

One week until...

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Early birds are no more!

To ensure you get your maximum 10% discount off the entry price, make sure you book before the 28th February - if you haven't already.

We recently found this lovely quote from the novelist Amelia E. Barr and wanted to share it with you. We thought it summed up the rally and it is very true to say that you will meet friends for life on the adventure of a lifetime...



"The great difference between voyages rests not with the ships, but with the people you meet on them"

The Sailing Rallies team have been working hard to give all participants access to every possible service they might require to enable them to have a successful Atlantic crossing.

The latest addition to the family is Peters & May, who are on hand for any of those sailors who'd rather not sail the harder leg back to Europe from the Caribbean. Peters & May has been 'the' provider of boat transport solutions for over 25 years and prides itself on exceeding the expectation of its clients by providing a level of service that warrants the reputation of the Peters & May brand.

Peters & May continues to be the world's most diverse and esteemed marine yacht shipping consultant and logistics provider. Being completely independent of any carrier association, Peters & May is best placed to provide clients with shipping opportunities that meet both their budgetary requirements and their date expectations. CCR participants will of course be entitled to discounts if they choose to ship back with Peters & May.



One of the most important ways of keeping crew and skipper happy on a long crossing is through good food! We thought it would be nice to share some of our favourite recipes with you, courtesy of our most wonderful self-confessed galley-slave, Julia. Julia will be attending the preparation weekends and is also doing a talk on cooking at sea at the Cruising Association in March.

Julia's Nutty Fruit Cake

This cake was a godsend for us on our crossing. Made in advance, it can keep for weeks on end, and is a great pick-me-up in the afternoon with a good old fashioned English cup of tea! Who says you can't eat like the Queen in the middle of the Atlantic?!

1lb plain flour

3/4 lbs dark muscavado sugar
3/4 butter
1lb currants
3/4lb sultanas
2oz candied peel
8oz ground almonds
pinch salt
a good 1/4 tsp each: -cinnamon, nutmeg, ginger OR good 1 1/2 tsp mixed spice
2oz cherries
1/2 tsp baking powder
pinch carb
1 small tbs treacle (taken from tin on a warmed spoon)
1tsp vinegar
6 eggs
1/8 to 1/4 pint of what you fancy: port, sherry, almond liquor, brandy or anything that's left in the cupboard!
Same for extra nuts: walnuts, almonds, flaked almonds, candied ginger -whatever you like.

1. Rub butter into flour until you have something that resembles breadcrumbs
2. Add rest of the dry ingredients & mix thoroughly getting plenty of air into it
3. Combine treacle, vinegar, eggs and any spirit
4. Mix wet and dry ingredients thoroughly together with any added nuts etc
5. Adjust with milk -You should have a wet-ish dropping consistency that will develop into a very rich, moist delicious and fragrant cake.
6. Bake slowly-about 275 degrees F, gas 1, 140C in an 8 inch square tin lined with butter papers. When top sets cover with greaseproof paper and continue to cook. This large cake can take 8 hrs to cook. Two smaller ones will take about four hours @ 275 -300 degrees. Gas 1-2, 145C. Test with a skewer - it should come out clean, and remember: They cannot cook too slowly!

*Once out in the Caribbean, there are many different cruiser radio nets. One which may be of use is the **Caribbean Safety & Security net**, with information available on all the different islands. At the moment they are carrying out a user survey – if you have a spare moment please take a look [on www.safetyandsecuritynet.com](http://www.safetyandsecuritynet.com).*

*For all you guys who are thinking of going to the States after you've left the Caribbean, how about dropping in to **Portland Marina** in Maine www.portlandyacht.com. Maine provides fantastic cruising grounds and a good jumping off point to come back to Europe. You will be assured of a warm welcome and expert service from Phineas Sprague Jr. He is a*

circumnavigator himself and specialises in helping owners preparing for extended cruising.

And finally....

A small reminder of what's included in your entry

- 15 nights free berthing
- Two fantastic harbours to leave from and arrive: Rubicon Marina on Lanzarote and Jolly Harbour Antigua
- One fixed price for each yacht - no extra for the crew, preparation weekends, polo shirts and even your Christmas and New Year Party packs (which we anticipate to be well used!)
- Many more useful discounts - from lift outs, yard work, chandlers and insurance to provisioning, car hire and further berthing discounts
- the safety advantages that come from cruising in company, and organisation of official papers in each port
- Lots of social and fun activities in the Canaries and Caribbean, bringing the heart and culture of each island to you



We are always around for a chat, so if there's anything at all you would like to know about the rally (or us!) then please give us a call or email anytime.

We'd be delighted to hear from you!

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