



News from the PALS Press

Newsletter of Calgary's Pet Access League Society

"Pets Helping People"

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Pumpkin Wafers Dog Treat Recipe

www.all-natural-dog-treat.com

Looking for a yummy and healthy dog treat to warm the heart of your trusty PAL? Try Pumpkin Wafers! This pumpkin dog treat is loaded with Beta carotene and anti-oxidants, especially vitamins C and E. These vitamins help to lower cancer risk, cataracts and heart disease.

Ingredients:

- One 15 oz. can mashed pure pumpkin (NOT the spiced pie filling)
- 3/4 cup dry cream of wheat (or rice cereal if wheat-sensitive)
- 1/2 cup dry powdered milk

Directions:

- Preheat oven to 300 F.
- Mix all ingredients together. Drop small spoonfuls onto a lightly greased cookie sheet and bake 15-20 minutes. Tip: Use a pastry bag and squeeze out rosettes about the size of a dime for tasty, bite sized cookies

Travelling with your pet

Over your summer holidays undoubtedly many of you experienced the frustration and guilt of not knowing what to do with your pet while the rest of the family went on vacation. Fear no more! You no longer have to leave your pet behind as many hotels in efforts to accommodate clientele are going pet-friendly. If you find yourself in a bind, or the pet boarding facilities in the city have filled for your last-minute trip, you can now take "Fluffy" along with you.

Many hotels offer pet-friendly rooms for a small surcharge or donation to a local animal charity. Some hotel chains even offer dog walking services and special "pet treats" to make your pet more comfortable during their stay.

Imagine my surprise when we took our annual winter family trip to Chateau Lake Louise, and found that the friendly hotel dog walkers had not only taken my dog for a 3 hour walk around Lake Louise, but had also settled her down under the Christmas tree in the lobby - much to the delight of visitors!

To help you out in planning for your next trip, you may want to check out the following links to help you find a place to stay with Fido and Boots. Be sure to ask if they have size restrictions and obtain a complete list of pet rules for the establishment in advance.

Pet-friendly hotel search engines:

Canada:

- www.petfriendly.com
- <http://www.dogfriendly.com/server/travel/guides/us/canada.shtml>

U.S. only:

- http://www.tripswithpets.com/pet_friendly_hotel_chains.asp

Hotel Chains International:

- http://hotels.about.com/od/petfriendlychain/Pet_Friendly_Hotel_Chains.htm



For those looking for a local getaway, both the Fairmont Chateau Lake Louise and the Fairmont Banff Springs have great reputations for the dog sitting and activities provided for your pets while staying at their establishments.

If you are traveling out of country and your pet does not fit compactly under the seat in front of you on the plane, you may want to check out the following link that details the first pet-only airline! <http://petairways.com/>

Don't forget! Many hotels require that your pet is crated while left alone in the room.

Art Market 2009

Though it's still a few months away, PALS is already planning for Art Market 2009. This giant art and crafts sale not only offers an amazing shopping experience, the Art Market is one of PALS top fundraising events.

What is the Art Market?

The Art Market is Calgary's premier art and craft sale. Held just in time for Christmas shopping (November 19-22) at the TELUS convention centre, this year's market will feature more than 200 professional artisans from across Canada.

The event is designed for the Christmas gift shopper as well as for the discerning collector. As in past years, this year's market will feature an incredible range of quality arts, crafts and edibles. Selections include handmade pottery, a wide array of stunning jewelry, classic and unique home furnishings, seasonal decorations and custom

clothing. Prices vary widely from inexpensive stocking stuffer items to high end home furnishings and elaborate jewelry.



How does PALS get involved?

PALS provides a unique service to the art market in exchange for significant funds. PALS volunteers (the two-legged kind only, in this case) provide much needed breaks for the exhibit workers, and the Art Market makes a much-needed donation to PALS for their efforts. The job is not strenuous: each PALS volunteer simply stands in for an artisan at a booth and acts as a temporary sales person.

The Art Market is also an excellent public outreach tool for PALS. PALS pets and owners host a PALS booth at the entrance to the market, distribute fliers and information about PALS, accept donations, and - most importantly - our four legged partners accept about a million pats from passersby. Volunteers receive a free coupon for entrance to the market, valid for the entire weekend.

Sign up today!

If you are interested in helping out at this fun and worthwhile event, please fill out the volunteer form below (or visit <http://www.palspets.com/members/ArtMarketVolunteerForm2009.pdf> to sign up online) and send it to the PALS office by email, fax or post.

For more information about this show, or to get a \$2 off admission coupon for the Art Market, visit <http://www.artmarketcraftsale.com/>

PALS Screenings

Do you have a new pet that you think might make a great PALS volunteer? If the answer is "yes", bring your buddy to one of PALS' next screening dates: October 4 and November 15, 2009.

Here are the steps:

Go to www.palspets.com, click on the "Members" tab, and complete the appropriate pet history form. (If you do not have access to a computer, just call the PALS office to sign up.)

Remember: spaces are limited so it's important not to leave registering until the last minute. Also, don't forget to tell your friends about volunteering with PALS! We're always looking for more two and four legged volunteer teams!



Special Visits – We need you!

Volunteers are needed for the following special visits. If you can help, please contact Joan at the PALS office at 403-250-7257. Alternatively, you can email her at joan@palspets.com

Garrison Green Seniors Community:
Wednesday, October 21 @ 2 pm

Society for the Treatment of Autism:
Friday, October 23 @ 1:45 pm

Aspen Lodge:
Monday, November 30 @ 6:30 pm

Art Market Volunteer Sign-Up Form

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Name _____ Email _____

Pet Name (if volunteering with Pet) _____ Pet Species / Breed _____

Daytime Phone _____ Evening phone _____

I have volunteered at the Art Market before: YES _____ NO _____

Please indicate below your volunteer position and shift preference:

SHIFT SUPERVISOR (10 Volunteers Needed)

Meets with and ensures all volunteers sign in, have name tags and understand their volunteer position. Contacts volunteer(s) from spare list ASAP in case backup is required. Provides PALS Volunteers with a break if required. Oversees all PALS Volunteers for their shift. Continually monitors all volunteers. Offers any Artisan a washroom break if scheduled booth relief is late in the shift.

SHIFT TIMES (PLEASE INDICATE BY "X")

Thurs. Nov. 19 _____ (9:30am-1:30pm)	Fri. Nov. 20 _____ (9:30am-1:30pm)	Sat. Nov. 21 _____ (9:30-2pm)
Thurs. Nov. 19 _____ (1:30pm-5:30pm)	Fri. Nov. 20 _____ (1:30pm-5:30pm)	Sat. Nov. 21 _____ (2-6:30pm)
Thurs. Nov. 19 _____ (5:30pm-9:30pm)	Fri. Nov. 20 _____ (5:30pm-9:30pm)	Sun Nov. 22 _____ (9:30-1:30pm)
		Sun Nov. 22 _____ (1:30-5:30pm)

BOOTH RELIEF VOLUNTEER (60 Volunteers Needed)

Introduce yourself to each Exhibitor in your designated area and determine when they would like a break Keep track of times and return to booth at designated time. You will be responsible for approximately 11 Booths. You are required to either stay in the booth for a 19 minutes period or simply go and get them a sandwich/coffee if that is what they prefer. Exhibitors will pay for any food/beverage they ask you to get. Each Exhibitor is entitled to ONE 19 minute break per shift. If they require additional break(s) there will be a \$5.00 charge for each 20 minute break.

SHIFT TIMES (PLEASE INDICATE BY "X")

Thurs. Nov. 19 _____ (11:30am-3:30pm)	Fri. Nov. 20 _____ (11:30am-3:30pm)	Sat. Nov. 21 _____ (11:30am-3:30pm)
Thurs. Nov. 19 _____ (4:30pm-8:30pm)	Fri. Nov. 20 _____ (4:30pm-8:30pm)	Sun. Nov. 22 _____ (11:30am-3:30pm)

____ I will be a spare volunteer (please indicate which shift)

PALS PUBLIC RELATIONS VOLUNTEER (34)

Bring your PALS registered pet and talk to the public about our program. Must stay at the designated spot. You cannot walk around the facility. Pet must be supervised and on leash at all times. So as not to stress the animals, shifts are two hours. You are encouraged, however, to sign up for additional shifts with your pet OR volunteer elsewhere.

SHIFT TIMES (PLEASE INDICATE BY "X")

Thurs. Nov. 19 _____ (10am-12pm) _____ (12-2pm) _____ (2-4pm) _____ (4-6pm) _____ (6-8:30pm)
Fri. Nov. 20 _____ (10am-12pm) _____ (12-2pm) _____ (2-4pm) _____ (4-6pm) _____ (6-8:30pm)
Sat. Nov. 21 _____ (10am-12pm) _____ (12-2pm) _____ (2-4pm) _____ (4-6pm)
Sun. Nov. 22 _____ (10am-12pm) _____ (12-2pm) _____ (2-4:30pm) (closes at 5:00pm)



Please e-mail this form back to artmarket@palspets.com, mail to the PALS office at 3019 – 21 Street NE Calgary T2E 7T1, fax it to 403-250-9273, or click on the Members section of our website (www.palspets.com) to submit your sign-up form on-line.



Story Pals Pets: Reading is Fun-Dog-Mental!

The STORY PALS Reading Program has helped improve the literacy skills of children, especially those with self-esteem issues or learning challenges.

Children who were formerly reluctant to read are seen reading entire books to our furry friends - and are often shocked that they are accomplishing it. Some kids who are embarrassed about their reading skills find it much easier to read in a comfortable setting with encouragement from their new PALS.

Recently the office received the following heart-warming note:

"...I am a Family School Liaison worker at a school in Calgary. I have been taking two of my clients to the Story PALS program at the Public Library. One boy in particular struggles greatly with reading and literacy. He

does everything in his power to avoid reading. The Story PALS program has changed this! We have been to 3 sessions of the group and I cannot believe how willing and fluent he is! He reminds me all week for Wednesday and I see his excitement growing as we get closer to "reading day" (as he calls it). This program, with the amazing dogs and amazing owners, has really changed his outlook on reading, never mind his confidence."

Please consider volunteering for this worthwhile program! The next session times and dates have finally arrived:

Crowfoot Library: Wednesdays from 7-8 pm, Oct. 21 – Dec. 2*

Fish Creek Library: Wednesdays from 4:30 – 5:30 pm, Oct. 21 - Dec. 2*

Louise Riley Library: Thursdays from 7-8 pm, Oct. 22 – Nov. 26

Shaganappi Library: Wednesdays from 7-8 pm, Oct. 21-Dec. 2*

Thorn-Hill Library: Wednesdays from 7-8 pm, Oct. 21 – Dec. 2*

Village Square Library: Thursdays from 7-8 pm, Oct. 22 – Nov. 26

*Extended due to the November 11 stat holiday

If you'd like to find out more information on how you can become involved in this amazing program, please contact Joan at 403-250-7257 or email her at joan@palspets.com.

Chaser, our PALS Pet of this month

Chaser is a three year old Cocker Pomeranian cross who visits at the Hillcrest Extended Care and the Alberta Children's Hospital. He has been visiting for almost two years. Chaser loves birds, squirrels, rabbits and chasing after them - his name came pretty naturally!



PALS Pet of the Month – with a seasonal twist!

PALS PET OF THE MONTH is a great opportunity to show off just how wonderful our PALS pets are! This issue, we have added a new spin.

Bring out your inner photographer and catch your animal enjoying the changes of autumn. Your photo can be whimsical, silly or just plain cute. Use the colors and changes of autumn and your PAL's mug may be featured in the next edition of this PALS newsletter.

Submit a digital photo of your pet, in-

cluding your name, your pet's name, a brief pet bio and your e-mail address. Don't forget to include the facility where you and your pet volunteer. Also, please include a short paragraph on why the picture you submitted represents autumn at its best.

Do not enter more than ONE photo per pet, as we'd like to feature as many of our furry volunteers as we can. Your picture MUST be of a PALS pet only, sorry NO PEOPLE PLEASE.

Remember, you are not allowed to take pictures inside of the facility where you volunteer. Please ensure your pet is wearing their PALS volunteer scarf in the photograph.

Photos should be in jpeg format. Photos are not returnable and will become the property of PALS. Please e-mail photos and a short bio to: petofthemonth@palspets.com

Community Spirit Donation Grant

In June of this year, PALS received \$15,016 in the form of a Community Spirit Donation Grant from the Provincial Government. This money could not have come at a better time, as donations have been adversely affected by the recession.

When economic times get tough, charitable giving normally declines. In the recent recession, most charities have seen a sharp drop in donations. Despite the decline in charitable giving, experts say that it should not be interpreted as a decline in Canadians' philanthropic spirit. In some cases, the form of giving has just changed. Rather than giving an immediate lump sum, many donors have elected to delay giving through bequests or through a gradual process, such as an annual or monthly plan.

As a reminder, with many giving campaigns beginning to ramp up for fall, all personal donations made through the United Way's Donor Choice Program and donations made to any "flow through" fund are eligible for this grant and many also provide donor flexibility with payments.

Husky Charitable Fund and Husky Energy

Once again PALS would like to thank Husky Oil and its amazing employees for their continued financial support. Husky is committed to improving the quality of life in the communities where it operates. The Company focuses on agencies that address social issues, emergency and safety services, and provide youth programming and sponsor initiatives that encourage com-

munity development.

Earlier this year PALS received a cheque in the amount of \$4,357.94 from Husky Energy and, in August, PALS received a cheque from the Husky Charitable Fund in the amount of \$6,009.79. The money from the Husky Charitable Fund qualifies for the Community Spirit Donation Grant.

The generosity of Husky and its employees is an outstanding model of a good corporate citizen and PALS is grateful for their assistance!



The very hardest goodbye

The media has recently been discussing the topic of when is the appropriate time to euthanize one's pet. The heated debate has included many personal, heartfelt stories of families not wanting to say goodbye to their furry companions or believing that they really were doing the right thing by prolonging the life of their pal. One opinion on why it is so difficult to say goodbye to a pet is that they symbolize innocence and youth to us. They never really learn to care for themselves and their unconditional love is so akin to that of a child, that our mind recognizes them as children, subconsciously or otherwise.

What it is important to realize is that everyone's experience is different, it is essential to have all the information you can find, and you must know what your expectations and wishes are for your pet. When the time comes, the

one question you really need to ask yourself is, "what is the current quality of my pet's life?" And, "can I continue to give my pet the care it needs to live a full life?"

These are difficult questions to answer and ones that we recommend you discuss with your pet's veterinarian.

For a list of useful articles on this topic, visit:

http://healthierdogs.com/dog_care/how-to-make-the-tough-decision-to-euthanize-your-pet/

http://petcare.suite101.com/article.cfm/what_happens_when_a_pet_is_euthanized

<http://www.peteducation.com/article.cfm?c=0+1278+1494&aid=633>

"Quotable Quotes"

"An animal's eyes have the power to speak a great language." ~ Martin Buber

"We can judge the heart of a man by his treatment of animals." ~ Immanuel Kant

"My little dog -- a heartbeat at my feet." ~ Edith Wharton

"A cat is a puzzle for which there is no solution." ~ Hazel Nicholson

"The purity of a person's heart can be quickly measured by how they regard animals" ~ Anonymous

"Who can believe that there is no soul behind those luminous eyes!" ~ Theophile Gautier

We're pleased to introduce Fido and Socks - - - your new pet advice columnists. At times, Fido and Socks will have to seek the advice of experts, but we will always try to answer your questions and opinions to the best of our abilities. Please write to newsletter@palspets.com to submit your questions. Questions and answers will be posted in the following edition of PALS PRESS.



Dear Fido:
I have noticed lately that my long silky coat is "not so silky" anymore. What do you suggest to keep my coat gleaming at all times and me looking my

best?
Signed, Dull and Listless

Dear Dull and Listless:
My human gives me 1-2 sardines a day in my food and that really has added sheen to my coat. Sardines are always on sale at the grocery store, so it is an economical choice as well. You can also go to many pet stores and ask a pet consultant on the best method for you – maybe you don't like sardines! Hope you are looking beautiful soon
Fido

Dear Socks:
I visit a care facility twice a week with my owner and sometimes I find that

the people I visit make me too uncomfortable with all their poking and pulling of my ears and tail. What should I do?

Signed, Confused and Annoyed

Dear Confused and Annoyed;
You were specially selected by PALS because of your patience and calm demeanor. However, I can understand how sometimes it can wear on you! Perhaps it might be prudent to remind your human to be aware of each situation they are in and to pay attention at all times to people's actions and your behavior as well. If you need extra help getting them to pay attention to you, I suggest you chew a shoe, scratch a couch or pee on the floor – that should get their attention.

Signed, Socks

On the lighter side



Halloween is just around the corner. We'd love to see some photos of your pet enjoying Halloween (just make sure any costume you choose for him or her is safe and comfortable).

Here are a couple of pet inspired Halloween jokes that some of the people you and your pet visit might like to hear?

Q: What do you get when you cross a black cat with a lemon?

A: A sour-puss.

Q: What is Dracula's favourite kind of dog?

A: A blood hound.



Your PALS newsletter team: writers Shannon Boyd and Jennifer Poole, and editor Madeleine Benita Baerg.

Do you have newsletter ideas or news?
Contact newsletter@PALSpets.com

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