

DR. BIRD NEWSLETTER



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U.S. Embassy, Kingston, Jamaica

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Jamaica**



CONTACT US :
DRBIRD@STATE.GOV

**Summer
Edition**



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.



Announcing the First Annual Dirtiest Car Competition

In light of the water restrictions put on Kingston, washing your car is a big no-no.

Over the three day weekend. Go on a road trip, find some mud, lets get down and dirty.

Winner gets a coupon for one free item from the CLO CART.

CLO will be judging Monday morning.

All contestants must be parked in Bamboo Lot.

EMBASSY of the UNITED STATES of AMERICA
KINGSTON JAMAICA

Presents
YOUTH POETRY SLAM Competition!

WIN AN IPAD TABLET AND MORE!

All can share in our open mic during intermission

TOPIC
"Understanding the World around You: The Environment and Climate Change"

Tuesday, August 12, 2014
10:00 a.m. - 12 noon
U.S. Embassy, Kingston
142 Old Hope Road

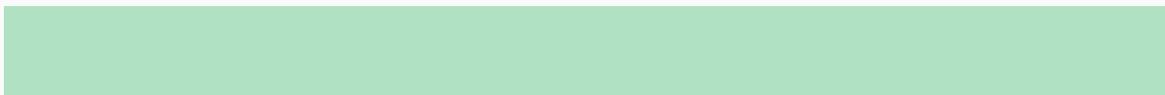
Competition Rules

- Must be between 10 - 19 years old
- Poems must focus on the theme of the environment and climate change including: Jamaican prosperity, wildlife, and personal relationship with the environment
- All works submitted must be original pieces written by the performers
- Each performance is 3 minutes
- Poems can be presented in any style - NO instrument or recorded music
- NO - violence, sexually explicit content, and/or degrading language

Register to compete and Email your poems to kingstonirc@state.gov no later than August 8, 2014

Like us on Facebook and follow us on Twitter

Register to compete and bring your friends!
R.S.V.P. Kingstonirc@state.gov
(with your name, date of birth, and contact phone number)



CLASSIFIEDS



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

378-5084 or 377-1216



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

beno1998@hotmail.com



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



2007 Land Rover LR3
78,000miles
Great Condition
Price: \$2,970,000.00JMD
Jamaican Appraisal Value:
3.3Million
Call: 877-9676



Please call 3134013

Car seat/Booster seat

Ages 3- 6yrs

Manual included

Price 10,000, negotiable



Advertisements



Kids & Teens
Summer Workshops 2014
JULY 21 - AUGUST 29

MONDAY - THURSDAY
 9:00 am - 12:00 pm or 1:00 pm - 4:00 pm
 *\$9,500/Any 4 DAYS *Materials Included



DRAWING & PAINTING POTTERY JEWELLERY MAKING

SELECT ANY COMBINATION OF CLASSES TO MAKE THIS YOUR CHILD'S BEST SUMMER EVER !!!

PHOTOGRAPHY
 \$12,000/ 4 Classes (12 Hrs.)
 MONDAYS 9:00pm - 12:00pm
 July 21 - August 11
 WEDNESDAYS 2:00 am - 5:00 pm
 July 23 - August 20

PARTICIPANTS MUST PRE-REGISTER
 *Classes Subject To Change Pending Registration.



Aluminium patio set in dark coffee brown with cream Sunbrella seat cushions.
 Rust proof. Modular layout can be altered to suit, Made in Jamaica
 Price US\$2500 **NOW US\$1650 / JMD\$185,000**

Items for Sale
Contact
Fiona Looney
fiona.looney@gmail.com
488 4262

IKEA White Wooden Bed, Plus High Quality Mattress, bed-side table & lamp
Now US\$325 / JMD\$36'500 or nearest offer



Large 20" Windy fan
US\$26.00 / JMD\$3'000



Beat the Heat with our Summer "Chill" Salad



Summer Chill Salad
 Made Fresh with: Lettuce, Tomato, Cucumber, Pineapples or Melon, Apples
 Topped with Feta Cheese

Small \$550 and Large \$780
 Available July 25
 Done to order..... and must be placed by 10 am

COREFITNESS STUDIOS

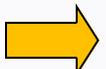
Core Fitness Studios |
 Units 4 & 5 Sovereign
 North | 29 Barbican Rd | 1
 -876-632-1797 | Kingston 6
 | Jamaica

Love Great Coffee
 ORGANO GOLD

Once in a lifetime special
 Any box of Gourmet, Black or Supreme ORGANO GOLD coffee at HALF the price (was \$4,000)
NOW J\$ 2,000



CALL BEFORE THEY ARE ALL GONE. 407-3965



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, potty 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**.

Maude Bailey has worked for us for three years on a full-time basis to help maintain our house and to help care for our two small boys. She has worked for Canadian diplomatic and Jamaican families as a helper and nanny for over 15 years. Maude is kind, caring, honest, patient, and efficient. She fully engages with our boys – plays games, plays outside, reads, and never puts on the TV. She has been great with toddler milestones such as manners and potty training. She is punctual, always goes the extra mile, takes direction/guidance on cleaning routines and requests well, and is always willing to be flexible with hours, scheduling, and babysitting requests. We are happy to recommend her services to another couple or family. Maude would prefer a full-time, live-out position, but can be flexible depending on the needs of the family. She is available starting in early August. Contact Sarah for a recommendation at 862-4854 or by email at sarah_eliz@msn.com (after August 8) or call Maude directly at **787-4908**.

