LOG OUT







154,986



Info

Photos

Feed

Blogs

Awards

More



How to celebrate an anniversary? - 3 yrs of maintenance

START

Wednesday, November 07, 2012

Voted Featured Blog Post

How appropriate that Thanksgiving Day will be the date that I'm scheduled to join that special 5% who keep the weight off for 3 years. How ironic that it's also a day we traditionally celebrate with food, lots of food.

What can I do to mark the occasion? Maybe:

Find a "Turkey Trot" race to run. That's an alternative to a morning of cooking.

Plot a route through the mall to hit all the sales on "Black Friday"

Find a fancy restaurant that charges a lot for very little food – enforced portion control.

Volunteer to help serve Thanksgiving Dinner to the needy

My husband and I don't have a good record with anniversary celebrations.

The problem began 45 years ago on our wedding day when the priest didn't show up. He FORGOT the date. There I was standing in the back of the church, with the organist playing "Here Comes the Bride" and this bride wasn't moving. There was no clergyman there to make it official.

Fortunately, it was Brooklyn in 1967. Finding a substitute priest was easy although the delay did cause a stir among the guests who were wondering which one of us was having second thoughts.

The marriage went well, but each anniversary was a bust. Recalling a few of them:

- #1 DH got his orders to active duty in the army. Lots of tears, no celebration.
- #2 DH got orders to Viet Nam. Same reaction as last year.
- #3 DH was in Viet Nam. Baby & I were alone, very sad
- #5 6 months pregnant pulling a U-Haul across the country with a 3 year old throwing up in the back seat
- #10 There was a gruesome murder in our neighborhood.
- #20 DH scheduled his elective hemorrhoid surgery. Why not, right?

#39 - I tripped over a planter outside the restaurant and fell sprawled out face first resulting in a frozen shoulder that took 6 months of rehab

If you're familiar with the songs of the sixties, our anniversary, June 3rd is noteworthy for another reason. According to Bobby Gentry, it was also the day that "Billy Joe McAllister jumped off the Tallahatchie Bridge." (Ode to Billy Joe, August 1967)

Maintenance is a different kind of anniversary and even if I don't plan anything special, I will be very thankful just as I am for 45 years of marriage. In both cases I'm in this for the long term. One bad day doesn't matter in marriage or as we work toward a healthy lifestyle.



Add a Blog Entry

See Today's Featured Member Blog Posts

More Blogs by **BROOKLYN BORN**

Now I can add one more event to my "Anniversary Dates" to forget - 6/7/2021

Avoiding Our Wedding Anniversary -6/4/2021

Multitasking for Safety - Plus Remembrance and Reflection - 6/1/2021

Taps Across America – The National Moment of Remembrance - Monday 5/31/21 3PM - 5/30/2021

View All >

Edit Blog Entry | Delete Blog Entry

Share This Post With Others

Report Inappropriate Blog

Member Comments About This Blog Post



GINIEMIE

Love it! Ouch no priest!!!!



didn't read it first time around. My husband had lost his job 1 months prior to our first anniversary. We had a 1 month old at the time. On our anniversary he was still unemployed and was contemplating selling Rainbow Vacuum cleaners. If you knew my Steve you'd have died laughing. I did several months later.

Like you said a few bad days does not make a bad lifestyle or marriage. It's what you do about those bad days that count.



2927 days ago



NUMD97

Catching up on some of your blogs, this one, belatedly, but well worth it. Fun read. You've weathered a lot and come out of it all, in great shape [no pun intended]. I'm only a few years younger than you, and remember some of your events very well. Truly glad for you, that it worked

Keep up the good work!

3076 days ago



SUSIEMT

Woo Hoo to you! Good blog. Keep up the good work! 3121 days ago





EATVEGAN

It's always good to hear about people being successful maintainers. I've never in the past made it all the way to goal before I started gaining back. NOT THIS TIME!!! Thanks for sharing. 3126 days ago



MAGGIEROSEBOWL

Wonderful and funny blog. Hope this maintenance anniversary was a little less eventful than some of your wedding anniversaries were! But I think the important message in all this is that you are still married to the same guy -- 45 years -- WOW! -- and you are still maintaining -- 3 years --WOW! I hope to hit both your achievements. I've been married to the same guy for 42 years and have maintained my 178 lb. weight loss for 19 months now. So I'm only 3 years short on the wedding anniversary thing and more than halfway to the 3 years maintenance anniversary thing. Maybe I can do both! I sure hope so! Congrats to you on a very significant achievement! 3126 days ago



RUNNINGYOGINIRE





3126 days ago



Oh my gosh what a story! Don't worry about old Billy Joe! :-) At least you can look back now with some laughter.....

I KNOW that you're weight maintenance anniversary will go MUCH better!!! Keep at it - and keep your wonderful attitude. :-) 3127 days ago



CD4382497

٧

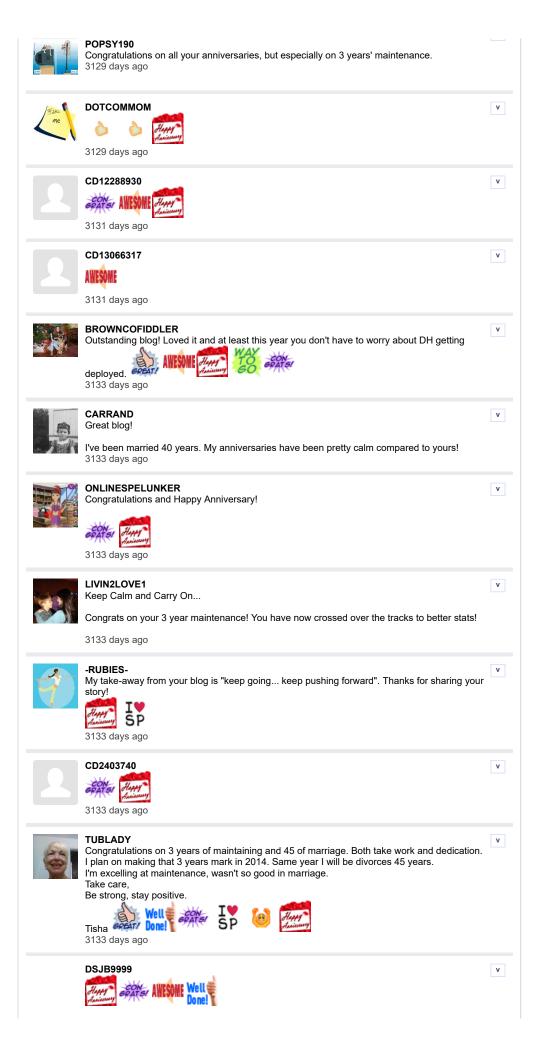
You did

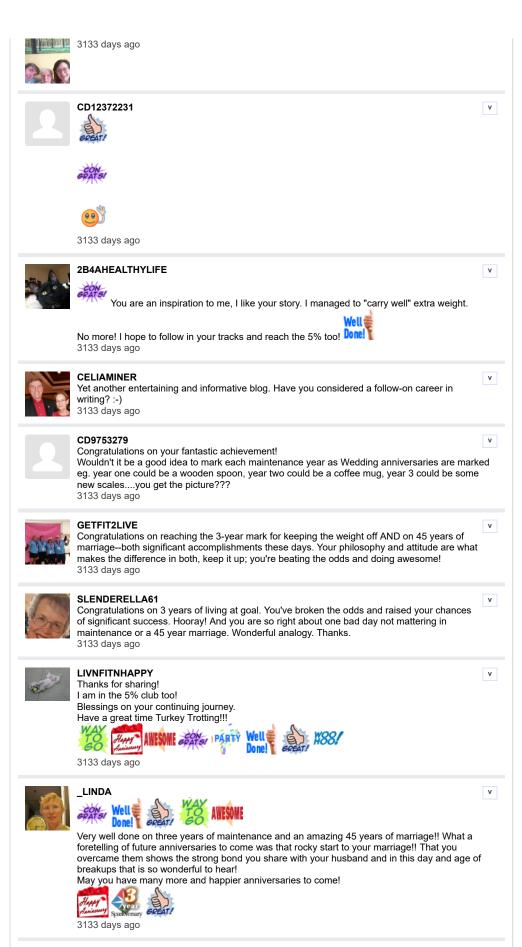
and I love your story!



on your amazing success and your 3 Year Anniversary. 3127 days ago

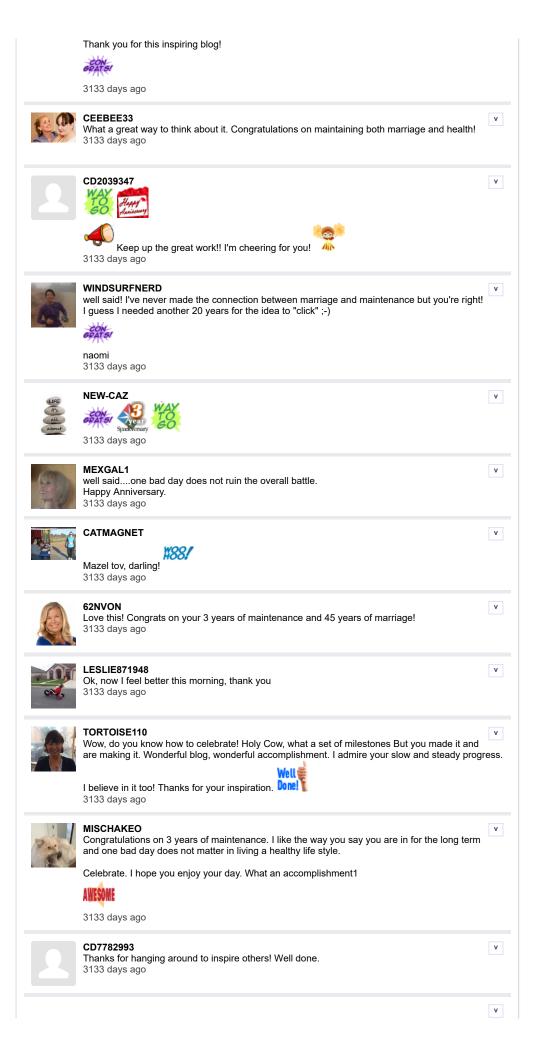






NUOVAELLE

I'm sure anniversaries numbers 4, 7-9, 11-19 and 21-38 had lots of beautiful memories to share and so did many other days in your years of marriage. And surely your years of maintenance are made up of many good days and some bad ones. A proof that success doesn't always come with no bad days and no setbacks. But it almost always comes through persistence. Congratulations on your maintenance and your successful marriage.





WATERMELLEN

Great blog! As a 10 year + weight loss maintainer (with a llittle blip in there in 2009 . . . yeah) abd a 33 year + marriage maintainer . . . I love this connection.

We stick to it. It's tough. And it sure feels way way better than the alternatives, so it's worth it. Every single day!!

Congrats to you on both maintenance successes.

3133 days ago



GERMANIRISHGIRL





3133 days ago



AMARILYNH

WOW - congratulations on BOTH anniversaries!! Obviously you are one TOUGH lady - just the Vietnam thing was cause for many marriages to falter!! I'm with Blue - I'd have probably considered changing my anniversary date too!!

Great ideas on how to spend Thanksgiving!! I too am in maintenance so I know just having lost the

weight isn't the biggest victory - three years is!! 3133 days ago



SWEDE_SU

our anniversary is june 4 (40 this year), it must have been a better day - we had two clergymen at the wedding, and they both showed up:-) in queens, though, not brooklyn.

congratulations on a long marriage (not common these days!) despite those anniversaries, and on 3 years of maintenance!

3133 days ago



MJREIMERS

on your anniversary and for staying married for so long! I thought I had it bad when we are still waiting to go on our honeymoon after almost 20 years of marriage! You definitely are tuff and persistent!! 3134 days ago



BLUE48DOWN

By about year 10, I might have considered renewing vows on a completely different day and

celebrating all subsequent anniversaries then.

While no fun at the time, I'm sure that is a great little conversational topic.

(And, wow, congrats on 45 years. That's very impressive to be sure.) 3134 days ago



CD3876543

Love your blog!! Congratulations!

3134 days ago



٧

٧

٧

٧



CD13280694



3134 days ago



Sometimes the best food is food for thought. Now you've got me thinking about how to celebrate the days worth noting. Thanks for sharing your story.



Congrats on your achievement! You deserve to have an awesome time! Sorry to hear about the sad things through your wedding anniversaries! But beyond those, all the rest were great right?!

3141 days ago



Leave encouragement, a question, or anything else relevant to this post. All blog comments must abide by SparkPeople's Community Guidelines.

☐ Subscribe to this blog	ADD AN EMOTICON	SPELL CHECK
Post Comment		
Member Comments Page (61 total):		1 <u>2</u> <u>Next ></u>
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.		