

the Doctor Bird



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Jamaica



Events



- REAL ESTATE
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THURSDAY :: 1:00PM TO 7:00PM
MARCH 5, 2015

FRIDAY :: 10:00AM TO 6:00PM
MARCH 6, 2015

THE JAMAICA PEGASUS HOTEL
81 KNUTSFORD BOULEVARD, KINGSTON

For booth spaces & sponsorship call:
(876) 376-1778 • (876) 533-3233 • (876) 978-6639
email: info@eventandentertainmentservices.com
www.japropertyexpo.com



ADMISSION
FREE
DAILY
CONFERENCES
FREE

Event Produced by:



Events

SEE YOU THERE

Women's Leadership Initiative
A Committee of the United Way of Jamaica

PRESENTS



PAYING IT FORWARD

L-R Top: Thalla Lyn, Marjory Kennedy, Cmdr. Antonette Wemyss-Gorman, Eleanor Jones (Bottom L-R) Dr. Polly Bowes-Howell; Dr. Mona Webber; Therese Turner-Jones; Paola Amadel; Laura Facey-Cooper

**Honouring 9 Outstanding Women in
celebration of International Women's Day 2015**

Monday, March 9, 2015
The Jamaica Pegasus Hotel
CEREMONY 7:00 P.M. RECEPTION: 8:30 P.M.
CONTRIBUTION: \$5,000 DRESS: LOUNGE SUIT

 

**FOR TICKETS: WLI SECRETARIAT: 960-3170,
SIGNATURES BOUTIQUE: 755-4247, WLI MEMBERS**

Events



KINGSTON CITY RUN

½ MARATHON, 10K AND 5K

MARCH 13-15

REGISTER NOW AT WWW.KINGSTONCITYRUN.COM
INFO@KINGSTONCITYRUN.COM | TEL: (876) 926 - 3635-6

FRIDAY MARCH 13	Welcome Night Party Bacchanal Jamaica Mas Camp
SATURDAY MARCH 14	'Experience Kingston Lifestyle Expo Kingston Kitchen Jamaica Pegasus
SUNDAY MARCH 15	Race Day Emancipation Park



THE ASHE COMPANY

'DED LEFF'

PRESENTS

A MUSICAL PLAY BY MICHAEL HOLGATE



OPENING
FRIDAY
JAN 23
2015

NEW
THE VIBES THEATRE
8 CARGILL AVENUE, KINGSTON 10.

PLAYING: FRI. TO SUN. @ 8PM.

FOR TICKETS AND BENEFIT HOUSES:
CONTACT: (876) 960-2985 OR 353- 2287
VISIT: WWW.THEASHECOMPANY.ORG



Events



JAKES

WANTS YOU TO

SAVE *the* DATE

★ **OFF ROAD** ★

TRIATHLON

TREASURE BEACH, JAMAICA

CELEBRATING 20 YEARS

APRIL 18TH, 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 • GORHAM • 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

SATURDAY MARCH 28 2015
BOTANICAL GARDENS
WHO CAN JOIN? -
AGE GROUP: 5 - 13

ROAD MARCH
MARCHING BANDS
COSTUMES
FUN ACTIVITIES
SOCA MUSIC
FAMILY FUN!!!

"All about the KIDS"
 Kingston Kids Carnival main goal is to provide a fun, safe event for our children to experience Carnival for themselves in their style and under their terms. All music will be screened and edited of any offensive content. Absolutely no derogatory physical contact what so ever amongst children will be tolerated.

Safety is every parent's concern and we have taken all precautions with mobile and on foot police for crowd and traffic control. Security personnel accompanying each section. Certified teachers and counsellors as chaperones.

PARENT T-SHIRT SECTION AVAILABLE...

"Out of Many... One Carnival"

We are pleased to present our 2015 Kingston Kids Carnival which is themed "OUT OF MANY... ONE CARNIVAL" celebrating the diverse culture of Jamaica and the history of Carnival in the Caribbean.

The carnival will consist of 4 sections representing the diversity of Jamaican culture... An INDIAN section - A CHINESE section - A JAMAICAN section - A JAMAICAN section - A JAMAICAN section. There will be 6+ variations of themed costumes - 1 boy and 1 girl for each section and the Jamaican section will be an all girls section.

Road March & Celebration

"Out of Many... One Carnival"

Kingston Kids Carnival

Contact Info:
 For more information, registration and costumes, please contact us via telephone, email or Instagram.
+1 (876) 524-4174
KidsCarnivalJa@gmail.com
@KingstonKidsCarnivalJa

Registration [KingstonKidsCarnivalJa](#)

Carnival Section
28 Road March Celebration
 2 PM - 5 PM
28 Fun and Party Zone
 Designated area for children, parents for music and refreshments
 5 PM - 8 PM

During the Road March and Celebration, strategic placement of Cool and Fire stations will ensure we keep the children hydrated.

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

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



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. In the foreground, there is a wooden easel and a black folding chair. The background is a plain wall with some art supplies and a 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



FOR SALE: 2006 Ford Escape Hybrid

Great condition!

All wheel drive

2.3L - 4Cyl gas engine

Left-hand drive

Automatic Transmission

Available late March/ early April

Diplomat owned

Price: US\$10,000 obo

Contact sharongulick@yahoo.com, 383-8903

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

Asking US\$25,000 – less than one year of duties left (around \$3,000), 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

For Sale-Reduced Price

2008 Saturn Vue



- 44,000 miles
- Left hand drive
- No duties owed
- Minor damage on rear passenger side
- Available end of March
- **1 Million JMD**

Call 351-9159

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



Sea Eagle 330 inflatable kayak.

Explore the exotic mangroves the Port Royal Palisades, the Portland Bight and Goat Islands!

Rated for Class III rapids, Comfortably seats two people (500 lbs, Inflates in 10 minutes., Just 26 lbs

Includes paddles, seats, foot pump inflator and carry sack.

Just one year-old

US\$175

Epson PowerLite Home Cinema Projector

Perfect for movies and sporting events – indoors and outdoors, Powerful 2600 lumens for daytime viewing, HMMI/ VGA connectivity, Compatible with widescreen content, Retails for US\$379

Just one-year old

US\$300



Contact: cmbennett212@yahoo.com

CLASSIFIEDS

Gardens of Arcadia.

3 bedrooms Penthouse apartment with 2 bathrooms.

Gated community with 24 hour security.

Contact: Mrs. Williamson at 9208545 or 9694080



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**.

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.