

the Doctor Bird



Dr. Bird's words of the week:

The U.S. Embassy will be closed on Wednesday, November 11, for Veterans Day. Learn about the history of this holiday from the [U.S. Department of Veterans Affairs](#).

[Events](#)

[Ads](#)

[Classifieds](#)

[Household Help](#)

[Jobs](#)

Follow U.S. Embassy
Jamaica



Events



JAMAICA



MEXICO



CHINA



JAPAN



SOUTH AFRICA



International Proxy Parents

A charitable organisation, serving Jamaica's Children

Invite you to their

ANNUAL INTERNATIONAL BAZAAR

**Saturday, November 7, 2015
10 am - 4 pm**

The Gardens of the Pegasus Hotel, New Kingston

*Featuring International Arts & Craft, Foods & Gifts,
perfect for Christmas Shopping!*



**COME SHOP,
EAT & ENJOY**

Admission is Free



USA



CHILE



RUSSIA



NIGERIA



Saturday
Nov 07, 2015
6.45am –8.15am
meet at the Parade
Bird Watching Tour
*Hope Gardens/
Bird Life Ja.
\$200 adults*

Saturday
Nov 07, 2015
6.45am-8.15am
Shell Bandstand
Community Yoga
*\$600 towards JAYA &
Hope Gardens*

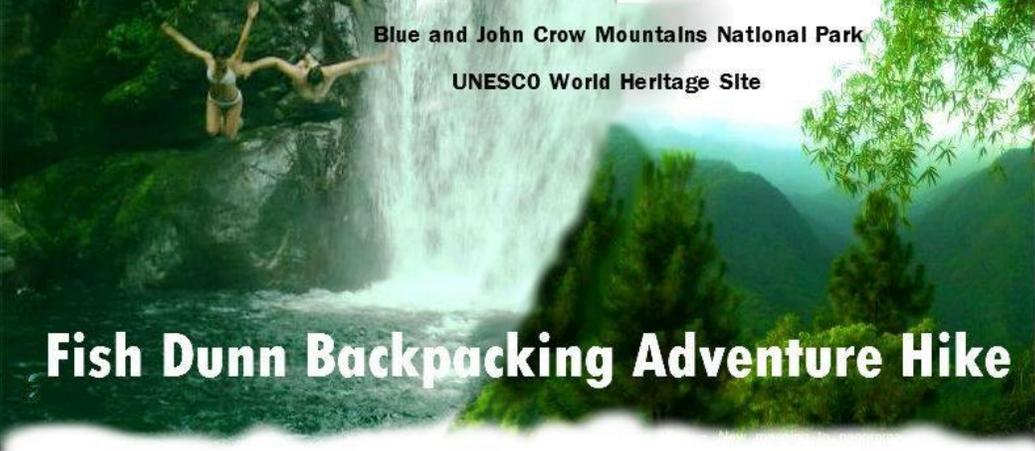
Saturday
Nov 14, 2015
6.45am-8.15am
Shell Bandstand
Community Yoga
*\$600 towards JAYA &
Hope Gardens*

Sunday
Nov 21, 2015
4pm-6pm
Shell Bandstand
Jamaica Military Band
*JDF / Hope Gardens
Admission Free*

Saturday
Nov 28, 2015
6.45am-8.15am
Shell Bandstand
Community Yoga
*JAYA
\$600 towards JAYA &
Hope Gardens*



Hope Gardens, Kingston, Jamaica



Blue and John Crow Mountains National Park
UNESCO World Heritage Site

Fish Dunn Backpacking Adventure Hike

Sat. -Sun. Nov. 14-15, 2015

Adventure Challenge Series 1

Gym, Fitness and Martial Arts Centres

9 Hours Wilderness Hiking Adventure

DO YOU THINK YOU ARE FIT, WELL COME AND FIND OUT



For bookings and more information contact: sunventuretours@gmail.com



4TH ANNUAL

cb
GROUP

UWI 5K

WALK GOOD, RUN GREAT
FOR EDUCATION & SPORTS DEVELOPMENT

SUNDAY
Nov 15, 2015
7:00am

ADM: \$1000
\$500 (with student ID)

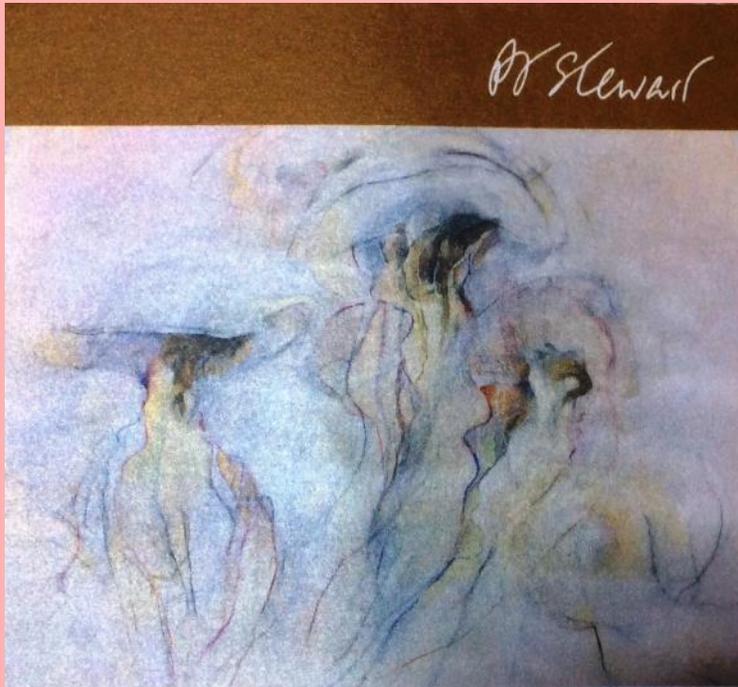
₡500
for the Kids 2K

Amazing Prizes

UWI MONA BOWL
The home of the
UWI USAIN BOLT TRACK

Proceeds in aid of scholarships
and the development of sports.





As a guest of the Mustard Seed Communities,
I will be exhibiting work with Patrick Hall
at the Spanish Court Hotel, Kingston – Valencia Suite
(Corner of Worthington Rd. and Trafalgar Rd.)

Please join us on Friday, November 20th, 2015
Cocktails at 7 p.m.

Exhibition will continue on Nov 21-22, from 10 am - 5 pm



SAT. NOV. 21. 2015

KIKI

PRESENTS HER

**BIRTHDAY
DINNER
& FUNDRAISER**

Authentic Italian Cuisine
Cocktails at 6pm
Dinner at 7pm
Dress Code Casually Elegant

After Party starts at 8:30pm
Live performances

Premium wines and liquor

Proceeds in aid of
Sickle Cell Unit & Tuition
Gate prize plane ticket to Italy

Cost \$7,500
RSVP 423-6693
9 Cherry View, Cherry Gardens

UNA GRANDE FESTA

JAMAICA CONSERVATION & DEVELOPMENT TRUST BLUE AND JOHN CROW MOUNTAINS NATIONAL PARK

GREEN JAMAICA JCDT

Misty Bliss

Celebrating Mountain Peasants & Treasures and our World Heritage Site protection

29 November

10:00 am - 5:00 pm

@Holywell

3500^m above sea level
Blue & John Crow Mountains National Park

Admission
Adults: \$1,300 | Children: \$500
Includes shuttle from Newcastle (No Parking at Holywell)

Excursion Bus
(Lunchtime Admission!)
Adults: \$2,000 | Children: \$1,500
Excursion Bus provided by KOOL TOURS from UTECH
Call JCDT to Book Excursion Bus by 23rd November

entertainment & activities

- MC Paula-Anne Porter and Michelle Thomas Mc Kyn & St Andrew Festival Queen
- Jamaican Folk Singers
- Charles Town Maroon Drummers and Dancers
- Traditional Food on Sale
- Market Place - sell & craft, plants, fruit and produce
- Pickney Singing of the Kids Discovery Zone
- Exhibits and Complimentary Tours

gate prizes

1st Prize: Weekend for two at Holiday Inn Resort, Montego Bay
2nd Prize: One night at Heritage Gardens of Cold Spring (3 bedroom cottage)
3rd Prize: Brunch for two at Strawberry Hill

Wear walking shoes; Carry jacket & umbrella!

MARKET

North Lawn
Devon House

at The Lawn

10x10 Tent \$17,000 | 10x20 tent \$21,000
Inclusive of table and chairs.

REGISTER TODAY
Call: 428-6523 | 371-2394

10 a.m. - 6 p.m. Rain or Shine

NOVEMBER 29TH
DECEMBER 06TH
DECEMBER 13TH
DECEMBER 20TH

2015

TF TrainFit Club

FITMAS

IN STONY HILL

TREK AND TREASURE HUNT

Sunday, December 13

GROSVENOR GALLERIES CHRISTMAS FAIR

Saturday 5th & Sunday 6th December, 2015

10 a.m. - 6 p.m., Free admission

Do your Christmas shopping at our annual Fair!
Lots of unique gift ideas that you won't find in stores!

jewellery, pottery, orchids, woodcraft, photography, personalised henna tattoos, aromatherapy products, antiques, handmade soaps, ceramics, candles, mosaics, driftwood furniture, paintings, stained glass, leather bags, carvings, hand-painted glassware, Indian linens, curios, clothing, driftwood angels, books, swimsuits & wraps, calabash art, clothing, honey & bee products, International food, Grosvenor Café and more!

1 Grosvenor Terrace, Kingston 8. 876-924-6684, 876-931-5569
grosvenorgallery@cwjamaica.com

Advertisements



Ashley's Treasures Ltd
Female & Male boutique
Home Decor • Art • Antique
Midsprings 134 Constant Spring Road Kingston 8 Shop #11A. (Downstairs)
☎ 931-8535



INSKIN
MidSpring Plaza
134 Constant Spring Road
Kingston 8

INSKIN
Day Spa
"A GREAT EXPERIENCE AWAITS YOU"

OPENING HOURS
Monday - Friday : 10:00a.m. - 6:00p.m.
Saturday : 9:00a.m. - 6:00p.m.
Sunday : Closed

Contact : (876) 755-0682 | (876) 755-0689
email : in_skin@hotmail.com



RH
RELAXING HANDS
SPA WELLNESS CENTRE

SPECIAL ON FACIALS

15% OFF	WAS \$3,500
	NOW \$2,975
	WAS \$4,500
	NOW \$3,825

THURSDAY TO SUNDAY
BY APPOINTMENTS ONLY

OFFER VALID OCTOBER 15TH, 2015 - NOVEMBER 8TH, 2015

96 HOPE ROAD, KGN 6 / TEL: 585-7077 OR 348-7774



PERFECTLY KAAM 17 LATHAM AVE.
KGN 6, JAMAICA

THAI FUSION & DEEP TISSUE MASSAGE
SWEDISH AROMATHERAPY

KAMEELA ABDUL-MAAJID
MASSAGE THERAPIST
+1876-474-2907
PERFECTLYKAAM@GMAIL.COM



Pledge your support
to the homeless...

How?

- Donate clothing (male, female, children)
- Donate items for the hygiene kit (i.e. soap, rag, toothpaste, toothbrush, tissue etc)
- Donate cash

For further information contact the CVSS/NVC at Tel 9060065
Email: volregistry@yahoo.com

Cars for Sale



2013 Jeep Wrangler Unlimited

Great condition. 36,400 miles. Removable hard top, 4 door, 4-wheel drive. \$25,500 USD (non diplomats pay tax). Available early December. Contact julie.ruggirello@gmail.com

2011 V6 Honda Accord Coupe EX-L

Less than 25,000 miles. Leather interior, Sunroof, Heated Seats, Power Seat, Paddle Shift, 18" Alloy Rims. Tires recently changed.

Last Valuation done in March 2015. Market Value J\$3,020,000.00 or nearest offer.

Contact: 997-1762, email: Alistair.101@hotmail.com



2008 Toyota RAV4 2WD

42,000 km, RHD, automatic, power windows, locks. Price is \$14,000 USD and will be duty free Christmas Day! Please contact duboisadam@yahoo.com or 418-3820



Cars for Sale



Nissan Pathfinder SE 4x2, 2008

Miles 48,130. US\$20,500 OBO, No Duty
4.0 liter DOHC V6 engine, 5-speed automatic transmission, Left-Hand drive(Imported from US). Red Brawn color, excellent condition, 5-speed Automatic Transmission, 17" alloy wheels, Front/Rear A/C controls, reverse camera, fog lamps, Radio/6 CD-player with controls on steering, 7" Multi Information Display, two front Air-bags, power steering, power windows and mirrors, Nissan front seat covers, 3rd Row, tow package(6,000 lbs), Tire Pressure Warning System(TPWS), Vehicle Dynamic Control (VDC), Nissan Vehicle Immobilizer System.

Contact: 372-6127 / otownfunk@yahoo.com

AUDI Q5 2012

Very low mileage 20,000 Km

Leather interior. In very good condition.

Please call David for further information at 1

(876) 579 82 22



BMW X3 2.0i Year 2013

In excellent condition

AC climate control, Power Package/windows tinted, CD/Radio ITV, 6 airbags,

Bluetooth, Factory Alarm/Anti-Theft System, Cruise Control, Turbocharger,

Bi Xenon Lights Package, Alloy Rims, Rear Spoiler. Duties paid. 5.4M neg call 260-0957



Cars for Sale



2009 Suzuki Grand Vitara

4wd.

56000 miles.

Well maintained.

US\$12000 for dips.

Some duty left for others.

Mitchcj1@hotmail.com

382-9031



Volkswagen Tiguan 2013 • 4WD • KM 6,700

6,700 KM, Serviced only by dealer. 5 seater, black leather interior, panoramic roof, Bluetooth, AM/FM Stereo CD Player, MP3 Player Auxiliary, Audio Input, 16 inch hollow rims, roof rack, reverse sensors, integrated turn signals, fog lights, rain sensing wipers, power mirrors.

Diplomatic vehicle. Excellent condition.

Price To Go \$30,000 + Duties Owed ONO

Call to view: 960-0459; vwforsaleKL@gmail.com

Cars for Sale

2007 Suzuki Swift

Interested in my car? It's a 2007 automatic right hand drive Suzuki Swift with power windows and doors, airbags and AC. \$750,000 negotiable. I have loved this vehicle--and it's driven me all over Jamaica.
Call Erin at 578-1181 for more details!



2012 Hyundai Santa Fe CRDi Full Version

- 4WD, Diesel, 18 inch rims, rear view camera, 7 seats, leather interior, sun roof, push button, 5 CD changer
- Very good condition
- 39,000 miles
- Recently Valued at \$33,400 USD
- Price \$32,000 USD or best offer
(Original Price \$52,000 USD)

Contact Taysha at 809-0015 or Rafael at villalona@gmail.com

Cars for Sale



2009 Toyota Vitz RS (sport)

COST: \$900,000 (JMD)- **NEGOTIABLE**

Exterior: In Good condition, mild dent on driver's door, 16" Factory Rims - 195/50V tires, HID Headlights & Halogen Fog lights, side Mirror LED indicators, 1.5 VVTi , K&N Air Filter, CVT Transmission with Sport Mode & 7-Speed w/Paddle Shift, 90k Km, Push-to-Start, Keyless entry (immobilizer), Central locking, Full power windows & mirrors, K&N Air filter, Safety: SRS - 8 Airbags, ABS Brakes, Runs good, solid car with good fuel economy & low running costs

Contact 460-5136/345-4978

2013 Audi Q5 2.0T Quattro

Only 20,500 Km - Condition Like New, Turbo SUV Seats 5, Drives light, clean, fast, fully loaded - Transferable Warranty on Parts & Service til 31 October

\$5,275,000

Panoramic sunroof, Intelligent Key, Auto Tailgate, Leather seats (sport), OEM 18" Alloy Wheels, Proximity Sensors, Traction/Stability Control, Roof Rails, Turbo-charger, ABS, Leather Sport steering w/ Shift paddles

Call Julie 820-9527



2006 TOYOTA KLUGER

2.2 MIL NEGOTIABLE

EXCELLENT CONDITION

51,000KM

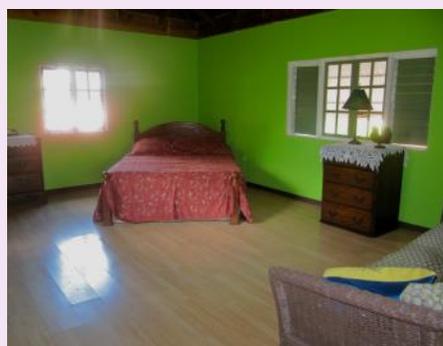
For more information contact Kedesha or Evon Goode @ 359-6350/545-1226



For Sale/Rent

INFLATEABLE KAYAK FOR SALE

3 SEATS – UP TO 240 KG, INFLATES IN ONLY 10 MIN WITH PUMP (INCL), CONVERTIBLE PADDLES X 2, CARRYING BAG FOR EASY TRANSPORT AND STORAGE, 2 LIFE VESTS FOR CHILDREN, PRICE: USD 450, CALL DAVID AT 579 82 22 OR CARMEN AT 571 14 14



FOR RENT: Self-contained cottage at rear of house in convenient Vale Royal area (10 minutes from Embassy). One large bedroom upstairs w/ceiling fan, living room, bathroom, kitchen, deck. PARTLY furnished (TV, fridge, stove, bed, deck furniture). Very green and shady yard. No dogs, cats, small children. No smoking. Rent: J\$60,000 per month, including hot and cold water, wifi. Contact: 877-9996 (cell); petchary@gmail.com (email).



BIOPTRON Compact 111
Light Therapy System by Zepter, Switzerland
Clinically approved for promoting healing of Sports Injuries, Anti-Ageing, Eczema, Sprains, Tendonitis, Muscle/Ligament Strains, Wound Healing. Asking US485 T: 260-0957



For Sale Sony Bravia 40" LCD. 400 USD. Please contact Donna (donnawatt1@hotmail.com)

Household Help

EXPERIENCED NANNY: It is with full confidence, that I recommend **Ms. Kamena Salmon** as a nanny/ child-care provider. For two years, Ms. Salmon provided child-care and tutoring for my school-aged daughter and newborn son. During this time period, she proved to be an experienced, loyal and dedicated individual, with a grounded passion toward working with children. In addition to childcare, Ms. Salmon performed housework, cared for our pets, and assisted with errands and food preparation. She can be reached at [876-434-3236](tel:876-434-3236). If you have questions, please contact me at aantoine1@gmail.com.

If you're looking for a part-time helper who will clean your house and iron your clothes like a professional, **Ms. Monica** is the one for you. She was with us for 3 ½ years and we found her to be reliable, trustworthy and a very caring person. **Contact her at 434-1446**. For reference contact browngirl1970@gmail.com.

Miss Early Williams, a mature lady is available as a full time - live in household helper. She is excellent with children of all ages, she cleans, wash, iron and cooks immaculately well. She has worked for two US Diplomats, 1 British Diplomat and several Jamaican professionals in the past, caring for their new born and older children. She is trust-worthy, honest, flexible and committed to the job. **Contact her at 410-8239** today.

Ms. Yvonne Bennett has been working on a weekly basis as my helper for almost two years. Yvonne has proven herself to be a very reliable, thorough and trustworthy helper, with a long history of working for Embassy families. She works well independently. I have been very satisfied with her work and would recommend her without hesitation. Several of the families that she has worked for have recently departed or are departing soon, and she is looking for additional hours. **She can be reached at 876-843-3614**.

Ms. Christine Morgan is an excellent house keeper. She is dependable, trustworthy, and needs no supervision. She worked for many US Embassy families and received high marks. She also prepares meals. Currently Christine has 2 days available to work. **She can be reached at 407-1194**. If you have any questions please do not hesitate to contact me. **Paul Blankenship, (577-3340)**.