

# JAMA ROCK

*Wha Gwaan Inna Jamaica*

Projects  Abroad

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## Message from Team Jamaica



From September to October two important partnerships being forged, and volunteers were introduced to two new placements.

Marion Ehrler and Sarah Freudenberger were the first two medical volunteers to be placed at the Percy Junor Hospital in Spalding. This is approximately 25 minutes away from Mandeville. Percy Junor Hospital is a Type C Hospital situated in the North East section of the parish of Manchester near the border of Clarendon. It has a bed capacity of 123 with an average occupancy of 74% and serves a population of approximately 250,000 in the neighbouring parishes of Clarendon, St. Ann and Trelawny. It offers in-patient and out-patient services, which includes general medicine, curative management, surgery, obstetrics, child and maternity care. Basic x-ray and laboratory services are usually available.

Our second partnership is with Insports. Insports is an agency of the Ministry of Youth, Sports and Culture, which has responsibility for coordinating all sporting activities across Jamaica. Each parish has a Sports Officer who works directly with schools and youth clubs to assist them with their sporting activities. These sports include football, cricket, netball, track and field (athletics),

volleyball, basketball, lawn tennis and table tennis. Volunteers will work primarily with children ages 6-18 years old, with an average team size of 30 students. This new placement is very dynamic and it gives volunteers the opportunity to experience different schools. Kelsey MacDougall from Canada, the first volunteer to be on placement with Insport, now coaches football with children 6-10 years old at Mount Saint Joseph School, boys aged 12-14 at Manchester High School and also works with Bishop Gibson High School, an all girls school where she assists with coaching their football team. As an extra activity she helps out with French classes at Bishop Gibson High. So if you prefer to be at one location teaching sports we have that option, but if you want to explore and contribute in a diverse way then Insports is the placement for you. There are plans to take Kelsey into some very needy schools in South Manchester that do not have Physical Education teachers. Supervisor for Kelsey, Barrington Watson, is very pleased with her contribution and skills and comments that she has really impacted the lives of the children she has worked with.

One Love

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



## 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, 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 2-6 years old. In this edition we will feature Hanbury Children’s Home and in the months to come, other care placements.

### Hanbury Children’s Home

Hanbury Children’s Home is situated in the district of Kendal, Manchester approximately five miles from the town of Mandeville. The home is situated on 23 ½ acres of land donated by Alcan Jamaica Company. Hanbury Home was founded in 1956. The home has grown from two buildings, housing 8 children, to a complex comprising a chapel, a basic school, a kitchen, dining room, store room, laundry room, administrative section, a girl’s and boy’s dormitory, a classroom for those who have extra learning needs, and a library, and it now hosts 78 children from birth to 18 years.

Projects Abroad volunteers work in one of the following three areas: the basic school with children aged 2-4 years, the class for those with additional learning needs with children aged 7-15 years, or babyland with children under 3 years old. At the school, volunteers do reading, writing, drawing, music, art and craft, spelling, games,

sports and personal development sessions with children. In babyland, volunteers assist with bathing, feeding, reading stories and taking care of the day to day needs of children, and general stimulation..

It is a very self-sufficient institution, so the older children assist in planting crops (banana, yam, corn, potatoes) and taking care of the animals (chicken, pig) that they eat. Volunteers have also helped out on the farm.

Children come from various backgrounds through the government system. Some are orphans, but some are referred to the home because their families are unable to care for them adequately due to economic, health or other constraints. Hanbury Children’s Home would appreciate your help so why not volunteer at this care placement.

### My visit to Jamaica – Laurens Vos, Country Director for the Netherlands

#### Wha Gwaan?

First of all, thanks for having me on your wonderful island. I very much enjoyed my time here; I felt very welcome and I want to really thank you for this.

When I told my friends, who know what kind of work I do, that I would be visiting Jamaica as one of our destinations, they all asked me what kind of voluntary work could there possibly be done on this



bounty island, apparently known as holiday destination. So I tried to tell them about the needs here in Jamaica and about the projects we have here. But now that I have seen these needs, I can go back and tell them there is definitely more to this island than beaches, reggae and partying.

I will tell them about the overcrowded schools, the many orphanages, the lack of proper water installations etc, all of which we at Projects Abroad

try to make a difference to, and we could not do this without our enthusiastic volunteers. Volunteers like Kendall who worked in a children's home, taking care of orphans like they were her own kids. Or Kelsey who taught boys under 14 how to play proper soccer. It was a joy to see some of you at work and please keep up the good work.

But indeed, I also have to tell my friends that you can properly enjoy yourself on this island as well. I was lucky enough to be on the island when the monthly social event was on. We all went rafting on the Martha Brae River. Apparently the river was named after the couple that owned the lands back in the days, and funnily Martha was the male of the two. It was a relaxing ride down the river on the bamboo rafts. After this we went on another



adventure: climbing the waterfall at Dunn's River. It was truly breathtaking and an adventure I would not forget. Thanks for having me on board.

But, although that was great, it wasn't the best part of my stay here. It was the kids at the different schools and orphanages with all their enthusiasm, that took my mind back to my own voluntary days with Projects Abroad in South Africa. The kids are simply wonderful and eagerly awaiting to learn how to read proper English; although everyone here speaks proper English, reading is apparently something else. So, anyone who wants to come and help to teach these kids how to read in English, please come and do so. You'll be in excellent hands with Bridgette & Andrew. Thanks again for having me.

Likkle more,  
Laurens

## 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 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 Boasty, Get Dem, Ras Moses, Step Across and Cover Up. The colourful, well decorated and skilful Ray, along with Claude, will teach you. On September 3rd and October 8th, the volunteers participated in a reggae dance class. Come and 'buss some moves'.

### 'Run di boat' and Games Night

In Jamaica when people get together to cook and



have fun we call it a 'boat'.

Andrew (or 'Chef Rugu') continues to provide us with delicious food. On September 17th and October 29th Chef Rugu made

dinner for the volunteers. In September the menu was curried goat, steamed rice, tossed salad, fried plantain, roast breadfruit and ackee and saltfish. In October the menu was curried goat with green

bananas, dumpling and yam, fried plantain, breadfruit and ackee and saltfish and vegetables. This we thoroughly enjoyed. We played Uno, dominoes and the 'post it' game. The latter was new to some it us, and saw us trying to figure out which personalities we were. Some of these included Jesus, Laurens, Donald Duck, Barack Obama, Hillary Clinton, Mickey Mouse, Beyonce, Shaggy and Usain Bolt. Quite brain ticking!!

### Day Trip – Martha Brae Rafting and Dunn’s River Falls



On



October 26th we visited the Martha Brae Rafting Village and Dunn’s River Falls. 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 60 minute journey through the verdant countryside of a tropical splendour”. Dunn’s River falls in Ocho Rios is one of the most beautiful falls in the world to climb drops approximately 900 feet. If you come to Jamaica you should climb this falls. You will have

friendly tour guides who will make your experience like none other. The volunteers and Laurens enjoyed this experience.



### 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.

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](http://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.

### National Youth Service (NYS) Partnership



To strengthen the partnership and cultural exchange along with the Projects Abroad volunteers local volunteers will also work on these projects. The Parent Teacher's Association at the school and volunteers from the National Youth Service will work on the projects. The mandate of NYS is to tackle youth issues and make a meaningful impact on the number of unattached youth (youth that are unemployed and not enrolled in school) in Jamaica now totalling over 140,000. The 1994 National Youth Policy has provided the frame of reference for the operation of the NYS programme and has operated under the auspices of the Ministry of Education, Youth, & Culture since May 2001. NYS programmes are funded by the

Government of Jamaica along with contributions from private institutions ([www.nysjamaica.org](http://www.nysjamaica.org)).

The NYS Volunteerism Project – mandates that participants should give community service and so NYS works with private sponsors, national, parish and community organizations, cadets, community members and NYS participants in achieving this.

At a meeting held October 23rd over 200 National Youth Service participants were introduced to Projects Abroad and the possibility of volunteering on the water project. Several of them who were interested in becoming engineers, plumber, electricians showed interest in working alongside Projects Abroad volunteers.

### 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 you why not sign up to our teaching programme and help to change the lives of these children.

### Laurens' Visit

Lauren, Country Director for Holland, arrived in Jamaica October 23rd. He was met at the airport by Projects and Desk Officer Andrew Richards and given an overview of Jamaica while travelling from Kingston into St. Catherine, then into Clarendon and finally into Manchester. I met up with him that afternoon just to give him a warm Jamaican welcome. On October 24th he was given



an induction just like a volunteer. We took him through the town noting some key points of interest: banks, post office, Projects Abroad office, hospital, doctors office, library, taxi park and of course where to get a mobile phone and patties. On October 26th he visited Martha Brae Rafting and Dunn's River Falls. By the look of things he thoroughly enjoyed himself. He climbed for 45 minutes with the other volunteers, host family and Projects Abroad staff. During his visit he was taken to care, teaching, sports and medical placements and to visit host families.

We were fortunate to get an insight in the mind of the 'marketer' and what information was needed to adequately market Jamaica. He also lent his expertise as a past volunteer; this we really appreciate. His visit was too short but we hope he enjoyed the Jamaican hospitality and he is free to come back at anytime. He has not caught on to the patois though and was a little terrified of eating goat meat, but he survived.

### His favourite phrase – "I can imagine"

### 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)

### Projects Abroad Gives ...

During the month of September and October, Projects Abroad donated the following items:

- Villa Road Primary and Junior High School – 50 exercise books.
- Knockpatrick and Heathfield communities – 100 stress balls, bookmarkers, banners, programmes, meals for health focus weekend

## Upcoming Social Events

- Reggae Dance Class – November 12
- Patois Class – November 14 & November 28
- ‘Little Ochi Hangout’ and games night – November 19
- Volunteers day out – November 30
- ‘Cultural Link up’ with volunteers and students at the Northern Caribbean University.

## Upcoming Country Events

- Art Fair - November 13-15
- Car racing
- Weekend parties and celebrations

## Celebrations

Happy Birthday Sarah F., Sarah H., Louise, Rosalind, Kristiane!!! We wish you all the best.

## It's so hard to say Goodbye...

- So long Marion. It was great having you on the team. Keep in touch.
- ‘Lata’ Sarah F., all the best.
- Sarah H., it was a pleasure having you in Jamaica.
- ‘Likkle more’ Louise. Keep in touch.
- All the best Sarah S.
- Take care Mckenna



*Highlights on Jamaica*

## Jamaican Recipes

### Festival

#### Ingredients:

- 2 cup flour
- Salt to taste
- 1 tbsp. brown sugar
- 1 cup cornmeal
- 2 tsp. baking powder

- 1 cup water
- 1 quart vegetable oil for frying

#### Method:

1. Mix dry ingredients together.
2. Add water to make soft dough.
3. Divide into 5x3 inch flat shape in long dumplings.
4. Heat the oil to 350°F in a large saucepan,
5. Fry the dumplings until golden all over, around 2 to 3 minutes.
6. Drain on paper towels and serve hot.

### Curried Goat

#### Ingredients:

- 3 lbs. goat
- 3-4 tbsp. curry powder
- 2 onions
- 4 sprigs thyme
- 2 cloves garlic
- 2 whole scotch bonnet peppers
- Salt to taste
- 2 small carrots or potatoes cut in slices (optional)

#### Method:

1. Wash & season goat with curry, thyme, garlic, salt, onions
2. For best results season meat overnight and keep in refrigerator
3. Pour a little oil in pot and heat
4. Place meat in pot
5. Add 1 cup water and seasoning
6. Add carrots or potatoes (Optional)
7. Cook until tender
8. Add whole scotch bonnet pepper for flavor and simmer for minutes
9. Serve with white rice or dumpling, yam and green bananas

## Jamaican Quote of the Month

“If yuh want good yuh nose haffi run” – If you want to succeed you have to work hard.

*Projects Abroad Jamaica  
Book of Records*

- First volunteer to arrive in Jamaica – Dominik Rohe and Thorsten Rosch (not sure who came off the plane first).
- First female volunteer – Diana Modder
- First host family – Mildred and Vivian Rattray
- First volunteer to come back to Jamaica after volunteering - Wendy Tisdell (Volunteered in May, visited August with her husband and visiting with her family December)
- Country Firsts - Dominik Rohe and Thorsten Rosch (Germany), Dianna Modder (Switzerland), Elise Lewis (Canada), Wendy Tisdell (Australia), Nicholas Dunki-Jacobs (Holland), Courtney Scurr (United States of America), Alison and Karen Mackintosh (Scotland), Michelle Shakespeare (England), Sarah Hallinan and Louise Guinan (Ireland), Katharina Steger (Austria), Mie Mathiasen and Kristaine Lollike (Denmark)
- First set of twins – Alison and Karen Mackintosh
- First summer school teachers – Joyce and Brenda Risamenapatty
- First medical placement at the hospital – Eilidh Rice
- First care volunteer – Wendy Tisdell
- First sport volunteers – Dominik Rohe and Thornsten Rosch
- First teaching volunteer – Elise Lewis
- Most adventurous – Benjamin Gruner
- Most talked about by placement, persons at placement, host family – Hmmm still tallying the feedback
- Craziest volunteers – Timothy Sumner and Joe Edwards-Broome
- Best tanned – Dianna Modder and Roos Boelen
- Most musical – Sarah Schuster
- Most Jamaican – Benjamin Gruner
- First official visit – Laurens Vos
- Most helpful and impacting – all volunteers, thanks for you tremendous contribution to Jamaica

If you know of any records to be added to the Projects Abroad Jamaica Book of Records please email [bridgettebarrett@projects-abroad.org](mailto:bridgettebarrett@projects-abroad.org)

*New Volunteers in November & December*

*Warm Jamaica Welcome*

*Volunteers' contact list*

| Names              | Countries                |
|--------------------|--------------------------|
| Sylvia Hochmeister | Austria                  |
| Fannie Rein        | Canada                   |
| Caroline Savransky | Australia                |
| Pegah Ghaneian     | United States of America |
| Loubna Serghini    | Canada                   |

| HOST FAMILY      | ADDRESS      | VOLUNTEER (S)        |
|------------------|--------------|----------------------|
| Novlyn Banton    | Mandeville   | Kelsey MacDougall    |
| Elizabeth Parker | May Day      | Rosalind Russell     |
| Elizabeth Parker | May Day      | Katharine Steger     |
| Boothe's Family  | Melrose Mews | Mie Mathiasen        |
| Boothe's Family  | Melrose Mews | Kristiane Lollike    |
| Rattray's Family | Battersea    | Kendall George-Brown |

If you would like to contribute an article to JAMROCK please email [bridgettebarrett@projects-abroad.org](mailto:bridgettebarrett@projects-abroad.org) by the 25th of the month so your article can be vetted and included.