

My Monday Memo

February 28, 2022

Adventures in the PNW

Issue 92

Today is... February 28th

National Public Sleeping Day

On this day in 1983

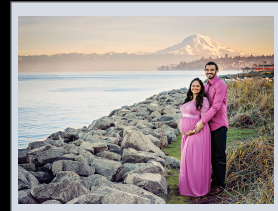
The final episode of the immensely popular TV series *M*A*S*H* aired and was watched by an estimated 106 million viewers.

Quote of the Week

"Love yourself enough to set boundaries. Your time and energy are precious. You get to choose how you use it. You teach people how to treat you by deciding what you will and won't accept."

— Anna Taylor

MIRA'S PHOTO OF THE WEEK



Winter Break Adventures

By Rachel Brandes

Last week marked winter break from school for Aubrey and Zach. Living in the beautiful Pacific Northwest, it was easy for Mira to plan a week full of fun. She would be *invincible* to cries of boredom from her children, for the most part. A mother can only do so much to quell those cries.

Mira is to be commended for her efforts in making this week as fun filled as possible, as she is currently working several hours a day with her photography business, running a household, practicing self-care, being a full-time mom, and let us not forget being a wonderful wife and friend.



Mira and the kiddos pose for a selfie while exploring Howe Farm Park.



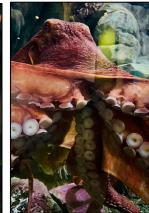
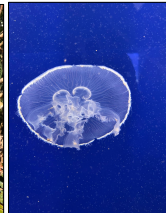
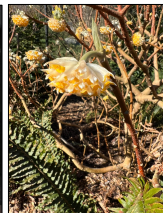
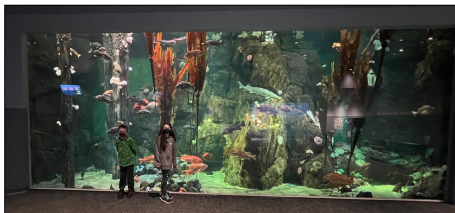
Aubrey and Zach get to run free while visiting Howe Farm Park on a beautiful sunny PNW day.

A few of the fun spots Mira, Aubrey, and Zach visited this week were The Brothers Greenhouse in Port Orchard, the Howe Farm Park in Port Orchard, and the Point Defiance Zoo and Aquarium in Tacoma. Rachel was lucky enough to get to spend the zoo day with Mira and the kids. Mira capped off her week celebrating her birthday on Sunday with Billy and the kids.

Be sure to check out the three video links hidden in the photo captions to experience a bit of live enjoyment. Please enjoy their week in photos, and until next time, be well.



Pictured Above L to R: The Brothers Greenhouse provided beautiful views and fun exploring. This greenhouse features not only plants, but a [Hobbit house](#), gift shop, supplies, and workshops, as well as annual activities for special occasions and holidays.



22 for 2022 Happier Project Update

As February closes, Rachel is happy, happy, happy to report some progress.

- Learn Spanish-** 81 consecutive days of Spanish lessons to date.
- Walk 10,000 steps on average-** February average 5045, not progress, must do more.
- Happiness Project Audiobook-** Chapter two done.
- Zen as F*ck Book-** enjoyed completing several pages in February.
- Yoga-** practiced a minimum of four days a week in February. New studio, love it.
- Family VHS Tapes-** Loads of tapes reviewed, lots of laughs and some tears.
- Oral Communication-** talked with both moms in February.
- Written Communication-** two handwritten letters mailed to loved ones.
- Journaling-** wrote in both Blake and Alec's journals.
- SI Magazine-** updated goal to READ weekly, paper book or magazine. Doing well.
- Deep Cleaning-** done.

As far as a few of the more long-term goals:

- Get Spine Fixed-** CT scan done, waiting for appt pending surgeon review of records.
- Boobs Be Gone-** Mammogram done, Smash, Smash, Fun, Fun. Consult March 7th.

F₄
E₁
B₃
R₁
U₁
A₁
R₁
Y₂

Pictured Above L to R: Aubrey and Zach enjoy the Point Defiance Zoo's Aquarium; an interesting upside flowering plant, a moon jellyfish, and the always [fascinating octopus](#) was not playing shy on this visit. A new find at the aquarium was the [Upside Down Jelly](#). Mira, Rachel, and the kids couldn't get enough of these fascinating little creatures. Pictured Below: Mira, Aubrey, Zach, and Rachel finishing up their zoo day.



Did you find it?

Word of the Day...

Invincible

"incapable of being conquered, overcome, or subdued."