

Happy Holidays from the Cincinnati Longs! May your blessings be apparent all this season and for the upcoming year!



Continue on for some 2019 Long family highlights OR just move on to your next activity, knowing that we're thinking of you and all of 2020's excitement (and challenges) ahead!

Family overall

- We're blessed. All six of us continue to live in Cincinnati.
- Most Sundays, our 8643 home gets an injection of energy when all 6 humans and 5 canines are together! Kim usually prepares lunch, we enjoy some libations and some form of game-playing (Telestrations, Heads Up, ...) The dogs all get along really well and it's nice to have the full gang together
- George, our canine adoptee at 8643, adds energy, laughter, love and regular walks to our lives
- We appreciate reunions and gatherings with immediate and extended family members. This year included the Cline reunion in Indianapolis, IN for Kim, Steve and Sam
- Kim and Steve were able to fully enjoy a smarTours trip to England/Wales/Scotland. An 8 page highlight collage of photos and summaries is [HERE](#)

Steve

- Guitar playing and singing continue to be joys -- with Chapel Folk friends; with Guitar Guild guys; worshipping with several "congregations" (senior living and county jail locations); Joyful Noise Boys (care facilities, hospitals and homes) plus weekly "environment music" at a hospice in-patient unit
- Relatively healthy year filled with physician follow-ups but no new diagnoses! :-)
- "Binder of a Lifetime" (BoaL) efforts continue at seminars, senior center and local churches. All BoaL materials and examples are absolutely free and are [HERE: www.BinderOfALifetime.com](http://www.BinderOfALifetime.com)
- Local senior center efforts are satisfying – working with an advisory team and staff we are successfully creating numerous effective initiatives to make life even better for seniors in our area
- Christian Playbook efforts are fruitful, especially for me in the challenge of writing/editing/living devotional articles a couple times each week (sign-up is on the ChristianPlaybook.LongMemories.Info site)
- Efforts with Whole Again have begun, hoping to help ease childhood hunger in the Cinci area
- Loves spending time with individuals/small groups at local eateries, coffee shops and micro-breweries
- Kayaking, biking and gardening got some attention and hopefully will be bigger parts of 2020

Kim

- Effectively did the role of executrix for both of her parents' estates
- Enjoys plenty of singing with Forest-Aires women's chorus, this year without leadership responsibility!
- Volunteers at the American Cancer Society resale shop a couple times a month
- Participates in a new women's book group on a regular basis – great books and conversation
- Has a thriving, beautiful flower garden
- Especially values having the female infusion in our family with Ginny and Rachel in it!

Cliff & Ginny

- Their first home in Pleasant Run is all coming together nicely. The moving took them some time but it's so nice to have them in an established neighborhood
- Cliff enjoyed another year in his IT role with Cincinnati Insurance Company. When asked about the job he says "exactly what I hoped to be doing." He loves problem-solving
- Ginny took on an exciting new role with Melink, a renewable energy organization. She is the first full-time, dedicated software IT hire and is doing any number of activities, including scoping out how the IT department will grow effectively
- Ginny has been a too-frequent visitor to medical/dental professionals this year. She has been a good patient and we're hoping for a MUCH healthier year ahead... The good news is that she is cancer-free!
- Cliff's knee is causing some problems but is closing in on recovery. Maybe church softball this year?
- Ginny has various hobbies including knitting, felting and improv comedy. Cliff participates in fantasy football and this year made it down to Atlanta for a ProgPower music weekend. Both enjoy online and tabletop gaming with friends near and far
- They can make each other laugh regularly and are very much in love
- They enjoy their Foxhound, Abby (Georgie thinks she's his girlfriend – it's hilarious!), and basset mix, Gimli, who is full of mischief and energy. Cliff and Ginny have kept Georgie a couple times when we're out of town and the doggies all get along great

Sam & Rachel

- Sam is thriving in wine sales, doing high-end wine discussions and tastings with restaurants, wine shops, country clubs, and bars in more affluent areas of Cincinnati. He did really well in several sales contests this year, one of them resulting in a trip to San Fran/Napa for an extended weekend
- Rachel did sales for one year at Cintas and is now in the process of transferring to a Cintas route where she will focus on safety/health care products (AED, first aid kits,...) in Southwest Ohio
- They enjoy living in Maineville - right near Kings Island - with lots of green space right outside and plenty of room for Laila and Rocky, their two dogs, to run
- They are out socially quite a bit. During one of those outings, they won four tickets on a party bus for beer tasting and going to a Reds game. Guess who they took with them? Kim and I enjoyed the experience with them
- Sam continues efforts to stay active and can't wait for softball season to begin again. Rachel is training seriously for more running events. They recently entered a local 5K and were successful

That's likely as much or more than you wanted to hear about our lives. We hope to see/hear what the past year has brought to you plus your upcoming activities. Please email, call or stop on by when you have a chance!

We wish you and yours all of the peace and love of this blessed holiday season ahead...

With much love,

The Longs

P.S. If you want to see more about us, mostly in picture form, there is a link [HERE](http://www.GustinLongs.LongMemories.Info):

Read on if you'd like to know more about Binder of a Lifetime efforts...

Oncologist. That word gets your attention!

When the “you should see an oncologist” message came in 2018, I won’t lie, the first thing we did was share a good cry. Then I went up and grabbed my Binder of a Lifetime (BoaL) and brought it down to the kitchen table. Kim and I reminded ourselves of most every detail that we have in life. Where is the will, the Living Will, the Power of Attorney for Health Care, what’s the insurance agent’s number, where are the mutual fund statements, etc. ? All of the answers in one place! Kim and I spent an hour going through the BoaL. Then we could heave a sigh of RELIEF and begin the substantial journey towards more positive medical health!

For most of us, that list of questions from loved ones is almost endless. We know we should prepare some written answers in advance, but simply don’t find the time.

Please spend some time.

An attachment to this email is the At The End section from the BoaL. Please consider printing it and then filling it out. It will allow you to rest more easily knowing your wishes are summarized for loved ones. It will hopefully help eliminate potential family disagreements.

And should you want to know more about the overall project on a number of additional topics, check it out at www.BinderOfALifetime.com. All the materials can be downloaded for FREE and are available in printable (.pdf) and editable (.doc) formats. It’s been the Long Memories mission for several years and as a memory missionary, it seems right to share the word broadly with those who mean so much to me. Of course, if you’d prefer, give me a call (513.225.2335) and we can discuss this in more detail.

I’ll close this page by saying 2019 has been a joyous year thus far for our family, especially in the wake of a tough 2018. If you read through the previous two pages you already know that.

With love, smiles, hugs, hopes and prayers for a fabulous 2020 ahead for you and yours...

Steve 513.225.2335