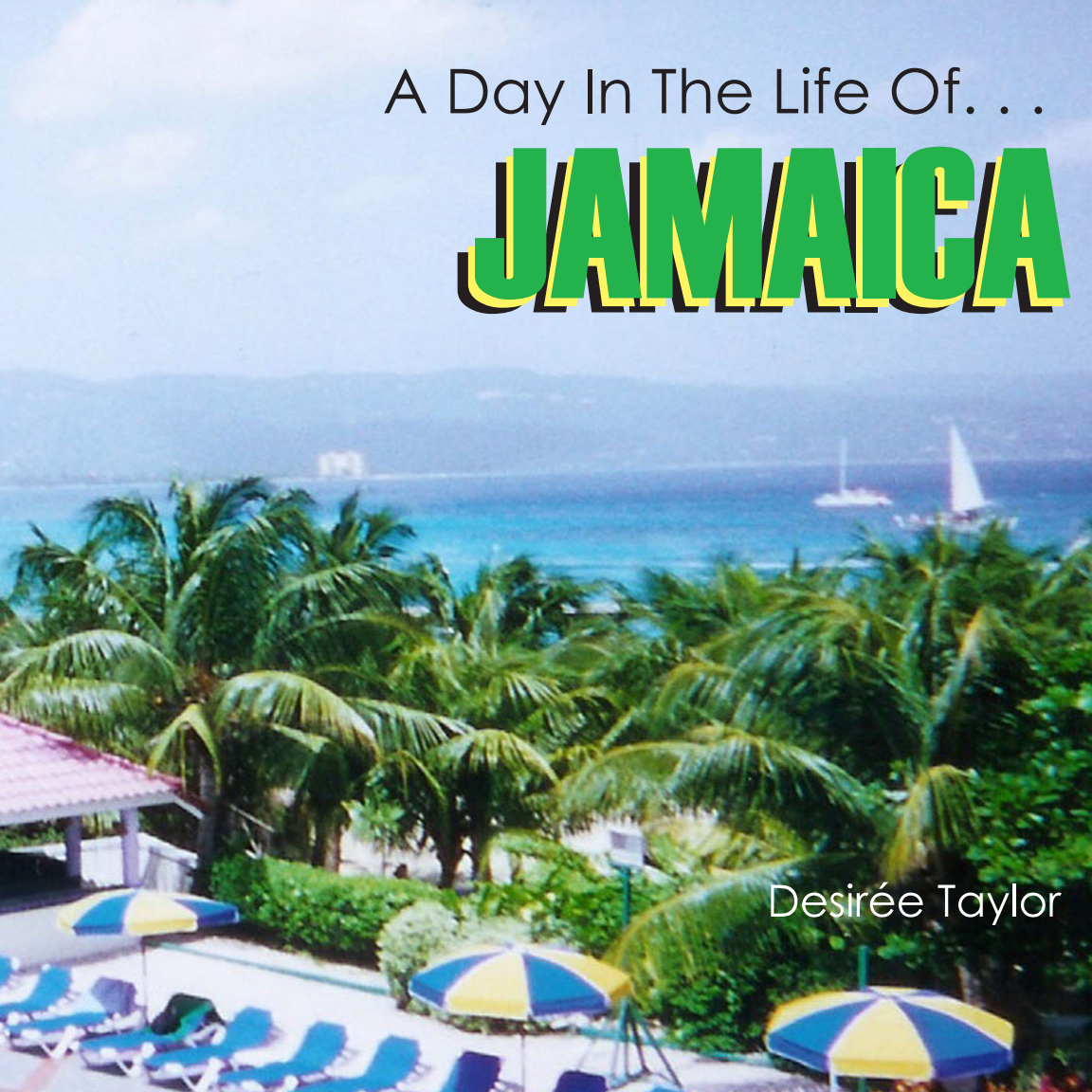


A Day In The Life Of. . .

JAMAICA

Desirée Taylor





Montego Bay

Caribbean Sea

Ocho Rios

**Dunns
River Falls**

Negril

Cockpit Country

Fern Gully

JAMAICA

Port Antonio

Mandeville

Blue Mountains

Spanish Town

Kingston

Caribbean Sea



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INTRODUCTION

This book is about Jamaican culture. Since I am of Jamaican decent (my maternal side is Jamaican) I have some knowledge of the culture. Jamaican culture is fun and the people are very proud of it. The culture is so rich and strong that the culture is spread throughout the Jamaican Diaspora: The United States, Canada, and England. Jamaicans and those of Jamaican decent keep their customs no matter what country they are in. Jamaican culture has many aspects, but this book is only going to focus on three: food, music, and sports.

These three aspects of the culture sometimes go hand and hand. They are my favorite parts of the Jamaican culture. I have family in Jamaica, Canada, and England and everytime I go to those places these aspects of the cultures are seen. Whether I am at home or abroad I still experience Jamaican culture, but of course nothing beats actually being in Jamaica.

FOOD



Ackee is the national fruit of Jamaica. It was brought from West Africa on slave ships. They are poisonous before the outer shell opens. Ackee is cooked with saltfish and served with fried dumplings, boiled banana, and fried plantain. Ackee and Saltfish is usually served for breakfast. Other breakfast dishes are cornmeal porridge or callaloo, which is like spinach.

Lunch and dinner consist of some type of meat (chicken, pork, etc.) which is either jerk, curry, or brownstew style. Rice and Peas always accompanies these dishes, red beans or gungo peas are used. They have their different taste, but they are just as delicious as the other. If I had to choose one or the other it would be the gungo peas rice and peas. Other side dishes served with lunch and dinner are dumplings, green bananas, yam, festival, and breadfruit.

Common snacks in Jamaica are meat patties, (a choice of beef, chicken, etc inside a flaky pastry) Bun and Cheese is another snack that is very delicious. Slices of cheese are places on top of a slice of spice

bun or place between two slices of bun. Bread pudding and gizzarda, made of shredded coconut and nutmeg, are common desserts. Rum cake is a dessert that is usually served during Christmas and weddings.

Cooking Styles

Curry comes from Indian immigrants. The most popular curry dish is curried goat. Jerk style cooking comes from the Maroons (the African slaves that rebelled and ran away to freedom and have their own area in Jamaica). Meat is barbequed over pimento wood. The meat is seasoned with jerk spices (various spices that make jerk). The most commonly jerked meats are chicken and pork.

Jerk is the most popular street food. You can find street vendors selling jerk on the road like how you find McDonald's and Burger King in the US. There are McDonald's and Burger King in Jamaica but the street food vendors are popular.



The Market

Though there are grocery stores on the island, markets are still a large part of the culture. People bring the produce that they have cultivated to the market to sell. There are various type of food sold like ground food, vegetables, fruits, and meat.

Ground food includes yam, sweet potato, cocoa, and pumpkin. Carrots and cabbage are some commonly sold vegetables. The most delicious fruits like mangoes, pineapple, papaya, soursop, and ackee are sold at the market. Lastly the meats that can be purchased are chicken, pork, beef, and goat.

Saturday is the busiest market day, it is advised to leave as early as possible to beat the crowd and get the best of the food. Sometimes at the market you can barter the prices. Coronation market, in the nation's capital Kingston, is the largest and most popular market in the island.



Weekly Jamaican Menu

Sunday

Breakfast

Ackee & Saltfish, Mackerel or Red Herring served with fried dumpling, fried bammy, boiled banana, boiled dumpling and/or yam.

Dinner

Chicken, Roast Beef, Curry Goat, with rice and peas, tossed salad and sweet potato.

Drinks

Carrot juice, soursop juice, or sorrel if it is in season.

Monday-Thursday

Breakfast

Sardine, eggs (boiled or fried), fried plantain or a bowl of Cornmeal or banana porridge

Lunch

Patty and cocoa bread, Bun and Cheese, meat loaf, or box lunches, smaller portion of a Jamaican dinner.

Dinner

Curry chicken, Curry shrimp, Escovitch fish, Steamed fish, Oxtail, Stew peas, Stew pork, Tripe and Beans, Cow feet, Stem Beef cabbage with either saltfish or Corn Beef served with sides such as corn, yam, dasheen, cho-cho, boiled corn meal dumpling, fried plantains, or boilded banana.

Drinks

For Breakfast: Milo, coffee, tea, Horlicks or Ovaltine.

For Lunch/Dinner: soda box juice, ski juice, lemonade, or Quench Aid.

Friday

Breakfast/Lunch

Same as Monday-Thursday

Dinner

No one cooks, they eat out at places such as Kentucky Fried Chicken and Shakey's Pizza.

Saturday

Breakfast

Liver with banana, dumpling and Yam, or Ackee and Saltfish with dumpling or fried bammy.

Dinner

Soup; the most popular types are beef or chicken.



MUSIC

Music is a very important part of Jamaican culture. It is my favorite part of the culture after food. Jamaican musician originally played calypso. Then after World War II, black American R&B influenced the music in Jamaica, which was the beginning of Reggae. Reggae went through numerous styles; Ska, Rock Steady, Roots Reggae, and Ragga/Dancehall.

The Early Years of Reggae

Ska was produced in the late 1950's by changing the R&B beat to be faster and choppy. The style dominated until the mid 1960's. Some artists during this style were the Skatalites, Wailers, and Millie Small.

Rock Steady developed in the mid to late 1960's. The fast pace of Ska was changed by slowing down the staccato downbeat to give it a relaxed and sophisticated sound. In the 1970's Rock Steady was slowed down even more. There was more emphasis on the heavy bass and militant lyrics influenced by the Rastafarian faith. These

lyrics were about peace, love, Rastafarianism, and suffering of ghetto youths. This sound became known as Roots Reggae. This style of Reggae lasted from the mid 1970's to the mid 1980's. Gregory Isaacs, Jimmy Cliff, Dennis Brown, and Bob Marley were some of the artists during this style.

Reggae Today

In the mid 1980's Ragga/Dancehall developed with such artist as Yellowman and I Roy. These artists or DJ's sang or rapped over dub plates or prerecorded backing tracks. This style has a more electronic sound with echo, reverb, and other instrumental backing tracks. The lyrics to Ragga/Dancehall are about violence, rude boys, and sex. Ragga/Dancehall is the Reggae sound that dominates to this day, with such artist as Beenie Man, Elephant Man, Sean Paul, and Vybz Kartel. Although this recent form of Reggae is dominate with its violent and sexual content lyrics, there are artist who focus on the social and political issues such as Sizzla, Capleton, and Buju Banton. Buju Banton originally sang like other DJ's but is now spiritual.



Dancing to Reggae

The dance moves are a very important part of Reggae music. The latest dance moves can be seen and learned at the dancehalls around Jamaica. Some current moves include the weddy weddy, willie bounce, bow and arrow. Usually dance moves are around for a limited time, but one dance move popular in Jamaica that probably will never die is wining. If you don't know the latest dance moves you can just wine and you will be alright.

The most famous dancehall dancer in Jamaica is Bogle (Gerald Levy) who created many dance moves over the years that everyone in Jamaica and the Jamaican diaspora has enjoy doing. Unfortunately Bogle was murdered in 2005, but he and his contribution to dancing will never be forgotten.

Dancing to Dancehall Reggae music is very fun. Sometimes the DJ will call out what dance moves to perform. Whether you are at a dancehall, party, or concert you can always have fun doing the latest moves.



Bob Marley

- His full name is Robert Nesta Marley.
- He was born on February 6, 1945 in Jamaica.
- He was born to an 18 year old black women and 50 year old white man.
- He was raised by his mother in Trenchtown.
- He formed a trio with his friends Peter Tosh and Bunny Livingston called the Wailers where they performed Ska.
- In 1974 the wailers broke up and Bob formed a new band called the Wailers and a female trio back up singers called I-Three with Rita Marley his wife.
- His lyrics were socially and politically conscious, and they also included Rastafarianism. His sound was Roots Reggae.
- Because of his lyrics some believed that he was a PNP (a Jamaican political party) supporter resulting in an assassination attempt at his home in Kingston.
- He brought together Edward Seaga and Michael Manley, who were running against each other for political office in Jamaica, at the One Love Concert.
- He had large tours with his albums: Rastaman Vibrations, Exodus, and Survival.
- Jamaica awarded him the Order of Merit the third highest civil honor making Marley known as the Honourable Robert Nesta Marley O.M.
- He died on May 11, 1981 of cancer in a Miami hospital at age 36.
- He had a state funeral service in the Ethiopian Orthodox Church in Kingston, Jamaica.
- On January 19, 1994 Marley was inducted into Rock and Roll Hall of Fame which was accepted by wife, mother, and many children.

SPORTS

There are many sports and games that are popular in Jamaica, such as track, boxing, netball, and football (soccer). But the most important game/sport is Cricket. In the early 1900's Cricket was introduced to Jamaica. It is the national game of Jamaica. When there are international matches, regular schedule programming on television is cancelled for the cricket match. Jamaica is the third best team in the Caribbean following Barbados and Guyana. Cricket is a game that is usually played over the weekend at a park or school fields.

The Rules of Cricket

This is not a familiar sport to everyone so this is how it is played. The bowler or pitcher throws the ball to the batsman or batter. The batsman's goal is to hit the ball in to the field beyond the opposing team's fielders. After hitting the ball the batsman runs between three wooden stumps stuck into the ground called stumps that are at either side of the pitch (22 yards apart). If the opposing team hits the batsman's stumps with the ball or the ball is caught by the opposing team the batsman



is out. After ten or the eleven members on the team are out it is the other team's turn to make runs. The team with the most runs wins. Some of Jamaica's famous Cricket batmen are George Headley and Lawrence Rowe, and some famous Cricket bowlers are Alf Valentine and Michael Holding.

Dominoes

The most popular pastime on the island is Dominoes, which can be played by two – four people, but usually four players. The way it is played in Jamaica and other islands is different than the way it is played in the US. The game is more exciting and loud, if not, then it is not much of a game going on. The game is more than matching the dominoes, it is about strategy. The players must determine how many and which dominoes are left and should be played. The game is popular at dinners and social gatherings. Friends will usually just get together to play the game. Dominoes is so loved that there are competitions among the various islands.



Dominoes is a great game because you can play it anytime, rain or shine. It is really loved by the Jamaican community. It is just as popular in the Jamaican Diaspora as it is in Jamaica.

These games are very intense; the players can play for hours and hours. Men are the ones that usually play dominoes. The game is always loud with shouting, arguing, and slapping of dominoes. Don't worry, no one is in serious argument that will turn physical, it is just part of the game.

The players set aside times that they are going to meet for domino games. In my family the weekends during the evening is the time to play dominoes. Unlike in Jamaica, where dominoes is usually played outside, in the States dominoes is played in someone's basement or garage. Since these games last for hours there is music and food always present. Of course it is Reggae music being played. There can be Jamaican food there either homemade or bought. If the players are hungry and it is late they will order a pizza.



Football

- Football was introduced to Jamaica at the end of the 19th century.
- The Reggae Boyz is the name of the Jamaican Football (Soccer) team.
- Jamaica's first international game was played in 1925 against Haiti.
- Most home matches are played at Sabine Park.
- Jamaica won their first international game.
- The Jamaican Football Federation is Jamaica's official football association.
- The Jamaican Football Federation is in charge of the Reggae Boyz.
- Rene Simoes from Brazil was the coach that helped shape the Reggae Boyz
- Wendell Downswell is the current coach of the team.
- Some of the players are British but born to Jamaican parents.
- Jamaica became the first English speaking Caribbean nation to qualify for the World Cup Finals.
- Some of the World Cup stars have gone abroad to play with the U.S. or British teams.
- Because of the Reggae Boyz, football is almost at the same level of importance as Cricket.
- Deon Burton scored the winning goal that qualified the Reggae Boyz to play in the 1998 World Cup.
- They won five Santo Championships in Kingston.
- Lindy Delapena is said to be one of the best footballer in Jamaica.
- The Reggae Boyz have a support club called the Reggae Boyz Supporterz Club.



PHOTO CREDITS

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