

Projects abroad

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WAH DE OCCUR!!



THE OFFICIAL NEWSLETTER OF PROJECTS ABROAD JAMAICA

JUNE 2011

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Mayday, Mayday, Mayday!

Well don't come to the rescue just yet - I am merely trying to give the Month of May an intriguing introduction. Some of us may agree that 'Mayday, Mayday, Mayday' brings about more exciting heart palpitations, rather than settling on the wording, May, May, May-reminds you of the call of the wild doesn't it? - Probably a goat in distress, not so intriguing I guess, so much for the heart palpitations.

Always guaranteed to get the heart beating excitedly once more is the quick note that Projects Abroad Jamaica welcomed twenty-five volunteers in May. Canada (3), Switzerland (1), France (2), United States of America (4), Italy (2), Netherlands (1), United Kingdom (4), Austria (1), Germany

(3), Australia (1) and Sweden (3).

In an intriguing way the month of May offered a brilliant mix of volunteers based on their respective project choices; the Care Project continues to host the majority of the volunteers, the Journalism Project grew in May, welcoming three volunteers. The Disaster Management Project (Manchester Parish Council) was dubbed "The little project that could"- the Project did wonderful things this month. Volunteers working on all the project areas continue to do commendable work.

I believe at one point 'Mayday', would have been an appropriate call, as volunteers and staff got down to challenging positions in the May edition of Reggae Yoga - what can I say, it was brutally fun. Dirty Day was memorable and the dinner, games and poolside lyme was a feast.

The Projects Abroad Jamaica staff continues to do an amazing job, as such kudos to you ladies; maintain the gold standard tradition of doing great work.

Thanks to all the volunteers for making Jamaica their preferred volunteering destination, I must say it was an honour to have had you with us. We would definitely love having all of you again. Come and visit soon or simply check out our Facebook group or visit our [blog post](#).

Just relax and enjoy reading about the "intrigue" in this issue of JAMROCK.

(Contributed by Joan Johnson, former 2 months Care volunteer from the United Kingdom)

I had a great experience travelling to India and Africa for 2 weeks with my church teaching, doing activities and helping the children at various orphanages. After returning to England I started searching for an organization that arranged for volunteers to work abroad for longer periods in children's homes and orphanages. I was so excited when I found Projects Abroad, especially since they had just started a project in Jamaica in April 2008 and I couldn't wait to go!

My first placement in Jamaica was at New Hope Children's Home for 2 months in June 2008, I was welcomed by Jamaica Country Director, Bridgette, at the airport and she gave me a history of the areas as we drove through the town and beautiful countryside into the hills of Mandeville to my host family's home who were very welcoming. The following morning I had an induction with a difference as I was walked through practicing the route of my journey from the house in 2 taxis to New Hope Children's Home and then around the shops in the town and to the Projects Abroad office then back home.

The first couple of days at New Hope Children's Home were a little overwhelming but fun as the children greeted me excitedly pulling me to come and play with them.

Although some days it was hard work teaching and playing with them it was worth every moment when they got excited because they learnt something new, or seeing them develop their social skills as they cared for each other also rolling in laughter at the way I spoke! Working with the children taught me how to be more patient they really left an impression on me. It was also fun working with some of the staff and they also taught me to stop complaining about my work hours back home because their work hours were much longer and sometimes harder than ours in England!

At the end of the afternoons I really enjoyed walking around Mandeville town centre then sat in the town square eating ice-cream and watching and listening to the people! I also loved travelling in the taxi's because they would pick up or drop off other Jamaican passengers and I would get to see a lot of the houses and different areas. It was also great meeting other volunteers at the social events that Bridgette arranged; especially the BBQ's where you would taste a variety of the best Jamaican foods! We would also go on trips at the weekend, out dancing and having a go at karaoke!

A beautiful island with happy people, sunshine, great food, lots to see and places to visit; what better way to have a working holiday! I loved it so much I've been back 4 times!

CARE PROJECT UPDATE

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Going Green the Care Way

Recycled hope. Repurposed love. Restored bonds.

The month of May heralded the genesis of a new approach to care in Jamaica - the green way. The concept is not the conventional conversion of old items into new raw, useable material, rather it is the attitude towards care delivery and the resourceful use of initiative and skills but most importantly the presence of volunteers in the lives of children that allows feelings of helplessness to be recycled into hope, the anger and hurt that is repurposed into love and the feelings of rejection that are reshaped to form new relationships and restore bonds. Volunteers have a very strong sense of purpose and eagerly find ways to take each child to greener pastures. Recycling in its general sense sometimes requires very simple steps to save the environment, from how domestic garbage is disposed of to the kind of cleaning products we use. In the care context, we do save. We save lives that would otherwise be meaningless in an environment that is green. The green phenomenon is undoubtedly catchy.

It is my hope that Green Care will become the overarching mantra for how all volunteers everywhere deliver love to others.



TEACHING PROJECT UPDATE

Teaching Volunteers: Touched, touching lives & Changing Jamaica

Over the years, our teaching volunteers have shown their love and appreciation for this challenging path and with their multifaceted abilities they have been touching the lives of children and adults within our schools and communities.

They travel from all across the world to experience the warmth of not just our tropical climate but the wide sunshine smiles of our children, the warmth of their cuddly hugs, and the unique sincerity of their greetings; "gud maaning teacha, and how yuh do?" Among their experiences is also the "down to earth" Jamaican cultural norms.

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Despite the challenges, our teaching volunteers demonstrate their versatility in working with overcrowding and limited classroom space.

With a parental touch they nurture those in the absence of requisite working materials, their resourcefulness is proven like gold through a refiner's fire. With tact and care they help adult learners broaden their horizons thus adding to the literate population of the country.

The exchange of cultures between our volunteers and students tremendously expands their cultural awareness and when our volunteers depart, the indelible mark our students have made on them guarantees the market of a piece of Jamaica's rich culture in their homelands. Whether it is the "wha a gwaan?" that will be taught to their friends and family or the original spices, succulent juicy fruits or spicy fried fish and bammy packed in their luggage. It could also be one of the latest dance moves learnt on their weekend experiences in Negril, Portland, Montego Bay or Kingston or the kodak moments captured on their hike of the majestic Blue Mountains that will be posted on their face book profiles. Whatever it is we know that a piece of Jamaica will be taken home with them.

For as they have touched our people's lives, they too have allowed themselves to be touched by our people, culture and "one Love."

MEDICINE PROJECT UPDATE

Medical Volunteers Serving With

LOVE

It's more than the food needed to nourish the body, it's more than the clothing to protect the skin, it's more than the prescribed medications to treat the patients' illness. What is it then? It's the love of the caregiver that is coupled with each of those necessities that make patients well. Medical volunteers have just that right dosage of love that administers healing to the body soul and mind.

It's love for the profession that gives them longevity for those extra hours that may be required outside of their regular volunteer time. It's love when they empathize with their patients whose illnesses get overwhelming.

It's love that makes them pay attention to every intricate detail to their lab tests

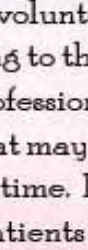
volunteers who are used to a first world country adapt their faces as they share the activities; from home workshops, patient

Undoubtedly

ful island and share the family and prospective love that will make them

Until next month, *stay 'haughty.

**(patois for staying well)*



each and every and drug health care in easily to offering health country. It's love when illuminate with joy high points of their day's visits, to mobile clinics to checkups and examinations. it is love when they depart from our beautiful island and share the joys of their rich experiences with friends, volunteers and it definitely is love, the Jamaican love that will make them long to return to Jamrock to do it all over again.

COMMUNITY AND CULTURE PROJECT UPDATE

Another month has come and gone but the quest continues. In the month of May there were a total of ten (10) volunteers on the Culture and Community Project and they have all contributed to the project in spectacular ways.

DISASTER

There were five (5) volunteers on the Disaster Management Project, three (3) volunteers were based in Mandeville at the Manchester Parish Council and two (2) were in Black River working at the St. Elizabeth Parish Council. The tasks the volunteers focused on mostly revolved around preparation for the June to November 2011 hurricane season. Also the earthquake awareness tasks continued alongside the arduous hurricane preparations- arduous as the volunteers were kept very busy assisting in completing the seemingly endless workload to be accomplished before June 1, 2011. Below is a list of the tasks:

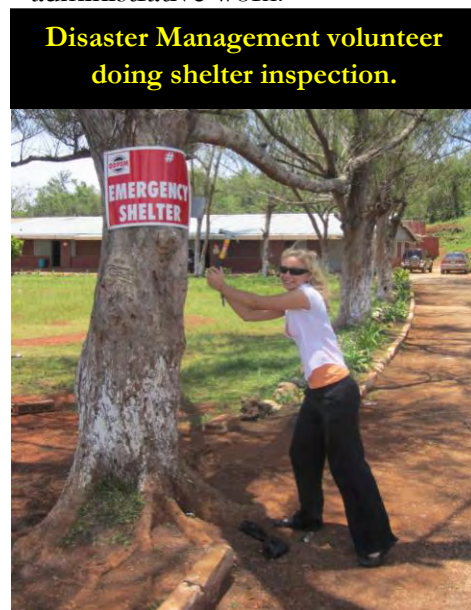


Manchester Parish Council Volunteers at National Disaster Preparedness Meeting

- The volunteers went to a high level meeting in Kingston; persons in

attendance were the Prime Minister of Jamaica and other representatives of Government, to plan for the hurricane season and to determine the country's readiness in disaster preventative measures.

- Volunteers attended Parish Council meetings that were held at the parish level geared towards assessing the communities' readiness for the hurricane season.
- Volunteers went in to communities and engaged community members in public sensitization talks about hurricane preparedness.
- Volunteers did shelter inspections to ensure that they are able to operate at a high standard during a hurricane emergency.
- Volunteers did planning for workshops.
- Wrote reports for the Parish Council and was also involved in administrative work.



Disaster Management volunteer doing shelter inspection.

MAROON

William Dalton was the only volunteer involved with the Maroon Project this month. He has reported that he has been enjoying the experience. William continues to work with the school children, helping to improve their literacy levels.

William has also been ensuring that the objectives of the home work project are being fulfilled – the children are keen on completing their assignments and handing them in, they are also having fun competing for the first place honours of home work submission. To acknowledge the efforts of the children Projects Abroad Jamaica has donated prizes to the most outstanding and most improved child respectively on the home work project.

BUILDING

There is no stopping us now we're on the move to the unspoilt beauty of Portland. The volunteers were involved in repairing houses, constructing houses, repairing roofs and putting on hurricane strips. The Building Project affords volunteers the opportunity to assist persons within the parish of Manchester as well as venturing out to other parishes within Jamaica to help fulfil specific building needs for those less fortunate Jamaicans who welcome the help with an exceedingly glad heart.

I can never say thank you enough to these wonderful volunteers who have put their hearts and souls in to carrying out daily duties. A big thank you and nuff love from Jamaica.



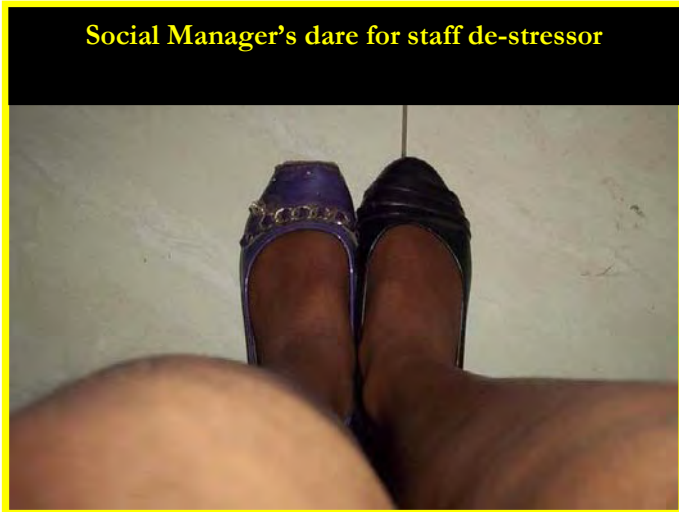
laughed at and even that all important question, “Are you ok lady?”

MAJOR HIGHLIGHTS

- **Staff De-Stressor (“I dare you to... day”)** –

Staff members are able, most of the time, to get a clue from the titles of the staff de-stressors, however getting the clue is only the beginning; the actual execution of the tasks can be a teeny tiny bit traumatic, elicits uproarious peals of laughter, can make you call in sick for work on the day or can be a most pleasant experience. This month we all thought of practical and achievable dares within that imaginative space where our brain exists for our fellow staff members to do. On May 30 at approximately 3:30pm the staff had their dares and names written on post-its; they were then put in boxes; each staff later chose their dare/s to be executed the following day, May 31. Wow! wearing two odd pairs of shoes to work-**Social Manager**, not speaking an ounce of Patois for the entire day-**Desk Officer**, making grotesque faces with one’s mouth full of food and later posting it on facebook-**Project Officer for Teaching and Medicine**, and doing a triple combination dare- walking up to a total stranger and giving him or her a big hug, then buying a phone credit and giving it away to the first person on hand and making sure to attend church on the Sabbath- **Project Officer for Care**. Well everyone completed their dares- a few staff members got perplexing stares,

Social Manager’s dare for staff de-stressor



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Project Officer’s (Teaching and Medicine) dare for staff de-stressor





DONATIONS

- ✓ **Projects Abroad Jamaica gave...Gift items to the most outstanding and most improved child in the home work project in Accompong- Maroon Town Project.**

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BOOK OF RECORDS

PROJECTS ABROAD JAMAICA BOOK OF RECORDS- THE FIRSTS



Anthony Drake- First volunteer to be at the Jamaica Red Cross Placement as part of the Disaster.

THE JAMAICA INTERNATIONAL OCHO RIOS JAZZ FESTIVAL

The Jamaica International Ocho Rios Jazz Festival is an annual music festival geared towards promoting and showcasing distinguished international as well as Jamaican and Caribbean jazz musicians/artistes, by extension it also provides a unique format dedicated to the preservation of “Classic Black Music”. Over the course of twenty-one (21) years, the festival has evolved to be one of the signature events on the Jamaican event scene.

The opening night of this year’s June 11-20 staging of the International Ocho Rios Jazz Festival will serve as Jamaica’s first major event in celebration of the International Year for People of African Descent. The 2011 staging will feature over 30 events throughout the island from Negril, Montego Bay, Runaway Bay, South Coast, Port Antonio to Kingston during Jazz Week.

In collaboration with the Swedish Government, the opening night concert will feature a top musical outfit from Sweden called Mynta, an Indo-Swedish fusion jazz band which uses Indian vocals, African and Latin-American rhythms, Arabic sounds, Swedish folk music and Cuban violin, together with Indian traditional instruments the tabla, kanjira, ghatam and tamera. Other acts scheduled for the festival are the Jamaica Big Band, Fab 5 Inc., Whylie Whrythms, Dean Fraser, Ginetta, NFaly Kouyate, Karen Smith, Shane Drummers, Kathy Brown, Desi Jones, Marjorie Whylie, Mari Isaacs-Black, Jose Selgado and Canadian singer Kiralina.

Additional features include:

1. Festival Press Launch – May 5th, 2011, Hotel 4/Seasons, Kgn.
2. Opening Jazz Day – Sat. June 11, Kingston
3. Nightly Jam Sessions – Hotel Four Seasons, Kgn.
4. Treasure Beach, Jazz Escape, 2-Seasons Guest House
5. Jazz on the Pier – Portland
6. Daily events – Sunset Jamaica Grande Resort, Ocho Rios

JAMAICAN RECIPE:

JAMAICAN RUM CAKE RECIPE

Ingredients

2 tsp vanilla
2 tsp lime juice
 $\frac{3}{4}$ cup Appleton White Rum
1 tbsp browning
 $\frac{1}{4}$ lb sugar
 $\frac{1}{2}$ lb butter
6 eggs
4 cups mixed fruits
 $\frac{3}{4}$ cup bread crumbs
3 cups flour
1 tsp baking powder
 $\frac{1}{4}$ tsp salt
 $\frac{1}{2}$ cup chopped nuts



Preparation

1. Line a baking tin with brown paper and greaseproof paper
2. Grease with shortening.
3. Mix butter, sugar, browning, vanilla and lime juice.
4. Add one egg at a time with mixed fruits, flour, bread crumbs, baking powder and salt.
5. Add the white rum.
6. Pour into baking tins.

Bake at 375 Degrees F for 3 hours or until cake is done.

QUOTE OF THE MONTH

God and nature first made us what we are, and then out of our own created genius we make ourselves what we want to be. Follow always that great law. Let the sky and God be our limit and eternity our measurement. Marcus Garvey

JAMTAINMENT:

Red Stripe Joke

The sales representative from the Corona Beer Company in Mexico sits at a bar in Toronto and says to the bartender "Senor, I would like the world's best beer, Corona."

The Budweiser representative who was also at the same beer convention in the city sits on the stool beside the Corona rep and says "I would like a bottle of the best beer in the world, King of beers, a Budweiser please."

So next, in walked the Coors representative who shouted "I would like the world's best beer made with Rocky Mountain Spring water, barkeep, give me a Coors beer please."

While everyone was sipping on their drinks, in walks the representative from Jamaica's Red Stripe breweries and orders a "Sprite" soft drink. The barkeep asks "How come you aren't having a Red Stripe?" The Jamaican replies, "Chouh, if dem man ya nah drink no beer, mi naah badda eida!!!" (Well, if these men aren't drinking any beer, I won't bother to drink any either).

NEWSLETTER

Reggae Yoga

Brutal fun can best describe what occurred on May 3, 2011 at the Projects Abroad Jamaica volunteer's lounge. Volunteers and staff showed up to meditate and exercise within a 'reggae-fied' atmosphere, the first attempt at creating such an atmosphere began when all participants of the class were asked to wear reggae colours. The class began with breathing exercises; this was done to soothing authentic reggae tunes. The class, several minutes later, transcended into mimicking the classical yoga poses. At this stage persons could audibly be heard gasping and incoherently muttering syllables that may be pieced together to sound like a call for help. Bodies were stretched,



contracted and released to form a sequence of repetitions ideally working towards the body's gain- yes guys that was all for your benefit. Later in the class we picked up the pace a little with reggae moves meant to give an exercise high and a light stress free feeling. This section elicited childish giggles and bubbly laughter showing that the routine was having the desired effect. The final stage was having the very cooperative class warm down, settling the well worked muscles and having everyone face the day on a much more relaxed note.

Patois and Culture Class

Patois and Culture class took place on May 10 at the Projects Abroad Jamaica volunteer's lounge- the class began promptly at 2:30pm. The standard introductions of all volunteers present were done; an ice-breaker of sorts to basically ensure that mostly new volunteers have an idea of the other volunteers' names. Immediately following the introductions the customary patois words/phrases list of the day was presented. This gives volunteers the opportunity to share a patois word that may be of interest to them, they are then able to ask the meaning of the word or discuss the meaning if they already have prior knowledge of the meaning of the word. Volunteers went on to learn about the use of the "A" in patois. Some of the uses discussed highlights that the 'a' can be used to express the present continuous tense, for example "Mi a nyam mi bickle" which means I am eating my food. To express the future tense and use as a linguistic copula were the other uses discussed at the class. We also looked at prepositions in patois for example sida-beside, pon-on and others.

For the Culture section volunteers were introduced to the concept of "Fashion ova style" volunteers were given the opportunity to look at a few of Jamaica's notable fashion designers and their work. The volunteers watched a documentary/fashion presentation showcasing this.

Dirty Day



Talk about a memorable and honourable gesture - Dirty Day was held on May 20 and it proved to be one of the most humbling experiences for the majority of the persons who were involved on this Dirty Day project. Mrs. Smith lives in a structure very much like a house in the district of Clark's Town, nestled on the outskirts of the Mandeville town centre. Mrs. Smith's house was in need of a serious facelift. Prior to Dirty Day, the

house had been restored somewhat by volunteers on the building project; the Adventist Development and Relief Agency (ADRA) were the facilitators of the project. This time around we all pulled together with the Adventist Development and Relief Agency (ADRA) to do further work on the structure. Volunteers, staff of Projects Abroad Jamaica and the ADRA team took to the house doing painting work, rendering walls, redecorating, putting on new doors and cleaning up her yard space to make for a much better presentation. We transformed the once dingy and basic edifice into a home. The house is now much more comfortable, safe and attractive to live in. The team worked really hard and was featured both in the local



print and television media. Mrs. Smith was very grateful for our efforts and wished God's richest blessing on all the individuals who assisted with the makeover.

Dinner Games and Pool Lyme

On May 26 Projects Abroad Jamaica organized dinner and games at poolside Lyme. It was a feast both in the literal and figurative sense. Volunteers and staff enjoyed a retreat style social activity, where we journeyed to the Ingleside Wellness Centre for activities geared towards bonding, playing and enjoyment.

Initially there was an ice-breaker session where we had two teams competing to firstly start a sentence, which the following person in line augmented on, to form a logical story. The group who kept focus the best and was able to tell a meaningful story won. Secondly we had an elastic band race, where six elastic bands had to be placed on your group members' hand one at a time, then removed by the following person and the sequence would follow until the last person in line was wearing all six elastic bands. The group who completed the task first won the challenge. After the ice-breaker session volunteers and staff broke away to engage in an activity of their choice. Some persons went swimming, others played badminton, lawn tennis, pool, cards, and there were some who even attended an aerobics class. Other games such as taboo, scrabble and dominoes were made available for interested persons. Soon it was time for the much anticipated feast. Dinner of sweet and sour fish, parmesan chicken, Spanish rice and a vegetarian special were on the menu. Also dessert of mini cheese cakes and a fruit punch beverage were also served.

UPCOMING SOCIAL EVENTS – WHAT’S ON THE CALENDAR!

- Reggae Dance Class: **June 7, 2011**
- Patois and Culture Class: **June 14, 2011**
- Dirty Day: **June 17, 2011**
- Cultural Experience: **June 23, 2011**

UPCOMING COUNTRY EVENTS – WHAT’S ON THE CALENDAR!

- Jamaica-German Society Annual Golf Tournament: **June, 2011**
- Deaf Dance Competition: **June 10, 2011**
- Green Expo: **June 10-12, 2011**
- South Coast Jazz Festival: **June 12, 2011**

Jamaican Patois Words...

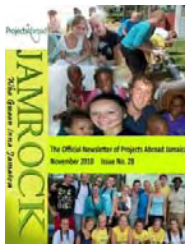
- **Bad wud-** expletive
- **craven-** greedy
- **dideh-** there
- **Nize-** noise
- **Ouse-** house

New Reggae Songs for May 2011:

- 1** True Blessings- Toya
- 2** Star Bwoy- Mavado
- 3** Nuh Strange face- Chan Dizzy
- 4** Look pon wi- Vybz Kartel and Russian
- 5** Nuh ramp wid wi- I Octane
- 6** Dancehall Hero- Kartel
- 7** If I ever- Wayne Wonder
- 8** Tings a come up-Buju Banton
- 9** Chat from nuh bwoy – Aidonia
- 10** Now yu si mi/now you don't-Overmars

Social Media is the current trailblazer for Interactive, Instant and Irie Information. Projects Abroad Jamaica is certainly trendy and has logged on to the latest social media offerings get your slice of the pie- Irie Jamaican happenings...

Experience the adventure, take a look at our exciting pictures, get the scoop with our weekly updates and get your fill of the hilarious videos of activities at Projects Abroad Jamaica- The Official Group! Here is the link... <http://www.facebook.com/group.php?gid=33525929870>



Read about the adventure and guess Jamaican Riddles, plus much, much more. Here is the link... <http://www.projects-abroad.co.uk/volunteer-destinations/jamaica/newsletters-from-jamaica/>

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