

## AUGUST

Fri 16th

DJ Q Birthday Tour, White & Glow, Tree House & Grill, Arnos Vale

French Verandah: Happy Hours 5-7 pm

Paradise Beach Hotel: Grillin with the Captain, from 7:30 pm

Grenadine House Restaurant: Happy Hours 3 pm until

Block Party Triple-R-Square, Georgetown

Myah's Hotel: Sky Lounge Club Party 7 pm—12 am, Happy Hour All Day Party, Official Drop Off Corner Bar & Grill, North Union

360 Sports Bar, E T Joshua Center, 11 am—11 pm

Moonshine Restaurant and Bar, Fridazze Zess, Villa

Ada Restaurant, Beachcombers Hotel: Happy Hour 4:30—7:30 pm, Live Music

Hotel Alexandrina: Kulture Bar & Grill, Prospect

Sunset Shores Hotel: Happy hour 4-7 pm

Signature Restaurant and Event Centre, Hot & Ready, Pizza Fridays, Vigie Highway



Tel: 456-6808

Tel: 453 -1111

Tel: 457- 4795

Tel: 458 -1800

Tel: 451-3600

Tel: 529-8300

Tel: 431-9741

Tel: 458-4283

Tel: 456-9788

Tel: 458 - 4411

Tel: 456-6518

We Fete, Cherry Hill, Chateaubelair, 11 pm

Coconut Grove Beach Club, Ratho Mill: Regular menu from 2 pm

JD Q Birthday Tour, Wear Black or White, Drop Off Night Club

Summer Rose Bar & Lounge from 5 pm

Myah's Hotel: BBQ 12 pm, Happy Hour All Day

Grenadine House Restaurant: Happy Hours 3 pm until

Ada Restaurant, Beachcombers Hotel: Sangria Day 4:30 —9:30; BBQ 5:30—9 pm, Live Music

Grown Sexy Experience, Strip View Bar, Calder

Flow Wine Bar & Kitchen, Kingstown

Moonshine Restaurant and Bar: Deuces 2 Year Anniversary, 9 pm, Villa

Entice Lounge & Bar, (Mon—Sat 10 am until), Victoria Park

360 Sports Bar, E T Joshua Center 11 am –11 pm

Tel: 431-2837

Tel: 494-7673

Tel: 451-3600

Tel: 458 -1800

Tel: 458-4283

Tel: 457- 0809

Tel: 431-9741

Tel: 454-2455

Tel: 529-8300

Sat 17th

Myah's Hotel: Lunch from 12:00 noon

Richland Park Netball Competition, followed by Bashment

360 Sports Bar, E T Joshua Center, 11 am—11 pm

Café Soleil, Blue Lagoon Marina: BBQ, live music by BAM from 7 pm

Wafulasun Sports Bar: Karaoke Sundays, 7 pm, Cumberland

Moonshine Restaurant and Bar: Bring back the Vibes, 7 pm, Villa

Backyard Adventures, Arnos Vale, 10 am—8 pm

Grenadine House Restaurant: Buffet Lunch, 12 noon, Happy Hours 3 pm until

Tel: 451-3600

Tel: 529-8300

Tel: 456 - 8550

Tel: 570-9691

Tel: 431-9741

Tel: 593-6980

Tel: 458 - 1800

Sun 18th

Tree House & Grill: Karaoke Night, 8 pm until, Arnos Vale

Hotel Alexandrina: Kulture Bar & Grill, Prospect

Ada Restaurant, Beachcombers Hotel: Regular menu, take-away can be requested

French Verandah: Happy Hours 5-7 pm

Grenadine House Restaurant: Taco Tuesday

Signature Restaurant and Event Centre: Beer & Wings Tuesday, Vigie Highway, Arnos Vale

Tel: 456-6808

Tel: 456-9788

Tel: 458-4283

Tel: 453 -1111

Tel: 458 -1800

Tel: 456-6518

Tues 20th

Tree House & Grill: Seafood Night, 7 pm until, Arnos Vale

Myah's Hotel: Pizza and Pasta your Way from 12 noon

Flow Wine Bar, Kingstown

The Loft Restaurant, Blue Lagoon Hotel, Ratho Mill

Tel: 456-6808

Tel: 451-3600

Tel: 457 - 0809

Tel: 458-4308

Wed 21st

Entice Lounge & Bar, (Mon—Sat 10 am until), Victoria Park

Sunset Shores Hotel: Regular menu, take-away can be requested

Paradise Beach Hotel: Regular menu, take-away can be requested

Tel: 454-2455

Tel: 458 - 4411

Tel: 457- 4795

Thurs 22nd

## Friday 16th August

Lashum Street Vibes, Campden Park

## Saturday 17th August

Mangoz Restaurant, Great Vibes & Ambience, Villa

Palki Restaurant, Villa

Chill Spot and Grill, Arnos Vale,

Karaoke, Chappy's Seaside, 7 pm, Sandy Bay

Tel: 458-5882

Tel: 527-2554

Tel: 457-7768



**Grenadine House**  
Kingstown, St. Vincent

# Sunday Buffet

Sunday August 18th 2024 | 11:30am

- Pumpkin Ginger Soup-
- Cucumber Salad-
- Teriyaki Chicken-
- Grilled Fish in Creamy Capers Sauce-
- Rice Pilaf-
- Cajun Roasted Potatoes-
- Sautéed Vegetables-
- Chocolate Cake-

**XCD\$60**  
PER PERSON  
+ 10% SERVICE CHARGE

**RESERVATIONS**  
+1 784 458-1800 | +1 784 593-0996  
stay@grenadinehouse.com



Myah's Hotel  
**SKY LOUNGE**  
*Club Party*

**THIS FRIDAY**

LOCATION  
**MYAH'S HOTEL**

**SPECIALS**  
**COCKTAIL,**  
**BEER & RUM**

MUST BE 18 YEARS OR OLDER | DOES NOT INCLUDE PREMIUM LIQUOR | NO SHORT PANTS OR SLIPPERS ALLOWED | NO SMOKING

   Myahs Hotel [www.myahshotel.com](http://www.myahshotel.com)



**360 Sports Bar**

**HAPPYTIZERS**

- Plantain Mozzarella Sticks 15.00  
Deep Fried Plantain Stuffed w/ Mozzarella Cheese
- Bajan Fish Cakes 20.00  
(6) Fish Cakes w/ Rose Marie Sauce
- Wings Your Way 20.00  
(6) Wing Pieces Done Your Way
- Fried Calamari 15.00  
Deep Fried Panko Crusted Calamari Rings w/ 360 Tartar Sauce
- Loaded Nachos 25.00  
Crispy Tortilla Chips | 360 Cheese Sauce  
Pico de Gallo | Sour Cream | Guacamole (Optional)

**SALADS**

- 360 Side Salad 15.00
- 360 Cesar 20.00  
Add: Chicken | Shrimp
- 360 Goes Greek 25.00

**SANDWICHES**

- Classic Turkey Club 25.00  
Fresh Baked Turkey Breast  
Romaine Lettuce | Tomato | Red Onion
- Fat Fowl 25.00  
Deep Fried Chicken Breast | Red Slaw  
Red Onions | 360 Sauce
- Caribbean Clucker 25.00  
Grilled Chicken Breast | Grilled Pineapple |  
C'Bean Slaw
- Flounder Pounder 25.00  
Deep Fried Mahi Mahi | 360 Slaw | 360 Tartar Sauce

All Sandwiches come w/ your choice of Classic Fries | Sweet Potato Fries | Seasoned Wedges | 360 Side Salad

**MAIN MENU**

**MY BURGER BABY**

- The 360 25.00  
House made Beef Patty | Lettuce | Tomato | Red Onion | Pickles  
Add: Cheddar Cheese | Crispy Bacon
- Get Smashed 25.00  
Smashed Burger | Cheddar Cheese | Pickles | 360 Sauce
- Porky Pig: Bacon wrapped burger 30.00  
Bacon Wrapped Burger | Lettuce | Tomato | Red Onion | Pickles  
Add: Cheddar Cheese
- Bang Bang Shrimp Burger 35.00  
360 Shrimp Patty | Lettuce | Tomato | Red Onion

All Burgers come w/ your choice of:  
Classic Fries | Sweet Potato Fries | Seasoned Wedges | 360 Side Salad

**PASTA: PENNE | FETTUCCINE**

- 876 Rasta Pasta 25.00  
Vegetarian | Chicken | Fish | Shrimp  
Jerk Seasoning | Onions | Sweet Peppers | Parmesan Cheese
- 360 Alfredo 35.00  
Vegetarian | Chicken | Fish | Shrimp  
Onions | Sweet Peppers | Mushrooms | Carrots | Broccoli |  
Parmesan Cheese
- King of Torts 40.00  
Rigatoni Pasta | Marina | Heavy Cream | Vodka | Chili  
Flakes | Parmesan Cheese

**MUNCHKINS MENU**

- Fish/Chicken Fingers 20.00  
Deep Fried Chicken | Fish Fingers
- Chicky Pack 20.00  
Seasoned Deep Fried Wing Drumettes
- Baby Pasta (Alfredo) 25.00  
Onions | Sweet Peppers | Mushrooms | Carrots  
Broccoli | Parmesan Cheese
- Baby Burger Slider 25.00  
Mini Burger w/ Toppings Choice of:  
Lettuce | Red Onions | Tomato | Pickles  
Add: Cheddar Cheese

All Options are served with a choice of:  
Classic Fries | Sweet Potato Fries | Seasoned Wedges | Mac Baby | Munchkin Side Salad

MAESTRO ENTERTAINMENT PRESENTS

**11PM UNTIL**

**AUG 20 17TH 24**

EARLY BIRD \$20  
GENERAL \$25

**WE FETE**

THE CARNIVAL JUMBIE EXPERIMENT

WATER || FIRE || POWDER  
DJ NOXROY & MC FOWL • PAN YARD INT'L • DJ BAW • THA FUGITIVE  
DJ ICE KOLE X ZJ POWERZ • SIMPLE SOUNDS FAMILY

FEATURING  
**PROBLEM CHILD**  
REDDZ, KTB & VYPER, WUKAMAN & MONT-I  
**CHERRY HILL CHATEAUBELAIR**

HARONY, M.C. 421, CAMPARI

**DEUCES**

2 YEAR ANNIVERSARY

AUG 17TH SAT

LIVE MUSIC BY:

HYPNOSTAR & FEARLESS TEAM SUPREME HYPE DJ KRASH DJ BELZ 9000 DJ SNADEA

ADM \$25 | Moonshine | DOORS 9PM

LADIES FREE BEFORE MIDNIGHT

**PALKI RESTAURANT**

ORDER NOW | VILLA, ST. VINCENT | 784-527-2554

**INDIAN COMBO | \$25**  
CURRY BEEF OR CHICKEN TAKATAK  
KHATTA MEETHA KADDU  
CHANNA MASALA  
JEERA PEAS PULAO

**HAKKA COMBO | \$25**  
CHILLI PORK  
VEGETABLE FRIED RICE  
SHANGHAI NOODLES  
VEGETABLE MANCHURIAN


**CONTINENTAL COMBO | \$25**  
FRIED WINGS  
FRENCH FRIES  
VEGETABLE SAMOSA

**TANDOORI COMBO | \$25**  
TANDOORI ROASTED CHICKEN KABAB  
FRENCH FRIES

**INDIAN DOUBLES | \$15**  
2PCS BHATHURA & CHANNA



# I AM...



- Aug. 19th** | **I AM mindful** 6am - until  
Radio Interviews, Preschoolers' Health Education Sessions
- Aug. 20th** | **I AM healthy, I AM fit** 10am - 1pm  
Half Day healthy eating camp for Primary School students (Part 1)
- Aug. 21st** | **I AM healthy, I AM fit** 10am - 1pm  
Half Day healthy eating camp for Secondary School students (Part 2)
- Aug. 22nd** | **I AM taking mental health seriously** 10am - until  
Radio Interviews, Hypertensive & Diabetic group outreach
- Aug. 23rd** | **I AM testing and treating** 10am - until  
Care packages distribution and MCMH lawn beautification
- Aug. 24th** | **Yoga-cise: I AM ready** TBD  
Health Fair open to general public

Logos: GECCU 60th Anniversary, JCI St. Vincent, MISS SVG PAVLANT

## GECCU Miss SVG 2024 Community Service Project

# ATHALIA GLOSTER

## MINISTER OF YOUTH DEVELOPMENT

### MISS FLOW



- AUGUST 19TH - 25TH**
- ARCYLE INTERNATIONAL AIRPORT STUDENTS TOUR** DAY 1
- PREPARE TO READ STUDENTS READING FAIR** DAY 2
- LET THE GUIDANCE BEGIN YOUTH MENTORSHIP PROGRAM** DAY 3
- FASTEN YOUR FUTURE FINANCIAL LITERACY WORKSHOP** DAY 4
- ALL HANDS ON DECK COMMUNITY BEAUTIFICATION** DAY 5
- TOUCHDOWN! FAMILY FUN DAY** DAY 6

Logos: GECCU 60th Anniversary, MISS SVG PAVLANT, FLOW

## MISS LYNCH CARIBBEAN BROKERS (SVG) LTD

# Kewanna Hackshaw



### GECCU Community Service Project

## "Lifting Spirits through Sports"

- August 8, 2024: Opening - Reveling in Excitement
- August 9, 2024: Retro Sports Day
- August 13, 2024: Sports is First-Aid
- August 15, 2024: Karate Session
- August 17, 2024: Closing - Olympic Spirit

*Join me and stay tuned*  
thhruuhaur. mu. iwuhuu.

# EVENTS 2024

## Schedule



<b>SUN 11 AUG</b>	<b>LAUNCH EVENT</b> PROJECT LINKS & FOUNDATION 3:00PM - 6:00PM	<b>FRI 16 AUG</b>	<b>DEFEND 'D' LINK, FUN DAY</b> LATIN DANCE & KARATE 4:00PM - 7:00PM
<b>MON 12 AUG</b>	<b>THINK LINKS, PODCAST</b> EPISODE 1 - "SECURITY ON THE STREETS" 6:00PM	<b>SAT 17 AUG</b>	<b>LINKS LOCKED, CHURCH VISIT</b> GRATITUDE & GIVING 9:00AM - 11:00AM
<b>TUE 13 AUG</b>	<b>THE GIRLS LINK UP</b> VISIT TO OUR LADY OF GUADALUPE HOME FOR GIRLS 11:00AM - 1:00PM		
<b>WED 14 AUG</b>	<b>WATCH LINKS, MOVIE SHOWING</b> "THE BITTER END" BY MAURICE HORNE 3:00PM - 5:00PM		
<b>THU 15 AUG</b>	<b>SECURE 'D' LINK, WORKSHOP</b> PERSONAL SECURITY - (FINANCIAL & CYBER) 4:00PM - 6:00PM		



Logos: GECCU 60th Anniversary, INSTA CASH, BERYL ALEXANDRINA FOUNDATION



Contestant Number 6  
Miss KCCU Ltd. Presents

# Waves & Wonders

12th - 18th August

## Discover SVG

**Boardwalk Bites**  
12th Aug.

**Mas Must Play**  
16th - 17th Aug.

**Sea You at The Beach**  
18th Aug.

Discover the Gems of our Community  
in Villa, Glen, Calliaqua & Surrounding Areas

Indulge in Exquisite Cuisine | Experience Interactive Workshops |  
Create Unforgettable Memories

Follow Zada Stephens | @zadastephens.svg

# Waves & Wonders

## Discover SVG

### Event Itinerary

12 MON	5 pm: Boardwalk Bites Launch, Villa Ada - Beachcombers Hotel
13 TUE	5 pm: Boardwalk Bites Day 2 Sunset Shores Beach Hotel & Restaurant
14 WED	5 pm: Boardwalk Bites Day 3 Paradise Beach Hotel
16 FRI	9 am: Mas Must Play! Mas Building Work Day 1 - Calliaqua Town Hall 6 pm: Boardwalk Bites Day 4 Captain La
17 SAT	9 am: Mas Must Play! Mas Building Work Day 2 - Calliaqua Town Hall 5 pm: Boardwalk Bites Day 5 Mangoz
18 SUN	12 pm: Sea You at The Beach Watersport Day - Villa Beach 7pm: Boardwalk Bites Day 6 LaVue

Follow Zada Stephens | @zadastephens.svg

GECCU COMMUNITY SERVICE PROJECT  
MINISTER OF AGRICULTURE

# The Harvesting Hope Initiative

**Mon 12th August**  
ROOTS & FOUNDATION-  
BIABOU LEARNING RESOURCE  
CENTRE 1PM

**Tue 13th August**  
GREEN THUMB DAY-  
BIABOU METHODIST SCHOOL  
9:30AM

**Wed 14th August**  
BARN HARVEST-  
ORANGE HILL LIVESTOCK  
STATION 10 AM

**Thu 15th August**  
HOPE FOR MADERIA-  
MADERIA VALLEY FOREST PARK  
9AM

**Fri 16th August**  
SEEDS OF SUCCESS-  
BIABOU LEARNING RESOURCE  
CENTRE 1PM

**Sat 17th August**  
FROM GARDEN TO PANTRY-  
BIABOU LEARNING RESOURCE  
CENTRE 2PM

**Sun 18th August**  
AGRI-FUN-  
BIABOU METHODIST SCHOOL  
3PM

**ALVINA PINDER**  
MISS GRENADINES HOUSE

# CUSTOMER-CENTERED SERVICE

A one-day interactive, educational and engaging customer service workshop for individuals who impact customers - internal and external

**Topics would include:**

- Treating customers as the heart of the business
- Identify poor service and its costs
- Communicating positively yet effectively
- Taking responsibility for the customer experience
- Handling challenging situations
- Fostering beneficial customer relationships

**Venue**  
Grenadine House, Kingstown Park

**Facilitator**  
Francelia Marksman

**Dates**  
Tuesday, 20th August, 2024  
Wednesday, 21st August, 2024

**Time**  
8.30 am - 3.30 pm

**Price per participant**  
\$130.00 SVGHTA members  
\$145.00 non-members

Handout, snack and lunch,  
Certificate of Participation

SVG Hotel & Tourism Association  
Cruise Ship Terminal, Unit #8,  
St. Vincent & the Grenadines  
T: 784 458-4379 | M: 784-494-4379  
E: info@svghotels.com | svghotels@gmail.com



## BLUE LAGOON DAY PASS For 2

**INCLUSION** FROM 10 AM – 6 PM

- Welcome Drink
- 2 Loft Lunch Vouchers US\$36.80/EC\$100
- Room use from 10am to 6pm (for 2)
- Access to Pool
- Access to Kayaks
- Complimentary Wifi

**\$110 USD** for 2 people

**BLUE LAGOON HOTEL & MARINA**

Follow us! @BlueLagoonsVG

**FOR BOOKINGS: 784-458-4308** info@bluelagoonsvg.com www.bluelagoonsvg.com

## Weekly SCHEDULE To Grenada and Carriacou

Our 19-seater Twin Otter aircraft will depart on  
Mondays, Tuesdays, Wednesdays, Fridays, Saturdays and Sundays

TIME	ROUTE
8:00 am .....	St. Vincent to Carriacou
8:40 am .....	Carriacou to Grenada
9:20 am .....	Grenada to Carriacou
4:00 pm .....	Carriacou to Grenada
4:30 pm .....	Grenada to Carriacou
5:00 pm .....	Carriacou to St. Vincent

Book flights at: [flysvgair.com](http://flysvgair.com)

Whatsapp: +1 (784) 532 9179  
St. Vincent Office: 1 784 457-5124  
Carriacou Office: 1 473 456-8519  
Grenada Office: 1 473 444-3549

Grenadine House  
Kingstown, St. Vincent

## Honeymoon Package

At Grenadine House, we believe that a great honeymoon destination will give you romance, genuine moments of joy and incredible memories to last a lifetime. Book with us today and have an experience that you will never forget.

**Honeymoon Package - US\$850.00**

**Package Includes:**

- One (1) Arrival Rum/ Fruit Punch Each
- Luxury Accommodation With A Beautiful View For Three (3) Nights
- One (1) Bottle of Wine
- Fresh Local Floral Decor
- One (1) Candlelight Dinner For Two (2) On Our Romantic Terrace overlooking the city of Kingstown into the tranquil Grenadines Islands
- One (1) Breakfast In Bed For Two

**FOR RESERVATIONS:**  
CALL / WHATSAPP: +1 784 458-1800 | +1 784 593-0996  
stay@grenadinehouse.com

BEQUIA PLANTATION HOTEL  
Bequia - West Indies

## E-BIKE TOURS

Whether you're a guest or simply interested, we have something to suit everyone's preferences. Schedule with us today and check out our prices below!

**HALF-DAY RENTAL \$25**  
**FULL-DAY RENTAL \$50**  
**GUIDED TOUR \$80**

ALL PRICES ARE IN USD

**CALL FOR BOOKING**  
**784 534 8677**

info@bequiaplantationhotel.com



STUBBS • CALDER • VICTORIA VILLAGE • DIAMOND

**GROWN & SEXY Experience**

HAIROUN HOLD YOUR OWN CAMPARI

ADMISSION **\$15**  
LADIES \$10 BEFORE MIDNIGHT

THIS SAT AUG 2024

**STRIP VIEW BAR (CALDER)**  
**DJ BLAZE • 2 KOOL KRIS**

Grenadine House  
Kingstown, St. Vincent

**POOL Packages**

<b>POOL PACKAGE 1</b> XCD \$40.00 -ACCESS TO POOL-	<b>POOL PACKAGE 2</b> XCD \$60.00 -ACCESS TO POOL- - 1 LIGHT MEAL- -1 HAIROUN SOFT DRINK-
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FOR RESERVATIONS CALL/WHATSAPP  
+1 784 458-1800 | +1 784 593-0996

*the frangipani*  
Bequia  
hotel.restaurant.bar

**ESCAPE TO BEQUIA**  
*Summer Staycation Rates*

<b>Economy Room</b> \$150 EC/Night 	<b>Garden Room</b> \$260 EC/Night 
<b>Deluxe Room</b> \$300 EC/Night 	<b>AC Suite</b> \$400 EC/Night 

For Vincentian Nationals | Double Occupancy

**Book Now:**  
+1 (784) 458 3255 (Call between 8AM - 4PM)  
reservations@frangipanibequia.com

**BIG NEWS**  
*Spa Opening*

**Opening Hours**

Mondays	9:30am - 5:30pm
Tuesdays	9:30am - 5:30pm
Wednesdays	Closed
Thursdays	9:30am - 5:30pm
Fridays	Closed
Saturdays	9:30am - 5:30pm
Sundays	12pm - 5:00pm

**Our Services Include:**

- Manicures
- Pedicures
- Massages
- Facials
- Waxing
- Scrubs

APPOINTMENTS PREFERRED.  
WALK-INS WELCOMED \*SUBJECT TO AVAILABILITY.\*  
Reservations Call: 451-3600 | Email: reservation@myahshotel.com

+1 784 451-3600

Visit our website [myahshotel.com](http://myahshotel.com)



**MH HOTEL**

**Adults \$55 XCD**

**Kids \$25 XCD (4-10 YRS)**

**Sunday Lunch**

**AUG 18 | 12pm**

**MENU**

- Curry Braised Chicken
- Grilled Fish With Lemon Garlic Sauce
- Green Banana Pie
- Steamed Vegetables
- Pumkin Fritters
- Chocolate Cheesecake With Whipped Cream Topping

\*\*VAT and SVC inclusive\*\*

**CONTACT +1 784 451-3600**  
[reservation@myahshotel.com](mailto:reservation@myahshotel.com)

Myahs Hotel [www.myahshotel.com](http://www.myahshotel.com)

**JJQ**

**Birthday TOUR**

**ST VINCENT**

**AUG 17TH**

**CL@UD**

**@ropoff NIGHTCLUB**

**START TIME: 9PM**

**ENTRY FEE \$20**

**DRESS CODE: BLACK OR WHITE**

**BEQUIA PLANTATION HOTEL**  
 Bequia - West Indies

**Plantation DAY PASS**

**\$55 USD per person**

**INCLUSION FROM 9 AM - 4 PM**

- Welcome Drink
- 2 Courses Lunch (1 Main and 1 Dessert)
- Watersports Activities
- Pool and Beach Access
- Beach Towel
- Complimentary Wifi

**ADD-ON**

- Breakfast: USD 20.00 / person
- Day use room - USD 85.00 from 9:00 AM - 4:00 PM (Double Occupancy)
- 45 minutes Swedish Massage - USD 50.00

**FOR BOOKINGS: 784-534-8677** [info@bequiaplantationhotel.com](mailto:info@bequiaplantationhotel.com)

**NATIONAL COMMISSION ON CRIME PREVENTION**

**LIFT THE BAR**

EMBARK ON YOUR BARTENDING JOURNEY BY ENROLLING IN THE NATIONAL COMMISSION ON CRIME PREVENTION YOUTH AT RISK BARTENDING COURSE.

**TECHNIQUES**  
**COCKTAIL RECIPES**  
**BAR ETIQUETTE**

**MORE INFORMATION**  
**COMING SOON!**

**CONTACT INFORMATION: 784 457 2194**



 **Grenadine House**  
Kingstown, St. Vincent

**THE PERFECT WEDDING VENUE**

At Grenadine House, hosting your dream wedding is our pleasure. Whether you envision your big day in our picturesque Upper Terrace overlooking the pristine, turquoise waters of the Caribbean Sea, or ceremonies and receptions overlooking a sparkling, refreshing pool with an elegant and modern touch, while also projecting a cool, laid-back ambience. Grenadine House provides you with the perfect wedding location that will make the start of your new life together a memorable one.

Call or Email us for more information:  
+1 784 458-1800 | + 1784 593-0996  
stay@grenadinehouse.com

 **Islander**  
Bar & Grill

**MENU**

**BBQ SATURDAY**

BBQ Ribs  
Jerk BBQ Chicken  
Mac & Cheese  
Rice & Peas  
Festivals  
Pig Tail Soup

**17TH AUG**  
**ALL DAY HAPPY HOUR**  
**12PM ONWARDS**

   Myahs Hotel

[www.myahshotel.com](http://www.myahshotel.com)

**WAFULASUN**  
SPORT BAR  
**KARAOKE**  
*SUNDAY'S*

**WAFULASUN** **WAFULASUN**

**VENO'S KARAOKE & FAMILY**

WE HAVE ALL YOUR FAVOURITE SONGS,  
IF WE DON'T HAVE THE SONG YOU NEED,  
PROMISE YOU, I'LL GET IT NEXT KARAOKE

LOTS TO EAT, BAR ROCK SOLID, SPECIALS ON CARIB & HAIROUN.  
SO COME OUT LETS DRINK SOMETHING, EAT SOMETHING, SING  
SOMETHING VYBZ & HAVE SOME FUN

**Spring Hotel Bequia**

**DAY PASS**

USD \$75 per person

**Includes:**

- FREE SHUTTLE SERVICE
- 1 TWO COURSE MEAL
- 1 WELCOME DRINK
- CHANGE ROOM
- POOL ACCESS
- 1 LOCAL BEVERAGE
- ACCESS TO ENTERTAINMENT AREAS

**ROOM ADD-ON + USD \$35**

**Reservation Only**

tel # 1 784 457 3707 / 1 784 454 4260  
email: info@springhotelbequia.com

**SVG Hotel & Tourism Association**  
Cruise Ship Terminal, Unit #8, St. Vincent & the Grenadines  
T: 784 458-4379 | M: 784-494-4379  
E: svghotels@vincysurf.com | svghotels@gmail.com



Grenadine House  
Kingstown, St. Vincent

# August Spa Specials

*Summer Glow* - EC\$150.  
- MASSAGING BODY SCRUB -  
- BOOSTER FACIAL -

*Summer Loving* - EC\$120.  
- BODY SCRUB -  
- PEDICURE -  
- BACK MASSAGE WITH AN INDIAN HEAD MASSAGE -

*Summer Rescue* - EC\$115.  
- FULL BODY SWEDISH MASSAGE -  
- REGULAR MANICURE -

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*Kids Relief* - EC\$75.  
- MANICURE -  
- PEDICURE -  
- BACK MASSAGE -

*Kids Summer Vibes* - EC\$100.  
- PEDICURE -  
- BACK MASSAGE -

- POOL ACCESS WITH A LIGHT MEAL & 1 HAIR OUN SOFT -

APPOINTMENTS : +1 784 456-2600 | +1 784 458-1800  
WHATSAPP : +1 784 593-0996+ | +1 784 458-1800  
EMAIL : STAY@GRENADINEHOUSE.COM

Islander Bar & Grill

THIS WEDNESDAY

# Pizza And Pasta Your Way!

Pizza Menu	Pasta Menu
<b>2x10"</b> With Two Toppings US \$20 EC \$50	<b>Pasta+</b> Choice Of Sauce + add-on
<b>2x12"</b> With Two Toppings US \$24 EC \$60	US \$10 EC \$25

**Pizza Toppings**  
•Pepperoni •Ham •Sausage •Bell peppers  
•Mushrooms •Corn •Pineapple •Bacon •Extra cheese

**Pasta Add-Ons**  
•Vegetables •Chicken  
•Fish •Italian sausage

Prices Include VAT. Subject to 15% Service Charge

**Call: 1 (784) 451-3601**

Oh So!  
Everyday!  
Gourmet

Authentic Caribbean Product

Available at  
Greaves Supermarkets,  
Massy Stores,  
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Randy's Diamond,  
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**CREAMY GARLIC PASTE**  
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For Pizzas, Pasta, Wraps, Burgers,  
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Grenadine House  
Kingstown, St. Vincent

EVERY TUESDAY

# TACOS

TUESDAY

BEEF  
CHICKEN  
FISH  
VEGETABLE

-SERVED WITH FRIES / SALAD | 1 REFRESHING GLASS OF GH LEMONADE-

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# SAILING SCHEDULE



OPERATING DAYS	DEPARTS BEQUIA	DEPARTS KINGSTOWN
<b>MONDAY</b>	6:30 AM 2:00 PM	11:45 AM 4:00 PM
<b>TUESDAY</b>	6:30 AM 2:00 PM	11:45 AM 4:00 PM
<b>WEDNESDAY</b>	6:30 AM 2:00 PM	11:45 AM 4:00 PM
<b>THURSDAY</b>	6:30 AM 2:00 PM	11:45 AM 4:00 PM
<b>FRIDAY</b>	6:30 AM 9:15 AM 2:00 PM	8:00 AM 11:45 AM 4:00 PM
<b>SATURDAY</b>	6:30 AM 9:15 AM 4:00 PM	8:00 AM 11:00 AM 5:30 PM
<b>SUNDAY</b>	6:30 AM 4:00 PM	8:00 AM 5:30 PM

(784) 458 3348    (784) 534 7707    [admiralferries@gmail.com](mailto:admiralferries@gmail.com)    [admiralferries.com](http://admiralferries.com)



## Weekend Rates

**Passenger Return**  
**\$40ec**

**Vehicle + Driver Return**  
**\$100ec**

*Years Of Serving You Admiral 2 Ferry*  
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FRIDAY  
 From Bequia 9:00 AM and not 9:15 AM  
 From Kingstown: 7:45 AM and not 8:00 AM

Grenadine House  
Kingstown, St. Vincent

# DAY PASS

US \$85.00

Per Person

**ROOM ADD-ON +\$35.00**

### DAY PASS PACKAGE INCLUDES:

- ✓ 1 WELCOME RUM/FRUIT PUNCH
- ✓ 1 TWO COURSE MEAL
- ✓ 1 LOCAL BEVERAGE
- ✓ 1 GLASS HOUSE RED/WHITE WINE
- ✓ ACCESS TO POOL
- ✓ ACCESS TO GYM

**BOOK NOW**

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**MHH HOTEL**

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**PRETTY HANDS AND FEET**    **\$120<sup>XCD</sup>**    **MANICURE + PEDICURE**  
CHOICE OF GEL OR REGULAR POLISH

\*PROOF OF TEACHING PROFESSION REQUIRED\*

**Teachers Treat**    **Massage & Hydrating Facial**    **\$160<sup>xcd</sup>**

AUGUST 7TH - SEPTEMBER 30TH

**TEEN AND TWEEN FACIAL CLEANSE**    **30MIN - \$40<sup>XCD</sup>**  
REFRESHING EXFOLIATION FOR SENSITIVE SKIN. AGE RESTRICTION PROMOTION. PROOF OF DOB MAY BE REQUIRED. SUBJECT TO CHANGE AT ANY TIME

**Fresh Face Facial**    **25MIN - \$45<sup>XCD</sup>**  
AVAILABLE FOR A LIMITED TIME ONLY. SUBJECT TO CHANGE AT ANY TIME.

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**FARES**

Bequia: adult return \$45.00, one way \$25.00

Children return \$25.00 and one way \$15.00.

Children under 5 years travelling with an adult free.

=====



# WEEKLY SCHEDULE

## BEQUIA - KINGSTOWN

DEPARTS BEQUIA			DEPARTS KINGSTOWN		
MONDAY - FRIDAY	SATURDAYS	SUNDAYS & PUBLIC HOLIDAYS	MONDAY - FRIDAY	SATURDAYS	SUNDAYS & PUBLIC HOLIDAYS
6:30 AM	6:30 AM	6:30 AM	8:00 AM	8:00 AM	8:00 AM
8:30 AM	8:30 AM		10:30 AM	11:00 AM	
9:30 AM			1:00 PM		
1:00 PM	1:00 PM		4:00 PM	5:00 PM	
4:30 PM	4:30 PM	4:30 PM	6:00 PM	6:00 PM	6:00 PM



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*Your safe, reliable and efficient ferry service!*



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Service. Reliability. Respect.

SCHEDULE UPDATE

Tuesdays and Fridays

Departs - 12:00NOON

Kingstown - Canouan - Mayreau

Wednesdays and Saturdays


Departs - 7:00AM

Mayreau - Canouan - Kingstown

All passengers from Kingstown must have a government pass issued at the Ferry Terminal.

SHIP: 784 526 1158 | OFFICE: 784 457 4157  
gemstarshipping@gmail.com

Find us on



## Contact Us

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