



# Fat Cats Aren't Having Fun

**We all have a fat cat in our lives. Maybe it's the orange tabby in your neighbour's window, your friend's Persian that she insists is just "fluffy"-- or perhaps there's a fat cat in your own living room.**

Some people think overweight cats are cute, cuddly and funny. Just look at Garfield! But fat cats aren't having a good time at all. Felines are born to run, pounce and climb. When they carry extra weight, their mobility is limited, their energy levels are reduced and their lives are cut short.

Fat cats are also more likely to experience the following:

- Liver disease
- Skin problems (dry, flaky skin and feline acne)
- Arthritis and spinal disc problems
- Heat intolerance due to the insulating properties of fat
- Lowered immune system

Unfortunately, Chester is not the best judge of how much food his body needs.

But it's not too late for that fat cat to become slender and fit. And we can make changes to keep our already slim cats in great shape!

## Put Down the People-Food

When we share our food with Chester, we're increasing his calorie intake. When cats take in more calories than they're burning off, it's a recipe for weight gain. Plus, our kitties are more likely to become overweight, and eventually obese, when we share food that's high in calories, fat and sugar.

But not all people-food needs to be off limits to cats. For example, cooked eggs offer a rich source of protein for our feline companions. Speak with your vet to find out which foods are safe for your cat, and how often they can be added to their food dish.

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# Ticks Aren't Cute

Keep your pets safe from these nasty, ugly bugs that transmit Lyme disease through their bites.

- Always keep cats indoors.
- Cut tall grasses that may be around your house and on the edge of your yard.
- Mow your lawn frequently.
- Clear leaf litter from your yard.
- Check your dog's body for ticks after outdoor time.



- If you find a tick on your dog, remove it right away:
  - Grasp the tick as close to the skin as possible with fine-tipped tweezers and pull it out in a straight, steady motion.

## Free feeding: When Dinner Time is Any Time

When we leave out a bowl of cat food, Chester can eat whenever he wants. Unfortunately, he's not the best judge of how much food his body needs.

Free-fed cats may graze out of a food bowl throughout the day, while not being active enough to burn off the calories. These kitties are more likely to become overweight by eating in excess of what is required for their energy levels.



Most veterinarians recommend feeding cats measured portions, twice a day. If you're unable to

be home for one of the meal times, consider pouring breakfast into a food puzzle or using an automatic feeder.

## The Fat-Cat Shimmy

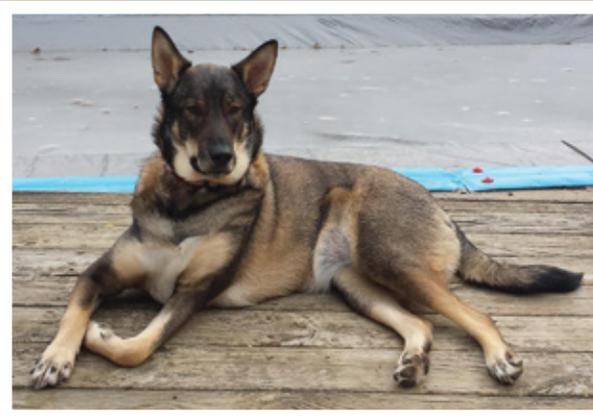
Chester has been overfed and under-exercised-- it's time for him to get moving! Cats need planned and interactive playtime, just like dogs. Vets recommend engaging your cat in physical activity a few times every day for 10-15 minute sessions.

## Try out these ideas:

- Give your cat at least one thing to climb, like a multi-level cat tree.
- Bring out the predator in your cat! Take a laser pointer and make it skitter across the floor like a bug. Get a cat wand and make it fly, take off and land like a bird! Use other toys to initiate playful movement.
- Inspire play by leaving out paper bags and boxes.
- Make mealtime a workout! Walk around the house with Chester's food dish. You know that food-loving cat will follow you! Every few minutes, stop and give him a few kibbles and then keep walking.

Follow these guidelines, speak to your vet about any concerns, and your cat will be on his way to living a long, fulfilling life!

# Life'sGood



**TWIX** has brought so much love and joy to her forever family. They say she's still the crazy puppy that she was when they brought her home.

# Keeping It Cool

**The pooches at London Humane Society are experts when it comes to staying cool in the summer. We asked them for their best advice, and they delivered!**

**Bring on the H2O!** Provide plenty of water to prevent dehydration in pets. Bring water and a collapsible dog bowl for outdoor adventures, and keep indoor water dishes filled.

**Shady characters.** Make sure your dog isn't spending extended periods of time in the sun. If there are no mature trees in your backyard to provide shade, consider bringing your dog indoors for breaks, or purchasing a shade-bearing device (e.g. dog tent) from a pet supply store.

**Do not leave your pets in the car.** In the summer, cars act like ovens with temperatures that surge higher than outside. Pets left in cars are at serious risk of suffering heat stroke. Don't do it!

**Good evening, genteel pooch.** Exercise dogs during mornings and evenings, when the sun isn't at its hottest. Keep pets indoors with air conditioning during the day.

**Cool cat.** In addition to the tips above, close windows and turn on the air conditioner or fans, close curtains on south or west facing windows to block out the sun, and always keep your cat indoors.



# Life'sGood

**SNOW'S** forever family say that she loves to cuddle, and is very friendly to any visitors! They bought her this little dress for when company comes over. Snow loves to flaunt her beautiful torti markings!

# 2 Things You Need to Know Before Driving With Your Dog

## Dog seatbelts are like super glue

Focus less on your dog, and more on your driving by keeping your dog in place with a seatbelt.

There are two types of dog seatbelts sold at pet supply stores:

- **Tether:** Clicks onto dog's harness at one end, and clicks into the seatbelt at the other end. (Make sure harness is properly fitted.)
- **Harness:** Has a built-in loop that the seatbelt feeds through.

Dogs can fly through the windshield during a car crash if they're not wearing a seatbelt. According to a survey about pet passengers, an unrestrained 10-lb dog, in a crash at 80 km/h, becomes a 500-lb, deadly projectile. Free-roaming canines can be seriously injured or killed, and they can also injure passengers.

## Cuddling can be fatal

It's not safe to drive with a dog on your lap. Pets on laps contribute to car crashes because their owner's movements are restricted while trying to steer and signal.

Lap dogs may also distract owners. They may shift around to get comfortable or to look out the window. They may also seek attention by pawing at or licking you. And in a car accident, a lap dog can be crushed by a driver or passenger who is tossed forward.

For the safest and most comfortable ride – buckle your dog into the backseat, and cuddle as soon as you get home.

# Bark in the Park Festival

## London Humane Society is thrilled to be hosting its 33<sup>rd</sup> annual Bark in the Park Festival!

Join us on Sunday, June 11 from 10 a.m. to 4 p.m. at the Plunkett Estate, 9282 Elviage Drive, London to celebrate our four-legged friends and the people who love them. If you have a dog, leash him up and bring him along! Parking is only \$10 or free with pledges.

Visit [www.londonhumanesociety.ca](http://www.londonhumanesociety.ca) to register for online pledging.

There are activities for everyone to enjoy:

- Sparky's Dock Diving
- Off-Leash Pond Area
- Silent Auction
- Ultimutts Performances
- Scavenger Hunt
- Wide Selection of Food and Product Vendors
- Cruisin' Paws Agility Shows
- Kids Carnival



PHOTOS: Danielle Mahoney Photography

# Life's Good



**"CLEO** is a dream on the leash now," her family says. Cleo is getting a lot of exercise in her new home, and even enjoys running beside her mom's bike!



**ABBEY** is on the go! Abbey's new owner says she's very playful. Abbey drops when she's tired, and then she's ready to play again!



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## MY GIFT TO THE ANIMALS

Yes! I want to help the London Humane Society provide shelter and care to unwanted animals, and to protect them from neglect and abuse.

Please find my donation enclosed:  \$25  \$50  \$100  \$150  \$200  Other \$ \_\_\_\_\_

**OR** I would prefer to take the extra step of donating to to the London Humane Society's monthly giving campaign so that I can help homeless and abused animals all year long.

I would like to donate \$ \_\_\_\_\_ monthly on the  1<sup>st</sup> or  15<sup>th</sup> of each month.  
(Please enclose a void cheque or authorization to charge monthly to your credit card)

Payment enclosed:  Cheque payable to the London Humane Society  Visa  MasterCard

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Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ Postal Code \_\_\_\_\_ Phone \_\_\_\_\_

I would like more information about planned or estate giving.

You may cancel your monthly giving arrangement at any time by contacting the London Humane Society. A receipt for income tax purposes will be issued at the end of the calendar year for all monthly donations made.

Please mail this form to the London Humane Society, 624 Clarke Road, London, Ontario, N5V 3K5  
**Donate online at [www.londonhumaneociety.ca](http://www.londonhumaneociety.ca)**

**THANK YOU!** The London Humane Society is a not-for-profit charitable organization that is dependent on donations from the community for financial support.

