



First Regional BUZZZZ

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FIRST REGIONAL SPONSORS COMMIS CHEF PROG.

Twenty previously unattached young people are now being trained at the HEART College of Hospitality Services in order to acquire the necessary skills to become Commis Chefs. At the end of training, the individuals should be able to secure entry level positions in the culinary field.

The 15-month Commis Chef programme is being administered by the Social Development Commission (SDC) in collaboration with the HEART College of Hospitality Services. Noting the high incidence of poverty, SDC Chairman, Mr. James Walsh told the participants that training through the Commis Chef programme was one of the most



First Regional CEO Ms. Patricia Smith addressing trainees in the HEART Commis Chef programme



The programme which was launched on November 5, 2015 is being sponsored by First Regional Co-operative Credit Union as part of its commitment to helping to shape Jamaica's future through its Corporate Social Responsibility initiative.

Speaking at the launch, First Regional's CEO Ms. Patricia Smith told the participants to seize the opportunities offered through the Commis Chef training so that they would be empowered to make meaningful contribution to the hospitality industry.

meaningful things they could do to escape the trap of unemployment. The group was also addressed by Custos the Hon. Norma Walters.



L-R: St. Ann Custos, the Hon. Norma Walters; SDC Chairman, Mr. James Walsh and First Regional CEO, Ms. Patricia Smith

FIRST REGIONAL SPONSORS COMMIS CHEF PROG...cont'd



CEO Ms. Patricia Smith interacts with chefs who were on hand to do live cooking demonstrations



The chefs get ready to conduct their live cooking demonstration of preparing various meals

FIRST REGIONAL SPONSORS 10K/5K RACE IN ST. MARY

First Regional Co-operative Credit Union Ltd. sponsored the inaugural 10K /5K road race organised by the St. Mary Parish Development Committee and the St. Mary Police Community Safety and Security Branch.

The race was run on Sunday, November 29.

First Regional Director, Mr. Patrick Haywood presented the trophies and awards on the Credit Union's behalf.



LEFT: Female Champion Shanell Davis hoists her trophy while male winner Dwayne Graham (above) accepts his trophy and prize from Director Haywood. (Below) Others who placed in the race receive their trophies



GAMES-DAY 2015



Many of them were reminded that they were indeed not as young as they used to be! Try falling down, on cue at: "ALL FALL DOWN" during 'Ringa-Ringa roses!' For some, the 'falling down' stopped at merely stooping! But then again, they were warned to bring along the Bengay!

The only creativity needed for the bulla-eating contest was the skill of eating fast – otherwise called gulping it down. Jodie Pryce distinguished herself in this regard by doing the very opposite! She won the bulla-eating competition hands down by taking small bites and chewing away in earnest! Jodie also walked away with the prize for participating in the most events. **Gwaaan M.V.P. Jodie!!** Kerry-Ann Gordon won the Chinese skip competition.....



CHINESE SKIP

Moderator Deslon Brown – who was 'father' for the occasion could not get the 'children' away from the television – whether he spoke in English or Patois! "Children, children..." he called. "Yes Papa," they answered. "Time to turn off the

Thursday November 26 was games day for the St. Ann's Bay First Regional staff. At the end of the evening that was chock-full with fun and excitement, nobody worried. After all they were there to recapture the best days of their lives – and to let the inner child shine. And, boy did they ever!

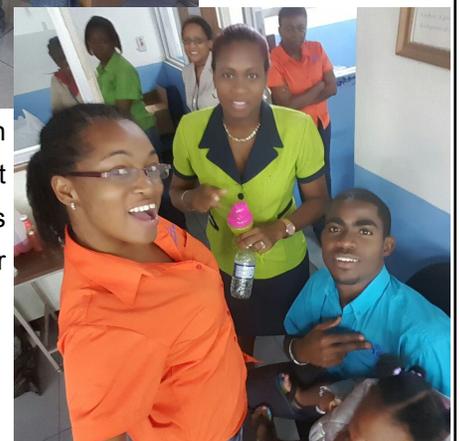
From watching Popeye the Sailor Man and Tom 'n' Jerry; to playing dandy-shandy; Chinese skip, hop-scotch, hanky-panky; the First Regional staff members threw themselves wholeheartedly into the evening's activities. Not even the rains which poured in buckets-full could dampen their enthusiasm!

The games, originally planned for the car park at the St. Ann's Bay branch, were moved to the inside where the staff's resourcefulness and imagination converted the banking hall to a veritable children's playground. Tape on the floor defined the boxes for hop-scotch; empty orange juice boxes were the 'balls' for dandy-shandy; while elastic bands were intrinsic to the game of Chinese skip.



T.V", he pleaded. When he was repeatedly ignored, Deslon was forced to exercise his 'paternal' authority and turn the T.V. off, so that the 'children' could get back to the ring games!

Well done Deslon for being a 'great M.C.' We are always happy to discover new talents.

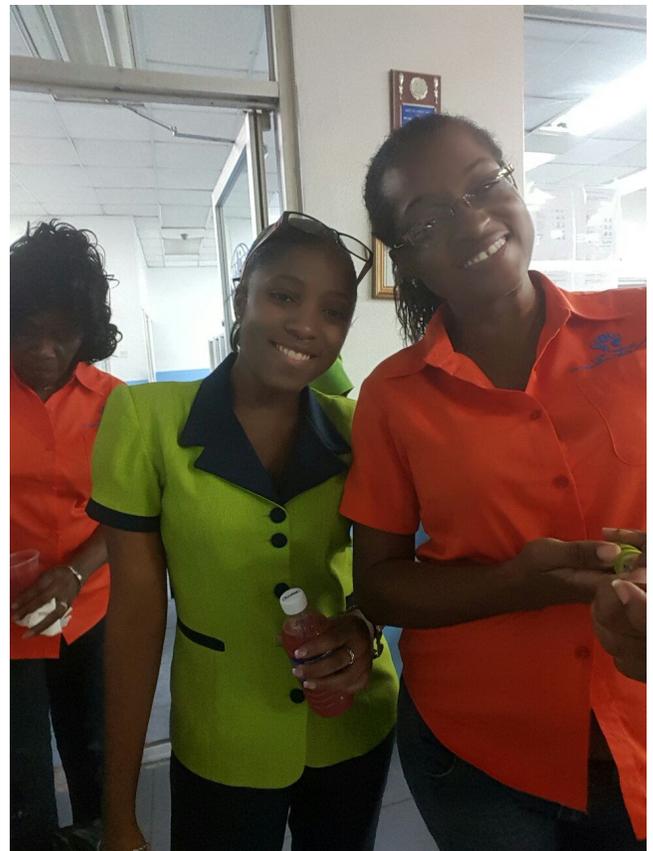


GAMES-DAY 2015



I was busy enjoying myself” declared Wade. Tavar who lost the bulla-eating contest summed it up well: “The evening was good – trust me! Wish we had more like that!” **AND SO SAY ALL OF US!**

Overall, involvement was rich and every age group participated as they sought to recapture the best days of their lives. The question is: How many people had to rub the aches and pains with Bengay afterwards?!



GAMES-DAY 2015



The game of Dominoes was the focus of the Round Hill Branch's activity on games day. Of course eating was part of the afternoon's past time...



GAMES-DAY 2015



The Negri team reported that their staffers played Twister, Dominoes and Egg & Spoon Race. By their own account, they also had a good time and the food was excellent...



GAMES-DAY 2015



Staff members in St. Mary ensured that 'di fun did tun up to di max' during their games day. Even their cake declared their intention!

This group played 'Guesstures.' Anyone familiar with the game know that is pure belly laughing and crosses as people contort themselves in every which way, while others try to guess what the various actions and gestures signify.

From all accounts, the St. Mary branches came together and had a wonderful fun-filled evening of fellowship and good food.



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PHOTOS: Contributed by various STAFF members