

## Oh...the shame....

Is there Shame in being Fat?

Is there Shame in being Gay? Let's think about the social acceptance of being a homosexual these days and consider the difference between that and being Fat.

Is being gay a choice? To some people it might be....some homosexuals might choose to live their life 'straight'...whatever that means....but it might very well mean less in that life....less joy....maybe less love...

To most people that are attracted to their same sex....it's something they are born with....genetics....maybe not genetics...but it's who they are....their being...

And Fat? Is it all that different? Some people are genetically 'Fat'....heavier than their skinny friends....One person eats an ice cream sandwich....bean pole...the next...chubby...its who they are...their being.....

Does that mean I have to choose not to have ice cream sandwiches....well that depends....do I enjoy eating ice cream sandwiches? Should I not have what I enjoy.....Now....do I need 3 dinners....maybe not.....

20 years ago I hung out with this guy named Rob...he was a bulky dude...I was thinner then...my 195 vs his 250 at 19 or 20 years old.

Rob and I would occasionally play a bit of squash, we've played maybe 10 games vs back then. One day as we were at the desk at the Nepean Sportsplex the girl behind the counter made a comment....something along the lines that I should go easy on Rob....that he would die trying to keep up....

.....I mean I appeared to be in such better shape.....

Well Rob had a natural athleticism, he was light on his feet...I don't know...back then he seemed lighter than me...happier too come to think about it...sadly...but he just seemed to have a bounce I didn't have....

Anyway....I told the girl Rob would kick my ass....which he did....every time we played.....

The fact that I was a pack a day smoker back then likely didn't help....I habit I gave up at 28 upon the birth of my biggest baby....

Do you think Rob has shame in his appearance?

No....

Do I today?

No....

Russett?

No...

Richard? No.... Krista....No... Kevin...No... Seamus...No....

We are all comfortable with the people we are....we have no shame.

Fat Shaming is not a part of the man blog. The man blog is a celebration of our lives....a story of the ups and downs of the people included here.....

.....a moment in your day....an added smile....a laugh.....I hope.

Hey....after all my tears....am I not permitted to share the other things in my life.....aren't we all entitled to do and be whoever we are or choose to be? Can we not share our journey...thoughts...and feelings....or will we be told which to offer.....

What have I been in my life.....terrible.....mean.....selfish....hurtful.....demanding..... I have been....in spades.....I have been a mean, inconsiderate, horrible, uncompassionate human being.....

Have I grown.....I do try..... The days of not shedding a tear over a sad movie....a hurt dog....a friend in need....what have you.....those days are over....and were long before I lost Ev.

Am I comfortable with who I am.....I am....I have laid out so much here....my pain.....I am no different than I was when I was a child....I am still afraid of the dark....I am still socially anxious...I consider myself shy....I'm not as wise as I once thought I was....nor as strong.....

But I am me.....and I will stand up for that....and my friends....

No shame in that.....

Anyway....I want to lose weight because my knees hurt....my vert is about 2 inches and the landing hurts....can I do that? Can I want to be a step faster at 46 years old and share that....That's what we all want here....

...and to have a bit of fun doing it...I mean after the Jillian Michaels 20 minute shred can I not have a laugh....at least at myself!!!!

So.....the fat man blog....

I have new weigh ins

Russett....he forgot to send me a weight.....he did offer up this photo yesterday which might have something to do with it....



I managed a bit of the old weight loss yesterday, 237.2...down just over 2 pounds....How.....well we are out of ice cream sandwiches....and when I picked up Syd from the DQ I only had one...or 2 bites of Charlotte's dipped cone....I had 2 eggs and one slice of toast for breaky....skipped lunch.....spent the afternoon in Court learning about how children of divorce have to deal with things much like I would if I lost a parent or friend.....5 stages of grief....heard of them.....Anyway....I had Mcdonalds for dinner.....down 2 pounds....go figure.....

Krista will be excused from the daily photo shoot today....I think....offering up a weigh in and a little diary of events.....let's review.

.....So today Angie Poirier and Stuntman Stu came to do a "Candy drop-off" which resulted in me eating a bag of gummy bears. Then a leaving lunch at an East Indian Buffet so today eating wise was BAD. There also may have been some Caramel corn while watching Game of Thrones. I did manage to do Pilates and get a bit pink. Tonight I weighed in at 154 which is the most I have been in over a year...need to stop eating crap! I need to get back to 145 where I felt amazing! Hope

you didn't eat many ice cream sandwiches. Jesus I hope my girls never work at DQ. I'd be 300 pounds full of Oreo Blizzards!

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.....These are her exact words....I should have asked her if it was okay to quote her but...

Krista has no Shame.....

Richard....did not offer a weigh in....in his lack of shame he let me know he liked the photos, he wondered what the hell Krista was thinking....you have to know her....no weigh in from Richard, he only hits the scale once a week he says, today he will offer an update....besides..you have to go easy on the scale at 388....Richard has been working at it though, I bet he is down a good deal.....I wonder if he wants to make it two buckets of KFC?



Wow....rambling....

Seamus....up again....382 pounds.....I'm not sure he even cares about the Thanksgiving weight loss challenge....

Yesterday Seamus had 2 mcgriddles for breakfast....at lunch he had a salad....well he had the bacon cheddar Angus burger and it had pickles on it...that counts as a salad. Seamus was too tired to craft up much of a dinner...he had a bag of doritos and 2 litres of pepsi while watching football.....he is off the beer on Thursdays...

Yesterday an old friend of mine offered up his opinion on fat shaming....trying to get a response out of me....my friend Donald told me in the past 2 years that he preferred me before I lost Ev....he said I was more argumentative then....I would stand taller for my opinions....

Well dear friend....surprise! ....I'm back....

You see darling....While suffering from what I believe is something like PTSD....something I don't understand fully.....I haven't been able to focus on much the past 36 months....I used to read a book a week....for decades I went to bed at night reading....

....I have read 4 books in the last 2 years....to the end....I've started a few others but put them down 20 pages from the end....why...I don't know....I'm not well.....what do you want me to say....I have no shame in that either....I am what I am and work hard to get past these issues....which is why I do this Donald....

...and dear friend....this you should understand.....

So....I present to you .....my friend Donald....



Donald is a bit thinner than the rest of us...it might be the curls....I'm not sure...

Donald is 5'9" and weighs in at 127 pounds....I consider it light...but whatever...who am I to skinny shame.....

### **The Quote Of The Day**

*Having been poor is no shame, but being ashamed of it, is.*  
*Benjamin Franklin*

Feel free to exchange the word poor....as society evolves there are a lot of words that we strive to get better at not being ashamed of....to do this requires a skill....the ability to learn....

The most important lesson....forgiveness....we must forgive the people that have made us feel shame....it gives us a strength...over them....then we will have no shame....

I wouldn't mind being able to get around without the screaming knees though....so I'll have to limit the ice cream sandwiches.

To my friends...I love you all....I will always stand for you and give you everything I can....forgive me for my weakness and I'll forgive you for yours. Arthur....none of this homosexual talk is directed at you....we all accept you buddy! XOXO

Donald....if.....you want to grab that bag of jelly beans from Russett's desk....it would be appreciated....I do love jelly beans and he is not willing to share.

Babe....hey...what can I say....it's exactly what you expect from me.

XO