

Friends and Family,

I'm writing you from Nicaragua as I watch Marie, Will and Evie splash around the pool with the turquoise waters of the Pacific Ocean in the distance. Our six-month adventure in Central America has turned into nine months and, truly, an experience of a lifetime. We came down with the following goals: to spend more time together as a family; to experience a new culture and language; and to see new parts of the world. It was an opportunity for me to decompress after selling Tru Family Dental and spend quality time with my family while our kids are young and have no commitments. I can happily say we accomplished our goals and so much more . . .

Marie (5) came down here a toddler and is leaving a young girl. She rolls her Spanish Rs better than Jennie and I ever could, received her first set of stitches on a volcanic island in Lake Nicaragua (ask me for the story, it's a good one ☺) and got her ears pierced in Medellín Colombia. She absolutely loves school and has made friends from all over the world. Will (3) has gone from a baby to a snow white blonde crazy boy. He learned to ride a bike without training wheels and recently started riding the pump track on his own. Zip lining in Costa Rica was also a big highlight for little Willy, and he's become quite the independent swimmer. Swim team, look out! He's more than ready. Evie (1)....where do I start?! Well, her nickname is Diablita, which means little devil in Spanish. She went from crawling to running and has found a way to climb on top of everything in the house. Her favorite activities include going on gato (cat) hunts each morning, learning to swim and speaking Spanish as her primary language. She is also way more social than Jennie or me, as her social network includes every single person here at Rancho Santana.



Helping release baby turtles – Nov 2021

Just like our kids, Jennie and I have grown throughout this Central American experience. Our marriage was put to the test when I taught Jennie how to drive a manual transmission vehicle. She figured it out and can now zip around the beaches of Nicaragua like a local. I have had weekly conversational Spanish lessons and have improved leaps and bounds; I can now survive in a Spanish-speaking country. Together we've picked up the new sport of pickleball . . . So much fun! We have also become travel agents for our children. We have been lucky enough to travel to some pretty cool spots – Ometepe, Costa Rica, Little Corn Island, Panama, Colombia and more. While Jennie has been improving her yoga practice and hiking skills, I've had the

opportunity to improve at surfing. Prior to coming down here, I under-appreciated how hard surfing actually is and the time commitment it would take . . . but I can proudly say Jennie finally calls me a “surfer.” Most importantly, together we have spent quality time with our kids playing, swimming, hiking, biking, searching for monkeys, watching baby turtles hatch, seeing humpback whales breach next to our boat and more, creating life-long memories. These nine months have been a gift. Jennie and I hope these experiences and meeting people from different parts of the world will shape our kiddos into kind, culturally-aware, empathetic humans.

Personally, I have had two aha moments on this adventure. First, I experienced and learned what it truly means to be a stay-at-home parent. No other role in life is so rewarding, yet so challenging. I remain in awe of what Jennie has and continues to do for our family. The second has been the challenge of living abroad in a country where the primary language is not our native tongue. Adapting to a new culture, new language, new climate and more presents its challenges . . . And we **chose** to do this. I am now more impressed than ever with people that leave their homes and everything familiar to start a new life somewhere else; it's not easy. I have walked in others' shoes these past few months and need to continue this practice in the future; it is amazing what you can learn when you get a little out of your comfort zone. I challenge you (and myself) to find ways to get out of your comfort zone. For example, attend a church or service of another faith, start up a conversation with a stranger or join an organization with a diverse membership base. With new experiences comes a greater level of empathy toward others. The more empathy we can find, the better we can connect with one another and make the world a better place.

Similar to my Nicaraguan experience, the Copper Triangle Ride has turned into more than I ever initially imagined. I did the first bike ride in 2007 for the purpose of contributing to a cause that was directly affecting my dad via an activity that I enjoyed. In years to follow, it became a bonding experience with my dad, an annual boys trip in the mountains. I've gotten my mom, sister, brother-in-law, wife, business partner and friends to do the 79 mile loop with me as well. I joined the Board of the Davis Phinney Foundation, where we touch millions of people with Parkinson's. As I embark on my 16th consecutive ride, I smile because Wild Bill would be so fired up with how it has all progressed.



San Rafael Colombia – May 2022

I will be riding again this year for Wild Bill's Warriors to support two organizations that made a positive impact on my dad's life, the Davis Phinney Foundation (DPF) (<https://www.davisphinneyfoundation.org/>) and The Illinois Valley Brain Injury (IVBI) Clubhouse. In 2021, DPF launched the Healthy Parkinson's Community initiative, which provides the resources, staff support and tools to create communities of Parkinson's members around the entire US. Another milestone achieved by DPF was they touched more than 1.1 million people last year through their various activities. IVBI went back to in person activities in 2021 and was able to maintain their level of support to their ever growing membership base, which includes thirty individuals and twenty families. They have set an ambitious goal this year of fundraising to purchase a new van to allow their members to complete more outings in the community. As you can see, both organizations are up to great things and a gift makes a significant difference.



Boat trip – June 2022

We have upped our fundraising goal to \$25,000 this year as we would like to make a greater contribution to IVBI to help with the purchase of that new vehicle. During a recent chat with Tanya, the director of IVBI, she reminded me how much Wild Bill enjoyed those outings. I fondly remember that too. Those outings and activities were the highlight of his weeks. To make a donation to my ride on August 6th, please visit

<http://www.wildbillswarriors.org/>.

How about what's next for our crew? We have started to pack our bags for our July 11 return to the States where we will land in Park City, Utah. We will begin to establish roots there as Marie starts kindergarten in August and I will get focused on the next professional endeavor. We have lots to look forward to . . . As this Nicaraguan adventure ends, a new one begins.

As always, BE WILD . . . and thank you all for the continued support!

Love you all,

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