



IT'S BETTER TO BE GREEN!

OUR VIRGIN ISLAND FISH STOCKS ARE DECREASING: WHAT WE CAN DO?

Snorkel & dive briefings are vital and one of our guests lasting pleasures. Most guests are environmentally miles ahead of us at home, crews excel in local knowledge for Virgin waters. Explaining that the coral takes centuries to grow and can be destroyed in seconds, outlining the reef community structure and then moving onto fitting and technique works well. The Virgins are a magical pool, but return charter guests notice how the fish stocks have decreased here (and it's worse in the global oceans). The coral bleaching especially in 05 makes our remaining coral much more valuable. The BVI Marine guide is great for us and guests too! Many boats use the Ark flyers, and they are great if you are helping an uninformed visiting yachtsman not to anchor or get their chain in the coral. Take pictures of any concerns to email to BVI Conservation and Fisheries. Watch for invasive species like the lionfish, and share any concerns like Sea Wasp sightings on group email via crewsinbvi (BVI) and through the VICL(USVI).

REDUCE-REUSE-RECYCLE

Reduce your carbon footprint-sail! Use old battery and waste oil drop offs.

Water bottles:some boats use a refillable water bottle with the yacht name which the guests take home as a keepsake, others put the guest initial on the top of a few bottles and refill them, best of all-a cold water spigot and glasses always available.

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Reusable shopping bags:you can't avoid seeing them in many countries! Cloth or even heavy plastic lasts years and won't rip like store giveaways.

Sustainable Seafood:top restaurants advertise their sustainable menus-check out the mart choices at www.seafoodwatch.org (it's theorized the English channel may once have been clear due to its "pavement" of oyster beds and the filtering action of the oysters! Many fisheries are devastating)

Paper towels:in restaurant work you rarely see them-draining is done by tipping a pan (or will cut use by half)

CLEANERS

5% Vinegar solution kills 99% of bacteria, 82% of mold and 80% of viruses-plus helps remove the salt residue from cabin walls & headliners that attracts moisture

Antiseptic/antifungal care for lockers: a couple of drops of any of these oils on a cotton ball or cloth:eucalyptus,lemon,juniper,lavender,patchouli,sage,sandalwood or thyme

Scour wooden cutting boards: Kosher salt

Wipe down & shine: vinegar, or spray 1 1/2 cups vinegar+1/2 cup water+8-10 drops lemon oil (optional but removes vinegar odor) and wipe dry

Scouring Powder: baking soda on a damp scouring pad or cloth

Dishwasher Detergent:7th Generation

Dishwashing liquid: ECOVER,7th Generation

Laundry detergent: Dr. Bronner's, ECOS, 7th Generation

Clothes & closets: mist with 3 drops lavender oil+2drops lemongrass oil+1 cup water to keep fresh & repel moths

Deodorize: XO deodorizer, or put out a dish of 1 cup warm water + vinegar

Wood Polish:olive or lemon oil

Bleach:peroxide or Borax

Paint remover:Ecosolve

CREW LOTIONS & POTIONS (locally available)

Sunscreen:Titanium sunscreen (reflective not chemical) ie Neutrogena Titanium, also

Shampoo: Finesse, Herbal Essences,JASON,Salon Selectives, Suave, Suave Professionals

Conditioner: Herbal Essence, JASON

Toothpaste: Natures Gate

Body Wash: Herbal Essence

Shaving gel/lotion:Alba

Soap:Clearly Natural and most fragrance & color free types (avoid mineral oil)

Deodorant: Natures Gate

PEST CONTROL (includes HAUL OUT)

Repel weevils:toss 5-10 bay leaves into the lockers containing dry goods

Repel flies and moths :10 drops of lavender or lemongrass oil in 2 oz (50 ml) water spray hatch-frames, may wipe dry with cloth

Repel ants, mosquitoes: put peppermint oil (or 10 drops citronella+ 3 drops peppermint oil) on cotton balls, drop neat into corners or mix with water, spray and wipe dry.

Repel mice:peppermint oil(or citronella/peppermint) 15 to 30% in a mixture of alcohol and water, place in small bowls around boat during haul out. Alternately spray 2 tsp peppermint oil + 1 cup water or drop peppermint oil neat in corners & near doorways

Repel dust mites,lice,spiders, fleas and ticks:spray as above or drop neat using lavender,lemon,peppermint or lemongrass oil.

SUNSCREEN ALERT- FROM UNDERCURRENT NEWSLETTER FOR DIVERS

MARCH 2008 (fromwww.undercurrent.org)

The sunscreen you dutifully put on before a dive or snorkel may prevent sunburn, but its chemi-

cals are killing coral reefs worldwide. A study in the journal *Environmental Health Perspectives* states that four common sunscreen ingredients can awaken viruses in an algae called *Zooxanthellae* that lives inside reef-building coral species. The chemicals cause the viruses to replicate until their algae hosts explode, spilling viruses into the surrounding seawater, where they can infect neighboring coral communities. *Zooxanthellae* provides coral with food energy through photosynthesis and contributes to corals' vibrant color. Without it, the coral bleaches white and dies.

The study's researchers looked at the effects of sunscreen exposure on coral samples from reefs in the Pacific, Atlantic, and Indian Oceans. Seawater surrounding the coral exposed to sunscreen contained up to 15 times more viruses than unexposed samples. Researchers found that even low levels of sunscreen, at or below the typical amount used by swimmers, could activate the algae viruses and completely bleach coral in just four days. They estimate that 4,000 to 6,000 metric tons of sunscreen wash off swimmers, snorkelers and divers annually in oceans worldwide, and that up to 10 percent of coral reefs are threatened by sunscreen-induced bleaching.

Several brands of popular sunscreens were tested and all had four ingredients in common: paraben, cinnamate, benzophenone, and a camphor derivative. Banning sunscreen isn't necessary. To reduce their impact on coral, divers and snorkelers can use sunscreens with titanium dioxide and zinc oxide, which reflect instead of absorb ultraviolet radiation. Some eco-friendly sunscreens that meet those standards come from Caribbean Solutions (www.caribbean-sol.com) and from Aubrey Organics (www.aubrey-organics.com)