

Journal

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Journal Entry: Reflections on the First Mutual Aid Campaign

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Launching a mutual aid request is never an easy choice. It requires stepping forward and making one's immediate vulnerabilities visible within a larger, often unyielding economic system. As a student juggling an IT diploma and disability and humane-tech activism, managing basic survival without a reliable safety net is a constant structural challenge.

The Outcome and Tangible Impact

The response from the community demonstrated the real value of solidarity. The campaign brought in a net of RM142.00 after bank fees. Rather than measuring this simply in fiat currency, the true measure lies in the tangible resources and stability it secured:

- **Connectivity:** Renewed the monthly internet plan, ensuring continuous connection for ongoing studies and activism work.
- **Pantry Staples:** Secured long-term essentials like rice, cooking oil, sugar, and green tea.
- **Practical Survival Food:** Purchased shelf-stable items like canned curry and quick-access meals, carefully tailored to a living situation without a refrigerator and designed to support low-energy or burnout days.

Moving Forward

This first campaign is now officially closed. The experience highlights that mutual aid is not about charity, but about collective survival and building care systems from the ground up. With these basics secured, the focus returns fully to education, daily routines, and continuing the work ahead.

What Are the Signs That My New Cat Has a History of Being Abandoned by Its Previous Caretaker?

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While [cats](#) cannot tell us about their past, their behavior often speaks volumes. If your new cat was suddenly abandoned or rehomed by a previous caregiver, they will likely show signs of trauma, deep insecurity, and resource anxiety. [1, 2, 3, 4] The most common behavioral indicators of a history of abandonment are categorized below:

1. Severe Separation Anxiety ("Velcro Cat" Behavior)

An abandoned cat often lives in constant fear that their new caregiver will leave and never return. [5, 6]

- Extreme Shadowing: Following you from room to room, never letting you out of their sight.
- Pre-Departure Panic: Pacing, crying, or blocking the door when you put on shoes or pick up keys.
- Distressed Vocalization: Loud, persistent meowing or yowling shortly after you leave.
- Scent-Targeted Urination: Urinating outside the litter box, specifically on items that strongly smell like you, such as your bed or dirty laundry.
- Over-Exuberant Greetings: Acting intensely relieved, frantic, or overly excited the moment you walk through the door. [2, 7, 8, 9, 10, 11, 12]

2. Resource Guarding and Food Anxiety

If a cat was abandoned outdoors or left without food, they may develop survival-driven anxieties regarding their basic needs. [2, 13]

- Food Hoarding or Bolting: Eating at frantic speeds without chewing, or trying to hide/bury dry kibble.
- Aggression Around the Bowl: Growling, hissing, or swatting if you or another pet approaches while they are eating.
- Refusal to Eat Alone: Only eating when you are physically standing in the room to guard them. [2, 9, 12, 14, 15]

3. Hypervigilance and Deep Trust Issues

Cats that have been discarded often struggle to process a new environment and may stay in a prolonged "flight-or-fight" state. [2]

- Extended Hiding: Hiding under furniture or in closets for weeks, far past the typical 3-to-5-day adjustment period for a normal cat.
- Exaggerated Flinching: Startling aggressively or running away at ordinary household noises or sudden movements.
- Fear of Specific Objects: Panicking at the sight of boxes, carriers, brooms, or specific types of footwear, which may trigger memories of their abandonment. [1, 2, 15, 16, 17]

4. Stress-Induced Physical Behaviors

Psychological trauma from being abandoned frequently manifests as physical compulsions. [1]

- Overgrooming: Compulsively licking their stomach, paws, or tail until they create bald patches or sores.

- Destructive Scratching: Frantically scratching at doors, doorframes, or windows in an attempt to escape or follow you. [10, 11, 18, 19]

How to Help Your Cat Heal

If your cat displays these signs, patience is key. It can take one to six months (or longer) for a traumatized cat to fully decompress. Provide a strict daily routine for feeding and playtime to rebuild their sense of security, and avoid making dramatic, loud exits when leaving the house. [1, 14, 19] To help tailor this advice, what specific behaviors have you noticed that made you wonder about their past? Knowing how long you've had the cat would also help.

References

- [1] <https://cats.com>
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iPhone X-Style Default Wallpapers

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“ If I want an iPhone X-style default wallpaper from Unsplash, Pixabay, or Pexels, what keyword should I search for?

To find wallpapers on Unsplash, Pixabay, or Pexels that mimic the iconic iPhone X default style, search for "abstract fluid gradient", "liquid wave background", or "holographic smoke".

Best Search Keywords

Abstract fluid gradient

- Abstract fluid gradient: Captures the smooth, multi-colored color blending.

Liquid wave background

- Liquid wave background: Finds the flowing, organic shapes characteristic of iOS wallpapers.

Holographic smoke

- Holographic smoke: Yields dark backgrounds with vibrant, swirling neon accents.

Chroma texture

- Chroma texture: Drops you into high-contrast, metallic, and reflective color distortions.

Iridescent silk

- Iridescent silk: Provides softer, high-fashion fabric curves with a pearlescent sheen.

Filter Tips for Best Results

- Orientation: Set the search filter to "Vertical" or "Portrait" so you do not have to crop landscape photos.
- Color Filters: Choose "Black" or "Dark" alongside vibrant colors like pink, blue, or purple to mimic the high-contrast OLED-optimized look.

Emergency No-Machine Laundry Guide (Malaysian Supermarket Method)

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This guide outlines how to hand-wash everyday laundry without a washing machine, using widely available Malaysian liquid detergents. It bypasses the traditional, labor-intensive rinsing stage by using an **Ultra-Low Dose Strategy** optimized for tropical climates.

⚠ The Golden Rules

- Never soak overnight:** Leaving clothes in stagnant water for more than 1 hour can cause organic matter (sweat, skin flakes) to break down, breeding bacteria and leading to a sour, mildewy smell that is difficult to remove.
- Use liquid only:** Avoid powder detergents. Powders require massive amounts of water to dissolve and can leave stiff, itchy, white chemical streaks on less-rinsed clothes.
- Prioritize low suds:** Fewer bubbles can reduce skin irritation and lower the chance of detergent residue remaining in fabric.

🛒 Recommended Supermarket Brands (Malaysia)

When shopping at **Lotus's, Jaya Grocer, Village Grocer**, or local mini-marts, look for **liquid** versions of these specific brands:

Brand & Variant	Why It Works Best
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TOP (Stain Buster / Low Suds)	Contains “Anti-Sebum” and “Anti-Malodour” tech. Helps break down sweat oils and reduces sour indoor-drying smell.
Persil (Low Suds)	Designed for front-loaders to create minimal bubbles. Often leaves less sticky residue behind.
Breeze (Liquid)	Strong stain remover. It can foam easily—use low dosing carefully.

☐☐ The 30-Minute "Ultra-Low Dose" Routine

1. Ratios & Dosing

- **Water volume:** ~5 litres (one standard small household bucket)
- **Detergent dose: 1 teaspoon** (approx. 5 ml) of liquid detergent. Do not use a full cap.

2. Step-by-Step Process

[Fill Bucket] → [Mix Detergent] → [Agitate 2 mins] → [Soak 20 mins] → [Towel Extract] → [Fan Dry]

1. **Prepare the solution:** Fill your bucket or basin with cool tap water first. Stir in exactly 1 teaspoon of liquid detergent. Ensure it is fully dissolved and mixed before adding any clothing.
2. **Manual agitation (2 minutes):** Submerge your clothes. Swirl, plunge, and agitate with your hands. Rub targeted problem areas (like armpits, collars, or sock soles) against themselves to loosen oils.
3. **Quick soak (20 minutes):** Let the clothes sit undisturbed. Do not exceed 30 minutes.
4. **Water extraction:** Pull the clothes out. **Do not wring or twist aggressively**, as this can stretch and damage wet fabric fibers. Instead, press the garments flat between your palms or firmly against the inner side of the bucket to expel bulk water.

☐☐ Fast-Drying Techniques (Preventing Musty Smells)

Because you're skipping the machine's high-speed spin cycle, clothes may retain more moisture. Use these steps to prevent musty smells while drying:

The Burrito Towel Trick (Crucial for Heavy Cottons)

1. Lay a large, dry bath towel flat on the floor.
2. Place your damp, squeezed garment flat on top of the towel.
3. Roll the towel up tightly with the clothing inside like a burrito.
4. **Step firmly along the entire length of the rolled towel** with your feet. Your body weight helps the towel absorb trapped moisture (especially for thick fabrics).

Hanging Optimization

- **Maximize airflow:** Hang clothes immediately in a well-ventilated area.
- **Use a fan:** Position a standing fan or turn on a ceiling fan directly over the drying rack. Moving air is often more important than hot sun for preventing bacterial odours.
- **Space items out:** Leave at least two fingers of space between garments so air can pass through.

☐☐ Natural Alternative: Baking Soda Method

If your clothes aren't physically muddy but mainly smell sweaty, you can skip commercial detergent:

- Mix **1/2 cup of baking soda** into a bucket of water.
- Soak for 30 minutes, squeeze out, and towel-roll.
- **Benefits:** Baking soda helps neutralize body odours and leaves minimal residue.

Premium No-Rinse Laundry Guide (Soak Wash Method)

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This guide outlines how to use premium, plant-based, no-rinse detergents (such as **Soak Wash** or **Eucalan**) to clean clothes completely by hand with zero rinsing required. This is a low-effort strategy for when a washing machine is unavailable.

How No-Rinse Laundry Works

Traditional detergents typically require a rinse step to remove residue. No-rinse washes are formulated to dissolve and leave minimal to no residue on fabric, so you can wash and then remove the garments without a separate rinse.

The "Zero-Effort" 15-Minute Routine

[Fill Basin] → [Add 1 Tsp Detergent] → [Submerge Clothes] → [Wait 15 mins] → [Squeeze & Dry]

1. Ratios & Dosing

- **Water volume:** ~4 to 5 litres (one standard household basin or sink)
- **Detergent dose:** **1 teaspoon** (about 5 ml) of Soak Wash
- **Water temperature:** cool or lukewarm tap water

2. Step-by-Step Process

1. **Prepare the basin:** Fill with water first. Add 1 teaspoon of Soak Wash and gently swirl to mix.
2. **Submerge:** Place garments into the water. Press them down gently until fully saturated.
3. **15-minute wait:** Let the formula work for 15 minutes. No heavy scrubbing is typically needed for routine cleaning.
4. **Do not soak overnight:** Even gentle formulas can lead to odours if fabrics sit too long in stagnant water. Keep the soak within about 30 minutes.
5. **Remove and squeeze:** Lift clothes out. Gently press the water out against the side of the basin or between your hands. Avoid aggressive twisting or wringing, since that can distort wet fibers.

☐☐ Post-Wash Drying Strategy

No-rinse formulas are designed to leave fabric feeling soft once dry, but you still need to remove excess water efficiently to prevent mildew.

1. The Towel Press (Best for shirts & undergarments)

- Lay a clean, dry bath towel flat.
- Place the wet garment on top of the towel.
- Roll the towel up like a burrito.
- Press down firmly on the roll with your hands, or gently step on it. The towel absorbs the bulk of the moisture.

2. Hanging Protocol

- **Indoor airflow:** Hang items immediately. In humid conditions, use a standing fan directed at the clothes.
- **Knitwear care:** For heavy items (e.g., sweaters/cardigans), lay flat on a dry towel or mesh rack instead of hanging to avoid shoulder stretching.

☐☐ Premium Brands to Look For Online

- **Soak Wash:** Often available in scentless options and light fragrances.

- **Eucalan:** A no-rinse option that's commonly used for delicate fabrics; it also contains lanolin (useful for wool and similar fibers).