

the Doctor BÍrd



Dr. BÍrd's words of the week:

Did you know a new farmer's market has opened near Emancipation Park every Saturday morning.

[Events](#)

[Ads](#)

[Classifieds](#)

[Household Help](#)

**Follow U.S. Embassy
Jamaica**



Events



\$500 per team

Maximum of 6 people

19th February

Food & Drink on Sale

7-11pm

Admission FREE just make sure you are on the list. Guests must have a BHC SPONSOR and name their sponsor on arrival. Please bring identification with you.

*Email KINGSTON.TRAFALGARCLUB@FCO.GOV.UK by 12 noon on the day
Limited secure parking available for DIPLOMATIC vehicles on a first come first served basis.*

NO WEAPONS ALLOWED

Events

Bombrush Records in association with
Jamaica Conservation & Development Trust (JCdT) presents



Venue:
HOLYWELL
SAT. FEB. 21, 2015

GATES OPEN: 11AM | CONCERT STARTS: 4PM | LIVE PERFORMANCES BY:

KENNY SMITH, STRATDON, IMAR SHEPERD MUSIC BY: RENNAISANCE & NITE RIDER
OTHER ACTIVITIES: CAMPING, HIKING TRAILS, TREASURE HUNTS, KARAOKE, TRIVIA AND GIVE AWAYS

TICKETS PRESOLD: DAILY REG.: \$3500 DAILY PREMIUM: \$4500 (Reserved Shuttle Service)
WEEKEND PREMIUM: \$7500 (Reserved Shuttle Service) **CHILD: \$500** [Daily] **CAMPING: \$1000** [Per person]
GATE: DAILY: \$4000 | WEEKEND: \$7500 | CHILD: \$500 [Daily] | **CAMPING: \$1000** [Per person]
Ticket Outlets: Islandwide - MailPac, Kingston - Bookophilia, Jojo's Jerk Pit and more

For Shuttle Service registration and further information, Please contact: 349-BMMF (2663)
"DRESS WARM FOR JAMAICA'S COOLEST FESTIVAL"
WWW.BMMFJA.COM | MUST BE 18 YEARS & OLDER TO DRINK. DRINK RESPONSIBLY. ID REQUIRED.

Bombrush Records in association with
Jamaica Conservation & Development Trust (JCdT) presents



Venue:
HOLYWELL
SUN. FEB. 22, 2015

GATES OPEN: 11AM | CONCERT STARTS: 3PM | LIVE PERFORMANCES BY:

				
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PENTATEUCH, SKYGRASS, ADAHZEH MUSIC BY: YOHAN STEPHENS & NITE RIDER
OTHER ACTIVITIES: CAMPING, HIKING TRAILS, TREASURE HUNTS, KARAOKE, TRIVIA AND GIVE AWAYS

TICKETS PRESOLD: DAILY REG.: \$3500 DAILY PREMIUM: \$4500 (Reserved Shuttle Service)
WEEKEND PREMIUM: \$7500 (Reserved Shuttle Service) **CHILD: \$500** [Daily] **CAMPING: \$1000** [Per person]
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Events



The Sagikor Sigma Run will take place on February 22, 2015 in New Kingston. The Sigma Run is one of the largest and one of the most successful races in the Caribbean! The proceeds this year will be donated to the Neonatal Unit at the Cornwall Regional Hospital.

Deadline to sign up will be *Wednesday, February 4th*(next week). Registration fee J\$1000 and an optional shirt fee of \$1500.

For signup forms please contact Dainielle Martin: Dainielle.L.Martin@usdoj.gov or x.6050

Events

REGGAE MONTH 2015 CALENDAR

SUN	MON	TUES	WED	THURS	FRI	SAT
		Jan 20 Reggae Month Media Launch Ranny Williams Entertainment Centre				
Feb 1 Grounation Series Institute of Jamaica Ecumenical Service Ranny Williams Entertainment Centre Trench Town Festival "Jammin at the Bass" Ambassador Theatre	Feb 2 Uptown Mondays Savannah Plaza	Feb 3 JaRIA Open University Ranny Williams Entertainment Centre JaRIA Live Ranny Williams Entertainment Centre	Feb 4 Reggae Wednesday The Genesis-Reggae Relay Ranny Williams Entertainment Centre Lyming at Culture Yard Trench Town Weddy Weddy Burlington Ave	Feb 5 JaRIA Open University Ranny Williams Entertainment Centre Nyabinghi Night Trench Town Merritone Waterfalls	Feb 6 JaRIA Open University Ranny Williams Entertainment Centre Trench Town Festival Dancehall Night, Kids Fun Day & Miss Mini Trench Town Trench Town JaRIA Friday Mixer Ranny Williams Entertainment Centre	Feb 7 Trench Town Festival Road Race & Sports Day Boy's Town Trench Town Rock Concert Trench Town
Feb 8 Grounation Series Institute of Jamaica Reggae Praise Ranny Williams Entertainment Centre	Feb 9 Uptown Mondays Savannah Plaza	Feb 10 JaRIA Open University Ranny Williams Entertainment Centre JaRIA Live-Ladies' Night Ranny Williams Entertainment Centre	Feb 11 Reggae Wednesday Aggregations Ranny Williams Entertainment Centre Weddy Weddy Burlington Ave	Feb 12 JaRIA Open University Ranny Williams Entertainment Centre Merritone Waterfalls	Feb 13 JaRIA Open University Ranny Williams Entertainment Centre JaRIA Friday Mixer Ranny Williams Entertainment Centre	Feb 14 Sound Explosion-Stone Love & DJs Ranny Williams Entertainment Centre

SUN	MON	TUES	WED	THUR	FRI	SAT
Feb 15 JaRIA/ UWI Music Symposium Ranny Williams Entertainment Centre Grounation Series Institute of Jamaica Fi Wi Sinting Hope Bay, Portland	Feb 16 JaRIA/ UWI Music Symposium Ranny Williams Entertainment Centre Uptown Mondays Savannah Plaza	Feb 17 JaRIA Open University Ranny Williams Entertainment Centre JaRIA Live Ranny Williams Entertainment Centre	Feb 18 JaRIA Trade Fair Ranny Williams Entertainment Centre Reggae Wednesday Progressions Ranny Williams Entertainment Centre Weddy Weddy Burlington Ave	Feb 19 JaRIA Trade Fair Ranny Williams Entertainment Centre JaRIA Dance Vibes Ranny Williams Entertainment Centre JaRIA Open University Ranny Williams Entertainment Centre	Feb 20 JaRIA Trade Fair Ranny Williams Entertainment Centre JaRIA Open University Ranny Williams Entertainment Centre JaRIA Friday Mixer Ranny Williams Entertainment Centre	Feb 21 Dance Vibz - Creative Dance in Reggae Louise Bennett Garden Theatre
Feb 22 Grounation Series Institute of Jamaica Dennis Brown Tribute Kingston Waterfront	Feb 23 JaRIA Movie Night Ranny Williams Entertainment Centre Uptown Mondays Savannah Plaza	Feb 24 JaRIA Open University Ranny Williams Entertainment Centre JaRIA Live Ranny Williams Entertainment Centre	Feb 25 Reggae Wednesday Reggae Run Weh Ranny Williams Entertainment Centre Weddy Weddy Burlington Ave	Feb 26 JaRIA Open University Ranny Williams Entertainment Centre	Feb 27 JaRIA Open University Ranny Williams Entertainment Centre JaRIA Friday Mixer Ranny Williams Entertainment Centre	Feb 28 JaRIA Honour Awards The Courtleigh Auditorium

JaRIA EVENTS
SPONSORED EVENTS



Events




British
High Commission
Kingston

UK HIGHER EDUCATION & SKILLS FAIR

MARCH 3, 2015
12NOON-6PM
JAMAICA PEGASUS HOTEL

**UNIVERSITIES, DISTANCE LEARNING,
VOCATIONAL AND TRAINING SCHOOLS**

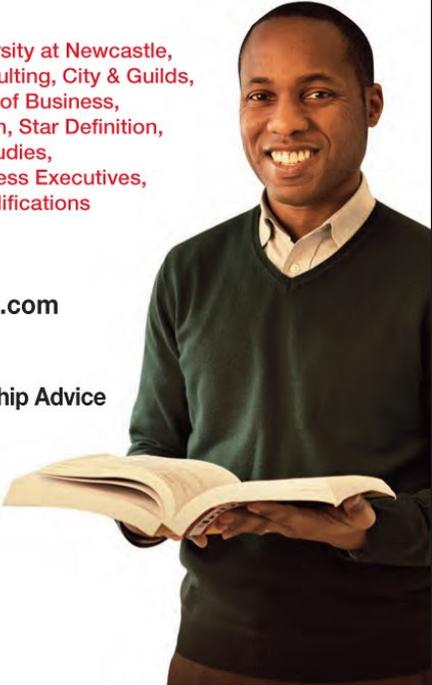
PARTICIPATING SCHOOLS:
Middlesex University, Northumbria University at Newcastle,
Southampton Solent University, HB Consulting, City & Guilds,
University of Northampton, B&B Institute of Business,
Colborne College, University of Edinburgh, Star Definition,
College of Insurance and Professional Studies,
South East College, Association of Business Executives,
Institute of International Recognised Qualifications

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Contact Aline Luna LESS at 863 2926 Or 755 1255

alinelunaless@yahoo.com

(Institution close to Manor Park / Saturday or weekly class)



KeFit by Kingston Kefir

Text orders to 782-5004 by 10 am for the next day

Tuesday deliveries in Kingston 8

Thursday deliveries in Kingston 6 and 10.

Standard size

250 ml Plain Flavored (and sweetened)

whole milk \$320 \$335

skim milk \$340 \$355

We recycle bottles, so other sizes available on request. Bring in screw cap bottles for Ja\$20 such as Welches, Tropical Rhythms, etc. Regular flavors are: almond, vanilla, coconut. Fruit flavors available seasonally.

Check our Facebook page, Kingston Kefir for latest flavors.

LEANNE'S 2HR **SUNDAY** SIGNATURE
YOGA
10am - 12pm
Cost: \$1500
Chinese Benevolent Assoc.
176 Old Hope Road
876 464 5929 (call for dates)
www.facebook.com/leanneslifestyleyoga
All levels welcomed!

Advertisements



Peppers Lounge & Grill
SEAFOOD FRIDAYS
EVERY FRIDAY 5PM-10PM
FRIDAY, FEBRUARY 20, 2015

@ Peppers Lounge & Grill
31 Upper Waterloo Rd | Secure Parking

FISH
Fried | Roast | Steam
\$1100.00 per lb. (Steam + \$200)

OYSTER BAR
Complimentary fish tea with order
Sides: Festival & Bammy

Also available:
Fried Lobster | Roast/Steamed Conch

ALL DONE TO ORDER HELLSHIRE STYLE!

Pop-Up GOURMET



THE PAIN CLINIC

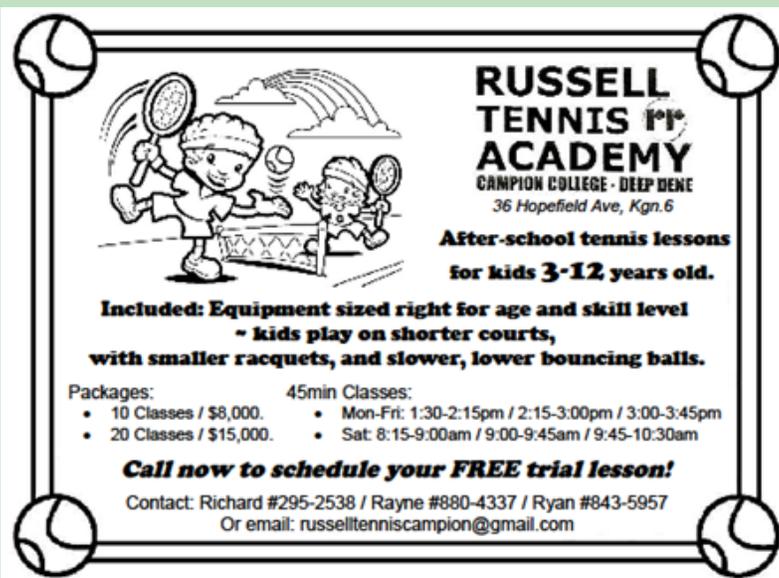
MANDEVILLE • OCHO RIOS • KINGSTON

BACK - NECK - KNEE
JOINT PAIN - ARTHRITIS
HEADACHES
MENSTRUAL PAIN
SPORTS-WORK-CAR INJURIES

LIVE PAIN AND DRUG FREE
ACUPUNCTURE - SKELETAL & JOINT ALIGNMENT
THERAPEUTIC MASSAGE - THERAPEUTIC EXERCISES
NATURAL PAIN RELIEVING & ANTI-INFLAMMATORY REMEDIES

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RUSSELL TENNIS ACADEMY
CAMPION COLLEGE - DEEP BENE
36 Hopefield Ave, Kgn.6

After-school tennis lessons
for kids 3-12 years old.

Included: Equipment sized right for age and skill level
- kids play on shorter courts,
with smaller racquets, and slower, lower bouncing balls.

Packages:
• 10 Classes / \$8,000.
• 20 Classes / \$15,000.

45min Classes:
• Mon-Fri: 1:30-2:15pm / 2:15-3:00pm / 3:00-3:45pm
• Sat: 8:15-9:00am / 9:00-9:45am / 9:45-10:30am

Call now to schedule your FREE trial lesson!

Contact: Richard #295-2538 / Rayne #880-4337 / Ryan #843-5957
Or email: russelltenniscampion@gmail.com

Are you a crafter? Do you knit/crochet, do needle work, scrapbooking, make jewelry or any other portable craft? Would you like to spend time with other crafters to share tips, ideas and conversation? If you would like to join a group like this please email Rose Charles at rnccharles@yahoo.com. Day and time to be determined by those interested.

CLASSIFIEDS

Downsizing Sale – Various Items available:



Baby Stuff:

Fisher-Price Jungle Baby Mobile (with remote control) \$1,800 **price drop**. **Safety First Infant Car seat** \$7,000 **price drop** or **Full Stroller & Infant Car Seat Set** for \$20,000 **price drop**. **Convertible Crib/Toddler bed (includes mattress)** \$20,000. **Graco Infant-Toddler Car Seat Rear & Front facing** (comes with manual) \$9500.

Furniture etc:

Samsung Stainless Steel Refrigerator, (side by side doors) 1 year old - \$100,000 **price drop**, **Antique Wooden Bedside Table** - \$4,000 **price drop**. **TV stand** - \$8000

Please contact Andrea tel # 397 8586 or email ange2cel@gmail.com or Dwayne tel # 483 8208.

FOR SALE

Yamaha PSR-E323 Keyboard in Excellent Condition
Asking \$20,000, call 3262743



CLASSIFIEDS



Toyota RAV 4 28,000km

2,100,00 JMD

4WD automatic, 2362 cc, Garmin GPS w/ Jamaica Map

Price as per independent evaluation

Contact Mr. Christophe Ferrer 564-3975

Christophe.ferrer@gmail.com



FOR SALE: 2011 Ford Escape Limited Edition

Very good condition, many amenities including backup camera, moon roof, leather seats, Sirius Radio capability, and Sync voice command

\$19,000USD for members of diplomatic corps, all others duties apply.

Available late June / early July 2015

Please contact sarah.vanhorne@gmail.com

2009 Volkswagen Tiguan

Low milage 19,700 miles

Leather interior, Excellent condition

Good service record

Price US\$21,500

Call Donna 819 6969

or email donna02@gmail.com



CLASSIFIEDS

FOR SALE: 2013 Toyota RAV4 4WD

Features: Excellent condition - like new! Only 15,000km, still under warranty. Right-hand drive, automatic transmission, 4 cyl. Steel Black/Green exterior, black cloth interior, zero dents/scratches. Power steering, power windows, and mirrors. Central locking, ABS system, Cruise control, AC, rear tinted windows, AM/FM, CD player, USB and AUX ports, Cargo cover, spare tire. Diplomatic owner, frequent oil/filter changes and upkeep, great for mountain and beach driving

Asking US\$25,000 – one year of duties left (bought new in JA)

Call: 470-8228 or email nicholegraber@gmail.com



Black Suzuki Grand Vitara!
2012 model, only 14,700 km,
5 doors, excellent condition,
new battery, J\$ 2,5M
E-Mail (Maria) at
postfach-mc@web.de



2009 Ford Expedition Limited (EL)
No Duty Tax and available in June
5.4 liter V8 engine
4X4
6-speed automatic w/OD
Power-folding third row seats
Brand new GoodYear silent armor "E" load tires
Mileage: 62846.3
SIRIUS Satellite radio
Keypad locking
Price US\$ 26,000

SUV for Sale

Contact James : gsp304@hotmail.com

Household Help

Kerry-Ann for weekly employment as a nanny and/or domestic helper. She is honest, reliable and punctual. She takes instructions/guidance on cleaning routines and requests very well. She is always willing to be flexible with hours, scheduling and babysitting requests. She can be contacted at 5471052. If you have further questions about my experience with her, please feel free to contact me at marellita@libero.it".

Juliet White has been our Nanny and housekeeper for 6 months while we were living in Kingston, Jamaica and has worked for other Embassy families before that. She is an outstanding employee and an asset to our family. She was completely reliable, always on time and always ready to help. She has an amazing way with our children, and was always calm and patient with them, never raising her voice. She kept our house in beautiful condition, our laundry done and our house organized and always has a smile on her face for us. She can be contacted directly at 286-1930. We'd be happy to provide a reference by e-mail at redalenfraser@gmail.com, or by phone at 622-8210.

Ms Barbara Baret is an excellent housekeeper and comes highly recommended. She has worked for British High Commission families for the last 4.5 years, and has previously worked for families from the UN and other diplomatic missions. She is punctual, reliable, hardworking and extremely trustworthy. She is an excellent cook, and ably manages household work with looking after children including toddlers. She is looking for full time or part time work. **Her phone number is 399-5073.** If you have any questions please do not hesitate to contact me. **Ms. Bhavna Sharma - 469-3379.**

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).**