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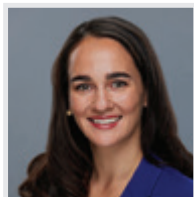
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9:00 am to 9:00 pm, September long weekend to May long weekend

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Only Panorama Hills residents that pay fees to the Northstar Residents' Association have access to the facility and park.

All events may be cancelled or postponed. Please check with the Northstar Residents Association for further information.

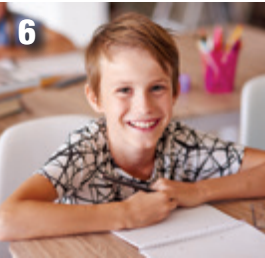
GREEN SAND BEACH

Carved into a cinder cone volcano on Hawai'i's Big Island, Papakōlea Beach is one of four green sand beaches in the world! Its green shores are made of granulated olivine, an olive-coloured mineral known as peridot when it is of high quality. Olivine is present in lava on the Big Island and continues to be washed out of the cinder cone and onto the beach!



CONTENTS

6	RESIDENT PERSPECTIVES: THE TRAJECTORY OF AGENCY: TOWARDS A COMPASSIONATE AND EGALITARIAN APPROACH TO EMPOWERING BOYS IN EARLY CHILDHOOD EDUCATION
8	RECIPE: HAWAIIAN RICE BOWL
10	SAFE AND SOUND: WILDFIRE SMOKE AND YOUR HEALTH
12	AUGUST CROSSWORD
15	BUSINESS CLASSIFIEDS



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The Trajectory of Agency: Towards a Compassionate and Egalitarian Approach to Empowering Boys in Early Childhood Education

by Rima Madi in June 2023

In every civilization throughout human history, the image of the child has evolved and influenced adults' perception of children's abilities, behaviour, milestones, temperament, and gender roles. This image has been socially translated into phrases such as "a child is a blank slate," "boys will be boys," "the innocence of childhood," and "children are our future" (Flight, 2014, p.38). "Alberta's early learning framework aims to awaken the image of a strong, resourceful, capable child—a mighty learner and citizen" (Flight, 2014, p. 38).

The early learning framework emphasizes children's agency in early childhood settings. Brown and Lee (2015) define agency as the ability of individuals to make choices, take control, self-regulate, and pursue their goals, which can lead to personal or social transformation (p.84).

To put it simply, the concept of agency resonates with the transformative journey of a caterpillar inside a chrysalis, emerging as a beautiful butterfly. Despite the challenges and discomfort encountered throughout this process, the caterpillar's inherent drive and motivation to break-free, self-actualize, and discover its identity and purpose guide its remarkable transformation.

Within this context, I ponder how we can integrate agency into early childhood education by employing a developmental lens that aligns with a child's needs, temperament, and their social and physical environment.

Surprisingly, the agency of children, particularly boys, to freely express their innate disposition and their desire to take risks and experience freedom is often compromised in many structured early childhood programs. These programs often deviate from the concept of providing a "goodness of fit," which represents a true match with what children genuinely require for their physical, emotional, cognitive, and social development. Instead, they attempt to mold children to conform to social conventions of school readiness and conform to learning environments

that may not fully accommodate them. Failure to comply and conform may lead to the expulsion, suspension, and eventual placement of boys in special education (The Challenges of Boys in Early Childhood Education, 2016).

Research on child development indicates that boys' brain development and nervous system progress at a slower rate compared to girls, which can impact their attention span, activity levels, and overall academic progress (The Challenges of Boys in Early Childhood Education, 2016). Girls tend to outperform boys in language development, exhibiting a higher rate of language acquisition and better verbal abilities. In the domain of mathematics, girls also tend to perform better in early counting and problem-solving during middle childhood. Regarding social and personality differences, boys generally display more physical activity, occupy more space, and engage in rough-and-tumble play more frequently than girls. Additionally, male infants are often inclined to explore through touch (Vista et al., p. 585).

According to The Challenges of Boys in Early Childhood Education (2016), boys have a natural inclination for taking risks and engaging in activities such as rough-and-tumble play. They often exhibit a fondness for creating noise and exploring their surroundings using elements such as water, sticks, mud, and sand. Boys are commonly characterized as spontaneous, impulsive, fun-loving, and prone to making mistakes.

However, young boys often find it challenging to sit for long periods during circle time and engage in fine motor activities. They excel in hands-on and multisensory activities, as well as whole-body movements both indoors and outdoors. The Challenges of Boys in Early Childhood Education (2016) notes that "boys prefer wild, aggressive, full-body activities, constructive play, hands-on learning with concrete materials, and lots of movement. They also seem to love making a mess!" (p.2).

Instead of modifying the physical environment and providing appropriate pedagogical support in language and cognition to address the challenges young boys face in their pursuit of autonomy, identity development, and empowerment, we have developed a "fix the child" syndrome. The emphasis on early intervention, excessive assessments, and a focus on what is deemed "normal" development has resulted in the need to identify and label children who struggle in our programs. Consequently, these children develop a belief that they are incapable

GAMES & PUZZLES

Guess That Canadian City!

1. This city hosted Canada's first and only Summer Olympics in 1976.
2. Ginger beef was invented in this city in the 1970s.
3. Terry Fox began his "Marathon of Hope" in this city.
4. This city has the highest population and is the most visited in the country.
5. In the 1900s, illegal tunnels were built in this city to hide Chinese immigrants who were avoiding discrimination or who couldn't afford the head tax.
6. This town is dubbed the "polar bear capital of the world."



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BRAIN GAMES SUDOKU

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	4			5			3	6
7		3		1	8			

SCAN THE QR CODE
FOR THE SOLUTION



of succeeding and view the program as a system that selects winners and losers (The Challenge of Boys in Early Childhood Education, 2016, p.4).

In conclusion, the labeling that many young boys often receive during their early educational journey, due to their non-compliance with standardized educational settings, can have detrimental effects on their self-esteem, emotions, and identity. This label instills a sense of failure that can impact their subsequent developmental domains and mental well-being. "Embracing the natural variability in the development of young children" (The Challenges of Boys in Early Childhood Education, 2016, p.4) and avoiding penalizing those who may naturally lag in a specific domain is the most compassionate and egalitarian approach to empower boys in early childhood education. Instead of undermining their innate potential, which may not yet be fully apparent, it is crucial to explore multiple approaches (such as working closely with parents, modifying the curriculum, differentiating activities, utilizing various learning styles, etc.) before considering the need for screening for possible special needs (The Challenges of Boys in Early Childhood Education, 2016).

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Hawaiian Rice Bowl

by Jennifer Puri



Rice is a grain that grows to 4ft. in height, produces small edible seeds, and thrives in warm, wet climates.

It is the world's largest food crop and evidence of rice farming, dating back ten thousand years, has been found in the Yangtze River valley of China.

There are two types of rice – Asian Rice and African Rice and the length and width of the rice (once it is cooked) determines if it is short, medium, or long.

White rice is more commonly consumed than brown, black, or red due to its ease of cooking and long shelf life. Rice should always be washed before cooking as it will rid the rice of any starch that may be attached to the grain. It also prevents the grains from sticking to each other during the cooking process.

China is the world's largest producer and contributes to the daily rice intake of 3.5 billion people in Asia, Africa, and South America.

Steamed, boiled, fried, or ground, rice shows up as an ingredient in Spain (paella), Italy (risotto), Japan (sushi), India (pillau), Malaysia (nasi lemak), Korea (bibimbap), Africa (jolloff), Brazil (galinhada), or in its simplest form poke or Hawaiian Rice Bowl.

Prep Time: 25 minutes

Cook Time: 5 minutes

Servings: 4



Ingredients:

- 2 medium size carrots
- 2 small beetroots
- 2 mini cucumbers
- 2 avocados
- 1 can pineapple tidbits
- 20 jumbo size shrimp (shelled and de-veined)
- 2 cups shredded lettuce
- 4 cups cooked white, brown, or black rice
- 6 tbsps. mayo
- 2 tbsps. siracha sauce
- 2 tbsps. rice vinegar
- 2 tbsps. olive oil
- 2 tbsps. soya sauce
- 4 tbsps. of coriander leaves or nori nori (dry seaweed)

Directions:

- Wash and peel carrots and beetroots and then cut, along with the cucumbers into small even sized pieces.
- Drain pineapple tidbits and set aside. Cut each avocado into half and then slice each half into four pieces.
- In a small bowl prepare dressing by combining the mayo, siracha, and rice vinegar.
- Heat two tbsps. of olive oil in a skillet or wok and then add the shrimp and stirfry for three to four minutes or until the shrimp turn pink and are cooked. Add two tbsps. of soya sauce and toss the shrimp in it and then remove from heat.
- Assemble four bowls by placing a cup of warm rice in each one and arranging the pineapple bits, carrots, cucumbers, beetroots, and lettuce around the edges of each bowl. Add the shrimp and avocado slices and top with siracha mayo dressing. Garnish with coriander leaves or nori nori if desired.

*You can substitute the shrimp for tofu and edamame or corn if you would prefer a vegetarian option.

Bon Appétit!

When it Roars, Stay Indoors

from the City of Calgary



Summer is a beautiful time of year to spend outside under the warm sun, but it's also Calgary's most active storm season. While storms can be mesmerizing and exciting, they can also be dangerous.

Summer storms often bring hail which can damage property and cause injuries. Plan ahead by parking under shelter, securing items that might blow away, removing weak branches from trees, and clearing debris from your yard.

During a storm, it's best to stay in an enclosed building or hard-topped vehicle. Stay away from high ground, trees, telephone poles, picnic shelters, and open spaces, to avoid being hit by lightning.

Sign up for emergency alerts and learn more about how you can prepare by visiting calgary.ca/getready.

City-Wide Lemonade Day August 19th

Free, fun financial literacy program for Grades K-8.
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Wildfire Smoke and Your Health

from Alberta Health Services

When wildfire smoke enters a community, it can cause problems for the people who live there. Smoke contains small particles, which are a big health risk. These particles can get in your eyes, breathing (respiratory) system, and bloodstream. They can cause:

- burning eyes
- a runny nose
- coughing
- trouble breathing or illnesses such as bronchitis.

If smoke is a problem where I live, what can I do to lower my health risk?

Stay inside as much as possible and keep all windows and doors closed. Here's what else you can do to keep your indoor air clean:

- Close fresh air intakes from furnaces, fireplaces, or stoves.
- If you have air conditioning, turn it on and set it to recirculate. Keep it running to help filter the air and keep your family cool. Just remember that some air conditioning systems don't filter the air or improve indoor air quality.
- If you have room air cleaners with high-efficiency particulate air (HEPA) filters, turn them on. Don't use air cleaners that may produce ozone. For portable air cleaners, follow all the manufacturer's instructions for changing the filter, where to place the device, and the size of room it's meant to be used in.
- Use humidifiers, which may remove some of the smoke. The humid air can also help keep your nose and mouth moist.
- Don't use wood stoves, gas stoves, or candles, because they can make the indoor air quality worse. If you can, prepare foods that you don't have to cook. Cooking (especially frying and broiling) can affect the air quality in your home.
- Don't use spray air fresheners or electric fragrance dispensers because they can affect air quality.
- Don't vacuum because it stirs up particles that are already inside your home.
- Don't let anyone smoke, vape, or use e-cigarettes in your home.

What can I do if it's too warm inside my home?

When you keep doors and windows closed to keep smoke out and you don't have air conditioning, your house may get very warm. If you need to cool down, you should visit a place that is more air-tight with cooler filtered air. Examples include a shopping mall, library, community centre, or movie theatre.

If you can't leave your home, watch for signs of heat-related illness, such as heat exhaustion or heatstroke. Turn on the furnace fan or standalone fans to move air around in your home. If the air quality gets better, you can air out your home by opening doors and windows.

Smoke can also be harmful to pets. Try to keep your pets inside as much as possible and make sure that they have lots of water. If your pet has trouble breathing, contact your vet.

How can I stay aware of what's going on in my community?

When wildfire smoke is in your community, regularly check for air quality updates on local media (TV, radio, or online). If you have neighbours, friends, or relatives who live alone, check on them to make sure they're okay.

What if I need to leave my home?

- If you are in your vehicle, and the air quality is poor, keep the windows closed. Put the air system on recirculate so smoky air doesn't get inside.
- When driving through an area with low or no smoke, switch the circulation system to let outside air into your vehicle.
- If you're in a wildfire area, be ready to evacuate. Follow all public service announcements.
- Create an emergency kit and have it ready by the door.

Can I still be active when there's wildfire smoke in the air?

- Pay attention to the local air quality health index (AQHI). Adjust your activities according to the AQHI messages.
- Move outdoor activities indoors and keep your indoor air as clean as possible. Reschedule or cancel outdoor events (such as sports) if smoke levels are too high. Don't do any heavy activity or exercise outside. Heavy activity and exercise can make you breathe 10 to 20



times more than you do while you're resting. Stop or slow down if what you're doing makes you cough or feel overly tired.

- Drink lots of water to stay hydrated. This will keep your nose and mouth moist, which makes it easier to breathe. This is important when you're inside and outside.
- When there is a lot of haze in the air, don't let your children play outside for a long time.
- If you have heart or lung problems, the smoke can make it worse. If you have chest tightness, chest pain, shortness of breath, or another health emergency, call 911 or go to the nearest emergency department right away.
- For 24/7 nurse advice and general health information, call Health Link at 811.

Cats, Canines, & Critters of Calgary



Baloo and Walter, *Springbank Hill*



JC Cat, *Evanston*



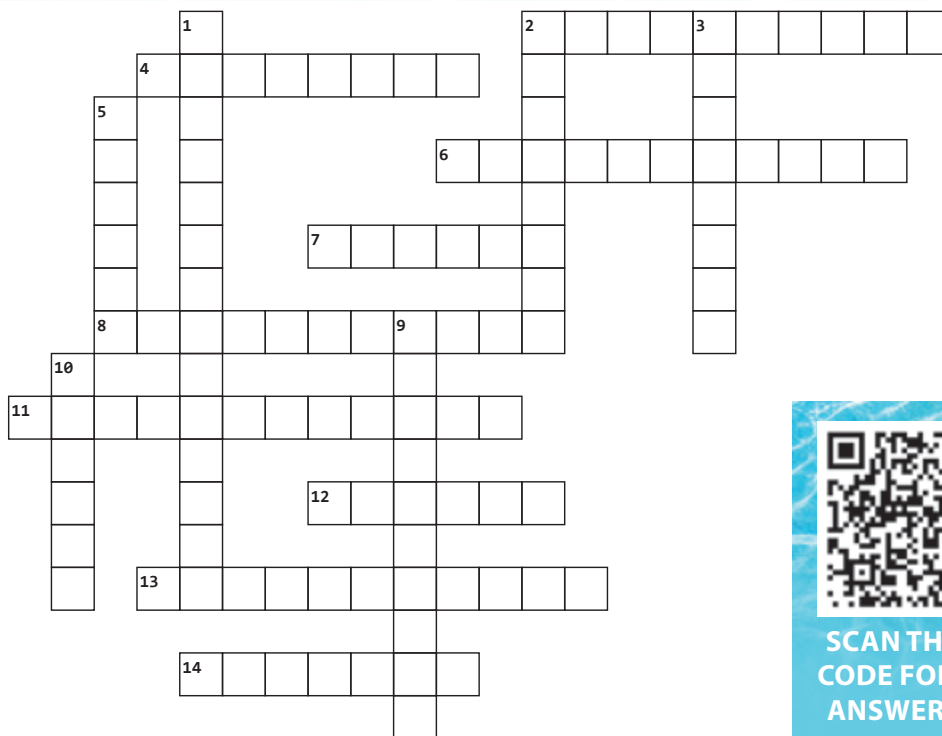
Pepper, *Evergreen*



Tuxedo Joe, *Cranston*

To have your pet featured, email news@mycalgary.com

August Crossword



Across

2. This Pickering, Ontario singer-songwriter rose to fame on Vine.
4. This heroic 18-year-old from Port Coquitlam, BC aimed to complete a cross-Canada run to raise funds for cancer after being diagnosed and having his leg amputated.
6. The cities of Pompeii and _____ were destroyed on August 24, 79 A.D., by the eruption of Mount Vesuvius.
7. National _____ Day, celebrated on August 24, commemorates the patent for this modern breakfast appliance.
8. Born on August 28, she is Canada's "queen of country pop."
11. This Cole Harbour-born hockey player was the youngest NHL captain to lead his team to a Stanley Cup victory in the modern era.
12. National _____ Day celebrates the accidental invention of this helical children's toy.
13. This holiday is observed on the first Monday in August in Alberta.
14. This lime green stone is August's primary birthstone.

Down

1. This dystopian debut novel is narrated by Wil Wheaton, who is also briefly mentioned in this well-known sci-fi book by Ernest Cline.
2. In August, the _____ moon appears in the sky and is named such because of the abundant fish that Algonquin tribes were able to catch at this time of year.
3. On August 21, 1911, this artwork was stolen, making it one of the most famous pieces in the world.
5. The reason August is referred to as the "dog days" of summer is because of this star that rose at the same time as sunrise in August during Roman times.
9. On August 28, 1963, Martin Luther King Jr. famously delivered his "I Have a Dream" speech in this city.
10. August 1, 1997, was the Canadian release date of the first movie in this popular family-friendly series featuring an athletic golden retriever.

Have Your Own Reasons for Healthier Eating

from Alberta Health Services

Your reasons for healthy eating are really important. Don't do it just because your spouse, friend, or someone else wants you to eat healthier. What makes you want to change how you eat? Do you:

- Want to feel better and have more energy?
- Want to improve your health?
- Want to prevent or treat health problems, such as high blood pressure, high cholesterol, or diabetes?
- Have another reason for wanting to do it?

Whatever your reason, you may already know what areas you want to work on. Maybe you want to cut back on high-fat snacks or eat more high-fibre foods.

If you aren't sure where to start, keeping a food diary can help. For a week or two, write down everything you eat, then compare what you are eating to Canada's Food Guide. It will help you see which foods you need to eat more of and which foods you eat too often.

Set goals you can reach. Ask yourself if you feel ready to begin taking steps toward big goals. If you're not ready yet, try to pick a date when you will start making small changes. Any healthy change—no matter how small—is a good start.

When You Are Clear About Your Reasons for Wanting to Make a Change, It's Time to Set Your Goals

- **Long-term goals:** These are goals that you want to reach in six to 12 months. A long-term goal might be to eat plenty of vegetables and fruits every day.
- **Short-term goals:** You may not be ready to eat more vegetables and fruits every day. What are the short-term goals that will help you get there? Your first small goal might be to eat fruit at breakfast each day. As soon as you've reached that goal, you can set a new one by adding vegetables or fruits to your lunch or dinner. Or you could try eating a piece of fruit as a snack every day.
- **Update your goals:** It will help you stay motivated if you track your progress and update your goals as you move forward.



Tips for Setting Goals:

- **Focus on small goals.** This will help you reach larger goals over time. With smaller goals, you'll have success more often, which will help you stay with it.
- **Write down your goals.** This will help you remember, and you'll have a clearer idea of what you want to achieve. Make a personal action plan where you can record your goals. Hang up your plan where you will see it often. It will remind you of what you're trying to do.
- **Make your goals specific.** Specific goals help you measure your progress and adjust your plan. For example, setting a goal to eat vegetables two times each day is better than a general goal to "eat more vegetables."
- **Focus on one goal at a time.** By doing this, you're less likely to feel overwhelmed and then give up.
- **As soon as you reach a goal, set a new one.**

RESIDENT PERSPECTIVES

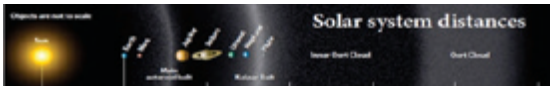
Stargazing with Pat J: A Tale of Two Comets

by Patricia Jeffery © 2023, Calgary Centre of the Royal Astronomical Society of Canada

Comets are mysterious entities that arise from two different areas of our solar system: the Kuiper Belt and the Oort cloud.

Kuiper Belt (KB)

Similar to the more well-known asteroid belt between Mars and Jupiter, the Kuiper Belt contains leftovers from the formation of the solar system. Located just beyond Neptune, the KB contains an estimated trillion fragments of ice, rock, and frozen gases. Ranging in size from dust particles to greater than 100 kms in size, former planet Pluto is the largest known KB resident with a diameter of 2,376 kms.



Neptune's gravitational field will occasionally propel a KB object into an elongated orbit toward the Sun. As it approaches, the comet's surface begins to vaporize, spewing a glowing tail of dust and gases that can extend for millions of kilometers. KB comets are called short-period comets as they have orbits of less than 200 years. Halley's Comet is the KB's most famous comet, returning every 76 years. It is the only known short-period comet that is visible to the naked eye and will return in 2061.

Oort Cloud (OC)

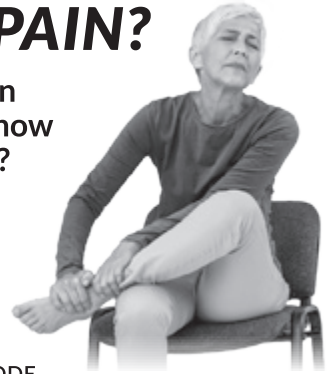
The Oort cloud lies far beyond Neptune, on the very edge of our solar system. Long-period comets originate from here; meaning they take more than 200 years to orbit the Sun. Comet Hale-Bop was one of the most spectacular comets of the 20th century. Visible to the naked eye for 18 months in 1997, it was four times larger and 1,000 times brighter than Halley's Comet. It is not predicted to return for 2,400 years.



Nothing lasts forever, and neither do comets. Eventually, after many flybys of the Sun, all the ice and volatile gases have boiled away, leaving nothing behind but a rocky remnant.

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