

# the Doctor BÍrd



*Dr. BÍrd's words of the week:*

*Did you know . . . MegaMart is open 24 hours a day, seven days a week or that PriceSmart opens at 9am on Sundays (despite what their website says)?*

*Happy shopping!*

[Events](#)

[Ads](#)

[Classifieds](#)

[Household Help](#)

**Follow U.S. Embassy  
Jamaica**



PRESENTS  
**THE SANKOFAAF**  
IN

# BLACK BODIES

Directed & dramaturged by fabian thomas  
Assistant Director: Jomo Dixon

*“ Black bodies are being dismembered  
all over di place ...  
including in the land of wood an water  
Jamaica land we love... sometimes by those who  
suppose to serve, protect and reassure! ”*

**AUGUST 26-30**  
**WED - SAT 8 PM**  
**SUNDAY 6 PM**

**TICKETS \$1200**  
**AND \$700 FOR STUDENTS**  
**WITH VALID ID**

**THE VIBES THEATRE**  
**THE ASHE CENTRE**  
**8 CARGILL AVENUE, KINGTON 10**

For tickets contact 492-9020 or  
Email [sankofaaf@gmail.com](mailto:sankofaaf@gmail.com)



Jamaica Cancer Society in association  
with Jamaica National Building Society

present

## *A Chocolate & Champagne Tea Party & Art Affair*

*A last hoorah before the end of summer*



SPONSORS



**Date:** Thursday, August 27, 2015  
**Time:** 3:30 p.m.

**Venue:** The Terra Nova All-Suite Hotel  
17 Waterloo Road, Kingston 10

**Entertainment** by Harold Davis and Friends  
**\$5,000** per ticket

Gate prize of airline ticket compliments of Jet Blue

\*Auction courtesy of the Jamaica Guild of Artist (Part proceeds will be donated to the Society)



## Pembroke Allstars Band

presents

# "Tribute to the Skatalites"

featuring Emmerson Henry (Vocalist) and  
Special Guest Damon Riley (Saxophonist)



*Proceeds in Aid of the Pembroke Hall High School Music Programme*

**Friday August 28, 2015**

Showtime: 9:30pm

Contribution: \$500



COMMITTEE FOR THE UPLIFTMENT OF THE MENTALLY

# CUMI...COME RUN!

*10K Run 5K Run Walk*

# '15

SEPTEMBER 19, 2015

TRYALL CLUB, HANOVER



**THE NATIONAL GALLERY OF JAMAICA**

is pleased to invite you to the  
opening reception of our exhibition

**YOUNG  
TALENT  
2015**

10 Artists

GREG BAILEY • ALICIA BROWN • KATRINA COOMBS  
DI-ANDRE CAPRICE DAVIS • MONIQUE GILPIN  
DOMANIE HONG • HOWARD MYRIE • RICHARD NATTOO  
AVAGAY OSBORNE • COSMO WHYTE

**SUNDAY AUGUST 30, 2015**

AT THE NATIONAL GALLERY OF JAMAICA

**Musical Performance by  
Jah9**

**DOORS OPEN FROM 11:00 AM - 4:00 PM**

**FORMALITIES BEGIN  
AT 1:30 PM**

12 Ocean Boulevard, Kingston Mall  
For more information call: (876) 922-1561 & 3  
email: [info@natgalja.org.jm](mailto:info@natgalja.org.jm)  
Blog: [nationalgalleryofjamaica.wordpress.com](http://nationalgalleryofjamaica.wordpress.com)



**THE WINE SHOP PRESENTS**

A NIGHT OF INTERACTIVE CABARET JAZZ WITH  
FOOD AND WINE  
Adrian Hemans (keys), Dwayne Livingston (bass), Obed  
Davis (drums)

Dinner starts at 8pm. Make your reservations today as  
seats regularly book out.

Playlist of Jamaican jazz music begins at 8 pm and live  
music starts at 9 pm

J\$300 per person music charge. Proceeds will support  
hiring a music teacher at Alpha Institute

Live Outdoor Grilling Station with your favorite Wine  
Shop Meze Items

**PLEASE RESERVE YOUR TABLE AS SPACE IS LIMITED**

...

The Wine Shop  
Southdale Plaza, South Avenue, Kingston 10  
Tel: 620 5098  
email: [wineranch46@gmail.com](mailto:wineranch46@gmail.com)

Enjoy some Jamaican organic chocolates presented by Averel French





# JAMAICA Bridal Expo

WEDDINGS · HONEYMOONS · ROMANCE






**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:  
*Live Entertainment Solutions*

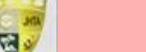
**BOOK YOUR SPACE TODAY**  
Tel: (876) 376-1778 / (876) 533-3233 • (876) 978-6639 / (954) 740-8689  
info@jamaicabridalexpo.com • www.jamaicabridalexpo.com

Adm  
**FREE**



























SAVE THE DATE

The Jamaica Institution of Engineers & the Nature Preservation Foundation presents their 5th Annual

# RACE for HOPE

Sunday 27  
September 2015  
7:00am

5K Run  
Walk

Road Race

at the Hope Botanical Gardens

OPEN TO ALL FITNESS LEVELS!

Proceeds in Aid of Hope Gardens & Zoo

Entry Fee: \$1,000



JAMAICA INSTITUTION OF ENGINEERS  
FOUNDED 1977

# Advertisements

Kingston's new chill spot presents

# Tapas

## Tuesdays

**Free Delicious Tapas (appetizers)**  
with every purchase of alcoholic drinks!!

**This & Every Tuesday**  
Starting at 6:00 pm

**@ Lucky Strike Lounge**

Manor Centre, Kingston Jamaica

Follow us on Instagram @luckystrikeoungeja  
Like us on Facebook - luckystrikeoungeja

### WELLNESS ETIQUETTE

**PAYMENT**  
Only cheques and cash are accepted.

**APPOINTMENTS | CONFIRMATIONS**  
We operate by appointment and ask that you arrive 15 minutes prior to your scheduled time in order to discuss your personal needs for each service. You will be contacted to confirm your service.

**CANCELLATION POLICY**  
Please contact us as soon as you are aware of your need to cancel or postpone your appointment. Your thoughtfulness may allow someone on our waiting list to enjoy a treatment.

**DRESS | PRESSURE**  
Your therapist will advise you of how to disrobe appropriate for the treatment booked. Please feel free to alert the therapist if you are at all uncomfortable at any point before or during your service. It is best to remove all jewellery except rings and put them away prior to your service.

**CELLULAR PHONES**  
This is your personal relaxation time. Where possible, please turn off all mobile devices. If you need to be reached, please put your phone on vibrate or silent and keep it by your side.

**TALKING AND CONFIDENTIALITY**  
Your visit and personal information is kept confidential at The Treatment Room. Whether you wish conversation or peace and quiet during your treatment is up to you - the therapist will follow your lead.

**COMMUNITY OUTREACH & WELLNESS EVENTS**  
We are happy to plan and participate in your wellness events, spa days, bridal and other make up services. We also welcome invitations to all health days, and Community/Service based events for schools, churches, and other organizations. Please ask about group and corporate programs.

**GIFT CERTIFICATES AVAILABLE**

THE TREATMENT ROOM  
MARY ANN GIBVAN  
WELLNESS CONSULTANT  
15A SEYMOUR PARK  
(ENTER ON EAST HURF RD.)  
HTTP://MARYANNGIBVAN.WEBS.COM  
CELL: 876-792-1352 | TEL: 876-927-7341

THE TREATMENT ROOM  
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(ENTER ON EAST HURF RD.)  
HTTP://MARYANNGIBVAN.WEBS.COM  
CELL: 876-792-1352 | TEL: 876-927-7341

SPA Menu

Phyllis Tristram-Jordan  
Ann 463-6609  
tdelisa.azoo@gmail.com

# IT'S RHYME TIME

\$300 / family

**Tuesdays at 9am**  
**Green Cafe**  
(@ entrance to Immaculate and CS Golf Course)

# BUGOFF

## LICENSED TERMITE PROFESSIONALS

- CALL TODAY FOR A FREE INSPECTION
- RESIDENTIAL & COMMERCIAL SERVICES

**876 513 9451**  
**BUGOFFJAMAICA@GMAIL.COM**

- CLEAN COMFORTABLE BEDROOMS
- FULL BREAKFAST (JAMAICAN & CONTINENTAL)
- PANORAMIC VIEW OF THE TOWN & SURROUNDING HILLS



- MINUTES AWAY FROM MANDEVILLE'S RESTAURANTS, EATERIES & BUSINESS CENTRE
- IDEAL LOCATION FOR WEDDINGS, FAMILY REUNIONS, SMALL CONFERENCES & RETREATS
- EASY ACCESS TO WELLNESS CENTRES
- IDEAL FOR HOLIDAY & BUSINESS TRAVELLERS

- WELL SUITED FOR VISITORS SEEKING REST, QUIET OR ADVENTURE
- EASY ACCESS TO POPULAR ATTRACTIONS SUCH AS YS FALLS, LITTLE OCHI, APPLETON RUM TOUR, BLACK RIVER SAFARI



Natural & Delicious Yogurt, Hummus, Pepper Jelly, Mango Chutney Call: 260 0957

# 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](mailto: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](mailto: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 461-8068 for more details!



## For Sale

### 2012 TOYOTA RAV4

Excellent Condition | 4WD  
Alarm/Security | 18,434 km  
Tracking device | kill switch  
Tinted windows

USD 28,000.00

“or best offer”

Call/text: (876) 509-0930

Email: [tani\\_d2003@yahoo.com](mailto:tani_d2003@yahoo.com)



## **2010 Subaru Impreza Hatchback**

4 speed automatic/2000cc AWD engine with *just under 35k kilometers*, keyless entry, radio/cd player and tinted rear windows; looks & runs great. Very Clean Vehicle; black with black/gray seats, power windows and doors. Driven by non-smoker with no pets.

**Diplomat Price: Please call for REDUCED TO SELL price**

**Non Diplomat Price: J\$1.5M or US\$13,000**

For additional information, please contact me via email at [siralex19@gmail.com](mailto:siralex19@gmail.com) or you may call me at 876-325-6703



# 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](mailto:nicholegraber@gmail.com), [ngrab@usaid.gov](mailto:ngrab@usaid.gov)

## **2014 SUZUKI GRAND VITARA**

COLOR : ZUF BROWN, KILOMETRE : 8.400km

CONDUCTEUR UNIQUE, ECRAN DE REcul, ALARME

**NON DIPLOMATE : 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](mailto: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



Selling a R100APM Premier Rower for 900,000.00  
JM - 900.00 CAN Full

> auto controlled air magnetic resistance system  
with 15 computer programs that folds for storage  
3 years old - hardly used.

> If interested call Joanne at 876-469-0499

2 Gunnar Optiks ST002-C012Z Phenom Full Rim  
Ergonomic Advanced Computer Glasses with  
Amber Lens Tint, Graphite Frame Finish Avail-  
able For Sale.

[Retail - \\$99.99](#)

Asking - \$75.00 (or JMD Equivalent)

Contact Cheryl Hewitt, 521-9270, Ext- 6510



**Living room sets, dining tables, bookcase, entertainment centre, filing cabinets, computer desks, mahogany and other bedroom furniture, fridge, electric stove, patio tables with chairs, water tank, breakfronts/china cabinets, wrought-iron bench, microwave, ladder, washing machine, dryer .....call 783-3337 for photos and prices.**

# For Rent



**Apartment for rent:** Basement walk-out 1b/1btr apartment with insect mesh, grilled, hot/cold water, 24 hr security in complex, parking etc to rent in Barbican. Central location to major supermarkets and mall. Unfurnished (700USD) or furnished (1000USD) inclusive of water and electricity for single person. Available mid-October. Call 471-8545. Email: [burgplatz@yahoo.com](mailto:burgplatz@yahoo.com)

**FOR RENT**  
Townhouse

**SEYMOUR AVENUE** -Fully furnished townhouse 2 bedroom 2.5 bath with modern amenities, pool, 24 hours security. Available now! Call 353-4677

Seymour Square, 1 Sept., JK

Seymour Square  
7 Seymour Ave, Kingston, Jamaica

The advertisement features a collage of images: a 'FOR RENT' sign, a map of Seymour Square, a bedroom with a bed, a bathroom with a sink, a living room with a sofa, a kitchen with white cabinets, a dining area with a table, a pool area, and a staircase.

**RESIDENTIAL RENTAL:** One bedroom unfurnished self-contained flat (part of main house) in Belgrade, Havendale, Kingston 19 – kitchen, bathroom, washroom, patio area and parking. Own light, water and cable. \$43,000 per month (including maintenance). Photos available. Tel. 869-9421.

# Household Help

**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. 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.**

I have employed **Marva Reid** since June 2012 as a part-time helper/nanny for three days a week. Before working for us, she had worked for 9 years for two U.S. Embassy families with small children. When I contacted them as a reference, they had nothing but wonderful things to say. Marva does excellent childcare, house-cleaning, ironing, laundry and is an amazing cook. **She can be contacted at cell phone number 407-7824.** We highly recommend her. Contact us for further information at [lilam@iadb.org](mailto:lilam@iadb.org) or 552-5452.

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](mailto: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](mailto:marellita@libero.it).

**Madge Sinclair** is looking for work as a babysitter and/or full-time helper. She is available afternoons and evenings for babysitting or days for full time work. She has worked in a pre-school for the past two years and has experience babysitting for embassy families. **Contact her at 374-4541 or 828-3484.**

**Valerie McLarty-Grant** is looking for work as a full time nanny/helper. Auntie Valerie filled-in for our nanny this spring, and we wish we could have kept her. She always had the house clean and organized, but more importantly she sang to, played with, fed, and loved my infant/toddler kiddos. She has a heart of gold and would be a delight to have in your house, too. **Recommended by Kacee. Call Valerie at 397-9023.**

**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.**

**Ophelia Nolan** is looking for full-time work and was previously employed by a US Embassy family. She comes highly recommended: "Her normal duties included cleaning the house, basic cooking, and care for my two children after school. She has supervised part-time staff for diplomatic receptions, including setup, service, and cleanup. Mrs. Nolan is responsive to directions and requests. She has been flexible on work hours and child care, which has been very helpful to our family. I enthusiastically recommend her for household employment." **Ophelia can be contacted directly at 857-6562.**



**Peace Corps/Jamaica Vacancy Announcement  
Peace Corps Medical Officer (PCMO)**

The United States Peace Corps seeks a Medical Doctor to serve as a contracted Peace Corps Medical Officer (PCMO) based in Kingston. Applicants must be a graduate of an accredited school, with a current license to practice and relevant clinical experience in primary care.

Email [vacancy@jm.peacecorps.gov](mailto:vacancy@jm.peacecorps.gov) for details about the job, information on 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. Appointment will be based on successful security clearance and availability of funds. Applications are due by 5:00 p.m. on September 7, 2015.