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# Thanksgiving Day - 9 years of Maintenance

Wednesday, November 21, 2018

**Voted Featured Blog Post** 

How ironic that the day Americans stuff themselves with food was the day in 2009 when I reached my goal weight! Although I am not active on Spark anymore, I want to assure anyone who remembers me that I am still successfully following Spark principles. (Details in last 2 blogs)

Joe and I have just returned from a trip to Machu Picchu and the Galapagos Islands, a trip we had to cancel in 2016 because of his emergency brain surgery. He is fine which is another reason to be thankful. As I wrote back then, his doctors said that if he hadn't been "in good shape" he wouldn't have survived the 2 massive subdural hematomas that squashed into brain into a ball.







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# More Blogs by **BROOKLYN\_BORN**

Now I can add one more event to my "Anniversary Dates" to forget - 6/7/2021

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Taps Across America – The National Moment of Remembrance - Monday 5/31/21 3PM - 5/30/2021

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This was our 8th trip this year beginning in the Adriatic on New Year's Day. Then the Baltic countries, whale watching off New England, 2 trips to the Caribbean

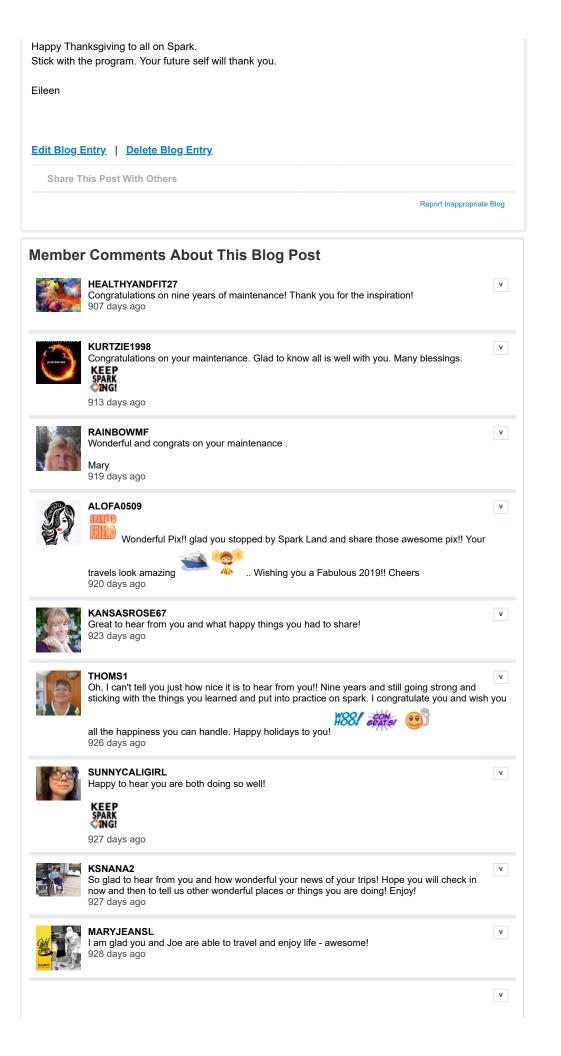


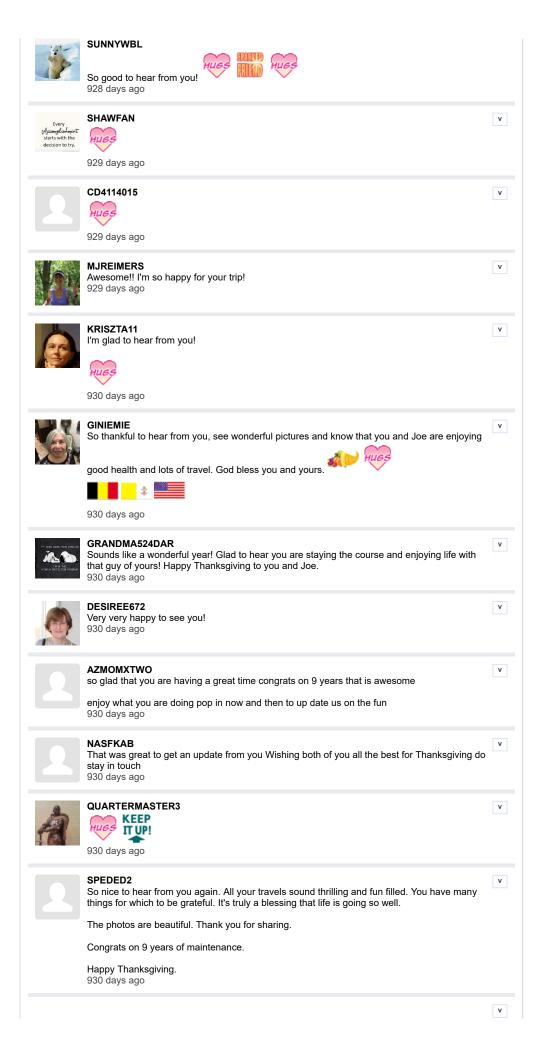
And tour of the UK with my chorale to sing in the great cathedrals as well as the source of the music of our youth





Yes, "Penny Lane is in my ears and in my eyes"







#### MILLEDGE2

How wonderful to see your blog! So happy that your life is going well!



#### QUILTYENGINEER

Happy Thanksgiving and congratulations on your anniversary! You continue to be an inspiration to us. 930 days ago



#### **DOVESEYES**

Wonderful to get a catch up blog, so glad you had another wonderful trip, congrats on staying in range and hope you have a great year. 930 days ago





#### WATERMELLEN

How wonderful to hear from you!! Congrats on your 9th Sparkiversary, you are looking absolutely terrific!! And clearly both of you are enjoying your travel adventures: Galapagos is on my list for sure!! 930 days ago



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### HARRIETT14

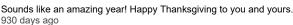
How wonderful to be able to travel the lands. Happy Thanksgiving to you. 930 days ago



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#### MBPP50







#### SUSIEMT

Happy Thanksgiving!!! It was so nice that you posted this blog! I for one really appreciate it knowing that you are happy, well and traveling!!!! Woo Hoo you! Until next you post BYE!





930 days ago





### **HARROWJET**

Happy Thanksgiving! It is good to hear that all is well. 931 days ago





# HOLLYM48

Happy Thanksgiving to you and yours!!!

So nice to see you stop by and to hear that you are having a great time living life with your husband!! Awesome. Great job sn staying healthy and traveling the world together. There is

Keep up the great work. Have a wonderful holiday season! Hugs!! 931 days ago





## **BJAEGER307**

How wonderful Eileen. I am so glad you got to complete the trips you wanted to go to. My girlfriend went to Machu Picchu with her son a couple of years ago. He was working for the Peace Corp at the time.

My hubby wants to go to the Galapagos Islands, but I'm not sure that I want to. When you were there, was it spoiled by all the tourists there now?

Glad you are still practicing "Spark principals" and enjoying life to its fullest. Miss seeing you around, but I truly understand.

Take care, have a wonderful and Happy Thanksgiving to you and all of your family. How's your daughter doing now? I keep looking for news regarding her, but I don't think I'm looking the right places. I keep checking You Tube and I don't see anything new. 931 days ago



#### **PHEBESS**

OMG OMG OMG!!!!!! I'm SO glad you had a wonderful trip to Machu Picchu and the Galapagos!!!!!!! Isn't Machu Picchu a magical sort of place??? Did you see the llamas there??? Did you feel the peace and tranquility of the ancient lineas???? LOVED that place!!!! And yes, the Galapagos are so amazing in a totally different sort of way!

I'm so happy you showed up - you totally made my day today!!! 931 days ago

#### **POLSKARENIA**

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Great to read your catchup. Glad you're well and still 'in there'.







#### FRAN0426

v

Wonderful to see a blog from you. Wondered how you have been doing from time to time. Glad to hear all is well with the both of you. Love the pictures of some of the vacations you have been on this year. Sounds like the you and Joe are having a terrific time traveling---good for you to be enjoying retirement. Wishing the best Happy Thanksgiving to the both of you. 931 days ago



### **1STBUCKETITEM**

So nice to hear from you again. I really enjoyed your blog about your travels and your journey towards good health. Also happy to hear that your hubby is well ~ enjoying and sharing adventures with you once again.



Happy Thanksgiving to both of you!! 931 days ago







Great to read your blog Eileen and learn what you've been up to. You've had a fantastic year and the pictures of your trips are just fantastic. Especially love the one with the Beatles.

Happy Thanksgiving and



You show us all that it works. Congrats on NINE years of maintenance!!!



931 days ago



#### **RAZZOOZLE**



Great to hear from you again. Enjoy your Thanksgiving. 931 days ago



# SOCCERMOM99

v

Thanks for checking in.glad all is well with you 931 days ago



# **POINDEXTRA**

It's SO good to hear from you! I've been thinking of you too; it's great to hear that you're both well and traveling the globe.

931 days ago



## **DSHONEYC**

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Wow, thanks for the thankful update! So glad your husband is fully recovered! So happy you are maintaining.

931 days ago



## **RO2BENT**





## JUNETTA2002

Beautiful pictures thank you for sharing.

Fun pics and both of you look so well.

931 days ago



### **MORTICIAADDAMS**

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Great to hear from you and see that you are still doing well. Have a great Thanksgiving! 931 days ago



#### NANASUEH

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So much good news! Congrats on the maintenance.

931 days ago

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$\Diamond$	Thanks for sharing your photos of some of your adventures you had this year. Glad everyone's well and enjoying life. Best wishes and happy Thanksgiving! 931 days ago	
	931 days ago  KENDRACARROLL So nice to hear from you!	v
18	JEANKNEE So happy to hear from you and see that both you and Joe are living and enjoying life! Happy Thanksgiving!!! And, of course, congratulations on 9 years of maintenance and setting the foundation for a life	v
	1CRAZYDOG so happy to see you checked in. It is so nice to know you and Joe got to take such special trips and that he made it thru his surgery because of being in good shape! All the more reason keep using the Sparky principles. It really helps in so many areas of life.  931 days ago	to
Chi. See with over	PHOENIX1949 Happy Thanksgiving!  Nice to see your username pop up in my e-mail.  Awesome job at maintaining. Happy trails with your continuing travels.  931 days ago	V
	ONEKIDSMOM I'd been thinking about you lately so happy to see this status. You are living life to the fullest, and that is as it should be! 931 days ago	V
	931 days ago	
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