

DR. JANINE DAWKINS

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HUBERT
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PHREY
FELLOW



Director of Technical Services in the Ministry of Transport and Works, Dr. Janine Dawkins, has been selected as Jamaica's Hubert H. Humphrey Fellow for 2005/2006.

The Fellowship Programme brings accomplished professionals from designated countries of Africa, Asia, Latin America, the Caribbean, the Middle East, Europe and Eurasia to the USA at a midpoint in their careers for a year of study and related professional experiences. Fellows are nominated by the US Embassy in Kingston based on their potential for national leadership. By providing these future leaders and policymakers with a shared experience of US society and culture, the programme intends to provide a basis for lasting, productive ties between Americans and their professional counterparts in other countries.

The Fellowship is jointly sponsored by the US Department of State and the Fletcher School of Law and Diplomacy at Tufts University, Boston, Massachusetts. It is opened to applicants worldwide and this year, of the three hundred and seventeen nominees who competed for one hundred and fifty-eight grants, Dr. Dawkins was the only one selected from Jamaica. She has been awarded a one year grant during which time her focus of study will be on Urban and Regional Planning.

Dr. Dawkins joined the then Ministry of Construction (Works) in 1990 as a Traffic Engineer and was subsequently promoted to the post of Chief Traffic Engineer, becoming the first woman to hold that post. Under her watch, a number of traffic initiatives were undertaken to manage bothersome traffic congestion, particularly in the Corporate Area.

She will take up the fellowship in August, 2005 and will return to the Ministry upon completion of the course of study.

EDITORIAL



Dunn's River Falls is one of Jamaica's premier tourist attractions but in order to maintain its breathtaking beauty and develop the site at the same time, it is necessary to close it sometimes and also place restrictions on it with respect to its carrying capacity.

Many persons preferred the pristine charm of Negril in its heyday as a Mecca for hippies but in light of the eventual 'discovery' of the location by more and more persons, a distinct change in the physio/socio make-up of the area had to take place.

In both examples cited, we are essentially talking about sustainable development. This speaks to the fine balancing act that has to be practised with respect to the preservation of the environment versus the kind of modern existence which most societies today demand. In order to keep this ratio in balance, many elements have to be taken into consideration. This Ministry for instance, is heavily involved in the building of roads and bridges. Before a road is constructed, quite apart from the obvious factors such as community size, location, socio-economic activities, the whole matter of environmental impact will have to be taken into consideration. The fact is that the delicate balance between development and the environment has to be maintained so that one is not sacrificed for the other.

Ask the bauxite companies operating in the island. This activity (the mining of bauxite) is an important part of this nation's survival. In order to maintain the environmental/developmental balance, these companies have to observe a particular code of conduct. Ask them about their re-forestation programme after they have mined a particular area, for instance.

The matter of sustainable development should be the remit of every citizen; after all we will all either benefit from this status quo or perish as a result of its imbalance!

Thought Delight in beauty and make it more beautiful; cherish life and make it more meaningful; be thankful for the good things and make them even better; make use of your strengths and they will become stronger

Prospective applicants for the Humphrey Fellowship should note that the programme is policy oriented and that closing date for applications is Friday, August 26, 2005.

WHICH PERSONALITY ARE YOU?

There are four types of personality; see if you can identify yours.

SANGUINE: happy, warm, but self centred and superficial

MELANCHOLIC: artistic, analytical but usually pessimistic; deep feelers, critical

CHOLERIC: driven, independent leaders but frank, stubborn, insensitive.

PHLEGMATIC: calm, carefree, agreeable but usually nonchalant, indecisive and stingy.

INTERFACE

Feb-March 2005

Volume 9 Issue 1

The Ministry of Transport and Works' Newsletter

GROUND BROKEN FOR NEW TRANSPORT CENTRE

Prime Minister P.J Patterson on Wednesday, March 30, 2005, broke ground for the construction of a state-of-the-art transportation centre in Half Way Tree on the grounds of the former Odeon Cinema.

The Centre will be a central facility providing one terminus area for all buses traversing Half Way Tree. It will boast a terminal with bus platforms on two levels able to receive up to sixty-four buses simultaneously. A commercial area will be located on the two levels with the bus platform. The Port Authority of Jamaica (PAJ) will be responsible for the management and execution of the Project which will have 15,000m(sq) of space available for shops to generate income for the Centre. Contractors for the Project are Transurb Technical and designers are Euro Immo Star. It will be funded by the Commerz Bank and the Government of Belgium.

Construction period for the Centre is expected to be 30 months with completion scheduled for the last quarter of 2007.

In terms of financing for the Centre, the government has secured a loan of 54.5 million Euros – (\$US71.3M) from the Belgian government on very concessionary terms. The total loan amount being provided through the Commerz Bank of Belgium is approximately EUROS 54.5M. Approximately 80%, some EUROS 43.5M of that amount is being loaned on an interest free basis. The remainder, just under EUROS



PM breaks ground for the Transport Centre

11M is being loaned at the rate of 4.3% per annum. Repayment will start after the designated construction period and will be over a 10 year period at six month intervals.

Speaking at the ceremony,

Prime Minister Patterson noted that 'this morning's groundbreaking ceremony ... is a new phase in the modernisation of the transportation facilities of our capital city.' He pointed to the fact that 'more than two hundred thousand commuters converge in Half Way Tree as they use the bus services.'

Continuing, he said 'present conditions are less than satisfactory ... the new Half Way Tree Transportation Centre will provide a central terminus for commuters.'

'The commuting public who traverse the Half Way Tree area each day will benefit directly from this project...the improved travelling conditions and reduced stress will result in increased productivity at the work place,' he noted.

In recognising the delegation from Belgium on hand for the ceremony, Prime Minister Patterson observed that 'it is perhaps fitting that it is the Government of Belgium which is facilitating this project as they have been involved almost from the very outset to put a modern bus service in place in the KMTR.'

He highlighted the fact that the Volvo buses which are a part of the bus service were in part manufactured in Belgium and noted that Belgium is playing a central role in the financing of the undertaking.

In his presentation, Prime Minister Pat-

erson also looked at some of the various measures employed by the Ministry of Transport and Works to address some of the problems within the transport sector. He pointed to special buses which were imported to service the hilly St. Andrew routes; these buses were equipped to deal with access for the physically challenged. He also made mention of the cashless swipe card system introduced on the JUTC buses, the Executive Bus service as well as the capacity and scope of activities of the Transport Authority which were improved to deal with the attendant regulatory functions.

Minister Pickersgill for his part focused on the corollary activities associated with the Transport Centre. These he listed as (a) an extensive road building and maintenance programme (b) the introduction of a motor vehicle policy that has transformed the taxi fleet serving the public and (d) legislation which were recently passed to amend the Transport Authority Act and the Road Traffic Act.

Various stakeholders from the Transportation industry, Government, the diplomatic corps, the private sector as well as the general public were on hand at the ground-breaking ceremony. These included: Mr. Louis Michel, EU Commissioner, Mr. Herman Portocarero, Belgian Ambassador, Mrs. Claudia Demaerschalk from the Office of the Vice Prime Minister, Belgium, Mr. Gerd Jarchow, head of the EU delegation in Jamaica, Hon. K.D Knight, Minister of Foreign Affairs, Dr. the Hon. Peter Phillips, Minister of National Security, Dr. Omar Davies, Minister of Finance, Hon. Dean Peart, Minister of Land and Environment; Hon. Danny Buchanan, Minister of Water and Housing; Hon. Robert Pickersgill, Minister of Transport and Works, Minister of State in the Ministry of Transport and Works, Dr. Fenton Ferguson, Mayor of Kingston, Mr. Desmond McKenzie and many others.

Work on the Centre is expected to start by the end of March.

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MTW CELEBRATES EASTER

"When I look into your holiness/
When I gaze into your loveliness/
When all things that surround...I worship you/I worship you."

That was the opening song which set the tone for the Ministry of Transport and Works' observation of its annual 'Easter Reflections' which took place on March 25, 2005.



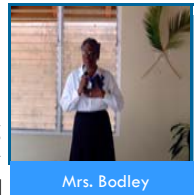
A section of the 'congregation'

In keeping with traditional Easter themes, the Ministry's Lunch Room was tastefully decorated with palm branches, and Easter lilies, a fitting backdrop for the 'feast of the passion' that followed later.

Chairman for the programme Dorothea Clarke welcomed everyone and

then invited Kenute Hare, Accident Statistician in the Road Safety Unit to pray. In a very robust prayer, he petitioned the throne of grace and got things off to a very spirit filled start. Under the theme "The Good Shepherd" the programme utilised the combined talents of members of staff and invited guests to sing, read passages of scripture as well as inspirational readings.

Sharing in the programme, were Noreen Greenwood, Yvonne Colquhoun and Orville Hammond who delighted the audience with their respective performances in song. But it was perhaps the passionate outpouring of Hyacinth Bodley from the Finance and Accounts Directorate that best captured the mood of Easter and the message of the 'Good Shepherd'. With outstretched arm, she ministered in songs and a will-



Mrs. Bodley

Guess Who?

Can you hazard a guess as to the identity of this person? If you can, please send your answers to the PR Unit by May 20, 2005 and you could be the winner of a pleasant surprise. The first correct answer drawn will be adjudged the winner. The picture in the last issue was that of Shawn Ashman. There was no winner of that prize.



ing 'flock' was only too happy to be one with her. Also demonstrating the talent range which exists in the Ministry was Julian Wignall whose delivery in song was also well received.



Mr. Wignall

Following the programme, refreshments consisting of bun and cheese along with drinks, courtesy of the Social Committee were served to appreciative patrons.

Your Health



Your Most Valuable Possession

OH FOR HEALTHY SLEEP!

Most persons will have experienced some type of sleep problem in their lifetime without any major inconvenience but the loss of quality sleep can be debilitating if it continues for any length of time.

The actual amount of sleep we need is an individual matter. Some people can do quite well with fewer than five hours of sleep, while others may need as many as ten or more. A sleep deficit of only a few hours can result in irritability, fatigue, trouble with concentration and an inability to stay alert during the day. In addition, insomnia is usually a symptom of an underlying problem, such as stress, depression, ill health, diet or a sedentary lifestyle.

As we get older, changes occur in our sleep patterns and there is a tendency for our sleep to begin and end earlier. The quality of our sleep also changes. Little or no time is spent in the deeper forms of sleep and so our sleep is more easily interrupted by noise, the need to take a trip to the bathroom, or physical discomforts. Compounding the problem, according to the 'Better Sleep Council', falling back to sleep then becomes even harder to do.

Here are some practical suggestions to assist in having better sleep:

- Avoid hunger or overeating before going to bed. Eating increases the heart rate, which makes it difficult to sleep, while the discomfort of hunger can keep one awake. Try a light snack a couple of hours before bedtime.
- Stop smoking. The nicotine in smoking is an even stronger stimulant than caffeine. Research shows that smokers tend to take longer to fall asleep and often wake up during the night with cravings for nicotine.
- Monitor your drinks in the evening. A full bladder can wake you and once awake, there is the possibility that you may find it difficult to fall back asleep. Alcohol and caffeine both adversely affect sleep and even though alcohol may help temporarily, it will disrupt the pattern and quality of sleep.
- Keep routine patterns. Regularity of going to bed and getting up at the same time everyday, helps keep one's biological clock in rhythm during a time that it begins to beat faster and interrupt sleep patterns.
- Unwind before bedtime. Read, listen

to music, or watch a favourite television programme for about a half hour before bedtime. Take a warm bath; make it special with candles, a good book and bath oils.

· Make the bedroom inviting for sleep. Keep work and other such activities out of the bedroom. Carpets and rugs help reduce the noise and draperies or blinds can reduce morning light.

· The right bed. Invest in a good mattress and pillows.

· Exercise regularly. Being fit helps make you resistant to stresses that can work to keep one awake at nights; when people are active, they tend to rest better. One should however avoid vigorous activities within two hours of bedtime (with the exception of sex possibly).

· Use natural sleep aids. Valerian, kava, chamomile tang kuei, lavender oil and melatonin are all good natural sleep aids which do not have the harmful side effects of sleeping tablets.

Re-printed from an article in the 'Daily Gleaner'

'MS. FRANK AND UP-FRONT'



Miss Jennifer Campbell

It is unfortunate that Spanish Town in recent times has become synonymous with crime, violence, unsavoury characters and overall negativity. Because apart from the town's historic significance, the area has produced many outstanding citizens such as noted historian, **Mr. T.O.B Goldson**, Olympian **Bert Cameron** and current Chief Justice, **Mr. Lensley Wolfe**.

As far as this Ministry is concerned, **Jennifer Violet Campbell** is another outstanding citizen.

Thirty-three years ago when she embarked on a career in the public service, little did she know that today she would hold the position of Director of Budget in the Finance and Accounts Directorate.

Fresh out of St. Catherine High School, she started out at what was then the Ministry of Communications (Work) and has seen the organisation through its various transitions to the current Ministry of Transport and Works.

Of her years thus far in the Ministry she had this to say: "I came to a University when I came here...I learnt everything right here, how to be good, how to be bad...it has been interesting." She however noted that at various times, it has been a case of 'too much hard work and not enough pay.'

She says though that she has a good relationship with everyone, 'but', she cautions, 'few persons understand me...I laugh a lot and I'm sometimes serious,' and as if to confirm part of the statement, breaks out into a pleasant laugh exposing her beautiful white teeth.

Jennifer's ability to get on with large groups of persons should come as no surprise as she is the product of a large family. She is the third of eight children from the union between her parents. She grew up with mainly her mother and her siblings as her father migrated when she

was young. Maybe it is this love of little children that informed her choice of a possible alternative career. "If I had not gone into the public service, I would have become an early childhood educator...the younger the children, the better..." she says with an obvious twinkle in her eyes.

Anyone who knows Jennifer can attest to the fact that she is quite trendy and chic when it comes to dressing so I asked her about this side of her. She highlights the fact that one should dress to suit the particular occasion and in particular for the Office - proper dress codes should be observed at all times. And talking about the Office, she has very definitive opinions on things that affect that environment. Take for example, the separation of the then Public Works Department (PWD) from the Ministry of Transport and Works. She has some unpleasant recollections... 'I found it a particularly painful experience as I don't think the whole process was handled well at all...', she trailed off with obvious pain in her voice.

Away from her regular '9-5', Jennifer is passionate about travelling, sports, in particular, basketball, cricket and adores wildlife and the general outdoors. She is no slouch in the kitchen either as she loves to experiment, singling out Chinese cuisine as one of her favourites though she was careful to note that she loves 'all foods' while pointing to her voluptuous fulsome physique.

Role models? Former bosses of hers came in for high praise here and she singled out **Ivy Simon**, **Winston Wright** and **Seymour Smith** ('he speaks his mind like I do') as those who were instrumental in this department.

Being such a candid character, it would not have won anyone any medal to guess that Jennifer's pet peeve is 'people who skirt around the truth'. She readily acknowledges her spirituality as is reflected in her guiding philosophy - 'have faith in God - nothing is too big that He cannot accomplish.'

So what next for this member of the Waterford Atonement Catholic Church? On a lighter but no less serious important note, she said, "I would like to retire very soon and start to 'live life'...I owe it to myself to be stress-free..."

There is every confidence that she will do just that!

TRANSITIONS



Welcome Aboard
Cheryl McLeod
Meisha Gowan



Enjoy Your Vacation
Barrington Pinnock
Sheila Munroe
Nora Kennedy
Andrea Gaynor
Julette DaCosta



Welcome Back
(from Vacation)
Jodie Munn-Barrow
Rose-Marie Johnson
Alvin Bradnock
Sonia Cooper-Thompson
Margaret Sinclair-King
Carol Lee-Cunningham



Farewell & Best of Luck
Noel Edwards
(pre-retirement leave)



Congratulations
Appointments/Promotions
Georgia Austin
Mourine

Vaughan
Celia Roach
Natalie Fuller
Suzette Forbes
Dennis Blair
Christopher Gordon



Academic Achievements
Dr. Janine Dawkins—
Hubert Humphrey
Fellowship