

C H R I S T M A S 2 0 1 3

From the Frandrups, <http://frandrup.com/blog/>



Mykonos, Greece



Croatia, Plitvice Lakes

TRAVEL

2013 has been one we refer to as the year of limbo. Since January, we have been on notice that the Government will be downsizing pain management services here at Landstuhl. So, with that CJ has been interviewing and soul-searching about where to work and live next. I have been supportive of trips back to the States, Budapest for World Pain Management meetings, and various late evenings of interviewing and networking. It has put me in a carpe'diem sort of mindset. Thus, we have been traveling a lot! This year took us everywhere from Turkey, Greece, Italy, Spain, Ireland, Croatia, France, Austria, and within Germany, Berlin, Munich and much of the Mosel and Rhein Regions.



Octoberfest in Munich

Gloria and William have become excellent little travelers. They have ridden along in bucket seats on bike rides through Rome, Berlin and much of German wine country. They learned about the fun of cruising and all about hikes in Croatia through waterfalls and over lakes. They met Fungi the dolphin in Ireland. They both learned how to ski, and at just five years old Ria was on the big mountain with us on day three of her Austrian ski lessons. After skiing, tennis is their second love. Liam is still pretty little for the game, but he loves to bounce the ball and hit it with his tiny racket. They both started school again this fall, Liam for year two of Montessori, and Gloria is now a kindergartener at St. Davids British school here in Ramstein, Germany. When not venturing, eating schnitzel at our favorite local Steinalb, or otherwise living it large in Europe, they are really just like all four and five year olds. They love bubbles, slip n slides, snuggles with us in the morning, and their cats Aly and Hershy.



First Day of Kindergarten



Local Pumpkin Fest



London



CJ has embraced his German experience. He has been trying to learn the German language in his spare time and has done great things at the pain clinic as the chief of the clinic. He prides himself on his ability to manage an efficient clinic and still has a lot of fun with his colleagues. He rides his bike through the woods to work on most days and has overcome the fear of running into a wild boar in the dark.

He earned his world pain management certification this year in Budapest and hopes to continue working in pain and anesthesia in his next gig wherever that may be.



Gloria in Croatia

We celebrated 17 years of marriage in September and are feeling so very blessed. We have two healthy children, and a life full of adventure. We love to play hard, whether skiing, scuba diving, biking through the hills of Germany, or making a great meal for friends.



On the Norwegian Spirit, goofing around

As for me, I still have the self-ascribed title of Mother and Wife Extraordinaire. I have been very busy in 2013 unpacking and settling us again as we relocated in December of 2012 to this current house. I spend much time travel planning and coordinating schedules. In my leisure I am enjoying my tennis game more than ever. I am also working toward a group fitness teaching certification so I can teach a great new class for women called FemFusion. I volunteer at both children's schools and love to host parties and events here for friends and colleagues. I have mixed emotions about leaving Germany in the coming months. I love it here but miss all our loved ones back home and yearn for CJ to be appreciated for his skills and talents. I look forward to teaching FemFusion fitness classes in our new location as well, so am eager for that new challenge.

Stay tuned to our website to find out more about where we will be in 2014!



Ireland

Here's to more adventure in 2014



Hershy on the wrong side of the window