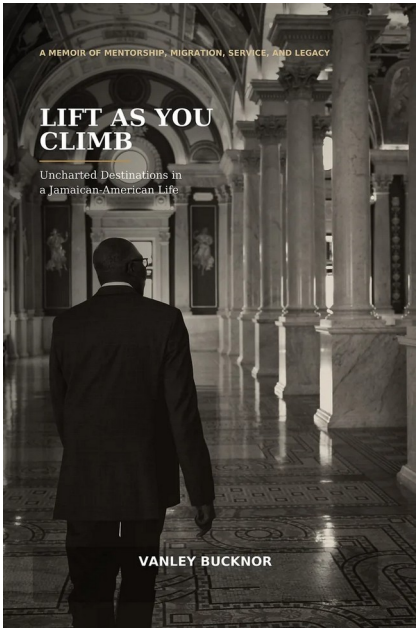




A MEMOIR OF MENTORSHIP, MIGRATION, LEADERSHIP,
AND LEGACY

Lift As You Climb

Uncharted Destinations in
a
Jamaican-American Life
Vanley Bucknor

Publication date: September 17, 2026

Publisher: Vanley Bucknor Publishing

Website: liftasyouclimbbook.com

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Prepared for media, event organizers, booksellers, libraries, reviewers, podcasters, and community partners interested in Lift As You Climb.

Publication Details	
Paperback ISBN	979-8-9958099-0-6
Ebook ISBN	979-8-9958099-1-3
Primary category	Memoir / Jamaican-American life
Core framework	Roots Mentorship Migration Leadership Legacy

BOOK OVERVIEW

Book Summary

Lift As You Climb is a reflective Jamaican-American memoir about the people, places, values, and turning points that shape a life. From childhood in Jamaica to teaching, migration, family, information technology, federal service, and leadership, Vanley Bucknor reflects on a journey made possible by faith, discipline, education, sacrifice, mentorship, and opportunity.

At its heart, the book is a story of gratitude and responsibility: remembering those who helped us rise and accepting the duty to help others rise as we climb.

Five Reflections. One Journey.

ROOTS	Where Every Journey Begins Family, faith, discipline, community, and the values first planted in Great Valley.
MENTORSHIP	No One Climbs Alone The people who opened doors, offered direction, told the truth, and made possibility visible.
MIGRATION	Leaving Is Only the Beginning Beginning again while carrying memory, identity, responsibility, and home across borders.
LEADERSHIP	Service Made Visible Stewardship, truth, accountability, responsibility, and building capacity in others.
LEGACY	What Remains Influence, example, memory, and the responsibility to lift someone else after titles fade.

Potential Audiences

- Jamaican, Caribbean, and Jamaican-American communities and organizations.
- Readers of memoirs about immigration, family, mentorship, education, resilience, leadership, and public service.
- Leadership, mentorship, education, library, civic, government, nonprofit, and professional audiences.
- Book clubs, libraries, cultural organizations, alumni groups, faith communities, and community forums.

AUTHOR

About Vanley Bucknor



Vanley Bucknor grew up in Jamaica and migrated to the United States in his mid-twenties. Trained first as an educator in Jamaica, he later built a distinguished career in information technology and public service, including senior leadership service at the United States Mint and the Library of Congress in Washington, DC.

He retired from federal service in 2025 and now devotes more time to writing, mentorship, family, service, and legacy.

Host-Ready Author Introduction

Please welcome Vanley Bucknor, author of *Lift As You Climb: Uncharted Destinations in a Jamaican-American Life*. His story begins in Jamaica and continues through teaching, migration, public service, leadership, and a deep commitment to mentorship and legacy. In this memoir, he reflects on the people who helped shape his path and on the responsibility to help others rise as we climb.

Short Introduction

Vanley Bucknor is the author of *Lift As You Climb: Uncharted Destinations in a Jamaican-American Life*. Born and raised in Jamaica, he migrated to the United States and built a distinguished career in information technology and federal service. His memoir is organized around five reflections: Roots, Mentorship, Migration, Leadership, and Legacy.

Photo Credit

Official author photograph: Dineda Nyepan.

Speaking Topics and Descriptions

These topics may be adapted for book talks, libraries, community programs, podcasts, leadership forums, educational programs, cultural organizations, and moderated conversations.

Lift As You Climb: Five Reflections. One Journey.

The signature conversation follows the memoir through Roots, Mentorship, Migration, Leadership, and Legacy. Vanley reflects on the people and experiences that shaped the journey and on how opportunity eventually becomes responsibility.

Best suited for: book events, libraries, community organizations, alumni groups, cultural associations, leadership forums, and general audiences.

Roots - Where Every Journey Begins

A reflection on Great Valley, family, faith, discipline, education, community, and the quiet values planted long before later achievements were visible.

Best suited for: cultural organizations, schools, faith communities, family-centered programs, and intergenerational audiences.

Mentorship - No One Climbs Alone

How teachers, family members, colleagues, supervisors, and quiet encouragers can change the direction of a life - and how gratitude becomes a responsibility to lift others.

Best suited for: mentorship programs, youth organizations, schools, professional associations, leadership groups, and community events.

SPEAKING & EVENTS

Speaking Topics Continued

Migration - Leaving Is Only the Beginning

A Jamaican-American reflection on leaving home, beginning again, adapting to unfamiliar systems, and carrying memory, identity, responsibility, and belonging across borders.

Best suited for: diaspora organizations, immigrant communities, cultural programs, libraries, universities, and book clubs.

Leadership - Service Made Visible

Leadership as stewardship rather than status. Drawing from public service, Vanley explores listening, truth, trust, accountability, capacity-building, and the responsibility to make work humane and make other people bigger.

Best suited for: government, nonprofit and civic leaders, professional associations, leadership programs, workplace events, and public-service audiences.

Legacy - What Remains

A reflection on what outlives position: influence, example, public record, personal memory, family, mentorship, and the people who carry something forward because we were here.

Best suited for: leadership and retirement programs, family and community gatherings, libraries, book clubs, and reflective events.

Possible Event Formats

Format	Typical length
Keynote or featured talk	30-45 minutes
Author conversation / fireside chat	30-60 minutes
Panel participation	45-75 minutes
Library or book-club discussion	45-60 minutes
Podcast or media interview	20-45 minutes
Workshop-style reflection session	60-90 minutes

Sample Interview Questions

These questions give journalists, podcasters, event hosts, librarians, and book clubs a flexible way to enter the memoir while staying aligned with the five reflections.

1. What inspired you to write Lift As You Climb at this stage of your life?
2. Where did the title Lift As You Climb come from, and what did you recognize about your own life while choosing it?
3. How did growing up in Great Valley shape the values and outlook that carried you through later chapters of your life?
4. Who were some of the mentors, teachers, family members, or encouragers whose influence became clearer as you wrote the memoir?
5. How did migration to the United States change your understanding of identity, home, opportunity, and responsibility?
6. How did your understanding of leadership change over the course of your career in public service?
7. When you think about legacy now, what matters more to you than titles or positions?
8. What do you hope readers - particularly younger readers - will carry with them after reading the book?

Five-Reflection Conversation Route

For a shorter interview, questions 3 through 7 can be used as a direct route through Roots, Mentorship, Migration, Leadership, and Legacy. Questions 1, 2, and 8 work well as the opening, title-origin, and closing questions.

MEDIA RESOURCES

Media and Event Information

Available Assets

- Official front cover image.
- Official author photograph (credit: Dineda Nyepan).
- Short and medium author bios.
- Book summary and publication metadata.
- Five-reflection framework and speaking topic descriptions.
- Sample interview questions for media, podcasts, book clubs, and event hosts.
- Host-ready author introduction.
- Virtual book launch replay after the September 9 event.

Publication Information

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Title	Lift As You Climb
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Virtual Book Launch: September 9, 2026 | Five Reflections. One Journey.