



JAMROCK
JAMROCK

JAMROCK
JAMROCK

JAMROCK
JAMROCK

WAH DE OCCUR!!

The Official Newsletter of Projects Abroad Jamaica
April 2011 Issue No. 33



IN THIS ISSUE

Sections	Page
Message from the Team	2
Volunteer's Voice	3-4
News and Updates	5-11
Donations	12
Projects Abroad Jamaica Book of Records	13
Jamrock Corner	14-15
Social Events	16-18
New Volunteers	19
Calendar of Events	20
Social Media Page	21

M- March-Mission

A- Activities

R- Reach

C- Cosmic

H- Heights

This acrostic

definitely describes what the month of March revealed for staff, volunteers and a few of our stakeholders. The Projects Abroad Jamaica calendar was packed like a tin of sardines, easily devoured by Mr. March; he digested the scrumptious platter of volunteer arrivals and all other filling activities at destination Jamaica in one gulp. By the way - just in case you're wondering - this was not written in a state of hunger, so words like hmmm, sardines, devoured and

digested are purely for literary effect.

Twenty-four volunteers arrived in March; included in the numbers were five volunteers on the March One Week Spring-Break Building Special from the United States of America. Two regular volunteers were also from America, three volunteers arrived from the United Kingdom. Denmark, Switzerland, Germany, France and Australia each had two volunteers arriving in March. Australia and Austria had one volunteer arrival each.

Each day within the month of March something new was experienced, a new mission accepted and we were all challenged to exist out of the customary realm. There was a Discipline Management Workshop - a joint effort between the Care and Teaching components at Projects Abroad Jamaica. We also staged International Cultural Exchange Day; volunteers shared their respective cultures with a few Jamaicans and volunteers alike. Also an exciting football match was enjoyed by all. Read further to learn of more adventures.

To all the past volunteers, Come visit soon or simply check out our [Facebook page](#) or visit our [blog post](#). Just relax and enjoy reading about the "March Mission" in this issue of JAMROCK.

Relax and enjoy reading about the "March Mission" in this issue of JAMROCK

I HAVE GROWN INTELLECTUALLY AND EMOTIONALLY- THANKS TO JAMAICA...

*Written by Laura Richards 1month Care volunteer
on the Children Advocacy Project (CAP) from
Australia...*

Arriving in Jamaica after a trip through South-East Asia I was unsure of what to expect. I had seen poverty and hardship in the last month, especially in Cambodia, where a reliable food source for many was rubbish scraps. How would Jamaica compare? Would I be able to cope? What would my host family be like? Would I actually make a difference in one month? I was full of questions and felt a mixture of excitement, adrenalin and fear as I flew across the Caribbean.

However, as soon as I stepped outside the airport in Montego Bay, I felt the anxiety wash away as the sun warmed my skin and I delighted in the beauty of Jamaica for the first time. I was mesmerised by the Jamaican sky – the vast blue escape and the white clouds that created contrast, not to mention the beautiful sunrises and sunsets that treated the sky like a canvas. Every day I was in awe of the beauty of the Jamaican country.

Currently studying a degree in Psychology I had picked Jamaica especially for the Child

Advocacy Project. My degree failed to give me the experience I craved as I was eager to start helping people; why - when there are so many people suffering in the world – should I continue to sit around learning about it when I could be doing something about it instead? Projects Abroad Jamaica definitely did not disappoint when it came to providing me with the experience I desired.

Placed at the Child Development Agency (CDA) I was able to get some counselling experience, attend home visits and one of my most memorable days was the day I spent sitting in on the children's court proceedings at the Mandeville Courthouse. I don't think I will ever forget sitting in the Courthouse with one 4-year-old boy asleep on my lap, drooling and snotty, while another 13-year-old boy leant his head on my shoulder and enlightened me about the Jamaican culture.

Jamaica is more than just a beautiful tourist destination. Yes, I got to swim with dolphins in Ocho Rios and enjoy the beautiful beach of Negril but I also got to experience Jamaican hospitality; whether it was from my lovely host family or just a friendly stranger from the neighbourhood that went out of his way to give me a lift.

My volunteering experience in Jamaica pushed me to grow intellectually, emotionally challenged me and lead to me feeling as though I had actually accomplished something. Counselling girls living in a

children's home I realised that treating each individual child isn't enough – the bigger picture needs to be addressed, which is their

career in International Public Health, which, who knows, may just lead me back to Jamaica. Let's hope so.

environment, which links in with the culture. So thanks to my experience in Jamaica I am going to finish my Bachelor degree in psychology this semester and then look into a



Laura Richards.

CARE PROJECT UPDATE

5

Tearless CRI

It seems impossible for someone to cry without tears, doesn't it? Well it is possible in this Care Project of Jamaica. In fact CRI, Child Rights Initiative, is a project geared towards advancing the rights of children in Jamaica in the schools, homes, residential facilities and all other settings developed for or impacted by the existence of children. The month of March saw the creation of this new project that has sparked an incredibly wide spread interest among new and prospective volunteers. The objectives of the project are simple and inherent in the four categories of rights of children 1. Protective, 2. Survival, 3. Developmental and 4. Participation. Since its official offering in March we have three volunteers assigned to three components and more than 10 others with interest for the next two months so far.

This is an incredible opportunity for volunteers to make an impact in very meaningful ways. When was the last time you saw someone crying? What did you do? Did you ask them what was wrong or did you simply stare? Sometimes we underestimate the power of human connections made through the mundane tasks of everyday life. There is an overwhelming feeling of pride and joy to be experienced from showing some level of care and concern for those with whom we come in contact.

On the first day of April I was on my way to delivering some letters and upon entering the main entrance of a business place at which there was a major function with many people I saw this little girl sitting on the ground crying. I asked her where her mother was and she could only shake her head, indicating she does not know, because she was crying so hard. I helped her to her feet and consoled her with a hug and an assurance that I will find mommy for her. I went inside the building with her and asked an employee to make an announcement so that her parents/guardians could be found. Someone inside indicated that her grandmother is just outside, will return shortly and that the little can stay on a bench with her until she returns. Clearly this little girl was distressed because she thought she lost her guardian. It seems simple a gesture but it made a significant difference in how this child experienced the rest of her day and perhaps how she views the world and the people in it.

Where the Child Rights Initiative is concerned, no act is too small, no intervention too narrow in its scope, no person too unskilled, no effort too little, no help too limited to initiate positive change in the lives of children who desire affection and attention, hope and love and peace of mind.

Be a part of the change towards Tearless CRI. You would be surprised how much you can learn and do.



TEACHING PROJECT UPDATE

March has been an exciting month for teaching volunteers. The Community Literacy Programme has been revived with Donna and Mary, both from the UK, putting a lot of work into the project development by formulating a syllabus and structure for the teaching that will be taking place. As well as continuously giving energy and effort to get the community at Tulsa Road restarted with the programme, they have also started the programme in Porus, where Care volunteers usually work with the young mothers. In Porus they walk through the quiet, sunny, green dirt roads to visit beautiful women with their babies and give tutelage to individual mothers from within their own home. These women will be given the tools to be more equipped to help their children with their school work. The vision is that the efforts of the volunteers will create a wide-ranging and positive impact for the wider community.

At Villa Road School Samuel (USA), Tim (Germany) and Addy (Canada) continue outstanding work in the PE department. The children were very excited to receive the bibs

Addy Treleaven and students of the Villa Road Primary School



that Projects Abroad bought for them to facilitate team games to be played. The three volunteers are very appreciated by the staff at Villa Road, especially on days like sports day

Sports Volunteerism at work



and when they spend time tutoring the slower learners to catch up with the rest of the class.

At McIntosh Maria (Denmark) and Megan (UK) are busy teaching one on one, observing



Megan- teaching volunteer at work

classes, and playing games with the children. Machteld (Netherlands) and Sophie (Denmark) continue to work hard at Kendall All Age School, patiently trying to teach the alphabet to some children with learning difficulties, and have started taking their own

classes now. The 6th graders at Kendal enjoyed a Motivational Talk, one of our monthly extra activities for male volunteers, where Addy prepared a wonderful workshop looking at your dreams, where you are now, and what steps need to be taken to combine the two! I think I learnt as much as the children as I observed his class!

Over at Woodlawn, a school for special education, Sarah is doing a great job coming up with creative ways of engaging with her classes and the teachers are happy to have her on board to help.

I am happy to report that we have a new Music teacher in town! Erwin is teaching drumming and guitar at Mandeville Weekly, a small music school, and is also going to start rehearsals to participate with a local band and even has some performances lined up!

MEDICINE AND HEALTH CARE PROJECT UPDATE

The Medical Volunteers, Karen and Lies from Belgium are working hard at the Mandeville Regional Hospital, both in Paediatrics and in the Maternity ward, more specifically in the delivery room! They spend their days taking care of patients, observing, assisting, going on doctors' rounds and taking part in other daily activities in the hospital. They are also working on an extra project, a new initiative called Girls Talk, aimed at creating a safe space in the school

environment with no teachers present to talk about issues to do with sexual health and relationships with the nurses who can give them important information and a chance to ask any questions they might have.

Kevin continues to be busy on the physiotherapy ward and goes to Woodlawn once a week for his physiotherapy sessions there, and Faustine is enjoying her placement at Percy Junior Hospital in Spalding.

Thank you to all of the volunteers who are making my work so rewarding and giving so much to make these projects better every day. You are appreciated and your energy and hard work does not go unnoticed!



COMMUNITY AND CULTURE PROJECT UPDATE

The quest continues as the Culture and Community Projects seek to improve awareness and enhance the lives of those who are less fortunate and give information to those who do not take the time out to equip themselves with information that are valuable to them and their community. This month has been wonderful because of some of the great things that have happened and I can confidently say this is only the beginning of more good things to come.

This month we have seen an increase in the number of volunteers that have signed up to be a part of the Culture and Community Projects. In total we have had a number of 12 volunteers, eight (8) on the Building Project and four (4) on the Disaster Project. Let us now have a look at the accomplishments for this month.

Disaster Management Project



Disaster Management Volunteer

The volunteers have also partnered with the PDC where they have assisted in writing proposals, creating a logo for the Parish Development Committee (PDC), doing

research on the history of Black River and were responsible for writing a proposal for tourists to come to Black River to view the historical site.

Building Project

Did someone say hard work? Yes our volunteers have been doing just that, they have been putting in long hours as well. I am sure that they have no complaints because all the sacrifice is for a worthy cause. For this month the focus was on building and repairing houses. The construction of the Ventilated Improved Pits (VIP) toilets has been put on pause for a short period so as to facilitate more urgent building needs.

Eight volunteers in total were on the building project for this month, and I am so happy to say that five of them were One Week Spring Break volunteers who came to contribute their time and muscle for a week. One may ask what can be done in one week to help someone in need, and the answer is a lot. These volunteers did a great amount of



Volunteers doing work on the Building Project

work; the look of accomplishment on their faces was enough to confirm that they were indeed pleased with their efforts.

Gabe hard at work



building of a developing country. Imagine you have impacted Jamaica's development index—that's a global ripple you have created! Additionally imagine the smiles that you receive from the person whose life you have improved. Thank you all so much for your contributions.

All the best and one love from JAMROCK.

9

The regular volunteers worked from eight in the morning to eight in the evening and in some instances they worked beyond the expected time, that is more than volunteering; I would say that is a passion to help, to build, to touch a life and to put a smile on someone's face. Let's look on some of the work that the volunteer have done for this month; assisting to build a house, putting on roofs, putting up ceilings, mixing concrete, building stair cases, putting in windows and doors, painting, and much more. Feel free to read next month's edition of the newsletter for the continuation updates.

Maroon Project

There were no volunteer for this month on the Maroon Project; however the home work project is currently active. The children are now completing their homework and the best thing about it is that they have grown to love the once dreaded task.

We are really grateful to all of the volunteers that participated on the Culture and Community Projects, you all came and put your heart and mind in what you did, and in return you have contributed to the nation

MONTHLY HIGHLIGHTS

- **STAFF ACTIVITY-**

At Projects Abroad Jamaica this month we decided to do our part to support the Healthy Eating Within the Workplace Coalition - we went healthy. On March 21, we went holistic – well, sort of. For the most part there are members of staff who maintain a fairly healthy diet on regular days. The Social Manager however decided to push a little further and asked all the staff to consume only healthy foods beginning with the letter “C”- sounds interesting doesn’t it! The staff tried earnestly to abide by the rule of the day. There were staff members who brought their cashew, steamed carrots, cabbage and cauliflower and some enjoyed them uncooked. Cranberry juice was the drink of the day, somehow though, not being accustomed to our dietary intake



undertaking such a change and having the portions reduced, we started to feel the hunger pangs somewhere near lunch time. I could hear my stomach crying “I want chicken” but I ignored it and stuck to the rules. Well other staff members had to get something more filling; others renamed other healthy foods - ever heard of a

“Cango”? I won’t divulge the names. Nonetheless it was an interesting day and the adventure continues.

- **THE DISCIPLINE AND BEHAVIOUR MANAGEMENT WORKSHOP-**

The Discipline and Behaviour Management Workshop unfolded in a series of interesting moments on March 17, 2011. Both Projects Abroad Officers of the Care and Teaching and Medicine components joined forces to stage the workshop which began at 10:00am.

Invited guests, such as various partners of both projects (teachers, guidance counsellors, parents), and volunteers were given the opportunity to contribute or benefit from the overarching objective of the workshop, which was to expose persons to alternate strategies to discipline management.

Three key note speakers were invited - they were Ms. Deon Brown, Centre Manager at the Women’s Centre, Ms. Angela Davidson, Dean of Discipline at Holmwood Technical High School and Ms. Grace-Anne McFarlane, Regional Director of the Child Development Agency. Each speaker targeted a specific audience, such as the teenage mothers of young children, children’s home operators, teachers and counsellors.

Many of the volunteers have expressed concern over the way that children, especially in a few of the Jamaican children's homes, where they have volunteered are disciplined. They are particularly affected if the caregivers physically punish the children. Some have expressed that it is a genuine culture shock to observe these persons slapping or hitting the children. As such the workshop was an ideal format to address some of the concerns the volunteers may have arising from having observed a child being physically punished.

A debate started the proceedings; two groups from the Northern Caribbean University (NCU) argued over the subject, be it resolved that corporal punishment is more effective than positive reinforcement in modifying behaviour or not. Both groups presented convincing arguments, however the group with staunch objections to corporal punishment won the debate. After the debate the guest speakers delivered their messages.

Lunch followed shortly, with a delicious looking and tasting presentation of rice and peas, barbeque chicken, fried chicken, salad and various vegetarian treats. Business followed after everyone had their lunch. It was now time for the groups to meet and discuss various issues surrounding discipline and behaviour management. The floor was then open

for persons to field their questions - to which the experts would provide valuable feedback. After the question and answer segment the vote of thanks was delivered, this signalled that the program had come to an end. Many persons expressed that the workshop was truly meaningful as it shed much light on the issues of discipline management. The volunteers and partners departed from the workshop feeling mutually satisfied.



Discipline Management Workshop



DONATIONS

Volunteers gave...

Sally Barret gave the following items to Hanbury Children's Home:

- ✓ 5 story books
- ✓ 1 box water colour set
- ✓ 2 packs crayons
- ✓ 2 packs pencil crayons
- ✓ 4 colouring books

Brittany Speers gave the following items to Windsor lodge children's home:

- ✓ 1 box board game
- ✓ 1 box 1000 piece puzzle
- ✓ 3 packs crayons
- ✓ 3 packs pencils
- ✓ 1 Sudoku book
- ✓ 6 assorted colouring books
- ✓ 5 reading story books
- ✓ 4 shorts
- ✓ 3 swimsuits
- ✓ 3 pants
- ✓ 2 sweaters
- ✓ 1 pyjama
- ✓ 18 t-shirts
- ✓ 5 socks
- ✓ 1 blocks set
- ✓ 12 toys
- ✓ 1 swimming goggles
- ✓ 2 packs pens
- ✓ 2 hand-held games
- ✓ 2 belts

PROJECTS ABROAD JAMAICA BOOK OF RECORDS- THE FIRSTS



Wesley Nichols, Hannah Fiske, Nicholas Iisley, Robert Stolzberg and Hillary Ball- First volunteers to be on the One Week Spring-Break Special.



Fabian Guidon – first male on the journalism project



Samuel Johnston – first volunteer to play for a Jamaican basketball team



Arend Hartman – first male volunteer on the music project

Published in the Sunday Gleaner, October 28, 2007. Written by Ava Collinder

Etana, the young singer who rejected the words and image of the sexy dancehall genre in favour of visible lifestyle defined by Rastafari, has, by all evidence, been vindicated in her choices.

The chanter has been having a unique effect on audiences here and abroad.

Her debut single, **Wrong Address**, which sizzled slowly and then was aflame, is still alight with heavy radio rotation. Her latest single, **Roots**, is taking the same trajectory.

First signed to the Kingston-based Fifth Element Records and labelled 'The First Lady', Etana says she got tired of doing the videos in lingerie and braiding hair. Not wanting to be labeled a temptress, Etana shed the sex symbol image for natural hair, a new diet and long skirts.

Etana, born Shauna McKenzie, switched to 'Etana' or 'Strong One', which she believes better describes her.

She decided to eat more healthily and was, at the same time, listening to Sizzla, Capleton and Marley talk about the black experience and embracing all that is natural and good.

She says today, "I say Rasta because it has everything to do with nature, Mother Earth and everything natural, upright levity, no confusion, no bad mind and nothing negative."

When, in 2002, Etana decided to return to Jamaica to embrace her roots in August Town, the home base of Reggae icon, Sizzla, and her own original home, her mother told her she was on her own.

The singer states, "Where I am right now, there is room for improvement. For me, there is no limit."

She believes self-improvement and independence are a must for all women.

JAMAICAN RECIPE:

CURRY FISH RECIPE

INGREDIENTS: 2 lb. fresh snapper fish fillet
2 tablespoons curry powder
1 clove garlic, chopped
1 sweet pepper, sliced
1 onion, chopped finely
2 tablespoons of butter
1 cube fish bullion
1/2 cup water
Dash of paprika
1/2 tablespoon cumin (optional)

METHOD:

Slice the fish fillets into two-inch steaks. In a saucepan brown the curry, onions, garlic, fish bullion, butter, cumin and paprika over a medium heat. Then add the green peppers, water and finally the fish steaks. Lower the heat, cover tightly and simmer for about 12-15 minutes. Do not stir.

Serve with white rice and vegetables.

QUOTE OF THE MONTH

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

JAMTAINMENT:

Proud Jamaican

A first grade teacher explains to her class that she is an American. She asks her students to raise their hands if they are American too. Not really knowing why but wanting to be like their teacher, their hands explode into the air like flashy fireworks. There is, however, one exception. A girl named Gita has not gone along with the crowd. The teacher asks her why she has decided to be different. "Because I am not an American." replied Gita. "Then", asks the teacher, "What are you?" "I'm a proud Jamaican" boasts the little girl. The teacher is a little perturbed now, her face slightly red. She asks Gita why she is a Jamaican. "Well, my mom and dad are Jamaicans, so I'm a Jamaican too." The teacher is now angry. "That's no reason", she says loudly, "If your mom was an idiot, and your dad was an idiot, what would you be then?" A pause, and a smile, "Then" says Gita, "I'd be an American."

Reggae Dance Class

On March 8, volunteers met at 3:30pm for the third Reggae Dance Class since the start of 2011. Twenty four (24) volunteers attended eager to get their dance on. The day was warm and breezy and a handful of the volunteers could be seen rocking to the sounds of the music before the start of the class, on the other hand a few were shyly looking around to see who would be observing their attempt at doing the Jamaican moves.

After these introductory moves on their part, they all proceeded to the open space to do their warm up exercises. After their warm-ups the Social Manager informed them that they would be learning a few of the new moves that were now popular within the dancehall arena.

The featured moves were "Gimme Space," "Wheelchair," "Badda Wave" and "Above di Cloud". The volunteers were shown the steps using basic counts. For each dance the Social Manger gave a brief background as to who invented the dance and what the dance represented in the dancehall context. Volunteers were also asked to give their idea of what they thought the dances would look like based on their name.

The "Gimme Space" (Give me my space) is a foot move where the dancer crosses the

right leg over the left leg, then he crosses the left leg over the right leg, simultaneously the



Volunteers doing the Gimme Space

hands are bent at the elbows and will make a movement similar to that of mimicking the motion of chicken's wings- similar to the

chicken dance. The variation to the move is to walk to either side combining all the actions. The person's motion is similar to a person walking around covering a space that is only his hence the name.

The "Wheelchair," basically imitates the movement of a wheelchair bound person. The dancer bends the knees gets low and at either side of his body will make the motion of someone manoeuvring a wheelchair. After you have done the motion you return to a standing position do a heel and toe motion with the legs and repeat the wheel chair motion.



Volunteers doing the Wheelchair

The "Badda Wave" basically makes use of

After learning the moves the volunteers were taught a dance sequence, after which they presented this in various groups. They were warmed down and asked to complete evaluation forms. Most of the volunteers thought the class was good

Patois and Culture Class

Patois and Culture Class was held at the Projects Abroad Jamaica Office (Volunteer's lounge) at 2:30pm- 3:30pm. Thirty volunteers attended the class. For the first segment of the class the Social Manager asked the volunteers to share Patois words they may have heard in general, that they may need clarification on. They said they had none as such the Social Manager presented her list of Patois words she had prepared for the class.

One of the words discussed is the word "Fish" which means a homosexual in the Jamaican patois vernacular. Other words were quickly examined and some of the words

the body making a wave motion. The dancer will use the hands as a sort of chain effect – raising above the head and popping it then the move will travel down the body, while this is happening the dancer is on his toes shimmying in various directions.

"Above di Cloud" makes use of the hand pushing towards the sky on either side of your body. So both hands will be pointing in the same direction imitating a motion which seems as if the person is pushing the clouds back to the sky.

brought giggles from the volunteers or other forms of verbal emotion like gasps or oh's.

The topic for the patois class was Onomatopoeia in Patois, so we looked at words that imitate sounds associated with a certain action or object. For example "Brap Brap" which means a show of resounding appreciation for someone or something. The culture section was themed male and female relations in Jamaica: The pain of polygamy. The forum was used to discuss the differences and similarities in the relationship structures with Jamaican and other nationalities. The main conclusion was that even though the structures were similar extramarital affairs are more common place in Jamaica. Many other interesting points were raised and discussed.

Dirty Day

Dirty Day was held at the May Day High School (approximately 8 minutes from the Projects Abroad Jamaica Office) on March 18, 2011. Volunteers and staff went to the school to paint the two male and two female

bathrooms. Thirty-three volunteers attended Dirty Day.

The request from the principal, Mr. Davis, was that he wanted the team to assist the school in beautifying its bathroom facilities by repainting the walls which were displaying graffiti /writings done by the students who used them.

Seven taxis were used to transport five staff members and the volunteers to May Day from the office. The group was split into four teams. Staff members were assigned to each team. The first group was assigned to painting male bathroom number one; the second group painted male bathroom number two and the remaining two groups painted the female bathrooms.

The painting tasks proved to be a challenge for the teams painting the female bathrooms. The female students were constantly using the bathrooms (painting was done while school was in session) as such the volunteers would constantly cease their painting to allow the students to use the bathrooms. This delayed the painting process.

By lunch time groups one and two had completed their painting tasks. Volunteers had their lunch of a patty and drink; after lunch the volunteers and staff who had not completed their painting went back to painting while the other staff and volunteers finished cleaning and packing up their painting stuff . Upon completion of their tasks they left.

The remaining volunteers and staff had to insist that the girls use the boys' bathroom to give us the time to finish up. Having finished the painting and clean up we were transported back to the office and that concluded the end of a day of hard work. One volunteer remarked this was a true Dirty Day.

Cultural Experience

Thursday, March 24 was Projects Abroad Jamaica's Cultural Experience to Outameni Experience in Trewlawny approximately 43.92 miles from Mandeville to Falmouth. Thirty-three volunteers and six staff members visited the Cultural attraction. Two buses were chartered to transport the group.

The attraction offers a unique interpretation of Jamaica's history. The tour lasted for 90mins and comprised of various villages which represented Jamaica's history starting from the Spanish era to Jamaica at present. There was a mix of music, drama, art and video presentations. The tour was interactive and possessed various elements.



UPCOMING SOCIAL EVENTS – WHAT’S ON THE CALENDAR!

- Reggae/Soca Aerobics: **April 5, 2011**
- Patois and Culture Class: **April 19, 2011**
- Dirty Day: **April 15, 2011**
- Cultural Experience: **April 28, 2011**



SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22 <small>Good Friday</small>	23
24	25	26	27	28	29	30

**Jamaican Patois
Words...**

- **ave-** have
- **aringe-** orange
- **bwoy-** boy
- **chimmy-** bed pan
- **ramp-** play

**New Reggae Songs for
February 2011:**

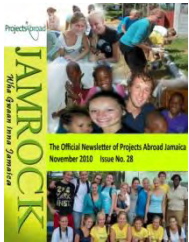
- 1 True Blessings- Toya
- 2 Star Bwoy- Mavado
- 3 Look pon wi- Kartel/Russian
- 4 Nuh Strange face- Chan Dizzy
- 5 Nuh ramp wid wi- I Octane
- 6 If I ever – Wayne Wonder
- 7 Dancehall Hero- Kartel
- 8 Tings a come up – Buju
- 9 Caa get brown- Kiprich
- 10 Chat from nuh bwoy – Aidonia

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...



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