

CHECK OUT OUR
CALENDAR
OF EVENTS

BAY GARDENS RESORTS NEWSLETTER

SEPTEMBER 2022



The Key to your Ultimate Caribbean Vacation Getaway

Centrally situated in the heart of Saint Lucia's entertainment capital, Rodney Bay Village, the **Bay Gardens Resorts** family of hotels and luxury private villas offers inviting, island-inspired accommodations. With five properties positioned on the Reduit Beachfront and within Rodney Bay Village and the Rodney Bay Marina, Bay Gardens Resorts is a favourite hotel destination in Saint Lucia for families, couples, and island explorers.

Featuring a total of 241 rooms, seven conference centers, four restaurants, and six bars, our resorts are the perfect choice for a Saint Lucian getaway for families, couples, honeymooners, wedding parties, business travelers, groups, and more. Guests can stay at the property that suits them best and can still enjoy luxurious amenities from each. [Click here](#) to read more about our beautiful properties.



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Dr. Destang-Beaubrun was featured on the Oprah Show



Dr. Tanya Destang-Beaubrun, is a family physician specializing in functional and integrative medicine, as well as a certified transformational coach, author, and motivational speaker. She is no stranger to Bay Gardens Resort as she is the daughter of our Managing Director and founder, Mrs. Joyce Destang and serves as a director on our executive board.

Dr. Beaubrun was recently featured on Oprah's latest show for her monthly "The Life You Want Class." Oprah Winfrey is a well-known talk show host, media executive, actress and billionaire philanthropist. Her most recent "The Life You Want" project is aimed at helping persons unleash their full potential through eye-opening discussions. Every month this year, Oprah has led a new class in which she and special guests exchange ideas about the defining principles explored in "The Life You Want" Planner; a book designed for you to record and track your progress.

During the class, Dr Beaubrun spoke with Oprah and Van Jones about her service project, Caribbean Spark, a wellness docuseries that will focus on improving the health and wellbeing of our Caribbean people.

As an avid follower and lover of the Oprah Show, Dr. Beaubrun describes her featured appearance and acceptance into the classes as "a dream come true and an opportunity of a lifetime." She went on to explain that this experience has taught her a plethora of lessons, however the most significant would be that we must be steadfast and committed to working towards our goals. In doing so, we will also trust that good things will subsequently work out in our favor.

The Bay Gardens Resorts congratulates Dr. Beaubrun on this milestone and we wish her all the best as she continues to soar to new heights! For more insight into her journey and information on how you can benefit from one of her programs, you can visit her website [here](#).

Bay Gardens Resorts hosts two teams for CPL Cricket



The Caribbean Premier League (CPL), dubbed the “Biggest Party in Sports” and “Cricket Played Louder” returned to Saint Lucia this summer for the first time since the COVID-19 pandemic. The CPL T20 tournament is played between six teams and is divided into a group stage and a knockout stage. In the group stage, the teams each play ten matches overall, three of which are at home. The tournament runs from August 31st to September 30th, 2022.

This year, the Bay Gardens Resorts hosted the Barbados Royals team and the St. Lucia Kings. Head coach of the St. Lucia Kings, Darren Sammy expressed that the Bay Gardens Resorts was “The home of the Kings.” We were pleased to host both teams and we wish them all the best in the remainder of their matches.

Bay Gardens Resorts celebrates Housekeeping Week

This year, International Housekeeping Week was celebrated from September 11-17th 2022. At Bay Gardens Resorts, our housekeepers are an integral part of our operations as they are the primary persons responsible for the clean resort you know and love. The week was dedicated to recognizing their efforts. On Friday September 16th 2022, the housekeepers were pleasantly surprised as they were greeted with their communal areas at each of the properties decorated.



They were also treated to a special lunch by the restaurant team. Some of our deserving and hardworking housekeepers were gifted with lunch, dinner and day passes to be pampered at the resorts. The Housekeeping Week activities also saw the executive management team engaging in a role-swap where managers from all departments were required to assist with sprucing up guest rooms. A local media house, MBC Television provided media coverage for the day's activities and featured us in their nightly newscast. Our housekeeping team leader, Ms. Selna Jn. Baptiste of Bay Gardens Hotel and Inn shared her successes and gave some insight into her journey thus far in the Housekeeping department. Overall, this was an exciting week for our housekeepers, and we thank them for their dedicated service.

Taste the Bay Food Festival is coming up!



St. Lucia is known for its delectable culinary offerings. To take advantage of this, the Bay Gardens Resorts launched its Dine Around Experience in 2015 where guests who stay on an all-inclusive package received the opportunity to get an authentic taste of Saint Lucia easily and conveniently by sampling some of the best restaurants in Rodney Bay. Currently, we have ten dine around partners including Buzz Seafood & Grill, Memories of Hong Kong, Jacques Waterfront

Dining, Bambooze, La Mesa Restaurant Bar & Grill, Rituals Sushi, Frydays Restaurant & Bar, AMICI Restaurant & Pizzeria, Spice of India, and Razmataz Tandoori Restaurant.

We've decided to take this a step further, with the launch of our newest activity dubbed the Taste the Bay Food Festival, slated for November 2022. This month long activity will be targeted at strengthening community engagement by allowing everyone the opportunity savor the flavor of Rodney Bay and to celebrate our culinary and cultural heritage.

The month of activities will officially kick off on November 4th, 2022, with our opening ceremony. This will be followed by guest chef appearances from our dine around partners each week at the Bay Gardens Resorts. To affordably allow Saint Lucians to experience Rodney Bay's culinary offerings, all participating dine around partners will offer a specially curated fusion menu at a discounted rate for the month of November. We culminate the Taste the Bay Festival on November 27th in grand style with a food festival near the resort chain's flagship property, Bay Gardens Beach Resort & Spa. With food tastings from over ten restaurants, a relaxing beach front ambience and the best in local entertainment, this event promises to be uniquely amazing.

Taste the Bay is something you definitely do not want to miss. For more information and updates, follow our Instagram page [here](#) and the official webpage [here](#).

Creole Heritage Month at Bay Gardens Resorts – Let us celebrate with a sale!



Known locally as 'Jounen Kweyol', the last Sunday of every October is International Creole Day as proclaimed by the United Nations Educational Scientific and Cultural Organisation and across Saint Lucia the whole month is spent prepping for the big weekend.

Food is the centerpiece of the festival, with traditional favorites like breadfruit roasted whole on hot coals and served with smoked herring, the

national dish of 'saltfish and green fig' (green bananas and salted codfish), and sweet dessert favorites granny used to make, like sweetened cornmeal 'pemme' wrapped and steamed in banana leaves or shaved coconut candies.

During the month you will also notice a kaleidoscope of fashion mad from madras fabric to our traditional national dress called the "Wob Dwiyet". There is an exciting display of youthful haute couture Creole fashion from schoolkids and their teachers, civil servants and even the street vendors.

Here at Bay Gardens Resorts, we're proud to be an independent Saint Lucian owned resort chain in addition to featuring year round local creole dishes and flavors in our daily menus, all properties host unique Jounen Kweyol activities. The public is invited to sample our Creole Cuisine and hospitality at our day long family-friendly events. Here are some of our activities for the month

Bay Gardens Beach Resort & Spa – Pre Jounen Kweyol: October 23rd, 2022

Bay Gardens Marina Haven – Jounen Kweyol Celebrations: October 29th, 2022

Bay Gardens Resorts – Jounen Kweyol at Providence: October 30th, 2022

We haven't forgotten our overseas visitors. We're giving you the opportunity to experience Jounen Kweyol in Saint Lucia with Bay Gardens Resorts with our [Creole Heritage Sale](#). Save 40% off accommodation plus a creole heritage package when you book by October 23rd, 2022, for travel between October 1st – October 31st, 2022.

We're featured on UK's television reality series, Married at First Sight!



Married at First Sight is a British television programme where couples are matched "scientifically" by a panel of "experts". They meet just minutes before they marry. Upon returning, they live together for a period of time, during which they meet at commitment ceremonies and choose whether or not they will continue their relationship.

In the latest season of the reality television series, British couple, Sophie & Johnathan flew to Saint Lucia for their honeymoon and their episode was shot on location at the picturesque Bay Gardens Beach Resort & Spa. The show was filmed both at the resort, and on-site at many of Saint Lucia's most dramatic and popular tourist attractions.

If you're in the UK, Married at First Site airs every night at 9pm on E4 from Monday to Thursday.

Tour Feature – Pigeon Island's Signal Peak Tour

Pigeon Island Landmark is one of Saint Lucia's most unique and favored tourist attractions. Located off the northwest coast, near Gros Islet, this 44 acre national landmark has a colorful history, and it draws you in with panoramic views of the ocean and Rodney Bay. The area provides a wide variety of activities for both the outdoorsy traveler and the those who come to relax. Snorkeling, hiking, watersports, beach side lounging and enjoying cuisine from the on property restaurant are just a few on the things a visitor to Pigeon Island can indulge in.



One noteworthy hike at Pigeon Island is the Signal Peak Trail. At just about 330 ft, Signal Peak is 330 ft and is the highest peak on Pigeon Island. In the 18th century, it was there, British Admiral George Rodney was able to observe the French naval base and look out for impending danger. With Signal Peak being the higher mountain on Pigeon Island, you are guaranteed to experience some of the most breathtaking views of Rodney Bay and Gros Islet.

[Click here](#) to get a glimpse of Pigeon Island's views.

Spa Feature – Ayurvedic Treatments



In collaboration with Ojas Spa, who is the number one provider of Ayurveda medicine in Saint Lucia, Bay Gardens Resorts is proud to offer a plethora of Ayurvedic treatments and Packages to choose from. Indulge yourself in one of the world's oldest holistic healing treatments. Developed in India Ayurveda focuses on the health and wellness balance of the mind, body, and spirit through physical therapies. An excellent choice for individuals who want to unwind and find

their inner peace. For information and to book your indulgent ayurvedic treatment, contact the La Mer Spa at 1758-457-8514 or [click here](#).

Featured Employee – Jackie Gerald

As we celebrated International Housekeeping Week this month, it is only fitting that we feature one of our housekeepers who make a difference at the Bay Gardens Resorts. Meet Ms. Jackie Gerald, housekeeping supervisor at the Bay Gardens Beach Resort & Spa. Her journey began at Bay Gardens Resorts began in 2007 in the Front Desk department, where she remained until 2020. “I love going above and beyond for our guests and seeing them happy. It's actually what I like the most about working at Bay Gardens Resorts” Jackie explained. She also highlighted that being able to train and share her knowledge with her colleagues is another one of the many reasons she enjoys being part of the Bay Gardens Resorts team.



As a mother and grandmother of two, she explained that her children and grandchildren motivate her to keep going. “The responsibility of a mother requires me to remain alert, whether it is with helping with homework or just being a positive role model” Housekeepers are hardworking and have a multitude of daily tasks to ensure that our properties remain clean and comfortable. To unwind and rejuvenate from long workdays, Jackie loves visiting the beach and exercising. She explains that it helps free her mind and gets her ready to get back to work. After having amassed a wealth of knowledge throughout her tenure working in the hospitality industry, Jackie dreams of becoming an entrepreneur while continuing to positively impact the lives of others. The Bay Gardens Resorts team thanks Jackie for her years of dedicated service thus far and we look forward to more remarkable things from her!

Recipe - Accra



As we get ready to celebrate creole heritage month in St. Lucia, our recipe feature is one of our creole day staples. Fish cakes, or commonly known on island as “accra” are essentially small, fried saltfish fritters. They are savory and delicious and are easily eaten out of moderation when by yourself – which is why they make for a great starter or appetizer if you’re hosting a creole-themed dinner party or night of entertainment. Everyone has a different twist to their accra

recipe, but here’s the Bay Gardens Resorts specialty accra recipe below:

- 1/2 lb. boneless salt fish
- 1 cup all-purpose flour
- 2 teaspoons baking powder
- 2 tablespoon green onion
- 1 small red bell pepper
- 2 cloves garlic, minced
- 1 tablespoon parsley
- 1 teaspoon West Indian hot pepper sauce
- Dash fresh ground black pepper
- ¼ to 1/2 cup water
- Pinch of sugar
- Vegetable oil for frying (about 2-3 cups)

In a large pot cover the salt fish with water and bring to a boil and reduce the heat to simmer for about 20 minutes. Repeat this process if the saltfish is too salty.

Finely chop green onions, bell peppers, parsley and add to a large mixing bowl.

Drain boiled saltfish. Use a fork to shred it and remove any large bones. Add it to the mixing bowl with your chopped seasonings, then add the flour.

Slowly add in the water and stir. The goal is a nice thick batter.

Once the batter is ready, start heating the vegetable oil in a large frying pan at medium/high heat. It will take a few minutes on each side and when they start floating, they are ready to flip. The accras should be golden brown on each side.

Lay the cooked accras on paper towels to absorb the excess oil.

We recommend serving these delicious accras with your favorite dipping sauce and a beautiful tropical view; Bay Gardens Resorts is an excellent choice!

Our Guest Experience



Have you seen what our guests are saying about us on TripAdvisor?

BAY GARDENS BEACH RESORT & SPA

"EXCELLENT HOTEL ON A GREAT BEACH AND ACCESS TO EVERYTHING INCLUDING RESTAURANTS."

Reviewed by: Errol Francis.

Very friendly and efficient staff, spectacular beach, pool, nice rooms and within walking distance of

exquisite restaurants, grocery stores and shopping. Access to water sports on the beach and the water park is free for guests of the hotel--a big bonus.

BAY GARDENS HOTEL

"A PLACE I'LL DEFINITELY VISIT AGAIN."

Reviewed by: nadelaidlow

The food was amazing. Staff were very friendly, attentive, and professional. My room was clean and comfortable. The pool at the resort and at the hotel were great, clean, and good temperature of water.

BAY GARDENS INN

"EXCELLENT"

Reviewed by: Melissa K.

Everything was nice. I loved the quiet privacy at the Inn and the emptiness of the pool with my family and the cost was amazing as well as the breakfast. We will certainly visit again and stay right here. Thank you, Bay Gardens Inn.

BAY GARDENS MARINA HAVEN

"GREAT HOTEL NEAR EVERYTHING"

Reviewed by: mooki8ny

The staff were extremely helpful, and the service was great. It is a nice place to stay in Rodney Bay. It's close to everything and you can walk to shops and eateries. Breakfast was good too and shuttle service to other resorts is helpful.