



Build Yourself an Emergency Kit

I know you've heard this guidance before, but have you done it?

Emergency Supplies:

Water, food, and clean air are important things to have if an emergency happens. Each family or individual's kit should be customized to meet specific needs, such as medications and infant formula. It should also be customized to include important family documents.

Recommended Supplies to Include in a Basic Kit:

- Water, one gallon of water per person per day, for drinking and sanitation
 - Food, at least a three-day supply of non-perishable food
- Battery-powered radio and a NOAA Weather Radio with tone alert, and extra batteries for both
 - Flashlight and extra batteries
 - First Aid kit
 - Whistle to signal for help
- Infant formula and diapers, if you have an infant
- Moist towelettes, garbage bags and plastic ties for personal sanitation
 - Dust mask or cotton t-shirt, to help filter the air
 - Plastic sheeting and duct tape to shelter-in-place
 - Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)

Clothing and Bedding:

If you live in a cold weather climate, you must think about warmth. It is possible that the power will be out and you will not have heat. Rethink your clothing and bedding supplies to account for growing children and other family changes. One complete change of warm clothing and shoes per person, including:

- A jacket or coat
- Long pants
- A long sleeve shirt
- Sturdy shoes
- A hat and gloves
- A sleeping bag or warm blanket for each person

Family Supply List (continued)

Below are some other items for your family to consider adding to its supply kit. Some of these items, especially those marked with a * can be dangerous, so please have an adult collect these supplies.

- Emergency reference materials such as a first aid book or a print out of the information on www.ready.gov
 - Rain gear
 - Mess kits, paper cups, plates and plastic utensils
 - Cash or traveler's checks, change
 - Paper towels
 - Fire Extinguisher
 - Tent
 - Compass
 - Matches in a waterproof container*
 - Signal flare*
 - Paper, pencil
 - Personal hygiene items including feminine supplies
 - Disinfectant*
- Household chlorine bleach* - You can use bleach as a disinfectant (diluted nine parts water to one part bleach), or in an emergency you can also use it to treat water. Use 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
 - Medicine dropper
- Important Family Documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container

Get a battery operated weather radio. It needs to be battery operated in case the electricity is out during bad weather. Make sure that you also have extra batteries. One great option is to get a solar powered weather radio. These run on the sun's rays with a backup battery supply as well.

Stockpile bottled water, prepackaged dry food and canned goods that can be stored for long periods of time. Some foods include granola bars, pop-tarts, dry milk, and pretty much anything that comes in a can. Always check the expiration dates to make sure they are safe to eat.

Don't forget to stock items in your car as well. You never know when you may be stranded in your car during bad weather so have the following items in your trunk to stay safe: granola bars, bottled water, a first aid kit and blanket.

Taken from

<http://www.ready.gov/document/family-supply-list>



Meet The Breed

Ragdoll

General Description

The Ragdoll is a large affectionate, semi-longhaired cat with captivating blue eyes. One of the largest breeds in the cat fancy, the Ragdoll gets along well with children and other pets, including dogs, often living up to its name as it gets carried around the house in a child's arms. These sturdy cats have no extreme features and blend easily in to the busy modern household.

History

Ann Baker of Riverside, California developed the Ragdoll breed in the early 1960s. A pure white longhaired cat named Josephine is believed to be the matriarch of the breed along with a seal mitted male named Daddy Warbucks and a solid black cat named Blackie. Daddy Warbucks was bred to a daughter of Josephine named Buckwheat and her half sister, Fugianna. These cats are the foundation of the Ragdoll breed. Ann insisted Josephine's genes were altered at a nearby medical center where she was taken after being hit by a car. Litters born after her return from the hospital had the limp, loving personalities Ragdolls are known for, unlike her "normal" kittens born prior to her hospitalization. Baker's breeding program consisted of a handful of breeders contracted as franchises under her. As time went on, Baker became more eccentric and breeders broke away from her so they could continue to develop the highly affectionate and consistently patterned cats. Denny & Laura Dayton were among the breeders who distanced themselves from Baker and went on to play a major role in making the Ragdoll into a legitimate breed recognized by all the major registries.

Personality

The Ragdoll is a relaxed, happy cat and, like a child's ragdoll, many of these cats will go limp in your arms and flop like a stuffed doll when cuddled. Generally, the Ragdoll cat is a loving, quiet cat with a very laidback disposition. If you are looking for a very active cat or a talkative cat, a Ragdoll probably is not the breed for you, although kittens and young adults can be very rambunctious and most Ragdolls are always willing to play. Ragdolls are known for their tolerant attitudes with other animals and especially children and many will allow themselves to be dressed in doll clothes and carried around by youngsters with absolutely no resistance. They are often compared to dogs because of their friendliness and intelligence and have even been taught to play fetch.

Traits

The Ragdoll's medium length, silky coat has a soft rabbit-like texture. There is little shedding of the coat except in the spring and fall. Its soft texture means it stays on top of surfaces and is easy to pick-up with a hand or damp cloth. All pointed Ragdolls have beautiful blue eyes and come in 3 patterns: colorpoint, bicolor, mitted.

The Ragdoll is one of the largest of the cat breeds and takes up to 4 years to reach full maturity. Fully developed

males weigh from 15-20 pounds with the proportionately smaller females weigh from 10-15 pounds. These gentle cats have long, substantial bodies with sturdy boning to match. They have a sweet expression emphasized by the large eyes full of love and devotion. Their features are composed of soft curves and transitions with nothing extreme or exaggerated.

The Ragdoll's plush, silky coat requires little routine grooming, although it should be brushed or combed weekly with a steel comb to remove dead hair from their coats and separate any tangles. During shedding season, be sure to watch for some tangles under the armpits.

(Taken from the TICA breed pages.) Laurie Patton

Southeast Regional

July 28-29, 2012

Hosted by Florida Sun Cats

Renaissance Resort at World Golf Village
500 South Legacy Trail
St. Augustine, FL 32092

Judges: Dombroskie(AB), Yow(AB), Sherer(AB), Ray(AB), Bailey(AB), Walbrun(AB),
R.Knapp(AB), Seliskar(AB), Manning(AB), Tomlin(AB), Scarboro(SP), C.Knapp(SP),
Patton(SP), C.Lawson(SP)

Entry Clerk: Laura Heineck
145 Bear Mountain Pass, Mineral Bluff, GA 30559
706-374-4216 (before 9 p.m. EST)
Fax: 706-374-4216
coonslady@aol.com

Photographer: Larry Johnson

Info: Suzanne Hansen, 904-641-1809, Alchemycats@yahoo.com
or (vendors) Judy Williams, 904-377-2569, mainiaccats@comcast.net

Flyer: http://www.seregiontica.org/Shows/FLSunCats/fsflyer_regional.htm





Quote of the Month

“It's a smile, it's a kiss, it's a sip of wine ... its summertime!”

Kenny Chesney



Recipes of the Month

Grilled Portobellos with Mozzarella Salad



- 2 cups grape tomatoes, halved
- 3 ounces fresh mozzarella cheese, cubed
- 3 fresh basil leaves, thinly sliced
- 2 teaspoons olive oil
- 2 garlic cloves, minced
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 4 large portobello mushrooms (4 to 4-1/2 inches), stems removed
- Cooking spray



Directions

In a small bowl, combine the first seven ingredients; cover and chill until serving. Spritz mushrooms with cooking spray. Using long-handled tongs, moisten a paper towel with cooking oil and lightly coat the grill rack. Grill mushrooms, covered, over medium heat or broil 4 in. from the heat for 6-8 minutes on each side or until tender. Spoon 1/2 cup tomato mixture into each mushroom cap. Yield: 4 servings.

Grilled Garden Veggies Recipe

Ingredients

2 tablespoons olive oil, divided
1 small onion, chopped
2 garlic cloves, minced
1 teaspoon dried rosemary, crushed, divided
2 small zucchini, sliced
2 small yellow summer squash, sliced
1/2 pound medium fresh mushrooms, quartered
1 large tomato, diced
3/4 teaspoon salt
1/4 teaspoon pepper

Directions

Drizzle 1 tablespoon oil over a double thickness of heavy-duty foil (about 24 in. x 12 in.). Combine the onion, garlic and 1/2 teaspoon rosemary; spoon over foil. Top with zucchini, yellow squash, mushrooms and tomato; drizzle with the remaining oil. Sprinkle with salt, pepper and remaining rosemary.

Fold foil around vegetables and seal tightly. Grill, covered, over medium heat for 15-20 minutes or until tender. Open foil carefully to allow steam to escape. Yield: 8 servings.



Please donate to the American Red Cross or our own SE Disaster Fund ..!..

Anyone wanting to submit articles, recipes, trivia or anything you think others would like to read can send me the info at PiratesLairMC@aol.com

I am in need of some Meet Your Neighbors...

Thanks to all who contributed this month..!!..

Laurie

Don't forget that the SE Region is on Facebook

<http://www.facebook.com/group.php?gid=300505338191>

Until next month!



**No matter what you do this summer...
Have fun with your family, friends and hug your cats..!!.**



IT'S A BEACH THING

