

## **Fat is what fat does....**

Well it's the fat man blog today....it has to be....I'm packing it on!

I'm 20 pounds heavier today than I was in February....232.6 pounds...20 pounds!!! It's no good and I have to get it under control today....one dinner tonight and a beer free weekend....

How am I packing on all this weight....well the constant celebration of life....to extremes...so I'll back off that for a few days.

To recap....yesterday I took it easy...I did go to the pub to make an appearance with the boys....I had a single gingerale. I have had enough this week already and even though Canada Day makes for a great excuse to have a few beers....it seems like Monday night soccer and Tuesday golf tournaments also make great excuses.....

And 3 dinners nightly....look at me now cruising up on the scale and not too pleased with myself for it.....

I was doing much better starving my grief than feeding it.....

On that note.....let's talk a wee bit about grief before I get to the other boys....funny pictures.....let's talk about love lost and sadness.....

During my nice quiet day yesterday I had lots of time to think about my wife....my life.....Charlotte and I cuddled up and watched a few movies....Ave came and sat with us and we enjoyed our moments together.....

In my life though there is a constant.....Ev is missing.....that is my constant thought every moment.....the static in the background of my life.....

I miss Ev so much.....every second.....I still can't believe she is gone....I know she is....but I can sit here looking over the computer out to the driveway....and imagine seeing her walking to the front door.....

.....a wait for it to open.....

Anyway....that's my life.....it's a big life.....it includes more fun than any man deserves.....and so much pain.....so many tears.....

Okay.....so.....I'm hitting a diet....one that includes food, no starvation diet here.....let me go back and dig up the initial weigh ins:

Victor 229 now 232.6 +3.6

Trafford 170.8 now 176.8 +6

Parker 248 now 252 +4

Beagle 205 now 188 -17

Boyling 203.5 now 194.1 -9.4

Seamus 285 now 269 -16

So...no weigh in from the senior citizen.....ya.....let's break the mold here....no VHS cover today....what might we find....

Oh....Andy just weighed in....I had to go back up there and edit his number.....up....

So up it might be.....



Andy is just happy the chicken came along.....he might be peckish later....

Andy has just informed me he is back on the shakes...a diet plan for sure....I think I'm going to edge towards lighter meals and running...such a beauty that Andy Trafford, his current goal is to lose 12 pounds by July 24. Half a pound a day.....

I'm going to get my sorry ass back into the teens by then, what is that.....13 pounds.....okay.....today I plan on losing 5 of them.

That means a bit of a run....we will see just how well the new running goal goes....me legs are still killing me from soccer.....old frigin man disease....

And I'm going to eat right, lots of sugar from berries....some protein from yogurt and cottage cheese.....no chips....and NO BEER!

## The Quote of The Day

**There is nothing more helpless and irresponsible than a man in the depths of an ether binge.**

***Hunter S. Thompson***

Why this Hunter Quote today...well it means so many things to different people in my life and will bring it all together....

First.....having just taken part in what I would describe as the Hunter S.Thompson invitational golf tournament....it's still very fresh on my mind....and for those of you that don't know, Hunter was an early hero in my life....and as a younger man I may have dedicated a 10 thousand kilometre road trip into trying to get to the bottom of this ether binge thing....

Those days would seem to be long behind us old boys though....I suppose....but life does change the way we look at where we should be and what we should be doing.....

I do believe the edge has been found....as Hunter would say, and I paraphrase....you'll have to go over to know you've been there....

So....I have been tested many times....and here I am, for better or worse....

I couldn't have managed it half as well other than I've been surrounded by so many great people....the luckiest man....

Babe....thank you for loving me.....

XO