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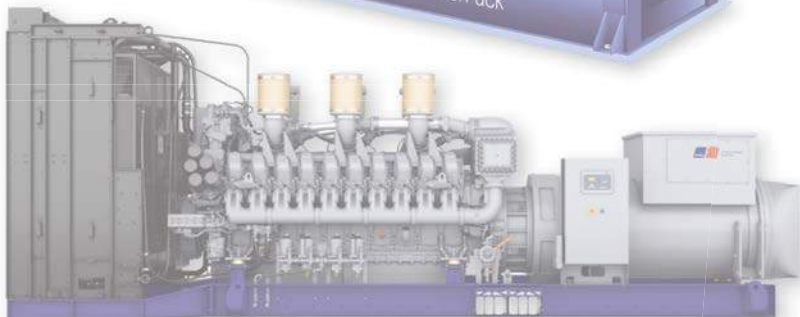
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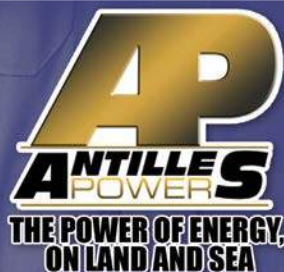
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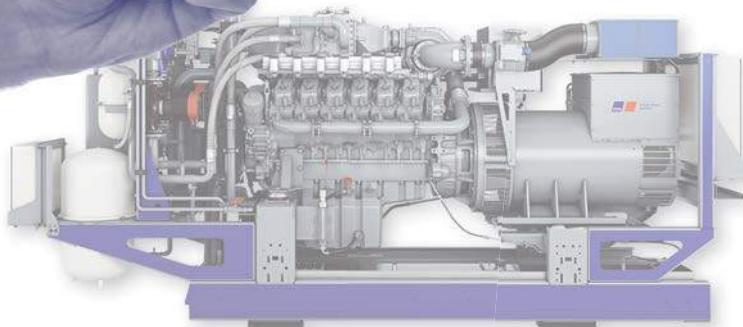


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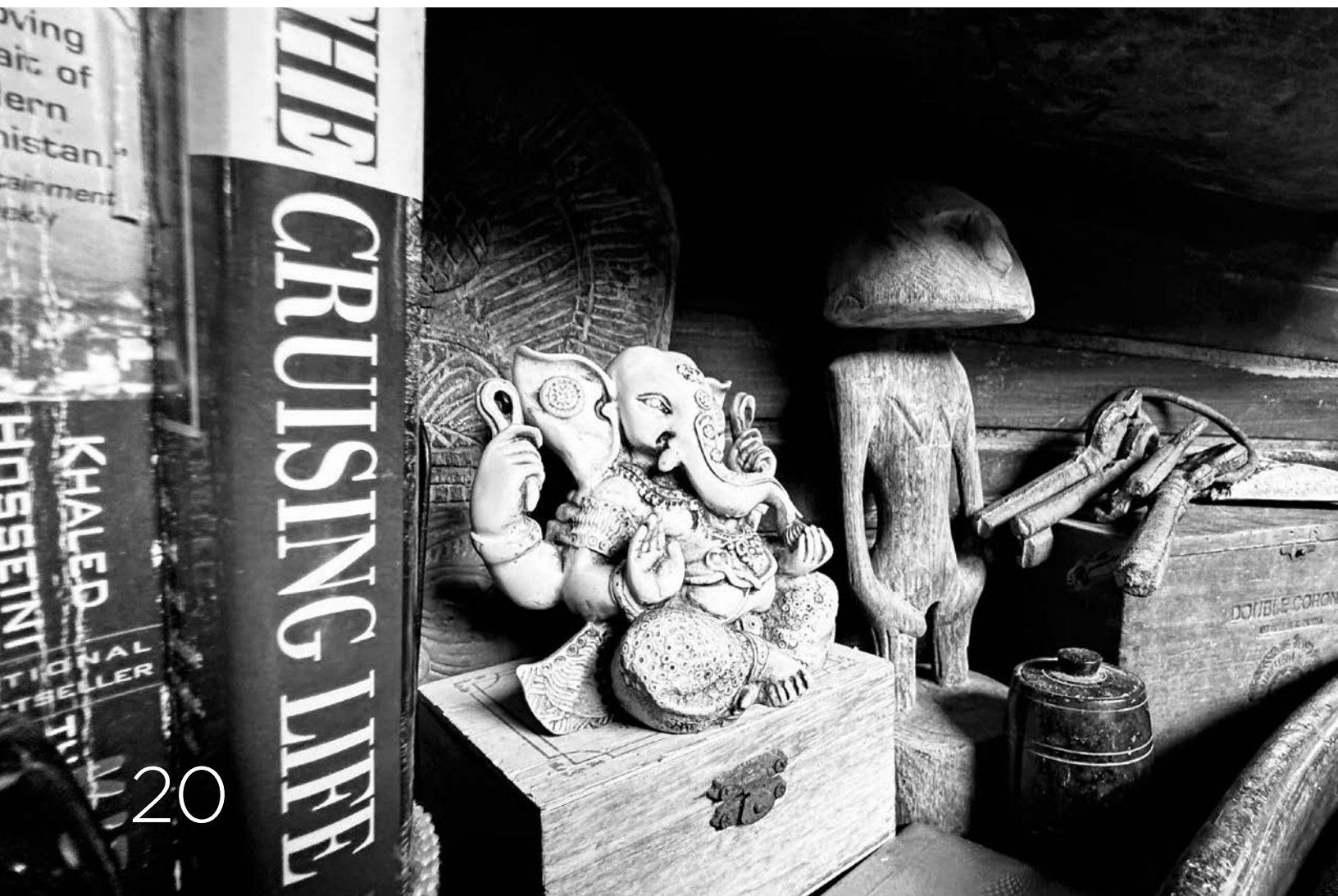
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ON THE COVER: Lisa Roland at the helm in her professional charter captain role. *Courtesy Team Ocean Grown*





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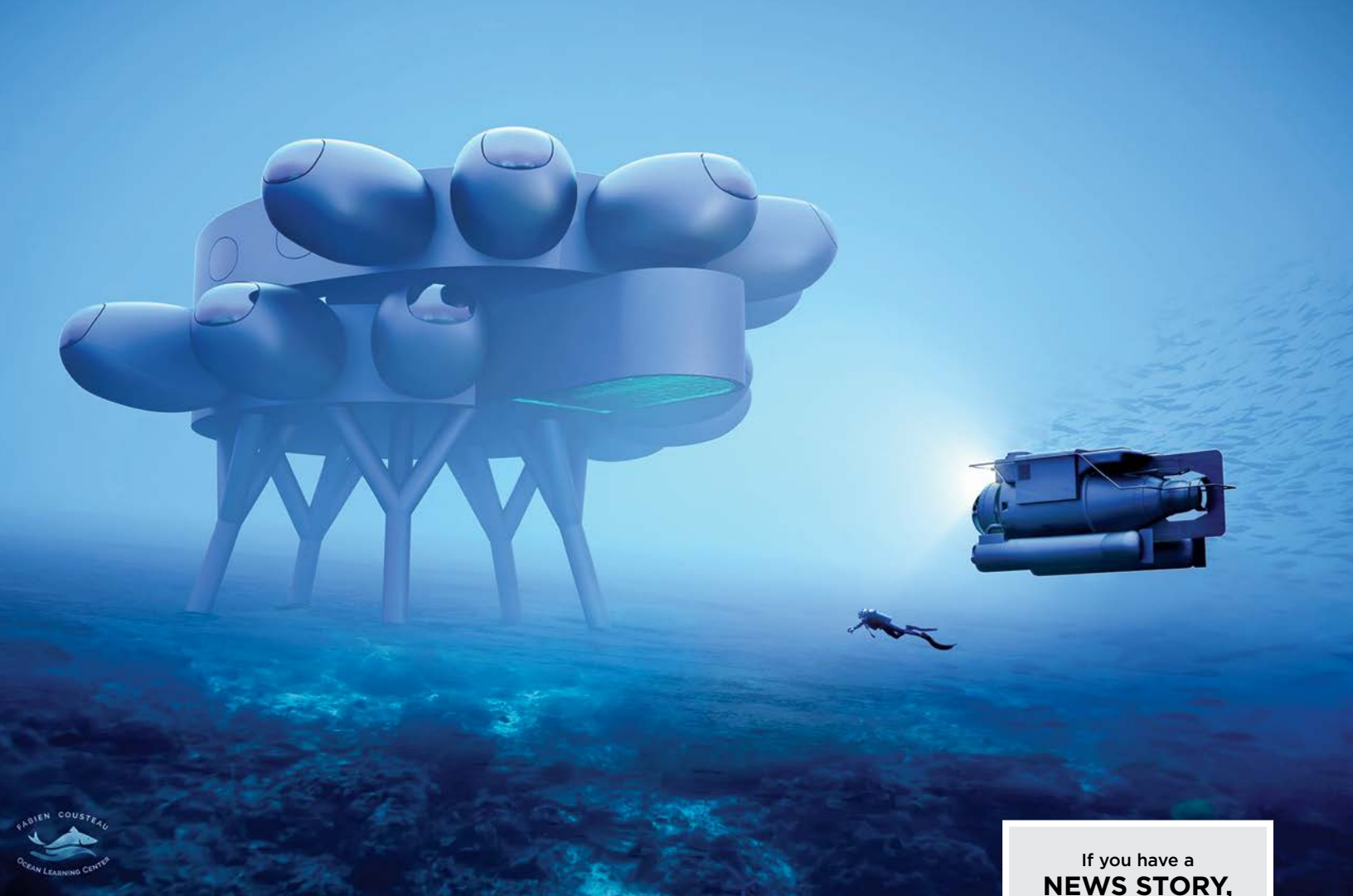
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Caribbean News

UNDERWATER SPACE STATION OF THE OCEAN TO BE BUILT OFF CURACAO

What's being called the equivalent of the international space station but built 60 feet under the sea will become a reality in the Caribbean by 2026. The National Oceanic and Atmospheric Administration (NOAA) and the Proteus Ocean Group signed an agreement in May to do just this off Curacao. This underwater state-of-the-art modular underwater habitat, observatory, and research platform, aptly named Proteus, will be a place where scientists and global customers can study marine life, the effects of climate change, and more. The project, featuring the world's most advanced underwater station of its kind, was founded by Fabien Cousteau, grandson of the late ocean exploration pioneer, Jacques Cousteau.

"On Proteus will have unbridled access to the ocean 24/7, making possible long-term studies with continuous human observation and experimentation. With NOAA's collaboration, the discoveries we can make — concerning climate refugia, super corals, life-saving drugs, microenvironmental

data tied to climate events, and many others — will be truly groundbreaking. We look forward to sharing those stories with the world," said Cousteau, founder, and chief oceanic explorer of the Proteus Ocean Group.

The nearly 4,000-square-foot Proteus will be built off Fuik, off the southeast coast of Curacao. The Netherlands Antilles island is the favored site for Proteus because of its accessible coral reefs and rich biodiverse marine ecosystems. www.proteusoceangroup.com

THE MOORINGS PARTNERS WITH US SAILING

Cruising or racing, The Moorings supports every aspect of sailing. Now, the Clearwater, Florida, USA-headquartered premier yacht charter company, has partnered with the United State Sailing Association (US Sailing), the Bristol, Rhode Island-based national governing body of sailing, to make it easier to help everyone discover the world through sail. Spe-

cifically, The Moorings will offer US Sailing members discounted rates on charters. An additional discount will be available to US Sailing Keelboat schools and students. Lastly, US Sailing will offer sailing community members four opportunities in the coming year to win a charter of their own.

"The Moorings is thrilled to partner with US Sailing and amplify our efforts to grow sailing in the United States," says Ian Pedersen, The Moorings' senior marketing manager. "Through this partnership, we hope to welcome new audiences into the sailing community while working to strengthen the skills and confidence of existing sailors throughout the US, making charter vacations worldwide more accessible than ever. US Sailing is the ideal partner on this worthwhile mission."

The Moorings offers 400-plus yachts in over 20 global destinations, including Antigua, the British Virgin Islands, Grenada, Martinique, St. Lucia, St. Martin, and St. Thomas. www.moorings.com, www.ussailing.org



ANGUILLA JOINS THE UK'S BLUE BELT MARINE CONSERVATION PROGRAM

When a former UK Prime Minister tweets about it, the news must be big. In February, the Government of Anguilla officially became a member of the United Kingdom's Ocean Conservation Program Blue Belt initiative. The Blue Belt initiative supports UK Overseas Territories with the protection and sustainable management of their marine environments. The program especially targets some of the greatest challenges facing the world's oceans today, namely coastal management, biodiversity loss, and plastic pollution. Anguilla's participation in this initiative will help to manage the island's coastal and marine resources to spur economic growth, all while adapting to the effects of climate change.

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Hon. Quincia Gumbs-Marie, minister of sustainability, innovation and the environment, with Lord Goldsmith, the U.K. Minister for the overseas territories

CREDIT ANGUILLA TOURIST BOARD

"We recognize that our most prized assets are our spectacular beaches and turquoise waters. Through the Blue Belt Initiative, we will ensure that they are preserved and promoted so that future generations of both Anguillans and our boating visitors will continue to experience and enjoy them," says Stacey Liburd, director of the Anguilla Tourist Board.

Now with Anguilla onboard, along with nine other UK Overseas Territories including the Turks & Caicos, David Cameron highlighted in his tweet that the Blue Belt initiative now protects 4.5 million square km of ocean. www.gov.uk/guidance/the-blue-belt-programme

SABA & STATIA MOVE TO SAVE CORAL REEFS

The major new environmental project has a long name: Healthy and Resilient Marine and Coastal Ecosystems Through Reforestation of St Eustatius and Saba. The goal though is short

and to the point. That is, to save the coral reefs surrounding these two Netherlands Antilles islands. The plan is to reduce erosion and safeguard the near-shore coral reef ecosystems by reforesting areas stripped bare of vegetation due to land erosion caused by heavy rainfall. This reforestation will in turn slow and redirect water into below-ground aquifers in the denuded areas. It will also restrict the release of sediment onto surrounding coral reefs.

"This will improve the ecosystem services, biodiversity, and economic resilience of Statia and Saba," says Anthony Reid, Statia's director of economy, nature, and infrastructure (ENI).

The over US \$700,000 project is funded by the European Union, through its 11th European Development Fund program, an aid package for African, Caribbean, and Pacific

Successful Season for Grenada's Port Louis Marina

Grenada was named 'Yachting Destination of the Year' for 2023 by Caribbean Journal (CJ), the world's largest website covering the region's travel and trade news. A big reason why is that several nautical events that hosted during the season at Camper Nicholson's Port Louis Marina in St. Georges. These included the ARC+ (Atlantic Rally for Cruisers), RORC Transatlantic Race, Viking Explorers Rally, the Globe 40 Round the World Race, The Oyster World Rally, and Grenada Sailing Week. What's more, several superyachts enjoyed a season from Port Louis Marina, with many notable charter yachts such as the 206-foot *Feadship, Lady Britt*; 257-foot motor yacht, *Eminence*; and 304-foot sailing yacht, *EOS*, also visiting the marina with guests onboard too.

"We have seen a huge increase in berth bookings including annual, seasonal, cruisers, catamarans, and superyacht inquiries. It has been a fantastic season, and great to see the marina so full," says Zara Tremlett, CMM, marina manager.

Now the season is calming down, and the global yachting focus moves to the Mediterranean, Tremlett adds that the team at Port Louis Marina is looking forward to taking great care of its annual yachts berthed at the marina. Updating some of the property's facilities is also on the to-do list, as is growing as a marina with some landside developments happening and set to be finished later this year.

Looking ahead, the arrival of the highly anticipated ARC+ yachts will arrive in December, followed by the 10th Anniversary of the RORC Transat, hotly chased by the Pure Grenada Sailing Week 2024 and the Viking Explorers Rally thereafter. The World ARC will return to finish the season in March 2024. cnmarinas.com/marinas/port-louis-marina



PHOTOS BY ARTHUR DANIEL

COURTESY ST EUSTATIUS TOURISM



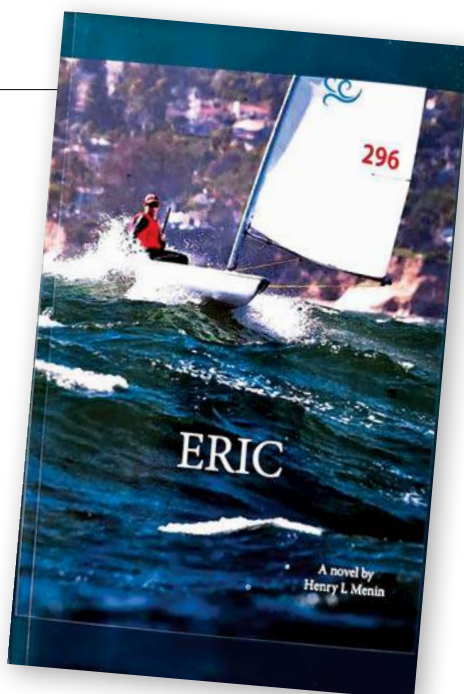
St Eustatius - Coral Reefs

countries and overseas countries and territories (OCTs). The Dutch Caribbean islands' undertaking falls under the Resilience, Sustainable Energy and Marine Biodiversity Program, a 69-month endeavor that began in 2019 to support the sustainable human development efforts of the 12 Caribbean OCTs, namely: Anguilla, the British Virgin Islands, the Cayman Islands, Montserrat, the Turks and Caicos Islands, Aruba, Bonaire, Curaçao, Saba, Statia, St. Maarten, and St. Barths. www.statiagovernment.com

FORMER ST. THOMAS SAILOR PENS SAILING NOVEL TITLED *ERIC*

Many in the world of sailing, both in the Caribbean and far beyond, know Henry Menin. Menin, who with his wife Fredelle, called St. Thomas, U.S. Virgin Islands, home for nearly forty years. He moved from club racing and winning a Rolex watch on his J/29, Magnum VI in the St. Thomas Yacht Club's now named St. Thomas International Regatta and founding the Club's International Optimist Regatta to becoming an internationally acclaimed umpire officiating at events like the America's

Cup and chairing the World Sailing Match Racing Committee. But, when the pandemic struck and Henin was stuck in his Pennsylvania condo, he picked up where he first started back in 1972 and penned his 529-page novel, *Eric*. It's the fictional story of a young man coming of age a half-century ago and moving from no sailing experience to the pinnacle of the sport. *Eric* is a fantastic, entertaining, and inspiring read for anyone with a love of sailboat racing through their veins.



"For me, this book is mostly about relationships and how a kid finds his way out of his traditional background through sailing, how he fits in this new world that he discovers, and how he develops from childhood through to manhood. Sailing is the vehicle that sustains the various stories and connects them," says Menin. "I think sailors will find the learning and training processes of this kid to be thoughtful and possibly reminiscent of their own experiences."

Eric is available for sale on Amazon Books. www.amazon





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Optimist North American Championships

CREDIT: MATIAS CAPIZZANO

If you have any
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July 2023 Events

JULY 2-9 | Optimist North American Championships.

Over 130 sailors from 9-plus nations will race out of the Antigua Yacht Club, with support from the Nelson's Dockyard National Park and English Harbour community for this continental contest. This marks the third time Antigua has hosted the OptiNams, following successful back-to-back events in 2015 and 2016. "We are delighted to be hosting the IODA

OptiNams again in July 2023', says Karl James, MBE, two-time Olympian, president of the Antigua & Barbuda Sailing Association, and sailing manager at the Antigua Yacht Club. "It is not only a fantastic opportunity for our young sailors to compete in home waters, but also a chance for Antigua to show off our island and the spectacular sailing it can offer." 2023northamericans.optiworld.org

JULY 1 | Firecracker 500.

The BVI's West End Yacht Club (WEYC) hosts this one-day regatta, which features a figure eight course around the Thatch islands off Soper's Hole and out to Sandy Cay and back. Last year, after robust weather from a tropical depression forced a day's delay, it was Libertas, Chesney Coswell's Beneteau First 40 in first, followed in second by Ted Reshetiloff's Taswell 49, Happiness, and in third Niall Brooks' Beneteau 40, Full Montsea. What didn't get rescheduled was the signature chili cookoff ashore. "We've already had a lot of enthusiasm for the shoreside Chili Cook-Off this year," says Peter Clatworthy, the WEYC's commodore. www.westendyachtclubbvi.com



COURTESY WEST END YACHT CLUB

JULY 16 | Bastille Day Kingfish Tournament.

One fish, ideally a winning whopper, has put St. Thomas, U.S. Virgin Islands on the global map for the best Bastille Day celebrations as named by National Geographic magazine and online travel advisor Hotwire.com. Closer to home, this family-friendly event brings together the local community and visitors too, all hoping to win cash, gifts, and trophies in one of the dozen prize categories including the four Largest Kingfish, plus Best Boat, Best Captain, Best Male, Best Female, Best Junior Male, Best Junior Female, and Largest Barracuda, Bonito, and Mackerel. The Captain's Meeting and Registration takes place on Friday, July 14, starting at 7:30 p.m. at Hull Bay Hideaway. Fishing starts Sunday, July 16, with lines in at 5:30 a.m. and ends at Noon, sharp, when the Weigh-In and the beachside party begins, with the Awards Ceremony afterward. www.facebook.com/Northside-Sportfishing-Club



CREDIT DEAN BARNES

JULY 22 | Xmas in July.

Ho Ho Ho turns into a Yo Ho Ho when some 500 boats and ten times the number of nautical partygoers raft up in Pond Bay, Virgin Gorda, BVI. Hosted by Wally Castro Marine, Marcos Rivera, and the BVI Tourist Board, this beachfront fete brings together the boating community from Puerto Rico, affectionately called the Puerto Rican Navy, the local community, and BVI visitors to eat, drink and be merry with plenty of live music at this mid-summer celebration. "For this 11th edition, people can expect the integration of technology with a renovated stage, as well as good music, bands, and artists of high recognition that will get everyone dancing. We will have new areas to leave dinghies as well as a better marked safe area for swimmers," says Lurriel Laboy, a representative of the BVI Tourist Board in Puerto Rico.

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Xmas in July

CREDIT MAR JAVIER TO



JULY 20-23 & JULY 27-30 | Bimini Boating Flings.

Follow the leader and cruise caravan-style 60 nautical miles by boat from South Florida, across the Gulf Stream, to Bimini in the Bahamas. The Bahamas Ministry of Tourism & Aviation sponsors these weekend flotillas which have plenty of unstructured time to fish, swim, snorkel, sight-see, or just relax on the beach. The Captain's Meeting is held on Wednesdays, and the Flings depart on Thursdays from the Bahia Mar Yachting Center in Fort Lauderdale en route to Bimini and return on Sundays. Accommodation for the group is at The Bimini Big Game Club Marina, a 51-room hotel and 75-slip marina, which is one of the most popular in the region for boating, yachting, and fishing. There is a 30-boat limit for each Fling and dock space is on a first-come first-served basis. The minimum boat length is 22 feet LOA for the Flings. All vessels must have a valid cruising permit obtained through the initial clearance and entry process. There is a \$75.00 non-refundable registration fee per boat, per Fling. www.bahamas.com/experiences/bimini-boating-fling

COURTESY THE BAHAMAS MINISTRY OF TOURISM AND AVIATION



People can participate in two ways. One is to arrive by boat and the other is to walk to the beach via the path that connects the main road to the sands. In addition to the festivities, Xmas in July gives back to non-profit organizations and environmental conservation through various initiatives. www.bviturism.com/events/xmas-in-july-23

Tour de Yoles winner



CREDIT M. SAMBI

JULY 30-AUGUST 6 | Tour des Yoles.

Set sail or spectate at this iconic nautical competition, one of the biggest in Martinique, that leapfrogs from bay to bay to circumnavigate the island in a week. The focal point is the boat: the yole. These 36-foot-long wood-built vessels have a canoe-like hull, mast made of wood from a single tree trunk, and colorful sails. Crews of 7- to 14-man these sailboats in often big seas. In 2020, UNESCO officially included the yole in its Intangible Cultural History List. This year, the fleet will leave on Monday, July 31 from Fort-de-France, with stops and big beachside parties at Le Diamant, Riviere-Pilote, Le Vauclin, Le Francois, Trinite, Saint Pierre, before returning to Fort-de-France. tourdesyolesofficiel.com

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CRUISING | BY CAP'N FATTY GOODLANDER

Everything I do is a reflection of my personality—for better or worse. And everything I observe is an opportunity to learn, question, and more fully understand my immediate environment. I especially enjoy visiting the homes of friends. First, I peruse the book shelves—well, back when books were commonly found in the wild. My favorite shelves were a chaotic mix of fiction and non; of literature and smut; of the lowest and the highest of brow.

I could instantly tell if the books were on the shelves because they'd been read and cherished—or were placed there merely as visual props.

Nothing is vapid or sadder than a book intended to be displayed rather than read.

Next, I look at the art.

Art is a direct window into the soul—the owner is straight-up showing you what he wants to see.

Bathrooms, of course, are an open book on human sexuality. The more perfumed and flowery a toilet area, the more uptight the homeowner is of sex. Couple that with a neatly trimmed lawn and a just-washed/waxed car and I'll show you a prude. Doubt me? Just visit Japan—but before you do, take a six-week course in how to electro-operate one of their my-poop-don't-stink toilets.

Of course, the kitchen/galley area is the heart of any happy home. Nothing nurtures love like a good meal compassionately served and gratefully consumed. Laughter and joy are the two tastiest ingredients of any dish. The walls of a good kitchen are always burnished by smiles, by giggles, by sighs of deep satisfaction.



Note my books on the lower left...
and the marlin spike far right.

Except, it is sad to say, when it comes to a boat. A distressing number of liveboard vessels offer not-a-clue to those folks who inhabit them. Strange!

It is as if the boats somehow intimidate their owners from revealing who they really are.

In St. Croix I went aboard a liveboard boat that 'hadn't been touched' in ten years of inhabitation because it 'might lower the resale value.'

Okay. I get it. You're telling the world a great truth—that you aren't important even to yourself, but your money is.

Huh?

Once I attended the launching of a wonderful couple's dream boat—a 36-foot Kenner ketch in New Orleans at Young's Boat Yard in West End. They'd both worked as long-haul truckers for over ten long hard years to afford her. They were both very personable and a hundred friends were there to help them celebrate the splash.



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As the graceful ketch floated and the slings relaxed, the skipper jumped aboard with a can opener in his hand, put a large scratch in the cockpit sole, and said, amid loud, Big Easy cheers, 'now that that's taken care of, welcome aboard!'

Yep, my kind of sailor.

When I sold my Hughes 38 *Wild Card* after two circumnavigations and 23 years, the new owner negotiated with me to leave as much of the 'art' on the bulkheads as I could.

Ganesh, my current 43-foot Wauquiez ketch, had a factory-fresh interior when I purchased her—and I defaced it ASAP. The last thing I want to do is live in a generic, soulless hotel room—ashore or afloat!

Does this hurt the resale value of a vessel? Perhaps. It might. Or perhaps the potential buyers might realize how much fun the current owners have had aboard... and want to duplicate such an exotic lifestyle.

Isn't a cruising boat the ultimate Movable Feast?

One item I always have aboard is an illuminated, fully-rotating globe which often has the voyages of the schooner *Elizabeth*, the double-ender *Corina*, the ketch *Carlotta*, the sloop *Wild Card*, and the ketch-with-the-Solent-jibs *Ganesh* drawn in. (I don't put deliveries or ocean passages I've had on other boats—or the Atlantic, Caribbean, and Pacific would be spider-webbed!)

Of course, pics of our wonderful daughter and our grand kids are on our 'bulkhead of family fame.'

But our most cherished 'artifacts' are cheap items we've retained during our voyages that capture our joy at meeting someone new or being in some special place. Yes, the Bay of Penises in Fatu Hiva is the most beautiful harbor in the world. Sure, the lagoon of Bora Bora will take your breath away. And, of course, Chagos answers every Robinson Crusoe fantasy any sailor has ever had... so why not bring away some small item to forever refresh our happy remembrance? After all, isn't the word souvenir from the French, meaning memory?

Now, my wife and I think nothing of driving nails, screwing



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screws, and drilling the holes for bolts in our bulkheads to hold our artifacts—but not everyone is so bold. Fine. Different strokes for different folks.

Thus, we use white glue and/or a glue gun to prevent small and delicate items from sliding around in the seaway.

To attach a flattish item to a bulkhead, we carefully pound three or four brass brads into its back. Then we snip off the heads of these brads. Then we put the artifact in its chosen place on the bulkhead—and strike it hard with the heel of our palm. Next, we drill tiny little holes at the marks. This keeps the item in place and even allows it to be removed for varnishing. If we decide to remove the item sometime in the future, we fill the tiny holes with almost anything (wax, stain, glue, sawdust, etc.)

I've done this dozens of times on numerous boats and the tiny holes virtually disappear (if the area isn't in the sun and the artifact fades the varnish).

Of course, double-sided tape works well—especially the 'no



marks' kind that have stretchable webbing embedded in the glue surface that allows the attachment to be broken one tiny cell at a time.

Getting our vessel underway quickly is important to me—as is surviving huge wakes while at anchor. However, that doesn't mean that everything in my boat has to be through-bolted in case of an imminent pitch-poling or 360-degree roll.

When we go for a hard sail, I have to move five items into nearby 'waiting' places. This only takes a couple of seconds and either I or my wife—or our granddaughter crew—can do it.



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The bottom line: I want my watery residence to be as exotic and erotic and unusual as I am. I want it to reflect who I am, how I came to be, and where I've been. Life is difficult. I've struggled hard to become like the men I admire. (Okay—granted, without much success.)

True, I don't have a Rembrandt on the wall. But I've met with, laughed with, and broken bread with nearly every artist that created a piece that resides on our bulkheads.

Example: In Tonga, during a blow, the fishermen carve sword-fish swords and marlin noses in safe harbor while awaiting better weather. This has been a tradition for thousands of years.

Take our Tongan war club as another example. Villages don't war there. Instead, villages in dispute send their 'tiny' (most gigantic) warrior. A circle is drawn on the beach. Each warrior is given a club. Each man can, at any moment, step out of the circle—or chose to fight to the death.

Primitive? Dumber than having a quiver of nuclear weapons

that can murder all of mankind with equal malice?

Are you sure?

Kids especially love to visit *Ganesh*. What kid doesn't want to hold a 3-to-22-million-year-old Megalodon shark's tooth in their hand? Or a sword I picked up on Sudan? Or the knife that, *perhaps*, killed Genghis Khan?

It seems to me that part of the wonderment of life is to share our joy of travel with those we love. Thus, *Ganesh* is 43 feet of floating maritime museum that doesn't take itself too seriously.

Next time you row by, call out "Ahoy *Ganesh*!" and we'll show you around... around the Big Fat Circle 3.5 times. ☹

(Editor's note: *Fatty and Carolyn* are still on their honeymoon fifty-three years later.)

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Top 10 Must-Visit Places in the Grenadines

BY CAPT. SHANE MCCLELLAN

The Grenadines are a group of islands between St Vincent and Grenada in the Windward Islands and most of the island make up the country of St Vincent and the Grenadines, but the southern few are part of Grenada. From a sailor's perspective this is one of the best locations in the entire Caribbean and I have described it to potential guests as a wilder and more authentic British Virgin Islands with some Bahamas thrown in. With that said, let's jump in as I share my top ten Grenadines islands.

10 Palm Island – If you have been a guest of this private resort then I am sure it will be much higher on your personal list, but the reality is cruisers and charterers are

not allowed to enjoy this beautiful island. There is good snorkeling on the reefs surrounding the island, but the anchorage is rocky and not high on my list of places I want to spend the night.

9 Canouan Island – I think if this island was elsewhere it would be more sought after, but being in the Grenadines means it comes in at #9. Charlestown Bay offers good protection, but there have been theft issues in the past. The island itself can be broken up into three parts. The northern part is all private communities and you are not allowed to even walk there, the middle stretch is your typical Caribbean village, the southern part is dominated by the airport and marina.

Canouan Island



8 Petite Martinique & St Vincent Islands – These twin islands are a contrast in many ways even though they are separated by half a mile. Petite St Vincent is part of St Vincent and the Grenadines and is one of the most exclusive resorts in the Caribbean, but cruisers are allowed ashore to use the restaurant and bar. Petite Martinique on the other hand is home to a local village and part of Grenada. Smuggling has been a part of the culture on this island for centuries and there is a story of a cop that sailed over to arrest someone, but waited since the entire village was at a funeral. He asked who it was for and they told him it was his funeral. Needless to say he left without the arrest.

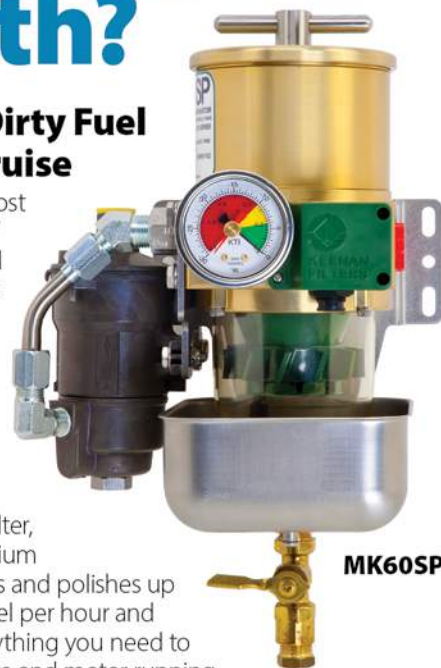
7 Ronde Island – Being the southernmost island it is often overlooked, but there is one anchorage on the leeward side that is wonderful...in settled weather. Ashore you can find watermelon farmers and to the west the Seven Sisters are good for snorkeling. Diamond rock is tall and impressive. Just make sure you are not around if the submerged volcano, Kick 'Em Jenny, three miles away, has any activity.

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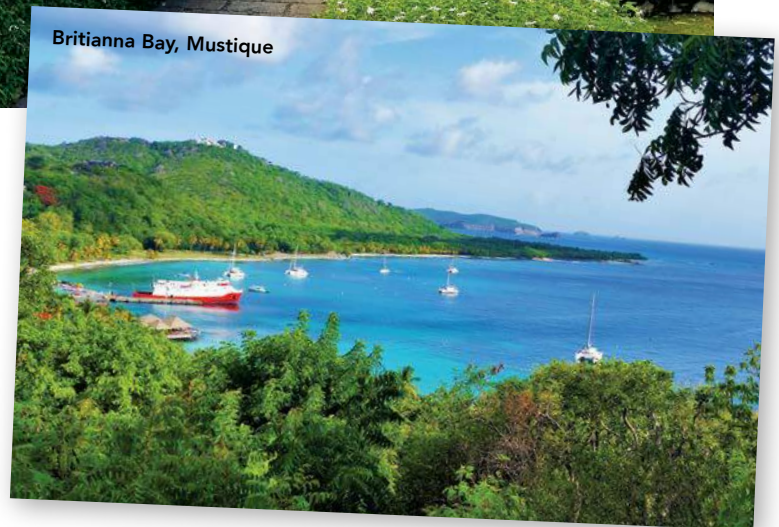


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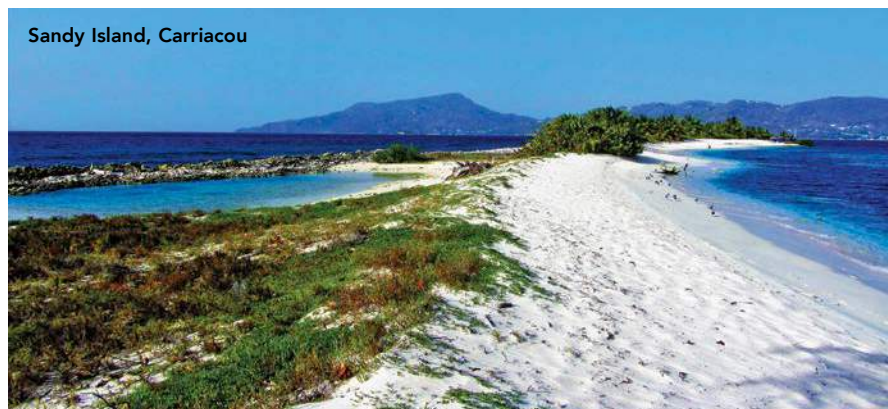


Stores in Mustique

6 Mustique Island – Another private island, but this one is accommodating to visiting yachties. This island has many homes owned by famous people. Moorings are available in Britania Bay and I enjoyed the snorkeling in the bay. Ashore you can enjoy the beach, walk through the local's village, take a golf cart tour of the island, and enjoy the local watering hole, Basil's Bar. The only downside is that island access, which does include the mooring, is \$75 whether you use it for one day or three.



Britianna Bay, Mustique



Sandy Island, Carriacou

5 Carriacou Island – This is another island of Grenada and the nearby, deserted Sandy Island alone puts this place towards the top of my list. The friendly town of Hillsborough, well protected Tyrrel Bay, and mangrove pond tour just kick it even higher.



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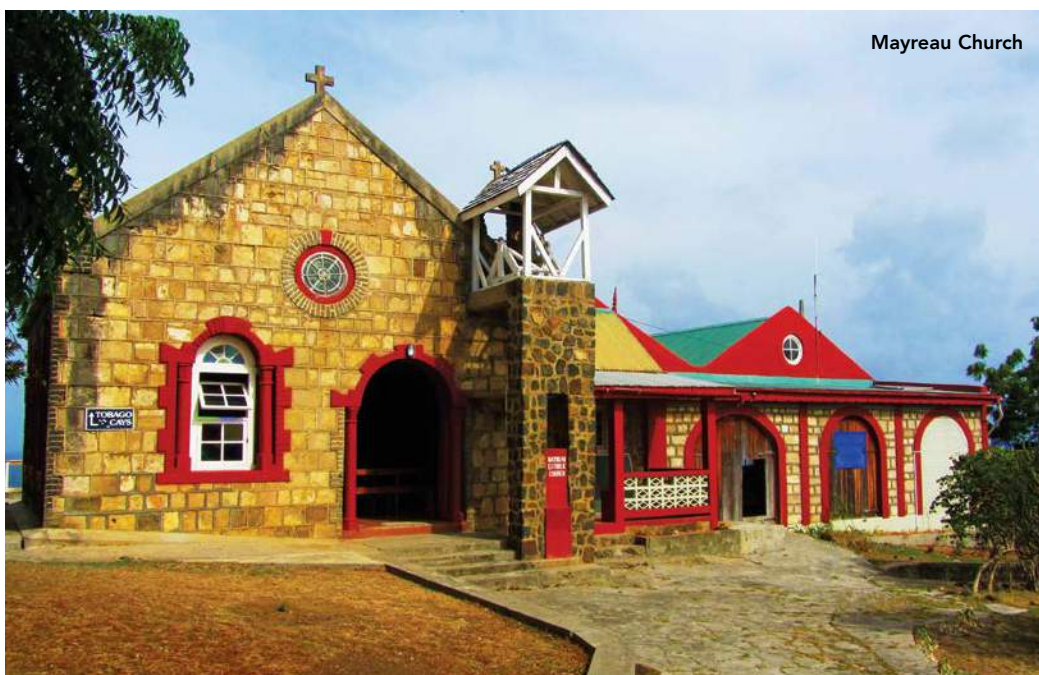
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Happy Island, Union



4 Union Island – This is the kite surfing capital of the eastern Caribbean. I personally like using the anchorage at the town of Clifton because of the barrier reef you moor behind, but other cruisers like the quieter Chatham Bay. Ashore I enjoy spending time at the day resort on the north side at Richmond Bay and walking along the ill-conceived marina to get to Frigate Island. But how can you not visit the island on the reef with a guy made out of conch shells called Happy Island? Awesome!



Mayreau Church

3 Mayreau Island – One of those places that has nothing, but you spend all day seeing that nothing. Salt Whistle Bay is a wonderful, but crowded anchorage with an amazing beach resort. From here you can walk up the hill to town where everyone seems to want to greet you. The church, and view from it, is well worth the walk up to it. The road will eventually take you down to the other anchorage of Saline Bay.

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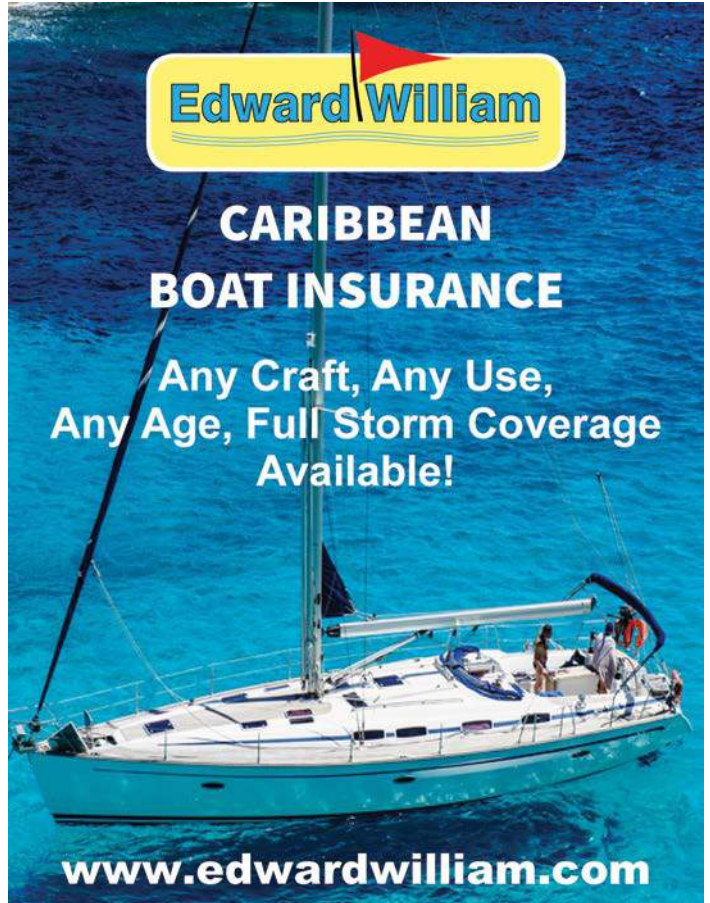
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Turtles in Bequia

2 Bequia Island – One of my favorite islands because of how much such a tiny place packs into it. This island has a whaling past and you can see that in it to this day. The museum is informative and the Whale Bone Restaurant has bar stools made of whale vertebra. Boat building is another past that shows its roots in the present and the model museum is worth a stop. Take selfies with turtles at the turtle sanctuary and during a tour of the Firefly Estate you will try different fruits right off the tree. Finish the day off with a walk along the Belmont Boardwalk.

Reef, because your next stop is Africa. Between two of the islets there is a protected beach that is very popular for beach BBQs hosted by various boat boys. 

From the hill top in Tobago Cays



1 Tobago Cays – Five small islets and a dozen reefs make up one of most beautiful anchorages in the Caribbean. Image anchoring in 10 feet of crystal-clear water behind the protective Horseshoe Reef while you watch sea turtles surface all around you. The other major reef here is called World's End

Capt. Shane has spent the last 12 years cruising and running charters around the Caribbean. Now he and 1st Mate Lily are busy exploring the Western Caribbean/Central America. Join the adventure at [svGuidingLight](http://svGuidingLight.com) on the web or social media.

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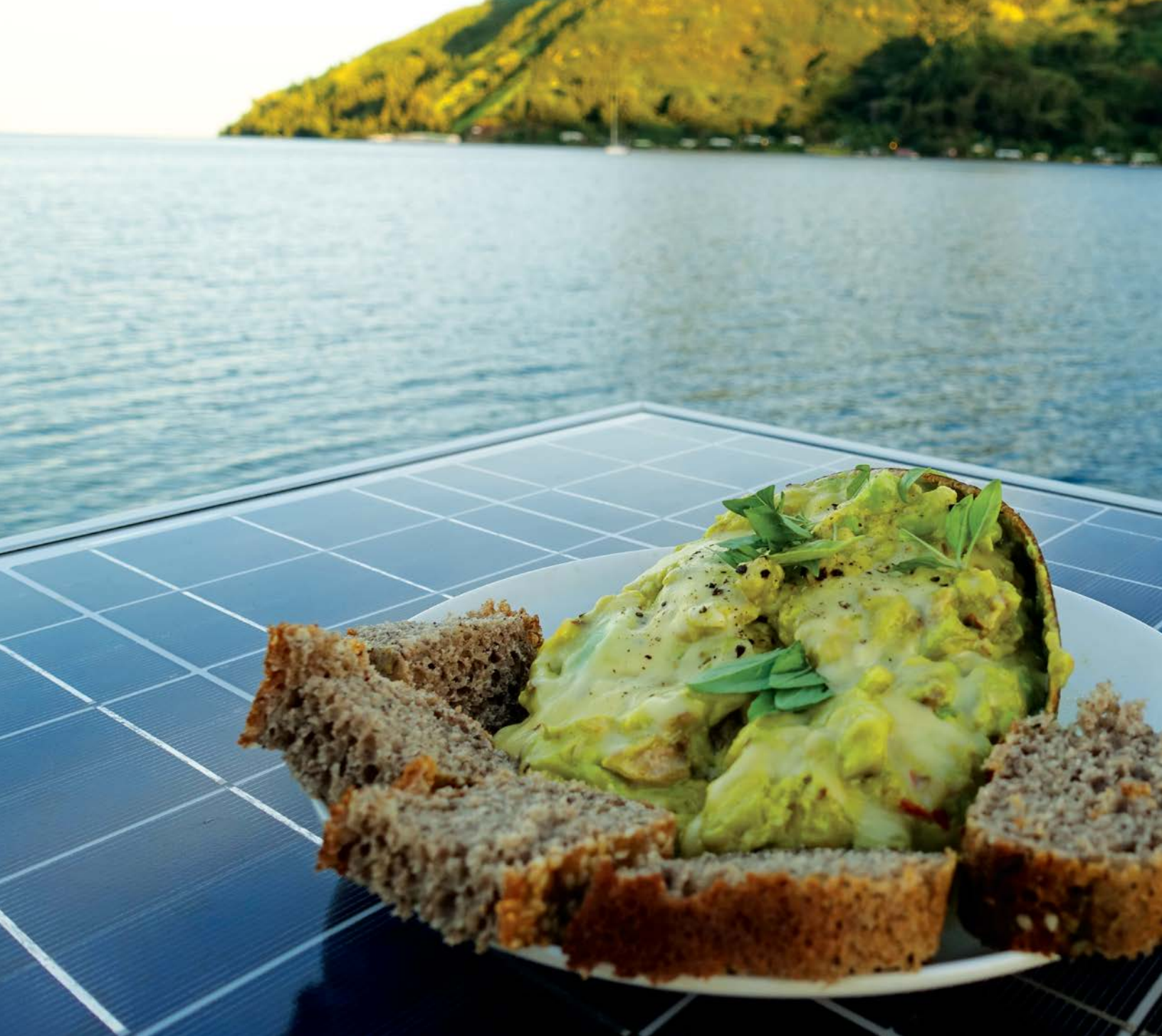


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TEXT & PHOTOS BY BIRGIT HACKL AND CHRISTIAN FELDBAUER

Our *SY Pitufa* came with an old-fashioned kerosene-stove. We never got the oven to work properly, adjusting the temperature remained a mystery and it heated up the boat unbearably. The stove theoretically fea-

tures three cooktops, but when we tried to run two simultaneously the pressure in the kerosene line dropped to a spluttering, orange flame. We toyed with the idea of throwing the soot-spitting monster over board more than once, but in the



Baked avocado and fresh pan bread

end we learned to live with our “Bertschie” and made a virtue out of necessity: nowadays I cook multi-course meals on just one burner—efficient and without using much energy. Don’t get me wrong, I wouldn’t advise anybody to install a kerosene stove, but the tricks that I’ve acquired over the years also work with regular gas stoves or electric systems.

Steaming instead of boiling

I don’t have a special steamer, I simply put a metal sieve on the bottom of the pot, so I only need to fill in half an inch of water. Veg is placed on top of the grid and gently steamed (thus keeping the vitamins alive) instead of boiled to death. With this

Super-Simple Pan Bread

2 cups of wheat flour

1 cup of rye flour

1,5 cups warm water

1 teaspoon dried yeast

1 teaspoon salt

bread spices

**(typical Austrian: ground coriander,
ground caraway, fennel)**

Mix dry ingredients in a bowl, add water, stir well with a spoon (no kneading necessary).

Pour the dough into an oiled pan (with a lid). Let it rise for 1 hour then put the pan on the stove on a small flame and ‘bake’ the bread for 20 minutes with the lid closed. Flip it and bake another 15 minutes with a small gap in the lid.



Fresh bread for
breakfast



method the stove only needs the energy to get a cup of water to the boiling point instead of heating several liters.

Lid on

Sure, some dishes have to be fried crispy and then the pan has to stay open. In all other cases putting a lid on keeps whatever's cooking hot and the boat cool. You can use a smaller flame with the lid on and the cooking time is reduced considerably.

Put aside to steep

A single-hander changed my relationship with rice forever with a simple tip: it's enough to boil rice for a short time, then it can be set aside. Simply sweat the rice with some butter (in our case one cup for two people), add water according to instructions on the packet (usually 1:2, sometimes 1:1.75 or 1:1.5), bring to boil (with the lid on) and let boil for about one minute, then set the pot aside and cover it well with a towel. After about 10 minutes all water is absorbed and the rice done. This method means for me that I can prepare a wok or curry or two on my one functioning burner, while the rice


quietly finishes preparing itself. When I'm done with the main meal, the rice is ready to be served as well!

At some point I discovered that pasta can be cooked similarly: for spaghetti, tagliatelle and their colleagues I bring water to boil, add the pasta, but I only cook it for about half the time that is suggested on the package and put the pot aside. While the pasta sauce is simmering, I occasionally try a noodle and when they have reached the desired stage of "al dente" I strain them.

Baking on the stove

Even though I haven't used our oven in 10 years, I still bake bread every other day and we frequently have classic oven-dishes like lasagna, pies, pizza or cakes. I simply use a sturdy, non-stick pan on the stove top to "bake" in. Dishes au gratin are gently simmered with a lid on, bread and cakes have to be flipped after half the baking-time is done—that involves some action and adrenaline, but usually works out well (and if not I hide the broken cake-pieces underneath a layer of frosting, chocolate and cream)!

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Pan-Pie

As I usually don't find all ingredients for recipes in the minimarkets in the middle of nowhere, I tend to substitute and simplify. Here's a very flexible recipe for a delicious desert (or starter):

FOR THE FILLING:

**Peel and slice 2 mangos
or half a papaya, or collect/buy
a cup of raspberries or other
berries or drain a can of fruit
1 cup of kefir, or yoghurt
or cream cheese**

3 eggs

3 tbsp corn flour or corn starch

4 tbsp sugar

FOR THE CASE:

**½ cup of almond flour or oats
or breadcrumbs**


Grease a non-stick pan generously with butter and sprinkle in the crumbly base. Pour the filling on top and add the fruit. Put a lid on the pan and "bake" the tarte on a very small flame for 10 minutes

while shifting the pan every two minutes slightly (it burns easily).

Turn off the stove and leave the pie with the lid on for another 5 to 10 minutes. Serve the pieces warm with some icing sugar sprinkled on!

TIP: if you don't add sugar to the filling and replace the fruit with veg (e.g. pre-steamed broccoli and blue cheese or heart of palm pieces and parmesan you can turn the recipe into a gratin! 🌀


Birgit and Christian set out from the Med on their SY Pitufa in 2011 and have gourmandised their way around half the globe by now. Check out their blog www.pitufa.at for more info, or find their book "Sailing towards the Horizon" on Amazon!




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Nini Champion and Lisa Roland
at Pusser's in Annapolis MD

Women on the Water – Lisa Roland & Nini Champion, Team Ocean Grown

BY CAROL M. BAREUTHER, RD | PHOTOS COURTESY TEAM OCEAN GROWN

Crossing the great blue gauntlet of the Atlantic Ocean by sail is a bucket list challenge and triumph for many. But for Nini Champion and Lisa Roland, this feat is a been-there, done-that not once, but several times.

In fact, the 30- and 31-year-old professional sailors together have 60,000 nautical miles under their belts. Now, they are ready to challenge themselves in a new way. In December, Champion and Roland as Team Ocean Grown will be one

of 13 pairs teams to depart from La Gomera, in the Canary Islands, in the Talisker Whisky Atlantic Challenge, rowing their way 3000 miles transatlantic to Nelson's Dockyard, in Antigua. The duo is not the first. The four-women Team Antigua Island Girls became the first all-female Caribbean team to complete this epic row in 2019. Four-men teams before them, Team Antigua in 2018 and Team Wadadli in 2015, completed the challenge too. But for 2023, the next line in the sand is a two-woman Caribbean-based team.

Why?

"We have both been so privileged to spend time working and living in Antigua, the iconic sailing destination which also serves as the finish line for the race. Each year, the community welcomes the rowers as they complete this incredible challenge, and for both of us, a seed was planted. As sailors, crossing an ocean by the power of wind is such a remarkable feat. The thought of crossing by your own strength, while intimidating and terrifying, is an exceptional new challenge. We each have our reasons for deciding to come together, but the strength to rise to such a challenge, the perseverance required to get to the start line, and the cooperation, determination, and raw endurance required to row an ocean was intoxicating. It was over a dinner with friends in February 2019 where we first discussed our mutual desire to race, and in November of 2020, Team Ocean Grown was born," explains Champion.

A Wealth of On the Water Experience

Champion, a professional rigger, and Roland, a licensed captain, have nearly life-long personal and professional experience on the sea.

Champion grew up in Annapolis, MD, and did deliveries from here to the U.S. and British Virgin Islands, as well as her first transatlantic from Annapolis to Portugal by way of Bermuda and the Azores, with her family. For the last five years, she has worked as a professional sailor in positions such as a first mate, a rigging technician, and last summer as a rotational captain in Denmark. Earlier this year, Champion crewed aboard Antigua's Bernie Wong's RP 37, Taz, in the RORC 600.

Canadian-born Roland grew up sailing dinghies such as Sunfish, Optis and Lasers. She started her career at 19, working on the 75-foot wooden ketch, Mar II, as a day sailor out of Halifax. In her career, Roland has worked on tall ships, sport fishing vessels, and sailing yachts. She served as a successful captain for Dream Yacht Charters in locations across the globe. This led to jobs on private, inter-



Nini Champion working as a professional rigger



Nini Champion and Lisa Roland publicize Team Ocean Grown



Lisa Roland in training on the R25 boat



Nini Champion
working as a
professional rigger

nationally run yachts, including a transatlantic voyage from Antigua to Palma six years ago. Then, she was recruited back as a base manager for Dream Yacht at its St. Thomas, U.S. Virgin Islands location. Roland also does a substantial amount of work in the superyacht industry on topics of diversity and inclusion. She's delivered keynote addresses to industry leaders on the topic.

The Row

Teams in the Talisker Whisky Atlantic Challenge row transatlantic in a self-contained, self-sufficient rowboat. The Rannoch Adventure R25 is a two-person design with two rowing positions and two berths in its 24-foot of length and 5.5-foot beam. Teams row two hours on, two hours off, 24 hours a day from start to finish. Last year, a British duo set the record for two-women teams at 45 days, 7 hours and 25 minutes. Champion and Roland have based their vessel in St. Thomas, U.S. Virgin Islands, where they are training. Preparing for the challenge has also included seeking out tips from other successful women rowers.



Lisa Roland at the
helm in her professional
charter captain role

"One of the most valuable tips we've received was from the woman last year who set the fastest solo record to date for this race. She told us to be sure to eat. We'll be provisioned with freeze-dried snack meals, but she warned us there is a huge temptation at the end of a two-hour shift to just curl up and sleep rather than trying to heat up and eat a meal in the rolling swell. But it's important to stay fueled and hydrated," says Champion.

On average, rowers lose 25 pounds during the 1.5 million oar strokes it takes to cross the Atlantic.

The Give Back

Beyond the incredible challenge and self-building aspect of the Talisker Whiskey Atlantic Challenge, teams are encouraged to choose and raise funds for a cause important to them. For Champion and Roland, this is their Bridges over Water grant fund. The fund will finance young adults who have aged out of the foster care system to gain entry to and pursue careers in the maritime industry. It's a topic near and



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Lisa Roland in back and
Nini Champion in front



dear to Roland's heart, having experienced the challenges of the foster care system firsthand.

"We wanted to use our row to create an initiative to further the opportunities of these at-risk youths," says Roland, about helping the next generation by removing the financial barriers to enter, receive mentorship and job placement, and make successful careers for themselves in the marine sector.

The Talisker Whisky Atlantic Challenge will depart on December 12, 2023. Champion and Roland, Team Ocean Grown, will be among a total of some 30 teams with members representing countries from around the world. *Each team has a Yellow Brick tracker so it's possible to watch their progress towards Antigua from the event website: www.worldstough-estrow.com To learn more about Team Ocean Grown, visit www.oceangrown.co*



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Doc Brown Really Bad Rum Co. - Dark

RUM REVIEW | BY CLINT AND TERRY BORAM

The black bottle with a caduceus, traditionally associated with healing, with a skull and crossed swords on top stopped us in our tracks. We've been saying for years that rum is the best medicine. Let's see if Doc Brown Really Bad Rum Co. Dark is "exactly what the doctor ordered."

Lee "Doc" Brown was an audio engineer at Radio Disney, tasked with growing the radio brand internationally. After years of business trips to the Caribbean and sampling countless rum cakes, he decided to perfect his own recipe. Over time Doc realized that it was not the cake but the rum that made a really "Bad" rum cake. He asked himself why he was

purchasing jug handles of other people's rum when he could make his own. Soon he found himself attending the Miami Renaissance Festival in 2016, with "nurses" serving his rum from syringes and handing out vanilla ice cream with a squirt of rum on top. The Doc Brown Really Bad Rum brand was born.

The rum is proudly Made in the USA, using "exquisitely fine dark rum"; however, it's not disclosed where this rum is from. We know they are infusing the dark rum with "natural flavors and caramel color." That may be why Terry enjoyed this rum a little too much.

HE SAID

There is an alcohol burn when bringing the glass to my nose, but it quickly gives way to apricot with subtle hints of nutmeg and oak. The liquid is thick and rich, satisfyingly coating my entire palate. The apricot is still front and center with some added sweetness, possibly from molasses. The nutmeg helps break the sweetness on the palate and carries the rum to a unique finish. The rum almost fizzes on the back of my tongue, then finishes with nutmeg and oak. I love the lingering of this finish. It allows me to take my time before another sip. Should I cut it with a bit of water, like bourbon, to thin out the syrupiness on the palate?

SHE SAID

Dark Rum? Well, it's more golden with a touch of amber. The rum coats the glass nicely, with long, slow legs dripping down the glass. A sweet aroma wafts from the glass as it sits on the table; however, that sweetness is not as intense on the nose. The smell takes me immediately to a pina colada with pineapple, coconut, and nutmeg sprinkled on the top. The rum is smooth, and I want to keep sipping and sipping like a cocktail. I'm not having the same finish experience as Clint, although the nutmeg stays with me from sip to sip.

OVERALL

You can tell that the producer cared about your experience with Doc Brown Really Bad Rum Co. Dark. The rum is sweeter than Clint typically likes but has some character to find if your palate allows it. At \$30/bottle, it's worth having in your cabinet for the beginner to intermediate rum connoisseur.

4 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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Dwayne@hgchristie.com | www.HGChristie.com
Office: (242) 367-5454 | Cell: (242) 359-6046



2
GRAND CAYMAN, CAYMAN ISLANDS. The Frank Sound Oceanfront Estate of Hidden Treasure is a lovely 5 BR/5 BA open-design home of 5,300 sq. ft. Surrounded by mature natural landscaping highlighted by lots of coconut palms, this estate home features stunning views of the Caribbean Sea. Private and majestic at the same time. Experience superb and relaxing ocean breezes from the seaside deck that extends to the infinity pool with endless views. Price: US \$4,549,000 MLS 415529 Member of CIREBA
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PORTLAND, JAMAICA. Cliff-side paradise on the water's edge awaits in Boston Bay. Africana House, a unique, circular, architecturally designed villa with stunning panoramic views of the ocean, is in an exclusive enclave. A Lotus-shaped infinity pool is the property's centerpiece and it's surrounded by 4 BR, each with ensuite bathrooms, 2 Living rooms, and 1.3 acres-plus of land. Boston Bay's beach is just a 5-minute walk away and San San, the Blue Lagoon, and other attractions are all within a short drive from this property. Price: US \$2,200,000

JACQUELINE NEIL, Century 21 Heave-Ho Properties
j.neil@century21jm.com | century21jm.com
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VIEQUES, PUERTO RICO. Enjoy views to the north of the Caribbean Sea, mainland Puerto Rico and the island of Culebra from Hacienda Vista Clara. Centrally located in the middle of the island, this 3 BR/3 BA home has a wrap-around balcony and pool deck from which to savor the sights. The residence has two floors built into a slightly slanted hillside, but the property highlight is the pool area. Recently built, the 19x30-foot pool has a shallow and deep end. There is also a small casita and 3,000 square foot lounge area ideal for pool-side lounge chairs. Price: US \$695,000

BOB GEVINSKI, Paraiso Realty
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RINCON, PUERTO RICO. Captivating ocean views and gorgeous sand is right outside the door of this two-level home affectionately known as Casa Mac. A 1990-built and 2003-renovated home has two units and is in Parcelas/Stella on deeded land. The first floor consists of 3 BR/2 BA with a walkout terrace. The second level has 2 BR/2 BA with sweeping ocean views. This home is close to everything in town and within walking distance of the famous Villa Cofresi. Price: US \$1,200,000

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LP//\$25M

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LP//\$55M



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LP//\$55M



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Margo S. Lynch
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6



ST. CROIX, USVI. The gated beach neighborhood of Enfield Green is where this beautifully constructed is on the market for the first time. Completed in 2017, with 19-foot-high cypress ceilings, an oversized custom kitchen, a grand open living/dining space, a large, covered gallery in the back, a spacious yard, and huge ocean views; Big is an understatement. Some noteworthy features of this 4 BR/3 BA residential property include a convenient indoor laundry room, rust-resistant Galvalume roof, impact-resistant windows, a hi-tech security camera system, and a 22kw diesel generator with auto transfer switch in a matching concrete house. Price: US \$949,000

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7



TORTOLA, BVI. Located on the beautiful beach of Cane Garden Bay, the BVI's most recently built, 21-key luxury hotel is the iconic Quito's Inn, Gazebo, and Event Space. The hotel, which features a baby grand piano in the reception lobby, exudes an air of tranquillity, relaxation, and individuality. Also, part of the property package is Quito's Gazebo restaurant and bar, with its kitchen, bathrooms, offices, and storage space. There's also an adjacent event space perfect for weddings, parties, and meetings. This has its own small kitchen and direct access to the beach below. Price: US \$12,500,000

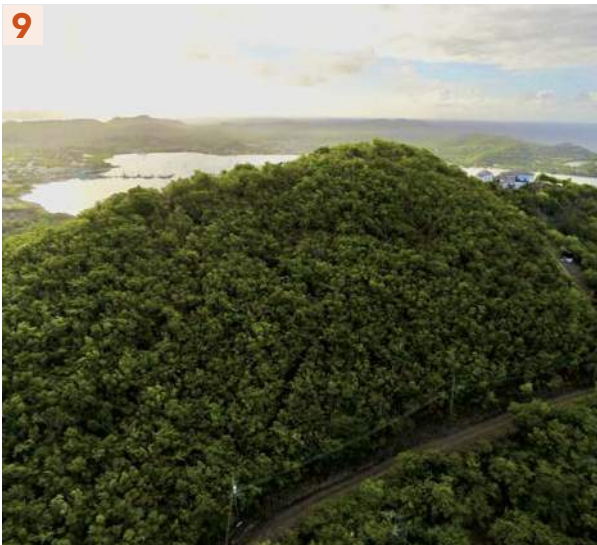
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8



TAMARIND BAY, NEVIS. Situated on the island's West Coast above the bay's calm waters, this 2 BR/2 BA beach house and cottage sits on 1.6 acres of land. A concrete staircase descends from the main house to the beach cottage with private access to a sandy beach and 400-plus feet of waterfront. The cottage, made of hardwood, is at beach level and elevated by concrete pillars. The 500 square feet cottage has 1 BR/1 BA and a living/kitchen area. Price: US \$995,000

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FALMOUTH HARBOUR, ANTIGUA. View the whole harbour from the ridge of two plots just over 1 acre each. Plots 21 and 22 encompass the harbour as well as southerly and south-easterly ocean views. Both are nestled in the lush green hillside on the Bailey Hill Estate. Road access and power to both plots. Price: US \$ US\$388,344

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SABADECO, BONAIRE. Sparkling 5 BR/4.5 BA villa with a swimming pool and beautiful view over the Caribbean Sea. Water sports enthusiasts will love the open carport under the ground floor where there are facilities ideal for scuba divers, kites, and windsurfers. These include a rinse tank right next to the driveway so water sports equipment can be rinsed and dried in the shade. An outdoor shower is at the end of the driveway and next to the swimming pool. Located in the popular Crown Terrace neighborhood, 10 minutes from the center of Kralendijk. Price: US \$1,495,000

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SABADECO, BONAIRE. Soak in the million-dollar views of Kralendijk, Klein Bonaire, and Curacao from the elevated terrace of this uniquely designed modern villa, complete with a sparkling pool and shaded palapa with lounge cushions. The interior offers a luxurious kitchen with a large dining area that is connected to a large veranda, fully equipped for entertaining with a barbecue and plenty of shade. The main living space boasts 2 BR plus a fully equipped, attached apartment with 1 BR and guest toilet, is a perfect place for visiting family and friends. Price: US \$1,695,000

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Antigua	Falmouth Harbour Marina www.antigua-marina.com	268-460-6054	20'	380'	60	●		110/220/380 3 phase	●	●	●	●	●	●	●	●	68/10	●	
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	●	

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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 www.stcroixmarinecenter.com	340-773-0289	11'	150'	23	●	110/220 - 30A, 50A, 100A		●	●	●				●	16/06		FREE
St. Lucia	Rodney Bay Marina www.igy-rodneymarina.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

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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 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	8-4:30, 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	•	•	•	•	•	•	•




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Southeast U.S. Marinas

ALL AT SEA'S SOUTHEAST
U.S. MARINAS GUIDE

ALL A7 SEA 3 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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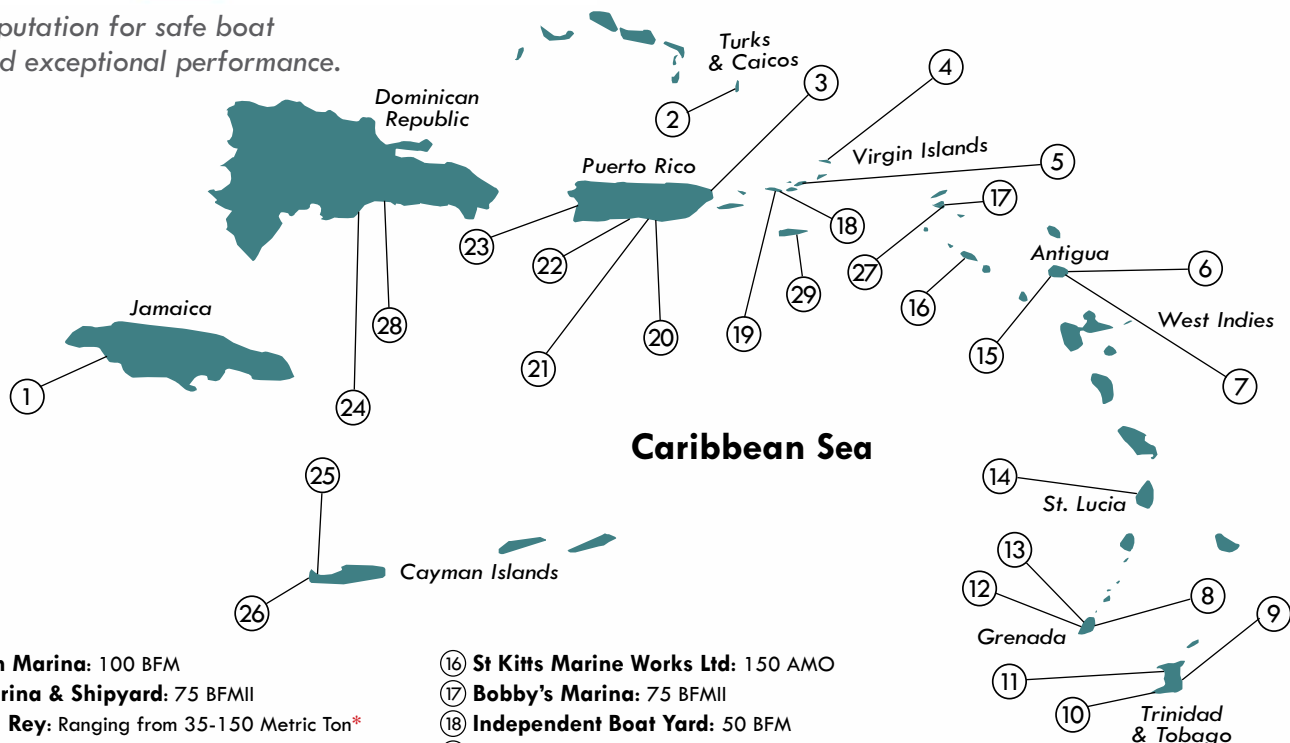
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Quick and Easy Light Summer Meals

CARIBBEAN COOKING | BY CAP'N JAN ROBINSON

Here are a few recipes that are not only quick and easy, but nutritious and perfect for lunch or dinner.

AHI TUNA POKE BOWL

Prep time: 15 minutes. Cooking time: 15 minutes. Serves: 4

- | | |
|--|-------------------------------|
| 1 lb. *Ahi Tuna or yellowfin, | 1-1/2 tsp. Sesame oil |
| cut in 1/2-inch cubes | 1/2 cup green onions, |
| 1 tsp. fresh grated ginger | thinly sliced |
| 2 cloves fresh garlic, minced | 1/2 tsp. sesame seeds |
| 1/4 cup soy sauce, low | Jalapeno pepper sliced |
| sodium or Tamari | 2 cups brown rice or |
| 1 tsp. rice vinegar | white rice, cooked |
| 3/4 tsp. red pepper flakes, crushed | 2 cups salad greens |
| GARNISH: Crispy wontons | or Asian slaw |

In a medium size bowl combine ahi tuna, ginger, garlic, soy sauce, rice vinegar, sesame, oil red pepper flakes, green onions, jalapeno, and sesame seeds. Place cooked rice, salad, tuna, and desired toppings decoratively in each bowl. Serve immediately or refrigerate covered for up to 2 hours. *NOTE: * check that the tuna is sushi-grade and safe to eat raw.*

HINT: There are numerous ways to customize the poke bowl ingredients. Just be creative and add anything fresh – salad greens, avocado, grated carrots, edamame beans, cubed cucumbers, etc.

SEARED SNAPPER WITH SNOW PEA SALAD

Prep time: 15 minutes. Cooking time: 10 minutes. Serves: 4

SNOW PEA SALAD:

- | | |
|--|---|
| 1 lemon rind, finely grated, | 2 oz of arugula |
| and juiced | 5 radishes, thinly sliced |
| 2 Tbsp. finely chopped shallots | 1 cup fresh basil leaves, sliced |
| 3 Tbsp extra virgin olive oil | 1 cup fresh mint leaves, sliced |
| Salt and pepper, to taste | 1 cup walnuts, chopped |
| 6 oz snow peas, thinly | Lemon wedges |
| sliced lengthwise | |
| GARNISH: 1 oz. piece parmesan cheese, finely grated | |

- 2 (12 oz) filets of Snapper, halved with skin-on**
1 Tbsp. extra virgin olive oil


In a large bowl whisk lemon rind, 2 Tbsp. lemon juice shallots and 3 Tbsp. oil Season with salt and pepper. Toss with snow peas, arugula, radishes, basil, mint and walnuts.

Heat a large heavy-based pan over medium-high heat. Add 1 Tbsp olive oil to pan. With a cloth, pat snapper filets completely dry and season all over with salt. Place skin-side down in pan. Cook, pressing down on filets for the first couple of minutes. Cook a couple more minutes or until skin is crisp and golden brown. Turn snapper filets over and cook for about 2 minutes more. Divide among serving plates, skin side up. Place snow pea salad alongside snapper. Sprinkle with cheese and serve with lemon wedges.

ONE PAN ROASTED SHRIMP AND ASPARAGUS

Prep time: 10 minutes. Cooking time: 10 minutes. Serves: 4

- | | |
|-------------------------------------|--|
| 2 bunches asparagus, | 4 cloves garlic, peeled |
| woody ends removed | and finely chopped |
| 3 Tbsp. extra virgin olive | 1 tsp. smoked paprika |
| oil, divided | 1/4 tsp. dried red chili flakes |
| 2 oz. finely grated parmesan | Salt and pepper, to taste |
| 20 large shrimp, peeled, | 1 Tbsp. finely chopped |
| leaving tails intact | parsley |
| GARNISH: Lemon wedges | |

Preheat oven to 450°F. On a flat baking tray, toss asparagus with 1 Tbsp. oil. Arrange in one even row over half the tray. Sprinkle most of the parmesan evenly over asparagus. Pat shrimp dry with a paper towel. In a medium size bowl, toss shrimp with garlic, paprika, chili flakes, and 2 Tbsp. oil, salt, and pepper. Spread the shrimp evenly over the other side of baking tray. Roast for 10 minutes or until shrimp have cooked (turned pink) and asparagus is tender. Sprinkle shrimp with chopped parsley and sprinkle asparagus with remaining cheese. Serve with lemon wedges. 

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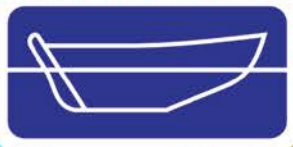


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