



March 2020

# The Kooistra Keepsake

HCJB Ecuador; Casilla 17-17-691; Quito, Ecuador

The topic on everyone's mind is the Corona virus, COVID-19, and how it is affecting daily life. This may be the first time that we have faced a crisis in Ecuador while you are facing the same thing in the rest of the world. So, you may not be shocked when we tell you what life is now like for us.

The city of Quito is on lockdown. Tammy can only leave our house to get food and medicine or go to the doctor. Geoff can go to work because the radio is considered essential as a means of communication. Of course, since we live across the street from the radio, it is easy to get to! He is working from home most of the time though, in order to minimize contact with others.

We are happy that HCJB has been able to continue its radio and Internet ministries. This has been a great encouragement for the audience in this time. Thank you for praying for the ministry.



*Geoff's commute to work*

Yesterday, Tammy walked two blocks to get to the closest grocery store. All the employees wore masks and gloves, they gave out hand

sanitizer as she entered the store and she had to buy a mask to wear while in the store. The shelves were almost full and there is a lot of toilet paper. We now have enough food to last for 2-3 weeks in case they further restrict shopping times.



*Grocery store - the yellow building*

The city is eerily quiet without the normal traffic and people moving around. The air today is crystal clear too. We can chat with the other people in our building- so we are not completely cut off from others. We also video chat to talk with others every day.



*Crystal clear view of Cotopaxi*

We are not allowed out in public to exercise, so Geoff ran around the outside of our building, but inside our fence, 50 times. We are estimating that 50 laps = 5K. Tammy

helped by trimming back the plants that were closest to the fence.

Sara gets bored as the only child here and having to do online classes from home rather than go to school. She is missing being with her friends and having someone her age around to talk to.



*Making workspaces at home*



Emma was visiting Tammy's parents on her spring break when her classes at Michigan Tech switched to online. Emma's grandparents were able to drive up to the Tech with her last weekend and help her empty out her room. She is now doing her classes in their home.

Jacob was able to stay at Calvin for a week and keep working after they switched to online classes, but they have now closed the dorms there as well. He will be going to Tammy's parents' house now.

I, Tammy, just finished leading a women's Bible study on the book *Anxious for Nothing* by Max Lucado. I had chosen this study because of the protests that happened here in Ecuador last October. During the protests, we were stuck in our houses for safety reasons and everyone was anxious about what would happen and how their lives would be affected.

We are now in a similar situation once again and I am glad to have the tools that I learned from the study to help me through these difficult times. I highly recommend the book if you are currently struggling with anxiety.

*Geoff & Tammy*



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