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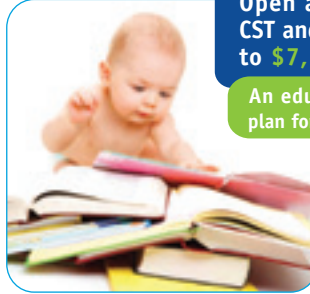
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YOUR COMMUNITY CONNECTIONS

SCHOOLS

(S) denotes Separate (FR) denotes French Immersion

Heritage Heights School	K9	403-938-1400	St. Paul's Academy Virtual School & Okotoks Homeschooling Services	1-12	403 938-4119 403 938-8046
Big Rock Elementary	K6	403-938-6666	De Winton Play Group & Play School	PS	403 938-2525
Dr. Morris Gibson School	K6	403-938-6221	Open Arms Catholic Preschool	PS-Jr.K	403 852-8273
Ecole Percy Pegler (FR)	K6	403-938-4449	Learning Experience	PS-K	403 256-1417
Ecole Okotoks Junior High (FR)	7-9	403-938-4426	Calgary French & International School (FR)	PS-9	403 240-1500
Foothills Composite High School (FR)	10-12	403-938-6116	Glenmore Christian Academy	ECS-9	403 254-9050
Alberta High School of Fine Arts			Edison School	PK-12	403 938-7670
Foothills School Preschool Program	K	403-938-6666	Strathcona-Tweedsmuir School	1-12	403 938-4431
Big Rock Elementary School			Green Learning Academy	PS-9	403 873-1966
Holy Trinity Academy (FR) (S)	9-12	403 938-2477			
Good Shepherd School (S)	ECS-6	403 938-4318			
John Paul II Collegiate (FR) (S)	7-9	403 938-4600			

SCHOOL BUS INFORMATION

Foothills School Division

Transportation Department 403 652-6547
Transportation Officer, Virginia MacLeod

Christ the Redeemer Catholic School Board

Transportation Department 403 938-2659
Transportation Officer, Bonnie Smith

CHURCHES

DeWinton United Church 403-938-4357

Trinity Mennonite Church DeWinton 403-256-7157

Christ Church Anglican Church Millarville 403-933-3620

Millarville Community Church 403-931-1618

Red Deer Lake United Church 403-256-3181

Canyon Creek Christian Fellowship 403-256-3167

Connexion Christian Fellowship 403-201-0404

COMMUNITY

DeWinton Community Hall
www.dewintonca.com 403 938-2525

Newsletter Co-ordinator
calbet-parr5@hotmail.com

The Lake at Heritage Pointe Owner's Association
www.thelake@heritagepointe.ca

Dunbow Recreation Board
www.dunbowrecreation.org

Shawnessy Library
333 Shawville Blvd. SE 403 221-2072

Newsletter Advertising Sales 403 263-3044

DEWINTON COMMUNITY ASSOCIATION

Board of Directors

Board Member	Position	Phone
Dusty Dancer	President	403.938.0930
Corrie Loomes	Vice President	403.256.6056
Norman Beswick	Treasurer	403.256.2645
John Thorpe	Secretary	403.256.6743
Michael Wynn	Communications	403.619.3718
Sherry Shoults	Director	403.995.4566
Trudt Vanglist	Director	403.938.3436
Anne Beswick	Director	403.256.2465

Other Important Numbers

Board Member	Position	Phone
Tammy Gurr	Pre-School Director	403.669.1425
Greg Davenport	Hall Facility Manager	403.938.2525
DeWinton Hall		403.938.2525

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Editorial Content

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news@great-news.ca



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NEWS & NOTES FROM THE DCA

DeWinton Community Association (DCA) Volunteer Bank

Throughout the year, DCA undertakes a number of activities to promote interconnectivity within the DeWinton community by hosting social events.

In order to maintain the outstanding building and grounds that we have at the Hall, group maintenance volunteers are needed.

In order to create a base of willing volunteers, DCA has created a **volunteer bank**. Simply, we would ask those of you who might be able to lend a hand once or twice a year for a few hours of volunteer work around the Hall to drop us a note or give us a call!
dwca@platinum.ca / 403.938.2525

Group & Club Activities

In addition to special events sponsored by your Community Association, the Hall hosts regular group and club activities.

Monday: Yoga Night (evening)

Tuesday: Bridge Group (evening)

Q Bee Quilting (evening)

Wednesday:

Q Bee Quilting (daytime)

Interest has been shown to start a Chess Club and a Book Club. If you're interested in participating in a once-a-week Club activity your hall, please contact Greg Davenport at 403.938.2525.

These activities are open for enrolment to all DeWinton CA members

Basement Restoration

After months of efforts, the basement area of the hall has been restored to usable space. The spaces are now ideal for small group meeting, or new club activities.

DCA Member Benefits

Members of the DeWinton CA are eligible for a special discount of 20% off on Hall Rentals. We are now accepting bookings for the November and December time period for seasonal parties. Please contact Greg Davenport, Facility Manager at 403.938.2525.

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

JULY 1 - CANADA DAY!

- **Canada One Tournament** at Spruce Meadows is a world-class show jumping competition, and considered among one of the finest outdoor tournaments in North America. Free admission and parking. www.sprucemeadows.com
- **Fort Calgary** offers a full day of free fun, from 9 am – 4 pm, including free pancake breakfast, live entertainment, petting zoo, pony rides, games, crafts, and much more. Be there at noon for the official Canada Day ceremony. www.fortcalgary.com
- **Heritage Park** celebrates the old-fashioned way with birthday cake, potato sack races, games, crafts, an old-fashioned circus, musicians and more. A Citizenship Ceremony will be held at noon to welcome 100 new Canadian citizens. www.heritagepark.ca
- **Calgary Stampeders play Montreal Alouettes** - 5 pm at McMahon Stadium. www.stampeders.com
- **Millarville Races Canada Day** racing begins at 10 am. The Race Day's attractions include modern-day cowboys, farmers and local acreage owners competing in the Millarville Derby – a 7 furlong race for riders and their stock horses under a western saddle. www.millarvillercetrack.com
- **July 19 Stamps vs Roughriders** at 7 pm at McMahon Stadium. www.stampeders.com
- **July 21 Strawberry Festival** at Kayben Farms in Okotoks – a sweet way to spend the day! www.kayben.com
- **July 21 Nazareth** (Canadian Farewell Tour) at Deerfoot Inn & Casino. Wristband at 6:30 / Show at 9:00 pm. www.deerfootinn.com
- **July 22 18th Annual Kensington Sun & Salsa Festival** runs from 11 am until 5 pm. Enjoy the sunshine with family and friends and experience a delicious variety of salsas. Bands, vendors, dancers and more. www.visitkensington.com/sun-and-salsa
- **July 26 – 29 Calgary Folk Music Festival** takes place at Prince's Island Park. Enjoy mainstage performances as well as workshops/sessions. www.calgaryfolkfest.com

e.& o.e.

JULY 1 CANADA DAY!

Prince's Island - Celebrate Canada's birthday at Prince's Island Park from noon to 6 pm. The Island will be alive with music, live entertainment, food, and festivities. Three stages showcasing live music and entertainment for all ages and interests.



JULY 6 – 15 CALGARY STAMPEDE

Join the Centennial celebration of the Greatest Outdoor Show on Earth! www.calgarystampede.com



JULY 21 & 22 FIESTAVAL LATIN FESTIVAL

is a free 2-day multicultural arts and entertainment festival for the whole family held in the heart of downtown Calgary at Olympic Plaza. www.fiestaval.ca



JULY

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**AUGUST 11
CHINATOWN STREET
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showcases the best of Calgary's Chinatown. Food, festivities and fun for the whole family! 1.888.618.2262 / www.calgarychinesemerchants.org



**AUGUST 18
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Between 8:30 am – 4:30 pm enjoy one of the greatest, traditional, old-time Agricultural Fairs in Canada. Petting zoo, horses, hayrides, competitions, parade and the Millarville Farmers' Market. www.millarvilleracetrack.com/event/priddis-millarville-fair



**AUGUST 24 – 26
EXPO LATINO**

celebrates Latino culture with a weekend filled with dancing, food, art market, live bands and beer gardens at Prince's Island Park. Weekend passes available. 403.271.2744 / www.expolatino.ca



**YOUR COMMUNITY/CITY EVENTS
AT A GLANCE...**

- **August 3 – 11 Calgary Fringe Festival** Mark it on your calendar. Uncensored, non-juried theatre productions at various venues in Inglewood. For schedule, shows, and more, check www.calgaryfringe.ca
- **August 4 Inglewood Sunfest** is all about having fun in the sun. The streets will come alive with performers, vendors and fabulous food. Free event for all. www.inglewoodsunfest.com
- **August 5 – 11 Afrikadey!** celebrates African culture through music, the arts, dance, and food at Prince's Island Park. 403.268.8500 / www.afrikadey.com
- **August 8 Dougie MacLean** presented by Fish Creek Concerts at 7:30 pm at River Park Church. www.fishcreekconcerts.com
- **August 12 The 5th Annual Quilt Stroll** in Olde Towne Okotoks, 10 am – 4 pm. Start at the historical Wentworth Building (Rumpled Quilt Skins), and then on to neighbouring historical buildings -- Heritage House and Okotoks Art Gallery (The Station). 403.938.6269 / www.rumpledquiltskins.ca
- **August 12 Marda Gras Street Festival** A New Orleans themed event with street level and stage entertainment for the whole family. www.mardaloopbrz.ca
- **August 12 Olde Towne Okotoks Show & Shine** theme is the Roaring 20's. See hundreds of antique and unique cars, enjoy food, music and old time hospitality. 403.608.8533 / www.okotoksshowandshine.com
- **August 15 – 18 ReggaeFest** is a full day of family-friendly events including live performances, food, and youth arts and crafts at various venues around the city. Mainstage event at Shaw Millennium Park. www.reggaeifest.ca
- **August 16 & 17 Toast 'n Jam** Calgary's Youth Music Festival featuring free performances by some of the city's hottest youth bands at The New Black Centre for Music & Art. www.calgary.ca/toastnjam
- **August 16 – 19 Taste of Calgary** Sample international food and drink and daily live entertainment at Eau Claire's Festival Plaza. 403.293.2888 / www.tasteofcalgary.com
- **August 16 – 26 GlobalFest 2012** showcases Calgary's unique cultural communities through arts and crafts, music, food, dance and activities for everyone. Each evening ends with Trico's Fireworks Festival. Held at Elliston Park, 17th Avenue & 60th St. SE. Ticketed event. www.globalfest.ca
- **August 25 The 7th Annual Harvest Festival** in Okotoks. Local food, art, activities, demonstrations, tours and fun at Kayben Farms and Chinook Honey. www.kayben.com / www.chinookhoney.ca
- **August 25 & 26 Calgary Dragon Boat Race & Festival** Watch teams move these massive long boats, and see cultural performances and entertainment. www.chinatowncalgary.com/dragonboat
- **August 31 – September 2 Okotoks Pro Rodeo** An annual event that hosts contestants from around the globe. Western themed activities and events for the whole family at Okotoks Recreation Centre. 403.938.1518 / www.okotoksprorodeo.com



A Bird's Eye View

Watching an American White Pelican glide over the Bow River is somewhat of a rare, but spectacular sight.

Removed from the national list of threatened species in 1987, the American White Pelican is still considered endangered in Alberta. Pelicans nest in colonies on isolated islands on inland lakes or rivers, in a slight depression on bare ground, or a mound of earth constructed of brush, twigs and reeds. One of the most significant effects on pelican populations is the disturbance of their breeding sites by human or industrial activity. Pelicans are also vulnerable to changing water levels, due to drought or flooding, which may cause them to abandon a colony.

One of the world's largest birds, it can soar long distances, and often flies in line or in a V formation. Their wing span measures 8 – 10 feet (2.4 – 3 metres) and their body weight can range between 10 – 30 lbs (4.5 – 14 kg). Plumage is almost entirely white except for the black half of its wings, which is barely visible except when in flight. Beneath its long, flattened bill is the unmistakable orange-yellow throat pouch. Apart from the difference in size, males and females look alike.

Pelicans feed while swimming, often in small groups, so they can co-operatively herd and chase fish to shallow water where they are easier to catch.

Their average lifespan is 12 -14 years in the wild.

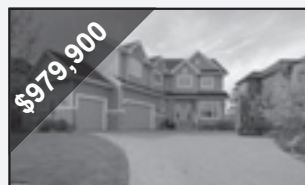
BG Rose



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HALF EMPTY, HALF FULL?

A young lady confidently walked around the room while leading and explaining stress management to an audience with a raised glass of water. Everyone knew she was going to ask the ultimate question, 'half empty or half full?... She fooled them all ... "How heavy is this glass of water?" she inquired with a smile.

Answers called out ranged from 8 oz. to 20 oz. She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case it's the same weight, but the longer I hold it, the heavier it becomes. And that's the way it is with stress. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on."

"As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden - holding stress longer and better each time practiced. So, as early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night... Pick them up tomorrow."

in & around your community

Heat Related Illness

With the return of warmer weather, Alberta Health Services EMS would like to remind citizens to stay safe in the heat and sun this summer. While children and the elderly can be more susceptible to the effects of heat, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

FIRST AID

Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and / or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea / vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat stroke

- Heat stroke is a medical emergency that requires prompt treatment. It can be fatal.
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat the patient may appear flushed and skin may be hot and dry to the touch.

First aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess or tight fitting clothing and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.

If you are concerned, seek medical attention or call 9-1-1.

Prevention

- Stay well-hydrated by drinking plenty of water.
- Limit alcohol consumption as alcohol dehydrates you.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply waterproof sunscreen with an SPF of 50+, especially for children. The sun's UV rays peak between 10am-4pm, even on cloudy days.

TOMATOES

Choose fresh tomatoes by their colour and aroma. Vine ripened from your back yard or purchased from the local farmers' market, ripe tomatoes have a rich colour and a noticeable fragrance. They should be somewhat firm, but not overly soft. Avoid those with blemishes or splits.

Now that barbecue season is here, grilling tomatoes and other vegetables is easy as well as tasty. As a general rule, cut vegetables into large, uniform chunks that will cook quickly and evenly. To grill large tomatoes, cut them in half, brush with a light coating of olive oil and grill the cut side down for approximately 2-4 minutes. Cherry tomatoes can be threaded onto pre-soaked kabob skewers or fire wires alternately with other veggies such as zucchini, peppers, onions, etc.

Following are some interesting facts and tips about tomatoes:

- Heirloom tomatoes have been handed down from gardeners for generations and are reknowned for their rich tapestry of colours and depth of flavour
- The Beefsteak tomato is a meaty tomato that holds together well when cut, and is particularly well suited for slicing, making an ideal sandwich tomato. Beefsteak tomatoes should be consumed at room temperature, and never refrigerated
- Roma tomatoes contain fewer seeds, and have a dense, meaty flesh, making them an ideal choice for processing into sauces, paste, and ketchup as well as for canning
- When ripening picked tomatoes, keep them out of direct sunlight, as they will overheat and ripen unevenly
- Refrigerating tomatoes can cause loss of flavour and a mealy texture – try to use them right away, or store them in a cool, dark place
- To peel tomatoes, cut a cross in the base, place in boiling water to blanch for about 15 seconds, lift out with a slotted spoon, and then plunge into ice water. Peel the skin from the cross
- To seed tomatoes, halve them horizontally. Hold each tomato half over a bowl, cut side down, and squeeze to remove seeds
- Consider freezing a portion of your tomato harvest this season. Wash thoroughly, then freeze whole, unpeeled tomatoes on a tray. Once fully frozen, transfer to freezer bags

Enjoy your veggies!

BG Rose

COMMUNITY READERS RECOMMEND...



Fiction

- The Headmaster's Wager - Vincent Lam
- Dreams of Joy - Lisa See
- Calico Joe - John Grisham
- The Descendants - Kauai Hart Hemmings
- The Beggar's Opera - Peggy Blair
- Death Comes to Pemberley - P.D. James

Non-fiction

- In a Dog's Heart - Jennifer Arnold
- The Big Miss: My Years Coaching Tiger Woods - Hank Haney
- Moonwalking with Einstein - Joshua Foer
- Thinking, Fast and Slow - Daniel Kahneman
- My Year of the Racehorse: Falling in Love with The Sport of Kings - Kevin Chong
- Insanely Simple: The Obsession That Drives Apple's Success - Ken Segall

Children's

- Charlotte's Web - E.B. White
- Curious George - H.A. Rey
- National Geographic Kids 125 True Stories of Amazing Animals



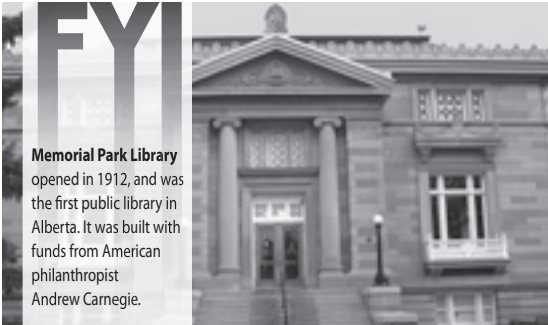
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A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.



FYI

Memorial Park Library opened in 1912, and was the first public library in Alberta. It was built with funds from American philanthropist Andrew Carnegie.



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Canadian Ignettes

Banff National Park is Canada's oldest national park, and perhaps the best known of the Rockies' national parks. It was established in 1885 by the federal government after the discovery of natural hot springs by Canadian Pacific Railroad workers in 1883.

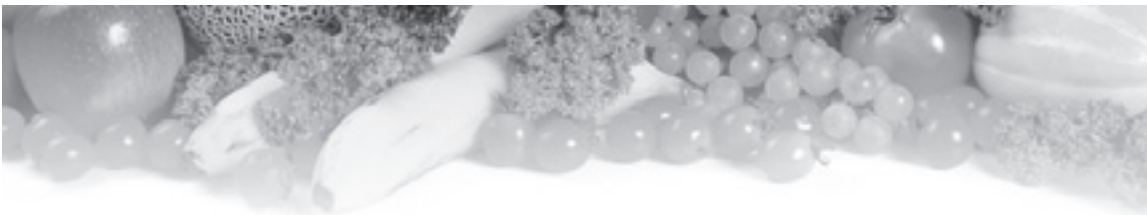
The park covers an area of 6,641 sq km (2,564 sq mi) of some of the most breathtaking scenery in the country, with numerous glacial lakes, ice fields, forests, jagged, snow-topped mountain peaks and mighty rivers.

Banff is one of the world's most visited national parks, and since 1985, Banff, Jasper, Yoho, and Kootenay parks have become UNESCO World Heritage sites.




We can't plan life.
All we can do is be
available for it.

Lauryn Hill



FARMERS' MARKETS

Airdrie Farmers' Market

Royal Canadian Legion
508-3rd Avenue, Airdrie
Wednesdays 3:30-7pm
www.airdriefarmersmarket.com

Calgary Farmers' Market

(open year round)
510 – 77th Avenue SE
Thursdays-Sundays 9am-5pm
403.240.9113
www.calgaryfarmersmarket.ca

Calgary Swap Meet Farmers' Market

5600 – 11 Street SE
Saturdays 8am-5pm
Sundays 10am-4pm
403.829.6660
www.blackfootmarket.ca

Calgary West Country Market

TransCanada Hwy., next to Calaway Pk.
Saturdays, until October 27th
8:30am-1pm
www.calgarywestcountrymarket.ca

Crossfield Ag Society Farmers' Market

Pete Knight Memorial Centre
902 Mountain Avenue
Thursdays 6:30-8:30pm
403.804.6114
www.crossfieldalberta.com

Crossroads Market

(open year round)
1235 – 26 Ave. SE
Fridays – Farmers' Market only
9am-5pm
Saturdays & Sundays – All market areas
9am-5pm
403.291.5208
www.crossroadsmarket.ca

Hillhurst – Sunnyside Farmers' Market

Hillhurst Sunnyside Comm. Centre
1320 – 5 Avenue NW
Wednesdays 3:00-7:30pm (rain or shine)
403.283.0554 ext.247
www.farmersmarket.hillhurstsunnyside.org

Kingsland Farmers' Market

(open year round)
7711 Macleod Trail S
Thursdays – Saturdays 9-5pm
Sundays 10am-4pm
403.255.3276
www.kingslandfarmersmarket.com

Millarville Farmers' Market

Millarville Race Track
Saturdays 9am-2pm (rain or shine)
403.931.2404
www.millarvilleracetrack.com

Okotoks Farmers' Market

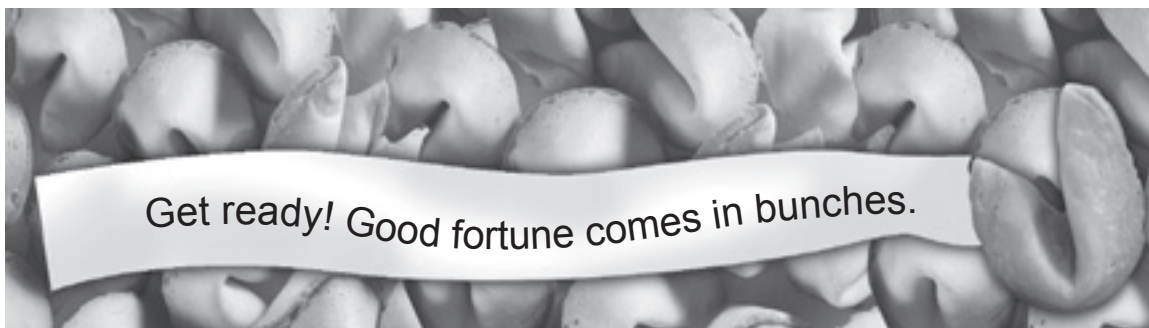
2 km north of Okotoks, facing Hwy. 2A
Fridays 3:30-6:30pm
403.630.4182

South Calgary Farmers' Market

37 Street & Glenmore Trail SW
(parking lot of casino)
Thursdays 3:30-7pm

South Fish Creek Farmers' Market

333 Shawville Blvd. SE
Fridays 1-5pm (rain or shine)
403.201.8652



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DEPOT
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travel time **DESTINATION MONTREAL**

by Caitlin Poole

Canada has its fair share of unique towns and cities due to its multi-cultural population. The city of Montreal is a great example of how many different cultures converge into one area. With such a large population in the limited space it is hard not to experience the full spectrum of culture that the city has to offer.

My initial impression of Montreal was that it was a Parisian version of New York. It has the historical elements of Paris, including the architecture and the abundant art scene. There are museums and galleries for every taste. The first time visitor should definitely take the time to explore Old Montreal. The Notre Dame Basilica is probably the most popular site in Old Montreal, but be sure to wander around some of the other streets as well. Some other historical sites to check out in Old Montreal are Place d'Armes and Place D'Youville. Place d'Armes is a public square located in front of the Notre Dame Basilica. Across the square is the Bank of Montreal Head Office. This is a beautiful building that I originally assumed was a museum based on the design of the building. It wasn't until I crossed the square and saw all the financiers on their lunch break that I realized it was a bank!

For those who want to experience the more modern side of Montreal, you can really get a sense of the New York lifestyle just by walking downtown. The hustle and bustle that is usually associated with Manhattan is present in downtown Montreal. Find a coffee shop or restaurant with an outdoor patio, or even just sit on the steps of one of the many museums and take it all in. You may even witness some modern art performances taking place in front of the museums. Check out the shopping on Rue Sainte-Catherine as well as the underground mall (access through some of the entrances to the Metro stations). Also, when it comes to dining and nightlife there are plenty of choices. There are restaurants and bars for every taste and budget. Be sure to try the local specialties ...Poutine and Montreal Smoked Meat!

Happy travels!



by Lon Hofer

Stampede Your Nature

Now I have to admit, I'm a city guy. I like the energy of people, I like my home, and I like technology.

But I also like chainsaws and beer.

There are certain times of year when there are good reasons to exhale away from city life. I enjoy the Stampede as much as anyone, but I also feel serenity is amplified if you can find it during these early weeks in July.

My camping trips have dwindled to only two or three a year, but they sincerely beckon my return each time I go, and do remain an authentic passion. If you are looking for reasons or excuses to go camping, maybe these can help:

1. Good for your health. The air, relaxation, meditation, scent. Going for a walk, collecting wood. All great activi-

ties and exercise.

2. Spend time with friends and family. There is something to be said about staring at a fire after dark with close friends or family, listening to the cracks of the fire.

3. Eat good food. Wine and steak taste great around the fire.

4. Eat REALLY good food. Smokies, hot dogs, hamburgers, marshmallows, potato chips, beer, cheese and crackers. Salad? No thanks.

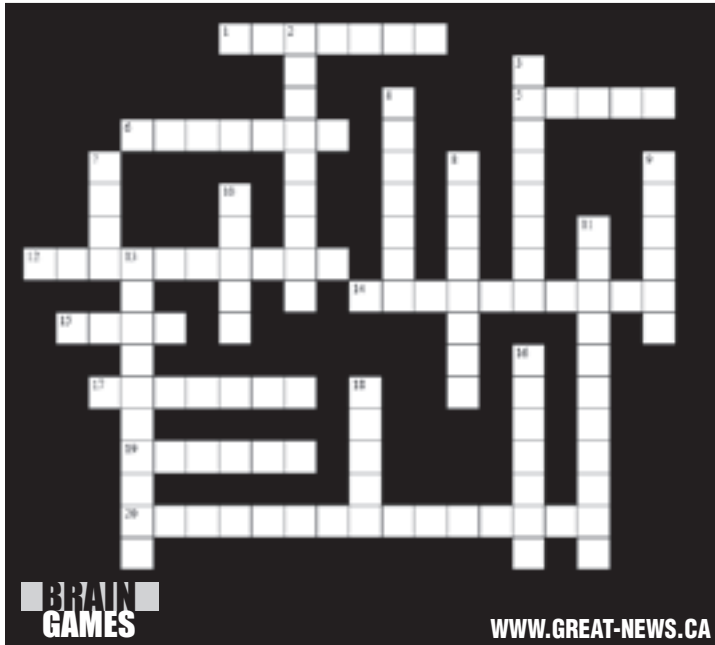
5. It's reasonably priced.

6. Be a redneck. Wear boots, use your Leatherman™, and burn your arms out sawing wood.

7. It's great for your kids. It will help your kids get in touch with nature, and maybe spark lifelong interest in nature or outdoor activities. It will also help them appreciate the simple way of life.

8. For couples, go city style. If you really are a city person but still want to get away for some fresh air, go find a drive-up camping spot close to a nice town (i.e. Banff) and pitch a tent. Walk the town, dine in a nice restaurant, and come back for a fire in the evening - and THEN stay in a hotel.

You don't have to be a wilderness person to achieve the escape that camping provides.



CROSSWORD	
DOWN	
2	Legendary Canadian plane (2 words)
3	Classic Japanese teapot
4	A hot pepper
7	In ____ of
8	Golf bunker (2 words)
9	Cloven hooved animal
10	Never the ____ shall meet
11	Red retriever (2 words)
13	Diving duck
16	Used in tennis
18	Matrimonial Square ingredient
ACROSS	
1	A coin and a horse
5	A bird and a golf shot
6	An expensive spice
12	Stampede race (2 words)
14	100th year
15	Italian volcano
17	Scott Joplin's style
19	One stroke under par
20	World's greatest outdoor show

Down: 2. Avro Arrow 3. Tetsubin 4. cayenne 7. lieu 8. sand trap 9. cattle 10. twain 11. Irish Setter 13. Canvasback 16. racquet 18. dates
 Across: 1. Quarter 5. eagle 6. saffron 12. Chuck Wagon 14. centennial 15. Etna 17. Ragtime 19. birdie 20. Calgary Stampede

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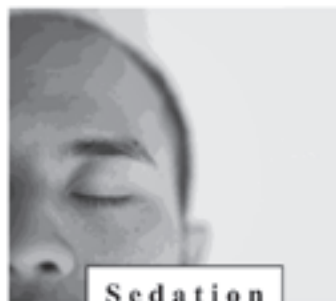
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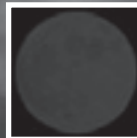
JULY MOON CALENDAR



Full Moon
July 3



Last Quarter
July 10



New Moon
July 18



First Quarter
July 26

in & around your community | **schools**

St. Mary's University College

Stampede Breakfast, July 10, 9 am – 11 am

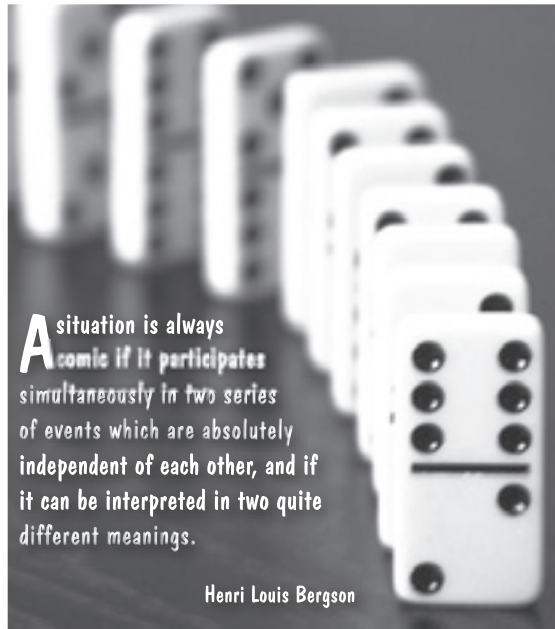
You are invited to a free Stampede Breakfast on Tuesday, July 10 from 9 – 11 am. Our campus at 14500 Bannister Road SE is a peaceful spot on a summer morning, and you will receive a warm welcome from our staff, faculty and students.

Golf Tournament, September 6, Silvertip Resort, Canmore

Get away from it all with a day of golf and the Rocky Mountains at your feet. Enjoy 18 holes of Texas scramble golf plus a lobster boil and beef buffet for \$250 per person. Proceeds support St. Mary's students and the Lightning Athletics program.

Ghost Tour, September 18, 7:30 pm

Don't miss St. Mary's University College's second annual Ghost Tour. Visit our haunted buildings and take a peek inside our famous water tower and underground tunnels. A fireworks display to celebrate St. Mary's 26th birthday will wrap up the evening. Free admission!



A situation is always comic if it participates simultaneously in two series of events which are absolutely independent of each other, and if it can be interpreted in two quite different meanings.

Henri Louis Bergson

FRIENDS OF FISH CREEK PROVINCIAL PARK SOCIETY

Volunteers Needed this Summer!

As the population of this city grows and new communities appear along the border of Fish Creek Provincial Park, more pressure will be placed on its ecosystems. Currently 18 communities already border the park and there are many more nearby whose members enjoy visiting this very special area. The Friends are looking for your help in protecting the park and require a dedicated volunteer to help organize a fun and interactive info session for the month of September. At this meeting community members will enjoy listening to fun and engaging speakers who have previously worked with the Friends as they speak about issues concerning the Fish Creek watershed. Members of the nearby communities will also have the unique opportunity to come together and share ideas and solutions to environmental issues facing the park.

This initiative is part of our Watershed Public Awareness campaign, which is designed to help ensure the water in Fish Creek is sufficient, safe and clean enough to sustain this park for future generations to enjoy. Your assistance in organizing this community-based event would be much appreciated and would help the Friends uphold our mission: *To protect, preserve and enhance the diverse natural and human heritage found in Fish Creek Provincial Park.* For more information please contact Chris Lalonde, Communications Coordinator, at 403-238-3841 or chris@friendsof fishcreek.org, or visit <http://bit.ly/WatershedS>.

Get Involved! Get Your Hands Dirty! Get Ready for a Great Summer!

Volunteer with the Trail Care program and help the Friends and the Calgary Mountain Bike Alliance maintain the single track trails in the park this summer. If you are available on the evening of Monday, July 9 from 6:30 pm - 9:00 pm, or would like more information please email chris@friendsoffishcreek.org or call 403-238-3841.



DO YOU WANT A CANINE OLYMPIAN?

Many of my clients acquire a pet with the intention of eventually having a running partner, or the entire family wants a pet that will fold into their own intense activity level. Improve the odds that this will happen by getting the right puppy and raising it right. Doggie couch potatoes suffer from “weekend warrior syndrome” just as intense as their human couch potato partners.

If you intend to run distances with your pet, breed choice is critical. Just like people lucky enough to have long lean body types, your dog breed should be similar. You want a lean frame, long legs, and stamina. Border collies, Australian Shepherds, and Brittany spaniels tend to make good running pals. Giant breeds and toy breeds are usually not a good choice, nor is a dog with a pushed in muzzle which prevents him from breathing easily. A standard poodle is a great runner but you’d want a shorter clip in an active dog. There are exceptions to the rules but apply them where you can. In terms of general athleticism, what the dog was originally bred for may provide a clue. If you’re adopting from a rescue foundation look at what breeds you think the puppy’s origins are from. Get a purebred dog from good stock and a reputable breeder.

Raise the pup with excellent nutrition for its breed and size. No dog with severe hip dysplasia is going to tolerate intense protracted exercise as it ages. Puppies under six months of age are too young to build muscle yet with protracted forced exercise. Let them play and introduce board walking, different environments, and obstacle courses to improve coordination. You may want to in-

vestigate fly ball or agility with your dog. Other sports for dogs, some which are breed specific, include lure coursing and tracking, to name a few. My Labradors were trained to pull a sled carrying my children in the winter, and I love watching people Skijoring, a sport where their dog pulls them on cross-country skis.

At six to 14 months, start out slowly and build stamina. Your dog needs to be fully grown with its growth plates closed before intense training begins. Your young pup should not be jumping from heights impacting its joints nor doing intense repetitive activities. Obese dogs cannot run without problems, just like obese people. Attaching a dog to a bicycle for exercise is cruel and prohibited by Calgary bylaws. Paws need to be toughened up to tolerate long distance running and hiking. Pavement can wear soft paw pads down to bleeding. Gravel can also cause damage on the long haul. Thicken your dog’s pads up along with his stamina. Stretching, warm ups, and cool downs are as important for your pet as they are to you to prevent injury.

Do not exercise a dog in heat, cool mornings or evenings are better. Be conscious of air conditions. Is smoke from fires west of Calgary drifting here? A dog loses excess heat by panting so all dogs are more sensitive to the smoke in the air. If your dog is leashed to you and he becomes overheated or stressed, it is difficult for a well-trained dog to say “Hey, I gotta stop!” Remember to keep your pet well-hydrated. He needs his own water bottle!

If you are running long distances take time to pick how the dog will be leashed. The market is flooded with apparatuses. A halter type head piece may rub. A collar may not give you enough control. Your dog does need to be trained to run on a loose leash with you so you don’t get injured by a dash across your feet or onto the road. I use a command “With Me”. This does not require my dog to walk or run in a very restricted position by my side like when I ask for the “Heel”. It does mean I want my pet loosely in the vicinity of my left side. In this position my dogs can run and walk, or accompany me cross country skiing, and horseback riding.

Ultimately you need to use your common sense if you want to include your pet in intense activities including running. If it applies to you for your own well-being, it probably applies to your pet. Safe playing and enjoy the summer.

Jennifer L. Scott, D.V.M.

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