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The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

Great News Publishing and Rosscarrock Community Association does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

IMPORTANT NUMBERS

ALL EMERGENCY CALLS		911
Alberta Adolescent Recovery Centre	403-253-5250	
Alberta Health Care	403-310-0000	
AHS Addictions Hotline	1-866-332-2322	
ATCO Gas – 24 Hour Emergency	403-245-7222	
Calgary HEALTH LINK 24/7	811	
Calgary Police – Non Emergency	403-266-1234	
Calgary Women's Emergency Shelter	403-234-7233	
Child Abuse Hotline	1-800-387-5437	
Kids Help Line	1-800-668-6868	
Child Safe Canada	403-202-5900	
Distress/Crisis Line	403-266-4357	
ENMAX – Power Trouble	403-514-6100	
Poison Centre - Alberta	1-800-332-1414	
HOSPITALS / URGENT CARE		
Alberta Children's Hospital	403-955-7211	
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		
Calgary Humane Society	403-205-4455	
Calgary Parking Authority	403-537-7000	
SeniorConnect	403-266-6200	
Calgary Kerby Elder Abuse Line	403-705-3250	
Alberta One-Call Corporation	1-800-242-3447	
City of Calgary	311	
Social Service Info & Referral	211	
Community Mediation Calgary Society	403-269-2707	
RNR Lockworks Ltd.	403-479-6161	
Road Conditions – Calgary	511	
Weather Information		
Gamblers Anonymous	403-237-0654	

CONTENTS

7	LOOKING FOR A FUN WAY TO KEEP ACTIVE THIS SPRING?
10	RESIDENT PERSPECTIVES: NOWRUZ (NO-ROOZ)
11	CALGARY IMMIGRANT EDUCATIONAL SOCIETY
12	THE INDOOR GARDENER
13	TAKE ON HEALTH: GINGER
14	MY BABYSITTER LIST
14	ROSSCARROCK REAL ESTATE UPDATE
18	CALGARY HUMANE SOCIETY: DOG SAFETY AT SUMMER FESTIVALS



ROSSCARROCK BOARD OF DIRECTORS 2016-2017

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To reach our Board of Directors please contact
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COMMUNITY CONTACTS

James Runge	Neighbourhood Partnership Coordinator james.runge@calgary.ca 403-476-7171
Lemlem Haile	Community Social Worker lemlem.haile@calgary.ca 403-221-4576 • 403-880-6045
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Address: _____

Postal Code: _____ Phone: _____

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Do you want to receive emails regarding future events?

Do you want to get involved?

We are always looking for volunteers to help us with the community. If you are interested in anything listed below, please check it off and we will contact you!

- Board of Directors
- Casino Volunteer
- Special Events
- Canada Day Party
- Spring Clean-up Day
- Community Garden
- Newsletter
- Snow Angels
- Anything else you can think of? _____

Office use only

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Paid _____



Looking for a fun way to keep active this Spring?

Check out Pickleball on Tuesdays and Thursdays from 6:30 – 8:30 p.m. at the Rosscarrock Hall!

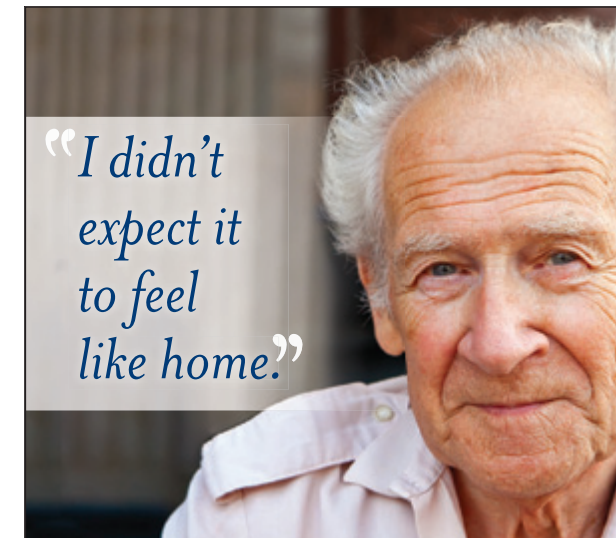
To learn more about this fun sport visit
www.calgarypickleballclub.ca



KIDS ART COLLECTIVE

Do you know a pint-sized Picasso ages 12 and under? Each month our newsletter will feature a selection of drawings and paintings by neighbourhood kids with a flair for the creative.

To submit a work of art, please send it to info@rosscarrock.org. Images must be a resolution of 300 dpi.



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Please join us at Rosscarrock Community Association's Annual General Meeting!

Date: May 30, 2017
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 Location: Rosscarrock Community Hall, 4411 10 Ave SW

Save the Date for Rosscarrock's Annual Clean-up Day!

Saturday, May 27, 2017
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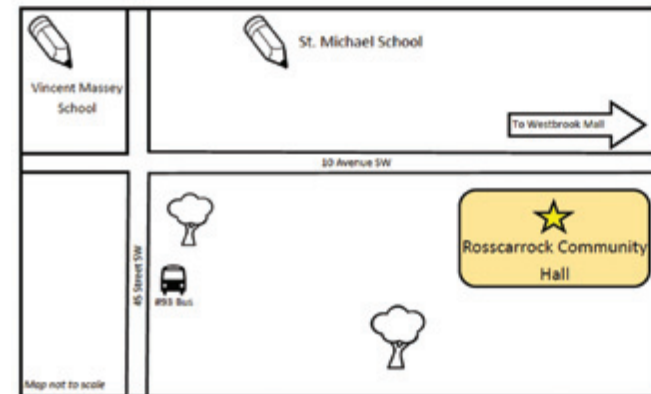
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Nowruz (No-Rooz)

By Robina Kapadia

Nowruz is the traditional Persian festival of spring which starts at the exact moment of the vernal equinox, commencing the start of the spring. It is considered as the start of the New Year among Iranians. Nowruz means “new day” and is celebrated either on March 20 or 21 each year, depending on the time the sun enters Aries and spring begins. It marks the beginning of the solar calendar.

Nowruz has been celebrated for over 3,700 years and is deeply rooted in the rituals and traditions of the religion of Zoroastrianism. Zoroastrianism is the world’s oldest monotheistic religions founded by the prophet Zarathushtra approximately 3,755 years ago (circa 1738 BCE) in ancient Iran.

Zoroastrianism flourished as the imperial religion of three Persian empires, and was the dominant religion from Turkey, and eastward to China during those times.

Nowruz was celebrated for several centuries before other ethno linguistic groups adapted this spring festival. Zoroastrians devote the last 5 days of the year to the souls of the departed by praying through these 5 days. Nowruz then marks the beginning of the New Year and is celebrated as a festival hope, and new life. It brings the message of renewal, gratitude, joy, light and victory of good over evil.

Today the festival of Nowruz is celebrated by over 300 million people of several ethno linguistic groups in Iran, Iraq, India, Afghanistan, Tajikistan, Uzbekistan, Azerbaijan, Kazakhstan, and Kyrgyzstan. In many groups it is celebrated as the start of the New Year while for some it is only a celebratory event.

A symbolic table is arranged in every Persian home called the “Haft-seen”. This consists of seven items starting with letter “S” in Persian namely sprouts, sweets, garlic, apples coins, flowers each symbolizing life, light, health, wealth, abundance, love and patience.

Families gather at the Haft-seen table and await the exact moment of the arrival of the New Year which is exact time of the vernal equinox.

Nowruz celebrations span over 13 days in Iran. During the Nowruz holidays families, friends and neighbours pay visits to one another in the form of short house visits.

The thirteenth day of the Nowruz festival is called Sizdah Bedar (meaning “thirteen outdoors”). People spend the day with family and friends in day outdoors in form of family picnics. It is a day of festivity in the nature.

The UN’s General Assembly in 2010 recognized the International Day of Nowruz, describing it as a spring festival of Persian origin which has been celebrated for over 3,000 years.

BRAIN GAMES SUDOKU

5			3			2		
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	3	9	5			4		
7	5			2		6		4
4	6	2						
		3			1			5

FIND SOLUTION ON PAGE 15



Calgary Immigrant Educational Society

It should come as no surprise that immigrants and refugees arriving in Calgary face numerous challenges to settlement. While newcomers routinely say that learning English is the biggest hurdle to their family’s integration into Canada, a close second is finding employment – 90% of Calgary’s newcomer population is under the age of 44, which represents a tremendous future workforce for the city. They are also educated - at least 38% have a Bachelor’s degree or higher, compared to just 34.8% of established Calgarians. And while their immigration status doesn’t mean that they are any less qualified, newcomers often come up against barriers to employment in Canada.

Former professionals, such as engineers and accountants, often require years of additional schooling to obtain accreditation in Canada. Those that don’t have professional qualifications often face even greater challenges as they learn to integrate with Canadian work culture – Canadian work experience is often a prerequisite for employment in Canada, but employment is required to obtain that same work experience. To address these challenges, CIES offers a series of employment training programs designed to bring newcomers into the workplace faster, including industry-specific courses in accounting, clerical, and computer skills. We also offer programs that build on existing skill sets and prepare clients to succeed in business.

The first of these programs is Employment Skills Training. This free, full-time program equips unemployed permanent residents and refugees with the skills to secure employment in Canada. Over three months, attendees learn how to make a career plan, build an effective cover letter and resume, learn how to navigate

Canadian business culture, and develop their interview preparation skills. Up to 88% of graduates will go on to find employment in industries such as healthcare, child-minding, education and trades.

The second program we offer is Entrepreneurship Development Training. This innovative new program encourages and removes the barriers to entrepreneurial success for immigrants and low-income Calgarians. Through a series of workshops, clients receive financial literacy in the Canadian banking system, including credit, savings products, and home ownership. Building on this foundation, students learn the principles of successful entrepreneurship, including business selection, plan writing, risk management, human resources issues, and taxation. The program completed its first intake of students in March; they will graduate in June.

It is in our best interests as Canadians to provide newcomers with the support they need to successfully settle and begin to provide for their own families in Canada. Settlement agencies across the country are continually tailoring their programs to offer newcomers the education and social skills they need to achieve independence for their families. As a Canadian citizen, take some time to reflect on the sacrifices made by your own family as they emigrated to Canada, and then ask yourself how you can help others do the same.

The Calgary Immigrant Educational Society (CIES) provides immigrants and low income Canadians with various levels of language, employment, computer, and settlement programs. They assist over 1400 students a day, 7 days per week, in-class and online.

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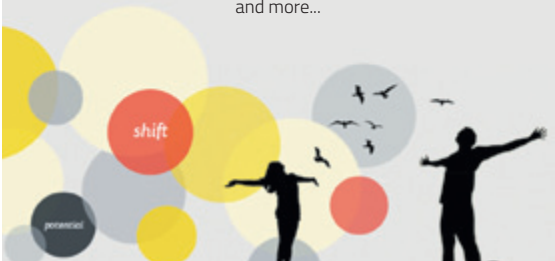
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152 Calgary Communities

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The Indoor Gardener

by Cindy DeJager

Peace Lily (*Spathiphyllum wallisii*)

Peace Lilies are native to the South American rain forests where they grow on the forest floor. The soil is rich in peat moss and humus, providing the plant with decayed organic material, bark, and aeration for the roots.

The rain forests are warm and humid, and being on the forest floor under the cover of the tall trees provides shade from the hot sun; this is the perfect growing environment for *Spathiphyllum*.

So, what is the perfect growing environment for a Peace Lily in your home?

Simulate the natural environment of the forest floor where the sunlight is indirect and dappled; a north or western exposure is the best. Keep your lily about 6 – 8 feet away from the window; this allows for consistent light levels; maintain temperatures 65 – 80 degrees Fahrenheit and avoid cold drafts. Misting your lily often provides humidity and keeps the leaves clean and glossy allowing for better photosynthesis. Rich potting soil with humus or peat moss, such as an orchid type of soil will allow for drainage and the necessary aeration for the roots. Avoid potting mixtures that contain soil as they will be too heavy and may contain fungus or pests, and may also contain fertilizer, which the Peace Lily needs very little of.

Even when we provide all the necessary requirements for our lily, we may still see some symptoms of problems. The most common symptom is brown leaf tips. This could indicate that your Peace Lily has too much light or too much fertilizer.

A droopy Peace Lily is wilted, usually from a lack of water, but will recover quite quickly. Be sure to water your lily until the excess water runs out the bottom of the pot. A Peace Lily that droops often (more than once a week) may mean that it needs to be re-potted.



IN & AROUND CALGARY

EMS

National Paramedic Services Week is May 28 – June 3, 2017.

National Paramedic Services Week honors the Emergency Medical Services (EMS) profession and recognizes the men and women providing this key public service. It is also an opportunity for the public to better understand the important role EMS has within both the health care system and our communities.

The year's national theme is, Paramedics: Always In Service.

Whether directly or indirectly, every Albertan has felt the importance of the service paramedics provide. Paramedics are trained health care professionals who stabilize and treat patients before and during transport to hospital. In some areas of the province, paramedics are now working side-by-side their health care colleagues in hospitals and community care facilities.

- There are over 4,000 EMS practitioners and 550 ambulances in the Alberta Health Services system province-wide;
- Approximately 5,500 patients will be transferred by fixed wing aircraft through contracted air ambulance providers in Alberta this year;
- EMS dispatch receives over 500,000 ground ambulance calls each year.

EMS practitioners across the Alberta and Canada will be celebrating National Paramedic Services Week in a variety of ways. Watch for information in your local media as well as AHS EMS Twitter and Facebook about events in your community.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million Albertans and it's more than 661,848 square kilometers. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.

TAKE ON HEALTH



Ginger

By Sarah Greer

Aside from being a popular spice, ginger truly is a superfood. Its health benefits range from being a natural antibiotic, to its anti-inflammatory properties, to its digestive soothing effects, and more. One of my favorite ways to enjoy ginger is in tea form and it's so easy to make at home.

I make my ginger tea using raw, peeled, ginger root and filtered water. The amount of ginger I use varies depending on who will be drinking it. I love the taste of ginger, so I'll use quite a lot when I make it for myself. This also means that my tea packs a pretty big nutritional punch because I use so much of the root.

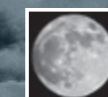
Simply put the raw, peeled ginger root in a pot with the filtered water and bring it to a boil. Once it starts to boil, reduce the heat and cover the pot allowing the tea to simmer for about 40 minutes. When you serve the tea, feel free to put a dash of cinnamon, or a touch of honey to add some sweetness. Enjoy!

Sarah Greer is a local health and wellness consultant. She believes in educating people on how to implement healthy lifestyle changes, supporting them through the transition process, and empowering them to move forward with their newfound understanding of health.

MAY MOON CALENDAR



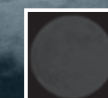
First Quarter
May 2



Full Moon
May 10



Last Quarter
May 19



New Moon
May 25

Rosscarrock mybabysitterlist

Name	Age	Contact	Course
Bobbi	23	403-877-4525	Yes
Cathy	30	403-390-8600	No
Criselda	46	403-714-6083	Yes
Genevieve	27	581-307-6165	Yes
James	16	587-583-4683	Yes
Jordan	26	403-966-1647	No
Melissa	22	587-436-9260	Yes
No	19	402-718-3749	Yes
Priscilla	28	403-402-6113	Yes
Saba	18	403-437-6683	No
Shawna	19	403-402-0489	Yes
Sophia	35	587-700-5989	Yes
Tenzin	19	587-581-3365	No

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Rosscarrock Real Estate Update

Last 12 Months Rosscarrock MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
April 2017	\$624,950.00	\$611,750.00
March 2017	\$571,944.00	\$570,000.00
February 2017	\$729,000.00	\$717,000.00
January 2017	\$559,450.00	\$567,000.00
December 2016	\$559,900.00	\$543,000.00
November 2016	\$619,450.00	\$607,750.00
October 2016	\$712,450.00	\$696,750.00
September 2016	\$499,900.00	\$485,000.00
August 2016	\$729,500.00	\$695,000.00
July 2016	\$629,950.00	\$612,500.00
June 2016	\$719,700.00	\$700,000.00
May 2016	\$675,000.00	\$646,500.00

Last 12 Months Rosscarrock MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
April 2017	7	4
March 2017	2	2
February 2017	5	1
January 2017	2	2
December 2016	3	1
November 2016	3	4
October 2016	4	4
September 2016	5	3
August 2016	2	1
July 2016	5	4
June 2016	7	2
May 2016	5	7

To view more detailed information that comprise the above MLS averages please visit rosscarrock.great-news.ca

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BRAIN GAMES SUDOKU

5	4	6	3	8	9	2	7	1
3	1	7	2	5	6	8	4	9
2	9	8	1	4	7	3	5	6
6	7	4	9	3	2	5	1	8
8	2	5	6	1	4	9	3	7
1	3	9	5	7	8	4	6	2
7	5	1	8	2	3	6	9	4
4	6	2	7	9	5	1	8	3
9	8	3	4	6	1	7	2	5



VICTORIA'S REIGN

Queen Victoria is the second-longest reigning British monarch, having ruled 63 years. She is only surpassed by Queen Elizabeth II who became longest-reigning British monarch on September 9th, 2015.



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Budget 2017 Represents a Lack of the Real Change the Government Promised

As part of the Official Opposition, when we see the federal budget, we are naturally going to look for places to criticize. Budget 2017 doesn't give me a lot of opportunities to do that – not because the measures it takes aren't questionable – but instead it refuses to make nearly any choices or take nearly any measures at all. Most of the funding is being earmarked away for things that most of us would find difficult to even understand – like funding for innovation “superclusters” (pg. 79), or an “infrastructure bank” (pg. 129). The initiatives that we do understand won't see actual dollars being spent until 2019 or later.

Nevertheless here are a few tangible takeaways from the budget:

- No plan to balance the budget before 2050-2051.
- Forecasted, structural deficits of around \$20 billion per year for the next five years.
- \$8.4 billion cut to defense procurement.
- An acknowledgement that Gross Domestic Product (GDP) growth was significantly below the expectations of the last budget.
- A plan with more funding for the CRA to continue to target small businesses for additional audits, as well

as new restrictions on how family members can be involved in small businesses.

- Taxes on alcohol rise by 2%
- GST will now be collected on ride sharing services, such as Uber.

I'm disappointed not only that Budget 2017 doesn't represent the priorities of Albertan families, nor does it provide any tangible relief for those who are unemployed (a \$30 million one-time grant to the Alberta is offset with higher taxes on oil and gas drilling), but even more so that the Government doesn't really seem to care. The Finance Committee, which I am Vice Chair of, had its meetings typically devoted to pre-budget preparation cancelled because the Government put forward no business to study, and used their majority to defeat multiple motions from myself and my colleagues to study both the long term financial impact of the last budget, and Alberta unemployment.

The media has been equally negative in its assessment of the budget. Here are two quotes that have stood out to me:

- Andrew Coyne (National Post): “I have read a good many tedious, empty budgets in my time. I cannot recall ever reading one quite as mind-bendingly empty as this one.”
- Konrad Yakabuski (Globe and Mail): “... barely 18 months into their mandate – the Liberals are stuck. They can neither move ahead with their progressive agenda – all Mr. Morneau's recent talk about soaking even more the rich turned out to be just talk – nor turn off the spending taps they opened last year, lest they repudiate more or less everything they proclaim to stand for.”

I am always grateful to hear your feedback on Budget 2017, or any other matter. Please feel free to call my office or email me at any time.

Wow, what a two years it has been! As I gear up for another busy month in the Legislature I thought I would reflect on what we have accomplished together and share some of the work I have been doing around Calgary Currie. Back in 2015 I was selling large diesel generators to oil rigs and, like so many of you, I was concerned with the direction of the economy and the government of the day. Sales were slowing, and the solution being proposed was cuts and increased costs to average families. Health care premiums were increasing; no investments in schools were being made. Progress on the construction of new pipelines had stalled.

I offered Calgary Currie residents a more progressive, inclusive vision for our province's future, and I am honoured you trust me to do that work. I promised to support an increase to the minimum wage, because a person working full time shouldn't need to go to the food bank. I promised that we would invest in new schools and affordable housing. In Calgary Currie this year alone \$1.3 million is being spent on housing for seniors, while new schools opening to the west will ease the burden on those within our riding. I am also proud that your NDP government kept its promise to reduce school fees. Many have told me that come September it will be a welcome change to no longer scramble to cobble together the funds to get their kids out the door and into their schools. Every day our government is working to make life better and more affordable for families in Calgary Currie and across Alberta.

My office and I have also been hosting consultations for my first Private Member's Bill - Bill 211 - which seeks to ensure that persons with disabilities who inherit assets following a parent's death cannot have their government benefits terminated. Alberta is the only province where the government is allowed to claw back the access a person with disabilities has to government services if they inherit assets. Many have shared with me their worry that a loved one's AISH would be cut or that their child would no longer be able to afford the medication they need. If this issue impacts you, please contact my

office. We would love to hear your concerns and keep you informed as this bill progresses.

After having spent much time working with the fine seniors organizations in our riding, this April I had the pleasure of taking the Minister of Seniors and Housing Lori Sigurdson on a tour of some of those very facilities that provide care and support for so many. I was also happy to attend Richmond Knob Hill Community Association Earth Day Fair that brought together local businesses, musicians, and community members to celebrate the installation of the new solar panels on their hall. And finally, I invite you to join me on July 9 - to enjoy and celebrate our community - at my annual Stampede Breakfast. This year's breakfast is at the Glenbrook Community Centre from 9:00AM to Noon. All are invited to attend. And for those keen to volunteer, please do contact my office. Helping hands are always welcome!

COMMUNITY ANNOUNCEMENTS

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- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

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Making Democracy More Accessible for Calgarians

Election season is right around the corner and there are a few things you should know about how everything will go down this year. We need to tackle the challenge of declining voter turnout at the municipal level and encourage everyone to participate in democracy. I put forward a Notice of Motion this past November to look at ways that Election Day can be as easy and accessible as possible which has resulted in some great new initiatives for the upcoming Municipal election. Starting this year, everyone will receive a brochure in the mail which will have a free transit pass for Election Day! Not only that, but the Advance Polling Bus will be making a lot more rounds this year to help those who may have accessibility issues. The reality is that not everyone lives or works close to a voting booth, so doing what we can to make the polling stations as accessible as possible is the least we can do to encourage democratic engagement by Calgarians. Another initiative that the City of Calgary is undertaking is creating a candidate profile page on its website. It'll be a one stop shop for information on all candidates in both the Councillor and Mayoral races.

Further to that, a full week of advance polls will be happening at Mount Royal University, University of Calgary, and SAIT. Students have busy schedules and Election Day falls right around mid-term time, so this is another way to ensure that polling stations are as easy to access as possible. If you or someone you know attends one of these post secondary institutions, make sure that you take advantage of the advance polls!

If you ever have any questions, concerns, or ideas about how to better your community please reach us by email at ward08@calgary.ca or give us a call at 403-268-2431.



Happy May!

We hope you are enjoying the beautiful spring weather. At Calgary Humane Society we are very busy getting ready for this year's Dog Jog! On June 3 we will welcome hundreds of awesome people, and their dogs, for a day of family fun with proceeds going directly to animals in need! Enjoy delicious food, fun activities and a scenic run or walk through South Glenmore Park! To learn more about how to join us for this family-friendly event, please visit www.calgaryhumane.ca/dogjog.

Dog Jog is just one of the great festivals around Calgary that you can enjoy with your pet, but before you set out with Fido here are a few safety tips to keep in mind!

Pet-Friendly Festivals

- 1. Check that the festival is pet friendly!** Each year Calgary Humane Society receives many calls about dogs locked in hot cars at festivals and events. Dogs left in hot cars (even with the windows cracked) can quickly fall victim to heat stroke.
- 2. Stick to less crowded areas.** Large crowds can be stressful for dogs and each year several dogs in Calgary are injured when they are accidentally stepped on in a large crowd.
- 3. Watch for signs of stress.** Dogs have a number of 'calming signals' that indicate stress. If your dog is lip licking, yawning, dry panting, trying to leave or has a stiff body/tense facial muscles, it's time to find a quiet space!
- 4. Stay away from stray snacks.** Festivals mean food, and food + walking = a LOT of snacks on the ground! Scarfing up these stray snacks could make your dog sick or could even be fatal.
- 5. Watch for friendly strangers.** Lots of people love dogs! Unfortunately they may forget to ask before trying to pet Fido. If you choose to bring your dog to a festival you are responsible to ensure your dog's safety and the safety of others.
- 6. Please don't let dogs visit.** Most pets find meeting on leash to be more stressful than meeting off-leash.
- 7. Bring lots of water.** Keep Fido well hydrated and happy!
- 8. Keep it on leash.** Unless you are in a designated off-leash area, Calgary bylaws state that your dog MUST be on a leash. Festivals are no exception.
- 9. Training is key.** Loose leash walking, sitting, staying and heeling are important skills for any dog that will be attending crowded places. Calgary Humane Society offers training classes and private consultations to help Fido work on his manners.
- 10. Watch out for heat and sun!** Just like people, pets can wind up with sunburns. The sun can also heat up asphalt, making it dangerous to unprotected paws.



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Dr. Linda Geng

Dr. Erika Schroeder

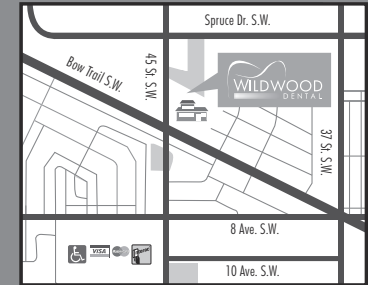


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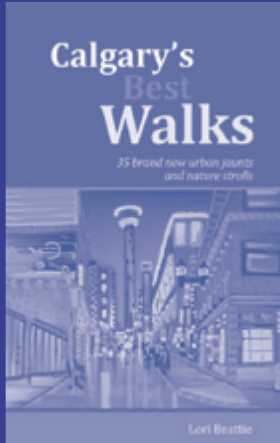
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