





BROOKLYN_BORN

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I used to be a hermit

Friday, November 16, 2012

Retirement can do that to you, although what I really mean is that I was an online hermit. I was online everyday and until recently very few people knew about it. I would read and learn in all areas of life including SparkPeople. After nearly 3 years, I had one spark friend – the guy whose job it is to be friends with me.

Then on Sept 11th South Fork gave me a Goodie. On Sept 17th MJZHERE became my first real friend. That day I found my voice and wrote my first blog.

Over the last 2 months I've realized how much easier and fun this journey is "with a little help from my friends." So if you have been reading my blog, thank you so much. Sometimes I've been unable to comment to all of you individually, but I want you to know I really appreciate it. Often a comment or question will suggest to me something else that I want to investigate or write about. Your blogs and posts have led me to new sources of information and a wide range of experiences.

I hope that others will realize sooner than I did the benefits of being active on SP. Join a team and have company on your journey.

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SWEDE_SU



it really does make a difference, doesn't it!
3130 days ago



MJZHERE

I, too, am glad you found your voice and so enjoy your blogs. I remember seeing that one friend on your page and reading that you had been a member for nearly three years. Well look at you going strong now and how much you make a difference to others through your writing. You left your hermit shell way back on the trail.
3131 days ago



JOYNEW

So true! I've never understood why people join if they're going to "hide," but we're all on our own journey. Some just aren't ready to be vocal yet. I'm with you though -- love the interaction with all my SP friends!
3131 days ago



**WILSONWR**

It was only in the past 3 months that I became involved in SparkPeople's "community" features, and I am so glad that I did. Not only does it provide support for someone like myself, going it on their own, but I also get to read some of your very well thought out blogs. Keep up the great work!
3132 days ago

**SOUTH_FORK**

Hey, that's awesome. There I was feeling like a doofus giving you a goodie (also guilt of hermitude).
3132 days ago

**BOILHAM**

Boy oh boy, can "onMyMeds" pile it on or what?? By the way, I absolutley agree with him. He's no slouch either when it comes to cohesvie thought processes.

3132 days ago

**CAKEMAKERMOM**

I'm glad we can be Spark Friends and go through this together!
3132 days ago

**KARENLYNN**

I'm very shy and introverted offline, so I find it easier to "hide" online. I love being on SP while I'm on my latest quest to get healthier. It's a very positive environment for weight loss for sure, but also for general support as well. I don't always find that in my offline circle. I'm glad we met and glad to support your in your goals as well.

Have a great day!



Karen
3132 days ago

**LEB0401**

Me too!

I was on the site for 5 years before I set up my SparkPage and started adding SparkFriends and joining teams. I never stuck with SP consistently until I became active in the community. Now it's a joy to log in and see all my friends!
3132 days ago

**CD3468195**

3132 days ago

**MAHGRET**

3132 days ago

**SUZYMOBILE**

It also took me a while to join teams or start interacting with people here. Now I count my SparkFriends among my closest friends. I've even met several of them, and we have a little group down here in SW Florida that gets together, with hubbies, for lunch.

I look forward to your blogs every day. You always give me something to think about, along SparkPeople lines, but don't hesitate to start writing stories about your history and everyday life, too!
3132 days ago

**MISCHAKEO**

Great advice. I did not know what I was doing either on Spark..but soon responded to wonderful support here.

I am glad you have found your voice. You write interesting blogs that I also reflect on learn from. Especially in the area of maintenance.

Congrats on having your blog chosen by the team!
3132 days ago



CD8113065

I am so happy that you finally "found your voice" on Sparkpeople because your blogs are consistently some of the best. Your writing is always thoughtful, cohesive, well structured and just a pleasure to read.



In this age of instant, diluted, acronym obsessed tweeting and texting, you are a nice reminder that there are still intelligent, educated people out there who know how to communicate effectively and coherently.

I thank you.
3132 days ago



CD12779754

Yahoo! :)
3132 days ago




COCK-ROBIN

Good for you! I'm proud of you.
3132 days ago




RIDLEYRIDER

Great advice! 
3132 days ago



BIGDOG18


3132 days ago



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Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.