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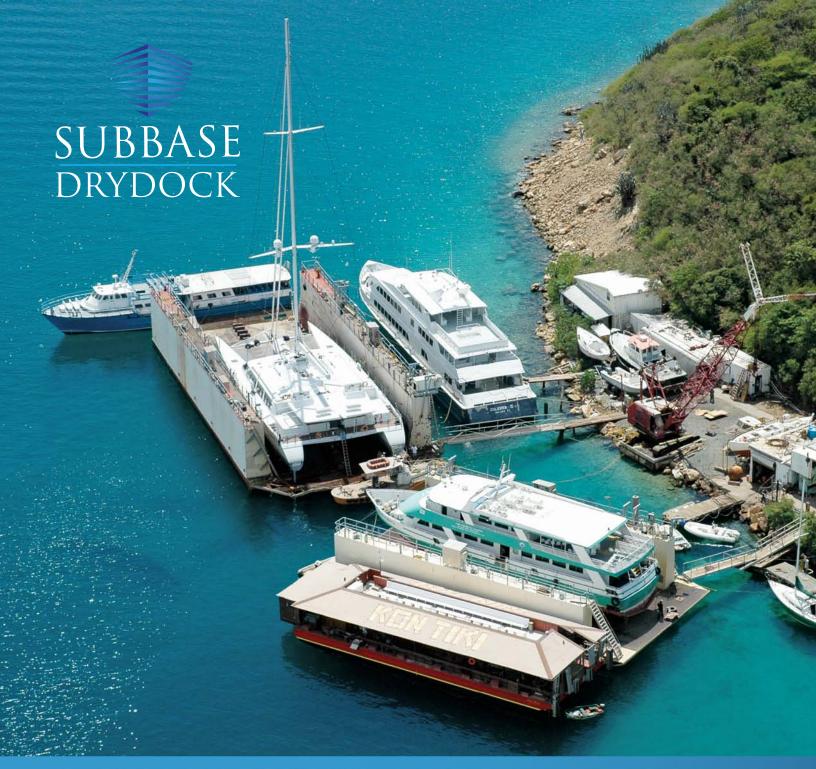
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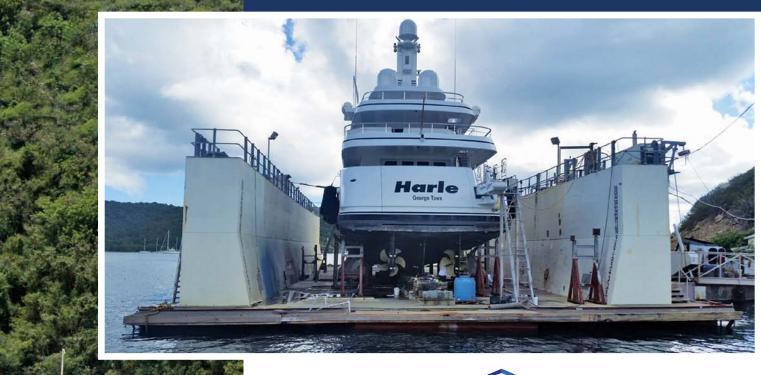
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COVER SHOT: Amazing fishing and fun to be had with Captain Gary Clifford of True Blue Sportfishing aboard Yes Aye. Every skill level is welcome! Image Courtesy of True Blue Sportfishing www.yesaye.com

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Publisher: CHRIS KENNAN

publisher@allatsea.net

Editor:

editor@allatsea.net

Art Director: **AMY KLINEDINST**

amyk@allatsea.net

Advertising Inquiries: advertising@allatsea.net (410) 929-2248

Client Relations:

NICOLE KENNAN nicole@allatsea.net

Accounting, Subscriptions:

accounting@allatsea.net

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fax (815) 377-3831

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WHERE IN THE WORLD

Congratulations Stephanie, and thanks for reading ALL AT SEA!



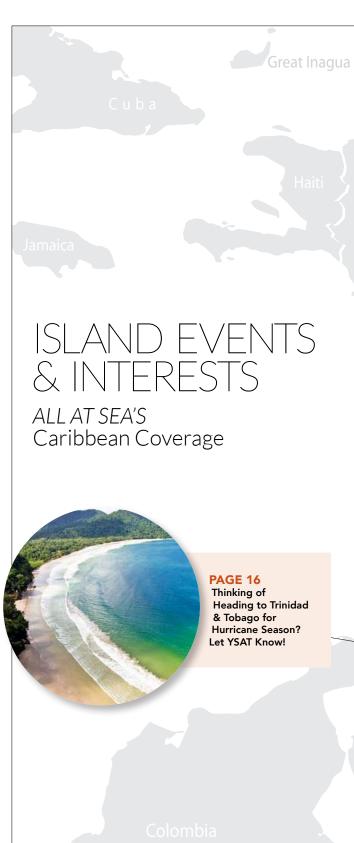
STEPHANIE CONNOR 'SELF-ISOLATING' ON BIG SAND CAY, TURKS & CAICOS ISLANDS. I picked up the March issue of All At Sea from Nanny Cay Marina and it accompanied my partner Martin & myself on our Sadler Starlight 39 sloop, SV Sandpiper.

We left home in Wales, UK in April 2019 & sailed south (via Ireland, The Scillies, all 9 of The Azores, Madeira & The Canaries) ... to Cape Verde, from where we made our 17 day Atlantic crossing, making landfall at Barbados in January 2020.

We have sailed our way through the Caribbean from Granada to TCI, enjoying Dec-to-Mar editions of your excellent magazine.

Sailing into Covid19 restrictions, we thought we ought to take self-isolation' seriously!

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.





Caribbean n



& CRUISERS ON GRENADA

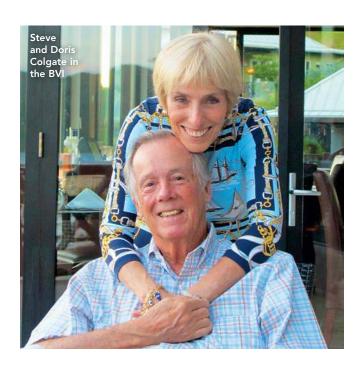
All it takes is one person and a good idea to change the lives of many for the better. That's what is happening in Grenada after resident Ayanna Williams, along with her family and a single local mini market, launched Act's of Kindness. Like many communities around the Caribbean and world, Williams saw that when governments restricted movement to keep citizens safe from COVID-19, some people couldn't get out to buy groceries and others lost their jobs and didn't have money to buy food. Hence, Act's of Kindness goal was sponsorship and donations in order to deliver EC\$50 (US \$18.50) vouchers/hampers to those in need. Local businesses quickly latched onto and supported Williams' idea as did the island's sailing community.

"Fund raising ideas were broadcast via VHF radio, and one in particular was a 'Virtual Bingo' idea which produced over EC\$4,000 alone from just one session," explains Philip Thomas, of M/V Tortuga, in Hog Island Bay. "Many cruisers also just gave cash to a number of boats volunteering with Act's of Kindness and located in the various bays. More ideas and

cash collections are anticipated. It's a terrific way to repay our island nation who have been such kind and generous hosts. Hopefully, this simple idea can be reproduced in other islands where the sailing community are now being sheltered."

As of the end of April, Williams and her Act's of Kindness volunteers have donated 442 food vouchers/hampers, filled with staples like potatoes, milk, onions, flour, sugar and milk, across mainland Grenada's six parishes. For information, contact: williamsa1@live.com

ter request form on the company's website: https://www. offshoresailing.com/newsletter-signup/Please type in the Question textbox on the form, "request Online Learn to Sail Course code."



OFFSHORE SAILING SCHOOL AND BOATUS FOUNDATION OFFER FREE ONLINE LEARN TO SAIL COURSE

You don't have to be on the water to learn to sail. Steve and Doris Colgate, founders of Offshore Sailing School with locations in Florida and the British Virgin Islands, collaborated with the BoatUS Foundation back in 2013 to create a comprehensive Online Learn to Sail Course for beginners. Complete with animation and the ability to start, pause and resume, this course offers great preparation for an on-water certification course. It's also a great refresher for experienced sailors too.

"We have been teaching sailing for more than 56 years. While we are following State and Federal guidelines now and working remotely from home, we're pleased we can offer this online education to anyone who requests it," says Doris Colgate, president and chief executive officer of the South Fort Myers-headquartered company.

Normally a \$39 value, the Online Learn to Sail Course is now available for free to All At Sea readers through the month of June. To receive a special course code to access free enrollment, please complete Offshore Sailing School's newslet-



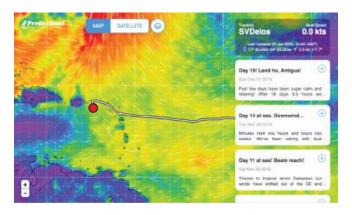
PREDICTWIND DEBUTS **NEW GPS TRACKING DEVICE**

There's a new GPS tracking device for the marine market that claims unrivalled reliability and trust by mariners all over the world. The YB3i,

manufactured by New Zealand-based company PredictWind and powered by Iridium technology, can show a boat's position on a personalized PredictWind GPS tracking page that features the current weather and the boat's blog posts.

"This is a global service, so it has full coverage in the Caribbean, plus the tracking page lets family and friends keep an eye on you," says Nick Olson, who adds the company regularly ships to the region. "Having others know where you are means they can alert you to any potential dangers, approaching weather or other news in the area. We know a lot of boaters leave their boats in the off season in the Caribbean, and having this device means they are able to monitor the boat at any time of the day."

The YB3i will work on all boats, as the GPS unit is mounted above decks, and is a dedicated marine GPS tracking device permanently powered by the boat's battery. The waterproof rating of IP-68 means it can be exposed to the elements year-round. The outstanding accuracy and exceptionally low power draw allow the internal battery to last 1 month in the event of a power failure. www.predict wind.com/yb3i



THINKING OF HEADING TO TRINIDAD & TOBAGO FOR HURRICANE SEASON? LET YSAT KNOW!



The Prime Minister of Trinidad & Tobago has appointed a committee to chart 'A Road to Recovery' Plan as part of this two-island nation's response to COVID-19. To assist, the Yachting Services Association of Trinidad & Tobago (YSATT) has submitted a proposal and its board is reaching out to hear from sailors (and boaters) who plan/hope to bring their vessels to Trinidad for the hurricane season. This isn't an indication of an opening of the currently closed borders or an invitation to travel until such time as they are opened. However, YSATT is simply collecting information to facilitate the entry when possible.

"Hopefully at some point before the risk of hurricanes in the Eastern Caribbean become too great to allow

movement, borders will open enough to allow, if not unlimited travel limited travel to a destination of shelter," says Jesse James, the SSCA (Seven Seas Cruising Association) Cruising Station Host for Trinidad, OCC (Ocean Cruising Club) port officer for Trinidad, HLR cruising association, British High Commission Warden for Chaguaramas, YSATT board member and owner/operator of the 'Members Only' Maxi Taxi Services.

Please email your intents to James: jessejamesmembersonly@yahoo.com or Bruce of SV Wild Matilda: bamlicke@ix.netcom.com James website is an excellent updated source on the COVID-19 situation, restrictions and changes in Trinidad: www.membersonlymaxitaxi.com

CORRECT CRAFT SUPPORTS 'BLUE MIND' DICTIONARY ENTRY, YOU CAN TOO!

Green is good, but blue is even better when it comes to an official new term. Specifically, the Cambridge Dictionary is considering adding 'blue mind' to its next update. Blue mind is an idea that was developed by author and marine biologist, Wallace J. Nichols, and is described in his book of the same name, Blue Mind. According to Nichols' research, water has a calming effect on our brains. What he calls 'blue mind' states that people are healthier physically, mentally, and emotionally when they spend time in, on, near or under the water.

"When I read Blue Mind, I realized it's a concept our team fully embraces without even realizing it. It's why people who grew up boating end up buying boats. The author has done an outstanding job describing the positive impact water has on people. We want to encourage everyone who loves water to vote now to get 'blue mind' in the dictionary!" says



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Bill Yeargin, president and chief executive officer of Orlando, FL-headquartered Correct Craft, which family of companies include Nautique, Centurion, Supreme, Bass Cat, Yar-Craft, SeaArk, Parker and Bryant boats.

To be included in the Cambridge Dictionary, a term must receive enough votes in its favor. To vote, go here: https://dictionaryblog.cambridge.org/2020/03/30/new-words-30-march-2020/?fbclid=IwAR1pC0oMhdZdGvCBqBH9_ISGMQ63HpxPFA3-CbWVldpF3B37H-cbumsRBj0

YACHTAID GLOBAL CREATES WHATSAPP COVID-19 SUPERYACHT CAPTAIN'S GROUP

What's happening? Chat up the WhatsApp group called CO-VID-19 Superyachts to provide and exchange real time crisis, port and governmental restrictions information in response to the pandemic. The group was created by San Diego, CA-based YachtAid Global, in cooperation with UK-headquartered AYSS (Association of Yacht Support Services) Superyacht Global Network. The group comprises captains from around the world and select agents at key global locations.

"YachtAid Global started the COVID-19 Superyachts chat group to provide captains, around the globe, with a real-time resource to post questions and to contribute factual intelligence for others," according to Captain Mark Drewelow, YachtAid Global founder and executive director. "The focus of the group has been sharing quick responses and access to facts related to marine entry and clearance, visas, and CO-VID-19 related quarantine and travel restrictions."

The group membership is currently 98% captains and a few key strategic agents in varying places around the world, Drewelow adds. A number of these are either in the Caribbean or have been or will be going to the Caribbean in the future.

Organizers intend for the group to remain active for the duration of the COVID-19 pandemic crisis and then be in place for future unifying events and natural disasters. Data from the group is extracted by AYSS and posted at: www.covid19su-peryachts.com







JUNE 27: Turks & Caicos 'Race for the Conch' Eco-SeaSwim.

There's nothing better than gliding through warm, clear, turquoise waters of Grace Bay, in Providenciales. So, it's no surprise that this open water swimming competition is known as one of the best in the world. "We plan to hold the race as scheduled. Beaches should be open by then. We are, of course, concerned that the usual number of participants from North America and elsewhere won't be able to join us, but we do hope that flights start returning to bring some people in. In any event, we have seen a steady rise in participation by the local population, so expect a good turnout," says Ben Stubenberg, who with co-founder and director, Chloe Zimmermann, began the event in 2010. Participants can choose one of three events: 2.4-mile (Ironman), 1-mile (most popular and competitive) and ½-mile (for those who prefer a shorter distance). Each course runs parallel to the beach with paddle borders and a watch boat to keep swimmers safe. "The event fosters socializing and friendliness during the morning of the race and later in the evening at the awards ceremony on the beach," says Stubenberg.







POSTPONED, CANCELLATIONS & STAY TUNED

Some of the region's favorite events on sea and shore have been postponed or cancelled due to the CO-VID-19 pandemic. Organizers of others have not yet decided on the status of their 2020 event and will do so closer to the time based on local government directives. Thus, it's best to check websites and social media for the latest on these Stay Tuned events. Here's a sampling:

June TBD: Budget Marine Curacao Challenge. Curacao. **STAY TUNED**. www.facebook.com/BudgetMarine Curacao, www.facebook.com/pg/CuracaoYachting Association

June 2 – 6: Rotary Club Caicos Classic IGFA Billfish Release Tournament. Providenciales, Turks & Caicos. **CANCELLED.** caicosclassic.tc

June 5 – 7: Grenada Music Festival. Quarantine Park, Grenada. **CANCELLED**. Dates for 2021 available soon. www.facebook.com/pg/grenadamusicfest

June 6: Kingfish Tournament. Trinidad & Tobago Game Fishing Association. Diego Martin, Trinidad & Tobago. **STAY TUNED.** www.ttgfa.com

June 6: Paddle for the Planet. Trinidad & Tobago Dragon Boat Federation. Port of Spain, Trinidad & Tobago. **STAY TUNED.** www.facebook.com/TTDBF

June 16 – 20: Saint-Martin Billfish Tournament. St. Martin, FWI. **CANCELLED.** Dates for 2021 available soon. www.facebook.com/StMartinBillfishTournament

June 18 – 20: All Andros Crab Fest. Fresh Creek, Andros. Bahamas. *CANCELLED.* https://www.facebook.com/All-Andros-Crab-Fest

June 20 – 21: Tobago Dragon Boat Festival. Trinidad & Tobago. *STAY TUNED.* www.facebook.com/TTDBF

June 24 – 28: St. Kitts Music Festival. Basseterre, St. Kitts. **POSTPONED TO JUNE 23-27, 2021.** stkitts musicfestival.com



ON THE HORIZON

FEBRUARY 5-7, 2021: Caribbean Multihull Challenge III.

There will be a new racing event incorporated into the third edition of this quickly becoming must-do event on the Caribbean's winter regatta circuit. That is, a 60-mile course.

"This year, we tested a record setting 60-mile drag race for Ocean Racing Multihulls. This started in Simpson Bay in St. Maarten, went up to and around St. Barth's, then reached to Tintamarre, then went down the famous Anguilla Channel to the west end of St. Maarten and back up to the finish in Simpson Bay. With the Mod 70 trimaran's Argo and Maserati and the 63' Shockwave registered for this test event; we were eagerly looking forward to the results. We got them. Argo won with an elapsed time of 3 hours, 19 minutes and 22 seconds. Now, the record is set," says Petro Jonker, steering committee chairman for the Caribbean Multihull Challenge (CMC), which is organized by the St. Maarten Yacht Club.

For the 2021 CMC, organizers will run the newly named '60 Mile Multihull Sprint' and invite two classes to compete for prizes. One class will be the Ocean Racing class where flat out spartan yachts like Maserati, Argo, and Shockwave and other daredevils will enter to contest the record. The other class will be an Ocean Cruising class where luxury carbon multihulls from builders like Gunboat, HH, and Marsaudon will vie for the title of fastest cruising multi's. The Sprint will be held on the single day of the regatta - either February 5, 6 or 7, that has the best predicted wind for the fastest race. Entries are open now. For more information, visit: https://www.smyc. com/caribbean-multihull-challenge

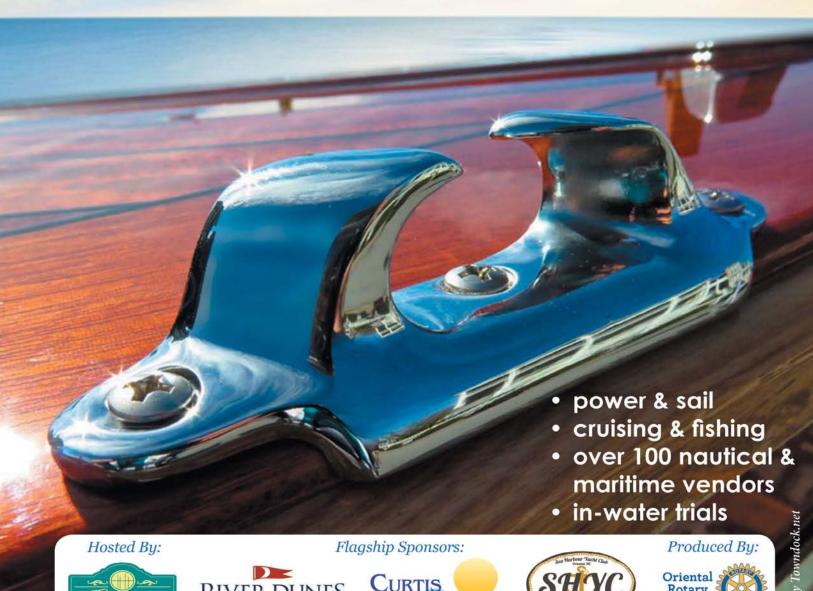
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SE ENCOUNTERS

SAILING HUMOR BY CAP'N FATTY GOODLANDER



n sixty years of living aboard and offshore sailing, I've only been scared three times. Two of those times were in severe gales with massive seas and opposing ocean currents—and the third was 'ditto' with the additional complication of a jammed roller furler that wouldn't allow me to reduce canvas.

Fear is interesting.

Mostly, I can handle fear. I can gulp it down; I can push it back. Terror, however, is another thing. Terror has a human element—and humans scare me in horrific ways that heavy weather cannot.

For example, near the beginning of our third circ, we hit a huge fishing net 25 miles off the coast of Ecuador. Faro Francisco had just dropped astern.

When I say 'hit' I'm giving the wrong impression. We sort of oozed up into it. There was no sudden shock, no noise, no nutt'n!

One minute we were sailing.

Then I felt that something wasn't right—but I wasn't sure what. Then I glanced at our speedo—and realized we were still heeled, still under sail, and yet going 0.00 knots.

How could that be?

It was a large undulating bluish-green net.

Before I could formulate a plan for effective action, I heard an outboard approaching and my wife Carolyn say, with utter dread, "Don't allow them aboard, Fatty—whatever you do, don't allow them aboard!"

I hastened to calm her.

"Don't be silly, kiddo," I told her reassuringly. "Of course, I won't allow them aboard!"

This area of the South American coastline is noted for its... er, its unexplained mysteries. Colombia is just next door. Sh*t happens here. Regularly.

Fear is interesting.

Mostly, I can handle fear. I can gulp it down; I can push it back. Terror, however, is another thing. Terror has a human element—and humans scare me in horrific ways that heavy weather cannot.

Of course, not all the local bad guys plying these waters are dedicated pirates. Some are mere pirates of opportunity fishermen seeking more profitable ventures.

There were two men in the open 26-foot fishing vessel. The short, fat one was aft—and he never shut up. He spoke dramatically—with wide gestures. We'd damaged his net. We owed him. We'd have to pay. Were we blind? He needed to be compensated!

They attempted to come alongside. I violently waved them off—in the massive sea that was running, they'd have done horrible damage to our topsides.

We were trapped.

The tall fellow in the bow was the largest, longest-haired Aztec Indian I have ever seen. He stripped down and dove over the side majestically.







Our boat's rudder shoe was caught on the net's cables, severely chafing them.

The water was clear but the sun was setting and we were now losing light fast.

I turned on all my spreader lights and my bright stern light. I also fired up my big spotlight to assist the diver.

The fishermen's boat appeared to be completely bare but from under a thwart he came up with a car's headlight and lit it from a car battery awash close by his outboard. Since it was just the bare headlamp without a holder, it shined into his face almost as much as ahead.

He wanted money and he wanted it now-my Spanish isn't good, but it was good enough to realize that the situation was getting more and more serious by the moment.

The Aztec diver attempted to clear the net from our rudder shoe—but it wasn't easy. He was down a long time. Then I realized his arm was caught and wrapped in between two twisted cables of the net—and that he was drowning.

My first thought—heartless prick that I am—was that it wasn't my fault.

Actually, the whole thing seemed unreal.

He was drowning.

Panicking.

Thrashing.

...right before my eyes; just under the surface.

What should I do?

Again and again he furiously attempted to break the surface, only to be pulled back down. It was getting dark. He was getting weaker. I climbed down my transom swim ladder/ platform until my legs were awash—and the next time he attempted to gain the surface, I was able to grab and hold the net long enough for him to bend his head at a sharp angle and get a huge lungful of air. Then the net was ripped from my grip. Twice more this happened, until I managed to grab him by his long hair and—and with the help of a large, surging wave—run up my heavy-duty swim ladder and haul his flopping, gasping body up on my aft deck.

This is exactly what I'd promised my wife not-to-do only moments before.

Oh well. Life is what it is. In crisis, we often do what we don't expect. He was aboard, flopping groggily, and spouting saltwater like a cartoon whale.

I looked over and I saw the horrified look on Carolyn's face. Things weren't working out as we'd planned. Life is complicated. There are bad people in this world. Decisions made on the spur of the moment occasionally have lifelong consequences.

Suddenly the Aztec nimbly jumped to his feet and demanded a knife by using his open palm while making a sawing motion on his forearm.

He was huge—one of the largest naked men I have ever seen. And he was aboard my boat. Far offshore. And no one knew. And he was asking for a knife. And I was unarmed.

Gulp!

Were he and his partner so destitute that they didn't even own a knife?





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That didn't seem possible.

Had he dropped his knife? Should I give him another one?

That didn't seem wise. He dwarfed me. His washboard stomach was all abs. He rippled with muscles. He was like a handsome, sleek monster—a wholly uninvited monster I wanted nothing to do with.

I was terrified.

"Well," I said calmly to Carolyn after making my decision, "Give the man a knife!"

Carolyn glared at me, ducked down below, and handed out a small serrated steak knife.

The angry Aztec Indian immediately and dismissively threw

the knife down hard into the cockpit sole, and made a bigger, more exaggerated gesture this time.

This was crazy—this was like a living nightmare.

"A big knife, please," I said to Carolyn firmly.

She obviously didn't want to.

My eyes ordered her in uncertain terms—so she ducked back below.

This time she came on deck with a huge kitchen knife—its long blade glinting in the starlight. Holding the knife by the back of the blade, she handed it to me and I nonchalantly passed it to the naked Aztec, hiding my trepidation.

He took it—and time stopped.

Time just stopped; just ground to a halt.

Everything changed.

I felt elongated.

He was deciding.

The tip of our knife was now within two inches of my soft, cringing stomach. He had an eager look on his face. I could see something like hellfire dancing in his eyes.

One twitch and I would be dead.

My brain was screaming that I should do something, do anything—to knock him overboard, hit him repeatedly with a winch handle, or try to rush below with Carolyn.

I did nothing. I decided that anything I did would be wrong.

I didn't flinch, I didn't speak—I knew instinctively that anything sudden or dramatic would be a mistake... a fatal mistake.

I wanted to blubber like a baby but knew I couldn't—or, at least, shouldn't.

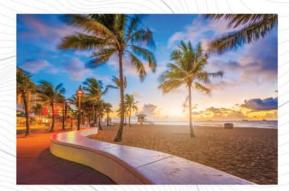
The Aztec looked at Carolyn for a long time. He elevator-eyed her. She closed her eyes.

He looked at me and I saw contempt in his eyes.

Seconds ticked.



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phone: 1-954-253-7445 email: info@sofloboatclub.com web: www.sofloboatclub.com It was now quite dark.

Then he tilted his head malevolently and looked into the cheery golden glow of our varnished home-which even to me looked like it contained fabulous wealth begging to be plundered.

He was having difficulty deciding whether to kill us or not adding up the pros and cons.

It was totally clear to me and it was totally clear to Carolyn and it was utterly terrifying to both of us.

I could see her lips trembling.

I could hear the blood pounding in my ears—I was expecting to pop my cork any second.

This time she came on deck with a huge kitchen knife—its long blade glinting in the starlight. Holding the knife by the back of the blade, she handed it to me and I nonchalantly passed it to the naked Aztec, hiding my trepidation.

The tension was immense.

Our whole world was vibrating.

Terror—stark raving terror.

He continued to stare down belowdecks at our shining teakand-polished-bronze interior —almost as if he was weighing the countless buckets of gold within.

Then his shoulders relaxed and he said to me... actually, I don't know what he said to me but what I heard was, "You are one lucky motherf**ker!" as he suddenly dove back into the water and began savagely hacking away at the net

I'd helped him.

He'd remembered.

Whew!

Now this massive net, which appeared to run from horizon to horizon, had large poly ropes holding it together. These ropes were under tremendous strain. The Aztec made many dives. He hacked away.

I had a moment to think—and what I decided was... that if he chopped those cables apart, he and his buddy would have their hands full attempting to save their net.

They wouldn't be focused on us. We could escape.

This was a comforting thought—and totally wrong.

Suddenly, our 43-foot ketch shook—and we were free.

The wind had increased a bit. I trimmed for speed.

The fat man started yelling. He didn't give a damn about his net—he wanted us!

But it took him a while to get the Aztec back aboard, and then he ran into his own net and fouled his propeller.

By this time we were a considerable distance away—and still ablaze with light.

He and his boat, however, were in blackness. But I could hear the roar of his engine approaching—we only had seconds left.

"Carolyn," I shouted as he turned on his bare automotive headlamp, "shut off the main battery switch—now!"

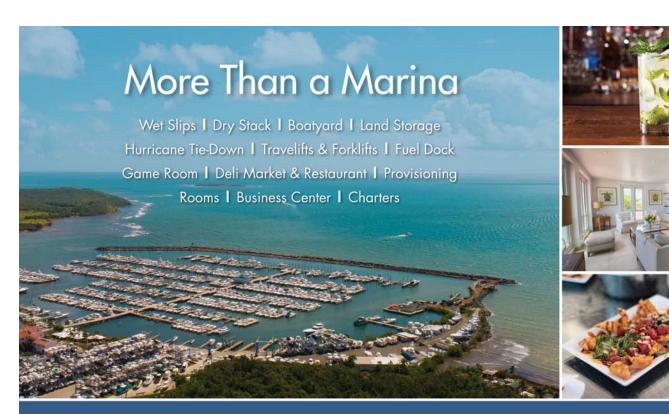
Instantly, our vessel was plunged into darkness as I jibed her over to starboard and watched him continue in a straight line with his night-vision-destroying searching spotlight waving straight ahead.

My heart was in my throat.

Every second was another meter or two between him and us. Yes, we could see him eventually making giant circles to find us—but by then we were far away.

The following day we realized that sections of the net were still attached and trailing from our rudder shoe. I had to heave-to and cut them away.

Forty-two days later (the Pacific is big) we arrived in the Society Islands—just around the time we'd both got our breathing back under control. (end)



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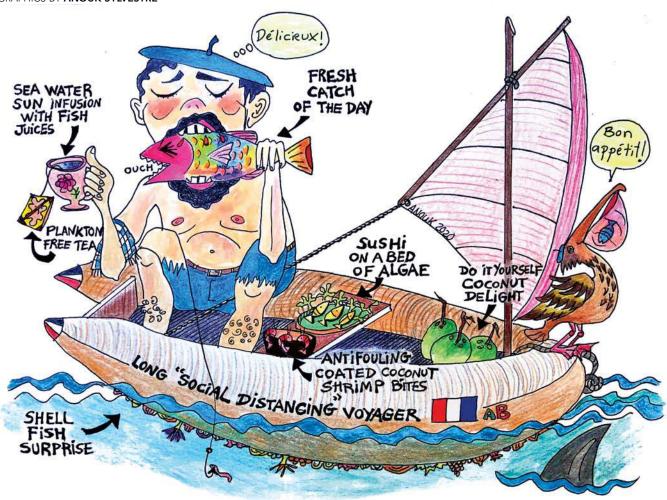
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SAILING WITH CHARLIE:

SAILING HUMOR BY JULIAN PUTLEY

GRAPHICS BY ANOUK SYLVESTRE



f there's one thing the Covid-19 has taught us is that provisioning for an extended period is essential - and still folks are flummoxed. Why? Because they're not sailors. Long time cruisers have often been provisioning for a month or two and have it down pat. It shouldn't be difficult to prepare a three meal-a-day menu for a week, double it for two weeks, write a list of all the ingredients and go shopping.

What to buy? You need protein, carbs, fruit and veg and supplemental vitamins. It was Captain Cook who realized that pickled cabbage prevented scurvy; that terrible disease causing a living body to slowly decay, gums to rot, teeth to fall out; the scourge of sailors in those days. Jars of pickles and bottles of lime juice are substitute ascorbics with essential vitamin C. Charlie stocks up with beans – lots of varieties: garbonzos, back eyed peas, white beans, black beans (and a can of air freshener). For protein stock up with a case or two of canned tuna and corned beef. Stow a couple of gallons of olive oil and vegetable oil too... the list goes on.

Don't waste food - be conservative. If you're locked down and not moving around your body doesn't need so much. If you drop a food item on the cabin sole or deck remember the five second rule; if you pick it up within five seconds it's safe. To help the economy Trump just extended the rule to ten seconds!

Liquids are important. Charlie would often sail long passages with several cases of wine stored in the bilge - it's a cool place and the motion of the ocean keeps it moving and in perfect condition. Charlie knows of the benefits of wine; it's an antioxidant, promotes a healthy heart and is a libido enhancer. When you find a good bottle at a reasonable price buy plenty. Charlie bought ten cases of Pinotage in South Africa; they invented it and it has become one of the world's most loved reds. It is full bodied and well rounded! Libido enhancer? Need I say more...

Don't waste food - be conservative. If you're locked down and not moving around your body doesn't need so much. If you drop a food item on the cabin sole or deck remember the five second rule; if you pick it up within five seconds it's safe. To help the economy Trump just extended the rule to ten seconds!

If you're locked down on your boat and fresh water is limited use sea water. Wash yourself with sea water, clothes, dishes and general cleaning, all with sea water. Joy dishwashing liquid lathers well with sea water and is a good surrogate shampoo. You can boil vegetables in sea water (don't add more salt). Roots and tubers do well in sea water too.

Running out of water is always a concern for long-distance voyagers but take a look at famous French adventurer Alain Bombard. What an inspiration. He was a controversial figure but his claim to fame was that he voyaged across the Atlantic from Tangier to Barbados in a 15-ft inflatable dinghy with no food or water. He strained the sea for plankton and drank very small amounts of sea water continually, sometimes diluting it with fish juices. Whatever your hardships are with this Coronavirus they pale against the likes of this crazy Frenchman... And the famous quote to give us hope is 'This too shall pass.'

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





rinkers with a running problem.' If the catchphrase doesn't intrigue you, perhaps the term 'Hashing' will. However, despite what you may be thinking, taking part in 'the Hash' has nothing to do with illegal substances. The Hash House Harriers are a running club that was initially formed in Malaysia back in 1938. 'Hashes' as they are commonly known, were created as a way for the British colonial officers to cleanse themselves of their excessive boozing. Every Monday, the officers would follow a trail through the countryside of Malaysia, an idea they devised from a game they would play as children, called Hare and Hound.

The officers would regularly drink at a local bar called the Hash House, which is where they took inspiration, and so, The Hash House Harriers (HHH) were born. Although two of the founders were killed during World War II, the remaining members continued the hashing tradition, eventually opening a second chapter in Singapore in 1962. In the seventies, the idea spread throughout almost every continent in the world, and today there are nearly 2000 Hash House Harrier chapters around the globe.

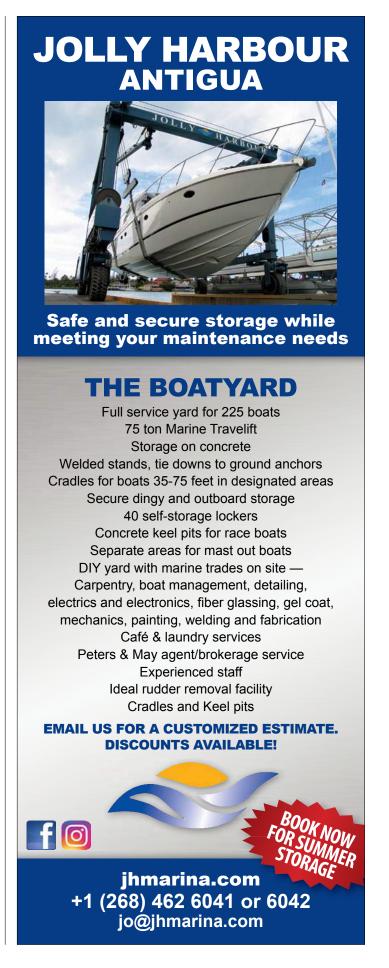
Visitors to the Eastern Caribbean island of Grenada will discover a large and active chapter of the Hash House Harriers. Every Saturday afternoon, participants meet at unique locations around the island. Grenada is one of the most attractive islands of the Caribbean and its diverse landscape provides the perfect backdrop for the popular event. However, it's not only the countryside that is beautiful. The people of Grenada are warm and welcoming, and their music, which is the lifeblood of the island, provides the rhythmic beat to which all Grenadians march

Participants of this 'fun run' range in age and level of fitness, so don't let the word "run" put you off. Being a good runner is not a prerequisite for the hash, nor do you have to be exceedingly fit. What you do need is a sense of fun and adventure and a willingness to 'follow the leader' through an often-challenging course.

But who doesn't like the idea of having fun with a group of like minded individuals, the only side effect being that you may accidentally get into shape doing so?

Traveling to the predetermined hash location by way of a local bus is an adventure in itself. Pumping soca music can be heard blaring from the minibus speakers as hordes of locals squeeze in together, all going about their daily business. And while you may think the bus is full, don't be mistaken, the 'bus boy' will always figure out a way to fit just one more bum on a seat. As you weave along the narrow roads at breakneck speed, you will pass cocoa plantations, sugar cane crops and mountainous rainforests. The air becomes noticeably cooler as you climb in elevation, and the panoramic views of the deep blue ocean will take your breath away.

Arriving at the starting point, it will soon become clear that the crowd is as diverse as the countryside. Students, locals, yachties and expats all converge in the designated meeting





area for an afternoon of fun in the sun. After a quick welcoming ceremony (that oddly involves a 'hash virgin' drinking beer out of their brand-new sneakers,) participants will set off on a trail marked by small piles of shredded paper. The experienced hashers generally take the lead, running at a cracking pace, while the remainder of the group jog, walk or meander in a more leisurely fashion.

The first thing participants will notice is the camaraderie between the group as they hike along the narrow goat trails, over hills and down ravines. You may even traverse a river by hopping from one river stone to the next, fellow hashers banding together to help one another across.

While every hash is in a different location within the 131 square mile island, what they all have in common is the fact that they are equal parts fun and exciting. At the outset of the hike and through its entirety, you have absolutely no idea where the trail is leading you. You may find yourself scrambling up nearvertical trails, grabbing vines, Tarzan style, to avoid slipping in the mud or simply walking along a beach. You could be in suburbia one minute and bamboo forest the next. One thing's for sure; the views will be so spectacular that the effort of your hike will be quickly forgotten.

Participating in the hash will provide you with a fascinating glimpse into how the Grenadians live. Women juggling babies on their hips in brightly colored cottages can be seen through open doors. Elders sit peacefully peeling vegetables on the porch, watching children riding bikes or playing in the street. The hash is like a window into the heart of Grenada, the Grenada you won't see on tour buses or in brochures.

You will likely feel totally out of your comfort zone while doing the hash, yet exhilarated at the same time. After an hour and a half of some serious endorphin-pumping exercise, hashers will find themselves back to where they started and unless you are at the head of the pack, the afterparty will generally be in full swing by the time you arrive.



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In true Grenadian style, the beer will be cold, and the music will be loud, and after a few drinks, you may find yourself drawn to the dance floor. Everyone will be in high spirits from the hike, and if you've worked up a hunger, the jerk chicken will have never tasted so good.

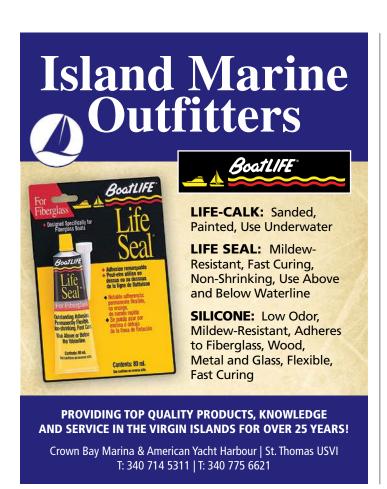
It's little wonder this local chapter gathers up to 400 participants each event! Each week the trail is set by a different 'hash hare' so no two hashes are ever the same. Whether you are four or eighty-four, (yes they are the respective ages of Grenada's youngest and oldest HHH's,) there's a trail for all levels of fitness and stamina. All you really need is a good sense of humor and a thirst for adventure...and of course beer. Whether you decide to take the short, medium or long trail, the lure of a cold drink once you cross the finish line is enough to encourage you to push on.

While the drinking, dancing and BBQ are loads of fun, it is the gorgeous island of Grenada and its beautiful people that make the Grenadian hash a truly memorable experience. So, if you're in Grenada on a Saturday afternoon and feel like getting your blood pumping, head along to one of their gatherings. The 5ec admissions fee (\$2.00) is so affordable, even the most budget-conscious hikers can afford to attend, and public transport is often available to and from each location. If you prefer the comfort and convenience of a taxi, there are plenty of reliable drivers to choose from and plenty of people to share the cost. One thing's for sure, the hash ticks all the boxes when it comes to having a seriously good time - fun, fitness, friends, frivolity and food. Sounds like the perfect Saturday afternoon to me!

For more information visit www.grenadahashouseharriers.com

If you're interested in Hashing your way around the Caribbean, then be sure to also check out the HHH's on St Kitts, Barbados and Antigua.

Hailing from the land down under, Erin and her family recently sailed across the Atlantic Ocean aboard their Moody 47 named Roam. Erin now runs her own PR and communications company which she started from the cockpit of her boat, helping fellow sailors and adventurers share their unique and inspiring story. www. roamgeneration.com





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SPORTS FISHING IN THE CARIBBEAN: WHAT'S BITING, WHERE & WHEN

BY CAROL M. BAREUTHER



here's much more water than land in the Caribbean, with the Atlantic Ocean to the north and east and Caribbean Sea to the south and west, so it's easy to see how this region is one of the best in the world for sports fishing. Local anglers and fishermen from all over the world come here to enjoy everything from bending a rod to pursuing world record catches. That's not all. In addition to water volume, there's variety. The volcanic heights and depths of the islands have created an array of marine habitats, from shallow coastal flats to deep sea trenches, which support over 500 species ranging from bonefish to billfish. The Caribbean's year-round warm sunny weather makes it easy to go fishing,

inshore or offshore, by private boat or charter. Yet, what might be surprising is that there are seasons when some species are more plentiful. These seasons aren't uniform but are based on an island's location in the region and more specifically on a species annual migratory patterns in those waters. Therefore, while you can catch fish 365 days a year from every Caribbean island, if you are targeting a particular species, then check on each island's season. Here is a sampling of what's biting where and when:

SUMMER. The months of June through October is peak blue marlin season in the U.S. and British Virgin Islands, says Capt. Tyler Maltby, captain with Double Header Sportfishing charter company, based at Sapphire Beach Marina in St. Thomas. "The best blue marlin bites occur during the month's full moons."

Summer is primarily white marlin season out of Cap Cana, located in the northeast corner of the Dominican Republic. "Although, some blues (marlin) are present," says Rick Alvarez, of International Billfish Tournaments & Fishing Tours (IBTFT), who runs annual sports fishing tournaments such as the Casa de Campo International Blue Marlin Classic and International Cap Cana Billfish Tournament on this island.

During this period, "we usually have good action with wahoo and dorado (also called mahi-mahi or dolphin fish) under weed lines and driftwood," says Capt. Chris Hackshaw, manager at Hackshaw Boat Charters Ltd., in St. Lucia.

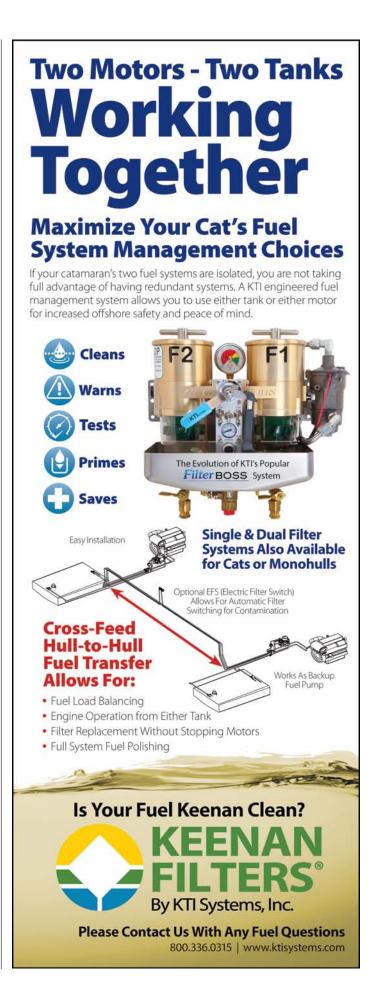
Yellowfin tuna is key to target off Grenada in the summer.

"Most average over 100 pounds and some over 200 pounds," says Capt. Gary Clifford, who runs his True Blue Sportfishing operation out of the Port Louis Marina, in St. George's, Grenada. "We hold our Spicy Tuna Tournament in August or September each year."

FALL. This is the favorite time of year to fish in the Virgins, says Double Header's Maltby. "We have a very consistent and predictable wahoo bite on the October and November full moons as well as a good variety of other gamefish. There are still marlin around, especially on the north side, and in the last few years there have been some big yellowfin tuna.

October is sailfish season in Barbados.

"The weather is great and there are lots of sailfish around," says Josh Delmas, director of the Barbados Game Fishing Association's (BGFA) Barbados International Tournament.



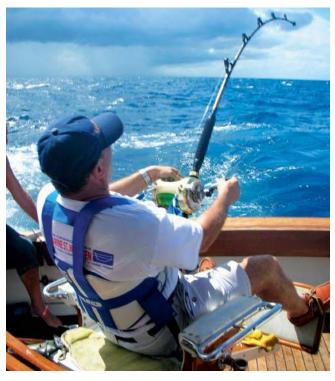


Cap Cana, in the Dominican Republic, transitions from a white marlin to blue marlin fishery in the fall and lasting until January, according to Alvarez. "The blues go for the FADs (Fish Aggregating or Attracting Devices) off of Macao (a beach on the island's far east end north of Punta Cana)."

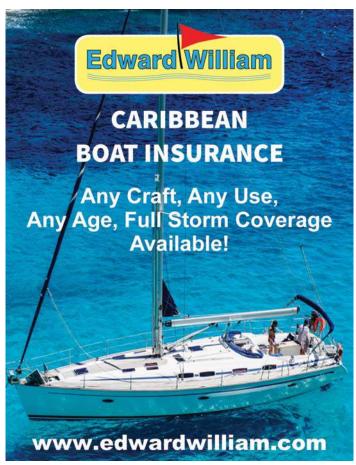
WINTER. Winter is when billfish numbers really start to pick up off Grenada, hence the annual timing of the Republic Bank Spice Island Billfish Tournament at the end of January. In 2019, the 74 boats participating released 151 billfish, including blue marlin, white marlin and sailfish.

January and early February are when there's a run of sailfish out of Marina Casa de Campo, in the Dominican Republic, and in February the blue marlin start to gather around the offshore FADs.

"January to April, especially the end of February, are the most productive for blue marlin off Barbados," says the BGFA's Delmas. "This February was especially great with some boats releasing 3 to 4 marlin a day."













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There's also a decent, albeit relatively unrecognized, sailfish bite off Virgin Islands waters through February or March, according to Double Header's Maltby. "It is an interesting fishery because a lot of the sailfish that we catch are in close to shore. We have caught them in as shallow as 50-feet. They are mostly a bycatch when we are targeting kingfish and blackfin tuna on our deep inshore reefs."

SPRING. This is blue marlin season out of the Dominican Republic's Marina Casa de Campo.

"Some years March is the top month and in other year's April is the top month. The bite lasts into mid-May," says the IBT-FT's Alvarez.

Some years there is a fair marlin bite during the spring in the U.S. Virgin Islands on the South Drop.

"The deep water between St Thomas and Saint Croix sees a run of mahi-mahi from March till May. While the sport fishing boats are targeting the mahi they frequently encounter both blue and white marlin," says Double Header's Maltby.



South in Barbados, spring is when the main run of mahi usually show, says the BGFC's Delmas. "The best chance of a bigger bull mahi is first half of the year, while the second half usually produces fewer and smaller fish. Beyond that, sports fishing is a truly year-round activity that everyone can enjoy."







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EIGHT CARIBBEAN RIVERS TO EXPLORE

BY CAROL M. BAREUTHER



altwater surrounds the region with the Atlantic Ocean to the East and Caribbean Sea to the West. However, some islands boast fresh-water rivers perfect to explore. Here is a sampling of eight:

1. MARTHA BRAE RIVER, JAMAICA.

This 20-mile long river situated on the north coast of Jamaica in the parish of Trelawny (where sprinter Usain Bolt was born) is a favorite site for river rafting tours. The 30-foot long bamboo-crafted rafts resemble those used by farmer's in the old days to transport their crops to markets in coastal towns. There's a raised platform on the raft for a couple of passengers to sit and the captains stands behind to steer. The tour takes about an hour, traveling at a drift rather than a dash, with lots of local lore along the way. www.visitjamaica.com

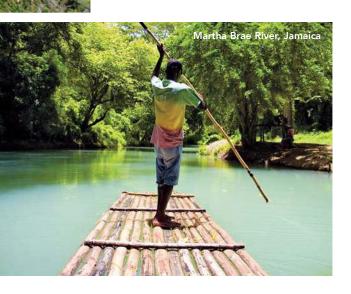
2. CHAVON RIVER, DOMINICAN REPUBLIC.

You may have seen this dramatic river on the big screen in movies like Jurassic Park, Rambo and Apocalypse Now. But the best way to see it up close is from the town of Altos de Chavon, a replica of a 16th century Mediterranean village. Today, the village is a mecca for artists with studios ranging from silk screen-

ers to weavers located here. There's an archaeologic museum, the beautiful St. Stanislaus Church and a 5,000-seat amphitheater where plays and musical performances take place with the Chavon River beyond as a backdrop. You can also take tours of the river by boat departing out of nearby La Romana. www.godominicanrepublic.com

3. RIO DE LA MINA, PUERTO RICO.

Nearly a dozen rivers, both small and large, run through the El Yunque National Forest, located near Puerto Rico's east coast. One of these is the 2-mile long Rio de la Mina, most prized for its scenic waterfalls. The falls are easily reachable via the nearly mile-long La Mina Trail, which departs from the Palo Colorado Recreation Area. Here too is the Forest's visitor's center and picnic area. The trail and falls are named 'La Mina' because decades ago there was a mine here. Rumor has it there's still gold in the area. Find this coveted mineral or now, a chance to play in the waterfalls on a hot day is a golden opportunity. www. prtourism.com







4. INDIAN RIVER, DOMINICA.

It's called the Land of 365 Rivers. Yet, one of the best not to miss on this Lesser Antillean island is Indian River, located near Portsmouth to the island's north. A guided 1.5- to 2-hour boat ride of Indian River, complete with a stop at a bush bar for a cold drink, is one of Dominica's major tourist attractions. Far from overvisited, it's the river's wild nature that holds the greatest scenic appeal. In fact, the its the Bwa Mang trees, with their gnarled limbs and other-worldly root system, that made the river a prime film location for parts of the movie: Pirates of the Caribbean: Dean Man's Chest, www.discoverdominica.com

5. BALTHAZAR RIVER, GRENADA.

Located nearly smack dab in the middle of the island, this is the place where great river tubing trips are made. Outfitters offer bright yellow inner tubes equipped with hand grips that visitors sit in for the wet wild glide down the river that spins you in its rapids like an amusement park ride. The trip is punctuated by calm pools that offer a chance to relax and swim. The fact that the river runs through a dense tropical rainforest only adds to the aura of adventure. The activity takes 1.5 hour and finishes with a congratulatory rum punch. www.puregrenada.com





6. SHARK RIVER, TRINIDAD.

A cool way to spend a hot day in Trinidad is letting the waters of this picturesque river wash over you. Locally known as a 'Trini river lime', the Snake River boasts many shallow spots for just sitting or wading and further upriver deep crystal-clear pools and waterfalls for swimming. The river, best accessed through the remote village of Matelot on the island's northern coast, is part of the Matura National Park's Environmentally Sensitive Area, so there is stunning flora and fauna to see on shore. But don't worry, sharks haven't been seen in these waters for years. www.gotrinidadandtobago.com







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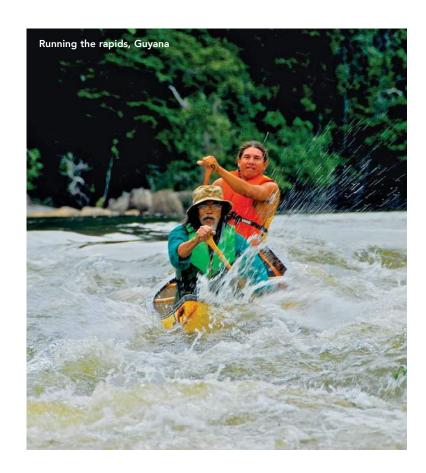


7. ESSEQUIBO RIVER, GUYANA.

Some 630 miles in length, this is the largest river in the country. That means there is a lot to see and do along the way. On the adventurous side, there are many rapids and waterfalls. Fishermen will find over 300 species of fish ready to bend a rod. History buffs will enjoy knowing that it was the Dutch that built the first European settlement in Guyana on the lower part of the river in 1615. In 2018, three women became the first humans to kayak the entire length of the river over 10 weeks. www.guyana tourism.com

8. NEW RIVER, BELIZE.

Ancient Mayan people used this river as a major trading route. Today, it's one of the best ways to reach the former Mayan city of Lamanai, which dates to the 16th century B.C. The trip is 26-miles long by boat, with plenty of birdwatching along the way. Egrets, Toucans and Boat-billed Herons are a few of the many feathered sites. At Lamanai, see Mayan buildings and artifacts at a small museum. There's also more recent remains of a sugar mill and brick-lined reservoir. www.travelbelize.org





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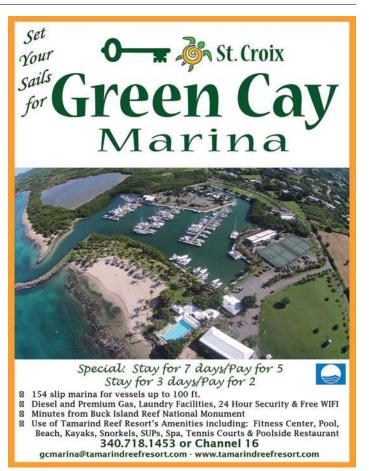
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reparing for self-isolation during a global pandemic is much like preparing for a hurricane in South Florida. You need the essentials: water, snacks, t-paper and alcohol. We thought, since we were stuck at home binge watching sailing videos, we would delve into what white rum makes the perfect classic daiquiri.

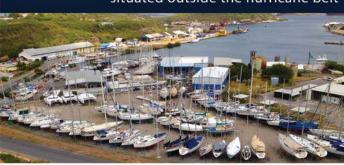
By all accounts the daiquiri was created at the end of the 19th

century by an American engineer named Jennings Stockton Cox who led an exploratory expedition in the Cuban iron ore mines. Legend has it, there was a meeting between Cox and another engineer named Pagliuchi, during which they began making drinks from the ingredients Cox had on hand; rum, limes and sugar. Cox's granddaughter, though, conveys a different story saying her grandfather was out of gin while entertaining the American guest and used rum instead. Either



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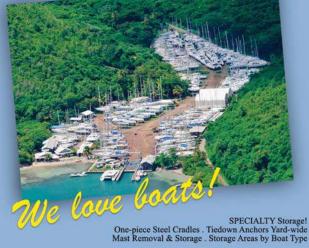




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way the lime forward drink was forever set into cocktail history.

The recipe we used was:

2 ounces light Rum

1 ounce fresh lime juice

½ ounce simple syrup

Shaken (not stirred) and served in a martini glass.

NOTE: Sugar doesn't dissolve well in cold drinks so many now use simple syrup.

Captain Morgan Silver. Captain Morgan Silver has a manufactured sweetness to the rum which does not shine in a daiquiri. At first the lime forward cocktail made our lips pucker then smoothed out as we continued to sip. The only hint of the rum is some woodiness on the finish.

Bacardi. The prominent vanilla notes of the Bacardi play well with the lime to create a pineapple note. The Bacardi softens the lime and uses the rum characteristics to enhance the citrus. We will say this is more on the sweet side and can be guite dangerous if you don't watch yourself.

J. Wray. There is a toasty note to this drink that breaks through the lime with a definite vanilla undertone. The rum provides a balance with the lime and offers an oaky finish. The drink presents as a more refined cocktail made with a more complex rum. Clint says it reminds him of a fine tequila.

Largo Bay. We debated this cocktail for quite a while. While the almond notes of the rum come through it doesn't play well with the lime. We felt the drink almost needed more simple syrup to subdue the lime. We use Largo Bay as our standard mixing rum for more sweet forward drinks. Maybe that is this rum's true calling.

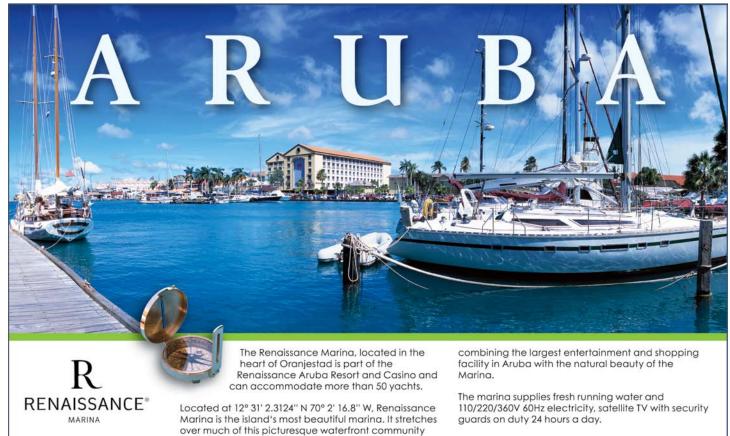
Cruzan. Although the nose of Cruzan is extremely alcohol forward, the daiguiri is refreshing with a good balance of lime to rum. The vanilla and oak notes from the rum compliment the lime, reminding us of drinking a limeade by the side of the pool. The sweetness level is just below that of the Bacardi.

OVERALL

We loved experimenting with these drinks. While Terry's favorite was the Bacardi, Clint liked the undertones of the J. Wray. Send your favorite daiquiri recipe to editor@allatsea.net

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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Antigua	Falmouth Harbour Marina www.antigua-marina.com	268-460-6054	20'	380′	*	•	110/220/380 3 phase	•	•	•	S	•	•	8		68/10	
Antigua	Jolly Harbour Marina www.jhmarina.com	268-462-6042	13′	200′	160	•	110/220		•	•	•	•	•	•	•	68	FREE
Aruba	Renaissance Marina Aruba	297-588-0260	13′	200′	50	•	110/220		•				•	•	•	16/69	•
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Curaçao	Curaçao Marine	5999 465 8936	13′	120′	30	•	110/220/380		•		•	•	•		•	67	FREE
Curaçao	Curaçao Yacht Club www.curacaoyachtclub.com	5999-767-4627	16′	160	120	•	110/220 v; 50 hrz		•	•	•			•	•	68	FREE
D.R.	Casa de Campo Marina	809.523.8646/ 8647	16′	250′	350	•	110/220 v to 60 hrz	•	•	•	•	•	•	•	•	68	•
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Grand Cayman	Barcadere Marina	345-949-3743	8′	150′	83	•	30, 50, 100 & 200 amp single phase; 100 & 200 amp 3 phase; 60hz		•	•	•		•		•	16	FREE
Grenada	Clarkes Court Boatyard & Marina	473-439-3939	11′	150′	20	•	110/220; 50hrz				•	•		•	•	68	FREE
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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. Lucia	Rodney Bay Marina www.igy-rodneybay.com an IGY destination	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
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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	•		•	•		•	•
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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	•	•	•	•	•	•	•
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	•	•	•	•	•	•	•
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	•		•	•	•	•	•
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	•	•	•	•	•	•	•
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 &	•		•	•		•	
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 4	•	•	•	•	•	•	•
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	•	•	•	•	•	•	•
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 &	•	•	•	•	•	•	•
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 <u>&</u>			•	•		•	•
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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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	•
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 IGY 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 an ■IGY destination**	727-867-1102	8′	110′	300	•	30/50/100 single phase	•	•	•	•	•		•	•	6/16	FREE

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SOUTHEAST U.S. BOATYARDS

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Beaufort	NC	Jarrett Bay Boatworks	252-728-2690	10'	130′	30'	no limit	30/50/100 Amp	24x7	50/75/ 200 ton travelift	•	•	•	•	•	•	
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	•	•	•	•	•	•	•
Key Largo	FL	Catamaran Boatyard & Storage	305.852.2025	5′	80'	27′4″		220V, 100 Amp	M-F	80 tons		•		•	•	•	
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 IGY 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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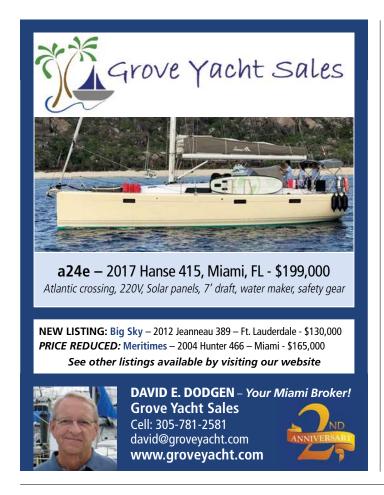
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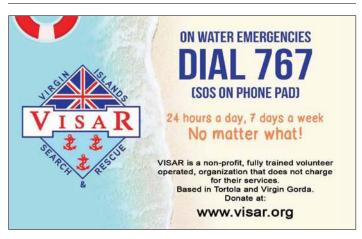
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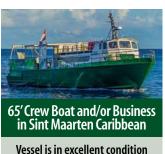


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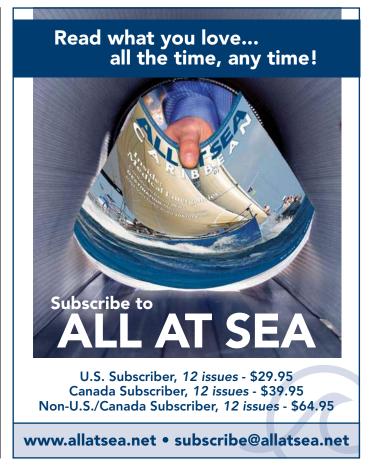
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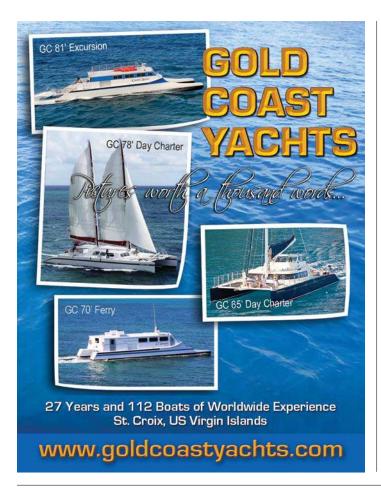
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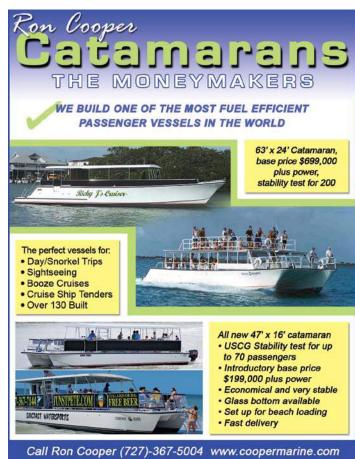


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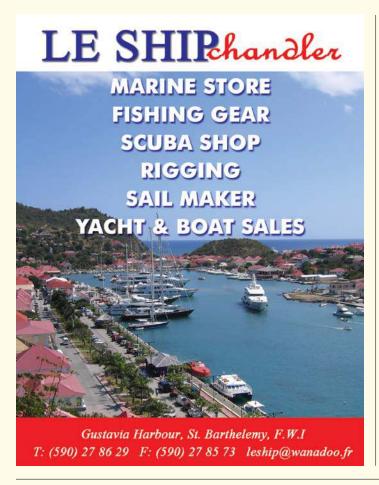
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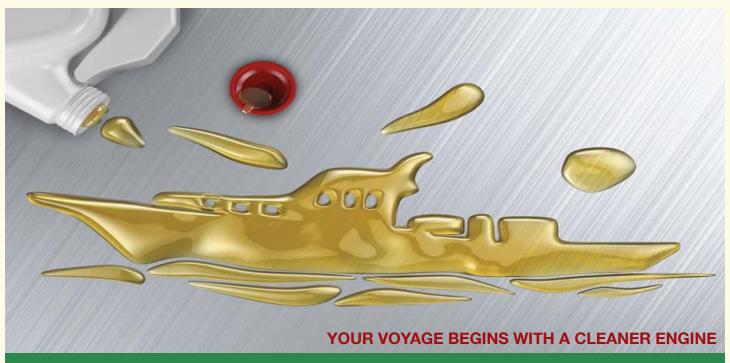
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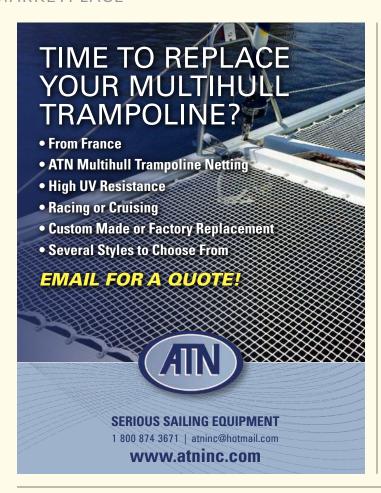
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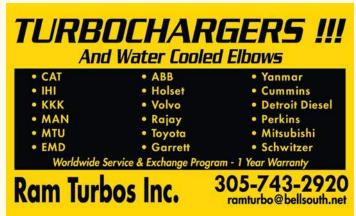


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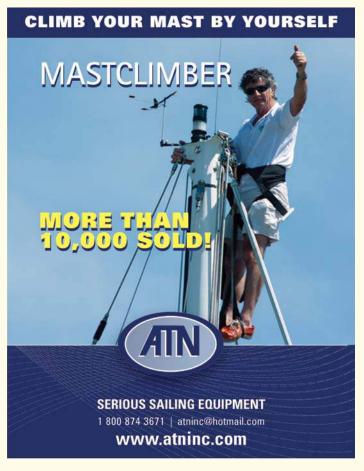
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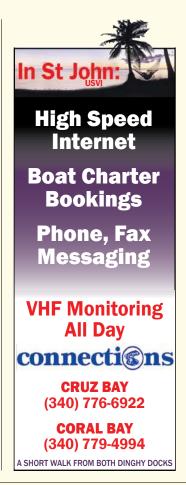
















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CARIBBEAN RECIPES BY **CAP'N JAN ROBINSON**

oyous June - which means that summer is definitely here. Great summer salads with produce growing in your gardens or purchased at the farmers market. Lots of fresh fruits, vegetables, and flavor. Whether you are searching for a healthy summer salad recipe to be the main dish or a side dish, here are a few I know you will enjoy.

RED BEET SALAD Chef: Meryl Marsh - Yacht: Wanda Rose

Preparation time: 10 minutes. Serves: 1

Roasted beets Apple Cider Vinegar Zest from one orange Honey Orange segments

Toasted walnuts Crumbled feta cheese Fresh basil or mint, chopped Crispy chickpeas (or other salty crunch toppings)

DRESSING:

Juice of ½ of previously zested orange 2 Tbsp extra virgin olive oil Salt and Pepper

Peel, slice, and marinate beets in apple cider vinegar with orange zest from one orange and a good tablespoon of honey. For the salad, layer beets with orange segments, toasted walnuts, crumbled feta cheese, fresh basil (or mint), and crispy chickpeas. (Or any salty crunchy topping of choice) prosciutto chips or bacon crumbles if you are meat friendly. For the dressing: juice 1/2 of previously zested orange and mix with olive oil, a pinch of sugar, salt and pepper, and drizzle on top. *equally yummy substituting grapefruit for the orange.

CHERRY PLUMS AND GOAT CHEESE SALAD WITH A VITAMIX GINGER TURMERIC DRESSING

Preparation time: 15 minutes. Serves: 2

3 cups arugula and spinach mix 1 cup grape tomatoes, halved 4 cherry plums, halved

2 Tbsp. roasted pine nuts

2 cups cooked tri-colored quinoa* 4 Tbsp. crumbled goat cheese

DRESSING:

3 Tbsp. extra virgin olive oil 1 Tbsp. apple cider vinegar 2 Tbsp. agave syrup or honey 1 Tbsp. fresh squeezed lemon juice 1 tsp. ground turmeric 1 garlic clove, minced 1 tsp. finely grated fresh ginger root

Tear the arugula and spinach leaves, optional. Place in a large bowl. Add tomatoes, plums, quinoa, and toss together. Top with goat cheese and pine nuts. Serve with below dressing. NOTE: *or



½ cup uncooked, cook according to directions on packet. Place all in small bowl and whisk together or use hand blender. Blend until desired consistency is reached. Adjust ingredients to your taste. TIP: I usually double the recipes as this is a great dressing to have on hand. Keeps well in fridge.

MANGO, CUCUMBER, CHICK PEA, AND ORZO SALAD

Preparation time: 15 minutes. Serves: 2 (as a main dish)

Serves: 4 (as a side dish)

1 ripe mango, cubed 1 small cucumber, chopped 1 red pepper, diced ½ small red onion, diced 2 small garlic clove, minced 1 (14-ounce) can chickpeas, drained and rinsed

½ chopped fresh herbs (mint, basil, and/or cilantro) ½ cup uncooked orzo Extra-virgin olive oil, for drizzling 1 packed cup arugula 1/4 cup toasted pine nuts

DRESSING:

2 Tbsp. Greek plain yogurt 2 Tbsp. extra-virgin olive oil 2 Tbsp. fresh lemon juice 1 Tbsp. white wine vinegar ½ tsp. cumin

½ tsp. sweet paprika 2 Tbsp. water ½ tsp. sea salt, to taste 1 tsp. freshly ground black pepper, to taste

In a large bowl, combine the mango, cucumber, red pepper, red onion, garlic, chickpeas, herbs, salt, and black pepper.

Cook the orzo according to package directions or until al dente. Drain, gently rinse, toss with a little olive oil and set aside to cool to room temp before adding to the salad. Make the dressing. In a small bowl, whisk together the yogurt, olive oil, lemon juice, vinegar, cumin, sweet paprika, salt and pepper. Add water until it's a drizzle-able consistency. Add the orzo, dressing, and arugula to the salad and toss to coat. Season to taste and top with toasted pine nuts. NOTE: To serve a bigger group or take for a picnic, I cook extra orzo (and make extra dressing). TIP: This salad is better the next day, so make ahead. Leftovers may be stored in the fridge for a couple of days. 0







YAMAHA in Caribbean

More information is available on the WEBSITE https://www.yamahawaverunners.com/

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BAHAMAS	Bay Breeze Marina & Storage Ltd.	Abaco	+242-367-2452
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