

June '25

It's go time again

Kind of a Diary, Icefield Parkway: Banff & Jasper, Why I Look Like I Have The Plague, Have I Been Abusing *This* Substance? & Hiking seasonnnnn!!!!!!!



The lake really is that colour

If you're sick of photos of mountains I'm warning you now that this edition may not be for you. Right, June. how to summarise it? The words that come to mind are suspenseful, rainy, hiking, mosquitos and fulfilling. I'll elaborate: I kept expecting it to get crazy crazy summer busy in town and at work but it didn't (yet). I am soo happy and excited that the season has started (Enough snow has melted that most of the trails are opening). It has been fulfilling with respect to goals, habits, social life and balance. I would also say that it's been a bit lucky. To pay forward that feeling I've left you a little surprise at the very end of this. Open it in private x

The Day to Day Bits:

Brought to you in a wee photo journal

I was reading back through some other newsletters/blogs/whatever-you-want-to-call-these and I decided I wanted to do the little mini daily journals again, I liked reading them and also that the act of writing them made me notice and remember some of the little things I'd have otherwise forgotten.

Weeks 1 & 2: Maybe the best matcha ever, a crack-like book (not that I've tried it), George ***** Strait.

June 6th: Yoga with Liv. Finished work late. Procrastinated putting my clean sheets back on my bed. Ended up going to bed at 2am. Thumbs down. Felt pretty sad not to be at Buller. Pondered how I can be so sad about it while simultaneously knowing I am where I want to be right now. Isn't ponder/pondered a lovely word? (Yes)

June 7th: A perfectttt morning. Nearly fell asleep at the end of yoga. Went for a cold dip then had a matcha so good I wanted to kick my feet like a little kid (Even Snow agreed how good it was and she's a connoisseur). Went to the library and borrowed a bunch more Harlan Coben novels because his books GRIP me and I'm loving being head over heels engrossed in a good mystery/thriller at the moment.

June 8th: Read a lot. I told you Mr Coben had a hold over me. Ate then went for a run. Mistake. Went for an actual swim- head under and everything. The feeling of cool water on my scalp was delicious. Big belly laugh because Ryan's shorts were missing the 'S' on their logo. (The brand was Speedo). Had a fire. I love love love the smell of woodsmoke.

June 10th: Wrote some music with a friend, ran errands, made nori rolls. Went out with some friends and had the loveliest evening- I lost track of time which is such a nice feeling. P.S. I have been LOVING Laci Kaye Booth's new song George ***** Strait. If I'm not listening to it, I'm wailing it. (Usually both. Apologies to the neighbours)



Me



My sushi

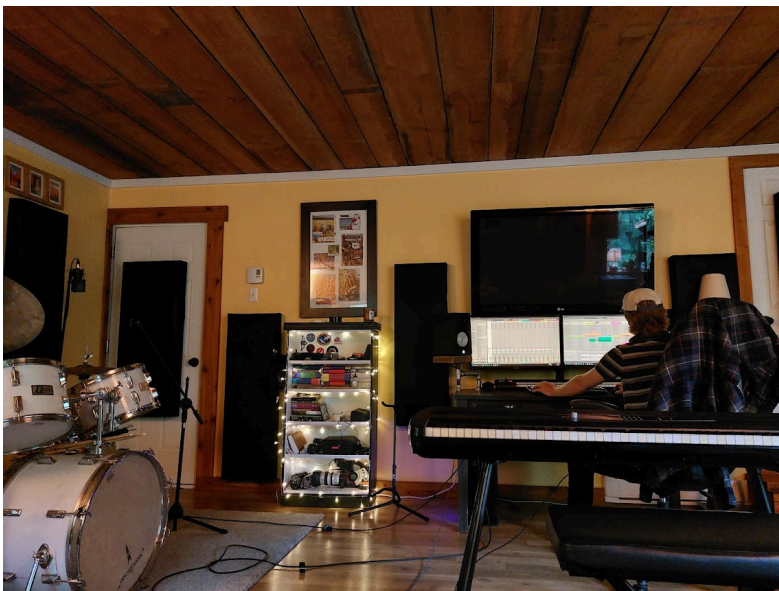


Liv took such cute photos of the evening

June 11th: Life admin, some baking, caught up with friends, a very good spring roll. A lovely cool evening. The air was heavy and smelled like rain. The light was eerie and seemed to be heralding a storm.



"This looks like one of Zoe's roll ups". We miss her guys.



:)))

June 12th: Rainy run- I was so happy. SUCH a nice yoga class I felt so relaxed after like I'd just emerged from a cocoon. Coffee with a friend, a few lucky op shop finds. I walked up to a lady at a table at work and the first thing she said was "why are there so many gingers here!?" The storm arrived. I kinda like thunder. Keen to sleep in a room that isn't an oven tonight.

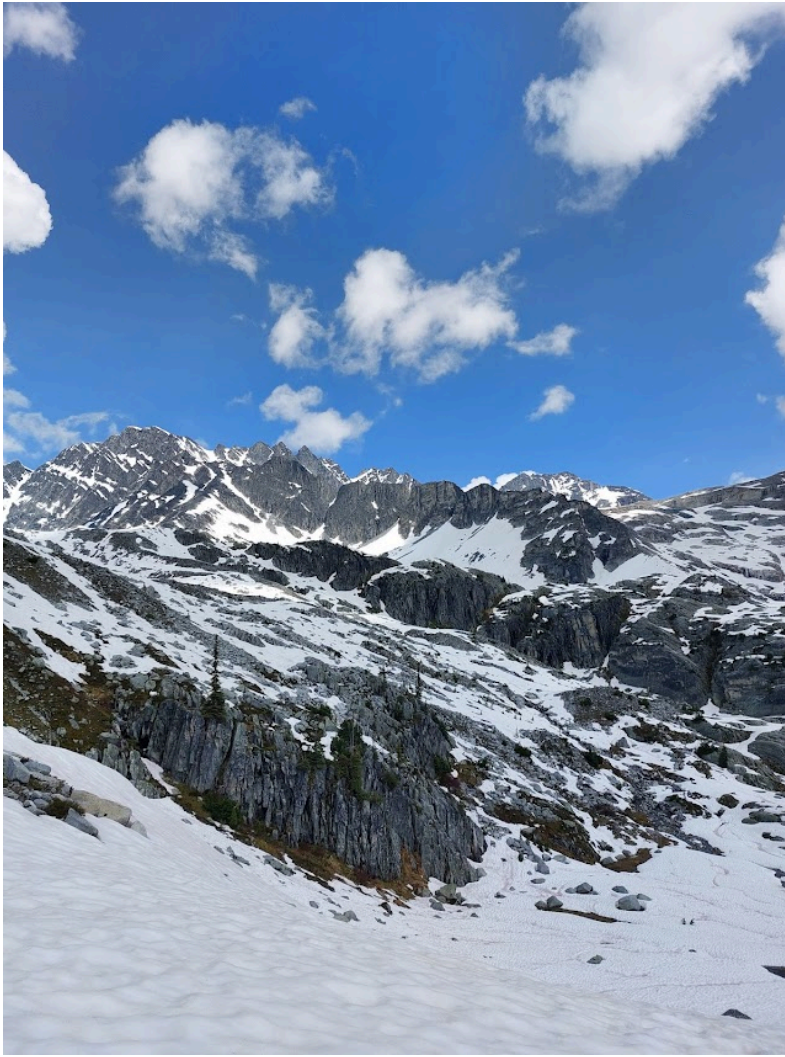
June 14th: LOVING my book. Drank lots of tea. Most delicious moment of the day: lying on my bed, window wide open, cool breeze bringing in the smell of rain- chefs kiss. Fire at Nils and Mirjams. Smokey, buttery damper.

Weeks 2 & 4: My Favourite Hike, A Big Little Road Trip, *Violent Expletives* Mosquitos.

June 15th: Possibly my favourite hike I've done in my life so far- It's called Hermit Trail. Once you clear the treeline you really feel like you're amongst the massive peaks of neighbouring mountains. I was so happy the whole time.



Realised how very lucky it is to live next door to Glacier National Park. (Eeeeeeeeeeeee)



Soon to be an alpine meadow.

June 16th: Burnt the granola I was making:(A beautiful evening. Mild with clear skies. Snow made a really good matcha. Life decisions = AHH.

June 17th: Spent hours recording only to scrap all of it. Still a good time. Warm summery evening walk home. Shin splints are back.



Very gorgeous and stunning. One of the first stops along the Icefield Parkway.

The Icefield Parkway: Jasper & Banff

*I'm aware this is odd but I'm proud of how last minute this trip was. I'd wanted to do it for ages and then just saw a calendar, became aware of how the summer was ZOOMING by and decided to just hop in the car and do it. Unsurprisingly it was really beautiful. Far more diverse a landscape than I was expecting and thankfully shared with a friend with similar taste in music because it felt like about 80% of the trip was spent in the car. The album *Stick Season (We'll All Be Here Forever)* sounded so good on that road.*

18th June: Last minute packing (Yes I feel queasy writing those words). Got caught in a whirlwind while simply trying to admire the view. (Okay it felt like I was in the middle of it but I've since been informed that it passed me by a couple of metres. So much sand and grit all over me. Not impressed). Saw some goats and an elk/moose. Despite intensely consulting Google I'm still unsure which. Sunwapta falls smelled like the ocean. Spent 40 minutes in Jasper. It was enough time to decide I liked it. Rainy camping with an excellent fire. Slept like a petrified log.



It's all about the angles

19th June: More driving. Stopped at some beautiful viewpoints. My favourites were the following two photos. Peyto Lake, in the second picture, was one of the prettiest things I've ever seen. I preferred the views of the parkway heading away from Jasper. We stopped for a little stroll around the infamous Banff on the way back. I immediately understood why it's so popular but I was also overwhelmed by the number of people there before I even hopped out of the car. I have to say though, driving through Glacier National Park/Rogers Pass was one of the best parts of the drive. Dinner- satay tofu rice bowl thingy then bed. SO tired.



Extremely cold water. Nearly snapped a toe.



"Please crop my feet out"

June 20th: Woke to discover a mozzie bite on my eyelid?! The colour is quite flattering. Recording session. I felt so happy there. Like really buzzing.

June 21st: We hosted a brunch at ours. Snow made turkish eggs, I made crepes. Had a mini crisis about scheduling. Sliced my finger instead of an eggplant. Lots of blood. Very dramatic.

June 22nd: Beautiful rainy hike in Glacier National Park with Snow Josh and some other friends.



Great Glacier Trail.



24th June: Perfect hike in the morning w Hannah- we were soo lucky with the conditions. (Except for the mosquitos). We hiked the Kill the Banker trail from the very base. There were lots of flowers! Yoga class with Miri<3



About halfway up.

25th June: Caught up with Mikey for coffee, made cookies, Miri came over for a cup of tea, cooked greek food for dinner with Ryan. A lovely day. Felt sweaty for most of it though because I was overdressed. Instead of changing I just complained:)

27th June: Studio with Logan. Very productive but left my brain feeling melty and tired. Realising how much work it will take. Some life admin. Dinner with Nils and Miri- as usual they cooked up a storm 10/10. Spilled my aperol (0/10)



Norm



Not Norm

In Case You've Been Wondering:

- My ankle is mostly fine and I'm so happy to be back running again. Big big yay
- I'm still feeling very passionate about pickled red onions
- Yes, I am having withdrawals from skiing
- No, I'm not moving back home soon
- Yes! I have a trip planned for this (northern hemisphere) summer- A bucket list destination of mine. I can't waitttt. I'll tell you more later
- I am starting to wonder if my peanut butter consumption is getting out of hand but no, I don't have any plans to slow it down. (For real though, how much is too much? At what point is an intervention necessary?)
- The mosquitos right now are vicious and innumerable. It's verging on unbearable. I'm covered in bites and SO itchy.

Recommendations from this month

- Hermit Trail Hermit Trail Hermit Trail
- I have also been enjoying the album 'FLUX' by TENDER (I'm not shouting at you the names are meant to be in capitals)



Damp. Happy though.

Sending you love and a friendly bum squeeze. Wishing you a truly jolly month ahead and hope it's filled with good luck, a nice surprise and some kind of warm baked goods

Lots of love from Jasmine xxoo

P.S. I am very excited to tell you about July



As promised xx



Still here?