

7:45 AM awake.

7:30 better again: meals 1ST CLASS now we're at sea!

8:30

9:45

10:30

11:15

12:30

Clear skies and sea remaining a slight swell -
RSA rolling thru 5-10 degrees: not serious.

1:45

2:30

3:15

4:30

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11:15

12:30

My little port radio still works very well on S.W.,
A.W. not too good; F.M. = completely U.S., obviously!Took more photos in course of the morning. Even
standing on bridge, watching bows plunge up
& down.

Lunch time once again.

1:45

2:30

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10:30

11:15

12:30

NOON POSITIONS: Lat: 38° 57' S - Long: 25° 23' E.

469 naut. mls. from Cape Town, averaging
a speed of 10.78 knots: only 2° from ROARING 40'S
now, but will see who gets sick. None of P.W.D. blokes
puked already, nobody of team though.2:00 hull rising again + boat rolling nicely once again,
sitting on the toilet or showering is something else.Playing table-tennis on heli-deck - tanning.
Old "SEA KIDS" (RSA) rolling thru 20-26° now.Getting used to RSA lurching about like a drunken
sailor by now. Took some photos from prow of RSA.3:30 Supper once again: all we ever seem to do on this
trip is eat, eat, eat and eat!!!4:30 Now 544 naut. mls. from CA - no
other ship sighted - were right off
shipping lanes.

5:30 Want to sleep.

6:30 Getting quite cold lat nights now!

	APRIL	1975	APRIL			
S	—	6	13	20	27	—
M	—	7	14	21	28	—
T	1	8	15	22	29	—
W	2	9	16	23	30	—
T	3	10	17	24	—	—
F	4	11	18	25	—	—
S	5	12	19	26	—	—