

Projects Abroad

# JAMROCK

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THE OFFICIAL NEWSLETTER OF PROJECTS ABROAD JAMAICA

AUGUST 2011

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*We are so busy- busy- busy so busy!!! (Singing to the tune of a popular Jamaican dancehall song)*

Have you ever heard the expression busy as a bee? Projects Abroad Jamaica certainly lived up to that expression for the July 2011 period - we were so busy we could make some of the busiest persons in the world look like little Red Riding Hood's grandmother sick in bed with nice fluffy pillows and a thermometer for company...

With a record breaking eighty two volunteers in house (destination Jamaica) pressure certainly became a really strong fellow clinging to our backs with beefy hands fastened around our necks. The two weeks special volunteers were also added to the

already high numbers; twenty seven high - energy and independent-minded teenagers were on the program this month enjoying two weeks of working on the Care, Building and Medical projects, as well as enjoying several social activities and a day trip to Ocho Rios.

Daily our offices were filled with volunteers completing their relevant paper work, or touching base with their respective Project Officers, finalizing departure details or simply using the internet. The placements benefitted from the extra hands and experienced a new phenomenon "Rise of the volunteers."

Also we hosted our first Jamaica Colours Costume Party for our regular volunteers, stakeholders and friends of Projects Abroad Jamaica - this event tied in with the Emancipation and Independence period in Jamaica.

Thanks to all the staff that put in double, even triple the effort to make July a possibility. Thanks to 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 "busy-busy July" in this issue of JAMROCK.

## STAFF PAGE...

This month we welcomed two additional staff members to assist with the June and July increasing workload. Tanya Marshall and Stacey Walker were on board to assist the Care Project Officer with the two week special programme - the Care Project had the highest number of volunteers for the summer period. Tanya arrived in June and stayed on until July to assist in this extremely busy period. Stacy arrived in July and assisted with the two weeks special group and English classes for the regular volunteers. On behalf of the entire Team Jamaica we would like to say thank you ladies for the extremely hard work you have done. It was a pleasure and honour to shared in this experience, we really benefited from your individual skills, knowledge and talents. We wish you all the success in your future pursuits.

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**Tanya Marshall**



**Stacey Walker**



### My Experience

*(Contributed by Daniel Beech, 1 month teaching volunteer from the United Kingdom)*

My experiences of Jamaica and the teaching programme that I was involved in were ones that have left a significant impression on me. In retrospect they can be summed up in two words; enlightening and invaluable. The experiences I had, however, did not really sink in until I arrived home.

Before returning to the UK my experiences of Jamaica were mine and mine only. I was not able to properly share them with my family and friends, nor compare them accurately to anything else. My efforts in the classroom assisting the teacher and supporting pupils, for instance, were simply the norm while I was living in Mandeville. Only after leaving Jamaica and the pupils of 4G did I realise that what I experienced and what I did really mattered to me and those who I worked alongside.

It was not until family and friends began asking me what I got up to in Jamaica I really gave much thought to what I experienced and did. After explaining to them about the cultural uniqueness of Jamaican people – the food, music and attitude to list a few and how I taught a grade 4 class maths (not my strongest subject by a mile), I could see how challenging but rewarding my time in Jamaica was.

Since being back in Britain I have taken inspiration from my experiences, in particular my time in the classroom at McIntosh Primary School, and I have decided to pursue a career in teaching. The staff and students at McIntosh were extremely welcoming and contributed considerably to the good time I had in Jamaica. They also made my experiences worthwhile and memorable and I hope the feeling was mutual.

Daniel Beech

*(Contributed by Denise Slater host mother)*

Thanks Projects Abroad Jamaica for affording me this wonderful opportunity!

I must say I am feeling privileged to have been given the opportunity by Projects Abroad Jamaica to host volunteers from various countries across the world. I have been a host mother since 2008 and have experienced a wonderful mix of volunteers. Volunteers have come from England, Australia, Switzerland, Canada, America and Denmark to live, learn and share with me and my family.

We have managed to develop a good relationship with all the volunteers who have stayed with us, most times they will say they wish not to leave but stay and be a permanent part of the family. I always ensure that I inform them about Jamaica as much as possible, teaching them about the Jamaican culture and encouraging them to go see the amazing attractions that we have to offer.

It has been an incredible journey being a host mother, my family and I have not only taught - we have also learned much in the process. We try to keep in touch with most of the volunteers we have hosted, just to be aware of the latest happenings in their life - hopefully these connections will laugh a lifetime.



**Mrs. Slater and daughter**

## TEACHING PROJECT UPDATE

“SCHOOL’S OUT” - But the Learning Continues

“It’s finally here” were the shouts coming from our “schoolas.” They must have the students waited with bated breaths and at the sound of the bell on the final school day “ring, ring, ring, ring, ring” I imagined they sounded Vybz Kartel’s summer time Lyrics “Oh, oh, here we go, summer time is here! You know! The holiday, school is closed! We feel the vibes enuh, Summer time inna Portmore Summer time inna Kingston Summer time inna Country.”

With schools on summer break the number of teaching volunteers dwindled to two who were on the Community Literacy Project. A project that has seen its challenges is steadily on its way to greater heights. The Project is in partnership with the Jamaica for Lifelong Learning where volunteers take adult learners through the various levels of literacy and numeracy skills and applications to enhance their academic, personal and social development.

Projects Abroad is cognizant and sensitive to the issues surrounding adult literacy and as such sensitize volunteers to these issues and ensure that volunteers meet each and every participant at their comfort zone. Classes are

held throughout weekdays between the hours of 9am and 1pm with a few exceptions based on the participant’s availability. The project is in its revamping stage and with the commitment of the Projects Abroad staff, volunteers and our partners we will sail this rocking ship guided by the lighthouse of literacy fulfilment safely to dock.

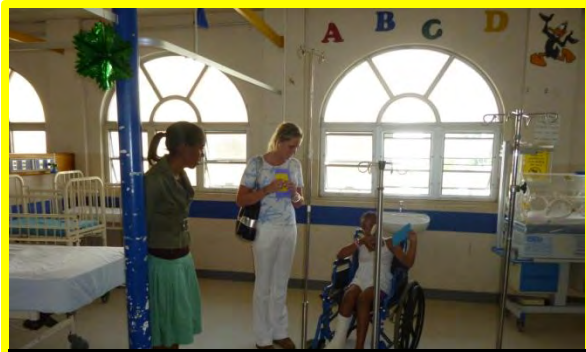
## MEDICINE PROJECT UPDATE



### MED – THE DESTINATION JAMAICA

**WAY-** I don’t know what it was; the warm summer sun, the white sand in Negril, the fresh dew on the majestic Blue Mountains, the gentle cool breeze in Treasure Beach, the wide eyed smiles of the Jamaican people. No I don’t think it was just the attractions Jamaica had to offer. I think it was the Team Jamaica Spirit, the organization of our medical projects, the welcoming staff, the intriguing and intense medical procedures and activities at our various placements. Yes that’s the combination that had approximately 16 medical and health care volunteers for the

month of July and an additional six two weeks special volunteers.



**Two Weeks Special volunteer visiting with child**

The two “weekers” who were on a more supervised programme had the grand opportunity to experience both a hospital and clinical setting. Two weeks of bustling activities: working in various departments, hospital tours, interacting with paediatric patients and distributing get well soon cards. An intense all day workshop that gave them an overview of the Jamaican healthcare system; a motivation that peaked their interest into the medical profession; a practical

**Two Weeks Special action continues**

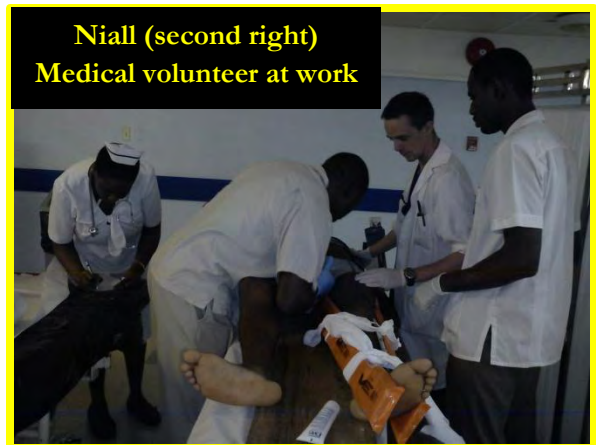


demonstration of first aid responses where volunteers were used to assimilate accident victims, blanket lifted and transported in an

ambulance with sirens and all; even a participative demonstration of wellness techniques and how to check vital signs. Their final event, a mobile community outreach clinic allowed them to prove what they had learnt in the wellness technique demonstration as they were given the opportunity to do height, weight, blood pressure and sugar checks all on their own in a rural community.

The Mandeville Regional Hospital was graced with the presence of our regular volunteers who were medical and nursing students serious about work. Niall, the “Doctor Bird”, exhibited his skills within supervised surgical procedures, community presentations, patient examination and even being the in house doctor for a few of the

**Niall (second right)  
Medical volunteer at work**



volunteers. Indeed there was a doctor in the house. Eva and Elena our nursing students were right on par with their duties. Eva’s interest in Health Economics took her to several departments; examining patients, observing surgeries and even assisting in a blood transfusion. Elena with her keen interest in midwifery worked on the maternity ward with her tender touch on the babies and

accurate care of the mothers that indeed “the hands that rock the cradle rules the world.”

A stone’s throw away from the hospital is the Mandeville Health Department which saw the likes of whom the staff called the “actualized Jamaican,” Kathryn. Her interest in the clinical setting had her participating in practically every single activity and department, even at the receptionists’ desk. She is who Jamaicans would call an “all rounder.”

From the bustling town activities we travel further uphill to the cool areas of Spalding to the Percy Junor Hospital that engaged six of our medical volunteers rotating among all the wards, outpatient department (OPD), X-Ray and the lab. “A handful” was what the placement supervisor termed it. Each day the volunteers executed their duties with such professionalism, precision and joy, of course there are challenging days, days not so challenging and days when there’s not much to do, but then comes that one day or moment on which almost all volunteers can reflect and say that moment, that day covered the bumps in my experience - whether it was rushing to the emergency need of a man involved in a traffic accident, hushing a hurting baby’s cry on the paediatric ward, rushing a blood test to save a life, assisting with that one x-ray to reveal a patient’s hidden problem, interacting with that one patient on the male wards who has never had a friend or family to visit, feeding that senior female patient whose muscles are so wasted to even hold a spoon.

Whatever task it was, it proved that volunteering on the medical and health care project the destination Jamaica way offers a melting pot of more than just warm sunshine, exotic white sand beaches, cool summer evening breeze but also an unforgettable heart touching experience that changes the way you will ever practice medicine anywhere in the world that you are from.

**Two Weeks Special volunteers and Project Officer- let’s capture the moment**



So until we walk on the sands of August, we cement our footprints in the pavement of July.  
Irie.

## **COMMUNITY AND CULTURE PROJECT UPDATE**

For the month of July we have had a total of seven volunteers on the Culture and Community Project. Four on the disaster management project, two on the building, one on farming and three two week special building volunteers. Indeed I can say that it was a very productive month.

Let's have a look at some of the activities that took place in the month of July

## DISASTER PROJECT

**Andrew and Annabelle- disaster management volunteers in action**



A Disaster Awareness Fair was held on the July 15, 2011 at the Mandeville Park. This was put on by the Manchester Parish Council Disaster Committee. Four partners were present at the fair (Projects Abroad Jamaica, Manchester Red Cross, Office of the Disaster Preparedness and Emergency Management along with the Manchester Parish Council). Three volunteers were actively involved in the workshop, two working with the Parish Council and one with the Manchester Red Cross.

The volunteers played a major role in the awareness fair as some of the documents that were presented were prepared by the volunteers (Annabelle, Andrew and Hannah). The volunteers, for the most part, were in charge of the disaster booth, they assisted the people that came to them by telling how to prepare for disaster, showed them how to make a emergency kit, told them where they can find the nearest shelter, told them the relevant number that they need to have in

case of an emergency and they also answered questions and queries of the participants. Volunteers also went around ensuring that things were going as planned and they did a good job.

The Red Cross was also involved and another volunteer (Tony) was very much running the booth. He works along with the Red Cross and his duty for the day was to sensitize people about the Red Cross and their responsibilities. Tony gave lots of information to people that visited the booth and they were

**Tony- Red Cross volunteer at the Red Cross booth**



happy that they went to him.

Projects Abroad was pretty much on the ball. Our role was to sensitize people about the organization, projects that are in the making and how we play a part in disaster preparedness. We had over sixty people visiting our booth just to see what we are about.

The main focus of the fair was on disaster readiness but there was food and activities for people to participate in. Overall it was a wonderful day and we had fun learning how to prepare for disaster.

### **BUILDING PROJECTS**

Two volunteers worked on the project, they were involved in constructing houses, fixing roofs, putting up hurricane strips on houses and repairing houses. Overall the volunteers had a wonderful time and they said that it was a wonderful experience.

### **FARMING PROJECTS**

This is good news there was a volunteer on the farming project. One volunteer on the farming project (Sofia) had a wonderful time. She was involved in working in the green house and the lab and she worked on a project to see what product can come out of waste potatoes. She said that she really loved the project, so if you are reading this newsletter and you can come to volunteer on the farming project we would happily welcome you.

We have had a wonderful month and the volunteers have done their best to assist in whatever way they could. I JUST WANT TO SAY THANK YOU AND ONE LOVE FROM JA ☺



**Sofia Lindgren- Farming volunteer at the Christiana Potato Growers establishment doing worthwhile work**



## MAJOR HIGHLIGHTS

### ▪ Disaster Preparedness Fair

The Disaster Management volunteers currently working at the Manchester Parish Council and the Red Cross in Mandeville, Jamaica, were actively involved in planning and hosting a Disaster Preparedness Fair on July 15 in the Cecil Charlton Park. The fair began at 10:00am and focused on informing the general public about the issue of disaster preparedness, especially as it relates to being prepared for a hurricane. Considering that June to November is known as the hurricane season in Jamaica, the fair was staged in an effort to equip Jamaican families with knowledge that could be used to keep their families safe in the event of a hurricane and similarly other types of disasters.








The volunteers helped with the planning and execution of the event from pitching creative and useful ideas to the smooth coordination of the activities. They had firsthand experience in event planning as it specifically relates to their area of expertise. Also having responsibility for the information that would be disseminated to the wider public, the volunteers would have assisted with conducting thorough research in sourcing the correct information, thus reinforcing their research skills.

Projects Abroad Jamaica was also invited to the fair to promote the work of the

organization and by extension the volunteers through setting up a booth with all the relevant information and printed paraphernalia available to be disseminated to interested publics. Members of Team Jamaica were on hand to answer questions about the organization and its work. It was memorable vision to see the volunteers working harmoniously to promote positive projects. The Manchester Parish Council and the Red Cross also had booths on display.

Entertainment and refreshments were a part of the fair's package. Patrons were treated to the sounds of Reggae and Dancehall music while browsing the booths and having their fill of useful information. The patrons also got rewards for their efforts. Upon visiting the booths patrons received ticket stubs which could be redeemed at the refreshment area; sounds somewhat like a bribe but it did the trick, patrons were rushing to the booths some with the facade of garnering information others with a genuine plan to learn all that was being offered as information in its various forms.

The fair was a success and the volunteers were very proud of their efforts. The Jamaican Disaster Management Project is indeed shaping up to be the project that packs the punch as they are gearing up to defend the title in the Worthwhileness Competition.

-  Alyssa Wolsey and Coutney Konopasek, first volunteers to be hosted at Mrs. Hazel Foster's house
-  Nadja Hess and Rosanna, first volunteers to be hosted at Mrs. Cordelia Blair's house
-  Annika Heye - first volunteer to be placed at the Care project's Pure Potential
-  Sofia Lindgren - first female volunteer on the farming project
-  Wendy Gasperment - first volunteer at Michelle Lewis
-  Jodi Sexton and Michelle Janz – first volunteers to come on the two weeks special project and then return on the regular project
-  Ruth Mason – first volunteer at the Peddy's family

## **Blue Mountains (Jamaica)**

From Wikipedia, the free encyclopaedia

The Blue Mountains form the longest mountain range in Jamaica. They include the island's highest point, Blue Mountain Peak, at 2256 m (7402 ft). From the summit, accessible via a walking track, both the North and South coasts of the island can be seen. On a clear day, the outline of the island Cuba, 210 km (130 mi) away, can also be seen.

### **Geography**

The Blue Mountains rise to these elevations from the coastal plain in the space of about sixteen kilometers, thus producing one of the steepest general gradients in the world. The Blue Mountains form a cooling relief from the sweltering heat of Kingston below. These summits rise and fall for 24 miles long and 14 miles at its widest point, where the temperature decreases from around 27°C (80°F) at sea level to 5°C (40°F) at Blue Mountain Peak, just 16 km (10 miles) inland.

As one of the longest continuous mountain ranges in the Caribbean, the Blue Mountains dominate the eastern third of Jamaica, while bordering the eastern parishes of Portland, St. Thomas, St. Mary and St. Andrew to the south. Part of the Blue Mountains is contained in the Blue Mountain John Crow Mountain National Park established in 1992, which is maintained by the Jamaican government.

### **Jamaican coffee**

In past years, when Jamaica's economy was dominated by plantation slavery, some slaves Maroons were able to escape to the Blue Mountains and live independently. Today the famous Jamaican Blue Mountain Coffee is cultivated between 2000 and 5000 feet above sea level, while higher slopes are preserved as forest. Hagley Gap and Mavis Bank are farming communities located on Blue Mountain with Hagley Gap being closest to Blue Mountain Peak. Both towns rely upon the area's rich, fertile soils for growing Blue Mountain Coffee.

## JAMAICAN RECIPE:

### Ackee Dip

Published Aug 1, 2008 (source: web- <http://www.jamaicans.com/cooking/appetizers>)

#### INGREDIENTS:

- 2 Cups boiled ackee
- 2 ½ tablespoons grated cheddar cheese
- 2 tablespoons onion
- ½ teaspoon lime juice
- Salt and hot pepper to taste

#### METHOD

1. Mash ackee
2. Combine with all other ingredients
3. Chill in the refrigerator for 2-3 hours before serving
4. Serve on Jamaican crackers or crumpets

## QUOTE OF THE MONTH

Life is one big road with lots of signs- So when you riding through the ruts, don't complicate your mind. Flee from hate, mischief and jealousy. Don't bury your thoughts; put your vision to reality. Wake Up and Live!"-Bob Marley

## JAMTAINMENT:

### Flying over Jamaica

Fidel Castro of Cuba, Maurice Bishop of Grenada and Michael Manley of Jamaica were returning from a meeting with Mikael Gorbachev in Moscow in the late 1970s. However, there was a power-cut over the entire Caribbean, so the pilot of the plane could not identify which country they were over so the plane could land.

The three leaders reassured him that they could identify their respective nations, as long as he opened a window. This the pilot immediately did. After flying for a while, Castro shouted: "Si! This is my beloved Cuba. I smell the sugar!" The pilot then located the landing strip, let off Castro and took off again.

Bishop then erupted: "There she is my spice island. Smell that nutmeg!"

The pilot landed, let off Bishop and took off again, with only Manley on board. "What about you sir?" he enquired, "How are you going to identify your country?" "Everything is under control" Manley replied. He then stuck his hand with a \$50,000 gold watch outside the window.

When he took it back in, the watch was gone. "We're over Jamaica!" he announced.

## Reggae Dance Class (Regular Volunteers)



Reggae Dance class has a new look-somewhat; the dance class on July 5, 2011 had a change of space. We brought a dancing cyclone to the Bird of Paradise Restaurant. The high number of volunteers forced us to move to a larger space and we took full advantage of the new setting. We were ready to warm up to the sounds of the dancehall, when we realized something was amiss the music was not hitting us as it should, upon further investigation we realized that the speakers were incorrectly connected, making a quick readjustment to this “mood-killer” the beat quickly improved and we were all ready to create our cyclone. The new moves featured were “move dem up,” “Japan bounce,” “now you see me-now you don’t” among others. With the speakers blaring, the volunteers danced energetically with much visible sweat taking over their bodies, some

made a hasty retreat to find the nearest seats



to recover from the work out.

## Dirty Day (Regular Volunteers)

Dirty Day also offered something new this month, similar to Reggae Dance Class we

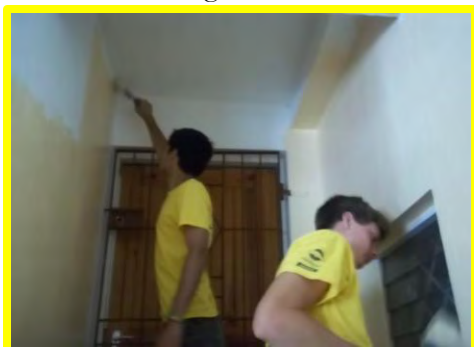


ventured to a new space. We decided to offer a new placement one of our magical face-lifts or should I say “place-lifts.”

The Mico Care Centre was our stop for setting up our makeshift paint shop. Thirty plus volunteers and four staff members were organised into teams to paint the five rooms that were requested to undergo painting jobs



by Mrs. Anderson, placement supervisor at Mico Care. July 15, 2011 was the day we all pitched in to complete what I must say was a marvellous painting job. The painting jobs were split up based on the rooms that needed to be painted on the upstairs of the building and on the downstairs. Upstairs we painted the Social Worker's Room - which Nina Kofler, a volunteer, was currently working from - and the Nurse's Room.



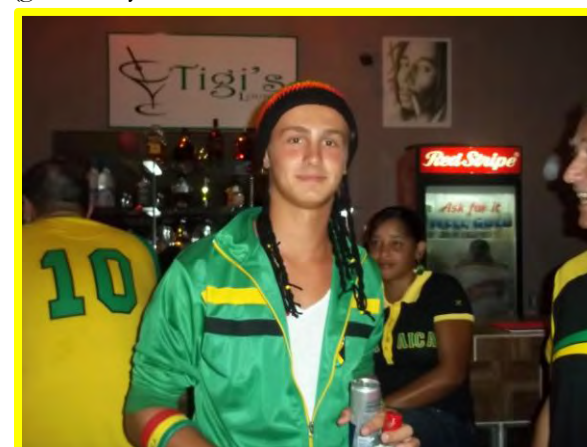
Downstairs we painted the recreation room, the kitchen and the sick bay. Also we were asked to touch up the front walls of the girl's bath room. The volunteers and staff completed the job quickly and thoroughly as many hands made our workload much lighter.

## Jamaica Colours Costume Party (Regular Volunteers)

On July 27, 2011, Projects Abroad Jamaica staged the first 'Jamaica Colours Costume



Party' to pay our respects to Jamaica land we all love so much - we embarked on our celebrations before everyone else. Staff, volunteers, Jamaican friends and our stakeholders were asked to put together a look/ costume using the Jamaican colours (green, yellow, black and red-used in



representation of the Rastafarian culture). Jamaican symbols were also added to the various costumes. The party began around 6:30pm at the popular Tigi's Lounge. The

scene was an interesting one as persons sought to absorb the look of the other costumed revellers. There was a mini fashion show by staff and a few volunteers and an intriguing performance by a fireman. The patrons were treated to non-alcoholic cocktails and after everyone had made a debut on the dance floor were treated to a buffet of traditional Jamaican dishes, such as salt fish fritters, salt mackerel rundown, roasted breadfruit, jerk chicken, escovitched fish and bread pudding. Everyone ate their fill and returned to the dance floor. The remainder of the evening was spent dancing and enjoying the sounds of music mostly Jamaican, however the DJ mixed things up a bit and played a few r & b and hip hop tracks. Staff although enjoying themselves was also keen on looking for the winning costume. By the end of the night Theophane and Kathryn were the evident male and female winners. It was an enjoyable event and everyone present seemed to enjoy themselves.

## **Projects Abroad Jamaica Two Week Special Social Events**

### **Welcome Lyme**



Sunday July 17 was the welcome evening for the new arrivals on the two week special programme. Three members of staff met with the group at the Bird of Paradise Restaurant to have a get together, welcoming the



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volunteers and basically providing the opportunity for everyone to be introduced and have a few moments of bonding time. Also the volunteers after having a comedic and interactive icebreaker were allowed to ask questions about their respective projects, social activities and other matters that may have arisen. Later we were all still talking and summing up the various personalities. Finishing up the evening we all scooted over to the ice-cream shop to taste some of the delicious flavours of Devon House Ice-cream. The taxis later took all the volunteers home.

### **Welcome Dinner**

The welcome dinner was held at the Bloomfield Great House, on a lovely July evening. Eight members of Staff and the twenty-seven volunteers dined on the cool veranda of the Bloomfield. The view was spectacular as we overlooked Mandeville and soaked up the scene of nature in its purest form. The staff introduced themselves to all



the volunteers and vice versa - we spent the time talking at our various tables, enjoying our appetizer of a creamy pumpkin soup. Soon it was time for the buffet and we all enjoyed the choice of parmesan chicken, escovietched fish, vegetable salad, macaroni and cheese pie, fruit punch and ice-cream dessert. We all enjoyed a relaxing and delectable evening. Later the various taxis arrived to take all the volunteers home.

### Reggae Dance Class

Fun and hilarious are the best descriptions to use in summing up the two weekers reggae dance class on July 19, 2011. Twenty seven volunteers shyly, at first, lined up in rows of smiling faces at the Bird of Paradise restaurant to learn the anticipated dancehall moves. They were given an exhilarating warm-up using some of the dancehall moves - after the Social

Manager mentioned that basically was warm up the group responded in a shocked tone, "That was warm up!" They all rallied and decided to push on to learn the moves - the time was spent recapping some of the moves still trending in the dancehall space. We revisited the "puff di cloud," "follow through," "gimmie space," "badda wave," and a few others. The class was high energy; they also got a chance to do freestyle moves and contested a face-off. The staff also got the opportunity to showcase their dancing talents and took centre stage - crazy funny I tell you. Massur Khan was not to be outdone by his showdown with the Social Manager and he took to the ground in what seemed to be flips combined with the booty shake - the image shall forever be etched in our minds. It was fun and ended in a high note.

### Patois and Culture Class

July 20 at 4:30pm - 6:30pm was Patois and Culture Class in the Projects Abroad Jamaica Lounge. The volunteers were given an introduction/background to Jamaican patois



and also introduced to some of the popular talk/slang that young hip people who follow the dancehall culture use. Words such as 'stulla' 'sell-off' 'guh hard' and others were



introduced to the volunteers. Also volunteers were given various activities - the participants



were awarded prizes for giving correct answers to various patois related questions. The culture segment was about introducing various Jamaican fruits and sweet treats. On the sample list were mangoes, sweet sop, sugar cane, coconut water, drops,



grater cake, tamarind balls and many more offerings. At the end of the class the taxis were called and the volunteers were transported safely home.

## Blog Competition

Projects Abroad Jamaica Blog Competition was held on July 25 at 4:30pm. Volunteers were encouraged to blog under the major categories of descriptive, humorous and sell-off (patois blog) they were allowed to write about their host family, placement, social activities and other relevant themes. We engaged a neighboring internet cafe to help cater to the large group by renting internet usage time; as such the volunteers were broken into groups, having half the group blog in the office for the Project Officers and the others uploading and typing their blogs downstairs in the internet cafe. Upon completion of the uploaded blogs, they were immediately judged by a few of our competent staff. The winners for the blog competition were Harry and Connor for most humorous, Jake and William for most sell-off and Aaron for most descriptive.

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

- Reggae Dance Class: **August 2, 2011**
- Dirty Day: **August 19, 2011**
- Jam Fit Mini Sports Showcase: **August 25, 2011**

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

- The Denbigh Agricultural Show: **August 2, 2011**
- National Symposium on Emancipation and Independence: **August 2, 2011**
- August Fair: **August, 2011**
- National Food Festival: **August, 2011**

**Jamaican Patois**  
**Words...**

- **Beast lick**- heavy blow
- **Cha cha bwoy**- pretty boy/face man
- **dawta**- daughter/ girlfriend
- **Jine**- join
- **Mussa**- must be

**New Reggae Songs for July 2011:**

- |           |                                     |
|-----------|-------------------------------------|
| <b>1</b>  | <b>Ready fi dem- Bounty Killa</b>   |
| <b>2</b>  | None a demy- Shabba Ranks           |
| <b>3</b>  | Star a star- Flippa Mafia           |
| <b>4</b>  | The lyricist- Vybz Kartel           |
| <b>5</b>  | Pepper- Mavado                      |
| <b>6</b>  | Summer time- Vybz Kartel            |
| <b>7</b>  | Run di place- Agent Sasco           |
| <b>8</b>  | Now yu si mi/now you don't-Overmars |
| <b>9</b>  | Talk hom mi feel-Agent Sasco        |
| <b>10</b> | Nah talk too long-Beenie Man        |

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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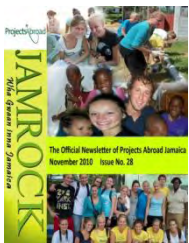
## facebook

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...

<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)