

# DR. BIRD NEWSLETTER



**Published by Community Liaison  
Office**

**U.S. Embassy, Kingston, Jamaica**

**August 28, 2014 VOL 8. Issue 4**

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CONTACT US :  
DRBIRD@STATE.GOV

**Summer  
Edition**



# Events



**ROYAL AIR FORCES Association**  
Friendship | Help | Support

Jamaica 580 Branch

Under the Patronage of  
**His Excellency David Fitton CMG**  
British High Commissioner

Presents

**Movie Night "The Dam Busters"**  
*in aid of*  
**Ex-Service Personnel Charities**

Friday, August 29, 2014  
**Curphey Place, Swallowfield**

Cocktails: 6:00 p.m.      Movie Time: 7:00 p.m.

Contribution: \$1000      Refreshments on Sale

**3rd Annual Good Samaritan 5K HEALTH WALK/RUN**

**"SAVE THIS DATE" Sunday, August 31, 2014**

- \* Warm Up Time - 6:30am
- \* Run Starts - 7:00am
- \* Prizes for top participants:
  - Team with Most Participants
  - Family with Largest Number of Participants
  - Age Group Categories

*(Race Starts and Ends Andrews Memorial SDA Church, through New Kingston)*

Part of **The Complete Health and Wellness Series**

Organized by the **Andrews Memorial SDA Church**  
28 Hope Road, Kingston 10  
Registration closes August 15, 2014,  
Call: 920-5281, 920-7782

**Health Fair follows on the Church Grounds**

Photocopy or Download Registration Form at [www.facebook.com/andrewssdacchurch/events](http://www.facebook.com/andrewssdacchurch/events)  
Proceeds in Aid of the Good Samaritan Inn Facility catering for the needs of the homeless Located at 24 Colford Place near Heroes Circle in Kingston

**\$400 Children / \$800 Adults / Groups of 10 or more \$700**

Forms can be obtained from AND dropped off at the AMSDA Church Office or Good Samaritan Inn (email: [oskinston@gmail.com](mailto:oskinston@gmail.com))

**Digicel FOUNDATION 5K FOR SPECIAL NEEDS**

**Digicel Foundation 5K Run/Walk**  
Saturday, October 11, 2014 | Race Start: 7:00pm  
Ocean Boulevard, Downtown Kingston



5.0km  
M/LAPS

All roads leading to the staging area will be closed to vehicular traffic between 6:30pm and 8:30pm.

PROFESSIONAL RACE AND MANAGEMENT SERVICES  
**RUNNING EVENTS LIMITED**

Anyone interested can contact Danielle Martin for an entry form.

**AILEY II**  
ARTISTIC BROTHERHOOD THEATRE COMPANY  
THE NEXT GENERATION OF DANCE

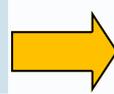
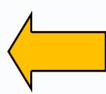
**ONE DAY ONLY - Sunday Sept. 28, 2014 at The Little Theatre**



Presented by the Wolmer's Trust in celebration of the 25th Anniversary of the Wolmer's Trust Schools  
In association with

**DELTA**  
**Trafalgar** **RJR** **THE LITTLE THEATRE**  
**PEGASUS**  
**Training Camp** **STANLEY** **USAQ**

Matinee 4pm, Gala 8pm. Tickets now on sale:  
 \* [www.traincamp.com](http://www.traincamp.com) (subject to seat availability on online who pays last)  
 \* Public Welfare - Tel: 784-1255 \* Training Camp - Tel: 834-0319, 968-8524  
 \* Press - Matinee (8pm) 0827-546, 553, 309. Gala (8pm) 1-020-570-570, 593.  
 \* currency: 2014 prevailing rate of exchange.



# CLASSIFIEDS



Lexus SUV,  
2002 in excel-  
lent condition.  
J\$1,400,000  
Treadmill: As

new! Various  
workout pro-  
grams.  
J\$120,000.

42" Panasonic TV:  
J\$60,000.

**Call Moshe  
Saldinger on  
8782939**



**2011 Honda CRV**

5 door, 17,000 KM

Excellent condition and carefully  
driven, J\$3.2M

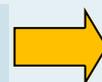
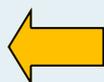
Please contact: Sarah Yates for information

and viewing Cell:469 3859

Yatesy74@yahoo.co.uk



**FOR SALE: Mitsubishi Grandis  
2008. GREAT family car. Has  
three rows of seats for up to 8  
people. Very good condition. Low  
mileage. US\$16,500 negotiable.**



# CLASSIFIEDS



One [1] BLACKPOINT 23 cubic foot **CHEST FREEZER**, complete with set down Transformer and Freezer Guard. Practically 'new' for **\$85,000.00**

One [1] 400 gallon **WATER TANK** and Float Valve fittings for **\$15,000.00**



One [1] six foot solid metal **Satellite Dish** – Price: **\$30,000.00**

**Call TONY @ 407-9970**



**5 piece dining table set \$15,000**



**Student Desk \$7,500**



**21" Panasonic Television \$8,000**



**Bed \$25,000**

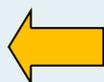


**Small bookshelf \$4,500**



**3 piece settee table set-\$10,000**

**Phone: Tamiko at 891-8181 or 922-6451**



# Advertisements



**Iron Lotus Academy of Martial Arts**

**OPEN DAY**

**AUG 30<sup>TH</sup> 2014**

**1:00PM TO 6:00PM**

**COME AND EXPERIENCE A FREE DAY OF CLASSES AT THE IRON LOTUS ACADEMY OF MARTIAL ARTS**

1:00- 1:45 | TAI CHI  
 2:00-2:45 | KUNG FU  
 3:00- 3:45 | YOGA  
 4:00- 4:45 | KICKBOXING  
 5:00-5:45 | SELF DEFENSE

**Mini Reiki Sessions, Food and Drinks on Sale**

176 Old Hope Road Tel: (876) 416-1347 / 631-1419 / 464-5929  
 ironlotusmartialarts@gmail.com



**Rhyme Time**

**\$300 per family**

**location:** A weekly, 30 minute session of singalongs with your little one

**Tuesdays at 11am**

88 Barbican Rd, Barbican Business Centre Unit 19

Songs and rhymes suitable for babies and toddlers of all ages. All Parents, carers and their babies welcomed.

**contact Ann at 463-6609 or hicks.ann@gmail.com**



**AnnRick Hats AND MORE**  
*Hats That Love Heads*

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 Your outfit is complete with Hats from Ann Rick Hats

**HEADS UP**  
 A smart look coming from AnnRick Hats & More store. Hats that really love head.

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- \* Hat Renovations \* Vintage Accessories
- \* Women & Children's Clothing
- \* Hair Accessories & Gift Packages
- \* Scarves \* Hand Bags
- \* Shoes \* Brooches \* Hat Pins
- \* Men's Shirt & Tie \* Household Items etc.

**TELEPHONE:**  
 (876) 755-3305  
 (876) 896-2885  
 (876) 361-5145

Visit Our website: [anngrick.webs.com](http://anngrick.webs.com) For More!!!

Shop #3, 40 Cassia Park Road, Kingston 10 (Corner of Red Hills Road and Cassia Park Road)

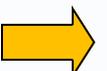


**distill BAR**

MARKETPLACE, 67 CONSTANT SPRING RD




**Incorked**  
 CHEESE • WINE • SPECIALTY FOODS



# Household Recommendations

**Ms. Kamena Salmon** cared for my school-aged daughter and newborn son from August 2011 to March 2013. During this time period, she proved to be an experienced, gentle, hardworking individual who is passionate about working with children. She worked approximately 45 hours a week, performed light housework, and took the kids to appointments and outings. She was always on time, trustworthy and an incredible component to our time in Jamaica. Ms. Salmon can be reached directly at [876-434-3236](tel:876-434-3236). I highly recommend Ms. Salmon with full confidence. If you have further questions about our experiences with her, please feel free to contact me ,A. Antoine at [aantoine1@gmail.com](mailto:aantoine1@gmail.com).

**Lateasha Lewis** I currently reside in the Stony Hill community. I am young professional both in age and abilities. This is not just a job for me it is what I love to do. If you the parent or guardian loves your child picking me will never feel like a mistake once you are in this for the right reasons. 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](tel:8985633) at your most convenient time. For more information on my personal and professional character you can contact Ms. Carmel [3595200](tel:3595200).

**Denise Gordon** has worked for 3 years on a full-time basis to care for our 2 small children. She has worked with Jamaican families as a nanny for over 4 years. She is kind, caring, honest, patient & efficient. She fully engages with our children, plays games, plays outdoors, reads & never puts on TV. She has been great with toddler milestones such as manners and potty training. She is punctual & goes the extra mile, takes directions & guidance well, and is always willing to be flexible with hours & scheduling. Denise would prefer a full-time, live-out position but can be flexible depending on the needs of the family. She is available asap. Contact her at [377-7575](tel:377-7575).

**Ms. Barbara Bailey** has worked with diplomatic families from the US, Canadian, French and German missions over the last 20 years. She has served as a helper to our family since we arrived at post 16 months ago. Duties assigned to Ms. Bailey include general housekeeping, laundering/ ironing, cooking and afterschool child care. With the departure of several families from post, she is looking to secure employment on Tuesdays and Fridays. Ms. Bailey is soft-spoken, diligent in her duties and sincerely caring of those she serves. If interested in obtaining her services, please give her a call at [\(876\) 877- 8747](tel:876-877-8747). Should you need further reference, please do not hesitate to contact me. [tnpointer9165@yahoo.com](mailto:tnpointer9165@yahoo.com)

