

BEST REVENGE 5 REVIEW 2014

You Might 'knot' know this...

As you sip on your painkiller in the sun you have a little bit of viking history to your right or rather the starboard side. The term starboard comes straight from the old Norse term *Steorbord*, literally meaning the side on which the ship is steered. Way back when early sailors had a steering arm always on the right. It links into *stýri* meaning "rudder" (from the verb *stýra*, "to steer" or "to govern") and *borð* meaning etymologically "board", then the "side of a ship". If only those old salty Vikings could see how we do it now! Which ever side your on, the safety tip for this edition is always keep one hand for you and one hand for the boat.

While September 1st is Labour day here in the US it's also Spring day in South Africa, Happy Spring labour day.

Or this...

Since our last newsletter your beloved BR5 has had some awesome updates. There's a reason it finds it's way into the lyrics of our songs, moods and even our bedrooms. The right lighting. We have all new LED lighting in a move to be more energy efficient. Our lifelines that help you get around the boat are all new dyneema line; stronger than steel to keep you safe. All new mattresses to rest happy bodies after fun in the sun, snorkelling and walks on the beach.

And YOU are the first to know about our whopping, wondrous new entertainment and media system installed this summer. For our wifi addicts & go pro enthusiasts see your days pics and videos in the best quality right from your phone/ camera and even just listening to music. It doesn't get better than this! Our new, new, new list is rather long but we continue to invest in the best!

Overboard or Welcome aboard! 3 gadgets reviewed by the Cap'n

Captain Nick along with his love of the sea has a great love of ocean related gadgetry. In this edition we have Lifeproof phone and i-pad cases. We say welcome aboard; Without user error these really are great for your sailing peace of mind. We have unintentionally tested their waterproofing to 40ft below the sea. They still won't help if you drop your device in the unmeasurable depths but in the crystal clear anchorages of the BVI chances are good for survival.

Next the Vaavud, a fun attachment for your i-phone to give you wind speed. Expensive for what it is but useful if you are on a small craft without navigation instruments, it loses points for giving wind speed but not direction.

Lastly is Navionics, electronic charts for any smart phone / android or tablet. A great welcome aboard for small crafts without navigation instruments these charts are comparable with their hard copy counterparts price wise but are interactive and updated with current, tide. Local knowledge is always advised but these are a good plan B.

Chef's Pick: Orange Blossom Blueberry Cupcakes

So 'gluten free' is on everyone's lips and filtering through into what's on their plates. Opting for scrumptious, squishy baked goodness every time; I have picked this recipe as it's light, delicious and without flour for those trying to be gluten free or not it's a winner. Just send a mail to nl@br5.com with the subject as CUPCAKES and we'll mail you exactly how to bring these glorious treats to your own table at home.

Captain Nick and Myself, Lucy; can't believe that another summer is almost over. Luckily we get to sail back to the endless warmth of the Caribbean waters. It's been a summer to remember, happy times in the character filled sailing grounds around Cape Cod, Newport Rhode Island and next month New York. We wish you all fair winds and safe sailing. As always wish you were here!

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