



# Joy Ride Charters Newsletter!

*Sail For Life!*

## From Captain Joy Sherman

Winter 2010-11

The New Year is almost here. I watch the images reflecting the past year on TV flashing on the screen. Some of the images remain disturbing such as those of the Gulf spill. The challenges that faced the yacht captains in that area were devastating for some and forced many out of a life long job on the water. I thought about the marine businesses here in New England and Long Island Sound in particular. We have a fair amount of commercial traffic on the Sound. It's not so far off the radar that something similar could happen right in our own backyard.



It wasn't so long ago we were faced with the possibility of LNG tankers servicing Long Island through the Sound. We may of won this time, but our insatiable appetite for energy is keeping LNG just off the horizon. This would be devastating to the Sound and all that enjoy it.

The Sound is our precious resource along most of the Connecticut shoreline. Whether you boat, spend time at the beach or swim, you are and will be affected by the challenges of our water resources. It will take each and everyone of us to ensure Long Island Sound remains protected. Pay attention to businesses you support. If you're a boater, make sure your marina is striving to be "green". Are they capturing waste water? Are they recycling product containers and refuse? These are a couple of many questions and awareness each of us needs to have to be in action.

I love sharing sailing with people and sharing the beautiful coastline of Connecticut. See you in the summer of 2011!

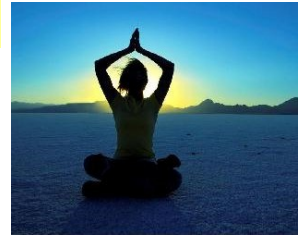
Some informative links:

- [www.soundkeeper.com](http://www.soundkeeper.com)
- [www.longislandsoundstudy.net](http://www.longislandsoundstudy.net)



## Yoga, Water and Sailing!

Many of you know I practice yoga regularly. I recently completed my teaching certification at Kripalu Yoga Center in Lenox, Massachusetts. It was an amazing experience. Yoga is a tool for self empowerment and personal growth. The practice teaches you to tap into your own inner-knowing. Practicing yoga and meditation is so much more powerful on the water! After all, our bodies are made of over seventy percent water.



"This summer, I'm excited to offer private and semi-private yoga instruction on land and aboard Hado!



Phantom, the working SEA DOG!

*"Seeing death as the end of life is like seeing the horizon as the end of the ocean."*

*David Searles (biologist)*

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