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.

Youth—Dare to Dream

The Smile Jamaica-Africa Unite youth symposium was held under the theme Education for Liberation. The symposium is an annual event on the Africa Unite calendar, during which the youth discuss and provide realistic solutions to various issues and challenges that exist in their native homelands and the world.

From February 4–7, 2008, youth convened at Liberty Hall, the home of Jamaica’s first National Hero, the Hon. Marcus Mosiah Garvey, to participate in the event sponsored by UNESCO and the Rita and Bob Marley Foundations. Also in attendance were delegates from Belize, Barbados, Trinidad & Tobago, St. Lucia and Jamaica.

(continued on page 3, see “Dare”)

Healthfairs and Healthcare for Ghana

by Dr. Bruno Lewin

Konkonuru Healthcare Center 2008

This year marked the second time a medical team from Los Angeles based Integrative Clinics International journeyed to Ghana to partner with the Rita Marley Foundation. Integrative Clinics International is a non-profit organization dedicated to improving the healthcare of under-served communities.

(continued on next page, see “Healthfairs”)

"They made the world so hard everyday we got to keep on fighting / Everyday the people are dying from hunger and starvation, lamentation / But read it in Revelation you’ll find your redemption / And then you give us the teaching of his Majesty for we no want no devil philosophy" — Bob Marley
Healthfairs (continued from previous page)

worldwide. The team consisted of 6 primary care physicians and one nurse practitioner with a focus on health promotion. After meeting with the chief and elders of Konkonuru to pay our respects, we began a 2 day health fair at the site of the Konkonuru Healthcare Center which is approaching completion. Over 200 community members were screened for high blood pressure and diabetes as these conditions are on the rise in Ghana. There were quite a few people with high blood pressure, some of whom were already receiving treatment while others were learning about their blood pressure for the first time. Luckily there were very few people with diabetes so we could focus on discussing the healthy diet and lifestyle necessary to avoid diabetes as well as warning signs. There was a noticeable absence of diarrheal illness during our health screenings which may have been due to the well (Borehole) sunk by the Rita Marley Foundation which is providing a clean water supply to the local community. We also visited the local school on their last day of term to give a short presentation on staying healthy. We discussed washing hands, clean bathroom habits, oral hygiene, injury prevention at home, and insect precautions. We were then rewarded with a beautiful song from the children before everyone dispersed from the hot midday sun.

For the future we are looking to see the completion of the beautiful clinic donated by the Rita Marley Foundation to the community. This would also mean being fully integrated into the national health system of Ghana. The Healthcare Center has already been used by the local community health nurses for outreach campaigns and could serve as a permanent home to a dedicated community nurse. During our visit we met with health officials from the district and regional levels to help with this integration into the national health system. We would like to encourage all the members of the local community to join the National Health Scheme of Ghana so that they can receive the full benefits of the health system. For upcoming projects we would like to partner with the local clinics and hospitals nearby to identify those needs with which we can be of assistance. For more information about Integrative Clinics International please visit our website at www.icihealth.org.

(Below) Doctors with Agatha Addy (center), representative for RMF, Ghana
(Surrounding photos) School Health Fair in Konkonuru

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Dare (continued from page 1)

The following is the address delivered by Dr. Kwame Boafo, Director of UNESCO Kingston Cluster Office for the Caribbean:

Topic: Dare to Dream

The Hon. Olivia Grange, Minister of Information, Culture, Youth and Sports
Madame Chairperson, Nana Afua Adobea 1
Distinguished Guests
Our young participants
Ladies and Gentlemen

Let me once again say “Akwaaba” to this important symposium. It is my dream that our gathering today and the next few days will develop into a long-term collaboration between UNESCO and the Bob Marley Foundation and that, with the support of our sister UN agencies such as UNICEF, it will become a vibrant mechanism for South-to-South cooperation between the youth in the Caribbean and in Africa and a vehicle for creating a mutual understanding of our cultures, development challenges and sharing of experiences. My dream is that we will be able to co-organize symposia of this sort annually—alternatively in the Caribbean and Africa. My dream also is that, during the biennial youth forum which precedes UNESCO’s General Conference in Paris, we will be able to hold this kind of get-together between young people attending the forum from African and Caribbean countries. It is in that spirit that I wish to share with you a few thoughts on “The importance of dreaming” or what I call “Dare to Dream.”

Over the next few days, I trust that you will be personally challenged and encouraged to make a difference in your respective countries and communities. The changes that anyone of you will be able to bring about depend to a great extent on your dream and whether you see yourselves overcoming the many obstacles or challenges in your lives.

Now, what is dreaming? Many people associate dreams with that mysterious occurrence that takes place when our heads hit our pillows at night or whenever … Some people even associate dreams with persons who stare absent-mindedly into “space” sometimes in the middle of the day. But these are not the kind of “dreams” which I want to focus on this morning.

The dreams I am speaking of are those that are borne out of our imaginations, out of our desires, a yearning within us to be different, to do something different—to effect change in our own lives, our families, communities, countries and indeed our world. These are dreams birthed from our circumstances, our “situations”, our individual world realities. Individuals can dream, communities can dream, and nations can dream. Dreams are seeing oneself as another person, in another place, in different circumstances, situations, overcoming obstacles.

History and contemporary world developments are filled with numerous examples of individuals who, despite difficult and seemingly impossible circumstances, were or are able to make a difference in their worlds by their sheer persistence which led them down pathways they never thought possible.

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Let’s look at, for example, the famous American medical doctor, Ben Carson who grew up under trying circumstances, getting into trouble and at the bottom of his class. When his mother opened him up to the world of books, his hunger for knowledge grew and within a year, he was top of his class. He fed his unquenchable thirst for knowledge by reading voraciously on any subject and determined that he wanted to become a physician. He graduated with honours from high school and attended Yale University and later medical school. Ben Carson is now an accomplished neurosurgeon and was the first to successfully completely separate twins joined at the back of the head. His dream led him to greatly impact medical science and the lives of many young people.

We can also learn lessons from Nelson Mandela whose approach to challenging apartheid in South Africa was inspired by Mahatma Gandhi. Mandela’s struggle against the obnoxious apartheid system and successive oppressive governments spanned some four decades; it landed him in prison twice; the second one of which lasted some 27 years. He came out triumphantly to lead his country out of apartheid and he continues to be a powerful political and moral voice not only in his own country but also in the African continent and other parts of the world. This is what Nelson Mandela said in one of his many inspiring presentations:

“During my lifetime I have dedicated myself to the struggle of the African people. I have fought against white domination, and I have fought against black domination. I have cherished the ideal of a democratic and free society in which all persons live together in harmony and with equal opportunities. It is an ideal which I hope to live for and to achieve. But if needs be, it is an ideal for which I am prepared to die.”

Nelson Mandela not only dreams but he is prepared to die for his dream. Marcus Garvey and Bob Marley also serve as shining examples of individuals who have touched a nation and a race by their respective contributions to national and international political, economic, social and cultural developments.

Also, some of you may have heard about the young Jamaican-born pilot, Barrington Irving—who became the first black person to fly solo, 26,000 miles around the world in March–June last year. His feat was recognized by the U.S. House of Representatives when it passed a resolution honouring him, as reported in the Gleaner of Friday, 14 December, 2007. Commenting on Irving’s achievement, Mr. Kendrick Meet, a U.S. Democratic Representative from Florida noted: “When the younger generation is looking for a role model and hero, they need to look no further than Barrington Irving. The young pilot proved that when you dream big dreams and work hard, the extraordinary is possible.”

Madam Chairperson
Our young participants
Ladies and Gentlemen

We often admonish our children, our friends and colleagues to “Think Big”. But perhaps we do not know or even fully understand the meaning of every letter in that expression, “THINK BIG”. I am told that:

“T” stands for “Talent”: Our Creator has endowed all of us not just with the skills or talent to sing, dance or throw a ball, but with intellectual talent as well. I would urge our young people to start getting in touch with that part of you that is intellectual, develop it and think of careers that will allow you to use that.

“H” stands for “Honesty”: If you lead a clean and honest life, you don’t put skeletons in the closet. If you put skeletons in the closet, they definitely will come back just when you don’t want to see them and either hunt you or ruin your life.

“I” stands for “Insight”: It comes from people who have already gone where you are trying to go. Learn from their mistakes, their tenacity and their triumphs.

“N” goes for “Nice”: If you are nice to people, then once they get over the suspicion of

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why you are being nice, they will be nice to you. I believe that most, if not all of us, want other people to be nice to us. As the saying goes, “do unto others what you would want them to do to you”

“K’ stands for “Knowledge”: It can transform you into a more valuable person. The more knowledge you have, the more people would seek your services. It is an interesting phenomenon, but when people need you, they pay you, and you may be able to live a comfortable life. You may know about people who live on imparting their knowledge to others. Again, as the saying goes, knowledge is power, so acquire knowledge. Those of you who are Christians may know what Solomon says in Proverbs 1:7 about the primary source of knowledge—i.e. “the fear of God is the beginning of knowledge.”

The “B” in BIG stands for “Books”: They are or should be one of the primary mechanisms for acquiring knowledge, not television.

The “I” stands for “In-Depth Learning”: We should learn to obtain and retain knowledge and understanding, rather than for the mere sake of impressing people or passing a test or an examination.

Finally, the “G” stands for God: We should never feel or deem ourselves too big or too small for Him. We should always remember that God will enable us to do what seems impossible to us. He specializes in what seems impossible. That is why Solomon again says in Proverbs 3:5–6 “Trust in the Lord with all your heart and lean not on your own understanding. In all your ways acknowledge Him and He shall direct your path.”

Madam Chairperson
Our young participants
Ladies and Gentlemen

The lives of the men I have cited above and those of many other men and women show that dreams must spur us into decisive action. Indeed, it is in “acting” that our dreams come true and real change can come. Dreams become dead when they never move from our minds to our hands, feet and lips.

To all our young people here and else, let me say that every action that you take today will determine who you will be or become five, or 10, or 20 years from now. I urge you to dream and dream big and work hard to see your dreams come true. The success of your dreams will be determined by a number of elements. Let me end by citing a few of these factors:

- People are important: they can either help in making your dreams come true or in delaying, squashing and destroying your dreams. Association with wrong people is a major cause of many failed or failing dreams. Do not hang around for too long, people whose words or actions tend to discourage, delay or destroy rather than encourage and help you to achieve your dreams;
- Persistence, perseverance and focus: Do not allow past failures to discourage you or shape your future;
- Discipline, commitment and conviction;
- Make use of what you have (talents, skills, resources) and do not moan about what you lack;
- Overcoming fear—of failure, of reactions of people, of taking risk. Somebody has said that fear stifles creativity and reduces productivity;
- Above all, seek God’s guidance and wisdom.

I trust that, by the end of this meeting, you will all go back to your various countries, various homes with the conviction, commitment and resolve that regardless of the struggles, challenges and constraints to realizing your dreams, no matter the distance to realizing your dreams, you will press on towards your goals.

Meda mu ase. Oyankopon nshira yen nyira which is our Akan way of saying thank you and may God bless us all.

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