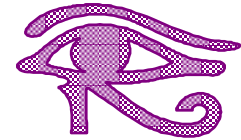


CAT's Eye

– the newsletter for:



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Newsletter July 2006, Volume 3, Issue 3

'Race For Life' – £350.00 raised with your help. Thank you

On Sunday 18th June, on a relatively warm day, 5km were completed by me and 3,499 other women through the grounds of the Loughborough University campus.

I was one of 56 women from the midlands area of Soroptimist International, a voluntary *service* organisation for professional and business women. I am also this year's Regional President.

Before we started the 'race' I wanted to beat my previous 'walking time' of 56minutes. However there was a team member who came along even though she has been having difficulties walking recently – so I decided to walk with her at her pace and keep her company.

Now my time this year was considerably longer than last year – however we both enjoyed the walk tremendously, solved a

few local and world-wide issues in that time, and we both knew more about each other at the end – as well as appreciating each other's company.

So instead of rushing in there – attempting to break my record, I took the time to 'smell the roses' and enjoy the company – and still raised money. Perhaps we just don't take the time to 'smell the roses' enough nowadays! And miss out!

Summer holidays are a-coming – kids are gonna be bored at some time, so plan ahead ...

The Great British School Holiday is almost upon us and often parents dread the thought. "What can we do with the kids for 6 weeks?" I have been asked in the past.

Well, being something of a playgroup & playscheme organiser in my younger days, there are still a few tricks up this person's sleeve. How about this: Collect at least 10 days-worth of activities to do, label them from 1 – 10 (or more if you're creative), then let the kids choose 1 activity per day to do BUT don't tell them what they are in advance!

Activities I have used are:

- pastels, paint and paper;
- making pom-pom toys;
- bubble painting (washing up liquid + food dye + straws);
- making daleks with plastic drinks cups + straws + old beads + model paint/spray;
- paper-mache heads (shaped around balloons);
- growing mustard & cress;
- collages from magazines;
- making greetings cards;
- cutting out gift tags made from old Xmas cards;
- making finger puppets from scraps of material;
- taking a trip to a local park, country park or museum;
- having a picnic;
- write a diary or book;
- floss & bead bookmarks

Little Smiles:

Overheard in a tax office:
"Just because you talk to your plants ma'am, you cannot, repeat CANNOT list them as your dependents."
Oh fiddlesticks!!

Sarah: Would you punish me for something I didn't do?

Teacher: No, of course not.

Sarah: Good, because I didn't do my homework.

Laughter is a great medicine ... and remember it takes more muscles to frown than to smile – so BE LAZY!

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'Beauty & Perfection' in fruit & vegetables – who's really in control?

A major food retail store is SOON going to be selling 'ugly' fruits and vegetables ie those that are not 'Perfect' or 'Beautiful'.

Whoa! Let's just revisit this for a moment. WHO is it who decides WHAT the consumer is going to buy? Certainly not the consumer.

'Beautiful' & 'Perfect' fruit and vegetables are

bought in by the retailer, and it is THEIR supplier who supplies to the retailers' standards.

If we are moving towards organic foods – (which is just what foods used to be many, many years ago) then we are moving BACK to what we used to have BEFORE mass production for mass retailing (for mass profits) took over.

Remember when we had rude carrots, cheeky tomatoes, tasty strawberries and juicy apples? Well that was before mass production for mass profits. Now the poor producers get squeezed into giving the food retailer what THEY want on THEIR shelves.

So go for REAL fruit and vegetables – in all shapes and sizes – **just like us!**

Heat wave casualties – water people AND pets before plants please

In recent weeks Britain has had some superb weather, and you can tell we're not used to it.

People walking round with very red sore-looking shoulders, with peeling noses and blistered lips, and small babies in push-chairs without any shade.

About Our Organisation...

Our organisation offers a fantastic assortment of self-help, self-development, self-learning and self-healing.

It can: help you progress in your life, relationship,

We have warnings about the weather and often we don't heed these warnings.

However no-one tells us about drinking sufficient water, to keep ourselves, our children AND our pets hydrated in hot weather. We often think more about our plants than ourselves or

career; help you set up your own business by lending moral support, challenging you, supporting you through the difficult times; and direct you to new pathways – in short it empowers YOU.

indeed our pets.

Did you realise that light coloured cats, dogs and pets can get sun-stroke and heat stroke by just being out in the sun and heat for 30mins?

Make sure there's plenty of shade AND water available for US and OUR CHILDREN and OUR PETS - please!

It won't: *finance you; pull the wool over your eyes; put you down or ignore you.*

It helps you help yourself!

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THANK YOU