



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.

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.

