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THE OFFICIAL NEWSLETTER OF PROJECTS ABROAD JAMAICA

NOVEMBER 2011

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Dear October, oh how you passed so quickly with a flurry of activities, you have been really busy making your mark as a solid month on the lunar calendar. Projects Abroad Jamaica thanks you sincerely for bringing us twenty two (22) new volunteers, a customarily meaningful Dirty Day, hard working staff and volunteers operating in the "October -full-speed-ahead mode," energetic cyber life on our facebook page, an interesting visit from Anne Buglass (Projects Abroad International Development Officer from the United Kingdom) and of course a free day to stay home and rest- National Heroes Day.

Seven (7) Germans, four (4) Danes, two (2) Australians, Dutch and Norwegians each, three (3) Swiss and one (1) Japanese and British each arrived for the October fest - well not

Oktoberfest - the German festival. The volunteers arrived with an eagerness to have a full experience and willingness to give back unselfishly to a country they love and will come to love and appreciate even more after their volunteering experience - Jamaica.

We are still working hard to promote Immunitative - Projects Abroad Jamaica and the BridgeIt Foundation's project to construct a state of the art care facility for youths living with HIV/AIDS, remember to give your support as it is greatly needed to realize our vision by 2012. You can support us by giving donations of cash/kind. Persons are encouraged to contact the office for further information as well as visit the Immunitative Facebook page to stay informed about new developments. One such new development is- "Dubbing the Immunitative Facility- Vision 2012" competition, which encourages all creative individuals to create a name for the HIV/AIDS care facility. Currently the Wyndham Hotel in Kingston Jamaica has offered to sponsor three (3) nights to the winner of the competition" make sure to be a part of this exciting competition post your suggestions on the facebook page.

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 visit soon or simply check out our [Facebook page](#) or visit our [blog post](#).

Just relax and enjoy reading about "The October Fest" in this issue of JAMROCK.

A "Germaican" Experience Report

Written by Karoline Pfister three (3) months Care and Teaching volunteer from Germany.

Considering the headline I chose one may get the impression all that comes to my mind when thinking of my volunteering experience in Jamaica is food but don't let yourself be fooled! This is not the case. The small island in the Caribbean has much more to offer than its various delicacies, such as a wide variety of fruits, the official national dish 'ackee & saltfish', the delicious 'banana bread' or thousands of different ways to prepare chicken (mostly served with rice & peas).

Jamaica is pure excitement! I must confess that I am actually not too much into exciting things. I still remember when Denise asked us volunteers at a meeting what the most exciting thing was that we had ever done in our lives. My answer was: "I don't do exciting things.", as all I could think of at that moment were activities like bungee jumping. This is one

thing I wouldn't even do if I was paid a high amount of money for it. But now that I have given her question more thought I can assure that my first day in Jamaica got my adrenaline flowing far more than a bungee jump could ever do!

Not only was I overwhelmed by the climate or by all the unfamiliar faces and places around me. Especially the drive itself from Montego Bay Airport to Mandeville demanded a lot from me (*By the way: I highly recommend this route, as it is far more "exciting" than the one from Kingston. You get an authentic impression of how Jamaica looks like while driving through all the tiny villages with fruit stands and jerk restaurants in the middle of nowhere.*). At the beginning, the Jamaican driving style simply scared me off and even prompted me to take some of the pills against motion sickness that I had actually brought for the flight... however, the longer I sat in the car, the more confidence I gained in my driver's abilities. Dwight Morgan had the natural talent of doing multi-tasking. He managed to follow the bendy route, to go around the big holes in the streets and to avoid bumping into all the

people who were on their way from one village to another (*And this talent is something Jamaican drivers surely must carry in their genes, because all of them are actually perfect at it*). Moreover, Dwight was the born entertainer and made me sing some songs by Céline Dion together with him (*she seems to be pretty popular over here and her music is surprisingly played in the taxis quite often.*).

It was also already this first cruise in Jamaica that made me become aware of the islander’s preference for honking. I figured out some of the various meanings this sound can have:

- Hi! (even to complete strangers; you can imagine that at first, when I didn’t know about this, I was very surprised that my driver knew all these people we passed on our way)
- Caution! (I am) Coming! (before a bend)
- I am going to overtake soon. So you better get out of my way...
- I am angry now, because it was me who had the right to go first.
- Take care! There’s a police check ahead! (mostly to taxi colleagues)
- Sorry! My taxi is already full (though this occurs rarely, as Jamaicans are experts in squeezing themselves into the tiny space of a backseat).

And I suppose by the end of my stay I will have figured out many more possible meanings of the horn.

What I was exposed to in the following days and weeks was, however, not less exciting: a Reggae/ Dancehall Dance Class, a Patois & Culture Class, a ‘Dirty Day’ (where we washed and painted the walls of a small community’s hospital) and even a day trip to the Appleton Rum Estate.

And, of course, we volunteers organized trips on our own on the weekends in order to get to know Jamaica’s beauty. For example, we saw:

- the laid-back area of Treasure Beach (and carried home some intense sunburn as a memory ☺)
- the capital Kingston, where we followed the footsteps of Bob Marley visiting the Trenchtown Culture Yard and his former house, which is a museum nowadays.
- Negril with its wonderful beaches and clear water and hence got to know Jamaica’s touristy face.
- Port Antonio, which was a bit far away, but made us feel like we were in paradise by living in one of the island’s “most atmospheric lodgings”

(according to the Lonely Planet Travel Guide), the Great Huts Resort .

Apart from all travelling, our main occupation was the volunteer work, of course. Being placed at the Woodlawn School of Special Education for the first month, I really got the chance to train two of the basic skills a teacher needs to have – patience and spontaneous creativity. Because this is what you definitely shouldn't lack when you have to deal with a crowd of 'pickney' (children) that you don't understand properly, because you are not familiar with the language (Patois) they try to communicate to you in. However, words were not always necessary. The frequent hugs and warm greetings I received everyday conveyed a lot of meaning and made up for any misunderstandings.

And also the people I met on my daily morning walks to town made me feel welcome very soon. In Jamaica, it is not only common to greet everyone you pass in a friendly way, but Jamaicans are also very helpful and started giving me advice:

- There was, for example, this young school boy, who must have remarked the tension on my face walking and turning around every second trying to find out when I had to stop for a car

to drive by. So he simplified my life by saying: "In Jamaica, we always walk facing the cars!"

- Or just listen to the caring words an elderly woman from my neighbourhood shouted at me laughing one day: "Hey, sexy lady! Don't let the men steal you!"

The longer I live here, the more locals I get to know (e. g. in church), who show me around and make me experience their country the way it really is, the way they see it through their eyes. And you know what? Jamaica is definitely worth seeing! Come over here and explore it yourself!

In any case, I don't regret having taken this step and I already know that I am going to miss many things once I leave, especially the patties.

Jerk

bAnana chips

Melon

bullA

pIneapple

Coconut

guAva

TEACHING PROJECT UPDATE

SPORT VOLUNTEERS SCORING GOALS



Michael Lever and student- aiming for goal

Sports is a common ground that binds everyone in Jamaica; throughout a football, netball, basketball championship or an athletic meet, one can pass by any shop, store, home or even major established businesses only to see a gelling of individuals from all walks of life – the Politician, the Police, the Civil Servant, the Student or the Entrepreneur sitting together to “tek-in” a game. It is therefore no wonder why major emphasis is placed on sports within schools as many children who may not be as academically inclined as others find it as a launching pad for a successful life.

Our seven Sport volunteers must have seen evidence of this sporting harmony marketed to the world why they chose to be a part of the Sports project in Jamaica. With football and netball in high seasons, our Sport volunteers have been kept busy throughout our schools. Franziska, Thomas (Germany) and Michael (UK) made up the dynamic trio at the Bethabara Primary and Junior High. Together they shared the work load of



Go coach!!

coaching the football and netball teams and facilitating the Physical Education classes across both shifts. There is another trio at the Villa Road Primary – Anders (Denmark), Felizitas (Germany) and Marcel (Denmark) who perform similar tasks. Felizitas, however, facilitates the Physical Education classes with

the younger students on the morning shift as Anders and Marcel assists the school's coach primarily with coaching the football teams. At the May Day our lone ranger, Jamie is a Personal Trainer from Australia and he assists to facilitate Physical Education classes and specifically does endurance drills with the school's football team - you ought to see those boys in training.

Although the focus is on the Sports volunteers, it would be remiss of me not to mention our classroom assistants Pascal (Holland) at Villa Road. Pascal's patience and soft spoken tones are appropriate for their one to one tutoring in reading and Visual Arts respectively. The placement supervisors have reported changes in their students work and enthusiasm since the volunteers have been working with them.

The visit of the International Development Officer, Anne Buglass, must also be mentioned as she successfully toured all current placements within the Teaching and Sports projects. She met with the various placement supervisors who gave her the irie Jamaican welcome and briefed her on the general operations of the facilities. It is always our pleasure to host our international counterparts.



This article would not be complete without mentioning the combined project meeting between Medicine, Sports and Teaching volunteers held at the Bethabara Primary and Junior High School in the form of a Teen Rap Session with over 50 students from grades 5, 7, 8 and 9. Highlighting areas of Teen



Sexuality, our volunteers were fully charged to facilitate their task groups that had gotten various activities based on the tenets of teen sexuality to and present. Some of the tasks were for groups to create and present an acrostic on ABSTINENCE, create a video about the negative effects of teenage pregnancy and compose a song on the use of condoms among many others. The students

and volunteers participated well and once again our objectives to help, learn and explore were achieved.

The rainy month of October showered the humanitarian efforts of our volunteers who touched our children's lives in a way they may never have been touched before, in a way that fulfilled the mandate as outlined in our National Anthem to "stir response to duty's call." So as the showers of October disappear to reveal November's rainbow, we look forward to our pot of gold which is the fulfilment we get from altruistic service to humanity.

* "tek in" a game is patois for "watch" a game.

MEDICINE PROJECT UPDATE

Helping Hands Another month of serving, another month of self-sacrificing, another month volunteering, another month of lending a helping hand...and each month that passes is a reward within itself. That's what the month of October has been for our Medical volunteers. With five Medical volunteers in the house their help has been truly needed and appreciated at their placement.

Michael Levitz (USA) - medical volunteer



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The three Medical volunteers – Carmen, Nicholas (Germany) and Michael (US) at the Percy Junor Hospital worked within the Lab, male and female surgical wards as well as the Paediatric ward for the month of October. With Michael in the laboratory where he absolutely loved it, assisted the technicians in the analysis and testing of blood samples. Nicolas did his routine ward rounds, patient observations and gave assistance to doctors and nurses in patient care while Carmen helped to take care of the babies and children on the Paediatric ward. As my grandmother would say "many hands *mek work light." Together they lightened the tasks of our doctors and nurses while bringing cheer, comfort and healing to the patients.

The Mandeville Regional Hospital has only seen our Projects Abroad Pro Nursing volunteer – Marlies (Netherlands). It is noteworthy that on her second day she had to

fill very big shoes as there was a shortage of nurses that day, she had to jump right in and completed the daily nurses' tasks – a task she gladly accepted and successfully completed. Florence Voets at the Manchester Comprehensive Health Centre is a pre-medical student who is interested in becoming a doctor rotated among the various departments but most specifically in curative health.

The month of October also saw the visit of our International Development Officer, Anne Buglass, who successfully toured all current placements within the Medicine projects. She met with the various placement supervisors who gave her the irie Jamaican welcome and briefed her on the general operations of the facilities. It is always our pleasure to host our International counterparts.

As we close this month's article we encourage you to give a helping hand. You may not be able to volunteer within health facilities as our volunteers, but if you take a look around you – your neighbour who has been ill for days, a homeless child you pass daily on the streets, Mr. Brown who needs a hand with his garden, whatever it is, like us at Projects Abroad you can extend a helping hand.

* “mek” patois for make.



Medical volunteer- Carmen Bucher (Germany)

COMMUNITY AND CULTURE PROJECT UPDATE

The month of October was a meaningful one. In total we have had two volunteers on the Culture and Community project, Kristina Hanke and Astrid Kerler. At first Kristina was on the Building placement and currently now both volunteers are on the Farming project. This is really good because it is the first time that we have had two volunteers at once on the Farming project.

We have gotten some lovely feedback from the volunteers who said that they are having a fantastic time at placement and they are really happy to be there. "Well I hope that this is a new beginning for the Farming project".

Let us now have a look at some of the activities that the volunteers were involved in at placement.



Astrid (Germany) on the job...

The volunteers have worked in the lab to assist with tissue culture. Basically the technique consists of taking a piece of a plant (such as a stem tip, node, meristem, embryo, or even a seed) and placing it in a sterile, (usually gel-based) nutrient medium where it multiplies. The formulation of the growth



Kristina (Germany) enjoying the farming project

medium is changed depending upon whether you are trying to get the plant to produce undifferentiated callus tissue, multiply the number of plantlets, grow roots, or multiply embryos for "artificial seed".

The volunteers also worked in the green house where they assist to place in the ground the growing plant. The green house is a building in which plants are grown. Volunteers also assist with a marketing workshop for farmers in the community. The workshop was to enhance the farmers' knowledge about marketing their produce. Overall the volunteers are having a wonderful time at placement and we just want to use this medium to highlight their contribution to Jamaica. You are all doing a wonderful job; keep up the good work and NUFF LOVE

and a
BIG
THANK
YOU.



MAJOR HIGHLIGHTS

Projects Abroad Jamaica Football Match

Mark up team, mark up! For the avid football lovers this lingo would be very familiar, however, for those of us not so au fait with the term, it simply means to stick very closely to one's opposing player and make determined efforts to keep them from making advancing plays. Why am I thinking that the above explanation sounds much more confusing; something less confusing is to picture a day of fun and laughs as the Projects Abroad Jamaica volunteers and placement supervisors played an interesting and competitive match against the Belair High School team. The match took place on October 26, 2011 at 3:30pm at the Belair High School. The team saw both female and male volunteers making up the team; also three of the placement supervisors were brought on after half time and were called "the secret weapon" by head coach Anders Kroman (Dutch Sports volunteer). Before the match the volunteers were warmed up by Jamie Lamb (Australian Sports/Building volunteer). When the team was properly warmed the Projects Abroad team was set in a four, three, four formation by their very dedicated coach. The team played hard, making several changes in the first half as many of the players came up weary against the onslaught of the young high school players. Marcel, Pascal, Michael and Anna worked hard to assist the brilliant keeper, Jamie, who made many saves, however the might of the Belair was too much and we came up short at the end of the first half, having scored nil to Belair's two. During half time the coach met with the team to discuss the new strategy going into the second half. On the sidelines the remaining

volunteers and the staff were enthusiastically cheering on our team encouraging them.

For the second half the placement supervisors were put in the defensive positions, hoping to provide a well-needed sentry-like defence. We worked hard to score a first goal five minutes into the second half. We continued to push forward as the Belair team rallied and scored a third goal. The shouts and nervous calls from the Projects Abroad cheering squad were humorous as well as entertaining. Little Anna from Switzerland sent a straight right footed shot into the net adding an extra goal to our score sheet- the supporters went wild as staff members ran out onto the field to congratulate her. In the end the Belair School won four goals to Projects Abroad's two. Hey, we lost but it was an incredibly fun day and many of the volunteers are already calling for a second match. We'll see how that goes!



Volunteers gave...

Annie Majewski donated the following items to Windsor Lodge Children's Home:

- ✓ 1 Barbie
- ✓ 1 Pair of boots
- ✓ 1 Pair of small grey shoes
- ✓ 2 Pairs of embroidery threads
- ✓ 3 Pairs of earrings

Birthe Kjaersgaard donated the following items to New Hope Children's Home:

- ✓ 7 Activity books
- ✓ 2 Packs crayons
- ✓ 1 Pack pencil crayon
- ✓ 1 Lego block game
- ✓ 4 Puzzles
- ✓ 1 Pack hair accessories
- ✓ 8 School bags

Mitsuko Honda donated the following items to Hanbury Children's Home:

- ✓ 1 Calendar
- ✓ 2 Toys
- ✓ 3 Hand fans
- ✓ 5 Stuffed animals

Projects Abroad gave...

Projects Abroad Jamaica donated the following items to Hanbury Children's Home:

- ✓ 2 Clothes baskets
- ✓ 40 Toothbrushes
- ✓ 40 Rags
- ✓ 54 Toothpaste holders
- ✓ 6 Tubes of toothpaste
- ✓ 3 Bottles of hand soap
- ✓ 2 Bottles of lotion
- ✓ 7 Bars of soap
- ✓ 3 Baby bibs

Anne Buglass (International Development Officer) donated the following items to the Medical Project (Mandeville Regional Hospital and Manchester Health Department):

- ✓ 1 Softdrape Aseptic Dressing Pad
- ✓ 2 Orahesive protective powder
- ✓ 2 Shermon Polyfield Soft Vinyl Dressing Aid
- ✓ 3 Reliform Conforming Bandage
- ✓ 2 Cavilon No Sting Barrier Film spray
- ✓ 1 Box Cavilon No Sting Barrier Film wipes
- ✓ 1 Box CliniShield Wipe on Protective Skin Barrier
- ✓ 8 Packets Tegaderm Foam Adhesive
- ✓ 1 Packet Lyooam Foam Dressing
- ✓ 2 Packets Allevyn Adhesive Sterile Foam Film Dressing
- ✓ 2 Packets SecuPlast Hydrocolloid security strips
- ✓ 1 Packet Mepore sterile bandage
- ✓ 1 Packet Inadine Non-Adherent Dressing
- ✓ 9 Packets Non-Woven Swabs
- ✓ 4 Hydrocoll dressing pads



Hitomi Myoseki, first Japanese volunteer on the Building project.

Paradise on Edge- a literary view of Great Huts...

(Taken from the Great Huts website)

[According to the Great Huts website, the attraction can be described as], "Paradise on the Edge - Aboriginal yet modern, minimalist yet complex, off the beaten path but near the night life and happenings of Boston Bay and Port Antonio. Of our little village-resort, many a guest has said: "At Great Huts, spirituality, nature, heritage and technology converge!"

Great Huts is subtitled Paradise On the Edge because [it] rests at the precipice of a fossilized coral cliff, 100 feet above the Caribbean Sea, with an easy to stroll walkway to Boston Beach, [also the attraction] stands proudly upon the perimeter of commercialized establishment.

Our construction, style and spirit are about as far away from a corporate hotel model as one can imagine.

Built upon a 4 plus acre plateau atop the north east point of the Jamaican coast, our intimate vacation village of comfortably furnished dwellings, Wi-Fi communal areas, expansive cliff side views with dining areas, hammocks everywhere, lovely beach and sea pool, offers an Afro-Caribbean "roots" alternative to the traditional hotel or Villa. Activities range from total relaxation and quiet water sports to dramatic day trips such as valley hiking, river rafting, mountain climbing or Kingston museum, gallery and historic sightseeing.

Great Huts' environmentally friendly dwellings and activity programs encourage the independent minded traveller to appreciate the natural and cultural environments of greater Port Antonio in safety and comfort. While guests may spend days relaxing, reading, contemplating and dining at Great Huts Resort, we also offer a range of hiking tours of varying lengths and challenges in Port Antonio's Rio Grande Valley and Jamaica's Blue Mountains to explore our ecology.

Watch the surf from your private Jacuzzi, sink into a great book from our library, or soak in our private sea pool. Bask in the Caribbean sun from our private section of Boston Beach, or take a short taxi ride to Long Bay Beach, Winnifred Beach, San San Beach, or Frenchman's Cove, considered one of the most beautiful beaches in the Caribbean. Or take a day trip to Reach Falls, Somerset Falls, Nonesuch Caves, Blue Lagoon, the Rio Grande, Mockingbird Hill, and other nearby breathtaking sites.

In 2001 Paul Shalom Rhodes, MD acquired a portion of the former Robin Moore estate on Boston Beach and began designing and building what has become Great Huts: Paradise on the Edge. A regular visitor to the Island for about 15 years, Paul fell in love with Port Antonio, its rugged landscape and her wonderful people. His passion for Jamaican and African art and connection to Interact and Rotary Clubs since high school in New York, allowed for the development of a unique ecological resort.

JAMAICAN RECIPE:

Jamaican Beefy Pasta Recipe (Made with Corned Beef)

INGREDIENTS:

- 1 small packet pasta elbows
- 1 small can corned beef
- 3 tablespoon vegetable oil
- 1 medium onion, chopped
- 1 small tomato, chopped
- 1 teaspoon scotch bonnet pepper, minced
- 1 small can mixed vegetables
- 1 teaspoon black pepper
- 1teaspoon jerk seasoning
- ¼ cup tomato ketchup

METHOD:

1. Boil pasta elbows according to the package instructions and drain.
2. In a bowl, flake corned beef and set aside.
3. Heat vegetable oil in a skillet and sauté chopped herbs.
4. Add drained pasta to the sautéed seasonings and fold in remaining ingredients.
5. Garnish and serve hot.

QUOTE OF THE MONTH

"When Eskimo have money him buy fridge." -When some people find themselves with a little extra cash, they spend it on things that they don't even need.

JAMTAINMENT:

A police officer pulls over a speeding car. The officer says, 'I clocked you at 80 miles per hour, sir.' The driver says, 'Gee, officer I had it on cruise control at 60, perhaps your radar gun needs calibrating.' Not looking up from her knitting the wife says: 'Now don't be silly dear, you know that this car doesn't have cruise control.' As the officer writes out the ticket, the driver looks over at his wife and growls, 'Can't you please keep your mouth shut for once?' The wife smiles demurely and says, 'You should be thankful your radar detector went off when it did.' As the officer makes out a second ticket for the illegal radar detector unit fitted in the car he had just pulled over, the man glowers at his wife and says through clenched teeth, 'Woman, can't you keep your mouth shut?' The officer frowns and says, 'And I notice that you're not wearing your seat belt, sir. That's an automatic \$75 fine.' The driver says, 'Yeah, well, you see officer, I had it on, but took it off when you pulled me over so that I could get my license out of my back pocket.' The wife says, 'Now, dear, you know very well that you didn't have your seat belt on. You never wear your seat belt when you're driving.' And as the police officer is writing out the third ticket the driver turns to his wife and barks, 'WHY DON'T YOU PLEASE SHUT UP??' The officer looks over at the woman and asks, 'Does your husband always talk to you this way, Ma'am?' 'Only when he's been drinking..'

Reggae Dance Class



The cow foot edition is a most appropriate theme for Reggae Dance class held on October 4, 2011 at the Bird of Paradise Restaurant at 3:30pm. As usual the volunteers turned up excited to learn a few Dancehall moves to facilitate their need for dance. We all took to the dance floor with several dancehall moves sequenced together to form a warm up



routine, when visible sweat was seen and

audible gasps were heard, it was evident that the group was well warmed. After the warm up session the volunteers were introduced to a few of the trending dance moves; these moves come in handy to the volunteers when they are in party mode and want to showcase some of their newly acquired skills. The featured new moves were the “splice,” “winnings” and the suggestive in meaning not necessarily motion, “cow-foot” dance. After our lessons on those moves we warmed down and basked in the afterglow of a good dance work out. By the way, thanks to those volunteers who wish to remain unnamed for “bussing” the “cow-foot” dance at a karaoke event.

Patois and Culture Class



Patois and Culture Class was held on October 11 at the Projects Abroad Jamaica volunteer lounge. The class followed the standard trend, where volunteers introduce themselves to the general group. Later the

volunteers were encouraged to share patois words or phrases they heard on a daily basis while living their Jamaican experience. One of the volunteers shared the phrase, “im lick mi”- he hit me- the Social Manager also brought a list of patois words/phrases to share. The Social Manager went on to discuss the standard hand-out (printed from a power point presentation). The Social Manager asked the class questions in an oral quiz- like format and encouraged the volunteers to answer, the Social Manager would then expound on the answers, giving volunteers a clearer understanding of each element involved in the structure of the Jamaican Patois. We also did a few patois translations and looked at a few of the body parts in Patois. We then went into the culture section, where we discussed traditional drumming in Jamaica. Mr. Hewitt was invited to perform on the jimbe drum, volunteers got to sing a traditional folk song to the drumming and a volunteer Michael got the opportunity to play the drum.



Cultural Experience

Our second visit to the Turtle River Falls formerly the Enchanted Gardens came on October, 20. Volunteers and staff journeyed to Ocho Rios- St. Ann approximately two



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hours from Mandeville to tour and simply enjoy the environmental delicacies of the property. Upon arrival we were greeted by a pleasant staff member who collected our entrance fee of one thousand Jamaican dollars per person, we later received a tour of the eco-property, where we were introduced to various flora. We also observed a few of the other specialties of the property such as the Japanese Koi and the diverse birdlife- this we enjoyed at the property’s aviary. After the tour the volunteers enjoyed swimming in the pool- volunteers organized a few hilarious water games, such as volleyball etc, - and falls, others relaxed while enjoying the scenery. Lunch of Jerk chicken, festivals, rice and peas, fish fillet, chips and various beverages were provided by Projects Abroad. After a day well spent we began our journey back to Mandeville- of course- with one ice-cream stop in between!

Dirty Day

The Granville Place of Safety has recently been featured in an unflattering exposé on Television Jamaica highlighting some of the gaps in the provision’s day to day operations. The facility’s lack of healthy educational and therapeutic environments for the young

women who are between the ages of nine and eighteen years of age emerges as one of the issues. Based on this background Ms. Marie Sparkes, Placement Supervisor at Pure Potential's sub component of the Care project, requested a Dirty Day activity for Granville. Subsequently the volunteers and staff of Projects Abroad Jamaica journeyed to Trelawny, Falmouth on October 28, 2011 to embark on "Project Facelift." We painted several sections of the facility and also spared a few of our limited moments to talk to a few of the girls, giving a listening ear and giving our support in various ways of kind. We concentrated on two classrooms, one sewing room, the dining room, two bathrooms and the front walls of the main building. We used bright colours of sunshine yellows and green to brighten the space. Also papaya was used to create an entirely different look in the girl's bathrooms. We worked quickly and thoroughly considering our long journey back into Mandeville. The staff were highly appreciative of our efforts and gave us a heartfelt thank you- they also extended an invitation for another Dirty Day project. On our journey back to Mandeville we stopped in picturesque Falmouth to purchase lunch for the hardworking, and by now, highly peckish group.



UPCOMING SOCIAL EVENTS – WHAT’S ON THE CALENDAR!

- Patois and Culture Class: **November 1, 2011**
- Reggae Dance Class: **November 8, 2011**
- Dirty Day: **November 11, 2011**
- Cultural Experience: **November 30, 2011**

UPCOMING COUNTRY EVENTS – WHAT’S ON THE CALENDAR!

- Ocean Style Celebrity Golf Invitational: **November 5, 2011**
- Jamaica Triathlon and Wellness Festival : **November 11-13, 2011**
- Restaurant Week: **November 11-19, 2011**

Jamaican Patois Words...

- **Bandulu-** swindle
- **Clappas-** fire cracker
- **Fambly-** family
- **Idrin-** friend
- **Sawlt-** bad luck

New Reggae Songs for October 2011:

- | | |
|-----------|---|
| 1 | Settle down- Mavado |
| 2 | Tun up mi ting- Khago |
| 3 | Ravin- Pop caan |
| 4 | Duh road- Mavado |
| 5 | Cheaters prayer- Chris Martin |
| 6 | Only man she want- Popcaan |
| 7 | Got to luv u- Sean Paul |
| 8 | Street Hustle- Specialist |
| 9 | JPS- Agent Sasco |
| 10 | Imma need security- Munga, Super Hype & Chi Ching |

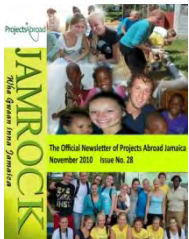
Social Media is the current trailblazer for Interactive, Instant and Irie Information. Projects Abroad Jamaica is certainly trendy and has logged on to the latest social media offerings get your slice of the pie- Irie Jamaican happenings...

facebook

Facebook helps you connect and share with the people in your life.



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... [Projects Abroad Jamaica](#)



Read about the adventure and guess Jamaican Riddles, plus much, much more.
Here is the link... [Jamaica newsletters.](#)

mytripblog

Interested in reading our exciting blogs then follow this link... [Country Blog!](#)