

Projects Abroad

# JAMROCK



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WAH DE OCCUR!!



**THE OFFICIAL NEWSLETTER OF PROJECTS ABROAD JAMAICA**

**OCTOBER 2011**

**ISSUE NO. 39**

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### MESSAGE FROM THE TEAM

I am not sure if I am the only one who has arrived at a rather bizarre conclusion - do you find that most people you know are born in the month of September - hmmm I wonder.

Well let's not wonder too much about what took place at Projects Abroad Jamaica in this bountiful month. There were twenty two arrivals in September; the Norwegians in an unusual turn of things represented this time around with four persons making our arrival list, as usual Germany was the country to beat.

Projects Abroad Jamaica is still in strategic thinking mode and we are working on maintaining that. Philanthropy was high on the agenda this month as a few

volunteers gave meaningfully to ensure that children at the orphanages were catered for. Volunteers in general are still working hard in a similar sense to ensure that their placements continue to benefit. There is an enthusiastic thrust among volunteers to provide the best and have as much work done at the placements.

Activities have been well supported at Projects Abroad both by staff and volunteers- the activities provide an ideal platform for staff and volunteers to bond and it must be mentioned that we are seeing an increasing number of volunteers engaging staff much more outside of the routine professional talks and are making light chatter with staff, sometimes even stopping by the office to simply talk about their day or general things.

Immunitative - Projects Abroad Jamaica and BridgIt's project to construct a state of the art care facility for youths living with HIV/AIDS is now in full swing. We are in full preparation gear to ensure that this vision will materialise by 2012. We encourage persons to assist with this vision by providing care or cash. Persons are encouraged to contact the office for further information as well as visit the Immunitative Facebook page to stay informed about new developments.

Thanks to all the volunteers for making Jamaica their preferred volunteering destination. Visit soon or simply check out our [Facebook page](#) or visit our [blog post](#).

JAMAICA IS JUST AWESOME!!

(Contributed by Sarah Callus four (4) month Teaching volunteer from Australia)

Picture this....walking out of Kingston Airport late at night and feeling the warm Jamaican temperature, being greeted by two smiling and welcoming Jamaicans from Projects Abroad who happily take your bags, and lead you to your car. Sitting in the car friendly conversations take place and culture exchanges already begin, the interest to learn about your home country has risen and all your questions about beautiful Jamaica are happily answered. Whilst these discussions are happening reggae music is all over the radio, or if you request to listen to CD's it is a more then welcomed request, because once Jamaicans know you enjoy their music you will be hearing it as often and as much as you want!

As you drive to Mandeville and reach towns along the way the Jamaican night life is buzzing, music is blaring and the laughter of people is heard as you look out your window. It does not matter what night of the week it is, if Jamaicans are up for a night out or even just to go and socialise with family and friends they always make the time and enjoy themselves. Reaching your home and being greeted with a huge hug and smiling faces is one of the most welcoming and overwhelming feelings! Travelling by yourself may be daunting, especially when you are

going to live with a family you have never met before, therefore to feel welcomed from the first second you meet is the best feeling you could have wished for!

My name is Sarah Callus and I LOVE JAMAICA!!! I am 22 years old and live in Australia. Jamaica has been my dream destination for many, many years, to be able to go and help out was seriously one of the best experiences of my life so far. Of course everyone is going to have their own unique experience when they travel to this amazing country but I'm going to tell you a little bit about mine.

Bobby and Marie Hanson, and Fiona are my Jamaican family!!! The bond we had was unbelievable and I am so grateful for being given the chance to meet them and be a part of their family for just under 4 months! I loved attending their church on a Monday night and meeting all of their extended family and friends. The kindness and helpfulness of my family was amazing, I seriously felt like part of the family. I arrived in Jamaica in March 2011 and began my Teaching placement at Woodlawn School of Special Education. I was placed in Mrs. Henry's class where I was able to meet the fantastic students in readiness 1 class. Mrs. Henry was so welcoming and allowed me to help out in class in any way I was happy to, I took a few of my own classes, but it was the one on one time that I spent with each of the students that I felt to be most effective. Walking in to

class each morning and being hugged and greeted by the students was wonderful. Hearing the excitement in their voice as they tell you about their night and what they got up to with their family, or telling you how they practised sounding out the letters in their spelling words as you had helped them with the day before, was honestly a warm and happy feeling for me! The staff and students made me feel so comfortable, I was able to use my initiative and always seek advice from the teachers. I was lucky enough to be there for their sports day which was a great event.

Going to work each day always gave me a lot of fun, happiness, challenges, learning curves, and enjoyment. Throughout the whole of Jamaica music is the heart beat! No matter where I was, school, home, at a friend's house or walking down the street, music is everywhere; people are singing and dancing even if it is to their own beat. When the students had free time they would love to use their hands and feet to make the beat of the new Mavado song or a gospel song and begin to sing. I learnt a lot from the students about their culture, and they even helped me to understand the words in Jamaican music! I was then singing along with them, and they would laugh because I actually caught on to the words, being with the students was a lot of fun.

I also completed a month long placement at New Hope Orphanage, where I was teaching the older children along with another volunteer. Working in any orphanage makes you feel certain emotions, and also makes you get attached to the children, which is what happened! Taking class was very difficult at

times, but with a lot of patience and persistence small goals were met. Just like the students at Woodlawn I learnt a lot from the children and enjoyed their company. The students are full of life and questions, they love to learn about you so don't be afraid to share stories and teach them about your own culture.

Travelling to both placements every day, I was surrounded by beautiful green and mountainous scenery. Jamaica is truly a beautiful country; you will find some of the most amazing beaches, breathtaking waterfalls, gorgeous green mountains and bright colours and music everywhere! The amount of fresh fruit available is just amazing, whether you're walking through the town of Mandeville or at the beautiful Treasure Beach fruit is not scarce! It is very sweet and I found so many new fruits to try, if you are a fruit lover like me you will be in heaven. Mangoes are delicious, drinking coconut water out of the coconut is brilliant, and grabbing as much pineapple as you like is very convenient and so yummy.

Having the opportunity to travel around the country allowed me to explore so much of Jamaica and experience the culture. I will never forget: climbing Dunns river falls at Ocho Rios, soaking up the sun in beautiful Negril, piling in the back of a truck to travel to some of the most beautiful waterfalls in Portland, rafting down the Rio Grande in Portland, hanging out by the beach eating fruit and watching my friends enjoy their football, experiencing Jamaican stage shows and concerts that were just awesome, exploring the city of Kingston, visiting the

Bob Marley museum, going to Bob Marley's resting place in Nine Mile where I was able to see his grave and venture through his home town, spending time with my new friends in the beautiful, peaceful town of Treasure beach, eating jerk chicken, Ackee and Saltfish, my favourite dish - which is the nation's national dish - hearing music everywhere I go, the big set up of speakers in town with mad beats playing all day, and most of all, feeling like a local. I made so many Jamaican friends, not only my family, students and teachers but the fruit men, the jerk chicken man, friends in other towns, I could walk down the street and stop for a chat anywhere.

All the staff at Projects Abroad was always so kind and helpful - you can learn a lot from them - our patios and reggae classes were always a lot of fun. Not only do you make friends from Jamaica but friends from all over the world, so many nations all meet together in this one place... Jamaica. You learn so much about their cultures and you make some very good friends. Travelling together on the weekends is always exciting; exploring new parts of the country with those who also share the passion for Jamaica is one of the best experiences ever.

Whoever reads this and can't wait to start their own Jamaican journey, I say go in with the passion to want to learn and embrace such a wonderful, different, colourful and fun culture. The only negative I have is the moment you have to leave and say goodbye to your new friends, and to Jamaica. If you grow the love for this country that most volunteers do you will also be saying...mi soon come back!! I cannot wait for the day that I return

and visit my family, students, the staff and all my friends! MAKE THE MOST OF YOUR EXPERIENCE AND HAVE FUN!!!! ONE LOVE!

**Sarah Callus with newfound friends**



**Sarah on the job...**



(Written by Social Manager from a phone interview with Ms. Vivia Williams host mother)

Ms. Vivia Williams is certainly not an amateur in this serious game of hosting Projects Abroad Jamaica volunteers; she definitely has all the right moves. Having hosted volunteers since 2008, she has experience to lend. Bypassing the time-outs she is guaranteed to always provide a familial and loving setting for all her extended overseas family.

To date she has hosted twenty (20) volunteers introducing them to the cultural aspects of Jamaica, such as inviting volunteers to church, playing dominoes with them and of course cooking up some delicious Jamaican food.

Still on the topic of food Ms. Williams says most times she prepares vegetarian dishes; there are times, however, when volunteers will occasionally request their favourite dishes; on the special request menu is, sweet and sour chicken, stewed beef, corned beef with cabbage and creamed potato. For the sweet toothed volunteer she will also make rich coconut drops too, as we say in Jamaica, sweet up the mouth.

She mentioned that she generally has a good relationship with all the volunteers as they are personable. When asked about an outstanding

memory, Ms. Williams quickly recalled two: one of Ms. Williams volunteers' had unfortunately gotten sick while volunteering here in Jamaica and was in the hospital. She went to visit her and brought soup for her- the soup was a good get well gesture as the volunteer hailed the soup as the best she had ever had, until this day the volunteer keeps in touch with Ms. Williams and will still reminisce about the soup. She also recalls going home to see a bouquet of beautiful flowers on her bed with a card expressing gratitude and appreciation, Ms. Williams said she was touched by the gesture.

Her final thoughts on this experience is that she would recommend being a host family with Projects Abroad Jamaica to anyone; she said with the right guidance, a little strength and appreciation for challenges this is a perfect opportunity for persons to form life-long bonds and support a meaningful programme.



**Ms. Vivia Williams**

Written by Social Manager from a phone interview with Ms. Sharon Pitter, Placement Supervisor at Percy Junor Hospital)

Percy Junor Hospital is a Type C Hospital and provides basic medical and surgical services. It is situated in Clarendon, near the border of Manchester. It has a bed capacity of one hundred and nineteen (119) with an average occupancy of 74% and serves a population of approximately two hundred and fifty thousand (250,000) people in the neighbouring parishes of Clarendon, St. Ann and Trelawny. It offers inpatient and outpatient services which include general medicine, curative management, surgery, obstetrics, child and maternity care. Basic X-ray and laboratory services are usually available.

Ms. Sharon Pitter is the Placement Supervisor at the Percy Junor Hospital and has seen, in her words, "a lot of volunteers" since the 2009 period when Percy Junor started accepting volunteers.

Ms. Pitter said the volunteers are very helpful and have filled many gaps within the daily operations at the hospital. Volunteers have assisted in taking samples to the laboratory and preparing medication carts. Volunteers are also involved in observing surgeries and observing doctors on ward rounds, among other tasks given to the volunteers based on their level of maturity,

experience and work attitude. She went on to say she is grateful for the experience and thanks Projects Abroad Jamaica for a meaningful partnership.

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CARE PROJECT UPDATE



## The H-Factor

Healing Hands, Helpful Heart

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It is amazing how much we take for granted in life. We go about our business effortlessly, without regard for the physiological processes involved in something as simple as motion. Well motion was the preoccupation of care volunteer Marte Vaage who works at the New Hope Children's Home. A

trained nurse she immediately saw the need to provide intervention for a five year old girl who suffers from spastic cerebral palsy. She realised that the little girl required stimulation in order to reduce any further damage to

her muscles. She has been exercising the muscles on her arms and legs using a technique called muscle-stretching. She executes each stretch with

very low intensity and holds them for at least 30 seconds. On the hand she pays special attention to wrists, elbows and arms while the knees, ankles, and feet of the legs received similar care. The physical therapy provided such high level of stimulation that young Shanel made many attempts to communicate in her inaudible sounds and vivid facial expressions. Limited in her range of motion and virtually speechless, this little girl brings unimaginable joy to a young vounteer whose commitment to restore her motor funtioning is matched only by her skill and expertise. She certainly has the H-Factor, healing hands and a helpful heart.

There is much more to be expected from this promising, caring professional.

## TEACHING PROJECT UPDATE

### TING –A-LING-A-LING SCHOOL BELL RING, IT'S BACK TO SCHOOL AGAIN

I was in a taxi earlier this month when I heard the song “ting –a-ling-a-ling school bell ring, its back to school again.” I guess the DJ played it because it was just about the beginning of the new school week where the school bells would ring to herald the start of classes and the inflow of our Teaching volunteers.

The first day of school saw the Villa Road Primary and the Woodlawn School of Special Education with our Sport and Classroom Assistant volunteers respectively. Later another volunteer was placed at Villa Road and McIntosh Primary and by the 28th and the 30th two others will be placed at Bethabara Primary on the Sports project.

Anders Kroman, the Sports volunteer at Villa Road facilitates Physical Education classes as well as assists in coaching the school's football team. Pascal, who had initially volunteered for sports at Villa Road, opted for classroom assistance, so he assists the reading teacher who has a group of ten students at any given time. Pascal does individual tutoring and periodically works independently with two students.

The supervising teacher at Woodlawn lauded Karoline's dedication to the students of the Pre-Readiness class (the beginner students). With the teacher's assistance she identified two students who

needed additional help and for an hour each day she meets with either of them. She also independently does circle time, a one hour session each day of songs and activities to reinforce the previous lessons taught. The charts added to the classroom will be evidence of her creativity and love for her work and students.

Angus at the McIntosh Primary works with the grade 5 students in teaching Visual Arts and assists them with their journal writing. He also assists with a major art project which the students have as a requirement of their Visual Arts curriculum; we anticipate the end product.

The new school year started with a bang and undoubtedly the sound will travel right through to October and beyond. Our volunteers lined up for next month are very excited about their volunteering experience in Jamaica and we are even more excited about having them and sharing with them part of our Jamaican roots. We anticipate the dedication they will bring to their placements and the “one love” they will feel with our people.



September is now archived in the Projects Abroad Jamaica book of Records and as our bright morning sun follows our moonlit nights, October will open to capture the record-breaking events of our volunteers. See you next month...Walk good.

#### MEDICINE PROJECT UPDATE

### “WI LIKKLE BIT BUT WI TALLAWAH”

“Wi likkle bit but wi tallawah” is an old Jamaican proverb translated we are few in numbers but mighty in our actions. The three Medical volunteers for September epitomized that saying through the tremendous work they did at their placements.

The Mandeville Regional Hospital (MRH) hosted our lone Pro Physiotherapist, Rikke who displayed, according to her supervisors, “consistent and steady work ethics.” Despite the difference in service delivery within her home country of Denmark, Rikke was able to surmount those challenges and offer a superior service to our Jamaican patients. She assisted the attending Physiotherapists in guiding the patients through their exercise routine and therapy, sometimes assisting with up to seven patients on any given day.

Carmen and Michael at the Percy Junor Hospital have been rotating among departments and wards. Daily ward rounds with very engaging doctors, feeding, walking

and changing patients, dressing wounds, blood work testing, prescription filling, surgery observations and emergency room treatments form the routine of their days.

“The experience has been overwhelming, so many new things I have learnt that definitely will help me,” were the words of Carmen. Michael, a pre-medical student who found working in the lab most exciting had this to say of his project: “although there are days when there may be little work especially on the wards, you have to constantly find things to do and make yourself worthwhile. I absolutely love it”

The “tallawah” work of our Medical volunteers left their placements and patients grateful for their selfless service and as September sinks into the year, so will the memories of our volunteers’ service sink into the hearts of our Jamaican people.

See you in October when we will again bring you the lifeline of our Medical volunteers.



**Rikke Birkel- Medical Volunteer**

## COMMUNITY AND CULTURE PROJECT UPDATE

In September there were two volunteers working on the Culture and Community Project. Both volunteers contributed their time on the Building project, which saw them taking on various types of mission in different parts of the Island. The volunteers have had a tremendous time doing outreach work and the fact that they have enhanced the living circumstance of someone in need put a big smile on their faces.

Let us now take a look at what the volunteers have been up to:

The VIP project is back on stream, “Now don’t get it twisted” this VIP does not mean “VERY IMPORTANT PEOPLE” in this case but “VENTILATED IMPROVED PIT”. These are toilets that are built outside the home of person who does not have any toilet. Unfortunately some people are not able to afford the privilege of a flushing toilet so this is where the VIP comes into place.

The volunteers along with the ADRA workers have been travelling in and out of Manchester to install these VIPs. The installation consists of:

- Digging a hole in the earth about 10 - 12 feet deep
- Packing the hole with stone or cutting out the bottom of two 6 feet drum and placing it in the hole
- Building a small house over the hole ( this is build with zinc )

- Adding the flooring to the structure and putting a lovely broad toilet with a soft spongy seat on it over the hole

Now some persons would say ‘oh my God’ when they read this but the people who will be using these VIPs will be saying thank you Lord for this great privilege. Thanks to ADRA and the volunteers.

Not only were the volunteer busy making VIPs but they were also involved in building and repairing houses and fixing damage roofs. The next stop for the volunteers and ADRA will be Portland where they will be camping over to complete 50 VIPs. You can read about it in the next newsletter.

I just want to say a big thank you to all the volunteers who work selflessly to help those who need it the most.

BIG UP U SELF AND ONE LOVE FR JA  
☺



**Volunteer on the building project**



# DONATIONS

## DONATIONS

Volunteers gave...

Sarah Riley (Two Week Special volunteer) donated the following items to Hanbury Children's Home:

- ✓ 1 small first aid kit
- ✓ Baby wipes
- ✓ Wet ones

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Olivia Paty (Two Week Special volunteer) donated the following items to Hanbury Children's Home:

- ✓ 1 ball
- ✓ 2 tambourines
- ✓ 2 packs of markers
- ✓ 3 packs of crayons
- ✓ 2 skipping rings
- ✓ Hair accessories
- ✓ 5 colouring books
- ✓ 4 animal fact books
- ✓ 5 flash card sets
- ✓ 2 colouring crafts
- ✓ 3 puzzle boards
- ✓ 1 puzzle
- ✓ 1 story book "Robin Hood"
- ✓ 2 packs stickers
- ✓ 2 mad gab books

## DONATIONS

Virginia Pauletto donated the following items to Hanbury Children's Home:

- ✓ 2 number books
- ✓ 4 colouring books
- ✓ 2 English books
- ✓ 1 activity book
- ✓ 2 puzzle games
- ✓ 3 story books
- ✓ 2 pencil crayons
- ✓ 6 markers
- ✓ 2 pencils
- ✓ 4 packs pencils
- ✓ 6 pens
- ✓ 2 rulers
- ✓ 2 packs of water colour paint
- ✓ 2 packs of glue
- ✓ 3 packs of erasers
- ✓ 3 scissors
- ✓ 5 note books
- ✓ 3 drawing pads
- ✓ 2 packs craft paper



Hitomi Myoseki, first Japanese volunteer on the Building project.

## A CLOSER LOOK AT LEE SCRATCH PERRY

*(Article put together from Wikipedia the free encyclopedia/ [www.wikipedia.com](http://www.wikipedia.com))*

**Lee "Scratch" Perry** (born **Rainford Hugh Perry**, 20 March 1936, Kendal, Jamaica) is a musician, who has been influential in the development and acceptance of reggae and dub music in Jamaica and overseas. Perry's musical career began in the late 1950s as a record seller for Clement Coxsone Dodd's sound system. Disagreements between the pair due to personality and financial conflicts, a recurring theme throughout Perry's career, led him to leave the studio and seek new musical outlets.

In the early 1970s, Perry was one of the producers whose mixing board experiments resulted in the creation of dub. In 1973, Perry built a studio in his back yard, The Black Ark, to have more control over his productions and continued to produce notable musicians such as Bob Marley & the Wailers, Junior Byles, Junior Murvin, The Heptones, The Congos and Max Romeo. Perry remained behind the mixing desk for many years, producing songs and albums that stand out as a high point in reggae history.

By 1978, stress and unwanted outside influences began to take their toll: both Perry and The Black Ark quickly fell into a state of disrepair. It was not until the late 1980s, when he began working with British producers Adrian Sherwood and Neil Fraser (who is better known as Mad Professor), that Perry's career began to get back on solid ground again. Perry also has attributed the recent resurgence of his creative muse to his deciding to quit drinking alcohol and smoking cannabis. Perry stated in an interview that he wanted to see if "it was the smoke making the music or Lee Perry making the music. I found out it was me and that I don't need to smoke." Perry now lives in Switzerland with his wife Mireille and two children. Although he celebrated his 70th birthday in 2006, he continues recording and performing to enthusiastic audiences in Europe and North America. His modern music is a far cry from his reggae days in Jamaica; many now see Perry as more of a performance artist in several respects. In 2003, Perry won a Grammy for Best Reggae Album with the album *Jamaican E.T.* In 2004, Rolling Stone Magazine ranked Perry #100 on their list of the 100 Greatest Artists of All Time.

## **JAMAICAN RECIPE:**

### Jamaican Honey and Coconut Shrimp Recipe

#### **INGREDIENTS**

1 ½ lbs. jumbo shrimp  
¾ pkg. flaked Jamaican coconut  
¾ cup flavored breadcrumbs  
2 eggs, beaten  
½ cup flour  
3 tbsp. heavy cream  
1 tbsp. honey  
Oil, to fry

#### **PREPARATION**

1. Clean and butterfly shrimp. Mix eggs, heavy cream and mustard in small bowl. Mix crumbs, Jamaican coconut, and flour in another plate.
2. Dip shrimp in egg mixture and then coconut mixture. Press Jamaican coconut mixture onto shrimp to hold. Place coated shrimp on wax paper until ready to fry. Heat oil until hot and fry shrimp until golden.
3. Serve with honey sauce on the side.

## **QUOTE OF THE MONTH**

**If a man is not faithful to his own individuality, he cannot be loyal to anything. Claude McKay**

## **JAMTAINMENT:**

There was once a very old couple who could not hear well. One day the old man said to his wife, “Mazie, yu know afta all these years mi still love yu” (after all these years I still love you) so miss Mazie said, “yes Albert, afta all these years mi tiyad a yu to”. (After all these years I am tired of you too).

## Reggae Dance Class



We definitely 'swagged dung di place' (swag down the place) in paradise on September 6, 2011. Volunteers and staff were in their full element and represented the dancehall energy really well. All were eager to work up a sweat and showcase their new found swag- swag on the dance floor. The thumping Dancehall sound reverberated through the Bird of Paradise Restaurant and the music had a power of its own driving us to the point of Irie heights. The class began with two warm-up sequences. One was more slow paced and was meant to give volunteers a chance to become comfortable with the new moves, the second warm-up was more high energy and was meant to have the volunteers properly warmed. They were introduced to the latest dance move- 'Splice' also the 'Swag dance' was introduced and re-introduced, also there was a

recap of 'Puff the cloud' and 'Wheel chair' with a new variation. They were also allowed to freestyle- let loose and give their dance moves. Later a dance sequence was put together and they executed the moves really well. At the end of the class everyone was warmed down and was satisfied with the good work out.

## Patois and Culture Class



Patois and Culture Class on September 20 offered something new and interesting; Volunteers and staff were seated in the volunteers' lounge to experience what Jamaican Patois was all about-well more so for the volunteers. The class began with the customary sharing of patois/word or phrases- this section afforded volunteers the opportunity to throw out patois words they heard from Jamaicans during their daily life, which they did not understand or wanted to know the meaning of. Two volunteers offered words- normally the words would be included in the report, but I am sure you can assume

why this time around, the words will go unmentioned. The Social Manager later presented a word list with several words and phrases, which were later discussed with the group. “Oye deh” meaning hello there, “Dun know” meaning exactly/that sums it up, were a few of the patois utterances discussed. Also portable boards were used to display patois words and volunteers were asked to match the patois words to the English ones- three volunteers, Michael, Marissa and Max-Niclas went up for the challenge, all three did a good job, however Max was the winner; one of the problem words for the volunteers was “Faas” which means nosy or inquisitive in English. The culture section’s presentation was about dub-poetry, a brief introduction about dub poetry in Jamaica was given, quickly following the introduction, award winning (Jamaica



Cultural Development Commission JCDC performing arts winner), Daniel Deer was invited to give the volunteers a first-hand look at a dub-poetry performance.

## Dirty Day

Like surgeons we adopted the technique of clinical precision and applied it to the task of repainting and cleaning the exterior walls of the Percy Junor Hospital. Volunteers and staff once more journeyed to one of our valuable



placements to help make things that much brighter and lighter. The Projects Abroad team was asked to repaint the outside of the



hospital giving the side entrance a brand new, clean look; also a few volunteers and staff painted the columns and walls of the main waiting area, the outside walls under the main Percy Junor sign, the windows and ledges of the main walkway and washed the stone walls free of grime and dirt. The volunteers and staff were very active in carrying out the facelift. The job was thorough and well done, a few of the volunteers even looked on at the job after it was complete and remarked we really did a good job and that the place looks different. The hospital really looked remarkably different after the job was completed. The volunteers and staff, also known as the surgeons, washed up and

packed the Dirty Day material neatly to the side and waited for the bus to take us back to Mandeville.

## Cultural Experience

On our second journey to Appleton Estate volunteers and staff looked forward to the cool and easy ride to St. Elizabeth. Volunteers took in the scenery and made light chatter with each other. The green expanse and rustic images leading to Appleton Estate were a treat for one's mind, reminding everyone just how beautiful and unique Jamaica was. Glancing at people periodically I could observe the tranquil features of the volunteers taking it all in and concluded they were happy to be on this journey. Upon arrival it was evident that Appleton was still keen on proper upkeep of the property, the lawns were still green and fresh and properly manicured. Entering the foyer of Appleton Estate we were greeted pleasantly by staff, we payed our entry costs and entered the restaurant, where we served with refreshing cool-down drinks. After watching an informational video on the rum making process, our 'official' tour guide, Norman, was there to give us a comprehensive and informative tour of the property and also a scientific look at the rum making process. As usual he was colourful with his explanations and always prompted us for participation and encouraged us to ask questions. We went through the tour, having enjoyed the highlights such as viewing the 'donkey mill,' eating wet sugar, drinking cane juice and taking the famous Appleton picture...our grand finale was spent learning about the various Appleton products and sampling a few of the products to give them feedback, as in research type information. After the tour we journeyed to Black River

where we all split up to have lunch at various eateries, most of the volunteers stopped at Juici Patties. After lunch we made our way back to Mandeville. It was an enjoyable trip.



**UPCOMING SOCIAL EVENTS – WHAT’S ON THE CALENDAR!**

- Reggae Dance Class: **October 4, 2011**
- Patois and Culture Class: **October 11, 2011**
- Dirty Day: **October 21, 2011**
- Cultural Experience: **October 27, 2011**

**UPCOMING COUNTRY EVENTS – WHAT’S ON THE CALENDAR!**

- Annual Hook ‘N Line Canoe Tournament: **October 15-17, 2011**
- National Heroes Day: **October 17, 2011**
- Heroes Day Race Meet: **October 17, 2011**
- Oktoberfest: **October 28, 2011**

**Jamaican Patois Words...**

- **Bud-** bird
- **Dinna-** Dinner
- **Gwine-** Going
- **Junju-** fungus
- **Seh wah-** say what (exclamation)

**New Reggae Songs for September 2011:**

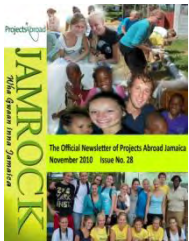
- |           |   |
|-----------|---|
| <b>1</b>  | Settle down- Mavado                               |
| <b>2</b>  | Tun up mi ting- Khago                             |
| <b>3</b>  | Ravin- Pop caan                                   |
| <b>4</b>  | Duh road- Mavado                                  |
| <b>5</b>  | Cheaters prayer- Chris Martin                     |
| <b>6</b>  | Only man she want- Popcaan                        |
| <b>7</b>  | Got to luv u- Sean Paul                           |
| <b>8</b>  | Street Hustle- Specialist                         |
| <b>9</b>  | JPS- Agent Sasco                                  |
| <b>10</b> | 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...

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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.](#)

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