

the Doctor Bird

Words of the week:

Learn about the traditions of celebrating the last day of October, with the [History of Halloween](#) from the History Channel. And then get your costumes ready!



[Events](#)

[Ads](#)

[Classifieds](#)

[Household Help](#)

[Jobs](#)



Photo of the Week

Appleton Estate

Follow U.S. Embassy
Jamaica



Events

The American Embassy Kingston



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

- Household Furniture
- Office Equipment
- Equipment & Miscellaneous Items

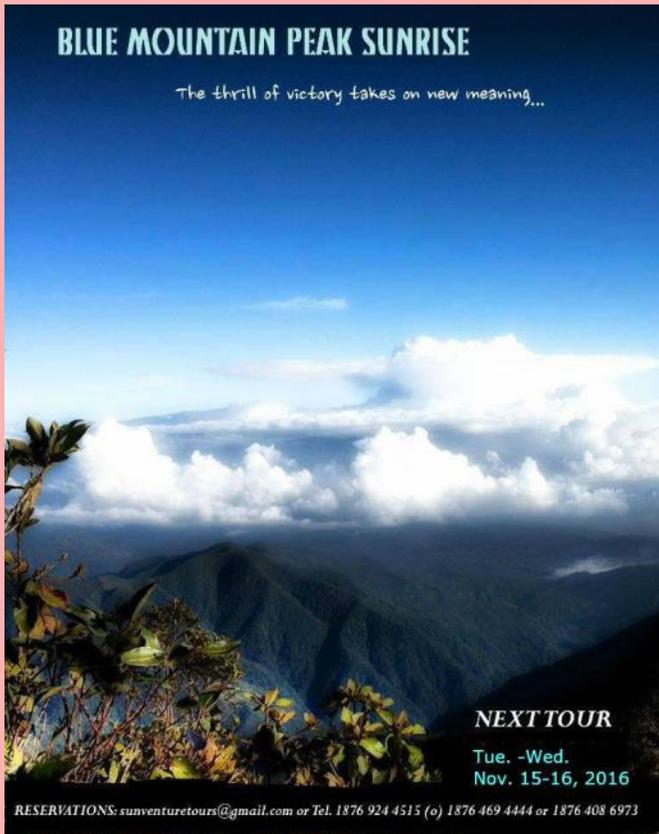
Public viewing and auction will be held on Saturday November 5, 2016 between 8.30 am and 3pm. The auction will be conducted at 211A Constant Spring Road. Entrance will be on Grosvenor Terrace. All Embassy employees are welcome to participate, except those directly involved in the supply chain.

- Registration fee of J\$500.00
- 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

Events

BLUE MOUNTAIN PEAK SUNRISE
 The thrill of victory takes on new meaning...



NEXT TOUR
 Tue. -Wed.
 Nov. 15-16, 2016

RESERVATIONS: sunventuretours@gmail.com or Tel. 1876 924 4515 (o) 1876 469 4444 or 1876 408 6973

Need RELAX & DETOX ? Get out of the city into nature on weekend?
 Rejuvenate at Go NATURAL JAMAICA



1 DAY 7500 \$ **2 DAYS FROM 17500 \$**




1 DAY Relax & Detox RETREAT
 * 1 yoga class & 1 meditation
 * Vegan/Raw Brunch & Dinner
 * DIY Natural Cosmetics workshop
 * DVD Yoga & Nutrition materials

2 DAYS Relax & Detox RETREAT
 * 3-4 yoga classes & 2 meditations
 * Vegan/Raw 2-3 meals daily
 * DIY Natural Cosmetics workshop
 * DVD Yoga & Nutrition materials
 * 1 night cosy accommodation

www.GoNaturalJamaica.com 405 6968 Portland, JA
gonaturalbook@gmail.com [f GoNatural Jamaica](https://www.facebook.com/GoNaturalJamaica) [@gonaturaljam](https://twitter.com/gonaturaljam) [gonaturaljamaica](https://www.instagram.com/gonaturaljamaica)

MODEL CASTING CALL



when: **MON NOV. 7 - SAT NOV. 12, 2016**
 time: **4PM - 6PM**
 where: **KERRY manwomanhome**
18 SOUTH AVENUE, KGN 10
MUST BE 5'8" AND OVER
BRING 2 PHOTOGRAPHS TO CASTING

COLLECTION theMoDA!
www.thecollectionmoda.com | [t](#) [f](#) [i](#)



Mustard Seed Communities

Mustard Seed Communities invites you to an exhibition featuring

PATRICK HALL Ceramicist
CRAIG PHANG SANG Photographer
P. J. STEWART Painter

Sunday, October 30, 2016, 2 p.m. - 7 p.m.
 Monday, October 31, 2016, 10 a.m. - 7 p.m.

'The M' ~ The Spanish Court Hotel,
 16 Worthington Ave, Kingston 5

WELCOME ADDRESS: Mrs.Thyra Heaven, Director of MSC ~ Sunday, October 30 at 4 p.m

A MUSTARD SEED COMMUNITIES EVENT



CERAMICIST PHOTOGRAPHER PAINTER

RANGER'S GUN, ROD & TILLER CLUB
2016 BIRD FEED
 Saturday, November 12, 2016
 12A FARRINGDON DRIVE, JACKS HILL @ 7:30PM

ADULTS: \$4,000
CHILDREN 15yrs and under: \$1,500 (available at the gate)

MISS CHERRY'S SECRET STEWED & FRIED DOVE

SNAPPER'S DELIGHT
 Chris Ramson - Specially Invited Chef

CHRIS NAKASH
 Uncle Buck's - Pulled Pork, Delicious

ALL INCLUSIVE

BOOK YOUR TICKETS EARLY
 Call Chango 381-4751

COLDWELL BANKER

PART PROCEEDS FOR FOOD FOR THE POOR HAITI RELIEF

IELTS COURSES FALL 2016
 3 and 4 week intensive courses for IELTS preparation

IELTS ACADEMIC SESSION 1
 Sept 6-29
 Tue, Weds, Thurs, 3:30-6:30pm
 Cost: (US) \$1,000

IELTS ACADEMIC SESSION 2
 Oct 4-27
 Tue, Weds, Thurs, 3:30-6:30pm
 Cost: (US) \$1,000

IELTS ACADEMIC SESSION 3
 Nov 1-19
 Tue, Weds, Thurs, 3:30-6:30pm and Sat 9:30am-12:30pm

IELTS GENERAL COURSES AVAILABLE BY REQUEST

K.B.C. LEARNING

For information and registration
Contact: Jason Anderson
 KBC Learning, LLC
 Tel: 1 (876) 827-4000
 Or Email: janderson@kbclearning.com or English.ielts@hotmail.com



WHERE FASHION · ART · LIFESTYLE MEET COMMERCE.
 THE SHOPPING PLAYGROUND OF THE STYLISH.

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THE WORTHINGTON AT SPANISH COURT
 NOVEMBER 19-20, 2016

PROFESSIONAL ROAD RACE MANAGEMENT SERVICES
RUNNING EVENTS LIMITED

2016 Road Race Calendar

Last Lap! September to December

September		
Sat 24th	CUMI Come Run	Tryall Golf Club Hanover
October		
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
Sat 29th	ICWI Pink Run	NEW! ICWI Building New Kingston
November		
Sun 6th	Burger King Portmore 5K & 10K 4X1500m 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, Negri

As of 20th July 2016. Subject to change.

Register online! RunningEventsJa.com

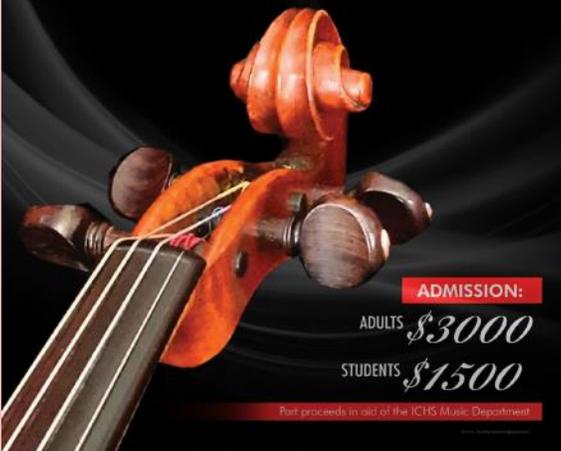
STEVEN WOODHAM, O.D. - VIOLA
MICKEL GORDON - PIANO

In Concert

An evening of wonderful chamber music for Viola and Piano
by Brahms, Schumann, Vieuxtemps and Enesco

SUNDAY NOVEMBER 6, 2016 @ 6 PM.

The Immaculate Conception High School
Performing Arts Centre,
152c Constant Spring Road
Kingston 8



ADMISSION:
ADULTS \$3000
STUDENTS \$1500

Part proceeds in aid of the ICHS Music Department



HypnoBirthing Jamaica

Breathe your baby into the world

• Self-Hypnosis • Relaxation • Visualisation

Prepare your mind and body for a gentler, safer, more comfortable birth with five 2.5 hour evening classes. Next class begins on Wednesday 2nd November and runs on consecutive Wednesday nights, 7.30-10pm for 5 weeks.

Attend with your partner or your friend so they can help you practice the techniques through your pregnancy and on your baby's birthing day.

Cost: \$28,000 JMD including book, audio and materials.

Call Lizzie for details on 873 0349 or email lizzieshh@gmail.com or see www.hypnobirthingjamaica.com

This Saturday October 29th we are having another Self Defense Workshop at the Chinese Benevolent Association.

2pm - 4pm.

Cost \$3,000. For ILA member \$2,000.

We will be focusing on escapes from chokes, wrist grabs, bear hugs and ground fighting when an attacker is on top.

Email us

at ironlotusmartialarts@gmail.com or Call 416-1347.



COME SEE THE RISING STARS OF US PROFESSIONAL SOCCER

Wed, Nov. 2 @ 3:00 PM
US U-17 MNT vs. Jamaica
National Stadium East

Fri, Nov. 4 @ 3:00 PM
US U-17 MNT vs. Arnett Gardens FC U-20
Jamaica College Football Field

Sun, Nov. 6 @ 3:00 PM
US U-17 MNT vs. Jamaica
St. Georges College





PINK RUN 2016
Reach Recovery²

Save the Date
29.10.16
SATURDAY | OCTOBER 29TH, 2016 | 6:30AM

RUN FOR A CAUSE

Join us as we celebrate life & breast cancer awareness

FOR MORE INFORMATION VISIT pinkrunja.com REGISTER AT runningeventaja.com
JAMAICA CANCER SOCIETY (876) 978-0375

Rotary Club of Downtown Kingston
Presents



Wine & Cheese PLUS **Jazz**

ART AUCTION

SUNDAY
OCTOBER 30, 2016
6:30PM

Knutsford Court Hotel
16 Chelsea Avenue, New Kingston

COST
\$1,500

AUCTIONEERS
Emile Finlay & James Pawson

LIVE MUSIC
Jazz, Jamaican Classics, Dance Music and More

ONLINE GALLERY
www.flickr.com/photos/rcdk/

Proceeds in aid of Rotary Projects
2016 GOLD SPONSORS




Sumner Paper Products Ltd.



International Proxy Parents
A charitable organisation, serving Jamaica's Children

Invite you to their
ANNUAL INTERNATIONAL BAZAAR

Saturday, November 5, 2016
10 am - 4 pm
The Gardens of the Pegasus Hotel, New Kingston

Featuring International Arts & Craft, Foods & Gifts, perfect for Christmas Shopping!

COME SHOP, EAT & ENJOY

Raffle Prizes
Entertainment
Children's Corner
And more...

Admission is Free

RUSSIA BARBADOS UNITED KINGDOM

Flyer courtesy of Lithographic Printers Ltd.

BENEFIT CONCERT

An Evening With
The Jamaican Folk Singers



Sunday, October 30, 2016, at 5pm
The University Chapel
The University of the West Indies, Mona Campus
REG: \$2000 • STUDENTS: \$1500
PROCEEDS IN AID OF STUDENTS' TUITION FEES



Barbican Beach Bar
13 East Kings Road
Kingston

KARAOKE

LET'S ROCK N ROLL!!!!

THIS AND EVERY SATURDAY

show time
8 p.m

Paul Hicks Entertainment
www.paulhicksentertainment.com
562-9070



"Wine Down Wednesdays"

(6 - 10PM)
Attractive Wine Specials
\$500 Per Glass On Special Wines

Brought to you by

100 ONE HUNDRED

HARBOUR WINES & SPIRITS
Towards the Margins

BODEGA **TRIVENTO** VINA MAIPO
ARGENTINA

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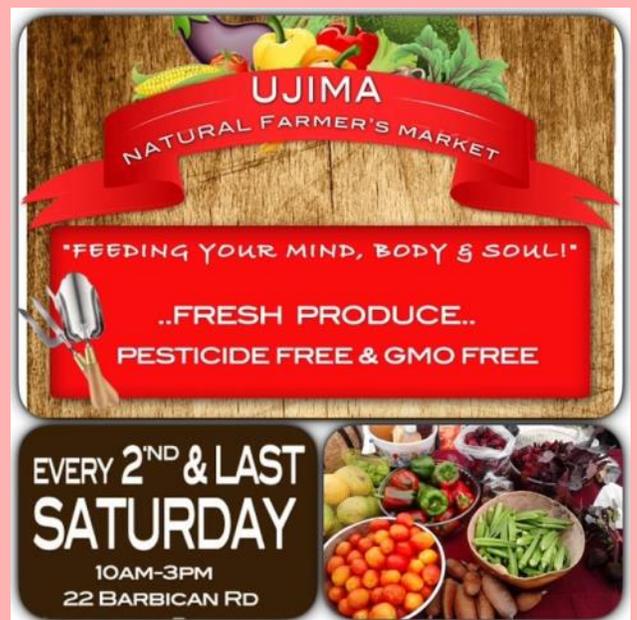


CRU
BAR & KITCHEN

TUESDAY'S
wine Affair

BUY 1 BOTTLE OF WINE GET 1 FREE

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

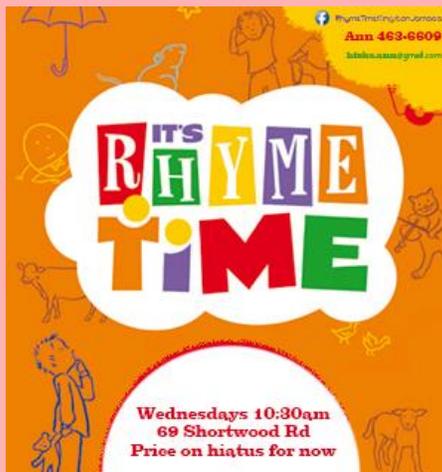


UJIMA
NATURAL FARMER'S MARKET

"FEEDING YOUR MIND, BODY & SOUL!"

..FRESH PRODUCE..
PESTICIDE FREE & GMO FREE

EVERY 2ND & LAST SATURDAY
10AM-3PM
22 BARBICAN RD



IT'S RHYME TIME

Ann 463-6609
rhyme.ass@gmail.com

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

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:

78 Knutsford Blvd 906.4854

Sweetwood Market

Coronation Market Vendors / Aunt Merl's Fish

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

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

Blake's Water Store

Drink Healthy
Drink to Life
Drink WATER

NOW IN LIGUANEA AT THE MONA PLAZA

Fill and go with your **5 GAL Bottle** for just **\$300**

5 Liters for only **\$100**

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

FOR MORE INFO CALL:
1876-630-3184 / 630-3347

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) \$ 8,900</p> <p>Flexibility with all services, 2000+ spa membership packages, spa and wellness.</p> <p>• 2 Memberships or 2 Acrylic Nail Services** • 2 Pedicures • 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2009 Nissan X-Trail

87,000 kilometers, rear facing camera, no duties when purchased by a diplomat. Interested parties can contact kmahoney77@gmail.com or bradleyjs@state.gov.

Price: \$11,000 USD

Available in mid-December.



Household items for sale.
Prices negotiable. Please contact redfeczko@yahoo.com for details.

Household Help

Dependable household helper available for live in. **Miss Ann** has over 15 years' experience working with children of all ages. She is an excellent cook, cleans and irons extremely well. **Call her 431-1848.**

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.

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.**

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.**

Need a mature live out helper who cooks, cleans, irons and interacts well with children of all ages, call **Norma on 885-3774.** She has over 20 years' experience as a household helper

Marcia Reid has been working as maid and nanny for foreign diplomats for more than 18 years. The last 8 for Spanish diplomats. She is extremely reliable, hard working and very good with kids (she was employed the last four years only to take care of two young kids overseas). Never heard a bad word from any of her former employees. She is available from now. **Her phone number is 4077824.**

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. Christine Morgan is an excellent house keeper. She is dependable, trustworthy, and needs no supervision. She worked for many US Embassy families and received high marks. She also prepares meals. Currently Christine has 2 days available to work. **She can be reached at 407-1194.** If you have any questions please do not hesitate to contact me. [Paul Blankenship, \(577-3340\).](#)

We would like to recommend **Kim** as a nanny/housekeeper. She is great with kids and cleans very well. We use her on days we need extra hands (when we have all 3 kids) or on weekends when our nanny isn't available. She is very responsible, works hard, always extra early and looking for full time work. **Her number is 837-9072.**

Household Help

Ms. Carol Henry has been employed by expat 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 preferences. Children are drawn to her and she is an excellent cook, especially of Jamaican classics. 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 for additional references: kelly.thompson@international.gc.ca

Barbara Bailey is an experienced household helper who is looking for part time work. She is available on Mondays and Tuesdays. She currently works for me part time and has worked with numerous US and other mission personnel. She is trustworthy, honest, very hard worker and does an outstanding job of ironing. **She can be reached at 877-8747**.

Live in helper/caregiver available for immediate hire. Excellent cook, cleans and irons very well and has over 10 years' experience caring for the elderly - call **Jennifer on 438-2070**

VACANCY ANNOUNCEMENT



Peace Corps Jamaica Vacancy Announcement Peace Corps Medical Officer

The United States Peace Corps seeks a Medical Doctor to serve as a full-time contracted Peace Corps Medical Officer (PCMO), to be based in Kingston. Applicants must be a graduate of an accredited school, with a current license to practice and relevant clinical experience in primary care.

Remuneration: Starting Basic Salary ranges from J\$5,611,649 – J\$6,631,949 per annum depending on education and experience. Allowances total \$153,913 per annum, and a bonus is payable at 8.33% of Basic Salary.

Please visit <https://www.peacecorps.gov/jamaica/contracts/> for details about the job, information on required qualifications, and the application process. Peace Corps reserves the right not to consider applications received after closing date and/or failing to follow application instructions. Appointment will be based on successful security clearance and availability of funds.

Applications are due by 8:00 a.m. on November 9, 2016.

VACANCY ANNOUNCEMENT

The High Commission of Canada is seeking to identify a suitable candidate for the full-time/indeterminate position of Information Technology Professional (ITP). Attached is the Statement of Merit Criteria for your reference.

Interested candidates should submit an up-to-date Curriculum Vitae (CV) and covering letter which clearly explains how they meet the essential screening criteria and asset qualifications. Applications must be submitted by e-mail **only** to:

The Human Resource Manager
(Management Division)

High Commission of Canada in Jamaica

Ref : LE-07 Information Technology Professional 2016

E-mail: kngtn-ag@international.gc.ca

Please contact for full job description and details