

Söndagmorgon
Morgonjogg
Vilka skor ska
man välja
idag.....



A man with a shaved head, wearing a white t-shirt, black shorts, and running shoes, is walking towards the camera on a stone path. The path is surrounded by green grass and small white flowers. In the background, there is a wooden fence with a lattice top, a yellow house with a white roof, and a dense line of green trees under a clear sky.

6.5 km jogg runt
Äspenäs. Bra fart!



Våra Skäggdoppingar visade upp
sina småttingar vid morgondoppet.

A photograph showing three ducks swimming on a body of water. The ducks are dark-colored with lighter patches on their heads and necks. They are positioned in the upper half of the frame, moving from left to right. The water is a deep blue-grey color with small ripples.

Två småttingar med stolta Föräldrar

Vid såna här tillfällen vill man ha en bättre Kamera och Stativ. Men då hade man inte haft Kameran med sig.

Nu hamnar ni på efterkälken igen.

Mamman har full koll.....

A photograph showing two ducks swimming on a body of water. The ducks are dark-colored with lighter patches on their heads and necks. They are positioned in the lower half of the frame, moving from left to right. The water is a deep blue-grey color with small ripples.

Two ducks swimming on a body of water.

I dag firade vi Annas
1 års dag.





Inte alltid lätt
att ha en
Lillasyster.....

Nils hjälper Anna med
paketöppning!



Kusinerna Tea
och Nils ska vara
hos Moster
Faster några
dagar.

Pizza på Rosas Stig.





Lego nya bitar – Roligt!
Tycker både Stor och Liten!!



En underbar kväll!
Killarna fegar ur, men
Tjejerna hoppar i!



