

DR. BIRD NEWSLETTER



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Contact us :
DrBird@state.gov

**Summer
Edition**

**This is the Community version of the Dr. Bird
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Weekly News

Lasagna Awareness Month ?



Yes! It is National Lasagna Awareness Month. You're Probably thinking "Why should I be aware of this famous Italian dish?" Well, why wouldn't you want be aware of it ? It's delicious. Put your skepticism aside and just go with it !

Lasagna Fun Facts

- *The cat, Garfield, from the comic strip, has lasagna as his favorite food.
- *July 29th is National Lasagna Day.
- *Lasagna originated in Italy, in the region

Peace Corps Jamaica Vacancy Announcement

**Emailed and faxed applications are preferred. Applications are due by 9:00 a.m. on July 7, 2014*

Peace Corps Jamaica (PC/J) is seeking to recruit a qualified person for the following full time position, located in Kingston, Jamaica:

Programming and Training Support Specialist

This is a one year contract with annual renewal options.

REMUNERATION

Basic Salary Range -J\$2,434,392 to J\$3,651,597 per annum.

Salary will be commensurate with experience and previous salary history.

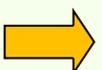
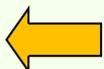
Allowances- \$141,588 per annum

Bonus is payable at 8.33% of Basic salary

Health and Life Insurance are provided

Email vacancy@jm.peacecorps.gov for additional details about the job, information on required qualifications, and the application process.

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Events

THE BURGER KING JR. FRIENDLY

INTERNATIONAL POLO TOURNAMENT

SUNDAY JULY 6TH, 2014
Round Robin Match | 3 PM Start

Venue: Kingston Polo Club, Caymanas Estates

FOOD & DRINKS ON SALE
Admission: FREE

Logos: Terra Nova, Land Rover, Audi, Caymanas Pony Club

FOR MORE INFORMATION please contact hialor@icwi.com or (876) 885-5659

Tennis EVENT

When: July 12th, from 3pm on

Where: Liguanea Club

Cost: Contribution of \$1500

Who: all tennis lovers 😊. Please share with anybody I forgot on the list

Contact : SlezakJD@state.gov

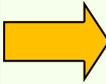
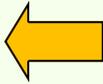
OPEN MIC

7pm Friday
July 4, 2014
@ Bookophilia

Come burn up di stage!

Featuring:
Kevy B
Cubanis
Chad Hype
Lola Lethal
D burnz
Eva Hype
Runkus
Tammo J

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CLASSIFIEDS



Samsung 55-inch LED 3D SMART TV

\$180,000 JDM

- TV w/stand 1.2 inches thick, access to hundreds of APPS like Netflix, Hulu, and PLEX
- Comes with Keyboard-style remote
- 240ghz, Wifi, 4-HDMI, 3-USB and Ethernet Ports
- Excellent condition

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




2008 Nissan Wingroad
67,000km
Right-hand drive
Automatic tiptronic transmission
Fog lights
Tinted windows
Price: JA\$1.2million
Contact: 454-0958

APARTMENT FOR RENT

Newly renovated and freshly painted. Furnished one-bedroom apartment, located in Hope Pastures. Ideal for single male or female. Great location for graduate students/faculty members of University of Technology, University of the West Indies and American International School of Kingston. Amenities include private entrance with electronic gate and parking. Comes with refrigerator, gas stove, microwave, washing machine and tankless water heater. Monthly rental \$45,000, includes water and Wi-Fi. For further information please call 9099420 or 9193964.




For rent

ABBNEY COURT APARTMENT (located at the corner of Waterloo Road and Hope Road, Kingston)

Very good security, including round the clock guard service at the entrance and exit gates, security cameras, and inter-com system to each apartment unit, Fully furnished and equipped (e.g. in the kitchen : fridge and stove, microwave, kettle, coffee maker, pots for cooking, plates, cutlery etc.) , 2 bedrooms, 2 bathrooms with private balcony, Swimming pool, Great for professionals, and/or small families. Move in ready!

US\$1,000 . Tel: 542- 3270 or 869 – 6045



Vitamin supplements for sale – J\$1,500 each

- Collagen type 1,2&3 with 18 amino acids (390 tablets)
- Calcium – 600 mg+D3 (500 tablets)
- One a Day Women’s vitamins (250 tablets)
- Move Free advanced for Total Joint Health (160 tablets)
- Ginkgo Biloba with Vinpocetine supports alertness & memory (120 tablets)

Enquiries to Chobbs18@hotmail.com or chafed01@yahoo.com

Items for Sale

If interested, please write Geoff or Maria at BENO1998@hotmail.com



IKEA crib/toddler bed with mattress, 2 sheets, and roll guard (\$13,000)



Classic Radio Flyer Tricycle (\$4,000)



Toddler floatation vests (\$2,000 each)



Graco Metrolite Stroller (\$5,000)



Pink Scooter with Dora the Explorer helmet (\$4,000)



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



IKEA high chair – good for kids 0-4 years old (\$4,000)

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Advertisements

ISLAND AQUATICS SYNCHRO CLUB Offers **Synchronized Swimming** International Coach

VENUE: NATIONAL STADIUM POOL COMPLEX & KINGSTON YMCA

Beginners: "Learn to Sync"
Intermediate & Advanced: develop to the elite level

ALL AGES INVITED
Tel: 383-5325 (Debbie)
453-7142 (Christine)
islandaquaticsynchro@gmail.com
www.islandaquaticsynchro.com

Must be comfortable in deep water
Ongoing Registration

ISLAND AQUATICS SYNCHRO SUMMER SPLASH

Synchronized Swimming Camp

Dates: July 7 to 31 (Monday - Thursday)

Swimmers must be comfortable in deep water and be able to swim a length of the pool
Venue: National Aquatic Centre (Stadium Pool)

Levels:

- Novices/Beginners: (1:00 pm to 3:00 pm)
- Intermediate/Advanced:

Skills:

- Intro to Synchro
- Land drills
- Sculling technique
- Routines
- End of Camp mini show

Cost: \$3,000 weekly (plus daily pool fee \$200 at the gate)

For More Information:
Call: Debbie (876) 383-5325 Christine (876) 453-7142
islandaquaticsynchro@gmail.com




distill **LUXURY LOUNGE**

MARKET PLACE, 67 CONSTANT SPRING RD.

THE NEWEST, TRENDIEST AFTER WORK WATERING HOLE

STARTS 6 PM EVERY FRIDAY NIGHT

SPECIAL COCKTAIL PRICES ALL FRIDAY

MELLO DJ PLAYING GREAT LOUNGE MUSIC

SAMPLE THE SMIRNOFF CONFECTIONARY MARSHMALLOW SHOTS FROM 7PM TO 9 PM



THE CENTRE FOR LANGUAGE & CULTURE

CLC

SPANISH FRIDAYS

JULY 11, 18 & 25

Get ready to COOK, SING, DO EXPERIMENTS and ART in **SPANISH**

Contact: The CLC on Grosvenor Terrace
alinelunaless@yahoo.com or 755 1255



MACTOUR'S **Party Xpress**

Party Hard! Travel Responsibly!

Secure Escorts Available
Individual Pick-Up!
Flexible Times
Responsible and Courteous Drivers

Don't worry about parking or your car being stolen
Everyone enjoys the night. No-one has to drive!



THE CENTRE FOR LANGUAGE & CULTURE

CLC

SUMMER CAMP

July 8 to 25 - August 26 to 29

Cooking, Art, Experiments, Music & Spanish activities.
(4 Spanish countries represented)

8.30am to 12pm - Tuesday to Friday
Cost: \$ 7000 / week or \$ 1800 / day

Contact: 755 1255 / 863 2926
Or alinelunaless@yahoo.com



MACTOURS

AND PICK-UP SERVICES

"Travelling the extra mile"

Andrew McCreath, Manager
877-6728

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School
Shuttle Service
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Country Trips / Excursions
Staff Pick-ups
Party Xpress

Email: amccreath@hotmail.com
mac_tours@hotmail.com



Household Recommendations

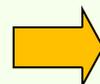
Sydonne Rose is seeking a full time live out position as a domestic helper. She is very capable and does excellent work at taking care of small children or the elderly. She is a diligent hard working individual who takes pride in her job. She takes instructions very well and is a truly a pleasure to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

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.

Karen Parke seeks weekly employment as a Domestic Helper. She is very good with all household chores and she is an experienced nanny. She can be contacted at 593-6878 at any time. Reference available upon request.

Hello good day my name is **(Ms.) 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 (digicel) at your most convenient time. For more information on my personal and professional character you can contact Ms. Carmel 3595200 (digicel).



Ongoing Interest Groups —

If you would like to join the groups, contact the individuals below. And if you'd like to start a new group, email cloK@state.gov.

- * **Golf:** Ryan Kastner - ryanwk@gmail.com and Les deGraffenried - deGraffenriedLS@state.gov
- * **Spanish Club:** - Edwin Ruiz - ruizEM@state.gov
- * **Table Tennis:** Ricky Lindo - lindora@state.gov
- * **Tennis:** Jeremy Slezak - SlezakJD@state.gov
- * **Zumba:** Nichole Graber - ngrab@usa.gov
- * **Scuba Diving:** Sarah Van Horne - VanHorneSM@state.gov
- * **Photography:** Dave Everson - David.Everson@usdoj.gov
- * **Book Club:** Pauline Kastner - kastnerpn@state.gov
- * **4-wheeling:** Jesse Renaud - renaudjl@state.gov

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