

the Doctor BÍrd



Dr. BÍrd's words of the week:

The Embassy will be closed on Monday, January 18th, to celebrate Martin Luther King Jr. Day. Learn about the meaning behind this holiday from [The King Center](#).

[Events](#)

[Ads](#)

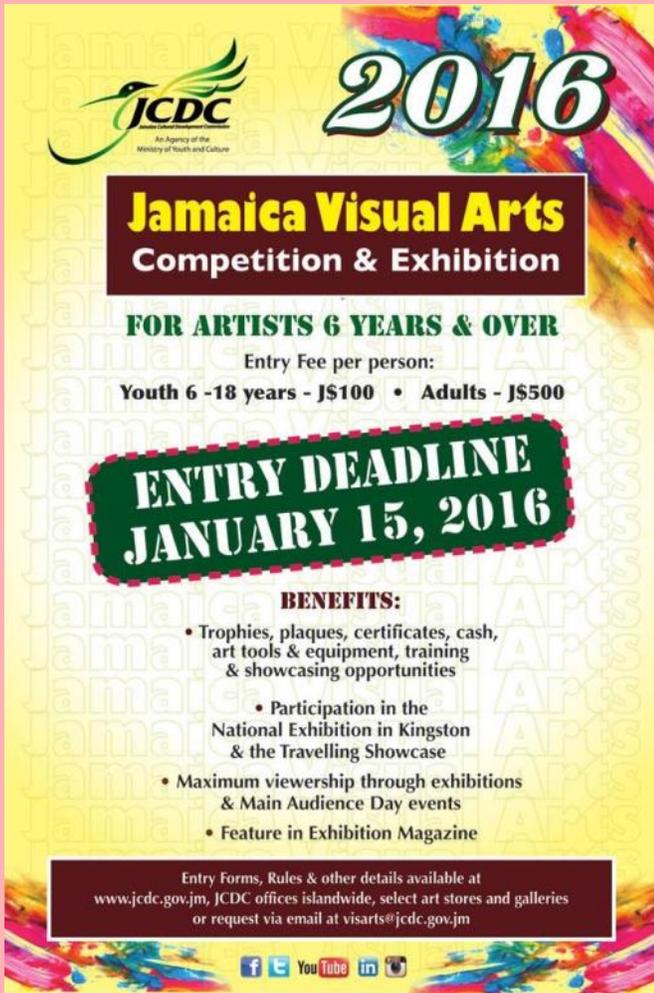
[Classifieds](#)

[Household Help](#)

**Follow U.S. Embassy
Jamaica**



Events



JCDC
An Agency of the
Ministry of Youth and Culture

2016

Jamaica Visual Arts Competition & Exhibition

FOR ARTISTS 6 YEARS & OVER
Entry Fee per person:
Youth 6 -18 years - J\$100 • Adults - J\$500

**ENTRY DEADLINE
JANUARY 15, 2016**

BENEFITS:

- Trophies, plaques, certificates, cash, art tools & equipment, training & showcasing opportunities
- Participation in the National Exhibition in Kingston & the Travelling Showcase
- Maximum viewership through exhibitions & Main Audience Day events
- Feature in Exhibition Magazine

Entry Forms, Rules & other details available at www.jcdc.gov.jm, JCDC offices islandwide, select art stores and galleries or request via email at visarts@jcdc.gov.jm

[f](#) [t](#) [You Tube](#) [in](#) [g+](#)



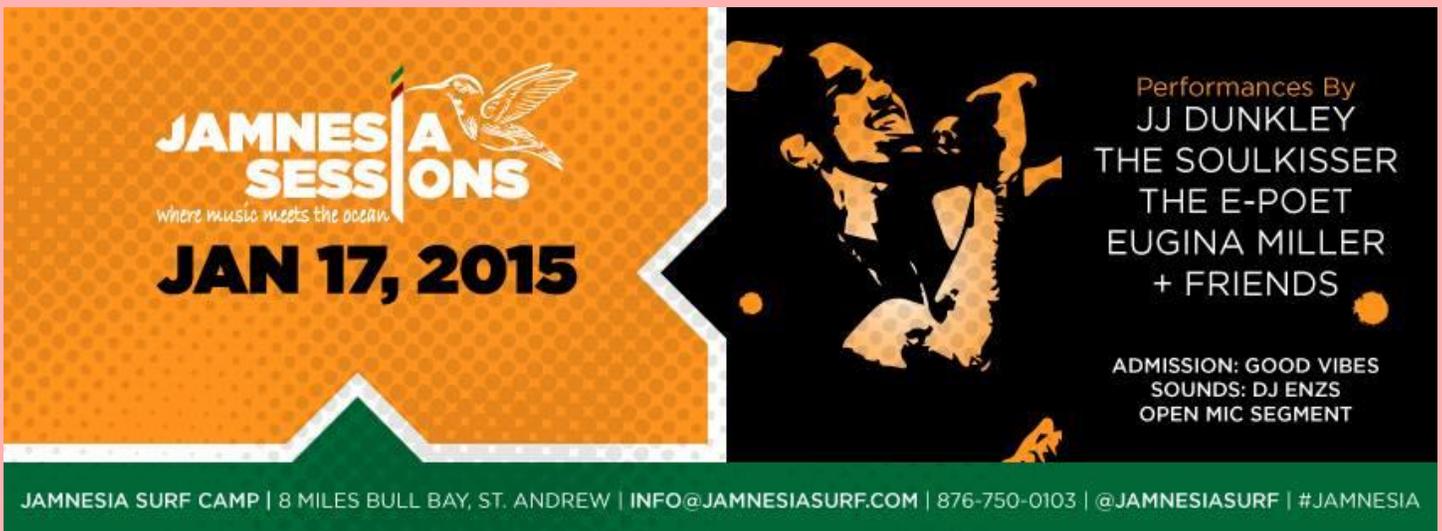
THE JAM IS BACK

**THIS AND
EVERY THURSDAY**

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

CONSTANT SPRING GOLF CLUB

152 CONSTANT SPRING RD
FREE ENTRY



JAMNESIA SESSIONS

where music meets the ocean

JAN 17, 2015

Performances By
JJ DUNKLEY
THE SOULKISSER
THE E-POET
EUGINA MILLER
+ FRIENDS

ADMISSION: GOOD VIBES
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Cool evenings and a warm saxophone.
Fabulous wine. Delicious food.

saxophonist

Nicholas Laraque

Thursday // 7:00 pm



Wine & Art
CHARCOAL DRAWING WORKSHOP
INSTRUCTED BY
AMY LASKIN

JANUARY 28TH
6:00 PM - 8:00 PM
WINE & LIGHT REFRESHMENTS

R.S.V.P
The Art Centre Ltd | 202 Old Hope Road, Kingston 6 | 876 927 1608 | artcentregallery.ja@gmail.com

Yoga in paradise at
HERMOSA COVE
ON
Saturday, January 30th
10:30 am-4:30 pm
\$65 USD
Yoga, lunch and beach time
@ world class resort in Ocho Rios
Register today!
410-8740 nadineyogi@gmail.com

COMMUNITY HIKE AND LUNCH

30 January 2016

Jambos Pond, St. Catherine

Odain Small, Powell Plaza Gardener, cordially invites you and your friends to join him for a community hike and lunch at his home in Jambos Pond, St. Catherine. Spectacular views, easy terrain, and home-cooked meals make this an outing the whole family will enjoy.

\$1000 per person.

60 minute drive from Manor Park, near Glengoffe

Odain Small 864-0393

RSVP by Wednesday, 27 January

Meal Options: Curry Goat or Jerk Fried Chicken, both served with the fix'ns



HIGH MOUNTAIN COFFEE
10k 5k
ROAD RACE

33RD 10K & 5K
HIGH MOUNTAIN COFFEE
ROAD RACES
WILLIAMSFIELD, MANCHESTER
starting @ 2:00 p.m.

OVER **\$300,000**
IN CASH AND PRIZES
REGISTER TODAY AT

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- Children FREE

SUN. JAN. 31 2016
• Walk • Run & Wheelchair

www.highmountaincoffee10k.com Exhibitor Booths available call: 630-3273 or 545-3352

BLACK HISTORY MONTH

WRITING COMPETITION



February 6-21



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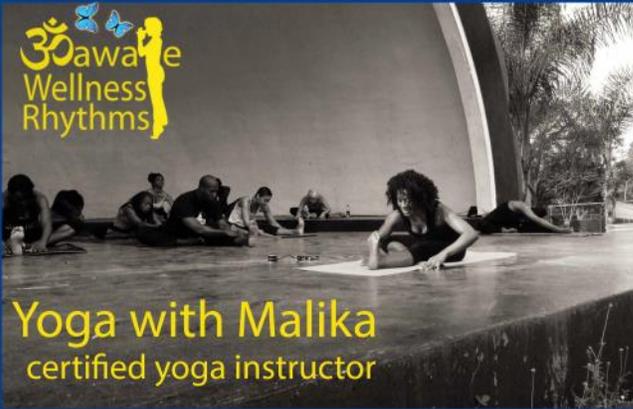


- ✦ Language Arts (K-12 and beyond)
- ✦ Math (K-9)
- ✦ Science (K-9)
- ✦ French (K-12 and beyond)
- ✦ Spanish (K-12 and Beyond)
- ✦ And much more!!!

US\$20-25 Per Hour
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CANDLELIGHT YOGA THURSDAY 7:30-8:30PM

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Karlene Blagrove. For a rejuvenating and relaxing massage in the privacy of your own home, call Karlene Blagrove, certified massage therapist.

A top woman Jamaican runner who was a top runner in the Reggae Marathon in Negril, Karlene specializes in treating exercise related muscle stress.

JD\$ 5,000 per session

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 1 (876) 403-8776



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 We bring you the flavor of authentic Roman recipes,
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Our mini treats of chocolate fudge, coconut drops, plantain tarts and flavoured coconut pops are all homemade. They are perfect for your wedding, party, anniversary, meetings, movie nights, get-togethers, as "thank you" gifts, any gift, snacks or just because. Our drops and pops even have less sugar. Retail and wholesale quantities are available. Ask about our gift packages and prices. Place your order today:

 <p>Plantain Tarts</p> <p>Wholesale 50 to 100 - \$40 each</p> <p>More than 100 \$35 each</p>	 <p>Pops</p> <p>Wholesale -Any 1- flavour minimum 70 pieces -\$1.750</p>
 <p>Fudge</p> <p>Wholesale Minimum 50 pieces (2 flavours only) - \$1,750</p>	 <p>Coconut drops</p> <p>Wholesale Minimum 70 pieces \$1.050</p>

876-324-3098 Kathy
 876-381-1795 Robert

www.facebook.com/Gracesminis

INIX

~ Naturals ~



Natural & Delicious Yogurt, Hummus, Pepper Jelly, Mango Chutney Call: 260 0957

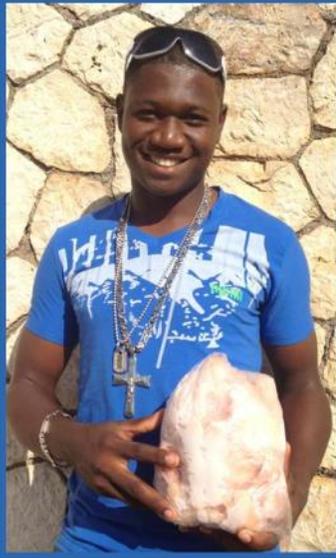


Coronation Market Vendors

Sweetwood Market

Open Fri and Sat until 5pm. 78 Knutsford Blvd 906.4854





Powell Gardener
ODAIN SMALL

Home-grown Chickens

For Sale: ~5lbs for \$1000

Freshly butchered and frozen

Free delivery to Powell and US. Embassy

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Operating for over 40 years, we are the leading car rental and transportation company in Jamaica. The company is licensed by the Jamaica Tourist Board. We are also a member of the Jamaica Rent-a-Car Association, and the Jamaica Hotel and Tourist Association.

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Transportation Services Offered:

- Airport & Private Transfers
- Executive Chauffeur Services
- Day-Trips and Escorted Tours
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Fleet includes:
Toyota Coasters,
Toyota Hiace buses,
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Caribbean's Leading Independent Car Rental Company

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



2014 Toyota Rav 4

Immaculate condition, Lady driven, 21,000 KM's, Bluetooth, Reverse camera, Keyless start, Rain visors, Fully serviced by dealer Toyota Jamaica, Still under warranty, **J\$4M**

Contact: 576 6159 or drfeelgood394@gmail.com for further details and viewing



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2006 TOYOTA KLUGER

2.2 MIL NEGOTIABLE

EXCELLENT CONDITION

51,000KM

For more information contact Kedesha or
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2009 BLACK TOYOTA CAMRY

ONLY 51,000 KM, EXCELLENT
CONDITION!

\$1,800,000 (negotiable)

Contact: 276-9314 / 631-1964



Mercedes C200 Avantgarde CGI 2010

Silver, AC, Multi Media, Power Package,
Bluetooth, Reverse Camera, Surround
Alarm, 6 Airbags, Bi-Xenon Headlights,
Tinted Windows, Avantgarde Equipment
Package, 4 new tyres

Motivated to sell as getting another car.

3.65 negotiable 260-0957



Cars for Sale



2006 Toyota Ipsum 240S

7 Seats

Odometer: 166499

Special Price because owner is migrating: 9,000 USD

Call: 620-7514 and 576-3467

2007 Mercedes Benz Sports

Coupe

Asking Price – 2 Million Jamaican Dollars

CONTACT: Bevan Shirley

TEL: 579-7990



2012 Mazda 2

1.5L, automatic, fully powered, alloy rims, lady-driven in good condition.

Price \$2.1M. Call 427-6568

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



VOLVO XC90 D5 2012 FOR SALE

5 CYLINDER DIESEL TURBO 2400 CC
6 SPEED GEARTRONIC AWD
7 SEATS
BRITISH SPECIFICATION
22850 MILES
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Volkswagen Tiguan 2013 • 4WD • KM 6,700

6,700 KM, Serviced only by dealer. 5 seater, black leather interior, panoramic roof, Bluetooth, AM/FM Stereo CD Player, MP3 Player Auxiliary, Audio Input, 16 inch hollow rims, roof rack, reverse sensors, integrated turn signals, fog lights, rain sensing wipers, power mirrors.

Diplomatic vehicle. Excellent condition.

Price To Go \$30,000 + Duties Owed ONO

Call to view: 960-0459; vwforsaleKL@gmail.com

For Sale

TO SELL	PICTURE	PRICE
		Selling Price USD / JMD
Weyder Pro 350 L gym Bench		120 USD
Sony KDL 40EX720 40" BRAVIA MULTISYSTEM 3D LED TV NTSC & PAL US-EU specifications 100-240		850 USD
Panasonic DMR-EH59GA-K Multi-Zone 250GB HDD/DVD Recorder NTSC-PAL		230 USD
900 mbz Sony wireless Headphones		60 USD
600 mW High power Amped wireless range extender RS 10000		60 USD
APC AV Power-Saving Surge Protector - 8 Outlet		40 USD
Cnet range extender		3500 JMD
Chef Choice food Slicer		80 USD

Imusa Panini Press		2500 JMD
Rowenta Iron		35 USD
WAHL Hair cutting Kit		1500 JMD
Taylor Analog Scale		3000 JMD
Digital Scale		35 USD
Lighting system for Photography		30 USD
Decanter set Diva Schott Zwiesel (Decanter + 2 glasses)		100 USD
2 Maxima Mattresses 190cm x 80cm (74 X 31.5 inches) Brand new, lattoflex , hypo-allergenic, latex core, 5 ergonomic comfort zones		150 USD each
13 ice-cream cups (Red) Nachtmann Bavarian Cristal		130 USD

STOKKE Tripp Trapp® Chair Wooden high chair for baby and child. Adjustable seat and footplate positions		130 USD
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Contact algarzon31@hotmail.com for details

For Sale



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



Patio Table with 2 Chairs – JM\$10,000.00

3 Sets Available.

Contact Earle @ 472-4503



Multiple sets of Plan Toys garage, road, fire station, 14 vehicles including helicopter, signs, people and trees. This is all gently used - the garage elevator works!

Asking: 18,000 JMD

Contact: vanselms@gmail.com (Joanne)

Household Help

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, any family will be lucky to have her! She will be moving back to Jamaica on January 13th and **can be reached on her friend Dorreen Brown's phone at 876-488-4146**. DrBird@state.gov for letter of reference.

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 Sandra on 408-4146**. If you would like further information then I can be contacted on 412-2736 (Rachel) .

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**.

Terry has been our helper for over a year and is outstanding, trustworthy, and completely reliable. She is always on time and ready to go to work, and keeps our house in beautiful condition and very well organized. She's always on top of the laundry and her ironing is excellent. Extremely flexible, Terry is always willing to try or do new things and needs little supervision. Highly recommend. She is currently available to work a couple days a week. **She can be contacted directly at # 351-2457**.

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. Marva has been with our family since my son was 9 months old. My son has developed a strong sense of fondness and respect for Marva over the past years and she has become family to us. Marva is punctual in coming to work. She is very reliable and you can depend on her to complete designated tasks in a timely manner. **She can be contacted at cell phone number 407-7824**. We highly recommend her for employment and should you need to contact us for further information you can reach me at lilam@iadb.org.

Madge Sinclair is looking 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. **Her contact numbers are 374-4541 and 828-3484**.