

LEMON BAKED

INGREDIENTS

1.5 lb Cod fillet pieces, 4-6 pieces
¼ cup chopped fresh parsley leaves

LEMON SAUCE

5 tablespoon fresh lemon juice
5 tbs extra virgin olive oil
2 tablespoon melted butter
5 garlic cloves, minced

FOR COATING

½ cup all-purpose flour
1 teaspoon ground coriander
¾ teaspoon sweet Spanish paprika
¾ teaspoon ground cumin
¾ teaspoon salt
½ teaspoon black pepper



FROM STAR
CLIPPERS' GALLEY

INSTRUCTIONS

Preheat oven to 400F.

Mix together the lemon juice, olive oil, and melted butter in a shallow bowl (do not add the garlic yet). Set aside.

In another shallow bowl, mix the all-purpose flour, spices, salt, and pepper. Set next to the lemon sauce.

Pat the fish dry. Dip the fish in the lemon sauce then dip it in the flour mixture. Shake off excess flour.

Heat 2 tablespoon olive oil in a cast iron skillet (or an oven-safe pan) over medium-high heat (watch the oil to be sure it is shimmering but not smoking). Add the fish and sear on each side to give it some color, but do not fully cook (about 2 minutes on each side). Remove the skillet from heat.

To the remaining lemon sauce, add the minced garlic and mix. Drizzle all over the fish fillets.

Bake in the heated oven until the fish flakes easily with a fork (check at 7 minutes but should be ready by 10 minutes).

Remove from the heat and sprinkle chopped parsley. Serve immediately.

Hawai'i Asks Visitors to Postpone Maui Travel Amid Wildfires

Nonessential travel to Maui is being strongly discouraged as Maui and the Big Island battle severe blazes.

As firefighters battled deadly blazes in Maui and as recovery efforts are underway, Hawai'i's tourism officials are asking visitors who were scheduled to travel to west Maui, which has seen the brunt of the burning, to put off their plans for a bit.

The state of Hawai'i issued an emergency proclamation on Wednesday that also strongly discouraged any nonessential travel to Maui amid ongoing evacuations and rescue efforts. As of Thursday morning, the Associated Press reported that the Maui wildfires had killed 36 people, making this the deadliest U.S. blaze since the 2018 Camp Fire in Northern California.

Officials note the fires have burned hundreds of acres and forced school and road closures, as well as evacuations in the Kohala Ranch area of Hawai'i and the Kula and Lāhainā areas of Maui. The wildfires were brought on by dry conditions and strong winds caused by Hurricane Dora, which passed through the southern portion of the state on Tuesday.

"Travel to the rest of the Hawaiian Islands, including Kaua'i, O'ahu, Moloka'i, Lāna'i, and other parts of Hawai'i Island, is currently unaffected," the Hawai'i Tourism Authority stated. Kahului Airport (OGG) on Maui remains open, according to Hawai'i's Department of Transportation, but the airport has been sheltering evacuees and thousands of travelers stranded by canceled flights.

In light of the wildfires and devastation, all of the major U.S. airlines have issued travel waivers.

For travelers witnessing the tragedy from afar and wondering how they can help, several organizations have jumped in to provide aid and assistance. They include Maui United Way, Council for Native Hawaiian Advancement and the Maui Food Bank.

Groups 2023-2024

FEBRUARY 7-12, 2024—TENTH ANNUAL ICELAND WEEKEND GETAWAY

Explore the 'Land of Fire and Ice' witnessing spectacular waterfalls, boiling geysers and spend a few hours relaxing with a cocktail while watching the sunrise in the Blue Lagoon. A visit to Thingvillar National Park is not to be missed; called the Grand Canyon of Iceland because it is where the tectonic plates of North America and Europe merge creating an awesome sight. There is always the opportunity of seeing the Aurora Borealis or Northern Lights. Our package includes round trip air from Newark on Icelandair, four nights hotel with a full buffet breakfast daily and a continental breakfast at Viking World Museum on the morning of arrival, all current taxes. Optional tours will be available. Rate is \$1,998.00 per person double. A valid passport is required and insurance is highly recommended. **Only 6 seats left!!**

APRIL 28, 2024—GREAT TRAINS and GRAND CANYON

Highlights: Two rail journeys, Grand Canyon, Sedona, trolley tour and the Chapel of the Holy Cross. Five nights at the Hilton Sedona, five breakfasts and three dinners, all sightseeing and round trip air fare. Rate \$3,399.00 per person double occupancy.

JUNE 9, 2024—UTAH'S MIGHTY NATIONAL PARKS

Highlights: Arches, Capital and Canyonlands National Parks, Monument Valley, Canyonlands by night and wine tasting. Six nights hotel, six breakfasts, one lunch and three dinners, all sightseeing and round trip air fare. Rate \$3,625.00 per person double.

JUNE 9-16, 2024—SAIL CELEBRITY ECLIPSE TO BERMUDA

Sail on the revolutionized Celebrity Eclipse from Cape Liberty (Bayonne) and spend three glorious days in Bermuda. Sail past the Statue of Liberty enroute to the Royal Naval Dockyard. Your balcony cabin will include your accommodations, all meals (except for restaurants), beverage package, wi-fi, gratuities and all current port and government taxes. **Book by August 9, 2023 and receive a \$100 per person on board credit. Proof of citizenship is required (NO PASSPORT). Rate is \$1,859.00 per person double.**

SEPTEMBER 4, 2024—BLACK HILLS, BADLANDS and MT. RUSHMORE

Highlights: Mt. Rushmore day and night, Devil's Tower, Crazy Horse Memorial, Custer State Park and Buffalo Jeep Safari. Six nights hotel, six breakfasts and four dinners, all sightseeing and round trip air fare. Rate per person \$3,395.00 double occupancy.

OCTOBER 13, 2024—NATIONAL PARKS and CANYONS of the SOUTHWEST

Highlights: Grand Canyon and Bryce Canyon, Zion National Park, Zion Park Tram and Hoover Dam. Two nights in Las Vegas and three nights in Mesquite, five breakfasts, one lunch and two dinners, all sightseeing and round trip air fare. Rate \$3,395.00 per person double occupancy.

NOVEMBER 23-DECEMBER 3, 2024—ICONIC CHRISTMAS MARKETS CRUISE ABOARD AMA WATERWAYS AMA LEA

Depart USA on the evening of November 23rd flying to Prague where you will board the AMA LEA for your seven night Christmas Market cruise. The intimate AMA LEA was built in 2018 and sails with a maximum of 156 passengers. Sail the Continental Divide and visit Passau, Melk and Vienna enroute to Budapest. Cruise only rates start at \$3,799.00 per person double including port taxes. Single cabins surcharge range from 125 to 150%. Pre and post nights along with airfare will be available at the end of this year. Call Nancy for information and reservations.

DECEMBER 7-14, 2024—SAIL THE CARIBBEAN ON STAR CLIPPERS ROYAL CLIPPER

Would you like to climb the mast to the crow's nest 75 feet above the deck or visit the open bridge where you can help sail the vessel? If so, a tall ship adventure might just be the ticket. Life on board is casual and relaxed with top notch dining and less than 250 passengers. Have a tropical drink while you relax in the bowsprit netting listening to the steel drum band on deck. Enjoy complimentary water sports, yoga and wellness classes. The shore excursions on board the Star Clipper are designed to highlight the best of the ports visited. Enjoy a beach BBQ. Ports of call are the Grenadines; including St. George's, Grenada, Tobago Cays, Kingstown, St. Vincent, Bequia, Fort de France, Martinique with beach stop, Marigot Bay, St. Lucia, and Soufriere, St. Lucia. The rate per person (cruise only for an outside cabin with port taxes) is \$2,399.00 including a \$200.00 onboard credit and pre-paid gratuities. Air rates and pre-night information will be available in January 2024. A passport is required and insurance is highly recommended.

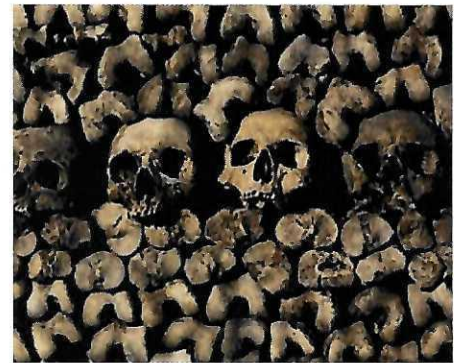


The World's Coolest Underground Attractions

Venture beneath the surface and discover a whole new world of wonder.

Paris Catacombs

The remains of more than 6 million bodies lie in the labyrinth of the Paris Catacombs 20 meters beneath the city's streets. The city's over-run cemeteries in the 18th century led the government to begin moving the dead to underground locations, inadvertently creating a spooky spot that has been attracting tourists for generations.

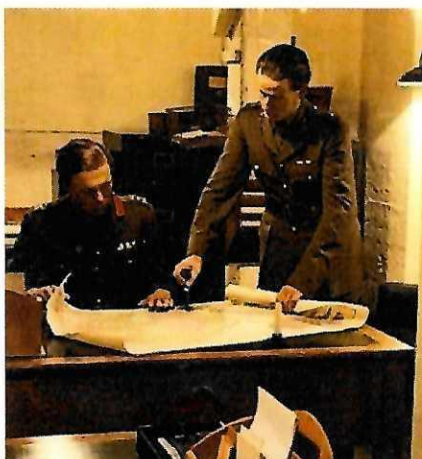
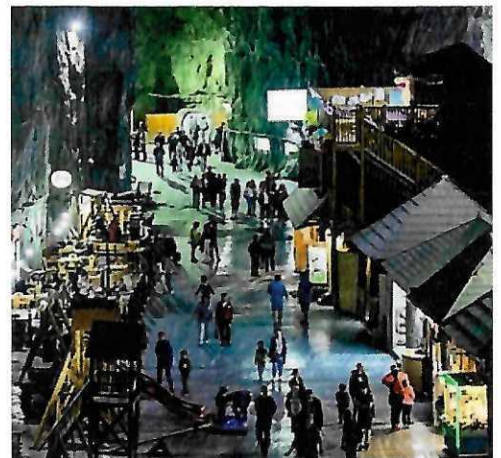


Wieliczka Salt Mine

The Wieliczka Salt Mine, a UNESCO World Heritage Site, was one of the oldest salt mines in operation until it ceased production in 2007. Hand-carved caves and brine lakes mark the fascinating trip 500 feet beneath the medieval town of Wieliczka. Just a half-day trip from Krakow, tours of the mine dive deeper into its history, where you can marvel at the ornate chapel of the Blessed Kinga, whose intricate details are made from salt deposits.

Salina Turda

A 4.5 hour trip from Bucharest, the Salina Turda—known as the largest salt mine in the world—has been transformed into a subterranean amusement park 368 feet (120 meters) underground. The depths for entertainment and relaxation are limitless: an underground lake for boating, a halotherapy spa, and even a bowling alley.

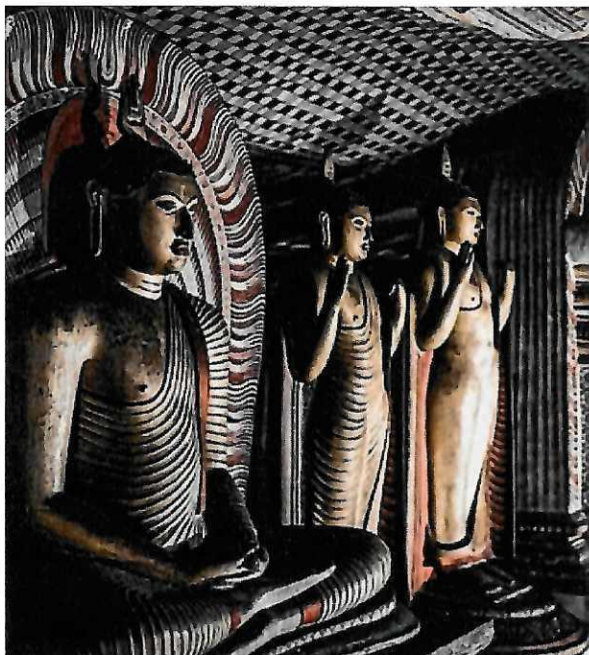


Churchill War Rooms

Rated as one of the top things to do in London, England, The Churchill War Rooms is a fascinating look into the bunker that sheltered then-Prime Minister Winston Churchill and his war cabinet from German bomb raids and was used as the headquarters to strategize the allied route to victory during the Second World War. Don't miss the Map Room, which has remained in the same condition as it was in 1945.

Underground City

The 20-mile (32-kilometer) network of shops, restaurants, and other entertainment attractions lies underneath the streets of downtown Montreal. It is a refuge in the city's freezing winter months and ideal for a souvenir pick-up or something for yourself. It's more than just a mall, and the longer you spend perusing, the more you'll forget that there's actually no sun or sky in s

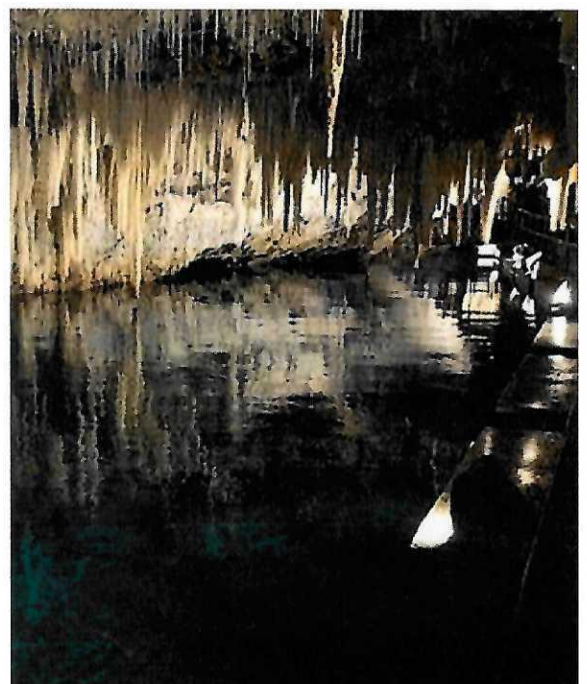


Dambulla Cave Temple

The Dambulla Cave Temple—also known as The Golden Temple of Dambulla—is the largest and best preserved cave-temple complex in Sri Lanka. Five caves house the highlights of this UNESCO World Heritage Site, including a 100-foot-tall Buddha gilded in gold at its entrance; mural paintings encompassing the cave walls, and more than 150 statues honoring Buddha, gods, goddesses, and royalty.

Crystal & Fantasy Caves

Founded by two teenagers while running after a ball during a cricket match, the Crystal & Fantasy Cave is one Bermuda's most stunning natural wonders. The dripping stalactites and shimmering Cahow Lake when lit make for a fun photo opportunity.



Insider Tips: Jamaica

- Embrace the “No Problem” Attitude
- Try Local Cuisine
- Stay Hydrated
- Explore Beyond the resorts
- Learn some Patios : Wahh Gwaan
- Be cautious with street food
- Enjoy the nightlife
- Take a Blue Mountain Coffee

Insider Tips: Grenada

- Embrace Island Time
- Taste the Local Cuisine
- Attend a local event or festival
- Explore Off the beaten path
- Take a Spice Tour
- Snorkel & Dive
- Visit Grand Etang National Park
- Interact with locals
- Enjoy the rum

Insider Tips: Antigua

- Explore the hidden beaches
- Visit during the carnival
- Engage with locals
- Sunday BBQ at Shirley Heights
- Try local cuisine
- Snorkel at Cades reef
- Support local artisans
- Learn about the history
- Embrace the island time

Let's Compare Jamaica, Antigua & Grenada

Water Activities

- Jamaica: Diverse water sports (snorkeling, diving, jet skiing, boat tours), excellent diving spots on the north coast.
- Antigua: Fantastic sailing opportunities (Antigua Sailing Week), snorkeling, diving, and boat excursions.
- Grenada: Excellent snorkeling, diving with diverse marine life and underwater sculptures, calm waters for kayaking, and paddleboarding.

Nightlife and Entertainment:

- Jamaica: Lively nightlife with bars, clubs, and live music venues in Kingston, Montego Bay and Negril.
- Antigua: Laid-back nightlife with beach bars, restaurants, and live steel band music.
- Grenada: Relaxed atmosphere, beachside bars, and restaurants offering live music and cultural shows.

All-Inclusive Resorts and Accommodation

- Jamaica: Wide range of all-inclusive resorts for different budgets and preferences, family-friendly to adults-only.
- Antigua: Good selection of all-inclusive resorts, luxury, and romantic getaways.
- Grenada: Mix of all-inclusive and boutique-style resorts, offering an intimate and personalized experience.



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A large cruise ship is shown sailing on the ocean under a clear blue sky. The ship is white with a dark hull and has many decks visible. The water is a deep blue.