



Note From The General Manager...

Dear Guest,

Well, it's been six months since I took the helm here at LaSource, and what an incredible time it's been. The best part? You – the wonderful guests that we welcome each week. It's a true credit to LaSource and the resort team who deliver our "amazing holiday" experience, that so many of you return to us year after year. Most importantly, as I take this six month anniversary opportunity to update you on news at the resort, I also want to say a big thank you for joining us, old friends and new! So on with the "new" here at LaSource. There's been much behind the holistic scenes team chatter and we've worked hard to study your feedback and aim for a real focus on those elements of the amazing holiday that you've enjoyed the most...and would like MORE of. I'm delighted to share what we have:

Introduced a refreshed activities programme and an activities team rearing to go under the leadership of our new Activities Manager, the lovely Janice. Under her infectious enthusiasm and creativity, her team can now entice you with MORE and BETTER: Over 30 different activities each day to be precise...and we've weaved in your notes to what the schedule looks like. Pilates is now daily, holistic classes have also increased, and yoga is now available some eve

nings to complement each morning class.

Re-introduced Archery and fencing onto the weekly schedule in addition to many new fitness classes. To make room for the fuller schedule focused on the most popular activities, we've ceased Waterskiing and, given our certified divers said they like time to enjoy the other offerings at LaSource, the dives per (7) night stay have been adjusted to a manageable three (3) dives per seven (7) night stay. And finally, we have been working hard to improve the golf course..so watch this space in my next newsletter.

Introduced a new lunch menu at Oscar's restaurant. In keeping with the low key chic of its stunning on the beach location, we're now offering a simple style grill menu that means guests can create their own plate of tempting items – It's a culinary "Pick and Mix!"

Refreshed the evening menu at Oscar's restaurant. Look forward to stunning Mediterranean cuisine and tapas in THE spot to watch the sun go down.



Upped the nutrition ante at Deli Café – our most popular drop in refreshment dock takes the resort lead as our healthier option spot throughout the day, with delicious smoothies with real nutritional value (ask the team as they make them for you – they have the skinny) and other tasty but healthy choices to taste.

Given Afternoon tea a little ceremony – Given the positive feedback on our dark wooded, big sofa-d, bionic wireless fitted Terrace Lounge, we've moved our afternoon tea offering there! Cue taking over a very large slice of sofa to enjoy a multi-sliced extensive menu of goodies.

What else taste bud related? Over the summer we're working on the a la carte menu for the Great House, which will, from November change daily. In the meantime, all our new menus are available on our website, so do have a click around.

So, as you can see there's been much going on behind the amazing holiday scenes to ensure that true to our guest feedback, our focus and refresh efforts hone in on the areas you identified as the most important during your stay. That's why we've unveiled new culinary options and a far greater choice of activities during your stay. Do let me know what you think too!

Meeting return guests is one of the perks of the job here at a LaSource, and I've had the pleasure of meeting many of you to date. Naturally, those that vote with your holiday feet year after year are really important to us...and you're growing, so we're pleased we must be getting it right. While we would of course love to offer every single one of you an automatic room upgrade, which has been the trend of the past few years, the smallness that gives us our intimate vibe, means it's just not possible to keep this up. So to keep all things LaSource fair, we've had to change the automatic upgrade for return guest. We want to be trans-

parent always with our guests. So I'd recommend thus, that to avoid disappointment when you book with us, that you book your preferred room category when you make your reservation. Here's a quick room category recap for:

- ◆ "ocean front" : Rooms that are in the front block, situated directly in front of the beach
- ◆ "ocean view" : Rooms in the rear block on the higher floors with views of the ocean
- ◆ "luxury rooms" : Rooms with no sea views.

Finally, with a fitness and food re-focus, there's just a couple of things that we've had to change at LaSource. I wanted to give a quick update ahead of time too. We've found that as our guests come from all over and increasingly via various routes and islands/countries hopped, their needs around airport transfers have changed. Therefore, rather than an automatic transfer, we ask that you have your travel partner arrange your transfer should you require when you book your holiday. Naturally the team are here should

you wish to book one directly with us at a small cost, US\$ 10.00 per person each way in a taxi or US\$ 80.00 for two in a limousine.

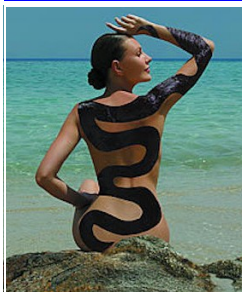
We are also trying ever harder to preserve our environment, so you'll no doubt notice this in our requests around resort for your help in keeping us as "green" as possible, as we endeavor to protect and care for the planet we live on, and ensure we keep Grenada beautiful.

Wow, think that's all for now! Except of course to say that I'm always available to our guests, so if you'd like to ask me anything directly, please email me directly at: mark@theamazingholiday.com, or just stop me as I walk resort checking you're having the amazing holiday experience you've checked in for!

Thank you and see you soon,
Best regards,

Mark A. Grebby
General Manager

spa specials for the month



This 3-day programme is a great opportunity to take your wellbeing to a new level. Begins with our slimming and toning Green Coffee Wrap combined with a nourishing underwater therapy. The 100% micronized Green Coffee powder has the ability to breakdown fat and increase metabolism.

Spa Detox & Wellbeing programme

A 3-day programme that includes Pevonia Green Coffee wrap, a reviving Hot Stone Therapy and a healing Reflexology.

Amazing Things Happen When You Introduce Your Body To Your Mind

Holistic Master Class Programme At LaSource

Healthy Eating & Cookery Lessons - by Marie Sawle

Marie Sawle is a registered Nutritional Therapist, Weight Loss Consultant and Personal Trainer. She is a full member of the British Association of Applied Nutrition & Nutritional Therapy (BANT). Ms. Sawle visited LaSource in July to conduct a practical workshop on Healthy Eating. Her classes were well received by the guests.

Medical research overwhelmingly supports healthy eating as one of the most important choices a person can make to live a longer and



healthier life. Eating a healthful diet of whole foods may lower the risk of developing many chronic, debilitating health problems such as heart disease, hypertension, diabetes, obesity, digestive disorders, Alzheimer's disease and some types of cancer. Decreasing the use of pre-packaged, processed and refined foods high in sweeteners, sodium, saturated and trans fat, artificial ingredients and preservatives have shown to have significant health benefits.

Chef's Choice for the month - Grilled Duck Breast With Fruity Jerk Salsa



Ingredients

Duck breast - medium size
Seasoning peppers - 3
Whole celery seeds - 1/2 tsp
Garlic clove (chopped) - 1
Salt and pepper - as required

Method

Stir together vegetable oil, garlic, celery, seasoning pepper and cajun spice. Allow to mari-

nate in the refrigerator for a minimum of one hour for a better infusion overnight. Pre-heat the grill to medium heat. Grill the duck with the skin side down until crispy. Turn breast to the opposite side and finish to the desired choice.

Fruit Jerk Salsa

Water melon (diced) - 2 tbsp
Chives (chopped) - 1 tbsp
Ripe plantain (diced) - 2 tbsp
Olive oil - 1 tbsp
Papaya (diced) - 2 tbsp
Garlic chopped - 1 tsp
Pineapple (diced) - 2 tbsp

local chilly - 1 tsp
Lime juice - 1 tsp
Salt and pepper - to taste

Method

In a small bowl make an emulsion with the oil, garlic and lime juice, secondly add dice fruits, chili and chives. Add salt and pepper to taste.



Amazing Things Happen When You Introduce Your Body To Your Mind

LaSource Offers New Healthy Menu At The Café Deli

Café Deli at LaSource is designed to compliment your lifestyle offering you choices that are delicious, healthy and tasty. While beneficial to your wellbeing.



HOME MADE CHILLED SOUP

Cucumber Soup
Melon gazpacho

INSPIRING & HEALTHY SALADS

Spa Salad, Papaya, beetroots and apple with mixed leaves, sour orange and honey dressing

Yin & Yang Salad, Fennel, grapefruit segment, tomatoes, organic leaves, with honey and white chocolate dressing

Fatoush Salad, in a pita pocket; cucumber, onion, tomatoes, feta cheese and onion with lemon olive oil dressing

Trio of Sashimi Martini, yellow fin tuna, white fish and Atlantic salmon with wasabi, soy sauce and pickled vegetables

HEALTHY CHOICE PANINIS

Whole wheat, grilled sweet peppers, cucumber, eggplant, red onion, tomatoes, and chick peas

Gluten Free Bread, red pepper pesto, tofu marinated in garlic and basil and heart of palm

Sea Salt and Olive Oil Bread, sundried tomatoes, guacamole, parsley

Rye Bread, black beans paste, beef strips and red pepper dressing

NUTRICIOUS FULLER PLATES

Japanese Delicacies, California rolls, ebi sushi, futo, kappa, and tekka maki with soy sauce, wasabi and ginger



Asa –Zuke, buck wheat noodles and soya beans curd tossed with sesame & ginger dressing

Grilled rare ahi tuna, Noodles, Asian greens, heart of palm and orange & sesame-ginger dressing



Sesame Marinated seared tofu and coconut poached chicken breast with Soba Noodles, scallions and coriander

NAUGHTY BUT HEALTHY DESERTS

Carrot and honey cake with yogurt topping

Nutmeg and yogurt panna cotta

Seasonal Fresh Fruit Platter

Assorted Sorbet



Amazing Things Happen When You Introduce Your Body To Your Mind

A Mermaid Visits LaSource

Mermaid Toni and her mermaid puppet Tonii visited LaSource for a day rest and relaxation after an exhausting week scuba diving Grenada's wrecks and reefs.



The Mermaid was accompanied by Greg the dive master from Scuba Radio. They will be returning to LaSource in October for the 50th anniversary of "Bianca C".

LaSource is the first resort in the Caribbean to offer the ScubaYoga experience - a unique combination of yoga classes and scuba lessons. Daily yoga exercises assist the diver to become more flexible, breathe better and widen their horizon. This helps the divers to improve their air consumption, provides neutral buoyancy

and make the diver to enjoy each of their inclusive dives.

The ScubaYoga programme is absolutely free for all the scuba certified guests at LaSource.

DIVE SCHEDULES IN OCTOBER

From October 19 - 26 Aquanauts will offer dives to "Bianca C" daily! The week is concluded by a big wreck party on the 26th of October. Grenada's annual mermaid contest will be held on the 23rd of October. The PADI wreck diver specialty will be available at a special rate during the entire month of October 2011. If you are a wreck enthusiast, this is certainly a time to visit LaSource Grenada and have an amazing dive holiday!

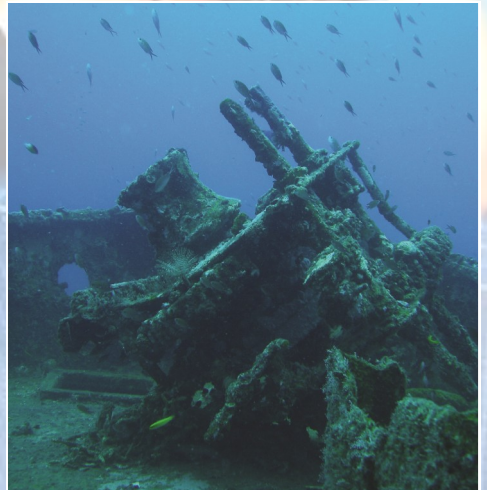
UNDERWATER TIDES

With the summers warm waters its "Critter Time" in Grenada - Seahorse, Frogfish, Pipefish, Jawfish, Nudibranches, Scarlet Shrimp and much more can be encountered at

Grenada's reefs. Best Place to meet Seahorse and Co is the Grenada Marine Park with Flamingo bay dubbed the "Critter Capital of Grenada".

GRENADA MARINE PARK

The Beausejour or Molinere Marine Protected Area was created in 2001 and encompasses Beausejour, Flamingo bay, Dragon Bay and Molinere Bay - home of the world's first Underwater Sculpture Park. The Dive operator at LaSource offers snorkel and dive tours to this location.



Amazing Things Happen When You Introduce Your Body To Your Mind