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.

Top Ten
for 4th Annual Speaking Competition

Aisha Downer
Excelsior High School

Rolando Alberts
Jamaica College

Tamoy Campbell
Wolmers Girls High School

Trevon Fletcher
Wolmers Boys High School

Jameilia Reid
St. Hugh's High School

Bryanna Baldie
Ardenne High School

Joel Lyn
York Castle High School

Sashae Campbell
William Knibb Memorial High School

Rojay Pennant
Marcus Garvey High School

Tanisha Francis
Immaculate Conception High School
Reigning champion, Oshnel Bryan, who successfully represented Wolmer’s Boys’ High School at this year’s event, is currently pursuing studies at United World College, U.S.A. Participants for next year’s competition, have their hearts and minds focused on attaining the prestigious title. The Rita Marley Foundation (JA) Public Speaking Competition, now in its fourth consecutive year, seeks to hone oracy and communication skills among the youth. Both equally important talents. To determine their representatives at the prominent event, high schools held in house competitions or appointed teachers to select their most gifted public speakers. The Public Speaking Competition will be held on Friday, February 16, 2018 at the University of the West Indies, Mona Campus, Jamaica.

**Schools/Student Reps**

- Ardenne High School-Bryanna Baldie
- Aisha Downer-Excelsior High School
- Tanisha Francis-Immaculate High School
- Joel Lyn- York Castle High School
- Rolando Alberts- Jamaica College
- Jamelia Reid-St. Hugh’s High School
- Sashae Campbell-William Knibb Memorial High School
- Trevor Fletcher- Wolmer’s Boys’ High School
- Tammy Campbell-Wolmer’s Girls’ High School

**TOPICS**

Students will articulate their views on two topics assigned by Dr. Rita Marley. For the first round of competition, students are asked to "Share with us your opinion on the cause of and remedy for the severe weather catastrophes affecting various countries throughout the world."

An eminent judging panel will select the top three speakers for the final round. The second topic will then be revealed. The finalists will be allowed 30 minutes for preparation and 6 minutes for delivery. Participants will receive amazing prizes. The 1st place winner awarded substantial cash.
SPONSORS

The Rita Marley Foundation (JA) extends Enormous Thanks to the reliable sponsors who have supported and contributed to the event from its inception. The Foundation is also Exceedingly Thankful to sponsors who have joined us for the first time.

We are Exceedingly Thankful to you all:

- Tastee LTD.
- 876 Terrace
- Caribbean Cream (Kremi)
- Spanish Court Hotel
- Viking Productions
- Statcom
- Devon House

Dr. Amina Meeks motivates mothers

Self Esteem Workshop
For Adolescent Mothers

On Saturday, October 7, the Rita Marley Foundation in collaboration with Dr. Amina Blackwood Meeks (PHD Cultural Studies/ International Storyteller) presented a Self Esteem workshop for residents at Mary's Child Home. The twelve participants, adolescent mothers, 13-17 years old.

"Take a good look at everyone who is in this place. When people look at you how do you feel." Dr. Meeks asked.

They try to keep us down
Scatter us all around
©Bob Marley Music Inc.
"Awkward, special, shy." The girls responded.

"I want to tell you why I want you to look at other people. I believe everyone is special, on a mission to greatness. Everyone we meet has something to help us on that road to greatness. Imagine there are 2.7 million persons living in Jamaica; plus visitors. Out of all those people, 16 of us spend time together in this room. It's for a purpose. You have something for me. I have a gift to give you." Dr. Meeks shared.

"We are all destined to be great and should support each other. Let's not watch others fall. Help uplift each other." She emphasized.

The facilitator, Dr. Meeks, then shared her life's story. From poverty to PHD. Maxfield Avenue to St. Andrew's High School for Girls to U.W.I, Mona. From Jamrock to the four corners of the world.

Dr. Meeks expressed that during her journey to greatness, she sometimes felt uncomfortable studying among affluent school mates. As she was the most financially challenged. Mother a domestic worker. Whose education stopped at age eleven. Father parked goods at the wharf unto trucks. He ended school at sixteen. Thankfully, there were always 'angels' to advice and assist during those times when she lacked self esteem. Her godfather, a tailor, provided books and clothing; primary school teachers encouraged Amina to aim for the best; parents who despite poverty, instilled a wealth of discipline and sound moral values.

Dr. Meeks advised the adolescent mothers:

- Believe in the power of education. There are two types. The kind you study in the book and the type that says value yourself. If you put your mind to anything you could accomplish it. When you put the two together, you could accomplish greatness.
- Books are your best friends. From the day I took my first step, my godfather placed a book in my hand. Wherever you see me, I always have a book. I grew up thinking a book was a natural extension of my hands. I went to the cinema with a book; on dates with my boyfriends with a book; in my car I always have a book.
- All around us everything is beautiful. So we should be likewise. Even as the poorest child in my class. My godfather and mother always ensured I looked good. They bought the cheapest material and made beautiful clothes for me. Therefore, I believe in looking good. It helps boost self esteem.
- Someone has a gift for you, to help you on the path to greatness. It could be a kind word, a book, an experience you could learn from.
- Don't just get an answer. Learn to question answers. I learned to question every answer.

The moral of my life's story "It does not matter where you start. It is where you are going."

"Be quiet and get a picture in your head of where you want to go. It does not have to be a full picture; but have a piece of it. Angels will come help you complete the picture." She added.

"Now look around you and see if you see the greatness in everyone. If we think of ourselves as a spider's web. Not a cobweb; but a spider's web. We're all bond together. Nothing can tear us apart. When people are important in your life, they are always with you."
Dr. Meeks then asked each participant to share the key points they will take from the workshop:
Some said, "No matter where you are from, you could achieve something." Others responded, "We are all special." Another shouted, "Never give up. Always have faith. Cause you don't know what life has for you." One shared, "Nothing that happens in life, makes you less of a person.'
In closing, Dr. Meeks reiterated, "Your parents' history is not your destiny. It is not where you start. It is where you are going. We're all connected and have something to give each other. We're all surrounded by greatness."
The residents and administrator at Mary's Child Home, thanked Dr. Rita Marley, Rita Marley Foundation(JA) and Dr. Amina Blackwood Meeks for a very impactful workshop. The Rita Marley Foundation(JA) provided refreshments and issued certificates to each participant.

Keynote Address By Dr. Rita Marley, Honorary Graduate, University Of Fort Hare, South Africa

I am thankful beyond measure to Chancellor Advocate Dumisa Ntsebeza and Vice Chancellor Professor Sakhela Buhlungu for conferring me with this Honorary doctorate degree in recognition for my works. It is without doubt one of my most treasured achievements. I also commend your remarkable works and outstanding leadership at the University of Fort Hare; I sincerely thank all Faculty, Registrar, Staff, and students for their wonderful works in making University of Fort Hare a success. Tremendous Thanks to you all for facilitating my presence and active participation via social media. Wow, the wonders of technology.
I must acknowledge parents, guardians, family and friends- who helped make today possible for the graduates. On occasions when they felt the courses were excessively rigorous, school fees too burdensome, or they just felt like giving up. You encouraged

But no matter what they do
But no matter what they say
©Bob Marley Music Inc.
them saying 'Don’t Worry About A Thing, Cause Every Little Thing Is Gonna Be Alright (Bob Marley).’ Surely you are the wind beneath their wings. Kudos to you!

University of Fort Hare Class of 2017 you have studied hard to be here today. With discipline, determination, perseverance, persistence, focus and of course some fun in between... you made it......Congratulations! You worked hard. You were tough, you toiled, you triumphed.

In 2016 the University of Fort Hare celebrated its centennal anniversary. The institute has birthed and moulded revered world leaders, remarkable scholars, respected professionals. Dr. Nelson Mandela, Olivia Tambo, Govan Mbeki, President Robert Mugabe and several other renowned icons.

Giants whose names and contributions stretch pass their countries borders; the length and breadth of Continental Africa and echo throughout the four corners of this world. Their legacy transcend time and generations.

From its inception in 1916 to 1959, University of Fort Hare has been the premier institute of higher learning for black Africans. Young men and women, from Sub-Saharan Africa. Black, Indian and coloured students obtained education on par with that of the most recognized universities in the West. Nelson Mandela, in his autobiography, The Long Walk To Freedom, described the University of Fort Hare as “Oxford and Cambridge, Harvard and Yale, all rolled into one.” Although it also has a troubled history. From 1960-1994 black, coloured and Indian students experienced the indignities of apartheid and its divisive Bantu Educational system. Resulting in repression and student demonstrations. Those injustices and racist values were squashed in post- apartheid South Africa.

It’s alumni- Nelson Mandela and Olivia Tambo committed their lives to the destruction of apartheid and the dawn of a multi-cultural nation with justice, equality and freedom for all. Nelson Mandela said, “Everyone can rise above their circumstances and achieve success if they are dedicated to and passionate about what they do.”

Now graduates you have achieved that tool to positively carve your mark. How will you contribute and what will be your legacy?

For although you inherited a South Africa where everyone, regardless of race, is free to pursue his or her own destiny, own property, vote and govern their nation, some still experience immense socio-economic hurdles and intense struggles. In many countries, there still exist a lot of prejudices and injustices. Even in nations that promise better, brighter opportunities. We live in a world where humankind has achieved great scientific and technological advancement. Yet our basic fundamental values of love, peace, kindness and empathy have regressed. Some are cruel to others who look different; do not share our religious beliefs or are of a different culture. People are marginalized, mistreated and killed because of the colour of their skin, texture of the hair and their religion.

Nelson Mandela said "Education is the most powerful weapon which you can use to change the world." Now you have that tool. How will you work to help make this world a peaceful home. Where mothers, fathers, sons and daughters could live in peace, dignity and hope. And not with terror, pain and prejudice.

I know that for many, the purpose for obtaining tertiary education, is for securing a prominent job and attaining financial success. That is good. But is that it?

Nelson Mandela stated, “A good head and a good heart are always a formidable combination.” Bob Marley said “The greatness of a man is not in how much wealth he acquires, but in his integrity and his ability to affect those around him positively.”
Therefore I advise you:

- Whatever your career goals and ambitions, as you take flight and spread your wings and soar through the skies. Look down and try to uplift someone downtrodden.
- Where there is injustice and hate, be the glue that unites. Not the element that polarizes and divides.
- Know that not everyone who tells you what you want to hear is your friend. A friend tells you the honest truth even if it hurts.
- The more you help uplift others, the greater your blessings and rewards. For when you help one person. That person could in turn assist others. Soon your initiative, that simple humanitarian act would have improved the lives of a family, community, your country and the world.
- Despite your academic qualifications from this prestigious university. You may not immediately acquire the job or the salary that you hoped for. In fact you may explore a few jobs before you realize your calling. People will try to put you down. There will be tough days at work. Don't be derailed. Keep your heart, mind and efforts focused on your goals and you will reap great rewards.
- Let your professional motto be uprightness, honesty, integrity.

Nelson Mandela said "Do not judge me by my successes, judge me by how many times I fell down and got back up again."

I know what it is to be misjudged, ostracized and poor, I also know how to work hard and to succeed.

I was raised in the ghetto of Trench Town, Jamaica. My father Leroy Anderson, his sister, Aunty Viola (Aunty Vi) and my elder brother Wesley Anderson cared for me.

I've been assisting the poor from my early childhood. My journey started there. From those early days I learned how to share as there were many in need. Sharing is Caring. I was a voice for the poor people and assisted with Sunday School programs in the community. At the ages of 15-16 years, I was trained as a practical nurse and graduated at the age of 18. I gave my service to the people at the poor house. A government operated home where many needy persons lived. I was educated at Central Branch on Slipe Road in Jamaica and at Marigold High School, an extension of Dunrobin High School. Education was my priority and I maintained self respect and refused to be distracted.

In those days I was called Gaddy. It means godmother. I was a voice for the poor and spoke to Members of Parliament (MP) on issues affecting them and how best to help. My Aunt was a seamstress and I used clothing to create dolls for the girls in Trench Town. In those days we did not know about Barbie dolls.

My birth name is Alferita Constantia Anderson. Names given to me by my maternal Cuban ancestors. My father Leroy Anderson was a saxophonist and I inherited his musical talents. I met Bob, my husband Robert Nesta Marley in Trench Town. He was born in the parish of St. Ann which is also the birthplace of Marcus Garvey. We were both from struggling families. Love, hope, faith and music were our bound. Bob always told me I was a Queen and treated me as a Queen. Bob and I were made for love and our relationship blossomed. We got married on February 11, 1966, a few days after my husband's 21st earth day. We brought forth our children. A blessed and beautiful family. After Bob's passing, I fought many battles against persons who sort to destroy me, tarnish my name and my husband’s legacy. I stood firm, fearless, formidable and
defeated all. I founded the Bob Marley Museum, Tuff Gong Records and Bob Marley Group of Companies to carry on Bob Marley’s music and message.

Despite my successes, I did not forget the downtrodden. You see, the more we give, the more we receive. I realized the need for charitable foundations to improve the lives of those less fortunate and I was blessed with the ability to make them a reality. This was also God’s will. For those reasons, I also founded the Bob Marley Foundation and the Rita Marley Foundation.

Today we have lived to see our great potential. My Aunt taught me about Marcus Garvey. The man who taught us about black power, the black movement and a lot about Africa. I always wanted to be there. I went to Ghana since it is the gateway to Africa. I also had the privilege to travel to South Africa, Ethiopia, Nigeria, Gambia, Malawi and several other countries in Africa as a singer and provide that opportunity to others. Africans are special people and we are children of God.

Bob Marley says:

Life is one big road with lots of signs.
So when you riding through the ruts, don’t complicate your mind.
Flee from hate, mischief and jealousy.
Don’t bury your thoughts put your vision to reality, yeah.
Wake up and live (wake up and live, y’all),
Wake up and live (wake up and live),”
Rise ye mighty people,
There’s work to be done,
So let’s do it—a little by little:
Rise from your sleepless slumber!
We’re more than sand on the seashore,
We’re more than numbers.
Wake up and live now!

Graduates you have all you need to make your vision a reality. Your education from the University of Fort Hare is the key to open many wonderful doors. Work to contribute to the socio-economic development of South Africa; the unification of Continental Africa and to positively change the world.

Wake up and Live!!!
Thank God Almighty for giving me life that I live to receive this great honour. I will be forever loving and giving him thanks. Wholehearted thanks to my children Cedella, Sharon, Ziggy, Stephen, Stephanie, Serita. For their immense love and immeasurable support.

One love, one heart, one aim, one destiny, one God for us all.
The Rita Marley Foundation (JA) conducted an intense Organic Farming Training Programme for high school and kindergarten students. Rosemary Duncan, manager at the Rita Marley Foundation (JA) said the Foundation embarked on the programme to help youths value the importance of organic agriculture and its tremendous benefits to humankind.

The organization brought U.S based agricultural consultant, Mr. Steven Herbert, to train 105 students at the Bustamante High School in Clarendon. Theoretical and practical sessions convened three (3) times daily. Thirty (35) students per class. Participants were taught the characteristics and practices of organic farming. As opposed to conventional farming which relies heavily on chemicals for fertilization, pest and weed control, organic farming works in unison with nature. Chemical treatments are replaced with natural methods. Emphasis is on building soil, boosting its organic content and thus encouraging proliferation of soil biology.
During practical sessions at the school’s farm, students attained skills for building a compost pile and doubling digging. The former, a mixture of decayed or decaying plant organic matter used to fertilize soil. The latter, a gardening technique where one digs one shovel depth, places soil to one side, loosen soil to another spade’s depth, inserts compost and thoroughly mixes soil with compost. This method encourages plants’ roots to grow very deep. Thus enables roots to access more mineral nutrition and water. It also encourages the microbiologic community to grow deeper around the roots.

Students were taught the art of dowsing. A method of locating water on a farm with equipment called L-rods. Dowsing also assists with gaining information about nutrient levels, necessary fertilizers and amendments.

At the close of the programme, trainees learned how to transform conventionally farmed farmland into an organic farm.

Kindergartners at St. Tekle Hamonait Basic School in Bull Bay received basic training. Schools were gifted dowsing tools, L-rods and organic seeds. School officials profusely thanked the Rita Marley Foundation (JA) for its positive contributions and support.
From its inception, the Rita Marley Foundation (JA) has focused resources on providing safe and secure environments for children in vulnerable communities. The Foundation works in close collaboration with schools and organizations to make that mission a successful reality.

Jamaica Fire Equipment Ltd recently partnered with the Rita Marley Foundation (JA) to supply fire extinguishers to St. Isaac’s Basic School, Three Miles and Holy Trinity Basic School, Maxfield Avenue. Staff received thorough training on equipment use.

Schools expressed sincere gratitude to both organizations for their benevolence and support.
Exciting Year for Elders at Rita Marley Foundation Alpha & Omega Home for the Aged (Konkonuru, Ghana).

Fun Day at Alpha & Omega Home for the Aged

Elders get hugs from Nurse Brenda Powell

Working Out

Seniors Exercising

Elder colouring

We sailing in the same boat
We rocking up the same stream
©Bob Marley Music Inc.
**The Iconic Queen**

When the Wailers separated in 1974, Dr. Rita Marley toured the world with her husband, reggae King, Bob Marley as part of the I-Three, a trio that provided harmonies to his songs. Following Bob’s passing, she embarked on a successful solo career. Releasing several albums and hit singles; including, Grammy nominated album ‘We Must Carry On’ and #1 hit single ‘One Draw,’ which has sold over 3 million copies.

As Founder of the Bob Marley Museum, Bob Marley Group of Companies, Robert Marley Foundation, Tuff Gong Records and Rita Marley Foundation, Dr. Rita Marley continues to make manifest commitment to the works of Bob Marley; their children and all peoples – by fulfilling a mission to make this world a better place through humanitarian works and music.

Dr. Rita Marley has been recognized by Queen of Reggae Industry Honourary Ceremonies and Black Power Awards respectively, for significant contributions through music and philanthropy.

In bestowing the award for QORIHC 2016, organizer Ms. Laurell stated, “It’s extremely important to recognize those who pave the way for other females to flourish in various industries while they are alive and able to appreciate it.”
Superb Thanks For A Successful Year!

You helped us care for and share with those less fortunate.
Successfully achieving our mission
‘The aged be protected, the infants nourished and cared for.’

With immeasurable love & incredible gratitude
we extend wholehearted thanks to you

For your sponsorship, donations and well wishes too,
As 2017 closes and we welcome the New Year,
the Rita Marley Foundation (Jamaica & Ghana)
looks forward to your continuous support
in whatever way you could share.

Kindly send donations here

Melkam Lidet (Merry Christmas) &
Melkam Addis Amet (Happy New Year)
Jah Bless & One Love
HARAMBE!