



Team Dowma

Our Six Years of Marriage

We have adored our past six years of marriage. We had the pleasure of celebrating our five year anniversary at the American Restaurant in downtown Kansas City. It was an extraordinary meal due to the view, service, food and company. Our highlight was when we discovered that we had given each other the EXACT SAME CARD! The photo above is 7/16/09.



Wine Making

We have continued to treasure our wine making room in the basement and have produced: South African Pinotage and Chenin Blanc, raspberry, mixed berry, Gewurztraminer, Pinot Grigio, and Sweet Mead.

Dowma Facts

We do our best to be kind to the planet via recycling, walking, participating in energy saving electricity programs

We probably eat about 85% organic and invest in local farms.

Dan Update

Dan has continued to work for Target as a contractor. He had to take a mandatory month off in December 08-January 09, but used this to his advantage by going to Cancun, and spending extra time in Minnesota for the holidays. His current contract was up this summer but now has been extended.

Dan continues to stay active by playing frisbee golf. This allows him to keep his reconstructed ACLs happy.

Raspberry growing and wine making have continued to also serve as Dan's hobbies. This year the raspberries are very tall and active.



this issue

6 year anniversary **P.1**

Noelle and Dan Update **P.1**

Cancun Trip **P.2**

Mediterranean Cruise **P.2**

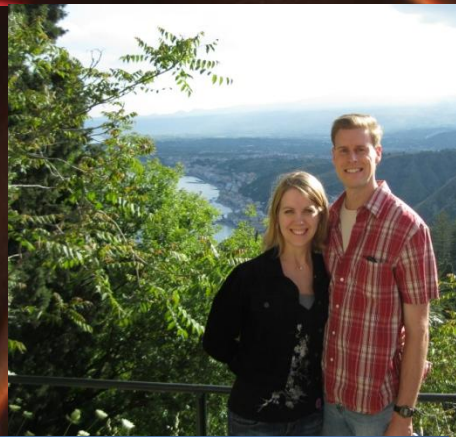
Noelle Update

Noelle changed jobs in the late summer 2009. She now is at CORE Strategies Physical Therapy. It is a PT owned private practice that has allowed professional interaction with talented therapists, longer patient treatment times and a closer drive. CORE purchased Pilates equipment as well, so Noelle also teaches Polestar courses at this facility.

Pilates teacher training teaching has accelerated this year. Noelle agreed to teach a Minnesota series, which means she is flying to Minnesota one weekend a month from May through September.

Noelle's dance medicine specialty has expanded to Kansas City, as she now is faculty and medical team member of the Kansas City Ballet School.

Noelle started her own company in the fall of 2009. Dowma Pilates LLC serves as a medium to market courses for Polestar Pilates Education, and then pay for the educator and rent.



Cancun Trip December 2008

Dan and Noelle ventured to Cancun for an ultra-relaxing vacation. Besides napping, and lying on the beach, they were able to visit Chichen Itza (one of the "new" 7 wonders of the world) as well as Noelle's college dance friend Vanessa and her husband and 3 day old baby.

Our Mediterranean Cruise

- **May 2010 We went on a 12 day cruise to the Eastern Mediterranean.**

We traveled from Rome, to Naples, Italy, Athens, Greece, Kusadasi, Turkey, Rhodes, Greece, Alexandria and Cairo, Egypt, and Messina and Taormina, Sicily, Italy.

- **We had a fabulous time on the ship**

Royal Caribbean's Navigator of the Seas is the 6th largest cruise ship in the world. We had lots of relaxation, great food, entertainment and met some friends from all over the world.



We hope this finds you full of love and health.
Please visit us on our newly updated website
for larger and more plentiful pictures of the
past two years:

www.dowma.com

