

# the Doctor Bird

## Words of the week:

*Cheer on the U.S. Embassy team and all the Kingston City Run participants on Sunday, March 13, starting at Emancipation Park.*



[Events](#)

[Ads](#)

[Classifieds](#)

[Household Help](#)



[Photo of the week](#)

Jambos Pond

**Follow U.S. Embassy  
Jamaica**



# Events



**Women in Energy**  
"Using Power Differently"  
PART OF THE SERIES BY JPS

**MARCH 10<sup>TH</sup> - 11<sup>TH</sup>, 2016**  
VENUE: JAMAICA PEGASUS, KINGSTON

**Dynamic Local and International Speakers!**  
Join the conversation, as women in energy prepare to utilise their full voices to address the challenges and opportunities in this dynamic and important industry.

**LEARN . CONNECT . INSPIRE**

**Early Bird Registration extended to FEBRUARY 29, 2016!**

**CONFERENCE PACKAGES\***

- Early Bird (both days): US\$250
- Early Bird (one day): US\$195
- Regular (both days): US\$295
- Regular (one day): US\$240
- Student (both days): US\$80

\*May be paid in Jamaican Equivalent.  
\*Conditions apply

To Register or Sponsor, and for more information please contact us:  
Website: [womeninenergyconferenceja.com](http://womeninenergyconferenceja.com) | Email: [womeninenergyja@jpsc.com](mailto:womeninenergyja@jpsc.com)  
Telephone: (876) 935-3104

**SPONSORS**




**OPEN MIC**  
**11 FRIDAY @ 7 PM**  
**MARCH**

**Gladstone Taylor . Mbala Omar Francis . Andre France**  
**Ann-Margaret Lim . Abebe Payne**  
**Fabian Thomas . Yashika Graham**  
**Kuki . You!**

(sign-up at the store; spaces limited, suh forward soon!)

**@ BOOKOPHILIA . 92 HOPE ROAD**  
**876-978-5248 . info@bookophilia.com**

**KINGSTON BOOK FESTIVAL**



**JAMAICAN WRITERS SOCIETY JaWS**

**LATE NIGHT LIT2!**  
A Night of Searing Words

Featuring

**Karen Carpenter**      **Carla Moore**  
**Andrew Stone**      **Tanya Batson-Savage**  
**Michael Abrahams**      **Tony 'Paleface' Hendriks**

Hosted by **Mel Cooke**

**KINGSTON BOOK FESTIVAL**      THURSDAY, MARCH 10, 2016      TIME: 9PM      ADM: \$500      REDBONES THE BLUES CAFE 1 ARGYLE ROAD




**#HerLegacy**

**#HerLegacy:**  
Celebrating Women in Homes, Communities, our Country & the Caribbean Region

Our gallery, which features women in leadership will open at **4:00PM**

**Thursday, March 10, 2016**  
New Kingston Conference Centre (The Dr. Bird Hall)

Tributes & Performances will commence at **6:00PM**

We also have a special seating for you from 4:00pm - 6:00pm. [www.herlegacy.com](http://www.herlegacy.com)





**THURSDAY MARCH 17 12 NOON UNTIL...**

**REGENCY BAR & LOUNGE**

**Saint Patrick's Day 2016**

**LUCK OF THE IRISH PARTY**

**Best Dressed Competitions & Giveaways!**

**menu**

- \*Guinness Burgers
- \*Assorted Sausages
- \*Curly Kale
- \*Soda Bread & Smoked Salmon
- \*Chicken Curry
- Guinness & Heineken Specials

MUST BE 18 YEARS OR OLDER. DRINK RESPONSIBLY. ID REQUIRED.

\* Beer Specials  
\* Live DJ  
\* Irish Pub vibe

**Indian Cultural Society of Jamaica (ICSIJ)**  
celebrates

**H O L I**

**Date: March 19, 2016 Time: 8:00 p.m. onwards**

Club India, 38, Lady Musgrave Road (Parking Available)

**Indian food for Sale, Cultural programme, Talent show**

**Entry Fee: JMD 300 for members, JMD 500 for non members**

**NATIONAL Youth Orchestra OF JAMAICA**

**In Partnership with The Jamaica Military Band**

PRESENTS

**SHARED HOPE**

**Hope Gardens Shell Bandstand**  
**Sunday, March 20th**  
**at 4 pm**

**ADM: FREE**

(876)561-6252 [www.nyoj.org](http://www.nyoj.org)

[nationalyouthorchestrajamaica](https://www.facebook.com/nationalyouthorchestrajamaica)  
[nationalyouthorchestrajamaica@gmail.com](mailto:nationalyouthorchestrajamaica@gmail.com)

Designed by: Delano Dolphy Contact: (876)836-6394

**BOU France BOU**

**March 21**

1000 chefs, 1000 menus, on the 5 continents

**the Venetian**  
Terra Nova All-Suite Hotel

Cocktails at 7 pm  
Dinner at 8 pm

US\$175.00 per person  
Part proceeds in aid of Food For The Poor

RSVP [marketing@terranovaljamaica.com](mailto:marketing@terranovaljamaica.com) or call 926221

**TERRA NOVA ALL-SUITE HOTEL**

**The Gleaner & Jamaicans music.com**  
[www.jamaica-gleaner.com](http://www.jamaica-gleaner.com)

**MARCH 19, 2016 AT 6PM**

**EARTH HOUR ACOUSTIC CONCERT**

**AT THE RANNY WILLIAMS ENTERTAINMENT CENTRE**

**80+**  
LIFE HOURS

IRON LOTUS ACADEMY  
**EASTER EVENT**  
 Saturday, March 19th  
 11am - 1pm

OPEN MARTIAL ARTS CLASS | GAMES | PRIZES  
 BAKED GOODS & DRINKS ON SALE

176 Old Hope Road  
 RSVP: 416-1347 / 631-1419  
 IRONLOTUSMARTIALARTS@GMAIL.COM

EGG HUNT - \$500  
 COMPETITIONS - \$100



**Easter Art Camp!**



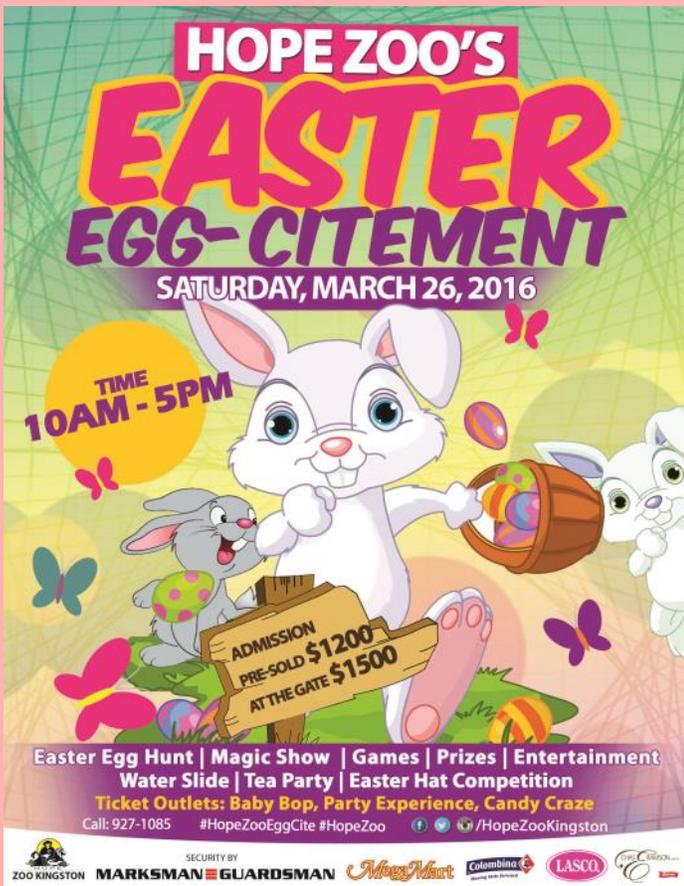
**Contact: Ms. Edwards at**  
 creativehandssummer@gmail.com  
 or call 783-3469 to register.

MARCH 23-25 (3 DAYS)  
 9:00 am to 12:00 pm

Where: American International School Of Kingston (AISK) • 2 College Green Avenue

**HOPE ZOO'S EASTER EGG-CITEMENT**  
 SATURDAY, MARCH 26, 2016

TIME 10AM - 5PM



ADMISSION PRE-SOLD \$1200 AT THE GATE \$1500

Easter Egg Hunt | Magic Show | Games | Prizes | Entertainment  
 Water Slide | Tea Party | Easter Hat Competition  
 Ticket Outlets: Baby Bop, Party Experience, Candy Craze  
 Call: 927-1085 #HopeZooEggCite #HopeZoo /HopeZooKingston

SECURITY BY MARKSMAN GUARDSMAN Miss Mart Columbia LASCO

**SANAA STUDIOS Kids & Teens**

**EASTER WORKSHOP**

Drawing & Painting	Jewellery Making	Pottery *Materials included
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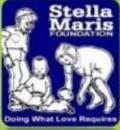


Monday - Thursday March 21 - 24  
 Tuesday - Friday March 29 - April 1  
 \*\$10,000 (4 days).  
 9:00 am - 12:00 pm  
 \*Materials Included

**PRE-REGISTRATION REQUIRED**

CONTACT US:  
 Tel: 876.977.4792, 876.382.4303  
 Email: info@sanaastudios.com  
 25 Barbican Road (inside Burger King compound)

**BE A PART OF OUR MISSION!**



**SUPPORT THE FOUNDATION!**

- The Stella Maris Foundation (SMF) is a Ministry of the Stella Maris Church.
- It is integral to the development of the Grants Pen Community; and significantly impacts the lives of our neighbours.
- Committed to the promotion of goodwill and sustainable social and economic growth.
- SMF provides various skills training and social programmes - including: adult literacy, ICT, electrical and plumbing, scholarships, day-care, health & outreach, mediation & counselling services.
- At all times we seek to live out our motto...by "Doing what LOVE requires".

STELLA MARIS FOUNDATION  
PRESENTS  
*Miss May's Hellshire Style*

## Fish Fry

FRIDAY MARCH 18, 2016  
TICKETS ONLY \$1,350



At  
Stella Maris Church Hall  
11:00 am to 4:00 pm  
Delivery Available for 6 or more purchases  
in the corporate area.



**JAMAICA SOUTH AFRICA FRIENDSHIP ASSOCIATION**

# AFRICA CONNECT

**INVITING ALL ART, CRAFT, POTTERS/CERAMIC ARTISTS**

HERE'S AN OPPORTUNITY TO  
SELL &/ DISPLAY  
YOUR AUTHENTIC WORKS

SIGN UP FOR JASAFSA'S AFRICA CONNECT  
& BECOME A MEMBER

RETURNING  
SUNDAY  
MARCH 20, 2016  
9:00am-6:00pm

23 HAINING RD, NEW KINGSTON  
BRING YOUR OWN TENT/TABLE/CHAIRS/ DISPLAY BOOTHS  
Call (876)-298-9126 / (876)-620-7314 / (876)-343-7995  
jasafa2015@gmail.com / <https://www.facebook.com/jasafa>



**RESTORE AND RENEW YOGA RETREAT 2016**



Friday March 18 to Sunday March 20th

Sessions will be led by renowned wellness practitioners - Sonita "Afyra" Abrahams, Vitra Gopee -V-, Natalie Murray, Malika Omawale



Sonita  
Core Strengthening Pilates



Vitra ~V~  
Yoga for Relief and Release



Natalie  
To Juice or Not To Juice



Malika  
Mindful Vinyasa Flow

All INCLUSIVE  
**US\$180**  
PER PERSON  
PER NIGHT

Garden or Pool View Deluxe Rooms	
Book Early and Save	Final Booking Date
Now to February 25 Get 20% Off	March 14, 2016

CALL YOUR TRAVEL AGENT OR RESERVATIONS AT SEAGARDEN  
Tel: (876)979-7761  
Visit: [www.seagardenjamaica.com](http://www.seagardenjamaica.com)  
Email: [reservation@seagardenjamaica.com](mailto:reservation@seagardenjamaica.com)

BELLAMY . BOURNE . DENVER . RICKI  
IN ASSOCIATION WITH

# ABSOLUT.

INVITE YOU TO

**I LOVE SOCA JAMAICA**

**JAMAICA'S COOLEST COOLER FETE!**  
**Carnival Wednesday**  
**MAR 30<sup>TH</sup> 2016**  
**KINGSTON, JAMAICA**

Must Be 18 years and older to Drink. ID Required. Drink Responsibly.

# MARDI GRAS on the beach

Friday March 25 2016

**DJ MARIO TEAM SHELLA COPPERSHOT BADDABLING & DJ UNIT**

3 MARDI GRAS CUPS  
5 VIP TICKETS + 2 VIP TICKETS  
TRUCKULAR + 1 PSEMIUM BOTTLE

PRESOLD \$1000JMD GATE PRICE \$1500JMD  
PRESOLD \$3000JMD GATE PRICE \$3500JMD

**Sugarman Beach**

SPONSORED BY:  EXCLUSIV

PURCHASE TICKETS ONLINE AT [YARDTICKET.COM](http://YARDTICKET.COM)



*True*  
**Craftsman**  
**T10 CRICKET**  
*Fiesta & After Party*  
**2016**

**SABINA PARK**  
JOIN US FOR THE AFTER PARTY  
WITH DJ COURTNEY

**\$1,500**  
(FOOD & DRINKS ON SALE)

**APRIL 16 2016**  
SATURDAY  
11:00 AM

**COME SUPPORT YOUR CONSTITUTION**  
**IRISH • SCOTTISH • ENGLISH**

Contact us at [tcevents33@gmail.com](mailto:tcevents33@gmail.com) or 1 (876) 564-3235  
Tickets may be purchased at Spades Night Club: 9-11 Phoenix Avenue, Generations: 86 Mannings Hill Road or at the gate.

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.

# Advertisements

"Healing Through Touch Therapy"



## Perfectly Kaam

Kameela Abdul-Maajid Massage Therapist

**SPECIALIZING IN:**  
 Thai Fusion Massage  
 Restorative Massage  
 Swedish Massage  
 Deep Tissue Massage

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

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



## 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

**Nail Membership (30 Days)**  
**\$ 5,950**

Flawless nails at all times. With this membership package, you are entitled to

- o 2 Manicures or 2 Acrylic Nail Services\*\*
- o 2 Pedicures
- o Unlimited Re-polish
- o Membership Pricing on all other services
- \*\*Acrylic Services will attract an additional membership cost of \$1000

**Spa Membership (30 Days)**  
**\$ 9,950**

Unwind with weekly massages and a detailed skin care regime to ensure you are always looking and feeling your best. You are entitled to

- o (1) Cleansing Facial
- o (1) Upper Body Massage
- o (1) Swedish(Full Body) Massage
- o (1) 15 Minute Body Steam (Detox)
- o Membership Pricing on all other services

**Isabelle's Membership (30 Days)**  
**\$15,950**

This is our all in one package where our clients can enjoy the best of both worlds, Nail Services and Spa services for one monthly price. This makes the perfect pampering gift for that special person in your life or as a treat to yourself. Everyone should indulge in this package at least once. As an Isabelle's Member, you are entitled to

- o (2) Manicures or Acrylic Service
- o (2) Pedicures
- o Unlimited Re-polish
- o (1) Isabelle's Signature Massage (90 Minutes)
- o (3) Massage of your choice
- o (1) Treatment Facial of your choice
- o 15 Minute Body Steam (Detox)
- o Membership Pricing on all other services



**Gentleman's Membership**  
**\$ 10,950**

At Isabelle's, we encourage our men to take care of themselves. We have a special membership option for them. This package will ensure that our men are well kept for the 30 days.

- o (1) Pedicure
- o (1) Upper Body Massage
- o (1) Swedish Massage
- o (1) Cleansing Facial
- o Membership Pricing on all other Services



Orchid Village, Shop 3B  
 20 Barbican Road,  
 Liguanea, Kingston 6

Tel: (876) 970-0025 / 970-0125  
 Mobile: (876) 423-2604  
 Email: isabelladayspa@gmail.com

Facebook: /isabelladayspa Instagram: @isabelladayspa Twitter: @isabelladayspa

www.isabelladayspa.club



JuveSpree and the Oxford presents  
**SOCAL WEDNESDAYS**  
**MIRAGE**

MIRAGE.JUVESPREE.COM  
 DRINK INCLUSIVE + SOCA INCLUSIVE + VIBES INCLUSIVE  
**EUROCARIBE**  
**SOCAL DANCEHALL EDM**

1A OXFORD RD. NEW KINGSTON | THE OXFORD  
 GUEST LIST ONLY | GET LISTED AT MIRAGELIST@JUVESPREE.COM

## WEEKLY SCHEDULE

afya

### YOGA & PILATES

<p><b>MONDAY</b>                  6:00 - 7:30 PM                  Yoga</p> <p><b>TUESDAY</b>                  9:00 - 10:15 AM                  Joint Freeing Yoga</p> <p>6:00 - 7:30 PM                  Yoga-Lates</p> <p><b>WEDNESDAY</b>                  6:00 - 7:15 PM                  Pilates</p> <p>7:30 - 8:45 PM                  Moving Meditation Yoga</p>	<p><b>THURSDAY</b>                  6:00 - 7:15 PM                  Yoga for Relief &amp; Release</p> <p>7:30 - 8:45 PM                  Candle Light Yoga</p> <p><b>SATURDAY</b>                  9:00 - 10:00 AM                  Pilates</p> <p>10:30 - 11:45 AM                  Yoga (Starting In March)</p> <p><b>SUNDAY</b>                  11:00 - 12:15 PM                  RISE Yoga - Proceeds to go RISE Life Management Services</p>
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CONTRACTOR: 20 BAMBOO AVE. KINGSTON 6 (COR. OF WELLINGTON & BAMBOO AVE)  
 876-977-4735 / 876-383-7669 AFYAJAMAJA@GMAIL.COM  
 WWW.AFYAJAMAJA.COM @AFYAJAMAJA AFYA.JAMAJA

## 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 Dispensars

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 Dispensars starting at \$1,000.00  
 Counter Top Coolers starting at \$10,000.00



Thursday  
**YOGA CLASSES**  
 with Leanne

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



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

"Unforgettable Taste"

# 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

## **1983 Land Rover Defender Series 111**

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



## **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



## **Toyota Passo - 2007**

57000km. Good Shape. Lady driven.

Isofix car seats.

\$720000 or best offer.

524 5558



## **Mitsubishi ASX 2012**

Excellent Condition; Valued at 2.9m, but will take 2.5m

Call for viewing: 876- 382- 5290



## **2007 Mercedes Benz Sports Coupe**

Asking Price – 2 Million Jamaican Dollars

CONTACT: Bevan Shirley

TEL: 579-7990

# For Sale



Shabby Chic Dresser....  
\$45k. Call Chris 806-8772.



King size bed base, Price: \$JM 40,000.00 or \$US 335.00, Condition: Brand new, unused, still in plastic. Call Deborah 419-0041.



**BULK SALE OF WINDSURFING EQUIPMENT US \$ 700 for the lot!**

1 NeilPryde Trapeze size M, 1 NeilPryde Waist Trapeze size S, 2 Powerjoints, 2 Extensions  
1 Boom Protector, 1 Power Joint Protector, 1 Gun Wave Boom (150cm-200cm), 1 Gun Freeride Boom (160cm-220cm), 1 490 cm Carbon Mast, 1 430cm Carbon Mast, 1 Gun Sails - Wave MC5.3m2, 1 Neil Pryde Nr 4.2m2, 1 Naish Session 4.6m2, 1 North Sails Grind 5.3m2  
1 Gaastra Echo 6.2 m2, 1 Art 6.0m2  
*(some of sales have had slight repairs done to them)*  
1 JP Australia Freestyle 260cm- 95 L (repairs have been done)  
1 Roberto Ricci Designs- Fifty Five 75 L  
CALL JANICE 393 77 54 for more info.



BICYCLE RACK: SUITS ALL TYPES OF CAR ROOFS: \$ US 45 or \$JAM 5500. CALL JANICE 393 77 54

# 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).

Mature lady, **Miss Hall** seeks live in or live out household helper job. She has over 20 years' experience and works very well with children of all ages. She is an excellent helper and cooks immaculately well. Ms. Hall has not yet worked for a US Embassy family and comes highly recommended by a member of the Embassy community. Contact Julie Miller at 455-8960 for a recommendation. **Miss Hall can be reached at 885-3774.**

**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 [aantoine1@gmail.com](mailto:aantoine1@gmail.com).

**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.**

**Miss Lovelace Jones** is available for immediate hire as a live in house hold helper. She comes highly recommended as she has worked a total 4 years as with two US Embassy Diplomat family—DEA and PAS family in the past. She is an excellent cook, irons immaculately well, very reliable, hardworking, trustworthy and gets along beautifully with children of all ages – from toddlers to teenagers. **Call her today on 483-4440.**