

the Doctor BÍrd

Words of the week:
February is Black History Month, or National African American History Month, an annual celebration of achievements by black Americans. Learn more at History.com.



Events

Ads

Classifieds

Household Help

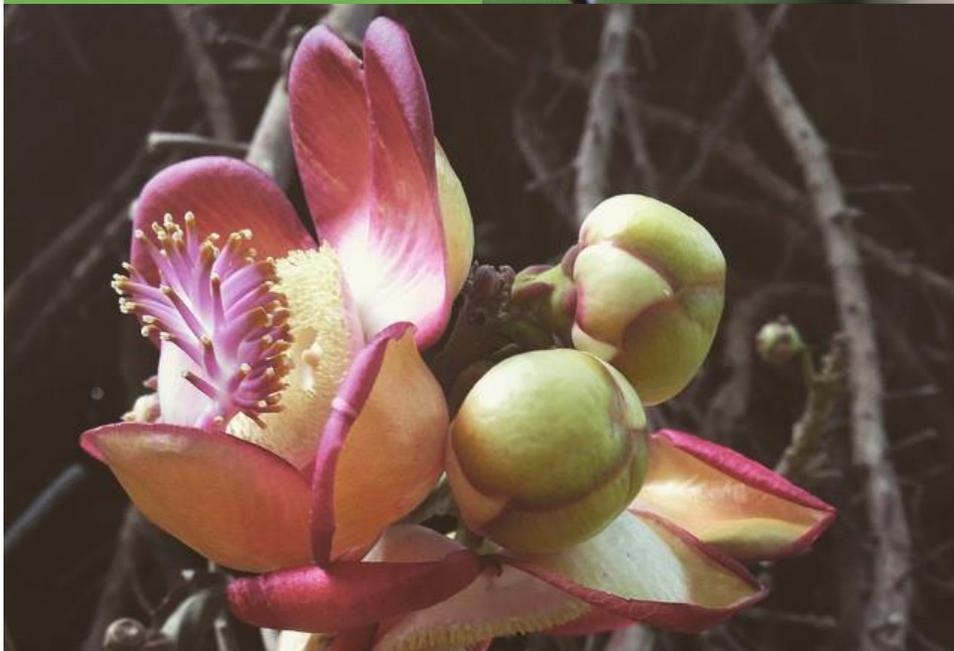


Photo of the week

Hope Gardens

Follow U.S. Embassy
Jamaica



Events



JUST SING, KARAOKE FUN!
FRIDAY, FEB. 19TH 8:00 PM - 9:00 PM
Admission: Old Crayons | To Sing: \$200
EL CENTRO 8 HILLCREST AVE., KINGSTON 6
PRIZES & SURPRISES!
KIDS UP TO 12 YEARS

#LEARNTHEFUN #SINGALONG CALL 020-9386 EMAIL INFO@LEARNTHEFUN.COM
elcentrajm | elcentrajm | learnthefun

The Latin American Women's Club
on its 50th Anniversary year

Presents:

"Fiesta del amor y la amistad"

At the residence of the
Hon. Kenny Benjamin
Friday, 19th February, 2016
8:00 P.M.
Contribution \$3,500 JMD per person
Food and drinks included

In aid of our many charities

Latin Dance Music
Dress code: Casually Elegant

9 Montgomery Road, Stony Hill
R.S.V.P. damaslataaskj@gmail.com



PROTOJE.COM

ANCIENT FUTURE LIVE

SATURDAY
FEBRUARY 20, 2016

YOGA AND WORLD RHYTHMS:
LOVE ROOTS
with Malika, Jesse & Elizabeth
Saturday Feb 20th | 4:00-6:00pm
Afya Yoga Studio | 2D Bamboo Ave
\$1500 early bird registration / \$2000 at the door
Register: afyajamaica@gmail.com
A journey to our roots! In honour of Black History month,
Reggae month, and the Love that unites us all.
A creative integration of Yoga, chanting & drumming.



SATURDAY FEB 20TH 2016

JAVRAG PRODUCTIONS PRESENTS

PORTLAND JAMFEST

LONG LIVE THE MUSIC 2016

TWINS OF TWINS
BUGLE
CHRISTOPHER ELLIS
BRAIN
EMPRESS MINOT

DOORS OPEN 12PM • SHOW TIME @ 3PM

SHANSHY BEACH
BRYAN'S BAY, PORT ANTONIO

TICKETS: JA\$1000 \$1200 AT THE GATE

PURCHASE TICKETS AT WWW.VANDITICKET.COM
FOLLOW US: FACEBOOK.COM/PORTLANDJAMFESTIVAL
INSTAGRAM: @PORTLANDJAMFESTIVAL
TWITTER: @PORTLANDJAMFEST

FYAH DOOPS • **JAH TEE**
NEDDY T • **NIGHT HAWK**
FLEXABLE • **WISE MAN**
PHANUEL
TUFF KRACKAZ
ARTRITIS
BITTER BLOOD
TAZIO • **OLEADA**
TAMARA BLUEPRINT
MC CAPTAIN BAKER

Folding chairs RAZA & F MAJAH
Warm ups DJ ODDY • DJ SEARIAN
DJ SATAN • DJ BOBO LINKS
GHETTO BLASTER

Concert in the Garden



Jamaica Military Band

Sunday February 21, 2016

4pm sharp—6pm at the Shell Bandstand

*Please bring along your folding chair or blanket.
And of course...bring along your family and friends for a
most enjoyable Sunday afternoon.*

Admission Free!



THE JAM IS BACK

THIS AND EVERY THURSDAY

LIVE IMPROVISED MUSIC FROM **8PM - 12AM**

CONSTANT SPRING GOLF CLUB
152 CONSTANT SPRING RD
FREE ENTRY

ASK XPTO Presents

Winter WONDERLAND

MC Paula Ann Porter-Jones and other guest performers

FAMILY FUN FAIR & DANCE-OFF COMPETITION

FEATURING **One Third**

SATURDAY FEB. 27, 2016 @ ASK
5:30pm to Midnight
Raffle...Games...Prizes & Surprises

TICKETS: JA\$2,500 Per Person * Includes Chinese Food & Drink * Tickets Available at: ASK • Cannonball Cafe



2016 EVENT SCHEDULE

SUN Jan 31	MON Feb 1	TUES Feb 2	WED Feb 3	THUR Feb 4	FRI Feb 5	SAT Feb 6
Groundation Series Institute of Jamaica Ecumenical Service Praise City Int'l Transformation Centre Greenwich St.	Uptown Mondays Savannah Plaza Inner City Dub 63 Spanish Town Road	JaRIA Open University Edna Manley College Level Up Nanook - Burlington Ave. Tuesday Live Kings Plaza	Reggae Wednesday <i>The Genesis</i> Mandela Park - HWT Weddy Weddy Burlington Ave.	JaRIA Open University Edna Manley College Merritone Waterfalls Vinyl Thursdays Regal Plaza	One Love Music Festival Rose Hall, Montego Bay	Bob Marley Celebrations Bob Marley Museum Reggae Legends Skibo Ave.
Feb 7 Groundation Series Institute of Jamaica Bob Marley Tribute Concert Sabina Park Merritone The Deck	Feb 8 Uptown Mondays Savannah Plaza Inner City Dub 63 Spanish Town Road	Feb 9 JaRIA Open University Edna Manley College Level Up Nanook - Burlington Ave. Tuesday Live Kings Plaza	Feb 10 Reggae Wednesday <i>Reggae</i> Mandela Park - HWT CANCELLED Dubwise Nanook Weddy Weddy Burlington Ave.	Feb 11 JaRIA Open University Edna Manley College Merritone Waterfalls Vinyl Thursdays Regal Plaza	Feb 12	Feb 13 Sippin' Live Breadnut Valley Estate, St. Elizabeth
Feb 14 Groundation Series Institute of Jamaica Rasatafari Cultural Mapping Trench Town Scene & Heard - "Rockers" film screening/talk Nanook - Burlington Ave	Feb 15 Uptown Mondays Savannah Plaza Inner City Dub 63 Spanish Town Road	Feb 16 JaRIA Open University Edna Manley College Level Up Nanook - Burlington Ave. Tuesday Live Kings Plaza	Feb 17 Reggae Wednesday <i>Progression</i> Mandela Park - HWT Weddy Weddy Burlington Ave.	Feb 18 JaRIA Open University Edna Manley College Merritone Waterfalls Vinyl Thursdays Regal Plaza	Feb 19	Feb 20
Feb 21 Groundation Series Institute of Jamaica POSTPONED Scene & Heard - "Rockers" film screening/talk Nanook - Burlington Ave	Feb 22 Uptown Mondays Savannah Plaza Inner City Dub 63 Spanish Town Road	Feb 23 JaRIA Open University Edna Manley College Level Up Nanook - Burlington Ave. Tuesday Live Kings Plaza	Feb 24 Reggae Wednesday <i>Reggae</i> Mandela Park - HWT CANCELLED Weddy Weddy Burlington Ave.	Feb 25 JaRIA Open University Edna Manley College CANCELLED Merritone Waterfalls Vinyl Thursdays Regal Plaza	Feb 26	Feb 27 Trench Town Trench Town POSTPONED Community But Olympic Gardens
Feb 28 JaRIA Honour Awards The Courtleigh Auditorium	Feb 29 JaRIA/UWI Music Symposium Edna Manley College Uptown Mondays Savannah Plaza Inner City Dub 63 Spanish Town Road			12 Tribes of Israel Anniversary Dance 81 - 83 Hope Road		

● Sponsored Events

● JaRIA Events



NATIONAL GALLERY OF JAMAICA

Last Sundays

February 28, 2016

VIEW:

MASCULINITIES

FEATURING:

TRIBE SANKOFA

DOORS OPEN FROM:
11:00 AM - 4:00 PM

PERFORMANCE
STARTS AT
1:30 PM



For more information call: (876) 922-1561 & 3
E-mail: info@natgalja.org.jm
Blog: nationalgalleryofjamaica.wordpress.com
Image: Cosmo Whyte - *Ginal*, 2014 (detail)

**FREE ADMISSION
FREE TOURS**



Now Accepting Entries

World Reggae Dance Championships

Win over \$2,000,000 in cash and prizes

Dance Categories
Roots Reggae, Dancehall and Dance Narrative

Eligibility
Age: 18 years and older
Group: 3-6 persons
International Groups are welcomed

Entry Deadline: Friday, April 29, 2016

Entry forms and guidelines are available at www.jcdc.gov.jm

For further information contact:
Tel: (876) 926-5726 Fax: (876) 960-4521
JCDC Offices islandwide
Head Office: 3-5 Phoenix Avenue, Kingston 10.

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Now Accepting Entries

JCDC Culinary Arts Competition 2016

Categories Include

- Cooking A&B
- Hor d'oeuvres, Sandwiches and Salads
- Bake Treats
- Cold Desserts
- Fruit and Vegetable Carving
- Hot Off the Grill
- Mixology
- Table Setting and Napkin Folding
- Rising Star Chef
- Dutchie Dash
- Nyam on a Budget
- Sponsors Products

Entry Deadline: Friday, April 29, 2016

The competition is open to individuals, schools, colleges, churches, community private/public sector groups

For further information visit:
• Head Office: 3-5 Phoenix Avenue, Kingston 10
• Tel: (876) 926-5726-9 Fax: (876) 960-4521
• Website: www.jcdc.gov.jm
• All JCDC Parish Offices Islandwide

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JCDC
An Agency of the Ministry of Youth and Culture

The JAMAICA Creative Writing Competition & Exhibition

NOW ACCEPTING ENTRIES

- ◆ Plays
- ◆ Poems
- ◆ Novels
- ◆ Essays
- ◆ Short Stories

Entries must be sent via email to: library@jcdc.gov.jm and 3 hardcopies along with completed entry form submitted to any JCDC Office islandwide.

ENTRY DEADLINE: FRIDAY, APRIL 29, 2016

Entry forms and guidelines are available at www.jcdc.gov.jm or any JCDC Parish Office Islandwide

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SAVE THE DATE

JAKE'S OFF ROAD TRIATHLON

300M OCEAN SWIM **26K OFFROAD BIKE** **7K RUN**

SATURDAY APRIL 30, 2016

COMPETE AS AN INDIVIDUAL OR TEAM

[jakestriathlon](#) [jakesoffroadtriathlon](#) | ALL PROCEEDS GO TO BENEFIT "BREDS" TREASURE BEACH CHARITY.

Advertisements



Veggie Eats
[FREE DELIVERED LUNCH CATERING]

\$1000 Feb 8th- 29th 2016
Mon - Wed - Fri
DreamLife Cuisine
dreamlifecuisine@gmail.com
1 876 348 7674



Thursday
YOGA CLASSES
with Leanne

13 BENSON AVE
KINGSTON 8
9:00 AM
COST: \$1,000
876.464.5929



SIX WEEK BOOTCAMP

Iron Lotus
Academy of Martial Arts

876 416 1347 FOR MORE INFO

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Kameela Abdul-Maajid Massage Therapist

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Thai Fusion Massage
Restorative Massage
Swedish Massage
Deep Tissue Massage

Available Evenings & Weekends
876-474-2907
perfectlykaam@gmail.com
facebook.com/perfectlykaammassages

Discounts available with the purchase of massage packages.
15% off on your first massage. Offer valid till February 29, 2016



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NATURAL FOODS CAFÉ
Open Since Nov 17th

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

631-8274, 413-9802
freedomlives4@yahoo.com

COMMERCE COURT PLAZA 6 HAGLEY PARK RD KGN 10
SHOP 13, UPSTAIRS



Take a break!

How about a long weekend playing golf or tennis, or just relaxing on the north coast?

Little Palm

Is the perfect retreat - a luxury villa at The Tryall Club.

- » Accommodation for 2
- » Breakfast and dinner daily
- » High tea daily
- » Top shelf liquor
- » Golf cart
- » All tips and taxes
- » Airport transfers
- » Amenities include: beach, private pool, flatscreens, AC and more!

We've tailored a 4 day/3 night package exclusively for you.

Your staff includes private chef, housekeeper and gardener.

Now through April 15 \$5,586 US
 April 15-Oct 31 \$2,900 US
 (Golf & tennis fees not included)

Contact: gbamarketing@optionline.net

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CLC seeks Experienced Pre School & Language teachers

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Home-grown Chickens

For Sale: ~5lbs for \$1000

Freshly butchered and frozen
 Free delivery to Powell and US. Embassy
 Call or text: 864-0393

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TIRED OF THE CLUTTER?
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 artwork, books, knick-knacks...

DONATE YOUR PREVIOUSLY-LOVED ITEMS TODAY!

📷 876Thrift
 📌 ThriftLink

part proceeds of all sales benefit the
 Jamaica Environment Trust

Cars for Sale



2014 Toyota RAV4 4WD

Available due to relocation. Almost new! 7,500km, still under warranty, RHD, automatic, 4 cyl, zero dents/scratches, ABS, AC, USB and AUX ports, spare tyre, tools, alloy wheels, parking sensor, bluetooth handsfree, tinted windows. Diplomatic owner, great for mountain and beach driving

Asking US\$23,000 (plus duties for non-diplomats) for quick sale. Bought new in JA, available immediately. email katespring@usa.net, 960 6536

2010 BMW 116i Cope Sport Tiptronic

Excellent condition

Asking price \$1.85 Mil

Mileage 49000km, 5 doors

For more information contact: (876) 547 - 1544 or email: anthony_trcy@yahoo.com



2009 Volkswagen Tiguan

Low milage: 24,000 miles

Leather interior, excellent condition

Good Service record

Call Donna 819 6969

Or email donna02@gmail.com



Cars for Sale



NISSAN VERSA, 2012

ASKING PRICE 1.9 Million, Negotiable. Consistently Serviced and Maintained. Call: 347-2282

Features: Air Conditioning, Power Steering and Windows, Central Locking, Tilt Steering, Multifunction Steering Wheel, Tachometer, Anti-Theft System, Rear Glass Demister, 5 Seat Belts (Front Pre-Tensioned), Tinted (Aftermarket), Keyless Entry, Anti-Lock Brakes, Colour Keyed Bumpers, Colour Keyed Mirrors, Factory Alloy Rims (15 Inch), High Mounted Brake Lamp

2009 BLACK TOYOTA CAMRY

**ONLY 51,000 KM, EXCELLENT
CONDITION!**

\$1,800,000 (negotiable)

Contact: 276-9314 / 631-1964



2006 TOYOTA KLUGER

2.2 MIL NEGOTIABLE

EXCELLENT CONDITION

51,000KM

**For more information contact Kedesha or
Evon Goode @ 359-6350/545-1226**



Cars for Sale



2001 RAV4- 4x4 SUV

47000kms, Grey Black Interior, Back-up Camera, 7" Stereo System with DVD player, Alloy wheels with Dunlop Radial tires, Rain Visors on all 4 windows and all 4 windows are automatic, Weather proof floor mats. Diplomat owned. Asking Price: 2.8 Million or best offer

Contact: Sandeep Grover, Mobile: 1-876-469-0251

1983 Land Rover Defender Series 111

Gas engine, stick shift. Asking \$500k.
Call Chris at 806-8772.



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; Panoramic sunroof, Intelligent Key, Auto Tailgate, Leather seats (sport), OEM 18" Alloy Wheels, Proximity Sensors, Traction/Stability Control, Roof Rails, Turbocharger, ABS, Leather Sport steering w/ Shift paddles

\$5,275,000, Call Julie 820-9527



For Sale



2007 Mercedes Benz Sports Coupe

Asking Price – 2 Million Jamaican Dollars

CONTACT: Bevan Shirley

TEL: 579-7990

Children's items for sale including:

- Convertible crib/toddler bed
- Toddler Bed
- Pack-and-Play
- Portable booster seats

See <http://caribbean.craigslist.org/bab/5449179669.html> for photos.



Selling a Yamaha DGX-505 portable keyboard. It has an attractive, easy to use panel and a wealth of features including 88 lightly weighted piano-style keys, high resolution stereo piano sample, SmartMedia storage, USB computer connectivity, a large LCD screen capable of displaying notation and lyrics for songs. You can also record yourself playing, listen back and record over to mix tracks with other instruments. This is perfect for anyone not only looking to play the piano, but to produce and compose music with other instruments. Though I've had it for a few years it still works perfectly and I can't see any differences in the sound quality or construction from when I bought it brand new. I'm asking \$500 USD or \$60,000JMD which is less than half of what I paid for it. To contact me for further details or to come and look at the keyboard, please call: 775-3580



The American Embassy Kingston



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

- Household Furniture
- Office Equipment
- Equipment & Miscellaneous Items

Public viewing and auction will be held on Saturday February 20, 2016 between 8.30 am and 3pm. The auction will be conducted at 211A Constant Spring Road. Entrance will be on Grosvenor Terrace.

- Registration fee of J\$100.00
- Same day removal
- Cash payment only

For more information please contact the:
General Services Office - Warehouse
American Embassy Kingston
142 Old Hope Road, Kingston 6
Phone: 702-6000

Household Help

Sandra has been working for our family for several years and during that time she has taken care of our 3 children, cleaned and been an excellent cook, catering for different needs, one vegan and one vegetarian! She is reliable, hard working and trustworthy. She has worked for Embassy families for many years. She is available for immediate, full time employment but would also accept day work. I would highly recommend Sandra without any hesitation. **Please contact her at 408-4146.** If you would like further information, I can be contacted on 412-2736 (Rachel) .

Ms. Elizabeth Cherry looks for a full time employment as housekeeper/nanny. She is honest, reliable and have many years of experience. **She can be contacted at 581-4390.** If you need further information, please feel free to contact me at marellita@libero.it.

Miss Marcia Dennis is a very reliable, efficient and trustworthy person and is available for immediate hire as a live in or live out household helper. She has over 15 years experience and is excellent with children of all ages. She cooks and cleans immaculately and works very well on her own. Ms. Dennis has not yet worked for a U.S. Embassy family, but comes highly recommended by a member of the Embassy community. Contact Julie Miller at 702-6225 for a recommendation. **Miss Dennis can be reached at 368-9570.**

TraciAnn Jones has worked for expats in the past and is looking for work again. She's very friendly and sweet with kids. She's looking for full time for nanny/housekeeping but is interested in whatever is available. **535-4335.**

Miss Jennifer Hamilton is available for days work. She is an excellent housekeeper with over 25 years experience working with both Jamaican and ex-pat households. She is a very good cook with 2 certificates in culinary education: basic and advanced from Grace Kitchens Creative Cooking Courses. She has also worked part-time with catering and assisting at functions. **Phone: 876-407-1190.** References available on request.

I have had the pleasure of employing **Marva Reid** since June 2012 as a part-time helper/nanny for three days a week. Marva is trust worthy, honest and an extremely conscientious hard worker with the highest cleanliness standards! Before working for us, she had worked for 9 years for two U.S. Embassy families with small children. Marva does excellent house-cleaning, ironing, and laundry. **She can be contacted at cell phone number 407-7824.** We highly recommend her and should you need to contact us for further information you can reach me at lilam@iadb.org.

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. In addition to childcare, Ms. Salmon performed housework, cared for our pets, and occasionally assisted with errands and food preparation. She is always on time, trustworthy and was an incredible component to our time in Kingston. **Ms. Salmon can be reached directly at 876-434-3236.** If you have questions, please feel to contact me at aantoinel1@gmail.com.

Madge Sinclair is recommended for work as a nanny, helper, or as-needed babysitter. She has worked in a pre-school and has experience with embassy families as helper and babysitter. She is available to start immediately and can work nights and weekends. Very honest, always on time and extremely flexible with her hours. **Her contact numbers are 374-4541 and 828-3484.** If you would like further information, contact Amarylys at 423-8728 .

Hyacinth McKellop is available to work in February 2016. She is a nanny and also cleans, cooks, and helps with other tasks around the home. She began working for my family in August 2010 as a nanny for our newborn daughter. When our family moved to Israel, Hyacinth joined us after our second child was born and she lived with us until November 2015. Hyacinth is efficient, reliable, and extremely competent. She interacts with children in a fun and patient manner. We cannot say enough wonderful things about Hyacinth! **She can be reached at 876-404-5425.**