

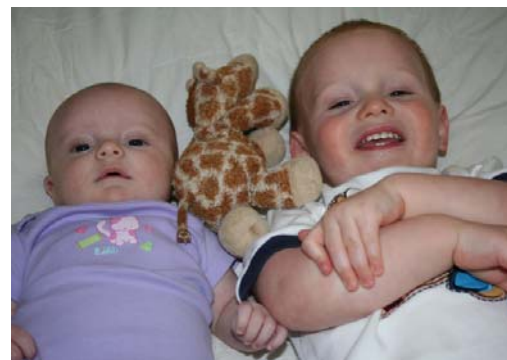


# Bihl's Bugle



***Merry Christmas!*** We are happy to present you with the second issue of our annual newsletter. The first week of January, Danny & I moved to Hewitt, TX from Fort Worth. We have enjoyed being back in the Waco area, after having been gone for over two years. We've been able to see Danny's family more often since they live in the nearby cities of Mart and China Spring. My family, on the other hand, has moved away from us! :( Daniel, Sara, & Luke (my brother's family) moved from Hewitt to Mount Pleasant, TX during the beginning of the summer, and the rest of my family moved to Fort Worth in July of 2006. Danny's family and some members of my family all gathered together for Thanksgiving this year. It was a tight fit in our modest two-bedroom duplex, but we had a good time of food and fellowship.

One of the highlights of the year included the birth of our beautiful little niece, Claire Danielle Muskrat. She was born July 19, weighing 6 lbs and 7 oz. She is pictured right with her older brother Luke, who turned 2 in September. Danny's niece and nephew are also pictured below: Madylin (5) and Jace (2). We love our kids!



Danny's mother's family from Virginia was able to come and visit this year. Danny's Papaw and his Aunt Patti came to visit in September, and Danny's Mamaw and Aunt Patti visited in November. Pictured to the left are Cheryl (Danny's mom), Mady, Mamaw, Jace, and Aunt Patti. Next year, we hope to make a trip to VA to spend some time with the rest of the family...

## *Amy's Activities:*

I had a busy schedule this year. I completed a five-month internship with the Alzheimer's Association in Waco as part of my graduate study requirements. I learned a great deal about the disease and the Association's advocacy efforts, and I had the privilege of working with wonderful, caring people within the agency and the Waco community. During the month of September, the Alzheimer's Association of Waco held its annual "Memory Walk" to raise funds for research and support programs. I am proud to say that the Muskrat-Bihl Family Team raised \$1,090 in memory of Fran Muskrat and Jesse Bihl, in honor of Betty Muskrat, and in honor of all those who have been affected by Alzheimer's. Thank you to all of our family and friends who supported the cause with your monetary contributions and prayers. I encourage you to visit [www.alz.org](http://www.alz.org) to learn more about how you can get involved in the fight against Alzheimer's.

In August, I graduated from the University of Texas at Arlington with my Master's degree in social work. I am also happy to announce that I recently passed my licensing exam and am officially a Licensed Master's Social Worker (LMSW). Since the end of July, I have been working as a social worker on the Providence Sub-Acute Care Unit (rehabilitation unit) of a skilled nursing facility in Waco. I am enjoying it so far, and it certainly keeps me on my toes.



### *Danny's Doings:*

Danny's been busy this year too. He still works as a Firefighter/Paramedic at Harker Heights F.D., and he has worked as a paramedic on his days off at East Texas Medical Center and Central Texas Regional. He has taken several training courses, such as Flood/Swift Water Rescue (left), Driver Operator (to drive the engine), and Vertical Rescue. I participated in the first day of the Vertical Rescue training, and we rappelled and belayed together off a canyon in New Braunfels, TX (below). Danny is now certified as a Flood/Swift Water Rescue Technician, a Driver Operator, and a Vertical Rescue Technician. We both plan on taking a Wilderness Survival course together soon.

In April, Danny started training for triathlon competitions, and he lost 60 lbs. He placed 6th in his division in a race in May called "The Best Dam Run", and he placed 8th in his division at a Temple triathlon in August (below right). He has scheduled three more triathlons for next year. Whenever Danny is not training (either for work or for races), he enjoys going hunting. We went dove hunting in September, and I got a dove on my first shot! (but none after that). He of course got several, and we ate a delicious meal of dove meat wrapped in bacon. He's slowly working me up to going deer hunting with him... we'll see.



*We love you all and wish you a very Merry CHRISTmas and a Happy New Year!*

- Danny & Amy Bihl (dannybihl@gmail.com, amybihl@gmail.com)