

JAMA ROCK

Wha Gwaan Inna Jamaica

Projects  Abroad

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Message from Team Jamaica



Bridgette B. Barrett
(Country Director)



**Andrew Richards (Projects
& Desk Officer)**

With only five months since Projects Abroad started in Jamaica, the impact made by volunteers has been overwhelming. Jamaica continues to get a flurry of enthusiastic, talented and hardworking volunteers who have helped in offering much needed assistance at their placements. On behalf of all the placements we would like to thank the volunteers for taking the time to come to Manchester, Jamaica and for contributing to the growth and development of the parish. The rich cultural exchange has allowed us to gain a better appreciation for each other. We have had volunteers from Germany, Switzerland, Canada, Australia, Holland, the United States of America, England, Scotland and Ireland, with other volunteers soon to arrive from other countries such as Denmark, Croatia and Austria.

National Dish - Ackee and Saltfish



To the placements and host families, we acknowledge your support and hope that this partnership continues to blossom for 'Jamaica Land We Love'. Without your involvement, Projects-Abroad Jamaica would not have grown in the last five months.

To the current volunteers, we are delighted to have you in Jamaica. If you have already signed up, we are eager to have you in Jamaica. If you are thinking of volunteering, we encourage you to come and immerse yourself in our culture. We look forward to providing support and quality service to you. 'Justice, truth be ours forever. Jamaica Land we love'.

One Love

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

National Bird - Hummingbird



'Ja Di Worl'

Sports in Jamaica

August was a stunning month for Jamaica at the Beijing Olympics. The volunteers (those in Jamaica and those who had returned) all shared in the thrill that the Jamaican Olympians gave. From the text messages of Wendy, Roos and Joan through to the comforting words from Joe when Asafa did not medal as we had expected, all of us shared in this exciting moment. Volunteers were also able to identify the reggae moves that Bolt and Powell did courtesy of a job well done by Ray and Claude in the monthly reggae dance class.

Sports and music are the two most potent means of uniting Jamaicans. In this issue we would like to focus a little on sports in Jamaica. The main sports played in Jamaica include football, cricket, track and field, netball, basketball, table tennis and volleyball. However, we are known to get involved in lawn tennis, hockey and even bobsled. The latter speaks to our drive and determination; as you may all know, we have never seen snow in Jamaica and practicing for such an event requires snow slopes or ice tracks.

At a tender age, directly and indirectly, Jamaican are trained in a sporting discipline. The long walk to school for some children strengthens their fitness level, and it is a part of the Jamaican culture for children to have 'mock races' while they are coming from school. Children also play football while coming from school or on Sunday afternoons as a way of bringing communities together. A section of the coconut tree is also used to design 'makeshift' bats and newspaper and plastic used to make balls by children to practice their cricket skills. However, in the school system and with youth and community clubs, the sporting talents of children are harnessed. In sports, the

Sports Development Foundation, Social Development Commission and various private sector groups assist in developing programmes to assist children with sporting activities.

In Beijing we saw the results of this foundation that is laid at an early age with Jamaica winning 6 golds medals, 3 silver medals and 2 bronze medals. Jamaica created history. Of the 203 countries that participated in the 2008 olympics the 'likkle but tallawah' Jamaica was ranked 20th. Jamaica gained a number of historical achievements:



- Usain Bolt broke the 100m world record again and this time leveled it to 9.69 seconds.
- Usain Bolt broke the 200m world record – 19.30 seconds.

- Usain Bolt won both the 100m and 200m.
- Jamaica's women came first, second and third in the 100m; no other country has ever done this.
- It was the first time that Jamaica's men won the 4 x 100m relay and they broke the world record.
- Jamaica also won the 400m hurdles (women) for the first time.
- Veronica Campbell-Brown defended her 200m title and sealed another gold medal.
- Usain Bolt came home with a 'hat trick': 3 gold medals.

This spectacular performance has been attributed to the yam, cassava, bread fruit, ackee, dasheen, dumpling and even the 'pot water'. Whatever it is, Jamaicans train hard and take sports very seriously. Come to Jamaica and be a part of our sports programme. Who knows you may be helping to create the next Usain Bolt, Asafa Powell, Veronica Campbell-Brown, Shelly-Ann Fraser or Keron Stewart. And so it is with pride that Jamaica continues to strive towards setting high standards in sports on the world stage.

National Anthem of Jamaica

*Eternal Father, Bless our Land,
Guard us with thy mighty hand,
Keep us free from evil powers,
Be our light through countless hours,
To our leaders, great defender,
Grant true wisdom from above,
Justice, truth be ours forever,
Jamaica, land we love,
Jamaica, Jamaica, Jamaica, land we love*

*Teach us true respect for all,
Stir response to duty's call,
Strengthen us the weak to cherish,
Give us vision lest we perish,
Knowledge send us Heavenly Father,
Grant true wisdom from above,
Justice, truth be ours forever,
Jamaica, land we love,
Jamaica, Jamaica, Jamaica, land we love*



Volunteers Voice



Jamaica was one of my most desired destinations before I came here nearly five weeks ago. Now it is my preferred country for my next holiday. You are always welcomed by friendly people wherever you go. The 'Caribbean Dream' became true on the weekends. I travelled nearly every weekend to white sandy beaches, to the waterfalls or other really beautiful places in Jamaica. You don't have to travel with other volunteers, but you should. It is really a good experience. I came to Jamaica to improve my English skills, and it was the right decision. If you get the chance to visit any kind of festivals in Jamaica, you should. It is great to see all the Jamaicans having fun and dancing the whole night.

At my host family I feel welcome. They give me the chance to do whatever I want to do, but most of all they let me participate in their lives. I hope that's enough for you to look forward to your journey in Jamaica.

Blessings - Oliver Vogel (Germany)



I'm on the go ...I'm on tha go! Jamaica is really so special! My time here has been amazing. Working at the children's home was a lot of fun. The children soon got attached to me, as I did to them. It was hardwork taking

care of 20-30 children who so desperately worked to be your favorite.

From hanging backstage at a stage show, meeting famous reggae artistes, through to watching Movado and Busy Signal perform, I was always on the go. However, the people that made this trip for me has got to be my family. I say my family because I have grown to love each of them as though they were my own flesh and blood. From taking me all over the country to different dances and parties or just hanging out and watching plays they have made this trip the best time of my life for which I am truly thankful to them.

The most memorable moment was standing in the middle of Mandeville town watching Usain Bolt win the 200m on the big screen as everybody celebrated and applauded. It is something I will never forget. I will definitely miss this warm and colorful country, that I have grown to call my home. 'Nuff love' to the people that made this trip incredible: Lovey, Sophia, Duce, Arrayma, Wayzaro, Garnet, Gina, Bridgette, Andrew, Ray. I will definitely miss you guys. P.S. thanks for the nicknames.

One love Kristie Colder (England) Aka 'Cool and Deadly and Bubbler



Reggae Boyz

Whether you have just arrived, or have already discovered your own Jamaica, you

will not have failed to miss this one unique country. From the first glimpse of the white sand from the plane and the first drive through the bamboo avenue with Jerry, pumping out reggae beats, we know we had made the right decision. It feels like we were coming down the final straight after a remarkable sprint, just like we saw Bolt,

and we can't slow down. Our host family the Rattrays, are nothing less than exceptional, providing us with a welcoming home and preparing every Jamaican meal they could cook for us with Tim's favorite, stewed chicken, to Joe's new found love bread fruit.

The Summer Sports Camp provided us with an experience we will never forget. We translated this camp spirit in a different way to kids, showing our passion for sports, in heated and enriched football matches between each of our teams. For the summer camp sports competition, Joe conceded and Tim won, although Joe's freekick was voted goal of the tournament (by Joe).

In four weeks we wanted to see all of Jamaica, and in all the touring have made a good effort. Jet skiing in Negril, accompanied by a breathtaking sunset, and a spectacular storm in the west, rafting down the Martha Brae river, climbing Dunn's River Falls in the north, and swimming with the crocodiles in the south. We travelled east discovering the Blue Mountains and Kingston is no doubt special as we expected.

We imagined that vanity would take charge, and the weather would be our holiday highlight, but although this has been awesome, the people have put even Asafa Powell to shame, although Bridgette may disagree, she loves him. Thanks to our host family, an enthusiastic and professional Bridgette and Andrew, Jerry (airport pickup) and of course the comical DJ Pastor Nigel, who helped to entertain us, almost as well as the reggae dancers at the Sports Camp. Last but not least the other volunteers who have been good friends and entertaining to travel with and together we have set a cornerstone for the future of volunteering in Jamaica.

'We are Jamaicans, we do it well'

Timothy Sumner and Joe 'Coconut' Edwards-Broome (England)



Jamaica is a beautiful island, no doubt about that. We saw its dark blue sea, the lovely beaches and enjoyed the warm hospitality

of the Jamaicans. Like the other volunteers, we will not easily forget Jamaica.

Projects Abroad, offered us a better service than other organizations. The information on the website was clear, so it was easy for us to make a choice. Being in Jamaica we experienced the good services of Bridgette and the good cooking of Andrew. The match Projects Abroad made between us and our host family, the Stewart's, could not have been better. This family showed us real Jamaican hospitality. Every day we tasted different food and fruits. They made us feel at home. The delicious Jamaican food like ackee with salt fish or the 'bulla' with pear we will not forget.

Actually we had two things in mind for working as volunteers. First of all, working at an orphanage and secondly working at a school. The main point was to work with young children. In Holland we took the decision to work at the McIntosh Memorial Primary School in Mandeville. At this school we worked with children of Grades 2-6. Our programme was based on two themes, water and sports. We enjoyed seeing how good the students reacted to both themes. They did a great job. They made beautiful origami whales, nice colourful drawings of pirate boats and they made mazes. Also they picked up sports easily, that is how to start the running. They were very proud of what they had made, like the Olympic torch and the golden medal, but so were we!

Brenda and Joyce Risamenapatty (Holland)



Two weeks? I'm staying here for one month, and half the time has already passed. I can't believe that! Well, I always wanted to come to Jamaica, and of course there were a few things that I'd

expected when I thought about what it would be like. Actually, all expectations have become true but in a way that I hadn't expected! Everything is so colorful and the music that surrounds you no matter where you are – love it! Also the family that I'm staying with is so friendly and helpful, no matter what I'm ask for. So I have another two weeks left, and I'm sure that I'll enjoy it as much – actually maybe a little bit more, because I have a guitar now.

Greez & Blessing - Sarah Schuster (Germany)

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 August 7, the volunteers participated in a reggae dance class. See the volunteers in action, doing the dance ‘Gully Creeper’. All the volunteers had a blast. Joyce stole the show and blended ballet and reggae. Come and learn the new dances ‘Lighting Bolt’ and ‘Gully Bolt’ and the ‘Nuh Linga – Olympics style’.

‘Run di boat’ and Games Night



In Jamaica when persons get together to cook and have fun we call it a ‘boat’. Andrew (or ‘Chef Rugu’) continues to provide us with delicious food. On August 13 Chef Rugu made dinner for the volunteers. They requested the same menu from last month: curried goat, steamed rice, tossed salad, fried plantain, roast breadfruit and ackee and saltfish. This we thoroughly enjoyed. Joyce and Brenda also made an Indonesian dish ‘gado-



gado'. This is a combination of vegetables with a peanut butter sauce. We then played scrabble, Chinese checkers, cards and jacks. Bridgette continues to be the champion with close competition this month from Tamara (Andrew's wife) and Eilidh. Oliver blamed his loss on the fact that English is his second language. No excuses Oliver!

Day Trip – Coyaba Gardens and Mahoe Falls and Dunn's River Falls



On August 10 we visited the Coyaba Gardens and Mahoe Falls and Dunn's River Falls. Coyaba Gardens and Mahoe Falls provides an educational tour of plants, flowers and cultural items unique

to Jamaica. There is a small water fall and a look-out point that provides a captivating view of the town of Ocho Rios. Dunn's River Falls in Ocho Rios is one of the most beautiful falls in the world to climb which is 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 enjoyed this experience.

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. Mark Tisdell (Chief Executive Officer) and Wendy Tisdell (General Manager) of Prime Pump Australia visited Manchester August 23-27, 2008 where they toured several projects including Hanbury Children's Home, Kendal All Age, New Hope Children's Home and McIntosh Memorial Primary.



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.

A stakeholders meeting was held on Tuesday, August 26, 2008, at the Golf View Hotel. The purpose of the meeting was to inform stakeholders about Projects Abroad and the partnership being embarked on with Prime Pump Company and stakeholders in the parish. Representatives from the Ministry of Education, National Environment and Planning Agency, Child Development Agency, Hanbury Children's Home, McIntosh Memorial Primary, Manchester Parish Development Committee, Social Development Commission, Villa Road Primary School were present.



Based on the site visits, Prime Pump Company has committed technical expertise and funding to repair water tanks, build new water tanks, renovate bathrooms, put in place irrigation systems, guttering, solar heaters and replace pumps at New Hope Children's Home, Kendal All Age and McIntosh Memorial Primary. After these pilot projects are completed, small and medium scale projects will be considered. Projects Abroad will provide volunteers to work on these projects.

Projects Abroad and Prime Pump Company 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.

Special Thanks

This serves to express deep appreciation for Joan, who blessed us with her presence and expertise. It has been a most rewarding and invaluable time for us, especially for Hope and Shantel. They and other children have benefited from her being here as well. We wish she could have stayed longer. Thank you ever so much Joan for the invaluable service you have given to New Hope. God Bless you always. We look forward to your next visit.

Amanda Williams – Administrator
(New Hope Children's Home)

Riddim - Projects Abroad Jamaica Song

One, two, three – Jamaica Time

Wi travel di country with smiley faces
An help out in different places
Red stripe 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 with input from other volunteers,

musical arrangement by Andrew and Sarah Shuster)

Projects Abroad Gives ...

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

- McIntosh Memorial Primary School – rope, cartridge paper.
- New Hope Children's Home – pampers and formula.

Volunteers Give ...

During the month of August, volunteers donated the following items:

Brenda and Joyce Risamenapatty – pencils, markers, crayons, boxes with mini wooden stickers, paper stickers, balloons, CD with song 'What colour are you', jumping ropes, worksheets, mazes, pictures, colouring pages, 40 small balls (company in Holland).

Larissa van Hemert (Joyce's daughter) – a Walt Disney story book.

Ivon Risamenapatty (Joyce and Brenda's sister) – T-shirts.

Administration of the City of Rotterdam – Exercise books, pens, craft material, Frisbees, t-shirts, money to buy drinks for children.

Joe and Tim – Goal keeping gloves, football boots, tennis balls, ice cream cones.

Kirstie – Skipping ropes, paints, posters, notepads, stickers, books, sweets, crayons, pens, pencils.

Gifts received by Tim and Joe from the Alpart Summer Camp - Alpart Summer Camp t-shirts, Jamaica bracelet, key ring, reggae belt, two drawings, Jamaica football shirt.

Upcoming Social Events

- Reggae Dance Class: September 3.
- ‘Run di boat’ and games night: September 17.
- ‘Feeding street and homeless people in Mandeville: September 26.
- Volunteers day out: September 28
- ‘Cultural Link up’ with volunteers and students at the Northern Caribbean University.
- Take care Oliver, it was great having you in Jamaica
- Kirstie, to boldly go where some Jamaicans have never gone before – ‘passa passa’.

Upcoming Country Events

- Car racing
- Weekends parties and celebrations

Celebrations

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

It's so hard to say Goodbye...

- So long Roos. It was great having you on the team. Keep in touch.
- ‘Lata’ Lisa, all the best.
- Eilidh, it was a pleasure having you in Jamaica.
- ‘Likkle more’ Joan. Keep in touch.
- Di real Jamaicans – Joe and Tim, take care reggae boyz.
- All the best Joyce and Brenda, thanks for sharing in our culture.