

JUNCTION RIDE

**Buy
a
Band!
PG 15**



Photo by Nicole Wright

pg 7

Home 'n Health

pg 12

History & Heritage

pg 16

Mind & Body

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Word to the Reader

The principal route from the capital of Jamaica - Kingston - which brings one to important places of interest / capitals such as Port Antonio and Port Maria, the Junction, St. Mary has lots to offer. ...

"Junction Ride Community Magazine" hopes to share all this and more with you.

With invaluable contributions from educational and social organisations as well as from community members themselves the aim is to make the difference not just in your day, but in your life.

Dionne Wright
Publisher - Creative Director - Editor



Nicole Wright
Assistant Designer - Photographer

COLOPHON

Junction Ride

Community Magazine

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Close your eyes and imagine miles and miles of white sand beach, cliffs, perfect waters for a wide range of water-sports and swimming as well as incredible sunsets, glass-bottomed boat tours and countless hotels to pick and choose from. One's tour of Jamaica just cannot be complete without a visit to the world-famous town of Negril, located at Jamaica's most western point, and in the parishes of Westmoreland and Hanover. Originally called "Negrillo" by the Spaniards in 1494, Negril remained a tiny fishing village until it finally obtained a road in 1959, opening it to the world.



Proud of my Profession!

Broom Maker

Get featured
in JR today!
Contact info
at back.

Forty-eight years is much more than some can remember, even more than the lifetime of many reading this article.

Yet, it is forty-eight years since Mr. Reginald Walker - skilled craftsman and jack-of-all-trades - has been making quality, sought-after brooms to earn his living and take care of his family.

Funny enough, this was never his plan but as many say, what is to be will be.

A friend of his got into some trouble and with the large heart that Mr. Walker has, when he realized that the friend's parents did not have the needed 100 Pounds to fix the situation, he stepped in and loaned this sum. He had difficulties regaining this money and so came up with the plan that the friend (who knew the craft) would make and sell brooms to be able to repay him. At this time, one could get 2 pennies for each broom. The friend did not put out great effort, only completing one broom and half-finishing a few others. On heeding the wise words of his grandmother, who told him to repeatedly pull out the brooms that were half-made until he could put them back together properly, Mr. Walker not only regained his money but obtained a life-long skill that few truly master.

Originally from St. Thomas - a Maroon Without Border - "Broomie" made his way to the Scotts Hall community 4 April, 1978. He is a man who believes in working hard and honestly, a man who enjoys nature and as his name denotes, he is a serious walker, easily covering distances that many get tired just thinking of.

Mr. Walker is highly respected and looked up to; someone who makes the building of community, especially by involving community members, a priority. Despite recently losing his house and all he owned in a fire (arson), he still keeps giving and giving and giving.

He now has plans to form an official company so that broom-makers can access the export market, as well as more respect. Most countries are converting to "green" products and these well-made brooms both promote eco-friendly lifestyles as well as Jamaica's rich culture.



Mr. Walker: 876-822-9942

Not just anyone can make brooms and make them well.

A combination of Art and Science, glued together by lots of love, it is rare to find the younger generation engaging in this profession. To make brooms by hand, intricately bringing together thatch and stick in unity, one has to be disciplined and patient. The work then continues in the marketing and selling of these wares, teaching humility.

For Rastafarians, the broom - an environmentally friendly necessity - symbolizes cleanliness and purity.

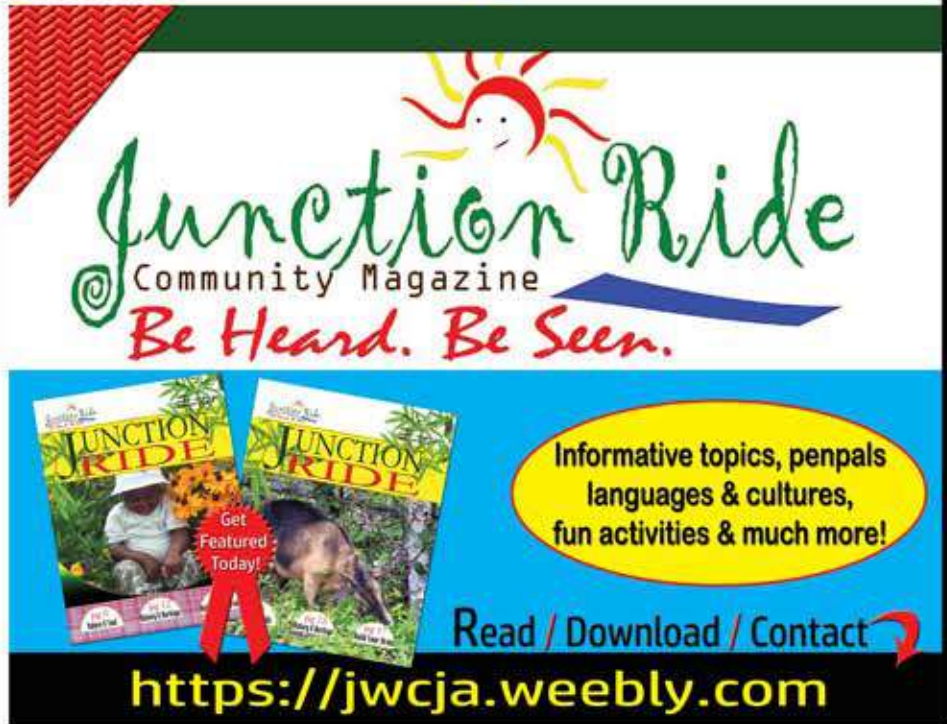
"There are brooms that are made for general sale and then there brooms that are custom-made with specific instructions woven in, for special events and purposes", declares Mr. Reginald 'Broomie' Walker.

"Brooms are very powerful tools - the saying 'sweep out di bad luck' is based on this fact".

It is now a year since you and you and you have been contributing of your time and talent to the Junction Ride Community Magazine and we are taking this opportunity to acknowledge you, to say “thank you”.

The magazine would surely not have been what it is without your invaluable input.

“Why do all this work?”, I am asked quite frequently, receiving disbelieving looks when I confirm that there is indeed no form of salary or sponsorship for this task that I give to myself each month (traveling to interview, doing designs, writing & photography) and that this is my voluntary contribution to building the communities of the Junction.



Junction Ride
Community Magazine
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<https://jwcja.weebly.com>

Being a survivor of child abuse who also barely managed to escape from domestic abuse has left me suffering and with lifelong scars. However, these events have also left me quite aware of and in tune to the sufferings of others. Others who sometimes need just one moment of cheer or encouragement to lift them from sadness or even to save their lives. One little bit of information to change the direction of their lives.

The JR Mag was created to boost confidence, increase literacy rate, educate and inform (to save lives) as well as to show to the world the skills, competences, talents, goods and services that the people in the Junction have to offer, while guiding outsiders to them.

True, the work is hard and at times I feel like stopping, but then, just a smile from a reader, just an email from someone who once lived in the Junction, just seeing the happiness of an abused child whose work is published, keeps pushing me forward. And, in its own way, keeps saving me.

Still, facing many challenges (financial, lack of proper equipment, as well as additional trauma and risks brought on for finally deciding to speak out against and stand up to my and my children’s abuser in court), I have decided to take a break at this, the end of volume 1, to hopefully return to humbly serving you at the beginning of the new calendar year, using the many talents I have been blessed with.

In the meantime, keep loving yourself and loving each other.

Share the “little” that you have - for many, your “little” is like winning the jackpot.

Believe in yourself and know that you too, you have great talents, even though you may not think so. Some just need to be encouraged and guided, some just need to believe in themselves. Always use the talents you have been gifted with to help others.

Blessings & one love!

DW

NATURE & YOU!

RECREATION ROCKS!

Caving is the recreational pastime of exploring wild (generally non-commercial) cave systems. Jamaica is indeed a very small island, however, there are over 1000 cave systems here - more than enough for everyone.

Caves - formed naturally over thousands of years by the weathering of rock and extending deep underground - offer a glimpse into another world; a world where there is very little natural light but lots of lifeforms. A world full of incredible artwork formed by the hands of Nature.

Caving is a journey, an adventure. It is an opportunity to get exercise, have great subjects for photography, build team-work and survival skills. It also allows one to immerse oneself in Nature, to better study and understand Science, Geology, Geography, History and much more.

WEIRD BUT REAL!

The Aye-Aye is found only on the island of Madagascar. An omnivorous animal that feeds on insect larvae and fruits, it can live for up to 20 years but only grows as big as 24 inches in length (head to tail). These nocturnal animals spend their lives in the canopy of the rainforests and avoid coming down to earth.

CREATIVE CRAFTS

Straw

The term 'straw' refers to narrow strips of the fibrous dried leaves of several varieties of palms. The straw becomes 'straw work' when it is woven or plaited, using various patterns, to create utilitarian or decorative products.

Beautiful bags, baskets, hats, furniture, brooms and much more are made from this versatile and long-lasting material.

Palm trees abound right here in Jamaica, in the Junction. Why not give a try at this craft which can bring great economical and recreational benefits?



<https://www.jamaica-reggae-music-ya.com>

Teach children to
never go near or in water
without an adult present.

Safety Tip

Know your plants!

PLANT FACT

by Dionne Wright



Cerassie also known as Bitter Melon, is a highly valued medicinal plant that is easily found growing wild in Jamaica. This plant can be had as a tea for “cleansing of the blood”, removing harmful toxins while replenishing energy with its wide range of vitamins and minerals. Cerassie had been proven useful in the removal of parasitic worms, for abdominal pains as well as colds and coughs. It can also be crushed and applied to the skin to heal wounds, treat eczema, acne and insect bites.



Health Corner

I had never heard of “Fibromyalgia”. That is, until I was diagnosed with it, 17 years ago. All I knew was that each day from about 24 years ago, the sun rose and set with me in excruciating pain that nothing really helped. I took one pain medication after the other, until my body just no longer responded to them.

I tossed and turned at nights, but no position helped those pinched feelings or that burning pain that was deep in the muscle. I couldn't sleep and of course, I was always tired. Then, there were the endless headaches, caused by nerves being pinched by these muscles contracting, especially when I was stressed. I do not remember what it is like to live without pain.

Fibromyalgia is a long-term or chronic disorder, meaning there is no “here today, gone tomorrow” hope.

It is a common and complex chronic pain disorder that affects people physically, mentally and socially and which is characterized by chronic widespread pain, multiple tender points, abnormal pain processing, sleep disturbances, fatigue and often psychological distress. Symptoms can wax and wain, with severe symptoms being extremely debilitating and can interfere with an individual's basic daily activities.

Mostly women and those who were exposed to traumatic experiences get fibromyalgia.

There is no cure. Treatment involves pain management and lifestyle adaptations (conventional medicines, massages, diet, psychological support, exercise, especially swimming and yoga).

<https://www.fmaware.org>

DELICIOUS DELIGHTS!



BREADFRUIT

There are many ways to prepare breadfruit other than it being roasted, fried, baked and boiled..

There are numerous dishes that can be made with this nutritious staple.

Breadfruit Shrimp Cakes

- ½ breadfruit, steamed/boiled and mashed
- 1 small onion, diced
- 6 jumbo shrimp, chopped, or 1 cup crab meat
- 5 scallion leaves, chopped
- 2 cups breadcrumbs
- 1 egg, whisked
- Pinch of salt & white pepper
- Cooking oil



Instructions:

Mix breadfruit, onion, shrimp or crab, scallions, salt and pepper and form into patties. Dip in egg, then breadcrumbs and deep fry until golden brown in colour.

Contributed by the Natural History Museum - Institute of Jamaica

Shop right...
Money Tight!!!

1 PACK 'MILK' POWDER: \$150

V&G

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1 DRY COCONUT: \$100

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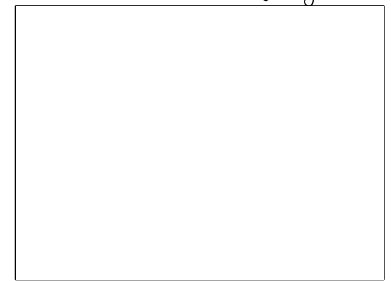
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Featured Country:

India



Draw the flag!!



India is the seventh largest country in the world. It is located on the continent of _____, and has an estimated 1.343 billion inhabitants, making it the second most populous country in the world. The _____ Mountains form India's northern limits and it shares border with six other countries.

There are _____ official languages: Hindi and _____. People from India are called _____. Males are more literate with females trailing far behind.

The _____ tiger is India's national animal.

Traditionally, Indians found toilet paper repellent and considered it cleaner to splash water with the left hand in the appropriate direction. Consequently, the left hand is considered unclean and is never used for eating.

From India:

Chess

(Paste pictures!)

Decimal system

How to say:

Hello

- namaste

Goodbye

- alvida

How are you?

- aap kaise hain?

My name is...

- meraa naam ____ hai

I love you

- Main tumse pyar kartha hoon.

CULTURE CLUB

Con amor de España.

Elvira Sardà Bosch

CATALUNYA- CATALONIA: part 1



Catalunya (in Catalan: Catalunya, in Aranese: Catalonha) is a Spanish autonomous community, considered a historical nationality, located in the northeast of the Iberian peninsula. It occupies a territory of 32,000 km² that borders on the north with França and Andorra, on the east with the Mediterranean Sea along a maritime strip of about 580 kilometers, on the south with the Valencian Community, and on the west with Aragón. This strategic situation has favored a very intense relationship with the territories of the Mediterranean basin and continental Europe. Catalonia is formed by the provinces of Barcelona, Girona, Lleida and Tarragona. Its capital is the city of Barcelona.

In 2017, 7,504,008 people live in the Catalan territory in a total of 947 municipalities, of which 64 exceed 20,000 inhabitants (in which more than 70% of the Catalan population lives). Two thirds of the population lives in the metropolitan area of Barcelona.

Catalonia enjoys a Mediterranean climate, although with large temperature variations between the coster coast, with a mild climate, temperate in winter and very hot in summer; the interior that has a Mediterranean continental climate, with cold winters and very hot summers; and the mountainous areas near the Pyrenees, which have a high mountain climate, with sub-zero minima and abundant snow in winter, annual rainfall above 1000 mm and less hot summers.

In Catalonia, several languages are spoken, with the main ones being català and Castilian. According to the Statute of Autonomy, both languages, together with occità (in its variant aranese), are official. In addition, Catalan is considered the language of Catalonia, while occità is considered the language of Vall d'Aran. Generally the Catalans are bilingual and they know the two main languages although they differ with respect to the language they have in their mother tongue.

Catalonia has a relatively strong geographical diversity, taking into account the relatively small size of its territory. The geography is conditioned by the Mediterranean coast to the east, with 580 kilometers of coastline, and the large relief units of the Pirineus del Nort.



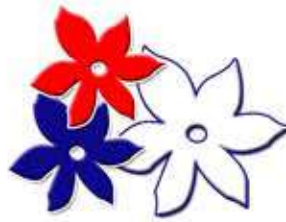
CATALONIA



Cataluña: ser seguido en la siguiente publicación de Junction Ride Community Magazine.

CULTURE CLUB

Un mot de
... la France!



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La Marseillaise

FACTS ABOUT FRANCE

- * France is the largest country in the European Union and the most visited country in the world.
- * The city of Paris - the capital of France which has a population of over 2.2 million people - has only one stop sign.
- * The parachute, the hot air balloon, the motion picture camera, the bicycle and inflatable tires for cars are all French inventions.

From Bligh to Roast and Fry... 225 Years of the Breadfruit

Contributed by Teona Thomas, Exhibition Gallery Officer, Natural History Museum of Jamaica (NHMJ)



The History of Breadfruit in Jamaica



BREAD FRUIT
Artocarpus altilis

The scientific name for breadfruit, *Artocarpus altilis* is derived from the Greek words "artos" ("bread"), "karpos" ("fruit") and "altilis" ("fat") and is referred to traditionally in Jamaica as Breshe. The fruit came to Jamaica in 1793 by Captain William Bligh who travelled to Tahiti where Bligh and his team collected 2,126 seedless varieties of which 346 came to the island. These were planted in Bath Botanical Gardens, St. Thomas and it is believed that all breadfruits in Jamaica are descendants of those.

However, did you know that the main reason why the breadfruit was brought to Jamaica was to feed the enslaved Africans on sugar plantations? The enslaved Africans found it distasteful as they preferred growing and eating foods that were part of their African tradition such as yam, cassava and ackee. Breadfruit was only eaten when their favoured foods were limited, but over the centuries this has changed as it is now widely accepted and eaten by Jamaicans.

Did you know there are four different types of breadfruit varieties in Jamaica?

These are Saint Kitts or Timor, Cassava, Yellow-Heart / White-Heart and Macca breadfruit. They are differentiated by their leaf types and skin texture. .



Saint- Kitts or Timor Breadfruit



Macca Breadfruit



White-heart Breadfruit



Roast Yellow-heart Breadfruit

Does breadfruit have medicinal properties?

The breadfruit is said to be high in nutrients as it is high in carbohydrates and a good source of antioxidants, calcium, carotenoids, copper, dietary fiber, energy, iron, magnesium, niacin, omega 3, omega 6, phosphorus, potassium, protein, thiamine, vitamin A and vitamin C. For example:

- 1. Cardiovascular health:** Due to breadfruit being an excellent source of potassium, it helps to reduce blood pressure in the body and regulates the heart rate by minimizing the effects of sodium. Therefore it is heart- friendly.
- 2. Resistance against infections:** Breadfruit causes the body to develop resistance against infectious agents due to the great amount of antioxidants it contains. Jamaicans have a bit to say about breadfruit...

As Jamaicans we tend to create sayings, beliefs, proverbs and fictional stories surrounding various items which form part of our culture. A common saying is: 'Breadfruit mek yuh coward'. This can be heard often by persons living within rural Jamaica or 'the country' because they believe traditionally when you eat too much breadfruit it allows you to see ghosts.

What's been happening?

New uniforms!

CASTLETON PRIMARY & JUNIOR HIGH SCHOOL

GOLDEN VALLEY INFANT & PRIMARY SCHOOL



Boys once wore khaki shirts with khaki trousers; girls wore navy tunics with blue shirts.

Now, both boys and girls wear a brighter combo: golden shirts with brown skirts / trousers.



Uniforms that reflected the name (as well as paint colour) of the institution are now a calmer hue.

Since September, light pink shirts and grey trousers are worn by boys while girls wear light pink shirts with grey tunics.

BROOM-MAKERS FESTIVAL & EXHIBITION: CASTLETON GARDENS, SUNDAY 30 SEPTEMBER 2018



One thing that remains true for all broom-makers is the belief that the broom represents cleanliness and that it is a special profession which not just anyone can just jump into.

Leading Priest Christopher Morant names the selected selling days as Sundays, Tuesdays & Thursdays and adds that he is proud to walk in the hot sun selling his brooms as this is a means for him to honestly earn his bread and be self-reliant. The 'house' broom represents the Empress Menen (woman); the 'yard' broom - Marcus Garvey (man); the short / 'hand' broom is Emperor Selassie and the tall / cobweb broom is King Emmanuel Charles Edwards vii.

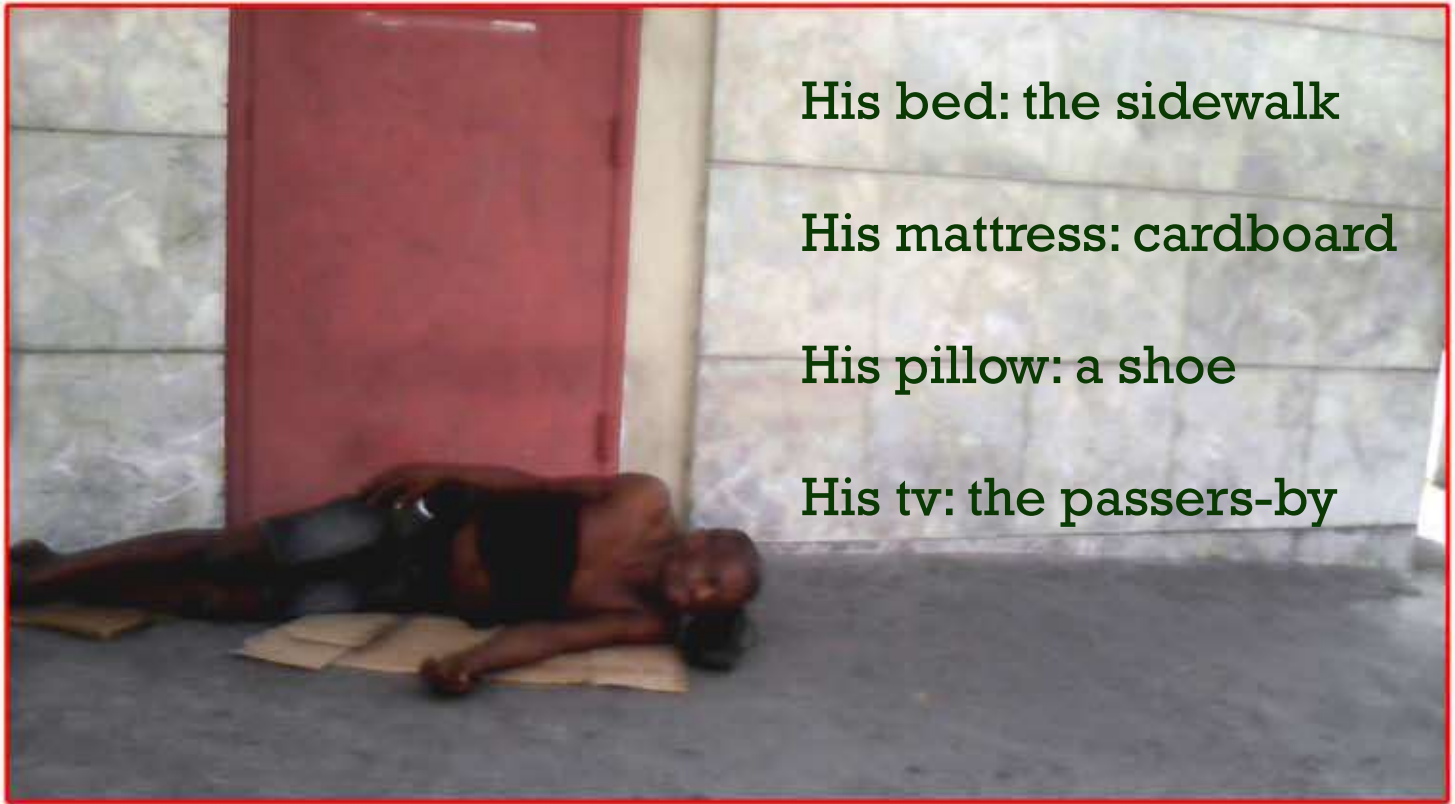
Prophet Lincoln and Honourable Prophet George, who accompanied Leading Priest Moranr from the "Jerusalem School" in Bull Bay added that children being obedient to parents and parents not provoking their children to wrath is key.

Broom-making is a culture, one that this man learnt from his parents who were also reputed broom-makers. He says nothing comes close, as this skill brings him independence.



LITTLE BRAWTA

In di streetz of Jamaica



His bed: the sidewalk

His mattress: cardboard

His pillow: a shoe

His tv: the passers-by

Fruitful Farmer

The farm should be an ecosystem which promotes the 'circle of life' via biodiversity.



Jamaican Sayings

"Every hoe hab dem stick ah bush!"
There is someone out there for each one of us.

Bashed for breastfeeding!!!

A mother discreetly fed her hot, thirsty baby in a corner of the bus. Feeling someone tap the child's arm, she looked up to see the conductress ordering her to stop breastfeeding because the "baby was too old for that". She fixed the baby's arm and ignored her outbursts, continuing to feed her son. On descending from the bus, the conductress shouted at her, "yuh fi tap gi di baby titti!". At this, the mother turned and replied that it was a young baby. As the bus sped off, the conductress pushed her head through the window and angrily shouted, "yuh fi tap! No man nah guh wa'an yuh wid yuh titti dem lang dung ah yuh waise!"

Moral: looking pretty to get a man (as one certainly cannot live without one!) is far more important than doing what is natural and right - feeding a hungry child food that was created especially for him.

BE THE ARTIST

FAMOUS JAMAICAN ARTIST

--- YOU ---

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Support the people of the Junction & the JR Magazine by buying 3 macramé bracelets.

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Draw and colour the rest of the image.

R. Tennant

WATCH YOUR WORDS...

Your children are settling into their new routine at school and we continue our three-part series of raising confident children. This one is for you, whether you are a parent / guardian or simply have occasional contact with children.

You probably know the saying, “sticks and stones can break my bones but words can never hurt me”.

As a child I remember making that retort whenever another child said something that in reality hurt me very much!

This saying is far from true.

Broken bones heal, and if set properly, may fade from our memories.

On the other hand, words have the power to hurt, heal and shape lives, no matter how old (or young) we are.

You may not be conscious of it, but we are all talking to ourselves, all the time.

And no, this doesn't mean we are 'mad'. Stop for a moment and think about something you think you cannot do. You tell yourself “I can't do (blank) well” and you avoid every opportunity to try to do this thing. These “self-talk” messages are the result of the things we have been told all our lives, starting in childhood.

So how do you raise children who grow up with positive self-talk?

Help them to love themselves by speaking true, positive words about how they look.

For example, “it's okay that your nose is not straight, noses come in all shapes and sizes”.

Encourage their efforts, even when they don't do as well as you would like.

Use action words to help them do better next time.

Don't let them hear you speaking negatively about others and discourage them from doing so



... and grow confident
CHILDREN!



Rosemarie Voordouw

Registered Associate Counseling Psychologist & Public Relations Director
Jamaican Psychological Society (JamPsych)



www.jampsy.com

A WORD ON ABUSE: *Why did I not report it?*

“Because I thought it was my fault.”

“I did report it to my mother, that her husband waited until she went into the shower to sexually abuse me. She called me a liar.. Until one day she confronted him and he said he wanted to impregnate me. I was 10”

“He knew where I lived. he knew my schedule. he threatened to hurt me and my family if I ever told. He made me feel like it was my fault. He was older, and stronger than me. I was afraid. I was ashamed. I was embarrassed. I was a virgin. I was only 13”

At the time, I did not even recognize it as rape and I blamed myself for having allowed it to happen, for having stopped fighting to push him off and away from me. I just live with the shame of being another number on his scoreboard.

<https://twitter.com/hashtag/WhyIDidntReport?>

“I was humiliated and afraid.
He was family”

“He was my brother: I was 7 and he was 16. He threatened me so I wrote in my diary instead of talking. He found it and tore it to shreds.
The last time he raped me, I was 22. This was just days before he got married”.

“I was told that because he was my boyfriend, he was entitled to my body. I was told I let it happen because I gave up trying to stop him. I was told it was too late to call the police.
I was told I led him on”.

I was 18 when my Dr. sexually assaulted me in his office, who would have believed me?

“I thought it was normal. I thought I probably brought it on myself. thought no one would care. I thought it probably didn't matter anyway. I thought I wasn't important enough to bother. I thought I was alone”.

BUILD YOUR BRAIN!



Homeschool TIPS 'N TALES

If something, anything,
isn't working,
give it one more try
and then move on.

BRAIN EXERCISE TIP
To prevent memory
loss & sharpen mind:

*Eat a brain-
boosting diet*



Be Inspired

*Believe in something,
even if it means
sacrificing everything.
Just Do It.*

Activity

Use the listed words to complete the "Breadfruit fill in the blanks" passage below. *Round, Fibre, Breshe, 1793, Yellow-heart, William Bligh*

I was carried to Jamaica in _____ on a ship by Captain _____.
I am green in colour and _____ in shape. There are four (4) types of me but
the _____ variety is mostly loved by Jamaicans. I am a unique plant
as my _____ can be used to make many crafty items. I was not loved at first
but now I am the main choice of food in households and Jamaicans call me
_____.

Colour the parts of the breadfruit:

Stem: Brown

Vein of leaves: Yellow

Leaves: Green

Breadfruit: Light/ lime green



TECH TALK



© Darpa
LAWs, or lethal autonomous weapon systems, is the not so distant future, where machines - capable of autonomously patrolling the perimeter of a country or region and deciding who lives and who dies, without a human operator - become a familiar sight. LAWS (AI-controlled robotic warfare) would select, target, and kill without any human input. While these weapons systems do not yet exist, leading scientists agree that they soon will.

<http://ploughshares.ca/tag/lethal-autonomous-weapons-systems/>

Upcycle Challenge!

Glass Jars:

map lantern

planter

pencil holder

GO GREEN!



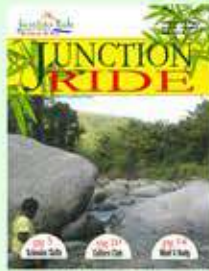
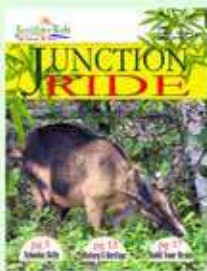
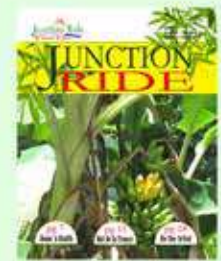
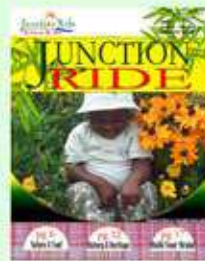
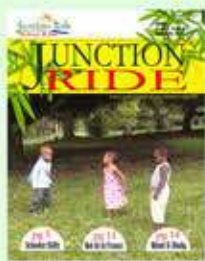
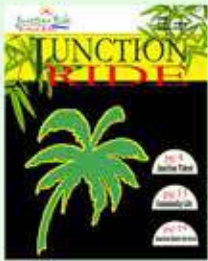
Beaming Baby Loves

THE GREAT OUTDOORS!

Babies who consistently play or nap amidst nature have a more pleasant personality, share better, are great thinkers, and are much more aware of and in tune to their environment. Minds that are at the point of soaking up everything are stimulated by all the awesome sounds, colours, textures and smells of Nature even more. Sunlight provides vitamin D to help build stronger bones and boosts the level of serotonin, bettering mood and lowering stress level.

Did you know that since the 1940s, Scandinavian parents take their children outside for their naps, even in sub-zero temperatures?

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