

# JAMROCK



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## WAH DE OCCUR!!



THE OFFICIAL NEWSLETTER OF PROJECTS ABROAD JAMAICA

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## MESSAGE FROM THE TEAM

Août, hachigatsu, augustus, آگ و ست و اوت in any language it's still August!

Projects Abroad Jamaica spent this month understanding the languages- not in the literal sense- but we paid closer attention to the dynamics of the operations of Projects Abroad Jamaica and tuned in to fulfill the needs of the volunteers on a level based on strategic thinking. We had thirty new arrivals - the final batch of Two Week Special volunteers were also in the mix. The Two Week Special volunteers were highly participative, personable and mature. They came with a productive purpose and they worked hard to stay true to that purpose.

We had volunteers making debut

appearances on a new component of the Care project; the Medical project was alive with a vibrant Irish charm, the Building and Disaster Management volunteers continue to do meaningful work. The cycle of things continued in a demanding manner - the workload is still a bit heavy, however closer to the end of the month things have gradually trickled to a steady stream. The monthly calendar was still packed and a handful of activities unfolded with humour, relaxed enjoyment and of course enthusiasm.

As usual the staff was on hand to meet the demands - even with the anticipated steady stream, there is still a fair amount of work to be done - it was an incredible effort and for that we thank all the staff for going above and beyond the call of duty. Early mornings, late nights, tours, placement visits, overall coordination of the operations and the list can go on and on. It was an experience we will all value as we progress in the circle of life.

Many thanks to the volunteers also 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 "languages" in this issue of JAMROCK.

### CLICHE OR NO CLICHE, I HAD THE TIME OF MY LIFE IN JAMAICA

*(Contributed by Andrea Wensits, 1 month  
Care volunteer from the United States of  
America)*

I hate to lose my sense of originality by using a cliché to start off the sum of my adventures in Jamaica, but I feel it is the only way, so here it is...

It seems as if it was just yesterday when I stepped off my plane and arrived in Jamaica. You can only imagine all the thoughts and feelings that were running through me as I walked down the hall; pure anxiety and fear. For some reason, going through customs always makes me a little uneasy (it may be from the time I forgot to declare a wooden turtle and got searched and interrogated as an eight year old child). However, once I passed through customs my emotions quickly changed to excitement, curiosity and happiness.

I was warmly greeted and taken to my host family, where I immediately changed clothes and decided to play with my two little host brothers. This was a great experience seeing that they were amazed at my exceptional goal keeping skills, I don't know if it was the fact that my one year of soccer when I was six helped develop me into a top athlete, or it was the fact that this crazy 6'2" girl was diving onto the ground to try and stop a loose ball. I like to assume it was the former.

I came up with a theory while here in Jamaica, supporting why the Jamaican people are so friendly - I think it is of the taxi system, where as many people possible squeeze into the taxis and one endures a fast and winding drive as your legs dig into the back of the driver (especially if you are tall) you may step on the man's feet sitting to your left and you may use every abdominal and gluteus muscle to keep from sitting in the little girl next to you. The only way to make it through the awkwardness is to talk and laugh with those who you are so close to at the moment.

After taking one of these taxi rides I would arrive at my placement, Windsor Lodge Children's Home. When I would walk in and babies would come running at me just wanting to be picked up and spun around. I gladly obliged with all of them begging and picked up as many children as I could and acted as their own personal carnival rides. I spent the majority of my first week and a half in Baby Land where I played with all the little ones. I was constantly thinking of ways of explaining to the dreaded customs why I suddenly was coming home with ten children. Luckily because of my fear of customs, I eventually dropped the idea of pretending I was the next Kate Gosling (the mother in the American reality T.V. show called John and Kate plus eight) I remained happy in Baby Land until one day one of the baby's diapers got a little too full and as she was sitting on my legs. So I decided to try and find the older children who did not need to rely on diapers. This was the greatest thing that happened to

me in Jamaica, well, after I got the baby's accident out of my pants.



**Andrea Wensits doing serious work on a Dirty Day project**

When I started being around the older children I really bonded with them. We would play card games (where I was glad to meet people as equally competitive as me), baseball (somehow I was so slow that I got lapped while running around the bases), and I even had the privilege to help some children work on their math skills (me being the nerdy math major- I became really excited when I found people who wanted to learn). I gained more than just an experience from this trip- what I gained was friendships with a lot of special and unique children. One of the hardest things was saying goodbye; I was stalling as much as possible, but the time eventually came and as I walked down by the gate, a group of children stood there telling me I was not allowed to leave and had to stay longer. You can imagine how I was trying to hold back the tears and blamed the sudden change in my voice to being sick and the wet stuff dripping down my face must have been sweat...

These children deeply impacted me and I will never forget them. My time in Jamaica has been a memorable and exciting adventure. Between all the children I met and the

volunteers I travelled and hung out with; I formed friendships that I hope will last for a long time (or at least until I can use all the Europeans for a place to stay on my European adventure). There is so much more than just coming here and working for four to five hours per day. There are the evening hang outs, weekend trips, and the beloved taxi rides. There is no other way to end this except for another cliché- I had the time of my life- and I wish I could stay longer.

*(Written by Social Manager from a phone interview with Ms. Cordelia Blair, host mother)*

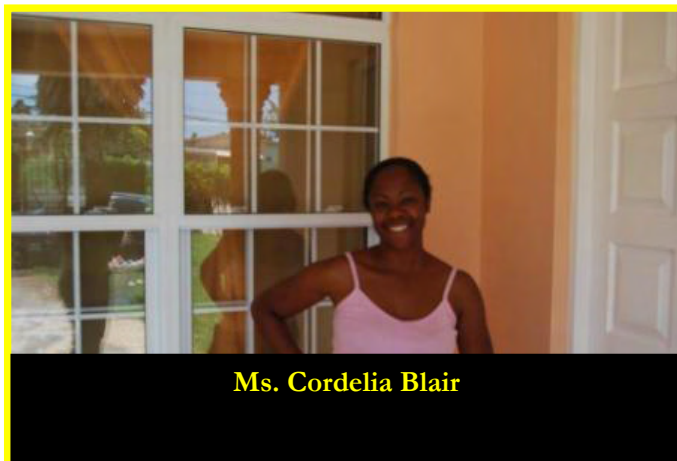
Ms. Cordelia Blair has been a host mother for one month, having hosted two volunteers; she says the experience has been fun. Even though Ms. Blair is relatively new to the hosting process, she has embraced her role and fully understands what is required of her as a host mother.

Catering to the volunteers' cultural needs, she brought the volunteers with her to church, introducing them to the religious aspect of Jamaica, also on a trip to see the rich history of Jamaica. Additionally Ms. Blair has prepared tasty Jamaican dishes, such as the popular rice and peas, jerk chicken and other chicken dishes. She has explained that although they enjoy the Jamaican meals there are times when they request a taste from home and she will prepare a more familiar taste for the volunteers such as shepherd's pie - having lived in the United Kingdom for several years she is familiar with preparing such dishes.

Ms. Blair has found that the language barrier can be a bit challenging at times. Her daughter devised a strategy to combat this challenge; they got a book and wrote down all the common-placed words from the foreign language and compiled a sort of translation dictionary.

She has one significant moment from her hosting experience. She recalls that one evening she was rushing home from Mandeville to prepare dinner, as she had already taken out the minced meat to thaw, upon her arrival home Nadja and her daughter had already prepared the meal - it was one of Nadja's favourite Italian meals.

"Mixing with different cultures is just fantastic..." Those were the words Ms. Blair used to describe the experience and she thanks Projects Abroad Jamaica for the experience.



**Ms. Cordelia Blair**

*(Written by Social Manager from a phone interview with Maxine Anderson, Placement Supervisor at Mico-Care)*

The Mico Care Centre, formally known as the Mico College Child Assessment and Research in Education (CARE), has several centres island wide and focuses on special education in Jamaica - also extending to the wider English-speaking Caribbean. The government funded institution caters to the needs of children with learning disabilities as well as gifted children - who have a high intelligence quotient (IQ), but are underachieving. Assessments have been conducted on more than 40,000 special needs children. An intensive programme, which combines remedial and counselling therapy, is used to help children, parents and teachers to manage the challenging consequences of learning disabilities and children with behavioural problems.

Ms. Anderson is currently the Placement Supervisor at the Mandeville centre located at 53 Main Street. The Mico Care Centre, Mandeville division has been providing placement services for Projects Abroad Jamaica volunteers for approximately a year; to date there have been four volunteers on the project.

Volunteers on the project will typically be involved in assisting with conducting these assessments, also attending behaviour

intervention workshops and assisting Ms. Anderson with additional tasks. Ms. Anderson further states that the workload can be demanding and the volunteers are usually of great assistance in completing the work.

She says that the older more mature volunteers excelled on the project and was observed using their initiative on several occasions. She recalls one case which involved Janice, a one month volunteer from the USA, who attended a parenting workshop and saw that the children were becoming restless at the break time; she quickly noted this and gathered the children to one side and read them a story.

Ms. Anderson's spoke laudably about the work of the volunteers' and Projects Abroad Jamaica by saying, "I really appreciate the volunteers' efforts as well as the work of Projects Abroad Jamaica and I must commend them on this great partnership."

## CARE PROJECT UPDATE

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## Every Second Counts

12 volunteers, 10 Days, 78 children, 1 incredible transformation



What can you do in 23,400 seconds? I can imagine the left side of your brain whirling around figures to see what this would add up to. Time tends to go by quickly when we enjoy what we are doing. This was expressed in August 2011 with the arrival of the last batch of two-week volunteers who spent 23,400 seconds with children in Jamaica, teaching them how to plan for their future by creating dream boards, and capturing snippets of their lives through the preparation of my life story books. Volunteers engaged children in very fun but simultaneously productive activities such as debates, general knowledge quiz, dance and drama, treasure hunts, etiquette, nutrition, story telling and poetry

writing. Both volunteers and children benefitted from the training of professionals in photography, sign language and roping where they were taught diverse camera effects and shots, how to effectively communicate with hearing impaired persons and different types of knots used in every day life.

An interesting component of the two-week activities was the vegetable garden which volunteers started and the various first-aid procedures taught during the "what to do when..." sessions. Other activities included art and craft and general indoor and outdoor games. The activities culminated with a grand concert and talent show where both volunteers and children exhibited their work and performed what they had learnt in classes such as sign language and roping. The group of volunteers were most vibrant, energetic, helpful and considerate. The children formed instantaneous bonds which were inevitably prematurely cut at the end of the two weeks and though it hurt the volunteers to leave they know that they added value to lives of these children. For six and a half hours each day (in case your brain is still calculating) these volunteers certainly helped, learned and explored but most importantly they reiterated the fact that every second counts. Thank you Cristina, Jessica, Momiji, Sarah, Olivia, Harry, Azan, Gabriel, Jennifer, Caitlin, Rebeka and Jocelyn. You have taught and reminded us to inspire, create, teach, laugh, learn, dream, believe, love, help, live, hope, but most importantly give. You have each given in your own unique ways and have by extension enriched the lives of our children. You have made changes and have been changed because of your passion. You have changed my life and many other too.

# The Voice of the Silent

Autism Speaks: Are you listening?



Not everyone can be a doctor, or nurse or teacher. We either don't have the patience to study many years, the tenacity to withstand adversity or the love to be repetitive and systematic. The personality traits and professional characteristics that embody these three professions are effortlessly demonstrated by Madeline Campbell from London England. A trained and certified Early Childhood Education Specialist, Madeline has transformed the quality of child care delivered to those with special needs in residential facilities in Jamaica. With training in Autism Spectrum Disorder she not only trained her colleague volunteers but staff at one children's home to identify and attend to the needs of autistic children using Picture Exchange Communication System (PECS). The concept is that a child who is unable to speak due to the disorder would be trained to be uninhibited by using pictures to express wants and desires. The child's favourite items such as toys, snacks and games are assembled with several other items for which there are corresponding pictures. The objective is to teach the child to communicate what he or she wants by pointing to the picture that corresponds with the particular object. Madeline explained that the process can be very time consuming, tedious and frustrating for both child and caregiver but gave rave reviews for its incredible use and potential.

Madeline's passion for child care and love for life was profoundly expressed in her decision to extend her stay in Jamaica for one more week in order to accomplish those goals and objectives she established after her first week of interaction with the children. A very professional, detail oriented, helpful, dedicated and pleasant volunteer who has taught us in many different ways the value of language and speech.

Think about the words you speak. Do they edify and uplift? Think about not being able to speak. Do you think your words would be different? Do not take your gift of speech for granted. Listen to your "inner autism". It is good to speak. It is better to listen.



## COMMUNITY AND CULTURE PROJECT UPDATE



**Tobias Runhaar helping out on the building project**



**Volunteers on the building project**

For the month of August there were a total of nine volunteers - three on the Disaster Management Projects and six on the Building Project. The volunteers continue to do their best and dedicate themselves selflessly to the cause of the projects. We are happy to say that they have done a great job. Let us now have a look at some of the activities that the volunteers were involved in.

### **Building**

These volunteers have put in all their muscle and time in this project. They continue to work in and out of Mandeville to assist individuals who are in great need. The volunteers assist with:

- Building houses
- Putting new roofs on houses
- Putting hurricane strips on houses
- Renovating a kitchen on a house that was burnt down
- Making foundation structure for outside toilets that they will be building

### **Disaster**

The volunteers were involved in a wide range of activities; first was the First Aid Workshop which was facilitated by the Manchester Parish Council. The volunteers along with other stakeholders were involved in two days of training. The training was to develop their skills in first aid and to better equip them on how to deal with a disaster situation if the need arise. The volunteers were actively involved and have achieved skills that they may use in the future. They were also involved in:

- Shelter inspection
- Designing a Disaster web site
- Researching climate changes
- Working in a rainforest
- Working on a disaster contact manual
- Attending meetings
- Writing up report for the disaster department

These volunteers have contributed a lot to the cause of the poor and vulnerable in Jamaica, they have all done their best to assist. Thanks to you some one knows how to prepare for disaster and thanks to you some have a roof over their head. We really appreciate all that these volunteers have done and we want to say a big THANK YOU.



# DONATIONS

## Volunteers gave...

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

- ✓ 3 large bars of chocolate
- ✓ 2 boxes of magnetized numbers and letters

Johanna Schroder donated the following items to Hanbury Children's Home:

- ✓ 3 pen sets
- ✓ 2 sticker and colouring books
- ✓ Balloons
- ✓ 1 book of plays
- ✓ 2 bottles of bubbles
- ✓ 1 CD "Disco Hits for Kids"
- ✓ 1 game set



# BOOK OF RECORDS



Sarah Virjens and Annelies Rutsaert; first volunteers to be placed at the Institute of Arts and Culture- a sub component of the Child Right's Initiative Project.

## Kingston on the Edge Urban Arts Festival

(Taken from the KOTE website at <http://www.kingstonontheedge.org>)

Kingston on the Edge (KOTE) is a weeklong celebration of creativity that has quickly become a much anticipated fixture on the local Jamaican art calendar.

Providing a forum outside of the traditional spaces, the festival allows the artists to express themselves and push the boundaries and definitions of their art, while offering an opportunity for artists, venues and the general public to interact creatively, with a view to developing and harnessing the incredible artistic potential of Jamaica.

KOTE is the brainchild of five friends (Beatriz Pozueta, Carolyn Lazarus, Enola Williams, Joaquin Portocarero and Omar Francis) who wanted to showcase Jamaican artists in a non-commercial manner. It showcases art and the artists who live and work in and/or are inspired by the city of Kingston.

The festival features painting, sculpture, photography, film, poetry, dance, theater, music, performance art, installations and anything else one can think of in the realm of artistic expression.

There is no other festival in Jamaica which does what KOTE does. KOTE provides a forum outside of the traditional spaces that allows the artist to express themselves and push the boundaries and definitions of their art. We have found that this environment motivates and inspires the artist to experiment with their craft often leading to the birth of new and exciting movements in the local scene.

The festival offers an opportunity for artists, venues and the general public to interact creatively, with a view to developing and harnessing the incredible artistic potential of Jamaica. KOTE usually stages its production in the month of June.

# JAMAICAN RECIPE:

## Jamaican Mango Cheesecake Recipe

### INGREDIENTS

1 cup cracker crumbs  
1 cup sugar  
1 tsp. Jamaican cinnamon  
½ cup melted butter  
½ tsp. salt  
¼ cup chopped Jamaican peanuts  
2½ cups Jamaican mango puree  
2 cups sour cream  
2 tbsp. brown sugar  
2 tsp. vanilla  
3 eggs  
3 packets cream cheese, softened  
Zest of ½ Jamaican orange

### PREPARATION

1. Mix all crust ingredients and press into bottom of spring form pan.
2. Thoroughly mix sour cream, cream cheese, eggs, salt, vanilla, Jamaican orange zest and Jamaican mango puree.
3. Beat well with an electric mixer. Pour into spring form pan. Place pan in a water bath and bake 2½ hours at 350'.
4. Increase temperature to 400' and bake 20 minutes more.

## QUOTE OF THE MONTH

**There is no force like success, and that is why the individual makes all efforts to surround himself throughout life with the evidence of it; as of the individual, so should it be of the nation.**  
**Marcus Garvey**

## JAMTAINMENT:

### A Materialistic Man

A Jamaican opened the door of his BMW, when suddenly a car came along and hit the door, ripping it off completely.

When the police (American) arrived at the scene, the Jamaican was complaining bitterly about the damage to his precious BMW.

“Awfissa, look wah dem do to mi Bimmah!” (Look what they did to my BMW) he whined.

“You Jamaicans are so materialistic and show-off, you make me sick!” retorted the officer.

“You’re so worried about your stupid BMW, that you didn’t even notice that your left arm was ripped off!”

The Jamaican finally noticed the bloody left shoulder where his arm once was and responded..... “Mi Rolex.” (My Rolex)

## Reggae Dance Class

Reggae dance class was held on August, 2 2011 at 3:30pm at the Bird of Paradise Restaurant. The class was a large one, as record number of volunteers turned up to learn a few swag dance moves that could earn them some 'irie cool' points on the Jamaican party scene. Thirty two volunteers attended the class, not everyone quickly moved to the front of the class as a few shy volunteers were scrambling for the back. However, they were told to just relax and have fun. The class followed the usual mould volunteers were warmed up using a sequence of dancehall moves- they were subsequently introduced to the latest dance move in Jamaica called "winnings." The trending dance moves were also demonstrated to the volunteers, they had a freestyle session; also a few minutes were given to the volunteers to demonstrate a dance routine they were shown. A few were eager to show off their newly learnt skills, a few others ran to the nearest seats and remained glued there, needless to say it was still a pleasure to see the volunteers express the Jamaican dances. Volunteers expressed thanks for the class they said they enjoyed it. At the end of the class prizes were awarded to the best male and female costume/look at the Jamaica Costume Party; the prizes for both was a day at the spa. Kathryn Loxton won for the girls a facial and pedicure and Theophane Bouyala won a Swedish massage and pedicure.

## Dirty Day

“Back to School” fever is on in Jamaica and many key players from the school fraternity, such as principals, teachers, parents and students etc are gearing up for the September

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2011 reopening of school. Projects Abroad Jamaica made their contribution to the “Back to School” effort. Dirty Day, August 19, 2011, was spent helping the Bethabara Infant



School family paint and beautify for the

upcoming school year. Thirty two volunteers and three staff members were in tow to paint the entrance gates and walls of the school, also the playground got a total paint job; it looked brand new after painting was complete. Also the front walls beginning the classroom corridors were painted, including two blackboards that were there. Also other sections of the walls got paint retouches to bring about a fresh clean look. The grass around the playground area had grown to a high level, two volunteers offered to cut it, and a few other volunteers pitched in to help rake and dispose of the grass. The volunteers were dedicated and worked very hard to complete the tasks; now the children will be pleasantly surprised upon their return to school.

## Cultural Experience



At Projects Abroad we support legends or legends in the making, we embrace that aspect of our culture that makes us proud to be Jamaicans and it is that aspect of our culture that we take great joy and pride in sharing with the volunteers that are in Jamaica. As such, on August 25, we journeyed to Tuff Gong Studio in Kingston. At the studio we were given a tour and had the opportunity to do a recording of Bob Marley's "One Love."



We later went into the mixing lab to listen to our recording. We were taken to other areas of the property where we were shown a vintage record player/turn table and other studio material. After the tour of Tuff Gong we went to the Usain Bolt Track's and Records Restaurant where we all enjoyed a tasty and unique lunch presentation. A few of the tasty items selected by various persons were the, crispy chicken sandwich, fried sweet potato chips, tracks flat bread pizza, chicken wings with 'Jamasian' sauce, pan chicken, island salad and of course curried goat served with steamed white rice, mango chutney and local vegetables.

## Projects Abroad Jamaica Two Week Special Social Events

The Welcome Lyme was held at Bird of Paradise at 4:15pm. Two staff members were in attendance and we introduced ourselves and had a lively ice breaker. Next we played a



game of “which would you prefer”- volunteers were given two extreme cases and then they had to choose which one they’d prefer. We spoke for quite a while about various topics of interest and then we all went for ice cream. On day two the volunteers attended the Welcome Dinner along with 11 other volunteers and 6 staff members at the Bloomfield Great House on August 8. Volunteers were treated to a buffet of Spanish



rice, potatoes in cream cheese sauce, fish and

tossed salad. They got fruit punch and dessert. The dinner was enjoyable and the group chatted intelligently, amicably and excitedly with staff and other volunteers. August 9 followed with Reggae Dance Class the group was participative and very cooperative. They



were warmed-up using a sequence of popular dancehall moves, following the warm-up session they were introduced to a few of the latest dancehall moves such as 'winnings,' 'wheel chair' etc. The group was also given a basic choreography- later they presented it in groups of six. Finally they were asked to create a dance move that looked Jamaican and also to name it. The first group named their dance "Salsain Bolt Dance"- coming from a popular Usain Bolt move and the second group named their dance "Cloud" in tribute to the Jamaican fruit guinep- the reason was that the texture of the guinep reminded them of the taste of how clouds would apparently taste. The class was enjoyable and a few of the volunteers later thanked the Social Manager for an enjoyable class. Patois and Culture Class on the following day began with a patois monologue from the Social Manager- volunteers were asked if they understood what was said, they tried guessing a few of the words but agreed they did not really understand. After reading patois phrases to

them and translating they were asked questions in Patois. Many of the volunteers attempted to answer and were impressive in giving the answers. We discussed the standard patois hand-out, and the volunteers were



**Two weeks special volunteers at patois and culture class**

asked to dramatize a situation in patois. For the culture section we discussed the Jamaican Marketplace and later the volunteers sampled some Jamaican fruits and sweet treats. For Reggae Karaoke volunteers got to choose to



**Two weeks special volunteers at reggae karaoke**

sing one of the favourite pop song or reggae song. They all participated really well and enjoyed selections from the karaoke group as well as staff. They enjoyed karaoke and refreshments- sprite/pepsi, chicken wings, rolls, patty and potato pudding. Finishing up week one for the volunteers was a Day Trip to Ocho Rios. Our first stop was lunch at the Island Grill fast food restaurant all twelve volunteers and two staff members had lunch.

Next we stopped at the craft market- most of the volunteers made purchases. Then the group was split into two eight volunteers and one staff member went to the Turtle Tower Beach, the other four volunteers and remaining staff visited the Dolphin Cove attraction. At the end of the day we made our way back to Mandeville- we stopped for ice-cream on the way back at the Devon House Ice-cream shop, it was an enjoyable day.

Week two began with the Blog Competition.



**Two weeks special volunteers at blog competition**

The volunteers wrote their blogs, they were proofread by staff before uploads could take place- all volunteers were given the rules and guidelines two days before the event- they were also reminded at each social activity. Volunteers were encouraged to blog under three major categories; descriptive, humorous and sell-off (Patois/Jamaican- flavoured blog). The day went smoothly except that a few of the user names and passwords were not activated. Caitlin Wischermann won in the category of most descriptive, Azan Ashai won for most sell-off and Olivia Paty won for most humorous blog. Tuesday night was Movie Night- August 16 saw all twelve volunteers and three staff trouping up to watch the Rise of the Apes movie. Volunteers were encouraged to purchase their favourite

snack; they all said they enjoyed the movie. The final social activity was the Talent, games and quiz evening- The volunteers were put into two teams for the quiz face- off. Questions were asked about Jamaica, Mandeville/Manchester, and Projects Abroad. Later everyone was given challenges to compete for prizes. One of the challenges was the guinep-eating challenge which saw Jocelyn and Becky going head to head literally; Becky was the victor of the competition. Second was 'Arrange the puzzle,' Jess and Christina competed to arrange the puzzle in the fastest time and Christina won. The last challenge was the paper bag game- to see who could pick the paper bag up off the ground using only their teeth and not bending their knees or have any of their body part touch the ground. Cissy and Sarah faced-off, Sarah won the challenge; Cissy put up a good fight though. All volunteers received prizes for their efforts.



**Two weeks special volunteers at talent quiz and games competition**



**Two weeks special volunteer at talent quiz and games competition**

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

- Reggae Dance Class: **September 6, 2011**
- Dinner and Lyme: **September 13 , 2011**
- Dirty Day: **September 16 , 2011**
- Patois and Culture Class: **September 20, 2011**
- Cultural Experience: **September 22, 2011**

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

- Miss Lou Birthday Celebrations: **September 7-10, 2011**
- Marlin Tournament: **September, 2011**
- Caribbean Model search: **September, 2011**

**Jamaican Patois  
Words...**

- **Ben dung-** bend down
- **Bumpa-** female butt
- **Hangle-** handle
- **Radda-** rather
- **Sawta-** sort of

**New Reggae Songs for  
September 2011:**

<b>1</b>	<b>Raving- Pop caan</b>
<b>2</b>	<b>Street Hustle- Specialist</b>
<b>3</b>	<b>Bike back- Kartel</b>
<b>4</b>	<b>Talk- Kiprich</b>
<b>5</b>	<b>One by one- Laza Morgan ft. Mavado</b>
<b>6</b>	<b>Duh road- Mavado</b>
<b>7</b>	<b>Settle down- Mavado</b>
<b>8</b>	<b>Summer sun- Aidonia</b>
<b>9</b>	<b>I know you want me- Mavado ft. Neyo</b>
<b>10</b>	<b>JPS- Agent Sasco</b>

# JAMROCK NEWSLETTER

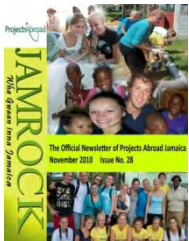
# SOCIAL MEDIA PAGE

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... <http://www.facebook.com/group.php?gid=33525929870>



Read about the adventure and guess Jamaican Riddles, plus much, much more. Here is the link... <http://www.projects-abroad.co.uk/volunteer-destinations/jamaica/newsletters-from-jamaica/>

## mytripblog

Interested in reading our exciting blogs then follow this link... [http://www.mytripblog.org/mod/blog/group\\_blogs.php?gl=true&group\\_guid=266](http://www.mytripblog.org/mod/blog/group_blogs.php?gl=true&group_guid=266)