

We're up and at 'em this Saturday with the following:

BOOK WORMS - a kiddie reading programme and book club ideal for kids aged 7 years - 12 years with Auntie Rachael McDonald.

10:00 a.m. - 11:00 a.m.

This week we continue our journey through the wardrobe with the C.S. Lewis' classic "The Lion, The Witch & The Wardrobe." Kids will debate the topic of reality versus fantasy as important themes in this favorite classic.

LAB RATS - Jamaica's only Science club of it's kind in our very own lab. Kids aged 5 - 12 years create, discover, conclude, predict and learn Science with Dr. Marvadeen Singh Wilmot and the Team Fun gang.

11:00 a.m. - 12:00 noon

On the agenda this week is the sweetest substance; Sugar. Kids will learn about density and the many benefits of sugar.

OPEN ENDS - a glorified open ended play session. This month's focus is on ART. Perfect for kids under age 5 years. Parents and caregivers are welcome.

10:00 a.m. - 12:00 noon

MANDARIN - An opportunity to learn this exciting foreign language with Auntie Evadne Cowell, who studied and lived in Northern China. Ideal for kids aged 5 - 10 years.

12:00 noon - 1:00 p.m.

Children will continue with the household and discover a variety of prepositions to describe where things are at home.

Bring the kids out to #LEARNTHEFUN



Follow
US Embassy
Jamaica
on



DR. BIRD NEWSLETTER

Page 1

Published by
Community Liaison Office
U.S. Embassy, Kingston, Jamaica

May 29, 2014 VOL. 5 Issue 5



Jamaica Pics by Geoffrey Parker

Geoff will be leaving the mission in 2 months. Contact him to look at his catalog of Jamaica photos with available sizes and pricing information. (BENO1998@hotmail.com)
Great for souvenirs and gifts!

Howdy Partners!
Dust off your boots and mosey on down to our
**WILD WILD WEST
CAMP ROUNDUP!**

Where:
AISK - American International School of Kingston,
2 College Green Avenue, Kgn. 6

When:
Ride on over at 8:30 am - 12:30 pm
on June 30th - July 25th

Register:
email kedwards@aisk.com

CHECK US OUT ON FACEBOOK @:CAMPCREATIVEHANDS

CREATIVE HANDS

We'll miss ya if ya can't be here!
There'll be games, art, scrapbooking, designing,
dance, yoga, water play, cooking and tons of cowboy and cowgirl fun!

COST: \$140 USD. PER WEEK (4 WEEKS)

AGES: 3-8

GET FIT AND GO GREEN!



CLASSES ARE \$2,000 PP/PH. PROCEEDS IN SUPPORT OF THE JAMAICA ENVIRONMENT TRUST. SPACES ARE LIMITED. RESERVE IN ADVANCE BY SIGNING UP AT THE PARTICIPATING GYMS.

The WeCycle class at Core Fitness Studios Jamaica will now be held on Thursday, June 5 at 6:30 pm to 7:30 pm. Join now for just \$2000.00.

Selena Marie DeLeon will be teaching her special Sol Cycle class.

All proceeds will go in general support of the Jamaica Environment Trust. Register today at Core Studios Jamaica!

SCHEDULE

MONDAY	6:30-7:30 pm	FLASH MOM 101 KEMAR BROWN
TUESDAY	5:30-6:30 Pm	SPIN & SCULPT With Paula
WEDNESDAY	6:45-7:45 pm	SEZI YOGA With Serei
THURSDAY	6:30-7:30 pm	SOL CYCLE With Selena
FRIDAY	9:15-10:15am	SPIN LATES With Selena
SATURDAY	8:30-9:30 am	THE FIRM With Paula

STUDIO HOURS | MONDAY-FRIDAY 5am - 8 pm
SATURDAY 8:30 am-11 am

Items For Sale

Yard Sale this Saturday & Sunday May 31st & June 1st. at Seymour Pines, 9 Seymour Avenue, townhouse 11...all household items priced to go: Beds, Stove, Small Appliances, Sofas, Dressers, Mirrors, Carpets and many more items. Townhouse must be cleared out. Sale starts at 8:00am - 4:00pm. Call Chris at 503-1599 for further information.



Furnishings for Sale

Contact - 881-7223 for further negotiations.



Three (3) piece chocolate brown sofa that reclines for \$100,000



Bedroom Set - King size mattress with bed frame head and foot board, 2 night table, chest of drawers and a dresser - new \$300,000 neg.



Power wheels and bicycle for \$12,000

Whirlpool Microwave with exhaust vents \$30,000 neg.

Stainless steel Refrigerator - General Electric - fairly new excellent condition - \$120,000

6 burner stainless steel whirlpool stove - \$65,000neg.



\$45,000 neg. for Queen Mattress and base

Items For Sale continued...



Portable Pack n' Play with base board, bassinette, and 2 sheets (J\$5,000)*



Water heater, almost never used (J\$1,500)



Steamer/blender for baby food (J\$2,000)



Baby carrier with sun guard (perfect condition) (J\$12,000)



Caboose stroller for baby and toddler together (J\$5,000)



Baby gate with mounting brackets/bolts (J\$3,000)



IKEA crib/toddler bed with mattress, mattress protector, 2 sheets, and side guard (J\$13,000)*

Contact Geoff at BENO1998@hotmail.com if interested.

* indicates item for sale starting early/mid July

We recently returned from the US and brought the printer we were using in our business there. However we are in a different business and want to sell it. It is in excellent condition - low print count. They are selling used on eBay for US\$500 plus there will be freight and duty to be added, but we are open to any serious offer.

It can be seen at Westminister Rd (opp Trade Center on Red Hills Rd.) Please email or phone 298 3286



Bistro dining table for sale.

\$35,000.

Migration

Contact detail

Lisa @7832203



Household Help Recommendations

Hello good day my name is Lateasha Lewis I currently reside in the Stony Hill community. I have 5 years experience (professionally) taking care of young children, other than that I have been babysitting from my early up to this date . I attended Shortwood Teachers College where I pursued my diploma in Early Childhood Education. I have a preference for live in work, but I am comfortable either way. I can be contacted at 8985633 (digicel) at your most convenient time. For more information on my personal and professional character you can contact Ms. Carmel 3595200 (digicel). I anxiously await your response.

Sydonne Rose is seeking a full time live out position as a domestic helper. She is very capable and does excellent work at taking care of small children or the elderly. She is a diligent hard working individual who takes pride in her job. She takes instructions very well and is a truly a pleasure to work with. Please call her at 316-4707.

LUXURY, FULLY FURNISHED 2 BD/2 BATH CONDO for Rent late July

Moving to the DC area for training or your next assignment? My condo will be available beginning in late July. It's in a great location, very close to FSI and even closer to the metro for transit to main State or DC. Fully furnished and ready for move-in. Located at the corner of Fairfax and Randolph in Ballston, it has 2 bedrooms and 2 baths, is fully furnished including towels, bed linens, and a fully stocked kitchen. 1.3 miles to FSI, or walk three minutes or 1.5 blocks to the Ballston metro stop on the orange line, three minute drive to I-66. Condo is located at the beautiful Eastview building in Ballston, surrounded by great restaurants, shopping, main library, etc. I've rented mostly to FSO's and hope to continue the tradition. Send me an e-mail for a more complete description.



Will work with government per diem depending on length of stay.

Sorry, but no pets, no smoking.

For more information and photos, contact Steve on my personal e-mail at:

ovardSL@yahoo.com

**For rent**

BRIARWOOD COURT , TOWNHOUSE
(located on Shortwood Road, Kingston 8). **Spacious townhouse in child friendly gated community with:**



Very good security

3 bedrooms, with extra/family room on ground floor

Master bedroom and walk-in dressing/clothes area, and en-suite bathroom

3 ½ bathrooms

Solar water heater, water tank (with pump) and appliances: fridge, stove, washer and dryer

Rooms have a/c units, ceiling fans, and insect screens

Double car port (covered)

Private back yard

Swimming pool, entertainment/club house area and barbecue

Several nice green areas for children to play, and adults to stroll and enjoy the outdoors

Great for families and move in ready!

US\$1,800 p.m. Can be furnished at negotiable price.

Tel: 832 - 4908

- * 1 bedroom apartment furnished
- * Kingston 8
- * 24 hour security
- * laundry facility
- * in close proximity to shopping areas, hospital, schools and New Kingston.
- * Call 789 2963

Cars For Sale

2009 Volkswagen Polo For Sale

By Original Owner

Features:

- Excellent condition with full service history
- Right-hand drive, automatic transmission
- 11,000 miles
- Air conditioning
- Power steering
- Central locking
- MP3 compatible CD player
- Black exterior, gray fabric interior
- For sale by original, female diplomatic owner



To inquire,
call (876) 925-3471

2004 VOLVO XC90 IN EXCELLENT CONDITION

FULLY LOADED

LEATHER AND SUNROOF

COLOR: METALLIC GREEN

VALUATION: JMD\$1,642

ASKING: USD14,000.00 (NO DUTIES)

CALL: 470-8352



2008 Honda CR-V, EX-L AWD

Approximately 55,000 miles.
4-Cyl, VTEC, 2.4 Liter
Automatic, 5-Spd w/Overdrive
4WD

Traction Control
Stability Control
ABS (4-Wheel)
Air Conditioning
Power Windows
Power Door Locks
Cruise Control
Power Steering
Tilt Wheel
Air Bags
Leather Seats
AM/FM Stereo
CD (Multi Disc)
Moon Roof
Privacy Glass
Alloy Wheels



Asking U.S. \$20,000
Available on or
around June 15th

Contact Tom at
tomjadelance@yahoo.com
or call 382-9030

2012 Jeep Liberty Sport (22K Miles)

4x4, Automatic, V6, 3.7 Liter – 4-Door, Seats 5 – Left-hand (US) Steering
\$17,000 USD (Plus \$1 Million IDM in Duties for Non-Diplomats)



Extras:

- 2nd set of Brand New Tires
- Window Tinted (20%)
- Rear Compartment Cover
- Wheel Locks
- Extra Key Set

Features:

- 4x4 Trail Rated Edition
- Hill Descent Control
- Hill Start Assist Control
- Traction Control
- Stability Control
- ABS (4-wheel)
- Power Steering
- Tilt Wheel
- Dual Air Bags (w/ Front and Rear Curtain Air Bags)
- Alloy Wheels
- Rollover Mitigation
- Keyless Entry
- A/C (runs perfectly)
- Power Windows and Door Locks
- Cruise Control
- AM/FM, MP3, CD, Sirius-XM Satellite Radio
- Enhanced Accident Response

Serious Inquiries Only—Email Gary at
CorseGR@gmail.com

2008 Honda
Pilot seats 8,
\$20,000 USD,
no duties
remaining

Available 3 June
702-6102 Cherryl
702-6232 John



Eve's Delight Baking & Catering Services
 Kingston 6
 Jamaica W.I.
 Telephone: 876 927-8166
 816-9539

Product Prices - March 25, 2014

- 9" - 3 layer cakes decorated - 3,950
 with chocolate - 4,250
 with chocolate and cherries - 4,350
- 9" - Black Forest - 4,850
- 10" - Black Forest - 5,850
- 9" - Cheese cake - 4,850
- 10" - Cheese cake - 5,850
- Small Cheese cake - 750
- 9" - Ice Box- 4,850
- 10" - Ice Box - 5,850
- 9"/10" - half and half - Strawberry/chocolate or Vanilla/
 chocolate 3,500/4,000
- 9"/10" - three layer with 2 chocolate and 1 cheese cake
 layer - 4,500/ 4,950

Character Cakes
 (dependent on choice) - Without prints - 3500 - 5500
 Cost of Print - 900

Wide Range of **Cup Cakes** (Plain and Decorated)

Chocolate, Vanilla, Strawberry, Red Velvet
 Price Range - \$100 - \$140

(Quantity discounts available)

Tarts	Cocktail	Other
Plantain	100	120
Guava & Cream Cheese	125	145

Sausage rolls 800 - 1000 per doz

Banana Bread 1,500, 1,800, 2,100

Cabinet Pudding 2,500, 3,500, 4,500

Potato Pudding 1,850, 2,600, 3,500

Fruit (Black) Cakes

Small	Medium	Large	Extra Large
1lb	2lb or 2.5 lb	3 lbs	5lbs
1,450	2,800, 3,500	4,200	7,000

The EVR Love a Child Foundation for the holistic development of innercity boys
 Presents

For My Daughter

an intriguing family play at the Pantry Playhouse

At: 2 Dumfries Rd, New Kingston
 On: Friday June 6, 2014 at 8 pm

Admission \$2,000.00

Call 371-4339 or visit Net Soft Mgmt Services Ltd,
 20 Windsor Ave. Kgn 10 for tickets.



Pikinini by soro offers the most unique hand made gifts for babies and toddlers. Headbands, booties, baby beanies and lots more. Contact Sophia Neill #866-7680



TONIGHT

JAZZ PIANIST
KATHY BROWN

Thursday Evening
 7:00 pm



Uncorked!
 Sovereign North
 29 Barbican Road, Kingston 6
 632.5500 // uncorkedjamaica.com

Angelic Reiki™

The Angelic Kingdom is your guide to being the channels, the tools of the Hand of the Divine. Part of this knowledge, which we will give to you, is that system which is now known as Angelic Reiki

ArchAngel Metatron

'Angels are an angle of God consciousness, the arms of the Divine reaching down to elevate us to higher levels of consciousness'

Introducing Angelic Reiki, a Natural Healing Art Created for Us for Our Times

We Will Be At TrueSelf On **Thursday, May 22nd At 7:30pm** Sharing This Beautiful And Gentle Healing Therapy

We Invite You To Join Us For An Introduction Into Angelic Reiki And A Healing Session

During The Healing Session The Healer Is Simply A Channel, A Bridge, Whereby The Energy Of The Angelic Kingdom Is Passed To The Recipient.

The Healer's Role Is To Act As A Facilitator And They Do Not Have To Concern Themselves Truly The Angels Take Care Of The Whole Process. Every Healing Is Perfect In It's Conception And Transmission.

contact us
tel: 876-325-1914
email: angelicreikijamaica@gmail.com
website: angelicreikimagic.com

"Angelic Reiki - the healing modality for our time"

Elite Events
"Where great things happen. We create, you celebrate"

Presents
Food Fest & Fashion Fair

Prizes & Surprises!!

SAT. JUNE 28, 2014
@ Garmax HEART Academy
76 Marcus Garvey Drive, Kingston. 13
Showtime: 10 am - 3pm

ADM. Adults: \$150.00
Children: \$50.00

REFRESHMENT ON SALE

KGN ELITE ★★★★★ **Grosvenor Café**

the Cookout Party

EVERY FRIDAY
Starting April 25th

SEAFOOD | CHICKEN | PORK

SUPA HYPE 007 | MIXPLOSION
GROSVENOR CAFE, 1 GROSVENOR TERRACE
MANOR PARK

6 p.m. - 1 a.m.
Great food, music and good vibes!

Fried fish, Jerked Chicken, Jerked Pork, Oysters and more!

Marine Mania Camp 2014
Port Royal Marine Lab
July 14 - August 16

Marine Mania Camp is a unique week long summer experience for your child. Our dynamic marine facilitators will journey with your child through the wonderful introduction to the marine environment.

Activities include:

- Nature Explorations
- Boat Tours
- Fishing
- Storkelling
- Marine Art & Craft
- Parties
- Science projects
- Educational activities
- Talent shows
- Sports & Games & more!!

8am-5pm daily

Sea Squirrels (6-9 yrs) July 14-18 \$10,000/child

Shore Trekkers (10-14yrs) July 21-25 \$12,000/child

Mariners (15-19yrs) Aug 11-16 \$14,000/child

For further information, you may contact:
Chauntelle Green/Hugh Small
Port Royal Marine Lab
Tel: 876-967-8344
Fax: 876-967-8302
Email: prml@uwimona.edu.jm

Come, spend an Unforgettable Summer with us!!

The Port Royal Marine Laboratory is under the ownership and operation of the University of the West Indies, ensuring teaching, research and outreach of the highest standard.



Angelic Reiki™

The Angelic Kingdom is your guide to being the channels, the tools of the Hand of the Divine. Part of this knowledge, which we will give to you, is that system which is now known as Angelic Reiki

ArchAngel Metatron

Angelic Reiki is a safe and natural hands-on healing system that allows connection through the Angelic Kingdom to your soul energy bringing about one of the highest forms of healing. The Angelic Kingdom of Light will bring in any energies that are required for the healing. This healing energy is pure Angelic vibration and can be used for healing all aspects of physical, mental and emotional issues.

Join Us for Angelic Reiki Levels 1 & 2

Date: June 6th - 8th
 Time: Fri - 5:30pm - 9pm
 Sat/Sun - 10am - 6:30pm
 Venue: TrueSelf, 14 Roselle Ave, Kgn 6
 Cost: US\$250
 Contact: angelicreikjamaica@gmail.com
 (876)325-1914
 Website: angelicreikimagic.com

"Angelic Reiki - the healing modality for our time"



FRIENDS OF THE NATIONAL Youth Orchestra OF JAMAICA

MAKING DREAMS COME TRUE

UNDER THE DISTINGUISHED PATRONAGE OF THE HIGH COMMISSIONER OF CANADA TO JAMAICA, H.E. AND MRS. ROBERT READY

PRESENTS

An Evening of Classical Music

A special fundraising concert with proceeds going towards sending the National Youth Orchestra of Jamaica on tour to Canada this August

Tickets: \$1000.00 **SUNDAY, JUNE 8, 2014**
 Tickets available at:
 • Cannonball Cafe
 • Loshusan Plaza
 • Sovereign North
 • Manor Park
 • Chronicles (Manor Park)

14 SEYMOUR AVENUE, KINGSTON 6
5.00 p.m.

The NYOJ is a non-profit, non-government organisation engaged in the development of youth orchestras in Jamaica. The NYOJ provides classical music education to promote social change in challenged communities.

www.nyoj.org www.facebook.com/nationalyouthorchestrajamaica



JUNE 08, 2014

Live Happy. Live Healthy. Live Now.

HOLISTIC HEALING EXPO

American Int'l School of Kgn,
 2 College Green Ave Kgn 6
 Hope Pastures
10 am - 5 pm

Admission: FREE
 - Over 25 Exhibitors
 - Food and Drinks on Sale

☎ 876 464 5929 📄 www.facebook.com/HolisticHealingExpo

Aromatherapy oils, Healing crystals, Acupuncture, Energy medicine, Foot detox and so much more.

Make it a FAMILY WHOLISTIC AFFAIR!!



GRENNELL'S DRIVING SCHOOL UNDER THE DISTINGUISHED PATRONAGE OF **MR. MILTON SAMUDA** PRESENTS

GRENNELL'S ROAD SAFETY 5K

Saturday, June 7, 2014
 Starts 7:00 a.m. @ Grennell's Driving School, Mona Road, Kingston.

Minimum Donations:
 \$1000 for adults
 \$500 for High & Primary School Children
 \$500 for Disabled participants

*Special Rate for Corporate Groups
 *Early bird rates before May 6, 2014

5K WINNERS AND TOP PARTICIPANT CATEGORY PRIZES INCLUDE: TABLETS, VOUCHERS, TROPHIES & CERTIFICATES!

Proceeds in aid of the **Percy Junor Hospital & The Jamaica Fire Brigade**