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MERRY MERRY CHRISTMAS! and Season's Greetings.

- Family Life: Christopher is now in 4th grade and is doing well in school. However, he is still talking way too much in class. This year he is once again playing organized basketball. Last year his team went 3-7 with one playoff win. Over this summer he was enrolled in a basketball camp but jammed his finger on the first day, so we both got to stay home all week. His 10<sup>th</sup> Birthday was spent with friends at the movies (see back). He was Peter Quill from Guardians of the Galaxy for Halloween.
  - My Mom and Dad are doing fine and still take plenty of gambling trips.
- Health: Well, I made it 8 hours into the New Year before banging my elbow (Ulnar Nerve Contusion) while steam cleaning my carpets. So now I can add No House Work to my on-going resolutions (No exercise, No yard work and now No house work).
- Recreation: My elbow injury killed 16
  weeks of bowling but my team managed to
  hang on to 5<sup>th</sup> place. This year, I took up
  golf. I made it out on the course 4 times.
- Stay at Home Dad: There was no real vacation at all this year, just little one day adventures. We did plan some little trips, but something always got in our way







**Improvements:** You get better with age. That's all I got.

Wishing you all a very special Holiday Season and much success in 2015.

( and no more sequesters or shutdowns )

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### **2015 IN REVIEW**

Family Life: Christopher is now in 5th grade and is doing well in school. However, he is still talking way too much in class. This year he has decided not to play organized basketball. Last winter, his team went 3-7 with one playoff win. He is once again in the school chorus and for his 11<sup>th</sup> birthday, he spent time with friends at a rock climbing center. He was the Legend of Zelda for Halloween even though it seems all he ever does is Minecraft.

Mom and Dad are still going to the casinos. We had a gathering to celebrate my Mom turning 80 and her sister turning 70. They both share the same birthday.

 Health: My Mom is doing well, but my dad started the year off very sick which sent him to the ER/ICU for an extended visit. Once he was stable enough he went to a dialysis rehab center but he was often mismanaged and got worse so fearing more ER visits we took him home where he gradually got better. It has slowed him down but he keeps to his routine

#### http://www.sun4un.org

- Recreation: I only made it out on the golf course 4 times this summer. My bowling team finished 10<sup>th</sup> but it was a fun year. Christopher and I tried zip lining but he froze when we got to the 20 ft height.
- Stay at Home Dad: There was no real vacation at all this year, just little one day adventures since it was a very hectic year. I did go with my friend Jim to an awesome 2 day tailgate party at the Harvad Yale game.







Wishing you all a very special **Holiday Season** and much **success** in**2016** 

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MERRY CHRISTMASI

**2016 IN REVIEW** 

CHRISTMAS! and Season's Greetings.

- Family Life: Christopher is now in 6th grade and is doing well in school but still talks too much in class. This year he has decided not sing in the school chorus and for his 12<sup>th</sup> birthday, he spent time with a few friends just hanging out and did not go trick or treating. Not cool. ③ He continues to spend his time on the computer, taking photos, creating videos and playing with graphics.
- Health: We had a scare with my Dad after Thanksgiving which sent him to the ICU for UTI. My Mom is also not doing well and is scheduled for triple bypass and a heart valve replacement right after my dad gets sent to a rehabilitation center. I had 3 stents put in after Christmas so I could join all the fun.
- **Recreation:** I only made it out on the golf course 4 times this summer. My bowling team finished 7<sup>th</sup> but it was a fun year..

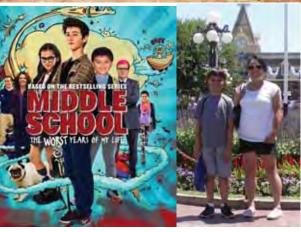


Wishing you all a very special **Holiday Season** and much **success** in**2017** 

### http://www.sun4un.org

Vacation: This year I actually took 2 real vacations. A tip to Esteli, Nicaragua for a private 4 day tour of Drew Estates and Joya de Nicaragua. As a guest of the Cigar Palace, I enjoyed all the food, drink and cigars I could handle as we toured the factories and the tobacco fields and got to blend our own personal cigars. It was a real learning experience. The other trip was to CA, with Christopher, to hit Universal, Disney, Sea World and Safari Park. Christopher liked CA Adventure the best thanks to our excellent tour guide, my cuz, Nadine. We also got to see some of the relatives but did not get nearly enough time. Looks like we will have to go again, says Christopher.





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- Family Life: Christopher is now in 7<sup>th</sup> grade and is doing well in middle school. He spends his time on the computer, editing photos and graphics, making videos AND PLAYING VIDEO GAMES. He was great dealing with all the medical emergencies this year and helping out. Mom and Dad still manage to go to casinos with extra help for my Dad.
- Health: After my Dad was released from the hospital, he spent 7 weeks at a rehabilitation center and during that time my Mom had a double bypass and a heart valve replacement. Both are at home now, but my dad needs lots of care and cannot be left alone. During my cardio rehab, I found out that I had a torn meniscus which led to arthroscopic surgery with more rehab ☺

Wishing you all a very special **Holiday Season** and much **success** in **2018** 

#### http://www.sun4un.org

- Recreation: I tried to rush my recovery and did more damage so I only went golfing once and missed the first 11 weeks of the bowling season. Now its time for a big comeback.
- Vacation: I got the deluxe vacation package including a 7 week visitors pass to the rehabilitation center and access to the Cardio Rehab and Physical Therapy centers.









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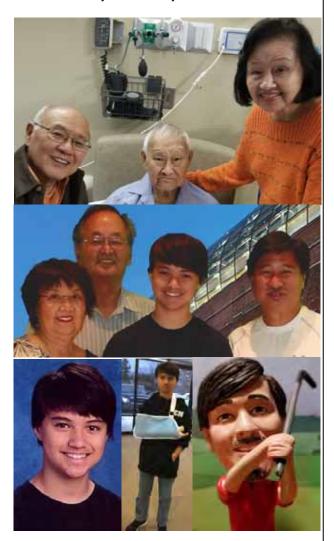


- THE RRY CHRISTMAS
- **2018 IN REVIEW**

and Season's Greetings.

- Family Life: Christopher is now in 8<sup>th</sup> grade and is doing well in middle school. He still spends his time on the computer, in fact he actually built one on his own, buying all the parts to create his ultimate gaming machine with no MS Office, so much for school work ⑤ Going outside for exercise consisted of fly his drone ⑥. Mom and Dad still going to casinos with extra help for my Dad. We also did have 2 nice visits from our relatives from the west coast.
- Health: My Dad spent a week in the hospital for an infection which lead to another month back at the rehabilitation facility. Afterward, he added hyperbaric chamber treatments to his dialysis routine. He then had to undergo a muscle graft and skin graft surgery for his war wound followed up by a stay at a rehabilitation hospital. Both are at home now, but my dad still needs lots of care and cannot be left alone. Christopher broke his wrist taking a short cut jumping over a water way channel which got him out of dance classes in PE at school ©

- Recreation: I got out on the golf course 4 times and I am finally bowling with no restrictions. I have no excuses (except age).
- Vacation: No time for vacations this year so Christopher got to miss school and go down to FL and stay at a Disney resort with a friend.



Wishing you all a very special Holiday Season and much success in 2019