

THE LIGHT™

THE MAGAZINE ABOUT SOPHISTICATED LIVING

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OF WORSHIP

10 BIGGEST FITNESS MYTHS

WISE WORDS TO LIVE BY

Tobago

My Kind Of Island

BY ROBERTA B. TURNER

This is one Caribbean island that many people have not heard of and we are not sure why. In case you haven't heard of it, Tobago is pronounced like this: Toe bay go. Tobago is part of the Republic of Trinidad and Tobago and the smaller island of the two. It is approximately 116 square miles in size.



BLUE-HEADED HUMMINGBIRD



ENGLISHMAN'S BAY

We recently visited this beautiful island and we were pleasantly surprised by its topography. The island is so different than many of the Caribbean islands we have visited. Tobago is home to the oldest legally protected rain forest in the Western Hemisphere. Protection was established in 1776. The rain forest has more than 220 species of birds, 133 types of butterflies, 14 species of frogs and 5 species of turtles including the endangered giant leatherback. The flora and fauna of the rainforest is really breathtaking. We were fortunate to have an experienced tour guide for the day to educate us on the plant and animal species during our tour.

Unlike the more developed Caribbean islands, Tobago is more laid back yet it embraces all things Caribbean with beautiful beaches, crystal blue waters, and miles of reefs that make the snorkeling and diving experience a true treasure. The islanders themselves are very welcoming and they enjoy their own culture and traditions. It is a more authentic Caribbean than many of the islands that are more into mass market tourism.



ARGYLE WATERFALL



SEA TURTLES



CORAL REEF



PIGEON POINT



MAGDALENA GRAND BEACH & GOLF RESORT

We stayed at the island's newest luxury resort, Magdalena Grand Beach & Golf Resort. The name Magdalena was the original name of Tobago, derived from the name of one of Christopher Columbus' ships, and the name pays homage to the island's rich history. This resort is located on the Atlantic side of the island and its location is ideal for those who enjoy a continual ocean breeze and sounds of the waves as they come to shore. Our suite was beautifully and comfortably decorated and our view of the ocean was amazing. The resort has excellent dining options for guests and we thoroughly enjoyed trying some of the local dishes. The fresh lobster at Salaka Grill was probably my personal favorite as we sat listening to the ocean while enjoying a delicious glass of wine. We were in a completely different world.

For those who want activities there is plenty to do at the resort which includes a spa, tennis facility, 18 hole PGA designed golf course, a fitness center and all types of daily activities. We enjoyed relaxing by the adult's-only pool. The resort has three swimming pools and each is designed for different activities. For good people-watching the family pool is ideal. You can walk down the two and a half mile beach, stroll through the resort's nature trails or enjoy a relaxing bike ride.

Sightseeing in Tobago offers something for everyone. And so does the local dining. We lunched at a wonderful local restaurant called "The Tree House". It overlooks the water and the island known as "Little Tobago" that is also referred to as "Birds of Paradise" due to its natural bird habitat.



THE VIEW OF LITTLE TOBAGO FROM JEMMA'S TREEHOUSE RESTAURANT



GLASS BOTTOM BOAT

Glass bottom boat tours will give you a close-up look at this island while you enjoy the beautiful marine life in the shallow waters that surround the area. Another favorite restaurant we dined at is Sea Horse Inn Restaurant & Bar. This indoor and outdoor two-story restaurant is like being in a fairy tale. The atmosphere is so delightful and so "islandy"; you are in a different world from what we have experienced elsewhere in the Caribbean.

On our tour of the island we visited most of the hotels to understand what Tobago has to offer since we plan to return. The hotels are all quite unique in their own way. For luxury and diversity

we selected the right hotel in Magdalena Grand but there are many others worth considering. We visited intimate boutique resorts, a Sobe-type trendy hotel, and some of the more traditional resorts. We even viewed a mountain top resort with breathtaking views of the ocean. There are lots of choices for visitors and different price points.

Tobago is a very popular destination for Europeans as they enjoy typically longer vacations and the combination of the warm weather and eco-adventure is appealing to them. They tend to blend in with the local way of life and there is entertainment and nightlife on the island, but again not the mass market type.

We enjoyed listening to the Tobago steel drum entertainers at Magdalena Grand Resort; we also listened to the local jazz musicians in the Tavacoo Lounge which is an intimate and charming spot. For fun and lively entertainment the resort's Robinson Crusoe English Pub is worth a visit.

To fly to Tobago from South Florida you have two options. You can fly American Airlines from Miami non-stop to Trinidad and then hop on a twenty minute commuter flight to Tobago, or you can fly Caribbean Airlines from Ft. Lauderdale to Trinidad and then take the commuter flight to Tobago. It is an easy and relatively quick trip to get there and well worth the effort to be able to experience what they say is the "True Caribbean", and I couldn't agree more.



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LETTER FROM the editor



Dear Readers,

The special places of worship article and photos of the architecture were inspired by a visit to Chimayo and the El Santuario De Chimayo Church in New Mexico. The small town is in between Sante Fe and Taos. We have made several trips to this special chapel. It is truly a trip worth making and to see the historic altar and the "healing " room of the church is truly remarkable. The room is full of testimonials from people who have used the healing dirt to cure various illnesses and injuries. If you are not a believer in miracles a visit to this chapel might just change your mind.

We were also fortunate to have just visited the island of Tobago. It is a very unique and different Caribbean island and one we enjoyed immensely. We highly recommend you put a trip to Tobago on your bucket list. The natural beauty of the island and visiting the region's oldest rainforest is reason enough to make the trip. But that's not the only reason to go; the people are friendly, the choices of places to go quite plentiful, and if you enjoy dining on fresh fish, crab and lobster in an outdoor environment with incredible views Tobago is a must.

Once again our writers have brought our readers interesting, provocative and fun articles to read and as always we say thank you. We have received lots of comments on our recipes with many of our readers enjoying them. In this issue there are some interesting ones to try for the holidays. Pumpkins for November and the Caviar Pie and Champagne sound perfect for a holiday brunch.

Speaking of the holidays, the season has arrived and so has the beginning of our fabulous weather; it's South Florida at its finest! We hope you will take the time to enjoy this special time of year with your family and friends. There will be plenty of dinner parties and lots of entertaining things to do in and around South Florida, so cheers to creating the very best memories ever!

Be safe, enjoy the season and Happy Holidays from all of us at The Light™ Magazine.

Sincerely,

Roberta B. Turner

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