

## **Old habits....the good and the bad....**

So it seems the only addiction in my life I can't kick.....

Late night peanut butter toast....ice cream...chocolate bars....These things are my undoing....

drinking...no problem, no drinks thus far this month....and just 23 days left in November....easy peasy. Would it be nice having a drink while collecting 10 loads of laundry from around the house? How about peeling it off the floor in the girl's bathroom and sorting through that....which by the way I've sworn 10 times I'd do for the last time....yes? Would a sip be nice?

What about when you fold all that laundry and get it organized in piles to be taken by it's owner.....a beer maybe? What about Monday morning when you realize these clothes are now all in a neat pile on the floor?.....time for a drink...or save it for the refold? Wait.....how about after you've refolded it all and put it in nice piles....and you get up on Tuesday morning and it's once again in a nice pile...this time on the table?

.....Do you start drinking at 6 am on Tuesday morning?

Nope....you make your coffee and write the man blog....deep breathes....

You see....the old beer/scotch/wine has no control over me....would it be nice to go down to the cellar and bring up a wee bottle....or 2....for a trip out to the hot tub.....yes.....will I???? Not this month....

Of my past addictions...the gym...counts as a good one...and I'm back in that groove, every other day right now and once I've sorted out a few serious - before snow flies - tasks around here I'll go every week day.

So....I haven't had a drink in a week and I've been seriously working out....the results....

Up....this morning I was a healthy 237.6 pounds...down from 239 yesterday...I was worried I was going to get to the 240's again...

The reason I've managed to get back up from 229....food....possibly a bit of the halloween candies...yes I have had no less than 100 tiny choco bars and unimaginable bags of this or that....but candy for everyone is becoming more scarce so that should end shortly.

Seriously....this year I'm going to get myself into really great shape.....there is only one thing in my way....

**FOOD!**

**Krista**

Krista is not one to shy away from a wee dip in the candy bag either. She managed a weigh in yesterday of 155.2 pounds...

I just took a look back at the man blog and I believe Krista started the 30 day challenge back in September at 158...me at 238...so she is down 3 pounds total and I'm down half a pound.

Seriously....that's good...the 2 of us have lost 30 pounds in the last 60 days....we've just put 29 of them back on....

No updates from Krista's competition....she is looking into it....



Are chocolates fun?

They do seem like a good time.....

### **Donald Ramsay Buchanan Esq.**

The Donald has taken a break from the gym....his soccer team managed to win the title this year and he finds himself basking in the glory....

Deep deep basking....



Donald will be back on the saddle in no time...hopefully his attire is a bit more suited for serious bulking when he is next at the gym....

Sitting here I've come to realize that Donald's choice in undies is likely due to issues with his injection site.....I'm still wondering if he chose the right hormone therapy....

### **Richard and Seamus**

The big boys are getting bigger....I spoke with Richard quickly on Sunday and he informed me his return to Plyomax was eminent....thus far he has managed 2 trips which means that he is paying about 100 an hour for the privilege of walking on the treadmill there....

Today is a new day.

Seamus...spoke with him yesterday....dealer tells him he is going through brake pads on his 300 in record time....what does he expect...the car is not rated for this sort of pay load.....Seamus has broken the 400 pound barrier....his children's only treats this October were the tid bits they were able to stuff in between ringing doorbells....seamus ate both candy bags within 15 minutes of their return home....he did attempt to accompany but his legs couldn't support him past the neighbors.....

### **Sean Russett**

I don't know what to say....he is in the low 190's, not yet able to crack into the 80's but still working at it...the guy is in the best shape I've seen him in 10 years....looking back....

Sean has come a long way....

.....little break there as one of my children just woke up and gave me a hard time regarding the location of her clothing....you see...those neat piles were destroyed searching for some article.....and still.....no booze :)

Yes Sean will eventually hit the 170's I'm pretty sure, he will overdrive his diet once his vacation plans are in order.

## **Kyle Devereau**

Kyle would like to be publicly humiliated....so here goes....

Sir weighs in at 241 and is offering up a picture of his scale every Monday....hell Russett sends me one of those every day....Here is Kyle.....he hasn't had a drink in 2 months...I think this might be catching on...on the bright side of middle aged men with super young kids realizing that they won't make it to see the kids graduate....



Kyle is not the skinny guy....

We shall see....I'm not sure if he is planning on some sort of diet or if he is just hoping the downturn in the western economy is going to thin him out....gas is on the rise....

## **The Quote of the Day**

*Great dancers are not great because of their technique, they are great because of their passion.*  
~Martha Graham

Passion....if you were to do a search for quotes about passion you will find 100's...and they go something like this.... a great poet can not be without passion....great teachers have passion....a great motor bike rider...passion....you can't land a plane safely without being passionate about the

survival of your passengers....

At Charlotte's hockey tournament this past weekend I found myself yelling at the glass for Charlotte to skate her hardest...I wasn't alone, I've watched video of the event and my calls to her were echoed....

Could she hear me...no...

The passion I have to watch her succeed can not be contained....and I make no apology for that....I'm very happy to express it...and if Ev were there she would have taken down the roof.

I'm not sure how a person watches someone they love in silence....I don't know if they feel nothing...less...or if they fight to control their own emotions...to sit quietly.

Me....I am too passionate for that....and I consider it one of my greatest achievements in this life...to express myself openly...for better or worse.

now....there are times when someone asked my opinion when I should have lied.....or better...kept my mouth shut....and worse....unsolicited opinions....ouch....

I live my life with passion....you must appear crazy at times....but the dull will never get it.

Babe....I love your GD face.....

....I woke up to a dream this morning....I was in a hospital bed...just about to die....still a reasonably young man....I wonder if I'll be as willing to go as I was in that dream....when the time does come....I have to take dreams as they come these days....

....and then you wake up and the laundry is no longer folded.....a nice neat pile on the floor.....

I hope you all have a great day!

XO