

Winter 2012

A trip my husband and I took in September for our anniversary...



I must say Maui is a lovely place. Now that we are in the midst of winter, I really miss getting up in the morning bare foot and never feeling cold. The weather was perfect. It was the most relaxing vacation I have ever been on. Maybe partly because of the lovely temperature and scenery. But you are a long way from home and you just can't pick up and go in those situations that arise. People are happy and smiley there. We will go back again in the fall of 2012. Wish I had gone sooner.

Green Smoothie

- 8 oz. water
- A handful of kale
- A handful of spinach
- 1 date chopped
- 1/2 frozen banana
- 1 organic apple

You will only taste the fruit in this. I blend these in my Vitamix blender. It blends it very smooth. I drink half between breakfast and lunch and the other half between lunch and dinner.



WE WON'T BE SIGHT SEEING SO MUCH ON THE NEXT TRIP..

What has been a wonderful vacation in your travels? It is fun to hear from people about these things. In the past I didn't care if I went to Hawaii for some reason. Then I thought it was important for Greg and I to have a great vacation and splurge. For many years we have gone to the Oregon Coast or the Central



Oregon area. They are great and we will go there again too. We went all over on this trip, next one we will relax more, now that we have favorite places to go.

Happy New Year to you!!