

# My Monday Memo

September 5, 2022

Adventures in the PNW

Issue 119

Today is... September 5th

National Cellulite Day

On this day in 1984...

Space Shuttle *Discovery* lands after its maiden voyage.

## Quote of the Week

"The most common way people give up their power is by thinking they don't have any."

- Alice Walker

## MIRA'S PHOTO OF THE WEEK



## Little's Go Back to School

Aubrey and Zach went back to school on Wednesday, August 31st. As indicated by their fingers, Aubrey has now entered fourth grade and Zach has now entered second grade. Where has the time gone?



## Did you find it?

Merriam-Webster's Word of the Day  
September 4, 2022

### Demeanor

*Demeanor* refers to a person's behavior toward other people. It is usually used in the singular.

## Rock 'n' Roll Half Marathon, Rather 5k

By Rachel Brandes

Labor Day weekend was an eventful one for Rachel. On the agenda for the weekend would be the Rock 'n' Roll event, a movie, the Bremerton Blackberry Festival, a farmer's market, and a trip to the zoo for the End of Summer event with her adventuring pal, Mira. Her weekend activities began on Friday with a trip to Bellevue for the St. Jude Rock 'n' Roll Running Series Expo.

At the expo she visited the "change my distance" booth for a much-needed distance downgrade. Originally Rachel had signed up to walk to half marathon, as she had anticipated, and hoped, that her spine surgery would be much earlier in the year. At this point, 12 weeks out from surgery, She knew that she would not be capable of walking 13.1 miles. Walking 3.1 on the other hand is a morning stroll for this daily walker. It was as easy as a scan of her race bib to make the change and she was set for a Saturday 5k.



On Saturday morning Rachel headed back to Bellevue and enjoyed a beautiful morning 5k with a goal of completing in under an hour. Rachel felt that an hour goal was safe and reasonable. There were a few hills in the mix that she hadn't anticipated, which were carefully walked to ensure she didn't lean forward at the waist (she's still restricted to no bending). Rachel chatted with several other walkers along the way. The *demeanor* of fellow runners (or walkers) is always fantastic. After all, these are people out doing something they love. Rachel has missed this feeling and hopes to participate in more events in the coming months.

Rachel was proud to complete the 5k with a finish time of 50:44, which means a 16:22 minute mile average. This would officially be Rachel's slowest 5k to date and she couldn't be prouder. She participated with 701 others proud finishers, finishing 574th overall and 79th out of 103 other female participants in the 45-to-49-year age range. Not too shabby for a gal with eight and a half screws in her spine.

After the race, Rachel sat on the grass at the main stage and enjoyed some live music before she headed back home to Tacoma. This was Rachel's first Rock 'n' Roll event without her cousin, Jimmy, who is the ultimate Rock 'n' Roll participant. Rachel plans to sign up to walk the half marathon next year in Washington just as soon as the date is announced. The 23 for 2023 goal list has begun. Maybe Jimmy will join her. Until next time, be well.

## 22 for 2022 Happier Project Update

We slid into September rather quickly... As of the end of August, Rachel has 15 remaining goals to work on. She has 3 goals marked as completed, and 4 that will simply not be possible in 2022. She's excited to finish out the year strong.

- August successes:**
- Learn Spanish- 264 days of Spanish lessons to date.
- Walk 7,000 daily steps on average- August average 10,886.
- Happiness Project Audiobook- Chapter eight completed.
- Zen as F\*ck Book- August entries made.
- Yoga and/or Meditation- Meditation practiced. Good for mind and body.
- New Adventures- Rachel visited three museums in August.
- Clean, Clean, Clean- Rachel got to vacuum, finally.
- Oral Communication- Talked with both moms in August.
- Journaling- Wrote in both Blake and Alec's journals

AUGUST

## Alec & Zahra's Adventures

Alec is now home in North Carolina where he and Zahra will embark on a new adventure together, cohabitation. The journey to North Carolina gave Alec the opportunity to see an aunt, an uncle, cousins, and the best of all, grandmothers. Alec got to see all three of his grandmothers while traveling through Missouri. What a special treat.

Pictured in this week's Alec & Zahra's Adventures is a photo of Alec and Tati (taken while visiting grandmas), Alec and his grandmas, a few travel shots as Alec and Tati entered new states, and a couple of beautiful sunset pictures (with Zahra posing in one) from their new home in Raleigh.

