

Inns & Outs

OF
TRINIDAD & TOBAGO



2010

10TH EDITION



**STAY CONNECTED TO FRIENDS,
FAMILY & BUSINESS ASSOCIATES
WHILE IN TRINIDAD AND TOBAGO**

When in T&T roam on the network with the most roaming partners, best coverage and rates.

To choose bmobile:

- Select Menu / Settings / Network Settings
- Select Manual
- Select TSTT or bmobile or 37412

bmobile keeps you connected wherever you want to be in T&T.

www.bmobile.co.tt

bmobile

T&T's #1 Mobile Network



PRUDENT.

There are no shortcuts on the road to prosperity. Long-term achievements are almost always the result of prudent decisions. This includes comprehensive research, thorough analysis and the foresight that only comes from experience. Anyone can say they take a prudent approach, but few are willing to maintain the hard work and patient commitment required for success.

At Sagicor, we have spent more than 160 years building our company on prudent decisions. We've purposely avoided risky situations to bring you the kind of wise and prudent investing that you can count on in good times and bad.

No matter if you're buying a new home, planning your retirement, or simply interested in providing

security for your family, we believe that a steady path is the best and, wisest, plan of action.

If that makes us predictable, well then we'll take that as a compliment. We'll even wear it proudly if our predictability means a better future for you and your family.

TO DISCUSS THIS FURTHER WITH A SAGICOR ADVISOR, JUST CALL 628-1636 TO ORDER YOUR BOOK OF FINANCIAL WISDOM. IT'S FREE AND ANOTHER STEP TOWARDS LEARNING JUST HOW MUCH WISE FINANCIAL THINKING FOR LIFE CAN HELP.



Wise Financial Thinking for Life



Edison Boodoosingh/trinimages.com



Edison Boodoosingh/trinimages.com



Trinidad

INTEREST

- 6 10th Anniversary
- 8 Calendar of Events
- 22 Mount St. Benedict
- 26 A Year Gone By
- 28 Carnival
- 34 Indian Festivals
- 38 Talk de Talk
- 39 River Lime

SHOPPING

- 40 Shopping in Style
- 43 Shopping Malls
- 48 For the Home
- 50 Gifts and Souvenirs
- 52 Duty Free, Wine & Gourmet
- 56 The People's Canvas
- 63 Pottery – A Labour of Love
- 64 Trini Folklore, Folktales and Myths

TOURING

- 68 Touring
- 74 Down the Islands
- 76 Beaches
- 78 Blanchisseuse
- 82 Trinidad Sights

ACTION

- 80 Las Cuevas Surf Day
- 81 Recreational Fishing
- 86 Women's Football

BUSINESS

- 88 Tourism Overview
- 91 Femmes du Chalet
- 94 The Waterfront
- 95 Map of Port of Spain

ACCOMMODATION

- 96 Accommodation

SPECIAL EVENTS

- 108 Special Events

RESTAURANTS

- 112 Restaurants & Nightlife

FAST FACTS

- 136 Trinidad Fast Facts

Tobago

History 138
Birds of T&T 141

INTEREST

Diving—Corals 142
Tobago Carnival Regatta 147

WATERSPORTS

Beaches 148
Marlin Madness 151

BEACHES

Sports Roundup 152
Great Race 159
Cycling 190

SPORTS

Tobago Festivals 154

FESTIVALS

Touring & Sights 160

TOURING

Shopping 164

SHOPPING

Property 168

PROPERTY

Tobago Jazz Experience 174

JAZZ

Nightlife 176

NIGHTLIFE

Accommodation 180

ACCOMMODATION

Tobago Weddings 189

WEDDINGS

Restaurants 192

RESTAURANTS

Tobago Fast Facts 199

FAST FACTS

Hotels and Guest

Houses of T&T 200



Solomon Baksh



Edison Boodoosingh/trinimages.com



Peter Sheppard

The Ins & Outs of Trinidad and Tobago

2010

The Exclusively Recommended In-Room Guide of
The Trinidad Hotels, Restaurants & Tourism Association



10th Annual Edition



Trinidad Cover Artist: LeRoy Clarke



Tobago Cover Artist: Nazim Baksh

The Ins and Outs is widely distributed locally to visitors through hotel rooms, villas and guesthouses. It is delivered to 5000 subscribers of a leading newspaper. It also reaches residents through select merchants, conferences, seminars and business organisations. T&T's overseas diplomatic missions and World Travel Market form part of the international distribution.

PROJECT CO-ORDINATORS

Patricia Lewis Marie Gurley

ADVERTISING SALES

Patricia Lewis Marie Gurley Betti Gillezeau

EDITOR

Sandra Baksh

ARTWORK & LAYOUT

Solomon Baksh Maria Atherley-Alpheus
Patricia Lewis Sally Miller

PRODUCTION

Maria Atherley-Alpheus

PRODUCTION ASSISTANTS

Candace Lennard Nichele West-Broome

PHOTOGRAPHERS

Edison Boodoosingh Stephen Broadbridge
Solomon Baksh CaféMoka
Curtis Chase Abigail Hadeed Patricia Lewis
Peter Sheppard Karla Ramoo
Anthony Harris Jennifer Watson

WRITERS

Keith Anderson Kay Baldeosingh
Suzanne Bhagan Sandra Baksh
Nigel Boos Luke Benai Angelique Borde
Adrian Camps-Campins Tanya Clovis
Robyn Edwards Lisa Ghany Dawn Glaisher
Louis B. Homer Martyn Kenefick Nasser Khan
Keith Lewis Desirée McEachrane
Cherisse Moe Halcian Pierre Sonja Sinaswee
Sheldon Waithe Andy Whitwell

PUBLISHED BY

Caribbean Tourism Publications Ltd.

#9 Humphrey Street
The Film Centre, St. James
Trinidad and Tobago
Tel: (868) 622-0738/9
Fax: (868) 622-0426

E-mail: info@insandoutstt.com

Web site: www.insandoutstt.com



While every care has been taken in the compilation of information contained in this guide, such information is subject to change without notice.
The publishers accept no responsibility for such changes.

Copyright © 2010 Caribbean Tourism Publications.

All rights reserved. No part of this publication may be reproduced in any form without the written permission of the publisher. Printed in Canada



PORT OF SPAIN

OUR COMFORT INSPIRES GREAT IDEAS

Think comfort and total relaxation. Our guest rooms work for you; with plush, comfortable beds you are guaranteed to have a restful and relaxing stay. So even though you may be working away from the office, breathe, we are here to make your stay memorable and enjoyable. We offer high speed internet to keep up with the world and comfy beds to ignore it. At Courtyard by Marriott, our rooms were made for you.

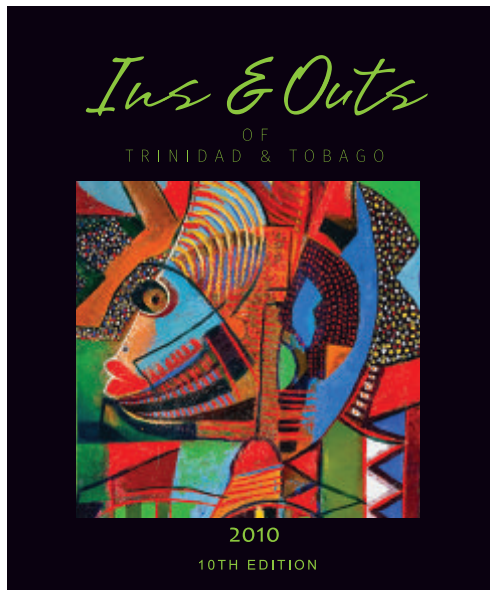
IT'S THE MARRIOTT WAY®

- Free high-speed internet access available
- 119 Deluxe rooms
- Spacious guest rooms and suites
- Meeting and Banquet facilities
- Business center
- Walking distance to shopping, restaurants, dining and entertainment

**Courtyard by Marriott, redesigned by
business travelers for business travelers.**

Courtyard by Marriott Port of Spain
Invader's Bay, Audrey Jeffers Highway
Phone: (868) 627-5555 Fax: (868) 627-6317
Website: www.courtyardportofspain.com

Celebrating 10 Years of the *Ins & Outs*

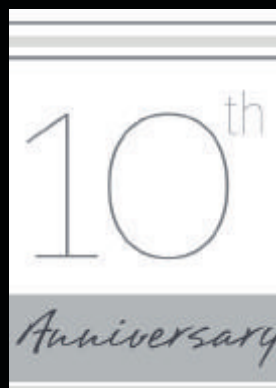
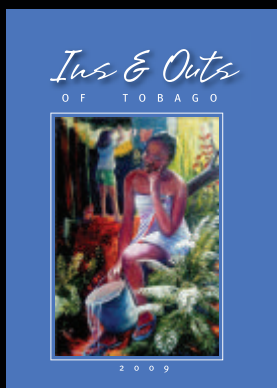
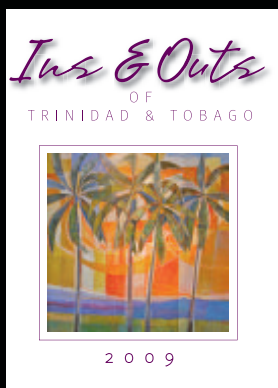
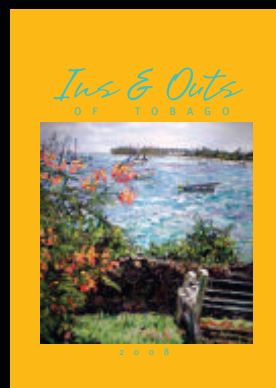
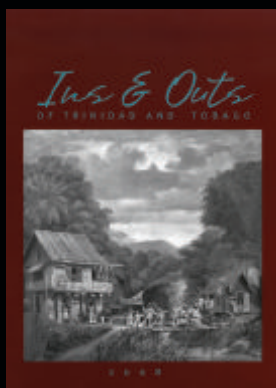
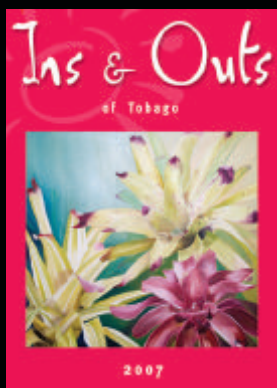
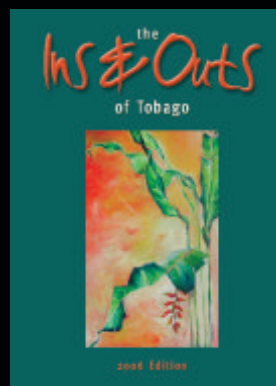
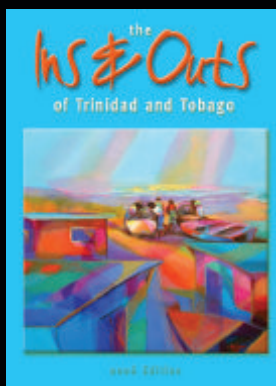
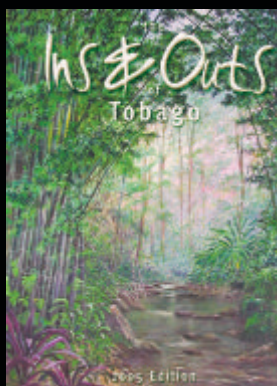
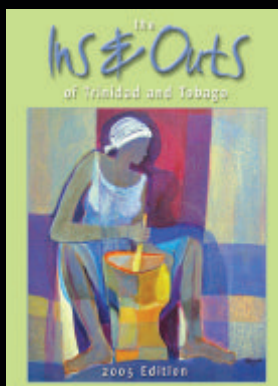
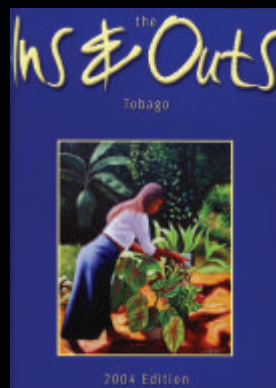
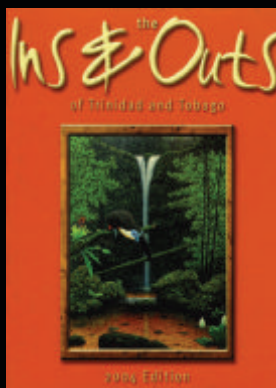
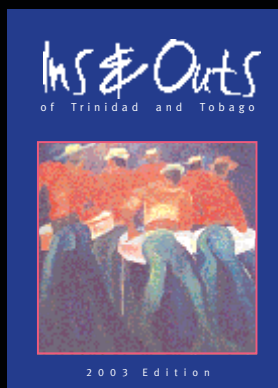
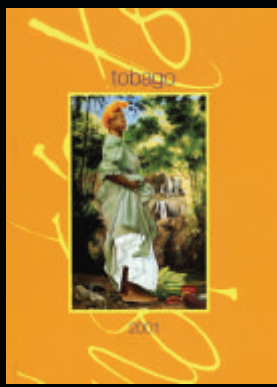
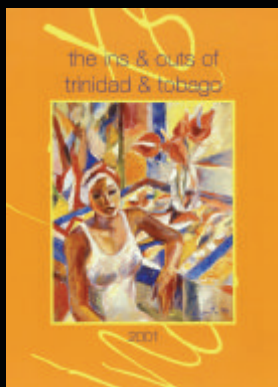


It all began ten years ago when we saw the need for a high-quality, comprehensive guide to the multifaceted destination that is the Republic of Trinidad and Tobago. Ten years later, despite all the challenges that we have faced, our passion for bringing all that is on the cutting edge of Trinidad and Tobago as a tourism destination, has earned us the trust and loyalty of a committed readership of an estimated 250,000 per issue.

Through our publication, and its complementary Web site, www.insandoutstt.com, the *Ins & Outs of Trinidad and Tobago* is the only exclusively targeted publication of its kind on the market, giving us the unique positioning to facilitate greater exposure for our advertisers.

Our happy arrival at this celebratory milestone, our 10th Anniversary, could not have been achieved without our many supporters, clients, readers and other stakeholders in the industry. It is our goal to continue to face the challenges of the ever-changing landscape of the tourism sector and we thank you all for being a part of our journey and for sharing in our success.

Team *Ins & Outs of Trinidad and Tobago*





Peter Sheppard

Public Holiday

1st New Year's Day

Energy Conferences

25th-26th Trinidad and Tobago
Energy Conference at Hyatt
25th-27th South Chamber Energy
Conference
25th-27th Trinidad and Tobago
Energy Tradeshow at Hyatt
27th Trinidad and Tobago Energy
Workshop at Hyatt

Horse Racing at Arima

1st Sian's Gold Sprint Caribbean
Turf Championship

Pre-Carnival Fetes

8th St. Francois 8th Annual Fund
Raiser Fete at St. Johns Ambulance
Hall
9th Outta De Blue 11
11th Trinity College 'Soka in Moka
11' Fete
17th Kabuki's Soca Stew 2k10
24th Carnival Fete at UWI Common
29th Ladies Night Out
29th Central Bank All Inclusive
Island People Amnesia

Carnival Events

22nd T&T Carnival Comedy Fest 2
at Centre Point Mall
23rd T&T Carnival Comedy Fest 2 at
Guaracarra Park
24th T&T Carnival Comedy Fest 2 at
Centre of Excellence
30th Panorama Semi - Finals

Golf

2nd Monthly Medal
at St. Andrew's Golf Course
5th Ladies Hamper Day
at St. Andrew's Golf Course
12th Ladies Stroke Play
at St. Andrew's Golf Course
17th Sunday Challenge
at St. Andrew's Golf Course
19th Ladies Stableford
at St. Andrew's Golf Course
23rd TATIL Golf Tournament
at St. Andrew's Golf Course

Distance Running

24th CLICO International Marathon
& 5K Run

January

January





Stephen Broadbidge

February

Pre-Carnival Fetes

3rd Agua Trinidad at The Paddock
 3rd O' Farrell All Inclusive at Mobs 2, Chaguaramas
 4th Friends of Blood Bank Fete All Inclusive at Trinidad Country Club
 4th Mc Leod Annual All Inclusive
 4th US Embassy All Inclusive
 4th Maritime All Inclusive
 5th Misty Ridge All Inclusive at Hadeed Ranch
 5th Carnival Under The Trees – Normandie Hotel
 6th Chutney Brass Festival
 6th Fatima All Inclusive
 6th Krama Sutra 9 – Country Club
 6th Machel Montano's Alternative Concept 8 at Hasley Crawford Stadium
 6th Victoria Gardens All Inclusive
 7th Heart Beat Hilton
 7th CAREC All Inclusive at Federation Park, St. Clair
 8th PNM Fete
 9th Bishops Junior School All Inclusive Fete
 9th IslandStyle Glow
 9th Eyes Wide Shut at Queen's Park Oval
 10th Bacchanal Wednesday
 10th Custom Boys Fete – Hasley Crawford Stadium
 11th Beach House All Inclusive
 11th Escape to Sanctuary @ Salybia
 11th Blanchisseuse All Inclusive

11th TRIBE Ignite at Jean Pierre Complex
 11th UWI Splash at Chaguaramas
 12th Fantastic Friday (Soca Monarch Finals)
 12th Privilege 'RISE' All Inclusive
 12th Blue Range Cooler Fete
 12th D' Cooler Fete @ Pier 1, Chaguaramas
 12th Senior Queens Semi-Finals
 12th Island People Girl Power
 13th Island People DAWN
 13th National Panorama Finals
 13th Trini Posse Fete at The Hanger, Chaguaramas
 13th Lions All Inclusive Fete
 14th Dimanche Gras
 14th Kabuki's Carnivallentine Fete
 14th Brian Lara All Inclusive at Chancellor Hill
 14th Harvard Club All Inclusive at Harvard Club
 14th Free Drinks Mania at Country Club
 14th Hilton Poolside at Hilton Hotel
 14th Steelband and Folk Fiesta
 18-21 Tobago Carnival Regatta- "Festival of Wind" at Pigeon Point Heritage Park

Golf

6th Svelty Ladies Golf Tournament at St. Andrew's Golf Course
 22-26th bp Golf Tournament at St. Andrew's Golf Course

Carnival

3rd Chutney Soca Monarch Finals at Skinner Park
 4th Panorama Semi Finals at Queens Park Savannah
 5th International Soca Monarch Semi-Finals
 6th Red Cross Kiddies Carnival
 15th Jouvert (4am)
 15th Carnival Monday – Parade of Bands
 15th Monday Night Mas at Paramin Hill
 16th Carnival Tuesday – Parade of Bands
 16th Pan Trinbago Pan on The Road
 17th Ash Wednesday
 17th Beach Limes at Maracas Bay, Las Cuevas and Blanchisseuse Bay
 17th Wild Meat Cool Down at Balandra Bay
 19-21 Tobago Carnival Regatta
 20th Alternative Comedy Festival at Queen's Park Oval
 21st Alternative Comedy Festival at Centre Point Mall
 26th Alternative Comedy Festival at Dwight Yorke Stadium

Horseracing at Arima

Coca Cola Club Championships
 Arima Race Club Cup

Public Holidays

30th Spiritual Baptist Day





Stephen Broadbridge

March

Fishing

6th-7th TTGFA Wahoo Fishing Tournament at Trinidad Yacht Club
11th-14th Tobago International Game Fishing (TGFT) Tournament
15th Annual Tobago International Game Fishing Tournament

Golf

21st Coca Cola SAGC Club Championships at St. Andrew's Golf Course
25th 2010 Annual General Meeting at St. Andrew's Golf Course
28th March-2nd June Dwight Yorke Golf Classic
29th Republic Bank Junior Opener at St. Andrew's Golf Course
T&T Open Golf Tournament at St. Andrew's Golf Club

Horse Racing

Royal Colours Classic at Arima Race Club
Starlight Stakes at Arima Race Club

Tennis

17th March-April 4th Edition of the IBM ITF Junior Tennis Championship at King George V Park

Show

13th Jazz Artists on the Green

Tradeshow

20th-21st Bridal Beauty & Beyond Expo
27th Deron Attzs Fashion Collection "BACK TO LIFE" 2010 Fashion show

Public Holidays

30th Spiritual Baptist Day

April

Fishing

21st-24th TTGFA Marlin Madness Fishing Tournament @ Pigeon Point Heritage Park, Tobago

Tennis

3rd-10th 17th IBM ITF International Junior Tennis Championships at King George V & Trinidad Country Club

Tobago Cultural Events

6th Crab, Goat Races and Other Recreational Activities

Golf

10th Monthly Medal at St. Andrew's Golf Course
17 & 18th Sagicor St. Andrew's Invitational at St. Andrew's Golf Course
27th Scotiabank Women on The Move at St. Andrew's Golf Course

Cycling

14th-24th Beacon Trinidad and Tobago Cycling Festival

Music Festival

21th-25th Tobago Jazz Experience 2010 at Pigeon Point Heritage Park, Redemption SoundSetters PanYard and Speyside Beach Facilities

Shows

10th T&T next Top Model New face Model Search
24th Wedding Planning Event

Public Holidays

2nd Good Friday
4th Easter Sunday
5th Easter Monday

March

April

SkyWay

GROUND FLOOR
PIARCO INTERNATIONAL AIRPORT

DUTY FREE

VISIT US FOR THE
WORLD'S BEST BRANDS

:: LIQUOR
:: TOBACCO
:: FRAGRANCES



TEL: (868) 669-3328
SKYWAY.DUTYFREE@BRYDENSTT.COM

Business or *Pleasure?*

Choose Auto Rentals, T&T's #1 vehicle rental company

Compact cars, luxury sedans, SUVs and light pick-ups!

- Short Term Rentals and Long Term Leasing
- Competitive rates
- Convenient Airport Pick-up
- 24-hr Roadside Assistance
- Prompt vehicle servicing

please cut here for a further
10% *discount* on a vehicle rental
Offer valid to December 31st 2010



 **NEAL & MASSY**
AUTOMOTIVE LTD.

TRINIDAD: Piarco International Airport (868) 669-2277 (868) 669-1759
TOBAGO: Crown Point International Airport (868) 639-0644 (868) 639-0305
CONVENIENTLY LOCATED AT 5 OTHER LOCATIONS NATIONWIDE

NISSAN

 **HYUNDAI**

VOLVO

 **SUBARU**

Volkswagen 



Fashion Week

Stephen Broadbridge

May

Cultural Festivals

23rd Tobago Culinary Festival at Pigeon Point Heritage Park
2nd Point Fortin Borough Day Independence Day Regatta

Golf

1st St. Andrew's Corporate at St. Andrew's Golf Course
14th Audi Quattro Cup at St. Andrew's Golf Course
16th Rotary Club Charity at St. Andrew's Golf Course
23rd Mercedes Trophy Golf Tournament at St. Andrew's Golf Course

Conference

TIC Conference-TTMA

Public Holiday

30th Indian Arrival Day

June

Cultural Festival

4th-12th We Beat Festival at St. James Amphitheatre
5th Annual Holiday Boat Cruise (Treasure Queen)

Golf

6th TTGA Companies Challenge Golf Tournament at St. Andrew's Golf Course
13th AMCHAM CITI Golf Tournament at St. Andrew's Golf Course
20th Junior Golf Tournament at St. Andrew's Golf Course

Fishing

19th & 20th The Kingfish Tournament at Sweet Water Marina, Chaguaramas
25th-27th Charlotteville Fisherman Weekend

Public Holidays

3rd Corpus Christi
19th Labour Day

May June





Edison Boodoosingh

July

Golf

5th Caddy Monthly Medal at St. Andrew's Golf Course
6th Ladies Tuesday Golf Tournament at St. Andrew's Golf Course
17th Monthly Medal Golf Tournament at St. Andrew's Golf Course

Fishing

3rd VITAMALT Junior Angler Fishing Tournament at Trinidad Yacht Club

Festivals

23rd-1st August Tobago Heritage Festival
28th-2nd August Great Fete Weekend

August

Public Holidays

1st Emancipation Day
31st Independence Day

Cultural Event

7th-8th Tobago Muhtadi International Drumming Festival

Golf

2nd Caddy Monthly Medal Golf Tournament at St. Andrew's Golf Course
24th Ladies Hand Arnold Hamper at St. Andrew's Golf Course

Fishing

13th-15th Tarpon Thunder Fishing Tournament at Sweet Water Marina

Sailing

29th Guardian Holdings Ltd Independence Day Regatta

Power Boat Racing

28th Carib Great Race at Storebay, Tobago

Fetes

7th Yorke Inc Annual Hot Summer Fete at Mendez Drive
28th 2nd Annual All Inclusive at Salybia

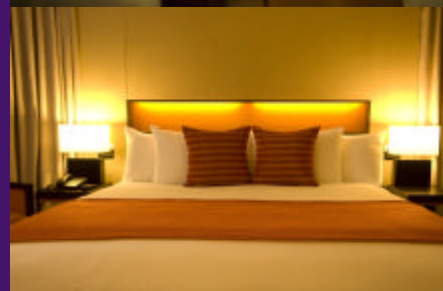
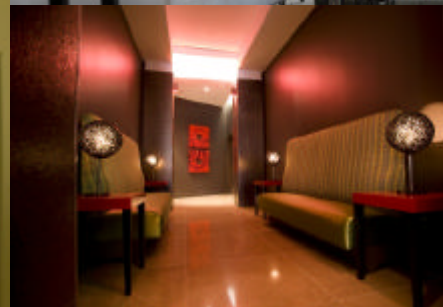
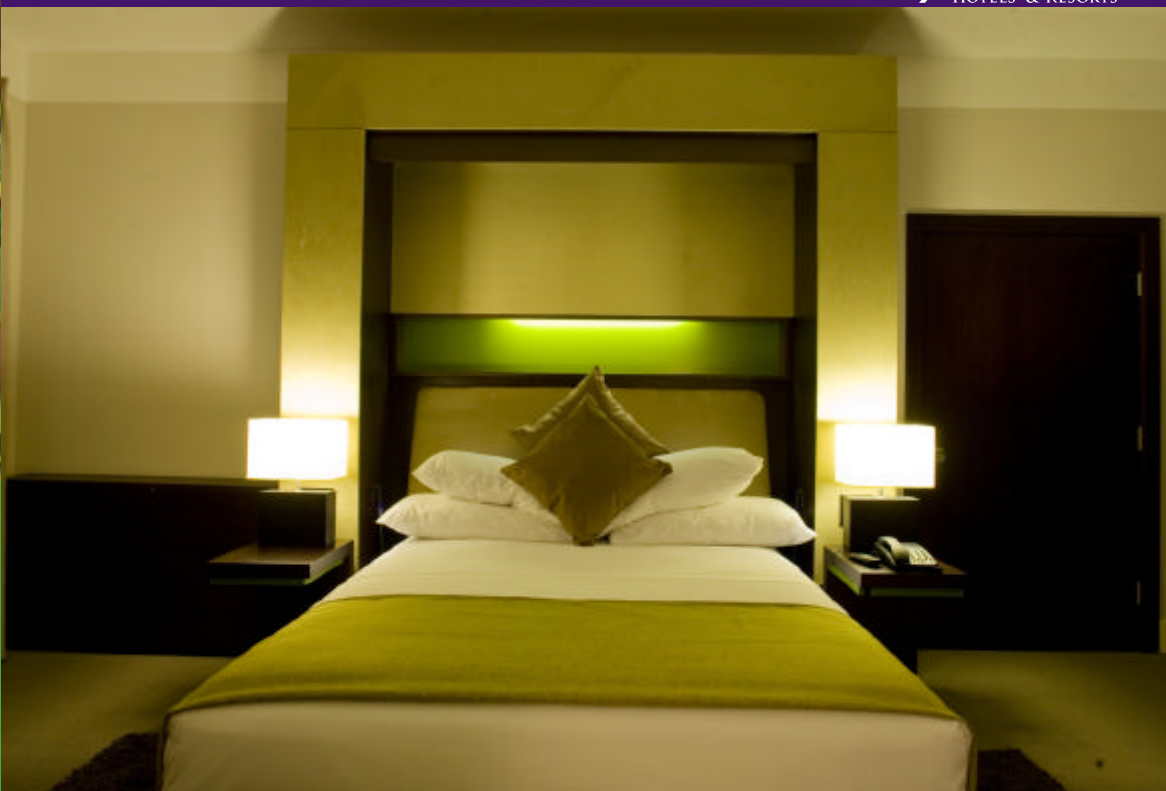
July

August

THE CARLTON SAVANNAH

PORT OF SPAIN · TRINIDAD

Preferred
HOTELS & RESORTS



Trinidad's premiere boutique hotel,
dedicated to the business traveller.

- 24 hr "Rest Assured" Service
- Car and Driver Services
- Pre-Check in and Express Check Out
- Meeting & Event Planning Assistance
- Casual & Fine Dining Restaurants
- Indoor & Outdoor Bar & Lounge Facilities
- Spa & Fitness Centre

Coblentz Ave. Cascade Port of Spain Trinidad
T +868 621 5000 / F +868 621 5001
E + info@thecarltonsavannah.com / www.thecarltonsavannah.com



September

Public Holidays

10th Eid-UI-Fitr
24th Republic Day

Cycling

24th Newsday Cycling Classic & Fun Run
Tobago Cycling Classic (TBA)

Football

5th-25th FIFA U-17 Women's World Cup Trinidad
& Tobago 2010

October

Cultural Festival

10th Chinese Arrival Dragon Boat Festival
2nd Back In Times Clash of the Year at La Joya
TBA Orchid Festival
TBA Miss City Caribbean Pageant

Culinary Festival

15th World Food Day
17th Tobago Blue Food Festival at Bloody Bay
Recreational Grounds, Tobago

September

October



The Orchid Festival is held in Port of Spain every October



November

Public Holiday

5th Divali

Festival

6th Annual Soca Parang Cruise (Treasure Queen)
21st, 28th Silver Stars Parang and Steel

Fishing

27th Funfish Tournament (TTGFA)

Golf

Scarborough Cup Golf Tournament(TBA)

National Tourism Week (TBA)

December

Public Holidays

25th Christmas Day
26th Boxing Day

Festival

5th, 12th, 19th Silver Stars Parang and Steel

Religious Festivals

16 Hosay

Fetes

4th Christmas Party @ Diego Martin
11th-4th Annual Festival Salybia
26th PINK – All Inclusive Poolside & Free
Drinks Pajama Party

Kite Flying Competition

26th Tobago Flying Colours at Plymouth
Recreational Grounds

November

December

**excellent
stores**
www.excellentstoresll.com

Souvenirs

Price Plaza, Chaguanas : 671-6295
Trinity Mall : 640-5551
83 Frederick St. P.O.B : 623-6494
Morris Towne : 623-9535

ALL THE FOREIGN EXCHANGE YOU NEED IN ONE PLACE!

✓ BUSINESS



✓ EDUCATION

✓ TRAVEL



**IF YOU ARE TRAVELLING, INVESTING OR
SENDING MONEY ABROAD, CHECK US FIRST!**

Call or come in to any one of our
25 conveniently located branches.

Ray Cool
sunglasses and accessories

Ray-Ban **PRADA** **D&G** **VOGUE**
SERENGETI **BVLGARI** **TUSCANY** **VERSACE**
EYEWEAR **DOLCE & GABBANA** **ck** **COACH**

The Falls at West Mall: 632 2201, Long Circular Mall: 622 7154
Centre City Mall: 671 6190 Gulf City Mall: 652 9049, Trinity Mall: 640 9096
Piarco International Airport (Duty Free): 669 5947
BARBADOS Norman Centre, Broad St., Bridgetown: 1 248 228 2636

NEW DESIGNER BRANDS NOW AVAILABLE AT OUR DUTY FREE LOCATION



imagine *more* for yourself.
<http://www.rbt.com> E-Mail: info@tt.rbt.com

Mount St. Benedict



Artist: Marie de Boissière

When the first monks, led by Dom Ambrose Vinckier OSB, arrived on October 6, 1912 at the site selected for them by the Right Reverend Dom Mayeul de Caigny OSB a year earlier, they found only a tiny mud hut with a thatched roof. Within two years, on August 14, 1914, after the monks had cleared the land and erected temporary rooms for their domestic use, the first little chapel was consecrated. The new foundation was granted the status of a Conventual Priory on March 6, 1915, and was dedicated to Our Lady of Exile.



Mount St. Benedict

Image courtesy Adrian Camps-Campins



Peter Sheppard

Mount St. Benedict Church and private garden

In 1947, the Monastery was raised to the dignity of an Abbey. Dom Adalbert van Duin OSB, was elected as the first Abbot and was installed on June 16, 1947 by His Grace, the Most Reverend Dr. Finbar Ryan, O.P., Archbishop of Port of Spain, in the presence of great crowds of people, including many of the leading personages of the day.

Under the able leadership of Dom Mayuel de Caigny OSB and later, of Dom Hugh Van Der Sanden, OSB, one of the Benedictine monks, Brother Gabriel Mokveld OSB, undertook the tremendous job of converting the overgrown, bushy hillside into the beautiful, stately edifice we see today. Living quarters, refectory and kitchens were constructed, and the chapel was extended. A "rest house" was built to accommodate the many pilgrims who began to frequent "the Mount", and a small "guest house" was built to provide

lodging for those wishing to rest their souls in the peace and quiet beauty of the hills of the Northern Range of Trinidad.

The monks had become very self-sufficient over the years, building viable businesses in the areas of beekeeping, honey making, candle making, baking, chicken hatching and rearing, school administration, pilgrimage hosting, and so on. Currently, Mt. St. Benedict yogurt is a commodity, regularly sold in many local groceries.

In 1943, at the request of His Grace, Dr. Finbar Ryan, the monks undertook the training of young men for the Priesthood, and the Archdiocesan Seminary of St. John Vianney and the African Martyrs was opened to students from the entire Caribbean area.

In 1946, "The Abbey School" was opened. Students came not only from Trinidad and Tobago, but also from

many West Indian islands and South America. The Abbey School provided a sound Catholic education and tuition to Oxford and Cambridge Ordinary- and Advanced-Level School Certificates, and also opportunities for its students to develop socially and physically through involvement in many sports and achievement award programmes. Some 1250 boys passed through its doors before the school closed down in 1986. With the closing of the Abbey School, a regional Drug Rehabilitation Centre was installed in its place. This Centre is still in operation.

The monks of Mt. St. Benedict also provide monks to act as parish priests for Catholic communities in San Fernando, Pointe-à-Pierre, St. Augustine and the islands of St. Vincent and Bequia.

The worldwide shortage of vocations has hit monastic life very hard and Mt. St. Benedict is no exception. The present community of monks is numerically a mere shadow of its earlier days when as many as fifty monks lived, worked and prayed at the monastery.

At the same time, Mt. St. Benedict has sent forth its own daughter community, to establish a new monastery on the Essequibo River, in the interior of Guyana. This new undertaking is staffed by monks from both Guyana and Trinidad, including former Abbot, Fr. Hildebrand Green OSB, Brother Pascal Jordan OSB Former Abbot, Fr. Francis Alleyne OSB, has been elevated as Bishop of Guyana, a tremendous honour for the Benedictines of Trinidad and Tobago.

Pilgrims continue to visit the Monastery on the Hill and to enjoy the peace and tranquility of this serene spot, a unique experience for the whole family. Daily Mass is offered for the personal intentions of all who request it, and there is an opportunity to meet and obtain spiritual counseling from one of the professed members of the community. The Benedictines have served Trinidad well for close to a hundred years, but today, as vocations decline and fewer young men seem drawn to the contemplative life, the monks too are suffering from the current economic problems facing us all. They deserve our financial support through sales at their souvenir shop, mass offerings and personal gifts. Why not pack the kids and take a drive up St. John's Road in St. Augustine to the monastery. It'll be a trip they'll always remember.

HONG WING COFFEE

is flavour...is fullness...is richness...an' folks
you does only get that from years of perfecting a roast!

Hong Wing Coffee reflects the fragrance of the rich, dark brown, succulent coffee beans from which it has been made. Since 1921, the lush aroma of roasting coffee beans has been the backdrop against which the sun rises over Port of Spain. Across Prince Street and by the corner on Charlotte Street on a morning, the city comes alive to the smell of Hong Wing Coffee and if you're in town you too can come and purchase your own supplies of coffee from the same building where it all began. Available both from the factory at # 57 Prince Street and at Supermarkets across the country Hong Wing coffee comes in a variety of flavour-enriched

experiences. There is the Hong Wing Premium Brand, a traditional roast for the purists, the quintessential coffee drinker. For today's coffee specialist craving change and variety, there are the flavours of Caribbean Select Coffee: Arabica Supreme, Vanilla Nut, Mocha, Island Coconut and more. But whoever you are, for over 88 years, Hong Wing coffee has been and can be the touchstone for all other experiences of the day—because it is real Coffee—'Hong Wing' is sensation to the last drop. Take home some for your friends and family. Let it speak to them of your Trini experience—bold, exciting and rich.

...enjoy

The Hong Wing Family has been blending the finest coffee since 1921.

Each successive generation has continued the founder's vision and passion in bringing to you the ultimate cup of coffee.



HONG WING & SONS LTD. 57 Prince St., Port of Spain, Trinidad, W.I.
TELEFAX: 868 623 4779 • e-mail: hwcoffee@tstt.net.tt
For more information, please visit our website www.hongwingcoffee.com



HONG WING
PREMIUM
GROUND
Coffee





Queen of Brian Mac Farlane's band, Africa: Her People, Her Glory, Her Tears

CaféMoka

The Year Gone By

by Cherisse Moe

What a year! Filled with first-time accomplishments, lots of excitement and memories, 2009 will definitely go down in the history books as a year to remember for this twin-island nation. Here's a run down of what occurred over the past 365 days. See if you can keep up!

Carnival kicked off with a bang in February. Trinbagonians and visitors were not short on fetes, parties and the increasingly popular "all-inclusives." Faye Ann Lyons-Alvarez made history when she became the first woman to cop both the International Soca Monarch and International Groovy Soca Monarch crowns, with her infectious hits, "Meet Superblue" and "Heavy T Bumper," respectively.

The soca queen and daughter of the legendary Austin Lyons (Superblue) received more bragging rights after she got the nod of approval from the judges to wear the Road March Crown. "Meet Superblue" was played 410 times, placing her head-and-shoulders above her closest rival Destra Garcia, whose track, "Bachannal," got a mere seventy-six.

Designer extraordinaire Brian MacFarlane, scored a hat trick capturing the Band of the Year title for a third consecutive year, with his beautiful portrayal themed, Africa, Her People, Her Glory, Her Years. Also walking away with the King and Queen of Carnival 2009 title, MacFarlane seems unstoppable, at least when it comes to great costume designing and presentation on the road for Carnival. Having recently unveiled his 2010 offering entitled, Resurrection The Mas, MacFarlane seems intent on going after his fifth win. Can he do it? Something to keep our eyes on for sure.

On February 16, T&T got a taste of royalty when His Majesty King Carlos I and Queen Sofia of Spain arrived on local shores for a historic two-day state visit. The royal couple's arrival was met with the expected pomp and ceremony. It was the very first state visit of the Spanish King to T&T—a member of the British Commonwealth. Meeting scores of the nation's children and addressing a joint meeting of the Senate and House of Representatives were on the agenda for the royal pair during their short stay. At a state banquet hosted on the grounds of the President's house in St. Ann's,



Her Majesty Queen Sofia (left) and H.E. Jean Ramjohn-Richards (far right)

Abigail Hadeed



Ken Charles wins again with Mr. Solo

Yohann Govia

King Carlos said the purpose of the visit was to enhance relations and encourage closer ties, bilateral and economic trade relations, between T&T and Spain, noting that the countries had, “deep rooted, historical ties.”

T&T was not short on excitement, in the following months. The event that received the greatest buzz and media attention locally and internationally was the Fifth Summit of the Americas. Held from April 17–19, at the Hyatt Regency Trinidad in Port of Spain, the Summit brought together thirty-four Heads of State, including U.S. President Barack Obama.

Themed, Securing Our Citizens’ Future by Promoting Human Prosperity, Energy Security and Environmental Sustainability, the Summit sought to provide a forum for the world leaders to discuss pertinent political, social and economic issues affecting the countries and to help bring about fair solutions in a multilateral and unbiased way.

Foreign participants were treated to a taste of T&T’s rich culture, including the sound of steelpan, calypso and soca. Trinidad scored big as it is the smallest nation to ever host the event and the praises came fast and furious from various quarters, including President Obama, as well as several other world leaders.

In August, Trinidad made the history books again, this time after earning its first three medals at a World Championship. Held in Berlin’s Olympic Stadium, the twelfth instalment of the IAAA World Championship took place from the August 15–23. The millions who sat in the stadium and the millions more who took in the action in the comfort of their homes witnessed T&T’s Rennie Quow capture the Bronze medal in the highly competitive 400 m sprint. His time was 45.02 seconds. The Tobago-born athlete made his nation proud when he draped the red-white-and-black flag over his shoulders, savouring the historic moment.

Josanne Lucas, also from the sister isle (Tobago) created history when she ran away with the Bronze medal in the 400 m hurdles. With a time of 53.20 seconds, the athlete became the first female World Championship track and field medalist for Trinidad and Tobago.

Wait...there’s more! T&T had more reason to smile with the achievement of a Silver medal in the 4 x 100 m relay. The dynamic quartet was anchored by Olympic silver medalist, Richard Thompson, and also included Darrel Brown, 100 m finalist Marc Burns and Keston Bledman. The athletes all gave their best and guided T&T across the finish line, ahead of 2008 Olympic Bronze medalists from Japan.

In November, the streets of the capital city were abuzz with excitement again when the country hosted the Commonwealth Heads of Government Meeting (CHOGM). Held biennially, CHOGM brings together Commonwealth leaders to discuss global and Commonwealth developments in an effort to agree upon policies and initiatives and to chart the way forward for its member countries.

With parang music penetrating the airwaves from as early as September, the nights grew short as the Christmas season kicked in.

Now that was a mouthful! Did you keep up? Hope you did because 2010 promises to be even more eventful. Do stay tuned...



Stephen Broadbridge



Carnival

by Keith Anderson



Artist: Karen Hale Jackson

Trinidad Carnival is called “The Mother of All Carnivals.” It is a once-in-a-lifetime experience that has its origin in the French plantocracy in the 1800s, but has now evolved into a national and international festival. The Trinidad model of exquisite costuming and revelry is now copied by carnivals in the Caribbean, North America and Europe. The Trinidad Carnival is unique and has been rated as highly as those in New Orleans and Brazil. But it is the colour and gaiety, plus costuming and creativity that have pushed T&T Carnival above all, earning the title “The Greatest Show on Earth.” There are over one hundred carnivals based on the Trinidad model. The package of pan, calypso and masquerade (mas) combined, forms an exciting mix that brings hundred of thousands of visitors to this country annually and churns up some TT\$800 million in economic benefits.





CaféMoka

Pierrot Grenade

The 2010 carnival will be on February 15 and 16. But long before the reign of the Merry Monarch, the Carnival jumbie is at work in the mas camps and pan yards. Carnival is now a year-round industry so production lines, especially in the mas camps, hum daily.

In the build up to the Carnival, parties are held throughout the island catering for all tastes. Over the years, the all-inclusive parties have enjoyed tremendous popularity and range in prices from \$200–\$400 per person. As the name all-inclusive suggests, a ticket entitles you to eat, drink and fete until you're wet or...collapse with exhaustion.

However, the Panorama prelims signal the official start of Carnival. The semifinals of the Panorama, called the "Savannah Party," are one of the major events of Carnival. This open-air party features several of the big steelbands in Trinidad and Tobago. These bands exchange musical blows leading into the Panorama final night. Eight bands clash in the Panorama final, which is a fight for musical supremacy. The winner collects \$1 million.

The Calypso tents swing open their doors in early January, and calypsonians report on current events—social, political or economic. The calypso is a fine tradition evolved out of the slavery experience. The Chantuelles were the early calypsonians who paved the way for exponents of the art form like Beginner, Executor, King Radio,

Roaring Lion, Growling Tiger and others.

Today's Calypsonians like Sparrow, Chalkdust, Shadow, and Black Stalin, have held the calypso torch aloof. Kitch, Melody, Duke and Terror (all deceased) have made their contributions.

The Dimanche Gras, which is held on the Sunday just before Carnival Monday and Tuesday, is the top show of the season. It comprises the Calypso Monarch competition, ole time Carnival and traditional Carnival characters, and the final of the King and Queen of Carnival competition.

The J'Ouvert (daybreak) heralds the start of the reign of the Merry Monarch. It is a fun-filled event steeped in the tradition of slavery, and it continues to this day. In the old days, the slaves mocked their masters by portraying them in a satirical ways. In J'ouvert portrayals, events, personalities and situations don't escape the biting wit of Trinis.

Once the fine tradition in which ole mas was prominent, J'ouvert now gives way to mud mas and oil mas, but the festivities haven't lost their effervescence and spirit.

The steelbands, over the years, have been at the forefront of J'ouvert celebrations, thrilling revelers with classic songs and music played in what is called the Bomb Competition. There are several such competitions held at various venues in Port of Spain.

One of the major Carnival competitions

held the Friday before Carnival is the Soca Monarch Competition. Started in 1993, the competition, dubbed Fantastic Friday, has grown tremendously over the years. Top soca bands engage in a bruising battle. There is another arm of this competition introduced in 2004 called the Groovy Soca Monarch, where songs are kept within the theme...groovy.

Before the main event of Carnival takes place (the Monday and Tuesday parade), children have their fun in the sun. There's the Red Cross Kiddies Carnival held weeks before the Carnival Saturday Junior Parade, a popular event. The Port of Spain City Corporation Downtown Carnival Committee holds its Junior Parade on Carnival Sunday at South Quay, Port of Spain.

Carnival competitions, parades and street parties are also held in Arouca, Arima, Chaguanas, Couva, Carapichaima, San Fernando and Tobago on Carnival days. However, the Carnival spotlight falls on Port of Spain.

On Carnival Monday and Tuesday there's an explosion of colour, gaiety and good vibes on the city streets as the major mas bands parade. Bands parade through the city, stopping at the various judging points: Adam Smith Square, downtown at South Quay, and at Queen's Park Savannah.

The last few years have seen a return to full costuming in the Carnival, kept alive by bands like Masquerade, Trini Revellers and Brian Mac Farlane and Associates.

Before, "Bikini Mas" (skimpy costumes of bras, beads and bikinis) ruled the roost. However, that type of mas is more popular with women who seem to dominate Carnival.

All-inclusive bands like Island People, Legacy, Tribe, Harts and Genesis, add fun to the Carnival parade. Enjoyment is the name of the game on both days of Carnival. There is the growing trend of bands securing their members by keeping out non-paying revelers on Carnival Tuesday, which is the high point of Carnival.

That's the day when the city comes alive with colour, and the massive music trucks pump up the songs of the road. Masqueraders come out in full regalia.

But the Carnival of today was not won without struggle. The Canboulay Riots of 1881 was a result of a rumour that the Police Chief intended to suppress Carnival activities, by curbing the Canboulay procession. All hell broke loose, and a fierce battle between police and masqueraders took place. In the end good sense prevailed. The National Carnival Commission (NCC) presently manages Carnival activities.

www.ncctt.org, www.pantrinidad.co.tt



Masqueraders in Brian Mac Farlane's band, Africa: Her People, Her Glory, Her Tears

Abigail Hadeed

Meet *a Trini*

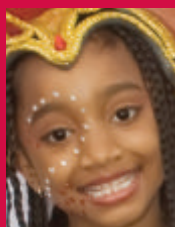


H.E. The President George Maxwell Richards and Rosalind Gabriel

Rosalind Gabriel

Children's Mas Icon

by Nasser Khan



Rosalind Gabriel is considered the matriarch of T&T's Children's Carnival with over 30 years' experience producing winning Children's Carnival costumes and bands (the latter since 1990). She had earlier started her apprenticeship under the watchful eyes of renowned mas man Wayne Berkely. Some of the most creative and captivating costumes have

been portrayed in her bands over the years with such notable presentations as *Fantasea* (1994), *Côte Ci Côté La* (1996), *Panorama* (2000), *Nah Leavin'* (2004), *Many Faces, One Nation* (2007).

She has won the Children's Band of the Year competition title an unprecedented thirteen times along with numerous victories in other categories.

Love Your Country, is the name of the presentation for her 2010 children's band, depicting what villages and towns of Trinidad and Tobago are famous for. Watch for dazzling portrayals such as

fishing seines in Mayaro, mud volcanos in Piparo and the Buccoo Reef in Tobago.

Recipient of the 2007 Hummingbird Medal (Bronze) for Culture, her gentle demeanour masks her fierce determination to continue her contribution to the mas culture of T&T, particularly in the children's Carnival arena—as innovator, designer and mas-band producer.

Such is the impact of her contribution to Trinidad and Tobago's culture of Carnival that in addition to the 2007 Hummingbird medal, her 1999 presentation *Carnival Time Again*, was chosen in 2003 to be reproduced on a Carnival postage stamp. Costumes from her 1994 presentation, *Fantasea*, were reproduced for the famed Sea World in Miami, Florida.

She has been chosen on many occasions to showcase her costumes and T&T's culture to visiting dignitaries and at special functions. They have entertained the Vice President of China, the President of Chile, USA Congressmen, dignitaries who attended the Inaugural Gala for the Caribbean Court of Justice, Prince Charles, Nelson Mandela, Warren Christopher, Colin Powell, Caribbean Heads of Government, and the Prime Minister of India. Rosalind's children also opened Carifesta Games and took part in the Miss Universe Parade in 1999. In April 2004, she was involved in the welcome back festivities for cricket captain Brian Lara after his historic innings of "400 not out."

Rosalind Gabriel's talents are recognised regionally and internationally as well. She and her dedicated team produce both adult and children's costumes for Grenada, St. Martin, St. Thomas, Curaçao, St. Kitts, Anguilla, Miami, Washington, D.C., Brooklyn, New York and Texas, where these bands have won their national titles on many occasions.

Since 1990 she has generously contributed costumes to the St. Mary's Children Home in Tacarigua, ensuring that the children there have the opportunity to participate and join in the fun of masquerading.

Rosalind Gabriel is a true Trini, born and bred in Woodbrook who has the culture of TT near and dear to her heart.



Indian Festivals

By Desirée McEachrane



Artist: Peter Sheppard

Trinidad and Tobago's Hindu and Muslim festivals can be traced back to the Indian indentured workers who first arrived in 1845. They brought with them the glory and drama of their religious celebrations, which are now national holidays and events.

Ramleela

It has been said that the Indians who migrated to T&T as indentured labourers, came clutching a copy of the Hindu holy text, the Sri Ramcharimanas or Ramayana, under their arms. Annually, their descendants honour that devotion by performing and witnessing dramatic interpretations of the epic Hindu saga of Ramleela, found in the Ramayana.

Hundreds of people flood recreational grounds in Central Trinidad to see the portrayal of the timeless struggle between good and evil as seen in the life of Shree Ram, an avatar of one member of the Hindu Trinity, Lord Vishnu.





CaféMoka

Shree Ram, born the eldest son of a king in Ayodia, was destined to destroy the powerful demon Ravana (pronounced Rawana) who lives in Lanka. But fulfilling his purpose is not a simple task; Shree Ram endures palace intrigue, betrayal and finds love along the way to his destiny.

Each of T&T's approximately thirty-six Ramleela groups act out this drama with individual style between September and October each year. Most groups are located in central Trinidad and many still act out the story on open ground (without a stage). The productions can use up to 100 players and take between nine to eleven nights to complete. The spectacle is sacred. But the mystical tale will draw you into the richness of one of T&T's most widely practised religions.

Diwali

This Hindu "festival of lights" is held on the darkest night of the month of Kartik, which runs from mid-October to mid-November. Pronounced as "Diwali," it is characterised by the spectacular display of hundreds of lit *deyas* (small clay lamps) outside houses, on walls and perched upon homemade bamboo stands. *Deyas* are said to have lit Shree Ram's path back to Ayodia after his exile. Children are allowed to light firecrackers or "buss bamboo" (using the bamboo as an explosive) to represent the defeat of Ravana.

Diwali is celebrated all over the world, with devotees wishing each other *Shubh Diwali* or Happy Diwali. In the Caribbean and especially in T&T, the festival is celebrated in accordance with the custom in the Indian provinces of Bihar, West Bengal and Uttar Pradesh, since many indentured servants came from these areas.

Because Diwali traditionally marks the end of the harvest season in many countries, Hindus honour goddess Lakshmi with a *puja* (prayer ritual) at 6 p.m., just when the first *deya* is lit, to thank her for bringing wealth and prosperity. They may abstain from meat, alcohol or intimate relations for up to a month before Diwali, and ensure that their houses are kept clean so that Mother Lakshmi

will enter on Divali night and bless the household. On the day itself, Hindus prepare feasts with special food and sweets to share with their neighbours, wear new clothes and look forward to the year ahead.

Phagwa

It's hard to believe that this picturesque spring festival, celebrated by children and adults alike, has such gruesome symbolism. But it's true; Phagwa (Holi) is the celebration of the death of Hiranyakashipu, a king who was blessed by the creator Brahma but used his power for evil instead of good. He was killed by an avatar of Lord Vishnu because of his evil deeds and intentions toward his son Prahalad, a true devotee. Hindus celebrate Phagwa by playfully squirting a coloured fluid called *abeer* on each other in pastoral settings, representing the spurting blood of King Hiranyakashipu. *Abeer* was originally red, but can now be found in colours like pink, purple and blue.

Ramadan and Eid-ul-Fitr

Ramadan is the Islamic month of fasting, which may fall anywhere between August and November since the Islamic calendar is lunar and not fixed like the solar calendar. Muslims are commanded to fast from eating and drinking during this month from dawn until dusk; the purpose of this fast is to remember those who are less fortunate. They may also give alms to the poor at this time. Fasting increases a Muslim's *taqwah* (relationship with Allah) and so when they make *dua* (pray), their prayers are more likely to be heard and answered.

At the end of Ramadan, Eid-ul-Fitr is a feasting festival, but it is important to note that over-eating is not considered true Islam. Families wear new clothes, eat breakfast and then visit their mosque for prayers. Afterward, they may go to visit friends and family to share a meal with special sweets and pastries. During this time, Muslims and non-Muslims commonly greet each other with *Eid Mubarak* or Happy Eid.



Abigail Hadeed/Photo courtesy bpTT

by Nasser Khan

Jit Samaroo — Panorama's most prolific arranger



In Trinidad and Tobago at Carnival time one of the most keenly contested competitions is known as Panorama where steelbands from around the nation vie for top steelpan honours. Panorama's large steelband's most prolific arranger with nine wins to his name is Jit Samaroo from the sleepy village of Surrey, Lopinot nestled in the Northern Range, where he was born in 1950.

Dr Ranjit Sukha Samaroo, musical director emeritus of the Charlotte Street, Port of Spain-based (bpTT) Renegades since 1971, is a quiet unassuming man widely regarded as one of Trinidad and Tobago's musical geniuses. He is best exemplified by his Panorama-winning 1989 arrangement by calysonian Baron, "Somebody." He innovatively crossed cultures incorporating as many as seven different rhythms including: soca, calypso, meringue, samba, zouk, disco and "some kind of Indian stuff" (his words).

The year 2009, was hailed as "a celebration of his work" according to his son, Amrit, who has taken over the mantle

as arranger following his dad's thirty-six-year stint. Now the consulting arranger and musical director of the band, Renegades, he will be gunning for the band's tenth Panorama win in 2010.

Jit is the holder of the national awards, Humming Bird Medal of Merit (Silver) in 1987, and the Chaconia Medal (Silver) in 1995. He is one of thirteen children and received his honorary doctorate from UWI in 2003 for his accomplishments.

It has been a long musical ride for the modest pan genius who started in 1963 with the strumming of a cuatro with the Lopinot-famous paranderos (a group of Parang players). A year later, he joined the Camboulay steelband of Tunapuna, and then formed the family band The Samaroo Kids after the passing of his mother when he was just twelve years old. The Kids became the Samaroo Jets, recording its first album in 1975 titled, *The Samaroo Family Steel Orchestra Classics*, featuring the works of Bach (his favourite composer), Mendelssohn and Prokofiev.

As a composer, Jit has demonstrated his versatility with selections such as:

- "A Day in Surrey," "Rhapsody in Pan," as well as the test pieces "Pan Patterns" (1985) and "Song of Lopinot" (1987) for

the schools steelband music festival, Saag Sameelan.

- "Pan Paranda" for the Indian Orchestra Festival
- "Steelband Coup" for the Parang-on-Steel competition
- "Pan Man Vibration" and "The Gaping Season" for Panorama
- "La Trinite" for the National Steelband
- "Milap" (1994) and "Utsar ki Awaz" (1995) at the Pan Is Beautiful music festival
- "Jaago" (1997) for the National Chutney Competition.

All these, along with "Coleman's Jam," culminated in 2003 with the launch of his CD *Jit Samaroo: Original Notes*. His favourite recordings are *Voices of Spring*/ Samaroo Jets, *Tico Tico*/Samaroo Jets and *Pan in A Minor*/Renegades. He has travelled globally with Renegades, taking T&T's national instrument to far-off places like Italy, Israel, Morocco, India, Brazil, La Réunion, Madagascar, Jordan, Japan and France, where he performed before a live audience of more than two million.

These days Samaroo concentrates his musical talents on writing and scoring for children to aid and enhance the use of the steelpan instruments in the schools of Trinidad and Tobago.

It's a Trini Thing



Illustration by Keith Anderson

Talk de Talk

by Sheldon Waithe

“Dis man *mamaguyme* and cause one set of *bacchanal*, leaving me feeling like a real *cunumunu*!” To the uninitiated, this statement looks like a few bits of English mixed with excerpts from another language; to those accustomed to such language, it still appears strange when seen in print. This departure from the standard English language is our T&T dialect. One of the beauties of the Caribbean is the stark differences that exist between islands in such proximity and this very much applies to the vernacular of each island—the colloquialisms form the culture of each nation, more striking than the landscape, food and music. Mix in the various accents and it’s enough to confuse even the locals!

Trinidad and Tobago’s dialect is derived from its rich and varied history, incorporating the Spanish, French and English colonial influences and it goes against anything taught in school regarding singular mixed with plural, past versus present tense and a host of other grammar parameters.

Where else would two separate languages of French and English be combined to emphasise a simple “yes” with the commonly used reply, “Yeah *Ou*”? However, not everything is expanded or duplicated, Trinbagonians usually take the shortcut option in their dialect, opting for one word that could sum up a whole sentence. Thus, a *vaps* explains someone suddenly behaving in a manner different to the norm. The description that one is involved *in ting* insinuates that the person is involved in any number of questionable activities but perhaps gets the accuser off the hook for slander.

While the latter at least provides some comprehension as to what is meant, most of the slang in T&T can be a complete disparity between the words and their meaning, in short, not so much dialect as a language of its own—a *jook* is a poke which can be part of the courting process where a boy likes a girl and will constantly touch her for attention. If the girl resists his advances leaving him melancholy, this results in a *tabanca* often used among friends to “wild” or ridicule the victim...the act of giving *picong*. *Picong* is vital as it is a mainstay of most groups of friends and family in T&T; the ability to take *picong* dished out daily in all manner of dialect is a core value for the Trini, you have to be able to laugh at yourself or you will be accused of being “thin skin.”

But it is in the delivery of the T&T dialect where the most emphasis occurs. An already expressive parlance is further accentuated by our insistence on “speaking with the hands.” A good story laden with slang is useless unless matched with enough gesticulations that makes one appear to be guiding a plane on an airport tarmac. A snap, flick of the wrist, allayed to sound effects like *pow* (a shot) *bradam* (crash) and whistles, paints as clear a picture as any movie... even if typically, the story changes with each telling. The easier slangs are derived from the simple substitution of letters, thus most people have their favourite *Tanty*, a much more affectionate term than Auntie. This *Tanty* will regale you with stories of all manner of local folklore, which in itself is a language within the dialect comprising Douens, Soucouyants and Papa Bois; a clear indication of the heavy French influence upon the way we speak.

Confused? As with any language, it is best that you immerse yourself into the society for the best grasp of the T&T dialect, though have no fear, you will grasp it sooner than you think. And in case you’re wondering, that opening sentence roughly translated is, “The man tricked me and caused a lot of confusion, leaving me feeling like a fool.” Sounds better in T&T dialect, no?

River Lime

by Cherisse Moe

Make your way to the twin-island state of Trinidad and Tobago and you embark on an adventure of a lifetime. There you will encounter a smorgasbord of experiences that run the gamut from friendly natives, scenic flora and fauna, mouth watering cuisine and of course, linguistics that are purely "Trini." You will inevitably be invited enthusiastically to go for a "lime" but this is not to be confused with the tangy fruit you are acquainted with—what this means is that you are in for a real good time.

Intrinsic in the Trini culture, liming is a Trinidadian slang, which simply means to enjoy in the company of good friends and family. According to aboutlanguageschools.com, (a Web site dedicated to indigenous slang) liming is, "A party or any get together, to hang-out, or (more recently) to date someone." There are many facets to liming; one could spend the time discussing various topics of interest, dancing to calypso, soca, pop etc. For a Trini, anywhere a can become a liming spot—from clubs to beaches to bars to the backyard of a house, the venue is not as important as the company (and the food of course!).

A Trini river lime ranks high among the most enjoyable kinds of entertainment on the island and is sure to get your adrenaline pumping. What can be better than the feeling you get from kicking back and relaxing with family and friends, satisfying the palate with some good "Trini" food, while witnessing nature at its best? A phenomenon, rooted deeply in the heart of the Trinidadian culture and particularly common in the East Indian community, river limes are a popular family affair, an all day event that evokes much laughter, "ole" talk and togetherness.

Cooking the meal on the banks of the river is an ongoing tradition. Some river limers make a fireside, which is akin to an outdoor stove. Using natural materials, such as wood or bamboo, a fire is lit and the food is sizzled until perfection. Curried duck, corn soup, oil down, barbequed meats, pelau, geera chicken and pork are common local dishes for the occasion. A cooler filled with both alcoholic and non-alcoholic beverages, including ice-cold Carib and Stag Beers are essentials too. Fun leisure activities, like the popular card game, All Fours, are a favourite among river-lime enthusiasts. Throw some good music in the mix and a day by the river is the ultimate "Trini" lime.

The highly anticipated lime usually begins in the early morning and goes until the late evening. The more adventurous river limer, however, can lime well into the night, savouring all the experiences a true "Trini" river lime has to offer, until the very last drop. Deadlines and the growing stack of paper work at the office are placed on the back burner...at least until Monday morning rolls around again. Public holidays are popular days for river limes too, as scores of local river limers and tourists alike, flock to their



Illustration by Keith Anderson

favourite river for a day of fun in the sun.

What makes this experience even more amazing is the fact that most rivers in Trinidad are fairly untouched by the hands of industrialisation, making them a sight to see indeed. Some of the more popular rivers include, Caura, Maracas, Lopinot, Valencia, Guanapo, Matura, Grand Rivière, Matelot and Indian Bay in Mayaro. While proper facilities are sadly lacking at some of these locations, others are river-lime friendly and allow limers the opportunity to thoroughly enjoy the experience. One such river is the one located at Lopinot, which boasts a wide-open grassy area with stands of bamboo and metal huts, as well as bamboo stools. This spot is ideal for children, the elderly and those who cannot swim, as the river is not as deep. Meanwhile, at Caura, several *ajoupas*, (shelters with thatched roofs) have been built on the riverbank.

For those wanting to bond with nature, the serenity of the crystal-clear waters rolling gently along a canopy of bamboo can leave one in awe. The melodious sounds of a variety of birds chirping in a collective voice also set the tone for a day of pure enjoyment. Those desiring a more upbeat atmosphere can turn the tempo up a notch or two with some good Trini music, usually chutney or soca. One may witness limers moving their hips to the sounds of the music; this is called "wining" and is a signature Trini dance.

Truly a national pastime, river limes are so popular, that even corporate events and parties are held at the river. Those who have had the opportunity to visit the many rivers that adorn the island know that nothing quite hits the spot like a good "Trini" river lime. For those of who have not, be sure to put it on your to-do list. Oh! Depending on the time of day, sun block is required, for long after the lime is over you will still be sporting your sun-kissed Caribbean tan!

Shopping



Artist: Leo Glasgow

The diversity of Trinidad and Tobago's population is reflected in the wonderful choice of exciting and exotic merchandise. Shopping in Trinidad and Tobago continues to be extremely attractive to our regional and South American neighbours as its beautiful, modern shopping malls are strategically located with easy access from the main highways, providing secure and ample parking. Market and roadside vendors, particularly in the Port of Spain and Chaguanas areas, and along some parts of the East-West Corridor, sell fruit, vegetables, leather craft and other imported and locally made goods.



A recent feature of the shopping scene is the visiting Indian Trade Fairs and Expos that sell a range of ethnic clothing, furniture, jewellery and home furnishings. Advertisements are placed in the local press, so be sure to look out for them especially around Divali.

The country's capital, Port of Spain, still boasts the finest selection of fabrics, from exotic batiks and fine sari silks, to upholstery and drapery fabrics, bridal and evening wear, men's suitings and fine linens—the choices are endless and the prices excellent. With the growing sophistication of the population, many now seek the advice of interior designers when furnishing their homes, and talented and skilled persons make drapery and soft furnishings to international standards.

The demand for Carnival fabrics and accessories, an infinite selection of which is available, now extends throughout the year as our regional neighbours shop for their Carnival celebrations, which are not held at the same time of year as in Trinidad and Tobago. Merchants are well placed to advise clients on shipping their goods.

In downtown Port of Spain, be sure to visit **Excellent City Centre** housing a wonderful variety of over sixty shops and its very own **Excellent Stores** with a vast selection of items of every description, from clothing to household items. Excellent Stores in MovieTowne offers shopping seven days a week with easy parking and security.

The Selection House located in downtown Port of Spain has the widest variety of Tee shirts and special souvenir items that you will not find elsewhere. You can also choose from

a huge selection of steelpans of all sizes and all the necessary accessories.

Trinidad has become increasingly renowned as the shopping mecca of the southern Caribbean, as the country has, over the years, developed a unique sense of style, and a harmonious and tantalising blend of international fashionable elegance. The merchandise offered around Trinidad is of excellent quality and prices are becoming more and more competitive. Close links with North America, keep shoppers current with the latest trends, fashions and prices.

Fine jewellery is an integral part of the elegance and an extensive selection, influenced by European, East Indian and Venezuelan designers. **The Gem Shop** invites you to choose from their fine selection of gemstones, watches and gold and sterling silver jewellery at locations in WestMall and Grand Bazaar.

Optometrists Today has six convenient locations: Port of Spain, The Falls at WestMall, Grand Bazaar, Trincity Mall, Centre City Mall and Gulf City Mall. Their professional service caters to all tastes and pockets with a fabulous choice of frames for men, women and children.

At the **House of Jaipur**, you will be greeted with an authentic selection from the Indian sub-continent: jewellery, clothing, gifts and home interior accessories. In the wonderful ambience of their Indian Tearoom, enjoy a traditional Indian lunch or tea. Visit **African Trophies** and you will be transported to the exotic African Continent. Here you will find a wide variety of unique modern artefacts in wood, stone and copper, from Ghana, Kenya, Nigeria and Zimbabwe.

Hours of Business

The majority of stores in the city open from 9:00 a.m. to 5:00 p.m. and on Fridays until 6:00 p.m. On Saturday opening and closing hours are from 8.30 a.m. to 1:00 p.m. The malls, however, have extended hours and usually open from 10:00 a.m. to 7:00 p.m., Monday to Saturday.

Currency and Banking

Credit cards, U.S. currency and travellers' cheques are acceptable at most shops but it is always advisable to have local currency at hand. Banks and ATMs are located in most areas of Port of Spain, Arima, Chaguanas and San Fernando. For greater convenience, banks are also located in the major malls and the opening hours are from 11:00 a.m. to 6:00 p.m. or 10:00 a.m. to 5:00 p.m. Monday to Friday. At the time of printing, the rate of exchange is: US\$1 = TT\$6.34



Royal Corona Cigar Boutique

LEVEL 2, THE FALLS AT WESTMALL
WESTMOORINGS, TRINIDAD, W.I.

Royal Corona Cigar Boutique
the finest place to buy top
brand cigars such as

Carlos Toraño
Padron
Nub
Oliva
Perdomo
and others

with more than
10 years
experience in
Cigars

Phone: 868.477.7272 www.royalcorona.com



Shopping Malls

Trinidad and Tobago's economic prosperity has resulted in the construction and modernising of its shopping malls, located throughout Trinidad and one in Tobago.

They offer a fabulous array of merchandise, convenient shopping hours, usually 10:00 a.m. to 7:00 p.m., and Sunday shopping around the busy Christmas period, banking facilities, food courts and a fine choice of restaurants. At Christmas, the Malls are beautifully decorated and families enjoy live entertainment of parang and carols while shopping.

In the north and west, shoppers flock to places like **Ellerslie Plaza** at the corner of Boissière Village in Maraval. There you will discover **Republic Bank**, Scotiabank and a mix of sophisticated retail shops, including **Peppercorns**, **Rainy Days**, Stechers, Nigel R. Khan and Zippers as well as **Panini Café** and **China Palace II** restaurants.

Long Circular Mall, one of Trinidad's first malls, is conveniently located in the area of St. James and houses first-rate shops. Its recently refurbished Tru Valu Supermarket offers a great choice in cool and comfortable conditions. Visit **R.I.K.** bookstore and you will find a huge selection of books that will stimulate your mind, keep you well informed and broaden your horizons. Stechers' exquisite selection of fine jewellery, crystal and china is certainly worth a visit. For beautiful floral arrangements, step into Romance Garden.

MovieTowne is a one-stop entertainment and shopping complex, with its ten-screen multiplex cinema and over forty premier shops, set in a beautiful outdoor Mediterranean-themed shopping ambience. Open seven days a week, including public holidays, it is home to some well-known anchor stores, such as **Excellent Stores**, best described as a small department store, and many restaurants, including: **Woodford Café**, **Ruby Tuesday**, **J. Malone's Irish Pub & Restaurant**, **Trader Jack's Island Grill**, **Subway**, **Zanzibar**, **Bombay Duck** and **Dolce Vita**.

Located in Westmoorings, **The Falls at WestMall** has been transformed into a very exotic, world class, shopping mall, with 130 stores including some favourites: **Bambú**, **Peppercorns**, **R.I.K.** bookstore, **On Location Art Gallery**, **Optometrists Today**, **Royal Corona Cigar Boutique**, **RBTT Bank** and **Republic Bank**, Zippers, and The Gem Shop. **Fernandes Fine Wines** will provide you with just the right bottle of wine for your taste and if you desire lunch or a coffee try the unsurpassed quality of **Panini Café's** menu or drop in at Jardin.

Trincity Mall, located in the East and surrounded by the new Trincity Millennium Vision, Trinidad's newest Golf & Country Club development, has undergone tremendous expansion and is now one of the largest shopping malls in the country, with a branch of **Optometrists Today**, Tru Valu Grand Market, a multiplex cinema, two food courts, restaurants, which include **Benihana**, **J. Malone's Irish Pub and Restaurant**, **Snappers** and **Rustica Wood Oven Baked Pizza** and a variety of shops, including Stechers.

Heading out of Port of Spain, there are other shopping destinations: Valpark Shopping Plaza and the City of Grand Bazaar while Centre Pointe Mall, location of **Buffet King Restaurant**, and Centre City Mall, are in Chaguanas and Gulf City further south, is in La Romaine. **Optometrists Today** is also strategically located at Grand Bazaar, Centre City Mall and Gulf City Mall. Convenient shopping awaits you throughout Trinidad.

Visit this exotic shopping destination...

NO PASSPORT REQUIRED!

FROM OUR MARBLE FLOORS
TO OUR BREATHTAKING
WATERFALLS,
THE MOMENT YOU STEP INTO
THE FALLS AT WEST MALL
YOU'LL BE TRANSPORTED
INTO A WHOLE NEW
WORLD OF SHOPPING.



OVER 130 INVITING STORES AND
9 SCRUMPTIOUS OPTIONS IN OUR FOOD COURT.
ALL THIS AND MORE FOR THE ENTIRE FAMILY
TO EXPLORE AND ENJOY!

THE *falls*
AT WESTMALL

Western Main Road, Westmoorings, Trinidad & Tobago, W.I. • Tel.: (868) 637-MALL (6255)



**ELLERSLIE
PLAZA**

your shopping oasis

Indulge in an eclectic mix of stores that suit your every need. Whether you're a "drive through" shopper, or enjoy an easy-going shopping atmosphere, experience it all right here. Ellerslie Plaza - ideally located, perfectly created.



SO MANY GOOD REASONS TO SHOP

RETAIL

Blush
Carter's Optical
Chazzz
Chazzz Accessories
D'Rite Stuff
Diamond Systems & Supplies Ltd
Heather's Hair Salon & Gifts
Medicine Plus
Moultet Jewellers Ltd
Nature's Discount

Nigel R. Khan Bookseller
Page 1 Chapter One
Peppercorns
Peter Elias
Pop-In
Radioshack
Rainy Days
Sportway
Stationery Plus
Stechers
Sun Tings
The Knowledge Zone

Time Professional
With Women in Mind
Zippers

FOOD

China Palace
Haagen-Dazs
Honey Grille Restaurant
Mario's Pizzeria
Mezzaluna
Panini Café
Paolo's Gelato

SERVICES

Charlett & Gatcliffe Ltd
Design Collaborative Associates Ltd
Scotiabank
Majestic Dry Cleaners
The Fitness Centre Ltd (GYM)
Republic Bank Ltd
Wise



**ELLERSLIE
PLAZA**

Open Mon-Sat, 10:00 a.m.-7:00 p.m.
Corner Rapsey Street & Saddle Road, Maraval, Trinidad, W.I.
Tel: (868) 628-3182-4

Woven through the fabric of our lives

premiermalls

Your Life, Your Style



Trincity Mall, Trincity Central Road, Trincity, Trinidad, W.I.

Tel: (868) 640-2038/6125 • fax: (868) 640-4426

Opening & Closing Hours

Monday - Thursday : 10:00 a.m. - 7:00 p.m. • Cinemas: 10:00 a.m. - 12:00 midnight
Southern Food Court 10:00 a.m. - 8:00 p.m. • Northern Food Court: 10:00 a.m. - 10:00 p.m.

Friday & Saturday: 10:00 a.m. - 8:00 p.m. • Cinemas: 10:00 a.m. - 12:00 midnight
Southern Food Court 10:00 a.m. to 9:00 p.m. • Northern Food Court 10:00 a.m. - 11:00 p.m.

Sundays: General Mall & Southern Food Court: 1:00pm - 6:00pm
Northern Food Court: 12:00 midday - 10:00 p.m. • Cinemas: 10:00 a.m. - 12:00 midnight

Long Circular Mall, Long Circular Road, St. James, Trinidad, W.I.

Tel: (868) 628-2460/622-9627 • fax: (868) 628-2548

Opening & Closing Hours

Monday - Saturday: 9:00 a.m. - 7:00 p.m • Sunday: Closed

A Member of



QUALITY SOLUTIONS FOR
COMMUNITY LIVING

YOUR TICKET TO ENTERTAINMENT PARADISE IS HERE...AT MOVIE TOWNE!



THE CARIBBEAN'S No.1 HOTSPOT FOR



DINING



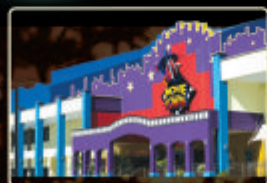
SHOPPING



LIVE ENTERTAINMENT



MOVIES



MOVIE TOWNE TOBAGO
Gulf City Mall, Lowlands
Tel: 631-1843, 631-0089



MOVIE TOWNE
Invaders Bay, Port of Spain
Tel: 62-STAR8 / 78277



FIESTA PLAZA
Tel: 627-2002



MOVIE TOWNE CHAGUANAS
COMING SOON
2009!

Furniture and Accessories

The construction industry has been booming in recent years and in the housing market, many gated communities have been built for both condominiums and single-dwelling homes. The trend has grown significantly for homes to be architect-designed and by extension, for interiors to be professionally appointed and furnished. Despite the economic downturn, there continues to be demand for good quality furniture to appeal to both modern and traditional tastes, to small and large spaces, and many furniture stores have entered this competitive market.

There are two such stores, which have consistently supplied excellent, well-made furniture using high-quality, fashionable materials and fabrics: **Utopia Designs** located in the capital city and **Signature Selection**, in Trincity. Utopia Designs is a company that designs and distributes an outstanding collection of high-end, handcrafted furniture that is manufactured in Asia. Their timeless collections include both classic pieces inspired by West

Indian antiques, and contemporary pieces exhibiting clean lines with details from different eras. Their commitment to superior quality through selection of materials and product design allows them to provide their clients with furniture of exceptional value. **Signature Selection**, with a large showroom in Trincity, prides itself on being your complete home store. Lamps, rugs, accessories, and crystal as well as a range of appliances accompany a wonderful choice of well-known, imported brand-name furniture for all rooms.

At **Mi Casa** in St. James, you can choose from a wide selection of imported formal and casual furniture for both indoors and outdoors. Owner operated, you can count on first-class service and attention.

Fashion Statements for Tropical Living

Many visitors heading to the Caribbean think casual, beachwear and trendy. "Trendy" may be the key word here in the choice of casual wear sought after

by local shoppers and the discerning shopper in Trinidad and Tobago now has greater choices than ever before in terms of brands, quality and design. Dressing up or down, in Trinidad and Tobago, is also very seasonal: Christmas time, weddings and business functions, are occasions for making that fashion statement. Carnival on the other hand, is just fun and trendy. Casual outfits compete against each other in the many fêtes and events that take place in the build up to the event. **Havaianas**, hot from head to toe, has a selection of retro footwear and trendy clothing. They are located on Tragarete Road in the same building as Moksha Yoga.

Sunglasses and accessories are a must for any tropical country and **Ray Cool** has an extensive choice of the latest designer trends with new designer brands available at its duty-free location at Piarco International Airport. With five outlets at The Falls at WestMall, Long Circular Mall, Centre City Mall, Gulf City Mall and Trincity Mall, and a helpful and courteous staff, access to their wonderful lines is readily available.




Signature

S • E • L • E • C • T • I • O • N



Also Available:
Lamps, Rugs, Framed Prints,
Accessories, Crystals and a full range
of Electronics and Appliances

Your Complete Home Store

View our
weekly arrival of
Fine Furnishings

EXPORT FACILITIES
AVAILABLE




"The Difference is in Every Elegant Detail"

SHOWROOM: Tissue Drive, New Trincity,
Industrial Estate.
Tel: 640-3764 ext.223

EMAIL: signature2@tsstt.net.tt

WEBSITE: www.signatureselection.com



optometrists today 
Image by Design

Port of Spain
623-2DAY (2329)

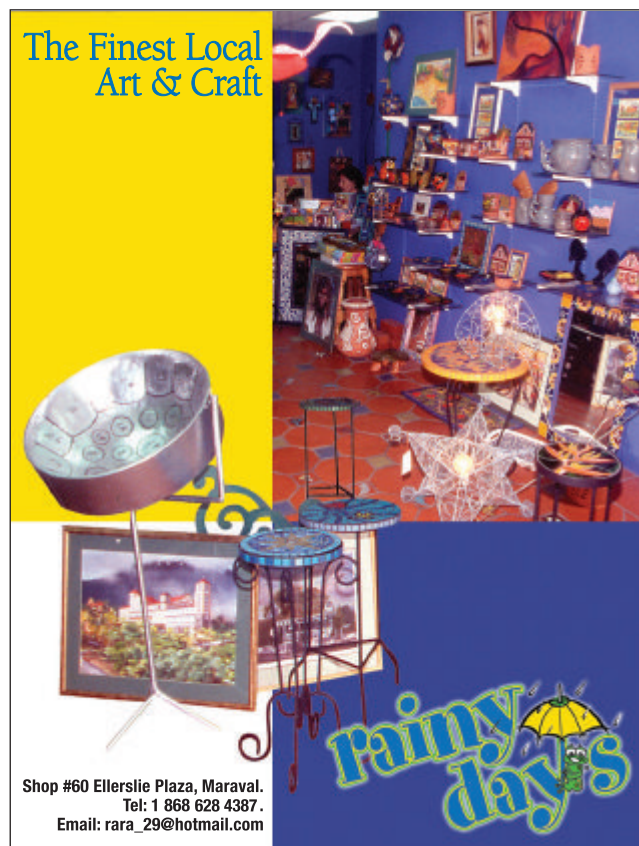
The Falls at West Mall
633-2DAY (2329)

City of Grand Bazaar
645-2DAY (2329)

Trincity Mall
640-2DAY (2329)

Centre City Mall
672-2DAY (2329)

Gulf City Mall
657-2DAY (2329)



LP Marine's Guy Harvey shop has the latest designs in game-fish clothing for the avid angler, ladies, and children at affordable prices. A one-stop-shop for you and all your boating needs. As we carry a wide range of marine spares and unique gift items. Gift certificates and catalog orders are also available.

Gifts and Souvenirs

Many great gift ideas are available to those wishing to acquire lasting mementos of their trip to this wonderful twin-island Republic, with its diverse range of activities, cultural influences and contrasting scenery. **Rainy Days** at Ellerslie Plaza offers the finest in local art and craft, including pottery, ceramics and batik. **Bambú Gift Shop and T's** sells the best in exquisite local and regional handicraft as well as uniquely crafted tables, wrought iron and scented candles, from its two shops in West Mall. The Tobago branch at Crown Point Hotel is also a must for our Tobago visitors. An intriguing and totally local enterprise is **Panland Trinidad & Tobago Ltd.**, the largest full-scale steelpan manufacturer in the world and supplier to commercial and retail customers on all continents.

Books on art, poetry, Caribbean literature, local cuisine, regional journalism, politics and nature are just some of the choices. For quality books, visit **R.I.K.** bookstore located at

The Falls at WestMall, Long Circular Mall, Ellerslie Plaza, Grand Bazaar, Price Plaza, Gulf City Mall and San Fernando.

CDs by local musicians are available throughout the country. If time is limited, it is not too late to shop at **d' Music Store** in the duty-free area of Piarco International Airport. Below is a list of some options to consider:

Paintings, prints and sculpture are found at the numerous art galleries and framing companies. Visit **On Location Art Gallery** at WestMall, **Gregory Scott Fine Art Photography and Digital Art** at Starlite Shopping Plaza, **In 2 Art** in St. Ann's, **The Gallery at Fine Art** and **Michael Phillips** in Woodbrook and **Rainy Days** at Ellerslie Plaza.

Condiments and preserves such as pepper sauce and jellies, preserved local fruit, kuchela, mango and tamarind chutney, authentic spices and herbs used in local cuisine, can be purchased at supermarkets or airports.

Fine local rums, and the world-famous Angostura aromatic bitters, locally produced chocolates and coffee such as the **Fine Coffee** blended by the **Hong Wing** family since 1921, available both from the factory at 57 Prince Street and at supermarkets.

The many talented jewellers on the islands handcraft jewellery and accessories from local materials as well as out of top-quality gold and silver jewellery.

The **Royal Corona Cigar Boutique** in WestMall is a must for the sophisticated and well-travelled cigar smoker.



Stag Lager Beer was first brewed by the National Brewing Company (N.B.C.), in conjunction with Labatts of Canada, which held a majority share holding in the company. It was launched on Carnival Friday 1972, in a six inch, 250ml green bottle. In 1991, Stag Lager Beer was acquired from N.B.C. by Carib Brewery Limited, and in 1995, the beer was moved to and eight inch, 275 ml, green glass bottle, competing at price parity with other local beers. The green glass is of a specific colouration and wavelength, which helps to maintain the beer's brewery fresh taste.

Stag is positioned as a strong mass-market brand with its own unique identity. Stag is: A beer of consistent quality; a European-styled lager, with pale golden straw colour and rich head formation; a light-bodied beer, with a dry finish, crisp flavour and a slightly bitter, distinct taste. It is brewed with premium quality raw materials, the purest yeast and all processes are controlled using state of the art technology.

Stag has won Gold Medals, Monde Selection, Selection de la Qualite, in 1984 and 2002 and has also won Gold, at the World Beer Cup in 2000 for European Styled Low-Alcohol Lager/German Style.

Stag conveys strength, individualism and masculinity and is the preferred beer among young adult males who are strong-minded, active, outgoing, interested in sports and enjoying socializing.

Stag is A MAN'S BEER in A MAN'S WORLD.



A MAN'S BEER



Duty Free
Liquor & Cigarettes

T. WEE LTD.

Piarco International Airport, Trinidad
Tel. (868) 669-4748

Open 24 hrs.
for arriving and
departing passengers


Duty-Free Shops

Piarco International Airport offers extensive duty-free shopping. Prices are among the most reasonable in the region and purchases may be made both on arrival and on departure. Jewellery, perfumes, tobacco, alcohol, designer sunglasses, leather goods, chocolates, cosmetics, books, local T-shirts, craft and confectionery are on sale. At **Stechers**, you will find an excellent selection of Swarovski crystals, Mont Blanc, perfumes and fine alcohol. What about music as a gift for those special people? **d'Music Store** is just where you want to browse for yourself or your friends. **T. Wee Ltd.** sells a wide range of tobacco, fine wines and spirits, including champagne, port, aged Caribbean rums and scotch.

SkyWay Duty Free is the latest addition to the Piarco duty-free experience, catering to both arrivals and departures. Visit us for the World's Best Brands of Liquor, Fragrance and Tobacco.

As the leading retail outlet for designer sunglasses, **Ray Cool** is located in all the shopping malls as well as at Piarco International Airport. They offer consumers the latest designer products such as Chanel, Prada, Oakley, Maui Jim and Ray Ban to suit your personal style and pocket with superior customer service.

Crown Point International Airport also offers duty-free shopping so avoid the rush of a last-minute check-in and spend some time purchasing those last-minute souvenirs. **Apadoca's** at Crews Inn, Chaguaramas, provides boats leaving the country with duty-free alcohol and cigarettes or you can simply choose from the duty-paid selection.



moksha yoga
trinidad

Yoga in an eco-friendly environment...

Other classes include:

- Latin Dance • Modern Dance • Ballet
- Hip Hop • Capoeira • Self-Defence

* showers on location


Calm mind. Fit body. Inspired life.

Monday - Sunday including holidays 5:30 AM - 8:00 PM

Visit our website for a complete schedule: www.mokshayogatrinidad.com
(868) HOT.YOGA (468.9642) • info@mokshayogatrinidad.com

Also at the Sangha: • Kula Café • Moksha Massage • Moksha Boutique


Both located at The Sangha,
103 Tragarete Road, Woodbrook, Trinidad, W.I.



havaianas

Also available...

Clothing from: Free People, Miss Me and MM Couture
and Handbags by Emily Shoehorn.




NIPOZZANO
2005
CHianti Classico

Villa Lafage
Chianti Classico

Wither Hills
SAUVIGNON BLANC
2007

BROKENWOOD
CRICKET PITCH

Cabriz
RESERVA
DÃO

LOUIS ROEDERER
REMY 75

Fernandes
FINE WINES & SPIRITS

West Mall - 637-1300
Maraval - 622-1961
Fax - 622-2200
Email - info@FernandesWines.com

Wine and Gourmet Shops


Gourmet, ethnic and speciality food items, imported meats and fine wines can be purchased at the speciality shops that have advertised with us. Wines from the wine-producing regions of the world, including Chile, South Africa, Australia, New Zealand, USA and of course, Europe, are available at prices to suit all pockets and all occasions.


Malabar Farms Gourmet Shop in Maraval offers top-quality steaks and meats, seafoods, cheeses and deli meats, and freshly baked imported bread. Gift baskets and speciality platters available on order. Japanese, Asian and Mediterranean products are stocked.

Peppercorns in Ellerslie Plaza and WestMall imports weekly supplies of fresh fruit and vegetables. Frozen foods including steaks and seafood as well as deli meats, cheeses and dairy, chocolates and confectionary are some of their wonderful choices.

For fine wines, accessories and gift baskets visit **Vintage Imports**, where a knowledgeable and friendly staff will assist you to choose from their fine selection of wines to suit your occasion be it a formal dinner or a casual drink.

Fernandes Fine Wines in WestMall, Maraval and Tobago, supplies traditional and new wines and offers delivery and advice both to the connoisseur and to those wishing to embark on an adventure in learning and experimenting.





FINE WINES

WINE ACCESSORIES

GOURMET GIFT BASKETS

BAR SERVICE

42 Hunter St, Woodbrook, Trinidad
T: 622-2883/3050 E: vimports@tstt.net.tt
Carnbee, Tobago T: 660-8845 / 758-2078
www.vintageimports1td.com


MALABAR FARMS

Gourmet Store

SPECIALTY FOODS
DELI
CHEESES
MEATS
POULTRY
SEAFOODS

ORGANIC
GLUTEN
FREE
KOSHER


JAPANESE
ASIAN
ITALIAN
MEDITERRANEAN

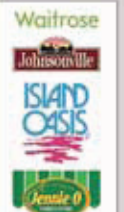


FRESHLY BAKED
IMPORTED
FRENCH
BREADS

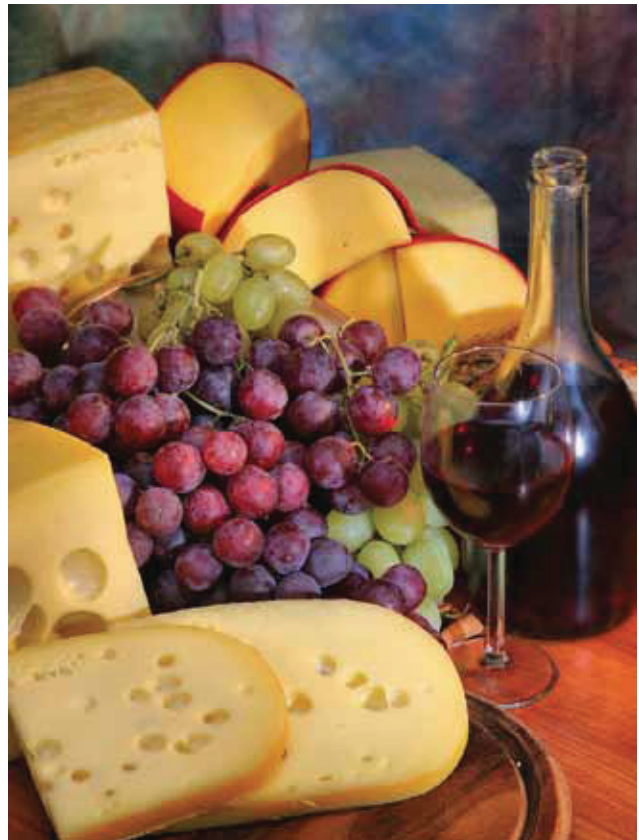
DESSERTS
GOURMET
CAKES

PARTY PLATTERS
GIFT BASKETS





MALABAR FARMS GOURMET SHOP
115 LONG CIRCULAR ROAD . MARAVAL . TRINIDAD
PHONE: 628 7486 / 622 9309
EMAIL: mfgourmetshop@malabarfarms.biz





Giselle La Ronde-West

A Fabulous Fashion Parade

By Giselle La Ronde-West

Fashion Week in Trinidad and Tobago was no ordinary display of talent. It was an exceptional event that showcased the tremendous creative ability of the people of the nation. From May 29 to June 2, the Hyatt Regency Trinidad in Port of Spain was all about lights, camera and action, with twenty designers displaying their clothes on the beautiful bodies of our talented models. Hyatt welcomed the *crème de la crème* of the fashion and entertainment world each day, bringing a great deal of excitement their way.


The dazzling array of colour and use of natural fabrics by the designers was in keeping with the theme, *Save our Earth, Live Green*. Despite the glitz and glamour of each evening, the clothes took on natural tones and hues. The designers were careful to bring home the theme throughout the entire week. The opening of the event started on the Friday, with a dance about Mother Earth conquering the evils of the earth—pollution and other human destruction.

It set the tone for that first evening, which featured designers Heather Jones, DLR “D,” Fariworld, Michael’s Vogue Designs, Sonia Mack, Millhouse menswear, Brown Sugar and CPFS. Heather’s designs were as usual, vibrant and striking, while Michael’s Vogue Designs had an avant-garde twist to them, and Sonia Mack, the Haute Couture designs of Trinidad and Tobago. The St. Kitts outfit by Judith Rawlins aka Brown Sugar, presented freedom of movement with a contrast of bold and subtle.



The swimsuit section designed by Christian Boucaud, was very stark and daring, putting an interesting edge on the Sunday evening’s show, along with Zadd and Eastman, M Squared, Peter Elias and Kimya Glasgow. That evening, Anya Ayoung Chee, former Ms. Trinidad and Tobago (Ms. Universe representative), introduced her first offering to the Fashion world, in her line called Pilar, named after her brother who died tragically. This was an interesting presentation that showcased a wide variety and combination of colour. However, it was Peter Elias’s burst of colour that captivated the audience.

On June 1, the introduction of yet another new line was seen. The well-known entertainer, Machel Montano, offered his line of kids’ wear called Boy Boy, which followed from his recent concert and book launch of the same name. This presentation was different and fresh with all the children coming out in various designs of pants, skirts and trousers, all in white cotton with different coloured Boy Boy T-shirts. It was a breath of fresh air after all the colour and adult models. He showed alongside Radical Designs, Mariska’s, Stacy Smith Designs, Simply Garnett’s, Earth member for Life and the unmistakable styles of Claudia Pegus.

The second year of Fashion Week in Trinidad and Tobago was memorable. The Hyatt Regency was an ideal location, with its high ceilings and competent staff. It was a great opportunity for new, established and rediscovering designers to come together to show off their talents to a very eager and interested audience. Everyone anxiously awaits the start of Fashion Week 2010.

The best selection and finest quality

Steaks • Seafood • Imported Fruits and Vegetables
Deli Meats and Cheeses • Chocolates and Confectionary
Frozen Foods and Dairy and everything for your gourmet needs!

Indulge Yourself

Peppercorns

Ellerslie Plaza, Trinidad, W.I. - (868) 628-5573
The Falls at Westmall, Trinidad, W.I. - (868) 633-8120
www.peppercorns.hadcofild.com



TRINIDAD BOOKWORLD

R.I.K. Services Ltd.

High Street,
San Fernando
(868) 652-4824

Gulf City, La Romaine (868) 653-9892	Trincity Mall, Trincity (868) 640-9221
Long Circular Mall, St. James (868) 622-6343	West Mall, West Mooring (868) 637-0983
Queen Street, Port of Spain (868) 623-4316	Grand Bazaar, Valsayn (868) 645-2842

books for all occasions

The People's Canvas

by Suzanne Bhagan



Artist: Glen Martin



Although many locals regard the Queen's Park Oval as the place for cricket, it is now also a place for art. The Oval is now home to the People's Canvas, arguably the country's newest tourist attraction.

Launched in 2008, this art exhibition features larger-than-life reproductions of work done by both reputable and promising local visual artists. Intensely colourful masterpieces blaze from the Oval's perimeter walls along Tragarete Road, Elizabeth Street, St. Clair Avenue and Havelock Street in uptown Port of Spain. The former vanilla walls are now saturated with rich blues, reds, golds and greens. No reproduction is alike as each reflects its artist's unique perspective of T&T's people, places and things.

The People's Canvas, now the country's largest public outdoor art gallery, can be viewed any day, any time.

C. FERREIRA

This publication is a derivative work of L'Art du Livre, Cengage Learning, which is copyrighted material. The reproduction of it without written permission from Cengage Learning is prohibited. This publication has been reproduced with permission from the Art Institute of Chicago. No part of any material or content may be reproduced in any form or by any means electronic, mechanical, photocopying, recording, or by any information storage and retrieval system without permission in writing from the publisher.





The International Waterfront Art Gallery in downtown Port of Spain

The exhibition is particularly beautiful at night, under a newly installed lighting system. The walls, previously advertisement billboards, now provide a one-stop spot for local art.

The exhibition is different to traditional mural art. Each piece was not painted directly on the wall. Instead, each was photographed, enlarged and transferred to a canvas that was stretched across a twenty-by-thirty-foot aluminium frame. This display technique allows a new collection to be mounted every six to eight months, ensuring that the project exposes as many local artists as it can.

Courtenay Williams, president of the Trinidad and Tobago Art Society, supports this innovation. He says, "The Art Society has been very concerned about the lack of public art in Trinidad and Tobago. Public art in its truest sense is art created for display in a public setting, like statues or murals or frescoes etc. Whilst this art was not created specifically as public art in the traditional sense, the fact that it employed the technique of enlargement for use in a public space was something which we could have been happy to be part of because it met a crying need."

The project was created and is wholly sponsored by corporate T&T. In 2007, local company, the Label House Group, approached advertising agency, Advantage Advertising, regarding a creative way to advertise on the Oval's walls. The agency

conceived the idea of a People's Canvas and approached the local Art Society, which commissioned the featured artists. Each artist was paid a copyright for use of his original work.

Although the average Trinidadian is hardly familiar with the featured local artists, the project hopes to promote them and encourage the public to better appreciate local talent. Williams says, "It is a way to make art accessible to all and not to have its beauty closeted within boardrooms and bedrooms and their exclusive occupants."

The project not only exposes established artists but also exhibits the work of budding artists. In 2008, the project's coordinators invited unknown artists to submit entries on the theme—Love, Peace or Harmony. They chose eight winning entries that are now featured on the wall adjacent to Havelock Street.

One of the winning artists is 24-year-old Laura Ferreira. It appears that artistic talent runs in the family because her mother, Carolina Ferreira, also won a spot on the wall.

Laura's winning piece is washed in vibrant greens, yellows and browns and portrays her niece playing with an iguana. She explains, "It depicts innocence and freedom, and basically was what came to mind when I thought of the competition's title."

Although a photographer by profession, Laura dusted off her paint brushes to

compete. She says, "This was a good thing for me as I haven't painted in three years and I now had a reason to get back into it."

She continues, "It felt great that after all these years of not touching a paintbrush I actually won something for a piece that I did. I was a bit nervous when I thought of seeing my work on the wall, just because it's there big and bold to be scrutinised. But I love how the Oval looks now, I'm glad I'm a part of it."

Because of the popularity of the People's Canvas, public art has moved to downtown Port of Spain. In April 2009, the International Waterfront Art Gallery was launched at the International Financial Centre. The launch coincided with T&T's hosting of the Fifth Summit of Americas. Vivid reproductions enliven the centre's ground-floor walls, adding some Caribbean flair to its minimalist appearance. Visitors can stroll along a paved esplanade to better appreciate the works featured.

If you do visit, do not miss the People's Canvas. Williams sums it up, "It allows the viewer to see Trinidad and Tobago through the lenses of some of the people who live here."

Anyone interested in purchasing the art featured in the project should call the Art Society at (868) 622-9827, visit them at Corner Jamaica Blvd. and St. Vincent Avenue, Federation Park, Port of Spain or e-mail: admin@artsocietytt.org



Tomley Roberts

48 Mount Pleasant Local Road, Mount Pleasant, Tobago
Mobile: (868) 702-8764
E-mail: yelmot@hotmail.com

Against a backdrop of rich West Indian culture, tinged with an essence of European history, Tomley Roberts captivates his viewer in a vivid display of colour and form as he brings to life the historical heritage of his people and his homeland Tobago. His “resurrections” awakened on canvas, bridge the gap between then and now, past and present; heritage experiences rebirth in fresh tantalising hues. The legacy of a people’s reality, their way of life, is reincarnated in detailed impasto and dramatic colour. Roberts continues tutoring at Speyside High School and paints passionately from his studio in Tobago.

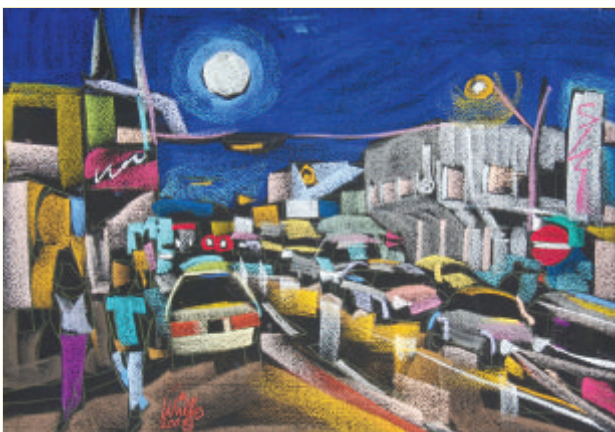


Karen Hale-Jackson

E-mail: karen@fullcircle-tt.com or khjmd@flowtrinidad.net
Mobile: (868) 681-0216

Karen is a self-taught artist with some formal training. “I was born with a paint brush in my hand,” she says. Her successful participation in a number of joint exhibitions has encouraged her to follow her dream of being a full-time artist. Karen works mainly in acrylic and paints local scenery, houses, people, flora etc. She especially enjoys doing work by commission. That way, she knows that the piece she is working on means something special to someone.

Karen’s work can be viewed on her Virtual Art Gallery at <http://fullcircle-tt.com>



Wulf

St. Joseph, Trinidad and Tobago W.I.
Tel: (868) 719-0827
E-mail: Art_4U2@yahoo.com
www.wulf-art4u.com



Wulf is a German-born artist working as a professional fine artist in Trinidad and Tobago for the past ten years. He is also well known as a Fine Arts Restorer and Art Teacher.

“Think about art as a process and we should enjoy the process. For us, the way is our destination. We manage our creativity with the game on the field of time. In the heart of this game we meet the secret of joy.”



Glen Martin

Brooklyn New York
E-mail: glenpmartin@yahoo.com
www.glenmartinfinearts.com

Glen Martin was born in Port of Spain, Trinidad. He received a full scholarship at New York’s Pratt Institute where he graduated with a Bachelor in Fine Arts, majoring in Illustration and Painting. His first solo exhibition was in 1974, but he has since had several exhibitions at galleries throughout New York and Trinidad, where he still continues to exhibit on a regular basis. Inspired by the nature and culture of Trinidad, his paintings are an expressionistic approach to landscape and portraiture. He is represented in Trinidad by Horizons Art Gallery.



Adrian Camps-Campins

E-mail: adrian@cablenett.net

Adrian Camps-Campins has spent the last twenty-five years digging into Trinidad and Tobago's past, turning the results into a series of bold, original acrylic paintings, executed in the naive-style. These are then made into greeting cards with accompanying photographs, maps and texts. Two of his paintings have been made into postage stamps: the first depicting the visit of Christopher Columbus in 1498, and one of the most recent, The University of Woodford Square showing Dr. Eric Williams addressing a public rally. He has exhibited at the Meridian International Center in Washington and at the Salon of Le Grand Palais in Paris. In 1993, one of his designs was selected for use as a UNICEF card—the first from a native of Trinidad.

Danielle DuBoulay

8, Prospect Avenue,
Maraval, Port of Spain,
Trinidad

Tel: (868) 622-9751

E-mail:
daniedub@gmail.com

A Note from Danielle:
I have been creating since my childhood. For the last ten years I have been painting every day. I devote my spare time to art, painting and traveling. I do work part-time as an elementary teacher. The Caribbean landscape is a great motivator for me. The bright colours, the vibrant music etc. The driving force for my painting is primarily that it has a very calming effect on my rather restless personality. I am primarily inspired, by the impressionists. I admire the vibrant paintings that they were able to create.



Tobago cover artist

E-mail: tobagoart@hotmail.com

Phone: (868) 736-5394

www.tobagoart.com

Artist Nazim Baksh, is skillful in a variety of mediums including Watercolours, Oils and Jewellery, but paints mainly in Acrylics. His subjects range from landscapes to bele dancers and pan men, which are enlivened by a preferred choice of vibrant colours with a particular interest in showing light and dark interaction. The artist recently opened Tobago Art. The objective is to promote young artists and their work through organised exhibitions, both locally and abroad. A new graduate of the London Metropolitan University, Nazim has added to his academic portfolio a BSc. in Computing and Information Systems.



LeRoy Clarke

Hope Villas, 18a Mount Hope Road, Mount Hope

Tel: (868) 675-9142

E-mail: leroyclarke@hotmail.com

Considered one of T&T's finest contemporary artists, LeRoy Clarke was the first to be conferred the title Master Artist by the National Museum and Art Gallery of T&T, amongst many other national awards. Holder of prestigious community awards, his crowning event was the award of a "Staff of Eldership" and Chieftaincy Title in the Orisha community. Proficient writer and artist, his prowess as a visual artist grew from a compunction to "see and to go deeper than surfaces allowed." He continues to draw on the worldview he has developed living at home and in the U.S.



Jason Nedd

L'Anse Fourmi, Tobago, W.I.
Mobile: (868) 680-0469
E-mail: jneddminiartgallery@yahoo.com

Tobago-born artist, Jason Nedd, continues to excel in his love and passion for drawing and painting. He started painting at an early age. Jason continued drawing at the Roxborough Composite School where he won an award from the Tobago Art Committee for outstanding achievements in Art. Jason has been holding exhibitions in Tobago and also Trinidad, which has led him to receive many commissions, both national and international. At present, he continues to aggressively pursue his enthusiasm for drawing and painting at L'Anse Fourmi in Tobago.



Justin Sobion

Cell: (868) 753-5936
E-mail: jsobion@hotmail.com

Justin Sobion was born in Trinidad and Tobago, a tropical twin-island nation in the Caribbean. He is a self-taught artist who has been painting since the tender age of 8. During the time he has been painting, he has exhibited in a series of solo and joint exhibitions in Trinidad, Suriname, London and the Netherlands. Justin describes his art simply as "intuitive" and is deeply devoted to his flamboyant and vibrant colours. Besides being an artist, Justin is also an attorney by profession. His other interests include reading and travelling.



Miniature actual size – 2"x2"

Peter Sheppard

Mobile: (868) 685-6289
E-mail: petersheppard@tstt.net.tt
<http://artsocietytt.org/sheppardP.htm>

A true Trini who loves painting all things Trinidad and Tobago. Colourful detailed paintings in miniature and some larger ones too. Self-taught and exhibiting in Trinidad since 1994, works are available at the major Art Galleries and from his annual exhibition. Join Peter and other artists on their monthly painting EN PLEIN AIR programmes.



On Location Art Galleries Ltd.

Unit 205, Upper Level, The Falls at West Mall
Tel/Fax: (868) 633-3404
E-mail: onlocate@tstt.net.tt

Conveniently located at the Upper Level, The Falls at West Mall, On Location is run by Peter Kwang who exhibits a wide variety of works by artists such as Ryan Williams, Glen Roopchand, Carlisle Harris, Clyde Madeiro and Rukumba Nedd. They also carry an extensive range of local prints and cards. Drawing on experience gained in the U.K. and Italy, the gallery offers general and custom-designed picture-framing services and preservation of original works of art.



Michael Phillips

Corner Ariapita Avenue and O'Connor Street,
Woodbrook, Trinidad
Mobile: 684-0615 • E-mail: michael@mphillipsart.com
Web site: Mphillipsart.com
Originals and Limited Edition Prints

Michael showed his talent for art at an early age and has produced six solo art exhibitions featuring nature and old architecture of Trinidad and Tobago. He was first publicly known as an international cyclist, representing his country in the sport of cycling for fifteen years when he was a thirteen-time national champion and won CAC and Pan Am Championship medals. Michael is also the creator of The Beacon Trinidad and Tobago Cycling Festival, the largest cycling event in the western hemisphere.

The Gallery at Fine Art...

Extensive selection of Original Artwork
by Trinidad and Tobago's most talented artist
Cor. Rosalino and Warren Sts, Woodbrook
Tel: (868) 628-4669 • Email: gallery@tsitt.net.tt



- San Fernando - (868) 653-1331
- Woodbrook - (868) 628-4669
- Grand Bazaar - (868) 663-3091
- Head Office/Factory - (868) 638-2069

Fax: (868) 638-2083 • Email: fineart@tsitt.net.tt
Website: www.fineartcaribbean.com



Professional Custom Framing since 1965

GREGORY SCOTT
fine art photography
& digital art



art gallery
&
digital fine art printmakers

(868) 221-2005
email: gregory@create3d.com
website: www.create3d.com

**STARLITE SHOPPING PLAZA
DIEGO MARTIN, P.O.S.
TRINIDAD & TOBAGO**



We offer a vast selection of artwork by
many leading artists from Trinidad & Tobago
in a beautiful ambience



ART GALLERY, PRINTS & CUSTOM FRAMING

37-39 Mucurapo Road, St. James, Trinidad W.I.
Tel: Gallery (868) 628-9769, Framing (868) 628-8048
Email: info@horizonsartgallery.com
View our exhibitions at www.horizonsartgallery.com

A Labour of Love

by Suzanne Bhagan



In the small community of Chase Village, a potter picks up a clay urn and rests it gingerly on the potter's wheel. He is covered in a thick

film of grey dust, from his short hair to his worn sneakers. A thick, earthy aroma fills the workshop.

Deonarine "Catch" Ramsaran is a master potter at Radika's Pottery. Twelve-year-old Ramsaran ran away from school to learn pottery. When his mother found out, she beat him. The next day, he returned. The skill would become his life vocation.

During the 1800s, Indians immigrated to Trinidad to work on its sugar estates. Some were members of the Kumhar caste, well known for their pottery skills. When the sugar industry diminished, these individuals turned to pottery to earn a living. Today, the humble livelihood has become a vibrant business in T&T.

Many of the community's terra cotta artists obtain clay from nearby Carlsen Field. The former American World War II base is the best place to find what locals call "sappatay mud." This type of clay is ideal for pottery because it is very malleable and can withstand the kiln's high temperatures during the firing process.

Clay can be quite expensive. A potter may pay about \$500 for a truckload of clay. Before use, it is soaked, dried and sifted to remove debris and small stones. In the early days, potters would "dance the clay" (manually mix the clay with sand with their feet) for hours to make it smooth. Today, it is quickly fed through an electric powered pug mill. The clay is then kneaded and moulded on the potter's wheel. Finally, each piece is baked in a homemade, wood fire kiln for hours, until it gets that characteristic orange-red glow.

Andy Benny, the current owner of Radika's, explains that pottery in Chase Village started with the Seecharan family.



Edison Boodoosingh/trinimages.com

Today, many of the potters in the area are directly related to the family. Seecharan's son, Tiklal, encouraged his children (particularly his sons) to learn the art. Surprisingly, his daughter, Radika, was the one who helped the family business evolve into the success it is today.

She opened Radika's Pottery in the late 1970s. In the early days, the shop sold *deyas* (small clay pots used in Divali) and *kalsas* (goblets) that were used in Hindu ceremonies and in the kitchen. Her son, Andy, admits that success did not come overnight. He pauses, lights a cigarette, inhales and exhales slowly, saying, "We worked real hard."

Radika's has always been a trailblazer. Andy claims that they were the first potters to experiment with new designs, techniques and pieces. He explains that many new items were the results of "wheel accidents." He says, "Many times, with the shake of the hand, you come up with something new."

Eventually, his family outgrew its title of "*deya* people." Today they produce giant terra cotta urns, sconces and pieces inspired by Mexican and other foreign designs. Andy boasts, "This is the only place where you can get stuff made, stuff that you see in books, once it can be done on the potter's wheel."

Over on Ghany Street, just off the main road, is Makh's Pottery. Jitram Makh, the owner, is Radika's brother. His son, Mack, also a potter, encouraged his father to expand the shop's production line. Today, they produce beautifully glazed *deya* houses, wind chimes and decorative pots.

Mack admits that pottery is a "labour of love" because it can take as long as two weeks to produce a simple jar. Laughter remains a mainstay in the workplace. Andy says, "Here, somebody always around to make you laugh. The exuberance they bring, helps with the creativity you need to have for pottery."

The Trinidad *experience*

Trini Folklore, Folktales and Myths...

Our rich storytelling tradition

Illustrations courtesy Paria Publishing



La Diabliesse

By Nasser Khan

In the book *Folklore and Legends of Trinidad and Tobago*, author Gérard Besson, tells us what is so typical of many of us who have grown up in these islands...that one of the distinct memories of school vacations were the times spent with extended families. Times when parents, aunts, uncles, grandparents or older cousins would take much delight in telling the younger ones the “jumbie” (invisible, superstitious, mischievous evil spirits that roam both day and night) and Anansi (the spider folklore storyteller) stories. Predominantly of African origin, with French/Patois, Spanish, English and Indian influences, these were usually hair-raising, heart-thumping tales of scary creatures and terrifying encounters with the supernatural and other make-believe mythological characters.

Trinis are well known for their unique knack for storytelling and there is an abundance of mythical folklore and folktales that have been handed down over the years, all rooted in the islands’ rich culture. Lies or excuses are often referred to as “nanci stories” (after Anansi).

In Trinidad, the popular folklore characters (“jumbies” as they are generally termed) are: the Soucouyant, La Diabliesse, Douen, Lagahoo, and Papa Bois. There is also the myth of the Silk Cotton Tree. Tobago has its unique legendary jumbies like Gang Gang Sara and Mermaids and Fairmaids.

La Diabliesse

French for “devil woman,” an evil spirit who roams quiet offbeat roads in the form of a voluptuous woman, looking for men. Any man she meets, she leads to his death. She is recognisable because she always wears a large hat and carries a fan, but mainly, because one of her feet is normal and the other is a cloven hoof.

The Soucouyant

Derived from the French verb *sucer*, to suck. This is an old woman who has sold her soul to the devil. Each night, she sheds her skin and takes the form of a ball of fire. She flies about going to houses to suck the blood of sleeping people as well as animals. In Trinidad, if somebody walks around with what looks like a hickey, remarks from friends like, “Eh, Eh, like Soucoyant suck you or what?” are common.

Douens

French *doue* meaning talented or gifted. They roam the nights in search of living children who are not yet christened to take with them. They wear large straw hats that hide their faces and their feet are turned backwards. They call children by making a haunting “whoop” sound.

Lagahoo

French *loup-garou*, for werewolf. This is a shape-shifter that can change its size as well as its lower torso into half of one type of animal. This is done at night as it rattles and drags chains and carries in its hand, a whip-like bunch of dried sticks and reeds.

Papa Bois

French for Father of the Woods. He is half man, half goat; he is the protector of the forests. He will not allow any trees or animals in his forests to be hunted or destroyed. Death befalls anyone who violates the forest in his care. He is a very hairy old man, usually dressed in a pair of ragged trousers with a bamboo horn hanging from his belt.

Gang Gang Sara

The African witch of Golden Lane, who on a stormy night, was blown from her home in Africa across the sea to Tobago and landed safely at Les Coteaux village. From there she journeyed to Golden Lane in search of her family who had long ago been transported there. She lived to a very old age and is revered for her wisdom and kindness.

Mermaids and Fairymaids

Where the Caribbean Sea and the Atlantic Ocean meet, there were male mermaids who would mate with female fairymaids.

Silk Cotton trees

These huge trees are regarded with a kind of awed reverence and fear. To cut one down is to free the spirits that live in them, making them free to roam the earth.

All these stories lead many to believe in superstition and a fair amount of solutions to guard or protect a person such as, “If you encounter a spirit, especially a Douen, turn your clothes inside out.”

Oh...to prove how superstitious a story teller might be, every story should end with the sentence, “Crick Crack/Monkey break he back for a piece of pommerac” or “Crick Crack the wire bend that’s the way my story end.” This is done to ward off bad spirits!



Papa Bois



Soucouyant

Meet
a Trini

Barbie Jardine – Barbara Jardine's recognition in the film *The Solitary Alchemist* mirrors the success of T&T's budding film industry.

by Desirée McEachrane



Poster Image by Laura Ferreira/graphic design by Anya Ayoung Chee

Slim, unaffected with a shock of spiky blonde, Barbara Jardine's T&T roots aren't visible to most of us, even though she was born here. A master-level goldsmith trained in Britain, Jardine speaks with a British accent. As a jeweler, her art isn't as accessible as the paintings displayed on the wall of the Queen's Park Oval or the International Financial Centre. But for more than twenty years, Jardine has lived and worked in Trinidad, using Caribbean materials like wood, turtle shell, coral and beetle wings, along with the traditional gold, silver and copper, to craft her hauntingly unique work.

Her motifs are also strikingly West Indian. *In Memoriam*, which she fashioned as a tribute to her late mother, is morbid, tenderly erotic and tropical—a gold pin atop which, a bright blood-red anthurium lily and a black coral skull are entwined; a piece bubbling with strong emotion shaped in art. In *The Solitary Alchemist*, which won Best Local Film at the 2009 Trinidad and Tobago Film festival, film producer Mariel Brown intimately captures Jardine's complex artist's soul in a narrative that relates to a surprisingly wide audience.

"Big hard-back men, the younger generation who had no idea who I was, artists have been empowered by what they see as me and my life, which actually has been a very humdrum, quiet little life. Mariel has made it look exciting," said Jardine.

As often happens in smaller countries, local screenplay writers, directors and producers have always struggled to generate local film and television content to compete with the international markets for the local audience. But the annual Trinidad and Tobago Film Festival shows that local stakeholders like the Trinidad and Tobago Film Company (TTFC) have been doing well at opening dialogue between local filmmakers and private enterprise sponsors, since these partnerships have been proven to boost the local film industry. Attendance

at the 2009 Festival had almost doubled from two years ago; everyone from business executives to high-school students and housewives, flocked to the MovieTowne theatres to see heroes and heroines that represented their historical and cultural truth onscreen.

An official statement from the TTFC said, "TTFC's mandate is both to develop local content and ensure the increased appreciation and appetite for local films. To this end, TTFC is a sponsor of the Film Festival and we have noted the support provided by other private sector sponsors."

The Solitary Alchemist is just one prototype of how excellence in local film industry has emerged. The TTFC statement added, "We have seen the overall standard and calibre of the festival improve year-on-year and with increased private sector support we expect this trend to continue."

Several excellent and often controversial films held court at the 2009 Festival, including Yao Ramesar's *Sista God: The Second Coming* and *The Ghost of Hing King Estate* by Francis Escayg. *Coolie Pink and Green*, produced and written by Professor Patricia Mohammed won the People's Choice Award at the Festival. *Carmen and Geoffrey*, based on the life of Trini-born dancer, artist and musician, Geoffrey Holder and his dancer wife Carmen de Lavallade, and produced by an American film crew, won the festival's Best Film award.

Every year there is an increase in the number and quality of local entries. Novice and established filmmakers have begun to experiment with different genres. Filmmakers also seem more inclined to use T&T-based storylines, archetypes and legends, like Jardine and Holder, to create their films and documentaries. It's a burgeoning industry, but also historical documentation of indigenous culture and development through its people.

"The point of our film was to show the movement of black dance in the U.S. through the Alvin Ailey Company," said Linda Atkinson. She and her husband, Nick Doob, produced and directed *Carmen and Geoffrey*, following the couple to Trinidad, Texas and Paris to film their continuing work. "But it started when we realised that Carmen and Geoffrey are just too important not to have a film made about them."

Jardine's work is similarly important; she had not received wide local recognition before *The Solitary Alchemist* was released, but her work is internationally acclaimed. One of her best pieces, called *The Warrior*, is exhibited at London's Victoria and Albert Museum. She recently received a grant to produce pieces for an exhibition in Scotland in two years; no pressure to make a living, she said, just the freedom to let her creativity loose. Brown remembers seeing Jardine's work as a child, and growing up to realise how important it was for her genius to be accessed by the wider T&T community.

"She has not been recognised as she should be," argued Brown, whose crew filmed Jardine for three years in three locations—Scotland, England and Trinidad.

The TTFC exists to promote T&T talent and resources in the film industry. According to its Web site: T&T boasts twelve production companies, thirty-three companies that offer production support and nine television stations, as well as a host of film-ready locations, many of which have been used by foreign film crews. The TTFC estimates that between 2005 and 2006, foreign film-production companies contributed nearly US\$1.4 million in revenue for this country.

"*The Solitary Alchemist*'s production value attests to T&T's capability as a filmmaking country. Mariel Brown is establishing a new benchmark through her work," the Film Company stated. "*The Solitary Alchemist* film is certainly an exemplar. Both it and *Carmen*



Michele Jorsling

Heigh-ho, My Heart

and *Geoffrey* are well-produced films, which will hopefully find their way to many international festivals to be enjoyed by international audiences."

"In 2009, a partnership with the Black Filmmakers (bfm) International Film Festival (IFF) facilitated the screening of a selection of films made by filmmakers of Caribbean origin at the 2009 TTFF," the TTFC said. This collaboration in turn ensured that local films were screened in the U.K. to Diaspora audiences. The first three films screened at the festival, which took place from November 6–10, were *Soca Power*, by Jean Michel Gibert, *Mas Man* by Dalton Narine and *The Ghost of Hing King Estate* by Francis Escayg. The company's Production Assistance and Script Development programme (PASD) provides funding to nationals for film production, and awardees continue to produce award-winning films.

The TTFC and other stakeholders are building a tangible continuity within the film industry's professionals. But a less tangible continuity exists within the stories themselves; audience impact is immeasurable, but can go a long way to validating film in T&T, and authenticating the T&T film industry internationally.

"It's got good lessons in it...it's got lot of emotion, it's got a lot of heart," Jardine said of *The Solitary Alchemist*. "It shows the soul behind the work."

Touring

by Andy Whitwell



Artist: Neil Massy

Vacations renew the spirit, mind and body. They are the antidote for the year gone by and the preparation for the year to come. The perfect place, and a professionally planned and conducted tour, will maximise the exhilaration of relaxation or exertion in an exotic location and enhance the pleasure of leisure and learning. In Trinidad and Tobago, you will find the right destination, and in the passionate professionalism and informed experience of the members of the T&T Incoming Tour Operators Association (TTITOA), you will find the perfect providers.

The old winding trail along Trinidad's north coast, following hill and valley above the crashing breakers of the Caribbean Sea, is not only a beautiful route for today's walkers, but an integral and living part of Trinidad's history.



Green Honeycreeper feeding on pawpaw
Stephen Broadbridge

With its few remaining mile posts jutting from its verges, its lichen-encrusted abutments of long-collapsed bridges, and the subservience of distance to gradient, this remnant of the Paria Main Road evokes our latent nostalgia for the slower pace of past times. Many other ancient trails still exist across the Northern Range, connecting long-abandoned estates and settlements. They are historical havens of natural Trinidad where visitors of all ages can walk, hike or cycle, camp, experience our heritage and feel at one with the natural world and its primordial divinity.

But there are other gods in Trinidad, the deities of many faiths, and representatives of the peoples that have come to Trinidad over the last 7,000 years. Near Waterloo, on Trinidad's west coast, the largest murti outside of India honours Hanuman, the monkey god of Hindu mythology. Adjacent to it is the ornate Dattatreya mandir, housing other Hindu shrines and idols. The colossal murti is the masterpiece, from its exquisitely manicured toenails, up past the massive legs, barrel chest, and firmly upraised hand, the monkey face of Hanuman stares in stately grace across the Caroni Plains, eighty-five feet above us.

Not far away, the historic Hindu mandir in the sea, is symbolic of and a tribute to the religious devotion of a single man, who many thought was crazy when he was building it.

From high above, a small troop of capuchin monkeys stare curiously down at us. The forests of the Bush Bush wildlife sanctuary resonate to the desolate, distant roaring of a troop of red howler monkeys. Nearby, the Nariva Swamp trills to the delicate piping and whistling of hidden frogs. And all around, within touch, within sight, sound and smell, are the shrubs and saplings, vines and lianas, the many trees of this specialist community that is a part of the largest freshwater wetland in the Caribbean. The best way to see and understand it is from a kayak, silently gliding the narrow waterways, past lilies and sedges, papyrus and grasses, wild sugar apple and swamp bloodwood. Dragonflies dart and skim, fish leap and birds are everywhere. On Bush Bush, the monkeys fall silent as a black hawk hunts above the canopy.

With its patchwork of environments,

wetlands and plains, hills and valleys, forests and grasslands, Trinidad has the highest avian species diversity in the world. We go south, to the Sudama Steps to find Spotted Tody flycatcher, Red capped Cardinal and Green Kingfisher. Then to Chaguaramas in the northwest where the hike up Morne Catherine provides a cross section of forest birds—from toucans to tanagers and hermits to honeycreepers. In the northeast, in the village of Cumuto, the Aripo Savannah hosts Red-bellied Macaw, White-tailed Goldenthrout and Sulphury Flycatcher.

Head to Central and take an evening boat trip through the narrow channels and open lagoons of Caroni Swamp, to watch the Scarlet Ibis winging their way to their roosts, where they perch like vermilion jewels against the darkening green of the mangroves.

The northeast coast of Trinidad, with its extensive forests, is home to the Trinidad Piping guan or Pawi—the only species of bird endemic to Trinidad and Tobago and a favorite sighting for birders. We overnight at Grande Rivière to be ready for the pre-dawn walk to their habitat.

But Grande Rivière has another claim to fame. From March to August, its beach is alive with giant Leatherback Turtles. This gently curving stretch of soft sand, less than a kilometre in length, has the highest measured density of nesting leatherback turtles in the world. Local community groups actively protect the turtles at Grande Rivière, Matura and Fishing Pond, and an after-dinner tour from Port of Spain to Matura will probably see you back in bed by 1:00 a.m., your mind still marveling at the magically mystical experience of watching an activity ongoing since the age of the dinosaurs.

But come to the beach in the bright light of day, and it is humans who dominate the experience, warmed by the sun, cooled by the sea and caressed by the sand. From the long straight shores of the eastern Atlantic coast to the remote bays of the north, lapped by the Caribbean Sea, there are beaches to suit all tastes, from pristine to developed. The most popular, less than an hour's drive from Port of Spain, is Maracas, its broad band of golden sand protected by forested headlands. All find a place on the beach, the young and the

old, the active and the lethargic; people are running, walking, sleeping, sunbathing, talking, eating and drinking, swimming and surfing and just plain liming!

Amerindians from the Orinoco, came to Trinidad from 5000 BCE, and since the fifteenth century, Europeans, Africans, Indians and Chinese, Syrians and Lebanese have arrived on our shores. They all blended in a mixture of vigour to create a unique, vibrant culture of beauty and talent, producing original music, innovative cuisine and colourful art.

The gourmand's culinary journey can begin at Maracas beach with shark and bake, where the highlight is the optional extras, a lexicon of local salads and seasonings. This will keep you satisfied along the circuitous mountain roads to Port of Spain and the suburb of St. James. Here you can get roti, a mixture of curried vegetables and meat, wrapped in a "skin" of dhalpuri. And if you are liming until early morning, try the optional breakfast of doubles, available on many a street corner. They are made from two small flatbreads called baras covered with well-seasoned channa (chick peas). But you do not have to only eat on the street. Port of Spain has numerous restaurants to suit all budgets and palates. Indeed, it would require a stay of many weeks to try them all.

To burn off all those calories, join the morning joggers circumnavigating the Queen's Park Savannah. The land was purchased in 1816 for the people of Port of Spain. Initially a pasture for cattle, it soon became the home of horse racing and a ground for local and inter-colonial sports. The Savannah is the first and largest recreation ground in the West Indies, nestled beneath the sun-bathed hills of the Northern Range it continues to this day to provide a beautiful and relaxing space for formal and informal sports, runners, walkers and lovers.

Port of Spain is our capital city, dominated by the tower blocks of the waterfront overlooking the Gulf of Paria. Just inland is the main commercial area, an eye-catching blend of old historic buildings and modern construction, where the lunchtime limers can relax on the broad tree-lined Brian Lara Promenade, or stroll between and beneath the jets of the brilliantly designed new fountain between the wharf and the





KALLOO'S
 AUTO RENTALS • TAXI SERVICE • TOURS

- ▶ Concierge Service
- ▶ Limousine Service
- ▶ Island Tours
- ▶ Bus Rentals
- ▶ Car Rentals
- ▶ Party Buses
- ▶ Luxury Cars
- ▶ Security Service

Luxury Car Rentals

CONTACT US AT:
Email: kalloos@tstt.net.tt
Website: www.kalloos.com

- Cruise Ship Complex: (868) 628-2394
- Piarco Airport: (868) 669-5673
- 31 French St. Woodbrook: (868) 622-9073
- Point Lisas: (868) 645-1514

INESSENCE
Concierge

Gail's Exclusive

Tour Services Ltd.

GETS LTD. / GAIL'S
 EXCLUSIVE TOUR
 SERVICES LIMITED



*One of the most professional
 and distinguished Service
 Oriented Tour Companies
 in Trinidad & Tobago...*

- Educational
- Geographical
- Historical
- Cultural
- Recreational
 (Hiking, Sightseeing,
 Watersports and Diving)
- Business
- Religious Pilgrimages

For further information and bookings
 #30 Moreau Road, Saddle Road, San Juan, Trinidad
 Tel: 1 (868) 638-5085 • Tel/Fax: (868) 638-7148
 Email: gail_getstours@hotmail.com
 Website: www.gailsexclusivetours.com • www.exclusivetourtnt.com



**TRINIDAD & TOBAGO
 SIGHTSEEING TOURS
 &
 Carvalho's Agencies**

Web: www.trintours.com
Web: www.shiphandling.com
Web: www.tntadventures.com

165A Western Main Road St. James, Trinidad and Tobago
 Tel: (868)-628-1051 / 628-0668 • Fax: (868)-622-9205
 Email: carvalho@tstt.net.tt • charles@trintours.com

International Financial Centre. The lower walls of the Centre are strikingly adorned with giant prints of the works of local artists, but the main outdoor gallery is just west of the city centre at the Queen's Park Oval, the home of Trinidad cricket.

The ground takes up an entire block and on all the external walls there are more of our great paintings, freely available for all to admire day and night. Lovers of art and culture taking an evening stroll around the outdoor gallery, may find their ears assailed by a melodic mélange of musical notes

floating enticingly through the air, for three panyards are within easy walking distance.

Step through the gates, and there is a strumming and a drumming, pannists beating and sweating, dancing and jumping to the pulsating rhythm. Tenors high and tenors low, double second and triple cello, harmony and counterpoint in mesmerising flow, backed by the thunder from the bass row. It is music that epitomises the people and the place.

Trinidad sits at the tectonic crossroads of old Gondwanaland, torn from South

America by a drifting Caribbean Plate. Exposed and submerged by fluctuating seas, it now is the link, geographically and biologically between South America and the Caribbean. Its peoples represent a history of ancient migrations, fifteenth and sixteenth century explorations and conquest, slavery, exploitation and emancipation. Free yourself, experience the culture and the nature, and immerse yourself in pleasure, leisure and learning. Vacation in T&T with the Incoming Tour Operators Association.



DESTINATION MANAGEMENT COMPANY
"Specializing in people"

Sightseeing Tours, Pan Yard & Cultural Tours,
Sea Excursions "down the Islands", Event Management,
Ground Transfers, Accommodation bookings etc..

Tel: (868) 633-4733 / 753-2775 • Fax: (868) 633-1771
e-mail: injoytours@hotmail.com www.injoytours.com



Nanan's Bird Sanctuary Tours

FOR RESERVATIONS:
#38, Bamboo Grove Settlement No. 1
Uriah Butler Highway, Valsayn, P.O. Trinidad W.I
Phone/Fax: (868) 645-1305 • Cell: (868) 681-1671
E-mail: nantour@tsst.net.tt • Website: www.nananecotours.com
Phone: (868)-cv2-book • Website: www.cvmtravel.com



TRINIDAD AND TOBAGO INCOMING TOUR OPERATORS ASSOCIATION
Tel: (868) 633-1403 ; Fax: (868) 633-1771
Email: titoa@tsst.net.tt
www.titoea.com

*For a variety of tours
designed especially for you...
contact the following operators.*

AD Travel Ltd Tel: (868) 487-0572 email: asalandy@incentiveandmore.com www.incentiveandmore.com	Nanan's Bird Sanctuary Tours Tel: (868) 645-1305 / 681-1671 e-mail: nantour@tsst.net.tt www.nananecotours.com
Caribbean Discovery Tours Tel: (868) 624-7281 / 620-1989 email: caribbeananddiscoverytours@yahoo.com www.caribbeananddiscoverytours.com	Paria Springs Tel: (868) 622-8826 / 620-8240 e-mail: rooks@pariasprings.com www.pariasprings.com
Classic Tours & Travel Tel: (868) 639-9891 / 680-7993 e-mail: infoclassictoursltd@tsst.net.tt www.classictoursltd.com	The Travel Centre Tel: (868) 622-0112 email: trivcentre@tsst.net.tt www.the-travel-centre.com
Gail's Exclusive Tour Services Ltd. Tel: (868) 638-5085 / 762-5495 e-mail: gail_gettours@hotmail.com www.exclusivetourstnt.com	The Pathmaster Tel: (868) 621-0255 / 374-7847 e-mail: info@thepathmaster.com www.thepathmaster.com
In Joy Tours Tel: (868) 633-4733 / 753-2775 e-mail: injoytours@hotmail.com www.injoytours.com	Trinidad & Tobago Sightseeing Tours Tel: (868) 628-1051 / 628-0668. e-mail: carvalho@tsst.net.tt www.trintours.com
Island Experiences Tel: (868) 625-2410 / 756-9677 e-mail: gunda@tsst.net.tt www.islandexperiencestrinidad.com	Yes Tourism Tel: (868) 631-0286 / 357-0062 e-mail: info@yes-tourism.com www.yes-tourism.com



Caribbean Discovery Tours Ltd.
UNIQUE, PERSONALIZED TOURS.

Contact: **Stephen Broadbridge**
9B Fondes Amandes Rd., St. Anns, P.O.S., Trinidad.
Tel: (868) 624-7281 • Cell: (868) 620 1989 • Fax: (868) 624-8596
email: caribbeananddiscoverytours@yahoo.com • <http://www.caribbeananddiscoverytours.com>



Asa Wright Nature Centre

The Asa Wright Nature Centre and Lodge was established on October 20, 1967, in honour of the estate's last private owner, Mrs. Asa Wright. The Centre thus became the first facility to be developed for conservation in the Caribbean. This registered charity is located in the foothills of the Arima Valley, Trinidad. Nestled within a pristine montane rainforest habitat, the Centre has a high diversity of birds, mammals, reptiles, amphibians, insects and countless native plants. The approximate 1500-acre property (made up of several estates) is ideal for hikes and nature tours.

The Asa Wright Nature Centre has twenty-seven standard rooms and two self-contained units for small groups. Guests are accommodated in comfortable rooms each with private bathroom, hot/cold shower and ceiling fan. Most rooms have a private balcony with open views through the Arima Valley, some rooms also include air conditioning and all have phones. Two rooms are located in the Centre's century-old Tapia main house (catering for guests with mobility needs) is positioned at the centre of property. The main house contains the reception desk, the dining room and the world-famous verandah, with views of nearby feeding wildlife and all of the Arima Valley.

A prime destination for birdwatchers and other nature enthusiasts, with the typical day starting as early as 6:00 a.m. when freshly brewed home-grown coffee is served on the verandah, while the feeding tables filled with fruit attract a multitude of birds. Hummingbird feeders are filled with sugar solution to start the daily avian parade. It is normal for birdwatchers to see an average of twenty-five species on a morning just from the verandah, all this before buffet breakfast at 7:30 a.m. The delicious meals are all-inclusive for guests and are buffet-style.

One of the main assets of the Asa Wright Nature Centre is its cadre of knowledgeable and courteous naturalist guides who conduct tours both on and off the Nature Centre's premises. A cadre of expert field guides with "maxi-taxis" (small hired buses) is also on staff to lead tours to nature sites, especially to find birds. Among the most unique and peculiar of Asa Wright's birds is the oilbird; it is the only nocturnal fruit-eating bird in the world. Its name was derived when the fatty young chicks were caught, specifically for the extraction of oil from their fat. This nightjar-like bird lives in colonies in remote caves located in northern parts of South America and Trinidad. The most accessible of these is the Dunston's Cave colony, located on Asa Wright's Spring Hill Estate. Trips to see these nocturnal birds are limited to twice a week for guests staying three or more nights. This restriction comes as a result of the bird's high sensitivity to disturbance, which has for many centuries been forced on them.

Although the oilbird colony is special to Asa Wright, the property boasts of having over 140 species of birds in the country known to be the most densely populated for birds in the world. The Centre is open daily to the visiting public from 9:00 a.m. to 5:00 p.m. Guided tours are available twice daily. Swimming can be done at any of the Centre's freshwater pools and waterfalls. Buffet dining, picnic, events and conference facilities are all available.

TO CONTACT THE ASA WRIGHT NATURE CENTRE:

Tel: 667-4655/ 667-5162, Fax: 667-4540

E-mail: asawright@tstt.net.tt

Web site: www.asawright.org

Photos: Harold Diaz



Oilbird



Blue-chinned Sapphire



Tufted Coquette



Violaceous Trogon



Copper-rumped Hummingbird



Silver-beaked Tanager

The Trinidad *experience*

by Sandra Baksh

Down the Islands

Port of Spain is a prosperous, bustling city doused in beauty and culture but sometimes, even party animals or workaholics need to get away for some relaxation and a change of scenery. A drive along the coast of the northwest peninsula leads to Chaguaramas, with its busy marinas, yachting industry and numerous water activities. It is from here that many locals, expatriates or tourists find their way to experience the ultimate Trini excursion—a trip “down the islands.”

“Down the islands” refers to any of the offshore islands off the northwest coast: Diego Islands, Five Islands, Gaspar Grande and the Bocas Islands, the latter two being the most significant for overnight camping or longer stays in mainly privately owned holiday homes.

Bocas Islands gets its name from the Spanish word for “mouth” derived from the three narrow troughs of water between each of the islands called the First, Second and Third Bocas. The Boca Grande is the mass of ocean between Venezuela and its closest point to Chacachacare. The Bocas were collectively called Boca del Drago (Dragon’s Mouth) by Christopher Columbus and was (still is) notorious for its wild currents, high winds, large swells and treacherous rocks surrounding the islands. Many shipwrecks have occurred in the various Bocas over the centuries, including the famous *Doktor Sievert*, 1895, that used to carry cargo of Angostura Bitters between Venezuela and Trinidad and which sank after it hit Bolo Rocks off Chacachacare’s southern end. Many more unfortunate crashes took place even with steamships, usually due to human error in navigating through the varying marine conditions of the Bocas.

The Bocas Islands comprise Monos, Huevos and Chacachacare as the most visited group, either for exploration, rest and relaxation or fun and frolic. It is also common to see many fishermen, scuba divers, WaveRunner or Jet Ski drivers and even kayakers enjoying the Caribbean Sea, so it can be quite busy at times, but there is freedom to choose where exactly to go in the vast ocean or on shore.

Gaspar Grande

Also known as Gasparee, the island is about 330 acres (134 ha) in area and at its highest point, it is 339 ft. (103 m).



Gasparee Caves

It is named after its first owner, Gaspar de Percin in 1783, who proceeded to cultivate cotton. There was also a whaling station at Pt. Baleine (*baleine* is French for “whale”) from 1826–1846. British and Spanish forts on the island are worth exploring.

The island is geologically different from the Bocas Islands being primarily limestone with fascinating Karst caverns. The sheer overhangs of Gaspar Grande are densely developed with magnificent, brightly coloured holiday homes, most having private jetties. Trinidadians own most of these exquisite homes, and many are also rented out at attractive rates, to anyone wanting to get away with friends and family for a weekend or special occasion. All you need is to have access to a boat, which can be easily hired at any of the marinas or boat yards in Chaguaramas.

The Gasparee Caves, a major tourist attraction, are under the management of the Chaguaramas Development Authority (CDA) and can only be accessed through their tour guides. Tours involve a fifteen-minute boat ride from the mainland to Pt. Baleine then a short walk to the amazing formations of stalactites and stalagmites. Some cave features take the shape of a dinosaur head, chandelier or cauliflower.

Expect to see the exquisite Blue Grotto Cave, with a saltwater pool at its base. Other caves include: the White Cave, the Brioge Cavern and the Precipice Cavern. Trips must be prearranged by calling the CDA at 634-4227 Ext. 130

Monos

Spanish for “monkey”, it is a steep-sided island with numerous bays on the south and east side and cliffs on the west and north sides of the island. Private residential and vacation homes fill almost all of the bays and other available spaces. Its history includes whaling stations at Copper Hole and Tardieu Bay and the American occupation with gun emplacements overlooking Biscayern Bay.

Huevos

Spanish for “eggs” got its name from the many marine turtles that used to come ashore to lay their eggs many years ago. It is a small island about 250 acres. To some it is considered as two islets since there is a separation known as the *Boca sin entrada* (passage without entrance). The island is steep-sided except for one broad sandy bay on the southern side of the island. The Boos family presently owns it under lease.

Photo courtesy Chaguaramas Development Authority

Chacachacare

Called El Caracol (Spanish for “snail”) by Columbus, it is the largest of the Bocas islands. It covers an area of 1,320 acres and its highest point is Morne Cabresse at 825 ft. where the British constructed a lighthouse in 1896. It is a horseshoe-shaped island with an isthmus on the north side forming the private and secluded, La Tinta Bay. Compared to the other islands, the largest, most prolific cotton plantations were on Chacachacare. Cotton was king of agriculture in Trinidad and even up to 1794 it was the chief crop, surpassing sugarcane and cacao production. However, the abolition of the slave trade and crop diseases and pests eventually caused problems in the future.

A whaling station thrived on the island at Bulmer’s Bay from the 1820s but that lasted only about fifty years. With the demise of both cotton and whaling in the 1880s, more people decided to take leases and the island had become a holiday resort, until they had to be evicted in 1921 and the island was to be depopulated of its almost 400 residents. A contagious, hideous and disfiguring disease called leprosy, was spreading on the mainland although there was already a leprosarium in St. James, and drastic measures had to be taken to contain and possibly eradicate it—Chacachacare was a practical option.

The British government announced in 1921, that a new leprosarium (Hansenian Settlement); a fully functional community, would be built on the island to accommodate those who contracted leprosy. They would be in exile and among those of a similar fate. By 1922, the first set of lepers was sent to the island. The Dominican Sisters continued to care for the social outcasts, some succumbing to the disease themselves over their years of service from 1868 (in St. James) to 1950 (on Chacachacare). The American Sisters of Mercy joined them in 1945 and stayed there for about ten years. High administrative costs and new drugs to treat and cure the disease, eventually forced the closure of the leprosarium, with the last patient leaving in 1984. The island is now uninhabited except for staff at the lighthouse.

A vital yet overlooked part of recent medical history remains on Chacachacare, sacred yet ugly, eerie yet enchanting, tainted with superstitious tales of ghosts lurking in haunted, dilapidated buildings. Campers, sea bathers and “yachties” often visit Chacachacare, though the vandalised remnants of this once operational, self-sufficient community still stand out conspicuously from the cliffs and bays; monuments honouring those who suffered and those who helped.

A trip down the islands offers an experience very different from the mainland. Here visitors have choices of delving into the complex history and geology of the various islands, exploring their flora and fauna, going for a “lime” or simply relaxing and enjoying breathtaking natural beauty.



Patricia Lewis

Salt Pond beach at Chacachacare Island



Aaron Patience

Island property on Monos

Gaspar Grande

Diego Islands Five Islands
The Ins & Outs of Trinidad and Tobago

Trinidad's Beaches



Artist: Wulf

Trinidad's beaches, especially the secluded north coast bays, are unspoilt and breathtaking, where every river mouth forms a spectacular beach, surrounded by forest. On the eastern seaboard, wide expanses of sand are swept by the Atlantic waves. Swimmers are advised to exercise caution.

On the west coast, **Macqueripe Bay** in Chaguaramas is popular on weekends. This deep-water bay is excellent for swimming. (Parking, changing facilities, lifeguards.) **Chaguaramas Bay** is a shallow bay, popular with local families and children! (Dark sand, changing facilities.)

The north coast is easily accessible by taxi, half-hour from Port of Spain. **Maracas Bay** is the most popular beach in Trinidad. It has been developed by the tourist board and offers everything from hotel rooms to changing and showering facilities, food and drink stalls (the famous "shark and bake" is delicious), lifeguards, and a vast expanse of white, powdery sand for castle-building! **Las Cuevas**, after Maracas, is a lovely bay, with clear, calm water. Parking, a snack bar and showering facilities are available. **Blanchisseuse** which has three main beaches and countless beautiful vistas of the rugged coastline. The beach at the mouth of the Marianne river has kayaking facilities up the river. **Grande Rivière** is a wonderful beach with coarse, yellowish sand. At night, leatherback turtles nest and hatch here. Road access is through Toco.

Sans Souci, **Salybia** and **Toco Bays** are the surfer's paradise in Trinidad with competitions held annually. There are seasonal changes but Trinidad is blessed with waves throughout the year, but the most significant changes in wave size and consistency occur during October–April. Check with locals for the safest swimming areas. Many locals have holiday homes in the area. Waves of three to six feet and some windy conditions can be expected at Sans Souci. With the coconut trees swaying and the evening light shining on to the breaking waves, the ambience at the end of a great day's surfing has lasting appeal.

Facing the Atlantic Ocean along the east coast, **Cocos Bay**, commonly referred to as **Manzanilla Bay**, is about 20 km long. The sea floor is characterised by shifting sand and special care should be taken when bathing along this coast, as **rip currents are a common feature**. Landward of the coconut plantations is the freshwater Nariva Swamp that drains into this bay via the Nariva River.

Probably the most attractive beach on the south coast, **Quinam Bay**, this 1.6 km beach slopes gently towards the sea. There is a recreational park nearby with a visitor centre, as well as tables, benches and a car park.



The Trinidad *experience*



Stephen Broadbridge

Boats at fishing depot

Blanchisseuse

A Paradise in the Northern Range

Louis B. Homer

Discovering Blanchisseuse is like “listening” to the fragrance of a perfume, or letting music flood into your mind—the landscape, beaches with waves lashing against the rocks, the faces of content villagers, and the silence of the hillsides; everything there is different.

In spite of the construction of many holiday homes overlooking the beach, the vegetation and environment have remained luxuriant. Crystal-clear sounds of exotic birds all floating in the air add to natural charm of the village.

And who knows, you may even be lucky to find a trustworthy friend, male or female, who would be willing to take you through the village and explain its rich history. This would include the old Roman Catholic Church built in 1880 to serve the villages of Blanchisseuse, La Fillette, Las Cuevas, Paria and Brasso Seco. Since then the twin bells in front of the church remain as a living symbol of the beginning of Christian worship in the villages. A short distance away is the old colonial-styled police station overlooking a large portion of the

village. The fishing depot serves as the local parliament of the village. It is a place where the fisher folk meet and exchange their views in a friendly manner as they await the return of the fishing boats.

Two outstanding symbols of time are two-century-old concrete accesses with over one hundred steps each leading into and out of “Paradise Hill,” a small area of the village where houses are perched precariously on the hillsides.

If your visit includes sea bathing, and it should, then include a visit to the beach that is at the upper end of the village. The beach is not easily visible from the road so look for the Wilson Trace sign where there is a concrete staircase leading down to Jean Baptiste Bay, opposite the Police Station.

At the mouth of the Marianne River, the main bathing area, Blanchisseuse Beach, extends westward and is approximately 1 km long, bounded on the eastern and western sides by steep-cliff headlands. Almost the entire beach is backed by a low plain, covered with a mixture of coconut

palms, almond trees and mangrove. Where the Marianne River meets the beach is suitable for picnicking and camping.

Above all, the historic Marianne River enters the bay at the eastern end. It was this river and the washerwomen from the village that were responsible for giving the village the name Blanchisseuse. It is said that when the French explorers were navigating along the coast they found women washing their linens in that river.

The village was then unnamed and they called the river Ladies’ River, but later on the French named the village Blanchisseuse, which is French for “washerwoman.” With the advent of washing machines the villagers do their washing at home, but they are still proud that it was the washerwomen who were responsible for the name given to the village.

Two years ago, officials of the United Nations Development Programme (UNDP), started a voluntary project to concretise the name of the village by doing a mural on the walls at the intersection of the road leading to Paria.



Solomon Bakshi

Mount Carmel R.C. Church

The Marianne River has become a tourist attraction and is at the centre of village life. Villager Edric Elie, recalled the days when it was used for submerging Hosay tajahs, then the Hindus started to use it for their annual Ganga Dhara (Dasara) festival of water (usually in May to June), paying homage to the Holy Ganges. “This river has great potential for the development of rural tourism,” he commented. Reginald Low, another villager said, “The River has great potential for kayaking. There are three streams upstream that are natural assets of the village, and these could be used for picnicking.”

Near the banks of the river several Amerindian artefacts were unearthed a few years ago. These have found their way into the capital city of Port of Spain. The villagers want these assets returned. “They belong to the village and we want them placed in a village museum as part of the development of our tourism programme.”

The village has one of the two remaining spring bridges, which is used by commuters travelling from Blanchisseuse to Paria.

Beneath its wooden floor, blue and purple crabs run wild. Crab hunting is a popular pastime in the village.

In this relatively low-crime environment visitors are always welcome. The police officers attached to the village have a vested interest in the welfare of the community. “They live here and are members of the Community Council, which meets monthly to carve out new strategies to make Blanchisseuse safe, secure and interesting for visitors,” said Edric Elie.

Three decades ago they lost their hero, Sir Solomon Hochoy, Trinidad and Tobago’s first Governor General who was born and lived there most of his life, until he assumed high office and had to move to Port of Spain.

“Hochoy left us on a positive note. He is our hero and we will always remember this kind and humble man who in spite of reaching the highest position in the country remained a simple person,” Elie said. The village Council is spearheading a plan to have a bust of him erected in a prominent place there.

If you were looking for cuisine that is indigenous to the village it would not be difficult to find food outlets where it is served at private homes. There is cassava bread served with fresh fish, pounded plantains, pelau and cassava salad. For dessert you can have the choice of soursop or coconut ice cream with slices of cassava pone.

To get to the village you have two choices. If you are travelling from Arima, keep driving on the Arima Blanchisseuse Road for approximately 40 km along a winding road that passes through densely forested areas. That trip should take approximately two hours. If you are travelling from Port of Spain from the Lighthouse at South Quay, using the North Coast Road, the distance is about 45 km.

Along the way, you will be privileged to get breathtaking views of the lush tropical vegetation clothing the steep slopes of the Northern Range and pass popular beaches like Maracas Bay and Las Cuevas. Just after the village of La Fillette, you would have arrived at the “paradise” of the Northern Range—Blanchisseuse.

The Trinidad *experience*



Nicholas Matsan

Las Cuevas Surf Day

by Robyn Edwards M.Sc., Speech-Language Pathologist

The iceberg of differences melted away under the blazing sun at Las Cuevas beach on September 5, 2009, when the special-needs children and their families from Caribbean Kids and Families Therapy Organization (CKFTO), met the surfers from the Surfing Association of Trinidad and Tobago (SATT). The surfers brought their expertise and skill while the parents brought their gratitude and the children brought their smiles. Unified by the weightlessness of water, all barriers were crossed and the parents, children and surfers united for one purpose...fun, a type of fun that gave a freedom of spirit to all.

The day started at 9:00 a.m. and the surfers, professional as bankers, were ready and raring to go. It was a true testament to how seriously they were taking the day to hear Chris Dennis, one of Trinidad and Tobago's most prominent surfers, prep the group, which ranged in age from 14 to 40. He had done his homework; the children who had come to surf had a range of disorders and Chris managed to succinctly give a little information on each.

At first, the families and surfers milled around, no one quite sure how to start. This was, of course, new to everyone. Some of these families had not been to the beach in years, far less ever on a surf board and the some of the surfers had never been around children with special needs. Sara Stephens the co-founder of CKFTO and I stood around anxiously, what were we doing bringing all these people to the unpredictable ocean, there were so many things that could go wrong. Our fears were soon appeased however; all it took was one person to start. Soon there were as many as fifty people in the water laughing, splashing and having a ball.

The only time the children could be coaxing to leave the water was when Warren Rostant, the primary organiser of the event, came walking down the beach ringing the bells of the ice-cream cart he had gotten so generously donated, the children swarmed around him. Less than five minutes later, faces and hands sticky from the lollies and ice creams they had inhaled, the kids were headed back to the water.

Slowly, after hours out in the surf, the children, parents and surfers started making their way back to where the tent had been set up. They all had a weary smile on their faces. The question that each asked was, "When are we doing this again, can we do it again next week?" Maybe, maybe was answered, always with a smile. Because of the huge success the day turned out to be, that answer will not have been in vain, as there are already plans in the works for a Christmas party with a Surfer Santa ho-ho-ho-ing his way down the beach with a bag full of surprises.

It is the mission of both of the organisations involved that set the stage for the generosity of spirit that could be demonstrated that day. CKFTO is a non-profit organisation in Trinidad and Tobago dedicated to providing occupational therapy to children with special needs. In addition to providing therapy, CKFTO also supports families through a monthly parent support group and sibling group, Sibshop. The Surfing Association of Trinidad and Tobago is a non-profit organization intent on moving the sport of surfing forward in every aspect. Keith Lewis, the president of SATT says it best, "Gone are the days of surfing's negative stereotypes; today surfing ambassadors have only positives to pass on to our communities. We are here to share the joy of wave riding and beach culture. We are here to share the joy and love of all the ocean has to offer."

Gone were all stereotypes that day as children with special needs blended and became just kids on surfboards, laughing and splashing in the water. Their challenges and those of their families got lost, at least for a few hours. Siblings got a chance to connect with and enjoy their brother or sister in a completely new way. Small battles were won all day, such as the child with autism, who had not put foot into water for two years, splashing around in the waves, or the little girl with cerebral palsy riding a surfboard, or just simply a family being able to enjoy a day together at the beach. Such simple joys can easily be forgotten in the rush of daily life.

That day, roles were reversed, the kids became surfers and the surfers became kids, and everyone was a teacher. The smiles and enjoyment of all involved was beautiful to see.

If any more information on either of these organisations is wanted you can get in touch with CKFTO at (868) 703-3863 or e-mail them at ckfto1@gmail.com, for SATT please e-mail wrostant@gmail.com or call Warren Rostant at (868) 354-6969

Recreational Fishing in T&T

by Nasser Khan

Trinidad and Tobago as twin islands is doubly blessed since enthusiasts have their choice of island when it comes to the various types of fishing. Recreational fishermen, women and children delight in the wide variety of species that abound.

According to Marilyn Sheppard, Vice President of the Trinidad and Tobago Game Fishing Association, fishing is a popular growing pastime with T&T becoming an angler's favorite for many foreigners particularly from North America and Europe.

The 2009, Tarpon Thunder Tournament off Trinidad's northwest coast on August 14–16, attracted a total of 26 boats with 109 anglers (including participants from Argentina, Canada, USA, Italy and Barbados). For the first time this tournament qualified for the International Game Fishing Association's Inshore World Championships Fly and Lightweight tackle tournament, hosted by the Florida Keys Outfitters. Michael De Freitas will represent Trinidad and Tobago in the 2010 tournament.

Species such as marlin, sailfish, tarpon, kingfish, cavalli, carite, wahoo, dolphin (mahi mahi), blackfin tuna, Spanish mackerel, barracuda, African pompano, grouper, bonito, dorado and snapper are in abundance in the waters off Trinidad and Tobago. Fish that live on or near the sea bottom like red fish, salmon and croakers are also in the offering for those who prefer to cast from a stationary boat. Some of the world's best tarpon fishing can be found in the waters of the Bocas, off Trinidad's northwestern peninsula with the feisty giants seemingly everywhere. There are several charter boats both in Trinidad and Tobago that offer deep-sea fishing trips customised to each game fisherperson's satisfaction.

Although saltwater fishing is the most popular, freshwater fishing in ponds, rivers and irrigation canals is also popular. It is with the freshwater fishermen that one can still see the traditional casting net, bamboo pole and nylon or string line. A favourite of the freshwater fishermen is the cascadoo or cascadura.

Located at the southern end of the eastern Caribbean island chain on the continental shelf off northeast South America some eight miles east of Venezuela, Trinidad and Tobago lies downstream of the outflow of many South American rivers, including the Amazon and Orinoco, and at the confluence of major ocean currents such as the North Equatorial current. This outflow has led to a highly diverse marine environment. These estuaries (river mouths) are popular with onshore fishermen. Many species of fish, tarpon, mullet, salmon, grouper, striped sea bass and yellow jack enter the rivers from the sea on the high tide and exit on the low tide.

If seeking a relaxing and therapeutic time of fun casting your line, any beach can be a great place for fishing. And here in our twin-island Republic there are many to choose from. On Trinidad's east coast, for example, the mouth of the Nariva River at Manzanilla Bay is a popular fishing location as well as the mouth of the Godineau River on Trinidad's west coast. The



Stephen Broadbridge

A fisherman weighs his prized Wahoo

jetty at Maracas Bay on the north coast is an ideal location for relaxing, while further along the north coast, Las Cuevas Bay is always fun for the casual angler. The coastline at the entrance to Chaguaramas Bay in the northwest peninsula is another popular hotspot with locals. Tobago boasts locations such as Pigeon Point, Speyside, Charlotteville and Store Bay.

Trinidad and Tobago is truly a fisherperson's paradise...and twice the fun!

SCHEDULE OF TOURNAMENTS:

Wahoo Tournament March 6 and 7, 2010, Trinidad
Game Fishing Tournament (International) March 2010, Tobago
Marlin Madness Tournament April 21–24, 2010, Tobago
Kingfish Tournament June 19 and 20, 2010, Trinidad
Junior Angler Fishing Tournament July 3, 2010, Trinidad
Tarpon Thunder Tournament August 13–15, 2010, Trinidad
Funfish Tournament November 27, 2010, Trinidad

Trinidad's Sights



Artist: Peter Soo Ping

The **Magnificent Seven**, located on the western side of the Queen's Park Savannah, are seven renowned architectural masterpieces that have earned worldwide recognition.

The **President's House**, **Botanical Gardens** and **Emperor Valley Zoo** are on the northern end of the Savannah. The beautifully manicured gardens provide wonderful photo opportunities and a peaceful interlude for relaxing on a cool Sunday afternoon.

The **National Museum**, located at the southeastern corner of the Savannah, opposite Memorial Square, showcases historical exhibits and an annual Carnival programme.



President's House, Port of Spain
Patricia Lewis



Peter Sheppard

Cannons at Fort George

Port of Spain

The **Story of the City of Port of Spain** is a permanent exhibit focusing on the history of the capital. It is located at **Fort San Andres** on South Quay, opposite City Gate.

For a relaxing Friday evening with the locals, take a stroll along the **Brian Lara Promenade** where you can enjoy an ice-cold beer from the many bars that line the streets.

The **Cathedral of the Immaculate Conception** towers over the city with its 19th-century stained glass windows. **Trinity Cathedral**, at the top of Chacon Street, with its statue of Governor Woodford, is also worth a visit. A sacred labyrinth (ancient walking meditation tool) on the grounds of the Cathedral is a spiritual oasis in the midst of the bustling city. The Cathedral is one of many buildings surrounding Woodford Square, which include **City Hall**, **Hall of Justice**, **Greyfriars Presbyterian Church**, the **Red House**, seat of Trinidad and Tobago's Parliament the, **Old Fire Station** and the **National Library** on Abercromby Street.

Northern Sights

Paramin Village, especially during the Christmas season, is famous for its Parang Festivals and delightful cuisine, as well as breathtaking views.

The **Angostura Museum**, located in Laventille at the House of Angostura, features a display of corporate and national history. For information and to arrange a tour guide, call 623-1841/5 or visit www.angostura.com

The charming village of **Lopinot** has a museum, a river, picnic tables, a cosy restaurant and playing field and is rumoured to be haunted by the Count de Lopinot.

Mount St. Benedict Monastery sits atop a hill overlooking south and central Trinidad. It offers spectacular views, nature tours and exhibitions. Accommodation is available at **Pax Guest House**, renowned for its afternoon teas and simple but sumptuous dinners. Dine either indoors or, if it's not raining, out on the balcony, which overlooks mountains and treetops under the stars.

Cleaver Woods, situated on the Arima Old Road, is famous for the Amerindian

Museum housing the works and crafts of our first settlers and indigenous people. Arima is well-known for the last remaining Santa Rosa Caribs who hold annual festivities there.

The **Asa Wright Nature Centre** was established in 1967 in order to protect and preserve part of the Arima Valley. It is globally renowned with ornithologists and birdwatchers (see page 72). For details call: (868) 667-4655. E-mail: asaright@tstt.net.tt or visit their Web site at www.asawright.org

The **Eric Williams Memorial Collection** Housed in the library of the University of the West Indies, St. Augustine campus, the Collection (the library and archives of the late Dr. Eric Eustace Williams, pioneering Caribbean historian and educator) was inaugurated on March 22, 1998 by Prime Minister, the Honourable Basdeo Panday and U.S. Secretary of State, Colin L. Powell. Dr. Williams was the first Prime Minister of Trinidad and Tobago and led the country to Independence from Britain and to becoming a Republic. As much a philosopher as he was a politician, the Museum is organized around the themes: Family, Scholarship,

Statesmanship, Education, Industrial Development, Politics, and Private Study. It is open to the General Public on the last two Saturdays of every month from 9:00 a.m. to 1:00 p.m. School Groups are welcome on Fridays from 9:00 a.m. to noon. Reservations necessary.

Contact The Main Library, Tel: (868) 662-2002 or 645-3232/4 Ext. 3506 or 3361. USA Contact: Erica Williams Connell, P.O. Box 561631, Miami, Florida 33256-1631. Tel: 305-271-7246.

E-mail: ewc-suilan@juno.com.
Web site: <http://palmm.fcla.edu/eww>

Southern and Central Sights

In the south, [San Fernando Hill](#) offers a picturesque nature trail and fabulous lookout over the heart of the city.

[Devil's Woodyard](#), where the mud volcanoes belch out thick, chocolaty mud, is a delight for the kids to witness.

The [Pitch Lake](#) is a gift of nature and a national treasure, providing the entire country, and many of the neighbouring islands, with pitch for building roads. The

ride along the road is like a roller coaster from the melting pitch underground, and the sulphur lakes are well known for their healing properties. Open daily from 9:00 a.m. to 5:00 p.m. For tours and information, it is highly recommended that you call Amena Hosein-Clarke, Trustee of the La Brea Pitch Lake Tour Guides Association, at 648-7697 or 784-3817, or the Tourism Development Company's office, Tel: (868) 675-7034.

In central Trinidad, the newly constructed [Hanuman Murti](#), located in Carapichaima, is an awesome Hindu religious site. [Lion House](#), formerly the home of Nobel laureate Sir Vidya Naipaul, stands aloof in Chaguanas.

The [Wild Fowl Trust](#) in Pointe-à-Pierre is a beautiful nature park with tours and nature trails. At the Trust, you can view the beautiful waterfowls of Trinidad and Tobago, and lakes that house a wildlife reserve, which has been in existence for over thirty years; unique to the Caribbean region. Contact Molly Gaskin at 637-5144, two days in advance before visiting. Tours: 8:00 a.m. – 5:00 p.m. on weekends 10:00 a.m. – 4:00 p.m.

[La Vega Estate](#), located in Gran Couva, from its humble beginnings as a cocoa

estate, has grown and blossomed into a thriving nursery and garden centre with outlets in north and south Trinidad. La Vega has opened its gates to the public and offers fun for the entire family. La Vega is also home to a shrine dedicated to the Divine Mercy of Jesus. For further information call 679-9522.

Western Sights

[Chaguaramas Base](#) and the [Chaguaramas Military & Aerospace Museum](#) houses interesting historical artifacts of wartime. On the compound of the Museum are four consecrated Memorials alongside military vehicles, vessels, artillery and aircraft. The indoor museum is 12,000 square feet in area, covering over 500 years of history.

Located in the [Bocas del Dragón](#) or Dragon's Mouth are the five islands referred to as "[Down the islands](#)": Chacachacare, Huevos, Gasparillo (or Centipede Island), Monos and Gaspar Grande (or Gasperee). Many locals have holiday homes on Monos and Gasperee, within easy access by boat from Chaguaramas. [Scotland Bay](#) is also very popular with locals on weekends.



Machinery display at the Pointe-a-Pierre old railway station

The Trinidad. *experience*



Anthony Harris

Women's Football

by Sheldon Waithe

Nine years after successfully hosting the FIFA Under-17s Men's World Cup, Trinidad and Tobago will once again host an international football competition. This time it is the Women's Under-17 tournament that will take place in the football-frenzied nation. From September 5–25, 2010, the world's best young women will compete at the stadia in Arima, Bacolet, Couva, Marabella and Port of Spain. These same venues were built or refurbished for the 2001 men's tournament, highlighting the professionalism and seriousness with which T&T has approached the regular hosting of international competition. The World Cup also allows the chance of

a lasting legacy for the women's game in the Caribbean, something that FIFA's Trinidadian Vice President, Jack Warner, remarked upon at the September 2009 Hyatt Regency gala unveiling of the eye-catching Women's Under-17 logo, which incorporates the steelpan, tassa drum and a football. Ironically, the infectious rhythm of the tassa drum has long been the instrument of choice of the Trinbagonian football fan.

As stars of the traditional powerhouses in the women's game such as Brazil, Canada and the USA lent support at the logo launch, it was evident that the expertise of both FIFA and the Local Organising Committee (LOC) were

working together to ensure that this World Cup continues the success of the Under-17 Cup in New Zealand in 2008. When the New Zealand representative passed the baton to the T&T Federation it was more than a physical gesture, for their own LOC are on hand to assist with the expertise gained from hosting that very first World Cup.

North Korea lifted that 2008 trophy by beating the favoured U.S. squad, but with the world's teams still in regional qualifying competitions for the T&T World Cup, the final sixteen teams will not be known until March 2010. What is confirmed is that T&T automatically gain a place as hosts and with the need for a strong host-nation team to garner further interest and feed the passion of the T&T fan, no stone has been left unturned to ensure local success. Even Pellerud, who coached the Norwegian senior team to a World Cup triumph, is now charged with getting the T&T team ready for what will undoubtedly be the hardest competition of their young careers thus far. He exudes confidence about their ability to cope with expectation and that the hard work being put in a full year before the tournament, will reap rewards come September 2010. Linfa Cox, the T&T goalkeeper epitomised their outlook to not just win matches but truly change the view of a region and world that is quickly appreciating the joys of the female game. "We want to change history, and to change the way we look at women's football," he emphasised.

Should the women's counterpart of the famous Soca Warriors deliver in September, there is little doubt that the sport will replicate the successful T&T men's teams, which has led to strong grassroots programmes in turn creating further progress such as the under-20 men's team qualifying for their version of the World Cup in 2009.

What is certain, given the spectacular precursor that was the emblem launch, is that T&T will put on a vibrant and brilliant tournament. The LOC will provide the sporting world with the unique Carnival atmosphere that pervades all that happens in T&T, but especially so when we watch sport. So, just as in 2001, pick your favourite players and enjoy the show. All together now, "I'm a Sooooooca Warrior..."



Carnival's Mike "Big Mike" Antoine & Juliet de la Bastide

by Nasser Khan

Partners "Big Mike" Antoine and Juliet de la Bastide have made their indelible mark on the Trinidad and Tobago carnival landscape and have been intent on taking T&T's mas to the rest of the world.

With a mutual love for the culture and for the art of entertaining people, especially through their mas productions, these are two individuals who form a perfect mix of creative talent, managerial skills, knowledge and experience, passion, drive and dedication.

Big Mike's résumé reads: bodybuilder (ever wonder where the nick name "Big Mike" came from?), mas maker, band leader, costume designer, masquerader, King of the Band, soca and pan aficionado, promoter of Trinidad and Tobago Carnival. Along with Juliet their deep love for Trinidad and Tobago culture fuels their involvement in Carnival locally and abroad, and have made them true Cultural Ambassadors for Trinidad and Tobago taking mas to carnivals in cities and countries such as New York, Long Island, Boston, Miami, D.C., Springfield, Texas, London, Rotterdam, Paris,

Nigeria, Barbados, Grenada, Antigua, Anguilla, St. Lucia, St. Kitts, St. Croix, and Guadeloupe.

In 1995 Big Mike co-founded the band Legends, with then associate Ian McKenzie, which went on to win the Band of the Year title five times and started taking T&T's carnival abroad. Today however, his new band Legacy, which he formed with de la Bastide in 2004/5, after the closure of Legends, is the vehicle through which they take Trinidad and Tobago's mas the world over. In 2002, Juliet left the banking industry after eleven years to dedicate herself full-time to the carnival industry. Her involvement in the world of entertainment and culture had begun some years before that when she began working with Big Mike in his promotions. She is a well-known masquerader, having played Queen of the Band for Legends in 1997, and appearing on stage each year since in a series of stunning individual costumes.

The new band Legacy, which has carried on where Legends left off, has maintained the high standards by placing among

the top positions in the Band of the Year competitions.

Their productions have taken top honours and awards many times over at carnival competitions in New York, Long Island, St. Martin, Paris, St. Kitts and St. Lucia.

Locally their band Legacy has become a fixture at the increasingly popular annual event the Point Fortin Borough day celebrations which is held in May.

For Carnival 2010 in Trinidad and Tobago, Legacy's spicy portrayal of Masala, will focus on the country's rich East Indian culture by blending its unique Legacy flavour with the hot spices that are the main ingredients of so many of our dishes. Indeed according to Juliet, "...we have certainly since 2007 depicted the various roots that are uniquely T&T in our bands Hiawatha, Passages and Kingdom of the Dragon..."

This Trini Power Couple are proud Trinbagonians who make every effort to keep T&T's flag proudly waving where ever there is a Trini-style Carnival in the world.

Business



Artist: Bob Mackie

Have you ever seen goats race or listened to the sweet sound of pan played in the place where it was born? The Buccoo Integrated Community Development project in Tobago will include a goat-racing track. Maracas Bay will become one of the best beaches to visit in the world. Trinidad's northeast coast will be developed into a premier turtle destination globally.

Scenic outdoor dining at Store Bay in Tobago, an attractive esplanade in Scarborough, beautiful new performing-arts and cultural centres to nurture and showcase local talent and the country's national instrument—these are just some of the tourism projects receiving funding in the National Budget 2009–2010.



View of the new National Academy for the Performing Arts with the Port of Spain Waterfront skyline in the background

Jennifer Watson

The upgrade of Trinidad's flagship Maracas Bay will be completed in September 2011 and includes: a children's play area, zoned areas on the eastern and western ends of the beach for sports, an event area for shows, a timber boardwalk and elevation of the car park to resolve the flooding problem.

Work will continue on upgrading the Scarborough Esplanade—a waterfront shopping and cultural tourist centre in Tobago where a variety of public events take place. It comprises sixteen single-storey vendors' units, a pavilion, paved walkways and landscaping.

Other beaches, sites and attractions throughout Trinidad and Tobago will also be upgraded, including the Caroni Bird Sanctuary and the Chaguaramas National Park.

The final phase of the \$674.7-million upgrade of the Trinidad Hilton will be completed by December 2010 with refurbishments to meeting rooms, the entrance area, Pool Terrace Restaurant, La Boucan Restaurant, Carnival Bar and Savannah Terrace.

Three exciting projects that will enhance Trinidad's cultural tourism include: the National Cultural Centre (formerly called the National Carnival Entertainment Centre) at the Queen's Park Savannah and two performing-arts centres.

The National Cultural Centre will showcase the many cultural events and festivals that feature in the country's cultural calendar. It will offer seating

for 15,000–18,000, a retractable roof, an expansive food court, studios for artists, seminar and concert facilities, a state-of-the-art media centre, a Carnival museum, a four-storey theatre seating 1,460, four-storey hotel accommodation with fifty-nine rooms, and a three-storey Performance Arts Academy. Construction was scheduled to begin in the last quarter of 2009 and be completed by December 2010.

Almost completed towards the end of 2010, the \$518-million Port of Spain National Academy for the Performing Arts is located next to the Ministry of Foreign Affairs and just across from the Cultural Centre. It will be a permanent home for the development of talent in the performing arts, with particular focus on the national instrument, the steel pan. The three-storey Academy will have twenty teaching and practice rooms, a four-level theatre with 1,239 seats, fifty-two-room hotel, two multifunctional halls with 516 seats, two restaurants (Chinese and International) and parking for 232 vehicles.

Work has begun on the San Fernando National Academy for the Performing Arts to be located on Todd Street, San Fernando. It will have a modern, G-clef-inspired design, reflecting the facility's goal to be a training ground for world-class performers—particularly in the field of musical performance. It will feature an acoustically designed performance school with seating available for 185,

theatre with 850 seats, two practice halls, performing-arts teaching facility and high-tech audio-visual equipment.

Other cultural projects to be completed in 2010 include:

- Refurbishment of Queen's Hall
- Renovation of Naparima Bowl
- Upgrade of Little Carib Theatre

Overall, the Ministry of Tourism has received \$15 million for its capital programme while the Tobago House of Assembly (THA) has received just over \$12 million for its Tourism Programme.

Total budgetary resources allocated to Tobago amount to \$2.27 billion compared to the \$2.7 billion the THA estimated it would need in its own 2010 Budget, which was presented in June 2009.

Addressing a problem highlighted by the tourism industry during the Budget presentation, Finance Minister Karen Nunez-Tesheira, dealt with the application conditions and procedures governing the approval for licences for acquisition of land in Tobago. She said, "The application instructions which had previously contained twenty-three requirements have been reduced to a total of eleven. In addition, foreign investors will be granted conditional licences on satisfaction of predetermined criteria while awaiting regulatory approvals, which will enable them to commence construction. The objective is to reduce the processing time for the grant of the licences. The full list of application documentation will be available to the public shortly."

Ministry of Tourism Estimates of Expenditure TT\$					
Ministry of Tourism	2008 Actual	2009 Estimates	2009 Revised Estimate	2010 Estimates	Variance
Capital Programme	16,684,431	23,015,000	17,000,000	15,000,000	(2,000,000)
Transfer to TDC	30,000,000	155,640,025	155,640,000	48,000,000	(107,640,000)
Total Recurrent Expenditure	130,667,727	277,500,108	257,364,700	170,868,150	(86,496,550)
THA Development Programme (total budget)	407,451,000	400,000,000	400,000,000	301,000,000	nil
Tourism allocation within total budget	13,050,000	17,050,000	17,050,000	12,050,000	nil

Les Femmes du Chalet

Where every day is
Sunday

by Sandra Baksh

The noise of industry permeates downtown Port of Spain—blaring car horns, rumbling engines and wailing sirens. Throngs of people chatter on mobile phones while they scurry along even in the sweltering daytime heat. But under the layers of dissonance and odours associated with this city, there is something distinct and enticing happening just across on Wrightson Road.

On the waterfront, between the Water Taxi Terminal and the International Financial Centre, the aroma of food emanates from the cream-coloured building, called Les Femmes du Chalet, with its conspicuously tall curved roofs. The knocking of pots, pans and plates seem to be daily music coming from the kitchens of this eatery called The Breakfast Shed. Female cooks donning red aprons printed with the word, Maggi® (their seasoning sponsor), diligently attend to their business of the day—preparing and serving breakfast and lunch to famished customers.

“Yes, darlin’ what yuh having today?” is a normal greeting at the booth or “kitchen” of any *femme*...usually a heavyset, buxom, middle-aged woman with a pleasant disposition. The salty sea breeze whips through the open eating area as patrons take their seats at long wooden benches and tables, plates or containers of food in hand, eager to devour their meals in this relaxing, scenic area of the bustling city.

Here, it’s okay to share the same bench with a group of people when the place is crowded, especially at lunchtime. Although the Shed originally catered for the working class, nowadays, tourists, professionals and even politicians make frequent visits. This is a safe and surreal place where income, class, ethnicity and appearance do not matter—only the taste of the food and the company you’re with.



Solomon Baksh

The Creole homemade touch is what makes the food so deliciously unique... what Trinis call “sweet hand.” Well-seasoned dishes burst with rich and robust flavour. There are maybe twenty different types of dishes available at any one time depending on whose “kitchen” (Charmaine’s, Gina’s, Hazel’s etc.) you go to. Soups like Cow Heel, Ox Tail and Fish Broth are available from 10:30 a.m. From about the same time, the main lunch menu might include: rice variations, pigeon peas, red beans, various stews of chicken, lamb, beef or pork, callaloo, ground provisions, coo coo, salads, oil down, noodles and macaroni pie. There is even one stall that sells Jamaican patties and while there is a wide choice of beverages, one stall specialises in only health and fruit drinks.

For early commuters and workers, breakfast is available from 5:30 a.m. and includes: roasted or fried bake, porridge, *buljol*, smoked herring, fried fish, sausages, plantains, pak choi, pumpkin, *bigan* (eggplant) and *bodi* (pole beans). The breakfast and lunch menus cater for all tastes, vegetarians or meat addicts.

The fascinating origin of this famous place started with Audrey Jeffers, who was always a charitable woman. In 1921, she formed the Coterie of Workers and in 1926, created a “breakfast shed” in Newtown aimed at feeding impoverished school children. By 1928, a main breakfast centre operated from Edward Street. The “shed” was eventually called the Working Men’s Dining Shed, which provided cheap, freshly prepared food daily for dockworkers in a communal area.

The Port of Spain City Council handled operations and remained in control until 1997 when the Femmes du Chalet Cooperative Society took over. It was relocated again in early 2006, after a previous location nearby on Wrightson Road, and included as part of the Waterfront Project.

Les Femmes du Chalet (The Breakfast Shed) is here to stay and stands proudly in the heart of Port of Spain; an integral part of our culture and heritage. This is the best place for Creole cuisine that is authentic, diverse, good value for money. Here... every day is Sunday!



"A society that does not appreciate, celebrate and actively encourage the furtherance of its cultural heritage is a society that is destined to lose its identity and its sense of self worth. It is a society that will remain forever unfulfilled—searching for its elusive past and unsure of its future."

Anna-Maria Garcia-Brooks
General Manager
Group Marketing and Communications
Republic Bank

Observing Our History... With Our Future

Republic Bank collaborates with individuals and groups in diverse communities around the nation and the region, maintaining a keen focus on youth development, poverty alleviation, senior-citizen care and empowerment of the differently able through the breakthrough social-investment initiative, the Power to Make A Difference.

As Phase I (2004–2008) of the programme redefined the face of local and regional corporate social investment by creating solid working relationships with the NGO and CBO sectors, Phase II (2009–2013), with its \$100-million outlay, shall raise the bar even higher by strengthening existing relationships and creating new ones.

Republic Bank's drive to promote self-sufficiency, development and hope for the future, stems in great part from our nation's cultural and religious diversity—the source of a unique combination of ideas, values, skills, beliefs and approaches to life, and a source worth preserving.

In addition to celebrating this diversity, which has allowed us to live in a place where there is a healthy tolerance and respect for each other's religious values, social traditions and cultural beliefs, Republic has gone a step further, doing what it can to ensure that our culture is not only safeguarded, but promoted as well.

The key to achieving success in this regard, rests in the hearts of our nation's children and Republic has taken up the challenge to preserve cultural activities by actively ensuring that our young people understand and remember these important aspects of our nation's history.

Using the Power to Make a Difference, Republic Bank has honed its focus on the development of young people and children in Trinidad and Tobago, taking an active first-time role in various youth-related cultural festivals.

As its own youth-development programmes seek to enhance the quality of life of young people and teach them positive, wholesome values, while exposing them to new skills and activities, Republic Bank is proud to have pledged its support of those festivals that contribute to the overall cultural development of Trinidad and Tobago.



The Republic Bank Junior Parade Of The Bands 2009

In February of 2009, Republic, in collaboration with the National Carnival Bands Association, sponsored the Junior Parade of the Bands for the first time. The event, which was previously sponsored by Sunshine Snacks, gave children the opportunity to take part in a longstanding and much-loved local cultural celebration that has become known worldwide. Republic's sponsorship marked another historic move in its history of involvement in culture and youth empowerment. The event was a spectacle of beauty and ingenuity and was enjoyed by all.



The Sanatan Dharma Maha Sabha Baal Vikaas Vihaar Festival 2009

The annual Baal Vikaas Vihaar, which spans the period May to June, is a children's festival that was introduced by the Sanatan Dharma Maha Sabha (SDMS), the main Hindu organisation in Trinidad and Tobago. It is compulsory for all forty-three primary schools under the SDMS and is a key learning experience for these students. The Festival showcases talent in the fields of singing, dancing and music. Republic Bank sponsored this festival for the first time in 2009 and is proud to have done so.

Our drive goes the distance

At Republic Bank Limited,
our team is focused on ensuring customer satisfaction
from tee off! With a diverse financial portfolio,
the precision of our swing delivers a hole-in-one every time.

We provide financial services in:

- Corporate Banking
- Merchant Banking
- Offshore Banking
- Private Banking
- Asset Management

Just call on us and we'll provide the
solutions for your financial needs.

The Power of One Serving Many
The Power of Many Serving You.



Website: republictt.com Email: email@republictt.com

Trinidad & Tobago • Barbados • Cayman Islands • Cuba • Grenada • Guyana • St. Lucia



Republic Bank Limited

We're the One for you!

The Trinidad *experience*



Edson Boodoosingh

The Port of Spain International Waterfront Centre

The Waterfront

by Nasser Khan

Port of Spain, the capital city of Trinidad and Tobago since 1784, a “Port” as its name implies, lies on the seafront nestled in the protected northwestern peninsula of Trinidad. “Spain” was maintained as part of its name even though the British captured it from the Spanish in 1797. Under the Spaniards it was named Puerto de los Hispanioles and Puerto España and up to time of the British capture had a population of about 10,000.

At that time, the existing southern-most street in Port of Spain was Rue de La Marine running east to west. Between this street and the shoreline was Place de La Marine or Plaza de La Marina as the Spaniards came to call it though not by any means a marina as we know it today, but simply a seaside playground for the city dwellers and others. In honour of their king, the British called the street, King Street (later Marine Square North) and renamed the “Place/Plaza,” Marine Square, later on when the area was filled in and paved according to the standards at that time. Until Independence in 1962, the area maintained its name when it became Independence Square. Today it is known as the Brian Lara Promenade, in honour of Trinidad and Tobago’s most famous cricketer.

Port of Spain’s waterfront development, from a quiet shallow seashore with mud flats and mangrove “sea lots” in places, to an ultra-modern port with a skyline of office and hotel buildings, can be traced to a series of land reclamation projects starting around the early 1800s. These projects were precipitated by the virtual complete destruction of the town by the Great Fire of 1808. That shallow seashore has evolved today into, for the most part, a modern deep-water harbour that stretches from the Lighthouse at the bottom of Frederick Street, the city’s main street, to the end of Wrightson Road just before MovieTowne Plaza or Invader’s Bay.

The first large reclamation and development phase took place from 1803–1823 from Marine Square southward and thus South Quay was born which allowed for barges and small boats. In 1842, the now famous landmark the Lighthouse was built amid some controversy as to its usefulness. By 1845, the areas adjoining South Quay to the west and south were developed and were called the St. Vincent Wharf and the Queen’s Wharf respectively. At this point Frederick, Chacon, Henry and Charlotte streets were extended southward across Marine Square to South Quay while further west at the bottom of Richmond and Edward Streets. Corbeaux town (though originally Coburg Town) grew out of that section of the reclaimed land with a jetty serving such commercial activities as the cattle boats from Venezuela.

What then was the next stage of development? With the booming town and capital city becoming a hub of trade and commerce for the region the authorities now had to think of facilitating imports and exports (and later passenger and cruise ships) via large vessels. Thus began in 1935, the “Deep Water Harbour Scheme.” The sea at that time came up to what is now the middle of the relatively newly built Wrightson Road.

This phase in the development of the city’s waterfront before and after the building of the Wrightson Road made Corbeaux Town a thing of the past. The best way to conceptualise this latest phase was to think of a bowstring stretching across the sea from the lighthouse to the area just before the MovieTowne complex where the current port ends. This entire area within that arc and bowstring was sea area that would have to be reclaimed, extended from Wrightson out to the bowstring with deep waters beyond to accommodate the large vessels.

Today, the Port of Port of Spain is the country’s major port for containerised shipping. Cruise ships dock at the port, which also operates the ferry service between Trinidad & Tobago as well as the Port of Spain to San Fernando ferry. The City Gate terminal at the east end of the waterfront serves as a transportation hub for public buses and private mini-buses.

The most recent development phase is The Port of Spain International Waterfront Centre aimed at revitalising, transforming and modernising the waterfront’s skyline and had among its master plan the construction of two high-rise office towers, the Hyatt Regency Hotel, a multi-storey car park, and a well-landscaped park.

A well-landscaped park is designed for relaxation and enjoyment of the vast views from the waterfront. The International Waterfront Centre has become a photographer’s dream for weddings and other photo shoots. It is also the new location of the Les Femmes du Chalet (Breakfast Shed), one of Port of Spain’s famous and culturally significant spots for local cuisine.



Accommodation



Artist: Karen Hale-Jackson



Accommodation in terms of hotel rooms and guesthouses is mainly located in the capital city, Port of Spain, where several flagship hotels exist and where refurbishment projects and new hotels are being constructed to meet the growing demands of the business traveller and the conference tourism market. Hotels in the San Fernando and outlying areas serve the industrialised south and central regions: San Fernando, Point Fortin, Point Lisas and Chaguanas. New hotels are also conveniently providing accommodation near to Piarco International Airport. Visitors may also take advantage of the island's natural beauty by staying at areas such as Grande Rivière, Salybia, the Arima Valley, Blanchisseuse and Mount St. Benedict or Chaguaramas in the Western Peninsula. Book well in advance during the busy periods such as Carnival, or when major conferences are being held and be sure to enquire if breakfast is included as well as taxes.



NO LIFE GUARD



Courtyard by Marriott

Invader's Bay, Audrey Jeffers Highway, Port of Spain
Tel: (868) 627-5555
Fax: (868) 627-6317
www.marriott.com

Discover an urban oasis at the Courtyard by Marriott, Port of Spain. This charming hotel boasts 119 stylish guest rooms and is located near the heart of the bustling city centre, and within walking distance to shopping, restaurants and entertainment. It is also located next to the MovieTowne Shopping Centre and the Hasley Crawford National Stadium. Sophisticated and stylish hotel rooms offer complimentary high-speed Internet access, plush, comfortable beds and large work desks. Host a memorable meeting or event in any of the versatile conference rooms. This contemporary hotel creates the perfect setting whether visiting Port of Spain for business or pleasure.



Tradewinds Hotel

#38 London Street, St. Joseph Village, San Fernando
Tel: (868) 652-9463
E-mail: delia@tradewindshotel.net
www.tradewindshotel.net

Tradewinds Hotel is situated in the breezy residential area of San Fernando and owned and operated by the Laing Family since 1994. The forty-three-room "Home Away From Home" boasts friendly, helpful and courteous staff and an efficient management team, making it the first choice among the business sector. Rooms are spacious and fully equipped with minibar, cable TV, direct international dialing and safes. The business lounge and all rooms have Internet access. Meals are provided at the Driftwood Restaurant from as early as 5 a.m. Guests can also enjoy drinks and cutters at our newly opened Driftwood Pub. Other facilities include: Cyborgs Gym, with state-of-the-art equipment and personal training, a swimming pool, in-house massage therapist, hair stylist and Souvenir Shop.



Hilton Trinidad & Conference Centre

1B Lady Young Road, Port of Spain Trinidad
Tel: (868) 624-3211/3211 Fax: (868) 624-4485
E-mail: poshi_sales@hilton.com
www.hiltoncaribbean.com/trinidad
www.facebook.com/hiltontrinidad
www.twitter.com/hiltontrinidad

This unique architecturally designed "upside down" hotel is forty minutes away from the Piarco International Airport and five minutes away from the business districts, historical sites and down town shopping area. The hotel now offers 416 newly renovated rooms, including 27 suites, all with private balconies, high-touch and high-tech amenities. The hotel also offers superb meeting rooms and function spaces that can accommodate up to 1,000 persons, equipped with high-tech automated audiovisual facilities. Other services and facilities include one restaurant, three bars, 24-hour room service, a business centre, two chevron tennis courts, outdoor swimming pools, a fitness centre and a shopping arcade.



Your hotel, your choice

At Kapok Hotel we're all about choice.

For True Trini flavour, quality service and an ideal location within walking distance of banks, city sights and downtown, your choice of hotel should be quite obvious.

- 94 Guest Rooms • Complimentary High-speed Internet Access
- 5 Conference Rooms • 2 Signature Restaurants • On-site Shopping



Kapok...for your many, many moods

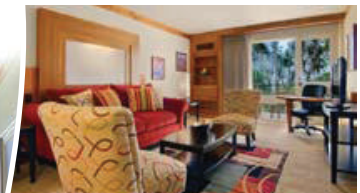
16-18 Cotton Hill, St.Clair, Trinidad, W.I. Tel: (868) 622-KPOK (5765)
Fax: (868) 622-9677 e-mail: stay@kapokhotel.com

BAHAMAS · BARBADOS · CURAÇAO · DOMINICAN REPUBLIC · JAMAICA · PUERTO RICO · TRINIDAD



*Travel is more than just A to B.
Travel should take you to your home away from home.*

Enjoy stylish accommodations in 416 newly renovated rooms including 27 suites that feature high touch and high tech amenities designed for your comfort and convenience.



For reservations call: **624-3211** ext. **6040** email: reservations.trinidad@hilton.com



Hilton
Trinidad & Conference Centre

Travel should take you places®

©2009 Hilton Hospitality, Inc.



Le Grande Almandier

2 Hosang Street, Grande Riviere, Trinidad
Tel/Fax: (868) 670-1013/2294
E-mail: info@legrandealmandier.com
www.legrandealmandier.com

Located eighty-eight km from Piarco International Airport, Le Grande lies nestled between the almond trees and the beach. Here the forested headlands border the magnificent coastline to the north and the majestic Grande Riviere River, from which the village gets its name, to the northeast. The perfect retreat to enjoy all that Mother Nature has to offer: the birds, the wildlife, the nesting leatherback turtles, fishing, boat tours and waterfall tours. The ten tastefully decorated rooms and suites sleep two to six persons. The ideal choice for anyone in search of peace and serenity in completely natural surroundings.



The Carlton Savannah

Coblentz Avenue, Port of Spain, Trinidad
Tel: (868) 621-5000 Fax: (868) 621-5001
E-mail: info@thecarltonsavannah.com
www.thecarltonsavannah.com

The Carlton Savannah is Trinidad's premiere boutique hotel, dedicated to the business traveler. From the moment you are met at the Piarco International Airport, to your last glance of the island, every aspect of your stay is taken care of.

Local, regional and international visitors appreciate staying at The Carlton Savannah for its peaceful location, nestled in the hills of Cascade and its proximity to all major business centers in the nation's capital.

We invite you not just to visit and leave, but also to experience and return. Rest assured, we are at your service.



The Cascadia Hotel and Conference Centre

Ariapita Road, St Ann's, Port of Spain
Tel: (868) 623-3511/4208-9 • Fax: (868) 627-8046
E-mail: marketing@cascadiahotel.com
Web site: www.cascadiahotel.com

Only one place caters to your every conferencing need! For conferences and business meetings, The Cascadia Hotel & Conference Centre is the ultimate venue of choice. Designed to give you the flexibility you need to inform, inspire and entertain. Dedicated to serious, productive business meetings in a relaxed, natural environment. Pleasantly secluded yet easily accessible. Wireless Internet access available! Possessing the perfect combination of luxurious facilities and professional staff. An ideal setting for learning, planning and building relationships. At The Cascadia Hotel, we make your business our pleasure, and your pleasure our business.

Located in the picturesque fishing village of Grande Riviere,
Le Grande Almandier is a cozy ten-room inn known for excellent dining,
comfortable accommodation and great service.

It's the ideal location for a beach front wedding.

Best of all the prime beach front location means a ringside view of the
Leatherback Turtle's impressive journey up the beach to lay her eggs.

It's the perfect getaway.



Le Grande Almandier

#2 Hosang Street, Grande Riviere, Trinidad, W.I.
Tel: (868) 670-1013 Tel/Fax: (868) 670-2294
Email: info@legrandalmandier.com
Visit our website: www.legrandalmandier.com



The Royal Palm SUITE HOTEL

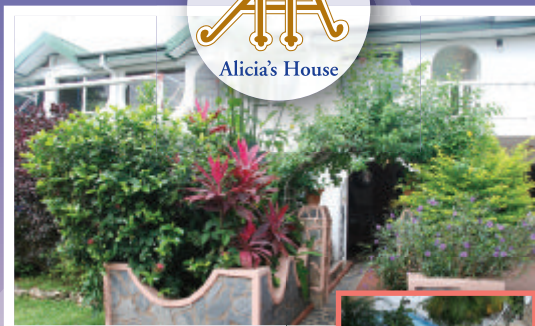


Meet the warmth of Caribbean hospitality and
stay at the Royal Palm Hotel.

- 70 Air-conditioned rooms
- Satellite television
- Suites with kitchenettes
- 3 Restaurants, Bars & Casino
- Jacuzzi, Outside pool and Laundromat
- Direct dialling telephones
- Shopping Plaza
- Conference facilities
- 5 minutes from downtown Port of Spain
- Easy access to public transport
- Free High Speed WiFi Internet and Voicemail

7A Saddle Road, Maraval, Trinidad, West Indies
Phone/Fax: (868) 628-6042/5086-9
E-mail: royalpalm@trinidad.net <http://www.RoyalPalm.co.tt>

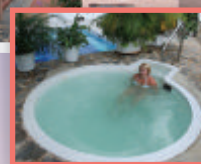
Be our Guest at...



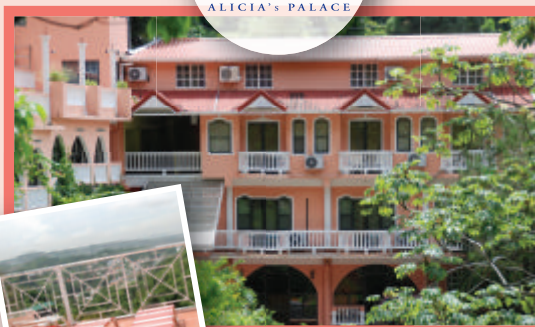
Alicia's Guest House located at
7 Coblentz Gardens, Port of Spain.
An exclusive residential area, down town
shopping is 10 minutes away.
Our rooms are comfortable for singles,
couples, and groups all at very
economical prices. Our swimming pool
and outdoor Jacuzzi are a must.

Interested?

Call 1-868-623-2802 or email
us at info@aliciashouse.com



*The Ideal Home
Away From Home*



... An Island Embrace



ALICIA'S PALACE nestled in Lady
Chancellor Hills St. Ann's. Divine
location, spacious well appointed
rooms for Conferences, Business
Meetings or Social Gatherings.
Relax on our porch and enjoy the
view of the city, or swim at leisure.
Honeymoon packages available.
Curious?

Call 1-868-621-1017 or email
us at info@aliciaspalace.com



Hyatt Regency Trinidad

1 Wrightson Road, Port of Spain

Tel: (868) 623-2222

Fax: (868) 821-6401

www.trinidad.hyatt.com

The Hyatt Regency Trinidad, a five-star high-rise hotel located in downtown Port of Spain, presents an entirely new level of comfort, luxury and convenience among Trinidad hotels. The 428-room hotel, catering to business, convention and leisure travelers, boasts spacious suites and guestrooms with spectacular gulf views, flat-screen televisions and the signature Hyatt Grand Bed™. Featured in the design is a 16,000-square-foot Regency Ballroom, a 10,000 square-foot multipurpose facility, full-service restaurant, lobby bar and lounge, and a 9,000 square-foot spa and fitness center. To top it off... a serene rooftop infinity pool and terrace will provide a relaxing escape for all guests.



L'Orchidée Boutique Hotel

3 Coblenz Gardens, St. Ann's

Tel/Fax: (868) 621-0613 / 0063

E-mail: reservations@trinidadhosthomes.com

www.trinidadhosthomes.com

L'Orchidée Boutique Hotel is located in the beautiful landscaped neighbourhood of St. Ann's, Port-of-Spain and 35 minutes from Piarco International Airport. Conveniently situated 5 minutes drive from the City center, Port of Spain, and minutes walking distance of the Queen's Park Savannah. At L'Orchidée our twelve beautifully appointed rooms are themed after orchids, and our cozy fine-dining room and open-air patio serve a fusion of sumptuous local and international cuisine. Wireless and High Speed internet is available throughout the property making it ideal for the business traveler. Enter L'Orchidée and experience being lavished with care and attention like our orchids.

L'Orchidée—The Boutique Experience!



Work... Eat... Relax!



Regent Star Hotel

118–119 BWIA Boulevard, Piarco, Trinidad

Tel: (868) 669-STAR (7827)

E-mail: info@regentstarhotel.com

www.regentstarhotel.com

The Regent Star Hotel, adjacent to the Piarco International Airport, boasts 150 elegantly designed rooms with all modern conveniences. With two restaurants, conference facilities for 200 persons, high-speed wireless Internet, two swimming pools, tennis and basketball court, spa treatment center and a gym, the Hotel is ideal for business or leisure. Other features include: a Casino, Souvenir Shops, Taxi and Car Rental Services, and an antique museum with vintage cars on display. It is our goal to offer the most competitive prices while still maintaining a superior level of service. We look forward to serving you!



The trademark HYATT and related marks are trademarks of Hyatt Corporation. ©2009 Hyatt Corporation. All rights reserved.

A LOCATION AS BEAUTIFUL AS TRINIDAD DESERVES AN EQUALLY STUNNING HOTEL.

With a prime location in the heart of downtown Port of Spain, Hyatt Regency Trinidad is the premiere hotel for any type of getaway. Spacious suites offer spectacular gulf views, flat-screen televisions and our signature Hyatt Grand Bed,[™] while our 9,000 square-foot locally inspired spa and rooftop infinity pool overlooking the gulf provide a luxurious retreat. World-class cuisine and deluxe facilities designed to accommodate weddings, events and parties of all sizes ensure guests will get the most out of their stay. For reservations, call 868 623 2222 or visit trinidad.hyatt.com.





Royal Hotel

46–54 Royal Road, San Fernando, Trinidad
Reservations: (868) 652-4881
E-mail: info@royalhoteltt.com
www.royalhoteltt.com

Royal Hotel is located in the city of San Fernando. Surrounded by an awesome canopy of Samaan trees, and lush foliage, we welcome you to the warmth of our Southern hospitality. All rooms and suites are air-conditioned and outfitted with modern facilities for your every comfort. Enjoy a meal at our restaurant, which specialises in a variety of tasty Caribbean and International cuisine, or just sit back and relax at our bar and lounge or around our swimming pool. Our hotel also includes conference facilities as well as an ideal setting for wedding receptions, cocktail parties and other special functions. Ideally suited to the business traveler, we offer special group and long-term rates.



Holiday Inn Express Hotel & Suites

1 Exposition Drive, Trincity
Phone: (868) 669-6209 Fax: (868) 692-4557
E-mail: holidayinnexpress2@tstt.net.tt
www.hiexpress.com/trincitytt

This attractive hotel is conveniently located three minutes from the airport and thirty minutes from Port of Spain. Situated within a growing urban development, close to the Millennium Lakes Golf and Country Club, Trincity Mall and Multiplex Cinema, this property features eighty-two beautifully appointed guest rooms and suites. We offer complimentary Continental Breakfast along with contemporary amenities and facilities including: Outdoor Swimming Pool, On-site Laundry Facility, Fitness and Business Center and Free High-Speed Internet Access! For business or leisure, the Holiday Inn Express and Suites, Trincity, is only minutes from businesses and attractions including Restaurants, Nature Reserves and Industrial Parks.

STAY SMART® and MEET SMART.



Acajou Hotel

Grande Riviere, Trinidad
Tel: (868) 670-3771 Fax: (868) 670-3772
E-mail: info@acajoutrinidad.com
www.acajoutrinidad.com

ACAJOU is a small, eco-friendly, family-operated hotel situated on the beautiful and dramatic northern coast of Trinidad in a small fishing village called Grande Riviere. The hotel is built as a group of traditional cottages nestled between the beach, a crystal clear river and lush rainforest-covered mountains.

What makes Grande Riviere unique, are the hundreds of endangered leatherback turtles that nest here every year, from March until August.

Please visit www.tripadvisor.com for unbiased reviews about ACAJOU Hotel.



Royal HOTEL

All rooms and suites are air-conditioned and outfitted with modern facilities for your every comfort. Enjoy a meal at our restaurant which specialises in a variety of tasty Caribbean and International cuisine, or just sit back and relax at our bar and lounge or around our swimming pool.

Our hotel includes conference facilities and a gym, as well as an ideal setting for wedding receptions, cocktail parties and other special functions. Other facilities include wireless internet access. The Hotel is ideally suited for business or vacation.

We also offer special group and long-term rates.

Surrounded by an awesome canopy of Samaan trees, and lush foliage, Royal Hotel, located in San Fernando, welcome you to the warmth of our Sothern Hospitality.

46-54 Royal Road, San Fernando, Trinidad, W.I.
Tel: 1-868-652-4881, 1-868-652-3924

Your flight is just 3 minutes away.



Holiday Inn EXPRESS
HOTEL & SUITES
Trincity
Trinidad, W.I.

Enjoy the convenience of being only minutes away from the airport with complimentary breakfast and shuttle service. The Holiday Inn Express is designed for the business traveller, offering high speed Internet access, a 24-hour business centre and wireless Internet access at no extra charge. Work, sleep-in, get a free ride to the airport and arrive on time.

ENRICHING LIVES. LIVING BETTER.

HCL
Group of Companies
QUALITY SOLUTIONS FOR
COMMUNITY LIVING
www.hclti.com

Holiday Inn EXPRESS
HOTEL & SUITES

For reservations call (868) 669-6209
www.hiexpress.com/trincitytt

CELEBRATING 30 YEARS HCL



HOTEL AND CONFERENCE CENTRE

Cara Suites Hotel & Conference Centre

Pointe-a-Pierre, Southern Main Road, Claxton Bay, Trinidad
Tel: (868) 659-2271, Fax: (868) 659-2202
E-mail: carasuitespap@carahotels.com
www.carahotels.com

Cara Suites Hotel & Conference Centre, South Trinidad's premiere hotel for both business and leisure travelers alike, is conveniently located approximately 45 minutes from Piarco International Airport and 15 minutes from San Fernando. All of our well appointed guest rooms are equipped with modern conveniences and include complimentary breakfast. With spectacular views overlooking the Gulf of Paria and personalized service, Cara Suites is the ideal location for conferences, meetings, cocktail receptions, weddings and other special events. Our multipurpose ballroom and meeting rooms accommodate over 400 persons with complimentary parking. Other guest facilities include, fine dining restaurant, sunken bar, room service, business centre, complimentary public area Wi-Fi, on-site laundry and outdoor swimming pool.



The Chancellor Hotel & Conference Centre

5 St. Ann's Avenue, St. Ann's, Port of Spain
Tel: (868) 623-0883 Fax: (868) 623-0883
E-mail: info@thechancellorhotel.com
www.thechancellorhotel.com

The Chancellor Hotel features suites and deluxe rooms of contemporary design, elegance and comfort. One of the finest boutique properties on the island, it is ideally situated next to one of the oldest cathedrals in Port of Spain, the Botanic Gardens and the Magnificent Seven historical buildings are only minutes away. The Chancellor Hotel is an excellent starting point to explore the city of Port of Spain. The atmosphere is one of perfect harmony, where our sophisticated technology-savvy interior meets a cool, tropical, landscaped exterior. You will enjoy high-quality service, safety and reliability that will make your stay memorable, whether you are here for business or leisure.



Mt. Plaisir Estate Hotel

Grande Rivière, Trinidad
Tel: (868) 670-1868 Fax: (868) 670-1015
E-mail: maktoub@mac.com
www.mtplaisir.com

Mt. Plaisir Estate is the only true beach hotel in Trinidad. Located on Grande Rivière Bay, along the northeast coast, it hosts the endangered leatherback turtle, which nests here annually between March and August, and has one of the largest colonies in the world. Mt. Plaisir is also an excellent base for hiking into the rainforest. There is an excellent restaurant on site, Ylang Ylang, that offers Caribbean and Italian dishes. The prestigious 2006 *Rough Guide* says of Mt. Plaisir Estate, "Grande Rivière may be small but it is has one of the best hotels in Trinidad. Mt. Plaisir Estate is by far the loveliest place to stay."



HOTEL AND CONFERENCE CENTRE

Cara Suites

Hotel & Conference Centre
and
The Metropolitan Restaurant

Pointe-a-Pierre, Southern Main Road,
Claxton Bay, Trinidad
Tel: (868) 659-2271, Fax: (868) 659-2202
Email: carasuitesap@carahotels.com
www.carahotels.com



TREAT YOURSELF TO LUXURY IN ONE OF TRINIDAD'S MOST BEAUTIFUL HOTELS



Perfectly located 3 minutes from
downtown and 20 minutes from the airport
A/C • Cable • Laundry • Internet

The Chancellor
HOTEL & CONFERENCE CENTER

5 St. Ann's Avenue, St. Ann's,
Port of Spain, Trinidad, West Indies.
1 (TNT) 623-0883 • www.thechancellor.com



Mt. Plaisir Estate Hotel
A state of mind

Caribbean & Italian Fine Food Restaurant and Beach Bar
Grande Riviere Trinidad, WI
Tel.# 1(868) 670-1868 • Fax# 1(868) 670-1015
www.mtplaisir.com • E-mail: maktoub@mac.com

Special Events

By Lisa Ghany



Artist: Peter Sheppard

The effect of the global economic downturn during 2009 has caused the world and our region to rethink how we do business; it has compelled us to create new ways of standing out and delivering value. The event industry has felt the impact and has also had to reassess its approach in order to remain a sustainable and competitive force. This has also been true throughout the Caribbean Islands where events are part of many islands primary tourism economy but where tourism numbers have been on the decline over the last two years. In Trinidad and Tobago, events are an important part of the development of a secondary economy that focuses on establishing a vibrant meeting and conference industry, sport tourism and festivals as part of an annual calendar.



Special Events

Events are big business where event managers have an obligation to be financially responsible and to assess the possible risk associated with the event and establish the critical success factors regarding the expected return on investment.

This requires a skilled professional who not only has the creative talent, but the business expertise and training to do the job. The emerging challenge is how do we ensure that event practitioners are all equipped with the right tools to do the job and how do we differentiate an event manager from a party planner?

Locally, over the last year, we have seen the Event Management sector grow rapidly as a popular profession for many young entrepreneurs, as they harness their natural talent and creativity in doing something that they love. Event Management is the new trendy profession and everyone wants to be part of it. In order to build the industry, several positive steps have been taken by leading academic institutions that are now offering certificate programs, associate degrees


and undergraduate programmes in the field. Most programmes also insist on the candidate having practical experience through voluntary internship or in-house training at events.

Trinidad and Tobago hosted its first Event Management Conference and Expo, Eventology, in September 2009. Eventology focused on encouraging participants to continue their training and education by setting benchmarks aligned with international standards. Event professionals have also launched the formation of a local chapter of the International Special Events Society (ISES), the umbrella organisation for event professionals internationally, which offers the Certified Special Event Professional (CSEP) designation. The CSEP is earned through education, performance, experience and service to the industry and reflects a commitment to professional conduct and ethics.


All of these initiatives mentioned are affirmative undertakings that when performed together, will ensure representation for industry practitioners

and protect consumers from unethical, unsafe and improper practices. Together, professional Event Managers have to become more strategic in their approach than ever before and focus on measurable goals and objectives. This may include assisting their clients in adjusting their budgets, limiting spending and increasing their awareness of changing consumer habits. These moves will ensure the sustainability of the industry in the long term.

Today, events are an integral part of how we do business. At events, people learn about each other and from each other, companies share their corporate goals and governments plan for the future of the world. So even as we experience challenging times we are taking the steps that will create a sound foundation for the future. It is not all doom and gloom as challenging times can bring positive changes and creative thinking that can auger well for the industry. The best event practitioners will evolve with the times, changing and improving their strategies accordingly.



Corporate Caribbean at its Best



Unit 2.18, 1 Morequito Avenue,
Valpark Shopping Plaza,
Valsayn, Trinidad and Tobago, West Indies.

Office Phone: 868/663/0865 •
Office Fax: 868/663/6060 •
Cell: 868/685/3379

Lisaghany@digicel.blackberry.com
or
Lghany@xceptionaleventstt.net

Towards Excellence



B.A.R.S. International

Event Management
Bar, Catering, Decor, Rental Services

TRINIDAD, WEST INDIES:
P.O. BOX 1833
Port of Spain
Tel: (868) 800-BARS
Fax: (868) 622-5218
E-mail: info@barsintl.com

UK TEL:- 44-750-709-2639
USA TEL:- 305-721-6625
BDS TEL:- 246-236-9295

www.barsintl.com

INTERNATIONAL
CATERERS

"Your Complete Caterer
&
Event Planner"

Catering for all occasions:-

- Weddings
- Business
- Meetings
- Parties
- Dinners
- Etc



Your function is our primary
concern. We will co-ordinate your
affairs to perfection

Phone/Fax: 1-868-652-6226

#68 Ciper Street, San Fernando.

Email: internationalcaterers@yahoo.com
WEBSITE:
internationalcaterertt.com

Meet a *Trini Couple*

Bunji Garlin & Faye Ann Lyons

Soca Power Couple

by Nasser Khan

Soca music is T&T's fast-paced party and "jump-up" music that has evolved out of the slower earlier art form of calypso. Around Carnival time, the country rocks and sways to the infectious rhythms of soca and calypso.

Two of the major exponents of the art form are the husband-and-wife duo of Faye Ann Lyons and Ian Alvarez, alias Bunji Garlin. They are indeed the royal couple of soca music and travel the world over gracing the stage with many international acts, in addition to having a hectic schedule year round, performing at just about every Carnival.

Theirs is a love story that culminated in their marriage in 2006 and the birth of their first child, daughter, Sarai, a few days following Trinidad and Tobago's Carnival in February 2009. Faye Ann, a couple of years younger (she's 29) than her husband jokingly relates the story that she was once a fan of her husband.

She grew up in Siparia and Point Fortin to parents Austin Lyons (sobriquet SuperBlue, formerly Blueboy eight-time Road March title champion and six-time Soca Monarch) and Lynette Steele (sobriquet Lady Gypsy). Amazingly, mommy Faye Ann, nine months pregnant in February 2009, was able to create history by becoming the first female International Power Soca Monarch (husband, defending monarch Bunji Garlin took second place) as well as the People's Choice Award. She also copped the International Groovy Soca Monarch title and then the Road March title making her the quadruple-crown 2009 "Soca Queen." Talk about taking the "Lyons" share of

the honours in the various competitions! She is a three-time Trinidad and Tobago Carnival Road March champion (2003, 2008, 2009). Her compositions have earned several nominations and wins of Copyright Music Organisation of Trinidad and Tobago (COTT) music awards, including Female Songwriter of the Year. She has also received many honours from the Soca Awards Organization (SAO).

Hubby Ian Alvarez (Mr. Lyrical Energy as he describes himself and his music) is better known as Bunji Garlin and affectionately by his female fans as "de girls dem darlin" and also "fireman" for his famous chant of "Fire!" during his performances. He started composing as a teenager for school competitions and his success at that level inspired him to enter similar competitions and to perform

at parties in and around Arima, near his hometowns of Sangre Grande, Cumuto and Wallerfield. He won the Ragga Soca Monarch competition in 2000 and 2001, the two years in which the competition was held, the Young King title in 2001 and the International Soca Monarch competition in 2002, 2004, 2005 and 2008.

They are both members of the band Asylum band (previously Censation), founded by Bunji.

Lyons and Alvarez (Faye Ann and Bunji to their throngs of adoring fans), who credit their talents and blessings to God, both enjoy the music of the band Coldplay, outside of soca music of course.

They have both been profiled in the documentary "Soca Power in Trinidad and Tobago," the Trinidad edition of the six-part film series, *Musique Creole*.



Photo courtesy trimpulse.com

Restaurants & Nightlife



Artist: Barry Pierre

Trinidad's cuisine is a great melting pot of culinary excellence; and not just because the island is known for its sensational "one-pot" dishes, where a wide variety of ingredients and seasonings are cooked together to create delectable meals.

The island's robust cuisine is influenced by its history and social diversity, with every ethnicity and culture contributing to the rich textures, mouthwatering aromas and intense flavours that characterise local fare.

Evidence of this is seen in Trinidad's numerous restaurants, food courts and eateries, where you can enjoy everything from traditional local food to international favourites with a Trini twist. International gourmet cuisine is very popular, with the island embracing the culinary styles of other countries such as China, France, India, Italy, Japan, Spain and Venezuela.

In addition to locals being keen diners, the increase in business tourism has allowed the rapid growth of the food and beverage industry. Wherever you go on the island, you can find a place to eat, and eat well. An exciting culinary adventure awaits you in Trinidad!





J. Malone's Irish Pub & Restaurant

Two Locations: MovieTowne Complex, Port of Spain and Trincity Mall
Tel: (868) 624-9828 or (868) 640-5080

J. Malone's Irish Pub & Restaurant: "All Yours to Experience!"

Set yourself on a journey to the Emerald Isles at J. Malone's Authentic Irish Pub & Restaurant nestled in the heart of MovieTowne. Awake your senses with some of our mouthwatering cuisines or try the well-known fish and chips—while you're at it have a pint or two. Set your taste buds in full gear with our wide selection of our finest local and European beers and Irish Whiskies...or go totally Gaelic with a cup of Irish coffee. And if you are "lucky" you might just experience one of our live Irish, local and Latin bands. For a totally extraordinary craic (fun) experience, visit J. Malone's Irish Pub & Restaurant for Great food, Good drinks and Fun times.

Céad Míle Fáilte—"A hundred thousand welcomes to you!"



Trader Jack's Island Grill & Bar

Fiesta Plaza,
MovieTowne, Invaders Bay,
Audrey Jeffers Highway,
Port of Spain
Tel: (868) 625-JACK(5525)

Imagine relaxing in an oasis of lagoons, waterfalls and jungles, right at the centre of the island's pulsating urban nightlife...that's when you enter the most unique dining experience in Trinidad, at Trader Jack's, MovieTowne. A warm, tropical ambience designed around a twenty-eight-foot Banyan tree, Trader Jack's is designed to make you feel right at home in an adventure of specially blended margaritas, exotic dishes and Caribbean hospitality you'll find nowhere else on the island. Get a taste of the great outdoors at our Indoor Bar and sample the unique flavour that Trader Jack's brings to your after-work agenda...it's a trip you don't want to miss!



Snappers

New Wing, 2nd Level, Trincity Mall
Tel: (868) 640-5080

The most eclectic fusion of international à la carte dining is now available at Snappers, Trincity Mall. Reel in the best of French, Asian and American cuisine complemented with fresh seafood and a selection of Caribbean favourites. Or just out of the blue, try our authentic, wood oven-baked Italian pizza, in a cosy, relaxed atmosphere for the entire family to enjoy. And to complete the moment, we've got great desserts, beers, cocktails and a wide range of wines from across the world, chosen to suit every culinary taste. So no matter what your delight, Snappers is the perfect place to make your dining pleasures come true.



Totally Irish... as it should be!

Great Food, Good Drinks & Fun Times

After a hard day's work, there's nothing like drinking in that good old Irish spirit and some lighthearted fun at the island's number one Irish Pub and Restaurant, J. Malone's! Whether you're checking out our well-stocked bar, sinking your teeth into some fantastic food, or having a go at it with friends on Karaoke Night, there is no place like J. Malone's for a bit of "Craic"! Come on in.

J. MALONE'S
Irish Pub • Restaurant

Opening Hours:
Mon-Thurs: 11 am - 12 midnight
Fri & Sat: 11 am - 2 am
Sun: 12 noon - 1 am

For reservations call: 355-1475
• New Wing, 2nd Level, Trincity Mall. Tel: 640-5080
• Fiesta Plaza, MovieTowne, Invaders Bay, Audrey Jeffers Highway, Port of Spain Tel: 624-9828

MEMBER OF TRADER JACK'S RESTAURANT HOLDINGS LIMITED



Taste the exotic life

Paradise opens its doors and lays out a banquet of refreshing dishes and tropical atmosphere at the one and only Trader Jack's Restaurant, the newest casual dining spot in town. Take a taste of adventure filled with exotic delights while you bask in the island-style hospitality and ambience of this delectable oasis.

It's just the place you want to be...
so visit Trader Jack's today.

For reservations call: 625 - JACK (5225)/355-1475
Fiesta Plaza, MovieTowne, Invaders Bay, Audrey Jeffers Highway, Port of Spain

MEMBER OF TRADER JACK'S RESTAURANT HOLDINGS LIMITED



A new tide of taste has come in.

snappers

For the first time in Trinidad and Tobago, exclusive seafood dining has come to our shores with Snappers*. Enjoy a culinary experience awash with succulent ocean delights, prepared by award winning chefs in an upscale atmosphere where affordable prices are also the catch of the day...

The tide has turned in your favour...so come in for a taste of Snappers* today.

MEMBER OF TRADER JACK'S RESTAURANT HOLDINGS LIMITED New Wing, 2nd Level, Trincity Mall. Tel: 640-5080/355-1475



Soong's Great Wall

Reservations: (868) 652-WALL (9255)/657-5050/652-2583
97 Circular Road, San Fernando
Fax: (868) 653-3834
E-mail: soongsgreatwall@gmail.com

The Great Wall of China is the longest wall built entirely by hand, making it a remarkable engineering feat...Today, **Soong's Great Wall** prides itself in that same personal attention that builds long-lasting relationships making us a **World-Class Restaurant**. Relax and be pampered by our highly trained staff personally instructed in the art of making you feel welcome. Our famous **Wednesday Night Buffet** offers succulent lobster among the many delectable dishes. Don't miss our **Sunday Lunch Buffet**.

"Welcome the experience—we know you'll be back again and again!!!"



Buffet King Restaurant

Reservations or Take-away: (868) 671-8795/672-9483
Store #102, Centre Pointe Mall, Ramsaran St., Chaguanas

Buffet King was established in 1998 and is the only restaurant in the Caribbean to offer Buffet Lunch and Dinner every day of the week throughout the year. No à la carte options.

Our Chinese and International cuisine menu offers a variety of over fifty different items on the Buffet Table including a dessert bar and a salad bar. We also offer accommodations for business meetings, weddings, parties etc.

Half-price on ages 5–9 and Birthdays; celebrants must present ID. Lunch served 11:30a.m.–3:30p.m. and dinner from 6:30p.m.–10:00p.m.



Domino's Pizza

61 Ariapita Avenue,
Woodbrook. Tel: (868) 624-0555
Gulf City Mall, Gulf View,
San Fernando. Tel: (868) 657-3375
The Falls at West Mall,
Westmoorings.

Domino's is the world leader in Pizza Delivery with more than 8,000 Stores in over 60 Countries. In Trinidad, we are committed to same product quality and operational excellence, which makes Domino's Pizza the leading Pizza Delivery Company in the industry.

We are the **#1** Delivery Company in Trinidad and will deliver to your door if you are within our delivery area.



RESERVATIONS :

652 WALL (9255)
652 2583 . 657 5050
653 3834
fax: 868 653 3834
email: greatwall@carib-link.net
97 Circular Road, San Fernando



*"Welcome The Experience -
 we know you'll be back again and again!"*



Level 2, Pavilion
 Queens Park Cricket Club
 94 Tragarete Road
 Tel: 622-6825 (OVAL)



JKP INVESTMENTS OFFERS TWO DIVERSE DINING EXPERIENCES

JAFFA AT THE OVAL

For non cricket enthusiasts who may not know, "Jaffa" is a term in the game which means "a perfect delivery". So appropriately "Jaffa" was the name given to the restaurant located at the heart of where West Indies Cricket thrills us. We offer sumptuous food and impeccable service, perfectly delivered every time!

SOLIMAR

Recently re-opened, at Solimar you will experience our traditional warmth and friendly atmosphere in lovely new surroundings. Dine to the soothing sound of a sparkling rock fountain, enjoy eclectic tapas and favourite dishes enjoyed for over 15 years. We boast of an extensive selection of bottle wines, wines by the glass and tasting flights. We're new, we're old, we're unique!

www.jkpinvestmentsltd.com



6 Nook Avenue
 St. Ann's
 Tel: 624-6267



Customers may choose from three tasty crusts for their pizza, Cheesy Bread, Breadsticks, Domino's Buffalo Chicken Wings or Kickers®, Calzones and for desert try our CinnaStix® or our decadent hot chocolate lava cake.

61A Ariapita Avenue
624-0555
Gulf City Mall
657-3375
The Falls West Mall



We Deliver!



Kam Wah

Reservations: (868) 628-8888/628-4786
74-76 Maraval Road, Port of Spain

Kam Wah is a family-owned restaurant, known for the most authentic Chinese cuisine in T&T. With a head chef from Hong Kong and three specialty chefs, we create the most delightful Cantonese and Szechwan dishes, such as aromatic roast duck, crispy skin pork, and mouthwatering seafood. If in a hurry, try our take-away service or express dining on the ground floor. There's also our fine dining restaurant on the upper floor. Our friendly, knowledgeable staff awaits you. On the first Sunday of every month between 10:00 a.m. and 2:00 p.m. enjoy Dim Sum brought to your table on steaming trolleys.



Veni Mangé Restaurant

Reservations: (868) 624-4597
67A Ariapita Avenue, Woodbrook, Port of Spain
E-mail: veni@flowtrinidad.com
www.venimange.com

A "Fodor's choice restaurant" and featured in *1000 Places to Visit Before you Die*. A *New York Times* article says about dining in Trinidad and Tobago—"A meal at Veni Mangé is the wisest bet!" http://www.nytimes.com/packages/html/travel/20071028_TRINIDAD_FEATURE/

Sisters, Allyson Hennessy (a Cordon Bleu Chef) and Roses Hezekiah, have established a favourite meeting spot for friends and visitors, who soon become regulars. An old colonial home with Demerara windows, colourful décor, tropical plants and local art, the restaurant offers authentic local dishes in a beautiful tropical setting, Veni Mangé epitomises Caribbean ambience.
Monday to Friday: Lunch from 11:30 a.m. to 3:00 p.m.
Wednesday and Friday: Dinner from 7:00 p.m.

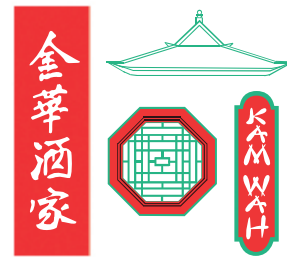
Meet me at
Jenny's
on the Boulevard

Jenny's on the Boulevard

6 Cipriani Boulevard, Port of Spain
Reservations: Cheryl or Reena
Tel: (868) 625-1807 (868) 625-6012
Dining: Mon-Thurs: 11 a.m.-10 p.m./Fri-Sat: 11 a.m.-11 p.m.
Bar open until midnight. All major Credit Cards accepted

Jenny's on the Boulevard is nestled in a historical home built for the Boos family in 1883 by a Scottish architect George Brown in an early Art Nouveau style. Located on the city's main thoroughfare, its ambience is an exquisite Victorian-style setting surrounded by antiques and other memorabilia. Its basement pub, The Cellar, is casual and conducive, offering the same selective menu of affordable Chinese or American, be it steaks, seafood or hamburgers. Our exceedingly large "open kitchen" also allows take-out or delivery service. Either overcrowded or not opened, we are always graced by local and international celebrities. Jenny's remains a premium restaurant in the Caribbean with impeccably high standards and service.

TAKE-AWAY | EXPRESS DINING | FINE DINING



KAM WAH

- PIPED MUSIC
- PRIVATE DINING
- AIR-CONDITIONED
- SECURED PARKING
- WE ACCEPT VISA, MASTERCARD, LINX & CASH

74 - 76 Maraval Rd, Port of Spain
Tel: 628-8888, Fax: 628-4783 Email: kamwah@trinidad.net
Monday - Saturday, Lunch: 11am - 2pm, Dinner: 6pm - 11pm
Dim Sum: 10am - 2pm (1st Sunday of every month)





Angelo's Italian Restaurant

38 Ariapita Avenue, Woodbrook
Tel: (868) 628-5551 / 628-7854 Fax: (868) 622-9562
E-mail: angelos@flowtrinidad.com

Calabrian-born Chef Angelo Cofone, brings to Trinidad the authentic southern flavours of Italy, with over twenty years of experience working both in Italy and London he has brought his magical culture to this island putting Trinidad a cut above the rest. All diners are mesmerised by his mouthwatering cuisine and the charm and warmth that he generates. Together with his highly trained staff, wife and two of his three sons, they have produced a restaurant that is the finest of dining. Reservations necessary.

Hours:

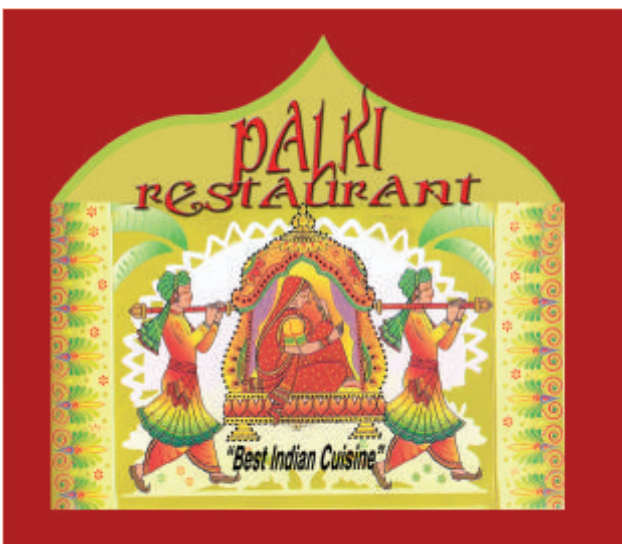
Monday to Friday—Lunch: 11:30 a.m.–2:30 p.m.
Dinner: 6:30 p.m.–10:30 p.m.
Saturday—Dinner: 6:30 p.m.–10:30 p.m.



Chaud Restaurant

2 Queen's Park West, Port of Spain
Opening Hours: Breakfast: Saturday 8:00 a.m.–11:00 a.m.
Lunch: Monday to Saturday 11:00 a.m.–3:00 p.m.
Dinner: Sunday to Saturday 6:00 p.m.–10:30 p.m.
Reservations: (868) 623-0375
Office: (868) 624-2885
Fax: (868) 625-4056
E-mail: reservation@chaudkm.com
www.chaudkm.com

Chaud is the result of a vision held by Khalid Mohammed since he was a young chef. His distinctive cuisine, intense focus and passion for food, have made his dream a reality. Chaud's elegant and intimate dining room boasts views of the Queen's Park Savannah. Our private dining room, The Savannah Room, accommodates up to thirty guests for seated breakfast, lunch or dinner parties and fifty guests for standing cocktail receptions.



Palki's Restaurant

27 Todd Street, San Fernando, Trinidad
Tel: (868) 652-1239
E-mail: palkirestaurant@yahoo.com
PALKI—Whatever your occasion, PALKI makes it one to remember

Palki's have dedicated every effort to present you with the true Gastronomical Art of Indian cooking. Encounter the taste of Authentic North Indian and Hakka Chinese Cuisine, through the medium of traditional Tandoori, Hakka Chinese, Curried dishes and Bengali Sweets. One only needs to look at our menu to appreciate the versatility of traditions that stir up one's taste buds and leave a lingering taste in one's mouth. Palki's Exotic Cuisine of India produces sophisticated and elegant food. Our Cuisine can grace any major city in the Caribbean.

Good Food...Good Feelings...Satisfying people's hunger for life's simple pleasures.



Italy's finest export - Chef Angelo, brings to Trinidad, the most fabulous Italian flavors all suited to the cultured palate. No. 1 Fine dining Restaurant on the island, a sophisticated memorable experience.

Reservations necessary

#38 Ariapita Ave. Woodbrook • Tel: 868-628-5551 / 868-628-7854 • Fax: 868-622-9562 • Email: angelos@flowtrinidad.com

chaud
khalid mohammed

www.chaudkm.com

reservation: 623-0375
Tel: 624-2885
Fax: 625-4056 reservation@chaudkm.com

#2 Queens Park West,
Port of Spain,
Trinidad W.I.

Palki Restaurant is the place to be for authentic
Indian Food, Sweets and Hakka Chinese

At PALKI we keep things simple:

- * Fresh quality indian food
- * Friendly helpful service
- * Cozy homey decor
- * Reasonable prices



Taryn's, The Panyol Place

23 Mucurapo Road, St. James, Port of Spain

Tel / Fax: (868) 622-3989

E-mail: thepanyolplace@gmail.com

Mon.–Fri.: 7 a.m.–5 p.m.

Sat.: 8 a.m.–3 p.m.

Offering a cozy and friendly environment characterized by original traditions of Venezuela, Taryn's, The Panyol Place is a unique eating establishment bringing an authentic and typical Venezuelan cuisine to its clients. Professional personal service and courtesy accompany our original fresh corn-based dishes which are provided on a daily basis. Come and enjoy a wide variety of Arepas, Empanadas, Cachapas, with various fillings including White Cheese, also enjoy Fresh Fruit Juices done at the moment. On Fridays, also, Taryn's offers a luncheon special, with a Venezuelan flavour, such as Pabellón Criollo, which varies on a weekly basis. Various Venezuelan delicacies, drinks and white corn flour available. Spanish spoken.



China Palace II

Chinese Restaurant and Bar

Ellerslie Plaza, Boissiere Village, Maraval

Tel: (868) 622-5866/628-7707

China Palace serves exquisite Chinese lunches and dinners seven days a week. Guests can enjoy dining with great service and a full bar in the dining room or access the take-away service. Catering is also provided for weddings, parties and all other functions. To experience some of the wide variety of dishes which China Palace's chefs produce, enjoy the Wednesday night buffet which includes seventeen dishes, lobster and three desserts.

Opening Hours: Sunday–Thursday: 11:00 a.m.–10:00 p.m.
Friday and Saturday: 11:00 a.m.–11:00 p.m.



Benihana

Level 2 Southern Wing, Trincity Mall, Trincity

Tel: (868) 640-0549 / (868) 640-9644

E-mail: benihanatt@yahoo.com

Opening hours: Mon–Thurs: 11:00 a.m.–2:30 p.m. (Lunch)

6:00 p.m.–10:00 p.m. (Dinner)

Fri–Sat: 11:00 a.m.–11:00 p.m. / Sun: 6:00 p.m.–10:00 p.m.

Benihana delivery now available in Port of Spain and environs.

Tel: (868) 624-4246 / 625-7096

Mon–Thurs: 11:00 a.m.–2:00 p.m.

Fri: 11:00 a.m.–10:00 p.m. / Sat: 12:00 p.m.–8:00 p.m.

Sun: 12:00 p.m.–7:00 p.m.

Benihana, the first name in exhibition-style Japanese cuisine, is opening its doors for the first time in the eastern Caribbean. Masterful chefs demonstrate their skills nightly on hibachi grills, on which a full range of unique and traditional dishes is cooked to order. Sip authentic sake and be surrounded by our beautiful selection of Japanese kanjis.

Now it's ok to play with your food

Join us for the Teppanyaki Grill
experience that satisfies a lot
more than your appetite.

Food. Flair. Fun.

Level 2, Trincity Mall
Call for reservations:
640-0549/9644
Call for delivery:
624-4246/625-7096

**NOW
DELIVERING**
to the Port of Spain
area

from our Port of Spain kitchen

An experience at every table



Delivery in selected areas.
Please call for further details.
Catering also available.



360° Restaurant & Olympia Restaurant

Wrightson Road, Port of Spain
Telephone: (868) 625-3366/ Fax: (868) 625-4166
E-mail: reservations@cplazahotel.com
<http://www.crowneplaza.com/trinidad>

Choose from two of the finest restaurants in one location. The 360 degrees restaurant is the only revolving restaurant in the Caribbean. Located on the fourteenth floor of the Crowne Plaza, this restaurant has an enchanting view of the Northern Range, Caribbean Sea and capital city. Known for its famous Sunday Brunch, this restaurant also specialises in the finest international cuisine. Open for dinner Tuesday–Saturday 7:00 pm–11:00 pm and Sunday Brunch 11:30 am–2:30 pm. (Reservations are recommended). The Olympia Restaurant features different lunch and dinner “theme buffets” each day of the week. Each buffet features seven entrées, salads and over twelve desserts as well as a live-cooking station. Open from 6:30 am for breakfast, lunch from noon and dinner from 6:30 pm daily.



Lime-Inn

Acajou Hotel, Grande Rivière, Trinidad
Tel: (868) 670-3771
Fax: (868) 670-3772
E-mail: info@acajoutrinidad.com
www.acajoutrinidad.com

Reflecting our own mix of Sweden and Trinidad, our menu is a lovingly created marriage between local and continental influences.

Come and relax in a setting that will completely take your breath away.



Adam's Bagels

15 A Saddle Road, Maraval
Reservations: 622-2435
Tel: (868) 622-2435
Fax: (868) 622-3487
E-mail: adam@adamsbagels.com

Adam's Bagels and specialty bread is a family-owned and managed bakery, restaurant, gourmet shoppe, situated in the ever-growing foothills of the Maraval valley. Adam's offers a wide variety of baked products of all ethnic groups as well as a comfortable restaurant that serves breakfast, lunch and tea. The gourmet shoppe boasts a lovely selection of European chocolates, oils and vinegars, pastas and salad dressings. The friendly atmosphere at Adam's will surely lure you back time and again.

For the best breakfast in town, visit Adam's.



Panini Café

WestMall (western entrance)

Tel: (868) 633-6068

Ellerslie Plaza, Maraval

Tel: (868) 628-6551

Hollywood Café (inside MovieTowne's lobby)

Tel: (868) 625-2087

Panini Café offers you a relaxed and modern atmosphere with exceptional service and unsurpassed quality. Enjoy our homemade soups, fresh salads, savoury crêpes, exotic wraps and our "world-renowned" Panini sandwiches, or come in for a sweet crêpe, a slice of Eli's famous Chicago cheesecake, a refreshing smoothie or quite possibly the best coffee on the island. Visit us at our newest café at WestMall or at Ellerslie Plaza. And if you are at MovieTowne, please check us out inside the lobby of the theatre, aptly called Hollywood Café.



Irie Bites

Tel/Fax: (868) 622-7364

71A Ariapita Avenue

Woodbrook

Situated on the restaurant strip of bustling Port of Spain, Irie Bites is just what the name says—a restaurant devoted to giving eating pleasure to the senses. Authentic Jamaican Jerk created with authentic Jamaican style and ingredients. But not only that, with its trendy, bold yellow, green, red and black signature colours, Irie Bites is true true Creole cooking too, because from Monday to Saturday there are special non-jerk dishes produced just for you! and there is always a "sauteed something" cooking up in the back too. So whenever you feel like home-cooking just the way it used to be, come on the Avenue, try Irie Bites' guaranteed flavour—irie fi' true.



Ylang Ylang Sea Terrace

Reservations: (868) 670-2217

Mt. Plaisir Estate Hotel, Grande Rivière, Trinidad

Tel: (868) 670-1868 Fax: (868) 670-1015

E-mail: maktoub@mac.com

www.mtplaisir.com

Located on the ground floor of the main estate house at Mt. Plaisir Estate Hotel, this cozy and elegant restaurant is open for breakfast, lunch, afternoon snack and dinner everyday. Ylang Ylang offers a wide variety of fresh seafood plates, together with a variety of fresh vegetables and rare tropical fruits that are organically grown in our estate land, all combined in exciting menus that find their roots in the local Creole cuisine, as well as Indian and Italian food tradition. Exotic fresh juices and a wide selection of wines will be the perfect complement to make your meal a memorable experience. Reservations a must!

Ruby Tuesday

Ruby Tuesday

MovieTowne Complex, Port-of-Spain
Tel: (868) 624-6566 Fax: (868) 624-0001
Grand Bazaar, Churchill Roosevelt Highway
Tel: (868) 663-6566 Fax: (868) 663-7875
Price Plaza, Chaguarnas
Tel: (868) 665-5369 Fax: (868) 665-3742
E-mail: dachin_1@lycos.com

Ruby Tuesday, the ideal fun spot for the entire family—now at three great locations: MovieTowne Entertainment Complex, The City of Grand Bazaar and Price Plaza, where you will find our world famous Garden Bar and a wide variety of mouthwatering dishes. Ruby Tuesday—the ideal atmosphere for your dining pleasure & satisfaction...More Choices, More Taste, More Fun!



Woodford Café

Tel: (868) 627-CAFE (2233)
Fax: (868) 623-7874
Shop #55 Fiesta Plaza, MovieTowne Boulevard, MovieTowne

Woodford Café—The “heartbeat” of Fiesta Plaza, MovieTowne. Our menu offers unparalleled variety, from mouthwatering “out-of-the-pot” stews, super-sized burgers and sandwiches, to Angus Certified Beef-brand steaks done to your liking. Things really start to heat up when the sun goes down, you can find something different happening every night of the week: Specialty Menu Nights, Live Entertainment, Karaoke and the Ultimate Friday After-Work & Late-Night Lime, Dine & Wine. Woodford Café is also available for all types of Private Functions. Come on down to Woodford Café today for the only “Vibe-Dining” experience in the Caribbean.



The Lure Seafood Grill and Bar

Sweet Water Marina, #2 Stella Maris Dr.,
Western Main Rd, Chaguaramas. Tel: (868) 634-2783
E-mail: reservationsthelure@gmail.com
www.thelureonline.com

Trophy mounts call to mind the stories of “the one that got away” and if that’s not enough you can actually see the one that got away in our natural ocean aquarium, which harbours Sand Sharks, Cavallies, Brochettes, Groupers among others. Dine within the natural sea atmosphere at the water’s edge on our waterfront deck while you thrill yourself with the beautiful sunsets of the stunning Gulf of Paria...or you can chose our cosy dining room enclosed yet still offering a panoramic view of the sea and sunset. There isn’t a “saltier” atmosphere with a genuine fine dining menu this side of sweet T&T. Our “No Rules Bar” will invite you to taste the most delicious cocktails, local and international, as well as a great selection of wines and spirits.

Get Hooked!...on a whole new dining experience.



We've got the recipe
for a great time.

There's no greater pleasure than sharing the best of times together with friends and family. It's the reward that comes from good old-fashioned preparation and attention to the details. That's just a part of the mouthwatering Ruby Tuesday recipe you're sure to enjoy...the rest you'll discover when you come.

Ruby Tuesday

• MOVIE TOWNE MALL, Tel: (868) 624-6566 • GRAND BAZAAR, Tel: (868) 663-6566 • PRICE PLAZA, Tel: (868) 665-5369

Woodford Cafe Welcomes you to taste our world

EAT • DRINK • LIME

Fiesta Plaza, Movietowne • 627-Cafe
www.woodfordcafe.com



The Lure's Menu offers a large selection of international Gourmet Dishes to choose from,
Seafood, Grill and Sushi...
But our Chefs will always be open
and happy to cater to the requests of
our distinguished clientele...

Restaurant Hours are:
Lunch and Dinner (12 pm to 11 pm)
from Tuesdays to Sundays.
Tel: (868) 634.2783
website www.thelureonline.com
email reservationsthelure@gmail.com





Mélange Restaurant

40 Ariapita Avenue and Cornelio Street, Woodbrook, Trinidad
Reservations: Tel/Fax: (868) 628-8687
E-mail: info@melangetrinidad.com

Mélange is an elegant 60-seat restaurant where guests enjoy a selection of international favourites fused with Caribbean bursts of flavours. The spirit of the restaurant is reflected in presentations that are unmatched, service that is friendly and indulgent, and an ambience that is both relaxed and romantic.

Renowned for seafood, roast rack of lamb and the best-tasting steaks on the island.

Open for lunch daily from 11:30 a.m.–2:30 p.m. and for dinner from 6:30 p.m.–10:00 p.m. All major credit cards are accepted.



House of Jaipur Indian Lifestyle and Tearoom

Reservations: (868) 624-7465
14, O'Connor Street, Woodbrook, Port of Spain, Trinidad
E-mail: hojp@tstt.net.tt
www.houseofjaipur.com
Boutique: Mon–Sat 10:00 a.m.–6:00 p.m.
Tearoom: Tue–Sat 10:00 a.m.–6:00 p.m.

Welcome to the destination where culture echoes, tradition speaks, and beauty enthalls. House of Jaipur invites you to enjoy the vivid kaleidoscope of the orient and immerse yourself in the timeless mystery and beauty of India. Have a cup of chai in our quaint Indian tearoom, and indulge yourself in some of our delicious Indian appetizers and chutneys made daily by our in-house chef. Log on to our Web site at www.houseofjaipur.com and discover the variety of teas we offer and the delightful selection of Indian savouries and sweets.



Likkle Likkle Jamaica

3 Patna Street, St James
Tel: (868) 221-6131
Fax: (868) 222-0880
Catering & Pre-orders e-mail: info@likklelikklejamaica.com
www.likklelikklejamaica.com



The smell of jerk and spices, distinctive tastes and flavours and the beautiful sound of reggae music in a warm family setting would best describe the surroundings of Likkle Likkle Jamaica. The restaurant prides itself on authenticity and service, providing foods such as festival, rice and peas, including outside jerk chicken and pork using traditional Jamaican cooking methods. The inside décor features cultured treasures of Old Jamaica and New Jamaica and nestled between seafood and fruits in St. James there is no rival to its Jamaican tastes, feel or service in Trinidad. Visit Likkle Likkle Jamaica if you love real Jamaican food. Go een...relax...enjoy!



El Pecos Grill

84A Corner DeVerteuil St. &
Ariapita Avenue, Woodbrook
(868) 622-9713

68 Ariapita Avenue
Woodbrook
(868) 628-9908

7 Saddle Rd
Maraval
(868) 628-4723

7-11 Diego Martin Main Rd.,
Diego Martin

El Pecos offers you the best in fast casual dining, with a solid reputation for consistently good food and value for money. At any location you can have the same mouthwatering, hearty, home-style cooking that has become the El Pecos trademark. Indulge yourself in delicious chicken, pork, lamb, fish and pig tail, or try our 100% beef burgers, all fire grilled to perfection and served with a variety of superb sides. Simply serve yourself, weigh and pay for your box by the pound. Complete your meal with one of our sweet tantalising treats!!! So come in and let us take your taste buds on a sumptuous adventure!

EL PECOS ... THE FLAVOUR KEEPS GETTING BETTER !!!!!!!



Paz Tea Garden

Pax Guest House, Mt. St. Benedict, Tunapuna, Trinidad
Reservation recommended — Tel/Fax: (868) 662-4084
Skype: paxguesthouse / E-mail: stay@paxguesthouse.com
www.paxguesthouse.com
Open daily 11:30 a.m. – 6:00 p.m.

You're cordially invited to discover one of Trinidad's best kept secrets, the Paz Tea Garden. Nestled high upon Mount St. Benedict at the Pax Guest House, an elegant Italian-inspired garden awaits, amid the tranquility of tropical greenery, dazzling hummingbirds and soothing fountains. Escape to our scenic hillside oasis and indulge in a wide variety of specialty teas, tasty light lunches, freshly baked pastries or our famous International High Teas. Centrally located, just thirty-five minutes from Port of Spain and seven minutes from St. Augustine and Tunapuna. The Tea Garden is an ideal setting for weddings and other memorable events. Secured parking is available.



Muscovado Restaurant

Reservations: (868) 640-9259

Sunrise Loop Road, Trincity

E-mail: muscovado @millenniumlakes.com

Open: Monday–Sunday for Breakfast, Sunday Brunch, Lunch, Sunset Cocktails and Dinner

Nestled in history as rich as the fields that once flourished here, Trincity is the home of Millennium Lakes Golf & Country Club and Muscovado. The restaurant harmonises the natural surroundings with whisperings of the past and a return to simple serenity. The wider area retains something of its green past with aniseed fields to the south, and ancient trees in wide fields even in the more populous north. Muscovado is a deep breath or a soft breeze; a welcome calm in a more demanding time. Our guests can expect gracious service and a cuisine befitting the artistic legacy of our home. We invite you to slip into a moment of comfort, charm and beauty—welcome, relax and enjoy.



Il Colosseo

16 Rust Street, St. Clair
Tel: (868) 628-1494/622-8418
Fax: (868) 622-6810

Go past the majestic columns. Enter and see why Fine Dining in Trinidad translates to Il Colosseo. The Ambience, the warm and courteous staff, the selection of wines, and ah the food...an array of appetizers, salads, succulent meats and seafood prepared to please the most discriminating palate. Complete your experience with our luxury desserts and our signature espresso. Now isn't this what great dining is supposed to be?

Il Colosseo... the Dining Experience!



Subway

Head Office: (868) 645-8158 or 662-5716

Branches: Western Main Rd., St. James; Frederick & Hart St., Port of Spain; Queen & Edward St., Port of Spain; Henry St., Port of Spain; MovieTowne; Ariapita Ave.; Shoppes of Maraval; Eastern Main Rd., Curepe; UWI Campus, St. Augustine; Valpark Shopping Plaza, Valsayn; Queen Street, Arima; Trincity Mall, Trincity; Price Plaza, Chaguanas; Gulf City Mall & Gulf City Car Park, San Fernando; Pt. Lisas, Couva; Lowlands, Tobago; Princes Town, Point Fortin, Tunapuna, Highland, Glencoe; Montrose, Mount Hope, Orange Hill, Tobago; Piarco International Airport.

For additional information or directions to the Subway restaurant nearest to you, call our Head Office at 645-8158 or 662-5716.



The Metropolitan Restaurant

Cara Suites Hotel & Conference Centre
Pointe-à-Pierre, Southern Main Road, Claxton Bay, Trinidad
Tel: (868) 659-2271, Fax: (868) 659-2202
Email: carasuitespap@carahotels.com
www.carahotels.com

The Metropolitan Restaurant located at Cara Suites Hotel & Conference Centre, open daily for Breakfast, Lunch and Dinner. Serving an extensive Breakfast Buffet from 6:00 a.m.–9:30 a.m. an International & Local Businessman's Buffet Lunch from 11:30 a.m.–2:00 p.m. and modern a la carte Fine Dining Dinner from 6:30 p.m.–9:30 p.m.



Casual by day....Elegant by night

More than just Italian...

**Lighter Lunches . A la carte Always
Beyond Borders Buffet . Sumptuous Sunday Brunch**

**Lunch: Monday to Friday 11:30 a.m. to 2:30 p.m.
Dinner: Monday to Saturday 6:30 p.m. to 10:30 p.m.
Brunch: Sunday 9:30 a.m. to 2:30 p.m.**

16 Rust Street, St. Clair. Reservations: (868) 628-1494 622-8418 Fax: (868) 622-6810 email: ilcolosseo@tsst.net.tt



- 45 Broadway, Arima
- Pt. Lisas Industrial Estate, Pt. Lisas
- 131 Western Main Rd., St. James
- Movie Towne, Port of Spain
- Highland Plaza, Glencoe
- Shoppes of Maraval, Maraval
- 34 Henry St., Port of Spain
- Cor. Hart & Frederick Sts., P.O.S.
- Cor. Queen & Edward St., P.O.S.
- Ariapita Avenue, Port of Spain
- Valpark Shopping Plaza, Valpark
- U.W.I., St. Augustine
- Price Plaza, Chaguanas
- Eastern Main Road, Curepe
- Eastern Main Road, Tunapuna
- Trincity Mall, Trincity
- Piarco Airport
- Gulf City Mall, San Fernando
- Gulf City Carpark
- Point Fortin
- High Street, Princes Town
- Tobago, Lowlands Mall
- Mount Hope Medical Sciences Complex
- Scarborough, Tobago
- Tropical Plaza
- Long Circular Mall
- Frederick & Park Sts., P.O.S.
- High Street, San Fernando
- Sangre Grande
- Independence Square
- Busy Corner, Chaguanas



The Metropolitan Restaurant

Cara Suites Hotel & Conference Centre

Pointe-a-Pierre, Southern Main Road,
Claxton Bay, Trinidad

Tel: (868) 659-2271, Fax: (868) 659-2202

Email: carasuitiespap@carahotels.com

www.carahotels.com



HOTEL AND CONFERENCE CENTRE



Bois Cano & Tiki Village

Reservations: (868) 622-KPOK (5765) Fax: (868) 622-9677
Kapok Hotel, 16–18 Cotton Hill, St. Clair, Trinidad
E-mail: stay@kapokhotel.com

Choose from two of the best under one roof. Tiki Village is a unique Asian-Polynesian restaurant, situated on the eighth floor of Kapok Hotel. Offering a stunning view of the capital city and the Savannah. Feast on sumptuous weekday buffet or à la Carte lunches and dinners. Live entertainment on Friday nights. Enjoy Dim Sum every Sunday at Tiki Village.

Bois Cano Bistro and Bar is the ideal place to rendezvous and relax. Sip an exotic cocktail and enjoy Trini-flavoured dishes under a starry sky. Whatever your mood, Bois Cano will provide an experience that will linger.



Zanzibar

Shop #54, Fiesta Plaza,
MovieTowne, Invaders Bay, Port of Spain
Tel: (868) 627-0752
Fax: (868) 627-0713

Welcome to Zanzibar... a truly different kind of dining and entertainment experience. Located at Fiesta Plaza in the MovieTowne Complex on the western edge of Port of Spain, Zanzibar offers memorable dining and "liming" experiences in a unique environment, an inimitable blend of Trinidadian and International styles, cuisines and décor. Join us for lunch and dinner Monday to Sunday and choose from our broad menu featuring international dishes prepared by our celebrated chefs. From 10:30 p.m. onwards, witness the incredible transformation from fine restaurant to trendy, sophisticated night bar every night of the week. Let the music and "liming" begin.



Bombay Duck

— A journey of flavours

Upstairs Highland Plaza, Glencoe
Tel: 632-DUCK, 632-BDBD
E-mail: bombayduck_vlgrouptt@yahoo.com
Facebook: Bombay Duck
Upstairs Fiesta Plaza, MovieTowne, Invaders Bay, Port of Spain
E-mail: bombayduck_vlgrouptt@yahoo.com
Opening hours: Everyday for lunch and dinner (except Mondays)

If you have a passion for authentic Indian cuisine, you will find Bombay Duck simply irresistible! Bombay Duck is the only restaurant in Trinidad and the wider Caribbean, where authentic Indian cuisine from the North, South, East and West of India is served. Bombay Duck is the ultimate culinary experience where you can embark on a journey of flavours certain to tantalise your taste buds. Bombay Duck is the only Indian restaurant that can boast of a premium bar with wide selection of wines. An ideal place to hold business meetings, corporate events and dinner parties. We also cater for weddings, Christmas parties and various functions.



B Lounge

Located at Eat It Restaurant
Marabella

Tel: (868) 657-1928

Fax: (868) 652-1097

E-mail: eatitrestaurant@gmail.com

Designed with an ultra-modern theme, the B Lounge is an experience in International and Caribbean fusion cuisine. B Lounge features a sophisticated buffet room with high definition LCD display, quality music and the perfect ambience for dining and drinks. If you are looking for a location to host a small private function, cocktail reception or business meeting, B Lounge is the perfect place for you. Our meals and appetizers are expertly prepared by experienced cooks. We can offer live cooking presentations and we welcome menu suggestions for your special occasions.

B Lounge...Elevate your taste!



Eat It Restaurant

#2 Scott Street

San Fernando

Tel: (868) 653-2848

Roundabout Marabella

Tel: (868) 652-9596

E-mail: eatitrestaurant@gmail.com

Founded twenty years ago in San Fernando, Eat It is a high-quality grilled-food restaurant with an international appeal. Our menu features a tasty array of grilled meats, seafood, sandwiches and salads, all complemented with our world-famous barbecue sauce.

Quality and taste are the main hallmarks of our restaurants, which all feature modern ambience for the comfort of our customers. Pay us a visit and you will agree, we are the taste of quality.



Burger King/Popeye's

Unit 5, Lot 2C Chootoo Road, El Socorro

Tel: (868) 674-6914, 674-2729, 675-1927

E-mail: rsc@bkpopeye.com

Burger King is the traditional American classic burger that you can "Have It Your Way" with restaurants in Gulf City 657-6446; Maraval 628-9166; MovieTowne 623-2337; Price Plaza 672-1782; Trincity Mall 640-5578; West Mall 637-2437; Long Circular Mall 628-4201; Grand Bazaar 663-7023; Popeye's Louisiana Kitchen is built around the traditional Southern American home style cooking with restaurants in Gulf City 657-1164; MovieTowne 624-4647; Trincity Mall 640-1352; Grand Bazaar 662-5037; Maraval Road 622-9160.

It's a *Trini Thing*



Culinary Competition

T&T's top chefs cook the regional competition

For yet another year, the “sweet han” of Trinidad and Tobago reigned supreme at the premier regional cook-off, Taste of the Caribbean. The country's top chefs cooked the competition in a three-day event that allowed the Caribbean's brightest gastronomic talents to show off their skill before an audience of international food-and-beverage experts and culinary enthusiasts.

Team captain, Bernard Long, commented, “It was a very gratifying experience. We went there with the hope of getting a Gold, but to win overall was a complete surprise. Apart from myself, it was a completely new team with young talent, whereas the other countries had seasoned competitors, executive chefs and restaurant owners. We really had no expectation of winning overall, but we worked very hard as a team, so to come out on top was phenomenal.”

This year marked Long's twelfth year as a member of T&T's team (he is the only original member) and his third time as captain. It is also the fourth

time that he has been a member of the competition's Highest Scoring Team.

He added, “The fact that we were a predominantly young team was a real plus for us because we were able to think outside the box and be open to the challenge. Also, the country's diversity was a real advantage when we were creating our menu. We were able to pull from all the cultures that make up the landscape of Trinidad and Tobago, and allow us to present cuisine that wowed the judges.”

Long, who runs his own business, Bernard's Gourmet Services, was joined by fellow chefs Sabrina Rosales (Chef's Delights Gourmet Services), Keirha Forde (Courtyard by Marriott) and Lennox Scott (Botticelli's), pastry chef Avanelle James (Crews Inn Hotel) and bartender Ryan Newallo (T&T Hospitality and Tourism Institute). Margaret Jones of Cara Suites Hotel was the alternate chef.

T&T's top chef served up a culinary tour de force, using a mysterious basket of 20 ingredients. The team produced

Pan-Seared Herb-Rubbed Grouper on a Caribbean Slaw with a curried vinaigrette and chadonbeni emulsion as an appetizer. The main course was Roasted Chocolate Peppered Beef, Pan-Fried Chicken Pot Sticker with a Tomato Buerre Blanc, Garlic-Roasted Mélange of Vegetables and a Plantain-Coated Geera Provision Cake. Indian-Spiced Rice Pudding on an almond base topped with caramelised mango accompanied with Kurma Wafer and Beetroot Coulis was dessert.

In addition to winning the overall award for best team, T&T's culinary ambassadors also copped the special prize for Best Use of Angus Beef. As individuals, the delegates were awarded two Bronze, two Silver and one Gold medal, this prize going to Rosales, who is T&T's Chef of the Year.

Held from June 12–14 at the Caribe Hilton in San Juan, Puerto Rico, Taste of the Caribbean brought together thirteen teams from Anguilla, Antigua, Barbados, the British Virgin Islands, Curaçao, Grenada, Jamaica, Puerto Rico, St. Lucia, St. Maarten/St. Martin, Suriname, T&T, and the U.S. Virgin Islands.

The culinary festival is organised annually by the Caribbean Hotel and Tourism Association (CHTA), which this year teamed up with the Puerto Rico Convention Bureau, the Puerto Rico Hotel and Tourism Association and the Puerto Rico Tourism Company.

Taste of the Caribbean aims to provide education and inspiration through seminars, workshops, tastings and demonstrations, created to enhance performance, style and profitability in food-and-beverage operations. The event also features a trade show that offers a unique, one-stop forum for gathering practical information, sampling, purchasing, strengthening established supplier relationships and meeting new vendors. At an appreciation cocktail reception hosted by the Ministry of Tourism in June 2009, T&T's Minister of Tourism Joseph Ross, remarked, “It is my great pleasure to recognise the best talents in the food and beverage industry in T&T and indeed in the region. We acknowledge seven young men and women who have contributed to showcasing Trinidad and Tobago as a gastronomic centre of excellence in the Caribbean.”



Delivery

DINE-IN, CARRY OUT or CAR-SIDE-TO GO

Only @ Port of Spain

TRY US, WE HAVE A WHOLE NEW
FEELING ABOUT SERVING YOU!

TRINIDAD:

Queen's Park West, Port of Spain

624-8443

Price Plaza, Chaguanas

673-8443

Gulf City, La Romain

653-8443

BARBADOS:

Pavilion, Hastings, Christ Church

436-8443

JAMAICA:

51 Hope Road, Kingston

978-8443



Pizza Hut

Best Moment for Sharing

DELIVERY

DINE-IN or CARRY OUT

Trincity **640**

Valsayn **662**

Gulf View **653**

Roxy **628**

Windsor **664**

Price Plaza **672**

Tobago **660**

1 HUT
(1488)



FOOD ON CALL



WE DELIVER TASTE

AREA CODE-**0777**

Arouca **642**

Arima **667**

Barataria **674**

Chaguanas **671**

Coffe Street **652**

Couva **679**

Cunupia **693**

Curepe **663**

Diego Martin **637**

Debe **677**

Frederick St **623**

Gasparillo **657**

Gulf View **653**

Library Corner **656**

Marabella **658**

Maraval **622**

Mayaro **630**

Montrose **672**

Penal **647**

Point Fortin **648**

Point Lisas **636**

Price Plaza **693**

Princes Town **655**

P.O.S **624**

Rio Claro **698**

San Juan **675**

Sangre Grande **668**

Siparia **649**

St. Helena **646**

St. James **628**

St. Margaret's **659**

St. Mary's **673**

Trincity **669**

Tunapuna **662**

Valsayn **645**

Westmoorings **633**

**The Taste
You Love!**



DINE-IN or CARRY OUT

Movietowne

625-3053

Gulf View

657-6365

Windsor

667-6518



PRESTIGE HOLDINGS LTD.
A Restaurant Management Company

Restaurant Support Centre

47-49 Sackville Street, Port of Spain, Trinidad W.I.

Tel: (868) 623-6058 • Fax: (868) 623-6580 • Email: info@phl-tt.com

Fast Facts on Trinidad

Location

Trinidad is situated in the Caribbean 11 km (7 miles) northeast of the coast of Venezuela. Geographic coordinates are Latitude 10.5°N, Longitude 61.5°W.

Climate and Geography

Trinidad's climate is pleasant, with daytime temperatures averaging 31°C (87°F), moderated by northeast trade winds, while nights are a cool 21°C (69°F). Trinidad is just on the outer edge of the path of hurricanes and tropical storms. The highest point, El Cerro del Aripo, situated in the northern range, is 940 m (3,080 ft) above sea level. Trinidad is 4,828 sq km (1,864 sq miles) in area.

The Government

Trinidad and Tobago gained its independence from Great Britain on August 31, 1962. It became a Republic on August 1, 1976. The Head of State is the President. Executive power is vested in the Prime Minister and Government following democratic elections every 5 years.

Legal System

The legal system is based on the common law of England and Wales and on statutes made in the Trinidad and Tobago Parliament. The judicial system is composed of the Magistrates Court, and the Supreme Court (the High Court and the Court of Appeal). Although the Caribbean Court of Justice sitting in Trinidad, is the final appellate court for certain CARICOM jurisdictions, the Privy Council remains the highest court of appeal for T&T.

Population and Labour Force

Estimated population is 1.3 million. The ethnic mix consists of 40.3% of East Indian descent, 39.5% African, Mixed 18.4%, European 0.6%, Chinese and other 1.2%.

Education

The educational system is modelled after the British system and produces one of the highest standards of education in the Caribbean. Primary level education is compulsory and Secondary education is now available to all children leaving primary school. Tertiary education providers include the University of the West Indies (UWI), University of Trinidad & Tobago (UTT), and other institutions. It is free of charge.

Health

Medical services are free at the government

institutions and clinics, but a fee is charged at all others. 24-hr emergency services are available at several medical facilities. For more information visit www.health.gov.tt

Economy

There are proven substantial reserves of petroleum and gas, and heavy industries such as iron and steel, methanol and nitrogenous fertilisers are well developed. In the period 2004-7, real GDP growth averaged 7.1% per annum, with services accounting for 51% of GDP and the petroleum sector 40.1% of GDP.

Electricity

Trinidad and Tobago has a reliable supply of electricity, with rates among the lowest in the Caribbean. The domestic and commercial supply voltage is 110/220 volts, 60 cycles.

Water

The water service is reliable in most hotels and guesthouses. The water is chlorinated and safe to drink. Bottled water is available island-wide.

Roads

Driving is on the left-hand side.

Newspapers

There are 3 daily newspapers in Trinidad: Trinidad Guardian, Trinidad Express and Newsday and several weekly publications. The news distribution service, Newspaper Direct, offers print-on-demand, same-day international newspapers. Tel: 674-2131

Telecommunications

T&T has a modern telecommunications infrastructure with the latest in digital technology and fibre optics systems. Telecommunications Services of Trinidad and Tobago (TSTT) is the main provider of landline and mobile services. Digicel, a rapidly growing telecommunications provider in the Caribbean now offers mobile phone services in both islands. Flow offers cable television and internet services. Broadband Internet is widely available.

Departure Tax

A departure tax of TT\$ 100 is included in the cost of airline tickets. It is also payable for departure by sea.

Immigration, Work Permits & Visas

Visitors to Trinidad and Tobago must possess valid passports and return or ongoing tickets for successful entry. Work Permits are required for business stays beyond 30 days. Visa extensions can be obtained from the Immigration Office on 67 Frederick Street, while work permits

can be obtained from the Ministry of National Security, 18 Knox Street, Port of Spain.

TV and Radio

There are 8 local television stations. Cable and DirecTV® are widely available. Radio is very popular in Trinidad with approximately 30 FM stations and 2 AM stations.

Safety in Trinidad and Tobago

Drugs: Visitors need to be aware that there are severe penalties, including long jail terms for possession and trafficking of illegal drugs like cannabis (marijuana, weed or ganja) or cocaine.

Centipede and Scorpion stings: While not lethal, the severity and degree of discomfort depends on individual sensitivity and allergic reactions. For safety, consult a doctor.

Manchineel Apples (*Hippomane mancinella*): Often found near to or on coastal beaches, avoid any sort of contact with manchineel trees or fruit. The fruit, called manchineel apples, are very fragrant but also very poisonous and sap from the tree and fruit, will severely blister the skin.

Portuguese Man-O-War (*Physalia physalis*): These are not true "jellyfish". Their small, translucent air bladders with a purple to light-blue tint, usually float in the water or get washed up on shore. Once the tentacles make contact with the skin, they produce a very bad sting. Rubbing or rinsing with water will worsen the situation. Flush or soak the area continuously with vinegar, for about 30 minutes, apply a 1% Hydrocortisone cream and seek medical attention.

Mosquito and Sandfly Bites: The most effective repellent is DEET (diethyltoluamide) in a concentration of at least 20%. Newer alternatives recommended by the CDC (Centers for Disease Control) include Picaridin and Oil of Lemon Eucalyptus. Citronella is highly ineffective. To relieve itching, various creams are available in pharmacies.

Sea Urchins Spine Punctures: An echinoderm with long black spines. If the spines are protruding from your skin then you can try to carefully remove them, but if they are beneath the skin DO NOT try to dig them out. Leave them in your skin, soak the affected area in warm water at about 45°C for 30 minutes and seek medical attention.

Inns & Outs

O F T O B A G O



2010

History

John Paul Jones

by Adrian Camps-Campins

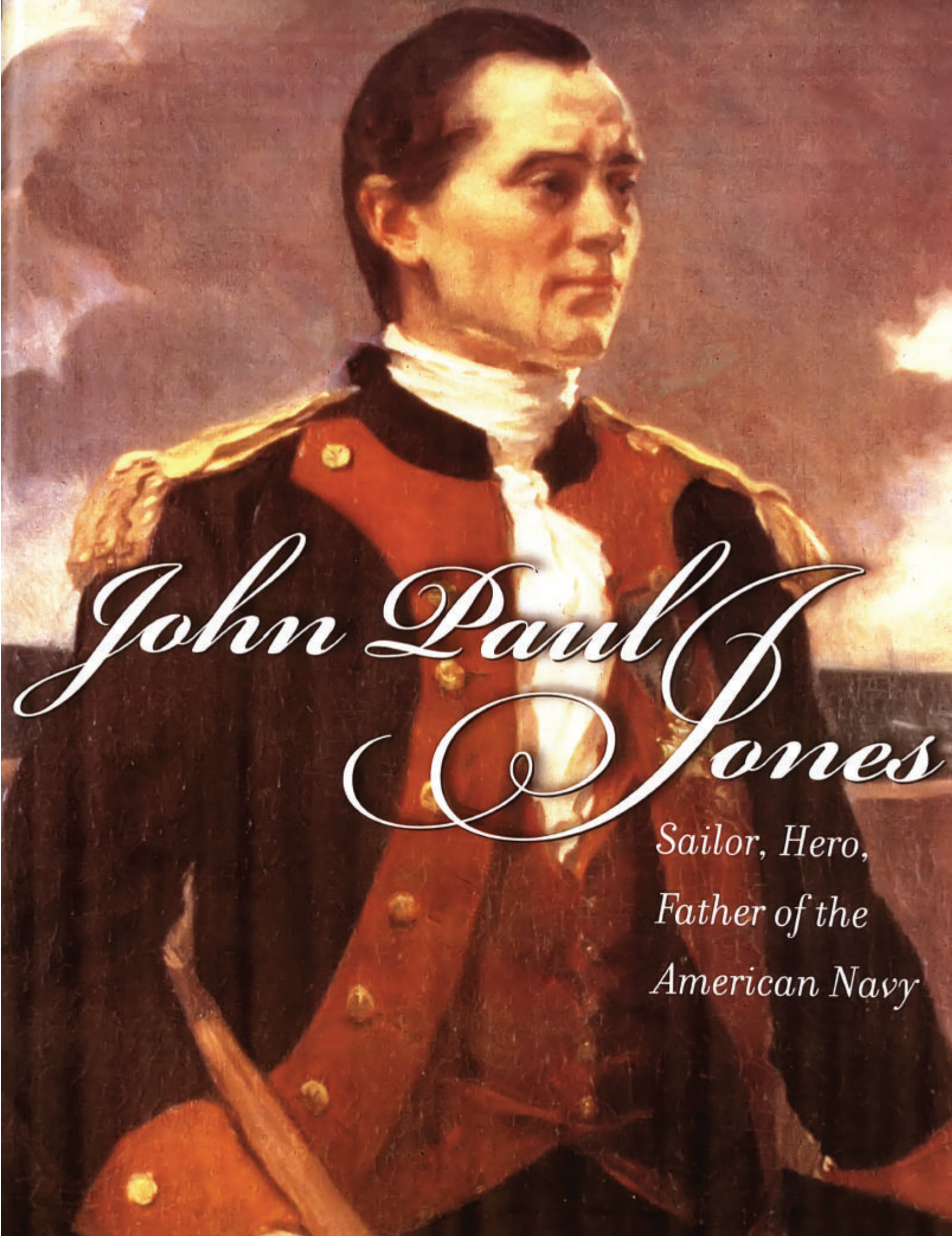
Images courtesy Adrian Camps-Campins



The town of Roxborough, which takes its name from a former estate of that name, is situated on the narrow and winding road that runs

northeasterly from Scarborough to Speyside. Lying seventeen miles from Scarborough, it is at the northern end of the vast Carapuse Bay and is the gateway to Tobago's wild and forested nature reserves, chief among which is Speyside, with the offshore island of Little Tobago, home of the Bird of Paradise.

In 1772, the Roxborough Estate was owned in partnership, among others, by Archibald Stuart and a young Scotsman from Kirkcudbrightshire on the Solway Firth, by the name of John Paul who was born on July 6, 1747 and was the fourth child of seven born to John and Jean Paul.



John Paul Jones

*Sailor, Hero,
Father of the
American Navy*



In 1761, at the age of thirteen, he was apprenticed to John Younger and was bound for seven years during which time he would learn the mariner's profession, and he embarked as ship's boy in the brig *Friendship* outward bound for Barbados and Virginia. In 1764, due to a depression in trade, John Younger sold the *Friendship* and relieved John Paul of his apprenticeship.

John Paul, then at the age of seventeen, served as third mate on the *King George* out of Whitehaven for two years and afterwards as mate on the *Two Friends* from which after one round voyage, he obtained his discharge. He secured a passage back to Scotland in the sixty-ton brig, *John*, during which the master and mate died, and John Paul assumed command and brought the ship safely home to the owners at Kirkcudbright. As a result he was appointed to the command of the *John* and in that capacity he made at least two voyages to the West Indies,

including Tobago, where he established business contacts. The owners sold the *John* in 1771 and John Paul received an honourable discharge from her.

By October 1772, when John Paul was twenty-five years old, he had accumulated enough funds and goodwill to purchase his own ship the *Betsy* and traded between England, Ireland, Madeira and Tobago. The *Betsy* was a sound ship and John Paul, a clever trader. In Tobago, he established a partnership with Archibald Stuart who was one of the leading merchants and planters of the island and part owner of the Roxborough Estate. In 1773, John Paul was well on his way to realising his dream of becoming a gentleman farmer in Virginia, for some fifty gentlemen in Tobago owed him a total of £2,000 for merchandise and services rendered.

While anchored in Rockley Bay, Scarborough, in October of that year, he went ashore to visit friends and business associates and on his return to the ship he

found a sorry state of affairs. One member of the crew had enticed other members to mutiny. The ringleader, a Tobagonian, then attacked John Paul with a bludgeon. The Captain rushed to his cabin seeking something to protect himself with; his sword was the only thing in sight. As the ringleader was about to strike, he stabbed him with it and the mutineer died on the spot.

Following this unfortunate incident, Captain Paul immediately went to a Justice of the Peace and offered to surrender himself. The Governor, William Young, advised him to flee the island and return when an Admiralty Court was in session. He took this advice and rode on horseback to Courland Bay where he got passage on a ship sailing to a neighbouring island where he was able to make his way to America. To conceal his identity, he changed his name to John Paul Jones and never returned to Tobago to stand trial because some twenty months later, fighting began between England and the American colonies in what was to be the American War of Independence.

John Paul Jones was given a commission in the new continental navy and in December 1775, was made Lieutenant of the frigate *Alfred*. In 1776, he was given command of the sloop *Providence* and proceeded to capture more than twenty Englishmen. In 1777, Capt. Jones (as he had then become) was given the *Ranger* in which he sailed to France in 1778, and knowing the English and Scottish coasts, boldly began a foray which ended when he spiked the guns at Whitehaven without having a single man wounded.

Finally in 1779, he was given the *Bonhomme Richard*, and along the east coast of England, off Flamborough Head, he challenged the might of the British navy on September 23, when in combat with the frigate *Serapis*. Captain Richard Pearson offered Jones quarter but he refused, shouting, "I have not yet begun to fight!" Jones won the battle.

John Paul Jones became a famous Captain in the American War of Independence, and is regarded by many as the father of the United States Navy. He died in Paris in 1792. In 1905, the U.S. Congress voted £7,000 to remove his remains from Paris to the USA where they were placed in the Naval Academy at Annapolis in 1906. His casket was finally interred in the crypt of the Academy's chapel on January 26, 1913.

Birds of Trinidad and Tobago

by Martyn Kenefick

Rewrite the geography books—the twin islands of Trinidad and Tobago are “part of” South America. Parts of Trinidad were geologically attached to mainland Venezuela as recently as 10,000 years ago and its sheer wealth of flora and fauna is decidedly South American in flavour. Just look at our birdlife—our two small islands have hosted no less than 470 different species of bird, of which approximately 230 are resident here and one—the Trinidad Piping Guan (Pawi)—is endemic; found nowhere else on earth. As a consequence, the ornithological authorities consider our islands Neotropic as opposed to Antillean.

Both islands are ideal for bird watching, sharing an extensive road network, large tracts of rain forest, accessible freshwater marshes and mangrove swamps together with offshore islands teeming with seabirds. With such habitat diversity, it is quite possible to find up to 100 species of birds on any given day.

Our forests are ablaze with colour, from the blues, yellows, reds and greens of our Trogons, to the iridescent feathers of our seventeen species of hummingbird. Each evening, boat loads of visitors moor up inside the Caroni swamp in Trinidad, to witness small green islands turn bright red as flocks of Scarlet Ibis, our national bird, come into roost. Flamboyant birdlife even reaches the centre of Port of Spain when parties of Orange-winged and Yellow-crowned Parrots fly in to sleep in the tree-lined avenues. Many birds enriched by dazzling colour are shy by nature. Not so in Tobago, where Blue-crowned Motmots and Rufous-tailed Jacamars regularly visit hotel gardens.

As distinctive as the colour is the variety of sound—from the unique “hammer-hitting-an-anvil” call of the Bearded Bellbird to the eerie guttural shrieks of Oilbirds in our forests. From the bubbles, gurgles and trills of the Crested Oropendola (or “Cornbird” as we call it here) in our parks and gardens to the onomatopoeic calls of the Great Kiskadee in our suburbs—the noise of birds is everywhere.

Even the names of our birds are exotic; Magnificent Frigatebird to Red-billed

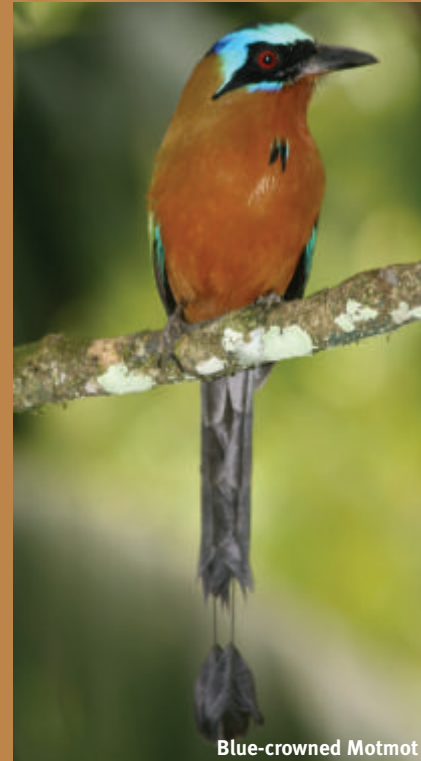
Tropicbird; Pearl Kite to Ornate Hawk-Eagle; Ruby-topaz Hummingbird to White-tailed Goldenthrout.

Hundreds of bird watchers from all over the world visit Trinidad and Tobago annually, some as individual tourists, but most with organised bird-watching tour companies. Indeed bird eco-tourism is becoming a vital revenue source for the islands. At both Asa Wright Nature Centre in Trinidad and Cuffie River Nature Retreat in Tobago, there are practical eco-lodges located in the heart of “bird land.”

From these bases, every one of our prime bird-watching areas can be reached with a little more than an hour’s drive. For the average bird watcher, there is little strenuous hiking necessary. Birds themselves are plentiful and most watching is from quiet roadsides or well-appointed trails. By contrast, for the serious enthusiast who wants to get well off the beaten track to find the shyest denizens of the forest, specialised tour guides can be found on each island. However, one rule applies to all: To get the most out of each excursion, it is best to leave as early in the day as possible. By late morning, it can become exceedingly hot and birdlife quiets down dramatically—birds enjoy a siesta as well. From the mid-afternoon, activity builds up once more with the race to find the sustenance they need to last throughout the ensuing twelve hours of darkness.

Not all of our birds sleep at night. In Trinidad, most parks and even suburban gardens carry the monotonous call of the Ferruginous Pygmy-Owl (or “Jumbie bird” to the average Trini). Across the water, many of the country roads in Tobago become the launching platform for White-tailed Nightjars, gliding this way and that, in search of nighttime flying insects.

Some of our “night birds” are extremely secretive. The spectacular Spectacled Owl in Trinidad is more frequently heard than seen, while the cryptically plumaged Striped Owl in Tobago is so rarely spotted, it is almost mythical. But then, finding the unusual or the difficult to see is one of the main goals of bird watchers worldwide.



Blue-crowned Motmot



Rufous-tailed Jacamar

Stephen Broadbridge (2)

Corals

Master Builders of our Reefs

By Sandra Baksh

Photos by Solomon Baksh



Artist: Wulf

The descent into the sea reveals a fantastic world—the coral reef. For some, its infinite biodiversity and fascinating beauty make it

an almost spiritual experience. Soft corals shaped like bushes, feathers or fans, waft in the ocean currents, while stony corals are solid and inflexible, sculpted into a multitude of shapes and sizes.

Sometimes referred to as “sea gardens,” coral reefs are extraordinary ocean ecosystems where many marine species thrive and upon which, many more species are dependent. Like rainforests and wetlands, coral reefs have a high “recycling” rate for nutrients.





A variety of sponges, hard and soft corals

This allows biodiversity to thrive, though the ecosystem is relatively low in nutrients. Producers, essentially plants that photosynthesise, form the base for any food web and are found in abundance in coral reefs, for example algae and seaweed. The producers provide food for the abundant small fish and marine life, which in turn provide meals for the larger animals. Humans ultimately join the food chain.

The coral itself is actually a colony of small sedentary animals (polyps) living together, not a single organism. They are classified in the Phylum Cnidaria, which also includes hydroids, anemones and jellyfish. Corals fall into the Class Anthozoa, characterised by organisms having a radially symmetrical body, no distinct head, with usually with a crown of tentacles around the mouth. They

also possess nematocysts (stinging cells) primarily on the tentacles, used in defence or when capturing prey. The most severe stings occur from Fire Corals (*Millepora* spp.), which are not true corals, belonging to the Class Hydrozoa. They can deliver an excruciating and intense burning sting (hence the name Fire Coral) when divers accidentally touch or graze against these pretty but dangerous creatures.

Corals are subdivided into: Subclass Octocorallia (soft corals) and Subclass Scleractinia or Hexacorallia (hard corals and black corals). Octocorallians typically have eight tentacles on each polyp and are usually colonial. The most popular in this group are gorgonians, which include sea fans, sea rods, sea plumes and sea whips. Most gorgonians are attached to a

substrate by a single holdfast at the base of the stem that usually branches. The branching patterns are distinctive and can be used to determine the species; sea rods show dichotomous branching while sea fans have a tightly meshed, interconnected network of branches.

Hard corals or stony corals are the true builders of tropical coral reefs. They are almost entirely confined to areas of warm, shallow water and it is their skeletons, essentially built of limestone, which are critical to the formation of coral reefs. Their polyps secrete calcium carbonate (limestone) to form hard cups called corallites that provide protection for their soft bodies. An individual polyp consists of a fleshy sack topped with a ring of tentacles around a central mouth opening. Colonial polyps tend to be very small, averaging 1–3 mm in diameter. Usually nocturnal feeders, a night dive is the best opportunity to see coral polyps open, their tentacles waving gracefully, with tips looking like they were crowned with dewdrops.

Coral polyps, though they can capture some tiny plankton, receive most of their nutrients from particular algae, called zooxanthellae, which live within their tissues and contribute to the coral's particular colour. Neither can survive independently without the other; a delicate form of symbiosis. Zooxanthellae use sunlight and the polyp's waste products to manufacture oxygen and food, providing almost all of the polyp's dietary requirements. Turbid or polluted water will severely affect the level of photosynthesis occurring in the polyps, ultimately affecting the overall health of the coral reef negatively.

Coral reproduction can occur sexually, through annual broadcast spawning (eggs and sperm are expelled at the same time into the water to ensure fertilisation) or asexually, through a budding process. Spawning events usually occur at the end of August to the first week in September and are a great attraction for divers and photographers. Each generation builds upon the previous generation, and that is how the coral reefs "grow." The growth rate of corals and coral reefs depends on factors such as light intensity, water temperature, salinity, turbidity, food availability, competition for space and predation. Upper limit growth of coral colonies, range only from a few millimetres per year for large, dome-shaped corals, to about 150 mm per year for branching corals like the Elkhorn (*Acropora* sp.).

It is good reef etiquette and imperative then, to adopt a see-but-don't-touch approach while enjoying the underwater world and to refrain from breaking off

branches of live coral to take back as souvenirs! Many countries, including Tobago, adopt a no-glove policy for divers who are more likely to touch and damage the corals when gloves are worn.

Generally, the healthiest, most lush reefs in Tobago are in Speyside and a few of the best dive sites for coral magnificence and diversity include:

Coral Gardens

The highlight of this dive site is the largest Boulder Brain coral in the Caribbean measuring 3.5 m tall and 6 m wide. Coral Gardens is a gently sloping reef located 450 m from the southwest tip of Little Tobago and 50 m from the southern end; the dive begins in 10 m and heads in a northwest direction. The reef is covered with a forest of gorgonians including giant slit-pore sea rods, black sea rods, porous sea rods and large colonies of sea plumes. There are several species of stony corals including starlet coral, maze coral, small boulder brain coral and honeycomb plate coral.

Black Jack Hole

One of several reefs south of Little Tobago, this dive site gets its name from the numerous Black Jacks that are seen here from the months of May to July. This steeply inclined reef is covered by small brain corals, several varieties of fire coral, black sea rods, slit-pore sea rods, common sea fan, Venus sea fans. Beyond 30 m, black coral, Devil's sea whip and wire coral can be found.

Japanese Gardens

Situated at the southern end of Goat Island, the reef takes on a flower-garden appearance because of the vivid and brightly coloured corals and sponges. On exiting through "Kamakaze Cut," the reef then slopes steeply and numerous reef boulders are covered mainly with small brain corals, large sea fans speckled with Flamingo Tongues, fire corals, giant slit-pore sea rods and sea plumes.

In the South (Columbus Passage), noted dive sites include: Flying Reef and Kariwak Reef, while North Coast dive sites offer Mt. Irvine Wall, Arnos Vale and Culloden.

Due to their attractive colours and complex and diverse ecosystems, corals are often the focus of tourism activities like snorkeling and scuba diving. However, they are easily susceptible to certain diseases, like black band disease (BBD) and many threats, which can upset marine life as well as foreign exchange revenue. Stressors can diminish their health, appearance and beauty and may lead to a decline in



Feather Black Coral (*Antipathes pennacea*) at dive site, TDE Special, Speyside

tourist satisfaction, reflecting poorly on the tourism product.

One of the biggest challenges faced by corals is coral bleaching and ocean warming (stemming from global warming). Zooxanthellae become increasingly vulnerable to damage by lack of light or increases in water temperature, resulting in their expulsion from the stressed coral host. Corals tend to die in great numbers immediately following a bleaching event, leaving vast, ghostly expanses of white, lifeless coral in barren, deserted reefs with minimal or no marine life.

Another leading cause of coral reef degradation is pollution. This threat comes from a variety of sources—oil, gas and pesticide contamination poisons coral and marine life. Reefs are harmed when raw

sewage, animal waste and/or fertilizer is dumped into the ocean or when river systems carry these pollutants to reef waters.

Careless boating, reckless diving, snorkeling and fishing can also damage coral reefs. Whenever people grab, kick or walk on corals, or even stir up sediment in the reefs, they negatively affect coral health and the ecosystem.

Coral reefs are important indicators of ocean health, and even the overall condition of the planet. They are our warning system—if they can't survive, we are on our way to self-inflicted devastation. But if we can protect and respect our reefs, we can all thrive in a healthy world, and enjoy these marvelous "sea gardens" for generations to come.



Island Girl Sail Charters

E-mail: mystic@tsstt.net.tt
Tel: (868) 620-SAIL
www.sailtobago.com

Come aboard Island Girl for an unforgettable cruise along the coast of Tobago, filled with snorkeling and sun tanning at secluded beaches, an open bar, snacks and our sumptuous buffet lunch. Or...sail into the sunset and rock to a sweet selection of Caribbean music on our idyllic sunset cruise, all the while served by our courteous and professional crew. This will be the most memorable day of your holiday. We also do private cruises."

Where quality matters!

Extra Divers
Crown Point
Surf Side Hotel
Tel/Fax: 639-7424
extradivers@tsstt.net.tt

Speyside Inn
Tel: 660-4852
nabuccoresort@speysideinn.com

www.extradiverstobago.eu

Extra Divers Tobago

Tel: (868) 639-7424 (Crown Point), (868) 660-4852 (Speyside)
E-mail: extradivers@tsstt.net.tt
www.extradiverstobago.eu

Tobago. A friendly and highly qualified team guarantees a safe and enjoyable dive experience on both sides of the island.

Diving education is conducted according to international standards (SSI and PADI), taught in English and German. Extra Divers is a member of the Association of Tobago Dive Operators (ATDO).



Alizés Charters

An affiliate of Tradewinds Cruise Club
Lagoon Lodge, Bon Accord Lagoon, Tobago
Tel: (868) 780-3422
www.alizes-charters.com

Come experience our unique "floating" resort offering a fabulous sailing vacation with lots of sun, fun and relaxation. Our yacht has four double-guest cabins, en-suite bathrooms with shower and is crewed by an experienced captain and hostess team who cater for your every need. Our trips take you to secret hidden coves and bays. Sumptuous meals and great entertainment—from diving to snorkeling, kayaking to sailing, not to mention the making of new friends from around the world.



Scuba Adventure Safari

Pigeon Point Road, Crown Point, Tobago
Le Grand Courlan Spa Resort, Black Rock, Tobago
Tel: (868) 660-7767 or (868) 660-7333 • Fax: (868) 631-8501
E-mail: info@divetobago.com
www.divetobago.com

For the most spectacular scuba diving, watersports and eco-safaris in the Caribbean! We offer safety, high-quality customer service and fun fun fun!!! We specialise in dive safaris to Tobago's most exciting dive sites. We also offer the complete range of PADI certification courses, from half-day introductory courses & Open Water certifications all the way to Divemaster! We offer a wide range of motorised & non-motorised watersports and instructed watersports lessons. We are also a member of the Handicapped Scuba Association.

Tobago Carnival Regatta 2010

by Angelique Borde

After a very successful launch of the Tobago Carnival Regatta 2009, the organisers are looking forward to raising the bar and staging the most radical regatta in the Caribbean—The Festival of Wind 2010.

Casting off only two days after Carnival on February 18, the Tobago Carnival Regatta 2010 will surely live up to its name. Traditionally, as Trinidad quiets down to rest from Carnival, the sister isle begins to warm up. It will be even more hectic with hundreds of sailors pulling up to her shores.

Last year saw the welcome participation of two Farr 65s and one Longsail boat, which added to the excitement of the competition, but as the world recovers from the financial upheaval of 2008/9, the promoters of the 2010 have had to be very creative in their marketing strategies.

A greater push has been given to the expansion of the J24 category, focusing on the contingent from Barbados, the regions largest active sailing community in that category.

As a rule, more Trinidadian sailors take part in regional regattas than any other island. Recognising the value of the local sailors more emphasis has been shown to drawing from this pool, with many surprises in store for these traditional sailors. One of the major changes made this year is shortening the number of days from four to three sailing days—Friday to Sunday.

As the Optimist school in Chaguaramas grows, Regatta Promoters Ltd. is also encouraging the big boat captains to include the young optimists to join them as part of their crew to encourage greater participation of youth in the sport.

Undoubtedly the most popular segment of the regatta was the Regatta Air Show. This spectacular display of wind surfing and kite boarding left the sailors young and old alike in awe. Reaction to this addition to the “ Festival of Wind” has kite boarders and wind surfers from all over the region and beyond, lining up to join the fun in 2010.



Undoubtedly the most popular segment of the regatta was the Regatta Air Show and wind surfers and kite boarders are lining up to join the fun in 2010.



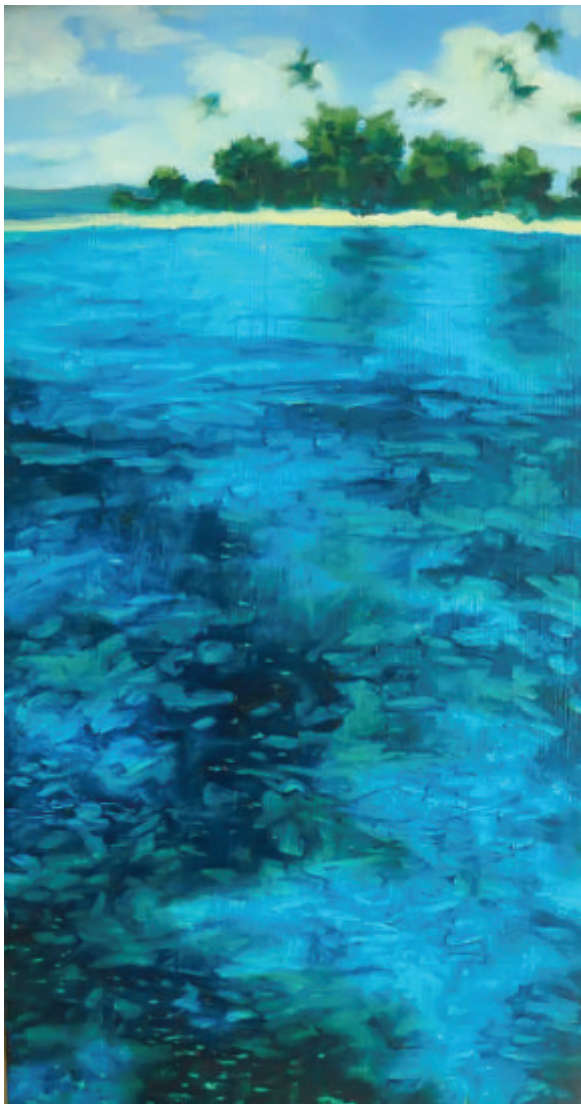
Tim Wright

This year will see more innovation and interactive changes that the promoters hope will raise the bar regionally.

The local and regional Bum Boats will also see a few changes to their itinerary with the addition of the Treasure Hunt, which will see greater involvement of the local populace.

With the commitment of the Tobago House of Assembly to the development of sports tourism and sailing on the island, participants and supporters can look forward to many years of the Tobago Carnival Regatta.

Beaches



Artist: Shanon Hutchinson

Geographically, Trinidad is more mountainous and untamed while Tobago is the typical, tranquil Caribbean island, with white, sandy beaches and clear, turquoise waters. Several spectacular beaches are within walking distance of many hotels, others can be explored by hired car or taxi. Quiet, secluded bays alternate with lively, fun-filled spots. Whether you prefer to simply listen to the surf and forget about the world, or “to see and be seen”—Tobago has just the beach for you!





Patricia Lewis

Man-O-War Bay, Charlotteville

Pigeon Point

One of the most popular beaches, with calm water and a wide selection of water sports available. Facilities include a lively bar, snack bar, changing rooms, showers and boutiques. An entrance fee is required.

Mount Irvine Beach

Close to the hotel and golf course, the conditions at this small beach vary from calm and ideal for snorkeling in summer, to pounding surf from December to March. Restaurant, bar, changing facilities, washrooms, water sports equipment for rent.

Store Bay

Site of the annual Great Race this beach has ideal swimming conditions. Bar, food stalls selling local delicacies, picnic tables, changing facilities, lockers and showers are all nearby. Lifeguards are on duty.

Man-O-War Bay

A long, sandy stretch of beach near the fishing community of Charlotteville with an excellent natural harbour, fishing and swimming area; good snorkeling. Lifeguards are on duty and there are changing-rooms.

Turtle Beach

Also known as Great Courland Bay, this beach is a long stretch of coarse, yellow sand and drops off steeply as you enter the water. Drinks and snacks are available. It is a favourite nesting site for the Leatherback turtles.

Englishman's Bay

A fabulous, unspoilt and secluded beach with deep blue, crystal clear water, ideal for swimming and snorkeling. (Take your own gear).

Castara

A rustic, easygoing fishing-village with a wonderful stretch of beach. Several small guesthouses offering basic accommodation, are scattered around the hillside.

Parlatuvier Bay

A crescent of creamy-white sand, surrounded by a picturesque hillside. The fishermen from the area use the pier in the middle. There are strong currents and a sharp drop-off as you enter the sea.

Pirate's Bay

One of Tobago's most stunning bays with calm, clear waters surrounded by lush greenery. Excellent snorkeling.

Caution is recommended when visiting Tobago's more remote beaches. Travel in groups for safety and seek advice of locals.



Stephen Broadbridge

Marlin Madness

by Keith Lewis

Tobago is a waterman's paradise. Sandwiched by the Atlantic Ocean on its east coast and the Caribbean Sea on its west coast, Tobago's 120-odd kilometres of coastline, offers a massive playground for water-sports enthusiasts of every discipline and level of proficiency. From professional surfer to first time angler, there is an experience for everyone just waiting to be enjoyed on "Robinson Crusoe's Island."

Visitors and locals can enjoy the excitement of sailing, windsurfing, kite boarding, wake boarding, jet skiing, scuba diving, snorkeling and sport fishing in Tobago. On this incredible island, it is possible to set out fishing in the morning, tag and release a blue marlin or sailfish before lunch, and return to mooring for an afternoon surf session in the point-break perfection of Mt. Irvine Bay.

Offshore sport fishing is a major attraction in Tobago and it can be enjoyed all year round. The two international fishing tournaments held there each year are among the best in the Caribbean.

The Tobago International Game Fishing Tournament (www.tgft.com) is held in Charlotteville and is a favourite of Caribbean anglers because of its great local vibe and proximity to the marlin

grounds. The Trinidad and Tobago Game Fishing Association's (www.ttgfa.com) Marlin Madness Tournament, which has been around a lot longer, has created quite a legacy of its own in recent years.

In 2008, fifteen-year-old junior angler, Sean Mendonca, broke the local blue marlin record with a fish that weighed 890 lb., during the Marlin Madness event held that year at Speyside. This catch became legend as it was later confirmed by the International Game Fishing Association (www.igfa.org) to be a junior world record for this species. One year later at the Marlin Madness 2009 event, angler Jovan Jangoo of sport fisher, Reel Fanatic, caught an 825 lb. blue marlin and his team won the tournament. Fish of this magnitude are unheard of in the southeastern Caribbean tournaments, which normally weigh in fish averaging 400–600 lb., making these two catches by far the greatest in a regional tournament to date.

In addition to great fishing, Tobago also hosts world-class surfing potential. A lot like fishing though, it requires patience and persistence to really score an epic experience. But have no fear, when you score in Tobago it is like nothing else you have ever experienced. Aside from having

an array of different breaks ranging from perfect points breaking over coral reef to challenging beach breaks breaking on compact sand, Tobago has the most incredible beach culture and vibe.

Surfers in Tobago are like a family of good friends who enjoy sharing the natural beauty of the island. On any given day they can be seen casually relaxing in their hammocks under the almond trees, cooking fresh fish, sharing entertaining stories and even playing music. There is always a great mix of people, in and out of the water, with both pros and novices alike from Trinidad, Tobago, the U.K., the U.S., even Norway; families, children, young and old rejoicing in the sun, surf and sand.

There is a great amount of respect among these people, both surfers and nonsurfers, for each other and the fragile beach-ocean environment that provides so much joy. Many of the avid surfers that live in Tobago are also dedicated fishermen and many are involved with sport-fishing charter companies. These Caribbean watermen also traverse easily through the many disciplines of water sports possible in Tobago, enjoying whichever is most fitting for the current swell, wind and tide conditions.

A full-page photograph of a cricket player in a red and white uniform, wearing a black helmet and leg pads, swinging a bat to hit a white ball. The player is in a dynamic pose, with the bat raised high and the ball in mid-air. The background is blurred, showing a stadium setting.

The Trinidad and Tobago *experience*

Sports Roundup

by Sheldon Waithe

In 2009, there was no time for any post-Olympic hangover as far as sport in Trinidad and Tobago was concerned. A number of competitions and tournaments, both home and abroad, provided ample opportunities for our sportsmen and women to either confirm their performances thus far, progress a burgeoning career or reverse any previous disappointments.

The national sport of cricket continues to carry a banner of excellence, though T&T were unable to repeat their regional triumph in the four-day version of the game, relinquishing their crown to Jamaica and eventually finishing an unexpected fourth in the competition.

However, their One Day International game continues to progress. T&T, as holders of the West Indies Twenty/20 title, were the Caribbean representatives at the Airtel Champions League held in India. Under the guidance of the astute captain Darren Ganga, the young T&T squad comprised stars like the Bravo brothers, Rampaul, Ramdin, Simmons and Barath. This further enhanced their reputation as a formidable cricket team by negating their 20:1 competition odds, beating the international opposition with scintillating cricket that garnered fans worldwide. Alas, the Airtel Final proved one game too many and T&T, the people's favourite, lost their only match at the last hurdle but left their inimitable mark upon the viewing millions.

Football continues to dominate the sporting headlines with the only professional league in the Caribbean, the Digicel Pro League, going from strength to strength. All eleven pro teams now enjoy a loyal fan base and the fans in turn are enjoying great football. Such was the desire for further competition that a knockout competition, the Lucozade Goal Shield, has been added to the programme. It is also a competition with a difference as extra prize money will be allocated based on the number of goals scored, something that is abundant in local football. With the Under-20 national team qualifying for the World Cup in Egypt in 2009, T&T hosting the Women's Under-17 World Cup in 2010, added to the smattering of Trinbagonian players in football leagues worldwide, there is little doubt about the strength of the sport in T&T.

Sadly, the local boxing world began the year in mourning as all-time great, Jizelle Salandy, passed

away following a car accident in January but her rival, Ria Ramnarine, enhanced the legacy of fine female boxers, by capturing the WBA title in May, immediately dedicating it to Salandy's memory.

The mental type of battle, on the chess table, continues to grow in popularity among all ages, with youngsters such as Rafael Guerrero doing well in competitions abroad, and the Chess Carnival attracting players from around the globe.

In August 2009, the Trinidad and Tobago golf team defended the title in the Stephen Ames Cup in Calgary, Canada. This was the first time that any team had won this Cup away from home. T&T also finished second in the Caribbean Amateur Golf Championships (in Turks and Caicos) and the Caribbean Amateur Junior Golf Championships (in Jamaica).

The annual Great Race between the two islands resulted in an amazing eleventh victory for Ken Charles's Mr. Solo powerboat. In sailing, a different eleven surfaced; denoting the age of Myles Kaufman who led the T&T team to the Caribbean Junior Team Trophy held in Barbados. Allied to 10-year-old Abigail Affoo's victory at the International Regatta in St. Thomas, it seems that age does not necessarily equate experience for T&T's young sailors.

In racquet sports, the local tennis and table tennis scene continues to produce promising youngsters though it is 56-year-old Lionel Darceuil that now reigns as national tennis champion. However it is the squash players that take the bragging rights for 2009 with the emphatic first-time victories for both the men and women's teams at the Caribbean Championships in the Cayman Islands.

As the Beacon Windies vs. the Rest of the World series and the Tobago Classic, continues to bookend a busy cycling calendar, the multitasking Njisane Phillips confirmed his potential with three gold medals at the Pan Am Championships, followed by fifth place at the Junior Worlds. The 18-year-old will now undertake an extended training stint in Switzerland for 2010.

Arguably the top performance of 2009 came from the Track and Field athletes who took their wonderful Beijing results a step further at the World Championships in Berlin. As Richard Thompson, Marc Burns and company, gained silver in the sprint relay to match their Olympic achievement with the third fastest run of all time, the women's 4 x 100 m relay team reached the final for the first time ever. Keeping the flag flying for the gender, Tobagonian Josanne Lucas became the first T&T female to earn a World medal with a Bronze in the 400 m hurdles. In the same distance but minus the hurdles, her fellow Tobagonian Renny Quow, earned his Bronze in a come-from-behind run that excited both fans and commentators alike. With many other T&T youngsters also reaching Finals, the medal prospects for London 2012 is indeed exciting.

T&T continues to punch above its weight in terms of the quality of athletes derived from a relatively small population. Given the continued upward trajectory of the past few years, 2010 will bring further success for the men and women in the national colours.



The Tobago Heritage Festival

by Angelo Marcelle



Artist: Martin Superville

In case you were thinking that the sleepy sister isle of Tobago can't match Trinidad for Carnival-like excitement, there are four annual Tobago events that will change your mind. Whereas Trini festivals tend toward the modern and ultrasophisticated, Tobagonians celebrate differently, with simpler, more pastoral pleasures that don't necessarily require you to dress up to enjoy.

Goat and Crab Races

At Easter you can catch the hugely popular Goat and Crab Races, held in the Buccoo and Mt. Pleasant villages. Yes, you read right—goat and crab racing. Most are skeptical at first, but these unique sports can become very addictive. You may find yourself cheering your favourite ruminant or crustacean as it races along the grass-covered track.



In case you were thinking that the sleepy sister isle of Tobago can't match Trinidad for Carnival-like excitement, there are four annual Tobago events that will change your mind. Whereas Trini festivals tend toward the modern and ultrasophisticated, Tobagonians celebrate differently, with simpler, more pastoral pleasures that don't necessarily require you to dress up to enjoy.

Goat and Crab Races

At Easter you can catch the hugely popular Goat and Crab Races, held in the Buccoo and Mt. Pleasant villages. Yes, you read right—goat and crab racing. Most are skeptical at first, but these unique sports can become very addictive. You may find yourself cheering your favourite ruminant or crustacean as it races along the grass-covered track. Like horse racing, there are goat owners, goat jockeys, crab owners and crab jockeys. Thankfully, unlike horse racing, the jockeys don't ride the goats and crabs: they run alongside them. Visitors have been known to jump in with both feet and help the jockeys urge their chosen racing crabs to victory. Most times there are no set lanes to run in, so goats, crabs and jockeys jostle each other to keep their lead. May the best animal win!

Tobago Heritage Festival

The Tobago Heritage Festival is easily the biggest and most feted of Tobago's events. The annual two-week eruption of cultural and historical presentations is usually held from July to early August. 'Heritage' as many locals call it, celebrates the traditional customs of a largely African-influenced Tobago, in the dances, music, religion and rituals and food that Tobagonians claim as their birthright. These long-held practices are so important that the Tobago House of Assembly's Division of Community Development, Culture and Gender Affairs along with the Heritage Committee, made up of representatives from each village, held a symposium after the 2009 Heritage Festival to evaluate the event and find new ways to keep next year's festival fresh while retaining its important historical value.

The festival travels throughout the island, touching several villages with its celebratory spirit, including Belle Garden, Roxborough, Charlotteville and Les Coteaux. Each village boasts a signature event. For example, the Ole Time Wedding usually takes place in the village of Moriah. The wedding re-enactment is a cultural microcosm of an earlier time

where the dress, attitudes and morals of the Europeans were actively blended into the day-to-day life of Tobagonians. Values like purity and fidelity, as well as practices to promote the fertility of both bride and groom play an important part in the day's rituals. Women wear floor-length colourful gowns, and the men are outfitted in formal scissor-tailed suits, reminiscent of England's Regency period. The bride (who wears white) and the groom, lead a procession to the reception site, doing an elaborate heel-and-toe walk ritual. There, guests are treated to a proper feast and dance the jig and reel long into the night.

The Sea Festival in Black Rock, Wake and Bongo in Whim and Charlotteville, Roxborough's Ms. Heritage Personality, the Junior Heritage Festival and the ongoing Food Fair are other festival hotspots to hit. The Sea Festival commemorates the slaves' emancipation and their subsequent initiatives to find another source of income from fishing. It also celebrates the methods by which the former slaves developed strong community spirit in order to survive. During the festival, participants recreate the time when entire fishing villages would turn out to "knit" (mend) or "shoot" (throw out) the seine or net. Persons learn the old ways preserving fish, and are taught communal morals when everyone gets some of the fish that's caught.

Ms. Heritage Personality is not a beauty competition but rather a contest to see which participant can most aptly demonstrate aspects of Tobago's traditional customs. Typically, teenaged or young adult contestants are given a theme upon which they build a presentation, complete with props and costumes.

The Wake and Bongo honours the mystical side of Tobagonian culture, filled with rituals that contain both Christian and African religious elements. It is one of the rituals that it shares with Trinidad, although each island celebrates it differently. In Tobago, a wake is a night ceremony held when someone has died. Relatives and friends of the deceased stay "awake" all night to honour the dead. Christian hymns are sung and feasting (a significant African-derived custom) is an important element of the event. The bongo comes after the deceased is buried. It leans more heavily on the African beliefs. For example, participants believe that life and death are very closely knitted and the bong is a way to ease the deceased's rite of passage to the other side. It is also intended to liven up the 'dead' house by

encouraging grieving relatives to enjoy life. Vulgar songs and dances intended cause laughter and to stimulate sexual arousal characterise the bongo—the purpose is to usher in new life by exciting participants to intercourse, which should lead to birth.

Tobago Fest is a mid-September, mini-Carnival masquerade, where you can enjoy many elements of what you may have missed in Trinidad earlier in the year. Bands from both islands crowd the streets for "night mas," calypso shows and the sound of sweet steel pan. Tobago has its own version of "ole mas" (traditional mas characters) including speech bands, who wander from house to house with gossip, songs and jokes, often done in embellished European accents.

The Tobago Blue Food Festival

The Tobago Blue Food Festival is another important Tobago attraction if you're hankering for more local flavour to tickle your taste buds. It's held around October every year. For Tobagonians and Trinians, "blue food" can mean any starchy, edible root crop used in local cuisine—cassava, yam and plantain (not a root) included. But the term was specifically derived from use of the tuber of the taro plant, or dasheen as it's locally called. When boiled, this good-for-you source of complex carbohydrates develops a blue colour depending on the variety; hence the idiom "blue food." The Blue Food Festival is an opportunity for local chefs and cooks to earn bragging rights on their innovative preparation of the dasheen with stewed meats, in desserts or by itself. Prizes are awarded to most original dish, most innovative dish and to the participant with the most dishes, among other categories.

The event is traditionally held at the Bloody Bay Recreational Grounds and hosted by the village councils of L'anse Fourmi, Bloody Bay and Parlatuvier along with the Department of Tourism in the Tobago House of Assembly. In 2009, organisers revamped the layout of the festival so that the rainforest provided the perfect theatrical backdrop to the day's open-air activities, which included musical performances from Black Stalin and Shurwayne Winchester. And when it came to food, the Tobago Hospitality and Tourism Institute wowed attendees with dasheen ice cream, served in an empty coconut shell and delicious dasheen coladas. Who knows what blue food treats await in 2010?



The Tobago *experience*

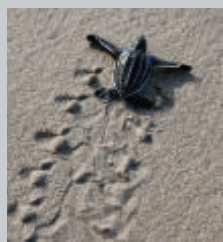


Edison Boodoosingh/trinimages.com

Leatherback Turtle

Turtle Watching in Tobago

by Tanya Clovis



Tobago is currently blessed with a small but critical nesting population of the endangered leatherback, hawksbill and green marine turtles on our beaches during the months of March to September. Possibly an even smaller population of equally vulnerable hawksbills and greens call our offshore waters their home, year round.

During the peak months of nesting season, the volunteers and staff of Save Our Sea Turtles (SOS) Tobago patrol three of Tobago's busiest leatherback nesting beaches in the greater Black Rock area in attempts to learn more about these elusive giants of the sea.

This coordinated patrol effort began in 2000 as the natural evolution of the individual protective efforts made during the eighties and nineties in response to the high levels of poaching taking place on these beaches. While consistent patrols have now reduced poaching significantly, the threat of harassment by well meaning but over zealous turtle watchers has increased with the growing popularity of turtle-watching tours.

Eco-tourism is a key component of any sustainable conservation effort on a small, tourist-oriented island and turtle

watching is an incredible experience for visitors and residents alike. A few basic guidelines can ensure that your presence enhances the quality of the experience for all...especially for the mother turtle.

Give nesting turtles and hatchlings lots of space. A recommended 20 m (60 ft.) from a female just approaching the beach gives her lots of room to pick a safe spot to dig her nest; a crowded turtle can be less discerning and end up digging below the high-tide line or abandoning the nesting process all together.

Once she is laying, a closer look is often possible with the guidance of the patrollers, but if a turtle seems particularly jumpy or a crowd is uncooperative, moving in closer may not be permitted.

Hatchlings are hard to see and therefore easy to step on at night especially if they are disoriented by onshore lights and scattered all over the beach. Give the patrollers room to gather them all together so that they can be safely relocated to a darker part of the beach for release.

During the nesting season, many of our beaches are quietly incubating hundreds of delicate turtle eggs. Refrain from driving on the beach, sticking beach umbrellas in the sand and creating bonfires as these activities can crush or cook the eggs. Sand castles should be encouraged below the high-water mark where there is less chance of accidentally disrupting a nest.

Wear dark clothes, move quietly and

refrain from flash photography. Sometimes even the illuminated screen of a cell phone or video camera can be disorienting to a turtle or hatchlings trying to find their way back to sea on a dark beach. Patrollers and guides may use a subdued light from behind the turtle while she is laying to illuminate the nest cavity for viewing and to record data.

If you are staying in a beachfront establishment, ask management about their turtle-friendly policies and encourage the reduction of beachfront lighting.

On a dark beach on a dark night, nesting turtles can be hard to see to the untrained eye but they are very sensitive to light, movement and sound, so if you are walking up and down the beach on your own, the turtle can be scared off before you even realise that she is there. It is essential therefore, to go with a certified tour guide who works with the SOS patrol team. There is a partial list of guides on our Web site and feel free to contact us directly if in doubt. Even on a good turtle-watching tour, a nesting or hatching event is never absolutely guaranteed but a good guide can make it a magical night out, under the stars on Tobago's most beautiful beaches.

SOS Tobago
Web site: www.sos-tobago.org
E-Mail: info@sos-tobago.org
Mobile: (868) 290-3797



Yohann Govia

Mr. Solo wins The Great Race again

The Makings of a Great Race

by Halcian Pierre



The annual Great Race from Trinidad to Tobago is one of this country's most anticipated events, and Trinbagonians can't wait to see

who's got the mettle to reach Store Bay first. Those in Trinidad take up vantage points along the Foreshore, Maracas Bay and Matelot to get a glimpse of the racers vying for bragging rights, but everyone looks forward to the race for one main reason—to lime in Tobago for the traditional parties held afterwards.

Competitors come mainly from the twin-island Republic's sailing fraternity, and the race is held under the auspices of the Trinidad and Tobago Power Boats Association (TTPBA). Carib Brewery's continued sponsorship (now marking its ninth year), has raised competition standards considerably, attracting participants from the Caribbean and beyond. This year was no exception, and the country was abuzz with the news that American challenger *Fujitsu Fury*, a 36 ft. Doug Wright Hull vessel capable of speeds of 150 mph (driven by T&T's Guy Costa and navigated by USA's Ray Delaney)

would attempt to dethrone fifteen-time champions Darrin Marshall (throttle man), Hayden Charles (driver) and navigator Gino Fusco and their 40 ft. Scism *Mr. Solo* in the M Class. *Mr. Solo's* reputation definitely precedes them: they've won in 1970, 1972, 1975, 1978, 1981, 1985 and 1996, followed by a seven-year streak from 1999 to 2005, where they also set their record for the fastest time ever (58 minutes) to Tobago. They won again in 2007 and 2008 and this year, patrons can't wait to see if they can make a hat trick again...or surrender to the *Fury*.

Contrary to popular belief, it's not the boat with the fastest time that wins, but the one that maintains the highest average speed over the entire course, being judged on time over a specific distance (usually 85 to 90 miles, depending on the T&T starting point). All boats must operate within a stated speed bracket; if they step out of it, they're penalized. Of course, this means the now customary staggered race start will see boats racing at 70 mph and under in the P, D, SI and SII classes leaving first and the 80 mph and over vessels in the A, C and M class leaving later.

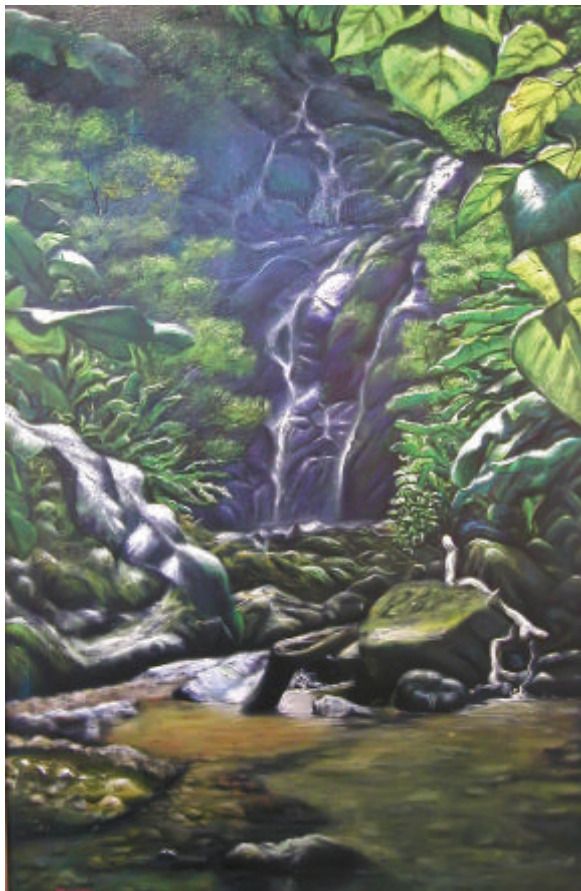
Additionally, this race is the longest unbroken powerboat race, having been staged every August since its beginning in 1969 on Discovery Day (which we now

celebrate as Emancipation Day every August 1). Leonard Tang Yuk was the first winner in a 21 ft. pirogue (*Camena*) in a time of 2 hours and 38 minutes. Other firsts were since recorded—a 41 ft. Apache named *Dollar Marine* became the only foreign entrant to ever win the Great Race in 1989. The first family crew to win one was an earlier incarnation of Team Solo (Ken, Sheldon and Curtis Charles) in their 30 ft. Shadow Cat in 1985. And if you think the Great Race is all about testosterone, in 1983, Carol See Tai (driver) and Larry See Tai (navigator and throttle man) became the first—and to date, only—woman to manoeuvre their 28 ft. Pantera to Great Race victory.

Victory belonged to *Mr. Solo's* team yet again for 2009 as they made it to Store Bay in one hour (amid the cheers of hundreds of spectators along the shore), leaving team *Fury* to catch up forty-five minutes later for a second-place finish. Once the prize giving ceremony ended, party time began, continuing into the night with deejays and live entertainment at the Shade nightclub. On Sunday, the climax to the Big Easy Weekend, took place at Dwight Yorke Stadium with a Boat, Car Show and After Party, which lit up the Tobago landscape, proving that the eighty-five-mile race was indeed "Great."

Touring & Sights

by Dawn Glaisher



Artist: Jason Nedd

Every journey has a starting point and this one begins in Lowlands at the southwest tip of the island, on the Atlantic or windward coast, and continues east, past the capital Scarborough, up the Windward Road to Speyside, crossing over the hills to Charlotteville, and following the Caribbean coast road west, back to Crown Point where the seas meet between the two islands.

This journey seeks to whet your appetite as you discover Tobago's historic forts, natural landscape, picturesque towns and beautiful waterfalls.



The Tobago *experience*

Atlantic coast sights

Petit Trou lagoon, wetlands with boardwalk through the mangrove, stone ruins of sugar mill on the golf course, all inside Tobago Plantations Beach and Golf Resort

Scarborough (capital town since 1769, pop c.25,000)

Fort King George established 1777 abandoned 1854. Remains of powder magazine, officers' mess, old hospital, cell block and water tank. Magnificent samaan trees and palms alongside the old colonial building now the hospital.

Tobago Museum housed at "Officers' Mess", Fort King George: Monday to Friday 8 AM to 4 PM, curator Eddie Hernandez. Tel: 639-3970.

Botanic Gardens on 17 acres accessed from the highway just east of the main traffic lights.

Old Court House dating from 1852 in James Square, upper Scarborough, used by THA. There is also an old court house in Studley Park.

Hillsborough Dam and Waterfall accessed from Mt St George, also Craig Hall and Mason Falls to the west of the dam.

Fort Granby on the beach shortly after Studley Park quarry.

Goodwood Genesis Nature Park & Art Gallery on main road. Entrance fee TT\$60 or US\$10. Tel: 660-4668

Rainbow Falls Goldsborough side road leads to **Rainbow Falls**, but only go with a local guide.

Richmond 18th Century Great House. Small entrance fee. Refreshments.

Kendal Great House used by the THA, visible on the hillside just before Roxborough.

Argyle Waterfall turn left as you cross the bridge west of Roxborough. Visitors must use local guides for the twenty-minute walk to the three-tiered falls. Entrance fee TT\$50. Swimming.

Cocoa Factory in nearby cacao plantation, just past the entrance to Argyle Falls.

Roxborough capital of the northeast. Examples of colonial architecture in the Court and VAT buildings on the waterfront. Start of forest road that crosses the Main Ridge hills with a lookout mid-way.

Louis d'Or old French Barracks on left side of main road, followed by government plant nursery.

King's Bay Great House with cocoa sheds, waterfall and beach facility.

Speyside Lookout across Tyrell's Bay to Goat Island and Little Tobago.

Little Tobago once known as Bird of Paradise Island thanks to Sir William Ingram's efforts to colonise those exotic birds on the island.

Goat Island once visited by Ian Fleming, creator of James Bond, an ornithologist who wrote a book on T&T birds around 1984.

Speyside Waterwheel and Sugar Factory ruins beside the bridge on the road to Blue Waters Inn.

Flagstaff Hill Lookout used by USA during WW2. As far east as you can go!!

Caribbean coast sights

Charlotteville with cocoa sheds and Fort Cambleton overlooking Man O' War Bay.

Bloody Bay start of Gilpin Trail into the Forest Reserve, first track from Bloody Bay to Roxborough and four waterfalls along the way.

Parlatuvier small waterfall.

Forest Reserve protected since 1765.

Castara small waterfall in rainy season only.

Mt. Dillon Lookout just after Norman Parkinson's old house

Golden Lane The Witch's Grave—Gang Gang Sara flew from Africa ate salt and put on weight so she fell from giant silk cotton trying to fly back home. Silk Cotton (Kapok Tree) in question may have been the one on left on the way down Culloden Road!

Look out for the giant Silk Cotton trees with their buttress roots and thorny bark—one on the Windward Road after Roxborough, one literally on the Northside Road and one at the start of Culloden Road which

goes down to Footprints. According to folklore, these trees are inhabited by "jumbies" or spirits and must never be damaged. In Suriname, the small trees are turned upside down around a village to make it invisible to attackers. Drive carefully by...

Les Coteaux Highland Waterfall (off the beaten track) after coming down the big hill into Les Coteaux, turn left, pass a lovely old church on the left and follow the paved road turning left after bridge. Park near the bridge and follow track to falls on foot.

Franklyn/ArnosValeWaterwheel site of a sugar factory since Courlanders in 1670. Present ruins from British mill that closed in 1865. Bar and Restaurant open from 9:00 a.m. to 10:30 p.m. Tel: 660-0815

Arnos Vale Hotel for bird feeding and snorkeling and Amerindian remains.

Plymouth Fort James and mystery tombstone of Betty Stivens, 1783

Courlander Monument by Janis Mintiks 1978, in memory of Latvian settlers.

Courland sugar mill and factory ruins in residential development. Black Rock old church with wood shingle facade

Fort Bennett site with only two canons.

Grafton Bird Sanctuary from 1963 after Hurricane Flora, when owner started feeding birds who had lost their habitats.

The Castle Museum on Kimme Drive, Mt Irvine, houses Luise Kimme's sculptures.

Rocky Point, Mt Irvine remains of fort and canons on the ground.

Buccoo Marine Park including Buccoo Marsh for bird watching, Buccoo Reef and Nylon Pool, protected marine park since 1973.

Bon Accord lagoon, wetlands and No Man's Land (boat access only).

Pigeon Point state-owned park with white sand and turquoise sea.

Store Bay beach and facilities and local speciality of crab and dumpling.

Fort Milford canons and remnants of fortifications, just after the casino.



Frankie Tours and Rentals

Mount Irvine Bay Car Park, Mount Irvine, Tobago
Tel: (868) 631-0369 / Cell: (868) 681-3717 or 394-4553
E-mail: frankie.frank50@gmail.com
www.frankietours-tobago.com

Frankie Tours and Rentals welcomes you to paradise, where we provide all your touring needs. Boat tours offered include: Coastline snorkeling and Beach Bar-B-ques, Speed Boats, Dolphin-watching, Shark Fishing, Fly Fishing, Deep-Sea Fishing, Buccoo Reef, Sunset /Evening cruises, beach parties, weddings and more. Options include meals and an open bar aboard well-equipped boats with experienced crew. Land tours include island/safari tours, bird-watching, rainforest, and the off-shore Bird Sanctuaries. Wide choice of vehicle rentals. All guides are TTIC certified.



Tobago Now Tourism Services

420 Orange Hill Rd., Prospect, Patience Hill, Tobago
Tel/Fax: (868) 639-1476 Mobile: (868) 688-7650
E-mail: info@tobagonow.com
www.tobagonow.com

We speak: English, Italian, German, French, and Spanish. Come with us, live the adventure! Experience the unique and exciting Off-Road Jeep Safari. Climb aboard one of our jeeps and see parts of the island and appreciate spectacular views that most visitors never get to discover. Off the beaten track through rivers, old plantations, from the Caribbean coast into the heart of the island. Feel the pounding waterfall and see the wildlife. Join our friendly and professional guides for a fun day that you'll never forget! Tobago Now also offers a variety of other excursions, accommodation, and incentive travel. Let your vacation come alive. SIMPLY DISCOVER TOBAGO NOW!



Yes! Tourism Ltd.

Yes! Tourism Ltd.
c/o Bamboo Walk Hotel, LP 171 Old Milford Road,
Lowlands, Tobago
Tel: (868) 631-0286 Fax: (868) 631-0287
E-mail: info@yes-tourism.com
www.yes-tourism.com

Yes! Tourism is Tobago's premier Tour Operator. Come and experience our unique land and sea excursions with certified guides. No matter if you need a rental car, accommodation, transfers or to charter a plane, we are your "one-stop-shop" for all your holiday requirements. Discover Tobago with us or ask us about our destination management services in more than twenty Caribbean islands.

Yes! is the answer. What was the question?



Sherman's Auto Rentals & Ground Tours

Lambeau Village, Tobago
Phone: (868) 639-2292
Fax: (868) 639-3084
U.S. direct line: 469 532-2544
U.K. direct line: 01865-594706
E-mail: shermans@tstt.net.tt
www.shermansrental.com

This vibrant, service-oriented company is operated by a staff that is dedicated to the Tourism Industry of Tobago. We boast of over twenty years in the Automobile business and today we are in the Car Rental business on the beautiful island of Tobago. Our clients are offered top-of-the-line luxury cars or jeeps.

Meeting on arrival!

Shopping

by Dawn Glaisher




Artist: Liz Gardner

With all that there is to do and see on Tobago, shopping may be low on the list of priorities for most visitors, but at some point during your holiday you are going to see something that “Great Aunt Fay” would love, or your best friend asked you to buy or... you might just feel the need to take back home a souvenir of the island. So where should you look?

Let’s start at Crown Point: The beach facilities at Store Bay and Pigeon Point cater to sun-and-sea gifts, lots of bright cotton wraps, wild shirts and tees plus a selection of crafts from leather to wood, calabash and bamboo and locally made jewellery. There are two small shops in the airport mall next to the bank as well as homemade sweets and Tobago’s famous “bene (sesame seed) balls” sold opposite international check-in for flight departures.





WHILE IN TOBAGO MAKE
ZOOM
 CARIBBEAN
YOUR #1 DESTINATION

Choose from our island collection of specialty T-Shirts,
 Hats & Bags • Beach Walkers • Swim Wear • Island Casuals
 Beach Towels • Jewellery • Novelties and Lots More.

Pigeon Point on the Beach: (868) 639-7873
Lowlands Mall: (868) 631-1564

Take a piece of Tobago back home with you!

Inside Pigeon Point, visit Planet Ceramics Gallery where you will find uniquely crafted pottery made right here in Tobago and Zoom Caribbean for an exciting array of T-shirts, island casuals, swim wear and beach bags.

At the Crown Point Hotel, Bambú Gift Shop and T's offers a variety of local and Caribbean handicrafts and gift items, and more art and crafts can be found at nearby boutiques like d'Art Yard and the Mangrove Shop. Leaving Crown Point and driving east (there is no other direction to go!), you will pass Things Natural with its fine selection of wooden hand-crafted creations, art, jewellery, natural products and naturalized herbs and Artworkz Gallery (original art, prints and rough clay pieces). There are shops above the well-known Pennysavers supermarket in Canaan. Turning north onto Shirvan Road and driving to Buccoo Village, you will find Batiki Point tucked in between La Tartaruga and Sunday School, and their stock includes shockingly tropical hand-painted wall hangings and tees, plus clothing, shoes, and bags.

Driving east again, Horizons Framing in the Gourmet Foods mall on Mt. Pleasant local road, off Shirvan Road, has some lovely original local art and prints in addition to attractive imported Indian crafts and a selection of frames. There is also The Art Gallery just off the highway opposite Tobago Plantations Resort, and here you can find original paintings and prints by local artists as well as Khallaloo Bowl, open for breakfast, lunch and afternoon tea. Also on the highway, is the Lowlands Gulf City Mall with its branch of Scotiabank and a selection of retail outlets that sell books, beach items, a pharmacy, general household products and clothing. Zoom Caribbean offers one of Tobago's best selection of resort clothing and accessories. There is lots of parking space, a fast-food court and MovieTowne's four-screen cineplex.

For visitors who are doing the self-catering thing, there are



EXPERIENCE THE MAGICAL SIDE OF PARADISE
AT MOVIE TOWNE TOBAGO!

4 STATE-OF-THE-ART CINEMAS! **DELICIOUS FOOD CONCESSION!** **VIDEO ARCADE & KIDS' RIDES!** **OPEN 7 DAYS A WEEK!**

TOBAGO
 Gulf City Mall, Lowlands
 Tel: 631-1843, 631-0089

PORT OF SPAIN, TRINIDAD
 Invaders Bay, Port of Spain
 Tel: 62-STAR8 / 78277

FIESTA PLAZA TRINIDAD
 Tel: 627-2002

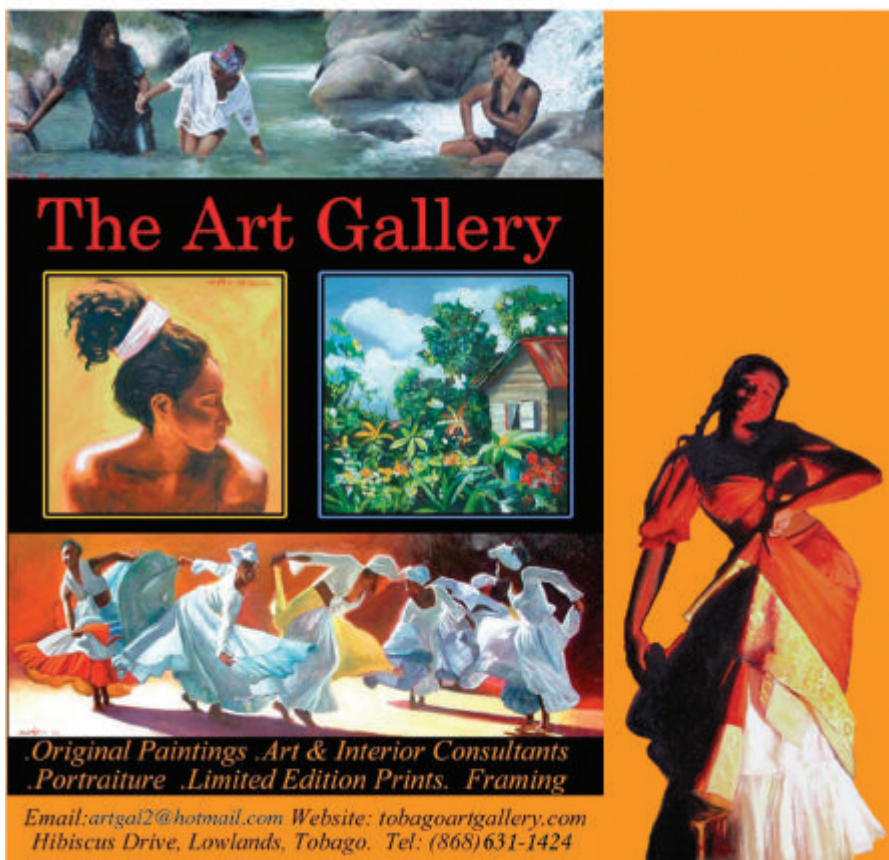
CHAGUANAS TRINIDAD
COMING SOON 2009!

Ours to Enjoy!
www.movietowne.com

supermarkets in Canaan, (Pennysavers and Viewport), Carnbee (Pennysavers), Bethany (Gourmet Foods/Morshead), Scarborough (K-Mart) and for those last-minute basics, try Jimmy's at Crown Point, Marie's Place in Grafton or Cans 'n' Stuff gourmet minimart in Bon Accord alongside The Shade. For bulk or non-bulk buying of alcohol, in addition to the supermarkets, try Miles Almandoz & Co. near to K-Mart off the main traffic lights at Scarborough, or Vintage Imports next to Pennysavers in Carnbee. If you need fresh fruits and veggies, try the Scarborough market in the early mornings or stalls anywhere on the roadside. For fresh fish, go direct to the fishermen near Conrado Hotel on the way to Pigeon Point at midday, or afternoons at the sea wall beside the Mt Irvine public beach facility. Fish are fresh from the sea and will be scaled and gutted, even filleted on request.

For spa treatments or products, try Equilibrium Face & Body Spa, open Tuesday to Saturday at Tobago Plantations on the grounds of the old Hilton Hotel. They offer the full selection of "body works" in attractive, professional surroundings. Alternatively, choose the spa facilities at Coco Reef hotel, or Le Grand Courlan, or the holistic offerings of Kariwak Village hotel, which include treatments, ozone baths, reflexology and participation in daily classes of yoga, stretch and tai chi / chi gong. In Bacolet Gardens, The Essence offers massage, energy work, rehab and personal training, plus a range of martial arts from an experienced and qualified instructor.

A shopping expedition in Tobago cannot be complete without a visit to The Cotton House opposite Blue Haven Hotel on Bacolet Street, Scarborough. Here you will find local batik and tie-dye fabrics, garments for kids, men and women, art prints, mobiles—all housed in old-style colonial elegance, up bright-blue front steps, guarded by a blue and yellow macaw that apparently is very clear on the difference between "hello" and "goodbye"! The final stop of the shopping-therapy train could be the charming Shore Things Café on the Old Coast road, Lambeau. The café is open daily for lunch, and while waiting to be served, why not grab a glass of cool homemade tamarind juice and look over the bright bird mobiles, art prints, music CDs, a selection of almost eatable handmade soaps and much more. Located on the water, this charming gift shop and café is a perfect example of shopping, Tobago-style!



The Art Gallery

*Original Paintings . Art & Interior Consultants
Portraiture . Limited Edition Prints. Framing*

Email: artgal2@hotmail.com Website: tobagoartgallery.com
Hibiscus Drive, Lowlands, Tobago. Tel: (868) 631-1424



THINGS NATURAL

- * Wooden Hand-crafted Decorative and Utility Creations
- * Local Art
- * Herbal Body Products
- * Herbal Medication
- * Naturalised Herbs
- * Leather Craft and Gift Items

Corner Pigeon Point & Milford Road, Crown Point, Tobago
Tel/Fax: (868) 639-7197
E-mail: ursulajoy6@hotmail.com

Property

By Dawn Glaisher—Broker, Director, AREA



Artist: Brian Wong Won

In future years, as we look back at 2009, we will hopefully mark it as the low point in the development of real estate on the island, the point from which real estate began once again to grow, following the implementation of a new land-licensing regime for all foreign investors.

Over the past three years, there has been no foreign investment on the island, and associated with the fall in the level of real estate activity has been the drop in tourist arrivals generally. Although the entire Caribbean region has been affected during 2009, Tobago has suffered more than many other islands as a result of this lack of investment.





Peter Sheppard

The limited foreign exchange that was up for grabs, went to other islands such as close neighbours, Grenada and Barbados and even as far as devastated Montserrat, where visitors continue to invest in holiday homes at reasonable prices. By attracting foreign investment, Barbados especially was able to keep its quality standards high, and as a result its room rates. Although arrivals have edged down, revenue has not fallen proportionally.

Tobago is in need of significant reinvestment to encourage not only new resort development but to upgrade existing hotels, guesthouses and even villas. The demands of the travel industry indicate that to combat the downward trend in tourism there must be an increase in quality products on offer so that the high end of the market can still be serviced, since these travelers are less susceptible to the cash and credit crisis. From this perspective, it is clear that the problems experienced by the Tobago real estate market since 2007, have resulted in a whole raft of new opportunities for investment.

If you are a major investor with an interest in hotels/resorts there are a number of estates on the island that have been earmarked for development and where government facilitation and fiscal incentives would be a given. If your budget is smaller, it is likely that an existing hotel

might be available for purchase and upgrade, and certainly if your interest is more the private holiday home, there is a range of properties in different locations that you can consider.

This question of location does highlight one aspect of the new licence regulations that have just been put in place.

Supported by detailed boundary maps covering mainly the southwest of the island, foreign investment in the future will be directed to designated areas that are distinct from local residential areas. The intention of this ruling is to protect as much as possible, the local sector of the market from the more speculative aspects of the tourism-driven investment market. This will of course, create two distinct market sectors, and lovers of free-market forces may question the validity of this move, and its fairness to those who own property outside of the designated areas.

Despite this, it is agreed that the important thing is to free up the market and then deal with any anomalies in due course. Market conditions are constantly changing and it is incumbent on any democratic administration to monitor changes and react to them as required in the light of their vision for long-term, sustainable growth.

It is worth repeating that small private investors have, over the past decade and

a half, contributed to a major blossoming of the villa market in Tobago, building a full range of properties for short-term holiday rental that spans the budget family holiday up to the no-budget, high-end holiday. This villa sector is particularly valuable to Tobago as a holiday destination because it provides a degree of luxury that is not yet offered by the bulk of the accommodation sector.

With full implementation of the land licence confirmed in October 2009, a strong signal was sent that Tobago once again welcomes investors as well as visitors, and the investment climate is once again conducive to the completion of the many important residential and tourism projects that have been on hold since 2007.

One of the first projects to remobilise, will be a four-star, seventy-nine-apartment beachfront hotel catering directly to a major holiday company and its clients' needs. Then during 2010, construction will begin on the island's first six-star spa resort that will boast many "wow features" including an ambitious organic, agro-tourism project, and full green status in line with the highest LEED-certified and Virgin's Hip Hotel standards. These investments will surely place Tobago right in the center of the Caribbean treasure map.



Rain Property Management Ltd.

Lot 1 Bon Accord Estate,
LP#2 Pigeon Point Road, Tobago
Tel/Fax: (868) 631-0766
Mobile: (868) 796-0820 or 497-2955
E-mail: rainsorah@tstt.net.tt

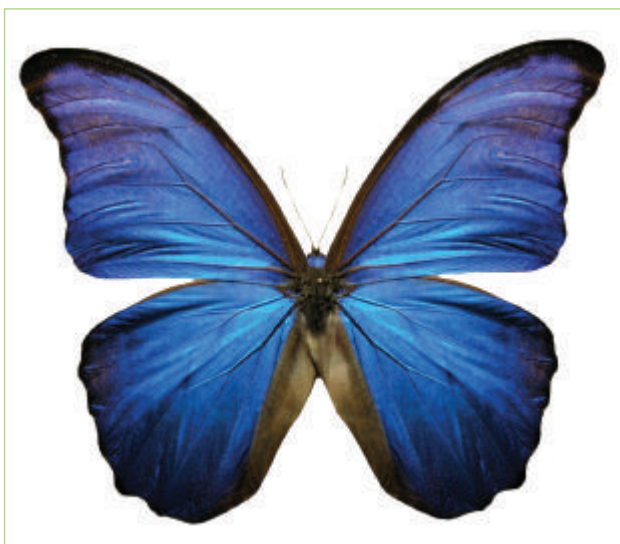
Rain Property Management offers a highly personalised service, which includes property management, vacation villa rentals, long- and short-term house rentals, and property sales. We go the extra mile, tailoring our searches to find you land or property to suit your individual needs. We provide a friendly and efficient service, no matter what your budget. Our knowledge of the local market enables us to advise you at a professional level, yet with the warmth and friendliness of our island people. Give us a call our friendly staff awaits as we look forward to doing business with you.



Villas of Tobago Limited

The Holiday Experts
Milford Road, Bon Accord, Tobago
Tel: (868) 639-9600 Fax: (868) 639-4433
E-mail: christine@villasoftobago.com
www.villasoftobago.com

Whether you are looking for a romantic hideaway for two or a venue for a large family reunion, we provide the idyllic personal setting in our exclusive villas, affordable apartments or condo rentals. We offer you beautiful homes and lands for sale and proffer superb property management services.



Caribbean Estates, Lands & Villas

Property Sales, Holiday Villa Rentals & Property Management

Cor. Milford & Golden Grove Roads, Canaan, Tobago
Tel: (868) 639-LAND, 639-5263, 639-9663 Fax: (868) 639-2258
E-mail: info@realestatetobago.com
www.realestatetobago.com

If you are looking for a home of your own or land to build on, a holiday villa or a commercial investment, our friendly and professional staff is on hand to help you find the perfect property. Our experienced sales agents have extensive knowledge about the Tobago property market and can advise you on all aspects of buying and selling. Our holiday villas are maintained to the highest standard and our villa rental agents will ensure your holiday is truly a relaxing getaway.

Meet *a Tobagonian*



Curtis Chase

Calypso Rose

by Keith Anderson

Calypso Rose (McArtha Linda Sandy-Lewis) is a calypso phenomenon and pioneer. This great Tobagonian, born April 27, 1940, has endeared herself to calypso/soca lovers everywhere.

Rose started in 1958 with the Mighty Sparrow Calypso Show, and soon was off on tours with calypso great, Lord Kitchener. Since then there has been no looking back for the evergreen “Queen of Calypso” who today still performs on the world stage.

She honed her calypso skills singing at weddings and christenings as a youth. Her father, a Baptist minister of Bethel, Tobago, never wanted Rose to sing calypso, but her

love for the art form endured. For Rose, it was a hard road to travel in a male-dominated calypso environment, but her persistence paid off after much criticism and victimisation. It took some time for Rose to gain the respect of her male colleagues, but when she did, it was “fire in they wire” (taken from one of her most famous calypsos).

Her predecessors, Lady Trinidad (Thelma Lewis) and Lady Ire, struggled to make a breakthrough in calypso, because women were not accepted at that time. Rose broke down the prejudices that restrained women in calypso and opened the

floodgates through which came Singing Francine, Calypso Princess and Singing Diane. Today, there are many women in calypso and soca who have risen to the top. Names like Denyse Plummer, Singing Sandra, Destra, Faye Ann Lyons and Denise “Saucy Wow” Belfon have blazed a trail in the soca arena. Rose’s first song was “Glass Thief.” However, she hit the stage in 1963 at the Calypso Revue Tent and enjoyed mild success. It wasn’t until 1968 that Rose started to show her true mettle with a song called “Fire Fire.”

She generated much heat that year and a string of hits soon followed: “Soca Jam,” “Tempo” and “Action Is Tight” as well as “Pallet”—a tribute to the ubiquitous “pallet man” who served some delightfully delicious frozen, milky popsicles from his cart.

Rose snatched the Road March title in 1977 with Tempo and became the first woman to break the twenty-year stranglehold that Lord Kitchener “Kitch” and The Mighty Sparrow had on the title.

But the bouncy Tobagonian didn’t stop there, she belted the competition in 1978 taking the Calypso Monarch title in a double-fisted attack with “I Thank Thee” and “Her Majesty”; then snatched the Road March with “Soca Jam.” What a feat! Her image and calypso stature grew immensely. Rose’s first recording was “Fire Fire,” but since then she has put out several albums, among them—*Sexy Hot Pants*, *Calypso Queen of the World*, *Splish Splash*, *Soca Diva*, *Jump With Power*, *The Best of Calypso Rose in France*. She also has a Gospel CD called *Jesus Is My Rock*.

Calypso Rose dominated the female side of calypso, winning the National Calypso Queen title an unprecedented five times between 1974–1978. Singing Francine won the first competition in 1972.

The well-travelled Rose, has been given numerous awards, among them the Hummingbird Medal (Gold) for culture in 2000. She has been feted and decorated all over the world, in a career that spans four decades. That’s what you call longevity!

In 2003, the energetic Rose was given the key to the City of Port of Spain by Mayor Murchison Browne and was also honoured in Arima.

A documentary called *La Diva Rose* has just been completed, and it showcases the musical journey of this incredible calypsonian. She has excelled in her field and has overcome all challenges and obstacles, while enriching the lives of people throughout the world. What a beautiful Rose!

The last of the unspoilt Caribbean



TOBAGO PLANTATIONS
Beach and Golf Resort



The SugarMill Suites
LUXURY
CONDO AND
VILLA VACATIONS

For Sales contact us at:

Resort Sales, Tobago Plantations Beach & Golf Resort, Lowlands, Tobago, W.I.
Tel: 1(868)639-8000 • Fax: 1(868)639-9801
sales@tobagoplantations.com • www.tobagoplantations.com

For Reservations contact us at:

The SugarMill Suites, Tobago Beach & Golf Resort, Lowlands, Tobago, W.I.
Tel: 1(868)631-1054 • Fax: 1(868)639-9801
rentals@tobagoplantations.com • www.sugarmilltobago.com

Tobago Plantations Beach and Golf Resort & The SugarMill Suites

Consider it an island jewel located on the most southerly isles of the Caribbean archipelago. Off the translucent Atlantic Ocean, on the island of Tobago you will find an Island Paradise, **The Tobago Plantation Beach and Golf Resort & The SugarMill Suites**.

This resort boasts Caribbean homes of distinctive designs, an 18-hole PGA-designed championship golf course with Golf Pro Shop, and the Muscovado restaurant. A serene lagoon with untouched mangrove and lapping Atlantic surf also compliment our idealistic offering of villas, bungalows and condos that are available for short and long term rental. The tranquil drive from our secured entrance through this sprawling property dotted with lakes and ponds begins the journey of transformation in the minds of all our guests. So whether you are looking for a relaxing vacation, a romantic getaway or an exclusive vacation home...we have it all!

Housing options include single, one and two storey villas of three or four bedroom designs, that are fully air-conditioned, fitted with walk-in closets, en suite bathrooms, large freshwater pools and hot tubs. The surrounding grounds are also tastefully manicured. These homes offer the opportunity to enjoy an exceptional private Caribbean villa experience. There are also generous half-

acre lots available for sale with five villa-design options for building.

Homeowners can enjoy a return on their investment by including their real estate property in our dedicated rental and property management programme. These exclusive homes comprise the brand, SugarMill Suites.

Our golf greens set amid coconut trees, mangrove and lakes with stunning seaside holes ensure that you enjoy your rounds on our par-72 championship course. Whether you are a beginner or a low handicapper, our head professional will be happy to offer you a tailor-made coaching package to help you improve your game during your stay.

As a guest of SugarMill Suites, all the offerings of the resort are available to you as inclusive benefits or at a nominal fee. You are met by a luxurious offering of well-appointed condominiums, bungalows and villas that leaves no desire unfulfilled. The entire property is well secured by several security checkpoints and a full cadre of security personnel. All of this is afforded to our guests ranging from nightly rates of US\$150 to US\$600.

Nestled on the edge of the Atlantic Ocean and bathed in golden sunsets, a world of relaxation and luxury living awaits you.

The Tobago *experience*



Shurwayne Winchester and Maxi Priest



Mavis John

Tobago Jazz Experience

by Luke Benai

Scintillating, superb, sensational, streamlined and so sweet are only some of the superlatives that can be employed to define the 2009 Tobago Jazz Experience that took place on the island during April 22–26.

The event was a scaled-down version of the Plymouth Jazz Festival, which was hit hard by the global economic downturn and therefore postponed.

However, the Tobago House of Assembly and people of the island rallied and with their limited resources forged ahead to present a smaller event that would feature more homegrown artistes alongside a handful of regional acts and at least one international artiste.

The result was a down-to-earth festival of the arts, culture and music taking place at venues across Tobago that still managed to attract patrons from Trinidad, other Caribbean islands as well as music lovers from Europe and the United States.

The producers created a beautiful new performance space right on the beach they named the Pigeon Point Heritage Park, where the three main shows took place. There were also concerts on the beach at Mt. Irvine and the Redemption Soundsetters Pan Complex at Montgomery.

Even the people of Plymouth were included in the fun with a grand J'ouvert-style street parade and food fair on April 25. There were also several shows that were free to the public on beaches at Speyside, Mt. Irvine and other locations.

The headline act of the festival was internationally acclaimed jazz artiste, George Benson, who brought the curtain down on the Tobago Jazz Experience at the Pigeon Point Heritage Park where more than 3,000 people attended. Long after Benson exited the stage, patrons were hanging on in the hope that he would return to give them a lagniappe although he had already done so earlier on.

Originally scheduled to deliver a forty-minute performance, Benson ended up on stage for more than an hour, leaving briefly for about a minute as the audience called for more before he returned. As fellow musicians that had performed before, looked on in awe as Benson's fingers danced along the fret board of his guitar. Women swooned as he crooned singing beloved ballads such as "Nothing's Gonna Change My Love For You" and "Kisses In The Moonlight."

His opening song was "Love x Love," Benson went on to perform classics such as "This Masquerade," and "Turn Your Love Around," after which he left the stage for a bit as the patrons hollered for him to return and perform the song many had been waiting for him to do all night long. After about a minute, Benson came back and delivered a thrilling rendition of his big crossover hit, "On Broadway."

Opening for Benson was 1986 triple-crown winner, David Rudder, who as usual sent the audience wild as he performed several of his soca favourites. The few people that actually made use of the chairs laid out before the stage, quickly abandoned them as they got up to dance and jump up as Rudder transformed the Heritage Park into a temple of soca. Rudder performed among other songs,

"It Doesn't Get Too Much Better Than This," "Calypso Music," "Oil And Music," "The Hammer" and "High Mas."

Other local acts that performed at this show were guitarist, Theron Shaw and Friends, which included Michael "Ming" Low Chew Tung on keyboards and Vaughnette Bigfordon vocals. Clive Zanda also performed with his band as well as Mike Boothman and Kysofusion. Tobago band, Caribbean INXS, opened the show with a mix of pop, contemporary jazz and soca.

The World Music Night also at the Heritage Park on April 24 saw a number of acts from Tobago and Trinidad taking the stage to offer from soca and reggae to various eclectic music forms. Calypso Rose, who celebrated her 69th birthday a couple days after the show expressed joy over being able to spend her birthday performing for her, "Tobago family."

Mama Rose commanded the audience as she performed her classic calypsoes, recent releases and even some blues, sentimental songs and reggae. From "Tempo" she moved to ballads such as "The Green Grass Of Home," "Before The Next Teardrop Falls" and "I Can't Stop Loving You," to the reggae "Israel By Bus," then back to calypso with "Fire Fire."

Shadow too enjoyed a warm reception from his fellow Tobagonians as he took them through a journey revisiting several of his many hits through the years, from his opening song, "Dingolay" to "Tension," "Feeling The Feeling," "One Love" done in a cappella form, "Horn" and of course "Bassman." The night also featured performances by rapso trio 3Canal and the Cut+Clear Band as well as Shurwayne Winchester and his then new band YOU.

The night of April 25 saw the Jazz on the Greens taking place at the Heritage Park where a mix of local and regional jazz acts thrilled the several hundred jazz lovers. Elan Parle led by Michael "Ming" Low Chew Tung opened the show with a Sonny Rawlins composition, "St Thomas." The band comprised Low Chew Tung on piano, Richard Joseph on drums, David Bertrand on flute/wind controller, Sean Friday on bass and Ernesto Garcia on percussion, also performed tunes from the upcoming CD, *Jazzcalypso*.

Canadian band, CaneFire was scorching from their opening item keeping the audience cheering and calling for more throughout. Under the direction of Jeremy Ledbetter the band performed a blend of eclectic jazz that fused Caribbean rhythms with more contemporary styles. CaneFire's repertoire included original pieces, "Pepper Drink," "Yannu" and a "gospelypso" entitled "Baptism By Fire." Ledbetter said he was inspired to compose it after hearing that style of music at a church he visited in San Fernando.

Mungal Patasar and Pantar delivered a sterling performance. While Patasar was introducing the members of his band after a scintillating performance of "Vani" he was informed that his time was up. The audience protested and Patasar was given more time. Patasar's set included "Dreadlocks" and "Tendonitis."

Bringing the curtain down on this show was the Cuban jazz band Bellita Y Jazz Tumbata, which stunned everyone with an exceptional performance. The band's bassist was able to play the bass and congas simultaneously, working the bass with one hand and playing the drums with the other. Making things even more interesting he played a cowbell with his foot via a kick pedal.

Sometimes the simple things prove more enjoyable than the most elaborate. This may be the case with the Tobago Jazz Experience, which although not as glitzy and glamorous as its predecessor, was just as entertaining and enjoyable for those that took the time to attend the various events. The THA plans to expand it just a bit in 2010. Producer, John Arnold said that even if the Plymouth Jazz Festival does return, the Tobago Jazz Experience would remain to provide a platform for our own homegrown, upcoming jazz artistes.



Ella Andall



Mungal Patasar

Nightlife



Artist: Noble Beharry

The growth in the tourism sector, both from domestic and foreign visitors, has resulted in a greater demand for entertainment throughout the year. Soloists, pan artistes and small bands have emerged to fill this need with performances at many restaurants and bars. Casinos have also opened for adult entertainment while MovieTowne at Lowlands Mall caters to the whole family. See our guide of what is available below.

Seahorse Inn

639-0686

Happy Hour 5:30 p.m.–6:30 p.m.

Live entertainment Monday, Tuesday and Thursday: Solo pannist

Dress Code: Elegantly Casual

Blue Haven Hotel

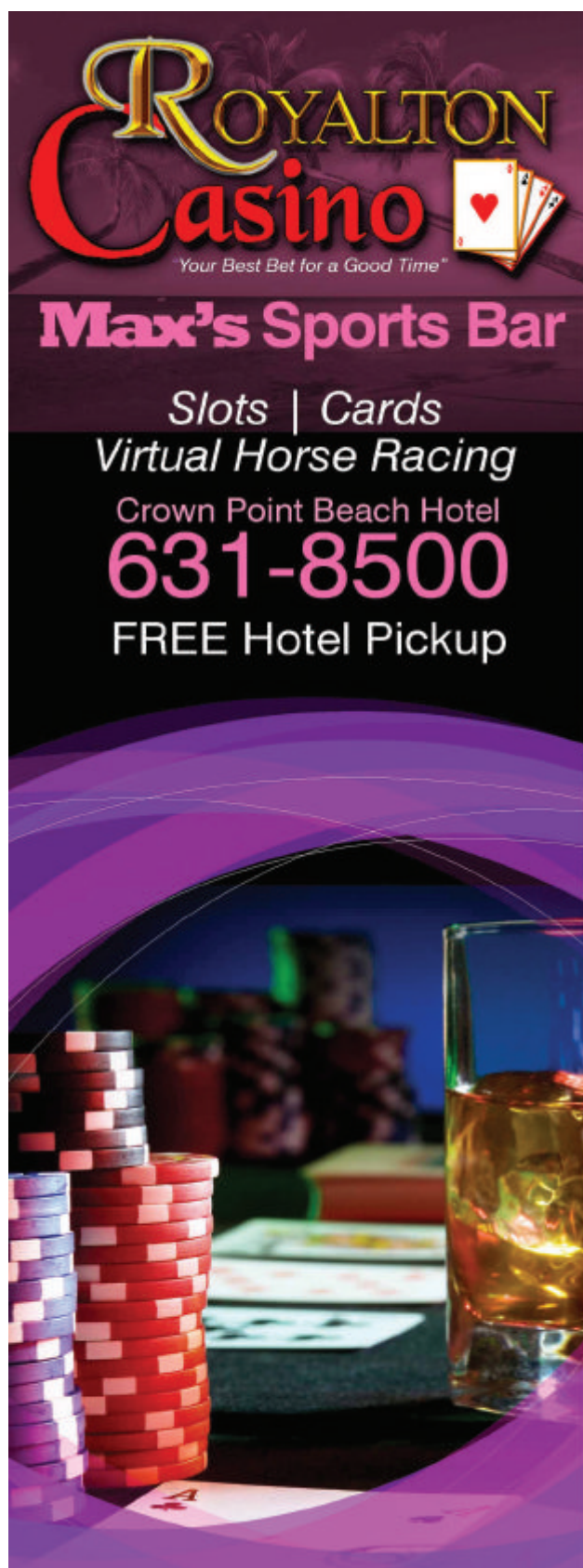
660-7500

Monday 6:00 p.m.–7:00 p.m.: Manager's Cocktail, Thursday:

Guitarist, Friday: Pan Jumbies & Pan Music 7:00 p.m.–9:00 p.m., Sunday: Pleasure Pirates–7:00 p.m. to 9:00 p.m.

Dress Code: Elegantly Casual





ROYALTON
Casino
Your Best Bet for a Good Time™

Max's Sports Bar

Slots | Cards
Virtual Horse Racing

Crown Point Beach Hotel
631-8500
FREE Hotel Pickup

Kariwak Village Hotel

639-8442

Friday and Saturday 9:00pm – 11:00pm: Live entertainment from the Kariwak Players (Jazz, Reggae, Soca).

Dress Code: Elegantly Casual

The Pavilion

639-0361

Happy Hour: Tuesday–Sunday: 5:30 p.m.–6:30 p.m.

Live entertainment for special occasions only.

Dress Code: Semi-formal

Coco Reef

639-8571

Monday 6:30 p.m.–7:30 p.m.: Manager's Cocktail (Pan by Jamie Ramsey) 8:30 pm – 10:30pm Steelpan Music;

Tuesday 8:30 p.m.–10:30 p.m.: Live entertainment by Jade; Wednesday 8:30 p.m.–10:30 p.m.: Live entertainment by Princess Adana; Thursday 8:30 p.m.–10:30 p.m.: Live entertainment by Kurt Chapman; Friday 8:30 p.m.–10:30 p.m.: Live entertainment by Jade; Saturday 8:30 pm – 10:30 pm.: Live entertainment by Heartbreakers (Live band); Sunday 8:30 pm – 10:30 pm.: Live entertainment by Steve Wilson (Pianist) other entertainment by Exotic Vibrations & Soul Expressions on special occasions. Entertainment schedule subject to change

Dress Code: Elegantly Casual

Tamara's Restaurant

639-8571

8:30 p.m.–10:30 p.m. — Live entertainment every night; Steelpan, Drummers, Limbo Dancers, Ballroom Dancing, Pianist (All Local Bands)

Dress Code: Elegantly Casual Year Round

Charthouse/Sundowner's Bar

631-2006

Happy Hour from 5:00 p.m.-7:00 p.m. daily;

Friday 7:00 p.m.–9:00 p.m Live Entertainment by Ancil Wyatt;

Saturday 7:00 p.m.–9:00 p.m Live Entertainment by Princess Adana

Dress Code: Casual

Café Iguana

631-8205

Thursday 8:30 p.m.–10:30 p.m. Live Jazz; Friday 10pm-midnight

Local Band; 10:00 p.m.–11:00 p.m Saturday Local African

Drumming Group (Drummers of Tomorrow); 9:00 p.m.–till.

Sunday: Latin Nights

Dress Code: Elegantly Casual

Sunset Palms Ltd.

Corner Shirvan, Buccoo Road, Tobago: Friday & Saturday: Live entertainment from 8:00 p.m.

Dress Code: Casually Smart

Royalton Casino

631-8500

Located next to the Crown Point Beach Hotel, it is open daily from 4:00 p.m. to 3:00 a.m. Sip a drink at their Max's Bar.

MovieTowne

Gulf City Mall, Lowlands – 631-1843/0089

State-of-the-art Cineplex, with four screens, concession, video arcade and kiddies arcade. VIP premier seating also available.

*For further information contact the Division of Tourism:

(868) 639-2343/2125

Sunset Palm & Jade Monkey *Gaming Clubs*

.....the only venues in Tobago where everyone's a high roller.



Jade Monkey

FREE HOTEL & GUESTHOUSE PICK-UP & RETURN AVAILABLE.

CALL: 631-0044; 631-1346

Sunset Palm
Cor. Buccoo Junction & Shirvan Road,
Mt. Irvine, Tobago.
Tel: 631-0044 ; 631-0500

Jade Monkey
Fortune Plaza, Unit 1,
Bon Accord, Tobago.
Tel: 631-1346



Accommodation



Artist: Brian Wong Won

Accommodation to suit all tastes and pockets is available in Tobago. Although there is a greater concentration of tourist activity in the southwestern part of the island in the Crown Point area, there is a wide choice of accommodation in Mount Irvine, Grafton, Lowlands, Plymouth, Moriah and the northern part of the island, either at the very picturesque Speyside or Charlotteville. The official tourist season is from mid-December to mid-April. It is wise to make early bookings especially over Christmas and New Year, during the Carnival season, Easter, and the Tobago Jazz Festival in April. Be sure to inquire if breakfast and taxes are included in the rates quoted. Hotels are subject to 15% VAT (value-added tax) and 6.5% hotel tax.



WELCOME



Mount Irvine Bay Hotel & Golf Club

P.O. Box 222, Scarborough, Tobago
E-mail: mtirvine@tstt.net.tt
www.mtirvine.com
Reservations: (868) 639-9674/5 • Fax: (868) 639-8800

The Mount Irvine Bay Hotel & Golf Club Resort offers peace and tranquility to both the discerning traveler and the avid golfer. Set amidst an old sugarcane and coconut plantation overlooking the Caribbean Sea, this 105-room resort has its own recently renovated beach restaurant and bar, Olympic-sized swimming pool with swim-up bar, an 18-hole international golf course, several bars, restaurants and a business office with Internet services. Wireless Internet access is also available in the hotel lobby and conference rooms. We offer a choice of air-conditioned superior rooms, suites or spacious garden cottages. Our expansive conference facility is ideally suited for conferences or business meetings and can also be sub-divided for smaller groups.

SPECIAL OFFER PACKAGES AVAILABLE



Tropikist Beach Hotel & Resort Ltd.

Administration Office
Suite 102, 21B Gaston Street, Montrose, Chaguanas, Trinidad
Tel: 671-9143, 671-0631 • Fax: 665-9236

CROWN POINT, TOBAGO, W.I.
Tel: (868) 639-8512-3
E-mail: tropikistbeachhotel@mail.com • Website: www.tropikist.com

Our Resort is harmoniously designed to bring comfort and nature together. The grounds of this 54-room hotel sits on the coastline of Tobago ensuring a breath-taking ocean view from any location within the Resort. This Three-star Resort was founded in 1977 and is nestled on five acres of well-landscaped property. Facilities include two restaurants, two pools, Jacuzzi and spa treatments. Tropikist is a preferred holiday destination. It is walking distance from surrounding beaches, restaurants, shops and five minutes from the Airport. All rooms are comfortably equipped with air-conditioning, cable TV, mini refrigerators, telephones, shower and baths, balcony or patio. Welcome to this tropical wonder.



Blue Haven Hotel

Bacolet Bay, Tobago
Tel: (868) 660-7500 • Fax: (868) 660-7900
E-mail: reservations@bluehavenhotel.com
www.bluehavenhotel.com

Royals and Hollywood stars have been attracted to romantic Blue Haven since the 1950s. Extensively renovated, it combines the ambience of the old days with modern living. The stylish retreat, situated on a bluff, surrounded by the water on three sides, above a crescent-shaped, palm-fringed beach, offers a strong tropical feel. "Elegant rooms overlooking the sea are so awash in the sunlight that they positively glow. The view from every room is a study in blue." (*Condé Nast Traveler*). Selected as "The best luxury accommodation on the island." (*Rough Guide*). Voted "Tobago's Leading Hotel" and "Caribbean's Premier Boutique Hotel."

Rovanel's Resort

Welcome to your touch of Paradise

Experience Luxury Accommodation
Luxurious Dining
Self Catering, Standard, Deluxe
Executive Rooms
Air Condition, Telephones, Cable Televisions
Hot And Cold Shower, Hair Dryers
Private Verandas
Car Rental Services, With Special Rates

Store Bay Local Road, Bon Accord, Tobago.
Ph: 868 639-9666/0652
Fax: 868 639-7908
e-mail: rovanelstt.net.tt
www.trinidad.net/rovanelstt.net



CROWN POINT, TOBAGO, W.I.

Tel.: (868) 639-8512-3
E-mail: tropikistbeachhotel@mail.tt
Website: www.tropikist.com

ADMINISTRATION OFFICE

Suite 102, 21B Gaston Street, Montrose,
Chaguanas, Trinidad, W.I.
Tel: 671-9143, 671-0631 Fax: 665-9236



Hollywood legends made Blue Haven Hotel a favorite hideaway since the 1950's. 'As lovingly restored as a vintage film historic Blue Haven is again making a big splash with beau monde. Elegant rooms overlooking the sea are so awash in sunlight that they positively glow. The view is pure Technicolor.'
Conde Nast Traveller, July 2001

COME ENJOY RELAX

BLUE HAVEN HOTEL, Bacolet Bay, Tobago
Website: www.bluehavenhotel.com
E-mail: reservations@bluehavenhotel.com
Tel: 868-660-7500 Fax: 868-660-7900



where H^{aven} begins



The Villas at Stonehaven

Black Rock, Tobago
Tel: (868) 639-0361 Fax: (868) 639-0102
E-mail: stonehav@tstt.net.tt
www.stonehavenvillas.com

The Villas at Stonehaven are situated on a hillside overlooking a spectacular view of the Caribbean Sea. The resort consists of fourteen luxurious villas with spacious living areas, fifty-foot covered verandahs, private infinity edge pools, fully equipped granite kitchens and three air-conditioned bedrooms with en suite facilities. On the well-manicured grounds of the resort, you will find the beautiful Pavilion Clubhouse. The Clubhouse consists of a comfortable bar, lounge, and restaurant accented with a half-moon infinity pool, offering a welcoming atmosphere for relaxing and meeting fellow guests. The Pavilion is also a spectacular location for your next wedding or function.



Blue Waters Inn

Batteaux Bay, Speyside
Tobago, West Indies
Tel: (868) 660-4341, (868) 660-2583
Fax: (868) 660-5195
E-mail: bwi@BlueWatersInn.com
www.bluewatersinn.com

Nestled in the most beautiful bay in Tobago, Blue Waters Inn is a breathtaking escape from reality, and a chance to experience the beauty of nature. Set amidst forty-six acres of lush tropical grounds looking out on an expanse of turquoise water, it is the perfect retreat for nature lovers, scuba divers, bird watchers, families, weddings and honeymooners. Each room is steps from the rolling surf and golden sand, ensuring that you wake each morning to the symphony of nature and fall asleep to the soothing lullaby of waves each night.



Belleviste Apartments

Sandy Point, Tobago
Tel: (868) 639-9351
Fax: (868) 631-8475
E-mail: belleviste@tstt.net.tt
www.belleviste.com

Belleviste Apartments are within walking distance of the airport and two of Tobago's finest beaches, Store Bay and Pigeon Point. It consists of twenty apartments. The two-bedroom apartment sleeps four comfortably; two superior one-bedroom apartments for two persons, ten large studios (accommodating two persons each); Eight of which interconnect and sleep four comfortably, and seven one-bedroom apartments, sleep two persons each. These fully furnished apartments have all amenities for your comfort, including air-conditioning, cable TV, hot/cold ensuite showers, furnished kitchenettes for self catering, and each has a private balcony. There is a pool area and BBQ facilities for outdoor cooking.



THE VILLAS AT STONEHAVEN

& THE PAVILION RESTAURANT

"Designed by the renowned architect, Arne Hasselqvist, this fourteen villa resort, contains all the convenience and comfort required for true holiday living". And for the restaurant "... an intimate setting... The Pavilion Restaurant and Lounge sits comfortably atop a hillside with unobstructed views of the Caribbean Sea... a perfect setting for... lunch, cocktails at sunset and elegant dining."



P.O. Box 1079, Bon Accord, Black Rock, Tobago, West Indies.
Tel: (868) 639-0361 • Fax: (868) 639-0102 • E-mail: stonehav@tsitt.net.tt
• Website: www.stonehavenvillas.com



Surf Side Hotel

Pigeon Point Road, Crown Point, Tobago

Tel/Fax: (868) 639-0614

Tel: (868) 639-9702

E-mail: surfside@mail.tt

www.surfsidetobago.com

Why More People Settle For Surf Side—The nearby beaches, Store Bay and Pigeon Point, the surrounding restaurants and groceries, comfortable rooms, spacious kitchens, private baths, pools, cable TV, lavish porches, homely atmosphere, security, best location in Crown Point. Poolside villas. Dive shop in hotel. Similar accommodation at our associate company, PAR-MAY-LA'S INN, 53 Picton St., Newtown, Port of Spain. Tel: (868) 628-2008 Fax: (868) 628-4707.

Low-cost holidays.



Tobago Island Suites

Corner Buccoo & Shirvan Roads, Mt. Irvine, Tobago

Tel: (868) 639-0979/631-1838

Fax: (868) 639-9551

E-mail: friends@tobagosuites.com

www.tobagosuites.com

When you're in Tobago, you want to be just few minutes away from all the enticements Tobago offers. Tobago Island Suites is close to Golf, Diving, Beaches and some of the most charming villages, and beautiful scenery anywhere. Accommodation includes studios and family-friendly one- or two-bedroom suites, with all the facilities you need to make your stay convenient and comfortable. Spend your evening and try your luck at the Sunset Palm members' club, located at Tobago Island Suites, offering casino-type games including poker, roulette and many other table games. Home of the well-known Tobago grillers grill house, famous for its grilled fish, shrimp, chicken, beef, lamb, pork and daily specials. Open from Monday to Saturday for Lunch & Dinner. Closes when we feel like !



Sandy Point Beach Club

Crown Point, Tobago

Resort Tel: (868) 639-0820/0877 • Fax: (868) 631-8231

Resort E-mail: resort@sandypointbeachclub.com

Reservations Tel: (868) 628-9776/9832

Reservations E-mail: reservations@sandypointbeachclub.com

www.sandypointbeachclub.com

The poetry and romance of the Caribbean reveal themselves in glorious abundance at Sandy Point Beach Club, the only Timeshare Resort in Trinidad & Tobago...a vantage from which to witness the eternal courtship between sun and sea. Forty-six well-appointed apartments ranging in size from studios to four-bedroom units, each designed and equipped to ensure an enjoyable, relaxing stay in Tobago, whether you plan to scuba dive, golf, explore Tobago's rainforest reserve or just kick back and relax in the sun or in the quiet sanctuary of your holiday habitat.



Plantation Beach Villas

Stonehaven Bay Road, Black Rock, Tobago

Tel: (868) 639-9377.

Fax: (868) 639-0455.

E-mail: plantationbeach@tstt.net.tt

www.plantationbeachvillas.com

Located on Tobago's Caribbean coast, we are nestled in a grove of lush tropical trees, perched on a gently sloping hillside, leading down to the golden sands of the palm-fringed Grafton beach. The six luxurious Villas, were designed in the charming colonial style of turn-of-the-century West Indies, with traditional gingerbread wooden fretwork adorning its windows and door openings, the Villas are spacious two-storey homes with three en suite bedrooms. With the emphasis on elegant comfort and the serenity of nature, we are the perfect place for the guests who are looking for relaxation and to enjoy the beauty of Tobago.



The Palms Villa Resort

Signal Hill Old Road, Signal Hill, Tobago

Tel: (868) 635-1010 Fax: (868) 635-1011

Tel: 44 (o) 1582-590-800 Fax: +44 (o) 1582-575-444 (U.K.)

E-mail: info@thepalmstobago.com

www.thepalmstobago.com

The Palms invites you to experience luxury accommodation in one of Tobago's most idyllic locations. The resort combines tranquil surroundings with a convenient location only minutes away from beaches, local restaurants, and island shopping. Each of the five, two-storey villas has three air-conditioned bedrooms with en suite bathrooms, private pool, kitchen, entertainment centre, wireless Internet, and washer & dryer. Rates include: airport transfers, daily housekeeping and food starter pack. Other amenities include: children's playground, night security, safes, security alarms, and resident Resort Manager.

Crown Point Beach Hotel



- Tel: (868) 639-8781/3
- Fax: (868) 639-8731
- E-mail: reservations@crownpointbeachhotel.com
- Website: www.crownpointbeachhotel.com





Crown Point Beach Hotel

Tel: (868) 639-8781/3

Fax: (868) 639-8731

E-mail: reservations@crownpointbeachhotel.com

www.crownpointbeachhotel.com

Set on seven acres of beautifully landscaped grounds overlooking Store Bay, one of Tobago's finest beaches. Within walking distance of the airport and the well-known Pigeon Point beach. Accommodation comprises of studio, cabana and one-bedroom apartments. All rooms have ocean view, kitchenette, bathroom, hair dryer, cable television and telephone. The Chart House poolside restaurant and Sundowners bar cater for your entire food and beverage requirements. Recreational facilities include swimming pool, tennis courts, table tennis, shuffleboard and free Internet facilities for our guests. From our grounds you can walk down steps that lead to Store Bay beach.



Jimmy's Holiday Resort

Milford Road, P.O. Box 109, Crown Point, Tobago

Tel: (868) 639-8292/8929 Fax: (868) 639-3100

E-mail: jimmys@tstt.net.tt

Just a few minutes' walk from Crown Point International Airport, Jimmy's Holiday Resort offers you the comfort of a luxury guesthouse together with easy access to everything that makes Tobago the perfect holiday getaway. Shop from 7:00 a.m. to 11:00 p.m. in the mini-mart located on the compound, unwind by the pool on site, or enjoy a walk to nearby beaches at Store Bay and Pigeon Point. Route taxis and public transport services are readily available. Relax in self-contained, air-conditioned bedrooms. Apartments are fully equipped with cable TV, phone and kitchen. Wireless internet available. Dine in our restaurant/bar. We cater for singles, couples, families or small groups.



Johnston Apartments

Store Bay, Tobago

Tel: (868) 639-8915, 631-5160/2 (TAB)

Tel: (868) 627-1927 (POS)

Fax: (868) 631-5112

E-mail: johnapt@tstt.net.tt

www.johnstonapartments.com

The Johnston Apartments in Tobago are magnificently located on Store Bay Beach, moments away from Crown Point International airport, nightclubs, shopping and the island's best food. This vacation destination is ideal in every way. You can relax and unwind in our spacious one-bedroom apartments overlooking the sea. Each room is fully air-conditioned and self-contained, complete with a modern kitchen. Cleaning services are provided daily. Whilst staying at Johnston Apartments, you have the use of Crown Point Beach Hotel's pool, restaurant, tennis court and conference facilities. The natural and man-made wonders will make your stay unforgettable.

Tobago Weddings

Romantic Weddings

Getting married in Tobago is the one thing to top a wonderful holiday in this beautiful island! There is no better setting for you, your family and guests, than a romantic, tropical island with verdant forests and pristine blue seas.

Many of the hotels and guesthouses in Trinidad and Tobago offer a special wedding service. You can enjoy both religious and non-religious ceremonies, a relaxed and festive reception under blue skies, top-class hotel accommodation, followed by the honeymoon of your dreams. All you need to do is contact one of the hotels that specialize in wedding services. Everything can be handled by the staff, so ask for information on the various special entertainment programmes, wedding services and gourmet meals. Whatever you desire can be arranged, whether it is a live steelband at the event, a village church or a beach wedding. You can even say, "I do" while sailing into the sunset on a yacht!

Tobago is a tropical honeymoon paradise, with turquoise-coloured waters, picturesque villages, rolling hills, waterfalls, and a wide variety of fantastic restaurants and places to stay. The people of Tobago even have a special connection to weddings, as their costumed "ole-time wedding" is celebrated each year in the Tobago Heritage Festival. So, if you want to do water sports, relax on the beach, dance under the stars and explore the island on foot, by bike or in a jeep—Tobago offers it all!

Trinidad, on the other hand, offers special honeymoon delights for nature-lovers like visiting the rainforest of The Northern Range, which rises to 3,000 feet and is teeming with wildlife. For those who like action, and lots of it, time your wedding around Carnival in Trinidad, and see what the mother of all "fêtes" is like! There is also great surfing on the northeastern side of Trinidad, as well as turtle watching between April and July.

Requirements

Bride and groom have to be non-residents. Stamp of entry into the country must be at least three days before your wedding day, counting from the day after your arrival. You must go in person to a Board of Inland Revenue (BIR) office, in Scarborough, to apply for a licence, then wait least 24 hours before having your wedding ceremony. You should supply identification in the form of a passport and if divorced, must show evidence of a Decree Absolute. A fee of TT\$ 300 is charged for the marriage licence. For more information:

Call the BIR office at 639-2410.

The Trinidad and Tobago *experience*



Photo courtesy Phillips Promotions Co. Ltd.

Beacon Cycling Festival

By Michael Phillips



The inaugural edition of the newly rebranded Beacon Trinidad and Tobago Cycling Festival was nothing short of a tremendous success. With new initiatives and a new vision for the event, organisers set out to conquer a somewhat challenging task. Of course, the ideal of involving greater aspects of T&T's culture remained but it was enhanced this year, as those involved seek to make the T&T Cycling Festival a destination attraction event. From the actual cycling race nights bursting at the sides with an infusion of local culture, to a number of spin-off events between race days, the Cycling Festival is well on its way to achieving such a status.

The Cycling Festival opened at the Queen's Park Savannah on April 22, with a breathtaking show of music, costumes, traditional characters and of course excellent international cycling. The attendance on opening night was also spectacular with a whopping crowd of about 5,000 spectators! It continued on to Arima and Skinner Park with equally thrilling turnouts and cycling performances.

As the "caravan" headed over to beautiful Tobago, which is arguably the most anticipated part of the Cycling Festival for many of the cyclists and international guests, they were all treated to a little something extra. Prior to the competition, Tobago-born road cycling star, Emile Abraham, celebrated his birthday and gave the cyclists a little taste of Tobago hospitality at his childhood home. Also quite interesting, was that the Chief Commissaire out of the U.K., tied the knot with her Jamaican cyclist beau at the amazing Fort George over in Scarborough, the capital city of Tobago.

As the racing aspect of the Tobago leg came around though, the day was brutally hot and one could see the effect on the riders. Despite the best efforts of the entire pack however, homeboy Emile Abraham and Spanish rider, Tony Tauler (who rode for Team Beacon) broke from the pack early in the forty-lap event, maintaining a significant lead till the end. Much to the delight of the Tobago crowd, that race saw Abraham take the victory, beating Tauler into second place with U.S. rider, Sterling Magnell of Rock Racing, taking third. As they had been doing for most of their Tobago stay, the riders could not wait to head down to beautiful Pigeon Point beach to cool down.



Njisane Philip beats Gideon Massie USA in Match Sprint The Beacon T&T Cycling Festival Arima Velodrome 2009

Photo courtesy Phillips Promotions Co. Ltd.

Restaurants



Artist: Wulf

Eating out in Tobago is never a problem, from the fine dining to the more casual environments that may serve up international or local cuisine. The latter is extremely tasty and a meal of curry crab and dumplings should not be missed. Your servers will be delighted to explain the local fare to you and also advise which dishes are spicy. We invite you to visit the restaurants featured in the pages ahead. Though many restaurants welcome “walk-in” diners, we advise that you make a reservation at the restaurant of your choice. Your bill, usually presented on request, will generally reflect 15% VAT (value-added tax) and 10% Service Charge, in \$TT (US\$1 to TT\$6.34). It is customary to tip the waiter a minimum of 5% to show your appreciation. International credit cards are widely accepted but expect to pay cash at the “no frills” joints.





The Pavilion Restaurant

The Villas at Stonehaven, Black Rock, Tobago

Tel: (868) 639-0361 • Fax: (868) 639-0102

Reservations: (868) 639-0361

www.stonehavenvillas.com

With one of the best views on island combined with excellent lunch and dinner options, the Pavilion Restaurant is a great place to spend an evening away from home. Our lunch menu features salads and sandwiches for all tastes. Our Dinner menu includes delicacies such as Herb Crusted Lamb served with mint and mango chutney and our fresh Lobster sauteed in garlic butter. We have vegetarian and kids options also. Happy hour prices are available from 5:30 p.m.–6:30 p.m. with drinks at half price. Lunch: Noon–3:00 p.m., Dinner: 7:00 p.m.–9:00 p.m. We are closed on Mondays. Visa or Mastercard accepted. Dress: Elegantly casual.



Charthouse Restaurant

Crown Point Beach Hotel, Crown Point, Tobago

Tel: 631-2006

Just a few steps up from beautiful Store Bay! Welcome to Tobago's hottest liming spot located in the heart of Store Bay and Crown Point. We celebrate our breathtaking sunsets with Happy Hour specials at Sundowners Bar from 5:00 p.m. Then enjoy our new-world cuisine, featuring foods from all the islands in the world, in a casual atmosphere with a smiling and eager staff at the Charthouse Restaurant. Our extensive exotic drink list, exceptional food, and warm service will make your evening one that will keep you coming back, night after night. See you soon.



Kariwak Village Holistic Haven and Hotel

Store Bay Local Road, Crown Point, Tobago

Tel: (868) 639-8442

www.kariwak.com

Opened in 1982, Kariwak is an oasis nestled in lush green gardens...a small, peaceful, intimate hotel dedicated to nurturing mind, body, spirit and community. Its name and design evoke the island's Amerindian legacy...twenty-four rooms tucked away in the gardens surrounding the pool and waterfall Jacuzzi. Homegrown herbs are the signature of Kariwak's highly acclaimed cuisine. Morning stretch, yoga and tai chi classes and body treatments from our highly qualified therapists are all offered in-house. Kariwak Village...the perfect place to find balance and rejuvenation.



Café Iguana

Tobago's premiere Jazz spot, Art Gallery, entertainment showcase and Cocktail Lounge

Store Bay Local Road, Crown Point, Tobago

Tel: (868) 631-8205

E-mail: iguana@trinidad.net

www.iguanaatobago.com



Breakfast: 8:00 a.m.–Noon, Lunch: 11:00 a.m.–3:00 p.m., Dinner: 6:00 p.m.–10:30 p.m. Closed Wednesdays. Dinner: (Starters: US\$6–11, Main Course: US\$15–58, Wine Cellar Selections: US\$6–600. Entertainment: Thu, Fri, Sat. Dress: elegantly casual. Taste of the Caribbean by talented local chef surrounded by original paintings in oil and acrylic on canvas. Yes, you can take home that piece you like. Catering: For Business groups, weddings and off-site functions. Café Iguana's "Live entertainment" line-up — Thu: Jazz; Fri: Reggae/Pop; Sat: Local African Drumming; Sun: Latin Dancing



Seahorse Inn

Grafton Beach Road, Tobago

E-mail: seahorse@trinidad.net

www.seahorseinntobago.com

Reservations: 639-0686

Dinner: 6:30 p.m.–10:00 p.m. (Starters: US\$5–15; Main Course: US\$16–85; Wine & Champagne: US\$8–3,000). Happy Hour: 5:30 p.m.–6:30 p.m. Nightly entertainment. All major credit cards accepted. Dress: elegantly casual. Reservations recommended. Tips optional. The internationally acclaimed Seahorse Inn restaurant is Tobago's premier beachside restaurant. Intimate alfresco dining; come alive to the sights, sounds and tastes of Tobago. Enjoy cocktails with a magnificent sunset; romance to the rhythm of steelpan and calypso music, enjoy great service and fabulous food, all while watching leatherback turtles nest on the beach. Renowned for fresh lobster, world-class steaks and the island's most extensive and affordable wine list.



Kariwak Village
Crown Point, Tobago

Kariwak Village Holistic Haven and Hotel ... where Tobago begins!

Intimate, elegantly rustic accommodations nestled in the gardens, surrounded by birdsong. Original cuisine flavoured with homegrown herbs and finished with homemade icecream. Open air yoga, tai chi, hammocks, massage, pool and jacuzzi. Simple luxuries... offered with love... since 1982.

(868) 639-8442
kariwak@tstt.net.tt
www.kariwak.com



Shore Things

Old Milford Road, Lambeau, Tobago

Tel: (868) 635-1072

Reservations: Recommended December–April

www.tobagotoday.com/shorethings

Opening hours: Mon-Fri 10-6 and Sat 8-4

Come and experience the gracious hospitality of Shore Things Café & Craft. Enjoy a light snack or not-so-light lunch in our casual yet tasteful outdoor café overlooking the Atlantic Ocean. Try a true Caribbean rum punch midweek or have a lazy breakfast on Saturday mornings, sipping on island juices while enjoying the view. Browse the selection of local handicraft in the store while you decide between a smoked-fish quiche with garden-fresh salad or shrimp pizza with roasted red peppers, grilled aubergine (egg plant) and sweet tomatoes. Decisions, decisions...whatever your choice, save some room for coconut cream pie or maybe some pineapple ice cream. All breads and pastries are baked fresh on site. Call in your order for pick up or simply come in and indulge—naturally.



The Backyard Café

Next to Dillon's Seafood Restaurant, Crown Point, Tobago

Tel: (868) 639-7264

Mobile: (868) 715-6035

Opening hours: Monday–Friday 11:00 a.m.–8:00 p.m.

E-mail: backyardcafe@hotmail.com

www.the.backyard@yahoo.com

Closed: May and June.

The Backyard Café—well known for its quirky decor, smiling staff, delicious lunches and early dinners. In our oasis of calm, you will enjoy our gourmet salads, pastas and delicious baguettes. Freshly blended fruit juices, sangria, cappuccino, espresso and much more. The Backyard guests seldom leave before having a slice of our famous Banana Rum Chocolate cake. Stocked with fun board games for rainy days or lazy afternoons, special sitting and toys provided for the little Backyard guests!

You deserve it!



Shutter's on the Bay

Bacolet Bay, Tobago

Tel: (868) 660-7500

Reservations: (868) 660-7400

Fax: (868) 660-7900

www.bluehavenhotel.com

The colonial-style villa at romantic Blue Haven Hotel is the setting for the restaurant, Shutter's On The Bay, overlooking Bacolet Beach. The excellent menus featuring fish, lobster and crayfish, combine international gourmet cuisine with West Indian ingredients and spices.



La Tartaruga Italian Restaurant

Buccoo Bay, Tobago
Tel: 639-0940
www.latarugarugatobago.com

La Tartaruga Italian Restaurant since 1992
Wine and gourmet shop
Buccoo Bay Road, next to Sunday School, Tobago
Open Monday to Saturday from 11:00 a.m.
Reservations: 639-0940 / Wine Shop: 755-6059, 715-5465

Coffees, teas, desserts and gelato served on our terrace with view of the bay. Soup, salads, sandwiches and delicious savouries prepared for lunch. Great Service, romantic dinners, tasting menus, vegetarian dishes. Wine Spectator Award since 2002; choose Italian, French wines directly from our cellars. Champagne, Prosecco, Grappa, Porto, aged Rums and premium liquors in gift boxes. Gourmet food, parmigiano, balsamic vinegar, Italian specialties and cakes. Delivery in Trinidad available.



Ciao Café Italian Food & Wine Bar

Burnett Street, Scarborough, Tobago
Tel/fax: (868) 639-3001
Reservations: (868) 635-2323

Located in downtown Scarborough a few steps from the port, friendly atmosphere, and courteous service. Over twenty flavours of Italian gelato and sorbetto made on location. Some of the favourites are: Baileys, Tiramisu, Fragola and Coconut. Specialising in pastas, lasagne, panini prosciutto, Salads and a variety of cakes (cheesecake, carrot and chocolate), espresso, cappuccino, and coffee liqueurs. The gourmet shop offers a wide range of Italian products, like prosecco, Italian wines and grappa, chocolate liqueur and limoncello. Private area available for Weddings, Parties and Special Events.



Khalaloo Bowl

Hibiscus Drive, Lowlands, Tobago
Tel: 631-1424 or 639-0457
E-mail: artgal2@hotmail.com
Opening Hours: Tuesday–Saturday
Breakfast and lunch: 8:00 a.m.–3:00 p.m.
Afternoon tea: 3:00 p.m.–5:00 p.m.

West Indian Flavours...visit them again! We take that to heart at the Khalaloo Bowl. Situated among the treetops of The Art Gallery, the Khalaloo Bowl offers a selection of tasty West Indian-spiced dishes. We welcome you to enjoy a delightful breakfast, a sumptuous lunch or afternoon tea in the natural environment! An ideal location for small intimate weddings, private dinners, family parties or business luncheons.

KHALALOO
BOWL



Bamboo Mile Grill

Milford Main Road, Bon Accord, Tobago

Reservations: (868) 621-8484

Open: Wednesday–Monday

Dining: 6:00 p.m.–10:00 p.m. • Cocktail Bar Open later

Relax and feed your senses on our open-air deck, sipping a refreshing Caribbean cocktail amidst the soothing reggae & world-beat rhythms, while your nose is teased by the beginnings of dinner wafting from our Kitchen. Welcome to the Bamboo Mile Grill where the relaxed atmosphere belies what's ahead. This isn't just "dinner"—it's an experience. Our Menu of over 40 selections include, Grilled Crab-Stuffed Barracuda Filet served on Mashed Yams with Mango Chutney and Local Spiny Lobster grilled with Basil Marinade, served with Fettuccine & Fresh Tomato Chutney. Whatever your choice, you're being catered to by Eli de Souza, 2002 Graduate of the world-famous Culinary Institute of America.

Elegant Caribbean fusion food served al fresco surrounded by Music and Smiles—that's the Bamboo Mile experience!



Tobago Grillers

Located at Buccoo Junction, Mount Irvine

(by Tobago Island Suites and Sunset Palm Casino)

Tel: (868) 639-0979

Tobago's famous Grill House, known for its unique taste and crazy chef. Take-away or dine-in service in a very casual atmosphere. Local prices! Daily specials.

On the grill: Chicken, Fish, Shrimp, Lobster, Pork, Lamb, Beef, T-bone Steaks

Open: Monday–Saturday for lunch and dinner from noon, till we feel like closing!



Mélange

133 Shirvan Road, Mount Pleasant, Tobago

Tel: (868) 631-0121

E-mail: ashtonlutchman@gmail.com

All Trinis have a home-away-from-home at Mélange, Tobago. Chill by the copper pond next to the bar, sipping a beer, a glass of wine or a coffee—simply have a LIME! Love to cook? Join us to prepare your meal in our customer interactive kitchen. Bar meals include grilled chicken breast, steak sandwiches, ribs and more. Try our succulent lobster, shrimp, risotto or lamb. Food starts from TT\$30, our chicken is Halal, our vegetarian meals are no less creative. Having grown up in Trinidad and Tobago and worked at the Trinidad Hilton, studied, qualified and worked in U.K., lived in U.S., Ashton Lutchman's experiences have provided his fusion of flavours. Music, décor, food. Come 'n' feel the vibes of Mélange's style!

Ashton Lutchman (HCIMA)



Stephen Broadbridge

Fast Facts on Tobago

Location

Situated 32 km (21 miles) northeast of Trinidad and like its big sister Trinidad was once part of the South American continent millions of years ago. Co-ordinates are Latitude 11°N, Longitude 60°W.

Climate and Geography

Tobago's climate is pleasant all year round. It is cooler and less humid than Trinidad because of the more frequent northeast winds. June to September are commonly the wettest months. Tobago's topography is rugged, with low mountains and elevations up to a maximum of 576 m (1890 ft.). Its area is 300 square km (116 square miles).

Government and Population

In 1980, the Tobago House of Assembly (THA) was instituted and was made responsible for local, administrative governance within the island, with central governance remaining under the Republic of Trinidad and Tobago. The population of the island is approximately 54,000, 90 per cent of which are of African origin, with a minority East Indian presence and resident expatriates.

Seaport

International shipping facilities are available in Tobago at the Scarborough deep-water harbour. Traffic at this port consists mainly of cruise ships and ferry services to and from Trinidad. Locals and visitors can take the fast-ferry service between the islands. There are two fast ferries, The *T&T Spirit* and the *T&T Express*, and one dedicated cargo, the *Warrior Spirit*, which service the inter-island route. The fast ferries operate daily and

take on average of 2 hours 30 minutes to/from Tobago. The cargo vessel leaves daily at 2:00 p.m. with cargo, and takes 6 hours to/from Tobago. The fare for adults is TT\$100 return or TT\$50 one way. The charge for all private vehicles on the ferries is TT\$250 (return) and TT\$150 (one way). Call the Port Authority for more information at (868) 639-2668 or visit www.patnt.com.

Health

Tobago's healthcare system and facilities are limited. Basic medical attention for minor ailments is available, but serious medical cases are referred to Trinidad. Medical services are free at the government hospital and health centres but expect to wait a long time before being attended to.

Economy

Tobago's economy was initially based on agriculture but it changed focus to Tourism in recent years. Trinidad still supplies most of the consumables and manufactured products.

Newspapers

The three Trinidad-based daily newspapers, *Trinidad Guardian*, *Trinidad Express* and *Newsday* are available with The Tobago News available weekly.

Roads

Tobago is linked via a network of paved and unpaved roads, the most significant being the Claude Noel Highway.

Airport

Crown Point International is the airport in Tobago and is located on the southwestern tip of the island. Renovated in 1985, it serves as the destination for several international and inter-island flights. The airfare to Trinidad is TT\$300 return or TT\$150 one way.

Hotels & Guest Houses in Trinidad

HOTEL	LOCATION	TELEPHONE	E-MAIL	WEBSITE
ACAJOU HOTEL	Grand Rivière	670-3771	info@acajoutrinidad.Com	www.acajoutrinidad.com
ALICIA'S GUEST HOUSE	St. Anns	623-2802	info@aliciashouse.com	www.aliciashouse.com
ALICIA'S PALACE	St. Anns	621-1017	info@aliciaspalace.com	www.aliciaspalace.com
AMBASSADOR HOTEL	St. James	628-9000	ambassador@wow.net	www.ambassadortt.com
ASA WRIGHT NATURE CENTRE & LODGE	Arima	667-4655	asaright@tstt.net.tt	www.asawright.org
BEL AIR INT'L AIRPORT HOTEL	Piarco	669-4771/2	belair@tstt.net.tt	www.belairairporthotel.com
CARA SUITES HOTEL & CONFERENCE CENTRE	Claxton Bay	659-2271/2272/2230	hassel@carahotels.com	www.carahotels.com
CARLTON SAVANNAH LIMITED	St. Anns.	621-5000	info@thecarltonsavannah.com	www.thecarltonsavannah.com
CARNETTA'S INN	Maraval	628-2732/622-5165	carnetta@trinidad.net	www.carnettas-tt.com
COBLENTZ INN BOUTIQUE HOTEL	Cascade	621-0541-4	coblentzinn@tstt.net.tt	www.coblentzinn.com
CORAL COVE MARINA HOTEL	Chaguaramas	634-2040/2244	coralcove@fiberline.tt	www.coralcovemarina.com
COURTYARD BY MARRIOTT	Port of Spain	627-5555	nicol.khelawan@courtyard.com	www.marriott.com
CREWSINN HOTEL LIMITED	Chaguaramas	634-4384	shardy@crewsinn.com	www.crewsinn.com
CROWNE PLAZA	Port of Spain	625-3361	gm@cplazahotel.com	www.cplazahotel.com
FORTY WINKS INN	Newtown	622-0484/628-0316	pam@fortywinkstt.com	www.fortywinkstt.com
HILTON TRINIDAD AND CONFERENCE CENTRE	Belmont	624-3211	ali.khan@hilton.com	www.trinidadhilton.com
HOLIDAY INN EXPRESS HOTEL & SUITES	Trincity	669-6209	cherryanne.james@hcltt.com	www.hiexpress.com/trincitytt
HOTEL NORMANDIE	St Anns	624-1181	sales@normandiett.com	www.normandiett.com
HYATT REGENCY	Port of Spain	623-2222	russell.george@hyattintl.com	www.trinidad.hyatt.com
KAPOK HOTEL	St. Clair	622-5765	gsolomon@kapokhotel.com	www.kapokhotel.com
LAGUNA MAR	Port of Spain	628-3731/669-2963	info@lagunamar.com	www.lagunamar.com
LE GRANDE ALMANDIER	Grande Rivière	670-2294/1013	info@legrandealmandier.com	www.legrandealmandier.com
LE ORCHIDÉE BOUTIQUE HOTEL	St. Ann's	621-0618/621-0063	reservations@trinidadhosthomes.com	www.trinidadhosthomes.com
LE SPORTEL INN	Tunapuna	645-6324/ 663-3905	cexcell@carib-link.net	www.sportel.pixelstation.com
MT PLAISIR ESTATE HOTEL	Grande Rivière	670-2216/670-8381	info@mtplaisir.com	www.mtplaisir.com
MONIQUE'S	Maraval	628-2351/3334	info@moniquetrinidad.com	www.moniquetrinidad.com
PAR MAY LA'S INN L	Port of Spain	628-4707	hotelreservation@parmaylas.com	www.trinidad.net/parmaylas
PARIA SUITES	La Romain	697-2742/1442/1443	info@pariasuites.com	www.pariasuites.com
PAX GUESTHOUSE	Tunapuna	662-4084	pax-g-h@trinidad.net	www.paxguesthouse.com
REGENT STAR HOTEL	Piarco	669-5050	info@regentstarhotel.com	www.regentstarhotel.com
ROCKCITY GUESTHOUSE	Las Lomas	669 9027/ 782 5071	info@rockcitytt.com	www.rockcitytt.com
SALYBIA NATURE RESORT AND SPA	Mathura	668-5959/ 691-3211	info@salybiareSORT.com	www.salybiareSORT.com
SUNDECK SUITES LIMITED	Port of Spain	622-9560/1	reservations@sundectrinidad.com	www.sundectrinidad.com
THE ABERCROMBY INN	Port of Spain	623-5259; 627-6658	aberinn@fiberline.tt	www.abercrombyinn.com
THE CASCADIA HOTEL & CONFERENCE CENTRE	St. Ann's	623-3511	marketing@cascadiahotel.com	www.cascadiahotel.com
THE CHACONIA HOTEL	Maraval	628-0941/622-2346	bookme@chaconiahotel.com	www.chaconiahotel.com
THE CHANCELLOR HOTEL & CONFERENCE CENTRE	St. Ann's	623-0883	info@thechancellorhotel.com	www.thechancellorhotel.com
THE ROYAL HOTEL (1978) LIMITED	San Fernando.	652-4881	info@royalhoteltt.com	www.royalhoteltt.com
THE ROYAL PALM SUITE HOTEL	Maraval	628-6042/628-5086-9	admin@royalpalm.co.tt	www.royalpalm.co.tt
TRADEWINDS HOTEL	San Fernando	652-9463	delia@tradewindshotel.net	www.tradewindshotel.net
TRINIDAD MARACAS BAY HOTEL	Maracas	669-1643/1914	maracasbay@tstt.net.tt	www.maracasbay.com

Hotels & Guest Houses in Tobago

HOTEL	LOCATION	TELEPHONE	E-MAIL	WEBSITE
ARNOS VALE HOTEL	Plymouth	639-2881-2	reservations@arnosvalehotel.com	www.arnosvalehotel.com
BACOLET BEACH CLUB	Bacolet	639-2357	info@bacoletbeachclub.com	www.bacoletbeachclub.com
BAMBOO WALK HOTEL	Lowlands	631-0550	info@bamboo-walk.com,	www.yes-tourism.com
BEING	Arnos Vale	625-4443	info@being-villaexperience.com	www.being-tobago.com
BELLEVISTE APARTMENTS	Sandy Point	639-9351	bellevis@tstt.net.tt	www.belleviste.com
BLUE HAVEN HOTEL	Scarborough	660-7400/7500/7600	reservations@bluehavenhotel.com	www.bluehavenhotel.com
BLUE WATERS INN	Speyside	660-2583	bwi@bluewatersinn.com	www.bluewatersinn.com
CHOLSON CHALETs	Charlottetown	639-8553	cholsonchaletsld@yahoo.com	www.cholsonchalets.com
COCO REEF RESORT & SPA	Crown Point	639-8571	cocoreef-tobago@trinidad.net	www.cocoreef.com
CORAL SEA VILLAS & SEA SHELLS VACATION VILLAS	Crown Point	639-9600	info@coralseavillastobago.com	www.seashellsvillas.com
CROWN POINT BEACH HOTEL	Crown Point	639-8781-3	sferguson@crownpoinbeachhotel.com	www.crownpoinbeachhotel.com
CUFFIE RIVER NATURE RETREAT	Runnemede	660-0505	cuffriv@tstt.net.tt	www.cuffie-river.com
GOLDEN THISTLE APARTMENTS	Crown Point	639-8521/639-7060	goldenthistle@tstt.net.tt	www.goldenthistlehotel.com
HALF MOON BLUE	Bacolet	639-3551	info@bacoletbeachclub.com	www.halfmoonblue.com
HIBISCUS HEIGHTS	Pleasant Prospect	635-1481	gillian@hibiscusheights.com	www.hibiscusheights.com
J&G TROPICAL RESORT	Bon Accord	759-9776	jandgtropicalvillas@gmail.com	
JOHNSTON APARTMENTS	Store Bay	639-8915/631-5160-2	johnapt@tstt.net.tt	www.johnstonapartments.com
KARIWAK VILLAGE	Crown Point	639-8442	kariwak@tstt.net.tt	www.kariwak.com
LE GRAND COURLAN RESORT & SPA	Black Rock	639-9667	legrand@singhs.com	www.legrandtobago.com
MANTA LODGE	Speyside	660-5268	mlodge@tstt.net.tt	www.mantalodge.com
MT. IRVINE BAY HOTEL	Mt. Irvine	639-8871-3	mtirvine@tstt.net.tt	www.mtirvine.com
NICOVILLE	Charlottetown	639-8553	cholsonchaletsld@yahoo.com	www.cholsonchalets.com
PALMHAVEN	Patience Hill	660-7307/639-9600	kayocallaghan@hotmail.com	www.palmhaven.com
PETIT CAREME VILLA	Mt. Irvine	632-4608/639-9213	merilee@petitcareme.com	www.petitcareme.com
PLANTATION BEACH VILLAS	Black Rock	639-9377	plantationbeach@tstt.net.tt	www.plantationbeachvillas.com
PLANTATION CONDO	Lowlands	625-1563	rental@17b-tobago.com	www.17b-tobago.com
SANDY POINT BEACH CLUB	Crown Point	639-0820/0877	reservations@sandypointbeachclub.com	www.sandypointbeachclub.com
SOL Y MAR	Mt. Irvine	639-9600/639-8842	christine@villasoftobago.com	www.v
SULLIVAN'S COURT	Buccoo	639-0891	sullivanscourt_tobago@live.com	www.sullivanstobago.com
SUNSHINE HOLIDAY APARTMENT LIMITED	Bon Accord	639-7482/639-7495	sunapt@tstt.net.tt	www.sunshine-apartments-tobago.com
SURF SIDE HOTEL	Crown Point	639-0614	reservation@surfsidetobago.com	www.surfsidetobago.com
TARA'S BEACH HOUSE	Lambeau Village	639-1556	info@tarasbeachhouse.com	www.tarasbeachhouse.com
THE HUMMINGBIRD HOTEL	Crown Point	635-0241	thehummingbird@tstt.net.tt	www.hummingbirdtobago.com
THE PALMS VILLA RESORT	Signal Hill	635-1010	info@thepalmstobago.com	www.thepalmstobago.com
THE VILLAS AT STONEHAVEN	Black Rock	639-0361	stonehav@tstt.net.tt	www.stonehavenvillas.com
TOBAGO ISLAND SUITES	Mt. Irvine	639-0979/ 631-1838	friends@tobagosuites.com	www.tobagosuites.com
TOBAGO PLANTATIONS BEACH AND GOLF RESORT	Lowlands	631-1054	rentals@tobagoplantations.com	www.tobagoplantations.com
TROPIKIST BEACH HOTEL & RESORT	Crown Point	639-8512-3	tropikist@wow.net	www.tropikist.com

A/B

360° Restaurant	124
Acajou Hotel	104
Adams Bagels	124
Adrian Camps-Campins	60
Alicia's Guest House & Alicia's Palace	101
Alizés Charters	146
Angelo's Italian Restaurant	120, 121
Asa Wright Nature Centre	73
Auto Rentals	13
B Lounge	133
B.A.R.S. International	110
Backyard Café, the	196
Bamboo Mile Grill	198
Bambú	50
Belleviste	184
Benihana	122, 123
Blue Haven Hotel	182, 183
Blue Waters Inn	184
Bois Cano	132
Bombay Duck	132
Buffet King Restaurant	116
Burger King	133

C/D

Carlton Savannah	17, 100
Carvalho's Agencies	71
Caribbean Discovery Tours	72
Cascadia Hotel and Conference Centre	100
China Palace II	122
Caribbean Estates, Lands & Villas	171
Charthouse Restaurant	194
Café Iguana	195
Ciao Café Italian Food & Wine Bar	197
Ciao Pizza	197
Cara Suites Hotel and Conference Centre	106, 107
Chancellor Hotel & Conference Center	106, 107
Danielle DuBoulay	59

E/F/G

El Pecos Grill	129
Eat It Restaurant	133
Ellerslie Plaza	45
Excellent City Centre	55
Excellent Stores	21
Extra Divers	146
Fernandes Fine Wines & Spirits	52
Fine Art	62
Frankie Tours & Rentals	163
Gail's Exclusive Tour Services Limited	71
Glen Martin	59
Gregory Scott Fine Art & Digital Art	62

H/I/J

Havaianas	52
Hilton Trinidad and Conference Centre	98, 99
Holiday Inn Express Hotel & Suites	104, 105
Hong Wing & Sons Ltd	25
Horizons Art Gallery	62
House of Jaipur Tearoom	128
Hyatt Regency Trinidad	102, 103

Il Colosseo	
In Joy Tours	
International Caterers	
Irie Bites	
Island Girl Sail Charters	
J. Malone Irish Pub & Restaurant	
Jade Monkey	
Jaffa at the Oval	
Jason Nedd	
Jenny's on the Boulevard	
Jimmy's Holiday Resort	
Johnston Apartments	
Justin Sobion	

K-S

Kalloos	
Kam Wah	
Kapok Hotel	
Karen Hale-Jackson	
Kariwak Hotel	
KFC	
Khalaloo Bowl	
L'Orchidée Boutique Hotel	
La Tartaruga	
Le Grande Almandier	
LeRoy Clarke	
Likkle Likkle Jamaica	
Lime-Inn	
Long John Silver's	
Lure Seafood Grill & Bar	
Malabar Farms Gourmet	
Mélange Restaurant (Tobago)	
Mélange Restaurant (Trinidad)	
Metropolitan Restaurant	
Michael Phillips	
Moksha Yoga	
MovieTowne	
Mt Irvine Bay Hotel and Golf Club	
Mt. Plaisir Estate Hotel	
Muscovado Restaurant	
Nanan's Bird Sanctuary Tours	
Nazim Baksh	
Olympia Restaurant	
On Location Art Galleries Limited	
Optometrists Today	
Palki Restaurant	
Palms Villa Resort	
Panini Café	
Pavilion Restaurant	
Paz Tea Garden	
Peppercorns	
Peter Sheppard	
Pizza Hut	
Plantation Beach Villas	
Popeye's	
Premier Malls	
R.I.K. Services Limited	
Rain Property Management Ltd	
Rainy Days	
Ray Cool	
RBTT Bank	
Regent Star Hotel	
Republic Bank Limited	

130, 131	Rovanel's Resort	183
72	Royal Corona Cigar Boutique	42
110	Royal Hotel (1978) Limited	104, 105
125	Royal Palm Suite Hotel	101
146	Royalton Casino	178
114, 115	Ruby Tuesday	126, 127
179	Sagicor	1
117	Sandy Point Beach Club	186
61	Scuba Adventure Safari	146
118, 119	Seahorse Inn	195
188	Sherman's Auto Rentals & Ground Tours	163
188	Shore Things	196
61	Shutters on the Bay	196
	Signature Selection	48
	SkyWay Duty Free	13
71	Snappers Seafood Restaurant	114, 115
118, 119	Solimar	117
99	Soong's Great Wall	116, 117
59	Stag	51
194, 195	Subway	130, 131
135	Sunset Palms Club	179
197	Surf Side Hotel	186

T-Z

100, 101	T.G.I.Friday's	135
60	Taryn's, The Panyol Place	122
128	The Art Gallery	167
124	The Carlton Savannah	17, 100
135	The Chancellor Hotel & Conference Center	106, 107
126, 127	The Lure Seafood Grill & Bar	126, 127
52	The Metropolitan Restaurant	130, 131
198	The Palms Villa Resort	187
128	The Pavilion Restaurant	194
130, 131	The Royal Hotel (1978) Limited	104, 105
62	The Royal Palm Suite Hotel	101
52	Things Natural	167
47, 166	Tiki Village	132
182	Tobago Grillers	198
106, 107	Tobago Island Suites	186
129	Tobago Now Tourism Services	163
72	Tobago Plantations	173
4, 60, 137	Tomley Roberts	59
124	Trader Jack's Island Grill & Bar	114, 115
61	Tradewinds Hotel	98, Outside Back Cover
49	Trinidad & Tobago Sightseeing Tours	71
120, 121	Trinidad and Tobago Incoming Tour Operators Association (TTITOA)	72
187	Tropikist Beach Hotel & Resort Limited	182, 183
125	TSTT/bmobile	Inside Front Cover
194	TWEE	53
129	Veni Mangé Restaurant	118
55	Villas at Stonehaven	184, 185
61	Villas of Tobago Limited	171
135	Vintage Imports Wine Merchants	53
187	WestMall	44
133	Woodford Café	126, 127
46	Wulf Gersteinmaier	60
55	Xceptional Events Limited	110
171	Yes! Tourism	163
50	Ylang Ylang Sea Terrace	125
21	Zanzibar	132
102	Zoom Caribbean	166
92, 93		

“It is the set of *the sails*,
not *the direction*
of *the wind* that
determines which
way we *will go*.”

Jim Rohn



THE BEACON
Insurance Company Limited

The Beacon of Protection

In these challenging financial times, you can rest assured that
The Beacon is guiding you every step of the way.

**General Insurance
Life & Health Insurance
Asset Management**

www.beacon.co.tt | Tel: (868) 6.BEACON

Trinidad & Tobago | Barbados | Grenada | St. Lucia | St. Vincent | Dominica | St. Kitts & Nevis

Tradewinds



*radewinds
Hotel is
situated in
the breezy
residential area
of St Joseph
Village San
Fernando.
Equipped with all
modern amenities,
coupled with a unique
distinctive atmosphere
makes
**"Tradewinds your home
away from home."***

38 London Street, St. Joseph Village, San Fernando, Trinidad, W.I..
Tel/Fax: (868) 652-WIND (9463) Website: www.tradewindshotel.net