

Merry Christmas to all!

We have had a busy and joyful 2018. It seems hard to believe that it has been nearly two years since retired and we wonder how we ever had time to work! We have been working on our bucket-list but I think (like most lists) that as we cross one thing off the list another two things jump on.

In the spring we spent 10 days in Fiji. We went in conjunction with other veterinarians from various parts of the U.S. and found the islands to be beautiful. We were able to snorkel and both of us tried our hand at trying to stay upright on a paddleboard – not always successfully. We had a blast ziplining in the forest and white-water rafting. Many of the people still live in villages in the countryside working in the tourism industry and raising vegetables on very small patches of land that they clear by hand. Our rafting guide told us he makes \$5.00 per day and is a major contributor to the family finances for his four siblings. We are reminded how lucky we are.

Our other trip this year was to the World Equestrian Games held in Tryon, North Carolina, which unfortunately were held in September during the week of Hurricane Florence. We saw world class riding from all over the world and were lucky that the hurricane stayed just south of Tryon and did not produce any rain and winds until the last day we were there. It was, however, close enough that we feel we can now cross off hurricane survival from our bucket list.

Milo still enjoys singing with his men's group and the Parker Chorale and their Christmas concert was a great introduction to the holiday season. He continues to help-out with our church's Winter Shelter Network which provides evening shelter and meals for homeless women and children during the winter months. Every Wednesday he spends the night at the church sleeping on a cot – which makes him thankful for a real bed the rest of the week!

Sandy is back to riding full time after dislocating a shoulder as a result of an "unscheduled dismount" this spring. She has had the opportunity to take riding lessons for the first time on a consistent basis since putting two horses in training at a nearby stable and hopes to be able to get at least three of the horses in the show ring this summer.

Our daughters continue to thrive and we are thankful that they are still close by and we are able to share in their lives. Jenn is working at Parker Adventist Hospital as an R.N. in the post-op surgical unit and anticipating applying for a residency in the E.R. as well as going back to school for her masters and doctorate in nursing. Laura combines working in a substance abuse center and finishing her degree at C.S.U. This fall she and John announced their engagement and we are tickled to welcome him into our family!

2019 promises to be a busy year. We will spend Christmas at home with the girls and friends and the group's nine dogs. We anticipate working in some skiing at Copper Mountain around helping Laura finish her basement (thank goodness for Milo's construction skills!) and a much anticipated trip to the Galapagos Islands with National Geographic in March. We thank God for health and family and put our trust for our country in his hands. We wish all of you a blessed holiday season and a wonderful 2019!

Milo and Sandy,  
dogs Mattie, Lottie and Jaro,  
cats K2 and Sushi,  
horses Remington, Arnoud, Andy, Dutch and Sammy (whew!)