

JUNE 2014

## LAURIE PATTON — SE REGIONAL DIRECTOR

A Note From Your Director .....

Hello All. Here comes our bad weather season, so please read up on the disaster plans I have posted and get your plan together... If you have any helpful hints for others, please post to the Yahoo list... We also might want to look to our Phone Tree lists and if anyone wants to open their homes to others that might be in the path of Mother Nature please feel free to let us know... I live in Columbia, SC and am pretty central to our region and I have extra room for people, cats, and other pets if anyone needs shelter...



Our Regional Awards Banquet will be held in Huntsville, Alabama this year... Please enter the show as early as possible and please make all hotel and banquet reservations now...

A big congratulations to all our Regional Winners and those cats in the SE Region that also obtained International Awards...!!... You guys ROCK...!!...

See you in Alabama...!!.. Laurie

**It's ALL About the Cats"**

## MEET YOUR NEIGHBORS



## BITS AND PIECES -- *Rene Knapp*



### **SOLVING THE MYSTERY: WHY CATS LOVE THE CARDBOARD BOX**

[www.andmycat.com](http://www.andmycat.com)

The ding-dong of a package delivery means another toy for our favorite felines, who unanimously agree that a cardboard box is the best chew toy, nap spot, and perch that a cat

could ask for. We've all seen it happen time and again, so now it's time to ask the question:

### **What exactly makes a simple box such a great gift?**

**Security and Privacy:** If your cats are like ours, they prefer to squeeze into the tiny boxes instead of sprawling into the spacious ones. Many kitties actually like the smaller space because they feel more secure -- when their body fills out the entire box, they know nothing else is in there! And while small boxes are perfect places for kittens to nap, sit, and relax, bigger boxes are great for playtime. Cats love to hide and play predator inside more massive boxes, though you'll have to be on high alert in case yours jumps out of this secret spot.

**Getting Above It All:** Tall boxes or stacks of boxes are ideal places for cats to sit and survey the room. Many of these natural predators like being high up with a nice bird's-eye view of the living room -- even if the only prey is a feather wand sitting on the floor. Some simply feel safer higher above the ground.

**Durable Surface, Unique Textures:** Soft enough to chew but tough enough to handle a bit of scratching, cardboard's the perfect material for kitties. They might chomp on it for fun, to scratch their gums, or if they are teething. Just make sure they aren't actually eating a lot of the cardboard, because it's not a healthy snack for cats -- and could be a sign of a nutrition deficiency.



**A Potpourri of Scents:** As we all know, cats love interesting scents. Given how well-traveled shipping/packaging boxes generally are, each one tends to provide a new experience for your kitty. One note: *Be sure all play boxes are as clean and dry as possible -- throw out all boxes with any signs of mold or buildup.*

Watching your cat's reaction to another new play toy is always a treat. It's an easy and effortless way to provide something fun for your feline, and it can easily be recycled once kitty finds a new favorite cardboard box. And if you are looking for some products that may last a bit longer than the standard fare, check out these three unique playthings:



**Cardboard Cat Castle:** Your kitty's already the king or queen of the castle, but this bright blue tower provides a real-life throne. A double-decker design means your fancy feline can perch, climb, and hide to his or her heart's content, and sturdy metal bars ensure the castle is very stable. Plus, the stylish pattern on the outside is a beautiful bonus!

**Cat DJ Scratching Deck:** It's safe to say your cat will be the coolest on the block when scratching his or her claws onto this scratching mat -- shaped just like a mixing deck that DJs use. The circular deck can spin while your feline is scratching away, so kitty is sure to be the life of the party! You also can amp up your cat's rock-star look with this [pink cardboard cat car](#).)

**Scratch Apple Cat Toy:** An apple a day keeps every cat at play, especially when the apple is filled with catnip. This apple-shaped toy features a twist-off top for the catnip, as well as cardboard around the middle for scratching and chewing. Kitty can pounce on, roll, and bat this apple around for hours of fun.

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

Email: [pentaclecats@sbcglobal.net](mailto:pentaclecats@sbcglobal.net)







# RECIPES



## CHARLESTON CHEESE DIP

### Ingredients

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1/2 C. mayonnaise  
8 oz. cream cheese, softened  
1 C. grated sharp cheddar cheese  
1/2 C. grated Monterey jack cheese  
2 green onions, finely chopped  
Dash of cayenne pepper  
8 Ritz crackers, crushed  
8 slices bacon, cooked & crumbled (dice before frying)

### Directions

Dice and cook bacon; drain well and set aside.

Preheat oven to 350°F. In a medium bowl, mix the mayonnaise, all the cheeses, green onions & cayenne pepper. Transfer mixture to a shallow baking dish.

Top mixture with cracker crumbs; bake for 15 min., or until heated through. Remove the pan from the oven; top with the bacon.

Serve immediately with corn chips, bagel chips or crackers.



Celery is a strongly alkaline food that helps to counteract acidosis, purify the bloodstream, aid in digestion, prevent migraines, relax the nerves, reduce blood pressure, and clear up skin problems. Celery contains compounds called coumarins which are known to enhance the activity of certain white blood cells and support the vascular system. Celery's rich organic sodium content has the ability to dislodge calcium deposits from the joints and holds them in solution until they can be eliminated safely from the kidneys.

Celery is a well known natural diuretic and has ample ability to flush toxins out of the body. Celery also has significant anti-inflammatory properties making it an essential food for those who suffer from auto-immune illnesses. It also contains significant amounts of calcium and silicon which can aid in the repair of damaged ligaments and bones. Celery is rich in vitamin A, magnesium, and iron which all help to nourish the blood and aid those suffering from rheumatism, high blood pressure, arthritis, and anemia. Fresh celery juice is one of the most powerful and healing juices one can drink. Just 16 oz of fresh celery juice a day can transform your health and digestion in as little as one week.

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](mailto:shutterbug1948@gmail.com)  
Judith Milling

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