

Jeff Berger's St. Maarten and St. Martin Weekly News

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June
30,
2014

St. Maarten and St. Martin "SXM" Weekly News

#949

Weekly SXM News and Comments

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Get Important SXM News as it Happens & Lots of Pictures Too from our Facebook and Twitter Pages:



Protect your vacation and business travel with SkyMed Emergency Medical Evacuation Membership



Attention iPad, iPhone, and Android Users

This new format is easily readable on most mobile devices; scroll down for this week's news. You can also download a pdf of recent editions here:

http://everythingxsm.com/sxm/free_newsletters/sxmweeklynews.shtml

On that page, the link beginning with the highest number is the most recent edition

Get Your Own Free Copy of SXM Weekly News:

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TOP STORIES

(Scroll Down for Full Table of Contents); this edition features many new stories about your favorite island:

This is issue #949 of Jeff Berger's / JMB Communications' *St. Maarten and St. Martin (SXM) Weekly News*, published every Monday all year long (Tuesdays during some holiday weeks). You're receiving this because you subscribed or are a JMB Website Supporters member.

(Scroll Down for Full Table of Contents); this edition features many new stories about your favorite island:

- *"Moderate" Quake Gently Rocked SXM Wednesday Afternoon*
- *Announcing St. Maarten / St. Martin Grab Bags*
- *Seventh Annual "Taste of St. Maarten" Set for Sunday June 29: Food, Music, Fun*
- *CASTING OF BELOW DECKS SEASON TWO ANNOUNCED*
- *Six St. Maarten Disasters All Have Something in Common*
- *Good Advice on Medical Evacuation Plans*
- *Orange Grove Performs at Karakter Beach Bar Saturday Night June 28*

- **Where to Pick Up St. Maarten Condo Rentals**
- **New Hospital a Top Priority for Heyliger's "UP" Party**
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- **Tricia Altenau: Island's Top Massage Therapist**

18 new stories this week

Scroll down for our complete Table of Contents

Timeshare Rentals and Sale of the Week

Each week JMB randomly picks timeshare condominiums for rent and for sale in SXM from the huge selection at http://everythingxsm.com/sxm/timeshare_rent_sale/index.shtml and features them here.

To rent out or sell timeshares you own in SXM or anywhere else, worldwide, at no charge, join JMB Website Supporters. Visit http://everythingxsm.com/sxm/about_sxm/paypal.shtml for info. Membership now delivers a growing list of 200+ St. Maarten and St. Martin-focused travel benefits, and your subscription also helps keep these weekly newsletters coming.

SXM Timeshare Rentals of The Week (Two):

RENTAL 8/23/2014 9/13/2014 *The Villas on Great Bay* This two bedroom, 2.5 bath villa is situated right on Great Bay Beach in a small complex of twelve individual privately owned villas with a lovely beach front swimming pool and breath-taking ocean views. This is the perfect place to relax around the pool or to just lounge on your private lanai or elevated deck overlooking our beautiful beach. It is remodeled with new furniture, king beds, full kitchen, dishwasher, microwave, dining room, and living room with LCD TV's in each room. Within easy walking distance of restaurants, grocery stores, shopping, and casinos. \$200 per night Doug 785-554-875 dkinsinger@topekachamber.org

RENTAL 10/26/2014 11/9/2014 *Flamingo Beach Resort* Studio unit sleeps up to 4 people, complete with full kitchen, bath, gorgeous ocean and property views, large infinity pool (including am water aerobics and afternoon poolside entertainment), cabana bar, bbq pit, dining and 2 beaches. Convenient to everything - grocery store, many dining options, nightlife, casinos and outdoor bars with live entertainment even a complimentary fitness facility at Flamingo's sister resort all within walking distance. Renter pays timeshare taxes. \$1,000.00 Joy 774-261-0258 joylanders@comcast.net

SXM Timeshare Sale of The Week (Now Two):

SALE 1/1/2016 12/31/2016 *Week 1 - 52 Oyster Bay Beach Resort* Every even year, any week Studio sleeps 2, maintenance fee \$426/year, upgrade to 1 Br \$175, 2 Br \$350. Resort has 2 restaurants & next door to Mr. Busbys/Island Pizza/Daniels by the Sea restaurant. Westin Resort/Casino & many other restaurants a 5 minute drive. See www.oysterbaybeachresort.com \$2,900 Herb 864-517-0818 time_share@hotmail.com

SALE: 2/1/2014 - 2/8/2014 (week 5) *Simpson Bay Resort Marina 207*, prime winter week -- sleep-four studio overlooking both the Marina pool and quiet Pelican beach, just steps away. Resort offers several pools, many restaurants including the Stone, tennis courts, a convenience store, water

sports, casino, and The Red Piano piano bar. Unit features a/c, stove, refrigerator, microwave, cable TV, sleeps four, very convenient. Reduced to only \$1999 or best reasonable offer. Please contact Susan or Jeff at (508) 830-3456 or susan@jmbcommunications.com

Non-St. Maarten Timeshare Rentals:

See them all at http://everythingxsm.com/sxm/timeshare_rent_sale/index.shtml

This Week's Stories

Stories are numbered; scroll down for stories of interest. This week's Table of Contents follows these links:

"Like" Our Facebook "Everything St. Maarten / St. Martin" Page:



<https://www.facebook.com/EverythingStMaarten>

"Like" Our Facebook SXM Timesharing Group People for Timeshare Owner Consumer Protection in St. Maarten

http://www.facebook.com/home.php?sk=group_205834172765083

Search the SXM Weekly News Archives:

Current Archives (Since 4/2014) in PDF Format (New):

http://everythingxsm.com/sxm/free_newsletters/sxmweeklynews.shtml

Archives prior to April 12 2014 (old format):

<http://everythingxsm.com/cgi-bin/dada/mail.cgi?flavor=archive;list=sxmweeklynews>

Check Out Our Linked-In "St. Maarten and St. Martin Travelers" Group (Free; Timeshare Focus):

www.linkedin.com

Get a growing list of 200+ Money-Saving SXM-focused travel discount benefits through JMB Website Supporters:

http://www.everythingsxm.com/sxm/about_sxm/paypal.shtml

Section One: Getting There: Airlines, Airports, Cruises, & Weather [Go To This Section](#)

1. Do Not Forget to Reconfirm Summer Flights

Section Two: Accommodations (Hotels, Inns, Timeshares) [Go To This Section](#)

No stories this week.

Section Three: Island [Go To This Section](#)

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16. *Caribbean Recipe of the Week*
17. *Reserve Your Free Sunset Lagoon Cruise Now*
18. *Neil Roebert Says Celine II Ocean Mist Will Soon Be a Reality*

Scroll down for indexes to sections IV and V, and scroll further to get a growing list of 200+ St. Maarten and St. Martin-focused travel discounts.

Rent Out or Sell Your SXM Timeshare

Meet Our Sponsors (Updated 9/7/13)

Section Four: For Members Only (Revised 12/17/13)

- A. *About Low Airfares We Post On The *Secret Site**
- B. *All the Answers for JWS members: Just Click the Link*
- C. *Members: Why Check Airfares Daily?*

D. Members: Password Recovery Info

E. How To Submit Rental or Sale Ads

Section Five: Background Information for Travelers (For New Readers) (Revised 12/17/13)

How To Get a GROWING LIST of 200+ Money-Saving St. Maarten- and St. Martin-Focused Travel Benefits

Visit <http://www.everythingsxm.com/secret> , the *secret* site for JMB Website Supporters members only, for low fares to SXM from cities across the USA, Canada, and Western Europe, plus a total of a growing list of 200+ additional major travel benefits, including reduced-cost access to

Not a member yet? See http://everythingxm.com/sxm/about_sxm/paypal.shtml . Cost: \$59 for one year, or \$99 total for five full years. Other durations available. Join us today...

Now a growing list of 200+ benefits... and more coming soon.

Contact Us:

[Revised 12/17/13]

All member discounts and benefits are explained in detail on the members-only *secret* website, <http://www.everythingsxm.com/secret> . If you're a JMB Website Supporters member and have a question not answered there, please contact us at support@jmbcommunications.com.

NON-members who wish to contact us should write to jmbweb@jmbcommunications.com with the subject *Free Newsletter Recipient,* but due to the huge volume of mail received, we may not be able to respond individually.

Our main St. Maarten / St. Martin website: www.everythingsxm.com .

All JMB Newsletters Read *From JMB*

This newsletter and mail from JMB Website Supporters to members (including *Low Airfare Bulletins*) read *From JMB* in the subject area so you won't misinterpret them as spam.

THIS WEEK'S STORIES:

Stories are numbered; scroll down for stories of interest.

SECTION 1: Getting There: Airlines, Airports, Cruises, & Weather

1. Do Not Forget to Reconfirm Summer Flights

If you're flying anywhere this summer, it is always wise to reconfirm your flights a few days before departure.

For whatever reason, airlines tend to change schedules during the summer — and you don't want to be surprised when you get to the airport. Do reconfirm.

SECTION 2: Accommodations: Hotels, Inns, Timeshares

No stories this week.

SECTION 3: Island

Try It, You'll Like It:

Ilene's Birthday Sale Now Underway

(Ilene Berger is 39, sorta.)

Only \$39 for a new membership for one full year.*
Only \$105 for five full years.
Great prices on renewals and reinstatements, too.

Get 200 Discounts & Travel Benefits at Extraordinary Pricing Right Now. Ends soon; her birthday is July 3.

What you get:

- 1. Low Airfares.**
- 2. Free Sunset cruises (subject to small fuel surcharge).**
- 2. Free ads to rent out or sell timeshares you own in SXM or anywhere.**
- 3. Meaningful discounts at dozens of restaurants across the island.**

4. Discounts on all kinds of shopping and on dozens and dozens of activities across the island.

5. Jewelry gift cards you can use like cash.

6. 200+ total discounts and other benefits and still more are coming in June, before the busy Summer travel season.

Ilene's Birthday Sale New Memberships are only one year for \$39 (reg. \$59); three years, \$79 (re. \$89); and five years, \$105. Join here: http://everythingsexm.com/sxm/about_sxm/paypal.shtml Ends soon.

Low Rates for Reinstating former memberships -- one year, \$39; four years, \$79; seven years, only \$99: See <http://everythingsexm.com/sxm/reinstate/index.shtml>

Ilene's Birthday Sale Membership Renewals are four years for \$69 or eight years for \$99: See the Membership Renewal Center in the Secret Website: <http://www.everythingsexm.com/secret>

(Members: direct questions to support@jmbcommunications.com)

**If you purchased a new one-year \$49 membership from us since 5/26 during our recent sale, we will refund the \$10 difference to you upon request. You must email [support\(at\)jmbcommunications.com](mailto:support@jmbcommunications.com) with the subject New Membership Refund and give us the details and you must email us from the email address you have registered with your JMB membership. All refunds will be made by PayPal, no exceptions. Applies only to \$49 purchases between May 26, 2014, and June 26, 2014. Not applicable to any other purchases.*

2. "Moderate" Quake Gently Rocked SXM Wednesday Afternoon

An earthquake described by experts as moderate struck 11 miles below sea level and about 54 miles north northeast of Philipsburg on Dutch St. Maarten last Wednesday. Despite the "moderate" description, no damage or injuries were reported, though the quake did startle a number of people both on Anguilla, which was closest to it, and on St. Maarten, a few miles farther away.

More: <http://www.eye4weather.info/alerts/moderate-earthquake-near-sxm-jun-25th>

3. Announcing St. Maarten / St. Martin Grab Bags

If you like useful St. Maarten souvenirs, this is for you.

We have a collection of most sizes of St. Maarten/St. Martin tank tops, T-shirts, sweatshirts, coozies, notepads, insulated drink carriers, hats, and more, and we're making it available to our members at extremely good preholiday pricing.

All you have to do is go to this link, specify a man or woman and size or sizes, and will send you a selection of these exclusive St. Maarten items in a midsize Priority Mail box -- shipping is included. We'll stuff as much into the box as we possibly can. We can't promise specific items or specific colors which is why the prices so low, but we want to clear out the warehouse so this is quite a deal.

The cost is just \$39.99, well below the retail value of the merchandise you will receive, and again that pricing includes shipping inside the United States. Sorry, no orders shipped outside the US.

Here is the link: http://everythingsexm.com/sxm/low_fares/st-maarten-st-martin-sxm-grab-bags.shtml When supplies are gone it's over, so act quickly.

4. Orange Grove Performs at Karakter Beach Bar Saturday Night June 28

Formed in St. Maarten but headquartered in Europe, Michael Maidwell's Orange Grove band, which recently toured in the United States and will do so again, is putting on a performance at the Karakter beach bar on Simpson Bay beach on Saturday night, June 28. We wanted to get that word to you which is why this edition of St. Maarten Weekly News was mailed even a bit earlier than usual.

Ply the roads on the south side of the Princess Juliana airport past Mary's Boon Beach Plantation and you'll find Karakter. Be there on Saturday night, June 28 and you'll see Orange Grove perform.

More: <https://www.facebook.com/events/665818223473111/>

5. Seventh Annual "Taste of St. Maarten" Set for Sunday June 29: Food, Music, Fun

If you're lucky enough to be with your family on St. Maarten this weekend (June 28 and 29), you get to enjoy the seventh annual Taste of St. Maarten, an island festival which occurs next door to Toppers in Simpson Bay and features food, music, and general family fun.

Here are the details:

7th ANNUAL TASTE OF ST. MAARTEN

A charity event benefitting the Rotary Club of St. Maarten.

FOOD, MUSIC, FUN & SUN

19 Different Restaurants serving up "Taste-sized" portions of food with prices ranging from \$2 - \$9.

PARTICIPATING RESTAURANTS:

The Stone, Taloula Mangos, Taco Macho, Topper's Restaurant, Charter House, The Palms, Sushiitto, Fusion, Green Monkey, Karakter, Topper's by the Sea, Barnacles, Burger Madness, Pizza del Sol, Tropics, Topper's Rhum, Janine's Catering, Antillean Liquors, Angostura, Aldywan

FREE ACTIVITIES for the kids including a Giant Slide & Dunk Tank

LIVE ENTERTAINMENT by

The Jolly Boys

Akustika

Dance Theater of SXM

Gianfranco, Timmy & Norwin

Island 92 Live

The KIDS CORNER will have Temporary Tattoos, Face Painting by Funtopia, Games, Hair Braiding, Princess mani/pedi and more

FREE ADMISSION - Donations for Rotary Club of St. Maarten are accepted.

GREAT RAFFLE PRIZES

Sponsored by: Presidente, The Daily Herald, Fun Shaq, RenttaSound, The Daily Herald, and Island 92

6. Princess Heights Honcho Emil Lee Launches Bid for Parliament

Perhaps the single most dynamic figure in St. Maarten Dutch side tourism is Emil Lee, the man behind the upscale Princess Heights luxury condominium hotel in the Dawn beach area. He has been highly active in tourism for as long as anyone can remember.

It came as no surprise to a number of people who know Emil Lee that he announced this week that he's seeking a St. Maarten Democratic Party seat in the Dutch Side Parliament.

He certainly adds an interesting dynamic to island politics and promises to be a significant political player for years to come regardless of whether he is elected. More: <http://bit.ly/1qxcGLi>

7. New Hospital a Top Priority for Heyliger's "UP" Party

Theo Heyliger's UP political party has a habit of delivering on its campaign promises. Among those made in the past by Heyliger were the new cruise and cargo facilities, the new airport terminal, the beautification of Philipsburg, the Great Bay promenade or boardwalk, and most recently the widely heralded Simpson Bay Lagoon Causeway.

Now, the UP party is promising to build a replacement for the St. Maarten Medical Center. Attractive architectural drawings of the facility were released to the press this past week.

Heyliger pointedly made a comment in introducing the plans, saying essentially that others may make promises but his party really delivers — and his record has shown exactly that.

As always, we'll keep you posted on the progress of this project. FYI, the proposed new St. Maarten Medical Center is unrelated to the proposed \$150 million American Clinic, a project which is alive and well. We'll keep you posted on that project as well.

More: <http://bit.ly/1pPVgdr> and <http://bit.ly/1iwXTAs>

8. Tomorrow, Tuesday July 1, is Emancipation Day on Dutch Side

Although in practice slavery ended across the entire island of St. Maarten/St. Martin in 1848, it was not until July 1, 1863, that slavery was officially abolished in all Dutch West Indian colonies. Emancipation day is therefore celebrated tomorrow, Tuesday, July 1 on St. Maarten. Check local newspapers for information about ceremonies across the island.

9. SXM Yachting Allure Promoted at Newport Charter Yacht Show

If you had attended the charter yacht show last week in Newport, Rhode Island, you may have seen some familiar faces. Yachts frequently seen in St. Maarten were represented there, and a number of yachties familiar to St. Maarteners were there also.

In addition, Adrienne Geng, a cast member from the *Below Decks* TV reality show on Bravo, was planning to be there as we believe were some other Season One cast members.

The St. Maarten Harbour group of companies in a press release said that the Newport charter yacht show is one of only six such shows in the world and it was expected to draw many sailing and motor yachts of 80 to 150 feet in length or more.

See next story.

10. Casting of Below Decks Season Two Announced

We wrote last week about Season Two of the Bravo cable TV reality show "Below Decks," which returns to the air during August.

In Season One, the megayacht "Honor" was based at the Port de Plaisance Yacht Club in SXM. That yacht was sold and became unavailable for

Season Two, so this year, there's a new megayacht, a mostly new cast, and a new location — the British Virgin Islands.

At least three characters from last year are returning: Kat, the young blonde woman who, in the show, likes to imbibe a bit; the chef; and the captain, who is usually all business.

The best way for you to get an idea of what's coming up in Season Two is to watch this trailer, released a few days ago by Bravo.

As we mentioned last week, until the trailer was released, cast members were under nondisclosure agreements. We put a link to the trailer on our Everything St. Maarten Facebook page a few days ago; here it is:

<http://www.thewrap.com/bravos-below-deck-season-2-returns-in-august-meet-the-new-crew-exclusive-video/>

More stories follow these messages:

We have two hundred reasons for people to join JMB and renew by the thousands. Some have renewed their memberships past the year 2030. 200 reasons? We offer you about 200 discounts plus low airfares plus free ads to rent out or sell your timeshares not only in SXM, but worldwide. A one-year membership is just \$59 but it's much less per year if you join for several years. Join, reinstate, or renew today. Then you can write your own reason.... See www.everythingsxm.com

Get a [Website That Works](#) for your business or professional practice from JMB, a seasoned 24 year-old marketing company:

www.websitesthatworkusa.com

11. Six St. Maarten Disasters All Have Something in Common

A woman from Virginia had just finished shopping at Le Grand Marche, and was returning to her car. Carrying a couple of bags of groceries, she was enjoying the day and failed to notice the curb ahead of her. She fell, and her instincts immediately told her that she had a broken hip. She was soon transported to the St. Maarten Medical Center and her fears were confirmed.

In the second disaster, a man was taking a leisurely ride on horseback with a friend when a car backfired, spooking the friend's horse and throwing the friend to the ground. When our guy got off his horse to check his friend, the car again backfired spooking the man's horse, which kicked our hero in

the head severely dislocating his jaw. He rode on horseback to the St. Maarten Medical Center which was not equipped to deal with this kind of injury.

In the third disaster, a woman from Pennsylvania fell down a flight of stairs and broke her leg. She was again taken to the Dutch side hospital.

In the fourth disaster a couple and their young daughter were visiting an elderly relative on the French side when the relative's bulldog bit their daughter in the head, severely injuring her eye. They were taken to the French side hospital.

In the fifth disaster, a dentist from New York fell on some stairs and landed on his face. He, too, was transported to a local hospital.

In the sixth disaster, a cruise passenger suffered a heart attack during a cruise. When the ship stopped in St. Maarten, he was transported to the local hospital.

From Jeff Berger: *for the last 12 years, following an incident where my wife appeared to have a stroke (it was actually a severe allergic reaction), I've been telling readers about the importance of having protection against unexpected critical illnesses or injuries while traveling. Suffer a critical illness or injury away from home, and you'll need somewhere in the neighborhood of \$45,000 in cash in advance to pay for a medical evacuation jet home. Accessing that kind of money is never easy for most people, but it becomes a perilous chore during a medical emergency.*

In every one of the cases outlined above, and many more, the people had bought SkyMed medical evacuation protection. They or their loved one made one telephone call to SkyMed from the hospital and SkyMed made all the arrangements to get them home quickly — from the ambulance that took them from the hospital to the airport ... to the ICU-equipped and professionally staffed medical evacuation jet that flew them to their own airport. There another ambulance was waiting to take them to a hospital of their choice where a crew thoroughly familiar with their medical situation was waiting to treat them. It's all handled with military precision and without additional cost or any need for reimbursement or claims forms if you're a SkyMed member.

SkyMed is just like fire insurance: you don't expect to need it, but you know it's there to protect you when something awful happens. But unlike fire insurance, SkyMed can literally save your life, not merely your home and possessions as is the case with fire insurance.

We're not suggesting that there is anything wrong with the hospitals in St. Maarten. But in a serious medical emergency, SkyMed takes you home to doctors and hospitals you know and trust — people who not only know you medically, but who are fully prepared and equipped to give you the best possible treatment.

Many hundreds of our readers have joined SkyMed since we first started talking about it more than 10 years ago. Dozens of them have had to take advantage of the service. SkyMed takes you home — what else matters?

Please see the next article for more important information on SkyMed.

12. Good Advice on Medical Evacuation Plans

Each of us sees our own share of medical emergencies, or those of friends or relatives. Having a medical evacuation membership facilitates getting help when you suddenly find yourself critically ill or injured away from home.

There are many medical evacuation companies, but only SkyMed guarantees to take you home should you become critically ill or injured throughout

the SkyMed universe, which consists of the USA, Canada, Mexico, Bermuda, the Bahamas, all the nations of the Caribbean soon to include Cuba, plus Belize and Costa Rica. Should you want protection when you travel anywhere in the world, you can get that, too. But the point is simply this: don't travel anywhere without making sure you have medical evacuation protection.

There are a number of SkyMed plans available. Short-term plans are the least expensive in terms of initial outlay, but you must get medically requalified every time you want to get a short-term plan. The obvious downside to that is that eventually you will cross the line of coverage, which means your health at some point will be such that you're unable to be covered. By contrast, both SkyMed annual and Ultimate plans require only one medical qualification when you first enroll. If you pay the renewals on time, there is no lapse in coverage and your membership is renewable indefinitely without further medical requalification.

The cost of SkyMed never increases because of your advancing age, nor is SkyMed ever canceled strictly because of advancing age, which is in sharp contrast to many other plans. SkyMed Takes You Home -- what else matters?

Get yourself protected against the high cost of medical evacuation and you will simultaneously find yourself with great peace of mind. Call SkyMed any weekday Pacific time at 1-800-475-9633 and ask for Nan or Jim. Tell them you are a JMB Website Supporters member to get the best rates; they will ask for your membership number. If you're not a member, join; our Ilene's birthday sale is now underway; see the homepage at www.everythingSXM.com. You can also get complete information about SkyMed directly from Jeff Berger, SkyMed rep for the past 12 years; phone him at the JMB office any weekday at 508-830-3456. He can answer any questions and even sign you up over the phone.

13. Where to Pick Up St. Maarten Condo Rentals

Our www.everythingSXM.com website always includes many items of interest about the island including frequently updated listings of timeshares for rent or sale across the island – hundreds of them. The rentals are offered directly by owners who are JMB Website Supporters members – there is no middleman, no commission, no ad fee, which means sale prices are rock-bottom. See our site today for the most current listings for this year and next.

14. Tricia Altenau: Island's Top Massage Therapist

About 14 years ago, Tricia Altenau was recommended to Jeff as a massage therapist who could help his aching back. Jeff tells the rest: "I've always enjoyed massages, even one in Tokyo where a tiny woman walked on my back. But until I met Tricia, I never knew anyone who could deliver results that last. Not only does she really know what is wrong and how to treat it, what she does lasts significantly longer than any treatment from any other massage therapist I've ever tried, anywhere. She really does an outstanding job and cares very much about the quality of her work."

From Tricia:

We offer traditional Swedish massage, Thai massage, reflexology, lymphatic drainage, deep tissue, cranial/sacral work, acupuncture, Reiki, Integrated Energy Therapy, and now an entirely new spectrum of spa services, described at the bottom of this page.

Here are definitions / descriptions for these AIA Massage Therapies services:

- *Deep Tissue Massage involves a firmer touch and added pressure to focus on deep connective tissue. Its objective is to relax and relieve connective tissue "knots," or tension areas caused by stress or other factors.*
- *Cranial / Sacral work concentrates on optimizing the relationship between the bones of the skull, the spine, and the sacrum through focused massage therapy which releases cerebrospinal fluid (CSF). Tricia first tunes in to the craniocervical system by working with the client's neck, back, and sacrum, easing nerve passages and facilitating CSF movement. Cranial - sacral work helps restore misaligned bones to their correct positions, which helps relieve mental stress, reduce pain in both the back and neck, and help ameliorate migraines and other chronic pain conditions.*
- *Acupressure combines elements of acupuncture with pressure in a form of traditional Chinese medicine. Using acupressure, Tricia addresses specific areas of concern, though the acupressure points affecting those areas of concern may be a distance from the affected areas. Many long-time users of acupressure swear by the long-term effectiveness of their treatments.*
- *Reiki is a form of "laying on of hands," or energy therapy, said to provide abundant healing powers.*
- *Integrated Energy Therapy® (IET), created by Stevan Thayer, is a next generation "hands on power energy therapy system that get the issues out of your tissues." IET enables you to gently release limiting energy patterns of your past, empowering and balancing your life in the present, and it helps you to reach for the stars as you evolve into your future.*
- *Traditional Swedish Massage is based upon the principles developed in the 1800s by Sweden's Per Henrik Ling and is the most popular type of massage therapy worldwide. Ling, with others, saw the direct relationship of exercise and bodywork to improved health and well-being --- today, a proven relationship that accounts for the overwhelming popularity of this type of massage.*
- *Thai Massage in its native Thailand is referred to as nuat phaen boran, meaning ancient manner massage. Although it is offered in Thailand in several variations, traditionally acupressure receives emphasis. Typically, Tricia applies a rhythmic form of pressure using her hands and forearms, following the body's Sen Energy lines (analogous to Chinese meridians). Tricia uses tiger balm or Chinese liniment where appropriate, not compresses.*
- *Reflexology involves bodywork focused on the feet and, to a lesser degree, the hands and ears, to achieve reflected physical benefits throughout the body.*
- *Lymphatic Drainage leverages massage-like motions to help cleanse the body. Stimulating drainage of the lymphatic system helps eliminate bacteria and muscular waste, and helps the client feel both refreshed and invigorated.*
- *Pregnancy Massage: A special table enables pregnant women to lay face down, providing quite a relief. It is also wonderfully effective for working the back well.*
- *Bodywrap/Three in One Treatment is described below.*

Service Locations. We come to you in your hotel or villa, or you can come to AIA at our new spa location. Appointments only.

Bodywrap/Three in One Treatment. In this treatment, which lasts two hours, a freshly made masque specific to your needs is first applied. While masqued, you receive IET, and after showering off, a full body massage.

Quality, Kinesiology-Tested Oils. In all treatments, we use quality base oils mixed with essential oils that Tricia kinesiology tests for specific application to you. We also work with stones and sound healing, on feeling. Tricia notes, "I use the tools that I know and the touch of my hands to

enhance your balance and well-being, realigning you with yourself.”

From Tricia: “I work with an open heart and in a meditative space. I accommodate your needs and preferences. Though I recognize massage as a sensual encounter that can be wonderfully expansive and healing, I strictly offer nonsexual massage. It is a healing touch.”

For much more, see www.aiamassage.com. You can contact Tricia through the website or by phone; cell: (0690) 500860 from the French side or (011) 590 690 500860 from the Dutch side.

15. Restaurant of the Week: The Changing Face of Mr Busby's Beach Bar and Daniel's by the Sea

If you haven't been on the island over the last few weeks, know that big changes are underway at Daniel's By the Sea restaurant and that Mr. Busby's Beach Bar, both of which inhabit the same property next to Oyster Bay Beach Resort on Dawn beach.

Busby's for many years has been the island's most popular genuine beach bar. Open for breakfast, lunch, and late lunch, it offers a huge array of menu options, giving a Caribbean lilt to all the traditional beach bar items you love. Two key differences: first, it has a lobster pool, and you can get lobster during the day. And second, they own Island Pizza, which offers outstanding thin crust gourmet pizzas at reasonable prices.

In season during lunch, Busby's is usually packed, as are most of its beach chairs on Dawn beach, just steps away, where beach boy food and drink service is also available. The restaurant has outstanding food plus a canopy of palm trees. Light tradewinds are constant, making it an incomparable place to dine.

At night, the restaurant morphs into Daniel's By the Sea, an exceptional and romantic Italian restaurant with excellent food and fine service.

At night, also at times the restaurant is packed. That's why it made a decision last winter to enlarge. New decks are now being added on the beach adjacent to the restaurant which will enable dining all day and night in comfort. Except for groups of about six or more, the restaurant does not take reservations, but these additional 50 seats or so will make it much less likely that you'll have to wait at all.

We've long recommended Busby's, Daniels, and Island Pizza, and in fact all three co-located restaurants were winners of our Everything St. Maarten Awards of Excellence last winter. Now you have even more reasons to visit.

This edition of St. Maarten weekly news started transmitting on Friday night and will finish transmitting by Saturday night to its more than 200,000 readers; [photos of the new decks at Busby's were scheduled to be posted by Saturday night on our Facebook page, https://www.facebook.com/EverythingStMaarten](https://www.facebook.com/EverythingStMaarten)

Check this space for another featured restaurant next week.

Previous Restaurants of the Week:

SkipJack's SXM, <http://www.skipjacks-sxm.com/> (featured 4/21/14)

Trattoria Pizza Pasta, Maho Plaza near Casino Royale (featured 3/10/14)

Daniel's By The Sea, www.dawnbeachsxm.com (featured 6/28/14)

Spiga, www.spiga-sxm.com (featured 1/20/14)

Fusion, www.fusionrestaurant-sxm.com (featured 4/7/14)

The Hideaway, <http://www.lavistaresort.com/restaurant.html> (featured 4/28/14)

IZI Ristorante Italiano, www.iziristoranteitaliano.com (featured 6/23/14)

Stone Restaurant, www.thestonerestaurant.com (featured 3/3/14)

Le Pressoir, <http://www.lepressoir-sxm.com> (featured 2/24/14)

Temptation, <http://www.rareandtemptation.com/EN/temptation/>

Lal's Curry In A Hurry Indian Restaurant, Airport Road, Simpson Bay (featured 1/6/14)

Mr. Busby's Beach Bar <http://www.dawnbeachsxm.com> (featured 6/28/14)

Island Pizza, <http://www.dawnbeachsxm.com> (featured 6/28/14)

Pineapple Pete, www.pineapplepete.com (featured 2/3/14)

Papagayo, <http://www.cluborient.com/papagayo.php> (featured 5/5/14)

SPN Cafe, <http://www.pineapplepete.com/sport.html>

Dany & John's Cupecoy Beach Bar (on Cupecoy beach; follow the car path from the far side of Ocean Club to get there).

FIG, Cupecoy opposite Rainbow Beach Club

St. Maarten Yacht Club, at the Dutch Side Drawbridge

Jimbo's, www.jimboscafe.com

Canoa, www.canoasxm.com (featured 3/31/14)

Vesna Taverna, www.vesnataverna.com (featured 2/10/14)

Topper's <http://www.sxmtoppers.com/> (featured 5/19/14)

Taloula Mango <http://www.taloulamango.com/>

Soprano's Restaurant, Maho Plaza, <http://www.sopranospianobar.com/stmaarten/restaurant/> (featured 3/3/14)

Bylbos, Simpson Bay

Sushiito Japanese Restaurant, Port de Plaisance 3/17/14

We'll write about another SXM restaurant here next week as we continue our summer SXM restaurant coverage.

16. Caribbean Recipe of the Week

Writing Friday morning, of course we're thinking of desserts. You will really like the newest item here, first in the Desserts section below.

We grow this list every week, so ultimately you'll see tons of prior recipes here in one convenient place. The newest recipes are dated; that started 5/19/14.

Entrees:

Caribbean Sushi rolls <http://caribbeanvegan.wordpress.com/2010/09/19/caribbean-sushi-and-a-first-timers-experience-rolling-sushi/> 6/21/14

Caribbean Chicken with Jalapeno Mango Sauce <http://www.poweroffamilymeals.com/recipes/5032> 6/9/14

Caribbean Chicken Wings <http://www.foodnetwork.com/recipes/sunny-anderson/sunny-andersons-caribbean-chicken-wings-recipe.html> 5/19/14

Caribbean Fish with Mango Salsa: <http://allrecipes.com/recipe/caribbean-fish-with-mango-salsa/>

Sugarcane shrimp: <http://www.epicurious.com/recipes/food/views/Sugarcane-Shrimp-358593>

Tropical coconut bread: <http://www.food.com/recipe/tropical-coconut-bread-29185>

Rock Lobster Thermidor (from Cuba): http://www.caribexseafoods.com/recipes-cuban_rock_lobster_thermidor.html

Almond crusted fresh fish (from the Bahamas): https://www.bahamabreeze.com/recipes/main_dishes/almond_crusted_fresh_fish.asp

Side Dishes:

Roasted and Fried Breadfruit <http://cooklikeajamaican.com/roasted-and-fried-breadfruit/> 5/27/14

Caribbean Rice and Beans: <http://tinyurl.com/mutk2n4>

Desserts:

Caribbean Rum soaked cake: <http://latinfood.about.com/od/desserts/r/Bacardi-Rum-Soaked-Bacardi-Cake.htm> 6/30/14

Caribbean banana Mango Smoothies: <http://www.food.com/recipe/caribbean-banana-mango-smoothie-230184>

17. Reserve Your Free Sunset Lagoon Cruise Now

A relaxing, informative lagoon sunset sail is one of our long-time JMB Website Supporters member benefits. Sunset sails fill up fast -- we now have over 21,000 members -- so go to the Secret Website, check out this benefit in the Discounts Master Index, and sign up now. The Secret Site is at www.everythingsxm.com/secret. Your username and password are required.

Sunset sails are now offered on Tuesdays and they depart from Boca Marina near Princess Juliana Airport.

Still not a member? What are you waiting for? Check out membership here: http://everythingxm.com/sxm/about_sxm/paypal.shtml

18. Neil Roebert Says Celine II Ocean Mist Will Soon Be a Reality

Neil's partner in bringing Celine II Ocean Mist to the level they require for serving passengers, Michael Cirstea, says the big motor yacht will "soon" be carrying revenue passengers.

For a year and a half, Neil, Michael, and others have been slaving over the boat from top to bottom and stem to stern to realize Neil's vision of a luxury motor yacht that surpasses passenger expectations and gives everyone a trip that conjures up great memories. We've seen it and it's quite amazing.

More to come ... soon.

Rent Out or Sell Your Timeshare (both SXM and Worldwide) -- Page Updated Every Other Weekday

JMB members can run up to 10 free ads on our website per 12-month period to rent out or sell St. Maarten / St. Martin timeshare weeks they own -- or any timeshares, anywhere worldwide. If you're not a member, learn more about membership here:

http://everythingxsm.com/sxm/about_sxm/paypal.shtml .

Want to rent or buy a week?

***2014 St. Maarten / St. Martin Timeshare Weeks For Rent or Sale* are posted at**

http://everythingxsm.com/sxm/timeshare_rent_sale/index.shtml Listings are now updated every other weekday. Ads are free (no commission) but are accepted from JMB Website Supporters members only.

Meet Our Sponsors (updated 9/27/13)

Emergency Medical Evacuation Protection:

SkyMed Takes You Home® if you become critically ill or injured while traveling more than 100 miles from home in the USA, Canada, Mexico, Bermuda, the Bahamas, the Caribbean, plus Belize and Costa Rica. Learn more at www.skymed.com/jmbxsm . Highest recommendation by JMB.

Travel Arrangements & Accommodations:

For The Best Prices On Individual and Group Tours to St. Maarten & St. Martin, as well as stays at B&Bs, condos, hotels, and villas, visit our sponsor: **Sandy Molloy at SXM Travel Specialists** --- <http://www.stmartin-stmaartentravelspecialists.com> 704-567-6661

Rent **St. Maarten Villas** is the website of Villalady Bobby Valins, showcasing her villas in Burgeaux Bay and in Grand Case. See her site at www.rentstmaartenvillas.com.

Villas in Paradise is your one-stop source for great St. Maarten Villa Accommodations.

See many choices at www.villasinparadise.com or call Marilyn Pulito directly at 508-533-1388.

Emerald Cove Villas provides a one-of-a-kind vacation experience in Oyster Pond. See their website at www.emeraldcovevillas.com . Learn why *Emerald Cove* is the name.

Caribbean Days provides luxury villa accommodations throughout the Caribbean. See www.caribbeandays.com .

Villa Journeys offers JMB readers villa accommodations (and much more) not only throughout the Caribbean, but across the USA and in Europe. See www.villajourneys.com

Oyster Bay View Villa, overlooking Oyster Pond and Captain Oliver's Marina, delivers great accommodations near Dawn Beach, a quick ride to Orient Beach and the dozens of fine restaurants at Grand Case. See their site at www.oysterbayview.com

Club Fantastico, www.clubfantastico.net, overlooking Orient Beach, gives you fine villa-like accommodations in a totally clothing optional ambiance, inside and out. It's the perfect place for a *no tan lines* vacation.

Summit Resort Hotel, atop a cliff in Cupecoy, is a favorite. See why; check out www.thesummitresort.com

Shopping: (Updated 9/7/2013)

DK Gems on Front Street (opposite and not far west of the historic Court House) offers extraordinary eye-popping gems in a rainbow of exquisite settings. Not to be missed on your next trip. See www.dkgemsint.com .

Zhaveri Jewelers on Front Street opposite Little Switzerland (near the historic Courthouse) offers an incredible inventory of the finest gems in the Caribbean. Offering the island's largest selection of elegant jewelry for men, women, and kids. Visit www.zhaveri.com .

Fine Food, Pastries, Wines/Liquors, Yacht Provisioning:

Le Grand Marche has several Dutch Side locations to conveniently serve you -- at the roundabout near the Bush road, next to Port de Plaisance off the Union Road near the French border, or their *Gourmet Marche* store in Simpson Bay. For all the details see www.legrandmarche.net .

SECTION 4: For Members Only (Updated 12/17/13)

Returns soon.

SECTION 5: Background Information for Travelers (For New Readers) Updated 12/17/13

Car Rentals:

Tropical-Tropicana Car Rental: www.tropical-tropicana.com -- reserve at reservations@tropical-tropicana.com

Unique Car Rental: www.uniquecarrentalsxm.com

JMB Website Supporters members get discounts at both Tropical and Unique. See the Secret Site for details.

On-Island Activities:

JMB Website Supporters get discounts at [Aqua Mania](#) through a special website for our members only. See the Secret Site for details.

Low Airfares:

Save hundreds on airfares and get many more travel benefits thru JMB Website Supporters. See http://everythingxsm.com/sxm/about_sxm/paypal.shtml to learn more.

Restaurants:

Detailed descriptions of many restaurants are at <http://everythingxsm.com/sxm/restaurants/index.shtml>

Emergency Medical Evacuation Jet Protection:

In case of critical illness or injury while traveling, emergency medical evacuation can cost you upwards of \$50,000 or more payable in cash in advance. "SkyMed" takes you home from the US, Canada, Mexico, Bermuda, the Bahamas, Belize, Costa Rica, or the Caribbean. See

www.skymed.com/jmbsexm . The cost is only \$59/month for the Ultimate plan (minimum service, two years); short term plans also available. We never travel without this life-saving protection.

Book mark our SXM site and visit us often: www.everythingsxm.com

CONTACT US

JMB Website Supporters members wishing to contact us should visit the secret site, www.everythingsxm.com/secret , for detailed JMB Website Supporters information. JMB members can email us at support[at]jmbcommunications.com. If you have misplaced your password, you can get a new one by clicking the orange "forgot password" link below the masthead at www.everythingsxm.com assuming your membership is in good standing.

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