

FEBRUARY

Fri 7th

Moonshine: Girls Night Out

Tel: 433-1528

Fish Fest Showcase, Bagga

Sunset Shores Hotel: Happy hour 4-7 pm

Ada Restaurant, Beachcombers Hotel: Happy Hour, 4:30pm - 7:00pm

French Verandah: Happy Hours 5-7 pm

Myah's Hotel: Happy Hour All Day

Driftwood Restaurant and Lounge, Ratho Mill - Friday Night Ceviche!, 6pm

Grenadine House: Happy Hours 3 pm

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

Coconut Grove Beach Club, Ratho Mill: Happy Hour 5pm - 7pm



Tel: 458 - 4411

Tel: 458-4283

Tel: 453 -1111

Tel: 451-3600

Tel: 456-8999

Tel: 458 -1800

Tel: 457- 4795

Tel: 431-2837

Sat 8th

The R n B Party, Red Room, Dolphin Gymnasium Arnos Vale Tarmac

Sunset Shores Hotel: Happy Hour 4-6 pm, BBQ from 7pm

Ada Restaurant, Beachcombers Hotel: BBQ from 5:00pm - 9:30 pm with Live Music

Grenadine House: Happy Hours 3 pm

Young Island Resort: BBQ from 7:00 pm

Myah's Hotel: Happy Hour All Day; BBQ 12noon

Hotel Alexandrina: Kulture Bar & Grill, Prospect 3pm

Tel: 458 - 4411

Tel: 458-4283

Tel: 458 -1800

Tel: 458-4826

Tel: 451-3600

Tel: 456-9788

Sun 9th

La Vue Boutique Hotel & Beach Club: Brunch 11am - 3pm, Karaoke, 6pm

Café Soleil, Blue Lagoon Marina: BBQ 11 am - 5 pm, live music by BAM from 7 pm

Myah's Hotel: Lunch 12:00 noon

Grenadine House: Sunday Buffet 11:30, Happy Hours 3 pm until

360 Sports Bar, ET Joshua Center: Super Bowl showing Live, 7:30 pm

Tel: 532-8883

Tel: 456 - 8550

Tel: 451-3600

Tel: 458 - 1800

Mon 10th

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

The Loft Restaurant & Bar, Blue lagoon Hotel and Marina, Ratho Mill

Grenadine House Restaurant:: Taco Tuesday 11 am - 6 pm

Signature Restaurant and Event Centre, Vigie Highway: Beer and Wings

The Loft Restaurant & Bar, Blue Lagoon Hotel and Marina, Ratho Mill

Tel: 454-2455

Tel: 458-4308

Tel: 458 -1800

Tel: 456-6518

Tel: 458-4308

Wed 12th

Chill Spot and Grill, Arnos Vale, Seafood Menu: Surf & Turf

Tree House & Grill: Seafood Night, Cracked Conch, 5pm until

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

Signature Restaurant and Event Centre: Lobster Special, Vigie Highway, Arnos Vale

Flow Wine Bar & Kitchen, Kingstown

Tel: 457-7768

Tel: 456-6808

Tel: 451-3600

Tel: 456-6518

Tel: 457- 0809

Thurs 13th

Myah's Hotel: Karaoke Night 7pm - 10 pm

Coconut Grove Beach Club, Ratho Mill

Chill'n Brewery, Egmont Street, Honey BBQ, Sweet Chilli, 10am—6pm, Kingstown

Grenadine House Restaurant:: Pasta Thursday

Tel: 451-3600

Tel: 431-2837

Tel: 456-1776

Tel: 458 -1800

Friday 7th February

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

Chill Spot and Grill, Arnos Vale - BBQ

The Loft Restaurant & Bar, Blue lagoon Hotel and Marina,

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

Mangoz Restaurant and Bar, Villa

Vee Jays Restaurant, Friday Lime, Lower Bay Street

Tree House & Grill, Arnos Vale: Unplug Fridays

Saturday 8th February

Summer Rose Bar & Lounge from 5 pm

Flow Wine Bar & Kitchen, Kingstown

Driftwood Restaurant and Lounge, Ratho Mill

Chill'n Brewery: Wings - Honey BBQ, Sweet Chilli, 10 am—2 pm, Kingstown

Sunday 9th February

Mangoz Restaurant, Great Vibes & Ambience, Villa

Chill Spot and Grill, Arnos Vale

Wafulasun Sports Bar, Chateaubelair: Karaoke Night, 8pm

Tel: 454-2455

Tel: 457-7768

Tel: 458-4308

Tel: 456-6518

Tel: 458-5882

Tel: 457-2845

Tel: 456-6808

Tel: 494-7673

Tel: 457- 0809

Tel: 456-8999

Tel: 491 4455

Tel: 458-5882

Tel: 457-7768

Tel: 570-9691

Zess nlp
Villaggio Bar
CAMPARI
SKYY VODKA
SUNSET
XO
EXTRA ORDINARY
FRI FEB 7TH
GIRLS
NIGHT OUT
LADIES FREE ALL NIGHT
MEN: \$20
Moonshine
GIVEAWAYS- LIVE DJs- DRINKSPECIALS- FOOD

MH HOTEL
Sunday Lunch
MENU
CURRIED GOAT
GRILLED FISH WITH GARLIC ROSEMARY BUTTER SAUCE
GRILLED JERKED CHICKEN IN JERK SAUCE
HERB INFUSED RICE AND PEAS
THREE CHEESE MACARONI PIE
POTATO SALAD
SAUTEED VEGETABLES
Adults \$55xcd
Kids \$25xcd (4-10yrs)
ISLANDER BAR & GRILL FEB 9TH | 12PM
FOR MORE INFORMATION Call: 1(784) 451-3600
Myahs Hotel www.myahshotel.com

Grenadine House
Kingstown, St. Vincent

Happy HOUR

EVERY FRI-SUN
3PM UNTIL

HAIROUN BEERS | CARIB BEERS | SHOTS SPECIALS
COMBOS | BURGERS | TACOS | FINGER FOODS | WINGS

GRENADINE HOUSE

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

Join us every **Friday**

Music by:
DR KHAOS

Happy Hour
5-7PM

Coconut Grove
BEACH CLUB

BEQUIA INTERNATIONAL THEATRE FESTIVAL
FEBRUARY 3 - 19, 2025

John Lennon MAN OF THE DECADE
An Evening of Story & Song
Written and performed by Anthony Morgan

THE MIND-READING LAWYER
A courtroom drama where no secrets are safe, truth is revealed, and justice knows no bounds.
Prepare To Be Amazed!
Starring Timms McEneaney

tuesdays with MORRIE
"Wherever life takes you, go with all your heart."
By Jeffery Hatcher & Mitch Albom
Original Play by Mitch Albom
Starring Jeremiah Smeek & John Barrow (Directed by David Hays)

THE INTERNATIONAL CONCEPT
Six Dance Lessons In Six Weeks
BY ROBERT ALBERT
"VERY MOVIE VERY FUNNY VERY FUNNY"
"THESE DANCE CLASSES ARE COMING ALONG!"
"I'VE ALWAYS A BIT SHY!"
STARRING: CAROL LIND & TORIANE BARRON
DIRECTED BY: ROBERT CARROPPS

A SUSPENSE AN ACT OF GRACE
BY JOHN MUGGLETON
DIRECTED BY LINDA VAS LAFOLETTE

FOR INFO AND TICKETS

BEQUIASHOWS.COM

Grenadine House
Kingstown, St. Vincent

GH WRAPS SERVED WITH SALAD
CHICKEN, FISH, VEGETABLES

BUILD YOUR SALAD
Lettuce, Tomatoes, Cucumbers, Carrots, Cabbage, Onions, Sweet Peppers, Avacado, Chick Peas
4 Veggies + 1 CHOICE OF MEAT - FISH/CHICKEN

CHEF'S DAILY SPECIAL
Local Ground Provision Bowl
Steamed Plantains, Steamed Provision, GH Salad, Coconut Dumplings
Choice of Codfish/ Grilled Chicken / Fish

BEVERAGES
Ginger Lime Fuzz
Fruit Smoothies (Seasonal Fruits)
Plumrose/ Waxapple Watermelon Spritz (SEASONAL)

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

Wellness Wednesday
EVERY WEDNESDAY

Grenadine House
Kingstown, St. Vincent

FEB 14 2025

LAVUE BOUTIQUE HOTEL & BEACH CLUB PRESENTS

7PM till 10PM

Valentines Dinner

Je T'adore

BUONGIORNO RESTAURANT
SUNSET RESTAURANT
THE COURTYARD

\$250 per couple

A NIGHT OF PASSION, GLAMOUR, AND MUSIC

3 COURSE MEAL	LIVE ENTERTAINMENT
SERVED WITH 2 GLASSES OF WINE	2 CHOCOLATE FOUNTAINS
BOTTLE SERVICE ON WINES ALL NIGHT	EARLY BIRD SPECIALS

ROMANTIC CANDLELIGHT DINNER

A Reservation Only Event. Secure your spot by calling
(784)528-8883 or whatsapp (784)534-7754
www.lavuehotel.com Follow us @lavuehotelbeachclub

Grenadine House
Kingstown, St. Vincent

POOL Packages

POOL PACKAGE 1 XCD \$40.00 -ACCESS TO POOL-	POOL PACKAGE 2 XCD \$60.00 -ACCESS TO POOL- - 1 LIGHT MEAL- - 1 HAIROUN SOFT DRINK-
--	--

FOR RESERVATIONS CALL/WHATSAPP
+1 784 458-1800 | + 1 784 593-0996

SUNDAY FEBRUARY 9 7:30PM

SHOWING LIVE AT

360 Sports Bar

WINE

SUPER BOWL

CHIEFS vs EAGLES

INDOOR+ OUTDOOR SCREENING OF GAME

LIMITED CAPACITY EVENT

ADVANCED TABLE RESERVATIONS ARE REQUIRED
784-530-3360

ADMISSION: \$30 PER PERSON REDEEMABLE IN FOOD + DRINKS

OUTDOOR COCKTAIL TABLE RESERVATIONS: \$20 PER PERSON REDEEMABLE IN FOOD + DRINKS

Food & Beverage Vouchers are ONLY redeemable on this night. Vouchers are Non-Refundable.

Islander Bar & Grill

WEEKDAY LUNCH Deal

🕒 12pm - 3pm

10" Pizza With Two Toppings EC \$20

Pizza Toppings

- Pepperoni •Ham •Sausage •Bell peppers
- Mushrooms •Corn •Pineapple •Bacon •Extra cheese

ORDERS: 1 (784) 451-3601

VAT inclusive. Subject to 15% Service Charge

Myahs Hotel www.myahshotel.com

EACH AND EVERY **MONDAY NIGHT**

FreeBar & Grill **8PM UNTIL**

KARAOKE
night

FREE BEER AFTER FIRST SONG
BEER SPECIAL 3 FOR **\$12**

Grenadine House
Kingstown, St. Vincent

EVERY TUESDAY

TACOS

TACOS
Tuesday

BEEF
CHICKEN
FISH
VEGETABLE

- SERVED WITH FRIES / SALAD | 1 REFRESHING GLASS OF GH LEMONADE -
- +1 784 458-1800 | +1 784 593-0996 | STAY@GRENADINEHOUSE.COM -

BEQUIA EXPRESS COMPANY

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

TEL: 784 457-3539 | FAX: 784 457-3055
Email: info@bequiaexpress.com

Your safe, reliable and efficient ferry service!

SOUTHERN GRENADINES: The boat leaves St Vincent on Mondays at 10:00 am. Persons must be in possession of a government pass.



OTR PROMOTION

Events **SCHEDULE**

2ND FEB RETURN CRICKET
NORTH LEEWARD

8TH FEB LA SOUFRIÈRE HIKE
OTR

16TH FEB LOVE ON THE SAND
BEACH SANDY BAY

1ST & 2ND MAR OTR 7TH ANNIVERSARY WEEKEND
PARTY AND BEACH LIME

Photo: with: @possessionofthelife.com



Grenadine House
Kingstown, St. Vincent

Pasta Thursday

CHICKEN FISH BEEF CARBONARA

EVERY THURSDAY

ORDER NOW: +1 784 458-1800 | +1 784 593-0996

[WhatsApp](#) [Instagram](#) [Facebook](#)



Delisle Walwyn & Co., Ltd.
"People You Can Trust"

THE MINISTRY OF TOURISM
ANNOUNCES THE RETURN OF THE

DELISLE WALWYN & COMPANY LTD.
INTER-PRIMARY SCHOOLS
TOURISM QUIZ

THURSDAY 13TH
FEBRUARY, 2025

LOCATION: NEPAC

TIME: 10:00 AM

FOR MORE INFO CONTACT:
THE MINISTRY OF TOURISM
469-0051 Ext. 6447 / 6448

NEVIS ISLAND ADMINISTRATION
MINISTRY OF TOURISM

bolder



Grenadine House
Kingstown, St. Vincent

LOVE & PASSION
A Taste of Romance

Valentine's Day
Dinner

DINNER, MUSIC, LOVE

14TH FEB
6:30PM

LIVE ENTERTAINMENT BY:
SARAFINA | SHAIELLE

GRENADINE HOUSE

+1 784 458-1800 | +1 784 593-0996
STAY@GRENADINEHOUSE.COM

treeBar Grill PRESENTS

FRIDAY 14 feb

ENGLISH | SPANISH

MY Love | Mi Amor

MY Love

ADM: \$20 BEFORE MIDNIGHT \$30 AFTER
LIMITED COMPLIMENTARY SHOTS ON ENTRY

EMERALD SOUNDS FT STIFFLA & SHADY ICE KOLE AND ZJ POWERZ

@ RATED (M) FOR MATURE AUDIENCES

#ICEKOLE #MYLOVE #TREEHOUSEBARANDGRILL

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

MYAH'S HOTEL

THE LOVERS DINNER

VALENTINES BUFFET

FRIDAY FEBRUARY 14TH

Time: 6:30pm-10pm
LAST TABLE SEATING 9:30PM

Live Music By Blazing Fire

Location: Elliot's Restaurant

A FREE GLASS OF WINE SERVED DURING DINNER

PRIZES TO BE WON FOR BEST DRESSED:
COUPLE | WOMAN | MAN

PRICED AT XCD \$200 PER COUPLE
SERVICE CHARGE & TAX INCLUDED

Reservations Call: 451-3600 | Email: reservation@myahshotel.com

WALK-INS WELCOME, RESERVATIONS PREFERRED

WAFULASUN PRESENTS

WAFULASUN
Our Place
Est. Since 2013

DJ King G

KARAOKE

ALL YOUR FAVOURITE SONGS
EVERY SUNDAY NIGHT

WAFULASUN SPORTS BAR, CUMBERLAND

FOOD.DRINK.MUSIC.PARTY | FREE ENTRY | START 8PM

Wafulasun's the place where great friends meet

CONTACT US:
TEL: [784] 570-8691 / [784] 532-5514
E-MAIL: JAMTXP@GMAIL.COM;
FACEBOOK: #WAFULASUN

FREE 6-pack for the week's winner

Valentine's

DINNER

Dinner menu coming soon

Make your reservation:

(784) 431-2837

gm@coconutgrovesvg.com



February 14

SAILING SCHEDULE



OPERATING DAYS

DEPARTS BEQUIA

DEPARTS KINGSTOWN

MONDAY	6:30 AM 2:00 PM	11:45 AM 4:00 PM
TUESDAY	6:30 AM 2:00 PM	11:45 AM 4:00 PM
WEDNESDAY	6:30 AM 2:00 PM	11:45 AM 4:00 PM
THURSDAY	6:30 AM 2:00 PM	11:45 AM 4:00 PM
FRIDAY	6:30 AM 9:15 AM 2:00 PM	8:00 AM 11:45 AM 4:00 PM
SATURDAY	6:30 AM 9:15 AM 4:00 PM	8:00 AM 11:00 AM 5:30 PM
SUNDAY	6:30 AM 4:00 PM	8:00 AM 5:30 PM

(784) 458 3348 (784) 534 7707 admiralferries@gmail.com admiralferries.com

JADEN SUN FAST FERRY

NOTICE



JADEN SUN WILL BE OFF SCHEDULE FOR
MAINTENANCE FROM
1ST TO 16TH FEBRUARY, 2025
REGULAR SCHEDULE WILL RESUME ON
17TH FEBRUARY, 2025

TEL: 784-498-7114
EMAIL: JADENINC@VINCYSURF.COM

MYAH'S HOTEL



Local Cuisines Thursday



On The
Menu

- Tropical Green Bananas
- Roasted Breadfruit with Stewed Chicken Paella
- Sautéed Codfish Boljow with Garden Salad

\$35 Codfish W/ Sides | \$25 Chicken W/ Sides

Call: 1(784) 451-3600

Prices Includes VAT & Service Charge.



Visit our website
myahshotel.com

Parks and Sites

Recreation & Site Seeing

- Rawacou Recreation Park
- Belmont Lookout
- Owia Salt Pond
- Cumberland Beach Recreation Park
- Brighton Salt Pond

Hiking & Adventure

- La Soufriere Cross Country Trail on the Windward Side
- Cumberland Trail
- Dark View Falls
- Buccament Forest

Heritage & Culture

- SVG Botanical Garden
- Wallilabou Heritage and Recreation Park
- Black Point Heritage and Recreation Park

BEQUIA - PLACES TO VISIT

- Maritime Museum
- Old Hegg Turtle Sanctuary
- Hope Bay Estate
- Site of Hamilton



National Parks, Rivers and Beaches Authority
Jaycees Building, Stoney Ground Road
Kingstown, St. Vincent and the Grenadines

☎ 784-453-1623 / Fax: 784-453-1622

✉ nationalparkssvg1@gmail.com

🌐 www.nationalparks.gov.vc

📅 Friday, 24th January, 2025

LA SOUFRIÈRE WINDWARD TRAIL NOTICE

The Management of the National Parks, Rivers and Beaches Authority (NPRBA) wishes to inform the general public that, effective Saturday 1st February, 2025, a Facility User Fee will be implemented for users of the La Soufrière Windward Trail, as follows:

- National and Caribbean Visitors: EC \$5.00
- International Visitors: US \$5.00

Payments can be made at the following locations:

- The National Parks Authority Office, Jaycees Building, Stoney Grounds
- Black Point Heritage and Recreation Park Site

The NPRBA sincerely appreciates your continued support of the La Soufrière Windward Trail and looks forward to your cooperation in ensuring the sustainable management of this treasured site.

**A Public Service Announcement From The Management of
The National Parks, Rivers and Beaches Authority**

EVERY FRIDAY

CHILL SPOT BAR & GRILL

DELIVERY AVAILABLE STARTS FROM \$5

BBQ MENU

EAT OUT FRIDAYS

Date: 7/02/25

MEATS

CHILLSHOT BBQ CHICKEN \$18/\$23	GRILLED FISH \$30
JERK CHICKEN \$23	GRILLED SHRIMP \$55
FRIED SHARK \$25	CONCH ROTI \$25
CURRIED CHICKEN \$18, \$23	CHICKEN ROTI \$15
CHILLSHOT BBQ PORK \$22	
JERK PORK \$22	

SERVED WITH THREE SIDES

MACARONI PIE	FRY PLANTAIN	VEGGIE RICE
ISLAND VEG	GARDEN SALAD	BREADFRUIT SALAD
	MANISH WATER \$25	



WE ACCEPT:  

Facebook: @CHILLSPOTSVG

Vigie Highway, Arnes Vale, outside previous location of Rent and Drive
TO PLACE PRE ORDERS, CONTACT 1(784) 457-7768

Grenadine House
Kingstown, St. Vincent

February Spa Specials 2025

Xo Xo Escape

\$125

POOL SIDE MASSAGE (UPPER BODY)
POOL DAY PASS
1 LIGHT MEAL,
1 HAIR OUN SOFT

Heart to Heart

\$260

COUPLE'S SWEDISH MASSAGE (FULL BODY)
FOOT SCRUB
COMPLIMENTARY GLASS OF WINE

I Wanna Be Loved

\$110

GENTLEMAN'S :
MANICURE
PEDICURE
NECK, SHOULDER & HEAD MASSAGE

Love Potion

\$120

GEL PEDICURE
BOOSTER MANICURE
BOOSTER FACIAL

Cupid's Little Treat (KIDS)

\$80

BACK MASSAGE
EXPRESS MANICURE
EXPRESS PEDICURE

BOOK NOW



+ 1 784 458-1800 | + 1 784 593-0996 | + 1 784 456-2600

stay@grenadinehouse.com

  

Tree Bar & Grill

unplug Fridays

EACH AND EVERY FRIDAY NIGHT

- Kitchen steaming all night, roast pork, chicken wings, shark and much more
- 2 FOR 1 HAPPY HOUR FROM 7PM - 9PM

MUSIC BY A POPULAR DJ

MUST BE 18 OR OLDER - ID REQUIRED - DRINK RESPONSIBLY

WAFULASUN

VIBEZ UNLIMITED

IT'S A FRIDAY EVENING AFFAIR

5 PM CUMBERLAND FEB 7

MUSIC BY

DJ RISH

THE MAD CATS

MIKE LIFE

FREE ADMISSION. BAR AND KITCHEN SOLID

8:30 PM

07TH FEB

BACCHANAL FRIDAY

LOCATION
COCO'S PLACE | BEQUIA
ENTERTAINMENT BY
| THE BAND INFINITY | THA FUGITIVE |

ADMISSION - \$10
FOOD AND DRINKS ON SALE

THIS THURSDAY
KARAOKE Night
TIME: 7PM - 10PM

PIZZA SPECIAL
1 X 10" PIZZAS \$20

SPECIALS RUN FROM 7PM-10PM

FOR MORE INFORMATION Call: **1(784) 451-3600**
*VAT inclusive. Subject to 15% service charge

Mvahs Hotel www.myahshotel.com

THE LOFT
RESTAURANT & BAR

Valentine's DINNER

LIFE MUSIC.FOOD.LOVE

Friday, February 14, 2025

MORE INFO COMING SOON
(784) 458-4308

FRIDAY NIGHT CEVICHE

driftwood
eat. drink. drift.



Basil at Villa
 NOW OPEN FOR RESERVATIONS
Valentine's Indulgence
 A 3-course dinner featuring the finest island flavors, served with a complimentary wine.
14. 02. 2025
 BASILATVILLA.COM



The Fish Processing and Handling Program Presents
FISH FEST Showcase
 Support the participants as they showcase their products at the Bagga Fish Fest
Friday 7th Feb, 2025
 Frozen Fish Fillets Fish Burgers Fish Tempura
 Fish Patties **An Assortment of Mouthwatering Fish Dishes** Tuna Canning
 Grilled Fish **Will be on Sale** Fish & Chips
 Training was funded by the Mustique Charitable Foundation (MCF) under the Empowerment through skills program
 powered by H2Ofoods



FreeBar & Grill
SeaFood NIGHTS
CRACKED Conch
 Every Wednesday **From 5pm** until
 Variety of Sides to choose from
 Call to Order 784 456 6808



TACO THURSDAY
 EVERY OTHER THURSDAY
 STARTING FEBRUARY 6
 HAPPY HOUR 5PM-7PM
 Frozen margaritas 2 for \$25
 SHRIMP \$35
 CHICKEN \$30
 Coconut Grove BEACH CLUB



THE ST. VINCENT
CO-OPERATIVE
BANK LTD.

Open for Business

We are offering loans to businesses:

- Business Debt Consolidation
- Working Capital Replenishment
(term out your overdraft and start fresh)
- Inventory Stocking
- Capital Injection
- Revolving Loans
- Tax, NIS, Property Tax

For more information, call us at
784-532 9823, Email: adickson@svcbl.com
or **784-493 5098, Email: nnicke@svcbl.com**

THE PENNY BANK AND SO MUCH MORE

TERMS AND CONDITIONS APPLY.

Emergency Numbers

Fire, Police and Coastguard:	911/999
Hospitals: Accident and Emergency Kingstown:	456-1955
Bequia:	458-3294
Canouan Clinic:	458-8305
Union Clinic:	458-8245



SVG Hotel & Tourism Association

OFFICE AND SOUVENIR SHOP

Cruise Ship Terminal, Room #8

P O Box 2125
Kingstown
St. Vincent & the Grenadines
T: 784 458-4379
M: 784-494-4379

E: info@svghotels.com/svghotels@gmail.com
W: www.svghotels.com
Ins & Outs of SVG: www.insandoutsofsvg.com/

Chill'n
Brewery

WINGS

HONEY BBQ, SWEET CHILLI

ONLY
EC\$12

www.chillnbrewery.com +1784-491-4455

Save the Date for Valentines
Day Dinner

3 Course Meal + Complimentary
Glass of Wine

Contact:

: 784-458-4411
WhatsApp: 784-493-9722
 info@sunsetshores.com

Myah's Hotel Private Photoshoot

Capture your special day or special occasion in photos!
Your packages include professionally edited images:

Available Packages

- US\$30 – 15 minutes – 5 digital images
- US\$45 – 30 minutes – 10 digital images
- US\$60 – 45 minutes – 15 digital images

RESERVE NOW: www.myahshotel.com/reserve
Subject to availability, 24hrs advance booking required.

+ 1 784 451-3600

Visit our website
myahshotel.com

MAR 1ST 2025

CHAFC COMMUNITY HEALTH & FITNESS CLUB

Zess

Tito's CONCIERGE

EFG Fitness Club

SUBWAY

Island Spiz Water

ZUMBA HEALTH & FITNESS WALK

T-SHIRT DRINKS VIBES

T-SHIRTS AVAILABLE \$55 PER PERSON

WARM UP & COOL DOWN BY DS FITNESS & EFG FITNESS

THE WALK BEGIN AT PEACEMO STRAIGHT ONTO CALIAQUA PLAYING FIELD

MUSIC BY CHEMICAL X

CONTACT TO REGISTER

1(784) 495-2620 1(784) 593-3564 1(784) 491-1754 1(784) 528-9903


 A vibrant poster for a 'Red Room Party' event. The background is a collage of images, including a man in a suit and a woman in a red dress. The text is bold and colorful, with 'RED ROOM' in large red letters. The event is scheduled for February 08, 2023, at the Dolphin Gymnasium, Arnos Vale Tarmac. The DJs for the night are Selecta Kerry & Trevlyn The Voice, DJ Blaze, DJ Yung Hu, DJ Stiflah, and DJ Dr Hu feat KubiYashi.

FEB 08 2023
RED ROOM
So Emotional!
 DOLPHIN GYMNASIUM
 >>> ARNOS VALE TARMAC <<<
YOUR DJs FOR THE NIGHT
SELECTA KERRY & TREVLYN THE VOICE
DJ BLAZE • DJ YUNG HU • DJ STIFLAH •
DJ DR HU FEAT KUBIYASHI


 A menu card for a 'Seafood Night' event at the Bequia Plantation Hotel. The card features a wooden background and a circular inset image of a seafood platter. The menu includes a 3-course set menu for \$65 per person, including a glass of Prosecco. The courses are: Starter (Seared Salmon Taki, Kale and Apple Salad, Saffron Citrus Vinaigrette), Main Course (Plantation Grilled Seafood Platter, Grilled Fish, Grilled Lobster, King Prawns, Garlic Mussels, Creamy Basil Risotto, Sumac French Beans, Lemon Dill Beurre Blanc Sauce), and Dessert (Tiramisu Ripple Icecream). Entertainment includes a Bashi Live Session. Reservations can be made at (784) 534-8677 or info@bequiaplantationhotel.com.

BEQUIA PLANTATION HOTEL
SEAFOOD NIGHT
3 COURSES SET MENU
SATURDAY, FEBRUARY 8 | 6:00 PM TO 8:30 PM
USD \$65 PER PERSON INCLUDING 1 GLASS OF PROSECCO

STARTER
 SEARED SALMON TATAKI, KALE AND APPLE SALAD,
 SAFFRON CITRUS VINAIGRETTE

MAIN COURSE
 PLANTATION GRILLED SEAFOOD PLATTER
 GRILLED FISH, GRILLED LOBSTER, KING PRAWNS, GARLIC MUSSELS
 CREAMY BASIL RISOTTO, SUMAC FRENCH BEANS,
 LEMON DILL BEURRE BLANC SAUCE

DESSERT
 TIRAMISU RIPPLE ICECREAM

Entertainment – Bashi Live Session

Reservations (784) 534-8677
 info@bequiaplantationhotel.com


 A banner for a grant programme. It features logos for ECS (Organisation of Eastern Caribbean States), UBEC (Unleashing the Blue Economy of the Caribbean), and The World Bank (IBRD - IDA | WORLD BANK GROUP). The text announces the launch of a 'Regional MSME Matching Grant Programme' on February 12, 2025, at 10:30am, with a deadline of March 19, 2025. Grants range from \$100,000.00 to \$200,000.00 USD. The programme is for Micro, Small and Medium Enterprises (MSMEs) of Value Chain Groups in the Fisheries, Marine/Coastal Tourism and Waste Management sectors in Grenada, Saint Lucia and Saint Vincent and the Grenadines. More information is available at ubecgrant@oecs.int.

ECS Organisation of Eastern Caribbean States
UBEC Unleashing the Blue Economy of the Caribbean
THE WORLD BANK IBRD - IDA | WORLD BANK GROUP

LAUNCH: WINDOW 2 CALL FOR PROPOSALS
REGIONAL MSME MATCHING GRANT PROGRAMME

Launch Date : February 12, 2025
 Launch Time : 10:30am
 Deadline: March 19, 2025

GRANTS RANGING FROM \$100,000.00 TO \$200,000.00 USD

Micro, Small and Medium Enterprises (MSMEs) of Value Chain Groups in the Fisheries, Marine/Coastal Tourism and Waste Management sectors in Grenada, Saint Lucia and Saint Vincent and the Grenadines are encouraged to apply

More Information :
 ✉ ubecgrant@oecs.int