

Theme Music: [00:09](#) Sailing away on a boat. Hailing from New Mexico. Enchanting stories as they go. Riding the tides, taking your time. Sailing away on a boat.

RosaLinda Roman: [00:28](#) Hello and welcome to New Mexicast or as I affectionately like to call it New Mexicastaways audio edition. This is where I, Rosa Linda Roman, share my family's adventures and stories behind the scenes of um, of living a board, a 45 foot sailing catamaran. I'm heading back to Fort Lauderdale International Airport. It is 5:10 AM, which means we left, uh, the west, the Riviera beach marina where our boat is at about 4:00 this morning. This is actually the second, second approach to the airport because, um, my husband who is flying to new back to New Mexico, Nathan, uh, realized he forgot something in the car. Uh, I just got, um, our guests and my husband to the airport. Um, along with our daughter, Ziva. Ziva is going to New Mexico for a week long summer camp and Nathan's going to New Mexico to do his clinical rotation. Uh, he's a physician and so he goes usually once a week. I mean, once a month. He spends a week in Alamogordo, New Mexico so that he can do his doctor work, his clinical work. Um, but this time he's actually doing two weeks this month because Ziva had a summer camp. And so he's taking her there. Our daughter Ahava is not going to this camp which they've gone to for the past two years before this, uh, together. And Ahava is not going because she is training a very vigorously for, uh, her gymnastics trying to get to the next level before the gymnastics season starts. Uh, the other people are dropped off at the airport or my sister in law, Anna and my nephew Julian, I think they had a really good time. We certainly enjoyed having them. Uh, and these are our last, uh, scheduled guests until, um, actually at this point they're the last ones that we have on the schedule. They know, but nobody else that we know of has a trip planned as of right now. Of course, one of my sisters, Sarah works for a United airlines. So there's always the chance that there might be a last minute trip. But, um, as of right now, we have no, nobody coming to visit us. And, um, I have loved having our guests, but I'm actually looking forward to just quiet down time, um, on, on the boat, just us. So, uh, this'll be the first time actually with obviously Ziva and Nathan gone. Uh, we won't all be together until they get back, which will be August 8th. So as of right now, which is a, I think it's July 30th, um, we won't have any more visitors that we know of. And then in a week, a little over a week, um, Ziva and Nathan will be back and then the whole crew of the Dawn Treader will be back together with no visitors. And that's been, that's a first, it's been awhile. Um, so anyway, I just got back to the airport, I'm going to pull over and uh, let me think, get what he forgot in the car and then I will be right back.

- Theme Music: [04:00](#) Sailing away on a boat.
- RosaLinda Roman: [04:02](#) All right. So they got their stuff. Ziva, saw the colored pencils, um, in the side of the door and she was very happy about it and grabbed them. But then accidentally dropped them and uh, they are kind of in a hurry. I didn't want to make them panic, but it's 5:15 now and their, um, flight leaves at six o'clock and they have to still get through security. So hopefully they'll be okay. Um, and now I am going to hit the road again, back to West Palm Beach, Riviera Beach Marina where Miss Linda, our liveboard nanny and uh, Ahava and Samuel are hopefully still sleeping because at least somebody will get to sleep. Right. Ah, okay. So I know this has been a crazy beginning of the, the podcast, but I guess if you've been listening to these episodes at all you are, probably comfortable with that because that's just how the, how I roll on this show. Usually I record it when I'm driving from one place to another because that's when I have the most alone time and quiet time after having dropped somebody off at some activity or in this case going to the airport. Um, or coming back from pick a, you know, picking about to pick someone up from an activity that seems to be the best time for me to record. I know audio wise it's not the best cause like right now I can you hear the, the um, road noises and you know, lots of different sounds, but hopefully it's enough that you can actually hear some of my ramblings if you want to. So, um, so let's think about what's going on lately, besides obviously having guests. Um, we're really just getting to know the boat and how everything maneuvers and needs to be fixed and what needs to be upgraded.
- RosaLinda Roman: [06:00](#) Um, so I'm actually looking forward to this week and my daughter Ahava one that is, uh, the gymnast, it told me last night, she said, oh, I'm so excited about this upcoming week. And I said, why? Cause I couldn't think of anything that we have going on we're just hanging out and she said, I'm gonna finally get to KonMari my clothes and, and everything on the boat. And I was like, she's right because now we don't have guests and we're going to just be home for the first time since we moved aboard, we will be home for, well, she and I and Samuel aren't going anywhere and Linda as far as I know. Um, so we're going to be able to have some time to actually process what we have on the boat, figure out what sparks joy and get rid of anything that doesn't.
- RosaLinda Roman: [06:49](#) Um, if you haven't listened to my past episodes, the way that we managed to downsize to move on to this 45 foot sailing catamaran is that, uh, we used a system called KonMari, which is based on a book by a woman named Marie Kondo. The Life

Changing Magic of Tidying Up is her book. And we applied those principles that she teaches in the book to downsize our house in New Mexico and, and get to this point where we could move on to this boat. Cause obviously living on a boat, it's pretty much minimalism. I Dunno if that's right, but I know there's a movement of minimalism that's for us, it's just getting rid of a lot of stuff and hitting and downsizing. And specifically the way you do that through, uh, KonMari is you, uh, you get rid of anything that doesn't spark joy. You hold each item that you own in your hand and you one thing at a time, ask yourself if this sparks joy.

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And if it does not, then it has to go. Um, and we did that for our house in New Mexico. All but the sentimental category, the last category we, we did whittle it down quite a bit. Um, but we put our most sentimental things that still need to be kind of processed and sorted through a, I have a lock cabinet in my house in New Mexico and um, we put stuff in there to be sorted through at a later date. So we went through all the categories and you start with clothing, you go through books, you go to, um, papers, Komono which is miscellaneous items, and you just one step at a time, go through every part of your house. And that's what we did. And then we got here and now we realize there's still clutter around the boat and we really have to downsize even more than we already have. So, um, at this point this week, I'm gonna probably have Miss Linda find some fun things to do with Samuel. Um, and I'll work while Ahava's at gymnastics and when Ahava is not at gymnastics, she and I are gonna downsize around the boat. There's a lot of things, once you live aboard you realize, well, it seemed like I needed that, but I really don't. And everything has to be off the counters and we really need to uh, clear the space. Cause when you're underway you obviously don't want things cluttering up the counters because if you hit a wave everything falls. So everything has to have a place and be put away very nicely each time. Um, we have now had three sets of visitors along with just day guests and, and even some strangers who have joined us, uh, for the 4th of July. A very nice family that we met from Canada. So, um, we've had a chance to get to know the boat more as um, hosts than as just people living there, which has been fun cause I'm a people person and I've enjoyed that. Um, but we learned some things the hard way because we in some, in some ways we're ill prepared for um, the needs of different people when you're living on a boat,.

RosaLinda Roman: [10:12](#)

When you're coming to visit someone who lives on a boat, one of the first things that I, I actually did read in someone else's blog. Um, cause they basically wrote a checklist or, or

suggestions for their guests that came to visit. Um, one of the best suggestions that I saw was to not bring any, um, solid luggage. You should only bring a Duffel bags. Rolling Duffel bags are the best option because you can roll them in the airport and they're quick. You know, it's like a normal suitcase but it collapses and you can put it in a hole. Like one of the, the forward holds are where they, where you put um, like our dive gear and stuff like that. Because the thing about living on a boat is space is limited. So not only is it limited for you that lives on the boat, but when you have guests visiting, um, it can be challenging to find a space to put everything. Um, so number one, I would say always travel. If you're visiting someone who lives on a boat, you should bring a rolling duffel bag or even just a duffel bag but, or a backpack, something that can collapse. Nothing that is like solid, hard sided suitcases cause a lot of times they won't have anywhere to put in. Um, so that luckily I did have the foresight to tell my guests that and we had plenty of room. We actually have a lot more room than a lot of people would have on a boat. Um, because we really tried to, to leave enough space for stuff like that. Um, so then that's talking about the room for the people's stuff, but making room for people was even more challenging. Um, the first set of guests, we had my sister Becky, uh, actually the very first guest we had was, uh, my niece Christina, but she's little, she's uh, the same age as Ziva.

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Um, she actually, she's 8, um, and Ziva is 9. Um, but they're like, they're born in the same year, so in December Christina will be 9 as well. Um, but anyway, she's, she's petite, so she fits. She can just, you can, the kids, you can just have them sleep with your kids and it's not a big deal, right?Um, but once you introduce grownups, then it becomes more challenging. So with our first, uh, group of guests after Christina arrived, my sister, Becky or Rebecca, as most of her army people know her as cause she's a retired army from 20 years of service. Uh, had had the squeeze that in cause I'm very proud of my sister, my big sis. Um, anyway, she came with her two daughters, Sophie and Leah. And um, she, uh, and so when she did, obviously we need more room. And so Ms Linda, our nanny, uh, flew back to New Mexico so that we would have room for my sister. Um, and that worked out because Becky could sleep in Linda's room with one or two of the kids and um, Ma and the kids, the rest of the kids all crammed in together. We ended up adding one more, um, kid. My, my nephew Gabriel joined in the fun for a little bit. So we had, let's see, that's Becky, Sophie, Leah, Gabriel, Christina, Becky, Sophie, Leah, Gabriel, Christina, and then my myself. So that's RosaLinda, um, Ahava, Ziva and Samuel. So that was 9 people, cause Nathan wasn't there for part of that, but at some

point he came. So we have 10 people and then, uh, there was one night where Becky had her girlfriend spend the night. So we had 11 people sleeping on our boat. Um, and so you really get a chance to test out the, um, capabilities of the boat and the tolerance level of the people who are staying with you, you know, and, and the hosts themselves.

RosaLinda Roman: [14:37](#)

Um, so one of the things that I think was real, really a saving grace for us was being at a marina when you have guests. Um, their needs are very different than, so I guess I'm talking to both people who own a boat and people who are visiting people who own a boat, right? Um, when you're living, when you're the people that live on the boat, you know how to conserve water. Like water is, you know, you have water. If you're not at a marina, you have a holding tank for water and it's limited and it's hard to get water unless you're at sea where the water is fresh. And you have a water maker. Um, it, you have to fill the tank. And a, if you're in places like The Bahamas or other places, it costs money to, you know, uh, water to fill up with water is not cheap.

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Um, I'm trying to think. I think it was like 45 cents a gallon, uh, when we were in The Bahamas. I could be wrong, but it was not cheap. And you can imagine if you take a, a long shower, how much that would cost you. So for us, being at a marina when we had guests is really was really great because marina's, at least most of them that I've been to have shower facilities and laundry facilities. And so with that many people on board, you're gonna need to take showers. And usually if you have guests from anywhere other than like New Mexico where we also have to conserve water a lot. Um, a lot of people don't have the same water sensitivity if you will, as people who live on a boat or people who live in the desert. Uh, do so like our friends, like my sister from the Lake Michigan area, she comes from Chicago.

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Uh, they have an abundance of water and so they don't necessarily, um, conserve it the way we do. And I've already trained my family, so I'm not really talking about my sister in particular, but having that many people and especially kids, you know, they're not necessarily, uh, water aware all the time. So it really is great to have a marine at the marina to have showers. They took long, happy showers. Um, and it actually was a really fun cousin bonding time when they were, you know, you'd hear these little girls giggling and showering and acting silly. Um, so that was, uh, a really great tip. I think tip number two is if you are, you have guests or you are a guest and maybe the people who you're staying with say, well, we'd rather stay up on, on the

hook on the hook means you're either anchored out or you could, um, get more involved. Even if you have a more involved, a lot of times it's associated with a marina and you can still use the shower facilities. So, um, I find that a lot of times that the things that make things tense or difficult in such a small place, a small space with guests is they don't want to um, offend you as the host or they're afraid to speak up if something bothers them. Um, or vice versa. You, you want to make them comfortable and so you don't want to offend them. So a lot of times lack of communication can get in the way and so you may as the guest, if you can afford it, it would maybe be really nice for you to say it. Um, to the, to the, um, boat owner, hey, we would love to spend at least one night out of this week at a marina.

RosaLinda Roman: [18:28](#)

Is that possible? And we would pay for it. Um, that's something to think about if you are going to visit a boat. Um, because first of all, if this is your first time ever visiting and staying on a boat, you may not be as comfortable, um, on the water as they are. And, and let me backtrack and tell a little story. So our next set of guests that arrived were our friends from The Bahamas, um, Rachel and her daughters summer and Jasmine, and it was Jasmine's birthday. And we were so excited to take them out to go sailing and we figured they used to own a sailboat and, um, so they would be very comfortable and we didn't really need to think too much about their comfort on the water. Well, that was a mistake on our part because they were, uh, Jasmine, um, ended up getting seasick at, which is a big disappointment cause it was her birthday. Um, but I realized in hindsight, um, my friend said, well, if I had known it was this, you know, um, rough out here, I wouldn't have gone out today. And I realized to us it wasn't rough because we live on a boat and we're, to us, what is rough is relative. It's, you know, we're, we, we've been out in very high seas and strong winds and so, um, you know, our tolerance level is different than someone who lives on land. So I would say err on the side of caution. If you tend to be, um, a seasick tendency, like if you're, you get car sick or motion sickness, um, if you can't stand, you know, um, up and down rides at like a roller coaster, um, then you might consider, um, bring you both for sure bring Dramamine, uh, or if you can get scopolamine patch, which is, um, what, uh, is it has to, I think it has to be prescribed by a doctor, but you can, if you know you're going to a boat, just ask for it.

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You put this little patch behind your ear, you have to do it at least an hour before you sail. And that was the mistake we made with our third guests. Um, my, my sister in law Anna. She did put the scopolamine patch on. My husband is a doctor, so

we keep them aboard. She had it on, but we put it on like five minutes before we set sail and she was already sweating so it didn't stick very well and it just, I don't think the medicine actually took effect. So she was pretty green for a little while there, which I will give you the next tip that will help you if you do get seasick and you accidentally took the dramamine too late or it's just not quite working. Uh, the next, the best thing you can do to cure seasickness as far as we've learned. Here's one, here's a few things, but the first thing is, um, drink seltzer water, like something bubbly and not nothing like full of sugar or any something light I like to use. Um, I think it's called Lacroix, something like that. It's like a seltzer water that someone wants brought a board. Our boat. Um, just some guests, um, our friends, the deer Driggs brought it on board. Um, and it really helped because this is going to sound gross, but when you have that queasy stomach and you drink some bubbly water and it makes you burp a little bit, um, it helps settle your stomach. And also if you can pick out more of the, the sour, um, flavors like the one that I think is the best is grapefruit. Uh, anything in the sour side of the spectrum seems to help. Now, if you are a lady who's ever been pregnant and with morning sickness, you already know this trick, right? I used to have ginger ale, um, and sour lollipops to ease my morning sickness. So same thing.

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They also sell these, um, wrist bands that you can put like on a pressure point on your wrist and it looks like these old sweat bands, like when you were working out in the 80s, um, that's what these things look like. But you can get 'em at any Walgreens. I've seen them everywhere. Uh, and you just put this little, it has a little ball in the wrist, wrist band, and you put that little plastic ball or I don't know if it's plastic, but you put the ball on your, um, the pressure point, like kind of where you're, uh, on the inside of your wrist and that helps you with, uh, balance as well and reducing the nausea. We also discovered some, uh, gum that you can chew, um, that helps alleviate the, the seasickness. Uh, but then the next thing, if you're already seasick and you're just not, it's not working. You're out at sea and your friends are like, this is great and you're miserable. Ask them if you can go for a swim. If you get in the water and I recommend, um, hooking to a mooring ball or if you can anchor or whatever, um, that's great. But what we do is we pick up a mooring ball just off shore. Uh, usually they have them where people like to snorkel or go diving. You pull, hook to this mooring ball and then just jump off the back of the boat. If you know, most people keep snorkels on board. I like to do that cause I don't love being on the surface of the water without being able to see below. So I just go for a little snorkel and I

encourage my guests to do that. Um, we throw like a, it's a, a raft kind of thing off the back, tying it to a line, um, a rope so they're attached to the boat.

RosaLinda Roman: [24:28](#)

So a lot of times if somebody is feeling seasick, like my sister in law, a little swim and then she just kind of floated out there on the, the little raft for a while and that allowed her, uh, equilibrium to go back to normal and, and stabilize. Because what happens is when you're on the boat and she made them, and this is another tip, boy, I'm just full of tips this morning. Uh, she made the mistake, which if you're seasick, this is a big mistake and it's not her fault cause I made the mistake of not telling her, never, ever, ever go down below. Never. So if you are 10, if you tend to be seasick or morning sick or carsick plan before you go out to sea, make sure to go to the bathroom, make sure to change into your bathing suit, make sure to have anything you might need out on the upper deck, outside, out of the inner cabin. Because she went down below to change into her bathing suit. And that is when cause she was, she was little level kind of feeling not great, but once she went down below, it was game over. She just felt horrible. Because what happens is if you can't see the horizon and you're looking around you inside the cabin and you feel that motion, your body gets completely confused. And that's where the seasickness comes from. Now I know I'm not a doctor and I don't know the technical scientific reason. And you guys can write in the comments to, to clarify my, uh, naive explanation cause I'm, I'm not pretending to be an expert. I just know, I have observed a lot of people, not just on our boat now because we've only been a board of a month and a half, but on our previous boat we had a lot of the same experiences.

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So number one, never go down below. When you are underway at the marina, it's different cause you're, you're tied up and the more secure your boat's not moving as much. And that's another tip and why it's so great. If you are toward the seasick tendency, uh, side of the spectrum, then, um, you, that's why it's really nice if you can get to a marina, um, then you will, it'll kind of get you stable again. You know, so even if you arrive and your friends who were like, Hey, this is, I'm loving it. We're out snorkeling every day and we're on the hook and we get so nice cause it is nice. I mean there's so many beautiful things about being out there at sea and being, um, and not having the lights of the marina and the sounds of the marina. Um, and if most people who live on a boat really cherish that, the time to be close to nature and not, not being, um, not being so close to everything. But if you're visiting from, you know, you're a city person or someone who lives in a, in a normal neighborhood,

um, it's okay. You're used to those sounds and lights and it's, it's okay. So in other words, what I'm saying is just communicate, say, uh, to your guests, uh, to your hosts. I am so excited about this trip. I'm a little nervous about, um, getting seasick. I'd like to, um, if it's possible to do a little bit of the roughing it and a little bit of the, uh, marina life, then I would like to do that. So if you're there for four days, maybe we could spend one night at a marina just so I can kind of make sure that if I'm, you know, like maybe your second night, spend the first night out on the hook, but then have the second night at a marina and also allows you to go out to the restaurants or whatever else.

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Right. And it, it's nice for the hosts not to have to entertain and cook and, and um, make sure everybody's taken care of because when you go out, everybody, you know, you don't, they don't have to clean and worry about such things. So, yeah, I didn't realize as I started rambling that that's what I was going to go into, but these are the, these are some of the things that I've learned, just observed, um, and really are solidifying now that I'm talking and thinking about it. You know, as you, as you're a guest on a boat, it's going to be a very different environment than you expect. Um, and you're so happy to be visiting your family members or friends that you've been wanting to. You've been wanting to do this boat experience and they have been wanting to share it with you. Right. And it, there's nothing worse than as a host than being so excited to share the lifestyle you love with your loved ones and have them absolutely miserable and hating it. Okay. That, to me is the worst thing because then you feel like, you know, it's hard not to take it personally. You feel like they're, you know, rejecting your lifestyle, which is fine. You're, they don't live on a boat, but there are ways to, um, to make it work for everyone so that the people who love to live on a boat are enjoying sharing their favorite things. And the people who don't live on a boat can enjoy as much as possible. Um, you don't have to, you're not moving onto a boat, right? So you don't have to love every part of it. Um, but it's really hard as the host, it's hard enough to host people in a small space, but when there's a lot of complaining and misery and people are seasick and people are don't like the food you chose and don't like, you know, whatever, it becomes really exhausting and it takes away from everybody's experience.

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So if you can go to the boat as the guest and tell yourself, okay, this is not my environment. I don't need all of my comforts. It's not, it's not supposed to be like a hotel vacation. Um, this is supposed to be a different experience and I'm gonna embrace it as most as best I can. And I'm also gonna let my friend or family

member know early things that they might be able to do to help me adjust to this environment that is totally foreign to me. I listened to this crazy lady on a podcast and she lives on a boat and she had all these tips. Um, and you know, please consider these few things that I think might help make it easier. Um, the other thing is planning meals ahead of time and talking it through in advance. Because when you live on a boat, there tends to be a lot of seafood, um, as options or grilling out grilling on the back deck. Cause you don't really want to cook inside that often cause then it becomes more hot, especially in, in the summer. Um, and so if you are someone who are a vegetarian or a Vegan and you don't eat hot dogs or hamburgers, which is, or salmon or you know, any kind of fish, um, then you need to be actively involved in helping find creative alternatives. Because A: refrigerator and freezer space is very limited on a boat. So you can't expect to just show up and have people like ready to feed you, you're special, you know, very picky diet. Okay? You have to find ways to, um, help the hosts know how to make you comfortable, but you also have to give a little, you have to know that your favorite, you know, um, brand of, of soda or whatever you're, you're used to, you may not have that and you're going to have to find a way to adjust.

RosaLinda Roman:

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Now, here's a tip for someone. Maybe you come to a boat and the people don't drink coffee because they're crazy. And because I believe in coffee, I am, I am a coffee a, not as coffee snob. I, I shouldn't say that, but I, I, I really love a good cup of coffee. And so, uh, we learned, my husband and I wherever we go, cause we travel a lot. We learned that not everyone likes coffee, not everyone. Uh, we'll have coffee available for you and then you will want to jump overboard and be miserable. Right? So what we do is we carry, uh, from Starbucks, they're expensive, but we carry a package of Starbucks. Um, I forget what they, maybe single, I don't know the name of it, but it's a single serving coffee that you, um, you just boil water, you rip off the top. It's basically instant coffee, but by Starbucks. So it's not like instant coffee because anyone who is, who likes coffee doesn't like instant coffee. Um, you may say, oh, I like instant coffee. Well then you're not a coffee snob like I am. Most people I know don't like instant coffee. So people who are not coffee drinkers, it's very nice that they keep coffee available, um, for the, for their guests who, uh, who are coffee drinkers. But if the coffee you have available is instant coffee, they will thank you and be glad to have something. But it, it's not the same as having coffee that you love. Right? So just go out hosts, if you don't drink coffee, you go get this for them. Okay. Unless

it's obviously against your religion, that's a different story. But, um, we, you just get these Starbucks single serving packets.

Speaker 3:

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You just keep them in the cabinet for as long as they need to be there so that when you do have a guest who says, oh, I don't have coffee, you give them a, you know, a single serving coffee and they're going to love you forever. Um, so yeah, if you're the coffee drinker and you're visiting and you're not sure if the people that you're visiting, uh, drink coffee, bring some single serving. Cause you can always boil water on the stove if they don't have a microwave, which a lot of boats will not. Um, we do, we have a boat, we have a microwave and we have a washer dryer on our boat. But again, because water is limited, we don't use the washer/dryer as much as much as we would in a house. Um, let's see. I have so many more tips now that I've started rambling and, um, I realized, wow, I actually have a lot to say on this subject. So I think I'm gonna do a series on tips for people who are visiting, uh, people who live on a boat and tips for hosts who are going to be having people stay, uh, on their boat. Uh, so I guess this is just the first of many. I hope that these tips help you, I'm sorry for my scatterbrained, um, ramblings lately. I will try to be a little bit more thoughtful about planning these episodes so that they have a clear subject line, a subject to talk about. But I guess that's part of the charm. If you are listening this long, then you like these podcasts or if you're listening because you just want to make fun of me, then I'm going to just delete your comments because this is my podcast and I enjoy sharing and I hope you enjoy listening. Uh, if you want more of the video side of the spectrum, my show, New Mexicast, all the archives can be found on New Mexicast TV on youtube. That's New Mexicast TV. Uh, and I do live reporting on facebook.com/NewMexicast or periscope.com/NewMexicast. Thank you so much for tuning in and I hope these tips help. If they do, give me a comment. Send a note and let me know if this is something you want to hear more about. Uh, thanks for listening. I'm Rosa Linda Roman, and I hope all of you are enjoying New Mexicastaways. Bye.

Theme Music:

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Sailing away on a boat. Hailing from New Mexico. Enchanting stories as they go. Riding the tides, taking your time. Sailing away on a boat.