foster care benefits all cats, including adult cats who have been in the shelter for extended periods of time, mothers and kittens, unwell kitties, cats that are timid or shy or have behavioural issues.

We have developed and delivered a comprehensive training and support package to all our foster carers so that their dedication, time and compassion delivers the best

care. With the foster carers support we have adopted and saved more cats than ever before and halved the days in care that any cat or kitten needs to be with Ten Lives before they find their forever home.

It is a strategic focus to continue the development of our foster care program so that we can continue to provide the best care and in a sustainable way for the long term. Our program is setting the pace in Australia.

With upwards of 150 foster carers in the team at any given time, the cats are always getting the best care. Well done and thank you.

We will continue to develop our training and support materials to give our people and our cats the best opportunity.

BE PART OF IT!

Fostering allows you to experience a huge range of emotions and have a lot of fun, whilst offering a nurturing environment for our cats or kittens.

Some of the reasons our kitties need foster care before they can be adopted are:

- Shy or timid
- Too young
- Illness

The Ten Lives Cat Centre provides full support and everything you need to care for a cat or kitten in your home.

We provide:

- food & bowls
- kitty litter & trays
- toys, blankets & beds
- 24 hour support
- medicines and vet care

You provide:

- a loving environment
- care for our cats and kittens

We constantly need foster carers for kitties, so don't delay and register now!

Every cat has a story.



Are you part of it?

FOSTER

Every cat has a story.

This is Mighty Max's



Mighty Max came into our care on June 13 after she was found abandoned in a rubbish bin in Lauderdale.



But most importantly where she would get lots of love and care.



She was timid, emaciated, dehydrated and had ringworm. But Max would overcome all odds.



After being in foster care for over eight weeks, Max had recovered and now three months old, was ready for adoption.



Max was placed into foster care where she would receive treatment for her ringworm.



Max's story was covered by Louise Hedger on Southern Cross News, where she was reunited with her rescuer Kym.



As well as gaining weight and improving her body condition.



After 64 days in our care, Mighty Max found her forever home with Mary.

Mighty Max's story represents what Ten Lives is faced with on a daily basis: cats surrendered under extraordinary circumstances, in need of life saving treatments and extensive care until they are ready for adoption.



WORKPLACE DONATIONS:

(LEFT) CHRIS FROM THE WOOLWORTHS SUPPORT CENTRE AT ROSNY PRESENTS SONIA FROM THE DOGS HOME OF TASMANIA AND ALISHA FROM TEN LIVES WITH A CHEQUE FOR \$1,055 EACH (RIGHT) JASMINE PRESENTS ALISHA AND SONIA WITH GOODS DONATED BY STAFF FOR CATS AND DOGS IN NEED THIS CHRISTMAS!



The Ten Lives Cat Centre is a self-funded not-for-profit cat welfare organisation. We do not receive government funding, and we rely on funds generated from our own operations and the support of the general community.

As we move into our fifth decade of operation, it is heartening to note that our support base is ever-growing and that the community as a whole is working together to improve the lives of animals in general across the state.

How can I help?

You can help the Centre through donations.

We need old newspapers, woollen blankets, jumpers and towels which ensure our kitties stay warm, especially during our chilly Hobart winters.

We need practical items like copy paper, toilet tissue, dish liquid, washing powder, hand wash, paper towels, garbage bags and stationery products, which aren't very exciting but are extremely

necessary in the running of the Centre.

We need financial donations to provide ongoing care for cats and kittens as well as the maintenance of our facilities. Donations of over \$2 are tax-deductible and donations can be made via our website, over the phone or in person at the Centre.

\$2 per month	will help provide toys and activities for our cats during their stay with us
\$10 per month	can provide treatment for common ailments such as digestive upset, fleas and mites
\$15 per month	desex, microchip and vaccinate a kitten ready for it to find its forever home
\$20 per month	sponsor a cat which contributes to the cats stay with us until we find the cat a home
\$50 per month	would support a litter of kittens that require foster care before being adopted

Sponsorship

If you are unable to adopt a cat, but would love to have a cat in your life, then why not sponsor one of ours? For just \$20 per month your sponsorship will help us feed

and house a cat or kitten and you'll receive regular updates on your sponsored cat. We encourage you to come in and visit your sponsor cat too, not only do you get some kitty therapy but you also help them settle into their environment and prepare them for their forever homes.

What we need

Office Supplies:

Copy paper (A4 & A3), pens, post-it notes, blu tac, tape, laminating pouches, staples & tissues

Cleaning Supplies:

Paper towel, toilet paper, hand soap, dishwashing liquid, disposable gloves - pref. Medical grade & latex-free

For the Cats:

Newspapers, blankets, sheets, towels, jumpers, toys, heat packs, pet beds/caves etc, cat trees, cat carriers.

Please note we are unable to accept donations of filled bedding items such as doonas or pillows.

Every cat has a story.



Are you part of it?

DONATE



LIGHTS, CAMERA, ACTION:
SOPHIE KURLY FROM WIN NEWS AT THE V.E.T.S. CLUB LAUNCH CAN'T RESIST A KITTEN IN NEED!

GIVE THE GIFT OF HEALTH AND LIFE

Veterinary treatments for the cats and kittens who come into our care is a significant part of Ten Lives' budget, averaging around \$10,000 each month. It's where funding for our shelter is always greatly needed.

As Tasmania's largest dedicated cat shelter, we see some of the worst cases of abuse and neglect – donations are quickly used for treatment.

By joining our V.E.T.S. Club you can help us be at the ready to treat these kitties who come to us in need of life saving care and treatments.

The Vital & Emergency Treatment Supporters Club or "V.E.T.S. Club" provides ongoing medical care for the 3,000+ cats and kittens who come to the shelter each year.

Treatment ranges from antibiotics and vaccinations to testing, spay and castration surgery, and more. The health and well-being of cats in our shelter is an important part of our mission.

The V.E.T.S. Club allows us to begin treating animals the moment they arrive at our shelter.

Each case that comes to us is unique – orthopedic issues such as broken bones or sprains, complicated and sometimes emergency surgeries, cats with ringworm, and much more. We can only help those cats due to kindness and support from the community. You can be part of their story.

Of course it wouldn't be a proper club without member benefits! To show our appreciation for helping us be at the ready to care for the cats and kittens who come to us needing vital lifesaving treatments we offer you:

- **Monthly Update**

Our Head Veterinarian, Dr Tess Vitesnik, will provide

monthly updates on the number of treatments that the V.E.T.S. Club has assisted in administering.

- **Shop Discount**

Club members will receive a 10% discount at the Ten Lives Shop.

- **Welcome Pack**

Receive a Ten Lives Showbag when you sign up to the Club, with items for your kitty generously donated by our suppliers along with a sticker for your car to show your support.

- **Behind the Scenes Tour**

See first hand how your donation is being used with a behind the scenes shelter tour, including access to areas not open to the general public.

Visit tenlives.com.au to join the V.E.T.S. Club and help us be at the ready to provide lifesaving treatments to the kitties who come to us in need.



THE GIFT THAT GIVES TWICE:

ZULIE CHECKS OUT OUR RANGE OF GIFT VOUCHERS AND THE MR BINKS GIFT WRAP!

As Ten Lives is a self-funded not-for-profit organisation we rely on funds generated from our own operations such as our retail store.

Thanks to your continued support, this year we have an ever increasing range of stock for the cat and cat lover alike.

Along with the essentials like Hill's Science Diet food and litter, we have a great range of accessories including bowls, litter trays, collars, harnesses & leads, beds, toys, scratching posts, carriers, preventative treatments, traditional and interactive cat toys. We also stock cat-related giftware for humans such as plush toys, books, apparel, homewares, games and jigsaw puzzles which all make great gifts.

Whether you're looking for the basics or exciting new products for your kitty or yourself - it's all here at Ten Lives!

The best part is 100% of funds generated from our shop stay right here at Ten Lives so your purchase helps a kitty in need! If you're having trouble deciding what to buy as a gift, you can always purchase a gift voucher for either the Ten Lives Shop or the Ten Lives Cat Centre Op Shop at Margate.

Adoption Vouchers for adult cats or kittens are also available, and being valid for 12 months the recipient will have plenty of time to choose the kitty that is right for them.

Something new for us this year are our very own Christmas gift wrap and labels, featuring the one and only Mr Binks!

The Mr Binks character is the genius of creative volunteer Angela, based on her favourite kitty at Ten Lives, and was originally designed for educational posters, though he has now started popping up on



MR BINKS FAN CLUB:
SUPERVISOR ALISHA WITH CREATIVE
VOLUNTEER ANGELA AND HER
FESTIVE CREATIONS!

our fundraising items.

Mr Binks has proved a hit with customers, so keep an eye out in 2019 for more Mr Binks merch!

If you would like to find out more about our every growing range and check out the latest products in the Ten Lives Shop, search the #shoptenlives hashtag on Facebook and Instagram!

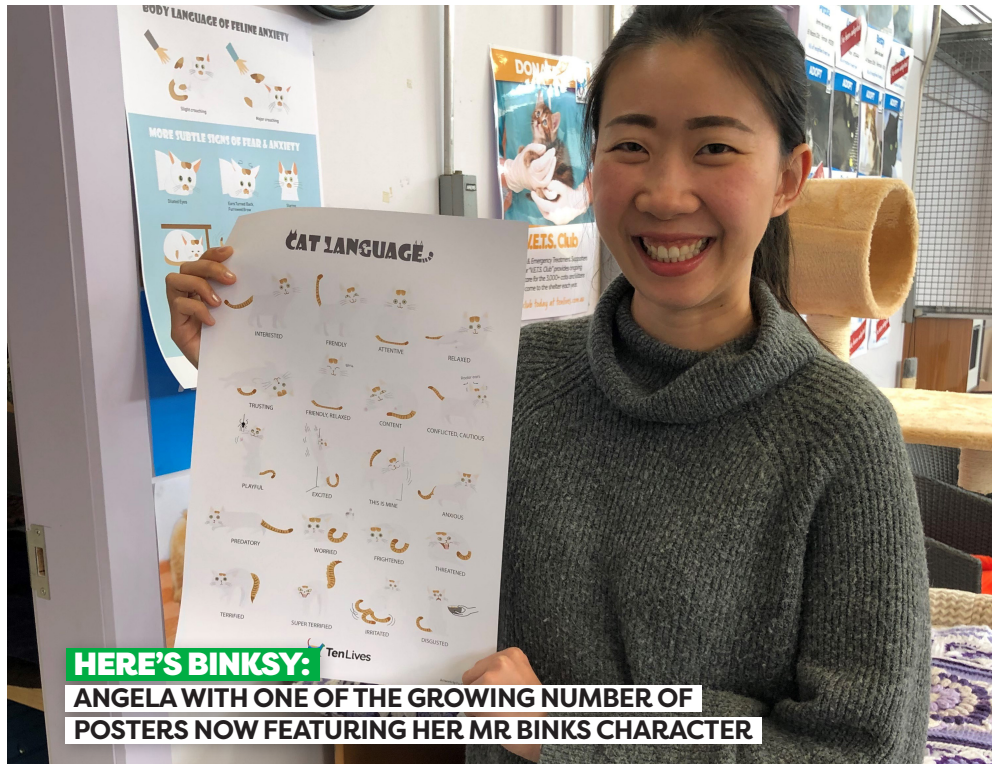
Give the gift that gives twice - all funds raised from our shop stay at Ten Lives so your purchase helps a kitty in need this Christmas!

Every cat has a story.



Are you part of it?

SHOP



HERE'S BINKSY: ANGELA WITH ONE OF THE GROWING NUMBER OF POSTERS NOW FEATURING HER MR BINKS CHARACTER

Q&A WITH CREATIVE VOLUNTEER, ANGELA

Why did you decide to volunteer?

I love cats, and I've always wanted to adopt one. Since I cannot find pet friendly accommodation, I decided to volunteer to help cats in need. So that I have a chance to cuddle cats every week.

When I'm not at Ten lives I'm normally?

I am either working as a sales assistant, or at home watching movies.

Favorite fictional cat?

Binks. I created a Binks character, and he is a real cat that used to stay at Ten Lives a few months ago.

If you had a time machine would you go back in time or into the future?

I would like to go back and learn something that I really like.

What's your favourite word?

CAT.

Would you rather chase a toy mouse or sleep all day?

I prefer to sleep all day in the sun (like cats).

What are you an expert in?

I'm an expert in design, especially interior design and 3D drawing.

If you could win an Olympic medal in any sport (real or fake) what would it be?

Probably swimming. Because swimming is the only sport that I'm good at.

If aliens landed in your backyard and offered to take you into space with them, would you go?

I won't go with them unless they have cats =^.^=

What surprises you most about Ten Lives?

Ten Lives' staff and volunteers put effort to take care of cats and try very hard to find a forever home for them. Cats here are healthy, clean, and happy.

What would you tell someone who was thinking about adopting a cat?

Come to Ten Lives and offer a home for our cats. Be part of their story, they are waiting for you!

DO YOU WANT TO BE A PART OF SOMETHING TRULY AMAZING?

Volunteers are an essential part of our operations at the Ten Lives Cat Centre as we are 100% self-funded. We receive no government funding to assist with the costs of running such a large not-for profit feline shelter and rely on the generosity of the community.

Volunteering is a great way to learn about cats and their behaviours, while meeting like-minded people and giving back to the community (and cats).

We're currently taking applications for the following volunteer positions:

- Animal Care Assistant
- Creative Assistant
- Foster Carer
- Margate Op Shop Assistant
- Reception and Retail Assistant

Information for our volunteer roles are listed on our website. Please read the position description for each one. If we're recruiting for a volunteer role the "Apply Now" button will appear under the description. To apply, click "Apply Now" to express your interest.



TOO MUCH OF A GOOD THING:

BISCUIT HAD A BCS OF 7.5 AND WAS PLACED ON A DIET OF HILL'S METABOLIC

UNCOMFORTABLE TRUTHS

As a shelter we see our fair share of cats and kittens who have been doing it tough. Many have poor body condition due to inadequate or inappropriate nutrition, parasite infestations, or chronic illness.

It is easy for people to draw the conclusion that this is not a healthy state for an animal to be in. At the other end of the spectrum, we are also confronted with cats seeking a new home that have a different kind of health concern. An overweight cat, or in the extreme an obese cat, is also a concern that we take seriously here at Ten Lives. That moggy with the rotund appearance or the extra fat pad may ooze personality, but at the end of the day is at risk of a host of complications.

More than a third of cats in most countries are overweight or obese. Obesity is associated with increased disease risks and is caused by the new age kitty lifestyle; fast food on demand, indoor sedentary activities, and de-sexing all contribute to the number of rounded kitties living in lounge rooms everywhere. Interestingly de-sexing is an important contributing factor, due to hormonal changes and decreased caloric requirements. In fact, your cat's need for calories decreases by over 25% once it is de-sexed. This is not a reason to not de-sex your pet cat, but instead to focus on feeding appropriately for life stage and activity levels.

Body condition

As part of their initial exam within the shelter all our cats and kittens are weighed and have their body condition assessed. Body condition reflects the muscular and fat coverage over the body and indicates if their weight is ideal. Each cat is given a body condition score between one and nine based

on palpation of the ribs, vertebrae, and hips. A body condition that is outside the normal range is noted, along with an ideal weight. Steps are then taken to bring the body condition back into the normal range. Foster care is required if a cat needs time to improve its body condition prior to having surgery or becoming available for adoption. Cats who are overweight are started on a weight loss plan that they go to their new homes with.

The big deal about feline obesity

Not only is the cat's penchant for physical activity impacted by being overweight or obese. They are at a higher risk of several diseases including diabetes mellitus, feline lower urinary tract disease (FLUTD), osteoarthritis, cardiovascular disease, and neoplasia (cancer). Every system in the body is put under extra stress, not only due to extra workload but also due to the release of hormones and inflammatory cytokines by the fat tissue. Life expectancy is decreased, and anaesthetic risk is increased.

Feeding recommendations

As with most things in life, prevention is better than cure. Prevention of obesity should start early in life, around the time of de-sexing. The following are some simple suggestions to help with this:

- Change from a growth diet to an adult maintenance diet at the appropriate time, usually around 10 – 12 months.
- Feed multiple small meals instead of allowing ad lib access to food.
- Identify appropriate daily quantity of food...yes, often the amounts indicated on food packaging can be too generous. Your vet will be able



SHELTER UPGRADE

Here at Ten Lives we aim to keep abreast with the latest in shelter design and management. One upgrade we have been excited to experience the impact of is our portals, which were installed prior to last kitten season.

A key way of reducing the stress of a cat within a shelter environment is to ensure they are given enough space. Stress reduction is of utmost importance as generally a stress-free cat is a healthy cat. Traditional stainless-steel cages do not provide enough floor space to adequately separate the sleeping, eating, and toileting areas. The UC Davis Koret Shelter Medicine Program came up with an inexpensive method to upgrade these cages into double compartment condos.

The method involves cutting a hole in the stainless steel and installing a plastic portal to allow the cat to pass from one cage to the adjacent cage. The cat then has access to double the floor space! It is also then possible to close the portal allowing for cleaning with minimal disruption to the cage occupant.

We have had a significant reduction in our level of flu within the shelter over the last 12 months with portal installation being a significant contributor to this.

We, and more importantly our cats, love our portals!

to help here.

- Measure daily food allotments with a cup measure instead of pouring an approximate amount out of the packet.
- Mimic normal feeding behaviour by providing food in foraging devices e.g. food balls or food puzzles, this encourages natural foraging behaviours and expenditure of energy in pursuit of food. Experiment to find one your cat will interact with.
- Treats should be kept to a minimum, if used then decrease your cat's daily food portion appropriately.

How to fix it

Treating obesity once it develops can be difficult. If your cat has a body condition score of more than 5 then gradual weight loss will be the aim. A loss of 1 to 2% of the body weight per week is ideal. For example, a 7kg cat should aim to lose 70 – 140 grams per week. There are three main avenues available to achieve this:

1) Increasing activity levels will increase calorie output and increase metabolism/lean muscle mass. Getting a kitty exploring the outdoors on a leash or in an

enclosure is an appropriate way to do this. Creating vertical space within your home, having frequent short play periods, and using food puzzles to provide daily food can also be fun.

2) Reducing the caloric intake by reducing daily food provided. The aim is not to put the kitty on an extreme diet but just to decrease the amount of food per day by a small amount each week, until the desired weight loss is achieved.

3) Finally, it is also possible to change the type of calories the cat is consuming i.e. using a specific weight loss food. Changing diets must be done slowly and may take several weeks. Transition by mixing slowly increasing proportions of the new food in with the old food.

Within the shelter we have good success with the Hills Metabolic diet. Any overweight or obese cat is prescribed this diet within the shelter. Adoptive owners are provided with advice to ensure the weight loss continues post-adoption ensuring happy, lean cats who have the best chance at leading healthy lives.

TEN LIVES VETERINARIAN
Dr Tess Vitesnik BVSc(Hons)

#catsofnewtown

Every cat has a story.



"I visited Ten Lives often to get my "cat fix" and the moment I locked eyes on Frankie I knew I had to have him. He was shy at first, but once you picked him up for a cuddle he could not stop purring, I knew straight away he would fit into our family and be loved. He is curious, extremely affectionate... and loves snuggling up on one of our laps for a nap."

- Rachel, Frankie's Mum, Adopted January 2018



POSTAL CARD

"After losing our cat Bubbles 2 years prior, we weren't looking for a new family member but when we saw Felix's photo on Facebook- we just knew he belonged with us! Poor Felix arrived at Ten Lives so matted that he had to be shaved. He was so vulnerable (and cold!) so his Grandma crocheted him a jumper to wear whilst his hair grew back."

- Emma, Felix's Mum, Adopted October 2017

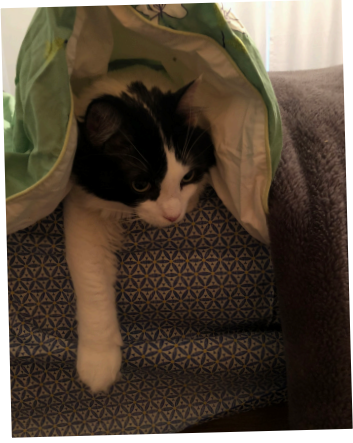


"We have always adopted from the Cat Centre... I saw this little white ball of fluff. The minute she turned around and showed me her face and gorgeous blue eyes I fell in love. Although in the end I think I was the one that was adopted as she came over purring and gave me a head-butt." - Sally, Maggie Moo's Mum, Adopted September 2017



"I initially fostered Daisy when she was a mother to a large litter of kittens. After all of her kittens went to wonderful homes Daisy was still left waiting for hers. In the end I couldn't bear to part with her and her foster home became her forever home. Daisy spends most of her time on her window seat or zooming down the hallway."

- Jenny, Daisy's Mum, Adopted August 2017



"Trouble kept popping up 'for adoption' on the Ten Lives Facebook page. I was looking through one night and read her story... and decided we must go and get Trouble immediately... We were talking about getting a cat but hadn't decided when, but we couldn't leave Trouble to spend any more time away from her forever home."
 - Renee & Jackson, Trouble's Parents, Adopted October 2017



"I could not resist the sheer naughtiness, tricks and cheekiness of Buttons in her video log. Finally seeing her distress in her video when Joel left work for the weekend, we just had to give her a home. She is independent, haughty and clever but she frets when we go to work. She constantly entertains us with her antics, we love her!" - Suzanne, Button's Mum, Adopted August 2018



"Billie Jean caught my eye on Facebook and we just had to come and meet her. The love was instant, and we knew she'd be a perfect fit in our household. Billie Jean earned her new name as she sprung out of her carrier for the first time and explored her new home. She just had to be named after a strong woman!"
 - Bronwyn, Billie Jean's Mum, Adopted January 2018



"We saw Lily online and fell in love with her after looking for about a week. She is the perfect kitty for our family and is loved to bits and pieces. The first night was tough but she did a lot of exploring and now thinks that she is the queen of the household (especially my bed!). Lily is super curious and always wants to be in-the-know." - Sophi & Lulu, Lily's Parents, Adopted July 2018



"Our family was looking for a friend for our black and white fluffy boy, Ralphie, who we adopted in January. Rueben was the perfect grey and white fluffy match. Both boys are great talkers and give constant smooches to everyone in the family. It wasn't long before the two boys were snoozing together. How lucky could we be?"
 - Corinne, Reuben & Ralphie's Mum, Adopted January & February 2018



Over the past three years through the hard work of the staff, volunteers and supporters, we have been able to completely reinvigorated the Centre.

The visible changes included the construction and successful operation of a first-class veterinary service, the successful implementation of the computer recording system "shelter buddy", the rebranding of the organisation to "Ten Lives", the introduction of the education project Edu.Cat, and the greatly enhanced social media activity and public profile.

Behind the scenes there has been a focus on developing relationships with both local and state government and other animal shelters both within Australia and throughout the world. The Centre Manager, staff and board members have increased their education by visiting other centres on the mainland and overseas. Both the Centre Manager and the Vice President interrupted their annual holidays by visiting the Battersea Animal Shelter in the UK. Whilst these visits have been invaluable learning experiences, it appears from their reports that Ten Lives compares very well to these other centres.

Also, behind the scenes we have been very proud of results in improving cat management, which has led to better health and conditions for our feline friends, and increased adoption rates. This care of the cats has been greatly assisted by the hard work of the staff, volunteers and our foster carers.

We are starting to see the results of Edu.Cat with an increased uptake with 51 schools all around the state. Our goal is to have Edu.Cat in every school in Tasmania and throughout Australia. Although it has been a slow process in changing community attitudes, by Ten Lives educating the young we believe that we will reduce ignorance regarding the treatment and mistreatment of cats, and of animals generally. Rose, Theresa and Simon should be thoroughly congratulated by pushing through to get our education program into the schools. It is hoped that our governments and the public in general will understand and appreciate that education is a fundamental part of cat management, and the benefits that come with that education. For example, our children who have been exposed to Edu.Cat now actually comprehend the problems caused by the failure to de-sex with the increased unwanted and potentially feral cat population.

Another part of our outward focus is the increased general awareness of Ten Lives through the media and our Facebook page. Joel and his helpers have done a world class job of constantly putting our cats in the public eye, and I have no doubt this has been one of the primary reasons our adoption rates are at records highs. On a personal note, I believe watching Joel trying to eat his lunch was one on the highlights.

Further, the tireless work of our Centre Manager, Noel, is keeping the lines of communication open between our stakeholders,

especially local government, and has certainly put the issue of cat management much higher on the agenda.

For those of you who have visited the Centre in recent times, you would have noticed the improved retail area, which has led to increased sales. We have no doubt that the promotion on our Facebook site has also helped with our retailing.

Over the past 12 months there have been various programs to try and assist our finances, such as the V.E.T.S. club, Passports, Ten Lives show bag, and the payWave donation facility at reception to mention just a few.

As well as these initiatives, we remain forever grateful for the tireless support of Robyn and all the Margate Op Shop workers who continue to provide amazing support year after year.

In this year it has been a continued honour and pleasure to be part of the Board, and I thank my fellow Board members for all their arduous work, input and support. I thank Board member Trevor Sutton for his wisdom and tireless work, who recently retired due to relocating to the mainland. I would also like to acknowledge the ongoing support from all our financial donors which is essential for our ongoing viability.

Overall, I consider 2018 to be another successful year, and I look forward to the challenges of working towards improving life for our cats.

President
David Rees

Every cat has a story.



Are you part of it?

VOLUNTEER

**ULIE ULIE:****JULIE GETTING A CUDDLE FROM ZULIE!**

Q&A WITH ANIMAL CARE VOLUNTEER, JULIE

Why did you decide to volunteer?

I've always loved cats so thought this would be perfect for me as I was bored at home after leaving work.

When I'm not at Ten lives I'm normally?

At home, visiting friends or line dancing.

Favorite fictional cat?

Simon's Cat.

If you had a time machine would you go back in time or into the future?

Definitely back in time but not too far.

Would you rather chase a toy mouse or sleep all day?

Definitely sleep all day.

What are you an expert in?

Reading and I make a really good cheesecake.

What's your favourite word?

Family.

If you could win an Olympic medal in any sport (real or fake) what would it be?

Line dancing.

If aliens landed in your backyard and offered to take you into space with them, would you go?

Yes probably.

What surprises you most about Ten Lives?

The dedication of all the staff and volunteers. I've never worked in a place where everyone genuinely cares about their jobs like they do here.

What would you tell someone who was thinking about adopting a cat?

I would tell them to do it especially the older cats because they have so much love to give.

DO YOU WANT TO BE A PART OF SOMETHING TRULY AMAZING?

Volunteers are an essential part of our operations at the Ten Lives Cat Centre as we are 100% self-funded. We receive no government funding to assist with the costs of running such a large not-for profit feline shelter and rely on the generosity of the community.

Volunteering is a great way to learn about cats and their behaviours, while meeting like-minded people and giving back to the community (and cats).

We're currently taking applications for the following volunteer positions:

- Animal Care Assistant
- Creative Assistant
- Foster Carer
- Margate Op Shop Assistant
- Reception and Retail Assistant

Information for our volunteer roles are listed on our website. Please read the position description for each one. If we're recruiting for a volunteer role the "Apply Now" button will appear under the description. To apply, click "Apply Now" to express your interest.

Take the Edu.Cat STEM Challenge



Photo: Mat Farrell / The Mercury

Engage and excite your students in science and STEM.

- **Edu.Cat** is a new Australian Curriculum aligned Feline Education Program in Tasmania.
- **Edu.Cat** is an innovative education program developed by experts in education and cat welfare to foster responsible cat ownership.
- **Edu.Cat** is designed to empower and inspire students from Foundation to Year 7.
- **Edu.Cat** provides incursions and workbooks that ignite student engagement in the science curriculum through STEM Challenges.
- **Edu.Cat** provides a practical teacher guidebook with tailored activity plans based on hands-on team challenges relating to student's everyday lives.

Edu.Cat is **FREE** to all schools in Tasmania, including incursions, teacher guidebooks, activity plans, student workbooks, posters, online resources and more. **Bookings now available for 2019 - Call and Book Today!**



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