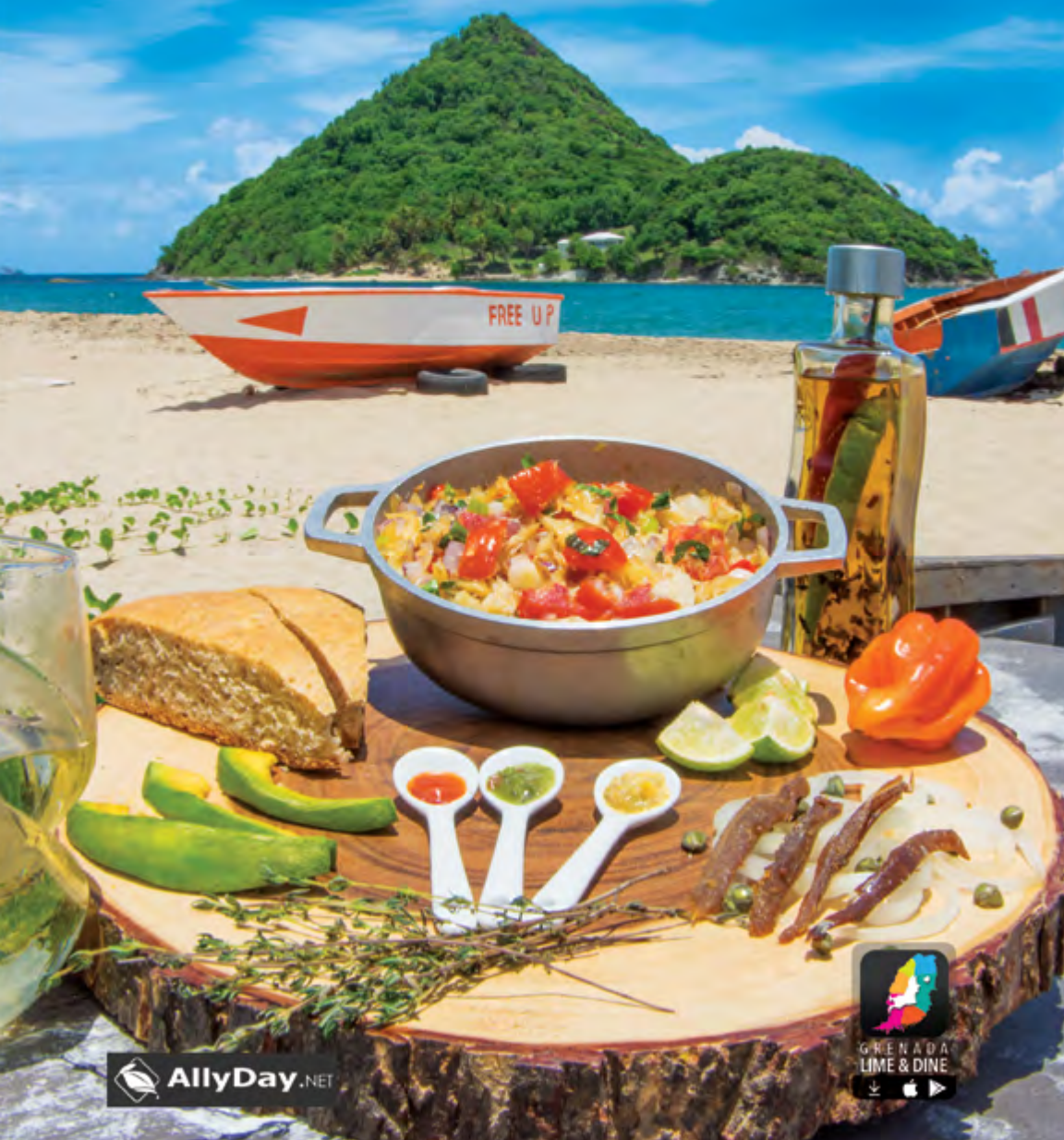


Lime & Dine

GRENADA


CARRIACOU

PETITE MARTINIQUE



AllyDay.NET





I spent the day soaking up the sun.
And at night, I shined.

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Welcome

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SPICE OF THE CARIBBEAN



Variety is the Spice of Life,
and we have it in abundance!

Surrounded by the Caribbean Sea and the Atlantic Ocean, water is an integral part of our island's culture and everyday life. During the year workboat regattas take place throughout our tri - island state. These fiercely competitive events highlight the passion, prowess and maritime ancestry of our traditional seafarers.

The colourful wooden boats live up to their name and work for their keep most days of the year. However, regattas are special occasions for exhibiting these traditional fishing vessels, and the dexterity & skills of their captains and crew.

If we have a regatta whilst you are here, take note, it's a 'lime' not to be missed!

ENDORSED BY


PURE GRENADA
The Spice of the Caribbean


GRENADA
HOTEL AND TOURISM ASSOCIATION



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No.11
2018 - 2019

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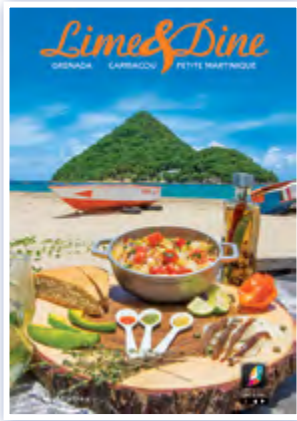
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Grenada's Finest Dining



Memories of our most delicious meals are strongly influenced by the surroundings we were in, and the company we enjoyed them with.

Our chosen location? Levera Beach, with Sugar Loaf Island providing a perfect backdrop. The beach, which is part of Levera National Park, is to be found in the northern parish of St. Patrick and is renowned as a primary nesting ground for our magnificent, and safeguarded, leatherback turtles.

Local fishermen and their vessels are also an integral part of the landscape, speaking to the importance of their industry to our islands. And the sole dwelling on Sugar Loaf Island has provided many a visitor to its shores with an unforgettably Pure Grenada experience!

As for that delicious meal, you might have to take it with you, as we did, with our version of a Grenadian favourite; saltfish & bakes - pepper sauce included!

All of these elements combined, will ensure that you enjoy the finest of dining on the Isle of Spice!

The company will be your choice!



Care is taken to ensure that all information in this publication is accurate and current at date of publishing. The publishers will not be held liable for any changes, omissions and/or errors, which may become evident after publication.

Lime & Dine

GRENADA CARRIACOU PETITE MARTINIQUE

2018 – 2019

Published by AllyDay Creative Projects Ltd.

Join us in our next edition by contacting:



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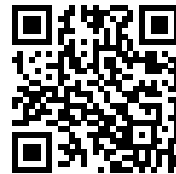
allyday@allyday.net

www.allyday.net



Photography & Illustration by
AllyDay Creative Projects Ltd
& Alleon Gulston

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Minister's Welcome



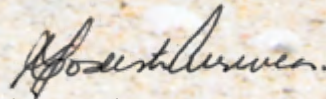
It gives me great pleasure to welcome you to this beautiful Tri-island State, your destination of choice, Pure Grenada, the Spice of the Caribbean.

Three islands, one destination, with a diversity of offerings and attributes: breathtaking natural beauty, steeped in culture and heritage, magnificent forest reserves, undulating hiking trails of different levels, relaxation on our beautiful beaches. Tie any of these in with some local rum, the variety will amaze you and test your resolve, while making a 'lime' with the locals. Grenada's mouthwatering traditional cuisine will leave you hungering for more - as everything is infused with our spices, and the love of the cook. The warmth and hospitality of our people are not just a result of the weather — we love to have you here, to share our enchanting destination with you.

Our sister isles of Carriacou and Petit Martinique extend the pleasure, with different cultural and gastronomic experiences, traditional boat building and tranquil, serene surroundings.

Follow the pages of this magazine and you will find interesting information on our unique offerings.

I invite you to explore and experience everything Grenada, Carriacou and Petit Martinique have to offer, and we look forward to your return visit.



Clarice Modeste-Curwen

**MINISTER FOR TOURISM
AND CIVIL AVIATION**



Limin', &

In our first edition, now over 10 years ago, we surprised ourselves and our readers by discovering that this consummately Caribbean word actually finds its roots from the 'Limeys!' (The Brits).

Back in history, when 'Britannia Ruled the Waves' - which included much of the Caribbean - once vessels put into port, the British sailors hung around on the docks - making a rumbustious old time of it - doing not a lot anything in the tropical heat. Since they were commonly known as 'Limeys', due to the citrus fruits they ate to avoid scurvy, the on-looking locals created a word for this non-activity. Limeys doing nothing!

Yes, you've got it, 'Liming', because that's what Limeys did!

Keeping it short and sweet this is our interpretation, but you should feel free to do it any way you choose!

How we hang





How we roll



How we chill



How we relax

What we do, when we're doing nothing!

When no one is watching the clock

With Friends

With Family

In a crowd

Even alone



You May Need to Know...

WHAT LANGUAGE IS SPOKEN IN GRENADA?

See 'Limin' Talk - on page 12.

WHEN YOU CAN GET YOUR MONEY?

Bank opening hours: Monday to Thursday 8:00am – 2:00pm. Friday 8:00am – 4:00pm.

HOW MUCH OF OUR MONEY YOU WILL GET FOR YOURS?

Currency exchange rate US \$1.00 to EC \$2.67. This rate is tied. Other currencies are subject to fluctuation in exchange rates. Major credit cards are accepted by most businesses however, checking may be advisable, particularly for smaller establishments.

WHEN ARE SHOPS AND BUSINESSES OPEN?

Monday to Friday 8:00am – 4:00pm. Saturday 8:00am – 12midday (excluding offices).

Several larger supermarkets also stay open into the late evening.

WHAT TO PLUG IN SO YOU DON'T GET SHOCKED?

Electricity – 220 volts – appliances using 110 volts can be used with a transformer. However, many establishments are wired for dual voltage. Please check with the proprietor if you are unsure.

WHICH SIDE OF THE ROAD DO WE DRIVE ON?

Driving is on the left-hand side of the road. A local driving permit is required and you must wear

a seat belt. Please also note that use of cellular phones, whilst driving, is illegal without a hands-free device.

HOW TO USE THE LOCAL BUSES?

This is a great experience! Local buses travel all around the island and are very affordable. Check the number & route, and confirm your fare, once you have chosen your destination.

Taxis are also readily available at the airport & hotels. If required, your hotel & guest-house staff will be happy to assist in arranging transportation for you.

Feel free to ask for further information at your hotel reception desk, if needed.

TAXES?

Most hotels and restaurants add a service charge of 10% & VAT at 15%.

Tipping is at your discretion.

APPROPRIATE APPAREL?

We really appreciate it when you keep your swimwear for the beach, and kindly request that you please put on a few more clothes, when you leave it to go elsewhere.

HOW TO TRAVEL TO CARRIACOUC & PETITE MARTINIQUE?

By sea: Osprey Lines operate a daily service from the Carenage, St. George's – Tel 440 8126. Cargo boats also take passengers to Carriacou several times a week, and are very

inexpensive. You will find these on The Carenage, St. George's, close to Food Fair Supermarket.

By air: St Vincent Grenada Air (SVG) operates a daily service from Maurice Bishop International Airport – Tel 444 3549

IMPORTANT TELEPHONE NUMBERS

Emergency Services: **911**

Police Headquarters: **440 - 3999**

Grenada Coast Guard: **444 - 1931**

General Hospital, St. George: **440 - 2051**

Princess Alice Hospital, St. Andrew: **442 - 7251**

St. Augustine's Medical Services, St Paul, St. George: **440 - 6173 (Private Hospital)**

Maurice Bishop International Airport (MBIA): **444 - 4101**

Lauriston Airport, Carriacou: **443 - 6306**

Mt. Royal Hospital, Carriacou: **443 - 7400**

INTERNATIONAL CALLS

Grenada's country code is **(473)**

To call the UK dial **011 (44)** and remove the 0 (zero) if there is one, at the start of the telephone number you are calling. **Eg 011 44 0207... = 011 44 207...**

To dial North America and other Caribbean islands dial **(1) before the country code.**



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accidents happen.

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right hands

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IN CASE OF EMERGENCY

WITH

Grenada's First Hyperbaric Chamber

See article on page 88

TELEPHONE: 1 (473) 440-6173
EMERGENCY 24/7: 1 (473) 440-6174
ST. PAUL'S, ST. GEORGE
www.smsgrenada.com



INSURANCES ACCEPTED WITH
VERIFICATION AND APPROVAL





Limers & Diners

PUBLISHERS PAGE

The Art of Communication

DAYLIAH (Day/Day)



ALLEYNE (AOG/Ally)



This was definitely our year to embrace all communication styles and make them work for us, our business partners and our friends. "To be here or not to be here," was not the question, the question was, how to make sure we were available. Face time, Skype, Instagram, What's app, traditional email and even plain old fashioned telephone calls... everything possible to stay connected. I hope we did a decent job of it?

Team play AOG, and more than a little celestial and terrestrial support! That's how we managed to navigate some choppy waters and still arrive at our goal of; a fully complete - waited for with baited breath - anticipated for at least 11 months - the 2018 / 2019 edition of Lime & Dine!

En route Alleyne, you seem to have spent a lot of time underwater this year. As for me I'm sticking with treading water; you know I hate it when my feet can't touch the bottom. Staying afloat is a major consideration!

Your penchant for drawing underwater lifeforms has been filling the pages of Instagram & Facebook, it looks as if you've collected a sci-fi, water loving crew of followers. I know you enjoyed working on the winning design for the underwater sculpture park. **Congrats** on making Grenadian & AllyDay history! Yours will be the very **first Grenadian designed sculpture** to join the other subaquatic inhabitants of the **World's First Under Water Sculpture Park.**

I'd love to take a look when it reaches its final destination; but my hair, and my virtual blindness without contacts, is the issue. Do you think you could just sketch me in, for the time being, whilst I build up my courage? I mean, we would have gills if we were supposed to go underwater, wouldn't we? Anyway, if you sketch me, then I can have a virtual tour of the park, your sculpture design and your seemingly unfathomable, subaqueous fantasy world. Could you put a mask and goggles on me? Designer goggles please? You know a girl has to keep up her standards!

Your wish is my command! Don't forget though, that only part of my fantasy world exists underwater, and please let's remind ourselves that you're the one who made me design eyelashes for your car! I mean, who does that? And I know you were surreptitiously planning on getting lips designed too, but I had to draw the line somewhere.

Don't hate! The car makes me smile every morning, it gets my day off to a good start! Anyway, an artist is an artist. Now, you can thank me for adding 'make-up' artist to your repertoire. Nice long eyelashes and an excellent application of eyeliner. I've undoubtedly challenged you to keep increasing your skill set!

I'll pass, thanks Dayl. But, I concede that the 'graphic make-up', does get your car noticed. Self-marketing as you keep reminding me!

I guess we've both learned that there are many ways of communicating.

It's all part of the art!



Mermaid make-up by Krystal De Allie



Limin' Talk

Ah doh like dat tonality	I don't care for your manner of speech or your implications.
Dey swallow dey tongue	They are keeping that absolutely confidential.
Dey like Soca dancers, wearin' dental floss an' lipstick	They are rather scantily clad.
Yuh went to school in August?	That comment really does not show great intellect.
Jumbie marrieding	This occurs when sunshine and rainfall occur simultaneously!
Wah yuh go do?	A phrase often used to punctuate a sentence, by older persons in particular... That's life.
Ah doin' it one time	I will take care of that immediately.
He runnin' de pipe	He is letting the water flow freely and wastefully from the tap.
It's all ah we business	This is a matter of community responsibility.
Ah cud talk ah good word	I am an excellent communicator and spirited conversationalist.
Who sen' yuh?	You did it of your own volition, therefore you must accept the consequences.
It went down de wrong troat	I swallowed incorrectly and cut off the air supply to my wind pipe.
Doh box yuh brain	Do not stress yourself over this matter.
Monkey know which tree to climb	One must know one's limitations.
Ent?	Isn't that so? Don't you? Aren't you? (beautiful economy of words).
Ah heard it with muh own mout'!	<i>You figure that one out!</i>

Proper

Prim & Proper

Grenada Tourism Authority

Team Grenada Welcomes
You to Pure Grenada, the
Spice of the Caribbean.

We are Pure Grenada because we offer an authentic, real Caribbean destination and of course we are known for our spices, which envelop you everywhere you go. As a tri-island destination, Grenada, Carriacou and Petite Martinique, you can have a multi-destination experience within our 133 square miles of amazing country.



There is so much to see and do within our islands, with over forty sparkling white sandy beaches, fifteen waterfalls, thirty dive sites, three rum factories and five chocolate companies, that you are really spoilt for choice. For the adventure seekers, there is lots of action from river tubing, to high wire canopy tours and off road dune buggy rides. For lovers of good food, the variety of fine dining to local restaurant options is second to none. And being surrounded by the beautiful Caribbean Sea, you can sail, dive, snorkel to your hearts content, or simply relax with a cocktail and watch our amazing sunsets.

Most importantly our people will make your experience memorable, as everyone is friendly and hospitable. There are a host of festivals and events throughout the year to entertain you, so check out more about us on our website www.puregrenada.com, follow us on social media @discovergrenada and share with us using #PureGrenada #FreeToWonder



Patricia Maher
Chief Executive Officer
GRENADA TOURISM AUTHORITY



Limin' Time

SUNDAY

Punj-Abi - Free Dessert with Combo Meal - Mon - Sun 11:00am - 10:00pm

Belmont Estate - Local Cuisine & Live Band 11:30am - 3:00pm

Dodgy Dock - Family Brunch 11:30am - 3:00pm

Coconut Beach - BBQ 12noon - 4:00pm & Live Music 2:00pm - 4:00pm

Beach Club - Chill-Out Lime 12noon - 6:00pm

Round House - Roast Lunch - First Sunday of Every Month

Aquarium - All Day BBQ. Live Music from 3:00pm

Movie Palace - Family Sunday - Family Discount Packages from 3:00pm

Secret Harbour - All Day Cocktail Special \$15 & Happy Hour 4:00pm - 6:00pm Daily

Prickly Bay Marina - Daily Happy Hour 5:00pm - 6:00pm. Family Night Plus a Movie from 6:30pm

Umbrellas - \$10 Bahama Mama All Day Special. Live Music from 5:30pm

Arawakabana - Dinner from 7:00pm & Live Band 8:00pm - 10:00pm

MONDAY

Saffron Café - All Day Breakfast from 8:00am

Punj-Abi - Free Dessert with Combo Meal - Mon - Sun 11:00am - 10:00pm

Sails - Daily Happy Hour 4:00pm - 6:00pm

Le Phare Bleu - Daily Happy Hour Sundowner Specials 4:00pm - 6:00pm

Victory Bar - Daily Happy Hour 5:00pm - 6:00pm

Adrift - Daily Happy Hour 5:00pm - 6:00pm

Sangria - Daily Happy Hour 5:00pm - 7:00pm

Umbrellas - \$10 Rum Punch All Day Special - Happy Hour 5:00pm - 7:00pm

Dodgy Dock - Sunset Yoga 5:45pm - 6:45pm. Pizza & Beer Special from 6:00pm - 10:00pm

Prickly Bay Marina - Buy a Drink & Get Your Pizza for 1/2 Price 6:00pm - 10:00pm

Arawakabana - Dinner from 7:00pm - & Live Band 8:00pm - 10:00pm

Off the Hook, Carriacou - Half or Full Day Trips to Sandy Island, White Island or Tobago Cays. Call to Book

TUESDAY

Punj-Abi - Free Dessert with Combo Meal - Mon - Sun 11:00am - 10:00pm

Secret Harbour - \$15 All Day Cocktail Special & Happy Hour 4:00pm - 6:00pm Daily

Le Phare Bleu - Daily Happy Hour Sundowner Specials 4:00pm - 6:00pm

Adrift - Daily Happy Hour 5:00pm - 6:00pm

Movie Palace - Students with ID Get Discount from 4:30pm

Dodgy Dock - Daily Happy Hour 5:00pm - 6:00pm

Prickly Bay Marina - Happy Hour 5:00pm - 6:00pm. Trivia & Pasta Night

Victory Bar - Daily Happy Hour 5:00pm - 6:00pm

Umbrellas - \$10 Dark n Stormy All Day Special - Happy Hour 5:00pm - 7:00pm

Dodgy Dock - Rum & Chocolate Tasting 5:00pm - 6:00pm & Grenadian Night - Live Music from 7:30pm

Arawakabana - Dinner from 7:30pm & Live Band 8:00pm - 10:00pm

Art House 473 - Call to Book a Visit

WEDNESDAY

Dodgy Dock - Yoga 8:30am - 9:30am

Punj-Abi - Free Dessert with Combo Meal - Mon - Sun 11:00am - 10:00pm

Secret Harbour - \$15 All Day Cocktail Special & Happy Hour 4:00pm - 6:00pm Daily

Le Phare Bleu - Daily Happy Hour Sundowner Specials 4:00pm - 6:00pm

Movie Palace - 2 for 1 Movies from 4:30pm

Sails - Daily Happy Hour 4:00pm - 6:00pm

Adrift - Daily Happy Hour - 5:00pm - 6:00pm

Umbrellas - \$10 Blushing Bitch All Day Drink Special. Happy Hour 5:00pm - 7:00pm

Off the Hook, Carriacou - Bonfire, BBQ & Live Music 6:30pm - until

Dodgy Dock - Street Food, Music & Drinks 6:30pm until

Prickly Bay Marina - Big Fun Bingo & Drink Specials from 7:45pm

Sunsation - Island & Grenadine Tours. Call to Book.

THURSDAY

Saffron Café - All Day Breakfast from 8:00am

Dodgy Dock - Cooking Class 3:30pm - 4:30pm

Umbrellas - \$10 Umbrella Cooler All Day Drinks Special. Daily Happy Hour 5:00pm - 7:00pm

Victory Bar - Daily Happy Hour 5:00pm - 6:00pm

Le Phare Bleu - Daily Happy Hour Sundowner Specials 4:00pm - 6:00pm

Adrift - Daily Happy Hour 5:00pm - 6:00pm

Secret Harbour - \$15 All Day Cocktail Special & Happy Hour 4:00pm - 6:00pm Daily

Sangria - All Cocktails \$12 5:00pm - 6:00pm

Prickly Bay Marina - ½ Price House Spirits & Taco Night from 5:00pm

Umbrellas - \$10 Umbrella Cooler - All Day Drink Special. Happy Hour 5:00pm - 7:00pm

Coconut Beach - Live DJ & \$1.00 Wings 6:30pm - 10:00pm

Dodgy Dock - Cocoa Thursday from 7:00pm - Salsa & Tango Class 7:00pm - 8:00pm

FRIDAY

Rebel Burgers - Dollar Wings & Drinks Special 3:00pm - 8:00pm

Victory Bar - Texas Smoked BBQ 5:00pm 'til Late. DJ from 6:00pm - Happy Hour 5:00pm - 7:00pm

Sails - Daily Happy Hour 4:00pm - 6:00pm

Prickly Bay Marina - Happy Hour from 5:00pm - 7:00pm. Party Night - Live Steel Pan & Band Music from 6:30pm

Sangria - Sangria Down Friday. Buy a Jug of Sangria and Get Free Tapas Dish - 5:00pm

Umbrellas - Happy Hour 5:00pm - 7:00pm. Live Music from 7:00pm

Wayne's Bar, Carriacou - Weekend Lime & Music from 6:00pm

Dodgy Dock - Mexi-Caribbean Night - Live Music & Dance from 7:00pm

Le Phare Bleu - Daily Happy Hour 4:00pm - 6:00pm Live Music on Lightship 8:00pm - 11:00pm

Laurena Jerk Centre - DJ Music from 10:00pm

SATURDAY

Saffron Café - All Day Breakfast from 8:00am

Dodgy Dock - Yoga & Breakfast - 9:00am - 11:00am

Punj-Abi - Free Dessert with Combo Meal Mon - Sun 11:00am - 10:00pm

Coconut Beach - Fish Broth from 12noon to 4:00pm

Adrift - Daily Happy Hour 5:00pm - 6:00pm

Dodgy Dock - Happy Hour 5:00pm - 6:00pm Calypso BBQ and Live Music from 7:00pm

Umbrellas - \$10 Pain Killer All Day Drink Special Happy Hour 5:00pm - 7:00pm. Live Music from 7:00pm

Prickly Bay Marina - Buy a Drink and Get Your Pizza for ½ Price 6:00pm - 10:00pm

Victory Bar - Happy Hour 5:00pm - 6:00pm Live Band from 7:30pm

Sangria - Ceviche Night - Music, Citrus & Spice 7:00pm - 9:00pm

Arawakabana - Dinner from 7:00pm & Live Steel Pan Music 8:00pm - 10:30pm

Street Food - Wall Street, Grand Anse, St. George - Every Wednesday & Friday

Fish Friday - Gouyave, St. John - Every Friday 6:00pm

Local Market - Every Saturday - St. George's Town from 6:00am - Midday. Grenville, St. Andrew - All Day

Sunset City Food Festival, Victoria - Last Saturday of Each Month

Mt Moritz Breakfast - Mt Moritz, St. George - Last Sunday of Each Month

Le Phare Bleu - Dinghy Concert - Monthly

Spice Island Billfish Tournament - January Annually

Grenada Sailing Festival Work Boat Regatta - February Annually

Carriacou Carnival - February Annually

GRENSAVE International Food & Drink Festival - March Annually

Grenada Chocolate Festival - May Annually

Grenada Beer & Wine Festival - "Uncorked" - April Annually

Grenada Spice Mas Carnival - August Annually

All information is accurate as at time of publishing. Please note this information is provided as a guide and that some activities listed may take place in high season only. It is recommended that you call your chosen venue and confirm, to avoid any disappointment. Please see index on page 104 for contact numbers.



Our People Ole Talk

“I was in a piece of ole talk dey... I get nice.” Translation; the scintillating conversation in which I was engaged, made me lose track of time.

What is ole (old) talk? Should you look in the dictionary, Oxford English defines it as ‘empty or insincere talk, Collins Dictionary, eloquently concise, calls it ‘superficial chatting.’

While these definitions do carry some merit, they don’t quite capture the intangibles, the spirit of ‘ole talk’, including the fact that the subject matter of an ‘ole talk’ quite often does stem from factual events. Actually, the most fascinating aspect of this type of communication is its ability to juxtapose serious matters with humour.

Ole talking for many is as perfunctory as breathing. The pervading ‘laissez faire’ undercurrent, renowned to Grenada, contributes to the jocular nature of our people.

As such, ‘tongue in cheek’ responses and witticisms are often brewing front of mind, when ‘ole talking’ is concerned, and spill forth with very little prompting. It can be

directed at a person, a place, even events; the behaviour of today’s youth, current affairs, and fond memories of school days are amongst the innumerable topics covered. You will find that most of this chatter and banter takes place in groups, but can easily be shared by just two persons. However, if you feel the need to ‘ole talk’ to yourself, we won’t judge you – not harshly at least!

This Caribbean communiqué often far transcends idle chatter. Subjects may include, but are not limited to; politics, religion, marriages (failed or successful), work and on and on. Particularly entertaining are the instances that take place in rum shops, where even politicians are “called out” as it were, for failed or, should we say, delayed campaign promises - often times in the presence of said politician!

As early as our school days, we learn the art of ‘ole talking’. You have to learn to “take talk”, when the subject and attention is directed at you; and you must learn to “give talk”, when you deflect the attention back



This most engaging form of Caribbean communication is part of Grenada's special spice.

As told by Sabrina A. Phillip

For even more thrills, visit *Limin' Talk* on page 12 and see how many sayings you can include in your own 'Ole Talk.'

onto someone else. It is then that tolerance is built, and we learn to be thick skinned - a pivotal prerequisite for engaging in 'ole talk!'. It's definitely **not an activity for the easily offended**, as most times its sole intention is to poke fun or make light of a subject that may otherwise be quite sombre in nature. We may even go so far as to call it a form of social therapy.

You may be wondering by now, how do you actually 'ole talk'? And you might be anxious to dabble in a bit of it yourself; that's great, in fact we're here to guide you on this journey. Let's go over the ground rules. The first rule of 'ole talking' is; - there are no rules. Seriously. 'Ole talking' follows no particular rules of engagement, no topic is off limits, and no one topic remains at the helm of the discussion. In fact, the ability to seamlessly switch between subject matters is a skill we spend time honing! Rightfully so, as 'Ole Talk' is a type of communication unique to the Caribbean. **Every island has its own signature sayings**, where the local dialect is often intertwined.

We're quite sure you may have already encountered, or observed, much of this light-hearted banter, laced with witty jives since you've been here. If you're unsure, we'll tell you how to spot some 'ole talk' in progress; it usually consists of a group of people engaged in rapid fire conversation, followed by riotous laughter. Don't be surprised if you see someone hunched over, jogging away from the group, when the joke is so 'sweet.'

Taxi-stands, bus stops and construction sites, are amongst the locations where 'ole talking' can be easily noticed however, it really doesn't require any specific venue or agenda. While mandatory when limin', it has also been observed in staff rooms, rum shops, roadsides, 'in de bush' and even in traffic!

We encourage you to be on the lookout, as it can happen at any time or place, with absolutely no restrictions on age or gender, and we invite you to engage in your own 'ole talking', it will add a unique flavour to your stay with us!



Our Island

Our Easter Orchestra

Every Easter Grenada's skies are a multi-fusion of colours and aerial works of art. Each one a hand-made wingless bird.

Written by: Earl Nathaniel Alexander

Before the March sun makes its shiny debut, a troop of natural engineers, of all ages, make their way into a bamboo stool in Grenada's lush rainforest. Their mission? To source the materials with which to create the aerial works of art, that captivate the entire nation every Easter. Although the materials for composition may be the same, each kite is unique in its own right.

These multi-coloured creations which fill the skies every year are; the flying orchestra of Grenada.

March and April are Kite Season. And the long Easter weekend is the very peak of the season, with its religious ties to the resurrection and ascension of Christ. This is symbolized by the soaring of these singing creations in the skies, not just in Grenada, but throughout the Caribbean.

During this period, these wingless birds can be seen from miles away, radiant and diverse in their many colours, shapes and sizes; and like birds they can be heard from miles away too, a buzzing crescendo that forms a symphony in the sky. However, they are not composed of the same organs as Grenada's natural feathered beauties; such as our very own *Leptotila wellsi* (Grenada Dove) or our Chicken Hawk.

These songsters have their own unique structure.

Their magnificent "feathers" are recycled plastic bags, stripped, and adhered together, into brilliant mosaics and stretched taut against their frames. Sometimes a kite is comprised entirely of a discarded plastic grocery bag, attached to the necessary anchoring thread and soaring to unimaginable heights nonetheless! This perennial spring activity remains one that is enjoyed by all ages of kite flyers in our many villages.

Kite decoration is a very serious business and the array of hues and designs, exhibited by professional kite makers peddling their works of art along the roadsides, turns the towns of Grenada into kaleidoscopic parades of colour during kite season.

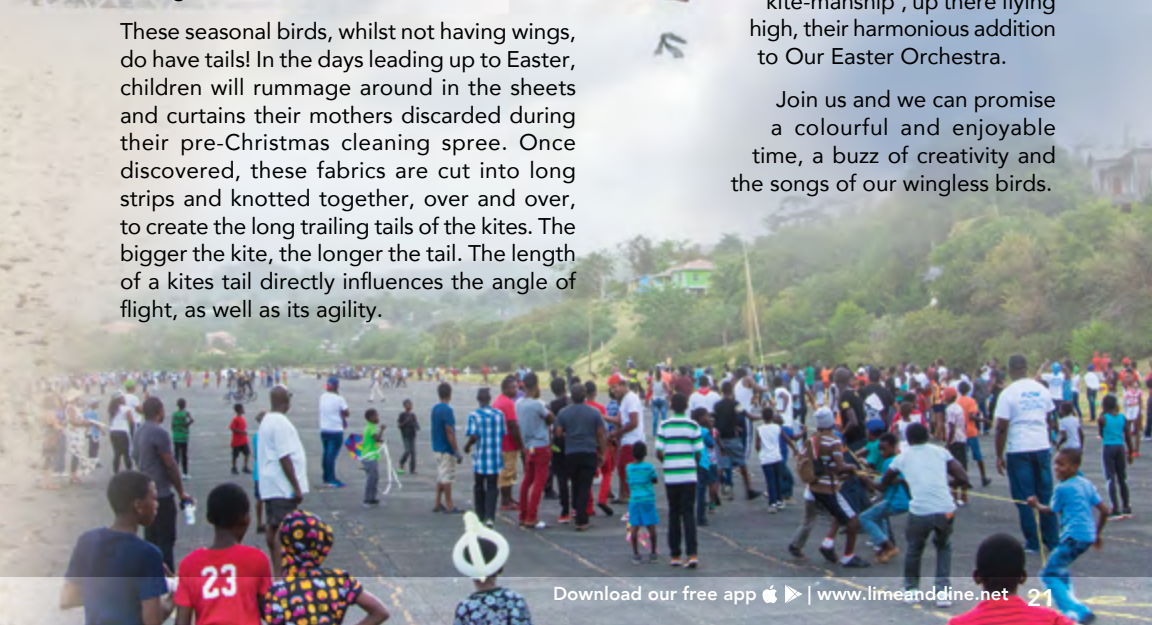
These seasonal birds, whilst not having wings, do have tails! In the days leading up to Easter, children will rummage around in the sheets and curtains their mothers discarded during their pre-Christmas cleaning spree. Once discovered, these fabrics are cut into long strips and knotted together, over and over, to create the long trailing tails of the kites. The bigger the kite, the longer the tail. The length of a kite's tail directly influences the angle of flight, as well as its agility.

With their mellifluous melody, like birds, **kites in Grenada actually do sing!** Here's how; the "mad bull", a line of plastic or paper, is pulled tight against the bow of the kite. When the kite is released into the open sky, the wind blowing through the "mad bull" creates a loud whistle, reminiscent of a song bird singing its freedom when liberated from its cage. So, a flock of kites in the skies on a windy day, are indeed a flying orchestra.

Every kite in Grenada is a hand-made masterpiece, there are no kite making factories. The joy of the season is in the making and the flying of your kite, with friends on the beach or in the village pasture, or at the many kite flying competitions during the season, attended by hundreds of onlookers.

Launching the kite is a skill, no matter the age of the flyer. Spectators will notice the fierce concentration and sometimes the numerous attempts it requires. However, once the kite is airborne all else is forgotten, because of the exhilaration which comes from the accomplishment. Once their birds are soaring solo, and moored to a tree branch, the proud owners can relax and admire the results of their skill and 'kite-manship', up there flying high, their harmonious addition to Our Easter Orchestra.

Join us and we can promise a colourful and enjoyable time, a buzz of creativity and the songs of our wingless birds.





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Lion Fish Escabeche

SERVES 6 PERSONS INGREDIENTS

6 each	Lion Fish Fillets (<i>seasoned with salt & pepper</i>)
100g	Cassava Flour
1	Shallot (<i>peeled & finely diced</i>)
400g	Butternut Squash (<i>peel & slice on mandolin</i>)
75ml	White Wine Vinegar
150g	Coconut Oil
1	Clove Garlic (<i>crushed</i>)
½ inch	Fresh Ginger (<i>cut into juliennes</i>)

METHOD

Coat skin side of fish with cassava flour, salt and pepper. Cook skin side down in hot oil for 30 seconds. Put to one side in dish.

Sweat off the shallots in a little oil, add the squash and cook for 1 minute. Add vinegar, garlic and ginger, cook for a further 30 seconds and then add coconut oil, salt and pepper. Pour hot mix over fish, completely submerging it.

Leave fish covered for 1.5 hrs. Remove from mix. Drain the squash and all other ingredients and reserve the remaining liquid for plate decoration.

BUTTERNUT SQUASH PURÉE INGREDIENTS

25g	Butter
500g	Butternut Squash (<i>roughly diced</i>)
½ tsp	Ground Cardamom
150ml	Coconut Milk
	Salt & Pepper (<i>to taste</i>)

METHOD

Sweat the butternut squash without colour. Add the cardamom and coconut milk, cover and cook until tender. Be careful not to let the squash burn or catch, add a small amount of water if necessary. Purée in blender and pass through a fine sieve.

GARNISH

Sprouts, Fine Leaves & Local Almonds – toasted

**Recipe courtesy Mark B
Beach Club Restaurant**





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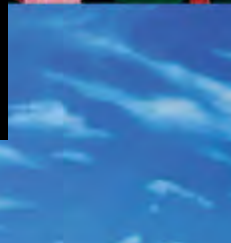
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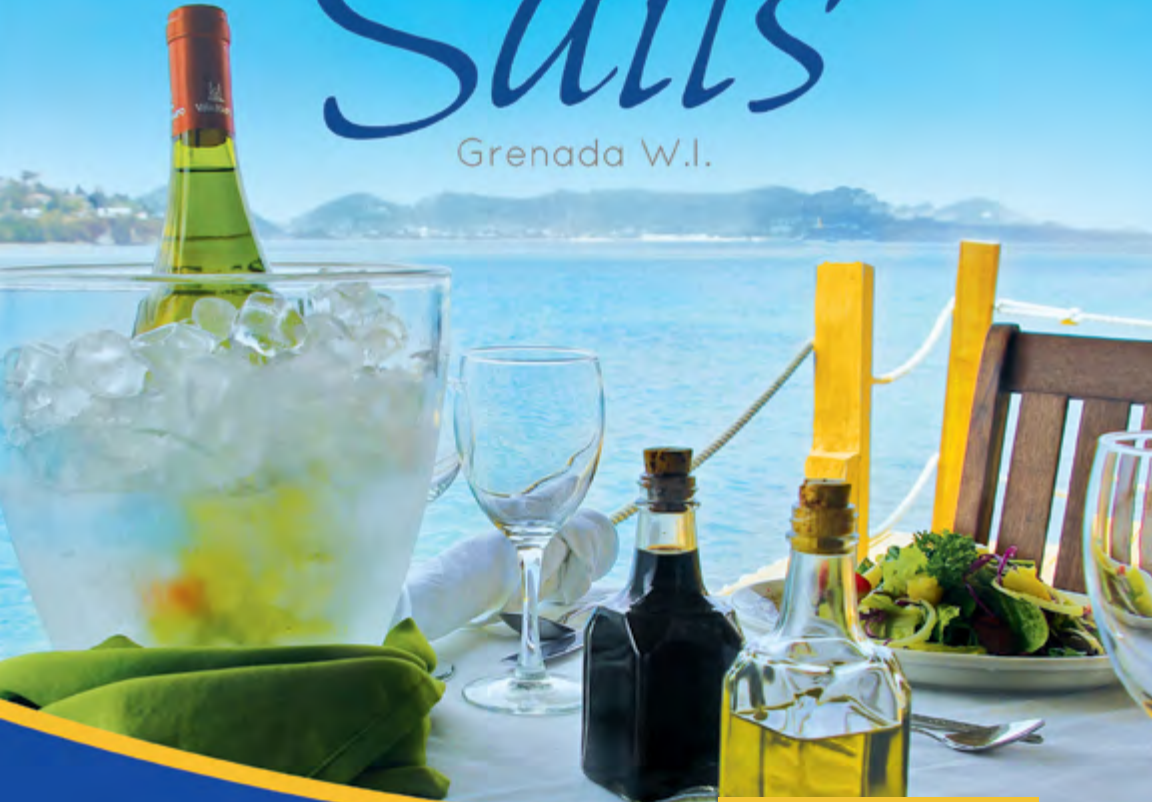
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Yolo Sushi & Wine Bar is located next to Victory Bar & Restaurant and offers an elegant air conditioned restaurant plus outside deck area. Our experienced Sushi Chefs will delight you with their culinary skills and delicious dishes all complimented with a wide selection of wines and cocktails.
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Port Louis Marina, Grenada, West Indies
www.victorybargrenada.com +1 473 435 7263

Herbed Goat Cheese Ball Salad



Recipe courtesy Chef Tricia Francois
Le Phare Bleu Marina & Resort

SERVES 6 PERSONS

INGREDIENTS

1 pack	(16oz) Local Goat Cheese
1tbsp	Fresh Chive
1tbsp	Fresh Parsley
1tsp	Fresh Thyme
1tbsp	Red Onion (<i>chopped</i>)
2tsp	Pimento Peppers/Local Seasoning Peppers (<i>chopped</i>)
1tbsp	Cilantro (<i>chopped</i>)
1	Small Bunch Lettuce
1	Medium Tomato
1	Small Cucumber
1tsp	Local Honey
2tbsp	Olive Oil
1tbsp	Lime Juice

METHOD

In a medium bowl, mix goat cheese, peppers, chive, parsley, thyme, red onion and cilantro. Refrigerate for 10 minutes.

On a cutting board cut the lettuce, tomato, cucumbers and put together a salad.

Whisk the olive oil, honey and lime juice in a small bowl, until well incorporated.

Shape and roll goat cheese mixture into small balls, serve on a small dressed salad.



Look. Who's Cooking

...Fireside

When we say 'fireside' we are referring to cooking outside, with or without a coal pot. Our fireside is comprised of a few big stones. Dry wood, twigs and coconut branches are used to kindle the fire, and then fanned and blown upon until the flames are dancing. Once lit, the fire is expertly adjusted, to yield a gentler glow, providing the requisite heat for cooking.

Imagine, with all the mod-cons we have in our kitchens these days, that when one hears, "we're cooking on the fireside," in Grenada, it's still accompanied by unified expressions of delight and contented noises, which only ever go hand in hand with memories of the exceptionally scrumptious.

Ask any Grenadian, they will tell you quite definitively that there are certain dishes that only fulfill their true taste potential when cooked using this method: Salt ham*, bubbling for hours in a huge pot, ingesting the smoky vapours of the fire, resulting in that unique

flavour, which just cannot be reproduced in any high-tech indoor kitchen. And what about coconut chip-chip? It never ever tasted better than when cooked on the fireside! There's something about the crunchiness of the coconut, the smoky earthiness, the brown sugar, and the decadent indulgence of them all combined, that makes the experience totally unforgettable.

And of course, we would be remiss to exclude; Johnny bakes - cooked using the traditional, even more skillful method, of "fire on top and fire below", to achieve that special crustiness on the top and softness in the middle! The speed at which this baking process takes place may well defy our modern indoor ovens... and the taste doesn't belong in the same stratosphere or even taste - osphere!.

Roast breadfruit and jacks, cooked in the fireside... you haven't lived 'til you've tasted them!!

**“Make ah fire, bubble ah pot!”
These words are like music to
our ears in Grenada.**

When cooked in the sterile, controlled, environment of an indoor kitchen, there’s just no comparison! It’s probably due to the combination of fresh air, outdoor surroundings - on the beach, by the river, in the pasture or backyard - the act of making the fire and the camaraderie. All dishes just taste totally different. Call it **Grenada’s finest dining!**

When cooking on, or in, the fireside was a necessity, it created a central point for gathering. A natural forum for conversation, joking, ole’ talking and familial togetherness. An added bonus was a serious home economics session, as everyone offered instructions and seasoning advice, to the main chef of the day. After all, with everyone there, it was more or less a family endeavour.

That makes the memories **equally about food and family.** Spending time together, uninhibited by multiple alternative communication devices and methods. You have

to admit, there is something incongruous about the vision of the pot bubbling on the fireside and everyone busily tapping their mobile devices, speaking to persons not present at the gathering!!

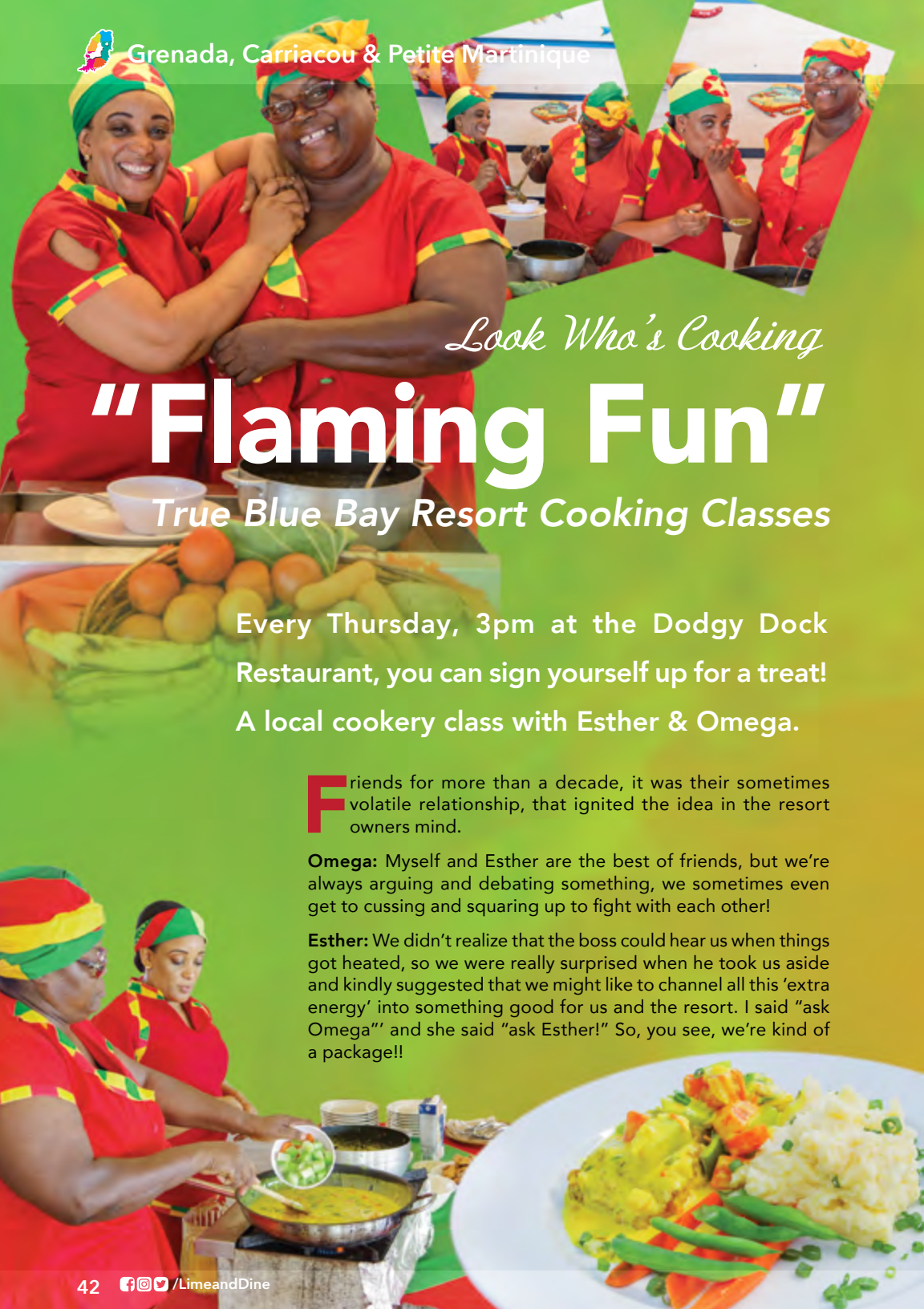
Today cooking on the fireside is usually a matter of choice, not necessity. However, rest assured that if invited to a “fireside cook” most Grenadians will jump at the chance to join the lime. And offer our two cents worth on the art of making and controlling the fire. **“Lower de gas! Tun down de fire! De pot is dryin’ down”.**

During your stay, you may see folks cooking on the beach, in the pasture, or by the river. If you do, recall what we say, and if you’re really brave, offer some of your own expertise and be audacious enough to ask for a taste of the cook’s hand!

*Salted cured ham - most often cooked for the Christmas holiday season, with cloves and fresh seasonings added to the boiling water.



Grenada, Carriacou & Petite Martinique



Look Who's Cooking

"Flaming Fun"

True Blue Bay Resort Cooking Classes

Every Thursday, 3pm at the Dodgy Dock Restaurant, you can sign yourself up for a treat! A local cookery class with Esther & Omega.

Friends for more than a decade, it was their sometimes volatile relationship, that ignited the idea in the resort owners mind.

Omega: Myself and Esther are the best of friends, but we're always arguing and debating something, we sometimes even get to cussing and squaring up to fight with each other!

Esther: We didn't realize that the boss could hear us when things got heated, so we were really surprised when he took us aside and kindly suggested that we might like to channel all this 'extra energy' into something good for us and the resort. I said "ask Omega" and she said "ask Esther!" So, you see, we're kind of a package!!



Tell us a bit about yourselves? Did you always want to cook?

Omega: I'm the youngest of nine children. The oldest is Alpha and I'm the last, Omega.

My glory days, were my school days, you only realize that when they're over. My first attempt at baking was making a pineapple upside-down cake for my home economics class at school. However, school was over before the cake could cool down, so I had to leave it for the next day. I couldn't wait to see what it tasted like. When I arrived the next day, the teachers had already eaten it. I was so upset I decided there and then that I would never be a baker like my grandfather, instead I learned to cook from my grandmother.

Esther: I'm the last of eight children, so when everyone left home it was me to do everything with Mummy. I recall when she first taught me to make colouring, or burn sugar, as we often say here. She said "it mustn't be too sweet and it mustn't be bitter either, it's all in the timing." I was anxious to get it right, so as the sugar started to brown and bubble in the oil, I decided I should put some into the palm of my hand to taste it! Ouch!! It didn't put me off cooking though.

From very young I always loved experimenting with what grew around me, especially seasonings, and how mixing them made things taste. Our visitors to Grenada are often amazed at the taste of our local seasoning peppers, shado beni, big thyme,and how we can make a leaf, like callaloo, into all kinds of exciting and interesting culinary treats.

What's your personal favourite when it comes to food?

Omega: I love food! If I have to choose, I'd say green peas soup, with all the vegetables and provisions and salt meat. When we make peas soup, you can taste the coconut – it has to have coconut milk in it - and a little touch of sugar, to bring out the flavour – plus local herbs. The peas grow here, so we get

them fresh out of the pod. They're a special favourite, especially during the holiday season.

When the rain is falling, the soup tastes even better!

What's so special about Grenada? Apart from coming to your cookery class?

Esther: It actually feels like coming home; it is a 'home away from home', because our Islands are so beautiful and welcoming. There's so much more to Grenada than sun, sea & sand. I would encourage our visitors to be adventurous and open to different experiences, including our history. That would give them a real taste, not only a culinary one, of our islands; something they will never forget. **Our people and our spices are unique!**

Do you have any special dishes that you make for Grenada's Annual Chocolate Festival?

Omega: We're always experimenting. Have you ever heard of cocolau, our chocolate inspired version of pelau? And we did chocolate pork one year! It's amazing the chocolate inspired dishes, sweets and products you can see and taste at the festival, and you can't beat the quality of Grenada's chocolate!

Esther: I think our most special dish is; a combination of our friendship, the amazing variety of persons we have met and friends we've made, working at True Blue. And the opportunity to offer guests a different experience, in the form of our cookery class.

The very special seasoning, to top it all off, is that we first learned our skills from our mothers and grandmothers. And now we can share these, and more, with a never-ending stream of persons from around the world!

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Pan Seared Fish Esther & Omega Style!

SERVES 8 PERSONS

INGREDIENTS

3 cups	Water
3lbs	Sliced Fish (Boned Mahi Mahi or Swordfish)
2tbsp	Fresh Chive and Thyme (<i>chopped</i>)
½tsp	Salt
Pinch	Black Pepper
1 cup	Vegetable Oil (<i>for frying</i>)
1tbsp	Curry Powder
4 cloves	Garlic (<i>crushed</i>)
2	Large Onions (<i>sliced</i>)
4	Medium Tomatoes (<i>chopped</i>)
1tbsp	Tomato Paste
1 cup	Flour

METHOD

Season fish with salt and pepper and set aside. Heat the oil in saucepan, dust the fish in flour, on both sides. Gently place in the hot oil, allow to fry until golden brown.

Remove and set aside.

SAUCE

Heat 2 tablespoons of oil in a saucepan, add the thyme, chive, garlic & onions. Simmer on low heat, add chopped tomatoes and stir in tomato paste. Sprinkle curry and stir fry, add flour until brown, then add water as required and let simmer.





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Grenadian Saltfish Souse

INGREDIENTS

1lb	Salted Dried Cod / Saltfish (<i>bacalhau</i>)
2 sprigs	Green Onion/ Scallions (<i>chopped</i>)
4	Seasoning Peppers/ Pimento (<i>chopped</i>)
½	Medium Yellow Onion (<i>finely chopped</i>)
½	Medium Red Onion (<i>finely chopped</i>)
2	Medium Tomatoes (<i>roughly chopped</i>)
1tbsp	Shado Beni/Cilantro (<i>finely chopped</i>)
4tbsp	Olive Oil / Coconut Oil

METHOD

Soak saltfish in cold water for several hours. If time does not permit, boil saltfish, drain and boil again in fresh water to remove salt, repeat process until the saltfish is to your taste.

Shred boiled saltfish into fairly small pieces with fingers and set aside.

Place chopped green onion, red & yellow onions, seasoning peppers, shado beni and tomatoes in a bowl and mix well.

Add saltfish to the mixed ingredients.

Pour olive oil or coconut oil over mixture and stir well.

Add salt and black pepper to taste if needed.

Allow to stand for 30 minutes.



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7. Caribs' Leap
8. Seasonal Turtle Watching
9. Levera Pond
10. River Saltee Sulphur Springs
11. Lake Antoine
12. River Antoine Rum Distillery
13. Belmont Estate
14. Grenada Chocolate Factory
15. Pearls International Speedway
16. Grand Etang Forest Reserve
17. Laura Herb & Spice Garden
18. Westerhall Rum Estate
19. Grenada Distillers
20. Sandy Island














12° 07' N 61° 40' W
344 sq. km

Sauteurs



ATLANTIC OCEAN

MAP KEY

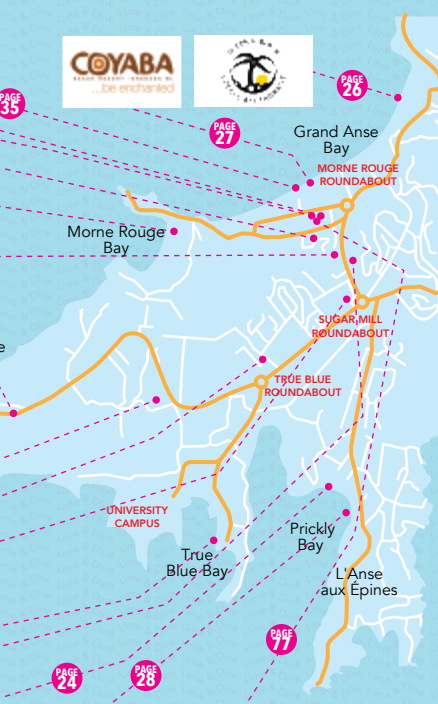
-  Main Roads
-  Secondary Roads
-  Rivers
-  Mountains
-  Waterfalls
-  Lakes
-  International Airport
-  Small Airport
-  Beach
-  Bus Terminus
-  Hospital
-  Forts
-  Police Station





St. George's Town

Grand Anse to Point Salines





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RWY 10

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RWY 28



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Sister Isles Lime ... Water on the Brain

If ever there were a people with 'water on the brain' (not to be confused with any serious medical condition), it would have to be us, the people of Carriacou & Petite Martinique!

Water; its acquisition and storage, has always occupied the minds of people on our islands. Not having any lakes, rivers, or streams, it is totally understandable that we are so water-centric. It's essentially a matter of life and death. Therefore, everyday habits have been developed to **preserve and protect this most precious of commodities.**

Having stated our case, please don't be surprised, or offended, if you ever receive a gentle reminder, whilst visiting, asking you kindly not to allow the tap to remain open too long! You'll understand that for us, someone 'running the pipe', is a condition which comes from their having plenty of this precious liquid.

Our culture here on the Sister Isles, can only register utter surprise on crossing a little less than 20 miles to Grenada, and seeing homes without any means of collecting water! No form of guttering, and if they do have, then they take the liberty of not worrying about a water storage tank. Water is just allowed to fall to the ground!!

Call it 'putting the cart before the horse', but here, when building a house, construction of the concrete storage tank is the first and foremost consideration. How else are you are going to look after your need for water? It supercedes everything, even the house itself! Dry Season, often articulated with tones of resignation and acceptance, is the reason for this.

Dey Say: Carriacou & Petite Martinique's average annual rainfall is about 60 inches a year, but remember our size, we're just



Written by Matthew "Benny" Alexander
Mt. Royal, Carriacou

"Water, water everywhere and not a drop to drink!"
Surrounded by beautiful bodies of water, the challenges of the dry season, on Carriacou & Petite Martinique, may seem somewhat surprising until you know better!

under 15 square miles. Grenada, gets 78 inches a year and it's 120 square miles! So you see, with their rivers, volcanic lakes, streams, hot springs... from a Kayak perspective, Grenadians have water in abundance!

If the dry season is a long one, it can be a very trying time, especially if you don't have a tank, because at some stage you won't have any stored water. However, we are the Sister Isles, and this is when our familial spirit is very evident. You won't be held to 'water-ransom' by your tank-owning neighbours; most are kind-hearted and willingly share. We have even been known to make use of the cisterns of absentee owners, during this period, as obviously they don't need the water! Why waste it? The reality is, that the preservation of this vital resource is one of the key environmental factors that has shaped the

mentality of people living on Carriacou & Petite Martinique.

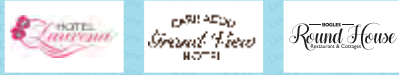
Breaking News! Mt. Royal, has a spring!

Taking into account all that we have already said, you'll understand our thrill at this exciting and amazing discovery. On visiting the recently discovered spring in Ravine, Mt Royal, we stumbled upon a total anomaly; little pools of water and to cap it all off; WATER! Running water! **An actual stream in Carriacou!** The fact that we believed that Carriacou has no naturally occurring streams or rivers, made this a truly a momentous discovery!

If you find our effusive and gushing excitement, a little over the top, we trust that all is explained by our own admission that we really do have, **'Water on the Brain!'**



Carriacou & Petite Martinique





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Big Game Hunting

We don't have lions, tigers & elephants...but we can still enjoy the thrill of the hunt. Join us and find out why!

You're right! There are none of the Big 5 to be found in Grenada, or on the Sister Isles!

Nevertheless, there really is big game hunting happening here during the hunting season. It requires the identical skills of a big game hunter; tracking, courage and field craft, with just a hint of danger. Admittedly, you most likely won't see the prey mounted on a wall, or even photographed. That's not because it's on the list of endangered species, primarily, it's because all evidence of the successful hunt, is usually eaten! That's right, eaten!

We better identify the prey, before you start wondering what kind of people we are. If you haven't guessed already, they're crabs! Yes, you've heard correctly. Crabs! Specifically, land crabs. These are not the specimens you may see scurrying on seawalls, or rocks. Neither those fished by intrepid seamen in the deep Atlantic. We are referring to those described by their scientific names; *Gecarcinus ruricola*... variously called blue land crab, black land crab or red land crab. You'll understand why we correctly refer to hunting crab as; big game hunting, if you allow us to share some of the prowess and technique needed by the Big Game Crab Hunter, when trying to snare his elusive quarry.

Stealth! You have to see it, before it sees you, and intercept it as far away from its hole as possible. Once it's far away enough from its home and hiding place, the chance of success increases exponentially!

The hunt usually takes place at night, and is always best during rainy season.

Essential hunting equipment; cutlass, crocus bag, LED torches and back up batteries.

Pre-LED, one would use a flaming masanto*, but with LED torches we admit to seeing the light, as it were. In fact, the beauty of the more focused light is that it temporarily blinds the crab so that it has no idea in which direction to flee. Not to worry, it most definitely is not a one-sided contest; crabs have a guile all of their own. Their response to sounds and vibrations and any shift of the torches beam, is to scuttle away at speed. Call it crab cunning!

Rainy season is the best time for hunting for two reasons; firstly, we have an abundance of green plants and other vegetables, which allows the crabs to feed and grow big. Secondly, their holes, or burrows, get flooded, making them slightly easier prey,



as they prefer to be above ground rather than submerged underwater in their dwellings. However, the rain-soaked ground also levels the hunting field. Wet mud is the big game hunter's nightmare! Have you tried sprinting along our golden sands, especially when they're wet? Then you know what we're talking about! Trying to run at speed, with wet mud cloying at your legs is far worse, and exactly at the time when speed is essential. But we intrepid hunters, with our cutlass as our multipurpose hunting tool, will often succeed in blocking our quarries escape route, in its scampering sideways gait, back to its hole. Stopping its flight, even if it's part way down the hole, requires great skill and allows us the opportunity to dig it out. Game on! Shame that extra big one got away. Hey, it's the thrill of the hunt; you win some, you lose some. With our prized catch bagged, it's time to make our way home.

Sometimes you will see the results of a long night's hard work paraded for sale along the roadside, in neatly trussed rows for your selection. As you decide on how many you will buy, pause and reflect on the skill and ingenuity required for the hunt, using these traditional and sustainable hunting methods.

Admittedly, the main reason for all of this activity is that it adds to our unique Caribbean cuisine - curry crab and dumplings, crab and callaloo, stuffed crab backs - whilst simultaneously, safeguarding this 'tradition' for future generations. That makes all the labour and adventure totally worth it! Naturally, before leaving you, we have to advise that **Carriacou crab are the sweetest and the largest!** What else would you expect from our very laid-back piece of paradise, where even the crabs live a life of freedom, feasting and limin'... except of course, when it's time for Big Game Hunting!

*Masanto - a traditional torch, lit with kerosene.



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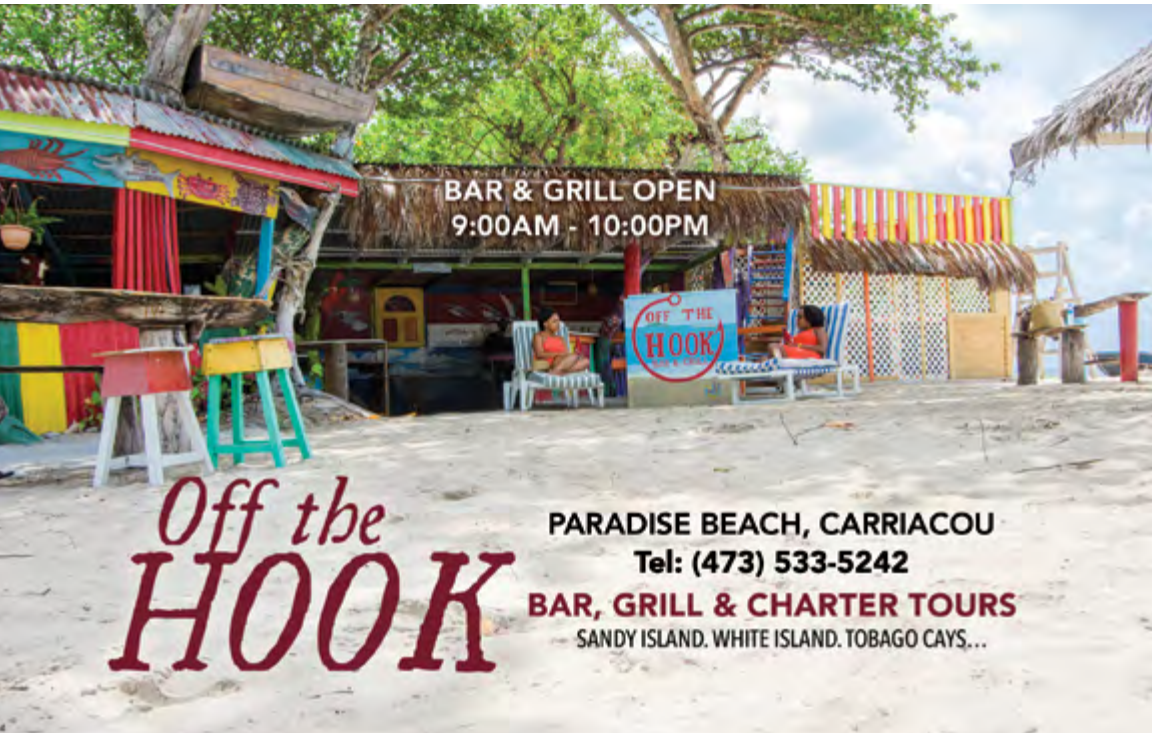
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Pure Lime ... A Sea Bath

Coming down with a cold? Take a sea bath. Joint pain? Sap it in the sea. Congested? Duck your head into the ocean. No matter the affliction, we have a deep-rooted belief that sea water can “cure” almost anything. If not completely cure, then alleviate in some measure the symptoms of any ailments you might have. This simple truth has been passed down from generation to generation; the ideology is more a way of life than primeval folklore.

We would really like to say that this thinking is indigenous to Grenada, or even confined to the Caribbean. However, the well-known and documented benefits of a sea bath, and the restorative sea air, have graced the pages of many a classic English novel and more.

And there we thought it was just a humble ‘sea bath’, when actually it’s right up there in the higher echelons with **its own medicinal classification – Thalassotherapy**; the use of sea water and its by-products for

their healing and beneficial properties in terms of general health and well-being. There you have it! This isn’t just a Caribbean old wives’ tale, whispered in passing. We do hear tell that spas and therapy centres around the world are working feverishly to recreate numerous treatments involving the use of sea salt.

What is it about a sea bath that’s so good? Do you remember how you felt the last time you were in the sea? (If this is your first time in the ocean, please just immerse yourself in the experience). How would you describe it? Soothing, therapeutic, relaxing, restorative? How about all of them? And do you want to know why saltwater does actually soothe our souls? It’s kind of simple and amazing at the same time. Sea water contains the same 84 elements found in our bodies; vitamins, mineral salts, trace elements and amino acids. So being at one with the ocean, in the ocean, is almost like being at one with yourself. **All the vital**

A Sea Bath is allegedly the 'cure all' of the Caribbean. But is it just a local placebo? Or is there more in the mortar than the pestle? A panacea or true medicine?

Written by: Sabrina A. Phillip



Bathway, StPatrick

elements at hand to promote the bodies healing processes. Our very own cure-all!

We can regale you with all types of scientific facts like; the breathing patterns used whilst swimming and diving stimulate parts of the brain, (the parasympathetic nervous system) and have effects on brain waves and hormones that influence the brain positively. Or, even that being near the beach can be salutary because of the mélange of hues to feast your eyes upon, which can create physical reactions, such as a decrease in blood pressure. It's all true. But we'd rather tell you that running across our golden sandy beaches and diving into the ocean is simply therapeutic!

Ask any of the young boys you're sure to see on our beaches, practicing their somersaults and backflips! Simply immersing yourself in the experience, with the sparkling jewel-like blue waters, the unorthodox orchestra of

crashing waves, mixed with the songs of seabirds, is an integral part of the joy of a sea bath.

Sea bathing in Grenada is more about the experience and the lime, **the health benefits are a happy bonus!** Just watch, or even join, the beach walkers; some of whom choose to start their day with a morning swim, or a walk along the pearly white sands, or alternatively those who choose to end their day doing exactly the same.

So now you know some of the reasons why at any given time of day, in any given week, you're certain to find us enjoying our free time on the beach. By ourselves, sometimes for meditative rejuvenation, or with our families and friends, for some self-prescribed R & R. And no, you don't have to be ill to take a sea bath, but isn't it great to know just how much good you're doing yourself when you make your lime a sea bathing one!!



with Art at the Heart



Local artists spearhead Grenada's first art centre.



The creative forces in visual arts in Grenada have been surging and swelling for years. From increased artistic activities on the island, to Grenada's participation in the Venice Biennale, the most prestigious art exhibition in the world.

Susan Mains has had her finger on the pulse of the Grenada Art Scene for decades. Now she is orchestrating a triumph for visual art in the form of **Art House 473**. This represents years of hard work and dedication; from selling her first painting in 1986, to opening a gallery in Spiceland Mall in 2002, and now the opening of Art House 473.

Growing up in Grenada, Susan Mains was always a curious child. Music lessons, drama, church youth activities, they all provided an outlet, but she always liked art. She would quietly troll the Yellow Pouli Gallery and Marryshow House, in Town, during the Grenada Arts Council Annual Show. Back then, there was no avenue for an art education.

This nucleus of creativity will be home to studios, galleries, educational and entertainment spaces. Art House 473, formerly a church, will now 'spread the good news' of the transformational effect of art. You will find it easily, located in Calliste, which sits between the Maurice Bishop International Airport and St. George's University, in the parish of St. George.

Who knew that this early passion for art would lead to a hilltop in Calliste and a dedicated art centre for Grenada? A self-taught artist, she never let "it can't be done" stop her from proving that it could!

Susan will be partnering with her son and fellow artist, Asher Mains. Asher received his Master of Fine Arts in Creative Practice in 2016, and teaches art at St. George's University in Grenada. He also started



'Art School Greenz' in 2015, as an alternative art school, providing short classes for working adults interested in pursuing careers as contemporary artists. Art School Greenz will call Art House 473 its home. With the extra space,

it will be able to offer more classes and programmes, to residents and also to you, if you're visiting. Of course, **Susan Mains Gallery**, recently located to a smaller space at Spiceland Mall, will also have a home in Art House 473. This renowned gallery was the focus that led to the expansion and it will continue at Spiceland Mall, as a little foretaste of what you can expect when visiting Calliste.

Art House 473 will provide the space to exhibit works too large and abundant to be contained in the more focused gallery. There will be various collections of other works, some permanent and some rotating, but always high quality, in order to showcase to visitors and locals **the very best of Grenada's art scene**. The open floor plan allows for a wonderful lecture hall space,

which will be made good use of, but always with the focus on furthering the role of art in Grenada.

"Whether you're a visitor or local, you must come", says Susan. **"Visual art tells the story of Grenada like no other medium.** The arts that will make up the contributing elements of Art House 473 have already been growing and developing; the new location in Calliste, however, is the art purposed space we've all been waiting for. As the space realizes its dynamic potential we look forward to the public joining us for exhibitions, classes, informal artists' 'limes', demonstrations, critical discussions and more; at the Heart of Art on our exceptionally creative island."



Book your appointment for a visit at Susan Mains Gallery at Spiceland Mall **473-439-3450 | susanmainsgallery.com** Transportation from near-by hotels is available.

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Grenada Congenial for Cruisers



WATERFUNSUN



It's not hard to understand why cruising sailors have made Grenada their home away from home. Few destinations extend such a warm welcome and willingness to share the rich natural beauty of their island. From the lush forests, waterfalls and plantations of its volcanic hills, to the sheltered mangroves, sparkling coral reefs and lively fishing grounds of its deeply cut bays, it provides a perfect playground for all ages, both on and off the water.

Anyone listening to the morning Cruisers VHF radio network, which takes place Monday to Saturday, will soon find out why sailors return time after time to Grenada, and often extend their visits. On almost any day there will be someone sharing their enjoyment and appreciation of this island, where there are always interesting people to meet, things to do and places to go.

Being able to access the parts and maintenance materials your boat requires, eat well and find entertainment to suit your taste, has never been easier. Weekly free

buses sponsored by two of the chandleries, and reasonably priced transport to and from shopping centres for provisioning and other necessities, provide convenient access, taking your load of purchases right to your boatyard or marina. In addition, some restaurants and services offer free transport from the other bays, and taxi operators work with cruisers to organize shared transport costs to any social activity, such as a hash, hike, sports event, historic tour, scuba dive, turtle watch, moonlight or regatta party, music jam, dinghy concert, or carnival fete. For those sitting at anchor, or hauled out in a dusty boatyard, these outings are a chance to get off the boat, meet other cruisers and make local friends.

With 9 marinas, 3 boatyards, 2 yacht clubs, traditional yacht racing and youth sailing initiatives, plus a wide variety of 'lime & dine' opportunities, Grenada is responding positively to the needs of sailors both international and local. For many boaters, this island has become their best loved gathering spot in the Southern Caribbean.



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Living in paradise is wonderful, but sometimes it has a few unexpected challenges...



You're a practical person, so you know that there must be more to Grenada than golden sand, tranquil blue seas and cool fruity drinks!

Whether you're here for work, to study, or for a joyous occasion like your wedding and honeymoon, once you're in the know, you can minimize the unexpected challenges. Maybe not all of them, but that's ok, a little unexpected 'spice' now and again is not a bad thing!

Before we get to some of the information you might need, can we share some important news? And also make a request for your support, in helping us to keep Grenada that very special place to live and invest in?

Greening is happening in Grenada!

Like most places, we love our take-away, especially for lunch and those TGIF limes. Recently though, we've been working very hard on the elimination of substances which are harsh on our fragile environment. Phasing out the use of styrofoam, especially in the food industries and replacing it with materials that are biodegradable, is high on our agenda right now. In our part of the world this can be a little challenging, especially for smaller businesses, so we applaud all for their efforts and urge them to continue.

When buying our delicious street food, or any other take-away favourites, please make allowances, as we're still seeking the best solutions and replacement materials.



Littering; we can forgive a flying mango skin or seed, thrown into the bush; at least it can be considered compost. However, we're often appalled at seeing cans, wrappers and even bottles thrown out of bus or car windows as they traverse the island. That's just not on! For us as residents in particular, we really need to think twice about doing this. We want to be 'Pure Grenada' by nature as well as by name, and it is 'all ah we business!'

There endeth our sermon!

Forgive us if we sound overly passionate, but we know you will be too, whether you've come to join us in livin' the lime, or are just getting a sneak-peak for now, by choosing to share your vacation with us.

Now here are a few things that you may want to know:

Are you relocating for retirement, or your job? Congratulations in both instances!

If you're here to work and are not a Grenadian, a visit to the Ministry of Labour at the Botanical Gardens, St. George's, will furnish you with all the information you need, the necessary forms and the requirements.

Numerous real estate agents are on island to assist with your choice of home, be it a rental property, or a house or land purchase. There is no harm in registering with more than one of them, so as to increase your chances of finding just what you want. Even before you find that perfect spot, you may need some wheels to scope out the possibilities? We have a number of car showrooms and rental choices, to assist.

Other facilities include private healthcare and air and ocean freight forwarders, who can do nearly all the work in bringing your possessions and online purchases into Grenada. There is also the Grenada Association for Retired Persons (GARP), if you're 50 or over (www.garp-grenada.com). These are just a small ripple in your ocean of choices.

Are you a student? Welcome! We're going to be your home for at least the next couple of years, most likely. You probably have your accommodation sorted out already?

Hopefully, you will do some home cooking to make sure those brain cells are getting what they need and so that you don't burn yourselves out. We have a number of shopping malls and well stocked supermarkets throughout the St. George's town and Grand Anse areas, with a new addition on the border of St. David and also in Tyrell Bay, Carriacou. Just a note, if you're planning to travel with animals, please submit a formal request for a permit, along with your pet's health certificate, to the government veterinary officer at the Ministry of Agriculture. **Email;** grenadalivestock@gmail.com

Getting married? This is a brilliant choice for starting your married life together!

Here's what you will need to know, and have ready before you arrive, especially if you're not using a wedding planner or resort: Three-day residency is required in Grenada before you can apply for a marriage license, which takes 2 to 3 working days to process. Best to make arrangements to be here at least a week before the wedding. Don't worry, there will be lots for you to enjoy during the wait.

You will need valid passports, birth certificates, Decree Absolute divorce papers if applicable, single status affidavit, deceased's death certificate if you're widowed, legal proof if a name was changed by Deed Poll. If under the age of 21, written parental consent by way of an Affidavit from a Lawyer or Notary Public.

Just as important, there are also numerous options for getting your hair and nails done, and that massage you might need to allay any wedding day jitters!

You just love Grenada? – We feel you! What better reason for Livin' the Lime!

*see Limin Talk pg 12

You May Also Need to Know...

BANKING SERVICES

CIBC FirstCaribbean International Bank
PBX All Departments
440 - 3232

Grenada Co-operative Bank Ltd.
PBX All Departments
444 - 2667

RBTT Bank Grenada Ltd.
PBX All Departments
440 - 3521

Republic Bank Grenada Ltd.
PBX All Departments
444 - 2265

Scotiabank
PBX All Departments
440 - 3274

CORPORATIONS

Grenada Bureau of Standards
Queen's Park, St. George's
440 - 5886 / 440 - 6783

Grenada Chamber of Industry & Commerce (GCIC)
Frequenté Business Park, St. George
440 - 2937 / 440 - 4485

Grenada Hotel & Tourism Association (GHATA)
Morne Rouge, St. George
444 - 1353

Grenada Investment Development Corporation (GIDC)
Frequenté Business Park, St. George
444 - 1034 / 444 - 1035

Grenada Tourism Authority (GTA)
Burns Point, St. George's
440 - 2279

Grenada Association of Retired Persons (GARP)
Kirani James Boulevard, St. George's
435 9857
www.garp-grenada.com

TELECOMMUNICATIONS & CABLE SERVICES

Digicel Grenada Ltd.
St. George
415 - 0028 / 439 - 4500

FLOW
Customer Contact Centre
1-800-804-2994

UTILITY COMPANIES

Grenada Electricity Services Ltd. (GRENLEC)
Dusty Highway, St. George
440 - 2097

National Water & Sewerage Authority (NAWASA)
The Carenage, St. George's
440 - 2155

GOVERNMENT OFFICES

The Ministerial Complex
Botanical Gardens
St. George's

Immigration & Passport Department
435 - 2302 / 440 - 2456

Prime Minister's Ministry
440 - 2383

Prime Minister's Office
440 - 2265

Ministry of Labour
435 - 9246

**Government Veterinary Officer
Ministry of Agriculture**
435-8725
grenadalivestock@gmail.com



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St. George's University

THINK BEYOND

Grenada, West Indies



SUN, SEA, SAND &... HEALTHCARE

Grenada has seen significant improvement in the health service capability on island.

This is augmented by the fact that the private hospital and health care facility, St. Augustine's Medical Services (SAMS), is the home of Grenada's 1st Hyperbaric Chamber & state of the art 64 Slice CT Scanner.

The installation of the chamber has seen the addition of an emergency dive protocol for Grenada, eliminating the need for airlift out of the Spice Isles for decompression treatment. Pure oxygen treatment, can be administered right here, which also includes treatment for diabetic ulcers, burn infections, compromised grafts and chronic infections.

The 64 Slice CT Scanner, only the second of its kind in the region, is a statement that speaks to the growth and improvement of the calibre of healthcare now offered in Grenada. This state of the art equipment allows 3D reconstruction of the images, allowing greater detail of the scanned anatomy, for diagnosis.

We can plan medical procedures with you... and take care of the unexpected.

St. Augustine's Medical Services

"Life is precious... put it in the right hands"
(Private Hospital)

See page 9 for contact information



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Lime Gnn

Variety is the Spice of Life

Enjoy a little pic n' mix on your visit.

Because of the diversity of the Spice Isles, a number of our guests choose a **multi-location stay** when they come to visit, to experience as much as possible.

Your options can range from high end villas – all mod cons included - to lovingly restored Great Houses and comfortable, family run, self-catering apartments. We're thrilled that many of you return to see us again and again, because you know there is always some new treasure to uncover. Mixing the familiar with the unfamiliar, is like adding some spices and seasonings to your overall experience. Both of which we have in abundance!

Sometimes, in order not to forget that truism, we also leave our own homes to indulge ourselves for a few nights, without the worry of passports and airports. It could be a hop over to our Sister Isles, or a drive to the North, or South of the island, depending where our

own permanent abode might be. You know what they say? **A change is as good as a rest!**

Indisputably the plantocracy made an indelible mark on Caribbean history, creating the huge divides between the islands indigenous population and the plantation owners. Seeking to create new memories, within the beautiful Great House, and to offer you the opportunity and pleasure of staying in them, are beautifully restored estates, such as Mt. Edgecombe Plantation, in St. Mark. A truly authentic experience and breathtaking location.

You may also have noticed that we have a number of large projects in varying stages of development around the island? Discerning investors are charmed by our breathtaking home and its enviable business potential. We are all pleased, when their beautiful resorts complement our even more beautiful natural



surroundings, creating more choices for you, and us, to Lime Inn.

Enjoying **'inside-out living'**, is an equally important part of taking your vacation experience to another level. One thing you will undoubtedly notice, is the all-important verandah or porch. It is evident on virtually every house, and also much of our holiday accommodation. In Grenada, the marvel is that it doesn't matter if your verandah is 10ft or 100ft square, they can both share the same breathtaking magnificent view. That really puts life into perspective.

And then, there's the all-important breeze!

Air conditioning is great, but please don't let any lack of it dictate what you do and where, whilst you're here. **The ocean breezes surpass any manmade invention.** As we say here; 'de breeze heavy, oui' – a

euphemism for; it's a veritable gale force wind! Ahh yes, but it's still warm.

Our final piece of advice; when seeking a place to "lime inn", remember that enjoying your outside space is also critical, in our Spice Isle 'inside-out' way of living.

 DID YOU KNOW

That Alleyne Gulston - Creative Director for AllyDay, publishers of Lime & Dine, won the competition for the next addition to Grenada's world famous underwater sculpture park in 2018? The design was entitled 'Wet Fete' and depicts aspects of Grenada's Carnival, culture and history embodied in the characters which play mas each year.



Clarenceville Villa



Let us provide the best of everything the Spice Isles have to offer.

3 fully self contained villas, with all amenities, set in lush gardens boasting their own river, in the lovely village of Corinth, St. David.

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Magazine Beach, Grenada, West Indies
www.macabana.com +1 473 439 5355



Magical & Musical

Le Phare Bleu Villa Resort

Le Phare Bleu Villa Resort is set at the center of Petite Calivigny Bay, in an off-the-beaten-track spot, on Grenada's south coast. Just fifteen minutes from the international airport this beautiful, waterfront villa resort offers a tremendously high level of comfort in the self-contained beach and garden villas, with full kitchens, air conditioned bedrooms and wifi throughout.



The friendly service mixed with the many resort amenities, such as a restaurant & lightship bar, swimming pool, watersports, marina and a very safe beach, makes Le Phare Bleu a great place for relaxation and the perfect destination for your next vacation.

Music features strongly at Le Phare Bleu – the owners are the driving force behind the Pure Grenada Music Festival, Grenada's (PGMF). There is live music every Friday evening, and regular unique 'dinghy concerts' in the bay, with performers playing on an old tug boat and the audience watching from dinghies and the resort barge.

www.dinghyconcert.com



Le Phare Bleu takes its name from the old blue (and red) lightship moored out on the marina jetty, and shipped here on a freighter from Stockholm. As well as slips for 60 boats, there is a mini village servicing the marina that includes a customs office and laundrette. The atmosphere is very easy-going and relaxed.

The Villas

Le Phare Bleu has 14 comfortable private villas, nestled in lush tropical gardens.

The villas are particularly spacious with an open plan design that works well for tropical living, with sliding shutters integrating their sitting rooms with lovely big verandahs. This allows for a gorgeous view from living and dining areas, to enjoy the fresh tropical breeze and music of the birds fluttering around the gardens. The best-located villas are the seafront ones, with just a palm-dotted lawn between them and the water.

The Restaurant

Inspired as a Tropical Tavern with a relaxed friendly vibe. This poolside open-air restaurant & bar is set above the beach shore, overlooking the gorgeous view of Petit Calivigny Bay and the boats floating in the marina, with Calivigny Island in the background.

The Food

The Caribbean-inspired menu offers a variety of dishes for dinner and cocktails. This eclectic menu can be viewed on the website and offers a mixture of local and regionally influenced dishes, highlighting local ingredients used in creative ways. The vision is simply to share with you a love of Grenada, as well as regional Caribbean cuisine, through what you see, smell and taste. The restaurant features local producers and sustainable line caught fish, locally raised free range chicken, and farm fresh produce.

T: 1 473 444 2400

E: hotel@lepharebleu.com

W: www.lepharebleu.com





Mount Edgecombe Plantation



A hidden gem in the West Indies (45 minutes north of the capital of St. Georges), Mount Edgecombe Plantation is nestled above the Caribbean Sea and provides a stunning, but serene and quaint plantation experience. Day passes, weddings, private functions, accomodation and dining are available.



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<http://mountededgecombegrenada.com>

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Secret Harbour Cottages

The serene waters of the bay and the lush tropical gardens provide a perfect 'secret spot' for 20 fully self-contained cottages, furnished with every amenity to make your stay relaxed and enjoyable. Stunning views of the safe harbour, the marina & the gardens, add a perfect backdrop to our recently renovated accommodation.



If you want company, and someone else to cook for you, our full-service restaurant & bar will be one of the highlights of your day!

This hideaway spot is just 5 minutes from the vibrant Grand Anse area where you can find numerous, restaurants, shops and limin' spots.

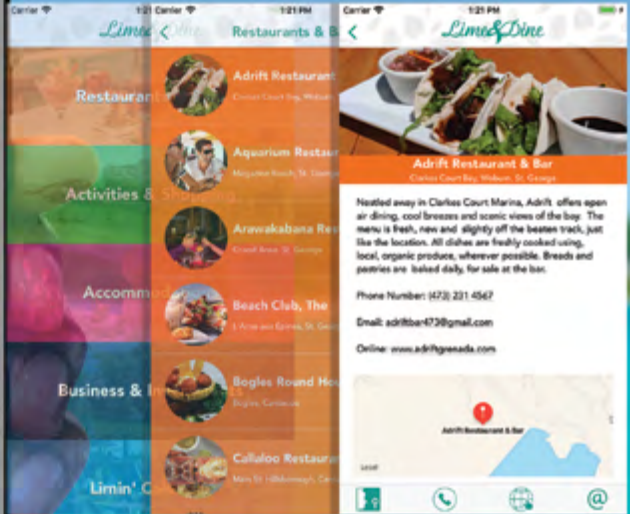
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Shaken & Stirred

The Spice Isles are blessed with 3 elements which make for an amazing variety of liquid refreshment.

Fresh Fruits. Spices. And a seemingly endless choice of our own indigenous and distilled Rums. Our very own trinity!

The volcanic soils of our islands produce an abundance of lush vegetation and fruit in season. Our mixologists, expert smoothie blenders, baristas, street vendors and domestic engineers ;) ... all make good use of them, resulting in numerous thirst quenching concoctions. If you want yours to pack a little extra punch, you need only ask!

Over ice, mixed, or chased? That's the rum part, if you're not partial to pretty cocktails. That said, we're honour bound to encourage you to try at least one good rum punch. Drink with care!

Feel free to take your pick from amongst the entire spectrum of watering holes on offer; ranging from the high-end restaurants & bars, to our plethora of local roadside drinking establishments. We can assure you that there will always be a choice of rums, on the shelf, or under the counter!

Once you've settled on your drink of choice, where you choose to imbibe is totally up to you. Whether it's for the view, the company, or both, you won't be disappointed.



Shaken & Stirred

A Caribbean Cocktail

The fruit of the earth, the sweat of the brow and the blessing of nature.

Every cocktail needs at least three ingredients, doesn't it? This one is no different.

Have you ever wondered why we seem to wait until a particular time of the year to eat and drink certain things? Even if they're actually available at other times? It's almost as if we're programmed to deny ourselves until the 'traditionally correct' period for such fayre. So, we satisfy ourselves by reminiscing over them, with anticipation, throughout the entire year!

Yours might be; mince pies & cream, roast turkey, roast beef & yorkshire pudding...

For us, it's salt ham, black cake, stewed or roast pork, baked chicken, definitely pie, macaroni pie that is, & stewed green peas... All totally unthinkable, in fact almost indigestible, without Sorrel!

We know that you're familiar with drinks made from flowers & leaves, teas such as; dandelion, lavender, jasmine, mint.. but maybe not Sorrel?

Sorrel, a member of the hibiscus family, is synonymous with the Christmas period, for us. Taking six months to reach fruition, it makes its annual appearance between November & January. Our enthusiasm then, is fully understandable when, for most of us, we catch our first sight of it amongst the produce of the market & street vendors. The deep red calyces of the roselle hibiscus, the most common type in the Caribbean, just ready for steeping to make; Sorrel, properly termed Sorrel Drink, but plain 'Sorrel', is fully understood by all. Ruby red, tart & sweetened to taste, refreshing, 'more-ish,' spicy if wished. And never adverse to being mixed with our island's favourite spirit. Rum!

Believe us, if rum is the Caribbean's very own gold, then Grenada has a mother lode!

Borne of desperation, curiosity or ingenuity? In the 17th century rum was created by sugar plantation slaves and workers. The owner's priority was a constant supply of one of the

most valuable commodities in European trade: Sugar! The leftover waste, molasses, was deemed as fit only for livestock and slave consumption. The slaves discovered that further distillation produced alcohol! It was named - Rumbullion or rumbustion – the definition, descriptive of the possible end result, is appropriate!

If you succumb to excessive 'rum-libatious limin' you may feel some foggy element of the familiar with this 1651 quote "Rumbullion, made of sugar canes distilled, is a hot, hellish, and terrible liquor." Our rum punches do come with an 'Enjoy with Caution' stamp. Their fruity, sugary sweetness is not to be underestimated! If you succumb to one too many, you're lack of further recall could be worrying!

Reportedly, rum was first distilled in an island much less hilly than ours. Nevertheless, Grenadian rums are taking their place on the worlds rum-stage. We'll spare you the narrative, as we're sure you will be regaled with all manner of 'rum-formation' during your stay. It's a favourite island topic!

When exploring, you will see a number of sugar mills in varying states of deterioration, which attest to our history. More recently though, large areas of land are being cultivated to revitalize the growth of sugar cane for rum production. They say the flavour of the rum is integrally linked to the flavour of the cane, and with our rich volcanic soils... well, we needn't say more!

Caution notwithstanding, you must avail yourself of the numerous opportunities to tantalize your taste buds with the plethora of distillations and blends we have to offer.

You'll see that we are speaking truthfully of the multitude of choices, when you have to try and choose which one, or two, to take home with you.

Take note we are proudly accepting our bragging rights: 2 Grenadian Distilleries placed among the top 10 winners for the Best Caribbean Rum Distillery 2017; River Antoine Rum Distillery & Westerhall Estate.

2 out of 10 isn't bad? Considering they call us a Small Island, it's a BIG result! Shaking it up is a Spice Island thing! Better watch that space for 2018 and beyond!

And the spices? They require a story all of their own. Suffice it to say that Sorrel's unique taste is best when steeped with our indigenous spices; cinnamon, bay leaf, cloves, ginger... feel free to choose the ones which take your fancy and make your very own version of our truly Caribbean Cocktail.

Sorrel, Rum & Spice – all things very nice!

Sorrel Drink Recipe

INGREDIENTS

8oz	Fresh or Dried Sorrel
10 - 12 cups	Water
2	Cinnamon Sticks
2 pieces	Orange Peel (<i>fresh or dried</i>)
12	Whole Cloves
3 - 4	Bay Leaves
	Thick Slice of Ginger
	Sugar to Sweeten
	Rum to taste ;)

METHOD

Put water, sorrel, cinnamon, bay leaves, cloves and ginger in a pot.

Cover and bring to the boil.

Cool and cover with foil or plastic wrap and set aside at room temperature to steep for 2 hours or overnight. (If you're in a hurry you can reduce the cooling time by leaving uncovered)

Strain the liquid through a fine sieve into a container. Sweeten to taste, dilute with water if needed.

Pour into glass bottle or jar and refrigerate.

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92	Clarence Ville Villa	443 1560
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94 & OBC	Le Phare Bleu Boutique Hotel	444 2400
93	Maca Bana Luxury Boutique Resort	439 5355
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