

## *Seasons Greetings From Bernadette in Florida*



Before 2007 comes to a close, I want to wish you joy, love, and prosperity in the new year and to update you on my 2006-2007 comings and goings.

My adventures this year really started last year with a Thanksgiving trip to Ireland. After dinner with my family in Manchester, NH, I flew to Dublin, arriving bright and early on Friday morning. Driving on the wrong (left) side of the road, I navigated my way to Tullamore, where Mary Daly and Rosleen Campbell met me and led me to Mary's home in Roskeen. That evening, the Dalys created a Thanksgiving dinner for all the O'Connell cousins. It was great to see everyone again and the food was to die for—Mary's daughters are wonderful cooks. On the next day, Mary, Rosleen, Jacinta, and I headed to County Kerry to see the fall color and scenery

on the Ring of Kerry. We had some rain, but there were shops and Christmas bargains everywhere in Kilkenny.

Leaving Roskeen, I stopped in Abbyliex to visit Fr. Jim O'Connell, then headed to Carlow where I spent time with Francis and Patty Tully. I visited with Joe and Francine, and was hosted by Michael and Ann Sloyne and Catherine and Seamus Dermody. I got to meet and visit with more cousins, including my friend Neil, who is now quite a grown-up young man.

Leaving Carlow, I headed to County Wexford, where I stayed with Fr. Anthony O'Connell for a few days. I stopped in lots of towns along the way, enjoying the fall air, little shops, and atmosphere that I missed from my last visit. In Wexford, I had a chance to visit with May Dwyer, Nancy Cowman, Sr. Carmella at her retreat house on the Irish Sea, and the Byrnes: Roy, Barbara, Eideen, and Kilean.

I am grateful to Fr. Brendan (RIP) for connecting me with my Irish cousins before he passed away in 2001. My life has been enriched by knowing my extended family. My goal for next year is to get just as connected with my Texas cousins.



In the area of business, I am developing my coaching practice as I progress towards my certification in personal and business coaching. I love helping people to change elegantly and deliberately as I work with them to clearly define what they want and take the actions to achieve it. For me, coaching is a natural segway from NLP, a set of skills that I have been practicing since 1990. If you know someone who is ready to reach for their dreams and needs the support and accountability of a personal coach, send them to my business website at [www.transgrowthinc.com](http://www.transgrowthinc.com).

Even though I am coaching, I still have a day job. In

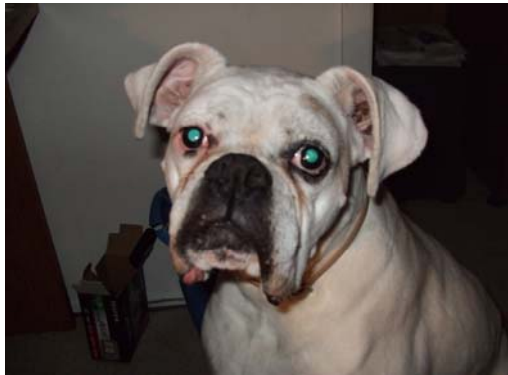
*Have a Happy, Merry, Joyful Christmas and New Year*

November, I moved to a software company in Orlando that develops niche applications to manage airport operations and billing. After learning the product, I'll be traveling to our client airports to install and implement the software.

Dakota came to visit twice this year—in February and in August. We had a great time at the Disney parks, Sea World, Gatorland, and the Waterparks, especially in August. We hooked up with Courtney and Paul Kershaw for several adventures, and enjoyed jumping into their pool to cool down at the end of the day. I hope I can take some time off this year so he can visit again in August.

Next year, I hope to be writing to you from my new home in Debarry, Florida. I re-started my building project after the counties of Central Florida approved a commuter rail connecting Deland to Orlando. My new house will be within walking distance of one of the commuter rail stations. The house plans are done and the lot is being cleared as I write this letter. The builder says the house will be up in three months, but I will have to wait until 2010 to ride the train to work.

In my spare time, I'm working on a book project. *Therapeutically Thin – Adventures on Coumadin* is being written so other people on coumadin, a blood thinner, won't make the same mistakes I did. I decided to write it in June after I was hospitalized because my blood was too thick. There is a long story around it that you can read in my book, but basically, I went on a fast for health reasons,



which caused my blood to become too thin. When I found out how thin it was, I took Vitamin K, which made my blood too thick. Who knew that Vitamin K is manufactured in the gut and when you fast, the coumadin has nothing to react with? Thick blood for me means that blood clots could form around my artificial heart valve and I could suffer all the nasty consequences that go with it. The good news is that I didn't clot and was release after a few days, but learned some valuable lessons. When *Therapeutically Thin* is published, I'll be the "Coumadin Coach", so stay tuned.

Other than my "adventure with Coumadin", I have been wonderfully healthy and so have my son, all my sisters, nieces, and nephews. Dad was hospitalized for an infection, but he is recovering as expected and should be home in a few days. Mom is also doing well, in spite of her Osteo-Arthritis.

My canine companions, Buddy and Wags are great company. They are always happy to see me when I come in the door. Wags is showing no signs of her ten years, but Buddy has a touch of arthritis in his back leg. I want him naturally pain-free so next week he has an appointment with a Vet who does doggie-acupuncture.

I hope your year has been full and you are looking forward to a wonderful 2008. If you have a chance, write or email me. I would love to hear from you.



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