

Time...comes and goes...weight....not so much....

I've been breaking my life into tidy bits the last few years....years...

The bits usually come and go around this time...October 30 is the day my life changed, that's the day we found out Ev was sick...

It wasn't the worst day of my life...but it was the beginning....and now I try to shuffle things up to create new beginnings around this time...

Last year...I stopped going to the pub, that worked out quite well...I mean do we really need to meet at the pub every day? Are we social or do we have drinking issues?

So ya...no pub last year....there may still be drinking issues.

The month of November will be alcohol free...seems easy enough....today is day 2....

Now....I may just lose some weight so it isn't all about the drinking, the real issue is that after I have a couple of beers I do like to have a wee snack....and sometimes that is a Shawarma potato....which is a huge shawarma on top of an even bigger 5 pound baked potato....these things haven't hit it big here but in Torrox they are the end of night special at the fair....

That's 5 pounds plus a day of weight gain....I've seen it happen....luckily scales aren't a big thing there as far as I can tell.

Yesterday I went to the gym...also a first in a year....

So this year.....gym...harder than ever....and continue to hang out close to home with the kids....I do have a 7 year old after all.....

The weigh in....this will be short today....busy....more fun to come

Russett

193.4

The beagle is the thinnest I've ever seen him, he has been lighter....but he is in the best shape I've seen.

Krista

152.2

No updates on her competition....I will find out if this is still a thing.

I wonder how close the readers think Krista and I are? Would you be surprised to know we banged into each other at the halloween store.....first time we've set eyes on each other in 10 years.....

:)

Glen

250....he claims he loves Greco.....geezus

Richard Seamus and Donald

these three heavyweights.....we will update tomorrow

Yours Truly

238.6....up a pound yesterday

Why....might be the 50 candies I had a poker last night....I was doing great until I had that first.....Russett and I demolished a bag of treats....painful...

I did manage a trip to the gym of course....and a veg platter with those candies at poker....and no drinks.....

Also....the gym supplements do make you hold a bit of water....ya that's it....creatine is making me fat...

Anyway...no drinks until December 1.

This is a big month....lots of fun!

The Quote of the Day

"If dreams are like movies, the memories are films about ghosts."

? Counting Crows

Yes....I hardly ever dream....anymore.....I was once a vivid dreamer...the kind of guy that would get up in the middle of the night, rip the sheets off the bed and attack some mysterious thing flying around the room.....now I sleep like the dead....except I wake up every hour.....to sleep....another great quote....**to sleep – to sleep, perchance to dream** – ay, there's the rub, for in this **sleep** of death what **dreams** may come.....

Anyway....

Babe....we are doing our thing here....I miss you every minute.....

XO