



# UPDATE

## The Official Quarterly Newsletter of The Council of Voluntary Social Services

July –September, 2005

### Events of the quarter




**November 29**  
**CVSS Annual General Meeting**  
9:30 a.m., Rm. 4, Jamaica Conference Centre



November 26  
Jamaica 4-H Clubs hosts Hanover Jerk Fest at the Rusea's High School  
\$300 - adults \$100 - children

December 3  
Volunteer Recognition Service  
Venue to be announced

November 27  
 Heart Foundation of Jamaica  
FUND Run – National Stadium (Eastfield)  
7:00 a.m. – 11:00 am.



December 16 – 20  
Girl Guides Association of Jamaica  
90<sup>th</sup> Anniversary Girl Guides Camp  
*Did you know that??*

**The National Registry of Volunteers currently has over 4000 volunteers on roll and 100 volunteers registered online?**

**Are your volunteers included in this number?**

If not, please encourage them to go online to [www.cvssjamaica.org](http://www.cvssjamaica.org) and register.



### CHAIRMAN'S MESSAGE

Dear Partners:

Through the many opportunities for training, networking and advocacy, we continue to serve our affiliates and the wider NGO community. Heartiest congratulations to the eighty-one (81) participants who graduated on July 26, 2005, having completed workshops in Proposal Writing and Project Management sponsored by the Embassy of Japan. These participants represented Non Governmental, Community Based and other organizations. I am confident that the skills that they have acquired will redound to the benefit of their organizations in particular and to Jamaica in general. We look forward to the continuing partnership between the Embassy of Japan and the University of the West Indies in the Institutional Strengthening and Organizational Development of the Sector.

Let me also use this opportunity to congratulate Miss Yvonne Clarke, Executive Director of the Jamaica Red Cross on being awarded the Order of Distinction in the rank of Officer, the CVSS family is proud of you.

Sincere condolences to the staff and family members of Mrs. Mavis Llewelyn, Executive Director of the Hyacinth Lightbourne Memorial Association who died on September 5, 2005.

As we approach the last quarter of 2005, let me encourage you to forge ahead in achieving your objectives for 2005. Keep us informed of your activities, we want to participate and celebrate with you.

We look forward to be interacting with you at our annual general meeting scheduled for November 29, 2005, at 9:30 a.m. in Room 4 at the Jamaica Conference Centre, Duke Street.  
Carlton Levy

The graduation ceremony for eighty-one (81) students under Phase 1 of the Embassy of Japan/CVSS/ Capacity Building for Project Cycle Management took place at the Social Welfare Centre, University of the West Indies on July 26, 2005. The Japanese Ambassador, Hiroshi Sakurai was the keynote speaker. Other speakers were Mrs. Scarlett Gillings of JSIF, Mr. Carlton Levy, Chairman-CVSS, Mrs. Winsome Wilkins, CEO-CVSS and Mr. Lincoln Willams, Tutor / Coordinator, UWI School of Continuing Studies



## IDB Institutional Strengthening Project

Over three hundred (300) persons were exposed to at least one module under the Practical Training Programme which came to an end in September, 2005. Trainers are available to conduct training in Project Cycle Management, Strategic Planning and Performance Management, Proposal Writing and Fundraising, Financial Accounting and Budgeting to the NGO Community. A listing of Trainers with contact numbers may be obtained at the Secretariat.

Twenty-one (21) members from the NGO community are in their second year of a two year Certificate in NGO Management developed by the UWI School of Continuing Studies. The subjects being offered this semester are: Strategic Planning, Human Resources Management and Sustaining Organizational Capacity.

The twenty-five agencies involved in the institutional strengthening component of the Project participated in an evaluation meeting on September 1, 2005. The main objectives were to share appraisal and monitoring criteria and review the Project's Log Frame in light of the pending mid-term review.

Twenty-one (21) of the twenty-five (25) agencies were represented.

## The Jamaica Cancer Society Launched Pink Ribbon Month 2005

The month of October was recognized as pink Ribbon Month with a host of activities to promote Breast Cancer Awareness being held across the island. This included events to promote early detection, endorse healthy lifestyles and prevention of the disease, in addition to other plans to support and celebrate Breast Cancer survivors. The Society highlighted the importance of monthly breast self-examination in a T-shirt campaign.

Two of the significant activities during October were a Public Forum on Breast Cancer for "*Women and the men who love them*" and the annual Keeping Abreast Luncheon. Renowned health practitioner Dr. Ronda Henry-Tillman, who is a recognized leader in the field of breast cancer, was the guest speaker at both these events. The public forum, held at Andrew's Memorial Church Hall on the 25<sup>th</sup> of October at 5:30 p.m. and the luncheon, which is a major fundraising event, was held at the Hilton Kingston hotel on October 27. The month of activities culminated on Sunday October 30<sup>th</sup> with the annual Dr. Denise Thwaites 5K walk/Run hosted by Jamaica Reach to Recovery and sponsored by Digicel.

The Jamaica Cancer Society and the Jamaica Reach to Recovery encouraged everyone to wear a ribbon in support of Breast Cancer Awareness Month. Ribbons were on sale at

SuperPlus Food Stores and other selected merchants island wide.

Continue to support the mission to fight Breast Cancer. Early Detection is the key!

*Contributed by The Jamaica Cancer Society*





## Caribbean Launch of the World Disasters Report 2005

October 5, 2005



**Keynote Speaker: Ms. Julia Brothwell, Coordinator IFRCS Sub-regional Office, Port of Spain**

Through early warning for hurricanes, volcanoes and floods, many lives have been saved in Cuba, Honduras and Jamaica. In the absence of early warning a terrible loss of life occurred following the Indian Ocean tsunami and in Gonaives, Haiti following Hurricane Jeanne. In the last 10 years, there have been 1,223 reported disasters in the Americas region (that's about 20% of total disasters world-wide), reportedly killing nearly 82,000 people and costing billions of dollars in recovery.

Today's technology and resources for disaster response have opened up new opportunities for gathering and giving information. Local organizations are likely to have a good understanding of disaster-affected people, but because they may lack access to modern technology their perceptions may be devalued or come too late to influence critical early decisions in disaster response operations. Although the aid agencies are empowered to write reports, make responses, raise funds and learn lessons.

Where information is used effectively, it is possible to see the positive impact on communities. In the case of **early warning**, experience has shown in the Caribbean, the harmful impact of hurricanes on vulnerable populations can be significantly reduced if information is spread throughout the communities at risk before, during and after the event rather than kept in the hands of a few officials with evacuation plans.

The World Disasters Report is not a prescription for improved disaster management. Rather, it is a record of lessons learned from the previous year. And from the previous year we have learned that information alone can save lives. However, there are gaps in the way we gather and share this powerful resource.

To summarise:

Aid organizations must recognize that accurate, timely information is a form of disaster response in its own right. It may also be the only form of disaster preparedness that the most vulnerable individuals and communities can afford. Greater priority should be put on communicating with people affected by disaster. Not only will this lead to more efficient aid assessment and delivery, but more crucial still, by giving vulnerable people the right information, they can take greater control of their own lives.

*Contributed by the Jamaica Red Cross*

## *SYMBA STAR 2K5 SUMMER CAMP*

The SYMBA (Stimulating Young Minds to Become Achievers) is a reading, counselling, and life skills programme operated in six inner-city communities across Kingston and St. Andrew. It is funded by the Citizen Security & Justice Programme, Ministry of National Security. Camps form a part of the incentive programme for participants.

Over 250 adolescents, ages 11-14, from six inner-city communities, were treated to two weeks of fun and learning at the Addiction Alert/RISE Life Management Services SYMBA Stars 2005 residential camps in July and August. The aims of the camps were to provide a platform whereby adolescents living in rival communities could come together and have violence-free fun, and expose adolescents to Life skills education.

Many of the participants came from Waterhouse, Fletcher's Land, Parade Gardens, and Allman Town, Towerhill, and Drewsland. Workshops in Conflict and Anger Management, Personal Hygiene, the creative and performing arts were done.

Each day started with a theme, represented by major celebration periods in Jamaica. They included Peace Day, Christmas Day, Independence Day and Valentine's Day with each day being represented by different colours. Peace Day saw the participants wearing blue, Jamaican colours for Independence Day and red and white on Valentine's Day.

The participants worked together with peers from rival communities to achieve common goals. Participants were also challenged to look at and celebrate themselves in the Self Esteem workshop.

*Prepared by Shawn McGregor  
Assistant Programmes Manager  
RISE Life Management Services*

## **International Volunteer Day**

December 5, 2005 is International Volunteer Day. Activities will be held over three days, December 3 – 5, 2005. The theme is Volunteer and Secure Jamaica's Future.

In 2005 IVD will be celebrated with an array of activities, which will promote, recognize and engage volunteers to demonstrate the value of volunteerism in community projects and towards the achievement of the Millennium Developmental Goals. Each private voluntary organization, community based organization (Citizens Association, PTAs, Neighbourhood Watches, etc.) and service club in the parishes will be asked to select one outstanding volunteer in recognition of International Volunteer Day. These will be presented with a UN Volunteer Certificate. Kindly contact the Secretariat for Nomination Forms. Deadline for submission is November 21, 2005.



*Farewell to Mrs. Juanita Bernard, former Executive Director of Girl's Brigade who retired in August 2005. Thanks for your contribution and God's richest blessings be with you and your family.*

## **Age with Grace**

Ageing, the process of growing older, does not have to be associated with illness and or frailty. Ageing is not only a physical event; it is social, psychological and spiritual.

Ageing is a series of progressive changes in the body and one's life. These are determined, to a large extent, by lifestyle choices – choices in diet, behaviours such as whether one smokes or not, drinks alcohol in excess and the amount of physical exercise one does.

The presence or absence of chronic diseases and the degree of interference with functional ability by the disease is determined by the accumulated risk over one's life, and so a person does have some control over his/her quality of life in the senior years. Successful ageing is the process of maximizing desired outcomes and minimizing undesired ones. The most desired outcomes relate to function. A person wants to remain as independent as possible for as long as possible.

To age successfully a person should follow a sensible diet, engage in a programme of physical activities, do not smoke, drink in moderation, have regular (annual) check ups including dental and eye care, take prescribed medication as prescribed, be engaged in social activity, be connected to family and friends, including one's church community.

*Contributed by Prof. Denise Eldermire-Shearer*