

JUNCTION RIDE



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Junction Route Services

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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

COLOPHON

Junction Ride
Community Magazine

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POSTCARD TRAVEL

FISHERMAN
FRANK  TM

 TM
Dolly D


Reggae Rae
Multi-Purpose Rasta'pus TM

with

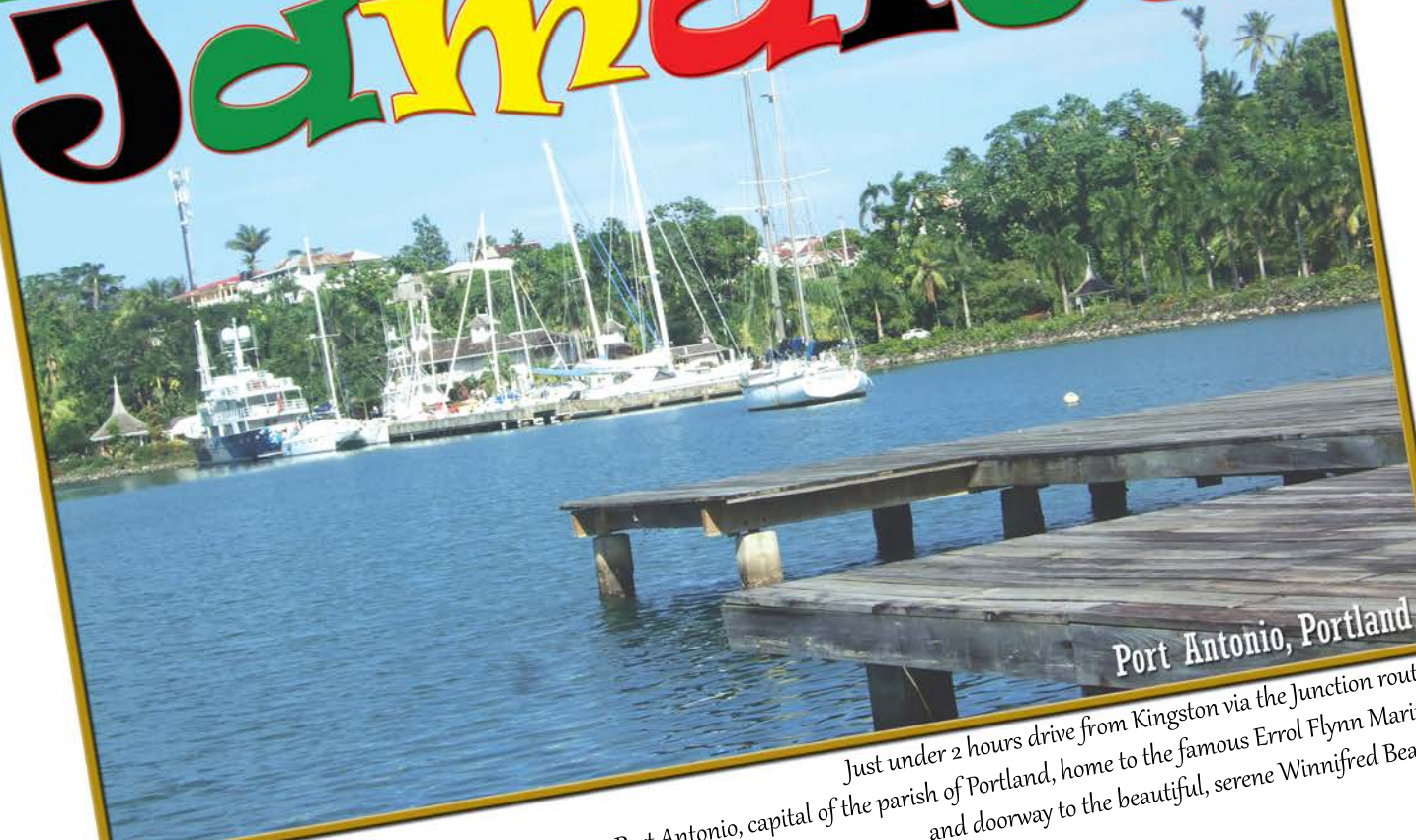


Jah-Mek-Yah
SOUVENIRS by 

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Jamaica



Port Antonio, Portland

Just under 2 hours drive from Kingston via the Junction route:
Port Antonio, capital of the parish of Portland, home to the famous Errol Flynn Marina
and doorway to the beautiful, serene Winnifred Beach.

JUNCTION TALENT

Proud of my Profession!

A Teacher's job is both inside and outside of the classroom. Lessons have to be planned before facing learners to instruct. Then, the teacher has to help learners to apply the concepts taught. For many, 'Teacher' is Mum, Dad, Nurse, Counsellor, Best Friend, Only Friend, Saviour...



Mrs. Melvalyn Williams-Sinclair
A retired, teacher who is passionate about education, she advises:
*"Labour for learning before you grow old.
For learning is better than silver or gold.
Silver and gold will vanish away.
But a good education will never decay"*

Her years of distinguished, dedicated service to many, reflect the education received at Chantilly All Age School, St Andrew Technical High School, Mico College University (Dip. in Teaching) and UWI (Degree - Early Childhood Education). She taught at Golden Valley Primary & Infant School for 20 years (Infant to Grade 4) serving the Junction as both teacher and Librarian.



Marcia
Service with a smile in Castleton!

Operating a retail outlet requires great customer service as well as time management & Mathematical skills. Attention to details is a must as store shelf inventory is constant and product arrangement is frequent.

Get featured in JR today!
Contact info at back.



Garfield
Plumber, Castleton

It takes guts to be a plumber. And talent. From reading building plans to simply fixing a broken pipe, no two days in the life of a plumber are ever the same. An integral part of society, plumbers install and maintain drainage, sewage and water systems. Quite a well-paid and in-demand trade, a wise decision especially for those who love hands-on projects.

Schoolaz Skillz

A Cat, A Hen and A Bag of Rice

By Kareem (Golden Valley Primary and Infant School)
and Jouvne Wright (Annotto Bay High School)

There was once a river which people believed when crossed with multiple items would bring bad luck. One day Jim went to this river with a hen, a cat and a bag of rice. He wanted to cross the river but to avoid bad luck, he could only carry across just one thing at a time.

He thought long and hard.

Should he leave the cat with the hen to take the rice across, the hen would be eaten by the cat. If he took across the cat first, the hen would happily peck at the bag of rice.

While Jim stood and pondered, the ferry prepared to leave.

It was late afternoon – he had to decide quickly or he wouldn't be able to complete his trips.

Suddenly, Jim laughed as he thought, 'I shall take the hen first!'

On his second trip, Jim crossed the river with the bag of rice but instead of leaving the hen with the rice, he took her back as he went for the cat. He put the hen down and took the cat across safely. The rice would be safe with the cat. He then went to fetch the much - traveled hen across the river and gave a sigh of relief.

All three items were now safe and sound and he wouldn't be affected by bad luck.

Bead Craft by Nicole Wright
Home School



Castleton Primary School
by Denae Nugent



Homeschool TIPS 'N TALES

Stepping into Homeschooling

By Nadia Lewis-Gorton

Taking on the education of your child is a terrifying and frightening task; as such most of us tend to look for roadmaps and curriculums trying to find the right fit for our child.

What I have found to date is that there is no perfect fit that is already out there; you have to create your own.

The great thing is that homeschooling gives you this very opportunity.

Tip 1.

Define your Why.

Be very clear about your reason for homeschooling.

This is very important because your reason will determine your curriculum and should become the driver of all the activities you pursue.



WAG WATER VALLEY

On bright, sunny, summer days, the Wag Water River shimmers and idly flows down through numerous communities. It starts from high up in the hills of St. Andrew, goes through the Hermitage Dam -providing those in and around Jamaica's capital with water- and weaves its way along the Junction Road offering breathtaking views.

'The Wag' as it is affectionately called, offers countless spots for a revitalising dip and is even a part of the natural beauty offered by the Castleton Botanical Gardens.

She ends her long journey just west of the town of Annotto Bay in St. Mary, where she empties her baggage into the Caribbean Sea.



Photo by Denae Nugent of Castleton

Be not fooled however.

During rainy times, the Wag is one of the most dangerous forces to reckon with; a churning chocolatey roaring river - claiming lives and property with no hesitation.

Despite this, the lives of the people of the Wag Water Valley - communities such as Temple Hall, Tom's River, Providence, Content, Castleton, Friendship Gap, Devon Pen, Broadgate and others - are closely entwined with the Wag.

Refreshing springs - source of potable water - joyfully run down to meet her; washing and after school or holiday play is done at shallow spots and of course, for many habitants of the Junction, daily bath in the Wag is a must.



Never
leave children
alone.

Safety Tip

Know your plants!



Ackee

- lowers blood pressure
- controls cholesterol levels
- maintains digestive health
- treats colds

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

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

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

PLANT FACT

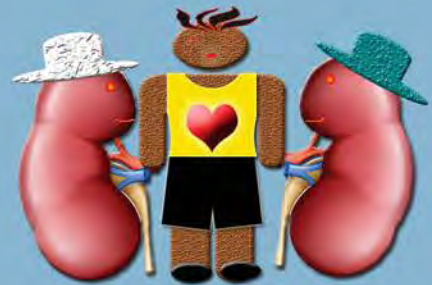
by Dionne Wright

Ackee is a fruit which is originally from West Africa. Brought to Jamaica in the 18th century, it became Jamaica's National Fruit. As part of the National Dish, the soft yellow part is carefully prepared and served with codfish.

Health Corner

Society can be seen as a complex system whose parts work together to promote solidarity and stability... Likewise, the body is a complex system where if one body part ails, then the whole body suffers. The systems of the body all work together, at all times. It is difficult for a sick individual to be a productive member of society...

Noncommunicable diseases (such as diabetes, heart or kidney disease) have replaced communicable diseases (such as influenza, malaria, or AIDs) as the most common causes of premature death worldwide.



*Myself I love and respect...
My kidneys I must preserve & protect!*

My kidneys are my personal property -
Taking care of them each day
Is my ultimate responsibility

Skip drugs in all forms; salt I must limit;
Strengthen my muscles with exercise;
Nourish my body by putting healthy foods in it.

With my health I must never procrastinate,
Today I must act or it might be too late.
To have a life that's happy and long,
I need kidneys that are healthy and strong!

© *Donne Wright*

DELICIOUS DELIGHTS

Breakfast is said to be the most important meal of the day. As the first meal of the day to break the fast of the night, a healthy eat goes a really long way, providing the fuel to start the day. It has been proven that children who eat before going to school perform better overall and eat healthier during the course of the day. People who have a meal in the morning are in general, less tired and less easily irritated.

Jamaicans love to eat!

Jamaica is home to many delicious fruits and vegetables, most of which are available all year round. A typical Jamaican breakfast is Ackee & Saltfish (the National Dish), served with boiled dumplings, green bananas and yellow yam. Some prefer it with roasted breadfruit and fried ripe plantains. A hot beverage such as mint normally accompanies this to start the day.



Send your Traditional Jamaican recipes & photos to *Junction Ride* to have them published.

Jah-Mek-Yah

SOUVENIRS by *Donna* WRIGHT

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<https://sites.google.com/site/justwrightcommsja/ja>

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Featured Country:

Italy



Draw + colour the flag!



Italy is located on the continent of: _____.

The capital is _____.

Italian:

Ferrari

Pizza

(Paste pictures)!

How to say:

Hello

- salve

Goodbye

- ciao

How are you?

- come va?

My name is...

- Mi chiamo...

I love you

- Ti amo

Un mot de ... la France!



**DO YOU
WANT A PENPAL
TOO?**

Tell us:

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

**CONTACT DETAILS AT
BACK OF MAGAZINE**

Send a letter, a photo,
a postcard, a souvenir...
Write to them today!



Bonjour,

le 28/09/17

Nous sommes 18 élèves de
CE/CM de l'école de Desertines
en Mayenne.

Pour notre projet: "Voyage autour
du monde", nous souhaiterions
recevoir des cartes postales de toute
la France et du monde entier.

Pour nous écrire, voici notre

adresse: Ecole de Desertines

Classe CE/CM

Rue de Normandie

53190 DESERTINES

Merci de nous aider!

MARTIN
Lila Maxime Steven Jérome Louane Louma

HISTORY & HERITAGE

THE BLUE AND JOHN CROW MOUNTAINS Jamaica's First World Heritage Site

Contributed by the Institute of Jamaica

Photo credit: Keron Campbell



Holywell located in the Blue and John Crow Mountains

The Blue and John Crow Mountains World Heritage Site is a mixed site having outstanding natural and cultural significance. The property spans 3 parishes: St. Thomas, Portland and St. Andrew.

The site was inscribed a World Heritage Site July 3, 2015. World Heritage is our legacy from the past which we live with today and what we pass on to future generations.

A World Heritage Site can be described as any natural or man-made site, area or structure. It can only be placed on the World Heritage List as a World Heritage Site after the country in which the site is located has nominated it as a Heritage Site and has proven to the World Heritage Committee that this site is of outstanding value and uniqueness. The Blue and John Crow Mountains is included among other great sites such as Old Havana in Cuba, the Great Wall of China and the Pyramids of Egypt.



The **natural significance** of the Blue and John Crow Mountains heritage site refers to the Flora and Fauna that are found within the site, some of which are endemic to Jamaica.

What is the meaning of Endemic?

The term endemic refers to species that are restricted in their natural distribution to a particular locality. E.g. The Giant Swallowtail butterfly is endemic to the island of Jamaica, which means it is only found in Jamaica living naturally in the wild.

In the Blue and John Crow Mountains:

Endemic Plants: Water Mahoe, Broad Thatch and Jamaican Rose
Endemic Animals: Jamaican Coney, Giant Swallowtail Butterfly and the Yellow Snake



The **cultural significance** of the heritage site refers to the history and heritage of the Windward Maroons - descendants of Africans who fought and escaped from slavery and established communities in the mountainous interior regions of Jamaica.

The leader of the Windward Maroons is Nanny or Queen Nanny.



What's Been Happening?

Every Friday morning at the Devon Pen Primary School, students from all classes join together for the exciting 'Fun With French & World Cultures Club'.

They send and receive letters from students in France, sing, dance and have a grand time learning in French.

Visitors from different countries also come in to interact with the students, giving their learning experience even greater meaning.



Earthday Celebration May 2017 Castleton Gardens



PERSONAL DEVELOPMENT

with



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



The Spooky Nature of Psychology?

Most Jamaican people are a little spooked by the word psychologist, or therapist and maybe less so by counsellor. I wanted to spend a little time in this piece talking about what psychology really is about and help others to see it from a different perspective, one that maybe is not so threatening.

We all employ psychological principles when we think about how to discipline our children, how to make our relationships work better, how to feel better, how to deal with stress, how to deal with death, how to deal with the loss of a relationship, how to achieve better grades, what careers to choose, how to improve our self-esteem, and with any of these issues, a psychologist can be very helpful in guiding someone as to how to get through the process more effectively.

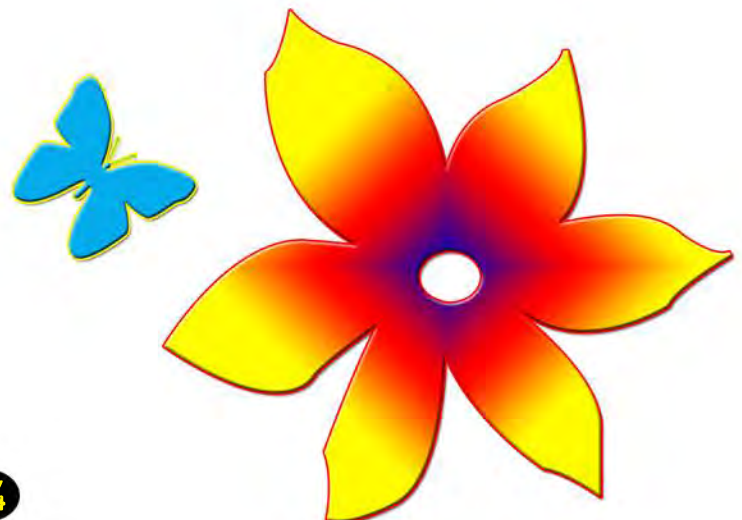
Psychology is the study of behaviour and the mind and is not only about “madness” (here people are usually referring to Schizophrenia or Bipolar Disorder or other psychotic process, which encompass about 3% of all psychological disorders, but I will discuss that in another issue), but there’s also anxiety, trauma-related stressors, personality disorders, depression, developmental disorders, neurocognitive disorders and the list goes on.

There are also several different types of psychologists. Need to hear more? Stay tuned to *Junction Ride Community Magazine* for more information on psychology in each issue.

We give thanks.

Dr. Kai A. D. Morgan
Clinical Psychologist
Kadmorganpractice75@gmail.com
Office number: 8697657

President, Jamaican Psychological Society
www.jampsych.com



THE STORY OF MY LIFE

Write a story or poem based on the photograph below.

Email your submissions to junctionride@mail.com

The winning story and poem will be published in the next issue.

Open to all.



BE THE ARTIST

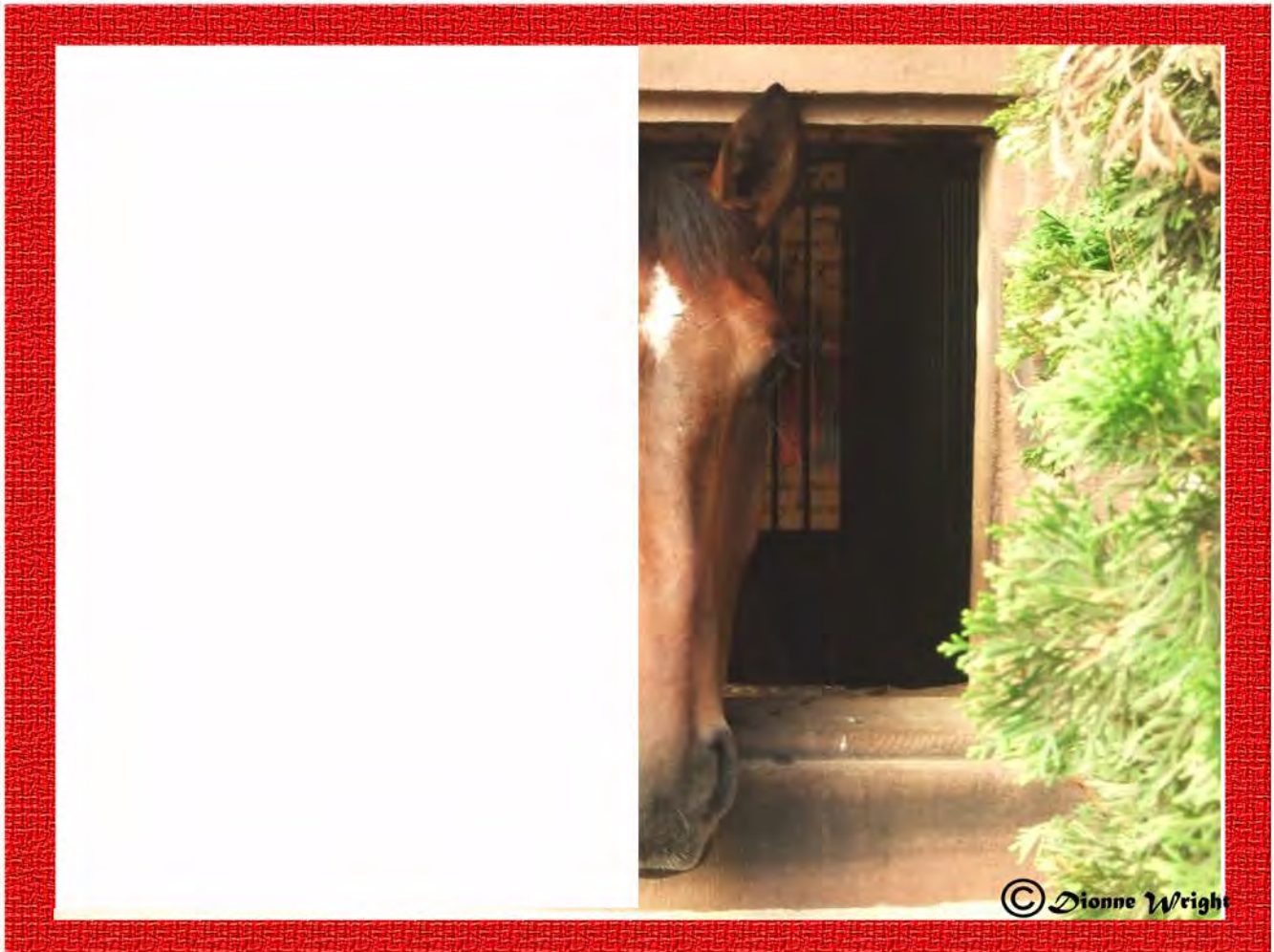
Complete the poem with words that rhyme then draw and colour the rest of the image.

The river hummed melodiously, making its way downhill;
"Let's go for a swim!", I said to my friend _____

We waded in - oh, how refreshing and cool;
And then we saw betwixt the rocks, a beautiful, beckoning _____.

We splashed and played - it felt so great!
Oh no! Gotta go! - It's getting _____

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BRAIN WORKOUT!

Complete the puzzle with Junction community names!

Some communities associated with the Junction route are:

- Stony Hill
- Golden Spring
- Temple Hall
- Toms River
- Content
- Castleton
- Friendship Gap
- Devon Pen
- Broadgate

L	H	B	G	B	X	S	X	C	Y
L	E	O	P	R	B	D	B	O	S
A	D	E	V	O	N	P	E	N	G
H	I	L	L	A	S	A	Z	T	O
E	Z	I	K	D	V	C	X	E	L
L	U	M	R	G	A	P	L	N	D
P	Q	J	N	A	N	D	I	T	E
M	C	A	S	T	L	E	T	O	N
E	U	V	W	E	F	G	O	P	G
T	O	M	S	R	I	V	E	R	D

Find as many names in the puzzle as possible!



The Junction route leads to this town: _____

ADS & EVENTS

ANNOUNCE YOUR EVENTS

Photo ads for Birthdays, Parties, Fairs & Fun Days,
Funerals, Anniversaries, Congratulations, Graduation...

£

PLACE YOUR CLASSIFIED ADS

- Auto (Sale / Rental)
- Real Estate (Sale / Rental)
- Services (Offering / Seeking)
- Jobs (Offering / Seeking)

CONTACT US TODAY!

JUNCTION ROUTE SERVICES



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			
Hardware	X		X	X	X			
	Stony Hill	Golden Spring	Temple Hall	Toms River	Castleton	Friendship Gap	Devon Pen	Broadgate

JUNCTION ROUTE COMMUNITIES



- Photo Editing & Restoration
- Videos from photos
- Photo Calendars
- Books & Book Covers
- Logos & Labels
- Flyers & Posters
- Business Cards
- Brochures
- Programmes
- Invitations
- Certificates
- Greeting Cards
- Post Cards
- Websites



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