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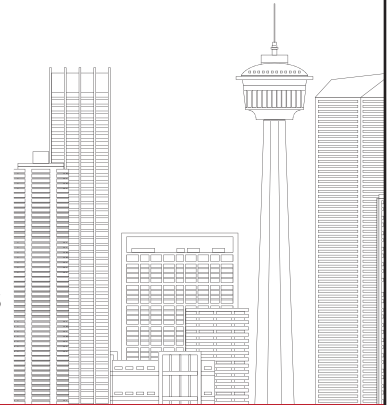


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GREENVIEW



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101 Ways to Reduce Stress

by Nancy Bergeron R. Psych | info@nancybergeron.ca

- Get up 15 minutes earlier
- Prepare for the morning the night before
- Avoid tight fitting clothes
- Avoid relying on chemical aids
- Set appointments ahead
- Don't rely on your memory, write it down
- Practice preventative maintenance
- Make duplicate keys
- Say 'no' more often
- Set priorities in your life
- Avoid negative people
- Use time wisely
- Simplify meal times
- Always make copies of important papers
- Anticipate your needs
- Repair anything that doesn't work properly
- Ask for help with the jobs you dislike
- Break large tasks into bite size portions
- Look at problems as challenges
- Look at challenges differently
- Unclutter your life
- Smile
- Be prepared for rain
- Tickle a baby
- Pet a friendly cat or dog
- Remember you don't have to know all the answers
- Look for the silver lining
- Say something nice to someone
- Teach a kid to fly a kite
- Walk in the rain
- Schedule play time into every day
- Take a bubble bath
- Be aware of the decisions you make
- Believe in yourself
- Stop saying negative things to yourself
- Visualize yourself winning
- Develop your sense of humour
- Stop thinking tomorrow will be a better day
- Have goals for yourself
- Dance a jig
- Say 'hello' to a stranger
- Ask a friend for a hug
- Look up at the stars
- Practice breathing slowly
- Learn to whistle a tune
- Read a poem
- Listen to a symphony
- Watch a ballet
- Read a story curled up in bed
- Do a brand new thing
- Stop a bad habit
- Buy yourself a flower
- Take stock of your achievements
- Find support from others
- Ask someone to be your sounding board
- Do it today
- Work at being optimistic
- Put safety first
- Do everything in moderation
- Pay attention to your appearance
- Strive for excellence, not perfection
- Stretch your limits a little each day
- Look at a work of art
- Hum a tune
- Maintain your weight
- Plant a tree
- Feed the birds
- Practice grace under pressure
- Stand up and stretch
- Always have a plan B
- Learn to draw
- Memorize a joke
- Be responsible for your feelings
- Learn to meet your own needs
- Become a better listener
- Know your limitations and let others know them too
- Tell someone to have a good day
- Throw a paper airplane
- Exercise everyday
- Learn the words to a new song
- Get to work early
- Clean out one closet
- Play patty cake with a toddler
- Go on a picnic
- Take a different route to work
- Leave work early
- Put an air freshener in your car
- Watch a movie and eat popcorn
- Write a note to a faraway friend
- Go to a sports event and cheer loudly
- Cook a meal and eat by candlelight
- Recognize unconditional love
- Remember that stress is an attitude
- Keep a journal
- Have a support network of people, places, and things
- Quit trying to fix other people
- Get enough sleep
- Talk less and listen more
- Freely praise other people
- Relax, take each day as it comes

Hawaiian Rice Bowl

by Jennifer Puri



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!

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

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



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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- The Challenge of Boys in Early Childhood Education. 2016. Community Playthings. <https://www.communityplaythings.com/resources/articles/boys-in-early-childhood-education>
- Vasta, R. & Haith, M; M. & Miller, A; S. (1995). Child psychology. (2nd edition). New York. Authentic care is a partnership.

Cats, Canines, & Critters of Calgary



Baloo and Walter, *Springbank Hill*



JC Cat, *Evanston*



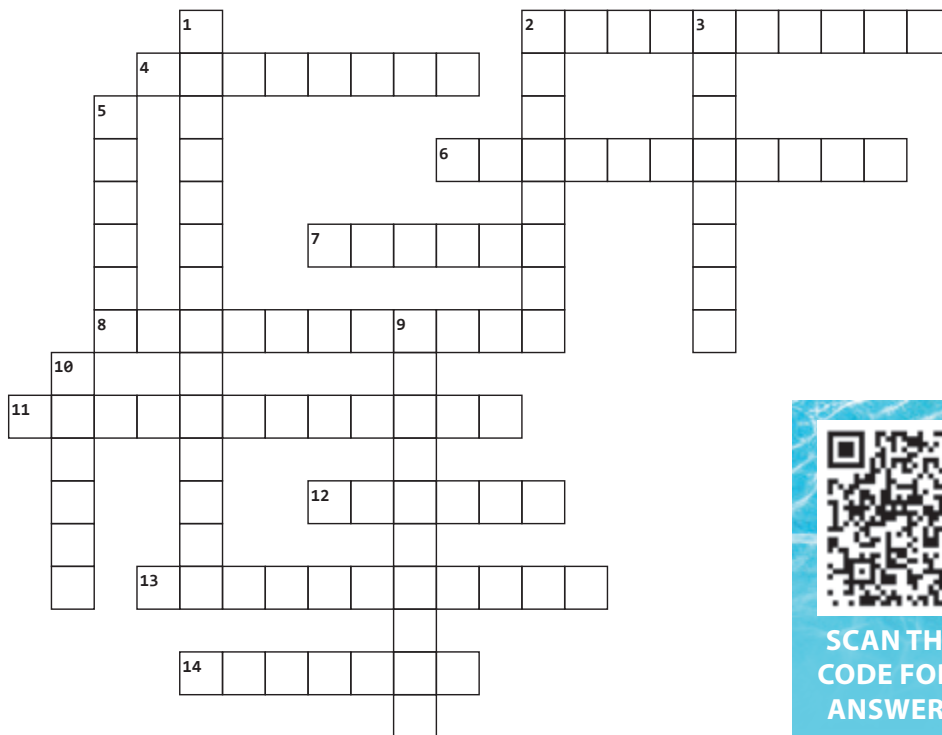
Pepper, *Evergreen*



Tuxedo Joe, *Cranston*

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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.

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FOR THE SOLUTION**



Memorial Drive Extension

from the City of Calgary



The City of Calgary is undertaking a Functional Planning Study (FPS) for the extension of Memorial Drive from Abbeydale Drive to the east city limits at 116 Street E. The roadway extension is part of The City's plan to establish better connectivity between communities and businesses on both sides of Stoney Trail.

The roadway extension will include a new crossing of the CN rail line and an east-west overpass across Stoney Trail (without on-or-off-ramps from Stoney Trail). All options also include connections to the Rotary Mattamy Greenway to enhance active mode connectivity for those walking and wheeling.

We have posted the What We Heard Report, which took place May 1 to 22, 2023, to our website. Our goal from Phase 2: Explore was to develop and evaluate potential design concepts based off the community priorities and feedback we heard during Phase 1: Discover.

We're pleased with the continued interest shown by the community: we received 3,591 engagement portal page views and 282 contributions of feedback. You can find additional details on the engagement opportunities, how we communicated with the community, and verbatim comments in the full report.

We'll continue our conversations during Phase 3: Reveal later this fall. The team will present the preferred design concept for feedback and review. Once Phase 3 dates are confirmed, we will share more information on our website.

For more information about the study and to learn about Phase 3 dates and engagement opportunities, please visit Engage.Calgary.ca/MemorialDriveEast or contact us at MemorialDriveEast@Calgary.ca.

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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Four-Legged Friends Seeking Homes

from the City of Calgary



The City has reinstated its adoption program to help more animals find homes. For a limited time, adopt your furever companion at Animal Services at a reduced rate!

Now only \$100, the adoption fee covers:

- Spay or neutering surgery
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- De-worming
- A bag of pet food

By adopting from a local shelter, you can make a direct impact by saving a life and contributing to the overall welfare of animals in your area.

Interested in adopting a pet? Check out the adoptable animals on calgary.ca/pets.



Carolyn's Corner

Summer Gardening Tips

by Richard Plummer, Calgary Gardener

All this rain is perfect to help our gardens flourish and grow. As we hit the mid-season point of the growing season, here are some helpful tips to ensure success.

Whether you have a vegetable or flower garden, here are some simple tips:

1. Do not let the weeds take over. Create a daily routine each morning when it is cooler to do some simple weeding.
2. As you approach mid-season, it is time to start moving beets, carrots, possibly tomatoes, and leafy vegetables to give them more room to flourish and spread out. It is best to use the 'three finger rule' in spacing plants.
3. Give your plants a boost. If you use the same beds over and over again for your vegetables, then maybe it's time for a mid-summer top up. By 'top up,' I mean adding a top dressing of compost, aged manure, or a liquid fish fertilizer.
4. Always remember that water is the critical element. You can buy a rain gauge to ensure that when watering, it is penetrating the soil deeply. The water should be soaking down to 15 cms (6 inches), because that is where the roots of your plants are. Buying a soaker hose is often the best solution for watering. Placing mulch around plants can help you conserve water.
5. Always be checking for pest insects. Harmful insect infestations can occur quite quickly, so one should remain vigilant. Check the underside of leaves for insect eggs. Most insects like to sleep in, so if you are an early riser, take a small bucket of soapy water to scoop any harmful insects you find into.
6. Don't forget about your flower beds. Deadheading flowers should be part of your daily routine when you are out there weeding. Deep watering and adding mulch are also a way to keep your flower beds looking amazing.
7. Plants in containers require special attention. In hot weather, they might require more water. Frequent watering will also wash away soil nutrients, so you will probably need to fertilize more frequently.



News from the Friends of Nose Hill


by Anne Burke

The Open Space Plan says that our city's greatest asset is the natural environment and wildlife, so we should foster stewardship with nature education programs. Calgary parks are linked by pathways and green belts. We must protect and conserve the river valley system, unique prairie, urban forest, and foothill ecosystems.

The Plan conforms with provincial land use policies and the Municipal Government Act. There are some general principles. We will preserve natural environment parks and environmentally significant areas, enhanced by restoration to prevent loss. Site-specific plans recommend that we record biophysical inventories and historical resources for cultural landscapes such as Nose Hill.

The Open Space Plan is under review. One of the aims is learning how to improve natural environment parks through decision-making that puts the environment first. Natural habitats offer places for wildlife to find food, water, cover, and to raise their young. We can reconnect, rest, and mentally recharge. Nose Hill offers sacred indigenous spaces of culture—past, present, and future.

Connect: Calgary's Parks Plan, Phase 1 engagement ran from April 17 to May 19. A What We Heard Report will be published online this summer. Phase 2 starts in October 2023.



In the 1940s, American naval engineer Richard T. James accidentally knocked a spring off a shelf. The spring arched and flipped over itself, landing on several surfaces before falling back into a coil. This inspired his invention of the ever-popular "Slinky" spring toy. As a result, August 30 is National Slinky Day in the US!



Councillor, Ward 4
Sean Chu
 403-268-3727
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Dear Ward 4 Residents,

We are excited to share valuable information with you about Calgary's Parks Wayfinder and ensuring a safe community. Please take a moment to read the following updates.

Discover Calgary's Parks Wayfinder: Your Guide to Park Amenities

Embrace the summer season and bask in the beauty of Calgary's abundant parks. The Parks Wayfinder Map is an invaluable resource for maximizing your outdoor experiences. This interactive map showcases various amenities offered by Calgary Parks, making it easy for you to locate essential facilities during your park visits. Find the nearest washrooms, drinking fountains, waste/recycling disposal areas, firepits, picnic tables, off-leash areas, sports fields, park vendors, and more within City parks. Simply visit <https://maps.calgary.ca/ParksWayfinder/> to access the map. Don't forget to explore other useful maps provided by the City of Calgary in our Map Gallery at <https://mapgallery.calgary.ca>.

Right Call, Right Response for a Safe Community

Feeling secure is a fundamental right, regardless of your location or the time of day. We believe in fostering a safe environment where everyone can thrive, whether it's in our homes, workplaces, schools, or recreational spaces. To ensure your peace of mind, we have compiled a list of local teams dedicated to assisting you in situations that might compromise your sense of safety. By connecting with these resources, available at <https://www.calgary.ca/safety-contacts.html>, you'll have access to the right response when faced with challenging circumstances. Our goal is to empower you with the support you need to feel comfortable and secure at all times.

Have a great summer!

Thank you for your attention.

Best regards,

Sean Chu

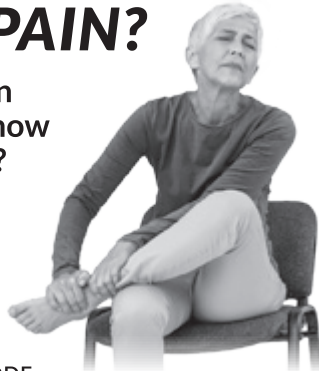


PERIDOT

August-borns are lucky to have three birthstones to choose from: peridot, spinel, and sardonyx. Of these three, peridot is the rarest as it is one of only two gems to be found deep in Earth's mantle, which can make it more difficult to find and mine.

FOOT PAIN?

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

ENGLISH TUTOR: Teacher with 25 years of experience has immediate openings for one-on-one tutoring at Thorncliffe Library. Specializing in ELA 30-1/-2 diploma prep, ELA and social studies course support grades 7-12, reading, writing, base skills, grade 9 PAT prep, college/university English course support, editing, AP and IB course support/exam prep. \$50/hour. Send a detailed text to 587-438-1698 or email darcy.burtch@gmail.com.

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SEE MORE WINDOW CLEANING: Offering residential window cleaning all year long, weather permitting. Inside and out, and commercial low rise. Wall washing, chandelier cleaning, etc. Also, if you need a general handyman, we can do it. Need a reno job? Contact us for a free estimate: 403-274-1404 or seemorewindowcleaning@gmail.com.



Joke of the Month

Why do seagulls fly over the sea?
Because if they flew over a bay,
they would be bagels.

Two cartoon seagulls are illustrated. One is at the top left, looking down. The other is at the bottom right, looking up. They are white with grey wings and orange beaks.



No one
has to
face
cancer
alone.



Wellspring Alberta is a registered charity that provides free professionally-led programs and support for anyone living with cancer, including caregivers, and family members. Our programs are available online, in-person, or over the phone.

At Wellspring Alberta, you'll find a place to connect with others, be yourself, and find the support you need to face cancer.

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