

SE REGION NEWSLETTER

JANUARY 2014

LAURIE PATTON — SE REGIONAL DIRECTOR

A Note From Your Director

SE Members, Another year is behind us, and as so many before, it came and went too fast... This last semester in school has been my hardest and I am very sorry that my "to do" list got larger and larger and it took longer and longer to get finish... I have until January 13th to catch up so if there is anything out there pressing please let me know and lets get it done before then...



Thank you to all that have sent in pictures for our Spotlight in the Trend...!!.. What a great 2 page spread we have...!!.. We are showing the world what a great region we are... Thank you to Judith Milling for continuing to do our newsletter after taking on the TICA Trend...!!..



This past year was a particularly hard year for us at Pirates Lair and I know for many of you as well... We made it anyway...!!.. So let's rejoice, continue to step forward, and don't worry what is behind us.. On to 2014...!!..

From my family to yours, we wish you a Merry Christmas and Happy New Year...!!.. Laurie

It's ALL About the Cats"

MEET YOUR NEIGHBOR

BONNIE CHARVAT



I live in Sevierville (Dolly Parton's home town in the Smokies), Tennessee. Started out in dogs but switched over to cats in the '90's...I wanted a wild looking cat that was still 100% domestic cat.

Wanting to help the SE region, I began as one of 3 people doing the Liaison job. A year or so ago, I took over the task completely with the help of a few moms who may attend shows that I do not go to. This way the SE kids have JE rings at most all the shows.

I really like being with the kids. I have been able to see growth in most every youngster, from those who are scared to death and will only answer direct questions given by the judge to one that is able to look out at the audience and at times speak to them. I am their cheerleader and want to see each one progress as far as they choose to do.

Yes, my husband and I are still actively showing our cats. We started out with American Bobtails in 1999 and will always have this fantastic breed. We have progressed to Balinese and Oriental LHs whose temperament we have learned to love and appreciate as well.

My other interests would have to be the national park. We were so fortunate and blessed to be able to move from Illinois to the Smoky Mountain region of East Tennessee. We Love to volunteer at the Great Smoky Mt National Park and hike/walk and take photo opportunities. I also work with warm glass which means fusing and slumping rather than blown glass. Sometimes I will quilt. And of course, my best interest is my husband of almost 51 years...yes, we were both toddlers when we married.

BITS AND PIECES -- *Rene Knapp*



BITS AND PIECES

THE MANY WAYS OF CATS

There are so many ways our feline friends communicate with us. Knowing why they do what they do and what it means is an important step in creating harmony between the cat and the human.

The obvious form of communication is the meow. There are different types of meows and you need to learn your cat's tone of voice! The meow may say they want to eat, or play, or be petted, or for you to open the closed bedroom door for them. If you listen closely, you will be able to understand exactly what your cat is asking for. Once your pet gets your attention and you figure out what to give them, they will know how to ask for it again, and again and, yet, again.

Then there is the hiss. If your cat feels scared, they will let out a big hiss to make themselves seem as if they are big and bad. Or, it could mean they are really mad. Either way, a hiss is not a good thing. Sometimes your cat will puff out all of its fur like a Halloween cat and that means they are really agitated and will need some calming down. Don't grab at them though because even if they are not mad at you, they may lash out because of their fear.

What about when your cat pushes at you with his paws? He is trying to tell you that he loves you and that he considers you like his mom. As newborn kittens, felines will knead on their mother while they drink their milk. So when your cat does this to you, it means he feels safe and calm and very relaxed.

What about the cat that wags his tale? Well, it could mean that something is bothering him and you are expected to figure out what it is and fix it. If the tail wagging is fast and fierce, it can also be a sign that he is mad, but if the tail quivers, it means he is excited. You can see the excitement when your kitten sees a bug and he hunches down on the floor and his tail twitches. Of course, if you have a Manx, this won't happen (but his little butt will wiggle back and forth).

Why does your cat rub up against your legs, or your couch, or your pillow? Again, it is because he loves you! Cats like their people better when you smell like them so they want to leave their scent on you and when they leave their scent on your personal items, they are telling you that everything belongs to them!

Have you ever seen two of your cats rub noses together – they are telling each other that they are friends! And when they bring you dead mice or other small animals, they are bringing you presents to show that they like you and also because they know you are not smart enough to catch your own prey. After all, why would you eat a TV dinner when you could have fresh mouse or mole?

Cats seem to always land on their feet because when they fall from up high, their body rotates in the air before they touch the ground. This is why they almost all of the time land on their feet. This is also how the myth of a cat's nine lives came to be. Since cats are known to survive pretty tricky situations that other animals might not get out of, they have become "supercats" to us mere mortals.

And last, but certainly not least, here is the all mysterious purr. A rumbling sound that cats make deep down in their throats that no other cat can imitate. Usually it's to tell their owners how very happy and content they are. Petting your cat is a great way to get him to purr. And if they roll on their backs while you are petting them, that means they trust you totally. I think a purr is the most relaxing sound to me and I love it when one of my cats curls up next to my head and night and sings me to sleep with his soft, sweet purr.

I would love for people to send me suggestions for [Bits and Pieces](#) on anything that is feline related.

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RECIPES



Easy Apple Dumplings

Ingredients

- 1 green apple (Granny Smith, Golden Delicious)
- 1 tube (8 oz) Crescent Rolls
- 1 stick unsalted butter, melted
- 3/4 cup sugar
- 1/2 teaspoon vanilla extract
- Ground cinnamon to taste
- 1/2 cup lemon/lime soda (mountain dew or sprite works good)

Directions

Preheat oven to 350 degrees. Peel and core apples. Cut apple into 8 slices. Unroll Crescent Rolls and separate into 8 pieces. On each roll sprinkle a bit of cinnamon, then add apple slices. Roll into a nice bundle and continue with the rest. Spray pan with non stick spray.

Mix together butter, sugar, and vanilla. Pour mixture over crescent rolls. Sprinkle with a little more cinnamon. Bake in preheated oven, 35-40 minutes. Serve with whipped cream or ice cream.

www.thecountrycook.net



EASY APPLE DUMPLINS



BAKED MOZZARELLA CHICKEN ROLLS

Ingredients

- 2 lbs. boneless skinless chicken breasts (8 4-ounce pieces)
- 1 cup whole wheat Italian style bread crumbs
- 6 tablespoons grated Parmesan cheese, divided
- 5 ounces fresh baby spinach
- 1 clove minced garlic and olive oil for sauteeing
- 1/2 cup part-skim ricotta cheese
- 1/3 cup beaten egg whites (I used something similar to Egg Beaters)
- 3 ounces fresh mozzarella cheese, thinly slice
- 1 cup marinara sauce fresh basil for topping



Geaux get skinny VISIT MY WEBSITE @ www.cshays.sbc90.com

Directions

Prep the chicken: Cut the chicken into 8 pieces and pound the pieces until they are thin (for quick cooking) and have expanded in surface area (for more filling). Place the breadcrumbs in a shallow bowl with 2 tablespoons of Parmesan cheese and set aside. Prep the filling: Chop the spinach and sautee it with the garlic and just a drizzle of olive oil for 2-3 minutes or until just barely wilted. Combine the sauteed spinach with the ricotta, Parmesan cheese, and 2-3 tablespoons of the egg whites. Place the remaining egg whites in a separate shallow bowl and set aside. Assemble the chicken: Oil the bottom of a large baking dish and preheat the oven to 450 degrees. Place one piece of chicken on a flat working surface. Put a spoonful of ricotta-spinach filling right in the middle and roll the chicken up so that the edges meet to form a "seam". Dip the entire chicken roll in egg whites, and then roll it in the breadcrumbs. Place in a baking dish, seam side down. Repeat for the remaining 7 pieces of chicken. Bake for 25 minutes. Finishing touches: After 25 minutes, the chicken should be cooked through (white on the inside) and browned on the top. Cover the chicken with the marinara sauce and slices of fresh Mozzarella. Bake for another 3-5 minutes or until cheese is melting. Sprinkle with fresh basil. NOTES Don't try to cram all the pieces too close together because if the sides are touching each other, they won't get crispy. Leaving a little space between each piece allows the breadcrumbs to bake, brown, and crispify perfectly.



Looking back on the months gone by,
As a new year starts and an old one ends,
We contemplate what brought us joy,
And we think of our loved ones and our friends. Recalling all the
happy times,
Remembering how they enriched our lives,
We reflect upon who really counts,
As the fresh and bright new year arrives.
And when I/we ponder those who do,
I/we immediately think of you.
Thanks for being one of the reasons
I'll/We'll have a Happy New Year!



The SE Newsletter is posted monthly. Anyone wanting to submit articles, recipes, trivia, or anything you think others would enjoy, please send the information (Subject Line: SE Newsletter) to:

shutterbug1948@gmail.com
Judith Milling

Don't forget that the SE Region is on Facebook:
<http://www.facebook.com/group.php?gid=300505338191>