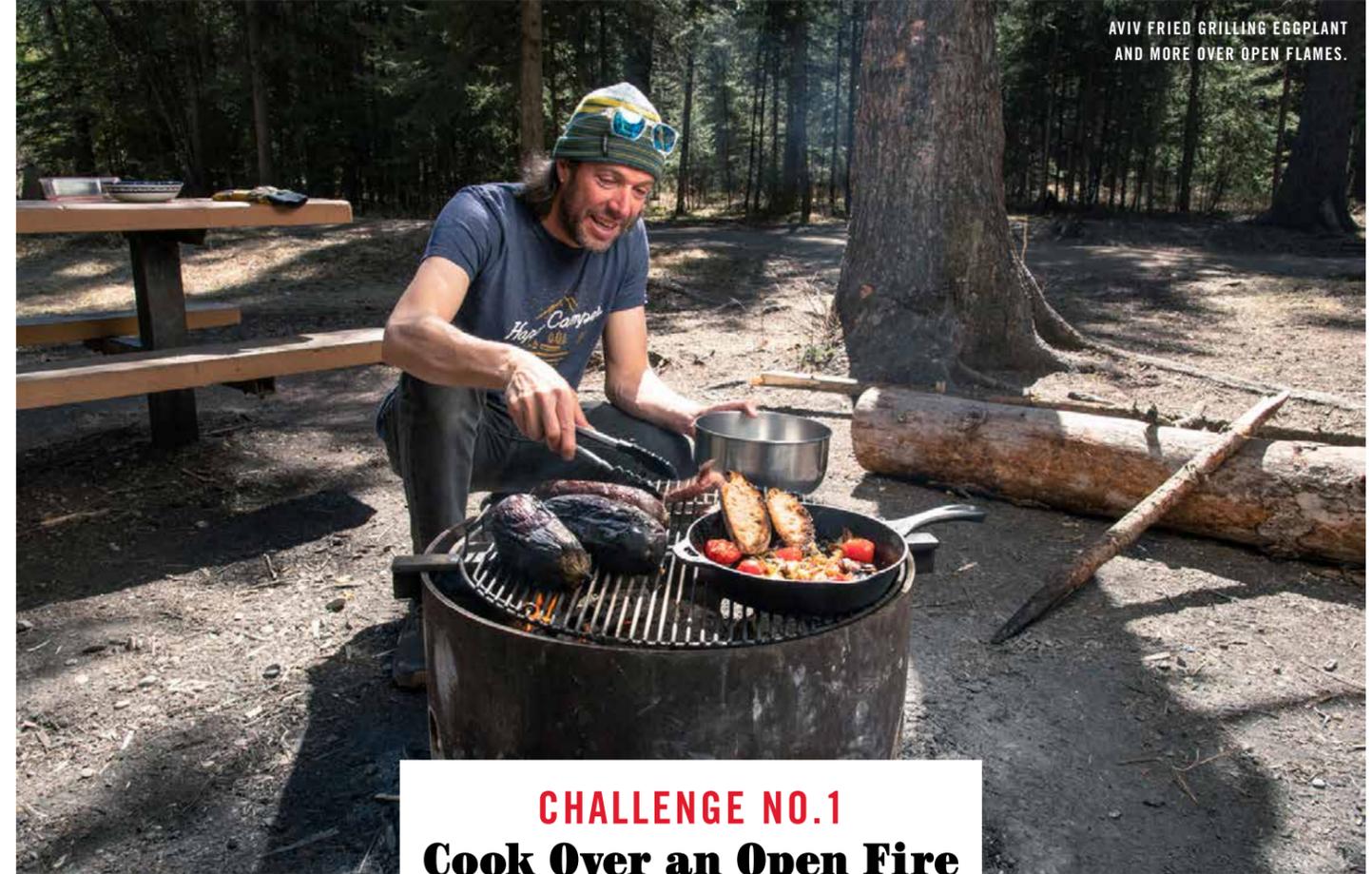


BY SHELLEY ARNUSCH, TYLER HELLARD, TRAVIS KLEMP, NATHAN KUNZ AND MICHAELA REAM ILLUSTRATIONS BY CRISTIAN FOWLIE

THE ULTIMATE SUMMER CHALLENGE



**10 THINGS TO TRY THAT WILL MAKE YOUR
SUMMER EVEN MORE AWESOME.**



AVIV FRIED GRILLING EGGPLANT
AND MORE OVER OPEN FLAMES.

CHALLENGE NO. 1 Cook Over an Open Fire

For most of us, knowledge of cooking over an open fire starts and ends with hotdogs on a stick. But this summer, it's time to go beyond tube steak.

Seasoned campfire cooks such as Aviv Fried, owner and head baker at Sidewalk Citizen Bakery, will tell you that a campfire is just a heat source, and if you can manage that heat source, then the sky's the limit on what you can cook on it.

Fried prefers a free-form campfire over the cylindrical iron firepits with attached grill bars that you see in provincial and national parks, mainly for the flexibility of being able to place a grill at the optimum distance from the heat. If rules forbid fires outside the provided pits, he recommends putting rocks in the bottom to raise the fire closer to the grill. "You want to be nice and close to the heat source — but not too close!" he warns.

When cooking meat, it's important to let the fire burn for a while first so you get a nice steady

heat that doesn't diminish, he says. One common mistake people make is building a huge fire, and then right away trying to cook in the flames, resulting in meat that is charred on the outside and raw in the middle.

Fried pairs his proteins with fire-roasted vegetables, and is especially fond of eggplant, though he notes it's important to pierce it in multiple spots prior to placing it on the fire, or it will "blow up like a balloon and explode." He scrapes away the charred skin, mashes the roasted eggplant with sliced garlic, salt and pepper and a drizzle of olive oil, and slathers it on pieces of grilled bread. (Fried is understandably particular to Sidewalk Citizen sourdough, though any hearty loaf will do).

A well-equipped camp kitchen will set you up for success: from knives to cutting boards, Fried is a proponent of using the same calibre of kitchen tools in the outdoors as he uses at home. Other requisite tools include large metal tongs and heavy-duty

work gloves, which provide better protection and more dexterity than an oven mitt.

Even if you come prepared, it might take a bit of practice before your open-fire efforts produce edible results. Fried's best tip for first-timers? "Bring a stove also, so you don't go hungry."

Level Up: Bake Over an Open Fire

Anyone can roast a piece of meat over an open fire, but if you really want to impress your friends and family, how about baking a batch of cinnamon rolls over an open fire? Hand-made in Sweden, the Svante Fredén Reflector Oven is a portable campfire cooking device that opens into a 16-inch-by-11.5-inch oven unit, big enough to hold a nine-inch pan. Made from lightweight aluminum, it weighs under two pounds, so it's easily transportable. —S.A.

PHOTOGRAPHY BY JARED SYCH



CHALLENGE NO.2

Set Up an Outdoor Home Office

With summer in full swing, setting up an outdoor office is a great way to get that vitamin D while getting stuff done.

As with indoor home offices, you'll need a few key pieces for your outdoor office. We've all made the mistake of working in a position that is not conducive to good posture, so make sure you have a good chair and consider acquiring a fold-able, mobile desk if your patio tabletop isn't an ideal height. And while July and August rays might be good for getting a tan, they aren't great when beating down on your computer, so invest in an adequate umbrella or shade feature to keep your technology cool.

Level Up: Create a Vertical Garden

Video-Conferencing Backdrop

A vertical garden (basically a container garden stacked on shelves or hung from a ladder-like structure) isn't just a nice focal point for your backyard or balcony — it's also an ideal backdrop for video meetings. "You have to be sure you're picking the right size of plants and understanding what amount of sunlight they are getting," says Laura Stegeman, a horticulturist and owner/operator of Gardens by Laura. "If it is a more shaded spot you could go with fuchsia, begonias or impatiens. If it is a sunnier spot, something like pansies, dahlias and geranium work great." —*T.K.*



SPENCER CORBETT AT THE SOURCE SNOWBOARDS AND SKATEBOARDS.

CHALLENGE NO.3

Get a Skateboard

With an Olympic debut on the horizon, skateboarding is about to go mainstream like never before, which means that a lot more of the population will be getting on board, so to speak. If you're one of the many who are feeling the push to learn (or re-learn) to skateboard as an adult, you'll first need to get yourself set up.

Spencer Corbett from The Source Snowboards and Skateboards location in the Beltline recommends keeping it simple. "I would start someone off with an 8.25-inch deck so there is more surface area, some softer wheels that are a bit bigger — like 53 to 56 millimetres — so you don't feel every crack you roll over, and some Independent-brand trucks," Corbett says.

Level Up: Ride a Skateboard Park

The Compound, an indoor skateboarding facility in Ramsay, offers beginners' camps for all ages (COVID-19 dependent). However, Corbett says there is a lot to be learned by simply observing experienced skaters in action. "It's great to get out to a park and watch what other skaters do and learn park etiquette, which is huge," he says. "Calgary has had parks pop up all over in the last few years. Two of the best are Huntington or Southwood, which are booming with great talent, but also great for people just starting out because they have a lot of low-impact obstacles to practice on." —*T.K.*



If you know your *Heritage Minutes*, you'll remember that a long time ago an old man nailed some peach baskets to a wall and some guys threw a ball at them. From these humble beginnings we eventually got the NBA, the Toronto Raptors and several amusing courtside Drake moments, which I'm sure is, more or less, what James Naismith imagined when he was ruining that old man's baskets. But you don't need to have a wildly ambitious vision to start your own successful sports league: being only kinda-sorta motivated will do, even if that motivation comes from a desire to stem the "quarantine 15" (going on 30). Also, any excuse to see people who don't live in your house is a welcome one (and because you are the founder, commissioner and organizer of this new sports league, you get to choose who those people are).

Here are some tips to take your first step toward the Hall Of Fame you will undoubtedly someday build:

1 Loosen your definition of "sports." With actual sporting facilities in limbo, you need something you can play on any available patch of grass or slab of pavement. Look to the games played by children and old people for inspiration and then adapt to meet your current needs: stickball in

CHALLENGE NO.4 Start a League of Your Own

parking lots, bocce in the alleys and dodgeball in playgrounds are all viable options.

2 Also loosen your definition of "league." If you organize some friends to play a game more than once, you are officially a league.

3 No athletes allowed. All those people who played real sports competitively into their 20s are too competitive and will suck the joy out of any activity. If you don't believe me, watch a game of Ultimate and bear witness to just how seriously a grown man can take playing Frisbee.

4 Rules-schmules. You need some, obviously, but keep them to a minimum and make them as objective as possible, because the last thing you want in the middle of the game is a drawn-out debate on the existential nature of a foul.

5 Having a drink after the game is okay, but being able to drink *during* the game is better, if not the entire point of playing.

6 Avoid anything that involves any amount of sustained running because running is terrible. If you make your friends run, they will not only drop out of your league, they will stop being your friends and then you'll be left to play with yourself. —T.H.

Level Up: Make Your Own League Merch

It's not hard to get a custom T-shirt made these days, but if you want to create league merch that players actually like wearing, ditch the ill-fitting fast fashion for a more thoughtful alternative. Calgary-based brand Local Laundry works exclusively with 100-per cent Canadian-made products that feel great, look great and can be customized down to the tags. Local Laundry can also create a charitable-giving component to custom garment orders, so that each time a friend buys one of your league hats or tees it could end up, for example, helping under-privileged kids play sports. —S.A.

CHALLENGE NO.5

See Moraine Lake at Sunset



While we don't get that many summer days at this latitude, the days we do get are extra-long — so long that you can actually plan an after-work excursion to the mountains to catch the sunset. Evening mountain excursions to tourist hot spots like Moraine Lake in Banff National Park mean fewer people blocking your view while you take in one of the world's most stunning scenes.

Level Up: See Moraine at Sunrise

This one is for serious night owls only: head out on the highway just after midnight and settle in at Moraine Lake in time for nautical twilight, the first sign of sunrise, which in the month of July happens between 3:30 and 4:30 a.m. Stay for the big reveal, then find a nice spot to nap in the morning sun. —S.A.



CHALLENGE NO.6

Go Rafting On the Bow

Don't be one of those people staring wistfully at a fun-loving crew floating down the Bow on a sunny day. Make this the summer that you get out there, too. To float the Bow, you'll need a decent-sized raft that you've pumped up in advance to ensure there are no holes, life jackets for everyone in the raft, paddles (ideally three so that if you lose one you still have two to manoeuvre the raft), an emergency whistle and provisions.

Plan your trip by first thinking about where you want to end up — popular landing spots include the Prince's Island lagoon and the beach near the parking lot at St. Patrick's Island — then backtrack to determine a launch spot based on how long you want to be on the river. The West Baker Park boat ramp provides easy river access and an extended ride. To shorten the journey, put in at Shouldice Park or Edworthy Park instead.

A few other tips for happier rafting: check the weather report before you go to avoid being on the water during one of those charming hailstorms we get around these parts. Keep your phone in a Ziploc bag. Wear an old pair of sneakers that you don't care about getting wet so that if you need to jump out and pull the raft to shore you'll have sure footing on the river rocks. And keep your eyes on what's up ahead so that you can safely pilot your raft past bridge structures and around shallow sections.

If this is all way too much, book a trip with one of the local rafting tour companies like Lazy Day Raft Rentals, Calgary River Experience or The Paddle Station, and let someone else handle the logistics, leaving you to handle the fun.

Level Up: Run the Harvie Passage Rapids

Rafting the Bow used to mean never, *ever* going further than the zoo on account of the weir that once forded the river where it rounds the bend near the intersection of Memorial Drive and Deerfoot Trail. Infamously known as the "drowning machine," the weir created a churn of water that was a death trap for paddlers. Construction to remove the weir began in 2009, and it has since been replaced with a series of man-made channels that double as a water park for kayakers and other paddling enthusiasts — recreational rafters included.

If you want to finish your journey down the Bow by running the Harvie Passage rapids, keep right and follow the shoreline for the easier Class 2 passage (rather than the more difficult Class 3 passage to the left). Then hold on tight and enjoy a real-life version of the Niagara Falls log ride at the Stampede. —S.A.

2018 BUMP MURAL *NASARIMBA*
BY MIKHAIL MILLER AND RACHEL
ZIRIADA AT 1022 17 AVE. S.W.

CHALLENGE NO.7

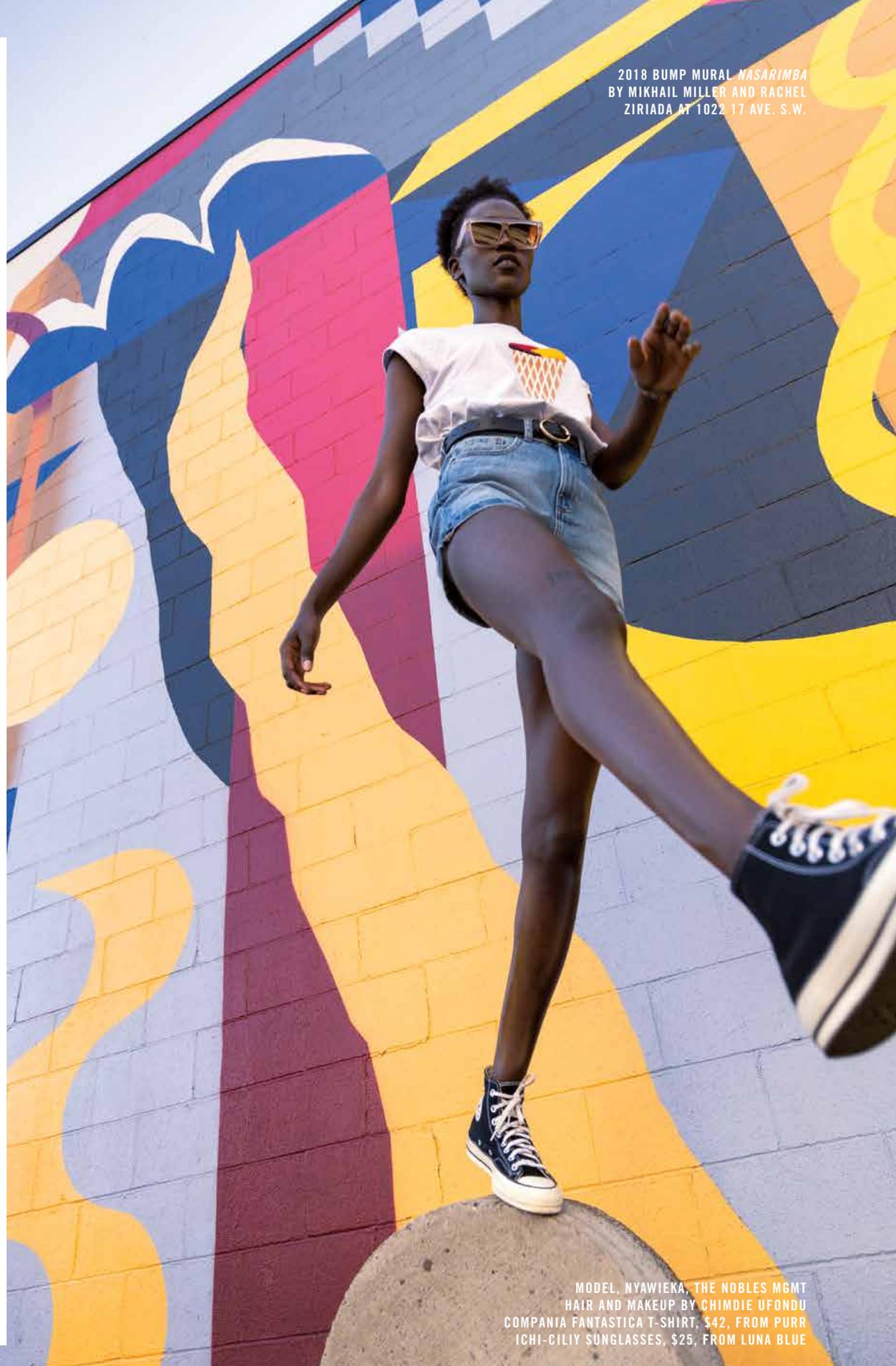
Go See Some Murals

Calgary has seen an explosion of vibrant murals over the past several years. Local Black-led advocacy organization Pink Flamingo partnered with artist Jae Sterling to produce *The Guide & Protector* in Chinatown last year and will again be involved in mural production this summer. Across the river in the inner-city community of Sunnyside, DIY efforts have turned alleyways into garage-door galleries (you can link to an art-crawl map on Instagram @sunnyside_garage_art) and Springboard Performance has turned shipping containers into an art park at containR.

No recent art initiative, however, has impacted Calgary on quite the same scale as the Beltline Urban Murals Project (BUMP). Since 2017, this project has transformed more than 50 inner-city walls into massive pieces of art, celebrating them each August with the BUMP Festival. Self-guided tour routes of old and new murals are available on the BUMP website, with this year's additions set to go up between Aug. 1 and 28. BUMP executive director Julia Schreiber recommends making multiple mural-viewing trips over the course of the month in order to fully appreciate the process.

Level up: Paint Your Own Mural

Homeowners can create their own murals on their garages or sides of homes at their own discretion — all the City asks is that you keep it PG. For the less artistically inclined, consider bringing in a BUMP artist or commissioning another local muralist to bring your vision to life. —N.K.



MODEL, NYAWIEKA, THE NOBLES MGMT
HAIR AND MAKEUP BY CHIMDIE UFONDU
COMPANIA FANTASTICA T-SHIRT, \$42, FROM PURR
ICHI-CILY SUNGLASSES, \$25, FROM LUNA BLUE



CHALLENGE NO.8

Picnic with Pizzazz

There are 47 reservable picnic sites across Calgary. While trying out some new locations, why not try out some new twists on your picnic meal? Chef Dominique Moussu from Cassis Bistro recommends replacing simple sandwiches with black-olive tapenade spread across fresh baguette slices. He also suggests creating a charcuterie board, adding olives, cornichons and mustard for a beautiful picnic spread. Instead of regular old grocery-store hummus and chips, chef Rogelio Herrera from Alloy recommends a spread of Latin-inspired dips such as mango salsa, fresh guacamole and prawn ceviche with yuca chips. Cut watermelon is another summer picnic classic, but Herrera suggests salted spicy watermelon for a yummy new experience.

Level up: Picnic Blankets with Pizzazz

A perfect picnic needs a suitable seating surface. Picnic blankets with a water-proof coating, such as the Outbound model from Canadian Tire, keep you dry if you're picnicking on damp ground and are heavier so they won't flip up on breezy days. Or, for something colourful and fun, check out the line of picnic blankets from Calgary-based retailer Heartprint Threads. Since Heartprint donates a blanket to charity for every blanket sold, you'll be picnicking with purpose. —M.R.



CHALLENGE NO.9

Take a Road Trip to a Japanese Garden

With restrictions on international travel, a road trip to a cultural attraction can help scratch the itch of wanting to experience another country. Approximately two-and-a-half hours south of Calgary in Lethbridge you'll find the Nikka Yuko Japanese Garden. The garden design reflects and celebrates both Japanese and Canadian culture, fusing native Albertan landscapes with Japanese elements and symbols, including a tea house, bell tower, gates and bridges that were handcrafted in Kyoto and then shipped to the garden site. Throughout the year, the garden hosts traditional tea ceremonies, exhibits from local artists and seasonal festivals. Of course, operations have been affected by

COVID-19 restrictions, so make sure to research opening hours and visitor regulations at nikkayuko.com prior to setting out.

Level up: DIY Japanese Garden

If you enjoy the calming effects of spending time in a Japanese garden, why not create one at home? Nikka Yuko's complimentary audio tours provide detailed information about the art of Japanese gardening and its principles of simplicity, balance and grace. Use what you've learned to create a tranquil space in your own yard, where you can retreat to practice meditation or yoga. —M.R.

CHALLENGE NO. 10 Do Nothing

Level Up: Like, really nothing. Beyond sitting in a lawn chair with some kind of refreshing drink in your hand, with no plans and nothing to do. It's been a tough year,

but we know you have it in you. — S.A.