

Brad Chung  
M.T. 876.360.8253  
b\_radyc@hotmail.com

**Hands in Time**  
Massage Therapy. Laser Acutherapy. Bowen Therapy

Page 1

**DR. BIRD  
NEWSLETTER**

Published by  
**Community Liaison Office**  
U.S. Embassy, Kingston, Jamaica

January 23, 2014 VOL. 1 Issue 3

Follow US Embassy Jamaica on

AISK PTO Presents

# Winter Wonderland

Friday, January 24, 2014  
5:30PM – 9:00PM  
AISK Campus

**FEATURING:**

**VOICEMAIL**

Tickets:  
JA\$2000 presold  
JA\$2200 at the gate  
Available at  
AISK, Unmarked (Sovereign North) &  
Cannonball Cafe

Raffle Prizes and Surprises:

- \*Smartphone by **Digicel**
- \*Weekend for two at any Couples Resort
- \*Dolphin Swims at Dolphin Cove
- \*Rides at Prospect Plantation
- \*Tickets to Jazz & Blues Festival
- \*MANY, MANY MORE!!

Includes:  
Chinese Food, Pizza, Drink  
& Wine (for parents)

Thanks to our Sponsors:

**COOKING BY** **HOGANISM**

*hoga-ni-sm (hoga-n-iz-uhm) noun*  
1. "the doctrine that pleasure or happiness in eating Pork(Hog) is the highest good"  
2. "devotion to pleasure in eating Pork(Hog) as a way of life."  
3. "a small farm in St. Elizabeth, Jamaica where pigs run 'Wild' and indulge in hedonistic behaviour"

## An All Inclusive Pork Feast

**WHOLE ROAST HOG**

**BBQ SPARE RIBS**

**BBQ PULL PORK**

Date: Every Last Saturday of the Month  
Time: 6PM-12AM (Food Served 7PM-11PM)  
Cost: \$2,500 ALL U CAN EAT!!!!  
Venue: Grosvenor Cafe (1 Grosvenor Terrace)

DRINKS ON SALE

Menu: Whole Roast Hog, BBQ Spare Ribs, BBQ Pull Pork and Sides

support the  
Sickle Cell Unit, TMRI, UWI,  
Jamaica Kidney Kids Foundation  
& Special Care Nursery at UHWI

REGISTER NOW

SUNDAY, FEBRUARY 16, 2014  
EMANCIPATION PARK

## Toshiba 32" for sale

### Technical Details

Brand Name Toshiba  
 Item Weight 19.8 pounds  
 Product Dimensions 23 x 7 x 34 inches  
 Item model number 32C120U  
 Batteries: 2 AA batteries required. (included)  
 Output Wattage 14 watts  
 Color Name Black  
 Specification Met Energy Star



Asking JMD\$30G

Contact # 354 - 7106

100%FULL SKIN COW HIDE  
 HAND CRAFTED IN COLUMBIA - BACKING; NATURAL SUEDE FINISH.

JA\$35K, REGULAR US\$375.



## SUBARU FORESTER 2004

PRICE: \$1.1 MIL



CALL:864-0340



## APARTMENT FOR RENT 2 Bedrooms, 2 Bathrooms, Penthouse

**Brompton West Apartment,  
 near New Kingston.**



**Amenities include; security, hot water, air conditioned bedrooms. Renting for only \$75,000.00 per month.**

**Contact: Coy @ 999-1182 (Cell) or 926-5697 (work)**

### HOUSEHOLD HELP RECOMMENDATIONS

Excellent helper available Tuesday to Friday. Cleans, cooks and irons immaculately well. Call Grace today on 944-4445 or 374-6082.

My name is Andrea Campbell, I am a caregiver and nanny seeking to be employed on a On Call, part-time basis. I can be highly recommended. My Contact numbers are 537-3054 /453-9245

Sydonne Rose seeks work as a live out helper from M-F. She is extremely capable of taking care of small children and the elderly or general household duties. She is a caring, dependable, honest and a very hard worker. Call 384-1967.

Michelle Lemhard is seeking a position as a housekeeper. She comes highly recommended. She has been working with the EU missions residence for the past 9 years. She has also served at the British High Commission assisting with events/functions. Ms. Lemhard is seeking preferably full-time work but is also open to part-time / day's work. Please call 299 8742. Thanks.

Excellent helper available for live-in. Cooks well and possess over 20 years experience. Call Norma on 885-3774.

Live-in helper available, irons and cleans immaculately – call Marcia on 368-9570.

THE LATIN AMERICAN WOMEN'S CLUB presents:



a St. Valentine's Latin Dance Party

At the residence of:  
The Honourable Kenny Benjamin O.J.C.D & J.P.  
9 Montgomery Rd.  
Stony Hill

Friday, 21st February 2014  
From 8:00 PM to 12:00 AM

Contribution:  
Pre-sale: 3000 JMD  
Gate Price: 3500 JMD  
Food and drinks included  
Dress Code: Casual Elegant  
All proceeds go to our many charities



Tickets can be bought at  
or contacting lawckj@gmail.com  
Tel: 275-63-55 or 362-80-27

## Eat What You Love, Love What You Eat



Learn How to Break Your  
Eat-Repent-Repeat Cycle

8 week Am I Hungry?®  
Mindful Eating Workshop

For more information come to FREE seminar  
Saturday 25th January, 3pm at Gymkhana  
Or contact  
[jmoller@wellcoaches.com](mailto:jmoller@wellcoaches.com)



## Journey to Historic Falmouth

Join us on a trip to historic  
Georgian Falmouth. Walk  
through the town, visit the sites,  
learn the history.

Date: Saturday, March 1, 2014  
Cost: J\$5,000 – lunch included  
Book: [info@jaculture.com](mailto:info@jaculture.com)  
876 540 8570 | 876 374 6370



The Beading Obvious, only available [here](#)



Chris Marley  
**Furniture Refinishing & Repairs**

Respraying, remaking broken parts, wood insect removal,

Faux finishes, , antique restoration,

Veneer repairs, upholstery of seats and cushions etc.

Free estimates, fast reliable delivery, best prices.

Estimates for shipping damage insurance claims.

35 YEARS EXPERIENCE: UK, USA, JAMAICA

Cell 298-3286 [marleyrenovation@gmail.com](mailto:marleyrenovation@gmail.com)



**CLUB CHAI JANUARY 30th**

2 hrs non-stop dancing...non-stop vibez.

**Thursday January 30th**

**@ Fiction...**

Zumba . Dancehall . Latin . Old School Funk .

You don't want to miss this one!

Working Out has never been this much fun.

**Cost: \$1500**

*Credit and Debit card not accepted at the venue.*

**Time: 7-9pm**

POP-UP GOURMET JAMAICA INTRODUCES THE ADVANTAGE CARD FOR SAVINGS | DISCOUNTS | BENEFITS

**Pop-Up Gourmet Jamaica** – The Jamaican Food Lovers Club, takes you on a never ending epicurean experience across Jamaica. From delicious recipes and trendy, hot & new 'foodie' spots to Jamaican Chefs insights and extraordinary Gourmet Experiences across the island.



Pop-Up Gourmet Jamaica rolls out its Advantage Card – the island's first ever 'foodie' card – which affords cardholders with an avid appreciation for food & beverage, an avenue to experience, taste & enjoy Jamaica, while being rewarded for doing so. They have partnered with some of Jamaica's top restaurants, bars and gourmet destinations to offer big discounts, plus more to cardholders who love to eat out.

It's simple, just present your Pop-Up Gourmet Advantage Card every time you go to any of the participating locations, and you can save on meals, bar service or purchases, earn points for even bigger discounts! That's right! The Pop-Up Gourmet Advantage Card allows you to enjoy delicious meals and the taste of savings too!

This delectable card is perfect for companies with senior managers and executives who entertain clients on a regular basis or ideal for individual food lovers who simply enjoy dining out and love the taste of sweet rewards.

You can sign up for your Pop-Up Gourmet Advantage card today at <http://www.popupgourmetjamaica.com/the-advantage-card.html> Call 807-5349 or email [info@popupgourmetjamaica.com](mailto:info@popupgourmetjamaica.com) for more information.

2014 Celebrating 50th Anniversary of Jamaica-Japan Diplomatic Relationship  
Japan-CARICOM Friendship Year

Embassy of Japan Presents

# Japanese calendar exhibition

**FREE! OPEN TO THE PUBLIC**

**25<sup>TH</sup> JANUARY (SAT) 2014**  
Time: 13:00 - 16:00  
Location: Four Seasons Hotel, Ruthven Rd  
Extra parking available at JPS

Fun Activities for families  
Martial Art Demonstration • Origami  
Japanese Games • Calligraphy  
and much more!!

# ISLAND VILLAGE

OCHO RIOS' PREMIER SHOPPING, DINING AND ENTERTAINMENT MALL

PUT THIS on YOUR CALENDAR! You're invited! 2014

## ARTISTS & CRAFTERS' MARKETPLACE

SUNDAY 9<sup>TH</sup> February 2014  
(and thereafter, every 3<sup>rd</sup> Sunday of the month, through May 2014)

**10AM-7PM**

**On the lawn of Island Village, Ocho Rios, St. Ann**

FEATURING NEARLY 25 INDIGENEOUS ARTISTS AND ARTISANS.  
Come see and purchase an eclectic and awe inspiring mix of authentic handmade and hand embellished art and craft items created by some of Jamaica's most talented artists and artisans. If you love shopping for authentic and unique locally produced items, then this marketplace is for you!

For more information, email [ivartisansandcraftsmarketplace@gmail.com](mailto:ivartisansandcraftsmarketplace@gmail.com) | Admission Free

# Authentic Jamaican

Real Jamaican Country Cooking

**Missy's KITCHEN**  
Nice Jamaican Country Cooking

65 Main Street,  
Ocho Rios, Jamaica

Reservations : (876) 795-0099