

Another Day...Done....

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Yesterday was not my worst day...not by a long shot....of course...

Oh I poured tears....wrecked....but that is life....my life....

Let's start with this morning, a beautiful day....I woke up with an extra \$200 in my pocket from poker...I've turned that around and have started winning....and you know what, I kept my consumption of alcohol at a very respectable level and find myself without a hint of a hangover this morning...a miracle when sipping burnt bourbon lemonades....

I thought I might come undone at poker last night, call in a snow day and bury myself...but I didn't feel the need....sitting with a bunch of good old boys, my friends...playing a bit of cards and poking fun at one another at a level that only these kind of guys can dish out and take....

Which brings me to the first thing I realized this morning....okay...maybe I've known it, and talked about it before....I've even written about it in late night man blogs that remain unsent....yes there are man blogs that I write and do not post....but my point is this....

I hang out with 20 guys...I consider friends....and oddly enough, almost every one of them is exactly alike....to define them, well to many they may come across as...simply assholes....loud....smartass...confident....outspoken.....

None of my friends pull any punches...they tell it like it is....

You know what else my friends do....each and every one of these guys.....

Love

Almost every one of them loves them self and the people around them....and they are not afraid to let it be known....

I love them....Ev did too....some don't...some people don't get them....but we do....

So boys...XO...thanks for everything you do to help me out...

There we go....a little praise for the guys...

I do this because I do hear that people consider me a strong man....honorable...loving....but I'm not in this alone.....

What else did we figure out today...well...Charlotte decided to go to school this morning at 9am after I was going to let her stay home. She pitter pattered into my office and asked me when it was time for school and when I told her I was letting her stay home today she ordered me up with a "Get me dressed!"

Such a cute kid....

And off we went to her classroom. Today I didn't pour tears in the halls of learning....nope I fought my tears enough that I was able to have a bit of a conversation with Carol on my way out rather than my normal fast exit head down.....

But I did fight my tears, and I realize I always will...always....

For the rest of my days if I think about Ev I will feel sadness....forever....

But so what.....that is me....moving forward that is me....and I am moving forward.....

I sat with Ev at her grave yesterday, ate a sandwich, read a bit of a novel.....and....well I said a few words and wondered what Ev would be saying to me.....

And you know what I came up with.....visit often.....but live....stay a short while, and get back home to the babies....live and love....to the fullest.....

So....here I am....wracking as usual....

But I will live and love to the fullest.....

The Quote Of The Day

The happiest people seem to be those who have no particular cause for being happy except that they are so.

William Ralph Inge

Be happy...get up and work on that....it's more important than anything else.....

So...The good old man blog will include weigh ins next week, it will not be just the widower blog....I'm going to pull Seamus into the mix too, he needs a push...and so do I. Beagle is down half his body weight so I have some catching up to do.

Remember kids....be nice to each other....love.....it's just so nice to feel love....go ahead....

I hope you all have a great day!

Babe...thank you for making me better...I love you for helping me be this man.....