



• INSIDE THIS ISSUE •

- NOT-TO-BE-MISSED TRAVEL DEALS • WHERE TO STAY AND PLAY!
- CUISINE STE LUCIE • PARLAI KWEYOL • HISTORY 101



WHAT'S NEW... IN THE AIR!

Traveling to Saint Lucia from New York in the fall has never been cheaper! For a little over USD\$200.00 you can fly the New York/Saint Lucia route on Jet Blue Airways from October 26th 2009. Book now on www.jetblue.com

PARLAI KWEYOL?

Do You Speak Creole?

Sa ka fete? That's a phrase you'll hear throughout Saint Lucia! It's our way of asking 'What's up?' 'What's happening?' 'How are you?'

WHERE TO STAY & PLAY!

Sizzling Summer Packages



CALABASH COVE RESORT & SPA

luxury boutique hotel offers a summer savings special for families traveling with teens. Book a room at the regular price and receive 50% off a second room booked for your teen(s). It's the best of both worlds: fun family activities to enjoy together, yet complete privacy as a couple. Savings of up to 50% good for bookings through August 30, 2009. Book 5 nights or more and receive complimentary airport transfers. Please note that this special is not available with all-inclusive packages.

www.calabashcove.com



FOND DOUX HOLIDAY PLANTATION,

nestled in the valley between Saint Lucia's famous Pitons, is offering a Healthy Lifestyle package: Seven nights accommodations, a fully stocked mini bar with diet drinks, three nutritional low fat meals per day, Fond Doux low calorie cooking lessons, three one-hour aerobic classes, 60-minute full body massage, reggae/calypso dancing lessons, two plantation work days, fast paced walks to

Chateau Belair and Sulphur Springs, organic fruits and coconut water every day, complimentary welcome amenity of local spices, Fond Doux recipe book, and daily swimming pool exercises. Rates start at US\$1799, inclusive of government tax and service charge included.

www.fonddouxestate.com



COCONUT BAY BEACH RESORT & SPA,

located on Saint Lucia's south coast, has all-inclusive family packages from US\$97.00. Added value amenities include a \$350 resort credit per week that can be used on spa treatments, island adventures and gift shop purchases; a free round of paintball and a Coco Pack for each child under 12 (with backpack, water bottle, hat and tee shirt). Accommodations in Splash Wing - Deluxe garden view rooms - \$97 per person, deluxe ocean view rooms - \$106 per person, 2-bedroom suites - \$162 per person. Multi-generational families staying seven nights in a 2-bedroom con-

necting suite get a FREE additional room for grandparents. Rates are based on double occupancy in rooms and quad occupancy in suites. Rates are valid through August 31, 2009 (a savings of 55% on all rooms, plus \$350 resort credit and free grandparents room with 7-night stay).

www.cbayresort.com



"Seven for Six" summer deal available now through October 30, 2009 at **EAST WINDS INN**. Save as much as US\$670 depending on your room category and the time of the booking to the "Seven for Six" offer. Summer rates start at \$470 per room per night between June 1 and through the fall until December 20, 2009. That's nearly a 50% savings over the starting winter rates of \$850 for the same room category. Meals, beverages including fine wines and champagne, sailing on four-person catamarans, and water sports are included. Better yet, from May 1 to October 31, 2009, East Winds is offering guests who stay five nights or more a complimentary sunset cruise onboard The Brig Unicorn, as seen in Disney's original Pirates of the Caribbean movie!

www.eastwinds.com



WINDJAMMER LANDING offers a resort experience for families and groups. Share a 2, 3, or 4 bedroom villa with pool, in the package which includes a Windjammer sunset cruise, all inclusive stay, five DVD movie rentals, roundtrip airport transfers, and complimentary flowers and fruit plate. This offer is valid June 1st through

September 30th, 2009. Package weekly rates start at US\$5500.00 in a 2 Bedroom Villa with pool, US\$ 5800.00 in a 3 Bedroom Villa with pool, and US\$6500.00 in a 4 Bedroom Villa with pool. All rates are inclusive of the 10% service charge and 8% government tax.

www.windjammer-landing.com



Guests who book a Luxury Included® vacation at **SANDALS** by July 16, 2009 for travel through December 28, 2010 receive

up to 65% off regular rack rates at any one of three Sandals Resorts on Saint Lucia (minimum three-night stay required). Top savings as part of this deal include up to 65% off on three-night stays at Sandals Halcyon Beach and Sandals Regency Golf Resort & Spa featuring the exclusive Millionaire Suites. Guests staying at Sandals Grande Saint Lucian Beach Resort & Spa can also receive up to 50% off and one night free on five- and six-nights stay.



"Give & Getaway" at **THE LANDINGS SAINT LUCIA, A ROCKRESORT**. The deal invites families or groups of friends to work alongside Saint Lucians on a working farm—either harvesting seasonal fruits and vegetables or helping to fish farm-raised tilapia and shrimp. The package also includes a guided excursion to Anse La Raye to enjoy the weekly Friday Night Fish Fry (a chance to hang with locals, dance in the streets and enjoy local dishes including locally caught seafood!). Available April 15 through November 24, 2009, the "Give & Getaway" package Includes, five night stay in a two-bedroom Deluxe Harbour View Villa Suite, half-day excursion to a local farm, evening excursion to Anse La Raye Friday Fish Fry, breakfast daily, transportation (including air-

port transfers, and transfers to the Fish Fry and farm), and \$100 donation made to the farm on your behalf. Rates start at \$580 per night for a two-bedroom Deluxe Harbour View Villa Suite. Five night minimum stay must include a Friday night stay over. Rate is for two adults and up to two children.

www.giveandgetaway.com

HISTORY 101 – L'histoire Ste Lucie

Saint Lucia was discovered in 1492 by Spaniard Christopher Columbus. By discovered, we mean known to the Western World as there were already native Caribbean settlers on the island. Who were they? *Find out in our next issue.*

CUISINE STE LUCIE

Saint Lucian Rum Punch!

4 measures of weak
3 measures of strong
2 measures of sweet and
1 measure of sour.

You can improvise with whatever you have on hand however, if you want to try it Saint Lucian Style we suggest:

4 cups of juice (a mix of orange, pineapple and mango)
3 cups of white/ clear rum
2 cups of grenadine syrup
1 cup of lime juice
Grated nutmeg to garnish
Serves 6-8 persons!

Cheers!

SAINT LUCIA INSIGHT

One of the Windward Islands of the West Indies' Lesser Antilles, Saint Lucia (pronounced Saint LOO-sha) is nestled halfway down the eastern Caribbean archipelago. The "Helen of the West Indies," Saint Lucia is known for its natural beauty and diverse attractions. Among them are the signature Piton Mountains, which was named a World Heritage Site a tropical rainforest; and one of the world's few drive-in volcanoes. Culturally rich offerings include the bustling marketplace in the capital of Castries, a variety of Heritage Tourism sites, quaint fishing villages along the coastline, and the annual Saint Lucia Jazz Festival in May. Saint Lucia's wide range of accommodations includes world-class, five-star resorts; all-inclusive resorts; intimate inns and value-oriented properties. **For information about the island of Saint Lucia, call (888) 4STLUCIA, or visit www.stlucia.org, the official site of the Saint Lucia Tourist Board.**