

Good afternoon Team River Runner family....another Thursday, and another **Boof note** (the sound a kayak makes when landing flat on the water-Boof!!)

When the Pandemic took over, in mid March, the first Boof urged all of us to find resolve in our lives. Make personal resolutions that we would be patient with ourselves, our families, and the new realities we will be confronting.

While TRR and the nation, slowly reopens and ventures in small groups outside, keep in mind old wisdom you may have heard from ancient ones - I'm a geezer in training, by the way.

An ounce of prevention is worth a pound of cure.

So I continue to ask, most humbly, for the TRR Family to be patient...go slow...be thoughtful.

An Australian Aborigine wisely taught:

Keep your eyes on the sun and you will not see the shadows.

The sun will shine on our nation again, let's focus our resolve and patience on that knowledge.

Paddle On!

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