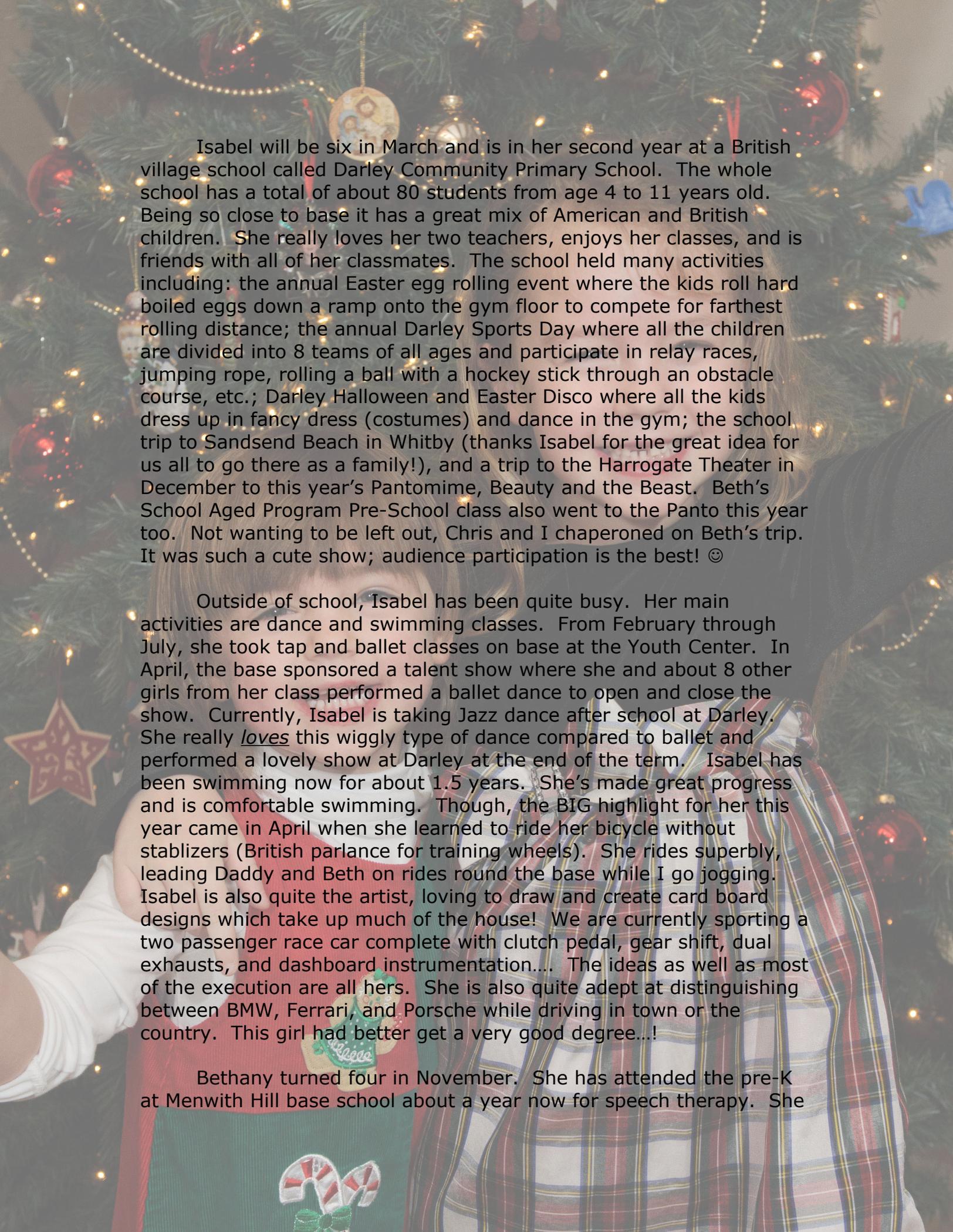


Dear Family and Friends,

We hope that you're well and that 2011 has been an enjoyable year for you! It's hard to believe we've already started our third year in Harrogate, England. As always, this year has been tremendously busy but filled with great joy and memories!

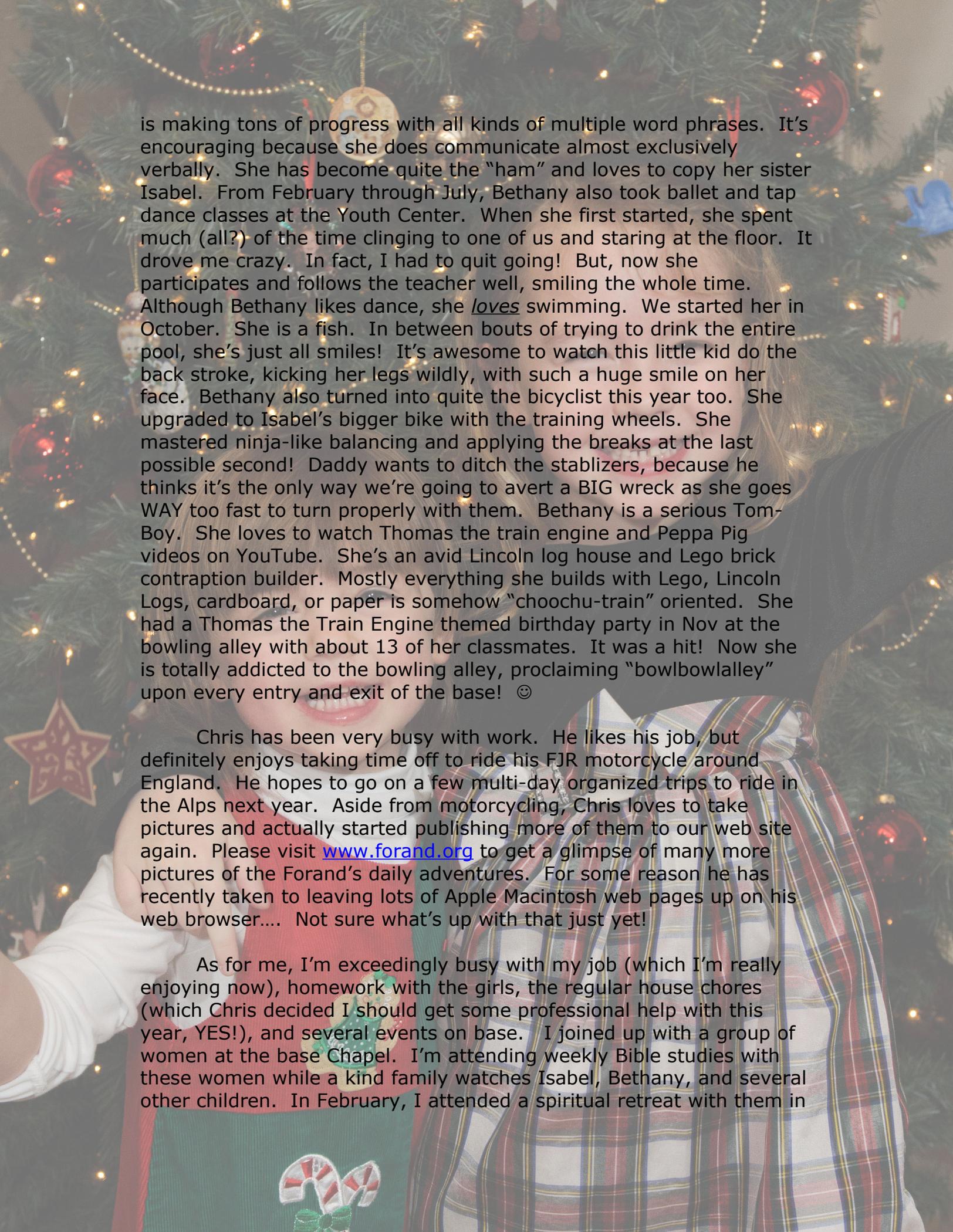
We had the opportunity to travel to many interesting places "on Island" in England and Scotland. During Isabel's August school break, we visited LegoLand Windsor near Windsor Castle for 3 days. Big people and little people alike loved every minute of it! The girls rode Lego trains, cars, boats, air planes, and helicopters. They posed next to Lego Bob the Builder & Wendy, Pharaoh (though under great duress), Disney Princesses, and many more. In the mornings as we drove towards the park, the girls would shout "LegoLand." In fact, Beth still does every time she sees a picture or video of Legos. In September we spent time at the North Sea around Sandsend beach in Whitby and Scarborough Beach in (yeah, you guessed it) Scarborough. Much to the chagrin of the parents watching temperatures that maybe climbed all the way into the low 60s for at least 5 or 6 minutes, the girls loved running in and out of the water. They were fascinated with the falling tides ranging upwards of 4 meters (12'), which upon receding exposed several hundred feet of new beach and rocks on each low tide. Chris was impressed with the large fishing vessels that would be floating in mid-day and laying on dry ground in evening. We headed North a bit in October, visiting Housesteads and Chesters Roman Forts along Hadrian's Wall. It was awesome to see Roman ruins from the 120 AD period that still exist nearly 2000 years later. More impressive was their running water, under floor heating, and ventilation systems (to keep grain from spoiling). Those Romans were pretty crafty! While up North, we also visited Alnwick (pronounced a-nik) Castle and Gardens. This is the castle setting in all the Harry Potter movies. Hagrid and Harry Potter himself popped by for a little chat! In April, Chris' Dad visited for about a week. We travelled to London for a few days and had a great time around the Tower of London, Big Ben, Parliament, and the London Eye! In May, Dana and Brandon came to visit while I was in Ohio with Mom. They all travelled to Scotland for an awesome visit of Edinburgh and Caerlaverock castles, Hadrian's Wall and lots of other places that I didn't get to see! ;-(Actually, Chris was so impressed he made a point to take us all back there again in October so I could check it all out. Our next trip is to Barcelona, Spain in January 2012. We are all excited to travel to an area where it might possibly be a little warmer and sunnier for a few days this winter!



Isabel will be six in March and is in her second year at a British village school called Darley Community Primary School. The whole school has a total of about 80 students from age 4 to 11 years old. Being so close to base it has a great mix of American and British children. She really loves her two teachers, enjoys her classes, and is friends with all of her classmates. The school held many activities including: the annual Easter egg rolling event where the kids roll hard boiled eggs down a ramp onto the gym floor to compete for farthest rolling distance; the annual Darley Sports Day where all the children are divided into 8 teams of all ages and participate in relay races, jumping rope, rolling a ball with a hockey stick through an obstacle course, etc.; Darley Halloween and Easter Disco where all the kids dress up in fancy dress (costumes) and dance in the gym; the school trip to Sandsend Beach in Whitby (thanks Isabel for the great idea for us all to go there as a family!), and a trip to the Harrogate Theater in December to this year's Pantomime, Beauty and the Beast. Beth's School Aged Program Pre-School class also went to the Panto this year too. Not wanting to be left out, Chris and I chaperoned on Beth's trip. It was such a cute show; audience participation is the best! ☺

Outside of school, Isabel has been quite busy. Her main activities are dance and swimming classes. From February through July, she took tap and ballet classes on base at the Youth Center. In April, the base sponsored a talent show where she and about 8 other girls from her class performed a ballet dance to open and close the show. Currently, Isabel is taking Jazz dance after school at Darley. She really *loves* this wiggly type of dance compared to ballet and performed a lovely show at Darley at the end of the term. Isabel has been swimming now for about 1.5 years. She's made great progress and is comfortable swimming. Though, the BIG highlight for her this year came in April when she learned to ride her bicycle without stabilizers (British parlance for training wheels). She rides superbly, leading Daddy and Beth on rides round the base while I go jogging. Isabel is also quite the artist, loving to draw and create cardboard designs which take up much of the house! We are currently sporting a two passenger race car complete with clutch pedal, gear shift, dual exhausts, and dashboard instrumentation.... The ideas as well as most of the execution are all hers. She is also quite adept at distinguishing between BMW, Ferrari, and Porsche while driving in town or the country. This girl had better get a very good degree...!

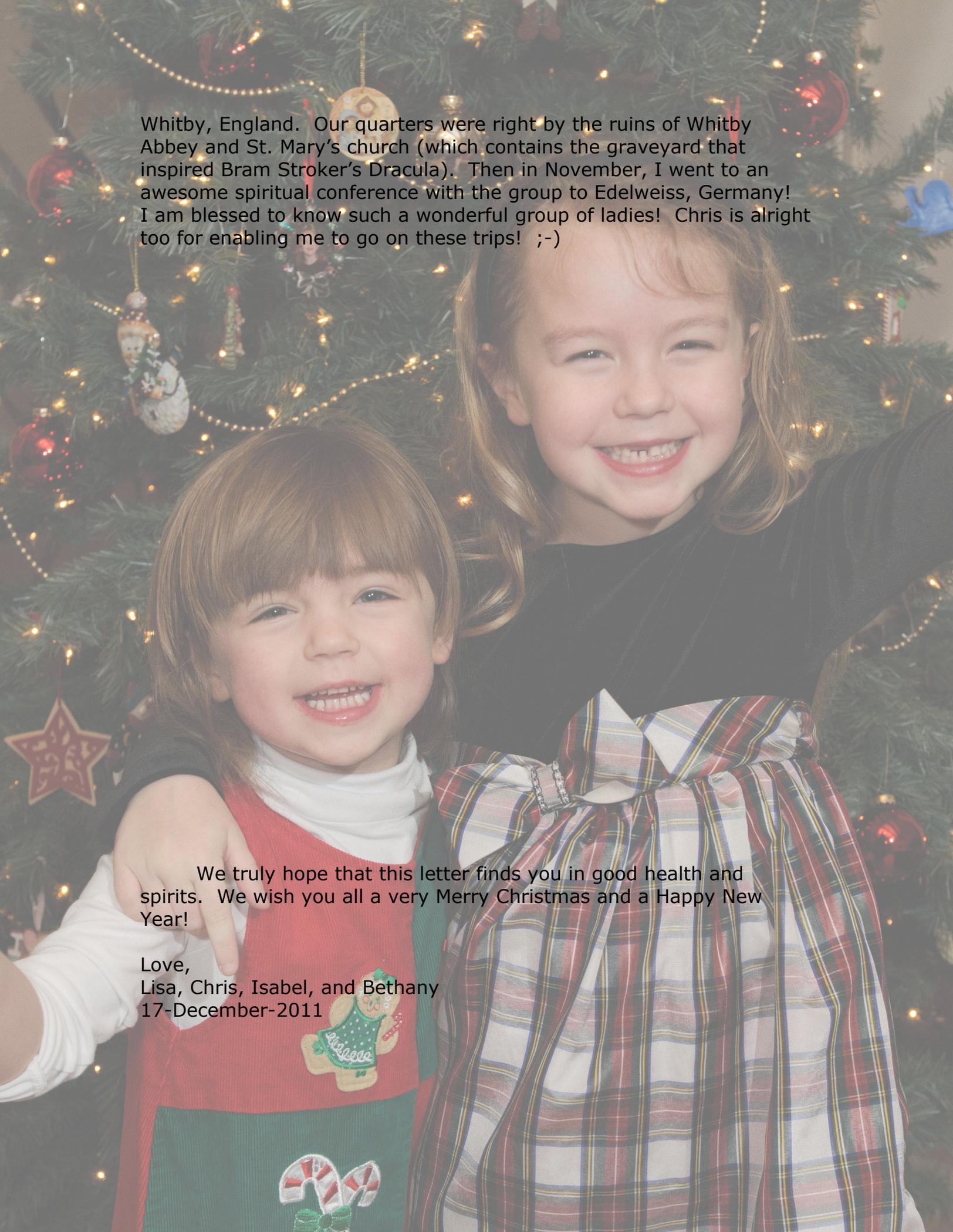
Bethany turned four in November. She has attended the pre-K at Menwith Hill base school about a year now for speech therapy. She



is making tons of progress with all kinds of multiple word phrases. It's encouraging because she does communicate almost exclusively verbally. She has become quite the "ham" and loves to copy her sister Isabel. From February through July, Bethany also took ballet and tap dance classes at the Youth Center. When she first started, she spent much (all?) of the time clinging to one of us and staring at the floor. It drove me crazy. In fact, I had to quit going! But, now she participates and follows the teacher well, smiling the whole time. Although Bethany likes dance, she loves swimming. We started her in October. She is a fish. In between bouts of trying to drink the entire pool, she's just all smiles! It's awesome to watch this little kid do the back stroke, kicking her legs wildly, with such a huge smile on her face. Bethany also turned into quite the bicyclist this year too. She upgraded to Isabel's bigger bike with the training wheels. She mastered ninja-like balancing and applying the breaks at the last possible second! Daddy wants to ditch the stabilizers, because he thinks it's the only way we're going to avert a BIG wreck as she goes WAY too fast to turn properly with them. Bethany is a serious Tom-Boy. She loves to watch Thomas the train engine and Peppa Pig videos on YouTube. She's an avid Lincoln log house and Lego brick contraption builder. Mostly everything she builds with Lego, Lincoln Logs, cardboard, or paper is somehow "choochu-train" oriented. She had a Thomas the Train Engine themed birthday party in Nov at the bowling alley with about 13 of her classmates. It was a hit! Now she is totally addicted to the bowling alley, proclaiming "bowlbowlalley" upon every entry and exit of the base! ☺

Chris has been very busy with work. He likes his job, but definitely enjoys taking time off to ride his FJR motorcycle around England. He hopes to go on a few multi-day organized trips to ride in the Alps next year. Aside from motorcycling, Chris loves to take pictures and actually started publishing more of them to our web site again. Please visit www.forand.org to get a glimpse of many more pictures of the Forand's daily adventures. For some reason he has recently taken to leaving lots of Apple Macintosh web pages up on his web browser.... Not sure what's up with that just yet!

As for me, I'm exceedingly busy with my job (which I'm really enjoying now), homework with the girls, the regular house chores (which Chris decided I should get some professional help with this year, YES!), and several events on base. I joined up with a group of women at the base Chapel. I'm attending weekly Bible studies with these women while a kind family watches Isabel, Bethany, and several other children. In February, I attended a spiritual retreat with them in



Whitby, England. Our quarters were right by the ruins of Whitby Abbey and St. Mary's church (which contains the graveyard that inspired Bram Stoker's Dracula). Then in November, I went to an awesome spiritual conference with the group to Edelweiss, Germany! I am blessed to know such a wonderful group of ladies! Chris is alright too for enabling me to go on these trips! ;-)

We truly hope that this letter finds you in good health and spirits. We wish you all a very Merry Christmas and a Happy New Year!

Love,
Lisa, Chris, Isabel, and Bethany
17-December-2011

