

The Bainbridge Blabber

Holiday Edition

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December 2018



Merry Christmas

Christmas Greetings to you all! This year has been quieter than most for us. We both had some medical concerns that kept our activity levels lower than usual and put a crimp in our traveling. However, Bob continues to enjoy fishing, smoking fish, brewing, grilling, and other cooking related activities. Sandy is glad he has hobbies he enjoys as she remains active in church and gardening activities. We hope you enjoy the comments on the highlights and foibles of the year that follow!

Medical Report(s): As you may recall from last year's Blabber, Bob had SI joint fusion surgery in his hip yielding relief from many years of pain. Of course, when you fix one thing, another often goes awry. The result was that in April he had total knee replacement. The recovery did not match his rosy and optimistic expectations but at the 6-month mark he declared that he felt really good. Grumpy is a kind view of Bob's attitude during the process and Sandy deserves kudos for being patient and solicitous during the process.

**LOOK OUT, EVERYBODY! I'M
GONNA BE CRABBY FOR
THE REST OF THE DAY!!**



In the meantime, Sandy had been having major problems with back pain and weakness in one leg. On describing her condition to her cousins in Tennessee, one of them said "Oh – you have the Olson curse" (Olson being her mother's maiden name). Apparently, this condition runs in the family. Physical therapy was not providing any relief or improvement, so she too went to see Bob's ortho surgeon. An x-ray and MRI revealed that she needed to be put on "the rack" – that is she had traction 3 times a week, plus daily exercises. That did the trick and she is mostly pain free and back to normal activity. Bob, being the sweetheart that he is, bought her a "rack" of her own -- an inversion table, so that when she starts to have problems again, she can just hang upside down. What a prince - every wife wants a husband that provides her a personal 'rack'! So far, she hasn't had to use it. Just the threat of it seems to be enough to keep her back in line.

Row, Row, Row your Boat: After Bob's surgeries, he was anxious to get back out in the boat and get back to fishing. He took the boat out for a spin, and found himself dead in the water when the motor stopped. He made it home, then looked at his repair options. When he saw that he could purchase a new, quieter engine, he got an aggravated case of 'boat fever'. Production delays and motor installation issues required many trips to the dealer with the boat going in and out of the water like a revolving door. Frustration was high since boat issues intersected with knee recovery issues. In retrospect he can laugh but grumpy was the word of the day for a while. And we all felt sorry for Sandy...



Fishin', Smokin', and Eatin': Once the boat was finally fixed, Bob got back to fishing for Walleye. A neighbor dropped off the occasional catfish, drum or white bass. Bob likes to smoke these and they make pretty good eatin'! This fall, Bob and one of his fishing buddies went to Mississippi for a couple of days of crappie fishing. The fishing was great – the catching was adequate. Overall it was a good time.

Gardening and Wildlife: With all the medical issues this spring, we decided not to have a vegetable garden this year. So, no report this year on invading critters. Bob is still hoping to get a deer or two this fall. If so, there is probably some deer jerky in Sandy's future! (see page 2)

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A Trip to the Pyramid: This year, for our anniversary, Bob suggested that we go to see the Pyramid. Thoughts of exotic surroundings, camels, sand, and Egypt went through Sandy's head. Oh, but this was the "Pyramid" in Memphis, TN – home of Bass Pro! Actually, it was a fun trip. We stayed in the hotel in the pyramid which had elaborate Cypress theme decorations. The rooms overlooked the inside where the shops are. Ducks, fish and alligators swam in the swamp themed pools inside the pyramid - very cool.



We also visited the nearby Mississippi River Museum at Mud Island which was an awesome experience. The entire length of the river is laid out in cement outside of the museum and is 5 blocks long! The museum has the history of the river going back 10,000 years. We had a great time and enjoyed learning so much about the river's history and the riverfront communities that have come and gone with the shifting bank. I highly recommend visiting both of these attractions next time you are in Memphis!

Sandy the Gardener: Sandy spent much of the year in caregiving mode, followed by her own physical therapy and exercise mode. After her pain subsided and mobility improved, she was finally able to get back to "playing" with her gardens (flowers and shrubs). In spite of a very hot, dry summer, she did get a few things moved around. Gardeners are never satisfied to leave things grow where they are!!! She also endeavored to try to do better with her houseplants. A fertilizer schedule and attention to light, PH and temperature has produced flourishing plants. She has even gotten last year's poinsettia to start to bloom with red bracts forming. She is in compost heaven! Outside gardens are still a work in progress, but she has plans to do more now that her back and leg are much better. Stay tuned...

Aw, dry up! This Fall, one of Bob's friends got a dehydrator and started making jerky. So.... of course, Bob wanted to try it too. He got some top round, sliced it thin and tried three different jerky recipes. He complains that there is something wrong with our refrigerator – the jerky just seems to melt away. Apparently, everybody likes jerky, especially the beer brewing crowd.

Mr. Beer: Bob continues to be active in the local home brewers club. He has expanded the repertoire of beers that he makes and has picked up a few tips from the meetings as well. Currently, they are conducting an experiment where everyone starts with the same beer base, then each member will use a different kind of yeast to see what effect that will have on the taste. The taste off and rating will be held shortly. Bob is still making wine and mead, and almost always has something in-process.

A "Tea" and some fundraisers: Sandy remains active in her church and attended a high "tea" fundraiser in June. Lots of fun, fancy hats, and little sandwiches. Meanwhile, the women's group at her church had three fundraisers this year– a candy sale, a bake sale and a silent auction. Being treasurer of the group, Sandy was busy cooking and baking and keeping track of the funds. All were successful events and will support local charities.

A Sorrowful Year: This year, an unusually large number of our relative, friends, neighbors and acquaintances passed away. Among them, Sandy lost her last uncle and a cousin. While we will miss them and remember them fondly, it is a constant reminder of the temporal and fragile nature of life; and how important it is to cherish each other while we are still here.

We are blessed to count you all as family and friends.

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.