



Joy Ride Charters Newsletter

Spring is around the corner!

It's been quite a winter! I never thought it would stop snowing! I'm learning the importance of "Living in the Moment" and did appreciate the beauty of all that snow. Really though, I don't know about you, but I'm ready to go sailing! The cover will be coming off soon and the phone is already starting to ring!

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Racing Friends All winners!

Sunset Sail—A perfect ending to the day!



Sunset sail off Westbrook, CT

Grab your best friend, companion, husband, wife and come sail while watching the sun go down. Sometimes we forget to just "be" in the natural environment. This simple practice can have powerful rejuvenating results. When the motor is off and all you hear is the boat moving through the water...well...this is THE BEST!

New Charters Available for 2009!

Check our calendar for Yoga / Meditation Charters and Floating Music Concerts aboard Hado!

Reminder! All previous customers get 10% off charters or lessons!

Mal de Mer (seasickness)



Enjoying a sunny day aboard Hado. (Notice the bottled water— It's important to stay hydrated!)

I've had my share of mal de mer. Working behind the bar of a private yacht, during the America's Cup in Newport 1974, I was too embarrassed to tell anyone. I served drinks until I just couldn't take it anymore! The boat was rocking and rolling while stopped in the water for the racing yachts to round the mark, (a stopped and rolling boat is the worst conditions for seasickness). I begged for coverage and ran topsides to breathe the fresh air. Unfortunately, once the nausea hits, it's very hard to stop it. The key is to take anti-nausea pills before heading out to sea. They work great when taken an hour before leaving the dock. ***I'm proud to say, no one, in my years of chartering, has ever gotten sick on Hado!***

If you have concerns you may be prone to seasickness, check with your doctor and ask about an over the counter drug such as Dramamine. They now have "non-drowsy" formulas. They work great when taken an hour before leaving the dock.

I always have ginger snaps and ginger tea aboard, which are a more homeopathic remedy to seasickness. But you probably won't need them!

Visit us at www.joyridecharters.com

Questions or comments? E-mail us at : joy@joyridecharters.com or call 203-530-5037

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