

# MITZI JOY ROYEN

**Aug. 26, 1960 – Aug. 26, 2012**



Some women come into our lives and even if they only paddle with AIAB for one season, they leave an impact that'll last forever. One such lady was MITZI ROYEN, she was a member of Abreast with FORT-itude for the 2009 season. Her SPIRIT AND ENERGY motivated all of us to win several medals that year!

She had been diagnosed with breast cancer in 2005 which metastized in 2009 to the bone. Her prognosis was 6 months but with her formidable strength managed to live another 2 yrs with her partner Tom, daughters Nicole (Lee and soon to be born child) and Alisha (Jeff) and

granddaughter Caydence in Courtenay.

As time was passing she chose to put her energy toward living life to the fullest as opposed to fighting the disease. This included living with her immediate family, taking numerous camping trips in "Georgie" their motorhome up and down the Island and in the US. They also had a family holiday in Hawaii & an Alaskan Cruise.

She passed away on Aug. 26, 2012, her 52nd birthday. We are all better for having known her even for a while!

"It's not the time you have in your life . . .  
. . . it's the life you have in your time"

- Sherrill McKay  
Abreast With FORT-itude Alumnae