

C H R I S T M A S 2 0 0 6

the JANICEK *family*

A YEAR IN REVIEW FOR JOSH, ELISE & NOW MALY



Maly Elizabeth

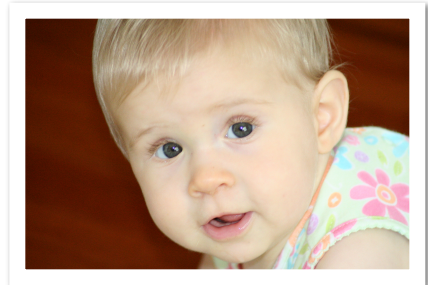
Maly was born at Seton Southwest Hospital in Austin, TX on April 15, 2006 at 12:49 a.m.

She weighed in at 7 lbs. 10 oz. and was 20.5" long.



✧ Merry Christmas! ✧

Merry Christmas to all! We hope this year's newsletter finds you and your family well. A lot has happened to the Janiceks in 2006. This year was pretty much a blur until April 15th. You might be thinking to yourself, "Oh yes. Tax day of course!" Nope, not taxes -- More like a little tax deduction. We found out Elise was pregnant in August of 2005. She had the perfect pregnancy. She never experienced morning sickness or any other ill effect of being pregnant. On the other hand, I didn't make out so well. I experienced Couvade Syndrome which left me with stomach cramps, nausea, bloating, sciatica and emotional ups and downs.



Nine months flew by faster than we'd expected. The next thing I remember it was a Friday morning, I was lying in bed and had just opened my eyes. Elise was already awake, lying next to me and whispered, "I'm having contractions." We both debated on whether or not either of us should go to work that morning or go to the hospital. Elise decided she didn't think the baby was coming any time soon, so we both got up and went to work. Elise worked throughout the day all the while having pre-labor contractions. She came home from work that night and at 10 p.m. it was finally time to go to the hospital.

And we made it to the hospital just in time. We were admitted into triage at approximately 11 p.m. on April 14th and had a gorgeous baby girl at 12:49 a.m. on April 15th.

She weighed in at 7 lbs. 10 oz. and was 20.5" long. We (meaning Elise) opted to not know the sex of our baby before his or her birth. We both had a gut feeling that we were having a girl so we had a long list of girl names. Had we had a boy we probably would have been in the hospital for an awfully long time trying to agree upon a name.

I was set on Abby. Elise was set on Katie. We couldn't agree on either. Elise finally said, "Hey, what about Maly?" Maly is the Czech word for "small" or "little". I created the website, maly.janicek.com to document the pregnancy. We had no intentions of naming our first baby Maly, but when we looked at her, she wasn't a Katie or an Abby -- she was our Maly! And so it was... Maly Elizabeth Janicek.

So life has changed in some big ways since Maly. We decided that Elise should be a full-time Stay At Home Mom, so she quit her job as Catering Director for El Arroyo. I started getting more aggressive in sales at Wellness Works and began paying myself monthly commissions on new accounts that I brought in. The company was doing really well and we were looking at ways in which to grow even more. To spare you the details and to save myself from having to recount the details; the company was shopped and eventually sold within a few months. The acquiring company absorbed everything except the staff. I was out of a job. I was given a months severance and with that I spent the better part of a month sending out resumes - dozens a day. Finding a job became my new job.

“WHEN THE GOING GETS TOUGH, THE TOUGH GET GOING”

I'm sitting here, trying to figure out how to sugar coat what I'm going to write next or dig really deep to find some witty way to approach it, but there is no way to do such. My dad died on September 26th. He died unexpectedly while he and Mom were beginning a road trip out west to see family. My mom called from the hospital that Tuesday morning at 3 a.m. to tell us that Dad had a heart attack. That Tuesday was the worst day of my life and since then I feel so cheated. I wasn't done with my dad yet as I still had so much to learn from him. The rest of the world was cheated, too. He was an amazing person and I can only hope that I turn out to be half the man he was. The loving and happy memories of him are starting to absorb the mourning, but rarely is there a day that goes by where I don't cry while thinking about him.

This Christmas season will be the first without Dad and it's been tough so far. Family was so important to him and I'm going to maintain that undying faithfulness to my family, especially for Maly.

I'm back in the working world now and that has helped me settle back into something like a normal life, but there is still a huge part of me that is missing. Maly has been my angel and has really helped me get through some tough times in these past few months. I don't know if she knows it or not, but I have spilled my guts to her so many times and have shed so many tears while pressing my cheek against hers as I promise her that I will do everything I can to stay around as long as I can for her.

This Christmas season and every day hereafter, I urge you to embrace the ones you love and tell them that you love them. My parents bought us a little delicate wind chime when Elise and I were married. At first I thought it was cheesy, but we eventually decided to hang it from the kitchen window because it was a gift from my parents and I would have felt terrible had we just tucked it away somewhere in the house to be forgotten about. I'm really glad we kept that cheesy wind chime. It's a flat, etched glass wind chime adorned with doves flying whilst carrying ribbons in their beaks. Etched into the glass are “Rules for a Successful Marriage”. I know the other rules exist but I never bother to make note of any other than the first rule: “Express your love in little ways every day.” And I try to do just that every day. In September I learned that life is very short and all too often we take our loved ones for granted.

On a happy note, this is our year to travel to Des Moines for Christmas. It will be my Mom's first time to Des Moines and Maly's second. Hopefully we'll have a white Christmas this year - that would be perfect for Maly's first Christmas. White Christmas or not, we're really looking forward to being with our family and we hope y'all get to spend time with those you love.

So here's to a very Merry Christmas and a Happy New Year. We love you all and wish you and yours the very best.

You can always keep up with us at www.janicek.com

Love Always,

Josh, Elise & Maly

