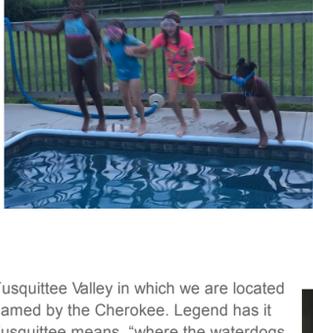
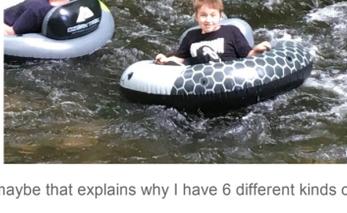


## Attention all Laughing Waterdogs



Summer is right around the corner so, for so many reasons, I thought what a nice topic water would be for our newsletter. First, we need, like, love to drink it, especially since it is the only thing left in my house to drink when I have been on my quarantine weeks and run out of my supply Fairylicious White Rock Ginger Ale. Second, it's bad enough having to ration our toilet paper but without water, just imagine, no flush. Third, coffee requires water, enough said. Finally, Mr. Coronavirus No.19 he melts in water just like the Wicked Witch of the West!

The Tusquittee Valley in which we are located was named by the Cherokee. Legend has it that Tusquittee means, "where the waterdogs laughed." For a long time we wondered what these laughing waterdogs were. We figured they were probably an otter or a beaver but nope, the legend says it was a huge, like seriously I am not kidding back in the day, ginormous, salamander. They may have weighed hundreds of pounds. They are the cutest ugly things you can imagine. I always miss out spotting one, but Kayla freaked when she saw one sunbathing on a rock at Fires Creek last summer. Kacey pulled a baby one out of the creek right in front of the house one summer. She was my first Official Still Place Laughing Waterdog, even though, at the time she was more of a mudpuppy!



Outdoor water has always been my zen, from listening to the babbling stories of Compass Creek, tubing down the Ichetucknee (where I used to live in Florida) on my tummy, kayaking amongst the early morning diamond sparkles of the Suwannee River, to capsizing in my ducky on the Nantahala. Well that's not very zen, just really cold. I even love walking in the rain, especially across Spain. Come to think of it, indoor water is not that bad either. I must confess I am a Pisces and

maybe that explains why I have 6 different kinds of bubble bath for every little mood.

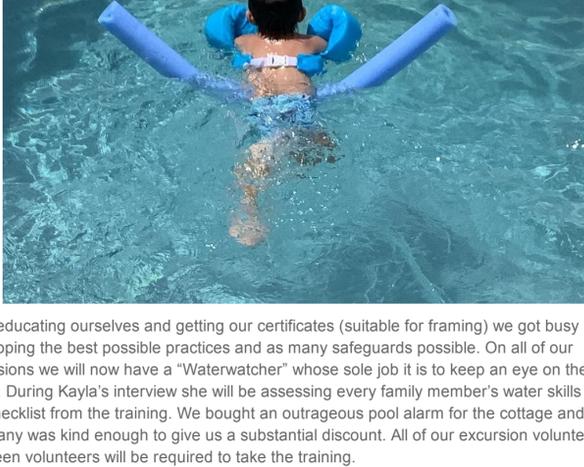


Jumping Off Rock at Fires Creek

On a serious note, as summer approaches I always get a little nervous about water safety. We have so many wonderful water excursions from Lake Chatuge, to Fires Creek and the Nantahala. I love watching all of our little laughing waterdogs and mudpuppies splashing around but I can never relax and that's probably a good thing.

The amazing and ever resourceful, Kayla found a great FREE water safety course sponsored by the Red Cross. I learned so much, I want to share it with you. I cannot begin to tell you the horror of being called to the Emergency Room to care for a "near-drowning" child victim. It is such a misnomer to call it "near." Usually the children have been resuscitated but never recover or if they do they suffer from lack of oxygen to their brain. This water safety course is designed for moms and dads and grandparents to do everything in their power to keep their children safe. I beg you to take a break from binge-watching Netflix and take this course so you are prepared to act quickly if you are ever present in a drowning or near-drowning situation, seconds count!

[Click here for Free Red Cross Water Safety Course](#)



After educating ourselves and getting our certificates (suitable for framing) we got busy developing the best possible practices and as many safeguards possible. On all of our excursions we will now have a "Waterwatcher" whose sole job it is to keep an eye on the water. During Kayla's interview she will be assessing every family member's water skills using the checklist from the training. We bought an outrageous pool alarm for the cottage and that company was kind enough to give us a substantial discount. All of our excursion volunteers and teen volunteers will be required to take the training.

Keep pool toys out of sight when not in use.

Keep furniture away from pools and hot tubs.

### 5 POINTS TO BE SURE A PERSON IS SAFE IN THE WATER:

1. Can they step or jump into the water?
2. Can they return to the surface and float or tread water for one minute?
3. Can they turn around in a full circle and find the exit?
4. Can they swim 25 yards to an exit without stopping?
5. Can they get out of the water without using a ladder?

So, one, two, three...let's get ready to jump into a Totally Amazingly Messed Up

Covid No.19 World Tour Summer. Be safe out there and no matter what...Be

Strong and Stay Strong cuz I know you can!

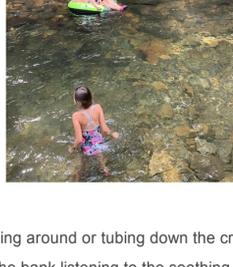
-Dr. Dawn

## Series: Our Excursion Partners

This week I'm talking about one of my favorite places...Fire's Creek!

For those who don't know, Fire's Creek is, well you guessed it, a creek, that runs through the Nantahala National Forest right here in Clay County. We love to take families out there to picnic, tube, hike, and just have fun!

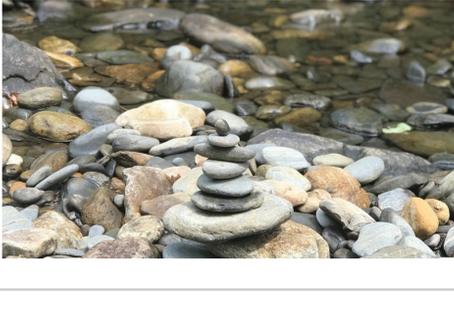
If you've ever been there then you know the water is pretty cold no matter what time of the year. Yet no matter the temperature, the kids love to run right in during the summer. They are truly fearless! Now sometimes the parents are a little more hesitant to just dive into the cold water, but once they're in, everyone is having a blast.



Even if you're not splashing around or tubing down the creek, there is something so special about sitting on the bank listening to the soothing sounds of the rushing water and the sweet giggles of the children; it's like it sends you into a meditative state. Water is truly one of the greatest mysteries in the world. It's something that can be so vast yet so small. So scary yet so calming. So forceful yet so weak. Something that we can't live without.

When we take families to Fire's Creek, I'm always reminded of that. It always fills me with joy as I watch everyone playing and having a good time. But it also brings a sense of nervousness that keeps me on my toes. That's why it is so important to be vigilant when you're in the water. But it's also important to take a moment to be still by the water and listen to its songs.

By Kayla



## "The Still Place LIVE"



Donate

Refer a Family

Learn More About Us

Sign Up for Our Newsletter

thestillplace.org | 828-209-8021 | info@thestillplace.org

Share this email:



Manage your preferences | Opt out using TrueRemove™

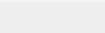
Got this as a forward? Sign up to receive our future emails.

View this email online.

P.O. Box 31  
Hayesville, NC | 28904 US

This email was sent to .

To continue receiving our emails, add us to your address book.



[Subscribe](#) to our email list.