

# Black Onion Food & Travel



## Starting with a bang!

My highlight for this month is obviously my 30<sup>th</sup> birthday ski trip. I had an absolute blast. It felt good to get away, be myself, have fun with friends and get a break from the routine of being a mom.

Lately, my focus is on being happy. I remember a period of time that I didn't celebrate my birthday. It meant so much to me that my friends would travel just to celebrate with me for my birthday.

The trip was inclusive of laughs, facing fears, navigating complexities of traveling with friends and overall a good time. I believe that such an amazing trip celebrating life is a great way to set the tone for the year ahead. Read my blog post [8 Things to Know Before Planning a Ski Trip](#) to read more.



## Food highlight



This month I attended my friend's birthday dinner at Aurora. It was also Restaurant Week. We were able to experience a 3-course meal for a fraction of their normal menu prices. The food and service was fantastic. I absolutely recommend Aurora, especially during Restaurant Week if you want great dining on a budget.



## A letter from Jadiyah

It use to make me mad when I would hear people say that living the life of your dreams was as simple as changing your mindset. What did they mean all you had to do was change your mind? But, that's exactly what I did. I feel closer than I ever have to living the life I have always dreamed of.

I decided to choose joy. I decided that I was tired of only dreaming and not living. So, I changed my mind. I didn't just changed my mind though. I took action, I learned and changed things about myself, my surroundings and my habits.

No matter how small, or how big your dream is, I want Black Onion Food & Travel to be an example and an expression of what it means to live out your dreams.

Ask, believe, receive. These are the words that bring me hope that anything is possible. It's not only possible for others. It is possible for you too. I write these words to you, the reader, and to myself as a reminder to never give-up.

I hope that you will join me along my journey to share my passion of food, travel and writing. Adventures and the life of our dreams are waiting!

