

the Doctor Bird



Dr. Bird's words of the week:

"Emancipate yourselves from mental slavery, none but ourselves can free our minds."

Marcus Garvey/Bob Marley

Happy Emancipation Day!

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Jamaica**



A Likkle Slice of Heaven

A Likkle Slice of Heaven and its proprietor, Ms. Rochelle Laing, were first featured in the *Dr. Bird* in February 2013. Members of the Embassy community have used her services for many occasions: cupcakes for birthdays, Bunco, and Bon Voyages, and a cake to celebrate life.

Laing, the bakery owner/operator, is a talented, patient woman who bounces various flavor combinations your way faster than you can say 1-2-3. And....she delivers the finished product right to your door!!! (Yeah mon!)

Here are excerpts from an interview with Laing. As you can tell, she is *very* passionate about her work.



Q. How long have you been in business?

A. A Likkle Slice of Heaven had its earliest start in 2001 but it was not until 2006 that we truly got off the ground. By then I had decided that this was what I really wanted to focus on.

Q. What prompted you to start this venture?

A. I've always loved cooking and I'm originally trained as a caterer. But I love pastries in particular and the design element seemed so challenging that I decided to focus on them. The deeper I got into my studies, the more I wanted to explore, especially after graduating top of my class in the Baking Technology (UTECH) and Commis Chef (HEART) programs. Afterwards, I accepted a post at Couples, Ocho Rios. However, I realized I didn't fit the traditional mold. I needed greater levels of freedom to explore and work in the ways that I wanted .

Q. How many and what kinds of flavors and icings do you offer?

A. We have a wealth of flavors in cakes, icings and pastries. And what we don't have yet we're happy to create for the client. We love taking on new challenges! We've used fruit flavors, taken inspiration from cocktails and other sweet treats.

(Continued on next page)

A Likkle Slice of Heaven

Here's a sampling of fan favorites:

Red Velvet with Cream Cheese Frosting
Almond Vanilla Cake
Baileys Oh-So Chocotini Cheese Cake
Scotch Whiskey Cheese Cake
Jam and Butter Bread Pudding
Lychee Martini Cake



Q. What has been your most challenging job?

A. I had a music theme wedding cake with a Bride and Groom sitting at the piano as a topper. Or the Canon Camera cake. The cake was Lychee Martini with made-from-scratch strawberry filling.

Q. Do you offer any sugar-free desserts?

A. Yes we do. Let us know your desire and we will prepare it to specifications.

Q. Would you be willing to offer a discount if anyone mentions this article?

A. Sure. We will offer a 5 -10% discount.

Q. Is there any other information you would like to offer about A Likkle Slice of Heaven?

A. A Likkle Slice of Heaven's specialty is sweet treats and our slogan represents us well... "For Sweet Perfection." We concentrate not only on cakes but desserts for different events, whether it is a plated service or buffet style. Along with the cake we offer dessert tables and table styling for weddings, baby showers, baby christenings, birthdays, parties, anniversaries and corporate events and celebrations. We offer consultation and will conceptualize and design your sweet table, decorate and color code it so it represents whatever theme you wish.

A Likkle Slice of Heaven: Phone (876) 981-3649; Cell (876) 877-9329; alikklesliceofheaven@yahoo.com; Facebook – A Likkle Slice of Heaven

Events

NDTC

JULY 24 - AUGUST 16
2015



National Dance Theatre Company

53rd Season of Dance



Box office: (876) 926-6129 | Fri - Sat 8pm | Sun 5pm



@NDTCJAMAICA

THE LITTLE THEATRE

4 Tom Redcam Avenue, Kingston 5

Events



FUNDRAISER

The Jamaican Epilepsy Association

Fish Fry & Cake Sale



Thursday
30 July, 2015
11:30 AM — 1:30 PM

***** Menu *****

Escovitched Fish
Bammy
Festival
Veggies

Contribution: \$1000

Cake on sale

Call to place order:
968-8274 / 316-2202
E-mail: jaepilepsy@cwjamaica.com

Pick up at
Andrews Memorial Hospital,
27 Hope Road, Kingston 10

Thanks for your support!

PORTMORE SELF-HELP DISABILITY ORGANIZATION
Presents



Thinking Out Loud

FRIDAY - JULY 31st, 2015

VENUE: PORTMORE HEART ACADEMY
(Waterford Portmore, St. Catherine)

TIME: 7:00 pm | CONTRIBUTION: \$500

Backing Band: Sun Force *Guest Artist: SWEET NADIE*
REFRESHMENT ON SALE

PARTNERS:  **HEART COLLEGE OF CONSTRUCTION SERVICES** 

**Show your Support,
Keep the PSDO Alive!**



CONTACT US **FOR MORE INFORMATION**

PORTMORE SELF-HELP DISABILITY ORGANIZATION
3 Boatlet Road, Christian Pen, Gregory Park P.O., Portmore, St. Catherine
Telephone: +876 437 1837 / 998 2615 | E-mail: psdohelp@yahoo.com
Website: www.psdoja.org

GET READY!!

July 31 - August 2, 2015

AT THE DENBIGH SHOWGROUND
MAYPEN CLARENDON



Denbigh
63rd
Anniversary
1952 - 2015
**AGRICULTURAL, INDUSTRIAL
AND FOOD SHOW**

Events

EVERYTHING JERK!

KUKUDOO | INNOVATA | POPCAAN | DEVIN DI DAKTA | GODDESTA | NAZNE | IKAYA | TEEJAY | CHILANDO

MOBAY JERK FESTIVAL

6TH STAGING

CATHERINE HALL ENTERTAINMENT CENTER
HOWARD COOKE BLVD. | MONTEGO BAY

SATURDAY AUG 1 2015
EMANCIPATION DAY

CHICKEN | PORK | FISH | KEBAS | RABBIT | LOBSTER +MORE

SEAN GARDNER | 878.871.9027

Football Friends Group
IN ASSOCIATION WITH
JAMAICA Sport

romai

Digicel
JAMAICA
INVITATIONAL MASTERS
FOOTBALL TOURNAMENT

SATURDAY || WESTPOW PARK || GRAND PRIZE
AUG 1, 2015 || MONTEGO BAY || \$100,000

CONTACT: 954-663-8660 EMAIL: BLOISEW@GMAIL.COM | GEORGE EVANS- 876- 866-8557 E-mail: GOLASEVANS@MSN.COM

WORLD AUTO PARTS
Young, Youth & Boys

Sandals
UG's Cellular (Lucrea)
pepsi | jamaica
JAMAICA
Grandhouse Hotel
WESTERN SPORTS
The Sports People
WESTERN SPORTS
The Sports People

Events

Electro-Rock Events in collaboration with Nanook Enterprises
Presents...



ENTRY

2 DAY Tickets (Entry Only): \$1000
1 DAY All Access Tickets: \$1500
2 DAY All Access Tickets: \$2500

(ALL ACCESS Tickets Includes entry to all workshops)

Gates Open: 12Noon

August 7th - August 8th

NANOOK

20 Burlington Avenue

MUSIC BY

DJ Iset Sankofa

PERFORMERS

DAY 1

Yashika Graham
Abbebe Payne
Dexta Malawi
DRE & KJ
TREVIQ

DAY 2

Melville Cooke
Oku Onuora
SKAIBRID
Jemyne
Naja Ra and Jamaiel Shabaka
(Roots and Culture Artists from L.A)

GATES OPEN:- 12NOON | SHOW TIME:- 8PM

Food, Drinks and Crafts on Sale

DAY 1 Workshops

Capoeira
Instructor: Contra-Mestre Simpson
1:00pm – 3:00pm

Drumming
Instructor: Livity
3:30pm – 5:30pm

Yoga/Meditation
Instructor: Hado
6:00pm – 7:30pm

DAY 2 Workshops

Drumming Workshop
Instructor: Livity
1:00pm – 3:00pm

Kemetic Yoga/African Dancing
Instructor: Naja Ra
3:30pm – 5:30pm

Capoeira
Instructor: Contra-Mestre Simpson
6:00pm – 7:30pm

Advertisements


Cooking with Maree
 at 8 Hillcrest Ave.
 The Original Tea Tree Crêperie

July						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6 EGGS 10 am - 1 pm	7	8 PASTA 10 am - 1 pm	9	10	11 DESSERTS 2 pm - 5 pm
12	13 PASTRY 10 am - 1 pm	14	15 EGGS 10 am - 1 pm	16	17	18 PASTRY 10 am - 1 pm DESSERTS 2 pm - 5 pm
19	20 PASTA 10 am - 1 pm	21	22 PASTRY 10 am - 1 pm DESSERTS 2 pm - 5 pm	23	24	25 DESSERTS 12 pm - 3 pm DINNER 6 pm - 10 pm
26	27 EGGS 10 am - 1 pm PASTA 2 pm - 5 pm	28	29 PASTRY 10 am - 1 pm DESSERTS 2 pm - 5 pm	30	31	

Learn the basics & more with master techniques from
 Cordon Bleu trained & certified Chef Maree,
 Executive Chef at Tea Tree Crêperie.
 These are hands on, demonstration classes for anybody
 serious about learning to cook and cook well
 "from the sauce up".

Classes start at \$5,000 per person. Minimum 5 persons per class.
 Call 978-7333 or email maree@teatreecreperie.com to book your spot!



INIX

~ Naturals ~

Yogurt

Hummus

Mango Chutney

Pepper Jelly

Natural & Delicious Yogurt, Hummus, Pepper Jelly, Mango Chutney

960-0957

Advertisements



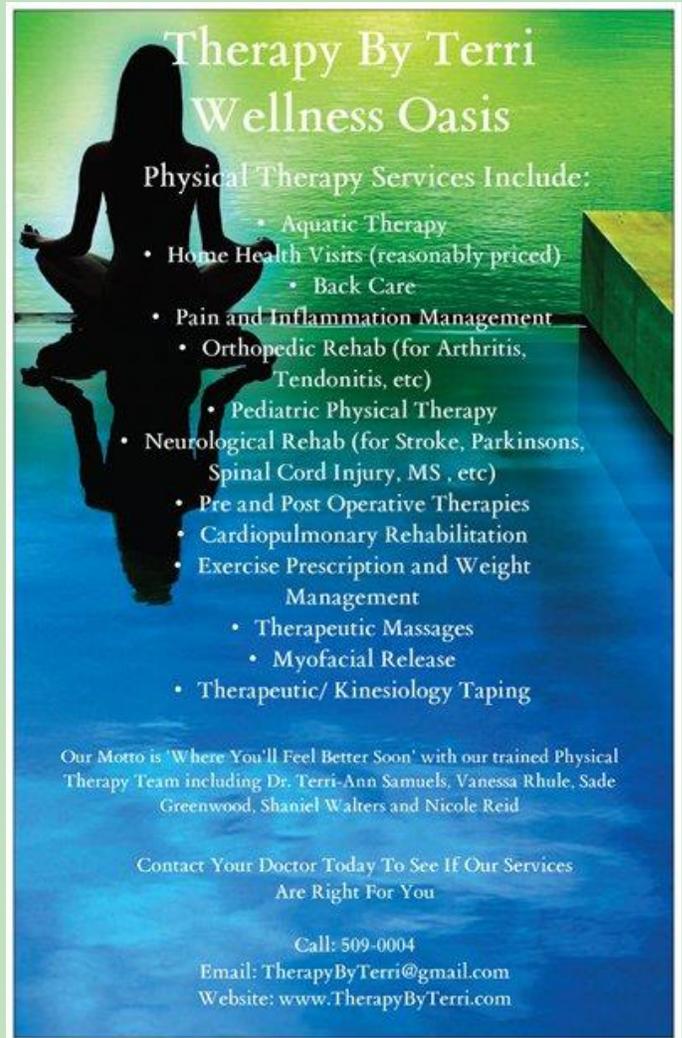
ENJOY INSTANT SAVINGS!

WITH
THE Pop-Up GOURMET ADVANTAGE CARD

INSTANT SAVINGS

THE POP-UP GOURMET ADVANTAGE CARD
ACCEPTED AT PARTICIPATING RESTAURANTS, BARS AND OTHER GOURMET DESTINATIONS ISLAND-WIDE.

For more information visit:
www.popupgourmetjamaica.com/the-advantage-card
Email: info@popupgourmetjamaica.com | facebook: popupgourmetjamaica
instagram: popupgourmetjamaica | twitter: @popup_gourmet
Tel: 876 807 5349



Therapy By Terri Wellness Oasis

Physical Therapy Services Include:

- Aquatic Therapy
- Home Health Visits (reasonably priced)
- Back Care
- Pain and Inflammation Management
- Orthopedic Rehab (for Arthritis, Tendonitis, etc)
- Pediatric Physical Therapy
- Neurological Rehab (for Stroke, Parkinsons, Spinal Cord Injury, MS, etc)
- Pre and Post Operative Therapies
- Cardiopulmonary Rehabilitation
- Exercise Prescription and Weight Management
- Therapeutic Massages
- Myofascial Release
- Therapeutic/ Kinesiology Taping

Our Motto is 'Where You'll Feel Better Soon' with our trained Physical Therapy Team including Dr. Terri-Ann Samuels, Vanessa Rhule, Sade Greenwood, Shaniel Walters and Nicole Reid

Contact Your Doctor Today To See If Our Services Are Right For You

Call: 509-0004
Email: TherapyByTerri@gmail.com
Website: www.TherapyByTerri.com



Powell Gardener
ODAIN SMALL

Home-grown Chickens

For Sale: ~5lbs for \$1000

Freshly butchered and frozen
Free delivery to Powell and US. Embassy
Call or text: 864-0393

"Unforgettable Taste"



RH RELAXING HANDS SPA WELLNESS CENTRE
96, HOPE ROAD, KGN 6.
CALL: 585-7077 OR 348-7774

Summer Special!
MANICURE & PEDICURE
Come and Get your Nails Beautiful for the summer!

FEMALE \$1500
Reg Price: \$2,200
Save: \$700

MALE \$1700
Reg Price: \$2,600
Save: \$900

Summer Special prices do not apply to Manicures and Pedicures done separately. Valid July 20th August 30th 2015. We also do facials, body massage & other treatments.

Cars for Sale



2005 Nissan March

Grey, 151,857km,

Female driven, regularly serviced, clean vehicle, automatic, air conditioning, power steering, radio/cd player, central locking

4400 USD (negotiable)

Contact : 845-8968 and/or gwe-naelle.huydts@gmail.com

2010 Honda CR-V

Grey, 47,000 km, appraised 05JUN2015,
\$2,620,000 JMD, duty free

Right hand drive, cloth seats, tinted windows, radio/DVD player, new tires 2014, in great condition.

Available 17AUG2015 (negotiable)

Contact Jean-Claude at 292-0314 or Gillian at 733-3300



Relocating... almost brand new

2015 Toyota RAV4 AWD

Only 1500 kms

Diplomats: US\$ 27,000

Non Diplomats: US\$ 43,000

Information: Claudia Uribe uri-becl@gmail.com or rodrigovil-larg@gmail.com.

Cars for Sale



Suzuki Grand VITARA 4WD, 2014, KM 12,000.

US\$26,500 (for diplomats US\$20,500) OBO; 2000cc fuel injected gas engine, right-hand drive (bought new in JA). Blue color, excellent condition, accident free, female driver, still under Jamaica's warranty. Automatic A/C, Bluetooth, reverse camera, fog lamps, DVD, Radio/CD-player with controls on steering, two front Airbags, power steering, power windows and mirrors, central locking, Isofix Child seat anchorage, Original Suzuki black seat covers, ABS with EBD, Immobilizer, car alarm.

Contact: 847-4875 / marellita@libero.it

Hyundai Tucson, 2012

US\$24,500 (OBO), duty free

Only 16,000 miles.

Excellent condition, accident free, only one driver (female). Power steering, power windows, central locking, keyless entry, anti-lock brakes, panoramic sunroof, reverse camera, Radio/CD/ player (6 Disc), MP3

Contact: 552-5452 and/or lilamallory@hotmail.com



Cars for Sale

For Sale

2012 TOYOTA RAV4

Excellent Condition | 4WD
Alarm/Security | 18,434 km
Tracking device | kill switch
Tinted windows

USD 28,000.00

“or best offer”

Call/text: (876) 509-0930
Email: tani_d2003@yahoo.com



2010 Subaru Impreza Hatchback

4 speed automatic/2000cc AWD engine with *just under 35k kilometers*, keyless entry, radio/cd player and tinted rear windows; looks & runs great. Very Clean Vehicle; black with black/gray seats, power windows and doors. Driven by non-smoker with no pets.

Diplomat Price: J\$1.3M

Non Diplomat Price: J\$1.6M

For additional information, please contact me via email at siralex19@gmail.com or you may call me at 876-325-6703



Cars for Sale



2013 Toyota RAV4 4WD

Like new! 16,000km, still under warranty, RHD, automatic, 4 cyl, zero dents/scratches, Power everything, ABS, AC, USB and AUX ports, cargo cover, spare tire, alloy wheels

Diplomatic owner, great for mountain and beach driving

Asking US\$25,000 (plus duties for non-diplomats), bought new in JA, available now

email nicholegraber@gmail.com, ngraber@usaid.gov

**TOYOTA RAV4 2011, All Wheel Drive,
Automatic, 2.4 litre, Pearl
Right Hand Drive (Normal), 49500 km
Window Wind Deflector
Alloy Wheels, Fog Lights
Keyless Entry & Start, A.C.**

This vehicle is in perfect condition: not one scratch!

Asking :

US\$ 20,000 to diplomat;

JA\$ 3,050,000 to non-diplomat

Market value (appraisal) from « Automobile Valuation & Consultants »

JA\$ 3,350,000 - as of July 1st

**Contact : boudenis@icloud.com 876-631-5592 or 876-520-4606 Available : August 30th
(neg)**



For Sale



FootJoy golf shoes

Boys Size 3 – Brand New

\$4500.00 JAD

Call 371-2288

PUPPIES FOR SALE

Brown and Tan
Doberman Pinscher

Tails docked, wormed
and vaccinated

JKC Registered

TEL: 286 1851



Looking for a furnished or unfurnished 1 bedroom, 2 bedroom or 3 bedroom Apartment to rent, call me. Apartments are available for rent on Upper Waterloo Road, Constant Spring Road, Norbrook, Cherry Gardens, Jacks Hill and many more locations. Expats! I can find you the perfect apartment with amenities such as 24 hr security, swimming pool, helpers quarter, or whatever you desire. **Call: Sharon Reynolds, Coldwell Banker Jamaica Realty, Cell No. 472 4540 Email: sreynolds@cbjamaica.com**

Household Help

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. When requested, she would even buy produce for me in the market. I enjoyed having a variety of local produce at a much better rate than supermarket prices, without the hassle of going to the market myself. 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.**

I have employed **Marva Reid** since June 2012 as a part-time helper/nanny for three days a week. Before working for us, she had worked for 9 years for two U.S. Embassy families with small children. When I contacted them as a reference, they had nothing but wonderful things to say. Marva does excellent childcare, house-cleaning, ironing, laundry and is an amazing cook. She is punctual in coming to work, reliable, and you can depend on her to complete designated tasks in a timely manner. She takes initiative and is cautious when dealing with situations. **She can be contacted at cell phone number 407-7824.** We highly recommend her for employment and you can contact us for further information at lilam@iadb.org or 552-5452.

If you're looking for someone who will clean your house and iron your clothes like a professional than **Ms. Monica** is the one for you. She has been with us for 3 ½ years and we have found her to be reliable, trustworthy and a very caring person. We will truly miss her. **Contact her at 434-1446.** For a reference contact Shawn Johnson at browngirl1970@gmail.com.

Ophelia Nolan is looking for full-time work and was previously employed by a US Embassy family. She comes highly recommended: "Her normal duties included cleaning the house, basic cooking, and care for my two children after school. She has supervised part-time staff for diplomatic receptions, including setup, service, and cleanup. Mrs. Nolan is responsive to directions and requests. She has been flexible on work hours and child care, which has been very helpful to our family. I enthusiastically recommend her for household employment. She would be an excellent employee for a member of the Kingston Diplomatic Corps." **Ophelia can be contacted directly at 857-6562.**

Valerie McLarty-Grant is looking for work as a full time nanny/helper. Auntie Valerie filled-in for our nanny this spring, and we wish we could have kept her. She always had the house clean and organized, but more importantly she sang to, played with, fed, and loved my infant/toddler kiddos. She has a heart of gold and would be a delight to have in your house, too. **Recommended by Kacee. Call Valerie at 397-9023.**

Madge Sinclair is looking for work as a babysitter and/or helper. She is available afternoons and evenings during the school season and full time during the summer. She has worked in a pre-school for the past two years and has experience babysitting for embassy families. **Contact her at 374-4541 or 828-3484.**

VACANCY ANNOUNCEMENT

U.S. EMBASSY, KINGSTON, JAMAICA W.I.

OPEN TO: All Interested Candidates

POSITION: **Agricultural Assistant, FSN-8; FP-6**

OPENING DATE: July 29, 2015

CLOSING DATE: August 12, 2015

WORK HOURS: Part-time; 32 hours/week

SALARY: Ordinarily Resident: J\$2,778,765 p.a. (**Starting salary for full time**)
Not Ordinarily Resident: US\$45,487 p.a. (**Starting salary for full time**)

NOTE: AN ELIGIBLE FAMILY MEMBER DOES NOT HAVE TO BE RESIDING IN COUNTRY TO BE CONSIDERED BUT THE SPONSORING OFFICER (UNDER COM AUTHORITY) DOES HAVE TO BE OFFICIALLY ASSIGNED TO POST. *ELIGIBLE FAMILY MEMBERS SHOULD HAVE AT LEAST ONE YEAR REMAINING AT POST.* ALL ORDINARILY RESIDENT (OR) APPLICANTS (SEE APPENDIX A) MUST HAVE THE REQUIRED WORK AND/OR RESIDENCY PERMITS TO BE ELIGIBLE FOR CONSIDERATION.

The U.S. Embassy in Jamaica is seeking an **Agricultural Assistant** to work on a part time basis at the **United States Department of Agriculture/Animal and Plant Health Inspection Service (USDA/APHIS)**.

BASIC FUNCTIONS OF POSITION

The incumbent assists the Preclearance Officer in Charge (OIC) in supervising APHIS Pre-clearance programs for the exportation of fruits and vegetables into the United States. This includes verifying the efficacy of quarantine procedures such as pest exclusion and export certification and recognized treatments such as the fumigation of yams, peppers and thyme. The incumbent will be based at the Sangster International Airport, Montego Bay, St. James, and may be required to spend ten to thirty percent of his/her time on site visits to other locations in Jamaica. The incumbent will be required to work weekends and Local and American holidays in the field to supervise the Jamaica Preclearance Program. A copy of the complete position description listing all duties and responsibilities is available from the Human Resources Office.