

the Doctor Bird

Words of the week:
The Dr. Bird newsletter is on a bi-weekly schedule for the summer. The next issue will be distributed on Thursday, August 25th.



[Events](#)

[Ads](#)

[Classifieds](#)

[Household Help](#)

[Jobs](#)



Photo of the week

Turtle hatching season in [Oracabessa](#)

Follow U.S. Embassy
Jamaica



Events

friday
music & art

mbala [percussion]
omar [guitar]

AUGUST 12

7-9PM

pass through, hol' a vibe!

Bookophilia

GREAT HUTS RESORTS
Proudly presents...

CINEMA PARADISE | AUGUST
FILM FEST | 18-21
7PM - 10PM

SECRET 18
QUEEN NANNY
Queen Nanny documents the struggle for freedom by the Jamaican Maroons, led by the indomitable 18th century military genius, Nanny of the Maroons.

SECRET 19
KINGSTON PARADISE
A small time hustler journeys into chaos after stealing a car while his lady friend who is inspired by a watercolor painting hanging in their modest room dreams of peace.

SECRET 20
RISE UP
Rise Up is a journey into the heart of Jamaica to uncover the struggles of courageous Reggae artists who fight to rise up from obscurity and write themselves into the pages of history.

SECRET 21
RASTAFARI JOURNEY
Bob Marley's granddaughter travels to eight countries to explore the roots of Rasta.

SONGS OF REDEMPTION
A group of inmates at a Kingston prison who are enrolled in a rehabilitation program of music share their hopes, dreams and pain.

ROSENVAUDED
A documentary about the businessman and philanthropist Julius Rosenwald who used his considerable wealth to build more than 5,000 schools for African-Americans in the South in the early 1900s.

ROSE'S SHORT FILMS - LOCAL SKIRTS

MYSTIC REVEALERS - 5 MILES FROM KINGSTON
Story about Jamaica which is located in Bull Bay, Jamaica and has become a centre for regular live reggae music shows along with being a hot spot for surfers.

BLACK NAPOLEON
The story of Toussaint L'Ouverture who led the 1804 slave rebellion in Haiti that challenged Napoleonic French rule over the island.

admission **FREE!**

LOCATION
GREAT HUTS RESORT
Address: 8-10 Boston Bay, Port Antonio
Phone: (876) 353-3388

#GREATHUTS

BOOT CAMP

PREMIUM

JOIN US! EVERY MONDAY TO FRIDAY

FitRev
Fitness Revolution Club

Police Officers Club
34 Hope Road, Kingston
@ 5 pm, 6pm & 7pm
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Email: fitrevja@gmail.com

Month Membership \$7000
Drop-In \$700
Kiddie Month Membership - \$3500
Kiddie Drop-In \$500
Call for special group rate

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BOOK & ART MARKET

10am-5pm . sunday
21.8.16

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info@bookophilia.com

f i t t

10% OFF

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 DIY NATURAL COSMETICS
 NUTRITION & HERBS

GoNaturalBook@gmail.com +1 876 405 6968
 WWW.GONATURALJAMAICA.COM

JAMAICA INTERNATIONAL HEALTH AND WELLNESS FORUM
 'Unlock The Secret To Perfect Health'

AUGUST 11 & 13, 2016
STARTS @ 6:30 P.M.
AUG 11, 2016 @ SPANISH COURT HOTEL
 AUGUST 13, 2016 @ HOLY TRINITY CHURCH HALL
 COCKTAIL RECEPTION STARTS @ 5-6:30 P.M.

YOGA HIGH

Retreat at Eits Café

Saturday August 27
 Yoga & Dinner with Nadine
 \$6,000 early bird | \$6,500 after Aug 8

IT'S RHYME TIME

Wednesdays 10:30am
 69 Shortwood Rd
 Price on hiatus for now

UPCOMING EVENTS

All levels welcomed

Jamaica Yoga Association
One Love • One Yoga • One Jamaica

Classes start at 6:45am
 All classes to be held at Hope Gardens, Shell Banderstand
 New suggested minimum contribution \$ 600
 Walk with a mat or a towel as mats are no longer available

July 2	Subhadra Bowman Yoga Angels	Aug 20	Sonita Abrahams Ahya Studio
July 16	Tricia Jameson Equipoise Yoga	Aug 27	Buffy Campbell
July 23	Jamaica Environment Trust (JET) 25th Anniversary Yoga Fundraiser at Strawberry Hill, Contribution \$2,000	Sep 10	Viltra Gopee -V- CHAI Studio
July 30	Janelle Oswald Ital Yoga	Sep 17	Malika OMawaie
Aug 13	Merla Lapushkina Art of Living	Sep 27	Special Yoga Practice to Celebrate Yoga Month

HOT Summer Deals

Mondays & Tuesdays
 Children \$800 | Adults \$1200

Opening Hours:
 Mondays to Fridays 10 am - 5 pm
 Weekends 10 am - 5:30 pm

HOPE ZOO
 PRESERVATION FOUNDATION

*Discount days run until August 31, 2016 and exclude Public Holidays

LOVE THEM | RESPECT THEM | ACCEPT THEM | PROTECT THEM

It's Beach Cleanup Time Again! **25th** Anniversary

Join **JAMAICA ENVIRONMENT TRUST** for
INTERNATIONAL COASTAL CLEANUP DAY 2016

**DEADLINE TO REGISTER
AUG. 12**

Organise a beach cleanup in your parish on
SATURDAY SEPT 17 2016

To register your beach cleanup contact:
Jamaica Environment Trust
123 Constant Spring Road, Unit 5, Kingston 8
Call: 876.960.3693 or 876.869.8318
Email: beachcleanupjamaica@gmail.com
Log on to www.jamentrust.org

KEEP WI ISLAND CLEAN, FROM THE STREETS TO THE BEACH!

CLEAN COASTS PROJECT

International Proxy Parents (IPP)
hosted by

0080 The Embassy of Chile
Presents their

**Scholarships Fundraising
Wine & Cheese Soirée**

Wednesday, September 21st 2016
Time: 7PM - 10:30

Contribution: \$4000

AT: 4 Millsborough Close
The Residence of His Excellency
Ambassador Eduardo Bonilla, Ambassador of Chile

International Proxy Parents (IPP)
Serving Jamaica's Children

Guest Appearance by: Steven Woodham OD

With the Compliment of The Herakl Printers Ltd. **0080**

WICKIE WACKIE
MUSIC FESTIVAL 2016

DECEMBER 2 & 3, 2016
8 MILE BULL BAY, JAMAICA

BEING

MORE ARTISTS TO BE ANNOUNCED

2 NIGHTS | SOUNDSYSTEM | LIVE MUSIC | CAMPING | BEACH
EARLY BIRD TIX - \$25 WEEKEND PASS - LIMITED QTY ONLINE
WWW.WICKIEWACKIEFESTIVAL.COM

WICKIE WACKIE | TIR | PORTS REVIVAL | JAMAICA | HOPE OF ALL RIGHT | VPS | MEDIA FVAH

August 18 2016

THE PUBLISHER'S NOTEBOOK
"Success is well published"

INVITES YOU TO

Writers' Kaveret
Unearth The Treasure Within

A Seminar for Authors in the Christian genre

JAMPRO AUDITORIUM
18 TRAFALGAR ROAD, KGN 10
9:30 am to 4:30 pm

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Email: publisher@thepublishersnotebook.com
<http://thepublishersnotebook.com>

Get 5 persons to sign up and receive a 5% discount
Coffee Breaks and hors d'oeuvres provided

J\$3500 PER PERSON BEFORE AUGUST 15 | \$4000 PER PERSON AFTER AUGUST 15

3 SEPT 2016

FOR MORE INFO
BOOKINGS
RESERVATIONS
CONTACT:
GUNGOWALKFESTIVAL@GMAIL.COM

GungoWalk

OF THE VISUAL AND RELATIONSHIP ARTS



STRAWBERRY HILL

Join guest Therapist from Vancouver, Obediya, who began his healing arts studies in Indonesia in 1988. His unique skill set includes Mei Zen Cosmetic Acupuncture, Thai Yoga Massage, and Watsu Aquatic Therapy.

Mei Zen Cosmetic Acupuncture - \$150

A natural alternative to Botox, Cosmetic Acupuncture is a specialized treatment to revitalize the body, giving a healthy glow to your skin.

Thai Yoga Massage - \$140

This technique uses a combination of yoga stretching, pressure points with acupressure, myofascial release and reflexology.

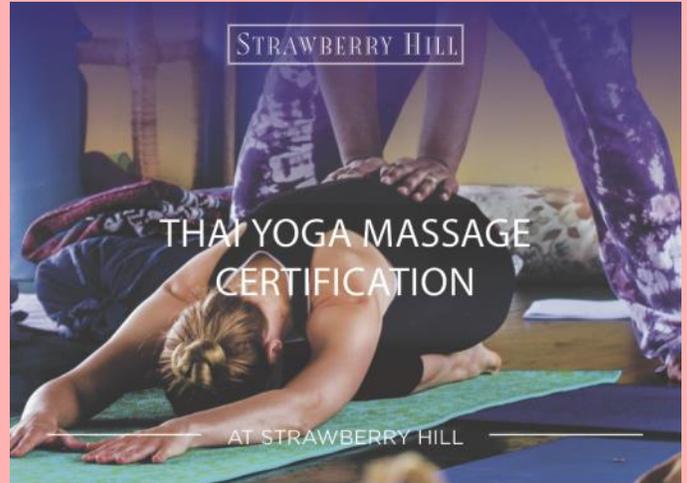
Watsu Aquatic Therapy - \$140

Performed in chest deep water, Watsu combines elements of joint mobilization, shiatsu, muscle stretching and dance.

AVAILABLE AUGUST 15,16 & 17 - 10A.M. - 6 P.M.



Tel: (876) 944-8400 or (876) 619-7872 | info@strawberryhillhotel.com
www.strawberryhillhotel.com



THURSDAY AUGUST 18TH TO SUNDAY AUG 21

Join Obediya for a world class training and certification in Thai Yoga Massage. Includes acupressure, applied Yoga stretches, marmic point therapy and energy work with reflexology.

A specialized technique that will diversify your knowledge as a therapist and provide you with a 60-minute sequence for clients.

Thai Yoga Massage
 Certification
 and lunch

\$920

Thai Yoga Massage
 Certification and 3 nights
 with meals

\$1,880

Thursday-Saturday 10am - 4pm (including lunch)
 Sunday 9am - 1pm Review and Exam
 Lunch included for 4 days



www.strawberryhillhotel.com
 Tel: (876) 550-2797 | Address: New Castle Road B1, St. Andrew, Jamaica
 Email: spa@strawberryhillhotel.com | sienna.creasy@islandoutpost.com

FIELD SPA

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YOGA BRUNCH DETOX EDITION

- FEATURING -

PURIFY & RELEASE YOGA SESSION WITH KAYLA HANSON
 3 COURSE RAW ORGANIC BRUNCH
 5 JUICE CLEANSE TASTINGS WITH RECIPES

**SUNDAY
 AUGUST.21
 10AM**

FOR MORE INFO & TO RSVP
STUSHINTHEBUSH.COM/EVENTS
 \$50 US / \$45 WITH A FRIEND



Barbican Beach Bar
13 East Kings Road
Kingston

KARAOKE

LET'S ROCK N ROLL!!!!

THIS AND EVERY SATURDAY

show time
8 p.m

Raidlocks Entertainment
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At
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Kingston's most beautiful watering hole
located inside the Hope Zoo

Every Friday 6pm - 1am

Entry Free before 8pm | Refreshments on Sale

Karaoke starting at 6pm

For special bookings please contact Hope Zoo at 927-1085



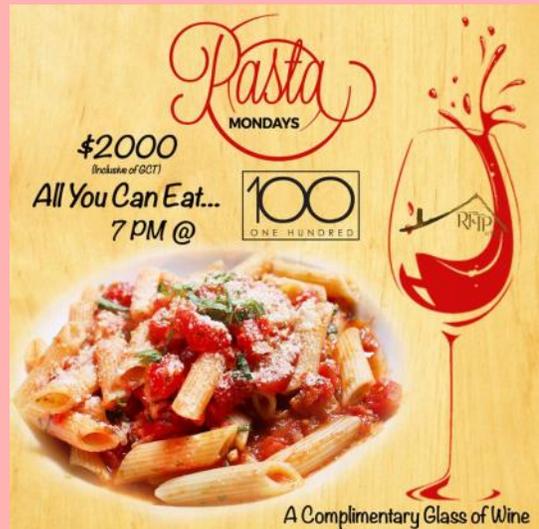
CRU
BAR & KITCHEN



TUESDAY'S Wine Affair

BUY 1 BOTTLE OF WINE GET 1 FREE

71 Lady Musgrave Rd. Kgn, Jamaica Tel: (876) 579-9362



Pasta MONDAYS

\$2000
(Inclusive of GST)

All You Can Eat... 7 PM @

100 ONE HUNDRED

A Complimentary Glass of Wine



Coronation Market
Every Friday & Saturday | 6AM - 5PM

78 Knutsford Blvd 906.4854

Sweetwood Market

Coronation Market Vendors / Aunt Merl's Fish

Advertisements

All vendor advertising features local businesses that have been personally used and are recommended by a member of the U.S. Embassy community.

Featured advertiser recommendation:



The entire process using AutoAdsJa.com has been fantastic. The website was unbelievably easy to use. I got a good number of responses and was able to show the car multiple times and get a good price. I will be recommending the website to others in the diplomatic community needing to sell their car. We often just advertise our cars internally to other foreigners but this was by far an overall excellent experience.

it was an unbelievably easy website to use and I got a good number of inquiries ...all of them serious. I sold my car in 1 week on this website. Everyone should advertise

their cars on this website to ensure they get the best price. You might have to show it one or two more times but you know you'll be getting a fair price.

Jan's Accents combines rich colours, earth elements and luxurious texture to produce elegance in the form of handmade jewellery, leather sandals, belts and bags.

Jan's Accents... Effortless Chic

"Bring this flyer (or a photo of it) with you and get up to 10% off your purchase before July 2, 2016!"

Jan's Accents
Shop 9, 11 South Avenue, Kingston 10
Tel: 371-2054
Open: Tuesday - Saturday 10 a.m. - 6 p.m.
@JANSACCENTS

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Drink WATER

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Relax and have coffee or tea while you surf the internet with our **FREE WIFI** the purity of WATER...DEFINED

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Isabelle's dayspa

Are you a Member of Isabelle's Spa Membership Club?

Sign up for our Spa Membership and enjoy savings between 50-90% on our spa menu.

CHOOSE FROM ONE OF OUR MEMBERSHIP PACKAGES

<p>Full Membership (20 Days) \$1,900</p> <p>Includes: 20 days of all services, 20% off membership package, spa and wellness.</p> <ul style="list-style-type: none"> 22 Manicure or 2 Acrylic Nail Services** 2 Pedicures 16-18-20-24-30-36-42-48-54-60-66-72-78-84-90-96-102-108-114-120-126-132-138-144-150-156-162-168-174-180-186-192-198-204-210-216-222-228-234-240-246-252-258-264-270-276-282-288-294-300-306-312-318-324-330-336-342-348-354-360-366-372-378-384-390-396-402-408-414-420-426-432-438-444-450-456-462-468-474-480-486-492-498-504-510-516-522-528-534-540-546-552-558-564-570-576-582-588-594-600-606-612-618-624-630-636-642-648-654-660-666-672-678-684-690-696-702-708-714-720-726-732-738-744-750-756-762-768-774-780-786-792-798-804-810-816-822-828-834-840-846-852-858-864-870-876-882-888-894-900-906-912-918-924-930-936-942-948-954-960-966-972-978-984-990-996-1000 	<p>Isabelle's Membership (20 Days) \$15,000</p> <p>This is our all-in-one package where our clients can enjoy the best of both worlds. Full Services and Spa services for one monthly price. This means you can enjoy everything you need for your spa and wellness in one package. Includes: 20 days of all services, 20% off membership package, spa and wellness.</p> <ul style="list-style-type: none"> 22 Manicure or 2 Acrylic Nail Services** 2 Pedicures 16-18-20-24-30-36-42-48-54-60-66-72-78-84-90-96-102-108-114-120-126-132-138-144-150-156-162-168-174-180-186-192-198-204-210-216-222-228-234-240-246-252-258-264-270-276-282-288-294-300-306-312-318-324-330-336-342-348-354-360-366-372-378-384-390-396-402-408-414-420-426-432-438-444-450-456-462-468-474-480-486-492-498-504-510-516-522-528-534-540-546-552-558-564-570-576-582-588-594-600-606-612-618-624-630-636-642-648-654-660-666-672-678-684-690-696-702-708-714-720-726-732-738-744-750-756-762-768-774-780-786-792-798-804-810-816-822-828-834-840-846-852-858-864-870-876-882-888-894-900-906-912-918-924-930-936-942-948-954-960-966-972-978-984-990-996-1000 	<p>Spa Services & Acrylic Services</p> <ul style="list-style-type: none"> 22 Manicure or 2 Acrylic Nail Services** 2 Pedicures 16-18-20-24-30-36-42-48-54-60-66-72-78-84-90-96-102-108-114-120-126-132-138-144-150-156-162-168-174-180-186-192-198-204-210-216-222-228-234-240-246-252-258-264-270-276-282-288-294-300-306-312-318-324-330-336-342-348-354-360-366-372-378-384-390-396-402-408-414-420-426-432-438-444-450-456-462-468-474-480-486-492-498-504-510-516-522-528-534-540-546-552-558-564-570-576-582-588-594-600-606-612-618-624-630-636-642-648-654-660-666-672-678-684-690-696-702-708-714-720-726-732-738-744-750-756-762-768-774-780-786-792-798-804-810-816-822-828-834-840-846-852-858-864-870-876-882-888-894-900-906-912-918-924-930-936-942-948-954-960-966-972-978-984-990-996-1000
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DIVE JAMAICA
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Learn to dive with the **Yardie Divers**

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- PAID Advanced Open Water
- PAID Rescue Diver
- PAID Dive Master
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Email: ydive@jamaica.com

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Freshly butchered and frozen
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Taking orders for ripe bananas and ripe or green plantains

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Locally produced quality gourmet cuts, aged to perfection for more flavourful and tender meat

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Thursday
YOGA CLASSES
with *Leanne*

13 BENSON AVE
KINGSTON 8
9:00 AM
COST: \$1,000

876.464.5929

FF FOREVERFREE

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- Pizza (cheese, veggie)
- Natural Juices
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- Fresh coffee, tea
- Sandwiches and Wraps (chicken, tuna, ackee and saltfish)

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Kameela Abdul-Maajid Massage Therapist

SPECIALIZING IN:
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perfectlykaam@gmail.com
facebook.com/perfectlykaamassage

Discounts available with the purchase of massage packages. 15% off on your first massage. Offer valid till February 28, 2016.

WEEKLY SCHEDULE *afya*

YOGA . PILATES

MONDAY 6:00 - 7:30 PM Yoga	THURSDAY 6:00 - 7:15 PM Yoga for Relief & Release 7:30 - 8:45 PM Candlelight Yoga
TUESDAY 9:30 - 10:45 PM Gentle Mindful Yoga 6:00 - 7:30 PM Yoga-Lates	SATURDAY 9:00 - 10:00 AM Open Pilates 10:30 - 11:45 AM Yoga for Stress Release & Relaxation
WEDNESDAY 6:00 - 7:00 PM Pilates 7:30 - 8:45 PM Moving Meditation Yoga	SUNDAY 11:00 - 12:15 PM RISE Yoga - Donation Based Class <i>Part proceeds go to RISE Life Management Services</i>

CONTACT US
20 BAMB00 AVE, KINGSTON 8 (CORNER OF WELLINGTON & BAMB00 AVE)
876-977-6755 | 876-383-7669 | AFYAJAMAICA@GMAIL.COM
WWW.AFYAJAMAICA.COM | @AFYAJAMAICA | AFYA JAMAICA

SMALL GROUP FITNESS CLASSES

CLASSES ARE A HYBRID OF WEIGHT TRAINING, CARDIO, KICKBOXING AND CORE STRENGTH.

MONDAYS, TUESDAYS & THURSDAYS
8:30AM-9:30AM

\$12,500 PER MONTH

Instructors have combined kickboxing & martial arts experience of over 25 years

176 Old Hope Road
876-416-1347 / 876-631-1419 | SPACES ARE LIMITED!!!

WATER SPOT

22 Barbican Road, (6)
(Next door to Orchid Village Plaza, Opposite Burger King)

Mon-Fri 10am-7pm
Saturdays 9am-7pm

Reverse Osmosis and Alkaline Water

Assorted Sport Bottles and Dispensers

Save Money and the environment by re-using your 5 Gallon, 3 Gallon, 1 Gallon, 5 Litre, and 1.5 Litre Bottles!

Refills starting as low as \$60.00
Sport Bottles starting at \$1,000.00
SlimLine Dispensers starting at \$1,000.00
Counter Top Coolers starting at \$10,000.00

Rm Services
Making your job easier

1-876-3233624/3745367
E-mail: thebug7474@gmail.com

Rory-Shane Watson and his wife Marsha Pessoa are former flight attendants with Air Jamaica and Caribbean Airlines with over sixteen years respectively of experience in the aviation and hospitality management industries.

They are about to launch their business which will provide personal assistant services to persons who have very hectic schedules and who need honest help. Rory-Shane has had a public passenger general driver's license for over 20 years. The starting price for services is \$1,000.00 JMD

Among the services that we offer are:

- ✓ Schedule doctor's visits and transportation to Doctors, Veterinarian.
- ✓ Taking your motor vehicle for fitness examination, motor vehicle valuations; Tax office.
- ✓ Taking your vehicle to align and Balance your tyres.
- ✓ Taking your vehicle to replace your tyres and parts.
- ✓ Being your designated driver if you drink and need transportation home, or trips to the country and family and friends visiting from abroad.
- ✓ An extra hand for help when needed. Have a function, need assistance at your place of business to complete a project, extra hands at a restaurant etc.

We look forward to serving you.

Classifieds



2013 Ford Escape

In country three years (no duty to pay). Under 15,000 miles. Perfect condition. USD \$25,000, available 30 AUG. BONUS: Sirius Satellite radio subscription active through DEC. Contact schimmelmr@state.gov

2012 SUZUKI SWIFT

5 door hatchback. 2012 model. Only 9,200km. Metallic grey body with black interior. Full Stewarts Suzuki dealership service history. Excellent condition. Air Conditioning, Power Steering, Power Windows, Central Locking, Tilt Steering, Telescopic Steering, Multifunction Steering Wheel, Smart Key (Button Start), 6 Airbags (Front/Sides/Curtain), Power Mirrors, Tachometer, Original Radio/CD Player, Anti-Theft System, Rear Glass Demister, 5 Seat Belts, Tinted side windows, Keyless Entry, Anti-Lock Brakes, Original Alloy Rims (16 inch)

Valued by MSC McKay at JMD 2,000,000 on 3rd June 2016.

Preferred currency Pounds Sterling (subject to exchange rate at time of payment) to be paid to UK bank account.



2012 Nissan X-Trail

Diplomat Owned – Available mid September 2016

USD15,000.00 (plus applicable duty)

Dark Blue - Right-hand drive - Imported from Japan - Good condition

Air Conditioning, Power Steering, Power Windows, Anti-lock Braking System, CD player, 4Wheel Drive

Call Aaron at 702-6022 to arrange viewing.

TrimbleAD@State.gov





2001 Mitsubishi Montero Sport

Price J\$900.000.00 with new Parts available.

Please call - 361-1028

2009 Volkswagen Tiguan

Low mileage: 25,500 miles.

Diplomatic driven

Leather interior, excellent condition

Good Service record

Call Donna 819 6969; 432
0778

Price US\$18,000



2015 Toyota RAV4

2.0L, right-hand drive, 4x2, automatic

Recently serviced by Toyota Jamica

Lightly used (only 9,000 km), Excellent condition

Price for diplomats: USD 25,500

Duties remaining: ca. USD 5,000/ JMD 600,000

Will sell to non-diplomats for: JMD 3.8 million (including duty)

Contact: rebecca.molinoff@gmail.com to arrange viewing



2013 Suzuki SX4 (Blue)

FOR SALE: 5 seater, automatic, petrol engine car, with 4x4 crossover capabilities. Under two years on the road and less than 10,000km on the clock. One owner- female.

Available from end June.

Diplomatic sale price: USD16,000 (or equivalent in GBP) plus duties for non-diplomats.

Please contact Sarah on

sb1984@hotmail.co.uk or call on **3710503**.

2009 Nissan Pathfinder LE (black)

LHD, 7 seats, good condition, \$2M OBO

(or US equivalent)

Please contact Sarah
(sarahhsia@gmail.com) or

Demar **382-6899**.



2009 Toyota Mark X

\$1.5 Million

Excellent condition

Call **371-0737**



2012 Honda Fit

A/C, Aluminum Rims

Automatic/Tiptronic transmission

RHD, FWD, Gas, CC

Rating: 1300

Price **\$1.58M** Call or
WhatsApp **876-295-8061**

2010 Toyota Corolla GLi 4 Door Sedan

Excellent condition, features Air Conditioning, Power Steering, Power Windows, Central Locking, Tilt Steering, Airbag(s) (Dual Front), Power Mirrors, Tachometer, Anti-Theft System, Rear Glass Demister, 5 Seat Belts, Seat Covers, Tint, Keyless Entry, Anti-Lock Brakes, Driving Lamps, Colour Keyed Bumpers, Colour Keyed Mirrors, Alloy Rims (Factory 15"), 4 Mudflaps, 4 Window Rain, Visors, High Mounted Brake Lamp, 4 Wheel Disc Brakes, Rocker Panel Mldgs, Radio/CD/USB/MP3.

Price- USD 15000 (negotiable)

Contact Navita on: 823-3140/442-9421 /via
whatsapp or burgplatz@yahoo.com



2013 Jeep Wrangler Rubicon 10th Anniversary

The nicest Jeep on the Island, LOW MILES - 3.6L V6 engine, 6-speed manual trans, 17 x 7.5 Rubicon 10th anniversary wheels, chrome/leather-wrapped shift knob, 3" Lift, LT285/70R17E T/A on/off-road tires, Mopar rock rails, Mopar slush mats, red front/rear tow hooks, remote USB ports, Rubicon 10th anniversary heated leather seats, silver interior accents, steel front/rear bumpers, tire pressure monitoring display, Uconnect voice command w/Bluetooth, vehicle info center, 3-piece hard top, UCONNECT 730N AM/FM stereo w/CD/DVD/MP3 player, 40GB hard drive w/20GB available, 6.5 touch screen, GPS navigation, SiriusXM, Uconnect hands-free communication w/voice command, BODY COLOR 3-PIECE HARD TOP freedom panel storage bag, rear window defroster, rear window wiper w/washer, tinted rear windows, MAX TOW PKG class II receiver hitch, 4-pin trailer tow wiring, Electronic lockers and Disconnects, High lift Jack and carrier and owner's manuals, \$42,000 US for Diplomats. \$42,000 US + duty for non diplomats. Call 876-702-6395.





2013 Rav4

Fully Loaded High End - 20,500km - Valued at J\$4.3m . 2.5L 4WD, with split leather interior, low mileage at 20,500km. Valued at J\$4.3million - All reasonable offers considered!

Please call **Francis on 279-2337** or email francisburak@gmail.com



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TANKS (Full!). SWIMMING
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NOT INCLUDED

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 2545 6000j\$	 Prestige baby bath 4000j\$ 2 Glass Milk Per 6000j\$	 3 sterilite basket each 1500 j\$	 chocolate fountain 2000j\$ potato slicer 1000j\$ Spiral Potato Slicer	 mirror 7500j\$	

Household Help

If you are looking for an amazing and dependable housekeeper, look at no other posted advertisements than THIS one! **Mrs. Barbara Bennett** is a meticulous cleaner, a great cook and, having worked for many expats in her life, can follow any American recipe to a "t" as well as whip up something delicious for your family even when you might think there is no food in the house. Barbara is amiable without being chatty, is trusted with keys to our apartment and comes and goes while I am at work and is already cleared to work at Powell Plaza. I am leaving post and my replacement is hiring her 2 of the 3 days we had her work so she would love to work for a single person or couple that need someone one or two days a week. She can be reached directly at Barbara Bennett 876-799-2059.

Gracie Fallin has been a fabulous helper for the last year. She has an easy-going, bubbly personality and she's trustworthy, and dependable. Aside from childcare (kids love her!), she cooks, cleans, and runs errands as needed. Gracie doesn't need a lot of direction or oversight and she's very security conscious - she has worked for several Embassy families (RSO/DEA/GSO) and she's very familiar with Embassy procedures and personnel (GSO/Guards). We would love for her to find a great family. Gracie prefers to work in the Diplomatic community. **Feel free to contact me hadisney@gmail.com or contact Gracie directly at 476-9610.**

Winsome Crooks is an experienced household helper who is looking for Saturday work. She currently works for us part time and has previously worked for other British High Commission families as well. She is trust worthy, honest and very hard working in her household tasks of cleaning, laundry and ironing. She has also cooked Jamaican food for us and helped prepare other dishes. Our children love how friendly she is and like interacting with her. **She can be contacted at 856 3553.** If you would like any further information, please contact Robin at 424 9325.

Nadine Johnson has worked for my family for the last four years, three of those in Jamaica and the last year in Virginia (where we are until mid June). She is an excellent nanny, playing for hours with the kids while at the same time keeping the house really clean. She is really great with children, achieving the right balance of play and firmness when they misbehave. I trust her completely with my kids and in my home. Nadine is looking for full time work with a diplomatic family. If you have any additional questions, please do not hesitate to email me at pauline.kastner@gmail.com. Nadine also worked for Meg Campbell, another FSO. She can also give a reference for Nadine. Her email is uvameggie@aol.com. **Nadine's U.S. phone number until June 18 is 571-489-9570**, after June 18, her Jamaican number is 876-856-2545. Her email address is nadinemichaeldaniel@gmail.com.

Keisha Malcolm is looking for work as a babysitter and/or helper. She is available afternoons and evenings during the school season and either part- or full-time during the summer. She is currently a helper at a preschool and has summers off. **Her contact number is 504-6057.**

Ms. Barbara Bailey has worked with diplomatic families from the US, Canadian, French and German missions over the last 20 years. She has served as a devoted helper to our family since we arrived at post in March 2012. Duties assigned to Ms. Bailey include general housekeeping, laundering/ ironing, cooking and afterschool child care. With the departure of several families from post, she is currently looking to secure employment on Tuesdays and Wednesdays. In early July she will also be available on Mondays and Thursdays. Ms. Bailey is soft-spoken, diligent in her duties and sincerely caring of those she serves. If interested in obtaining her services, please **send her an e-mail at baratheresabailey@gmail.com**. You can also try to give her a call at (876) 877- 8747. Should you need further reference, please do not hesitate to contact me. tnpointer9165@yahoo.com.

Household Help

Hyacinth McKellop is a loving nanny that worked for our family for 2 years in Jamaica and 2 years in Israel. She took care of our two children while we were at work and also helped out with the cleaning, cooking, and other tasks around the home. We cannot say enough wonderful things about Hyacinth, any family will be lucky to have her! **She can be reached at 876-404-5425.**

Fantastic helper has a slot available – **Yvonne** can come twice a month, weekly, or another arrangement! No matter how you leave it, when you come home your apartment will be spotless. She was also happy to leave a big cut fruit salad for an extra \$1000! Responsive, reliable and reasonable, **you can contact Yvonne at 843-3614.**

Joan Clarke is an excellent nanny. She has worked with diplomatic families for many years. She was gentle and kind, but made sure my children followed the rules. My children absolutely adored her. I strongly recommend her for child care. She was willing to help out around the house, too, cleaning floors and cooking. **Joan can be reached at 589-0223.** For a reference, contact Meg at 487-8440.

Ms. Carol Henry has been employed by expatriate families working for the Canadian High Commission (CHC) over the past 14 years and comes highly recommended. Carol has high standards of cleanliness and an impressive work ethic. She appreciates constructive criticism and is quick to adapt to your personal preferences. Children are drawn to her and she is an excellent cook, especially of Jamaican classics. More than that, she is a great source of information on Jamaica and has typically become a close friend of the Canadians she works for. Carol is available Monday, Wednesday and Thursdays and **can be reached at 876-572-6366.** Please feel free to contact me for additional references: kelly.thompson@international.gc.ca

Pansy Johnson—available July 1—has worked for my family for six months. She has affectionately cared for my three boys (4, 6, and 10), getting them ready for school in the morning, playing in the afternoon, and helping with homework in the evenings. Pansy keeps the house clean, clothes ironed, and is dependable to complete any other assigned task: paying bills, food preparation, etc. **You can reach Pansy at 770-2428.** For a reference, contact Johnathan: jroy@teamroy.com.

Madge Sinclair is an excellent nanny and helper now available for full time work. She is also willing to work late during the week, weekends and overnight. She has worked for other diplomat families, has worked at a preschool, came well recommended to us and did not disappoint. She cared for our two toddlers, cleaned, did laundry, ironed, and completed any task we asked of her. Her care for our toddlers was exceptional. She was attentive, loving, caring, patient, kind, yet firm when she needed to be. She was dedicated to any special requests we asked of her regarding our children and made sure she followed our instructions. She was also flexible, dependable, and honest. **You can reach Madge at (876)828-3484 and (876)374-4541.** For a reference please contact Joe at (876) 577-3324.

Dependable and Honest Helper/Nanny available July 1. Our helper/nanny **Miss Claudette** has been with our family since the time we arrived in August, 2014. Miss Claudette has never once called in sick, missed a day of work or arrived late. She is extremely dependable and honest. She cooks, cleans, irons, prepares the children for school, communicates with the school on our behalf and helps us manage our home. She is kind but firm with our children and completes all tasks before leaving for the day. **Please reach out directly to Miss Claudette: 783-7832.** For a reference, contact Cindy: 389-1480

Household Help

Rose James has worked as our nanny/helper for 1.5 years. Prior to this, she worked for a USAID family for 4 years. Rose has been with US Embassy families since 2009. She has extensive childcare experience (ages 1-11) and has been excellent with our toddler. Rose is also willing to take care of any household task - including cooking, cleaning, ironing and laundry. She is able to work full or part-time and is always flexible with her days/hours to suit our family's needs. I trust her explicitly and would highly recommend her. **Rose is available Oct 1st and may be reached at 826-1453.** Please contact sarahobenson@gmail.com or sebert@usaid.gov for references.

Stacian Morgan Bennett is a dependable and honest household helper who is looking for full-time work (Monday through Friday—she is open to an alternative schedule). Stacian has been with our family for four years and has done an outstanding job in all of her household tasks: cleaning, laundry/ironing, buying groceries, cooking and watching our children. Stacian is trustworthy and interacts well with all. She knows the Embassy routines, such as FM repairs, GSO visits, residential guard duties, pack out, etc. A bonus is that Stacian has completed a course of study in Hotel House-keeping. **Stacian can be contacted at 375-1695.** For a reference, please contact **Gina Cooper 471-4854.**

Our housekeeper **Latesha Forbes** is currently available for work three days a week. She has worked for us for a year and a half and proved to be punctual, reliable, and trustworthy. In addition to excellent cleaning skills, she is a great cook, and has watched our 5 year old son. **She can be reached at 849-9641.** Feel free to contact us for references. Kmahoney77@gmail.com or bradleyjs@state.gov

Consultant Writer
National Peer Navigation Training Guide
Terms of Reference

Background

On the request of the Ministry of Health (MOH) of the Government of Jamaica (GOJ), LINKAGES is leading a National level process to assist the MOH and key stakeholders in developing a National Peer Navigation Protocol and accompanying training guide. This will comprise principles, standards or practice and modes of operation for Peer Navigators mandated to assist clients to access the HIV continuum of care through both government and civil society health facilities.

FHI 360 is searching for a Writer that will undertake a short term consultancy agreement to write and edit the draft training guide as developed by a working group of partners and volunteers. The result will be a National Peer Navigation Training Guide, with modules specific to key populations. The Training guide will serve as a tool for trainers and supervisors.

Objectives

The terms of reference (TOR) for this activity will include the following objectives:

1. To collate supporting data, material, and activities for the training guide with appropriately documented references. As a large percentage of this has been gathered, the writer will focus on organization with some ability to make recommendations for structure and insertion of learning aides (e.g. comic strips, jokes, charts, tables, games, photos etc.)
2. To interact with LINKAGES and country partners to include their input and feedback until completion
3. To complete the final document of the training guide with guidance from LINKAGES

Required Qualification:

- First degree holder in Education, Language and Media Arts, Public Health, Social Science or related discipline
- At least 2 - 5 years' experience in developing/editing curricula and training material
- Professional experience in Adult learning in Jamaica
- Knowledge of health outreach strategies, HIV/AIDS work and Key population sensitivities in Jamaica
- Excellent written and spoken English
- A team player
- Available immediately

How to Apply

Submit a CV and at least one (1) writing sample to jhyatt@fhi360.org by August 11, 2016 at midnight (Jamaica time). Request for the detailed terms of reference can be made to jhyatt@fhi360.org. We appreciate all applications, however, only shortlisted candidates will be contacted.