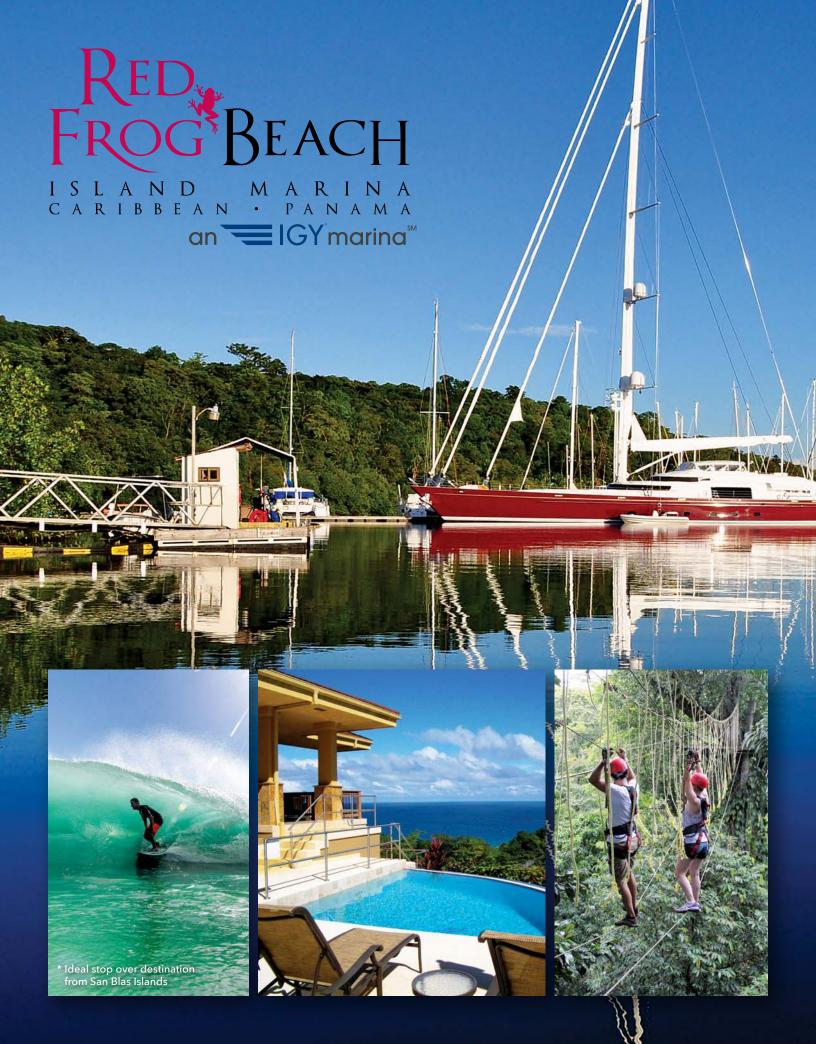


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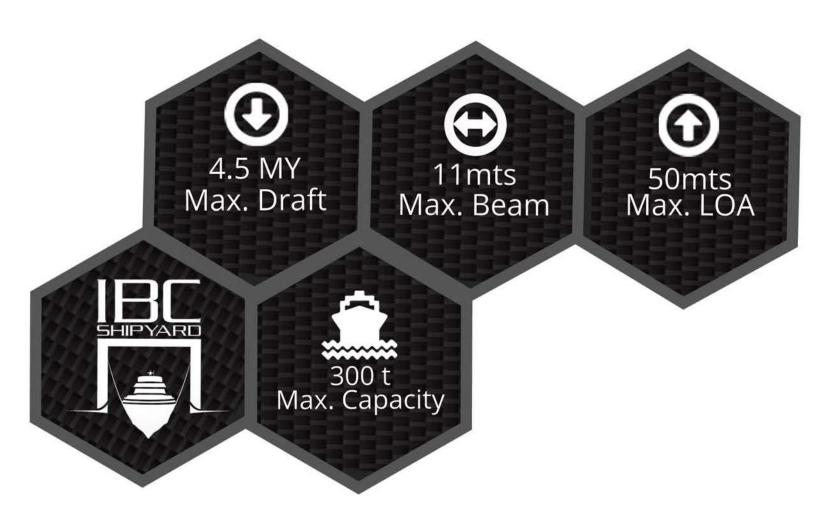
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RALLY ON

ally season is upon us and soon from ports in North America and Europe thousands of people on hundreds of boats of various shapes, sizes and vintage will slip their moorings, hoist sail and head into the wild blue yonder bound for the sunny Caribbean. Some of those taking part will be experienced blue-water sailors but for many it will be their first time far from land. They will watch the shore narrow to a thin line and then disappear in the haze. Ahead lies the rolling sea, sailed upon for millennia by people who, like them, felt the

> wings of apprehension brush their soul and a tingle of excitement run along their

> > spine as the ship rose to the first ocean swell. They will rest in their bunks listening to the water sluicing by and hear the wind tremble in the rigging. Their fellow crew will have the watch, perhaps their children are tending sails. A can clicks in a locker, a bottle taps. Muffled

conversations drift like awakening dreams.

same great ocean. Rallying turns dreams into reality and has taken the comradery of the sea to a new level. Radio networks and modern communications keep boats connected and rally HQ is just a call away. This constant exchange of information and knowing that as part of a fleet another boat is just over the horizon goes a long way to reducing the anxiety of sailing alone. And there is much more. Social activities around rallies have increased to the point where many claim the voyage is now secondary to the socializing before and after the event, and it's this that keeps them signing up year after year. You can hear more about why people rally from the sailors themselves and what's new from the organizers this rally season in articles beginning on pages 30 and 56.

Around them, in the dark, other yachts are abroad on the

See you on the water!







This is my All At Sea beach cleanup team. Every Sunday for almost 12 months we have walked the same section of beach in French St. Martin and picked up empty water bottles on the way back. To date, we have filled and removed almost 70 large garbage bags of plastic bottles from the beach and dropped them in the recycle bin. I hear many people say they would like to give back to the community but don't know how. Removing plastic from the beach is a great way not only to give back to the community but also help protect the ocean and the creatures that make it their home. I'm not looking for a slap on the back or praise for our efforts, it's just something we enjoy doing on our Sunday morning walk and I'm sure thousands of other people do something similar. While chatting about plastic pollution this week, Jan, Julia and Jesse (the fury one) came up with an idea. If you are out there with a bag picking

up plastic from the beach take a picture and send it to us and I'll publish it in the magazine. Let's see how many bags of plastic we can collect between us. Send your photos to gary@allatsea.net, make sure the photo is high-resolution and include the names of the people in the picture (and dog, if you have one). There are no prizes but the environment will love you, you'll keep fit, have fun and your picture will be seen around the world.





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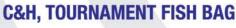




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NOVEMBER 2018 •

The Caribbean's Waterfront Magazine



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COVER SHOT: A serious Salty Dawg hoists the Rally burgee





350 REALM TO THE HORIZON AND BACK

MEET THE INNOVATION AWARD-WINNING 350 REALM: More than a cabin cruiser, more than a center console, for more possibility than ever before. The Realm combines breakthrough technology and innovative design to deliver effortless operation, new remote-monitoring capabilities, and seamless enjoyment, whether you're chasing the horizon or just enjoying the view.





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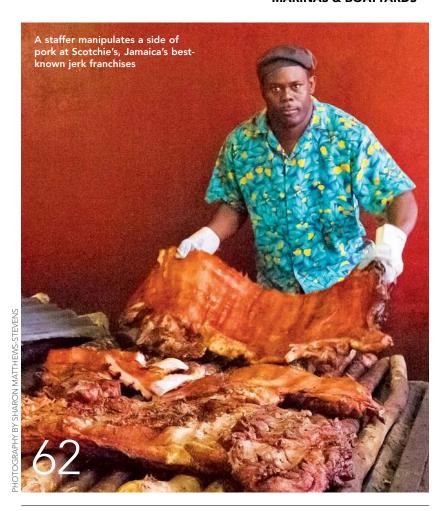
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NEXT MONTH IN ALL AT SEA:

Our guide to Christmas and the holidays in the sunny Caribbean

ALL AT SEA

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Owned and Published by Kennan Holdings, LLC 382 NE 191st Street #32381 Miami, Florida 33179-3899 phone (410) 929-2248 fax (815) 377-3831

The views and opinions of the contributors to this publication are not necessarily those of the publishers or editors. Accordingly, the publishers and editors disclaim all responsibility for such views and opinions.

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WHERE IN THE WORLD?

Congratulations Cesar and thanks for reading ALL AT SEA!



Cesar Torres sent in this photo of himself reading All At Sea Caribbean at the Club Nautico de la Parguera on the southwest coast of Puerto Rico. Cesar says his part of Puerto Rico has seen an influx of Sargassum weed this year and if you look carefully you can just see the pesky stuff sloshing around at the edge of the photo.

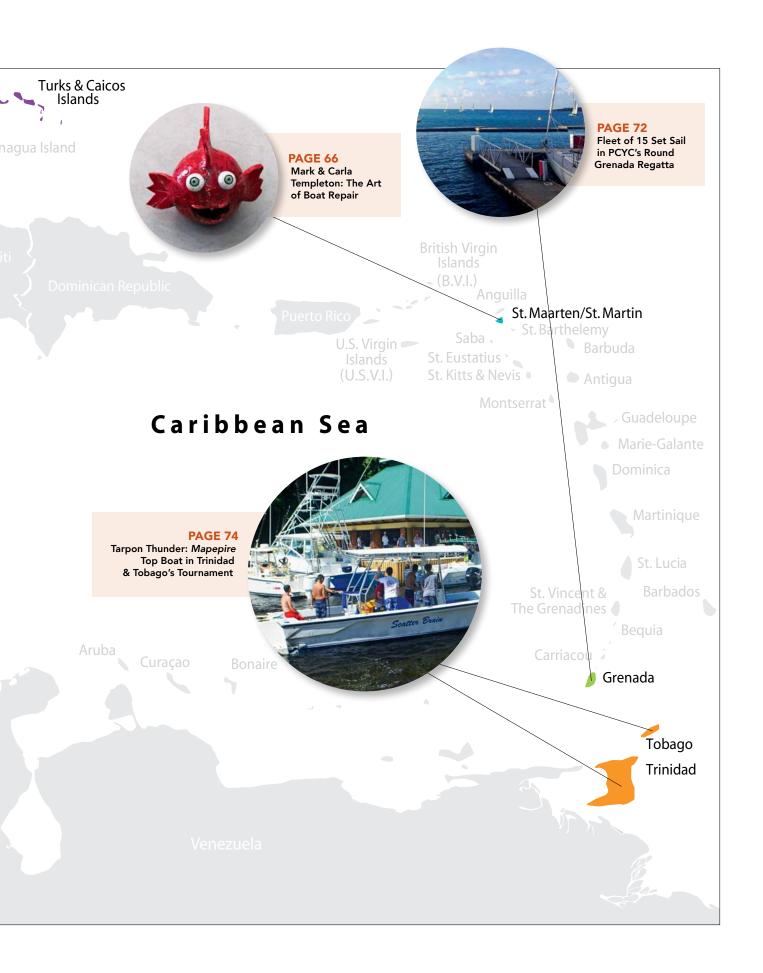
Send us a high-resolution picture of you reading All At Sea, along with a description of when and where it was taken, and you may win a free subscription. We will select one winner a month. Please send images & your information to: subscribe@allatsea.net or mail to: 382 NE 191st Street #32381, Miami, Florida, 33179-3899.



ISLAND EVENTS & INTERESTS

ALL AT SEA'S Caribbean Coverage







SUPERYACHT BERTHS

Christophe Harbour, the 2,500-acre resort and superyacht marina destination on the southeastern peninsula of St Kitts, has announced the launch of the Caribbean's first and only freehold superyacht berths for yachts from 106 to 122 meters. Unlike traditional leasehold models, the new superyacht berths are being offered for sale with deeded, freehold title from US\$6.25m to US\$7m. With alongside mooring, instead of the more common stern-to design, on state-of-the-art, fixed concrete piers, the new berths are being built to the highest standards.

"These freehold berths are a direct response to requests from superyacht owners and captains for berths to accommodate larger vessels," said Christophe Harbour CEO Charles P. 'Buddy' Darby III.

Central to ownership is unfettered access to Christophe Harbour's sophisticated shoreside amenities including a lively marina village with art galleries, cafe and shops, an iconic Customs House, which will be home to marina services, customs and immigration, a fitness center and crew lounge, and a distinctive collection of shoreside amenities unmatched in the Caribbean, including the Caribbean's

vilion beach club, and SALT Plage beach bar.

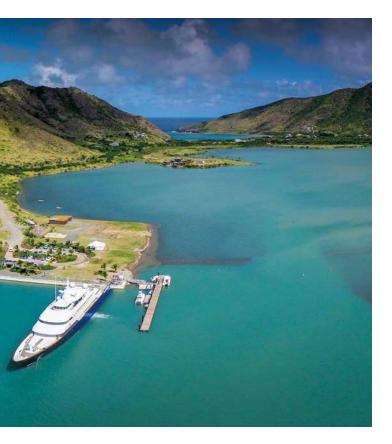
The Marina at Christophe Harbour is a designated port of entry for St Kitts and Nevis offering 24-hour security, tax- and duty-free fuel with in-berth fueling as well as duty-free concessions for provisioning and imports.

For more information about Christophe Harbour, visit: www. ChristopheHarbour.com

FREE WEIGHING, MEASURING FOR FIRST **CARIBBEAN MULTIHULL CHALLENGE**

Thanks to agreements reached between organizers of next year's Caribbean Multihull Challenge, competitors will not have to pay fees for measuring and weighing, a bonus that will add extra appeal among the multihull fraternity for the much-anticipated event.

The development was announced during a meeting at the St. Maarten Yacht Club between Robbie Ferron, Bobby Velasquez, Petro Jonker, Stuart Knaggs and Stephen Burzon.



the yards here. We approached Bobby of Bobby's Mega Yard and he very kindly agreed to provide a lift free of charge.

The weighing will take place on Saturday and Sunday, the 2nd and 3rd of February 2019; and is free to entrants of the Caribbean Multihull Challenge on those two days only. "The processing of the rating is included in a very reasonable entry fee," organizers said.

To enter or for more information, visit: www.smyc.com



GAVIN DOOLEY APPOINTED GENERAL MANAGER OF PARTS & POWER, TORTOLA

Gavin Dooley has been promoted to the position of General Manager of Parts & Power, Tortola BVI. Having joined the company as service manager in 2016, he now assumes responsibility for the Parts, Sales & Service departments.

Mr. Dooley hails from the twin Island Republic of Trinidad and Tobago and brings a wide range of experience in the engine/ generator/heavy equipment fields. A graduate of Rutgers University School of Business, he began his career as a technician trainee, moving up to a machine operator then a mechanical technician in a rental fleet of generators and equipment partsandpower.com



DREAM YACHT CHARTERS OPEN NEW BASES IN BELIZE AND ST. LUCIA Dream Yacht Charters have opened new bases at Robert's Grove

Marina in Placencia, Belize, and in St. Lucia at Rodney Bay Marina.

Belize boasts 450 cays, the world's second longest unbroken barrier reef, the awesome 1,000ft-wide blue hole and three impressive atolls. With Mayan ruins, lush jungle and exotic wildlife ashore and a diverse marine ecosystem with 100 coral and 500 fish species, rays, sharks and dolphins, there is so much to discover.

Robert's Grove Marina is just nine miles from the cays, where you can hop between Whipray Cay, Lark Cay, Lagoon Cay, South Water Cay, Hatchet Cay, Coco Plum Cay, as well as Lighthouse Reef, Glover's Reef and Turneffe Flats. The marina

Knaggs indicated he will be using the updated International Multihull Rating Rule (IMHRR) he helped develop in 2013. He already has some 40 measured boats on his data base and it will just be a matter of weighing and measuring any new boats and adding them to the list. The rating given can be used at other regattas.

"Weighing is an expensive exercise," noted Petro Jonker, Chairman of the regatta's steering committee. "You've got to book a measurer, book a haulout. Then we asked what if we can do it as part of the regatta as we've got the facilities and has Wi-Fi, showers, laundry, water and electricity and has fantastic views of the lagoon.

Dream Yacht Charter founder Loic Bonnet, said: "Our customers have been asking for us to have a base in Belize and now I am pleased to say we have. Belize is known for its underwater beauty and is a must-sail destination for those who love snorkeling and diving. The barrier reef and Bartlett Trough are so impressive. And all this reached easily with a short flight from Miami."

Describing their new base in St. Lucia, Mr Bonnet said the Caribbean was an important destination for the company and their customers. "Saint Lucia offers a fantastic mid-point to explore the exciting Caribbean islands, from the British Virgin Islands in the north to the Grenadines and Grenada in the south."

Dream Yacht Charters have also added The Exumas, Naples, Pula and Montenegro to their list of bases. *dream* yachtcharter.com



CHLOE WINS CURAÇÃO MARLIN TOURNAMENT

The team aboard the Aruba-based *Chloe* won the Top Boat prize at the Curaçao Yacht Club's 52nd International Blue Marlin Release Tournament, fished August 24 to 26 out of Spanish Water. Boat owner Glenn van Trigt earned Best Angler and *Chloe*'s helm, Marklin Albertus, Best Captain. Twenty-eight boats with 112 anglers released two blue marlin. van Trigt's was the first released, thus winning based on time. *curacaoyachtclub.com*

BUDGET MARINE TRINIDAD DEVELOPS NEW WAYS TO CONNECT WITH CUSTOMERS

Unlike smaller Caribbean islands, the distances from one end of Trinidad to the other are considerable and many customers are just not within reach of the Budget Marine store in Chaguaramas. Even for those who are, getting there on busy roads can be difficult.

As a result, Budget Marine Trinidad has introduced new initiatives to make their products and services more accessible to customers by first opening a second store in Bayshore in the Trinidad & Tobago Yacht Club compound. This outlet has a good selection of products and can deliver any other products within a day, saving customers a trip out to Chaquaramas.

For customers further out, Budget Marine Trinidad now deliver goods at a reasonable price with the increasingly popular service of TTPOST Courier Service. Payment is made easy via PayWise, including for those who do not have an account with Budget Marine.

Businesses in outlying areas interested in products from Budget Marine can request a visit from the company's sales specialist who takes to the road on certain days to provide a personalised service to customers

To learn more about these new initiatives call Budget Marine Trinidad: 1-868-634-2006 or contact them through facebook or e-mail: Trinidad@budgetmarine.com

LAST CALL FOR EARLY REGISTRATION FOR GRENADA SAILING WEEK 2019

Register and pay before the end of November 2018 for Island Water World Grenada Sailing Week (17 Jan - 1 Feb 2019) and get US\$40.00 off the usual US\$130 entry fee. With four days of exciting racing divided between two host venues and parties and prizes every night you have everything in the mix to *Spice it up* in Grenada.

Sign up at: https://yachtscoring.com/emenu.cfm?eID=5886

For more details or to sign up for the newsletter, visit: www. grenadasailingweek.com





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NEW PRODUCTS

SANSIN INTRODUCES NEW PRODUCT TO PROTECT TEAK DECKS

Sansin, a global leader in developing high-performance, environmentally friendly wood finishes has expanded its Teak Life product line to include Teak Life UV Tan.

The stain helps boat owners achieve a soft, warm color and glow to their yacht's deck.

Teak Life UV can be reapplied with Teak Life UV Top Coat after a light cleaning with Teak Life Deck Wash.

For information about all Sansin wood finishes, visit: visit: www.sansin.com



NEW FROM STANDARD HORIZON GX-6000E QUANTUM

The GX-6000E is packed full of features, including full DSC (Digital Selective Calling) capability, a loud hailer, a GPS navigation page and a Class B (non SOLAS) AIS (Automatic Identification System) receiver. It will tell you everything about the targets, including their Maritime Mobile Service Identity (MMSI) number, their name and call sign, and the bearing, distance, speed over the ground (SOG) and course over the ground (COG). The set also contains programmable alarms for closest point of approach (CPA) and time to closest point of approach (TCPA).

At the heart of this set is a DSC VHF, which offers the full range of radio functions, including priority scan, programmable scan, position polling and a pushbutton distress alert. Additionally, sockets on the rear allow it to be connected to any NMEA2000 or NMEA0183 device, such as a chart plotter or an external GPS

such as the SCU-31, which provides the data for an electronic compass, waypoint navigation and GPS status page to be displayed on the high definition, backlit LCD screen. Another major feature is the ability to supplement the supplied microphone with either a RAM4 (SSM-70H) wired second station handset, which replicates all of the key functions, including the AIS display, or - for even more freedom of movement - the wireless RAM4W (SSM-71H). When combined with the wireless base station (SCU-30), this wireless remote station has a range of around 60 feet, and can support up to four RAM4Ws (or two RAM4s) connected at the same time. If you want more reach on the supplied microphone, then there is an extra 20 feet available using the MEK-4 extension kit. Both remote microphones allow full control including intercom ability from any one microphone to another or to all. www.standardhorizon.co.uk



Made in the USA, the Pro Series Tool Holder has 17 assorted slots and holes to fit a wide range of implements. Its 11" L x 5" W acrylic or white high-density polyethylene (HDPE) shelf has room for knives, pliers, dehookers, snips, lures and hooks. In the galley, it holds large and small kitchen utensils. When doing a small repair job, it conveniently keeps tools within arm's reach. When it's time for a new project, it's easily moved to where it's needed and stowed when finished.

The adaptability of the Pro Series Tool Holder is due to its powerful 4.5" vacuum mount. It holds an impressive 120 pounds—a far cry from a common suction cup that begins to lose its seal as soon as it's applied. It adheres to any clean, non-porous surface, 0 including textured and curved. seasucker.com





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Please send future events to editor@allatsea.net. This month and next month's events are currently published here and at www.allatsea.net. Your specific area may or may not be shown based on identified activities for these months.

BOAT SHOW:



DECEMBER 4 - 10 Antigua Charter Yacht Show www.antiguayachtshow.com acym@candw.ag 268-460-1059

CRUISING RALLY:



HAMPTON, VA

NOVEMBER 1 – 16 The Caribbean 1500 Rally to the Caribbean www.carib1500.com carib1500@worldcruising.com



NEWPORT, RI

NOVEMBER 1 Annual N.A.R.C. RALLY -Newport to Caribbean www.sailopo.com offshorepassage@ sprintmail.com 1-800-4-PASSAGe

FISHING TOURNAMENT:



BIMINI, BAHAMAS

NOVEMBER 8 – 11 BBGC Wahoo Smackdown www.wahoosmackdown.net BWatson@biggame clubbimini.com (954) 462-3400



PUERTO RICO

NOVEMBER 16 – 18 Puerto Del Rev **Billfish Tournament** www.puertodelrey.com marina@puertodelrey.com



ST. CROIX, USVI

NOVEMBER 29 Golden Hook Series Finale Wahoo Tournament www.fishstx.com GHFC@fishstx.com 340-773-4693



ST. THOMAS, USVI

NOVEMBER 25 VIGFC Wahoo Wind-Up www.vigfc.com usvigfc@gmail.com 340-775-9144

SAILING REGATTA:

PUFRTO RICO

NOVEMBER 2 – 18 Discover the Caribbean Regatta and Discover the Caribbean Dinghy Regatta www.ponceyachtand fishingclub.com

ST. BARTHELEMY (ST. BARTH)

NOVEMBER 14 – 18 St Barth Cata Cup www.stbarthcatacup.com info@stbarthcatacup.com

ST. JOHN. USVI

NOVEMBER 24 – 25 Coral Bay Yacht Club Annual Thanksgiving Regatta henstjohn@yahoo.com



ST. THOMAS, USVI

NOV. 28 - DEC. 2 Carlos Aguilar Match Race www.carlosmatchrace.com

TORTOLA, BVI

NOVEMBER 3 Carey Olsen Double-Handed Race

www.royalbviyc.org/ racing/careyolsen doublehandedrace.html admin@rovalbvivc.org +1-284-494-3286

NOVEMBER 17 Budget Marine Round Tortola Race

www.rbviyc.org cpnsailingrbviyc@gmail.com 284-494-3286

DECEMBER 1

Gustav Wilmerding Annual Memorial Challenge

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(AUEHI: A CRUISING LESSON REINFORCEI

SAILING HUMOR BY CAP'N FATTY GOODLANDER



bout 20 years ago, my wife Carolyn and I were lazily cruising the Tuamotus in French Polynesia when we were accosted by a large group of Polynesian canoes. At the time we had little idea where we were and became totally confused when the young men in the canoes kept telling us that 'our' party was tonight on Kauehi and that the chief had already ordered a pig to be slaughtered.

Thus began the most magical month of our lives.

Here's what had happened: Half a year previously, a French boat had entered Kauehi and its skipper had gone ashore to buy bread—not realizing the island was without a store. A small child of four years watched the dinghy arrive, climbed into it after the Frenchman left, pulled the cord like his daddy always did—and was horrified to have the warm engine start. The kid ran away, fearful of being punished. When the French yachtie returned, the impeller of his engine had been ruined by sucking up beach sand. He was not happy—and left immediately.

The fete in our honor lasted for three solid days—and they not only made us 'official members of the village' but also allowed us to pick any fruit on the island and take any fish in the (palm woven) communal fish coral as well—both high honors.

The chief heard of this unfortunate incident, rushed down, but only arrived in time to see the Frenchman's sail growing smaller on the horizon.

The kid was punished appropriately—he was just a little tyke.

Now, every six months in the Tuamotus, there is a council of chiefs on one of the islands, and Paul, the chief of Kauehi, explained to his fellow chiefs what had happened.

"This is bad," said the Chief of the Chiefs, "it makes us appear as if we don't treat our yachtie visitors well. You and your island will have to make it up to the White People's Tribe."

"How?" asked Chief Paul.

"A lavish party in their honor, perhaps," said the Chief of Chiefs, "where you shower the yachties with food, gifts, and pearls—and, of course, love."



Carolyn and I knew none of this—and were thus totally flabbergasted to be welcomed into the bosom of this small Polynesian community like arriving royalty. The scene was totally overthe-top—not only did they cook us up a huge feast—they also gave us a bowl of huge pearls for just sitting down. And wove us hats. And gave us pareos. Sure, there was plenty of coconut beer. Want more pork? Mahi mahi? Tuna? Breadfruit. Mango?

The fete in our honor lasted for three solid days—and they not only made us 'official members of the village' but also allowed us to pick any fruit on the island and take any fish in the (palm woven) communal fish coral as well—both high honors. At the time, Kauehi had a number of growing pearl farms and everyone was awash with money.

That's what we do—this is who we are. Two sailing lovers, ever ready to ride the magic whenever and wherever it appears. And, since we're receptive to it and can now recognize the magic for what it is, we find it amazingly often.

The only strange thing (all these details took us six weeks to fully figure out) was how many of the older residents kept apologizing about the outboard—we had not a clue why. Eventually, of course, we had to leave to meet our daughter Roma Orion in Tahiti. When Chief Paul heard that we were preparing to depart—he came out to our vessel in a canoe crying—and attempted to talk us out of it. "Don't be crazy, Fatty, everything you need in life is right here for the asking! Outside, life is hard. Here on Kauehi, life is a dream! We're your family now. You will want for nothing!"

Tears rolled down his face as we hugged him goodbye.

Let's step back a bit from our tale—and tell you what we've been doing for the last few decades. We've been circumnavigating, true, but what we've really been doing is searching for the magic. The magic is almost never at our destination. In fact, we don't even care if we get to where we're headed because the only reason we're headed there is so that we can find the magic along the way.

That's what we do—this is who we are. Two sailing lovers, ever ready to ride the magic whenever and wherever it appears. And, since we're receptive to it and can now recognize the magic for what it is, we find it amazingly often.

In Kauehi, we found the magic for almost six weeks of unimaginable Polynesian bliss.

Since then, we've passed through the Tuamotus many times—and, wisely, never returned to Kauehi. Why? Because the magic isn't a place—it's a unit of time that conspires to momentary perfection. Magic is an event. It's transitory. You can't bottle it—can't blister pack it and profitably hang it on a peg in a store. Yes, you can take a photograph of it—but what you are really attempting to photograph is gone forever as soon as you press the shutter.

Thus, we never intentionally return to chase the magic—for it is no longer there and therefore a fool's errand.

Alas, we recently broke our port lower shroud between Panama and Tahiti—and needed a place to make temporary repairs in smooth water. Kauehi's lagoon lay right on our rhumb line. Thus, we returned with great trepidation.

The once thriving pearl farming community was almost a ghost town. The bottom had fallen out the pearl industry due to Chinese over-supply—and the once wealthy and hardworking people of the island became dirt poor almost overnight—many with outstanding loans on investments that held no value. Houses that we partied in were now abandoned—a ghost wind blowing through their broken windows. Hunger is a problem—once happy couples argued over finances and divorced. As more and more residents left for Tahiti to work the remaining residents stole the goods left behind. One big happy family dissolved into warring factions. The communal fish pen no longer worked—as people with swollen bellies and growing families had a tendency to take more than their fair share. To top it all off—the local lads now had no money but they still had forks and knives—so the few visiting yachts started to get broken into-and thus stopped arriving.

The island and her residents were diminished. And, in a different way, we were diminished as well. For twenty years we'd sang the paradisiacal praises of Kauehi without reservation no more. They are ashes in our mouth. Reality has reared its ugly head. Kauehi is a magic place which once was but is no longer—its only use to us now is to confirm the cruising wisdom of what we already knew.

Cap'n Fatty Goodlander and his wife Carolyn are currently on their fourth circumnavigation. Fatty is the author of numerous marine books and all the details can be found at: fattygoodlander.com



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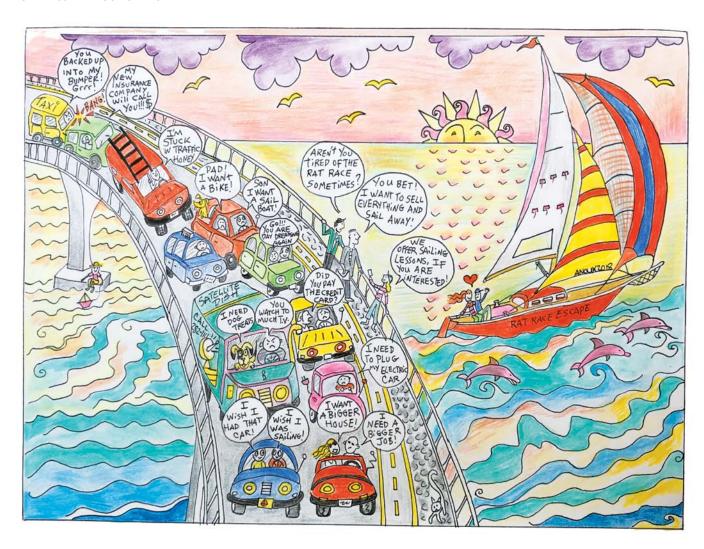
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SAILING WITH CHARLIE

SAILING HUMOR BY JULIAN PUTLEY

GRAPHICS BY ANOUK SYLVESTRE



nfamous Irma and Maria - names now an unfortunate slight to the ladies who were dubbed with those monikers at birth, who, by association, are often referred to as 'bitches, witches or whores. It makes you wonder if human names for hurricanes should be abandoned in favor of say, venomous snakes, wild dogs, stinging jellyfish, poisonous insects or killer diseases.

'Hurricane Hyena has just formed off the Cape Verde Islands as Tropical Storm Carbuncle approaches the Virgins' sounds appropriate doesn't it?

Anyway, enough of doom and gloom and hurricanes, 2019 is just around the corner and many folks who were forced to move away from the islands after the devastation are returning to rebuild their lives and enjoy the beauty of sailing in a tropical paradise.

A friend of Charlie's said it was a real eye-opener trying to adjust to the 'rat race' in Babylon. If you enquire about health insurance, for instance, then your newly acquired phone is bombarded by incessant calls from insurance hustlers. And then talking to an unctuous robot on the phone is frustrating to the limits of sanity. Enquire on line about a car and the same thing applies, non-stop 'unbelievable offers' by a myriad of dealers. They offer fabulous discounts that have you reeling in your chair with happiness only to find that the interest on the short-term loan is north of 10% ... sly,

right? Then there's the 'must have warranty' at \$20 a month and a fee (\$899) that reads 're-con' (reconditioned), i.e. - the tires have been polished and the interior vacuumed, perhaps even an oil change.

There is no question that it's a 'buyer beware' situation. Salesmen with Polyester suits, slicked down hair and winkle picker shoes should raise the hackles on the back of your neck. Yacht brokers can be pretty bad but there is more a sense of ethics with them. Although on a recent visit to a marina Charlie took a shine to a nice little Bristol Forty. The broker actually declined to start the motor for a cursory look to see if the battery was charging "in case it breaks" he said. But once you've paid the deposit ... well, we could give it a try. Unbelievable!

Sailing schools in Florida and elsewhere are booming with the number of people trying to pry loose from the credit nightmare. It's quite something when you can't even get a credit card if you don't owe anything.

And everybody's rushing – gotta rush to sign that contract, gotta rush to meet that new client, gotta rush to secure that deal, gotta rush to make a payment. Money, money, money ... you can almost see the dollar signs.

Sailing schools in Florida and elsewhere are booming with the number of people trying to pry loose from the credit nightmare. It's quite something when you can't even get a credit card if you don't owe anything. It's the way the system gets you. Buy all those luxuries you want on credit and then work harder and harder to pay them off trying like hell to keep ahead of the big interest payments. The American Dream!

Suicides are on the rise and so are bankruptcies. Without a doubt it's time to get that boat and sail into the sunset, smiling to yourself while those credit cards and IOUs are relegated to the dustbin.

Julian Putley is the author of The Drinking Man's Guide to the BVI; Sunfun Calypso; and Sunfun Gospel.



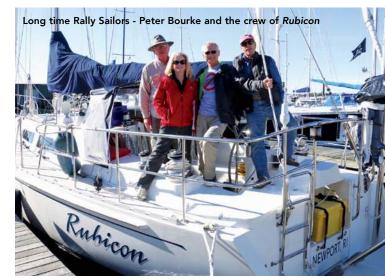
LONG-TIME SAILORS SHARE EIR RALLYING WISDOM

RALLYING BY CAROL M. BAREUTHER



he prospect of blue water sailing can sound both wonderful and worrying to coastal cruisers considering taking the plunge offshore. This is one reason why rallies, which offer benefits such as pre-rally safety seminars and a brain trust of experienced sailors, have become popular. Indeed, it is longtime ralliers who are a great resource for those who are either on the fence or already fired up for their first rally.

"A first offshore passage is always a little intimidating, or at least it should be, but with proper planning, diligence in preparation and a good crew you'll experience the magic of offshore passage-making," says Peter Bourke, who joined the North American Rally to the Caribbean (NARC) to sail his Outbound 44, Rubicon, from his home in New-



port, RI, to the islands for the first time. Bourke says one advantage of a rally for him is that it sets a date, subject to the weather of course, and once a departure date is set, the planning and preparation process could fall into a logical schedule. "For a newcomer, I'd advise making your lists early and having a timeline. There are plenty of good articles available online about taking an offshore passage on a sailboat."

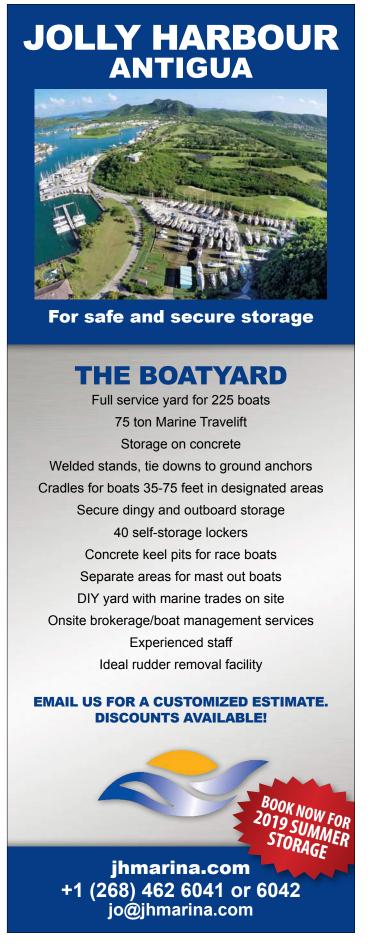
Buying new equipment, either to replace old or add to the vessel's inventory, is often a key part of pre-rally preparation.

"Use all new equipment for at least a month or more in differing conditions to make sure you know how to use it and that it is functioning properly," recommends Anne Poor, who with husband Miles lives aboard their Tayana 55, Karina. Miles was the first to rally, joining the Caribbean 1500 in 1998 as a crew member on another boat to get experience. He and Anne did their first rally aboard Karina in 2004 and have continued to sail with the now ARC Caribbean 1500 each year. "Warranty work is much easier when you are on the same continent as your installer."

There are a few unique things that Phillip Worrall does before setting sail south aboard his Caliber 40, Rum Runner, in the Salty Dawg Fall Rally to the Caribbean. Although Worrall started doing shorter rallies like the Delmarva 400 and New England 600 in the late 1990s and early 2000s, and later moved onto the Caribbean 1500, he has enjoyed annually participating in the Salty Dawg since 2012.

"I stow my anchors below in the anchor locker and then shrink-wrap tape the bow locker and hatches to avoid water intrusion. I also zip-tie all shackles and clevises, carry spares







for everything, always keep one reef in the mainsail and practice storm sail rigging," he says.

During the trip, Worrall implements several things he's discovered on successive rallies. One of these is learning how to heave to and then do it when seas are rough, and everyone is tired. Worrall also says, "If you see a squall ahead, aim right for it because it will be gone by the time you get there. Serve hot food every day. Do not let yourself or any of the crew get exhausted and stay close to or on the rhumb line for the entire trip."

Do carry as much fuel as possible because there may be windless days.

"Don't tarry. The longer you are on the ocean, the more chance there is for weather and other issues to bite you. We like to keep moving toward the British Virgin Islands, says Karina's Poor.

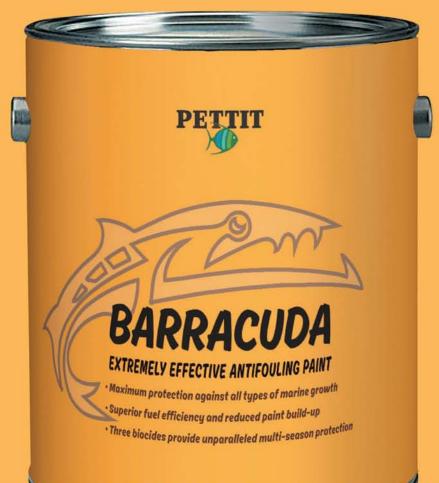
Stay focused, adds Rubicon's Bourke. "Make a practice while underway of going forward for a daily inspection of everything you can lay your eyes on. After the passage, celebrate,

"Use all new equipment for at least a month or more in differing conditions to make sure you know how to use it and that it is functioning properly," recommends Anne Poor, who with husband Miles lives aboard their Tayana 55, Karina.

then make a note of the particulars that you've learned about your boat that will help you on the next passage."

Finally, "tie up to a dock for a few days to sort out the mayhem on the boat after ten days plus of sailing," recommends Rum Runner's Worrall. "Plan on spending at least a week after the trip to meet and socialize before taking off on your own."

Carol M. Bareuther, RD, is a St. Thomas, U.S. Virgin Islands based marine writer and registered dietitian.



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I ENTH ARUBA INTERNATIONAL TA: TEAM DASH

RACING CIRCUIT PHOTOGRAPHY BY CHIBI VAN DER HANS FOR ARUBA INTERNATIONAL REGATTA



he J35 Dash won the Aruba International Regatta, making this eight wins in a row.

Some 40 vessels from around the ABC Islands crewed by people from Puerto Rico, Curacao, the US, the Netherlands and Belgium, participated in the event that was characterized by shifting winds ranging from 15 knots to 30 knots.

Dash, formerly from Curação but now sailed by the Aruban Eric Mijts and his team, including veteran sailor Anita Aerts, fought hard to win Racing Class, and it was close. Dash finished ahead of his Curação rival, Jenk, a J105 skippered by Capt. Remco van Dortmondt, and the Swan 441R Casse Tete under the command of Captain Edwin Versteegh. Only 28 seconds separated the three boats in the decisive fifth and last race of the regatta.

First place in Cruising Class went to Curaçao's Winfried Merkies' Melody, while Vejigante, skippered by Pedro Marcucci and sailed all the way from Puerto Rico, captured second place ahead of Aruba's Arjen Wassenaar and his Gibsea 402 Gitana. It was Aruba all the way in Open Class - Eric Maris led the charge with Robaina, followed by Rik van der Vaart's self-built John Welsford Pathfinder Vanessa and the Yankee 38 Bintang, skippered by Richel Gerfen.

Competition in the Sunfish races was tight. Job Laboyrie managed to win a decisive first place in the fourth race, pushing Randy Brown into second place and leaving no hope for a win for Richard van der Wal, who has topped this class seven times.

The seven competing Beach Cats took a beating in the heavy winds. When racing was over, Aat Hoek and Henk Steenbergen had the winner's cup, junior sailors Jort Hartmans and Matthijs de Kool finished second and Diederik Kemmerling and Myrthe de Haan third.

In the Optimist races, Gavin Debevere, Vivian Hankart, and Thijn van der Werff finished first second and third, respectively.







The Qube Cup went to Sam Bonnevalle, followed by Emanuel Simon and Jaysley Kock. The all new F-11 class was won by Angelo Fingal with seven bullets in eight races. Fingal was followed by Morris Hoveling and Stijn van Dishoeck.

The Aruba International Regatta again received gold status from Sailors for the Sea - Clean Regattas and, living up to that expectation, sustainability officer Anita Aerts set up a number of campaigns to promote and stimulate responsible resource management during the event. Symbolizing this effort, the coveted regatta awards were produced from reclaimed plastics and wood by the Aruban sustainability initiative Brenchie's Lab. No single use plastics were used during catering and participants and spectators joined in the effort to make the footprint of the regatta as small as possible. As a result, the volunteers charged with beach cleaning following the regatta could devote their attention to other tasks: no trace was left behind. All cans were collected to produce

the awards for the 11th Aruba International Regatta.

Special regatta event for 2018 was the screening of the shocking documentary Chasing Coral at the University of Aruba, followed by a panel discussion with environmental activists and NGOs.

The night concluded with the announcement by an Aruban government representative that Aruba is in the process of developing a further ban on single use plastics, including Styrofoam bowls and plates, and a ban on sunscreen lotions containing the harmful oxybenzone.

"The event brings together the sailors of different disciplines, different walks of life and from different places in the world, to celebrate sailing and friendship in a sustainable fashion. Special thanks needs to be given to the sponsors that made the event possible, and to the valuable support provided by the Dutch Marines who provided safety and support at sea," the organizers said.

WHY WE CHOSE NOT TO JOIN AN ORGANIZED RAII

VOYAGING STORY AND PHOTOS BY WORLD CRUISER BIRGIT HACKL



hen we started out cruising the world we were inexperienced sailors. Most of our friends and acquaintances who had no idea about sailing were horrified by the image of a small sailboat all alone on a big ocean, those who had some idea immediately asked whether we'd at least join a rally for safety on the Atlantic crossing to the Caribbean.

Before we set out cruising we devoured books by pioneers like the Smeetons, Pardeys and Hal Roth who emphasized the necessity to be self-sufficient and prepared to deal with problems using your own skills and means. Route planning as well as studying pilot charts to get a feeling for weather patterns is part of that, facilitated by the various forecast models modern sailors have access to. Comparing info we quickly found that we neither liked the starting date of the Atlantic Rally for Cruisers (ARC), nor their route. It may sound uppity for two newbie sailors to question a well-established rally, but the direct route from the Canary Islands to the Caribbean is not the best access to the trade winds and November is too early to expect stable conditions. Quite often the ARC fleet drifts into calm weather and the year before they limped into Mindelo harbor (Cape Verdes) for repairs after getting battered by heavy weather.

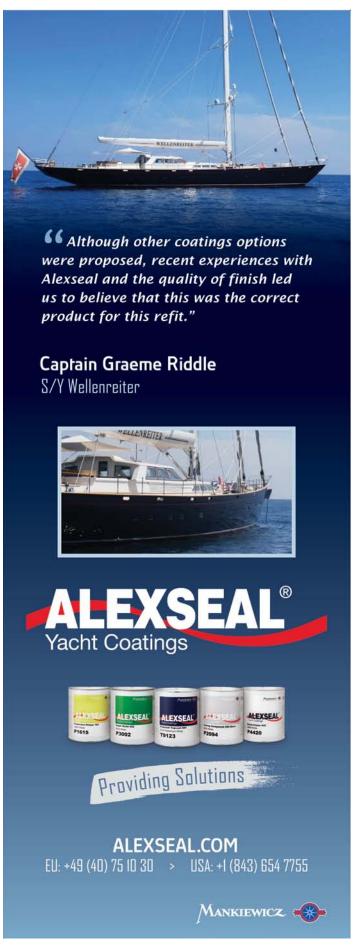
We opted for the traditional detour via the Cape Verde Islands (following the old adage to sail south until the butter melts) and spent some time in Mindelo. Preparations and weather were the only topics at sundowners and everybody got in-





creasingly nervous with some crews already setting off with a "See you on the other side" while others were still hesitating. We left the buzz of Mindelo and sailed down to tiny Brava, the westernmost island of the Cape Verde Islands where we spent an enjoyable month anchored off a little fishing village. The impending Atlantic crossing seemed distant once more. Only when our hikes took us to the steep shores, the high waves with white caps on top were a reminder that we'd soon have to brave that long stretch of blue.

We were mostly alone in 'our' bay, but one day a little ferrocement boat anchored close by and we were astonished to learn that the young female skipper would single-handedly deliver 'the swimstone' (as she affectionately called the boat) to South





Africa via the Caribbean. It was her eighth Atlantic crossing and we sought advice from such an experienced skipper. She only laughed about weather forecasts: "What should go wrong when you cross the Atlantic at the end of December? It's blowing from the East!" With that refreshing view of things we celebrated Christmas and a few days later we lifted the anchor. The forecast looked good (yes, we still checked daily despite her optimistic advice), Pitufa was prepared and we felt mentally ready.

We set out under poled-out twin genoas and soon Pitufa was rushing along at seven knots in a steady 20 knot breeze. We celebrated the New Year with a sip of bubbly at midnight, then switched to the next time zone and had another sip one hour later. Everything seemed perfect, when on the third day suddenly the shaft of our Hydrovane self-steering broke. All efforts to fix it with braces failed under the force of two meter high following seas that made work under the transom precarious and snapped off all reinforcements. We had never bothered to repair our dodgy electric autopilot, as it was hardly ever in use anyway. It would steer the boat for ten minutes and then quit with accusing beeps. We were exhausted, desperate and would have happily accepted help. But then, how could a rally have assisted? They could hardly have organized a new shaft for our windvane or delivered a new autopilot.

Sailing back against the wind didn't appeal to us and trying to get Pitufa to steer herself with balanced sails would have meant a risk of broaching. Instead we started hand-steering in two-hour shifts and the seemingly impossible task became routine. We drank buckets of hot tea, used the autopilot for quick breaks and munched constantly. Cloudy nights with nothing to focus on but the dancing numbers on the compass were the hardest. The winds remained strong and steady and our arrival in Suriname 11 days later was the happiest in our cruising life.

In hindsight we should not have left without a back-up autopilot, but the timing as well as the route could not have been better and we would again sail alone. Rallies help with seminars on useful topics and the sense of camaraderie makes jumping off easier. Unfortunately fixed dates can send a whole fleet into suboptimal conditions. The sense of safety a rally gives can be deceiving and the feeling of despair more painful when the expected AAA doesn't turn up. In the end every crew must handle their problems alone.

Birgit, Christian and ship's cat Leeloo set out from Europe in 2011 and crossed the Atlantic in December 2011 and are now cruising in and around French Polynesia. For more on Pitufa, visit: www.pitufa.at!

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THE BVI'S THAD LETTSOME: AIMING HIGH

YOUTH SAILING BY CAROL M. BAREUTHER



he teacher who asked the BVI's Thad Lettsome what he did on his summer vacation, certainly got an earful of excellent sailing news. The 16-year-old Tortola native who attends high school and is a member of the sailing team at Tabor Academy in Marion, Massachusetts, went from strength to strength on the world sailing stage in June, July and August. He finished 10th in Laser Radials at the U.S. Laser Nationals in Houston, Texas, then an outstanding 14th out of 58 international sailors at the Youth Sailing World Championship in Corpus Christi, Texas, and finally 4th overall in Laser Radials at the CORK International Regatta in Kingston, Canada. Yet this isn't the first time Lettsome has made waves in sailing. It all started several years ago.

"Several of my friends had started sailing when I was nine years old and they asked if I would like to try," says Lettsome. "Now, what I enjoy best is that since there are so many variables in a single race, when you win a race, it means that you have managed everything better than everybody else and made the least mistakes. I also enjoy meeting lots of people in different levels of the sport, and work with and compete against them. It is a much easier to work with a professional in sailing than in other sports where it's almost impossible."

Lettsome started his sailing career in the Optimist, under coach Omari Scott in the Royal BVI Yacht Club (RBVIYC) Youth Sailing Program. A year after his first lesson, he won





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the age 10 and under White Fleet at the International Optimist Regatta in St. Thomas. He traveled and competed in Optis in Puerto Vallarta, Mexico; Lake Garda, Italy; Punta del Este, Uruguay; and Buenos Aires, Argentina. Racing proved challenging because he grew fast and soon became too big for the eight-foot dinghy. It was clear then that Lettsome was destined for bigger things - literally. First, sailing a Zoom 8, measuring six inches longer than an Opti, he finished second at the 2015 Caribbean Dinghy Championships in Puerto Rico and helped his BVI team win this event for the first time. Secondly, he moved up to the 13.6-foot Laser, and rose even higher on the scoreboard than in his Opti days.

"The BVI has always had good laser sailors such as Alec Anderson and Robbie Hirst who inspired lots of children to sail Lasers. I never thought about doing anything different," Lettsome says.

In addition to placing extremely well in the three major regattas this summer, Lettsome had an opportunity to train with the Royal Canadian Yacht Club and join the Canadian Laser Radial National Team Training Camp in Toronto for a week. This was organized by coach Chris Watters, a Canadian who was a former instructor in the RBVIYC Youth Sailing Program. Lettsome also benefited from several days of one-on-one coaching by Brenda Bowskill, a member of the Canadian Sailing Team in the Women's Laser Radial at the 2016 Summer Olympics. It indeed was a great summer and the perfect foundation to even greater sailing success in the future.

On the near horizon, Lettsome would like to medal in the Youth Sailing World Championships in the Laser Radial and continue to do well at regattas in North America. Eventually, he would like to switch to the Laser Standard class and win a medal at the Olympics for the BVI.

What is Lettsome's advice to other young Caribbean sailors?

"Make friends, especially from other islands. Never turn down an opportunity to train with other people. To stay inspired, find somebody you aspire to be like. For me, that's someone on the Olympic circuit or even beyond that. Find this person, research and watch them and notice what they do, or how, when and where they train, what they eat, how they exercise, their gear. It could be anything. This is what helps me to stay inspired and to understand what I should be doing and why."

Carol M. Bareuther, RD, is a St. Thomas, U.S. Virgin Islands based marine writer and registered dietitian.



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PIPPA TURTON, CHIEF INSTRUCTOR, MIRAMAR SAILING

WOMEN AT THE HELM BY CAROL M. BAREUTHER



he's sat at the helm nearly all her life. In fact, Pippa Turton's earliest recollection of sailing was as a child at the tiller of an Enterprise, a 13-foot, two-man, sloop-rigged dinghy. Turton navigated this craft on the waters off Portsmouth Dockyard in the UK adjacent to where her father, the motivation behind her learning to sail, was stationed in the Navy. Today, millions of sea miles later, Turton is the chief instructor at Miramar Sailing, an RYA training center located in Jolly Harbour, Antigua. Offshore, she's often found sitting in the corner of the school's Grand Soleil 463, Phoenix, giving advice to help students gain the experience they need to run a boat safely, including navigation and sail handling. The story of how Turton traveled from Portsmouth to Antiqua is interesting and instructive for young women who would like to follow in her wake.

Turton particularly remembers a trip from Scotland to Poole during a Solar Eclipse, in which she vividly recalls the line of camera flashes along the coastline as people took photos of the eclipse passing overhead.

"I was in my teens when my father retired, and we moved to the sailing village of Newton Ferrers in South Devon. By my early 20s, I was working as crew for the Island Cruising Club. It was coming to the end of the UK sailing season and my dad had visions of having to support me through the winter months. By then dad was a yacht broker. He had sold a 30-footer to a client who needed one more crew to help sail the boat to the Caribbean. Guess who he volunteered! I arrived in Antigua, soon found work on various charter yachts out of English Harbour and loved every minute of it."

Turton's two longest passages are the transatlantic that brought her from the UK to Antiqua and a voyage from Perth, Australia to Cape Town, South Africa as a mate on a 70-foot Youth Sail Training vessel with the Ocean Youth Club. Before that, she mainly sailed off the UK's Devon and Cornwall coasts. Turton particularly remembers a trip from Scotland to Poole during a Solar Eclipse, in which she vividly recalls the line of camera flashes along the coastline as people took photos of the eclipse passing overhead. Since then, over the last eight years, she has cruised the Windward and Leeward Islands extensively, even beating a path out to Barbados a few times.





"I joined Brian at Miramar Sailing in 2006. We got together when he was looking for someone to help run his newly formed charter business. We both decided that we should have our RYA Offshore Yachtmaster qualifications to take the commercial responsibility necessary for taking paying passengers sailing. Thus, I achieved Yachtmaster in 2007," says Turton, who also teaches diesel engine maintenance, VHF radio, radar and power boat courses.

Turton says what she loves best is sharing her passion for sailing and seeing novices "get the bug." She says many of Miramar's former students are now working in the marine industry. Turton and Brian, who married in 2010, are also directors of the National Sailing Academy of Antigua & Barbuda. This is an organization dedicated to promoting youth sailing on the island, something near and dear to both of their hearts. Turton doesn't see herself as a racing sailor, as her goal regardless is to always get the boat sailing efficiently. However, she would one day like to complete the RORC Caribbean 600 as skipper aboard Phoenix with an all-female crew.

By then dad was a yacht broker. He had sold a 30-footer to a client who needed one more crew to help sail the boat to the Caribbean. Guess who he volunteered!

What does Turton see as opportunities and challenges for women captains in the Caribbean?

"There are many different types of yachts - charter yachts, racing yachts, super yachts, classic yachts - and the Caribbean sees most of them," she says. "For women to make the grade, they frequently have to prove themselves as worthy sailors before they are accepted as potential captains by the industry. All skippers need to work from the deck crew position upwards to gain the respect of their peers, which they will need to do to succeed. Often, women still have to go 'the extra mile' to prove themselves. However, the ones who do well are generally well respected by their crews and other sailors who recognize their talents."

Carol M. Bareuther, RD, is a St. Thomas, U.S. Virgin Islands based marine writer and registered dietitian.



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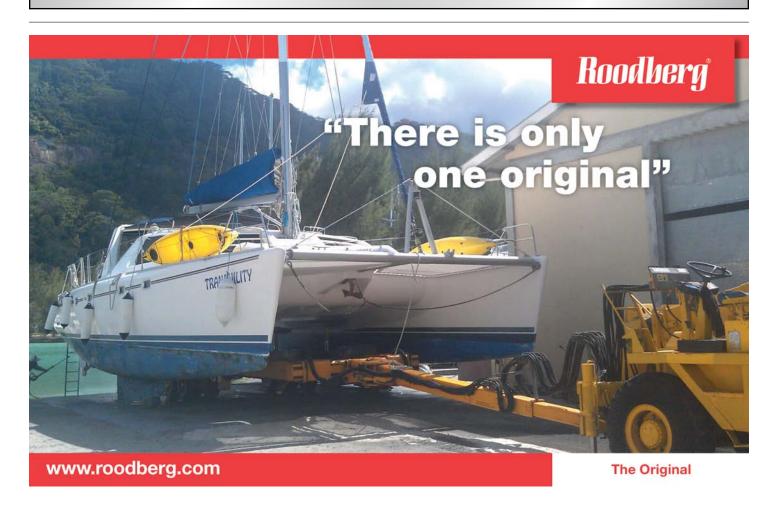


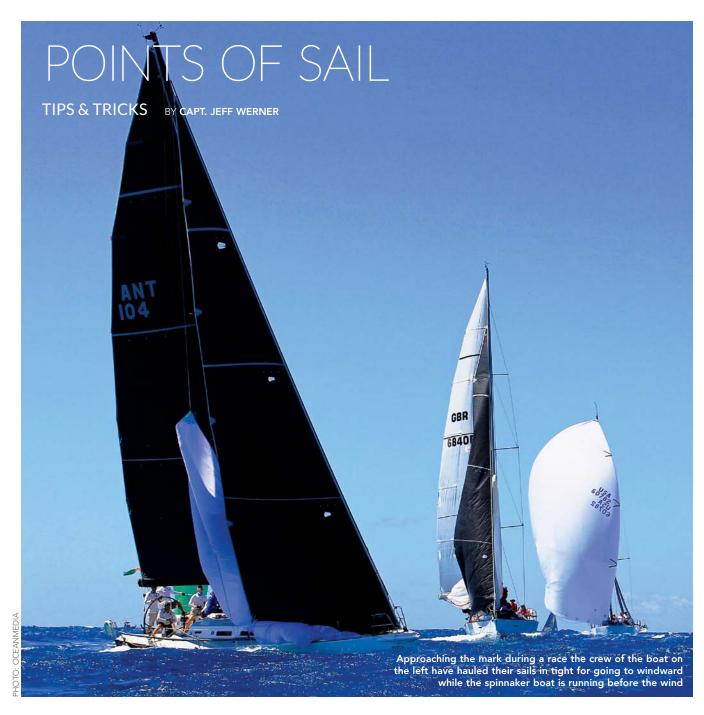




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(| can't change the direction of the wind, but I can adjust my sails to always reach my destination."

- Jimmy Dean

Although Jimmy Dean was better known as a country singer and purveyor of breakfast sausage, this quote helps demystify the magic of sailing from point A to point B for beginners. Trimming sails to reach one's destination are part of the art of sailing. Boats can sail upwind and they can sail downwind, but they cannot sail directly into the wind.

Hoist the mainsail of a catboat at anchor and the sail will luff and flutter just like a burgee on a staff as the boat weathercocks into the wind. If the anchor is raised, the mainsail will continue to luff and the boat will remain 'in irons' or 'in stays' and slowly drift astern. The boat is trapped in the 'no-go zone', a 90 degree pie shaped wedge into the wind. In order to make way, the bow of the boat needs to be turned away from the true wind by an angle of 45 degrees, to the first point of sail, **close hauled**.

When close hauled, whether the wind is coming over the port side (port tack) or over the starboard side (starboard tack), the

mainsail boom is trimmed in close to the centerline of the boat. As the mainsail is trimmed in and stops luffing, the boat will gather way and begin to sail. If the destination is directly into the wind, the only method of reaching that destination is by tacking or turning the bow through the wind and alternating the close hauled point of sail back and forth between starboard and port tacks. This zigzag course is known as beating to windward.

If the destination causes the wind to be forward of the beam, but further aft off the bow than when sailing close hauled, then the sails are trimmed to the next point of sail, a close reach. The boom is eased to leeward of the centerline and tacking is no longer necessary to reach the destination and the rhumb line can be sailed instead.

When the wind is coming directly over the beam, the point of sail to trim to is called a beam reach. The boom is eased even further, about halfway to the shrouds, and this is the fastest point of sail for a monohull.

As the wind moves further aft and comes over the stern quarter of the vessel, the point of sail is called a broad reach. The boom is eased out from its beam reach position, so the wind and sail are perpendicular to each other.

Points of sail In Irons (Into the Wind) Close Close Hauled Hauled Close Close Reach Reach **Points** Beam of Reach Reach Sail Broad Broad Reach Reach Running

With the wind dead astern or almost dead astern, a boat is said to be on a **run** or **running**. The boom is eased out to its maximum position near the shrouds, and this is the slowest point of sail for a monohull.





These basic definitions of the five points of sail approximate the trim necessary to allow a boat to go in the direction one wants, but they don't describe how a boat uses the wind to propel itself. Understanding that bit of science depends on whether one is sailing upwind (close hauled, close reach and beam reach) or downwind (broad reach and run).

The mainsail is a vertical fabric airfoil supported by a mast and boom. Envision an aluminum airplane wing standing on end in place of the mast with the wing tip where the head of the sail would be, and the aerodynamics of sailing can be compared to the aerodynamics of flight. An airplane uses lift to fly, caused when the air pressure above the wing is lower than that below the wing. When sailing upwind, all sails use this same physics of lift to **pull** the boat forward. The leeward side of the sail has lower pressure than the windward side of the sail and aerodynamic lift is generated to propel the sailboat. Whether describing a wing or a sail, Bernoulli's Principle and its associated equations predict how this pressure differential creates lift.

When sailing downwind, lift is replaced by the aerodynamics of drag, and the boat is propelled forward by **push**. Think of the square-rigged ships during the ages of exploration and colonization of the New World, they were designed to be pushed across oceans by the invisible hand of the trade winds.



Combining knowledge of the points of sail with the aerodynamics of pull and push allows a sailor to practice the art of sail trim, which is the ability to squeeze the most 'miles per gallon' from every knot of wind speed.

Capt. Jeff Werner has been part of the yachting industry for over 25 years. In addition to working as a captain on private and charter yachts, both sail and power, he is a certified instructor for the RYA, MCA, USCG and US Sailing. He also owns Diesel Doctor (MyDieselDoctor.com).

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LIFE OF THE SENSATIONAL PARROTFISH

OUR NATURAL WORLD BY VICKI BLANK



norkeling in the aquarium-like waters of Bonaire with its vast array of fish species and clear water, it was the parrotfish that had me chuckling through my snorkel, time and again.

The most impressive ones appear to have big pouty lips with a very rough, smeared application of lipstick and big flirty eyes. With bright, contrasting body colors, they give any drag queen a run for their money.

Upon closer inspection, protruding out to form a parrot-like beak, the 'lips' are in fact their very sheep-like teeth. They use these to rasp and break up algae from coral and other rocky substrates with such force the sound is clearly audible to the entertainment of the nearby diver. Another comical attribute is that they swim along, mouth open, appearing to have a big, goofy grin on their faces. To someone who knows nothing of their habits, they can appear to be a bit dim-witted, albeit beautifully decked out for any glamorous pool party, as they repeatedly bang mouth first into a coral formation. Surprisingly, their teeth continue to grow, replacing what is worn off from the constant crunching.

Protecting parrotfishes has been proposed as a way of saving Caribbean coral reefs from being overgrown with seaweed and sponges. A recent study from the Great Barrier Reef in Australia has discovered that the parrotfish is of huge importance to the protection and health of the reef. According to Joseph Pawlik, ecologist and leading sponge expert, By regularly scraping and cleaning inshore coral reefs parrot fish help control "the vigorous, fast growing evil sponges who are secretly plotting to take over the world one reef at a time."



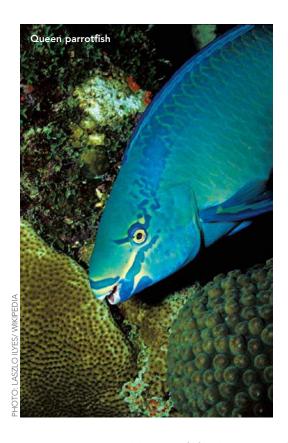


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Having surveyed Caribbean reefs for decades, Pawlik believes on a normal, healthy coral reef, 30-100% of the surface should be covered in coral. Sponges shouldn't have more than 10% coverage. But left unchecked, they will happily take over.

While reefs can at times be a danger to navigation, sailors are aware of the security they offer, providing a safe haven behind which to anchor while also protecting islands and coastal communities from heavy seas.

Once parrotfish have digested the portions of rock and coral, it's excreted as sand, up to 90kg (198lb) per year from some species. This is hugely important when you consider the amount of sand removed from beaches annually and used in construction. A 100 square meters house alone (1,076sqft) requires approximately 1.6 ton of sand. Whether at anchor or going ashore for supplies, it's very noticeable that there is a lot of building going on in the Caribbean. The islands might rely on tourism for the economy, but what perhaps they don't realize is they need their super sand poopers too.

Some species, like Queen parrotfish, possess amazing powers of self-defense and blow a bubble of invisibility that completely cocoons them while they sleep. This supposedly deters predators, such as moray eels and lemon sharks, from picking up their scent. Unfortunately though, it doesn't deter one of their main predators: man.

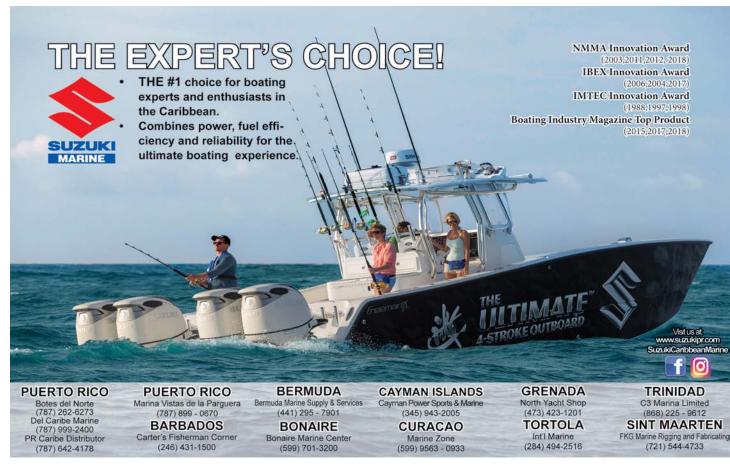
Other amazing powers include the ability to change color as they mature and also change sex. While most species start as females, in what is called the initial stage, generally in shades of red and brown, they change to the terminal male stage in hues of green, blue and pink. However, a large amount of Stoplight parrotfish develop directly to males.

Male parrotfish have a particularly enviable trait that most human males, I suspect, would truly appreciate in our typical monogamist, western ways. Harems of several females, managed by a single male, are the norm in most species with the males vigorously defending their position from any challenge. Their dutiful role also includes daily mating between the hours of 7am and 9am, thank you very much.

With a better understanding of the necessity of parrotfish to our ecosystem and a true appreciation of their sensational lifestyle, there is one last thing to consider: Next time you're basking on one of the Caribbean's many gorgeous beaches, or you have one of those toddlers who is doggedly determined to shovel as much sand into their mouths as their little fists can manage; know that sand was created for your enjoyment by none other than the fabulous, flamboyant parrotfish!

References: Erik Vance, National Geographic; SearchRe Search1.blogspot.com: Parrotfish and Sand Production, sandomnicalculator.com; Wikipedia. sharksfriend.com





CARIBBEAN FALL RALLY

BY CAROL M. BAREUTHER



ew routes - new starts and new finishes - is the biggest 'what's new' buzz in the four major rallies to the Caribbean this fall. Here's what's happening:

NORTH AMERICAN RALLY TO THE **CARIBBEAN (NARC)**

START: October 27, Newport, RI & Little Creek, VA FINISH: St. Maarten www.sailopo.com

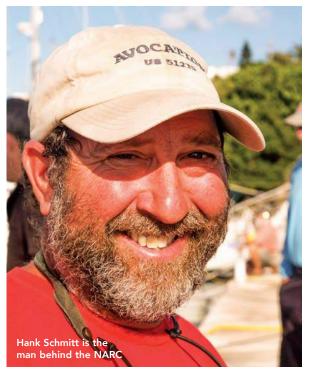
The 19th running of this rally targeted towards larger boats, professional crews and experienced skippers, will have two starts this year. One from the traditional venue of Newport, Rhode Island and the other from Little Creek, Virginia, just inside the Chesapeake Bay and 12 miles east of Norfolk. Cobb's Marina and Vinings Landing Marina are the two start bases. Both NARC starts depart October 27, stop in Bermuda and finish in St. Maarten.

"There are now three rallies departing from the Chesapeake Bay," says Hank Schmitt, NARC organizer and founder and chief executive officer of Offshore Passage Opportunities, a Halesite, NY-based crew network service. "Ours is the only one that goes to Bermuda to break up the trip and get two, four- to five-day weather forecasts. Eight to 10 day forecasts are not as accurate. Also, we start right in the mouth of the bay rather than further inland, and are in open ocean by 08.00. Lastly, only we decide to 'sail east until the butter melts and then turn south' like days of old so you can sail to the Caribbean and not motor sail."









Twenty-five boats are expected this year, including at least five Swans, an Amel 53, Boriel 48 and Outbound 44. Next year, Schmitt is planning for a 50-stong fleet in celebration of the NARC's 20th anniversary.

SALTY DAWG FALL RALLY TO THE CARIBBEAN

START: October 29, Essex, CT START: November 3, Hampton, VA

FINISHES: Antigua & Barbuda; Virgin Gorda, BVI;

Abacos, Bahamas

www.saltydawgsailing.org

More starts and more finishes are what's new for the eighth running of this now largest organized cruising rally leaving from the U.S. East Coast for the Caribbean.

"We are excited to be able to offer several different float plans to the Caribbean this year," says Rick Palm, director of rally management for the Salty Dawg Sailing Association (SDSA), the nonprofit educational organization that runs rallies, seminars and rendezvous. "For the first time, rally participants may choose to leave from Essex, CT, on October 29 and stop in Bermuda before reaching one of our Caribbean destinations, Antigua or the BVI."

Palm says that after last year's devastating hurricanes, it is a particular pleasure for the Salty Dawg Fall Rally to return to the BVI this year. The host destination is the Leverick Bay Resort and Marina in North Sound on Virgin Gorda.

Other Salty Dawg Rally participants will leave from Hampton







VA on November 3 and plan to arrive at destinations in Antigua, BVI, or Green Turtle Cay in the Abacos, Bahamas. Arrival celebrations are scheduled at all three destinations. Through the winter season, the SDSA sponsors social events on land and in the water

Eighty boats, ranging from 37- to 58-footers and monohull and multihull alike, will cast off this year. Four boats have children aboard, six with pets, ten are foreign-flagged and nearly 40 percent have sailed in this rally in the past.

ARC CARIBBEAN 1500

START: November 4, Portsmouth, VA FINISH: Tortola, BVI www.worldcruising.com

Keeping it fresh with the launch of a new ongoing program at the Portsmouth, VA, departure destination is what's new with the ARC Caribbean 1500, operated by the Cowes, UK-headquartered World Cruising Club (WCC).

"This new program includes a live SAR (Search and Rescue) demo from the U.S. Coast Guard (USCG), tour of the USCG command center, and new venue for the Farewell party," explains Sarah Collins, WCC communications manager. "We like to keep things fresh for those who join us year after year."

This year's fleet is a mix of newcomers and WCC veterans, according to Collins. Most are 40- to 60-foot US-flagged vessels planning a season cruising the islands. The exception is *Big Adventure*, Tom and Judy Nelson's Oceanic 46, which will live up to her name by departing on the World ARC in January, from St. Lucia.

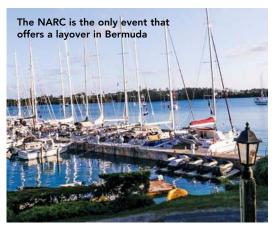
"Nanny Cay has been constantly changing and upgrading their facilities since last year's hurricanes. We are always impressed with their high-quality performance in assisting us to welcome our participants with cheering, celebrating and a rum punch," Collins says. "Our program includes beach volleyball, an open-air bus island tour, beach BBQ, and the op-

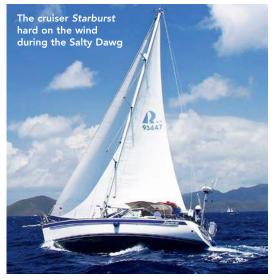












portunity for people to volunteer around the island to help with the post-Irma recovery."

ARC RALLIES

ARC+ START: November 11, Las Palmas de Gran Canaria ARC+ ST. VINCENT START: November 15, Las Palmas de Gran Canaria

ARC START: November 25, Las Palmas de Gran Canaria FINISH: St. Lucia & St. Vincent www.worldcruising.com

Maxed entries for the ARC+ in 2016, 2017 and again this year has led the WCC organizers to add even more ways to take part in this rally that goes from Las Palmas to Saint Lucia via Cape Verdes.

"The support of host marinas at the start in Las Palmas and the stopover in Mindelo, together with the addition of a new Caribbean destination, has enabled us to offer extra capacity on the popular ARC+ route. This comes via a second slightly later start and an alternative finish at Blue Lagoon Marina in St. Vincent. The result is three starts, two destinations, and the most boats ever to set sail under the ARC (Atlantic Rally for Cruisers) banner," says Collins.

Over two dozen ARC+ boats will head to St. Vincent, with an additional 70 setting sail on the customary ARC+ route to finish at IGY's Rodney Bay Marina in St. Lucia. Additionally, more than 200 entries will cruise straight from Palmas to St. Lucia on the route that's made the ARC famous for over three decades and is today the largest transoceanic rally.

"Sailors on all routes benefit from the pre-departure program, safety checks, weather forecasts at sea, satellite tracking of each boat during the crossing, intra-yacht radio net and communication with ARC rally control for safety and fleet support messages. On arrival, a warm welcome, ice-cold rum punch and a reunion with their fellow ralliers promises to mark the great achievement of sailing an ocean in a very special way," says Collins.







LOOKING FOR JERK IN ALL THE RIGHT PLACES

JAMAICA WORDS BY MARK STEVENS PHOTOGRAPHY BY SHARON MATTHEWS-STEVENS



ur driver turns off the road leading east from Jamaica's Port Antonia and pulls onto a dusty lane. When we climb from the van blue smoke assaults our senses. Its aroma makes my mouth water as I march to the first of several ramshackle huts.

Welcome to the village of Boston. Welcome to the birthplace of jerk.

For days I've been on a mission. I've imbibed in Black River, noshed in Negril and been titillated in Treasure Beach. Today is the culmination of my quest for a culinary treat that screams 'Jamaica' as surely as Reggae, Red Stripe and Appleton's Rum.

I have been looking for jerk in all the right places. The best jerk in Jamaica.



Today I reign victorious.

When the English invaded Jamaica in the 17th century, slaves called Maroons escaped into the Blue Mountains. Lunch often consisted of wild boar. In order to preserve the meat they added all kinds of spices. They slow-cooked and smoked it over wood (most often pimento sticks) in covered underground pits to avoid detection.

Borrowed from the Taino and Arawak, the process was also derived from Peruvian and Spanish methods of making 'jerky', thin strips of dried meat. Jerk is thought to be a corruption of the Spanish word charqui.

This village and - more specifically, the Boston Jerk Centre - is reputedly host to the most authentic jerk on the island. Locals have been selling the delicacy to tourists since at least the 1940s.

But I digress.

Right now I stand at the counter of Mickey's watching the smoke waft up from a cinder block fire pit six-feet-by-six-feet across. Orange coals throb in the bottom of the pit while rows of pimento sticks cover the top. Max, the 'spice man', raises a sheet of corrugated tin covering great sides of pork and smears a brown paste over them with a huge brush.

"No other place does spice like they do in Boston," he says, hacking off a chunk with his machete and handing it to me.

Now I notice jars and plastic bottles lined up along the counter. The caps are color-coordinated, some yellow, some green, and some red.

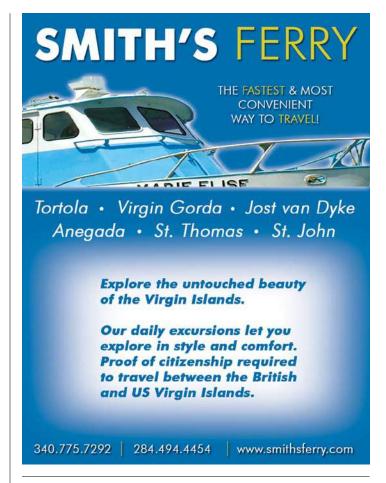
Max grins. "Sauce for sale. How hot you like it?"

Which brings me to a controversy. A few days earlier I encountered, on my quest, the chef of Jake's Hotel on the south coast. He was prepping for a local wedding: jerk, of course, de rigueur.

"The ingredients are the thing," he said, holding a bouquet of scallions before he chops them up and adds them to marinating chicken thighs and breasts.

Historically, basic ingredients were pimento (AKA allspice) and salt. As things evolved thyme became a must-do, along with scallions and nutmeg most of the time. Scotch bonnet pepper was the latest – if most infamous – addition.

But that's not the controversy.









While the guy at Jake's and Max over in Boston (along with everyone else so far, for that matter), marinated and basted the meat, the process is by no means universal.

In her book, Jerk Barbecue for Jamaica, Helen Willinsky says dry rub is "more authentic than marinade."

There's evidence for this position. Some experts suggest that the very word comes from a process of poking or "jerking" holes in the meat with a sharp stick then filling them in with the dry spices.

At any rate, the rule of thumb, whatever your historical position may be, is that you get a crustier jerk with the rub and juicier meat with the paste and marinade.

The latter works just fine for me, I decide, tearing into a chicken thigh one afternoon in Saint Elizabeth Parish in the south. Chef Khani, the proprietor of this hillside establishment, is a twenty-plus-year veteran. Supposed to have the best jerk in the whole parish.

He uses these big barbecues made from oil drums and foregoes the requisite pimento sticks to smoke the meat. And forget about the recipe. "No three teaspoons of this or that," says Khani with a laugh. "Just go with the heart."

At Scotchie's, an island-wide chain of jerk shacks, they have

opted for the pimento stick and covered smoking method. That too, it must be said, works. Just fine.

Here at the one outside Montego Bay (I've heard it's the best Scotchie's in Jamaica) great slabs of pork sizzle under those ubiquitous corrugated tin sheets. Here a staffer in vivid Hawaiian repositions the meat with gestures graceful as a symphony conductor.

And here, biting into a hunk of jerk that burns my mouth even as it warms my heart, I realize that the controversy is but a tempest in a teapot.

Sticks or no sticks? Poked or smoked? Rub or marinate?

There's really only one question that matters.

Please, sir, can I have some more?

Should you wish to do other things in Jamaica rather than eat (perish the thought!) check out: www.visitjamaica.com

Mark Stevens is an award-winning travel writer whose specialties include Canada, the Caribbean and boating.

Photography by: sharon@travelwriteclick.com

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MARK & CARLA TEMPLETON:

ST. MAARTEN/ST. MARTIN WORDS AND PHOTOS BY CHRIS MORVAN



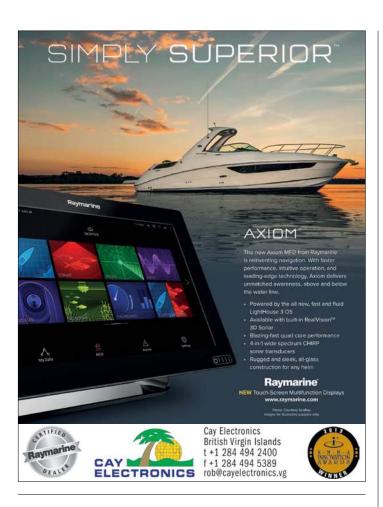
he historical links between welders and 'the arts' have hitherto been limited to the 1983 movie Flashdance, in which Jennifer Beals brandishes an oxyacetylene torch as a steel worker who dreams of becoming a professional dancer.

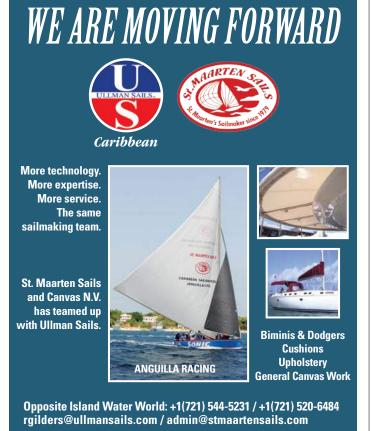
But now that monopoly has been broken in the distinctly undancerly shape of Mark Templeton, a familiar face in the boatyards and marinas of St Martin/St Maarten. Mark has been quietly nurturing a parallel career as a sculptor, producing bold, rugged steel creations for viewing outdoors and other smoother, glamorous polished pieces more suited to indoor display.

And not only that: Mark's wife Carla is also an artist.

When interviewing an artist, it is not unusual to meet in their studio, a cluttered, ramshackle affair that speaks of a creative mind that doesn't really do tidy. When that studio is also a workshop, clutter is inevitable.

Having been given their names by St. Martin-based ab-















stract artist Norma Trimborn, it is with sculpture in mind that I kick off the conversation with Mark: so you're a welder by trade, right?

Mark stops me dead in my tracks. "I'm a chef by trade," he says. "Then I stopped cooking food and started cooking steel."

The change of career came as a result of arriving in St Maarten in 1987 speaking neither French nor Dutch and therefore not being able to communicate in the island's professional kitchens.

Mark had sailed to St. Martin from Cape Town, where he had been living since leaving his hometown, Johannesburg.

In St Martin, Mark met and married Mozambican Carla and he and his new father-in-law Nuno Oliveira started a business which became Mendol's General Engineering. Mark taught himself the skills of metal fabrication while Nuno took care of engine re-bores, etc.

After ten years Mark struck out on his own and eventually turned to the artistic side mainly for his own amusement.

"I had always been creative in the cooking," he explains. "And my father and grandparents were all artistic. I still don't consider myself a fully-fledged artist, even if other people do. I'm too busy trying to make a living. Hopefully, one day I'll be able to separate the two."

The family relocated briefly to the US to try to realize a dream they had picked up while taking annual vacations there: an 'art farm'. They found a property in northern Florida and set up a place where people could come and develop their artistic skills in a bohemian atmosphere. Buses would bring hordes of schoolchildren, church congregations and older people from residential homes. Business was booming.

Then, for a reason they don't know, the US government refused to renew their visa and they were forced to abandon the dream and return to St Martin. Fortunately, with Mark's reputation in the boating community still intact, he was able to get going again.

Norma Trimborn asked Mark to create something for the sculpture park on her rambling St. Martin property and the result was the now famous spider.

Does he, I wondered, sketch things before he builds them?

"No, no, no," he scoffs. "I can't draw to save my life. It's all in my head. The head of that spider is just a big old propane





NORTH SOUND MARINA





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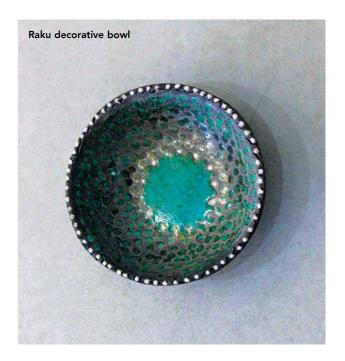
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tank that I modified. I inverted some of the parts. The tail is another propane tank. I cut slivers out of it and squished it back together."

Possibly making it sound simpler than it was, he explains how he attached the legs to the body in a particular way so he could manipulate them to get the thing on a truck to take it to the Trimborn residence. Not many artists have to consider such practicalities.

The difference between Mark's finished products and those of his wife could hardly be starker, although there are extreme temperatures involved in both. Carla works in a Japanese style called Raku, using coarse clay which she fashions with her hands, then fires at 1750°F. Much of the magic comes from the way the glaze is treated. While still very hot each piece is put into a container filled with sawdust, and the resulting combustion gives the finished piece its distinctive look. But it can't be just any old sawdust.

"I use pine, because that gives me a turquoise blue, which is what I prefer," she says.

Carla came across the technique on one of the family's American adventures when she saw a Raku artist giving a demonstration and when they returned to St Martin she researched it, picked the brains of experts and simply had a go herself.

Having become proficient in the process, she developed a range she calls 'affordable art', aimed at tourists who want to take home something handmade from the island. Her work can

be found in two Simpson Bay locations: Good Cards at Palapa Marina, and The Art Box opposite Simpson Bay Yacht Club.

While some of Carla's creations fall into the 'cute' category, there is also more serious work including highly distinctive decorative ornaments.

In addition to her art and the family business, Carla teaches, both privately and in schools, with the emphasis on adaptability and sustainability.

"I teach kids that you don't have to have all the right materials," she says. "You can paint with your fingers, with toothpicks, cotton swabs. And you don't have to have a lot of money. You can have just five bucks in your pocket and you can start something.

Between them, the Templetons are living proof that this philosophy can work, and that art is not some precious, elitist thing carried out by sensitive souls in attics. It requires imagination, certainly, but there is also a strong practical side which makes it possible for anyone to have a crack at it.

To view some of Carla's artwork, visit: www.etsy.com/shop/ TheSilverDoor

Chris Morvan is a British freelance writer. Originally from Guernsey, he has lived in the Caribbean region for nine years and arrived in St Maarten in December 2017.

BRIDGE OPENING TIMES -

DUTCH SIDE -Bridge Operator VHF Ch. 12

SIMPSON BAY BRIDGE:

Outbound Inbound 0830 hours 0930 hours 1030 hours 1130 hours 1600 hours 1500 hours 1700 hours

CAUSEWAY BRIDGE:

Inbound & Outbound Traffic

0815 hours 0945 hours 1015 hours 1145 hours 1545 hours 1715 hours

1515 hours

On Call for In & Outbound traffic

The above times are now in affect. After a period of three months, an assessment will follow to determine if changes need to be made or whether the bridge times will remain as published.

FRENCH SIDE -

Bridge Operator VHF Ch. 16 / Tel: (590) 87 20 43

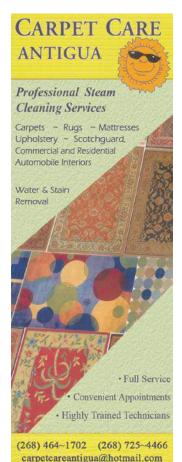
Outbound & Inbound (Outbound Traffic proceeds Inbound Traffic)

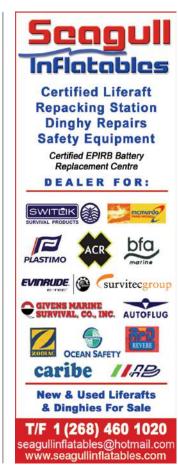
0900 hours

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ne of the most diverse fleets, perfect sailing conditions and the chance to visit two islands in two days are what makes the Round Grenada Regatta a favorite in the Southern Caribbean. Held August 25 to 26, the fifteen boats participating in the Petite Calivigny Yacht Club (PCYC)-hosted event ranged from an 18-foot beach cat to a 72-foot 119-year-old Bermudan yawl, plus a four-boat one-design J/24 class. Sixty-some crew members navigated their vessels from the start line off Le Phare Bleu Marina, on the south coast of Grenada, north to Tyrell Bay, Carriacou the first day and then sailed back along the windward side of Grenada on day two. Liberal prize-giving: first day, second day and overall awards, made the regatta extra fun.

"The whole weekend was a blast," says Judd Tinius, owner of the historic yawl, Galatea, which finished second to Misiba Webster's Hobie Cat, Thunderbird, on the first day and third after Mark Solomon's 473 Grenada Boutique Resort's Shuttleworth-



designed micro-multihull Lynx and Richard Szyjan's Hobie 33, Category 5, on day two to end the regatta second overall behind Category 5. "Category 5 got out a couple miles ahead of us on the first day in the lee of Grenada, but once we got out into the open we were able to overtake them before Carriacou. The second day was forecast to be light, but the wind held for us. All had a good start and were off. This time we had the legs on Category 5, though not enough to keep them behind us once we started to ease the sheet. Up went their kite and they got us. It may have been even closer had we not spotted the rig-less beach cat. We lost concentration and diverted a bit to be sure they were okay. But it was still close and a good time."

Solomon enjoyed the learning curve aboard his new micromultihull, rebounding from a fifth-place on the way to Carriacou to a first on the sail back. This was enough to give him third overall.

"The first day was amazing. We were flying to windward and at 15 knots; it was just the wrong windward. We made the novice mistake of not hugging the coast line. I've been racing and living here for 20 years, so I should have known better, but the speed and fun got to us," Solomon says.

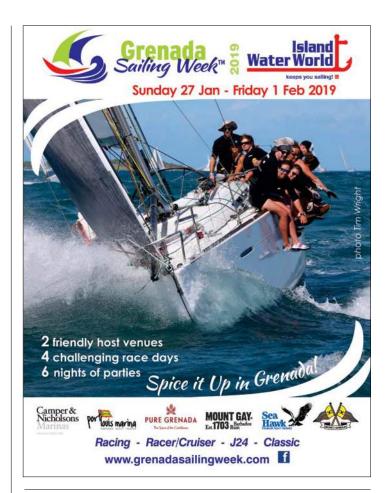
Results were also topsy-turvy in the one-design J/24 class. That is, Richard Amerling's *Frigate* won the race north and finished last on the way down. In the end, Robbie Yearwood's *Die Hard* took the overall trophy with *Frigate* second.

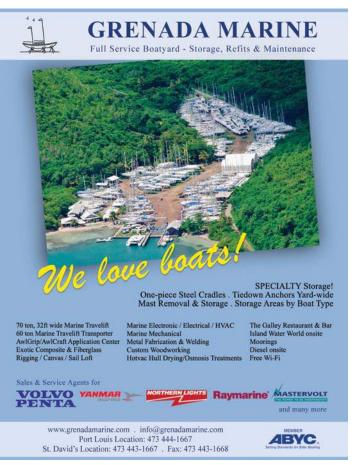
"Robbie was my real competition, so I was happy to get a great start and arrive off Port Salines within a second or two of him on that first day," says Amerling. "Then, he and the other J/24s decided to go out and we choose to stay closer to shore. As a result, we won by nearly five minutes. Basically, Robbie made the tactical decision not to cover us when he should have. I made the same mistake the second day. We headed offshore, Robbie stayed in out of the equatorial current that runs north, and he made up the five minutes and more to beat us."

The PCYC revived the tradition of round-the-island racing four years ago.

"It's a fun race, plain and simple; first over the line," says Rick Feld, PCYC vice-commodore. "We have maintained the original intention, and spirit of the race, 'to have a fun couple of days on the water, surrounded by good food, great friends, and a few parties'. This year, we enjoyed the bonus of perfect sailing conditions!"

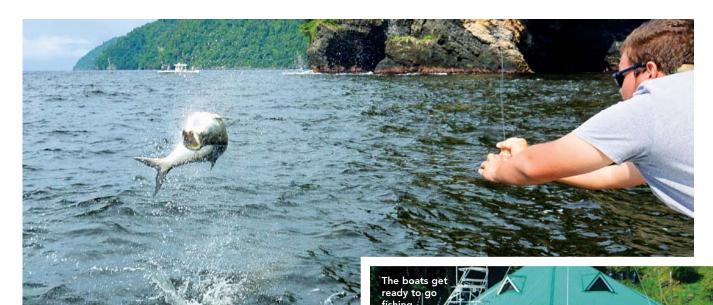
For full results, visit: http://pcycgrenada.com/round-grenada-regatta-2018-results/





ON THUNDER: MAPEPIRE

TRINIDAD & TOBAGO BY CAROL M. BAREUTHER



ig fish and lots of them is what makes tarpon fishing so tremendous off Gasparee, one of the 'Bocas Islands' located west of Port of Spain, Trinidad & Tobago. This is the site of the annual Tarpon Thunder Tournament, hosted by the Trinidad and Tobago Game Fishing Association and held this year August 4th and 5th. Add hard work and skilled fishermen to this amazing venue and it's easy to see why Team Mapepire earned five top prizes including Top Boat and three Top Angler awards. More specifically, Michael De Freitas, Luke De Gannes, Dean Fakoory, Dominic Wallace, Marc Telfer and Christian Valdez, aboard Valdez' Pursuit 32, Mapepire, released 62 tarpon in the day and a half tournament.

"We have all fished our entire lives," says Valdez. "Tarpon fishing is what you do as a youth growing up here. The other factor behind our win was having Michael (De Freitas) on the team. He's a monster when it comes to finding the tarpon. That's the trick; finding the fish, and he has a lot of insight into this. It's a very competitive, very fun tournament."



Team Scatter Brain comprised all junior anglers with everyone under 17 years old at the time of the tournament. The team released 12 Tarpon and scored 1200 points. Chad Ferreira (3rd from left) won Junior Angler with 300 points.

A Tarpon leaps ou of the water

Valdez placed Second Best Angler, De Gannes third and Wallace first. Wallace also kicked off the event by releasing the first tarpon. For Mapepire's Top Boat win, the team earned entry to the 2019 Offshore World Championship in Costa Rica. It's a tournament at which the men have represented Trinidad & Tobago before, as they are equally accomplished billfishermen.

Team Ramajay finished second in the boat standings with 32 tarpon releases.

"Hard work, team work and preparation before the actual tournament were behind our success," says Ramajay captain, Michael Rostant. "That means getting the best bait. It takes a lot of long nights and early mornings to get our bait. Also, getting all our gear rigged up and holding practice sessions to see how the fish are eating, what bait works best and in what locations. Having fun is a big part of the recipe."

Team Monsta rounded out third in the boat standings with 30 tarpon releases.

In other awards, Chad Chu Cheong on Ramajay won Most Lure Releases. Fernando Navarro and Mark Zillar, both angling aboard Monsta, earned Most Stick Releases and Best Foreign Angler, respectively. The Best Female Angler went to Amanda Hosein on EZ Going, best junior angler was Chad Ferreira on Scatter Brain, and Ben Rajnauth on Rum About won a special prize for being the youngest angler.

Fifty-eight anglers aboard 11 boats collectively caught and released 198 tarpon.

The Tarpon Thunder Tournament is fished in three sessions of morning and late afternoon the first day and morning the second day.

"The tournament is always special as it involves some of the finest anglers that Trinidad has to offer," says tournament director Jonathan de la Rosa, owner of Island Yacht Charters Ltd., the company that hosts the event. "We are also seeing newer and younger anglers coming up, which is encouraging for the future of the sport. This year we had four foreign anglers and hope to grow this event through more aggressive marketing next year. Trinidad has the best tarpon fishing in the world."

Carol M. Bareuther, RD, is a St. Thomas, U.S. Virgin Islands based marine writer and registered dietitian.





CRUISE SHIP TO COLÓN AND THE PANAMA CANAL

PANAMA WORDS AND PHOTOS BY ELS KROON



he port of Colón is frequently in the news. Located on the bay of Limón, Colón is the gateway to the Panama Canal on the Caribbean / Atlantic side of the isthmus. The city and the port went through dramatic changes in 2016 when the new Agua Clara locks and corresponding channels officially opened.

When approaching Colón it's obvious by the large number of ships waiting near the breakwaters of Limón Bay and the container port of Manzanillo that this is one of the world's great crossroads.

The canal is often the main attraction for passengers of cruise ships calling at the port. Transiting the canal four years ago passengers could only see the old Gatun locks in operation and view the Agua Clara locks under construction. Today, they can see the new locks in operation. Many of the tours offered to passengers include a visit to this wonder of hydraulic engineering. For those who are not interested in the canal the ships offer tours of Panama City, with its skyscrapers and a beautiful historic center.

At the Agua Clara visitor center, a series of open platforms and covered terraces, visitors can follow the activities in the new locks and enjoy a beautiful view of Gatun Lake where the ships, including the 'NeoPanamax' vessels, continue their journey through the canal.

The canal was completed by the Americans in 1914 and the opening of the new expansion was planned to coincide with the canal's centenary. However, construction was delayed by two years.

Spain explored the possibility of constructing a canal across the



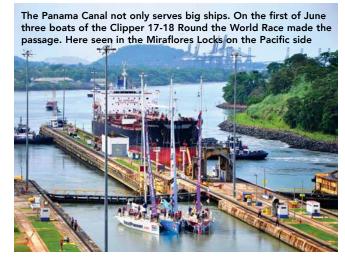


isthmus as early as 1534 but it had to wait until the French began construction in 1880. After 20 years the French, overcome by high worker mortality rate and financial and technical problems stopped digging. When Panama became independent from Colombia in 1903, the country signed a treaty with the United States and building continued under the American flag. The canal cost about \$375 million to build and an estimated 30,600 lives were lost during construction before it opened on 15 August 1914 with the passage of the steamship Ancón.

Almost a hundred years later, and with ever larger ships under construction, there was a need for larger and deeper locks. The expansion began on 3 September 2007 with the excavation and dredging of some 150 million cubic meters of soil. The builders faced the same challenges as the Americans a hundred years earlier, with the additional difficulty that the existing channel had to continue functioning during construction.

That was not the only challenge. Seismological surveys noted the canal was at greater risk of a catastrophic earthquake than previously thought. Other problems were more tangible. The special concrete used in construction, designed to last for a hundred years, showed cracks before the first ship passed.

Between August 2013 and November 2014, a total of 16 sliding doors designed in the Netherlands and built in Italy, and made of special steel in six different sizes arrived on site. The largest are 57m (187ft) wide, 33 meters (108ft) high, 10











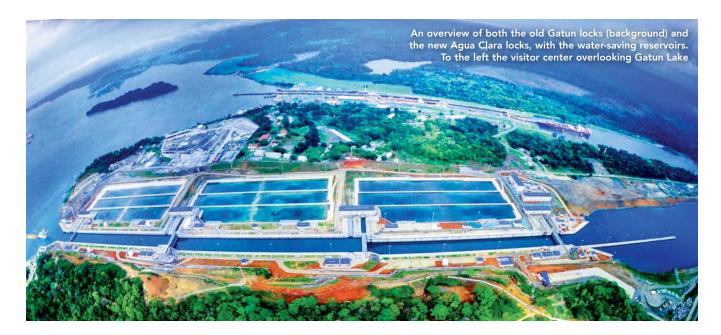
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meters (33ft) thick, and weigh 5000 tons. Built to withstand earthquakes, the doors are said to have cost \$3.4 billion, \$1.4 billion over budget.

In February 2016, four months before the official opening, the new water-saving basins were tested. In the meantime, a training facility for employees, such as pilots and tug crews, was built where they could simulate canal operations with scale models of 1:25.

One hundred and ninety two tons of steel and 4.4 million cubic meters of concrete were processed to enable the handling (with tugs instead of locomotives as in the old locks) of the NeoPanamax ships.

Spectacular fireworks heralded the inauguration of the new locks and on 26 June 2016 they were declared open. The NeoPanamax ship *Andronikos* was chosen by lot to make the first voyage and in honor of the privilege changed its name to *Cosco Shipping Panama*. In the following month, 53 NeoPanamax vessels successfully passed through the new locks, saving more than 7000 nautical miles, compared to the route via Cape Horn.

The opening of the larger locks marked a new era for the shipping industry and after just one year the number of ships transiting the canal had risen sharply. The first cruise ship, the *Disney Wonder*, passed the new locks on April 29, and the *Caribbean Princess* included the Panama Canal in its inaugural route.

Responding to the rise in traffic, Colón put forward plans for a new container terminal, specifically aimed at NeoPanamax



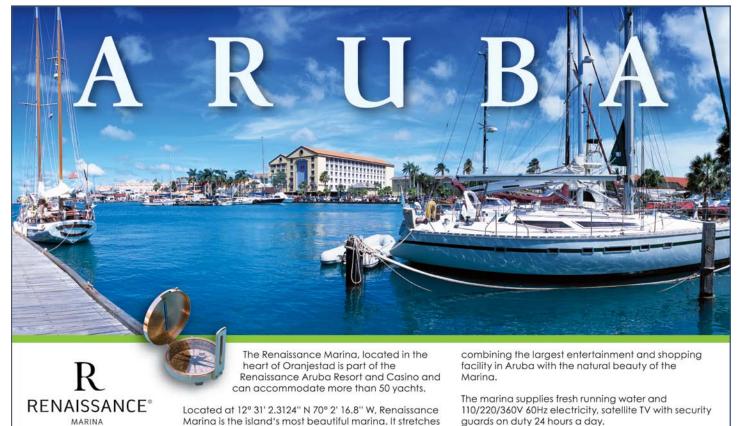
vessels and construction, estimated to be worth around \$900 million dollars and supported by Chinese investors, began in June 2017. The China Communications Construction Company (CCCC) will complete the job including storage for 2.5 million TEU and four berths with facilities for LNG vessels.

More than ever, Panama lives up to its motto: Crossroads of the World. On the occasion of the opening of the expansion of the canal, the New York Times looked back at the project and you can see it by following the link: www.nytimes.com/interactive/2016/06/22/world/americas/panama-canal.html

The Panama Canal authorities maintain an informative website that includes webcams, visit: https://micanaldepanama.com

Els Kroon is an award winning freelance photojournalist and former teacher. She lives and works in Curação and Kissimmee, Florida.





over much of this picturesque waterfront community

CARIBBEAN MARINAS

All At Sea's Caribbean Marinas Guide

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Antigua	Falmouth Harbour Marina www.antigua-marina.com	268-460-6054	20′	380′	60	•	110/220/380 3 phase	•	•	•		•	•		•	68/10	•
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Aruba	Renaissance Marina Aruba	297-588-0260	13′	200′	50	•	110/220		•				•	•	•	16/69	•
Aruba	Varadero Caribe www.varaderoaruba.com	297-588-3850	8′	120′	75	•	50/30 amp				•			•	•	68	•
Curaçao	Barbara Beach Marina	5999-840-0080	15′	200′	19	•	220V/380V - 250A				•	•	•	•	•	67	FREE
Curaçao	Curaçao Marine	5999 465 8936	13'	120′	30	•	110/220/380		•		•	•	•		•	67	FREE
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Curaçao	Seru Boca	5999 560 2599	14′	80′	140	•	127/220				•	•	•	•	•	67	FREE
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D.R.	Ocean World Marina	809-970-3373	12' +	250′	104	•	110/220	•	•	•	•	•	•	•	•	16/68	•
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Puerto Rico	Sunbay Marina	787-863-0313	12′	75′	287	•	110/220	Cable	•	•	•	•	•		•	16/12	•

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Scrub Island, BVI	Scrub Island Resort, Spa & Marina www.scrubisland.com	(284) 394-3440	30'	160′	55	•	30, 50 & 100 amp		Õ	\(\text{G}\)	*5	•	•	• 8°	•	74	• •
St. Croix	Green Cay Marina at Tamarind Reef Resort	340-718-1453	8′	100′	154	•	110/220V - 30A, 50A, 200A	•	•	•	•	•		•	•	16	FREE
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St. Maarten	Bobby's Marina www.bobbysmarina.com	721-542-2366	12′	130′	80	•	110/220V		•	•	•		•	•	•	16/69	•
St. Maarten	Island Water World Marina	599-544-5310	8′	90′	54	•	Available	Cable	•	•	•				•	74	FREE
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St. Maarten	The Yacht Club at Isle de Sol www.igy-isledesol.com	721 544 2408	18′	320′	45		480V 3-phase 100 amps/ leg; 220V 3- & single- phase; 100 amps/leg; 220V 50 amps 60hz	•	•	•	•	•	•	•	•	16/ 78A	FREE
St. Martin	Captain Oliver's	590-590-87- 33-47	10′	150′	160	•	110/240		•	•	•	•	•	•	•	16/67	
St. Thomas	American Yacht Harbor www.igy-americanyacht harbor.com an IGY destination	340-775-6454	10′	110′	134	•	120/208Y/240 VAC 30 to 100 amps, 60 Hz	Cable	•	•	•	•	•	•	•	16/6	FREE
St. Thomas	Crown Bay Marina www.crownbay.com	340-774-2255	24′	200′	99	•	30, 50, 100amp 120v, 208v, 220v, 480v	Cable	•	•	•	•	•	•	•	11	FREE
St. Thomas	Yacht Haven Grande www.igy-yachthaven grande.com an GY destination	340-774-9500	18′	656′	48	•	120/208Y/240/480Y VAC 50 to 600 amps, 60 Hz Ability to hard wire	Cable	•	•	•	•	•	•	•	16/10	FREE
Tortola, BVI	Nanny Cay Marina	284-494-2512	12′	125′	200	•	110/220		•	•	•	•	•	•	•	16	•
Tortola, BVI	Soper's Hole	284-495-4589	25′	170′	50	•	110/240	Cable	•	•	•	•	•	•	•	16	Cafe
Tortola, BVI	Village Cay Marina	284-494-2771	12′	200′	106	•	110/220/308	Cable	•	•	•	•	•	•	•	16/71	FREE
Trinidad	Power Boats Ltd	868-634-4346	13′	65′	40	•	115/220		•	•	•	•	•	•	•	72	•
Turks & Caicos	Blue Haven Marina & Resort www.bluehaventci.com an IGY destination	+649-946-9910	8.5′	220′	78	•	30/50/100 amp, 3 phase, up to 480V	Cable	•	•	•	•	•	•	•	16	FREE
Turks & Caicos	Caicos Marina & Shipyard www.caicosmarina.com	649-946-5600 649-232-1905	9′	150′	100+	•	30/50/100 amp		•	•	•	•			•	16	FREE
Virgin Gorda	Virgin Gorda Yacht Harbour	284-495-5500	10′	180′	94	•	110/220		•	•	•	•	•	•	•	16/11	•
Colombia	Marina Santa Marta www.marinasantamarta.com an IGY destination	+574363601	11.5′	132′	256	•	110/220V, 60hz		•	•	•	•	•	•	•	16/72	FREE
OUTSIDE OF	CARIBBEAN:						100/100 1000										

Boston, MA	Boston Yacht Haven	617-367-5050	22'	300′	100	•	480V, 100 and 200 amps; 240V single-phase; 208V 3-phase, 100 amps; 240V, 50 amps; 120V, 30 amps	Cable	•	•	•	•	•	•	•	09/16	FREE
Cabo San Lucas, Mexico	Marina Cabo San Lucas www.igy-cabosanlucas.com an ☐ IGY destination™	+52 624 173 9140	26′	350′	380	•	110V 30 amps; 220V 50 amps; 100 amp 3-phase, 480V 150 3-phase		•	•	•	•	•	•	•	88A	FREE
NY Harbor - Manhattan	North Cove Marina at Brookfield Place www.igy-northcove.com	917-677-7680	16′	175′	18	•	110V, 220V; 480V 3-phase					•	•	•	•	69	FREE

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Caribbean boatyards

All At Sea's Caribbean Boatyards Guide

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Antigua	Jolly Harbour Marina / Boat Yard	17 04 46.4 N	61 54 37.0 W	(268) 462- 6041	13′	80'	19′	no limit	110/220	8am- 5pm	70 4	•		•	•	•	•	•
Antigua	North Sound Marine	17.1167	-61. 7500	(268) 562- 3499 \ (268) 764-2599	15′	no limit	31′	no limit	Anything	24x7	150	•		•	•	•	•	•
Aruba	Varadero Caribe	12 32 N	70 02 W	297-588- 3850	8′	120′	45′	no limit	50/30 amp	8am- 5pm	60	•		•	•		•	•
Freeport, Grand Bahamas	Bradford Marine Bahamas	26′ 31. 189 N	78′ 45. 566 W	242-352- 7711	35	400	50	no limit	30/50/100/480	24/7	150		•	•	•	•	•	•
Tortola, BVI	Nanny Cay Hotel & Marina	18 25 0 N	64 37 0 W	(284) 494- 2512	11′	160′	45′	no limit	110v 30amp/220v 50amp/ 3phase 100 amp	7am- 6pm	70 4 5	•	•	•	•	•	•	•
Tortola, BVI	Soper's Hole	18°23″ 46′	-64° 41″ 53′	(284) 495- 3349	7′	65′	18' and 40'	no limit	110/220	8-5, Mon- Sat	45	•	•	•	•	•	•	•
Tortola, BVI	Tortola Yacht Services	18 25 N	64 37 W	(284)-494- 2124	10′	68′	20′	no limit	220V, 50A, 110V, 30A	7-4, 7days	70 45	•	•	•	•	•	•	•
Virgin Gorda, BVI	Virgin Gorda Yacht Harbour	18. 45222	-64. 43750	284-495- 5318	10	150	34	no limit	110/120	7am- 6pm	70	•		•	•	•	•	•
Curação	Curacao Marine	12' N	68' W	599 9 562- 8000	9′	120′	33′	193	110/220 380	8am- 5pm	60	•		•	•	•	•	•
Boca Chica, D.R.	Marina ZarPar	18 26.4 N	69 37.23 W	(809) 523- 5858	7.5′	65′	28′	no limit	110/220 380	9am- 5pm	70 45	•		•	•	•	•	•
La Romana, D.R.	IBC Shipyard	18° 23′ 55″ N	68° 53′ 55″ W	+809 449 3321/3323	12′	110′	26′	no limit	110/220 3 phase 100/50/30 amp	8-5 M-F	120	•	•	•	•	•	•	•
Grenada	Clarkes Court Boat- yard & Marina	12° 00.6′ N	061° 44.0′ W	473-439- 3939	11′	150′	37′	0	110/220; 50Hz	7:30am- 4:30pm	242	•	•	•	•		•	•
Grenada	Grenada Marine	12° 01:20	61° 40:42	00-1-473- 443-1667	12′	75′	31.5′	0	110/220	8-5, M-F; 8-12, Sat	70 4 5	•	•	•	•	•	•	•
Grenada	Spice Island Marine Services	12.041 N	61.45 W	473-444- 4257	12′	70′	25.4′	0	110/220	8-4 M-F	70	•	•	•	•	•	•	•
Panama	Bocas Yacht Services	09° 17.3′N	082° 23.06W	507- 6619-5601	10′	65′	20′	no limit	120/220	7:30- 3:30pm	60	•		•	•		•	
Puerto Rico	Varadero @ Palmas	18 04′ 37″N	65 47' 57"W	787-656- 9211	11′	110′	26′	no limit	50/30 amp	8-5, 7days	110	•	•	•	•	•	•	•
Puerto Rico	Puerto Del Rey Marina	18° 17.3 N	65° 38 W	787-860- 1000	15′	150′	33	no limit	120/208V single & 3 phase; 30, 50,100 & 200 amps; 60 Hz	8am- 5pm	155 4	•	•	•	•	•	•	•
Sint Maarten	Megayard	18°02′ 13.24 N	63°05′ 08.52 W	1-721-5444- 060	12′	200′	33′	12′	110/220	8-5 M-F	150	•	•	•	•	•	•	•
St. Lucia	Rodney Bay Marina an IGY destination	14°04 '32. 72" N	60°56 '55. 63" W	758-458- 4892	11′	75′	28′	no limit	120V- 480V, 30/50/ 100/125/200 amps at 60 Hz, 240V- 440V, 32/63/125 & 200 amps at 50Hz	8am- 5pm	75 4	•	•	•	•	•	•	•
St. Croix, USVI	St. Croix Marine	17° - 45′ N	64° - 42′ W	340 773- 0289	11′	68′	13'-8"	no limit	110v 30amp; 220v 50amp; 3 phase 100amp	8-5, Mon- Sat	60 45	•	•	•	•	•	•	•
St. Kitts	St. Kitts Marine Works	17° - 20.3′N	62° - 50.1′W	1-869-662- 8930	12′	120′	35′	no limit	110/220/3 phase 100amp	7-4 M-F	150 🚰			•	•		•	•
St.Thomas, USVI	Subbase Drydock	18 N	65 W	340-776- 2078	16.5′	190′	50′	no limit	440 three phase/220/110	8-5, Mon- Sat	1000			•		•	•	•
Turks & Caicos	Caicos Marina & Shipyard	21.45. 57N	72.10. 47W	649-946- 5600	9	150			30/50/110 amp	24x7	75 4	•		•	•	•	•	•

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All At Sea's Southeast U.S. Marinas Guide

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Washington D.C. / MD	VA MD	National Harbor Marina www.igy-nationalharbor.com an GY destination	301-749-1582	Call	160′		•	30/50/100 single and 3 phase	•	•	•	•	•	•	•	•	71/16	•
Morehead City	NC	Morehead City Yacht Basin	252-726-6862	8′-10′	200′	88	•	30/50/100 Amp	•	•	•	•	•		•		16	FREE
Beaufort	NC	Jarrett Bay Boatworks	252-728-7100	10′	135′	30	•	30/50/100 Amp		•	•	•				•	16	FREE
St Petersburg	FL	Maximo Marina & Boatyard www.igy-maximomarina.com	727-867-1102	8′	110′	300	•	30/50/100 single phase	•	•	•	•	•		•	•	6/16	FREE
Miami Beach	FL	One Island Park www.igy-miami.com an IGY destination	754-701-4020	40′	150- 800'	8	•	100 single & 3 phase/ 200/480/600 Amp		•	•		•	•		•	11/16	FREE
Fort Pierce	FL	Fort Pierce City Marina	772-464-1245	7′	150′	240	•	30/50/100 Amp		•	•	•	•	•	•	•	16/78	FREE
Clear Lake Shores	TX	Legend Point Condominiums & Marina www.legendpointmarina.com	281-334-3811	7′	48′	254	•	30/50/100 Amp	•			•	•					

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Washington	NC	Washington Yacht Service	252-975-2000	7′	70′	21′	no	30/50 Amp	24x7	50 ton travelift	•	•	•	•		•	
Beaufort	NC	Jarrett Bay Boatworks	252-728-2690	10′	130′	30′	no limit	30/50/100 Amp	24x7	50/75/ 200 ton travelift	•	•	•	•	•	•	
Beaufort	NC	Beaufort Marine Center	252-728-7358	10′	130′	30′	no limit	30/50/100 Amp	8-4:30 M-F	50/75/ 200 ton travelift	•	•	•	•	•	•	•
Beaufort	NC	Moores Marine Yacht Center	252-504-7060	10′	130′	30'	no limit	30/50/100 Amp	8-4 M-F	50/75/ 200 ton travelift		•	•	•	•	•	•
Beaufort	NC	True World Marine	252-728-2541	6′	100′	20′	no	30/50 Amp	8-5 M-F	75 tons	•	•	•	•	•	•	•
Thunderbolt	GA	Thunderbolt Marine Inc.	912-352-4931	14′	180′	36′	no limit	30/50/100 single and 3 phase	24x7	150 ton travelift/ 1150 ton Syncrolift	•	•	•	•	•	•	•
Jacksonville	FL	Huckins Yacht Corp. www.waterwayguide.com/featured- marina/huckins-yacht-corp	904-389-1125	6′	80′	21′		30/50 Amp	7am-4pm	44 ton/ 77 ton		•	•	•	•	•	
Fort Lauderdale	FL	Bradford Marine Inc.	954-791-3800	11′	180′	35′	55′	208v/240v/ 480v	24/7	300 ton Syncrolift	•	•	•	•	•	•	•
Fort Lauderdale	FL	Cable Marine (1517 SE 16 St Location)	954-462-2822	6′	60′	16.5	25′	110/240	8-4:30	40 ton			•	•		•	
Fort Lauderdale	FL	Cable Marine (2491 W State Rd 84 Location)	954-587-4000	9′	120′	22	no limit	120/50/100 Amp	24/7	100 straddle crane			•	•		•	
St. Petersburg	FL	Progressive Marine Service/Boat Yard	727-822-2886	10′	100′	26′	no limit	50 Amp	8-4:30 M-F; Sa-Su by app't.	40/94 ton travelift		•	•	•	•	•	•
St. Petersburg	FL	Maximo Marina & Boatyard www.igy-maximomarina.com/boatyard an GY destination	727-867-1102	8′	62′	18′	no limit	Outboard, I/O, Inboard	8am M-F	50 ton travelift		•	•	•	•	•	•
Gulf Shores	AL	Saunders Yachtworks	251-981-3700	10′	130′	28′	74′	30/50/100 Amp 3 phase	24x7	165 ton travelift		•	•	•	•	•	
Mobile	AL	Dog River Marina	251-471-5449	8′	85′	22.5′	75′	30/50/100 Amp 3 phase	24x7	70 ton travelift		•	•	•	•	•	
Orange Beach	AL	Saunders Yachtworks	251-981-3700	6′	85′	21.5′	no limit	30/50 Amp	7-5 M-F/ Sa-Su by app't.	60 ton travelift		•	•	•	•	•	

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PORT ANTONIO, JAMAICA. Incredible property combines coastal living, hobby farming and income earning cottages. Spread over 15-plus acres, there's a level ocean front lot of 1.11 acres with bearing mature coconut trees. On the remaining acreage is the 3 BR greathouse and 3 self-contained cottages, all with kitchens, living rooms and a verandah. An office and store room along with a 2 BR/2 BA staff cottage are bonuses. Price: US \$2,100,000

JACQUELINE NEIL, Century 21 Jamaica j.neil@century21jm.com | www.century21jm.com Office: (876) 364-6213



CAP CANA, DOMINICAN REPUBLIC. Enjoy impressive sea views from Villa Cayuco 16, a 11,571-square-foot two-level residence located near the amenities at the exclusive Caleton Beach Club, Los Establos (Equestrian city), Juanillo Beach and Scape Park. Residences here are complimented by roomy open spaces and courtyards. Price: US \$4,600,000

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ST. THOMAS, USVI. Elegant Breeze sits within the most coveted island neighborhood of Water Point Estates. Beachfront with 4 BR/6 BA, large pool, waterfront gazebo, and huge covered deck with phenomenal views of St. John and the BVI. Brand new generator. Price: US \$2,990,000

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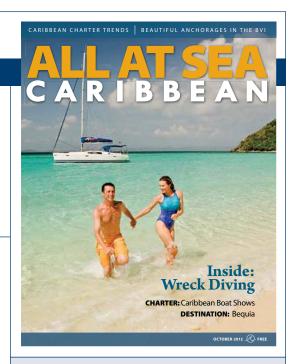
ST. JOHN, USVI. Serenata de la Playa sits on the beach at Rendezvous Bay. Named for the sound of the sea rippling over the cobblestone beach, this 5 BR/5.5 BA luxury residence offers swimmable beachfront access steps from the villa. Off the great room lies a 450-square-foot loggia with a vaulted ceiling. Private master suite, outdoor stone showers, full AC, pool, lush, mature landscaping. HOA with protective covenants. Price: US \$3,750,000

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BELAIR, BARBADOS. Attractive 3 BR/2 BA villa plus 1 BR/1 BA cottage set within lush tropical gardens, just a two-minute walk from Falmouth Beach. The modern kitchen features a large island and granite countertops. French doors lead on to wide covered patios, a sparkling pool, and al fresco deck and wonderful ocean views. The famous Crane Resort is less than 10 minutes away and the airport is a 15-minute drive. Price: US \$825,000

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TRUE BLUE, ST. GEORGE'S. Construction starts in December on the Golden Coast Luxury Waterfront Residences, 45 luxury waterfront condominiums that include freehold studios, 1 and 2 BRs. Luxury hotel amenities, infinity pool, rooftop terrace, waterfront deck and boat jetty available. Fully managed option, high rental income potential. Fully-furnished. Price: US \$165,550 (studio)

PAULA LA TOUCHE-KELLER, Century 21 Grenada paula@C21grenada.com | www.c21grenada.com Cell: (473) 415-5228 | Office: (473) 440-5227



BELNEM, BONAIRE. Kas Bonchi is the ultimate beach villa, with an open lay out perfectly positioned to catch the cross breezes. From the living room, an easy set of stairs leads down to the sun terrace with lounge pool, outdoor shower and access to the clear Caribbean Sea. Located minutes away from Kralendijk, Flamingo Airport, the spectacular blue bay of Sorobon/Jibe City, and the kite-beach Atlantis. Price: US \$2,750,000

CORINE VAN DER HOUT, Sunbelt Realty corine@sunbeltbonaire.com | www.sunbeltbonaire.com Office: (+599) 717-6560

This is a beautifully remodeled and pristine family home, on the desirable East End of St. Thomas.















The home is within walking distance to both the town of Red Hook and peaceful Vessup Beach, and just steps from the VI Montessori School / Peter Gruber Academy. It has a total of 6700 square feet of indoor space, and an additional 2000 square feet of outside decks.

There are a total of eight bedrooms with ensuite bathrooms, making this a perfect candidate as a vacation rental for AirBnB or VRBO/Homeaway. And with a second full kitchen on the lower level, you also have the flexibility to lease both floors separately, or live on one level and lease the other to help pay the mortgage.

Other features include:

- Completely fenced, with electric gate
- Large solar array on WAPA net metering program to reduce your electric bill
- Large Generator on Automatic Transfer switch to cover power outages
- Two full kitchens, one on each level
- Ample outdoor living space on both levels
- Central Air Conditioning

- Wired for offices, with dedicated server room
- Huge temperature controlled wine room
- Hurricane resistant windows eliminating the need for shutters
- Lots of driveway space for parking
- Professional Landscaping
- Granite counters in upstairs kitchen
- Hardwood accents
- Saltillo tile floors

This home offers great flexibility in usage, but the greatest asset may be the value. It is priced well below comparable properties per square foot, and is ideal for large families or rental income. **\$1,890,000**

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Illusion - 3 cabins/ 3 heads Located in Saint Lucia Asking \$299,000

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Tropical Escape - 4 cab/ 4 head Located in Abacos Asking \$399,000

2013 LEOPARD 48



Star Eyes - 4 cabins/ 4 heads Located in Tortola Asking \$489,000

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Zumbrota - 4 cabins/ 4 heads Located in Tortola Asking \$499,000

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Vin En Rose - 4 cabin/ 4 head Located in St. Lucia Asking \$539,000

Following Models available in Tortola starting February 2019

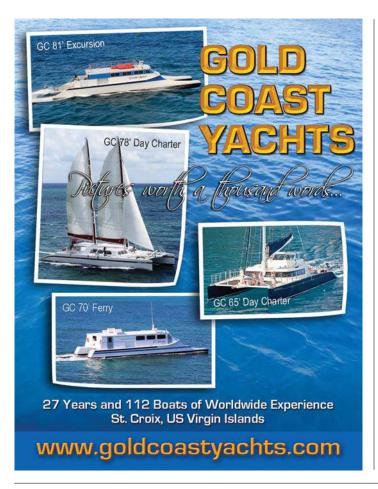
'14 Leopard 51PC.....\$650,000
'11 Leopard 47PC.....\$399,000
'11 Leopard 47PC.....\$399,000
'10 Beneteau 50......\$199,000
'11 Leopard 46......\$389,000
'10 Jeanneau 44i.....\$115,000

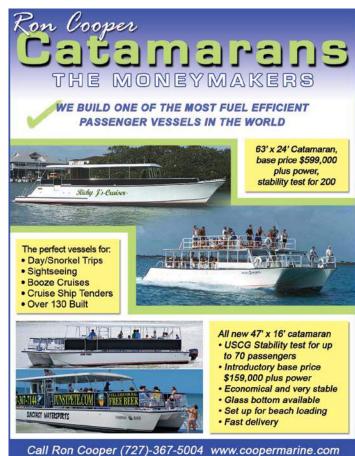
'12 Jeanneau 409.....\$119,000 '13 Jeanneau 33i......\$79,000

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Sabamba - 4 cabin/ 4 head Located in Tortola Asking \$229,000











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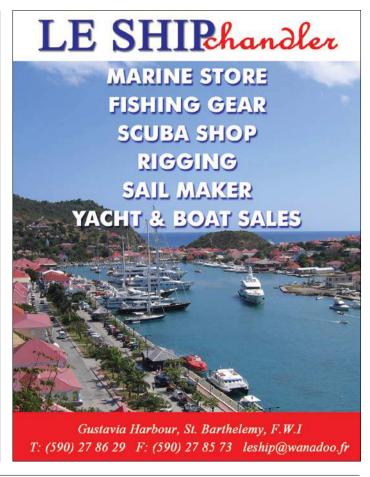
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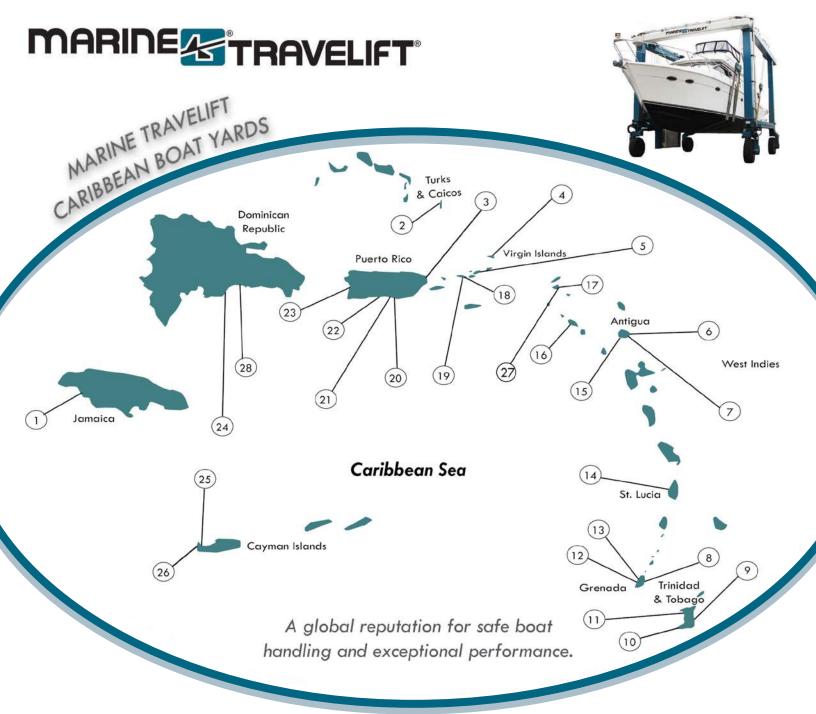












- 1 Errol Flynn Marina: 100 BFM
- (2) Caicos Marina & Shipyard: 75 BFMII, Inspection 10/18/16
- (3) Puerto Del Rey: Ranging from 35-150 Metric Ton, Inspection 6/24/18
- 4 Virgin Gorda Yacht Services: 70 BFM, Inspection 6/20/18
- 5 Tortola Yacht Services Ltd: 70/75 BFM, Inspection 6/17/17
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- (18) Independent Boat Yard: 50 BFM
- 19 Nanny Cay Marina: 70 BFM, Inspection 6/21/18
- (20) Plaza Del Varadero Shipyard: 100 BFMII, Inspection 6/27/18
- (21) San Juan Bay Marina: 60 BFM, Inspection 7/17/17
- (22) Ponce Yacht Club: 70 BFM, Inspection 6/26/18
- 23 Villa Marina Yacht Harbour: 70 BFM, Inspection 7/18/17
- (24) Club Nautico De Santo Domingo Inc: 100 BFMII & 70 BFM, Inspection 6/14/18
- 25 The Barcadere: 100 BFM, Inspection 4/46/17
- 26 Harbour House Marina: 70 BFM/150 AMO, Inspection 4/27/16
- Bobby's Megayard: 150 C, Inspection 7/21/17; 75BFMII, Inspection 7/20/17
- (28) Marina Zar Par: SL70, Inspection 6/15/18

^{*}Date provided represents the last time machine was inspected









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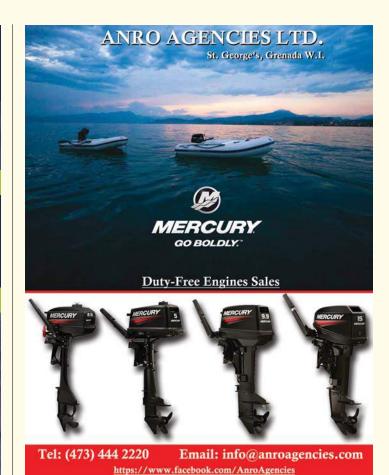


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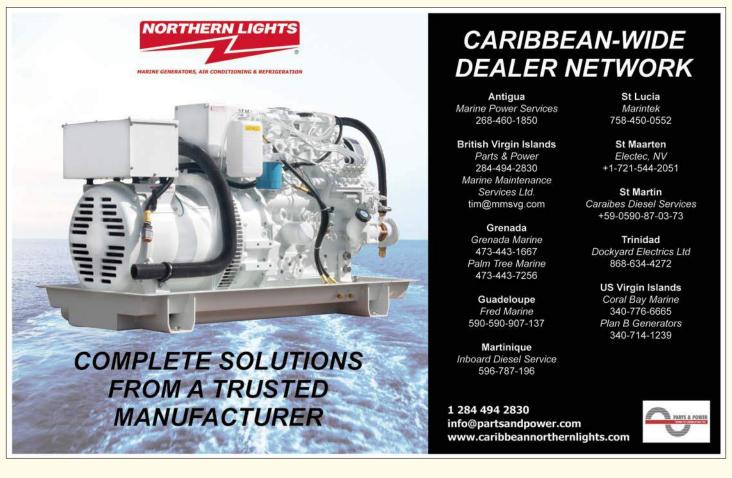
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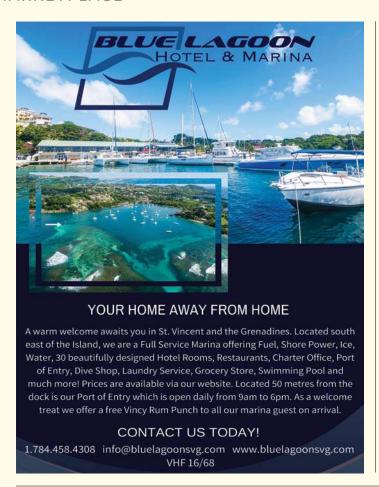




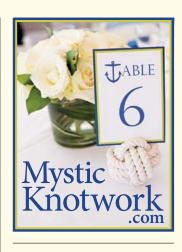










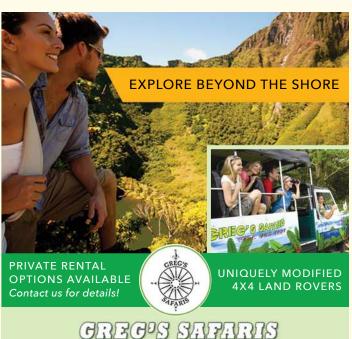




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Employment

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A TASTE OF SOUTHEAST ASIA

THE DISH BY CAP'N JAN ROBINSON

recent 18 day visit to Cambodia and Vietnam, included a week-long cruise along the Mekong River from Siem Reap to Ho Chi Minh City. It was fascinating to visit rural villages, silk farms, temples, museums, and bustling markets, and to ride in an oxcart, tut tut (tuk tuk), and trishaw. It was like stepping back in time, where everything and everyone moved at a slower pace. The major cities, though, are vibrant and the food is fresh and delicious. One food favorite is rice noodle soup with beef or chicken (or not), and it's called Pho Bo.

Pho, which is made from bone broth is one of the most popular trends today and has gained the reputation as a nutritional powerhouse.

VIETNAMESE PHO BO

Preparation time: 15 minutes. Roasting time: 1 hour. Cooking time: 4 to 8 hours. Cooling time: 30 minutes. Serves: 4

2 lb beef bones (suggest shank and knee bones)1 large carrot, sliced1 onion, peeled and sliced2 quarts water/beef stock

2 quarts water/beef sto 5 pcs star anise

rect the seasoning, to taste.

5 slices fresh ginger
2 cinnamon sticks,
broken in pieces
6 cloves garlic, chopped
2 tsp. salt

4 tsp. Fish Sauce

Preheat oven to 425°F, Place beef bones on a baking sheet and roast in the preheated oven until browned, about 1 hour. Sauté carrot and onion with the star anise, ginger, cinnamon, garlic, salt and fish sauce. Caramelize nicely until golden brown. Add the bones, water/beef stock and bring to a boil. Lower heat and simmer for 4 to 8 hours. Leave to cool, then strain off the stock. Cor-



Condiments and Garnish for Soup:

Rice Noodles (Cooked)

Bean Sprouts

Lettuce

Long Leaves (Vietnamese Sweet Basil/hot basil

Lime Sliced Green Onions

NOTE: The broth is the secret to a great Pho. You can skip the roasting of the bones and simmer less time, but the flavor will not be as good.



SAUTEED MORNING GLORY AND GARLIC

Preparation time: 5 minutes. Cooking time: 3 minutes. Serves: 4

A big bunch of morning glory or water spinach 6 garlic cloves, minced 2 tbsp. oyster sauce 1 tbsp. fish sauce 1 tbsp. olive oil ¼ cup vegetable stock

GARNISH: Squeeze of fresh lemon. Chopped peanuts.

Cut the morning glory or water spinach into 4-6 inch lengths after rinsing it briefly under cold water. Heat the oil in a wok until it is really hot. Add the garlic, stir-fry for about 20 seconds. Next, add the morning glory along with the fish sauce and oyster sauce. Stir-fry for another 40 seconds. Add stock and allow to heat, for another ten seconds. Take off the heat, garnish, and serve.

Capt. Jan Robinson's Ship to Shore Cookbook Collection is available at your local marine or bookstore. Visit www.shiptoshoreINC. com or email CapJan@aol.com



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