

the Doctor Bird



Dr. Bird's words of the week:

Conserve electricity and keep bills down by cooling your house without air conditioning, or by using your AC more efficiently: [Secrets for Keeping Your Home Cool in the Heat.](#)

[Events](#)

[Ads](#)

[Classifieds](#)

[Household Help](#)

Follow U.S. Embassy
Jamaica



Events

Pikkihead Records Presents



DUBKOR *Live* & The Pikkihead Band

Featuring:
L.E.A.D
& Q-CEE

Friday, July 24, 2015.
@
Redbones Blues Cafe
1 Argyle Rd, Kingston 10

Showtime: 9:30pm Adm: \$800

For more info call: 978-6091



 Jamaica Yoga Association

JOIN SHARON FEANNY FOR LIVE FIT YOGA!

SATURDAY JULY 25, 2015 | 6:45AM
HOPE GARDENS, SHELL BANDSTAND

Detox Your Body, Clear Your Mind and Free Your Soul
with Sharon's Unique Fusion of Kundalini Yoga and
High Intensity Interval Training.

Get Ready to Shine!

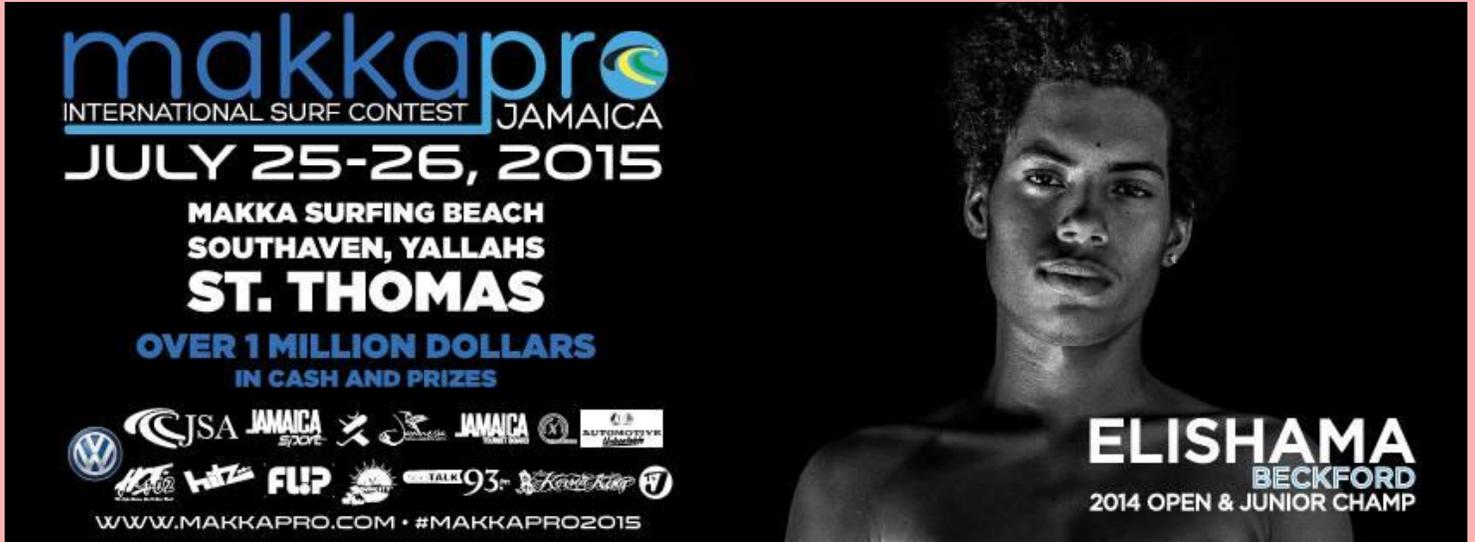
ALL LEVELS WELCOMED
WALK WITH A MAT OR A TOWEL AS MATS ARE NO LONGER AVAILABLE

DISCOUNTED JAYA TSHIRTS \$1,000
NEW SUGGESTED MINIMUM CONTRIBUTION: \$600



For additional information:
www.JamaicaYogaAssociation.org | JamaicaYogaAssociation@gmail.com | [Facebook.com/JamaicaYogaAssociation](https://www.facebook.com/JamaicaYogaAssociation)

Events



makkapro
INTERNATIONAL SURF CONTEST JAMAICA
JULY 25-26, 2015
MAKKA SURFING BEACH
SOUTHAVEN, YALLAHS
ST. THOMAS
OVER 1 MILLION DOLLARS
IN CASH AND PRIZES

ELISHAMA BECKFORD
2014 OPEN & JUNIOR CHAMP

Logos: VW, JSA JAMAICA Sports, JAMAICA TOURISM, AUTOMOTIVE, FLIP, TALK 93, Kwik Trip, 7.

WWW.MAKKAPRO.COM • #MAKKAPRO2015



You're Cordially Invited To

SipSHOP Socialize

@

June plum
CAFE & BREAKFAST

2 Ingleside Drive, Mandeville
SUN-JULY 26-2015
11AM - 6PM

ENTRY: FREE

Brunch By **FLAMING Woks** Cocktails By **Mojitos**

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

Events



NATIONAL GALLERY OF JAMAICA

Last Sundays

July 26, 2015

VIEW

EXPLORATIONS 3

Seven Women Artists

FEATURING

ARTISTS' TALKS

STARTING @ 1:30 PM

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

FREE ADMISSION
FREE TOURS

For more information call: (876) 922-1561 & 3
E-mail: info@natgalja.org.jm
Blog: nationalgalleryofjamaica.wordpress.com
Image: Jasmine Thomas - Girvan - *Amazonia* (detail)
Photo credit: Gary Jordan



FUNDRAISER

The Jamaican Epilepsy Association

Fish Fry & Cake Sale



Thursday
30 July, 2015
11:30 AM — 1:30 PM

***** Menu *****

Escovitched Fish
Bammy
Festival
Veggies

Contribution: \$1000

Cake on sale

Call to place order:

968-8274 / 316-2202

E-mail: jaepilepsy@cwjamaica.com

Pick up at
Andrews Memorial Hospital,
27 Hope Road, Kingston 10

Thanks for your support!

Events

PORTMORE SELF-HELP DISABILITY ORGANIZATION
Presents



Thinking Out Loud

FRIDAY - JULY 31st, 2015

VENUE: PORTMORE HEART ACADEMY
(Waterford Portmore, St. Catherine)

TIME: 7:00 pm | CONTRIBUTION: \$500

Backing Band: **Sun Force** *Guest Artists: SWEET NADIE*
REFRESHMENT ON SALE

PARTNERS: 

*Show your Support,
Keep the PSDO Alive!*

CONTACT US PORTMORE SELF-HELP DISABILITY ORGANIZATION
FOR MORE INFORMATION 3 Bachel Road, Christian Pen, Gregory Park P.O., Portmore, St. Catherine
Telephone: +876-437-1837 / 928-6613 | E-mail: psdohelp@yahoo.com
Website: www.psdoja.org

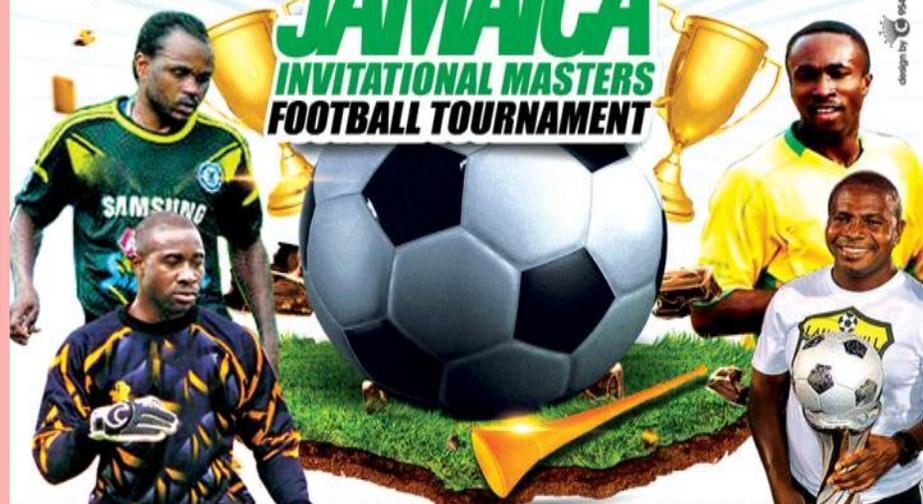
Football Friends Group
IN ASSOCIATION WITH
JAMAICA SPORT

romai

Digicel

JAMAICA

INVITATIONAL MASTERS
FOOTBALL TOURNAMENT



SATURDAY AUG 1, 2015 **WESTPOW PARK** **GRAND PRIZE**
MONTEGO BAY **\$100,000**

CONTACT: 954-683-8660 EMAIL: BLOISEW@GMAIL.COM | GEORGE EVANS- 876- 866-8557 E-mail: GOLASEVANS@MSN.COM



GET READY!!

July 31 - August 2, 2015

**AT THE DENBIGH SHOWGROUND
MAYPEN CLARENDON**





Advertisements



 July						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5 	6 EGGS 10 am - 1 pm	7	8 PASTA 10 am - 1 pm	9	10	11 DESSERTS 2 pm - 5 pm
12 	13 PASTRY 10 am - 1 pm	14	15 EGGS 10 am - 1 pm	16	17	18 PASTRY 10 am - 1 pm DESSERTS 2 pm - 5 pm
19 	20 PASTA 10 am - 1 pm	21	22 PASTRY 10 am - 1 pm DESSERTS 2 pm - 5 pm	23	24	25 DESSERTS 12 pm - 3 pm DINNER 6 pm - 10 pm
26	27 EGGS 10 am - 1 pm PASTA 2 pm - 5 pm	28	29 PASTRY 10 am - 1 pm DESSERTS 2 pm - 5 pm	30	31	

Learn the basics & more with master techniques from Cordon Bleu trained & certified Chef Maree, Executive Chef at Tea Tree Crêperie. These are hands on, demonstration classes for anybody serious about learning to cook and cook well "from the sauce up".

Classes start at \$5,000 per person. Minimum 5 persons per class.
Call 978-7333 or email maree@teatreecreperie.com to book your spot!

Advertisements



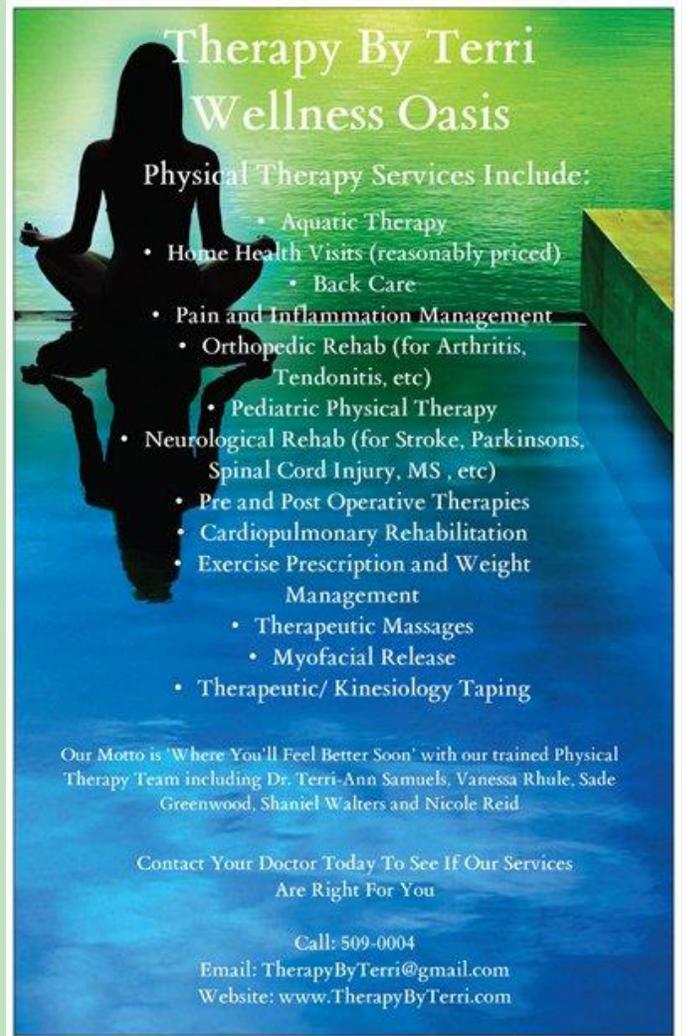
ENJOY INSTANT SAVINGS!

WITH
THE Pop-Up GOURMET ADVANTAGE CARD

INSTANT SAVINGS

THE POP-UP GOURMET ADVANTAGE CARD
ACCEPTED AT PARTICIPATING RESTAURANTS, BARS AND OTHER GOURMET DESTINATIONS ISLAND-WIDE.

For more information visit:
www.popupgourmetjamaica.com/the-advantage-card
Email: info@popupgourmetjamaica.com | facebook: popupgourmetjamaica
instagram: popupgourmetjamaica | twitter: @popup_gourmet
Tel: 876 807 5349



Therapy By Terri Wellness Oasis

Physical Therapy Services Include:

- Aquatic Therapy
- Home Health Visits (reasonably priced)
- Back Care
- Pain and Inflammation Management
- Orthopedic Rehab (for Arthritis, Tendonitis, etc)
- Pediatric Physical Therapy
- Neurological Rehab (for Stroke, Parkinsons, Spinal Cord Injury, MS, etc)
- Pre and Post Operative Therapies
- Cardiopulmonary Rehabilitation
- Exercise Prescription and Weight Management
- Therapeutic Massages
- Myofascial Release
- Therapeutic/ Kinesiology Taping

Our Motto is 'Where You'll Feel Better Soon' with our trained Physical Therapy Team including Dr. Terri-Ann Samuels, Vanessa Rhule, Sade Greenwood, Shaniel Walters and Nicole Reid

Contact Your Doctor Today To See If Our Services Are Right For You

Call: 509-0004
Email: TherapyByTerri@gmail.com
Website: www.TherapyByTerri.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"



RH RELAXING HANDS SPA WELLNESS CENTRE
96, HOPE ROAD, KGN 6.
CALL: 585-7077 OR 348-7774

Summer Special!
MANICURE & PEDICURE
Come and Get your Nails Beautiful for the summer!

FEMALE \$1500
Reg Price: \$2,200
Save: \$700

MALE \$1700
Reg Price: \$2,600
Save: \$900

Summer Special prices do not apply to Manicures and Pedicures done separately. Valid July 20th August 30th 2015. We also do facials, body massage & other treatments.

Advertisements

Etiquette Classes

Accepting Enrollment: Ages : 5 - 18

Classes include:

GOOD MANNERS
Etiquette history

DINING

Proper Use of the Knife, Fork, and Spoon
7-Course Place Setting
Tea time

HYGIENE AND PERSONAL CARE

Undergarments should be an understatement
Formal v casual and Fashion v style

POISE

Voice, accent, posture and walking
Public Speaking

EXTRAS

Tea party and Fashion show
Public Speaking Presentation
Elegant 5-Course Dinner

Class size is limited. Call to confirm your space.

876.977.4792 or 876.382.4303

info@sanaastudios.com



J.G.A. JUNIOR GOLF
Developing Your Game.

JUNIOR GOLF CAMP 2015

AUGUST 2ND - 7TH 2015-02-12
@ HALF MOON HOTEL MONTEGO BAY

AGES: 7 - 17 YEARS
COST: US \$875.00

INCLUDES:
EXPERIENCED COACHING
GOLF SCHOOL/MORNING SESSION
COURSE PLAY/AFTERNOON SESSION
FINAL DAY TOURNAMENT
ACCOMMODATIONS & MEALS

 **HALF MOON**
ROSE HALL, JAMAICA
A ROCK RESORT

For reservations contact:
jamaicagolfassociation@gmail.com
jmgolf2@cwjamaica.com
Tel: 632-9445 or 632-9446

Cars for Sale



2009 Suzuki SX-4

Blue, 32,000 km, appraised 05JUN2015

\$1,300,000 JMD, duty free

Right hand drive, cloth seats, tinted windows, radio/DVD player, new tires 2014, in immaculate condition.

Available 17AUG2015 (negotiable)

Contact Jean-Claude at 292-0314 or Gillian at 733-3300

2010 Honda CR-V

Grey, 47,000 km, appraised 05JUN2015,
\$2,620,000 JMD, duty free

Right hand drive, cloth seats, tinted windows, radio/DVD player, new tires 2014, in great condition.

Available 17AUG2015 (negotiable)

Contact Jean-Claude at 292-0314 or Gillian at 733-3300



Relocating... almost brand new

2015 Toyota RAV4 AWD

Only 1500 kms

Diplomats: US\$ 27,000

Non Diplomats: US\$ 43,000

Information: Claudia Uribe uri-becl@gmail.com

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 paulineindia@hotmail.com

Hyundai Tucson, 2012

US\$24,500 (OBO), duty free

Only 16,000 miles.

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

Contact: 552-5452 and/or lilamallory@hotmail.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, ngraber@usaid.gov

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: J\$1.35M, Non Diplomat Price: J\$1.68M

For additional information, please contact me via email at siralex19@gmail.com or you may call me at 876-325-6703



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

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 876-631-5592 or 876-520-4606 Available : August 30th
(neg)



For Sale



FootJoy golf shoes

Boys Size 3 – Brand New

\$4500.00 JAD

Call 371-2288

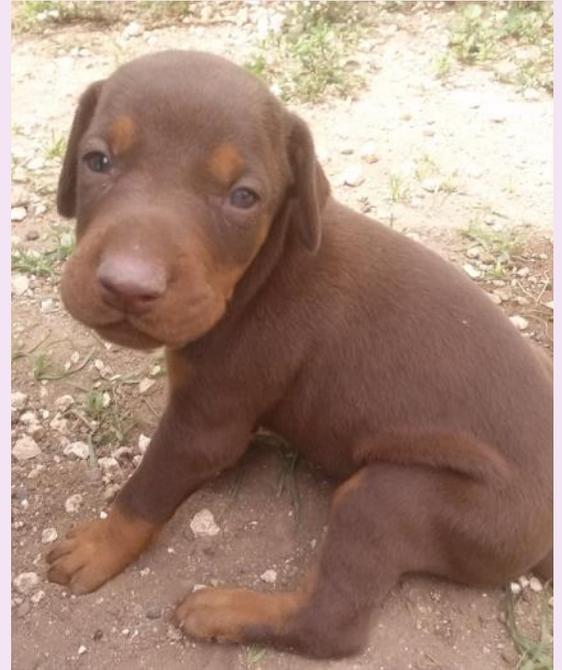
PUPPIES FOR SALE

Brown and Tan
Doberman Pinscher

Tails docked, wormed
and vaccinated

JKC Registered

TEL: 286 1851



Looking for a furnished or unfurnished 1 bedroom, 2 bedroom or 3 bedroom Apartment to rent, call me. Apartments are available for rent on Upper Waterloo Road, Constant Spring Road, Norbrook, Cherry Gardens, Jacks Hill and many more locations. Expats! I can find you the perfect apartment with amenities such as 24 hr security, swimming pool, helpers quarter, or whatever you desire. **Call: Sharon Reynolds, Coldwell Banker Jamaica Realty, Cell No. 472 4540 Email: sreynolds@cbjamaica.com**

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.

I have employed **Marva Reid** since June 2012 as a part-time helper/nanny for three days a week. Marva is trustworthy, honest and an extremely conscientious worker with the highest cleanliness standards! 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 house-cleaning, ironing, laundry and is an amazing cook. She has been with our family since my son was 9 months old. She has been absolutely amazing at taking care of him, playing with him and I have always felt at peace entrusting my son to her care. My son has developed a strong sense of fondness and respect for Marva over the past years and she has become family to us. She is punctual in coming to work, reliable, and you can depend on her to complete designated tasks in a timely manner. She takes initiative and is cautious when dealing with situations. **She can be contacted at cell phone number 407-7824.** We highly recommend her for employment and you can contact us for further information at lilam@iadb.org or 552-5452.

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).**

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. 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. **Contact her at 374-4541 or 828-3484.**