

# Paw Prints

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**FAT CAT**

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SECU's FAT CAT Membership

[www.cufatcats.org](http://www.cufatcats.org)



## Happy 2020!!



The beginning of a new year is the time when many people make a list of resolutions, which are things they would like to accomplish. While

there are lots of options that could be added to a list, such as saving money for a special item, something that could make a very positive impact is choosing to do more acts of kindness for others. Small gestures can brighten someone's day in a very big way. Let's take a look at what you could do to make a difference!

- Give someone a compliment
- Bring an extra snack to share at lunch
- Draw a picture or write a letter for a family member or friend
- Help someone with their chores
- Donate gently used toys and clothes to help others in need
- Make a new friend

Try doing one random act of kindness each day and see how amazing 2020 can be!

## Helping With Your Favorite Meal

Do you have a favorite meal you like to make with your family? Popular choices include homemade pizza or tacos. Eating a tasty meal together is great, but have you thought about what goes into making your favorite meal?



The next time your family plans to make your favorite meal for dinner, ask if you can help with planning and shopping for the ingredients needed to make the dish. Start by creating the shopping list of ingredients before you go to the grocery store. Assisting your family with grocery shopping can help you understand how much food actually costs.

As you add ingredients to the cart, mark them off your shopping list and write down the price of the item. Before going to the register to check out, add up the cost of all items to estimate the bill. After the purchases are made, compare your estimate with the receipt to see how close you were to the total cost.

Take your new knowledge and ingredients home and enjoy your favorite meal with your family. Helping with preparation may help you appreciate that special meal even more!

## Coloring Winners!

**Davis**, age 5, of Wake Forest  
**Emma**, age 5, of Newland  
**Malachi**, age 5, of Hickory  
**Sydney**, age 6, of Wilmington  
**Ayden**, age 8, of Louisburg

**Charlotte**, age 8, of Zebulon  
**Olivia**, age 8, of Winterville  
**Isabella**, age 9, of Conover  
**Abby**, age 10, of Pittsboro  
**Brayden**, age 12, of High Point

Congratulations to our winners! These lucky folks received a FAT CAT backpack! View the winning colorings in FAT CAT's Art Gallery at [www.cufatcats.org/ArtGallery.html](http://www.cufatcats.org/ArtGallery.html)!

# Color for a Chance to Win!

Send in your coloring along with your full name, address, and age by **March 5, 2020** for the chance to win in a random drawing. Winners will receive a FAT CAT backpack!



The southern flying squirrel is the most common mammal **rarely** seen by people! They are nocturnal and they live most of their lives in the **treetops**. Flying squirrels use the thin cape of skin between their wrists and ankles to glide through the air.

Coloring provided by the North Carolina Arboretum in Asheville, cultivating connections between people and plants for over 30 years!

## IMPORTANT NOTE TO PARENTS:

If you are willing to have your child's submission published in the newsletter and/or on the [cufatcats.org](http://cufatcats.org) website, please complete, sign, and mail this form in along with your child's submission. We will not publish your child's last name or street address. Thank you!

Child's full name: \_\_\_\_\_

Child's age: \_\_\_\_\_

Child's address: \_\_\_\_\_

Please check each statement that applies. I give State Employees' Credit Union permission:

to publish my child's first name, age, and hometown in FAT CAT Paw Prints and/or on the [cufatcats.org](http://cufatcats.org) website.

to publish my child's artwork or story in FAT CAT Paw Prints and/or on the [cufatcats.org](http://cufatcats.org) website.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

Drop this off at your local branch or mail it to: FAT CAT - State Employees' Credit Union, P.O. Box 27948, Raleigh, N.C. 27611

To contact the editor of FAT CAT Paw Prints, write to P.O. Box 27948, Raleigh, N.C. 27611 or send your comments via email to [membercommunications@ncsecu.org](mailto:membercommunications@ncsecu.org).

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