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Is Your Indoor Cat Bored?

Written by: Kim Larson



Bessie, former TCH kitty, playing in a tunnel.

Outdoor cats lead complex and sometimes dangerous lives. They maintain large territories that often contain a variety of habitats, including forest, farmland and urban gardens. They explore, they hunt, they scavenge for food, and they may even interact with other cats.

Indoor cats live in safety but have comparatively little to do. Without an owner or other cats to interact with them frequently, boredom may set in. Cats are natural hunters and their natural instinct is to hunt and stalk prey. Their nature is to act like cats--- not little humans. Here are some ideas to help enrich your cat's life:

- ♥ Provide a variety of toys for your cat. Some cats prefer toys that they can throw around themselves. Other cats prefer toys that require owner participation, such as kitty teasers and cat dancers. Stimulating play for a cat involves opportunities to "hunt" so move toys in such a way that they mimic the movements of a rodent or bird. Introduce new toys periodically to keep the cat interested in playing.
- ♥ Provide objects for your cat to explore, such as a cardboard box, a paper shopping bag, packing paper, or toys that encourage the cat to investigate various holes with her paws. An aquarium with real fish—or even a bowl of fake fish that move about—can be fascinating.
- ♥ Some cats love to watch "cat videos." The most popular ones contain close-ups of various types of birds feeding, flying, and singing. Some cats can watch the same videotape for hours each day, tracking the birds' movements, growling, chirruping and swatting at the screen.
- ♥ Cats love to watch birds, squirrels and other small animals. Position bird and squirrel feeders outside of a window where your cat can observe the activity. Make sure they have something to sit on so they can look out the window and be sure that the window or screen is secure so there is no risk of the cat falling out.



Carson, former TCH kitty, playing with a teaser.

Featured Cat....Sugar!

Written by: Martha Stoddard

Sugar is a cat with lots of stories and she's more than happy to share. Just settle down, offer a few kind words and a gentle touch, and she'll start talking.

She might tell you about her youthful career as a show cat – under the official name Sugar and Spice -- and how she loved being the center of attention. She might demonstrate how she impressed the judges with her sleek Oriental Shorthair features and her silvery markings.

She might talk about retiring from the show ring to become a family pet. If so, she'd probably tell you how that family broke up, which was hard on everyone and especially on her because she wound up at The Cat House looking for a new home.

She might tell you about the cough she developed, that first was diagnosed as asthma and later as an enlarged heart. She'd go on to say that she feels good now with her heart pills. Then, if you've really connected with her, Sugar would confide that she wants a home where she can be the center of attention again.

She'd ask for one where she doesn't have to put up with other cats or dogs. She would explain that she doesn't mind getting her pills and that being four-paw declawed would make her perfect for someone who can't risk getting scratched.

The rest would be up to you.



TCH Board

President:
Mary Batterson

Vice President:
Faye Stevens

Treasurer:
Stephanie Kielian

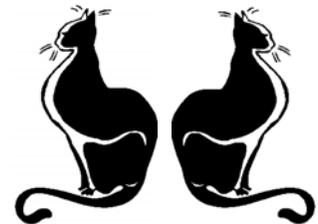
Corresponding Secretary:
Nicole Narboni

Recording Secretary:
Suzie Meierdierks

Advisor to the Board:
Beth Boal

Consulting Veterinarian:
Dr. Rebecca Arnold, DVM

Board Member At Large:
Sandi Nieveen



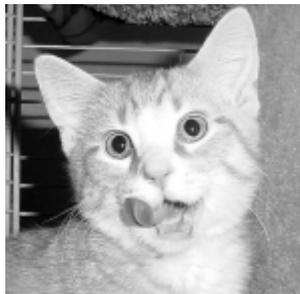
Happy Tails

Many kitties have found homes and happiness thanks to the efforts of The Cat House.

Here are the number of cats adopted in the recent months.

November	24
December	24
January	27
February	33

Chopper, a former TCH kitty, says "100% of your donations go towards feeding, housing, and vet care for us kitties!"



TCH Store is Open for Business

In October of 2006 TCH began construction in its online store. It's now complete and ready for shoppers. Simply point your browsers to <http://www.thecathouse.org/store/> to discover our pet beds and other kitty related merchandise.

You can also help TCH raise funds by shopping at our Café Press store for shirts, coffee mugs, mousepads, license plate frames, and much more!



www.cafepress.com/thecathouse

Spotlight on..... TCH Board of Directors

Written by: Traci Cameron

Mary Batterson - President

It has been a “wild and wonderful ride” for Mary Batterson ever since she first got involved with The Cat House about four years ago. The ride began when Mary heard about some 80 cats being seized from a home on South Street. Mary called her vet, Dr. Becky Arnold with All Feline Hospital, to see what she could do. Dr. Arnold put her in touch with Beth Boal, and the rest is history. Mary is currently TCH president. She is owned by 10 cats at her rural home. Two are from TCH, including one from the South Street impoundment. When not at TCH, Mary enjoys attending cat shows, reading, and watching Animal Planet.



Mary with Sandie

Faye Stevens – Vice President/ Q Street Facility Coordinator

Faye was catless when she started volunteering with The Cat House. Her last cat, Gizmo had passed away at age 15. She and Steve, her husband, felt the loss so strongly that they didn't think about adopting for two years. Still, they missed being around cats, so they started to volunteer, thinking they could get their "kitty fix" without the commitment of adopting any cats (and the pain of losing them). Three years later, Faye is vice president and she and Steve are coordinators for the Q Street facility. They also have adopted three cats from TCH – Sarah Jane, Rio, and Bud. When not at TCH, Faye is an applications developer (aka “programmer”) for Allstate. She enjoys quilting, reading, and walking for exercise and mental health.



Faye with Sophia

Suzie Meierdierks – Recording Secretary

Suzie Meierdierks came to The Cat House because she wanted to do more for the cats than she had been doing as a volunteer with the Capital Humane Society. She found plenty to do at TCH. She cleans, does adoption counseling, coordinates the catnip stick supply and is the board's recording secretary. When not at TCH, Suzie edits soil surveys for the Natural Resources Conservation Service. She loves to read, shop, watch TV, grow flowers, watch birds, and do Sudoku puzzles on her palm pilot and jigsaw puzzles on the Internet. Suzie and her husband, Larry, are owned by Katie and Kelly, who are Maine Coons; Duncan, a long-haired, red classic tabby; Spencer, a long-haired tuxedo; and Skyler, a Schipperke.



Suzie with Sarah

Nicole Narboni - Adoption Counselor/ Corresponding Secretary

Nicole Narboni has been with The Cat House since its birth in 1999. She helped found TCH because she loved cats and saw the flaws of a shelter that needed to euthanize. Nicole wanted to be part of something better and more humane. In her current role, Nicole keeps busy as an adoption coordinator and corresponding secretary. When not at TCH, she is a Senior Lecturer in Piano at the University of Nebraska-Lincoln, a concert pianist and a part-time employee of All Feline Hospital. Nicole is owned by multiple kitties, three of which have come from TCH – Sandi, Raffle, and the recently departed Dibbs. Nicole is an avid cyclist and gardener.



Nicole with Nisha

Sandi Nieveen - Board member at large

Sandi Nieveen also has been with The Cat House since its inception. She joined TCH out of her love for animals and her desire to become involved with a no-kill shelter. Before helping found The Cat House, she volunteered with a cat rescue effort led by a private individual. Sandi is a native Nebraskan with a daughter, son-in-law and granddaughter living near Wilber. When not at TCH, she's an employee at State Farm Insurance. She's owned by four cats and six temporary foster cats (one who is 17 years old). Sandi's hobbies include reading.



Sandi with Katie

Stephanie Kielian - Treasurer

Stephanie Kielian became involved with The Cat House more than three years ago after seeing information about the South Street raid on the news. She and her husband, Doug, started by doing cleaning and general fix-it work. They were featured in a previous newsletter. Now, she handles the treasurer position for TCH. When not helping TCH, she and Doug own Auto Kraft Body & Paint, as well as a new business call DSK Auto Products. They are owned by 5 cats. Stephanie enjoys sewing, camping, hiking, cooking, and gardening.



Stephanie and husband, Doug

A Happy Ending for Miss Blaze

Written by: Martha Stoddard

When Miss Blaze arrived at The Cat House, she was well past the age when many shelters would have put her up for adoption. Not many people will think about taking home a 15-year-old cat, no matter how endearingly she stretches out her paw or how soft her calico fur may be. Indeed, Miss Blaze waited more than 18 months at The Cat House adoption center for someone to take an interest.



Her waiting ended when Calley and Mathew Whitlock showed up. The Lincoln couple weren't looking for a kitten – kittens get adopted easily, Calley said. They wanted an older cat and Miss Blaze charmed them immediately. "We really liked her personality," Calley said.

Miss Blaze settled in quickly at the Whitlocks' house. She plays with their other cat, 13-year-old Judas (the name's a long story, they say), and the two will lie down and eat side-by-side. Miss Blaze takes turns hanging out in the cool basement and snuggling with the Whitlocks in bed. The Whitlocks' daughter, 6-year-old Samantha, carries her around and plays with her. And she still reaches out for loving, though with both paws now.

Calley said the family knows Miss Blaze, now almost 17, won't be with them as long as a younger cat would have been. But they are happy to have her for however long they can. "We look at it as we're kind of her retirement home," Calley said. "It's just nice having her around."

These Wonderful Kitties Are Looking For Families...Maybe Yours?



Mandy



Tootsie



Mocha



Loretta

Upcoming TCH Events

Please come to the following TCH events. All donations and profits from items sold will go to help defray the cost of housing the kitties and seeing to their medical needs. If you're interested in volunteering or adopting, any of these events would be a good opportunity to speak with a TCH volunteer.

The Cat House will be taking kitties to several upcoming cat shows to show in the ring and offer for adoption. We need sponsors to help with the entrance fees, which are typically \$30 to \$50. These shows are a great way to find homes for the cats and spread the word about TCH. If you're interested in sponsoring a TCH show cat, please contact info@thecathouse.org. or call 441-9593.

Spring Adopt-A-Thon	Midlands Cat Show
May 5 & 6, 2007 PetsMart 5200 N 27 St. 11:00 am to 3:00 pm	August 18 & 19, 2007 Elkhorn Common Ground Elkhorn, NE 1701 Veterans Dr. 10:00 am to 4:00 pm TCH will be there selling items.
Creative Cat Show	FARMER'S MARKET Come See us at the Farmer's Market downtown this spring and summer! Saturdays 8:00 – Noon
May 19, 2007 Elkhorn Common Ground Elkhorn, NE 1701 Veterans Dr. 10: 00 am to 4: 00 pm TCH will be there selling items.	
Regional Cat Show	Fall Adopt-A-Thon
May 26 & 27, 2007 Des Moines, IA Des Moines Fairgrounds Saturday, 10:00 am to 5:00 pm Sunday, 9:00 am to 3:00 pm TCH will be there selling items.	September 2007 PetsMart 5200 N 27 St. Exact date TBA - watch our website (www.thecathouse.org) for details!
Mo-Kan Cat Show	Sandhills Club Cat Show
August 11 & 12, 2007 Overland Park Convention Center 6000 College Blvd. Overland Park, KS Saturday, 10:00 am to 5:00 pm Sunday, 9:00 am to 3:00 pm	October 13, 2007 Seward Fairgrounds Seward, NE 9:00 am - 4:00 pm TCH will be there selling items.

If you are interested in submitting articles, taking pictures or helping out with the production of the newsletter, please contact the Newsletter Committee at editor@thecathouse.org

WANT TO VOLUNTEER?



If you are interested in volunteering with The Cat House, we have many opportunities available, from making phone calls, to medicating cats.

If you are interested in helping you can fill out a volunteer application online at www.thecathouse.org, contact us by phone at 441-9593 or by email at volunteer@thecathouse.org.

Opportunities to help include:

1. Care, feeding and exercising of cats
2. Laundry
3. Help with the facilities
4. Transporting kitties
5. Newsletter committee
6. Volunteer coordinator
7. Adoption counselor
8. Adoption follow-up
9. Virtual foster care
10. Fund raising committee
11. Advocacy committee
12. Photography



Is Fluffy Really That...Fluffy?

Written by: Leslie Brestel

Does Fluffy seem quite a bit, um, fluffier lately? It must be all that brushing, you think – until she jumps on your lap. You can't feel her ribs easily. Her stomach hangs down. Nope, it's not the fur.

If Fluffy seems to be gaining weight, she is not alone. Forty percent of the cats in America are considered obese! Feline Diabetes Mellitus (diabetes) is an increasingly common diagnosis. Research indicates obese cats are far more prone than cats of normal body weight to diabetes, arthritis and a very serious disorder called Hepatic Lipidosis.

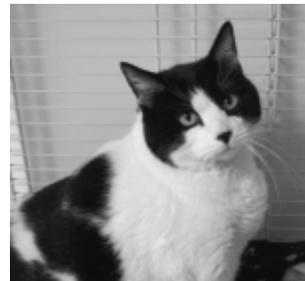
So, how can we help? First, talk to the veterinarian to make sure her weight gain is not from a health problem and to set up a weight-loss program. Yes, Fluffy, you're going on a diet.

One thing is to realize that food is never a sure thing in nature. Food acquisition (hunting in our cats' cases) has always been accompanied by physical exertion to capture and eat food. We purchase dry cat foods, which have high levels of flour and sugar that cats cannot digest as easily as a diet with more protein, so Fluffy is really at risk for weight gain.

The dry food itself is not so much of a problem as is dumping an excessive amount in Fluffy's dish and, when it's gone, filling it to the brim again. This is called free choice feeding. Instead, you should feed Fluffy two to four small portions daily and control the amounts fed so she does not gain weight. She may need a weight control food, which you can ask your veterinarian about.

Another thing may be Fluffy's treats. We reward our cats with treats and, before you know it, the bag of treats is empty. What we should do is stop feeding treats to the overweight cat. Never feed a treat to stop a cat from doing any "bad behavior," such as constantly meowing, because it reinforces the bad behavior. We should reward our cats for good behavior with praise and a little petting.

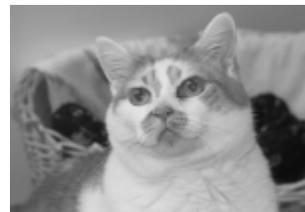
Try to get Fluffy to play more. All it takes is a ball of paper and there are hours of fun to be had. The more Fluffy runs around, the more weight she'll lose. She may also like toy mice, catnip sticks, among many other toys. Remember, Fluffy likes to play with you, too. Remember to keep Fluffy's regular vet appointments. The vet can help you track her weight loss progress and help maintain her healthy lifestyle. Then the next time she looks fluffier, it will be because of that great brushing you gave her!



TCH's Snackers



TCH's Katie



TCH's Ringo

Donations in Memory Of

Mary Stevens in memory of Maxwell
Teresa Flynn in memory of George
Wilda Lyons in memory of Blossom
Lisa Dominisse in honor of Bill Bivin's 65th B-day
Faye Stevens in honor of Steve Hankins b-day
Pat Caudill Cole in memory of Simon
Marlene Bieber in memory of Chloe
Jennie Vance in memory of Patti Vance
Shelley Reed in memory of Patti Vance
Jeanie Imler in memory of Simba
Jayne Draper in memory of Charlena Genia

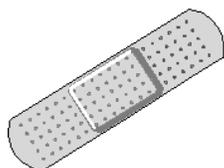
Family and Friends in memory of Bruce Simmons
Family and Friends in memory of LuVerne Egger



Special thanks to....



Capital Heating and Air



Dr. Knudsen

ALL FELINE HOSPITAL
Rebecca L. Arnold, D.V.M. • Shelley Knudsen, D.V.M.
"To Enhance The Human-Feline Bond Through Medicine and Education"
"All Felines and Ferrets Welcome"



Nohavec Plumbing



Capital Electric



J & J Development



THE CAT HOUSE WISH LIST



There are many ways you can help. In addition to monetary donations, you can donate items that we use in the day-to-day care of our feline friends. To arrange a drop-off time and location, you can call us at 402-441-9593, or email us at info@thecathouse.org.

Dry Cat Food:

Science Diet Regular Maintenance
Science Diet Kitten
Iams Regular
Iams Kitten
Science Diet Z/d (sold through vet clinics)
Science Diet R/D (sold through vet clinics)
Science Diet D/D (sold through vet clinics)

Canned Cat Food:

Iams – any flavor other than seafood
Fancy Feast – any non-seafood flavor
Science Diet A/D (sold through vet clinics)
Science Diet R/D (sold through vet clinics)
Science Diet D/D (sold through vet clinics)

Cat Litter:

Any brand of non-clumping, regular clay litter is fine. We do not use clumping, pine or newsprint type litters.

Cleaners:

Clorox Bleach – regular type
Purell Hand Sanitizer
Dial Anti-Bacterial Hand Soap
Ivory Dishwashing Soap
Clorox Disposable Wipes

Supplies:

Paper Towels
Large Trash Bags (Heavy Duty)
Kitchen Size Trash Bags
Office Trash Can Size Trash Bags
Bathroom Tissue
Copier/Printer Paper

Miscellaneous:

Large stainless steel non-tip food/water bowls
Non-breakable Water Pitchers

The Cat House needs your support so we can continue helping our feline friends.
Please consider donating, or visit our website to learn how you can help!

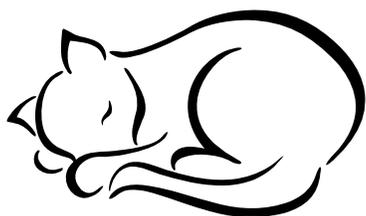
Please Select Contribution Amount:



- \$10
- \$20
- \$25
- \$30
- \$40
- Other \$ _____

Make checks payable to
The Cat House and mail to
PO Box 23145, Lincoln, NE
68542

To donate food, toys or supplies, please call 402-441-9593 for an appointment. Contributions can also be made with a credit card through Paypal. Visit www.thecathouse.org to learn how. Your donations may be tax deductible!



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