

# the Doctor Bird



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Jamaica



# Events

**JAKES**

WANTS YOU TO

**SAVE *the* DATE**

★ **OFF ROAD** ★

**TRIATHLON**

**TREASURE BEACH, JAMAICA**

CELEBRATING 20 YEARS

**APRIL 18<sup>TH</sup>, 2015**

**FOR MORE INFORMATION**

STAY@JAKESHOTEL.COM OR ANNEKE@JAKESHOTEL.COM

# Events



## Guardian Group

Guardian Life Limited



Guardian Life Limited in association with the University Hospital of the West Indies & Cornwall Regional Hospital present

# KEEP IT ALIVE



## NIGHTRUNS

**APRIL 18**  
(KINGSTON)

**APRIL 25**  
(MONTEGO BAY)

# 2015

**FOR MORE INFORMATION: 876-946-4901**



Keep It Alive 5k

[www.keepitalive5k.com](http://www.keepitalive5k.com)

# Events



**KINGSTON BREATHE AGAIN**  
A FUNDRAISER AT STRAWBERRY HILL HOTEL  
FOR JAMAICA ENVIRONMENT TRUST

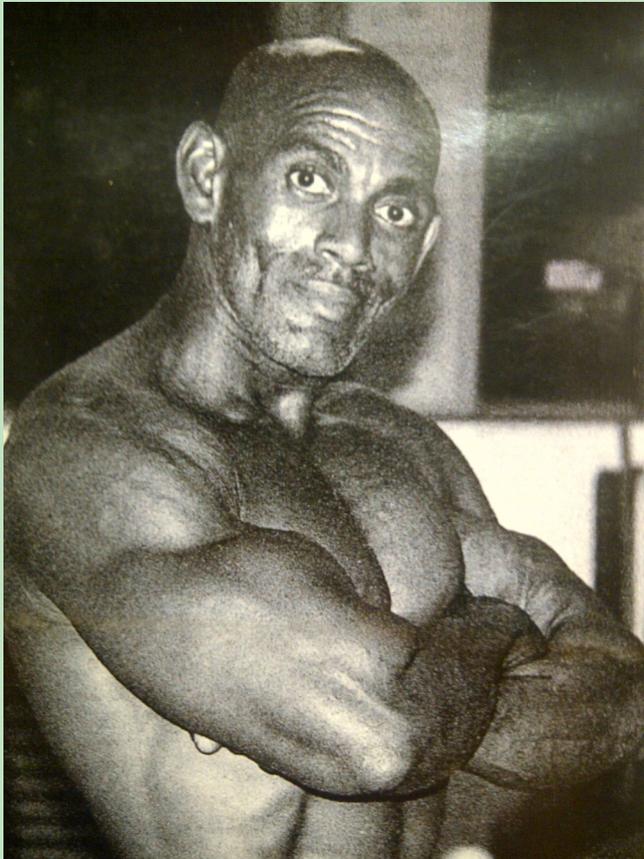
**JOIN TEACHERS: DONOVAN MANNING, HELGA MARZOUCA, JENNIFER MORGAN, MALIKA OMAWALE, SIENNA CREASY, SONJIA GRIFFITHS AND MORE AS WE PRACTICE FOR A PURPOSE.**

**UNITING IN BREATH, BODY AND VOICE FOR JAMAICA AS AN EARTH DAY OFFERING. STAY AFTER FOR A COMMUNITY STYLE DISCUSSION WITH JET CONSULTANT MIRAH LIM TODD.**

**SUGGESTED DONATION: \$1,000 JD / \$10 USD**  
**PLEASE BRING A YOGA MAT, LIMITED AVAILABLE FOR USE**



# Advertisements



**David Johnson**, is an ISSA certified personal trainer. David has over ten years of personal training experience in the U.S. and Jamaica. David customizes each workout plan to ensure you get the best training for your fitness level and goals. He specializes in weight loss, muscle toning, and body sculpting. Expanded services include weight training, aerobics conditioning, flexibility, and wellness. David trains at Powell Plaza on Tuesdays and Thursdays from 5:30-6:30 AM and 4:30-6:00 PM; and Saturdays 10:00-12:00. He is available other times upon request. **Please call him at 1 876 298 3064.**



## Natural Goats' Milk Skin Care

Goats milk is a natural moisturizer and skin rejuvenator. Lipoproteins present in goats' milk, absorb easily into our skin to seal in moisture, prevent dryness and premature aging. Lactic acid, naturally present in goats' milk and part of the "alpha hydroxy" family, penetrate the top layer of the skin to help your body shed dead skin cells, leaving you with glowing skin. It is close to our skin's pH level - keeping your skin in perfect balance - which eczema, acne, psoriasis and other painful skin conditions may benefit from.

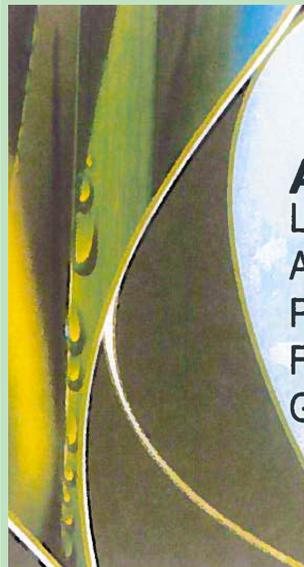
### The nitty gritty on our series:

Pure Niceness - color coded in green  
Lively Up Yu'Self - color coded in red  
Cease & Settle - color coded in gold  
Beeni Bit - packaged in sleek aluminum bottles  
Light Up Yu Life - soy wax candles  
Moist - facial care



Cheryl Hewitt  
876.521.9270

A PROUD PRODUCT OF JAMAICA



**Joanna Hart**  
joahart@gmail.com

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Plant disease control  
Fertilizing  
Garden maintenance

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# Advertisements



DR. MICHELE J. PRENDERGAST  
BSc (CUM LAUDE), BBMedSci, MBBS(UWI)  
PRIMARY CARE PHYSICIAN



*"Medical Care at Your Convenience ..."*



**Appointments: 876-798-3942**  
**Email: [dr.m.j.prendergast@gmail.com](mailto:dr.m.j.prendergast@gmail.com)**

LEANNE'S 2HR **SUNDAY** SIGNATURE

# YOGA

10am - 12pm

**Cost: \$15.00**

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



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Doner  
Kebab**

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\*Delivery of your vehicle arranged almost anywhere in the world. Subject to applicable international agreements and may not be available in every country.

# CLASSIFIEDS

## Items For Sale

Contact: Gretchen Hess at [gretchenhess@hotmail.com](mailto:gretchenhess@hotmail.com)

Mirror - wood with cork 5,000 JD



Computer Desk with keyboard tray 7,500 JD



Booster Seat 2,000 JD



TV Stand – large enough for 60” TV – 7,000 JD



York R301 Folding Rowing Machine – 33,000 JD

Excellent Condition. Air Magnetic Resistance: smooth, fluid rowing action with 16 resistance levels

Console: Backlit LCD screen displays time, distance, pulse, calories, and strokes/min

# CLASSIFIEDS



**Toyota RAV 4 28,000km**

2,100,00 JMD

4WD automatic, 2362 cc, Garmin GPS w/ Jamaica Map

Price as per independent evaluation

**Contact Mr. Christophe Ferrer 564-3975**

**Christophe.ferrer@gmail.com**



**FOR SALE: 2011 Ford Escape Limited Edition**

Very good condition, many amenities including backup camera, moon roof, leather seats, Sirius Radio capability, and Sync voice command

\$15,000USD for members of diplomatic corps, all others duties apply.

Available late June / early July 2015

**Please contact sarah.vanhorne@gmail.com**

**2009 Volkswagen Tiguan**

Low milage 19,700 miles

Leather interior, Excellent condition

Good service record

Price US\$21,500

**Call Donna 819 6969**

**or email [donna02@gmail.com](mailto:donna02@gmail.com)**



# CLASSIFIEDS



## AQUA SILVER HYUNDAI Tucson 2010

AC/ AUTOMATIC 4 wheel Drive

Right Hand Drive

Mileage: 51587 miles

\$ 2 Millions Negotiable

**CONTACT Mr Coy at 294 8173**

## **FOR SALE: 2013 Toyota RAV4 4WD**

Features: Excellent condition - like new! Only 15,000km, still under warranty. Right-hand drive, automatic transmission, 4 cyl. Steel Black/Green exterior, black cloth interior, zero dents/scratches. Power steering, power windows, and mirrors. Central locking, ABS system, Cruise control, AC, rear tinted windows, AM/FM, CD player, USB and AUX ports, Cargo cover, spare tire, allow wheels. Diplomatic owner, frequent oil/filter changes and upkeep, great for mountain and beach driving

Asking US\$25,000 – plus a few months of duties left for non-diplomats (around \$3,000), bought new in JA, available beginning of April

Call: 470-8228 or email [nicholegraber@gmail.com](mailto:nicholegraber@gmail.com)



## **Black Suzuki Grand Vitara!**

**2012 model, only 14,700 km,**

**5 doors, excellent condition,**

**new battery, J\$ 2,5M**

**E-Mail (Maria) at**

**[postfach-mc@web.de](mailto:postfach-mc@web.de)**

# CLASSIFIEDS

## **Toyota Corolla 2006, motor 1.5**

**::::EXCELLENT CONDITION::::**

A/C, central door lock with key remote, alarm system,  
radio/cd player with remote control, 2 new tires, very clean upholstery,  
low mileage: 33,635kms,

**Price: JMD \$1.2M Neg.**

Contact email: [corolla2006jam@gmail.com](mailto:corolla2006jam@gmail.com)



## **Ben & Jerry**

almost 3 years old, male, vaccinated, health checked,

wormed and neutered,

very friendly, trusting, adorable outdoor cats

## **need a new loving home**

Sadly, we will not be able to take them with us  
when we have to leave Jamaica. 20.01.2015

*Please contact us on 503 0318*



# CLASSIFIEDS

## **2013 Jeep Wrangler 4WD/2 Door Sport**

5-Speed Automatic Transmission  
3.6 Liter V6 Engine  
R17 OWL On/Off Road Tires (never fear a pothole, again!)  
Removable Hard Top (Freedom Panels)  
Approximately 8,000 miles  
Made in the USA!  
Approximately J\$2.7 million in duty for non-diplomats  
Available April 30

**Asking US\$26,000**

Contact: [cmbennett212@yahoo.com](mailto:cmbennett212@yahoo.com)



## **Gardens of Arcadia**

3 bedrooms Penthouse  
apartment with 2  
bathrooms.

Gated community with  
24 hour security.

Contact: Mrs. William-  
son at 9208545 or  
9694080



# Household Help

**Michele Nelson** has worked for me almost three years. She is always on time, works diligently a full day and ensures all her tasks are thoroughly completed. I have never had to worry about anything disappearing and when she cleans she returns everything back to its spot. Michele does cleaning, laundry and ironing (and never burns clothes) and can do cooking and child care. She also works for another embassy family. Michele's daily date is very reasonable: 3000 JD. She has never skipped a day. She has two more days available as several families she worked for have left. I highly recommend Michele. **She can be reached at telephone number 451-6204.**

**Sharon Wong** is an excellent housekeeper and nanny. We spent a long time interviewing other nannies to find the right fit for our toddler and what struck us was her punctuality, humbleness and willingness to learn. She learned our toddlers routine, our eating and cleaning preferences, and knows how to balance housework and nanny duties. Sharon does our errands, always bringing the exact change and finds the best prices around town and sleeps over when we need it. She is looking for full time or part time work starting around May 11th. **Her number is 289-0648.** Feel free to contact her directly or email me for any additional information: [zeledon.esther@gmail.com](mailto:zeledon.esther@gmail.com).

**Juliet White** has been a Nanny and/or Housekeeper for numerous Embassy families for several years. She is outstanding with children, a good cook and an asset to any family. She is completely reliable, always on time and always ready to help. She has an amazing way with children, and was always calm and patient with them, never raising her voice. She kept our house in beautiful condition, our laundry done and our house organized and always has a smile on her face for us. She can be contacted directly at 286-1930. Please feel free to get in touch for references by e-mail at [redalenfraser@gmail.com](mailto:redalenfraser@gmail.com) or [Rebecca.molinoff@gmail.com](mailto:Rebecca.molinoff@gmail.com), or by phone at 620-1007.

Our wonderful nanny of three years will soon be available to work for another family. Before working with us, **Joan** was employed by another diplomat for over two years. She cared for our two young boys on a full-time basis and became apart of our family. She's energetic, genuine, reliable and communicates well. When my husband traveled for work she was always there to work extra hours in the evening and on weekends. Before becoming a nanny she worked at a local pre-school and loves working with children. Joan is available as of April. **Please call her at 589-0223 or 344-1297** or contact me for a further recommendation, **Maureen 351-9159.**

**Gracie Fallin** has been a fabulous helper and member of our family for 2 years. She has an easy-going, bubbly personality and she's trustworthy, dependable, and wonderful with our daughter. Aside from childcare (kids love her!), she cooks, cleans, and runs errands as needed. Gracie doesn't need a lot of direction or oversight and she's very security conscious - she has worked for several Embassy families (RSO/DEA/GSO) and she's very familiar with Embassy procedures and personnel (GSO/Guards). Gracie has given me peace of mind when I'm at work - I never worry about what's going on at home. We're leaving at the end of May, but we can be flexible - we just want her to find a good match. Feel free to contact me at [gretchenhess@hotmail.com](mailto:gretchenhess@hotmail.com) or **contact Gracie directly at 472-9610.**