

JUNCTION RIDE

Children at play - Castleton Botanical Gardens, St. Mary, DW

pg 5
Schoolaz Skillz

pg 11
Mot de la France

pg 14
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 Graphic Designer

COLOPHON

Junction Ride
Community Magazine

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CONTACT:

junctionride@mail.com

junctionride.weebly.com

@Junctionride

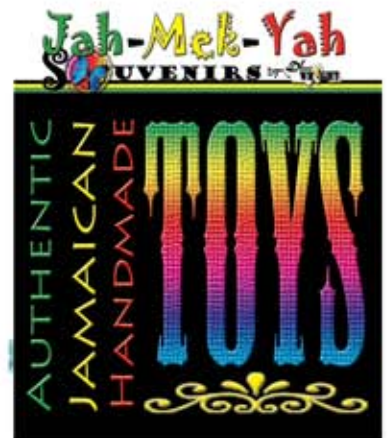


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things jamaican
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Cinchona Gardens in the Blue Mountains: DW

The Junction Road - accompanied by the Wag Water River - curves down through the valleys of the foothills of the world famous Blue Mountains. High up in these majestic mountains is the gardens with the highest altitude, not just in Jamaica but in the Caribbean. Cinchona Gardens, proudly standing at a height of about 5000ft is sister to Castleton Gardens located in 'the Junction'.

JUNCTION TALENT

Proud of my Profession!

Alphanso "Cannon" Baxter
Farmer, Castleton



Coffee plant and beans
at Cannon's Farm

"The youths of today have no interest in farming", he proclaims with a sad look in his eyes. Then he looks at his enormous bunch of green bananas with great pride and a smile comes to his face.

A man proud of earning his honest living. A man not afraid of getting dirty, of sweating, of working hard. A Farmer - providing not just for his family but for the community in general.

With 'Cannon's' organic, fresh, tasty coffee beans grown high in the cool hills. that good ol' time cup of coffee can be made, to accompany the Sunday morning ackee and saltfish served with nice succulent bananas, yellow yam or roasted breadfruit.

You could also try your hand making a cup of hot chocolate the traditional way or even a tasty chocolate bar with cacao beans from the farm. Of course, you can also have a delicious slice of sweet potato pudding, washed down with a refreshing 'jelly coconut'.

You could even do some Asian cooking, using his delicious bamboo shoots that are so much in demand, to make the dish with a difference.

Whatever your tastes may be, be sure to know that the farmer is instrumental in the provision of the food you eat. He or she first has to properly prepare the soil to match what is being planted.

Then, the seeds or cuttings are planted, protected from predators in various ways and provided with necessary nutrients for optimal growth and yield. Finally, the crop is reaped and distributed to the consumer, either via wholesale or retail sales at the farm for those who can make the journey or at the market. A difficult but fulfilling cycle.

A waning profession - once, Castleton (as many other rural communities) was a thriving farming village but now only a handful of the older generation even bothers to 'til the soil' - but one that is integral for the continuation of society.

ACW

Get featured
in JR today!
Contact info
at back.

'A fruit a day may very well keep the Doctor away'... Jamaica is a country that has no shortage of tasty, fresh from the tree fruits. However, some persons are unable to go straight to the source and hence the importance of the Fruit Vendor, an integral contributor to the Informal Economy. He or she goes to the farm or the wholesale source, buys and then transports it closer to the retail consumer. The vendor earns her living via this trade while the customer is saved the hassle and expense of going straight to the farm.



Angella Walker
Fruit Vendor - Castleton

JUNCTION TALENT

Schoolaz Skillz

VENUS

I am grey and big in size
 My atmosphere is made up of carbon dioxide
 I have no moons I'm the brightest star
 You cannot see me from a far
 My atmosphere is very dense
 So to live on me does not make sense
 revolution is 225
 and rotation is 243
 I'm Venus I'm fun
 I revolve around the sun

Done by: Chardae Nugent
 Castleton Primary School



Force it: CIP by Vanisha Bobc

Use some force and pull
 USE some force and push
 Use some force - turn and swirl
 Use some force and swerve.

A force will make it start
 A force will make it stop
 Go fast, go slow or make a twist
 A force will make it move.

Devon Pen Primary
 and Infant School.



In my garden, I see a beautiful bird
 sitting on the tree branch. He comes every
 day. Oh what kind of bird is that? Hmm
 Oh Its a male American Redstart.
 It is also called a Christmas bird. It
 comes from North America to get warmer
 weather. Its colours are orange, black &
 white.



By Nicole Wright

My name is Danielle Deslandes. I attend Mannings Hill Primary School and the school is located in the parish of St. Andrew in Jamaica. Today we are talking about Jamaica, Jamaica, a Caribbean island nation, has a lush topography of mountains, rain forests and reef-lined beaches. Many of its all-inclusive resorts are clustered in Montego Bay with its British-colonial architecture, and Negral, known for its diving and snorkeling sites. Jamaica is famed as the birthplace of reggae music, and its capital Kingston is home to the Bob Marley Museum, dedicated to the famous singer.
 Capital: Kingston
 Currency: Jamaican dollar
 National language: Jamaican Patois (Creole)

Population: 2,981 million (2016)
 World Bank.

Colleges and Universities:
 University of the West Indies,
 University of Technology,
 Jamaica, More.

Dunn's River Falls

Dunn's River Falls is a famous waterfall near Ocho Rios, Jamaica and a major Caribbean tourist attraction that receives thousands of visitors each year.

Did you know? The Dunn's River falls flows directly into the Caribbean Sea.

Dunn's River Falls is one of Jamaica's national treasures. Globally, it is as well known as Reggae and equally stimulating.

Dolphin Cove Jamaica is a marine attraction in Jamaica at which guests can swim and interact with dolphins, sharks, and stingrays in their natural environment.

Slogan: Experience of a lifetime
 Operating season: year round
 Owner: Too Cool Ltd, Dolphin Cove Negral Ltd.

Done by: D. Deslandes
 from Mannings Hill
 Primary School



NATURE & YOU!

Look deep into nature, and then you will understand everything better. Albert Einstein

Wag Water Valley

Castleton Botanical Gardens is one of the most outstanding places to be found in the Junction. The Wag Water River flows through the Gardens, adding to its natural beauty. Gracing both sides of the Junction Road, the Gardens has a large variety of plants and animals and offers a beautiful respite from the hustle and bustle of daily activities. Established in 1862 as a result of dissatisfaction with the Bath Gardens in St. Thomas, it was once one of the greatest in the Western Hemisphere, hosting over 4000 species of plants. Castleton Botanical Gardens - whether for a picnic, a swim or a wedding reception - is a wonderful and unmatched site.

WAG

*Want to visit Castleton Botanical Gardens but coming from too far to be able to return the same day?
 No problem!
 A warm welcome awaits you at:*



<https://sites.google.com/site/tapiocaretreat/>



Article contributed by
 the Forestry Department

'Tree-Mendous' Support for Tomorrow's Future



Project Officer at the Forestry Department, Ms. Nastacia Brown, looks on as JPSCo volunteer prepares a Caribbean Pine seedling for planting in the British Forest Estate, Clarendon, as part of the company's participation in the Agency's Adopt-a-Hillside Programme.

The Forestry Department is hailing National Tree Planting Day 2017 a tremendous success with more than 11,000 free seedlings distributed to Jamaicans islandwide. The day which was observed under the theme, 'Today's Trees, Tomorrow's Future', saw a number of public and private sector entities conducting tree planting exercises across the island.

Ms. Marilyn Headley, CEO & Conservator of Forests, is commending individuals and organizations that continue to support National Tree Planting Day and have been contributing to the development and future of our country through tree planting activities. "Tree planting is a most noble task and I commend and encourage you to continue playing your part in advancing the welfare of Jamaicans. I also want to encourage you to maintain and protect the trees you have planted this year, revisit those you planted last year and the year before and ensure they are all still alive and healthy," she said.

The Adopt-a-Hillside Programme, an initiative of the Forestry Department, is aimed at increasing the participation of the private sector and non-government organisations in the restoration of the island's forest cover.



Stay in the Kitchen
when
cooking with oil / grease.

Safety Tip

Know your plants!



Banana

- moderates blood sugar
- improves kidney health
- helps in weight loss
- supports heart health

The Natural History Museum of Jamaica (NHMJ) is currently hosting an exhibition entitled "Medicinal Plants of Jamaica & Their Uses".

To learn more about our programmes and exhibitions contact us at 1-876-922-0620-2 extension 352.

Like us on Facebook (Natural History Museum of Jamaica), Twitter and Instagram (@iloveNHMJ).

PLANT FACT

by Dionne Wright

Bananas - both ripe and green - are well-loved by Jamaicans and used in a wide variety of ways. Ripe bananas are a healthy snack as is and are also used to make delicious banana breads and smoothies. Green bananas are used to make chips, porridge, boiled to accompany meats... Bananas, originally from South-East Asia, were brought to Africa and then to the Caribbean.

Health Corner

Our bodies are made up of different systems which work together and complement each other. Each system has a specific job to carry out which is necessary for everyday living.

The Circulatory System is made up of the heart, blood and blood vessels. Nutrients, oxygen, carbon dioxide, and hormones are transported around the body via the blood, in the blood vessels.

The force that the blood exerts on the interior walls of blood vessels is what is called 'Blood Pressure'. 'Hypotension or low pressure shows up in readings of less than 90/60 while 'Hypertension' or high pressure is from 130/90.

The 'Silent Killer' (hypertension) has few if any initial symptoms. However, it can result in serious problems such as stroke, kidney failure, heart failure and heart attack. Some symptoms of very high blood pressure include dizziness, fatigue, severe headache, pounding in chest, neck or ears, difficulty breathing and irregular heartbeat.

Treatment includes medications, diet changes and exercise.

DELICIOUS DELIGHTS

Pingilingiling! rang the bell.

'Break time' a girl squealed, while others dug into their bags for the snacks their parents had packed or for money to buy at the Tuck Shop, or better yet, from the vendor at the hole in the fence.

Whatever the source, the choices were basically the same: brightly coloured packets of air that had been heavily flavoured with salt, colouring, natural flavours that were intentionally not named, oil and of course, MSG. Not to forget the High Fructose Corn Syrup.

A few moments later with fingers brightly coloured to match the snack one had indulged in, symptoms had to be urgently treated with beverages which had even more colouring, acid and artificial sweeteners. Dessert is not to be missed... a huge lollipop which transformed teeth, lips and tongue into the most alarming shades of blue, red or whatever the fancy of the day is.

A delicious, delightful break...

... then, headaches, constant thirst, hyper-activeness, lack of concentration, sleepiness for some. Continued hunger for many.

When the price of the snack is added to Doctor and Dental bills, how much do they actually cost? Can the average person who struggles to find fares and other school-related expenses really afford them?



How about a tasty tie-a-leaf?

Made with sweet potato, cornmeal, coconut milk, ginger and other spices, it's a complete and healthy meal of itself. Accompany with some water and a serving of fruit and you're good to go - for both break AND lunch.

Still feeling peckish? Add a peanut 'drops', made with Jamaican cane sugar or a gizzarda.

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Write the name of the country!



Located in the _____, with Cuba as its closest neighbour, this little island is the third largest in the region. The capital is _____; Official Language is English.

Jamaican:

Jerk Chicken

Swallow -Tail Hummingbird

(Paste pictures)!

How to say:

Hello	- wha'a gwaan?
Goodbye	- mi gawn
How are you?	- How yuh do?
My name is...	- Mi niame...
I love you	- Mi lub yuh!

CULTURE CLUB

Un mot de
... la France!



**DO YOU
WANT A PENPAL
TOO?**

Tell us:

- your name
- postal address
- what you like
- who you want

**CONTACT DETAILS AT
BACK OF MAGAZINE**



Drawings submitted by Kindergarten students of the Ecole d'Hargnies, North of France near the Belgium border.



United For Jamaica!

Kabba Roots est une association créée en 2000 à Aubagne (près de Marseille dans le sud de la France). Depuis bientôt 20 ans, Kabba Roots développe des échanges culturels avec la Jamaïque ce qui aboutit aujourd'hui au projet United For Jamaica. En partenariat avec les habitants de Rockfort Kingston, les membres de Kabba Roots travaillent à la construction d'un community center pour améliorer la vie des habitants du quartier. En plus de ce projet, Kabba Roots favorise l'apprentissage des langues et cultures (française et anglaise).

Kabba Roots is an association which was created in 2000 in the town of Aubagne (South of France, near to Marseille). For almost 20 years Kabba Roots has had cultural exchanges with Jamaica and this has culminated in the United for Jamaica Project. Partnering with the habitants of Rockfort in Kingston, Kabba Roots members have been working on the building of a Community Centre to ameliorate the lives of the community members. In addition to this project, Kabba Roots encourages and supports the learning of the French and English languages and cultures.



Please see Kabba Roots photos / video here:

<https://sites.google.com/site/justwrightcommsja/other-achievements>

<https://sites.google.com/site/justwrightcommsja/ecris-moi-penpal-programme>

THEN & NOW



A Photo of a preserved Masked Booby Bird (Sula dactylatra) and its eggs (right) from the Natural History Museum of Jamaica
Photo Credit: Sashalee Cross



The **Natural History Museum of Jamaica** is the science arm of the **Institute of Jamaica** and has the mandate of researching, documenting and disseminating information on Jamaican Natural Heritage. Particular emphasis is placed on Jamaican flora and fauna and the ecosystems that provide habitats for these plants and animals.



To learn more about
Natural History Museum of Jamaica
contact us at 922-0620-6 extension 352
Facebook, Twitter and Instagram (@iloveNHMJ)

Article and images contributed
by the Institute of Jamaica

What is a Masked Booby?

The masked booby is a large seabird of the booby family. It is about three (3) feet in length and has a wingspan of up to five (5) feet. It has a white body with brownish-black wings, a tail and grey webbed feet. It bears a black “mask” around its eyes which surrounds its long, pointed, orange-yellow bill.

Where are the Masked Boobies found?

The Masked Boobies nest in large colonies, located on tropical islands in the Caribbean and across the Atlantic, Pacific and Indian Oceans. They inhabit the Morant and Pedro Cays of the coast of Jamaica.

How do they care their young?

The female lays one or two eggs but usually only one will hatch. Both parents take turns standing on the nest, covering the eggs with their webbed feet to keep them warm. They aggressively protect the nest during this period. In spite of this, vast quantities of booby eggs were gathered from the Masked Booby as well as those of other seabirds such as the Bridled Tern (*Sterna anaethetus*), the Sooty Tern (*Sterna fuscata*) and the Noddy (*Anous stolidus*).

What was the Importance of the Masked Booby in the 1800s?

As early as the 1800s, it has been documented that many of the Bobby eggs were sold by the thousands in markets across Jamaica. On the streets of Kingston they could be purchased hardboiled, with a little salt and pepper, or raw for immediate consumption. They were coveted as both a popular breakfast item and an ingredient in a special punch widely thought to increase male stamina.

Are there threats of endangerment to the Masked Booby?

In order to prevent the decimation of booby bird populations, it became illegal to harvest these bird eggs. All species of Booby Birds are currently protected by law in Jamaica under the Wildlife Protection Act (1945).

The highly anticipated first issue of the Junction Ride Community Magazine was published October 2017 and has received commendations from as far as Germany, Austria and France! Congratulations to the Junction Community members and all other invaluable contributors who made this feat a reality.



What's Been Happening?

“Children Have Rights Too!”
Devon Pen Primary School Debate
(2016 Parents' Month)
Photos by Mrs. J. Burrell, Principal



Boys' Time!

A special moment is dedicated to just the boys at the Devon Pen Primary and Infant School. The hope is to obtain a better understanding of where they are as a person so as to improve learning.



Margo Morrison

Research Assistant
at the

University of the West Indies
&

Member of JamPsych

missmargo.morrison2013@gmail.com



Children Play

By Margo Morrison

Play children play
Play everyday in the sunshine
Play until it's the end of playtime

Play children play
Go play, run around in the rain
Take your juice box and make a train

Play children play
Tablets and cells are cool
But oh the fun when you can run around at school

Play children play
Be creative, let your imagination run wild
Be a dinosaur, a tiger, a magic child

Play children play
For one day you will grow old and fun you will have to seek
It won't be in your back yard where you can peek

So run wild, be free
I miss the child I used to be
Play children play, make fun out of your everyday

A WORD ON ABUSE Part 1



Abuse can happen to anyone. Abuse can happen anywhere. Abuse can happen at any time. Simply put, abuse is treatment that involves violence and cruelty, especially over a period of time or repeatedly. Of no importance is how rich or poor one is, the level of education, the skin colour... Abusers are found in every socio-economic class and most are very charming and polite in public. There are many different ways in which people are abused but the end result is always pain and suffering, sometimes even death. One needs to become aware of the signs to be able to prevent / protect self and others. Abuse is NEVER the fault of the victim. Abuse is NEVER right or acceptable. It is a choice made by someone who wishes to wield power and maintain control. Many persons falsely assume that an abused (a victim) will always have wounds and scars to show. Physical abuse is just one of the many types which include psychological / emotional abuse, neglect verbal abuse, financial / economical abuse, sexual abuse and reproductive coercion.

To be cont'd.



Homeschool
TIPS 'N TALES

Stepping into Homeschooling

By Nadia Lewis-Gorton

Part 2



Before starting your research on “the BEST homeschooling method” remind yourself that there is no single BEST or RIGHT way to do it. It is all custom.

Custom to your child, your family, your belief system and your aims.

Do not get sucked into how another child is performing or what another child has accomplished as a result of their home schooling method. What works for one family and one child might not be suitable for your child or your family.

If you have decided to homeschool it is fair to assume that you have found the traditional system lacking in some way. It is important however to note that homeschooling does have its pitfalls. Nevertheless, these pitfalls can be easily navigated by reading all the arguments put forward against homeschooling and ensure that you plan for these possible pitfalls.

Other homeschooling families and the Internet can provide a treasure trove filled with information. However, it is up to you and only you to pick and choose what works for you and your child.

Don't be intimidated by others or what you read, just breathe deeply, trust your instincts and always refer back to your reason for choosing to homeschool.

Weird BUT REAL!

Glaucus atlanticus - Blue Sea Dragon

This beautiful hermaphrodite sea slug found in oceans around the world stores poison from its prey to use for its own defence!



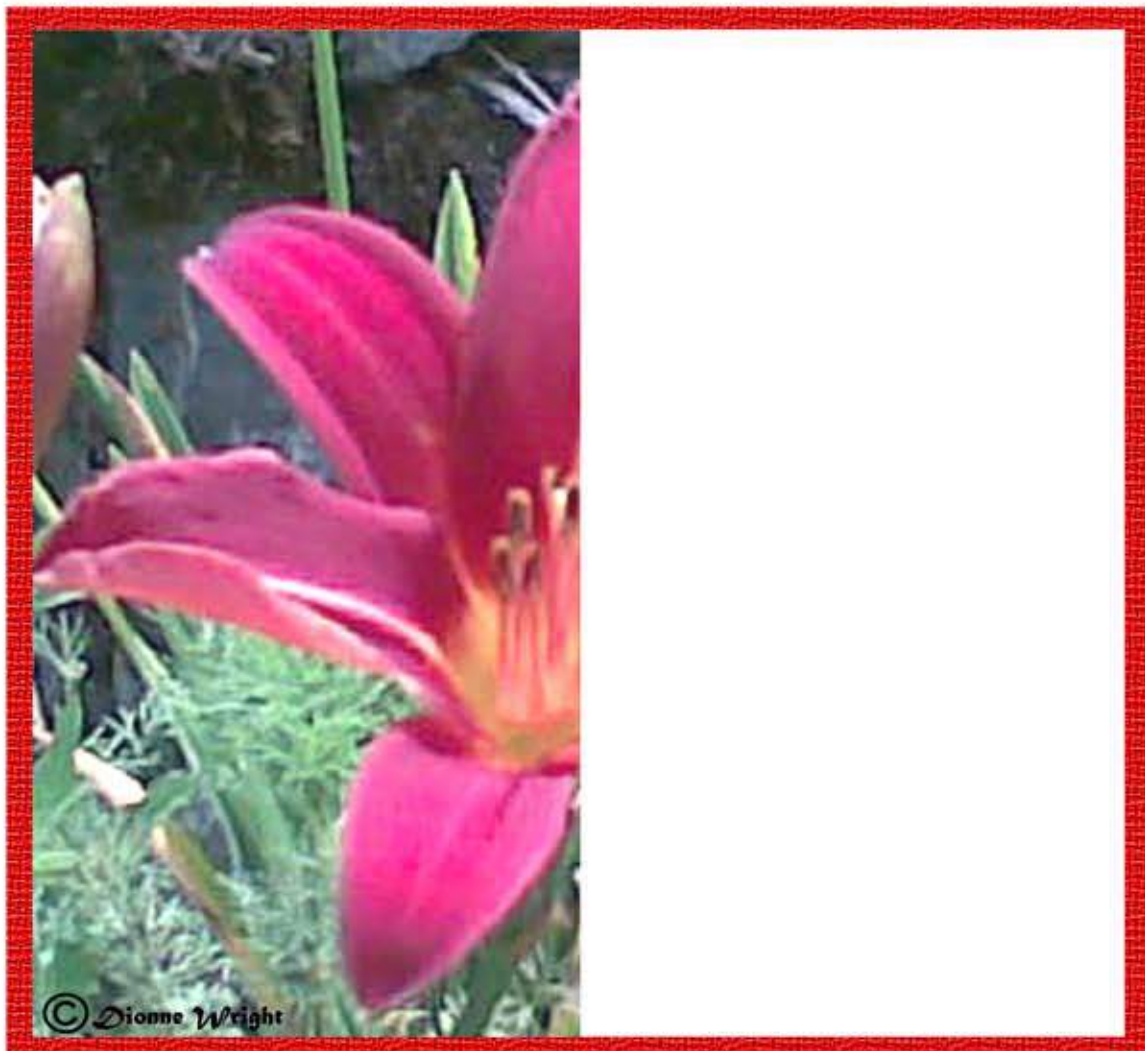
<http://www.factzoo.com/invertebrates/blue-sea-slug-little-blue-big-sting.html>

BE THE ARTIST

Complete the poem with words that rhyme then draw and colour the rest of the image.

Woie! If yuh eva know what a gwaan mi sis'
Yuh woulda undastan why mi face look like _____!
Mi tiyad fi wuk an nuh si nuh money...
Mi all gah mi bed guh dream 'bout milk an' _____!
Mi baddy tiyad but still mi haffi keep tryin,
Mi cyaan siddung an' watch mi hungry pickney dem _____.

© Dionne Wright 2017



BRAIN WORKOUT!

In the first issue of Junction Ride, October 2017, one learnt of the Blue and Johncrow Mountains. Using the information given in that article, test your knowledge and unscramble the following:

Contributed by the Institute of Jamaica

1. WOLAWILASLT FETURBTLU _____
2. LPNAT _____
3. GIRETHAE _____
4. TANRALU _____
5. LUCUTALR _____
6. DOLWR _____
7. CEIDMEN _____
8. AJAMIAC _____
9. MUGLIN TAVIE _____
10. NAMILSA _____
11. NOSAROM _____
12. TESI _____



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Circle the correct answer for each of the statements below.

1. The capital of St. Mary is: Black River / Lucea / Port Maria
2. The Junction route links the parish of St. Andrew with the parish of Clarendon / St. Mary / Trelawny
3. In St. Mary, the cultivation of banana for export replaced: sugar cane / carrots / okra.
4. A traditional dance MOST associated with St. Mary is: Myal / Kumina / Dinki Mini.
5. A traditional dish one loves to eat especially in St. Mary is: patty & bag juice / mackerel run-down / breadfruit and sardine.

JRM

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Funerals, Anniversaries, Congratulations, Graduation...

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- Services (Offering / Seeking)
- Jobs (Offering / Seeking)

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JUNCTION ROUTE SERVICES



Issue 2 - November 2017



SERVICES

Doctor / Clinic	X				X			
Police Station	X				X			
Fire Station	X							
Post Office	X				X		X	
Gas Station	X	X	X		X			
Banks / ATMs	X							
Child Care	X							
Schools	X	X	X	X	X	X	X	X
Churches	X	X	X	X	X	X	X	X
Food & Drink	X	X			X	X		
Fun Park / Garden	X		X		X			
Accommodation	X						X	
Internet Cafe	X			X				
Farm & Garden	X	X			X			
Hardware	X		X	X	X			
	Stony Hill	Golden Spring	Temple Hall	Toms River	Castleton	Friendship Gap	Devon Pen	Broadgate

JUNCTION ROUTE COMMUNITIES



Donne
WRIGHT

DESIGNS

- Photo Editing & Restoration
- Videos from photos
- Photo Calendars
- Books & Book Covers
- Logos & Labels
- Flyers & Posters
- Business Cards
- Brochures
- Programmes
- Invitations
- Certificates
- Greeting Cards
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justwrightcomms.ja@gmail.com

Jah-Mek-Yah

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Junction Ride

Community Magazine

Be Heard. Be Seen.

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CONTACT



1876-378-7364



junctionride@mail.com



@JunctionRide



junctionride