

SE REGION NEWSLETTER

MARCH 2015

Laurie Patton — SE Regional Director

A Note From Your Director

Happy March Members..!!!.

This is the crazy month for the Southeast and its shows..!!!. This is March Madness for us and these clubs...

February 28 - March 1 - Destiny Cat Fanciers

March 14 - 15 - MysTICAL Moon Cat Club

March 21 - 22 - AL Paws & Claws

March 28 - 29 - Southern SophisTICats



Please remember to enter all these shows and let's party..!!!. These are special incentives for you the exhibitor for getting in your entries too..!!!. There are free lunches, free entries, free raffle tickets... and don't forget about the Sturdi Cage either... In order for you to be eligible you must enter all 3 shows... The end of the season is upon us and let's get as many points as possible for a smashing end to the year... See you at the show..!!!.

"It's ALL About the Cats"



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



Quiche

Ingredients

2 Italian sausage links (I had them left over but you can use any meat)
 1/2 pound bacon
 1 cup mayo
 1/4 cup heavy whipping cream
 8 eggs
 1 cup mushrooms
 1 cup cheese (I used mozzarella)
 Salt & pepper to taste



Directions

Cook the bacon and sausage and set aside. Add cream, mayo, and eggs and mix together. Stir in cheese, and mushrooms until well mixed and then add meat. Mix well and put into a 9 X 9 baking dish for 35 -40 minutes @ 350*

Homemade Tropical Pops

1½ cups pineapple chunks
 1 banana
 1½ cups coconut milk
 ½ tsp. vanilla extract
 Blend. Freeze. Enjoy!



David Avocado Wolfe

Skillet Blackberry Cobbler

*Don't make this in anything but a big black skillet.
 It won't turn out the same!*

Ingredients

1 box of 2 refrigerated pie crusts (I prefer Pillsbury)
 2 (14-16 oz) bags frozen blackberries
 1 stick butter, melted
 1½ cups sugar (for berries)
 ½ cup flour
 ¾ cup sugar (for crust)
 ½ stick butter, cut into small cubes
 ½ cup water



Instructions

1. Heat oven to 350 degrees.
2. Unroll one pie crust and place in bottom and up sides of 12 " cast iron skillet.
3. Pierce bottom and sides of crust with a fork.
4. Bake 7 minutes; remove from oven.
5. Increase oven temp to 400 degrees.
6. In a large bowl, mix melted butter, 1½ cups sugar, and flour.
7. Put berries in bowl with butter/sugar/flour mixture; toss until berries are covered and mixture is crumbly.
8. Gently pour berries into skillet; sprinkle water over berries.
9. Unroll second pie crust over top of berries, sealing at the edges of the skillet.
10. Scatter the small pieces of butter on top of the crust.
11. Sprinkle ¾ cups sugar on top of crust.
12. Cut tiny slits in top of pie crust.
13. Bake approximately 45 minutes or until bubbly at edges and beginning to brown on top.
14. I highly recommend a pie shield to keep edges of crust from burning.

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>