

the Doctor Bird

Words of the week:

International Nurses Day is celebrated around the world every May 12, the anniversary of Florence Nightingale's birth.



Events

Ads

Classifieds

Household Help

Jobs



Photo of the week

Breakfast companion at Secrets Resort

Follow U.S. Embassy
Jamaica



Events

FRIDAY 13TH
IS YOUR LUCKY DAY!

CONSTANT SPRING GOLF CLUB PRESENTS
9 DINE & WINE

AN EVENING OF FINE WINES, TASTY DISHES & GLOW-IN-THE-DARK PUTTING FOR AMAZING PRIZES, PLUS A FANTASTIC HOLE-IN-ONE PRIZE

FRIDAY, MAY 13, 2016 FROM 6:30 PM
ADULTS: \$2,000.00 (INC'S ANY 2 MEATS)
CHILDREN: \$1,500.00 • PUTTING ROUND: \$500.00

MENU

- BBQ Chicken with Walker's Wood Caribbean BBQ Sauce
- Jerk Pork with Walker's Wood Sorrel Glaze
- Roast Fish with Walker's Wood Curry Coconut Sauce
- Sides: roasted sweet potato, coleslaw & potato salad.

Logos: Constant Spring Golf & Country Club, Unbeatable, Walkerswood, Select Brands.

RICHIE SPICE **DRE ISLAND** **THE WIXARD**

REDONES BLUES CAFE
1000 W. 10th ST. ST. JOHN'S

MAY 13TH
SHOWTIME 9PM
ADMISSION \$1000

FUZED
DI ECLECTIC EDITION

Logos: J&M, D&M, Full Range, N&N, ONE 076, etc.

Jamaica Yoga Association
One Love • One Yoga • One Jamaica

Tricia Jameson
May 14, 2016
Hope Gardens, Shell
Bandstand

PLEASE JOIN US FOR A MOMENT IN TIME TO HONOR OURSELVES
Tricia Jameson

LIFE'S A JOURNEY THROUGH EXPLORATION WE FIND THOSE INTRICATE MINUTE ELEMENTS THAT TAKES US BEYOND WHAT WAS, TO WHAT IS, AND WHAT IS, IS BEAUTIFUL LETS EXPLORE OUR BREATHS AND BODY AND ROCK-ATAMA!

VENUE: HOPE GARDENS, SHELL BANDSTAND
DATE: SATURDAY, MAY 14, 2016
TIME: 6-9 AM

TJ. EQUIPOISE YOGA
TRICIA 841-3412
10A CALEDONIA AVENUE, KGN. S. CROSSROADS
YOGA ALLIANCE REGISTERED "GUIDE"

Image of Tricia Jameson

WEAR RED DAY!
FRIDAY MAY 13, 2016
HEART DISEASE IS STILL THE #1 CAUSE OF DEATH IN JAMAICA!

Go Red for women
THE HEART FOUNDATION OF JAMAICA

WEAR RED AND SHOW YOUR SUPPORT FOR THE 'Go Red for Women' Campaign.

Share photos of yourself, your friends, family and co-workers wearing red, which will be posted on The Foundation's website, facebook and notice boards.

Send these photos to: events@heartfoundationja.org
Tel: 906-9407, 926-4378, 929-3195 • Fax 754-6441
Website: www.heartfoundation.org.jm

Logos: Facebook, Twitter, Instagram

Red Dress Pins for Sale @ \$450.00 ea
PLEASE SUPPORT!



Story Time

Friday May 13 . 10:30am
with author Alison Latchman

Bookophilla

BOOK SWAP

TUESDAY
MAY 17
@ 6:30PM

92 Hope Road, 978-5248

bring a book you've read and swap it for a book someone else has read

100 ONE HUNDRED

SATURDAY 14TH OF MAY

NO STALGIA AT 9PM

at: 100 HOPE ROAD

3 DAYS LEFT

BAMBINO

Permanent Delegation of Turkey invites you to the Turkish Music Concert titled "Sultan Composers" to be preceded by the Turkish Ceramic Tiles exhibition titled "Classical Period Ottoman Ceramic Tiles Kneaded with Love"

Ud Artist
Prof. Gülçin Yahya
KAÇAR

Vocal Artist
Elif GÜRESCİ

Ceramic Tiles Artist
N. Nur AYLUPINAR

Kanun Artist
Tahir AYDOĞDU

Ney Artist
Uğur ONUK

19 May 2016, 18.30 for our foreign guests
20 May 2016, 18.30 for our Turkish guests
The Ceramic Tiles Exhibition will last until 24 May 2016
Permanent Delegation of Turkey to the European Union / Brussels
R.S.V.P. 02 289 62 59 / tr-delegation.eu@mfa.gov.tr

SDC SOCIAL DEVELOPMENT COMMISSION
Building Communities...Building Jamaica

SOCIAL DEVELOPMENT COMMISSION, CLARENDON PARISH COUNCIL
AND MILK RIVER TOURISM DEVELOPMENT ORGANIZATION

Invite you to the inaugural CONCH AND CRAB FESTIVAL

Where: Milk River, Hotel and Spa
When: Sunday May 15, 2016
Starting Time: 10:00 AM

You name the seafood...it will be on sale
Come and Satisfy Your Appetite

Kiddies' Village, Lots of Prizes & Surprises!!!!

FOR FURTHER INFORMATION:
CONTACT SDC CLARENDON : 902-8484
OR
VISIT: 80 MANCHESTER AVE, MAY PEN

NICE TIME & NANOOK
PRESENTS:

AT NANOOK
120 BURLINGTON AVE

MAY
20TH
7 PM



IRIE SOULJAH ALBUM LAUNCH
IMMIGRANT

WITH SPECIAL GUESTS:
UPRISING ROOTS
PENTATEUCH MOVEMENT
CONSCIOUS REBELZ
AND MORE

SPECIAL GUEST SELECTOR: LION TROD

LIVE PERFORMANCES | ITAL FOOD AND BEVERAGES BY KING DAVID RESTAURANT | STEAMERS STATION

ADMISSION FREE



BLANK CANVAS

ART THERAPY SESSION SERIES

with LESLI-ANN BELNAVIS, MS, ATR

Saturday May 21 , 2016

4:30pm - 6:30pm

True Self Centre Of Being
14 Roselle Avenue,
Kingston 6

COST: \$2000 JMD

PRE REGISTER NOW, LIMITED SPACE !
<http://blankcanvasarttherapysession.eventbrite.com/>

For more information contact:
P- (876) 304-5554 / E-mail - lesliann@arttherapy.com.jm



Institute of Jamaica
Simón Bolívar Cultural Centre
Invites you to the launch of

Latin Mania

Friday May 27, 2016



Simón Bolívar Cultural
Centre, 10-12 North
Parade, Kingston

6:00 p.m - 9:00 p.m.

*Featuring Latin Music
and Food*

Contact us at: simonbolivarcentre@gmail.com Tel: 967-0378-80



The Department of Literatures in English
presents

A Creative Writing Poetry Workshop Series
with

Vladimir Lucien

Saturday, May 21 & 28, 2016

10am - 1pm

Graduate Conference Room
Faculty of Humanities and Education

REGISTRATION FEE: \$5,000/session

For further information email: litsworkshop@gmail.com
or call: 927-2217



RELAX Bring a friend or family member to
YOGA in PARADISE
at **Hermosa Cove**
on *Saturday, June 11th*
from 10:30am to 4:30pm

ENJOY CONNECT

REVIVE

\$65 US for a day of balancing YOGA,
a gourmet LUNCH & lying on the BEACH

Email: omwellnessrhythms@gmail.com or
Call: (876) 410-8740 to sign up

FATHERS' DAY
Brunch
SUNDAY, JUNE 19, 2016
@ THE LAWNS OF HOPE ZOO

BRUNCH SERVED 10 A.M. - 3 P.M.

CHILDREN: \$1,500 ADULTS: \$3500

**PRIZES & SURPRIZES
LIVE ENTERTAINMENT**

SEE TESSA LEWIN FOR TICKETS, CALL EXTN. 6159
PART PROCEEDS TO LODGE ST. JOHN CHARITIES:
UTECH SCHOLARSHIPS AND INNRCITY BASIC SCHOOLS

CONFIRMED
Tasha Cobbs
Catherine Hall
Entertainment Complex
MORNING STAR CONCERTS

DAY 1
July 31
DAY 2
Aug. 1

**MOBAY JERK FESTIVAL
AND GOSPEL CONCERT**
2016

WOMEN'S CENTRE OF JAMAICA FOUNDATION

**Annual
Fish Fry & Bake Sale
Extravaganza**

Steamed Fish includes 3 bammy and tossed salad	\$1,200	
Escovitch includes 2 festival, 1 bammy and tossed salad	\$1,200	
BBQ Chicken includes rice & peas and tossed salad	\$1,200	
Jerk Chicken includes rice & peas and tossed salad	\$1,200	

Friday, May 27, 2016
Delivery between 11:00 AM to 1:30 PM

**@ 42 Trafalgar
Road**
Tel: 929-7608
Tel: 618-1384-5
Tel: 918-1384-4
adminwomen@cwjamaica.com

Meals must be preordered and baked sweets can be purchased on site.
All proceeds in aid of the Women's Centre of Jamaica Foundation scholarship and building fund.

PUMA FORTIS 5K RUN

PROFESSIONAL ROAD RACE MANAGEMENT SERVICES

RUNNING EVENTS LIMITED

May 22, 2016
6:30 a.m.

Walk/Run/Donate

J\$1000 General Admission
J\$500 Students/Children
www.runningeventsja.com

SPSA FIDELITAS

ST. HUGH'S PAST STUDENTS' ASSOCIATION

Tee off Swans

WITH THE

CHARITY GOLF TOURNAMENT

SATURDAY, MAY 28, 2016
CONSTANT SPRING GOLF & COUNTRY CLUB
TEE TIME: 7:00 AM - 2:00 PM
\$4,000 (INCLUDES COCKTAILS)

18 HOLE STABLEFORD COMPETITION | FULL HANDICAP CATEGORIES
MEN | MEN SENIOR & SUPER SENIOR | LADIES | JUNIOR (BOYS & GIRLS, AGES 11 - 17)

ENTER TODAY!
FABULOUS TROPHIES & PRIZES
COCKTAILS & AWARDS CEREMONY 6:30 PM

Tournament Director: David Male
Proceeds in aid of the renovation of the St. Hugh's High School Care Centre & Outreach Programmes
For additional information, please contact Sandra Davis at (876) 794-5023/ (876) 454-2421

TOYOTA JAMAICA, CAMPAI, STRATEGIC CONTROL, KFC, NESTLE, SINGER, ALPHA BOYS SCHOOL, PKD FOUNDATION, water.org

F

FRENOLYMPICS
KINGSTON, JAMAICA
JUNE 4, 2016

#FRENOLYMPICS #TEAMUP @FRENOLYMPICS

REGISTER @ WWW.FRENO.COM

Red Stripe FREN-O

77 Shortwood Rd, Kingston

Drink Packages Available
Vending and Sponsorship Opportunities Available
Info @ 876-597-6715

PROCEEDS IN AID OF

ALPHA BOYS' SCHOOL
PKD FOUNDATION
water.org

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

Grace Kennedy EDUCATION RUN

"Unleashing Jamaica's Potential"

SAVE the date
JULY 10, 2016
Kingston Waterfront, 6:15 AM
[#whywerun](https://twitter.com/whywerun)

H.O.P.E. ZOO KINGSTON
HOPE ZOO PRESERVATION FOUNDATION

Corporate Lyme At Serengeti

Kingston's most beautiful watering hole
located inside the Hope Zoo

Every Friday 6pm - 1am
Entry Free before 8pm | Refreshments on Sale
Karaoke starting at 6pm

For special bookings please contact Hope Zoo at 927-1085

"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

BODEGA **TRIVENTO** ARGENTINA VINA MAIPO

[/100boperoad](#)
[/barbourwineandspirits](#)

THE JAM IS BACK

THIS AND EVERY THURSDAY

LIVE IMPROVISED MUSIC FROM **8PM - 12AM**

CONSTANT SPRING GOLF CLUB
152 CONSTANT SPRING RD
FREE ENTRY

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

Barbican

STEAK NIGHTS
EVERY FRIDAY AT BBB...
\$1500 PLUS A GLASS OF WINE

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:

The secret to the exquisite Italian food served at Toscanini's on the north coast is the fresh locally produced ingredients.

Lella, the owner of Toscanini, shared the contact information of a few of her suppliers, that I in turn, share with you all.

Doesn't soursop cheesecake sound divine? Must call Taminka Brown.....

Everything is made locally...

Goat cheese

Ruth and Byron Mitchell

Cell. 344 8611

[Email..ruthm44580@aol.com](mailto:ruthm44580@aol.com)

Baker

(delicious soursop cheesecake!!) Tamika Brown

Cell. 999 2336 or 853 5529

[Email..tamika_exec@hotmail.com](mailto:tamika_exec@hotmail.com)

Fruit/ Vegetables

Maline Stephen

Cell. 356 8026/ 414 5694

[Email..farmermalinestephen@gmail.com](mailto:farmermalinestephen@gmail.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"

Advertisements

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

"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/perfectlykaamessages

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

Thursday
YOGA CLASSES
 with Leanne

13 BENSON AVE
 KINGSTON 8
 9:00 AM
COST: \$1,000
 876.464.6929

DIVE JAMAICA

LEARN HOW TO SCUBA DIVE

Learn to dive with the Yardie Divers

Our Dive Classes include:

- PADI Beginner Scuba Divers
- PADI Open Water Diver
- PADI Advanced Open Water
- PADI Rescue Diver
- PADI Dive Master
- PADI Skin Diver

Call us now:
 Tel: 876 586 5478, 876 539 8219
 Email: yed@jtd@hotmail.com

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

WEEKLY SCHEDULE **afya**

YOGA & PILATES

MONDAY 6:00 - 7:30 PM Yoga	THURSDAY 6:00 - 7:15 PM Yoga for Relief & Release
TUESDAY 9:00 - 10:15 AM Joint Freeing Yoga 6:00 - 7:30 PM Yoga-Lates	FRIDAY 7:30 - 8:45 PM Candle Light Yoga SATURDAY 9:00 - 10:00 AM Pilates 10:30 - 11:45 AM Yoga (Starting In March)
WEDNESDAY 6:00 - 7:15 PM Pilates 7:30 - 8:45 PM Moving Meditation Yoga	SUNDAY 11:00 - 12:15 PM RISE Yoga - Proceeds to go RISE Life Management Services

20 BAMBICO AVE, KINGSTON 6 CORN OF WELLINGTON & BAMBICO AVE
 876 937 8721 876 382 7869 1PM AFYAJAMAICA@GMAIL.COM
 WWW.AFYAJAMAICA.COM AFYAJAMAICA 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!!!

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

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

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



2014 Toyota RAV-4

US \$27,500

2.0L, right-side drive, automatic, 4X2. Purchased new Feb. 2015. 12,000km/7,500 miles

Tinted windows, keyless ignition, smart-entry finger-activated door locks, bluetooth, USB, parking sensor, auto rain sensor. No duties for diplomat-diplomat sale. Non-diplomat sale price TBD based on pro-rated duties. Email: artist@kbgraphicstudio.com Call: Kevin 876-789-7693

2013 Ford Edge SEL - Silver

\$24,000 USD

26,500 miles - 42,500 kilometers

3.5L V6. Automatic Transmission. Left-hand drive. Excellent condition. All Maintenance Records. Purchased new in 2013. Keyless entry, leather interior, power everything, back-up camera, bluetooth, roof rack, premium wheels, tinted windows.

No duties for diplomats. Non-diplomats 9-months duty remaining. Available September 1, 2016. Contact: sarahobenson@gmail.com



2014 Jeep Wrangler Unlimited Sport

4WD, Under 15K mileage (14,900), Left Hand Drive, Three-piece modular Freedom Top, Automatic Transmission, White exterior, Black Cloth Interior, Excellent Condition

\$32,500 USD for diplomatic sales (approx. 1,133,224.17JMD duty additional) for Non-Diplomatic sale. Available June 30th.

For more information or pictures, please contact Joshua Yerace at yeracej@gmail.com or (876) 877-9676.





2012 Nissan Rogue AWD

Awesome car for Jamaican roads. 36,000 miles, Top safety ratings, dual front and side curtain air-bags, ABS, electronic stability. steering-wheel-mounted audio controls, rearview camera, USB connectivity, 4.3-inch audio display, fog lamps, Bluetooth hands-free connectivity. Asking 21,000 USD. Non diplomats will have to pay remaining duty of approximately \$1,000,000 JD. Contact vanja.vukota@gmail.com

Mazda Demio 2001

240,000 JA\$, negotiable

Mileage: 158,460 km

Color: green

Transmission: 5 speed auto

Call or WhatsApp: 550-7555. Motivated seller.



2009 Toyota Mark X

\$1.8 Million

Excellent condition

Call 371-0737





2001 Mitsubishi Montero Sport

Price J\$1.m with new Parts available.

Please call - 361-1028

2006 Nissan March

Beautiful NISSAN MARCH with only 39561 Km. Imported from Japan in 2006, this 2005 car belonged to four diplomats and basically lived at the same home, commuting to the Canadian High Commission from Acadia Heights! This is the 2nd vehicle of the family and was used in town only by my wife. Maintained under the good care of STS garage, it received new tires and SLK wheels. Impeccable mechanic, swift and easy handling, this engine is powerful and clean as ever. Transmission has overdrive at a push of a button. Air conditioning and lots more pictures if you call 733-3201. Yours for JMD \$ 575,000.00, no duties, neg.



BMW 650 SERTAO Motorcycle

Open to swap for a vehicle with Left Hand Drive of similar value This SERTAO model replaces the Paris-Dakar. It belonged to two diplomats and was used mostly in town and twice across to Port Antonio. Its tires are Metzeler Steel Radial, Tourance model. It has ABS brakes (on/off), warning lights, and even heated grip.

This well balanced motorcycle is easy to drive. Estimated at 1.3 million. New Price! Reduction of \$1,000 now selling for \$6000! (Duties applicable for non-diplomats). Call 733-3201.





2006 Mitsubishi Endeavor
81,000 Miles or 130,356.86 KM
4-Door, Front Wheel Drive
V-6/3800cc Engine
\$11,000.00 (US)
No Duties
Available 1 July 2016
Baron.k.mason.mil@mail.mil
876-361-2985

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 Volkswagen Tiguan

Low mileage: 24,000 miles. Diplo-
matic driven, Leather interior, excel-
lent condition

Good Service record

Call Donna 819 6969; 432 0778

Price reduced: JMD2.2 million





2011 Nissan Tiida

Diplomat owned, right hand drive, imported from Japan, 26,500 Km, available late July/early August,

US \$6900 plus applicable duty

Email: brian.jungwi@gmail.com or call 559-4873

2010 Nissan Lafesta

Gas, automatic, RHD, gray exterior, black interior, station wagon, FWD, navigation system, DVD player

J\$1,195,000

Contact: Michael at 295-8061



2011 NISSAN FRONTIER

PRO 4X CREW CAB Edition. Price \$3,650,000.00. Black, Automatic, 4x4, V6 gas engine, Four door, Left hand drive pickup. Low miles: 10,500. Leather interior, AC, Power windows and mirrors, Power and heated seats, Cruise control, Sunroof, Bluetooth, Nissan alarm, iPod interface. Exterior and interior in excellent condition. No duties. One owner. (876) 564-3812





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.

2010 - Honda Stream RSX

28,000km (only 9,000km in JA!!!) 7 Seats, 4WD, Reverse Cam, A/C, Hands-Free, Stereo Aux, Race Trim. 2Mil JMD or Nearest Offer - Available Early June. Contact: Brad Ransom | email: bradransom07@gmail.com | cell: 569-9108



2014 RAV-4

Valued at JMD 5 million. **Asking JMD 4.8 million (o.b.o.)** Available after June 10.

Has everything: leather seats, sunroof, automatic rear door, parking sensors, tracking device. Automatic transmission. Diplomat owned (small remaining duties to be cleared in sale) and lady driven – less than 25,000km on the clock.

Interested? Email vanselms@gmail.com

[Events](#) | [Ads](#) | [Classifieds](#) | [Household Help](#)



Entrance Yellow Mirror—US\$75



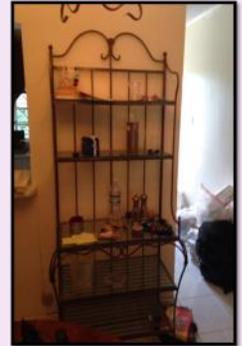
King Bed Frame—US\$600



Bedside Table—US\$75

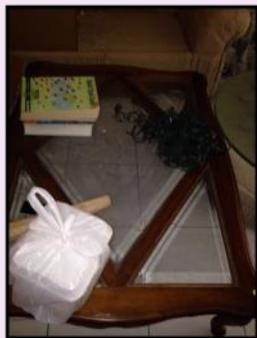


Dining Chair—US\$150 each (6 available)



Bakers Rack—US\$100

Contact person is Chris (372-6071)



Living Room Table—US\$200



Armoire—US\$400



Long Dresser & Mirror—US\$100



Desk Chair—US\$25



Chair—US\$25



Brand New Size 9 sneakers - still in box never been worn - \$4800.00. Call 371-0737

2011 BOWFLEX TREADCLIMBER TC5500

0.5 – 4.5 mph Speed (it is NOT a running machine!), 12 Resistance Settings, 15 Workout Programs, Polar Wireless Chest Strap, Transport wheels, Folds up for easier storage, 300 lbs. max. user Weight, Weight/dimensions – 217 lbs / 4' 7" x 2' 7.5" x 4' 7.25", Very lightly used !! In excellent condition, All manuals and instructional DVD

Cost new US\$3,300 in 2011

ASKING US\$1,100 or Jamaican equivalent

CONTACT: 576 6159 or email drfeelgood394@gmail.com for more information



Household Help

Ms. Dorothy Montgomery has worked for our family for two years caring for our 2 year old daughter and performing light housework. Dorothy has over 20 years of experience working with the diplomatic community. I believe her particular strength is caring for babies and young children. She takes my lead in my daughter's care but I am also comfortable leaving her in Dorothy's capable hands. Dorothy has proven to be caring, dependable, punctual and extremely trustworthy. My daughter loves Dorothy and tells her so every day. Dorothy's last day with us is planned for June 9th, but we can be flexible with her leaving date if you need her earlier. **You can reach Dorothy at 423-6980.** If you have any questions or would like more information about our experiences with her, you can contact Dawn at 330-3485.

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.**

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.**

Winsome Crooks is an experienced household helper who is looking for part time day 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.

Dependable and Honest Helper/Nanny available July 1. Our helper/nanny **Miss Claudette** has been with our family since the time we arrived in August, 2014. Miss Claudette has never once called in sick, missed a day of work or arrived late. She is extremely dependable and honest. She cooks, cleans, irons, prepares the children for school, communicates with the school on our behalf and helps us manage our home. She is kind but firm with our children and completes all tasks before leaving for the day. **Please reach out directly to Miss Claudette: 783-7832.** For a reference, contact Cindy: 389-1480

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.

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.

Household Help

Nadine Johnson has worked for my family for the last four years, three of those in Jamaica and the last year in Virginia (where we are until mid June). She is an excellent nanny, playing for hours with the kids while at the same time keeping the house really clean. She is really great with children, achieving the right balance of play and firmness when they misbehave. I trust her completely with my kids and in my home. Nadine is looking for full time work with a diplomatic family. If you have any additional questions, please do not hesitate to email me at pauline.kastner@gmail.com. Nadine also worked for Meg Campbell, another FSO. She can also give a reference for Nadine. Her email is uvameggie@aol.com. **Nadine's U.S. phone number until June 18 is 571-489-9570**, after June 18, her Jamaican number is 876-856-2545. Her email address is nadinemichaeldaniel@gmail.com.

Heather (Dawn) Walker is looking for work as a full time nanny/helper. Auntie Dawn has been with us for 3 years, helping to raise our daughters now age 3 and 1.5, and keeping our house clean. She is extremely trustworthy, dependable, and kind. We give loads of credit to Dawn for our daughters' sweet and well-mannered behavior and for our tidy and presentable home. Dawn is very quiet but has a heart of gold. She lives in Kingston and is available nights and weekends, too. Recommended by Kacee and Jeremy (528-7719 until June 5, [202-640-2062](tel:202-640-2062) after). **Dawn can be reached directly at 377-5841.**

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.**

Ms. Barbara Bailey has worked with diplomatic families from the US, Canadian, French and German missions over the last 20 years. She has served as a devoted helper to our family since we arrived at post in March 2012. Duties assigned to Ms. Bailey include general housekeeping, laundering/ ironing, cooking and afterschool child care. With the departure of several families from post, she is currently looking to secure employment on Tuesdays and Wednesdays. In early July she will also be available on Mondays and Thursdays. Ms. Bailey is soft-spoken, diligent in her duties and sincerely caring of those she serves. If interested in obtaining her services, please **give her a call at (876) 877-8747 or send her an e-mail at barbaratheresabailey@gmail.com**. Should you need further reference, please do not hesitate to contact me. tnpointer9165@yahoo.com



Peace Corps/Jamaica Vacancy Announcement Programming and Training Specialist/Environment

The United States Peace Corps seeks an experienced professional to serve as a Programming & Training Specialist in the Environment sector, to be based in Kingston. Applicants must have at least three years of experience in community development and/or natural resource management with community organizations; experience in project design and management, training design, and monitoring and evaluation is highly desired.

Remuneration: Starting Basic Salary ranges from J\$2,434,392 – J\$2,868,536 per annum depending on education and experience. Allowances total \$141,588 per annum, and a bonus is payable at 8.33% of Basic Salary. This position is for a one year contract with four additional one-year option periods; pending successful performance and availability of funds, the contract is renewable annually without expiration.

Please visit <http://jamaica.peacecorps.gov> for details about the job, 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. Only shortlisted candidates will be contact for interviews. Appointment will be based on successful security clearance and availability of funds.

Applications are due by 8:00 a.m. on May 23, 2016.