

## Happy Holidays from our house to yours!

This has been a crazy, busy, wonderful year full of joys, unexpected gifts, and lots of lessons learned. Now, don't get too jealous. I'm sure your year was about the same as ours.

My new year's resolutions were the usual: lose weight, get rich, find a husband (crazy). I joined Weight Watchers three days before Christmas, and it really helped prevent overeating. I managed to lose weight the first week, even with the holidays. And after a year, I've lost 25 lbs (joy) — I'm a tough nut to crack. But at least, I've lost. Several opportunities (gifts) came my way to help me lose weight: Weight Watchers @ Work (so I wouldn't have to make a special trip, and it costs so much less). A friend of mine held a 6-week weight-loss workshop that was supposed to help me rewrite the tapes that keep sabotaging weight loss efforts (see the comment about being a nut). And there was a 6-week health workshop at work that covered diseases, nutrition, exercise, all sorts of things (lessons learned). I'm blogging about my weight loss journey at <http://awwmusings.blogspot.com/>. A friend reminded me that the best way to lose weight is to eat less and exercise more (doh!).



Most of my beautiful family, Daddy, Kaycie, Roc, & Jeff, Thanksgiving 2010.

With that in mind, a friend and I walked 2 miles 2-3 times a week after work from April until September. We organized a 5K walk for Weight Watchers @ Work. Then we started getting busy, and now we're lucky if we walk once a week. We both miss it, but it doesn't seem to fit in our schedules for some reason. Maybe it's because it's not 99° outside like it was most of the summer. Since I had my knees replaced, I enjoy walking again (gift). I walk to meetings, shopping, everywhere I can. It took several months to realize it didn't hurt, and now I don't even think about it anymore. I just get up and go!

I signed up for the Dave Ramsey Financial Peace University course again. Then we got to the part about setting up a budget and again, I stopped going because it really didn't fit in my budget to spend the money to go to the classes (hmmm). Andy and I started a personal development course with a friend that really got me fired up, but unfortunately, it didn't fit in our schedule either!

With all these classes, it was definitely crazy busy.

I am truly blessed with my job at Southwest Research (33 years!). It's fun, and I'm always learning something new. I'm still in Toastmasters (19+ years). Toastmasters has helped me with my job in so many ways. I spoke at two leadership workshops this year, and I was invited to do it again in March. I'm currently mentoring a new club, and I hope to take on a leadership role in July for a year. Now, I'm on the leadership track, and things will definitely be challenging next year. But, challenges help us grow, and I hope it will help me move forward at SwRI and in my

retirement years. Speaking of which, I don't plan to retire any time soon. Why would I? I enjoy my job, and I like having something to do. Once I retire, I plan to volunteer at church or somewhere to share my talents.

*Tidbits:* I still sell Avon, I still have my Jaguar, I still live in NW San Antonio with Andy, I am still in Altar Guild at St. George, and I still coordinate weddings there. I'm even considering weddings as a side job. Avon and weddings will probably be my retirement activities.

### Andy

Good news! Andy just heard that he'll start working at Apple Jan 3! We're so excited. He's been looking every day, on foot, on the bus, online. He's had lots of interviews, but he couldn't get a job. I had a talk with God last week, and He listened! Awesome!

Andy has the equipment, talent, and knowledge to begin a recording business. He just needs the capital to buy the supplies. And now that he'll have a paycheck, he can get that off the ground soon.

He's dating someone really nice. Ruth is artistic like him, and they really enjoy each other's company. I like her. I consider her a keeper. She has a daughter about Katherine's age.

### Katherine

I've only seen Katherine about 3 or 4 times this year. It's not the best situation for us, but I'm hoping things will change soon. I realize it's up to me, but our budget has been so tight that I couldn't take on the round trips to see her. Once we have another paycheck in the house, things will change.

### Kaycie and Family

Kaycie is really blossoming. She and Jeff are great parents. Roc is adorable. Kaycie is still at SAMMinistries. She went back to school, so she's juggling school, homework, a full-time job with overtime, and being an awesome parent. It's a tough gig for sure. Congrats to Jeff! He earned his Professional Engineer designation this year, and he's also working lots of overtime. His parents very recently moved to Seoul, Korea, for 2 years, so there's a big void in his life. Although I can't replace his parents, I hope to make it easier on him and Kaycie by being available whenever they need me. I have a car seat in the back seat and a diaper bag and stroller in my trunk. I'm ready at the drop of a hat to babysit.

Roc is going to be 3 the end of January, and he talks up a storm. I stayed with him Memorial weekend while Kaycie and Jeff went to Cancun. We had fun. Every night about 7:00, we went for a walk in the neighborhood, which tended to wear him out. I still give him a bath in the kitchen sink, which he enjoys. Sometimes I get about as wet as he does, but we have fun!

I've run out of room (sigh). Please check out my blog, and I'm on Facebook. My email address is [alana005@yahoo.com](mailto:alana005@yahoo.com).

Keep in touch!

*Love, Alana*

