



## Joy Ride Charters Newsletter!

*Sail For Life!*

### From Captain Joy Sherman

Volume 1 Issue 7 Oct/ 09

Well, fall has officially arrived. Fellow boaters are preparing their vessels for winter storage. The talk on the docks among friends is how much longer one may have to work before they can take off on their boats and cruise the world. Every day I read the websites of people who've dropped out of society and are living the dream on the water. As I get older it becomes increasingly apparent that I too want to live my dream of living on the water and run my charter business full time. I love sharing sailing and the power and magic of the sea. It's my passion. It's where I belong.



So this winter, play on the court of life. Be in action to live your dream. Think about what stops you from moving forward and move past that fear. Consider the possibilities of a life well lived on your standards. You deserve it! And while you're working on that, enjoy the simple moments that life brings to you. It truly is a remarkable world.

### Huge discounts down island!

If you've even entertained the idea of sailing the beautiful Caribbean on your own sailing vessel but felt you weren't experienced enough or it was financially out of reach, think again! There are substantial discounts being offered right now at various charter companies.



I would love to bring your family and friends on the trip of a lifetime. Packages include sailing vessel, food, some meals aboard and my years of experience around these beautiful islands. Let's talk about your personalized vacation.

### Sustainable Seafood—The Super Green List

*As our insatiable appetite for seafood is ever increasing, and fish in our seas dwindling—we must be responsible in the choices we make. Monterey Bay Aquarium is an impressive website with valuable information on the seafood we eat....*



Seafood plays an important role in a balanced diet. It's often rich in omega-3 fatty acids, which help boost immunity and reduce the risk of heart disease, stroke, cancer and other ailments. Omega-3s are especially important for pregnant and nursing women, and young children. Unfortunately, some fish carry toxins that can become harmful when eaten frequently.

Combining the work of conservation and public health organizations, the Monterey Bay Aquarium has identified seafood that is "Super Green," meaning that it is good for human health and does not harm the oceans. The Super Green list highlights products that are currently on the Seafood Watch "Best Choices" (green) list...

[Link to article](#)

*There are no  
passengers on  
Spaceship Earth.  
We are all crew.*

Marshall McLuhan  
Communications theorist, educator, philosopher  
1911-1980

Visit us at: [www.joyridecharters.com](http://www.joyridecharters.com)