

the Doctor Bird



Dr. Bird's words of the week:

*Did you know that
February is
Reggae Month?
Check out the calendar of
events on pg 2.*

Events

Ads

Classifieds

*Household
Help*

**Follow U.S. Embassy
Jamaica**



Events

REGGAE MONTH 2015 CALENDAR

SUN	MON	TUES	WED	THURS	FRI	SAT
		Jan 20 Reggae Month Media Launch Ranny Williams Entertainment Centre				
Feb 1 Gronation Series Institute of Jamaica Ecumenical Service Ranny Williams Entertainment Centre Trench Town Festival "Jammin at the Bass" Ambassador Theatre	Feb 2 Uptown Mondays Savannah Plaza	Feb 3 JaRIA Open University Ranny Williams Entertainment Centre JaRIA Live Ranny Williams Entertainment Centre	Feb 4 Reggae Wednesday The Genesis-Reggae Relay Ranny Williams Entertainment Centre Lyming at Culture Yard Trench Town Weddy Weddy Burlington Ave	Feb 5 JaRIA Open University Ranny Williams Entertainment Centre Nyabingi Night Trench Town Merritone Waterfalls	Feb 6 JaRIA Open University Ranny Williams Entertainment Centre Trench Town Festival Dancehall Night, Kids Fun Day & Miss Mini Trench Town JaRIA Friday Mixer Ranny Williams Entertainment Centre	Feb 7 Trench Town Festival Race & Sports Day Boy's Town Trench Town Rock Concert Trench Town
Feb 8 Gronation Series Institute of Jamaica Reggae Praise Ranny Williams Entertainment Centre	Feb 9 Uptown Mondays Savannah Plaza	Feb 10 JaRIA Open University Ranny Williams Entertainment Centre JaRIA Live-Ladies' Night Ranny Williams Entertainment Centre	Feb 11 Reggae Wednesday Aggregations Ranny Williams Entertainment Centre Weddy Weddy Burlington Ave	Feb 12 JaRIA Open University Ranny Williams Entertainment Centre Merritone Waterfalls	Feb 13 JaRIA Open University Ranny Williams Entertainment Centre JaRIA Friday Mixer Ranny Williams Entertainment Centre	Feb 14 Sound Explosion-Stone Love & DJs Ranny Williams Entertainment Centre

SUN	MON	TUES	WED	THUR	FRI	SAT
Feb 15 JaRIA/ UWI Music Symposium Ranny Williams Entertainment Centre Gronation Series Institute of Jamaica Fi Wi Sinting Hope Bay, Portland	Feb 16 JaRIA/ UWI Music Symposium Ranny Williams Entertainment Centre Uptown Mondays Savannah Plaza	Feb 17 JaRIA Open University Ranny Williams Entertainment Centre JaRIA Live Ranny Williams Entertainment Centre	Feb 18 JaRIA Trade Fair Ranny Williams Entertainment Centre Reggae Wednesday Progressions Ranny Williams Entertainment Centre Weddy Weddy Burlington Ave	Feb 19 JaRIA Trade Fair Ranny Williams Entertainment Centre JaRIA Dance Vibes Ranny Williams Entertainment Centre JaRIA Open University Ranny Williams Entertainment Centre	Feb 20 JaRIA Trade Fair Ranny Williams Entertainment Centre JaRIA Open University Ranny Williams Entertainment Centre JaRIA Friday Mixer Ranny Williams Entertainment Centre	Feb 21 Dance Vibz - Creative Dance in Reggae Louise Bennett Garden Theatre
Feb 22 Gronation Series Institute of Jamaica Dennis Brown Tribute Kingston Waterfront	Feb 23 JaRIA Movie Night Ranny Williams Entertainment Centre Uptown Mondays Savannah Plaza	Feb 24 JaRIA Open University Ranny Williams Entertainment Centre JaRIA Live Ranny Williams Entertainment Centre	Feb 25 Reggae Wednesday Reggae Run Web Ranny Williams Entertainment Centre Weddy Weddy Burlington Ave	Feb 26 JaRIA Open University Ranny Williams Entertainment Centre	Feb 27 JaRIA Open University Ranny Williams Entertainment Centre JaRIA Friday Mixer Ranny Williams Entertainment Centre	Feb 28 JaRIA Honour Awards The Courtleigh Auditorium

 JARIA EVENTS

 SPONSORED EVENTS



Events

PACESETTERS TOASTMASTERS CLUB
PRESENTS

STANZA

A NIGHT OF POETRY

POETS & POETRY COMPETITION

FEATURED POETS INCLUDE

POET LAUREATE FOR JAMAICA

PROFESSOR MERVYN MORRIS

DR. MICHAEL ABRAHAMS

ERIKA MARTIN

DR. JEAN SMALL, DTM

LAST YEAR'S WINNER

CALBERT HUTCHINSON

★ TICKET & CONTEST INFO. ★
SONDIA GIBBS: TEL: 280-1950
STANZAPBETRYNIGHT@GMAIL.COM

FEBRUARY 7.2015 ★

ADM: \$1500

PRIZES INCLUDE: DINNER FOR TWO AT SPANISH COURT HOTEL

PCJ AUDITORIUM/TRAFALGAR ROAD

DOORS OPEN AT 6:30 PM

A COLLECTION OF MOODS & VIBES. A TAPESTRY OF WORDS THROUGHOUT THE NIGHT

Events



The poster features a central white rectangular area with a blue border. At the top left of this area is a stylized sun with orange rays and a green spiral center. Below the sun, two cartoon children's heads are peeking over a ledge. The central text reads "Sagikor" in blue with a green logo, followed by "SIGMA" in large black letters, a white silhouette of a runner, and "CORPORATE RUN" in black. Below this is "RUN + WALK + WHEELCHAIR" and "2015". A large blue brushstroke banner across the middle contains the text "SAVE the DATE" in black and white, with "24/02/2015" in white below it. Below the banner, the slogan "SAVE OUR CHILDREN. SAVE OUR FUTURE" is written in black, with a small cartoon child peeking from behind. At the bottom, three cartoon children are jumping joyfully. The Sagikor Group logo is in the bottom right corner.

Sagikor

SIGMA

CORPORATE RUN

RUN + WALK + WHEELCHAIR

2015

SAVE the DATE

24/02/2015

**SAVE OUR CHILDREN.
SAVE OUR FUTURE**

Sagikor Group

Events



THE LATIN AMERICAN WOMEN'S CLUB

cordially invites you to our

Valentine's
Wine and Cheese Party

At the residence of the

Hon. Kenny Benjamin O.C.P. J.P.

Friday, 13th February 2015

7:30 PM



9 Montgomery Rd
Stony Hill

Contribution: \$3500 per person
In aid of our many charities

Dress: Casually Elegant
Dance Music

Advertisements

THE CENTRE FOR LANGUAGE & CULTURE

Practice & Converse in French!!



Contact Aline Luna LESS at 863 2926 Or 755 1255
alinelunaless@yahoo.com

(Institution close to Manor Park / Saturday or weekly class)

THE CENTRE FOR LANGUAGE & CULTURE

Practice & Converse in French!!

CENTER FOR LANGUAGE
& CULTURE
Pre School + Language Classes



(876) 863 2926



Contact Aline Luna LESS at 863 2926 Or 755 1255
alinelunaless@yahoo.com

(Institution close to Manor Park / Saturday or weekly class)

Advertisements



KeFit by Kingston Kefir
(Artisan produced kefir for your health. Build up your immunity from the inside out!)
Text orders to 782-5004 by 10 am for the next day
Tuesday deliveries in Kingston 8
Thursday deliveries in Kingston 6 and 10.

Standard size
250 ml Plain Flavored (and sweetened)
whole milk \$320 \$335
skim milk \$340 \$355

We recycle bottles, so other sizes available on request.
Bring in screw cap bottles for Ja\$20 such as Welches, Tropical Rhythms, etc.

Regular flavors are: almond, vanilla, coconut. Fruit flavors available seasonally.
Check our Facebook page, Kingston Kefir for latest flavors.

EVERY SUNDAY
BLUE MOUNTAINS
Sightseeing Tour

A one day guided tour of the northern section of the Blue and John Crow Mountains National Park.

Starts December 21st

THE EXPERIENCE
Blue Mountain Coffee
See and experience this world class brew in "every form and fashion"
Newcastle (Military Base)
Historic fortalice
Nature Trails
Hiking in the mist forest

COST
US\$75
per person

Door to Door Hotel Pick up Service
Every Sunday 9:00 am - 9:30 am.

RESERVATIONS
Confirmation required 48 hours before tour departure.
Contact: Sun Venture Tours Limited
Tel. 1 (876) 924-4515 or 1 (876) 408-6973 (c)
●email :sunventuretours@gmail.com
●www.sunventuretours.com

G's
PEPPER JELLY
A Great Old Favourite
Now Back

783-2110, 367-6693
gspepperjelly@hotmail.com
suebee106@gmail.com

Advertisements

VIBZEN

TOURS

Jamaican Cultural Packages



Tel- (876) 487-0378 Email: vibzen@gmail.com

Facebook: [vibzentours](#)

<http://www.vibzentours.com/>



Available tours:

- * Beach Island * Natural SPA * Surfing
- * A Day with a reggae Band * King of Reggae
- * Who Is Rastafari? * Roots of Roots Music



STOKELY ROSE'S

TF
TrainFit
Club

INVITES
YOU TO

RATES
6 WEEKS **\$21,000**
8 WEEKS **\$24,000**
10 WEEKS **\$27,000**
12 WEEKS **\$29,000**
DROP-INS \$1,500

CHILDREN 12 to 16
\$800 (PER SESSION)

**SPECIAL SATURDAY MORNING GROUP
RATE (5 people \$4,500.00)**

2 DAY PACKAGES ALSO AVAILABLE

*If you sign up for a minimum of 6 weeks you will
get those weeks free to run with our club.
(Come Run B4 The Sun)*

CONTACT CALL:
366.0435

EMAIL:
stokelyrose@gmail.com

OUTDOOR MADNESS

TIMES: Tues/Thurs at 5:15p.m.
Saturdays at 7:00a.m.

LOCATION: Reach Academy, 2 Widcombe Road, Millsborough (Off Hope Road Going to UWI on your left, between Sovereign Centre and Gas Station. Use Barbican Road and drive in the direction of Mountain Spring, take first left on Doorly Boulevard after going through gully at foot of hill).

WHAT WE'RE ABOUT: Outdoor Madness Boot Camp is designed for weight loss, physical endurance, and muscle toning/conditioning. Our services include: Monthly weigh-ins, assessment, a meal plan, before and after pics, WhatsApp and Facebook group updates. Discounts available for existing TFC Boot Camp members on other activities within the club.

PLEASE NOTE: This is an intense, high impact workout session. Participants with severe injuries and disabilities should consult their physician prior to engaging in this Boot Camp. Bring along lots of water, construction gloves, insect repellent, a mat and any weights you may have.

You may also email TrainFit Club, trainfitclubja@gmail.com

[facebook.com/trainfitclub](https://www.facebook.com/trainfitclub) [@trainfitclub](https://www.instagram.com/trainfitclub)

CLASSIFIEDS



FOR SALE: Mitsubishi Grandis 2008. GREAT family car. Has three rows of seats for up to 8 people. Very good condition. Only one owner. Low mileage. US\$13,000 negotiable. **Call Pat at 367-8798.**



2009 Ford Expedition Limited (EL)
No Duty Tax and available in June
5.4 liter V8 engine
4X4
6-speed automatic w/OD
Power-folding third row seats
Brand new Goodyear silent armor "E" load tires
Mileage: 62846.3
SIRIUS Satellite radio
Keypad locking
Price US\$ 26,000

SUV for Sale

Contact James : gsp304@hotmail.com

2012 Nissan X-Trail

SUV 5 door, 38,000 Km, Excellent condition and full service history. J\$3.42M

Contact Sobia Cell:285-1944, Sobi38@hotmail.com



2005 Toyota Prado VX, Leather interior, Seat covers included. Good condition. 1.9M

Call 995-6989 / 371-2288



CLASSIFIEDS

Migration sale: Ph: Kristen 895-7356 or email: knehemiah@gmail.com

Items

Electronics

Berlin Wireless Router	\$1,500
Large Maglight Flashlight	\$1,000
Medium LED Flashlight	\$800

Dinner sets

Green & Brown - 18 Piece Dinner set	\$3,500
Brown - 8 Piece Dinner set - 4 breakfast plates, 4 bowls	\$2,000
Gladware - plastic food containers (set with mutiple sizes)	\$1,000

Glassware & Mugs

Tea cups - 4 (white with apples)	\$1,500
Mikasa Crystal wine glasses (set of 4)	\$6,000
Glass Whiskey Decanter	\$2,000
Glass white wine glasses (set of 4)	\$2,000



Frigidaire 30" Stove - \$50,000



2004 Toyota Altezza - US\$9,000 negotiable

Price

Kitchen Utensils

Bottle Opener	\$100
Sushi set - bamboo rice riddle, bamboo sushi mat	\$500
Peeler	\$100
Steel grater	\$300
Ceramic canisters (set of 4)	\$1,000
Stainless steel bread bin	\$800

Miscellaneous

Mikasa Glass vase	\$4,000
Decorative bowl - pewter finish	\$1,000
Metal African figurine	\$600
Metal fruit basket (wood base)	\$600
Guitar stand	\$800
Place mats - Woven (brown, green and tan) - set of 4	\$1,000
Square Decorative dish – white	\$300
Mini Glass vase – 2	\$400
Stainless Steel Toilet Tissue Holder	\$800
Wine Bottle stopper	\$200
Black & Grey picture frame (4x6)	\$800
Chinese Decor - painted bottle	\$200
2 Tan colored Roman blinds - 2ft 11" wide, 2ft 5" wide	\$1,000



Frigidaire Refrigerator - \$40,000

CLASSIFIEDS

Downsizing Sale – Various Items available:

Baby Stuff:

Fisher-Price Babies/Toddler activity table \$3500, Fisher-Price Infant to Toddler Rocker - \$4000, Infantino Baby Carrier \$1500, Fisher-Price Jungle Baby Mobile with remote control \$2200. Graco High Chair \$ 2000 (not pictured). Fisher-Price Baby Bath \$2200.



Furniture etc: Samsung Stainless Steel Refrigerator, double door (side by side) 1 year old - \$110,000, Wood Coffee Table/ 2 x side tables - \$6000. Ashley Plush Corner Couch (chocolate Brown) \$65,000 Bookcase (dark cherry wood) - \$8000

All prices negotiable for quick sale.



Please contact Andrea tel # 397 8586 or email ange2cel@gmail.com or Dwayne tel # 483 8208. Please email for photos of bookcase and refrigerator you are interested.



Brand New LG Refrigerator for sale

Price 105K (neg.)

Contact: **Duane Cunningham 388-1588** or **Renae Seivwrigh** seivwright.r@gmail.com

CLASSIFIEDS



Exercise Cycle
(like new)
for sale.

Cost: \$25,000.

Contact: Tony at
4079970

or

9694080.



Brand New 50" RCA LED TV

- never used (still in the box)
- price: JMD 80,000,-

Call Gary at 531 7342 or 362 8012

Ben & Jerry

almost 3 years old, male, vaccinated, health checked, wormed and neutered,
very friendly, trusting, adorable outdoor cats

need a new loving home

Sadly, we will not be able to take them with us when
we have to leave Jamaica.20.01.2015

Please contact us on 503 0318



Household Help

Kerry-Ann for weekly employment as a nanny and/or domestic helper. She is honest, reliable and punctual. She takes instructions/guidance on cleaning routines and requests very well. She is always willing to be flexible with hours, scheduling and babysitting requests. She can be contacted at 5471052. If you have further questions about my experience with her, please feel free to contact me at marellita@libero.it".

Ms Barbara Barrett is an excellent housekeeper and comes highly recommended. She has worked for British High Commission families for the last 4.5 years, and has previously worked for families from the UN and other diplomatic missions. She is punctual, reliable, hardworking and extremely trustworthy. She is an excellent cook, and ably manages household work with looking after children including toddlers. She is looking for full time or part time work. **Her phone number is 399-5073**. If you have any questions please do not hesitate to contact me.

Karen is a reliable worker who puts her heart into her work. Karen quickly adapted to our house cleaning system with different soaps, organic products and duty designated towels. Each time she left for the day, our house looked like a hospital! Most importantly, Karen can be trusted. One day while reorganizing our daughter's doll house, Karen found my Tiffany silver & diamond ring. When I returned to the house later that morning, Karen proudly presented me the ring (which I quickly hid from my daughter & forgot to mention to my husband!) Whether it was money or jewelry, Karen can always be trusted with your household items. **Please talk to Gid for an in-depth reference or call Karen direct at: 420-1864**

Ms. Christine Morgan has been an excellent house keeper for my family for the past 3 years. She is very dependable, trustworthy, and an excellent house cleaner. She has worked for many US Embassy families over the past years and has always received the highest recommendation. She can also prepare meals. She currently has days available. I highly recommend her. **She can be reached at 407-1194**. If you have any questions please do not hesitate to contact me. **Les deGraffenried, (577-3340)**.