

My Monday Memo

April 25, 2022

Adventures in the PNW

Issue 100

Catfeinated Cat Café

By Rachel Brandes

Greetings to My Monday Memo Readers,

Rachel thanks you for your continued participation in her sometimes entertaining, sometimes boring, and something interesting world. She wanted to do something special for the 100th issue but couldn't come up with anything quite as special as she imagined. This issue is being written on a Friday, as there are big plans for Sunday that will be written about in next week's issue. Big plans... What ever could they be? You will have to tune in next week to learn what Rachel and Mira were up to on Sunday.

Now to get on with this week's story. This week has been especially stressful for Rachel. As she approaches today's long day in Seattle having her spine imaging done and visiting the spine surgeon, her anxiety seems to be building. She finds her sleep disrupted by nightmares, her jaw clenched throughout the day, and an overall shortness to her temper. Luckily, she realizes this is all related to the lack of control of what is happening in her world, and as the quote of the week points out, when you can't control what is happening to you, control the way you respond.

To control her response to the anxiety, she has continued to take her walks, practice hot yoga, and the best remedy of all, visit the cat café. On Thursday, April 21st, Rachel headed to Catfeinated Cat Café in Tacoma. She hadn't visited in some time and knew this week would be a great week for some furry therapy.

The house cats, Fanta and North were there being their usual fun selves. Fanta had a new toy that he seemed to really enjoy in the way of a cat wheel. North was his frisky self, showing off his energy throughout the visit. During this visit Rachel noticed that North's eyes are a close *simulacrum* of the late Honey's eyes.

Two adoptable one year old cats were also in attendance at Rachel's visit, Trixie and Wallo. Both were on the small side for their age and reminded her of Honey. Both Trixie and Wallo were playful and friendly. Trixie had beautiful stripes with bright white paws and would meow if you weren't giving her the attention she wanted. What a treat for Rachel.

Anxiety level lowered, and the rest of the day was relaxing. A trip to the cat café is never something to regret. Until next time, be well.



House cat, North, sits in a toy tunnel observing the room before coming out to play.



Pictured: All of the fun and furry felines that Rachel visited with during her visit.



Today is... April 25th

National Lingerie Day

On this day in 2014...

In a cost-saving measure, the water supply of Flint, Michigan, was switched from the Detroit Water and Sewerage Department to the Flint River, causing a public health crisis as residents were exposed to dangerously high levels of lead.

Quote of the Week

"When you can't control what's happening, challenge yourself to control the way you respond to what's happening. That's where your power is."
- Unknown

MIRA'S PHOTO OF THE WEEK



Celebrating 100 Issues

Rachel is excited to celebrate her 100th issue of the My Monday Memo (MMM) newsletter. The first issue premiered June 1, 2020. Rachel did an origin story some issues back, but a recap is most certainly in order.

When the pandemic led to a lockdown in March of 2020, Rachel and her usual adventure buddy, Mira, didn't get to see each other for a couple of months. They decided enough was enough and began taking weekly outdoor adventures. Rachel would share funny details of these adventures with a loved one over email. One day she found a miniature newsletter in an egg carton and thought it was too cute. She must create a newsletter of her own; and so, she did.

The MMM has evolved over the weeks and years and will continue to do so, as Rachel has no plans of calling it quits. Creating this newsletter gives her joy and a sense of accomplishment each week. She hopes you continue to enjoy.

Did you find it?

Merriam-Webster's Word of the Day
April 22, 2022

simulacrum

A simulacrum is a superficial likeness or representation of something.

**The section is completed on the day the story is written and the word of the day used is the actual word selected by Merriam-Webster. This adds to the challenge, as Rachel has no choice but to use the word presented before her.*