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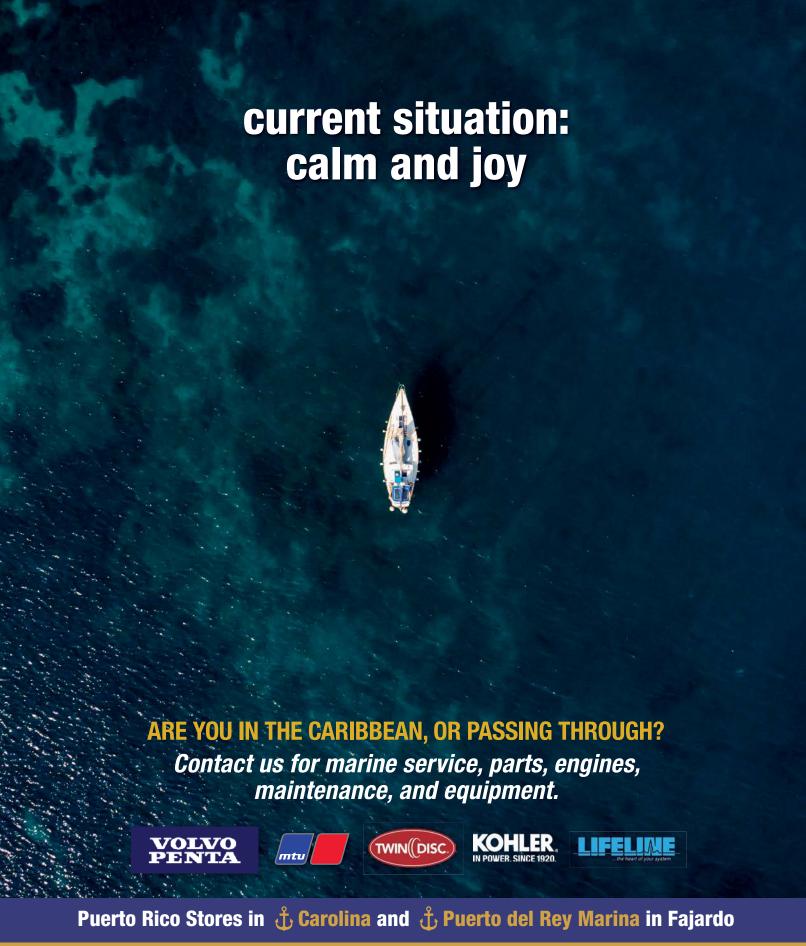


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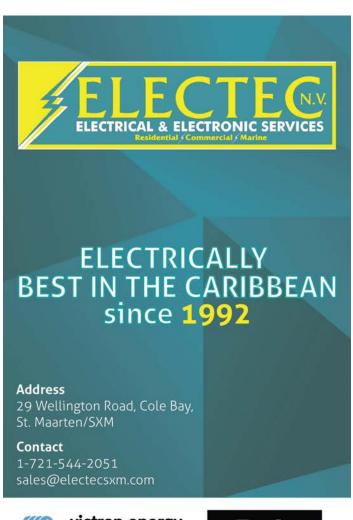
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Caribbean News

TEAM ANTIGUA ISLAND GIRLS SUCCESSFULLY ROW ACROSS THE PACIFIC

Three young women put the twin-island Caribbean nation of Antigua & Barbuda on the global marine map – again! On July 23, 2023, Team Antigua Island Girls - Christal Clashing, Kevinia Francis, and Samara Emmanuel - successfully rowed 2,800 nautical miles from Monterey Harbor, California to Hanalei Bay, in Kauai, Hawaii in the inaugural World's Toughest Row - Pacific. They finished in 41 days, 7 hours, and 5 minutes, despite battling treacherous weather conditions that pushed them off course to the north on their approach to Hawaii. Overall, Team Antiqua Island Girls finished second in the allfemale class, third in trios, and 9th out of 14 boats with rowers representing the US, Europe, Australia, and New Zealand. Their craft was a Rannoch RX45 ocean rowing boat.

"The Pacific is for daredevils, it's for thrill seekers and for those who want a life adventure," said Francis, a three-time National Cyclist of the Year in Antigua & Barbuda, in a You-Tube press conference at the race conclusion.

When Carsten Olson, CEO, and race director asked the team what they learned from the event, Emmanuel, the first Antiguan woman to become a RYA certified yacht captain, said, "that we can get through anything, any challenge, by teamwork."

After suffering a cold start from California, near knockdown, and seasickness, Clashing's response to her best moment of the race was "right now", as the first female swimmer to represent Antigua & Barbuda at the Olympics at age 14 touched dry land and was greeted by family and friends.

Each team has a fundraising effort and Team Antigua Island Girls is to construct a building to help young women in conflict with the law. Fundraising is still ongoing. www.antiguabarbudaislandgirls.com

In 2019, the trio plus Elvira Bell, who was unable to join in the Pacific, successfully paddled 3,000 nautical miles from La Gomera, Spain, to Antigua & Barbuda in the Talisker Whisky Atlantic Challenge. www.worldstoughestrow.com

CARIBBEAN MULTIHULL CHALLENGE GOES TO **FOUR DAYS FOR 2024!**

It's a record! The 2023 Caribbean Multihull Challenge (CMC) Race and Rally, held out of St. Maarten, set a participation record up 78% from 18 entries in 2022 to 32 in 2023. Plus, organizers successfully added the CMC Cruising Rally. As a result, the CMC Steering Committee announced in July that it's adding one more day to the racing and rallying, set next for February 1 to 4, 2024.

"Our event is growing in size and prestige as word gets out about the competition, the fun, the fellowship, the top-flight regatta management, and the adventure of multihull sailing in the warm waters of the Northeast Caribbean around the beautiful Dutch and French islands," says Stephen Burzon, the CMC's volunteer marketing and operations director since its inception in 2019.

For racers, the new four-day format will see a repeat of the three CSA 1 Trifecta distance races on three separate days, plus one extra day for shorter racing along the south coast of Sint Maarten. Other CSA Racing Classes will see more of the same line-up of courses from 2023 with more racing added on the fourth day. For Cruising Sailors, the extra day will allow for a day visit to the uninhabited French island of Tintamarre and overnight in Great Bay, then a Friday sail around St. Maarten-St. Martin to the luxury of French-side Anse Marcel, and for Saturday night, a welcoming stay in St. Barth's, with a sail back to the St. Maarten Yacht Club in Simpson Bay on Sunday, the 4th. Entries received before November 2023 will receive a 10% discount. To register, visit yachtscoring.com/ emenu.cfm?eID=16124, caribbeanmultihullchallenge.com









ABACO'S SEA SPRAY RESORT & MARINA NEWLY RENOVATED

What Hurricane Dorian destroyed, four long-time friends have bought and are rebuilding. The Sea Spray Resort & Marina, located on Elbow Cay, in the Abacos, the Bahamas, offers a newly renovated marina with 68 slips that hold boats from 20to 130-foot LOA. Even at low tide, the dock can accommodate drafts up to 7 feet. There's also electricity, water, ice, and restrooms too. The Northern Bahama location is easy to reach by sea or air, plus its proximity to other islands in the Abaco chain and white-sand beaches make it a popular destination.

"Sea Spray's rebuild is happening in phases," says Joanne Feinstein, of AbacoBuzz.com. "Sea Spray's new marina bar is open Thursday to Sunday, with live entertainment on Thursdays and Sundays, weather dependent. The new resort will include rental cottages and a gas station."

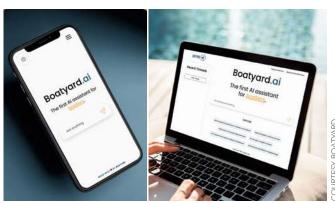
Sea Spray has played a vital role in the Elbow Cay community since Monty Albury and his wife, Ruth, first started building

VIRTUAL AI ASSISTANT FOR BOATERS

Sea Spray property back to life. seasprayresort.com

Make recreational boating easier! Boatyard, a Fort Lauderdale, FL-based innovator in this space recently launched its Boatyard.ai. This groundbreaking tool, the industry's first virtual AI assistant for recreational boaters, harnesses the power of AI to make it easier for boaters to find the information and services they need. This spans from tips on routine maintenance and troubleshooting to finding the best boating activities in an area. This includes the Caribbean.

"I have a deep, personal connection to the Caribbean because the idea for Boatyard was conceived on a bareboat charter with



BVI's Marina Cay Bar & Grill Re-Opens

It's back! At the end of June, Marina Cay, an 8-acre private island just offshore from Beef Island, Tortola, sprang to life in its newest iteration. The new open-air Marina Cay Bar & Grill is open Wednesdays to Sundays from 11 a.m. to 9 p.m., serving lunch and dinner. Menu items include Sweet Cane Rum Glazed Wings, a Crispy Snapper Sandwich, and Captain's Burger, and entrees like Jerk Chicken, Baby Back Ribs, and Mahi Mahi. Signature cocktails are a custom-created Welcome Punch and Crazy Spiced Margarita. Managed by Scrub Island Resort, Spa & Marina, Marina Cay is accessible to local residents, visitors, and resort guests via Scrub Island's private ferry, as well as charter boats and island-hopping adventurers via 29 mooring balls, which may be reserved via the BoatyBall app (boatyball.com).

"This is an exciting new chapter for Marina Cay, which has been a treasured landmark in the British Virgin Islands for generations," said Julianne Corlew, Vice President & Managing Partner of Mainsail Lodging & Development. "We're thrilled to reopen the island and the restaurant, once again welcoming our BVI neighbors and visitors from around the globe to enjoy the tastes and sights of the Caribbean on Marina Cay."

Marina Cay is also a great hangout spot with hammocks, Adirondack chairs, and beach palapas. On-island showers are available to boaters. The neighboring Scrub Island Resort, Spa & Marina offers fuel service, ice, trash disposal, and other provisions from its fully stocked market at Scrub Island Outpost. marina-cay.com















my wife, Jordana, in the BVIs. We were inexperienced sailors on an exciting adventure, but not knowing the local waters or the places of interest added a bit of anxiety to our trip," says Nathan Heber, president. "Boatyard's A.I. assistant is uniquely positioned to serve the vibrant boating community in the Caribbean. Whether you're a resident with a boat or a visitor from the US or Europe seeking a memorable cruising experience, our technology offers unprecedented access to useful boating information. If you want to know which areas have strong currents and rough seas in the Bahamas or which mixes the best painkillers near Jost Van Dyke, you can find it all on Boatyard.ai."

Significant enhancements to the technology are planned to help drive customer engagement for dealers, brokers, marinas, service providers, manufacturers, and more. Boatyard's flagship product, Boatyard Pro, is used by service teams across the country to generate new service revenue, streamline operations and create remarkable customer experiences. boatyard.com

DREAM YACHT WORLDWIDE INTRODUCES ELECTRIC CATAMARANS FOR CHARTER

Go greener! Earlier this year, Dream Yacht Worldwide and Fountaine Pajot launched the first global line of electric catamarans. Together, the companies are proud to be the first global brands to launch electric yachts at scale for worldwide yacht charter vacations and consumer retail purchases. The Aura 51 Smart Electric was the first electric model introduced to the Dream Yacht Worldwide fleet. It was available for charter in Italy beginning April 2023.

"The plan is to have them (electric catamarans) everywhere, including the Caribbean," says Dream Yacht Worldwide spokesperson, Angela Tuell.

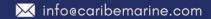
Fountaine Pajot's Aura 51 Smart Electric model is equipped with electric motors and an intelligent onboard energy management system. The latter is the result of a collaboration of more than 60 technicians, engineers, and electrical experts whose goal was to create an entirely new approach to a zero-emissions propulsion energy system designed expressly for the needs of yachting. The powerful and highly efficient electric engines power the Aura 51, with two lithium technology battery banks for storage, and provide power for hours of motor cruising, or as much as a week at anchor without any emissions.

Dream Yacht Worldwide and Fountaine Pajot's partnership is expected to bring more than 22 electric yachts to the Dream Yacht fleet by the spring of 2024. Of these, 10 will be sailing catamarans and 12 will be sailing yachts from Dufour, a part of the Fountaine Pajot Group. www.dreamyachtcharter.com

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September 2023 Events



SEPTEMBER 16 | Back to School Regatta & BVI Laser Masters Championship.

"Start the season with the Back-to-School Regatta and BVI Laser Masters Championship," invites Tamsin Rand, manager of the Royal BVI Yacht Club. The racing is for Optimists; Laser or ILCA 4, 6, and & classes; RS Feva; and Wing/Wind foilers. The competition, set for Noon to 4 p.m., will take place out of the RBVIYC Sailing Center at Nanny Cay, Tortola, with racing in the Sir Francis Drake Channel. To enter, visit www.signupgenius. com/go/10c0e48aaa629a6f9c70-back#/ or contact coach@royalbviyc.org for more information. www.royalbviyc.org

▲ SEPTEMBER 16-23 | Dive Fest.

Recreational scuba divers, advanced and novice, arrive in St. Lucia from around the globe to dive into this week-long onand-under sea event. Highlights, according to the St. Lucia Tourism Authority, include an annual Lionfish derby to help

eradicate these invasive creatures, exploration and education, and conservation activities. Several of the islands' dive operations and dive resorts participate, many offering discounted rates. www.stlucia.org

SEPTEMBER 22-23 | Francis Nunes Jr. Memorial Fishing Tournament.

Register on the 22nd and fish on the 23rd. All festivities happen out of Falmouth Harbour Marina, in Antigua. "We are hoping for 15 to 20 boats to enter, mostly from Antigua, however, teams from the neighboring islands are most welcome to come and participate," invites



Robert Hall, tournament director and member of the host Antigua & Barbuda Sport Fishing Club. "Being a one-day tournament, it's treated as a fun tournament with a low entry fee. The competition between boats is still very much alive though as there is always a friendly exchange between anglers prematurely claiming the win before they've even wet any lines. Then there is the highly anticipated Grace Cook-Off Competition, which many of the boat teams enter to compete against spectators who also want to claim the top prize of \$1,000." Species to catch are wahoo, kingfish, tuna, and mahi-mahi. New this year, prizes include trophies made by a talented local wood carver. The tournament is named in honor of the Club's past and late chairman, who was an avid angler and loved all things seafood. As Hall says, come 'Enjoy the Fishing, Enjoy the Lime.' www.antiguabarbuda sportsfishing.com, www.facebook.com/AntiguaAndBarbuda SportsFishingClub



SEPTEMBER 25-29 | Annual International Marlin Tournament.

Hosted by Jamaica's Montego Bay Yacht Club and sponsored by Appleton Estate, this 62nd annual event features a first-day Bimini start to the fishing grounds, nightly parties and weigh-ins, and a final night prizegiving. Most marlin releases; heaviest qualifying wahoo, dolphin, and tuna; and top captain, top female angler, and top junior angler, are some of the prizes. "We are planning a raft-up party afterward on September 30," says Heather Vernon, yacht club manager. The fun kicks off with a one-day native canoe fishing tournament before the main event 3-day tournament and ends with a single-day kid's tournament. The tournament is a qualifier for the Costa Offshore World Championship, held each April in Costa Rica. Dock space is limited to the first 30 boats. www.mobayyachtclub.com/fishing





The Worst Part of Best-of Lists

CRUISING | BY CAP'N FATTY GOODLANDER

here's the best place you've ever sailed to?" is a frequent question that we circumnavigators get—especially during our fourth circ. The problem is that the question itself is too broad.

Let's narrow it down so the answer has some merit.

My favorite ocean is the Indian because, one, it has lots of wind (the Tradewinds reached gale-force every afternoon of our 3,000-mile passage between Cocos Keeling and Reunion). And, two, because it has so few people.

Most circumnavigators love the Pacific, dig New Zealand, and have a blast with the decadence and moral vacuum of Thailand—but then storms and pirates? *No*, thanks!

I, of course, like storms. If not for storms, all the rummies lying about the bars of Florida, the Bahamas, and the Caribbean would be out there floundering in deep ocean—instead of

diligently working on their cirrhosis psychosis. Storm management is dead simple—and if you can't figure it out, you're dead.

Ocean storms are what separate the real men and their sturdy craft from the boys and their plastic toys.

I know one billionaire with two huge satellite domes on his mizzen who frantically pushes away the approaching storms on his computer screen with his cursor! Is that crazy or crazy? Instead, I tell myself the truth, I love the sailing life and have for the last 63 years of living aboard and ocean sailing. And, since storms are an integral part of my lifestyle, I love storms too.

Few people have seen a mature full gale from the deck of a small boat—and very very few for a second time. That's why we circumnavigators have that demented gleam in our eye—who wouldn't have after witnessing so much massive power so indifferently applied?

The Pacific, however, contains my favorite people—the sensuous Polynesians. Both the men and the women are utterly beautiful. In their laidback culture, children are sort of demigods. Yes, Poly kids have genetic parents—not to teach them so much as act as support crew. The kids, being half gods, get to pick and choose their everyday parents and the most respected adults in the village live in a hut with the most children.

After all, if the gods like it there—that's a pretty powerful review, right?

Now Polynesian houses are one room, open-air affairs and children are cherished. And, rightly so, the adults aren't ashamed that they reproduce—especially while surrounded by the lovely, joyous results of their sexual labors. Thus, the children see their parents have sex almost daily.

So, a playground in Polynesian has kids pretending to be Spiderman, pretending to drive a car, pretending to shoot a gun—and, just as naturally, pretending to have sex.

Yes, it is a bit of a shock to repressed, guilt-ridden Westerners with puritanically trained eyes.

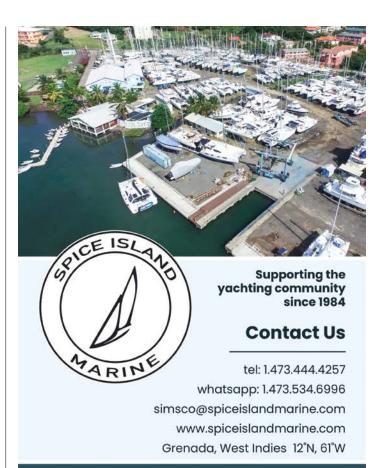
The most beautiful island/harbor in the world is Fatu Hiva in the Marquesas. My favorite anchorage is the Bay of Penises where boiling and cooling lava re-erupting caused giant, slightly-curved phallic-shaped rock columns to jut up from the harbor bottom. Some are so large that they have exclusive resorts on them. Amazing! (Hint: the people of Fatu Hiva are friendly if you don't mess with their graves like young Thor Heyerdahl did.)

My favorite gravesite is nearby on Hiva Oa. I shoved a note between the crumbling rocks covering Paul Gaugin—reassuring him that the names of the religious fanatics persecuting him were now long forgotten, while he and his art will live forever. (His erotic carving on the walls of his hut are still faintly visible.)

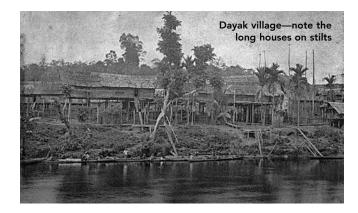
New Zealand is one of the three places where I'd consider living that speaks English—Singapore and St. John USVI being the other two.

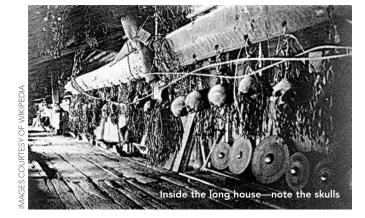
Certainly, in terms of engineering marvels, the Panama Canal takes the cake. Yes, a thirsty Paul Gaugin commanded a shovel here for a few months. At one point the malaria was so bad that no matter how many folks they hired to bury the mountains of dead—they'd die too.

Madagascar is stranger than strange. Even the Baobab trees look like tormented souls screaming at the heavens. The resi-









dents talk to their dead all the time—and various relatives follow them around whenever they leave their hut. Yes, the dead are, like *big* in Madagascar.

For example, a family came down and asked us if we could give them a cassette tape. I said, "Sure! What kind of music do you like?" They seemed puzzled. They didn't have a cassette player and weren't going to listen to it—they were going to use the tape for decoration.

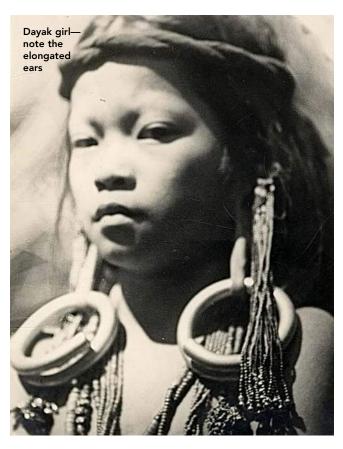
Oh, and did we have any old tooth brushes we didn't need?

Huh?

In a few days, because of a flat tire on the eldest son's bike, they were having a family reunion. Did we want to come?

Flat tire? Yes, one son had had a flat tire and this younger brother had broken the strap on his flip-flops—so, of course, something must be done to stop the bad luck, right?

The family party was almost exactly like a Fourth of July party in the US. Only after the BBQ, they dug up all their dead relatives from behind their house, cleaned the mud off the bones with tooth brushes, and, finally, tied the unspooled cassette



tapes in bows to decorate the bones in a very festive manner—well, to their eye, anyway.

In a different nearby village, we found all mud huts—with one guy building a cement block structure. I was impressed and started helping him and lending him tools.

"This is going to be a *great* place for you and your family to live," I said one day.

He looked at me like I was nuts. "Are you crazy?" he asked me. "This isn't my house! I'm only going to be alive for another ten years at most. This is my grave, Fatty. I'm going be in here forever. Of course, I want it nice!"

That makes sense... I guess.

Our favorite headhunters are the Dayaks of Borneo. The village that we anchored off had nine heads. The village across the way had (sadly) only three. Headhunting is now illegal, of course, but it is amazing how imaginative the city fathers are at dreaming up various reasons why so many local corpses lack anything above the shoulders. "Oh, he must have stupidly stood up while zooming under a bridge," applies to almost every dead, headless fisherman they find floating.



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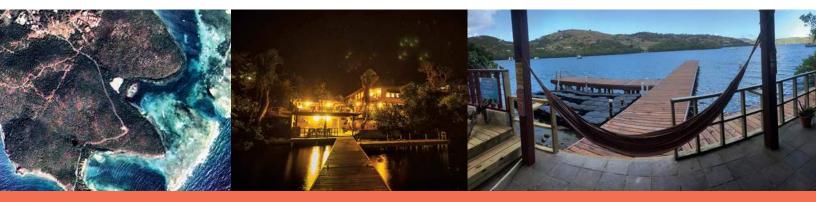
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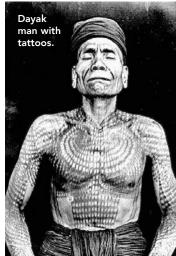
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Here's how, FYI, to shrink a head. Carefully cut it away from the skull with a sharpened seashell, then sew the eyes and mouth closed. Next heat up some smooth rocks and coarse sand—not too hot, but hot enough—and pour in through the neck. Then immediately begin turning the head over in your hands—never stopping or the stationary heat will deform the facial features. Repeat many times over the course of the week or two.

The three keys—low heat, constant turning, and differentsized grains of sand.

The result is a perfect miniature face—with what appears to be artist's paint brushes sticking out the nose. (Nostril hair doesn't shrink, only the skin.)

Damn, you can't say circumnavigating isn't educational!

These head hunters were totally shocked that I wasn't impressed with their hunting skills.

"That's because you don't understand the rules," the chief of the village told me.

Huh? There are rules for headhunting?

Of course!

- 1. You can't headhunt a crazy person.
- 2. You can't headhunt a pregnant lady.
- 3. You can't headhunt a sleeping person—however, you can gather around him with machetes, wake him up, and once he confirms that he's awake, CHOP OFF HIS HEAD!

"Oh," I said contritely, "that does sound quite reasonable!" (Hint: never piss off a dozen cannibal warriors in the middle of a jungle in Borneo!)

Papua New Guinea is almost as cool. If a stranger kills your



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father, you have a year to stage his funeral and then another year to kill a random member of the tribe that killed your father. (Don't believe me? Just ask that dead Rockefeller boy oh, wait, you can't!)

Southeast Asia is currently my favorite cruising ground. It's deserted, totally safe, and they have a reverence for the elderly. Everyone calls me uncle in respect—often touching their heart as they do so.

I currently live in a city of six million people called Singapore where I don't lock my moored boat, my dinghy, or my expensive and computer-laden bike. Lunch costs \$2.50 here and the food courts are bustling. Finding a communal table with an open seat isn't easy. If you do find one, ladies leave their purse or gentleman their iPhones—before wandering through the crowd for five to ten minutes to find their food.

The last thing which might have been stolen at the Changi Sailing Club was in the early fifties—but was more likely the cockpit cushion being blown overboard in a squall, not stolen. (Nothing else has 'gone missing' in the ensuring 70 years or so.)

Of course, I dearly love St. Barth's and Beguia too. And my finest carnival experience took place in Trinidad nearly 40 years ago. San Blas is out of this world as is the Galapagos. It's impossible to exaggerate the tranquility of the Greek isles. Suakin, Sudan, in the Red Sea is like cruising aboard a timemachine. You can't take a photograph that doesn't look like it was taken in Biblical times.

Africa, of course, has a powerful allure—it is, after all, all our ancestral home.

St. Helena is amazing. Where else can you grab the guy from the French Embassy and end up bouncing on Napoleon's death bed as he watches in abhorrence? (The bed is about four feet short!)

Sadly, I've never anchored off Pitcairn—which is something I look forward to during circ #5.

Actually, what is always my favorite port? The next one I'm sailing to—be it Pitcairn or Fiddler's Green.

Editor's note: this week Fatty gave an SRO \$100/seat lecture in Bukit Batok to solicit charitable donations for the Singapore Sailability program, a program that allows wheelchair-bound sailors to sail/race together each weekend in the waters off Pulau Ubin.

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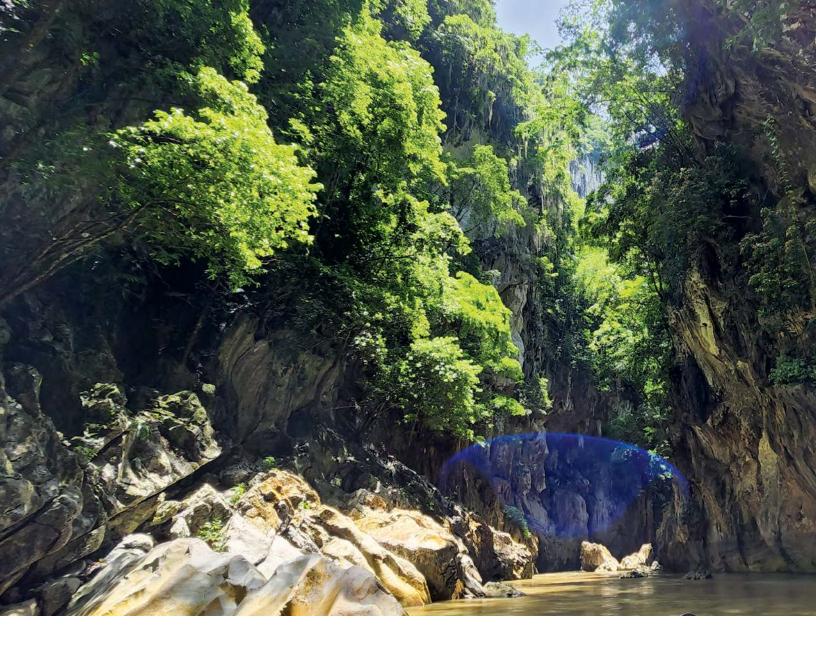
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Discovering Paradise: Top 10 Gems Along Guatemala's Enchanting Rio Dulce

BY CAPT. SHANE McCLELLAN

f you ever cruise Western Caribbean/Central America you will quickly find out the best place to be during hurricane season is in Guatemala's Rio Dulce (or Sweet River). Given that Guatemala only has about 40 miles of Caribbean coast and the Rio Dulce is the only place to visit, you might think you should simply bypass the area. I am here to tell you that you are dead wrong. The Rio Dulce is amazing and below are our Top 10 favorite spots up the 20 miles of river.

Ak'Tenamit School – For orientation purposes you can break the Rio Dulce up into four sections. From the entrance at Livingston you have a section of river then a shallow lake called El Golfete then a second section of river and finally Lago de Izabal (Lake Isabel). There are many smaller rivers and creeks coming into Rio Dulce and just inside one almost at the end of the first river section you will find a school for local children. To help support the school



there is a museum, restaurant, and handicraft store. You can also take a short hike to the cold water spring that feeds this creek. This gives an excellent look into the lives of the native Mayan population.

Hot sulfur springs - Less than a mile upriver from the school you will come to a hot spring right at the water's edge. The water comes out of a hole around a foot or two long and will scald your back while your front is cold. You can feel the effects of the hot springs in a 20 foot area. It is a nice place to relax and when you are done you can have lunch at the restaurant on site (Centro Ecoturistico Agua Caliente).

Lago de Izabal (Lake Isabel) - the Rio Dulce ends at a 25-mile-long lake. The further upriver (or southwest) you go on the lake the more remote you will be. In this area you could be the only boat within five miles as you explore small rivers with the dinghy or simply anchor in a cove with the monkeys and parrots almost overhead in the jungle.





If you want more civilization then the town of El Estor offers eating opportunities on the lake's edge and Denny's Beach is known as the place to be for a full moon party.

Restaurante El Viajero - Back at the first section of river, in between the first two entries, is an awesome two-story restaurant. What makes this restaurant so much fun is everything you can do here. I never had time to relax in the hammocks they have strung up on the lower part, because I was too busy on the two-story water slide and using the rope to swing out into the river. We easily spent 2-3 hours playing here!



The jungle & river – After spending 14 years cruising the Caribbean, I found it very cool to be cruising a freshwater environment. The most beautiful part of the Rio Dulce is the first river section where you feel like you are in a small canyon. Up river, in the second section of river there is more civilization, but even there I found it

Castle of San Felipe de Lara - A small fort was built at the point where the second section of river meets Lake Isabel on the south shore of the lake to protect the main port of Guatemala from pirates. The current fort was begun in 1644 and was in use well into the 1800's. The fort has three levels and even has a moat and drawbridge. We love almost anything historic and this fort did not disappoint. It is even on the World Heritage Site tentative list.

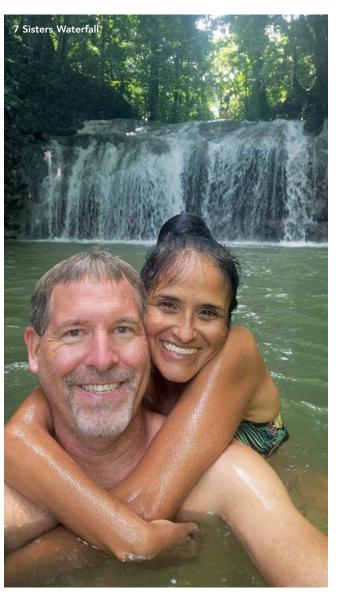




fascinating to watch as the local Mayan population used their boats on the river as we use our cars on the highway. Because the jungle is everywhere, for them the river is simply the way you get to work, shop for groceries, or visit a friend. Imagine waking up to the sounds of monkeys and parrots.



Seven Sisters Waterfall - On the coast, before you enter the river, just outside the town of Livingston is a very fun waterfall. You can anchor just off the dock in calm weather or take a tuk-tuk to the foot bridge and walk half a mile. It is called Seven Sisters because there are seven different levels to it. Some are several feet tall and others are stories tall. Lots of fun to be had in this fresh water set of waterfalls right before it drains into the Caribbean Sea.



El Boquerón Canyon – On the north shore of Lago de Izabal there is a canyon you can hike to the top of and then tube down the stream. When we went, there was a lot of water so it was a fast trip back down the canyon. Another option is taking a local 6-8 person boat up the canyon a ways if you are not inclined to hike and tube. You can reach the beginning of the canyon from a boat anchored on the



lake, but a much better option is to take a day-long tour with this stop included.

Hot Springs Waterfall (Aguas Termales y Spa) -On the same tour we stopped at a hot spring fed waterfall and loved it. We were told the source of the stream is another hot spring several miles upstream that has a cave from which the water comes out. However, when we visited the water was too high to go into the cave. Instead, we simply enjoyed the waterfall on the side of the stream that has a hot spring feeding it. We played in the stream as it came screaming down from between two rocks and under the warm water of the waterfall, but the part we liked most was climbing to the top of the falls and laying in the hot water.





Cruising Community - While on the Rio I "ran into a chum with a bottle of rum" ...oh wait that line has already been used ;). The reality is that I actually ran into several boats I know, because the best part of the Rio Dulce is, of course, the cruising community. Most of the cruisers are docked at the many marinas within the 3 miles of river between El Golfete and the lake. There are lots of restaurants on the water's edge that you dinghy up to and the grocery store even has a dinghy dock. There is a cruisers net on the VHF so you can find out the day's activities. I met boaters that came into the Rio Dulce for a month and have now been here for several seasons. It even seems like most of the marinas are excruisers that loved the Rio so much they swallowed the hook and set up camp here.

Capt Shane and Lily are out living the dream and exploring new cruising grounds. Check out svGuidingLight on the web or social media to join the adventure!



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SAILING THROUGH LIFE: The Story of Robin Pinfold -An Energetic Octogenarian &

LEGENDS OF THE BVI | BY PAUL CARRELL

His Adventurous Journey

obin Pinfold is an energetic octogenarian who walks half marathons in the noon day sun. He is a nimble ole sailor who loves to sail, cook and be a part of his grandchildren's colorful island life. He always has a story to share with us all, so I felt it was time to share his story with you.

I met Robin and his family when I was running Soper's Hole Marina in West End Tortola, in 1989. His children Thomas and Tasha were very small and running around the marina all the time while daddy was daysailing KURALU the family home and day sailing business there. One day I heard a howl and little Thomas had managed to ride his bicycle off the guay into the warm clear waters of. the marina. He was not happy but that is another story.

Robin was born in Arbroath, Scotland, near Montrose on the east coast of Scotland. His father was a flying instructor for the RAF, so when his parents were abroad Robin went to boarding school, sailing was not an option at this time of his life.

It is rumored however, that his first dip in the sea as a small tyke was in the cold clear waters of Bude, near Cornwall.

Years later he went to Ibiza where his illustrious sailing career began. Once as mate on a motor sailor in the Bay of Biscay, his captain saw the barometer plummeting and calmly said 'prepare to meet your maker'. Shortly thereafter Robin, who was off watch, awakened to a huge crash as the boat took a knock down which blew out the windows in the main salon, flooding the cabin. Using his adrenaline he tore the salon table from the cabin sole and used a Spanish windlass to lash it over the gaping holes to the keel stepped mast nearby. His quick thinking and actions earned him the respect of the captain and as I am told he was amply rewarded for his efforts.

Later, while a mate on a small daysailer in Ibiza, he happened upon ELELE at the dock there in 1981. The previous owner bought the boat to offer guests an 'experience of a lifetime'

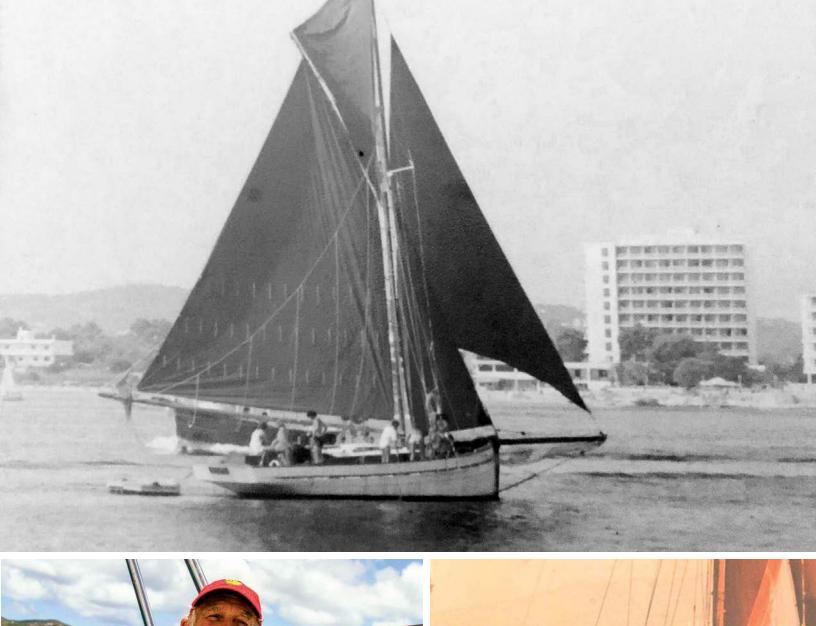
but soon lost interest and like so many vessels of distinction it languished at the dock. ELELE was built in 1901 and was a Whitstable Oyster Smack. She was a gaff rigged cutter, thirty nine foot on deck but fifty eight foot overall as the main boom overhung the stern by a yard and the pine bowsprit was an impressive nineteen foot over the bow. She was a versatile craft which Robin sailed for years.

While in Ibiza Robin met his future wife Caroline who became a master varnisher and an accomplished mate and partner. Over time, they met a Dutchman named Harm who owned a double ended schooner named GASTEN which resembled Noah's Arc and they decided to cross the pond and sail to the Caribbean in 1983. Fond memories of rum, freshly baked bread and other pungent aromas from GASTEN still linger. Once in Antiqua many of Robin's mates decided to remain there, however Harm and Robin decided to sail on and ventured North to the Leeward Islands.

As years went by Robin sold ELELE and returned to Europe where he made the transition to faster and more modern watercraft. In fact when he entered the first ARC race with two hundred and fifteen boats at the start line, Robin was in a fleet of seven, thirty seven foot Snowgoose Prout catamarans, where Robin finished first in his class.

When Robin returned to the Leeward's with his family in 1987 he was aboard KURALU a larger Quasar forty nine foot Prout Cat, which was his new family's home and business as a daysailer operating out of Soper's Hole In West End, Tortola. He would prepare fresh quiches aboard while the guests snorkeled and made sure they were well cared for. In fact I'm told he received a five thousand dollar tip from a wealthy Venezuelan which has to be some sort of record in the daysail business.

That being said, Robin is worth every penny as he continues to surprise us all with his wit, humorous acumen, and colorful 0 past and future here in the BVI.











Caribbean Boatyard Update

BY CAROL M. BAREUTHER, RD

eptember is peak hurricane month in the Caribbean and it's the ideal time for boats to be on the hard and in the yard. Here's a roundup of what's new from a sampling of boatyards throughout the region:

TURKS & CAICOS ISLANDS. New at the Southbank Marina and Boatyard, in Providenciales, is a small boat concierge program that offers full vessel management, monthly maintenance, daily concierge plus food and beverage packages. "We have now started up boat sails for new and brokerage vessels and have launched a boat syndication program where you own a share of a brand-new boat and we carry out all the maintenance, cleaning, insurance, and repairs," says Nicky Souter, technical yacht and sales manager. Southbank is the Sailfish and Invincible boat dealer for TCI. www.southbank.tc

DOMINICAN REPUBLIC. The IBC Shipyard in La Romana, adjacent to Marina Casa de Campo, has added two lifts: a rafter lift, with a loading capacity from 2800 to 8300 pounds, and an articulating boom lift SJ45, that enables the yard to carry out exterior work at higher heights more effectively. "We've upgraded our electrical system to provide electricity for yachts up to 100', and expanded our brand representation with Seakeeper Ride, Simrad by Navico, Humphree AB, and Starlink," says Leonor Castro, business development manager. www. facebook.com/ibcshipyard

PUERTO RICO. Safe Harbor Puerto Del Rey is undergoing a \$6 million investment into property expansion and renovation, which includes a range of new amenities and accommodation upgrades. "Speaking more to these renovations,







our elevated amenities will include a state-of-the-art pool with a kids' area, outdoor bar and grill, a gym equipped with high-speed Wi-Fi, and refreshed hotel accommodations, enabling members to work efficiently while also having the opportunity to relax and unwind during their time ashore," says Emily Burchwell, senior marketing manager for Safe Harbor Marinas. The property is also investing in additional contractor space for boatyard needs and upgrading its existing facilities to further enhance the overall experience for members and guests." shmarinas.com/locations/safeharbor-puerto-del-rey

U.S. VIRGIN ISLANDS. The St. Croix Marine Center, in Christiansted, St. Croix, is expanding. The company is now an authorized reseller for Garmin Electronics. The chandlery is expanding to nearly twice its existing size with more stock. A rebuild of C-Dock is underway, which will increase slips from 24 to 44, and two additional moorings are being added bringing the total to 7. "We remain the only full-service

marina and haul-out facility on St Croix, the only authorized Mercury dealer on the island, and have a full-time professional boat detailer with 15 years of experience and an inhouse yacht broker," says Christian Herold, yard and marina manager. stcroixmarinecenter.com

BRITISH VIRGIN ISLANDS. There are now two hydraulic trailers - 40T and 60T, which can move vessels up to 60' and 75' respectively, at Nanny Cay Marina & Boatyard, according to Michael Winter Jr., inventory and sales association and social media manager. The full-service boatyard offers storage for 300 monohulls and 100 catamarans, has two boat lifts: a 70T Wide-body Marine Travelift capable of lifting catamarans with a beam up to 32', as well as a 50T Marine Travelift capable of lifting monohulls to 55' in length. nannycay.com/boatyard

ST. MARTIN, FWI & ST. MAARTEN, NA. After a pandemic pause, the Time Out Boat Yard, adjacent to the Sandy Ground Bridge

CARIBBEAN BOATYARD UPDATE

in Marigot, has resumed its December to May Flea Market on the first Saturday of the month. Beyond this, "we do our best to have a friendly yard with proper conditions for our customers to feel at home when storing or repairing their boats," says Keith Ellison, operator. Last December, Island Water World, with Dutch-side locations in Cole Bay and Phillipsburg and French-side in Marigot, added the Achilles brand to the inventory of Highfield and Caribe Ribs up to 20' they sell and rig, according to Gaby Eman, managing director. The company can haul ribs up to 20' with its Taylor Forklift, store them short-term or long, and provide services like pressure washing, applying antifouling, and applying protecting coating on Hypalon tubes. www.facebook.com/tobysarl, www.islandwaterworld.com

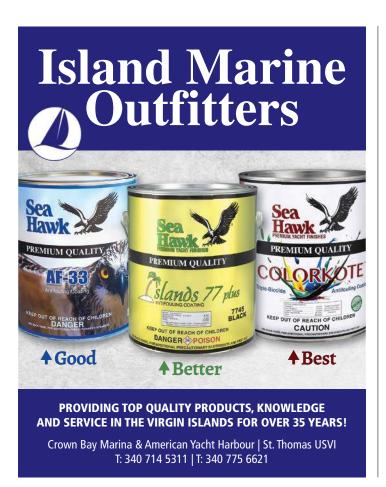
ANTIGUA & BARBUDA. Plans are underway to expand hauling and storage to include Catamarans at Jolly Harbour Boatyard & Marina, owned by Eastern Caribbean Marina & Boatyard Ltd., in Jolly Harbour. "We are adding a boatyard designated to Catamaran storage, an additional 85T Travelift, 70' twin piers, and a customized self-propelled boat mover," says Jo Lucas, general manager. "We continue to improve the customer experience, keeping up with the latest trends, by offering a complete range of marina and boatyard services, to all our customers." Recycling of aluminum cans and clear plastic bottles is also now being promoted at Jolly Harbour. Antigua Slipway, in English Harbour, recently completed the rebuild of its cradle for its marine railway and is taking bookings. The marine railway can haul monohulls and catamarans with beams up to 40', length overall of 200' with a maximum weight of 150T "We have already hauled two vessels on the marine railway: MV Island Escape, a fiberglass catamaran ferry servicing Antiqua & Barbuda and MV Mr Ray, an impressive a steel cargo vessel weighing 120T servicing Anguilla and St Marteen," says Roberto Falangola, managing director. Devon Norris is the new yard manager, coming home to Antigua after working at the Nanaimo Boatyard in British Columbia, Canada. Lastly, the company is completing a storage area with three 20' air-conditioned containers and one 40' container, which will be available for rent starting next month. North Sound Marina, in Parham, is now a Port of Entry and Exit for vessels visiting Antigua, according to Nnolika Joseph, business operations manager. Offices of the Port Authority, Customs and Excise, and Immigration operate here 7 days a week from 8 a.m. to 5 p.m. Additionally, an Indoor Refit Shed sized 160' by 100' with a height clearance of 75' is now available for refits each year from January 1 to March 31 for short-term indoor repair projects. There's year-round outdoor space available for long-term refits. www.jhmarina. com, www.antiguaslipway.com, northsoundmarine.com

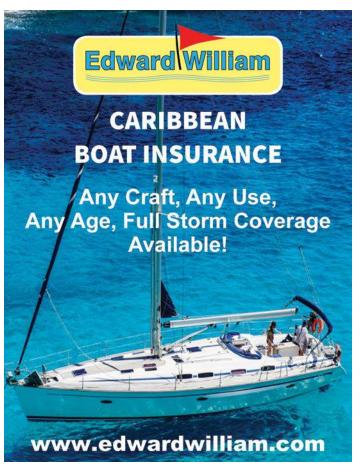


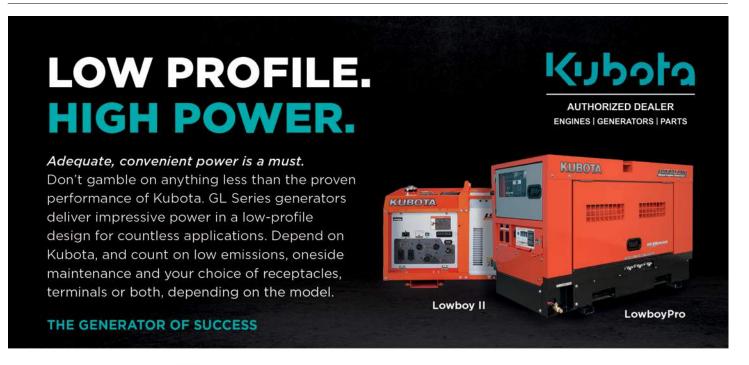














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GRENADA. The one-two punch of COVID with vessels left in the yard and volcanic ash dusting boats in 2020, led the trained team at Grenada Marine, in St. David's Harbor, to introduce a guardianage service last year. This includes monthly checks of the vessel's overall interior and exterior condition with a report that includes pictures and videos. "This is designed to help customers stay connected to their vessels and prevent problems," says Pamela Lendzion. The company has also become the warranty and aftermarket base for Balance performance catamarans. Clarkes Court Boatyard & Marina, in Woburn, has constructed a new mast storage rack. Clients can now safely remove and store their mast for the season should this be required based on the

work needed to be done to their vessels. In April, the company hosted its inaugural Expo for local vocational school and community college students. "The expo aimed to broaden their perspectives and showcase the various career paths and possibilities within the yachting and marine industry, while providing prospective employers a sneak peek into creative and talented minds available locally," says Raymond Burke, general manager. Spice Island Marine Services, in True Blue, has recently completed a yard expansion that offers increased storage capacity, as well as new docks with 14 Med-Moor style marina slips with 50/60hz power available. "The yard is increasing its sustainability efforts with newly installed solar panels to offset electrical usage and a



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CARIBBEAN BOATYARD UPDATE

100% electric vehicle for our in-house broker and driver, Solomon Jeremiah, who is a helpful resource for customers needing items shipped and cleared through customs. Customers will also enjoy an expanded Budget Marine chandlery," says Sarah Evans, client engagement manager, and company secretary. www.grenadamarine.com, www.clarkescourtmarina. com, www.spiceislandmarine.com

TRINIDAD & TOBAGO. Opened in August at **Peake Yacht Services**, in Chaguaramas, is the new Patches Seafood & Grill restaurant. "We also have a new electronics shop which is a licensed dealer for all Victron systems and other electrical accessories. Our dinghy dock has been renewed and we continue to renovate our hotel rooms. We have built a new sea wall and expanded our gardens to continue beautifying our waterfront," says Christopher Peake, store manager at Peake Trading Ltd. *peakeyachts.com*

ARUBA. There's a new on-site fuel dock at Varadero Aruba Marina & Boatyard, with hours 8:30 a.m. to 5:30 p.m. Monday through Saturday, and 8:30 a.m. to 4 p.m. on Sundays. "We also have 4 Varadero guest rooms available for short-term stays and we've added space for approximately 50 more boats on dry storage," says Malayka Rasmijn, marketing manager. www.varaderoaruba.com

BONAIRE. Boat Yard Bonaire is now the Honda and Sole dealers on the island, says owner, Mark Ten Hoopen. www.boatyardbonaire.com

PANAMA. There is new management at the Shelter Bay Marina Boat Yard, situated at the entrance to the Panama Canal. "Hernan Hernandez has joined the team, reinforcing the supervisory staff and bringing additional ABYC Course Training into the employees and operations," says Juan Boschetti, general manager. There are new mechanical services too with Blue Jack Marine, certified in Yanmar, Yamaha, and Volvo Penta, on-site 24/7. Located some 30 miles southeast of the Panama Canal entrance, the Linton Bay Marina's yard's east wing has been expanded to nearly double the number of yachts stored to 70. "We have the biggest Travel Lift out of the marinas in Panama. It can lift up to 160T with beams as wide as thirty-nine'," says Michael Olinde, assistant general manager. "We've also just opened an ATM, the only one in a 10-mile radius. shelter baymarina.com, www.lintonbaymarina.com



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10 Reasons Why a Kayak is the Perfect Addition for Cruisers

TEXT & PHOTOS BY BIRGIT HACKL AND CHRISTIAN FELDBAUER

pace is limited on average-sized cruising boats, so it's important to carefully weigh the pros and cons of adding yet another gadget to the equipment. We recently bought an inflatable kayak and couldn't be happier with it! Here are ten reasons why a kayak is a sensible piece of equipment for cruisers:

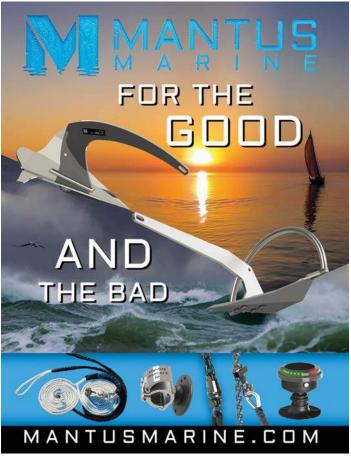
A kayak adds physical exercise to the boat life
We cruisers often complain that we don't do enough
for our fitness. Everything on board is located within a few
steps, often to be reached without even getting up. Some
ambitious sailors do yoga on deck in the morning, even
sportier ones go jogging ashore and of course there are oc-



casional work-out bursts for kite-surfers when a stiff breeze is blowing. But most of us don't move enough, apart from going snorkeling (where you hardly ever manage to work up a sweat) or doing an occasional hike. A kayak is a great way to get more exercise!

It goes where dinghies can't go - As they have hardly any draft, kayaks can take you over shallows that dinghies cannot navigate. If it gets too shallow even for the kayak, you can always just pick it up and carry it for a stretch before paddling on. Schlepping a dinghy would be cumbersome, a light-weight kayak poses no problem at all on such occasions.









Z It can go in rough conditions

Of course a SUP is also light, can be carried when necessary and is great to paddle on glassy-calm lagoons. The advantage kayaks have over these wobbly devices is their sturdiness. While SUPs are only fun in calm conditions, kayaks can safely be taken out for a ride even if it's choppy out there!

Apart from some gentle splashing and an occasional curse when it won't stay on course, a kayak glides along soundlessly. It's a wonderfully serene way to explore a remote

shoreline and we get to see much more wildlife than we would if roaring along in our dinghy with its noisy outboard engine.

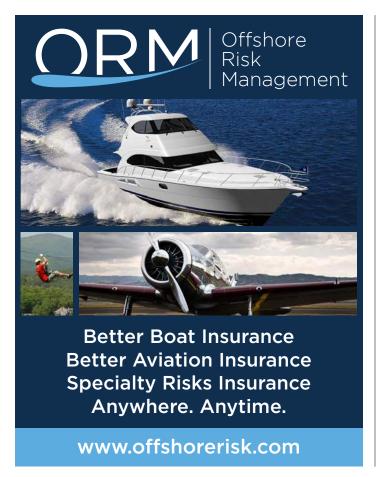
It's environmental-friendly

Powered by AP (arm power) instead of HP (hose power) a kayak is an emission-free and pollution-free alternative to petrol or diesel engines. Sailing to a destination and then kayaking there we can be perfect eco-tourists and leave zero carbon footprint as cruisers! In times of high fuel prices using the dinghy less often also means that we are going easy on the cruising kitty when paddling instead of motoring.

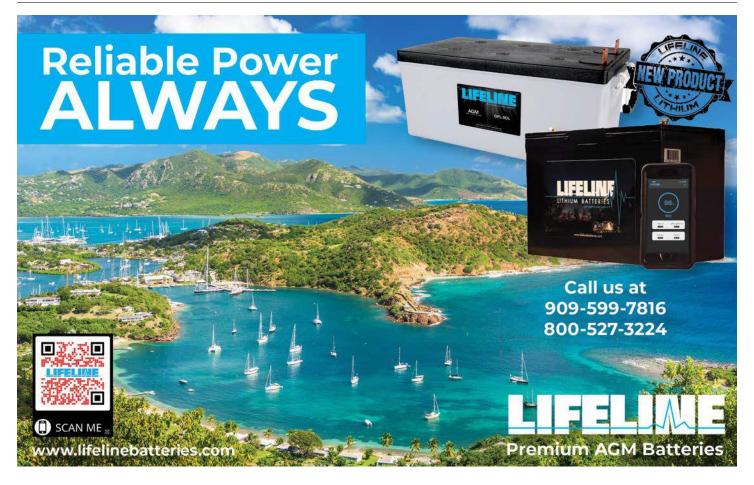
On rocky or rough shores without a dock it's sometimes hard to find a safe spot to leave the dinghy. In such conditions it's much easier to take the kayak—you can simply carry it ashore and leave it safely high and dry to await your return instead of worrying if the dinghy's safe in breaking waves.

7 It's easy to store

We often see rigid, plastic kayaks tied to railings, but Pitufa's decks are clattered enough without yet another gadget that has to permanently live there. We therefore opted for an inflatable kayak in order to be able to deflate it and store it









below deck on passages. Our two-seater Advanced Elements kayak weighs only 16 kg and—once deflated—fits into a carrier bag we can easily stuff into the forecabin.

It's a back-up

It's good to have some alternative means of transport, in case some misfortune should ever happen to the dinghy (touch wood!). If the dinghy had to stay on deck for a few days to let the glue on a repair fully cure, we wouldn't get cabin fever as we could still venture out with the kayak. If the dinghy got blown away, we could at least go out and search for it. In the worst-possible scenario of a lost dinghy the kayak would be a vital means to go ashore and even do some shopping.

It's teambuilding

We have a two-seater double kayak and yes, maneuvering the little boat to a beforehand agreed-upon destination can sometimes lead to arguments about tactics, techniques and navigational options between the two paddling captains, but working together we have always made it there and – more importantly—back home again. We can therefore only recommend double kayaks as a way to improve communication and cooperation for couples!



10 It's fun
Last, but not least, let's mention the fun factor: It's pure joy to move out in nature, propelled by your own muscle power and feel the sun, wind and spray on your face while paddling to a sandy beach or pristine reef!

Birgit and Christian have been cruising on their S&S 41 Pitufa for 11 years. Check out their blog www.pitufa.at for more info or follow sy.pitufa on facebook! They have also published a book about their travels: "Sailing Towards the Horizon" is available on Amazon.



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All Botran rums are made from pure, raw, concentrated sugarcane to create concentrated juice or virgin honey. Botran 18 is made in the spirit of Don Vevancio, the first Merino brother inspired by Guatemala. They say this blend captures, "His passion, fire and determination in one bottle." The rum is aged in American Whiskey, medium-toasted American Whiskey, Port, and Sherry wine barrels for 5-18 years.

HE SAID

The nose is sweet with caramel, honey, and butterscotch, overpowering a slight fruit note which I can't quite identify here because of all the sweetness. On the palate, the liquid is very smooth, providing the same sweetness from the nose. Dark Cherry leads the liquid to the finish, where I surprisingly find smokey notes that lingers slightly. As I continue to sip, the finish changes from sweet, dark cherry notes to a more earthy tobacco and burlap. I find this rum very intriguing.

SHE SAID

The reddish mahogany liquid coats the glass providing long lacing. The entire time Clint was sampling the rum, I closed my eyes, trying to determine what I smelled. I can't believe I'm saying this, but it's not sweet to me. I lean more toward cocoa powder used for baking. The rum has a rich texture that explodes on my palate with bitter dark chocolate. The finish initially burns the top of my throat, then smooths out to a more satisfying warmth. I experience absolutely no fruit. I continue to sip because I enjoy the mystery of the rum.

15 VS. 18

We compared the 15 to the 18. Clint said the 15 lacked depth and preferred the uniqueness of the 18. Terry preferred the nose and palate of the 15 but enjoyed the finish of the 18.

OVERALL

At \$45/bottle, Botran 18 has become high on Clint's list of drinkability for a sipping rum. He loves how the rum changes, presenting the notes differently to create a unique experience with each sip. Terry conceded, noting that the mystery is a large part of the experience.

4.75 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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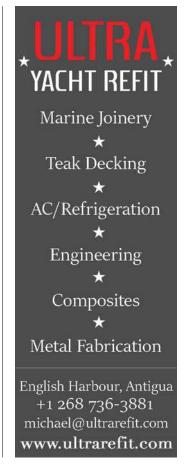
Above the chandlery at Nanny Cay Marina, Tortola BVI

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GREGORY FINK, Rincon Realty Sales Gfink5@gmail.com | www.rinconrealtysales.com Cell: (787) 823-4113



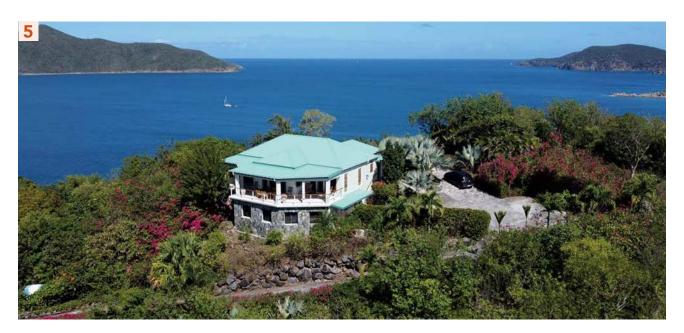
ST. CROIX, USVI. Spectacular full-on Buck Island views from this East End 2 BR/2 BA home, with a 1 BR/1 BA apartment. Picture yourself sipping morning coffee on your covered gallery in this quiet beautiful hillside. Post and beam all cedar home. Pool, upper and lower decks, two-vehicle carport with storage for kayaks, bikes, or other toys. Generator room, mature landscaping, laundry/workshop, updated kitchens and baths, grey water system, and plenty of storage. Price: US \$629,000

JULIET SAN MARTIN, RE/MAX St. Croix julie@teamsanmartin.com | www.teamsanmartin.com Office: (340) 773-1048 | Cell: (340) 690-9040



ST. THOMAS, USVI. Overlook the Atlantic Ocean from the deck of this 3 BR/4 BA hillside home with a pool that sits on a 1.2-acre lot. This is a low-density residential community deed restricted to one-acre lots with room for expansion below the home for a guest area or expansive decking to enjoy the views. Seller is willing to do owner financing. Price: US \$1,695,000

SCOTT NEWLAND, Newland Real Estate, LLC Scott.newland01@gmail.com vibeachfrontproperties.com | Cell: (340) 643-4147



BEEF ISLAND, TORTOLA, BVI. Panoramic 360-degree views from this 3 BR/3 BA cottage sitting on a 3-acre site atop Little Mountain offers views of over a dozen islands including Virgin Gorda, Cooper Island, and Peter Island, with the Sir Francis Drake Channel to the south. Live in the turn-key cottage while building a grand main house. Below the cottage is a wellestablished orchard with abundant tropical fruit trees. Price: US \$2,200,000

CHRIS SMITH, Coldwell Banker British Virgin Islands Real Estate chrissmithbvi@gmail.com | www.coldwellbankerbvi.com

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— the Saints —

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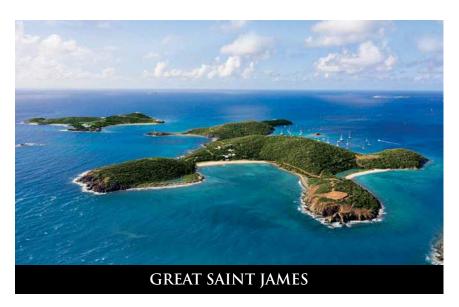
One of the last privately owned islands in the U.S. Virgin Islands, Thatch Cay is comprised of 230 acres+/- of completely undeveloped land, a 5 mile+/- coastline, and panoramic ocean vistas in every direction. With significant subdivision capabilities, Thatch cay is the ideal place to explore its nearly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

LP//\$25M

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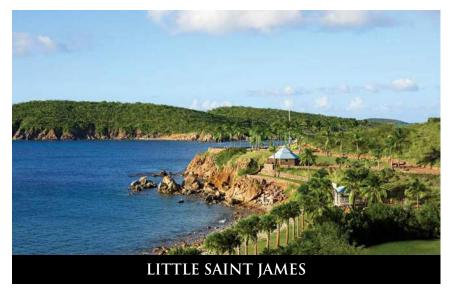
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Great Saint James, the larger of the two Jameses at 161.3 acres+/-, presents significant subdivision capabilities just 5 minutes across the bay from St. Thomas, with awe-inspiring views of the turquoise waters from Christmas Cove on the western coast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

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



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COLE BAY, ST. MAARTEN. Serene 3 BR/3 BA villa boasts an incredible panoramic view of the Caribbean Sea and the islands of St Barts, Nevis, St Kitts, St. Eustatia, and Saba. Unlike most places, there is an abundance of green lawn and many fruit trees. Private large pool, plus outdoor dining or lounging area equipped with a barbecue, outdoor bar, and pool table. Inside, the living room features cedar-finished cathedral ceilings, a fully equipped kitchen, and a Master Suite with twin Jacuzzis. Price: US \$1,800,000

JONATHAN SCHAEDE, Sunshine Properties | jonathan@sunshine-properties.com www.sunshine-properties.com | Cell: (721) 520-5445



SIMPSON BAY YACHT CLUB, ST. MAARTEN.

Wake up to an amazing lagoon view from this 3 BR/3.5 BA condo, set on two levels with three large terraces. Fully furnished living and dining area, both spacious and cozy. Hurricane shutters included. This gated residential complex has three common pools, tennis courts, a 122-slip marina, and 24/7 security. Near beaches, restaurants, and entertainment. Price: US \$795,000

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JONES ESTATE, NEVIS. This beautiful 2 BR/3.5 BA home is located on a 1.3-acre lot in a prestigious neighborhood on the Northwest part of the island. Very quiet. There are spectacular views of St Kitts, sunset over the Caribbean Sea, and Nevis Peak. Recently renovated with modern kitchen and bathrooms. Large swimming pool with sun deck. The property is bordered on one side by a wooded ravine or 'ghaut' giving excellent privacy. Price: US \$990,000

JOHN YEARWOOD, Oualie Realty john.yearwood@oualierealty.com | www.oualierealty.com Office (869) 469-9403 | Cell: (869) 662-9740



ST. GEORGE, GRENADA. This nearly 0.5-acre lot slopes moderately to the waterfront and commands a magnificent view of Prickly Bay, where there are several yachts moored. Located in the desirable residential area of True Blue, where St. George's University is within walking distance, the International Airport is 7-minutes away, and the Grand Anse commercial area with its shops and restaurants, and the renowned Grand Anse beach, is within a 10-minute drive. Price: US \$756,870

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KRALENDIJK, BONAIRE. Walk only 0.2 miles to the Caribbean Sea from this 3 BR/2 BA home. Spacious and light, there is air-conditioning and ceiling fans, a spacious covered terrace, a swimming pool, a separate studio/ workshop in the garden, and a nice backyard. This detached house offers the perfect combination of comfortable living, a convenient location, and relaxed island life. Price: US \$515,000

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Enjoy island life in a spacious 5 BR/3 BA villa designed after a traditional Bonairean landhaus. From the traditional yellow color to the covered porches and roof styling, this home exudes old Bonairean charm, yet the interior and outdoor living spaces offer all the modern amenities. Large pool and very large garden. Owner gets deeded access to the Caribbean Sea to snorkel and swim with ease - no driving required. Price: US \$975,000

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Caribbean Marinas

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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.curacaoyachtclub.com	5999-767-4627	16′	160	120	•	110/220 v; 50 hrz		•	•	•			•	•	68	FREE
D.R.	Casa de Campo Marina	809.523.8646/ 8647	16′	250′	350	•	110/220 v to 60 hrz	•	•	•	•	•	•	•	•	68	•
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	Clarkes 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
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Guadeloupe	Marina Bas-du-Fort	590 590 936 620	15.5	210′	1,100	•	110/220/380		•	•	•	•	•	•	•	9	FREE
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Panama	Bocas Marina www.bocasmarina.com	507-757-9800	20′	150′	83	•	110 -220v		•		•	•	•	•	•	68	FREE
Panama	Red Frog Beach Marina redfrogbeach.com	+507 6726-4500	20′	300'	84	•	50 Amp 110/220V 60 Hz, 100 Amp 220V 60 Hz, 200 Amp 480V 60 Hz 3-phase		•	•	•	•	•	•	•	68	•
Panama	Shelter Bay Marina	507-433-3581	20′	320′	192	•	60 HZ, 120/240V 50-Amp, 100 Amp Single Phase, 208V	•	•	•	•	•	•	•	•	74	•
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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-rodneybay.com an Gy 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 GY destination	721-544-2309	13′	196′	114	•	480V 3-phase 100 amps/ leg; 220V 3-phase 100 amps/leg; 220V 50 amps; 110V 30 amps 60hz	•	•	•	•	•	•	•	•	16/ 79A	FREE
St. Maarten	The Yacht Club at Isle de Sol www.igy-isledesol.com	721 544 2408	18′	320′	45		480V 3-phase 100 amps/ leg; 220V 3- & single- phase; 100 amps/leg; 220V 50 amps 60hz	•	•	•	•	•	•	•	•	16/ 78A	FREE
St. Thomas	American Yacht Harbor www.igy-americanyacht harbor.com	340-775-6454	10′	110′	134	•	120/208Y/240 VAC 30 to 100 amps, 60 Hz	Cable	•	•	•	•	•	•	•	16/6	FREE
St. Thomas	Crown Bay Marina www.crownbay.com	340-774-2255	24′	200′	99	•	30, 50, 100amp 120v, 208v, 220v, 480v	Cable	•	•	•	•	•	•	•	11	FREE
St. Thomas	Yacht Haven Grande www.igy-yachthaven grande.com	340-774-9500	18′	656′	48	•	120/208Y/240/480Y VAC 50 to 600 amps, 60 Hz Ability to hard wire	Cable	•	•	•	•	•	•	•	16/10	FREE
Tortola, BVI	Nanny Cay Marina	284-494-2512	12′	125′	200	•	110/220		•	•	•	•	•	•	•	16	•
Tortola, BVI	Soper's Hole	284-495-4589	25′	170′	50	•	110/240	Cable	•	•	•	•	•	•	•	16	Cafe
Tortola, BVI	Village Cay Marina	284-494-2771	12′	200′	106	•	110/220/308	Cable	•	•	•	•	•	•	•	16/71	FREE
Trinidad	Peake Yacht Services Marina	868-634-4420/3/7	20′	90′	17	•	110/220				•	•	•		•	69	FREE
Trinidad	Power Boats Ltd	868-634-4346	13′	65′	40	•	115/220		•	•	•	•	•	•	•	72	•
Turks & Caicos	Caicos Marina & Shipyard www.caicosmarina.com	649-946-5600 649-232-1905	9′	150′	100+	•	30/50/100 amp		•	•	•	•			•	16	FREE
Virgin Gorda	Virgin Gorda Yacht Harbour	284-495-5500	10′	180′	94	•	110/220		•	•	•	•	•	•	•	16/11	•
Colombia	Marina Santa Marta www.marinasantamarta.com an IGY destination	+574363601	11.5′	132'	256	•	110/220V, 60hz		•	•	•	•	•	•	•	16/72	FREE

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Cabo San Lucas, Mexico	Marina Cabo San Lucas www.igy-cabosanlucas.com an GY destination	+52 624 173 9140	26′	350′	380	•	110V 30 amps; 220V 50 amps; 100 amp 3-phase, 480V 150 3-phase		•	•	•	•	•	•	•	88A	FREE
NY Harbor - Manhattan	North Cove Marina at Brookfield Place www.igy-northcove.com an IGY destination	917-677-7680	16′	175'	18	•	110V, 220V; 480V 3-phase					•	•	•	•	69	FREE

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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 4		•	•	•	•	•	•
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 4	•	•	•	•	•	•	•
Virgin Gorda, BVI	Virgin Gorda Yacht Harbour	18. 45222	-64. 43750	284-495- 5318	10	150	34	no limit	110/120	7am- 6pm	70 4	•		•	•	•	•	•
Curaçao	Curacao Marine	12' N	68' W	599 9 562- 8000	9′	120′	33′	193	110/220 380	8am- 5pm	60	•		•	•	•	•	•
La Romana, D.R.	IBC Shipyard	18° 23′ 55″ N	68° 53′ 55″ W	+809 449 3321/3323	12′	110′	26′	no limit	110/220 3 phase 100/50/30 amp	8-5 M-F	120	•	•	•	•	•	•	•
Grenada	Clarkes Court Boat- yard & Marina	12° 00.6′ N	061° 44.0′ W	473-439- 3939	11′	150′	37′	0	110/220; 50Hz	7:30am- 4:30pm	242	•	•	•	•		•	•
Grenada	Grenada Marine	12° 01:20	61° 40:42	00-1-473- 443-1667	12′	75′	31.5′	0	110/220	8-5, M-F; 8-12, Sat	70 4	•	•	•	•	•	•	•
Grenada	Spice Island Marine Services	12.041 N	61.45 W	473-444- 4257	12′	70′	25.4′	0	110/220	8-4 M-F	70 4	•	•	•	•	•	•	•
Panama	Bocas Yacht Services	09° 17.3′N	082° 23.06W	507- 6619-5601	10′	65′	20′	no limit	120/220	7:30- 3:30pm	60 &	•		•	•		•	
Panama	Shelter Bay Marina	09° 22′ 12″ N	79° 56′ 51″ W	507- 6813-5327	11′	100′	28′	no limit	60 HZ, 120/240V 50-Amp, 100 Amp Single Phase, 208V and 480V Tri Phase	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 45	•	•	•	•	•	•	•
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 <u>&</u>	•	•	•	•	•	•	•
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 45		•	•	•	•	•	•
St. Kitts	St. Kitts Marine Works	17° - 20.3'N	62° - 50.1′W	1-869-662- 8930	12′	120′	35′	no limit	110/220/3 phase 100amp	7-4 M-F	150			•	•		•	•
St.Thomas, USVI	Subbase Drydock	18 N	65 W	340-776- 2078	16.5′	190′	50′	no limit	440 three phase/220/110	8-5, Mon-Sat	1000			•		•	•	•
Trinidad	Peake Yacht Services Boatyard	10.4′N	61.38' W	868-634- 4420/3/7	14′	130′	30.5′	no limit	110/220	8-4 Mon-Sat	150	•	•	•	•	•		•
Turks & Caicos	Caicos Marina & Shipyard	21.45. 57N	72.10. 47W	649-946- 5600	9	150			30/50/110 amp	24x7	75 45	•		•	•	•	•	•

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Washington D.C. / MD	VA MD	National Harbor Marina www.igy-nationalharbor.com	301-749-1582	Call	160′		•	30/50/100 single and 3 phase	•	•	•	•	•	•	•	•	71/16	•
D.C. / IVID	שועו	an ■IGY destination [™]						and 5 phase										
Beaufort	NC	Jarrett Bay Boatworks	252-728-7100	10′	135′	30	•	30/50/100 Amp		•	•	•				•	16	FREE
Fort Pierce	FL	Fort Pierce City Marina	772-464-1245	7′	150′	240	•	30/50/100 Amp		•	•	•	•	•	•	•	16/78	FREE
Miami Beach	FL	One Island Park www.igy-miami.com an IGY destination	754-701-4020	40′	150- 800'	8	•	100 single & 3 phase/ 200/480/600 Amp		•	•		•	•		•	11/16	FREE
Marathon	FL	Marlin Bay Yacht Club www.marlinbay.com/marina	305-731-2207	7′	60′	28	•	30/50 Amp				•			•		16	FREE
St Petersburg	FL	Maximo Marina & Boatyard www.igy-maximomarina.com an ☐ IGY destination™	727-867-1102	8′	110′	300	•	30/50/100 single phase	•	•	•	•	•		•	•	6/16	FREE

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Beaufort	NC	Jarrett Bay Boatworks	252-728-2690	10′	130′	30′	no limit	30/50/100 Amp	24x7	50/75/ 200 ton travelift	•	•	•	•	•	•		
Thunderbolt	GA	Thunderbolt Marine Inc.	912-352-4931	14′	180'	36′	no limit	30/50/100 single and 3 phase	24x7	150 ton travelift/ 1150 ton Syncrolift	•	•	•	•	•	•	•	
Key Largo	FL	Catamaran Boatyard & Storage	305.852.2025	5′	80′	27'4"		220V, 100 Amp	M-F	80 tons		•		•	•	•		
Fort Lauderdale	FL	Bradford Marine Inc.	954-791-3800	11′	180′	35′	55′	208v/240v/ 480v	24/7	300 ton Syncrolift	•	•	•	•	•	•	•	
Fort Lauderdale	FL	Cable Marine (1517 SE 16 St Location)	954-462-2822	6'	60′	16.5	25′	110/240	8-4:30	40 ton			•	•		•		
Fort Lauderdale	FL	Cable Marine (2491 W State Rd 84 Location)	954-587-4000	9′	120′	22	no limit	120/50/100 Amp	24/7	100 straddle crane			•	•		•		
St. Petersburg	FL	Progressive Marine Service/Boat Yard	727-822-2886	10′	100′	26′	no limit	50 Amp	8-4:30 M-F; Sa-Su by app't.	40/94 ton travelift		•	•	•	•	•	•	
St. Petersburg	FL	Maximo Marina & Boatyard www.igy-maximomarina.com/ boatyard an IGY destination"	727-867-1102	8′	62'	18′	no limit	Outboard, I/O, Inboard	8am M-F	50 ton travelift		•	•	•	•	•	•	
Gulf Shores	AL	Saunders Yachtworks	251-981-3700	10′	130′	28′	74′	30/50/100 Amp 3 phase	24x7	165 ton travelift		•	•	•	•	•		
Mobile	AL	Dog River Marina	251-471-5449	8′	85'	22.5′	75′	30/50/100 Amp 3 phase	24x7	70 ton travelift		•	•	•	•	•		
Orange Beach	AL	Saunders Yachtworks	251-981-3700	6′	85'	21.5′	no limit	30/50 Amp	7-5 M-F/ Sa-Su by app't.	60 ton travelift		•	•	•	•	•		

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2006 Hallberg-Rassy 53 Premier Offshore Voyage Tortola, BVI USD \$629,000



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2023 Fountaine Pajot Isla 40 3 Cabin Owners Version Tortola, BVI. USD \$729,000



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1990 Island Packet 38 New Chainplates Nanny Cay, BVI USD \$119,000



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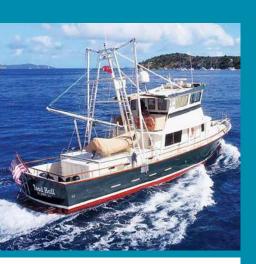
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Meet the Team:



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@virginis-landsyachtbroker.com or phone +1 954 909 3536



JAMIE DEEHAN hails from a seafaring family on the eastern shores of South Africa, growing up on and in the Indian Ocean. Racing monohulls as a teen and managing SCUBA operations from South Africa to Zanzibar gave Jamie all the skills he needed to build a career in the yachting industry. He has been a full time live-aboard, delivery skipper and professional Captain, running and managing everything from 30ft monohulls to 110ft Trimarans throughout the East Coast of the USA and Caribbean. His vast experience combined with years of living on yachts, whilst running successful term charters for thousands of happy guests, gives him a great understanding of what it takes to make your yacht a successful charter business. Jamie has a passion for design and is intimate with the inner workings of a multitude of vessels. He has vast experience liaising directly with the factories of luxury catamaran manufacturers to accurately guide clients on their journey to purchasing and outfitting a vessel ideal for their individual needs. He can be contacted by email at jamie@virginislandsyachtbroker.com or by phone +1 443 440 1445



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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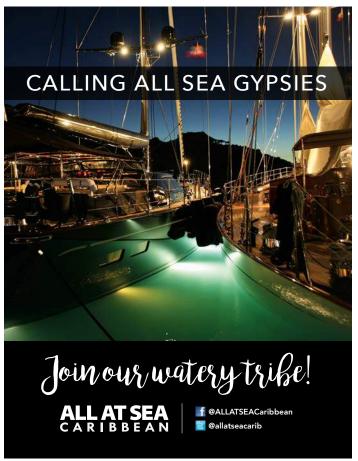
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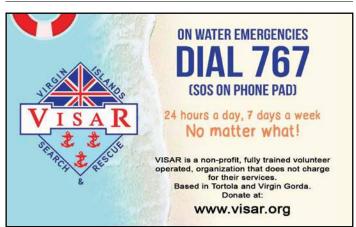
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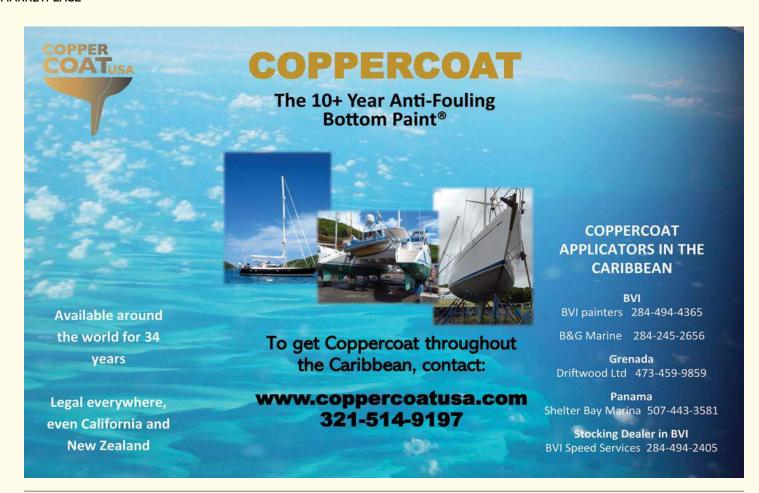














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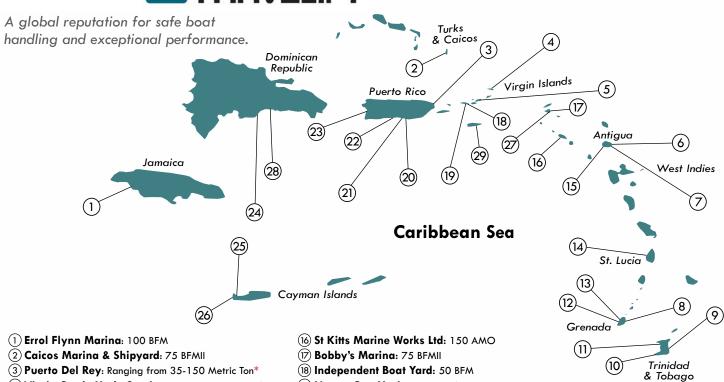
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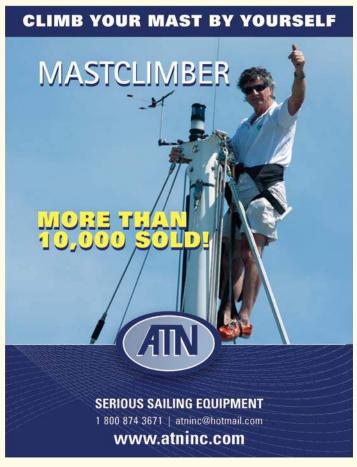


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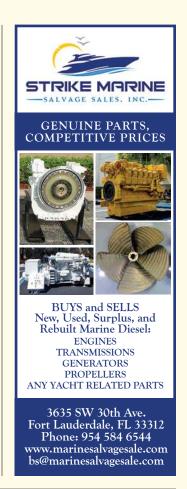
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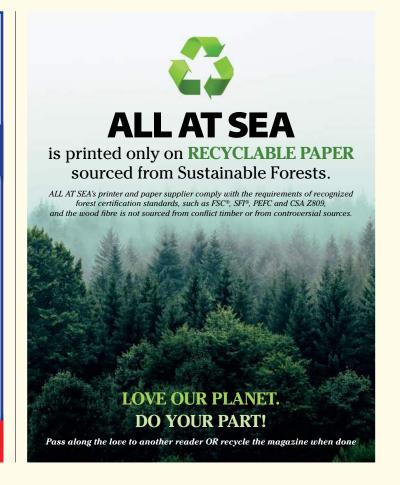














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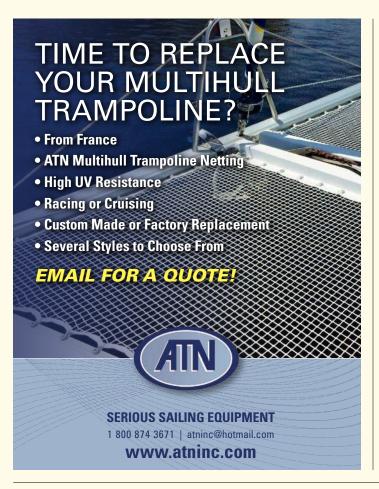
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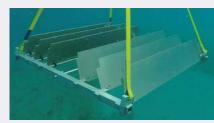












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0830 hours 0930 hours 1030 hours 1130 hours 1600 hours 1500 hours 1700 hours

CAUSEWAY BRIDGE: 1700 n Inbound & Outbound Traf<u>fic</u>

The above times are now in affect. After a period of three months, an assessment will follow to determine if changes need to be made or whether the bridge times will remain as published.

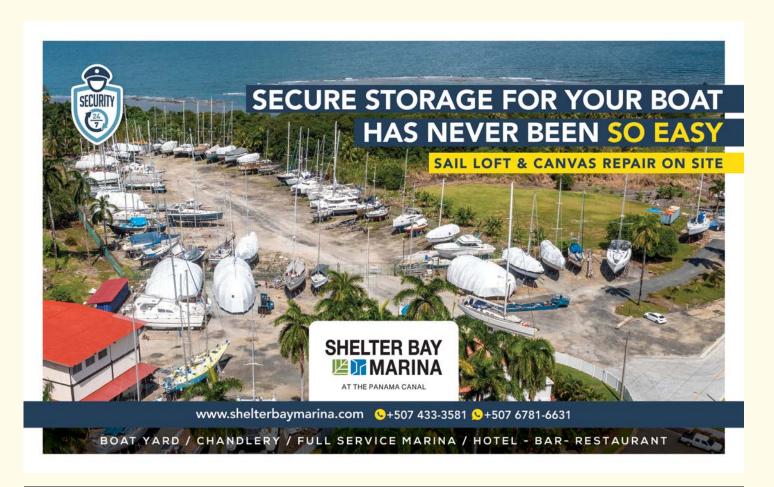
FRENCH SIDE – Bridge Operator VHF Ch. 16 / Tel: (590) 87 20 43

Outbound & Inbound (Outbound Traffic proceeds Inbound Traffic)

0900 hours 1430 hours Sundays & Public Holidays 0900 hours

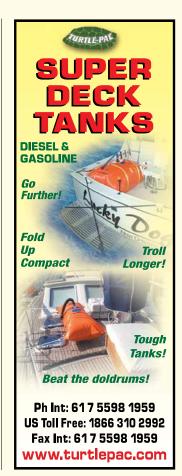
1730 hours

1730 hours













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Business Opportunity

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If you are interested, please contact: lauracaribbean@gmail.com.

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RETIRING. A very well established business which is rated #1 of 103 Outdoor Activities in the BVI on TripAdvisor. Business has huge potential for growth as trade license includes island tours, water taxi, and boat rentals. The sale includes a 2018 Worldcat 320CC powered by twin Yamaha's which is commercially licensed for 12 passengers and 2 crew. Website: celticboats.com Interested parties should email: celticboats@ gmail.com

Employment

DREAM YACHT CHARTER-

St. Thomas USVI base is hiring for ALL POSITIONS. For consideration, please forward resume to base.usvi@dream vachtcharter.com



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For more information and if you are interested in this challenging career opportunity, please forward a copy of your resume and cover letter quoting reference **OMVGYH BVI** by October 30,2022 to erichardson@bviinvesmentclub.com and bviic1992@gmail.com.

YACHT MANAGEMENT CO-MPANY BASED IN THE BVI IS LOOKING FOR A QUALI-FIED MARINE SERVICE TECH-

NICIAN to join our team. Experience and training specifically in marine electronics and refrigeration would be preferred; as well as a good general working knowledge and ability to troubleshoot and work on marine sub systems and marine diesel engines and generators. Work references would be needed, and remuneration would be provided on application. Please make contact with Graeme on bridgraem@surfbvi.com

FAST GROWING YACHT MAN-AGEMENT COMPANY IN **GRENADA SEEKS QUALIFIED** MARINE MECHANIC / TECH-NICIAN. ABYC certification in

Employment

one or more of systems / marine diesel / marine electrical / AC refrigeration preferred. Applicant should also possess several years work experience in the marine industry. Preference will be given to applicants from OECS countries. A competitive remuneration package will be offered. Please apply with a detailed CV including education and qualifications, work experience and references to gary@horizongrenada.com

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



QUANTUM SAILS Tortola, BVI

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

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

Please email resume and references to kwrigley@quantumsails.com

Employment

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



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

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

For Sale

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

FOR SALE: 2006 CORSAIR SPRINT 750 TRIMARAN. New Long shaft Tohatsu 9.8. New standing rigging. 2 Mainsails, 2 Jibs, 2 Spinnakers all in good condition. Trailer. Winner Corsair National's, BVI Spring Regatta and St. Croix International Regatta. In Tortola. \$45,000 OBO. Contact eddie@doylecaribbean. com or call 284 340 3385 for more details.

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Deliciously Nutritious Autumn Ďishes to Savor

CARIBBEAN COOKING | BY CAP'N JAN ROBINSON

ummer months have come to an end, so now it is time to take advantage of Autumn cooking, some healthy but satisfying dishes.

SIMPLE BAKED CRAB CAKES AND YOGURT SAUCE

Prep time: 20 minutes. Cooking time: 15 minutes. Makes: 8 patties

1 egg plus 1 egg white

1 Tbsp. Dijon mustard

3 Tbsp. fresh squeezed lemon juice

½ tsp. ground dry paprika

1/4 tsp. freshly ground black pepper

8 oz. crab meat, picked for shells

1/2 cup whole wheat Panko breadcrumbs

2 cloves garlic, minced

1 green onion, finely chopped

Olive oil

Preheat oven to 400°F. In a large bowl, whisk together eggs, mustard, lemon juice, paprika, black pepper. Add in the crab meat and breadcrumbs. Gently fold all the ingredients together. Form mixture into 8 patties and place on a baking sheet lined with parchment paper or a silicone baking mat. Lightly brush or spray the top of each pattie with olive oil. Bike 15 minutes or until the top are lightly golden. Remove from oven and serve with Yogurt Sauce, recipe below.

YOGURT SAUCE:

½ cup nonfat plain Greek yogurt 1 tsp. Dijon mustard 1 Tbsp. fresh squeezed lemon juice 1 green onion, finely chopped 1/4 tsp. cayenne Freshly ground black pepper, to taste

In a bowl combine yogurt, mustard lemon juice, green onion, cayenne, and black pepper. Whisk together until both are smooth. HINT: In a hurry, skip making the sauce and just use fresh squeezed lemon juice. Or, be creative, try dill, chives, red pepper flakes, or

other seasoning that you like, or maybe finely diced pickles.

NOTE: Serve these crab cakes with your favorite sides, or over a salad for a light lunch or as an appetizer

SWEET POTATOES STUFFED WITH GOAT CHEESE, HONEY, AND ROASTED GRAPES

Prep time: 20 minutes. Cooking time: 45 - 60 minutes. Serves: 4

4 sweet potatoes, similar size

2 cups red seedless grapes

1 tsp. Grapeseed oil or other high heat oil

1/4 tsp. Salt

1/2 tsp. Pepper

4 oz. Goat cheese, room temperature

2 Tbsp. Honey plus additional for drizzling

Pinch of cinnamon and nutmeg

Preheat oven to 350°F. Poke holes in the sweet potatoes with a fork, then wrap each one tightly in aluminum foil. Depending on size, bake for 45 -60 minutes, or until potatoes are tender to the touch. Remove from oven and unwrap foil. Cut a slit down the middle of each potato, lengthwise, then let sit until cool enough to handle.

Increase oven temperature to 450°F. On a baking dish, lay grapes in a single layer and drizzle each with the grapeseed oil and a pinch of salt and pepper; toss to coat. Roast for 20-25 minutes or until grapes begin to burst. Remove from the oven and let cool.

Once sweet potatoes are cool enough to handle, remove the flesh with a spoon, keeping the skin intact. Place the flesh in a large bowl. Add 3 ounces of goat cheese, cinnamon, nutmeg, salt, pepper and honey. Scoop flesh back into potato skin. Rewarm in oven if too cool. Top with remaining goat cheese. Add grapes on top and drizzle with the additional honey.

Farmers Markets are the best place to find seasonal fruits and vegetables in your area.

CARIBBEAN MULTIHULL CHALLENGE VI

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