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WHALER



For a complete description of all member services please refer to our MSA at www.skymed.com

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If you have an HMO or PPO, SkyMed *TAKES YOU HOME* to your own coverage area averting a potential financial crisis. Very important to Canadians traveling out of province.

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SkyMed is not to be confused with look-a-like companies, who in the fine print, only agree to take you to the nearest medical facility. That is NOT taking you home. SkyMed never compares itself to other providers but many of them validate their services by saying 'we are just like SkyMed'.

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skymed.com/survivor-stories

Gilbert Molnar states it simply, "We are eternally grateful to SkyMed, they not only saved my life, they saved us over \$46,000."

Gilbert Molnar, Vancouver, Canada



ABOUT SKYMED NAUTICAL

The 'sailing' community navigates life differently from traditional roads and boundaries. Our water highways are not as easily defined as our land loving travelling counterparts. This nautical lifestyle has needed an emergency air evacuation membership program to meet our unique needs. SkyMed listened and created a customized membership plan that includes options to extend trip coverage beyond the traditional 90 days.

SkyMed and Global Emergency Travel Services (G-ETS) partner together to provide a wide range of emergency services as we sail out of the 32 country SkyMed Universe into International waters and ports of call. Mariners can literally take a year and sail around the world and still have G-ETS available to them when they are out of the SkyMed Universe.

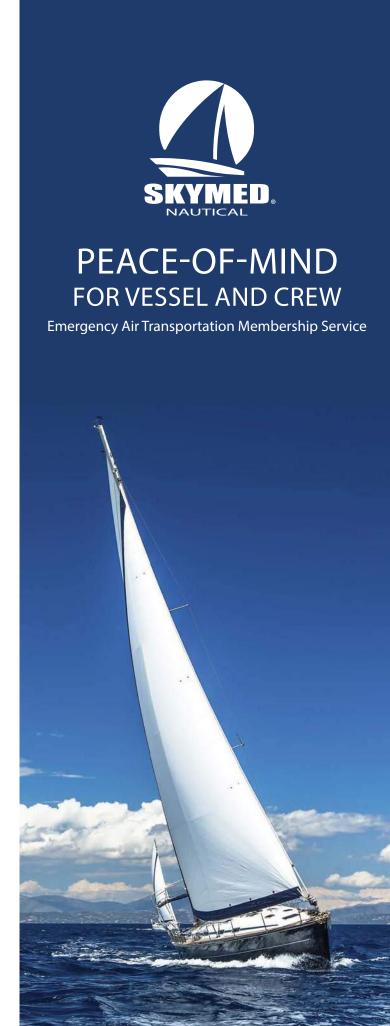
This comprehensive bundle of services is only available through SkyMed International and our representatives serving the Nautical community.

We're no longer 'between the devil and the deep blue' ... our safety ship has come in!



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Our goal is simply to be the best emergency air transportation membership service in the world.

> Will Klein, Chairman SkyMed Group of Companies

will Klei



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18 Emergency

SkyMed service area includes USA, Canada, Mexico, the Caribbean, Bermuda & the Bahamas

The best membership value is our FIVE year SkyMed ULTIMATE travel plan that includes all 12 SkyMed TRADITIONAL services and all SIX of our extended options included at no additional cost ...

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- Physical Remains Return
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- Return Transportation After Recovery
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Travel Services

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- Insurance verification
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*GLOBAL - ETS OPTION

18 Vital Services

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50	\$1.25	\$1.13	\$0.62	\$0.57
60	\$1.36	\$1.22	\$0.68	\$0.63
65	\$1.51	\$1.36	\$0.75	\$0.70
75	\$1.56	\$1.40	\$0.76	\$0.71
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100	\$1.76	\$1.58	\$0.94	\$0.89

* Rates apply 1st June 2019 – 30th November 2019 and rates are quoted in US\$
*The Seasonal rate is available to vessels booking and paying for 90 days or more in advance.

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JUNE 2019 @

The Caribbean's Waterfront Magazine



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COVER SHOT: True Blue Sportfishing - Come to Grenada
Deep Sea Fishing on the Top Grenadian Sport Fishing boat since 1998.

Image courtesy of Gary Glifford - http://www.yesaye.com/



LIVE MOMENTS WORTH SHARING

YOUR TIME ON THE WATER IS VALUABLE.

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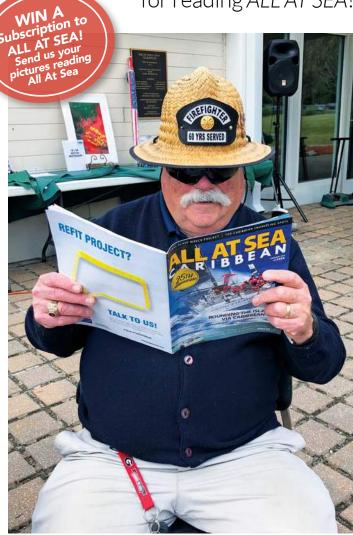


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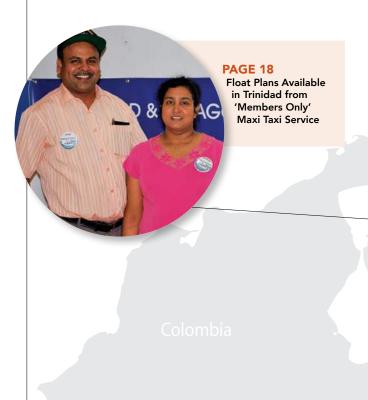
Cuba

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ISLAND EVENTS & INTERESTS

ALL AT SEA'S Caribbean Coverage







PUERTO RICO'S RINCON SAILING RETURNS TO THE BRITISH VIRGIN ISLANDS

Rincón Sailing relaunches their Teen Summer Sailing Adventure in the British Virgin Islands for the first time since the devastating hurricanes of 2017. The 7-night 8-day camps, operated by the Rincon, Puerto Rico-based sailing school, will begin July 6 and continue weekly through August 24. Geared for all levels of sailors ages 13- to 18-years, the camp offers a unique opportunity for young sailors to gain significant life and sailing experience aboard a 50-foot monohull sailboat.

"The daily rotation of skipper and crew roles are opportunities for team work, communication, leadership, decision making and problem solving. There's also time to snorkel caves and shipwrecks, swim with turtles and explore beaches and island trails," says Jeanne Walker Sinclair, M.S.Ed., who operates Rincon Sailing with husband, Jeff. "Our curriculum is focused on safe boating skills, sailing as a lifelong activity and promoting stewardship and preservation of the coastal environment."

The per session cost per student is \$1975, and includes curriculum, boat, captain, crew, three meals and snacks daily. Not included is air travel to the BVIs, optional travel insurance and souvenirs. All-Girl, All-Boy and Co-Ed camp weeks available. www.rinconsailing.com



L to R: Clarence Malone, MarineMax Vacations BVI General Manager; Julie Schneider, operations manager with Virgin Islands Search & Rescue; Raul Bermudez, vice president, MarineMax Vacations.

VIRGIN ISLANDS SEARCH AND RESCUE RECEIVES DONATION FROM MARINEMAX VACATIONS

Who do you call when something goes wrong when cruising in the British Virgin Islands? VISAR, or Virgin Islands Search & Rescue, an independent, volunteer-based, non-profit organization funded almost entirely by charitable donations. In April, MarineMax Vacations donated \$4,600 to support VISAR. A subsidiary of Clearwater, Florida-headquartered Marine-



time fast displacement," says Lugo. "Here in Puerto Rico, we have 5 Grand Soleil: a 54-foot, two 52 LC Sport, a 58-foot and a 46 LC. The latter has been the most successful model for its extraordinary interior comfort and excellent performance. In the motor boats, we have Pardo 38, 43 and 50.

We also offer technical support and guarantees for the Caribbean and Central America and sales and service at Pardo Yachts in Miami."

For information, call (787) 378-5032 or (787) 403-5889 or Email: ssagramos@gmail.com or poncesail@yahoo.com



Max, this fast-growing charter company operates with a fleet of over 40 Aquila power catamarans in the BVI.

"My team helps people to plan their dream vacation in an exotic location," says Raul Bermudez, vice president of Marine-Max Vacations' charter division. "VISAR provides peach of mind to our charter guests. Should anything go wrong, they can dial 767 or SOS on a standard dialing pad to connect to someone for help." www.marinemax.com/vacations, visar.org

GRAND SOLEIL DEALER NOW IN PUERTO RICO

Two of the best sailors in the Caribbean have the same make of boat in common. Puerto Rico's Sergio Sagramoso's Grand Soleil 58 won last year's Spanish Virgin Islands 100, while fellow islander Jose Teixidor helmed his Grand Soleiel 52, Cachondo to second in class at this year's Les Voiles de St. Barths. The good news for anyone who wants to follow this trend is that Sagramoso has teamed up with fellow Puerto Rican sailor, Fraito Lugo, to represent the Italian-built Grand Soleil brand, both sail and motor yachts, in the Caribbean.

"Grand Soleil enjoys a good reputation with demanding sailors who are looking for a comfortable option but at the same

DREAM YACHT CHARTER OPENS NEW BASE IN PANAMA

It's now easier to explore the hundreds of beautiful and mainly uninhabited islands of the San Blas archipelago, in Panama. Dream Yacht Charter, the Saint-Mandrier-sur-Mer, Franceheadquartered world's largest company of its kind with over 1,000 vessels in 50-plus locations around the globe, opened the new base earlier this year. The San Blas Islands are home to and governed by the Guna tribe, who are fiercely protective of the islands' ecology and traditional customs, making for a pristine cruising region.

"The 370 San Blas islands are a remote area of Panama with the only facility being an airstrip located close to a traditional village made mostly of palms huts," says Shannan Brennan, Dream Yacht's North American marketing manager. "Sailboats are moored there: this is the departure point of the adventure. Visitors fly from the modern Panama City to the San Blas aboard a small aircraft booked by the charter base and the 45-minute flight over the islands is just gorgeous. Once they land, their charter crew will greet them and take them to their boat."

Dream Yacht Charter's fleet at its new San Blas base include

catamarans: Lagoon 500, Salinas 48, Bahia 46 and Nautitech 40 and 44; and monohulls: Atoll 50 and Feeling 446. www. dreamyachtcharter.com/



MARINE VOCATIONAL PROGRAM RECEIVES \$15,000 DONATION FROM NYC EASTERN **CARIBBEAN RELIEF FUND**

Over a dozen U.S. Virgin Islands' student members of the not-for-profit Marine Vocational Program (MVP) can now continue and advance their marine education thanks to a donation of \$15,000 from the NYC Eastern Caribbean Relief Fund, Inc., founded and funded by Island Capital Group, LLC. and Island Global Yachting, Ltd. (IGY). Specifically, this generous donation will enable MVP students to obtain their basic PADI dive certification. The impetus for the donation came when MVP founder Jimmy Loveland's son Marc sat next to IGY's CEO Tom Mukamal on a plane flight and the two talked. Mukamal is familiar with St. Thomas as IGY manages both Yacht Haven Grande and American Yacht Harbor marinas.

"Tom wanted to reach out to Jimmy, and especially the children. by donating to the Marine Vocational Program," says Beth Di-Domenico, general manager of IGY's American Yacht Harbor.

Island Capital Group, LLC. and Island Global Yachting, Ltd., along with the organization's investors, friends, customers and partners compassionately created the NYC Eastern Caribbean Relief Fund for the explicit purpose of aiding in the recovery, relief and humanitarian needs of those living in the Eastern Caribbean following profound devastation caused by hurricanes Irma and Maria in 2017.

The MVP Program, started in 2007, operates to serve as a vocational institution that provides U.S. Virgin Islands youth with a career path into the marine/hospitality/tourism industries. www.igymarinas.com, abmt.vi/pages/mvp.htm



AYH's 'A' Dock, under the newly erected blue marlin mount that was gifted to the sports fishermen of the V.I. by Bill Gray, of Gray's Taxidermy.

FLOAT PLANS AVAILABLE IN TRINIDAD FROM 'MEMBERS ONLY' MAXI TAXI SERVICE



Whether you are day cruising or island-hopping over a longer period of time, it's a good idea to file a float plan. In its simplest form, a float plan lets friends, family and maritime authorities, if needed, know where you were

headed, when you left and when you expected to arrive or return. To make filing out and filing a float plan easy for those sailing the waters between Trinidad and Grenada,

the SSCA (Seven Seas Cruising Association) Cruising Station host in Trinidad, Jesse James, owner of the 'Members Only' Maxi Taxi Service, offers this form online.

"Once the front page opens at www.membersonlymaxi taxi.com, look on the top left-hand side and you will see a blue box that reads 'Float Plan'. Click on it and the form will open. It's simple to download or fill out online. Instructions and Email addresses of who to send it to are on the form. This is an easy way for us to know you are safe and all is well," says James. 0



JUNE 2019 EVENTS

BY CAROL M. BAREUTHER



JUNE 7-8: MIKIE PIGOTT JR. MEMORIAL CLASSIC & JUNE 8-9: ANTIGUA & BARBUDA SPORT FISHING TOURNAMENT. One weekend, two tournaments and plenty of ways to win, all hosted at Nelson's Dockyard. The Pigott Memorial is a billfish-only event where the team that catches and releases or boats the most marlin over 500 pounds earn a trophy, plus 80 percent of entry fees. The entry is US \$1000 per team. In 2017, 17 boats competed. The Antiqua & Barbuda Tournament features billfish and game fish (tuna, wahoo, dolphin/mahi, kingfish) divisions. Winner of the billfish division earns entry into the Offshore World Championship, held in Costa Rica annually, plus an EC \$10,000 prize. There are seventeen prize categories total. "Hosted in Nelson's Dockyard, the public is invited to Enjoy the Lime while boats return and offload their catch," invites tournament organizer, Robert Hall. www.antiguabarbudasportsfishing.com

JUNE 7-9: GRENADA MUSIC FESTIVAL. In the wake of the 4th annual Pure Grenada Music Festival's cancellation last fall, new organizers have stepped up to present a "festival like no other," says director, Raelene Lazarus. Rhythm



and Soul kicks off the first night with headliner and Grammy nominated artist, Freddie Jackson. The second night's Reggae Fest features superstar Maxi Priest and globally-loved Ky-Mani Marley. The third night climaxes with Soca Fusion including performances by the legendary D'All Starz Band. The festival takes place on the Quarantine Point peninsula, in St. George's, close to marinas such as Prickly Bay, Secret Harbour, True Blue Bay, Clarkes Court, Camper & Nicholson Port Louis and the Grenada Yacht Club. Grenadamusicfest.com

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:



MIAMI BEACH, FL

JUNE 21 – 23 South Florida Boat Show southflaboatshow.com info@professionalshow management.com 954-946-6164

FISHING TOURNAMENT:



ANTIGUA

JUNE 7 - 9 Mikie Pigott Jr. Memorial Classic www.antiguabarbuda sportsfishing.com

JUNE 8 - 9 Antigua and Barbuda Sport Fishing Tournament www.antiguabarbuda sportsfishing.com



JULY 9 - 11

JULY 3 – 7

Bermuda Billfish Blast www.bermudabillfishblast.com

Bermuda Billfish Release Cup www.bermudatriplecrown.com

JULY 13 - 17 Bermuda Big Game Classic www.bermudabiggame classic.com

JULY 19 - 23 Sea Horse Anglers Club Billfish Tournament www.bermudatriplecrown.com 407-571-4680



ISLAMORADA, FL

JUNE 23 - 24 University of Miami Sports Hall of Fame Celebrity Dolphin Tournament www.canesfish.com leah@canesfish.com 305-667-0399



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Mercury/SeaVee Pompano

Beach Saltwater Slam

www.bluewatermovements. com/saltwater slam/ info@bluewatermovements.com 954.725.4010

JUNE 22 Extreme Kayak Fishing Summer Slam www.extremekayakfishing.com

PROVIDENCIALES, TURKS AND CAICOS

JUNE 14 - 19 The Caicos Classic Release Tournament caicosclassic.tc info@CaicosClassic.tc 649-231-0278



ST. THOMAS, USVI

JULY 25 - 27 Annual July Open Blue Marlin Tournament www.vigfc.com usvigfc@gmail.com 340-775-9144



TRINIDAD

JUNE 15 The Kingfish Tournament www.ttgfa.com info@ttqfa.com 868-632-6088



WEST PALM BEACH, FL

JUNE 21 - 23 West Palm Beach Summer Boat Show SouthFlaBoatShow.com 954-946-6164

WORLDWIDE

JULY 4 World Cup Blue Marlin Tournament www.bluemarlinworldcup.com

POKER RUN:

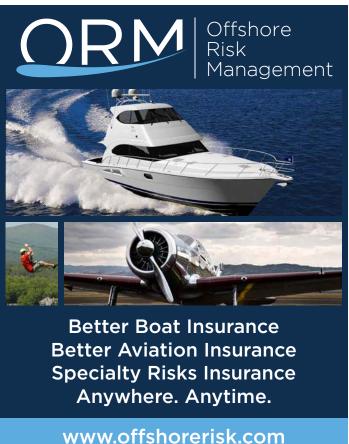
ST. THOMAS, USVI

JULY 6 **USVI Stars & Stripes** Poker Run

www.usvipokerrun.com usvi.pokerrun@yahoo.com

BUDGET MARINE ANTIGUA WITH 3 CONVENIENT LOCATIONS





JUNE 6 – 9



JUNE 9: BUDGET MARINE CHALLENGE CURACAO.

Set sail in this local race, known for its unique starts, spectatorfriendly setting and fun-filled social side. First, there's a downwind start inshore in Spanish Water at 10:30 a.m. Those on land can watch either on the Caracasbaai Peninsula or at the Santa Barbara Beach Resort across the way as the fleet sails past and ultimately to Fuik Bay for lunch. Secondly, and spectacularly, is the afternoon's anchor start. "Competitors are required to anchor with sails down and keep their crew below decks until the start gun goes off. At that time, the crew hoists the sails, raises their anchor and sails towards the sea at the end of Fuik Bay. This requires a certain skill set and teamwork from the participating sailors and made for a nice spectacle for the spectators," says Nicole Corvellec, Budget Marine's marketing manager. This anchor start historically plays a big role in deciding the winner. Racing finishes mid-afternoon in Spanish Water in front of the clubhouse of WSV Jan Sofat at Brakkeput Ariba. www.budgetmarine.com

JUNE 10-16: INTERNATIONAL OPTIMIST REGATTA.

Over 100 7- to 15-year-old sailors from around the Caribbean and world are expected to race in this dinghy regatta hosted at the St. Thomas Yacht Club, St. Thomas, U.S. Virgin Islands.



The week-long event uniquely features a three-day clinic, oneday team race, and three-day regatta, and accommodates both beginner as well as advanced sailors. "Due to the Optimist Worlds being held in Antigua in July, we have an even greater representation of international sailors this year using our event as a tune-up," says regatta director, Holly Jenkins. www.styc.club/2019-international-optimist-regatta.html



JUNE 17: TRELLIS BAY MOONLIGHT PARTY. Several British Virgin Islands' beach bars are famous for their full moon parties. One of the most popular places to celebrate this celestial spectacle is in Trellis Bay, on Beef Island, off the east end of Tortola. "The event features a variety of bands and fun for the entire family with different activities occurring at varying times along the entire beach," invites Shamora Penn, at the Trellis Bay Market, Bar & Grill. There's live music, BBQ and Mocko Jumbie (stilt dancers) at Trellis Bay Market; a fireball display, live dance performance and local arts and crafts at Aragorn's Studio; and limbo and fire dancers at Marche Bar & Grill. Those arriving by boat can anchor anywhere in Trellis Bay and use the Trellis Bay Market or Last Resort's dock. Limited mooring balls are available first-come first-serve. www. trellisbaymarket.com





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EAVING AFTER TAYING AWHILE

SAILING HUMOR BY CAP'N FATTY GOODLANDER



'e are currently getting ready to leave New Zealand after a six-month stay. We've had a wonderful time here in Kiwiville, which is just another way of saying we neglected the boat. Fine, the boat is here to serve us; we're not here to serve the boat. The whole idea, after 59 years of living aboard and four circumnavigations, it to have fun and kiss life full of the lips.

Thus, we had numerous visits to the North Island, flew hither and yonder on jet planes, rented cars, dined to excess, and

goofed off as much as possible—mostly within the confines of a small rural river town called Whangarei that happens to love yachties. How do I know? Because the mayor stopped down to the Town Basin marina and gushed, "We love you sailor guys—it is like having the UN visit us every spring!"

Eventually, of course, we had to get serious and refocus on our craft. She (in various reincarnations) has kept us alive for six decades but there's a price—and that price is eternal vigilance. And hard work. And, occasionally, a penny or two.

An offshore sailor, especially one eventually headed for the Indian Ocean, can't get too lax, too complacent. The sea is a harsh mistress. If you ignore her too long, she kills you. Game over.

"After 49 years of living aboard and ocean sailing, we're still lovers. And best friends. And cherished shipmates. Carolyn first came aboard my doubleended sloop Corina at 15 years of age but, being a gentleman, I waited until she was 16 to pop the question. ("Wanna go sailing?")"

So about six weeks ago, Carolyn started checking her stores and canning while I wiped down my Perkins M92B with an oily rag. When had the port running light gone out? Why was our raw water pump dripping?

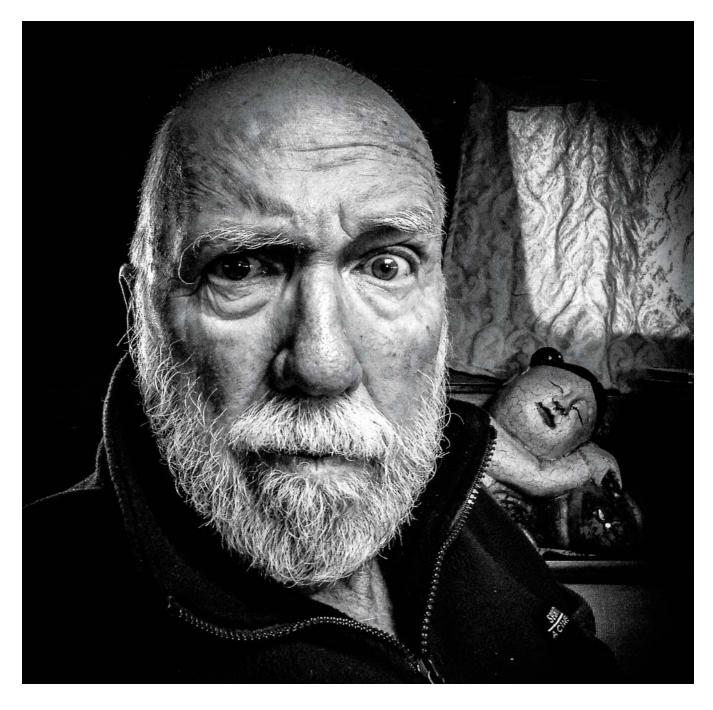
Oh, dear, our chain needed to be re-galvanized.

Next, I checked our spares—and added a windlass motor and a rebuild kit for the Pur watermaker to our normal list of 'must haves.'

We knew we'd have to haul out as it had been two years since we yanked Ganesh, our 43' Amphitrite ketch, in South Africa. We wanted to delay the haul out as long as possible—so our bottom would be clean for New Caledonia, the Torres Straits. and Indonesia.

We chose Dockland 5—not because it is cheaper or better, but because everyone in the yard is openly enjoying their mental illness. A good percentage of the yard is derelict people on derelict watercraft—and, thus, we fit right in.





Now we're not as young as we used to be—and nowhere do we realize this more than while doing the bottom. However, my wife Carolyn's memory is so shot she doesn't remember she's 67 years young—and thus she sanded the entire bottom without a blink for four days. Wow!

Alas, our twenty plus year old Max prop had far too much play and was also undersized for our horsepower—and that alone blew the budget. Thus we opted for cheap antifouling—with the idea that since we're always dissatisfied with its performance, why not purchase the worst?

I know—with thought-processes like that, no wonder men in white suits chase us around with butterfly nets while we're ashore.

When we finally splashed after two weeks, we didn't return to our pile mooring at Whangarei for fear we'd fall right back into the (very fun but all-consuming) social swing. Instead we wandered down the river with the tide and dropped the hook in Urquharts Bay—where we began our actual transition from shore-groupies to offshore adventurers. We worked on the boat. We made love. We mulled over our



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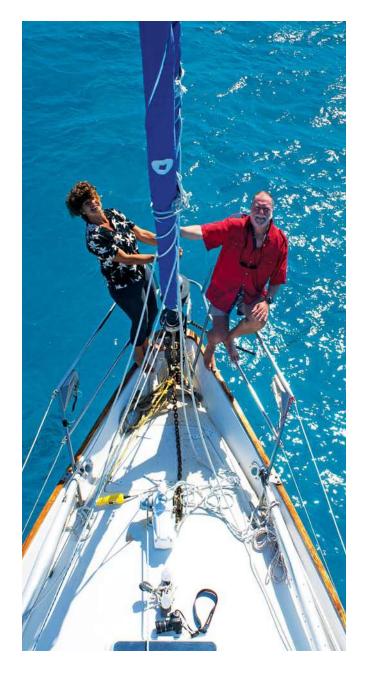
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charts while Carolyn poured herself another glass of wine and swilled down another mug of coffee.

In essence, we got into cruising mode—narrowing our focus from the wide world of our cruising buddies to the narrow world of our tiny mutual universe. And our minds. And our bodies.

After 49 years of living aboard and ocean sailing, we're still lovers. And best friends. And cherished shipmates. Carolyn first came aboard my double-ended sloop Corina at 15 years of age but, being a gentleman, I waited until she was 16 to pop the question. ("Wanna go sailing?")

It's not enough for us to get the boat together to head offshore—we've got to get our heads together and bodies together in harmony and love and lust in order to confidently venture forth into blue water once again.

It's rough here. A few circs ago we left NZ with a good forecast and were hove-to in a major gale 36 hours later. The Torres Straits is, according to the weather service in Aus, the windiest place on this planet. And while Indonesia isn't terribly windy its strong currents, violent squalls, and vague charting all conspire in navigational challenges.

This is no section of the world to get too lax in, too complacent. That's the toughest part of our job as serial circumnavigators to keep reminding ourselves how much we have to learn to become the sailors we desire to be. We have to be ever vigilant year after year—and as our eyesight goes, our hearing departs, and our stamina fades, this is doubly important.

The clock ticks. We will never be this strong, this frisky, this immature again—and thus we have to savor every sensuous second of it. After all, we're on the 49th year of our sailing honeymoon.

So Carolyn sang at her sewing machine while I muttered to my charts and weather forecasts. We ate well. We catered to our every physical need. We got in tune and in sync with our love and our vessel. We became, all three of us, one with our mutual objective—to once again sail through God's own watery cathedral, to once again entrust ourselves to the bosom of Mother Ocean.

It rained for three days straight. I peeled grapes for her; she peeled grapes for me as we rested in anticipation of the unknown adventure ahead.

That's what our lives are—an adventure through time and space and each other. We're a unit; we're greater than the sum of our parts.

Finally, the sun broke through the clouds. I glanced up at the masthead. It was a fair wind. Carolyn asked, "Anchor up?" "Sure," I said, "it's a fine day and it's great to be alive."

I watched on the foredeck, remembering what she looked like up there as a Chicago high school teenager.

She's more beautiful and mysterious now—more whole; fuller and more nurturing. And we were both blessed with a fine sailing breeze. Life doesn't get better than this. Fiddler's Green will pale in comparison.



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SAILING WITH CHARLIE: HAPPINESS IS GIVING

SAILING HUMOR BY JULIAN PUTLEY GRAPHICS BY ANOUK SYLVESTRE



here's so much bad news on the airwaves, cyber space and public media that it is really heart-warming to witness acts of kindness and generosity. It is often said that the act of giving provides much more satisfaction than that of receiving (unless you're dying of starvation and someone hands you a sandwich).

And that brings me to the point of care giving - to your other half for instance - ladies, men have two needs; food and sex so, if he doesn't have your attention make him a sandwich. Men love to give ladies flowers, fancy dinners and pretty bling in the hope that love will flow both ways.

Seriously though ... Charlie and crew were on a passage from South Africa to Brazil a few decades ago on a 43-Ft sailboat. They were about 12 degrees South and 30 degrees west (miles from anywhere and becalmed) when a large ore carrier was seen on the horizon. It changed course to see what they were about, flogging around in

the swells, becalmed. Charlie got him on the radio and after chatting for a while the captain asked him if they were in need of anything. The long and short of the story is that they dropped a care package for Charlie and he found it contained a bottle of Johnny Walker, a carton of Marlboros and a cold 12 pack of beer. What camaraderie of the sea! The crew lined the deck and Charlie's crew did the same - the hootin' and hollerin' could have been heard in Cape Town.

One of Charlie's guests on a week's charter in St Martin came across a beggar on the street. The gentleman is known for his charity but the look on the pauper's face when his old tin cup, rattling with pennies, was joined by a twenty-dollar bill, was one Charlie will never forget.

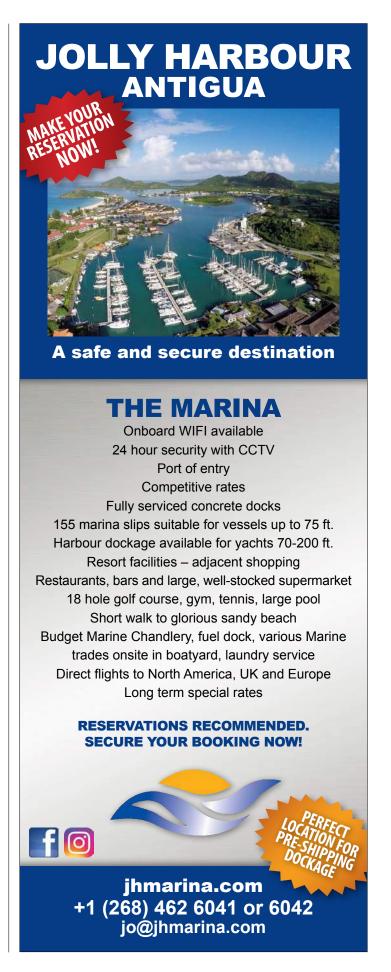
On another cruise Charlie and his mate were down in the San Blas Islands and even before the anchor was down the 'Kuna' (natives) were pulling alongside in their canoes holding up their molas. These are cloth renditions made by cutting patterns out of several different colored layers and stitching them together laterally to form a unique, layered wall hanging. The craft takes hours to make and these simple peaceful people modestly hold them up in the hopes of a sale. Charlie wanted two but he bought ten - and paid a little over the top - because he felt like it.

One of Charlie's guests on a week's charter in St Martin came across a beggar on the street. The gentleman is known for his charity but the look on the pauper's face when his old tin cup, rattling with pennies, was joined by a twenty-dollar bill, was one Charlie will never forget. The same man pays the marine garbage collector and provider of ice, when he comes alongside the yacht to offer his services, double the asking price! It's all for the sheer joy of giving.

In this day and age, it's a pleasure to see.

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





or the past several cruising seasons, we have been taking our pets, three little Havanese dogs, with us to the Northern Caribbean and Windward/ Leewards. Pets are onboard a lot of vessels in the tropics, from the large Bengal cat, who had a special five foot diameter exercise wheel in the cockpit of his vessel (Charlotte Amalie), to little Zoe, a Parsons Terrier on SV Sapphire, the pets share their captains adventures. And if you review pet export requirements, you will soon find birds and even hedgehogs all have special rules and requirements or can even be denied entry. Like cruisers, pets come in all sizes and types!



Plan ahead for pet care while on passage. Our pets are used to the boat, and it's best to let the little ones travel a few times before you raise the anchor and head offshore.

JOY OF HAVING A PET ONBOARD

With a little planning, pets can be a joy on your travels. Plus





depending on the pet, they offer an early warning system, at least on our boat. No one nears without at least one of our little dog alerting, making sure we know there is company. They are not narky, they alert, look at us for confirmation, and then sit and observe. They do know they have permission to run on the side deck 51 feet from bow to stern for exercise chasing dinghies that pass and make wakes. A 5 knot speed is okay, per our boy Ace. They sometimes use the upside down dink for a trampoline, which is one major reason for putting on lifelines.

For us, the pest of 'visiting' persons on surfboards is stopped; most of these people are somewhat scared of dogs who bark. And when you see the feral animals that can be seen on some beaches, it's understandable. One day I heard terrible growling from the bow of our boat where Ace was sitting. It was unusual for our dog to growl—as a Cuban Havanese he sounds like Kujo—the uninvited visitor was the one growling. While I have never seen a boat boy growl, both our dog and the

young man were finally growling at each other. That particular young man never returned; boat dogs are a deterrent for boardings, or at least can be a type of warning system, especially with three dogs.

This coming season, we again are doing paperwork and vaccines for our pets, early, just in case the winds blow us South again. It's good to be prepared and to make sure our companions are healthy and protected from the increasing risks we are beginning to see with the ups and downs of climate change.

Even if you don't travel, ticks are carrying more diseases, heartworm is spreading, fleas are increasing, and diseases are impacting. This year, for the first time, we immunized our pets for Dog Flu. So it's not just cruising, it's also taking care of them for day to day life. They are your friends and companions, give them your care and love as they give you theirs.

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A DAY IN ST. MAARTEN -ST. MARTIN

BY CAROL M. BAREUTHER



ne island, two nationalities and 37 square miles. It's impossible to experience everything Dutch St. Maarten and French St. Martin have to offer in one day. But, that was our challenge during a Christmas holiday cruise. The task proved even more daunting, which actually turned out quite delightful, because this was a three-generation trip: two twenty-somethings, two boomers and two seniors, one of which had just celebrated his 92nd birthday. The twenty-somethings chose to rent an ATV and the rest of us a car. There are taxis too, but a rental car lets you travel at your own pace. If we were on a tighter budget, there's a public bus. For \$2 one way, the bus route includes Phillipsburg, the capitol of the Dutch side, and Marigot and Orient Bay on the French side.

Our game plan called for a counter-clockwise drive of the is-









land. Friends warned that the roadways in Simpson Bay to the west can get crowded during the morning commute. Therefore, we drove north first, from the eastern end of Phillipsburg towards Oyster Bay. The scene soon turned less city-like, with a few houses doting the hillsides on one side and a view of the Atlantic Ocean to the east. One point became immediately clear and would prove the theme of our day. That is, while the aftermath of 2017's Hurricane Irma is still evident in manmade structures like tarp-roofed houses, shuttered shops and half rebuilt hotels, the natural world - flora, fauna, incredible beaches - are all as beautiful and inviting as ever.

The border cross between St. Maarten and St. Martin is hands down is the easiest in the world. No gates, go guards, no passport required. In fact, only a wood-framed sign, 'Welcome to the French Side', written in French and English. There was definitely



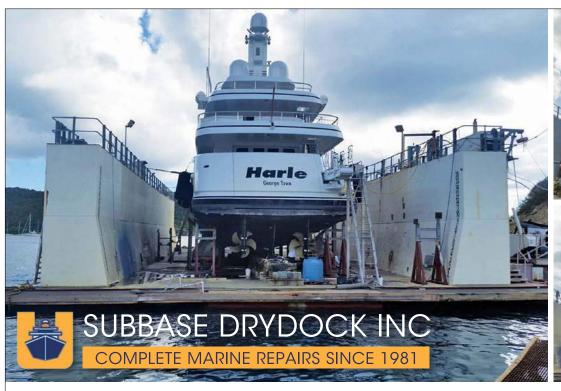
a French feel, first evident in names on street signs. This je ne sais quoi inspired one in our group to suggest we find a bakery and French-style baguettes. This we did and more in L 'Express by Bacchus, a bakery and café located in a small shopping complex located after Orient Bay and before Grand Case. Baguettes, long, plain and still warm, along with baguette sandwiches, croissants, eclairs, fresh berry topped tarts and macaroons were a few of the offerings. Well fueled, we drove on.

Grand Case, a little town once known for some of the finest French restaurants in one few block setting, was on the sleepy side. The opposite was true a few miles farther in Marigot, the French St. Martin's capitol. Here, a combination of passengers from the many cruise ships in port that day plus hotel quests on island for the Christmas-New Year's holiday made for steady traffic and a sea of waterfront vendors. We strolled a bit, then drove up the hill to historic Fort Louis. Here, there's a beautiful panoramic view of the harbor and Anguilla to the north. Built in 1789, and battered by recent storms, the fort still boasts stone walls and a few cannons.

It was driving west out of Marigot that two tandem ATV riders whizzed by in the opposite lane. We recognized them instantly as our twenty-somethings. They were en route to Orient Beach at the time, and we later learned that the beach – both nude and clothed sides - is as beautiful as ever. A few restaurants are open and perfect for a quick lunch.

A majestic monument on the side of the road marked our re-entry to St. Maarten. After that, there were several large hotels and resorts on this western part of the Dutch side. This included Porto Cupecoy, complete with hotel, marina, shops and restaurants. We continued driving south, past the lush green of the 18-hole Mullet Bay Golf Course, to Maho Bay Beach. Huge crowds filled the sand, standing room only in some places, for one of the island's signature sights. That is, jets flying directly overhead while landing at the Princess Juliana Airport. A sign warns 'Danger' as the jet blast can be harmful, but that didn't see to dampen the enthusiasm.

The Simpson Bay Road bustled with afternoon traffic as we drove towards Philipsburg. A quick detour to the Buccaneer Beach Bar on Kim Sha Beach led us to the happiest of happy hours. First, the beach was gorgeous and filled with everyone from sun worshipers to watersports enthusiasts. Second, were the drinks. Our most senior senior thought it time to hydrate with a Pina Colada. He asked to split one, but we knowingly ordered one each for he and his wife. A 2-for-1 Happy Hour special instantly turned two Pina Coladas into four. Let's just say he didn't do a whole lot of shopping along Front Street in Phillipsburg that afternoon, our last stop of the day. But, I can guarantee that he, like the rest of us, had a very happy one day visit to St. Maarten-St. Martin.







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he Caribbean is famous for its hot and spicy cuisine. Nowhere is this better exemplified than in the regions signature hot sauces. From homemade pepper bottles set on picnic benches at toes-in-the-sand beachside restaurants to brand name favorites set on restaurant tables next to the salt, these often-blistering blends are a must-have at meals. The secret ingredient? Caribbean-native Scotch bonnet peppers. Members of the Capsicum chinense species, the heat rating of these peppers ranges from 80,000 to 400,000 on the Scoville unit scale, right up there with habaneros. The good news is that hot sauces are for sale throughout the Caribbean, make great gifts for those back home and many companies have mail order service. Here are seven top Caribbean hot sauces to sample:

The sweet with the heat is what makes Llewellyn Clarke's yellow hot pepper-, mango-, ginger- and garlic-based sauce so popular. Clarke, born in Manchester, England, who has cheffed at famous restaurants like the lvv in London, now lives in Rawlins Village with his wife and two sons. Rawlins is what Clarke calls the 'breadbasket' of Nevis, for its abundant local fruit and fresh produce. Clarke's line of hot sauces includes a guava pepper sauce, banana flavored hot sauce and his famous red pepper sauce, which was used in a 2014 FedEx campaign where the product was shipped from Nevis to China. "My favorite way to use this sauce is as a marinade along with madras curry powder to season and then pan fry fresh snapper," says Clarke. His hot sauces are sold at local supermarkets and served at Sunshine's Bar and Grill and the Four Seasons Resort. www.llewellynspeppersauce.com



2. ORIGINAL PICKAPEPPA SAUCE.

Manufactured by the same family in Jamaica since 1921, Pickapeppa Sauce is often referred to as 'Jamaican Ketchup'. It's a tasty mix of Jamaican West Indies peppers, tomatoes, onions, raisins, cane vinegar, orange peel and spices. "Pickapeppa Sauce is barrel-aged for a minimum of one year in the cool blue mountains of Jamaica," says Cheryl Grevemberg, vice president of sales and marketing for Pickapeppa/Warbac Sales Co., LLC. "It is all natural and contains no additives nor preservatives, is gluten free, low in sodium and is suitable for vegetarians. Pickapeppa flavors like no other. My favorite way to enjoy

this sauce is poured over a block of cream cheese, topped with bacon and served on a cracker." On hamburgers, Jamaican jerk chicken and over eggs are other popular ways to use Pickapeppa Sauce. www.pickapeppa.com



3. BLIND BETTY'S ORIGINAL RECIPE.

From the U.S. Virgin Island of St. John comes this full-flavored hot sauce made with pumpkin, apple, carrot, tomatoes, onion and just the right amount of habanero pepper. "It's a ver-



satile sauce that's good on steaks and chicken and in soups, stir-fries and even Bloody Mary's, where it adds a flavor of its own and some heat," says sauce maker, Jillayne Kemp. Kemp's website offers recipes that incorporate the sauce including Blind Betty Salsa, Blinding Buffalo Wings and Chicken Roti. Blindbetty.com

4. BARON WEST INDIAN HOT SAUCE.

Made from a blend of scotch bonnet peppers and mustard, this sauce has an inimitable piquant flavor designed to be enjoyed by all those of all ages. One fun fact about this hot sauce is that it has global appeal. It's currently

sold in 28 countries including the USA, Canada, UK, Japan and Indian Ocean territories to name a few. Secondly, the product is an award winner. It's received three 1st Place Fiery Food Challenge Awards, Scovie Awards and a Superior Taste Award Medal from the International Taste & Quality Institute in Brussels, Belgium. "It compliments any food group from breakfast items like omelets, bakes and saltfish to supper items such as burgers and fries," says Ronald Ramjattan, executive director of Baron Foods, Ltd., in Vieux Fort, St. Lucia. www.baronfoodsltd.com

taste

AWARD



5. HOT CARIBBEAN PEPPER SAUCE.

Heat might seem the hallmark of Caribbean pepper sauces, yet it's all about the flavor, says Bernard Cornibert, chief executive officer for Winfresh (UK) Limited, with offices in Castries, St. Lucia. "Our Hot Caribbean Pepper Sauce's bright orange color comes from a natural mix of the colors of the fresh peppers. The peppers that go into this sauce are harvested at peak ripeness, mashed, specially formulated, and aged for maximum flavor." Cornibert recommends the sauce's use with lean meats, fish, BBQ, soups, salads and even fresh ripe or semi-ripe fruits. "Take whatever fruit is in season, mango, golden apple, etc., mix in a bowl with vinegar, a pinch of salt and a dash of Hot Caribbean Pepper Sauce to make what's called a 'chow'. www. winfresh.net







6. CARIBBEAN FIRE HOT SAUCE.

Crafted by Chef Wil Heemskerk, who previously owned Wil's Tropical Grill and now operates the Flaming Flamingo food products company on Bonaire, this fiery favorite is purely flavorful. That is, you can really taste all the ingredients: tomato, garlic, habanero chilies, honey and vinegar. It's also versatile, good on everything including breakfast eggs. This was the first sauce Heemskerk created when he and wife, Sue, had the idea to make and sell hot and BBQ sauces. At first, it was nameless. "We thought it would be fun to have a sauce-naming contest," says Sue Heemskerk. The winner was Caribbean Fire, 'dive into the heat'. Bonaire is a dive destination, so the name and quote fit perfectly." www.facebook.com/Flaming-FlamingoBonaire/

7. VIKING DAM HOT AND HOT SAUCES.

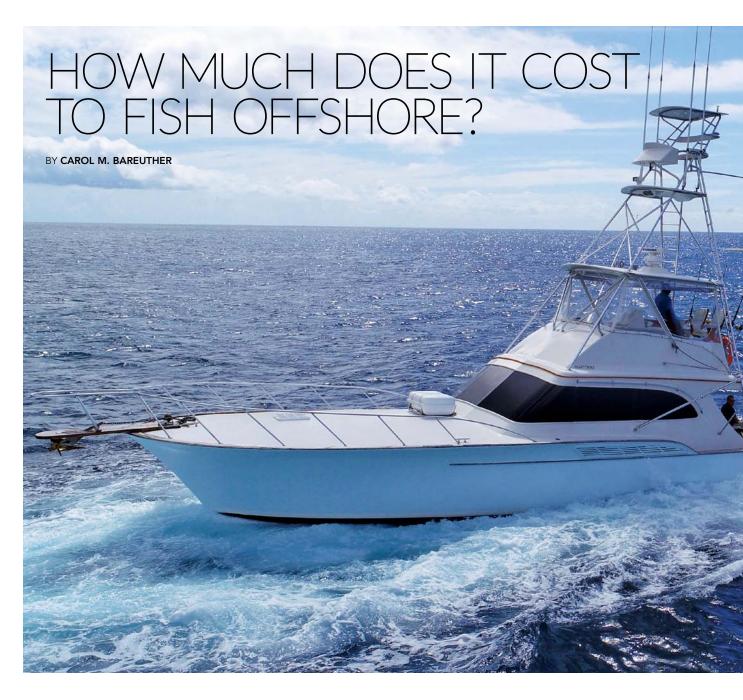
These are the two award winners produced by Viking Traders Ltd., in Gros Islet, St. Lucia, a second generation run family-owned company. "The Dam Hot is made from Habanero/West India Red Peppers and goes on every dish," says Nick Zephirin. "The Yellow Hot Sauce has a light mustard flavor and is great on fish, chicken and other meats. It is one of the most popular products we manufacture." These hot sauces and other Viking products are available throughout the Caribbean, the USA, Canada, UK and Germany. www.vikingst

lucia.com

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ver 500 species of fish swim in the seas surrounding the Caribbean islands. As such, nearly every island boasts anywhere from a handful to a fleet of talented captains running sports fishing charter boats.

There's no one answer to the question 'how much does it cost to charter fish in the Caribbean.' Instead, the answer is broad based on many variables. The upside to this is that it's possible to find the perfect fishing trip.

"Before answering the question of cost, I like to get an idea

of what kind of budget the prospective client has and how experienced they are," explains Rick Alvarez, owner of the Miami, FL-based International Billfish Tournaments (IBT), who also organizes fishing packages to the Dominican Republic. "There are three types of clients who travel to fish. First, those who love to fish and save up for a once in a lifetime super trip. Secondly, those who travel to fish once a year to one of the popular fishing destinations. Third, those who can afford and have the time to travel to fish 3 or 4 times a year."

TIME OF YEAR. Some operator's rates vary by high season and low season in terms of when the most tourists visit.









Others offer the same prices all year long. Time of year most affects what fish are in season.

"April through October is marlin season, September to April is wahoo and mahi-mahi, and November to March is yellow-fin tuna," says Krys Vialva, marketing and sales coordinator at Ocean Surfari, with charter locations in St. Thomas, USVI and Tortola, BVI.

TRIP LENGTH. "With fuel being our biggest expense, the price of the full day (8-hour) trip is considerably more than the half day (4-hour)," explains Chris Hackshaw, manager at Hackshaw Boat Charters Ltd. in St. Lucia. "However, it is not double the rate, so the hourly rate is actually better on a full day trip."

This is a principal that plays out on other islands as well.

"A 4-hour charter is US \$550, a 6-hour charter is US \$750, an all-day 8-hour charter is US \$900 and a 12-hour Marlin Charter is US \$1,100," says Amy Roberts, who handles bookings for her husband, Captain Denfield 'Leroy' Roberts, who operates *Mystic Amara III*, a Bertram 31, out of Jolly Harbour,



Antigua. "The 4- and 6-hour charter prices are for bottom or deep-sea fishing and the 8-hour and 12-hour are deep sea and marlin charters."





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"Offshore or deep-sea fishing means a bigger boat, a mate, more tackle and a lot more preparation and work, so its more expensive. Deep-sea we fish for billfish (blue and white marlin and sailfish), mahi, wahoo and tuna."

GAMEFISH VERSUS MARLIN. "When trolling for big game, the cost is the same whether we target mahi or dorado, wahoo or marlin. That's because we tend to fish in the same area," says Hackshaw Charter's Hackshaw.

"The charter price increases when it's a marlin-only trip," says Humberto Quintana, captain and owner of Island Marine Punta Cana Fishing Charters, at Marina Cap Cana, in the Dominican Republic. "For us, that's a 10-hour trip to fish the FADs off Macao and is \$2350."

Marlin-only trips, adds Gary Clifford, captain and owner of True Blue Sportfishing at the Port Louis Marina, in Grenada, "also cost a bit more due to fuel burn from higher speed lure trolling."

TYPE OF BOAT. Size matters. For example, "we offer two sizes of boats: a 31' Bertram and 47' Buddy Davis. Because of her extra size and the costs associated with operating her, the Buddy Davis is the more expensive of the two," explains Hackshaw Charter's Hackshaw.

Similarly, a full day charter in the Dominican Republic can cost from \$800 per day to \$3,500 per day, says IBT's Alvarez. "The lower end are the boats in the local charter fleet than range from 31- to 53-feet, while the higher end are usually visiting boats that come for the season and have clients booked way in advance. These are as big as 70-plus feet."





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NUMBER OF FISHERMEN ONBOARD. "We only do private trips (i.e. the charterer pays for the entire boat no matter how many anglers are aboard) so split charters (i.e. where the cost of the boat is split among anglers) are not an option. On splits, you have people that don't know each other and if someone gets sick, for example, it can ruin everyone's trip. That's the main reason we only do privates," says Puerto Rico Sportfishing's Lagrandier.

Antigua's Mystic Amara III will try to accommodate splits and it works this way: "If people request a split trip, they go on a waiting list and if I'm able to pair couples together then they split the charter cost between the number of guests on board," explains Roberts.

Beyond this, Hackshaw Charters offers group rates. "Fishermen pay a per head rate. We work with several reps to make up the numbers. Therefore, the per head rate remains the same whether you book one spot or six," says Hackshaw.

WHAT'S INCLUDED & EXCLUDED. "We include fishing permits, light snacks, drinks and all the fishing gear and bait," says Ocean Surfari's Vialva.

A common exclusion is lunch.

"We encourage guests to bring whatever they'd like to eat on

board with them, especially for the 6-, 8- and 12- hour trips," says *Mystic Amara III*'s Roberts.

FINAL ADVICE. "To plan the 'perfect' trip, first decide ahead of time if you want to fish for quality (size) or quantity (smaller fish, but a lot more). People think that they will catch, or in our case catch-and-release, more than one marlin on a half day trip. They get disappointed when in that timeframe there's only one bite and they miss the fish," explains Puerto Rico Sportfishing Charter's Lagrandier.

Finally, says Pete Manuel, who is based in Atlantic Beach, North Carolina and operates Delta Dawn Sportfishing charters in the Dominican Republic, "If someone can afford it, book multiple days because in reality you might not catch something every day."

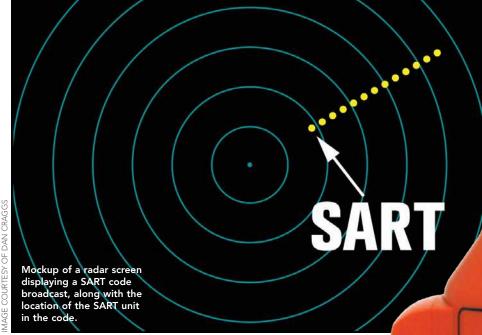








BY CAPT. JEFF WERNER



RACON (Radar Beacon) is a well-known aid to navigation for mariners to identify an approaching safe water buoy at the entrance of a marked channel from sea. The vessel's radar sweeps the RACON which activates a radar beacon on the buoy. The radar beacon then transmits a series of Morse Code dots and dashes visible on the boat's radar display that corresponds to the dots and dashes displayed on the chart. For example, the sea buoy at Port Everglades, the entrance to Fort Lauderdale, has a RACON that transmits a "dash". The SART (Search And Rescue Transponder), as originally developed in the 1990's, is also radar-based and operates in a similar fashion as a RACON.

A SART is a self-contained, waterproof transponder that is designed for use during emergencies at sea. The transponder allows the SART to act as a homing device. The receiver in the SART is activated by X-band radar. This type of radar is found aboard all search and rescue vessels and aircraft (X-band radar is also the most common type of radar used aboard yachts and small vessels). Once the search and rescue craft's radar interrogates a SART, that is turned "on" aboard a life raft or a vessel in distress, it triggers the SART's transponder into the transmit mode.



MAGE COURTESY OF OTTO HOLM, JOTRON

The Radar-SART then transmits a series of 12 short bursts which is displayed on the search and rescue vessel's radar screen as a line of 12 equally spaced dots, each .6 nautical miles apart. The first dot is the position of the SART, and the other dots line up along a bearing that stretches to the edge of the radar screen. This bearing line provides a simple method to steer to the SART and rescue the mariners in distress.

As search and rescue follows the radar displayed bearing toward the SART, the dots become concentric arcs centered around the SART. Once within a nautical mile of the SART, these arcs turn into concentric circles, alerting the search and rescue team that they have essentially arrived at the location of the stricken mariners.

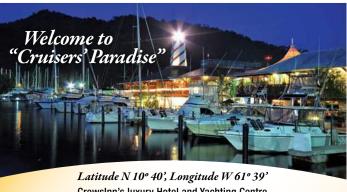
Due to the "more or less" nature of the arrival location using a Radar-SART, a more accurate method of homing in with a SART was proposed in 2007 by the International Maritime Organization (IMO). This device was dubbed the AIS-SART. Using AIS (Automatic Identification System) technology, which is a GPS receiver that converts the SART's location and current time into a standard AIS position, the AIS-SART transmits its location via two VHF frequencies to nearby search and rescue vessels.

The AIS-SART transmits a series of eight identical position report messages once a minute. Four of these position reports are sent on VHF channel AIS1 (161.975 MHz) and the other four reports are transmitted on VHF channel AIS2 (162.025 MHz). Since VHF transmission is "line of sight", this method allows a high probability that some position reports will be sent at a time when the SART is at the crest of an ocean wave giving better signal reception to the search and rescue craft. Each AIS-SART has its own unique nine-digit identification code which cannot be changed, it always consists of the number 970 followed by six other digits.

Although the AIS-SART is more accurate than a Radar-SART (since the AIS version generates its own position, whereas the radar version uses a radar reflected position), as yet there is no directive from the IMO regarding a phase out date for using a Radar-SART.

Since small recreational vessels are not required to carry a SART, what is the justification of having one onboard? Consider this scenario for boats embarking on transoceanic passages that are facing a life-threatening emergency mid-ocean and have activated an EPIRB. If the Rescue Coordination Center diverts a container ship to assist in the search and rescue of the vessel with the transmitting EPIRB, the last five miles of searching for that EPIRB is done by using the 121.5 MHz homing signal from the EPIRB. However, fewer and fewer ships





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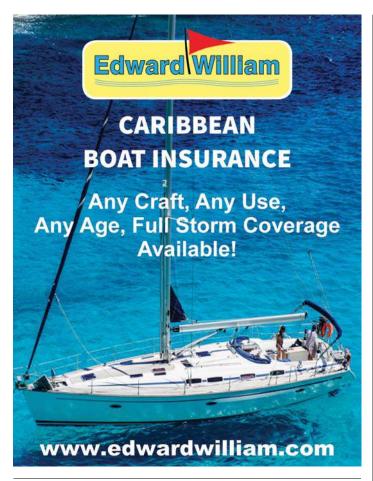
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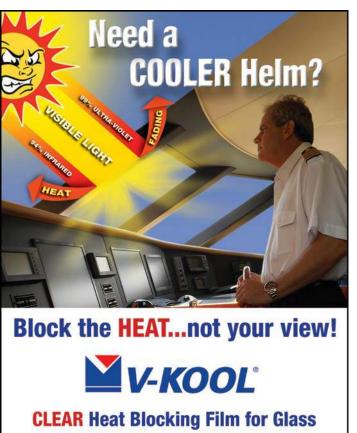
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now carry the RDF (Radio Direction Finder) necessary to follow the homing signal to its source. On the other hand, all container ships have radar and AIS receivers that will detect the position of a Radar-SART or AIS-SART. Case closed.

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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Il Fruits Ripe' in Jamaica means 'everything's going well,' but for this cruising sailor, it's a quest for fresh and the colorful markets that sell it. Every island has quirky collections of stalls and shops offering veggies, fruits, and pounds of surprise. No two are alike yet each features seasonal inventory until you hear, "It finish." Patience is paramount in small market shops because weighing and paying for produce, all laced with polite conversation, takes time. Experience has taught me to first scrutinize the market, look for perfectly ripened specimens, a friendly face and an

aura of cleanliness. After all, in Antigua's St. John, signs warn, "NO SPITTING." I figure they're there for a reason.

Market vendors have rules, (unwritten, of course,) to figure out and follow. Produce is sold 'by de heap or de pung' because that's how it's done. Always ask. A heap might be four mangoes, maybe six or five? A pound is weighed on a vintage balance scale; the produce set on a brass receptacle offset by marked lead weights. Sometimes items are married and the seller will enforce, "Ya can'd buy jus de tommahtos. Ya







gots ta buy wid de quecumbas." I learned of this pairing in Nevis after going round and round with a lady. She was right. I couldn't buy just the tomatoes.

I recently encountered a new, softball sized fruit covered in a tough skin so I enquired, "What's that?"

"It a mahmmy ahpel," the not so busy vendor replied.

"A mammy apple?"

"No, a mahmmy ahpel!"

"Oh," I said. "A mommy apple?"

"NO! A MAHMMY AHPEL!"

I tacked the conversation. "What do you do with it?"

"Ya peel it. Peel de skin wid a knife. Inside it sweet. It got a beeg peet jus like de mongo."



I bought one, sat it in the galley and poked it daily to determine ripeness. When I cut it, the flesh was rotten and I knew- should have asked more questions.

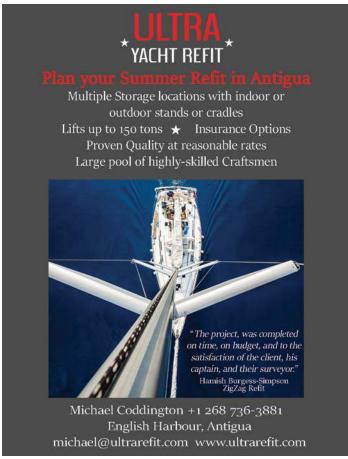
On a trip to Carriacou's Marketing Board I poured the contents of my basket on the counter and learned- the limes I chose were mandarins, my oranges were lemons and the ugli fruit was a cousin to a grapefruit. Citrus can be confusing, but bananas are worse. Some are yellow, others green and they all resemble plantain. Fat ones, called bluggoe, are easily confused with figs and which ones you cook depends on who you ask.

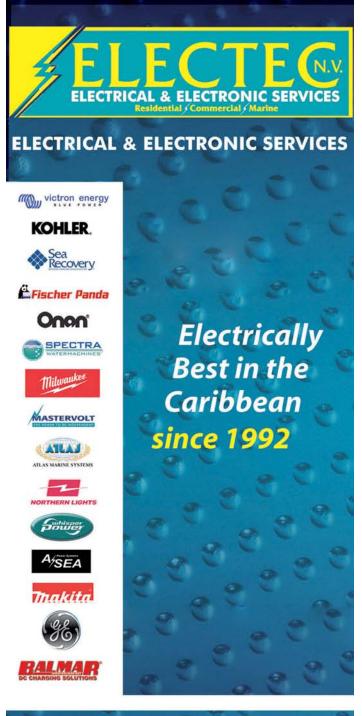
Questions won't always net helpful answers. An island guide, informing guests of local trees and plants, showed them a breadfruit. A tourist asked how to spell it and was informed, "We doan spell breadfruit. We duz eat it."

After hearing about the healing properties of Noni











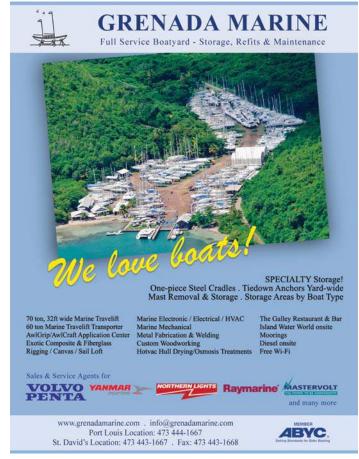


juice, I asked a vendor where I might find some. She slipped from the rear of her box, laced her arm through mine and trotted me across the neighbors land. "Dere, in dat tree," she pointed. "I git de mon."

She did and he spent most of an hour picking the glassine fruit from high in the tree. They resemble giant, squatty caterpillars so I knew I'd need instructions. "You gots to get a beeg glass. You feel it wid de noni, all de way up. Cloze de glass and wait. De juse come." I bought a jumbo jar, crammed it full and put the lid on tight. I watched for weeks as the Noni rotted, oozing liquid. Curiosity prompted me to open the jar one day but when a powerful stink bomb escaped, I didn't do that again. The final product was a measly cup of juice but I'm convinced it cured what ailed me.











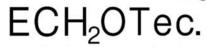


Fruit cocktail stars are always a score- mangos and melons, papaya and pineapple, but keep shopping. With luck, you might find a tropical treat you haven't yet met. Sapodillos, rough looking little balls with cinnamon colored flesh and a spicy flavor are scrumptious. Kick start your day with passion fruit, cut in half and spooned straight in. Starfruit and Star Apple deliver a puckered punch. And soursop, once you've laboriously separated the goo from the skin, can be eaten or blended for juice. Every fruit has it's season and summer's the time for guineps. Gumball sized, the taut skin is snapped

open, the fruit slides out and your tongue has a holiday working the flesh loose from the seed.

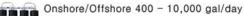
My most recent discovery was island grown pomegranate and when a market lady handed me some Wax Apples, it was clear where they got their name. I'm still on the hunt for Jackfruit and I should give guava a second chance. Mamey Apple deserves a do-over but believe me, once was enough for Stinking Toe. I'm always on the hunt and if life is just a bowl of cherries, I'll find the island they're on.

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WHAT RUM MAKES HE BETTER CUBA LIBE

BY CLINT AND TERRY BORAM

ver the past couple of years, we've definitely reviewed rums that should be relegated to Rum Runners, Daiquiris, Pina Colada, or Mojitos only. This month we took some of those rums to determine which makes the better Cuba Libre.

What makes a Cuba Libre different from a Rum and Coke? A Rum and Coke is just those two ingredients served in anything from a red Solo Cup to a highball glass. A Cuba Libre, on the other hand, is a finely crafted cocktail that pays particular attention to a key ingredient - lime. Oh sure rum is a key component, but without the lime there is no Cuba Libre. For our test we coated the ice in a highball glass with the juice of a half of lime, added 2 ounces of rum, 4 ounces of Coke and a twist of lime on the rim.

The rums used range from silver to dark and hail from a variety of regions. All have at least some character on the nose.

WICKED DOLPHIN SILVER - FLORIDA

This silver rum has a sweet nose of butterscotch and pure cane sugar so we had hopes it would do nicely in this cocktail. The rum actually makes the Coke taste flat and overly accentuates the lime making our cheeks pucker from the tartness. (2 OF 5)

CRUZAN SINGLE BARREL - ST. CROIX

This golden rum has vanilla, molasses, orange and oak on the nose but doesn't carry through on the palate or finish. In a Cuba Libre, the rum partners more with the Coke to overpower the lime. The drink tastes more like a traditional Rum and Coke. (2.25 OF 5)

APPLETON RESERVE - JAMAICA

While Appleton has a very inviting nose of caramel and oak it bites on the palate and finish. As a Cuba Libre though, there is an earthiness that is a great compliment to the Coke and lime. We find the oak note plays well with the lime making this a unique, refreshing cocktail. (3.5 OF 5)

MOUNT GAY 1703 BLACK BARREL - BARBADOS

As a sipping rum, this golden ranks high on our scale due to the oak, cherry and vanilla notes and the bourbon-like finish.



In the cocktail, the oak really shines, balancing out the syrup of the Coke and the bite of the lime without completely overpowering either. This is Clint's favorite. (4.25 OF 5)

MATUSALEM GRAN RESERVA SOLERA 15

Made in the Cuban tradition, Matusalem has the dark richness we typically seek in a sipping rum, however it lacks character from nose to finish. As a Cuba Libre, much like the Mount Gay, the rum compliments the sweetness of the Coke allowing the lime to be the star of the drink. Definitely Terry's favorite. **(4.25 OF 5)**

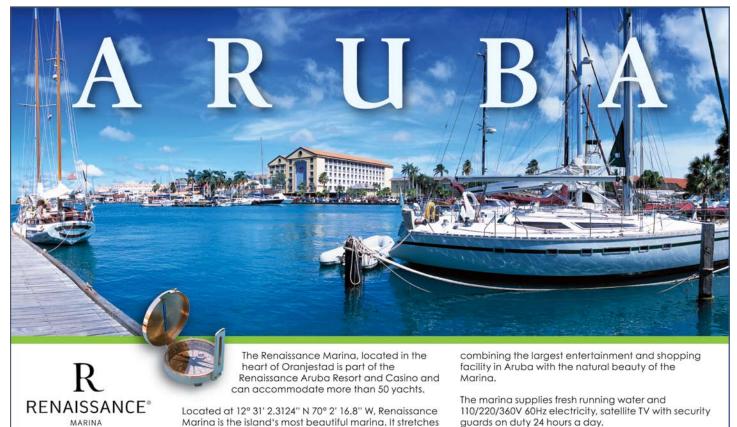
So breakout your golden and dark rums and begin experimenting with this refreshing cocktail. Let us know your favorite is so we can try it too. editor@allatsea.net 0

SIPPING RUM SCALE

- 1 An expensive mixer
- 2 A quick celebratory shot
- 3 Wouldn't be embarrassed to share with friends
- 4 Are my friends worthy of a sip
- 5 Special moments rum

ABOUT CLINT AND TERRY: We have sampled many a dram over our 33 years of marriage and quite often we don't fully agree. Could be the difference is male/ female taste buds. Or, somebody is just wrong.





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All At Sea's Caribbean Marinas Guide

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D.R.	Casa de Campo Marina	809.523.8646/ 8647	16′	250′	350	•	110/220 v to 60 hrz	•	•	•	•	•	•	•	•	68	•
D.R.	Marina Zar Par	809-523-5858	12′	120′	110	•	110/220 308	•	•	•	•	•	•	•	•	5	FRE
D.R.	Ocean World Marina	809-970-3373	12' +	250′	104	•	110/220	•	•	•	•	•	•	•	•	16/68	•
Grand Cayman	Barcadere Marina	345-949-3743	8′	150′	83	•	30, 50, 100 & 200 amp single phase; 100 & 200 amp 3 phase; 60hz		•	•	•		•		•	16	FRE
Great Exuma	The Marina at Emerald Bay	242-336-6100	14′	250′	150′	•	30 & 50 single phase; 120/208 3 phase	•	•	•	•	•	•	•	•	16	FRE
Grenada	Clarkes Court Boatyard & Marina	473-439-3939	11′	150′	20	•	110/220; 50hrz				•	•		•	•	68	FREI
Grenada	Grenada Marine	473-443-1667	15′	70′	4	•	110/220		•		•	•		•	•	16	FRE
Grenada	Le Phare Bleu Marina	473-444-2400	15′	120′	60	•	110/220/480		•	•	•	•	•	•	•	16	FREI
Grenada	Port Louis Marina	473-435-7431	14.76′	90m	170	•	110/208/220/230/240/ 400/480/630V	•			•	•	•	•	•	14	FRE
Guadeloupe	Marina Bas-du-Fort	590 590 936 620	15.5′	210′	1,100	•	110/220/380		•	•	•	•	•	•	•	9	FREI
Jamaica	Errol Flynn Marina & Shipyard	876-715-6044	32'	600′	33	•	110/220/480 1&3PH 50/60HZ	Cable	•	•	•	•	•	•	•	16/9	FREI
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15' 260'

12' 75′ 287

30' 160′ 55

250'

Shelter Bay Marina

Club Nautico de San Juan

Ponce Yacht & Fishing Club

Puerto Del Rey Marina

Sunbay Marina

Scrub Island Resort, Spa & Marina

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Puerto Rico

Scrub Island,

			Maximum	Maximum	* of S/i,	SQ.	Est Water Supplies	Cable/ Satellite 7	71.	'sse/ Ga,	Show	Launer/WC	Provi	Bar (Sec. Restaura	Suries Int	VVieless Internet
St. Croix	Green Cay Marina at Tamarind Reef Resort	340-718-1453	8′	100′	154	•	110/220V - 30A, 50A, 200A	•	•	•	•	•		•	•	16	FREE
St. Croix	St. Croix Marine	340-773-0289	11′	150′	44	•	110/220	•	•	•	•	•	•	•	•	16/18	
St. Lucia	Rodney Bay Marina www.igy-rodneybay.com	758-458-7200	14′	285′	253	•	120V- 480V, 30/50/100/ 125/200 amps at 60 Hz, 240V- 440V, 32/63/125 & 200 amps at 50Hz	•	•	•	•	•	•	•	•	16	FREE
St. Lucia	The Marina at Marigot Bay	758-451-4275	16′	250′	40	•	110/220/380, 50/60 Hz	Cable	•	•	•	•	•	•	•	16/12	•
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
St. Maarten	Lagoon Marina Cole Bay Waterfront	599-544-2611	9′	100′	45	•	110/220	•			•	•	•	•	•	16	FREE
St. Maarten	Simpson Bay Marina www.igy-simpsonbay.com an IGY destination	721-544-2309	13′	196′	114	•	480V 3-phase 100 amps/ leg; 220V 3-phase 100 amps/leg; 220V 50 amps; 110V 30 amps 60hz	•	•	•	•	•	•	•	•	16/ 79A	FREE
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. Thomas	American Yacht Harbor www.igy-americanyacht harbor.com an GY 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	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	+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:

OUISIDE OF	CARIDDEAN:															
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	•	•	•	•	•	•	•	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 an GY destination	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

		87	9	č	40	7.0	4 8	4 4	Q	Ą	26	Õ	Ü	G	4	Q.	Q°	0
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 5	•		•	•	•	•	•
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 4 5	•	•	•	•	•	•	•
Virgin Gorda, BVI	Virgin Gorda Yacht Harbour	18. 45222	-64. 43750	284-495- 5318	10	150	34	no limit	110/120	7am- 6pm	70 4 5	•		•	•	•	•	•
Curaçao	Curacao Marine	12' N	68' W	599 9 562- 8000	9′	120′	33′	193	110/220 380	8am- 5pm	60	•		•	•	•	•	•
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 <u>5</u>	•	•	•	•	•	•	•
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 4	•	•	•	•	•	•	•
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 4 5	•		•	•		•	
Panama	Shelter Bay Marina	09° 22′ 12″ N	79° 56′ 51″ W	507- 6813-5327	11′	100′	28′	no limit	60 HZ, 120/240V 50-Amp, 100 Amp Single Phase, 208V and 480V Tri Phase	24x7	100	•	•	•	•	•	•	•
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 &	•	•	•	•	•	•	•
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- 7200	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 5	•	•	•	•	•	•	•
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 4	•	•	•	•	•	•	•
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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MARINE TRAVELIFT

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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 IGY 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
Fort Pierce	FL	Fort Pierce City Marina	772-464-1245	7′	150′	240	•	30/50/100 Amp		•	•	•	•	•	•	•	16/78	FREE
Miami Beach	FL	One Island Park www.igy-miami.com an GY destination	754-701-4020	40′	150- 800'	8	•	100 single & 3 phase/ 200/480/600 Amp		•	•		•	•		•	11/16	FREE
Marathon	FL	Marlin Bay Yacht Club www.marlinbay.com/marina	305-731-2207	7'	60′	28	•	30/50 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

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

Washington	NC.	Washington Yacht Service	252-975-2000	7′	70′	21′	no	30/50 Amp	24x7	50 ton	•		•	•		•	
Beaufort	NC	Jarrett Bay Boatworks	252-773-2690	10'	130′	30'	limit no limit	30/50/100 Amp	24x7	travelift 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 limit	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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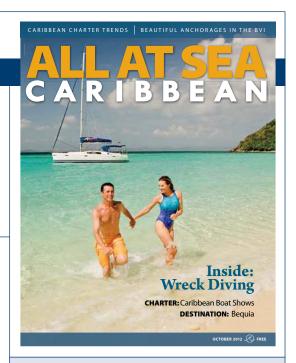
CAP CANA, DOMINICAN REPUBLIC. This 2 BR/2.5 BA unit is located in the Punta Palmera area of Cap Cana, which boasts a beach, pool, gardens, lobby, an indoor and outdoor restaurant, volleyball court and fishing area in the canal - all private. The 2215-square-foot unit comes with a kitchen, living room and terrace. It's completely furnished and with a spectacular sea view. Price: US \$450,000

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Brewer Pan Oceanic pilot house 43 Blue water ready. Check website for details.



Leopard 4700
Owners version.
Check website
for details



2013 Scape 39 Day charter cat. Check website for details



2008 Beneteau 423.
Immaculate and Extra
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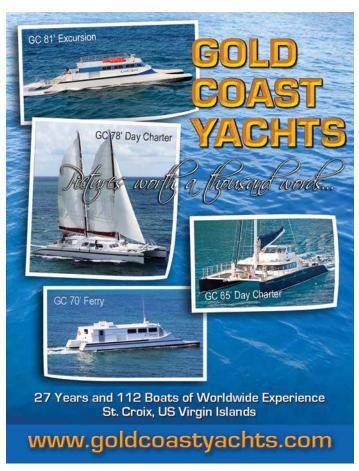
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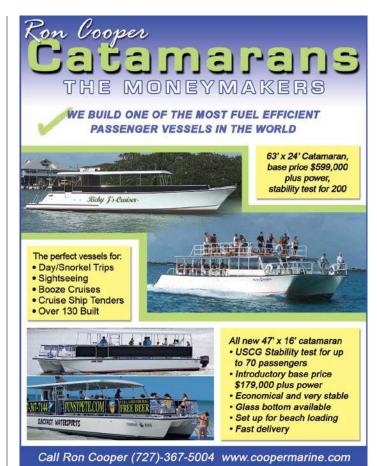
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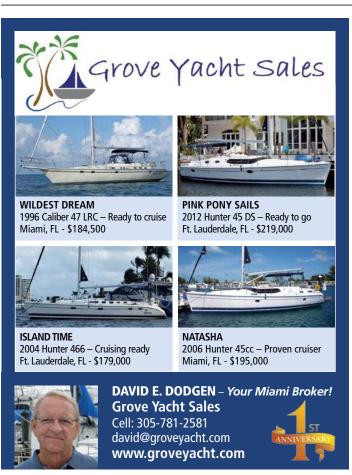














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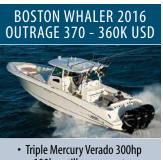












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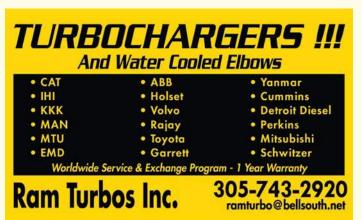
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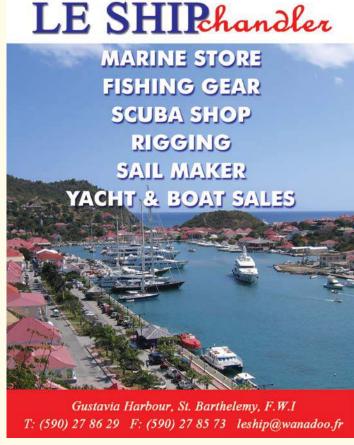


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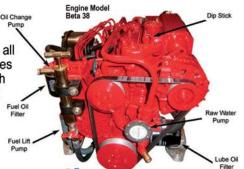
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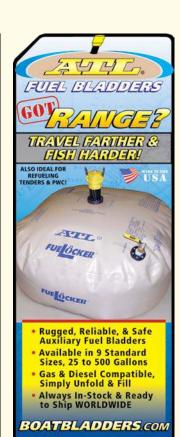
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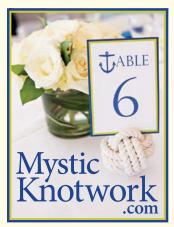


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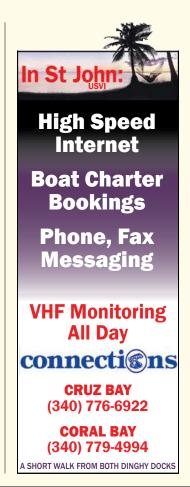
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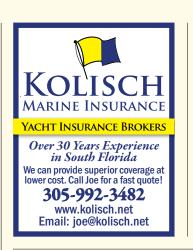
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MEXICAN STYLE BAKED SWEET POTATO

Prep time: 10 minutes. Cooking time: 20 minutes. Serves: 4 - 6

4 medium sized sweet potatoes 1/2 cup fat free Greek yogurt 1 tsp. taco seasoning 1 tsp. extra virgin olive oil 1 red bell pepper, diced 1/2 red onion, diced 1 tsp. chili powder 1/2 tsp. paprika or smoked paprika 1/2 tsp. cumin 1/4 tsp. turmeric

Pinch of salt 1 (15 oz.) can black beans, rinsed and drained 1/2 cup mild or spicy salsa 1/2 cup of shredded extra sharp cheddar or your choice 1/4 cup chopped scallions or cilantro

Poke holes in potatoes with a fork. Cook in a microwave for about 10 minutes on high. Meantime, in a small bowl, combine yogurt and taco seasoning, set aside.

In a medium size pot, heat oil over medium heat. Add peppers, onions, chili powder, paprika, cumin, turmeric, and salt; cook until onions have softened, about 5 minutes. Add black beans, stir to combine and heat through, about another 5 minutes.

Remove potatoes from microwave, let cool slightly then slice, lengthwise down the middle. Fluff the potato with a fork before adding the toping; spoon in 1//3 cup of black Mexican bean mixture, some salsa, sprinkle over some cheese, a dollop of yogurt, and some scallions.

TIP: If you prefer to use the oven, preheat oven to 400°F. and bake sweet potatoes about 45 minutes



SIMPLY BROCCOLI

Prep time: 10 minutes. Cooking time: 8 minutes Serves: 6

1 large bunch of broccoli or broccolini 1/4 cup freshly grated Parmesan 2 large cloves garlic, minced 1 Tbsp. fresh lemon juice

2 Tbsp. virgin olive oil 2 tsp. lemon zest Salt to taste Freshly ground black pepper

Cut broccoli into flowerettes. Steam broccoli for about 4 minutes (maybe refrigerated at this point if you would like to prepare later). Just before serving, heat oil and lightly sauté garlic. Add broccoli and heat through. Add lemon zest, lemon juice, cheese, salt, and pepper. Remove from heat, toss to coat and serve immediately

BANANA SUSHI & HEALTHY CHOCOLATE DIPPING SAUCE

Chef: Victoria Allman

Prep time: 10 minutes. Serves: 1 or 2 1 banana, yellow, not overly ripe

- 2 Tbsp. Nutella, peanut butter, strawberry jam, or almond butter to be super healthy
- 2 Tbsp. choice of: chopped pistachios, chopped almonds, toasted coconut, chopped dried cranberries, chopped strawberries

Peel the banana. Lay it flat on a cutting board and spread the Nutella over the top. Sprinkle on your choice of topping, pressing them into the Nutella to stick if necessary. Slice the banana evenly into sushi-sized bites. Spread on a plate and serve with a healthy chocolate dipping sauce.

DIPPING SAUCE:

1/4 cup liquid coconut oil ½ teaspoon vanilla 1/4 cup cocoa 1/4 cup agave

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SURINAME	Datsun Suriname N.V.	Paramaribo	+597-477-811
TRINIDAD AND TOBAGO	Elee Agencies Ltd. (Outboard motors)	Port of Spain	+868-623-1221
TRINIDAD AND TOBAGO	Green's General Cycle Ltd. (Waverunners)	Curepe	+868-663-2453
TURKS AND CAICOS ISLANDS	MPL Enterprise Ltd.	Providenciales	+649-431-0376
U.S. VIRGIN ISLANDS	Gallows Bay Marine	St. Croix	+340-778-2628
U.S. VIRGIN ISLANDS	Offshore Marine Services Inc.	St. Thomas	+340-776-5432



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