

here for a CASON
To care and to be cared for

For Bobby 致 波比



Every kitten's best friend 每只小猫的好朋友

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Our Friends in Furry Suits

Dear Friends,

It is said that whoever comes into our lives does so for a good reason. Some come as our friends, our loved ones, and occasionally, even as our most dreaded enemies! And...some come in a furry suit.

They come to give us an opportunity to do something good in our lives, to perform an act of charity, and to become better human beings.

If you'd like to connect with our friends in furry suits, this book is for you.

Thank you.

For the animals, kahyein

P.S. Please share this book with your friends. Pass it on...

亲爱的朋友,

据说在我们的生命中,不管是谁的出现,总有其特别的意义。 有些以朋友的姿态到来、有些像我们亲爱的人,偶尔, 甚至像我们最痛恨的敌人!

还有些穿着毛茸茸外衣到来。

他们到来给与我们机会,在人生中行善,成为更好的人。

如果您想和穿着毛茸茸外衣的朋友有所联系,这本书便是为您而写的。

谢谢

为了动物们,家燕

Here for a Reason To care and to be cared for

How it All Began

It was on 7th May 2006 during a Sunday morning walk that I stumbled upon a litter of newborn kittens abandoned by the roadside. A few crows were perched high on a wire staring down at them; I knew I could not leave them there. So I rushed home to get a cardboard box and took them home.

Having had no experience in taking care of cats, what more, newborn kittens, I called the local shelter for help. The officer told me the chances of survival for newborns without their mother were almost nil and the most merciful thing to do would be to bring them in to be euthanised. I said, "Teach me what to do, please, I want to give them a chance to live".

He did.

And day by day, with the assistance of my (then) 10 year-old dog, Bobby, and my daughter, Ming-Yi, we nursed Cow, Bunny and Pole and watched them grow from strength to strength. The experience was rewarding, heart-stopping at times, but all in all, truly joyful.

Today, Cow, Bunny and Pole are 6 years old, and they, in turn, are now looking after Bobby, who is 16 years old, and is blind and deaf due to old age.

Motivated by that one experience, I began fostering rescued animals. Since then, I have fostered 48 homeless animals, adopted those who were not in very good health as they needed special care, and rehomed the rest.

But I soon realised that I had my limitations. Every animal whom I pick up becomes my responsibility. I can foster them and do my utmost to nurse them back to health but should I be unable to rehome them, I would have to adopt them myself. How many can I possibly adopt?

That was when I decided to start AnimalCare - I would reach out and help the community of feeders, caregivers and rescuers out there who look after street animals. Some of them face financial constraints and cannot afford to pay for the neutering and medical needs of their animals as they have already spent so much on food. Some have the heart to help, but do not know how to start or what to do.

On 31st May 2009, I started AnimalCare by holding a cardboard box at the Subang Jaya Buddhist Association. I told the congregation what AnimalCare would do – it would be a medical fund to help pay for the neutering and medical needs of street animals. We would be reaching out to help the many feeders, caregivers and rescuers who needed financial assistance. At the same time, we would also focus on education and sharing our experiential knowledge in looking after street animals with those who are keen to become animal caregivers.

Since I had no experience at all in fundraising, I kept my target very modest and realistic - we would try our best to raise enough funds to help just 10 animals per year.

By the end of our first year, we had helped 660 animals.

I am extremely grateful to everyone who had supported us when we first started out with just a cardboard box. I am also extremely grateful for the continuous support we now receive which has enabled us to help, on the average, 50 animals per month, by providing subsidies for neutering and medical treatments as well as in finding them homes. From the Klang Valley, we are now reaching out to caregivers in other states from as far away as Perlis and Sarawak.

Our website, www.myanimalcare.org, serves as an educational platform where animal caregivers from all walks of life, regardless of age, race or religion, are able to share their knowledge, experience and skills, help one another, and at times, support and comfort each other when the going gets tough. While we may not be veterinarians or professional caregivers of animals, we have what I would call "barefoot knowledge", knowledge gleaned from hands-on experience. But we also make it a point to cross-check all our doubts with the professionals.

It is also very gratifying to know that through the website, my earlier books and public talks, quite a number of young people have now become dedicated animal rescuers and caregivers. Very often, the children themselves write to me after reading the books, excited that they have helped the stray kittens in their back alley. Sometimes, it is the parents who write to me seeking advice because their children, after having read the books or listened to the talks, have now insisted on caring for the animals in their neighbourhood. This is my greatest reward – nurturing the young to carry our torch in championing the right of street animals to be cared for. I have always believed that compassion for animals is inborn – it just needs to be nurtured, guided and encouraged to grow. And what better time to start than when one is young and full of life.

Here for a Reason To care and to be cared for

On 6th May 2011, after surpassing our target of helping more than 1000 animals, AnimalCare was officially registered as a society under the Registrar of Societies, Malaysia.

In conjunction with the publication of this book to mark our 3rd anniversary, I wish to thank all our volunteers for always being there whenever we needed assistance. I also wish to thank all donors and supporters for without your help, there would be no AnimalCare today.

I am also very excited that this book is bilingual with an accompanying Chinese translation. The first section is pictorial and this has been specially produced for very young children and those who may not be able to read. My heartfelt thanks go to Mdm Cheah Gaik Kew for her excellent translation work, Mr Thye Kit and Ms Alex Kam for their captivating drawings and Ms Angeline Thong for the beautiful artwork on the cover. Because of the additional language and the illustrations, this book will now be accessible to a bigger audience.

We want our message to reach out as widely as possible, to people of all ages and from all walks of life because there are so many street animals out there, waiting to be helped.

Street animals are the most down-trodden beings in our community. They are homeless, helpless and defenseless. In our quest to build a more harmonious and compassionate society, let us reach out and give them a hand.

On behalf of all the animals who have crossed our paths and received your touch of compassion, I thank you very much for making our work possible with your continuous support and blessings.

For the animals, kahyein

缘起。。。

那是二零零六年五月七日, 一个星期日的晨运途中, 我偶遇一堆被遗弃在路旁的初生猫儿, 附近电线上站着的几只乌鸦正虎视眈眈地看着它们。我知道我不可能让它们就这样躺在那儿, 所以我飞快回去找个纸盒, 把它们都抱回家。

在毫无照顾猫儿的经验,尤其是初生猫儿的情况下,我打了电话到本地动物收容所。 该负责人对我说,没有母猫照顾下初生猫儿生存的几率近于零,最慈悲的做法是把它们送过去人道毁灭。我说:"请你教我怎么做吧!我想给它们一个生存的机会。"

他也照办了。

于是,一天天过去了,在我那十岁狗儿 Bobby 及我女儿明仪的协助下.

我们喂养Cow, Bunny 及Pole 至它们逐渐健壮起来。那种经验是种奖励, 偶尔令人心悸, 总的来说却是喜悦。

今天Cow, Bunny 及Pole 六岁了, 而现在反过来, 它们帮忙照顾已经十六岁、因年老而又盲又聋的Bobby。

受了那一个经验的激励,我开始养育拯救的动物。从那时起,我 养育了四十八只流浪动物,领养了那些因为不健康而需要特别照料的,并为其余的安排了收容处。

不久,我也知道了自己的力量有限。我捡回来的每一只动物都变成了我的责任。我可以养育它们,并尽力抚育它们至健壮,可是如果我无法为它们找到栖身之地,我就必须自己领养它们。 我可以领养多少只呢?

于是我决定了成立动物关怀, 我要伸出援手, 帮助关心、照顾街

Here for a Reason To care and to be cared for

上流浪动物的族群里的饲养人、关怀者及拯救者。他们之中有些人面对经济困境, 有些人大量花费在食粮上之后, 无法承担给自己收养之动物绝育的费用及医疗费。有些人想帮助却又不知从何开始, 也不知该怎么做。

二零零九年五月三十一日, 我在首邦再也佛教会拿着一个纸盒, 开始了动物关怀的第一步。我告诉集合在那儿的人动物关怀 将怎么做 - 这是一个医疗基金, 将协助支付阉割流浪动物的手术费及医疗费。 我们将伸出援手, 帮助许多需要经济资助的饲养人、关怀者及拯救者。同时, 我们也将焦点放在教育上, 与有兴趣成为动物关怀者的人士, 分享我们照顾流浪动物的经验与知识。

由于我本身对筹款活动毫无经验,我谨慎及现实地持守着目标。我们将尽力每年筹足款项资助十只流浪动物而已。

第一年底, 我们竟协助了六百六十只动物。

我非常感激从那一个纸盒开始时资助我们的每一个人。我也非常感激现在我们陆续获得的支持,使我们每个月平均可以帮助五十只动物,津贴绝育手术及医疗费,和安顿它们一个栖身之地。从巴生谷出发,我们现在甚至向外州,远至玻璃市及砂劳越州的动物关怀者伸出援手。

我们的网站www.myanimalcare.org 作为一个教育平台, 让来自各阶层的动物关怀者,不分年龄、种族及宗教 , 能够分享他们照顾动物的知识、经验及技术,互相帮助。有时侯, 当面对艰难时,也可以彼此支持与安慰。我们或许不是兽医或专业动物关怀者,可是我们有的却是所谓"赤足知识" , 亲身体验累积的实际知识。当然,我们也坚决将一切疑虑向专家咨询。

非常感恩的获知, 通过我们的网站、我以前的书本、公开讲座等, 不少年轻人现在成为了动物拯救者及关怀者。许多时候,阅读了那些书本后, 儿童本身写信给我,兴奋地述说他们帮助了被

遗弃在住家后巷的小猫儿。有时候是家长们写信来征求指点, 因为他们的孩子阅读了书本或听了讲座后, 坚持要帮助住家邻近的动物。这是我最大的奖励,培育年轻人接棒, 拥护流浪动物受到保护的权利。一直以来我相信,对动物的慈悲是与生俱来的 - 只需要培育、指引并鼓励增长,而年轻、充满活力时,不正是最好的开始吗?

二零一一年五月六日, 达到目标帮助了超过一千只流浪动物之后, 动物关怀 向马来西亚协会注册局正式注册为一个协会团体。

结合这本书的出版及我们成立三周年纪念, 我要感谢我们的所有 义工, 在我们需要帮助时总是守在岗位。 我也要感谢所有的乐捐 人士及支持者, 没有您们的帮助, 就没有今日的动物关怀。

我也很兴奋这本书配上华语翻译,以双语出版。第一部份以图像为主, 那是特别为年少而且尚不会自行阅读的幼儿而作。我衷心感谢谢玉裘女士为我作华语翻译,Thye Kit 先生及 Alex Kam 小姐那引人入胜的插图绘画, Angeline Thong 小姐的精彩封面设计。多了一种语文, 再加上插图, 这本书将可以传达更多读者。

我们要把讯息尽一切可能广泛传达,至各年龄阶层及各生活阶层,因为外边还有那么多流浪动物等待着我们的帮助。

流浪动物是我们社会 里最受蹂躏的一群, 它们无家可归、无助又 无能自卫。在我们追求建立一个更和谐及有爱心的社会当儿, 让 我们先伸出援手帮助它们吧!

我代表所有在人生道路上与我们偶遇并接受了您的爱心帮助的动物们,向您致谢,非常感谢您陆续的支持与祝福, 使我们的工作得以顺利进行。

为了动物们, 家燕

CNRM

Do you see stray dogs and cats in your neighbourhood? They have to scavenge for food. They have no proper shelter.



你看见在你家附近流浪的狗猫吗? 它们必须寻找食物,它们没有妥当的栖身之处。

Fast cars are dangerous too. Only the fittest will survive.



快速行驶的车辆也非常危险, 只有适者生存。

Here for a Reason To care and to be cared for

Here's another problem: Stray dogs and cats breed very fast. A pair of stray animals can produce about 12 (or more) offsprings in a year.

The rate of breeding is exponential. A colony that begins with just a pair of stray animals can swell up to thousands of animals in just a few years.



还有另一个问题:流浪狗和猫繁殖得很快。一对流浪动物一年内可以繁殖十二只(或更多)小动物。 这个繁殖率是倍增的。从一对流浪动物开始, 在数年以内 就可能增加到几千只的动物群。 When there are too many strays, people complain, and the animal catchers take them away.



当有太多流浪动物时,人们会投诉, 捕猎动物者便会把它 们捉去。

They are then brought to the animal pound. It is like being put in jail.



它们将被带到畜栏去, 就像被关进监狱里。

Very often, they are euthanised (some people call this "put to sleep"; it means they are killed by lethal injection). This is an extremely sad thing to do.



通常它们被迫安乐死 (有人说这叫人道毁灭, 其实它们被注射致命药物)。这是一件很悲哀的事。

Here for a Reason To care and to be cared for

The way to control the stray population is NOT to capture them and have them euthanised. Here's what we can do – CNRM.

Studies have shown that euthanising stray animals is not effective in controlling the stray population. Neutering is.



C = Care 爱护

N = Neuter 阉割

R = Rehome or Return 寻找家园安顿或重返家园

M = Manage 管理

控制流浪动物数量的方法,并不是捕捉它们、让它们安乐死。我们可以使用CNRM这个方法。

研究发现将流浪动物人道毁灭,并不能有效控制流浪动物的数量。 阉割却有效。

C = Care for them by feeding them and making friends with them.



C=饲养它们、爱护它们, 与它们做朋友。

N = Neuter – this means they will not breed anymore. Neutering does not harm the animal. In fact, it can be good for them.



N = 阉割 - 也就是说使它们不能够再繁殖。阉割并没有伤害动物,其实对它们可能是好的。

Neutering reduces the chances of diseases like cancer. Neutered animals are also less aggressive, more relaxed and home-loving.

The V-notched (or flat-tipped) ear is done under anaesthesia to denote that the animal has been neutered and is part of a managed colony. It prevents the animal from being neutered twice. In some countries, a captured notched/tipped ear animal is released and not euthanised.



阉割可降低患病的机率,如癌症。阉割后的动物也较少侵略性、比较缓和、爱家。

在麻醉状态下,动物耳朵被剪个V字(或剪齐)以标志着其已被阉割、属于受管理的动物群。这样一来,动物不会被阉割两次。在一些国家,当这些已有痕迹/耳朵有缺口的动物被捕时,它们会被释放而不会被人道毁灭。

R = Rehome - You can help to find good homes for the young animals.



R=重安家园 - 你可以帮助幼小动物找寻好家庭收养。

R = Return - For the adult animals, if you cannot rehome them, you may return them to where you have found them.

Although this is not ideal, adult animals who have lived as strays can survive on their own. We can also provide them with food and care.



R = 重返家园 - 至于已成长的动物, 如果不能安顿它们, 你可以让它们重返寻获它们的原地。

虽然这不是理想的方法,已长大的流浪动物可以自己生存。 我们可以供应它们食物与照顾。

M = Manage – Continue looking after them – feed them. A managed colony of animals forms a part of our eco-system.



M=管理-继续照顾它们-饲养它们。 受控制的动物族群形成我们自然系统的一部分。 M = Manage - Take them to the vet when they are sick. You may also wish to get them vaccinated. This protects them from some diseases.



M=管理 - 当它们生病时, 带它们去看兽医。你也应该为它们注射疫苗。这样可以保护它们, 预防某些疾病。

Give them LOTS of love!



给它们无限的爱!

If you want a pet, adopt one from the animal shelter, or save a baby animal from the street. Rescued animals make wonderful pets because they will always remember that it was YOU who rescued them.



如果你想要有宠物, 到庇护所领养一只, 或从街上挽救一只动物幼儿。 挽救回来的动物是非常难得的宠物, 因为它们会记得是你挽救了它们。

Be kind to animals. They are a part of our lives.



动物是我们生命中的一部分, 要对它们仁慈。



C =爱护 N =阉割 R =寻找家园安顿或重返家园 M =管理

Here for a Reason To care and to be cared for

In many places, the management of stray animals is to capture and euthanise. However, capturing and removing stray animals from their colony does not solve the problem because it would only create a space where other unneutered strays will migrate into and start to breed again.

A long term and more compassionate solution would be to neuter the stray animals and return them to the colony. Neutered animals will not breed anymore. Therefore, the numbers will not increase and the animals will live on without breeding.

When neutered animals are returned, territorial behavior will also prevent other strays from entering the colony. The population is thus maintained and this preserves the ecosystem. However, in returning animals to any residential area, community sentiments must be taken into account and the safety of the animals should be prioritised. If a particular community is not animal-friendly, it may be better to rehome the animals or surrender them to no-kill shelters.

In order for "Return to Colony" to work, we need a more compassionate society where humans accept the presence of animals. Education and compassion are needed in this area.

This earth belongs to the animals too. Let us live harmoniously with them, understand them and help them. 在许多地方,管理流浪动物就是将它们捕捉及人道毁灭。 可是,捕捉及将它们从聚居处除去并不能解决问题,因为这样做会造就空间,其它未经阉割的流浪动物便会迁移进去,然后又开始繁殖。

一个长远、比较慈悲的解决方案是将流浪动物阉割, 然后将它们放回去聚居地。经阉割后的动物不会再繁殖, 因此其数量不会增加, 而动物则可以不再繁殖的地生存下去。

当阉割后的动物被释放回去时, 其占领区域的行为, 也将防止其它流浪动物入侵聚居处,。 于是它们的数量得以保持, 自然生态也获得保存。然而, 如果将动物释放到任何一个住宅区, 就必须先考虑社群的情绪, 也应该着重动物的安危。如果某个社群对动物不友善, 那更妥善的方法是将动物安顿到他处, 或将它们交给不主张杀害动物的庇护所。

要使 "回归聚居处"计划有效,我们需要一个更慈悲 、而且人类可以接受动物存在的社会。在这方面, 我们还需要教育及慈悲心。

这世界也属于动物们。 让我们与动物们和谐相处,明白它们及帮助它们。

I did not Choose to be a Stray

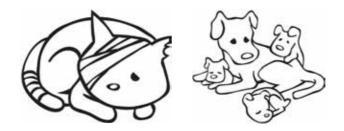
I am homeless and I worry for my babies.

I have to run around scavenging for food from dustbins. Sometimes I have to steal food because I am very hungry. I do not have a home to shield me from the rain and other dangers.

I yearn for a touch of love and care, but people think I am a "nuisance".

I have seen my friends being scalded with hot water, kicked, pelted with stones, beaten with sticks, and run over by cars. Some of my friends are captured by people with nets, and they never return.

I do not want my babies to suffer as I do. Please neuter stray animals like me.



流浪并不是我的选择。

我无栖身之处, 而且担心我的幼儿。

我必须从垃圾桶里翻找食物,有时因为太饿了,我只好偷取食物。我没有一个可以给我挡风避雨的住处。

我渴望获得一点爱心及爱护, 但是人们觉得我是个'破坏者'。 我曾经看见我的朋友被泼淋烧水、被踢、被以石头弹打、被以木棍打及被汽车碾过。还有些朋友被人们用网捕捉后, 从此不再回来。

我不要我的幼儿像我那么受苦。 请为我等流浪动物们绝育及阉割。

The first part of this book is written for the young and the young-at-heart. Parents and teachers may wish to use it for the following activities:

- 1. Colouring
- 2. Story-telling
- 3. Essay-writing
- 4. Simulation and play-acting
- 5. Cultivating loving-kindness and compassion for animals

Young children are, by nature, very compassionate to animals. Let us nurture and develop this childhood innocence in them so that they will always remain kind and loving to Nature and its beautiful animals.

此书的第一部分是为年轻人及心境年轻者所写。 家长及教师或许也可以在下列活动时运用:

- 1. 填色
- 2. 讲故事
- 3. 写作
- 4. 模拟及角色扮演
- 5. 培育对动物的爱心与慈悲

儿童天生都对动物慈悲。 让我们培育及发展儿童身上这份儿时的 无邪,让他们能够保持善良与爱护自然界,及自然界中美丽的动 物。

Adopting a New Pet

Space

Do you have enough space in your house for the pet? A dog would need about 9-16 square feet of space and a cat about 6 square feet each.

Please also consider the noise and smell that your neighbours may have to put up with if you have too many pets in your home. Find out about the laws on the licensing of dogs and the keeping animals in apartments. Do not break the law.

If you have to cage your pet, remember to let your pet out for exercise and to play at least once a day. Animals need sunshine and fresh air too. Also ensure that the cage is big enough. Never cage any animal for a long period; they will become neurotic. Ensure that your pet has shelter from the sun and rain.

Funds

Looking after a pet involves having enough funds for their food, medical treatment and other needs.

Quarantine and first medical check-up

Always quarantine a new pet. Never allow him/her to mix with your existing pets in case he/she carries any disease. Always take the newcomer to the vet for a complete medical check-up and advice. It may be necessary to de-worm and de-tick or de-flea the newcomer before you bring him/her home.

Food

Learn about as many types of animal feed as possible and find out which food is best for them.

BARF

BARF stands for Bones and Raw Food. This food is believed to be the closest to the animals' natural nutritional needs. Read up on the correct proportions and preparation before giving it to your pet. Always start with small amounts.

Home-cooked food

You may wish to home-cook for your pets. Again, please read up on the correct proportions and preparation to ensure the food is nutritionally balanced.

Wet canned food

This may be a good alternative if you do not have time to cook. Learn to read the ingredients list and avoid brands that contain food jelly or too many preservatives.

Dry food (kibble)

If you cannot manage the three options above, you may wish to use dry food for convenience, but please do not stick with one brand. Consider changing brands for variety and balanced nutrition. Learn to read the ingredients and read up on the latest research available.

When you change diet/brands, always do it gradually and in small amounts first. A sudden change may cause diarrhoea which can be very serious.

Whichever diet you choose to use, remember always to have plenty of fresh water at all times for them and the bigger the variety of foods the more balanced the diet will be.



Food is the foundation of good health. Good nutrition goes a long way in ensuring your pet's optimum health.

Sanitation

Always dispose of your pets' urine and faeces in a proper and responsible manner. Do not just flush the waste down the drain. Your neighbours might not be happy with that. Always pick up your pets' faeces regularly and dispose of it responsibly. Urine has to be washed away and the area kept clean and sanitized. If you walk your dog, please bring a plastic bag to pick up his/her faeces. For cats, a litter-tray will serve as their toilet. Clean the litter-tray often. There are various types of cat-litter on the market, ie. clay, paper, wood, etc. Read up on this.

Medical Needs

All pets should be de-wormed, vaccinated and neutered. Vaccination protects your pet from getting certain diseases. Neutering prevents your pet from reproducing and also from getting certain cancers later in life. Seek advice from your vet for optimum healthcare for your pet. If your pet appears to be ill, take him/her to the vet immediately for proper medical treatment and advice. Your guick action may save his/her life.

Identification

Let your dog wear a collar which has your name and contact details. This will help in case your dog gets lost. Do not let your cats wear collars because it may cause entanglement and strangulation as cats have a tendency to jump. Always keep an updated photo of your pets. In case they are lost, distribute flyers, use the internet to send out an alert or locate them at the pound or shelter. If your pet is lost, do not delay – send out an alert immediately. The faster you act, the higher the chances would be of bringing them back safely.

Time, Commitment and Love



Spend time with your pets, play with them and love them as much as you can. You are all they have and they depend on you. They trust you will take good care of them. Pets are a part of your family. Once you adopt them, please be committed to look after them for the rest of their lives.

Should you be unable to look after your pets for any reason, always make sure they get to a good home. Surrendering them to a shelter should be the last option. If you do, find out what the shelter policies are before you place them there.

Note: The author acknowledges with grateful thanks to an officer from a shelter for sharing the above tips.

领养新宠物

空间

您的屋子是否有足够空间养宠物?一只狗儿需要大约九至十六平方尺空间,而猫儿则需要六平方尺左右。

如果您家里饲养太多宠物,请考虑到您的邻居可能必须承受的噪声及气味。此外, 也请查询饲养狗的执照及在公寓饲养动物的法令,以免触犯法律。

如果计划将宠物关在笼子里,记得每天至少得让宠物出来活动及游戏一次。动物也需要阳光及清新空气。记得必须确保笼子有足够空间,决不可长时间囚禁宠物;它们会变得神经质。确保您的宠物有一个可避开阳光及雨水的栖息处。

经费

照顾宠物牵涉到需要有足够资金提供它们食物、医疗及其他需要。

检疫及首次医药检查

一定要为新宠物检疫 , 将原有宠物与它隔离,以防它可能带有疾病。将新宠物带去给兽医作个彻底检查,并听取兽医建议。有时带新宠物回家前, 可能必须先为它去除肚里的虫或身上的虱、蚤。

饲料

尽量学习多种类的动物饲料,并找出最适合它们的食物。

BARF 代表骨头及未煮熟的食物。这种食物被相信是最接近动物自然营养需求的食物。

在还没有给您的宠物喂食前,请详细阅读正确份量及准备方法。每次先以小份量开始喂食。

自家烹煮食物

您或许希望自己为宠物烹煮食物。再一次,请详细阅读正确份量及准备方法,确保食物的营养均衡。

湿型罐头食品

如果您没有时间烹煮食物, 这可能是一个好的另类选择。 学习阅读材料成分, 避免采用含有食物胶质或太多防腐剂的产品。

干燥型饲料

如果您无法采用以上三种选择,您可能为了便利而采用 干粮,记得别固定采用同一品牌。请考量其种类多样 化及营养的均衡而转换牌子。学习阅读材料成分及可得 到的最新研究。

当您更换食品或品牌时,必须缓慢地、先以小份量进行。突来的变化可能造成严重的腹泻。

不管您采用哪一种食物, 切记时常为它们准备足够的水;食物种类越多样化,食物的营养越均衡。

食物是健康的基础。营养健全深深确保您的宠物的健康。

卫生设备

一定要以正确及负责任的方式处理宠物的排泄物。不要将排泄物随便倒入沟渠。 您的邻居可能因此而不高兴。必须定时收拾宠物的粪便并尽责地处理掉。尿液必须冲洗并保持该范围的清洁及卫生。当您带狗儿出去时,请带着塑胶袋去捡起狗儿的粪便。猫儿则可以使用一个沙盆当厕所。沙盆要经常清洗。市场上有猫儿专用沙盆的多种选择,如粘土性质、纸质、木质等。请详读资料。

医药需求

所有宠物都必须去除蛔虫、注射预防针及绝育。预防注射将保护宠物 以免患上某种疾病。绝育手术阻止宠物繁殖, 也可防止它们生命后期患癌。咨询兽医的忠告,使您的宠物获得最佳保健。如果宠物好像生病,立刻送到兽医处接受医药治疗及指点。您的迅速反应可能会救了它们的生命。

身份识别

让您的狗儿戴上刻有您的姓名及联络资料的颈圈。万一狗儿迷途时,这可能就有帮助。猫儿爱跳,别让它们戴颈圈, 因为那可能会造成它们被缠颈或绞住。经常保存宠物的最新照片。万一它们失踪,可分派传单、利用网际网络发出警惕或到动物庇护所去寻找。当您的宠物失踪时, 别耽误时间-立刻发出警惕。越迅速采取行动,安全找回它们的机会就越高。

时间、承诺及爱

花时间陪您的宠物,与它们玩乐并全心全意去爱它们。 您是它们的仅有依靠, 它们信任您会照顾它们。宠物也成了家庭一份子,一旦您领养了它们,就请承担起照顾它们一生的责任。如果有任何原因造成您再也不能照顾宠物, 请为它们找到好的收养家庭。将它们送往庇护所应该是最后的选择。如果真的必须那么做,请在放下它们之前,先了解庇护所的条规。

备注:本文作者感谢一庇护所官员针对上述资料的分享。

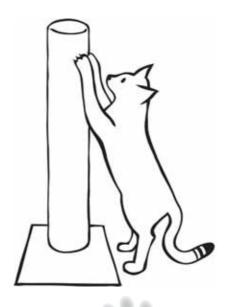
Your cat's wish list

- 1. Cat food and fresh water every day.
- 2. Somewhere warm and cozy to sleep.
- 3. To be able to jump, run about, chase things, and play.
- 4. A scratching post so that I can sharpen my claws, and some toys to play with.
- 5. I should also have an operation so that I don't produce unwanted kittens.
- 6. I need to be taken to the vet whenever I am not well.
- 7. I need to be de-wormed regularly.
- 8. Sometimes, I might have fleas. Please get me treated.
- 9. Please train me to use a litter tray.
- 10. Please keep me away from busy roads and vehicles.
- 11. If you go on a holiday, please do not leave me alone. Please send me for boarding or get a friend to look after me.

You may have 80 years to live, but I only have about 18 years. I totally depend on you.

Thank you so much for looking after me.

I may seem a little aloof at times, but I do love you!



您的猫儿的期望

- 1. 每天有猫食品及清水。
- 2. 一个温暖舒适的睡眠处。
- 3. 有得跳、奔跑、追逐、及玩耍。
- 4. 一根可让我磨砺爪子的柱子,及一些供玩乐的玩具。
- 5. 必须让我做手术以免生产过多小猫。
- 6. 当我病时, 需要带我见兽医。
- 7. 需要定时为我去除蛔虫。
- 8. 偶尔, 我可能有蚤子, 请给我治疗。
- 9. 请训练我使用沙盆。
- 10.请让我远离繁忙道路及交通工具。
- 11. 当您去度假时, 请不要弃我不顾。请送我去寄宿或找个朋友照料我。

您可能有八十年寿命, 但是我却只有十八年。我完全依赖您。谢谢您照顾我。

有时我似乎冷淡, 但是我其实关爱你。

Your dog's wish list

- 1. Dog food and fresh water every day.
- 2. Somewhere warm and cozy to sleep.
- 3. To be able to run about and play, and I need to be walked too.
- 4. I should also have an operation so that I don't produce unwanted puppies.
- 5. I need to be taken to the vet whenever I am not well.
- 6. I need to be de-wormed regularly.
- 7. Sometimes, I might have ticks. Please get me treated.
- 8. Please train me to use a proper place to urinate and defecate.
- 9. Please keep me away from busy roads and vehicles.
- 10. If you go on a holiday, please do not leave me alone. Please send me for boarding or get a friend to look after me.

You may have 80 years to live, but I only have about 15 years. I totally depend on you.

Thank you so much for looking after me.
I will always be ever loyal to you. I love you!



您的狗儿的期望

- 1. 每天有狗食品及清水。
- 2. 一个温暖舒适的睡眠处。
- 3. 有得奔跑及玩耍, 而且需要带我溜达。
- 4. 必须让我做手术以免生产过多小狗。
- 5. 当我病时, 需要带我见兽医。
- 6. 需要定时为我去除蛔虫。
- 7. 偶尔, 我可能有蚤子, 请给我治疗。
- 8. 请训练我使用适当地点大小便。
- 9. 请让我远离繁忙道路及交通工具。
- 10. 当您去度假时, 请不要弃我不顾。请送我去寄宿或找个朋友照料我。

您可能有八十年寿命, 但是我却只有十五年。我完全依赖您。 谢谢您照顾我。

我会一直对您忠心, 我爱您!

Neutering

Spaying is the removal of the uterus and ovaries of the female animal. Castration is the removal of the testicles of the male animal. Both surgeries prevent the animal from reproducing.

"Neutering" is a gender-free term for the procedures.

Recommended age for neutering: Female - 5 months Male - 8 months

General Guidelines

- Ensure that your pet is healthy, to the best of your knowledge. If in doubt, consult the vet.
- Fast your pet for 8 hours prior to the surgery (no food and water). This is to ensure food or water is not regurgitated after the surgery and cause choking while your pet is still unconscious.
- 3. Collect your pet when the vet informs you to do so.
- 4. A male animal should be kept confined in a clean dry place for at least one day. A female animal, at least 3 days.
- 5. Always offer fresh water, and offer food as well. During the first 24 hours after surgery, your pet may reject food.
- 6. Ensure that the wound has healed well before releasing your pet from confinement. If in doubt, consult the vet.
- 7. If complications arise, take your pet back to the vet. Do not delay.

Please be advised that neutering is a surgical procedure where your pet goes under general anaesthesia, so there are risks involved.

If your pet has not been eating well or displays signs of ill health, please do not proceed with the surgery.

Please do not get a pregnant female animal spayed. Let her babies be born first. After the mother is done nursing, she can then be spayed.

It is strongly advised that all return-to-colony neutered animals have their ears notched for easy identification and to prevent them from being re-captured and operated on again.





While the notched-ear may not be cosmetically pleasing, it has, in many cases, saved cats and dogs from being operated on again. We must remember that the animal is not able to tell the vet that it has already been neutered!

In some countries, ear-notching is widely practised, especially for return-to-colony animals. In certain communities, ear-notched animals are spared from being captured by the authorities; they are allowed to live on since they will not reproduce anymore.

Note: The above is a sharing based on the author's personal experience. Please consult a veterinarian for professional advice.

绝育

雌性动物的结扎手术包括切除子宫及卵巢,雄性动物的阉割便是切除睾丸, 两种手术都能够阻止动物再繁殖,简单地说便是绝育, 不分雌雄。

建议中, 绝育的合适年龄, 雌性动物为五个月、雄性动物为八个月大。

一般指南

- 1. 确定您的宠物健康, 如有疑问, 请向兽医咨询。
- 2. 手术八小时前, 让宠物断食(不进食及喝水)。这是为了确保手术后宠物仍在昏迷中时, 不会因食物或水回流而噎住。
- 3. 接到兽医通知才领回宠物。
- 4. 雄性动物必须在清洁干燥地方禁闭至少一天。雌性动物则需要禁闭最少三天。
- 5. 在手术后二十四小时内, 您的宠物可能排斥食物, 但一定要供给 清水及食物。
- 6. 确定伤口完全结合复原后才可释放宠物。如有疑虑, 务必请教兽 医。
- 7. 如发现并发症,立刻将宠物带到兽医处。不要延误。

请留意, 绝育是宠物必须接受全身麻醉的一项手术, 因此会有危险性。如果宠物出现饮食不良或患病症状, 请不要进行手术。

请不要给正在怀孕的雌性动物进行绝育, 让它将幼儿产下, 哺乳期完成后, 才进行结扎。

我们坚决劝诫,将已经被绝育并释放回去聚居地的动物之耳朵切角,以便易以辩证,防止它们被重捕及再被施手术。

虽然切角的耳朵可能外形不美观, 但是在不少情况下, 却将它们从手术台上救了下来。要记住, 动物无法告诉兽医自己已经绝育。

在一些国家,要释放回去聚居地的动物,手术后耳朵切角是广泛实行的。在一些社区,这些已被切角的动物,不会再被执法者捕捉。既然它们不会再繁殖,它们获得继续生存。

备注:以上仅是作者个人经验的分享。请咨询兽医的专业劝告。

Fostering a Baby Animal

If you have picked up a kitten or puppy and cannot find any fosterers, this is what you can do:

1. Warmth

Keep the kitten/puppy warm by using towels, hot water gloves or hot water bottles. Ensure the temperature is not too hot.



2. Nutrition

Feed the kitten/puppy every two hours with kitten/puppy milk (bought from the vet's or petfood store). You can use a syringe or a feeding bottle. DO NOT OVERFEED, DIARRHOEA KILLS.



DO NOT USE COW'S MILK because it may cause diarrhoea which may lead to dehydration and death. If you really have no choice, goat's milk may be an alternative, but dilute it.

Wipe the kitten/puppy's mouth area with wet cotton pad to prevent a milk rash after each feed.

If you do not have kitten/puppy milk, give glucose water. Hypoglycemia (low blood sugar level) can also kill. However, glucose water is only a temporary measure. Revert to kitten/puppy milk as soon as you can.

If the kitten/puppy already has teeth, you can give canned wet food, crushed dry food for kittens/puppies or steamed chicken breast meat. Do not give bones. Do not give milk once the kitten/puppy can eat solid food.

3. Urination and Defecation

If the kitten/puppy cannot urinate or defecate by itself, massage its tummy and private parts with a wet, warm cotton pad to stimulate it to urinate and defecate. A baby animal might not defecate for several days, but it must urinate every day.



4. Medical attention

Bring the kitten/puppy to the vet's AS SOON AS POSSIBLE for proper medical advice. The vet will advise if de-worming can be done. Certain worms like hookworms are very deadly and can cause death.



* An added bonus



Warmth and comfort are very healing. Holding the baby animal close to your heart helps.

Note: The above is a sharing based on the author's personal experience. Please consult a veterinarian for professional advice.

养育小动物

如果您捡到小猫或小狗而找不到有人要养育,以下几点是您可以做到的:

温暖

利用毛巾、热水袋或热水瓶为小猫/小狗取暖。请确定其温度不可太热。

营养

每两小时给小猫/小狗喂奶 (可从兽医处或宠物店购买)。您可使用注射器或奶瓶喂食。切记不可过量。腹泻可能致命。

不可使用牛奶 以免造成腹泻, 继而可能引起脱水及死亡。在不得已情况下, 冲淡的羊奶可以用来取代。

每次喂食之后, 用湿棉花将小猫/小狗嘴部周围抹干净, 以免长疹。

如果没有小猫/小狗专用奶,可用葡萄糖水喂食, 血糖过低也会致命。不过葡萄糖水只是临时措施,尽快恢复使用小猫/小狗专用奶。

如果小猫/小狗已经长齿, 您可用湿罐头食品、碎干粮或蒸熟鸡胸肉给它们喂食。千万不要以骨头喂食。一旦小猫/小狗可以食用固体食粮,就不要再喂奶。

大小便

如果小猫/小狗不能自行大小便时,用潮湿、温热棉花轻轻按摩宠物腹部及私部,可帮助它们大小便。初生动物可能几天不能大便,但是它必须每天小便。

医疗照顾

尽快将小猫/小狗带到兽医处去, 以得到正确的医疗指点。兽医将确定何时进行去除寄生虫。一些寄生虫如钩虫是可以致命的。

*额外奖励

温暖与舒适具有很好疗效。

环抱幼小动物贴近您心窝对它们也有帮助。

备注:以上仅是作者个人经验的分享。请咨询兽医的专业劝告。

A Letter from Two Cats to an Elderly Dog

Date: 31st March 2012 (Earth Hour 2012)

Dear Uncle Bobby,



The three of us kittens were only two days old when Mum found us by the roadside and brought us home. You had never seen our kind before, and you were curious.



Mum had never looked after cats before either, but she learnt how to do it from a friend.



You helped Mum looked after us. Wherever we were, you'd always be near.



You made sure we ate our food, too.



We even played games together and had so much fun.



Whenever Mum brought new kittens back to foster, you were always there to help.



We cats were sometimes jealous of the new kittens and would hiss and growl at them, but you would always be there, protecting them.



You'd let the kittens climb all over you, and even sleep on you! Every kitten loved you as their "mother"!



As the years went by, you grew older and we knew you were losing your sight. You looked after us when we were young and protected us. Now, it is our turn to look after you.



You cannot see your food bowl, we will take you to it every day.



You cannot find your way in the house, we will shield you from bumping into the wall.

We will be your "seeing eyes".



You may be blind and deaf now, but please know that we will always be there for you. Thank you, Uncle Bobby.

We love you and we will look after you now. From: Cow, Bunny and all the cats whose lives you have touched.

Note: In human years, Cow, Bunny and their sister, Pole, are 6 years old this year, while Uncle Bobby will be 16 years old this October (2012). In equivalent animal years, it is estimated that Cow, Bunny and Pole are 40 years old, while Uncle Bobby will soon be 80 years old! Cats and dogs age at a different rate.

This letter is written in celebration of Earth Hour 2012.

Protect our planet, love all her beautiful creatures.

一封由两只猫写给老狗儿的信

日期:2012年3月31日(2012地球一小时)

亲爱的波比叔叔,

当妈妈在路边找到我们而把我们带回家时,我们是只有两天大的小猫儿。您从来没见过我们这一类,您很好奇。

妈妈之前也从来没照料过猫儿, 但是她向一个朋友学习。

您协助妈妈照顾我们。无论我们在哪儿, 您总是在我们附近。

您也确定我们进食。

我们甚至一起玩游戏,多么有趣!

每一次妈妈带了新的小猫儿回来养育, 您一定在那儿协助。

我们这些猫儿啊,有时会妒忌新来的小猫,会对它们大、小声,但是您总是在那儿保护着它们。

您会让小猫们爬到您身上去, 甚至睡在您身上。

每只小猫都像对待它们的'妈妈'那样爱您!

年复一年, 您渐渐老去。我们知道您失去了视觉。 当我们年幼时, 您照顾我们、保护我们; 现在是我们照顾您的时候了。

您看不见您的食物碗,我们每天把您领到食碗跟前。 在屋子里您看不到路,我们会庇护您,以免您撞向墙壁。 我们将是您的"眼睛"。 您现在可能又盲又聋, 但是请记得我们随时守候在您身边。谢谢您. 波比叔叔。

我们爱您。现在我们将照顾您。

Cow, Bunny 及其它生命曾经被您触及的猫儿 启

注:以人类年龄计算, Cow, Bunny 及它们的姐妹Pole 今年六岁,

而波比叔叔今年(2012)十月满十六岁了。以同等动物年龄计算,

Cow, Bunny 及Pole 已四十岁,而波比叔叔就快八十岁了!猫和狗的年龄增长率不一样。

这封信是在迎接2012年'地球一小时'时写下。

保护我们的星球, 爱护她所有美丽的生物。

Are we so Different?

Charity for animals, as we all know, is one of the hardest projects to undertake. This could be largely due to "speciesism", a widely held belief that the human species has greater moral rights than animals and therefore animals are less deserving of help. This is why charity for animals is often given last priority in most human communities.

While animals may be "different" from us in that they do not have some of our complex cognitive abilities, they bear many similarities to us too. They are conscious, they are able to love and very often even able to express gratitude. At the very least, they are alive. They are able to feel pain and they can suffer, just like us, when conditions are not favourable for them.

Since animals share the same capacity as humans to suffer pain and to enjoy wellbeing, they rightly deserve the same help, support and compassion that we would offer to any suffering human being.

Here for a Reason

The animals in the jungle live by the laws of the jungle, but those who are here, living amongst us, live by our laws and the conditions we have created for them. They cannot possibly do very well in our concrete jungles. They are also often neglected, abused, oppressed and victimised. To me, the fact that they are so down-trodden makes them even more worthy and deserving of our help.

Philosophers and great teachers often teach us that our purpose on earth is to care for the less fortunate and to do something for their benefit and better wellbeing. Let us then think of the street animals as being here, living amongst us and being connected to us for a good reason - to give us the opportunity to practise compassion and charity, to love unconditionally and to be a better human being.

For this, I am thankful for their presence in my life.

They are definitely here for a reason.

And so are we.

我们那么的不同吗?

众所周知,为动物行善,是其中一项最艰辛的工程。这可能是'种类学说'的驱使,广泛认为我们人类比动物持有更高道德权,因此动物不值得我们去帮助。所以,在大多数的人类社群里,为动物而设的慈善是最后的优先权。

动物可能与我们'不同'于它们没有我们那么复杂的认知能力,但它们也和我们一样有不少共同点。它们也有知觉、懂得爱 ,很多时候甚至懂得感恩。最低限度, 它们是活的。 就像我们一样,当情况不适时,它们可以感觉痛楚、可以受痛苦。

既然动物和人类的能力一样, 能承受痛楚及享受舒适, 它们也有权利, 获得我们给与其他承受痛苦的人类的帮助、支持与爱心。

存在总有其意义

森林里的动物自然跟着森林规则生存, 但是那些在这里与我们共同生存的, 却是根据我们为它们而设的规则及条件生活。它们可能无法适应我们的钢骨水泥森林。它们也经常被忽略、被虐待、被压迫及被牺牲。对我来说,就它们那么被蹂躏的这一点,已经使它们更值得我们去帮助。

哲学家及伟大的导师经常教导, 我们在地球上的目的就是关怀不幸运者, 为他们的利益及更好福利而出力。让我们就为流浪动物设想, 它们存在这里、在我们之间生存及和我们联系, 肯定有一个好原因 - 那就是给我们一个实践爱心及行善的机会, 无条件地去爱, 并成为更好的人。

为此, 我感谢它们在我生命中的存在。

一定是因缘促使它们在这里。

我们也是。

About the Author



Chan Kah Yein holds a Ph.D in Mathematics Education and teaches mathematics to college students.

With a deep passion for animals, she founded and coordinates AnimalCare, a charity that promotes caregiving to street animals and helps in their neutering and medical needs.

Kah Yein gives public talks regularly on cultivating compassion to animals, and ways to lead a simpler and more spiritual life. To date, she has written eight books and many of her talks have been produced on audio CDs, all for free distribution.

With a love for all things small and simple, her motto is to embrace simplicity and travel light in life.

Kah Yein can be reached at chankahyein@gmail.com
All her e-books can be downloaded free at http://tiny.cc/paws

陈家燕, 教育数学博士, 在学院教导数学科。

本着对动物的爱心,她成立并协调 AnimalCare,一个推广照料流浪动物,并为它们提供结扎及医疗的慈善团体。

家燕经常给与公众讲座,讲述有关培养对动物慈悲、及过一个更简单、 更注重心灵的生活。到目前为止,她已经写了八本书,而她的许多讲座 也已经被收录制成光碟,供免费赠阅。

凡事喜爱小而简朴, 她的人生座右铭便是拥抱简朴, 并轻松走上生命的旅程。

您可以在chankahyein@gmail.com 联络家燕。 她的所有电子书皆可在http://tiny.cc/paws 免费下载。

Also by the Author

Pawprints on My Heart
Little Steps, Joyful Steps
A Kite in the Wind
Indy Jones and the Four Pillars of Kindness
See You at Rainbow Bridge
Make Time while the Sun Shines
Do We Have a Choice?
Dewdrops from My Heart (audio talks)
Fragrance of the Violet (audio talks)

About Animal Care



AnimalCare is a charity that promotes caregiving to street animals and helps in their neutering and medical needs.

Our Mission

- 1. To promote caregiving to animals.
- 2. To help in the neutering and medical needs of street animals.
- 3. To cultivate compassion to animals through education.

How you can help and participate:

- Be a caregiver to street animals feed the animals, get them neutered and continue looking after them in a responsible manner. If you require help in neutering, please contact us.
- Be a volunteer help foster and rehome rescued animals, and contribute your expertise and skills so that we can work together to provide more help to the animals.
- Be our supporter tell your friends about our work and encourage them to start a similar programme in their own communities. Educate children from young to be kind to animals. Donate to our fund.

The street animals need **OUR** help.

Let us work together to create a more harmonious and peaceful community for humans and animals.

For further information, please contact: chankahyein@gmail.com

Website: www.myanimalcare.org



We are all deeply connected.



Street animals are one of the most downtrodden beings in our community. They are homeless, helpless and defenseless. In her quest to help these animals, Dr Chan Kah Yein founded AnimalCare in May 2009. It is a charity that promotes caregiving to street animals and helps in their neutering and medical needs. This book explains the CNRM (Care-Neuter-Rehome/Return-Manage) process and provides useful guidelines on caring for street animals. When we wish to do charity, we need not look too far. Just reach out to the animals in our back alley, at the park or around our neighbourhood. They are out there, waiting to be helped. This book tells you how to do it.



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