



CAT TALES

Fall 2025

Friends of Cats, Inc. | San Diego County, CA

From Texas Floods to Forever Homes

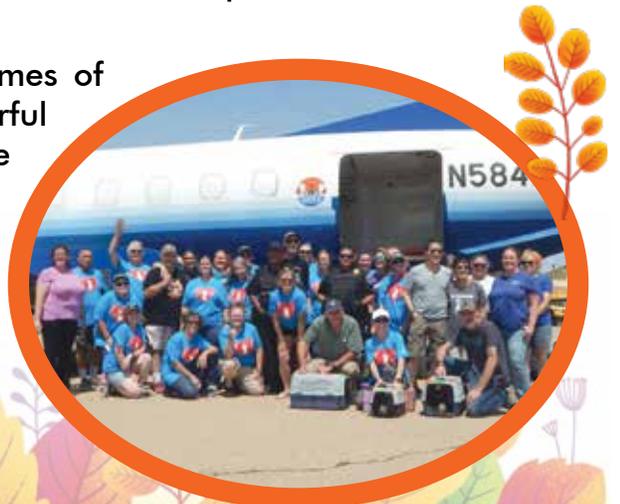
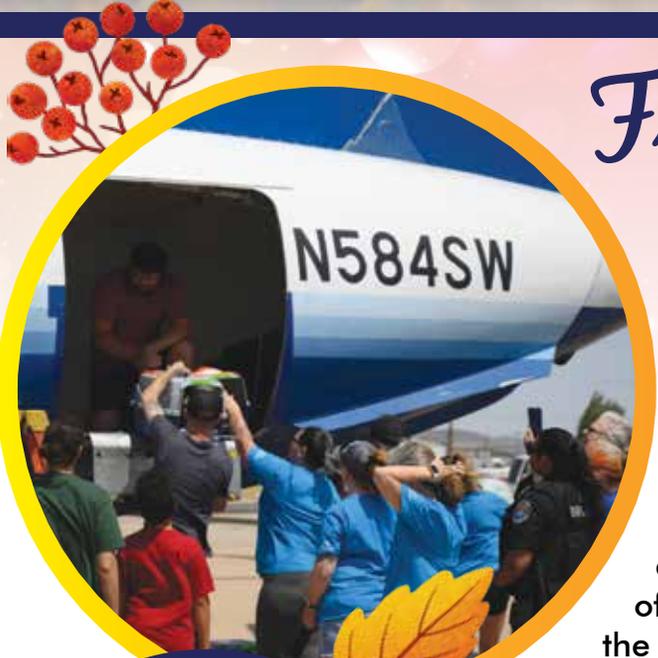
When devastating floods swept through parts of Texas this July, thousands of animals were suddenly in desperate need of help. When Texas shelters put out the call for aid, we didn't hesitate to say "yes."

Partnering with Best Friends and Feral Cat Warriors, a coordinated rescue effort quickly came together. One of our incredible Board Members volunteered to make the long drive to Kingman, Arizona, where we met a plane carrying 175 rescued cats. From that flight, 17 lucky cats began their journey home with us to El Cajon.

These cats had already been in Texas shelters before the storm. By bringing them here, we helped free up space so that pets found after the floods could have a better chance at reuniting with their families.

They arrived tired but safe—some young, some old, some shy, some bold. After thorough medical checkups, nourishing meals, and plenty of love, their personalities began to shine. And the best part? Most of them have already been adopted into loving forever homes.

At Friends of Cats, we believe that stepping in during times of crisis is an essential part of our mission—and a powerful reminder of what's possible when compassionate people and organizations come together. The floods may have put these cats in danger, but thanks to the teamwork of Feral Cat Warriors, Best Friends, Friends of Cats, and many other dedicated rescues, their story now ends in safety, comfort, and love.



Shelter Stories

Cloud & Nimbus: The Awesome Twosome

When a child in their previous home developed allergies, this sweet sibling pair was sadly relinquished to us. Not long after, Phil and Callie came to meet our adoptable cats. At first, they were drawn to Sparkle, whose outgoing and affectionate personality quickly won them over. But when they learned she had a more reserved brother named Fog, they decided to take a chance on keeping the pair together.

It was the perfect decision. The kitties settled into their new home almost instantly—and they're so inseparable that they rarely leave each other's side. Phil and Callie call them their "awesome twosome," sharing, "They're having fun, and so are we. They've helped fill the big hole our late cat Millie left."

Sparkle is now Cloud, named for her resemblance to a clouded leopard, while Fog is now Nimbus, after the beloved Mount Washington Observatory mascot cat. We're so grateful to Phil and Callie for giving this bonded pair a loving forever home—and we wish them many happy years together!



Four Cats, Endless Love

We love seeing familiar faces! Chloe and Cameron first adopted our little Tac back in April, hoping to find a companion for their big, lovable cat, Fats. Tac—now called Bean—and Fats became fast friends. Before long, the family decided Bean could use a younger playmate, too.

That's when Marinara caught their eye. She instantly won over Chloe, Cameron, and their two little human babies. Renamed Stella, she turned out to be the perfect fit. Fats welcomed her (while making sure she knows who's boss), and Bean has a partner-in-crime for all sorts of playful mischief.

This truly is a kitty haven—and recently, it grew again when another little sister, Brewer, found her way to their doorstep seeking safety. Now Fats, Bean, Stella, and Brewer are living their best lives in a home full of love and laughter.



Shelter Stories

Tinker's Happily Ever After

In April 2022, just days after her beloved 18-year-old cat Marble passed away from cancer, Carolyn drove to Friends of Cats with Marble's unopened bag of food. Still heartbroken, she found a small measure of comfort in donating it to help other cats in need.

Carolyn had no intention of adopting so soon, but she couldn't resist visiting the adoption rooms. In one of them, a young brown-and-black tabby immediately approached, rubbing against her legs before sitting beside her—and refusing to leave. After visiting other rooms, Carolyn found she couldn't stop thinking about the little tabby named Tinker, who bore a striking resemblance to Marble. After careful thought, she applied to adopt her.

When Tinker arrived at her new condo, she sniffed every corner, explored every nook, and then disappeared into hiding for the rest of the day. Respecting her need for space, Carolyn went to bed still missing Marble deeply. But in the middle of the night, she awoke to find Tinker curled on her chest, purring and kneading.

"To me, it felt like Marble had sent Tinker to help heal my aching heart," Carolyn shared. "As we bonded, I fell in love with her—and realized that while she's playful and affectionate, she also needs her space, just like I do."



We Love Hearing from You!



We want to extend a heartfelt thank-you to every one of you who takes the time to send us kind notes, share updates on your adopted kitties, and reach out with words of encouragement. Every message we receive—whether it's a happy photo, a quick hello, or a heartwarming success story—reminds us why we do what we do.

Your updates brighten our days, lift our spirits, and inspires our team to keep giving our all for the cats in our care. Knowing that our former residents are thriving in loving homes means the world to us.

Your support, in words and in action, is a vital part of our mission. We couldn't do this without such a compassionate community standing beside us. From the bottom of our hearts, thank you for being part of our Friends of Cats family.



Upcoming Events

After a busy summer break, we are excited to be back out at events again!
Here's a look at where you can find us this fall:

October 11 & 12 – La Jolla Art & Wine Festival

We were so happy to be invited back to this beloved community festival again this year. The La Jolla Art & Wine Festival always draws an incredible crowd, and we are honored to be part of the fun. Our booth featured a variety of handmade treasures—including our much-loved crochet items, beautifully hand-painted rocks, and other unique creations made by our talented supporters. Thanks to the generosity of festivalgoers who stop by, shop, and donate, we are able to raise important funds that go directly toward caring for the cats and kittens at our shelter.

November 1 – Ramona Art & Wine Festival

We are absolutely thrilled to once again take part in the Ramona Art & Wine Festival, a vibrant celebration of local artistry, fine wine, and community spirit. At our booth, you'll find one-of-a-kind handmade pieces lovingly created by our board members and Friends of Cats supporters. Each purchase helps provide food, medical care, and shelter for the many cats who depend on us every day. If you love art, wine, and supporting a great cause, this is the perfect event for you—we can't wait to see you there!

October 21 – Howl-O-Ween Hounds – La Mesa Grossmont Center

Hosted by our friends at the San Diego Animal Support Foundation



November 22 – Doggie Street Festival

Join us for this fun event at NTC Park, Liberty Station! There will be music, yummy eats and a kids art area.



December 6 – Whisker Wonderland

We're excited to welcome you to one of our most festive fundraising events of the year—Whisker Wonderland! Held right here at the shelter, this special day will be filled with holiday cheer, delicious seasonal treats, handmade treasures perfect for gifting, and of course, plenty of whiskered friends to brighten your day.

Whisker Wonderland is more than just a celebration—it's a chance for our community of cat lovers to come together in the spirit of giving. Every donation and purchase directly supports the cats in our care, helping us provide food, medical treatment, and safe shelter. Join us as we close out the year with joy, generosity, and the magic of the season!

January 24 & 25 – CFA Cat Show hosted by San Diego Cat Fanciers

We're looking forward to one of our favorite events: the CFA Cat Show hosted by the San Diego Cat Fanciers. This incredible showcase brings together cat lovers from all over to admire stunning pedigreed cats, celebrate feline companionship, and share in the joy of all things cat. Friends of Cats will once again be there with a booth full of handmade items, including our popular crochet pieces and hand-painted rocks, with all proceeds going directly to support the shelter. We love meeting fellow cat enthusiasts at this event and sharing our mission with such a dedicated and passionate community. If you're a cat lover, this is an event you won't want to miss!

Follow-us on Facebook and Instagram to get notifications and updates on our future events!

Purr-fectly Pumpkin: A Fall Treat for Your Feline

Fall is in the air—and that means pumpkin spice everything! While you enjoy your seasonal favorites, why not let your furry friend join in the fun with a safe, homemade pumpkin pie cat treat? Pumpkin is not only delicious, it's also rich in fiber and gentle on kitty's tummy. These simple little bites are the perfect way to share the flavors of the season with your cat—without the sugar or spices that aren't safe for them.

Pumpkin Pie Cat Treats Recipe

Ingredients:

- 2 cups brown rice flour
- 1/2 cup uncooked oatmeal
- 1 cup canned pumpkin
- 1 cup grated carrots
- 1/2 cup unsweetened plain applesauce
- 1/4 cup brown rice flour for rolling



Instructions:

Preheat oven to 350 degrees. In a food processor blend pumpkin, applesauce, and carrots until smooth. Mix brown rice flour and oatmeal in a bowl. Add wet ingredients to the dry and mix by hand until dough forms. On a floured countertop or cutting board, roll dough to about 1/4-inch thick. Use cookie cutter to form cute shapes or cut into small squares. Place cookies on a greased cookie sheet and bake for 7 minutes. Flip treats over and bake for another 5 minutes. Remove from oven and cool thoroughly. Store in fridge or freezer; keeps for months.

Your kitty will love these crunchy, savory treats that smell just like autumn. It's a simple way to show them some extra love while you're sipping your own pumpkin spice latte.

**Please consult your veterinarian before feeding your cat any new foods.*



Cat Care Tips & Tricks Every Pet Parent Should Know

Caring for a cat is one of life's greatest joys. Our feline friends bring endless love, laughter, and companionship into our homes—but they also rely on us to keep them healthy and happy. Here are some helpful cat care tips and tricks to make life easier for both you and your whiskered companion.

1 - Keep Playtime Fresh: Cats can get bored with the same toys. Rotate them weekly, and don't underestimate the power of a cardboard box or a paper bag. Interactive toys, like feather wands or puzzle feeders, also help keep their minds sharp.

2 - Master the Litter Box: Place litter boxes in quiet, low-traffic areas. A good rule of thumb: one box per cat, plus one extra. Scoop daily to keep things fresh—your cat will thank you!

3 - Healthy Treats, Happy Cat: Treats should make up no more than 10% of your cat's daily calories. Opt for healthy options like freeze-dried meat or small bits of cooked chicken. Even better, try making your own (like our pumpkin pie cat treats in this issue!).

4 - Brushing Benefits: Regular brushing keeps your cat's coat shiny, reduces shedding, and helps prevent hairballs. Long-haired breeds may need daily grooming, while short-haired cats benefit from a weekly session.

5 - Vet Visits Are Vital: Even indoor cats need annual checkups. Routine exams catch health issues early, and vaccines keep your furry friend safe. Don't forget dental care—teeth and gums need love too!

6 - Create Vertical Spaces: Cats love to climb and observe their world from above. Cat trees, wall shelves, or even a cleared-off bookshelf can provide the perfect perch to keep your kitty entertained.

7 - Respect Their Space: Cats thrive when they have cozy, safe spots to retreat to. Whether it's a soft bed in a quiet corner or a blanket in a sunny window, having a space of their own helps them feel secure.

Donations



Dr. Alfred Aberle, Elaine Alvarez, Ronald W. & Nancy Anderson, Shaun Apffel, Fred & Annabelle Bacher, Rayna Bailey, Patricia Bannister, Barry & Emily Berkov, Hanna Bohnsack, Marie & Douglas Boileau, Bright Funds, Jessie Buddell, Cinda Caine, Prachi Chauhan, Mike & Lota Cobb, Jenny Cornelissen, Carol Corporales, Michael Dell, Megan Devenport, Mike Dodge, Anne Fares, Gabriel Fernandez, Richard & Melinda Fisher, Lorraine Florentine, Stewart Foster, Terry & Gerry Fraenzl, Caitlin Freires, Jamie Gassert, Christine Gentel, Gary & Petrona Gerken, G. Giang, Judith Gibb, Wendy Gibbons, Louis Good, Jacqueline Hart, Evelyn F. Heidelberg, George & Gloria Henderson, Brenna Herrmann, Janet Horakh, Connie Iverson, Donovan Jacobs, Amanda Jenison, Emme & Reggie Jennings, Gayle Kane, Sandra Klipfel, Christine Lee, Amanda Lewis-Amato, Karen Lowrimore, Homer & Diana Lusk, Sandy MacPherson, Clare Maness, Sharon Mannarelli, Elaine Manning, Marnie Mareth, Irma Martinez, Marge Martinovic, Joan McCormick, Linda McLaughlin, Itsuko Meyer, Melvin & Joan Miljour, Martin Mill, Lois Navolt, Don & Melinda Nimon, Gale Osborn, Linda Paradise, PayPal Giving Fund, Gladys Pearson, Joanne Peinado, Katherine Pietrczak, Pledgeling Foundation, Xander Ramirez, Gregory Rechtsteiner, Deborah Robben, Diane Roll, Edward Rose, Karen Russell, Theresa Scutellaro, David Sloop, Lucinda Smith, Trenton Smith, Susan & John Stearns, Barbara Stringer, Shephard Summers, Donald Switzer, Rosie Tascher, The Kroger Co., United Way California Capital Region, Elizabeth Vagani, Gloria Van Grove, Nancy Varah, Brent Vorreyer, Randy Wexler, Julia Whitney, Malka Winograd, Donna Wooten, Emily Wyatt, Steve Yerkes, Sue Young, James Zahrn

New Members



Ronald W. Anderson, Karen Lowrimore, Nancy Mariana-Anderson, Raylene Midose, Rock Canyon Animal Rescue Foundation, Dennis Shadoan, Rosemary Tom

Renewing Members



Shaun Apffel, Fred & Annabelle Bacher, Robert Beard, Beverly Bruff, Bonnie Burgum, Judith Castaneda, Alice Cohen, Joan Cohen, Diana Drake, Lorraine Florentine, Jan Howard, Lori Hrinewski, Tammy Jones, Jeannette Landis, Celeste Loughridge, Sandy & Ronald MacPherson, Martin Mill, Marilyn Mittleholtz, Nancy Murnahan, Joan Parker, Michael Radell, Eileen Reedy-Kent, Karen Russell, Susan Sharpe, Tracy Shaw, Audney Somerville, Michelle Strange, Jacquelyn Talbert, Kathy Tinsley, Valentina Valente, Gloria Van Grove, Kristine Vickery, Jack Wagner, Julia Whitney, Carol Williams, Cameron Yeager

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Donations in Honor of People

Kurt Laschinski—Kristen Brock, Marc—Tamara Pearsall, Wallace Pehrsson's Birthday—Jean Pehrsson, J.R. Romero—Olivia Walsh

Donations in Honor of Cats

Hammy—Elaine Arendes, Texas Flood Cats—Lesla Carroll, Zoey—Louise Ewing, Toby—Catherine Frazier, Miracle—Robin Johnson, Grazy—William McIlvaine, Jenga—Janice Morton

Donations in Memory of People

Alisa Stolz & her 4 cats—Bruce Bair, Jay Mathy—David Bassett, Michele & Michele's Cat Cozette—Mary K. Bowman, Cali Linfor—Victoria Fisher, Marcy Z. Baugh—Sue Meikle, Amado Rodriguez Jr.—Geneve Rodriguez

Donations in Memory of Cats

Percival—Louise Ewing, Willow & Shackleton—Lila Ewing, Annie Mae—Catherine Frazier, Morgan & Molly—Kensington Veterinary, 2 tuxedo strays—Martha Macias, Lala—Linda Morris, Duke & Derek—Jack Wagner

Memberships, donations, and tributes received after 08/01/2025 will appear in the next edition of Cat Tales. Cat Tales is edited by Becki Gibson

The Cats are Busily Prepping for Halloween



Friends of Cats, Inc.

NONPROFIT ORGANIZATION

Corporate I.D. 10773-A
Post Office Box 1613
Lakeside, CA 92040

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San Diego, CA

You can't buy love – but you can adopt it!



For membership or
donation, scan with
your smart phone
or tablet.



A Word About Friends of Cats

FRIENDS OF CATS is a private, non-profit organization dedicated to providing shelter and medical care for homeless cats. Once their health is assured, we find homes for as many of them as we can. The cats in our care are never euthanized except as a matter of compassion if they are terminally ill. We depend primarily on membership fees, donations, and bequests, to continue our work. Inquiries are welcome and we are always eager for new members. If you would like to join us or to make a tax-deductible contribution, please use the coupon at right. When you become a member of Friends of Cats, you will receive each issue of our newsletter, CAT TALES.

Shelter Location

15587 Olde Highway 80
El Cajon, CA 92021 • 619-561-0361



Hours

Tuesday - Sunday 10am - 4pm
Closed Monday



Mailing Address

P.O. Box 1613
Lakeside, CA 92040

Membership Coupon

Name _____

Street Address _____

City _____ State _____ Zip _____

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Telephone _____

Existing Renew New

Membership:

Youth \$5 Sustaining \$50
 Senior \$10 Supporting \$100
 Regular \$25 Life \$1,000

Donation (non-membership): _____

Pledge Club: _____ per month for a minimum of one year.

Mail to: Friends of Cats, P.O. Box 1613, Lakeside, CA 92040

Membership does not guarantee acceptance of a cat by our shelter. Please call for details: 619-561-0361