

THE KAVANAGH GAZETTE

Volume 20

December 2013

MERRY CHRISTMAS!

Welcome to the 2013 edition of *The Kavanagh Gazette*. The purpose of this newsletter is to give you an update on the family out here in Oregon.

It was a Good Year

Overall 2013 was a good one for the Clan Kavanagh. Mark has transitioned into his new position at ASM pretty well, and business travel was up for 2013. Cyn had a spectacular year with major weight loss (see The Incredible Shrinking Woman).

Mark & Cyn both did quite a bit of travel themselves. See the article on page 2 for details.

Next year, 2014, is shaping up to be a stellar year. March is Mark & Cyn's 25 Wedding anniversary. They have plans to head to Walt Disney World, then board a cruise ship in Ft. Lauderdale to go thru the Panama Canal and end up in San Diego. This will be a 3 week vacation in total. In October they are planning to join Mark's choir on a trip to NYC to sing at churches around the city.

The Case of the Kidnapped Penguins

The Kavanagh lawn Christmas Display was put up Thanksgiving weekend. However on Cyber Monday morning, somebody came up and kidnapped 4 Penguins, 1 snowman, and 1 Red CFL light bulb from the porch. No ransom note was left. It is believed they are gone forever. It was a sad day. But some new lawn friends were found and took the place of the dark spaces that were left. Now they are cabled and locked. This was the first display in 23 years that items had been stolen. The Kavanaghs are baffled by this case, but have vowed to move on.



The Incredible Shrinking Woman

Cynthia has become half the person she was, and that is a great news! In June she underwent Gastric Bypass Surgery. Leading up to the surgery she had lost a lot of weight, but post surgery she has lost so much more.

Pre-Surgery she worked very hard to lose weight to be eligible for this life changing surgery. The toughest part was the two weeks prior to surgery on a liquid diet, while on vacation in Colorado and Utah.

Post surgery, her stamina has definitely increased, and she has a glow about her that is wondrous to see! This year the Christmas elf has returned with home decorating.

Her current goal is to weigh less than Mark, which she is within one pound of as of this publication. This is in a realm that has never existed since Mark and Cyn met nearly 27 years ago. Looks like Mark will now have to lose some weight to catch up to his bride.

Cyn experiences since the surgery has all been positive. During the trip to NY in late September, she was able to walk around NYC, including walk the 1.5 mile High Line. This would not have been possible before the surgery.

At this point she is starting to need new clothes. She is now a proud owner of 2 little black dresses, which Mark has taken her out to the company Christmas party and a couple nice restaurants! Mark thinks she is "looking good"!!!

She is looking forward to the 2014 Disney trip and Cruise to show off to herself what is now possible!



Cyn the morning of her surgery



Cyn, 1-month after surgery at Crate Lake



Cyn, in early Dec. in her little black dress

KAVANAGH FAMILY**E-MAIL ADDRESSES**Mark: subwaymark@gmail.comCynthia: moonwind37@gmail.com**HOME ADDRESS:**865 D STREET NE
SALEM, OR 97301**PHONE:** 503-399-7508**FAMILY & TRANSIT WEBSITE**<http://ktransit.com>**MARK'S FACEBOOK PAGE**<http://www.facebook.com/subwaymark>

HOME IMPROVEMENT

This year only small projects were worked on. Cyn re-papered the ceiling in the front entry, and Mark added crown molding. For the master bedroom, they bought new furniture. The plan for 2014 is to work more upstairs in the hallway, and possibly put down a new floor.

MARK'S WIERDNESS

2013 was another busy year. For work, Mark logged a lot of mileage. In March, he traveled to Dublin, Ireland for the first time for work. In August, he made a Singapore and learned the lesson of not missing an International flight out of Singapore. That is a story onto itself.

There were several trips to Phoenix and one trip to the SF Bay Area to round out the year. Mark is so happy that his Silver Elite status has returned for Delta, and with the personal trip to New Orleans, he has restored Silver Elite on US Airways as well.

Outside of work, Mark is still geocaching, adding 2 new countries and 2 new states to his map. He broke the 2500 finds barrier with a special cache about the NYC subway.

Mark remains active in the Trinity Choir at St. Paul's, and is planning their 2014 trip to NY.

To round out Mark's efforts, he is still the secretary for the local trolley museum.

2014 has potential for some more international trips and the usual Phoenix hops. As long as he maintains minimum elite status, he will remain happy.

KID HAPPENINGS

Richard and Ellen have had a great 1st full year of marriage. Richard recently received a nice promotion in the IT department at Western Oregon University. Ellen is looking at Graduate school

Teresa continues to be happy working at Petco as an associate and dog trainer. Erik was

accepted into Chiropractic school and has finished his first term.

Emily has had a difficult year living back home with her parents, and job hunting has been difficult. However, as of the writing of this newsletter, Emily was hired as a cook at a local Senior Citizens Center. She is ecstatic.



Richard & Ellen at Ellen's Stardust Café in NYC in Sept



Emily being eaten by an Alligator with Antlers in New Orleans

WHAT ABOUT THE DOGS AND CAT?

No new additions for pets in 2013. Cinnamon is really starting to mellow as she gets older, with Cinnamon-pie out more frequently then Cinna-Monster!

Rusty remains the Love Bucket. His tail often wags his whole body when he is excited. He is a very happy dog!

Freddy is the trouble-maker cat. He loves trying to climb into the Christmas tree. But he is a great cat and loves to cuddle in people's laps.



TRAVELING FOLKS

Mark and Cyn had some nice trips in 2013.

In early May, Mark & Cyn spent a couple of nights in Seattle. Cyn's sister Cara and her boyfriend Tom were visiting Tom's family in the area. That was a quick trip

The big vacation was in May. They flew to Denver, spending 2 nights near where their honeymoon was in Breckenridge, CO. A lot has changed there. Then they stopped to visit Mark's Uncle Ed in Loveland. Mark had not seen his Uncle in decades, and never met his wife. From there it was to Denver for the Electric Railroaders Convention. They then rode on Amtrak's California Zephyr to Salt Lake City. They had their own tiny compartment (Roomette) for the 16 hour journey. When the convention completed, they flew home.

For July 4th, Mark, Cyn and Emily with the two dogs headed to Klamath Falls and Crater Lake. The purpose was to get Cinnamon away from fireworks as she is petrified of them and the home neighborhood always has tons of fireworks. That help Cinnamon get thru the worst nights at least.

In Sept, Mark & Cyn flew to NY. They were able to visit Mark's Mom and sister, and Cyn's family who were all in NJ for her nephew's wedding. Mark & Cyn also spent 4 nights in Manhattan seeing the sights and going to the Broadway shows, Newsies and Cinderella.

Mark needed just over 4500 miles on US Airways for Silver status. So a trip was planned to go to New Orleans for an extended weekend in December. They took Emily with them as an early Christmas present (using FF miles).

They stayed in the Garden District along the St. Charles streetcar line. They did tours of the city and cemeteries, and sampled a lot of the local food and music. Mark rode the streetcar lines, naturally. They did eat on Bourbon St., but did not partake in the crazy drinking/partying that goes on there.

2014 is shaping up to be another busy traveling year...