

Laurie Patton — SE Regional Director

A Note From Your Director

"Sportsmanship" (reprinted from the SE Facebook group)

Sportsmanship typically is regarded as a component of morality in sport, composed of three related and perhaps overlapping concepts: fair play, sportsmanship and character. Fair play refers to all participants having an equitable chance to pursue victory and acting toward others in an honest, straightforward, and a firm and dignified manner even when others do not play fairly. It includes respect for others including team members, opponents, and officials. Character refers to dispositions, values and habits that determine the way that person normally responds to desires, fears, challenges, opportunities, failures and successes and is typically seen in polite behaviors toward others such as helping an opponent up or shaking hands after a match. A bad winner acts in a shallow fashion such as gloating about his or her win, rubbing it in the face of the one who lost and lowering the opponent's self-esteem by constantly reminding them of how "poorly" they performed in comparison (even if they participated well).



Let us all congratulate each other on another wonderful year in our hobby and let us not forget about the "Fabulous Felines...Fun...Friendships".

"It's ALL About the Cats"



SHOW PHOTOS





IF YOU'RE CAT CRAZY, think about installing a catwalk on brackets along a wall of your family room or bedroom. It should be 6 to 12 inches wide, and hang about 2 feet below the ceiling. Provide access with a couple of perches from which to scale the heights. Most cats adore the opportunity to explore the upper strata.



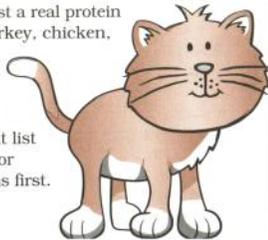
CHOWTIME! Sprinkle a teaspoon of kelp powder on your cat's food. Or try one standardized capsule of lecithin mixed with her food. Both help to speed your cat's metabolism and break down fats.



WARM AND COZY: Position your cat's bed near a source of warmth — near a sunny window or by the fireplace or next to a heat vent. Grab your comforter and a good book, and spend some time with your snoozing friend while you pamper yourself with quiet time as well. It's good for the soul!



AS A CARNIVORE, your cat fares best when real meat tops the list of ingredients in his food bowl. Select premium brands of cat food that list a real protein such as turkey, chicken, or lamb as the first ingredient and avoid brands that list cornmeal, or other grains first.



TAKE THE HO-HUM out of your cat's commercial dry food by adding a splash of tuna juice or salt-free chicken broth to the bowl. After this saucy feast, your feline may spend extra time savoring these special extras during her post-meal grooming sessions because of the lingering delightful aromas from these feline "au jus" toppings.



HEALTHY TREAT: A tablespoon of plain low-fat yogurt once a day provides calcium, a dose of "good" bacteria, and some extra liquid (yogurt is mostly water).



POST THIS IMPORTANT PHONE NUMBER in a highly visible place: **888-426-4435**. This is the toll-free number for the ASPCA's Animal Poison Control Center. Forty veterinary professionals are available day and night for advice. A consultation fee is charged, but it's well worth it, considering the prompt and knowledgeable attention the center provides.

WANT MORE? The information in this brochure was excerpted from *Happy Cat, Happy You* by Arden Moore, Editor of the *Catnip* newsletter. Published by Storey Publishing.

Visit our website at www.tuftscatnip.com for information on purchasing this and other pet books.



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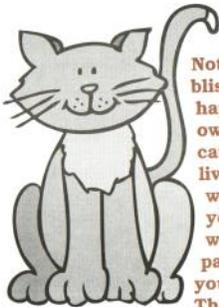
AMTP

Happy Cat



Happy You

Quick Tips for Building a Bond with Your Feline Friend



Nothing signifies bliss better than a happy purr. In their own dignified way, cats enhance our lives. Listed here are ways to celebrate your partnership with your feline pal, to enhance your life and theirs. These are just a

few of the hundreds of tips for bonding found in Arden Moore's *Happy Cat, Happy You*.



CRAZY FOR CATNIP. One out of two cats craves catnip, the fragrant herb from the mint family. The plant's buds contain an essential oil called nepetalactone that evokes such feline antics as chin and cheek rubbing, rolling and kicking, and even leaping into the air. Opt for organic, it's the most potent.



EMBRACE THE POWER OF PETTING. Scientists report that people who pet their cats experience an increase in Theta waves, a brain wave pattern that shows a reduction in feelings of anxiety. Petting your cat for just a few minutes releases a healthy amount of positive biochemicals, those "feel-good" hormones such as dopamine, oxytocin, prolactin, and serotonin. Research shows that the good feelings work both ways, meaning that your cat benefits as well.



CATS VALUE SOLITUDE. Most cats don't stick to you like Velcro every minute of the day. For many people, spending time alone is highly underrated, yet it is vital to recharge. Treat yourself to five minutes of solitude each day. If your cat wants to join you, that's fine, but no phones or other human distractions.



A CAT'S TAIL — MOOD BAROMETER! When it's held loosely upright while the cat is walking, it signals confidence. A tail that flicks toward you means, "Hello, my friend." Whipping the tail from side to side or thumping it on the floor signifies agitation. A lightly twitching tail conveys relaxed alertness. A puffed-up tail indicates total fright.



SCHEDULE PLAY SESSIONS. Kittens — and cats young at heart — are most active at dawn and dusk. That's because they are crepuscular, wired genetically to do their best hunting and play stalking during those times of day. Let the fun fly!



BUY A HANDFUL OF PEACOCK FEATHERS and attach them to the end of a flexible pole. Then flag your cat's attention. Feathers are usually too much of a temptation to resist. In no time, your cat will be running, jumping, and performing amazing body twists and turns to snag those moving feathers.



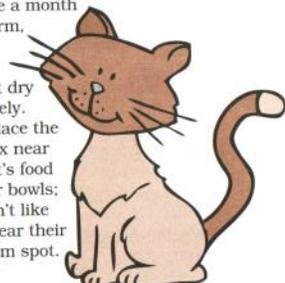
HEAD-TO-TAIL CHECKUP: Devote a hands-on petting session weekly to scrutinize your cat's entire body, looking for lumps, bumps, sore spots, or changes in fur and skin. Don't forget to check her eyes, ears, and mouth. Your observations may help to catch a medical problem in its early stages.



TREAT YOUR CAT LIKE A CEO: CAT EXTRA-ORDINAIRE. Your cat has been loyal to you since kittenhood, now is the time to increase her daily dose of pampering. One easy way is to warm a small blanket in the clothes dryer for 5 to 10 minutes, then drape it on your cat during chilly nights to help her fall asleep. You can do the same for an arthritic cat to help improve blood flow and ease muscle aches.



LITTER BOX SUCCESS: Fill the box to a depth of three inches, and don't use perfumed litters (most cats hate flowery scents). Clean out deposits every day, and wash the litter box once a month with warm, soapy water, letting it dry completely. Never place the litter box near your cat's food or water bowls; cats don't like to eat near their bathroom spot.





RECIPES



mmm mmm mmm...

3 Ingredient Banana Bread Cookies:

INGREDIENTS:

- 2 large ripe bananas
- 1 cup rolled oats
- 1/4 cup chopped walnuts

-Mash the bananas in a bowl.

-Add oats & walnuts.

-Drop tablespoons of batter on a baking sheet.

-Bake for 12-15 minutes at 350 degrees.



Tesh.com

SHAMROCK DROPS

Ingredients

- 2 cups flour
- 1 cup butter, softened
- 1/4 cup milk
- 6 tablespoons sugar
- 1/4 teaspoon mint extract
- 1/4 teaspoon salt
- 1 oz confetti candy (multi-colored non-parreils)
- green food coloring
- powdered sugar

Instructions

1. Mix butter and sugar until fluffy.
2. Blend flour and salt and add alternately to butter mixture with milk and extract. Add food coloring to milk so it gets into dough evenly.
3. Add in confetti and mix well. Dough will be stiff.
4. Roll into 1" balls and flatten slightly.
5. Bake on greased cookie sheets at 350° F for 15 minutes. Do not let them brown.\
6. Cool and roll in powdered sugar.



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

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