



## January / February 2010 Newsletter

### Chinese New Year – Year of the Tiger

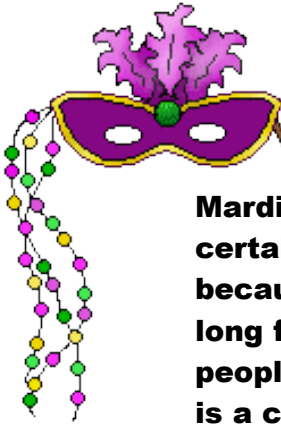


Since I am late getting the Jan/Feb newsletter out, I thought I would focus on some fun stuff for February.....now that we have come out of the frozen tundra.

The Chinese New Year is based on both the Gregorian and the Lunar-Solar calendars. Since the new moon changes from year to year, Chinese New Year will begin anytime between late January and mid-February. This year Chinese New Year will be celebrated on February 14, 2010 and is the Year of the Tiger. While 2006 was the year of the dog, and we had fun with that, this year we can celebrate cats!



What better way to celebrate cats than to turn to Mardi Gras.



### Mardi Gras Celebrations

Mardi Gras is French for Fat Tuesday. It is a day recognized by certain faiths for people to eat all they want of anything and everything because the following day (Ash Wednesday) starts the beginning of a long fasting period (known as Lent). In addition to fasting, for Lent, people also give up something special that they enjoy. So, Fat Tuesday is a celebration and the opportunity to enjoy that favorite food or snack that you would be giving up for the long Lent period. You can be of any faith to join in the celebration, as people often do in the mostly highly celebrated location for Mardi Gras: New Orleans. This year Mardi Gras is on Tuesday, February 16<sup>th</sup> (two days after the Chinese New Year).



So, there are a lot of reasons to celebrate in February! Along with the Chinese New Year and Mardi Gras, don't forget to honor your furry or feathered companion on Valentine's Day. It doesn't have to be limited to your 2-legged love (but skip the chocolates for your pets, select a special treat🐾 instead).

## Feature Companion for this issue: KC



KC is a wonderful boy who, unfortunately, fell and hurt his back when he was three years old. After traditional veterinary care took him as far as it could, his “mom” sought the help of alternative and complimentary methods. He has a wonderful veterinary chiropractor and his mom uses gentle massage and TTouch™ on him to fill in the gaps. He recently had a puppy come to visit for a few days and was able to romp and play without any problems or setbacks. Good for you KC! Observing your dogs and applying maintenance care can keep them in top shape.

### Announcements:

Now that the Christmas ice and snow has finally melted - is your yard full of leftovers from your dog? Are there more piles than you imagined waiting to be cleaned up? Check out the easy and back-friendly tool from Scoopy the Poo™. It is affordable and makes scooping a breeze. Go to [www.scoopythepoo.com](http://www.scoopythepoo.com) to learn more.



## Just for Fun

### Training Tip of the Month:

If one of your New Year's resolutions was to lose weight or tone up and you are working on your exercise plan - you can get your dog to join in on the activities by teaching him doggie push ups. Your dog may already know his “sits” and “downs” and if so then it is an easy refresher. If your dog is a beginner, start with “sit” and then teach “down”. Once your dog has mastered those two cues, then you do them in rhythm (and to music if you'd like). Together they become doggie push ups (sit/down, sit/down, etc.), then you can do aerobics together ☺. Try teaching this new cue (or rewarding the old cues) with a brand new treat 🐾, one you have never used. Your companion will be more motivated when you use something different.

### Doga & Meowoga for this issue:

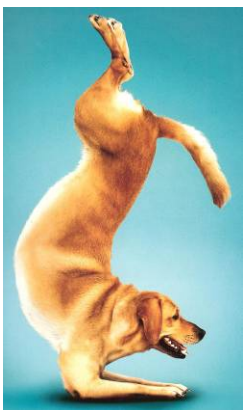
#### Vrischikasana

Increases blood flow to the brain  
Revitalizes body systems  
Increases mind body coordination  
Tones spinal nerves

#### Adho Mukha Vrksasana

Strengthens shoulders  
Improves balance  
Calms the brain  
Strengthens stomach muscles

p.s. trick photography - don't try this at home.....but do come to a Doga or Meowoga class to learn how to relax and have fun with your canine or feline companion!



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## Quotes of the Month: - Chinese Proverbs

To be followed home by a stray dog is a sign of impending wealth.

Black cat or white cat: If it can catch mice, it's a good cat.

A bird does not sing because it has an answer. It sings because it has a song.

## Feature Adoptable Companion for this issue: Jeb & Patch



Jeb

Jeb is a 6 year old gorgeous tri-colored boy who is on the tall/larger size for a Sheltie. His mom died of cancer and there was no one to take him. He loves walks and gets along great with other dogs. Patch, another beautiful tri-colored boy, who at 6.5 years old will steal your heart. He is very sweet and made a wonderful transition from his early years in a kennel. He will require a privacy fence because if he happens to be outside and hears thunder he will bolt over a regular fence in one jump. You may find out more about Jeb, Patch, or any of their buddies at KC Sheltie Rescue, [www.kcsheltierescue.org](http://www.kcsheltierescue.org), whose mission is to find forever homes

for these wonderful dogs. Be sure to check out Jeb's video!!!! **N2paws** offers discounted services to transition Jeb or Patch to their new homes (and **N2paws** specializes in storm phobia and rescue transition).



Patch

## Upcoming Events for N2paws & other fun stuff

**Feb 22 - \*Pedicures for Pups, Overland Park, KS (6:30pm)**

**Mar 1 - \*Aging Gracefully, Overland Park, KS (6:30pm)**

**Mar 8 - \*Beyond the Big Bang, Overland Park, KS (6:30pm)**

**Mar 15 - \*Here's Looking at You Kid, Overland Park, KS (6:30pm)**

**Mar 22 - \*Beyond the Big Bang, Overland Park, KS (6:30pm)**

**Apr 5 - 26 - Doga Class, Mondays 6:30-7:30pm, Overland Park, KS**

**Apr 17-18 - Pet Expo (American Royal Convention Center)**

**Apr 24 - Half-day, TTouch for Cats workshop, Liberty, MO**

**May 1 - Half-day, TTouch for Dogs workshop, Liberty, MO**

**\*for descriptions of specialty classes visit:**

<http://www.tailswaggin.com/php/training.php>

**🐾 N2paws carries a variety of high quality special treats**



If you would like to learn more about TTouch, you may contact N2paws by email: [pat@n2paws.com](mailto:pat@n2paws.com) or 816-522-7005, for a private session, group workshop or a public speaking engagement for your club or organization. Also, visit our website [www.n2paws.com](http://www.n2paws.com), for interesting links and current workshop schedule.

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