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**DR. BIRD
NEWSLETTER**

Published by
Community Liaison Office
U.S. Embassy, Kingston, Jamaica

January 9, 2014 VOL. 1 Issue 1



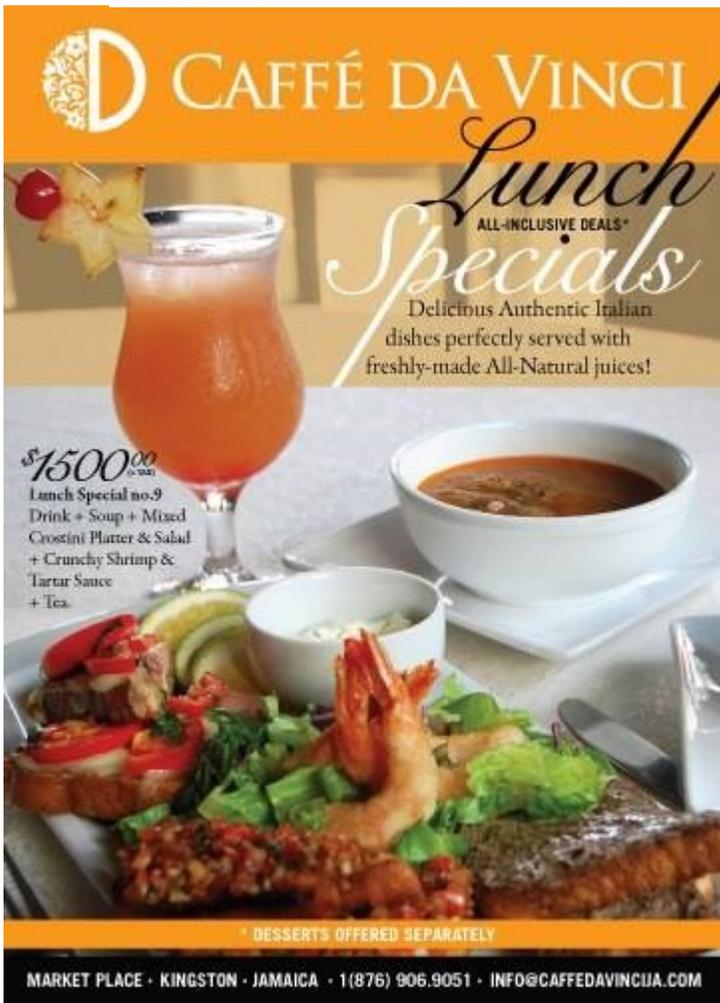
WELLNESS GAMES | **WELLNESS VILLAGE** | **BEACH PARTY**

GREAT MUSIC | **LIVE ARTISTE**

COMEDIANS | **10 OF THE BEST FITNESS AND DANCE INSTRUCTORS**

FEBRUARY 1-2 2014
FORT CLARENCE BEACH PORTMORE

**\$1200 PRE-SOLD | \$1500 AT THE GATE
\$500 CHILDREN**



CAFFÉ DA VINCI

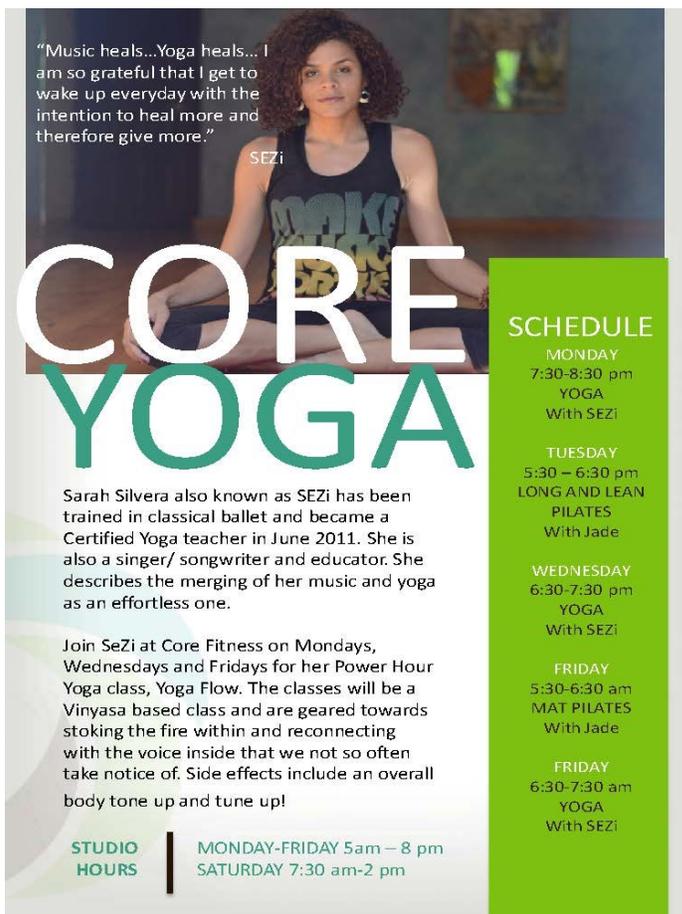
Lunch Specials
ALL-INCLUSIVE DEALS*

Delicious Authentic Italian dishes perfectly served with freshly-made All-Natural juices!

\$15.00
Lunch Special no.9
Drink + Soup + Mixed Crostini Platter & Salad + Crunchy Shrimp & Tartar Sauce + Tea.

* DESSERTS OFFERED SEPARATELY

MARKET PLACE • KINGSTON • JAMAICA • 1(876) 906.9051 • INFO@CAFFEDAVINCIJA.COM



"Music heals...Yoga heals... I am so grateful that I get to wake up everyday with the intention to heal more and therefore give more."

SEZI

CORE YOGA

Sarah Silvera also known as SEZI has been trained in classical ballet and became a Certified Yoga teacher in June 2011. She is also a singer/ songwriter and educator. She describes the merging of her music and yoga as an effortless one.

Join SeZi at Core Fitness on Mondays, Wednesdays and Fridays for her Power Hour Yoga class, Yoga Flow. The classes will be a Vinyasa based class and are geared towards stoking the fire within and reconnecting with the voice inside that we not so often take notice of. Side effects include an overall body tone up and tune up!

STUDIO HOURS | **MONDAY-FRIDAY 5am – 8 pm**
SATURDAY 7:30 am-2 pm

SCHEDULE

- MONDAY**
7:30-8:30 pm
YOGA
With SEZI
- TUESDAY**
5:30 – 6:30 pm
LONG AND LEAN
PILATES
With Jade
- WEDNESDAY**
6:30-7:30 pm
YOGA
With SEZI
- FRIDAY**
5:30-6:30 am
MAT PILATES
With Jade
- FRIDAY**
6:30-7:30 am
YOGA
With SEZI

CLASSIFIEDS

FOR SALE: Due to local relocation – lovely selection of furniture available for very reasonable prices! Discount for multiple purchases.

Purchaser responsible for moving/transportation.

Contact Joanne van Selm: jvanselm@gmail.com or 876-509-0997

Halo glass top table (high), with four chocolate leather Folio bar stool/chairs. New \$1,800 – **Asking price \$600 obo.**



Ypsilon white lacquered dining table. New \$300– **Asking price \$100 obo**



Comfy chairs!!!

Purchase price c. \$1,000
Asking price \$300 obo.



\$1500 new.
Asking price \$350 obo.



The Great Outdoors Two two-seater outdoor wicker/rattan sofas, with white cushions – **Asking \$100 each or the two for \$175.**



Queen Size bed – the full bed – headboard, mattress, base, frame etc. Total price new (3 years ago) \$1300. Used very rarely – guest bed.

Asking price \$350 obo.



King Size mattress with base/box spring (ie not the bed frame, just the mattress and the piece on which it rests.) 3 years old – bought for \$850 – **Asking price \$250 obo.**

Jamaican GPS chip for sale. Less than two years old. Plugs into Garmin (possibly other) GPS systems. JAMNAV is a GPS navigation dataset for Jamaica made by Mona GeInformatics Institute (MGI). Includes directions on use.

Original \$120, for sale now for \$80 OBO.

Email nb13lavoie@yahoo.com or call 620-9784.

MAC Desktop for sale

21.5-inch: 2.7GHz; 1 Year old

Specifications 2.7GHz quad-core Intel Core i5, Turbo Boost up to 3.2GHz, 12GB memory, 1TB hard drive1, Intel Iris Pro graphics, Keyboard, Magic Mouse

\$120,000.00 ONO



BUYER SEEKING:

Kindle Paperwhite version

Baby/Toddler new/used gate

Samsung Galaxy 4 mini – (brand new/nearly new)

If you happen to be selling any one of these please contact Andrea on 397 8586 or ange2cel@gmail.com (I am very vigilant of emails so both methods of contact are fine). Thanks.

HOUSEHOLD HELP RECOMMENDATIONS

Excellent helper available for live-in. Cooks well and possess over 20 years experience. Call Norma on 885-3774.

Live-in helper available, irons and cleans immaculately – call Marcia on 368-9570.

<http://www.thebeadingobvious.com/>



Available only in Jamaica!



Tel: (876) 978-1582
14 Trafalgar Road, New Kingston

Weekly Happenings

Thursday, Jan, 9th

Enjoy musical selections from DJ Archie

Friday, Jan, 10th

After Work Frolic with DJ Dwie

Saturday, Jan, 11th

Saturday Night Celebration
Selections by Bobby T & Gary Kong

OUTDOOR MADNESS
6 WEEK BOOTCAMPS

The Back2Basics Edition Starting January 7, 2014

Stokely Rose's TrainFit Club invites you to this 6 week rotation of OUTDOOR MADNESS Boot Camp. We're located at Reach Academy, 2 Widcombe Road in Millsborough, every Tuesday & Thursday @ 5:00pm and Saturday at 7:00am. (Drive like you are going up to Mountain Spring and take the first left turn marked Doory Blvd.) Cost: 6 weeks \$18,000, 4 weeks \$15,000 and drop0-ins are \$1600. 2 Day Packages are also available.

Contact: Stokes 366-0435 | Email: stokelyrose@gmail.com or Shanique 3945897 | Email shaniqueg@gmail.com

BE PREPARED TO BE TRANSFORMED! Please note that this is an intense high impact workout session. Persons with severe injuries and disabilities should consult their physician prior to engaging in this Boot-Camp. Bring along lots of water, construction gloves, insect repellent, a mat and any weights you might have!



CLAIMS
DONE
FOR
YOU!!

DON'T HAVE TIME TO DO YOUR GCT CLAIMS?
DON'T BE STRESSED, JUST CALL JORGE AND I WILL DO THEM FOR YOU!!

ALL INFORMATION IS KEPT

CONFIDENTIAL

CONTACT INFORMATION

Business telephone: 879-0926

Email addresses: Jorge.portillo0609@gmail.com



WORKSHOP SCHEDULE JANUARY - APRIL 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
INTUITIVE PAINTING Corey Breneisen 10:00 AM - 1:00 PM JAN 13 - FEB 17 6 weeks	MIXED MEDIA LANDSCAPES MAZOLA 10:00 AM - 1:00 PM JAN 14 - FEB 4 4 weeks Create artwork in a relaxing, inspiring atmosphere using your preferred medium and subject.	CLASSICAL PAINTING TECHNIQUES With Oil & Water Based Paints Tina Spiro 10:00 AM - 1:00 PM JAN 22 - FEB 26 6 weeks	PENCIL & CHARCOAL DRAWING Yves Yearwood 10:00 AM - 2:00 PM JAN 16 - FEB 20 6 weeks	ADVANCED PAINTING Hope Brooks 10:00 AM - 1:00 PM JAN 17 - FEB 21 6 weeks	KIDS & TEENS CLASSES 10:00 AM - 1:00 PM DRAWING & PAINTING POTTERY JEWELLERY MAKING *\$8,500 (4 classes) *Materials Included PHOTOGRAPHY \$12,000 (4 classes)
MIXED MEDIA LANDSCAPES MAZOLA 10:00 AM - 1:00 PM JAN 13 - FEB 3 4 weeks	CREATIVE JEWELLERY Damaris Mayne 10:00 AM - 1:00 PM JAN 14 - FEB 18 6 weeks	EXPRESSIVE PAINTING Using The Impasto Technique Corey Breneisen 10:00 AM - 1:00 PM JAN 15 - FEB 19 6 weeks	INTRODUCTION TO DIGITAL PHOTOGRAPHY 9:00 AM - 12:00 PM JAN 16 - FEB 20 6 weeks Camera Required	GIFT CERTIFICATES AVAILABLE	
EARLY REGISTRATION REQUIRED FOR ALL WORKSHOP		JEWELLERY MAKING TECHNIQUES Beginners - Intermediate Damaris Mayne 6:00 PM - 9:00 PM JAN 15 - FEB 19 6 weeks	DISCOVER ART. DISCOVER YOU.		SANA A STUDIOS Instruction in Traditional & Contemporary Art 25 Barbican Road, Kingston 6 (Inside the Burger King compound) (876) 977-4792 (MAIN) (876) 382-4303 (DIGICEL) Connect with us online! web: www.sanaastudios.com email: info@sanaastudios.com facebook: SanaaStudiosJa twitter: @SanaaStudios Schedule and rates are subject to change. CALL FOR DETAILS ON ANY WORKSHOP
INTRODUCTION TO DIGITAL PHOTOGRAPHY (Beginners) Stuart Reeves 6:00 PM - 9:00 PM JAN 13 - FEB 17 6 weeks Camera Required	LIFE DRAWING Raymond Watson 6:00 PM - 9:00 PM JAN 14 - FEB 18 6 weeks	Bring a friend to sign up for a 6 weeks workshop and get A FREE CLASS		DRAWING THE HEAD, HANDS & FEET Raymond Watson 6:00 PM - 9:00 PM JAN 16 - FEB 20 6 weeks	CREATIVE JEWELLERY Damaris Mayne 10:00 AM - 1:00 PM JAN 18 - FEB 22 6 weeks INTRODUCTION TO METAL JEWELLERY Damaris Mayne 2:00 PM - 5:00 PM JAN 18 - FEB 8 FEB 15 - MAR 8 4 weeks
STUDIO CERAMICS Norma Harrack 6:00 PM - 9:00 PM JAN 13 - FEB 17 6 weeks Conditions Apply	INTRODUCTION TO DIGITAL PHOTOGRAPHY Stuart Reeves 6:00 PM - 9:00 PM JAN 14 - FEB 18 6 weeks Camera Required	PARTY!!! PARTY!!!		EARTHENWARE STUDIO Phillip Supersad 6:00 PM - 9:00 PM JAN 16 - FEB 20 6 weeks Conditions Apply	INTRODUCTION TO DIGITAL PHOTOGRAPHY Stuart Reeves 2:00 PM - 5:00 PM JAN 18 - FEB 22 6 weeks Camera Required
SILVER CLUB Classes For Senior Citizens 2:00 PM - 5:00 PM Monday - Friday DRAWING & PAINTING FLORAL ARRANGING CERAMICS JEWELLERY MAKING PHOTOGRAPHY Call For Details	ART CLASSES FOR HOME SCHOOLED KIDS Call For Details COMING SOON THE BUSINESS OF BEING AN ARTIST 2 Day Workshop	MAKE YOUR NEXT CELEBRATION AN ART PARTY. Great Rates Call for Details		JEWELLERY MAKING Beginners - Intermediate Damaris Mayne 6:00 PM - 9:00 PM JAN 16 - FEB 20 6 weeks CERAMIC WORKSHOP RATES DOES NOT INCLUDE MATERIALS & KILN FEES	INTRODUCTION TO METAL JEWELLERY Damaris Mayne 2:00 PM - 5:00 PM JAN 18 - FEB 8 FEB 15 - MAR 8 4 weeks INTRODUCTION TO DIGITAL PHOTOGRAPHY Stuart Reeves 2:00 PM - 5:00 PM JAN 18 - FEB 22 6 weeks Camera Required EARTHENWARE STUDIO Phillip Supersad 2:00 PM - 5:00 PM JAN 18 - FEB 22 6 weeks Conditions Apply

THINKING OF TRAVELLING OR TAKING A VACATION -

GET HOT
 TRAVEL DEALS
 ON CRUISES,
 HOTELS,
 FLIGHTS

CHECK OUT THE
 WEBSITE!



www.shazza.chachingbooking.com