DR. BIRD NEWSLETTER

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U.S. Embassy, Kingston, Jamaica

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DRBIRD@STATE.GOV

Summer Edition

next

Weekly News

CLO WANTS YOU !

To share your experiences with us

In preparation for the new and improved Dr. Bird Website that will launch soon, I would like to ask all embassy staff to give the CLO your recommendations for where to eat, where to stay, what to see.

We want to hear from you. Did you have a great meal, a great weekend,

a great experience?

Share it with us and we will

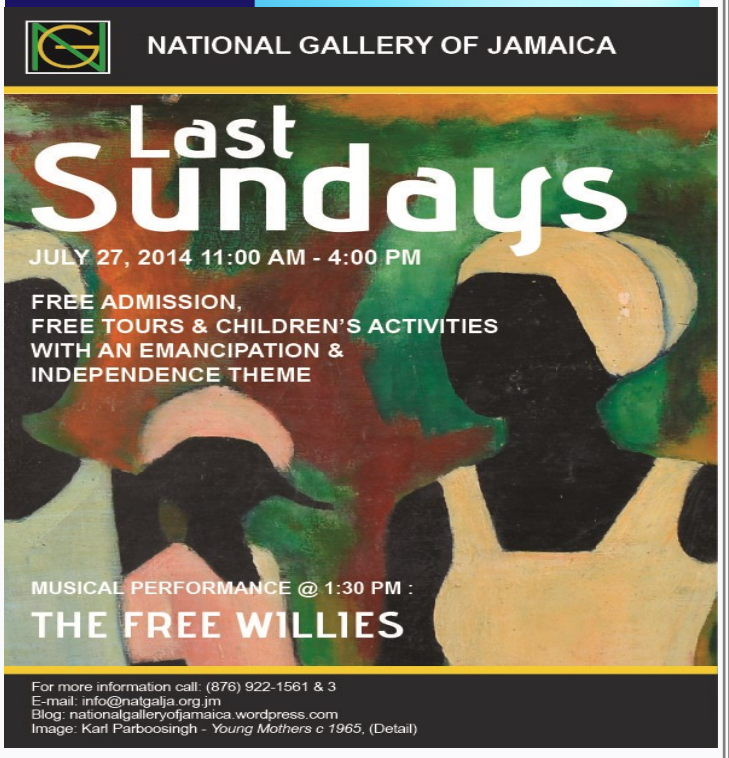
share it with everyone.

Events

Bookophilia
JLS
JAMAICA LIBRARY SERVICE
Book Drive
July 21–26
Bookophilia has set the target of collecting 100 books to donate to the Jamaica Library Service.
We need your help and invite you to drop off gently used books at Bookophilia, 92 Hope Road during the week of the event. However, if you prefer to purchase a new book, we will offer you a 10% discount.
Look out for regular updates of our progress on Facebook and Twitter
Thanks For Your Support!

British High Commission Kingston
Health Fair
Healthy Body + Healthy Mind = A Productive & Happy Workforce
FREE Biological Age Testing by Pro-Active Lifestyle & 50% off Foot Detox
Health Talks
FREE Eye Screening by Eye Q Optical
FREE Stress Busting Massage by Bella Oasis Day Spa & Discount off Spa Packages
Nutritional Supplements & Exercise
Healthy Snacks
Health Screening by Heart Foundation
§ Blood pressure 200
§ Blood sugar 550
§ Cholesterol 700
§ ECG 1600
§ Haemoglobin 700
§ Hba1C 1000
BRING THE FAMILY!
Wednesday July 23 2014
10:00am to 2:00pm
British High Commission
28 Trafalgar Road
Kindly RSVP by latest July 20 to ensure visitor clearance to compound

TGIT invites you to.....
SCHOOL'S OUT SUMMER PARTY..
THURSDAY 24 JULY 2014
7pm – 11pm
SCHOOL'S OUT FOR SUMMER
Food and Drink on Sale
At the TRAFALGAR CLUB
British High Commission
28 Trafalgar Road
Dress Code School Uniform Optional
Admission FREE just make sure you are on the list
Email: kingston.trafalgarclub@fco.gov.ukby 12 NOON on the day
Note: Guests must have a BHC Sponsor and must name their sponsor. Please bring ID.
Parking is available for DIPLOMATIC VEHICLES on compound. Limited secure parking available on a first come first served basis
No Weapons Allowed


NATIONAL GALLERY OF JAMAICA
Last Sundays
JULY 27, 2014 11:00 AM - 4:00 PM
FREE ADMISSION,
FREE TOURS & CHILDREN'S ACTIVITIES
WITH AN EMANCIPATION & INDEPENDENCE THEME
MUSICAL PERFORMANCE @ 1:30 PM :
THE FREE WILLIES
For more information call: (876) 922-1561 & 3
E-mail: info@natgalja.org.jm
Blog: nationalgalleryofjamaica.wordpress.com
Image: Karl Parboosingh - Young Mothers c 1965, (Detail)

CLASSIFIEDS

Fiona Looney - fiona.looney@gmail.com - 488 4262 - Cherry Drive, Cherry Gardens, Kingston 8

Marks & Spencer Brown Leather Chair & Ottoman

NOW BOTH FOR US$550

IKEA White Wooden Bed, Plus High Quality Mattress, bedside table & lamp

Now US$370

Solid Pine Book Case - Hand-made in Ireland – Comes in two pieces (top and bottom)

NOW US$1750

Ikea Side board

Now US$100

Jute Rug

NOW US$25

Aluminium patio set in dark coffee brown with cream seat cushions.

NOW US$1650

Solid Pine Linen Cupboard

NOW US$275

Pottery Barn - All weather wicker chargers x 8

US $26 New with tags

William Sonoma Table Runner & 8 napkins, yellow gingham

US$20

Iron frame single bed & mattress

US$220

Assorted Single bed sheet sets _Includes fitted sheet, flat sheet & pillowcase

US$15

16" Silk lamp shade in delicate teal colour, can be used for ceiling or lamp shade

US$15

Description: Assorted feather filled cushions

US$20 per cushion

Marks & Spencer 2 seater sofa & arm chair, jacquard fabric & extra arm caps & loose covers

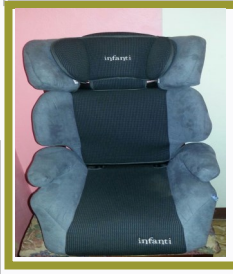
NOW US$700 for both

2010 Toyota RAV4

19,000 miles, V6 Engine, Towing package, new tires, Rear under cargo storage, front and rear Weather Tech floor mats, satellite radio antenna, CD Player for 6 discs and MP3 player, Left hand drive. US$23,000. No duty. Contact Debra at 809-9481

Nissan MARCH – 2007 – Silver – 4-door hatch – body perfect – new brakes – new tires – new battery – child locks – tv/cd/radio/gps system – one Jamaican owner, one previous owner in Japan – low miles – Lady-driven.

J$850,000



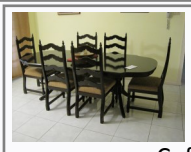
Please call 3134013

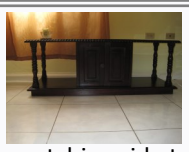
Car seat/Booster seat

Ages 3- 6yrs

Manual included

Price 10,000, negotiable





Contact Debra at 809-9481.

Coffee table and two matching side tables. Mahogany.

US$250

Mahogany Dining Table and 6 Chairs. $700.

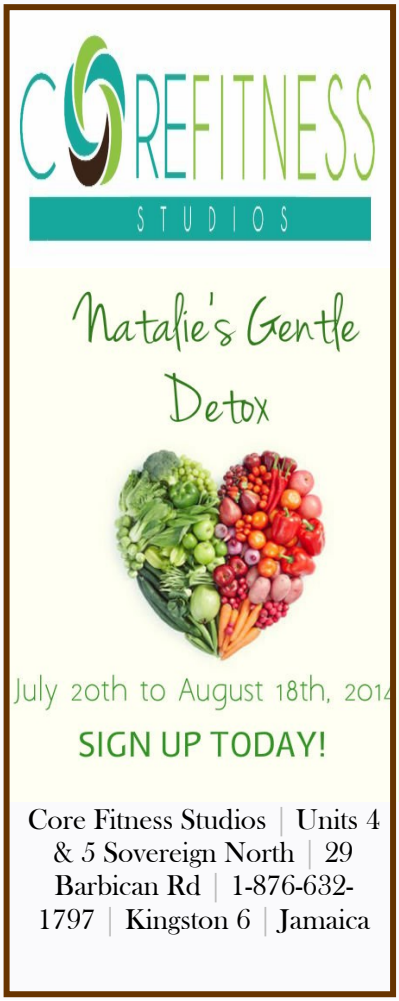
Freezer chest 5.1 cubic feet – US $100

Mahogany low buffet - US $150. Freezer chest 5.1 cubic feet – US $100.

1) Graco Evenflo Car Seat (Price: J$5,000)
2) Fisher Price Baby Monitor (Price: J$2,000)

beno1998@hotmail.com

Advertisements



Household Recommendations

Ms. Millicent Bolt is a highly trustworthy, hardworking, reliable helper with a gentle demeanor. She takes great pride in her work and performs cleaning, laundry and ironing tasks with proficiency. She has twelve consecutive years of experience working in diplomatic households and has days available due to departing diplomatic families this summer. Excellent references. Please contact Ms. Bolt directly at **845-1534**.

Juliette White has been our nanny for 1 year and she was phenomenal with our kids. No other person has been so skilled at managing tantrums, potting training, and a hectic morning schedule for our two kids (4 and 2). We've been truly impressed, but most importantly our kids have really warmed up to her to the point of confiding in her (we get a full report at the end of the day). We only found Juliette for our last year in Jamaica and we wish we had found her sooner. Please feel free to inquire with us (Geoff and Maria) directly at beno1998@hotmail.com.

Meleta Gordon–Quiet, respectful and very punctual. She cleans, irons, washes & folds laundry, prepares some basic meals and is good with children. She performs overall household duties. She prefers daily and weekly daytime hours. For more information, call Meleta at **354-0856**.

Ms. Andrea Sims is a nanny/practical nurse with excellent references and experience with diplomatic families. She is an extremely reliable, pleasant, patient and caring individual with the skills and energy required to effectively care for even the most energetic little ones:-) She is flexible and quickly adapts to the specific care routines required for each child. Available Aug 2014 for full time Mon-Fri live out work, in addition to weekend and evening shifts. Please contact Ms. Sims directly at **408-6416**.

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**.

Duty Officers

876.361.1015

July 22 to July 29 - Jared Tietz

July 29 to Aug. 5 - Pauline Kastner

Peace Corps Duty Officer 876.383.6904

July 21 to July 28 - Daniel Mandell

July 28 to Aug. 4 - Sandra McClymont

RSO Duty Officer

July 22 to July 28 - Alonzo Alexander 487-8440

July 29 to Aug.4 - David Oliveira 467-0010

NCB Hours

Wednesday 12:30pm – 2:30pm
Thursday 9:00am – 11:00am

Cashier Hours

Monday to Friday 8am – Noon

RSO Approved Taxi Services

City Guide Taxi Service Ltd

876-758-3339
876-758-2604

El-Shaddai Taxi

876-969-7633
876-969-2016

On Time Taxi Co Ltd

876-968-4780
876-929-1742
876-929-4060
876-968-4772
876-926-3866

Mr. Roger's Taxi Service

876-324-3772

876-842-3195