

OK, so here it is November 8th and a whole bunch of folks are thinking and praying for calm waters for the start of tomorrow's **Panhandle Peace Row**. Well, welcome to the ebb and flow of RowBobRow's world. There's a saying that Sue and I use on a regular basis, it goes like this. *"If you really want to make God laugh, tell Him/Her what your plans are. God must be laughing right now"*.

Last week, while in South Florida, I injured my left knee to the point that I couldn't bend it without a lot of pain. Two visits to a D.O. in Hollywood with not much relief. So back to Vero to the world's greatest chiropractor, Dr. Kevin Healy and yes it feels much better but it still doesn't bend much.

THE DECISION... It would really be dumb to ask this knee to bend to my stomach, 20 times per minute X 60 minutes, X six hours per day, X 7 to 10 days = 175 miles. Thus, you can start thinking about healing and leave the waters of the Panhandle to God.

Not sure at this point if or when this row will be rescheduled. This is the third attempt to do this row but 2 hurricanes and 1 knee say NO. The good news is that six months of training has left me in better shape than when I started.

The team of RowBobRow want to thank each of you for your ongoing support. (that is a reminder that the DVD documentary and the World Peace thru Inner Peace tee shirts are available for those who are looking for gifts that keep on giving)

The future is bright with ideas of what we will plan next. You can be assured that we will keep you informed and will give you the opportunity to participate. They will involve rowing, breaking the regular routine, peaceful days and maybe even overnights. Of course, we will still be raising funds for cancer research. That's kind of a given since I'm still dealing with WM.

We are more hopeful than ever that inner peace will lead us all to world peace.

Peace and Blessings, Bob & Sue