In the spirit of Harambe we positively impacted the young, the aged & vulnerable women. Great thanks to my A TEAM for wonderful work. Wholehearted thanks to our sponsors, donors & volunteers who steadfastly contributed to attainment of our mission.

Sincere thanks to the government of Jamaica for conferring me with the Order of Jamaica (OJ) and Reggae Icon Award, in recognition of my works, through music and the Rita Marley Foundation. Huge thanks to Jamaica Reggae Industry Association (JARIA) & International Reggae & World Music Awards (IRAWMA) for the accolades for my contributions. A special thanks to my family and friends who continue to support me and the Harambe movement.

Wishing you and yours.... A Happy Kwanzaa, Melkam Lidet & A Magnificent 2020, may the light of God surround you, the love of God enfold you, wherever you are God is and all is well, Harambe

Jah Bless & One Love,
Dr. the Hon Alferita Constantia 'Rita' Marley OJ, OD, LITT
Outstanding Orators for the 6th Annual Public Speaking Competition

Each high school selected its most articulate speaker for the revered Rita Marley Foundation (JA) oratorical contest. During the first bout orators, will within six minutes, present his or her views on the preassigned topic, ‘Technological & economic advancement of humankind is paramount. Natural resources must be exploited to achieve that goal.’

An acclaimed judging panel will determine three students who will engage in oratorical battle, for a competitive second round. Where finalists will speak on an impromptu topic. With 30 minutes for preparation and six minutes for delivery.

Wouldn't it be nice to have a war with no bombs
Wouldn't it be nice to have a war with no guns
No one giving orders to kill
No one saying fire at will
Wouldn't it be nice to have my kind of war
Prizes

- 1st place: $50,000 cash, Bob Marley merchandise, tour Bob Marley Museum & Devon House Heritage Site.
- 2nd place: $25,000 cash, Bob Marley merchandise, tour Bob Marley Museum & Devon House Heritage Site.
- 3rd place: $15,000 cash, Bob Marley merchandise, tour Bob Marley Museum & Devon House Heritage Site.

Enormous Thanks to Sponsors

❖ Mrs. Merlene Heholt
❖ Mr & Mrs Leeds
❖ National Council on Reparations
❖ Stationery & Computer Supplies
❖ Caribbean Cream (Kremi)
❖ Spanish Court Hotel
❖ Suzie’s Bakery
❖ Devon House
❖ Viking Productions
❖ Wisynco

From left: 
Rosemary Duncan (Manager Rita Marley Foundation) Joel Lyn-York Castle High School (winner, 4th annual Public Speaking Competition), Mrs. Hyacinth Mears-Griffiths (Teacher/Coach)
In April 2019, the Rita Marley Foundation (JA) launched its inaugural Song Writing Competition, for high schoolers. The theme, selected by Dr. Rita Marley, 'Strong Black Women & Their Role in History.'

At the launch of the competition, Rosemary Duncan, manager at the Rita Marley Foundation, stated “Songwriting is an important skill and talent. Adding to that, it is a lucrative career that is in growing demand globally. Therefore, the Rita Marley Foundation is honoured to have conceptualised this activity. The Foundation enlisted expert producer/musician Asley 'Grub' Cooper, producer/composer of Rita Marley's mega hits One Draw and Harambe, to create a musically sound tune, with the winning entry."

Competition results were announced on International Reggae Day, July 1. First place awarded to Ardenne High School's Afaya Pollack. Her piece listed women from Africa and the diaspora who made historic contributions in various fields.

Well, the top three finalists are currently in studio recording. Grub shared "It is a positive reggae song. On a one drop rhythm, with a touch of nyabinghi. It's about women who have contributed through arts, philosophy, human rights. Such as Winnie Mandela, Rosa Parks, Rita Marley. The song is both danceable and listenable. Everyone will love it."
Music Workshop at Edith Dalton James High School

On Thursday, November 14, the Rita Marley Foundation (JA) hosted an amazing Music Workshop, for grade 10-11 students, at Edith Dalton James High School. The instructor, master percussionist, Herman 'Bongo' Davis. From start to end, the session was energetic and upbeat. With all participants actively engaged. They jotted notes and willingly took part in practical training. The high schoolers learned to play a variety of instruments; including, percussion, cow bell, wa wa, tambourine and chimney. They also showcased impressive vocal and dance skills. The next workshop is slated for the following semester.

Lessons for Basic Schoolers

Each year the Foundation provides music lessons for students, ages 5-6, at Holy Trinity Basic School, Maxfield Avenue. Tutors Asley 'Grub' Cooper and Ms. Simone Kenny give training in percussion, recorder, maracas, clave and vocals.

Musicians, from the Maroon community, are also enlisted to impart knowledge about indigenous African instruments and dance.

Wouldn't it be nice to have a war with no bombs
Wouldn't it be nice to have a war with no guns
International Day for Older Person Workshop
EOC October 1, 2019

Fifteen persons, ages 41-87, attended. The presentation, by Dr. Kimani Borland, focused on tips for living longer, healthier lives. With specific focus on practices of centenarians in Blue Zones. Areas of the world where people live far longer than average.

The facilitator stated that ageing is a natural deterioration process. Caused by the following factors:

- Time (ageing),
- Misuse (drugs, alcohol),
- Disuse (insufficient exercise),
- Genetics (heredity).

Habits of Blue Zone Centenarian

- They move around naturally (walking, sweeping etc)
- Have a sense of purpose, a reason to be alive
- They have a down shift, something to calm stress (prayer, meditation)
- 80% rule—blue zoners eat 80% of food on their plates. They do not eat the remaining 20%.

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No one giving orders to kill
No one saying fire at will
Wouldn't it be nice to have my kind of war
- Plant Slant—their diet is mostly plant based
- Blue zoners stop eating at least 3 hours before bedtime
- Wine at 5pm—blue zoners drink 1 glass of red wine at 5pm daily.
- Feeling of belonging—they are all members of faith based society
- Put loved ones first—they frequently communicate/interact with loved ones.
- Belonging—They connect with church, family etc.

**Exercise**
- Participants were taught basic yoga techniques and were issued sheets with exercises they could do daily.
- Three competed in a fitness walking exercise. An 84 year old elder won. She received a gift bag with ointment and other items.

**Snacks & Multi Vitamins**
- The Rita Marley Foundation provided snacks—watermelon, grapes, tea (unsweetened chai & spice) and a sweet snack containing nuts, cranberry, cereal; prepared by Dr. Borland.
- All five(5) residents at Abuna Yeshaq Home for the Aged were gifted multi vitamins.

**Thanks**
- The workshop opened and closed with prayer and thanks to Dr. Rita Marley and the Rita Marley Foundation (JA).
- The EOC clergy and participants shared they thoroughly enjoyed the session; however more importantly, learned a whole lot. They suggested the workshop be held again quite soon.

My kind of war is not an arms race
My kind of war has no missiles flying through space
Values & Attitudes Workshop at Mary’s Child Home

On Saturday, September 21, the Rita Marley Foundation (JA) presented a workshop on Values & Attitudes, for adolescent mothers at Mary’s Child Home. The twelve residents attended.

"No matter what happened to you in life, you have an opportunity to shine." Facilitator Ms. Tracy-Ann Hall (Teacher, Jonathan Grant High School).

When you look out through the windows of this facility, you see, the U.W.I Hospital and Nursing School. There is a very good reason that you live right next to these great institutions. This is to inspire you to dream big and achieve your goals. No matter what happened to you in life, you have an opportunity to shine." She emphasized.

"Attitude—What you think, do and feel about yourself. Attitude determines your altitude. Keep on going when the going gets tough. You need the lion attitude."

Take charge of your destiny—'I will.'
Real lions are hungry, fearless. Don't talk. Walk the talk.
A sheep follows a leader. A lion leads.
Follow your heart. Only you know what is best for you.
And what path to take.
Self Motivating quote—'No one will push me around or tell me what to do. If I want something, I will go for it.'
Don't become what others want you to be. Be what you want to be and achieve your goals. Lead...don't be a sheep that goes wherever the herd goes.

Values
In teaching the group about values, Ms. Hall had participants engage in a game where they bought or sold words (listed on paper) that were important or insignificant in attainment of their goals. She then stated "Values are basic and fundamental beliefs that guide or motivate attitudes or actions. Values affect our decisions, goals and behaviour. Attitude is a way of feeling or acting toward a person, thing or situation"
In closing, Ms. Hall encouraged attendees to always try to maintain good values and a positive attitude.
Participants and assistant administrator, Ms. Tracey-Ann Reid, expressed wholehearted thanks to Dr. Rita Marley, Rita Marley Foundation(JA) and Ms. Tracy-Ann Hall for an inspirational workshop.
The Rita Marley Foundation(JA) also provided refreshments.
Adwoa Kwafoa
Adwoa was born on a Monday. In Adeiso, a suburb of the capital town of the Eastern Region, Koforidua. She has been a farmer almost all her life. Adwoa had six (6) children. Only one offspring is alive. She likes ampesi prepared from cassava and stew.

Emma Abena Kwaakwa
Abena was born on a Tuesday, at Asamankesse. She mothered eight (8). Her foods are Fufu (pounded cooked cassava) and soup.

Meet Elders At
Alpha & Omega Home for the Aged, Kononuru Ghana

All the elders have lost their husbands. Some live alone and can no longer toil their farms. The elders are thankful for the programmes and activities at the Rita Marley Foundation Alpha and Omega Home for the Aged. As it helps them to interact with friends and obtain healthcare.

Akua Ahyia was born and raised in Konkonuru. Her forename, Akua, means a female born on Wednesday. She birthed six (6) children. Just one son is still living. Akua’s favourite food is Akple (a dish from the Volta region of Ghana).

Ama Ayebea was born and raised in Konkonuru. The definition of Ama, a female born on a Saturday. She bore six (6) kids. Although Ama started elementary education, she dropped out following the loss of both parents. Ama enjoys eating boiled plantain and stew.

No more neutron
No more proton
We just dealing with the love right now
Comfort Akua kyerewa was born and raised in Konkonuru. She was a trader who married and had nine (9) children. Comfort’s preferred meals are fufu and ampesi.

Adwoa Amonobea was born and raised in Konkonuru. She had ten (10) children. Three passed away. Adwoa farms and fulloys feasting on fufu and soup.

Akua Oparebea was born at Adansi, Ghana and grew up in Aburi. She has seven (7) children. Akua is a farmer.

Janet Adu was born at Nsawam. The mother of four (4), has worked at Nsawam cannery, Aburi gardens and Peduase Lodge. Her favorite foods banku, okra stew and rice.

Akosua Afriyie
Akosua was born on a Sunday. She is a farmer. Akosua has twelve (12) children. She likes fufu and soup.

Afi Sarpong was born and raised in Konkonuru. The widow has eight (8) children. Afi has been employed as a seamstress, trader, farmer and businesswoman. Her best meals are fufu and palm nut soup.
Alzheimer's Education Workshop for Elders

At the close of November, the Rita Marley Foundation in collaboration with Sisters Keepers Association, organized an Alzheimer's Education Workshop for elders. The event convened at the Rita Marley Foundation Alpha and Omega Home for the Aged. Fifty one elders attended. Participants lauded Dr. Rita Marley and both organizations for their gesture and generosity.