

# the Doctor Bird



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Follow U.S. Embassy  
Jamaica



# Events

British High Commission, 28 Trafalgar Road

**TGIT**

**March 19th  
Party 7-11pm**

**ST PATRICK'S  
DAY**



**Food & Drink on Sale**  
**20% off Guinness**

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.

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

## World Water Day

Mona Reservoir Lap-a-thon for the Blue Mountains.

Saturday,  
21st. March, 2015  
6:30am to 10:30am

for more information and to Register

Call: 960-2848/9 or 920:8278/9  
Email: [jamaicaconservation@gmail.com](mailto:jamaicaconservation@gmail.com)  
Website: [www.blueandjohncrowmountains.org](http://www.blueandjohncrowmountains.org)

### Water from the Blue Mountains for Life

The Blue and John Crow Mountains National Park is the source of 10 major rivers in eastern Jamaica and supplies over 1 million Jamaicans with drinking water plus water for agriculture and industry. Forests ensure steady flows of good quality water.

Help protect the forests of the Blue Mountains for all time - participate in the World Water Day Lap-a-thon.

Chance to win prizes including a Weekend for two at Holiday Inn Sunspree Resort, Montego Bay (conditions apply)



**TRYGOD RECORDS**  
presents  
**Radic, Sista Sasha & Friends**  
**LIVE IN CONCERT**  
@ Alternative Music Ltd, 5 Keesing Avenue Kgn 10  
**DATE: MARCH 21, 2015**  
**TICKETS: \$800.00 PRESOLD, \$1000.00**  
Showtime: 6:00pm

Artistes: Sista Sasha, Radic, Dawn Martin, Kyann Knight, Fitzroy Blackman, Marlon Christy, Omari, Chozenn, Revelation.

# Events



ALLIANCE FRANÇAISE DE LA JAMAÏQUE  
PRESENTS



**E. SY KENNENGA**

IN CONCERT

**MARCH 28, 2015**

**VENUE**

**COURTLEIGH  
AUDITORIUM**

**TIME**

**7 P.M.**

FOR MORE INFORMATION  
CONTACT 978-6996

**ADMISSION**

**\$2000**

MEMBERS & STUDENTS  
OF THE ALLIANCE FRANÇAISE

**\$2500**

GENERAL PUBLIC PRESOLD

**\$3000**

AT THE GATE

TICKETS AVAILABLE  
ONLINE AT

**YARDTICKET**  
SEARCH • CLICK • BUY



# Events



**JAKES**

WANTS YOU TO

**SAVE *the* DATE**

★ **OFF ROAD** ★

**TRIATHLON**

**TREASURE BEACH, JAMAICA**

CELEBRATING 20 YEARS

**APRIL 18<sup>TH</sup>, 2015**

**FOR MORE INFORMATION**

STAY@JAKESHOTEL.COM OR ANNEKE@JAKESHOTEL.COM

# Advertisements



**KNOCKOUT  
CHIK - V  
JOINT PAIN**  
(POST CHIKUNGUNYA ARTHRALGIA)

**PROVEN FORMULAE THAT WORK**

The WHO (World Health Organization) recommends three things for affordable and effective treatment of joint pain.

**OUR 3-STEP PROGRAMME:**

**ACUPUNCTURE**  
Stands alone as the single most effective treatment using ultra thin painless needles to powerfully reduce pain and speed healing.

**CONCENTRATED EXTRACTS OF ANTI-INFLAMMATORY HERBS**  
**INFLAM-EASE** - Ginger, Turmeric and Basil have anti-inflammatory properties used for millennia and supported by modern research to rapidly reduce inflammation and speed recovery from damage to joints caused by the Chik virus.

**PAIN EASE** - Relieve pain and enhance circulation with the potency of Capsaicin and Nutmeg extracts to rapidly and effectively treat joint pain.

**OMEGA FATTY ACIDS** - Anti-inflammatory building blocks.

**"IN JUST A FEW TREATMENTS, I WAS FINALLY FREE FROM EXHAUSTING CHIK-V PAIN - THANKS PAIN CLINIC"**

 **Doctor Bird Herbs**  
office@doctorheinzbecker.com  
422 - 0779 or 931 - 4205  
www.doctorheinzbecker.com

 **THE PAIN CLINIC**  
MANDEVILLE • GORRHAMS • KINGSTON

**THE CENTRE FOR LANGUAGE & CULTURE**

**Practice & Converse in French!!**

**CENTER FOR LANGUAGE & CULTURE**  
Pre School + Language Classes



**OH LA LA,  
I SPEAK FRENCH!**

Contact Aline Luna LESS at 863 2926 Or 755 1255  
alinelunaless@yahoo.com  
(Institution close to Manor Park / Saturday or weekly class)

LEANNE'S 2HR **SUNDAY** SIGNATURE

**YOGA**

10am - 12pm  
Cost: \$15.00

Chinese Benevolent Assoc.  
176 Old Hope Road

876 464 5929 (call for dates)  
www.facebook.com/leanneslifestyleyoga

All levels welcomed!



# Advertisements



**island**  
CAR RENTALS

**ARRIVE IN STYLE...**  
**Introducing the Mercedes-Benz E300**



**Ideal for:**

- Private Airport Transfers
- VIP Chauffeur Service
- Weddings & Other Special Occasions

Operating for over 40 years, we are the leading car rental and transportation company in Jamaica. The company is licensed by the Jamaica Tourist Board. We are also a member of the Jamaica Rent-a-Car Association, and the Jamaica Hotel and Tourist Association.

**OUR DRIVERS ARE PROFESSIONALS WITH EXCELLENT SAFETY RECORDS.**

**Island People take better care of you!**

For more information, please contact:  
SASHAE MOULTON (876) 506-7233 • Email: [smoulton@islandcarrentals.com](mailto:smoulton@islandcarrentals.com)  
RESERVATIONS DEPT. (876)926-8861/026-5991 • Toll Free (USA only) 1-866-978-5335  
CANADA (416) 628-8885 • Website: [www.islandcarrentals.com](http://www.islandcarrentals.com)



Caribbean's Leading Independent Car Rental Company



present

**BEER WENDZ DAYS**

DJ Mayhem plays  
The Best of 70s, 80s, 90s Music  
6pm-12am

**GOOD FRIENDS. GREAT BEER.**

**Bucket Deals!**

**4 FOR \$1000**

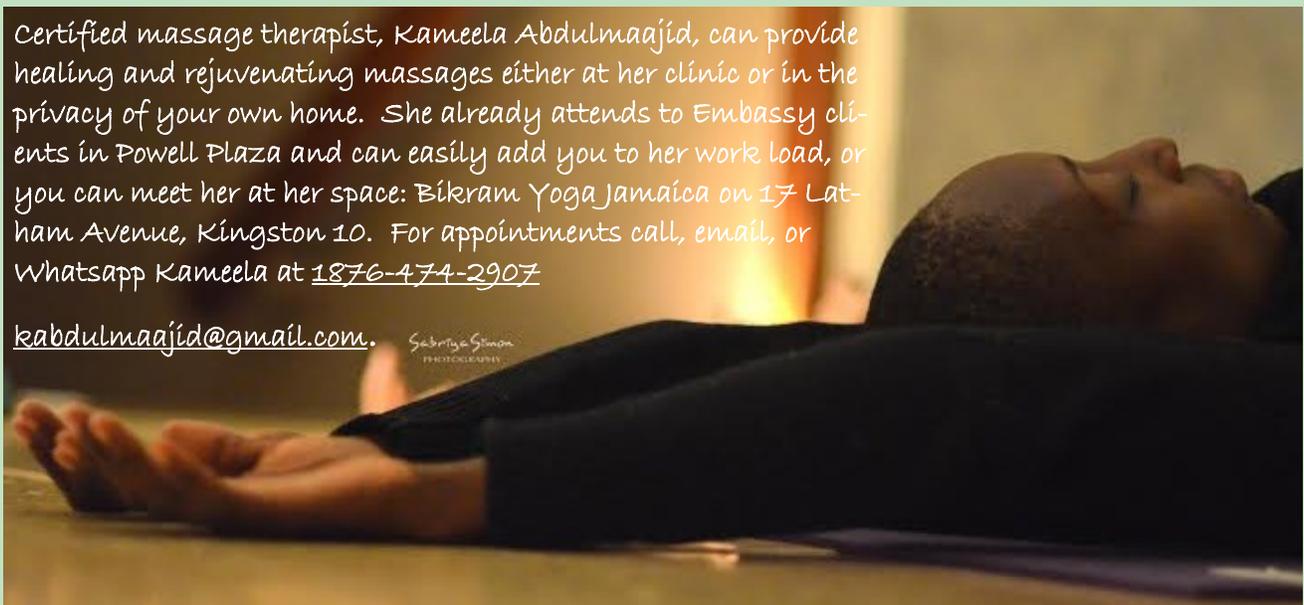
Red Stripe/Light | Heineken | Guinness

2 Brompton Road, Kingston 5 Tel: 630.4571 email: [ccsouthbeach@gmail.com](mailto:ccsouthbeach@gmail.com)

Certified massage therapist, Kameela Abdulmaajid, can provide healing and rejuvenating massages either at her clinic or in the privacy of your own home. She already attends to Embassy clients in Powell Plaza and can easily add you to her work load, or you can meet her at her space: Bikram Yoga Jamaica on 17 Latham Avenue, Kingston 10. For appointments call, email, or Whatsapp Kameela at 1876-474-2907

[kabdulmaajid@gmail.com](mailto:kabdulmaajid@gmail.com).

Sebrina Simon  
PHOTOGRAPHER



# Advertisements



**Get the best tasting Jamaican honey delivered to you!!!**

Large bottle - \$1500

Small bottle - \$700

Honey Comb - \$400

Bee Pollen - \$1000

Bee wax is also available.

**Contact: Mark at 876-292-7721**

A collage of images related to goats' milk skin care. It includes a close-up of a yellow wax candle, a green bottle of lotion labeled 'BLENDS', and a basket containing various skin care products.

Natural Goats' Milk Skin Care

Goats milk is a natural moisturizer and skin rejuvenator. Lipoproteins present in goats' milk, absorb easily into our skin to seal in moisture, prevent dryness and premature aging. Lactic acid, naturally present in goats' milk and part of the "alpha hydroxy" family, penetrate the top layer of the skin to help your body shed dead skin cells, leaving you with glowing skin. It is close to our skin's pH level - keeping your skin in perfect balance - which eczema, acne, psoriasis and other painful skin conditions may benefit from.

**The nitty gritty on our series:**  
Pure Niceness - color coded in green  
Lively Up Yu'Self - color coded in red  
Cease & Settle - color coded in gold  
Beeni Bit - packaged in sleek aluminum bottles  
Light Up Yu Life - soy wax candles  
Moist - facial care

**IT&A** Cheryl Hewitt  
876.521.9270  
**BLENDS**  
A PROUD PRODUCT OF JAMAICA

The KeFit logo in a purple script font, with 'Kefir Drink' in a purple oval below it. Underneath, it says 'Artisan cultured in Kingston, Jamaica'. To the right is a glass jar of white kefir with a wooden handle on the lid.

**KeFit**  
Kefir Drink  
Artisan cultured in Kingston, Jamaica

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.

A photograph of an art studio with a wooden easel, a black folding chair, and a white stool.

**ART LESSONS**  
with  
 MICHAEL ELLIOTT

beginner, intermediate & advanced classes in:

**DRAWING**  
**PAINTING**  
**MIXED MEDIA**

Flexible schedules available including home schooling

for more information you can reach me at

876-534-4011 flyncity@gmail.com @Acrylicer

# CLASSIFIEDS

## FOR SALE

**Yamaha PSR-E323 Keyboard in  
Excellent Condition**

**Asking \$20,000, call 3262743**



**Dining table &  
chairs (6) for  
\$100k (neg)**

**Laura Henzell  
869-6991**

## 2008 LR2 Land Rover for Sale.

\$15,000 USD **negotiable**. Duties apply.

Drive one of the most unique cars in all Jamaica! Pot holes, flooded gullies, sand, mountains, this car can do it all. Enjoy beautiful Jamaica under a double sunroof with black out windows.

Driven locally, only 3.5k miles driven on Jamaican roads.

No kids, pets, smokers or food in the car. Feels like new.

72,000 miles. Available May/June

**Contact Stephanie Lella at [stelella2007@gmail.com](mailto:stelella2007@gmail.com)**



## FOR SALE: 2006 Ford Escape Hybrid

Price: US\$8,000. No duties apply.

Email or call: [gulick-sharon@hotmail.com](mailto:gulick-sharon@hotmail.com), 383-8903

Great condition!

All wheel drive

2.3L - 4Cyl gas engine

Automatic Transmission

Left-hand drive

Available late March/ early April

# 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

\$15,000USD 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](mailto:donna02@gmail.com)**



# CLASSIFIEDS



## AQUA SILVER HYUNDAI Tucson 2010

AC/ AUTOMATIC 4 wheel Drive

Right Hand Drive

Mileage: 51587 miles

\$ 2 Millions Negotiable

**CONTACT Mr Coy at 294 8173**

## **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, allow wheels. Diplomatic owner, frequent oil/filter changes and upkeep, great for mountain and beach driving

Asking US\$25,000 – plus a few months of duties left for non-diplomats (around \$3,000), bought new in JA, available beginning of April

Call: 470-8228 or email [nicholegraber@gmail.com](mailto: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](mailto:postfach-mc@web.de)**

# CLASSIFIEDS



## Furniture For Sale

Call 381-2350 or 260-0957

Carved Bamboo Breakfast Table & 4 Chairs J\$67,500

4 Hepplewhite Chairs J\$25,000 each

Jamaican cedar Dining Table with double pedestals seats 6 J\$85,000

Pair Hardwood Benches J\$45,000 each

Occasional decorative chair (green) needs reupholstering J\$25,000

Victorian style dresser or occasional chair J\$20,000

Windsor Chairs J\$38,000 each



## **Ben & Jerry**

almost 3 years old, male,  
vaccinated, health checked,  
wormed and neutered,  
very friendly, trusting, adorable  
outdoor cats



## **need a new loving home**

Sadly, we will not be able to take them with us when we have to leave Jamaica. 20.01.2015

*Please contact us on 503 0318*

# CLASSIFIEDS

## Gardens of Arcadia.

3 bedrooms Penthouse  
apartment with 2 bath-  
rooms.

Gated community with  
24 hour security.

Contact: Mrs. Williamson  
at 9208545 or 9694080



## 2013 Jeep Wrangler 4WD/2 Door Sport

5-Speed Automatic Transmission  
3.6 Liter V6 Engine  
R17 OWL On/Off Road Tires (never fear a pothole, again!)  
Removable Hard Top (Freedom Panels)  
Approximately 8,000 miles  
Made in the USA!  
Approximately J\$2.7 million in duty for non-diplomats  
Available April 30

**Asking US\$27,000**

[cmbennett212@yahoo.com](mailto:cmbennett212@yahoo.com)



# CLASSIFIEDS

## Multi expat families' Garage Sale

22 Earls Court --off of Acadia & Rosberry.

Must sacrifice treasures due to upcoming move including: trundle bed, Starbucks latte/cappuccino maker, lamps, furniture, kitchenware, iPhone, sewing machine, kids bike, Pottery Barn Kids air hockey table, designer kids clothes/shoes (size newborn-6T), custom wooden baby swing from Pakistan, jogging stroller, double stroller, scuba gear, water tanks--too much to mention.

**Call Jennifer 353-7617 to schedule shopping time\$\$**



## **Complete Scuba Kit from Oceanic**

- PACKAGE INCLUDES: Oceanic OceanPro Weight Integrated BC
- Aeris A300 XT 3 Gauge Computer Console
- Oceanic Alpha 9 SP5 DVT Regulator, Yoke
- Oceanic Alpha 8 Octopus with Hose

Oceanic 3x3 Aluminum L.E.D. Light  
600 USD for whole package

[Sarah.vanhorne@gmail.com](mailto:Sarah.vanhorne@gmail.com)

# Household Help

**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](mailto: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**.

Our wonderful nanny of three years will soon be available to work for another family. Before working with us, **Joan** was employed by another diplomat for over two years. She cared for our two young boys on a full-time basis and became apart of our family. She's energetic, genuine, reliable and communicates well. When my husband traveled for work she was always there to work extra hours in the evening and on weekends. Before becoming a nanny she worked at a local pre-school and loves working with children. Joan is available as of April. **Please call her at 589-0223 or 344-1297** or contact me for a further recommendation, Maureen 351-9159.

# VACANCY ANNOUNCEMENT

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

**OPEN TO:** All Interested Candidates

**POSITION:** Gardener, FSN-2, FP-CC\*

**OPENING DATE:** March 12, 2015

**CLOSING DATE:** March 26, 2015

**WORK HOURS:** Full-time; 40 hours/week

**SALARY:** \*Ordinarily Resident: J\$1,011,665 p.a. (Starting salary)  
(Position Grade: FSN-2)

\*Not Ordinarily Resident: US\$20,419 p.a. (Starting salary)  
(Position Grade: FP-CC is confirmed by Washington)

**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 a **Gardener** to work on a full-time basis in the **Facilities Management Office** of the United States Embassy.

### BASIC FUNCTION OF POSITION

The incumbent will maintain gardens and grounds at Chief of Mission residence, Deputy Chief of Mission residence and other duties as needed.

A copy of the complete position description listing all duties and responsibilities is available from the Human Resources Office. External applicants may request a copy by emailing [hrokingstonjobs@state.gov](mailto:hrokingstonjobs@state.gov).