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We are 18.03 N by 41.51 W.

In Alison Langley's book about Bequia, we wrote that the "best place to be on Bequia during a sail, is at the helm". Today, would speak to that truth.

Today was a day for Bob Stephens and Paul Waring (with a little assistance from White, Whidden, and Deb). We had great conditions for sailing. Winds were 16 to 19 knots off the quarter beam, with a gentle swell and puffy white clouds and blue sky. And Bequia flew. We had five sails up today, the jib, the staysail, the main, the mizzen, and (my favorite), the mizzen staysail. The mizzen staysail is like a small spinnaker wrapped around the cockpit. The sail is what makes a yawl special.

The boat's helm is exceptionally balanced and Bequia tracks like a train. We were sailing at 9 to 11 knots, steady and sure, tracking down the 1,150 miles to go to Antigua. With all the design features put together so well in Bequia, there is no more beautiful yacht on the water than this BBY 91' wooden yawl, and Bob and Paul designed a magnificent sail boat.

For Sophia....I finished "Farewell to Arms". Thanks for the suggestion. I hope the knee is better.

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