

# The Bainbridge Blabber

**Holiday Edition**

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**December 2016**

## *Merry Christmas*



**Christmas Greetings to all!** Time passes so quickly. We hope you all had a good year and that this greeting finds you happy and in good health. We are thankful for our continued good health and the friends and family with which we have been blessed. 2016 was a quieter year than most -- age happens, and eventually those little nagging health problems that you've been putting off for years, come home to roost and you have to take action.

That was much of our year this year – at least for Bob. You know we are getting old when we start off the letter with a medical report.

**Medical Report:** The “eyes” have it! In March, Bob, who has an eye phobia, finally screwed up all the courage he could muster and had long dreaded cataract surgery on both eyes. Turns out the surgery itself was a breeze and all of his fears were allayed with the help of mild anesthesia. In April, Bob found out he was a candidate to have a Watchman device implanted in his heart as an alternative to blood thinners. The procedure went well and he is pleased with the outcome.

Bob is occasionally (often?) described as a “pain in the ass”. He went to see the orthopedic surgeon for his continuing back/leg/hamstring pain. The diagnosis was inflammation of the piriformis muscle in the gluteus maximus – truly a “pain in the ass”. After more P.T., exercises, etc., Sandy found an article that recommended a stand-up desk to relieve the pain. He got a device to convert his desktop to stand up height. Hence, he has moved from being a “pain in the ass” to a “stand-up guy”. In the ultimate sign of indignity his physical therapist told him to get rid of the wallet in his back pocket as that was causing him to sit wrong. So, being the progressive, new-age guy that he is, he got a “murse” (man-purse)! Made of black canvas with a shoulder strap and just big enough to hold wallet, phone and Kindle, he is quite the “fashionista”.



**Medicare Momma:** Sandy turned 65 this year and is now an official “old bag”. One of the benefits, of course, is being eligible for Medicare. She’s been putting off treating her maladies until next year. Hopefully, she will stay in relatively good health. Now, if we could just get her to exercise regularly like she should! (tsk, tsk)

**Travel on Hold:** Our travel this year consisted of going back and forth to Springfield, MO for medical stuff. We had planned to go on an RV caravan trip to Mexico this coming January, but with Bob’s inability to sit for long periods due to his posterior/leg pain, we cancelled the excursion. We may go south this winter as we start to travel again.



A highlight of the year, was a daytrip to Branson for an elegant dinner at the College of the Ozarks to celebrate the 50th anniversary of close friends. As part of the trip, we visited the Ralph Foster Museum on campus, home of the original Beverly Hillbillies truck! Woo Hoo! We definitely need to plan for a bit more excitement for next year!

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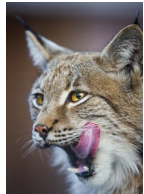
**Weather & Gardens:** The weather this summer was actually fairly nice with very few days hitting 100. However, the humidity, other projects and church work kept Sandy inside mostly. She did use the long, mild fall to continue re-doing the landscaping and ornamental flower beds. Anything that got repeatedly eaten by the deer or the rabbits was “so out of here”. She has replaced flowering perennials with 16 shrubs over the past two years and is hopeful for nicer looking gardens that require less maintenance. It’s that “age thing” again!

**Wine, Beer and Mead – Mead?** What next? As reported in the past, Bob has become a proficient beer brewer and wine maker. This year he decided to try his hand at mead. Mead conjures up an image of Vikings, or medieval kings sitting around swilling mead. Bob decided to try to make it. Similar to beer, but typically with a higher alcohol content, it is made with honey. It takes between 6 and 18 months to age. He is looking for tasters to help evaluate his work next year. You may have to wait until the 2018 Blabber to find out the results!



**Wildlife report:** In addition to the usual deer, bunny and vulture visitors, this year we had a heard of turkeys that would mosey through the backyard mid-morning. Bob kept wanting to shoot one since neither of us have every eaten wild turkey, however, they are apparently quite tough, have a “gamey” flavor and are best when deep fat fried. We decided to let the turkeys be, since “butterball” sounds much tastier!

Fishing was pretty good for Bob this year. Sandy likes the fish but has a policy—”you catch ‘em, you clean ‘em - just not in my sink!” Consequently, fish cleaning occurs on our dock. When the turtles hear Bob on that part of the dock, they stick their heads out of the water waiting to devour the discarded head, entrails, etc. He is expecting to receive a Christmas card from the turtles!



We also bagged two deer this fall, so we will be enjoying: ‘Bambi burgers’, ‘Sloppy does’, and Buck and barley stew, as well as medallions of venison and our famous deer sausage. As in the past, we did our own butchering and put the remaining carcass and bones in the woods for the animals to enjoy. By the next morning, all was gone. Bob is expecting a Christmas card from the animals as well.

**Sandy on overload:** Sandy has a hard time saying “no” when asked to help out at church. This year, she took on being treasurer for the women’s group at church. In January, she also took on being chair for one of the ladies’ circle groups. She also started serving on the church’s Finance committee. This in addition to part time leading of ladies’ bible study and being a part time liturgist. Just getting up to speed on the new positions took lots of her time. She resigned from the Finance committee as of the end of the year, and hopefully, now that she is up to speed on the other new things they will not be as time consuming. For now, she is spending more time in front of the mirror practicing saying “no”!



So far, life is still good and we feel very fortunate and blessed. We wish the same for you.  
*Merry Christmas to you and yours.*

*Bob and Sandy Bainbridge*



*May this Christmas Season be one filled with love and joy for all of you, and may you find the New Year filled with blessings and all good things for you and your loved ones.*