# JAMAICA TOURIST

WWW.IAMAICATOURIST NFT

EVERYTHING YOU NEED TO KNOW FOR THE PERFECT VACATION EXPERIENCE

ISSUE 11 - SPRING 2009

### OWN A TROPICAL HOME AT THE PALMYRA



**MODEL UNIT NOW OPEN** 

### IN THIS ISSUE

LIONEL RICHIE SHINES AT JAMAICA JAZZ & BLUES FESTIVAL

**APPLETON'S RUM LEGACY** 

PALMYRA RESORT & SPA NEARS COMPLETION

TREASURE BEACH: THE OTHER SIDE

**GOLF TIPS FROM THE PROS** 

**JEWISH JAMAICA** 

THE 'HOLY GROUNDS' OF REGGAE

**LUXURY SHOPPING ON THE ROCK** 

THE WORLD'S MOST MYSTERIOUS GEM STONE

**RESTAURANTS & PARTY SPOTS** 



# **UNIQUE JAMAICA**



#### SMILE VOU'RE IN TAMAIC.

Bob Marley sang, "Smile... you're in Jamaica"! Take his cue and get into the island's relaxed groove right away because indeed, there is a lot to smile about. Jamaica is always in style and always cool with new attractions, events and people awaiting your discovery, and we have combed the island for some great spots to visit. The beauty of Jamaica is that there is something for everyone to enjoy. From quiet beaches with adventurous kitesurfers, to mineral hot springs with healing waters and tranquil scenery on the rustic south coast of the island; there is lots to see. Whatever you do, enjoy your Jamaican experience to the maximum! Smile to yourself knowing that you have made it to an island that some are still dreaming about... Here are some fabulous ways to enjoy your stay, regardless of budget.

#### FAT & DRINK

Two locally produced beverages are synonymous with a Jamaican vacation; Red Stripe Beer and Appleton Estate Rum. While Red Stripe's refreshing lager goes extremely well with hot days on the beach, Appleton has a special type of rum for every mood. Fortunately, both world-class beverages are sold everywhere on the island, from the high-end cocktail lounges to the rustic roadside bars, so your preferred environment is the only thing you'll have to decide on.

Dining in Jamaica is another treat. It is a well known fact that some of the best meals may be had at casual eateries around the island and from food vendors on the side of the road. And although the local jerk pits may look a little rustic to the average visitor, we promise you that their tasty dishes will surprise you. Sample coco bread and patties, try out the fried fish and bammy, taste seasonal fruits and do not forego the chance to eat your fair share of 'jerk'. The most authentic meals which will leave a lasting impression on your taste buds are extremely affordable, so indulge! See our party and restaurant pages for some excellent places.

An unbeatable Jamaican smile from 'Ants', vendor at Columbus Park in Discovery Bay *(Photo: Heidi Zech)* 



#### RE ENTERTAINED

There is an unlimited number of ways to have a good time in Jamaica. The obvious party spots are high-energy night clubs, piano bars, pubs, taverns and jazz clubs. Legendary musicians like Bob Marley and Jimmy Cliff have set the stage for the island's vibrant musical culture, which lives on through the many music festivals that take place on the island each year. Seek out live shows like Pier 1's 'Starstruck' on a Wednesday, the regular USS3 per person concerts at Alfred's Ocean Palace in Negril or the ongoing entertainment at any of the island's three Margaritaville's. For some memorable fun, get to know the locals, who will be happy to just sit back and entertain you with insights to their culture.



#### TAKE IN THE SCENERY

It doesn't cost anything to enjoy the variety of scenic opportunities Jamaica presents: beaches you thought you could only imagine, dramatic waterfalls, sunsets that look like they were painted across the sky, rugged cliffs, rolling pastures and verdant rainforests. Take out your camera and begin shooting, because there is a postcard moment around every corner. A dip in the waterfalls of the island's most famous natural attraction, Dunn's River Falls is a definite must, which will leave you with spectacular photos that you will treasure forever.



Reggee Marathon & 10k

NEGRIL, JAMAICA • SATURDAY, DECEMBER 5, 2009

E racedirector@reggaemarathon.com T (876) 922-8677

www.reggaemarathon.com



A range of possibilities exist for those who want to explore the island. First rate tour operators like Jamaica Tours offer services ranging from limousine tours with personal drivers to excursions on brand new buses with other like-minded visitors. Also, don't be

afraid to do it on your own; rent a car, grab a map and go for a drive. Touring the island on your own is not as daunting as you might think. With

major improvements to roadways, the locals are more than happy to point you in the right direction if you get lost. Read our activities pages for some great suggestions.

#### **GO SHOPPING**

Shopaholics, this may just be the place for you. One of the great things about shopping in Jamaica is that you can score a great deal anywhere. From vendors at the local craft markets to the high-end jewelry stores. Bargaining is expected, so engage the salesperson for great rewards. Duty-free shopping is available in all the resort areas and at both international airports, and prices for luxury goods may be up to 30 percent less than in North America or Europe. Read about the decadent splurges and fun T-shirt picks in this issue's shopping pages.

### **CALENDAR OF EVENTS SPRING 2009**

MARCH 1 – 3	CARIBBEAN CLASSIC GOLF INVITATIONAL & MUAY THAI - MONTEGO BAY
MARCH 7	DRAX HALL KITE FESTIVAL - DRAX HALL, ST. ANN
MARCH 9	FUN IN THE SON GOSPEL FESTIVAL – KINGSTON
MARCH 28 - 29	JAMAICA ORCHID SHOW - KINGSTON
APRIL 4	HARMONY HALL EASTER CRAFT FAIR – TOWER ISLE, ST. MARY
APRIL 10 - 13	MONTEGO BAY YACHT CLUB EASTER REGATTA – MONTEGO BAY
APRIL 13	ST. ELIZABETH HORTICULTURAL SHOW – BLACK RIVER
APRIL 13	TRELAWNY YAM FESTIVAL - ALBERT TOWN, TRELAWNY
APRIL 19	JAMAICA CARNIVAL ROAD PARADE - KINGSTON
APRIL 26	TREASURE BEACH OFF-ROAD TRIATHLON - TREASURE BEACH
MAY 2	JAMAICA HORTICULTURAL SOCIETY SHOW - NATIONAL ARENA, KINGSTON
MAY 2	JOHNNY BRISTOL CELEBRITY GOLF CLASSIC - OCHO RIOS, ST. ANN
MAY 3	WESTMORELAND CURRY FESTIVAL - SAVANNA-LA-MAR, WESTMORELAND
MAY 13 - 17	STYLE WEEK JAMAICA 2009 - KINGSTON
MAY 22 – 24	CALABASH LITERARY FESTIVAL - JAKE'S HOTEL, TREASURE BEACH
JUNE 10 - 15	CARIBBEAN FASHION WEEK - NATIONAL INDOOR SPORTS CENTRE, KINGSTON
JUNE 13	CAYMANAS & CONSTANT SPRING GOLF CLUB TOURNAMENT - KINGSTON
JUNE 13 – 14	CARIBBEAN VEGGIEFEST, SPA & WELLNESS CONFERENCE – THE HILTON KINGSTON
JUNE 13 – 21	OCHO RIOS JAZZ FESTIVAL - OCHO RIOS, ST. ANN
JUNE 16	THE IKEBANA INTERNATIONAL JAMAICA SHOW - PCI BUILDING, KINGSTON
JUNE 19 - 27	KINGSTON ON THE EDGE URBAN ART FESTIVAL - KINGSTON
JUNE 25 - 29	EPICUREAN ESCAPE - GRAND LIDO RESORT, NEGRIL
JULY 3 - 5	PORTLAND JERK FESTIVAL - PORT ANTONIO
JULY 19 - 25	REGGAE SUMFEST - CATHERINE HALL, MONTEGO BAY

Please note events are subject to change without prior notice. The Gold Coase Contact source Jamaica Tourist Board for further information. Falmouth Montego Bay Runaway Bay Ocho Port Kingston DRIVING MILEAGE Black River
Falmouth
Kingston
Mandeville
Montego Bay **JAMAICA** 

## **USEFUL PHONE NUMBERS**

**EMERGENCY ASSISTANCE CALL TOLL FREE** 1-888-991-9999

US CONSULATE, Montego Bay: 952-0160 BRITISH HIGH COMMISSION, Kingston: 510-0700

CANADIAN CONSULATE, Montego Bay: 952-6198

JAMAICA TOURIST BOARD, Montego Bay: 952-4425 JAMAICA TOURIST BOARD, Kingston: 929-9200

POLICE: 119

AMBULANCE, FIRE: 110

### **JAMAICA TOURIST CONTACT**

### EDITORIAL

Editor: Ragni Fjellvoll

Articles for publication in the Jamaica Tourist may be submitted to: ragni@jamaicatourist.net

Frank Perolli: Email: frank@jamaicatourist.net Cell: (876) 383-4652

Advertising rates and technical specs can be downloaded from:

**WWW.JAMAICATOURIST.NET** 

### ADVERTISING SALES

Heidi Zech

heidi@jamaicatourist.net Fmail-(876) 402-1620 Cell

Tanielle Elliott: Email: tanielle@jamaicatourist.net (876) 421-5345 Cell:

Office: (876) 953-4553

**DESIGNED BY** 

Flying Pig Creative: Email: info@flyingpig.co.uk

# TIPS FROM THE TEE

Rose Hall offers golfers 54 challenging holes framed by scenic backdrops for a round of golf or three. Tame the White Witch golf course, conquer Cinnamon Hill and master the Half Moon course with our golf pros' tips. Seasoned Rose Hall golf professionals Ewan Peebles, Robert Ames, Mike Cole and Kevyn Cunningham share their expertise for playing each of these spectacular courses with you.

### THE WHITE WITCH

"The Witch" taunts golfers with dramatic changes in elevation and holes ranging from 120 to 550 feet above sea level. Winding through the vast mountains and lush valleys of Rose Hall, the White Witch Golf Course features stunning views of the Caribbean from 16 of its 18 holes. The course is alluringly dangerous and unpredictable - just like its namesake, the bewitching Annie Palmer, who owned the 5,000-acre sugar plantation on which the course is built. Designed by Robert von Hagge and Rick Baril, this par-71, 6,719-yard course is as stunningly beautiful as it is challenging.



### MIKE COLE'S TIP ON HOW TO PLAY THE 1ST HOLE

"As you walk up to the 1st tee at the White Witch, you are confronted with a quandary. Enjoy the spectacular view overlooking the Caribbean Sea or concentrate on the daunting task of the challenge, before you play this spectacular 550 yard par 5. The left center of a fairway 250 feet below you

is the target for your tee shot. From there, the green is 50 feet above you and approximately 240 yards away from you, uphill and into the wind, which makes getting home in two difficult on most days. A layup to the 100 yard marker will leave you a relatively flat lie for your approach shot. Play this one as a three shot hole. Drive-in play is paramount. If you go for the green in two, the risk is much greater than the reward. Take the par and be happy to have finished this spectacular opening hole."

To contact Mike Cole at the White Witch Golf Course, Tel: 518-0174

#### **CINNAMON HILL**

Named for the long-time home of the late Johnny Cash and his wife June Carter Cash, Cinnamon Hill is built on what used to be a 400-acre sugar plantation. The course meanders through lush mountains out to the coast, where players are close enough to feel the sea spray on their faces. Home to some of the area's most striking historic remnants, the Cinnamon Hill Golf Course begins in the shadow of the Rose Hall Great House, winding past a plantation-era graveyard to follow the remains of an old aqueduct down to the ocean. Originally designed by Hank Smedley and revamped in 2001 by Robert von Hagge and Rick Baril, Cinnamon Hill's par-71, 6,637-yard course was designed with the resort player in mind. With its beach-sweeping front nine and the back nine snaking up into the mountains, this beautiful course offers a vast array of fabulous mountain, island and ocean views.

### ROBERT AMES' TIP ON HOW TO PLAY THE $5^{\text{TH}}$ Hole

"As you stand on the 5th tee at Cinnamon Hill, you are mesmerized by the majestic site and the 458 yard par-4, dog leg left in front of you. While you hit your driver aiming at the left fairway bunker, trade winds blowing from your right, you

know the challenge begins with your second shot. The green is framed by mounds on the left, palm trees to the back and the Caribbean Sea just 2 yards off the right edge of the green. You have two choices; play your shot out right and let the trade winds move your ball onto the flag or aim at the middle of the green and play a cut shot against the wind. You are now on the green, but the challenge has not ended as the green slopes ever so gently from left to right. With this putt, rely on your expertly trained caddy to assist. He knows every break on every green. A picture does not do this hole justice, so come see it for yourself. If you need another challenge, we have 17 other holes to test your golf game."

To contact Robert Ames at the Cinnamon Hill Golf Course, Tel: 953-2650 ext. 89.

### HALF MOON GOLF COURSE

Designed by Robert Trent Jones Sr. in 1964, the Half Moon Golf Course has an international reputation for being both challenging and beautiful. A member of Jack Nicklaus' "Great Golf Resorts of the World", this highly walkable 6,585 yard course wraps around meadows and is surrounded by mature palms, providing an unforgettable experience for the young and the young at heart.



### EWAN PEEBLES' TIP ON HOW TO PLAY 'INTO' THE JAMAICAN WIND

"When playing golf in Jamaica, you will generally encounter stronger winds. Your ability to manage your swing and game in these winds will often play a significant part in determining how well you score. Typically, you will experience 20-30 mph winds, which will impact both the distance and direction of your

shots. When the wind is 'in your back', your shots will fly further than normal allowing you to reach long par 4's and par 5's that may otherwise be out of reach. However, it is when the wind is 'in your face' that most golfers tend to struggle. First and foremost, understand that you cannot beat the wind, only manage it. The key is to control the spin on the ball. Try to resist the natural temptation to swing harder and faster, focus instead on swinging the club at approximately 85% of your maximum speed. This will allow you to maintain good balance and make solid contact. Also, don't be afraid to take an extra club(s) on your approach shots. Your ego might be initially unwilling to cooperate, but that will quickly be forgotten when your defeated playing partners have to buy the drinks..."

Ewan Peebles can be contacted at the Half Moon Golf Course by calling 953-2211 ext. 6140.

### KEVYN CUNNINGHAM, CUNNINGHAM GOLF ACADEMIES

Kevyn's tip on how to achieve a great swing.

"To get the correct sense of how the backswing should start and more importantly, how the hands, arms and shoulders should move in sequence at the start of the swing, imagine you are swinging a bucket full of water (or Red Stripe!!). If the motion is smooth, a gentle blending of the weight movement in conjunction with the shoulders starting to turn, should keep the water in the bucket as illustrated above right.

If you snatch the bucket away with your arms only, using very little body motion, the water will splash out on the ground as you see right. Certainly, as the swing moves into the wrist cocking phase of the backswing, you will want to spill the water. However, at the start, try to feel how your body weight, shoulders, chest and arms should move smoothly in the beginning of a good swing."

Top image: The correct way Bottom image: The wrong way (Photos: Heidi Zech)

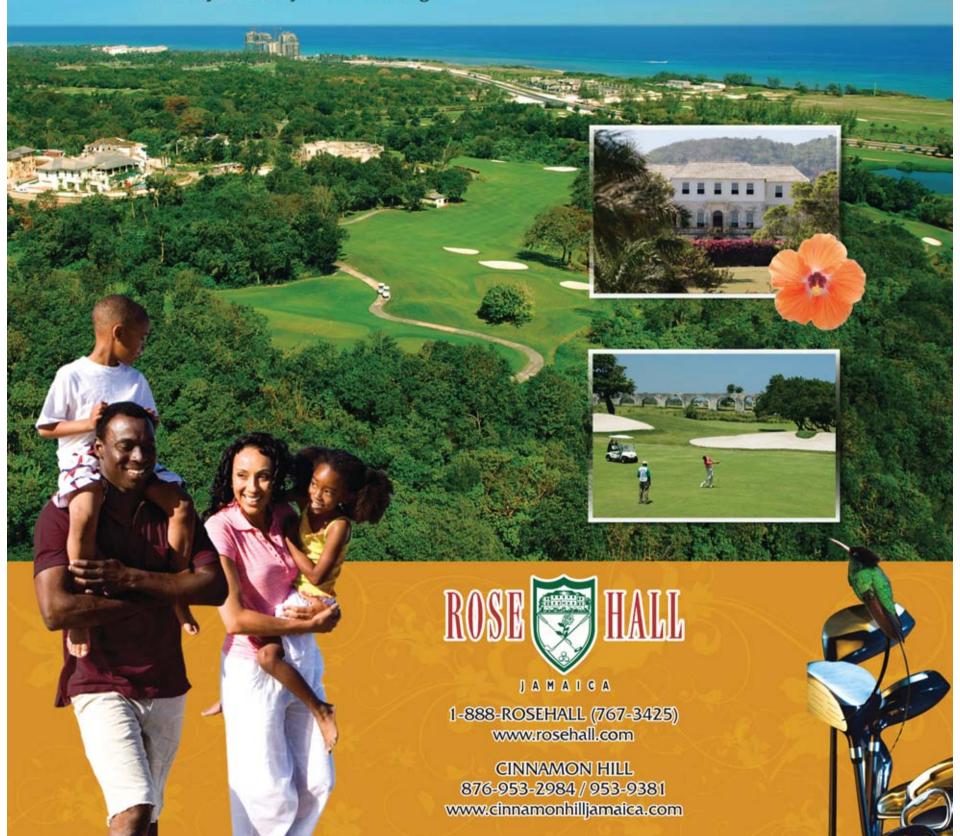
Contact Kevyn Cunningham by calling 361-3330.







A luxury community with world class golf.





# EXPLORE THE LAND OF WOOD AND WATER!

paradise known for its beautiful white-sand beaches, swaving palm trees and glorious sunsets. Jamaica offers adventures and tours that showcase the island's beauty to the fullest. Centuries ago, its first inhabitants called Jamaica 'Xaymaca' the 'land of wood and water'. Today, many activities are carefully carved around the island's spectacular natural resources and major emphasis is placed on eco-friendliness and preservation. Hike or ride, swim or raft, sail or cruise. climb or zip, sing and dance, play and relax, celebrate and EXPLORE! Below are a few hand picked exploits from the vast array of options that is Jamaica.



WHITE WATER OR RAINFOREST RAFTING -**CALICHE RAINFOREST PARK** 

MONTEGO BAY, OCHO RIOS AND PORT ANTONIO

Committed to high quality, safety and personable service, Caliche offers an exciting variety of river excursions and rainforest exploration tours. Feel the adrenaline pumping on the Canyon White Water Rafting tour on state-ofthe-art, self-bailing rafts. A life vest and helmet keep you safe during the wildest part of the ride, around boulders, through rapids and down waterfalls. To ensure that everyone

can enjoy this tour, one river section is available to beginners while a more difficult section is open to experienced white water rafters. Participants must be over 12 years and physically fit. The tour is approximately  $1\frac{1}{2}$  to 2 hours depending on the river flow.

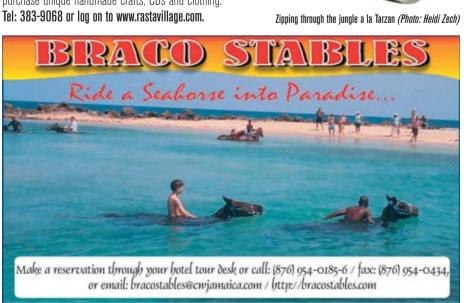
The Rainforest Rafting tour is another exotic and beautiful experience in the rainforest, safe enough for children and gentle enough for the elderly. Swim in mineral pools, swing on ropes or just glide down the river on a raft. This ride is approximately 1½ to 2 hours, the age limit 4 years and the capacity per raft is 10. Check out www.whitewaterraftingmontegobay.com. Tel: 940-1745.



Welcome to a simpler place and time! The Rastafari Indigenous Village in the hills of the Montego River Garden near Montego Bay gives interesting insights into the Rastafari way of life including its natural heritage, culture, music, foods, herbs and



Cultural exchange at the Rastafari Indigenous Village



### ZIPPING THROUGH THE JUNGLE - ZIPLINE ADVENTURE TOURS

LETHE NEAR MONTEGO BAY

Zipline Adventure Tours is currently the #1 attraction in Jamaica, according to TripAdvisor. Travel at 30 - 40 mph across great expanses of land up to 250 feet off the ground on the longest combined zipline experience in the Caribbean. Exploration activities at the Great River Adventure Center in the hills of Hanover include canopy tours, bamboo rafting, kayaking, river tubing, guided hiking tours, liqueur tasting, botanical garden walk and plantation tours.

Whether you desire heart-pumping action or a more relaxed activity, an abundance of fun to satisfy the whole family is waiting for you at the island's first adventure center.

Tel: 940-7394 or visit www.zipline-tours.com

### FOREST HIKING & BIKING - TRAIL MIX TOUR

BRACO STABLES, TRELAWNY

In addition to its great equestrian Swim & Ride, Braco Stables now offers you the chance to explore Trelawny's magnificent scenery on foot and bicycle on their new TrailMix adventure. The tour starts with an energizing 2 mile hike through the canopied tropical forest up to Braco Hill, which boasts a magnificent panoramic view of the coastline from some 300-400 feet above. The 60 minute hike is followed by a relaxing 30 minute bicycle trip over gently undulating terrain, through hedgerows and farmland down to the stunningly beautiful beach. Enjoy a cool, refreshing dip in the crystal blue Caribbean Sea and relax in the warmth of the sun on the soft white sand before returning to the Braco Great House for a well-deserved refreshment. Children must be at least 10 years old.

Available daily: 10:30 am and 2:30 pm. Call 954-0185. www.bracostables.com

INTERACT WITH DOLPHINS, SHARKS AND STINGRAYS -A DAY AT DOLPHIN COVE

OCHO RIOS

With lots of activities and fun, Dolphin Cove is the perfect place to spend the day. Visitors can captain their own mini-boats and explore the coast, interact and snorkel with dolphins, sharks and stingrays, take a glass bottom kayak ride to explore the fascinating underwater world and interact with exotic birds, snakes and iguanas on the Jungle Trail



Interactive experience at Dolphin Cove (Photo: Dolphin Cove)

Walk. Pirates roam freely along the Boardwalk of 'Little Port Royal' and the One Legged Pirates will perform a 'Jig or Two.' Jamaica Tours offers tours to Dolphin Cove from all the major north coast resorts.

Call 974-5335, www.dolphincoveiamaica.com





# EXHILARATING TREETOP ADVENTURES IN JAMAICA







# RAINFOREST BOBSLED JAMAICA AT MYSTIC MOUNTAIN

#### A NEW ECOTOURISM ESCAPADE IN OCHO RIOS!

Looking for a bit of thrill on your Jamaican vacation? Time to discover Jamaica's hottest new attraction: Rain Forest Bobsled Jamaica at Mystic Mountain. Soar up the mountain in the Sky Explorer. Skim through the tree tops high above Jamaica's tropical landscape on the Zipline. Or race through the forest on Bobsled Jamaica - a zooming good time! Just five



minutes from Dunn's River Falls, we offer experiences for all ages with awe-inspiring views, sparkling mountain streams, three unique tours, an educational pavilion, dining, shopping, and infinity pool with waterslide...

Book Early!

For more information & reservations visit the hotel tour desk or call: 876 974 3990



En route to the top of the Mystic Mountain (Photo: Heidi Zech)

### MOUNTAIN BOBSLEDDING - MYSTIC MOUNTAIN

OCHO RIOS

Travel above the treetops on the Rainforest Sky Explorer to the peak of Mystic Mountain, where several electrifying adventures await those hunting for the latest in excitement. Drive your very own bobsled down the mountain on the Rainforest Bobsled ride, officially declared the hottest new 'must do' on the island. Traverse the rainforest on the zipline adventure, glide down the waterslide to the infinity pool and dine to spectacular views at the R2 restaurant. Mystic Mountain offers a medley of different ways to experience the jungle that are guaranteed to get the whole family buzzing with pleasure. Open daily 9:00 am to 5:00 pm. Tel: 974-3990 or visit www.rainforestbobslediamaica.com.

### JAMAICAN COUNTRYSIDE EXPERIENCE - HILTON HIGH DAY TOUR

WESTMORELAND CLOSE TO MONTEGO BAY

This 8 hour excursion starts with a drive through the scenic countryside to the Hilton Plantation Pavilion House. After a delicious Jamaican Continental Style Breakfast, participants enjoy samples of freshly cut pineapple and sugar cane and learn about the village of Seaford Town, where Germans settled in the 19th century. The tour is famous for its brick oven roasted pig, which is served buffet style with a large variety of local dishes upon your return to the plantation house. Following the luncheon, you can stroll around or relax on the front porch with dessert and coffee while listening to the delightful music of the calypso band. Stop by the 'barn' to choose your favorite fabric and have your measurements taken for your tailor-made dress, shirt or shorts; ready before you leave! Learn the fascinating history of the Maroons while driving along the border of the Cockpit Country on your return. Available Tuesday to Friday from 8:00 am. **Tel:** 605-5197 or e-mail hhbtours@cwjamaica.com.

### STATE-OF-THE-ART WATER PARK FUN - KOOL RUNNINGS WATER PARK

Get splashing and sliding! The Kool Runnings Water Park in the "capital of casual" Negril is the most exciting option to chill under the Jamaican sun! This state-of-the-art water park provides fun amusement options to visitors and locals of all ages. Patrons are pulled through the intriguingly designed entrance into its magical water world

with 10 amazing super-sized water slides, 1/4 mile lazy river, Captain Mikie's Coconut Island for kids, Anancy Village, restaurants and much, much more. Open Tuesday to Sunday from 11:00 am to 7:00 pm. Closed Mondays. Call 957-5400. www.koolrunnings.com.

## CAMEL TREK SAFARI - PROSPECT ADVENTURE TOURS

Prospect Adventure Tours' Camel Trek Safari is a unique adventure that you can experience nowhere else in Jamaica. Upon arrival to the Camel Park, camel trainers will give you a brief orientation. Cuddle with the camels and take photos while you wait to saddle up. Travel the beautiful countryside on the back of your gentle and docile new friend, while comfortably seated in a beautifully decorated saddle. This entertaining adventure entitles you to your own, personal 'Camel Driver's License'. **Call 994-1058**.

www.prospectplantationtours.com





# MAIGAIOURS

The best way to see the island! For the finest tours and excursion experiences, travel with us and witness the spectacular beauty and tranquility of our island. From the home of the Reggae King to cascading waterfalls, adventure tours and the tropical underwater world. Enjoy Negril where time stands still on seven miles of uninterrupted white sand beach.



Relaxing



Reggae



Rewarding

### THE TOP TEN MUST DO TOURS IN JAMAICA

### **Dunn's River Falls**

Climb the waterfalls of the Caribbean's most beautiful natural attraction

### Dolphin Cove

Swim with the amazing bottlenose dolphins in Ocho Rios

### Negril Sunset

Lounge at amazing 7-mile beach and watch the sunset at world famous Rick's Café

### **Croydon Plantation Tour**

Capture the true spirit, history, flavour & culture of Jamaica

### **Spirit of Reggae (The Bob Marley Experience)**

Walk in the footsteps of the reggae icon at his birthplace, Nine Miles

#### Black River Nature and Safari

See crocodiles and swim in waterfalls at the Black River safari

### **Zipline Adventure Tours**

Discover the unique natural wonders of Jamaica on this amazing Eco- Adventure

### Catamaran Cruise

Sail the Caribbean Sea and enjoy great weather and company

### **Horseback Riding**

Ride your horse into the sea on our fabulous Ride 'n Swim

### Glistening Waters Luminous Lagoon

Come with us to experience this natural phenomenon that makes the water glow



**Adventurous** 



**Exhilarating** 



Tranquil

Don't forget to rent your water shoes with us! TODAY! Book your tour or private car through your Jamaica Tours Hotel Tour Desk. Call us on 876 953 3700; Email: jtladmin@jamaicatoursltd.com

# PILGRIMAGE TO THE 'HOLY **GROUNDS' OF REGGAE**



he lives and deaths of many of the world's musical icons have created 'holy grounds' and shrines for their followers. While Elvis fans visit Graceland and Jim Morrison fanatics remember their favorite singer at Père Lachaise Cemetery in Paris, admirers of the late reggae star Bob Marley trek to the tiny village of Nine Mile to see his final resting place. We talked to four aficionados, who described their pilgrimage to the 'holy grounds' of reggae and the glimpse into the early life of Jamaica's musical phenomenon as a very special experience.



The four pilgrims from left: Doug and Jennifer Campbell, Erin and Patrick Westfall from Boulder, Colorado (Photo: Heidi Zech)

Almost three decades after his death, Bob Marley's fame has reached every corner of the world and his catchy tunes play in the background at most Jamaican vacation spots. It is hard to fathom that this musical genius, who catapulted himself and his small island country onto the global music scene with No Woman, No Cry, walked his childhood steps in a tiny village in the hills of St. Ann.

Born February 6, 1945, in the rural community of Nine Mile, Robert 'Nesta' Marley continued to find musical inspiration in his secluded birthplace from time to time throughout his life.

Marley was only 36 years old when the world was robbed of his talent in 1981. The beloved singer received a state funeral which combined elements of Ethiopian Orthodox and Rastafari tradition, before he was laid to rest at his birthplace.

His presence on the island is still strongly felt, transcending his earthly existence. Marley's spirit reaches far beyond his marble tomb and the Jamaican legend still moves island life and culture more than 27 years after his death. Among the island's Rastafari population, of which Marley was a devout follower, it is a widely accepted fact that the musical genius who grew up among them achieved eternal life and continues to live in Nine Mile. His final resting place has become a shrine to reggae fans from faraway places, who journey into the Jamaican mountains to feel the spirit of their idol first hand.

Massive Bob Marley fans since their teenage years, sisters Erin Westfall and Jennifer Campbell decided to go on a pilgrimage to the shrine of the late 'King of Reggae' during their visit to the island together with husbands Patrick and Doug. The two Colorado couples took the journey in a private car; "We really made the right decision to book a private car from Jamaica Tours, it was both convenient and relaxing."

Jamaica Tours driver Kwame Crooks

The group credited their driver Kwame Crooks for imparting knowledge about Jamaican culture and way of life. Described Jennifer; "The drive from Montego Bay to Nine Mile provided plenty of time for the knowledgeable Kwame to educate us about Jamaican history, people, landmarks, food, flora and fauna.

According to the four, the most interesting part started at the turn-off from the north coast highway in Discovery Bay. Explained Erin; "The road was winding, but quite good. When we entered the village of Nine Mile, we were impressed by how nice and clean the Nine Mile Basic School was and we learned that it was adopted by Bob's mother. Cedella. It is really great that the people in the area get some help towards the education of their children."

Upon their arrival, the group was brought to a waiting area with a nice bar and a TV screen, where a very informative Bob Marley documentary was shown.

Explained Patrick: "This got us completely in the reggae groove, before our Rastafari tour guide showed us the

family house where it all began. During the tour through Bob's grandmother's house, where he lived as a young boy, the guide shared some little known insights into his childhood and musical career."

Doug found it fascinating to visit the rooms where the singer and songwriter had lived and worked; "We thought it was very special that it was here, in this small board house, that Bob wrote his famous song Is This Love and we could just imagine him laying on the small bed, creating the line; "We'll be together with a roof right over our heads; we'll share the shelter of my single bed".

Jennifer expressed the same opinion; "One of the other things we found touching was that we got to stand on 'Mount Zion Rock' where Bob used to meditate and rest his head on 'the pillow', a flat round stone made famous in the song Talking Blues; "Cold ground was my bed last night; and rock was my pillow, too."

Doug described the visit to Marley's final resting place as an extraordinary experience; "Finally, with a somewhat sad but curious feeling, we walked through the mausoleum, the final resting place of the Reggae King. The tomb is made of white Italian marble, with Bob's head facing east, towards

Ethiopia. We also saw the fireside where young Bob Marley cooked his meals as depicted in his song *No Woman No Cry*, where the lyrics describe 'We would cook cornmeal porridge of which I share with you'. The grounds are full of memories." The four agreed that although the tour was only around an hour, it

was worth the trip. "To us. it was important to see were one of the world's greatest musical talents originated from. It was very special to us."

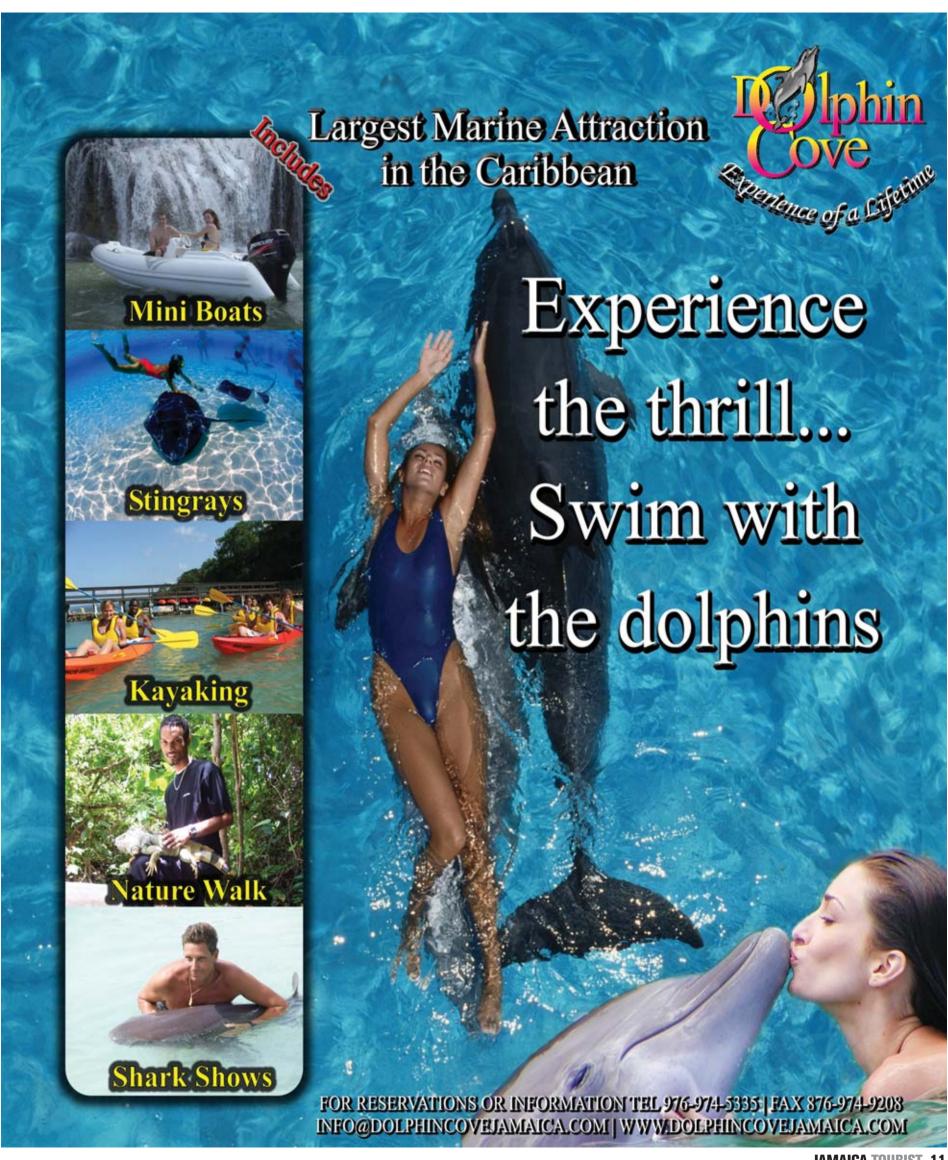
Back on the road, the four adventurers enjoyed a jerk chicken lunch and afternoon river-rafting on the Martha Brae River. They all agreed: "It was the perfect way to end this adventurous journey in a mellow way."

Erin Westfall in front of Marlev's grandmother's house (Photo: Patrick Westfall)









# **BORN TO BE WILD**

pice up your sun, sea and sand time with the thrill of "kitesurfing", the latest in extreme sports. This surface water sport that uses wind power to pull a rider through the water on a small surfboard, "kitesurfing", definitely offers an adrenaline rush for thrill seekers. Like riding a Harley, this adventurous water sport will have you feeling the freedom of the wind blowing in your face.

Riding the waves

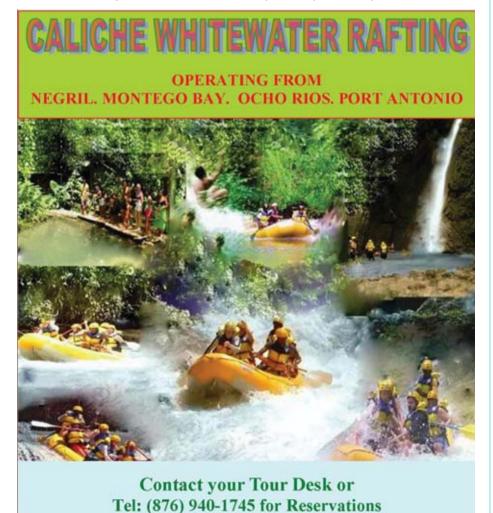
If you are born to be wild, chances are you have wanted to find out what all the "kitesurfing" buzz is about. A hybrid sport of both kiting and surfing, this new activity is available in several water recreation areas on the island. By harnessing the power of the wind and ocean, your board can reach top speeds while you are pulled across the waves on your surfboard. Says neophyte kitesurfer Gordon Perolli; "Kitesurfing is a bit like sailing or windsurfing, in that you use the kite to tack out and back at jet-ski speeds."

On any given day, when the wind is blowing hard enough to lift your kite, you might find that golf instructors, lawyers, real estate agents and restaurateurs have left their offices early to catch the wind. These are the people who have discovered the great sense of freedom that comes with kitesurfing, a feeling that can only be compared to that of a motorcycle ride on the open road.

Gordon, who hails from Canada, discovered a group of diehard kitesurfers at Bounty Bay in Falmouth one Sunday afternoon and decided to try the sport after watching instructor Andrew Davis teach novice kitesurfers. Says Gordon; "If you watch Andrew for about 10 minutes, you want to try kitesurfing for yourself. It combines sun, sand and sea into one sport and is not limited to the young, but doable for the young at heart – like my dad!"

A Jamaican kitesurfer who is working to introduce his sport to as many people as possible, Andrew is a sponsored and International Kiteboarding Organization (IKO) certified instructor. A kitesurfer for more than 6 years, Andrew teaches a very thorough IKO course, instructing beginners in proper technique.

Students start with a dry land session, which includes safety and theory on how to fly a kite.



Web: www.whitewaterraftingmontegobay.com E-mail: calicheadventuretours@yahoo.com



Explains Andrew; "30 minutes into the lesson you are standing on the beach learning to master a 'figure 8' with a two string training kite. It is very important that you learn to master the two string kite and learn all the necessary kite moves." Once that goal is accomplished, you 'graduate' to a four string kite, with which you will practice on the beach before you learn how to maneuver the kite and make it pull your surfboard through the water. Says the IKO instructor; "It is very important that you understand and master the basics and you learn how to properly launch the kite, while both you and the kite are in the water, because it could be a long swim back to shore."

Depending on how quickly you catch on, you need anywhere from 3 to 5 lessons before the surfing fun really begins. Says Gordon about his first kitesurfing adventure; "It was a fantastic experience, which I would recommend to anyone who likes watersports. I look forward to coming back to Jamaica, so I can take more kitesurfing lessons."





# TREASURE BEACH: THE OTHER SIDE

nlike many Caribbean destinations where the main offerings are sun, sea and sand, Jamaica is widely celebrated for its diverse topography and distinct landscapes. A stark comparison to Montego Bay and Negril, Jamaica's south coast presents a different kind of bliss where the sand is the color of caffe latte and 'all inclusive' means that everyone is welcomed, and where the idea of community tourism is truly embraced. A far cry from the bustling metropolis of Kingston, the lush rainforests of Port Antonio and the quintessentially white sand beaches of Negril, Treasure Beach offers its own kind of magic.



Calabash Bay, an unspoiled treasure (Photo: Darren McIntyre)

The name was bestowed on the area after the 1930s opening of Treasure Beach Hotel on Frenchman's beach, which remains open to this day. However, Treasure Beach refers to a much wider area on the sleepy south coast and encompasses the darker sand beaches of Calabash and Frenchman as well as the coves of Great Bay and Billy's Bay. With arid plains dotted with sparse trees and shrubbery, it is often said that the south of St. Elizabeth parish resembles the savannahs of Africa.

Known as the 'bread-basket of Jamaica', farming and fishing are the main economic pursuits of the residents of St. Elizabeth and visitors can expect the freshest seafood and produce from local eateries and restaurants. An annex to Jake's Resort, 'Jack Sprat' is well known for its tasty conch soup and pizzas among its many dishes, while 'Andrea's Steakhouse' at MarBlue Villa Suites offers fine-dining by the sea on dishes that marry European classics with Jamaican flavors.

For those who want to experience an alternative location with unusual scenery, this rustic sanctuary is an excellent choice. Often described as 'unspoiled' and 'off the beaten path', Treasure Beach has developed slowly and tourists have been trickling in rather than arriving en masse. A three hour drive from Montego Bay on winding and sometimes narrow roads, Treasure Beach is attracting a new kind of traveler. Chic bohemians with an adventurous side who have visited the popular Jake's hotel include actor Johnny Depp, British crooner Robbie Williams, the Duchess of York, rocker child Jade Jagger and supermodel Kate Moss, who frequents the area.

Aside from tranquility, the island's south coast offers plenty of adventure. Visit Floyd's Pelican Bar, built on stilts off the coast of Black River, and taste Floyd's delicious lobster and fried fish. The bumpy ride in a fisherman's canoe is well worth it and may even render a glimpse of a pod of dolphins frolicking in the sea. Other fun escapades include a visit to the majestic seven-tiered waterfalls of Y.S. Falls, spotting crocodiles on the Black River Safari or tasting premier island rum on the Appleton Estate Rum Tour. Additionally, local boat operators



One of Jake's unique cottages at the water's edge (Photo: Darren McIntyre)

offer snorkeling excursions, jaunts to deserted beaches or deep-sea fishing trips.

Discovering Jamaica's south coast is best achieved by engaging the friendly residents of Treasure Beach, where the idea of community tourism is truly embraced. Villas and rustic resorts are interspersed by the homes of its residents and surrounding walls are built no more than waist-high. As you walk through your hotel, scents from your 'neighbor's' kitchen may waft at your nose and it is not unusual for the children to bid you 'good morning' as they leave for school. Care has been taken in the development of Treasure Beach to ensure that its charm will last through the years with a sustainable community approach to tourism. Here 'all-inclusive', means that everyone is welcome and resort operators and local community organizations make a real effort to produce harmony between visitors to the area and its inhabitants.

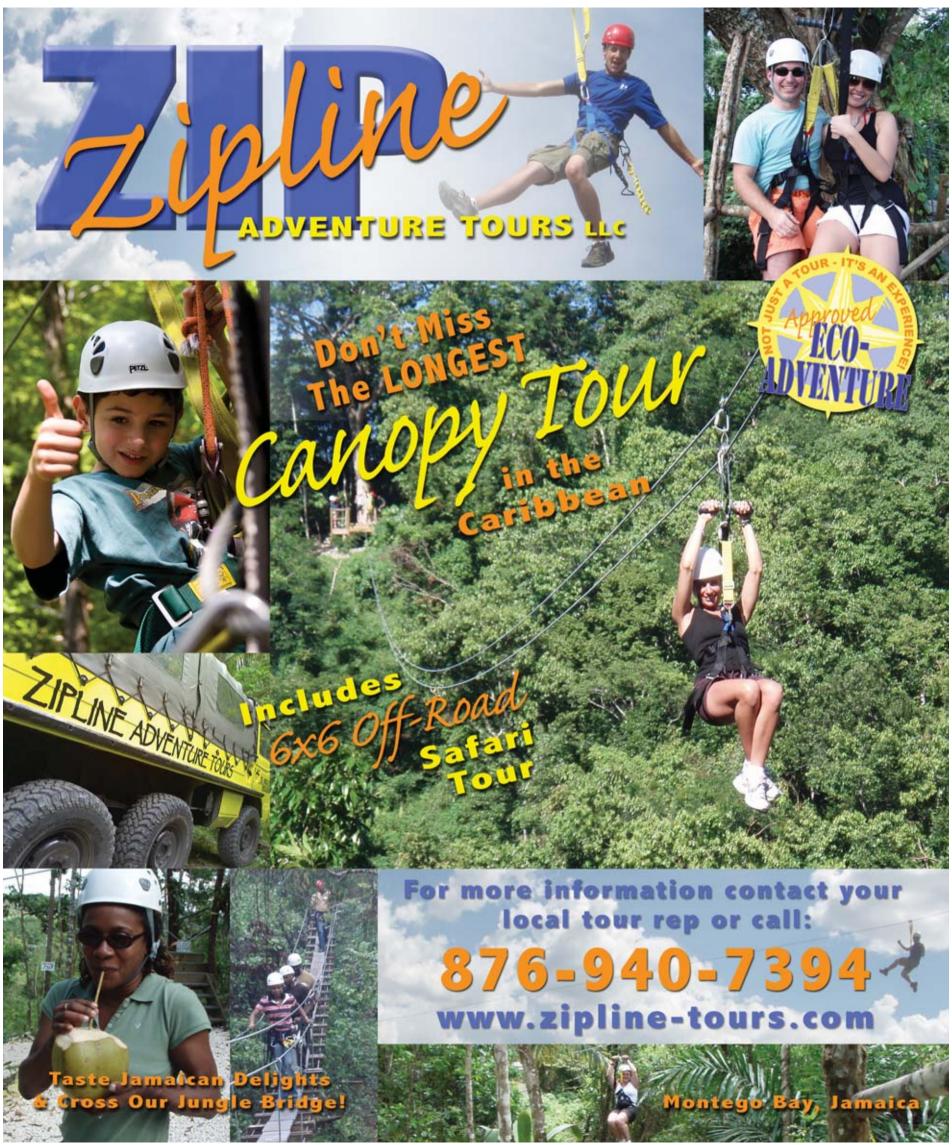
A non-profit association established by local community leaders with the assistance of Peace Corps Volunteers in 1998, the 'Breds' Treasure Beach Foundation has been instrumental in community building efforts to promote education, sports, cultural heritage, and environmental awareness in Treasure Beach. Short for 'Brethren', commonly used by locals hailing each other, 'Breds' is currently focusing on several major projects including a hurricane relief fund, an Emergency Response Unit to respond to the need for urgent medical care as well as other emergencies, the Hook 'n' Line Fishing Tournament, the Treasure Beach Triathlon as well as the purchase of computers for schools. Plans are also afoot to achieve the Green Globe Destination benchmark for the area as well as Blue Flag certification for the waters off Calabash beach. As a visitor, you can help 'Breds' efforts by purchasing any of the 'Dollar-A-Night' or 'Dollar-A-Trip' initiatives, from which participating hotels and transportation operators contribute \$1 USD per room-night or trip sold.



Treasure Beach plays home to several annual events and fitness fans should visit for the Treasure Beach Off-Road Triathlon in April, while passionate readers should go for the Calabash Literary Festival in May and ardent fishermen October's 'Hook 'n' Line Fishing Tournament'.

Lounging at Jake's (Photo: Darren McIntyre)





# NELTON FISHER AND THE MYSTICS

he island of Jamaica is home to an abundance of talent within the musical, performing or visual arts. The versatility and innovative talents among the local population is evident when strolling through craft markets and art galleries. Keep your eyes open, and you will meet some of the realm's most unique characters in your very midst. Among these gifted personalities is painter and individualist Nelton Fisher.



Meet Nelton Fisher, painter and individualist (*Photo: Heidi Zech*)

A visual artist who today is able to make a living from his art, Fisher's journey began in humble surroundings and led him along a rocky path which continues to be bumpy to this day. Born in Albert Town in 1965, Nelton grew up with his grandparents in the parish of Trelawny. The separation of his parents early in his young life permanently scarred the artist and even now, his eyes get watery and his voice full of emotion when he talks about his childhood.

Perhaps because Fisher never benefited from the stability of a family unit or financial security, the artist believes that the order, routine and guidance of a functional family is the most important factor in the proper upbringing of a child. However, Fisher is also convinced that the testing circumstances, in which he grew up, made him who he is today. He explains; "I was a very shy child,

and I am still not at all eloquent. There is no way I could speak in front of a crowd of people." And it is evident that Fisher is still an introvert. He marveled during our interview; "I've never heard myself talking so much, how come I am doing this?"

Fisher's career started at the age of 13, when he attended the Anchovy Secondary School. There, he met the recognized Jamaican painter Errol Allen through his artistic classmate Phillip Higgins. Another self taught local artist, Allen quickly recognized Nelton's potential. Recalls Fisher: "I was never good in math. When I got frustrated, I made ducks out of 2s and a line below it would become the water of the pond." He adds: "I began to see things with the eye of an artist and turned calculations and formulas into scenes."

Determined to get him painting, Allen took the young Nelton under his wing and began to nurture his talent. Thus, the boy who had to send himself to school by selling tie-dye t-shirts, was taken into the circle of artists. Remembers Fisher: "People called us 'the mystics' back in those days." He explains that at that time, the average Jamaican was not very interested in art. "People did not understand why we were painting and how we looked at things in a different way." But yet, they were recognized as the specialists in the unfathomable field of the arts, and so, they were labeled "The Mystics".



A colorful selection of "Fruits at the Market" (Photo: Heidi Zech)

Looking at the dreadlocked Fisher, one would quickly stamp him as a Rastafari, but even though he believes Haile Selassie to be divine, the artist is still in search of what he calls 'reality'. Explains Fisher: "I always feel the need for prayer and was an active deacon in the 'Church of God 7th Day."

The Fisher family has always produced talented musicians, including Nelton. With a grandfather who was a singer and a father who plays the bass at Burchell Baptist Church, Fisher's three grown children have











Top row, from left to right: Ackee, Cane in the fields, and Untitled. Bottom: Tranquility (Photos: Heidi Zech)

all inherited the gift of music. Says the artist; "My children are blessed with great musical talent." Nelton's son Sanoy, who appeared in the local talent competition 'Rising Star', currently works with musician Beres Hammond in Kingston while his daughter Anisia is a singer at Coral Cliff in Montego Bay. His other daughter Tashara has put music on the back burner in exchange for a steady job.

Although Nelton masters all mediums, he does not specialize in a particular one. Describes Fisher; "I started out with crayons, which I like to use very much, but acrylic paint is my favorite." His art is full of surprises and emotion, as seen in one of his masterpieces, the self-portrait 'I Cry'. The canvas portrays his face on a black background and exhibits so much pain that it almost hurts the beholder.

Once a part-time art teacher at Maud Mcleod Secondary School, Fisher's style can be dubbed 'semi-abstract'. He explains; "I work from the back to the front. I start applying paint and, sooner or later, I have an epiphany as to what I am painting."

Some of Nelton's work was recently exhibited at the Ritz-Carlton in Montego Bay, and the modest artist's pieces are somewhat of an insider secret among art lovers such as Michele Rollins and local families like the Delissers and Delgados. In 2003, the Chinese Ambassador and former Prime Minister P.J. Patterson were presented with some of his pieces as gifts.

Nelton's hope and aim for the future is to bring art closer to the 'regular' people. He says; "Art is always appreciated by the upper class who usually knows, understands, appreciates and is able to afford art. There is value in bringing art closer to the man on the street." Continues the artist; "Art changes the way people see things, even their attitude."

A man with a great heart, Fisher seems to look at people's experiences from all different angles. Let us all hope that his dream of having a home with a gallery, art and music studios will soon become a reality.

Nelton Fisher's art is available at Saba Art Gallery on Fort Street in Montego Bay (tel: 940-1011), the Gallery of West Indian Art in Catherine Hall Montego Bay (tel: 952 – 4547, galleryofwestindianart.com) and at Bohios at Fairview Shopping Centre in Montego Bay (tel: 979-8767). You can also contact Nelton Fisher directly by calling 868-6654.



# YOUR PREMIUM GOURMET FOOD SERVICE PROVIDER & TOURISM PARTNER

FIVE TIME WINNER OF THE JAMAICA HOTEL & TOURIST ASSOCIATION (JHTA)
PURVEYOR OF THE YEAR AWARD









1 GUINEP WAY, MONTEGO FREEPORT, MONTEGO BAY, JAMAICA, W.I. PHONE 876-979-8134 • WWW.CARIBBEANPRODUCERS.COM

# LIONEL RICHIE SHINES AT JAMAICA JAZZ & BLUES FESTIVAL

housands of overseas visitors descended on Jamaica's tourism capital, Montego Bay, for the 2009 three-night Jamaica Jazz & Blues Festival at the Cinnamon Hill Golf Course in Rose Hall from January 22 – 24. Armed with blankets, folding chairs, friends and good vibes, patrons flocked the lawns around the old aqueduct to witness what truly can be described as the 'art of music'. A great success, this year's Jazz & Blues Festival was without question stolen by veteran singer and song writer Lionel Richie, who performed on the second night of the event. With captivating music and huge stage presence, the Grammy winner raised the energy level several notches and created an electric atmosphere, leaving the awestruck crowds dancing and screaming for more.



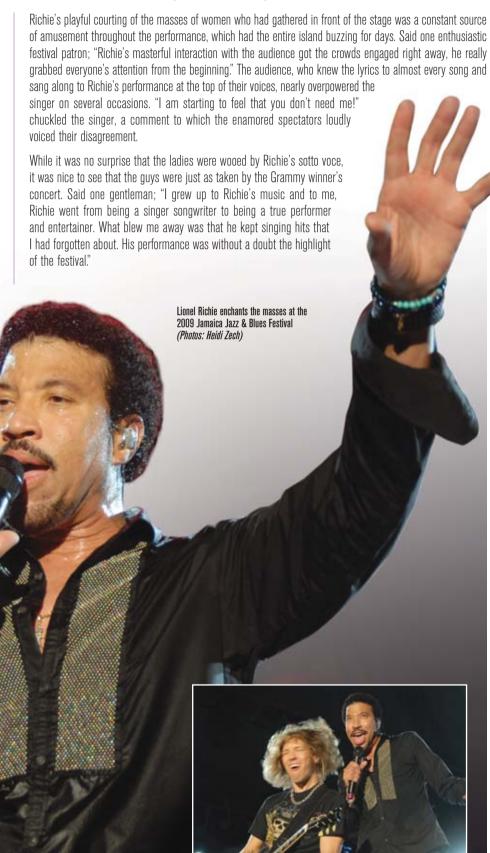
The amazing Lionel Richie captivated the audience with endless number of top hits

It is obvious; Lionel Richie loves Jamaica, its music and its people. From the get-go of his non-stop, 90 minute concert, the superstar belted out one hit after another in what can only be called a musical extravaganza and won over the festival's audiences with his abundant talent. Richie's well made selection of Motown, disco, reggae inspired songs and soft ballads, which spanned his four decade music career, proved to be the right mix for the 80's loving crowd who started moving to the rhythms of the music from the very first song.

One of the most successful male artists in history and a Grammy Award winner, the Tuskegee Alabama born artist started his musical career at university, when he joined the legendary Commodores as a saxophonist, vocalist and songwriter. During the late 1970's, the group became the most successful act on the Motown label and thanks to Richie, ballads like *Easy, Three Times a Lady* and *Still*, which later all became number 1 hits for the Commodores, touched the hearts of fans throughout the world.

In 1982, Richie's solo debut album secured him a number 3 position on the pop charts and three 'top 5' hits, but it was the following album, *Can't Slow Down* which catapulted him to superstardom and awarded him a Grammy in 1984 as the album of the year. The same album counted five 'top 10' singles including *All Night Long* and *Hello*, still some of the favorite love songs played today. Richie continued to make history by co-writing *We Are The World* with Michael Jackson, which helped to raise millions of dollars for famine relief in Africa. Then, along came another mega hit with *Say You, Say Me*, a ballad recorded for the 1985 movie *White Nights* starring Isabella Rossellini. *Dancing on the Ceiling* was next, he then took a break for the greater part of a decade and resurfaced when Motown released the compilation *Back to Front* which featured some of Richie's solo hits and some Commodores material. After all this success, he kept silent for a while due to personal reasons but finally launched his comeback in 1996 with hit albums *Louder Than Words*, *Time*, *Renaissance, Encore, Just For Us, Coming Home* and the live cuts

Not without reason, the superstar surprised the 2009 Jazz & Blues Festival audience with lots of Commodores material. Said the singer in a pre-show interview: "Well, I'm gonna mix it up a little bit tonight. I will throw in a little bit more Commodores than I normally would do, I think I've gotten those listeners who want to hear more of the old stuff cause that's what they really identify with; the Commodores stuff and the 80's. And then we will see where it goes from there. I may get on stage and not be able get off the stage." Hence, Richie worked the stage with his infectious spirit, drawing hit after hit and had patrons feasting their eyes and ears on songs like Se La, Say You Say Me, Hello and Dancing On The Ceiling.



His Greatest Hits and Live in Paris.









Too Right: Maxi Priest. Too Left: Robin Thicke. Bottom Right: Estelle won over the crowds with her outstanding voice and shiny mini dress Bottom Left: The soulful Randy Crawford along with pianist Joe Sample had the crowd grooving (Photos: Heidi Zech)

Richie's love affair with the Caribbean and its calypso and reggae style rhythm spans several decades. A great fan and friend of the island's beloved Bob Marley, Richie says that Marley's spiritual presence and music had a great influence on him and his music. Their friendship dates back to 1980, when Bob Marley and The Wailers posed as the opening act for two sold out Commodores concerts at New York's Madison Square Garden, an act Richie describes as 'absolutely magical.' While Jamaica's reggae influence can clearly be heard in Se La, the Caribbean region's happy, care-free calypso beat that has everybody dancing when they go on vacation gave Richie the inspiration for his top hit All Night Long, and shows off the joyful Caribbean influence through steel drums, Latin horns and cool vocal harmonies. It is no wonder that Lionel decided to end the show with that very same, special song. The superstar said that he is reminded of how great Jamaica is each time he returns and commented on the many improvements that have taken place since he last visited the island to perform at the 2004 Sumfest; "I love it. When I came back this time, I saw serious growth. Condominiums, roadways, I mean: it's wonderful. I am not leaving. I will stay for a couple of days."

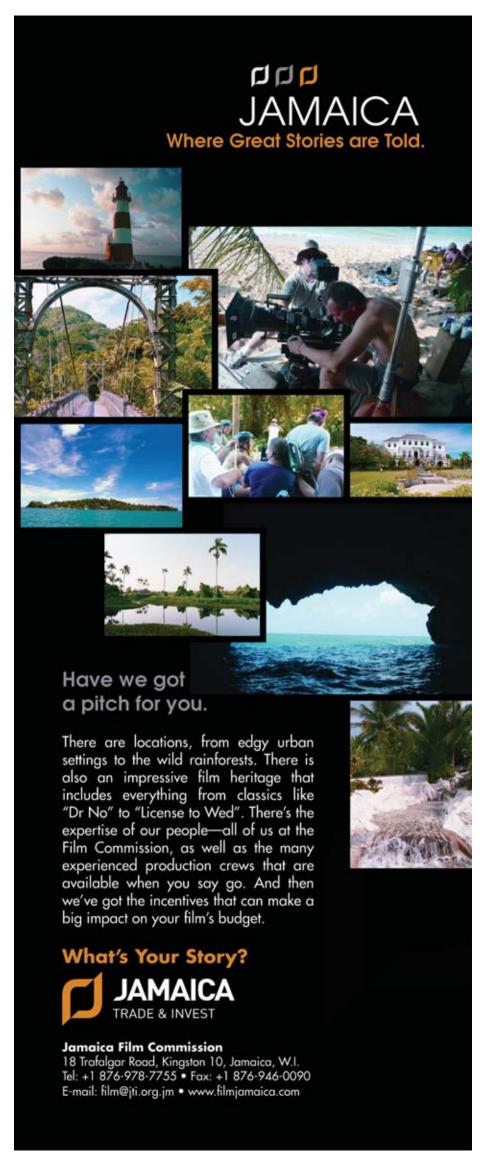
Over the years, the annual Jazz & Blues festival has grown from a friendly get-together to an event that entertains up to 40,000 patrons over its three day duration, sporting many world class songbirds such as Diana Ross, Dionne Warwick, Kenny Rogers and Michael Bolton. Like every year, the lineup of artists was hand-picked to appeal both to the young and the young at heart, and this year's stage was graced by many outstanding performances. While Thursday night featured hit-maker Robin Thicke, the charismatic Estelle, Gramps Morgan and Grammy Award winners Los Van Van, Friday night's show included great artists such as Diana Rutherford, Alto Reed's Blues Entourage, Roslyn Williams, the 14 year old Canadian songbird Nikki Yanofsky, the Lou Gramm Band and the soulful Randy Crawford. At the Saturday finale, reggae master Maxi Priest had the people grooving while the O'Jays, Atlantic Starr and Chicago had the masses singing to familiar tunes.

Richie commended Walter Elmore's TurnKey Productions for the great job they do in promoting the event. Said Richie; "Jamaica is an infectious place, it's an infectious group and they deliver better than you think. If you think it is gonna be 7,000 people, it's gonna be 12,000. If they say 10,000 people, it's gonna be 20,000."

Concluded Richie; "Thanks for inviting me. I will be back many, many times over."

Karen Dennis and Walter Elmore, President of Turnkey Productions with superstar Lionel Richie (Photo: Turnkey Productions)





# STILL AN APPETITE FOR LUXURY HOLIDAY HOMES

n the last decade, property prices have continued to move upwards along with the island's improved infrastructure and the introduction of new luxury real estate products. Still, Jamaica is considered one of the Caribbean's last hidden gems. With local real estate selling at prices of up to 30% less than other islands in the region, people are returning to real estate as a safe haven for their investment dollar. A long time favorite with many, Jamaica's exclusive enclave of Rose Hall continues to be the number one choice for foreign buyers.



Resort Properties' Real Estate Agent Judith Ferger *(Photo: Heidi Zech)* 

With people getting back to the basics of wealth acquisition, well positioned real estate is resurfacing as a strong and powerful asset. Says Judith Ferger, sales representative for real estate agency Resort Properties Jamaica; "Jamaica is a beautiful island, and that is a fact that will never change. To own a piece of it, is to own a treasure. Montego Bay's elite enclave Rose Hall, in particular, has all the elements to fulfill most people's desires and dreams."

States Judith; "It is particularly exciting to see that the interest in island real estate continues to be strong despite the downturn of the international economy." Explains the real estate agent; "Many shrewd, long-term investors are recognizing this as an opportune time to acquire property in Jamaica, because they also gain the benefits of enjoying a lavish and sophisticated island home."

Originally from the countryside in the outskirts of Köln, Germany, the European native has lived and worked in Rose Hall ever since she fell in love with the island 10 years ago and has witnessed firsthand the tremendous growth that has taken place. Says the sales representative; "The 2000 opening of the Ritz-Carlton Golf & Spa Resort had an immense impact on Rose Hall. It truly placed the community on the map as a premier destination."

Located along the 'elegant corridor' named for its exclusive resorts, beautiful beaches, stunning golf courses, shopping and historic landmarks, Rose Hall is the perfect location for a vacation home, an investment property or a primary residence. Explains Judith; "Location is still the determining factor for property buyers and Rose Hall remains the preferred pick."

Only a 15 minute drive from the recently redeveloped Montego Bay International Airport on a brand new 4 lane highway, the community continues to attract a high-end clientele and with a first class private school, restaurants, shopping center, convention center, private hospital and much more on the horizon, the area has seen consistent growth over the last three decades. Explains Judith; "Rose Hall Developments is making a conscious effort to create a complete community, slowly adding all the components required for true fine living."

Says Judith; "The beautiful neighborhood of Spring Farm has stunning homes that were built up to 40 years ago, and the surrounding scenery looks just like it did some 500 years ago, when Christopher Columbus declared it "the fairest land he had ever seen."

While Cinnamon Hill Estates, adjacent to its namesake golf course is being considered as the next phase for Rose Hall's residential lots, Resort Properties Jamaica also has some great villas on the market. Says Judith; "A playground for the rich and famous since the 50's, villas overlooking the Caribbean Sea have dotted the hills of Jamaica and long been the favored type of residence among celebrities. The likes of Lennox Lewis, Keith Richards, Naomi Campbell, Jane Seymour and Ralph Lauren all own private villas on the island."

Philadelphia-based media tycoon Chase Lenfest, who has purchased three multi-million dollar properties in Rose Hall, recently said to the Wealth Bulletin; "This area is perfect for me to come with my family as it's very safe, there's always plenty to do and it's only 15 minutes from the airport. Property is a great investment compared to the prices you would pay if you were buying in Barbados or Anguilla."

Explains Judith; "It's a small island, so choice inventory is limited and finite. You can't go wrong if you buy direct oceanfront, and buying high-end is even better. Property buyers should definitely take a look at the new, 5-star Palmyra Resort & Spa, a fabulously furnished condo-hotel offering the preferred lifestyle of the 21st century homeowner. Its condominiums and villas are getting a warm reception from individuals seeking a luxury vacation home with good investment prospects."

According to Judith, maintenance free luxury living with world class facilities has been a long awaited necessity in Jamaica; "The Palmyra has done an excellent job in responding to that need. The tropical style village resort offers first-class real estate products in an excellent location, surrounded by 3 championship golf courses and several established luxury hotels." With a model unit available for viewing on-site, Judith says that buyers feel comfortable investing with the project as it is so far along in construction (opening 2009). The Palmyra's accolades already include numerous international awards as well as membership into the exclusive hotel chain





The historic Rose Hall Great House (Photo: Heidi Zech)

"The Leading Hotels of The World". States Judith; "Sales at The Palmyra have gone very well, but there are still some choice condos and villas left at pre-opening prices. It is a shining star amidst all the confusion that is the international real estate market."

With a casino license granted to the developers of The Palmyra, interest in the development continues to be high. Reports Judith: "The feedback I get from many people who have bought at The Palmyra is that they love the feel of the area because it has so many attractions, but yet is highly residential and conveniently close to the airport. There is a true sense of community."

Judith explains that there is also a growing trend for town home purchases, which are becoming increasingly popular in the Montego Bay region, both as primary residence and rental properties. "The established neighborhoods propose the easiest choices. Again, it's the neighborhoods in close proximity to Rose Hall, such as Ironshore, which seem to thrive."

Concludes Judith, who thinks that the island's most powerful asset is its distinctive, authentic culture; "I firmly believe that oceanfront and golf course properties with ocean vistas are the most solid capital investment. The initial expenditure is of course slightly higher, but the benefits will be vast long term. With all its planned future development, Rose Hall is set to become the playground for the rich and famous. When the dust settles, wouldn't it be nice to already be there?"



# Resort Properties

# As the area grows, so do our listings!



Mango Manor Exclusive Gated Community "The Greens" in Rose Hall 17,200 sq.ft. offered at US\$4.895M

- Spacious indoor/outdoor living
- 9 bedrooms with ensuite bathrooms
- Sophisticated entertainment/security technology
- Complete state-of-the-art fitness/ exercise room

#### Caribbean Fairways

Situated on 1.2 acres in Spring Farm, St. James

Offered at US\$2.35M

- Unrivaled ocean & golf course views
- · Incredible private outdoor living
- 5 bedrooms, 5 baths
- 4,600 sq.ft. of living space
- · Close to Rose Hall amenities



#### Townhouse at the Venetian

Overlooking Ironshore Golf Course Gated Community, 24 hr Camera Watch Three Bedroom Luxury for US\$650,000

- · Beautifully furnished, 2,300 sq.ft.
- Vaulted wooden ceilings
- Grand staircase
- Swimming pool and gym
- Single garage
  Stainless steel appliances

### Paradise Plum

Gated Rose Hall Community Walking distance to the "White Witch" 4 Bedrooms, 4 1/2 baths for US\$1.6M

- "Caribbean" open air design
- · Beautifully furnished & maintained
- Spacious terracing with infinity pool
- Established luxury villa rental
- · Separate staff quarters & ample storage



### Also available:

Land to Build:

- · Spectacular views, prestigious location in Spring Farm, St. James, nearly 2 acres, only US\$700,000
- 2.33 acres in The Highlands offered at US\$499,000

Interested in selling?

Looking to own?

Call us!

The Shoppes at Rose Hall, Shop #3

Tel: 1.876.953.8222 / 8004

Fax: 1.876.953.3691

info@resortpropertiesjamaica.com www.resortpropertiesjamaica.com

# THE PALMYRA RESORT & SPA **NEARS COMPLETION**

n the heart of the West Indies, within Montego Bay's elite enclave of Rose Hall, the private sanctuary of The Palmyra Resort & Spa is being dressed with its final finishes. With architecture and design inspired by the vibrant island culture, The Palmyra is setting a new luxury standard in resort creation by incorporating the latest in modern conveniences with the natural beauty of its location. Each of the residences is carefully positioned to capture the unique views of the turguoise Caribbean Sea, featuring generous balconies to extend the living space outside, allowing residents and guests to fully enjoy the wonderful climate.



Designed by Florida based SB Architects, The Palmyra's exterior has captured the timeless, grand tradition of British colonial architecture and is designed to incorporate the style, spirit and scale of its surroundings. The Palmyra Resort & Spa encompasses a private village of one-, two- and three-bedroom condominiums, penthouses and three-bedroom villas built in a tropical village setting.

Masters in the art of creating luxury communities, SB Architects has specialized in the design of high-end

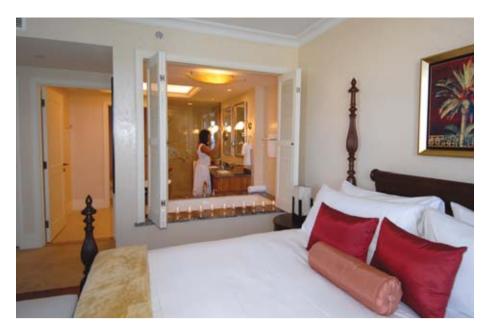
St. Lucia and several Starwood Luxury Collection and Ritz-Carlton hotels, as well as the new Tiger Woods Dubai, a residential community boasting the world's first Tiger Woods-designed golf course.

Says Joseph Andriola, vice president and principal of SB Architects; "The wonderful climate of Jamaica has afforded us many opportunities to create outdoor living spaces ranging from private courtyards with individual plunge pools in the estate villas and penthouses to large wrap around terraces with direct kitchen connections in many of the residences. Generous balconies and open framed roof areas extend the living space outside and enhance outdoor living for residents by allowing full use of the additional space."

Many of the architectural cues have been taken from the British colonial architecture of Jamaica's past and the development provides an integrated mix of structures and landscaped spaces, woven together to create an elegantly relaxed resort environment. Beaches, pools, gardens and amenities create wonderful recreational spaces for the residents, who will be able to enjoy a luxurious lifestyle that rivals the best resorts in the world. Says Andriola; "The size of the overall development has allowed us to design public amenity buildings that are generous in scope and diverse in location such as an oceanfront restaurant, a magnificent Club House and a very exclusive spa facility."

Finishes Andriola; "We are truly excited to be a part of this project. As designers, it affords us with the opportunity to create not only a luxurious residential product but also a true resort village with a large variety of building types and scales, a rich mix of outdoor spaces and a range of dramatic views."





### BEAUTIFUL MODEL UNIT AVAILABLE FOR VIEWING

The recent opening of a fully furnished model unit is yet another reason to visit The Palmyra Sales Center, adjacent to The Ritz-Carlton in Rose Hall. Says Debra Derrick, Director of Sales at The Palmyra; "Although construction and landscaping activities are happening all around, people now have the opportunity to enter the sanctuary of a two bedroom, three bath residence and close the door behind them. The striking beauty of the Caribbean Sea and the ocean pavilion look even more beautiful when you sit back and relax on the sofa."

Working with SB Architects is the Chicago-based interior design firm, The Gettys Group. Inspiration for the residences' interior décor has been taken from the natural palette of the adjoining shores, ocean, mountains and greens. Rich stone, sumptuous floors and soft textured walls are combined with a medley of clean lined upholstery and timeless seating styles to create a home for all generations. Explains Derrick; "Comfortable tonal fabrics complement the furnishings with accents of tropical pattern and color, bringing the outdoors inside. Architectural niches reflect the colors of the island resembling the ocean's clear waters and the warmth of a Caribbean sunset."

With completion of the model unit. The Palmyra marketing team has produced a video allowing owners and interested parties around the world to view the inside magic of island living, "The calls and email response to the video were immediate," says Derrick. "We were delighted that those who had not seen the property in a while were now able to see the standard of the residence and what luxury living at The Palmyra truly represents.

Call Jamaica Toll Free: 1 888 PALMYRA or 953 9787 visit The Palmyra Sales Center at 'The Palms', adjacent to the Ritz-Carlton® and only a mile from Half Moon resort. FREE TRANSPORTATION will be arranged.

FOR MORE INFORMATION VISIT WWW.THEPALMYRA.COM

# SALES CENTER 953 9787



It is easy to imagine yourself relaxing on the balcony of your own island tropical home, enjoying amazing views of the Caribbean Sea." To see the video, visit www.thepalmyra.com.

According to Derrick, the response to the project has been overwhelmingly positive; "Each person who tours the property comments on the graceful beauty of the 30,000 square foot ESPA and the sweeping, sprial staircase of the Clubhouse. Golfers playing a round on the acclaimed White Witch, are also treated to spectacular views of The Palmyra set against the beautiful coastline."

Derrick invites everyone who is curious about the real estate opportunity to visit The Palmyra Sales Center at The Palms. Rose Hall, for a full property tour: "A trip to Jamaica is not complete without a visit to The Palmyra! We encourage you to come and see us during your stay before we officially open the doors!"

### **OWNERSHIP PRIVILEGES**

- Fully furnished luxury condominiums and villas from the mid US\$450s -US\$3.55M
- Private, palm tree-lined white sand swimming beach
- Two swimming pavilions
- Clubhouse with ballroom and extensive meeting space
- Elegant or relaxed dining at three on-site restaurants
- 30,000 square-foot world-class destination ESPA

- State-of-the-art fitness center, gourmet shop and nightclub
- Personal Attendants, Concierges and Chefs
- Golf privileges to Rose Hall's top three courses
- Full service property management and voluntary rental program
- Competitive mortgage financing available





# A PASSION FOR LIFE

fter a colorful life as a Royal Air Force aircrew, 'newspaper man', teacher, professor and father, Ronald Samuda is looking forward to the days when he and wife Madeleine can relax on the terrace of their oceanfront residence at The Palmyra. Looking forward to a life in the Jamaican sunshine, Ron and Madeleine shared a sliver of their fascinating history with the Jamaica Tourist.



Ron in the Royal Air Force (Photo: contributed by the Samudas)

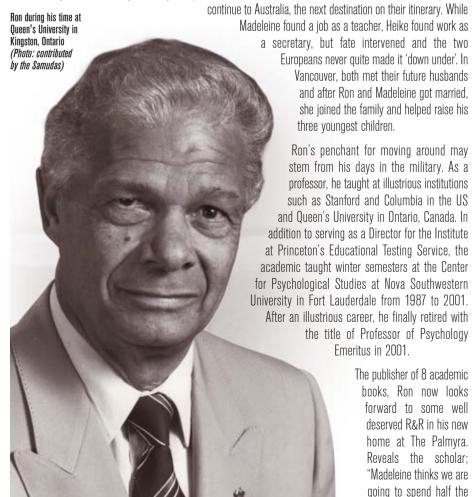
Born in the hillside town of Mandeville, Jamaica in 1922, Ron left Tutorial College at age 14 to enter the publishing business at the Gleaner Company in Kingston. In 1941, he set sail for England on a Jamaica Producers banana boat to join the Second World War effort. Volunteering for the Royal Air Force, the young pilot-in-training became famous for mistaking his instructor's disappearance from the aircraft as an invitation to pilot the plane, one of the many adventures Ron's vivid memory recollects as though it were yesterday. Ron's patriotic efforts in the Royal Air Force, which took him from the British Isles to as far afield as South Africa, even led to a stint in a military prison.

Upon his return to England, Ron married and started a family. In 1953, he decided to follow in his sister's footsteps and relocate across the Atlantic to Canada. Settled in Ottawa with his first wife and four children, Ron began studying psychology at the University of Ottawa, while teaching and working at a local newspaper to support his growing brood. The young man, who had never graduated from high school, pursued his academic

time here in Jamaica

studies tirelessly and was rewarded for his efforts with a PhD in Education and Psychology in 1966. While the couple was blessed with four more children, Ron's wife sadly passed away and he was left to raise seven girls and one boy on his own. According to Ron, it was a "well organized, tight-knit family unit which ran like a business."

Ron's life took a surprising turn in 1967 when French high school teacher Madeleine and her German girl-friend Heike stopped in Vancouver, where Ron was living at the time, for what was supposed to be a short working stint. The travelling duo was looking for a way to replenish their funds on their 'tour around the world', so that they could





The Palmyra Resort & Spa's Director of Sales Debra Derrick with Ron and Madeleine Samuda (Photo: Heidi Zech)

and the other half in Vancouver, but she is wrong! We are going to spend a minimum of 10 months a year here." While Madeleine says she is going to miss the changing seasons of Canada, Ron explains with heartfelt emotion how much he has truly missed Jamaica all these years. Says the one-of-a-kind intellectual; "I have missed the language and hearing people who sound like me. That language is in my heart. Every time I wake up in the morning and feel the warmth of the sun, I know this is MY sun. When I hear the music at night, this is MY music. I love the attitude. The people are relaxed and you know you are talking to people with soul."

The Samudas fell in love with The Palmyra on a trip to Jamaica in 2006, when they spotted a billboard on the property's construction site on their way to Silver Sands in Trelawny. After listening to the presentation at the Sales Center, both Ron and his sister Olivene put down deposits on residences the very same day. Says Madeleine; "To us, The Palmyra seems like the place to be. It has everything – the spa, membership to three golf courses, the club house, two restaurants and the gourmet shop." Both anxious to move into their residence, Madeleine is especially thrilled about the fact that she won't have to think about furnishing the two-bedroom condominium. "It is fully furnished and I won't have to worry about anything, not even pots and pans or towels," she says

Determined and hard-working, Ron's life of success and adventure has eventually led him back home to the land of his birth. With Madeleine at his side, the two will enjoy the fruits of their labor in an environment that offers them a relaxed and luxurious lifestyle and, most importantly, a sunny climate among the best in the world.



Ron surrounded by his family on his 80th birthday. Back row from left: Jonathan, Heidi, Carmen, Jacqueline, Anita, front row from left Angela, Rita, Jonathan's wife Heasook, Ron and Lisa (Photo contributed by the Samudas)



# DISCOVER THE PALMYRA LIFESTYLE

LUXURY CONDOS & VILLAS

VISIT OUR SALES CENTER **NEXT TO THE RITZ-CARLTON®** TO SEE OUR FULLY **FURNISHED MODELS** 

> OPEN DAILY FROM 8:30AM TO 5:30PM

CALL FOR FREE TRANSPORTATION

One of the Top 10 most exciting vacation home developments in the world - Travel & Leisure



1.876.953.9787 JAMAICA SALES CENTER TOLL-FREE: 1.888.PALMYRA 1.888.725.6972 JAMAICA ONLY 1.866.680.4741 U.S. ONLY

THEPALMYRA.COM

# THE HEALING WATERS OF JAMAICA

n the 19th and 20th centuries, people believed in the healing powers of mineral springs and the hot spring towns of the US and Europe posed popular vacation destinations for the upper class. Used to treat rheumatic and muscular disorders, skin ailments and respiratory problems, the water from the therapeutic mineral springs is believed to have fallen as rain thousands of years ago, before sinking to a depth of 2 km below the Earth's surface. Here, it is heated by high temperature rocks before rising back up through breaks in the limestone. For people in search of healing or rejuvenation, Jamaica counts several therapeutic mineral springs. Bathe in the warm, mineral-rich waters and choose from a range of spa treatments designed to ease the body and soothe the mind.

Although the health benefits of soaking in hot mineral waters remain disputed, many claim that soaking in hot springs have cured their ailments. Often recommended in the recovery from surgery, the dissolved mineral salts and sulfur compounds in mineral baths are widely used to treat skin inflammations and fungal infections, as well as reducing the stiffness and inflammation of arthritis and rheumatism patients. Believers also think that bathing in mineral springs restores the balance to overworked adrenal glands and heals the endocrine system.

Jamaica is fortunate enough to have three major mineral springs, to which many visitors and locals find their way in search of cures for ailments or simply some much needed rest and relaxation.

Norda Grange, the smiling face of the Milk River Bath MILK RIVER BATH, CLARENDON Two miles south of Milk River village, you find the hot springs of Milk River Bath. Tucked at the foot of the Carpenter (Photo: Darren McIntyre) Mountains on the Vere Plains in the southwestern corner of Clarendon parish, Milk River Bath is definitely worth the trip. In the 18th century, the property was owned by Jonathan Ludford. According to local legend, one of his slaves escaped from the dungeon after receiving a severe beating and ran off into the hills, where he discovered a spring with salty tasting water. After bathing his injured body in the spring for a few days, he returned to the slave quarters with his wounds completely healed. Ludford, who thought that a miracle had taken place, promised the slave he would never

punish him again if he showed him the secret behind his healed wounds. After discovering the mineral spring, Ludford willed the two thousand odd acre property to the Government of Jamaica, for the benefit of the people of the land.

The first two mineral baths opened in 1794. Since then, additional baths have been added and today 6 public mineral baths, 3 private baths and 14 guest rooms are available for guests at Milk River Bath. Its potent, tepid waters are widely believed to relieve stress, fatigue, back pain and muscle strain, headache, migraine, arthritis, circulatory problems, neck pain and whiplash. Interestingly, the waters of Milk River Bath possess nine times the radioactivity of the famous mineral springs of Bath, England, fifty times the mineral springs of Vichy, France and fifty-four times the thermal baths of Baden. Switzerland.



ushing waters of the Rath Mineral Spring (Photo: ITR)

Said Annie and John from Minnesota who were thrilled about their visit; "We are here to test the healing waters of Jamaica and really love the Milk River Bath. We feel totally revived and are really glad we made the journey."

Open daily from 7:00 am to 9:00 pm, the fee for the 15 minutes allowed soaking time is JA\$400 for adults and JA\$200 for children. **610-7746/7** and **809-6523** for more info.



The secluded Bath Fountain Hotel (Photo: JTB)

### BATH FOUNTAIN HOTEL, ST. THOMAS

Bath Fountain Hotel & Spa in St. Thomas is another well-known mineral spring. If you follow the main roads to St. Thomas from Kingston or Port Antonio, signs to Bath start in Leith Hall. Once in Bath, you can try out the self-declared physiotherapists outside the hotel gates or depend on the trained hands of the Bath Fountain Hotel & Spa therapists, which would be our recommendation.

Flowing from two rocks, the natural mineral spring is just across a bridge. Rich in sulphur

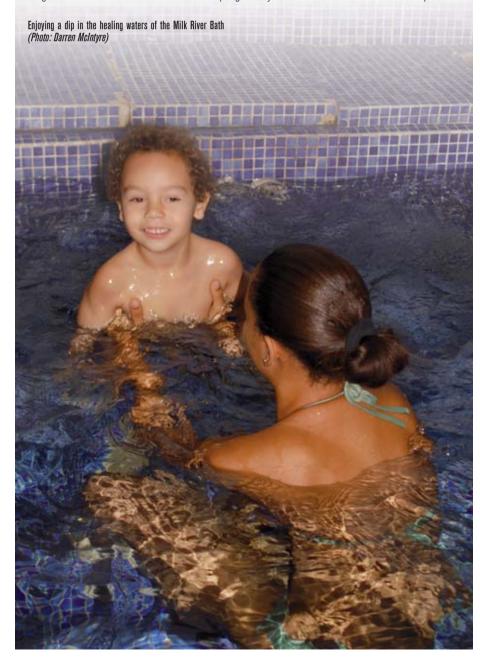
and lime, this therapeutic mineral spring is believed to be particularly good for the treatment of rheumatic ailments and skin diseases. The ceramic tiled public baths allow 20-minute soaks in their warm waters, which are funneled directly from the rock into the spa.

Old colonial world charm awaits you at this quiet, secluded hideaway, where hot and cold spring water flow into some of the 16 hotel rooms, allowing guests to enjoy the therapeutic water at their leisure. For further information, call the Bath Fountain Hotel & Spa at 703-4974.

### **ROCKFORT MINERAL BATH**

The third major thermal bath in Jamaica, Rockfort Mineral is currently undergoing refurbishment. Located near Harbour View in East Kingston, it is said to have been discovered after the 1907 earthquake, which destroyed the famous port town of Port Royal. Operated by the Caribbean Cement Company, the bath houses are large communal baths with a range of private rooms as well as spa services. Fed by natural mineral streams originating in the Rockfort Hills, the therapeutic waters are slightly saline and extremely radioactive. For further information, call Rockfort Mineral at 928-7530.

Several other mineral springs which are not connected to bath facilities are available on the island, including Roaring River in Westmoreland and the mineral spring at Mayfield Falls in Hanover. Feel free to explore!



## 2009 Iamaica Polo Schedule

	Jamaica	1010 30	neau
February			_
Sun 1	UK team/Doc Masterton	Kingston Polo Club	10 - 12 goal
Sun 8	UK team	Kingston Polo Club	10 - 12 goal
Sun 15	Hanover Charities Event		10 - 12 goal
Thur 19	Aiken 302	Kingston Polo Club	5 goal
Sun 22	Aiken 302	Chukka Blue	5 goal
Juli 22	4 Goal League	Kingston Polo Club	y goan
Tues 24	JPA Keeling Cup	seeded	4 goal
Wed 25	Ash Wednesday	secucu	4 goai
Thurs 26	JPA Keeling Cup	seeded	4 goal
March _	JIA Reening Cup	secucu	4 goai
Sun 01	JPA Keeling Cup	Kingston Polo Club	4 goal
Juli 01	4 Goal League	Kingston Polo Club	4 goai
Thurs 5	Newport, RI USATeam	Chukka Blue	4 - 6 goal
Sat 7	Newport, RI USA Team	St Ann Polo Club	4 - 6 goal
Sun 8	Newport, RI USA Team	Kingston Polo Club	4 - 6 goal
Tues 10			
Thurs 12	JPA Marescaux Cup JPA Marescaux Cup	seeded seeded	8 goal
at 14	JPA Marescaux Cup  JPA Marescaux Cup	St Ann Polo Club	8 goal
			8 goal
un 15 Chure 10	4 Goal League Willie deLisser	Kingston Polo Club St Ann Polo Club	12 2221
hurs 19			12 goal
at 21	Willie deLisser	St Ann Polo Club	12 goal
un 22	4 Goal League	Kingston Polo Club	
un 28	NCB High Goal Opening		
ues 30	NCB High Goal	Kingston Polo Club	
pril			Cold Control
hurs 2	NCB High Goal Final	Kingston Polo Club	14 Goal
at 4	Easter Show	St Ann Polo Club	700 pt 200 mg
un 5	NCB High Goal Final	Kingston Polo Club	14 Goal
	4 Goal League	Kingston Polo Club	
ues 7	WCT Ladies Tournament		6 - 8 Goal
hurs 9	"Battle of the Sexes"	Location TBC	
at 11	"Battle of the Sexes"	St Ann Polo Club	6 - 8 Goal
hurs 16	JPA Tonka Brown	St Ann Polo Club	Low Goal
ın 19	JPA Hurlingham	St Ann Polo Club	10 - 14 goal
un 26	US Open	IPC	
un 26	Australia	Chukka Blue	10 goal
	4 Goal League Final	Kingston Polo Club	10 goal
hurs 30	Australia	St Ann Polo Club	10 goal
lay —	SIND		3 = 3
un 3	Australia	Kingston Polo Club	10 goal
at 8	JPA Junior Cup	St Ann Polo Club	9 goal
at 16	JPA Senior Cup and		
	Cancer Society Fundraise	rSt Ann Polo Club	14 goal
at 23	Labour Day		55.50
un 24	Jamaican Ópen	Location TBC	
	Jamaica Open	Location TBC	
ue 26	Jamaica Open	Location TBC	
	Junimed Open		
hur 28	Januara Open		
ue 26 hur 28 at 30 <b>une</b> ——	Januara Open		

## **JEWISH JAMAICA: WHO KNEW?**



### BY MELANIE REFFES

Melanie Reffes is a travel journalist based in Montreal and specializes in coverage of the Caribbean.

With a smile as wide as the sea, Ainsley Henriques is delighted to show off the synagogue that is so near and dear to him. The floors are sandy as a memorial to Jews who once worshipped in secret and as the only synagogue left in Jamaica, the United Congregation of Israelites in Kingston is a treasure chest of Jamaican history.

A testament to the dedication of the gracious sixty-nine year young grandfather of seven, the synagogue honors more than three centuries of religious freedom in Jamaica. "Jewish people came to our island for tranquility and to practice Judaism in peace," Henriques says, noting his own family can be traced to 1740.

businesses. The community eventually moved to Port Royal, however, there are few records left after the 1692 earthquake swallowed up most of the city. Old-timers remember hearing tales about a synagogue, cemetery and families carrying their

Jamaica's only synagogue welcomes guests of all faiths for private tours and holiday celebrations (Photo: Melanie Reffes)

loved ones by boat across the harbor to be buried.

By the middle of the 18th century, two synagogues were built in

Open for Shabbat services on Friday and Saturday, the 100-year old synagogue is also party-central for special occasions and holiday celebrations. "We've had Bar Mitzvahs and weddings but we haven't had a rabbi since 1970 and it's about time we had one," he says with a twinkle in his eye hoping I might know a suitable candidate.

At the height of the Spanish Inquisition, all non-Catholics were arrested and properties seized. By the turn of the century, the King of Portugal decided Jews must be Christianized which prompted large numbers to leave for Europe and lands in the New World where they could practice Judaism openly. Jamaica was one of those lands where Portuguese and Spanish Jews arrived forty years after Columbus. They settled in Spanish Town, near Kingston, and opened shops and

next century, the United Congregation of Israelites was built on Duke Street where it still stands today and is known as the Shaare Shalom or simply, the Jewish synagogue. Dramatic with a white exterior and spectacular mahogany staircase, the synagogue boasts fourteen Torah (sacred writings of Judaism) scrolls from Israel and countless cherished treasures.

Adjacent in a ramshackle office crammed with books and files, Henriques set up the Jamaica Jewish Genealogical Institute which traces ancestry from as far away as Panama and Venezuela. "There are many stories that can be shared about where we worshiped, lived, worked and buried our dead in more than a dozen cemeteries on the island." Also under the guidance Ainsley Henriques (Photo: Melanie Reffes)



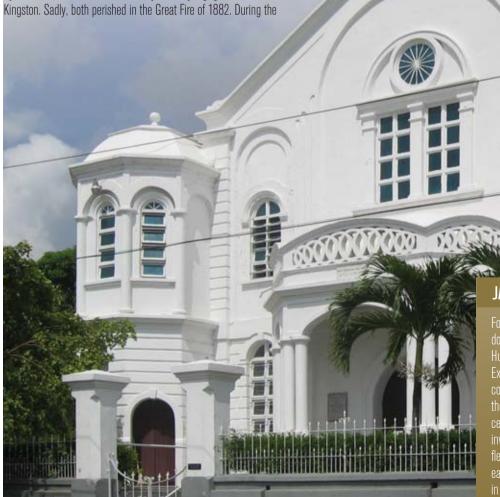
of Henriques, the Jamaican Jewish Heritage Centre, next door to the synagogue, boasts an impressive collection of memorabilia celebrating a long and proud history.

The synagogue is the most recent licensed tourist attraction in Jamaica which means more visitors are stopping by. "We now have something in common with the Bob Marley Museum and coffee tours to the Blue Mountains". Henriques smiles. With Ainslev Henriques at the helm, tourists of all faiths are guaranteed a history lesson par excellence.

#### FAMOUS JAMAICAN JEWS

- 19th century painter Isaac Mendes Belisario's work is featured on a series of Jamaican stamps.
- Newspapermen Jacob and Joshua de Cordova founded the Gleaner newspaper in 1833. It is still the most widely read daily newspaper in Jamaica.
- The famed Ward Theatre in Kingston was designed by architect Rudolph Henriques in 1912.
- Sir Neville Noel Ashenheim served as Jamaica's first ambassador to Washington DC in the 1960's.

Dramatic, with a white exterior and spectacular mahogany staircase, the synagogue sits proudly on Duke Street in downtown Kingston



JAMAICA: VOLUNTEERS WANTED FOR MORE CEMETERY SURVEY

Following last year's work surveying and documenting the 18th century Jewish cemetery at Hunt's Bay, Jamaica, the Caribbean Volunteer Expeditions is calling for more volunteers to continue the Jewish cemetery inventory. This year the work includes surveying two smaller historic cemeteries in Kingston, as well as checking inventory work done last year at Hunt's Bay. Jews fleeing persecution in Europe settled in Jamaica as early as 1530 where they played important roles in commerce and the sugar industry.

Volunteers will inventory, photograph, and map the Orange and Elliston sites and check work at Hunt's Bay. Supported by ISJM.

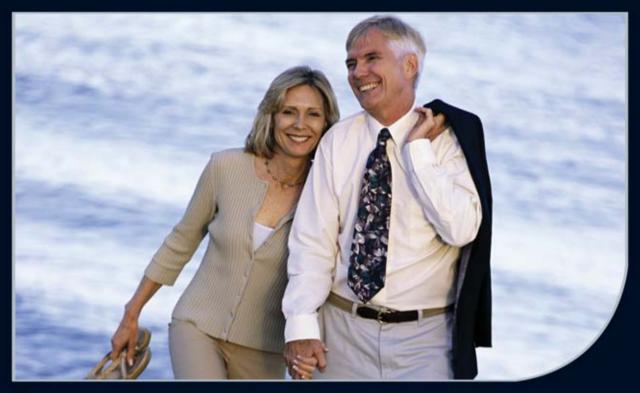
Contact: ahershaia@aol.com

Donations are welcome and may be sent to: United Congregation of Israelites - Cemetery Restoration Fund, 92 Duke Street, Kingston, Jamaica.



WEALTH MANAGEMENT

### INTERNATIONAL MORTGAGES



### Giving you...

### THE HOME OF YOUR DREAMS

Do you earn US Dollars or another Hard Currency? FirstCaribbean Wealth Management offers you the opportunity to acquire the home you've always dreamed of owning. Our Hard Currency Mortgages, available to residents and non-residents, offer you competitive interest rates and flexible payment options on that property or holiday home you desire.

The first step is to call us. The next is choosing the colour scheme.

### FirstCaribbean International Bank, Jamaica

#### Owen Francis

Wealth Management Team Leader Tel: (876) 935-4655 Email: owen.francis@firstcaribbeanbank.com

### Allicia Linton-Brown

International Mortgage Manager Tel: (876) 935-4619 Mob: (876) 990-8025 Email: allicia.linton-brown@firstcaribbeanbank.com

#### Vinnette Smith

Wealth Manager Tel: (876) 935-4610 Mob: (876) 322-6817 Email: vinnette.smith@firstcaribbeanbank.com

### **Kevin Sunarth**

Wealth Manager

Tel: (876) 952-9398 Mob: (876) 990-3021 Email: kevin.sunarth@firstcaribbeanbank.com



# 'ON THE WAY' FOOD STOPS

### **ROADSIDE DELIS**

Thile traveling through Jamaica on a tour bus or with your own car, the many colorful food stalls bursting with a variety of more or less known specialities do not go unnoticed. Any tour to the Appleton Estate, YS Falls, Black River Safari and Treasure Beach, will take you past an incredible row of local roadside delicatessen stands between Mandeville and Negril on the A2. Everything from exotic fruits to full meals can be picked up 'drive through' style on your travel through the beautiful countryside.



The picturesque Bamboo Avenue in St. Elizabeth (Photo: Heidi Zech)

The road between Lacovia and the Black River leads through the famous Jamaican picture perfect landmark of Holland Bamboo, also known as Bamboo Avenue. Here, amid the thick green stalks of bamboo, peanuts grown nearby are sold at the many stalls, raw in dark red skin or roasted in beige shells. Not only used as a nutritious snack, Jamaican peanuts are often blended in beverages known as Peanut Punches. Rich in antioxidants, the legumes are also used to make popular Peanut Drops, a sweet treat which consists of ginger, brown sugar and of course, peanuts.

Refreshing soda beverages can be found at most authentic Jamaican stalls, but the health conscious will be delighted to know that they can satisfy their thirst with the wholesome water

of a jelly coconut straight out of the shell. Coconut water contains approximately seven times the potassium found in cranberry juice, is low in calories and has neither fat nor cholesterol. It is said to prevent a number of diseases, including hypersensitivity and goiter. After enjoying the life-giving water, ask the vendor to crack the nut open – a feat that is usually done with a machete. The jelly is like flesh and is a treat usually eaten from the coconut shell, often with a spoon made from the shell.



Peanut and coconut vendor close to Bamboo Avenue (Photo: Heidi Zech)

Only 10 minutes down the road from Bamboo Avenue lies Middle Quarters, nicknamed 'Pepper Shrimp Country', due to the many pepper shrimp vendors who display the bright red shellfish in their colorful basins. Freshly caught in the Black River, the shrimps are boiled whole in salted and peppered water. Delicious, but beware of the hot peppery taste!



Continuing westward, you will find Whitehouse between Black River and Bluefields. Otherwise known as 'Border', referring to the parish border between St. Elizabeth and Westmoreland, this is the place any Jamaican will send you for the best fried 'fish and bammy'. The small village is located in a picturesque spot directly on the sea, guaranteeing that your meal will consist of the absolute freshest catch. The authentic taste of



Tasty fish and bammy at Whitehouse by the sea (Photos: Heidi Zech)



Jelly coconut cracked in half exposing the tasty flesh

Whitehouse fish is achieved using lots of onions, vinegar, scotch bonnet pepper and the unbeaten smoky flavor of wood fire cooking. As a side order, simple, hard dough bread works, but we highly recommend that you try bammy - a flatbread made from the cassava root which is either fried or steamed until golden on both sides. The fish and bammy is usually sold by the 'plate', but you can specify the amount you want. Don't be overwhelmed by the many vendors trying to make a sale, just select your favorite person or best looking plate to satisfy your craving.



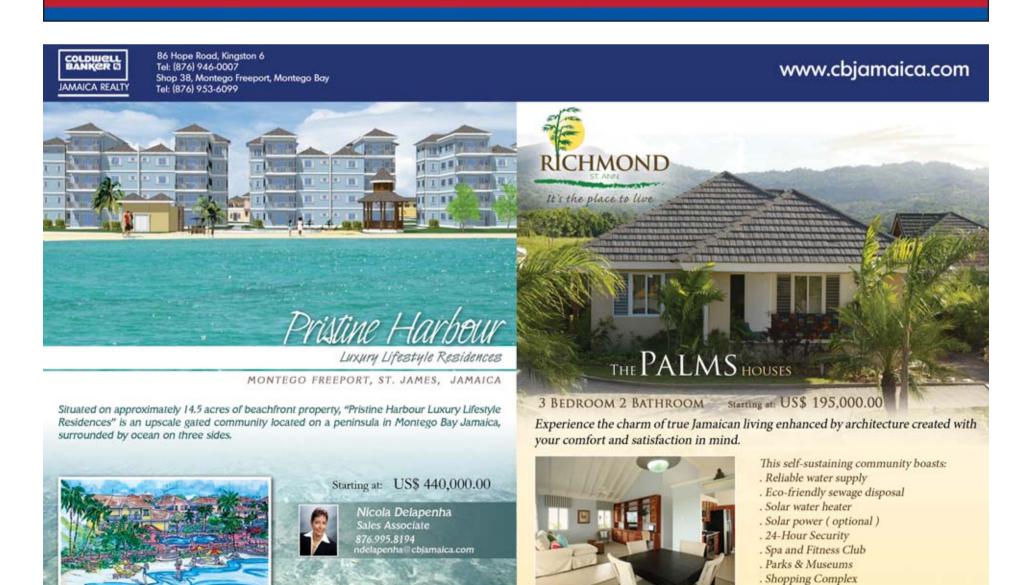
**JAMAICA TOURIST 30** 



"A naturally refreshing fruit flavoured water that quenches your thirst with the much loved taste of Ocean Spray® Cranberry."

The Wisynco Group Ltd., one of Jamaica's largest distributors and innovators of the popular WATA brand, has officially joined with Ocean Spray International Inc., to hit the beverage scene with new cranberry flavoured water, dubbed Ocean Spray WATA. The first two flavours, cocktail and white cranberry, have received tremendous and positive market response since its 2008 launch. Surpassing all expectations, consumers can

expect to see more flavours on the horizon such as strawberry, grape, and diet. In the spring, the product will take on a new co-branded label for its 600mL bottle with the new 330mL bottle coming shortly after. In the future, Wisynco Group will introduce Ocean Spray WATA to other markets in the Caribbean, as well as South, Central and Latin America.



# EAT, DRINK AND BE IRIE

celebration of the island's diverse cultures, discovering Jamaican cuisine is a fun pastime. With an eclectic mix of the best that African, European, Indian, and Chinese foods have to offer, local cuisine contains cooking techniques, flavors, spices and influences from each of the many waves of immigration to the island. While the island's earliest recorded inhabitants contributed the famous 'Jerk' idea, the Indian influence is dominant in the island's curry dishes, the Chinese introduced fried dumplings and the African population invented the national dish of "Ackee & Saltfish". Be sure to try some of the delectable local fare, whether it is chicken from a roadside jerk drum or innovative dishes at one of the island's fine eateries.



# CASUAL - MONTEGO BAY

2 GLOUCESTER AVENUE, ENTRANCE VISTA AMBASSADOR HOTEL, MONTEGO BAY

The family-run Mexican restaurant Chilitos has finally branched out

of Kingston and entered the Montego Bay restaurant scene where it is fast becoming the new hot spot for its great menu, music and drinks. Conveniently located on the 'Hip Strip', Chilitos brings a whole new twist on Latin food to the table, using traditional local products in the most popular Mexican dishes to create what they like to call 'Jamexican' meals. Try the popular 12-inch burritos and tacos with your choice of meat, fresh garden vegetables, guacamole and tasty salsas from around the world. Hang out with friends, relax with a Margarita or surf the wireless internet while enjoying your meal at this great hangout.

Open Mon - Thur & Sun 11:00 am - 10:00 pm, Fri & Sat 11:00 am - 12:00 am. Tel: 952-4615

#### CASUAL - MONTEGO BAY

Jimmy Buffett's Margaritaville Bar & Grill, Gloucester Avenue

CUISINE: INTERNATIONAL
Open daily 11:00 am - 10:00 pm. **Tel: 952-4777** 

The Jamaica Bobsled Café, Gloucester Avenue CUISINE: INTERNATIONAL

Open daily 10:00 am - 10:00 pm. **Tel: 940-7009** 

The Groovy Grouper, Doctor's Cave Beach, Gloucester Avenue

CUISINE: CARIBBEAN & INTERNATIONAL Open daily 10:00 am – 10:30 pm. **Tel: 952-8287** 

Twisted Kilt, Gloucester Avenue Cuisine: International

Open daily 11:00 am - 2:00 am. **Tel: 952-9488** 

Dolly's, Hotel Glorianna Plaza, Sunset Blvd

CUISINE: JAMAICAN

Open daily 7:30 am - 11:00 pm. Tel: 979-0045

Pier 1, Howard Cooke Boulevard

CUISINE: FRESH SEAFOOD & CASUAL FAIR Open daily 10:00 am - 11:00 pm, 'Seafood Sundays' every week, 5:00 pm - 11:00 pm. Tel: 952-2452

Mango's Restaurant,

Ritz-Carlton Golf & Spa Resort, Rose Hall
CUISINE: JAMAICAN & INTERNATIONAL
Open daily 12:00 pm - 10:00 pm. Tel: 953-2800

Café Blue, Shoppes at Rose Hall, Rose Hall CUISINE: COFFEE, INTERNATIONAL Open Mon - Sat 10:00 am - 6:00 pm. Tel: 953-4646

The Royal Stocks Pub & Steakhouse, Half Moon Shopping Village, Rose Hall

CUISINE: TRADITIONAL ENGLISH FARE
Open daily 10:00 am - 10:00 pm. **Tel: 953-9770** 

### **ELEGANT - MONTEGO BAY**

THE HOUSEBOAT GRILL

FREEDORT MONTEGO BAY

For a romantic dinner on the water, the Houseboat Grill continues to be a favorite choice. Moored in the calm waters of the Montego Bay Marine Park Fish Sanctuary, the Houseboat offers a unique setting for an intimate, one of a kind, dining experience. You can even choose your own live lobster from a glass covered lobster trap in the deck! Enjoy dinner downstairs in the cozy dining room or under the stars on the moon deck. High heels are not recommended as the only way to visit the Houseboat is on a little tow-ferry that brings you across from the shore. Excellent food, magnificent atmosphere, and great service - everything you need for a perfect evening out. Open daily for dinner from 6:00 pm - 11:00 pm. **Tel: 979-8845** 

### **ELEGANT - MONTEGO BAY**

Marquerites

CUISINE: INTERNATIONAL
Open daily 6:30 pm - 10:30 pm. **Tel: 952-4777**Reservations recommended.

Sugar Mill Restaurant, Half Moon Golf Course, Rose Hall

CUISINE: JAMAICAN & INTERNATIONAL Open daily 7:00 pm - 10:00 pm. **Tel: 953-2314** 

Jasmines, Ritz-Carlton Golf & Spa Resort, Rose Hall CUISINE: JAMAICAN & ASIAN FUSION

Open Mon - Sat 6:30 pm - 9:30 pm. Closed Sun. **Tel: 953-2800** 

Ma Lou's Gourmet Shack, Coral Cliff Entertainment Center, Gloucester Avenue

CUISINE: CARIBBEAN

Open daily 6:00 am - 11:00 pm. **Tel: 952-4130** 

Akbar & Thai Garden,

Half Moon Shopping Village, Rose Hall

CUISINE: INDIAN & THAI

Open daily 12:00 pm - 10:30 pm. Tel: 953-8240

Dragon Court Restaurant, Fairfield Shopping Center

CUISINE: CHINESE

Open daily 11:30 am - 10:00 pm. Tel: 979-8822-4

Day-O Plantation Restaurant & Bar. Fairfield

CUISINE: JAMAICAN & INTERNATIONAL Open Tues - Sun 5:00 pm - 9:00 pm.

Tel: 952-1825

Wine With Me, Altamont Court West Hotel, Gloucester Avenue

CUISINE: INTERNATIONAL

Open Tues - Sun 6:00 pm until late. Tel: 952-9087

Luna di Mare,

Rose Hall Resort & Spa at Hilton Resort, Rose Hall

CUISINE: NORTHERN ITALIAN

Open daily 6:00 pm - 10:00 pm. Tel: 953-2650

The Native, Gloucester Avenue

CUISINE: JAMAICAN

Open Mon - Sat 7:30 am - 10:30 pm. Sun 8:00 am - 10:00 pm. **Tel: 979-2769** 

Three Palms,

Rose Hall Resort & Spa at Hilton Resort, Rose Hall

CUISINE: CARIBBEAN

Open daily 6:00 pm - 10:00 pm. Tel: 953-2650





### **ELEGANT - OCHO RIOS**

SONI'S PLAZA, OCHO RIOS

With furnishings and décor to match, a visit to Passage to India is an excellent culinary journey and should be experienced. The brainchild of hospitality experts Anil & Rajni Sud and Rajiv Bhatnagar, Passage to India is committed to consistently providing good food and service. Since its 1999 opening, the Asian specialty restaurant has garnered numerous awards and accolades for its uncompromising high standards and was recently featured in the culinary publication Nyam Jamaica. Dishes are distinctly Indian, but the cuisine also borrows spices and seasonings from other regions and cultures. Some of the menu favorites include Murg Mumatz; chicken cooked in a creamy cashew nut gravy, Lobster Butter Masala; lobster morsels simmered in tomato concasse and fresh ground masala.

Open Tues - Sun 11:30 am - 10:00 pm. Tel: 795-3182



### Le Papillon Restaurant and The Caviar Bar, **Royal Plantation**

CUISINE: FRENCH & CARIBBEAN Open Tues - Sun 7:00 pm - 10:00 pm.

Tel: 974-5601

### Almond Tree Restaurant, Main Street

CUISINE: JAMAICAN & INTERNATIONAL Open daily 7:30 am - 9:30 pm. Tel: 974-2813

### The Dinner Terrace at the Jamaica Inn

CUISINE: INTERNATIONAL Open daily 7:30 pm - 9:00 pm.

Tel: 974-2514

#### Evita's Italian Restaurant. **Eden Bower Road**

CUISINE: ITALIAN

Open daily 11:00 am - 11:00 pm.

Tel: 974-2333



Toscanini's, Harmony Hall, St. Mary

### CASUAL - OCHO RIOS

### Hard Rock Café, Taj Mahal Shopping Plaza, **Main Street**

CUISINE: AMERICAN

Open Sun - Wed 11:00 am - 7:00 pm, Thurs - Sat 11:00 am - 11:00 pm. The Rock Shop is open everyday from 8:00 am - 6:00 pm. Tel: 974-3333

The Irish Rover, Drax Hall, St. Ann

CUISINE: INTERNATIONAL

Open daily 10:00 am - 12:00 am Tel: 972-9352

### The Ruins at the Falls, 17 DaCosta Drive

CUISINE: JAMAICAN & INTERNATIONAL Open daily 12:00 pm - 10:00 pm. Tel: 974-8888

Little Pub Restaurant, Main Street

CUISINE: JAMAICAN

Open daily 7:00 am - 10:30 pm. **Tel: 974-5825** 

Jimmy Buffett's Margaritaville Bar & Grill, Island Village

CUISINE: AMERICAN & INTERNATIONAL Open daily 8:30 am - 11:00 pm. Tel: 675-8976

### CASUAL & ELEGANT - NEGRIL

Jimmy Buffett's Margaritaville Bar & Grill, Norman Manley Boulevard

CUISINE: AMERICAN & CARIBBEAN Open daily 8:00 am - 11:00 pm.

Tel: 957-9180 / 957-4467

### Rockhouse Restaurant, West End Road

CUISINE: JAMAICAN & INTERNATIONAL FUSION Open daily 7:30 am - 10:00 pm.

Tel: 957-4373

### Norma's on the Beach, Sea Splash Hotel, Norman Manley Bouleyard

CUISINE: CARIBBEAN

Open daily 7:30 am - 11:00 pm. Tel: 957-4041

### Kuyaba on the Beach, Norman Manley Boulevard CUISINE: CARIBBEAN & INTERNATIONAL Open daily 7:00 am - 11:00 pm. Tel: 957- 4318

Cosmo's Seafood Restaurant & Bar. Norman Manley Boulevard

CUISINE: JAMAICAN

Open daily 9:00 am - 10:00 pm. Tel: 957-4784

Rick's Café. West End Road

CUISINE: AMERICAN

Open daily 12:00 pm - 10:00 pm. Tel: 957-0380

**Hungry Lion, West End Road** 

CUISINE: VEGETARIAN & SEAFOOD

Open daily 5:30 pm - 11:00 pm. Tel: 957-4486



### **ELEGANT - KINGSTON**

#### NORMA'S ON THE TERRACE

DEVON HOUSE

Home to Norma's on The Terrace, the patio of Kingston's Devon House mansion offers an exquisite dining experience, both for ambience and gastronomical delights. With a seasonally revised à la carte menu, diners are always presented with the finest foods. As revered chef Norma Shirley simply puts it, "We serve excellent food and good quality. We don't cut corners." Highlights on Norma's menu include Port Antonio Marlin; smoked and served with red onions and capers, Jerked Smoked Double Pork Chop; a juicy cut marinated in Red Stripe Beer, Teriyaki, grilled and glazed with guava preserve and topped with rum soaked raisins and Green Point Australian Mussels steamed in a light curry sauce. Norma's international and Jamaican fusion cuisine can also be sampled at Norma's on the Beach in Negril (tel: 957-4041) and Norma's at The Marina (tel: 993 9510) in Port Antonio, two eateries not to be missed. Open Mon - Sat 10:00 am - 10:00 pm. Tel: 968-5488

### **ELEGANT - KINGSTON**

Chez Marie, 7 Hillcrest Avenue

CUISINE: MIDDLE EASTERN

Open Mon - Sat 11:30 am - 3:00 pm & 6:00 pm - 10:00 pm. **Tel: 927-8078** 

#### Akbar, 11 Holburn Road

CUISINE: INDIAN

Open daily 12:00 pm - 3:00 pm & 6:00 pm - 11:00 pm, **Tel: 926-3480** 

Jade Gardens, Sovereign Centre, Hope Road

CUISINE: CHINESE

Open daily 12:00 pm - 10:00 pm. Tel: 978-3476

Café Aubergine, The Market Place,

**67 Constant Spring Rd.**CUISINE: FRENCH & ITALIAN

Open daily 12:00 pm - 10:00 pm. **Tel: 754-1865** 

Kabana Gardens, 12 Hope Road

CUISINE: JAMAICAN

Open daily 12:00 pm - 12:00 am. Tel: 908-4005

Mac's Chop House, 24-26 Trinidad Terrace,

Kingston 5

CUISINE: INTERNATIONAL

Open Mon - Sat 6:00 pm - 10:00 pm.

Tel: 960-6328

Redbones Blues Café, 21 Braemer Ave, New Kingston

CUISINE: JAMAICAN & INTERNATIONAL Open Mon - Fri 12:00 pm - 11:00 pm, Sat 6:00 pm - 11:00 pm, **Tel: 978-6091** 



Norma's on the Terrac

### CASUAL - KINGSTON

Rib Kage, 149c Constant Spring Rd & 12 Braemer Ave.

CUISINE: CARIBBEAN

Open Mon - Thurs 11:00 am - 10:30 pm, Fri & Sat 11:00 am - 11:00 pm, Sun 1:00 pm - 9:00 pm. **Tel: 905-1858 and 978-6272** (Braemar Ave.)

Chilito's, 64 Hope Road, Kingston 6

CUISINE: MEXICAN

Open Mon - Sat 11:00 am - 10:00 pm, Sun 5:00 pm - 9:00 pm. **Tel: 978-0537** 

Cuddy'z Sports Bar & Grill New Kingston Shopping Centre

CUISINE: JAMAICAN & INTERNATIONAL
Open daily 11:30 am - 10:00 pm. **Tel: 920-8019** 

Indies Pub and Grill, 8 Holborn Road, New Kingston, off Hope Road

CUISINE: JAMAICAN & INTERNATIONAL Open Mon – Fri 11:00 am – midnight,

Sat 11:00 am - 1:00 am. Tel: 920-5913

TGI Friday's 51 Hope Road, Kingston 10

CUISINE: AMERICAN

Open Mon - Thurs & Sun 11:00 am - midnight,

Fri & Sat 11:00 am - 2:00 am.

Tel: 978-8443

# The Royal Stocks

Traditional English Pub and Restaurant



WHERE THE QUAINT CHARM OF "YE OLDE ENGLAND",

MEETS THE IRIENESS OF "DI JAMAICAN VIBES!"
PRIME STEAKS, SEAFOOD AND

TRADITIONAL PUB FAYRE

WITH FINE SPIRITS AND ALES IN A

Fun and Friendly Atmosphere.

ALL MAJOR SPORTING EVENTS VIA SATELLITE.



The Half Moon Shopping Village, Rose Hall, St. James

953-9770/1

### **CASUAL & ELEGANT - SOUTH COAST**

Bird of Paradise Restaurant, Mandeville

CUISINE: JAMAICAN & INTERNATIONAL
Open daily 7:00 am (weekends 10:00 am) -

10:00 pm. Tel 962-7251

Bloomfield Great House, Mandeville

CUISINE: CARIBBEAN & INTERNATIONAL Open Mon – Sat 12:00 pm - 9:30 pm.

Tel: 962-7130

Jack Sprat, Jake's Hotel, Treasure Beach

CUISINE: JAMAICAN & INTERNATIONAL Open daily 10:00 am - 10:00 pm.

Tel: 965-3583

Little Ochie Seafood Restaurant, Alligator Pond, St. Elizabeth

CUISINE: SEAFOOD

Open daily 9:00 am - 1:00 am. **Tel: 610-6566-8** 

Lew's International Chinese Restaurant, Mandeville

CUISINE: CHINESE

Open Mon - Sat 12:00 am - 8:30 pm, Sun 1:00 pm - 9:00 pm. **Tel: 962-1252** 

Andrea's Steakhouse at Marblue, Marblue Villa Suites, Treasure Beach. St. Elizabeth

CUISINE: INTERNATIONAL
Open daily 7:00 pm – 9:00 pm.
Tel: 965-3408. By Reservation only!



### MONTEGO BAY

2 Gloucester Avenue, at the entrance to Vista Ambassador Hotel Open Mon - Thur 11am - 10pm, Fri - Sat 11am - midnight & Sun 11am-10pm Happy Hour Mon - Fri 5pm-7pm

### KINGSTON

64 Hope Road, Kingston 6 Open Mon - Sat 12pm - 10pm & Sun 5pm - 9pm Happy Hour Mon - Fri 5pm - 7pm

Tel: 978-0537

# **REAL GELATO WITH** A TROPICAL ISLAND TWIST

vacation on a tropical island is not complete without the cooling taste of ice cream or fresh, fruity 'gelato'. Satisfy your sweet tooth and sugar acravings to the fullest with the authentically flavored, mouthwatering Italian ice cream from Calypso Gelato.

Calypso Gelato owner Simonetta and her husband Mark Maffesanti, who both have Italian roots, didn't think the local ice cream measured up to the world famous Italian 'gelato' they were accustomed to from their homeland. Following extensive lessons with Italian Ice Cream Master Silvio Pala, Simonetta took matters in her own hands and the bona fide Italian Calypso Gelato was born.

Simonetta is keeping her heavenly treats as Jamaican as possible. "We only use locally available ingredients and fruits in season, no preservatives or fillers," explains the gelato specialist. Hence, you will find unique island flavors such as soursop, pineapple, coconut, Blue Mountain Coffee and banana among the choices, along with classics such as vanilla, chocolate and pistachio.

Peep into the ice cream kitchen and test the many Calypso Gelato flavors at the Tortuga Rum Cake factory in Reading, where the creamy delight is



freshly produced in over 50 flavors. Only 10 minutes west of Montego Bay, you can also tour the Tortuga Rum Cake factory where 1,200 rum cakes are made daily. The Tortuga Rum Cake café and store is open from 8:00 am - 7:00 pm on weekdays and 11:00 am - 8:00 pm on weekends.

Calypso Gelato also has a cute café on the 'Hip Strip' close to the Jamaica Bobsled Café, which is open daily from 10:00 am to 10:00 pm (tel: 979-5172). A selection of gelato flavors is also available at The Village Commissary at the Half Moon Shopping Village, Montego Bay. In Negril, look for Calypso Gelato at Time Square Plaza and the Blue Water Café on the West End. Special orders for parties can be made by calling the factory.

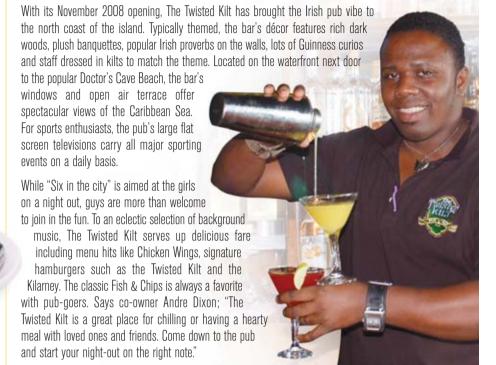
Some of the many Gelato flavors (Photo: Heidi Zech)



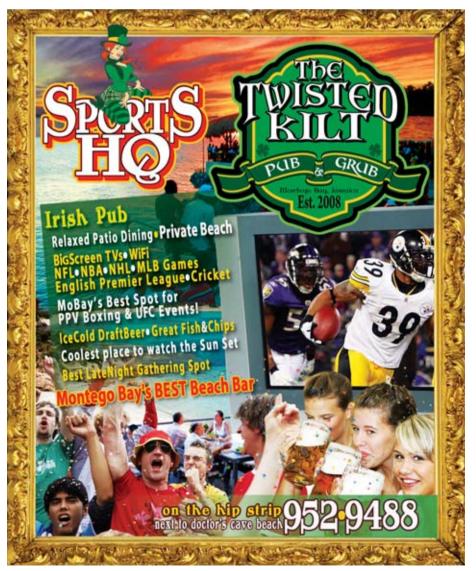


# SIX IN THE CITY

very night is ladies' night at the Twisted Kilt Pub, the newest addition to Montego Bay's Hip Strip. With the slogan "When the clock strikes six, all ladies get their fix," the watering hole is toasting the ladies with a nightly '2 for 1' Martini special every evening between 6:00 and 9:00 pm. Sponsored by Finlandia Vodka, the popular offer particularly appeals to the after-work crowd and vacationers who want to get a head start on a night of partying.



The Twisted Kilt is open daily 11:00 am - 2:00 am. Tel: 952-9488



## PARTY HEAVEN

mango falling off a tree is reason enough for Jamaicans to party. Depending on what you are looking for, every resort town and villages in-between offer several options. From a simple Jamaican 'rum bar' where you can have a fabulous time chatting with the locals over a Red Stripe or some over-proofed rum, to beachside live-music shacks where vou can dance away the night with sand between your toes and sophisticated nightclubs with the latest sound and light technology; it's all there for you to enjoy.

### **MONTEGO BAY**

### MARGARITAVILLE

**GLOUCESTER AVENUE** 



Parrotheads look out! Jimmy Buffett himself frequents Margaritaville and celebrated his birthday here on Christmas Day. 2008

With a spectacular waterfront location on the popular 'Hip Strip', Margaritaville is a place for the whole family to relax and enjoy their vacation, catering to all ages with activities, beverages and food in a great atmosphere. Part of the Jimmy Buffett brand of restaurants, this is the hotspot to rub shoulders with the "in-crowd," including Buffett himself, who regularly pops into the 'Ville to mingle with the crowds and play a song or two. During the day, you can enjoy international sporting events on big screen TVs while you jam to the laid back strains of Jimmy's music. At night, the 'Ville swings to the sounds of the in-house deejays while party people strut their stuff on theme nights including Karaoke, Latin and Pajama Party night. The fun package is topped off by two giant water trampolines anchored just offshore, a rooftop whirlpool tub and the 110ft waterslide, which winds its way into the warm Caribbean Sea.

With tropical Margaritas flowing freely in 52 flavors and colors, including raspberry, strawberry and mango, the 'Ville is known as the islands official 'Party Headquarters' for everyone who is in the mood to hang out. Sizzling fajitas, salads, pizza and, of course, the world famous Cheeseburger in Paradise are menu favorites, while mouthwatering desserts like Cosmic Key Lime Pie and the Last Mango Cheesecake are a delicious finale.

### THE NEW BLUEBEAT

**GLOUCESTER AVENUE** 

Newly refurbished, BlueBeat is a delightful retreat for jazz and blues enthusiasts, especially when house band 'Scotch' takes center stage. Next door to the popular Marguerites restaurant, BlueBeat is a great option for an after-dinner nightcap. Live shows begin at 9:00 pm Thursdays and Saturdays, while Friday is 'Copacabana Latin Night'. The rest of the week, the latest jazz and R&B videos play in the background to set the mood. Tasty finger food and signature Martinis are sure palate pleasers that fit perfectly with the bar's intimate and relaxed vibe. Open daily 6:00 pm - 2:00 am. Tel: 952-4777



BlueBeat, great for jazz and blues

#### PIER 1

HOWARD COOKE BOULEVARD

Montego Bay's freshest open-air seafood restaurant has also established itself as one of the major entertainment centers. Popular both with tourists and locals. Pier 1 is definitely the place to be on Friday nights, when the party crowd shows up for a fun night affectionately dubbed 'Pier Pressure'.

Wednesdays from 8:00 pm till you say when - STARSTRUCK

Show your talent and maybe you will be 'discovered'! This open stage event invites attendees to reveal hidden talents and might put you on the big stage, as the overall winner gets a chance to perform at the next Reggae Sumfest or Jamaica Jazz & Blues Festival. Other fun entertainment includes a Caribbean fashion show showcasing local clothing designers and interactive audience games such as 'name the tune' and 'family feud'. Drink specials are 'on' all night.

Fridays from 10:00 pm till you say when - PIER PRESSURE

Celebrate the beginning of the weekend at Pier 1, the place to be on a Friday night in Montego Bay from 10:00 pm onwards. A throng of faithful followers fill the venue to enjoy the pulsating reggae, thumping dancehall and energetic dance music. Appleton Rum drink specials help to fuel the vibes for a night of fun until partygoers



# **NEGRIL**

### MARGARITAVIIIF

NORMAN MANELY BOULEVARD

Live on the wild side and feel the reggae spirit - if only for a day! Located along Negril's world famous 7-mile stretch of white sand beach, this 'out of this world' spot features giant TVs, swinging 'sky chairs' and all day music. Bounce about on the giant water trampoline, laze on the beach or reach new 'peaks' on the rock-climbing wall, while the kids are kept busy at the enclosed children's play area.

When spring breakers descend on Negril's seven-mile palm tree lined beach for some fun and frolicking in the sun, Margaritaville Negril takes on the role as Party Central Number One and daily 2-for-1 drink specials are all part of the experience. Simply listen for the music and follow the crowds to find this local hotspot on the beachfront, where a good time and great company is guaranteed. Like at all Margaritaville locations, well-known menu delights are available for lunch or dinner. Open daily 8:00 am - 11:00 pm. Tel: 957-4467

### ALFRED'S OCEAN PALACE

NORMAN MANIFY BIVD.

This funky little beach bar on Negril's famous seven-mile beach is one of the best places to hear your favorite tunes. A popular hand-out for both locals and tourists for over 20 years, owner Alfred Arthurs ensures that everyone has a good time at a very reasonable cost - only US\$3! Music fans should come by 10:00 pm on Sunday, Tuesday and Friday nights to hear the local A.O.P. band belt out great roots, rock and reggae! Open daily 10:00 am - 2:00 am. Tel: 957-4669/4735

# KINGSTON



# **OUAD NIGHT CLUB**

20 - 22 TRINIDAD TERRACE, NEW KINGSTON

The QUAD is Jamaica's only multi-level high-energy nightclub. Six days a week, 'Christopher's Jazz Café' features one of Kingston's most visited happy hours, live entertainment, well-stocked wine cellar and a light Jamaican menu. While 'The Oxygen Night Club' pumps music with popular DJs Alric & Boyd, 'The Voodoo Lounge' is a high-energy North American-styled nightclub with top 40 music mixes. This retro night club offers an exciting

view of Kingston from the top floor to the background music of DJ Judge and various guest artistes. Open Mondays - Saturdays, opening hours vary. Contact **754-0UAD** (**7823**).

# OCHO RIOS

### IRISH ROVER PIIR

DRAX HALL, ST. ANN

Jamaica's first Irish pub is located just 10 minutes from Ocho Rios. Step inside this watering hole and you will get the feeling of being somewhere in Dublin. Dubbed 'Jamirish Style' evenings with Irish food and drink specials, reggae band 'The Corner Stone Family' brings the vibe to the Irish pub on Thursday and Friday nights. Patrons are treated to more live music on Saturdays, while smooth jazz goes with the pub's scrumptious Sunday brunch. Open daily 10:00 am - 12:00 am. Tel: 972-9352

### MARGARITAVILLE

ISLAND VILLAGE

SO MUCH FUN. SO LITTLE TIME AT 'VILLE OCHI



'Ville Ochi was christened by Jimmy Buffett personally, when his band staged a beachside concert for the 2002 opening. Located in prime position on the beach at the Island Village shopping and entertainment complex, Margaritaville Ocho Rios is a high-energy bar & grill that provides all-day family fun and nighttime entertainment.

Features include a rooftop whirlpool tub, a cascading waterslide that goes from the second floor directly into an inviting splash in the pool below, 3 bars and a swim-up pool bar. Stop by soon; world-famous tropical Margaritas and a Cheeseburger in Paradise are waiting for you! Open daily 9:00 am till late. Tel: 675-8800



# THE LATEST AND GREATEST FROM HAVAIANAS







othing is better than to slide into a pair of soft, comfortable Havaianas, and pairs to suit both casual wear and evening outfits are available. With designs to please all audiences, the 2009 Havaianas collection surprises with freshly inspired creativity in colors, patterns and styles. Guaranteed to keep you stylish, the new collection carries so many great choices that it will be hard for you to choose. Here is the latest and greatest in Havaianas from Walk Good Jamaica.

With the femininity and freedom of butterflies and birds, the women's collection takes its cues from the exotic mood of India. Metallic tones grant sophistication to the entire range, and the great highlight of the collection is the Havaianas Fit model. With a delicate adjustable strap, Havaianas Fit boasts versatility and comfort, and can be used for all occasions from dawn to dusk.

Simple, cheerful and colorful, the men's collection conveys the essential Havaianas trademarks that conquered the world. Sporty combinations of geometric shapes with floral motifs and the patterns that shine in the dark are the biggest novelties.

Look for Havaianas flip-flops at island outlets including Fontana Pharmacy at Fairview Shopping Center in Montego Bay, and at the Walk Good store, MBJ Airport Shopping Mall which is open 7:00 am - 10:00 pm seven days a week. **tel: 880-0046**.



# THE COOLEST T-SHIRTS

amaica's many shopping plazas bear a wide variety of stores and craft markets which are always interesting to visit for bargain hunters. From duty free jewelry to rum, sunglasses, craft items and art, there is so much to choose from. Buying a T-shirt is almost mandatory for any visitor to Jamaica. Over the last few years, Jamaican T-shirts have evolved quite a bit and now, the choices are endless.

Bob Marley T-shirt (Photo: Heidi Zech )

Here are our picks for a great homecoming gift:

# THE BOB MARLEY SHIRT

If you do not yet own one, you certainly need one! Bob Marley t-shirts come in countless designs and are made by various labels, but be aware of fakes. This 'Rebel Music' t-shirt from Zion Roots Wear won our hunt for favorite 'must have' Bob Marley t-shirt. Available at The T-Shirt Stop, shop #17 Half Moon Shopping Village, tel: 953-9721.

## THE JAMAICA SHIRT

The good old 'My friend went to Jamaica and all I got is this lousy t-shirt' tee has been revolutionized. Today, there is an endless selection of shirts for men, women and children. This eye-catching, form fitting Jamaica top symbolizes the love for the island and awakes the rebel in you with its bright red, yellow and green Rasta colors. Ladies and gentlemen, be patriotic! Available at Reggae Walk, Shop 19, The Shoppes at Rose Hall, tel: 953-2084.

### THE KIDS' SHIRT

This t-shirt not only clothes your child, it also keeps him or her busy. Kids get to color their tee first, then wear it and show off their art. And the best part is that once the shirt is washed, the colors disappear and the fun

art. And the best part is that once the shirt is washed, the colors disappear and the fun begins all over again! Available at Reggae Walk, Shop 19, The Shoppes at Rose Hall, **tel: 953-2084**.

# THE RED STRIPE SHIRT

Among the endless options, this pick allows you to be extra cool. Even though Red Stripe has been around since 1928, you are certainly not outdated with this authentic creation. Available in the male and female version at The T-Shirt Stop, shop #17 Half Moon Shopping Village, **tel: 953-9721**.

# THE FASTEST MAN ON EARTH SHIRT

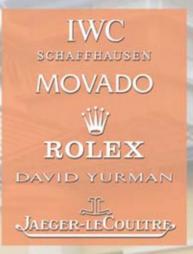
Take your taste in tees 'to the world'. For athletes and 'wanna be' athletes, Usain Bolt's t-shirt line is available in great colors and designs for both men and women. Celebrate the world's fastest man with one of these stylish shirts. Available at Island Leisure, Shop 16, The Shoppes at Rose Hall, tel: 953-9079.



# The SHOPPES AT ROSE HALL





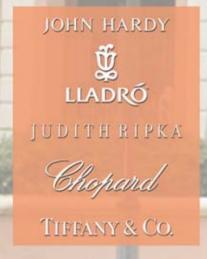








# SO VERY WORTH YOUR WHILE...





PATEK PHILIPPE
GENEVE

ORIS
SHIPS MAKE WINCHED
SPICE STOPE

\*

ZENITH
SWISS WATCH MANUFACEURT

AP

AUDEMARS PIGUET

Located on Jamaica's Elegant Corridor, The Shoppes at Rose Hall are only minutes away from Montego Bay's finest resorts and its International Airport.

A luxurious blend of 30 specialty retail stores featuring international jewelers, lifestyle brands, specialty souvenirs and first class food that creates a very special shopping experience.

THE SHOPPES AT ROSE HALL

ROSE HALL, JAMAICA



876.953.3245

www.srhja.com

# THE WORLD'S MOST MYSTERIOUS STONE



The daughter of a famous Argentinian painter, Marah is a second-generation artist whose hands shane excentional designs around an excentional stone, www.marahlano.com (Photo: Marahlago Designs)

ne of the newest and rarest gemstones to be discovered. Larimar is only found on a single square kilometer along a remote mountainside in the Dominican Republic on the island of Hispaniola. The result of chance volcanic events millions of years ago that formed the island and created the world's most mysterious stone, this exquisite gemstone is prized for its ocean's palette of blues and greens. With exceptional designs to equal the beauty of this exceptional stone, Marah Lago is passionate about creating jewelry that matches the uniqueness of each stone with the individuality of every woman. Her limited edition pieces, each handcrafted around a top grade piece of Larimar stone, have taken the Caribbean by storm.

Due to a prediction made by "The Sleeping Prophet" Edgar Cayce (1877 - 1945), who is said to have prophesied that a blue stone with extraordinary healing attributes originating from the sunken Atlantis would be found on one of the Caribbean islands, Larimar is often referred to as 'The Atlantis Stone.' Despite allegations that Cavce's comment about the blue stone was not made in reference to Atlantis, the attention-grabbing legend of the blue Atlantis Stone has stuck, predominantly due to Cayce's strong conviction that part of Atlantis could be found in the Caribbean.

The first recorded mention of the unique blue stone stems from 1916, when a parish priest made a request to mine. Some 60 years later, islanders followed a river upstream and discovered the world's only outcropping of Larimar. In 1974, the gemstone was rediscovered and named Larimar by a local artisan who combined his daughter's name 'Larissa' with 'mar', the Spanish word for the ocean. However, it took the adventure lust of an Englishman and the eve of a talented artist to pursue the lure of the gemstone. Thus, the story of how designer Marah Lago came across the beautiful stone of Larimar is in fact a story of love and adventure.

The adventure part pertains to Marah's explorer husband Adrian, who had spent time with whales in the Aleutian Islands and braved the bat caves of Borneo on a quest for "the unusual experience." In 1995, Adrian bought a sailboat and began a 4 year sailing expedition around the Caribbean as a novice sailor, picking up trinkets from local island vendors along the way. Little did he know that the ring he bought from a street peddler in the Dominican Republic would fuel a fire to help build a remarkable company. Explains Marah; "About 1 year after Adrian's journey, I came across the ring while I was going through some old stuff. I fell in love with the stone immediately. Since Adrian couldn't remember exactly where he had purchased the ring, the discovery led to somewhat of a treasure hunt."

Some 8 years later, Marah and Adrian are involved in every aspect of creating first class pieces of Larimar iewelry. "Basically, we are involved every step of the way and strive to create something that is good for the community." Local villagers, who mine Larimar by hand with the most basic shovels and pick axes, consider themselves fortunate to excavate the gemstone as it is the only source of income for many of their families. And with only a limited amount of stones excavated each year. Larimar is one of the world's rarest and most sought after gemstones.

gem. Only 3% of the stones are handpicked for Marah's jewelry designs, melding nature and art into individual, one-of-a-kind designs. Asked from where she gets inspiration for her unique pieces, the Las Vegas based

designer explains that she creates pieces that she would like to wear herself; "I find inspiration in a lot of different things, be it a flower, nature or architecture."

Handcrafted and set in select precious metals. Marah's designs are all limited editions, making each piece rare and appealing to discerning buyers who value exclusivity. Marah's goal is to infuse a sense of uniqueness and rarity into each piece, with individuality and versatility at the heart of her designs. Says the designer: "My designs are created to showcase the rare beauty of Larimar and imbue each woman with a natural sense of style and elegance."

Larimar's metaphysical powers are revered among healers, who were some of the first to recognize

the stone's rarity and special gifts. Its extraordinary physical appearance channels the energies of the sea and the heavens to bring peace and tranquility, and this mythical stone is also rumored to have the ability to draw one's soul mate. Larimar can help support you in a time of transformation and change. Describes Marah: "The Larimar stone makes you feel beautiful, and it makes you feel good. It is a stone of balance which brings mental clarity and soothes the spirit." Wear it and feel its calming influence flow through you.

Marahlago Designs come in nickel-free sterling silver, 14k and 18k gold, with some designs accented by diamonds, white topaz, blue topaz. Australian opal, onyx, citrine, amethyst or peridot. Every single piece is finished with Marahlago's trademark flower, which represents a signature of authenticity and personal guarantee. Collections to meet every budget and style are available at Casa de Oro duty-free stores island wide.

Prices for Marah Lago's jewelry vary from under US\$100 to around US\$2,000.

Casa de Oro is located at The Shoppes at Rose Hall (tel: 953-9755) and at City Centre (tel: 952-3502) in Montego Bay. In Ocho Rios at Soni's Plaza (tel: 974-5392) and Island Village (tel: 675-8999) and in Negril at Time Square Plaza (tel: 957-9530).



# Duty Free Treasures since 1958. Only at Casa de Oro.

THE BEST IN LUXURY BRANDS



CARTIER

DIAMOND JEWELRY

DIOR

EBEL

GUCCI

HOUSE OF TANZANITE

JAEGER-LECOULTRE

Мікімото

RADO

RAYMOND WEIL

ROBERTO COIN

RODNEY RAYNER

SAURO. GIOIELLI OLTRE

TAG HEUER

TIFFANY & CO

TISSOT

VACHERON CONSTANTIN











OCHOS RIOS

ISLAND VILLAGE \* MAIN STREET 876.675.8998

5 Tajmahal Shopping Center 876.974.9341

# MONTEGO BAY

CITY CENTER MALL • DOWNTOWN 876,952,3502

24 SHOPPES AT ROSEHALL 876.953.9755

# NEGRIL

2 TIME SQUARE MALL NORMAN MANLEY BLVD 876.957.4922



wwww.casadeoro.com \* casadeoro@infochan.com \* Fax: 876, 952, 2638

# LUXURY SHOPPING ON THE ROCK

ring back a lasting memento from your trip to Jamaica, a luxurious timepiece or a decadent piece of jewelry. With prices of up to 30% less than those of North America or Europe, shopping for big ticket items is worth it. The trendiest labels and designs are available at the island's duty-free retailers in all the resort areas so no matter where you are staying on 'the rock', do some shopping and don't be coy about bargaining. You may just score a great deal!



## TUDOR LADY CHRONO

WHERE TO FIND IT: SWISS STORES

Produced by Swiss watchmaker Tudor, the Lady Chrono presents a sporty new look for women. The dazzling, 41mm polished stainless steel case of the Lady Chrono is studded with 7 round diamonds and a graduated tachymetric bezel circled by a row of 73 diamonds. Available with a silver dial and matching rubber straps in a number of colors, the timepiece gives ladies a variety of choices to express their individual style. Stylish and durable, the Tudor Lady Chrono is an expression of individuality that marries audacity with superb functionality, as one would expect from a brand created by Rolex founder Hans Wilsdorf. Water resistant up to 150 meters, the watch is powered by a selfwinding ETA movement with a 46-hour reserve, a small second display and a rapidly adjustable calendar.

Look for the Tudor Lady Chrono at Swiss Stores at The Shoppes at Rose Hall (tel: 659-9274) in Montego Bay. at Island Village (tel: 675-8975) in Ocho Rios, at the Mall Plaza Constant Spring Road (tel: 926-6537) and Pegasus Hotel (tel: 929-8147) in Kingston. www.SwissstoresJamaica.com



### **CARTIER SANTOS 100**

WHERE TO FIND IT: CASA DE ORO

In 1904, Louis Cartier answered the call of Brazilian aviator Alberto Santos-Dumont, who complained to his friend about the unreliability of pocket watches. Thus, Cartier created the first men's wristwatch and the Santos 100 series was born. Presented in both men's and ladies' versions, the stunning 2008 model sports materials ranging from solid steel to gold with coordinating straps and color configurations. In keeping with the finest Cartier tradition, this timepiece combines powerful functionality and stunning good looks. With mechanical movement, automatic winding and a 42-hour power reserve, the Santos 100 pink gold version with sturdy black rubber straps and a matte black dial with bold roman numerals marking each hour is available at Casa de Oro.

Located at The Shoppes at Rose Hall (tel: 953-9755) and at City Centre (tel: 952-3502). In Ocho Rios at Soni's Plaza (tel: 974-5392) and Island Village (tel: 675-8999) and in Negril at Time Square Plaza (tel: 957-9530). www.casadeoro.com



NAGA DRAGON COLLECTION

WHERE TO FIND IT: JEWELS & TIME

avid collectors all over the world. One of John Hardy's latest creations, the Naga Dragon Collection is inspired by the cosmic dragon found in ancient cultures throughout the world, symbolizing the life force that brings health and prosperity. Rhythmic patterns in sterling silver and 18 carat gold are inspired by the dragon's coat, rich in texture with contrasting motifs in solid and open grillwork. John Hardy continues to produce some of the most intricately designed jewelry and buying the brand means investing in a company that cares for the Earth. In 2006, John Hardy became the very first company to calculate its carbon emissions and plant a corresponding number of bamboo seedlings on Nusia Penida, a small and impoverished island off the coast of Bali, Indonesia.

> John Hardy designs are available at Jewels & Time Duty Free Jewelry stores at The Shoppes at Rose Hall and City Centre Shopping Mall (tel: 953 4600) in Montego Bay. They can also be found at Island Village Shopping Centre and Tajmahal Plaza (tel: 675 8762) in Ocho Rios. www.iewelsandtime.com

**BREGUET CLASSIOUE 7137** 

WHERE TO FIND IT: TROPICANA JEWELERS

A pillar of watch making tradition, Breguet founder Abraham-Louis Brequet is considered by many as the father of the craft. One of the greatest horologists of all time, Breguet's unequalled contributions include the self-winding watch, the first oil-free escapement, the first timepiece shock absorber, perpetual date mechanisms and the invention of the patented Tourbillon. Since 1775, Breguet has fashioned timepieces for Napoleon Bonaparte, Marie Antoinette, Winston Churchill, Alexandre Dumas as well as countless princes, dukes, sultans and kings.

With extraordinary attention to detail, this beautiful masterpiece is a testimony to the Brequet tradition of watch making innovation. Incorporating the brand's signature style with blue steel hands, quilloche engraving and fluted case band, the Classique 7137 is inspired by the iconic Brequet watch no. 5. A sapphire crystal case-back available in either white



or yellow 18 carat gold reveals the ultra thin, handengraved self-winding material. The Brequet Classique 7137 can be found at Tropicana Jewelers in Montego Bay at The Shoppes at Rose Hall (tel: 953-2242) and

City Centre (tel: 952-6982). In Ocho Rios at Island Village (tel: 675-8774) and Tajmahal Shopping Centre (tel: 974-2928) and at Negril's Time Square Plaza (tel: 957-9530).





Dragon bracelet from the John Hardy Naga Dragon Collection

# Tropicana Jewelers

# TEMPTATION BEYOND BELIEF

Luxury Watches 6 Designer Jewelry





CITY CENTER MONTEGO BAY



THE SHOPPES AT ROSE HALL TAJMAHAL SHOPPING MALL MONTEGO BAY



OCHO RIOS



ISLAND VILLAGE OCHO RIOS



TIME SOUARE NEGRIL



BAUME & MERCIER



BVLGARI

**CHANEL** 

Chopard

DAVID YURMAN

GUCCI

MARCO BICEGO

Harry Winston



PIAGET

CALL US AT: +1 (876) 953-2242

WWW.TROPICANAJEWELERS.COM

# **FOLLOW YOUR HEART**

fter 20 years in the corporate world, Michelle Yap found the courage to start her own business. Driven by her love affair with goats' milk, a miraculous ingredient which makes her 'Ital Blends' skin care products unique, the Owner & CEO credits her family and friends for the success of her business venture. From her factory in St. Andrew's Irish Town, this inspiring lady continues to create pure products that have become the talk of the island.



Michelle Yap, founder and CEO of Ital Blends has found her calling (Photo: contributed by Ital Blends)

The idea of Ital Blends was born when Michelle Yap was introduced to the natural wonders and health benefits of goats' milk by herbalist Joseph White. This lucky concurrence grew into a real love affair. Soon, Michelle and her husband David McKay started intense research and began to produce gifts for friends and family. Says Michelle: "They were our hardest critics and I think this is the reason why the line became such a success. We had to experiment a lot." The positive feedback gave Michelle the courage to trade in a secure monthly paycheck, follow her heart and open her own business.

To gain more formal knowledge about soap making, Michelle joined several U.S. groups and asked lots of questions. She delved into several online recipes, which started her journey

to become a seasoned producer of beauty products. Recalls the entrepreneur: "Serious about getting into business, I bought my supplies, tried some recipes and did not even spoil one batch. That is when I realized that I really have a knack for this!" And 'voilà!', shortly thereafter, Ital Blends' product range had expanded to nine decadent soaps. According to Michelle, the production of lotions and other products came very easily after that.

Friends and family began to spread the word and 'word of mouth' became one of Michelle's major marketing vehicles. Recalls Michelle: "Suddenly, I received requests for soaps. The orders increased and I was even able to make back what I had spent on research."

Michelle credits the early support of her family and friends for her success. The official 2007 opening of Ital Blends coincided with the completion of the family's new dream home in Irish Town, which houses her 500 sqft factory in the basement. From the family home in the cool hills of St. Andrew, the spectacular views provide loads of inspiration for Ital Blends' natural creations. Enthuses Michelle: "We look out the window and see a paradise, pine trees, hills and valleys, and every single day I thank god for this little piece of earth."

Working from home together with her family, the business got off its feet with the help of Michelle's mother, aunt and uncle who have since retired. Today, Ital Blends counts two lovely young ladies as its staff and Michelle's 16 years old son steps in when extra hands are needed.

Ital Blends' skin care creations all bear Jamaican names. Its 'Pure Niceness' range, which means all things good,



Made in Jamaica, the BeeniBit Body Oil, a small piece of heaven for hotel quests (Photo: Gina Rev Forrest)



The magnificent view from the family's home in Irish Town St. Andrew (Photo: Michelle Yap-McKay)



From the 'Lively Up Yu'self' Series, the all natural hand crafted Sunny Citrus soap and body lotion *(Photo: Susan Lee Quee, property of Ital* Riends © 2008)



This appealing gift basket includes an array of favorite Ital Blends products (Photo: Susan Lee Quee, property of Ital Blends © 2008)

comes highly recommended for extremely sensitive skin types and features a variety of handcrafted soaps, body shampoos, lotions and bath salts. To fill your life with energy, try the 'Lively Up Yu'self' line, crafted with a handpicked selection of ingredients to help jump-start your day and for the ultimate in relaxation, the sensual, exotic scent of 'Cease & Settle' is guaranteed to give you a good night's sleep with sweet dreams.

Ital Blends also offers the 'BeeniBit' series, a little slice of heaven with hotel and spa products, travel kits, wedding favors and gift baskets. An extensive line of bath salts, incense and accessories such as loofahs, bamboo & calabash soap dishes are also available.

Named for the Rastafari word 'Ital', which derives from the English word vital and refers to pure, natural products from the earth, Ital Blends makes natural soaps with goats' milk, aloe vera, essential oils, herbs and shea butter. Filled with vitamins A, B1, B6, B12, C and E, zinc, several other minerals, citric and amino acids as well as a diversity of other nutrients to rejuvenate the skin, goats' milk is the key ingredient in the majority of Ital Blends' products. Says the business owner: "The skin is your largest organ, Respect it, cherish it and nurture it!"

# ITAL BLENDS PRODUCTS ARE AVAILABLE AT THE FOLLOWING LOCATIONS:

Michelle's insider tip is her Sunny Citrus body polish, which she describes as absolutely divine. Says one satisfied customer from Barbados who had tried it first hand: "I bought the Sunny Citrus Body Polish and used it the same night. It left my skin feeling smooth, moisturized and extremely soft. That polish definitely gave my skin a glow."

In Kingston at Things Jamaican at Devon House, 26 Hope Road (tel: 926-1961) and 14 Camp Road (tel: 928-5161), Health & Nutrition, Sovereign Centre (tel: 978-3529), Best Regards, Shop 41, Sovereign Centre (tel: 978-3502), Isabelle's Spa, Shop # 3b, The Orchid Village, 20 Barbican Road

(tel: 970-0025), Shakti Mind Body Fitness, 5 Bedford Park Avenue (tel: 906-8403) and Brandish, Norman Manley International Airport (tel: 924-8744).

Blue Mountain Moment, Sweet Dreams and Herbs in Harmony, all 100% Goats' Milk Soap

(Photo: Susan Lee Quee property of

Ital Blends © 2008)

In Montego Bay at Things Jamaican (**tel: 979-1929**) and Backra Buys at the Sangster's International Airport and the Half Moon Gift Shop, Half Moon Hotel.

In Negril at the Swept Away Gift Shop and at the Sans Souci Gift Shop in Ocho Rios. In Port Antonio at the Errol Flynn Marina (tel: 715-5247-8).

Check out Ital Blends' website at www.italblends.com or e-mail info@italblends.com.
Tel: 1-876-654-6310 or 944-8000.







# A RUM EXPERIENCE UNLIKE ANY OTHER

tribute to the skill of the blenders that hold the complex signature flavor of Appleton in their taste buds, Master Blenders' Legacy is the ultimate homage to the art of blending Appleton Estate Jamaica Rum. Specially created for the Jamaican tourist, this exceptional rum expression is comparable to a luxury cognac or whiskey and may be enjoyed neat or on the rocks. Pick up a bottle of the Master Blenders' Legacy rum at one of the island's duty-free stores or at the Montego Bay International Airport on your way home. Presented in a regal purple gift canister, it has the perfect taste of Jamaica.



Appleton Launch (Photo: contributed by Appleton)

 $(\mathbb{D}(\mathcal{I}S)(\mathbb{N})$ 

JAMAICA RUM

The oldest sugar estate and distillery in Jamaica, Appleton Estate produces their premium rum range exclusively on the Appleton Estate in the Nassau Valley of St. Elizabeth parish, and the first documented rum production dates back to 1749. With more than 20 gold medals and trophies from international competitions and golden rums on the ascendancy, the Appleton Estate Jamaica Rum range offers a variety of premium rums to suit every taste, cocktail style and price point.

Appleton Estate produces two main styles of rum; Genuine Minimum Aged Rum and Blended Rum. While Genuine Minimum Aged Rum ages in oak barrels and acquires the characteristically woody, oaky flavors from the cask, Blended Rums have vanilla and caramel flavors and can consist of selections of up to 15 – 20 different types of rum. Although Blended Rums may be enjoyed straight, like good cognac or whiskey, their complex character make them better mixers than their aged counterparts.

What is exceptional about the new Master Blenders' Legacy is the innovative merger of the two styles of rum. While Legacy derives its oaky hint from Appleton's 30 year old Genuine Minimum Aged Rum, it is blended with a selection of younger Blended Rums to create an exceptional finish. Reports David McConnell, Managing Director of Appleton Estate Jamaica Rum's Global Marketing Division; "This sipping rum was created using Appleton Estate's rarest stocks of aged rums, at the heart of which lies the most exquisite 30 year old rum. As these rums aged to perfection, they were nurtured by three generations of blenders – our current Master Blender, Joy Spence, her mentor and our Master Blender for over 20 years, Owen Tulloch, and Joy's protégé, David Morrison." Continues McConnell; "Master Blenders' Legacy is the perfect addition to the Jamaica Rum range,

which now offers five levels of fine Estate rums, each with its own unique character and taste."

According to Global Brand Director Peter Hottmann, the creation of

> Genuine Minimum Aged Rums include Appleton Estate 12 year old, 21 year old and 30 year old Jamaica Rum, whereas Blended Rums include the V/X, the Reserve Jamaica Rum and Appleton's newly launched Master Blenders' Legacy.

> > Note: 30 year old is not illustrated in this photo



Global Consumer Marketing Manager: Peter Hottmann

Appleton's new luxury rum was prompted by the limited availability of the estate's 21 year old Jamaica Rum. Says Hottmann; "We wanted to create a new flavor and satisfy the need for a special expression of luxury rum for the Jamaican tourist, one that really conveyed the essence of Appleton Rum. The blending process is both time consuming and costly and requires the finest rum noses in the business."

Finishes Hottmann; "With the creation of our new rum, the Master Blenders that have perpetuated Appleton Estate's 259 year trademark bouquets and aromas, have achieved a legacy of their own."

Appleton's Master Blenders' Legacy is available in island duty-free stores and at Montego Bay International Airport. The recommended retail price for duty-free is US\$ 79.99 (with duty paid US\$ 89.99).

# **GENUINE MINIMUM AGED RUMS**

Genuine Minimum Aged Appleton Estate Rums include Appleton Estate 12 year old, 21 year old and 30 year old Jamaica Rum.

### APPLETON ESTATE 30 YEAR OLD

Only 1,440 bottles of Appleton Estate 30 Year Old Jamaica Rum were produced and released to select markets across the globe in 2008. A very rare and special rum that has been aged in oak casks for 30 years, Appleton Estate 30 Year Old Jamaica Rum is packaged in a proprietary bottle, a design which was inspired by the signature bottle that has been a hallmark of the brand since it was launched 20 years ago. The bottle has a cork finish and each bottle has a hand-numbered certificate of authenticity.

# APPLETON ESTATE 21 YEAR OLD

Appleton Estate 21 Year Old Jamaica Rum is aged for a minimum of 21 years in oak barrels and it is truly a collector's item and a lifetime experience.

### APPLETON ESTATE EXTRA 12 YEAR OLD

Appleton Estate Extra Jamaica Rum is aged for a minimum of 12 years in oak, and is truly an unsurpassed masterpiece of oak ageing. Appleton Estate Extra 12 year old Jamaica Rum is a bold and confident rum that should be enjoyed straight-up or on the rocks.

# BLENDED RUMS

Blended Appleton rums include the V/X, the Reserve Jamaica Rum and now the newly launched Master Blenders' Legacy.

# APPLETON ESTATE V/X

Appleton Estate V/X Jamaica Rum is the first member of the Appleton Estate range. This particular blend of rum is made up of 15 select aged rums that add the most amazing and unique characteristics to classic cocktails.



# APPLETON ESTATE RESERVE

Appleton Estate Reserve Jamaica Rum gives you the opportunity to make the perfect transition to sipping rum. This luxurious blend of rums is made up of 20 select aged rums and makes the most amazing luxury cocktails. Appleton Estate Reserve Jamaica Rum is perfect for sophisticated drinks, like champagne cocktails as well as luxury Martinis.

# APPLETON ESTATE MASTER BLENDERS' LEGACY

Appleton Estate Master Blenders' Legacy Jamaica Rum celebrates three generations of blenders. At the heart of this particular blend lies the most exquisite 30 year old rum. This blend celebrates the art of rum making and rum drinking and is therefore perfect with a splash of water or club soda.

Packaged in Appleton Estate Jamaica Rum's proprietary bottle Master Blenders' Legacy

luxury rum expression is presented in a regal purple gift canister. (photo: Appleton)

# **WHAT A GWAAN?**

hat A Gwaan' is Jamaican patois for 'What is happening?', '¿Qué está sucediendo?' in Spanish 'Che cosa sta succedendo?' in Italian or 'Qu'est-ce qui se passe?' in French. As with every nation, Jamaicans like to know what is happening on their island and gladly listen to the latest news on current affairs, events, attractions, celebrity visits and of course island gossip. And there is no shame in being a bit nosey. Be sure to read what the Jamaica Tourist has to report on the latest goings on so you are well informed in case someone asks you, 'What A Gwaan?'



Restaurateur Eva Myers with Hollywood star Josh Lucas (Photo: contributed by Eva Myers)

# 'HOTTIE' JOSH LUCAS RANG IN 2009 IN OCHO RIOS

You just never know who you will run into at Evita's. Known as the 'Ochi' hotspot for the rich and famous, restaurateur Eva Myers frequently hosts celebrities at her chic Italian eatery. The latest to visit her trendy Evita's is internationally acclaimed actor and certified 'hottie' Josh Lucas, who partied away New Year's Eve at the fun, Ocho Rios hangout. While the Hollywood star gained mainstream exposure with his roles in 'A Beautiful Mind' and 'Hulk', the actor is also known from the movies 'Poseidon' and the romantic comedy 'Sweet Home Alabama' with Reese Witherspoon.

# JIMMY BUFFET CELEBRATES BIRTHDAY AT **MARGARITAVILLE MOBAY**

'Parrotheads' who were enjoying the Christmas holidays in Jamaica, got to party away the night with Jimmy himself at Margaritaville Montego Bay on December 25th. The beloved singer was celebrating his birthday, in true island-style, with the staff of M'Ville in the friendly city, rubbing shoulders with a host of fans who were thrilled to kick back with their idol.



Jimmy Buffet with fans (Photo: Margaritaville)

# MISS JAMAICA UNIVERSE AT PALMYRA **FOUNDATION FUNDRAISER**

Miss Jamaica Universe 2008, April Jackson, lit up the recent Palmyra Foundation fundraiser with her charming



Miss Jamaica at the Foundation caption

presence. Despite the weather sending unexpected 'blessings' from above, the gorgeous Jackson enjoyed the evening with Frame by Frame's Max Earle, The Palmyra's General Manager Lester Scott, Palmyra Foundation's Chairperson Kathi Constanzo and radio personality and MC Michael Anthony Cuffe, Jackson flew into Mobay specially to support the efforts of The Palmyra Foundation, which has hand-delivered 65,000 text books to 12,971 public infant school children across the island in its first two vears, www.thepalmvrafoundation.com

# ASAFA POWELL AT JAMAIGA JAZZ & BLUES

Prior to the 2009 season, Jamaican sprinter Asafa Powell found time to slow down and enjoy the music at this year's Jamaica Jazz & Blues Festival. The athlete was snapped with Palmyra Sales Executives Stasia Stephenson and Caryll Mullings-McDonald while perusing luxury real estate opportunities in Rose Hall, Perhaps Powell is considering the purchase of a permanent spot to cool out on the island's north coast, when he isn't speeding down the track?



Asafa Powell visits The Palmyra at Jazz Festival (Photo: Heidi Zech)



Keisha Phipps, Ambassador Sue Cobb and Lennox Lewis (Photo: Steve Mack)

# LENNOX LEWIS HONORED AT 27TH AFJ GALA

The American Friends of Jamaica (AFJ) honored Lennox Lewis with its prestigious International Achievement Award for his professional success as well as his special love and connection with Jamaica and its people at its 27th Annual Gala at Gotham Hall in New York City. "We are pleased to celebrate a sportsman with roots in Jamaica," commented Keisha Phipps, AFJ Executive Director. "His success and commitment to giving back is truly admirable," continues Phipps. This year's honoree joins a distinguished list of award recipients including Edgar and Louise Cullman, famed fashion

icon Ralph and wife Ricky Lauren; renowned billionaire and philanthropist Michael Lee Chin; entertainment mogul Chris Blackwell and musician and social activist Harry Belafonte.



Mayor of Kingston Desmond Mckenzie presents a token to former U.S. Ambassador to Jamaica Brenda LaGrange Johnson (Photo: courtesy of Embassy of the United States, Kingston)

# AMBASSADOR LAGRANGE JOHNSON SAYS FAREWELL

After completing her three-year tour of duty as U.S. Ambassador to Jamaica, Brenda LaGrange Johnson bid goodbye to the island with a January 14 farewell reception at the U.S. Embassy in Kingston. The Ambassador and her husband Howard J. Johnson, who departed Jamaica on January 20, will be missed at the Embassy and among her many Jamaican friends. Upon her retirement from the State Department, LaGrange Johnson will join the Council of American Ambassadors to serve as a travelling goodwill ambassador and remain involved with the projects she oversaw during her tenure.



From left to right: Son Andrew Lauren, Ralph and Ricky Lauren, Ralph's brother Gerry, Ralph's daughter Dylan Lauren of the famed 'Dylan's Candy Bar' with partner (Photo: Round Hill Hotel and Villas)

# RALPH LAUREN & FAMILY RINGS IN NEW YEAR AT ROUND HILL

Once again, the Lauren family rang in the New Year in style at Round Hill Hotel and Villas. A visitor to Round Hill for over 20 years, Ralph Lauren has been recognized for his ongoing support of various Jamaican causes, including the Association of Hanover Charities, and was awarded the Order of Distinction by the Governor General and the International Humanitarian Award by the American Friends of Jamaica. Apart from rest and relaxation, Mr. Lauren finds inspiration for his designs from the natural elegance of Jamaica and graced Round Hill's Pineapple House with his luxurious design a few years ago.

# JAMAICANS ON TOP AT '08 REGGAE MARATHON



Arieta Martin, female winner of the 2008 Reggae Marathon receives the Rita Marley trophy from Race Director, Alfred Francis. (Photo: Frrol Anderson)

Veteran long distance runner Linton McKenzie and Arieta Martin ran away with the top spots at the 2008 staging of the Reggae Marathon in Negril. From a field of 754 entrants representing 18 countries. McKenzie was the first to break the tape in 2:40:08, while Martin led the female finishers in 3:28:16. Commenting on the 10K, which was introduced last year, race director Alfred Francis said "of the 250 participants, Kemoy Campbell won with a time of 30:35." Other highlights of the event included the presentation of Reggae Marathon Lifetime Awards to octogenarians and longtime rivals Burt Carlson (83) of the USA and Jamaica's Rov Thomas (82). Reggae Marathon will take place on December 5, 2009 this year and is expected to be even bigger and better. (For more information: www.reggaemarathon.com).

# JETBLUE ADDS DIRECT FLIGHTS BETWEEN MONTEGO BAY AND JFK

Great news! Budget airline JetBlue is commencing service between New York's John F. Kennedy Airport and Montego Bay as of May 21, 2009. According to airport officials, the carrier will be adding daily service between the two airports and also open up easy access connections to numerous northeastern cities in the United States. For more information or to book your next trip to Jamaica, log on to **jetblue.com**.



JetBlue now flying daily from J.F.K. to Jamaica



THE PALMYRA

DON'T LEAVE JAMAICA WITHOUT DISCOVERING
HOW YOU CAN ENJOY A LUXURY LIFESTYLE THAT IS SECOND TO NONE

CALL 1-888-DALMANDA TODAY (TOLL EDGE 1989 705 (072) LAMAICA CALL CALL 1-888-PALMYRA TODAY [TOLL FREE 1.888.725.6972 JAMAICA ONLY]



PORT OF CALL DUTY FREE · KINGSTON SUNSHINE LIQUORS DUTY FREE · MONTEGO BAY
BLUE MOUNTAIN DUTY FREE · MONTEGO BAY
BUCCANEER DUTY FREE · MONTEGO BAY