

## National Symbols Information

- The African Caribbean Institute of Jamaica/Jamaica Memory bank  
[The Significance of Jamaica's National Symbol - the Coat of Arms By Rochelle Clarke](#)
- Canada Jamaica Consulate  
<https://jcgtoronto.ca/>
- Office of the Prime Minister  
[National Tree – The Blue Mahoe](#)
- The Gleaner:  
<https://jamaica-gleaner.com/article/art-leisure/20230723/blue-mahoe-symbol-strength-and-resilience#:~:text=File,Very%20concerned>

## Parish Information:

- Jamaica National Heritage Trust  
<http://www.jnht.com/hanover.php>
- Parish Histories of Jamaica  
[/https://www.parishhistoriesofjamaica.org/wp-content/uploads/2020/03/Parish-History-of-St.-Catherine.pdf#:~:text=St.%20Catherine%20was%20one%20of%20the%20first,of%20the%20largest%20parishes%20in%20Jamaica%20today.](https://www.parishhistoriesofjamaica.org/wp-content/uploads/2020/03/Parish-History-of-St.-Catherine.pdf#:~:text=St.%20Catherine%20was%20one%20of%20the%20first,of%20the%20largest%20parishes%20in%20Jamaica%20today.)
- <https://www.nlj.gov.jm/history-notes/History%20of%20Westmoreland.pdf>
- chrome-extension://efaidnbmninnibpcapjpcglclefindmkaj/<https://www.nlj.gov.jm/history-notes/History%20of%20Hanover.pdf>
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