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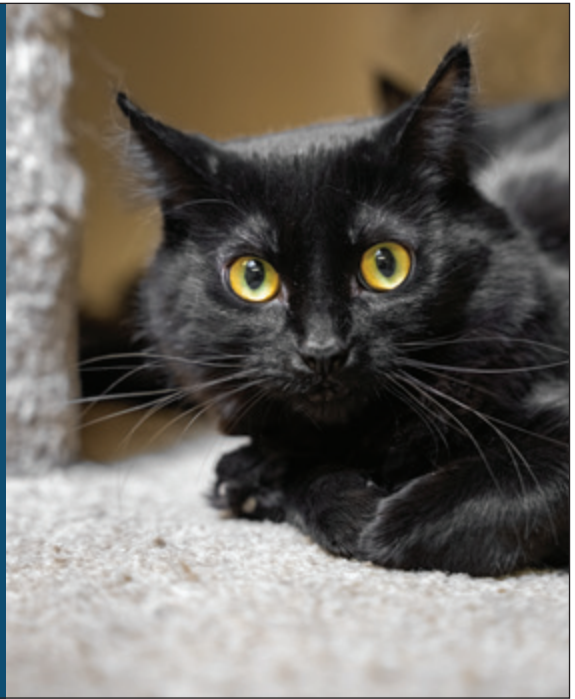


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LOCAL CONTACTS

CKE Hall Rental	Jennifer Sherstabetoff	CKEhallrental@gmail.com 403-764-9614
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Submissions: Please direct editorial inquiries to ckecommunity@gmail.com and ad inquiries to sales@greatnewsmedia.ca.

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CKE Community Garden

The CKE Community Garden held a very successful cooking workshop in June. Sixteen attendees were treated to an informative and entertaining presentation by Sylvia Kong – home economist and cookbook author – on recipes for using up one of the most common garden bumper crops – zucchini!

Zucchini can be used in both savoury and sweet dishes – think stir fry and zucchini muffins. But is zucchini a vegetable or a fruit? In the culinary world, these terms are used to describe how a certain plant is used in cooking. Vegetables are considered more savoury with a lower sugar content, while fruits are eaten for dessert or baked into something sweet.

But botanically the definition is quite different. A fruit is the part of a plant that contains seeds, formed by a maturing flower that has been fertilized. This protection around the seeds can be soft and fleshy, or dry and sometimes tough. A vegetable is any other plant part that we consume – stems, leaves, and roots.

By this definition, produce such as peppers, cucumbers, and avocados are fruits, and carrots, lettuce, kale, and celery are vegetables. Beans and peas can blur the boundaries – when they are shelled, we are eating the seeds, and when we consume the pods, they are considered a fruit. Rhubarb is a vegetable (we consume the stem of the leaf), but all squash – including zucchini – are fruit.

This should answer the age-old question of whether a tomato is a fruit or a vegetable (fruit!), but it really depends on your point of view.

Drop by the CKE Community Garden to see examples of many fruits and vegetables being raised by our garden members and stay tuned for future events!

Happy gardening!



YOUR CITY OF CALGARY

Summer Gardening Made Easy

by *The City of Calgary*



The City of Calgary's YardSmart program offers tips to keep your yard thriving, rain or shine.

- Make the most out of rainy days. Plants prefer rainwater over water from the hose. Collect water with a rain barrel and use it to water your yard. Point downspouts towards your lawn or garden, so they soak up every drop.
- Mow less often. Keep your grass two to three inches high to shade the soil and leave clippings on your lawn.
- Add mulch to garden beds. Mulch helps prevent water evaporation and reduces weeds. Use two to four inches of mulch on top of garden beds, leaving an inch around the base of plants.
- Water plants at the roots—low and slow, allowing the soil to fully absorb the water. Hand watering with a watering can, using drip irrigation, or using soaker hoses are all effective ways to water plants at the roots. If you're watering with a sprinkler or irrigation system, remember to water on your scheduled days. Visit calgary.ca/whentowater for more information on Calgary's lawn and landscape watering schedule.

Now that your yard is summer-ready, it's ready for its close-up.

Share your YardSmart yard with us for a chance to be featured on calgary.ca. A YardSmart yard can include:

- Drought tolerant, water-wise plants
- Lawn alternatives
- Rain barrels or other rain harvesting set-ups
- Efficient irrigation systems
- Native plants
- Rain gardens

Simply snap a photo of your Yard Smart yard and complete the 'Show us your yard' form at calgary.ca/yardsmart.

The Pressure to Make Summer Count

by Rebecca Pink, Registered Provisional Psychologist



Summer is often associated with rest, joy, and freedom. Yet for many people, it can quietly become one of the busiest and most emotionally demanding seasons of the year. Between vacations, social events, family commitments, longer days, and the pressure to “make the most” of the season, summer can begin to feel surprisingly overwhelming.

As a mom of two teenage daughters, I can feel the pace of summer pick up quickly. Between schedules, activities, social plans, and the quiet pressure to make the most of the summer, it becomes very easy to confuse staying busy with actually being fulfilled. Even the things we genuinely look forward to can begin to feel overwhelming when there is little room left to simply slow down.

But a full calendar is not always the same thing as a fulfilling season.

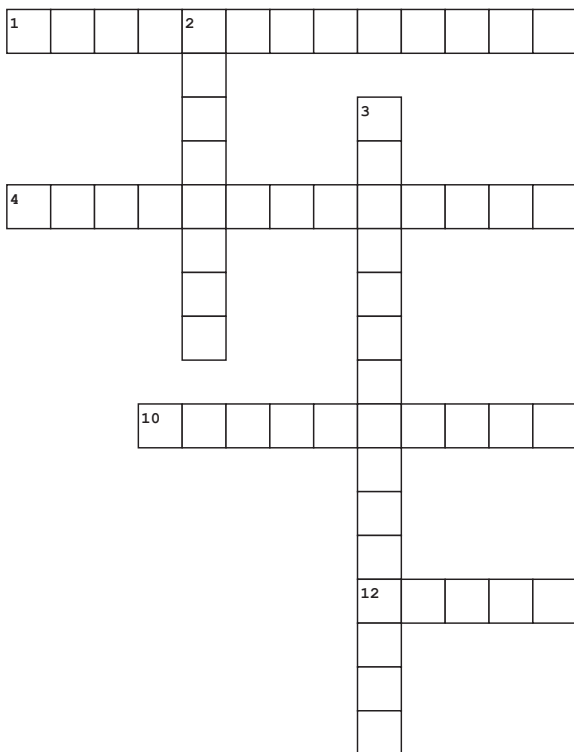
When every weekend is booked and every sunny evening feels like something we should maximize, we

can lose the very thing many of us are craving most: genuine presence and restoration. Even seasons that are meant to feel light-hearted can be surprisingly demanding, and our nervous system still requires time to rest and recharge.

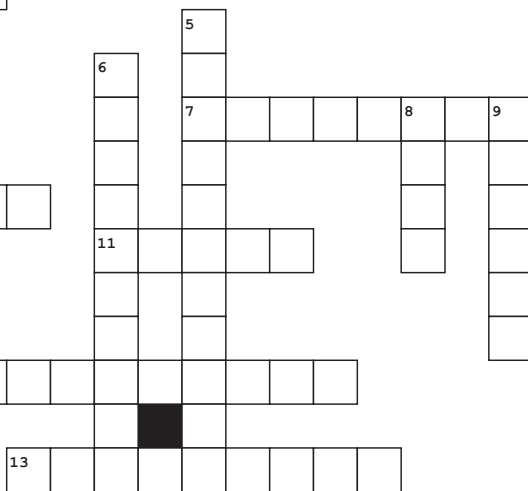
Sometimes, the healthiest thing we can do is leave room for slower moments; an unplanned evening, a quiet walk, time at home, or saying no to plans we do not truly have the capacity for.

In a culture that often equates busyness with success, choosing rest can feel uncomfortable. We may find ourselves trying to make the most of every moment, only to create the very stress we were hoping to escape. Building in time for rest, flexibility, and simply “being” supports emotional resilience and overall well-being. Rather than asking how much you can fit into your summer, consider asking what experiences will leave you feeling most restored, connected, and fulfilled. Here’s to a summer that feels less rushed, more intentional, and rich in the things that truly matter.

July Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers



Across

1. On July 20, 1969, this astronaut took humanity's first steps onto the surface of the moon.
4. This rom-com released on July 13, 2001, follows a very fashionable college student attending Harvard Law.
7. These ducks can be seen all over Calgary; identified by the male's green head.
10. This Noah Kahn song was released as a single in 2022 before appearing on his 2024 album with the same name.
11. Florence + The Machine released this album July 3, 2009, featuring the famous song, *Dog Days Are Over*.
12. This very popular member of the royal family married Prince Charles III on July 29, 1981.
12. This event on July 1 is normally celebrated with red and white fireworks.

Down

2. On July 6, Earth will reach this part of its orbit—the furthest distance from the sun.
3. This annual event is known as "The Greatest Outdoor Show on Earth."
5. These tiny birds can fly backwards and upside down.
6. This Canadian author and illustrator is most known for his children's books, *I Want My Hat Back* and *The Skull*.
8. This fiery July birthstone was worn by Burmese warriors; they believed the stone made them invincible.
9. These tiny stickers were released to the public July 1, 1847, with the intention of preventing unpaid mail.



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The Village We Lost: Why Modern Parents Need Community More Than Ever

by Saadah Shehu | The Smart Sitters Club



It wasn't that long ago that raising children was a community effort. Grandparents lived nearby. Neighbours knew one another by name. Aunts, uncles, cousins, and family friends were woven into daily life. If a parent was running late, someone stepped in. If a child needed a ride to practice, another family helped. Parents didn't carry the entire weight of childcare, household responsibilities, and emotional support on their own.

Today, many families are raising children in a very different world. Families are more mobile than ever. Parents often move away from their hometowns for work, education, or housing opportunities. Grandparents may live in another province, relatives may be hours away, and neighbours may remain strangers.

At the same time, the demands on parents have increased. Many households rely on two working parents. Children's schedules are packed with activities. Work doesn't always end at 5:00 pm, and parenting certainly doesn't come with weekends off. The result is that many parents are trying to do what once took an entire village.

The consequences aren't always obvious. Parents

may postpone date nights, decline invitations, miss professional opportunities, or simply push through exhaustion because they believe they should be able to manage everything themselves.

But perhaps the problem isn't that parents need to do more. Perhaps the problem is that they were never meant to do it alone.

The phrase "it takes a village to raise a child" may sound cliché, but its message remains as relevant today as ever. Children benefit from having trusted adults in their lives, and parents benefit from having support systems that allow them to rest, strengthen relationships, participate in their communities, and maintain their well-being.

I have had the privilege of working with families across Calgary and the surrounding area. One thing I have learned is that parents are not looking for someone else to raise their children—they are looking for support.

Many of the families we serve are newcomers, have relocated for work, or simply do not have family nearby. They are dedicated parents doing their best, but often without the support network previous generations relied upon. Their stories are a reminder that the challenges facing families today are not individual failures; they are the result of a village that has become harder to find.

Rebuilding that village requires all of us. Sometimes it means checking in on a neighbour. Sometimes it means creating family-friendly spaces and events that make it easier for parents to participate fully in community life. Through my work, I have seen firsthand how something as simple as providing on-site childcare at conferences, community gatherings, and professional events can open doors for parents who might otherwise be unable to attend. Sometimes it means supporting services and organizations that help families access trusted childcare when they need it most.

The village may not look the same as it did generations ago, but the need remains unchanged. Parents do not need to be superheroes. They need support. They need community. They need a village. Perhaps one of the most important conversations we can have is not how parents can do more, but how we can do more to support parents. Because when families are supported, children thrive, communities grow stronger, and everyone benefits.

The Growth of Professional Soccer in Calgary and Canada



Since the launch of Canada's professional soccer landscape in recent years, Calgary has emerged as an important contributor to the sport's national growth. The rise of professional soccer in the city reflects a broader shift across the country, as communities connect more deeply with the world's game and its expanding future in Canada. As excitement builds toward the FIFA World Cup in 2026, communities across Calgary are finding new ways to feel connected to the global game through shared local pride.

That momentum is driven by a shared belief in soccer's power to unite communities, develop talent, and strengthen Canada's place on the global stage. Professional clubs now serve not just as competitive teams, but as local ambassadors for the sport, linking Canadian fans to an increasingly international game.

Set against the iconic backdrop of Spruce Meadows, Cavalry FC blends world-class facilities with a strong local identity. Emphasis has been placed on developing Canadian players - particularly those from Calgary and

Alberta - while integrating experienced international professionals who raise standards on and off the field. This approach plays a vital role in strengthening Canada's soccer pathway, supporting both domestic competition and the national team system.

Matchdays themselves have become a defining part of the experience. ATCO Field's intimate setting brings fans closer to the action, creating an atmosphere distinct from any other sporting venue in the city. Combined with the natural beauty and prestige of Spruce Meadows, it showcases what a uniquely Canadian soccer environment can feel like.

Beyond competition, Cavalry FC continues to make a meaningful difference through school programs, youth camps, community appearances, and grassroots partnerships. As Canada prepares to welcome the world in 2026, the legacy being built in Calgary centres on growing the game locally, strengthening community connections, and inspiring the next generation of players and supporters nationwide.

RECIPE OF THE MONTH

July 30 is National Cheesecake Day!

Try baking one of your own to celebrate!

Ingredients

- 2 cups of graham crumbs
- 1/2 cup of butter or margarine, melted
- 1/4 cup of white granulated sugar
- 2 tsp of nutmeg (optional, make it whatever flavour you would like)
- 2 blocks of cream cheese (6oz)
- 1/2 cup sour cream
- 3/4 cups of white granulated sugar
- 2 eggs
- 1 tbsp vanilla extract, or vanilla bean paste

Instructions

1. Preheat oven to 325° F. The lower temperature will help the centre cook without burning the exterior.
2. In your 9' spring pan or baking dish, pour in your graham crumb, 1/4 cup of sugar and melted butter. Using your hands gently combine everything until it becomes equally incorporated. It should feel like wet sand. If mix seems too dry you can add a little more butter to help it stick.
3. Spread the mixture evenly across the base of the pan and firmly press down into an even layer. Feel free to use a heavy glass or another pan to help pack it down.
4. Set aside while preparing the filling.
5. In a large bowl add your cream cheese blocks, sour cream, nutmeg, and sugar.
6. Beat the two ingredients together either with a hand mixer on speed 2, or by hand if you prefer. We are looking for the mixture to be smooth and fluffy.
7. Add the eggs and vanilla and continue mixing. At the end you should have a smooth, thick batter that coats the blades of your mixer.
8. You've made it! This is the easy part. Simply pour your batter overtop of the prepared base, smooth out the top to make it as even as possible, and place it in the oven. Let it bake for 45 minutes to an hour. If you're feeling fancy, you can spray some water into the oven around the halfway point. This steams the oven and can give the cheesecake a more even tone. You know it is done when you gently shake the pan and there is little to no movement in the centre
9. Remove from the oven, rest at room temperature until completely cooled, and enjoy your delicious cheesecake.



TOUR DE FRANCE

The Tour de France is one of the most famous cycling races of the past century. Did you know the route measures over 3,000 km and has riders on the road for 23 days!



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FOR THE SOLUTION



July's Reflection

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

If you were given a travel pass, but could only visit fictional places (think myths, fairytales, movies, or books), where would you go, and how would you pass the time?

Dear reader,

When I considered this delightful question, one place instantly captured my imagination: Hobbiton from *Lord of the Rings*. The thought of stepping into that beautiful, safe, cozy world evokes a powerful sense of nostalgia and longing for a pastoral life. Since watching that movie decades ago, I have thought about how idyllic life would be in Hobbiton. The soft, rolling hills, lush green grass, and livestock in the paddocks create such a romantic setting.

Hobbiton represents an escape from the chaos and harsh realities of the world. Life in Hobbiton is quiet and simple, offering a refreshing break from our busy modern life.

In this charming world, I would spend my days in the paddocks, tending to my flock of sheep. Every seed I plant would thrive and grow enormous, plump, and absolutely delicious fruit and vegetables. I would also enjoy gathering wildflowers and decorating my home with them, brightening up the enclosed hobbit home with colour and life. In this fantasy, they wouldn't make me sneeze, and I wouldn't be allergic to them!

A life in Hobbiton would force me to be present and grateful for the beauty of everyday life, which is something I could use more of. However, knowing my restless nature, I may eventually grow bored with the monotony and seek out some excitement. Good thing wizards come to visit, and Middle Earth is close by.

Happy writing,

Michelle

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SCAN ME

Fireworks

Out enjoying fireworks on Canada Day? Did you know that fireworks originated in China over 2,000 years ago? Ancient firecrackers came to be when bamboo stalks exploded after being thrown into firepits.



Support Victoria Fortuna and Her Family After a Tragic Highway Accident



In the early evening of February 8, 2026, the Fortuna family's life was forever altered by a devastating and senseless accident.

Victoria (21) and her father, Paul (53), were the innocent victims of a tragic vehicle accident that occurred in Edmonton. Sadly, her father succumbed to his injuries at the scene, and Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton.

Donate to this GoFundMe by scanning the QR code to help ease the inconceivable financial hardship the Fortuna family is facing.

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