



The following is from the Introduction to the cookbook *Morgan Freeman & Friends: Caribbean Cooking for a Cause*, by Wendy Wilkinson and Donna Lee, a book that was compiled to raise money for the Grenada Relief Fund after Hurricane Ivan hit Grenada in 2004.

Academy Award-winner Morgan Freeman is an accomplished sailor, and Chairman of the National Sailing Hall of Fame's Honorary Advisory Board.

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## INTRODUCTION

### BY MORGAN FREEMAN

Love at first sight does exist. The first time I set eyes on a sailboat was in 1961. Graceful as a swan, it was gliding sensuously on San Francisco Bay, and I was smitten. Six years later, while working at the Stowe Playhouse in Stowe, Vermont, I sailed for the first time — on a reservoir in an 18-foot (5.49-meter) Lightning-class centerboard boat. Then I was not only smitten, I was hooked for life. Ever since those halcyon days, sailing has been more than a pastime for me — it has been my refuge and my passion.

I bought my first boat, a Holland-built Holiday 28, in Huntington Bay, Long Island, in 1971. By then, I was beginning to make good in New York theater. I was standby for Cleavon Little, who was starring in *Purlie*, and I had landed a plum television role on *The Electric Company*. I developed my skills as a sailor plying the waters off the coasts of Massachusetts and Maine. Those rough-and-tumble waters will develop a person's sea legs like no others can. And I was a young man with a taste for the challenge. What with the nor'easters, the fog, and the swift current, my sailing skills were honed to a pretty fine edge.

