



# BROOKLYN\_BORN

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## Advice from a past team leader - Remembering his contributions

Monday, September 07, 2015

For several reasons I decided this morning to find out what happened to a leader on one of my teams. I had never met him because his active tenure as leader preceded my membership 3 years ago. However, threads he had begun and nurtured were still active so his name was still front and center.

Sparkers come and go - some because life issues interfere - some because they don't need the support anymore. I hoped that he was in the second category.

I was saddened to learn this was not the case. Yet even as he left us, this leader of several teams has provided some meaningful advice.

From his next to last blog in June 2012:

"For right now, I felt I needed to say something, rather than avoiding the truth. Just a point I will say. I am responsible for my life and body. I have done quite well with weight, exercise, healthy food etc. however, that is not and will not make a healthy person. The parts I have denied, ignored and make excuses for was SMOKING. .Need I say more"

He explained that he had been diagnosed with terminal lung cancer.

I was saddened by this for personal reasons as well. My Dad was a lifelong smoker. Looking at movies of my childhood, it's obvious now that my respiratory issues were related to second hand smoke. As soon as Dad and his friends lit up, you can see me rubbing my nose and eyes and starting to cough. It was the 50s, but somehow no one made the connection.

Dad loved me, but his addiction to nicotine was stronger. We lost him too soon and I miss him.

Our team misses our leader too, but his photo remains there to remind us of his contributions, his enthusiasm and to take responsibility and not make excuses.

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**WATERMELLEN**  
Powerful blog.



I quit smoking over 38 years ago. But: it's a truly powerful addiction and I can't say I've ever stopped wanting to smoke. Which knowledge helps me quite a bit in managing my self-righteousness, actually!! Worst addiction of all . . .  
2101 days ago



**PHEBESS**



So sad - I know it's addicting and people feel comforted or soothed by smoking, but it's a horrible habit that can't possibly be healthy in any way, shape, or form.  
2102 days ago



**GINIEMIE**



Sage advice from those who have passed the way we are going is helpful. Missing SF who disappear is saddening, learning of their demise at least explains their disappearance and makes

us appreciate them all the more.



2102 days ago



**DOVESEYES**



My Mum was the same, she died with Lung Cancer and never stopped smoking.  
2103 days ago



**YELLOW09RED**



2103 days ago



**MARYJEANSL**



You wrote a lovely tribute to this man. And I have huge respect for him for taking responsibility for his choices. It is a beautiful thing to think that the good he did continues and will continue through Spark People. May he rest in peace.  
2103 days ago



**PHOENIX1949**



Well done - nice tribute.  
2103 days ago



**LIVEDAILY**



My mother was a registered nurse, and she smoked. She smoked through all 3 of her pregnancies. All 3 of us had issues either at birth, or later on. What we have learned now, compared to back then, is staggering. To me, there is no good reason on the face of this earth to start smoking. It's expensive and it's deadly. Also, 2 good reasons to quit smoking! Your friend, the team leader, left a lasting impression on the team's members, and has left a lasting legacy.



2103 days ago



**KRISZTA11**



It is nice of you to remember him in this beautiful blog. Smoking is so difficult to quit, everybody thinks they are exempt from adverse effects until it is to late : (  
I could show your blog post to my husband, son and daughter who smoke, but I know they would not understand...

2103 days ago



**VTRICIA**



That's sad. Hopefully he lived longer than he otherwise might have!  
2103 days ago



**ONEKIDSMOM**



He left footprints behind... and clearly did good for those who knew him... may he rest in peace. It's hard in online communities because often we do NOT find out what happened... I'm

glad he at least left traces for folks to find out.  
2103 days ago





**PRNCSCUP1-2FULL**

I wonder if he is still alive. They have made strides in lung cancer treatment. If he is still alive though, the quality of his life is not good. I've lost several really good Spark friends to death. Some because the damage of excess weight caused so many problems that their healthier and thinner bodies could not sustain. Others to cancer or heart disease. The beauty of Spark is that we are all human. All kinds of humans. And, we are as vulnerable as the next! My dad developed mouth and throat cancer in 1986. He had half of his tongue and bottom jaw removed. The cancer is gone and has not returned, Thank God, but since his stroke in 2013 that missing jaw has been problematic for eating. It just kills me for his struggles. And, people continue to smoke. to overeat. To over drink....

2103 days ago



**AFROILAND**

May he rest in peace.  
2103 days ago



**DIANEWITHSMILE**

may he rest in peace  
2103 days ago



**SWEDE\_SU**

the 50s were a different time. we didn't know anything (or were lured by Big Tobacco before we even knew that was what it was called). my dad was a doctor and smoked - but when i was about 4 or 5 years old, he had leg problems, and was told that he could either keep smoking and lose his ability to walk, or stop. luckily, he stopped. it was really only a decade later that we realized how wrong smoking was. so sad that so many people succumbed. (my dad celebrates his 100th birthday at the end of this month, and will fly from ny to seattle to attend my daughter's wedding one week later!)

your blog is a great reminder of the importance of the lessons we learn here, how they can be

applied, and the flaws we all still share.  
2103 days ago



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