



August is like the Sunday of Summer

...

And it is also the best time to celebrate a good garden harvest after enjoying an incredible summer!

"August rain: the best of the summer gone, and the new fall not yet born. The odd uneven time."

- Sylvia Plath

For some, August is the best month to go on vacation because it's typically not as hot and humid as July. For others, August is the best month to just do nothing and take in all that summer has to offer before settling in to the routines that re-start in fall.

While we have been busy planning our Besties for Breastie's Family Fun Day, we are also making time to get out into nature by going to the beach, planning picnics, playing badminton & disc golf outdoors, and visiting one of our favourite

Provincial Parks!

What August adventures do you have planned?

Besties for Breastie's Family Fun Day!

Introducing...

HEADLINER

JUNO nominee,
Royal Wood
in concert at the
Besties for Breastie's Family Fun Day
Saturday 3 Sept., 6-10pm
Shakespeare on the Saskatchewan
Festival Site.
Live entertainment by Rory Lawford and
improv performances by The Saskatoon
Soaps.


My Cancer Breastie

Only 15 days until the event ... don't miss out!

Besties for Breastie's Family Fun Day

Join us for a fun filled day of family activities at the **Nutrien Playland at Kinsmen Park** including face painting, caricature & balloon artists, and bouncy castles!

Followed by an evening of live entertainment at the **Shakespeare on the**

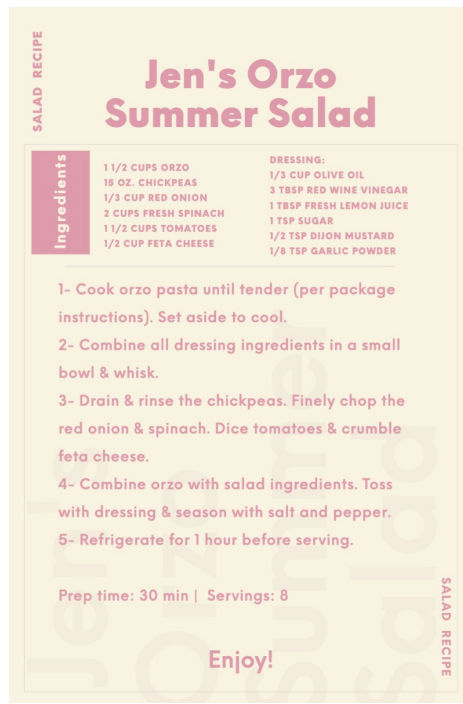
Saskatchewan festival site including local musical talent by Rory Lawford, improv performances by the Saskatoon Soaps and concert by **JUNO** nominee, **Royal Wood!**

Event proceeds are proudly being donated to the Cancer Foundation of Saskatchewan.

[Get Tickets!](#)

Our Picks for August!



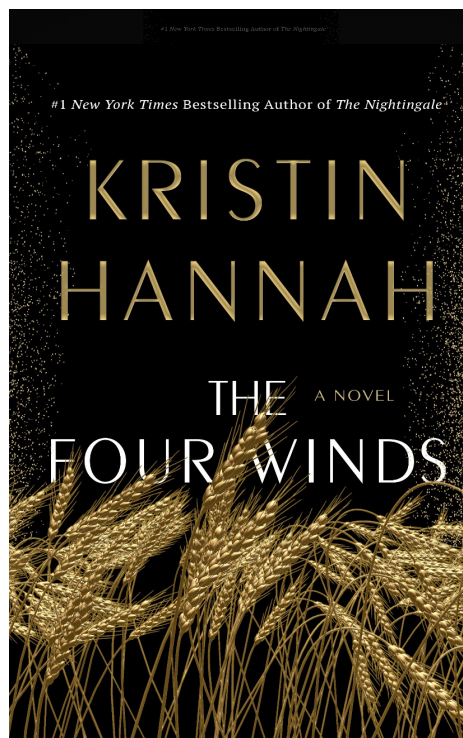


What we're cooking!

Jen's Orzo Summer Salad

This salad is everything - it is easy plus tasty because it is made with fresh, healthy ingredients.

We hope you enjoy it as much as we do :) Don't forget to download the PDF for your recipe library!



What we are reading :)

The Four Winds

From the #1 New York Times bestselling author of *The Nightengale* and *The Great Alone* comes an epic novel of love and heroism and hope, set against the backdrop of one of America's most defining eras - the Great Depression.



What we can't get enough of!

Royal Wood

The Headliner at our **Besties for Breastie's Family Fun Day**, Royal Wood is a singer, songwriter, multi-instrumentalist and producer. Talk about a true musical talent!

We've had the *"Live at Massey Hall"* album on repeat all summer. We are so excited to hear Royal Wood perform live at the Shakespeare on the Saskatchewan amphitheatre in September!

We look forward to seeing you all at our Besties for Breastie's Family Fun Day in September!

Your Cancer Breasties,

Jen and Marcia



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