

Hello TRR Family!! Here is the **Thursday Boof**...what is a boof you say?

A **boof** is the sound the hull of your kayak makes as it lands flat after flying over a wave on a windswept lake or ocean wave; or a kayaker flying over a pour over rock on a rapid in a river. note the word "flying".

We should all endeavor to fly over the storm we are currently experiencing. Let our thoughts be filled with whatever gratitude and joy you can muster, and allow your spirit to soar-even if just for a moment.

A short true story for the week, which encompasses the *resolve* and *resilience* our 2 "short" Monday Videos have encouraged:

Lonnie Bedwell (and please don't share with him..his head is already the size of a small planet):

Most of you know Lonnie Bedwell, our expert blind whitewater kayaker. Lonnie is totally blind...and this is true, **he walks each day either a 6 or a 10 mile loop... outside...alone...**on gravel roads through the fields surrounding his Indiana home. He needs to make 5 or more turns, depending on which loop he takes. He told me he uses the tire grooves in the gravel country roads, and his walking sticks, as guides. Take a moment to consider this...walking totally blind miles away from home. Lonnie has always epitomized *resolve*-not let blindness define or stop him. And *resilience*-pushing through to recover adventure and life no matter the obstacle.

We can do the same; and we can offer what strength we have to the many veterans we serve...model resolve and resilience. Please pass this on to your Chapter....we got this; we can get through this, together.

Finally, here are 2 links for information:

Trevor Noah and Dr Fauci on questions regarding the Covid-19 virus:

<https://youtu.be/8A3jiM2FNR8>

This is a longer video of a Dr on front lines in New York City from last week; similar info, but many who watch find it positive in message and uplifting:

<https://vimeo.com/399733860>

Be well...be safe...wash hands and do not touch a yo face!!

Boof On! (later this summer-fingers crossed)

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