

Captain Fred Braman Releases 'Still' Cruising by MailBoat: A Real Journey Through the Bahamas

Still Cruising By MailBoat

History, Culture and Adventure in the Bahama Islands



Captain Fred Braman, USN (ret.)

Jacksonville, Florida Apr 20, 2026 ([IssueWire.com](https://www.IssueWire.com)) - In a world of sanitized cruise ship terminals and gated resorts, Captain Fred Braman, USN (Ret), offers a refreshing and rugged alternative with the release of his latest book, 'Still' Cruising by MailBoat: History, Culture and Adventure in the Bahama Islands. Part travelogue, part history, and part "how-to" guide, this work serves as a vibrant invitation to explore the "Little Places" and meet the "Real Bahamians" that define the true spirit of the archipelago.

Following the success of his previous maritime narratives, Braman returns to the water—not in his trusty sloop Rhombus, but aboard the legendary Bahamian MailBoats. These working vessels, often resting in the shadows of luxury liners at Potter's Cay, serve as the lifeblood of the Out Islands. Through Braman's eyes, readers are invited aboard these "microcosms of the old Bahamas" to witness a side of island life that remains untouched by mass tourism.

Book Synopsis: Beyond the Tourist Trails

At its core, 'Still' Cruising by MailBoat is a masterclass in purposeful adventure. Drawing from years of naval experience and a deep love for Bahamian lore, Braman chronicles his journeys across the vast banks and deep waters of the territory. The book moves beyond mere sightseeing, delving into the historical footprints of Pirates, Loyalists, and the enduring families of the islands.

From the bustling cargo decks of the New G to the quiet, sun-drenched docks of the deep south, each chapter is anchored by Braman's signature blend of maritime precision and conversational warmth. With over 200 color photographs by Dave Blake and evocative paintings by Randy Curry, the book provides a visual and narrative bridge to a culture where the schedule is flexible, the people are the priority, and the journey is just as significant as the destination.

A Blueprint for the Modern Adventurer

The book serves as both an inspiration and a practical toolkit:

- **MailBoat Travel 101:** Braman demystifies the process of inter-island travel, offering essential advice on schedules, cargo, and what to expect when you leave the beaten path.
- **A Living History:** By exploring family lineages and local landmarks, Braman demonstrates how the past continues to shape the vibrant Bahamian present.
- **The Spirit of "Still":** The narrative reinforces a powerful message of lifelong curiosity, proving that "strange adventures" are available to anyone willing to step aboard.

About the Book

- **Title:** 'Still' Cruising by MailBoat: History, Culture and Adventure in the Bahama Islands
- **Author:** Captain Fred Braman, USN (Ret)
- **Genre:** Travel / Maritime History / Memoir / Cultural Studies
- **Theme:** Discovering authenticity through slow travel and local connection.

About the Author

Captain Fred Braman is a retired U.S. Navy officer and former high school math teacher with a lifelong passion for the sea. Having called places as diverse as Japan, Italy, and California home, he now focuses his "wonderful retirement" on documenting the history and culture of his favorite destination: The Bahamas.

He is the author of over fifty magazine articles and several books, including Still Too Old Not To Go, Voyages of Rhombus in The Bahama Islands and Cruising by MailBoat.

He is also preparing his upcoming book, Sea Stories Of My Life – A Memoir in Short Stories; Sailing Tales, Naval Adventures, And Other Maritime Chronicles, scheduled for release in 2026.

Availability & Contact

'Still' Cruising by MailBoat is now available in print and digital formats via major online book retailers.

For more information, to explore the journey, or to connect with Captain Fred Braman, please visit:

[Website](#)

[Facebook](#)

[Amazon: 'Still' Cruising by MailBoat](#)

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