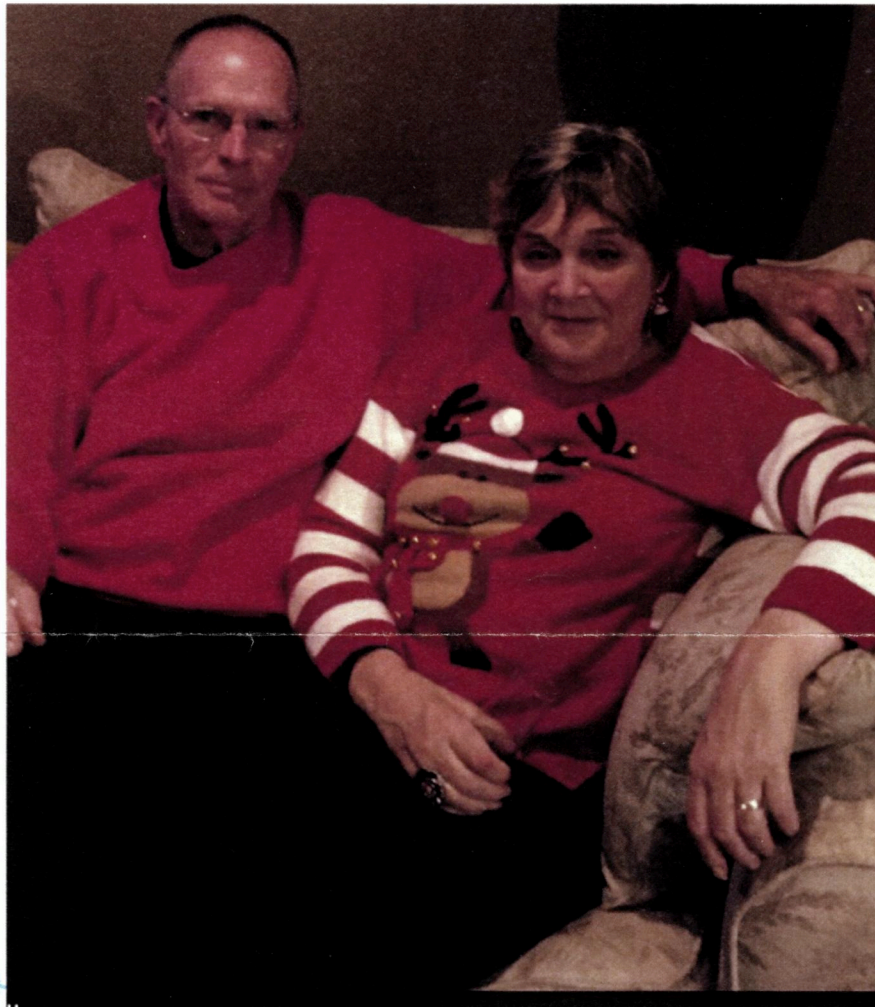
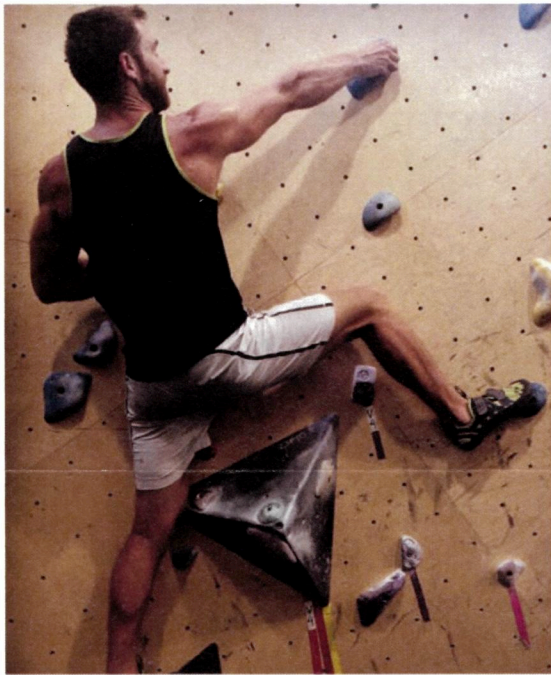


MERRY CHRISTMAS 2016

From the Shreves

John and I continue our busy lives. John jogs almost daily and just placed 1st in his category (M, 70-79) in the Stockton half marathon. (Never mind that he was the sole entrant in that category.) When he isn't jogging, he is riding his bicycle. I continue my knitting groups and writing class. I am on our homeowners board so that also keeps me more busy than I anticipated. We are healthy and can't complain about our lives.





Brad is approaching ten years in NYC. He is turning 40 this next March. He runs BoSFitNYC in the warmer months keeping New Yorkers fit by training outside using bodyweight-only exercises. He now works for Lifetime Fitness and left Equinox after 7 1/2 years. He continues to push members of his family to be better about their fitness.



Aaron and family spent the year traveling. Besides the annual trip to Russia, the entire family went to the Grand Canyon, Meteor Crater, Hoover Dam, and Las Vegas. They are committed to a lot of skiing this winter. This picture of the family was taken after a 5K race in Rohnert Park.