



"Don't try to fit boating in when you have time...that doesn't work.
Arrange your life around boating."

AFTER WORD

EXPERIENCED CRUISER DR. JEFFREY BLAND OFFERS SAGE ADVICE FOR THE TIME-STRAPPED, PASSIONATE BOATER. **BY CHRIS CASWELL**



For Dr. Jeffrey Bland and his family, boats have been a lifelong passion, and they have arranged their lives to allow maximum time on the water. A biochemist and an entrepreneur in the nutritional medicine field for 25 years, Bland has founded and is the CEO of three

health-related companies that he manages while spending literally months aboard his Grand Banks Aleutian 72, *Sanctuary*, cruising the Pacific Northwest and Alaska.

PMY: When did you get hooked by boating?

BLAND: I was a Newport Beach kid and my Dad and I built a Sunfish when I was 12. Then there were all sorts of boats, waterski boats to cruisers, but I always wanted a Grand Banks.

PMY: How many Grand Banks have you had?

BLAND: Let's see...this is our fifth. We started with a 46 Classic, and then we added a 36 woody that was a project boat with my sons, then a 42, a 52, and now the Aleutian 72. Now my sons have a GB 32 and a GB 36, so we can meet for family Grand Banks raft-ups.

PMY: How much do you use your boat?

BLAND: We've put over 20,000 miles on her since 2006, so that gives you an idea. We're Alaska devotees, and we cruise every year.

PMY: You and your wife, Susan, run the boat yourselves?

BLAND: Most of the time, with a couple of golden retrievers. We have hydraulic bow and stern thrusters, and hydraulic winches aft so my wife can handle lines in tough conditions. I can see what's going on with the onboard cameras and we have wireless headsets although, like most couples, we rely on hand signals.

PMY: How can you manage thousands of employees while onboard for months at a time?

BLAND: Our third cabin is set up as an office, and it's properly wired for high-speed Internet, which is essential. We've had good connections all the way to Northern Alaska, and I can even have Skype video conference calls.

PMY: How do you fit boating into such a busy life?

BLAND: The key is to carve out time within the scope of your life. Too many people have boating aspirations, but they didn't build boating into their structure from the start. Stuff gets in the way, the boat sits, they never really get confident. You can do it... just have a plan and priorities. Don't try to fit boating in when you have time...that doesn't work. Arrange your life around boating.

PMY: Do you use your boat year-round even in the Pacific Northwest?

BLAND: Absolutely. We've broken ice on New Year's Day to get into Princess Louisa Inlet when Chatterbox Falls was frozen, and we spent another New Year's in Desolation Sound. So, yes, year-round.

PMY: Future cruising plans?

BLAND: We've talked to Northwest Explorations (www.nwexplorations.com), which charters Grand Banks up here, about their group Grand Banks cruise to Cook Inlet and into the Gulf of Alaska next year, which would really be exciting. We once met a couple in their 80s who had spent every summer for 34 years cruising Alaska, and they said they still had things to see. I thought that's a pretty good aspiration. I hope I'm that lucky.

PMY: What about this summer?

BLAND: We're leaving for six weeks tomorrow, and we'll probably head up to Cape Caution in British Columbia. It's going to be great. (Editor's Note: this is more than 200 miles north of Seattle, in an area where the tides ebb at up to 20 knots.)

PMY: Last words of advice?

BLAND: Build your life around your boating, not the other way around. □

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