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DETAILS ON PAGE 24



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CONTENTS

- 8 MESSAGE FROM THE BOARD
- 12 RESIDENT PERSPECTIVES: THE TRAJECTORY OF AGENCY: TOWARDS A COMPASSIONATE AND EQUALITARIAN APPROACH TO EMPOWERING BOYS IN EARLY CHILDHOOD EDUCATION
- 15 AUGUST CROSSWORD
- 20 YOUR CITY OF CALGARY: FOUR-LEGGED FRIENDS SEEKING HOMES
- 26 RECIPE: HAWAIIAN RICE BOWL
- 30 BUSINESS CLASSIFIEDS



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STRATHCONA

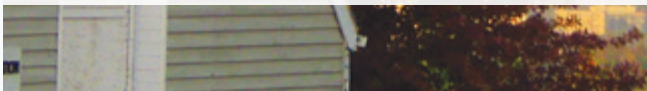
**CHRISTIE
PARK**

**ASPEN
WOODS**



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GET READY FOR A SHOW STOPPING FALL LINE-UP



BOW VALLEY MUSIC CLUB IS EXCITED TO PRESENT THE FOLLOWING ARTISTS Mark your calendars and get your tickets or concert pack today.

- September 23 – Dave Gunning & J.P. Cormier
- October 14 – Twin Bill with Diyet & The Love Solders and Blue Moon Marquee
- Saturday, November 4 – Ray Bonneville
- Saturday, November 25 – The Hello Darlins Christmas Concert

The Bow Valley Music Club (BVMC) operates out of the Strathcona Christie Aspen (SCA) Community Centre and brings live music closer to home. BVMC offers an intimate concert series that attracts rising Canadian talent and known icons alike.

BVMC is thrilled to kick off our Fall Concert Series with two folk music legends, Dave Gunning and J.P. Cormier.

Two of Canada's greatest roots singer-songwriters have finally done what everybody's wanted for years, released their first album together, called Two, and are taking the stage together. Great friends, frequent collaborators, co-writers and touring partners, the pair have been talking about this album since pretty much the day they met.

Dave Gunning's knack for connecting with audiences precedes the skills and experience he's earned on the road—it is, for him, very much a way of life, and J.P. Cormier is, foremost, an entertainer. With original songs and rare covers filled with lush guitars and tight harmonies, this dynamic duo will be sure to leave an impression.

CONCERT TICKET INFORMATION

3 & 4 CONCERT TICKET PACKS AND SINGLE CONCERT TICKETS ARE AVAILABLE FOR PURCHASE ONLINE AT <http://bowvalleymusicclub.org/>



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SCA Community Centre

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Website

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Office Hours: Monday to Friday, 10:00 am to 1:00 pm

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Contact us at info@scacalgary.ca

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MESSAGE FROM THE BOARD

Hello friends and family of SCA,

With just one month left of summer, we hope that you're enjoying your time in the sun... or rain! Please keep in mind that changes in the weather can impact your safety and there are a few things you can do to keep yourself healthy! When out in the sun, be sure you pack extra water bottles to keep hydrated and protect your outsides with sunscreen! We've experienced a decent amount of rain this year as well. During heavy rainfall wear protective clothing and seek shelter; avoid driving especially in low lying areas where water collects.

If you're looking for a place to host a gathering this summer and don't want to worry about the weather, consider booking with the community association. The building has a spectacular view of downtown Calgary and offers a variety of rooms suitable for your event. For availability and rates, send an email to info@scacalgary.ca.

As mentioned in our previous message, the SCA board is on a break for the summer months and will be returning in September. Our next meeting will be held at Strathcona Christie Aspen Community Association on September 20 from 7:00 to 9:00 pm. Please feel free to send an email to board@scacalgary.ca if you have any questions or concerns or would like to attend the meeting. Reminder, we have a few open board positions; if this piques your interest, send us a note and we'd be happy to chat with you.

With newer members on our board, we wanted to take a moment to share a quick introduction! Starting with our secretary! Nina joined the board last year during her maternity leave where she felt disconnected from her community. Having lived in the area for more than half her life, it came as a surprise when she felt like she didn't have anyone to join her for a walk. Since joining the board, Nina has learned a lot about the community and met so many friendly faces. Nina has an interest in leading a healthy lifestyle by connecting with community members.

Do you have a story to share about your community? Send us a note and we can include it in our monthly message!

We look forward to seeing you in September!

SCA Board

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1. Download the app or register online.
2. Enter your home address and pick a date.
3. Cash out or donate to charity.

SkipTheDepot will count your bags and credit your account within 48 hours after pickup. Funds will be donated to the SCA! Sign up at <https://app.skipthedepot.com/scacalgary>.

Add your name to our babysitter listing.

Check out our listings at www.scacalgary.ca under Community Directory. If you would like to add your name to our list, email your name, age, community, and phone number to info@scacalgary.ca.

Want to receive our monthly e-newsletter?

Send your email address to info@scacalgary.ca.

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Calendar

Tuesdays at 10:00 am	Walking Group (Meet by Good Earth)
Wednesday, September 20, 7:00 pm	SCA Board Meeting
Saturday, September 23, 7:00 pm	Bow Valley Music Club
Friday, October 6, 6:00 pm	Family Dinner and Movie Night
Saturday, October 14, 7:00 pm	Bow Valley Music Club
Wednesday, October 18, 7:00 pm	SCA Board Meeting
Thursday, October 26, 5:30 pm	CCIS Family Law Workshop
Friday, October 27, 6:00 to 9:00 pm	SAS Art Show
Saturday, October 28, 10:00 am to 4:00 pm	SAS Art Show
Saturday, November 4, 7:00 pm	Bow Valley Music Club
Wednesday, November 15, 7:00 pm	SCA Board Meeting
Friday, November 24, 7:00 pm	Seniors' Dance
Saturday, November 25, 7:00 pm	Bow Valley Music Club
Saturday, December 2, 10:00 am to 4:00 pm	SCA Christmas Craft Fair
Wednesday, December 20, 7:00 pm	SCA Board Meeting

Community association members are welcome to attend SCA board meetings by appointment; please contact president@scacalgary.ca.



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		Listed	Sold	Listed	Sold
June	23	28	20	\$892,500	\$866,900
May	23	27	19	\$995,000	\$1,050,177
April	23	17	17	\$524,800	\$537,500
March	23	27	15	\$849,000	\$845,000
February	23	16	11	\$960,000	\$949,000
January	23	7	9	\$484,900	\$485,000
December	22	5	5	\$854,000	\$825,000
November	22	4	7	\$1,128,800	\$1,070,000
October	22	10	18	\$1,182,450	\$1,140,000
September	22	14	15	\$799,800	\$798,000
August	22	14	6	\$899,900	\$877,500
July	22	19	13	\$850,000	\$813,000

To view more detailed information that comprise the above
MLS averages please visit asp.mycalgary.com

SCA 2023 Schedule

MON	TUES	WED	THURS	FRI	SAT	SUN
A Child's Garden: Morning & Afternoon Pre-school Programs for 3-4 yr olds						
Seedlings Spanish Preschool: Morning & Afternoon Pre-school Programs for 2 1/2 - 5 Years						
KidZinc before & after school care Grades 1 to 6						
Jazzercise, 9:30am	Zumba, 9:30am	Jazzercise, 9:30am	Zumba, 9:30am	Jazzercise, 9:30am	P R I V A T E R E N T A L S	Pathfinders, 6:30pm
Older Adult Yoga, 12pm, 1:15pm	Mommy & Me Pilates, 11am	Older Adult Yoga, 10am	Adult Art, 10am	Sit Fit Yoga, 11am		
Tai Chi, 1:30pm, 2:45pm	Adult Art, 1pm	Joyful Kids Music, 10am	Gentle but Strong Yoga, 12pm	Bridge, 12:30pm		
Run.Jump.LEAD!, 4:50pm	Tennis 4pm, 5pm	Tai Chi, 11am	Adult Art Workshops, 12:15pm	Older Adult Dance, 1pm		
CYP Theatre, 5:30pm	Young Rembrandts, from 5pm	SCA Line Dance, from 1pm	Run.Jump.LEAD!, 4:40pm			
Sparks, 6:30pm	Joyful Kids Music, 5:30pm	Nature Play, 2pm	CYP Theatre, from 5pm			
Rangers/Pathfinders, 6:30pm	Chinook Country Line Dancers, 6:00pm	Colour on Fire, 5:15pm, 6:30pm	Scouts, 6:15pm			
Karate, 6:30pm	CYP Theatre, 6:30pm	Karate, from 6:30pm	Kids Art, from 5:15pm			
Toastmasters, 7:30pm	Pathfinders/Rangers, 6:30pm	Pathfinders, 6:30pm				
		Montessori, 6:30pm				



Neuschwanstein Castle is a grandiose, Romanesque-style castle built atop a mountain in the Bavarian Alps of Germany. With its dainty turrets and towers, it was an inspiration to Walt Disney. Disney's logo, theme parks, and two of its films (*Cinderella* and *Sleeping Beauty*) drew inspiration from this magnificent German palace!



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Strathcona Community Centre, 277 Strathcona Dr SW, Calgary
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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

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."



SCAN THE QR CODE FOR THE ANSWERS!



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).

References

- Brown, H.D. & H.Lee. 2015. Principles of language learning and teaching. White Plains, NY: Pearson education.
- Makovichuk, L; Hewes, J; Lirette, P; & Thomas, N. (2014). Flight: Alberta's early learning and care framework. Library and Archives Canada.
- 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.

BRAIN GAMES SUDOKU

			2	6		7		1
6	8			7				9
1	9				4	5		
8	2		1					4
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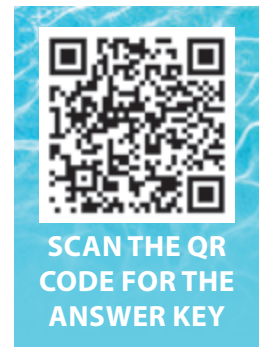
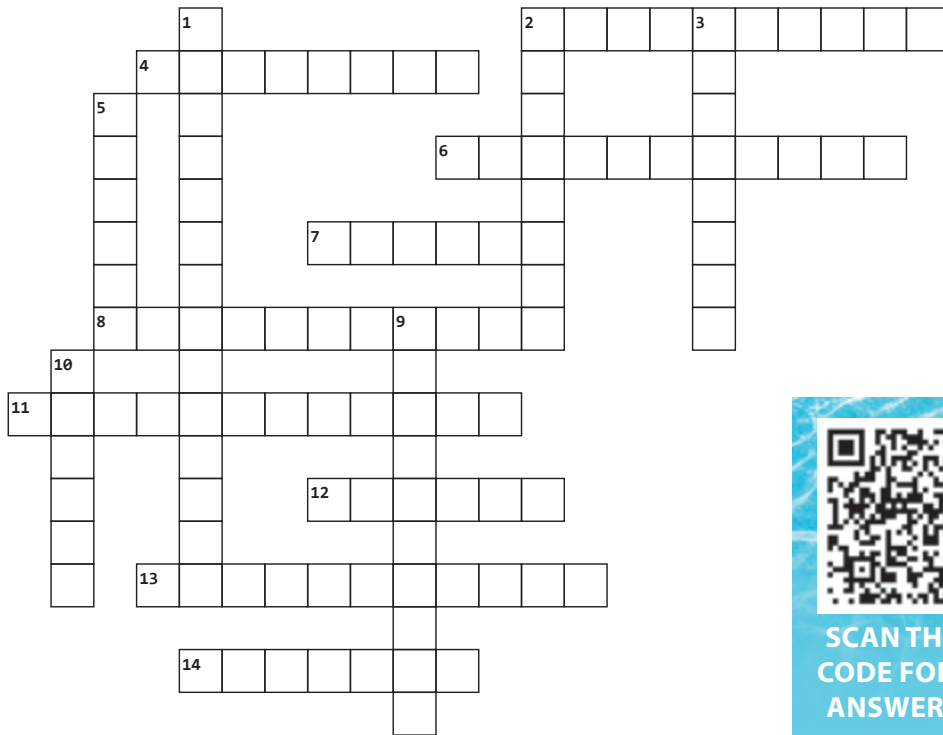


101 Ways to Reduce Stress

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

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.

SCA PROGRAMS (DUE TO COVID-19 PROGRAMS MAY NOT RUN AS ADVERTISED)



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Ages 5 to 12

Wednesday at 6:30 pm

Thursday at 5:15 pm and 6:30 pm

• You and Me Art Classes

One adult and one child (Age 5 to 17)

Wednesday, 5:15 pm

• Teen Art Education Classes

Thursday at 7:30 pm

Visit www.colouronfireartstudio.com.

Girl Guides

Sparks: Monday

Pathfinders: Monday, Tuesday, Wednesday, Sunday

Rangers: Monday, Tuesday

Contact any-calgarysarceehills@girlguides.ca.

Karate Classes

Monday at 6:30 pm (Parent and child, age 7+)

Wednesday at 6:30 pm (Age 7 to 12)

Wednesday at 7:30 pm (Adult beginner, age 13+)

Contact Jeffrey Jukes at 403-228-5039.

Little Miracles Montessori

Wednesday at 6:30 pm

Register at www.littlestepschildcare.ca.

Nature Play

Wednesday at 2:00 pm

Visit www.natureplaykids.ca.

Run.Jump.LEAD!

Monday at 4:50 pm (Age 9 to 12)

Thursday at 4:40 pm (Age 7 to 9)

Visit www.runjumplead.com/register-now.

Scouts

Thursday at 6:15 pm

Email strathcona215gc@gmail.com or visit www.scouts.ca.

Tennis Lessons

Learn or improve your tennis skills with weekly lessons with a qualified instructor.

Tuesday at 4:00 pm (Age 5 to 8)

Tuesday at 5:00 pm (Age 9 to 12)

Visit www.firstservetennis.ca.

Young Rembrandts

Tuesday at 5:00 pm and 6:00 pm

Visit www.youngrembrandts.com/southernalberta/view-classes-enroll.

Adult Programs

5D Souls – New

Sound healing and guided meditation

Wednesdays, 7:00 to 8:00 pm, beginning June 28

Desireeporrelli5d@gmail.com or 5dsouls.weebly.com.



Bridge

Friday from 12:30 to 3:30 pm

Free to join, and you don't have to be an expert player. We play party bridge; drop-in when it suits your schedule. If interested, please contact Tom Wilcock at 403-460-8241 or email twilcock@telus.net.

Chinook Country Line Dance

Tuesday at 6:00 pm

Visit www.cclinedancers.ca.

Colour on Fire Art Education Workshops

Thursday from 12:00 to 1:15 pm

Visit www.colouronfireartstudio.com.

Gentle but Strong Yoga

Thursday from 12:00 to 1:15 pm

Contact mjgerlitz@gmail.com.

Jazzercise

Monday, Wednesday, and Friday from 9:30 to 10:30 am

Contact Wendy at wendy.p.craig@gmail.com or 587-889-4186.

Karate Classes

Monday at 6:30 pm (Parent and child, age 7+)

Wednesday at 6:30 pm (Age 7 to 12)

Wednesday at 7:30 pm (Adult beginner, 13+)

Contact Jeffrey Jukes at 403-228-5039.

Mommy and Me Pilates

Tuesday at 11:00 am and Friday at 10:00 am

Contact Theresa Toth at toth31@shaw.ca.

Sit/Fit Yoga (Sherry)

Friday from 11:00 am to 12:00 pm

Contact Sherry at sherrynormanyoga@gmail.com.

Toastmasters

Monday at 7:30pm

Visit www.westhillstoastmasters.easy-speak.org.

Zumba

Tuesday and Thursday at 9:30 am

All levels welcome!

For more information or to register, call 403-816-6897.

SCA Programs

Register at www.scacalgary.ca.

Adult Art Classes (Karin)

10 classes - \$168 + \$8.40 = \$176.40

Art #1: Watercolours - Tuesday, September 12 to November 14

1:00 to 3:30 pm

Art #2: Acrylics - Thursday, September 14 to November 16
10:00 am to 12:30 pm

Duplicate Bridge Lessons for Beginners

10 classes - \$100 + \$5 GST = \$105

Beginner - Friday, September 15 to November 17
9:30 to 11:30 am

Adult Chair Yoga (Sherry)

Hybrid (online/in-person)

10 classes - \$60 + \$3 GST = \$63

Beginner Yoga #1 (More seated postures)

Monday, September 11 to November 20

12:00 to 1:00 pm (No class October 9)

Intermediate Yoga #2 (More standing postures)

Monday, September 11 to November 20

1:15 to 2:15 pm (No class October 9)

Intermediate Yoga #3 (More standing postures)

Wednesday, September 13 to November 15

10:00 to 11:00 am

SCA Line Dancing (Mary and Peggy)

10 classes - \$90 + \$4.50 GST = \$94.50 (BOGO \$135 + \$6.75 GST = \$141.75 - Discount of \$45)

Beginner (Level 1) - Wednesday, September 13 to November 22

2:00 to 3:00 pm

Improver (Level 2/3) - Wednesday, September 13 to November 22

1:00 to 2:00 pm

continued on next page

SCA PROGRAMS (CONTINUED)

Intermediate (Level 4) - Wednesday, September 13 to November 22

2:00 to 3:00 pm

Advanced (Level 5/6) - Wednesday, September 13 to November 22

1:00 to 2:00 pm

SCA Line Dancing Drop-in (Peggy)

\$5 drop-in fee

Various levels - Begins Friday, September 15 (on-going)

1:00 to 2:00 pm

Tai Chi (Adrian Buczek)

12 classes - \$80 + \$4 GST = \$84

Continuing 1 and Basics - Monday, September 11 to December 4

1:30 to 2:30 pm (No class October 9)

Basics - Monday, September 11 to December 4

2:45 to 3:45 pm (No class October 9)

Continuing 2 - Wednesday, September 13 to December 6

11:00 am to 12:00 pm

Summer Camps at the SCA

Calgary Young People's Theatre

We offer a variety of different camp experiences for kids of different ages and skill levels, but have no fear, no experience is required! All our camps are taught by trained theatre professionals.

Dates: July 31 to August 2; August 8 to 11; August 14 to 18

Cost: \$200 to \$480

Register: www.cypt.ca/camps

Colour on Fire Art Studio and School

Ages 5 to 12

Kids are engaged in a variety of art projects which include instruction in drawing and in applying various mediums like watercolour and acrylic paint, chalk and oil pastel, charcoal and more. Kids enjoy drawing nature while on 'sketch and walks' and learning more about creating shapes and using colour in their artwork.

Dates: July 3 to 7; July 10 to 14; July 17 to 21; July 24 to 28; August 14 to 18; August 21 to 25

Cost: \$195 for half day (8:30 to 12:00 pm or 12:30 to 4:00 pm) and \$365 for full day (8:30 to 4:00 pm)

Register: www.colouronfireartstudio.com or call 403-542-0178

Film Production Camp

August 8 to 11, 9:00 am to 4:00 pm | \$365

Write, produce, and star in your own movie. As an alumnus of the Vancouver Film School, Julianna is melding her love of teaching and film production to teach students how they too can transfer a written story/idea into a visual art.

Learn the basics of writing a script and real dialogue for your characters. Close up, long shot, zolly? So much to learn, but I promise it's oh so fun! You will never look at movies the same way again!

To register, call or text 403-978-5859.

Launchpad Learning

Ages 8 to 14

August 21 to 25: Python Game Developers

Ready to learn one of the most widely used programming languages in the world? Python is a very versatile and easy-to-learn starter language that is widely used by software developers, scientists, and data analysts. Through the games they create, campers will learn and practice core coding concepts and learn Python-specific concepts.

Register at www.launchpadlearning.ca/summer-camp-registration/.

Polyglots

Ages 5 to 11

Join us for a fulfilling learning experience this summer with our imaginary adventures in different countries and learn French or Spanish. No previous language experience required. Full of fun activities, games, arts and crafts, and language learning.

Dates: August 21 to 25 – Celebrate Mexican culture as you learn Mariachi tunes, make a sombrero, and experiment with dissolving limestone. Create your own art masterpieces.

Half day and full day options available. Pre/post care available from 8:30 am to 4:30 pm for full day.

Register: www.polyglots.ca.

Tennis Lessons

Ages 5 to 12

Learn or improve your tennis skills this summer with weekly lessons with qualified instructors.

Dates: Every week in July and August

Time: Monday to Friday, morning sessions

Register: www.firstservetennis.ca/lessons

Adult Summer Programs

Pickleball

Visit www.pickleballconnect.ca for more information.

SitFit Yoga

Fridays from 11:00 am to 12:00 pm
July 7, 21, 28, and August 4, 18, 25

This class combines strength and resistance training within the mindfulness of yoga. Ideal for individuals who need the comfort and/or safety of seated exercise (standing is optional). This class is held in the main hall at the community centre and is streamed online (watch from home). Equipment suggested includes a small and medium ball, resistance band, and set of small dumb bells.

Register for 6 weeks for \$45. Drop-in available for \$10.
Contact Sherry at sherrynormanyoga@gmail.com.

Tai Chi - Beginner and Beginner Plus

Mondays - 8 classes - \$64 + \$3.20 GST = \$67.20
Monday, July 3 to August 28
1:30 to 2:30 pm (No class August 7)

Wednesdays - 9 classes - \$72 + \$3.60 GST = \$75.60
Wednesday, July 5 to August 30
11:00 am to 12:00 pm

Please note: July 3 and 14 classes will take place outdoors. Should the weather not accommodate the group, classes will be pushed into the fall session. The July 31 class will take place in the Founders' room.

Register at www.scacalgary.ca.



EVENTS

Save the Date: Family Dinner and Movie Night October 6 at 6:00 pm

Kids, wear your Halloween costume!

Doors open at 5:45 pm and dinner is at 6:00 pm. The Super Mario Brothers movie starts at 7:00 pm.

This event is limited to 250 people. Must have current SCA membership (memberships will be available for purchase). All minors must be accompanied by an adult.



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from the City of Calgary



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

Now only \$100, the adoption fee covers:

- Spay or neutering surgery
- Microchip implant for identification
- A twelve-month City of Calgary license
- First set of vaccinations (excluding rabies)
- 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.



After a cancer diagnosis and leg amputation in 1977, 18-year-old Terry Fox began a cross-Canada run to raise funds for cancer research. He ran from 4:30 am to 7:00 pm for 143 days! Thanks to Terry and his incredible legacy, a total of \$850M has been raised! In honour of this indomitable Canadian, August 7 is National Terry Fox Day.

A photograph of two men embracing. One man, wearing glasses and a light-colored shirt, is being hugged from behind by another man. The scene is intimate and supportive.

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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.

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Accidental Poisoning

by Alberta Health Services



Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the home. Ingesting prescription or over the counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming into contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

Medication Storage

- Place all medications in locked containers and store in an area inaccessible to children
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle
- Install child locks on all cabinets, or drawers where medications are stored

Safety Tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child

- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups
- Promptly dispose of any medications or toxic household products no longer in use

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers
- Install child latches on cabinets children might also access by climbing on counters or chairs
- Label all plants in and around your home and garden
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested

Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.

In case of a poisoning emergency, call 9-1-1. Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.

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STRATHCONA PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
June	23	12	15	\$849,900	\$858,000
May	23	20	17	\$880,000	\$957,000
April	23	13	11	\$799,999	\$858,000
March	23	11	10	\$793,950	\$806,000
February	23	7	5	\$899,000	\$906,400
January	23	5	3	\$749,900	\$772,000
December	22	1	3	\$739,900	\$775,000
November	22	5	5	\$699,000	\$679,000
October	22	6	10	\$557,450	\$564,750
September	22	9	12	\$637,500	\$623,000
August	22	12	10	\$682,400	\$687,500
July	22	8	3	\$550,000	\$580,000

CHRISTIE PARK COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
June	23	5	3	\$679,900	\$670,000
May	23	4	3	\$1,069,000	\$1,100,000
April	23	3	1	\$675,000	\$676,507
March	23	2	4	\$837,450	\$814,500
February	23	2	2	\$696,894	\$685,073
January	23	1	1	\$869,900	\$840,000
December	22	1	0	\$0	\$0
November	22	3	3	\$778,000	\$743,000
October	22	2	2	\$352,400	\$325,000
September	22	2	0	\$0	\$0
August	22	2	1	\$348,800	\$358,800
July	22	2	2	\$339,950	\$334,950

To view more detailed information that comprise the above MLS averages please visit str.mycalgary.com

To view more detailed information that comprise the above MLS averages please visit chr.mycalgary.com

COMMUNITY NEWS

Get your 50/50 Raffle Tickets in Support of New Pickleball Courts!

Would you like to see more pickleball courts in the area and more tennis courts available? If you do, here's how you can help. The SCA is offering a 50/50 raffle fundraiser with proceeds going towards resurfacing the community ice rink to accommodate pickleball courts. Your participation is appreciated! Look for details at www.scacalgary.ca.

Join Our Walking Group

Walks take place every Tuesday at 10:00 am. Evening walks will be starting soon!

Meet outside Good Earth in the Sobeys parking lot. Dogs and strollers are welcome. Please register at www.scacalgary.ca or by calling our office at 403-249-1138 so we can share information on routes. No membership is required to take part.

Neighbourhood Watch Program – Volunteers Needed

The communities of Strathcona, Christie, and Aspen are looking for volunteer administrators for the Neighborhood Watch Program. If you are interested in finding out more about this position, please email us at info@scacalgary.ca.

Calling all Gardeners or Those Just Wanting to Help!

Committed volunteers are needed for the care and maintenance of the Strathcona community entranceway during the spring, summer, and fall. We meet once a month for an hour or two (or as weather and the project requires).

Donations of any amount are greatly appreciated and put to good use to cover annual costs (plant replacement, soil amendment, fertilizer, mulch, etc.) as well as to plan for future additions. Cheques (made out to SCA CA) or cash can be left at the office, attention: Shelley Lakatos.

For more information, please contact Marlene at marlenefritzler@hotmail.com.

What Can't Go in Your Green Cart?

from the City of Calgary

No plastic plates or cutlery. No compostable plastic takeout containers (including cups, plates, or bowls). Even if these items are marked as "compostable," they are not accepted in Calgary's green cart program.

Please note that compostable bags are okay to use to line your kitchen pail. If using a bag to line your kitchen pail, only use certified compostable bags.

Why Can't Compostable Plastic Products Go in the Green Cart?

We tested a variety of compostable coffee pods, compostable containers, and compostable cutlery. These items did not break down at the composting facility, leaving behind compostable plastic pieces. This contamination increases costs and impacts the quality of the finished compost.

Please put compostable plastic items in the garbage.



Kinesiologist Marcelo Daleva

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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.**

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!



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A safe community means feeling comfortable wherever you are, at all times of the day. We all deserve to feel safe, no matter where we live, work, learn, or play. This list below will help you connect to local teams that can help you when you are presented with situations that could make you feel unsafe. Save these in your contacts on your cell phone and keep a physical copy in a visible place in your home for your family.

9-1-1 Emergency: Call 9-1-1 in an emergency when there is an immediate threat to your health and/or safety. (e.g., fire, see or smell smoke, medical emergencies, crimes in progress, an accident that has caused injury, life threatening situation, etc.).

2-1-1 or Text INFO to 211 (Distress Centre): Call or text 2-1-1 for non-emergency situations that involve mental health and addiction, connection to food and basic needs, or community and social resources.

3-1-1 (Bylaw, City Information): Call 3-1-1 for City information, non-emergency, and non-law enforcement services (e.g., animal at-large, bylaw complaints, garbage collection, property tax information, problem properties, etc.).

403-988-7388 (H.E.L.P. Team - Formerly DOAP): Unhoused individuals in a vulnerable state (having a poor mental health moment, intoxicated and/or using drugs in a public space, stumbling down the street, stepping into traffic), trespassing (sleeping in the doorway of a business), in need of transportation.

403-262-1000 or Text 74100 (Transit Watch): Text 74100 or use the help phone/button on C-Trains and platforms to report immediate safety and security issues. (e.g., such as disorder, areas needing attention or cleaning, infrastructure issues, broken glass, or harassment, etc.).

403-266-1234 (Police Non-Emergency): Non-injury accident, missing person, stolen vehicle or license plate, break and enters after they've happened.

Sincerely,

Councillor Richard Pootmans

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