

JUNCTION RIDE

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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.



COLOPHON

Junction Ride
Community Magazine

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Annotto Bay is one of the three major towns in St. Mary. It lies at the end of the Junction route, just East of the Wag Water River. Traveling to Buff Bay or Port Antonio from Kingston or Ocho Rios, one has to pass through this town. In the 19th century, it was a great, bustling town with a rich sugar estate. When the banana plantations replaced sugar production, it even had a port to facilitate banana export. Originally called "Guayguata" by the Tainos, Annotto Bay (so named because a lot of achiote / annatto plants grew there) is home to historical sites such as the very first Baptist Church built in St. Mary, (1824). Though now just a shadow of what it used to be, Annotto Bay still offers scenic views and is home to many farmers and fishermen.

JUNCTION TALENT

Proud of my Profession!



Get featured
in JR today!
Contact info
at back.

The Garbage Collection Team Junction Route

People take great pride in their surroundings, especially those along the Junction route. Fearing that dogs may cause unwanted litter, some even store their garbage and faithfully await Sunday morning when the well-known and unique 'perp-perp-perp!' sound tugs on their ears. 'Di giabij chuck!' some shout as kids run quickly down steep hillsides in an effort to relay their well-packaged waste. On a day when many are at home with their families resting and enjoying their traditional, tasty Sunday dinner, these Garbagemen of the Junction route always politely greet one with a smile. Though at times running behind the moving truck, while grabbing, emptying and replacing garbage bins, they always find the time to have a small conversation. Maybe one that makes their day as much as that of the person to whom they speak.

Their job is quite challenging. Their task is made even harder, as basic and necessary protective gears are lacking, resulting in them working in clothing made dirty by our refuse, and on the whole, greatly risking their health and even their lives.

Garbage Collectors are supposed to have coveralls, goggles, nose-mouth masks, a back support body belt, good quality gloves to help prevent cuts, reflective vests to help other drivers see them during the very early or late hours, a helmet, thick-soled rubber boots and earplugs.

One has to really be self-motivated given the "...very low salary and difficult job conditions", Mr. Marcus Nugent, one of the Junction route's Sanitary Workers stated as the rain poured down on him, while he skilfully navigated a heavy bin.

Working as a Garbage Collector / Garbage Man / Sanitation Worker is not for the faint of heart and though many look down upon this profession, it is a function that is indispensable to society. Imagine how the general public reacts when just one tour of duty is missed. Imagine what the streets look like - worse, what they smell like as well as the germs that happily multiply - after a month with out the services of the Sanitation Workers.

The Garbage Collector has to work non-traditional hours such as early mornings, sometimes late nights. Physical strength and self-motivation are a must as one has to do a lot of lifting and work outdoors in all types of weather conditions. Especially in developing countries, there is a team where one person drives and the others manually pick up the garbage. Most developed countries have automated trucks which with the press of a button, replaces much of the manual work with use of a mechanical arm. The garbage or refuse that is thrown into the truck is compacted then taken to a designated deposit site where it is sorted.

Garbage Collectors, we salute you for being proud of your profession and for keeping at it despite the hardships and risks. We salute you for having chosen to do honest, hard work to earn your living and to take care of your family.

Schoolaz Skillz



Jerome Johnson
Grade 5/ 6, Devon Pen Primary School



Jayana Ashontae Campbell
Grade 2, Golden Spring Primary School

Welcome To My Community

Goods and services is what we do;
Farmers plant goods:
"Bredda Ben beg you piece a yuh yam nuh?
School need good food to enuh!"
Our shopkeepers sell goods but offer services
"Serve! Sell mi four pound a chicken back an one pack a curry".
After all, school pickney afi eat meat to!
Curry chicken back on yam...
That's a perfect nyam.
After all, pickney love ramp!
Welcome to my community.
Goods and services is what we do best!

Ranique Wright
Grade 4, Golden Valley Primary and Infant School

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

Wag Water Valley

The Junction route and communities are watched over by scores of acres of bamboo plants which artistically decorate the steep slopes. On a sunny day, the greens of its dancing foliage contrast strikingly with the blues of the sky. A great resource that adds to the natural beauty of the area, the bamboo does much more than just wave to passers-by.

Its uses are many, ranging from food and medicinal to crafts to material for the building of shelters and bridges. Bamboo, used to make beer, tea, paper, nappies, musical instruments, toys, furniture and much more is a critical element in the balance of oxygen and carbon dioxide in the atmosphere, probably one of the reasons why the air in the Junction communities is so crisp and clean. Working in conjunction with the other trees and shrubs, bamboo helps to prevent soil erosion.

A member of the grass family which grows mostly in tropical and sub-tropical regions, the largest number of species is found in Asia.



RECREATION ROCKS!

Hiking or hillwalking entails a long, vigorous walk on trails.

Once a means of hunting and surviving, this aerobic activity with worldwide popularity has numerous health benefits. Better cardiorespiratory fitness, weight control, muscle strength, bone density and sleep quality are just some of the results of taking a walk with Nature.



Weird But Real! NATURE FACTS

Rats bothering you? No problem!
Get a Pitcher Plant!
The *Nepenthes attenboroughii*, possibly the largest carnivorous plant in the world, is capable of devouring whole rats, dissolving them with acid-like enzymes.

Know all escape routes from your home.

Safety Tip

Know your plants!

Contributed by the Institute of Jamaica



Otaheiti Apple

- improves vision
- boosts circulation
- reduces inflammation
- promotes healthy skin

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 & 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

Otaheite Apples! Mmmmm....

A very popular fruit in Jamaica, this apple is originally from southeast Asia where it is called Malay Apple. A thin deep red skin covers juicy white flesh which in turn surrounds a brown seed. Both skin and flesh are eaten as is or used to make juice. A quite delicious and refreshing fruit especially when the weather is hot, the Otaheite Apple has a very high Vitamin C content.

Health Corner

Respiration is a process which involves oxygen being taken into the body and carbon dioxide being let out.

The human respiratory system is made up of the respiratory tract and the lungs. The respiratory process begins with inspiration (the taking in of air to get oxygen) and ends with expiration (the letting out of air to expel carbon dioxide).

Asthma is a condition which affects millions of people worldwide and is responsible for numerous deaths. When there is an 'Asthma Attack', the airways (respiratory tract) become narrow, swell and produce extra mucus which in turn makes breathing hard, triggers coughing, wheezing and shortness of breath. There is no cure for this condition which changes over time but the symptoms can be controlled.

It is normally treated with two types of medicines: quick-relief ones to stop the symptoms and long-term ones to prevent them. A number of natural treatments are also available and for some persons, special care needs to be taken with diet. This chronic lung disease has a number of triggers, inclusive of allergens, smoke, mold, dust stressful situations and even exercise and the weather.

DELICIOUS DELIGHTS

CHRISTMAS



Food TRADITIONS



Jamaica

Gungo Peas - Rice
Goat / Turkey / Ham
Coleslaw
Sorrel Drink
Jamaican Red Wine
Christmas Cake

Japan

KFC

Norway

Smalahove (sheep's head)

Greenland

Mattak (whale blubber)

Kiviak (raw, fermented birds)

South Africa

Fried Mopane worms

Ox tongue

England

Christmas Pudding

China

Wood Ear Soup

New Zealand

Pavlova (meringue dessert)

Russia

Sochivo (wheat / rice porridge)

Egypt

Fata (lamb soup)

Bolivia

Picana soup

Canada

Yule Log Cake



Ingredients

6 eggs
120g butter
225g raisins
225g prunes
120g candied fruits / mixed peel
1/2 teaspoon nutmeg powder
500ml Red Label Wine or grape juice
1/2 teaspoon cinnamon powder
1/4 teaspoon salt
1 1/2 teaspoon baking powder
1 1/2 cups baking flour
1 cup brown sugar
2 tablespoon browning or molasses
1 teaspoon vanilla
1/2 teaspoon lemon zest

Method

1. Boil fruits in wine / grape juice for 2mins.
2. Cool and leave to marinate for 24hrs then blend to smooth consistency.
3. Cream butter, sugar, vanilla and browning / molasses.
4. Mix all dry ingredients in another bowl.
5. Beat eggs in a separate container then add to creamed butter and sugar mixture.
6. Add fruits then fold in dry ingredients mix.
* mixture should not be stiff.
7. Grease 9" baking pan, line with grease paper then add a light coating of flour.
8. Pour in mixture and bake at 350F for 90 minutes.
9. When cake is done, pour on a little wine and cover with foil for moisture retention.

Traditional Jamaican Christmas Cake

CULTURE CLUB

Sponsored by:



DIDACTIC RESOURCES

Contact: justwrightcomms.ja@gmail.com

Featured Country:

Draw the map of the country!

China



China alone accounts for over 18% of the world's population with an estimated 1.4 billion inhabitants. Found on the continent of _____, with _____ as its capital city, the Official Language of this nation is _____.

Chinese:

Lenovo Laptop

Chow Mein

(Paste pictures)!

How to say:

Hello

- nǐ hǎo

Goodbye

- zài jiàn

How are you?

- nǐ hǎo má

My name is...

- wǒ jiào

I love you

- wǒ ài nǐ

CULTURE CLUB

Un mot de ... la France!

Bonjour à tous !

Nous sommes les élèves merveilleux de l'école Saccoman. Nous avons 7 et 8 ans et nous préparons les fêtes de fin d'année.

Pour aller à l'école au mois de décembre, on met une veste chaude parce qu'il fait froid avec une écharpe et des gants. Parfois on tombe malade. Hier on a fait 18°C en classe et 11°C dehors.

Il a neigé ce week-end mais la neige a vite fondu à Marseille.



On a décoré un vrai sapin à l'école.



La température de la classe est froide.



Le houx qu'on ramasse en forêt sert à décorer la table.



Quelques santons de Provence pour décorer la crèche: le berger, le boulanger, la femme à la lavande...

On met des décorations dans la maison: des guirlandes, des boules de Noël, des guirlandes lumineuses, des chaussettes de Noël, la crèche, une étoile de Noël.

On mange la bûche de Noël que fait le papa. On réunit la famille et les amis.

Après on a planté des lentilles sur du coton. Si les tiges poussent droites et vertes, l'année sera prospère.

Sous le sapin on laisse un plateau avec des carottes et des biscuits pour le père Noël et du lait pour son renne.

On peut manger la bûche de Noël après on va se coucher et le lendemain on a plein de cadeaux sous le sapin.



Lentilles germées

Les treize desserts de Noël :



Mandarines



Pompe à l'huile



Fruits secs (dattes, figues, noix, amandes, raisins) et fruits confits



Nougat noir Et nougat blanc



Calissons d'Aix

Hello everyone!
We are students at the Saccoman Elementary School in Marseille. We are 7 and 8 years old; we are preparing for the end of year holidays.

To go to school during the month of December, we wear warm jackets with scarves and gloves because it's cold. Sometimes we get ill. Today it was 18°C inside the classroom and 11°C outside.

It snowed this weekend but the snow melts quickly in Marseille.

We decorate our homes with garlands, balls, lights, stockings, a star the Nativity scene... Family and friends get together and we all eat the great turkey that Mummy prepares.

We planted some lentils on cotton. If it grows nice and green then the year will be properous. Under the Christmas Tree, we left a platter with carrots and biscuits as well as milk for Santa and his reindeer. We eat log cake before going to bed. The next day we will have many gifts under the tree.

CULTURE CLUB

Un mot de ... la France!

Mohamed, Alice,
Sasha, Enzo, Yassine, Rose,
Hajer, Mickael, Tayra, Yanis,
Camilia, Lina, Dimitri, Lewis,
Nasri, Djinane, Louka, Océane,
Maeva, Océane, Elena, Ibrahim



Class CEIb, Ecole élémentaire de Saccoman, Marseille.

Chanson pour les enfants l'hiver

Dans la nuit de l'hiver
Galope un grand homme blanc.
C'est un bonhomme de neige
Avec une pipe en bois,
Un grand bonhomme de neige
Poursuivi par le froid.
Il arrive au village.
Voyant de la lumière

Le voilà rassuré.

Dans une petite maison
Il entre sans frapper,
Et pour se réchauffer,
S'assoit sur le poêle rouge,
Et d'un coup disparaît
Ne laissant que sa pipe
Au milieu d'une flaque d'eau,
Ne laissant que sa pipe
Et puis son vieux chapeau.

Jacques Prévert



Alice et Sacha



Rose et Nasri



Mohamed et Oceane A.



Hajer et Oceane K.



Louka et Maeva

**DO YOU
WANT A PENPAL
TOO?
Let's start a
French Club
at your school!**

**CONTACT DETAILS AT
BACK OF MAGAZINE**

Challenge yourself to learn it!

<https://www.youtube.com/watch?v=8ZOL5hk6row>

What's Been Happening?

Noel Prehay, former Colonel of the Scotts Hall Maroon Town who governed for a record 33 years, passed away on Monday 27 November 2017 at the age of 74 years. During his tenure as leader of the only Maroon community in St. Mary, he called for all Maroons to stand together and had hopes that (heritage) tourism would enable his people to relearn their traditions. He also reminded the British of their long-overdue debt to Maroons



Photo/David-VicFadden

http://www.jamaicaobserver.com/news/Maroon-colonel-wants-Britain-to-pay-up-old-debt_15808734

Building Kushu (Scotts Hall) Maroon Town



Above, Colonel Rudolph Pink demonstrates how the abeng is used and shows three types of drums made by the Maroons of the Scotts Hall Community. To the right, he shows the tank, a wash area and restrooms that he has built.



An orchid, one of the many plants that beautify the property.



Above, a spacious, airy kitchen, a stocked bar and the beginnings of a museum and a computer centre.



The stage to facilitate performances.



CREATIVE CRAFTS

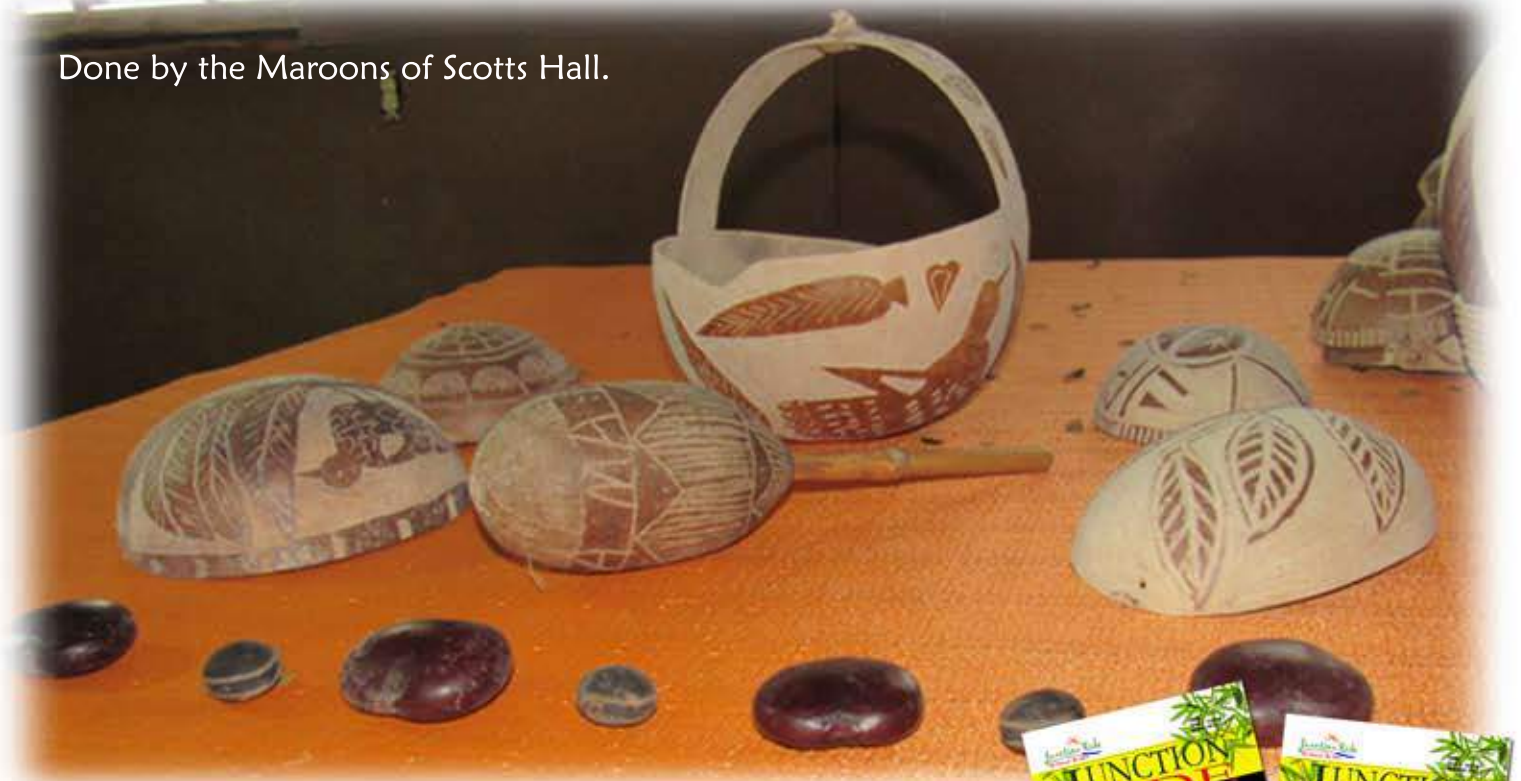
A large number of craft artists live in the Junction, both males and females. Some turned to this activity because of love of Art, some because they have various obstacles preventing them from obtaining other types of work. Here in the Wag Water Valley, there are many types of natural resources which can be used as craft material. Some of the creations are used as decor, while others serve as utensils and furniture.

Calabash (*Crescentia cujete*)



The dried calabash shell is used to make bowls, jewelry, musical instruments, lanterns, handbags, decorations, vases and much more! Did you know that the *Crescentia cujete* is the National Tree of St. Lucia?

Done by the Maroons of Scotts Hall.



Invaluable Contributors & Faithful Readers

Thank You!



KNOW MORE!



Homeshool TIPS 'N TALES

Identify student's learning style(s)
(Visual / Aural / Verbal / Physical / Logical /
Social / Solitary)
and align teaching strategies and content
to pave the way for maximum
performance and results.

Days become weeks then months;
We hear them cry.
We silently observe, doing nothing -
We allow them to die.

I can't speak out - Why should I bother?
I know in doing so
I will lose my life,
Trying to save that of another.

We must save our abused women and children.
We must make this cycle stop!
But how can they trust us to help,
When we turn our heads and then our curtains drop?

Slavery was abolished,
Yet our women and children are owned
And when they fight for freedom,
They end up being 'stoned'.

I can speak of their pain and on their behalf,
Because I have lived it and personally know.
I am a survivor of a wide range of child and domestic abuse
Yet despite my scars, I can't just sit back and 'watch the show'

© 2017

A WORD ON ABUSE

Part 2



Child Abuse occurs when children (up to 18 years old) are harmed whether once or repeatedly in any of the following ways:

- physically: non-accidental physical trauma which includes hitting, biting, burning, poisoning...
- emotionally: intellectual, social, emotional or cognitive development threatened due to exposure to domestic violence, criticism, rejection, yelling, teasing...
- sexually: when a stronger person uses their power or authority to involve the child in sexual activity. This can involve contact (kissing and / fondling in a sexual manner, penetrating...) or not (obscene remarks, exposing body parts or showing porn etc.)
- by neglect: basics of life like food, shelter, medical care are not provided; health and development suffers.

The signs are many and harm experienced in childhood normally has very significant and lasting effects.

To be cont'd.

Remarks from the Minister of Culture, Gender, Entertainment and Sport
the Honourable Olivia Grange, CD, MP
at International Day for the Elimination of Violence Against Women Church Service
Hagley Park Seventh Day Adventist
25 November 2016

Today on the International Day for the Elimination of Violence Against Women - I encourage you to make a simple pledge Let's pledge to treat each woman and girl in the same way as we would wish for our grandmothers, our mothers, our sisters and our daughters to be treated. If we treated each other as we should - as we would wish to be treated ourselves - I believe we would not have the major challenge that we have in Jamaica and across the world with violence against women and girls or violence against men and boys.

Dealing with this crime - which is a major evil in our world today - requires action from all of us.

Government has a role to play; and government must lead. The community has a role to play. The church has a role to play. But, most importantly, each of us in our individual capacities has a role to play.

The first step in eliminating the violence, begins with each of us. When we all say that enough is enough; when we say that the violence must end; when we take a stand against violence and offer no comfort to perpetrators; when we expose them; when we stop turning a blind eye to the gender-violence that we know goes on next door; when we create a culture that promotes a harmonious world in which men and women live together with gender equality; when we are serious about stopping it, the violence will end.

Statistics (state) that one out of every three women will become a victim of violence.

And certainly, we each know at least one woman or girl who has suffered or is suffering the violence.

The latest figures from the Police show the extent of the problem that we face in Jamaica today. The police report that between January last year and February of this year:

150 women were murdered

263 women were shot

530 women were raped

511 girls under the age of 16 reported sexual violations and

370 women experienced other forms of sexual violations.



Jamaica, we have to do better than this! People will not commit an offence if they believe that they will be caught and punished.

While we as government and legislators have been enacting and amending laws to protect victims and punish perpetrators...

we are very aware that the success of the measures will depend on your commitment to help catch them and put them away.

For too long, too many of the men (and women) who commit sexual assault, domestic violence, relationship abuse, sexual harassment, and sexual abuse of children are able to get away scot free. They bully their victims. But they also depend on us - who like cronies or accessories to their crimes - will see and blind, hear and deaf!

Let us no longer be enablers or accessories to the violence; let us commit to reporting acts of violence against our sisters.

Leave No One Behind: End Violence against Women and Girls.

We must stand up for the protection of women and children.

May God continue to bless and protect Jamaica, land we love.

Contributed by the
Ministry of Culture, Gender, Entertainment and Sport



Kai A. D. Morgan
Clinical Psychologist
President, Jamaican Psychological Society



Several types of Psychologists you say?

Really? All psychologists don't just do counselling, and therapy?

Sit people on couches and analyse their behaviour and thinking?

You would be quite surprised that psychologists do all types of work in many different areas.

Apart from the clinical psychologist, counselling psychologist, the professional counsellor and mental health counsellor (and probably other nomenclature used all over the world), psychologists also can be of the sport, industrial-organizational, consulting, forensic, health, social and personality, experimental and community types! And many many more!

Today, I'll spend a few words talking a bit about the sport piece.

A sport psychologist essentially teaches mental skills for performance enhancement. These skills help athletes to improve confidence, focus, composure, and intensity while on the court / field / pitch.

Remember when Asafa was struggling through injuries and couldn't seem to perform at the highest level but was burning up the tracks at the "lower levels"? All through his journey I thought that a sport psychologist could have assisted him in dealing with that immense pressure that continued to build year after year while he was also struggling with injuries. Imagine the angst and the levels of anxiety he must have been feeling at every Olympic final? The kind of anxiety that can be debilitating.

Or remember when Kobe Bryant or Michael Jordan made one of those clutch winning shots at the last second of the basketball game?

Those critical moments define professional athletes in a world where talent is not lacking and it is mental toughness and virility that really counts and separates the top from the mediocre.

There's where psychology can play a role.

Sport psychologists can also work with coaches, school programmes and additionally, conducting research in order to help stakeholders understand how to motivate students, design effective coaching strategies, build confidence and enhance community building through sport programmes.

We give thanks.

Kai A. D. Morgan
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President, Jamaican Psychological Society
www.jampsych.com



To learn, one needs a lot of energy - the brain uses more energy than any other human organ! - as well as the ability to focus.

The state of the mind and that of the body are intricately connected. So much so that if one fails the other quickly follows suit.

'Tweens to Teens undergo numerous psychological and physical changes. and developments. Total well-being or 'the good health of the whole' is necessary for these to go smoothly.

Put simply, **"Eat well and feel good to be your best"**.

This of course means more than just eating healthy.

One needs to make good food choices, enjoy what is eaten and most importantly, balance what is eaten with what is being done.

A balanced diet means choosing how often you have certain foods, how much of them you have and equating this with your body's needs for nutrients and energy. Effort should be made to have foods from all the food groups on a daily basis:

- breads and cereals
- vegetables
- fruits
- dairy / dairy alternatives
- meat/meat alternatives

Salt, sweets and oils are to be limited.

Regular intake of water must never be forgotten.

Daily exercise is a must. Sufficient rest even more so.

Screen time should be limited and with regular breaks.



Naturally, as organisms, excretion (a topic many shy away from discussing) is a must. Healthy bladder and bowel actions are very important.

Pay attention to your bowel actions and urine (frequency, colour, smell, pain etc.) to be able to quickly identify and rectify problems that may arise from your diet.

The World Health Organization defines health as "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity". Optimal health is obtained when mind and body are functioning well and interacting together as one.

'Tweens and Teens need to be especially strong and healthy in every way, to be able to face the hurdles they will meet upon during this time of metamorphosis.

Jamaican Plants at Christmas Time

Contributed by the IoJ; Natural History Museum

Jamaicans are well-known for celebrating Christmas with fanfare. Freshly painted houses decked in lights, ribbons, bells and bows can be seen island-wide and the aromas of Christmas puddings, cakes, hams and sorrel travel in the cool breeze for miles. But have you ever stopped to notice that with all the preparations and changes we make, nature is changing around us too? Several plants bloom during the festive season to take part in our holiday cheer.



Poinsettia (*Euphorbia pulcherrima*)

At Christmas time the beautiful Poinsettia bursts into bloom. This plant is originally from Mexico and can grow up to 10 feet high. There are red, pink and white varieties. The flaming leaves are not the real flowers but bracts that surround the tiny flowers in the centre.



Christmas Candlestick (*Leonotis nepetifolia*)

This plant is also known as the Bald Bush. The Christmas Candlestick is an erect annual herb approximately 1-2 meters high. It is a rather common weed and is found growing on roadsides and waste grounds. The plant flowers all year round but blooms are mainly seen in October to March. The Christmas Candlestick is a native to Tropical Africa and is now commonly found in the West Indies. It is used in floral arrangements year round but especially so at Christmas when the dried sprigs are sprayed and used in Christmas decorations.



Christmas Pop (*Turbina corymbosa*)

The Christmas Pop is a scrambling twiner with slender stems. They are commonly seen growing on walls, fences, shrubs and trees. The flower has white petals with a grey colouration at the base on the outside of the petals and a dark purple-red colour on the inside. It also has a high fragrance.



The Maypole Plant (*Agave sobolifera*)

Agaves are succulent plants that can be found in well-drained hillsides and has a large rosette of thick, fleshy leaves generally ending in a sharp point and with a spiny margin. The stout stem is usually very short and the leaves apparently spring from the root. They grow slowly and flower only once after a number of years when a tall stem or "mast" grows from the centre of the leaf rosette bearing a large number of tubular flowers that are golden yellow to light orange in colour. Traditionally, this mast – the maypole – was used in Jamaica as a Christmas tree.



White Christmas (*Euphorbia leucocephala*)

In contrast to the flaming colour of the Poinsettia at Christmas, we can see the peaceful white bracts of this plant. The aromatic flower attracts insects for pollination and provides a pleasing and memorable Christmas scent. Also from Central America, it has become a welcomed part of our Christmas heritage.



The Peace Lily (*Spathiphyllum sp*)

The Peace Lily is a popular indoor plant that originated from the rainforest floors of the tropical regions of America and Southeast Asia. Flowers first appear when the plant is mature enough and consists of a large white spathe with a white or pale yellow spadix. The peace lily requires little water and sunlight to grow. Many people give the plant as a gift as it is considered an attractive indoor plant and a spiritual symbol of Christmas. There is also evidence that the peace lily is good at cleaning indoor air.



Sugar cane

Most *Saccharum* varieties of sugarcane flower profusely from December to February. The feathery flowers of light purple and silvery white appear at the ends of each stem and are a magnificent sight as they sway in the Christmas breeze. These cane stalks, or cane flags as they are known, are sometimes collected, sprayed and used to decorate the home.



Christmas Tree (*Cupressus lusitanica*)

The *Cupressus lusitanica* plant is widely used by many to embrace this season of celebration in homes and workplaces. The *Cupressus lusitanica* plant is an evergreen plant that was introduced to many parts of the world from Mexico. These plants have a high tolerance for drought conditions and can be found in warm and subtropical areas such as our forest reserves. Did you know that the Christmas tree has medicinal benefits? The oil produced from the bark of the tree when inhaled can cure bronchitis and cough. It has also been documented to reduce stress and relieve muscle pain.

Photo credits: <https://jamaicanechoes.com/christmas-jamaican-style/> <http://www.tozion.org/Rastafari%20Herbal%20Healthcare.html>
<http://www.fotothing.com/LuisBacher/photo/558b5ae70c678107d18b267e88713e3f/> <https://www.inaturalist.org/taxa/50822-Agave>
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To learn more about
Natural History Museum of Jamaica
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A country is only as strong as its People.

The Maroons - Strength personified - have helped to shape not only Jamaica's rich history but also its future. The name "Maroon" possibly comes from the Spanish word "Cimarrones" which means "wild" or "untamed". Those in Jamaica are said to have run away from slavery and then fought against oppression and to retain their freedom. This marked the beginning of the eventual end of the slave trade. The first slaves were brought to Jamaica by the Spaniards who succumbed to the British invasion. The "Triangular Trade" then came about where (West Coast) Africans were brought to the Caribbean by the British to work on plantations. Sugar, tobacco and coffee were produced and shipped to England. Arms, brandy and textiles were then sent back to Africa to buy more slaves and the cycle continued. Possibly would have continued much longer, had the Maroons not risen up and resisted.

This special group of highly self-sufficient people who never hesitated to give their lives in their fight for freedom and independence still exist in Jamaica today, despite hundreds of their ancestors being deported back to Africa by the British rulers, in an effort to suppress them. A proud, resilient and highly creative group that is able to live at one with Nature, their communities are located in the parishes of Portland (Moore Town and Charles Town), St. Mary (Scotts Hall Maroon Town), St. Elizabeth (Accompong) and St. James (Flagstaff, formerly Trelawny Town)



Kushu Maroon Town (Scotts Hall), nestled in a hilly forest setting from about 1793, is accessed by making a left turn off the Junction route at the Grandy Hole intersection (about 5 minutes drive down from Castleton Gardens). It is now headed by Colonel Rudolph Pink, a man who has gone way beyond the call to be of service to others. Son and grandson of great Koromantee leaders and teachers, he dedicates his energies to community building and personally invests in creation of well-needed infrastructure, not hesitating to build with his own hands. A site that brings history alive - perfect for Social Studies and History lessons - the Scotts Hall Maroon Town also has rich musical traditions and a wide range of unique instruments. The Heritage Trail high in the hills with breathtaking views, goes right back to Castleton Gardens and invites one for a quite rejuvenating and educational Nature walk. Go bird-watching and learn about medicinal plants with the Maroons today!

Unfortunately, as is the story of many other Junction communities, the Maroons have a wide range of skills and competences but lack the opportunities / market to use their talents to enhance their socio-economic status. And so, despite their proud history, they are now birds with clipped wing feathers, limited by a sad cycle with most trapped by poverty. We can help them and by doing so, help them to help their children. Together, let us build community, build country.

Let us visit their site to provide them with the possibilities they lack so that they can earn their living with pride: employment through tourism. Let us support the Maroons of Scotts Hall St. Mary so they can rise up again.

BE THE ARTIST

Complete the poem with words that rhyme.

Drip, drop, drip... it slowly began.
I looked up at the sky and oh! How I _____



Like Jamaica's greatest I sprinted, trying to avoid the sudden downpour,
That the Junction in St. Mary, is quite famous _____

Soon there was a woosh! that made me all wet
Ha! Ha! Ha! laughed the rain, 'I have won the _____!'

© Dionne Wright 2017

Draw and colour the rest of the image. Write a short story about it on the lines below:



BRAIN WORKOUT!

Draw lines to match the images with their names:

Abeng



Cupressus lusitanica



Sorrel



Log Cake



Crescentia cujete



Write the missing words to complete the sentences below.

1. The title given to the leader of a Maroon community is _____.
2. When traveling to Annotto Bay from Castleton via the Junction route, two of the communities that one has to pass through are _____ and _____.
3. Three things that Jamaicans like to eat at Christmas time are _____, _____ and _____.
4. A _____ (colour) ribbon is used as a symbol for child abuse prevention.
5. The 8 to 12 age range of children - before becoming teens - are called _____.
6. Eating a sheep's head (eyeballs & tongue are delicacies), is a Christmas tradition in a country located in _____. The name of this country is _____.

DCP

BE INSPIRED

Our greatest glory is not in never falling,
but in rising every time we fall.
Confucius



JUNCTION ROUTE SERVICES



Issue 3 - December 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



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