

the Doctor BÍrd



*Dr. BÍrd's words of the week:
The next Birdwatching Walk
at Hope Gardens will be held
on Saturday, October 3, at
6:45am. The Garden is current-
ly busy with local birds as well
as migrating birds from North
and South America. Also, the
Chinese Garden is now open to
the public for a small fee.*

[Events](#)

[Ads](#)

[Classifieds](#)

[Household
Help](#)

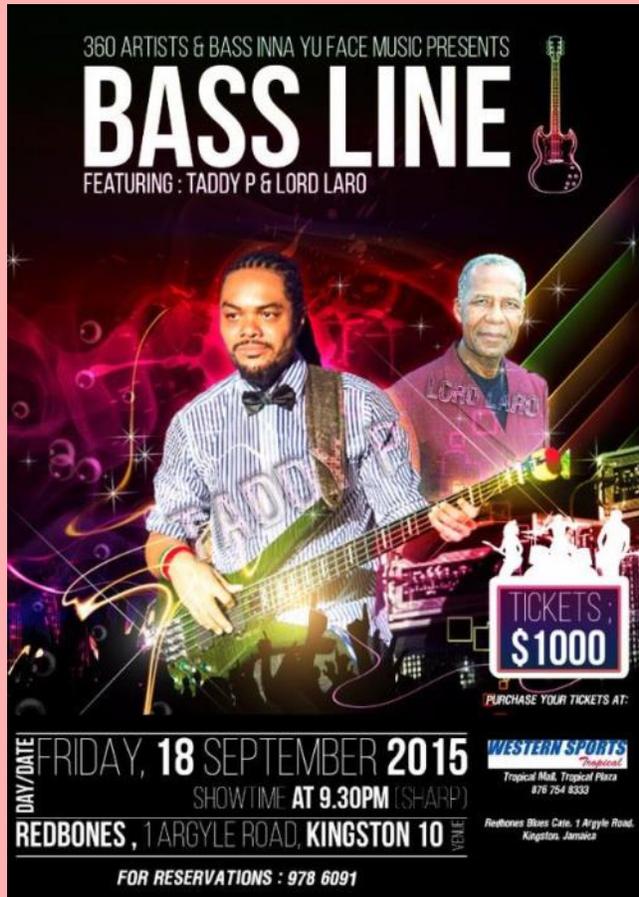
[Jobs](#)

Follow U.S. Embassy
Jamaica



Events

360 ARTISTS & BASS INNA YU FACE MUSIC PRESENTS
BASS LINE
FEATURING: TADDY P & LORD LARO



TICKETS: \$1000
PURCHASE YOUR TICKETS AT:

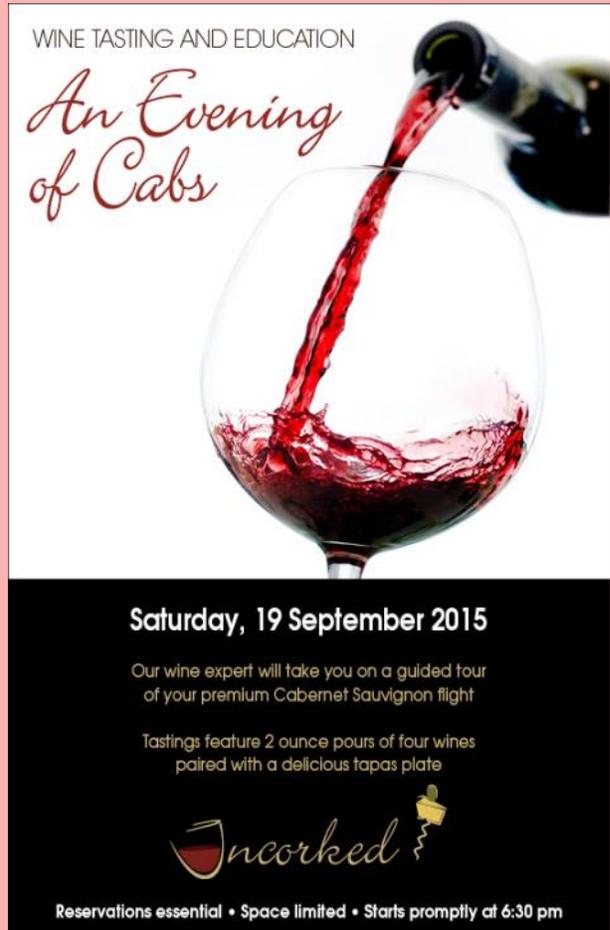
FRIDAY, 18 SEPTEMBER 2015
SHOWTIME: AT 9.30PM (SHARP)
REDBONES, 1 ARGYLE ROAD, KINGSTON 10

FOR RESERVATIONS : 978 6091

WESTERN SPORTS
Tropical Mall, Tropical Plaza
878 754 8333

Redbones Blues Cafe, 1 Argyle Road,
Kingston, Jamaica

WINE TASTING AND EDUCATION
An Evening of Cabs



Saturday, 19 September 2015

Our wine expert will take you on a guided tour of your premium Cabernet Sauvignon flight

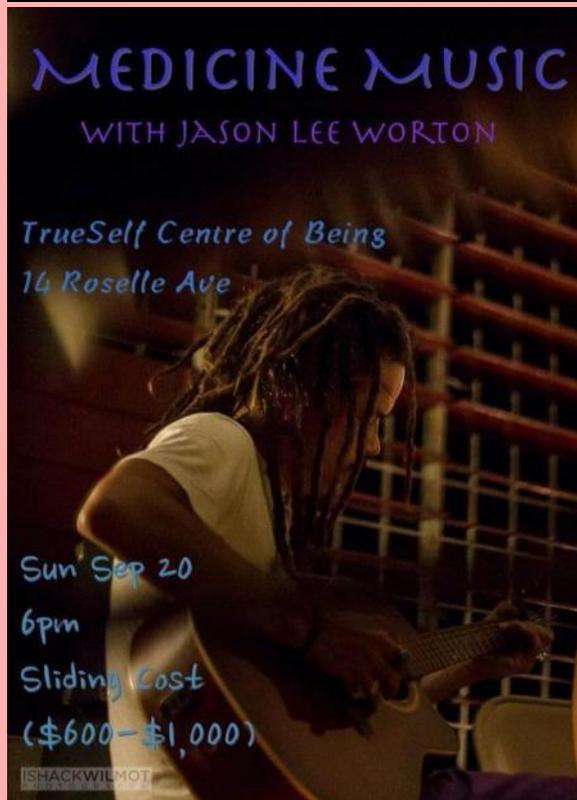
Tastings feature 2 ounce pours of four wines paired with a delicious tapas plate

Incorked

Reservations essential • Space limited • Starts promptly at 6:30 pm

MEDICINE MUSIC
WITH JASON LEE WORTON

TrueSelf Centre of Being
14 Roselle Ave



Sun Sep 20
6pm
Sliding Cost
(\$600-\$1,000)

ISHACKWILMOT



Hope GARDENS

cordially invites you to the
Concert in the Garden

The Jamaica Military Band

Sunday
September 20, 2015
4pm sharp at the Shell Bandstand

*Please bring along your folding chair or blanket.
And of course...bring along your family and friends for a
most enjoyable Sunday afternoon.
Admission Free*

GENERATING GENIUS
with sponsorship from
Shakespeare SCHOOLS' CHAMPIONSHIP
present



The Shakespeare SCHOOLS' CHAMPIONSHIP FINAL

Saturday September 19, 2015
Semi Finals hourly from 9:00 a.m. • Grand Finals at 6:00 p.m.
at the Little Theatre, 4 Tom Redcam Drive, Kingston 5

Watch seven Jamaican high schools vie for an all-expenses paid trip to London to participate in celebrations of the 400th Anniversary of the death of William Shakespeare

- Wolmer's Boys & Girls High Schools | "Taming of the Shrew" 9:00 a.m.
- American International School of Kingston | "Henry V" | 10:00 a.m.
- St. Hugh's High & Kingston College | "The Merchant of Venice" | 11:00 a.m.
- Waterford High School | "Midsummer Night's Dream" | 12:00 noon
 - Ardenne High School | "Macbeth" | 2:00 p.m.
 - Glenmuir High School | "Othello" | 3:00 p.m.
 - Campion College | "Macbeth" | 4:00 p.m.

Encore Performances by the Top Two Schools in the Grand Finals at 6:00 p.m.

ADM: FREE Tickets available at Jamaica National branches islandwide

For more information contact: shakespearechamps@yahoo.com



KINGSTON BOOK CLUB

PLEASE JOIN OUR MEMBERS FOR A MONTHLY BOOK DISCUSSION.

THE LADIES IN THE GROUP ENGAGE IN LIVELY DISCUSSIONS OF MODERN FICTION, CLASSICS AND NON-FICTION. THE CLUB IS A GREAT PLACE TO MAKE NEW FRIENDS AND SHARE YOUR LOVE OF READING.

September's book selection is
"The Blue Spool of Thread"
by Anne Tyler.



PLEASE CONTACT
rnccharles@yahoo.com FOR MORE INFO.



JAMAICA Bridal Expo

WEDDINGS · HONEYMOONS · ROMANCE

JAMAICA HOPE OF ALL RIGHT CPI MONTEGO BAY CONVENTION CENTRE JAMAICA JAMAICA TOURIST BOARD

SATURDAY SEPTEMBER 19 10:00am til 7:00pm
SUNDAY SEPTEMBER 20 10:00am til 5:00pm

MONTEGO BAY, CONVENTION CENTRE
MONTEGO BAY · JAMAICA

Event produced by *Event Solutions*
Tel: (876) 376-1778 / (876) 533-3233 • (876) 978-6639 / (954) 740-8689
info@jamaicabridalexpo.com • www.jamaicabridalexpo.com

BOOK YOUR SPACE TODAY

Admission FREE





THE JAMAICAN GERMAN SOCIETY
33 SEYMOUR AVENUE
KINGSTON 6

PRESENTS

GERMANY WEEK 2015

SEPTEMBER 28 - OCTOBER 3

Film Festival:
Mon, Tues, Thurs @ 6:30
Movies with English Sub-titles
@ JGS HQ, 33 Seymour Avenue

Wednesday, September 30
A Taste of Germany:
Finger Food, Cocktails & Beer
@ Hotel Four Seasons,
18 Ruthven Road, Kgn 10.
\$1500; RSVP 885-1167

Friday, October 2
AFTER WORK LYME – die Pinte
@ JGS HQ, 33 Seymour Avenue
6:00 p.m.

Saturday, October 3
OKTOBERFEST 2015
@ Alhambra Inn, 1 Tucker Avenue
7:00 p.m. until...
Special Gate Prize: airline travel
to Germany, courtesy of



For details, call 946-1409 ; e-mail us at jamger@cwjamaica.com
or check us on facebook: www.facebook.com/JamaicanGermanSociety



**Plant a tree –
reduce Carbon Dioxide**
this National Tree Planting Day

Friday, October 2, 2015

ORNAMENTALS AND HARDWOOD SPECIES
AVAILABLE FREE OR AT LOW PRICES

Collect seedlings from the Forestry Department's
nurseries islandwide

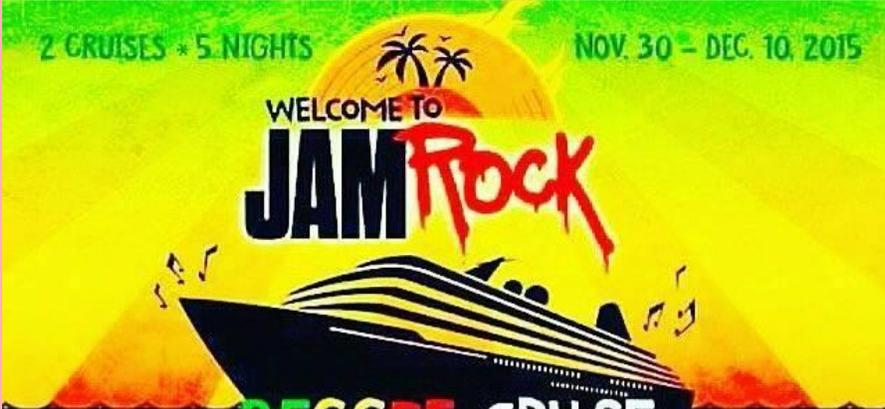
Distribution begins Wednesday, September 16
Monday – Friday 9:00 a.m. – 4:00 p.m.

No distribution on October 2

173 Constant Spring Road, Kingston 8
www.forestry.gov.jm

Telephone: (876) 924-2667/8
facebook.com/forestrydepartment

Fax: (876) 924-2626
e-mail: fdinfo@forestry.gov.jm



2 CRUISES * 5 NIGHTS

NOV. 30 – DEC. 10, 2015

WELCOME TO
JAM ROCK

REGGAE CRUISE

MIAMI * MONTEGO BAY * FALMOUTH * OCHO RIOS

Damian "Jr. Gong" Marley * Stephen "Ragga" Marley
Julian "JuJu Royal" Marley * Kymani Marley
Mykal Rose with Sly and Robbie * Maxi Priest * Bounty Killer
Capleton * Jah Cure * Tarrus Riley * Busy Signal * Elephant Man
Barrington Levy * Third World * Morgan Heritage * Cham
Tanya Stephens * TOK * Protoje * Popcaan * Christopher Ellis

Stone Love * King Jammy's Sound
Saxon Sound (feat. Tipha Irie, Papa Levi, Muschead, Mickey Boops)
Mighty Crown * Bass Odyssey * Renaissance * Metromedia
Black Scorpio * Kingston 12 (Shinhead & Papalof)

WATA
CUMI COME RUN 2015
 COMMITTEE FOR THE UPLIFTMENT OF THE MENTALLY ILL
10K RUN & 5K RUN/WALK

**WE ARE ON FOR
 SEPTEMBER 19, 2015**

@ Tryall Club, Sandy Bay, Hanover

Events include: Men & Women - 10K/5K Race,
 5K WALK FOR CUMI (Novelty Prizes ONLY)

MEMBERSHIP AND ONE MANAGEMENT OFFICER
RUNNING EVENTS LIMITED

REGISTRATION NOW OPEN

SAVE THE DATE
 The Jamaica Institution of Engineers & The Nature Preservation Foundation presents their 8th Annual

RACE OF HOPE

**Sunday 27
 September 2015
 7:00am**

5K Run/Walk

Entry Fee: \$1,000

at the Hope Botanical Gardens

OPEN TO ALL FITNESS LEVELS!

Proceeds in Aid of Hope Gardens & Zoo

**JAMAICA INSTITUTION OF ENGINEERS
 FOUNDED 1977**

Digicel
IMAGINE
5K RUN
 FOR SPECIAL NEEDS
SATURDAY, OCTOBER 10, 2015

**SIGN UP TODAY AT
 RUNNINGEVENTSJA.COM**

**FOUNDATION
 HEROES IN
 ACTION 5K
 RUN | WALK**

**USAIN BOULT
 FOUNDATION**

RUN FOR OUR GIRLS

**FOR THE PLACE THEY CALL HOME
 THE GRANVILLE
 PLACE OF SAFETY**

**OCTOBER
 18 FALMOUTH PIER
 2015 TRELAWNY**

Advertisements

Free yourself from diets. Forever.



Dieting consumes your energy, starves your spirit and devours your life.
 Mindful eating frees you from restriction and guilt so you can live the full and vibrant life you crave!

8-week Online Mindful Eating Workshops

Starting mid-October 2015

Participate from the comfort of your home or office from anywhere in the world.

Interested? Join Joanne for a live **FREE** interactive preview session at the end of September.

For more information & to register email mindfuleatingforlife@gmail.com

afya Weekly Schedule

MON	TUES	WEDN	THURS	FRI	SAT	SUN
	5:45-7:00am Sunrise Yoga Maika		5:45-7:00am Sunrise Yoga Nadine M.		9:00-10:00am Open Pilates Alternate	
	10:00-11:30am Gentle Yoga Nadine Mc.				10:30-11:30am Tai Chi Stewart + DO- NATION BASED CLASS+	11:00-12:15pm RISE Yoga +DONATION BASED CLASS+ Alternate
YOGA - PILATES - TAI CHI						
6:00-7:15pm Tapas Yoga Nadine C.	6:00-7:15pm Integrative Yoga Flow Sonita	6:00-7:30pm Core Strengthening Debbie C.	6:00-7:30pm Yoga for Relief & Release Vitra			
7:30-8:30pm Pilates Sonita		7:30-8:30pm Pilates Sonita	7:30-8:30pm Candle Light Yoga Maika			

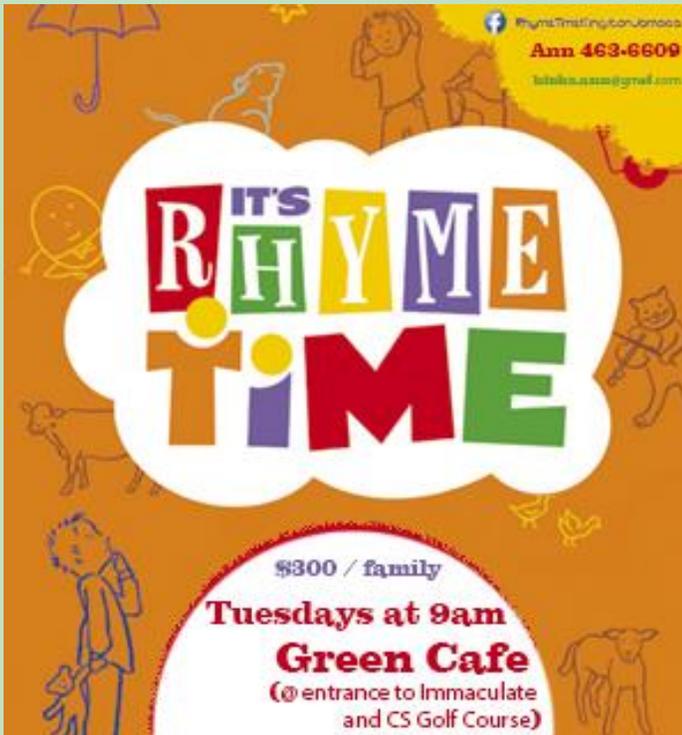
Integrative Yoga Flow: A mrit method of integrating active postures with stillness
Gentle Yoga: Gentle postures to calm the mind & rejuvenate the body
Tapas Yoga: Joins the breath, vigor & flow of ashtanga with heat while detoxifying the body
Yoga for Release & Relief: Explore your body and the depth of focus to achieve total relaxation
Power Yoga: A strong flow that ends with a sweet shivasana. Breathe, flow, sweat and smile
Core Strengthening: A combination of yoga, breathe and core (including pilates) exercise
Pilates: Improves core strength, tone muscles, improve posture, encourages weight loss.
Candle Light Yoga: Become grounded and replenished with this mindful vinyasa flow
Tai Chi: Exercise the mind & body through a series of gentle, flowing postures
Rise Yoga: Donation-based. Part proceeds go to the rise kids club. www.risejamaica.org

REGULAR RATES	
DROP IN	\$1,200 (per class)
8 CLASS SERIES	\$8,000 (valid 60 days + 1 FREE class for a friend)
TRY OUR UNLIMITED PACKAGES	
1 MONTH: \$14,000	3 MONTHS: \$36,000
6 MONTHS: \$65,000	1 YEAR: \$98,000
SPECIAL RATES for Senior Citizens, Students & Peace Corps Volunteers	
* Drop In: \$900 *8 Class: \$7,000	
PRIVATE RESISTANCE/WEIGHT TRAINING	

2D BAMBOO AVENUE, KINGSTON 6 (CNR OF WELLINGTON & BAMBOO AVE.) | TEL: 876-977-6735 | 876-383-7669
 EMAIL: AFYAJAMAICA@GMAIL.COM | WWW.AFYAJAMAICA.COM | FOLLOW US ON: [f](#) [t](#)

**Magic Mirror (11 Ardenne Road, Kingston 10)
 has exciting NEWS to share!!**

**Enjoy 50% Discount on all nail services from Sept 7 – 30,
 2015, with our NEW and innovative Nail Tech. Call: 946-2256.**



Massage Therapist

Karlene Blagrove. For a rejuvenating and relaxing massage in the privacy of your own home, call Karlene Blagrove, certified massage therapist.

A top woman Jamaican runner who won the 2014 Negril Reggae Marathon, Karlene specializes in treating exercise related muscle stress.

JD\$ 5,000 per session

Tel 876 486 1985/791 1574

Cars for Sale



2005 Nissan March

Grey, 151,857km, female driven, regularly serviced, clean vehicle, automatic, air conditioning, power steering, radio/cd player, central locking

4400 USD (negotiable)

Contact : 845-8968 and/or gwe-naelle.huydts@gmail.com

2009 Toyota Vitz RS (sport)

Good condition, mild dent on driver's door
16" Factory Rims - 195/50V tyres, HID Headlights & Halogen Fog lights, side Mirror LED indicators
1.5 VVTi , K&N Air Filter, CVT Transmission with Sport Mode & 7-Speed w/Paddle Shift, 90k Km
Push-to-Start, Keyless entry (immobilizer), Central locking, Full power windows & mirrors, K&N Air filter, Safety: SRS - 8 Airbags, ABS Brakes

COST: \$980,000 (JMD), Contact 460-5136/345-4978



Cars for Sale



Suzuki Grand VITARA 4WD, 2014, KM 12,000.

US\$26,500 (for diplomats US\$20,500) OBO; 2000cc fuel injected gas engine, right-hand drive (bought new in JA). Blue color, excellent condition, accident free, female driver, still under Jamaica's warranty. Automatic A/C, Bluetooth, reverse camera, fog lamps, DVD, Radio/CD-player with controls on steering, two front Airbags, power steering, power windows and mirrors, central locking, Isofix Child seat anchorage, Original Suzuki black seat covers, ABS with EBD, Immobilizer, car alarm.

Contact: 847-4875 / marellita@libero.it

2007 Honda Accord 20A SW

Fully Powered, Manumatic, 5 Seat, 5 Door, RHD, Gasoline, Electronic Fuel injection 2WD, AC, DVD, TV, CD, Pioneer Radio, Powered Windows, Signalized/Retractable, Tilt Steering, Telescopic Steering, Rear Demister, Keyless Entry, Window Rain Vissors, Central Locking, Anti-Lock Brakes, SLK Alloy Rims, 4 Disc Brakes, 195/65R15 Tyres

\$1,400,000.00

Call 3852655 or 8998392



MAZDA 2 - 2007

1500cc model in Bronze, 56000Kms

Automatic, tinted windows. A/C, alloy wheels. New battery just fitted. Lack of uses forces sale.

Would make an excellent 2nd car. \$760.000 ONO

Interested persons can call : 427 9518

Cars for Sale

2007 Suzuki Swift

Interested in my car? It's a 2007 automatic right hand drive Suzuki Swift with power windows and doors, airbags and AC. \$750,000 negotiable. I have loved this vehicle--and it's driven me all over Jamaica. Call Erin at 578-1181 for more details!



2012 Hyundai Santa Fe CRDi Full Version

- 4WD, Diesel, 18 inch rims, rear view camera, 7 seats, leather interior, sun roof, push button, 5 CD changer
- Very good condition
- 39,000 miles
- Recently Valued at \$33,400 USD
- Price \$32,000 USD or best offer
(Original Price \$52,000 USD)

Contact Taysha at 809-0015 or Rafael at villalona@gmail.com

Cars for Sale



2013 Toyota RAV4 4WD

Like new! 16,000km, still under warranty, RHD, automatic, 4 cyl, zero dents/scratches, Power everything, ABS, AC, USB and AUX ports, cargo cover, spare tire, alloy wheels

Diplomatic owner, great for mountain and beach driving

Asking US\$23,500 (plus duties for non-diplomats), bought new in JA, available now

email nicholegraber@gmail.com, ngrabber@usaid.gov

2014 SUZUKI GRAND VITARA

COLOR : ZUF BROWN, KILOMETRE : 8.400km

CONDUCTEUR UNIQUE, ECRAN DE REcul, ALARME

**NON DILPOMATE : 3.200.000 JMD,
25.185€ OU 27.675 USD**

DIPLOMATE / 2.800.000 JMD, 22.035€ ou 24.215 USD

NEGOCIABLE

Maryse: 876-509-0666 princessmma@hotmail.com



VW TIGUAN TSI Motion, 2012 White

Low mileage, fully powered. Dealer bought and maintained.

OWNER MIGRATING. Lady driven excellent condition.

Call telephone no 816-3191



For Sale

Items for sell

Patrick

Phone 884 92 12

Email: patrick.doricic@gmail.com



Item # A - Bed (Queen Size) & mattress – Price 150 us



Item # B - Pots (Kitchen Set) Kirkland – Price 120 us



Item # C - Micro Wave Oven BlackPoint- Price 35 us



Item # D - TV screen 21"BlackPoint - Price 70 us



Item # E - White Iron Table (4 seats) – Price 120 us



Item # G - Mirror (Iron Frame) - Price 60 us



Item # I - Stove Electric Frigidaire – Price 400 us



Item # J - Refrigerator BlackPoint – Price 120 us



Item # L - Sofa leather – Price 130 us



Frigidaire Side-by-Side All--Refrigerator All--Freezer

Model Numbers: FPRU19F8RF / FPFU19F8RF

Subzero quality - Excellent Condition - 30 months old - has operated flawlessly - two separate units, each 36" wide, can be linked together - attractive for home - appropriate for light commercial use

\$250,000 incl Trim, Manuals, Extra Parts and Surge Protectors

Julie Jones 2juliejones@gmail.com 820-9527

Household Help

EXPERIENCED NANNY: It is with full confidence, that I recommend **Ms. Kamena Salmon** as a nanny/ child-care provider. For two years, Ms. Salmon provided child-care and tutoring for my school-aged daughter and newborn son. During this time period, she proved to be an experienced, loyal and dedicated individual, with a grounded passion toward working with children. In addition to childcare, Ms. Salmon performed housework, cared for our pets, and assisted with errands and food preparation. Ms. Salmon was always on time, trustworthy and remains an significant component to our memorable time in Kingston. Ms. Salmon can be reached directly at [876-434-3236](tel:876-434-3236). If you have questions, please feel to contact me at the following email address: aantoinel1@gmail.com.

If you're looking for a part-time helper who will clean your house and iron your clothes like a professional, **Ms. Monica** is the one for you. She was with us for 3 ½ years and we found her to be reliable, trustworthy and a very caring person. **Contact her at 434-1446**. For reference contact browngirl1970@gmail.com.

Kerry-Ann seeks 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.

Rosetta Steer has been working as a household worker for over 20 years. She has worked for expats for the last 4 years. She always exhibits a professional manner and takes great care in all responsibilities she is asked to do. Ms. Steer takes care of a house in an exceptional manner, cleaning, washing and ironing clothes. She goes the extra mile checking areas around the house that require special cleaning and is honest, hard working and unfailingly honest. She recently won House Worker of The Year in a competition sponsored by Grace Kennedy Foods. Ms. Steer is available Tuesday/Friday. **Call her directly at 874-8740**.

Joan Clarke is currently available as a nanny. She has done a great job caring for my infant daughter. She is warm, genuine, full of energy, and experienced with young children. She came highly recommended to us from an embassy family she had worked with for a number of years, and has a 15 year history in childcare. Feel free to contact Angela for a reference at 823-3250 or **speak to Joan directly at 589 0223 or 344 1297**.

Ms. Yvonne Bennett has been working on a weekly basis as my helper for almost two years. Yvonne has proven herself to be a very reliable, thorough and trustworthy helper, with a long history of working for Embassy families. She works well independently. I have been very satisfied with her work and would recommend her without hesitation. When requested, she would even buy produce for me in the market. I enjoyed having a variety of local produce at a much better rate than supermarket prices, without the hassle of going to the market myself. Several of the families that she has worked for have recently departed or are departing soon, and she is looking for additional hours. **She can be reached at 876-843-3614**.

VACANCY ANNOUNCEMENT

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

OPEN TO: All Interested Candidates

POSITION: Registered Nurse, FSN-8, FP-6 (Developmental Level)
Registered Nurse, FSN-9, FP-5 (Full Performance Level)

OPENING DATE: September 9, 2015

CLOSING DATE: September 23, 2015

WORK HOURS: Full-time; **40 hours/week**

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 Kingston, Jamaica is seeking an individual for the position of Registered Nurse in the Health Unit of the Management Section.

BASIC FUNCTION OF POSITION

The incumbent will serve as Registered Nurse and will provide the full range of professional nursing services to American and Locally Employed Staff. Position will also be required to be on call after hours. 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.