

# JOURNAL MT VERNON

Thought of the day by John: S/He that lives in peace and at ease, does not speak all that s/he knows; nor judges all that s/he sees. (anon)

Mt. Vernon Saturday

John and Pat were to leave at 6 am but got chattin' with Iris(our cook) and never left until 8 am. Jennifer joined us in the ride to Morant Bay and we continued on to the airport where we were to meet our teammates. Christina came first, then Ralph and Lois, then Alastair, Tracy, Penny & Tonya and last was Julia- and we about to become a team!

After a lunch and drinks at Burger King we all were ready to head up the mountain! The sky decided to open about an inch or so of rain as we packed the van we all got quite wet- as we forged through the river next to the van and Jeep- 5 miles or so out of the airport the sun was shining and the roads dry! Ride up was beautiful with the Blue Mountains in a misty fog and the Cane fields and rivers were a sight to see. We arrived at Mt. Vernon around 5:30 with Alastair, Penny, and Tonya at the Graham's and Pat, John, Christina, Tracy, Julia, Lois, and Ralph at the Campbell's.

Iris and Michelle our cooks- made a delicious chicken, rice and peas and cole slaw dinner and everyone was hungry & happy.

After dinner some of us went to the shop and met a few of the local people- It was called an early night.

We are now the 85th Global Volunteers team in Jamaica.

## Sunday

After a breakfast of bacon and eggs we had a meeting to discuss the goals for the volunteers. This was followed by a second meeting to discuss the characteristics of a good volunteer group. Both subjects will be reviewed later to discuss progress toward the goal.

After lunch John led a discussion of the GV policies regarding gifts, physical contact, local laws and children. He reviewed the guidelines regarding host communications, alcohol use, pairs and photos. Lastly he discussed delegation of authority and Volunteer Team Leader responsibilities/

In the afternoon we were invited to the local church's "Harvest Festival" It started at 3:00pm, 4:00pm, 4:30pm, 4:45pm,(bell rang) 5:00pm, 5:30pm, and finally at 6:00pm. It featured acapella singing, tambourines, poems, and much praising of the lord. The children and adults were beautifully dressed in their Sunday best. It was a wonderful interaction with the community.

The song of the day was "The Ants Come Marching In". . . Local livestock visited us in the cracks of the beams. Tracy woke with little friends crawling in and out of her belongings and as we visited other cracks there were more lines of ants. Leaton came with some powder and that didn't stop them and he came back with more. We swept the carcasses away and when we came home after going to the shop @ 9:30 there were three more lines!

## Monday

Thought of the Day by Tonya:

PERSPECTIVE: Two men looked out from prison bars-One saw mud- The other saw stars.(Whatever the situation; it's all in how you look at it!)

Everything started well with the "senior" contingents taking their cold showers (invigorating!) about 6am. Breakfast started at 8:45 with porridge, fruit, and toast after early birds had coffee previously. After our group meeting in the dining room we walked to the shop where Leaton Thompson, our community leader, had us start the meeting with a prayer for guidance led by Lester Johnson. The 10 GV and nine community representatives introduced themselves. We were thanked for coming and for the contributions of GV over the past 20 years. **Work Sessions:** There were two. One before lunch and after lunch several volunteers and locals formed a chain and passed rocks from a large pile closer to the area where a retaining wall will be built. John and Leaton took a trip to buy and order for delivery tomorrow materials needed for the project. Julia accompanied them to make an emergency purchase of better-fitting shoes.

After school dismissal several young people came the Campbell's house for various activities: reading, blowing bubbles, frisbee, book puzzles, etc. All had fun. After dinner we all relaxed after a hard and productive day's work by walking up to the shop. Some played dominoes and all of us enjoyed the Reggae music provided by Julia's personally produced disk.- Lois

## Tuesday

Thought of the Day by Ralph: When living in a different culture, accept their food and accommodations with grace and appreciation; They are no doubt offering their guests the best food and accommodations they have to offer. Accept it gladly, it is their best.

We started off the morning with the usual coffee and tea and rousing conversation followed by a breakfast of cereal, fruit, and festivals.(reminds one of a donut)

The afternoon commenced with rock moving, shoveling, pick axe-ing, and string untangling. Ralph and Lois tackled the string and by lunch time it was untangled.(well, almost.) A small group moved rocks and were thankful when the lunch bell rang. It was a delicious lunch of pork, rice and peas, boiled bananas, and cabbage and carrot slaw. Another round of rock moving and we were all hot and exhausted. Tonya, Alastair, Tracy, Julia, and I went to take a dip in a small pool. We were soon joined by some children who frolicked and moved around the rocks as if they had climbed through this stream all their lives. Happy and cooler we showered (well, almost) and ate soup and bread for dinner. The evening progressed with fun at the shop. Julia and Tonya tore up the dance floor with moves that made Mrs. Graham giggle with glee. Others were not so brave, but a good time was had by all. Tomorrow we expect another exciting day.- Christina

Poem by Julia:

**loud like cicadas,**

**vibrating like electric waves**

**rubbing their wings**

**Julyflies**

**June skies**

**morning mountain heat**

**beginning its**

**slow stroll**

**through the day**

**unfolding**

## Wednesday

Thought of the Day by Lois: In the words of American teacher and humorist, Leo Rosten, "The purpose of life is not to be happy- but to matter, to be productive, to have it make some difference that you have lived at all. " And you do make a difference.

Recommended Reading by Lois: **Cultures and Customs of Jamaica by Martin and Pamela Mordecai**

Part of a series C & C of Latin America and the Carribean Greenwood Press-2001

(Very well documented-interesting Chapters on religion, history, music, arts, etc.)

We started the day with porridge and bananas for breakfast. It was raining and we did not work on the wall today due to the weather. Lois and Tonya went to the school in the morning. They returned wet, but were all smiles and reported a fun experience. Penny and I took a walk in the rain and got some photos. Christina tried to join us, but got only to the shop where Leaton stopped her. Somehow walking in the rain makes no sense to the community. They shake their heads and wonder why. Alastair and Christina taught Penny and I a card game. We started as President and Vice-President then quickly fell to scum and vice-scum. The remainder of the morning was spent playing cards, visiting, and reading. Julia arranged a trip to Bath today. The van arrived a 1:00 pm, but we didn't depart until 1:25 (as we anticipated him to be on "Jamaican Time".) We all had a warm soak to relax, then it was back to Mt. Vernon. After the heat of the bath and the van-temper flared, but quickly cooled with the nice breeze, music and beautiful scenery. Dinner was soup and bread. Most headed to the shop, Ralph and Lois retired to their room and John, Pat and I did a make-shift surgery on Julia's foot. We successfully extracted a triangular piece of glass. Julia was very brave and we feel she has a good chance of a full recovery. We are all hoping for sunshine and more progress on the project. We can also look forward to the Jerk chicken BBQ in the evening with the community. -Tracy

## Thursday

Thought of the Day by Pat: " I could not, at any age be content to take my place by the fireside and simply look on. Life was meant to be lived. Curiosity must be kept alive. One must never, for whatever reason, turn his back on life." Eleanor Roosevelt 1884-1962

I was awakened this morning by the crow of a rooster so loud I thought he was in my room. I see Mr. Graham, 6 goats tied to one hand and a machete in the other as he makes his trek up the mountain. The smell of the fire from Mrs. Graham's outdoor kitchen is comforting. Surprising how quickly I've acclimated. I no longer have to be completely awake to make the trip to the outhouse at night. There's a very safe path, once you know it. I know to watch my step so I won't step on the puppies that sleep outside the door. I'm very careful to make sure I don't close the potty door with the black kitten trapped inside with me. Neither of us enjoy the drama of trying to get away from each other. The morning walk down to the blue house is now comforting and familiar. The smell of the pigsty is not nearly so pungent. Yesterday was quiet. No work duty. The day started with John's scrambled eggs, and also callaloo. We also had a delicious pumpkin soup at lunch. (Editor's note: A Bar-B-Q was supposed to start at 3pm, but Jamaican time it began at 6pm – "Go with the flow, mon!") The appreciation meal at the shop was a big hit. The jerk chicken was excellent. There was lots of dancing and laughing. Many of our team members danced with abandon. You can tell a lot about a person by their dancing. Perhaps that's why I chose not to dance.

Tomorrow I'll be leaving. Each of the team members has brought a facet to my life that would not have existed without Jamaica. I know my leaving will leave a huge hole in the rock brigade. I hope you can overcome. Penny

## Friday

Living is determined not so much by what life brings to you as by the attitude you bring to life; not so much by what happens to you as by the way your mind looks at what happens. –John H. Miller

We began the morning with Michelle taking group pictures on the front steps. After lots of beautiful smiles, we enjoyed a breakfast of cold cereal, and plenty of fresh fruit: bananas, mango, pineapple, and fried plantains. Pat also had a sample of jerk pork for everyone to try. Following breakfast we had a short meeting to review what we had accomplished so far as well as the tasks still to come for the day. Everyone then began getting ready for the days work. Today was the hardest work yet. Mixing sand, concrete, and gravel by hand to create a foundation for the wall. We took turns with the two shovels available by playing "tag-team" shoveling. Some also helped with the mixing of the concrete. By shoveling and turning scoops of the mixture by hand. The work ended around 12:30 pm and everyone began to pack and prepare for their weekend. Penny and Tonya said their good-byes to Jamaica – until next time. Tonya

So we all (except Julia) set out for Port Antonio, enjoying the Jamaican landscape and some of us the back of our eyelids. We check into our hotel and make ourselves comfortable before setting out for the beach down the road. Christina and I swam out to a little platform to find no way to climb up it so we could jump right back off. We all enjoyed a refreshing beverage and slowly made our way back to the hotel. About 7o'clock we set out for Anna Banana's for a long, grueling wait until finally we enjoyed our fish & chicken, vegetables and pork. Full and tired we set out for bed. Myself and my eyes...Alistair

## Saturday Port Antonio

Up at a decent hour after a night of music from the Caribbean – John, Pat, Tracy, Ralph, Lois, and Christina went to Ivanhoe's for Blue Mountain coffee and a great breakfast – Alistair slept in. After breakfast we went to market and local sightseeing. J&P shopped for fresh vegetables. We all met at the marina to enjoy the beach and a few local shops. The swim was awesome and Alistair found a precious shell. The shell was rare but it broke. He wanted to go back for another. A little girl chatted with us + we decide on pizza for dinner. J&P scouted it out. Tracy, Alistair, and John picked it up. We had a great dinner. And a nip or two of a local rum and then some went for ice cream, and then good night to all.

Pat

## Sunday

John and Pat were up to go to Mockingbird Hill at 7 am and invited Tracy and Christina to join us for an anniversary coffee at the top of the Jamaica world. Magnificent spot.

Came back to Ivanhoe's for breakfast. Alistair, Lois, and Ralph joined us. The skies opened and then cleared. Muggy was the weather change. John & Pat went to town to shop, others to cambio and packing. Our driver came early and we got ourselves on the road. First stop...Long Bay for a swim for Ralph, Pat, Alistair, and Christina. 'Twas beautiful and warm- not too rough.

After, we set off for home, arriving around three, sooo happy to be home in Mount Vernon with Iris' chicken awaiting us. A night of reading and cards with Craig, and Alistair, Everal, and Christina – and a tired crew was in bed early. (before 9 pm) Pat

Julia's weekend catch-up:

After Penny and Tonya left for home, Round Two of the "Weekend Exodus" was John, Pat, Lois and Ralph driving in the Jeep, and Tracy, Alistair, and Christina in the taxi. For awhile, I just sat

and took in the quiet and the sounds of the day after their departure. Then, I realized the laundry I needed for my trip was still wet. Iris and Michelle were cleaning the kitchen and dining area, so I decided not to wait till Sunday to clean the room that I was sharing with Tracy and Christina. Might as well all be cleaning together, it is more fun that way. Just like @ home, I know it is even more pleasant to come home to some cleanliness. So I organized my stuff, straightened up all, moved the furniture, swept thoroughly, and then mopped.

After that, I got ready, packed, etc. and then set off with Mikey the taxi driver up the hill to fetch another woman going into Kingston. I met about 10 people while we stopping for her, so I am having trouble remembering her name at the moment. She helped me to learn how to get to the city by myself. I am really grateful for her help in this, Later, it turned out that she was one of Iris' daughters. Michelle, my friend Zachariah's daughter, came to get me at the bus park. I finally met her daughter, Brittany, and greeted her sister, Simone, whom I met last year. We got food in town, a sort of Jamaican Kentucky Fried Chicken, and then we went and bought groceries for the house. Michelle's car wouldn't start when we came out of the supermarket, so we had to start to find someone to help us jump the car. A lively parking lot full of cabbies, and shoppers, and street vendors. Guaranteed drama! We had a quiet night after that, which was good because the next day was anything but. There on Bob Marley Drive we cleaned the house before it got hot, and then people started visiting, and we cooked ackee, saltfish, and callaloo. We spent the afternoon at Portmoor Beach to swim, eat fried fish, and festival bread. NICE-NICE!

I kept trying to connect with my friend Sandy (singer), finally we did. It was so good to see her again, we ate well after buying some food at a divey little place up in the 'hood and then went to a nice house to hang out with the musicians she was getting set to tour St. Kitts with. They have been rehearsing and needed to let their hair hang down, or their dreadlocks, as it were. I got home late, got up early, said goodbyes....Denton and Brittany took me to the bus park. Bus to Morant Bay – 35 people crammed into a bus that is meant to hold 16 – quite an interesting experience. Got a taxi to Trinityville very quickly. But getting up to Mt. Vernon on a slow Sunday with supplies, THAT is another matter. Waited for an hour, finally made it "home". I cooked a little food, shared it with Iris and sweet little Moonpie (Tina). After that the whole Port Antonio gang returned, and all of us prodigal children had returned. Christina moved up the way to occupy the now-empty room at the Graham's. A very quiet, restful evening @ Mt. Vernon for the sun & ocean loving crew. Tomorrow we work again. I Julia Bayha

## Monday

Christina's thought for the day:

And whoever compels you to go one mile, go with him two. Give to him who asks of you and turn no one away; For discernment arises from peace among each other.

Matthew 5:41

Monday – the week began – an American breakfast with Jamaican Festival bread. Work looked doubtful at first because of the gathering clouds...but work did begin. First, a new form was built from boards and bamboo poles in what seemed like a matter of minutes! It was a day of taking turns amongst all but Leaton, Noel, Everal, and Christina were truly throwing down with the shovel work. Ralph and Alistair did some excellent wheel-barrow duty. Tracy did some of all. We were drenched 2 or 3 times by lunch, all scattering to the pavilion area of the shop. Lunch was pork with brown sauce. Dishes waited a bit, for the workers and cooks were eating also. Work resumed, and there was still more rain, but at neither time did it rain long. Dinner was John's chicken soup! Yes, he cooked us up a grandma-style, serious soup like one might do at home when the sniffles descend. Iris and Michelle wanted him to "spice it up", but he was into a plain fare this day. After dinner, up at the shop, Lois brought out her Bob Marley Legends CD! Great. Leaton put on my conscious reggae CD. It feels good to me that folks are liking it. Selling it at home was part of what enabled me to come here and be a Global Volunteer. After most had

gone, the women who are learning the song with me had a practice. Hope we will learn it well enough by Thursday. We all love the feel of the tune. A nice feeling to sing and to share with others. Two local men, friends of Leaton's stopped by. They had hours of serious talk late into the night. Other highlights today: we got a lot done on the rock wall, no new injuries to anyone in the village, Jennifer's new hairdo, Pat is/was a crochet queen – making squares to beat the band, and Ralph put in an impressive day of work. Julia

## Tuesday

Lois's thought for the day:

After a bomb killed 2 dozen young people @ a Tel Aviv disco a few years ago, Israeli youth refused to be cowed. They resumed a robust nightlife. Today, outside the scene of the bombing, beneath a stone memorial listing the names of the dead, is a single inscription: " LO NAFSEEK LIRKOD" It means, "We won't stop dancing."

-Gene Weingarten, Washington Post Magazine

Alistair's thought for the day :

"Nothing beats a try, but a failure." Mr. Graham

Most of us were awake early enough to enjoy a cup of coffee or tea before our delicious breakfast of corn meal porridge, toast, etc. The morning shifts in the kitchen/house and the wall site did a lot of constructive work. There is more communication (gabbling) among the cooks and volunteers than at the "hard labor" site. After all, we are women! John keeps us on the straight and narrow path—but lots of giggling going on—and the children are a lot of fun.

The white rice, chicken, and fresh green beans for lunch were great and so was the new table set-up designed by Julia. The afternoon work at the retaining wall was postponed and that crew had a well-deserved rest. The volunteers are sharing more information about personal lives, previous Global Volunteers sites and travel in general. Each day we make observations about the local ways of doing things and admire the people for their resourcefulness, hard work, and courage in getting over their difficulties in life.

After dinner, (John's pea soup) we played a game of naming countries, in alphabetical order. A brain teaser. Individuals spent the evening as they wished. Another great day.

Lois

PS;

Tracy, Alistair, and Christina went on a hike with Mr. Graham up to get his goats. The hike straight up the mountain provided us with breath-taking views of the mountains. Mr. Graham pointed out all sorts of plants and trees, carefully explaining each plant. He was extremely patient and kind with to us, digging foot holes for us to place our feet. Everald, Simroy and Popsi joined us—horsing around on the slopes. After a beautiful, tiring trek up the mountain we returned to even ground unsuccessfully bringing back Mr. Graham's goats. Mr. Graham's response was, "Don't worry. They will come."

## Wednesday

We all gathered early @ 7:30 for breakfast and a short meeting Julia had already left for Trinityville with Simone and then on to Morant Bay to shop. John and Tracy left for the Trinityville at 8 am or so accompanied by Jennifer, Michelle, and Shanelle. We picked Simroy up along the way. The first stop was Trinityville Clinic to deliver some donation items. We received a lovely,

heartfelt thank you from the staff and patients visiting the clinic. This is also where we dropped Simroy, Michelle, and Shanelle. John, Jennifer, and Tracy continued on to Morant Bay. Shortly after arriving there, the car key broke and we were not able to start the Jeep after delivering bananas to Mrs. Kelly at the market. We walked to a locksmith and had a new key made. Much to our surprise everything was back in order in about 15-20 minutes and we were able to continue our shopping. It was fun to watch Jennifer going through the market, quickly surveying all the items. She knows everyone and visits with them all as she shops. We finished shopping and had lunch @ Mother's then headed back. A quick stop in Seaforth to pick up forgotten items and then to Trinityville to pick up Peaches, Michelle, and the children. We had 9 passengers total back to Mt. Vernon in the Jeep. Meanwhile, in Mt. Vernon, Iris was alone in the kitchen, so Pat graciously assisted with the cooking as well as kitchen duty. Lois assisted with this and also delivered plenty of water to the workers. Alistair, Christina, and Ralph represented our team at the worksite. They hauled lots of sand, cement, and aggregate to make the mortar. Christina reports they had quite a rhythm going with mixing while the men worked at the wall placing rocks and mortar. The efforts of all their hard work could be easily recognized as the wall was almost filled up to the top when we returned from Morant Bay. They ran short on cement so John drove back to Trinityville with Pat, Everal, and Kenroy to get more. (The ride back was enhanced with a lecture on all the trees of the Blue Mountains especially the majestic Cotton tree that dominates the countryside with its straight trunk and top leaves. ...In the olden days, before the arrival of fiber-glass, it was sold to make planking for boats.)

A top layer of cement was completed after they returned. At 4pm the children came to the house for beading. We had 13 children to make necklaces, and bracelets. Pictures were taken with the Polaroid to hand out at the party Friday. Dinner was pumpkin soup and bread with cookies and spice buns for dessert. We spent the evening reading, playing cards, writing, and just relaxing. No shop tonight as there was a coffee meeting for the farmers. Christina was kind enough to deliver the beer to Pat and Tracy. We are looking forward to another beautiful day in Mt. Vernon.

## Thursday

Ralph's quote for the day:

When we first arrive in a new culture, we are struck by the differences in our cultures. On further investigation, we find that both cultures solve the same problems of feeding, clothing, housing, and training the children. The differences usually result from the Global Volunteers. In Mount Vernon we find lots of happy, healthy children, no orphanage.

Breakfast featured ackee and salt fish – delicious. Breakfast was followed by the Global Volunteers meeting with readings of the journal thought for the day, and a review of the remaining schedule. John thanked the volunteers for their work.

After breakfast there was minimal available work to do. Ralph attacked a new plug to the microwave in the shop. The operation was successful, but the patient died. A circuit breaker inside the microwave would POP! after 4 seconds. We reset the microwave's clock and it worked perfectly. Christina, Tracy, and Julia helped with the mix and mortar for the finishing the wall face. After lunch of rice, chicken in cornflake coating and chicken broth, there was a short work project on the wall supporting the bottom of the Graham's driveway. The afternoon was given over to entertain the children stringing beads, reading, and wading. A fine tuna fish sandwich dinner was followed by a visit to the school to hear a Gospel concert. Julia accompanied by Jennifer, Iris, Michelle, Shaffay, and Simone sang "I Remember, I Believe" by Sweet Honey in the Rock. It was well received by the audience. The concert featured a fine band of keyboard, bass, guitar, and drums. John drove Lois & Ralph back (first load) only to discover we did not have a key. Also, the outside light was out so we, and the later group had the opportunity to look at and enjoy the beautiful sky with hundreds of beautiful stars, and – we think – the planet Saturn. The Pinny Wally (large fireflies) and smaller Winky (lightning bugs) put on a spectacular show for us. Another wonderful day. Ralph

## Friday

Adieu Adieu Parting is such sweet sorrow.

Thought for the day by Pat:

Climb the mountains and get their good tidings. Nature's peace will flow into you. As sunshine flows into trees, the winds will blow their own freshness into you, and the storms their energy, while cares will drop off like autumn's leaves. –John Muir

The day started with a good breakfast and leftovers we didn't have work today so a lot of our concentration would be on the party tonight...We enjoyed the day walking and looking at our wall and visiting at the shop with our new friends and just feeling sad that it was all over but also anxious to move on with our individual plans. Alistair, Christina to home, Tracy to the Hilton and a rest, Ralph and Lois to Montego and then home, Pat and John to Ocho Rios for some R&R and their plans for the next team and Julia to the North shore and Montego with some of her friends

We had tuna sandwiches for lunch

After lunch pat started the popcorn and Christina and Tracy joined in..Little bags were filled with candies, Popcorn and cookies for the children at the party and a nice juice drink was made ( by Tracy, Julia, Alistair and Christina )On Friday during the day we played cards, read, packed. Alastair and Christina hiked up to Mr Graham's farm again, Ralph and Lois relaxed and swam and Julia went to Morant Bay. Supper was a combination soup that was called "everything but the kitchen sink'

It was really good!!!!.

After supper we started to get ready for the final celebration at the shop

The celebration was very special. Leaton opened with a prayer from Mr Johnson and other members of the community thanked us for our contribution of the wall and for coming to Mt Vernon and we all thanked them for letting us come. This was followed with cake and drink and snacks and a little dancing. We all were a bit tired so we left about 10pm to finish packing and get a good night sleep.

## Saturday

We were all up for Coffee and tea early trying to absorb the last of Mt Vernon and it's wonderful people

John put out some buns and Juice and Julia put out a watermelon...the skies opened up and we thought we would be getting wet again but as the van came the sun came out We packed the van and said our good byes to Jennifer, Leaton, Mr and Mrs Graham and the children

John and Pat in the Jeep with Simone and her little one going to Marrant Bay.

Julia did not leave on the van but waited till noon for a taxi so she could meet her friend on Marrant Bay

At the airport we said our goodbyes and Pat John and Alistair had a cup of coffee together sharing what a wonderful 2 weeks it had been

Some thoughts of our team!

Ahhh...the last day of our trip. Breakfast of bacon and eggs – lively conversation and smiles. The mood of the morning is light. There is no work to be done so everyone reads, plays cards, and chats. It is sad to think of leaving, so I avoid raising the subject. I've met some amazing people in the community and on the team. Thank you– you're all wonderful and it's been superb.

A few moments of complete quiet on the porch when moments ago, beading, reading, and laughing could be heard. It has been a wonderful two weeks in Mt. Vernon. I am sad to go and say good-bye to new friends and old, but will fondly remember this trip. Thank you all!

Team 85 has come and gone as I sit here laughing at our silly banter. I can't help but know that this has been one heck of a good team – it's sad to say good-bye but our paths may cross again – and e/mail is great! The "Best" to everyone till we meet again.

The farewell party was a hit success and everyone enjoyed themselves eating, drinking, dancing, talking and playing with the kids. Everyone is sad to go, and we all hope and dream of coming back home to Mount Vernon.

So, 2 weeks felt like maybe, 8 days. The first week we were getting used to this, and the second could not have lasted long enough. I wish everyone the best for the rest of their lives and that when we think of our "happy place" we think of Jamaica and each other!

Thank you to Global Volunteers for creating this vehicle for us all to help in some meaningful way, and to strengthen the fragile ligaments of peace and community when, where and how we can. Thank you to John and Pat for all their work and effort as they shepherd this Jamaican hub of GV. Thank you to Ralph and Lois for the inspiration that their presence here has provided to me of being elders I can respect. To Tracy, thank you for your presence of kindness, and helpfulness. Thanks to Tonya and Penny for their being here living their mother-daughterness! My mother would never have done something like this with me, so it was sweet to see. (Guess that's how I got to used to going alone anyway, eh? ) Thank you to Christina for being your unique self, and allowing me into your world a bit when we would talk, good luck this next semester. Thanks also to Alistair for his happy-go-lucky young guy-ness...your open-hearted approach to this trip was good for my jaded old heart to be around. I really appreciated being one of your gal pals.

I never did get to do a thought for the day, so I will end with one of my favorite ones from one of my biggest heroes, Frederick Douglass:

"We cannot survive unless we change, and we cannot change unless we survive."

Everybody take care...call me if you find yourselves heading toward Michigan, eh? Julia

## Jerk Chicken

cut 4 lb chicken

\*\*\*\*\* mix all below but Chicken into a paste

Rub into the chicken and marinate over night

6 stalks of escallion

1tsp nutmeg 2tsp cinnamon

4 hot peppers (remove seeds)

½ cup brown sugar

2 oz pimento (pounded)

It was served in Jamaica with catsup and hot sauce

I have made the above without the pimentos (they are not the same as our pimentos)and it is still very good

This recipe is easier

Cut up chicken and rub in the bought Jamaican Jerk sauce

marinate over night and cook on a slow grill etc...

No matter how you cook it, it will never taste like the Jerk Chicken Man in Jamaica

but it sure is good anyway..

## JAMAICAN RICE AND PEAS

1 can red peas

1/2 (4 oz.) pkg. creamed coconut. (If I cant find it I buy coconut milk and boil it down)

2 c. water

2 cups rice

Ginger to taste (about ½ tsp..remember it is strong flavored)

2 sprigs thyme (about 1/ tsp)

1 stalk spring escallion or leeks chopped

Salt & pepper to taste

Pour beans in pot. Add coconut cream, simmer until cream melts. Add the remaining ingredients except rice and cook, covered for about 10 minutes. Add rice and stir. Cover and cook over low heat until grains are soft and all the liquids are absorbed. May need to add a little water