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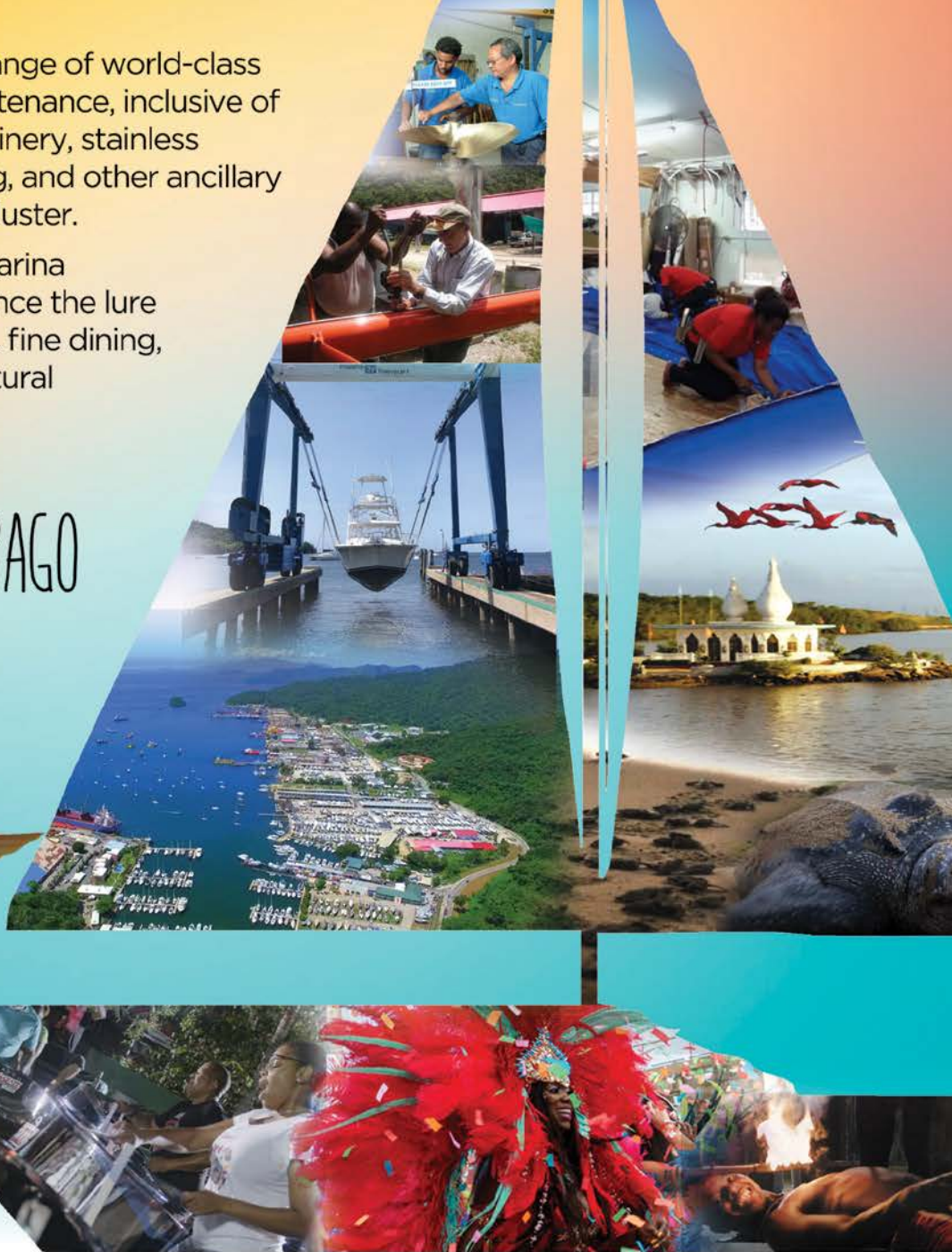
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DEPARTMENTS

12 **CARIBBEAN NEWS**

18 **EVENTS**

January 2023 Events

22 **CRUISING**

Not-Your-Standard-Book-Review

30 **Learn to Pilot a Submersible**

46 **The Latest Scoop on 2023
Caribbean Regattas**

56 **RUM REVIEW**

Kuna 8 Year Old - Panama

84 **CARIBBEAN COOKING**

You Are What You Eat!

SPECIAL SECTION

37 **SPOTLIGHT:**

Region's Top Marinas

RESOURCES

58 **ISLAND REAL ESTATE**

64 **CARIBBEAN MARINAS**

66 **CARIBBEAN BOATYARDS**

67 **SOUTHEAST U.S.
MARINAS & BOATYARDS**

68 **CARIBBEAN BROKERAGE**

74 **MARKETPLACE**

82 **SPONSOR DIRECTORY**

83 **CLASSIFIEDS**

COVER SHOT: Learn to Pilot a Sub in Curaçao
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CARIBBEAN NEWS



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Eden Rock, St Barths

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EDEN ROCK – ST. BARTHS CORAL RESTORATION PROGRAM

The iconic Eden Rock – St Barths is famous for its celebrity clientele and being a Five-Star Winner of the prestigious Forbes Travel Guide 2022 Star Award. However, what makes this hotel really rock, especially for fans of the undersea world, is its coral restoration project. In 2019, a partnership with the Island Nature St. Barth Experiences association was set up to partially restore the reef surrounding the rocky promontory on which the Eden Rock – St Barths sits. The group placed Biorock structures, making it possible to introduce or reintroduce coral colonies in areas where they had been dislodged or jeopardized. The project was delayed by problems like the pandemic, power cable damage, and a seaweed infestation, but it's now functioning again.

"Several dozen coral frags have chalked up considerable growth, and the return of an important variety of fish, including a growing population of juveniles, has been observed," says Laureen Alenda, communication, and marketing coordinator for the hotel. "The year 2022 was especially notable for

the installation of galvanized tubes to protect cables in the zone where the tides move back and forth. They act as hosts to coral populations striving for development. The propagation of old and new fragments of coral is underway, benefiting from protection cables. Our Guests can swim around the Rock and observe the Biorock project when snorkeling." www.oetkercollection.com/hotels/eden-rock-st-barths/

CARIBBEAN REPRESENTED AT INTERNATIONAL YACHT RACING FORUM

A Who's Who of sailors attended the International Yacht Racing Forum (IYRF), held November 21-22 in Malta. The two-day forum program was jam-packed with business, networking, and socializing opportunities. Knut Frosted, president and CEO of Navico and former CEO of the Volvo Ocean Race, kicked off the forum by delivering the keynote, while other speakers included David Graham, CEO of World Sailing; Jonquil Hackenberg, chair of The Magenta Project; and Forum

Chair, UK double Olympic Gold medalist, Shirley Robertson. The audience was equally A-list, including St. Maarten's Michele Korteweg, president of the Caribbean Sailing Association. Korteweg reports on the top topics discussed at the forum and what it means for the Caribbean:



International Yacht Racing Forum venue in Malta

COURTESY IYRF

"The IYRF brought together lots of great minds to discuss topics that are relevant to all sailing events, big or small, like sustainability, gender equality, and where do we stand 10 years from now with the changing demographics," says Korteweg. "Foiling was a big topic, not just when it comes to the technology seen in races like the America's Cup and Sail GP, but as an organization on its own. In 10 years they have developed every area of the sport, for youth, females, and the disabled and are hosting events worldwide. They include sustainability in their program and much more. Where they have come in 10 years, most sailing programs are still talking about. I would like to recommend everyone to look into the Foiling Organization as it presents a complete overview of the sport, and you can bet it will be coming to your island soon (if it hasn't already!)." www.yachtracingforum.com

PUERTO RICO TO HOST 2024 OPTI NORTH AMERICANS

It's official! Club Nautico de San Juan, in San Juan, Puerto Rico, will host the 2024 North American Optimist Championship, on July 13-20, 2024. The International Optimist Dinghy Association (IODA) approved the nomination by the Puerto Rico Optimist Association (PROA) at the 2022 Opti North Americans, held in November in Nassau, Bahamas. Notably,



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it was sailors from Puerto Rico that took the top two spots on the scoreboard in Nassau, with Isabella Calzadilla-Allora first and Diego Jose Marrero-Cuevas second. Add Gian Marco Piovannetti in 8th, and three sailors from Puerto Rico finished in the top 10 in this 155-boat event. Imagine the home-island talent in two years!

"We are extremely pleased with IODA's decision and remain committed to working with the sole mission of developing the class of young sailors in the Optimist," says. We count on your support to continue working together for the well-being of our youth," says Pablo Méndez-Lázaro, PROA president.

Puerto Rico last hosted the Opti North Americans in 2006, at the Ponce Yacht & Fishing Club, in Ponce. News of Puerto Rico's selection for the 2024 venue means that this continental championship will be held in the Caribbean two years in a row back-to-back. The Antigua Yacht Club, in Antigua & Barbuda, is the 2023 host site. www.optiworld.org

XQUISITE YACHTS PURCHASES BAHAMAS' RUNNING MON MARINA

There's a new cat in town! Last September, Xquisite Yachts, a luxury sailing and power catamaran brand completed its purchase of the Running Mon Marina and Resort in Freeport, Bahamas. Over the next few years, the existing hotel and marina will be upgraded and renovated into the Xquisite Catamaran Center, a hub for Xquisite owners, and the Xquisite Yachts Service Center.



NauticEd and MarineVerse Launch World's First Virtual Reality Sailing Course



First learn virtually, then enjoy reality. NauticEd, the Austin, TX-based world leader in on-the-water and on-line sailing training, has partnered with MarineVerse, an Australian-based pioneer of virtual reality (VR) sailing simulation, to jointly offer the first-ever virtual reality sailing course. This incorporates VR gaming with sailing training techniques and programs. The initial VR sailing course, 'Self Mastery,' was co-developed by the two companies and features sailing training that balances authenticity and entertainment in a fully immersive, virtual sailing experience.

"We find the VR greatly accelerates student's learning before their on-the-water training," says Joel Staley, NauticEd spokesperson. "This can better prepare a sailor for bareboat rental in the Caribbean. The VR, in-

person training, and our online sailing log provide charter companies with demonstrable evidence of real sailing experience and training. Also, the VR is a great way for experienced sailors to keep skills sharp while away from the water."

The VR training puts players at the helm of a sailing yacht and helps them learn to trim the sails, manage boat speed, and navigate. The boat reacts to wind conditions and every decision made by the players, giving them instant feedback on how their actions impact boat behavior. Other more complex modules like docking and maneuvering within the marina, night sailing, and heavy weather are also in production for future accessibility. *To access the VR sailing course featuring the 'Self Mastery' module, visit nauticed.org or the [MarineVerseCup](#) app on Meta Quest.*

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COURTESY CARIBBEAN CETACEAN SOCIETY

"Over the years of sailing around the world to more than 90 countries, my wife Sara and I spent many months in The Bahamas," says Tamas Hamor, Xquisite Yachts' chief executive officer. We came back year after year. Seven years ago, we got married in Eleuthera. Strategically, Running Mon's proximity to Florida is the perfect location to establish our service center, where Xquisite owners can bring in their vessels for servicing, repairs, upgrades, and maintenance and have a hub where they can get together and enjoy the destination."

With its current dock setup, the marina can accommodate up to 20 large cats alongside. Additional docks will be built this year. The maximum draft of the entrance channel is 6' at low tide, and there is 30/50/100A service, high-speed Wi-Fi, and water at the docks. As of January 15, 2023, the bar and restaurant, heated pool, showers, and laundry room will be open. Also available is a game room with billiards and darts, bicycle and jet ski rentals, and a small chandlery. In January too, the marina will gain port of entry status with Customs and Immigration clearance on the property. The hotel renovations are still ongoing, but there will be 16 luxury apartments available in the future.

NEW RESEARCH SHOWS DANGERS TO CARIBBEAN WHALES & DOLPHIN

Who doesn't marvel at the sight of whales breaching or dolphin riding bow waves. These cetaceans play an essential role in the blue economy of the Caribbean and whales specifically are potent protectors against climate change. However, recent results of six scientific expeditions in the Lesser Antilles in 2022 by the Caribbean Cetacean Society (CCS) reveal that the waters are rich in these mammals, with 22 species observed, but that they are threatened. Out of some 437 sightings, more than half (52%) of the whales and dolphins observed had scars



COURTESY CARIBBEAN CETACEAN SOCIETY

inflicted by humans, such as by propellers, collisions, and nets. Collectively, the CCS's expeditions, called "Ti Whale An Nou" (Our Little Whales) is the largest cetacean study program ever conducted in the Caribbean and it's supported by the World-wide Fund for Nature the Netherlands (WWF-NL), the Dutch Caribbean Nature Alliance and other partners.

"Everyone thinks that whales and dolphins in the Caribbean are fine. But as a marine biologist, I can tell you that not having data, until now, doesn't mean there isn't a problem and that they need protection," says Jeffrey Bernus, the CCS's co-founder and director, who sailed across the Atlantic from France as a young child with his family and grew up in the Caribbean. "Our program is an NGO (non-governmental organization) that focuses on four areas – cooperation, knowledge, conservation, and communication. Cooperation among islands is especially important because cetaceans know no boundaries. We are looking next at research in the Turks and Caicos and Haiti, and by next fall hope to find partners in the ABC islands. To do this, we are looking for individuals or companies that can offer a catamaran for two weeks for us to set up our equipment and conduct the research."

Yacht charter company Corail Caraibes, with bases in Martinique and Guadeloupe, supported the CCS with the use of one of its Lagoon catamarans for its expeditions.

Interestingly, Bernus shares that boosting whale populations can help capture more carbon from the atmosphere and affect climate change. Specifically, according to a 2019-released report by the IMF (International Monetary Fund), whales, especially great whales, take 33 tons of CO₂ out of the environment during their lifetimes, which sinks to the ocean bottom with them when they die. This compares to a tree, which absorbs only 48 pounds of carbon dioxide a year. Thus, one whale is worth thousands of trees in the climate change fight. www.ccs-ngo.com

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JANUARY 2023 EVENTS

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JANUARY 8: RORC Transatlantic Race.

The 3,000-mile dash across the Atlantic launches out of Marina Lanzarote, in the Canary Island, en route to the Camper & Nicholson's Port Louis Marina in Grenada. Two superyachts are favorites to contest the International Maxi Association's Transatlantic Trophy for Monohull Line Honors. One is the largest boat registered as of November, the 115-foot Swan Jasi. The second is the 107-foot Wally Spirit of Malouen X. Spirit of Malouen's latest triumph was winning the Maxi 1 Class at this year's Les Voiles de Saint-Tropez, significantly beating Jasi. The fleet is expected to arrive in Grenada 8 to 12 days after the start. rorctransatlantic.rorc.org

JANUARY 14 – 22: Barbados Sailing Week (BSW).

A new emphasis on youth dinghy sailing, the promotion of kiteboarding, and a remote control 1-meter sailing regatta kick off the main event regatta on the weekend of January 14-15. "The weekend promises to be a fun-filled one with an emphasis on spectator and competitors' participation on and off the beach," says Chris Worme, vice commodore of the Barbados Cruising Club, which hosts BSW along with the



CREDIT PETER MARSHALL

Barbados Yacht Club and Barbados Sailing Association. From there, the week moves into final registration for offshore racing, including a new 'Club Class', designed to be more all-inclusive for various types of offshore yacht racers. The coastal racing happens on January 18 and 19, followed by a new lay day on January 20, packed with fun beach games, a beach clean-up, and other land-based activities ending with a sunset beach party at the Barbados Cruising Club. The next day kicks off on the 72-nautical mile clockwise Round the Island

Race. Various points set up around the island will make for great spectating from land. The final day of racing concludes with an Awards Ceremony at sunset. "As in the past, this will be a Mount Gay Rum Red Cap regatta with plenty of product flowing throughout the week's festivities," says Worme. www.roundbarbados.com



PHOTO: EDWARD DOWNER

JANUARY 21 – 28:

Pineapple Cup Montego Bay Race.

Pyewacket, the Volvo 70 Modified, owned by Roy P. Disney, grandnephew of Disneyland founder, Walt Disney, is one of the race's 2023 entrants. So is Scott Weisman's Reichel-Pugh 45, Pterodactyl, and Mike Kayusa's Farr 40, Pendragon. "This is one of the oldest offshore races on the international sailing calendar," says Julianna Barbieri Pigin of Manuka Sports Event Management, who handles media. "It started in 1961 and some of the biggest names in sailing have competed. The race is 811 nautical miles, and it goes from warm weather in Miami to tropical weather in Jamaica. The course is mostly downwind and takes you through the Bahamas for a fun, fast sleigh ride. The welcome the teams receive at the Montego Bay Yacht Club is the warmest most welcoming around. So all-in-all, this race is an iconic bucket list race for any sailor." With Appleton Estate as presenting sponsor, teams can expect fantastic activities once arriving in Montego Bay, including welcome drinks and the iconic Jamaica night party on January 26. www.pineapplecup.com

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COURTESY SPICE ISLAND BILLFISH TOURNAMENT 1

JANUARY 23 – 27: Spice Island Billfish Tournament.

Breakfasts, lay-day activities, and dockside dinners are back for 2023, along with three great days of fishing and a fantastic lineup of prizes. Hopscotch and Candy Dancer from Trinidad & Tobago, and Eclipse, De Reel Viking, and Mamzelle from Barbados are among the international boats already registered. www.sibtgd.com

JANUARY 29 – FEBRUARY 3: Pure Grenada Sailing Week.

It's back to a full week-long schedule of racing, parties, and events after a pandemic-caused pause for this iconic Southern Caribbean regatta. "Responding to the success and popularity of last year's Around Carriacou race, we'll begin with the final registration, skippers briefing, and welcome event at Tyrell Bay Marina in Carriacou," says Carol Gorvett, regatta manager. The first day, January 30, sees participants sail around Carriacou, with a start and finish in Tyrell Bay. Day two is a race from Carriacou to Grenada, finishing near Le Phare Bleu Marina. There's a day three Lay Day, then two more days of racing on a series of shorter races off Grand Anse. Camper & Nicholson's Port Louis Marina hosts the final prize-giving. The regatta is open to a range of CSA-rated boat classes. Entries so far include Richard Szyjan's Hobie 33, Category 5; Chloe Need and her all-female crew aboard Moonflower 3; and Chris Woods helping his Aussage after crossing the Atlantic with the ARC+. www.grenadasailingweek.com



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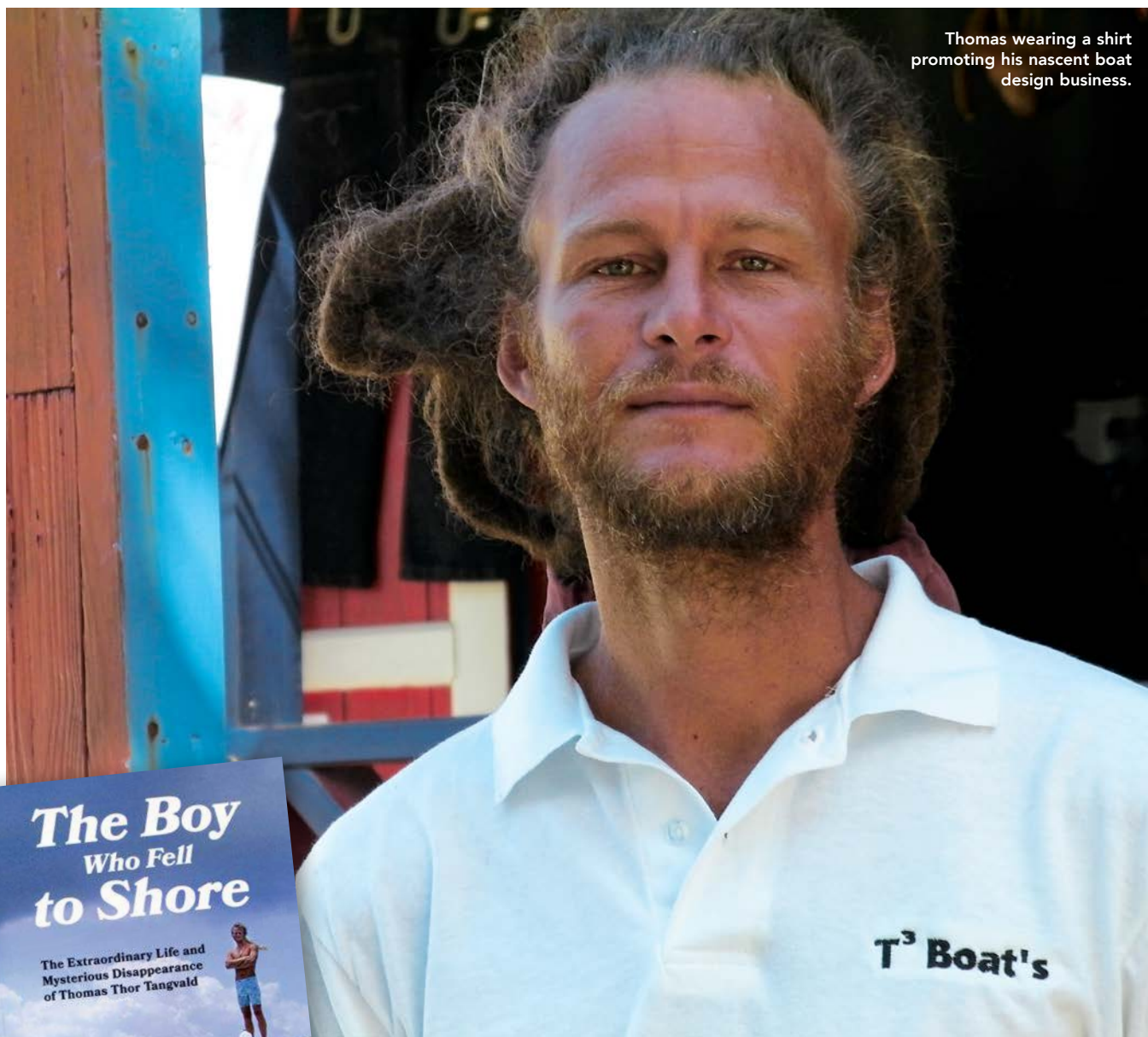
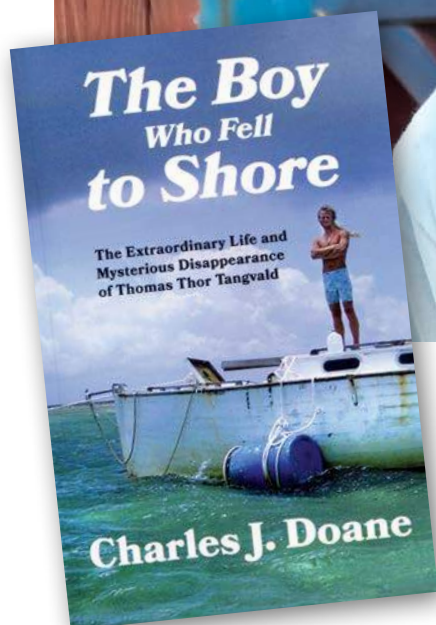


PHOTO COURTESY OF CHRISTINA PASQUINUCCI



Charles Doane, a marine journalist I've worked with at both SAIL and Cruising World magazines, has just written a book called *The Boy Who Fell to Shore*. (ISBN: 978-1-957607-06-1) It is an excellent read—so excellent that I threw it across my cabin many times, unable to handle its unadulterated emotional truth. I give it five out of five stars. And, in many ways, this biography offers a double value—the sad demise of a doomed son and the utter selfishness of his cruel father.

How cruel? How selfish?

Very.

For example, the father's primary method of parenting was *locking* his two children in a home-made jail cell under the fore-deck of his engineless, gaff-rigged wooden sloop—and letting them cry. Offshore, I suppose this made some sense. However, the confinement continued in harbor as well. And the father fancied himself a lady's man. He'd snap the padlock on the cell and go into town to seduce a young lady to cook and clean for him. Occasionally, these ladies would pop out a child—and then be shot by pirates, fall overboard, or whatever. One young lass demanded an abortion—he gave it to her in the forepeak with a coat hanger, to save money. He was famously frugal. When his daughter Carmen needed \$10 to buy medicine to save her eyesight, he wouldn't spend the money—and then only begrudgingly allowed her to accept the medicine after horrified liveaboards in the harbor chipped in.

Within the blood-soaked pages of this riveting, extremely well-researched book, *five different Tangvald family members die needlessly at sea*—two of the wives, both of the children, and the egotistical Peter Tangvald as well.

The case could be made that Peter was the most selfish sailor ever.

How do I know? Why does this book devastate and crush and hurt me so?

Because I knew Peter well—so well, that I considered trying to legally take Carmen away from him in 1991 by consulting a VI attorney named Jenny Jerome. Because I knew the son Thomas in 2012, just before he, too, sailed off to Fiddler's Green.

So much death. So much pain. All because of one self-centered, ruthless, uncaring, womanizer named Peter Tangvald.

In the 1960s, in Quinn's bar in Papeete, my father James E. Goodlander came across the name Peter Tangvald from the lips of a sailor named Edward Allcard, who was sailing around the world aboard *Sea Wanderer*, a wooden 36-foot ketch.

Edward Allcard went on to write several books, including *Single-Handed Passage* (1950), *Temptress Returns* (1952), *Voyage Alone* (1964), and *Solo Around Cape Horn* (2016).

My father read them all, along with *Sea Gypsy* by Peter Tangvald (1966).

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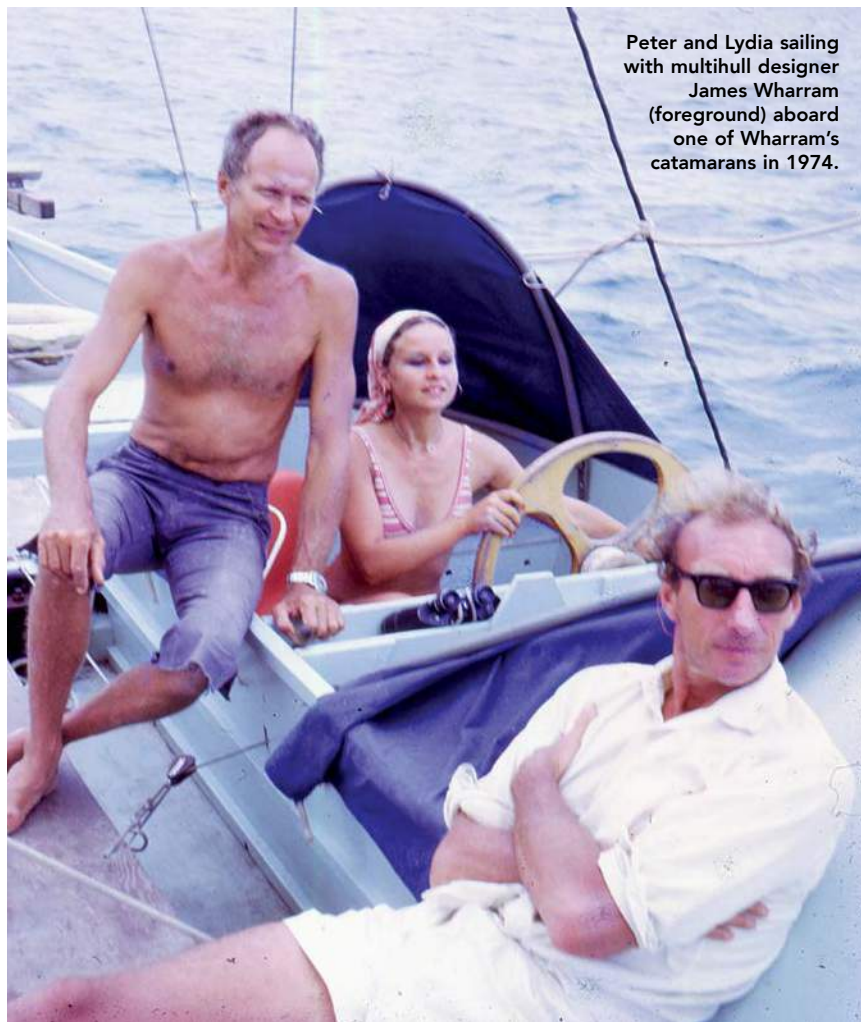
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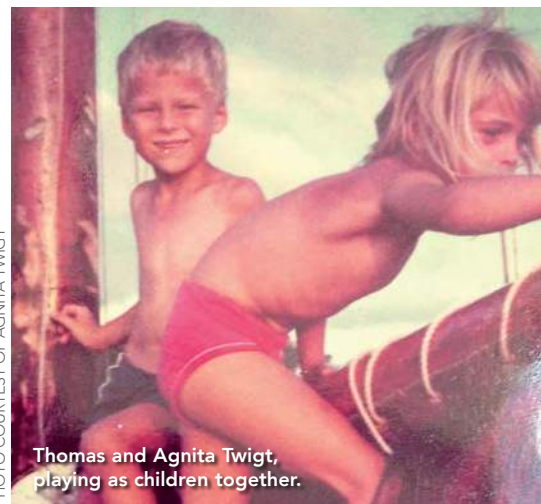
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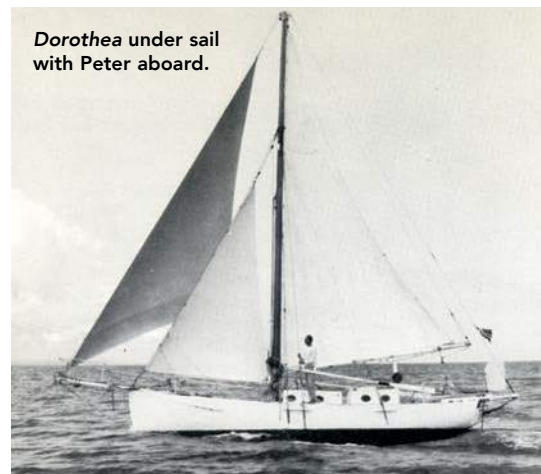


Peter and Lydia sailing with multihull designer James Wharram (foreground) aboard one of Wharram's catamarans in 1974.

PHOTO COURTESY OF AGNITA TWIGT



Thomas and Agnita Twigt, playing as children together.



Dorothea under sail with Peter aboard.

As a result of that chance encounter in the most famous sailor's bar in the Pacific, Peter was a much-revered name bandied about our fist-banged galley table during my childhood afloat.

Thus, when Peter sailed into Great Cruz Bay (St John, USVI) in 1991 and anchored his engineless, gaff-rigged *L'Artemis de Pytheas* next to my boat, I immediately rowed over and invited him and his young daughter, Carmen, to dinner—along with our dear friends Larry and Lee Best of the ketch *Perseverance* of Boston.

Since our nine-year-old daughter Roma was only a couple years older than Carmen, the kids got along well. Peter was charming. It was a wonderful evening. After all, Peter and I were both writers and offshore sailors and fathers—why wouldn't we immediately bond? The only disconcerting note was how Carmen would flinch when Peter would speak to her—like his words were whip lashes.

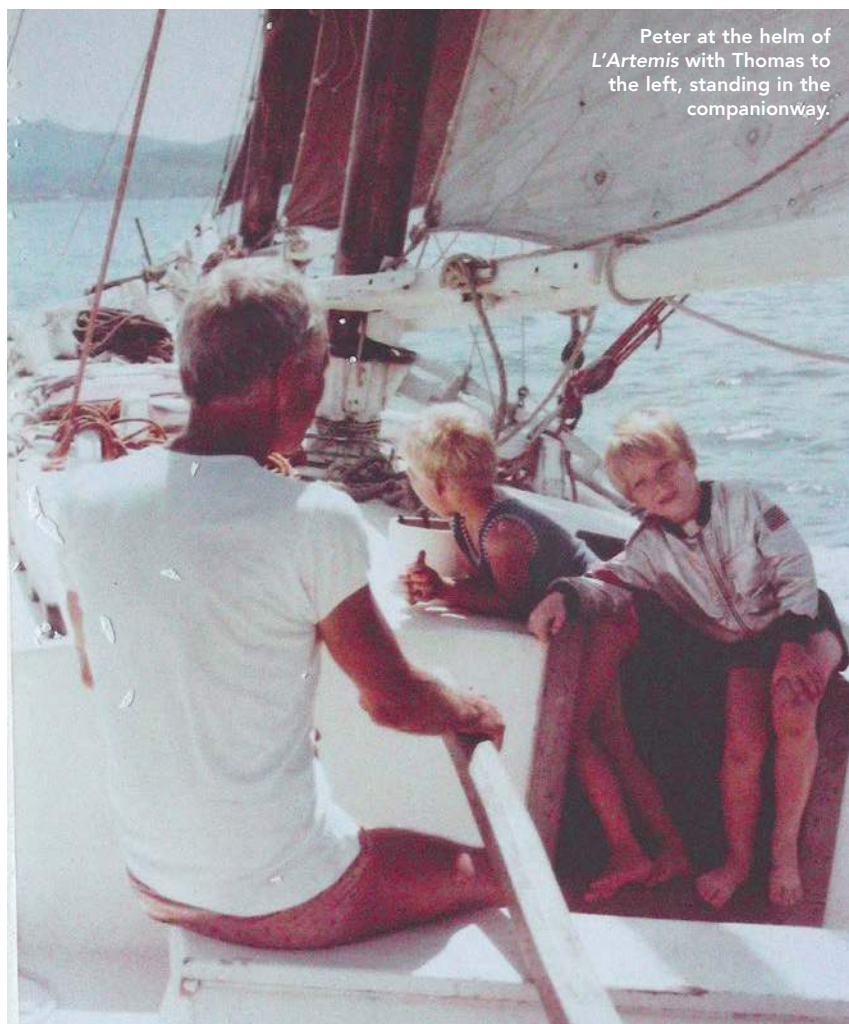
Now it should be noted, dear reader, that, during my own childhood afloat, many attempts were made by landlubbers

to have me 'taken away by the authorities' from my loving parents. Thus, I was, am, and always will be pro-liveaboard parenting, pro-liveaboard kid.

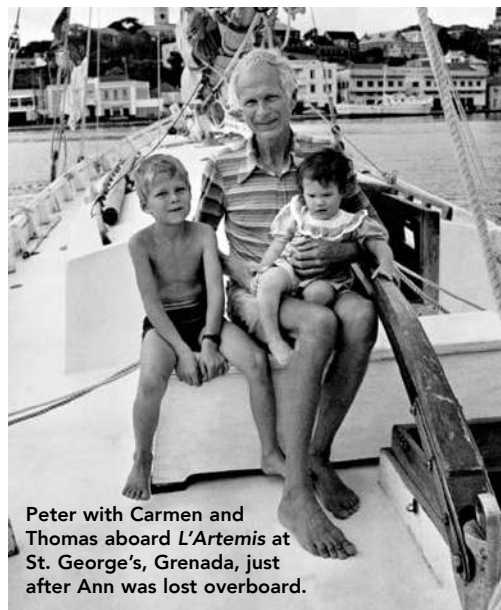
But Carmen had no mother—she'd vaguely fallen overboard somewhere along the way. Peter needed to get work done on his boat to prepare for an offshore passage to Bonaire. Thus, we took Carmen aboard our boat daily to play with our daughter. It was rapidly apparent to us that she both loved and loathed her father, who was extremely strict and domineering.

Carmen was a lovely child. But we soon discovered that Peter was in poor physical health. He'd already had two heart attacks and was working on a third. Ashore, his nostrils would flare and he'd clutch his chest in obvious pain and panic. This was rather distressing, especially since we now knew that he locked Carmen in the forepeak 'for her safety' offshore or when he went ashore.

How 'safely' would she be locked in her jail cell under the foredeck if Peter popped his cork?

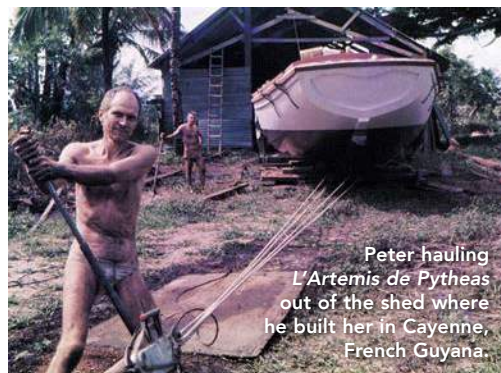


Peter at the helm of L'Artemis with Thomas to the left, standing in the companionway.



Peter with Carmen and Thomas aboard L'Artemis at St. George's, Grenada, just after Ann was lost overboard.

PHOTO BY OLAV HASSELKNIPPE



Peter hauling L'Artemis de Pytheas out of the shed where he built her in Cayenne, French Guyana.

Thus, after consultation with my wife, I explored 'adopting' Carmen informally—especially since we now also knew that Peter had nonchalantly 'dropped off' his 14-year-old son in Puerto Rico.

Alas, Peter angrily bristled at the suggestion.

I then explored having Carmen 'removed' from her dangerous situation—but even if we managed that, the court wouldn't be likely to award her custody to a live-aboard couple, no matter how loving.

Besides, Carmen loved her dad—as whipped dogs do.

It was a problem without an obvious solution—or without a solution I could implement in time.

"She's gonna end up dead," I told my wife, frustrated. "Peter is the most selfish man I've ever met."

Peter asked me to help him 'sail off his hook' by raising his

mainsail. I declined on the principle that if he wasn't healthy enough to raise his own mainsail on an engineless sloop—then he shouldn't be offshore with an innocent child locked in the forepeak.

Others in the harbor helped. The following day, I asked how it had gone.

"Creepy," said the sailor as he openly shivered—almost as if someone had walked on his grave. "That poor little girl."

Soon thereafter, we heard that he was in Puerto Rico, and getting ready to tow (WTH?) his son Thomas's new sailboat to Bonaire.

This made no sense to me. Towing another vessel under sail from an engineless craft with a seven-year-old child locked in the forepeak...while wrestling with a severe heart condition? Yikes!

Was that crazy or was that crazy?



PHOTO COURTESY OF HANNEKE BOON

Peter (left) down below aboard *L'Artemis* in 1974, speaking with James Wharram, the famous British multihull designer.

"He's gonna kill that kid," I told my wife again.

And, on June 22, Peter Tangvald did just that—piling up *L'Artemis* onto the dangerous Iron Coast of Bonaire at night. Both he and Carmen drowned. She screamed at the top of her lungs the whole time—so loud that Peter's son Thomas could hear her from his surfboard just outside the breakers—the very same Thomas who'd 1.) witnessed his mother killed by pirates and 2.) had searched for his stepmother who'd been knocked overboard during a jibe... and now 3.) listened to his sister die screaming as he watched the beam of his addled father's flashlight ineffectually dance upon the frothing rocks.

After smashing my fist into a wall a couple of times, I vowed to never ever think of Peter Tangvald again. Carmen was dead—while I and dozens of adult sailors knew it would happen. We had failed her.

I had failed her.

And I (mostly) didn't think of Peter until I was sitting in a coffee shop in Thailand many years later and a young woman approached and asked if I was "Fatty, the writer." When I admitted I was—she plopped herself down, stared me hard in the eye, and said emphatically, "I'm the wife that Peter Tangvald didn't kill."

My blood rang cold—was there no way to be rid of this man and his endless nightmare?

Years after that, I sailed into Jost Van Dyke between my sec-

ond and third circumnavigations, and Tessa Callwood button-holed me. She asked if I'd do her a favor—to speak to a young lad and see if I could talk some sense into him.

Why? Because he was about to set off on an arduous 1,000 nautical mile beat against the Trades to Brazil aboard a rotten gaff-rigged vessel with about as much freeboard as an Optimist pram. Why was he in such a hurry to depart? Because his wife was pregnant and if they arrived in time—the baby would be delivered free of charge. The young lad would save a few pennies on delivery room costs.

"Damn," I said, "I haven't heard of such a stupid idea since 1991!"

The lad, of course, turned out to be a Waspafarian named Thomas Tangvald—yes, the very same.

I'd never met him. He'd been living with Edward and Claire Allcard, the guy my father had hoisted a few brewskis with 50 years previously in Tahiti.

Small world, isn't it—a small, occasionally very ugly world.

Did I mention that Thomas and his pregnant wife Christina had a four-year-old son named Gaston aboard—who was always lashed firmly to the vessel for his own safety?

Or that Thomas disdained harnesses and safety tethers for himself? And virtually all other safety equipment as well—even if offered to him for free?



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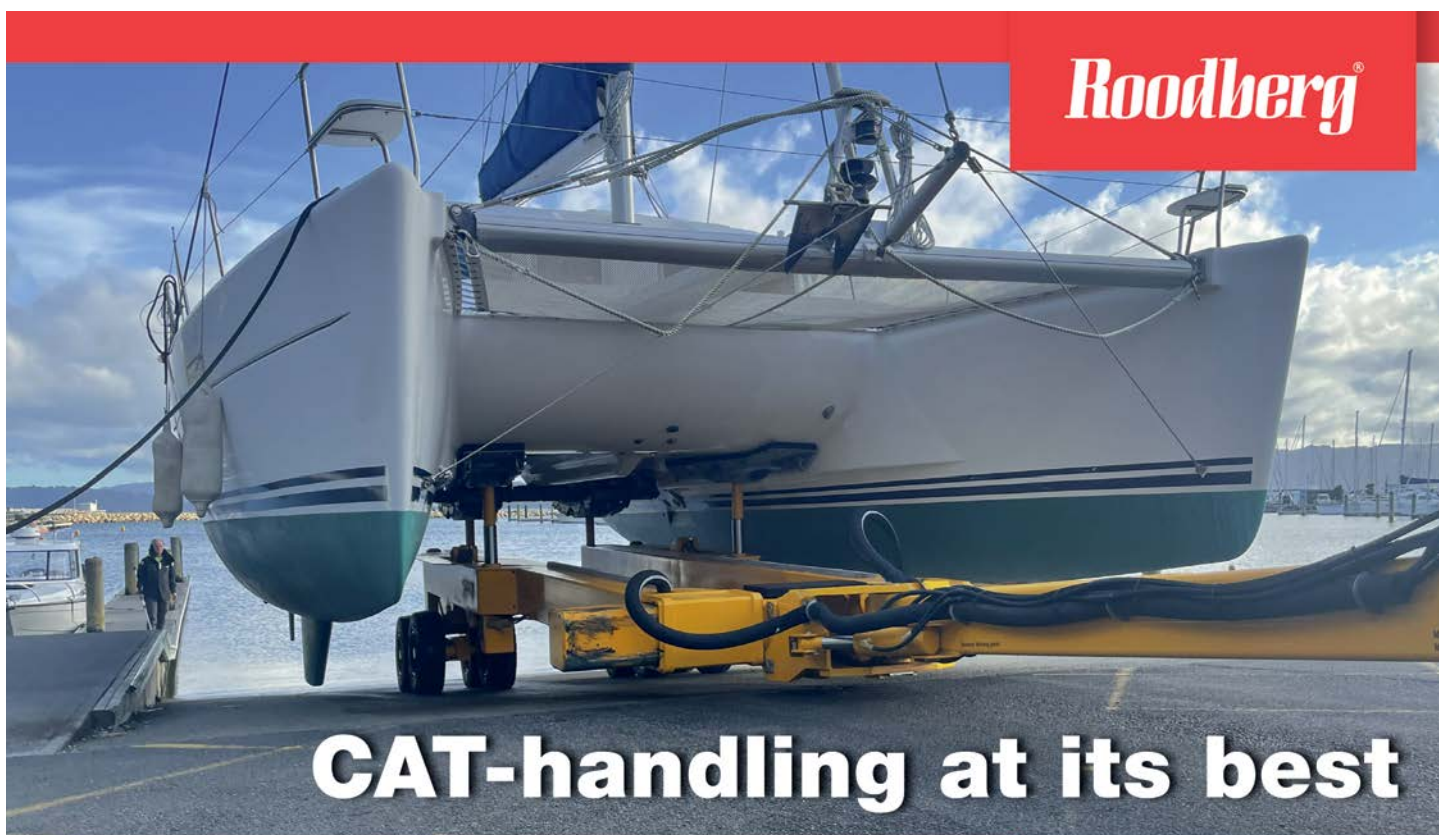
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The Original



Thomas, Christina, and Gaston during their tour of Europe visiting Thomas's Balta relatives.

PHOTO COURTESY OF CHRISTINA PASQUINUCCI

No, the apple didn't fall far from the tree.

One single glance at Thomas and I knew that, at some point, he'd drenched himself in LSD. Plus, there was the whiff of a crack pipe about the lad. And he reeked of rum—not with the faint odor of the dilatant, but with a stench gushing from every pore.

Oasis, his engineless, gaff-rigged wooden boat, was a rotten mess. It had more leaks than a spaghetti caldron—more leaks than the White House. At the time of its demise, it wasn't even ballasted correctly. South American thieves had made off with its valuable bilge lead. The only thing keeping that boat together were the roaches' holding hands.

And instead of working on her, Thomas, who had once studied engineering, was swilling rum and lecturing the other drunks at the bar on the finer points of fluid dynamics—punny, right? I met with Thomas on Jost every day for a couple of weeks—and never once saw him sober.

Each time I saw him he was drunk—occasionally almost incoherently so.

To me, Thomas was one of those eloquent drug-addled fools who thinks he knows everything about everything—from hydroponics to crane engineering to yacht design—yet can't quite manage to tie his own shoelaces.

Harsh? Yes. Accurate? Sadly, from my emotional viewpoint, it was.

Did my heart go out to him?



Thomas with Christina and Gaston.

PHOTO COURTESY OF CHRISTINA PASQUINUCCI

Of course it did.

You're damn right it did.

Because he'd never really escaped that jail cell under the fore-deck. He carried it with him wherever he went—right up until that final moment when he, too, sailed into Fiddler's Green. (Thank you, Lord, for arranging the wife and child to be ashore at the time.)

Thomas was, in my view, his father's final victim.

What makes Charles Doane's book so powerful? Most bios of sailors take a three-dimensional person and reduce them to a one-dimensional stereotype called a hero.

Charles didn't do that.

He picked two complex individuals—and honored his readers by telling their complex, often unappealing truth. There were times in the book when I needed to stop, look away, and slow my breathing to prevent hyperventilation.

As Doane so eloquently writes of Thomas, "The great irony of his life was that he could never see nor comprehend how negative his father's influence really was. Thomas always saw his father as a victim of tragedy, and so empathized with him. What he never grasped was that his father was in fact an agent of tragedy."

Yes, those sailing Tangvalds made maritime history alright—five dead in four different incidents must surely be a new off-shore record. (end)



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LEARN TO PILOT A SUBMERSIBLE

BY CAROL M. BAREUTHER, RD

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There's a new way to build your yacht crew resume. Earn a submersible pilot's certification. Far from a daydream, this expertise could soon be in high demand. The doubly good news is that there is now a training facility in the Caribbean.

"The submersibles market is a new market," says Sophy Willemsen, marketing and communication executive for

Netherlands-based manufacturer, U-Boat Worx. "Everyone knows submarines but having a submersible for leisure is a completely new idea. Our company started 17 years ago and at the start, we were mainly busy with developing high-quality mini submersibles. As pioneers, it was unknown to many people, but we did see a high demand in the research field straight away. Nowadays we also see a higher demand in the yachting industry. A NEMO 2-seater for example, our series



model, takes up the same space as two jet skis. So yes, this makes a submersible the new 'must-have' for private and charter yachts."

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to pilot these craft. To this end, U-Boat Worx is the first in the world to open a submersible training center, and the company did so in 2019 with their Sub Center Curacao, in Willemstad.

"We chose this location because of the deep reefs around the island. It's a hotspot for divers because of the multiple species of coral and fish. And with the collaboration with Adrien 'Dutch' Schrier, a well-known Caribbean entrepreneur and diving expert, this location was an easy choice," says Willemsen.

There are five courses available, starting with the Introduction Pilot Course (IPC). Anyone can learn some of the basics of becoming a submersible pilot in this 1-day course. It starts with a brief classroom session followed by three submersible dives under the supervision of the pilot instructor. No certificate is issued, but the experience is definitely worthwhile and it's a good test to see if you want to go further and learn more. Next up in difficulty is the Supervised Pilot Course (SPC). You'll learn about the most excit-



Predive

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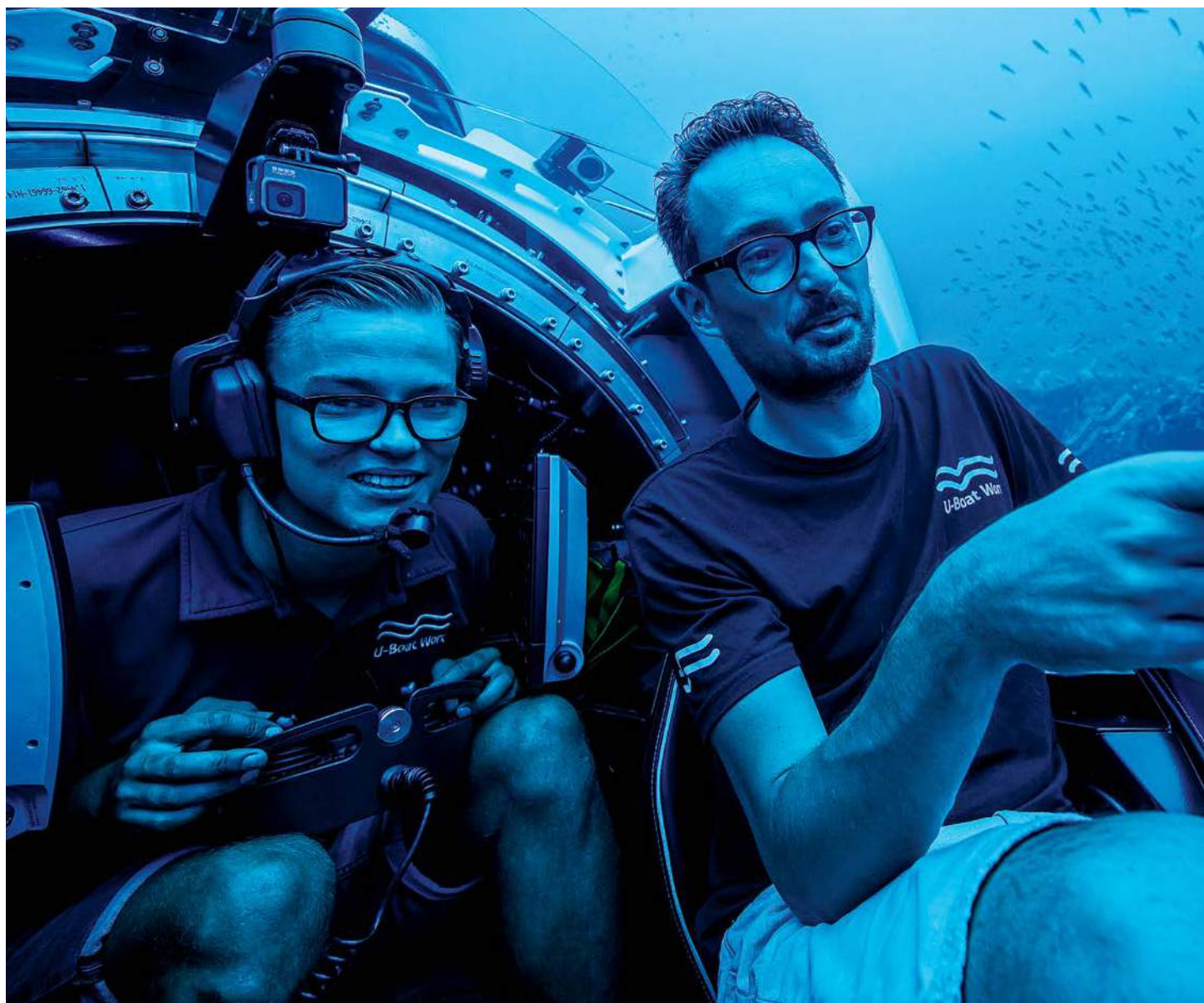
Launch and Recovery

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ing aspects of operating a submersible including buoyancy control, maneuvering, navigation, communication, and critical safety procedures, and take 13 dives. In the end, you receive a Supervised Pilot Certificate, where you can make dives under the supervision of the chief pilot. The third of the courses to provide experience is the Private Pilot Course (PPC), with 12 days, 21-dives, and 6 theory exams. Tuition for these ranges from US \$4,200 for the IPC to US \$26,500 for the PPC.

The two other courses the Center offers are those designed for professional certification. These are the Surface Officer Course (SOC), which is 10 days, 4 dives, and 7 theory exams, and then to the most highly technical Chief Pilot Course (CPC), which lasts 16 days, 24-dives and 7 exams. At the end of this, you'll be able to make your own dives solo, or with passengers. Tuition for these is US \$15,500 and US \$31,000.

"This availability of this training, which lowers the bar to entry



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by not having to own your own submersible to learn, is creating a lot of enthusiasm. There are pilots now who are excited to work in this field either freelance or full-time. And some submersible customers now feel comfortable knowing there are trained pilots available to drive them,” says Roy Heydra, U-boat Worx marketing manager.

SEA MORE

Unlike their larger counterparts, i.e., fully autonomous submarines, submersibles fit only a few passengers, are relatively short in range, and require a source of support, like a yacht, to repower and replenish breathable gasses. The latter limitations are hardly drawbacks for the chance to stay dry, roam typically further than snorkel or scuba allow, and explore the deep like a modern-day Jules Verne.



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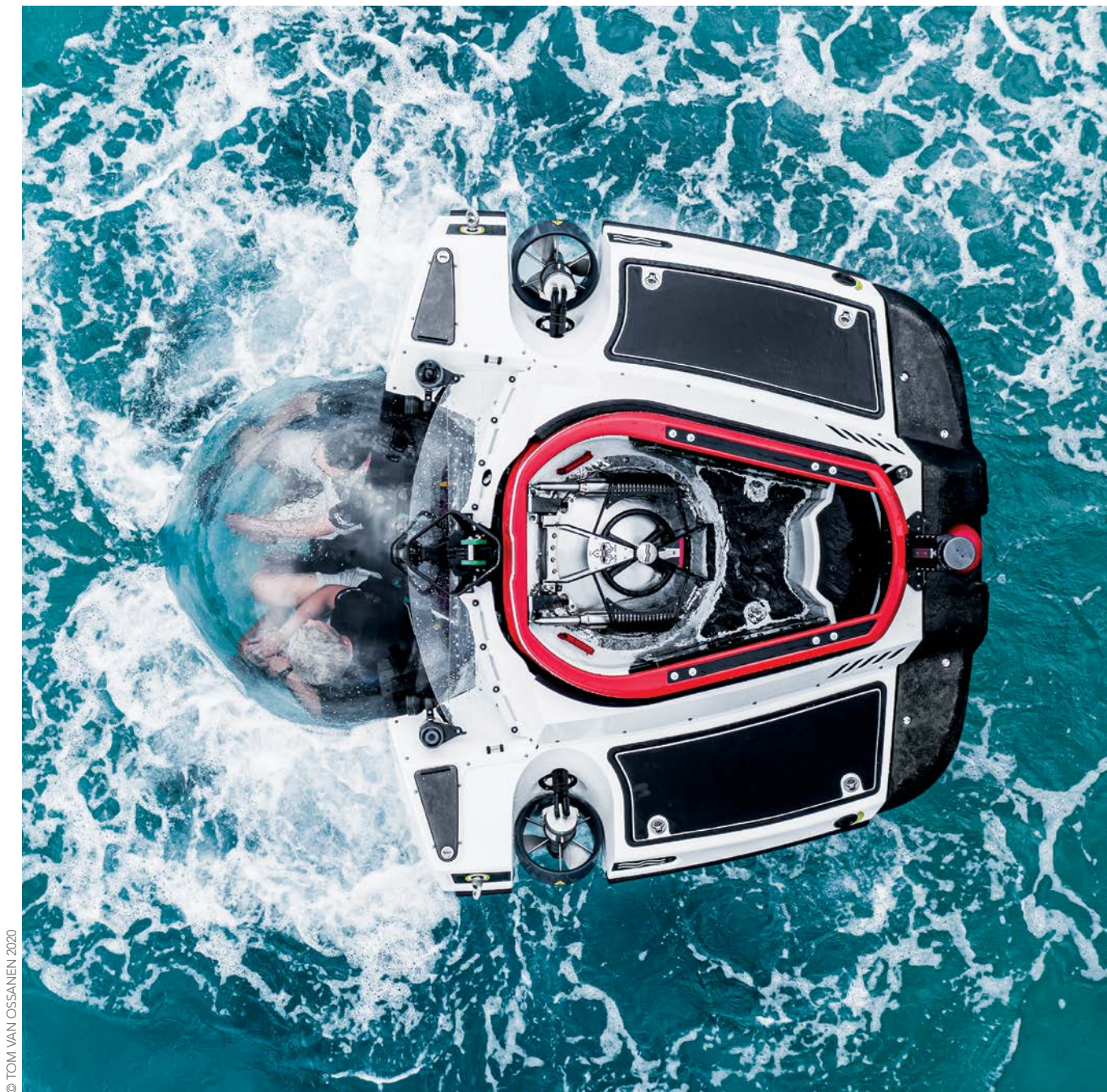
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"In my opinion, you take all the good parts from snorkeling and diving, like the freedom that you have and the view that you have and the weightlessness that you experience, minus all the bad parts like the pressure, cold, decompression, and difficulty breathing, and that equals what a submersible experience offers," says Heydra. "You're sitting in the same environmental pressure as there is at the surface, although you may be at 300 feet, and limited only by your battery power, which can operate for up to 8 hours. Plus, you stay dry."

In addition to U-Boat Worx, Triton Submarines in Florida,

USA; DeepFlight and SEAmagine, both in California, USA; and Silvercrest Submarines and Subeo, in the UK, are other manufacturers of leisure market submersibles.

ON THE HORIZON

Perhaps the next type of pilot certification Sub Center Curaçao will offer is for U-Boat Worx 1,250-ton, 123-foot-long yacht submarine, the Nautilus. The company debuted its designs for this yet-to-be-built craft that functions as a superyacht and a submersible at the 2022 Monaco Yacht Show. Jules Verne's 20,000 Leagues Under the Sea fiction may soon be fact. 

Spotlight: REGION'S TOP MARINAS



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Here's a Spotlight of several of the Top Marinas that cater to making your dreams come true. This special section is meant to give you an inside view into their capabilities and enable you to create a better relationship with the team. Enjoy! Feedback is always welcome

Call out your favorites to editor@allatsea.net so that we can include them next year!

American Yacht Harbor

ST. THOMAS, US VIRGIN ISLANDS



Location is Everything! Island Global Yachting's American Yacht Harbor located in Red Hook, St. Thomas, US Virgin Islands is the closest U.S. marina to the cruising grounds to the British Virgin Islands. It is also a short hop to both the Spanish Virgin Islands as well as the anchorages of the Virgin Islands National Park on St. John. Paradise literally awaits at our doorstep.

To top that, AYH is located only a short run to the world-renowned fisherman's Zion of "The North Drop." There is a reason why the "who's who" of sport fishing can be found plying our waters hunting granders. The marina offers easy access to the big-game waters of the Virgin Islands. Whether it be dinner-sized or trophy worthy, our staff is always available to help you with your prize catch.

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There's also a brand new fuel dock completed during the summer of 2019 with in-slip fueling available as well as used oil disposal and mobile pump-out service available for sewage disposal. There's even an on-site laundry facility.

Travel access to the US Virgin Islands is easy as American Yacht Harbor is only a short 30-minute cab ride from Cyril E. King Airport. There is inter-island air service to many Caribbean islands. Several direct flights depart dead to major international hubs.

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Some of the marina's on-site services include a waterfront pub / restaurant / bar, ship's chandlery, ice cream parlor & coffee shop, laundry service, mail / fax / email / secretarial services, car rental, fitness studio, Dog & pet grooming service, beautifully landscaped BBQ park area, Wi-Fi, full – service concierge desk, boatyard, Ferry Services, and more. The marina is headed by Liza Lord — Director of Operations, in cooperation with her fully committed team of helpful, professional staff who are ready to deliver exceptional levels of customer service.

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ST. THOMAS, US VIRGIN ISLANDS



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To your benefit, the timing is right as we now have a brand new 500 foot dock extension added to Compass Point Marina expanding our capacity and specifically designed with wide slips for catamarans.

Boatyard Facts

Independent Boatyard & Marina is located in St. Thomas, US Virgin Islands on the South side of St. Thomas. The boatyard and marina are located in Benner Bay (sometimes known as the "lagoon"), which is a protected hurricane hole. On premises businesses include a Machine shop, a Fiberglass shop, a Wood shop, an Outboard repair shop, and a large Budget Marine chandlery. A large food store (Food Center) is located across the street from the boatyard and down a 1/2 block The eastend town and harbor of Red Hook (Vessup Bay on charts) is about 2 miles east of the boatyard and has numerous restaurants, a pharmacy, and another food store. Red Hook is also the terminus of the St. Thomas to St. John ferry, which usually runs hourly.

The yard is equipped with a 50 ton Marine Travelift (up to 18 feet of beam), 35 ton crane and a 35 ton Hostar Marine yard transporter used for close stacking during hurricane season. The channel into Benner Bay is marked with day shapes on pilings with a depth of 8ft at high tide and 7 feet at low tide in the channel. Please call the office for an emailed channel chart but as a rule, favor the red.

Combined Marina Facts

There is a 93 slip Marina attached to the boatyard, which does long term slip rentals (three months or more). Our sister marina, Compass Point Marina, which has 195 slips, is just South of Independent Boatyard & Marina in Benner Bay bordering the entry channel. Compass Point Marina does do transient slip rental on a space available basis. Both marinas due to their location in a hurricane hole, allow vessels to remain in their slips during the hurricane season provided vessels comply with our written hurricane tie-off plan.

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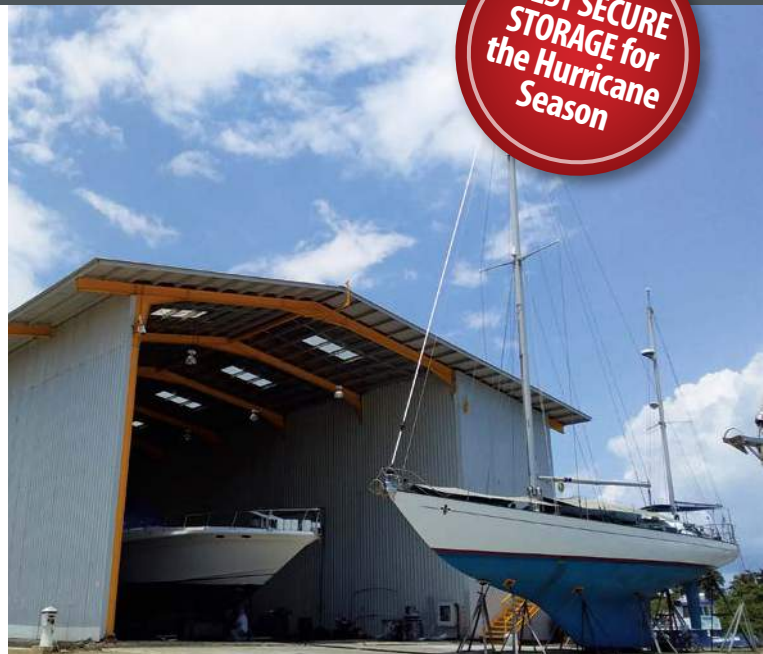
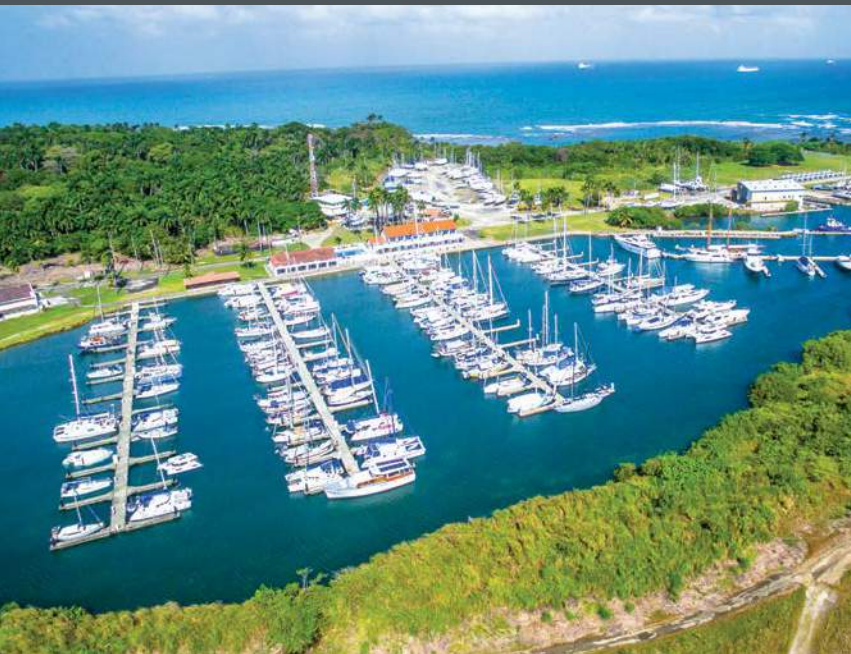
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THE LATEST SCOOP ON 2023 CARIBBEAN REGATTAS

BY CAROL M. BAREUTHER, RD

CREDIT: PAUL WYETH

Regattas happen every month, and locally often every week of the year, in the Caribbean. Yet, it's the winter and spring, when it's cold in northern climates on both sides of the Atlantic, that this tropical region peaks in its offering of keen sailing competitions. This month kicks off with Barbados Sailing Week and Grenada Sailing Week, and you'll find the latest news on these events in this issue's Calendar of Events. For regattas that take place from February through May, here are some of the hot-off-the-press updates as of press time on December 1.

FEBRUARY 3 – 5: Caribbean Multihull Challenge.

The speed machine Bieker 53 speed machine, Fujin, and Schionning 51, 2-2 Tango, will be back, along with a pair of newcomer trimarans, the Neel 45 Panda Rosso and Outremer 51 Oceans Tribute. New is a cool performance prize, tells Steve Burzon, volunteer director of marketing. "On each of the three days of the CMC, CSA 1 boats will be offered three longer distance courses that combine into what we are calling a Trifecta. The winner of the Trifecta will receive an Oris Aquis Diving Watch



Antigua Sailing Week 2022



RORC Caribbean 600

CREDIT TIM WRIGHT

worth \$2000." The Trifecta consists of the Caribbean 60 Mile Multihull Sprint, the 52 Mile Around Saba Dash, and a newly named 27 Mile SXM Circle Race. There is no set schedule for these three races as the Race Officer will set them based on the expected winds and weather for that day. caribbeanmultihullchallenge.com

FEBRUARY 13 – 24: RORC Caribbean 600 & Series.

Pyewacket, the Volvo 70 Modified, owned by Roy P. Disney,

grandnephew of Disneyland founder, Walt Disney, is one of the 2023 entrants of the RORC Caribbean 600 as of November. New is the RORC Nelson's Cup Series. Six races are scheduled for the Series, which takes place February 14, 15 and ends on the 17th with the Antigua 360-Round the Island Race, according to press officer, Trish James. Early Series entries include global offshore racers, including RORC Vice Commodore Eric de Turckheim's NMYD54 Teasing Machine (FRA), Niklas Zennström's CF-520 Rån 8 (SWE), Ker 46 Daguet 3 – Corum (FRA), skippered by Frederic Puzin, and



St Maarten Heineken
Regatta 2022 - Youth Team

CREDIT TIM WRIGHT

RORC Commodore James Neville's HH42 Ino XXX (GBR). The traditional RORC Caribbean 600 kicks off from Antigua on February 20. A full social program happens ashore all 11 days. caribbean600.rorc.org

MARCH 2 – 5: St. Maarten Heineken Regatta.

Focus is on four key values: women in sailing, youth or the next generation of sailing, talent, and sustainability, says Michele Korteweg, regatta director. "We have confirmed 2 all-female teams already, one coming from Europe sailing in the RORC Transatlantic double-handed, and the other will be racing a Cape 31, hopefully attracting more of this exciting class to join her. We are also looking at hosting 5 Caribbean teams from sailing programs with students between 13 to 18 years old. They will

sail against each other and showcase the best that the region has to offer to promote our Caribbean Sailing Programs."

Several Ocean Racers, an outstanding class in 2022, will be back, and so will an expanded sailing village and activities ashore. heinekenregatta.com

MARCH 6 – 12: Superyacht Challenge Antigua.

Early entries include the 121' Dyksra sloop, Action; Swan 90, Freya; and Oyster 82, Zig Zag. "The only real change to racing is the continued intention to run, as in 2022, a Round Antigua Race as part of the program," says Louay Habib, press director. "The 52-mile race gives a huge range of conditions to the superyachts. This iconic race also gives superyacht owners,

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St Barths
Bucket Regatta



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guests, and crew superb views of Antigua." *superyachtchallengeantigua.com*

MARCH 16 – 19: St. Barths Bucket Regatta.

The biggest entries as of November include the 203' Hoek Schooner, Athos; the 170' Alloy-built fast cruising sloop, Red Dragon; and the 164' Vitters-constructed sailing yacht, Mera-ki. "New is the excitement of getting back to the iconic social activities that are key ingredients in the Bucket Experience," says Jeanne Kleene, event manager. "The 2023 edition features the return of the popular 'Yacht Hop' and 'Bucket Bash' with the regatta village." The traditional pursuit racing format will be in play March 17-19, with the Corinthian Spirit and 90' Classes growing in popularity. *bucketregatta.com*

MARCH 24 – 26: St. Thomas International Regatta.

First-time entries from the Dominican Republic include Christian Cabral's Beneteau First 44.7, Desorden, and Joan Rodriguez's Beneteau First 40.7, Lady M. A first too, organizers anticipate welcoming two Cape 31s. "For nearly a half-century, we have offered sailors professionally set courses by some of the best race management in the world matched with the friendliness, hospitality, and 'can do' spirit of a club-run event ashore," says Pat Bailey, regatta director. *stthomasinternationalregatta.com*

MARCH 27 – APRIL 2: BVI Spring Regatta & Sailing Festival.

This will be the 'Be All and Best' celebration of the regatta's 50th anniversary, says Judy Petz, regatta director. "Boats al-



STIR 2022 -
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BVI Spring Regatta

CREDIT AUSTAIR ABREHART



ready registered from around the world will race two days in the Sailing Festival, followed by a lay day, before the start of three full days of spectacular racing for the 50th celebration." A commemorative coffee table book is being published to celebrate both the event and the Royal BVI Yacht Club's half-century anniversary as well. The book will be gifted to all those who enter the regatta. In addition, special awards are being ordered and plans for a spectacular finale to honor the occasion are in the works, Petz adds. www.bvispringregatta.org

APRIL 16 – 22: Les Voiles de St Barth Richard Mille.

A first-time entry is Sails of Change, a 121' competitive maxi trimaran that was launched in 2008 and was the record holder of the Jules Verne Trophy between 2012 and 2017. She was purchased by the Spindrift team in 2013 and continued setting records in the Route de la Découverte (between Cadiz, Spain and San Salvador, Bahamas), as well as competing twice in the Rolex Fastnet Race and the 2016 Transat Québec–Saint-Malo. New too, says Alexandra Lemarchand

Guibout, press officer, "We will be the last regatta of the Caribbean Maxi Challenge in 2023, therefore the prize will be awarded during our prize-giving ceremony." lesvoilesdest-barthrichardmille.com



Voiles de St Barths 2022

CREDIT CHRISTOPHE JOUANY



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CREDIT PAUL WYETH

Antigua Sailing Week

APRIL 19-24: Antigua Classic Yacht Regatta.

A new team is running this event intending to restore the regatta's spirit as it was created by the late founder, Kenny Coombs. Thus the 2023 edition will take place entirely in Nelson's Dockyard, says Gilly Gobinet, sponsor liaison, program editor, and advertising manager. "It will include the traditional Parade of the Classics in English Harbour and the traditional Gig Racing & Cream Teas served by ladies in flowery hats and frocks, although there will be beer as an option!" In addition to the Vintage, Classic & Traditional Classes, a new class entitled 'Modern Classics' will replace the former 'Historic Class', defined as monohulls built of any material, with a modern underwater profile such as fin and skeg, and designed over 35 years ago. antiguaclassics.com

APRIL 29 – MAY 5: Antigua Sailing Week.

Still under details finalization as of November are a new wing foil circuit, with its own starts and finishes. It features inshore racing in Falmouth Harbour on May 1 and 2, followed by a down-



New foiling at Antigua Sailing Week

CREDIT MAXIM VAN DEN POL

winder from Falmouth Harbour to the West Coast and back for a prize-giving as part of a Lay Day on May 3. New too, says Rana Jamila-Lewis, events and marketing manager, the Peters & May Round Antigua Race will now officially include a shorter 26-mile course, the 'almost round Antigua' option, geared towards cruising boats with spinnaker." sailingweek.com

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KUNA 8 YEAR OLD – PANAMA

RUM REVIEW BY CLINT AND TERRY BORAM



The “newly arrived” rum immediately caught our eyes at our local supplier. An indigenous tribal head adorned the white box with eyes that drew us in wanting to know if he was evil or friendly. Here’s hoping Kuna 8 year old is friendly.

In researching the rum, it’s clear we found another rum cloaked in mystery. Lookout Beverages Group LTD markets Kuna along with Emperor and Canaoak Rums. The company is based in Mauritius, an island in the Indian Ocean off the coast of East Africa. They have been in business since 2014 and began export-

ing their rums worldwide in 2016. The company's website has a lot of fluff in its 'About Us' section around marrying tradition with innovation, however, there are no verbs to explain either. Founder and CEO Christophe Aulner does say that it's their "unique finishes" which sets their rums apart from the others.

Kuna refers to a tribe and one of Panama's oldest communities. In this complex world, they have maintained their tribal identity, balancing life free from the complexities of modern society. Their customs are passed down to the younger generation through dance, song, and storytelling. It's this slower pace of life that Lookout is trying to convey in their rum.

Kuna is a blend of "superb matured rums from Panama's best reserves." From whom Lookout Group is getting their rum from is not disclosed. The blend is aged six to eight years in small American white oak bourbon barrels, less than 52 gallons, then an additional six months in Grand Cru de Bordeaux barrels. The type of still is not disclosed nor whether it is bottled using a solera method or from a single cask.

HE SAID

The nose definitely has a bourbon note with undertones of oak. There is also fruit floral that sits under the bourbon. On the palate, I continue to get a bourbon feel. While I find there are slight hints of dates, and raisins, the overall note is a smooth-aged bourbon. There is very little sweetness and nothing much to explore. The finish is long and satisfying, inviting me back for more. This is not your typical rum.

SHE SAID

The very light honey liquid hugs the glass with tiny lacing which eventually gives way to fat droplets. The rum has a strong nose with notes of crisp, sweet apples picked right off the tree. The taste surprised me because I was ready for the alcohol burn but there was none. For a minute I get a hint of cinnamon but that quickly gives way to boot leather. I agree with Clint, there is very little sweetness to this rum and the finish is long and satisfying.

OVERALL

Based on the age and color, we were completely prepared to not like Kuna. But to our surprise, the uniqueness of the rum is quite enjoyable, although Terry wanted a little more sweetness. It's well worth the \$35/bottle price point.

4.5 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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DEERFIELD BEACH, FLORIDA, USA. You're seconds away from the intercostal waterway, and minutes to Hillsboro Inlet restaurants by car or by boat from this 3 BR/3 BA home located in the coveted community of The Cove. There's a new 220,000 concrete seawall, concrete batter piles, and a concrete dock in progress, with heavy electric that will be completed by closing. The residence could use a remodel. Or tear down and build anew. Parking for 6 cars, plus 2-car garage. Price: US \$1,999,000
RYAN CAMPBELL, SOFLO Waterfront – Compass
ryan.campbell@compass.com | soflowaterfront.com
 Cell: (954) 260-1435



PORT ANTONIO, JAMAICA. Enjoy magnificent views of the ocean and the Blue Mountains from this unique and exclusive villa. Nestles in an acre of tropical forest and surrounded by a garden and fruit trees, the villa features 2 apartments, on two floors, and 2 independent cottages for a total of 4 BR, all with air-conditioning. There is a 12 KW solar power plant, solar thermal hot water, and a 7,000-gallon cistern. Five-minute drive to the world-famous Blue Lagoon. Price: US \$900,000
NINO SCIUTO, JSR Properties
info@real-estate-jamaica.com
www.real-estate-jamaica.com
 Cell: (876) 390-0118 | Office: (876) 364-6213



RINCON, PUERTO RICO. Perfectly located on the road above iconic Tamboo Restaurant, this nearly 4,000-sq.ft. residence provides sea, Desecheo Island, and sunset views. Walking distance to world-class surf, Sandy Beach. There are three levels. The first floor offers a 2BR/1BA apartment with a direct access yard and lap pool. The second level features include a private terrace with an outdoor tub, and the third level is a living space with birds-eye ocean views. 27KW generator on property. Price: US \$1,900,000

ISLAND WEST PROPERTIES

www.islandwestsales.com | Office: (787) 823-2323



RINCON, PUERTO RICO. Private compound at the top of one of the town's most notable hillsides sits on nearly 1 acre of gated, fenced, and manicured grounds. Five cement structures of seven units, with 9 BR/9 BA total. Every detail is in style. Cathedral ceilings. Complete kitchens. Quality tiled bathrooms. Private pool. Common areas. Almost all vantage points boast views of Aguadilla Bay. Multiple generators, well, and water reserve. Ideal for a family, business, or guest house. All guesthouse permits are in place, and the property is active on Airbnb. Price: US \$3,500,000

GREGORY FINK, Rincon Realty Sales

Gfink5@gmail.com | www.rinconrealtysales.com

Cell: (787) 823-4113



VIEQUES, PUERTO RICO. Ocean views are abundant at Wind Dancer, a two-unit, turn-key property situated at the end of a quiet hillside cul-de-sac in the residential neighborhood of Bravos de Boston. Each unique boasts its own separate floor, which provides an opportunity to live in one and rent the other. Downstairs features include 2 BR w/ensuite baths, open living space, and an outside patio and deck for entertaining. Upstairs, a wraparound deck offers sea views all around. Price: US \$857,000

BOB GEVINSKI, Paraiso Realty

BGevinski@gmail.com | www.paraisorealtypr.com | Cell: (787) 900-8909

CHRISTIE'S

INTERNATIONAL REAL ESTATE

— the Saints —

Private Islands & Infinite Possibilities



Enjoy private island ownership in the heart of the U.S. Virgin Islands, east of Puerto Rico in the Lesser Antilles. St. Thomas enjoys a modern international airport with direct flights from Atlanta, Boston, Chicago, New York, and Miami. From the FBO, a short helicopter ride or boat trip will have you at your door in minutes. With their unique location, the Virgin Islands serve as an exceptional launch pad to travel the BVI and down island all while returning home in minutes to the us flag.

One of the last privately owned islands in the U.S. Virgin Islands, Thatch Cay is comprised of 230 acres+/- of completely undeveloped land, a 5 mile+/- coastline, and panoramic ocean vistas in every direction. With significant subdivision capabilities, Thatch cay is the ideal place to explore its nearly limitless potential for development.

LP//\$25M

www.usvirealestate.com

CHRISTIE'S

INTERNATIONAL REAL ESTATE

— the Saints —

Private Islands & Infinite Possibilities



GREAT SAINT JAMES

Great Saint James, the larger of the two Jameses at 161.3 acres+/-, presents significant subdivision capabilities just 5 minutes across the bay from St. Thomas, with awe-inspiring views of the turquoise waters from Christmas Cove on the western coast to charming islets, sailboats, and seabirds in all directions.

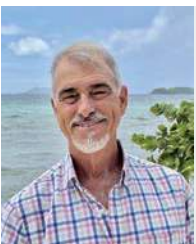
LP//\$55M



LITTLE SAINT JAMES

Marked by palm tree lined beaches and cliffs overlooking scenic panoramas, Little Saint James offers 71.6 acres+/- including a helipad, private dock, transfer facility, high capacity water filtration, 2 pools, a main compound, 4 guest villas, 3 secluded beaches, gym, tiki hut, and additional maintenance structures and viewing pavilions.

LP//\$55M



Nick Bailey
340-642-9072
Nick@USVIREalEstate.com



Margo S. Lynch
340-626-5516
Margo@USVIREalEstate.com

6



ST. THOMAS, USVI. Move into the Pinnacle, an exceptional residential condo community that overlooks the Charlotte Amalie Harbor. This 2 BR/2 BA unit, lovingly maintained by its original owners, boasts a truly stunning water view. The complex has a backup power supply, a large pool, newly resurfaced tennis courts, landscaping and grounds that are impeccably maintained, and a gated entrance with 24-hour camera surveillance. Price: US \$750,000

MARGO LYNCH, Christie's International Real Estate

margoslynch@gmail.com | www.christiesrealestate.com | Cell: (340) 626-5516

7



ST. THOMAS, USVI. Stunning views of the Charlotte Amalie harbor and Morning Star Beach from this 6 BR/6 BA property. Very well-built and maintained. The main house is walk-in level. There is a lower parking area for the apartment and the cottage. Property includes plans for a pool and deck. There's a 15.74kW solar system, four Tesla Power Walls, and a 40KW diesel generator with a 250-gallon fuel tank. Centrally located. Walking distance to nearby hotels and restaurants, a 5-minute drive to Antilles School, and a 5-minute drive to town for shopping and dining. Price: \$1,600,000

SCOTT NEWLAND, Newland Real Estate, LLC

Scott.newland01@gmail.com

vibeachfrontproperties.com | Cell: (340) 643-4147

8



ST. CROIX, USVI. Truly unique offering includes 3 water view parcels in Christiansted. These total 0.5 acres and are located immediately adjacent to the Sea Plane Terminal and Christiansted Boardwalk. Zoned R-3, which allows a multitude of uses By Right including residential, hotel, retail, and/or restaurant. Price: US \$690,000

JULIET SAN MARTIN, RE/MAX St. Croix

julie@teamsanmartin.com | www.teamsanmartin.com

Cell: (340) 690-9040 | Office: (340) 773-1048



TORTOLA, BVI. Find this one-of-a-kind sailor's dream come true! This 7 BR villa, named The Tower House, is located on Frenchman's Cay, above Soper's Hole, with a 60-ft private dock. The nearly 6,000-sq.ft. home has a 3 BR chalet adjacent to it making a perfect guest house or for hosting staff. An infinity pool, a deck steps from the sea, and a spacious verandah make for great entertainment venues. Price: US \$4,500,000

CHRIS SMITH, Coldwell Banker British Virgin Islands Real Estate | chrissmithbvi@gmail.com
www.coldwellbankerbvi.com | Cell: (284) 340-3000



SIMPSON BAY, ST. MAARTEN. Charming 3 BR/2 BA family home located by Simpson Bay Beach. All bedrooms and the kitchen are air-conditioned. Kitchen overlooks the living area and patio via 3 arches over the bar. The high-ceilinged living room has big sliding doors that open onto the front porch and garden. There's an outside jacuzzi, washroom, and storage. Price: US \$650,000

GABY AGUIRRE, Simpson Bay Real Estate
gaby@resxm.com | www.resxm.com
 Cell: (721) 526-2268




TAMARIND BAY, NEVIS. Situated on the island's West Coast above the bay's calm waters is this 2 BR/2 BA beach house and cottage. Both sit on 1.6 acres of land with 400-ft-plus of waterfront with private access to a sandy beach. A concrete staircase descends from the main house to the beach cottage and beach. The cottage, made of hardwood, is at beach level and elevated by concrete pillars. About 500 square feet the cottage has 1 BR/1 BA and a living/kitchen area. Price: US \$1,495,000

ROSIE BORG, Oualie Realty
Rosie.borg@oualierealty.com | www.oualierealty.com | Cell: (869) 661-3850

CARIBBEAN MARINAS

All At Sea's Caribbean Marinas Guide

			Maximum Draft	Maximum Length	# of Slips	Fresh Water	Electrical Supply	Cable / Satellite TV	Diesel	Gas	Shower / WC	Laundry	Provisioning Bar / Restaurant	Security	VHF Channel	Wireless Internet
Antigua	Falmouth Harbour Marina www.antigua-marina.com	268-460-6054	20'	380'	60	●	110/220/380 3 phase	●	●	●	●	●	●	●	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	●
Aruba	Varadero Caribe www.varaderoaruba.com	297-588-3850	8'	120'	75	●	50/30 amp				●		●	●	68	●
Curaçao	Curaçao Marine	5999 465 8936	13'	120'	30	●	110/220/380		●		●	●	●	●	67	FREE
Curaçao	Curaçao Yacht Club www.curaçaoyachtclub.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	●
D.R.	Marina Zar Par	809-523-5858	12'	120'	110	●	110/220, 308	●	●	●	●	●	●	●	5	FREE
D.R.	Ocean World Marina	809-970-3373	12' +	250'	104	●	110/220	●	●	●	●	●	●	●	16/68	●
Grand Cayman	Barcadere Marina	345-949-3743	8'	150'	83	●	30, 50, 100 & 200 amp single phase; 100 & 200 amp 3 phase; 60hz		●	●	●		●	●	16	FREE
Grenada	Clarks Court Boatyard & Marina	473-439-3939	11'	150'	20	●	110/220; 50hrz				●	●	●	●	68	FREE
Grenada	Grenada Marine	473-443-1667	15'	70'	4	●	110/220		●		●	●		●	16	FREE
Grenada	Le Phare Bleu Marina	473-444-2400	15'	120'	60	●	110/220/480		●	●	●	●	●	●	16	FREE
Grenada	Port Louis Marina	473-435-7431	14.76'	90m	170	●	110/208/220/230/240/ 400/480/630V	●			●	●	●	●	14	FREE
Grenada	Whisper Cove Marina www.whispercovemarina.com	473-444-5296	15'	100'	18	●	110/220, 50hrz				●	●	●	●	68	●
Guadeloupe	Marina Bas-du-Fort	590 590 936 620	15.5'	210'	1,100	●	110/220/380		●	●	●	●	●	●	9	FREE
Jamaica	Errol Flynn Marina & Shipyard	876-715-6044	32'	600'	33	●	110/220/480 1&3PH 50/60HZ	Cable	●	●	●	●	●	●	16/9	FREE
Panama	Bocas Marina www.bocasmarina.com	507-757-9800	20'	150'	83	●	110 -220v		●		●	●	●	●	68	FREE
Panama	Red Frog Beach Marina redfrogbeach.com an  IGY destination™	+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	●
Panama	Shelter Bay Marina	507-433-3581	20'	320'	192	●	60 HZ, 120/240V 50-Amp, 100 Amp Single Phase, 208V	●	●	●	●	●	●	●	74	●
Puerto Rico	Club Nautico de San Juan	787-722-0177	31'	250'	121	●	110 volts / 220 / 480 for megayachts		●	●	●	●		●	16/10 68	●
Puerto Rico	Marina de Salinas	787-824-3185	10'	65'	103	●	120/220V, 30/50 amp		●	●	●	●	●	●	16	●
Puerto Rico	Marina Pescaderia www.marinapescaderia.com	787-717-3638	8'	115'	99	●	30, 50, and 100 amp		●	●	●	●	●	●	16	FREE
Puerto Rico	Ponce Yacht & Fishing Club	787-842-9003	20'	150'	169	●	110/220V, 30A, 50A and 100A		●	●	●	●		●	68	FREE
Puerto Rico	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, BVI	Scrub Island Resort, Spa & Marina www.scrubisland.com	(284) 394-3440	30'	160'	55	●	30, 50 & 100 amp				●	●	●	●	74	●

			Maximum Draft	Maximum Length	# of Slips	Fresh Water	Electrical Supply	Cable / Satellite TV	Diesel	Gas	Shower / WC	Laundry	Provisioning	Bar / Restaurant	Security	VHF Channel	Wireless Internet
St. Croix	Green Cay Marina at Tamarind Reef Resort	340-718-1453	8'	100'	154	●	110/220V - 30A, 50A, 200A	●	●	●	●	●	●	●	●	16	FREE
St. Croix	St. Croix Marine	340-773-0289	11'	150'	44	●	110/220	●	●	●	●	●	●	●	●	16/18	
St. Lucia	Rodney Bay Marina www.igy-rodneybay.com 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 an IGY destination™	721-544-2309	13'	196'	114	●	480V 3-phase 100 amps/leg; 220V 3-phase 100 amps/leg; 220V 50 amps; 110V 30 amps 60hz	●	●	●	●	●	●	●	●	16/79A	FREE
St. Maarten	The Yacht Club at Isle de Sol www.igy-isledesol.com 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 an IGY destination™	340-775-6454	10'	110'	134	●	120/208Y/240 VAC 30 to 100 amps, 60 Hz	Cable	●	●	●	●	●	●	●	16/6	FREE
St. Thomas	Crown Bay Marina www.crownbay.com	340-774-2255	24'	200'	99	●	30, 50, 100amp 120v, 208v, 220v, 480v	Cable	●	●	●	●	●	●	●	11	FREE
St. Thomas	Yacht Haven Grande www.igy-yachthaven-grande.com an IGY destination™	340-774-9500	18'	656'	48	●	120/208Y/240/480Y VAC 50 to 600 amps, 60 Hz Ability to hard wire	Cable	●	●	●	●	●	●	●	16/10	FREE
Tortola, BVI	Nanny Cay Marina	284-494-2512	12'	125'	200	●	110/220		●	●	●	●	●	●	●	16	●
Tortola, BVI	Soper's Hole	284-495-4589	25'	170'	50	●	110/240	Cable	●	●	●	●	●	●	●	16	Cafe
Tortola, BVI	Village Cay Marina	284-494-2771	12'	200'	106	●	110/220/308	Cable	●	●	●	●	●	●	●	16/71	FREE
Trinidad	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 IGY destination™	+52 624 173 9140	26'	350'	380	●	110V 30 amps; 220V 50 amps; 100 amp 3-phase, 480V 150 3-phase		●	●	●	●	●	●	●	88A	FREE
NY Harbor - Manhattan	North Cove Marina at Brookfield Place www.igy-northcove.com an IGY destination™	917-677-7680	16'	175'	18	●	110V, 220V; 480V 3-phase				●	●	●	●	●	69	FREE

ASK ABOUT ADDING YOUR MARINA TO THE ALL AT SEA MARINA GUIDE **CONTACT ADVERTISING@ALLATSEA.NET**

CARIBBEAN BOATYARDS




All At Sea's Caribbean Boatyards Guide

		Latitude	Longitude	Phone Number	Maximum Draft	Maximum Length	Maximum Beam	Maximum Air Draft	Power Supply	Arrival Hours	Lift 1 Type / Capacity (Tons)	DIY Friendly	Electronic Shop	Carpentry Shop	Electrical Shop	Prop Shop	Paint Shop	Onsite Crew Facilities
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	•	•	•	•	•	•	•
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	Clarks Court Boatyard & 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	•	•	•	•	•	•	•
Panama	Bocas Yacht Services	09° 17.3' N	082° 23.06 W	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	•	•	•	•	•	•	•
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	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	8-4:30, Mon-Sat	40	•	•	•	•	•	•	•
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	•	•	•	•	•	•	•

ASK ABOUT ADDING YOUR BOATYARD TO THE ALL AT SEA BOATYARD GUIDE **CONTACT ADVERTISING@ALLATSEA.NET**

SOUTHEAST U.S. MARINAS

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

All At Sea's Southeast U.S. Marinas Guide																				
			Maximum Draft	Maximum Length	# of Slips	Fresh Water	Electrical Supply	Cable / Satellite TV	Diesel	Gas	Shower / WC	Laundry	Provisioning	Bar / Restaurant	Security	VHF Channel	Wireless Internet			
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

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

					Maximum Draft	Maximum Length	Maximum Beam	Maximum Air Draft	Power	Arrival Hours	Lift Type/ Capacity	DIY Friendly	Electronic Shop	Carpentry Shop	Electrical Shop	Prop Shop	Paint Shop	Onsite Crew Facility
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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STEVE VARROW takes the natural progression to a professional yacht broker after spending the last 17 years in the Caribbean as a well known Charter skipper and RYA Instructor. His experience sailing, running and managing crewed yachts has given him a unique insight into the industry, he holds an RYA 200T Ocean license and is an RYA Instructor. He has 5 transatlantic catamaran deliveries as skipper and numerous European, Caribbean and East coast USA trips on his extensive sailing resume including 100,000+ miles of blue water experience, he has a deep technical understanding of all yacht mechanical, hydraulic, electrical and electronic systems and specializes in helping clients navigate through the path to become a yacht owner and owner operator in the charter yacht industry. **He is based between the London and the Caribbean and can be contacted by email Steve@virginislandsyachtbroker.com or phone +1 786 246 0809**



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. **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**



GLEN HURD is a Canadian born, American expat who has been based out of the Virgin Islands as a professional USCG Master Captain for 25 years, and calls his world circumnavigating sailing yacht home. Extensive charter yacht management, design, refitting, and outfitting has developed exceptional insight and skill set with intimate knowledge of all boats systems, on a broad range of vessels from power to sail, including most major brands of catamarans from Lagoon, Leopard, Fountaine Pajot, Voyage, to Sunreef's. His diversity ensures an ability to understand and identify particular features and attributes that meet client's individualistic needs and desires. **He is based between the US Virgin Islands office and the Mediterranean, and may be contacted directly: glen@virginislandsyachtbroker.com or phone +1 340 474 1759**

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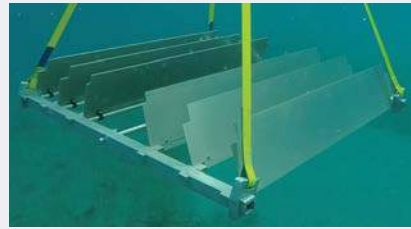
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AC Cool Boat82	Crown Bay Marina39	KTI Systems, Inc.....23	Seagull Inflatables.....55
Aero Tec Laboratories82	Dometic - Parts & Power.....80	Lifeline Batteries, Inc45	SeaHawk Paints.....13
American Yacht Harbor38	Dominica Marine Center57	Marigot Bay Yacht Haven15	Sea Lake Yachts LLC.....70
Antilles Power.....C2, 1	Doyle Sails.....4-5	Marine Warehouse35	Shelter Bay Marina Boatyard...44, 81
Atlas Yacht Sales & Charters71	Edward William29	Northern Lights.....79	Spice Island Marine Services31
ATN Inc.76, 78	Electec10	North Latitude Marina..... C3	St. Croix Marine53
Ben's Yacht Services45	Fajardo Canvas & Sail78	Offshore Marine19	St. Maarten Sails & Canvas NV.....83
Bocas Marina & Yacht Services.....80	Falmouth Harbour Marina29	Offshore Passage Opportunities...78	St. Vincent Marine Center.....57
Budget Marine.....11, C4	Flopstopper76	Offshore Risk Management.....49, 53	Strike Marine.....78
BVI Yacht Sales.....58-59	Gold Coast Yachts70	Outland Hatch Covers53	Subbase Drydock, Inc21
Caribbean Inflatable Boats	Golden Hind Chandlery55	Peake Yacht Services41	Trinidad & Tobago.....7
& Liferfts79	Grenada Marine6	Port Louis Marina42	TurtlePac82
Caribbean Marine Surveyors Ltd ..57	Horizon Yachts.....77	PropGlide.....27	Ullman Sails83
Caribbean Multihull Challenge76	Hydrovane.....80	Quantum Sails83	Ultra Yacht Refit.....55
Caribe Marine17	Independent Boatyard & Marina..40	R&B Power.....2-3	Varadero Marina
Carpet Care.....55	Intracoastal Yacht Sales.....73	Ram Turbos Inc.....76	& Boatyard Aruba.....49
Christie's International	Island Marine, Inc.....49	River Supply80	Virgin Gorda Yacht Harbour83
Real Estate60-61	Island Marine Outfitters29	Roodberg27	Virgin Islands Yacht Brokers.....68-69
Compass Point Marina40	Island Surf & Sail51	Sailrite.....75	Visar72
Connections82	Island Water World.....9	Sam's Taxi & Tours Ltd35	V-Kool51

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Employment

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CARIBBEAN COOKING

BY CAP'N JAN ROBINSON

A New Year and a positive mindset! Did you make any New Year resolutions? Were any of them to do with wellness? As you know, you are what you eat! Think of your favorite foods and make them healthier.

VEGETABLE PAELLA

Prep time: 10 minutes. Cooking time: 30 minutes. Serves: 2-4

2 Tbsp. olive oil	2 cups vegetable stock
1 medium onion, chopped	1 bay leaf
2 carrots, chopped small	Generous pinch of saffron, then crushed with your finger tips
1 cup small green peas	1 tsp. dried thyme
½ cup corn, optional	Sea Salt and freshly ground black pepper, to taste
1/2 green pepper, seeded and chopped	Crushed red pepper flakes
½ red bell pepper seeded and chopped	¼ cup chopped fresh parsley
2 cloves garlic, minced	
1 cup uncooked arborio rice or basmati or brown rice	

In a large skillet over medium heat, heat the olive oil, add the onion and cook for a couple of minutes. Add the carrots, peas, corn, bell peppers and garlic. Lower the heat to medium-low and cook for about 10 minutes.

Rinse the rice and put it in a separate pot. Add the vegetable stock and bring to a boil. Once boiling, add the bay leaf and saffron. Transfer vegetables (in skillet) into pot and stir in thyme, salt, pepper, and crushed red pepper flakes. Give another good stir, then lower heat to very low and cover the pot with tight fitting lid. After 20 minutes, remove from heat. Let sit a few minutes before removing the pot lid. All vegetable stock should be absorbed; fluff with a fork and serve

CAST-IRON BLACK BEAN LOAF

Prep time: 10 minutes. Cooking time: 1 hour 10 minutes. Serves: 2-4

2 Tbsp. grapeseed or olive oil	1 Tbsp. arrowroot starch or cornstarch
1 medium onion, chopped	1 (15 oz) can black beans, drained and rinsed
2 cloves garlic, minced	
1 carrot, chopped	
1 stalk celery, chopped	
2 Tbsp. tamari	SAUCE:
2 Tbsp. tomato paste	1/3 cup ketchup
½ tsp. dried thyme	2 Tbsp. pure maple syrup or agave nectar
1 cup cooked quinoa	



Preheat the oven to 350°F. Heat the oil in a cast-iron pan over medium heat and add the onion. Cook, stirring for 5 minutes. Add the rest of the ingredients, except the sauce ingredients, and cook stirring for another minute or so. Transfer to the oven and bake for 30 minutes. Mix together the sauce ingredients in a small bowl and spread over the black bean loaf. Bake another 30 minutes.

SWEET POTATO & GREEN LENTIL SOUP

Prep time: 10 minutes. Cooking time: 30 minutes. Serves: 2

2 Tbsp. olive oil	¾ cup dried green lentils
1 medium onion, diced	5 cups vegetable stock or water
3 cloves garlic, minced	1 bay leaf
1 tsp. ground cumin	3 cups sliced or torn kale, small pieces
1 tsp. sweet curry powder	¼ cup coconut cream
1 tsp. freshly ground black pepper	¼ cup nutritional yeast
¼ tsp. cayenne pepper	1 tsp. grated fresh ginger
1 large sweet potato, peeled and diced	Sea salt

Heat the olive oil in a pot over medium heat. Add the onion and garlic and cook, stirring, about 3 minutes, then add the spices and cook for 3 more minutes. Rinse the lentils. Add the lentils and sweet potato to the pan and stir a few times, then add the vegetable stock and bay leaf. Bring to a boil and lower the heat to low. Simmer with the lid on, for about 20 minutes or until the lentils are softened. Add the rest of the ingredients, adding salt to taste and cook, stirring for 5 minutes more. Serve hot. 🍴

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 or email CaptJan2@gmail.com

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