

SEPTEMBER 2014

LAURIE PATTON — SE REGIONAL DIRECTOR

A Note From Your Director

Members, congratulations to the SE for Jo Parris as TICA Treasure and Catalog of the Year by Atlanta FantastICAts - Temple GA ...!!..

The region needs you...!!.. I am looking for any ideas during the year for the Wacky Awards...!!.. So if you see anything please let me or Judith know...



I also have an opening to the legislation committee if anyone is interested in passing on notices for help...

Also looking to revamp our People Choice Awards, so get you ideas in to me... We have had some great ones already...

We will be running a 50/50 Bingo for our Juniors... This money raised pays for junior memberships and also their banquet dinners... Of course you can always send a donation to Bonnie Charvat our JE Liaison...

It's All About the Cats...!!..



IN LOVING MEMORY OF JO PARRIS “OUR TICA TREASURE”





I also know that she is now with Larry Paul and is busy filling him in on everything that has been happening. We had better watch our P's and Q's or we will be in for it whenever we get there. Rest in peace Jo----I love you

TICA has lost a very special lady. Prayers go out to Linda and Jo's family.

Jo was truly a TICA treasure. She loved her cats, showing her cats, and visiting with her TICA family. She will be remembered for a very long time.



She was known for her wit, for her advice/mentoring, and sense of fairness, just to name a few. She was dedicated to and loved TICA to the end. She told me numerous times how the friends she made in our association touched her heart. Jo was an icon in the SE Region and her legacy will continue into the future.

The Southeast Region lost its brightest star. TICA lost a Treasure. Many of us lost a dear friend, and heaven gained one heck of an angel.

I didn't know Jo as long and as well as some of you, but I knew her well enough to know we lost a very special lady.

I will have my cry and then in true "Jo fashion" I will remember all of the good times and cherish the memories.

BITS AND PIECES -- *Rene Knapp*



BITS AND PIECES

AGING WITH GRACE

All of a sudden my young cats aren't so young anymore and I have to start worrying about how to prolong their lives and recognize signs of diseases associated with old age.

With all of the technical advances in veterinary medicine, better diets and well cat medical appointments, cats are living longer than ever before. Cats usually reach senior status at about seven to nine years of age so you have to be ready to accept age-related illnesses.

As cats (and dogs too) get older, their organs and immune systems become less efficient, which makes them more susceptible to diseases. And older animals suffer from the same maladies that older humans do. Common age occurring diseases include arthritis, cataracts, oral disease, kidney, liver, heart and lung problems, cancers and mental illnesses such as dementia, in animal form.

Like us, they may experience behavioral changes, which can include decreased physical activity, less interaction with family members, confusion, disorientation, changes in sleeping patterns and problems controlling their elimination. Many of these problems or behavioral changes can be prevented or treated, which will lengthen and enhance the quality of life for your cat.

Many of the aging changes that will take place are subtle and hard to detect. This is especially true with cats, as they are creatures known for hiding signs of illness until it is too late to do anything about it. This goes back to the days where our cats were wild and showing any sign of illness was certain death when predators realized the cat was sick. And so it is important to spend time and monitor your senior cat's condition and behavior. Taking a preventative approach to senior pet health care can help prolong the life of your cat, keep them healthier in their old age and best of all, increase the amount of time (as well as the quality of time) you will get to spend with your animal friend.

It is important to make sure that your senior cat goes to the vet twice a year for well cat check ups. This way you can be provided with proper feeding, medication and exercise instructions and maintain good dental health with cleanings when necessary. Your vet will provide geriatric exams, including important tests that monitor major organ function.

They will also help you with decisions on how to face certain milestones as your cat ages. It is important to remember that while young cats may have only one disorder at a time, this is not necessarily the case in the older cat, where diagnosis and treatment is oftentimes complicated by the fact that there are multiple interacting

diseases that must be dealt with. This type of care requires special attention by both owner and veterinarian.

You are responsible for seeing to the comfort of your cat as long as you are lucky enough to have your friend with you. So make regular veterinary visits and tell your vet about any physical or behavioral changes, no matter how minute you think they may be. Provide the appropriate diet for your pet's age and activity level and make sure you control your pet's weight. If you are going to feed snacks and people food, make sure it is done in moderation and pick healthier, non-fatty foods and meats.

Make sure you provide plenty of fresh, clean water. Using one of the automatic water fountains is a great idea as it keeps the water flowing and fresh. Also, provide some interactive play and moderate exercise for your older cat, but do not let him overexert! Avoid extreme hot or cold and try to prevent stress by keeping your cat's daily routine consistent. Household changes should be kept at a minimal. Don't stop grooming your cat, but be aware that bones hurt more and be gentle, making grooming time relaxing rather than stressful. And above all, practice patience and keep showing your cat how important he is to the family.

Most cats age gracefully and suddenly you turn around and notice the white muzzle and the fact that they are walking a little slower and looking a little pudgier. Most cats don't need a whole lot of change to their general regime of care so don't change it unless you have to. But some things are inevitable.

Make sure your elderly cat has easy access to one or more warm beds, where your old friend can sleep without fear of disturbance (especially by young children). Buy a premium brand senior diet food and watch if there is any side of chewing discomfort that might alert you to some type of oral problems. Add extra litter boxes to your home to help reduce the risk of accidents. By following a good Senior Care Cat Program, you will have your friend with you for many more years to come.

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

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RECIPES



SPECIAL PUMPKINS AND YOUR IMAGINATION



Pumpkin Pie Cupcakes, Ohhh Yeah!

Ingredients

1 15 oz can pumpkin puree
1/2 cup sugar
1/4 cup brown sugar
2 large eggs
1 teaspoon vanilla extract
1/4 teaspoon baking soda

3/4 cup evaporated milk
2/3 cup all purpose flour
2 teaspoons pumpkin pie spice
1/4 teaspoon salt
1/4 teaspoon baking powder

Directions

Preheat oven to 350 degrees. Line 12 cup muffin tin with silicone liners, foil liners sprayed with cooking spray or just spray the cups with cooking spray. Either of these three methods will make it easy to take the cupcake out after it's cooked. Paper liners make it difficult to remove the cupcakes.

Mix the pumpkin, sugar, brown sugar, eggs, vanilla extract and milk. Add the flour, pumpkin spice, salt, baking powder and baking soda to the mixture. Fill each muffin cup with 1/3 cup of the mixture. Bake for twenty minutes and let cool for twenty minutes. Remove cupcakes from pan and chill in the fridge for 30 minutes. Top with whipped cream and sprinkle more pumpkin pie spice on top and serve. Makes 12 cupcakes. Check out the link below to see the originator or the recipe.

<http://thekrazycouponlady.com/at-home/irresistable-pumpkin-pie-cupcakes/>



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>