

movers & makers

RELATIONSHIPS

Dog park etiquette 101

Beau demonstrates how stressful meeting other dogs for the first time can be



Marla Somersall
Animal Talk

My name is Beau. I am a golden retriever puppy.

My family has been introducing me to new things, the cats who live here, the neighbourhood dogs and so many sights and sounds. My person has been with me every step of the way, encouraging me to try new things and get used to this busy world. One of my favorite things used to be the dog park with other dogs, playing and running around.

Last week, as my person was bringing me through the gate, four great big dogs came running up and wouldn't leave me alone. I tried not looking at them and turning away but they wouldn't listen. I tried to show them that I am nice. For some reason their people weren't paying attention.

It was scary. I didn't know how to make it stop so I snapped at the one that was really mean. We had to leave the park and I didn't get to play. I am not sure if I want to go back again and now, I don't want to see big dogs like that again!



Beau plays in her back yard at home. ELAINE GAGGON/SPECIAL TO THE GUARDIAN

CONTINUED ON C2

SUMMER

Two royal planets rule the night sky

Prepare as the Perseid meteor shower gains momentum

Mercury is lost from view until the first week of August, as it is now passing between Earth and the sun, a celestial phenomenon known as inferior conjunction.

Only the two planets closer to the sun than Earth – Mercury and Venus – can have inferior conjunctions (their orbits carrying them between Earth and the sun), and superior conjunctions (when they pass behind the sun), as viewed from Earth.

When a planet is in conjunction with the sun, either inferior or superior, it does not necessarily pass directly in front of or behind the sun. Depending on the particular alignment of the planets in question within the solar system, their line of sight, relative to the sun, as viewed from Earth, may result in the planet merely becoming lost in



Glenn Roberts
Island Skies

EVENTS

- July 25 - Last Quarter Moon
- Aug. 1 - New Moon
- 2 - Moon at perigee (closest to Earth)

you could, if the Martian sky was clear, witness Earth experience both inferior and superior conjunctions with the sun. The outer planets – Mars, Jupiter, Uranus, Neptune and Pluto – only experi-

from sight as it moves towards its superior conjunction with the sun in early September, before reappearing in the night sky in early October. We have also lost sight of our "morning star" – Venus – as it has disappeared into the glow of the rising sun, heading for its mid-August superior conjunction.

Only the majestic planets – Jupiter and Saturn – remain to highlight our night sky through the remainder of July and into early August. A bit dimmer at mag. -2.4 than at the beginning of the month (mag. -2.6), Jupiter still shines brilliantly all night long to the upper left of the bright red star Antares in the constellation of Scorpius – the Scorpion in the SSE sky in late July and early August. On any clear night, look for Jupiter's four largest moons – Io, Europe, Callisto and Gany-

Jupiter's celestial cohort, Saturn, joins his royal sibling in the night sky for the next several weeks. Look for the "teapot" asterism (yes, it does actually look like a teapot when you connect the dots) in the constellation of Sagittarius – the Sea Goat just above the southeast horizon about an hour after sunset. Saturn, a warm, yellowish object, sits to the left of the teapot's handle.

Unfortunately, because it is low to the horizon, it will be difficult to get clear and steady views of this magnificent planet and its famous ring system. You will be looking through more of the Earth's atmosphere, which, due to its varying levels of density, causes objects lower to the horizon to shimmer and waiver more than objects being observed higher (towards the zenith, or the point directly overhead) in the

PRINCE EDWARD ISLAND

SELF-HELP groups

The following list of self-help groups is from Individual and Family Support, a program of the Canadian Mental Health Association, P.E.I. Division. Listing a group does not necessarily signify endorsement of that group by the CMHA. Check with the specific group regarding weather or holiday cancellations. Contact CMHA Individual and Family Support, 902-628-1648 or toll free at 1-800-682-1648, or find a complete listing of groups at www.pei.cmha.com/find-help/self-help-groups/.

For information

Alcoholics Anonymous (AA) 24-hour meeting information is at 902-892-2103.

AA 24-hour meeting information for Kings County is at 902-962-2305 or 1-866-961-2660.

AI Anon meeting information: Contact 902-892-9974 or www.alanonmaritimes.ca

Narcotics Anonymous (NA) 24-hour meeting information is at 1-800-205-8402 or carna.ca.

Monday, July 29

Caring for the Caregiver meets at the Hope Centre Clubhouse 419 Main St., Alberton (Dufferin Street entrance), 7 p.m. Contact is 902-806-0286.

Still Here, a group for anyone with a mental illness, meets at the Canadian Mental Health Association, 101 Longworth Ave., Charlottetown, 1-3 p.m. Call Ashley, 902-628-3666, or email a.belanger-birt@cmha.pe.ca.

Winds of Change (Adult Children of Alcoholics) meets at St. Pius X church (side door), 106 St. Peters Rd., Charlottetown, 6:30 p.m. Call Wade, 902-292-5905, or Gary, 902-388-1284, or email acoapei@gmail.com.

SMART Recovery meets at Notre Dame Place, 67 Duke St., Summerside, 7 p.m. Contact smartrecoveryqueenspei@gmail.com or call 902-330-4357.

Tuesday, July 30

Emotions Anonymous meets at the Access P.E.I. Building through the side door entrance, 48 Mill Rd., Wellington, 8 p.m. Contact Angela, 902-854-2974.

Mental Health Check-In Group meets at Community Mental Health and Addiction, 126 Douse Rd., Montague, 3:00 p.m. Call 902-838-0960.

Mental Health Check-In Group meets at Community Mental Health and Addiction, 17 Knight Lane, Souris, 3 p.m. Call 902-687-7110.

Sexaholics Anonymous for those with porn and sexual addiction meets in Summerside at 7:00 pm. Call 902-812-5563 or go to www.samaritimes.ca.

Wednesday, July 31

Adult ADHD Group meets at the Canadian Mental Health Association, 178 Fitzroy St., Charlottetown, 7:30 p.m. Email adhdppei@gmail.com.

Picture of the day



SUBMITTED BY EMILY, AGE 10

To submit artwork, email newsroom@theguardian.pe.ca, mail The Guardian, P.O. Box 760, Charlottetown, P.E.I., C1A 4R7 or drop it off in person to The Guardian, 165 Prince St. in Charlottetown.

RELATIONSHIPS

FROM C1: DOG

I like to get into the park without my person having to keep everyone away from the gate. If people call their dogs back, I feel much safer. There are so many sounds and smells to take in all at once. My person showed me how to be nice to others, but not everyone seems to have learned this.

If I could, I would ask people to use a leash and introduce dogs calmly to the gang. If they are uncomfortable, do it slowly until they are sure that everyone gets along. If it is just too overwhelming, take them home and come back when the park is quieter.

I am very excited when I get there, so my person wisely keeps my leash on until we get into the park. Sometimes the smells and excitement are too much, and I might just run the wrong way. With cars, people and other dogs everywhere, better safe than sorry.

My person stays close and keeps an eye on me. We don't take toys to the park to play with, or food, because that can cause problems. It is so busy in the park, I prefer when the small humans stay with the big ones so they don't get hurt. Really small humans should not play in the park meant for dogs at all.

SUMMER

FROM C1: TWO

Still, it is always worth a quick look at this planet with binoculars or a scope; just don't expect astronomy magazine-quality views.

Perseid meteor shower
As mentioned in my last article, the Perseid meteor shower will peak in mid-August. Un-



There is lots of good fun for everyone at the dog park.

AT A GLANCE

- For dog park schedule, rules and more tips on etiquette, go to www.peihumanesociety.com/adopt-our-dog-park/.

It is best when people pick up the poop, throw out litter and fill the holes their dog makes. Nothing worse than a sore leg after tripping in a hole or having to get a bath because of someone's mess (and I am most unpopular on the car ride home). The tummy ache from the burger wrapper is not worth it either.

Being able to go to the park

Earth's upper atmosphere over the course of the next several weeks. The Perseid meteor stream (think wide and very long conveyor belt) orbits around the sun and back out into space.

Every year, around mid-summer, Earth, in its yearly orbit around the sun, regularly intercepts that stream of comet debris, and the sky is filled with

is so great. If the people use the guidelines and help their dogs learn, we can all have fun.

Maria Somersall is executive director of the P.E.I. Humane Society, one of the member groups of the P.E.I. Companion Animal Welfare Initiative (CAWI), the goal of which is to improve the welfare of owned and unowned companion animals on P.E.I. Animal Talk appears bi-monthly in The Guardian. CAWI includes the Cat Action Team, P.E.I. Veterinary Medical Association, P.E.I. Department of Agriculture and Forestry, Sir James Dunn Animal Welfare Centre at AVC, and SpayAid. For more information, see gov.pe.ca/agriculture/CAWI. Readers may send questions related to the well-being of owned and unowned companion animals to askcawi@gmail.com.

coming weeks), plows through its densest part in mid-August (thus the "peak"), and finally leaves the opposite outer edge of the stream somewhere around Aug. 24. When outside on any clear night in the coming weeks, keep glancing skyward; you might be pleasantly surprised by what you see.

Until next time, clear skies

ADVICE

Don't rush your new 'friend' into children's lives

Dear Readers – Some questions readers ask are extremely significant.

The following one affects almost everyone who's separated/divorced with children and is ready to "move on" romantically:

Q-When is the right time to tell my children that I now have a 'friend'? Should I tell my ex-wife first or let her find out through our kids?

A-You're at the start of far more questions, such as: What age is most appropriate for kids to best handle this information?

When is it okay to introduce my new dating partner to my kids? Do I tell them together or individually?

A quick scan of credible online sources will reveal some of the so-called "ground rules."

Wait till you've been dating at least six months. If on decent terms, tell your ex first.

Introduce the new person



Ellie Teshler

among other friends say, at a casual get-together. Do this several times before considering having him/her along with just you and your children.

Since young children easily form attachments, be fairly sure of the relationship's future potential before you allow younger children to spend time with him/her and bond.

Readers – Share your stories of experience with this delicate and important relationship passage.

ELLIE'S TIP OF THE DAY
Don't rush your new "friend" into your children's lives until you've thought out the best possible approaches.

MUSIC

Kirk of St. James recital July 25

Flute teacher Karin Aurell to perform in Charlottetown

The Kirk of St. James summer recital series continues on Thursday, July 25, at 12:10 p.m. The Kirk is located at 35 Fitzroy Street, Charlottetown. The featured artist is Karin Aurell, flute.

Aurell teaches flute at Mount Allison University and at Université de Moncton. She is also a busy solo and chamber music performer, performing most often with woodwind quintet Ventus Machina (www.ventusmachina.com) and in Trio Arkaède together with violinist Isabelle Fournier and pianist Julien LeBlanc.

Aurell likes to work with living composers; performing new and experimental music together with percussionist Joel Cormier and bass player Andrew Miller. She is also embarking on a project together

with Argentinian composer and pianist Martin Kutnowski.

Originally from Sweden, Aurell spent many years working as an orchestra musician, mainly in the Norrköping Symphony Orchestra, where she was the assistant principal flute for 14 years. She spends her summers playing in the Charlottetown Festival Orchestra.

Assisting artists will be Dale Sorensen, trombone, Nicole Strum, saxophone, and Frances McBurnie, piano.

The program consists of three works for flute and piano by Bartok, Karg-Elert and Doppler, as well as works for a combination of the instruments by Raum and others.

There is no admission charge, but donations to the Kirk's Choral Scholarships are appreciated.

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SELF-HELP groups

FROM C1:

Emotions Anonymous meets at St. Paul's Parish Centre, 89 Winter St., Summerside, 7:30 p.m. Call Jean, 902-436-9787.

Gamblers Anonymous meets in the Trinity United Church, 90 Spring St., Summerside, 8 p.m. More information is at gamblersanonymous.org.

Mental Health Support Group meets at the McGill Centre, 55 McGill Ave., Charlottetown, 1:30 p.m. Call 902-368-4911.

S-Anon (Reflections of Hope) for anyone affected by another person's sexual behaviour meets in Charlottetown, 6 p.m. Call 902-367-5310.

Smart Recovery meets in the basement of Central Christian Church, 223 Kent St., Charlottetown, 6:45 p.m. Contact smartrecoveryqueenpei@gmail.com or 902-330-4357.

Mom's in Mind Maternal Mental Health Group meets 6-9 p.m., at St. Paul's Anglican Church, 101 Prince St., Charlottetown. Contact Lisa through the Facebook page (Mom's

meets in Charlottetown, 7:45 p.m. For information on the location and the group, email addictionsawareness2030@gmail.com.

Emotions Anonymous meets at the Mount Continuing Care Community, 141 Mt. Edward Rd., Charlottetown, 7 p.m. Call Susan, 902-218-6380.

Gamblers Anonymous meets in the Community Centre Boardroom, 1 College St., Alberton, 8:00 p.m. More information is at gamblersanonymous.org.

Sexaholics Anonymous for those with porn and sexual addiction meets in Charlottetown, 7:00 p.m. Contact 902-812-5563 or go to www.samaritimes.ca/meetings

Saturday, Aug. 3

LifeRing Secular Recovery for people with addictions meets at the CMHA building, 178 Fitzroy St., Charlottetown, 11:30 a.m. Email liferingcharlottetown@gmail.com.

Overcomers Outreach 12-step spiritual group for those with addiction meets at the Harvest House, 243 University Ave., Charlottetown, 2 p.m. Call Parnell at 902-388-8415.

Sexaholics Anonymous for those with porn and sexual addiction meets in Charlottetown, 12 p.m. Contact 902-812-5563 or go to www.samaritimes.ca/meetings.