

# JUNCTION RIDE



Photo by Dionne Wright

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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



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Assistant Designer - Photographer

### COLOPHON

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# POSTCARD TRAVEL with

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Devon House

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Devon House  
Photo by Dionne Wright

The Junction route leads one from the bustling parishes of Kingston and St. Andrew to the more laid back regions of St. Mary and Portland. Of course, for those traveling in to the capital from the North-East, the Junction route also leads to many peaceful, picturesque places. One such is Devon House, situated within walking distance of Half Way Tree. A National Heritage Site, it hosts much more than ice-cream ranked amongst the best in the world. A beautiful 19th century mansion, Devon House was the home of Jamaica's first black millionaire, George Stiebel.

## Proud of my Profession!

Get featured  
in JR today!  
Contact info  
at back.

### Postal Service Workers



Castleton Post Office

Communication involves the exchange of information between entities via a medium, with the use of symbols. Non-verbal communication is based on body language; verbal communication is either written or oral.

The Postal Service plays an essential role in society's communication, allowing one to send and receive messages written on paper over great distances.

Postal Service was started in Jamaica on October 31, 1671, making the island the first British colony to have an established Post Office. The first Post Office was built in the then capital, St. Jago De La Vega, now known as Spanish Town and operated as a sub branch of the British Post Office.

In 1776 distinctive Jamaican postage stamps were introduced for the first time, replacing British stamps which were then in circulation.

<http://jamaicapost.gov.jm/about-us/>

Postal service workers sell postal products and collect, sort, and deliver mail.

Clerks sell stamps, money orders, postal stationery, mailing envelopes, and boxes in post offices throughout the country. These workers register, certify, and insure mail, calculate and collect postage and answer questions about other postal matters. They also may help sort mail.

Mail carriers deliver mail to homes and businesses.

Postal service mail sorters, processors, and processing machine operators prepare incoming and outgoing mail for distribution at post offices and mail processing centers.

Working in the Postal Service requires numerous qualities. One has to have good time-keeping skills and the ability to keep to a delivery schedule; reading, writing and maths skills; the ability to deal with repetitive tasks quickly and efficiently; basic IT skills; communication and customer service skills; the ability to work alone and as part of a team.

After passing Stony Hill, there are only three Jamaica Post locations to be found along the Junction route: Castleton Post Office, Devon Pen Postal Agency and Broadgate Postal Agency. Postal Agencies do not offer the full line of services or opening hours that Post Offices do. Postal Workers of the Junction route, we thank you for your dedicated years of service, both to community and to country.

# JUNCTION TALENT

## Schoolaz Skillz

Education is the passport for the future, for tomorrow belongs to those who prepare for it today.  
*Malcolm X*



Castleton Primary and Junior High School  
Grade 4 students - Resource & Technology



CPJHS: Grade one and two students Art work



# NATURE & YOU!

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

## Wag Water Valley



For some, the Devon Pen Bridge is simply a marker for where to stop the bus to get off for school. Some say it is a landmark that blends into beautiful scenery. For older groups of people from the area, this bridge is a stark reminder of the 1960's when there was a bus accident in which many lives were carelessly lost. For the adventurer, the Devon Pen Bridge marks the intersection of the Wag Water River and the quite exquisite "Ugly River" which flows by the Devon Pen School. Let "Ugly River" change your perspective today!

DW

## RECREATION ROCKS!

The Wag Water Valley is literally located in the foothills of the famous and majestic Blue Mountains - part of Jamaica's World Heritage Site. Having a wide variety of plants and animals, some endemic to Jamaica, it warmly invites one to go birdwatching: the fastest growing recreational activity in the world.

**Birdwatching** has a number of benefits. An appreciation of Nature, cardiovascular fitness, quick reflexes, mental alertness and reduced risk of depression are just a few.



## Weird But Real! NATURE FACTS

There exists an unusual plant that has an average lifespan of 950 years and can go for up to 5 years with no rain. It is endemic to the Namib Desert. The Welwitschia plant has only 2 leaves which grow throughout its life.

Be very careful about whom you leave your children with!

## Safety Tip

### Know your plants!

Contributed by the Institute of Jamaica




**Stinking Toe**

- increases sex drive
- enhances appetite
- kills fungi and bacteria
- alleviates stomach burn

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

'Stinking Toe' refers to the fruit from the West Indian Locust, the largest tree in the Caribbean. It's a dark brown toe-shaped pod that contains seeds coated with a smelly cream - coloured powdery flesh. This fruit has a high vitamin A and iron content, Botanically known as *Hymenaea courbaril*, this plant is very valuable for both medicines and income. The hardwood is used to make furniture, the young leaves of the tree used as a remedy for respiratory tract diseases and in some parts of Asia, the fruit is served as a delicacy.

## Health Corner

Sinusitis is a commonly occurring infection that is often downplayed. Also known as rhinosinusitis, it can be acute (lasting for just some days) or chronic (lasting for long weeks with no response to treatment).

The sinuses - normally empty except for a thin layer of mucus - are a connected system of hollow cavities in the skull. They are found in the cheekbones, low centre of forehead, between the eyes and in the bones behind the nose.

When one has an infection or sinusitis, this means that the sinuses have been affected by viruses, bacteria or fungi, resulting in inflammation. This leads to great discomfort. Other symptoms include: discharge from nose or drainage down throat, nasal obstruction with difficulty breathing, pain, swelling and tenderness in areas of sinuses. Also, ear, jaw or teeth pain, cough, sore throat, nausea, fatigue.

High risk persons include those with an immune system disorder or asthma. Complications can include meningitis, smelling and vision problems.

Treatment for this respiratory condition includes saline nasal sprays and pain relievers. Rest, lots of fluids (including herbal teas), warm facial compresses and sleeping with head elevated should also bring relief.

# DELICIOUS DELIGHTS!

## Mmmmm.... oooh la la! Encore du chocolat!

Whatever language it is that one speaks, whatever the culture that one has, there is a profound level of admiration that is reserved for the *Theobroma cacao*.

The fruit of this plant is considered a 'superfood' due to the high density of essential nutrients, very few side effects and proven health benefits. The cacao fruit from which chocolate is derived, has something special in store for all.

The delicious, creamy flesh can be eaten from the ripe fruit.

After fermentation, drying, roasting and crushing, the nibs can be enjoyed as a healthy snack.

The nibs are ground and the powder mixed with milk and a sweetener to make chocolate drink.

By the way, did you know that milk chocolate was invented in Jamaica in the early 1700's?

It must be noted that though made from the same beans, chocolate and cocoa powder are not at all the same. Chocolate powder is had before the extraction of cocoa butter while cocoa powder comes about after.

Yes, the very same cocoa butter which is used to make beauty products.

Cacao was consumed only as a beverage until about 1828, when the cocoa press was invented.

This allowed cocoa powder to be separated from cocoa butter, which together with sugar are the basic ingredients of quality solid chocolate.

Cheaper profit-based versions use vegetable oil instead of cocoa butter. To target a maximum number of consumers and fulfill diverse desires, a wide range of spices, flavours, fruits, nuts etc. are added to the mixture which is then set into various titillating shapes.

Legally, this product is not chocolate.

Which is why Hersheys now labels as 'chocolate candy'. Of course, still with the hefty price tag.

But then as 'proud and smart' Jamaicans, we only feel good when we spend increasing amounts on brightly coloured packages.

Healthwise, we're just pumping in a mixture of 'vegetable oil' and 'sugar' (genetically modified beet sugar at that, which Hersheys and Mars proudly use) into our systems. Along with numerous 'other ingredients'.

Quality chocolate makers have stated that "Fine chocolate should only have (these) ingredients: cocoa liquor, cocoa butter, sugar and a miniscule amount of a natural emulsifier". Milk also in the case of milk chocolate.



How about some home-made chocolate drink?  
What about delicious chocolate spread for that snack sandwich?

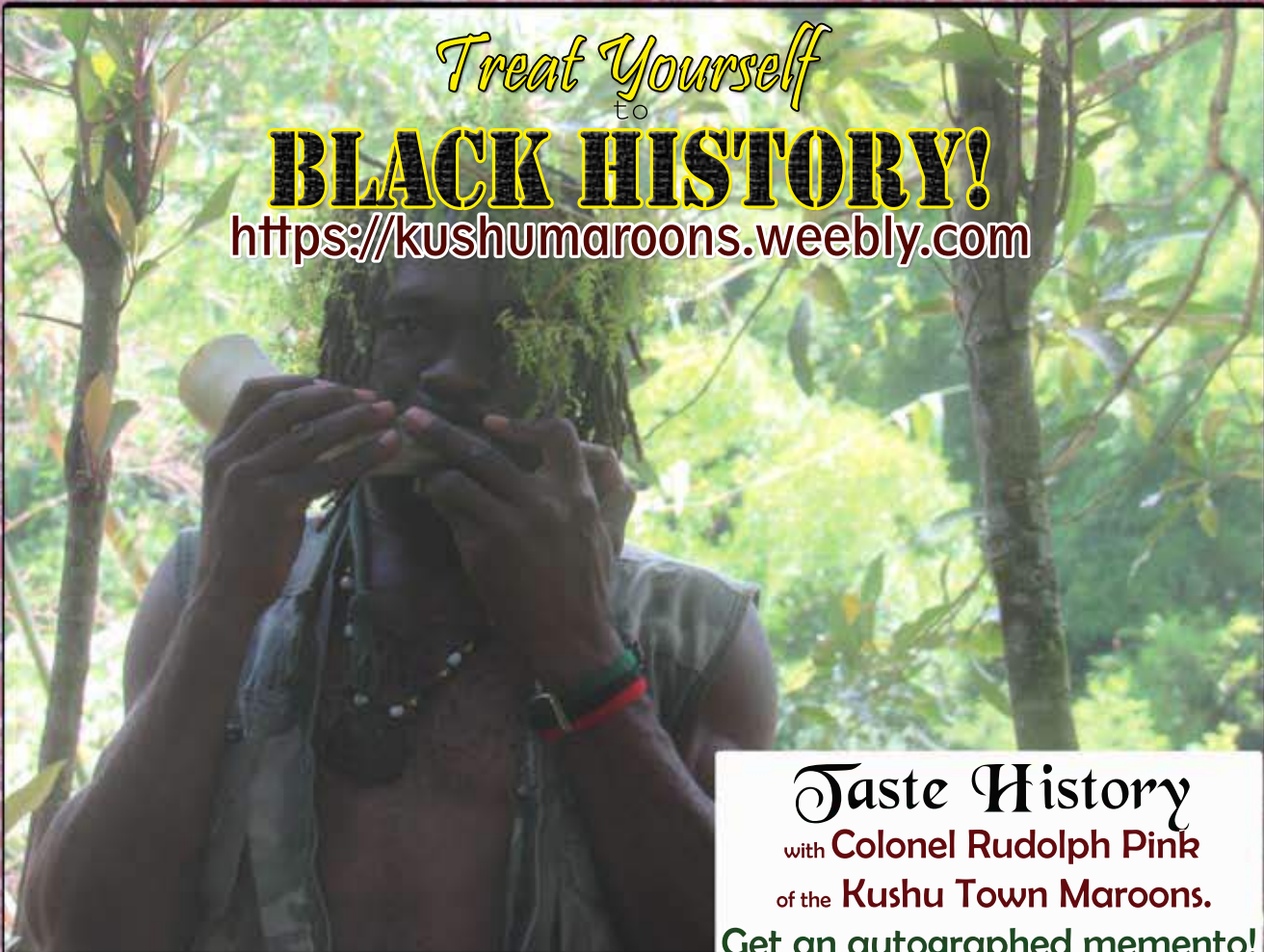
Or a real melt-in-your-mouth chocolate bar?  
Get your fresh-from-the farm natural, organic cacao beans to make your own chocolate today!

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Celebrating Jamaica: Nurturing our Cultural and Natural Heritage



*Treat Yourself*  
to  
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**Taste History**  
with **Colonel Rudolph Pink**  
of the **Kushu Town Maroons.**  
Get an autographed memento!

**The Maroons are a People who with the aid of their natural surroundings, boldly and fearlessly fought for our freedom and independence.**

- Trace the footsteps of ancestors on the "Heritage Trail" from Castleton Gardens to Scott's Hall (includes birdwatching & presentation of medicinal plants)
- Dine Maroon-style (natural & organic foods) while being entertained with Kromanti dance and music



1876-586-4324

# CULTURE CLUB

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Featured Country:

Germany



Draw and colour the flag!



Die Bundesrepublik Deutschland is bordered by 9 european countries and has the city of Berlin as its capital. With a population of 82 million, it is the 2nd most populous country on the continent of \_\_\_\_\_. The official language of this, one of the most powerful countries in the world is \_\_\_\_\_. Until 1989, there was 'East Germany' and 'West Germany', separated by the \_\_\_\_\_ Wall.

German:

Adidas ultraboost

BMW M760

(Paste pictures)!

How to say:

Hello

- Hallo

Goodbye

- Auf Wiedersehen

How are you?

- Wie geht es dir?

My name is...

- Mein Name is...

I love you

- Ich dich liebe

# CULTURE CLUB

Un mot de  
... la France!



Friday 9 February 2018 was quite an exciting day at the Devon Pen Primary and Infant school. It was the day with *the* difference, not just for the members of the but for the entire school population.



This time our 'word from France' did not come via the post office or by email. We had special delivery by visiting members of the

The group flew all the way from south of France to come and share with us. Presents and letters were given to the overjoyed students.

**Kabba  
Roots  
Association**



# United for Jamaica



**DO YOU  
WANT A PENPAL  
TOO?  
CONTACT US TODAY!**

Olivier, Al, Cyril, Putus Roots, Maria and Theo were given a very warm Jamaican welcome. Cultural performances done by students, folk songs heartily sung by the audience and of course, 'des gouters jamaïcains'



# HISTORY & HERITAGE

## What are wetlands?

Wetlands are areas of land covered by water long enough to support aquatic plants and wildlife for part of their life cycle. It can also be regularly flooded with fresh, brackish or salty water.

**Did you know that there are approximately 16 major wetlands of great importance in Jamaica, with most being found on our coast?**

There are five types of wetlands that exist in the world.

**Did you know that our island Jamaica has four of the five types here?**

The four in Jamaica are!:

- **marine** (found at coastal lagoons, rocky shores, coral reefs)
- **riverine** (along rivers and streams)
- **estuarine** (formed by deltas, tidal marshes, mangrove swamps)
- **palustrine** (formed by marshes, swamps and bogs).

One of the most common types of wetland in Jamaica is the mangrove wetland which is found along creeks, coastal rivers & ponds.

**Jamaica's wetlands are very important for several reasons as they have tremendous economic value and have a variety of functions.**

## Quick Facts About Their Importance:

- They are home to much biodiversity
- They provide great protection from flooding
- They help to replenish groundwater
- They act as a natural barrier against storms
- They make the shoreline stable
- They act as natural sinks that improve air quality
- They help purify water
- They offer nature's most reliable waste treatment process
- They provide a livelihood for many Jamaicans
- They provide many resources such as lumber, craft materials and food
- They are also important to fish and other aquatic life
- They offer many recreational and educational opportunities such as boat trips, rafting, fishing, bird watching and visits from tours



Protecting our wetlands means protecting these life forms too! Here are some facts about them:

Most plants get the nutrients that they need from soil; however, pitcher plants also get nutrients by catching and digesting insects. For this reason they are called carnivorous, or meat-eating, plants. The Hooded Pitcher Plant can be seen along the Mason River Wetland Site. The manatee is a gentle aquatic giant also known as a Sea Cow. They are warm-blooded herbivores that live in waters, which may be salty, fresh or brackish. They are endangered worldwide. The Jamaican population is thought to be extremely small and can be found in the wetlands of Clarendon. Manatees are protected in Jamaica by law!

## What is the NHMJ Doing to Raise Awareness of the Importance of our Wetlands?

The Natural History Museum of Jamaica (NHMJ) celebrates World Wetlands Day every year with an Open Day at the Mason River Protected Area Site in Clarendon in February. For 2018, World Wetlands Day was celebrated with the theme "Wetlands for a Sustainable Urban Future: Urban Wetlands Make Cities Liveable" which emphasized how wetlands enable a healthy urban environment through which we can live, work, raise families and do business. NHMJ in collaboration with the National Works Agency (NWA), the Forestry Department, the Urban Development Corporation (UDC), National Environment and Planning Agency (NEPA) and Kleen Concepts, Water Company commemorated the event with an Open Day at the Mason River Protected area on Wednesday, February 7th, 2017 from 10:00 a.m. to 3 p.m. The Day was filled with tours, displays, games, prizes and surprises. We are also grateful for the support of our sponsors for this year, which included: Highway 2000 East-West, Kleen Concepts, Every Little Thing and More Variety Store, Kellits Farm Store, Douglas Farm Store, Grahams Hardware & Farm Store, Lewin's & Bro Auto Parts and Community Drug Centre Pharmacy.

The MRPA, managed by the NHMJ, was designated a Ramsar site in December 2011 and is known as a wetland of international importance. It is a very special type of wetland in Jamaica, as it is our only inland peat bog (a palustrine wetland), containing many plants and animals that are unique to that area.

Let us endeavour to do our part in protecting our wetlands!

*Article and images contributed by the  
 Natural History Museum of Jamaica*



## What's Been Happening?

### CAREER DAY & JAMAICA DAY CELEBRATIONS



## Golden Valley Primary and Infant School



## CREATIVE CRAFTS BANANA



DW



When the banana plant comes to mind, one mostly just imagines eating the ripe fruit or boiling the green ones to accompany a wide variety of meats or vegetables. Maybe using the leaves to make tie-a-leaf and then just chopping the old plant down to make way for a new one to grow. Farms right across Jamaica and even more so, right here in the Junction are filled with beautiful banana plants... which are being wasted. Outside of the fact that basically the whole of the banana plant is edible, the stem is an unbeatable source for natural craft materials. Banana stem fibre can be used to make ropes, threads, mats, garments, wall hangings, books, paper (as shown to the left) and so much more! Expand your horizons and try banana craft today!

## Several types of Psychologists you say?: The Industrial-Organizational Psychologist

So by now, you have heard about the Sport Psychologist and the Health Psychologist and you may be getting the gist of the variety and breadth of our work. If you haven't, you need to check out the previous issues.

In this issue we highlight the work of the industrial-organizational psychologist or IO psychologist for short. In the words of Richard Branson, entrepreneur par excellence, "Clients do not come first, Employees come first... People are our greatest asset".

I-O psychologists (and psychologists in general) have always known this and with their focus on the workplace setting, they aim to keep these assets happy and healthy.

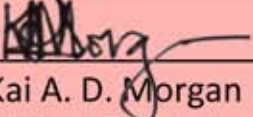
Therefore, their daily job duties may involve resolving interpersonal conflicts, assisting with hiring and promotional decisions, determining the best personality fit of an individual to a team and to job duties, helping to change organizational culture for greater productivity / efficiency, help to motivate individuals and teams and study consumer behaviour.

So in short, a company may call upon such a psychologist when there is a merger / take-over in order to help smooth the transition ; to consult on how to improve absenteeism in the workplace; to meet with a long-standing employee for an exit interview upon retirement or redundancy; to improve morale and motivation amongst workers; to examine interpersonal relations between management / supervisors and employees to resolve problems that are impacting business negatively.

There are but a couple trained I-O psychologists in Jamaica but a number of other psychologists work in these very areas bringing their skill sets about psychology in general to the labour marketplace.

I hope you are getting a clearer and clearer picture that psychology is not all about mental illness!

We give thanks.



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President, Jamaican Psychological Society  
www.jampsy.com



## **A WORD ON ABUSE** contributed by Anonymous

Back in the day when I was growing up, if people did mention the term 'child abuse' it was in hushed tones and of course it was always in reference to stories of 'wicked' people who lived far, far away....

Throughout my older years, I armed myself with Knowledge. I began to look back at what should have been my childhood and I realized that I was horribly abused by those I loved and trusted the most. By those whose duty it was to love and protect me.

The very person who brought me into this world created possibilities for things to happen to me, allowed them to happen and turned a blind eye, going as far as choking me and calling me ungrateful, when I asked her to save me...

**It is my hope that in sharing this testimonial, I will save at least one life: from psychological problems; from suicide; from murder.**

I never was a child. Never got the chance to be. I saw too many adult things at what should have been my home at a too early age, as a result of sharing bed with my mother and her 'friends'.

I lived with my mother, a baby sister and an older sister. An older brother used to be there at times but he eventually left and my sister's boyfriend installed himself. I am not sure if I was aware of having another older brother but there was one. He came to live with us when I was 7 years old; he was 16. Mom gave him a bed in the living room, graduated me from her bed and put me to sleep with him.

I do not know if it was that as we were strangers he was never able to see me as a little sister or that he was just plain sick - for the next 2 years, I was my brother's girlfriend. Short of penetrating me with his organ, everything a man does to his wife was done to me. Everything. He threatened me into silence and so I kept a journal hoping that my mother would find it. He did before she did and he tore it to shreds.

When I turned 10, mom decided to get married to one of her 'friends' who had become a regular visitor. My little sister and I would move to live with them in a new town. Finally some good news! I would be escaping the fangs of my brother!

Shortly after relocating, her husband started showing his true colours. He would get drunk and come home to hurl expletives and beat my mother with the broom, the machete - just anything - until her fair skin was all blue and purple. She called the police at times but they only came to say one should calm down. Worse than all this though was the fact that when she went to have her bath, he would hold and fondle me and warn me to not say anything to her. Living in eternal fear of his anger, his battering, I kept silent. Until one day I could no more. To have escaped the hands of my brother for this! No more!

I confided in my mother and she looked me in the eye and called me a liar, said I wanted to ruin her relationship. Then one day in an effort to get away from his hands of death, she shouted out what I had told her. He stopped beating her for a moment then regained momentum and declared that 'ah breed mi did wa'an breed har!' He didn't care. I was 10 years old. He wanted to impregnate me...

From this day forward, I was also a target.

My belongings - textbooks, uniform, anything that he came ahold of - would be thrown out into the unforgiving red dirt. The lights were turned off on me at nights when I was doing homework or trying to study. I wasn't allowed to watch tv in 'his house'. Many days and nights we all had to careen off the hill and into the bushes as stones were hurled at us. Sometimes we were accommodated by a neighbour; many times we slept under the house in what old people call a cellar. The hardened cold red dirt, littered with goat and chicken droppings greeted us those nights, as the freezing mountain air stretched its withered fingers to claw at us.

Of course, next morning I had school with a nice 3 mile walk both morning and afternoon - and was expected to be at the top of the class.

Mom finally moved away, ended up pregnant for the very same man and then returned to live at his house 18 months later.

This time I was at secondary school, bitter and so filled with hatred that I just never even smiled anymore.

I lived my adolescent years thinking of creative ways to end my life. By the time I was 14, I was getting medication after medication to treat an ever growing list of unexplained illnesses. I started getting high on the medicines - so many I had to take each time - then they just had no effect. Relatives did nothing to help. Mom stayed. I died more and more each day. I no longer knew what 'normal' was and trusted no one. It was a 'shameful' situation so sweep it under the rug to avoid further embarrassment. And naturally, prolong the intense suffering. Finally at 18, I moved away to boarding school and have since been on my own.

When I was 22, I went to help my 'brother' to decorate for his wedding. He raped me.

Said he had to finally know what I was like before he tied the knot...

I eventually got psychological help which healed me to a great extent though to this day I still have flashbacks, panic attacks, still suffer from Post Traumatic Stress Disorder, fibromyalgia and cannot sleep in the dark. I feel like I have lived a thousand lifetimes but, I am a Survivor.

**CHILDREN, PLEASE SPEAK OUT AND KEEP SPEAKING OUT UNTIL YOU ARE HEARD! YOU ARE INNOCENT AND YOU HAVE RIGHTS!**

## Puberty in Boys

Different approaches must be taken with boys and girls entering puberty and even so, one still needs to take into account individual personalities. It must be constantly kept in mind that this is a trying period for them as they are now being bombarded with numerous emotional and physiological changes that they are uncertain how to deal with.

Both boys and girls undergo a growth spurt which is instigated by hormones (chemicals made by organs called glands). The pituitary gland - found at the base of the brain - makes the human growth hormone while (in males) it prompts the testicles to make testosterone. Puberty means change, development. Boys are becoming “men”.

Skin can get oily, hair begins to grow on face, chest, legs, arms, under arms as well as in the pubic area. It is normal for breasts in males to swell and hurt but this stops when puberty ends. As one gets taller, chest and shoulders broaden; perspiration increases, voice deepens.

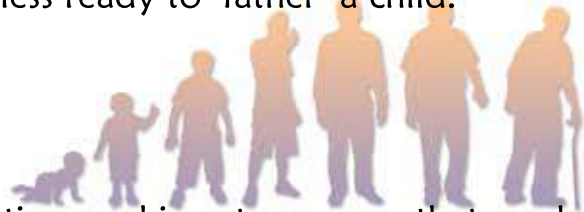
Other changes that are unique to males concern the maturing of the male reproductive system which is made up of the penis, bladder, testicles, prostate, urethra and the tubes that connect these, transporting fluids.

The penis' shape and size is a huge concern for many boys who feel condemned if it isn't 'just right'. The teeth of individuals differ in shape and size, making each smile unique; well just so, one must accept that it is normal for penis size and shape to be different.

In addition to all the stunning changes, boys (and parents) now have to get used to the idea of 'erections' (the penis becomes larger and stiffer when the male is sexually aroused or for no reason at all!) and 'wet dreams' (erection and ejaculation while sleeping).

The basic function of the male reproductive system is to produce sperm and organs are created to facilitate the process of reproduction. This is why the penis is highly sensitive to mental or physical stimulation and gets erect to be able to shoot the sperms as close as possible to the female counterpart.

Being able to have an erection and ejaculate does not mean that one is ready to have sexual relations, despite the 'pleasant feelings' that may arise if or when one touches the genital area (masturbation). One is even less ready to 'father' a child.



Becoming fully mature takes time and is not a process that can be rushed. Do not allow yourself to feel pressured to do anything to be able to 'fit in' or 'stand out'. Slow down, take the time to learn about and enjoy the changes in your body. Make the most of your childhood. Get to know who you are... find out who / what you want to be.



# BUILD YOUR BRAIN!



## HomeSchool TIPS 'N TALES

### Let learners live their lessons!

Incorporate teaching into daily life activities and vice versa.

E.g. Water cycle topic can be taught or revised when heating water in a pan on the stove.

The fire would represent the heat from sun acting on water bodies (water in pan) and rising steam would be water vapour.

Holding a glass cover above the steam will show condensation and eventually precipitation.

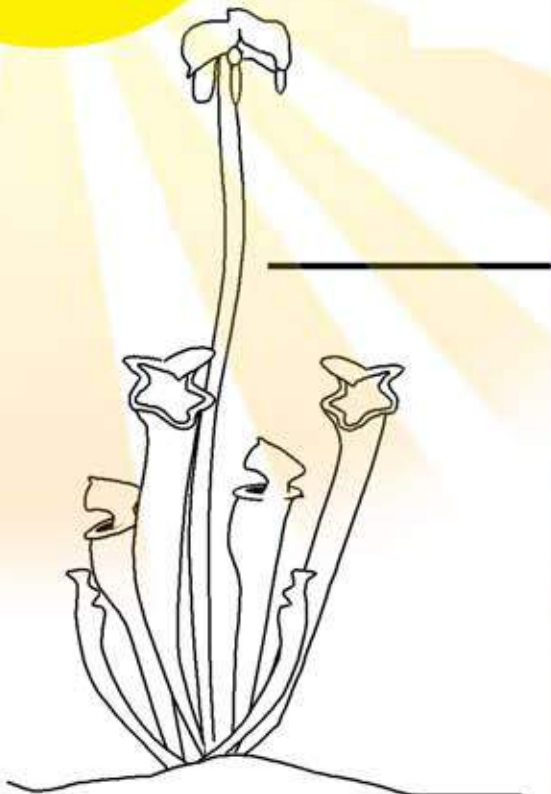
## Be Inspired

*The greatness of a man is not in how much wealth he acquires,  
but in his integrity and his ability to affect those around him positively.*

Bob Marley

## Activity

Colour the plant and animal below then write their names.  
Use the 'History and Heritage' article on page 12 to help.



# BE THE ARTIST

Complete the poem with words that rhyme.

The day I should die,  
Please, for me don't bother to \_\_\_\_!  
So many years I spent with you -  
Yet what I needed, you didn't care enough to \_\_\_\_

When I die, finally at peace and free,  
Don't lie and say just how much you loved \_\_\_\_.  
Maybe then you will appreciate and hold dear;  
Far too late! I will never again be \_\_\_\_\_.

Live each day like it's the very last;  
Love and care for each other - life goes very \_\_\_\_.  
Heed these words - you just never know,  
When someone 'for you' will be called to \_\_\_\_.

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## FAMOUS JAMAICAN POET Louise Bennett-Coverley

She was a Jamaican poet and activist, born on September 7, 1919. Through her poems in Jamaican patois, she raised the dialect of the Jamaican folk to an art level which is acceptable to and appreciated by all in Jamaica. Her first dialect poem was written when she was fourteen years old. In addition to a vast number of awards, on Jamaica's independence day 2001, Bennett-Coverley was appointed as a Member of the Order of Merit for her distinguished contribution to the development of the Arts and Culture.

[http://jis.gov.jm/famous\\_jamaicans/louise-bennett-coverley/](http://jis.gov.jm/famous_jamaicans/louise-bennett-coverley/)

Draw and colour the rest of the image.



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The one of a kind Junction Ride Community Magazine has been touching the lives of numerous persons each month, both locally and internationally. A free monthly magazine which people from all walks of life enjoy reading, learning from and sharing, many potential customers / clients are guaranteed for you as one reads the flipbook online or emails the pdf magazine or prints it to have a special keepsake that they proudly show others.



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