

JUNCTION RIDE

Photo by Dionne Wright.

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Postcard Travel

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Mot de la France

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Know More!



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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.

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COLOPHON

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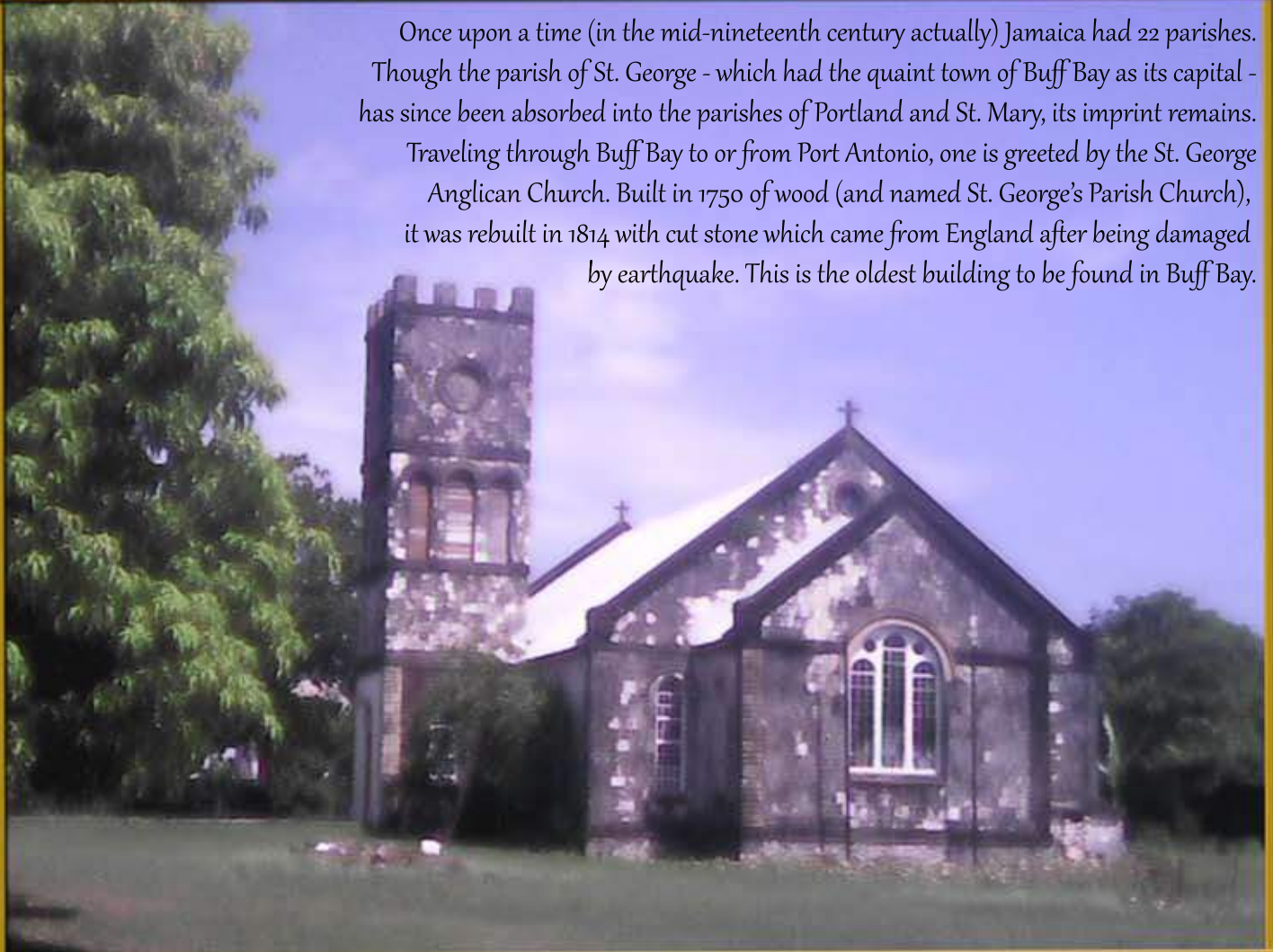


things jamaican
Devon House

Norman Manley International Airport

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Once upon a time (in the mid-nineteenth century actually) Jamaica had 22 parishes. Though the parish of St. George - which had the quaint town of Buff Bay as its capital - has since been absorbed into the parishes of Portland and St. Mary, its imprint remains. Traveling through Buff Bay to or from Port Antonio, one is greeted by the St. George Anglican Church. Built in 1750 of wood (and named St. George's Parish Church), it was rebuilt in 1814 with cut stone which came from England after being damaged by earthquake. This is the oldest building to be found in Buff Bay.



Proud of my Profession!

Home Assistant

Get featured
in JR today!
Contact info
at back.

Like a sunflower, she brightens her surroundings. Like the sun itself, she warms and comforts all those who come in contact with her. A jovial woman with an infectious laugh, Mrs. Dorothy Howell - Ms. Dor as she is more widely known - is an integral and irreplaceable part of the Junction community of Castleton.

She was born 21 June 1951, in the quiet community of Plum Valley, Portland.

The 21st day of June of itself is a very special day: called the summer solstice, it is the longest day of the year when the sun seems to stand still and in France and many other countries, there are music festivals which mark the beginning of the summer season.

A woman who loves nature, peace and serenity, she migrated from her home community of Plum Valley in Portland at the age of 15 and has since settled in Castleton, for which she declares unending love. Ms. Dor 'gets along with everyone' and even though she is 'always busy' she never hesitates to make the time to help others, no matter what the problem might be. Always giving, she lives by believing that in trusting God, one will be carried through everything and encourages others to seek Jesus before it becomes too late.

She had formal education at the Charles Town Primary School in Portland (near to Buff Bay) but Life itself has been her greatest teacher, giving her unparalleled skills via experiences.

Ms. Dor enjoys eating our traditional jamaican meal most: rice and peas and chicken; her favourite drink is ginger beer (home-made of course) and her preferred colours are red and mint green.

Though a woman of small stature, as the biological mother of four children who have given her eight grandchildren, she stands tall with pride. Her personality and character helped to push her children and grandchildren to heights she herself has never been to. Two of her children reside overseas and her grandchildren excel to such a high degree in their studies that they all have been accepted into highly prestigious institutions and are moving on to professions some once thought could only be attained by 'rich uptown people'.

Just goes to show that a loving home in which there is strong guidance coupled with determination to succeed, to want greater is all that it takes. One's limit lies only in one's mind. Once this fear is removed (or not at all instilled) then the world is open for the taking and all becomes possible.

Ms. Dor is an experienced domestic worker who has been offering and still offers the 'home away from home' for children unable to be kept by their guardians for one reason or the other.

Exuding the qualities of one who can be trusted to guide and guard one's precious offsprings, she is caring, attentive, responsible, a great communicator and one who understands children very well. In selflessly being the mother of many, she inspires and supports in needed ways.

A very happy birthday to you Ms. Dor and may you be richly blessed, especially for taking care of so many of us.



Schoolaz Skillz

My World
By Shanoy Ward
Grade 7, Marymount High School

My world, yes my world.
My world is complicated, frustrating, sad, happy, angry;
It has many twists and turns -
I don't have a straight road.
My world has violence and abuse!
Although my world is awful,
I will never let anybody tear it down. Never!
My world is stressful and a land of complications;
But I will always love it because it is:
My world.



Dear Parents / Guardians / Teachers,
Please be reminded that we look forward to having input
from your child(ren) each month.
Poems, stories, artwork, a thought, a photo they did...
Having their works published gives them added confi-
dence and something more to be proud of which in turn
positively impacts other areas of their lives.
Do contact us today. JR TEAM

NATURE & YOU!

RECREATION ROCKS!

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India.

The main philosophy of yoga is simple: mind, body and spirit are all one and cannot be clearly separated.

Yoga involves paying attention to breathing, as this helps one to relax. Practise of yoga results in:

- increased muscle strength and improved flexibility
- better posture and ease of pains
- increased blood flow
- boosting of immunity while lymphs are drained
- lowering of blood sugar and blood pressure
- greater happiness and a more relaxed body, just to name a few.

Rejuvenate your mind, spirit and body today.



WEIRD BUT REAL!

The Bleeding Tooth Fungus is a mushroom that is typically found in Europe and North America's Pacific Northwest. Scientifically known as *hydnum peckii*, the young fungus's thick red fluid oozes through its tiny pores, creating the appearance of blood. This mushroom is edible but has a very hot, peppery taste.

CREATIVE CRAFTS

CLAY

Clay soil is composed of tiny particles that are hard and able to become easily compacted. Clay is found, in one form or another, in almost every region of the world. Naturally formed over time as rock (feldspar) it is broken down and then washed down mountains where it is deposited in lakes, rivers and streams in the valleys below. As the rock washes down the mountain it is combined with different organics and minerals along the way which give each region's clay, its own unique characteristics.

In early civilizations, potters would go down to the riverbeds where clay was deposited, dig it up, pick out the rocks and sticks and start making pots. When dried clay is fired to temperatures between 1800°F and 2300°F, depending on the type of clay, it changes chemically into ceramic, and becomes rigid, durable, and permanent.



Never wait
until you
feel thirsty to drink.

Safety Tip

Know your plants!

PLANT FACT
by Dionne Wright



Sunday dinner is never done without 'skellion 'an t'yme'. Just like our marinated meats and many finger-licking sauces.

And yet, many of us are unaware of the wide range of benefits that thyme offers.

How many of us have tried a hot cup of thyme tea?

How many of us have indulged in a thyme face steam? Great for congestion, purifying skin, and reducing acne, it is a must do.



Thyme is an evergreen shrub that has been used in medicinal and culinary applications for thousands of years. The most common form has the scientific name *Thymus vulgaris*. This herb is native to the Mediterranean region and certain parts of Africa, and its use dates back to the Egyptian empire.

It has the ability to relieve stress, reduce respiratory issues, improve heart health, boost the strength of the immune system, protect against chronic diseases, stimulate blood flow, and prevent fungal infections.

<https://www.organicfacts.net/health-benefits/herbs-and-spices/thyme.html>

Health Corner

I am relatively young. And fit and healthy. I pay close attention to what I eat, I rest, I exercise.

Yet, I got a stroke when I was 34 years old... because I was stressed.

A stroke is a medical condition in which poor blood flow to the brain results in cell death. There are two main types of stroke: ischemic, due to lack of blood flow, and hemorrhagic, due to bleeding.

A stroke, also known as a cerebrovascular accident, is a medical emergency that needs immediate medical attention as it can lead to death or permanent disability. A transient ischemic attack (TIA or mini-stroke) describes an ischemic stroke that is short-lived where the symptoms resolve spontaneously.

The most common symptoms of a stroke are:

- Weakness or numbness of the face, arm, or leg on one side of the body
- Loss of vision or dimming (like a curtain falling) in one or both eyes
- Loss of speech, difficulty talking, or understanding what others are saying
- Sudden, severe headache with no known cause
- Loss of balance or unstable walking, usually combined with another symptom.

Risk factors include: previous stroke or TIA, high blood pressure, high cholesterol, heart disease, diabetes, sickle cell disease, stress, depression, lifestyle (diet, exercise, use of tobacco and alcohol).

Treatment for hemorrhagic stroke focuses on controlling the bleeding and reducing the pressure on the brain while that for ischemic stroke focuses on restoring an adequate flow of blood to the brain.

DELICIOUS DELIGHTS!

Our Favourite Foods



Margarine



For some of us, nothing hits the spot like a huge chunk of bread - just from the bakery and still warm - generously spread with what many of us call butter but what is actually margarine.

A delicious bread 'an butter snack with a tall cold glass of Jamaican lemonade (made with limes of course) tells of the perfect countryside afternoon...

With a great range of brands and tastes, margarine accompanies almost everything: from the warm bread to the steaming boiled dumplings and those nice mashed irish potatoes to the steamed rice and our sauces.

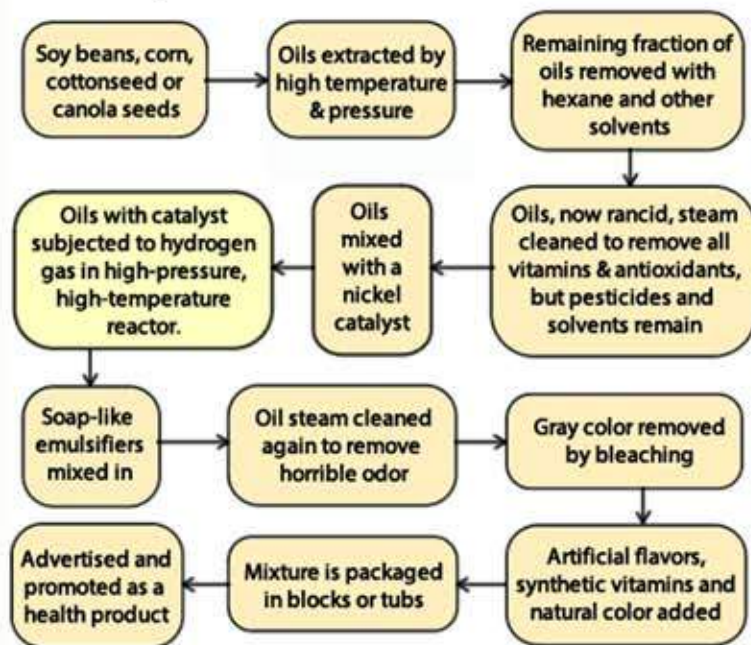
What really is margarine though?

What's its story?

Margarine was created in the early 1800s as an inexpensive substitute for butter. Hippolyte Mège-Mouriès created it in France in 1869 when responding to a challenge by Emperor Napoleon III to create a butter substitute from beef tallow for the armed forces and lower classes.

Early margarines were made from animal fat. In the 1900s, chemists discovered how to harden liquid oils and vegetable oil replacing animal fat.

Do People That Eat Margarine Really Know How It's Manufactured?



<https://www.sott.net/article/277493-Do-you-really-know-how-margarine-is-made>



1 BUN & CHEESE: \$170

1 SODA: \$80

or

A REAL MEAL!

1 BREADFRUIT: \$150

1 BUNDLE CALLALOO; \$50

2 ORANGES: \$50

On Sunday 17 June, Jamaica joined dozens of other countries in the celebration of 'Fathers Day'. A customary day for the celebration of fatherhood in Catholic Europe, it is known to date back to at least the Middle Ages but though it was brought by the Spanish and Portuguese to Latin America, it didn't become a huge movement in the Americas until during the 20th century when one woman pushed to have a special day for dads.

"Father's Day officially began in 1910 in Spokane, Washington, where 27-year-old Sonora Dodd proposed it as a way to honor the man who raised her when her mom died in childbirth. Dodd was at a church service thinking about how grateful she was for her father when she had the idea for Father's Day, which would mirror Mother's Day but be celebrated in June - her dad's birthday month. The movement grew for years but didn't gain national-event status until 1924 under former President Calvin Coolidge. He said it would "establish more intimate relations between fathers and their children" and "impress upon fathers the full measure of their obligations," according to the Library of Congress Wise Guide.

The holiday gained traction during World War II, and in 1966 President Lyndon B. Johnson proclaimed the third Sunday of June to be Father's Day. President Richard Nixon made it a federal holiday six years later."

For one father here in the Junction, the thought alone of his children makes him proud and he lives and celebrates Fathers Day every day.

This year was quite different for him, however as his gift literally came to him - albeit a few days after the official day.

While he grinned broadly and wavered between surprise and shock as his mind flooded with the priceless memories, tears flowed from the eyes of a man deeply overcome by emotion.

He tried to talk, to explain, to speak of his story, but few words emerged as the flashbacks began. As disbelief mingled with excitement, coherence soon went and he continued down the road stepping high - a man highly intoxicated by renewed love and memories of times spent with his child.

A child that is not his biologically yet a child who is no less his family. A child who is no less his blood. For this child, he did the extra-ordinary, ready to give his own life even, as like a threatened and cornered mother cat, he fought to protect and save him.

Make sure to read the next issue of the one-of-a-kind Junction Ride Community Magazine to get the rest of this father's heart-rending, captivating story!

Being a father has nothing to do with a child bearing one's name, resemblance or even dna.

Being a father has everything to do with love and character; two things that are becoming difficult to find in today's 'men'.

Happy Fathers Day to the real men - the children need you and appreciate all that you have been doing and all that you have been for them.

Your participation in their lives many a time is THE difference that is needed for them to choose their path in life.

Fathers, grand-fathers, step-fathers, men who have stepped in... Be the role model: guide and guard.

CULTURE CLUB

Sponsored by:



&



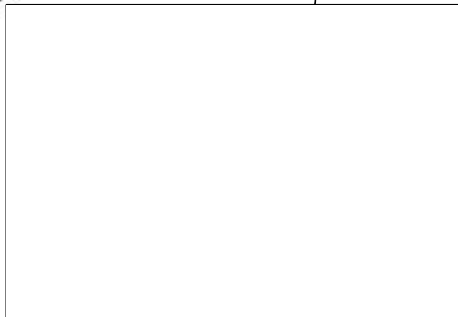
DIDACTIC RESOURCES

Contact: justwrightcomms.ja@gmail.com

Featured Country:

Draw the map!

Writes the name!



_____ is the largest country in the world by geographic area and is located in Eurasia. It became an independent country after the dissolution of the Soviet Union in December 1991. Headed by president Vladimir _____, it has an estimated population of over 144 million people, with most living in and around the capital city of _____. Russia is home to the deepest lake in the world and is the host of FIFA's 2018 World Cup football competition. There are 11 different time zones in Russia and one of the most famous traditional dishes there is Borshch, a soup made of beets.

Russian:

Lada

Caviar

(Paste pictures!)

How to say:

Hello	- zdra-stvooi-te
Goodbye	- dah svec-dah-nee-yah
How are you?	- kak dela?
My name is...	- Meenya zavoot...
I love you	- ya lyublyu tebya

CULTURE CLUB

Un mot de 
... la France!

Ecole primaire de Mermoz
(Aubagne)



PENPALS

**DO YOU
WANT A PENPAL
TOO?**

CONTACT US TODAY!

Start a
Fun with French club
at your school / online!



Un photographe a pris
notre stand en photo
plusieurs fois Yaya CM2



Mardi soir nous avons fait la fête du périscolaire.
Toutes les écoles d'Aubagne étaient là pour exposer toutes les
activités faites tout le long de l'année dans une grande salle
écrite CM2

Notre stand de la Jamaïque c'était le plus beau, le plus
grand avec plein de couleurs. Mailis CM1

Tout les enfants d'Aubagne sont venus avec leurs
parents. Il y avait plus de 500 personnes.

Nina CM2

Nous avons manger des pops corns et bu du
sirop.

Louna et Laura CM2



HISTORY & HERITAGE

A Closer Look at Environmental Sustainability

The topic of caring for the environment and 'going green' cannot be exhausted enough. For many, making money is of much greater importance... yet there are many who do not see the link between economic gain, and environmental sustainability.

What really is environmental sustainability?

It is the use and interaction with the environment without jeopardizing the ability for it to be replenished. Let's not wait until our environment is destroyed and it affects our ability to gain profits from it. Join the campaign for environmental sustainability!

A Closer look at sustainability

Sustainability should be seen as a broad term, remembering its three (3) pillars: Social, Environmental and Economical, ensuring that the importance on each is weighted as equally as possible.

Social: this emphasizes well-being, active citizenship, and human and community development

Environmental: this emphasizes the protection and conservation of earth's natural resources

Economic: this emphasizes material prosperity, access to education, fair trade and employment



How then can Jamaica be developed?

Biodiversity and natural resources such as water, wood, and minerals are important in building up the country's economy. Agboraw and Jones (2017)¹ states that natural resources increase a country's well being and its economic growth. Through the sustainable access and utilization of our natural resources, more jobs would be created; manufacturing and standard of living would increase, with a positive influence on the financial sector. This therefore means that an increase in care for the country's natural resources would result in positive social, environmental, and economic outcomes.

What happens when we do not live sustainably?

On the contrary, pollution and environmentally unsustainable choices would cause natural resources to be depleted (Higgins 2013)². Each time we litter, over-exploit resources, clear lands without replanting trees, or clear lands without noting the presence of species, in the name of making more money, leaves fewer resources to be available for the future. The irony is that our profits become short-lived.

What are some solutions?

We can choose sustainable ways of living! Finding alternative resources for use while certain resources are being replenished is real sustainability. In practising community sustainability, we can start off by simply taking care of our own spaces such as our homes, schools and office spaces. We do this by ensuring that there is proper disposal of garbage, intentional planting of more trees, commitment to recycling and education on the environment. If these actions are not already being taken, then it's not too late to start now. Further promotion of environmental stewardship in institutions such as schools, churches and corporations is a positive way of getting our country in the direction it needs to go.

This example from Ghana should get you interested!

In Ghana, crop yields were reduced, the productivity decreased rapidly and there were many water shortages as a result of clearing land, soil erosion and over-exploitation. The Cost of environmental Degradation (CoED) in Ghana was a tenth of the Gross Domestic Product (GDP) and a half of the Official Development Assistance (Fredua 2014)³. Therefore when environmental degradation increases, more money will be needed to fix the problems created. This would then leave less money for the country to grow economically.

An example closer to shore

In 2014, it was admitted that the multiple water shortages in Jamaica was due to the mismanagement of water and the ineffective storage, collection and distribution of it (Jamaica Observer 2014)⁴. With approximately ten (10) hydrological basins and twenty-six (26) watershed management units, Jamaica should have sufficient water to last throughout the dry seasons without creating much problem. However, our poor sustainability habits have been costing us important developmental strides for our country 'land of wood and water'!

Will Jamaica learn her lesson?

In trying to grow Jamaica's economy, don't ignore the environment. We now know that the environment can reap benefits depending on how well we take care of it. Let us challenge more of our youths, colleagues, church communities and our country's leaders to promote environmental sustainability. Let's build our businesses, craft our laws and develop our organizations on the foundation of a sustainable environment which will guarantee a positive outcome. Even if your passion is not specifically the environment, the prospects of a better Jamaica should be enough to fuel each person's desire to care for its resources. It takes work and a combined effort to get the country to the place we desire. Let us make the effort!

¹Agboraw, Efundem & Jones, Aled. 2017. Resource constraints and global growth. *Gewerbestrasse*: Springer Nature.

²Fredua, Kwame Boakye. 2014. "The Economic Cost of Environmental Degradation: A Case Study of Agricultural Land Degradation in Ghana". *SSRN Electronic Journal*. Elsevier BV. doi:10.2139/ssrn.2534429.

³Higgins, Karen. 2013. "Economic growth and sustainability – are they mutually exclusive?". Elsevier Connect. <https://www.elsevier.com/connect/economic-growth-and-sustainability-are-they-mutually-exclusive>.

⁴Jamaica Observer. 2014. "Water shortage in Jamaica is a man-made disaster, not an act of God". http://www.jamaicaobserver.com/editorial/Water-shortage-in-Jamaica-is-a-man-made-disaster-not-an-act-of-God_17221554.

Wag Water Valley: What's Been Happening?

Open Letter to the Jamaica Urban Transit Company from the inhabitants of the Wag Water Valley

Dear JUTC,

We the people of the Wag Water Valley (communities beyond Temple Hall, such as Tom's River Gibbs Hill, Content, Castleton, Scotts Hall, Devon Pen...) have regularly watched your buses deftly manoeuvre the Junction route, on chartered trips.

Yet despite the fact that the buses are able to handle the road, we have yet to see greater interest from the JUTC to serve our communities.

Transportation for us is quite a dilemma.

The route buses to Annotto Bay refuse to carry us during peak hours (not wanting to short their earnings) or only allow us to board after all the seats are taken. Sometimes we have to pay the full Annotto Bay fares to be carried. Many times we are left waiting for hours by the transport Centre in Half Way Tree and we are insulted by the conductors who declare they are not carrying 'Junction people'. There are Junction route buses that go as far as Grandy Hole but few and far between.

We do appreciate the 52 and the 54 buses but for us they go as far as Temple Hall and then we are left at the mercy of the robot taxis. Many overload to earn as much as possible from each trip while some charge full fare for little children.

The Junction route beyond Temple Hall has many populated communities with a greater ratio of passengers to transportation. A great proportion of these people works, studies or shops in the corporate area. Castleton is a built up community which has a police station, clinic, farm store, shops, community centre which hosts many activities. IT also has a world renowned public gardens which is actually a tourist hotspot.

Our question is this:

Why do we not have a bus going as far as Grandy Hole or even just to Castleton Botanical Gardens?

This would greatly benefit both the JUTC as well as commuters and in addition, we are certain that the Castleton Botanical Gardens would see an increase in its number of visitors, which in turn would have a positive impact on businesses in the area.

Even if the 52 or 54 route could be extended to serve us 2 or 3 times per day until there is a regular bus for us, we - especially the elderly and those traveling with young children - we would be quite grateful.

Please let us hear from you.

Thank you for reading our letter.

Signed: Junction community members



In the health and wellness world, “mind-body connection” has become something of a buzzword. But in Chinese medicine, understanding the relationship between psychology and physiology is ancient - not trendy.

Mary “Cissy” Majebe, president of Daoist Traditions College of Chinese Medical Arts in Montford, puts it this way:

“From a Chinese medicine perspective, there’s really not even a distinction between the mind and the body. We are an integrated whole emotionally, spiritually and physically.”

For instance, each organ, explains Majebe, has a connection to a specific emotion. The lungs, she says, are a prime example. “If we look at what happens when a person gets really, really sad, one of the things that a person will talk about is a stifling feeling in the chest. It feels like there is a weight on the chest, and it’s really hard to take a deep breath,” she explains.

“Well, the Chinese saw this, and from our perspective, the lungs are associated with the emotion of grief.” The kidneys, she says, are associated with shock and fear. “Everybody has heard: ‘I was so scared I almost peed my pants,’” she says. “In Chinese medicine, fear and shock basically impact the kidneys. And when that occurs, it is common to lose the ability to contain and hold the urine. So all of these things have basis.”

But beyond the theoretical connections between organs and emotions, the underlying concept for mind-body medicine from the Chinese perspective is fairly simple.

“Everything that is impacting on us physically is going to also have an emotional impact”.



<https://mountainx.com/living/chinese-medicine-encompasses-mind-body-and-spirit/>

A WORD ON ABUSE

Silence

is golden they say;
It helps to keep the 'shame' away.
But how golden is it really?
ABUSERS ARE BEING PROTECTED
and
VICTIMS ARE BEING FOUND DEAD!

Save lives!

SPEAK OUT



AGAINST ALL ABUSERS TODAY!

'TWEENS 2 TEENS



For some, there were shouts of joy on the morning of Thursday 7 June 2018. For others, there were tears of sorrow.

Nothing more could be done now. Each had his reward for the work put in and this, the results of the final GSAT examination marked the end of an experienced-filled six years at the primary level.

Each one, with or without the results hoped for, would be moving on to a secondary level institution; the beginning of a new chapter, of a new life.

Congratulations to all; hope you build on the foundation provided at your primary / prep school and make the most of the opportunities that come your way.

Please note that one is not defined by the grades of an exam, so those who have been disappointed - don't get depressed! Life is about the lessons one learns from experiences; real and lasting success is reflected in the character that one builds from these.

Keep in mind that even gold has to go through a number of cleansing and refining processes before it can be 'of use' to the general public.

High grades are great, but they can vary from day to day, depending on circumstances. In addition, some people have extra-ordinary talents that just cannot be reflected on paper.

So for those who are sad, focus on your talents and hone them to perfection. They will open doors for you.

Nothing marks the 'tween to teen transition more than this change from primary level institutions to secondary level ones.

And some parents, instead of lovingly guiding children and helping them to focus on education and personal development, hurry to introduce adult hairstyles and clothing, causing the child to 'feel big'. And then they label the children as 'force ripe' and complain that lessons are not given enough attention.

In this moment of elation, of bewilderment, of questioning, of trying to fit in somewhere... In this moment when they are so very vulnerable to peer pressure, how are we protecting and guiding our 'tweens to teens?

BUILD YOUR BRAIN!



BRAIN EXERCISE TIP

To prevent memory loss & sharpen mind:

**DO MATH
IN YOUR HEAD**



Be Inspired

*Only I can change my life.
No one can do it for me.*
Carol Burnett



**Homeschool
TIPS 'N TALES**

Never teach your child while feeling frustrated.

Activity

World Environment Day occurs on 5 June every year. Its celebration began in 1974 and it is the UN's most important day for encouraging worldwide awareness and action for the protection of our environment. This year, the theme focused on beating plastic pollution.

Do a drawing and write a description of it to express the theme: 'Refuse what you can't reuse'.

BE THE ARTIST

Complete the poem with words that rhyme.

Son rise. Son set.

They are coming! They are coming for me I know;
But what a sad, pitiful and disappointing way,
For a proud young man like me to _____

It is now clear to me, I've done wrong;
I cannot eat, I cannot sleep.
I start hearing my final _____.

I try to hide - no sense in that, they know all;
I'm now just a broken man,
Who set himself up for his own _____.

FAMOUS JAMAICAN POET

Pamela Mordecai

Pamela Claire Mordecai is a Jamaican-born poet, novelist, short story writer, scholar and anthologist who now lives in Canada.

A trained language-arts teacher with a PhD in English, she has been a TV host, a writer-researcher, an editor, a book packager and a publisher. She has written newspaper editorials, dance criticisms, textbooks, critical articles on Caribbean literature, studies on Caribbean culture, education, and publishing, poems and stories for children, poems and short stories for adults. taught at secondary and tertiary levels, and trained teachers.

Her very first poem was written when she was nine. It was about a hurricane that hit the island of Jamaica that year. Pamela has received many awards for her writing.

https://en.wikipedia.org/wiki/Pamela_Mordecai
<http://www.pamelamordecai.com/biography/>

Draw and colour the rest of the image.



TECH TALK



A satellite telephone, satellite phone, or satphone is a type of mobile phone that connects to orbiting satellites instead of terrestrial cell sites.

Depending on the architecture of a particular system, coverage may include the entire Earth or only specific regions.

https://en.wikipedia.org/wiki/Satellite_phone

Upcycle Challenge!

Plastic Bottles:

vertical garden

pencil organizer

piggy bank

GO GREEN!



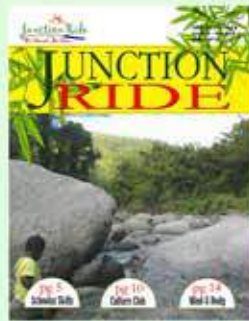
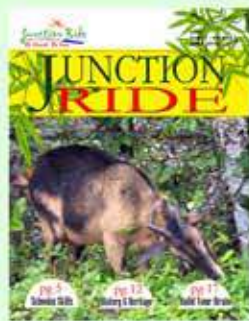
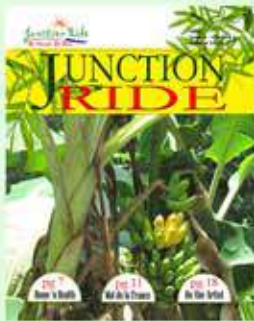
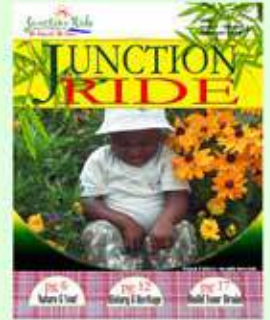
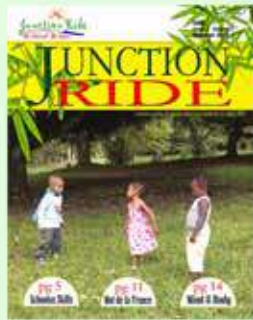
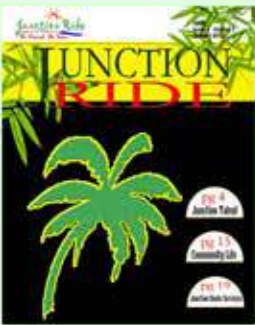
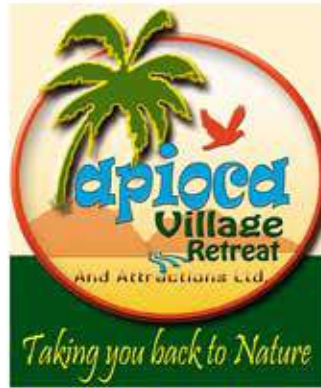
Beaming Baby Loves

BEING BREASTFED

Nothing comforts, heals and nurtures baby more than mother's arms wrapped around him while he listens to the music of her heartbeat and enjoys delicious, nutritious milk that was created just for him.

One of the wonderful characteristics of human milk is the way it changes to meet baby's needs as he grows. The breast milk a mother produces for her premature baby differs from the milk she would produce for a full-term newborn, and that differs from the milk she'll have for her 6-month-old baby. All breast milk, however, contains exactly the nutritional and protective components needed most by each baby at every age. Breastmilk is the best milk. A "fast-food" that is always ready, always at the right temperature and which gives baby exactly what his body needs to grow and develop properly and stay in excellent health.

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