

# JAMROCK

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**THE OFFICIAL NEWSLETTER OF PROJECTS ABROAD JAMAICA**

**JANUARY 2012    ISSUE NO. 42**

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Feliz Navidad!

This yuletide season we briefly embrace a little Spanish flavour and say Merry Christmas in a thick, husky Spanish accent-similar to that of Antonio Banderas' or Sofia Vergara's (prominent Hispanic actors)... Ok time to snap out of the fantasy. Projects Abroad Jamaica simply embraced the Christmas season and focused on the work at hand, part and parcel of the work was ensuring that the fifteen (15) newly arriving volunteers in December were warmly welcomed and properly inducted into the "Projects Abroad Jamaica Hall of Operations." Let us take this opportunity to reinforce the welcome-  
Welcome All!!!  
Switzerland (4),  
Netherlands (4),  
Germany, (2), United Kingdom (2), Australia (1), France (1) and Denmark (1) were the countries gracing the

contoured shape of our Island. These volunteers joined the other volunteers and began weaving an extraordinary tapestry of experience; at the moment (upon writing this) we have thirty- five (35) volunteers in-house who are working hard as they enjoy recreational activities.

The month was about the work as usual and the volunteers had their regular project meetings, Project Officer visits, dose of social activities and encouragement to embrace the experience. The month progressed in a cool yuletide Zephyr, lightly carrying us to enjoy the 'sorrel and candy cane' edition of patois and culture class, a 'White Swag' Christmas Appreciation Party and a pulsating reggae dance class.

Thanks to all the volunteers for making Jamaica their preferred volunteering destination, I must say it was an honour to have had you with us. We would definitely love having all of you again. Come visit soon or simply check out our [Facebook page](#) or visit our [blog post](#).

Just relax and enjoy reading about "the yuletide season" in this issue of JAMROCK.

*(Written by Social Manager from a phone interview with Ann-Marie Hanson, host mother)*

Soft spoken in a comforting lilt and if ever there was a smiling voice it would be Mrs. Hanson's. Mrs. Ann Marie Hanson, her husband and daughter reside in Sunset Close, Knockpatrick, in a cozy home, reminiscent of 'mamas' kitchen where the tastiest meals and a friendly atmosphere await.

In that soft smiling voice she takes the time to recount her host family experience. When asked how long she has been hosting she jokingly says, "You can probably tell better than me." But quickly she recalls the name of her first volunteer- further checks show that Mrs. Hanson has been accepting volunteers since 2009; based on her tally she has hosted more than ten (10) volunteers.

Her family has gone the extra mile to ensure that the volunteers feel at home and receive a fair dose of the Jamaican culture. She describes the times when her family organized farewell and birthday parties for the volunteers as well as introduced them to a few patois words and Jamaican dances. She also recalled that one of her volunteers who still communicate with her told her that the party she (Mrs. Hanson) had for her was one of the best times in her life. In addition to the parties she has taken them on outings and of course

attended to the palettes of the volunteers by preparing tasty Jamaican meals such as, ackee and saltfish, also bammy and fried fish.

"Wow I love when the volunteers are themselves and then we get on quite well!" That is how Ms. Hanson spoke of her ideal moment with the volunteers. She recalls moments of just sitting with the volunteers giving jokes and exchanging thoughts. Past volunteers still communicate with her, sending her pictures, letters and, of course, chocolate from home.

Summing up the Projects Abroad Jamaica experience, she says this, "It is a good thing [the experience] helps us to learn about different cultures [despite] not being able to go abroad." With that thought tickling statement the interview comes to an end- we wish each other all the best for the New Year I go back to my work and she goes back to providing the ideal family setting for the volunteers.

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*(Written by Social Manager from a phone interview with Mr. Alvin Murray, placement supervisor at the Christiana Potato Growers Cooperative Association (CPGCA))*

The CPGCA is located on Main Street in Christiana, approximately 25 minutes drive via taxi from Mandeville, legally established in 1959 the CPGCA since 2008 has opened its doors to Projects Abroad Jamaica volunteers. The project experienced a lull and only revived this past year. The 2011 period has been good for Mr. Murray and his team.

The Farming project operates under the Culture and Community umbrella at Projects Abroad Jamaica and gives volunteers the opportunity to work in the green house, on the farm and in the laboratory working specifically on tissue culture.

Mr. Murray continues to laud the input of Sofia Lindgren as she was a specialist in her area (Sofia has background in chemical food engineering and has a passion to grow vegetables in her personal garden. She has worked as Food Safety Manager at a large company and is into the business of food technology, safety and storage). He says she added much value to the work of the cooperation.

He does not discount the value of the other volunteers as he says, "the last four [volunteers] have had a great impact [on the

operations of the CPGCA]." Mr. Murray went on to list the tissue culture work and the green house work as areas where the volunteers have made contributions.

He stresses the need for highly skilled volunteers as he finds it a challenge to utilize volunteers to the best when they are ignorant of certain tasks, especially where tissue culture is concerned, in his words, "Match skills to the work being done." Mr. Murray went on to explain that the CPGCA is currently expanding its lab as such resources are limited he charges volunteers to be mindful of the situation and adapt in a positive way.

Mr. Murray looks forward to the continued partnership and looks forward to a positive 2012.



Mr. Murray (Farming placement supervisor)

## COMMUNITY AND CULTURE PROJECT UPDATE

December is a month of thanksgiving and we would like to give thanks to the over 51 volunteers that have volunteered their time on the Culture and Community Project in 2011. We are grateful and appreciate the tremendous work that you have done to improve the life of our fellow citizen.

Let's have a look at some of the activities that the volunteers were involved in for this month.

### Building

There were three (3) volunteers on the Building projects for this month and they were involved in two projects. One repairing an old dilapidated roof and the other was construction work on a house. The volunteers assisted the ADRA workers in carrying out numerous tasks such as mixing cement, building blocks, fixing roofs, putting on doors and windows, constructing foundation and painting.

### Farming

With only one (1) volunteer on this project things are going really well. The volunteer continues to work in the lab doing tissue culture and assisting where necessary. The volunteer also assists in the greenhouse to plant vegetables, sweet potatoes, yams, sweet peppers and Irish potatoes. The volunteer said that she really enjoys her time at the placement and she is very happy there.

Our volunteers continue to do a fantastic job and we really appreciate them taking the timeout to assist us in Jamaica.

I wish you all a happy New Year, may it bring you prosperity.



## **MAJOR HIGHLIGHTS- IMMUNITIATIVE UPDATE**

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

## Volunteers gave...

Lisa Stein (a former German volunteer) donated JA\$10,588.00 to the Immunitiative Project.

Joan Johnson (a former volunteer) and friends donated JA\$39,084.00/ 300GBP to the New Hope Children's Home

Jeppe Skov- Pedersen donated the following items to Hanbury Children's Home

- ✓ 8 packs pencils
- ✓ 5 bottles of bubbles
- ✓ 5 tubes of clay
- ✓ 7 balls small jax
- ✓ 1 bag crayons
- ✓ 1 box colouring pencils
- ✓ 1 bag alphabet
- ✓ 2 skipping ropes

## YOHAN “THE BEAST” BLAKE JAMAICA’S SPRINTING FUTURE

*(Wikipedia the free encyclopedia)*

Yohan Blake (born December 26, 1989) is a Jamaican sprinter and the current 100 meter World Champion. He holds the National Junior Record for the 100 metres, and tied as the Youngest Sprinter to have broken the 10-second barrier (at 19 years, 197 days). Blake's personal best of 9.82 seconds makes him the fourth fastest Jamaican runner, after Nesta Carter, Asafa Powell and Usain Bolt. His fastest run under any conditions is 9.80 seconds in May 2011 in Kingston, but the wind assistance (+2.2 m/s) was over the legal limit. He is coached by Glen Mills, and is training partners with Usain Bolt and Daniel Bailey. On September 16, 2011 in Brussels, Belgium, he won in a time of 19.26 seconds, the second fastest 200 meters ever.

### **Early life**

Born in St. James, Jamaica, Blake is the son of Veda and Shirley Blake. He attended St. Jago High School in Spanish Town.

### **Career**

Blake set the fastest time by a Jamaican junior sprinter over 100 meters with 10.11 seconds. The record was set at the CARIFTA Games held in the Turks and Caicos Islands where he also won the 200 meters and led his team to record breaking runs in the 4 × 400 meter relay and 4 × 100 meter relay.

Blake won the 100 meter "B" race at the 2009 Reebok Grand Prix. His exploits at the Golden Gala in July represented a significant improvement. He proved himself to be a serious competitor at the senior level: he took third place behind Tyson Gay and Asafa Powell and improved his personal best with a 10-second barrier-breaking run of 9.96 seconds becoming the youngest athlete ever to do so.

At the 2011 World Championships, Blake comfortably made the final. Following the disqualification of compatriot Usain Bolt, Blake won the Gold medal in a time of 9.92 seconds. Alongside Bolt and other Jamaican teammates in Daegu, Blake won the 4×100 meter relay final and broke the world record (set by the Jamaican team at the Beijing Olympics in 2008) with a time of 37.04 seconds.

At the 2011 IAAF Diamond League meeting in Zurich, Blake beat Asafa Powell in the 100 meters with a personal best of 9.82 seconds. The following week in Brussels, Blake set a 2011 world leading time in the 200 meters with a personal best of 19.26 seconds, the second fastest time of all-time of the event with an improvement of more than half of a second (0.52 seconds) from his previous best of 19.78 seconds set in Monaco in 2010.

## **JAMAICAN RECIPE:**

### **Jamaican Peanut Punch**

Peanut Punch is a popular energy drink in Jamaica. It is high in protein and is regarded by many Jamaicans as an aphrodisiac. It is commonly sold by street vendors who may use various "secret" ingredients (like Irish Moss) to stake their claim of having the best peanut punch. Our recipe combines the most popular ingredients.

#### Ingredients:

- ½ lb. Shelled Roasted Peanuts
- 1 ½ pt Water
- 1 can Condensed Milk (or ½ Soy Milk, sweetened with Brown Sugar)
- ½ tsp Vanilla Essence
- ½ tsp grated Nutmeg
- 1 tsp Honey
- ½ tsp Cinnamon (Optional)

#### Method:

- Put the Shelled Peanuts or Peanut Butter in a blender.
- Pour half the water in the blender and mix.
- Gradually pour in the rest of the water while blending the peanuts.
- Blend thoroughly until liquefied
- Slowly Strain the mixture in a jug through a strainer/sieve (pour in a little at a time).
- Add Condensed Milk, Vanilla Essence, Nutmeg, Cinnamon and Honey.
- Mix well. Serve cold
- Serves 4

### **QUOTE OF THE MONTH**

Young bud nuh know storm (young bird does not know storm)  
Experience teaches wisdom

## **JAMTAINMENT:**

A man had great tickets for the World Cup Final. As he sits down, another man comes down and asks if anyone is sitting in the empty seat next to him. "No," he says. "The seat is empty." "This is incredible!" says the other man. "Who in their right mind would have a seat like this for the World Cup Final, the biggest sporting event, and not use it?" "Well, actually, the seat belongs to me. My wife was supposed to come with me, but she passed away. This is the first World Cup Final we haven't been to together since we got married." "Oh ... I'm sorry to hear that. That's terrible. But couldn't you find someone else, a friend or relative, or even a neighbour to take the seat?" The man shakes his head. "No. They're all at the funeral."

## Reggae Dance Class



“I choose you”, those were the words of challenge that volunteers used to throw down the dance gauntlet to their chosen opponent found in their fellow volunteers; reggae dance class on December 20th was about just having fun and that’s exactly what the volunteers did, after all it was the final dance class for the 2011 period as such we all enjoyed the moment by first having a recap of most of the moves tried and tested. After ensuring that the volunteers had a fair grasp of the moves, they were taught a dance sequence with a hardcore presentation the volunteers responded to the authentic dancehall moves and made a good effort in delivering the moves- they had the opportunity to face-off to determine the best dance crew (Jamaican style) audience members responded with resounding applauses to signal their favorite group- I am guessing based on the swag used in the delivery. Finally each group member was allowed to select an individual to have a one-on-one this was a delight to watch.

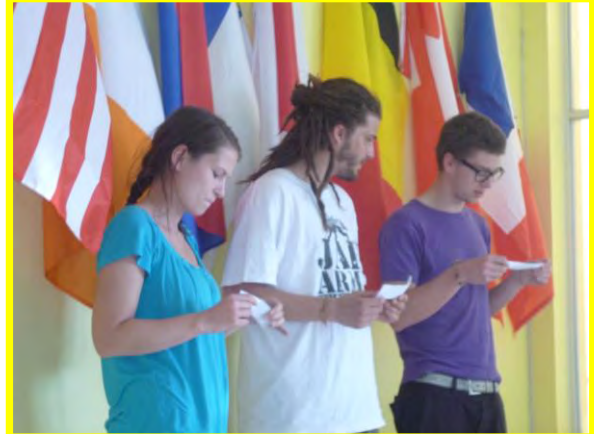
Volunteers left feeling the work out and had a few laughs at the events must say a good note to end the dancing ‘ting’ for the year. Until next year keep the spirit of dance alive!



## Patois and Culture Class



It was the night before Christmas and that we call Grand Market here in Jamaica- patois class held on December 13, touched on Patois words associated with the Christmas period such as ‘nyam,’ ‘belly a buss,’ ‘get togedda’ along with several other words. Volunteers also received situation sentences and were called upon to read the sentences in Patois this elicited laughter and applause of appreciation for the courageous attempt to read patois, agreeing that’s a challenging task- especially the female volunteer who began her sentence “Mi a hot gal...” that seemed to be a favorite. Later the volunteers were given a synopsis of the Christmas period here in Jamaica from a cultural viewpoint. Volunteers were treated to sorrel (traditionally served). Also candy canes were given to volunteers as a small token of appreciation. Volunteers milled and bonded after the class, a few of the volunteers also took the opportunity to speak with the Social Manager at the end of the class asking general questions.



## Christmas Appreciation Party



On December 22 as patrons were encouraged to wear white to support the theme as a symbolic gesture in honoring purity and the celestial meaning of Christmas.



The appreciation reached out to host families, placements, volunteers, staff, transport team, and all well-wishers of Projects Abroad

Jamaica. The patrons were treated to a lovely décor complimenting the key words in the theme white and swag; the ambience was set and the night began to reveal a line-up of interesting activities, first up was the bow a body part race where three men were called up, they were given bow material and asked to select a female from the audience and bow an individual body part-they were not allowed to repeat body parts the winner made a nice neat bow and his body part was the arm. He received a bottle of non alcoholic wine for his effort. The night progressed with a series of fun and games, Rudolph's dexterity race, Christmas know-it all quiz and Siamese cake eating were the games. All participants received prizes of non-alcoholic wine for their efforts. Patrons also got phone card giveaways and were treated to a scintillating Latin dance number, all I can is- *muy calinte!* There was also a buffet of finger foods on buffet; as such patrons had feasted on jerk chicken, fish fillet, fruit and chicken kebabs, pasta and other treats. Valuable information about the Immunitative project and patrons were encouraged to lend their support. I must concede it was a lovely appreciation party several patrons gave their commendations. Big thanks to all our partners who rallied with us for the 2011 period-WE APPRECIATE YOU!!

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

- Reggae Dance Class: **January 10, 2012**
- Nyammings and Games Lyme Reggae Dance Class: **January 17, 2012**
- Dirty Day: **January 20, 2012**
- Patois and Culture Class: **January 24, 2012**
- Cultural Experience: **January 26, 2012**

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

- Accompong Maroon Festival: **January 6, 2012**
- Rebel Salute: **January 14, 2012**
- Jamaica Jazz and Blues Festival: **January 25-29, 2012**
- JSP High Mountain Coffee 10K Road Race: **January 29, 2012**
- All Island Carnival: **January 30-April 29, 2012**

**Jamaican Patois Words...**

- **Ruff neck-** tough guy
- **Sawf-** soft
- **tun-** mister
- **Usband-** husband
- **wid-** with

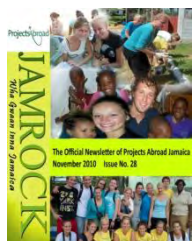
**New Reggae Songs for November 2011:**

- 1 Why pree/world boss- Vybz Kartel
- 2 Clean- Popcaan
- 3 She gone-Supa Hype
- 4 Imma need security- Munga, Super Hype & Chi Ching
- 5 Only man she want- Popcaan
- 6 Settle down- Mavado
- 7 Got to luv u- Sean Paul
- 8 Put it on hard- Vybz Kartel
- 9 Tax inna my world- Khago
- 10 Tun up di ting- Khago

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... [Projects Abroad Jamaica](#)



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

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