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## “The Right Stuff” – Doing it, Wearing it, Having it

Tuesday, March 23, 2021



You may remember the movie about the first US astronauts and the obstacles and tragedies they experienced on their journey to their goal. Most of us will never face anything quite as monumental but we all need to find our own “right stuff” to reach our personal goals.

Once I was disparagingly called a “Tomboy” because I wanted to play sports. I have a home movie of my attempt to play baseball with my little league cousin and his friends. It was a Sunday afternoon and I was dressed like this, crinoline skirt, hair bow and patent leather shoes.



Too far to go home to change so I did the best I could. My Mom was appalled. Dad approved. He took the movie.

Here we are in 1993, 37 years later.



Dad is wearing his gold medal from the Senior Olympics. He was 75. I was 45. When he learned of the competition, he wanted to practice. Now I was pitching to him. He would hit the ball FAR.

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My job? Go chase the ball, come back and pitch again, over and over until he decided he was ready.

Dad had the right stuff and he taught me that I had to work hard toward my goals. Talking, wishing and dreaming wouldn't do it. I had to do the work myself.

Fortunately, changing times and attitudes gave me more opportunities and wearing the right stuff allowed me to continue being active as my body aged.

These are my "compression tights." They support my joints and muscles when running or in any strenuous activity. Compression socks (athletic style not the nursing home variety) minimize the chance of injury to my "floppy ankles" (yes it's a thing)



I also have "industrial strength" custom orthotics in athletic footwear designed for us "severe overpronators."

All this "right stuff" is pricey, but just as I decide where to "spend" my calories for the day to support my nutrition goals, I decide where to spend my money to support my fitness goals. Like staying active.

No fashionista here. I shop the clearance racks first for regular clothes and I keep my clothes a very long time. "Don't you deserve better than that" DH asked?



Yeah, he's probably right. It's the end of the season. Maybe I can find some flannel PJs on clearance.

Sadly, while Dad HAD the right stuff, he did not always DO the right stuff. He was a long time smoker. Back in the day there were no warnings about the danger. Tobacco companies hid the information.

I still have Dad's medal and T-shirt. We planned that in 10 years we would enter the Senior Olympics together. It didn't happen. The years of smoking caught up to him and he died in 1997.

I wish there had been more obstacles to smoking back then. We lost him too soon.

It's important to remember how important it is to support others to do the "right stuff" Encouragement just may be just what they need to make a difference and increase their motivation

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## Member Comments About This Blog Post



**GLORYB83**

We didn't know the dangers of cigarette/cigar smoking back in the day. I'm just thankful that I quit - 31 years ago!



Precious memories of your dad, he'll always be in your heart. I wish I had had a dad.



69 days ago



**SPARKFRAN514**

I agree with the smoking and staying active



you should have asked Santa for new PJ/s



69 days ago



**AMUSICALIFE**

Love the stories of your father. Love comfy clothes too! Very hard to get rid of. Have a blessed day and thank you for commenting on my blogs



72 days ago



**DEE797**

Beautiful blog and memories. Love the picture of you and your dad.



72 days ago



**LINDA!**

I remember those days when so many people smoked. You are correct, no warnings. The people on TV and movies smoked. People thought it was 'glamorous.' How said that so many died early from doing this.



73 days ago



**NANHBH**

Ahh, the memories!



73 days ago



**MARTHA324**

Love the picture of you and your Dad and he sounds like quite a man. And you two certainly have the right stuff!



Now clothes? Since I lost the weight seems there are never enough....still get a kick out of being able to wear the fashionable clothes. Now tonight? I'm in an old T-shirt and pull on shorts....comfort rules tonight!

73 days ago



**JPPERSELL**

My grandfather played softball. He was very good at it. He smoked. He also died at a young age. I miss him very much. He encouraged me to be whatever I wanted to be. I miss him very much.



73 days ago



**JANECS6**



73 days ago



**TZAPP22**

Who says the right stuff can't also come at the right price... get what you need/want - on sale - win/win in my book!



73 days ago



**DARCY-B**



Losing Dads is difficult  
73 days ago



**SHAWFAN**

Awesome memories. Thank you for sharing them with us, Eileen. Bittersweet to think of what



"Might have been."  
74 days ago



**ALIHIKES**

Love the blog and the memories of you and your dad. My dad encouraged me to share his love of outdoor adventures. I still love my memories of him and those times. (Loved my time with mom too, but she shared cooking, art, and adventures in shopping)  
74 days ago



**QUARTERMASTER3**

Nice memories  
74 days ago



**AZMOMTWO**

those are very special memories  
74 days ago



**PORTIAWILLIS**

Wow what special memories to have of your father. I lost my father when I was 5 years old to a car accident. I don't remember him at all. I was an only child. My mother was a three pack a day smoker, weighed 85 lbs and was 5'6" tall. She had a massive stroke at 41 years old. She was in a coma for 6 months. She never walked again and it took 2 years to teach her to speak again. She passed away at 56 years old. The beauty of this is that she got to see her 3 grandchildren grow up. It was a sad life but my youngest daughter was her biggest champion. Ginny was only one year old when she had her stroke but was the closest one to her. Today Ginny is 42 and still cry's when she talks about her.  
74 days ago



**EMJAYWS**

I loved hearing about your dad and seeing your sweet picture together. I'm sorry you lost him too soon. I think the best way to honor him is to keep going full strength like you seem to be doing... he obviously was not one to quit a challenge either! Keep writing, I enjoyed your post.  
74 days ago



**WANT2TRIM**

Very positive  
74 days ago



**THOMS1**

Good blog. I also like hearing about you and your family!



74 days ago



**JUNETTA2002**

Awesome blog  
74 days ago



**THINCPL2004**

My wife is my motivation cheer squad, whenever I would do my 5k runs or my century bike

rides she would be there at the finish line to let me know I still have the right stuff.  
74 days ago



**MORTICIARAVYNN**

I'm sorry about the loss of your dad.  
74 days ago



**KITTYHAWK1949**

You seem to have the Right Stuff but for some of us it has never been much of an option. Not sure why but just never had much motivation.





74 days ago



**PATRICIAAK**

wonderful story & memories. did you ever enter senior olympics in honor/memory of your Dad?

74 days ago



**FLPALM**

Awesome blog.

74 days ago



**SUSANYOUNGER**

Well Said!

74 days ago



**RACHNACH**

KEEP SPARKING!

74 days ago



**CHERYLHURT**

My jammies are falling apart and I really need to replace them with sweats.

74 days ago



**MSLZZY**

Lovely memories and sad you didn't get to make more. Sweat pants replaced my flannels years ago.

74 days ago



**FRITZYS\_MAMA**

Seems like if you buy good quality workout clothes, they last a really long time. I buy Fabletics workout clothes and they are expensive but they last nearly forever. Kind of a get what you pay for sort of situation.

74 days ago



**WATERMELLEN**

What a great blog!

I made sure that I had the right boots -- sheepskin, with flip out cleats, and a long down coat -- to keep walking all winter. Expensive? Yup. But absolutely worth it.

My business clothes so often purchased second hand or on sale -- much less important, back when I needed that professional wardrobe!!

74 days ago



**RHOOK20047**

Great memories of your Dad. I know what you mean. Both of my parents smoked. Set the bad example and I smoked ro 30 years. I quit when I was 45 - woke up and did it cold turkey. Don't regret a moment that I quit. Quitting smoking and drinking were my start to my weight problems, but I still think I am healthier without the cigarettes.

75 days ago



**LIS193**

Lovely memories of your dad



75 days ago



**1DARKHORSE**

Great blog! I'm so sorry about your dad. He sounds like an inspiring man. I lost my dad to brain cancer when he was 64 and I was 44, it was devastating.



75 days ago



**PLCHAPPELL**

Very deep and important

75 days ago





**DSJB9999**

Amazing blog, thanks Jan for sharing too, I agree and know I need to encourage my hubby to



get healthier too! I am determined to continue to be healthier  
75 days ago



**GREYDOLPHIN**

I love my old clothes. They're like comfortable friends. My favorite "nighty" is black knit with a white bordered top with penguins gracing the border. My DH noticed a hole in the elbow and said to throw it away. I said "NEVER" very vehemently. I got it at the St Louis Zoo gift shop years ago. I was a docent and animal handler there years ago. The oldies are my goodies.  
75 days ago



**ETHELMERZ**

Enjoyed the memories of your Dad!  
75 days ago



**SHAKERATTLEROLL**



75 days ago



**MARYJEANSL**

I think I might be a severe overpronator also. My feet got destroyed when I worked at a grocery store doing product demos. The job required me to be on my feet for six hours at a time, day after day. It led to totally flat feet, not to mention plantar fasciitis. Never thought of getting orthotics - seems like it might help, since I have a terrible time finding shoes I can wear without pain. The ones I have are decent, but after five plus hours standing/walking at work, I am in pain anyway.  
75 days ago



**CHERIRIDDELL**

I was and still am a swimmer but not much inclined to team sports. They tried to teach me baseball (I hit the ball, threw the bat and knocked out the catcher) I decided my friends would benefit more if I didn't play! Academically I had the right stuff though and I did loads of things not normally associated with females. I taught ground school for flying!  
75 days ago



**BJAEGER307**

Oh I remember church clothes, play clothes, and school clothes. Never did any of them ever mix. What super great memories of your dad. I'm not a clothes hog type of person. As long as I have a couple of pair of jeans, and tops I'm ok. Working at a doctor's office, I wore scrubs for 15 years so I never had to worry about what I wore to work.

My Dad was more about work than recreational activities. That's just the way he was. He was a smoker for a lot years, but that's not what caused his death. It was his heart that probably was caused by the years of his smoking. He quit and didn't smoke for many years, but I think it probably already had damaged it.  
75 days ago



**WOOFERCOALBOY**

One of my cousins-once-removed used to participate in the Special Olympics. Dunno why she doesn't now - is there an age cap? Her elder sister had a softball scholarship to U of Cal, their father a football player at U of Ariz (but not scholarship,) their mother my cousin was a cheerleader in high school. Me? My favorite participatory sport is sailing - I just sit there, lean out when heeling, and pull back on the mainsail sheet. In high school I played goalie at field hockey so I didn't have to run. Definitely \*not\* an athlete.  
75 days ago



**SAMMILESSACH**

Wonderful blog!!!!!!!!!!!!!! I have 3 siblings and we are all girls!! No tomboys or anything, but when we grew up we had school clothes, church clothes, and play clothes and we better have had play clothes on after school (including shoes).

I lost my dad young. (I know we both wish we could have had our Dad's in our lives longer) No one in our family smoked. I married a smoker! He has been trying to quit and they're was a time he was so close! He has cut down and trying to quit.

Get this.....I could not make this up.....at a young age his Gp told his mother to allow him to smoke to make his lungs stronger (he has asthma) Well his folks smoked so....at 12 he started! And he was able to buy cigarettes! Good grief!  
Glad times have changed!

I too wear my pjs, cleaning clothes til they rot! But workout clothes, shoes, sport bras are quality!!!! I haven't been to a public gym in years, but workout at home and it's important to not hurt ourselves.

Now years ago I would wear pj bottoms instead of sweat pants at home.



Not since I found non wicking that is all I want for my workouts, we also have such high humidity, so yes I sweat and our humidity here , doesn't take long for my sweat pants or cotton type clothes to be wet!

I didn't have the best day, logging on \*reasonable \*blog was heartwarming, inspiring and

motivating! You are amazing! Thank you!



\*reading your\*  
75 days ago

Comment edited on: 3/23/2021 10:56:03 PM



**MTN\_KITTEN**

Ahhh ... doing the right stuff ... has become our motto here.



75 days ago



**SUSIEMT**

I love to hear you talk about you and your dad! (((HUGS)))



75 days ago



**FLPALM**

Awesome blog.

75 days ago



**PHEBESS**

What a wonderful memory, training with your dad for the Senior Olympics!

And I've been clothes shopping online - I know what brands fit me and work for me, and I've gone down one size in them. Thus far everything has been fine. (I'm just buying one dress, a few tops, and a few pair of slacks/jeans. Oh, and a few bras in my new size. Don't really need more than that.)

Shoes I will only buy in person, though.

75 days ago



**BKNOCK**

I grew up with 3 brothers so I was most definitely a Tomboy! I was always playing sports in the street that we lived on with the boys in the neighborhood and one other tomboy girl!

75 days ago



**PATRICIAANN46**

Your blog reminded me so much of my Dad. He joined the Navy as soon as he could out of High School and was trained to be a Radioman. Because it was so important for him to stay awake, he was GIVEN cigarettes and all the coffee he could drink. By the time WW2 ended, he had a habit that would last for the rest of his life. He was also a Partsman in my Grandpa's Ford Dealership and worked near a window which let in all of the fumes from the car repair section. When I was in High School and College I begged him constantly to stop smoking. He finally quit cigarettes and switched to a pipe, but he inhaled that too. We lost him way too soon to cancer which could have been prevented.

I agree with you completely with how important it is for us to support others to do the "Right Stuff."

Thank you for sharing this very important blog.

75 days ago



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