

the Doctor BÍrd



*Dr. BÍrd's words of the week:
Remember: The U.S. Embassy
will be closed for two days in
October. We will celebrate
Columbus Day on Monday,
October 12, and National
Heroes Day on
Monday, October 19.*

[Events](#)

[Ads](#)

[Classifieds](#)

[Household
Help](#)

**Follow U.S. Embassy
Jamaica**



Events



Calendar of
events
October 2015

Saturday
October 3, 2015
6.45am-8.15am
Shell Bandstand
Community Yoga
\$600 towards JAYA &
Hope Gardens

Saturday
October 10, 2015
6.45am –8.15am
meet at the Parade
Bird Watching Tour
Hope Gardens/Bird Life Ja.
\$200 adults

Saturday
October 10, 2015
6.45am-8.15am
Shell Bandstand
Community Yoga
\$600 towards JAYA &
Hope Gardens

Saturday
October 31, 2015
6.45am-8.15am
Shell Bandstand
Community Yoga
\$600 towards JAYA &
Hope Gardens

Thursday
October 29,2015
7pm-midnight
Get ready to eat good!
**CB Chicken
Food Festival**

Hope Gardens, Kingston, Jamaica
The Nature Preservation Foundation



PIANO CONCERT

Ana-Marija Markovina



8 October 2015, 7 pm

@ Immaculate Conception High School
152C Constant Spring Road
Kingston 8

Admission free!



Limited seating.

PRESENTS
THE SANKOFA
IN

BLACK BODIES

Directed and Dramaturged by Fabian Thomas
Assistant Director: Jomo Dixon

“Black bodies are being dismembered and discarded all over di place ... including in the land of wood an water
Jamaica land we love... sometimes by those who supposed to serve, protect and reassure!”

WE'RE BACK!
OCTOBER 16-19 &
23-25
FRIDAY & SATURDAY
8 PM
SUNDAY & HEROES
DAY 7PM

TICKETS \$1200
AND \$700 FOR STUDENTS
WITH VALID ID

THE VIBES THEATRE
THE ASHE CENTRE
8 CARGILL AVENUE, KINGTON 10

For tickets contact 492-9020 or
Email sankofaaf@gmail.com

23EP

COMEDY TAINMENT

HEROES

Of Comedy

SUNDAY, OCT 18TH, 2015
Gee Wee Parking Lot
1A Caledonia Ave. Kgn 5
Gates Open: 7:00PM | Showtime: 8:00PM

Starring: **Pretty Bwoy Floyd**
Featuring: **Lemon**
Leighton Smith
Dorothy Cunningham

Pre-show entertainment by:
Peacemakers Mento Band

ADM: \$1200 Presold | **\$1500** Gate

Lots of Prizes and Surprises! | For Info: 874.378.5610 | [f](#) [t](#) /comedytainment

ANONYMOUS

...music by rocstars

5

30TH

october
SHOWTIME
8:30pm

cover \$1200 | with student ID \$500

Wayne Mcgregor & Friends
Downstairs | Random Chaos
Jason Lee Worton | Eye of the Brainstorm
Dj Emux

Redbones Blues Cafe | Argyle Road Tel: 978-6091



COLLEGE FAIR

October 20-21, 2015

Come join us for the American colleges and Universities college fair to promote studying in the U.S.A.

October 20, 2015 from 1:30 pm - 6:00 pm
AMERICAN INTERNATIONAL SCHOOL OF KINGSTON
2 College Green Avenue, Kingston 6, Jamaica

October 21, 2015 from 1:30 pm - 6:00 pm
HILLEL ACADEMY
51 Upper Mark Way, Kingston 8

ADMISSION FREE!



For further information
email: kingstonirc@state.gov



The University of the West Indies,
Mona Campus
Department of History and Archaeology
The Social History Project



CONFERENCE

**"The Terror Spread:
The Morant Bay Rebellion and
Jamaican History"**

Commemorating the 150th Anniversary of
the Morant Bay Rebellion, 1865
October 22-24 2015

Panel Discussions-UWI Mona
October 23 - Multifunctional Room
October 24 - Council Room

For a complete schedule please visit
www.uwimona.edu.jm/history

RSVP
history@uwimona.edu.jm / 927-1922.

OPENING CEREMONY

Thursday, 22 October 2015
6:00 pm
The University of The West Indies
The Regional Headquarters Council Room

Keynote Address

"The Road to Morant Bay: Politics in Free Jamaica, 1838-1865."

Dr. Swithin Wilmot, Senior Lecturer in History
Department of History and Archaeology
The UWI, Mona



Environmental Solutions Ltd.
Presents
JAMAICA'S CLIMATE WALK
Saturday, October 24, 2015



WALK FOR HEALTH, STAND FOR EARTH



Mission: To promote climate change awareness & solutions
Venue: Emancipation Park, Kingston, Ja.
Date: Saturday, October 24, 2015
Time: 4:00 p.m. - 7 p.m.
www.jaclimatewalk.com



For More Details: (876)-978-9519; 978-6297



JAMAICA FOOD & DRINK FESTIVAL
DRINK-NYAM-JAM
October 28-31 • KINGSTON

www.jamaicafoodanddrinkfestival.com



EDNA MANLEY COLLEGE
REX NETTLEFORD
ARTS CONFERENCE

REX NETTLEFORD ARTS CONFERENCE
Growing The Arts: Breaking Boundaries

OCTOBER 14-17
2015

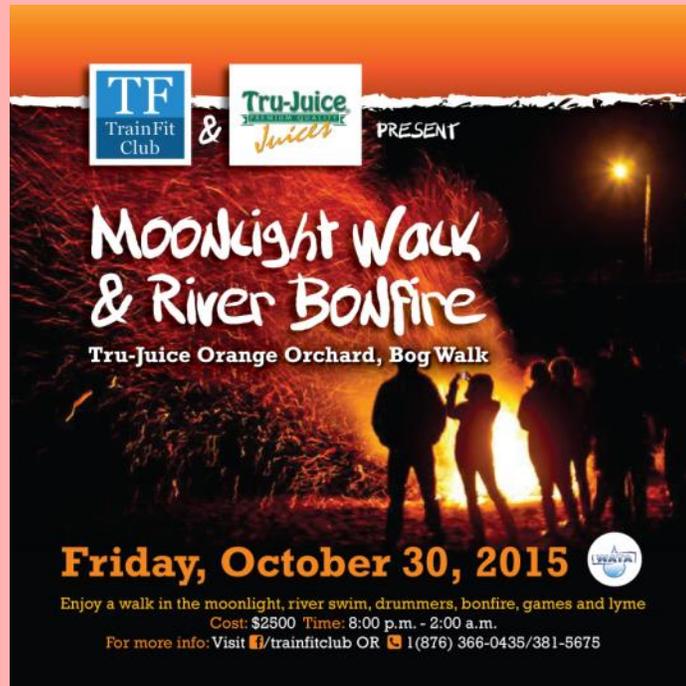


Edna Manley College of the Visual and Performing Arts
Jamaica

USA

CHASE

The Emancipation Centre HOTEL



TF
TrainFit
Club

Tru-Juice
Jamaican
Juices

PRESENT

Moonlight Walk & River Bonfire

Tru-Juice Orange Orchard, Bog Walk

Friday, October 30, 2015

Enjoy a walk in the moonlight, river swim, drummers, bonfire, games and lyme
Cost: \$2500 Time: 8:00 p.m. - 2:00 a.m.
For more info: Visit [f/trainfitclub](#) OR [t/1\(876\)366-0435/381-5675](#)



CWC
Jamaica

WOMEN'S CLUB of JAMAICA invites you to it's...

FAMILY HARVEST FAIR

Admission: JA\$100.00

FARMER'S MARKET | POTTERY | MUSIC | KID'S ZONE
CRAFTS | BOOKS | BAKED GOODS | HERBS | ART | JEWELLRY | MORE



SATURDAY, OCTOBER 24
10 a.m. to 4 p.m.

GROSVENOR CAFE

1 GROSVENOR TERRACE, KINGSTON 8

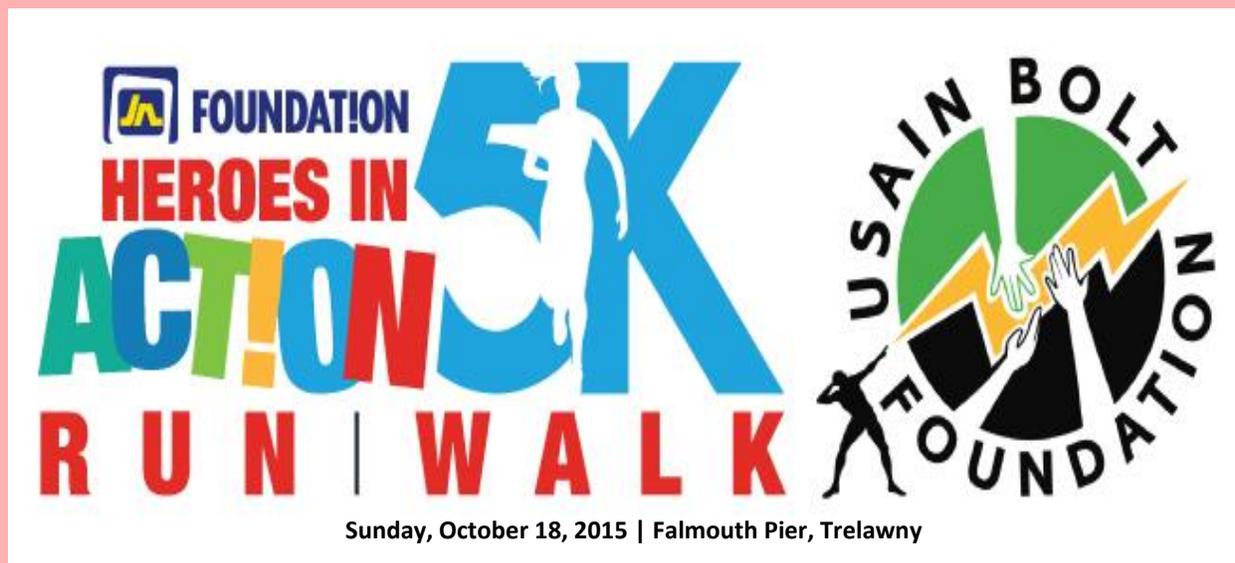
HELP RAISE MONEY FOR THE CHARITABLE EVENTS CWC ORGANIZES. SPREAD THE WORD!



Digicel
IMAGINE
5K
RUN
FOR SPECIAL NEEDS

Saturday, October 10, 2015

The poster features a black background with a digital cityscape of glowing skyscrapers. The word 'IMAGINE' is written in large, multi-colored block letters (pink, yellow, purple, blue). Below it, '5K' is in white with a purple outline, and 'RUN' is in large, white, brush-stroke style letters. At the bottom, 'FOR SPECIAL NEEDS' is in white block letters. The date 'Saturday, October 10, 2015' is centered at the bottom.



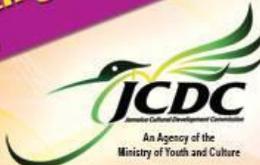
FOUNDATION
HEROES IN
ACTION
5K
RUN | WALK

USAIN BOLT
FOUNDATION

Sunday, October 18, 2015 | Falmouth Pier, Trelawny

The poster has a white background. On the left, there is a logo for 'FOUNDATION' with a stylized 'J' icon, followed by 'HEROES IN ACTION' in multi-colored letters, and '5K' in large blue letters with a white silhouette of a runner. Below that is 'RUN | WALK' in red letters. On the right is the 'USAIN BOLT FOUNDATION' logo, which is circular and features a green globe, a yellow lightning bolt, and two hands holding the bolt. The date and location 'Sunday, October 18, 2015 | Falmouth Pier, Trelawny' are centered at the bottom.

**Now Accepting
Entries**



Jamaica Children's Gospel Song Competition 2016

**Deadline
Monday, November 30**

**Age Groups: 6-10 years old
and 11-15 years old**

Categories:

- Solo
- Ensemble
- Choir

**ENTRY FEE: \$500 PER ENTRY FORM
PACKAGE RATE \$350 FOR GROUPS WITH TWO OR MORE ITEMS**

ENTER NOW TO WIN CASH AND PRIZES

TO ACCESS ENTRY FORMS RULES & OTHER DETAILS

Website: www.jcdc.gov.jm
Head Office: 3-5 Phoenix Avenue, Kingston 10
All JCDC Parish Offices Islandwide



ENTER NOW AND WIN BIG!

- Entrants must be 16 years or older
- Entry must be original
- Entry must be a solo or an ensemble of no more than 5 persons

**Deadline for Entries:
Monday, November 30, 2015**

Entries also accepted at Elimination Shows

Entry Form and other details available:

- Website: www.jcdc.gov.jm
- Head Office: 3-5 Phoenix Avenue, Kingston 10
- All JCDC Parish Offices Islandwide





ZOO KINGSTON
HOPE EDUCATION FOUNDATION

HOPE ZOO

BACK TO SCHOOL SPECIAL!

EVERY MONDAY AND TUESDAY,
FROM
SEPTEMBER 28 - OCTOBER 27

The rates will be as follows:
Twelve and Above - \$1000
Ages Three to Eleven - \$750

COMING SOON
BOG AT THE ZOO
SATURDAY, OCTOBER 31ST

Tel: 978-1085 | Fax: 927-2888 | Email: bookings@hopezookingston.com



REGENCY
BAR & LOUNGE

WEDNESDAY NIGHT IS

LATIN Night

NO COVER CHARGE Latin Music ALL NIGHT!

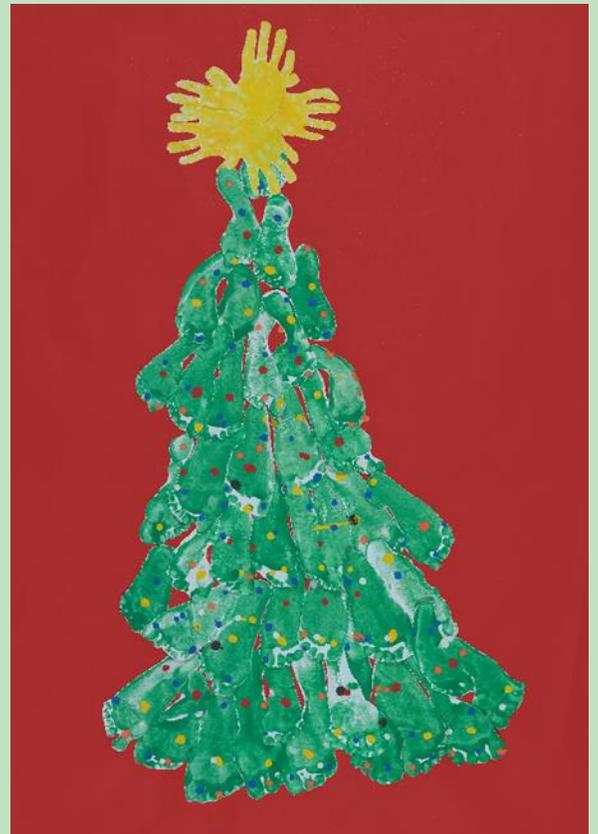
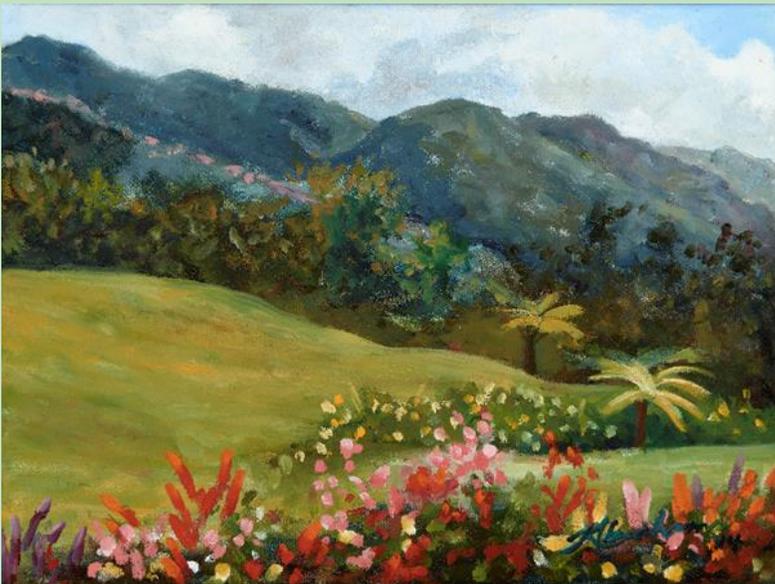
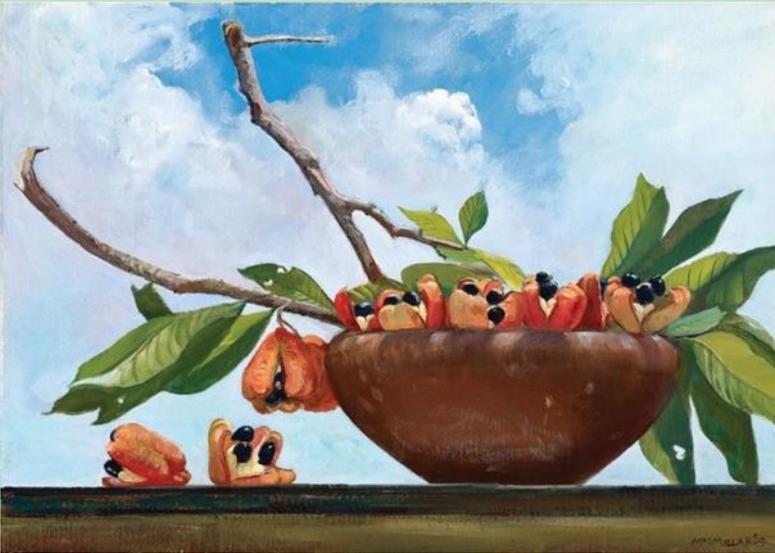
DANCE CLASSES with Instructor **KEITH COUSINS**
6:30 - 8:30PM • \$700 per person



For more info and to register for dance classes call 398-5417 or 507-8677 Terra Nova All-Suite Hotel 17 Waterloo Rd., Kgn. 10

THE STEP CENTRE 2015 CHRISTMAS CARDS

It is that time of year again when we are relying on your support through the purchase of our Christmas cards. There are three new designs for this year shown here. Orders and all other available designs can be viewed on our website at www.thestepcentre.com.



afya *Healing Village*
 YOGA PILATES DANCE
 Weekly Schedule

Monday, Oct 5

6 pm Yoga - Nadine C
 7:30 pm Pilates - Jenn



Monday, Oct 5
 7:30 pm Pilates - Jenn

Tuesday, Oct 6

5:45 am Sunrise Yoga - Malika
 10 am Gentle Yoga - Nadine C.
 6 pm Yoga - Helga



Tuesday, Oct 6
 6 pm Yoga - Helga

Wednesday, Oct 7

6pm - Yoga - Debbie
 Our Pilates class will be postponed for this week, but will resume next Wednesday.

Thursday Oct 8

5:45 am - Sunrise Yoga - Malika
 6pm Yoga - Vitra
 7:30 pm Candlelight Yoga - Malika

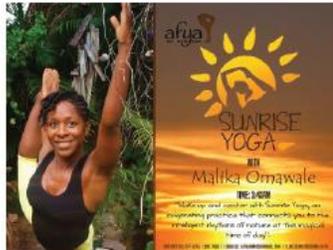
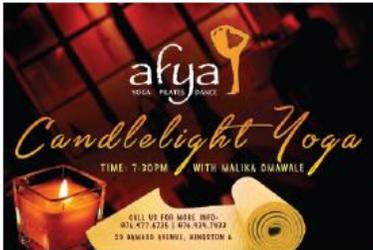
THIS WEEKEND

Saturday, Oct 10

9 am Pilates - Jenn
 10:30 am - Tai Chi - Stewart

Sunday, Oct 11

11 am - RISE Yoga - Helga



Phyllis.Trusting@comcast
Ann 463-6609
 telakia.azee@gmail.com

IT'S RHYME TIME

\$300 / family
Tuesdays at 9am
Green Cafe
 (@ entrance to Immaculate and CS Golf Course)

sweetwood Market
 78 Knutsford Blvd 906.4854

Aunt Merl's Fish Place
Open Fri and Sat

LEANNE'S 2HR SUNDAY SIGNATURE
YOGA
 10am - 12pm
 Cost: \$1500
 Chinese Benevolent Assoc.
 176 Old Hope Road
 878 464 5929 (call for dates)
 www.facebook.com/leannesthe1stleyoga
 All levels welcomed!

10-week Basic Dance Course

Scottish Country Dancing



Tuesdays 7:15 –8:15 pm
Liguanea Club, Knutsford Blvd.,
New Kingston

October 6th through to
 December 8th

Cost \$5,000 advance paid or \$600 per class



To register or for more
 information contact

JeAnn Murray
j_ann1789@hotmail.com

or Fiona Black

Tel. 422-2550
fiona_m_black@yahoo.com

Scottish Country Dance Society of Jamaica certifies to students who
 attend 8 classes minimum

Watch dance videos on Facebook:
 The Scottish Country Dance Society of Jamaica

GRA.C.E.S.



Our mini treats of chocolate fudge, coconut drops, plantain tarts and flavoured coconut pops are all homemade. They are perfect for your wedding, party, anniversary, meetings, movie nights, get-togethers, as "thank you" gifts, any gift, snacks or just because. Our drops and pops even have less sugar. Retail and wholesale quantities are available. Ask about our gift packages and prices. Place your order today:



Plantain Tarts
 Wholesale 50 to 100 - \$40 each
 More than 100 \$35 each



Pops
 Wholesale -Any 1- flavour minimum 70 pieces - \$1.750



Fudge
 Wholesale Minimum 50 pieces (2 Flavours only) - \$1.750



Coconut drops
 Wholesale Minimum 70 pieces \$1.050

www.facebook.com/Gracesminis

276-324-3092 Kathy
 276-321-1795 Robert



Natural & Delicious Yogurt, Hummus, Pepper Jelly, Mango Chutney Call: 260 0957

Cars for Sale

The American Embassy Kingston

The American Embassy Kingston has for sale by sealed bids the following vehicles:

- [2004 Ford Explorer. 31523 MLS](#)



- [2010 Ford Edge. 26223 KM](#)



- [2006 Ford Explorer. 41368 MLS](#)



- [2010 Ford Explorer. 22645 KM](#)



- [2006 Toyota Landcruiser Prado. 69457 KM](#)



- [2010 Ford Explorer. 31550 KM](#)



Public viewing will be held on **Friday October 16, 2015** between **5 pm and 7pm** and on **Saturday October 17, 2015** between **9 am and 4 pm**. The viewing will be conducted in the Bamboo Avenue parking lot off Wellington Drive.

Cars for Sale



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 US\$38,500 (For Diplomats \$34,173.67) ONO

Call to view: 960-0459.



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

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

2007 Honda Accord 20A SW

Fully Powered, Manumatic, 5 Seat, 5 Door, RHD, Gasoline, Electronic Fuel injection 2WD, AC, DVD, TV, CD, Pioneer Radio, Powered Windows, Signalized/Retractable, Tilt Steering, Telescopic Steering, Rear Demister, Keyless Entry, Window Rain Vissors, Central Locking, Anti-Lock Brakes, SLK Alloy Rims, 4 Disc Brakes, 195/65R15 Tyres

\$1,400,000.00

Call 3852655 or 8998392



MAZDA 2 - 2007

1500cc model in Bronze, 56000Kms

Automatic, tinted windows. A/C, alloy wheels. New battery just fitted. Lack of uses forces sale.

Would make an excellent 2nd car. \$760.000 ONO

Interested persons can call : 427 9518

Cars for Sale



BMW X3 2.0i Year 2013

In excellent condition, AC, Power Package, BiXenon Lights, Run Flat Tires, fully loaded.

Asking 5.5 neg

Call 260-0957

2009 Toyota Vitz RS (sport)

Good condition, mild dent on driver's door
16" Factory Rims - 195/50V tyres, 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

COST: \$980,000 (JMD), Contact 460-5136/345-4978



2009 Suzuki Grand Vitara

4wd.

56000 miles.

Well maintained.

US\$12000 for dips. Some duty left for others.

Mitchcj1@hotmail.com

382-9031



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



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\$23,500 (plus duties for non-diplomats), bought new in JA, available now

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

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



VW TIGUAN TSI Motion, 2012 White

Low mileage, fully powered. Dealer bought and maintained.

OWNER MIGRATING. Lady driven excellent condition.

Call telephone no 816-3191



For Sale

WEILE PICNIC TABLE

- Portable folding table with bench seats for four
- Durable aluminum frame with easy-to-clean ABS construction
- Dimensions when set up: 54 by 33-1/2 by 25-3/4
- Collapses to suitcase size for easy transport
- Barely used
- J\$7,000



VARIOUS OCCASSIONAL LAMPS

- 3 sets of side lamps
- J\$1,000 per set
- Individual side lamps
- J\$500 each



Garmin Forerunner 305 Wrist-Worn GPS Personal Training Device with Heart Rate Monitor



- Garmin Forerunner: Wrist-mounted sports trainer with high-sensitivity GPS and heart rate monitor
- Monitors heart rate, speed, distance, pace, and calories burned for smarter, more effective conditioning
- Powerful GPS navigator provides faster acquisition times and improves tracking under trees
- Delivers detailed post-workout analysis on bundled Training Center PC software (connects to PC via USB)
- Includes rechargeable lithium-ion battery; measures 2.1 x 0.7 x 2.7 inches (W x H x D);
- Still have all packaging, manuals
- Cost new was J\$32,000 - selling for **J\$10,000** - reason for sale : too sophisticated for my needs!

Please contact Rowena at 576 6159 or drfeelgood394@gmail.com for further information

FELT F1 ROAD RACING BIKE

Very high spec, extremely light, excellent condition. J\$180,000



Please call Tom on 564 3376 or drfeelgood394@gmail.com for detailed specs

For Sale

Household Items for Sale	
Item	Proposed Price
Sharp TV	\$ 5,000.00
Queen bed - base, headboard with storage (4 drawers) and 1 nightstand - wood	\$ 65,000.00
Queen mattress older than bed (best offer)	\$ 7,000.00
Pine daybed	\$ 5,000.00
Single/twin size mattress	\$ 10,000.00
Whirlpool 3-speed Extra Capacity Washing Machine	\$ 50,000.00
Whirlpool Stainless Steel Refrigerator 18 cu. Ft.	\$ 80,000.00
Whirlpool Stainless Steel Electric 4-burner stove Glass Top	\$ 80,000.00
Sofa Bed with Queen Mattress (recently upholstered and mattress hardly used)	\$ 30,000.00
Chest of drawers and storage tower (all wood Poplar)	\$ 25,000.00
Wooden Chest of Drawers (7 drawers) - all wood Cedar	\$ 50,000.00
Black bathroom stand	\$ 3,500.00
5 shelf Bookshelf	\$ 4,000.00
Child's desk and 2 chairs - all wood Poplar	\$ 7,500.00
Computer workstation	\$ 3,000.00
Kitchen sideboard and storage cupboard - pine and white tiles	\$ 5,000.00
Baby Carseat	\$ 3,500.00
Kitchen utility stand with shelves and built in electric outlet	\$ 6,500.00
Proctor Silex white 2-slice Toaster - bonus sandwich maker included	\$ 2,000.00
Large variety of children's books, toys and other nix nax	Best offer
Assorted crockery	
<p><i>For more info and pictures, e-mail or call Marece (mmpdunn@yahoo.co.uk/485-7166) or Robert (rphgayle@gmail.com/DIGI - 3811795/FLOW - 8201848)</i></p>	

For Sale/Rent



Townhouse, Waterworks, Manor Park Estates

3 bedroom and Helpers quarter; Master Bedroom has A/C, Jacuzzi, patio, large kitchen, spacious living room, front & back porch, 24hr security

Address: 12 Broadway Road, Kingston 8, St. Andrew

Contact: Raymond Duhaney, Raymondduhaney@yahoo.com, 876-793-0039, 876-388-3192

MacBook Air (11-inch, Mid 2011) - Technical Specifications

Condition: Used. It has some signs of cosmetic wear, but is fully operational and functions as intended.

Display

11.6-inch (diagonal) high-resolution LED-backlit glossy widescreen display

Size and Weight

Ultrathin and ultralight aluminum construction. **Weight: (1.08 kg)**

Storage

All-flash storage. **256GB flash storage**

Processor and Memory

- **Processor:** 1.6GHz dual-core Intel Core i5 with 3MB shared L3 cache
- **Memory:** 4GB of 1333MHz DDR3

Graphics

Advanced Intel HD Graphics 3000 processor with 256MB of DDR3 SDRAM.

Video Support and Camera

Built-in FaceTime camera.

Connections and Expansion

Two USB 2.0 ports, Thunderbolt, headphone port, MagSafe power port.

Wireless

Wi-Fi: 802.11 (802.11a/b/g compatible). Bluetooth: Bluetooth 4.0

Audio

Stereo speakers, microphone, and headphone. Stereo speakers.

Included Software

OS X El Capitan (2015)

Included Applications



MacBook Air



Price: \$650.00 (USD)
Email: cshea@aisk.com



Everything in good condition. 8826027. Diana.

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.

Kerry-Ann seeks 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.

Rosetta Steer has been working as a household worker for over 20 years and for expats for the last 4 years. She exhibits a professional manner and takes great care in all responsibilities she is asked to do. Ms. Steer takes care of a house in an exceptional manner, cleaning, washing and ironing clothes. She goes the extra mile checking areas around the house that require special cleaning and is honest, hard working and unfailingly honest. She recently won House Worker of The Year in a competition sponsored by Grace Kennedy Foods. Ms. Steer is available Tuesday/Friday. **Call her directly at 874-8740**.

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**.