Sunday in the Country with

Dawn Derow

When Rose Billings said she wanted to come up to North Salem, NY to visit and to take photos of John Williams and me outside at our country home, I said, "Of Course. Come See me and I'll make you some of my favorite gluten free turkey meatballs." (Visit my YouTube



page for the recipe.)
The meatballs turned out
great! Even better were the
photos se took.

My partner John and I met her at the front door with our masks on and with my rescue terrier, Maddie.

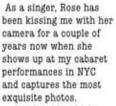


During quarantine my independent business of personal trainer, yoga instructor, and mobility coach has moved online. On Sundays I offer a stretch and mobility class and my private clients see me through Zoom and









Sunday, May 24th was no different. So I grabbed my guitar and serenaded her, which makes Rose happy, as she clicked away.



June 21, 2019 - Opening night of "The House that Built Me" at the Laurie Beechman Theatre



FaceTime during the week.

I keep active up here in the country, if I'm not working out, or singing, I'm in the kitchen cooking delicious healthy meals for John and his daughter, Sam.

Rose got to experience it all for a day. Music. Food. Yoga. And Love.

I made Rose's day a little brighter—I gave her food, music, love, light, and nourished her in every way.

Follow me on Instagram, Facebook, and YouTube.

- Dawn Derow