

JAMA ROCK

Wha Gwaan Inna Jamaica

Projects  Abroad

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MESSAGE FROM TEAM JAMAICA



The focus for November was to continue building partnerships so that we can expand and strengthen our projects. There were meetings and dialogue in November with the Social Development Commission (SDC), National Centre for Youth Development (NCYD), Northern Caribbean University (NCU); Department of Behavioural Sciences and Rural Family Support Organization (RuFamSO). We are also working with the advisor for the Minister of Education who has shown great interest in our programmes and has asked us to send volunteers to targeted schools in Manchester. These schools are among the neediest in the parish. All partners have committed to working with Projects Abroad – Jamaica on needs-based projects that will impact the lives of Jamaicans in a meaningful way. This section provides background on these organizations, and in ‘project updates’ additional information will be provided on the specific projects.

Social Development Commission - SDC

The Social Development Commission (SDC) has committed to working with us on the youth, literacy and parenting projects that are now being developed. The SDC is an agency of the government charged with creating and deepening mechanisms for the involvement of civil society in the management of their affairs at the community and national level. The vision of SDC is “a Jamaican society where all citizens actively participate in a process and benefits from the resulting good governance, economic prosperity, sustainable environment and social well-being”. The SDC works with 785 communities, 4000 districts, over 5000 Community Based Organizations, numerous government and non-government organizations, private sector groups and other stakeholders. The elements of the community development process include community research, community planning and community management. The SDC offers strong support for sporting and other community socio-cultural activities which serve as unifying agents for members of communities. In addition, these activities expose local talents and increase earning capacity of members in communities (Source: SDC – Advancing the community Agenda Brochure).

National Centre for Youth Development - NCYD

National Centre for Youth Development (NCYD) is responsible for implementing the National Youth Policy. Among the priority areas identified in the policy were the need for an institutional focal point to ensure effective coordination of and collaboration with youth related programmes and research, and to act as an information clearinghouse. This policy, while targeting youth, recognizes the need to utilize the life-cycle approach to strengthen the development of Jamaica’s human capital. Cognizant of the need to provide an environment suitable for the positive development of children, this policy supports provisions for the care, development and protection of children as outlined in the National Policy on Children (1997). The vision of NCYD is “Jamaican youth realizing our full potential, through access to opportunities, to develop, participate and contribute as responsible citizens, to a peaceful, prosperous and caring society” (Source: NCYD website). NCYD will be working with Projects Abroad Jamaica) on youth related projects.

Northern Caribbean University – NCU (Department of Behavioural Sciences)

Founded in 1907, Northern Caribbean University (NCU) is the oldest non-profit institution in Jamaica. Situated in Mandeville, Jamaica, it received its charter to operate as a University in June 1999. The University is a liberal-arts institution, offering a number of professional, pre-professional and vocational programmes at the undergraduate and graduate levels to Jamaicans for over 100 years. It currently enrolls 5,650 students on its main Mandeville campus, and its three extension campuses in Montego Bay, Kingston and St. Ann’s Bay. This year, Northern Caribbean University enrolled 1,650 freshmen, an increase of more than 40% over last year’s enrollment (Source: Information provided by Department Chairperson).

Increased partnerships will create meaningful projects, so we are excited about these new partnerships.

One Love

Bridgette B. Barrett (Country Director) &
Andrew Richards (Projects & Desk Officer)



SPECIAL THANK YOU



The success of Projects Abroad – Jamaica in 2008 could not have been realized without the support, hardwork and dedication of placements, host families, partners and staff. We are truly thankful to all persons who have worked with us for the last 9 months and we look forward to working with you in 2009, God willing.



We would like to say a special thank you to all the volunteers who came to Jamaica in 2008, those who are currently here and to those who will be joining us before the year ends. You have touched the lives of so many Jamaican whether it is at your

placement, host family or while getting to immerse yourself in the culture. You are welcome at anytime to come back to Jamaica. As we say “Come to Jamaica and feel alright” – Bob Marley.

To our placements, we are grateful to you for the commitment, dedication and time you take in ensuring that our volunteers have meaningful work to do and that they are incorporated into the activities at the placement. And so we say thanks to Windsor Lodge Children’s Home, New Hope Children’s Home, Hanbury Children’s Home, Southern Regional Health Authority, Manchester Health Department, Mandeville Regional Hospital, Percy Junor Hospital, May Day High School, Ann Miller Basic School, Villa Road Primary and Junior High School, Bishop Gibson High School, Insports (Manchester High School and Mount Saint Joseph Preparatory School), Kendal All Age School, McIntosh Memorial Primary School and ALPART Summer Camp.

To our warm and welcoming host families who provided proper

care, tasty meals and the real Jamaica hospitality, thank you. These families include the Boothes (Althea, Laton, Brianna and Christopher), Paulette Thomas, the Bantons (Novlyn, Fabian, Arrayma, Wayzaro, Garnet), the Williams (Vivia, Kadeian, Paul), Miss Wright, the Stewarts (Clara and Dalton), the Brissetts (Annette and Tina), the Rattrays (Mildred, Vivian, Joan, Xavier), the Rattrays (Avis) and the Parkers (Aunt Liz, Tamara, Asia, Grandma, Gandfather, Patrick, Lella, Delroy, Malachi, Rose, “Uncle” Bishop), Daphne Bourne, the Coles Family and Yvonne Wright.

We say thanks our drivers Michael Derooy and Bevington Barrett for providing safe, comfortable trips to and from the airport – complete with a history of Jamaica provided as volunteers are taken to the host families.

And finally, thanks to all placements and host families who have shown an interest in getting involved; in 2009 there will be opportunities for you. We will keep in touch and feel free to call us for updates.

CARE PROJECTS IN JAMAICA

“Children live what they learn, children learn what they live; teach them the way to love in their hearts and they will find love in the world”

Windsor Lodge Children’s Home

Windsor Lodge, New Hope and Hanbury Children’s Home have been our main care placements. Outside of the children’s home setting we offer care placement at basic schools with children from 2-6 years old. In the last edition the Hanbury Children’s Home was featured; this month we take a sneak peak at Windsor Lodge Children’s Home.

The Salvation Army Windsor Lodge Children’s Home is situated in the parish of Manchester, in the small community of Windsor Lodge. The Home was officially opened on January 12, 1972 with a total of twenty children.

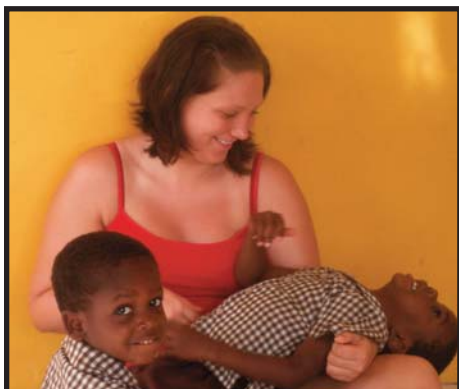
Captain Jacqueline Palmer is the present Matron at the home which caters to 52 children.

This includes nineteen boys and thirty three girls between ages 4-18 years. The Child Development Agency (CDA) recommends children who should be placed at the home.

The home seeks to instill good Christian values to the children. Early salvation for these children is encouraged through our family devotions, bible studies and Christian Education Programmes. Two major aspects of their development that we presently focus on are nutrition and education. We have children in various schools and institutions for example Munroe College, Manchester High, Porus High, Bellfield High, Heart Trust/NTA and McIntosh Memorial Primary. We also have a home school programme. Windsor Lodge Children’s Home would appreciate your help, so why not volunteer at this care placement.

Cornel Cole – Supervisor
(Windsor Lodge Children’s Home)

VOLUNTEERS' VOICE



Jamaica is a lovely place. Everyday is full of sunshine, heat and happy Jamaicans.

Everywhere you go there is music – mostly reggae – and we love it. We have been here for six weeks now. We spent the first

month in Windsor Lodge Children's Home, where we were assisting in the class for the bigger kids (8-12 years).



It's a good home and the kids are very sweet and the teachers as well. Of course they have hard time learning because of their earlier childhood, but this home really does a lot of work to make them ready for their adult life.

You feel very

welcome here and the children really appreciate you. Now we have changed placement for new challenges and experiences. Kris is at New Hope Children's Home working with smaller children, and Mie is at the McIntosh Memorial Primary School assisting with teaching mathematics at the 6th grade. We have only been there for one week, but it seems very nice so far. Since we arrived in Jamaica we have been travelling every weekend. Negril, Black River, Kingston and Ocho Rios are some of the great places we have been to and you have to visit them! It is nice to see Jamaica first hand, and a weekend is perfect for visiting one place and party. Jamaica is a land of party and they are very good at it. Their weekends are from Tuesday to Sunday. Even if you are not a party person you should really use the weekends for travelling! We travel together with the other volunteers and we really appreciate their company and have made friends for life. This is a great request for future volunteers – you won't regret!

Love

Kristiane Lollike (Kris) and
Mie Mathiasen - Denmark

NEWS AND UPDATES

Partnership Prime Pump Australia and Projects Abroad



Projects Abroad and Prime Pump Company Limited will be partnering with stakeholders in the parish of Manchester to work on small water infrastructure related projects. Prime Pump

Company is a quality assured company with operations based within Australia and the Asia Pacific region. Prime Pump Company has been supplying pumping equipment, services and solutions primarily to the mining, mineral processing and industrial sectors since 1988. Wendy, who volunteered in May, and her husband Mark conceptualized this initiative and partnered with Projects Abroad.

Three projects have been selected. These are McIntosh Memorial Primary, New Hope Children's Home and Kendal All Age School.

Prime Pump has committed technical expertise and funding to repair water tanks, build water tanks, renovate bathrooms, put in place irrigation systems, guttering, solar heaters and replace pumps. Projects documents have been developed by Prime Pump and the Ministry of Education and the Parish Council has approved the projects. The projects will run from January 5th-31st, 2009.

After these pilot projects are completed then small and medium scale projects will be considered. Projects Abroad will provide volunteers to work on these projects. If you are interested in being a volunteer on this project visit our website at www.projects-abroad.net and check out the Community Building Project link under culture and community.

Projects Abroad and Prime Pumps are committed to working on water related infrastructure projects in the parish of Manchester. They urge all stakeholders to partner in making this venture worthwhile.

Main Updates:

- Solar water heater installed at New Hope Children's Home.
- Australian team will arrive December 28th, 2008.
- Local contractor and local volunteers (through PTA

and National Youth Service) have committed to working on the project.

- Two Projects Abroad volunteers have signed up.
- Project material has been sourced.
- Project Steering Committee has been formed for

McIntosh Memorial Primary School Project. A meeting was held November 21st with Mrs. Sheron Anderson and Mr. Caswell Burton of McIntosh Memorial Primary School, Mr. Sean Rowe and Mr. Hatim Zubair of the Manchester Parish Council, Mr. Betram Brooks of Ministry of Education and Bridgette Barrett and Andrew Richards of Projects Abroad.

Children Advocacy Project

The Children Advocacy Project is offered through the Community Counselling and Restorative Justice Centre and the Morris Entrepreneurship Centre (MEC) of the Northern Caribbean University (NCU). These programmes are built on partnership established with the Ministries of Justice and National Security, HEART Trust/NTA (NVQ) and other local entities with a view to empower individuals, families and communities toward the reduction of crime and violence.

The project will incorporate such components as psycho-social, psycho-educational assessment and treatment for at least 200 children, twelve self empowerment and two parent education workshops/seminars, training for sixty peer-counsellors and sixty paraprofessional counsellors, the establishment of adolescent and parent support groups, and the strengthening of the networking structures for sustainability of a safe environment for children. Where applicable, the team of professionals will make appropriate referral for additional services to improve the quality of life and the environment of children in challenging circumstances and/or in need of care and protection. Referral will include skill training, and capacity building for sustainable economic development of individuals, families and the communities.

Volunteers who would like to do their internship in social work, psychology, sociology, family life education, guidance and counselling can sign up for these projects. All other volunteers who have an interest in these areas can also sign up. The department has clinical, social and counselling psychologists, sociologist and trained social workers on faculty who will be assisting in this project. Volunteers will work at the Counselling and Psychological Services Centre, Community Counselling and Restorative Justice Centre or Department of Behavioural Sciences. Volunteers will help with needs assessments, preparing documents for workshops and seminars, design brochures, assist in psycho-educational assessments, scoring and evaluation and working with children in play therapy under the supervision of a faculty member. There are also homework and after school activities that volunteers can get involved in.

Expanding Educational Horizons Project (EEHP)

Do you want to make a difference in the lives of the neediest students in Jamaica? Here is your chance. Projects Abroad (Jamaica) will be working with the EEHP in three schools in Manchester.

The Expanding Educational Horizons Project (EEH), 2006-2010, is a joint venture of the Ministry of Education (MOE) - Jamaica and the United States Agency for International Development (USAID).

EEH targets 71 low performing primary schools across the island and is a follow-on of the successful New Horizons for Primary Schools Project (NHP) which ended in 2005. EEH also supports the work of 6 non-government organizations who work on building the literacy and numeracy skills of some 3000 out of school youth. In total, EEH reaches some 33,000 youth plus their teachers, administrators and parents.

EEH builds upon the achievements and lessons learned from the New Horizons for Primary Schools Project (NHP).

The 71 schools and 6 NGOs (operating at 12 different sites around the island), are exposed to activities designed to improve literacy and numeracy, improve quality of interventions for out-of-school youth and young adults, and increase stakeholder support for transformational education. The strategic focus of EEH is on improving the education of targeted youth as a means for human capital development, thereby increasing access to higher educational achievement and economic opportunities,



while building sustainable community and business partnerships.

In general, EEH institutions have many needs including lack of reading resource

rooms, insufficient teaching and learning materials, insufficient technological equipment, need for more breakfast programmes, need for volunteer readers, perimeter fencing,



toilet facilities, outreach for parents (Source: EEHP – Fact sheet provided by Advisor to the Minister of Education).

New Care Project - Parenting Project

In order to touch the lives of children in a meaningful way, we have to improve on the skills of parents who are charged with the task of shaping young minds into wholesome characters. Based on the stakeholder meetings we have been having across the parish, the issue of parenting keeps resonating as one critical area which needs increased focus. Projects Abroad (Jamaica) Care placements have been focused on working in orphanages. We now want to expand to other critical areas. The parenting project is designed to allow volunteers to work with 10-15 families in a specific community. At times parents do not have the skills or resources to help their children in productive ways. Projects Abroad Jamaica is partnering with Rural Family Support Organization (RuFamSO) to expand their Roving Care Givers Programme. The Executive Director, Mrs. Utealia Burrell welcomes the opportunity of having volunteers for this programme in Manchester.

The RCP is a rural home visiting, early stimulation and parenting initiative, which is designed to provide enrichment to young children and their parents through training and deployment of a cadre of young caregivers called Rovers. The RCP serves approximately 1,445 children up to the age of 3 years in 3 rural parishes in Jamaica. It is designed to promote the development, health and nutrition of children, the self-esteem and child rearing knowledge and practices of the parents, as well as to assist with income-generating activities for families. Secondary school leavers are recruited as Rovers to work in the areas in which they live. They are trained to demonstrate and teach the parents stimulation activities and child rearing practices. Parenting education sessions are also provided away from the homes in group settings by a professional. The parenting programme:

- Provides regular sessions of stimulation for children.
- Trains Roving Caregivers and Day Care Assistants.
- Trains parents in parenting education and skills acquisition in communities.
- Conducts parenting education sessions for teen mothers, and
- Prepares Roving Caregivers for professional ECD certification.

A number of other countries in Latin America and Caribbean have also examined the project with a view to replicating it while four have established roving caregivers programmes based on this intervention.

The RCP is a model for the delivery of early development/stimulation services to children at a low cost to parents as well as service delivery agencies. It allows children to remain in their homes while receiving services and allows for the participation and empowerment of the parents simultaneously. It enables children in remote rural areas who do not usually have access to early childhood development services to develop capabilities and skills like their peers who are enrolled in day care centres and kindergartens.

Volunteers can get involved and be trained as rovers to assist in this programme. If you have skills and training in early childhood development that is a plus but if you are interested in early childhood development or are just willing to work with children, you can be a part of this programme. All volunteers will undergo a 2 day training prior to commencement of their work.

New Care Project - Community Literacy Project

So, you want to work on a care project in Jamaica but you want to work with adults? Yes, I know you want to make a meaningful difference. Approximately 21% of adults in Jamaica are said to be illiterate. Most would like to be able to read and write but are too afraid to access help from social agencies because of the stigma attached to being illiterate. Community based literacy programmes and one-on-one interventions are known to improve literacy levels. It is with this in mind that the community literacy project is being launched. Volunteers will be provided with material used by agencies that offer adult literacy education programmes, work with individuals and small groups of no more than 10-15 adults in an assigned community.

Do you want to see the joy on someone's face when you have moved them to a level whereby they are able to write basic letters and understand basic sentences or even write their names? I am sure you would want to. Come on; touch some lives by helping an adult to read.

Teaching Projects Update

Volunteers can now come to Jamaica to teach more than english, reading and sports. Volunteers can teach music, dance, drama, information technology, mathematics, french, spanish and art and craft.

RAPD – Reading, Attendance, Punctuality and Discipline

On October 27th, the Villa Road Primary and Junior High School launched RAPD. RAPD is an awards programme aimed at improving reading, attendance, punctuality and discipline. After a needs assessment was done it was found that 'students have the ability to succeed but lacked some of the necessary skills that impact their academic and social development'. The programme is 'designed to highlight and promote excellence among students who have shown improvement in these vital areas' (Excerpt from programme launch brochure). The Guidance Counselling Department at the school is spearheading the project. Projects Abroad volunteer Rosalind Russell was very instrumental in working with the launch for the project. She currently works on a reading programme for those with additional learning needs.

The launch highlighted the rationale, roles of students, parents, teachers and sponsor and outlined the reward system. Projects Abroad is a sponsor for RAPD. The school received fifty hardcover books to boost the projects. Based on improvements in students, Projects Abroad will sponsor the stickers, certificates, medals and trophies in April 2009.

If you would like to be a part of RAPD as a volunteer, then why not sign up to our teaching programme and help to change the lives of these children.

What you are missing "Come to Jamaica and feel alright, let's get together and feel alright" – Bob Marley

Social Events

Reggae Dance Class

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 and Ever Fresh Ever Clean. In



the last few months a number of dances have been developed. This includes Lighting Bolt, Gully Bolt, Nuh Linga, Sweep, Poor and

Country Director Bridgette showing the volunteers a few moves

Boasty, Get Dem, Ras Moses, Step Across and Cover Up. The colourful, well decorated and skilful Ray, along with Claude, will teach you. On November 13th, the volunteers participated in a reggae dance class. Come and ‘buss some moves’.

Patois (Jamaican dialect) Class



“So unu waa laan fi talk Patois, wha mek unu nuh come a di Patois class whey wi start dis month. Di class a go

teach unu bout di words dem whey wi tek out a di English language, shaaten dem and add fiwi flava to dem. It kinda haad fus when yuh a try laan it but wid time yuh wi ketch it. But mek mi waan yuh, some a di word dem mi nuh have a clue whey wi get dem from, sometime wi just mek up as wi go along”.



Ok, the task is yours to translate the paragraph above. If you can’t that means you should be signing up to come to Jamaica so you can be a part of our Patois class. If you can, you are probably an ex-volunteer, Jamaican, have Jamaican heritage or you have been studying the dialect. On November 14th we had our first Patois class for volunteers. Bridgette, Country Director was the Patois teacher. The main words and phrases were explained to the volunteers and we had some practice sessions. On November 21st, the first 10 minutes of the class was only in Patois, can you imagine what happened! Andrew, Projects and Desk Officer was the teacher. He asked (in Patois) “why yuh a nyam?”, Kris responded “mi name Kris”. Andrew asked “what are you eating?” Kris responded “my name is Kris”. It was hilarious. The volunteers were taught a song in Patois. This is an exciting addition to our monthly activities, volunteers are excited about it. “To di worl”

Lyming at Northern Caribbean University (NCU)

On November 20th the volunteers were taken to NCU to watch a football match, interact with other students and participate in indoor games. The volunteers were introduced to the Social Coordinator and got a chance to play and observe various games while they were there. These included ping pong, dominoes, cards, badminton, football and table tennis.

Riddim - Projects Abroad Jamaica Song

One, two, three – Jamaica Time

Wi travel di country with smiley faces
An help out in different places
Jamaican food is our source
But Bridgette is our driving force
The taxi drivers are crazy
I have become stronger, they don’t phase me
All sorts of shopping
Movado is popping

(Written by Joe (past volunteer from England) with input from other volunteers, musical arrangement by Andrew Richards (Desk Officer) and Sarah Shuster (past volunteer from Germany))





CHRISTMAS JAMAICAN STYLE

Just thought we would share with you some of the cultural aspects of Christmas in Jamaica. Christmas in Jamaica is a time for being grateful for the year and being thankful that we are still around to share with our families and friends. It is also a time of “high Jamaican fashion”, marked with gungo rice and peas, sorrel, fruit cake and lots of getting other with pulsating beats ringing out Jamaican style.

As highlighted in an article by Xavier Murphy and Marcia Davidson, one of the most telling signs of Christmas in Jamaica is the food. Mixed fruits, which are marinated in wine for months, are now used to bake the ever-popular Christmas fruit cake. The Christmas drink of Jamaica is the delicious sorrel (made from sorrel sepal (a meadow plant) ginger, sugar, orange peel, and a little white rum) can be found everywhere. This is normally served over ice. The Jamaican Christmas dinner is a feast of all feasts with mouth watering foods such as, rice and gungo peas, roast chicken, oxtails, curried goat, ham or roast beef. The Junkunu celebrations, a parade/festival of masked, dancing musicians, which was brought to Jamaica by the Africa slaves, used to be prevalent across Jamaica but over the years has now mainly been confined to the rural areas of Jamaica. Although we are an island that has never seen snow or have houses that boast chimneys, Santa Clause and his gifts are very much a part of our traditions as it is in many of the nations around the world. In some rural areas on the island, Santa would ride a cart and a donkey.

Two Jamaican Christmas Song

1. Mek di Christmas ketch yuh in a good mood
Mek di Christmas ketch yuh feeling fine
But on yuh dancing shoes and come wid me tonight
Wi gonna rock di broad daylight

2. Santa katch up inna mango tree, mango tree, mango tree
Santa katch up inna mango tree and him bawl out what a Christmas

Upcoming Social Events

- Patois Class – December 12th
- Caroling at the Children’s Home – December 16th
- Reggae Dance Class – December 23rd
- Christmas link up – December 23rd
- ‘Cultural Link up’ with volunteers and students at the Northern Caribbean University

Upcoming Country Events

- Car racing
- Weekend parties and celebrations
- Island Explosion - December 24th
- Christmas Eve Celebration - December 24th
- Holiday - December 25th, & 26th
- New Year’s Eve Celebration - December 31st

It’s so hard to say Goodbye...

- So long Kelsey. It was great having you on the team. Keep in touch.
- Lata Rosalind, all the best.
- Kendal it was a pleasure having you in Jamaica.

Highlights on Jamaica

Jamaican Recipes

Coconut Chicken

Ingredients:

- 4 skinless, boneless chicken breasts
- 1 teaspoon vegetable oil
- 1 1/2 onions, chopped
- 1 red sweet pepper, chopped
- 1 green sweet pepper, chopped
- 1 tablespoon chopped roasted garlic
- 1/2 (14 ounce) coconut milk
- Salt and pepper to taste
- 1 pinch crushed red pepper flakes

Method:

1. Preheat oven to 425°F (220°C).
2. In a large skillet, fry chicken breast in vegetable oil until the chicken begins to brown.
3. Stir onions, green sweet peppers and red sweet peppers into the skillet with the chicken.
4. Sauté until the onions are translucent. When the vegetables are translucent, stir in the garlic and coconut milk.
5. Let the mixture cook 5 to 8 minutes before removing the skillet from the heat.
6. Season with salt, pepper, and red pepper flakes.
7. Transfer the mixture to a 9x13 inch baking dish and bake in a 425°F (220°C) oven for 45 minutes, or until the vegetables cook down and the chicken is tender.

Ginger Beer Recipe

Ingredients:

- 1 lb ginger
- 8 tablespoons of brown sugar
- 2 1/2 quart water

Method:

1. Puree ginger and water in blender.
2. Let it sit for a day.
3. Add sugar (to taste) & mix

Best served with crushed ice, serves 6-8

Jamaican Quote of the Month

“Cockroach nuh business inna fowl fight” – If you can’t add value to a situation or argument, don’t get involved.

Projects Abroad Jamaica – Book of Records

- First volunteer to book a return flight within 3 days after leaving Jamaica – Kirstie Colder
- First volunteers to experience a Patois class – Mie, Kristiane, Sylvia and Kendal
- First Projects Abroad Jamaica song – Joe Edwards-Broome
- Most helpful and impacting – all volunteers, thanks for your tremendous contribution to Jamaica
- Most talked about female sports volunteer – Kelsey MacDougall

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