



# PALS PRESS

Newsletter of Calgary's Pet Access League Society

"Pets Helping People"

Spring 2008

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## Dancing in the Rain

It was about 8:30 when an elderly gentleman arrived to have stitches removed from his thumb. He said he was in a hurry as he had an appointment at 9:00 am.

I took his vital signs and had him take a seat, knowing it would be over an hour before someone would be able to see him. I saw him looking at his watch and decided I would evaluate his wound.

On exam, it was well healed, so I talked to one of the doctors, got the needed supplies to remove his sutures and redress his wound. While taking care of his wound, I asked him if he had another doctor's appointment this morning, as he was in such a hurry. The gentleman told me no, that he needed to go to the nursing home to eat breakfast with his wife.

I inquired as to her health. He told me that she had been there for a while and that she was a victim of Alzheimer's Disease. As we talked, I asked if she would be upset if he was a bit late. He replied that she no longer knew who he was, that she had not recognized him in five years now.

I was surprised, and asked him, 'And you still go every morning, even though she doesn't know who you are?'

He smiled as he patted my hand and said, 'She doesn't know me, but I still know who she is.'

As he left, I had goose bumps on my arm, and thought, 'That is the kind of love I want in my life.'

True love is neither physical, nor romantic. True love is an acceptance of all that is, has been, will be, and will not be.

The happiest people don't necessarily have the best of everything; they just make the best of everything they have.

Life isn't about how to survive the storm, but how to dance in the rain.

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## AGM

The Annual General Meeting will be held from **noon to 1:30 pm on April 19<sup>th</sup>, 2008**. The location is the Community Room in the Deerfoot Meadows Superstore. Please refer to page 3 of this newsletter for further details.

If you are unable to attend the AGM please help us by completing and sending us your proxy form enclosed in this newsletter.

A proxy is very helpful when it comes to an AGM. For those who cannot attend, a proxy is essentially a written authorization by you, a PALS member, allowing your vote to be submitted on your behalf. You can find your proxy form at the bottom of page 3. It is important that you send in your vote if you cannot attend. PALS must meet quorum (a minimum number of people in attendance) to achieve and approve the required business objectives of the AGM. If quorum is not met, the AGM would need to be rescheduled and processes would need to be repeated – no fun!

Your proxy form may be submitted to the PALS office, or it may be given to another PALS member who will be attending the meeting. You are also able to fax it to the following number: (403) 250-9273.

If you have any questions about the AGM or the proxy form, please contact Joan or Sandra at: 403-250-7257.



## Summer Traveling & Your Pet

June is the month to travel. During the summer months you must be very cautious when traveling outside of Alberta. Many people don't know that other provinces are at higher risks of some diseases and parasites than Alberta.

The risks are heartworm, fleas and ticks.

### Before you leave

- Ensure that your pet's vaccinations are up to date, including kennel cough, so that your pet can be boarded if necessary.
- Crossing the border into the U.S. and back into Canada will require proof of your pet's rabies vaccination. It's a good idea to take all your pet's health records with you.
- Check with your veterinarian about any disease concerns in areas you are traveling to. Preventative measures are recommended for heartworm disease, fleas and other parasites.
- Give food and water more sparingly than usual a few hours before and during trip. Excitement and stress may lead to digestive upsets. Your veterinarian suggests that you avoid altering your pet's diet while away from home.
- Be sure your pet has identification tags including a contact number that can easily be traced to you should you become separated from your pet.

Make sure your pet is in good health. The stress of travel can be detrimental to older animals or those with chronic diseases such as diabetes. Talk to your veterinarian if you suspect a trip may be too hard on your pet.

### Travel by car

- Never leave your pet unattended in a vehicle during warm months. Hyperthermia can strike quickly.  
Bring a leash as well as a traveling crate or appropriate restraint mechanism (pet seat belt). Make sure your pet is restrained before vehicle doors are opened.

### Accommodations

- Check ahead to make sure hotels, campgrounds and your friends accept pets - don't assume they do.  
A list of "Pet Friendly" accommodations is available through Pet Friendly. You can visit their website at [www.petfriendly.ca](http://www.petfriendly.ca)

Consider what to do with your pet while visiting attractions or eating in restaurants that don't welcome pets.

### Camping with pets

Trouble can arise quickly in country settings. Skunks, porcupines, snakes and other creatures can bite or injure your pet. To avoid this danger, keep your pet in sight and on a leash and always be considerate of wildlife and other campers.

### Upon return...

You should consider a health examination for your pet following your trip to determine if any internal parasites (roundworms, hookworms, heartworms) or external parasites (ticks, fleas) were picked up in contaminated wooded or exercise areas.

### Heartworm Disease

Heartworm is an often fatal disease that is spread by mosquitoes. Heartworm is prevalent in the Okanagan region of B.C., southern Ontario, southern Quebec, southern Manitoba and most US States.

If you are traveling outside Alberta with your pet, be sure and ask your veterinarian about a heartworm prevention plan. Your veterinarian will prescribe preventive medication, which, if needed, is usually given once a month. Heartworm is easy to prevent but difficult to treat - don't let your pet suffer needlessly.

Source:

[http://www.avma.ab.ca/animal\\_health/comphealth2.htm](http://www.avma.ab.ca/animal_health/comphealth2.htm)



**PALS Pet Access League Society**  
**NOTICE OF ANNUAL GENERAL MEETING**  
**Saturday, April 19th 2008**

The Annual General Meeting (AGM) of the members of the Pet Access League Society will be held in Community Room at the Deerfoot Meadows Superstore, (100-20 Heritage Meadows Way SE, Calgary) on Saturday April 19, 2008 from noon to 1:30 pm, for the purposes as detailed in the following agenda. Members who are unable to attend are encouraged to make their views known on agenda items by completing the proxy form below and submitting it by fax (250-9273) or mail to the PALS office prior to the AGM.

Dated at Calgary, Alberta, March 10th, 2008

By Order of the Board of Directors

**INVITATION**

All PALS volunteers are invited to attend the AGM. However, only members in good standing are allowed to vote or enter into any discussion that arises.

At the AGM, every person who at the time of the meeting is entered on the records of the Society as a *Member in Good Standing* shall be entitled to vote by attending such meeting in person, or by proxy. By-law 10.07

If an eligible member is unable to attend, he/she may send their proxy (clip-out or photocopy proxy below) to the PALS office.

Written proxies will be accepted at the AGM. Any person holding proxies must present them as evidence, to the recording clerk, prior to the official commencement of the meeting. By-law 10.08.

At least 20 members must be present at the meeting to constitute a quorum. We hope to see all of you there. It's a great opportunity to meet other PALS people.

**PROXIES CAN BE SUBMITTED TO THE PALS OFFICE OR BROUGHT TO THE AGM.**

**AGENDA**

(Please note that this agenda is your only copy, please bring it with you.)

1. Call to order.
2. Approval of agenda.
3. Approval of minutes of 2007 AGM.
4. Approval of financial statement and budget.
5. Election of new directors.
6. Adjournment.

**BOARD OF DIRECTORS**

The following Director will let his name stand for re-election at the AGM: Jim Heaton, Brian Jack, Joan Lister, Sharron Winter and Kristi Kasper

Mark Whiteman, Fraser Boyd and Dr. Wanda Vockeroth are into the second year of their terms. Angie Young is retiring from the BOD.

The nomination of a new Director must be submitted by two PALS members in good standing and an acceptance letter by the nominee must be received at the PALS office by April 14th, 2008. If you have any questions, please contact the PALS office.

**PALS PROXY FORM**

I, \_\_\_\_\_, PALS Member,  
hereby appoint \_\_\_\_\_, PALS Member,  
as my proxy, to vote for me on my behalf at the  
PALS Annual General Meeting, to be held on Saturday, April 19, 2008

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_

## Basic House Rules For Dogs

1. If you have to throw up, get into a chair, QUICKLY! If you can't manage that in time, get to an Oriental rug.  
If no Oriental rug is available, any good rug will do.
2. ALWAYS accompany guests to the bathroom. It's not necessary to do anything; just sit and stare.
3. Do not allow closed doors in ANY room.  
To get a door opened, stand on your hind legs and hammer with your forepaws.
4. When supervising cooking, sit just behind the left heel of the cook.  
You cannot be seen and thereby stand a better chance of being stepped on, picked up and consoled with food.
5. Once a door is opened, it's not necessary to use it.  
After you've ordered an outside door opened, stand halfway in and halfway out and think about several things.  
It's particularly important during very cold weather, rain, snow, and mosquito season.
6. Begin people training early. You'll then have a smooth-running household. Humans need to know the basic rules.  
They can be taught if you start early and are consistent.

Taken from: <http://rulingcatsanddogs.com/funny-pet-stuff-joke-dog-etiquette.htm>

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## Memberships

Just a friendly reminder that PALS membership fees are now **past due**. These fees are integral to the smooth operations of PALS and help facilitate the tools needed for our programs. Please note that membership fees for 2008 have increased slightly to \$30 for single, \$40 for family and \$30 for clinic. This is the first increase since 1995, and feel it is an integral factor to continuing the same level of quality and service we provide to both you the volunteer and the people we visit.

If you have already paid your membership - Thank You! If not, please take a moment to do so today. PALS is happy to offer you the ability to renew your membership on line, via phone, via fax or by mail.

Online: You can renew your membership with the help of Pay Pal. You can use a debit card or credit card without having to create an account with Pay Pal. If you already have a Pay Pal account, that will work too. To pay for your membership on line go to <http://www.palspets.com/members/renewals.shtml>

Phone: Call either Sandra or Joan at the PALS office at 250-7257 and use your credit card. We accept both Visa and MasterCard.

Fax or Mail: Go to <http://www.palspets.com/members/renewals.shtml> and print off the downloadable form. Complete the form. If you are using a credit card, you can fax the form to 250-9273 or mail it to the PALS office. If you wish to pay by mail, please send the form along with your payment to the PALS office at 3019 – 21 Street NE, Calgary T2E 7T1.



## Pet of the Month



**Diesel** is a pure-bred German Sheppard who lives in a little log cabin with two cats and his adoring owners. He volunteers at Peter Lougheed Hospital and Strathmore Hospital where he is incredibly sensitive to the needs of his patients.

Would you like to see your pet's photo on the PALS home page? It's relatively easy to do just submit a photo of your pet wearing its PALS scarf along with a short biography to [petofthemonth@palspets.com](mailto:petofthemonth@palspets.com).

For more information on submission criteria, please visit the PALS website at [www.palspets.com](http://www.palspets.com) and click on the 'Members' section.

## Pet Expo

Pet Expo is a 2-day consumer tradeshow that is open to the public. At the show you will find hundreds of pets, pet products, service providers, entertainers, clubs and organizations that cater to pets.

The show strives to include all types of pets, anything from dogs & cats, to reptiles and other small caged exotics. All of these animals can be seen on-site during the show for you to interact with!

This fun filled event is fast approaching and PALS volunteers, both four-legged and two-legged, are needed to work this event. So if you and your pet would like to spend some time schmoozing with the citizens of Calgary, please give Joan a call at 250-7257, or email her at [joan@palspets.com](mailto:joan@palspets.com). We still have the following shifts available.

### **Saturday, April 12**

10 – 11:30 am	11:30 am-1 pm	1-2:30 pm	2:30-4 pm	4-6 pm
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### **Sunday, April 13**

11am-12:30 pm	12:30-2 pm	2-3:30 pm	3:30-5pm
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## To Our Volunteers.....

We sometimes take for granted in the rush of all we do,  
And forget to say a special thanks to volunteers like you!  
So we send this note to tell you how much all you do means,  
Your gifts of time and of yourself are special ones indeed.



**Online Donations Reminder** - PALS is pleased to offer you the ability to make donations online using either *Pay Pal* or *Canada Helps*. Both offer ease of use and security so now making a donation to PALS is easier than ever. All you need to do is visit the PALS website and click on the Giving and Support tab or click on this link <http://www.palspets.com/donate/>. To find out more about *Canada Helps* visit their website at [www.CanadaHelps.org](http://www.CanadaHelps.org).

**Your 2008 Schedules Are Now On-Line** - 2008 PALS visiting schedules are now online! You can now access your 2008 facility schedule by visiting the PALS website or by clicking on this link <http://www.palspets.com/members/schedules.shtml>. For those of you who would like to receive your schedule via post or fax please contact the PALS office at 250-7257.

**Casino** - PALS would like to once again thank all of the amazing casino volunteers for making the PALS casino held on Feb 14 & 15 such a success. A very special thanks goes out to the volunteers who stepped in at the last minute to fill in the vacancies. All volunteers did an amazing job and each of you contributed in your own way to making this a really fun time.

Thanks also goes to those who sent in notes saying how much they enjoyed the experience and offering to help at the next PALS casino. The next PALS casino is being tentatively planned for the third quarter of 2009. Our casinos are our MOST IMPORTANT fundraisers and without them, PALS would not be able to continue serving the community.

Again thank you to everyone who helped.

**Imperial Oil Foundation** - PALS would like to thank the Imperial Oil Foundation for its timely donation that will go towards the upgrading of one of the computers at the office. The money comes through the Imperial Oil Foundation's Volunteer Involvement Program that recognizes the contribution that Imperial Oil employees make to the community through their volunteer work. We would also like to give thanks to Lisa Fahey-Jacko who submitted the application for funding.

**Special Visits** - We need volunteers for the following special visits:

1. Rouleau Manor – Wednesday, March 26 at 1:30 pm. Seniors. Rouleau Manor is located in the Holy Cross Centre.
2. ARBI – Thursday, April 10 at 1:45 pm. Brain Injured. ARBI is located on Spruce Drive in the SW.
3. Harbours of Newport – Monday, April 21 at 2 pm. Seniors. Harbours is located on Country Hills Cove NE.
4. Nickle House Carewest – Tuesday, April 22 at 7 pm. Adults with disabilities. Nickle House is located on Robert Road NE

If you would like to volunteer for any of these special visits, please contact Joan at 250-7257 or [joan@palspets.com](mailto:joan@palspets.com)



Charitable Registration # 10781 1879 RR0001

**BOARD OF DIRECTORS**  
 President: Angie Young  
 Vice President: Brian Jack  
 Treasurer: Fraser Boyd

**DIRECTORS**  
 Jim Heaton  
 Kristi Kasper  
 Joan Lister  
 Dr Wanda Vockeroth  
 Mark Whiteman  
 Sharron Winter

**EXECUTIVE DIRECTOR**  
 Sandra Johnston

**VOLUNTEER COORDINATOR**  
 Joan Andersen

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