



Joyful Journal

November 2023 NEWSLETTER

News From Your Mortgage Planner



Out of difficulties grow miracles."

— Jean de la Bruyere



Thankfully November



< Quick trip to Bend to spend time with my parents. I love retirement life, get up have coffee, mom makes breakfast, watch a little TV, go for a walk, make lunch, go shopping, just being present in the day to day. It is always a wonderful time for me

> Girls played in a field hockey tournament this month – we took 2nd place and they played amazing. It was a long day with arrival time 6:45am and departure time 8:15pm but so much fun.



< Another fun Halloween with the girls in the books. I won one of the best costume prizes!!!



National Hiking Day



National Hiking Day is a day to celebrate the benefits and joys of hiking. It is observed every year on November 17th, and it encourages people to explore the natural beauty and diversity of the trails around them. Hiking is not only a great way to exercise, but also a way to reduce stress, improve mood, and connect with nature. Hiking can also inspire people to care for the environment and protect

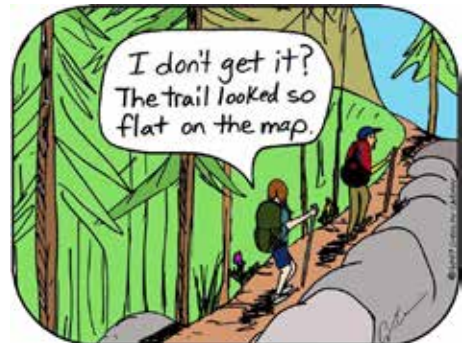
the places they love to hike.

Some possible ways to celebrate National Hiking Day are:

- Plan a hike with your friends or family. You can choose a trail that suits your skill level and interest, or try a new one for a challenge. Don't forget to pack the 10 essentials of hiking, such as water, snacks, map, compass, first aid kit, etc.
- Join a local hiking club or group. You can meet new people who share your passion for hiking, and learn from their experiences and tips. You can also participate in trail maintenance or conservation projects with them.
- Share your hiking stories and photos on social media. You can use the hashtag #NationalHikingDay to spread the word and inspire others to hike. You can also tag the American Hiking Society (@AmericanHiking) or other organizations that support hiking.
- Learn more about hiking and its history. You can read books, articles, or blogs about hiking, or watch documentaries or movies that feature hiking. You can also research the history of hiking and the people who have contributed to it, such as John Muir, Henry David Thoreau, or Frederick Law Olmsted.

*“A walk in nature
walks the soul
back home.”*

— Mary Davis

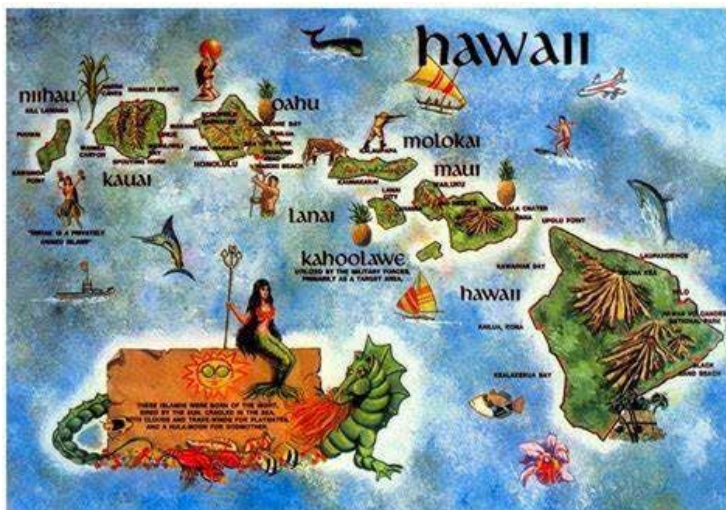




Do you Know your HI State Facts?

1. Hawaii is the world's largest island chain with 8 main islands.
2. It is the 50th US state and only one that is not geographically located in North America.
3. Niihau is Hawaii's only fully private island, home to 170 residents. The island has no running water or electricity, making off-the-grid living a possibility for its eco-loving inhabitants who want to escape the hustle and bustle of city living
4. Hawaii is a world leader in the harvesting and export of macadamia nuts. This is a significant feat, considering that the nut was originally brought to the island in 1881, with the first crop harvested in 1920.
5. Mauna Kea is Hawaii's tallest mountain. If the height of this mountain is considered from its base, which lies in the Pacific Ocean, it is taller than Mount Everest.

6. The world's 4th tallest waterfall (unofficially) can be found in Hawaii. Olo'upena is over 3,000 feet high, offering tourists a beautiful sight



7. The first flight arrived in Hawaii in 1927. It was the Bird of Paradise airplane that was used to cover the distance in excess of 2400 ground nautical miles. It took more than 25 hours for the flight crew and the airplane to make it to the island. However, the end was not as fortunate as you would think. Due to fuel shortage, they crash-landed. The crew survived the crash!
8. Hawaii is the only state with an official native/second language, And did you know, that the United States has no official language?
9. Swanson lending is licensed in HI, are you looking for a 2nd home? We can help!



This happened in November The Spruce Goose



The Spruce Goose is the nickname of the Hughes H-4 Hercules, a huge wooden flying boat that was designed and built by Howard Hughes and his team during World War II. It was intended to transport troops and materials across the Atlantic Ocean, but it was not completed in time to be used in the war. The Spruce Goose only flew once, on November 2, 1947, for 26 seconds or 1 mile and at an altitude of 70 feet. It is the largest flying boat ever built, at 5 stories tall and it has the largest wingspan, 320 ft, 11 in., of any aircraft that has ever flown. The Spruce Goose is made mostly of birch wood, not spruce, because of wartime restrictions on metal. The finished plane cost \$23 million (\$306 today)! It is now on display at the Evergreen Aviation & Space Museum in McMinnville, Oregon.

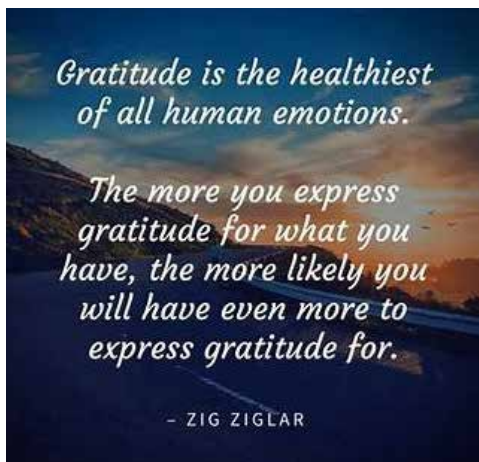


Gratitude



Gratitude—or thankfulness—is often considered to be a positive emotion (Chipperfield, Perry, & Weiner, 2003). Expressing and experiencing thankfulness is strongly linked with happiness and well-being (Bono, Emmons, & McCullough, 2004). In short, being thankful feels good and is good for us.

- Gratitude can improve our relationships and make us feel good too.
- Noticing things that we're thankful for in our daily lives—from a beautiful sunrise to good health and a loving family—can boost our well-being.
- Other strategies for being more thankful include writing gratitude notes or starting a gratitude journal.



It's not always easy to think of things to be thankful for. So here's a list of ideas to get you started.

Things to be thankful for today

- Having air to breathe
- The feeling of the sun
- The smell of flowers, fresh-cut grass, or trees
- The people we have in our lives
- That our parents gave us this life
- To be alive
- For a beautiful sunrise
- For the beach
- For each new day
- For opportunities
- For the opportunity to learn from mistakes
- That today is probably not the worst day
- For the hard times, because they will help us appreciate the good times
- For failure, because it makes us stronger
- To be able to think our own thoughts
- For the body—it carries us through this life
- To be able to learn new things
- To have a place to sleep at night
- For health, even though it may not be perfect



Relax and Enjoy this life



“Let's Wander Where the Wifi is Weak”



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