

# Buzzings

The latest happenings from the family of  
Albert & Rena Bakker



## GRANDMA BAKKER

Jan 1—Quiet morning—no exercise. Don & Mary came for a visit. Elaine came too.

Jan 4—Our exercise was to take all the ornaments off from the Christmas tree and put them in boxes and put them away.

Jan 5—Went for a ride to Wal-Mart. Good place to do some walking.

Jan 7—Snowed all day. Very stormy out.

Jan 12—Mary came and took me to doctor for check-up. Had an X-ray for a cough I had. It's ok.

Jan 15—No exercise as they were putting new cupboards in the kitchen. Needed room to put things.

Jan 17—My sister-in-law, Jeanette Kerstra, passed away. She had fallen down the cellar steps and broke ribs and needed stitches in her head and some broken bones in her neck.

Jan 18—Had a nice hymn sing downstairs. Very good.

Jan 21—Had a perm today. Afterward went to funeral home to visit with Uncle Freds family.

Jan 22—Went to funeral of Aunt Jeanette at First Byron Center Christian Reformed Church. Mary took me. Tom & Denise and Danny came for a visit at night. They took pizza along.

Jan 23—Tom & Denise and Danny picked me up at nine to go for a long ride to Dave & Karens cabin for a Birthday Party and potluck lunch.

Feb 1—Elaine, Arla, Mary and Karen took me to Russ' in Cutlerville for lunch. Afterwards went to the farm to check things out then to Dorr. Rode through the cemetery. Then to Project Hope to bring some things I didn't need any more.

Yesterday our Moline minister, Rev. John Quinga stopped in for my birthday.

## ELAINE

WINTER! Food: soup and chili and desserts, and celebrating the holidays. Music: praise concerts, the MESSIAH, the Symphony, and CD's. Organizing: closets, cupboards, and the continual "paper battle". Tours: bus day trip to Shipsewanna including a visit of an Amish school in session, and another day trip with Shari to tour the Lyon and Healy Harp Factory in Chicago. Reading: magazines, books, and doing puzzles. Bible Study. Bird watching: as long as I keep the feeders full. And ... Snowplow service: #10 already. I don't think I mind winter, especially when there is time to get together with family and friends! Praise God from whom all blessings flow!



Elaine enjoys spending some time reading with her Grandchildren, Todd and Danielle. (or are they telling her what to read?)



**Next newsletter deadline: MAY 1, 2010**

## ALAN & LYNN

Hello from up north! It was great to see so much of the family at the Birthday party, and catch up on all the news. Especially about new nieces and nephews from Haiti.

The news from here, it's snowing. The wood stove is keeping us warm. We are looking forward to our trip to Hawaii in March. Lynn and Andrew had a Camp In with the Cub Scouts, where they camped in tents inside the church. The Cub Scouts also made sleds out of duct tape and cardboard, and had a huge gathering to judge their creativity. All the boys and Alan enjoyed the Boy Scouts' sled race, called a Klondike Derby, where they race their wooden dog sleds- the boys are the propulsion- and are judged on their knowledge of Scout skills like first aid, knot tying, and fire building.

We have been skiing every week. Andrew is in the play "Where the Sidewalk Ends"; he has practice at school every morning at 7 am. Cindy is turning into a good bird dog, chasing the grouse that roost in our pine tree.

Happy Valentine's Day- and love to all!

**LATE BREAKING NEWS:** Josiah broke his arm skiing Friday night, and went from skiing to the Boy Scout Klondike, where he was the First Aid victim.



## BOB & ARLA

Hi family ~

Winter is here and we are dreaming of palm tree's and sunshine!

We keep busy with our Hobby Job's and Bob has had a few overnight driving trip's to Pennsylvania and NY. Bob also keeps busy with Consistory Meetings and we both help with AWANA every Wed. night at church.

Our kids and grandkid's were all here for dinner on Thanksgiving Day and on Christmas Day, Don and Mary, mom, and the Vander Goot's all joined us for dinner here.

It sure was great to see everyone from near and far at Dave and Karen's Hidden Creek Lodge up north. We all enjoyed celebrating mom's 93rd birthday and all the food was excellent. Thank's Vander Goot's, the drive isn't that faaarrrr !!!

It's time to start thinking of packing the suitcases for our trip to Florida. We have plan's to leave next week & return home The Lord Willing in 6 week's.

Blessings to all—Bob & Arla.

## SCOTT & SHELLY

Everything is fine with the Boermans---we are sick of the cold weather, and counting the days ( around 40) until our trip to Florida. We will rent a house again this year and spend some time with both sets of grandparents!! Whitney is doing well in Kindergarten and reading everything she can get her hands on. She'll be having some teeth pulled by the oral surgeon later on in February to make room for the new ones coming in. She is already calculating what the tooth fairy might bring for 4 teeth at once! Cameryn is 4 and ready for pre-school in the fall. Thanks to her sister she already knows her Zoo phonics and can write her name with a couple of interesting looking letters. Shelly and Scott are still thankful to have jobs that we truly enjoy--we were sorry to miss the Bakker Bash, looked like everyone had fun. That's all for now.

Scott, Shelly, Whitney, and Cameryn



## DON & MARY

Here's the latest Buzzz from Don & Mary.

Fall lasted a long time here which helped me in getting the annuals all pulled by Thanksgiving. Don went deer hunting again in the UP. No deer, but lots of good food and fellowship with the friends from Fremont. He also went fishing up there and caught a nice pike at Fawn Lake. John built a cabin there which is almost finished. (Look it up, it's for sale.)

We are enjoy a slower pace lately. Matt and Joni and getting ready to continue our landscaping business (started 28 yr ago), and Don and I will continue our retail water gardening for now. Does that mean we are 1/2 retired?

Seems like everything broke here last week. First the refrigerator quit, then Don's good camera so had to buy new. Then the garage door opener quit plus one of the greenhouse heaters and Don was able to fix both. Guess it's time for vacation - we are going to Kauai HI and leave Feb 3. Our kids gave us books for Christmas so we've been reading of where to go, what to do, as well as what not to do. Don plans to do some snorkeling and see lots of pretty fish that he doesn't have to take care of. Well, it's time to pack!

Don & Mary

## RYAN & JAYNE

Hello Bakker Family!

Hope this newsletter finds everyone warm and healthy, both of which we are for the time being!

Kids have been really healthy up until the last week in January, when Andy had a little bout with RSV. Ryan is still plugging away at his Master's Degree, I have done one wedding this winter plus a few consultations for the summer, and the kids are getting anxious for spring and warmer weather! I guess we'll just have to do with HEARING about Jason and Joleen's trip to FL, and my folks' trip to Hawaii.☺ We went on a trip with the Tibbets' family to Great Wolf Lodge for a weekend, which was lots of fun. The kids decided they would like to live there. Kids are thinking Andy is a pretty great addition to our family. They like to come up with nicknames for him, the latest of which is "And-drool".

Love, Jayne and family



Grandma Bakker holding her Great-Grandson, Andy Tibbets.



**TO SHORTEN WINTER,  
BORROW SOME MONEY  
DUE IN SPRING.**

~W.J. VOGEL



## CAL & LISA

It was great to see all who were able to make it to Mom's birthday celebration this year at Karen and Dave's cabin. The time always goes by so quickly and we never have enough time to really visit and catch up. We need to do that more often. After the party wound down, Cal took Lydia, Morgan and Cody for a ski out back and around – probably a couple of miles distance. What a beautiful place for a retreat.

Winter came late this year—not much snow until early December. So far this year we've had about half of what we did last year,

Cal wasn't able to bag his buck during the deer season this past year. He notes there isn't much wildlife around right now except a few coyote and he saw tracks of a pine marten. No rabbits in the area at all – says the coyotes must have gotten them all. We did have one red squirrel in the garage that he trapped out of there, but it seems there's always critters getting into the warm spots in the barn or garage.

Cal, Morgan and Cody spent most of the month of December selling Christmas trees that Cal has planted over the years. The proceeds were donated to help fund Morgan's educational trip to Australia this coming July. We had hoped to be able to defray costs by \$500, but the end result was more than \$1500 in sales. The boys will be spending their spring and summer helping Grandpa plant and trim trees for years to come. Perhaps next over the next few years we can fund some family vacations like Al and Lynn's trip to Hawaii.

This has been a record year for illness in our family. It seems like we are on round 3 with the flu – different symptoms every time. (Don't know if any of it was swine flu). Lisa had a bad bronchitis that lasted over a month, and every time she gets even the sniffles she can't go visit her father because we have to keep illness away from him.

Lisa's dad is doing well these days. Her Mom said yesterday that Dad has had two good weeks in a row and that they went out for dinner on Tuesday to celebrate Dad's 83<sup>rd</sup> birthday. That was the first day in a month that Dad felt well enough to travel away from home for any reason – a car trip usually wears him out to the point that he sleeps for hours afterward. But Mom said that he came home and was energized after Tuesday's outing. Please pray for Mom's patience and endurance, and for Dad's salvation.

Lisa has had a few good bowling scores this year. One 299 game, and a 725 series. Lisa still spends Saturday mornings coaching the children's leagues where Morgan and Cody bowl. Both the boys are very good bowlers – we can't wait to have them on the high school team. Morgan has posted four 200+ games so far this year, his high a 214, and Cody has had a couple in the 180's, his high a 189. It's very gratifying to coach a sport that your family takes an interest in, as well.

I guess that's all from the near-frozen north Bakkers for this winter. More news come spring.



## DAVE & KAREN

It's been a cold few months since the last Bakker Buzzings came out. It seems that when the news reports the weather, Big Rapids is always one of the coldest places in Michigan. Those zero degree (or below) temps are not fun, but we keep the faucets dripping and so far haven't had any frozen pipes! But, spring is coming, and we look forward to that!

We have enjoyed spending many weekends at our cabin, and thankful we can "get a way" without going too far! We enjoy watching the wildlife there and even cut down a live Christmas Tree which we very much enjoyed during the Christmas vacation.

Dave continues to fight the battles of education in Michigan with all of the financial cuts the State continues to dish out while requiring more and more from the schools. Karen has been substitute teaching quite a bit, mostly in the Big Rapids Middle School and she also is still working hard in real estate. Abi is taking a class at Baker College in Cadillac and continues to job search and Zac just completed the interim class at Calvin and started second semester there.

Hoping that in the next edition of the Bakker Buzzings we will see some pictures of Spring Flowers!

Dave, Karen, Abi and Zac



# Buzzings



## NEW FAMILY MEMBERS FROM HAITI!

Congratulations to Brice & Sara who adopted two children from Haiti—Alix and Christy.

Travis and Becky are waiting for their two adopted children to come from Haiti. The kids just need the O.K. to leave and a plane to bring them to Florida where Travis and Becky are waiting for them (Feb 14, 2010).



## JASON & JOLEEN

We had a great time in Florida when we were there from Jan 25—Feb 3. The weather was a little cool, but that did not bother us! We flew into Ft. Lauderdale then rented an RV and drove to the Keys. We rented a boat for a day and did some snorkeling out at John Pennekamp, visit Bahai Honda State Park, drove through Key West, the Everglades, Ft. Myers, Sanibel Island then back to Ft. Lauderdale. It was nice to go on a vacation without Jason working!

We're all staying healthy, getting our work done and having fun playing soccer on Thursdays. We occasionally go to the Kentwood Pool when we have a chance to go for open swim.

Jason has been finishing up two projects, one at Country Dairy in New Era, MI and the other right in Byron Center. This week he'll also be heading over to South Carolina to do some work at a Pepsi plant.

We're looking forward to a change in the weather. Jason and the boys have cut down a couple of trees in the yard near the house. Sam has been doing all our snowplowing this past Winter as well as keeping the wood boiler for the barn loaded up.

Not much else happening.—Joleen



**Q: Doctor, I've heard that cardiovascular exercise can prolong life. Is this true?**

**A: Heart only good for so many beats, and that it... Don't waste on exercise. Everything wear out eventually. Speed up heart not make live longer; that like say you can extend life of car by driving faster. Want to live longer? Take nap.**

**Q: Should I cut down on meat and eat more fruits and vegetables?**

**A: You must grasp logistical efficiencies. What does cow eat? Hay and corn. What are these? Vegetables. So, steak nothing more than efficient mechanism of delivering vegetables to system. Need grain? Eat chicken. Beef also good source of field grass (green leafy vegetable). And pork chop can give 100% recommended daily allowance of vegetable products.**

**Q: Should I reduce my alcohol intake?**

**A: No, not at all. Wine made from fruit. Brandy is distilled wine. That means they take water out of fruity bit; get even more of goodness that way. Beer also made out of grain.. Bottoms up!**

**Q: How can I calculate my body/fat ratio?**

**A: If you have body and you have fat, ratio is one to one. If you have two bodies, ratio is two to one, etc.**

**Q: What are some of the advantages of participating in a regular exercise program?**

**A: Cannot think of single one, sorry.. My philosophy: No Pain...Good!**

**Q: Aren't fried foods bad for you?**

**A: YOU NOT LISTENING!!! .... Foods fried in vegetable oil. How getting more vegetables be bad for you?**

**Q: Will sit-ups help prevent me from getting a little soft around the middle?**

**A: Definitely not! When you exercise muscle, it get bigger. You should only do sit-ups if want bigger stomach.**

**Q: Is chocolate bad for me?**

**A: You crazy? HELLO! Cocoa beans! Vegetable!!! Cocoa beans best feel-good food around!**

**Q: Is swimming good for your figure?**

**A: If swimming good for figure, explain whales to me.**

**Q: Is getting in-shape important for my lifestyle?**

**A: Hey! 'Round' is shape!**

Well, I hope this has cleared up any misconceptions you may have had about food and diets.

AND.....

For those of you who watch what you eat, here's the final word on nutrition and health. It's a relief to know the truth after all those conflicting nutritional studies:

1. The Japanese eat very little fat and suffer fewer heart attacks than Americans.
2. The Mexicans eat a lot of fat and suffer fewer heart attacks than Americans.
3. The Chinese drink very little red wine and suffer fewer heart attacks than Americans.
4. The Italians drink a lot of red wine and eat lots of pasta and suffer fewer heart attacks than Americans.
5. The Germans drink a lot of beers and eat lots of sausages and fats and suffer fewer heart attacks than Americans.

**CONCLUSION...Eat and drink what you like. Speaking English is apparently what kills you...**