

HARAMBE

A Quarterly Foundation Newsletter

Harambe is an African word which means "working together." It is also the foundation's slogan and name of one of Mrs. Rita Marley's most popular tunes. Available through our website quarterly, this newsletter will be a vital vehicle to inform you of our foundation's endeavors, events and accomplishments; importantly, we eagerly anticipate "working together" with you, through your contributions and feedback. So with One Love we could nurture Harambe into a constructive newsletter.



HIGHLY COMPETITIVE 4TH ANNUAL RITA MARLEY FOUNDATION(JA) ESSAY COMPETITION

The Essay Competition is one of several programmes conceptualised and implemented by the Rita Marley Foundation (JA) to empower the youth. The fourth staging of the Rita Marley Foundation (JA) Essay Competition was recently launched. With high schools issued the topic for this year's competition. Lyrics from Dr. Rita Marley's song Love Iyah will serve as the topic.

"They will try to buy your souls with money, bribing with milk and honey, distorting the youths in their minds dopping the wool they pull over their eyes. Jah call on the youth cause they're strong, don't give your strength in vain now."



Dr. Alfarita Constantia Marley LITT/OD

**Love Iyah, Love Iyah.
Peace and Love Iyah,**

Editor: Rita Marley
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Students are asked to interpret, expound and provide solutions.

Papine High School won the inaugural competition. However, two Nastacia's, Nastacia Grossette and Nastacia Linton have won the two other events. Both students of William Knibb Memorial High School in Trelawny. Participating schools are therefore focused on writing great pieces but also grabbing the illustrious title from William Knibb Memorial High School.

Four prominent educators and writers will grade the 1000 word essays, submitted by school officials, to the Rita Marley Foundation (JA) on June 1. The top three winners will be revealed on Saturday, June 30. The eve of International Reggae Day. The first place writer will receive cash and the essay published in Harambe newsletter.

**PUBLIC SPEAKING
CHAMPION
WOLMER'S BOYS' HIGH
SCHOOL'S
OSHNEL BRYAN**

Speech by 1st place winner Oshnel Bryan (Wolmer's Boys' School)
Topic Round 1: "What is Jamaica's Greatest Contribution to the World?"

Each day we pledge, as Jamaicans to play our part in advancing the welfare of our entire human race. Despite being but a tiny island state, we continue to effect change in our rapidly developing world, dominating the world stage in areas such as music, sports, dance, education and culture so unique it can never be replicated. But while, the other speakers would posit and postulate that our great contribution to the world sits in our person such as Bob Marley or even on aspect such as music, I think that the greatness of who we are goes beyond that, it is far more than one person. It is no secret that our country is great and that through this greatness, we have continued to impact the world in ways that cannot even be measured. But what I do not believe is that our greatness should be limited or confined to the number of medals Usain Bolt has won or the number of Grammys that Jamaicans hold. No, our great impact is far above that. To truly ascertain the greatest contribution that Jamaica has made to the world, we must assess impact. We must look to that impact that outlives one person or one album. That impact that outlives you and I hear today and goes on to continue to effect change generations after you and I are gone. Yes, I agree that Bolt, Bob Marley,



Oshnel Bryan 1st-Wolmer's Boys' High School

**Love Iyah, Love Iyah
Just a little love Iyah**

Jamaican culture and language have turned the eyes of the world to our uniquely special small island state, but I believe that the great impact our country has on this world cannot and must not be limited to one person, one element, one time period or even one single aspect of our culture. If we begin to limit our greatness in this way we tend to forget that Jamaica is, has always been and will continue to be one of the greatest contributors to 'world class' development and success. This is why I unapologetically believe that our greatest contribution to the world, is not music or even our culture, which I agree is excellent by the way, but to advancing the welfare of this world through the message of black consciousness, peace and self-love.

Yes, I acknowledge that this message has been posited by many Jamaicans but it is not inherently in them that this message lives, because even though Bob Marley has died, the message of love and Peace that he spoke about as he travelled across the world still stands. That message when he sang for the freedom fighters in Zimbabwe is still heard years after his melodious voice has ceased to sing. See, this is a great



Audience

contribution; greatness doesn't end when Bob Marley is dead.

Our great contribution goes beyond that of Marcus Garvey in that even as his powerful died with him, his message that the color of your skin does not limit you or make you subservient but that you are more resilient because you are black. That message that you should love yourself and the kink in your hair. The message that because I am black, I am free and liberated from mental slavery. That message is what has made Jamaica great, it is the message through which we have impacted this world. It is this message that has shone a light and liberated other persons around the world to know, that although I am black I can aspire to be the Chief of Staff of the Defense Intelligence Agency or even the President of the United States.

It is that message that has gone beyond or border and has lasted beyond the voices of Bob Marley and Marcus Garvey that have liberated countless people- not even just black people but everyone to believe that I am special. It that message that liberated us to believe that we may accomplish what we

**My brother says Love Iyah
My sister says Love Iyah**

will because we are a mighty race, this message that inspired black Americans in a climate of segregation and racism. It is that message, that when you and I are gone, will continue impact the next generation, making it our greatest contribution to the world.

Or the fact that other countries have been 'draining our brain', it is also no secret that Jamaicans love their country, each other, themselves, their fellowmen and so are able to strive, grow and develop/harness their, and others potential, just by being a part of what is our world today.



(L-R) Rolando Alberts, 3rd Jamaica College, Oshnel Bryan 1st-Wolmer's Boys' High School, Bobby Francis 2nd-York Castle High School

However to truly assess the extent the contribution of our tiny island state, we must look at the impact and not just the commercialization and the recognition that one, or a few, person has given. We must look towards an impact that outlives one person, one album or even one award to that which effects a lasting change that has been felt for generations. Yes, there have been many who have the reputation of either 'putting Jamaica on the map' or giving our country a status that cannot be challenged, be it positive or negative. The educated doctors, teachers, businessmen, nurses and scientists that we have produced and who have left their mark on the world have definitely assisted in enhancing the 'substance' of our world. However, when we think of those 'greats' they pale in comparison to the greatest contributor this little island and the world have known, heard of, seen.

Marcus Garvey, may he rest in Peace, was never even recognized by our country as great until after his death. But in the 1900s as racism and white supremacy ran rampant in the United States and Europe, he dared to start the Universal Negro Improvement Association with branches in Australia, Africa, Caribbean, Latin

America, Europe and the US to spread the message of self-love and black consciousness. Years later, even while some may have forgotten his name, his message that the dark color of your skin does not make you weak or subservient and that you should love the kink in your hair, still impacts nations across the world. His message that this black skin that I wear does

**This life is not for the weak but for those whose hearts are strong
Hatred begets evil but with love you can't go wrong no I say**

not represent subservience or weakness but a resilience that says I am able to accomplish what I will even under the oppression of those who do try to dominate and crush my spirit.

Similarly, the great contribution of Bob Marley isn't solely inherent in his lavishly produced music but goes beyond that to a deeper level; to a message of love that challenges racism and hate. His impact goes beyond Jamaica where days after an assassination attempt he stood to bridge the gap between the two political divides in what is described as Jamaica's own bloody civil war. In Serbia and Croatia he is hailed as a Freedom Fighter with a Guitar and in Zimbabwe he inspired the freedom fighters who have stood for their country and for freedom. This message resonated far beyond the tiny walls of our nation, long after his uniquely talented voice had ceased to sing. Reggae has not made us great, but it was the ability of Jamaicans to use music to promote love, tolerance and peace amidst violence in our very own country that made a contribution so startling that it literally has been rocking the world.

These messages of love, self-love, and black consciousness that have been contributed by our people, have made Jamaica great. Our greatest contribution is in what we have contributed through our people and the products that they 'manufactured because they are Jamaicans. It is not limited to just these three persons; Jamaicans and, by extension, Jamaica, have systematically taught the world the value of loving oneself and the color of one's skin, to love and be proud of who you are, to disregard the factions who may try to indoctrinate and inculcate, to appreciate each other and to harness the positive from every experience, using it as a stepping stone for success; your own success and the success of whatever environment you are placed. This has liberated not just Jamaica; it has liberated African Americans and persons around the world into the belief that they are able to change the world and to be great. Our greatest contribution is in the mentality that has been passed on to the world by our people.



Oshnel Bryan (Wolmer's Boys' High School) & Rosemary Duncan manager Rita Marley Foundation (JA)

Love Iyah, Love Iyah, Oh I say Love Iyah
All the people say Love Iyah, Love Iyah, oh Love Iyah

It should be clear by now that our greatness should not just be limited to a single person or aspect of our culture. You know, you can tell a Jamaican just by listening to or observing our uniquely strong love for life, self, our culture and our world. We are able to survive in any context, regardless of the social domination, imbalances, challenges that are placed in our path. This is the impact of Jamaicans like Miss Lou, who taught us to love ourselves and appreciate our language. This is the impact of Jamaicans like Marcus Garvey who taught us to love the world while disregarding oppression and peacefully claiming what is ours. This is the impact of Jamaicans like Bob Marley who taught us to emancipate ourselves from mental slavery. This is the impact of Jamaicans like those mentioned previously, whose contribution for Jamaica and as Jamaica, has lit the skies so that the connection is felt throughout the world, causing the world to rock with us, thus finding it difficult to forget us.

CITATION FOR ASLEY ‘GRUB’ COOPER AWARD FROM DR. RITA MARLEY & RITA MARLEY FOUNDATION (JA) FOR OUTSTANDING CONTRIBUTIONS TO JAMAICA’S MUSICAL HERITAGE

Written and delivered by Rosemary Duncan, Manager at the Rita Marley Foundation(JA)

Asley ‘Grub’ Cooper is Jamaica’s musical master blaster. Arranger, songwriter, producer, drummer, singer and saxophonist. Yes, he is Jamaica’s Stevie Wonder. A musical giant par excellence. Born into an affluent home in Linstead, St. Catherine on December 26, 1948. Mother, Velma Stephens, a self taught pianist. Father, Bertie Cooper, a prosperous butcher, solicitor, JP and musician. Grub says “Music is an inborn gift, in my blood and in my soul.”

Grub has 76 siblings; his father Bertie provided sufficiently for all.



Stephen Marley Presents Award To Asley 'Grub' Cooper

**Come on children Love Iyah
Glory Train Love Iyah**

One fateful day, his parents had a major fight. Velma left the house with her four children. Destination, a tenement yard in Spanish Town. Life changed suddenly and devastatingly.

Bertie stopped providing financially and eventually lost his wealth. For 6 year old Asley, happiness, emotional and financial comfort a mere memory. Reality, a life of struggle and sadness. His ten year old brother, Conroy and himself sacrificial lambs and outcasts due to their visual challenges. Velma a delinquent tenant, left both sons to the tyranny of a hard hearted land lady who ordered her daughter to pack the boys out of her property. Shoved into a bus bound for Kingston with no bus fare, and scant items wrapped in a newspaper, Conroy and Asley knew not where they were going nor where to go. In the dark of night the bus conductor dropped them off in Greenage Town. Frail, frightened, forsaken, the boys wandered the strange streets.

Through his mind run emotions echoed by Bob Marley in song ‘Concrete Jungle’

“Darkness has come and covered my light

And has changed my day into night yeah.

Where is the love to be found?” Bob Marley

Through the dark, a stranger appeared. Took them to a police station, where they slept on a bench in the lobby.

Officers tried unsuccessfully to place them at various children’s homes. Eventually a judge stationed at Half Way Tree Court recommended Rio Cobre Approved School. Alas, the institution was also home to violent juveniles. For safety and security, the brothers were isolated from the student population. After four difficult months, another judge had them transferred to the Salvation Army Institute for the Blind on 19 ½ Slipe Pen Road, Kingston. A ray of hope and blessing. They received love and care.

The Salvation Army’s Church Band was its great pride and utmost joy. Grub was taught the trumpet. The band’s signature instrument. Asley’s innate musical talents were immediately spotted by school officials. Who tried prepping him for band membership. The band played only Christian music. Asley’s first love, pop, totally disallowed. Church officials were also very rigid and extremely strict. Therefore Asley opined they were beating him into Christianity. So he rebelled and got turned off from the band.

During his late teenage years, Asley embarked on an Agricultural Degree at the Jamaica School of Agriculture in Spanish Town. There also he met an environment full and overflowing with music. The school presented students with as many musical instruments as it did agricultural tools. “From family home, to Salvation Army Institute for the Blind, to Jamaica School of Agriculture, music his perpetual companion. “It dawned on me that music is truly my destiny.” Asley says. As a first year student, seniors called Asley ‘Grub.’ His brother Conroy joined in and thus, that pet name stuck throughout life.

**They will rise in arms against you in the name of the lawmakers
And turn your brother against you and make wrong the good you've done**



Dr. Verene Sheperd, Gregory Simms, Thersa Manning, Stephen Marley, Asley Grup Cooper, Amina Blackwood Meeks, Dorrett Campbell, Dr. Kwame Boafo, Terisa Thompson

“I met Owen Dawkins, a lab technician and multi instrumentalist at Jamaica School of Agriculture. He taught me the bass guitar. Dawkins did so with great enthusiasm. However, I was not enthused. The guitar pained my fingers and I could not wrap my head around its principles. So Dawkins taught me the saxophone. I loved the sax and later taught myself drums.” Grub said.

The most notable musical moment, an invitation from the school principal to perform with Earnest Ranglin. Though initially apprehensive, Grub accepted. Afterwards, he coyly queried Ranglin’s assessment. Ranglin stated “You sound alright. Keep at it.”

‘Keep at it’.... “Those words were the catalyst that triggered what I always felt, that music is my calling.”

In 1968 Conroy formed the Broncos. A three member band, resident at Bronco Club, Union Square in Cross Roads. It was there he met Rita Marley and the Soulettes.

**But I say
Love Iyah, Love Iyah**

“In 1969, my final year at Jamaica School of Agriculture, I led a student demonstration to oust the principal. Deemed oppressive by students. The protest resulted in school being closed for a few months. I was expelled, one month prior to graduation.” Bob Marley’s song “Talking Blues” seems to speak of my situation:

“I’m saying: talkin’ blues (talkin’ blues),
talkin’ blues (talkin’ blues);
They say your feet is just too big for your shoes.
Talkin’ blues (talkin’ blues), talkin’ blues (talkin’ blues):
Your feet is just too big for your shoes.” Bob Marley

It is said, ‘*if life gives you lemons make lemonade.*’ This is exactly what Grub did. The Bronco added two members and became the Fabulous 5. The band performed throughout Jamaica with the Soulettes.

Grub offered to rerecord Rita Marley’s tune, *Who Feels It Knows It*. “As a good listener, I put together a team comprising reputable musicians Richard Walters (bass/ backing vocals, percussion), Al Anderson (lead guitar), Steve Golding (rhythm guitar), Tyrone Downy & Sydney Thorpe (keyboards), Wyre Lindo (keyboards) and I (drum backing vocals, percussion).”

“*That’s the Way Jah Planned* It is first song I penned for Rita Marley.” It topped charts in France and other European nations.

“In 1979 Bob Marley was in studio working on *Coming In From the Cold* for the *Uprising* album. I walked in and he requested I assist with arranging backup vocals for that song. Then *Bad Card*, *Real Situation* and *We and Dem.*”

Rita Marley’s global hit single *One Draw* was created in 1980. While awaiting a performance at a club in Belglades Florida. Grub expressed, “The lyrics repeatedly echoed through my head, “I Wanna Get High, So High. One draw, one draw....” I knew straight away it was a hit. Upon return to Jamaica, I contacted Rita and recorded the song.

Bob Marley listened to the tune while hospitalized in Germany. He blessed it stating, ‘Big Tune.’

“Prior to his passing, Bob advised Rita that I should assist with providing musical guidance for their children. They formed the group *Melody Makers*. At the start Ziggy and Steve seemed to favour football. Cedella and Sharon were always focused on music. However, the boys soon became committed solely to music. Establishing *Z&S Studio* at the Marley family home in Jacks Hill. Card board signage proudly erected on the studio door. I laughed till I cried.” Grub cheerfully recounts.

Grub played tracks, drums and co- arranged vocals for several *Melody Makers* albums.

**My brother says Love Iyah
My sister says Love Iyah**

He simultaneously worked with their mother, Rita Marley. Creating well loved album Harambe. And penned its title track Harambe, an international hit tune. Grub co-wrote a tribute song, *Come Home* for Ghana's 50th Independence Anniversary. Fab 5 toured the world with Rita Marley serving as her backup band.

In 1979 while working on the Uprising album, Bob Marley said to me, "You're going to be famous."

Asley 'Grub' Cooper is truly a Jamaican treasure. Respected and loved for his incredible musical works and accomplishments:

- "Actor Boy Awards," for composition of theatre music.
- Lifetime Achievement Award for composition of theatre Music
- Silver Musgrave Medal awarded by the Institute of Jamaica for contributions to music.
- Order of Distinction subsequently elevated to Commander Class (CD) from the Government of Jamaica.
- Jamaica Federation of Musicians - JFM for outstanding contribution to the development of Jamaican music.
- Composer of six songs that won the national Popular Song Contest (formerly Festival Song Contest).
- Published over 500 songs (theater, pop & gospel).

As a songwriter, Grub penned many incredible songs; including "Jamaican Woman", "Mini Mini", "Freeze", "Yu Safe" and "All Night Party." He played instruments on all reggae tracks for Johnny Nash's platinum album "I Can See Clearly Now."

In honouring you for incomparable contributions to Jamaica's musical heritage, Dr. Marley says:

'In this great future you can't forget your past.' Bob Marley

"Grub will never be forgotten. GOD gave you the power and gift to create great music. You are ever faithful, ever true, a brother indeed. Deserving of every honourable recognition from your people and nation. Long live Asley 'Grub' Cooper. Your works will forever live on."

*Jah Bless & One Love,
HARAMBE!*

And I say Love Iyah, Love Iyah
Peace and Love Iyah, Love Iyah



Dr. Marshall Tulloch Reid

INTERNATIONAL WORLD HEALTH DAY DIABETES WORKSHOP

The goal of the diabetes education workshop, to help persons achieve and maintain optimal health and better quality of life. The facilitators focused on seven specific behaviors which are essential for improving the health of diabetics and their quality of life. Endocrinologist, Dr. Marshall Tulloch Reid said these include "healthy eating, being active, (glucose) monitoring, taking medication, problem solving, healthy coping and reducing risks."

All items were covered during an interactive group session facilitated by Dr. Marshall Tulloch-Reid and 2 certified diabetes nurse educators Mrs. Helena Thompson and Mrs. Isyln Pennycotte-Jones.

Dr. Marshall commenced the workshop by leading participants in song:

*'I am alive, alert, enthusiastic
I am alive, alert, enthusiastic
I am alive, alert,
I am alert, I am alive, enthusiastic'*

He then asked participants when they first found out about their diabetes. Many narrated experiences stating their symptoms included frequent urination, extreme thirst and lots of fatigue.

**They will try to buy your souls with money,
Bribing with milk and honey**



Surrafuel (EOC) serving participants

Dr. Marshall demonstrated the following:

- How sugar is used by the body for strength.
- How insulin is key for enabling glucose into cells for energy.
- How the body gets rid of excess sugar through urine.

Symptoms Of Diabetes

Frequent urination
Weight Lose
Skin Infection (bruises/cuts take long to heal)
Low Energy
Blurry Vision
Increase Thirst
Numbness in Feet

Nurse Thompson added, there are two types of diabetes:

Type 1-The body no longer makes insulin. Patients take insulin daily to manage diabetes. Younger people; especially children, have type 1.

Type 2-Affects larger group of the population; especially adults. It's managed with tablets and insulin. Overtime, diet and exercise help.

Nurse Jones stated, the secret to effective management of diabetes is consistency. Keep blood sugar readings in the normal range to avoid complications.

When sugar is low, drink one half glass of fruit juice or soda or 3 tsp sugar in one half glass of water. After 15 minutes test blood sugar to check whether its increased. If it has not,

drink a bit more of the above mentioned beverages or eat a meal.

Foods For Diabetes

Dr. Marshall queried from participants about the foods they often ate. Many responded 'bun and bag juice.' Since these were all they could afford for lunch. For many, lunch was their first meal. They expressed feeling very weak between the times they awoke(6 am) to lunch time (12 pm).

Nurse Jones advised they eat at 4-5 hour intervals. Meals should consist of starch, protein, vegetable, fruit. Not bun and bag juice; but something healthy and substantial. She emphasized the importance of breakfast. Then at 10 am, a glass of coconut water, milk or fruit. Followed by a healthy lunch and later during the day a slice of bread or banana. Then finally dinner.

The Rita Marley Foundation(JA) issued meal planners to each participant. The document details the foods and portions that should be eaten. Dr. Marshall stated a plate of food should comprise 1/4 protein, 1/4 starch, 1/2 vegetables. Emphasizing that fat intake must be monitored. Therefore foods should be steamed, boiled, baked; instead of fried. If using oil, as an ingredient

**Distorting the youths in their minds
Doping the wool they pull over their eyes**

for any meal, use coconut or olive oil;not margarine. 1-2 teaspoons of oil is sufficient for cooking. Good taste is acquired through proper seasoning. Not high oil or fat content.Avoid pastries. As these are made with consolidated oils. Red meat should be avoided due to high fat content.

Diabetes can be controlled through consistently eating healthy meals in proper portions.

Participants asked what diabetics should eat for snacks. Nurse Jones said some ideal snacks include the following :

- 4 water crackers with 1 slice of cheese or peanut butter.
OR
- A fistful of raw unsalted nuts.
OR
- 1/2 banana
OR
- 1 apple or a slice of paw paw or watermelon.

The Rita Marley Foundation (JA) served participants: crackers, vegan cheese, ripe banana, watermelon, crystal lite juice and water.



Mr. Selaasie participant

BS/BP

Nurse Thompson urged regular blood sugar and blood pressure tests. Dr. Marshall shared that the blood sugar machines are now free to all persons with National Health cards who are on prescribed medication. He added that diabetics should monitor their weight and have their cholesterol levels checked.

Is just another Love Iyah, Love Iyah
My brother says Love Iyah

He also listed some frequently prescribed meds for diabetes. A few participants stated that they use alternative meds such as guinea weed and moringa leaves. However, Dr. Marshall cautioned against such practice. He advised they consult doctors before using any alternate medication. As these could cause other health issues.

Exercise/Smoking/Alcohol

Nurse Thompson said regular exercise is important for control of diabetes. Also advised those who smoke and consume alcohol to quite.

Feet & Dental Care

Nurse Jones said it is important to spend a few minutes daily to examine the feet. This should be done after showering. To ensure there is no bruising. She instructed that after the feet are washed, dry them carefully, moisturize the soles; but not between the toes. Do not use scissors, clips or other sharp objects to trim nails. Use a nail pad. Examine feet daily. Don't walk without shoes, even if indoors. Sandals not recommended for women. They should wear enclosed shoes (not thin bottom shoes) or half soaks.

The gums should be cared for. As neglect may cause infections. Dental visits should be scheduled twice yearly.

Dr. Marshall said diabetes could be hereditary. Therefore, those with a predisposition should be proactive. Eat healthy, check blood sugar to ensure its normal.

The workshop closed with everyone joining hands and singing 'Bind Us Together Lord.'

The EOC clergy and members are extremely thankful to Dr. Rita Marley and the Rita Marley Foundation (JA) for this important workshop.

The Rita Marley Foundation (JA) is extremely grateful to Dr. Marshall Tulloch-Reid , Nurse Helena Thompson, Nurse IsyIn Pennycotte-Jones, Mr. Everald Hemmings (EOC Trustee) and TVJ for providing television coverage of the workshop.



Elders



Participants



Snacks

**My sister says Love Iyah
Ail the people say Love Iyah, Love Iyah**

WORLD POETRY DAY CELEBRATION

Seven hundred Papine High School students attended the The Rita Marley Foundation (JA) World Poetry Day Celebration on Wednesday, March 29.

Top Jamaican poets, cultural activists and aspiring student poets held the audience's attention with a delicious feast of poetry.

Student Poets

Akalia Williams recited 'He is Able', an ode to God; Ashaunie Woodburn, 'Heroes' in tribute to our African ancestors and National Heroes; Shackera Dixon, delivered an emphatic piece beckoning Jamaicans to unite to end violence against the girl child.



Student Poets-Akalia Williams. Ashaunie Woodburn. Shackera Dixon



Poet Angela Williams

Professional Poets

Angela Williams implored students to "*focus on education to achieve a better life.*" A former student of the Papine High School, Angela shared that at 16, she dropped out due to teenage pregnancy. She then went on to wow the gathering with poems from her books Breakthrough and **The Call of The Poet**.

The Call of The Poet

*From way down yonder
I heard a calling.
It is the call to join the patriots of old
The call of the poet
To love the unlovable
To touch the untouchable
To be bold
And speak the Father's words
Where His voice is not heard
So here I am send me Lord. ..."*

**I and I say Love Iyah
Even the babe Love Iyah**

Fikre Selassie told the students "Use your youthfulness wisely. Don't take it lightly. Otherwise you will regret it." Then unleashed a string of works from his poetry anthology "Earth Not Earth." The students enthusiastically echoed lines from rhythmic poems *Bless My Soul Oh Jah, Basic Man, Greatest & Mother*.

The versatile and internationally acclaimed storyteller, **Amina Blackwood Meeks**, held all at the assembly hall transfixed. Eyes, ears fixated on her. Students and teachers responded with cheers and chants. As Amina led everyone back to history with African folklore.

"When I say, Crick, you say, Crack" She commanded.

"Crick"... "Crack"... "Crick"... "Crack"... they echoed.

She soulfully danced and sang on stage, "Healing in the barnyard,..... If you want to hear me sing.....we need a healing in the barnyard."

"They say that people could fly....healing in the barnyard. They say in Africa people could fly....healing in the barnyard. Flap their great black wings against the dark sky and fly.

The slave masters called it magic. Those brought to Jamaica on the slave ship were beaten by the slave masters for their magical powers. Old man Joe, Sarah and the young boy... the white man say he see them fly over the plantation, into the night sky and drop down. He beat them bad, bad, bad. Until one night they fly away and never return to the plantation. Those slaves who forgot how to fly had to run, run, run until they met old man Joe, Sarah and the young boy at a place called Freedom. Where they would sit around a fire and tell others about how our ancestors could fly and one generation past on the story to the next, until I tell it to you."

Amina followed with the story of how crabs used to have a head. She narrated, "Crab's father used to make head. All kind of head. Only head he never make is crack head." The audience roared with laughter.

"One day crab called his pickney to learn the crab making business. The son was disinterested. He told father crab, 'you make the head, I go sell it.'

Father crab give his son to sell the heads. Every head sell off. He had nuff, nuff money in his pockets. On his way home, crab pickney meet a man who wanted to buy a head. Since he had none left for sale, the man tricked crab pickney into selling his own head... telling him he will have nuff, nuff... nuff money if him sell his head. And father crab will also make him a brand new head. Unfortunately by the time crab pickney return home, father crab had suddenly and unexpectedly passed on. Hence the reason crabs have no head."



Poet Fikre Selassie



Storyteller Amina Blackwood Meeks

**Jah call on the youth cause they're strong
Don't give your strength in vain now**



Students

The event closed to thunderous applause. Principal Leighton Christie stated its the very first time World Poetry Day was observed at the school.

He praised Dr. Rita Marley and the Rita Marley Foundation(JA) for its works with Jamaican youth. Also added, they looked forward to another fun filled and educational event for the entire school population next year.

RITA MARLEY FOUNDATION (GHANA) SHARING & CARING

Nurse Brenda Powell and team of Caregivers at the Rita Marley Foundation Alpha & Omega Home for the Aged organize weekly activities with seniors in the Konkonuru community. To ensure they maintain happy and healthy lives. Students at the Konkonuru Methodist Basic School have also been receiving training in knitting. HARAMBE!



Blood pressure taken for Auntie Ama Sakyibea by Nurse Brenda Powell (RMF Ghana)



Alpha & Omega Home for the Aged World Health Day TB education

**Seek ye first the Kingdom all good things shall be added
here I say Love your enemies**



Konkonuru Methodist School Band



Seniors dancing & singing



Braiding cloth



Auntie Comfort, Auntie Yaa and Auntie Ayah braiding cloth



Deborah, Comfort and Jennifer.



Merci with Safe Hands sewing covers for the trivets

Bless all those who curse you

ABUNDANT BLESSINGS!

Another Honorary Degree for Dr. Alfarita Marley

In September 2017, the iconic Dr. Alfarita Constantia Marley LIT/OD (Rita Marley) will be conferred an Honorary Degree for Philosophy and Literature from the prestigious University of Fort Hare in South Africa. For phenomenal philanthropic works through the Rita Marley Foundation and for spearheading the legendary Marley empire. The name Dr. Alfarita Marley will be among the University's impressive list of revered legends who are it's alumni; including, His Excellency Dr. Nelson Mandela.

In October 2015, Dr. Marley was recipient of an Honorary Degree of Letters (LIT) from the University of the West Indies, Mona, Jamaica.



Dr. Alfarita Constantia Marley LIT/OD

Iconic Female Reggae Artiste

On Sunday, February 26, Jamaica Reggae Industry Association (JARIA) honoured Dr. Alfarita Marley for unsurpassed contributions to Reggae music. She received the prestigious award for Iconic Female Artiste during a grand awards ceremony at the Courtleigh Auditorium. HARAMBE!



Dr. Alfarita Constantia Marley LIT/OD

Do good to them that hate you a tell you
Pray for those that oppress you

EXTRAORDINARILY THANKFUL
To the Following Organizations & Individuals For Contributions
To the 3rd Annual Public Speaking Competition

Sponsors

Ghetto Youths Foundation (main sponsor), Wisynco Group, Tastee Jamaica, Spanish Court Hotel, Suzie's Bakery, Viking Productions, Devon House, Caribbean Cream (Kremi), LOOP Jamaica, Royal Rita, Statcom, PublicBroadcasting Corporation of Jamaica(PBCJ).

Dignitaries/Officials

- Ethiopian Orthodox Church
- Mr. Stephen Marley, Musician, philanthropist, main sponsor
- Mrs. Amina Blackwood Meeks, Master of Ceremony
- Mr. Herbie Miller, Curator and Director of the Jamaica Music Museum
- Ms. Dorrett Campbell, Deputy Chief Education Officer Schools Operations
- Mr. Patrick Lynch, Hon. Consul for Ghana to Jamaica
- Mr. Orlando Hamilton, Youth Peace Facilitator

Schools

Wolmer's Boys' School, York Castle High School, Jamaica College, Papine High School, Glenmuir High School, Excelsior High School, William Knibb Memorial High School, Wolmer's Girls' High School and Haile Selassie High School.

Judges

Professor Verene Sheperd (Lecturer at the University of the West Indies, Mona/Talk Show Host); Ms. Terisa Thompson(CARICOM Youth Ambassador/Documentor), Dr. Kwame Boafo(former UNESCO Regional Director), Mr. Gregory Simms(Director of Events Management & Production at the Jamaica Cultural Division (JCDC).

UWI Mona Staff

Mr. Tamar Heron, Mr. Cedric Palmer, Ms.Sonia, Stewart, Mrs. Jacqueline Nash, Mr. Damien Brown, Mr. Andrew Saunders.

And tell them is one Love Iyah
Peace and Love Iyah

Entertainers

- Daniel Abraham (Soloist-Papine High School)
- Asley 'Grub' Cooper (Musician)
- Fikre Selassie (Poet)
- Bongo Herman (Percussionist)

Media

Nationwide Radio 90FM, Loop Jamaica, Public Broadcasting Corporation of Jamaica (TV), Gleaner Jamaica, Jamaica Observer, Jamaica Star, Irie FM, Ceen TV, Bess 100 FM.

Appreciation

Special thanks to Dr. Alfarita Marley (President/Founder)
Directors- Stephanie Marley, Cedella Marley, Sharon Marley, Serita Stewart;
Theresa Manning (Accountant)
Rosemary Duncan, Manager at the Rita Marley Foundation (JA).



My brother say
Love Iyah