



July 14 2019

# REALM

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## Relay for Life

Our feature story this month is on our wonderful REALM Rovers Relay Team who worked so hard throughout the whole year fundraising for the big event. This year our Team traveled to go to Tacoma Washington to participate in the Relay for Life of Central Pierce. They also traveled to Seattle, to watch Seattle Mariners Game, the Space Needle, and visited numerous attractions throughout the state.



We had a chance to interview a few of the crew and get some highlights of the trip.

Donna said *“Going to the space needle and the wheel was an amazing experience.”*



Ray said he enjoyed the whole trip and stated it was a fantastic experience.

*“There was a little rain but in all it was good weather.”* Donna said.

Ray really enjoyed going into Seattle to watch the baseball game.

The team stayed in Tacoma Washington just outside of Seattle and travelled in to enjoy activities around the beautiful city.



*“We enjoyed every day of the trip.”* Said Donna

*“I was able to do many laps at the event.”* says Ray

Throughout the year REALM fundraising was able to raise \$2000

Realm Rovers was able to donate \$400 to the Canadian Cancer Society and \$1600 to the American Cancer Society

Thank you everyone for all your hard work and participation in such a great cause!

**We look forward to next year.**

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## Summer Kick Off at Wasa Lake June 26th



Awesome weather food and friends No better way to start the summer.

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## 7 Healthy Summer Diet Tips:

- 1) When shopping grab seasonal fruits & vegetables
- 2) Keep yourself hydrated by carrying a water bottle with you.
- 3) Downsize your meal, eat smaller portions
- 4) Eat more cooling foods e.g. watermelon, coconut water, cucumber, mint, fennel seed.
- 5) Choose fresh juice over cold drinks (such as ice caps)
- 6) Have lighter snacks e.g. nuts, trail mix, seeds, fruit.
- 7) **HYGIENE** is key to a **healthy body** wash your hands before eating.
- 8)

HAVE A **HAPPY & HEALTHY** SUMMER!





**REALM 4<sup>th</sup> Biennial Picnic**



**JOIN REALM FOR OUR  
4TH BIENNIAL PICNIC!**

**JULY 18TH 11 00AM TO 2 00PM  
DOWNTOWN CRANBROOK ROTARY PARK**

**FACE PAINTING  
GAMES FOR ALL AGES  
SNOW CONES  
COTTON CANDY  
ENTERTAINMENT  
BBQ HOT DOGS AND CHIPS**

**CELEBRATING  
COMMUNITY**

## Recipe of the Month

### Summer Fruit Salad

The BEST Summer Fruit Salad filled with loads of fresh fruit and dressing FREE. It's the perfect refreshing salad to have around all summer long that's naturally gluten free.

#### Ingredients

- 2 cups blueberries
- 1 cup raspberries
- 2 cups red grapes
- 1 pint of strawberries, halved
- 3 kiwi, sliced
- 2 mango, diced
- 3 cups pineapple chunks



#### Instructions

1. Add all of the fruit to a large bowl. Gently toss with a wooden spoon.
2. Serve.

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## JUNE IS THE MONTH OF CANCER

- TENDER-HEARTED. THE TENDER-HEARTED TRAIT THAT'S SO PROMINENT IN CANCER IS OFTEN MISUNDERSTOOD BY...
- FAMILY-ORIENTED. THE FAMILY THAT CANCER CREATES WITH HER MATE WILL RECEIVE UNDYING LOYALTY...
- HOMEBODY AT HEART. IT'S NO SURPRISE CANCERS ARE

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## Fundraising News & Events

### REALM EVENTS

July 18<sup>th</sup> PICNIC at Rotary park

View all events on our website at [Realmbc.ca/events](http://Realmbc.ca/events)

VERY ATTACHED  
TO THEIR HOMES.

- ARTISTIC AND  
CREATIVE.  
CANCERS ARE  
HAPPIEST...

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Maximum**

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[realmbc.ca](http://realmbc.ca)

[facebook.com/realmbc.ca](https://facebook.com/realmbc.ca)

[c.ca/](http://c.ca/)

## Upcoming Birthdays

- July 6<sup>th</sup> Shea
- July 12<sup>th</sup> Tina
- July 16 Debbie P
- July 19<sup>th</sup> Susie W
- July 21<sup>st</sup> Peter T
- July 22<sup>nd</sup> Jessie S
- July 24<sup>th</sup> Kendell S
- July 29<sup>th</sup> Lee F
- July 31<sup>st</sup> Linda LH
- HAPPY BIRTHDAY TO ALL OF OUR JULY BABIES




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## Upcoming Community Events

### Cranbrook summer Market:

Every Sat. 9 – 1 pm June 22 – Oct. 12<sup>th</sup> Rotary Park

### Kimberley Viking Festival:

Sat. July 13<sup>th</sup> – Sun. July 14<sup>th</sup> 9 -5 pm

Coronation Park 100, 4 Ave, Kimberley, BC

### Invermere:

Starting July 1<sup>st</sup> "Movies in the Mountains" at Pothole Park, downtown Invermere will be running every Monday night through July & August!

Movie starts @ DARK 7<sup>th</sup> Ave/5a ST.

This is a free event, just bring a chair & blanket. Concessions available