

Jungle Bay Journal ~ Fall 2006

Welcome to the Jungle Bay Journal

Greetings from Jungle Bay, Your Caribbean Home!

Can you believe that summer 06 is gone and it's Jungle Journal newsletter time again? How time flies when you're running around barefooted in the jungle!!

We have noticed that many of you (our past guests) have already made reservations for your return visit to Jungle Bay, and we thank you for that. We can't express how happy it makes us to learn that you've missed us as much as we've missed you. The same simple friendly Caribbean charm will be waiting for you with one exception...this time we will welcome you as old friends. [Continue below...](#)

Pamper Yourself



Our spa is expanding! We're remodeling and will be offering some delightful new additions to our menu as well as some wonderful new products this season.

We've moved the mini-gym and turned the lower level of the spa into a couple's massage studio. Our couples will now be able to receive their massages at the same time in their own private studio overlooking the Atlantic. How romantic!



In addition to the couples massage, we'll be adding some new treatments aimed at relaxing the body while offering a host of therapeutic benefits. For example, our Papaya Salt Glow polishes the skin & aids in detoxification thereby assisting the body in maintaining proper health.

You'll also be able to take the Jungle Bay spa experience home with you! We'll have spa products available for your own personal use or for gifts including our signature Jungle Bay Robe, facial products and natural organic body products.

For the majority of you, Spa du Soleil has been a heaven sent offering a wonderful treat after a long day of hiking and adventure in our rainforest. You've been able to unwind to the soothing sounds of the breaking ocean surf whilst receiving a relaxing massage, facial or pedicure from one of our friendly, professional spa attendants.

As part of our ongoing commitment to developing capacity in the surrounding communities, Jungle Bay has and will continue to hire and train individuals from the surrounding villages. I've recently completed additional training in Florida in several spa modalities and am not starting a comprehensive program to train our new and existing spa attendants in these techniques. As you've experienced while vacationing with us, interacting with our staff is a part of the Jungle Bay experience as we strive to go above and beyond the call of duty to make sure your stay at Jungle Bay is unique, authentic and unforgettable. See you soon!

Glenda Raphael, MT, Owner/Manager of Spa du Soleil

Jungle Visitors Book



Oh! What a lovely holiday can be had in Jungle bay
Where the trees tower, waves crash and stone lions lay
Hummingbirds hover and heliconias bloom
And an 'al fresco' shower awaits in the bathroom

Rasta guide Moses will gently show you the way
The hike up to Boiling Lake is a challenging day
Go snorkeling in champagne bubbles amidst exquisite fish
And return to the Pavilion for a delicious organic dish

Rejuvenate your body and mind at the super spa
Where nurturing treatments are brought from near and far
Take a refreshing dip in the volcanic swimming pool
And sleep soundly in your cottage where the breeze is cool

The Jungle Bay crew are very friendly and fun
They like to sing and dance once the service is done
The team brightens up each and every day
Ensuring every guest has an unforgettable stay

Thank-you Jungle Bay!
Louise Dixey
September 17, 2006

PUMPKIN - GINGER SOUP

A FAVORITE recipe from the Pavilion Restaurant!

INGREDIENTS:

8 cups (1/2 gallon) water
2 lbs pumpkin, peeled, de-seeded and cubed
4 pegs garlic (push 4 cloves on to 1 peg of garlic)
1 tannia, peeled & cubed (potato could be substituted)
4-6 vegetable OXO cubes
1 medium onion, quartered
1 bay leaf
1 sprig of thyme
1 root of ginger approximately (amount required depends on the potency of the ginger being used)

DIRECTIONS:

Place all ingredients in a stock pot or sauce pan. Cook until tender. Remove thyme, bay leaf and the peg of garlic with the cloves inserted into them. Allow soup to cool before pureeing in blender. Reheat before serving.
Peel and cut ginger and puree the ginger with water in blender. Strain and add ginger liquid to soup after reheating. Taste as you add it, as the amount required depends on the strength of the ginger. Do this just before serving.
Makes 8 - 10 servings
Enjoy!
Joanne Hilaire - Head Cook
Pavilion Restaurant

Photo Gallery of Recent Events



Jungle Bay has been buzzing with activity over the past few months. As we are still in our first year in operation it is a very pleasant surprise to have SO much interest from individuals and groups in what we offer, since traditionally it is often a struggle for young independent resorts to become known.

We hosted some very momentous weddings and numerous newlyweds who spend their dream honeymoon hiking, biking, kayaking and getting pampered in the spa this past summer.

Congratulations to Eugene and Carmen, wed October 6th at Jungle Bay.



This quarter the Jungle Bay Community Fund 'Friends of Jungle Bay' (owners, staff and guests of Jungle Bay) presented a check for \$52,000 EC as seed money for the development of the Community House of Hope. This new facility will care for residents of the SE of Dominica who are mentally and physically disabled. This is the second major contribution from our Community Fund. This project will require ongoing support. Friends of Jungle Bay are encouraged to contribute to this worthwhile community project.



The major retreat of the summer at Jungle Bay was the hosting of the Eastern Caribbean Annual Judicial Conference which was attended by all the Chief Justices of the Eastern Caribbean Supreme Court.

In September we hosted a multi-day Community Tourism Workshop at Jungle Bay. Evening entertainment was by a Jing Ping Cultural band.

In early October, Jungle Bay hosted a Bausch & Lomb Retreat for 40 doctors from Guadeloupe and Martinique. By day they explored the Nature Island of Dominica and by night were entertained by traditional Caribbean steel pan music.



If you know of an organization that is looking to host a conference or group retreat in a unique setting, don't forget us at Jungle Bay! With our world class meeting facilities set in the tranquil coastal forest, large and small meeting spaces, Wi-Fi internet access, customized groups tours, spa treatments, entertainment, and of course the tasty cuisine of the Pavilion Restaurant - we will make this retreat one to remember.

Blogging with Jungle Bay



Greetings avid Jungle Journal readers,

My name is Voula Papadopoulou, and I am the newest addition to the Sales and Marketing team at Jungle Bay Resort and Spa. I will be here for a six-month internship and I hope to meet you when you visit Jungle Bay. Since I grew up in a suburb of New York City, resided in Washington DC, and lived in Orlando, Florida where the closest I came to a jungle was designed by Imagineers at Disney World, we thought it may be interesting to chronicle my adventures here at Jungle Bay.

So check out my blog at <http://junglebayblog.blogspot.com/> to stay connected to Jungle Bay throughout the year, and to learn how this urban girl handles all the adventures Jungle Bay has to offer.

Join us at our online photo site at <http://www.flickr.com/groups/junglebay/> Browse through some pics, or to share some of your favorite shots by becoming a member of the "Jungle Bay Dominica Photo Experiences" group.

I look forward to seeing you all online until we can properly meet in person at Jungle Bay.

All the best,

Voula Papadopoulou

P.S.

Please feel free to drop me an email at Voula@junglebaydominica.com if you prefer to be sent a Flickr invitation, or have any questions/suggestions

Jungle Bay in the News



Jungle Bay has been gaining a lot of media attention this year, and in the past few months alone we are honored to have been included in these and other publications:

- The New York Times Sunday October 29th
- Philadelphia Inquirer Cover story in the September Travel Section
- Martha Stuart's Body + Soul Magazine (September Issue) By Abbie Kozolchyk
- Condé Nast Traveler Magazine featured Jungle Bay in the Lush Life Article of the August Issue
- The Independent, South China Morning Post and NOW by Jinni Reddy

Outside Magazine Associate Editor Grayson Schaffer and a team of some of the world's most extreme kayakers traveled to Dominica to assess the kayaking possibilities of Dominica's many rivers, waterfalls and gorges. An article will appear in the January issue of Outside Magazine featuring their trip. Almost all of the rivers navigated had never been explored by a river kayak. To find out some of what they discovered [read more on their website...](#)



Ocean kayaking on the SE coast of Dominica



Preparing for a first decent on the Layou River, Dominica's longest river.

TO READ SOME OF THESE AND OTHER ARTICLES [CLICK HERE](#)

Traditional Rum Punch Recipe

This delicious concoction is the traditional rum punch recipe used in the West Indies, passed down for years. The old rhyme goes, "One of sour, two of sweet, three of strong, four of weak. Serve chilled over ice, with fruit garnishes and a sprinkling of grated nutmeg."



INGREDIENTS:

- 1/2 cup fresh lime juice
- 2 cups simple syrup
- 2 cups local rum (moon shine)
- 3 cups passion fruit juice
- 2 cups water
- freshly grated nutmeg
- cinnamon

DIRECTIONS:

1. Put 1 teaspoon of nutmeg, 1 teaspoon cinnamon, 5 tablespoon of brown sugar to boil in 2 cups of water for about 5 minutes
2. Allow solution to cool off.
3. In a pitcher, combine lime juice, rum and passion fruit juice. Serve chilled over ice.
4. Yields 10 servings (4 oz) and is ready in only 10 minutes!

Steven Titre

Server and Bartender, Pavilion Restaurant

Herbal Tea Recipe



Citronelle Bay Leaf is a lemon scented variety of the Bay Leaf found in the SE of Dominica.

METHOD:

To make a tasty tea steep two leaves to one cup of boiling water.

USES:

This unique tea is most effective for combating flu and for chest congestion. In addition, it can be drunk as an appetizer and a stimulant, which will tone and overcome a tired body. The leaves are also used in soaps, as a mosquito repellent, in candles, and also in aromatherapy. To prepare a mosquito repellent steep several leaves in a pot of water and let the aroma carry throughout the room in order to ward off mosquitoes. (Photo: Irvin Eusebe, Jungle Bay Tour Guide.)

Update From Sam

Continued from above...

We are confident some of the subtle fine tuning we did this summer will greatly enhance the Jungle Bay experience. Our spa team is starting training to pick up some new moves from Glenda since her return from a Spa School in Florida.....she's been AWOL for three months! Marcia Gonsalves, our new Operations Manager from Guyana, has taken up her post in early October after fitting right in to the Jungle Bay atmosphere on her first visit here this summer. We also welcomed Voula Papadopoulous, our Greek "Jersey Girl," to Jungle Bay earlier this summer. With degrees in Tourism and Marketing from the George Washington University, she will be helping Laura with our upcoming PR and Marketing objectives and has initiated a Jungle Bay Blog during her 6 month internship with us. Joanne and Janet have been exploring more delicious creations with local Dominican produce thanks to ongoing US AID sponsored training from New England Culinary Institute instructor, Chef Neil Cline. But the exploring never stops in the kitchen at Jungle Bay: Our two new open back safari tour vehicles will be hitting the road (or off-road) soon, and we are adding new tours and participatory traditional arts presentations to the schedule...So be ready for more Jungle Bay style fun!

On the community front, the employee grant program is doing quite well and we are in the process of providing small grants to village schools in Delices and Boetica. Glenda and I have been asked to chair the fundraising committee for a rural shelter/center for women and children in crisis called the House of Hope. Our fundraising plans include finding sponsors, radio-thons, and a golf tournament at the Dominican eco-friendly golf course....Ok, the golf tournament is wishful thinking on my part, but we do have some ideas in mind. In mid-October we made our first major stride towards our goals with a surprise contribution at the official groundbreaking ceremony of the House of Hope.

We are expecting a relatively busy 06-07 winter season and thus would like to encourage all those Journal subscribers who were planning on visiting this winter to proceed with their reservations. The gift shop, opening December 1st, will be laden with great local crafts, the landscape will have matured, the adventures will be lurking, the delicious dishes will be in the making, the massages will be anticipating your needs, and the ultimate Caribbean escape will be awaiting you at Jungle Bay!

Sincerely,

Sam Raphael
Developer of Jungle Bay Resort and Spa

[top of page](#)