



Follow  
US Embassy  
Jamaica on



Page 1



**DR. BIRD**  
**NEWSLETTER**

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

February 13, 2014 VOL. 2 Issue 2

St. Mark's Anglican Church  
Red Light, above Irish Town, St Andrew  
Sunday, February 23, 2014 at 11 am  
Donations in aid of St. Mark's Church  
Restoration Fund



**CHAMBER MUSIC  
IN THE  
MOUNTAINS**

String Chamber Orchestra conducted by Steven Woodham  
with special guest Maria José Parker  
Works by J. S. Bach, G. Holst, J. Massenet, P. Ashbourne...

Travel Time: 45 minutes from Papine,  
up to St. Mark's, 'The Little White Church' on the Mountain after Strawberry Hill.

GROG SHOPPE RESTAURANT  
PRESENTS

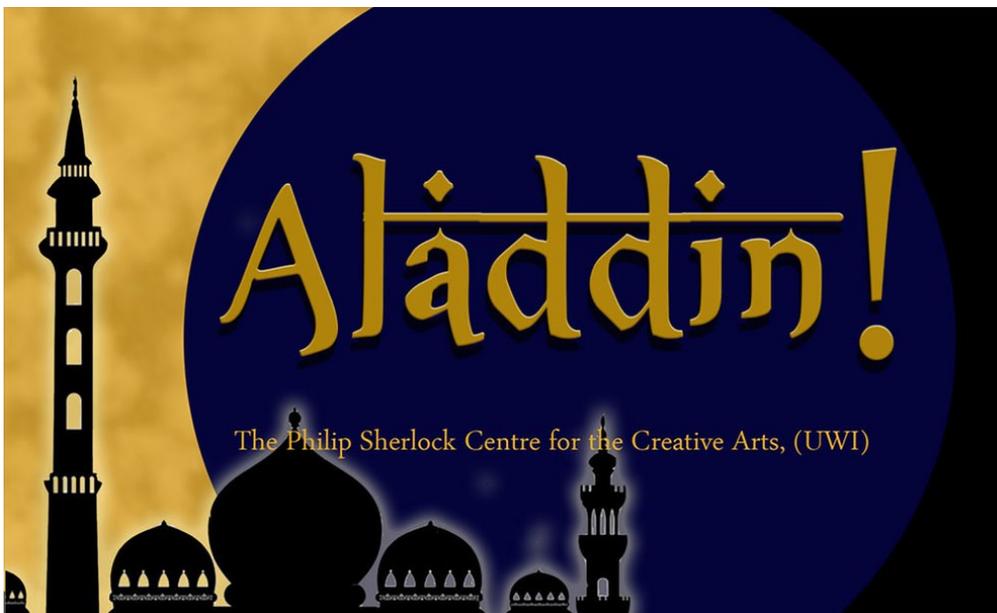
**Valentine's  
Dinner & Dance Night  
Under The Stars**



BIG BAND SOUND BY  
**The Alpha  
All Stars**

February 14, 2014  
DEVON HOUSE

Reservations Ph. 906 7165 or 908 4310  
www.grogshoppejm.com info@grogshoppejm.com

**Aladdin!**

The Philip Sherlock Centre for the Creative Arts, (UWI)

Jamaica Junior Theater is excited to present their 2014 production of **ALADDIN**. The production is a great adventure in a magical eastern land and with their very own JJT twist.

Only 8 more shows to go!  
Don't miss the special this Friday February 14, 2-for-1!!! That's two tickets for \$1500

For ticket information  
Call: **837-8564**

Email: [teamijit@gmail.com](mailto:teamijit@gmail.com)  
Check out our website: <http://jamaicamusicaltheatre.com/get-a-ticket/>

# Items for Sale



Completes

Longboards on sale/w bearings and hardware v1 and v2 Trucks



For pricing and info please email:  
[ochoriosllc@yahoo.com](mailto:ochoriosllc@yahoo.com)  
 T SHIRTS COME IN MEDIUM & LARGE

For sale: Brand new white appliances (still in boxes): Frigidaire washer/dryer combo/stack J\$175,000, and 9 cu. ft. fridge J\$40,000; Hunter 'Custom Builder Collection' 52 inch ceiling fan with light J\$20,000. Tel: 832 - 4908.

**Numark NS7FX Professional DJ controller with Motorized Platters with Flight Ready Case - GREAT DEAL!!**



**USED GMC DENALI ROAD RACER** Bicycle is used but in excellent condition (picture is not actual bicycle). PRICE: J\$30,000 Ph: 381-1795, 820-1848



**1993 DODGE RAM B350** Automatic with over-drive; 5.9L V8 (gas); 69k miles; extended wheel-base, long body (has rust spots); 13-removable seats; 3" lift kit; 18" mag wheels; low-profile Toyo tires; fender flares; dual a/c (needs work); transmission oil cooler; AM/FM radio; spares & service manual. Price J\$450,000. Ph: DIGI - 381 1795 / LIME - 820 1848



**2004 HONDA CBR600RR MOTORBIKE** PRICE: J\$495,000. YELLOW-LIME PEARL & MATTE BLACK (NO DECALS) / 38,880km (or 24,100 miles). RECENTLY CHANGED:- TYRES - DUNLOP ROADSMART, FR & RR / 'O'-RING DRIVE CHAIN / NGK IRIIDIUM IX SPARK PLUGS / EBC DOUBLE-H BRAKE PADS - FR & RR. CONTACT: ROBERT GAYLE - 381.1795 / 927.2564 \*NO TEST RIDES\*



**FOR SALE: NEW SAMSUNG 12 KG WASHER/DRYER COMBO (WD9102RNW)** BRAND NEW - IN BOX, 220V, 50 HERTZ (JAMAICAN POWER COMPATIBLE) WIDE, LCD SCREEN; FULLY PROGRAMMABLE; COMBINATION FRONT LOADING WASHER/DRYER - IN ONE MACHINE; VARIABLE TEMPERATURE SETTINGS; VARIABLE SPIN CYCLES; SEPARATE DETERGENT DISPENSERS; 12KG MAXIMUM WASH LOADS. Price: J\$130,000 Ph: 381-1795, 820-1848




Here is a gift for that person who loves plants but doesn't have the green thumb. This cactus will thrive under very harsh condition and neglect.



These Planters are suited for both home and office we carry them in two size 12"x12"x16 and 16x16x16



Kabreco Designs  
 3826141/8324017  
 Mr Eric Coore  
[ecoore@yahoo.com](mailto:ecoore@yahoo.com)

**FOR SALE 21.5-inch: 2.7GHz**



1 Year old; Specifications: 2.7GHz quad-core Intel Core i5, Turbo Boost to 3.2GHz, 12GB memory, 1TB hard drive1, Intel Iris Pro graphics, Keyboard, Magic Mouse. **\$120,000.00**  
**ONO Contact LISA 8965751**

# Cars for Sale

## FOR SALE 2008 Toyota RAV4

Features: automatic transmission, 2400 cc, 35,800 kilometers, AC, power windows, rear windshield wiper, power steering, CD player, AM/FM radio, full-size spare tire, and service manual. Best of all, it's right hand drive....perfect for Jamaican roads! Price: only \$14,000. Call 383-8906 or email [mattwelsh1@gmail.com](mailto:mattwelsh1@gmail.com) for more details.



## Dark blue SUV, 2005 Ford Explorer

Very good condition. Grey interior. Very big trunk space as there is also space for another row of seat.

Asking price \$1,000,000 O.N.O. Valuated Price \$1,600,000 (May 22,2013). Contact number is 330-2033.



# 2009 Toyota RAV4



- Black exterior, Tan interior
- Left side drive
- 4 Speed Automatic/4WD
- 35,000 miles
- Regular maintenance performed, battery replaced July 2013
- New Michelin tires August 2013

**\$1,800,000 JD**

(one year of duty remaining for non-diplomatic buyer) - Available mid-May 2014

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



FOR RENT

**For rent:** Briarwood, Shortwood Road, Kingston 8. Spacious townhouse in gated complex with nice green areas.

- ⇒ 3 bedrooms, with extra room on ground floor
- ⇒ Master bedroom has walk-in dressing/clothes area and en-suite bathroom
- ⇒ 3 ½ bathrooms
- ⇒ Major appliances: fridge, stove, washer and dryer, solar water heater, and water tank (with pump)
- ⇒ Rooms have a/c units, ceiling fans, and insect screens
- ⇒ Double car port (covered)
- ⇒ Private back yard
- ⇒ Gated complex with swimming pool, entertainment/club house area and barbecue, and very good security

US\$2,100 per month      Tel: 832 – 4908.

**Apartment for Rent:** 54-D- TRAFALGAR RD, US \$1700; 2 Bedrooms 2 Bathrooms apartment. Beautifully refurbished, tastefully furnished with hardwood floors, en-suite laundry (washer/dryer), dishwasher. 24 hour manned security, pool, indoor mailbox, garbage disposal, elevator. Contact Ph: 876-507-1843; [ivygrannum@yahoo.com](mailto:ivygrannum@yahoo.com)



**WANTED:** FLOW cable-box in good working condition. Text or call 439-5411 (leave a message).

**LOOKING TO DONATE?** A dear friend in college just moved into his own place and cannot afford much furniture. If anyone has anything they need to get rid of or were planning to donate (he is especially in need of a couch), please contact him at: Uton Vassell 830-1906. Thanks, Nichole

**NEW LOCATION!!**  
77 Shortwood Road  
January - April 2014  
Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Retro 90's Step Class (Suzanne) 5:30am - 6:30am	Sunrise Spin (O.G.) 5:30am - 6:30am	Firm It Up (Oral) 5:30am - 6:30am		Power Yoga (Ursula) 8:30am - 9:30am
Step & Sculpt (Tiana) 8:15am - 9:15am	Power Pilates (Suzanne) 8:15am - 9:15am	Yoga (Ursula) 8:15am - 9:15am	Spin & Sculpt (O.G.) 8:15am - 9:15am	From Here to Intensity (Oral) 8:15am - 9:15am	Latin Dance Party (Toka) 9:30am - 10:30am
Supreme Spin (Rose) additional small supplies 9:30am - 10:30am					
	Kids Yoga (Sara) 4:45pm - 5:30pm				
Extreme Boot Camp (Stokely) 5:30pm - 6:30pm	Maximum Overdrive (Giovanni) 5:30pm - 6:30pm	Extreme Boot Camp (Stokely/Giovanni) 5:30pm - 6:30pm	Power Spin-Strength Building (Natalie M.) 5:30pm - 6:30pm		Teen Gym Time (ages 12 - 16) 2:00 pm - 4:00 pm
Teen & Adult jazz/Hip Hop Beg. - Int. 5:45pm - 6:30pm	Zumba (Nichole) 6:30 pm - 7:30 pm	Teen & Adult Contemporary/ Jazz Int. - Adv. 5:45pm - 6:45pm			

**Fitness Rates**

Drop In \$1,200  
1 Week \$3,500  
1 Month Membership \$8,000  
3 Month Membership \$20,000  
6 Month Membership \$35,000  
1 Year Membership \$60,000

Phone: 924-7491 or 848-8480      Email: [danceinmotion.ja@gmail.com](mailto:danceinmotion.ja@gmail.com)  
**Open Monday-Friday 5:30am-8:30pm & Saturday 8:00am-4:00pm**

In Motion offers a fully equipped gym with a personal trainer to work with you...Zumba Classes, Latin Dance Classes, Yoga, Pilates, Spinning and Sculpting Classes. In Motion is also the leading dance academy with children's classes in classical ballet, tap, jazz, modern, lyrical and contemporary styles for ages 3-adult levels.



"Colette at The Wanderer" is a private collectables shop and gallery, specializing in quartz crystals and stones, vintage jewelry, vintage and current craft, religious Icons and art.



- Antique Native American and Silver Jewelry • Crystals and Healing Stones •
- Ayurvedic Massage by appointment • Vegetarian and Seafood Catering •
- Organic Peruvian Maca Root Tablets and Powder •

Centrally located , two roads up from Devon House at 3 Queensway, just call for an appointment to view. Colette 92-66071. 11am - 5pm

COLETTE AT THE  
WANDERER

3 Queensway, Kingston 10  
Ph. 876-926-6071  
email: wanderer46@hotmail.com

## HOUSEHOLD HELP RECOMMENDATIONS

Ms. Barbara Bailey has worked with diplomatic families from the US, Canadian, French and German missions over the last 20 years. She has served as a helper to our family for a year and a half. Duties assigned to Ms. Bailey include general housekeeping, laundering/ ironing, cooking and after-school child care. With the departure of several families from post, she is looking to secure employment on Tuesdays, Wednesdays and Fridays. Ms. Bailey is soft-spoken, diligent in her duties and sincerely caring of those she serves. If interested in obtaining her services, please give her a call at (876) 877-8747. Should you need further reference, please do not hesitate to contact me. [tnpointer9165@yahoo.com](mailto:tnpointer9165@yahoo.com)

Miss Lorraine Nelson, available for live-out housekeeping job, baby sitting and after care. She irons very well and cleans immaculately well too !! Call her anytime on 436-0982 or 420-7484.

Sydonne Rose seeks weekly employment as a Domestic Helper with a small family. She is an excellent helper and works very well with the elderly and small children. She is also a very dependable, honest and hard working individual. She comes highly recommended and may be reached at 384-1967.

Roselyn Ford seeks weekly employment as a Domestic Helper with a family. She cleans, cooks and irons very well and is very good with small children. Roselyn can be reached at 452-6503.

# Items for Sale



- Wicker Patio Set consisting of 2 Arm Chairs, 2 Foot-rests and 1 Three Seater Sofa..\$500.00



- Bookcase \$650.00
- 2 Tier Pie Crust Table \$260.00



- 2 Tier Oval Table \$250.00
- 2 Seater Love Sofa \$350.00
- Upholstered Rocking Chair \$260.00



- What Not with Cupboards \$500.00
- Chest of Drawers (2 available) \$300.00 each
- Dresser with Mirror (4 available) \$200.00 each



- Caned Rocking Chair \$200.00



Contact  
Chris  
503-1599



THE LATIN AMERICAN WOMEN'S CLUB presents:

Baila Amor!



a St. Valentine's Latin Dance Party

At the residence of:  
The Honourable Kenny Benjamin O.J.C.D & J.P.  
9 Montgomery Rd.  
Stony Hill

Friday, 21st February 2014  
From 8:00 PM to 12:00 AM

Contribution:  
Pre-sale: 3000 JMD  
Gate Price: 3500 JMD  
Food and drinks included  
Dress Code: Casual Elegant  
All proceeds go to our many charities



pepsi jamaica

Tickets can be bought at  
or contacting lawckj@gmail.com  
Tel: 275-63-55 or 362-80-27



# GolfFeva

Saturday, 15th February  
@ Constant Spring Golf Club

For further information contact our  
GOLF Tournament Director,  
Jason Lopez 469-2022

ADULT & JUNIORS TOURNAMENT

AWARDS & CLOSING CEREMONY  
Saturday, February 22nd - 4-5PM @ AISK



Get the Feva!



# BMW DIPLOMATIC SALES




WWW.BMWDIPLMATICSALES.COM

EXCLUSIVE DIPLOMATIC DISCOUNTS  
DELIVERY ARRANGED OVERSEAS OR STATESIDE  
A SPECIAL PROGRAM FOR SPECIAL PEOPLE  
INFO@BMWDIPLMATICSALES.COM

Get Ice-Cream  
**Crazy**  
 @ Candy Craze

**10% OFF** | **2 for \$4.50**  
 ICE-CREAM + 1 TOPPING | SPECIAL ON WAFER CONES



Oh let's not forget over **200 DIFFERENT** types of **CANDY**

Our **Valentine's Day Packages** makes a perfect Gift.  
 Plus Gifts & Party Supplies | Offer lasts until **March 2nd 2014**

**SHOP KIOSK #1 UPPER MANOR PLAZA**  
 184 Constant Spring Road, Kingston 8, Jamaica, Tel: 924-4881

**Candy Craze**  
 www.thecandycraze.com



Gourmet  
**Cookies**  
 gourmetcookiesjm@gmail.com

*a Cookie for every occasion!*

Birthdays • Valentine's • Anniversaries • Banquets • Weddings  
 Corporate Events • Baby Showers

**For orders or more information**  
 Call: 876-579-7807 or Email: gourmetcookiesjm@gmail.com  
 f TheGourmetCookieShoppe | @thecookieshoppe

**AISK**  
 American International School of Kingston

**All-Stars**  
**Carnival Party**  
 Saturday, Feb. 22, 2014 @ AISK  
 7pm-11pm

Ticket price - \$1000  
 Food, Games, Raffle Prizes and  
 Exclusive Student Lounges  
 Music by Copershoot

RAFFLE PRIZES - MediaPad 7  
 (Android Tablet) from **DigiCell**  
 Gift Certificates, and  
 much more!



**BOMB RUSH**  
 In association with Jamaica Conservation and Development Trust

**Blue Mountain**  
**MUSIC FESTIVAL**  
 at Holywell  
 Tru-Juice Juices WATER

FEBRUARY 22<sup>nd</sup> - 23<sup>rd</sup>, 2014  
 Saturday Gates open 2pm | Showers free | Sunday Gates open 11am | Showers free



Special Performers by  
**THIRD WORLD • T.O.K • CHRONIXX • TANYA STEPHENS**  
**KABAKA PYRAMID • JAH9 • JESSE ROYAL • KEIDA • BUGLE**  
**RAGING FYAH • DENYQUE • OMARI • KELISSA • ITY & FANCY CAT**  
**MO-NADDZ • KENNY SMITH • MACHU EZRA • DYAMI • EVA HYPE**  
**ZJ BAMBINO • GEN C LOVE • CLAUDIUS ENGLAND • PHENOMEN**  
**CHARMAINE LIMOHIOUS and more** Music by: Gabre Belkasso S. Teodoro

Hiking • Poetry • Yoga • Kid Zone Amusement • Camping  
 (not included)

TICKET OUTLETS: Waterford Shopping Centre | One Chase Island Village (Jamaica)  
 Montego Bay | East Manor Park - Upper Hill Plaza - Pitcairn Gardens  
 Touchstone Ticketing @ Accounts - Online at www.bombrush.net

<b>Gen. Admission</b>	<b>V.I.P</b>
Adult Price: \$2,500 One Day \$3,000	One Day \$5,000
Season Pass: \$5,000	Season Pass: \$7,500
Children \$500 Outdoor Camping \$500	

Camping and family discount packages available  
 Parking & Shuttle Service provided from Jamaica College



The Beading  
 Obvious, only  
 available [here](#)



www.babaslingerie.com Shop 10 / 7th Avenue Plaza / 960 6875



Happy Valentine's Day!

**BABA'S**

Kingston's **FINEST** Lingerie Store.

Don't go to bed without us!

**OMG!**  
CLOTHING, ACCESSORIES, SWIMWEAR & MORE...

11 Braemar Ave.  
New Kingston  
Ph # 946-1169  
omgjamaica@gmail.com  
@omgjamaica

Fashion for Kids | Tweens | Teens | Adults

*Pop-Up* GOURMET & *Ashebre* MODERN CARIBBEAN CUISINE

present



with Executive Culinary Artist Oji 'Ashebre' Jaja

Date: February 14, 2014  
Venue: Grosvenor Café  
Time: 7:30 pm to 10:00 pm

Limited Seating.  
Reservations are a must.  
Prepayment required to confirm.  
Call 876.807.5349/876.869.7483

Come indulge, savour & tantalize your tastebuds!



DESIGNED BY INSIGHTSTUDIOSJM.COM | 899-3912



**PLATED DINNER MENU**

- CRAB LOUIE SALAD**  
CRAB, MARINATED GRAPE TOMATOES, BABY ROMAINE, POACHED EGGS  
AVOCADO, PARMESAN CROSTINI, TOMATO HORSE-RADISH VINAIGRETTE  
OR  
ROASTED BUTTERNUT SQUASH AND SPICY TOMATO BISQUE  
FRESHLY BAKED ARTISAN BREAD, EXTRA VIRGIN OLIVE OIL AND CRACKED PEPPER
- PAN SEARED SNAPPER FILET**  
YELLOW YAM, RAGOUT, OVEN ROASTED TOMATOES, ASPARAGUS  
SAFFRON BEURRE BLANC  
OR  
LOBSTER PENNE PASTA W/ PESTO CREAM  
OR  
BLACKENED RICOTTA-CALLALOO  
CHICKEN ROULADE  
ROASTED GARLIC MASHED POTATOES, SAUTÉED BROCCOLI AND SPICED CARROTS

- BANANA CARAMEL BREAD PUDDING**  
MIXED BERRY COMPOTE, WHIPPED CREAM, ALMOND TUILLE  
OR  
DOUBLE CHOCOLATE FUDGE GATEAU  
FRESH BERRIES, WHIPPED CREAM

\$3550 PER PERSON  
\$6500 PER COUPLE

COMPLIMENTARY GLASS OF WINE ON ARRIVAL



# Parent LOUNGE

Relax, Take 5 and Enjoy the Events  
Friday February 21 & Saturday February 22, 2014

**8am -11am** | Cannonball Cafe @ AISK  
Coffee, Tea and Continental Breakfast  
ON SALE

**2pm-5pm** | J. Wray & Nephew  
Afternoon Happy Hour  
Complimentary Wine



# Dance Feva

**Adult Party \$5000**  
Premium Drinks & Food...inclusive

**@AISK** 2 College Green Avenue  
Kingston 6  
Friday, February 21, 2014  
8pm - 2am

Premium Bar | Gourmet Dining | DJ Smoke | Delectable Desserts  
Gate Prize: Digicel Smart Phone




## ALL STAR NEW ORLEANS 2014

A SHOWCASE OF  
**BASKETBALL'S BEST**

**FEBRUARY 14-16**

**SPECIAL 2 Beers**  
for \$4.00 plus tax

Must be 18 years and older to drink.  
Drink Responsibly.



### RÊVE JEWELLERY & ACCESSORIES

Lets us help you celebrate YOUR LOVE LIFE this Valentine's Day....

Beautiful *unique NEW designs* & a limited collection of some of the *Signature Designs*. You can choose to say "I LOVE YOU" with our *GIFT CERTIFICATES (starting from US\$35/JMD\$3,500)*

**\*\*\*SALE prices & SPECIALS all DAY this Friday, Feb. 14th\*\*\***

**\*\*African BLACK SOAP SALE (while stocks lasts)\*\***

LIKE OUR FACEBOOK page and GET 10% off YOUR NEXT purchase

# The Caribbean Cleanse

Experience the yoga retreat and catered cleanse specifically designed to support the healing and revitalization of your body, mind, and spirit.

...beautifully delivered to you in the Caribbean

Highland House

## Jamaica

February 22 - March 1

Feel alive in your body, free from obligations, and revived by the watercolor beauty of Jamaica and St. Lucia.

The Caribbean Cleanse is specifically designed to support you in reawakening and connecting with your body, mind, and spirit.



Visit

[thecaribbeancleanse.com](http://thecaribbeancleanse.com)

for more information.

**ONE BILLION RISING - JAMAICA**  
in collaboration with the **INSTITUTE OF JAMAICA** presents

**RISING FOR JUSTICE 2014**  
A campaign to end violence against Women & Children

**11am - 3pm**  
@ Institute of Jamaica Lecture Hall  
10-16 East Street, Kingston

A Panel Discussion and Film Screening with performances by Marcia Griffiths, Hempress Sativa, NoMaddz, Sistren Theatre Collective, Cherry Natural, Tiffa and more...

For more information email: [1billionrisingjm@gmail.com](mailto:1billionrisingjm@gmail.com) or Call: 359.2453

Accepting donations in aid of the Institute of Jamaica's "Self Esteem Project for Girls"

Endorsed by:

**FEB14**

# Valentine's Candlelight Dinner

AT  
TERRA NOVA HOTEL



Restaurant of the Year 2013  
- The Regency Room

A La Carte Dinner in the Regency & Terrace Restaurant  
Buffet Dinner Poolside

**Friday February 14, 6:30 - 10:30 pm**

*An Affordable Luxury*

Reservations recommended



17 Waterloo Rd., Kgn. 10 926-2211 [www.terranovaljamaica.com](http://www.terranovaljamaica.com)