

The Scratching Post



YOGA CATS



SABCCI Newsletter - Autumn 2014

www.sabcci.com



The Scratching Post

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2014-2016 SABCCI Committee

Ronnie Brooks, Carmel Byrne, Dionne Dixon, Elizabeth Flood, Hugh Gibney,
Gloria Hehir, Aedamair Kiely, Karen Sluiters, Jim Stephens, Lorna Taylor, Imelda Trankner



Well Done Tiggy & Rocky!



Norman and Anita O'Galligan are the proud owners of Tiggy and Rocky. Tiggy won Best In Show Non-Pedigree in The Midlands 2013 Show and SABCCI 2013 while Rocky won Best In Show Non-Pedigree in the Cork 2012 & 2013 Shows and The Supreme 2013. Anita pictured above with the winners and their cups. Norman and Anita brought Tiggy and Rocky over from Thailand.

Editorial

Welcome to the Autumn 2014 issue of The Scratching Post.

So if you're ready, sit back, have a Salty Dog and ENJOY!

Karen and Gloria ^..^

Do you have any photos or articles for the newsletter?
Please send them to karen@sabcci.com or gloria@sabcci.com



The 61st SABCCI Championship Cat Show

On Sunday the 19th of October 2014

Knocklyon Community Centre, Idrone Road (behind SuperValu)
Knocklyon Dublin 16



Doors open to the public at 12:30 with Best In Show judging from 4:00pm

For further details see www.sabcci.com

An Post Collector Series Stamps - Cats

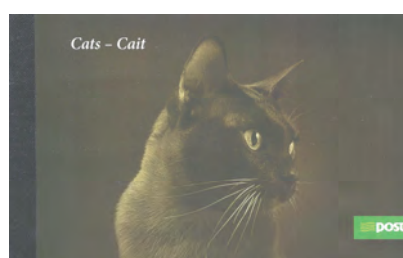


Many of you may have seen the Cats Stamps issued last month. They are one of the new collector series of stamps from An Post. The breeds on the stamps are Burmese, Maine Coon, British Shorthair and Persian.

We have Margaret Baker to thank for the stamps becoming a reality. Margaret wrote to An Post nearly 2 years ago proposing a cat stamp series for the 25th Anniversary of the GCCFI. She suggested 4 cat breeds popular in Ireland. An Post had had many requests for cat stamps over the years they decided to do the series 'to celebrate one of the most popular pets in Ireland'. Margaret was asked to do the write up for the booklet of which part was used was used in 'The Collector' brochure. Amy French, a past SABCCI committee member, was the photographer and the design was by Red & Grey Design.

These were popular stamps and the Post Offices were sold out of them very fast. However if you missed getting the stamps they may be purchased on www.irishstamps.ie collector's corner.

You can also purchase the booklet (€12.00) which gives an overview of cats, cat organizations/shows background, including the first cat club in Ireland, The Siamese Cat Club (later to become SABCCI), with a write up on the breeds on the stamps along with other pictures of the cats. There is also the first day cover at €3.72.



The Pedigree - The Ocicat

The Ocicat is an all-domestic breed of cat which resembles a wild cat but has no wild DNA in its gene pool. The breed is unusual in that it is spotted like a wild cat but has the temperament of a domestic animal. The breed was established from Siamese and Abyssinian stock; later, American Shorthairs (silver tabbies) were added to the mix and gave the breed their silver colour, bone structure and distinct markings.

The first breeder of Ocicats was Virginia Daly, of Berkley, Michigan, who attempted to breed an Abyssinian-pointed Siamese in 1964. Mrs. Daly's daughter named the breed the Ocicat because of its resemblance to the ocelot.

Available in 12 colours, the ideal Ocicat is a large, active animal with an athletic appearance. It is very solid and well-muscled and has a short, tight coat with a satin sheen that shows off muscles and spots to their best advantage. Bred for spots, the Ocicat also comes in four other patterns: ticked, classic tabby, solid, and pointed. But regardless of colour or pattern the Ocicat's large pointed ears top their triangular faces and almond eyes.

Neither a demanding or clingy cat, the Ocicat loves to be with his humans as much as possible. They do well with children and other pets, but they don't like to be left alone for long periods of time. Ocicats have a distinctive and happy purr and are great talkers after the fashion of their Siamese ancestors. Their temperament is similar to that of a dog. Most can be trained to fetch, walk on a leash and harness, come when called, speak, sit, lie down on command and other dog-related tricks. Some even take readily to the water.



Photo cattime.com



Moving Home (& Country) With My Cats

I worked in rescue for more than ten years in New York and still answer emails for the rescue group based in Manhattan regarding rescue and re-homing. Unfortunately relinquishment is rife in the city and cats generally don't have it good; people thinking little of abandoning even their senior cat when they move and moving not necessarily overseas but to a new apartment. It's said that only 10% of cats do go on to have their forever home.

When I decided to move back to Ireland I wasn't looking forward to the logistics of travelling with my cats, however I found the process very smooth. The biggest obstacle after the expense was where to store the giant size carriers they needed in my small apartment!

And then, there was getting my semi-feral Wilhemina into the carrier which was never an easy task. She outwitted one of the most experienced rescuers in the city. Eventually I hired a lovely woman who ran Cat Catch who within five minutes had her in the carrier and she was relaxed! A definite cat whisperer.

After their paperwork was completed (a lot of crossing of 't's' and dotting of 'i's') the next hurdle was getting the giant carriers down the five flights of the walk-up building I lived in. Once the cats were at the airport it was smooth sailing, or rather smoothing flying! I think I was in more of a state than they were. They arrived and were brought to Lissenhall where they were checked and scanned and then picked up a couple of hours later. All were in excellent form including my 18 year-old cat. They love living in Ireland too, having more space and a garden.

There are so many owners that avoid flying with their cats, even leaving them behind thinking it's not fair to put them through it. I would say to anyone that a day of discomfort is no comparison to the devastation a cat that loses their person or their family faces. Not to mention many cats that are left behind actually lose their lives.

Unfortunately the depth of the emotional bond that cats develop with their person or family is still not widely accepted and until this is cats will continue to be left behind.

Emily Abrahamson

Pictured above - Wilhemina

The Rainbow Bridge - In Memoriam



Just this side of heaven is a place called Rainbow Bridge. When an animal dies that has been especially close to someone here, that pet goes to Rainbow Bridge. There are meadows and hills for all of our special friends so they can run and play together. There is plenty of food, water and sunshine, and our friends are warm and comfortable. All the animals who had been ill and old are restored to health and vigour; those who were hurt or maimed are made whole and strong again, just as we remember them. When our time comes they will be waiting for us and then we will cross the Rainbow Bridge together.

A donation has been received to 'The Rainbow Bridge - In Memoriam ' in Memory of -

Mama cat - *'The Perfect cat - gone but not forgotten'* by Jim & Anne Rosse

Memorial donations are gratefully accepted and will be used to keep The Scratching Post in print. They can be sent to, The Scratching Post, 55 Casimir Road, Harolds Cross Dublin 6w.

Witches' Cats

Cats have symbolized fertility from ancient times. To many members of the medieval Christian Church they were strongly linked with the mother goddess and pagan cults. It is hardly surprising, then, that they became associated with witchcraft and were condemned as evil representative of the Devil. They were often persecuted alongside their keepers, usually old ladies, who were conveniently branded as witches.



Sathan was an elderly, white spotted cat, belonging to a certain Elizabeth Francis, who, in 1566, was tried for witchcraft at Chelmsford in eastern England. It was said that Sathan practiced all kinds of black magic in return for a few drops of his mistress's blood. According to some sources, Elizabeth Francis once gave the cat to her friend, Agnes Waterhouse, for whom Sathan drowned a cow and killed a goose belonging to the woman's neighbours. Elizabeth was one of many who were tried as witches in late-sixteenth and seventeenth century Britain, and accused of having as 'familiars', or demon helpers. The familiars could be any small animals - dogs, goats, rabbits, newts, toads, but they were frequently cats - and witches were believed to suckle then through a third nipple located somewhere on their body.

In 1618, Joan Flower participated in a plot to kill the Earl of Rutland's children using magic. She told how she stroked her cat, Rutterkin, with a glove stolen from one child while uttering words of magic, but when she tried the same spell with a handkerchief belonging to the other child, 'Rutterkin whined and cried...and had no power over Lady Katherine to hurt her.' In the same year, Ellen Green sent her cat, Puss to bewitch and kill a baker, while Frances Moore confessed that her cat, Tissy, would lick blood from her finger before she sent him to put a death spell on someone.

Early settlers in the USA brought with them their belief in witchcraft. One of the most famous of all trials took place at Salem Massachusetts in 1692. In total 150 people were accused. Of these, 50 were acquitted, 13 were hanged, one was pressed to death, and one died naturally in prison. The lives of the rest were saved by a change in the rules of evidence. A man called Robert Downser, giving evidence against one Susanna Martin, said that the night after she told him that a she-devil would 'shortly fetch him away', a demon in the shape of a cat came in through his window while he was in bed, and grabbed him by the throat. He believed it would have killed him if he had not invoked the names of his Holy Trinity. It then jumped off him and flew out of the window - perhaps Downser believed that it was the witch herself in a cat form.

Cat familiars are less often linked with witches in Continental Europe than in Britain or the USA. Although the last European witch to be executed, in 1749, was a Bavarian nun who confessed to having three cats in her room that were really devils in disguise. A more widespread belief was a witch or warlock could take the shape of a cat.

A Scandinavian tale concerns a mill that on the same date for two consecutive years mysteriously burned to the ground. In the third year, suspecting witchcraft, the miller decided to keep watch. He drew a magic circle for protection and settled down in its centre. Eventually a group of cats appeared, but they were not behaving like cats at all. They lit a fire, then set upon it a pot of pitch. The miller could not stop from crying out and gave himself away. The leading cat-witch then reached out and grabbed his arm, nearly pulling him out of the protective circle, but with his free hand he managed to draw a knife and slash off her paw. The witches then disappeared and he extinguished the fire and saved the mill. However, when he woke the next morning he discovered that his own wife had had her hand cut off at the wrist.

Except from '99 Lives' by Howard Loxton





The 24th Supreme Show 2014



The 24th Supreme Show was held on Sunday 4th May at Ballinteer Community School. Sadly our numbers were down again this year, a sign of the times unfortunately but we made up in quality what we lacked in quantity! We had a good variety of breeds on show which was just as well as we were filmed for an upcoming TV series Pet Island but sadly we weren't included. I did notice some lovely photos in the Irish Daily Mail of cats and owners.

Our Pedigree judges were Mrs Anne Gregory, Mrs Helen Marriott-Power, Mrs Susan Luxford-Watts and Mrs Betty Shingleton. We were very honoured as Mrs Shingleton is a past GCCF Chairman and Mrs Marriott-Power is the present Chairman. Plus Mrs Gregory, a well known UK show manager herself, now organises the Cat section of the London Pet Show and Mrs Luxford-Watts famous for breeding some of the very early Rex; our Non Pedigree judge was popular local vet Paddy Traynor, well known in the past for his regular appearance on RTE's 'Live at 3', so the spotlight really was on our Show and we really had to be on our toes.

The weather was dry but a bit cool so encouraged visitors to look for indoor events so we had a good attendance from the public who seemed to enjoy the breed display by the information table, the assortment of accessories for sale and the hugely popular Pot Draw.

The winners were –

Supreme Adult - Mr & Mrs Archers Maine Coon Male CH KALAF OF VIGILOT

Supreme Kitten - Miss Georgina Goodison's BluePoint Siamese KALISTE UDELE

Supreme Neuter - Miss Avril McClurg's Norwegian Forest Cat COOMAKISTA SNOOKS MCCLURG

Supreme Non-Pedigree - Mr & Mrs O'Galligan's ROCKY (a stunning brown & white SH female)

Overall Supreme Exhibit
COOMAKISTA SNOOKS MCCLURG



Now the most difficult part of any report – saying thank you to all the many volunteers who help the Show run smoothly. To the committee for their tremendous help and support throughout. Georgina who was with me every step of the way, organised the Pot Draw, spent endless hours visiting local pet suppliers and managed to get a huge cat scratcher donated. Plus stewarding in the non ped section showing her delightful Siamese kitten (who went on to win Supreme Kitten) all before flying off to a wedding the next day! Betty who checks all the paperwork for mistakes (some of the handwriting takes a bit of deciphering) running vetting in, first in the hall for the set up and show day, acted as show day treasurer and last to leave at the end of the day, Gloria our 'Hall' contact, sorting out the stalls, trouble shoots during the day - which means spending hours running round after people, then went on to organise Best in Show (not an easy job!) Karen who sorted publicity, looked after the TV people then acted as announcer for the Best in Show, Caroline, forever supportive and hard at work on the results table during the day.

For the myriad of volunteers who do it for the fun (?) Carmel our intrepid head of table, Alice and Lorna manning the information table and general enquiries, Liam & Grace Hughes who turned up for the set up and take down (couldn't have done it without you, Liam) and spent show day on the run for the top table, Tony who got the Best in Show Certificates personalised and back to the hall before Overall BIS was announced, our wonderful stewards and not forgetting our amazing vets, John Bainbridge and Mark Heffernan, who turn up year after year with cheerful greetings to put nervous exhibitors at ease.

I know there are many other people who contributed to the running of the show and I apologise for missing you but my most grateful thanks to one and all.

Ronnie Brooks, Show Manager

Cats In The News

Poppy

Poppy was officially recognised as the world's oldest after making it to the age of 24, has died. The tortoiseshell was born in February 1990 and was officially recognised by Guinness World Records in May.

Poppy, who has lived through five British prime ministers lived with her owners Jacqui West and her two sons Joe and Toby at their home in Bournemouth on the south coast of England.

"We knew she was old but it's still very upsetting," said Jacqui. "She had a bad week last week. She was on antibiotics on the Wednesday because of a water infection and her back legs just seemed to let her down. She wasn't herself at all. She passed away on Friday at 3.30pm. I had spent the whole day with her as she was particularly poorly."

The average age for a cat is 15. Experts generally agree that the first two years of a cat's life are equal to 25 human years. After that, every three months is said to be a year. This theory would make Poppy 114 in cat years.

It's been reported that the oldest cat of all time was Creampuff, who lived in Texas, and reached the age of 38.
BBC Newsbeat, June 2014



Fairfield



This feisty feline is Fairfield the bobcat. The 12 week old wildcat went for shots and a check-up Wednesday morning. The vet says he's healthy but two weeks ago it wasn't looking good for Fairfield who was discovered roaming a Sacramento area neighborhood skinny and full of ticks. Abandoned after it's mother was apparently shot for killing chickens. If he was left on his own and if someone didn't find him he would probably most likely not survive because he doesn't have the skills for hunting as his mother would still be catching food and bringing it to him and the mother would still be teaching lessons.

The state's drought conditions may have something to do with Fairfield's predicament. As dry conditions push wildlife closer to humans in search of food and water.

The cat is now in the care of volunteers at the "wildlife education and rehabilitation center" in Morgan Hill who dress up in a bobcat costume so as to minimize human contact with the vicious cat. 'We don't want them associating food with humans so when they do get released we don't want them going up to first person they see and think they going to give them food. So that's why we came up with the costume idea.'

That practice has made the facility well known in bobcat rehabilitation. Rescued bobcats from around the state are brought here to Morgan Hill. There have been more than 40 bobcats beginning with the first one 20 years ago. 'We put together the costume and it blossomed from there and of course we had a lot of ridicule with a lot of people laughing at us, comments and everything, but we pursued and we released that first bobcat back where it came from and we're very proud of our work and we hope to continue with it forever.

If it all goes well Fairfield could be released back into the wild sometime in November and in the next two weeks the wildlife center is expected to receive another Bobcat rescued in San Mateo County. Depending on the condition of a Bobcat, it could cost several thousand dollars to rehabilitate a Bobcat. The Wildlife Education & Rehabilitation Center operates solely on donations.

Source - story KSBW.com., Picture from video on WMUR.com

Law of Cat Bag/Box Occupancy:

All bags and boxes in a given room must contain a cat within the earliest possible nanosecond.



The Quiz

- Do cats have fewer teeth than dogs, or more?
 - Fewer
 - More
 - Same
- How much of their waking hours do cats spend grooming themselves?
 - 11%
 - 33%
 - 66%
- What's it called when a cat rubs the side of its head on you or on furniture?
 - Beaning
 - Bunting
 - Brocking
 - Tagging
- Cats can't taste this:
 - Sour
 - Sweet
 - Bitter
 - Salt
- Which of the following statements about body language is false?
 - A cat's tail held high means "I'm happy."
 - A twitching tail means "I'm getting irritated."
 - A thumping tail means "I'm totally frustrated!"
 - A tail tucked underneath the body means "I'm hungry."



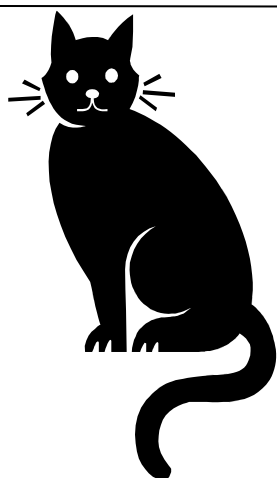
petsadvisor.com Answers on page 9

Guidelines for Cats

Cat Speak - Humans will sometimes try to speak in cat language, attempting to 'meow' at you while having no real idea what they're saying! Cats can either meow back and try and fool the human into thinking that there is a real connection going on, or they can stare at the human with a puzzled look on their face...after all, the human just told you that your mother was the whore of every tomcat in town! Did they mean that or did they simply not understand the implications of their attempting to meow? It's hard to say, as the level of human advancement in this area is very limited...about the only 'catspeak' they actually understand is "I'm starving" and "Let me out...NOW!" If they have truly insulted you or your family, feel free to either tell them how stupid they are in cat language or walk away indignantly.

Walking - As often as possible, dart quickly and as close as possible in front of the human, especially on stairs, when they have something in their arms, in the dark, and when they first get up in the morning. This will help their coordination skills.

James S. Huggins' Refrigerator Door - http://www.stumbleupon.com/su/2wnzJA/www.jameshuggins.com/h/hum1/guidelines_for_cats.htm###



A Recipe - Feline Hash

Ingredients:

- 1 cup cooked ground beef
- 1/2 cup cooked brown rice
- 6 tbl. alfalfa sprouts
- 3/4 cup cream-style cottage cheese



Directions: Mix together and serve.

I-Love-Cats.com

"<http://www.i-love-cats.com/cat-food-recipes.html>>Cat Food Recipecourtesy of I-Love-[Cats](http://www.i-love-cats.com/).com



Cat Definitions

Caterpillar – a soft scratching post for a cat

Catatonic – a feline medicinal drink

Dog – a cat's device for running practice

Door – something a cat always wants to be on the other side of

Human – an automatic door opener for cats

Yawn – a cat's honest opinion openly expressed

Is Your Cat A Thief?

Do you find yourself unable to find something you just put down? Does food suddenly disappear when you turn your back? The culprit may be the real cat burglar, or perhaps you share your home with a klepto kitty. What's the reason for this behaviour? Obviously cats do not understand property rights, but like most petty criminals they are opportunistic.

Stealing Food

Cats are predators and extremely food motivated. They have highly developed and specialised sense of smell and the enticing food aromas can be difficult to resist. This is especially true if your cat is on a special diet, which may be bland in comparison with the exotic human food.

Stealing food can also occur if it's been left unattended. As a solitary hunter a cat will guard its food resource. However, if a stash of unattended and guarded food is found, why would the cat not eat it? Another contributory factor to this can be feeding the cat from the table during family meals, which can create an interest in food not normally available or of interest to the cat.

What can you do to eliminate this food stealing behaviour? You could use puzzle feeders so that the cat has to work to get its food. As a predator, your cat is used to having to work for its food. There are various types of puzzle feeders available with varying degrees of difficulty, suitable for kittens and cats of differing skill levels.

Stealing for Play

Some cats will steal objects just for the opportunity to play with them. Some objects are so light that they can be easily pushed with the slightest touch of a paw. This movement is almost impossible for playful cat to ignore. Unfortunately, such objects can be dangerous for the cat. Small objects can be swallowed, whilst wool yarn and string can be difficult for a cat to remove from its mouth (as the tongue has backward facing barbs) may be ingested, causing intestinal problems.

The solutions are to be much more tidy around the house, removing potentially harmful objects, and to offer safe alternatives. Structured play is important for the cat to help maintain its skills and fitness to hunt, so use predatory chase targets (fishing rod toys etc) as a safe alternative to the cat fending for itself. Enriched environments can be easily constructed to enhance your cat's daily routine. Here are some examples of what you can do to prevent your cat being bored:

- Put a fuzzy mouse inside an empty tissue box
- Leave out some open paper bags with toys or treats inside
- Place toys on cat trees
- Put some furry mice (fake ones, of course) under furniture so just their tails peek out
- Use food-dispensing balls and other puzzle feeders
- Place a cat tree near a window
- Set up some cat tunnels (make some with open paper bags)
- Install some cat shelves
- Get a great sisal-covered scratching post
- Put a bird feeder outside the window for your cat's viewing pleasure
- Rotate toys on a weekly basis to keep them interesting



Stealing for Stress Relief

Your cat may be stealing particular objects because they provide some comfort to her if she's feeling stressed. Some cats engage in wool sucking behaviour (pica) as a self-soothing mechanism so the objects stolen may include socks or other cloth items. Your cat may also steal an object that contains a family member's scent as a way to self soothe, hence the stolen socks. Texture may also play a role in which objects your cat steals for self-soothing. It may be particularly attracted by a certain feel the object has when it touches it with its paws or when it's in its mouth.

Again the solution to this behaviour can be environmental enrichment and play, but it is also imperative that the source of stress is identified and removed.

The stealing of objects may well be a sign of the need to enrich your cat's life by play and environmental changes. If theft is a new behaviour. It should not be ignored as it may well be a sign of stress in the cat's life.

Jim Stephens MSc. CSBC, Companion Animal Behaviour Counsellor, www.petsbehave.com

photo: Denis the klepo cat, BBC.com

Quiz Answers

- 5. D
- 4. B
- 3. B
- 2. B
- 1. A (cats have 30, while dogs 42)

Answers from Kit's Korner

Fish
Milk

Cat Personalities

Airhead: Sweet but spacey. If this cat is a fetcher she or he is really easy to fake out. Spends a lot of time staring off into space. If female, is often a mediocre mother, may move half of her kittens to one place and the other half to another. If a male, often notices only food and girls.

RHYMES WITH ORANGE by Hilary B. Price



The Catwalk

Amber & Gabby -

Why is she looking
at my tail?

T Byrne, Dublin



Monkey -

It's MINE!! Shoo

S. Lynch, Dublin



Fatal -

'Thar she blows!'

Fisherman Fatal in his
sou'wester in Portland
Maine.

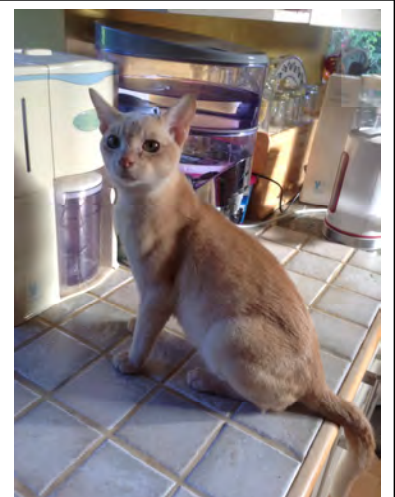
G. Hehir, Maine, USA



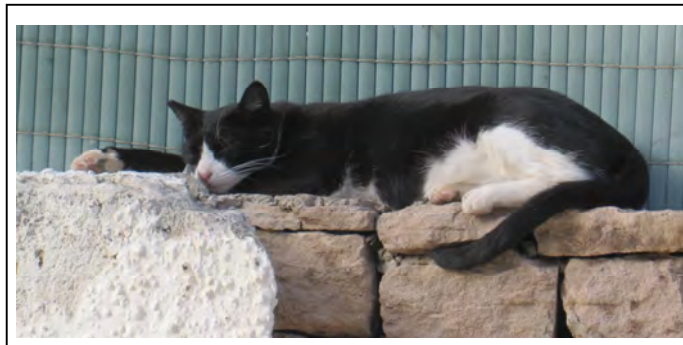
Yoshi -

What's Tha??

K. Sluiters, Dublin



The Catwalk



Alejandro -

Do Not Disturb,
it's siesta time!

Gran Canaria, Spain

Louisa -

I didn't pass the photo
audition for the cover
of this newsletter.

S. Mackey, Dublin



Oscar -

There, there, can you
see it?

M. Mackey, Wicklow



The Bride & Groom -

'I do, I really really do'

Oriental Eleyne with her
Ocicat groom Mumbles
at the CFA show in Bed-
ford New Hampshire.

S Teti, New Hampshire USA



Cat Health & Yours

The Signs of Toxic Exposure That Every Indoor Cat Owner Needs to Know

- Many cat owners don't realize that their pets, like dogs, can be exposed to lawn chemicals in a variety of ways. Cats that spend time outdoors can absorb these toxins through their paws. They can also ingest them during grooming or if they happen to sample a few blades of grass or other outdoor plants.
- Another way cats can be exposed – even indoor-only kitties – is when their human or canine family members track chemicals inside on their feet (or paws). Commonly used chemicals like 2,4-D are easily tracked indoors and can contaminate the air and surfaces inside the home.
- Often, cats exposed to toxic chemicals show no specific symptoms and simply seem unwell. Symptomatic kitties may drool excessively, have tearing of the eyes, excessive urination, abdominal pain, nausea and vomiting, weakness, dizziness, muscle twitching, difficulty breathing, unsteady gait, or collapse. If you suspect our kitty has been exposed to insecticides, you should remove him from the toxic environment and seek medical attention as soon as possible. If he exhibits any of the symptoms listed above, you should seek emergency veterinary treatment.



Keeping your cat safe from toxic lawn chemicals and other pesticides may mean stopping the use of such products in your own yard, opting for natural and organic methods instead; keeping your pet indoors during times of the year when chemicals are typically in use; removing your shoes outside to avoid tracking any chemical residue inside your home; and avoiding the use of chemical flea and tick preventives.

June 2014 Dr Becker, Mercola.com

5 Ways Cats Make You Healthier



The benefits of owning a cat keep growing. While many cat owners bring these furry, four-legged friends into the home for sheer companionship, it's important to note the healthy side effects that come along with owning a cat. Scientists are increasingly proving what we've known for years - cats can be good for us. Here's how.

They defend your ticker - Looking at nearly 4,500 people between the ages of 30 and 75, University of Minnesota researchers found cat owners enjoyed a 40 percent lower risk of having a heart attack and a 30 percent lower risk of dying from heart disease. The heart-healthy benefits appear to come from cats' stress-lowering magic. In fact, one study found that patients discharged from a Coronary Care Unit had a better survival rate over the next year if they had companion animals to come home to.

They help you connect - A French study published in the journal 'Proceedings of the National Academy of Sciences' found the stress-lowering hormone oxytocin, nicknamed the love hormone, helped mildly autistic children and adults feel calmer and socialize more easily. Since the release of oxytocin is triggered by touch, researchers say petting your cat works to increase oxytocin, and in turn, feelings of trust, love, and connection with others.

They bolster your immune system - Any cat owner will tell you that lots of laughter is part of the experience of having cats in the family. (Ever watch a cat chase its tail?) And laughter, as it turns out, can boost your levels of disease-fighting immunoglobulins by 14 percent, according to a Loma Linda University study. Cats also help keep us balanced, helping wandering minds shift their focus back to the present.

They help you breathe better - Multiple studies from Sweden, Finland, and beyond suggest that exposing a child to a cat or dog during infancy can help him or her build up natural immunity, making the child less likely to develop pet allergies later in life. It seems babies and young children who are at a higher risk of developing asthma as they grow older enjoy a lowering of that risk if they grow up with a cat in the home. (The exception? If their mom is allergic to cats.)

They ease away loneliness - Having a cat could help you heal after losing a loved one. A UK study found recently widowed people showed fewer physical symptoms, such as crying, if they owned a pet. Miami University researchers say pet owners likely feel less lonely because a pet serves as a social support. In fact, some people report wanting to talk to their pets more than other people at times! (Can you blame them?)

Leah Zerbe, rodale.com

P eople who belong to Siamese cats must make up their minds to do a good deal of waiting upon them.

Sir Compton Mackenzie



Subject: Important Public Service Announcement For Cat Owners

Cat Hair: Potentially Dangerous!!!

The discovery of a potentially dangerous substance in the hair of cats. This substance, called "amo-bacter felis" has been linked with the following symptoms in female humans:

- Reluctance to cook
- Reluctance to perform housework
- Reluctance to wear anything but jeans or sweats
- Reluctance to work except in support of a cat
- Physical craving for contact with cats (may be an addiction)

Beware

If you come in contact with a female human affected by this substance, be prepared to talk about cats for hours on end.



Common Cat Myths & Misconceptions

World Cat Day was on the 8th of August 2014. The following list of myths and misconceptions, supplied by Better Homes & Gardens and Hill's Pet Nutrition, appeared on www.wcvb.com.

- * **Cats always land on their feet** - Because of their flexible backbones and skeletons, cats can usually right themselves if they fall or jump from high places. But if they are dropped under 12 feet, they often cannot turn themselves over before hitting the ground.
- * **Pregnant women should get rid of their cats** - It's true that a parasitic disease found in cat feces and litter can cause serious neurological diseases in pregnant women, but expectant mothers can still love and enjoy their feline friends as long as someone else empties the litter box.
- * **Cats purr because they're happy** - No one's really sure why cats purr, but they also do it during times of stress and even when they're dying, so it's not always because they're happy. Some researchers say the pattern and frequency of purring may improve bone density and promote healing.
- * **Table scraps are ok for cats** - Just like dogs, table scraps aren't recommended for cats. They're empty calories and may contain harmful ingredients.
- * **My cat is flicking her tail, she must be happy** - Actually, most cats will wag or flick their tails when they are upset or thinking.
- * **Cats can smother newborn babies** - This old wives' tale likely got its start in the Middle Ages, when people believed a cat could steal a baby's soul. The truth is, there's never been a recorded death of a newborn being smothered by a cat. In fact, most cats will steer clear of crying infants.
- * **Putting a bell on cats will keep them from killing birds** - It's been discovered that many belled cats actually become more effective hunters because they learn how to improve their stalking to avoid detection. The best way to protect backyard birds is to keep cats indoors.
- * **Milk is good for cats** - Cats may be attracted to milk and other dairy products, but many cats are lactose-intolerant, meaning a warm saucer of milk will likely give them terrible diarrhea. Cats only require milk from their mother when they are nursing.
- * **Cats eat grass when they are sick** - Veterinarians have no proven answers as to why cats eat grass. Many think it's to make themselves sick when their tummy is upset, but research indicates they may just like to eat grass.
- * **Cats lose their sense of balance without whiskers** - Cats use their whiskers as "feelers," but not to maintain balance. How a cat positions its whiskers can also be an indication of mood.
- * **Garlic will help cats get rid of worms** - Garlic may, in fact, cause anemia in cats and should be avoided.



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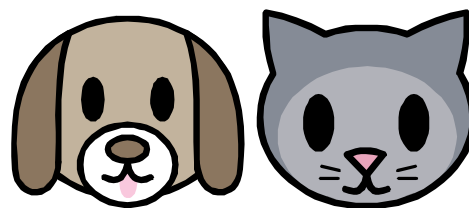


- * **All cats love catnip** - Most people think all cats go crazy for catnip, but the truth is, just 50 percent of feline lines are susceptible to the plant's charms. Being attracted to catnip is an inherited trait.
- * **Cats don't need exercise** - You can and should exercise your cat. Felines need mental stimulation as well as physical activity to stay healthy.
- * **All calico cats are female** - Most calico and tortie cats are female, but male calico cats do occur in very small numbers (1 in 3,000 kittens) although they are usually sterile.

Excerpts From a Dog & Cat's Diary

From a Dog's Diary....

8:00 am - Dog food! My favourite thing!
9:30 am - A car ride! My favourite thing!
9:40 am - A walk in the park! My favourite thing!
10:30 am - Got rubbed and petted! My favourite thing!
12:00 pm - Lunch! My favourite thing!
1:00 pm - Played in the yard! My favourite thing!
3:00 pm - Wagged my tail! My favourite thing!
5:00 pm - Milk bones! My favourite thing!
7:00 pm - Got to play ball! My favourite thing!
8:00 pm - Wow! Watched TV with the people! My favourite thing!
11:00 pm - Sleeping on the bed! My favourite thing!



From a Cat's Diary...

Day 983 of my captivity.

My captors continue to taunt me with bizarre little dangling objects. They dine lavishly on fresh meat, while the other inmates and I are fed hash or some sort of dry nuggets. Although I make my contempt for the rations perfectly clear, I nevertheless must eat something in order to keep up my strength. The only thing that keeps me going is my dream of escape. In an attempt to disgust them, I once again vomit on the carpet.

Today I decapitated a mouse and dropped its headless body at their feet. I had hoped this would strike fear into their hearts, since it clearly demonstrates what I am capable of. However, they merely made condescending comments about what a 'good little hunter' I am. Bastards.

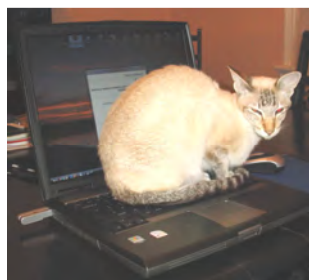
There was some sort of assembly of their accomplices tonight. I was placed in solitary confinement for the duration of the event. However, I could hear the noises and smell the food. I overheard that my confinement was due to the power of 'allergies.' I must learn what this means and how to use it to my advantage.

Today I was almost successful in an attempt to assassinate one of my tormentors by weaving around his feet as he was walking. I must try this again tomorrow -- but at the top of the stairs.

I am convinced that the other prisoners here are flunkies and snitches. The dog receives special privileges. He is regularly released - and seems to be more than willing to return. He is obviously retarded. The bird has got to be an informant. I observe him communicating with the guards regularly. I am certain that he reports my every move.

My captors have arranged protective custody for him in an elevated cell, so he is safe.....for now

Does Your Laptop Have A Familiar Smell?



As you know, the internet is all cats and this week it emerged that Dell had to recall one of its laptop models because they smelt of cat pee.

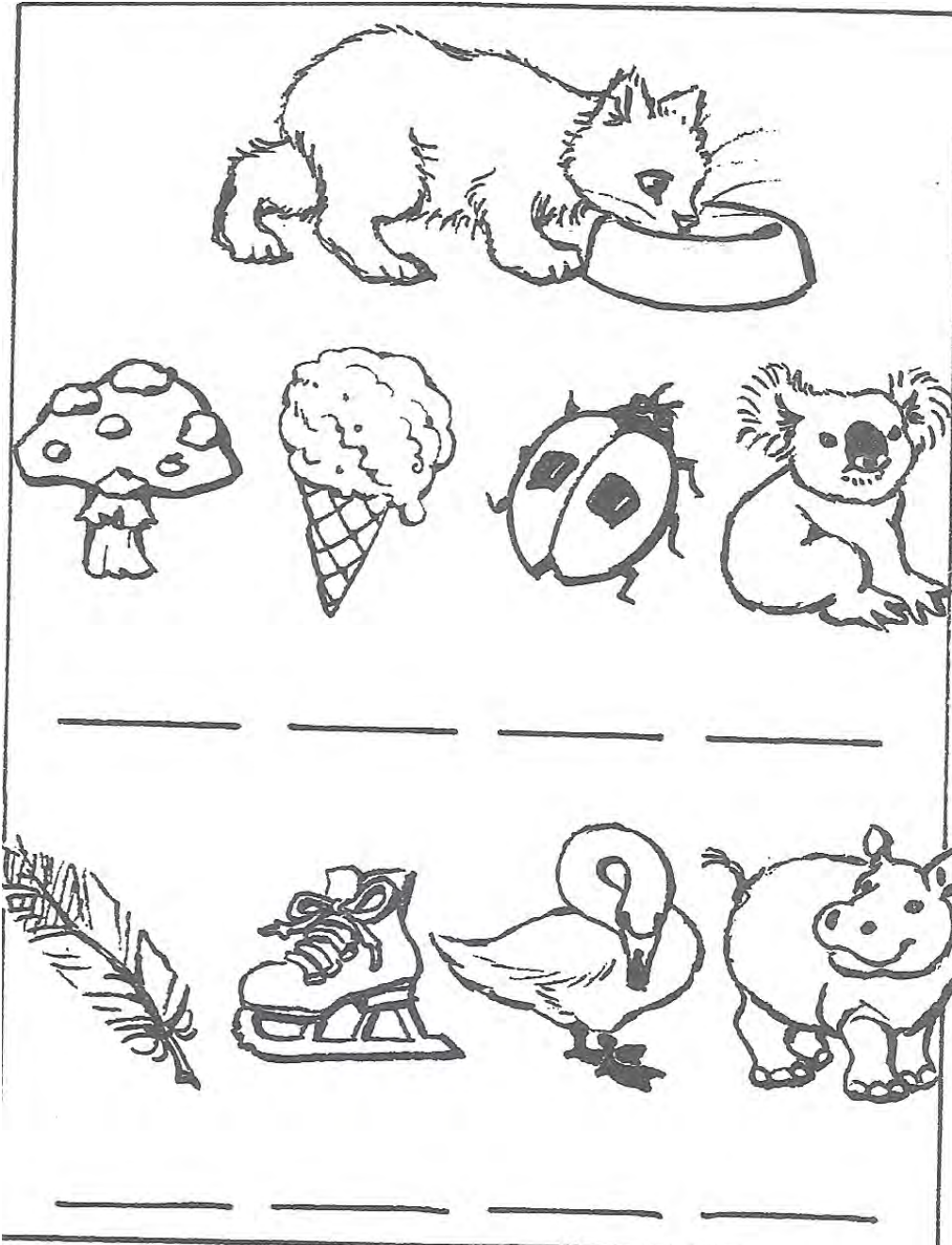
Your cat always sits on your computer when you're trying to use it. So cat owners - aware of how deeply cat resent our connection with the outside world - assumed their cat piddled on their Dell in a bid to destroy the technology. Only a tiny minority suspected a manufacturing fault. The rest are utterly brainwashed, sleeping and washing all day.

Irish Daily Mail, November 2013

Do not meddle in the affairs of cats, for they are subtle and they will pee on your computer. Bruce Graham



KIT'S KORNER



Did you know that the Manx cat has no tail?

Write the first letter of each picture to spell 2 things Max the Manx might find in his bowl

The Final Meow

As you can see we have come to the end of our newsletter and we hope you found it interesting and enjoyable. Many thanks to everyone who sent us material and photos for the CATWALK. While stories, photos, etc are coming in, we can always do with more, so please continue sending them in.

Before you leave us enjoy 'The Cat Miracle Diet' below. Perhaps you would like to try it - Karen & Gloria

Remember - The SABCCI Championship Show - 19th of October

Knocklyon Community Centre, Idrone Road (behind SuperValu)

Knocklyon Dublin 16

Doors open to the public 12:30 to 5:00

See you all at the show! ^..^

The Cat Miracle Diet

Most diets fail because we are thinking and eating like people. For those of us who have never had any success dieting, now there is a new Cat Miracle Diet!

Most cats are long and lean (or tiny & petite). The Cat Miracle Diet will help you achieve the same lean, svelte figure. Just follow this diet for 4 days and you'll find that you not only look and feel better, but you will have a whole new outlook on what constitutes food. Good Luck!



Day 1

Breakfast - Open tin of expensive gourmet cat food. Any flavour as long as it costs more than the other brands - and place 1/4 cup on your plate. Eat 1 bite of food; look around the room disdainfully. Knock the rest on the floor. Stare at the wall for awhile before stalking off into the other room.

Lunch - Four blades of grass and one lizard tail. Throw it back up on the cleanest carpet in your house.

Dinner - Catch a moth and play with it until it is almost dead. Eat one wing. Leave the rest to die.

Bedtime Snack - Steal one green bean from your spouse's/partner's plate. Bat it around the floor until it goes under the fridge. Steal one small piece of chicken and eat half of it. Leave the other half on the sofa. Throw out the remaining gourmet cat food from the tin you opened this morning.

Day 2

Breakfast - Picking up the remaining chicken bite from the sofa. Knock it onto the carpet and bat it under the TV. Chew on the corner of the newspaper as your spouse/partner tries to read it.

Lunch - Break into the French bread that you bought as your part of the dinner party on Saturday. Lick the top of it all over. Take one bite out of the middle of the loaf.

Afternoon snack - Catch a large beetle and bring it into the house. Play toss and catch with it until it is mushy and half dead. Allow it to escape under the bed.

Dinner - Open a fresh tin of dark-coloured gourmet cat food - tuna or beef works well. Eat it voraciously. Walk from your kitchen to the edge of the sitting room rug. Promptly throw up on the rug. Step into it as you leave. Track foot prints across the entire room.

Day 3

Breakfast - Drink part of the milk from your spouse's/partner's cereal bowl when no one is looking. Splatter part of it on the closest polished aluminium appliance you can find.

Lunch - Catch a small bird and bring it into the house. Play with it on top of your duvet. Make sure the bird is seriously injured but not dead before you abandon it for someone else to have to deal with.

Dinner - Beg and cry until you are given some ice cream or milk in a bowl of your own. Take three licks and then turn the bowl over the floor.

Day 4

Breakfast - Eat 6 bugs, any type, being sure to leave a collection of legs, wings and antennae on the bathroom floor. Drink lots of water. Throw the bugs and all the water up on your spouse's/partner's pillow.

Lunch - Remove the chicken skin from last night's chicken takeaway leftovers your spouse/partner put in the bin. Drag the skin across the floor several times. Chew on it in a corner and then abandon.

Dinner - Open another tin of expensive gourmet cat food. Select a flavour that is especially runny, like chicken or giblets in gravy. Lick off all the gravy and leave the actual meat to dry and get hard.

Author unknown