

Jungle Bay Journal ~ July 2006

Welcome to the Jungle Bay Journal

Greetings from Jungle Bay, Your Caribbean Home!

Welcome to the first edition of the Jungle Bay Journal, an e-newsletter to keep you updated on all the exciting activities here at Jungle Bay Resort and Spa on the Nature Island of Dominica. Whether you are a past guest or you are just thinking of booking your first holiday with us, we want to keep in touch and encourage you to do the same. We welcome you to our unspoiled tropical Caribbean home.

Come hike, kayak, do Yoga, enjoy a coconut oil massage in our spa overlooking the Atlantic. Sip a cup of herbal tea and relax on the balcony of your private cottage listening to the sounds of the rainforest and enjoy the unique Caribbean cuisine in the Pavilion Restaurant. [Click here to read more about our First Year at Jungle Bay](#)

Jungle Bay employees give back to community



On June 22 Jungle Bay employees initiated their Community Grant program with two \$1000 grants to selected charities. The recipients of the first grants were the House of Hope center for orphans in the nearby village of Delices and the Petit Savanne Village Council to assist in providing running water to an under served section of the village populated by a high percentage of elderly and disabled persons. Jungle Bay has agreed to match its employee grants with identical contributions. This matching fund arrangement will result the doubling of these grants to \$2000 each. Jungle Bay's employees recognize the importance of giving back to their communities and therefore have all voluntarily agreed to contribute 10% of the tips and gratuities they receive from guests to community charities.

The second round of community grants will be issued later this summer. Jungle Bay's management and guests are extremely proud of the generosity of our staff and their commitment to the development of their communities.

Jungle Bay Nominated as Best Eco Resort

CAST YOUR VOTE TODAY!

Caribbean Travel Magazine's 2006 readers' survey is out; please help us to be chosen as the 2006 Best Eco Resort. It only takes a moment to go to question 30 at the following link and vote for Jungle Bay as under the category of Best Eco Resort

<http://www.caribbeantravelmag.com/bestof/index.jsp>

Please vote now - thanks for your support!

In addition, if you stayed with us, please help us spread the word about Jungle Bay in Dominica by visiting TripAdvisor.com in order to share your experience with other travelers.

Thank-you for taking a few moments to give a little testimonial about your trip, we truly appreciate it!

[Click here to write your review on TripAdvisor.com](#)

From the Yoga Mat (by Glenda)

Hi All/Aspiring Yogis/Yoginis,

It's been a pleasure having you join me for Yoga in the main yoga studio in the mornings. I know for several of you the class was helpful in starting your day right and preparing you for your daily activities (hikes, excursions, etc). Many of you were inspired when you left and looked forward to continuing your Yoga practice at a studio, gym and other facility near you. I want to encourage you to continue to practice yoga whenever you can as the benefits are invaluable (physical strength, flexibility, improved alignment). I will be away for a few months during the summer completing some training programs. I will be back later in the year and look forward to doing Yoga with you at Jungle Bay when you return.

Om Shanti,

Glenda Raphael is a Yoga Instructor and has been practicing Yoga for 11 years and Transcendental Meditation for 28 years.

Escape Wedding (by Glenda)



Congratulations to Giulia and Roberto, the first couple from Italy to tie the knot with us in Dominica.

They celebrated their special ceremony along the breathtaking White River near Jungle Bay. This romantic couple spent their honeymoon vacation enjoying a variety of activities like Yoga, kayaking, snorkeling, and hiking. They did the six hour "Boiling Lake Hike" and still had enough energy to enjoy their honeymoon!!!

Roberto was a good sport, improving his English immensely while he was here and the Jungle Bay staff picked up a few Italian words from him and Giulia as well. We wish our newlywed couple all the best -'congratulations Giulia e Roberto!'

A unique experience awaits you when you book your [wedding](#) or [honeymoon](#) at Jungle Bay.

Jungle Bay's Famous Carrot-Ginger Cake



By popular demand, Joanne and Bernice would like to share with you our most popular cake recipe. You may have to close your eyes while eating it and imagine you are in the Pavilion Restaurant overlooking the Atlantic Ocean.

Ingredients:

- 3 cups sugar
- 2-1/2 cups flour
- 3/4 teaspoon baking soda
- 1-1/2teaspoon baking powder
- 1/4 teaspoon salt
- 1-1/2 cup butter milk (melt 2 tablespoons butter and mix with liquid milk to yield 1-1/2 cups of butter milk)
- 2 cups finely grated carrot
- 1/4 cup finely grated fresh ginger
- 1/2 cup oil
- 4 eggs
- 1/2 tablespoon vanilla essence

- Combine all dry ingredients together, set aside
- Combine eggs, carrots, ginger, oil, butter milk & vanilla essence, mix well
- Fold dry ingredients into liquid mix
- Bake in oven of 370 degrees

Yield: two 9-Inch Cakes

Jungle Bay Leads Anti-Whaling Initiative with Island Crossing "Walk for Whales"



Jungle Bay led a group of over fifty hikers on a "Coast to Coast challenge hike" which was designed to increase awareness among Dominicans on the need to protect marine mammals. The hike was part of an ongoing public relations initiative to convince the government to abandon the practice of voting with pro-whaling Japan at the annual International Whaling Commission convention. Small aid-dependent Caribbean islands along with some landlocked impoverished African countries have engaged in the practice of virtually selling their IWC vote to Japan in exchange for foreign assistance projects. Jungle Bay is part of a growing movement that opposes this practice and wants Dominica to play a leading role in the preservation of whales, which we think is more consistent

with our "Nature Island" image. This year's IWC convention was held on the Caribbean of St. Kitts. Unfortunately the protection of whales is now threatened as the vote went in favor of whaling by one vote.

Come visit Peggy's Lounge



Guests relaxing in Peggy's Lounge



Sherm & Peg at Breakfast

suggestions to Sam and Glenda over dinner.

Peg and Sherm visited us in January and now their legend lives on as **Peggy's Lounge** was unveiled earlier this summer. Come relax in the new lounge at the front of the Pavilion Restaurant for a pre-dinner drink and sip our popular Jungle Punch (made with local rum from Petit Savanne, fresh juice and local spices).

Other guest suggestions that we have implemented here at Jungle Bay include the semi-outdoor showers with bamboo accents, changes to both the menu and activities schedule, as well as other fine tuning of the resort features. Thanks for your suggestions and keep them coming!

Our First Year



It is hard to believe that a year has come and gone since we opened Jungle Bay Resort and Spa to guests. Though our first year wasn't always a "Carib Basket full of sweet mangoes" it has been a rather delicious experience (sort of like Joanne's plantain in shredded coconut). After eight years of planning & construction we welcomed our first guests in March 2005 with trepidations!! (I can now admit, "yep, I was a bit nervous!" What if nobody came or they did not like our property or the water system failed with guests in house or, or whatever... anxiety, anxiety... It is one thing to have a unique tourism concept in your head however things do not always evolve as they are envisioned.

Fortunately, thanks to the support from many of you and probably some "dumb luck", things have gone rather smoothly since opening day! When we opened we experienced periods with few (sometimes no) guests however things eventually flowed and we enjoyed a relatively successful Winter season. Several major publications like the Wall Street Journal, Outside Magazine, Destination Weddings & Honeymoons Magazine and Islands Magazine featured us in articles on unique vacation spots and the Caribbean Tourism Organization, which is the official umbrella organization for Caribbean tourism, recognized Jungle Bay by naming us as a finalist in their selection of "Hotel of the Year" because of our sustainability, community links and sensitivity to the environment. Visit the media section of our website to see more articles we have been mentioned in.

The initial slower periods were actually quite useful since they enabled us to train our staff and to fine tune the property along with other aspects of our operations. During the past year we relied heavily on the honest guest feedback we obtained from several of you to help us identify our shortcomings and to improve our dining experience, spa services, and other areas of our property and operation.

Over the past year Jungle Bay has made significant progress in many aspects of our operations however the most significant area (the area I am most proud of) has been in the area of staff development. We have witnessed the miraculous transformation of 47 mostly displaced former banana farm workers, rural housewives and other "unemployable" rural misfits into a confident, cohesive, responsible, loyal fun bunch that leave our guests speechless... they are clearly our greatest asset. The first and last comments we hear from virtually all our guests are "we can't believe how genuine and nice the staff is...they make us feel at home...Joanne and the folks in the restaurant, Anthea and the housekeepers, Brother and the guides etc..etc". The secret is that the people from our surrounding communities are not familiar with the concept of "tourism" as we know it, instead they feel that our guests are visitors to their private homes so they go out of their way to ensure that you feel welcome. Many of you would be interested to know that we have introduced a comprehensive adult continuing education program that include computer training to our housekeepers and they are taking full advantage of it!!! As a result of initial success this program will be expanded to staff from all other departments in the near future.

The coming year promises to be even more exciting for Jungle Bay. Glenda is heading to Florida for three months of advance training in spa services so expect some new moves the next time you visit our spa. We have ordered some semi-open, small safari trucks which will add to the outdoor feel of our excursions and have been expanding our activity schedule to allow our guests to explore more of Dominica's many sites and attractions. Laura is fine tuning our mountain biking & ocean kayaking excursions. We are expanding our water related tours (courtesy of your suggestions) and are introducing scuba diving and whale watching as add on options to our exciting "Jungle-Spa Adventure" package. We are paying special attention to our good service department. In addition to continuing to fine tune our dining menu with ongoing training from Master Chef Neil from Tortola we will improve the area of food delivery with the addition of Chad, a Canadian management assistant with lots of bar and restaurant experience. And this November/December we will formally open our gift shop and beach bar. We have hosted several groups this past year and next year is already booking up with retreats for various international groups focusing on Yoga, wellness, outdoor adventure, culture, corporate team building, and more.

The past year has enabled us to get to know many of you in a very personal way and we feel privileged that you have chosen us as your new Caribbean vacation home. If you have not had the opportunity to vacation with us during our inaugural year and want to enjoy a vacation that is unique, adventurous and relaxing, please keep us in mind when you make your holiday plans. We will be honored to show you all that Jungle Bay and Dominica has to offer. And to our returning "members", the next time you visit your Caribbean home you will see lots of progress (thanks to your suggestions and comments)... but don't worry, we will never lose our charm!

Sincerely,

Sam Raphael
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