

Ice Cream Sandwiches....

Did I start a 30 day challenge? oh oh...

One second, it's the thanksgiving challenge right....that's more than 30 days so I thought I might wait until I was actually 30 days out to begin...it's the 9th of October...I still have a few days.

And this kids is why I now weigh 238.8 pounds. Hey...I was heavier yesterday, a miracle considering I had a nice chicken sandwich at 10 pm last night...what did I wash that down with?

...Did I mention Syd is now working at the DQ? You heard it here first...and I had 2 DQ ice cream sandwiches post 10 pm last night...

Diets.....

Russett is running the same plan as I am, posting a weigh in of 202.8 today, down from 205 yesterday....I sense someone is starving at the Russett residence. Beagle did have to make a road trip to drop the boy off at school...it's funny how The Keg doesn't have calorie counts on the prime rib...

Richard and Kelly...these 2 are both very active....Kelly posted one of her signature sweat selfies on facebook yesterday...and may have mentioned she was up to 158....I think she said....Richard and Kelly haven't offered up a weigh in today though, the last I heard from Richard he was at 388....he did tell me he walked 5 km yesterday....

You push 388 5k and tell me how you feel....

Anyway, Kelly knows better not to offer an update....Richard....this is his first go at this sort of thing....I won't go easy on him.

Today we test Richard's sense of humor....lol

As we can see, Richard is getting his fruits at least.

Tomorrow I hope to have a weigh in on the big fella, I mean 388....there is a bit of room to drop massive pounds....

Krista....Is there room to drop massive pounds on our sweaty Beach Body Coach? Krista has a love/hate relationship with the man blog....It's great to have a little bit more motivation and none

better than posting your success or failure...or lets be serious, a combination of daily....but then there's the photo shoot....and nobody likes to have to bare all to the world....once in a while though...Krista gets adventurous....



And there she is...ready for the beach....or one of her daily sweat fests....

Krista does have a sense of humor, this we know....but it only extends so far...so we can no longer tag her on facebook posts...she is an avid reader anyway so she won't be missing this tidbit....

I won't bother Kevin with the man diet this time around, he has enough on his plate....

So does Seamus....well he did...but he ate it, so I'm including him...Seamus did not offer up a weight but seeing as he stopped by the other day sporting one of his new Tents I'm going to take a guess at his weight....

First I'm going to offer up a review of his new 'shirt' I found on the internet.

The North Face® Kaiju Tents

★★★★☆ (7) Reviews



This little yellow number he showed up in...still a wee bit tight on him I thought...plus judging from this review....a leaky zipper....

I'm not sure I'd be risking that one out on the golf course if it's calling for rain Seamus...

Anyway...My estimate on Seamus...325...and not an ounce less!

4 Young Ladies and a Headstone

Charlotte and I stopped by to visit Ev on our way to pick up Ave from Bridgitte's wedding on Sunday....

Charlotte left Ev a small stuffy she laid 100 kisses on...we told mommy we loved her...it's not easy.....

As I pull out of the Cemetery I still question if Ev is there....it seems impossible....It's a strange way of being when I think about it....unsure.....

Anyway....I can't focus on that, I have 4 beauties here back to school....the running around between school and sports....I'm doing 400 km a day without leaving the city!

Zee Quote of Zee Day

At the end of the day, the most overwhelming key to a child's success is the positive involvement of parents.

Jane D. Hull

I'll tell you this again and again....this is not an easy gig....I mean...hurricane's....that's easy...you wake up one morning and the weather service tells you a hurricane is going to hit next week. You pack up your things, board up the house and move north to stay with friends for a couple of days until it blows over and you go back to clear the downed trees.....

This....parenting....one day you are having a stroll, enjoying nature and all it's beauty...a bird....just look at how pretty....and a volcano erupts under your feet....it sends you just clear of the debris and almost certain instant death....you scramble to make sense of everything, hustle up what you can, grab the kids and fight to get them to safety...timeline....15 seconds....

.....you survive.....look...a bird.....and you feel the ground rumble.....

The life of a parent....the joys.

Babe....not a volcano to break us thus far....I miss you.....

XO