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Thanksgiving Day – 9 years of Maintenance

Wednesday, November 21, 2018

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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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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"

Happy Thanksgiving to all on Spark.
Stick with the program. Your future self will thank you.

Eileen

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HEALTHYANDFIT27

Congratulations on nine years of maintenance! Thank you for the inspiration!
907 days ago

[v](#)



KURTZIE1998

Congratulations on your maintenance. Glad to know all is well with you. Many blessings.

913 days ago

[v](#)



RAINBOWMF

Wonderful and congrats on your maintenance .

Mary

919 days ago

[v](#)



ALOFA0509



Wonderful Pix!! glad you stopped by Spark Land and share those awesome pix!! Your

travels look amazing

920 days ago



.. Wishing you a Fabulous 2019!! Cheers

[v](#)



KANSASROSE67

Great to hear from you and what happy things you had to share!

923 days ago

[v](#)



THOMS1

Oh, I can't tell you just how nice it is to hear from you!! Nine years and still going strong and sticking with the things you learned and put into practice on spark. I congratulate you and wish you

all the happiness you can handle. Happy holidays to you!

926 days ago



[v](#)



SUNNYCALIGIRL

Happy to hear you are both doing so well!



927 days ago

[v](#)



KSNANA2

So glad to hear from you and how wonderful your news of your trips! Hope you will check in now and then to tell us other wonderful places or things you are doing! Enjoy!

927 days ago

[v](#)



MARYJEANSL

I am glad you and Joe are able to travel and enjoy life - awesome!

928 days ago

[v](#)

[v](#)



SUNNYWBL

So good to hear from you!
928 days ago



SHAWFAN



929 days ago



CD4114015



929 days ago



MJREIMERS

Awesome!! I'm so happy for your trip!
929 days ago



KRISZTA11

I'm glad to hear from you!



930 days ago



GINIEMIE

So thankful to hear from you, see wonderful pictures and know that you and Joe are enjoying

good health and lots of travel. God bless you and yours.



930 days ago



GRANDMA524DAR

Sounds like a wonderful year! Glad to hear you are staying the course and enjoying life with that guy of yours! Happy Thanksgiving to you and Joe.

930 days ago



DESIREE672

Very very happy to see you!
930 days ago



AZMOMXTWO

so glad that you are having a great time congrats on 9 years that is awesome

enjoy what you are doing pop in now and then to up date us on the fun
930 days ago



NASFKAB

That was great to get an update from you Wishing both of you all the best for Thanksgiving do stay in touch
930 days ago



QUARTERMASTER3



930 days ago



SPEDED2

So nice to hear from you again. All your travels sound thrilling and fun filled. You have many things for which to be grateful. It's truly a blessing that life is going so well.

The photos are beautiful. Thank you for sharing.

Congrats on 9 years of maintenance.

Happy Thanksgiving.
930 days ago

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**MILLEDGE2**

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

**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

**HARRIETT14**

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

**MBPP50**

Sounds like an amazing year! Happy Thanksgiving to you and yours.
930 days ago

**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 nothing better.
Keep up the great work. Have a wonderful holiday season! Hugs!!
931 days ago

**BJAEGGER307**

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 Incas???? 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

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



931 days ago



FRAN0426

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

v



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

v



MARTHA324

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

v



RAZZOOZLE

Great to hear from you again. Enjoy your Thanksgiving.

931 days ago

v



SOCCERMOM99

Thanks for checking in.glad all is well with you

931 days ago

v



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 travelling the globe.

931 days ago

v



DSHONEYC

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

931 days ago

v



RO2BENT

I want to go

931 days ago

v



JUNETTA2002

Beautiful pictures thank you for sharing.

931 days ago

v



MORTICIAADDAMS

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

931 days ago

v



NANASUEH

So much good news! Congrats on the maintenance.

Fun pics and both of you look so well.



931 days ago

v



CHAYOR73

You and your hubby look fantastic, seems like you guys are enjoying life as it should be.



931 days ago



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



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



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 to keep using the Sparky principles. It really helps in so many areas of life.

931 days ago



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 well lived.



931 days ago



KENDRACARROLL

So nice to hear from you!
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



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