

# the Doctor Bird



*Dr. Bird's words of the week:*

*Recycle glass and plastic  
(1 and 2) at Earth House,  
11 Waterloo, which is part  
of the [Jamaica Environment  
Trust](#).*

[Events](#)

[Ads](#)

[Classifieds](#)

[Household  
Help](#)

[Jobs](#)

Follow U.S. Embassy  
Jamaica



# Events



Saturday  
Sep 05, 2015  
6.45am –8.30am  
meet at the Parade  
**Bird Watching  
Walking Tour**  
*Hope Gardens/  
Bird Life Jamaica  
\$200 adults*

Saturday  
Sep 05, 2015  
6.45am-8am  
Shell Bandstand  
**Community Yoga**  
for all levels  
*JAYA  
\$600 towards JAYA &  
Hope Gardens*

Saturday  
Sep 19, 2015  
6.45am-8am  
Shell Bandstand  
**Community Yoga**  
for all levels  
*JAYA  
\$600 towards JAYA &  
Hope Gardens*

Sunday  
Sep 20, 2015  
4pm-6pm  
Shell Bandstand  
**Jamaica Military  
Band Concert**  
*Admission FREE*

Saturday  
Sep 26, 2015  
6.45am-8am  
Shell Bandstand  
**Community Yoga**  
for all levels  
*JAYA  
\$600 towards JAYA &  
Hope Gardens*

Hope Gardens, Kingston, Jamaica



✱

## THE WINE SHOP PRESENTS

A NIGHT OF INTERACTIVE CABARET JAZZ WITH  
FOOD AND WINE  
Adrian Hemans (keys), Dwayne Livingston (bass), Obed  
Davis (drums)

Dinner starts at 8pm. Make your reservations today as  
seats regularly book out.

Playlist of Jamaican jazz music begins at 8 pm and live  
music starts at 9 pm

J\$300 per person music charge. Proceeds will support  
hiring a music teacher at Alpha Institute

Live Outdoor Grilling Station with your favorite Wine  
Shop Meze Items

PLEASE RESERVE YOUR TABLE AS SPACE IS LIMITED

...

The Wine Shop  
Southdale Plaza, South Avenue, Kingston 10  
Tel: 620 5098  
email: [wineranch46@gmail.com](mailto:wineranch46@gmail.com)

✱

Enjoy some Jamaican organic chocolates presented by Averel French





## The Latin American Women's Club

On its 50th Anniversary year

In collaboration with  
the Embassy of Mexico

Presents:

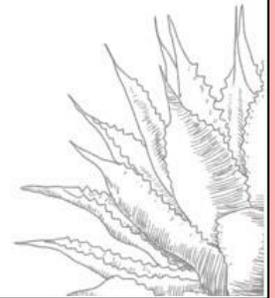
# Morning with Mariachi

September 17th, 2015 at 10:00 A.M.

\$3,500 JMD

Food and soft drinks included.

Hope Zoo / Old Hope Road (second entrance), Kingston 6.



COMMITTEE FOR THE UPLIFTMENT OF THE MENTALLY

# CUMI...COME RUN!

10K Run 5K Run Walk

# '15

SEPTEMBER 19, 2015

TRYALL CLUB, HANOVER



## **KINGSTON BOOK CLUB**

**PLEASE JOIN OUR MEMBERS FOR A MONTHLY BOOK DISCUSSION.**

**THE LADIES IN THE GROUP ENGAGE IN LIVELY DISCUSSIONS OF MODERN FICTION, CLASSICS AND NON-FICTION. THE CLUB IS A GREAT PLACE TO MAKE NEW FRIENDS AND SHARE YOUR LOVE OF READING.**

September's book selection is

**"The Blue Spool of Thread"**

by Anne Tyler.



**PLEASE CONTACT**

[rnccharles@yahoo.com](mailto:rnccharles@yahoo.com) FOR MORE INFO.



# JAMAICA Bridal Expo

WEDDINGS · HONEYMOONS · ROMANCE






**SATURDAY**  
**SEPTEMBER 19**

10:00am til 7:00pm

**SUNDAY**  
**SEPTEMBER 20**

10:00am til 5:00pm

**MONTEGO BAY, CONVENTION CENTRE  
MONTEGO BAY · JAMAICA**

**BOOK YOUR SPACE TODAY**  
Tel: (876) 376-1778 / (876) 533-3233 • (876) 978-6639 / (954) 740-8689  
info@jamaicabridalexpo.com • www.jamaicabridalexpo.com



Event produced by  



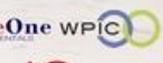


















**SAVE THE DATE**

The Jamaica Institution of Engineers & The Nature Preserve Society Foundation presents their 8th Annual

# RACE FOR HOPE

**Sunday 27 September 2015**  
**7:00am**

**5K Run**  
**Walk**

at the Hope Botanical Gardens

**OPEN TO ALL FITNESS LEVELS!**

Proceeds in Aid of Hope Gardens & Zoo

Entry Fee: \$1,000



# Advertisements



Omawale  
Wellness  
Rhythms  
omawale wellness rhythms  
presents

kids

with  
Malika Omawale

Y O G A

Studies show that yoga helps children concentrate during the day, Focus on thier activities and pay more attention to thier tasks

- \* Physical Flexibility
- \* Balance and Coordination
- \* Focus and Concentration
- \* Self Esteem and Confidence
- \* Mind-Body Connection

Register your child today !

omwellnessrhythms@gmail.com or call: 876-410-8740

follow me on:   @likaom  Omawale Wellness Rhythms

[www.omwellnessrhythms.com](http://www.omwellnessrhythms.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"**



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**24/7**

**Art-Lon ONPOINT SERVICES**  
"Service Meets Excellence"

**WE SOURCE > WE PICK UP > WE DELIVER** **\*ASK ABOUT OUR ISLAND WIDE COURIER SERVICES**

 GENERAL	 HOME	 CORPORATE
<ul style="list-style-type: none"><li>● DOCUMENTS AND PACKAGES</li><li>● BILL PAYMENTS</li><li>● PROCESSING AT THE WHARF</li><li>● BANK RUNS</li><li>● EVENT STOCK DELIVERY</li><li>● TAX OFFICE</li><li>● EVENT TICKETS</li><li>● AUTO PART SERVICES</li></ul>	<ul style="list-style-type: none"><li>● SUPERMARKET PICKUP</li><li>● MARKET PICKUP</li><li>● FOOD DELIVERY</li><li>● SOURCING PLUMBING, ELECTRICAL AND CARPENTRY SERVICES</li></ul>	<ul style="list-style-type: none"><li>● GENERAL BEARER SERVICES</li><li>● BILL PAYMENTS</li><li>● FOOD DELIVERY (BREAKFAST, LUNCH AND DINNER)</li></ul>



**LAND LINE: 620-6477 / 620-9294** | **WHATSAPP: (876) 310-3580**  
**CELL: (876) 310-6232** | **EMAIL: info@onpointja.com**  
**8 HILLVIEW AVENUE, KINGSTON 10** | **FB: ART-LON ONPOINT SERVICES**  
**WWW.ONPOINTJA.COM**

**Magic Mirror (11 Ardenne Road, Kingston 10)  
has exciting NEWS to share!!**

**Enjoy 50% Discount on all nail services from Sept 7 – 30,  
2015, with our NEW and innovative Nail Tech. Call: 946-2256.**

# 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](mailto:gwe-naelle.huydts@gmail.com)

## **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



# 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](mailto: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

## **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!



## 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: Please call for REDUCED TO SELL price**

**Non Diplomat Price: J\$1.5M or US\$13,000**

For additional information, please contact me via email at [siralex19@gmail.com](mailto: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\$23,500** (plus duties for non-diplomats), bought new in JA, available now

email [nicholegraber@gmail.com](mailto:nicholegraber@gmail.com), [ngrabber@usaid.gov](mailto:ngrabber@usaid.gov)

## **2014 SUZUKI GRAND VITARA**

COLOR : ZUF BROWN, KILOMETRE : 8.400km

CONDUCTEUR UNIQUE, ECRAN DE REcul, ALARME

**NON DIPLOMATE : 3.200.000 JMD,  
25.185€ OU 27.675 USD**

**DIPLOMATE / 2.800.000 JMD, 22.035€ ou 24.215 USD**

**NEGOCIABLE**

Maryse: 876-509-0666 [princessmma@hotmail.com](mailto:princessmma@hotmail.com)



## **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

BRAND NEW - (**Inverter** - energy efficient) 1200W,  
stainless steel, **Panasonic Microwave**, Cost:  
J\$14,000.00. Call: 807-7613 (L) /383-8303 (D)



Selling a 100APM Premier Rower for 900,000.00 JM -  
900.00 CAN Full

> auto controlled air magnetic resistance system with 15  
computer programs that folds for storage 3 years old -  
hardly used.

> If interested call Joanne at 876-469-0499

2 Gunnar Optiks ST002-C012Z Phenom Full Rim  
Ergonomic Advanced Computer Glasses with  
Amber Lens Tint, Graphite Frame Finish Avail-  
able For Sale.

[Retail - \\$99.99](#)

Asking - \$75.00 (or JMD Equivalent)

Contact Cheryl Hewitt, 521-9270, Ext- 6510



**Living room sets, dining tables, bookcase, entertainment centre, filing cabinets, computer desks, mahogany and other bedroom furniture, fridge, electric stove, patio tables with chairs, water tank, breakfronts/china cabinets, wrought-iron bench, microwave, ladder, washing machine, dryer .....call 783-3337 for photos and prices.**

# For Rent



**Apartment for rent:** Basement walk-out 1b/1btr apartment with insect mesh, grilled, hot/cold water, 24 hr security in complex, parking etc to rent in Barbican. Central location to major supermarkets and mall. Unfurnished (700USD) or furnished (1000USD) inclusive of water and electricity for single person. Available mid-October. Call 471-8545. Email: [burgplatz@yahoo.com](mailto:burgplatz@yahoo.com)

**For short-term rent:** Ocho Rios Lovely Studio vacation apt @ Sky Castle/Columbus Heights, overlooking the Ocean & Ochi Pier. Close proximity to Margaritaville, Dunns River, Mystic Mountain & shopping Centres. Get away from the hustle and bustle of Kingston and spend your weekend at this chill out spot. Available: Pool, Security, paid Gym. USD\$110 per night - Internet/Cable Included. *(Special Rate available for US Embassy employees)*. Contact: Michelle @ 383-8303 (D) or 807-7613 (L)



**RESIDENTIAL RENTAL:** One bedroom unfurnished self-contained flat (part of main house) in Belgrade, Havendale, Kingston 19 – kitchen, bathroom, washroom, patio area and parking. Own light, water and cable. \$43,000 per month (including maintenance). Photos available. Tel. 869-9421.

# 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. 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 can be contacted at cell phone number 407-7824.** We highly recommend her. Contact us for further information at [lilam@iadb.org](mailto:lilam@iadb.org) or 552-5452.

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](mailto: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](mailto:marellita@libero.it).

**Rosetta Steer** has been working as a household worker for over 20 years. She has worked for expats for the last 4 years. She always 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.**

**Joan Clarke** is currently available as a nanny. She has done a great job caring for my infant daughter. She is warm, genuine, full of energy, and experienced with young children. She came highly recommended to us from an embassy family she had worked with for a number of years, and has a 15 year history in childcare. Feel free to contact Angela for a reference at 823-3250 or **speak to Joan directly at 589 0223 or 344 1297.**

**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." **Ophelia can be contacted directly at 857-6562.**



**Peace Corps/Jamaica Vacancy Announcement  
Peace Corps Medical Officer (PCMO)**

The United States Peace Corps seeks a Medical Doctor to serve as a contracted Peace Corps Medical Officer (PCMO) based in Kingston. Applicants must be a graduate of an accredited school, with a current license to practice and relevant clinical experience in primary care.

Email [vacancy@jm.peacecorps.gov](mailto:vacancy@jm.peacecorps.gov) for details about the job, information on required qualifications, and the application process. Peace Corps reserves the right not to consider applications received after closing date and/or failing to follow application instructions. Appointment will be based on successful security clearance and availability of funds. Applications are due by 5:00 p.m. on September 7, 2015.