

RECIPE OF THE MONTH

Fruit and Nut Raw Energy Bars

SUBMITTED BY CRYSTAL PARSONS

INGREDIENTS

- 2 Cups Moist Medjool Dates, pitted and chopped
- 2 Cups Raw Cashew Nuts
- ½ cup raw almond (without skin)
- ¾ cup cocoa powder
- pinch of sea salt
- ½ cup unsweetened shredded coconuts
- 2 tbsp. vanilla extract
- 2 to 3 tbsp. cold water

Combine chopped dates, cashews, almonds, cocoa powder, and sea salt in a food processor. Pulse and process all the ingredients together until the texture is coarse. Then add the shredded coconut, a quick pulse, and add the vanilla extract, a little water at a time until it reaches a dry but moist dough consistency. Scrape the dough mixture into the lined pan, press evenly with a rubber spatula, and chill for about an hour before serving.



COMMUNITY ATHLETES

Be Fearless, BE FREE

SUBMITTED BY 261@ FEARLESS CLUB LLOYDMINSTER



Be strong, be fearless, be beautiful. And believe that anything is possible when you have the right people there to support you. - Misty Copeland


Women are compassionate, courageous, humble, and strong but there is a sense of empowerment when a group of women get together to share in a common purpose. Women spend many selfless days managing endless tasks but one thing they don't always do is set aside time for themselves. They are absolutely worth the time! This is part of what 261@ Fearless Club Lloydminster is about. It is an opportunity for women to socialize and enjoy a "one-hour a week holiday", away from all their troubles, a time to focus on themselves.

Our meets are designed to be inclusive of all paces and abilities. We warm up, play games, do some exercises focusing on technique, coordination, speed or flexibility, and go for a short run / walk together. We encourage the women to embrace the social, fun side of running!

"It is the mission of 261@ Fearless to bring active women together through a global supportive social running community – allowing fearless women to pass strength gained from running onto women who are facing challenges and hence sparking a revolution of empowerment. 261@ is the symbol that unites us as empowered runners. This is a welcoming place for women who want to become runners and walkers to find their fearless through the connection with others. We are here because sometimes you just need to know you are not alone. This is the true essence of 261@ Fearless - women supporting women."

Kathrine Switzer is the face behind the number 261. This was her bib

number in the 1967 Boston Marathon, a race where women were not allowed. It was during this event that an angry race director tried to rip her bib number from her and throw her out. With the help of her friends she pushed past the director and became the first official woman runner to complete the Boston Marathon. After completing the marathon Kathrine became an advocate for women and through her efforts women were eventually allowed to participate in many races, including the women's marathon in the 1984 Olympics. It was her determination and fearlessness that encouraged many ordinary women to wear the 261 bib number "because it makes them feel Fearless in the face of adversity, whether it is a tough marathon, a difficult business presentation, or coping with the many challenges of life".

261@ Fearless Club Lloydminster is a non-profit running club for women of Lloydminster and surrounding areas. This Club uses running to unite and empower women with a unique non-competitive and social training technique. Women of all running abilities are welcome to join the group that meets every Saturday at 9:00 a.m. at the soccer fields in Bud Miller All Seasons Park. Come check out 261@ Fearless Club Lloydminster, the first in Canada! For more information, please visit our Facebook page: www.facebook.com/261FearlessClubLloydminster or email: suzyqpankiw@hotmail.com. 

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