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Editorial Content DEADLINE 1st
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FYI

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FIND SOLUTION ON PAGE 16



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The Ant and the Chrysalis

Appearances are deceptive.

An Ant nimbly running about in the sunshine in search of food came across a Chrysalis that was very near its time of change. The Chrysalis moved its tail, and thus attracted the attention of the Ant, who then saw for the first time that it was alive. "Poor, pitiable animal!" cried the Ant disdainfully. "What a sad fate is yours! While I can run hither and thither, at my pleasure, and, if I wish, ascend the tallest tree, you lie imprisoned here in your shell, with power only to move a joint or two of your scaly tail." The Chrysalis heard all this, but did not try to make any reply. A few days after, when the Ant passed that way again, nothing but the shell remained. Wondering what had become of its contents, he felt himself suddenly shaded and fanned by the gorgeous wings of a beautiful Butterfly. "Behold in me," said the Butterfly, "your much-pitied friend! Boast now of your powers to run and climb as long as you can get me to listen." So saying, the Butterfly rose in the air, and, borne along and aloft on the summer breeze, was soon lost to the sight of the Ant forever.



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Read Aloud 15 Minutes!

There are many wonderful reasons to read aloud every day. It's a great excuse to cuddle up with somebody special; it's the perfect opportunity for you and your child to talk about books (and possibly to groom your little one for future book club participation); and it's an ideal excuse for you to practice your silly voices and funny faces. Research shows that reading aloud with children is the single most important thing you can do to prepare a child for reading and learning.

Reading aloud to young children for as little as fifteen minutes per day has been shown to positively influence brain development in very young children, with birth to age three being critical years for the development of language skills. Reading aloud to preschoolers boosts language development, since the number of words a child knows upon entering kindergarten correlates with future academic success. Vocabulary, phonics, comprehension and storytelling are all literacy skills that reading aloud helps to build. Don't stop reading when your child grows older, big kids love a read aloud story too!

Reading aloud stimulates young imaginations and instills a love of reading. And when you read aloud with your child, you become a role model, demonstrating the importance of learning and reading to you and to your family. Getting into the habit of reading aloud with school-aged children during the lazy days of summer is an effective way to halt the summer slide of forgotten knowledge and can even create gains in your student's knowledge and reading skills.

To learn more about early literacy, the importance of reading and to get parent and family resources see www.calgaryreads.com.

**Alberta Health Services –
Emergency Medical Services**

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

- 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.

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.

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cont'd ■■■

Animal & Bylaw Services

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Dog Bite Prevention

"Safety is our top priority. We see so many dog bites every summer that could have been prevented and many times it's the children who are bitten because they are so trusting," says Alvin Murray, Animal & Bylaw Services (ABS) North Operation Manager. "Teaching ourselves and our children how to stay safe is the best way to prevent a dog bite." ABS has a few tips to help ensure people and pets interact in a safe and responsible way. Many of these tips also apply within your own home and with your own pets. ABS is also seeing an increase in dog bites to children in their own homes.

Safety around dogs

- Always stay away from stray dogs even if you think you know the dog.
- Never try to break up a fight between two animals even if one is your own.
- Never tease a dog, or do anything that may hurt it.
- Never take away a dog's food or bone, or pull a toy from his mouth.

- Never disturb a dog that's sleeping or eating.
- Never approach a dog that's with her puppies.
- Stay away from a dog that has been tied up and left alone in a public place.
- Always keep your face away from dogs.
- Never run away from a dog that scares you. Instead, stand like a tree by making your hands into fists and placing them under your chin. Stand still, do not speak to the dog, and look at the ground. Never stare into the dog's eyes. Doing these things will show the dog that you are not a threat.

Meeting a dog

- Always ask the owner's permission to pet the dog first.
- If the owner gives you permission to pet the dog, let the dog sniff your hand, being sure not to place your hand in its face.
- Pet the dog gently under the chin. Do not pet the dog on its head, as not all dogs like to be touched on the top of their heads.

Dog owners

- Neuter your male dog. Unneutered dogs may be more aggressive than neutered dogs.
- Control your dog at all times.
- Do not encourage aggressive behaviour by playing rough or pulling toys or bones from your dog's mouth.
- Properly socialize your dog.
- Keep your dog out of situations you know may cause problems.

For more info on how to prevent dog bites and other animal-related services in Calgary visit calgary.ca/animalservices or call 311.

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Working Out With Your Pet

Jennifer L. Scott, D.V.M.

Most people understand the term when a veterinarian refers to "Weekend Warrior Syndrome". Couch potato dogs accompany their couch potato owners and attack the great outdoors on the weekend. Both creatures are out of shape and suffer for it on Monday. Like their human counterparts, obesity is rampant in pets. Owners and dogs benefit from a much more consistent exercise schedule over the entire week and are less likely to encounter a variety of musculo-skeletal injuries not to mention the cardiovascular benefits. So let's explore a few of the activities you can do with your pet to keep moving and active. You can only walk a dog around the same boring block so many times.

All dogs benefit from obedience training but don't restrict yourself to basic obedience classes. What about fly ball, scent hurdling, agility, even obedience that is performed like a dance? Many organizations have classes in these sports and most of the classes are offered in the fall, winter and spring months. At one time the Canadian Kennel Club offered the only competitions that were restricted to registered purebreds, but now many competitions and some sports are open to and celebrate the iconic mutt.

Some events are breed specific such as lure coursing with hound breeds. These are fun events using imitation "rabbits" and very different from greyhound racing at tracks in the U.S.A. There are den trials for dogs such as Jack Russells and Daschunds. Contact local breed clubs for events and classes to teach your dog. There are water rescue events for breeds such as Newfoundland dogs. Tracking and carting courses can be tried with almost any larger and some smaller breeds. My Labradors loved being harnessed and pulling a sled with my children when they were small. How about Skijoring with your dog trained to pull you while you are on cross-country skis? I saw this event at the Canmore Nordic Center and was amazed.

If you are going to pursue very intense athletic events with your dog and expect your dog to perform at its peak function first you require an athletically sound animal. Sixty percent of a four-legged animal's weight is carried on the front legs; all of the weight is on the front as an animal lands from a jump. All

canine athletes need their hips, elbows, and shoulders assessed prior to intensive training. The spine of field dogs takes the brunt of the impact as they fall on a retrieve, many breeds are predisposed to spinal problems. Some sports can become very expensive with entry fees and traveling. The costs of assessing a young animal to ensure it is a good candidate for athleticism is minor compared to the losses if the animal breaks down in training. Pick a breed appropriate to the activity you expect it to perform. You may just want a breed that can comfortably run distances with you if that is your bag, but remember in heat and smoke, the animal at the end of the leash may not be able to communicate a crisis developing. It is against the law in Calgary to bike or in-line skate with a dog on a leash.

If you do encounter problems we have alternative treatments for muscle injuries not restricted to animal massage, acupuncture, cranio-sacral therapy, and physiotherapy. Some certified physiotherapists work with veterinarians; some veterinarians have carried on their education to complete specialized training in what we consider alternative therapies. There are centers specializing in animal rehabilitation with under-water treadmills and other equipment. How many general veterinary practitioners, alternative therapists, and surgical specialists work together could be a model to their medical counterparts at Alberta Health.

Weight control is critical. Many top quality diets are way too rich with quantities recommended suited for a full time athlete. The joints and muscles suffer additional stressors in the over weight animal and the cardio-vascular system has to work harder. Exercise alone will not control the weight if your pet is overfed. Make sure your pet has no medical reason if the diet and weight do not seem to correlate.

When circumstances such as weather or ill health prevent exercise, adjust your pet's diet accordingly. When weather such as cold or activity greatly increase your pet's caloric needs, increase food amounts. Look at your pet's body, nothing is engraved in stone. As our pets age like us they find it more difficult to return to activity and lose weight so find something for you and your pet to do, get out, and.....have fun!



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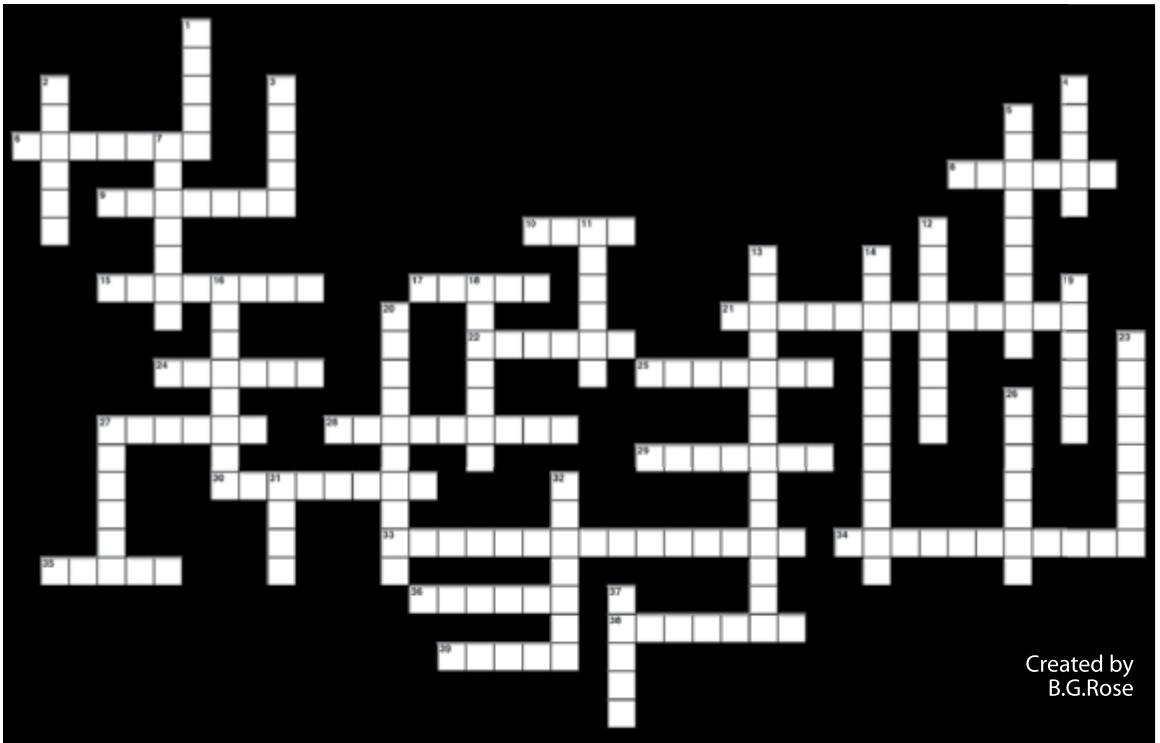
BRAIN GAMES

ACROSS

- 6 Scott Joplin's style
- 8 Small fish
- 9 Eat away gradually
- 10 July birthstone
- 15 Golf bunker (2 words)
- 17 Photo holder
- 21 Chilly zoo exhibit (2 words)

- 22 Design using small tiles
- 24 Colour of Beatles submarine
- 25 A coin and a horse
- 27 An outdoor meal
- 28 Bubbly drink
- 29 Largest of all penguins
- 30 Land of 100,000 Lakes

- 33 Cowtown show (2 words)
- 34 A red retriever (2 words)
- 35 Tea sweetener
- 36 Waxy coloured stick
- 38 Pasta "pillows of love"
- 39 Woodwind instrument



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DOWN

- 1 A bird and a golf shot
- 2 Font style
- 3 Plural of moose
- 4 A paddle boat
- 5 Sedimentary rock
- 7 007 drink
- 11 One stroke under par

- 12 Home to a wasp
- 13 Alberta bird (3 words)
- 14 Canada's only island province (2 words)
- 16 Ontario's provincial flower
- 18 Yearly guide re weather, planting, folklore, etc.
- 19 A court sport

- 20 A diving duck
- 23 Largest of the Great Lakes
- 26 Used in tennis
- 27 Simple Simon met a _____
- 31 On Cloud _____
- 32 A hot pepper
- 37 Eliminate

Across: 6.Ragtime 8.minnow 9.corrode 10.ruby 15.sand trap 17.frame 21.penguin 22.mosaic 24.yellow 25.quarter 27.picnic 28.champagne 29.Emperor 30.Manitoba 33.Calgary Stampede 34.Irish Setter 35.honey 36.crayon 38.rovelli 39.flute
Down: 1.eagle 2.lilac 3.moose 4.canoe 5.sandstone 7.martini 11.birdie 12.respiary 13.Great Horned Owl 14.Prince Edward 16.trillium 18.almanac 19.tennis 20.Canvasback 23.Superior 26.racquet 27.pleman 31.nine 32.coyenne 37.erase

Health Benefits of Walking on Cobblestones

Since ancient times, people in Asia believe that walking bare foot on uneven floors or, for example, near riverbanks or beaches with uneven rock or cobblestone surfaces is good for your health. Cobblestone-like walking pathways are common in China and Singapore. They are found in many parks and made especially for seniors and adults to walk on for better health. In Singapore, I have personally seen these cobblestone pathways and even walked on them. The benefits of walking on cobblestone pathways are a part of traditional Chinese medicine and relate to some of the principles of reflexology. When people walk on these uneven surfaces, certain acupressure points are stimulated on the soles of the feet, which are linked to organs and tissues of the body. Regularly stimulating these acupressure points is believed to help in general well-being.

According to a study reported in the Journal of Aging and Physical Activity, older adults engaging in the exercise of walking on cobblestone surfaces experienced significant improvements in their mental and physical well-being, including reductions in pain and blood pressure levels! In the study healthy people over 60 walked three times for 30 minutes in a week for 16 weeks.

This type of activity will give more choice of physical activity to keep in better health. It can be done easily at home using a cobblestone mat or having cobblestone pathways in the garden, which makes a wonderful decoration as well. And, indeed, it would be good to have cobblestone pathways in our parks too!

Kosha Vaidya, MBBS, CH

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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, or in thick slices, 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 with other veggies such as zucchini, peppers, onions, etc.

Some interesting facts and tips about tomatoes:

- Heirloom tomatoes have been handed down from gardeners for generations and are renowned 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

Bj Rose

COMMUNITY READERS RECOMMEND...



Fiction

- Vicious Circle – Wilbur Smith
- By Its Cover – Donna Leon
- The Goldfinch – Donna Tartt
- The One & Only – Emily Giffin
- The Good Lord Bird – James McBride
- Chestnut Street – Maeve Binchy

Non-fiction

- The Closer – Mariano Rivera
- Tales from Beyond the Tap – Randy Bachman
- The Third Plate – Dan Barber
- No Place to Hide – Glenn Greenwald
- The Boys in the Boat – Daniel James Brown
- Overbooked: The Exploding Business of Travel and Tourism – Elizabeth Becker

Children's

- Mr. Tiger Goes Wild – Peter Brown
- Make Way for Ducklings – Robert McCloskey
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6	1	8	2	3	9	4	5	7
4	7	9	1	5	6	2	3	8
5	3	6	9	1	2	8	7	4
8	4	7	3	6	5	1	9	2
9	2	1	8	4	7	3	6	5
2	6	3	5	8	1	7	4	9
7	8	4	6	9	3	5	2	1
1	9	5	7	2	4	6	8	3



The Urban Goose

Article: J.G. Turner
Photo: Andrea Hunt

Most people in Calgary are familiar with the Canada Goose (*Branta Canadensis*), although most of us do not realise that throughout Canada we actually see 11 (eleven) different subspecies of this bird, ranging in size from 1.1 kg to 8 kg (2.4 lbs. to 17.5 lbs.), with wingspans from 90 cm to 2 m (3 ft. to 6 ft.). The different subspecies have different body proportioning and colouring. Many people recognize the Canada Goose by its black head, white cheek patches and long black neck. In the Calgary area, our Canada goose residents have pearl-grey chest and belly colouring (but some subspecies have chestnut to black-brown undersides). The males and females of a subspecies look the same overall.

The Canada Goose usually mates for the first time in its second year, seeking a life mate. If their mate is killed, they will seek out a new mate. They breed earlier in the season than most birds, so the young geese (or goslings) will have access to the best food (young green plants, grasses, leaves, flowers, stems) and enough time to grow to a size and strength to allow them to migrate successfully in the fall. Eggs are incubated for about 4 weeks, and the male remains nearby to protect his family while the female is nesting. They are very territorial during nesting and brooding season, so be wary of a goose with its family.

Most nests sites are located near water, but may not necessarily be near their brood rearing areas. Indeed, they may nest several kilometres from where they will raise their brood, walking there over several days after the young have hatched. Urban sites chosen for nesting may also offer protection from

the weather and predators, good food sources nearby, nest space away from other nesting birds, and not necessarily be where we humans would think logical. Family gaggles are often seen trekking to brood rearing areas in both urban and rural areas.

Above all these are very adaptable birds. They will live in wild spaces (in almost any type of wetland) and densely urban environments (on high-rise roof tops and balconies, in planters, golf courses and parks). They are comfortable having humans share their environment (if you keep your distance) and have learned where to find the best food in town. They return to their parental nest sites year after year, and seem able to make the most of whatever the local environment offers.

Relocating a Canada Goose family is not an uncommon need in urban environments, and Calgary Wildlife Rehabilitation Society (CWRS) can assist when this is needed. Please call the CWRS hotline at 403-239-2488 if you think we can help.

Laugh a Little!

Where lipstick is concerned, the important thing is not colour, but to accept God's final word on where your lips end.

- Jerry Seinfeld



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Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
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Child Find – Alberta	403.270.3463
Cochrane Ecological Institute	
(Wildlife Emergencies)	403.932.5632
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ENMAX – Power Trouble	403.514.6100
Poison Centre - Alberta	1.800.332.1414
Suicide Crisis Line	1.800.784.2433
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Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care	
Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Alberta Fish & Wildlife	1.877.944.0313
Calgary Humane Society	403.205.4455
Calgary Parking Authority	
(Towed/Abandoned Vehicles etc.)	403.537.7100
Calgary Seniors' Resource - SeniorConnect	403.266.6200
Call Before You Dig (Buried Utilities)	1.800.242.3447
City of Calgary	211 and 311
Kerby Centre for the 55 plus	403.705.3246
Neighbour Mediation Hotline	403.269.2707
Road Conditions – Calgary	1.877.262.4997
RCMP – Non Emergency	403.949.7729
Weather Information	403.299.7878
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(Injured Animals, etc.)	1.888.924.2444

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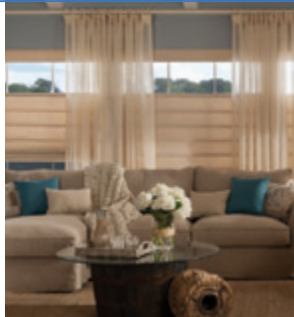
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