

## Thanks for the Cats

**Gratitude goes hand-in-hand with happiness this Thanksgiving.**

*By Susan Logan*

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Alice de Almeida, left, Janiss Garza, me and Sandy Robins at the Westchester Cat Show in White Plains, N.Y. The words Happy Thanksgiving have so much meaning, because happiness and gratitude are so connected. I believe it's the single most important key to contentment.

Prolific British author Gilbert Keith Chesterton (1874-1936) wrote "I would maintain that thanks are the highest form of thought; and that gratitude is happiness doubled by wonder." This was a man who suffered from depression in his early adulthood, so he didn't take the power of gratitude lightly.

Those of us who have pets know the power they have to make us smile. Coming home to a purring cat who greets me at the door after a trip is good medicine for a heart that misses them when I travel. But when a business trip involves an excursion to the Westchester Cat Show in White Plains, N.Y., as it did for me this last weekend, I'm thankful to be in my line of work.

Cheddar, the red-point Siamese therapy cat held by Bob Crawford of Siam-Xpress in Connecticut. The highlight of the show for me was meeting a special red-point Siamese named Cheddar of Siam-Xpress, a Connecticut cattery owned by Bob and Penny Crawford. A therapy cat who dresses up in costumes when he visits nursing homes and children's hospitals, Cheddar has a soothing effect on all who meet him. He loved strokes under his chin and on his cheeks and soaked it up during my brief moments with him. It was the fur fix I needed while away from my three cats.

This excursion to the cat show was part of the Cat Writers Association's 16th annual conference and awards banquet. Look for more blogs detailing this annual event that is typically held on the weekend before Thanksgiving. Being a cat writer is something I'm truly thankful for.

Happy Thanksgiving to you and your cats!

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