

My Monday Memo

August 15, 2022

Adventures in the PNW

Issue 116

Today is... August 15th

National Relaxation Day

On this day in 1973...

Rachel was born! According to birthdayanswers.com, Rachel has now slept more than 16 years of her life. Wow.

The number one song in the US on this day and year was "Touch Me In The Morning" by Diana Ross.

Quote of the Week

"The comfort of turning 49 is the realization that are now too old to die young."

- Paul Dickson

MIRA'S PHOTO OF THE WEEK



Point Defiance Zoo Day

Mira, Rachel, Aubrey, and Zach had a visit to the Point Defiance Zoo on Friday, August 5, 2022. It was a great last-minute outing and Rachel finally got to see these two special humans for the first time since before surgery. They each gave her a nice hug while being very cautious not to squeeze her lower back. Rachel was thrilled to see them all.

Hopefully more future outings will be held with these two, as Rachel misses them dearly.



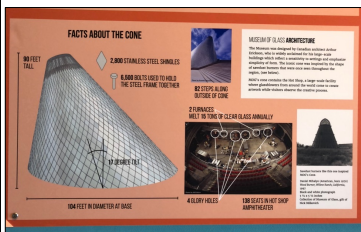
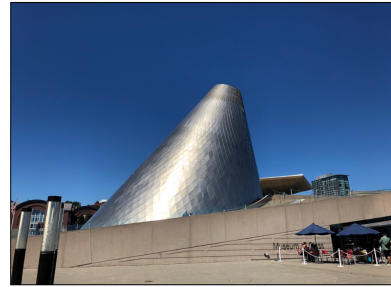
A Day Full Of Museums

By Rachel Brandes

On Saturday, August 6, 2022, Rachel attended a festival in downtown Tacoma called In The Spirit. This festival was an arts market and Northwest Native event. The event took place over a few downtown blocks and included free admission to three museums, Tacoma Art Museum, Museum of Glass, and the Washington State History Museum. There was music, dance, art exhibits, food, and drink. There were scheduled activities at each of the museums throughout the day.

Rachel was fortunate to have recently visited two of the three museums but did revisit them to see things she didn't take a lot of time to enjoy her first time around. One thing she really enjoyed was revisiting the cone of the Museum of Glass. She didn't mention the cone in her last story, as when she and Anthony visited, the heat only allowed them a brief stop inside of the cone. The cone, which can be seen on the included photograph, houses the furnaces in which the glass is blown. As you can imagine, the temperature inside the cone is a bit toasty in general. On Saturday, it was cool enough that Rachel was able to have a seat and watch for a time.

All three museums were a treat to visit, and the event was bustling with a variety of people from all over. Rachel finished up her day with an ice-cold white chocolate americano, her new favorite drink of the summer. Rachel's summer tour of local museums is off to a great start. Where will she visit next? Stay tuned to find out. Until next time, be well.



Alec's Adventures in Asia

Alec spent his first week solo in Indonesia by enjoying the views and visiting [Komodo National Park](#). He reports having seen a baby Komodo dragon during his visit but said the adults were all hidden due to mating season. Based on the included photos, it appears Alec has had the opportunity to see many [beautiful views](#) and sunsets during his time in Indonesia. If all has gone according to plan, Alec is currently visiting his mother in Washington State and will be heading on to Las Vegas this evening. Alec's adventures will continue in the United States, east coast style.

