

the Doctor Bird

Words of the week:

The Dr. Bird newsletter is currently on a bi-weekly schedule. The next issue will be distributed on Thursday, September 22nd.



[Events](#)

[Ads](#)

[Classifieds](#)

[Household Help](#)



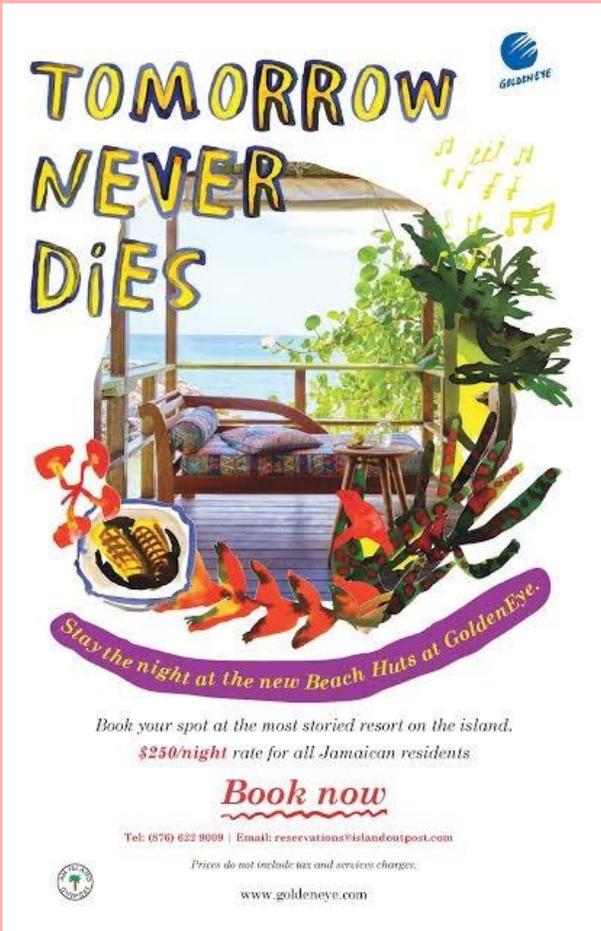
Photo of the week:

Decorative staircase, Riu Ocho Rios

Follow U.S. Embassy
Jamaica



Events



TOMORROW NEVER DIES

Stay the night at the new Beach Huts at GoldenEye.

Book your spot at the most storied resort on the island.
\$250/night rate for all Jamaican residents

Book now

Tel: (876) 622 9009 | Email: reservations@islandoutpost.com

Prices do not include tax and service charges.

www.goldeneye.com



Friday Flow

2hr Workshop-Style Class

Sep 9th, 6pm

Afya, 2D Bamboo Ave

\$1000

**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

KBC 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

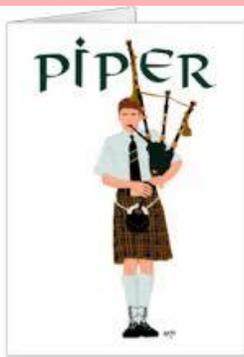
Basic 10-Week Dance Course

Dates: September 27th to November 29th 2016
Day: Tuesday nights
Time: 7:15 – 9:30 p.m.
Place: The Liguanea Club, the pool deck
Cost: Only J\$5,000.00

Please register with JeAnn Murray, at 403-4855 or email at jann1789@hotmail.com

Visit our Facebook page: The Scottish Country Dance Society of Jamaica

Affiliate member of the Royal Scottish Country Dance Society



BOOT CAMP



PREMIUM

JOIN US! EVERY MONDAY TO FRIDAY

FitRev
Fitness Revolution Club

Police Officers Club
34 Hope Road, Kingston
@ 5 pm, 6pm & 7pm
Tel: 876-335-0782 / 876-581-2161
Email: fitrevja@gmail.com

Month Membership \$7000
Drop-In \$700
Kiddie Month Membership - \$3500
Kiddie Drop-In \$500
Call for special group rate

FREE CLASS FOR FIRST TIMERS!

friday
POETRY
HANG-OUT

Chandis, Mbala & Rhys Trimble

SEPTEMBER 16
7-9pm

pass through,
hol' a vibe!

Bookophilia
92 Hope Road

Cooking Classes

Asian Cooking

(Indian and Chinese)
Sept. 17, to Nov. 19, 2016 (10 Classes)
Saturdays 2:00 to 5:00pm

Vegetarian

Sept. 14 to Nov. 2, 2016 (8 Classes)
Wednesdays 5:30 to 8:00pm

Date Night

Fridays Sept. 23, Oct. 28, Nov. 25
6:30pm to 9:30pm

Blind Date

Saturdays Sept. 24, Oct. 29, Nov. 26
6:30pm to 9:30pm

Cooking Basics

Tuesday, Sept 13 to Nov. 15, 5pm to 8pm

Housekeeper Cooking

September 13 to Nov. 29 (12 classes)
Tuesdays 9am to 12pm





DELICIOUS OCCASIONS

CONTACT LATOYA PANTON
509-0093/ 819-0959 FOR MORE INFORMATION
EMAIL: DELICIOUSOCCASIONS@YAHOO.COM
WWW.DELICIOUSOCCASIONSJA.COM

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	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, Negril

As of 20th July 2016. Subject to change.

Register online! RunningEventsJa.com

GOLDENEYE

REGGAELATES

Fundraiser for The Oracabessa Foundation



A Jamaican fusion of Yoga and Pilates

Saturday September 10th, 10:30 a.m.

Spa Specials, Healthy Lunch Menu and Gift Shop Trunk Show

\$US25 Per Adult
INCLUDES A COMPLIMENTARY BEVOLA

ORACABESSA

info@goldeneye.com | www.goldeneye.com | Tel: (876) 688-0007

Fall Into Bliss

October 14-19, 2016
(6 days / 5 nights)

at Bromley Retreat Center St. Ann, Jamaica



Join Malika Omawale, Jamaican Yoga Instructor and Health Coach and Erika Aird, Yoga Instructor and Birth Doula from California for an invigorating all-inclusive retreat in the lush hills of St. Ann, Jamaica.

Nurture your sense of peace and balance as you are guided through gentle and juicy vinyasa practices, healing dance, restorative yoga and meditation. Connect with the soul and resilience of the island as you are immersed in the vibrant energy of the Jamaican culture.

Get ready to enjoy a grounding and elevating (re)TREAT this October...and FALL Into a space of pure BLISS in order to ease into the last season of 2016!

Doubles \$825 Singles \$1025
(Local Rates Available For Residents)

Package Includes: • All accommodations at bed and breakfast style Great House built on 16th century Spanish fort • Ground transportation • 3 delicious organic, vegetarian meals inspired by Jamaican flavors • Excursions to local beach and waterfalls • Daily Yoga and Meditation classes • World Dance with global souxists • Wellness practices to cultivate mindfulness and peace • Life Visioning Workshop with Special Guest Da'shon Is.

To Register Visit: www.blissfulbodiesyoga.com/events




1966 - 2016

Celebrating 50

Years of Charitable work in Jamaica

The Latin American Women's Club

Invites you to a Dinner Dance

At The Spanish Court Hotel, Valencia Room

On Friday, September 16, 2016 at 8pm

Contribution \$10,000 per person

Featuring a Mariachi Band courtesy of the Mexican Embassy

Dress: Lounge Suit



International Proxy Parents (IPP)

hosted by



The Embassy of Chile

Presents their

Scholarships Fundraising Wine & Cheese Soirée

Wednesday, September 21st 2016
Time: 7PM - 10:30

Contribution: \$4000

AT: 4 Millsborough Close
The Residence of His Excellency
Ambassador Eduardo Bonilla, Ambassador of Chile

International Proxy Parents (IPP)
Serving Jamaica's Children

Guest Appearance by: Steven Woodham OD

With the Compliment of The Herald Printers Ltd. No. 0080



Art of Living Yoga Practice
with
Maria Lapushkina

SATURDAY 10 SEPTEMBER

TIME **6:45am** Hope Gardens, Shell Bandstand

MINIMUM CONTRIBUTION: **\$600**

Walk with a mat or a towel as mats are no longer available

TF
TrainFit Club

MOONLIGHT WALK & RIVER BONFIRE

FRIDAY, OCTOBER 14, 2016
TRU JUICE ORCHARDS, BOG WALK

Tru-Juice
PREMIUM QUALITY
Juice

ICWI 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

Business Events Limited

FOR MORE INFORMATION VISIT pinkrunja.com REGISTER AT runningeventsja.com
JAMAICA CANCER SOCIETY (876) 976-0375

DANCES AND MUSIC FROM
México

GUADALAJARA DANCE CO.

MARIACHI ORGULLO DE JALISCO
THE LITTLE THEATRE

SATURDAY, SEPTEMBER 17, 6:30 PM Donation: JMD 1,500



Barbican Beach Bar
13 East Kings Road
Kingston

KARAOKE

LET'S ROCK N ROLL!!!!

THIS AND EVERY SATURDAY

show time
8 p.m

Rauldicks Entertainment
www.rauldicks.com/entertainment
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
Taste the Moment

TRIVENTO ARGENTINA **VINA MAIPO**

RODEGA ARGENTINA

100boperoad
/harbourwinesandspirits



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

Facebook: @rhymetimekingston
Ann 463-6609
rhymetimekingston@gmail.com

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

UPCOMING EVENTS
All levels welcomed

Jamaica Yoga Association
One Love • One Yoga • One Jamaica

Classes start at 6:45am
All classes to be held at Hope Gardens, Shell Banderstand
New suggested minimum contribution \$ 600
Walk with a mat or a towel as mats are no longer available

July 2	Subhadra Bowman Yoga Angels	Aug 20	Sonita Abrahams Aha Studio
July 16	Tricia Jameson Equipoise Yoga	Aug 27	Buffy Campbell
July 23	Jamaica Environment Trust (JET) 25th Anniversary Yoga Fundraiser at Strawberry Hill, Contribution \$2,000	Sep 10	Vitra Gopee -V- CHAI Studio
July 30	Janelle Oswald Ital Yoga	Sep 17	Malika OMawale
Aug 13	Maria Lapushkina Art of Living	Sep 27	Special Yoga Practice to Celebrate Yoga Month

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:

PIZZA PLEASE ■ SUBMERGE FAST FOOD
ZIGGY'S RESTAURANT ■ NORTHSIDE KITCHEN
SCOTCHIES ■ CHILITOS

Hungry? Don't wait...

**ORDER FOOD ONLINE FROM YOUR
FAVORITE RESTAURANTS IN JAMAICA!**

VISIT WWW.CUTDILINE.COM!

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: 371-2065
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: \$1,900</p> <p>Includes: 12 Months of all services, 2016. This membership package, you are entitled to:</p> <ul style="list-style-type: none"> 12 Months of 2 Acrylic Nail Services** 2 Pedicures 16 In-Spa Spa Products 1 Membership Privilege of other services <p>**Acrylic Services will attract an additional membership cost of \$100.00</p>	<p>Isabelle's Membership: \$1,500</p> <p>This is our all-in-one package where our clients can enjoy the best of the world's Full Services and Spa services for one monthly price. This means the perfect evening gift for that special person in your life or as a treat to yourself. Examples of our 16 In-Spa Products in the package of full services are as follows:</p> <ul style="list-style-type: none"> 12 Months of Acrylic Service 12 Months of Pedicure 12 Months of In-Spa Products 12 Months of 16 In-Spa Products 12 Months of 16 In-Spa Products 12 Months of 16 In-Spa Products 	<p>Spa Gift Set: \$10,000</p> <p>All products, use through our new to take value of 10,000. We have a special membership option for you. This package will ensure that your spa is well kept for the 12 days.</p>
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Spa Gift Set: \$10,000

Includes: 12 Months of all services, 2016. This membership package, you are entitled to:

- 12 Months of 2 Acrylic Nail Services**
- 2 Pedicures
- 16 In-Spa Spa Products
- 1 Membership Privilege of other services

**Acrylic Services will attract an additional membership cost of \$100.00

DIVE JAMAICA
LEARN HOW TO SCUBA DIVE

Learn to dive with the **Yardie Divers**

Our Dive Classes include:

- PAID Diver's Scuba Diver
- PAID Open Water Diver
- PAID Advanced Open Water
- PAID Rescue Diver
- PAID Dive Master
- PAID Dive School

CALL US NOW
Tel: 876-580-5478, 570-570-8278
Email: you@divedive.com

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"

*** NOW ALSO OFFERING: BANANAS AND PLANTAINS! ***
Taking orders for ripe bananas and ripe or green plantains

Yola Handmade Leather Sandals

Place your order today!
Contact 843-0488

Advertisements

All vendor advertising features local businesses that have been personally used and are recommended by a member of the U.S. Embassy community.

BOOK NOW
30% OFF
WITH LOCAL I.D.
1-876-619-1382
1-876-619-1441
www.chukka.com

CHUKKA It's Time to Play!

THE MEAT EXPERTS
EST. 2015

Locally produced quality gourmet cuts, aged to perfection for more flavourful and tender meat

Order now!
orders@meatexpertsja.com | 633-3790

Thursday
YOGA CLASSES
with *Leanne*

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

876.484.5929

FF FOREVERFREE

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

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 Dispensers

WATER SPOT

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 \$80.00
Sport Bottles starting at \$1,000.00
SlimLine Dispensers starting at \$1,000.00
Counter Top Coolers starting at \$10,000.00

WEEKLY SCHEDULE *afya*

YOGA . PILATES

MONDAY 6:00 - 7:30 PM Yoga	THURSDAY 6:00 - 7:15 PM Yoga for Relief & Release
TUESDAY 9:30 - 10:45 PM Gentle Mindful Yoga	7:30 - 8:45 PM Candlelight Yoga
6:00 - 7:30 PM Yoga-Lates	SATURDAY 9:00 - 10:00 AM Open Pilates
WEDNESDAY 6:00 - 7:00 PM Pilates	10:30 - 11:45 AM Yoga for Stress Release & Relaxation
7:30 - 8:45 PM Moving Meditation Yoga	SUNDAY 11:00 - 12:15 PM RISE Yoga - Donation Based Class
	Part proceeds go to RISE Life Management Services

20 BAMBOO AVE, KINGSTON 8 (COR. OF WELLINGTON & BAMBOO AVE)
876 977 6735 | 876 383 7669 | AFYAJAMAJA.COM
WWW.AFYAJAMAJA.COM | @AFYAJAMAJA | AFYA JAMAICA

SMALL GROUP FITNESS CLASSES

CLASSES ARE A HYBRID OF WEIGHT TRAINING, CARDIO, KICKBOXING AND CORE STRENGTH.

MONDAYS, TUESDAYS & THURSDAYS
8:30AM-9:30AM

\$12,500 PER MONTH

Instructors have combined kickboxing & martial arts experience of over 25 years

176 Old Hope Road
876-416-1347 / 876-631-1419 | SPACES ARE LIMITED!!!

Rm Services
Making your job easier

1-876-3233624/3745367
E-mail: thebug7474@gmail.com

Rory-Shane Watson and his wife Marsha Pessoa are former flight attendants with Air Jamaica and Caribbean Airlines with over sixteen years respectively of experience in the aviation and hospitality management industries.

They are about to launch their business which will provide personal assistant services to persons who have very hectic schedules and who need honest help. Rory-Shane has had a public passenger general driver's license for over 20 years. The starting price for services is \$1,000.00 JMD

Among the services that we offer are:

- ✓ Schedule doctor's visits and transportation to Doctors, Veterinarian.
- ✓ Taking your motor vehicle for fitness examination, motor vehicle valuations; Tax office.
- ✓ Taking your vehicle to align and Balance your tyres.
- ✓ Taking your vehicle to replace your tyres and parts.
- ✓ Being your designated driver if you drink and need transportation home, or trips to the country and family and friends visiting from abroad.
- ✓ An extra hand for help when needed. Have a function, need assistance at your place of business to complete a project, extra hands at a restaurant etc.

We look forward to serving you.

Classifieds



2013 Rav4

Fully Loaded High End - 20,500km - Valued at J\$4.3m . 2.5L 4WD, with split leather interior, low mileage at 20,500km. Valued at J\$4.3million - All reasonable offers considered!

Please call **Francis on 279-2337** or email francisburak@gmail.com

2012 SUZUKI SWIFT

5 door hatchback. 2012 model. Only 9,200km. Metallic grey body with black interior. Full Stewarts Suzuki dealership service history. Excellent condition. Air Conditioning, Power Steering, Power Windows, Central Locking, Tilt Steering, Telescopic Steering, Multifunction Steering Wheel, Smart Key (Button Start), 6 Airbags (Front/Sides/Curtain), Power Mirrors, Tachometer, Original Radio/CD Player, Anti-Theft System, Rear Glass Demister, 5 Seat Belts, Tinted side windows, Keyless Entry, Anti-Lock Brakes, Original Alloy Rims (16 inch)

Valued by MSC McKay at JMD 2,000,000 on 3rd June 2016.

Preferred currency Pounds Sterling (subject to exchange rate at time of payment) to be paid to UK bank account.

Call 404 2416 or email benflatman@hotmail.com



BMW X6 2009

Excellent Condition

Mileage: 40375

Tel: 876 579 6211

Email: roseaus@hotmail.com





2001 Mitsubishi Montero Sport

Price J\$900.000.00 with new Parts available.

Please call - 361-1028

2009 Volkswagen Tiguan

Low mileage: 25,500 miles.

Diplomatic driven

Leather interior, excellent condition

Good Service record

Call Donna 819 6969; 432
0778

Price US\$18,000



2015 Toyota RAV4

2.0L, right-hand drive, 4x2, automatic

Recently serviced by Toyota Jamica

Lightly used (only 9,000 km), Excellent condition

Price for diplomats: USD 25,500

Duties remaining: ca. USD 5,000/ JMD 600,000

Will sell to non-diplomats for: JMD 3.8 million (including duty)

Contact: rebecca.molinoff@gmail.com to arrange viewing





2013 Suzuki SX4 (Blue)

FOR SALE: 5 seater, automatic, petrol engine car, with 4x4 crossover capabilities. Under two years on the road and less than 10,000km on the clock. One owner- female.

Available from end June.

Diplomatic sale price: USD16,000 (or equivalent in GBP) plus duties for non-diplomats.

Please contact Sarah on

sb1984@hotmail.co.uk or call on **3710503**.

2009 Nissan Pathfinder LE (black)

LHD, 7 seats, good condition, \$2M OBO

(or US equivalent)

Please contact Sarah
(sarahhsia@gmail.com) or

Demar **382-6899**.



2009 Toyota Mark X

\$1.75 Million

Excellent condition

Call **371-0737**



Imported 2012 Honda Fit for sale

JMD \$1.6M (taxes and duties included). RHD. Black interior. Key-less start and entry. Automatic, A/C, Power doors, locks, side mirrors, windows and steering, Navigation display, radio, CD player, CC rating: 1330. Low mileage.

Call Patrice at 433-6202.

2010 Toyota Corolla GLi 4 Door Sedan

Excellent condition, features Air Conditioning, Power Steering, Power Windows, Central Locking, Tilt Steering, Airbag(s) (Dual Front), Power Mirrors, Tachometer, Anti-Theft System, Rear Glass Demister, 5 Seat Belts, Seat Covers, Tint, Keyless Entry, Anti-Lock Brakes, Driving Lamps, Colour Keyed Bumpers, Colour Keyed Mirrors, Alloy Rims (Factory 15"), 4 Mudflaps, 4 Window Rain, Visors, High Mounted Brake Lamp, 4 Wheel Disc Brakes, Rocker Panel Mldgs, Radio/CD/USB/MP3.

Price- USD 15000 (negotiable)

Contact Navita on: 823-3140/442-9421 /via whatsapp or burgplatz@yahoo.com



2013 Jeep Wrangler Rubicon 10th Anniversary

The nicest Jeep on the Island, LOW MILES - 3.6L V6 engine, 6-speed manual trans, 17 x 7.5 Rubicon 10th anniversary wheels, chrome/leather-wrapped shift knob, 3" Lift, LT285/70R17E T/A on/off-road tires, Mopar rock rails, Mopar slush mats, red front/rear tow hooks, remote USB ports, Rubicon 10th anniversary heated leather seats, silver interior accents, steel front/rear bumpers, tire pressure monitoring display, Uconnect voice command w/Bluetooth, vehicle info center, 3-piece hard top, UCONNECT 730N AM/FM stereo w/CD/DVD/MP3 player, 40GB hard drive w/20GB available, 6.5 touch screen, GPS navigation, SiriusXM, Uconnect hands-free communication w/voice command, BODY COLOR 3-PIECE HARD TOP freedom panel storage bag, rear window defroster, rear window wiper w/washer, tinted rear windows, MAX TOW PKG class II receiver hitch, 4-pin trailer tow wiring, Electronic lockers and Disconnects, High lift Jack and carrier and owner's manuals, \$42,000 US for Diplomats. \$42,000 US + duty for non diplomats. Call 876-702-6395.





Puppy for Sale

He is one year old.

The owner is asking \$20,000.

Interested persons may call: 4694536.

FLOW HD DVR Box \$100

USD/ \$12,500 JMD

Available Sept 9th. Please contact sarahobenson@gmail.com if interested or for more information.

2 pumps for sale

1. Medela Metro set - Like New - Selling for \$100 with additional purchased accessories. Used few times: (will include for free extra accessories - complete set with extra valves, shields, carry bag, battery pack, car charger etc)

2. Medela Freestyle Double Electric Pump - Used - Selling for \$50 (paid \$350) Great medela for the mom on the go - no need to be connected to a plug.

Feel free to negotiate

Zeledon.esther@gmail.com



Household Help

If you are looking for an amazing and dependable housekeeper, look at no other posted advertisements than THIS one! **Mrs. Barbara Bennett** is a meticulous cleaner, a great cook and, having worked for many expats in her life, can follow any American recipe to a "t" as well as whip up something delicious for your family even when you might think there is no food in the house. Barbara is amiable without being chatty, is trusted with keys to our apartment and comes and goes while I am at work and is already cleared to work at Powell Plaza. I am leaving post and my replacement is hiring her 2 of the 3 days we had her work so she would love to work for a single person or couple that need someone one or two days a week. She can be reached directly at Barbara Bennett 876-799-2059.

Gracie Fallin has been a fabulous helper for the last year. She has an easy-going, bubbly personality and she's trustworthy, and dependable. Aside from childcare (kids love her!), she cooks, cleans, and runs errands as needed. Gracie doesn't need a lot of direction or oversight and she's very security conscious - she has worked for several Embassy families (RSO/DEA/GSO) and she's very familiar with Embassy procedures and personnel (GSO/Guards). We would love for her to find a great family. Gracie prefers to work in the Diplomatic community. **Feel free to contact me hadisney@gmail.com or contact Gracie directly at 472-9610.**

Winsome Crooks is an experienced household helper who is looking for Saturday work. She currently works for us part time and has previously worked for other British High Commission families as well. She is trust worthy, honest and very hard working in her household tasks of cleaning, laundry and ironing. She has also cooked Jamaican food for us and helped prepare other dishes. Our children love how friendly she is and like interacting with her. **She can be contacted at 856 3553.** If you would like any further information, please contact Robin at 424 9325.

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.**

Our housekeeper **Latesha Forbes** is currently available for work three days a week. She has worked for us for a year and a half and proved to be punctual, reliable, and trustworthy. In addition to excellent cleaning skills, she is a great cook, and has watched our 5 year old son. **She can be reached at 849-9641.** Feel free to contact us for references. Kmahoney77@gmail.com or bradleyjs@state.gov

Excellent household helper for immediate hire. **Miss Dennis** has over 10 years experience and is available to live in or live out – she is dependable, cooks, cleans and irons immaculately well. **She can be reached on 368-9570.**

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).

Household Help

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

Pansy Johnson—available July 1—has worked for my family for six months. She has affectionately cared for my three boys (4, 6, and 10), getting them ready for school in the morning, playing in the afternoon, and helping with homework in the evenings. Pansy keeps the house clean, clothes ironed, and is dependable to complete any other assigned task: paying bills, food preparation, etc. **You can reach Pansy at 770-2428.** For a reference, contact Johnathan: jroy@teamroy.com.

Madge Sinclair is an excellent nanny and helper now available for full time work. She is also willing to work late during the week, weekends and overnight. She has worked for other diplomat families, has worked at a preschool, came well recommended to us and did not disappoint. She cared for our two toddlers, cleaned, did laundry, ironed, and completed any task we asked of her. Her care for our toddlers was exceptional. She was attentive, loving, caring, patient, kind, yet firm when she needed to be. She was dedicated to any special requests we asked of her regarding our children and made sure she followed our instructions. She was also flexible, dependable, and honest. **You can reach Madge at (876)828-3484 and (876)374-4541.** For a reference please contact Joe at (876) 577-3324.

Miss Norma has over 25 years' experience with children from ages 2 to teenage years. She is an excellent cook, she cleans immaculately well, irons, dusts and does about everything in the home. She is available for immediate hire as a full time live out helper. **Her contact number is 885-3774.** Call her today.

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.**