

# the Doctor Bird

## Words of the week:

The U.S. Embassy will be closed on Monday, February 15, in honor of Washington's Birthday, which is a federal holiday.



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## Photo of the Week

Negril

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# News



*The Ambassador's Cup Basketball Tournament semi-finals begin Tuesday. Please come cheer on your favorite team as the Bulls face the Celtics, and the Thunder plays the Spurs. There's sure to be lots of action on the court, so swing by to support the players and enjoy the games.*





# MOSQUITOES CAN SPREAD DISEASES



## MOSQUITO PREVENTION CHECKLIST

- Keep house plants in damp soil instead of water
- Keep flower pot saucers dry and avoid over-watering potted plants
- Empty and scrub flower vases twice weekly
- Empty and wash pet's water container twice per week
- Keep refrigerator troughs dry
- Punch holes in bottom of tins before placing them in the garbage
- Get rid of all old tyres, tins, bottles, plastic containers, coconut shells and anything in which rain water can settle
- Cover trash containers to keep out rain water
- Cover all drums, barrels, tanks, buckets and any other container that is used to store water
- Repair leaky pipes and outdoor taps
- Keep grass cut short and shrubbery well trimmed so adult mosquitoes will not hide there
- Keep drains and ditches clear of weeds and trash so water will drain properly
- Fill in or drain any low places (puddles, ruts) in yard
- Clear roof gutters and eaves often to prevent water from settling
- Use commercially available insecticide
- Protect yourself from mosquito bites by:
  - Using a mosquito repellent that contains DEET
  - Sleeping under a mosquito net
  - Closing windows before dark
  - Opening windows and doors during fogging
  - Wearing light coloured clothing and covering your body as much as possible.

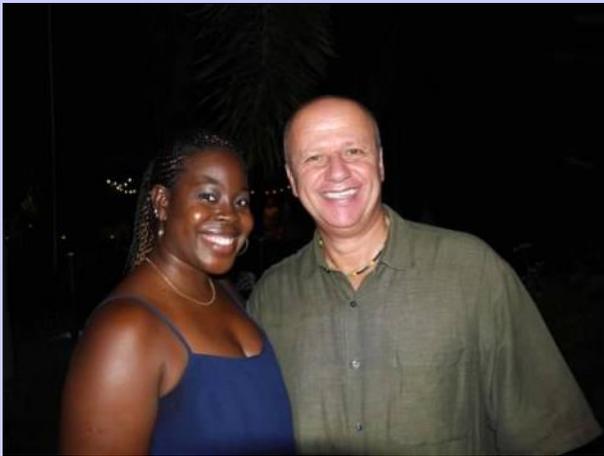
**REMEMBER**  
**Mosquitoes can spread diseases.**  
**Get rid of them.**

For further information call toll-free 1-888-663-5683.

A Message from the **Ministry of Health**

(Revised 2010)

*Thanks to the DCM and Don for hosting a lovely wine tasting event. Cheers!*





**KFSNA**  
PRESENTS

**A**  
**TREAT**  
**WITH**  
**LOVE**

FEBRUARY 11-12, 2016  
ATRIUM  
12:00P.M.—2:00 P.M.

**ROSES, CAKE, BALLOON MESSAGES, JAMAICAN  
SWEET TREATS**

**COME OUT AND SUPPORT**

**Writers wanted!** The Dr. Bird is soliciting articles on topics that might be of interest to our Embassy community (hidden gems, resort reviews, fun activities, etc.). Please contact the CLO office if you're willing to contribute.

**Photo of the Week:**

Please send in your best photos from around Jamaica. Each week we will feature an image that captures the spirit of the island.

**Babysitting**

DERYN CANDELARIA

Email: Dercandy@gmail.com  
Mobile: 513-9882

Hours: Available weekdays,  
weekends, and evenings

Experienced babysitter with  
children of all ages



Call or Email for rates.

# Motoring Tips

*Lighting and Wipers—carcare.org*

## **What is it?**

Lights and wipers play a major role in safe driving – the chances for accidents increase if you can't see or be seen. Some states have laws that require the headlights to be on with the wipers. If you detect any problems with your car's lights or wipers, have them checked out at once.

## **What does it do?**

The wiper system keeps excessive water, snow or dirt from building up on the windshield and removes them to maintain clear visibility through the windshield. The lighting system provides nighttime visibility, signals and alerts other drivers, and supplies light for viewing instruments and the vehicle's interior.

## **Typical Wear and Tear**

Lights and wipers are normal wear items that require periodic replacement. Factors affecting replacement intervals include:

- Operating conditions (winter conditions are tough on wiper blades)
- Frequency of use
- Material and type of lights and wipers
- Sunny weather – wiper blades can deteriorate faster and need more frequent replacement in desert states

## **Symptoms**

- Chattering or streaking wiper
- Rapid signal blinking
- Dimming lights



# Meliá Braco Village, Trelawny



The Meliá is said to be the site where Columbus landed when he first came to Jamaica. He named it the “Rio Bueno” which translates to “good river.” He found good drinking water here so he thought that the name was appropriate. The new Meliá Braco Village is designed to look like colonial times—and the Falmouth town center—giving the resort a nice village feel.



There are three restaurants that are currently open. While Meliá is in their soft opening, the place where dinner is served changes each night. The first option, Rasta Pasta, offers a mix of Caribbean and Italian food. They have the classic pasta and meatballs along with other pasta dishes, salads, and pizzas. The service at Rasta Pasta is rather slow. Other than that, it was a good experience. Next is The Market Place which is buffet-style and serves breakfast, lunch, and dinner. At the Market Place, they have the traditional buffet breakfast with pancakes, French toast, bacon, sausage, and more. The service is excellent and the art on the walls is very nice as well. It’s a great way to start the morning seeing

as how the Market Place is only a few steps to the beach and pool. For lunch and dinner, the menu changes each day. And last but not least, The Grill which serves lunch. They have French fries, hot dogs, hamburgers, and jerk pork. Though the menu is small, the meals are great for a snack by the pool.

There are many things to do at Meliá. There is tennis, football (soccer), volleyball, and of course swimming and snorkeling. The kids club which opens at 9am is great for parents to have some time for themselves. The kids make



Kid’s & Co. children’s club (ages 5-12)

*(Continued on next page)*

## Meliá Braco Village cont.



art projects, go to the beach and look for shells, and have TV shows and movies running on three screens.

They tend to have entertainment around dinner, to listen to while you eat. At night they bring candles out and put them around the fountain. The spa which also opens at 9am only has massages and scrubs right now. Once they get up and running they will have a lot more. They will have six treatment rooms in the spa or you can get your massage done in your room or on the beach. The 50-minute

massage is \$125. All of the prices are in US not Jamaican. They have Swedish and deep tissue. And once they get everything up and running, they will have a boating service that looks like a lot of fun.

Over all, I think that the Meliá is a great place to get away. But it is more of a parents getaway than for the whole family. The staff is very nice. They do their jobs well. Though the resort isn't entirely finished yet, it is very nice. They still have a few kinks to work out. I highly recommend checking out the Meliá. A great place to get away.

~ Article courtesy of Hannah Disney, 7th Grade, AISK



Marlon serving ice cold jellies from his cart. One of the nice Jamaican touches around the resort.

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# KINGSTON CITY RUN

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1/2 MARATHON, 10K AND 5K

## SAVE THE DATE!

**FRIDAY, MARCH 11, 2016**

Welcome Night Party – In association with Bacchanal Jamaica

**SATURDAY, MARCH 12, 2016**

Pre-Race Party - Health Fair & Lifestyle Expo

**SUNDAY, MARCH 13, 2016**

RACE Day, Race Village and Awards Ceremony:

**FOR MORE INFORMATION AND TO REGISTER:**

**GO TO: [WWW.KINGSTONCITYRUN.COM](http://WWW.KINGSTONCITYRUN.COM)**

- Bib Chip Timing by MyLaps BibTag Timing System- the international standard in race timing.

An Embassy team will be forming for the upcoming Kingston City Run. Save the date and email Moni @ [DaviesSM@state.gov](mailto:DaviesSM@state.gov) for a registration form.

Early bird registration, which means a savings of \$500 per registrant, closes on February 12th, so RSVP soon!

# Events

 UjimaNewsletter

**UJIMA Natural Farmer's Market**



Join us for your  
**NATURALLY GROWN VEGGIES!**

On Saturday, February 06, 2016  
Rain or Shine

@ CHINESE CULTURAL CENTRE  
22 Barbican Road  
(beside Orchid Plaza)

This Week's Harvest  
Call Nicola to Pre-order Items  
Cell: 421-8838  
Market Time: 10am- 3pm

Jamaica Junior Theatre  
2016 Production



**Pan**

January 8th - February 21st  
The Phillip Sherlock Centre for the Creative Arts. (UWI)

Fridays 7:30  
Saturdays 4pm & 7:30pm  
Sundays 5pm

[www.Jamaicamusicaltheatre.com](http://www.Jamaicamusicaltheatre.com)

**JOHNNY LIVE!**  
**ONE MAN SHOW**  
*"Bring Back the Love"*

**Love Seats (\$1,500 Each)**  
 Regular Seating

**Intimate Seats (\$2,500 Each)**  
 Up Front Seating

**Romance Package (\$10,000)**  
 (Per Couple)  
 Reserved Curbside Parking  
 Roses, Complimentary Drinks  
 Front and Centre Seating  
 Photo-Opp with Johnny

For tickets call:  
 891.8027 | 891.7713 | 977.2961 | 977.2080  
 Email: robinbastonassociates@gmail.com

FEBRUARY 14TH, 2016 | SHOWTIME 5PM & 8PM  
 COURTLIEGH AUDITORIUM, KGN 5



**SATURDAY FEB 20TH 2016**  
 JAVRAG PRODUCTIONS PRESENTS  
**PORTLAND JAMFEST**  
 LONG LIVE THE MUSIC 2016

**TWINS OF TWINS**  
**BUGLE**  
**CHRISTOPHER ELLIS** SON OF ALTON ELLIS  
**BRAIN**  
**EMPRESS MINOT**

*Featuring* **RAZA & F MAJAH**  
 Presenting **DJ ODDY • DJ SEARIAN**  
**DJ SATAN • DJ BOBO LINKS**  
**GHETTO BLASTER**

**SHANSHY BEACH**  
 BRYAN'S BAY, PORT ANTONIO  
**TICKETS: JAS \$1000 \$1200 AT THE GATE**

**DOORS OPEN 10AM • SHOW TIME @ 5PM**

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

PURCHASE TICKETS AT [WWW.YARDTICKET.COM](http://WWW.YARDTICKET.COM)  
 FOLLOW US: FACEBOOK.COM/PORTLANDJAMFESTIVAL  
 INSTAGRAM: @PORTLANDJAMFESTIVAL  
 TWITTER: @PORTLANDJAMFEST



**JAZZ IN THE STREET**  
 saturday, february 13, 2016 @ 8pm  
 featuring Harold Davies and Friends  
 3500 per person includes a super buffet. wine and drinks on sale.  
 reservations required. please call 620 5098 for your table



THE INSTITUTE OF CARIBBEAN STUDIES  
IN COLLABORATION WITH  
THE DEPARTMENT OF LITERATURES IN ENGLISH  
UWI MONA, JAMAICA  
PRESENTS

THE  
**19TH ANNUAL**



**BOB MARLEY LECTURE**

'A JOURNEY INTO THE AWARD-WINNING MARLON JAMES MIND'

PRESENTER  
**Marlon James**

Author and winner of the 2015 Man Booker Prize

**FRIDAY FEBRUARY 12 2016**

VENUE: THE UNDERCROFT SENATE BUILDING  
TIME: 6:00PM - 8:00PM

SPONSORS  
SPANISH COURT HOTEL  
OFFICE OF THE VICE CHANCELLOR

**YOGA AND WORLD RHYTHMS:  
LOVE ROOTS**

with Malika, Jesse & Elizabeth  
Saturday Feb 20th | 4:00-6:00pm  
Afyā Yoga Studio | 2D Bamboo Ave  
\$1500 early bird registration / \$2000 at the door  
Register: [afyajamaica@gmail.com](mailto: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.



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

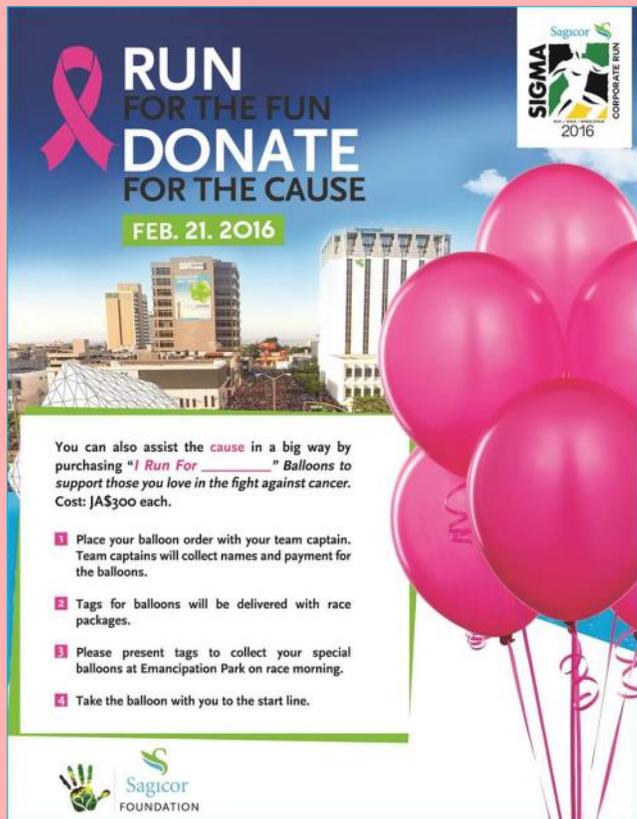
Friday, 19th February, 2016  
8:00 P.M.

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. [damaslatinaskj@gmail.com](mailto:damaslatinaskj@gmail.com)



**RUN FOR THE FUN DONATE FOR THE CAUSE**  
**FEB. 21. 2016**

**SIGMA Corporate Run 2016**

You can also assist the **cause** in a big way by purchasing "I Run For \_\_\_\_\_" Balloons to support those you love in the fight against cancer. Cost: J\$300 each.

- Place your balloon order with your team captain. Team captains will collect names and payment for the balloons.
- Tags for balloons will be delivered with race packages.
- Please present tags to collect your special balloons at Emancipation Park on race morning.
- Take the balloon with you to the start line.

**Sagicor FOUNDATION**

**SAVE THE DATE**

# JAKE'S OFF ROAD TRIATHLON



**300M OCEAN SWIM** | **25K 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.

PROFESSIONAL ROAD RACE MANAGEMENT SERVICES

## RUNNING EVENTS LIMITED

### 2016 Road Race Calendar

February		
Sun 21st	SIGMA Corporate Run	Emancipation Park New Kingston
March		
Sun 6th	Everyone's A Winner Best Dressed Chicken 5K & 7K	Hope Botanical Gardens
Sun 13th	Kingston City Run	Emancipation Park New Kingston
April		
Sun 17th	Everyone's A Winner Best Dressed Chicken 5K & 8K	Hope Botanical Gardens
May		
Sun 1st	MoBay City Run	Gloucester Ave Montego Bay
Sat 7th	FOOD FOR THE POOR 5K	Emancipation Park New Kingston
Sun 22nd	PUMA Fortis 5K	Kingston College North Street
June		
Sun 5th	Tru-Juice Cross Country 5K	Bog Walk St Catherine
Sun 19th	Everyone's A Winner Best Dressed Chicken 5K & 9K	Hope Botanical Gardens
Sat 25th	Shipping Industry 5K	Newport West Kingston
July		
Sun 10th	GraceKennedy Education Run	Downtown Kingston
September		
Sat 10th	CUMI Come Run	Tryall Golf Club Hanover
Sat 8th	Digicel Imagine 5K Run	Downtown Kingston
Sun 16th	JN Heroes in Action 5K	Falmouth Pier Trelawny
Sun 23rd	Burger King Mandeville 5K & 7K	Mandeville
November		
Sun 6th	Burger King Portmore 5K & 10K 4X 1500m School Relays	Portmore Mall
Sun 13th	CB Group UWI 5K Smart Eggs Kids K	UWI Mona Bowl
December		
Sat 3rd	Reggae Marathon, Half Marathon & 10K	Long Bay Beach Park, Negril

As of 1st January 2016. Subject to change.

**Register online! [RunningEventsJa.com](http://RunningEventsJa.com)**

[f](#) [t](#) [i](#)

# Advertisements

**WEEKLY SCHEDULE** 

**YOGA . PILATES . TAI CHI**

<p><b>MONDAY</b> 6:00 - 7:15 PM <b>Tapas Yoga</b></p> <p><b>TUESDAY</b> 5:45 - 7:00 AM <b>Sunrise Yoga</b></p> <p>10:00 - 11:30 AM <b>Joint Freeing Yoga</b></p> <p>6:00 - 7:15 PM <b>Yoga-Lates</b></p> <p><b>WEDNESDAY</b> 6:00 - 7:30 PM <b>Pilates</b></p> <p>7:30 - 8:30 PM <b>Yoga</b></p>	<p><b>THURSDAY</b> 6:00 - 7:30 PM <b>Yoga for Relief &amp; Release</b></p> <p>7:30 - 8:30 PM <b>Candle Light Yoga</b></p> <p><b>SATURDAY</b> 9:00 - 10:00 AM <b>Open Pilates</b></p> <p>10:30 - 11:30 AM <b>Tai Chi - Donation Based Class</b></p> <p><b>SUNDAY</b> 11:00 - 12:15 PM <b>RISE Yoga - Donation Based Class</b></p>
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CONTACT US: 2D BAMBOO AVE, KINGSTON 6 (CNR OF WELLINGTON & BAMBOO AVE)  
876 977 6735 | 876 383 7669 | AFYAJAMAICA@GMAIL.COM  
WWW.AFYAJAMAICA.COM | @AFYAJAMAICA | AFYAJAMAICA





Thursday  
**YOGA CLASSES**  
*with Leanne*

13 BENSON AVE  
KINGSTON 8

9:00 AM  
**COST: \$1,000**

**876.464.5929**

*"Healing Through Touch Therapy"*



**Perfectly Kaam**  
Kameela Abdul-Maajid Massage Therapist

**SPECIALIZING IN:**  
Thai Fusion Massage  
Restorative Massage  
Sweedish 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



**Veggie Eats**  
[FREE DELIVERED LUNCH CATERING]

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





SIX WEEK  
**BOOTCAMP**

876 416 1347 FOR MORE INFO



**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
- » High tea daily
- » Golf cart
- » Airport transfers
- » Breakfast and dinner daily
- » Top shelf liquor
- » All tips and taxes
- » 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](mailto:gbamarketing@optionline.net)

**CENTER FOR LANGUAGE & CULTURE**  
 Pre School + Language Classes



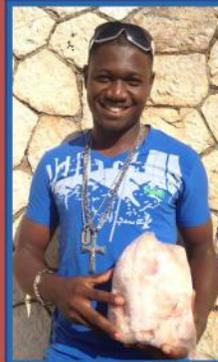
**(876) 863 2926**

[alinelunaless@yahoo.com](mailto:alinelunaless@yahoo.com) Or 755 1255

Pre – School children 18 months to 5 years old

Language classes for all ages ( French, Spanish, English)

**CLC seeks Experienced Pre School & Language teachers**



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

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 Open Since Nov 17<sup>th</sup>

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- Sandwiches and Wraps (chicken, tuna, ackee and saltfish)

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

# 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](mailto: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](mailto: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](mailto:donna02@gmail.com)



# Cars for Sale



## **2006 TOYOTA KLUGER**

2.2 MIL NEGOTIABLE

EXCELLENT CONDITION

51,000KM

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

## **2009 BLACK TOYOTA CAMRY**

ONLY 51,000 KM, EXCELLENT  
CONDITION!

\$1,800,000 (negotiable)

Contact: 276-9314 / 631-1964



## **VOLVO XC90 D5 2012 FOR SALE**

5 CYLINDER DIESEL TURBO 2400 CC

6 SPEED GEARTRONIC AWD

7 SEATS

BRITISH SPECIFICATION

22850 MILES

CONTACT # 4368967

VALUATION MADE ON DECEMBER 10 2015 AT MENDEZ/LIVINGSTONE INCORPORATED LTD

Official parts and Services dealer for Volvo Dennis Automotive **(876) 929-6271, 497-4575**

**5.4 Mio. JMD / 45500 USD**

Contact Info 1876-4368967

AVAILABLE FROM JANUARY 20TH

Air Conditioner - auto dual zone, Power Steering, Tilt/ Telescopic Steering Column - manual, Power Windows (LAMINATED) - auto, Power/ Retractable Mirrors, Auto Dimming Rear View Mirror, Power Door Locks, Remote Central Locking, Antilock Braking System, SRS - 4 Airbags, AM/FM Radio CD Player, Cruise Control, Sunroof/Moonroof, Leather Seats, Leather Trimmed Multifunction Steering Wheel - w/ handsfree, Powered Driver's Seat - w/ memory, Driving Fog Lamps, Alloy Wheels - 18" OEM, Rear Spoiler, Side Mouldings, Rear Window Wiper, Proximity Sensors, Roof Rails, Turbocharger, Intercooler.



# 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

## **1999 Honda Accord**

Excellent condition...\$650,000.00. For more pictures call Christopher 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



## **2012 Chevrolet Equinox**

Diplomatic owner, available due to relocation. Only 32,000 miles, very good condition. Sleek two-tone interior, generous leg room in the back row, ideal for families or hosting visitors. 5-door, Bluetooth, CD player, Sirius/XM, AUX port, spare tire. Great for Kingston driving and trips to north coast. Available in April.

US\$14,500 (plus duties for non-diplomats).

Email [jorgecordova99@yahoo.com](mailto:jorgecordova99@yahoo.com)

## **2007 Mercedes Benz Sports**

### **Coupe**

Asking Price – 2 Million Jamaican Dollars

CONTACT: Bevan Shirley

TEL: 579-7990



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



# FLO Weekly

*Advocacy Programs Services*

January 4, 2016

## FLO Weekly in Review

Happy New Year from FLO's Communications and Outreach team! We hope you have found articles in last year's *FLO Weekly* to be helpful and informative. Check out some of the *FLO Weekly* highlights from 2015:

- [Go-Bag Checklist](#)—Be prepared to grab your Go-Bag should you need to leave post on short notice.
- [Functional Training for Family Members](#)—FLO manages enrollment (on a space-available basis) in functional training courses offered at the Foreign Service Institute for EFMs. Courses available include Consular, General Services Operations, Facility Management, Human Resource Management, and Financial Management.
- [Education and Youth Frequently Asked Questions](#)—The FAQs include information on boarding schools, transition to Washington, D.C., allowances, special needs, and more.
- [Portable Employment Options](#)—Learn about education as a mobile profession, home businesses, teleworking, and more.
- [Foreign Service Life](#)—This webpage provides information on a variety of topics including eldercare, adding a family member to your orders, members of household, foreign-born spouses, long-distance relationships, and more.
- [Employment Frequently Asked Questions](#)—Quickly and easily find the answers you need to the most common family member employment questions.
- [Non-competitive Eligibility Landing Page](#)—Learn about using NCE through which EFMs can be appointed to certain federal positions without competing with the general public when returning to Washington, DC.



Visit [FLO's website](#) for more information and resources on Education and Youth, Crisis Management and Foreign Service Life, Unaccompanied Tours, Employment, and Naturalization. Email [FLO@state.gov](mailto:FLO@state.gov) with questions.

## Reminder! Apply for 2016 AFSA College Scholarships

The American Foreign Service Association (AFSA) Scholarship Program application period is now open to children of AFSA members. Awards include:

- Academic Merit, Art Merit, and Community Service Awards for graduating high school seniors.  
**Deadline February 6, 2016**
- Needs-based Financial Scholarships for incoming or current college undergraduates.  
**Deadline: March 6, 2016**

If eligible, students can apply for all four awards. For more information and eligibility requirements, visit [AFSA's scholarship webpage](#) or email [scholar@afsa.org](mailto:scholar@afsa.org).

*FLO Weekly* is a compilation of news and information from the Family Liaison Office (FLO) of the Department of State for U.S. government employees, their family members, and Members of Household (MOH) who are serving, have served, or will be serving at U.S. missions overseas.

Visit FLO on the Internet at: [www.state.gov/m/dghr/flo](http://www.state.gov/m/dghr/flo) or email: [FLO@state.gov](mailto:FLO@state.gov); or call (800) 440-0397 or (202) 647-1076.

To subscribe, email: [FLOPublications@state.gov](mailto:FLOPublications@state.gov)

# 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](mailto: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](mailto: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](mailto: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.**

### Ongoing Interest Groups —

If you would like to join the groups, contact the individuals below. And if you'd like to start a new group, email [cloK@state.gov](mailto:cloK@state.gov).

- \* **Book Club:** Rose Charles - [rnccharles@yahoo.com](mailto:rnccharles@yahoo.com)
- \* **Crafting Club:** Rose Charles - [rnccharles@yahoo.com](mailto:rnccharles@yahoo.com)
- \* **Squash:** Josh Polacheck - [polacheckjw@state.gov](mailto:polacheckjw@state.gov)
- \* **Scuba Diving:** Vanja Vukota - [vukotav@state.gov](mailto:vukotav@state.gov)
- \* **Table Tennis:** Ricky Lindo - [lindora@state.gov](mailto:lindora@state.gov)
- \* **Tennis:** Jeremy Slezak - [SlezakJD@state.gov](mailto:SlezakJD@state.gov)
- \* **Zumba:** Tiffany Pointer - [PointerTN@state.gov](mailto:PointerTN@state.gov)

### Health Unit Contact

Mon- Fri 7am - 4pm

Marian Thwaites - 276-9952

Marjorie Brooks - 361-1050

### NCB Hours

#### Wednesdays Only

9:30am- 3:00pm with a break  
from 1:30-2pm

#### Cashier Hours

Monday to Friday 8am - 12pm

### Duty Officers

#### Embassy Duty Officer: 361-1015

Paul Rivera: February 9 to February 16

Jonathan Roy: February 16 to February 23

#### Peace Corps Duty Officer

Lequi Mcleod: February 8 to February 15

276-8207

Trevor Chance: February 15 to February 22

371-0598

#### RSO Duty Officer

Paul Disney: February 9 to February 15

467-0010

Mike Rohlfs: February 16 to February 22

483-1127

### **RSO Approved Taxi Services**

#### City Guide Taxi Service Ltd

876-758-3339

876-758-2604

#### El-Shaddai Taxi

876-969-7633

876-969-2016

#### On Time Taxi Co Ltd

876-968-4780

876-929-1742

876-929-4060

876-968-4772

876-926-3866



# CLO Calendar

## February/March 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
7	8	9	10	11	12	13
				<a href="#">KFSNA Sale</a> RMO/P here	<a href="#">KFSNA Sale</a> RMO/P here	
14	15	16	17	18	19	20
Valentine's Day	<b>Washington's Birthday: Embassy closed</b>	Basketball Semi-Finals	Zumba	AISK parents meeting in MPR @ 2pm	Basketball Tournament Finals	Valentine Couple's Dinner
21	22	23	24	25	26	27
Sigma 5.5K Run					Family Movie Night	Volunteer Appreciation Event
28	29	1	2	3	4	5
			Zumba		Pub Quiz	
6	7	8	9	10	11	12
			Zumba			

**Reminder from the RSO:**

**Please do your radio checks. The MSG will be expecting your call on Saturdays, 9-Noon**