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JUNE 2022 @

The Caribbean's Waterfront Magazine



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COVER SHOT: Laura Dekker and her 72-foot Scorpio sailing yacht, *Guppy*, have become the latest member of Caribbean Sail Training (CST), the St. Maarten-based non-profit association (pg12).

Image Courtesy of Jean Jarreau for Caribbean Sail Training







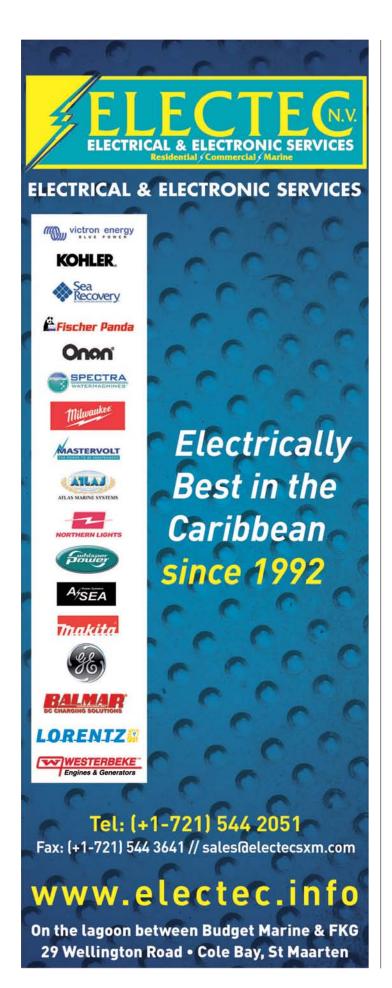
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ALL AT SEA

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

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LAURA DEKKER - YOUNGEST CIRCUMNAVIGATOR TO SAIL THE WORLD - IS THE NEWEST MEMBER OF CARIBBEAN SAIL TRAINING

The date of January 12, 2022, marked the 10th anniversary of when a then 16-year-old Laura Dekker arrived at Simpson Bay, St. Maarten, and became the youngest sailor to solo circumnavigate the globe. Dekker was back in the Caribbean again this winter as part of an Atlantic Roundtrip, a voyage as part of her namesake World Sailing Foundation that provides programs for young people to develop life skills and teamwork via long-distance sailing expeditions. It was on this latest cruise that Dekker re-met Jan Roosens, president of Caribbean Sail Training (CST). Dekker and her 72-foot Scorpio sailing yacht, Guppy, have become the latest member of this St. Maarten-based non-profit association.

"I met Laura the first time she came to St. Maarten in 2009. Then, I was flying the helicopter and taking pictures when she was 10 miles offshore as she completed her solo circumnavigation. We have remained in contact. She was happy to become a member vessel of CST when I asked her this year. She is now member vessel 73 in the ever-growing list of CST members."

CST is a non-profit association that offers young people from the Caribbean the opportunity to enroll as trainees on global sail training vessels, mostly Tall Ships, and sponsors the fees. CST also pays airline fares and hotel accommodation for the trainees if needed. Roosens said there were several reasons why he asked Dekker to become a CST member. First of course is her record-setting single-handed circumnavigation. Secondly, because she has obtained her 200-ton master's license, and

thirdly, she is already successfully taking young people on sail training trips, mainly from Holland to the Caribbean.

"Laura agreed to accommodate Caribbean young people on board Guppy during her travels, with those students and trainees sponsored by CST. In turn, we will help her with sponsorship and services in the Caribbean like mooring and dock fees and yacht agent services," says Roosens. www.Caribbean SailTraining.com, lauradekkerworldsailingfoundation.com

ANTILLES POWER MARINE CENTER IN PUERTO DEL **REY MARINA CELEBRATES FIRST ANNIVERSARY**

It's Happy Anniversary to Antilles Power Marine Center's location at the Puerto del Rey Marina. The Fajardo, Puerto Rico-located store celebrated one year in business on March 20. This seaside store offers easy access to engines, parts, products, and services for yachts and boat owners residing on the island, as well as those visiting or passing through the northern Caribbean. Brands represented by the company include Volvo Penta, MTU, Twin Disc, Kohler, Lifeline, Stihl, and others.

"We thank our customers who have allowed us to provide them with solutions for engines, parts, marine generators, and services, and taking advantage of our Puerto del Rey Marina-based store," says Jesús Medina, parts and supply chain manager.

Boat owners can easily contact Antilles Power via social media, through the Parts and Service Form on the company's website, and/or by calling any of the locations to request what they need, and it will be dispatched to the Puerto del Rey Marina store for easy pickup.





The store continues to operate Monday through Friday 8 a.m.-5 p.m., where customers receive the friendly attention of Adalis Ayala, sales and services coordinator.

In February 2022, Antilles Power was recognized as one of the Top 200 Locally Owned Companies, in a supplement published by Caribbean Business. www.antillespower.com/marine/

SEVEN SEAS CRUISING ASSOCIATION (SSCA) HOSTS CRUISING CONFERENCE AND GAM

Whether you're a seasoned cruiser or hoping to become one, the Seven Seas Cruising Association (SSCA)'s annual Conference & GAM is an excellent place to give and get longdistance cruising tips. The event, set for September 30 to October 2, will take place at Maryland Yacht Club, located in Pasadena, MD. It makes great timing for anyone who is also headed 12 miles south to City Dock, in Annapolis, MD, the site of the U.S. Powerboat Show October 6-9 and the U.S. Sailboat Show, October 13-17.

"The definition of the word 'gam' refers to a gathering and exchange of ideas originally by whalers and now by cruisers. This gathering is more than just for seasoned long-distance cruisers. In fact, it serves as a bridge between local sailors who are harboring some aspirations to go beyond the Bay and sailors with vast experiences who have just come back from sailing the Caribbean and beyond. Given the wide range of topics presented by experts in their fields, as well as handson demonstrations on relevant topics, and meeting the seasoned cruisers and the first-timers, the Annapolis GAM might give you the push you need to expand your horizons," invites Cindy Martin, the SSCA member services coordinator.

Speakers and presenters include Pam Wall, a cruising consultant who will talk about 'Outfitting Your Boat for Blue Water Cruising'; cruiser and marine energy systems consultant,

STONY CORAL TISSUE LOSS DISEASE **RAVAGES TROPICAL CORALS**

It started in Miami, Florida in 2014, spread to the Bahamas in 2019 and the Caribbean could be next. Stony Coral Tissue Loss Disease (SCTLD) is a new lethal disease that can affect some 30 coral species, including brain, pillar, star, and starlet corals. The disease spreads and kills corals quickly. The disease's cause is unknown, but there are ways to prevent it and its spread.

"In March, we received a three-month research permit from the Government of The Bahamas to dive in and give life-saving treatments to the nation's coral reefs. Preliminary surveys off Grand Bahama show alarming mortality rates of 80 to 90% for several shallow-water coral species. Thus, we're working to extend these permits as coral reefs are the lifeblood of this nation's blue economy," says Lily Haines, communications director and research associate for the Perry Institute for Marine Science, based in Waitsfield, VT.

Haines adds that nearly half of the Caribbean's reef-building coral species are susceptible. Sightings of SCTLD in the Caribbean can be reported to: www.perryinstitute.org/reportsctld



In the meantime, "we must limit how the disease is transported by humans. Commercial ships need to properly exchange ballast water. This can prevent the spreading of SCTLD between regions. Small boat drivers should also be careful not to carry any bilge water between reefs; bilge water must be disinfected with a natural detergent and released into open water. All gear, including fishing and scuba gear, should be sanitized by dunking it in a bucket of sodium percarbonate and seawater before moving to another location. Sodium percarbonate is commonly found in eco-friendly laundry detergent (like Earthbound Elements, 7th Generation, Tru Earth)," says Haines.



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Scott Berg (s/v Chardonnay), who will present 'New Options for Energy Optimization', and Ed Tillett, editor-in-chief and general manager of Waterway Guide media, who will tell about 'Navigating with Technology: Emphasis on the Bahamas.' www.ssca.org

CALLING ALL PHOTOGRAPHERS: ENTER TO WIN THE **MIRABAUD YACHT RACING IMAGE AWARD 2022**

The Caribbean was full of world-class competitive yacht racing this past winter and spring. Professional photographers who snapped this eye candy, and more from anywhere in the world, are invited to enter this world's leading photo competition dedicated to competitive sailing. The 13th annual Mirabaud Yacht Racing Image award invites submissions of images taken between October 5, 2021, and October 9, 2022. Eighty of the best images, as selected by the international jury, will be published on the event website by October. Winners will be named on November 21 during the Yacht Racing Forum gala in Malta.

New this year is a voting system that has been developed for the public, and which is no longer based on Facebook. Plus, contest rules have been changed as requested by many of the photographers who pointed out that only a small percentage of photos of offshore regattas (Vendée Globe, The Ocean Race, Fastnet Race, etc) are taken during a regatta. Ditto for dingly pictures, i.e., photographers need to steer clear of competitors, which strongly limits their creativity. So, the rules go back to the contest's inception, meaning that 'photos must reflect the spirit of regatta and may have been taken at any time'.

Last year, 126 photographers representing 24 nationalities submitted an image for the Mirabaud Yacht Racing Image award. The winner was French photographer Loïc Venance of AFP. More than 15,000 people voted for their favorite image. www.yachtracingimage.com/contest/rules.html

138 SKIPPERS REGISTERED FOR THE 2022 **ROUTE DU RHUM - DESTINATION GUADELOUPE**

It's official! A total of 120 sailors plus 18 'wild cards' were named at the end of April as official entrants to the Route du Rhum – Destination Guadeloupe. This famous single-handed transatlantic race will depart from Saint Malo, Brittany, France on November 6, en route to Pointe-à-Pitre, Guadeloupe. Now in its 44th year, the race is more popular than ever, as witnessed by the 138 entries.

According to organizers, OC Sport Pen Duick, the Notice of Race published in July 2021 limited entrants to 120. However, 149 entries were received, with several from the IMOCA Class and the Multi and Mono Rhums. To keep competitors happy while maintaining logistical and safety requirements, 18 wild card names were added to the entry list. The Class40s are the largest with 55 entries, followed by the 60-foot monohulls in the IMOCA Class. The Rhum Multi class also welcomed four wild card entries. This class features some of the most famous sailors in race history. One is Philippe Poupon, who is racing 36 years after his win in the second edition of the Route du Rhum. Poupon will helm Florence Arthaud's Pierre 1er, a boat that's won the Rhum twice.

The 2022 event features an all-new website, with more assessable content and tracking features during the race. www.route durhum.com 0





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JUNE 3: Mikie Pigott Jr. Memorial Classic, and JUNE 4 – 5: 54th Annual Antigua & Barbuda Sports Fishing Tournament.

Some 30 to 40 teams are expected to compete in one or both back-to-back tournaments. "Having missed two years due to the pandemic, we are looking forward to welcoming anglers from near and far to a new location at the Falmouth Harbour Marina. The proximity to the prime fishing grounds in the southern part of Antigua means sports fishermen are not far from the action happening offshore or on the dock," says Robert Hall, tournament coordinator. Live band performances each night with a stocked bar and great food attracts many local patrons who attend each year. antiguabarbudas-portsfishing.com/





JUNE 3-6: PETITE MARTINIQUE WHITSUNTIDE REGATTA FESTIVAL.

Sloops small and large, and workboats, compete in this regatta that showcases the deeply held maritime traditions and impressive racing skills of sailors on Grenada's offshore island to the north. Competitors also come from Carriacou, Grenada and the neighboring Grenadine islands usually attend too. In addition to competitive wooden boat racing for prizes and bragging rights, there are shoreside activities such as obstacle races, music, and dancing. The some thirty-five-year-old event is hosted by the Petite Martinique Whitsuntide Regatta Festival Committee, a non-profit community-based organization. www. puregrenada.com/about/petite-martinique/





JUNE 4: St. Maarten Dinghy Championships.

This one-day event is part of the St. Maarten Yacht Club's Grant Thornton Dinghy Season Championship. It decided the St. Maarten National Champion in the Optimist, RS Zest, RS Quest, Sun Fast 20, and Laser. "Sailors from surrounding islands are invited to join this event," says Saskia Revelman, the Club's sailing school and event manager, and sailing instructor. "We are expecting St. Martin and Saint Barths to join. They are not able to win the title St. Maarten National Champion but are welcome to compete." Last year, 36 sailors competed. www.smyc.com



JUNE 11: LOWELL WHEATLEY ANEGADA PURSUIT RACE & RALLY.

The British Virgin Islands' easternmost island is the destination of this annual event. "The Race will start from Road Harbour, Tortola, and finishes up at Anegada," says Tamsin Rand, manager and secretary of the Royal BVI Yacht Club. It is open to all shapes and sizes of yachts and those who wish to enter the rally division have the option to start from Trellis Bay or North Sound and meet the race fleets in Anegada for the after-party." The event is sponsored by long-term partner, the Anegada Reef Hotel. "There is normally no formal race back Sunday but often folks will leave at the same and sail back together," adds Ted Reshetiloff, the Club's captain of sailing. For more information, Email: sailing@royalbviyc.org, www.royalbviyc.org

JUNE 12: Grant Thornton Keel Boat Series Finale.

Winners will be named at this finale of a St. Maarten Yacht Club-run race series that spanned the 2021-2022 season. "The race day will be sailed in Simpson Bay, and we are expecting



island," said Alexander Britell, Caribbean Journal's editor and publisher, in a release about the event. A full schedule of events an opening party on June 14th by Rum Papiamento at Rum Runners; a rum-on-the-beach tasting at the Plaza Beach Resort and a cocktail competition at Tiki & Co. on June 15th; with the finale dinner on June 17th at the Brass Boer, the Caribbean outpost of the three-Michelin-star culinary team of Johnny and Therese Boer. www.bonairerumweek.com

Islands, the week of sailing starts with the three-day TOTE Clinic followed by the one-day TOTE Team Race before the final three-day IOR. "Soon starting its fourth decade, the IOR's combination of a clinic, team race, and regatta has proven successful and sought after as an event in itself and for preparing sailors for upcoming events," says Emily Zimmerman, regatta director, and STYC Commodore. stthomasyachtclub. org/sailing/regattas/international-optimist-regatta



JUNE 14 - 17: Bonaire Rum Week.

Sip your way through this weeklong festival spotlighting premium rums and Bonaire's buzzing culinary scene at this first annual event, jointly hosted by the Tourism Corporation Bonaire and Caribbean Journal. "With Bonaire Rum Week, we're celebrating rum as an artisanal, ultra-premium spirit, set against the backdrop of this impossibly beautiful, pristine



JUNE 24 - 26: SCREAMIN' REELS TOURNAMENT.

Held in Islamorada, FL, and hosted by the nonprofit 'Ladies, Let's Go Fishing!' Foundation, this twoday tournament for novice anglers kicks off with a presentation on offshore fishing and conservation in Tavernier, followed by two days of friendly competition both inshore and offshore. Tournament boats depart from Whale Harbor Marina. Awards in cash and prizes are awarded to Heaviest Fish Overall, Offshore Billfish Release, Junior Angler, and Longest Inshore, plus there are Wild Card prizes. www.ladiesletsgofishing.com/



GETTING A CHARGE OUT OF MY BATTERY BANK

CRUISING BY CAP'N FATTY GOODLANDER



nce upon a time, sailboats didn't have batteries. Sailors were happy. They smiled. And they spent their money on important things—like members of the opposite sex, rum drinks, and (best of all) exotic combinations of the two.

Then Eve offered the apple to Adam. And batteries came

aboard recreational sailing craft. And a dark cloud has hovered over us yachties ever since.

The original battery was a lead/acid affair—lead, to hurt your lower back; acid to ruin your clothes and yacht interior. Yes, they held a charge... for about as long as it took to transfer them from your home charger to your vessel.

The scientific way to measure the 'specific gravity' of that charge was, back then, a hygrometer—sort of a hair-trigger water-pistol device that shot acid across the cabin, onto your new Topsiders, and, of course, into your slow-to-flinch eye.

A less scientific way to tell if your battery was full of juice was to remove a cap and peer in—if the electrolyte was over the plates, it was, indeed, full of juice.

...or close enough.

My first vessel had a gasoline Utility Four engine, which was, of course, a potential fire and explosion hazard. Just to make it a bit more sporting, this engine had a generator (not an alternator). This generator didn't put out any detectable electricity at idle, but at high RPMs dribbled out the odd watt or two. How could I tell? By all the blue sparks flashing around the soft carbon brushes at its whirling rotor. Yikes!

The scientific way to measure the 'specific gravity' of that charge was, back then, a hygrometer—sort of a hair-trigger water-pistol device that shot acid across the cabin, onto your new Topsiders, and, of course, into your slow-to-flinch eye.

On the other hand, the Utility Four also had an updraft carburetor with a flame arrester. Thank gosh for that flame arrestor during backfires! Without it, who knows how far those bright orange flames shooting out into the gasoline-sheened bilge might have traveled.

Now this lead/acid type battery was invented in 1860 by a sadistic Frenchman named Gaston Planté. I currently have twelve lead/acid T105 batteries aboard my vessel—one or two of which might still hold a charge. That's right—in 160 years, nothing significant has changed in the lead/acid world. (Why do I use Trojan 6-volters in particular? It's because I figure that, hey, if their condoms are dependable, why not their batteries?)

Initially, of course, the problem with rechargeable batteries was how to recharge them. If you didn't and the battery sat empty for any length of time, it was ruined.

Well, it took about 90 short years to figure that out. Yippee!







Then there was a delightful, relaxing week or two until the batteries started to be *overcharged*. In response, they melted their cases, warped their plates, and leaked out their acid... oh, what fun!

Enter the voltage regulator. This was a device that won't charge, won't charge, and won't charge your battery—and then will *suddenly* overcharge it, soooooo sooooorry, sir!

Each time it would fry your battery bank, the salesman at the chandlery would giggle and point out what a critical piece of equipment it was—that every vessel should have one, *cha ching*!

Wait, there's more bad news: battery cables. Whatever size you had or could buy—well, those weren't big enough. (That's why such cables are measured in OUGHTS—because no matter how big they are, they ought to be bigger!) Ditto, closed battery lugs are the preferred choice—don't use non-marine open battery lugs, not around saltwater. The cables should be finely stranded and thickly tinned. And, according to ABYC standards, they need to be soldered and crimped to the lugs—so the cables won't come loose when your vessel burns to the waterline.

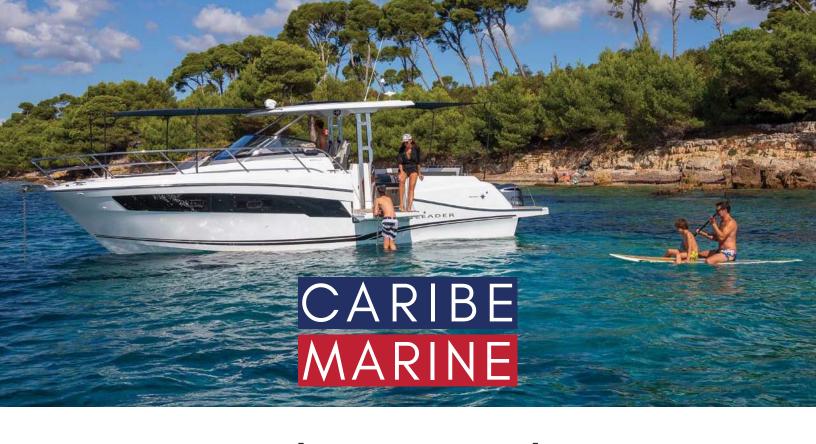
These lead/acid batteries need to be watered, of course. How often? About once a month unless you get hospitalized or your return flight from Hawaii is delayed—in that case, they'll need to be watered every couple of days.

Yes, if the plates are ever exposed to the air—the warranty is void. (There is no real guarantee with a lead/acid battery other than, say, eternal frustration.)

Of course, some progress has been made. A fan of Elvis with a major pompadour came up with the gel-cell. Alas, it was extremely sensitive to its charging voltage. If the charging voltage was 14.0000005 volts, it would undercharge and die prematurely. If the charging rate was 14.000007, it would overcharge and die prematurely. Damn!

Enter the AGM batteries, which I hear from industry insiders stands for "Another Grab for Money". You can think of them as lead/acid batteries with fiberglass sponges shoved down their bubbling holes. They like to be charged slowly and long—and often have sophisticated computers on each cell to mis/over/under-charge them in a myriad of mysterious, incomprehensible ways.

Of course, EFB batteries are perfect for Stop-Start cars. I've



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had a number of these vehicles, although most of mine tended to stop far better than they started.

You may have heard of FLOODED batteries—perfect if a (fresh water) Lake Michigan overflows its banks, not so good if a Gulf Coast hurricane causes the flood—even flooded batteries don't like salt.

I'm not too familiar with Deep Cycle batteries. Evidently, they're more intellectual but I'm too dumb to understand how.

This brings us to Lithium batteries. The first time I heard of these, I was in a battery showroom and the salesman took me outside, donned an asbestos suit, made me stand behind a pile of sandbags, and handed me a pair of binoculars. Through the lens I could see a battery in the distance.

Yes, if the plates are ever exposed to the air—the warranty is void. (There is no real guarantee with a lead/acid battery other than, say, eternal frustration.)

"Are you scared of fire with Lithium?" I asked.

"...explosion, actually," he said, "But don't let that worry you—these expensive babies are real popular on offshore boats that never return."

"And what are they called again?"

"Lithium-something," said the salesman. "They change the name by the hour. Sometimes they say ion, cobalt, oxide, or silicone. Other times they mention manganese, iron, and phosphate. Oh, and nickel, sulfur, and aluminum... anything, really, that sounds exotic and expensive. Like just today, some nerd involved with battery labeling came up with titanate, thin-film, germanium, calcium, potassium, beryllium, and ceramic. Best of all, each time they change the name, the price goes up."

"Is it true that airlines won't ship lithium batteries?"

"Only picky ones that value their pilots, planes, passengers, and flight attendants."

That made sense.

Yes, progress comes in fits and spurts. For example, the latest

sizzling new idea is 48-volt solar arrays. These are wonderful for catching things on fire and, of course, giving a heart attack to a dumb electrician expecting 12 volts in marine systems labeled 12 volts. Silly, right?

Wind generators avoid this by producing such little electricity that it doesn't really matter—while turning the whole vessel into a vibrating, noisy soundbox.

Towed generators are excellent at slowing a boat downwhether any watts dribble out or not is unclear.

Of course, if you know anything about electricity, you'll know 'oms law.' It was invented by an Indian mystic high on his own armpit odors. There's even an electric meter by the same name—it's best to chant hippie slogans while using it. "... hairy christians, christian hairy, hairy christians..." was a popular chant in airport terminals back in the days of my youth.

Incidentally, never confuse om meters, clamp meters, and nipple clamps—each is intended for a different porpoise.

Needless to say, lofty intellectual discussions such as this about marine batteries would not be complete without a mention of 110/220 volt AC onboard battery chargers such as the Mastervolt ChargeMaster. (How Alpha-male sounding is that!) These ChargeMasters are totally maintenance free and take really really good care of your storage batteries as long as the ChargeMaster is plugged into shore power.

Sadly, a few owners unplug their ChargeMasters to go sailing—and, understandably, the lights aboard quickly dim to reflect the intellectual capacity of that particular skipper.

Here's the truth of it: In the 1950s, about one-fiftieth of a sailor's energy went into maintaining his electrical system. Today, thanks to amazing advances in solid state technology, about 95% of a skipper's time does.

It's enough to make you blow your fuse.

When we recently lost our mainmast overboard, my wife ducked below to sadly glance at our battery monitor—and muttered up at me mournfully, "...damn! Low voltage!"

"...watt," I shouted back—but, sadly, she missed the joke.

EDITOR'S NOTE: Fatty and Carolyn are still electrically lit in Southeast Asia.



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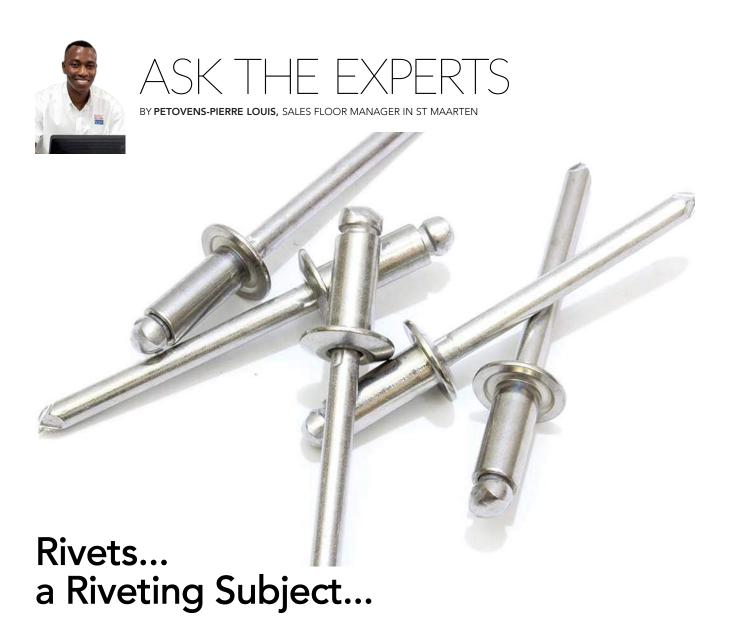
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hen boats are used in the Caribbean and after exposure to salt water and later to sun, the rivets on spars and other components are quickly impacted. This can be when fittings are installed on masts that are connected with aluminum or stainless steel rivets.

The stainless rivets themselves are stronger but the electrolysis caused on the aluminum is greater.

In both cases however the aluminum wall can be eaten away and the rivet connection is compromised.

The most common size of the rivets is 3/16 or in metric 5 mm. When you want to replace that it will be necessary to ream out the old edging and your new hole will be larger.

This is where you run into problems because you will need a $\frac{1}{4}$ " pop rivet which are hard to find as is the pop rivet gun which you need to install it. Smaller ones are to be found everywhere but larger ones like $\frac{1}{4}$ " is considered a specialty too.

Ideally you should also use the most electrolysis resistant rivet which is a Monel rivet. With those two items you can save old booms and masts or spinnaker poles for many years of future use.



Please send in Questions for the Experts to answer in a future issue to editor@allatsea.net



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SAILING WITH CHARLIE:

CHARTER HUMOR BY JULIAN PUTLEY GRAPHICS BY ANOUK SYLVESTRE



ou can please some of the people all of the time, all of the people some of the time, but you can't please all of the people all of the time." This quote most definitely applies to snorkeling where expectations, trepidation, apprehension and fear rule.

Recently Charlie went snorkeling at the BVI's Smuggler's Cove. For a very long way, in water less than 10-ft there was nothing spectacular - a lot of dead coral, broken tree branches, and some human rubbish. But when you looked closely there was some interesting sea life. There was a lizard fish, cleverly camouflaged, a group of sea urchins, a feather duster, a small growth of staghorn coral - and then under a cluster of dead coral, a puffer fish poking its smiling face out, its huge eyes staring at the intrusion with its pelvic fins rotating at pace to keep it in place. Further on, some large rocks were adorned with multi-colored lichen and small anemones. Charlie wasn't disappointed but many tourists would have been - it certainly wasn't like the usual scenes in a tropical undersea documentary.

On another occasion Charlie took a group of visitors, neophytes, snorkeling from a yacht he was captaining. As they were gearing up the usual questions arose, 'How deep is it?' 'Are there sharks in these waters?' 'Where are the jellyfish?' and more. Charlie: 'Wait and see, it's a different world down there.'

Off they went and the usual complaints arose, 'My mask is leaking.' 'I can't touch the bottom.' 'Something touched my leg.' Charlie quickly addressed the issue and with a big smile advised his flock to follow closely and not to panic. 'If anyone is uncomfortable, we can turn back at any time.' He advised.

Charlie had a white board and magic marker so he could write descriptions of what they were seeing instead of stopping and explaining. He'd just write and point as they went by points of interest. Elkhorn coral, sea fan, sea urchin, 'don't touch,' brain coral. Then, out from a pile of rocks, a moray eel poked its head and opened and closed its mouth. Before Charlie could write 'moray eel' a woman in the group screamed, started thrashing around and gasping for air, her snorkel slowly sinking... Charlie immediately guided the group back to the boat and fortunately no-one drowned.

Some folks can snorkel over the most wondrous reef with schools of colorful fish, vibrant corals and undersea flora. They'll return to the boat and complain, 'That was rubbish, where are all the big fish?' Others will jump in and then almost as quickly jump out, 'Sharks! There are sharks under the boat.' Almost always the 'sharks' referred to are remoras, harmless fish, scavengers that feed on leftovers from their hosts. Barracudas are often feared because they are territorial and don't swim away like most other species. They have rows of sharp ugly teeth and open and close their mouths, possibly to pass water over their gills to get the much-needed oxygen. However, they are harmless to humans.

Once a visitor, a fisherman, reported to Charlie that a barracuda had once bitten his toe almost clean off. It transpired that the said barracuda had just been hooked and landed in the boat. No wonder!!

Charlie tells all his guests, 'There is nothing in the sea that will aggressively attack a human. Normally any attacks are mistaken identity or defensive in nature and no, sea urchins that deposit spines in your foot are not aggressive and no-one's fault but your own - NOT an attack! Watch your step and enjoy the undersea world, it's a magical part of nature.

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



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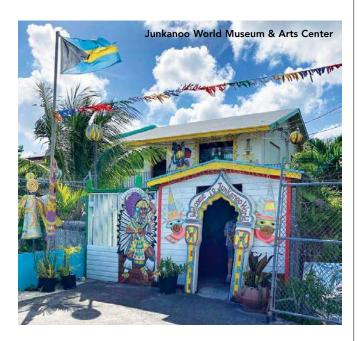


6 TOP MUSEUMS TO VISIT IN E BAHAMAS & CARIBBEAN

BY CAROL M. BAREUTHER



he Bahamas & Caribbean are a hotbed of history, culture, and celebrity. Museums honoring all of these are fun to explore when ashore. Here is a sampling of six to not miss:



JUNKANOO WORLD MUSEUM & ARTS CENTER. Try on costumes, learn how to use cowbells and goatskin drums, and participate in an authentic Junkanoo 'Rush' at this museum on Horseshoe Drive in Nassau, Bahamas. "Our amazing little museum represents a glimpse of our festive and colorful Bahamian culture. Here, our guests can view the many awesome and intricately crafted costumes and photographs that tell the story of the origin and past parades. Our vibrant exhibits capture the art of Junkanoo costuming and music," says Marcia Smith, operations director. An add-on to the regular tour teaches visitors how to create their own Junkanoo souvenir hat or mask. junkanoo-world.business.site/



TURKS & CAICOS NATIONAL MUSEUM. The history and culture of the Turks & Caicos Islands come alive in two locations of this national museum. On Front Street









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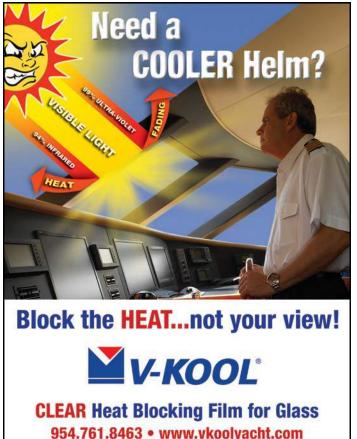
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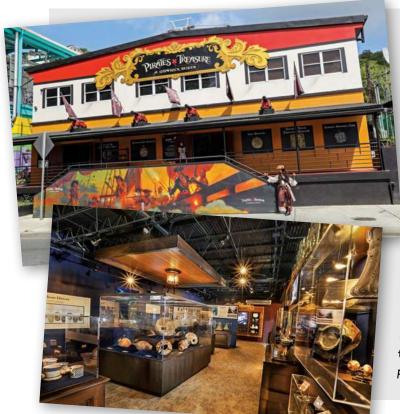
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in Grand Turk, the museum is housed in a two-story historic building, Guinep House. Inside one of the rarest items is a duho, a wood-built ceremonial seat used by the chief of the indigenous people, the Lucayans. Other must-sees are artifacts from the 1513-sunk Molasses Reef Wreck, the oldest European shipwreck salvaged in the Western Hemisphere, and the historic salt industry. "Grand Turk is very small but has a

big history, the museum surprises most visitors with the number of exhibits, detailed information, and overall experience," says Lisa Talbot, director. In Providenciales, in the Village at Grace Bay, the slave ship Trouvadore and Sapodilla Hill Rock Carvings are some of the exhibits featured in the Heritage House & Garden, a historically correct recreation of a typical 1800's Caicos-style house. www.tcmuseum.org



PIRATES TREASURE - A SHIPWRECK MUSEUM. Located across from the Havensight Cruise Ship dock in St. Thomas, U.S. Virgin Islands, this museum has a whimsical Pirates of the Caribbean feel - including a Johnny Depp lookalike on staff but is home to some seriously historic artifacts and super-fun interactive exhibits. "One of the rarest items the museum has is an Astrolabe, which is one of only 108 that are known to exist. This was a navigational tool dating back a few centuries B.C. and used to calculate your position using the stars. Our astrolabe was recovered from the wreck of the Spanish merchant ship, Rosario, in the Gulf of Mexico some 1,300 feet below

the surface. She sank during a storm in 1622 along with other Spanish ships such as the Atocha," says Scott Bunn, general manager. Some of the interactive exhibits immerse visitors in the deep-ocean exploration technology used to recover sunken treasures. piratemuseumstthomas.com



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Alexander Hamilton House Museum

MUSEUM OF NEVIS HISTORY & ALEXANDER HAMILTON HOUSE MUSEUM. It's hard to choose one, so be sure to visit both museums when in Nevis. Both the Museum of Nevis History and Alexander Hamilton House Museum are located on the waterfront in Charlestown. Inside the first, see an exhibition that spans from the island's original Amerindian inhabitants to contemporary Nevisians and famous expats such as the late American actress Cicely Tyson. The Hamilton House talks about the Nevis-born man who became a U.S. Founding Father. A third museum, the Museum of Nevis Maritime History will open in late 2023. "The former Nelson Museum, next to Government House on the outskirts of Charlestown, is being transformed into a museum that will celebrate Nevis' maritime history, boat building and fisheries traditions, shipwrecks, as well as the fascinating story of pirates in Nevis," says Lorna Glover Abungu, museum and heritage consultant. www.nevisheritage.org



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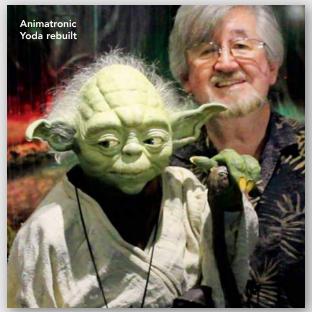


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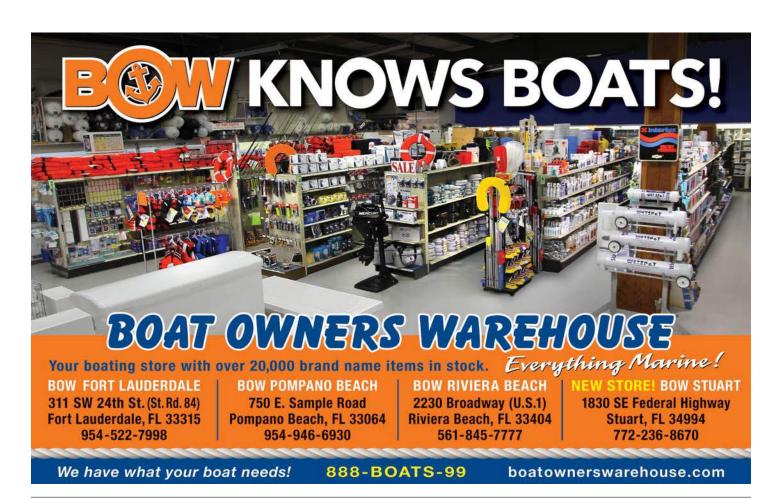
CARIBBEAN WAX MUSEUM. See Bob Marley, Brian Lara, the Mighty Sparrow, Marcus Garvey, Fidel Castro, and Sydney Poitier, to name a few, at this recent museum housed on the first floor of the Norman Center, on Broad Street in Bridgetown, Barbados. "The Wax Museum seeks to be the primary repository of wax depictions of iconic Caribbean figures. There are already fifty depictions in the Museum from Venezuela, Bahamas, Guyana, Trinidad and Tobago, Haiti, Barbados, St. Vincent, Jamaica, Cuba, St. Kitts, and Nevis, St Lucia, and Mexico," says Art Edwards, director. "It is the only museum in the world that focuses on wax depictions of Caribbean Icons." www.facebook.com/ caribbeanwaxmuseum/



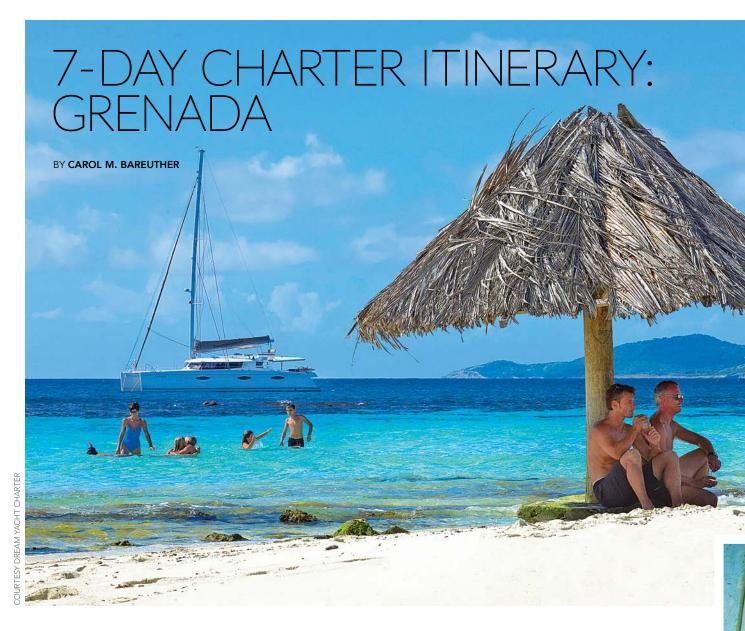




THE YODA GUY MOVIE EXHIBIT. The last thing you might expect to see off Phillipsburg, St. Maarten is Yoda, the fictional Jedi Master of the Star Wars film fame. Yet, there he is in a movie museum founded by make-up artist and creature design artist, Nick Maley, who was a key contributor to Yoda's creation. There's everything from Darth Vader to horror film favorite Boris Karloff and Michael Jackson's Thriller. There are also pieces on exhibit from movies like Hellraiser, Alien, and The Terminator, as well as life-size casts of Hollywood stars from Harrison Ford to Sir Anthony Hopkins. Maley, originally from London, lived and served as Commodore of the Jolly Harbour Yacht Club in Antiqua before moving to St. Maarten with his wife in 2007. netdwellers.com/mo/ygme/ index.html, www.facebook.com/ThatYodaGuy/



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he southern Caribbean Island of Grenada is often the starting or ending point of a charter that includes St Vincent & the Grenadines to the north. However, this 135-square-mile Windward Island, along with its offshore islands of Carriacou and Petite Martinique, makes an incredible destination itself for a week-long charter.

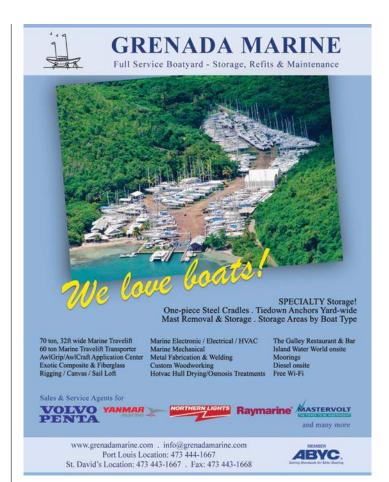
"We have line-of-sight sailing so even though you will sail in open water. Most anchorages are wide-open and easy to navigate. Because Grenada is essentially undiscovered, secluded beaches and quiet anchorages are common. During COVID, some charter companies closed and some of the major players moved many of their inventory North. If you look at the number of bareboat charter companies in the Virgins compared to the number here, you just don't have the competition for mooring balls and anchorages," says

Chrystal Young, co-owner with Chris Rundlett and marketing director, finance, and yacht broker at LTD (Living the Dream) Sailing, which operates a sailing school, bareboat and skippered yacht charters out of its Prickly Bay Marina location on Grenada's south coast.

Grenada is as interesting ashore as it is on the water, adds Carol Hansen, head of marketing in the Americas for Dream Yacht Charter, which offers over 30 sailing monohull and multihull yachts from 39- to 52-feet, out of its base at Port Louis Marina, in St. Georges. "Take a day or two before or during your charter to explore inland with a visit to one of the island's beautiful plantations, like Belmont Estate in St. Patrick, nestled between the mountains that surround the villages of Tivoli and Hermitage in Grenada's north. It's a great way to see the beauty and culture of the island. A hiking and water-











fall tour is another great option before or after your charter. It's also interesting to note that Grenada rarely sees hurricane activity, so it's a nice option for summer sailing."

HERE'S A SAMPLE 7-DAY CHARTER ITINFRARY WITHIN GRENADA:

DAY 1: ST. GEORGES TO DRAGON BAY.

Sail about 1 mile north to Dragon Bay, where you can anchor in sand or pick up a government mooring ball. The draw is a visit to nearby Moliniere Point. Snorkel or scuba dive at the Underwater Sculpture Park. Listed by National Geographic as one of the 25 Wonders of the World, there are 75 works of art covering nearly 1,000 square yards at a depth of 15 to 25 feet. One of the most iconic is called Vicissitudes. It features a ring of children holding hands and facing out towards the sea. Enjoy dinner on board.

DAY 2: DRAGON BAY TO TYRELL BAY.

Get an early start for this 30-plus mile sail north, along Grenada's west coast, to this quaint bay on 13-square-mile Carriacou. The anchorage here is popular, populated by both the local fishing fleet as well as cruisers who call this home for the season. Plan to go ashore. The white sand horseshoe-shaped beach is one draw. Then, hop to one of the many beach bars



and restaurants that line the bay. There's pizza, BBQ, and often live music at Lambi Queen, the Gallery Bistro is a hot spot for Sunday brunch and lunch, and Frog's Ristorante Lounge & Beach Bar is the place for morning croissants and cappuccino, lunchtime paninis and happy hour tapas and Sundowners.

DAY 3: TYRELL BAY TO PETITE MARTINIQUE.

Sail north to nearly Carriacou's northernmost tip. This bay boasts one of the most beautiful beaches on the island. It's an off-the-beaten spot for a swim. Snorkeling is excellent too



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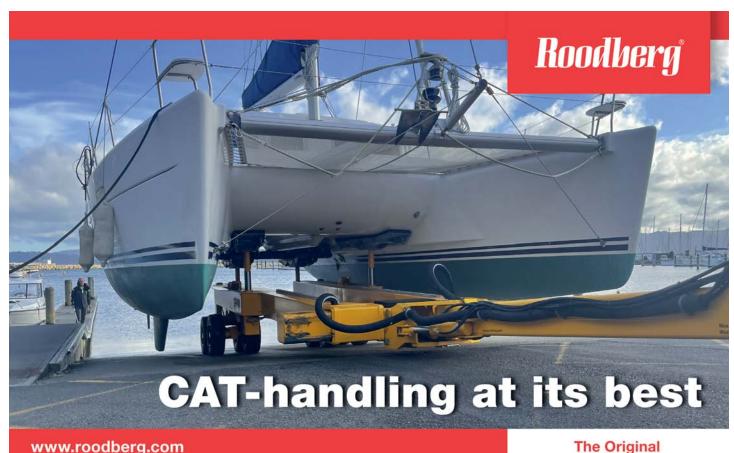
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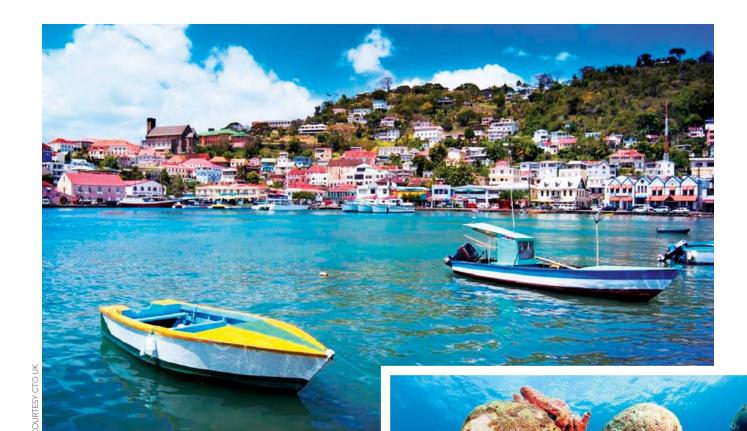
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over the coral reefs just offshore. Enjoy lunch onboard, then cast off for the northern end of Petite Martinique and anchor for the night. There's more traffic by boat than on the roads of this 1-square-mile island where boatbuilding is the bread and butter of life. There are a few bars and restaurants ashore. Ask for a guide to the hidden cave at Darant Bay. It's a hidden gem only accessible at low tide.

DAY 4: PETITE MARTINIQUE TO SANDY ISLAND.

A short sail north puts you at this tiny sandy spit nicknamed Umbrella Island because the only thing here is one thatched umbrella for shade. At only 100 feet long, it's supposedly the Caribbean's smallest island. Go ashore to snap an iconic picture, then hoist the sails and cruise south to Sandy Island. Located just east of Carriacou, this uninhabited island is perfect for swimming and snorkeling. The abundant marine life here is thanks to this being a Marine Protected area. Pick up a mooring and spend the night.

DAY 5: SANDY ISLAND TO PRICKLY BAY.

Start early for a beautiful sail down Grenada's east shore to the island's southern tip. Prickly Bay is a favorite seasonal destination for cruisers. There are a few marinas here, fuel, and several restaurants, many with live music in season. The Sand Bar in Lance Aux Epines, for example, is nice for a late lunch or early dinner with everything from burgers to lobster on the menu.

DAY 6: PRICKLY BAY.

Overnighting is good here, although the swell can kick up if the wind is out of the southeast. This gives a day to explore ashore. Head to nearby picture postcard Grand Anse beach for a sand and sea lime. Or venture inland to hike the scenic trails in the Grand Etang National Park. Or drive an hour north to visit the River Antoine Rum Distillery for a taste and tour.

DAY 7: PRICKLY BAY TO ST. GEORGE'S.

Sleep late and leisurely cruise back to the Port Louis Marina. Before heading to the airport, take a dip in the marina pool and tuck into lunch at the Victory Bar & Restaurant. While waiting, grab a paper napkin and jot down all the places you'd like to visit on your next charter in Grenada. www.ltdsailing.com, www.dreamyachtcharter.com/destination/grenada/, www.puregrenada.com





SAILING OUTSIDE THE VIRGIN ISLANDS

BY CAPT SHANE MCCLELLAN



he British Virgin Islands is the "charter capital of the world" for good reason with almost every island having a nice anchorage with a beach bar/restaurant to entertain you and mooring balls available for your convenience. With that said if you want to have solitude and quiet anchorages to enjoy the nature side of the Caribbean, then the BVI is not necessarily your best choice.

Having run charters in the Virgin Islands and the Eastern Caribbean for over 10 years, I have come up with several alternative Caribbean locations for the different things people are looking for and these locations will be way less crowded than the BVI. Check them out!!!

BETTER BEACHES

Who doesn't like a great beach? The BVI has some amazing ones from White Bay with the Soggy Dollar Bar to the island of Anegada, but have you considered.....



Shoal Bay, Anguilla - This is one of those lesser known beaches that some how the rich and famous are in the know and escape to. Really though the entire island of Anguilla is one great beach after another with 33 different ones in total.

Philipsburg, St Maarten - How lucky the Dutch have it to have the capital of their half the island sitting on a mile long beach? The advantage of this is that when you need a break from the gorgeous beach, lots of water toys, and multitude of beach bars you can simply retire one street over and do some high end shopping.

Grand Anse, Grenada – This two mile long, white sand beach is lapped at by the sheltered turquoise Caribbean water. Throw in some palm trees and it is just about as postcard perfect as you can get, which is why most of the high end resorts have chosen this location.

BETTER SNORKELING

This is the reason so many of us come down to the Caribbean. We want to swim in the crystal-clear water and see all the amazing sea life up close and personal. From the colors to the variety, you never get tired of the coral or fish. In the BVI the Indians, Dogs, and Rhone are some of the favorites, but sometimes it is so crowded with people you get kicked in the face more than you see fish. Instead consider....

Tobago Cays, Grenadines - This reef protected pocket of paradise is full of turtles (I saw 12 in a 10 foot area once), rays, and fish plus snorkeling the reef is a highlight. I mean if it was good enough for Captain Jack Sparrow to film here then it must be good enough for us to snorkel. :)

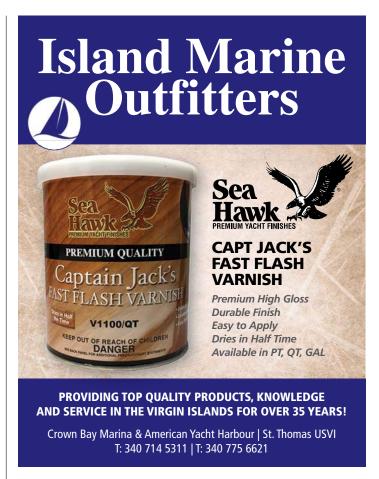
Underwater Sculpture Garden, Grenada – A couple miles away from St George's is a bay with a dozen or more sculptures that have been placed on the sea floor in 15-25 feet of water.

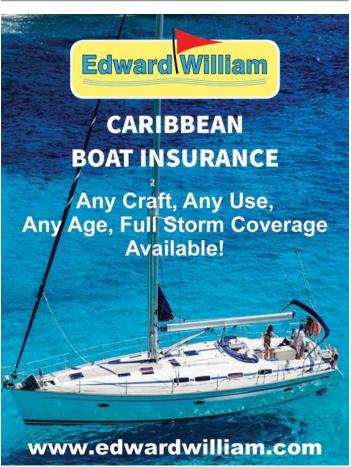
Buccoo Reef, Tobago - This circular reef system consists of five reef flats and is almost three square miles in size and was rated as the third most spectacular reef in the world by none other than Jacques Cousteau.

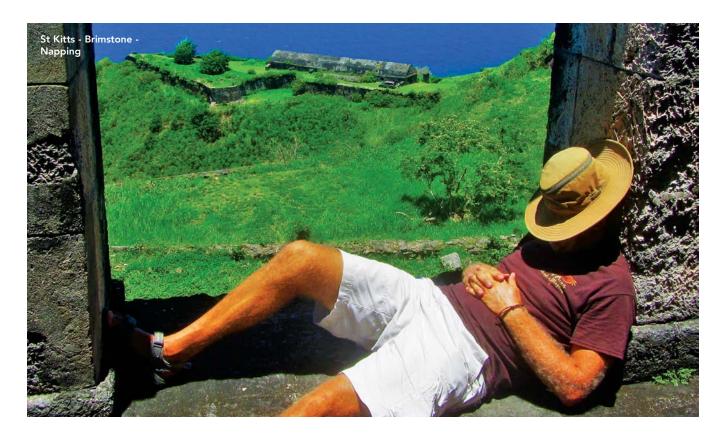
BETTER ADVENTURE

Ok I will admit that the Baths are the #1 site in the entire Virgin Islands and they are amazing as you explore the nooks and crannies between the rocks. The problem is that when the cruise ships start ferrying guests over there, you get to play "follow the leader" through the maze. How about some alternatives for the adventure you seek?

Maho Beach, St Maarten - Besides this beach being a won-







derful place to hang out, grab a cocktail, and even get an aloe vera massage, the adventure is the fact that the end of the airport's runway is simply two small traffic lanes away. This affords some amazing photos as the planes approach less than 100 feet overhead. Some people even try and hold onto the chain link fence as they get blasted by the wash from the jumbo jets taking off. Dangerous? Adventurous? Check and check!

Plymouth, Montserrat – Taking a tour down to the former capital of Montserrat is a surreal experience since it is abandoned and buried under 39 feet of mud after the 1995 Soufrière Hills volcano eruption. It feels like walking around Pompeii and the end of the world at the same time.

Indian River, Dominica – taking a tour up the Indian River on the north end of Dominica will make you think you have been transported to the Amazon jungle as you spend over an hour slowly gliding up the river with rain forest canopy overhead. The animal and bird life alone makes this worth it.

BETTER HISTORY

A large number of my guests love to hear historically based stories of the different islands we pass by. The BVI has a lot of fun stories, but how can any of them compete with actual World Heritage Sites?

Brimstone Hill Fortress in St Kitts - "The Gibraltar of the

Caribbean" is an almost 1000 foot, sheer sided hill that the British built a massive fort on top of. Today it is one of the most well preserved fortifications in the Americas

Nelson's Dockyards in Antigua – Began in 1728 in English Harbour, these docks and repair facilities became one of the most important British facilities as it serviced almost all the Caribbean fleet and was well situated to protect British Caribbean assets. Today this WHS is both a working yard and a historic museum.

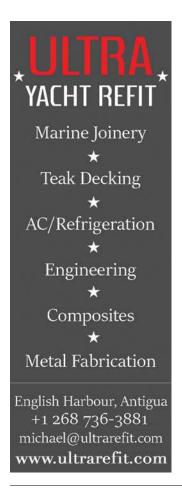
Bridgetown in Barbados – Historic Bridgetown and its garrison were first established in 1628 by the British and is the only island in the Caribbean to never change colonial hands.

BETTER HIKING

While most people do not come down to the Caribbean thinking about hiking, there are some amazing hikes down here.

The Quill, Statia – While nearby Mt. Scenery on Saba gets a lot of glory for being up in the clouds, I loved hiking to the top of The Quill even more. This is a dormant volcano that last erupted 1600 years ago, but when you reach the rim and look down you can still see the volcano shape covered in the trees. The best part is when the clouds just spill over the rim.

Morne Trois Piton, Dominica – 27 square miles of precipitous slopes and deeply incised valleys littered with fumaroles,







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hot springs, freshwater lakes, a boiling lake, and five volcanes makes this one of the longer, harder, and unique hikes in the Caribbean. Plus it is a WHS.

The Pitons, St Lucia – Side by side 2500 foot high spires sit right at the water's edge, making this one of the most stunning views you can find. The best part is that right next to them is the only drive-in volcano in the Caribbean and a hot spring mud bath is also possible.

BETTER SOLITUDE

Given how popular the BVI is, it is tough to find much solitude in this island chain. Yes you can find an anchorage here and there where you might be the only boat, but I am talking where you might be the only boat on the whole island!

Sombrero Island – 35 miles from Anguilla out in the middle of nowhere is Sombrero Island, a mile long aircraft carrier looking island that juts up out of the ocean. You do not want to visit unless it is especially calm, but when you do all you will find is a bird colony and the remains of three different lighthouses. In order to make it up the forty foot cliffs you have to use a steel ladder attached to the rocks.

Isla Aves – On this tiny little sand spit of an island 125 miles from the nearest land in the middle of the Caribbean Sea you

will find a grossly oversized three story Venezuelan naval/research base on stilts. When I sailed by, I was able to get within a quarter mile of shore without the depth sounder registering the sea floor. Just be careful because a friend sailed by a few months back and Venezuelan fisherman armed with machine guns tried to board him.

Barbuda – While the first two were mostly in jest (although I did enjoy visiting them) Barbuda is one of the best kept secrets in the Caribbean. I could have put it in any one of the above categories with its seven mile long beach, reefs everywhere to snorkel, one of the largest frigate bird colonies in the world, and walking along the "Highlands" to find the sinkhole; I chose to write about it here. That is because the entire week I was there I did not see another boat. That is solitude!

Are the above the only places to find each category in the Eastern Caribbean? Absolutely not. This list is just examples of what you will find when you are sailing outside the Virgin Islands.

After 11 years of running charters in the Virgin Islands & Eastern Caribbean, Captain Shane is setting sail for the Greater Antilles, including Cuba, and Belize. Check it out at svGuidingLight.com.







e don't use white rums often but when we do, Don Q is our brand of choice. Imagine our surprise when we found Don Q Gran Reserva Anejo XO on the shelves of our local liquor store. If this sipping rum presents anything like the Cristal, we are surely in for a good experience.

The Serrallés family arrived from Spain in 1820 and settled in Ponce, Puerto Rico on a sugar cane plantation named Hacienda Teresa. By 1865, Don Juan Serrallés imported a copper pot still from France and produced his first cast of rum. Although Don Juan sold the rum locally it wasn't until 1934 that the Don Q brand was launched for general consumption. Don

Q is named after Don Quixote, the literary character from the family's favorite novel. Today, Don Q, produced by Destileria Serrallés, is the number one selling rum in Puerto Rico making it a local favorite over Bacardi and Captain Morgan.

Don Q Gran Reserva Añejo XO is a rebranding of Don Q Gran Añejo. Gran Reserva XO is a blend of column-distilled rums aged 9 – 12 years in American oak barrels. The rum is finished with solera rums aged up to 50 years. According to the company, this creates a blend of sweet and dry. The price point of \$50 makes it higher than other rums in this age range however, no other rums in this category include the additional aged rum.

HE SAID

Immediately I pick up charred oak notes on the nose with orange blossom, vanilla and earthy notes (think forest after a rain.) The palate though is very earthy with hints of the orange and vanilla and very little oak. There is also a spice that sits in the background, blending well with the other notes. The character is smooth with a "what you taste is what you get" air. There is very little fanfare on the finish, dissipating immediately. As I allow the rum to breathe, the vanilla takes the point on the nose and palate with the finish leaning toward oaky.

SHE SAID

The nose has baked apples with a hint of orange and an ever so slight hint of cinnamon. There is a slight sweetness on the nose but I can't decide if it's vanilla or molasses. For me the palate does not live up to its delightful nose. The baked apple notes are there but are overpowered by the cinnamon. The vanilla actually is off-putting, reminding me of the generic vanilla sold in bottles for baking. For me there is a bit of a spicy finish but it's very short lived. Subsequent sips didn't produce any further exploration.

OVERALL

While we enjoyed Don Q Gran Reserva Anejo XO we felt there should have been more complexity for the \$50/bottle price point. It may fare better however, head-to-head with its competitors. Stay tuned.

3.75 OUT OF 5



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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Falmouth Harbour Marina www.antigua-marina.com	268-460-6054	20′	380′	60	•	110/220/380 3 phase	•	•	•		•	•		•	68/10	•
Jolly Harbour Marina www.jhmarina.com	268-462-6042	13′	200′	160	•	110/220		•	•	•	•	•	•	•	68	FREE
Renaissance Marina Aruba	297-588-0260	13′	200′	50	•	110/220		•				•	•	•	16/69	•
Varadero Caribe www.varaderoaruba.com	297-588-3850	8′	120′	75	•	50/30 amp				•			•	•	68	•
Curaçao Marine	5999 465 8936	13'	120′	30	•	110/220/380		•		•	•	•		•	67	FREE
Curaçao Yacht Club www.curacaoyachtclub.com	5999-767-4627	16'	160	120	•	110/220 v; 50 hrz		•	•	•			•	•	68	FREE
Casa de Campo Marina	809.523.8646/ 8647	16′	250′	350	•	110/220 v to 60 hrz	•	•	•	•	•	•	•	•	68	•
Marina Zar Par	809-523-5858	12′	120′	110	•	110/220, 308	•	•	•	•	•	•	•	•	5	FREE
Ocean World Marina	809-970-3373	12' +	250′	104	•	110/220	•	•	•	•	•	•	•	•	16/68	•
Barcadere Marina	345-949-3743	8′	150′	83	•	30, 50, 100 & 200 amp single phase; 100 & 200 amp 3 phase; 60hz		•	•	•		•		•	16	FREE
Clarkes Court Boatyard & Marina	473-439-3939	11′	150′	20	•	110/220; 50hrz				•	•		•	•	68	FREE
Grenada Marine	473-443-1667	15′	70′	4	•	110/220		•		•	•		•	•	16	FREE
Le Phare Bleu Marina	473-444-2400	15′	120′	60	•	110/220/480		•	•	•	•	•	•	•	16	FREE
Port Louis Marina	473-435-7431	14.76′	90m	170	•	110/208/220/230/240/ 400/480/630V	•			•	•	•	•	•	14	FREE
Whisper Cove Marina www.whispercovemarina.com	473-444-5296	15′	100′	18	•	110/220, 50hrz				•	•	•	•	•	68	•
Marina Bas-du-Fort	590 590 936 620	15.5′	210′	1,100	•	110/220/380		•	•	•	•	•	•	•	9	FREE
Errol Flynn Marina & Shipyard	876-715-6044	32'	600′	33	•	110/220/480 1&3PH 50/60HZ	Cable	•	•	•	•	•	•	•	16/9	FREE
Bocas Marina www.bocasmarina.com	507-757-9800	20′	150′	83	•	110 -220v		•		•	•	•	•	•	68	FREE
Red Frog Beach Marina redfrogbeach.com	+507 6726-4500	20′	300′	84	•	50 Amp 110/220V 60 Hz, 100 Amp 220V 60 Hz, 200 Amp 480V 60 Hz 3-phase		•	•	•	•	•	•	•	68	•
Shelter Bay Marina	507-433-3581	20′	320′	192	•	60 HZ, 120/240V 50-Amp, 100 Amp Single Phase, 208V	•	•	•	•	•	•	•	•	74	•
Club Nautico de San Juan	787-722-0177	31′	250′	121	•	110 volts / 220 / 480 for megayachts		•	•	•	•			•	16/10 68	•
Marina de Salinas	787-824-3185	10′	65′	103	•	120/220V, 30/50 amp		•	•	•	•	•	•	•	16	•
Marina Pescaderia www.marinapescaderia.com	787-717-3638	8′	115′	99	•	30, 50, and 100 amp		•	•	•	•	•	•	•	16	FREE
Ponce Yacht & Fishing Club	787-842-9003	20′	150′	169	•	110/220V, 30A, 50A and 100A		•	•	•	•		•	•	68	FREE
Puerto Del Rey Marina	787-860-1000	15′	260'	1,000	•	120/208V single & 3 phase; 30, 50,100 & 200 amps; 60 Hz	Cable	•	•	•	•	•	•	•	16/71	FREE
Scrub Island Resort, Spa & Marina www.scrubisland.com	(284) 394-3440	30'	160′	55	•	30, 50 & 100 amp				•	•	•	•	•	74	•
	www.antigua-marina.com Jolly Harbour Marina www.jhmarina.com Renaissance Marina Aruba Varadero Caribe www.varaderoaruba.com Curaçao Marine Curaçao Yacht Club www.curacaoyachtclub.com Casa de Campo Marina Marina Zar Par Ocean World Marina Barcadere Marina Clarkes Court Boatyard & Marina Grenada Marine Le Phare Bleu Marina Port Louis Marina Whisper Cove Marina www.whispercovemarina.com Marina Bas-du-Fort Errol Flynn Marina & Shipyard Bocas Marina www.bocasmarina.com Red Frog Beach Marina redfrogbeach.com an IGY destination Shelter Bay Marina Club Nautico de San Juan Marina de Salinas Marina Pescaderia www.marinapescaderia.com Ponce Yacht & Fishing Club Puerto Del Rey Marina Scrub Island Resort, Spa & Marina	Varadero Caribe 297-588-0260	Palmouth Harbour Marina www.antigua-marina.com 268-460-6054 20′ Jolly Harbour Marina www.jhmarina.com 268-462-6042 13′ Renaissance Marina Aruba 297-588-0260 13′ Varadero Caribe www.varaderoaruba.com 297-588-3850 8′ Curaçao Marine 5999 465 8936 13′ Curaçao Yacht Club www.curacaoyachtclub.com 809-523-8858 12′ Casa de Campo Marina 809-523-5858 12′ Ocean World Marina 809-523-5858 12′ Ocean World Marina 345-949-3743 8′ Clarkes Court Boatyard & Marina 473-439-3939 11′ 473-443-1667 15′ Le Phare Bleu Marina 473-444-2400 15′ Port Louis Marina 473-444-5296 15′ Whisper Cove Marina www.whispercovemarina.com 473-444-5296 15′ Errol Flynn Marina & Shipyard 876-715-6044 32′ Bocas Marina www.bocasmarina.com 507-757-9800 20′ Shelter Bay Marina 507-433-3581 20′ Club Nautico de San Juan 787-722-01777 31′ Marina de Salinas 787-824-3185 10′ Marina Pescaderia www.marinapescaderia.com 787-717-3638 8′ Ponce Yacht & Fishing Club 787-842-9003 20′ Puerto Del Rey Marina 787-840-1000 15′ Scrub Island Resort, 5pa & Marina (284) 394-3440 30′ 500	Falmouth Harbour Marina 268-460-6054 20′ 380′ 380′ 368′ 3	Falmouth Harbour Marina 268-460-6054 20′ 380′ 60 Jolly Harbour Marina 268-462-6042 13′ 200′ 160 Renaissance Marina Aruba 297-588-0260 13′ 200′ 50 Varadero Caribe 297-588-3850 8′ 120′ 75 Curaçao Marine 5999 465 8936 13′ 120′ 30 Curaçao Yacht Club 5999-767-4627 16′ 160 120 Cusaa de Campo Marina 809-523-5858 12′ 120′ 110 Casa de Campo Marina 809-970-3373 12′ 250′ 104 Barcadere Marina 345-949-3743 8′ 150′ 83 Clarkes Court 500-543-5858 11′ 150′ 20 Curaçao Marine 473-433-3939 11′ 150′ 20 Clarkes Court 500-543-5858 11′ 120′ 60 Port Louis Marina 473-444-2400 15′ 120′ 60 Port Louis Marina 473-444-5296 15′ 100′ 18 Marina Bas-du-Fort 590-590-936-620 15.5′ 210′ 1,100 Errol Flynn Marina 876-715-6044 32′ 600′ 33 Bocas Marina 507-757-9800 20′ 150′ 83 Red Frog Beach Marina 507-757-9800 20′ 300′ 84 Club Nautico de San Juan 787-722-0177 31′ 250′ 121 Marina de Salinas 787-824-3185 10′ 65′ 103 Marina Pescaderia 787-842-9003 20′ 150′ 169 Puerto Del Rey Marina 787-844-400 30′ 160′ 55 Curaçao Marina 787-842-9003 20′ 150′ 169 Puerto Del Rey Marina 787-844-400 30′ 160′ 55 Curaçao Marina 787-844-400 30′ 160′ 55 Puerto Del Rey Marina 787-844-400 30′ 160′ 55 Curaçao Marina 787-844-400 30′ 160′ 55 Curaçao Marina 787-844-400 30′ 160′ 55 Curaçao Marina 787-844-400 30′ 160′ 55 Puerto Del Rey Marina 787-844-400 30′ 160′ 55 Puerto Del Rey Marina 787-844-400 30′ 160′ 55 Curaçao Marina 20′ 20′ 20′ 20′ 20′ 20′ 20′ 20′ 20′ 20	Palmouth Harbour Marina 268-460-6054 20′ 380′ 60 ●	Falmouth Harbour Marina	Falmouth Harbour Marina	Falmouth Harbour Marina 268-460-6054 20' 380' 60 ■ 110/220/380 3 phase ■ ■ ■ ■ Jolly Harbour Marina 268-462-6042 13' 200' 160 ■ 110/220 ■ ■ ■ ■ ■ ■ ■ ■ ■	Falmouth Harbour Marina	Falmouth Harbour Marina 268-460-6054 20' 380' 60	Palmouth Harbour Marina	Falmouth Harbour Marina 268-460-6054 20' 380' 60 110/220/380 3 phase	Falmouth Harbour Marina www.antigua-marina.com 268-460-6054 20' 380' 60 6 110/220/3803 phase 6 6 6 6 6 6 6 7 7 6 7 7	Falmouth Harbour Marina 268-460-6054 20′ 380′ 60 110/220/380 3 phase 0 0 0 0 0 0 0 0 0	Falmouth Harbour Marina 268-460-4054 20 380 60 110/220/380 3 phase

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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
St. Croix	St. Croix Marine	340-773-0289	11′	150′	44	•	110/220	•	•	•	•	•	•	•	•	16/18	
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
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	+1 721-544-5310	8′	60′	47	•	110/220V, 60Hz		•	•	•				•	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	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 an IGY destination"	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	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	Peake Yacht Services Marina	868-634-4420/3/7	20′	90′	17	•	110/220				•	•	•		•	69	FREE
Trinidad	Power Boats Ltd	868-634-4346	13′	65′	40	•	115/220		•	•	•	•	•	•	•	72	•
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:

Boston, MA	Boston Yacht Haven	617-367-5050	22'	300′	100		480V, 100 and 200 amps; 240V single-phase; 208V 3-phase, 100 amps; 240V, 50 amps; 120V, 30 amps	Cable	•	•	•	•	•	•	•	09/16	FREE
Cabo San Lucas, Mexico	Marina Cabo San Lucas www.igy-cabosanlucas.com an GY 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 IGY 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

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Antigua	Jolly Harbour Marina / Boat Yard	17 04 46.4 N	61 54 37.0 W	(268) 462- 6041	13′	80′	19′	no limit	110/220	8am- 5pm	70 4	•		•	•	•	•	•
Antigua	North Sound Marine	17.1167	-61. 7500	(268) 562- 3499 \ (268) 764-2599	15′	no limit	31′	no limit	Anything	24x7	150 &	•		•	•	•	•	•
Aruba	Varadero Caribe	12 32 N	70 02 W	297-588- 3850	8′	120′	45′	no limit	50/30 amp	8am- 5pm	60	•		•	•		•	•
Freeport, Grand Bahamas	Bradford Marine Bahamas	26′ 31. 189 N	78′ 45. 566 W	242-352- 7711	35	400	50	no limit	30/50/100/480	24/7	150 &		•	•	•	•	•	•
Tortola, BVI	Nanny Cay Hotel & Marina	18 25 0 N	64 37 0 W	(284) 494- 2512	11′	160′	45′	no limit	110v 30amp/220v 50amp/ 3phase 100 amp	7am- 6pm	70	•	•	•	•	•	•	•
Tortola, BVI	Soper's Hole	18° 23″ 46′	-64° 41″ 53′	(284) 495- 3349	7′	65′	18' & 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	•		•	•	•	•	•
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	•	•	•	•	•	•	•
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	24×7	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 4	•	•	•	•	•	•	•
Sint Maarten	Megayard	18°02′ 13.24 N	63°05′ 08.52 W	1-721-5444- 060	12′	200′	33′	12′	110/220	8-5 M-F	150 4	•	•	•	•	•	•	•
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 &	•	•	•	•	•	•	•
St. Croix, USVI	St. Croix Marine	17° - 45′ N	64° - 42′ W	340 773- 0289	11′	68′	13′-8″	no limit	110v 30amp; 220v 50amp; 3 phase 100amp	8-5, Mon- Sat	60 45	•	•	•	•	•	•	•
St. Kitts	St. Kitts Marine Works	17° - 20.3'N	62° - 50.1′W	1-869-662- 8930	12′	120′	35′	no limit	110/220/3 phase 100amp	7-4 M-F	150			•	•		•	•
St.Thomas, USVI	Subbase Drydock	18 N	65 W	340-776- 2078	16.5′	190′	50′	no limit	440 three phase/220/110	8-5, Mon-Sat	1000			•		•	•	•
Trinidad	Peake Yacht Services Boatyard	10.4′N	61.38′ W	868-634- 4420/3/7	14′	130′	30.5′	no limit	110/220	8-4 Mon-Sat	150	•	•	•	•	•		•
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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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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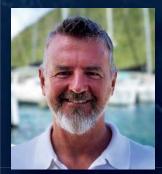
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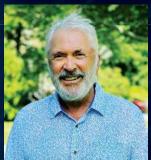
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GEORGE DECSY started his life at sea with a brief spell in the Merchant Marine, learned the ropes sailing the busy waters of the English Channel, he has extensive transatlantic experience as well as thousands of miles logged US coastal waters, Caribbean and the Bahamas, he currently holds an MCA 200T Unlimited and 100T USCG license as well as being an IYT instructor and examiner. Licensed and bonded by the state of Florida as a Yacht Broker, whether you are a seller or looking for your next adventure he is ready to handle your transaction with a professional touch. His specialist fields are classic monohulls and performance cruisers. **He is based out of the Fort Lauderdale office and can be contacted by email George@virginislandsyachtbroker. com or phone** +1 954 909 3536



CHRISTIAAN LIEBENBERG grew up in a small surf town called Jeffreys Bay in South Africa. Having sailed more than 100,000 NM around the world delivering, running, and managing Luxury Catamarans and Monohulls anywhere from 30 feet to 150 feet. Living aboard in the Caribbean, Mediterranean, and the Bahamas for the past 12 years providing memorable experiences for his guests. His experience has created a vast knowledge of live-aboard yachts and the equipment needed to make life a pleasure at sea. Having worked alongside the builders of Lagoon in Bordeaux and La Rochelle, France, he has the understanding of what goes into creating a safe and comfortable vessel. Christiaan's professional, calm and collected attitude matched with his strong, ethical interrelationship skills will create a seamless experience for your next yacht transaction. His specialist field is catamarans, crewed yachts and new builds including project management. He is based out of the Wilmington, North Carolina office and can be contacted by email Christiaan@virginislandsyachtbroker. com or phone +1 954 257 6567

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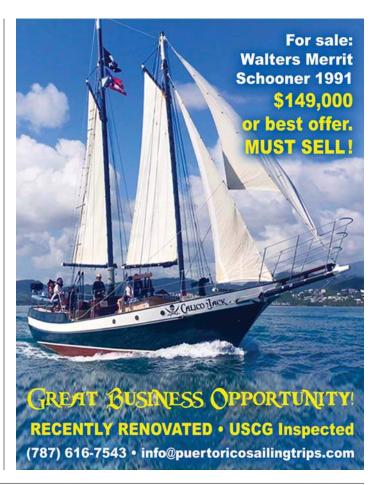
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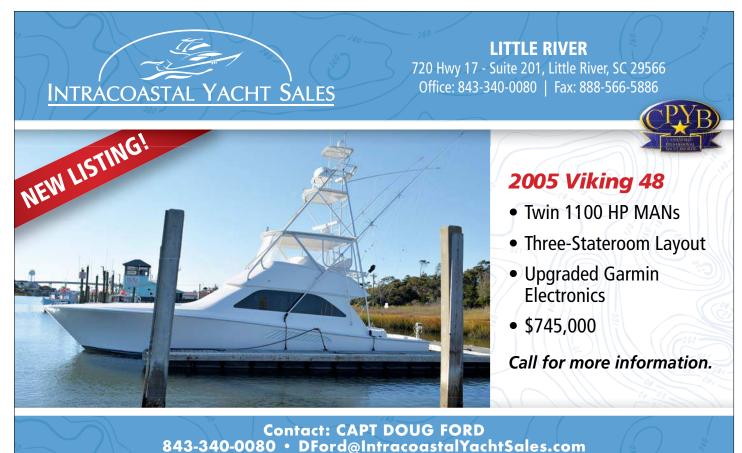
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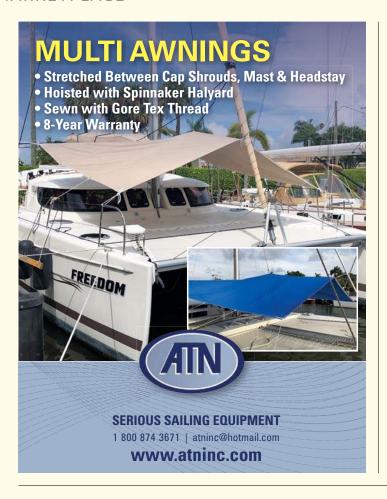














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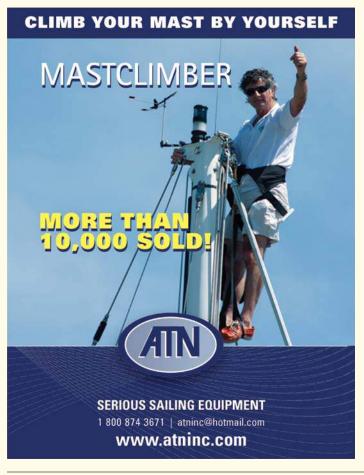








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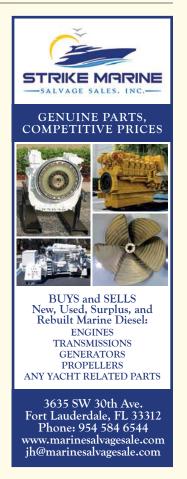




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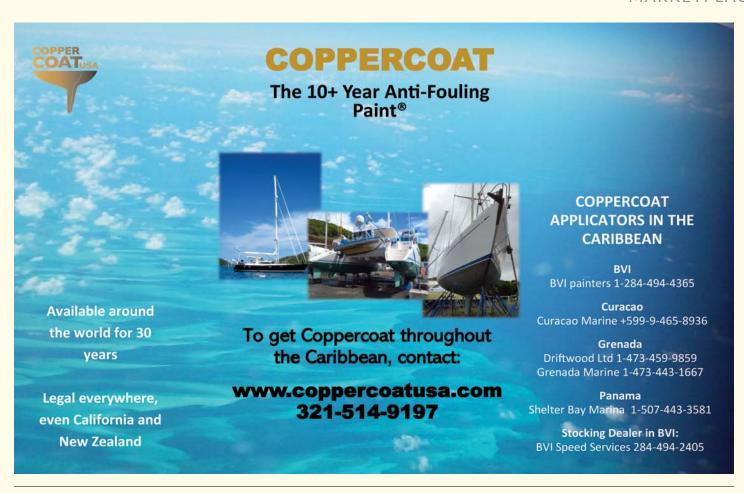
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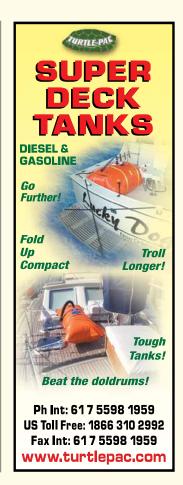
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HEAD SAILING COACH -US VIRGIN ISLANDS. Well established/successful yacht club in St Croix has an immediate opening for a well qualified head sailing coach. The individual will be responsible for taking the existing / active sailing program to the next level. Interested candidates can find specific job description and requirements @ www. stcroixyc.com/Jobs-Board

YACHT MANAGEMENT CO-MPANY BASED IN THE BVI IS LOOKING FOR A QUALI-FIED MARINE SERVICE TECH-**NICIAN** to join our team. Experience and training specifically in marine electronics and refrigeration would be preferred; as well as a good general working knowledge and ability to troubleshoot and work on marine sub systems and marine diesel engines and generators. Work references would be needed, and remuneration would be provided on application. Please make contact with Graeme on bridgraem@surfbvi.com

FAST GROWING YACHT MANAGEMENT COMPANY IN GRENADA SEEKS QUAL-IFIED MARINE MECHANIC/ TECHNICIAN. ABYC certification in one or more of systems / marine diesel / marine electrical / AC refrigeration preferred. Applicant

Employment

should also possess several years work experience in the marine industry. Preference will be given to applicants from OECS countries. A competitive remuneration package will be offered. Please apply with a detailed CV including education and qualifications, work experience and references to gary@horizongrenada.com

MARINE RETAIL SALES **POSITION**. Island Water World, a Caribbean retailer of boating supplies and marine leisure equipment, is seeking a knowledgeable sales person for our St. Maarten stores. Candidates must have some experience in boats and marine systems, retail sales and customer service experience, and good computer skills. Ability to speak French or Spanish a plus. This is a full time, year round position with growth potential. Email CV or resume to: info@ islandwaterworld.com



QUANTUM SAILS Tortola, BVI

is looking for an experienced and professional sailmaker with at least 5 years in the sail making and repair industry.

RESPONSIBILITIES INCLUDE:

Building new sails; Repairing Dacron, Laminate and Nylon sails; Filling out work orders and accounts receivable; Maintenance of industrial sewing machines.

Please email resume and references to kwrigley@quantumsails.com



ST MAARTEN SAILS & CANVAS NV

We are looking for an experienced marine canvas fabricator to join our team. Offering full time émployment for the coming Caribbean season 2019-2020. Candidate must be experienced with commercial sewing machines.

CONTACT: Kzillmann@ullmansails.com sxmsails@caribserve.net

ULTRA YACHT REFIT LTD. **ANTIGUA IS LOOKING FOR** MARINE JOINERS, TEAK **DECKERS AND MARINE ENGINEERS.** If you are looking for an opportunity to join a dynamic service oriented company please send your resume/information to: michael@ultrarefit.com

For Sale

FOR SALE. PRIVATE DOCK IN JOLLY HARBOR ANTIGUA,

30ft sea wall with 50ft finger with 8ft depth. Can accommodate 50ft + catamaran or larger monohull. Comes with two bedroom end of terrace Villa which can net \$10,000 per year in rental income and save \$20,000. in marina fees. Priced at \$350,000. Email pruvin27@gmail.com

FOR SALE - 94 FT LORIMA **CARBON FIBER** rotating wing mast, with boom, full rig with Mainsail (3 reefs) & Genoa (Kevlar) and all rigging & hardware connections. Antiqua: Contact Patrick Ryan pryan@ brysonsgroup.com or Neil Keeling rendezvousantiqua@ gmail.com

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HEALTHY MEAL PLANNING

CARIBBEAN COOKING BY CAP'N JAN ROBINSON

ummer is finally here. Fresh, seasonal recipes to cook in June! Celebrate with this delicious salad, loaded with protein. These recipes are perfect for home, taking to work, picnics, or potlucks!

QUINOA WITH SHALLOTS, LEMON, AND FRESH HERBS

Prep time: 10 minutes. Cooking time: 20 minutes

Sitting time: 10 minutes. Serves: 6

2 shallots (or ½ of small onion) very thinly chopped 3 garlic cloves, minced 1 Tbsp. EVOO 1 tsp. Himalayan salt ½ tsp. freshly ground pepper 1-1/2 tsp. cumin 1 tsp. dried oregano 1-1/2 cups quinoa, rinsed* and drained

2-1/4 cups water Zest of one lemon 1/4 cups chopped parsley 3 large basil leaves, chopped 1 Tbsp. cilantro, chopped Drizzle of really good olive oil Favorite chopped nuts

or seeds, to taste

In a medium size pot, over medium-low heat, sauté the shallots (or onion) with the garlic in oil, until softened and golden, about 3 minutes. Add salt, pepper, cumin, oregano: mix together well. Add the rinsed/drained quinoa and cook a couple of minutes; add water. Bring to a boil, then reduce heat to low, cover, and cook for about 15 minutes or until all water is absorbed. Remove pot from heat and let sit about 10 minutes, Fluff with a fork. Place in a medium size bowl, toss gently with Zest of lemon, parsley, basil, and cilantro. A drizzle of really good olive oil mixed in, adds richness. Sprinkle nuts or seeds on top.

*NOTE: Important to rinse Quinoa; it removes the bitterness. Hint: Any left over quinoa can be kept in the fridge for a week or frozen for several months.

CREAMY BASIL DRESSING

Prep time: 10 minutes. Makes: ½ cup ½ cup basil (packed down tight) 3 big garlic cloves Zest from one medium lemon 3 Tbsp. fresh lemon juice 1/3 cup EVOO

½ tsp. sea salt 1/4 tsp. freshly ground black pepper 1/4 cup plain yogurt or sour cream

Place basil, garlic, and lemon zest in food processor and pulse until finely chopped. Pour in, slowly, olive oil. Add lemon juice, salt and pepper; pulse to combine. Pour into a bowl or jar and whisk in yogurt. HINT: Dressing will keep up to 5 days in fridge.



ROASTED CHICKPEAS

Prep time: 5 minutes. Cooking time: 30 minutes. Makes: 1 cup 1 (15 oz.) can of chick peas, 1/4 tsp. freshly drained and rinsed ground pepper 2 Tbsp. extra virgin olive oil 1/4 tsp. cayenne pepper ½ tsp. sea salt

Heat oven to 400°F. Blot chickpeas with a paper towel to dry them. In a bowl, toss chickpeas with olive oil, and season to taste with salt and pepper and cayenne pepper, if using. Spread on a baking sheet, and bake until golden and crunchy. Check after 20 minutes to avoid browning too much.

PUTTING TOGETHER THE SALAD

1-1/2 cups cooked quinoa (recipe above) 2 large handfuls (about 4 cups) of baby arugula 1 cup of roasted chickpeas (recipe above) 1 avocado, peeled, de-pitted, and sliced 1 orange, peeled and sliced 2 scallions or green onions, sliced 2 Tbsp. sunflower seeds or hemp seeds

One way is to place all the ingredients separately as shown in photo and drizzle with Dressing. Or chop ingredients smaller and mix all together, including the Dressing, see photo. Sprinkle with the seeds and serve. Delicious!!

Jan Robinson, Health Coach, Charter Yacht Consultant, 2019 CYBA Hall of Fame, Chef Competition Coordinator/Judge, and author of the Ship to Shore Cookbook collection; available on Amazon and www.shiptoshoreinc.com CaptJan2@gmail.com





Florida Keys — working with guides/anglers to protect and improve fisheries for the future

Bahamas — flats and mangrove conservation

Project Permit — population study, what, when, and how they tick

 ${f Boca\ Grande,\ Florida}$ — juvenile tarpon habitat restoration



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100 YEARS

Founded on October 20th 1922, Tohatsu Corporation, then named Takata Motor Research Institute. manufactured train carriages, high-speed portable engine generators and radio controlled generators. In 1956 Tohatsu introduced their first outboard engine.

On their anniversary logo the circle represents the sea and the 100 in the middle represents both the past and future 100 years of Tohatsu, as they move forward with pioneering ideas.

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