



OFANA

Ole Farmers Association North America Inc.

GRAPEVINE

VOL. 36

November 2022

President's Message

**HAPPENINGS IN
OFANA
New!!**

**Three Powerful
Herbs from 'Yardl
Herbs**

*Internship
Opportunities for
Recent Grads*



05 PRESIDENT'S MESSAGE

14 **THREE POWERFUL
HERBS FROM 'YARD**

20 **BREAST CANCER
INFORMATION**

16 **NATURAL LEMON
REMEDIES**

21 **HAPPENINGS IN OFANA**

19 **INTERNSHIP
OPPORTUNITIES**

28 **100 YEARS OF READERS
DIGEST**

Editor, Contributor



**Editor, Cover Design,
Layout, Contributor**



Editor, Contributor





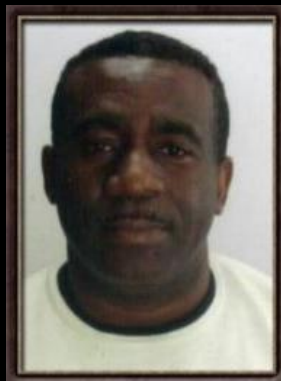
Ms. Norma Jarett
President



Dr. Norma Dawkins
Secretary



**Ms. Maureen
McCarthy**
Asst Secretary



**Mr. Anthony
Bogle**
Treasurer



Mr. Clifton Kitson
Asst. Treasurer



Dr. Hylton Gordon
VP- Northeast



Mrs. Audrey Spence
VP-Toronto



Ms. Jurist Willis
VP- Florida



Ms. Dona Bredwood
VP- Georgia



Mr. Wendell Codner
PRO



PRESIDENTS MESSAGE



MS.NORMA JARRETT

Dear Ole Farmers and Friends of OFANA: Happy Fall, and Welcome to Grapevine 36, thank you to our designer/ editor Dona Bredwood and Audrey Spence for collaborating with me in keeping this publication relevant. Special thanks to Dona, for the graphics. Thanks also to VP Jurist Willis for her contribution on natural herbs a feature in this month's edition. I urge you to submit your articles for other editions.

This is the time of year when the leaves showcase their awesomeness of colors; time for Baseball Playoffs, Hockey, Basketball, and of course my favorite - Football Season!

It is also a time to reflect on ALL the Blessings we have received through the years and His Continued Gifts to all of us.



Text "OFANA" to 44-321 by 11/30

or go HERE

Our Canadian Team celebrated a wonderful Thanksgiving in October, and in a few weeks we in the USA will celebrate this wonderful Festive Feast. On behalf of all the beneficiaries of your collective hard work and generosity, (the students & faculty), I say THANK YOU. There are two very important upcoming OFANA Fundraising Events :

1. Giving Tuesday the entire month of November; we implore you to reach out to VP Dona Bredwood and her Atlanta Team and make a donation on Tuesdays (or any other day of the week), for this Region Fundraising Drive. 100% of your donation is Tax deductible. PLEASE GIVE

2. Northeast Fundraising Dinner Dance which marks the beginning of our Festive Season! **December 10, 2022 @9:00 PM** at the Stamford Marriott Hotel & Spa. Please see flyer for more details. VP Dr. Hylton Gordon and his dedicated hard working Northeast Ole Farmers, are busy planning what promises to be a **Wonderful Fun Filled Night.** Our **Keynote Speaker is Judge Valene McMasters** who was appointed by North Carolina Governor Roy Cooper to serve as District Court Judge. She is a highly acclaimed (former) attorney, a success Jamaican Story, and the niece of our own Dr. Hylton Gordon. Our MC is Dr. Karren Dunckley our NE Diaspora Leader. Please come prepared to rock all night to the music of Road International 93.5 FM DJ.

The flyer features the Ole Farmers Association logo at the top, which includes the text "GFS JSA COA CASE" and "Ole Farmers Association". Below the logo, it reads "NORTHEAST REGION presents our Annual Fundraising Dinner". On the left, a calendar icon shows "December 10 9:00 PM EST". In the center, the Marriott logo is followed by the address "243 TRESSER BLVD, STAMFORD, CT 06901" and phone number "(203) 357-9555", with a "Book Now" link. On the right, a green ticket icon says "Admi t ONE \$100" and "Buy tickets on Eventbrite". At the bottom, it states "Gate Prize: Weekend for two at Marriott" and provides contact information for Dr. Hylton Gordon, Mr. Paul Miller, and Mr. Stanley Baxter.

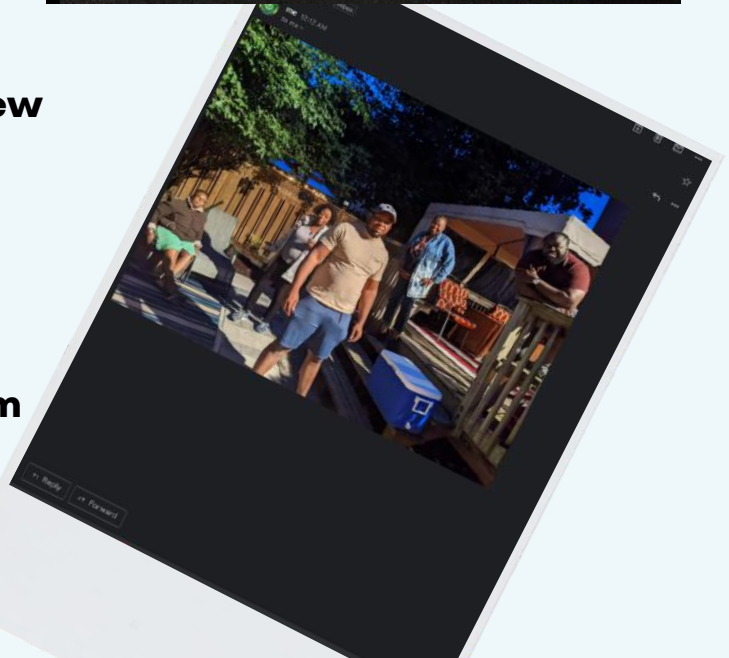
"Our Canadian Ole Farmers, under the leadership of Ole Farmer VP Spence just completed their second Annual Walk and Talk Walkathon."

Norma Jarrett

Our Canadian Ole Farmers, under the leadership of Ole Farmer VP Spence just completed their second Annual "Walk and Talk Walkathon." I use this opportunity to express congratulations and sincere gratitude to Audrey and her Team, and all the Ole farmers and friends who participated and or donated to this very successful fundraiser. The crew took time out to mingle and break bread and were hosted by Ole Farmers Orette and Audrey Spence.

The Fun-loving Northeast Team were hosted by Dr. and Mrs. Hylton Gordon during the Summer. It was an excellent evening of Celebration Food, FUN and comradery, which brought out a number of Ole Farmers including Florida Ole Farmer Lance Garrick in celebration for the first time, since the pandemic.

Sincere thanks to both Audrey & Dr. and Mrs. Hylton for opening your homes and the hospitality to our Ole Farmers.



Our own War-B Florida Region, continues to implore your contribution to the \$19.10 (or any other \$ amount), Fund. As you are aware, our noble institution was founded in 1910, and it's the hope that if all our graduates contribute a minimum of \$19.10 we can continue our Mission. Thank you WarB. Let's all GIVE to this Fund.

Our Florida team under the Leadership of VP Jurist Willis is busy planning for our 17th OFANA AGM!

Please save the date for this very special Event! May 26, to 28, 2023 Memorial Weekend in Florida.

Please start planning to attend. More information to follow.



Founders' Day *Save the Date*

JANUARY 27-29, 2023

Our CASE Alumni President Pius Lacan and his Dedicated Team are planning the Founder's Day 113, Weekend. Please save the date for the last weekend in January, 2023. Please let us know if you would like to present any literature, findings or papers you have to share. Let's plan to participate at CASE.

The OFANA – Annual General Meeting 2022, was a huge success, thanks to the collective efforts of our VP Spence, and her Team, VP Bredwood, President Jarrett and Sponsors. The event was well attended, and we continue to be appreciative of Dr. Karren Dunkley, our MC and Moderator of our Panel Discussion. Keynote speaker was Dr. Vincent Little an Agriculture Economist who “Spit the Matter.”

The panelists included:

- **Dr. Lawford Baxter – Cut Fruit Express – Food Processor;**
- **Dr. Samuel Scott –Economist & Agronomist;**
- **Mr. Norman Allen Environment Health Specialists**
- **Ms. Joele Weir who hosts a**

Podcast on environmental issues. This dynamic team kept the audience fully engaged.



"The weekend's other highlights included the presentation of 28 students who were awarded US \$32,500.00 in scholarships. Thanks to Dr. Norma Dawkins & the scholarship committee who worked tirelessly to vet the applications. Additionally, OFANA offered the college President a gift of 75 Fruit Trees – (60 to celebrate Jamaica's 60 th Jubilee and 15 to celebrate OFANA's 15 th anniversary). We still await word from the College President as to the type of fruits the College needs."

Norma Jarrett

A Sincere thanks to Trees that Feed who partnered with OFANA for this gift. Will keep you posted. The weekend finale was wrapped in a bow via the inspirational Church Service lead by Ole Farmers Bishop John Baker and Pastor Paulette Wright. We received excellent greetings from our CASE Alumni President Lacan as well as Student Counsel President Mr. Chris Honeyghan; UJAA and AJAA Presidents. This virtual AGM was a huge success.

OFANA Scholarships - I am happy to report that based on your directives - to ensure greater accountability (supportive documents from the College) for funds disbursed; OFANA engaged a third party independent entity to ensure funds earmarked for scholarships were debited to students' accounts and that we received signed documentations for the transaction. Thanks to our Scholarship Chair Dr. Dawkins and our own Ole Farmer Attorney Elio Morgan for vetting the MOU documents. While the process took some time to finalize, I am happy to assure you that the students were not impacted, they were all given award letters earlier, prior to start of the semester, and knew the funds were forthcoming. Also happy that the process went seamlessly and thereafter this third party will help to execute funds.



The banner features a central image of a green field with a large OFANA logo in the foreground. The logo is circular with a green border and contains the text 'OFANA' and 'Ole Farmers Association'. Above the logo are three flags: the Canadian flag, the American flag, and the Jamaican flag. Below the main image, the text 'OFANA' is written in large red letters, followed by '2022 Virtual AGM-May 28-29 2022' in white. At the bottom, there is a row of six smaller logos and the theme: 'Restoration and Sustainability for Food Security'.

Read the 2022 AGM Magazine [HERE](#)

OFANA recently received 2 awards from the CASE Alumni Group for our commitment to the College as well as our Philanthropic deeds. The Presentation was at the Pegasus Hotel in Jamaica, where other awardees included Dr. Karl Wellington; Dr. Michael Motta, Mr. Canute Sadler, Hon Robert Montague and Dr. Dian Medley. The evening was truly one of excellence with scholarship award presentations and greetings from Ministers of Agriculture and Education. President Lacan and his team delivered great ambience, food and music and an opportunity for Ole Farmers to network. Sincere thanks to President Lacan and his Team, for the recognition.

The Toronto Region received a gift of 10 printers, scanners, and fax machines from a donor that was willing to pay for shipment.

Unfortunately, OFANA had to decline the offer as the College continued to request information that was beyond our means to provide after they accepted the offer. I have received numerous inquiries from you our members and donors, regarding our OFANA Plant Tissue Culture Lab at CASE; unfortunately, there is no updated information to disseminate.

OFANA also await next steps regarding offers made to the College for assistance with security devices gifted by donors, following the incidents of rape of female students on the campus. I will appraise you when further actions are taken.



OFANA is currently drafting our 2023 Strategic Plans for the next 5 years; kindly contact Wendell Codner the Committee Chair for this project, or myself, if you would like to be a part of this committee and or to make suggestions for consideration.

I recently appointed Ole Farmer Maureen Stewart as our Membership Chair; she is hard at work with her committee, working on our membership drive. I implore you to please cooperate with Maureen and her team to ensure sustainability of our organization's membership.



We are currently updating our OFANA Website; we ask for your ideas for improvement of our current site. Please contact or e-mail me with your ideas.

As usual, please contact me with suggestions or ideas as we work to ensure OFANA remains the premier Alumni Association delivering stellar services to our constituents the students at CASE. Thank you for your continued hard work and commitment to our OFANA Mission.

**God Bless you and
Jamaica, Land We Love!
Be Safe and Be Well.**

Norma

THREE POWERFUL HERBS FROM 'YARD

CERASEE

Cerasee, a wild variety of *Momordica charantia* is traditionally prepared as a tea for the treatment of diabetes mellitus in the West Indies and Central America. Today Cerasee tea is available in tea bags.

LEAF OF LIFE

Also known as the miracle leaf, life plant, Goethe plant, the Mexican love plant and as its scientific name *Bryophyllum pinnatum*, the leaf of life is a popular house plant that has been linked to numerous health benefits.

The plant is native to Madagascar but is grown in most tropical areas including Jamaica where it is widely used as a herbal remedy to treat respiratory conditions such as asthma, colds, coughs, shortness of breath and bronchitis. It is usually consumed as tea, blended in juices or eaten raw.



Lemon Grass/ Fever Grass

In food and beverages, lemongrass is used as a flavoring. For example, lemongrass leaves are commonly used as "lemon" flavoring in herbal teas. Lemongrass might help prevent the growth of some bacteria and yeast. Lemongrass also contains substances that are thought to relieve pain and swelling, reduce fever, improve levels of sugar and cholesterol in the blood, stimulate the uterus and menstrual flow, and have antioxidant properties.



Read more

Caution



Please consult a medical professional before imbibing any kind of "herbs".



Source: webmd.com

NATURAL LEMON

from our Florida UP

Jurist Willis
Associate Professor
School of Science
Miami Dade College

You Will Need:

Natural Face Mask

1. The juice from half a lemon
2. 1 tablespoon raw honey
3. Towel

Mix the lemon juice with the honey until you get a smooth mixture.

Wash your face with a mild cleanser and pat it dry.

Apply this mixture onto your face. Make sure to avoid the fragile skin around your eyes.

Leave the mixture on for about 20 minutes.

Wash it off with warm water, followed by cool water.

Pat your face dry with a towel

REMEDIES



Honey Lemon Tea

INGREDIENTS

2 lemons (thoroughly cleaned)

2 piece fresh ginger (about the size of your pointer and middle finger)

Raw honey

12 oz mason jar

INSTRUCTIONS

- Slice lemons and ginger. Place the lemon and ginger slices in the mason jar, alternating layers of each.

- Slowly, pour honey over the lemon and ginger. Allow the honey to sink down and around the lemon and ginger slices.
- Fill jar to the top with honey and seal tightly.
- Store in the refrigerator. Over time, the mixture will start to turn into a loose jelly.

When you are in need of some soothing tea, scoop 2-3 tablespoon into a mug full of hot water—be sure to scoop whole pieces of ginger and lemon. Allow to steep for 3-4 minutes and sip away

MAKE A HOT TODDY

For when its' really cold out there!

Ingredients

- Whiskey (good quality)
- Hot Water
- Honey
- Ginger
- Lemon Juice

1. Mix whiskey, water, & lemon juice
2. Microwave 1 minute (until hot)
3. Stir in honey (& ginger for an extra kick to that cold)



INTERNSHIP OPPORTUNITIES FOR RECENT GRADS

If you're a current student or recent graduate, you may be eligible for federal internships and job opportunities through the Pathways and other student programs.

USDA Pathways Internship Program

USDA Pathways Recent Graduates Program

USDA Pathways Presidential Management Fellows (PMF) Program

Other Internship Programs



Source: USDA

Confused about Breast Cancer Screenings?



The U.S. Preventive Services Task Force, which includes physicians and other experts, recently updated its recommendations to say that women who are 50 to 74 years old should have a mammogram every two years. Women who are 40 to 49 years old and those 75 and older should talk to their doctor about whether to have a mammogram.

The updated guidelines suggest that women who are 40 to 49 years old should talk to their doctor about whether or not a mammogram is right for them.

Living a healthy lifestyle has been shown to help reduce the risk of breast cancer. Start by quitting smoking, limit alcoholic drinks to one per day, keep a healthy weight, and exercise regularly.

HAPPENINGS IN OFANA

NORTHEAST



DEC. 10

DINNER DANCE

The Dinner Dance is back! Our first face-to-face event since 2019. Dust off the dancing shoes and join us at the Marriot, Stamford CT for a night of fun.



DEC. 26

BOX-IT-UP

Join us for a fun virtual event the day after Christmas. There will be music games and an awesome scavenger hunt. Bring your own drinks. Free entry!!

FLORIDA



MAY 28-30

AGM- FLORIDA



Coming soon!! Our annual reunion will be held in Florida on Memorial Day weekend 2023. More details on the venue is forthcoming.

GEORGIA



NOV.29

GIVING TUESDAY

Georgia Region is inviting you to join the global generosity movement and give on Tuesday November 29, 2011

Text "OFANA" to 44-321 to donate

TORONTO



Toronto, in partnership with AJAA held a "Walk & Talk" fundraiser which was very succesfull.



VP Toronto Audrey Spence chilling with Ole Farmers and family.

Northeast group chilling at the residence of Dr. & Mrs. Hylton Gordon in September, 2022



Ole Farmer Kenton Barret enjoying his retirement in Italy



Miriam Brown-The first recipient of the Dudley Johnson OFANA Scholarship





OFANA HONORED

OFANA was honored by the CASE Alumni for outstanding philanthropic workson the occasion of their "Evening of Elegance" at the pegasus Hotel in Kingston.



HATS
off

Dr. Noel Gordon,

On the publication of your new Book
" You Come First"



Congrats
WENDELL

RISE E. Allen James 2022
Leadership Awardee



Congrats!

**BRENDA
BROWN-
LEIGHTON**

on your recent achievement in the
study of law.





Congratulations

**TO CASE ALUMNI PRESIDENT - PIUS LACAN ON A
SUCCESSFUL ANNUAL GENERAL MEETING
AND HIS NEW SLATE OF OFFICERS**

KUDOS
to

**CHRISTOPHER
HONEYGHAN & ANTONIO
SPENCE**

**on being re-elected Student Council President
and Vice President at CASE**



Passing of Gary Dixon

Retired RADA Manchester Parish Agricultural Manager Mr. Gary Dixon has passed. may his soul rest in peace.



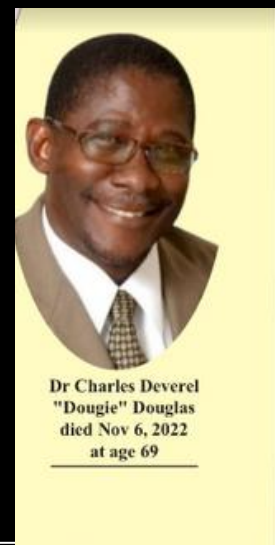
Winston George Armstrong

Winston passed away peacefully surrounded with love from his family in Jacksonville Florida, October 30, 2022 (at age 67). He leaves to mourn him – Son Adrian “AQ” Armstrong, Daughters, Andriene “Priss” Armstrong and Sarah Armstrong; Sister, Ole Farmer Delrine Armstrong and other sisters. He was predeceased by son Kevin Armstrong.



Dr. Charles Deverel 'Dougie Douglas

OFANA mourns the passing of Dr. Charles Deverel "Dougie" Douglas on November 6th, 2022. may his soul rest in peace.



Celebrating 100 Years of Reader's Digest

A pair of cows were talking in the field. One says, "Have you heard about the mad cow disease that's going around?"

"Yeah," the other cow says. "Makes me glad I'm a penguin."

October 2003

At a party, a young wife admonished her husband, "That's the fourth time you've gone back for ice cream and cake. Doesn't it embarrass you?"

"Why should it?" answered her spouse. "I keep telling them it's for you."

March 1981

A teenager brings her new boyfriend home to meet her parents. They're appalled by his haircut, his tattoos, his piercings.

Later, the girl's mom says, "Dear, he doesn't seem to be a very nice boy."

"Oh, please, Mom!" says the daughter. "If he wasn't nice, would he be doing 500 hours of community service?"

October 2008

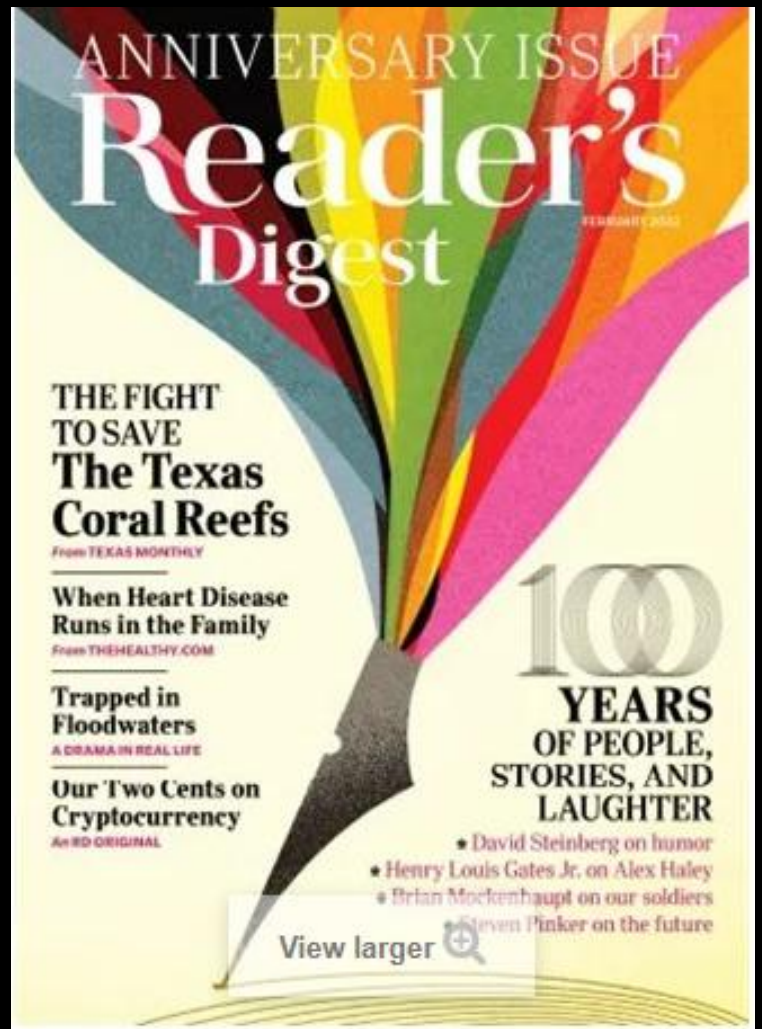
A gawky lad from New England came to New York with his girl, and took her to nearby Playland Amusement Park. They had heard a lot about the Tunnel of Love and were especially anxious to try it out. But when they got home, the kids expressed disappointment.

"Shucks," the boy said, "it was dark and damp and uncomfortable. Besides, we got soaking wet."

"How come?" asked a friend. "Did the boat leak?"

The kid looked amazed. "There's a boat?"

February 1960



*Laughter is
good for
the soul*

DON'T FORGET!



NORTHEAST REGION
presents our
Annual Fundraising Dinner



Marriott
243 TRESSER BLVD,
STAMFORD, CT 06901
(203) 357-9555
Book Now



Buy tickets on
Eventbrite

Gate Prize: Weekend for two at Marriott.

For More Ticket Information call:
Dr. Hylton Gordon (914) 908-0055
Mr. Paul Miller (917) 865- 4516
Mr. Stanley Baxter (917) 709-7995

Buy tickets here or
call the numbers on the flyer

Eventbrite



THE STAMFORD

700 E. MAIN STREET,,
STAMFORD, CT. 06901

BOOK NOW



Gi♥ing Tuesday



Join the global generosity movement
and celebrate all acts of giving.

Text "OFANA" to 44-321 to donate

or go directly to [give lively](#)

★
TEXAS

COMING SOON

Jerkupz



"The Jerk You Love"

WE WAVES IN
STANMARK

Quality You Can Taste!



 **CUTFRUIT EXPRESS**

11585 Courthouse Blvd
Inver Grove Heights, MN 55077
BUS (651) 438- 8834 FAX (651) 438-8840
www.cutfruitexpress.com

We have the Largest Employee
Garden in The State. Our
Employees Love Their Gardens.






Ole Farmers Association North America Inc.


- Is a domestic nonprofit alumni association founded in 2007
- Was incorporated in the state of Georgia on July 14th, 2009.




PARTNERS



The Union of Jamaican Alumni Associations (UJAA)



The Alliance of Jamaican Alumni Associations (AJAA)




Jamaica Diaspora Task Force Action Network (JDTAN)



CASE Alumni Association



Jamaica Diaspora North-East (JDN)



Joseph & Vera Douglas Family Foundation



MEMBERSHIP

Membership is open to graduates of:

- College of Agriculture, Science and Education (1995- Present).
- College of Agriculture (1981-1995).
- Jamaica School of Agriculture (1942-1981).
- Government Farm School (1910-1942).



Apply for membership

[HERE](#)

