



## Joy Ride Charters Newsletter!

## Sail For Life!

### You Need Oxygen, Sunlight and Water!

Oxygen, water and sunlight are the most basic life giving elements on this earth. Without them we have no existence here, but our current lifestyles being so hectic, we seem to take it all for granted and not much thought goes into the fact that we need these elements daily to survive properly.

**Sunlight**, we need it to survive. We need vitamin D which comes directly from the sun and you only need about 15 to 20 minutes to get that. Enjoying the sunshine can give you that boost, lift your spirits and make you feel better. Relaxing in the sun, a great way to de-stress. Of course, sun block is mandatory!

**Oxygen!** Getting enough is vital, but alas, we have become shallow breathers and many more of us than you realize don't get enough oxygen. Try some deep breathing into the belly such as Ojai breathing.

In short, drink water, breathe deeply and get some sun! A great way to get all three is a relaxing sail aboard Hado!

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Hado in Gardiner's Bay 2008



### Awesome Coconut Bread! Yields 8 to 10 servings

When I cooked on private yachts, this was a favorite breakfast bread I would make while cruising in the Caribbean. Give it a try and be taken away to the islands!

2 large eggs  
1 1/4 cups milk  
1 teaspoon vanilla extract  
2 1/2 cups flour, more for dusting pan  
2 teaspoons baking powder  
2 teaspoons cinnamon

1 cup superfine sugar  
5 ounces flaked coconut (about 1 1/2 cups)  
6 tablespoons unsalted butter, melted  
Vegetable oil or nonstick cooking spray  
Butter, optional

1. Heat oven to 350 degrees. In a small bowl, whisk together eggs, milk and vanilla.
2. In a medium bowl, sift together 2 1/2 cups flour, baking powder and cinnamon. Add sugar and coconut, and stir to mix. Make a well in the center, and pour in egg mixture. Gradually mix with dry ingredients, until just combined. Add melted butter, and stir until smooth. Do not overmix.
3. Oil and flour an 8 1/2-by-4-inch loaf pan. Pour batter into pan. Bake until a toothpick inserted into center comes out clean, 1 to 1 1/4 hours. Cool in pan 5 minutes, remove bread from pan, and finish cooling on a rack.
4. To serve, cut into 8 to 10 thick slices. If desired, toast lightly, spread with butter, and dust lightly with confectioners' sugar.

### Sea Dogs!



Ron & Laura with their two labs.

"Life is either a daring adventure or nothing."  
**Helen Keller**

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