

DR. BIRD NEWSLETTER



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Office**

U.S. Embassy, Kingston, Jamaica

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CONTACT US :
DRBIRD@STATE.GOV

**Summer
Edition**

Advertisements



Event Calendar October 2014



Spa & Wellness Saturdays
Saturday October 18th
 Complimentary Nature Walk
 10:00am – 11:00am



DJ/Music by the River @ Serendipity
 1:00pm– 8:00pm

Turning Stone Spa Specials!
 Swedish Massage and Facial J\$10,000
 Spa Manicure & Pedicure J\$3,000



Super Soul Sunday
Sunday October 19th
 Complimentary Event

Chant & Praise Session by Nyabingi Rasta
 10:00am-11:00am

Yoga By the River
 12:00pm-1:00pm

Drumming & Chanting by Nyabingi Rasta
 1:00pm– 3:00pm



Mid-week Room & Spa Special

Monday– Wednesday
 All Rooms & Cabins
50% OFF
 All Spa Services
25% OFF



IN MOTION
6 WEEK WEIGHT LOSS CHALLENGE

STARTS WITH WEIGH IN & BODY COMPOSITION MEASUREMENT
 NUTRITION WORKSHOP
 BOOT CAMP WITH STOKELY MON. & WED. @ 5:30PM

SPIN CLASSES WITH NATALIE THURSDAY @ 5:45
 WEIGHT TRAINING WITH DAMIEN TUES. & FRI. EVENINGS

NUTRITION COUNSELLING AT AN ADDITIONAL COST

GET READY FOR TUFF WARRIOR- BUILD STAMINA FOR ROAD RACES AND LOOSE WEIGHT FOR FALL

COST: \$15000

STARTS: OCT.6, 2014.

CONTACT: 924-7491
 danceinmotion.ja@gmail.com

PARTICIPATE IN A MINIMUM OF: 10 BOOT CAMPS, 4 SPIN CLASSES & 10 WEIGHT TRAINING SESSIONS TO QUALIFY TO WIN A PRIZE!



FLIRT BOUTIQUE
 Fashion has to reflect who you are, what you feel at the moment, and where you're going. It doesn't have to be bright, doesn't have to be loud. Just has to be you.

FLIRT BOUTIQUE LTD.
 184 CONSTANT SPRING ROAD
 STORE #12

Hope to see you soon!

IN MOTION
 DANCE & FITNESS
 September - December 77 Shortwood Road

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Total Body Sculpt (Tiana) 8:15am - 9:15am	Power Plates (Francis) 8:15am - 9:15am	Yoga (Stokely) 8:15am - 9:15am	Spin & Sculpt (Jesse) 8:15am - 9:15am	Cardio Kickboxing (Oral) 8:15am - 9:15am	Power Yoga (Various Teachers) 8:30am - 9:30am Zumba (various teachers) 9:30am - 10:30am
Extreme Boot Camp (Stokely) 5:30pm - 6:30pm	Zumba (Nichole) 6:00pm - 7:00pm	Extreme Boot Camp (Stokely) 5:30pm - 6:30pm	Power Spin-Strength Building (Natalie M.) 5:45pm - 6:45pm		Teen Kickboxing (Matthew) 2:00 pm - 3:00 pm Teen Gym Time (ages 12 - 14) 3:00 pm - 4:00 pm

Fitness Rates
 Drop in \$1,200
 1 Week \$3,500
 1 Month Membership \$8,000
 3 Month Membership \$20,000
 6 Month Membership \$35,000
 1 Year Membership \$60,000

Phone: 924-7491 or 848-8480 Email: danceinmotion.ja@gmail.com
 Open Monday-Friday 5:30am-8:30pm & Saturday 8:00am-4:00pm

Advertisements



Support
Life



+

FIGHT BREAST CANCER

THIS MONTH, PART PROCEEDS FROM THE SALE OF
EVERY PURITY 100% WHOLE WHEAT BREAD
WILL BE DONATED TO THE JAMAICA CANCER SOCIETY



INTRODUCING
THE STR87FROM Y6RD
COLLECTION

Straight From Yard introduces its collection of authentic Jamaican products, handcrafted and artfully presented.
Give them all the best this holiday!

Select from our carefully curated gift crates
or customize your own at: straightfromyard.com

Packages available from \$4500

To ensure availability of selected products, kindly place orders by October 9, 2014.
Logo imprinting, delivery and shipping services also available.
straightfromyard.com orders@straightfromyard.com (876) 393-0957

LOCAL PREMIUM Gift Crate pictured.

Advertisements

Rotary Club of Downtown Kingston
Presents
Wine & Cheese PLUS Jazz
Art Auction 2014



**SATURDAY
OCT 25
7 PM**

KNUTSFORD COURT HOTEL
11 RUTHVEN ROAD
KINGSTON 10

COST: \$1,500.00
(Wine and Cheese included)
Just under 100 pieces will be auctioned.
The pieces to be auctioned will include works from artists such as Carl Abrahams, Alexander Cooper, Milton Messam, Seya Parboosingh, Albert Huttie, Devon Garcia, and scores of other works – both from established artists as well as hot upcoming new talent.



World Polio Day is 24 October 2014
(Learn more at www.endpolio.org)
ALL Proceeds go towards Rotary Projects including contribution towards global polio eradication

END POLIO NOW

VISIT THE ONLINE GALLERY: www.flickr.com/photos/rcdk/
CALL TO RESERVE YOUR TICKETS: 879-8350 or 997-4700





**Michelle Foote
360-2013**

MP3'S HARD DRIVES DVD'S CD-ROM CD BURNER USB
FLASH/JUMP DRIVE VIRUSES SPYWARE BLOG FACEBOOK
INSTANT MESSENGER MOTHERBOARDS GIGABYTES

Do any of the above terms seem confusing? Do ALL of the above terms seem confusing? Does sending an email seem like a major task? Does looking at the terms give you an instant headache?

If you answered "yes" to any of the above questions then you are in luck!
For those of you who think:
"It's so difficult and nobody has the patience or time to teach me!"
Your answer has arrived!

I will be more than happy to show you the ins and outs of your computer using simplified terms, examples, photos and even videos actually described in English!

WINDOWS OPERATING SYSTEM : INTRO TO THE DESKTOP - EXPLORING THE START MENU - APPLE OPERATING SYSTEM : HOW TO CREATE A SHORTCUT , FOLDER - ETC.

PC SECURITY : WHAT IS SPYWARE? - SPAM ? - ANTI-VIRUS PROTECTION - FIREWALLS - ETC.

EMAIL TUTORIALS : HOW TO SET UP A NEW EMAIL ACCOUNT - ADD EMAIL ATTACHMENTS - ADD CONTACTS TO YOUR ADDRESS BOOK - ETC.

OTHER TUTORIALS : BACKING UP YOUR DATA - HARDWARE (CD/DVD BURNERS) - INTERNET - INSTANT MESSAGING - SKYPE - FACEBOOK - YOUTUBE - DIGITAL CAMERAS - ORGANIZING PHOTOS - SET UP A PRINTER - INTERNET BANKING - PAY YOUR BILLS ONLINE

COMING SOON! Microsoft Office : Word - Excel - Powerpoint

\$1500 PER HOUR - ONE-ON-ONE (HOME VISITS)



Fromage Gourmet Market

Unit#1, 8 Hill-
crest Avenue
Kingston, 6
876-622-9856

Style My Mobile
Save the Date 02/10/14



Shop Cellairs
Styied by DrennaLuna

Lower Manor Park Plaza
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CELLAIRIS®

drenna LUNA

AMERICA'S OBSERVER
Takes style out

CLASSIFIEDS



Practically new **2014 Toyota Rav4, 4x4 6-spd A/T 2.5L**, for sale by member of US Mission. Barely driven, garage-kept with **only 694km**. Owned for one year— perfect for diplomatic buyer with two year tour.

Asking US\$25,000 or best offer.
Non-diplomatic buyer responsible for all remaining duty, estimated at J\$1.14m.

Contact owner: Daniel,
dsmandell@yahoo.com, 954-721-2701 until **October 20**, then 371-0600, or Trevor, local agent, at tchance@jm.peacecorps.gov or 371-0598.

Must sell by November.



For sale: convertible BMW 325 ci, navy blue , off white leather interior, 2006, 73.000 km, left hand drive, in perfect condition ,

Phone: 878 4499.

**Hatchback 5 doors
Red
Automatic
CC Rating 1586
RHD**



Contact: Julia Mendoza, Embassy of Spain
929 5555 (between the hours of 9:00a.m. and 4:00 p.m.)

825 3804 (after 4:00p.m.)



**MAZDA
PREMACY
FOR SALE**

Year 2004/ 136 000 Km, 7 seater, sunroof, CD Player.
Price: \$ 800 000 or N/O

Contact Numbers: 487 0378 or 863 2926

CLASSIFIEDS



8-seater Mahogany Dining Table & Chairs – J\$300,000 o.n.o.

Mahogany Break Front/China Cabinet – J\$250,000 o.n.o.

Table (not pictured)– J\$10,000 o.n.o.

Contact: Lily Hue: (m) 381.0187, (w) 926.6495



Living room suite: couch, loveseat, armchair. \$50k negotiable

Panasonic TV and stand. \$15k negotiable.

Contact: Daniel @ 280-3071



Daniel is a highly educated certified personal trainer since 2005 with a solid knowledge of bio-mechanics. He will design a customized resistance program to suit your needs. He has a variety of “Dan-Tech” techniques that will permit you to achieve a more fulfilled, healthy, non-sedentary lifestyle. His mantra is “your physical development is my satisfaction”. He works with all ages and gender from beginners to advanced. Join him in fighting osteoporosis, diabetes, heart disease - or to loose unwanted lipids, sculpt, tone or de-stress.

Daniel comes highly recommended. Introductory offer during October is \$2500 per session at Afya Yoga, Pilates and Dance Studio, 2D Bamboo Ave, Kingston 6 (behind the US Embassy). Home visit negotiable.

Call Daniel at 422-7255, Afya at 977-6735, email at afyajamaica@gmail.com for further information. References available.

Household Recommendations

Mable Dixon-Felone has been a full-time nanny/sitter for my daughter from the age of 5mths to 21 months. She has taken excellent care of her. She is very nurturing and has a natural caregiver personality. Mable also did some light housekeeping for me (without being asked) which is indicative of her great/positive attitude to work. She is reliable, trustworthy and also very understanding. Previously, Mable was employed by the British High Commission as the Residence Chef/Cook for 20+ years and took up her position with me following her retirement. Mable is currently seeking work as a housekeeper (live-out) and may be open to work looking after children. She is also interested in looking after the elderly. I highly recommend her to anyone and I am happy to be contacted for further reference. Mable can be contacted directly on **tel # 299 8742 or you can contact me (Andrea) on ange2cel@gmail.com**.

Jennifer McCarthy has been known to me for over ten years (10 years) and as served as a full-time sitter for my daughter. I highly recommend her for future employment. Ms. McCarthy has a kind-hearted, patient and nurturing personality. She went above and beyond her duties as a baby-sitter. She helped my daughter, Shannia, to recognize letters and count. She provided my infant with fantastic care. Ms. McCarthy was referred to me by a trusted colleague. She was very understanding, even when having to work overtime. She even transported my child to doctor's appointments and local activities. If you have further questions, please feel free to contact me at **(876) 377 -2086 or sharonmbean01@gmail.com**.

(Lateasha Lewis) I currently reside in the Stony Hill community. I am young professional both in age and abilities. I am interested in working as a nanny, babysitter or au pair. This is not just a job for me it is what I love to do. I have 5 years experience (professionally) taking care of young children, other than that I have been babysitting from an early age 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** For more information on my personal and professional character you can contact **Ms. Carmel 3595200**.

Dianne Webber is available for domestic work/cleaning/child care Tuesdays, Wednesdays and Fridays. Currently employed part-time in an expatriate household. **Contact Dianne on 831-0456 or 362-4265.**

Ms. Christine Morgan has been an excellent house keeper for my family for the past 3 years. She is very dependable, trustworthy, and an excellent house cleaner. She has worked for many US Embassy families over the past years and has always received the highest recommendation. She can also prepare meals. She currently has days available. I highly recommend her. **She can be reached at 407-1194.** If you have any questions please do not hesitate to contact me. **Les deGraffenried, (577-3340).**

Job Announcement

VACANCY ANNOUNCEMENT

U.S. EMBASSY, KINGSTON, JAMAICA W.I.

Subject: Mailroom Supervisor, FSN-6, FP-8*

Date: October 15, 2014

No: V026 - 2014

To: All Interested Candidates

OPEN TO: All Interested Candidates

POSITION: Mailroom Supervisor, FSN-6, FP-8*

OPENING DATE: October 15, 2014

CLOSING DATE: October 29, 2014

WORK HOURS: Full time; 40 hours/week

SALARY: Ordinarily Resident: **J\$1,908,259** p.a. (Starting salary)
(Position Grade: FSN-6)

*Not Ordinarily Resident: **US\$35,993** p.a. (Starting salary)
(Position Grade: FP-8 is confirmed by Washington)

NOTE: AN ELIGIBLE FAMILY MEMBER DOES NOT HAVE TO BE RESIDING IN COUNTRY TO BE CONSIDERED BUT THE SPONSORING OFFICER (UNDER COM AUTHORITY) DOES HAVE TO BE OFFICIALLY ASSIGNED TO POST. ELIGIBLE FAMILY MEMBERS SHOULD HAVE AT LEAST ONE YEAR REMAINING AT POST. ALL ORDINARILY RESIDENT (OR) APPLICANTS (SEE APPENDIX A) MUST HAVE THE REQUIRED WORK AND/OR RESIDENCY PERMITS TO BE ELIGIBLE FOR CONSIDERATION.

The U.S. Embassy in Jamaica is seeking a **Mailroom Supervisor** to work on a full-time basis in the Mail Room of the **Information Management Office**.