

DR. BIRD NEWSLETTER



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U.S. Embassy, Kingston, Jamaica

October 9th, 2014 VOL 10. Issue 2

[Events](#) | [Ads](#) | [Classifieds](#) | [Household Help](#)

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CONTACT US :
DRBIRD@STATE.GOV

**Summer
Edition**

Events

On Her Majes-Tea's Service

Mrs Jenelle Brown, wife of the British Defence Attaché,
would love you to join her for an

International Coffee Morning

at ***Collingwood House***,
British High Commission,
on

Friday 17th October 2014
11am - 1pm



RSVP* between 1st - 13th October 2014
to the lovely Sharon
Tel: 936 0740

*security clearance & numbers

Sorry, house not appropriate for littlies!

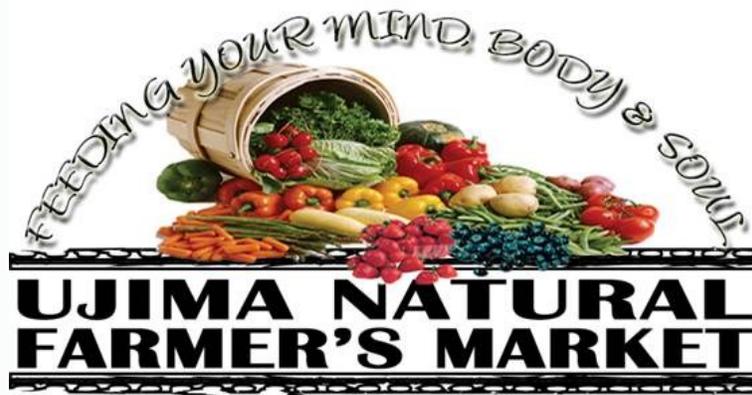


WHERE LEADERS ARE MADE

www.toastmasters.org

For more information contact: Karen Sinclair-Lym at sinclairka@state.gov

Advertisements



Join Us on

Saturday, October 11, 2014

Rain or Shine

at the

CHINESE CULTURAL ASSOCIATION

22 Barbican Road

(beside Orchid Plaza)



Advertisements

Rotary Club of Downtown Kingston
Presents
Wine & Cheese FLUS
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

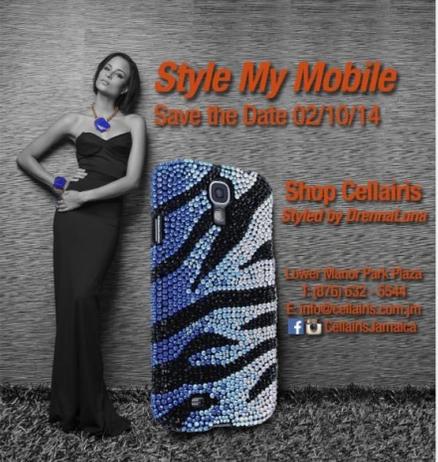
\$1500 PER HOUR - ONE-ON-ONE (HOME VISITS)



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
T- (876) 532-3344
E- info@cellairs.com.jm
f u CellairsJamaica



CELLAIRIS®

drenna LUNA

AMERICA'S OBSERVER
Takes style out

CLASSIFIEDS



Silver Grey Toyota Camry V6, Mileage 190KM, Sun Roof, Leather Seats, Price \$1m



Car is for sale for \$1.3Million.

Mileage = 127225. Suzuki Grand Vitara XL7 (2006)- good condition.

Contact: Psamels@email.com

or 817-8066.



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.



Honda civic 2008, Mileage: 60K, LHD, Silver Grey, 4 door sedan, 1800 cc. Price \$1,350,000

Contact: Grace:

[876 383-2891](tel:8763832891) / [876 322-5370](tel:8763225370)



**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

My name is **Sharon Byfield-Brown** I am 54 years of age, my area of expertise are House-keeping and Child Care. I am a qualified Practical Nurse also hold a certificate in Child's Care. I am a Christian and also attend the Church of God and Saints of Christ in St. Mary, I also have basic knowledge in computers in my spare time I do dress making. I would be Elated to come to the states to work. My References are Mrs. **Cheryln Williams-Case**, She can be contacted at 1-(876)-370-8496 / 1(876)-823-8468 and My Pastor Rev. Terrance Williams, He can be contacted at 1-(876)-858-3763. I looked forward to hearing from you, available at your request.

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 sharonmcbean01@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).**