



Dear Family and Friends,

We wish you a happy holiday season! Here is what we have all been up to in 2016:

Richard: It's been several years since I wrote one of these things. I was diligent for about 20 years, and then fell off the wagon, blaming the digital age, social media, and situational ADD. However, Louisa has inspired us this year.

I survived a double knee surgery this year, turns out I had something called pigmented villonodular synovitis (PVNS). Truth be told, most doctors have not heard of this. It's a benign tumor, but theoretically it might grow back slowly over several years. Anyway, I'm back to full health and I was able to get on my bicycle within two weeks after surgery. I thank my wife for the diagnosis, who insisted I get a knee MRI scan for her birthday last year. No wonder women live longer than men...

I'm going to be 60 years old in June, but I still feel like a kid at times-I have nightmares that I skipped too many math classes in engineering school, 30 years after it never happened in the first place. I suspect this anxiety keeps me young, but also neurotic for my age group. It either makes me a complex aged wine, or a bottle of cooking vinegar, depending on the beholder.

Louisa and I celebrated our 25th anniversary in Spain and France this year, a combination of walking and cycling, getting just enough exercise to create a zero-sum game with all the good food and wine.

My New Year's resolution is to join Facebook, just about the time that it has become passé. This is truly in my character. I discover pleats, cuffs and beards when they are going out of vogue, and sweater vests when no one wore them in the first place.

Louisa: What a year 2016 has been! April saw me moving back into my office building after a 9-month ordeal of adding on a second floor with 3 new offices. Feels great now that it is done! The work of psychotherapy continues to be rewarding and fascinating, though reduced reimbursement rates mean I am working harder for less money. That is not fun! Retirement looms large; what to do about that?

Richard and I were both surprised at how proud we felt about celebrating our 25th wedding anniversary this year. It feels like quite an accomplishment. We are in our second year of empty-nesting at home, though both kids were here all summer. It provides me more time for gardening and cooking projects, learning tai chi, Jazzercising more frequently, etc., but there is a reason that it is called the empty nest ... the summer had a certain fullness and richness that is hard to replace. Still trying to figure out how to be a mom to adult children ...

I turned 63 this year, which on the one hand is full of wisdom and perspective and peace. Relationships feel more important than ever. I don't take good health for granted. On the other hand, my newly-diagnosed bunion has necessitated saying a permanent good-bye to beautiful shoes, and new learning just ain't that easy anymore.

Allie: She graduated with a BS in Kinesiology from Western Washington University in March. She accepted a job with the CDC that placed her at a tribal health organization in Anchorage, AK for two years. She promptly bought a Subaru and moved up to Anchorage in September and loves living in Alaska! She is already planning her summer adventures in the Last Frontier. She now considers REI apparel to be high fashion and tried whale meat at her work holiday potluck. Still not fully understanding the working world outside of food service, she is in disbelief that she gets benefits and paid sick days. She recently took up roller derby with Rage City Rollergirls and chose Midnight Scum (#24) to be her derby name. She wishes everyone in the Lower 48 a happy holiday season, and would like to tell you that her house has a spare room for visitors, Alaska Airlines often has deals on flights from Seattle, and that she loves being an Anchorage tour guide.

Daniel: He is currently attending Santa Clara University as a sophomore. He's majoring in Computer Engineering and taking a minor in Music, not just to meet girls, though. He continues to beatbox in Audiosync, one of the a capella groups on campus, and spends the rest of his time juggling a social life, engineering school, and a growing sleep deficit. Having recently turned 20 and exited the teenage years, he still dreads becoming an "adult" and only recently decided to start dressing like one. While a fulltime student now, Daniel is currently diving headfirst into the world of tech internships and hopes to find one for this summer. He wishes you all very happy holidays and would be happy to grab lunch with any of you if you end up in Santa Clara, as long as you're paying. Don't worry, he's a cheap date.

We hope that you and those you love are doing well. May 2017 be a wonderful year for you!