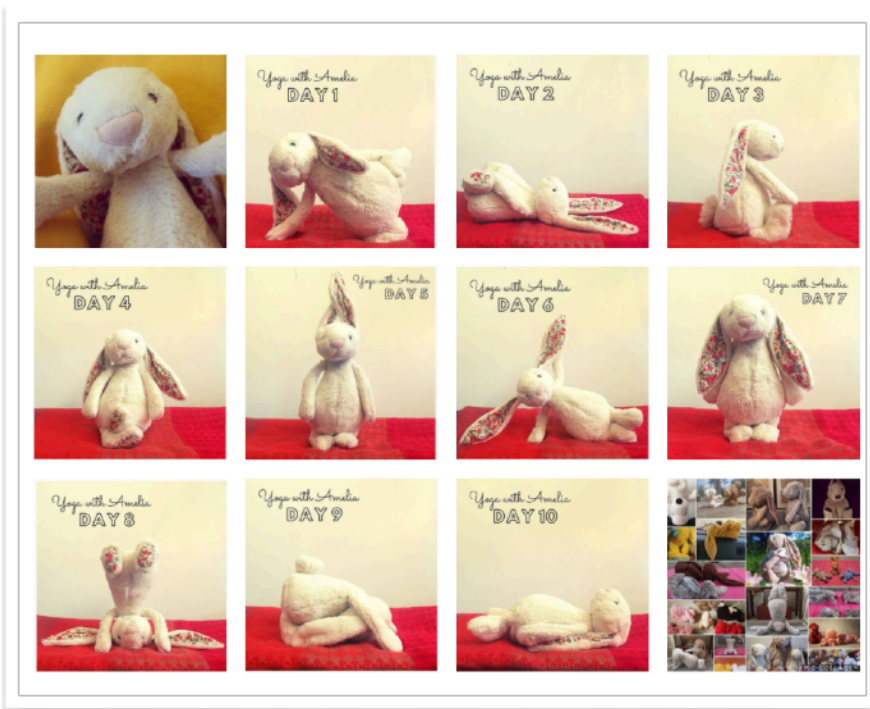


PETS' MEWS

The MewsPaper for Instagramming Pets, Plushies and their People

Yoga with Amelia

by: [@ameliatherabbit](https://www.instagram.com/ameliatherabbit)



Yoga is for everyone, even tiny rabbits!

Amelia ([@ameliatherabbit](https://www.instagram.com/ameliatherabbit)) is a small bunny who has been practising yoga for years. She loves that yoga is for creatures of all shapes and sizes, even rabbits with short-ish legs and lovely, round tummies.

She kicked off her 10-day [#YogaWithAmelia](https://www.instagram.com/yogawithamelia) challenge on Instagram in May to share some of her favourite yoga poses with her plushie friends. Amelia was a bit flustered by the overwhelmingly positive response to her challenge. So many of her friends joined in, including several of her fellow bunnies, as well as bears, elephants, a somewhat disgruntled bird, and even an octopus!

During her yoga challenge, Amelia demonstrated some of her favourite yoga poses, including a side plank, seated forward fold, and happy baby pose, aka The Happy Bunny.

Not sure where to start with yoga? Amelia recommends beginning each morning with a meditative mountain pose. Stand very still and feel the breeze on your nose and ears.

When she's not doing yoga, Amelia documents her domestic adventures in Oxford, England, with assistance from her human social media manager. Being a small rabbit and lacking opposable thumbs, Amelia has difficulty operating a phone by herself. But she doesn't let this get her down.

Hello Everyone,

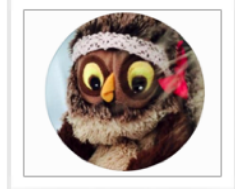
How are you all doing?

It's been a busy time for my Pet who has been hogging the pooter and phone for work (of all things) and not allowing me enough time to chat and catch up with my friends - do your human pets do the same? Anyway, there's always time for plushies and our plushies community in our lives, and of course, Pets' Mews! So, here we go.

Love, Tippy xxx

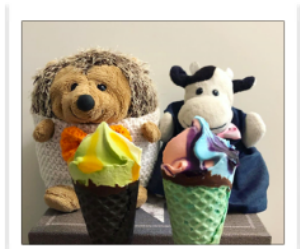


Lesen Sie die Zeitung jetzt auf [Deutsch](#) dank unseres Freundes



[@ausruheulen](https://www.instagram.com/ausruheulen).

Благодаря Доечке [@doyka_and_hedge](#), газету Pets' Mews теперь можно читать на <https://www.travelswithmycat.com/?p=2255!>



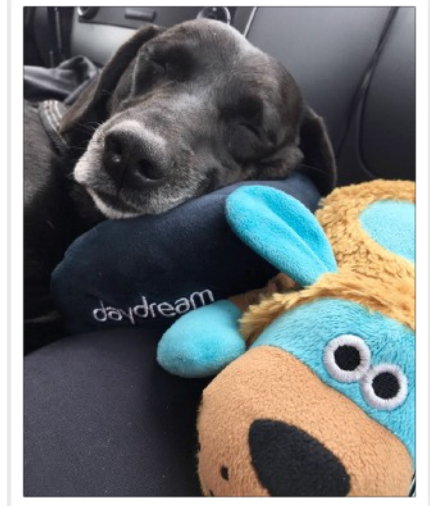
Gianni and his König Keks @genauwiedu

During these unusual times of the Corona pandemic, when we experienced a lock down, social distancing and master economic changes for many of us the first time, we were lucky to live with two dogs, who lived as always and gave us a daily routine – no matter what. These daily routines helped us humans too. Do plushies need routines as well? Are they as important to them as for dogs? Are they important to humans too? For example, drinking coffee at the very same time and looking out the kitchen's window to look and contemplate for a moment the sky... We think yes, a routine or a daily ritual could give you a certainty in uncertain times.

However, Gianni would like to tell for himself, how he learned to feel secure after a long boring life in a shelter:

Hi there! My name is Gianni, I am an about eight-year-old Italian Segugio mix. In 2018 I moved into my forever home in Munich, Germany. To live with two women, who just lost their beloved fifteen-year-old dog Emma, she was a stray from Spain and lived with them for ten years. She started the Instagram account @genauwiedu – which means in German “just-like-you”. She made friends all over the world, and not only with other dogs (mostly black ones, as she was) but with many plushies. She was proud to become a member of that fabulous plushie community over the years. I hesitated much to step into her paws to continue her legacy. As I am a very shy boy. You should know that I lived my entire life in a shelter in Italy. I did not know anything! I had to learn every little thing. Like a puppy you might say. Therefore, our trusted dog trainer said to my two mommies, they will have to start at the very beginning, establish rituals on which Gianni could rely on, they would give him security and confidence. But how, if I wouldn't even know what that could be? I was afraid of loud noises I had never heard before, food I did not know, cuddles I never felt before. Everything was new to me.

We walked every day exactly the same rounds day by day, doing the same things every day at the same time. Well, I assume my mommies found all of that pretty boring day after

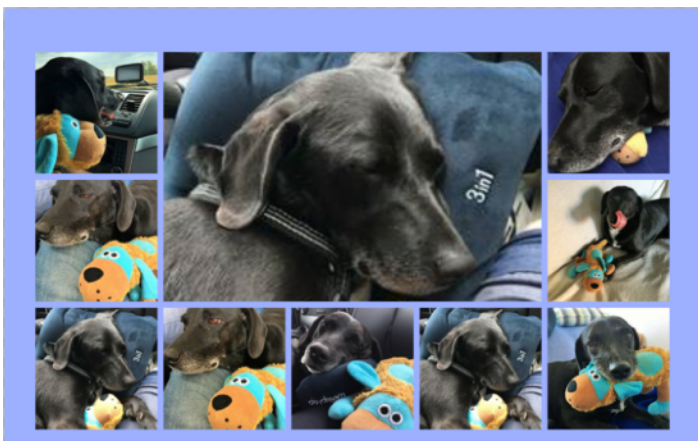


day. But I just loved it, I took my time to sniff every corner and every blade of grass. I got used to my new home and I learned so many things. Finally, we had a good routine and a daily ritual: on our morning walks there is this rock stone I jump on and getting a treat for that. Of course, I do that now every day.

There is one ritual although I totally establish all by myself! And my two mommies still haven't figured out why I am doing it. However, I will tell you guys now. My best friend from the beginning is this little girl Jasmin, she gives me delicious treats all the time and she gave me for my six months adoption day a plushie dog, who I named “König Keks” (“King Cookie” in English). I named him after the musical Jasmin was playing in at the time. Anyway, König Keks accompanied me on my first vacation ever! Because I should not be alone while sleeping my mommy Elena said. Well, I tell you guys, he was with me all the time. You can see that on a video on my Instagram account. We cuddled, shared cookies and protecting our camping van together. When we came home, we were inseparable. And now, right after I have my breakfast, I look for him, take him and stroll around the apartment to find a cozy spot for the two of us to take a nap. And while I'm doing that I howl dramatically. Unfortunately, you can't hear it now, but you find evidence on my account of my howling and whining. When I put him down on the human's couch, sometimes I give him a kiss or two – but only when nobody looks of course. Because I am not a puppy anymore! I know my way around now. I really don't get scared easily these days anymore.

However when I cuddle secretly with my best friend König Keks I feel like a puppy. Towards him I can express my feelings, he understands me because he is a real plushie friend. No words needed.

Although these days, when Elena is home all the time, I sometimes go to her and request her to pet me – and tell you what – I like it and she loves it too. I guess I'm a very lucky and loved dog now.



Eddie's Elderflower Cordial / Syrup Recipe

by [@eddiehedgehog](#)



You will need:

- 6 litres of water
- 6 kg of sugar
- 80 elderflowers
- 8 lemons
- 100 g citric acid

You can recalculate the quantities and make more or less syrup.

If you add less than 600 g of sugar per litre of water, be sure to store the syrup in the refrigerator (sugar acts as a preservative).

The procedure

- 1) Pick the elderflowers and carefully place them in a basket. Don't wash them (if possible).
- 2) Boil the water in a large pot, then turn off the stove. Add sugar and stir until it melts.
- 3) The water to cool to room temperature, then add the citric acid, elderflowers and sliced lemons. Stir and cover with a lid.

4) Let the mixture soak for 24-48 hours. Stir well every now and then.

5) Take the elderflowers and lemon from the bowl (while squeezing the lemons by hand).

6) Now all you have to do is pour the syrup into bottles, with a lid that seals well (if it doesn't seal well, CO2 inside can cause the juice to boil and the bottle to explode).

7) Strain the syrup 2x (at least we do). First when you pour it from a large bowl into another bowl; the second time when you pour it into a bottle (it can also be filtered through gauze).

8) The bottles must be hot; do not pour the juice to the top! The bottles must be sealed airtight.

9) Your elderflower syrup is ready! Dilute it with cold water (you can also use mineral water) and enjoy a refreshing drink!

@[eddiehedgehog](#)

Camp HoopLa Hooray

16th - 19th July

The wonderful yearly Camp Hoopla Hooray is back, and it's going to be even better and bigger than before. And it will hopefully, raise even more money than before to help special needs, chronically ill, and handicapped children go to a human pet summer camp in America. Here's what you need to know.



Camp HoopLa Hooray

By: [@honegrovebears](#)

JULY 16-19, 2020 is the 5th Annual
[#campHoopLaHooRay](#) [#campHLHR2020](#).

In 2015, I started the camp and over 400 posted to the hashbrown (#) and it's more than doubled since that time. Last year, I decided to fundraise for special needs, chronically ill and handicapped children to attend Texas Lions Camp. The camp is set up to accommodate these children and has trained staff to assist the campers. I know the kiddos have a great, memorable time and their caregivers get a much needed respite. If plushies can have fun attending camp, then the hooman children should be able to as well.

HOW TO DONATE:

1) GoFundMe [gf.me/u/x4rxjn](https://www.gofundme.com/u/x4rxjn) or go to GoFundMe and search for [CampHoopLaHooray2020](#) FUNdraiser. For a

minimum \$10 donation, you will receive a 24 page downloadable Camp Activity Packet. Our goal is \$500 and as of June 10th we are at \$220.

2) T-SHIRTS (Hooman and Plushie-sized) and limited supply of Camp Kits available at [plushiewear.com](https://www.plushiewear.com) from [@plushiewear](#) (Instagram). \$5 of every sale goes to Tx Lions Camp.

3) POSTCARDS available at Etsy on [BearsHowseMercantile](#). These cards were painted by my hooman Elle ([@1ellem](#) on Instagram). 30% of proceeds goes to Tx Lions Camp.

