

JAMA ROCK

The Voice of Jamaica

Projects  Abroad

The Official Newsletter of Projects Abroad - Jamaica

August 2008

Issue No. 3



WHAT'S INSIDE

- 1. Overview of Manchester*
- 2. A fi wi voice*
- 2. Projects & Desk Officer's Profile*
- 3. Volunteers' Voice*
- 5. Social Events*
- 7. News and Updates*
- 7. New Volunteers*
- 8. Volunteers Contact List*

Overview of Manchester

The parish of Manchester lies in south-central Jamaica. Its capital, Mandeville, is 62 miles from Kingston and 72 miles from Montego Bay. The economy of the parish is based on bauxite mining, small-scale farming, miscellaneous manufacturing and agro-processing industries and provision of a range of services to central Jamaica. Community, heritage and nature based tourism are also growing in importance.

Predominantly a high limestone plateau with little surface drainage, the parish possesses a wealth of natural resources. Features include mountains that reach as high as 3,200 feet, over one hundred documented caves, extensive forests, lush parkland and a unique coastal ecosystem with rivers, wetlands and extremely dry vegetation that is to be managed as a protected area.

The parish also has a wealth of traditional knowledge and culture, historical associations and heritage sites, ranging from settlements of the aboriginal Taino, Anglo-Jamaican towns and estates through to settlements founded by Moravian missionaries.

The climate, the visual quality of the plateau and the English character of Mandeville have for several decades made the parish a preferred location for returning residents. Anecdotal evidence suggests that relocation by Jamaicans is also fueling Manchester's rate of population growth and development (Source: Manchester Parish Profile).

Did you know that ...

- The parish of Manchester was formed in 1814.
- The population of Manchester is estimated at 190,000.

- Manchester is the sixth largest parish in Jamaica.
- Manchester has nine development areas or growth centres. These are Mandeville, Williamsfield, Porus, Newport, Cross Keys, Asia, Alligator Pond, Christiana and Mile Gully.
- The Right Excellent Norman Washington Manley, one of Jamaica's seven National Heroes, was born in the parish of Manchester.
- Manchester boasts the first "free library" in Jamaica which was established in 1938, and it has the oldest Parish Library.
- Manchester covers an area of 830 square kilometers.
- Manchester has three mountain ranges — the Carpenters Mountains, the May Day Mountains and the Don Figuerero Mountains.
- Marshalls Pen Great House is a 200 year old house in a bird sanctuary.
- Mandeville Court House was built in 1820.
- Building of the Mandeville parish church began in 1816 and was completed in 1820.

'A fi wi Voice'

Jamaican Proverbs and their Meanings

Jamaican Proverbs	Meanings
'Every mickle mek a moekle'.	Every little adds up.
Feel like gumbeh drum without a goat-skin'.	To feel out of place.
'Fish bone nuh lodge inna pickney throat alone'.	Misfortune can happen to anyone.
'Fry di big fish first, and di likkle one after'.	Attend to the most important matters first.
'Han' go, paki come'.	When you reach out a hand to help good things come back to you.
'Hog run fi him life, dog run fi him character'.	Different causes produce the same effect.
'Hog say, di fus water him ketch him walla'.	Make use of the first opportunity.
'Howdy and tenk yuh, nuh bruk nuh square'.	To say hello and thank you is not a bad thing.
'If yuh go a tump-a-foot dance, you must dance tump-a-foot'.	When in Rome do as the Romans.
'If you want half a bread, beg smaddy buy it, but if yuh want one bread, buy it yuhself'.	If you want it done right, do it yourself.



Andrew Richards Profile
Projects & Desk Officer

Andrew joined Projects Abroad in July 2008, taking with him years of experience in community development and banking. He was born and raised in Manchester, Jamaica. He can be described as a cheerful, fun-loving, people-person who enjoys playing football, cooking and playing musical instruments. He is actively involved in youth development and is the church organist at his local congregation. Andrew recently married Tamara and cannot wait to add a football team to their family.

Volunteers' Voice

After receiving a warm welcome from Bridgette and Andrew, I enjoyed an excellent induction of the



trip to and from my host family and placement, the shops around Mandeville, and I was introduced to taxi drivers.

On my first day at New Hope Children's Home I was overwhelmed by the excitement and energy of the children. Each day I enjoyed feeding and caring for the babies, playing with the older children teaching them how to share toys, and singing and signing to worship songs, which they kept asking for more of. I also worked specifically with Hope and Chantel at the New Hope Children's Home on their development activities to aid their disabilities and it was a joy just seeing how happy they were.

In the afternoons at the Hanbury Children's Home, I helped some teenagers with their english, mathematics and bible lessons. Although it was a slow start, it was good to see how much progress they had made and how excited they got when I gave them a spelling test and a quiz on the bible.

I thank God for the opportunity and patience he has given me to work with all the children and staff, and I look forward to seeing them each day.

Joan (England)



I am really enjoying my time in Jamaica. My placement at the Mandeville Hospital is great. I am being taught alongside the other medical students who are studying there,

which means I get a lot of opportunities to learn, especially about things I wouldn't see in the hospital at home. Everyone has been really welcoming and friendly although I have some difficulties understanding the patients when they talk to me in Patois.

My host family is great and I have been made to feel right at home. The food is delicious and you get a lot. One day I hope to actually manage to clear my plate!

I have really enjoyed travelling on the weekends. I have seen some great places and beautiful beaches. Reggae Sumfest especially was a lot of fun.

Eilidh (Scotland)

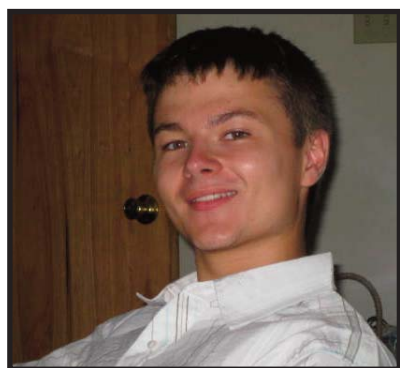


7 o'clock and our alarm is ringing; we have to get ready for work. We work at the Windsor Lodge Children's Home where we take care of about

fifty children. The work is fun, but the weekends are even better! No work, no alarm, just Jamaica! We have been in Jamaica now for three weeks and we definitely love it. The beaches, the sun, the food and the people are so kind! We enjoy ourselves and

we use the time as best as possible to explore Jamaica. In Jamaica you are never alone; there are always people who are in for a chat, especially in Mandeville (where you are a “whitie” – a kind of alien). Our host family is so friendly and they let us taste the best food of Jamaica. And the music of course, every car, taxi, bus, whatever, is playing the reggae songs and you get a flavour of chilling and relaxing. So you certainly have to visit ‘Jam Down’. Yeah man!

Lisa and Roos (Germany & Holland)



‘Wha gwaan my youth!’ You haven’t lived until you have been to Jamaica. There is something for everyone: sun, sea, sand, shopping, relaxation, friendly people, amazing music and mosquito bites!

It has truly been an amazing experience for me. My first day was a little daunting, especially trying to understand the local language, Patois. It’s best to just throw yourself in at the deep end from the very start and try and speak some Patois. Jamaicans love it when we try to speak like them, and it’s great to see a big smile appear on their faces. Don’t be afraid of embarrassing yourself; it’s all part of the learning process.

During my time here, I’ve been doing a medical placement at Mandeville Health Centre. The best thing about my placement is that every day is different. Every day I meet new people and experience new challenges. The range of things to do at my placement has been immense. I’ve been to the laboratory, clinic and meetings with the Mayor! It is opportunities like these that I wouldn’t get back home.

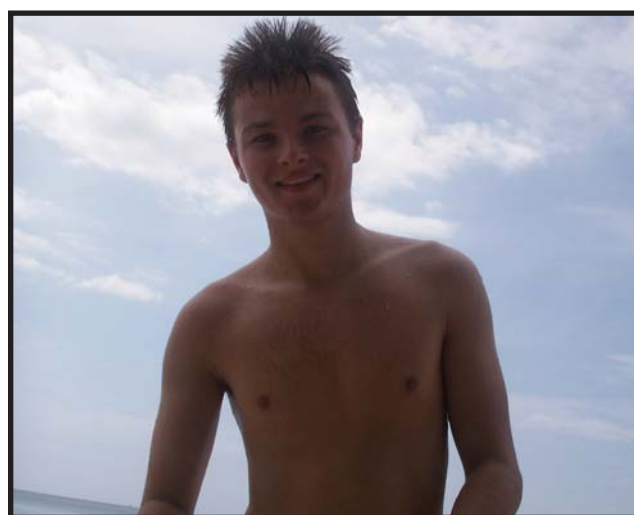
At work, there are always people to help. For me, it has been one man in particular – Mr. George Sloley. He’s a real character, and during my time here he has been like a father and like most Jamaicans he has a great sense of humor. It is not just about self education and being serious all the time. You have to get out there and enjoy yourself; Jamaicans know how to have a good time.

However much you enjoy work you will always look forward to the weekends spent hanging out with the other volunteers. It’s the most fun you will ever have with your clothes on! The other volunteers and I went to different parts of the island and stayed for the weekend. We relaxed, had some great times and plenty of laughs. Spending time on the beach, on the jet ski and in the shops. Good times!

Make sure you spend a weekend with your host family. My host family has been great. Annette and Tina have shown me hospitality that no amount of money can buy. During the weekend I spent with my host family, I went to church with them, met their family and learnt some skills in the kitchen. Keep in contact with your host family, they are lifelong friends.

Word of warning: Beware when a Jamaican says ‘mi soon come’. You could be waiting all day! So, if you’re thinking about coming to Jamaica or going on a Projects Abroad placement then do. The past month has been the most memorable month of my life. Incredible!

Gary (Ireland)



Social Events

What you are missing “Come to Jamaica and feel alright, let’s get together and feel alright” – Bob Marley

Reggae Dance Class



Do you want to learn all the latest reggae dance moves? This includes Dela, Bogle, Signal Di Plane, Log On, Gully Creeper, Flowers A Bloom, Umbrella, Rum Ram, Cut Dem Off, Shovel, Ever Fresh Ever Clean, and many others.



The colourful, well decorated and skilful Ray, along with Claude, will teach you. On July 3, the volunteers attended their first ever reggae dance class. See the volunteers in action, doing the dance ‘Cut Dem Off’.

Jerk It Up and Karaoke



We met for dinner on July 17. The sumptuous jerk



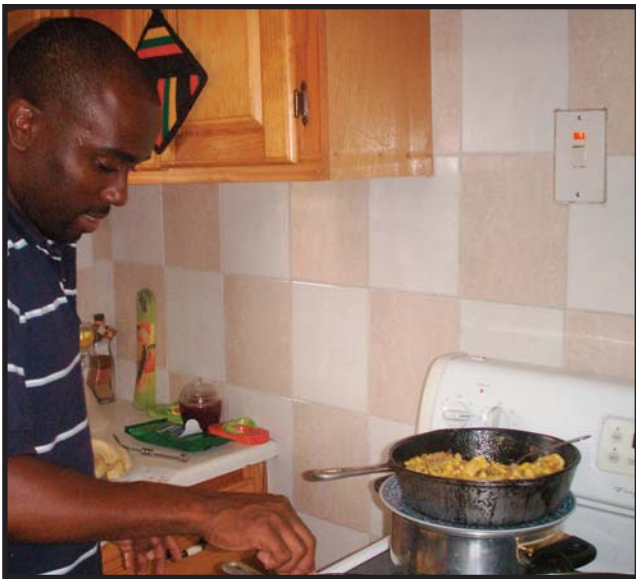
chicken and fish soup was good. The fish soup (with eyes) takes a little getting use to.

We then went for Karaoke at Merv’s. Lisa and Roos stole the show with the song ‘Some Say Love It Is A River’. Bridgette and Andrew performed ‘This Old Man’ and ‘Endless Love’. Nick and his



placements supervisors sang Bob Marley's 'We Jamming'. All the other volunteers served as backup singers and a cheerful audience.

'Run di boat' and Games Night



In Jamaica when persons get together to cook and have fun we call it a 'boat'. Besides his technical expertise in community development and banking, Andrew (or 'Chef Rugu') brings to the team a wealth of culinary experience. He inherited this from his mother who makes the most delicious food you will ever taste. On July 24, Chef Rugu made dinner for the volunteers. This included curried goat, steamed rice, tossed salad, fried plantain, roast breadfruit and ackee and saltfish. This we thoroughly enjoyed. We then played scrabble, Chinese checkers, cards, and jacks, and Roos and Andrew invented a new game called 'roll di bottle'.

Day Trip – Marthae Brae Rafting and Puerto Seco Beach



On July 27, 2008 we visited the Martha Brae Rafting Village and Puerto Seco Beach. The volunteers took an exhilarating river ride on a 30 foot bamboo raft. They were captivated by the



intriguing legend of Martha's gold hidden away in a mysterious cave yet to be discovered. The three mile raft ride, piloted by a trained Raft Captain relaxes your mind and body as it renews your spirit. Volunteers got a chance to learn the art of rafting. In the words of the organizers of the tour 'revive your love for nature's beauty during the 90 minute journey through the verdant countryside of a tropical splendor'.

News and Updates

Projects Abroad Gives ...

During the month of July, Projects Abroad donated the following items:

- McIntosh Memorial Primary School – footballs, glue, paper, coloured pencils.
- New Hope Children’s Home – pampers and formula.
- Aluminum Partners of Jamaica (ALPART) Summer Camp/Knockpatrick – white boards, markers and erasers.

Upcoming Social Events

- Reggae Dance Class – August 7.
- Volunteers day out – August 10.
- ‘Jamrock jerk it up/Cook out’ courtesy of Chef Rugu and games night – August 14.
- Feeding street and homeless people in Mandeville – August 29.

Upcoming Country Events

- Emancipation Day (Holiday) - August 1, celebrations in all parishes.
- Independence Day (Holiday) - August 6, celebration in all parishes.

Celebrations

Happy Birthday Joe!!! We wish you all the best.

It’s so hard to say Goodbye...

- So long Thorsten and Dominik. It was great

having you on the team. Keep in touch.

- ‘Lata’ Nick, all the best.
- Karen and Alison, it was a pleasure having you in Jamaica.
- ‘Likkle more’ Gary. Keep in touch.
- Yeah mon Ben, I know you got the true Jamaican experience you came here for One love.

New Volunteers in July

Warm Jamaica Welcome

Names	Countries
Sarah Hallinan	Ireland
Louise Guinan	Ireland
Sarah Freudenberger	Germany
Marion Ehrler	Germany
Sarah Schuster	Germany

Bridgette B. Barrett
Country Director
Tel: 1876 962 5462 or 1876 296 1938
Email: bridgettebarrett@projects-abroad.org

Projects Abroad - Jamaica
Suite#9, Sun Village Plaza
6 North Race Course Road
Mandeville P.O., Manchester, Jamaica

www.projects-abroad.net

Andrew Richards
Projects and Desk Officer
Tel: 1876 962 5462 or 418 2329
andrewrichards@project-abroad.org