

# the Doctor Bird



*Dr. Bird's words of the week:*

*Did you know that Jamaica has its own Groupon-like site?*

*Check out [Gustazos.com](http://Gustazos.com) to subscribe and receive discounts all around the island.*

*Events*

*Ads*

*Classifieds*

*Household Help*

*Jobs*

**Follow U.S. Embassy  
Jamaica**



# Events



**GraceKennedy GROUP**  
We care

**IN ASSOCIATION WITH**

**ESU**  
THE PRIVATE SECTOR ORGANISATION OF JAMAICA

**GraceKennedy EDUCATION RUN**

**5K**

**RUN // WALK // WHEELCHAIR**

...and introducing this year **28K** CYCLE RACE

**JULY 12 2015**  
**DOWNTOWN KINGSTON**  
**START TIME 6:30AM**

**Like us on Facebook.com /GraceKennedyLimited**

**REGISTRATION NOW OPEN**

To register visit [www.gracekennedy.com](http://www.gracekennedy.com)  
or telephone: 932-3300/3335, e-mail [gkrun@gkco.com](mailto:gkrun@gkco.com) for further details

**Proceeds in aid of funding education programmes**

**Grace** QUALITY SINCE 1922  
Grace Foods UK  
**RJR** COMMUNICATIONS GROUP  
Bringing Good Taste to Life

**180** Years for You  
24th Annual Energy Challenge  
[www.jamaica-gleaner.com](http://www.jamaica-gleaner.com)

**Digicel**

**WESTERN UNION WU**  
making money for better

**BillExpress**

**FIRST GLOBAL BANK**

**Grace** QUALITY SINCE 1922  
GRACE FOOD PROCESSORS  
CARIBBEAN DIVISION

**FIDELITY** MOTORS LTD

**H**

**DAIRY INDUSTRIES**

**URBAN DEVELOPMENT CORPORATION**

**JAMAICA PROPERTIES**

**TOUCAN**  
digital media simple

**NOA**

**RUNNING EVENTS LIMITED**

# Events



## COCKPIT COUNTRY

### Expedition 2

**Sunday**  
**July 12, 2015**

**Cover Cost:**  
**US\$75.00/person**

**INCLUDES:** Transportation,  
Tour Guide Service, Insurance and Taxes

*N.B.: Lunch not included in the above cost.*

**CONFIRMATION:**

Bookings are confirmed only by a 50% deposit 2 weeks in advance of tour date  
Final payment must be made one week before tour date.

**BOOKINGS: SUN VENTURE TOURS LTD.**

c/o 32 Russell Heights, Kingston 8.

Tel: (0)1876-924-4515 After 5pm and weekends (0)1876-408-6973

● [sunventuretours@gmail.com](mailto:sunventuretours@gmail.com) ● [www.sunventuretours.com](http://www.sunventuretours.com)

# Events



The poster features a large, diverse group of reggae artists and performers. In the center, a circular logo contains a stylized rasta figure with the text "PROMOTING MUSIC, THE UNIVERSAL FORCE". Below the artists, the text "REGGAE Summer Festival 2015" is written in a stylized font, followed by "SUMMER BLOCKBUSTER" in large, bold, block letters. The background is a vibrant, fiery orange and yellow, with palm trees and a helicopter visible. At the bottom, the dates "JULY 12-18" and location "MONTEGO BAY" are listed, along with the website "www.reggaesumfest.com". A small "ISO" logo is in the bottom right corner.

PROMOTING MUSIC, THE UNIVERSAL FORCE

REGGAE Summer Festival 2015

SUMMER BLOCKBUSTER

JULY 12-18 | MONTEGO BAY

[www.reggaesumfest.com](http://www.reggaesumfest.com)

ISO

# Events



**TF**  
TrainFit  
Club

## summer excursion

HIKING | BIKING | TREASURE HUNT

  

**JULY 19<sup>th</sup> 2015**



**COST**

<b>Hikers:</b>	<b>Bikers:</b>
• \$3,000 (adults)	• \$2,000 (adults)
• \$1,800 (children under 12)	• \$1,000 (children under 12)
(Group & Students Rates Available!)	

**Cost Includes:** Lunch, Rejuvenation Services, Parking, Ambulance, Security, Trail Guides & Treasure Hunt. **All Payments Are Non-Refundable.**



Part Proceeds From The Hike Will Go To Charity And The Tertiary Institution With Most Sign-Ups.



**SIGN-UP AND PAYMENT DEADLINE IS JULY 16, 2015.** Kingston: a) Ultimate Fitness Health Club 31 Upper Waterloo Road, Kingston 5. Tel: 928-1803/887-8213 b) Rpt Cym (Shop#7, Barbican Centre, 29 East Kings House Road, Tel: 631-2866/ 613-2466) Portmore: DynaMax Fitness Ltd. Shop 17, Port Henderson Plaza. Tel: 988 4821 Islandwide: Pay @ VMBS Branch, TrainFit Club Acct.# 288-667-73 | JNBS Branch, TrainFit Club Acct.# 111-797-27 | Segisor, TrainFit Club Acct.# 021-0521-412. Retain receipt and call TrainFit Club at 366-0435 or 381-5675 and confirm deposit and your food choice.

**ITEMS TO BRING:** Shoes with good traction, change of clothes (wear bright colours), two pairs of socks, insect repellent, medication/band-aids, lots of water/juice, snacks, cap, sun glasses, sun screen lotion, toilet tissue/hand towel, a camera (to capture the day's events), fold out chair or items to sit on and hand sanitizer.

**FOOD CHOICES:**  
Grilled/ Baked Chicken, Fish, Veggie Stew (please choose one)

**SCHEDULE & INSTRUCTIONS:**

1. Start Time 6:00 a.m We meet at Ultimate Fitness Health Club (Lee Gore Business Centre, 31 Upper Waterloo Road, beside Mega-Mart) at 6:00am for registration
2. Hike Time: 8:00 a.m Hikers will convey to Maryland District (which is about a 40-minute drive from Kingston) no later than 7:00 a.m. Everyone is allowed to drive to the location (only limited car-pooling will be available). We will commence the hike & treasure hunt no later than 8:00 a.m. Our hike route will be a trek through Maryland District/Woodford via Happy Oate then back down to Maryland.
3. Bike Time 7:00 a.m We will commence the bike trail from Ultimate Fitness Health Club to Maryland via Dusty Road no later than 7:00 a.m.
4. Launch Time 11:30 a.m After the excursion stay for the fun, food, music, giveaways, rejuvenation & fellowship. Enjoy a nice dip in the river.
5. End Time Approximately 1:00 p.m.

**Lots Of Prizes & Surprises In Store!**

**WE LOOK FORWARD TO SEEING YOU THERE!**

**THANK YOU TO ALL OUR SPONSORS!**



**For more details and information:**  
366.0435 | 381-5675 | 289-1270 | [trainfitclubja@gmail.com](mailto:trainfitclubja@gmail.com)

[www.facebook.com/trainfitclub](http://www.facebook.com/trainfitclub) 

**TRAINFIT CLUB | EMPOWERING PEOPLE THROUGH FITNESS**

# Events

You're Cordially Invited To



# SipSHOP, Socialize

@



Brunch By



Cocktails By

Mojitos

**ENTRY: FREE**

Come and support our entrepreneurs,  
and Indulge in Retail Therapy.  
Clothing, Jewelry, Shoes,  
Beauty products etc.

# Advertisements



LEANNE'S 2HR **SUNDAY** SIGNATURE  
**YOGA**  
10am - 12pm  
Cost: \$1500  
Chinese Benevolent Assoc.  
176 Old Hope Road

876-464-5929 (call for dates)  
[www.facebook.com/leanneslifestyleyoga](http://www.facebook.com/leanneslifestyleyoga)  
All levels welcomed!



# Advertisements



**NO MORE LINES!**

**FETCH**  
Delivery Service

NO MORE JOINING THOSE LONG QUEUES,  
STRUGGLING TO FIND PARKING OR  
WORRYING ABOUT TRAFFIC.  
HAVE YOUR FUN AND GET MORE DONE  
WITH **FETCH**

We will collect and deliver your:

- Groceries • Packages
- Documents • Catering
- Prescriptions and more...

**START SAVING TIME TODAY! CONTACT US:**  
+1 (876) 54-FETCH (L)  
fetchthese4me@gmail.com



**SUN VENTURE TOURS JAMAICA** EVERY SUNDAY

## BLUE MOUNTAINS

### Sightseeing Tour

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

**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)  
sunventuretours@gmail.com  
www.sunventuretours.com



**EXTRAHANDSJA**  
because you deserve an extra hand.

**CONNECTING**  
**Local Service**  
**Providers**  
**+ Customers**  
because you deserve an extra hand

**JAMAICAN MOMMIES**  
A Jamaican Mommies Affiliate

# Advertisements



2 Ingleside Dr.  
Mandeville, Manchester  
Jamaica W.I.

CONTACT

 (876)806-8772

 [facebook.com/juneplumbnb](https://facebook.com/juneplumbnb)

 [juneplumbnb@gmail.com](mailto:juneplumbnb@gmail.com)



Charming Country cottage bed  
& breakfast in Ingleside  
Mandeville, Jamaica



# Advertisements



Jamaica's Leading Car Rental Company

## **island**

CAR RENTALS

**ARRIVE IN STYLE...**

**Introducing the Mercedes-Benz E300**



**Ideal for:**

- Private Airport Transfers
- VIP Chauffeur Service
- Weddings & Other Special Occasions

Operating for over 40 years, we are the leading car rental and transportation company in Jamaica.

The company is licensed by the Jamaica Tourist Board.

We are also a member of the Jamaica Rent-a-Car Association, and the Jamaica Hotel and Tourist Association.

**OUR DRIVERS ARE PROFESSIONALS WITH EXCELLENT SAFETY RECORDS.**

**Island People take better care of you!**

For more information, please contact:

SASHAE MOULTON (876) 506-7233 • Email: [smoulton@islandcarrentals.com](mailto:smoulton@islandcarrentals.com)

RESERVATIONS DEPT. (876)926-8861/926-5991 • Toll Free (USA only) 1-866-978-5335

CANADA (416) 628-8885 • Website: [www.islandcarrentals.com](http://www.islandcarrentals.com)



Caribbean's Leading Independent Car Rental Company

# Advertisements

**EduTech**  
**Aloha to Summer!**  
**SUMMER CAMP 2015**

**AGES 3 - 16**

**ACTIVITIES**

Swimming • Football • Basketball  
Golf • Badminton • Gymnastics • Karate  
Dance • Music • Visual & Performing Arts  
Computer

**NEW ACTIVITY FENCING**

• Field Trip,  
• Movie Day & More!

**The EduTech Musketeers**

**REGISTER NOW!**

**EduTech IS THE PLACE TO BE!**

Suites 5 & 6 34 Lady Musgrave Road,  
Kingston 5, Jamaica

Tel: 927-5585, 978-5433, 354-2206  
Email: edutech.summercamp1@gmail.com

**PLUS**

**JULY 6 - 30, 2015**  
**CONSTANT SPRING GOLF CLUB**

**MONDAYS - THURSDAYS**  
**8.30AM - 2.30PM**

**Jamaican Fencing Federation**

# Advertisements

## SUMMER GOLF CAMPS!

at the Caymanas Golf Club



Jason Lopez School of Golf presents

### THREE ONE-WEEK CAMPS

June 29- July 3, July 20-24, July 27-31

10:00a.m. - 2:00 p.m.

Drop off will be at Constant Spring Golf Club at 9:30 a.m. & pick up at 2:00 p.m.  
We will travel to and from the venue by chartered bus (fully insured and reliable)

The main focus of the camp will be golf and its fundamentals.

The players will be divided into 3 Groups

#### Advanced Players-

Will play 9 to 18 holes  
per day

#### Intermediate Players-

Will play 9 holes per  
day

#### Beginner Players-

Basic Fundamentals, 5  
Hole Play

\*LUNCH &  
DRINKS  
INCLUDED

#### COST per pupil:

1 week

\$25,000 + G.C.T

2 weeks

\$45,000 + G.C.T

3 weeks

\$68,000 + G.C.T



**Jason Lopez**  
Professional Golf Teacher's  
Association of America Master  
Teaching Professional. Managing  
Director & Head Golf Professional  
of Swing Solutions Ltd.

There will be a maximum of 18 students per camp. Spots will be available on a FIRST COME FIRST SERVE BASIS. Please call or e-mail to reserve your child's spot. Tel: (876) 469-2022, Email: [swingsolutions2006@gmail.com](mailto:swingsolutions2006@gmail.com)

Please make all cheques payable to Swing Solutions Limited

# Cars for Sale



## **2012 Nissan Xterra**

17,500 miles, 4WD low and high, V6 4liter, 261hp, 5 speed automatic, Sidestep rails and roof rack, High ground clearance

Almost no duty left

**\$28,500 OBO**

Email [paul-ineindia@hotmail.com](mailto:paul-ineindia@hotmail.com)



## **Mercedes Benz C200 2010**

Blue Efficiency, silver 4 door in excellent condition, Power Seats, Windows, Wing Mirrors, Locks, Radio/CD, Bi xenon LED lights, voice command, 42 miles to gallon, gone about 55,000KM or 34,175 Miles.

On valuation ready to sell, J\$3,750,000 OBO

Call: 260-0957

# Cars for Sale



## **Hyundai Tucson 2013**

LEATHER INTERIOR

POWER PACKAGE

KEYLESS ENTRY

SUN & PANORAMIC ROOF

FOR ALL ENQUIRIES CALL: MR. GOODE 359-6350/  
927-5555

## **Hyundai Tucson, 2012**

US\$24,500, duty free

Only 15,000 miles. Available early August

Excellent condition, accident free, only one driver (female). Power steering, power windows, central locking, keyless entry, anti-lock brakes, panoramic sun-roof, reverse camera, Radio/CD/ player (6 Disc), MP3

Contact: [lilamallory@hotmail.com](mailto:lilamallory@hotmail.com)



## **2013 Suzuki Grand Vitara 4x4**

15,600 kilometers, Right-hand drive, Automatic transmission, Regularly serviced by dealer

**\$19,000 USD\* (\$22,000 CAD\*) OBO (\*for duty-free buyers)**

Looks and drives like new! Available August.

Contact Chad at [2013suzukigrandvitar@gmail.com](mailto:2013suzukigrandvitar@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\$25,000 (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)

## **2009 Ford Expedition Limited (EL)**

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: 63168.2, SIRIUS Satellite radio, Keypad locking, Window tint, Diplomat vehicle

Price US \$20,000, No Duty Tax

[nastyalane0922@gmail.com](mailto:nastyalane0922@gmail.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.

**Diplomat Price: \$1.4M, Non Diplomat Price: \$1.7M**

Contact me via email at [siralex19@gmail.com](mailto:siralex19@gmail.com)



**NOTE: STOCK PHOTO**

# Cars for Sale



## **2014 Forester 2.5i Premium CVT**

All Wheel Drive; ~10,000 miles

Back Up Camera/Bluetooth/USB, Oil changes/inspection done regularly, All Weather Package Protection Package: Cargo Net, Rear Bumper Cover, Luggage Compartment Cover, Splash Guard Kit, All Weather Mats

**PRICE REDUCED!** US\$23,000 OBO, non-diplomats will pay duty.

Contact: [andrew.chira@gmail.com](mailto:andrew.chira@gmail.com)

TOYOTA RAV4 2011, All Wheel Drive,  
Automatic, 2.4 litre, Pearl  
Right Hand Drive (Normal), 49500 km  
Window Wind Deflector  
Alloy Wheels, Fog Lights  
Keyless Entry & Start, A.C.

This vehicle is in perfect condition: not one scratch!

Asking :

US\$ 20,000 to diplomat;

JA\$ 3,050,000 to non-diplomat

Market value (appraisal) from « Automobile Valuation & Consultants »

JA\$ 3,350,000 - as of July 1st

Contact : [boudenis@icloud.com](mailto:boudenis@icloud.com) 876-631-5592 or 876-520-4606 Available : August 30<sup>th</sup>  
(neg)



# Cars for Sale



2001 Pajero IO for sale. Automatic, 4WD, power windows and doors, push to start ignition, in very good condition. Lady driven, owner is migrating. \$490k neg. Contact Christopher Boxe 864-0340 for viewings or further details.



## MOTOR VEHICLE FOR SALE

The UNITED NATIONS DEVELOPMENT PROGRAMME (UNDP) has the following motor vehicle for sale:

One (1) 2005 Toyota Land Cruiser (White), 2982 cc

The motor vehicle may be inspected starting Wednesday 8 July between 10:00 am and 3:00 pm at 1-3 Lady Musgrave Road. Following which, offers in writing should be addressed to "Bid - 2005 Toyota Land Cruiser", United Nations Development Programme, 1-3 Lady Musgrave Road, Kingston 5.

**Bids close on Friday, 17 July 2015 at 12:00 noon.**

UNDP does not bind itself to accept the highest or any offer.



# Household Help

**Yvonne Bennett, 843-3614**, was my helper from April of 2013 until my departure date of June, 2015. She is totally reliable, thorough, and flexible. I have been very satisfied with her work, and am pleased to recommend her to my colleagues. She is familiar with Powell Plaza and has several clients there.

**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).**

**Ms. Patrice Bogle "Terry"** has been our part-time helper for 8 months. She is outstanding, trustworthy, and completely reliable. Terry has a great personality and always has a smile on her face. She shows up on time and is ready to go to work keeping our house in beautiful condition and very well organized. She always stays on top of the laundry and her ironing is just excellent. Extremely flexible, Terry is always willing to try or do new things and needs very little supervision. She is currently available to work two days a week and I highly recommend her. **She can be contacted directly at # 351-2457.**

**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 Mrs. Ophelia Nolan for household employment. She would be an excellent employee for a member of the Kingston Diplomatic Corps." **Ophelia can be contacted directly at 857-6562.**

**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.**

**Madge Sinclair** is looking for work as a babysitter and/or helper. She is available afternoons and evenings during the school season and full time during the summer. She has worked in a pre-school for the past two years and has experience babysitting for embassy families. **Her contact numbers are 374-4541 and 828-3484.**



**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 June 21, 2015.