

## OUR TRIP TO THE PANAMA CANAL

After recuperating from being really sick for two weeks I can write about the 11 day cruise we took going to the Panama Canal, leaving Fort Lauderdale, Fl. Feb. 3<sup>rd</sup>, back on the 14th, 2014. Everything went smoothly. The weather was perfect; the food was plentiful and delicious. We enjoyed a couple excursions, Oranjestad Aruba and Willemstad Curacao, where we went sightseeing through the cities and country sides in large tour buses. We also went on two under sea window glass boats which was fun, since one of the attendants put on diving gear and went around outside the boat feeding the schools (all sizes) of hungry fish swarming around him.

Aside from enjoying walks on the decks, taking pictures, etc., we met quite a lot of interesting, friendly people who were from all over the USA, and especially Canada; about a fourth of the people were from Canada. Nearly everyone on the ship was from 50 to 75 yrs old. One woman, who was in a wheel chair, but very bright mentally, was 93. We met one lone retired teacher who had never been married or had children, who practically lived on cruise ships, she took one cruise after another.

We saw several live shows, and some audience participation games. The staff bent over backwards to make us comfortable. Most of the servers were young people from the Philippines who spoke English. Ronnie's favorite spot was up on the tenth floor in a place called "the Crow's Nest" with seats placed facing outside so we could look out on the ocean through large glass windows. Small tables were by each seat so we could order snacks and drinks, play cards, etc. That was a good place to meet people who were eager to share their experiences. We exchanged life stories with several couples in this way. Since almost everyone on the ship was senior citizens we all had lots to talk about.

We attended two dinners where we had to "dress" for the formal event. We shared a long table on these occasions with three other couples. Within minutes conversation was flying back and forth from couple to couple.

We had a DVD player and a program something like Netflix where we had hundreds of movies to choose from (no extra charge) to watch when we wanted to relax by ourselves in our cabin. After wearing ourselves out by walking out on deck and/or going up and down the many halls, trying to find

where we were, or how to find how to get to where we wanted to go, we enjoyed relaxing with a movie. We had breakfast by room service, just by filling out a menu. Other times we went up to the lunch rooms. We were getting around real good by the last five days. That ship was huge with eleven floors; we were on the fourth floor. Thank God it had elevators that went up ten floors. It had two swimming pools, a store with just about anything you could imagine from clothing to jewelry. There was a fitness center, a theatre with a huge balcony for live shows, four dining locations, a library, a large casino, massage parlor, tennis court, and several bars with live music. There were the attendants and entertainers quarters along with a children's play room. We sat in on an artist's auction one day. The pictures sold from \$300 to \$1800.

We enjoyed the whole trip in spite of my weak lungs and getting too tired too soon to do everything we wanted to do. My problem was that it was hot on the outside and the air conditioning inside was very cold. With my sensitive and weak lungs it was too much of an extreme for them. Two days before we left I starting getting tight lungs, chills and cold sweats; I couldn't talk for coughing. By the time we got home I was really sick with something like whooping cough or Pneumonia. Ronnie took me to the doctor, but without any change for the next week. Of course many of our friends down here were sending chicken soup and other foods, making sure we had lots of attention. Others were calling and praying for both of us. I lost what little strength I had, couldn't even turn over in bed by myself. I lost my appetite. Gradually I have started recuperating so well that now I almost feel normal again, but haven't gotten all of my strength back yet. Thankfully, Ronnie didn't have the same problem, but was very concerned for me. He fed me wheat grass juice with MMS drops and vitamins, and used essential oils on me. We have gotten back to most of our previous activities, a dance, a bible study, the fitness center, and taking walks around the six block pond. My appetite has returned so I have a lot of catching up to do. I think I can handle that! I thank God for His protection and allowing us to be able to do as much as we have done in our 37 years of wonderful marriage.

May God bless you all with an abundance of good health and true happiness.

-----3/2014 ---

For those who are interested in our experience on our 11 day cruise trip and how very sick I got while on the ship, go to our web page [foust.info](http://foust.info) and read all about it. Click on "Personal." It will be titled "Our Cruise Trip to

Panama Canal”.