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How to celebrate an anniversary? - 3 yrs of maintenance

Wednesday, November 07, 2012



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.

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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 out well.

Keep up the good work!

Nu

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



CM_GARDNER78



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



You did  and I love your story!



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





POPSY190

Congratulations on all your anniversaries, but especially on 3 years' maintenance.
3129 days ago



DOTCOMMOM



3129 days ago



CD12288930



3131 days ago



CD13066317



3131 days ago



BROWNCOFIDDLER

Outstanding blog! Loved it and at least this year you don't have to worry about DH getting



deployed.
3133 days ago



CARRAND

Great blog!

I've been married 40 years. My anniversaries have been pretty calm compared to yours!
3133 days ago



ONLINESPELUNKER

Congratulations and Happy Anniversary!



3133 days ago



LIVIN2LOVE1

Keep Calm and Carry On...

Congrats on your 3 year maintenance! You have now crossed over the tracks to better stats!

3133 days ago



-RUBIES-

My take-away from your blog is "keep going... keep pushing forward". Thanks for sharing your story!



3133 days ago



CD2403740



3133 days ago



TUBLADY

Congratulations on 3 years of maintaining and 45 of marriage. Both take work and dedication.

I plan on making that 3 years mark in 2014. Same year I will be divorces 45 years.

I'm excelling at maintenance, wasn't so good in marriage.

Take care,

Be strong, stay positive.



Tisha
3133 days ago



DSJB9999





3133 days ago



CD12372231



3133 days ago



2B4AHEALTHYLIFE



You are an inspiration to me, I like your story. I managed to "carry well" extra weight.

No more! I hope to follow in your tracks and reach the 5% too!



3133 days ago



CELIAMINER



Yet another entertaining and informative blog. Have you considered a follow-on career in writing? :-)

3133 days ago



CD9753279



Congratulations on your fantastic achievement!

Wouldn't it be a good idea to mark each maintenance year as Wedding anniversaries are marked eg. year one could be a wooden spoon, year two could be a coffee mug, year 3 could be some new scales....you get the picture???

3133 days ago



GETFIT2LIVE



Congratulations on reaching the 3-year mark for keeping the weight off AND on 45 years of marriage--both significant accomplishments these days. Your philosophy and attitude are what makes the difference in both, keep it up; you're beating the odds and doing awesome!

3133 days ago



SLENDERELLA61



Congratulations on 3 years of living at goal. You've broken the odds and raised your chances of significant success. Hooray! And you are so right about one bad day not mattering in maintenance or a 45 year marriage. Wonderful analogy. Thanks.

3133 days ago



LIVNFITNHAPPY



Thanks for sharing!

I am in the 5% club too!

Blessings on your continuing journey.

Have a great time Turkey Trotting!!!



3133 days ago



_LINDA



Very well done on three years of maintenance and an amazing 45 years of marriage!! What a foretelling of future anniversaries to come was that rocky start to your marriage!! That you overcame them shows the strong bond you share with your husband and in this day and age of breakups that is so wonderful to hear!

May you have many more and happier anniversaries to come!



3133 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.

Thank you for this inspiring blog!



3133 days ago



CEEBEE33

What a great way to think about it. Congratulations on maintaining both marriage and health!

3133 days ago



CD2039347



Keep up the great work!! I'm cheering for you!

3133 days ago



WINDSURFNERD

well said! I've never made the connection between marriage and maintenance but you're right! I guess I needed another 20 years for the idea to "click" ;-)



naomi

3133 days ago



NEW-CAZ



3133 days ago



MEXGAL1

well said....one bad day does not ruin the overall battle. Happy Anniversary.

3133 days ago



CATMAGNET



Mazel tov, darling!

3133 days ago



62NVON

Love this! Congrats on your 3 years of maintenance and 45 years of marriage!

3133 days ago



LESLIE871948

Ok, now I feel better this morning, thank you

3133 days ago



TORTOISE110

Wow, do you know how to celebrate! Holy Cow, what a set of milestones But you made it and are making it. Wonderful blog, wonderful accomplishment. I admire your slow and steady progress.

I believe in it too! Thanks for your inspiration.

3133 days ago



MISCHAKEO

Congratulations on 3 years of maintenance. I like the way you say you are in for the long term and one bad day does not matter in living a healthy life style.

Celebrate. I hope you enjoy your day. What an accomplishment!



3133 days ago



CD7782993

Thanks for hanging around to inspire others! Well done.

3133 days ago





WATERMELLEN

Great blog! As a 10 year + weight loss maintainer (with a little 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



CD13280694

Congratulations!
3134 days ago



MTRACHEL

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.
3140 days ago



CD11824494

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

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