

the Doctor Bird



[Events](#)

[Ads](#)

[Classifieds](#)

[Household
Help](#)

[Jobs](#)

Follow U.S. Embassy
Jamaica



Events



PRESENTS

'DED LEFF'

A MUSICAL PLAY BY MICHAEL HOLGATE



OPENING
FRIDAY
JAN 23
2015

NEW
THE VIBES THEATRE
8 CARGILL AVENUE, KINGSTON 10.

PLAYING: FRI. TO SUN. @ 8PM.

FOR TICKETS AND BENEFIT HOUSES:
CONTACT: (876) 960-2985 OR 353-2287
VISIT: WWW.THEASHECOMPANY.ORG



Events



ALLIANCE FRANÇAISE DE LA JAMAÏQUE
PRESENTS



E. SY KENNENGA
IN CONCERT

MARCH 28, 2015

VENUE

**COURTLEIGH
AUDITORIUM**

TIME

7 P.M.

FOR MORE INFORMATION
CONTACT 978-6996

ADMISSION

\$2000
MEMBERS & STUDENTS
OF THE ALLIANCE FRANÇAISE

\$2500
GENERAL PUBLIC PRESOLD

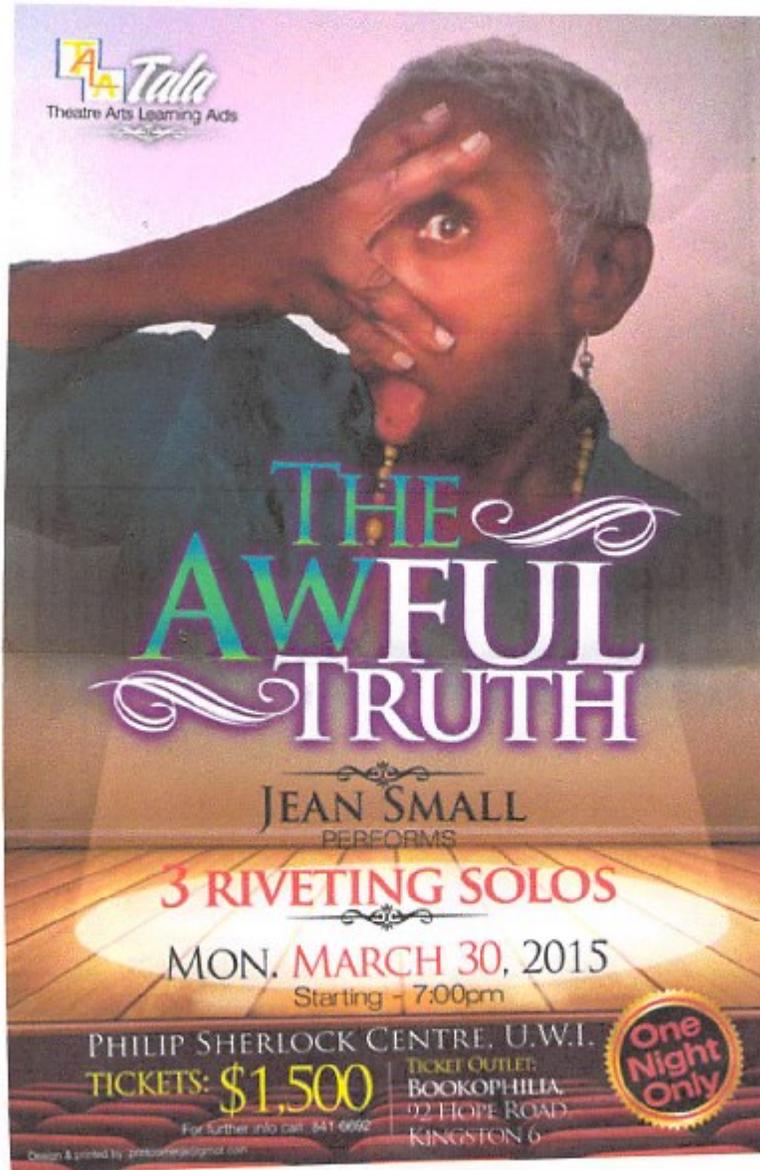
\$3000
AT THE GATE

TICKETS AVAILABLE
ONLINE AT

YARDTICKET
SEARCH • CLICK • BUY



Events



TALA
Theatre Arts Learning Aids

THE AWFUL TRUTH

JEAN SMALL
PERFORMS

3 RIVETING SOLOS

MON. MARCH 30, 2015
Starting - 7:00pm

PHILIP SHERLOCK CENTRE, U.W.I.

TICKETS: **\$1,500**

For further info call: 841-6992

TICKET OUTLET:
BOOKOPHILIA,
92 HOPE ROAD,
KINGSTON 6

One Night Only

Design & printed by: prestonmedia.com

Events



JAKES

WANTS YOU TO

SAVE *the* DATE

★ **OFF ROAD** ★

TRIATHLON

TREASURE BEACH, JAMAICA

CELEBRATING 20 YEARS

APRIL 18TH, 2015

FOR MORE INFORMATION

STAY@JAKESHOTEL.COM OR ANNEKE@JAKESHOTEL.COM

Advertisements



**KNOCKOUT
CHIK - V
JOINT PAIN**
(POST CHIKUNGUNYA ARTHRALGIA)

PROVEN FORMULAE THAT WORK

The WHO (World Health Organization) **recommends three things for affordable and effective treatment of joint pain.**

OUR 3-STEP PROGRAMME:

ACUPUNCTURE
Stands alone as the single most effective treatment using ultra thin painless needles to powerfully reduce pain and speed healing.

CONCENTRATED EXTRACTS OF ANTI-INFLAMMATORY HERBS
INFLAM-EASE - Ginger, Turmeric and Basil have anti-inflammatory properties used for millennia and supported by modern research to rapidly reduce inflammation and speed recovery from damage to joints caused by the Chik virus.

PAIN EASE - Relieve pain and enhance circulation with the potency of Capsaicin and Nutmeg extracts to rapidly and effectively treat joint pain.

OMEGA FATTY ACIDS - Anti-inflammatory building blocks.

"IN JUST A FEW TREATMENTS, I WAS FINALLY FREE FROM EXHAUSTING CHIK-V PAIN - THANKS PAIN CLINIC"

 **Doctor Bird Herbs**
office@doctorheinzbecker.com
422 - 0779 or 931 - 4205
www.doctorheinzbecker.com

 **THE PAIN CLINIC**
MANDEVILLE • OCHO RIOS • KINGSTON



Natural Goats' Milk Skin Care

Goats milk is a natural moisturizer and skin rejuvenator. Lipoproteins present in goats' milk, absorb easily into our skin to seal in moisture, prevent dryness and premature aging. Lactic acid, naturally present in goats' milk and part of the "alpha hydroxy" family, penetrate the top layer of the skin to help your body shed dead skin cells, leaving you with glowing skin. It is close to our skin's pH level - keeping your skin in perfect balance - which eczema, acne, psoriasis and other painful skin conditions may benefit from.

The nitty gritty on our series:
Pure Niceness - color coded in green
Lively Up Yu'Self - color coded in red
Cease & Settle - color coded in gold
Beeni Bit - packaged in sleek aluminum bottles
Light Up Yu Life - soy wax candles
Moist - facial care

I-T-A Cheryl Hewitt
876.521.9270

BLENDS
A PROUD PRODUCT OF JAMAICA



**Get the best tasting
Jamaican honey
delivered to you!!!**

Large bottle - \$1500

Small bottle - \$700

Honey Comb - \$400

Bee Pollen - \$1000

Bee wax is also available.

Contact: Mark

at 876-292-7721

DR. JAN HOCHTRITT

CALL: 1(876) 773-8193

WWW.PLASTIC-SURGERYJA.COM


PROSURGICARE
Services Ltd
**PLASTIC AND
AESTHETIC SURGERY**



Find Your Fabulous In Jamaica

Advertisements



**The Newtown Bakery
Limited**

Easter Bun Price list 2015.

Package	Wholesale Price	Suggested Retail
30oz Plastic Wrapped	420	525
38oz Box	580	725
42oz Plastic	630	785
44oz Box	670	840

Contact:

Shalane Chin

864-8205.



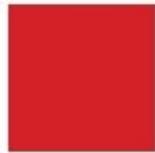
Advertisements



DR. MICHELE J. PRENDERGAST
BSc (CUM LAUDE), BBMedSci, MBBS(UWI)
PRIMARY CARE PHYSICIAN



"Medical Care at Your Convenience ..."



Appointments: 876-798-3942
Email: dr.m.j.prendergast@gmail.com

LEANNE'S 2HR **SUNDAY** SIGNATURE
YOGA
10am - 12pm
Cost: \$15.00
Chinese Benevolent Assoc.
176 Old Hope Road
876-464-5929 (call for dates)
www.facebook.com/leanneslifestyleyoga
All levels welcomed!

CLASSIFIEDS

FOR SALE

**Yamaha PSR-E323 Keyboard in
Excellent Condition**

Asking \$20,000, call 3262743



**Dining table &
chairs (6) for
\$100k (neg)**

**Laura Henzell
869-6991**

2008 LR2 Land Rover for Sale.

\$15,000 USD **negotiable**. Duties apply.

Drive one of the most unique cars in all Jamaica! Pot holes, flooded gullies, sand, mountains, this car can do it all. Enjoy beautiful Jamaica under a double sunroof with black out windows.

Driven locally, only 3.5k miles driven on Jamaican roads.

No kids, pets, smokers or food in the car. Feels like new.

72,000 miles. Available May/June

Contact Stephanie Lella at stelella2007@gmail.com



2013 Jeep Wrangler 4WD/2 Door Sport

5-Speed Automatic Transmission

3.6 Liter V6 Engine

R17 OWL On/Off Road Tires (never fear a pothole, again!)

Removable Hard Top (Freedom Panels)

Approximately 8,000 miles

Made in the USA!

Approximately J\$2.7 million in duty for non-diplomats

Available April 30

Asking US\$27,000

Contact: cmbennett212@yahoo.com



CLASSIFIEDS



Toyota RAV 4 28,000km

2,100,00 JMD

4WD automatic, 2362 cc, Garmin GPS w/ Jamaica Map

Price as per independent evaluation

Contact Mr. Christophe Ferrer 564-3975

Christophe.ferrer@gmail.com



FOR SALE: 2011 Ford Escape Limited Edition

Very good condition, many amenities including backup camera, moon roof, leather seats, Sirius Radio capability, and Sync voice command

\$19,000USD for members of diplomatic corps, all others duties apply.

Available late June / early July 2015

Please contact sarah.vanhorne@gmail.com

2009 Volkswagen Tiguan

Low milage 19,700 miles

Leather interior, Excellent condition

Good service record

Price US\$21,500

Call Donna 819 6969

or email donna02@gmail.com



CLASSIFIEDS



AQUA SILVER HYUNDAI Tucson 2010

AC/ AUTOMATIC 4 wheel Drive

Right Hand Drive

Mileage: 51587 miles

\$ 2 Millions Negotiable

CONTACT Mr Coy at 294 8173

FOR SALE: 2013 Toyota RAV4 4WD

Features: Excellent condition - like new! Only 15,000km, still under warranty. Right-hand drive, automatic transmission, 4 cyl. Steel Black/Green exterior, black cloth interior, zero dents/scratches. Power steering, power windows, and mirrors. Central locking, ABS system, Cruise control, AC, rear tinted windows, AM/FM, CD player, USB and AUX ports, Cargo cover, spare tire, allow wheels. Diplomatic owner, frequent oil/filter changes and upkeep, great for mountain and beach driving

Asking US\$25,000 – plus a few months of duties left for non-diplomats (around \$3,000), bought new in JA, available beginning of April

Call: 470-8228 or email nicholegraber@gmail.com



Black Suzuki Grand Vitara!

2012 model, only 14,700 km,

5 doors, excellent condition,

new battery, J\$ 2,5M

E-Mail (Maria) at

postfach-mc@web.de

CLASSIFIEDS

Toyota Corolla 2006, motor 1.5

::::EXCELLENT CONDITION::::

A/C, central door lock with key remote, alarm system,
radio/cd player with remote control, 2 new tires, very clean upholstery,
low mileage: 33,635kms,

Price: JMD \$1.2M Neg.

Contact email: corolla2006jam@gmail.com



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



CLASSIFIEDS



Complete Scuba Kit from Oceanic

- PACKAGE INCLUDES: Oceanic OceanPro Weight Integrated BC
- Aeris A300 XT 3 Gauge Computer Console
- Oceanic Alpha 9 SP5 DVT Regulator, Yoke
- Oceanic Alpha 8 Octopus with Hose

Oceanic 3x3 Aluminum L.E.D. Light
600 USD for whole package

Sarah.vanhorne@gmail.com

Gardens of Arcadia

3 bedrooms Penthouse
apartment with 2 bath-
rooms.

Gated community with 24
hour security.

Contact: Mrs. Williamson at
9208545 or 9694080



Household Help

Yvonne Brown has been our cook, housekeeper, and friend over the last two years, and we are so sad to say goodbye to her. She comes to our house 1.5 days a week (full days Tuesdays and half a day Fridays), and leaves the house spotless with 3-5 dishes that keep us fed all week! She makes all the typical Jamaican dishes and has learned to cook many international dishes as well. She also shops for us and gets amazing deals at the local markets, saving us a lot of money! She is very smart, remembering which dishes we like, and also buys local fruit for shakes and fruit salads and always makes lots of healthy veggie dishes. I don't know what we will do without Yvonne in our next post but know we will miss her and hope to find her a good home to benefit from Jamaican food and culture as we have. If you're interested in trying out her skills, she can be reached at 379-8878. For additional information, you can contact me at nicholegraber@gmail.com or **470-8228**.

Sharon Wong is an excellent housekeeper and nanny. We spent a long time interviewing other nannies to find the right fit for our toddler and what struck us was her punctuality, humbleness and willingness to learn. She learned our toddlers routine, our eating and cleaning preferences, and knows how to balance housework and nanny duties. Sharon does our errands, always bringing the exact change and finds the best prices around town and sleeps over when we need it. She is looking for full time or part time work starting around May 11th. **Her number is 289-0648**. Feel free to contact her directly or email me for any additional information: zeledon.esther@gmail.com.

Rosetta is a wonderful housekeeper who will keep your home free from dust, dirt, and grime while keeping a pleasant disposition. She is currently available for work on Tuesdays and Fridays and I highly recommend her. I have employed Rosetta for more than three years and have no concerns about allowing her unfettered access to my home. She reads and writes well, allowing us to communicate even when I do not see her for weeks at a time (due to my work schedule). She is conscientious and is happy to care for my dog and plants as though they were her own. I am happy to discuss her performance in more detail (contact me at: jvail@usaid.gov) or you can **call Rosetta directly at: 874-8740**.

Our wonderful nanny of three years will soon be available to work for another family. Before working with us, **Joan** was employed by another diplomat for over two years. She cared for our two young boys on a full-time basis and became apart of our family. She's energetic, genuine, reliable and communicates well. When my husband traveled for work she was always there to work extra hours in the evening and on weekends. Before becoming a nanny she worked at a local pre-school and loves working with children. Joan is available as of April. **Please call her at 589-0223 or 344-1297** or contact me for a further recommendation, **Maureen 351-9159**.

Gracie Fallin has been a fabulous helper and member of our family for 2 years. She has an easy-going, bubbly personality and she's trustworthy, dependable, and wonderful with our daughter. 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). Gracie has given me peace of mind when I'm at work - I never worry about what's going on at home. We're leaving at the end of May, but we can be flexible - we just want her to find a good match. Feel free to contact me at gretchenhess@hotmail.com or **contact Gracie directly at 472-9610**.

VACANCY ANNOUNCEMENT

U.S. EMBASSY, KINGSTON, JAMAICA W.I.

OPEN TO: All Interested Candidates

POSITION: Gardener, FSN-2, FP-CC*

OPENING DATE: March 12, 2015

CLOSING DATE: March 26, 2015

WORK HOURS: Full-time; 40 hours/week

SALARY: *Ordinarily Resident: J\$1,011,665 p.a. (Starting salary)
(Position Grade: FSN-2)

*Not Ordinarily Resident: US\$20,419 p.a. (Starting salary)
(Position Grade: FP-CC is confirmed by Washington)

NOTE: AN ELIGIBLE FAMILY MEMBER DOES NOT HAVE TO BE RESIDING IN COUNTRY TO BE CONSIDERED BUT THE SPONSORING OFFICER (UNDER COM AUTHORITY) DOES HAVE TO BE OFFICIALLY ASSIGNED TO POST. *ELIGIBLE FAMILY MEMBERS SHOULD HAVE AT LEAST ONE YEAR REMAINING AT POST.* ALL ORDINARILY RESIDENT (OR) APPLICANTS (SEE APPENDIX A) MUST HAVE THE REQUIRED WORK AND/OR RESIDENCY PERMITS TO BE ELIGIBLE FOR CONSIDERATION.

The U.S. Embassy in Jamaica is seeking a **Gardener** to work on a full-time basis in the **Facilities Management Office** of the United States Embassy.

BASIC FUNCTION OF POSITION

The incumbent will maintain gardens and grounds at Chief of Mission residence, Deputy Chief of Mission residence and other duties as needed.

A copy of the complete position description listing all duties and responsibilities is available from the Human Resources Office. External applicants may request a copy by emailing hrokingstonjobs@state.gov.