

# GUYANAI FOLK

*And Culture*

Jun 30  
2014  
Vol 4  
Issue 6

## SIMONE SEALES



FOLLOWING IN  
THE MUSICAL  
FOOTSTEPS OF  
HER FATHER &  
LEGENDARY  
GRANDFATHER

**IN THIS ISSUE**

PAGE 3: GCA Summer Workshop  
 PAGE 4-6: Caribbean-American Heritage Month  
 PAGE 7: Book Launch  
 PAGE 8-11: Demerara Gold  
 PAGE 12-13: First Black Mayor  
 PAGE 14 - 16: BHS Reunion 2014  
 PAGE 17-18: Lisa Punch, Rising Star  
 PAGE 19: Simone Seales  
 PAGE 20-23: 2014 FolkFest Season  
 PAGE 24-27: Tributes to Roger Moore  
 PAGE 28-31: Guyanese Traditional Medicine  
 PAGE 32: Poem "August Time"  
 PAGE 33: E-Book Launch  
 PAGE 34-36 : In the Community

**June Editor**

Edgar Henry

**Cover Design** - Claire Goring & Ashton Franklin

**Copy Editors-**

Edgar Henry &amp; Lear Matthews

**Layout and Design by**

Claire A. Goring &amp; Ashton Franklin

**Contributors:**

Ingrid Griffith, Aubrey Bonnett  
 Lear Matthews, Ave Brewster-Haynes,  
 Juliet Emanuel, Gail A. Nunes,  
 Basil Bradshaw, Ronald Austin,  
 Dmitri Allicock, Guyanese online blog  
 Eric Matthews

**GCA Media Team**

**Ave Brewster-Haynes  
 (Chairperson),**

**Juliet Emanuel, Edgar Henry,  
 Lear Matthews, Claire A. Goring,  
 Ashton Franklin,  
 Margaret Lawrence  
 Gail A. Nunes,  
 Francis Quamina Farrier.**

**Please join our Facebook group,  
 Website: [www.guyfolkfest.org](http://www.guyfolkfest.org)**

**GCA Secretariat  
 1368 E.89 Street, Suite 2  
 Brooklyn, NY 11236  
 Tel: 718 209 5207**

**LETTER FROM THE EDITOR**

Dearest GCA on-line family and friends, please accept belated Father's Day greetings from our GCA family. Hoping that the Fathers in our network and beyond had a splendid day, and it was an extremely happy one for all.

Traditionally, the month of June is significantly associated with June brides and taking the matrimonial oath. Nonetheless, this month of June, was officially declared Caribbean Heritage Month by the 44th president of the United States, Barack Obama.

During his recent speech he said "As America celebrates our Caribbean heritage, let us hold fast to the spirit that makes our country a beacon to the world," the president continued, "This month, let us remember that we are always at our best when we focus not on what we can tear down, but on what we can build up. I encourage all Americans to celebrate the history and culture of Caribbean Americans with appropriate ceremonies and activities." He said, "The U.S. is seeking to create new educational opportunities for young people across the Caribbean basin, as well as for Caribbean Americans in our own communities. We are also working to advance common sense immigration reform that will allow future generations of Caribbean Americans to share their talents with our nation."

In this vein, we would like to congratulate our hard working cultural Director Claire A. Goring who was honored on June 26, 2014 at this month's Caribbean Heritage Celebration. Thanks to the organizers, APC Community Services in collaboration with Senator Kevin Parker's office for this initiative. Clearly, English-speaking Caribbean-Americans have made a great difference in America's social structure, which truly has enriched the diversity of this great nation.

Members of the Guyana Cultural Association, Inc. have already begun to celebrate and put in place a series of cultural events. It begins with the Children's Heritage Workshops starting Monday July 7th to August 14th. This is a fitting example of how youth are given the opportunity to learn about their culture through comprehensive educational and cultural programs. This is made possible by the support of New York Council Members Mathieu Eugene and Jumanne Williams and the commitment from Materials for the Arts. This season our youth will be immersed in arts and craft, writing skill sets, communications, dance, music theory, steel pan instructions, stagecraft, and a host of other exciting programs. Our aim is to preserve, promote and propagate the rich cultural heritage and folklore in Guyana. We at GCA have placed emphasis on engaging and energizing young Guyanese immigrants, as well as Caribbean American youth through workshop programs intended to enhance their knowledge of their multi-cultural heritage.

The GCA Summer Heritage Workshop will start on July 7 through August 14 at St. Stephen's Lutheran Church Auditorium, 2806 Newkirk Avenue, Brooklyn, NY for children 5-12 years old; "The Literary Hang", scheduled for Saturday August 30th, features Guyanese authors and friends of the arts, who will present passionate readings and presentations in the gardens of St. John's Episcopal Church in Park Slope; The Awards Ceremony on Wednesday August 27th at Borough Hall; The Kwe Kwe on Friday August 29th. at the St. Stephen's Church auditorium; The Family Fun Day on Sunday August 31st at Old Boys High School grounds and this year the biennial stint with the annual GCA Symposium will be held in Guyana.

In this issue, you will feel a sense of pride when you read Ingrid Griffith's story on Demerara Gold; the tribute to our veteran broadcaster Roger Moore by Ronald Austin and Basil Bradshaw; the Bishops high School celebration of its 11th International Reunion by Gail Nunes, a poem that will whet your appetite for nostalgia, among many other interesting articles.

Please log on to [www.guyfolkfest.org](http://www.guyfolkfest.org) and follow us on Face Book for more details of our events calendar.

Staan Good,

*Edgar Henry*

June Editor

Guyana Cultural Association of New York Inc. on-line Magazine



# GCA SUMMER HERITAGE WORKSHOP STARTS JULY 7-AUGUST 14



## CELEBRATING CARIBBEAN - AMERICAN HERITAGE MONTH

### *Presidential Proclamation*

NATIONAL CARIBBEAN-AMERICAN  
HERITAGE MONTH, 2014

BY THE PRESIDENT OF THE UNITED  
STATES OF AMERICA

...the United States is expanding cooperation with our Caribbean partners as we promote social justice, grow prosperity throughout the Americas, and create new educational opportunities for young people across the Caribbean basin, as well as for Caribbean Americans in our own communities.

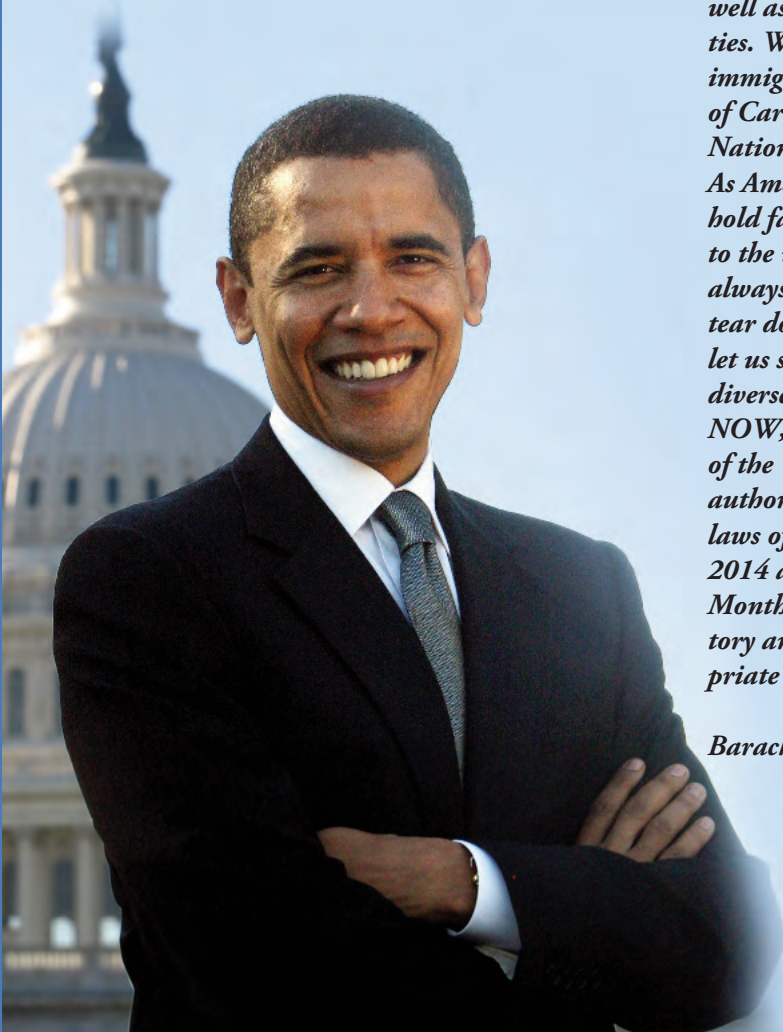
*Caribbean Americans are part of a great national tradition, descendants of hopeful, striving people who journeyed to our lands in search of a better life. They were drawn by a belief in the power of opportunity, a belief that through hard work and sacrifice, they could provide their children with chances they had never known. Thanks to these opportunities and their talent and perseverance, Caribbean Americans have contributed to every aspect of our society -- from science and medicine to business and the arts. During National Caribbean-American Heritage Month, we honor their history, culture, and essential role in the American narrative.*

*It is also a time to renew our friendship with our Caribbean neighbors, with whom we share both an ocean and a history. To this end, the United States is expanding cooperation with our Caribbean partners as we promote social justice, grow prosperity throughout the Americas, and create new educational opportunities for young people across the Caribbean basin, as well as for Caribbean Americans in our own communities. We are also working to advance commonsense immigration reform that will allow future generations of Caribbean Americans to share their talents with our Nation.*

*As America celebrates our Caribbean heritage, let us hold fast to the spirit that makes our country a beacon to the world. This month, let us remember that we are always at our best when we focus not on what we can tear down, but on what we can build up. And together, let us strengthen the bonds that hold together the most diverse Nation on earth.*

*NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim June 2014 as National Caribbean-American Heritage Month. I encourage all Americans to celebrate the history and culture of Caribbean Americans with appropriate ceremonies and activities.*

*Barack Obama*





## Edgar Henry Recipient of Distinguished Business Award 2014

*Lear Matthews*

Edgar Henry, a member of the Guyana Cultural Association's Executive Board and Co-editor of the GCA On-Line Magazine, received the Distinguished Businessman Award for 2014. The "Celebrate the Beauty of Our Diversity" event, held at the Crystal Manor on Sunday, June 8, 2014, under the patronage of the honorable Mathieu Eugene, was attended by numerous family members, friends and well wishers. Henry, a well-known Guyanese-American entrepreneur, was honored for his outstanding work in the business community. A Licensed Real Estate Broker, he additionally ventured into the Optical Industry, serving the Caribbean community at his Brooklyn establishment, ENG Caribbean Vision Center. A long-time resident of Brooklyn, New York, he is the past President of the Flatbush Avenue Business Improvement District in Brooklyn, a post he has held for over 20 years. He has also had an extensive association with international shipping companies.

Conscious of the critical importance of communication systems to the Caribbean American Community, Edgar established Sterling Communications Network in 1993, broadcasting the program "Calling the Caribbean" on WNJR Radio, 1430AM. He has been part time owner of one of the most popular newspapers in the Diaspora,

The Caribbean Impact.

Mr. Henry is also prominent in philanthropic activities in the US and Caribbean. In 1997 his company sponsored the trophies and medals for the O. E. C. S. Track and Field Meet in St. Lucia at the Sir Arthur Lewis Community College. Through his organization, "Support Guyana's

Underprivileged", he finances and conducts regular comedy and satire concert fundraisers with proceeds benefitting the needy in Guyana. In addition, he sponsors the BV/Triumph Development Program, assisting his fellow villagers with scholarships and various community enhancement activities and projects for the past 21 years. For the past 10 years, he has returned to Guyana at Christmas time to distribute gifts, including books, educational toys and food items to the youth of his hometown. Mr. Henry's work exemplifies the significant role of Hometown Associations.

His cultural awareness, multifaceted talents and identity as a Caribbean man do not escape us. He is the Assistant Treasurer of the Guyana Cultural Association of New York and Editor of the Organization's GuyFolkFest Magazine. He teaches music and Performing Arts to the children who participate in the Annual Summer Heritage Program. An ardent cricket fan, his ability to play the piano shadows a different dimension of this gentleman.

**Congratulations for a  
well-deserved award!**



## CONGRATULATIONS FROM THE GCA FAMILY

*Ave Brewster-Haynes*

*Claire Goring has been an influential force in Guyana's cultural life since the late 1960s. As a member of the innovative Design and Graphics team and as a pioneering festival arts designer, Claire Goring has influenced Guyanese graphic arts and influenced the aesthetics of Guyana's festival arts at home and in the diaspora. This influence was evident in Guyana's annual Mashramani celebrations during the 1970s through the 1990s.*

*For the past fourteen years, as the Cultural Director of the Guyana Cultural Association of New York, Inc., Claire Goring has been tireless in promoting the study and celebration of Guyanese heritage and creativity and actively supporting engagement and participation in the cultural life of the wider Caribbean community in New York. By spearheading the launching of the Guyana Folk Festival in New York in 2000, Ms. Goring has led a team of volunteers in creating and sustaining one of the important summer programs in Caribbean cultural life in New York.*

*The sustained success of the Folk Festival season is a result of Claire Goring reaching out and engaging the wider Caribbean community in New York and beyond in the season. The results of this engagement are evident in the popular annual Caribbean Heritage Summer Workshops for Caribbean children and performances by Caribbean artists at the Annual Family Fun Day.*

*Claire Goring's recent award from the APC Community Services, is testimony that the wider Caribbean community has recognized and valorized her unselfish work, especially her dedication and service to the Caribbean community in New York and beyond. Congratulations, Claire G for your leadership.*



BOOK LAUNCH

# English- Speaking Caribbean Immigrants: Transnational Identities

Edited by Lear Matthews, University Press of America, Lanham Maryland, 2014

*Dr. Aubrey Bonnett*

On Saturday June 21 in Brooklyn New York, at the SUNY Empire State College campus, a book launching was initiated to formally introduce this book to the larger public. Approximately 50 persons were in attendance when the event was opened with a brief introduction by Dr. Bob Carey, Campus Director., who complimented Professor Matthews for his work and reminded him that he was initially hired by SUNY Empire State College to bring his theoretical and clinical skills to the Brooklyn campus and it was significant that we should be here celebrating his first book launching.

The event was chaired by yours' truly. The book was appropriately launched during Caribbean Heritage Month, first officially inaugurated by President Bush in 2006, and who further gave a summary of the key points adumbrated in the book. He stressed the history and efficacy of the transnational paradigm, and how it can be used to not only add to an understanding of the West Indian migratory experience, but also to complement the clinical services and thrusts so needed in the host society.

Professor Matthews' brother, Ted Matthews, presented a very moving poem to the audience - a well-crafted and entertaining piece which had the audience very emotionally thrilled. Professor Lear Matthews followed, and he elaborated points made earlier by Prof Bonnett, and also summarized the key points of each chapter in the Book - ome of which he wrote. A central theme of the book is the experience and identity issues which emerge within the context of a transnational lifestyle. (A classic example of this is portrayed in Ingrid Griffith's article in this edition of the GCA

Magazine). Key to Dr. Matthews' presentation were the roles of Hometown Associations (HTAs), remittances in cash and kind, and the role of augmenting clinical skills in the transitional Caribbean context- both here and the sending society.

Following Professor Matthews, Dr, Christiana Cummings, Rosalind October-Edun and Desmond Roberts each took the podium and elaborated on the key points of their respective chapters, which dealt with transnational parenting, the provision of culturally competent educational services for English - speaking Caribbean immigrants and, lastly, an analysis of the Indo and Afro Caribbean immigrant experiences. All three presentations were well received and keen audience interest was exhibited.

Finally there was a robust Q/A session which was opened by attorney Colin A Moore who complimented the authors on the salience and thrust of the book, especially as he contextualized same with prior works by Profs. Kasinitz, Palmer, Waters, Foner, Model, for example. He stated that much more needs to be done to deal with the many Caribbean youth who seem to have lost hope in the attainment of the American dream, and he stated that his hope is that the book will become a catalyst in bringing together more clinical action in the Caribbean community - at the schools, the churches and other organizations.

Books were sold and signed by Professor Matthews and the enlightened audience were served with an edible variety of Caribbean delicacies.





# DEMERARA GOLD...

my story, my  
family's story  
and the truth of  
the Guyanese  
diaspora

*Ingrid Griffith*





# Demerara Gold... my story, my family's story and the truth of the Guyanese diaspora

*Ingrid Griffith*

Over a decade ago, I found myself in New York City on the road to a professional path in business. I had earned a degree, had a good paying first job on Wall Street, enrolled in the 401k Plan, had found a roommate and was ready to share an apartment that was centrally located in Manhattan. Basically, I had a degree of comfort and peace of mind.

But I also had a persistent feeling that something was missing. I heard my father's voice as he railed at being stuck in a decent paying but low-level job, at the lack of respect he felt in America, at the frustration of being underutilized and misunderstood. In Guyana he had been a teacher, an accountant, a steel band player. He was from a respected family, part of a vibrant community. In America, he was just a supervisor in a Long Island factory. His name carried no weight and his presence was overlooked. I carried his bitter indignation with me as I left home to make my way in the world. I carried the wounds that immigration had inflicted on my identity and on my family. Then it dawned on me. I couldn't turn the clock back but, I could tell the story.

I could tell about the pain of separation when my parents were forced to leave my sister and I behind when they emigrated to Long Island. I could tell of the years of wondering when we would be a family again. I could tell of the exhilaration of reuniting and the wonder of America. I could let people know what it felt like to leave the bustling familiarity of Georgetown for the blank windows and silent empty streets of suburbia, the incessant television shows, the hip new clothes and language. I could let people know how it feels to be invisible in a school dominated by upper middle class white kids who drove their own cars to school. I could tell what it was like to become a woman in a society of new and strange expectations and conventions.

The move from Guyana to Long Island was jarring. It seemed as if one day my grandmothers were keeping vigil over my sister and I, making sure we passed no words to the jolly and vocal boys on our Georgetown street. Suddenly, I was feeling pressured to lose my virginity. Try culture shock in the back seat of a car.

But most important I could tell of the structural damage that was done to our family by relocation. The new world we lived in dismissed not only my parents. I felt invisible too. I could

tell the story of what went on within the walls of our black and white house in Wheatley Heights, Long Island. I could share our secret and maybe I could feel whole.

I had trained as an actress, studied voice and movement. I love the stage but bit parts and occasional commercials did not pay the bills. I went back to school and got my Master's Degree in Creative Writing from City College. I taught Public Speaking and Introduction To Theater at John Jay College. Gradually, the idea descended upon me that my experience about what my family had gained and lost by leaving the hot weather and soft breezes over the sea wall for the changing seasons of the New York suburbs would be my Master's thesis.

As I wrote, I spoke the words my mother had hissed at my father, words I heard through the thin walls in our tiny flat on Albert Street, Queenstown. "Now's not the time for inventory and hesitation. Now is the time to be the man you said you could be. There's nothing on the shelves, nothing for us here. We have to go."

It started out as non-fiction then became creative non-fiction. It went on and on for hundreds of pages, yet it didn't seem like that was the end. Then the idea fell on me like a drop of rain. This story, my story, my family's story and the truth of the Guyanese diaspora for me could be a play.

As I began to write, another truth descended on me. This story was not like an onion that would be peeled and peeled, leaving only more layers of doubt, more questions. It should be firm and tight. The point of view should be clear. I decided to turn my thesis into something shorter, where meaning could not slip through the cracks. I chose to turn my story into a one-person play.

I had long been a fan of solo shows. I was fascinated by Whoopi Goldberg's 1-woman show. I didn't see it on Broadway but have since been to the library at Lincoln Center in New York to witness it. I admired Anna DeVeaere Smith for "Fires in the Mirror", focusing on the Brooklyn riots and for her portrayal of Ann Richards, the 45th Governor of Texas. The minimalism of the genre suited my purposes perfectly.

I decided to begin with me as a 7-year old in Guyana excited about going to America before being told that my parents were going without us kids. I remember the day we were bundled off to our grandmother's house. If I behaved during the week, I was allowed to visit my other grandmother, the one that took me to church. As I typed away on my computer, I laughed out loud as I recalled my behaviors, my thoughts, my survival skills. On the page, the 7-year old's voice was honest and her version was also very funny.

Scenes with my parents this time around came easily as I wrote. Whole chunks of dialogue, part remembered, part created, came to me. I stood up from my desk and put my hand on my hip as I know my mother would arguing for the move to America. I acted out my father's response, "Being around your own people mean something, yuh know?"

# Demerara Gold ...

*Ingrid Griffith*

The first act which ended just before my reunion with my parents in America was complete but I started having doubts, was unsure of the course I was taking. A Jamaican friend who lived in LA was performing her popular one-woman show. She encouraged me to continue, assured me she would help me stay on track. Then she suggested I get in touch with Matt Hoverman, a writing coach who teaches solo workshops in New York. I reached out to him and six months later I had a complete script: part one, living with my grandmothers in Guyana and part two, adjusting to life with my parents in America.

By the end of the Go-Solo Workshops with Matt Hoverman I realized it wasn't now just a story I needed to tell; it also had to have other elements. One of which is to be entertaining. The process continued. I invited friends and family to hear scenes and get their feedback. I've had opportunities to present it to audiences from Hollis Kam's CARIB community and Ken Ross' Urban-and-Out organization. After-show panel discussions have focused on the major themes in show, one of which is domestic violence. It has been a great help to hear what was clear, which characters the audience wanted to know more about and how my experiences resonated with their lives.

In rehearsal, my director Margit Edwards shared we me that in staging the piece, she wants to use the bright imagery she saw when she read the segments about my childhood experiences with my grandmothers in Guyana, and the more muted but still vivid images she felt of my teenage years with my parents in America.

The restorative aspect of this process is palpable. I have become less judgmental, more forgiving of my family members and myself. My story is not merely entertainment and it is not an indictment of any kind, a settling of scores. It is about giving my story, our story, a voice that can be heard clearly. As Maya Angelou said, "the bird doesn't have the answer it just has a song to sing."





A one-woman show, written by and featuring  
**INGRID GRIFFITH**

# DEMERARA GOLD

A girl from Guyana taps into her wild spirit to  
break away and reunite with her parents in  
America only to find her battle has just begun.



Performances at  
**Dorothy Strelsin Theatre**  
312 W. 36th Street, New York, NY 10018

Thursday, July 17, 6pm - 7:15pm

Friday, July 18, 8pm - 9:15pm

Saturday, July 19, 6:15pm - 7:30pm

Sunday, July 20, 6:45pm - 8pm

Thursday, July 24, 6:15pm - 7:30pm

Thursday, July 31, 6pm - 7:15pm

To purchase tickets go to:

[www.MidtownFestival.org](http://www.MidtownFestival.org) (click on Buy Tickets Here) or [www.OvationTix.com](http://www.OvationTix.com)

or call: 866-811-4111

For more information visit:

[www.DemeraraGoldTheShow.com](http://www.DemeraraGoldTheShow.com)



@DemeraraGoldShw



Demerara Gold - A One Woman Show



Demerara Gold is part of the Midtown International  
Theatre Festival this summer.



GUYANESE

# Kwasi Fraser

## FIRST BLACK MAYOR OF PURCELLVILLE, VIRGINIA

*Guyanese Kwasi Fraser obtained a resounding 62 per cent of the votes cast in a 94 per cent white community to become the first Black Mayor of Purcellville, Virginia.*

*Fraser migrated to the US in 1982 with his mother, Monica Philander-Fraser, a Buxtonian, and four siblings. As a student he secured a Degree in Engineering from Stony Brook University; MBA from Rutgers University and a Certificate in business from Harvard University business school.*

*He is currently a Project Manager with Verizon, and a co-founder of Samepoint, an Internet search engine.*

*His father Clyde 'Fitz' Fraser hails from Victoria, East Coast Demerara.*

*He is married and has three children.*





GUYANESE  
FIRST BLACK  
MAYOR OF  
PURCELLVILLE,  
VIRGINIA

## Kwasi Fraser

Kwasi Fraser is a highly successful businessman and entrepreneur who learned the value of hard work at an early age. When he was only seven years old, Kwasi began helping his mother with the daily tasks of her poultry business in Guyana. His parents, both registered nurses, raised five children, all college graduates. Hard work and the tremendous importance of education remain core values of the Fraser Family today.

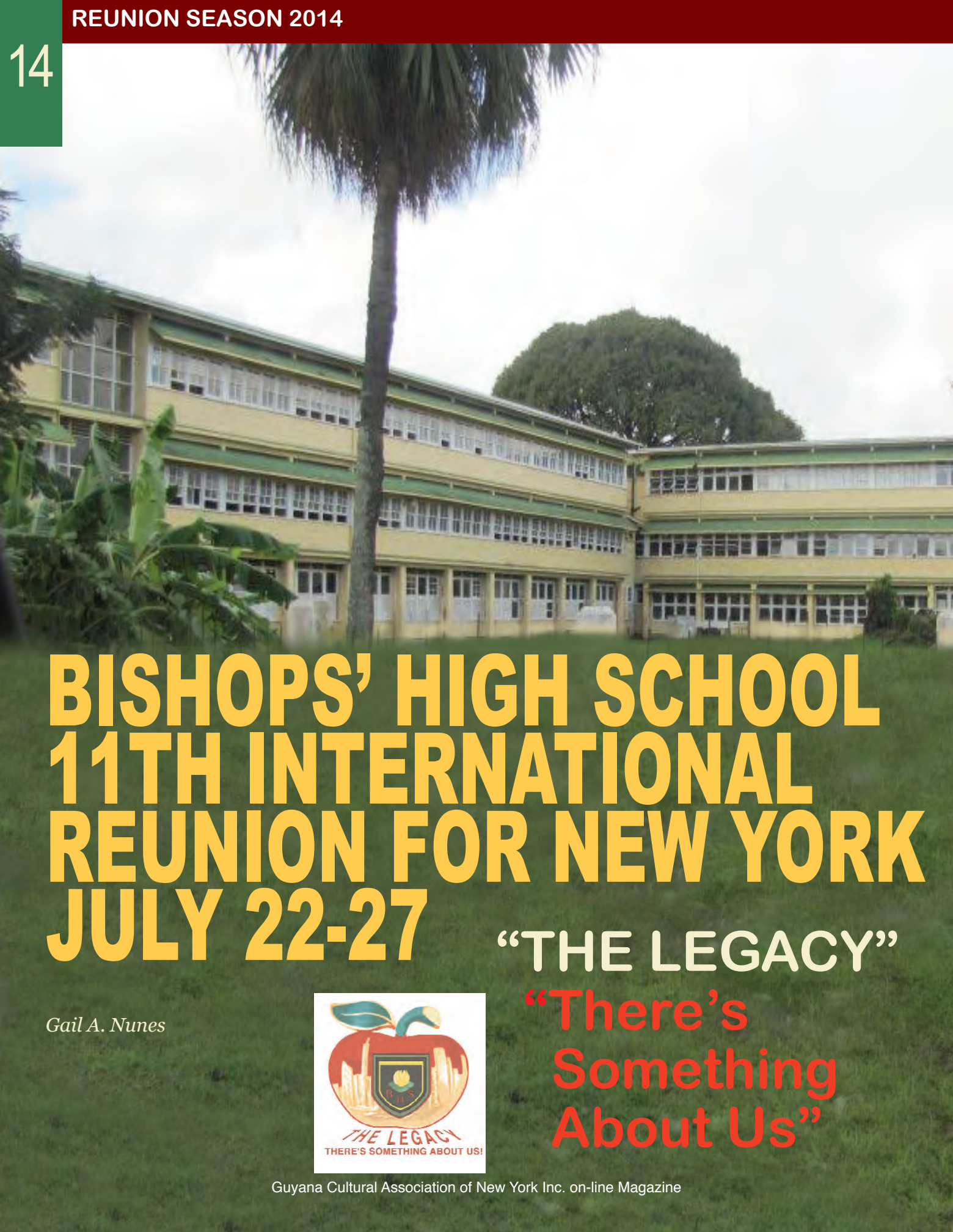
Kwasi and his wife, Angela, hope to instill these values in their three children as well. They settled in the Town of Purcellville because of its balance of old and new, and its small town warmth, making it a great place to raise their family.

What motivates Fraser to run for mayor of the Town of Purcellville is his commitment to the preservation of our community and his passion for open government. His natural talent for organizing, negotiating and managing large endeavors led Fraser to earn an MBA in Finance from Rutgers University.

Fraser's distinguished corporate career includes significant contributions to the bottom line at AT&T, Sprint Nextel, Marriott International, and Verizon, where he currently provides leadership in operational efficiency through his financial and technology management expertise. He remains on the advisory board of samepoint.com, a social media analytics company which Fraser, along with two other associates, founded as a service to analyze public opinions on a wide range of topics.

Throughout his innovative managerial career in the communications industry, Fraser and his wife have been devoted church members serving in many capacities. Fraser has acted as treasurer, served on a finance committee during a capital building project, taught Sunday school and has coached youth sports. In addition, he has given of his time at numerous community events and has served many meals at a local Loudoun homeless shelter.





# BISHOPS' HIGH SCHOOL 11TH INTERNATIONAL REUNION FOR NEW YORK JULY 22-27

“THE LEGACY”

“There’s  
Something  
About Us”

*Gail A. Nunes*





This year, the Tri-State Chapter of the Bishops' High School Alumni Association will host the 11th International Reunion which will be held at the Hyatt Regency in Hauppauge, Long Island.

Reunions have been held around the world every three years and are generally attended by as many as 500 old students. The event which lasts five days follows a standard format, beginning with a Welcome Reception on July 22nd and ending with a Commemoration Service. The Reunion Service will be held at the historic Cathedral of the Incarnation in Garden City, Long Island on Sunday, July 27th.

The school was founded in 1870 by the Anglican Church as a ladies' school whose first home was at Brickdam and Manget Place, and then at "Minto House" on Waterloo Street. It later moved to "Lamaha House" at Carmichael and Lamaha Streets, the property of Bishop E.A. Parry. In 1907 Bishop E.A. Parry moved the school to "Woodside House" (renamed "Transport House") on Main Street, and it became known as "Woodside House School". In 1921 the school moved to its present location at Carmichael and Murray (now known as Quamina) Streets.

In 1922 Bishop E.A. Parry retired and the school then became known as "The Bishops' High School". Bishop Parry died in 1936 and the "Oswald Parry Assembly Hall" was named for him. In January 1936, the School was handed over to the Government of British Guiana.

The Bishops' High School became a co-educational institution in 1975 when approximately one hundred and fifty boys were transferred from the Queens College High School (QC).

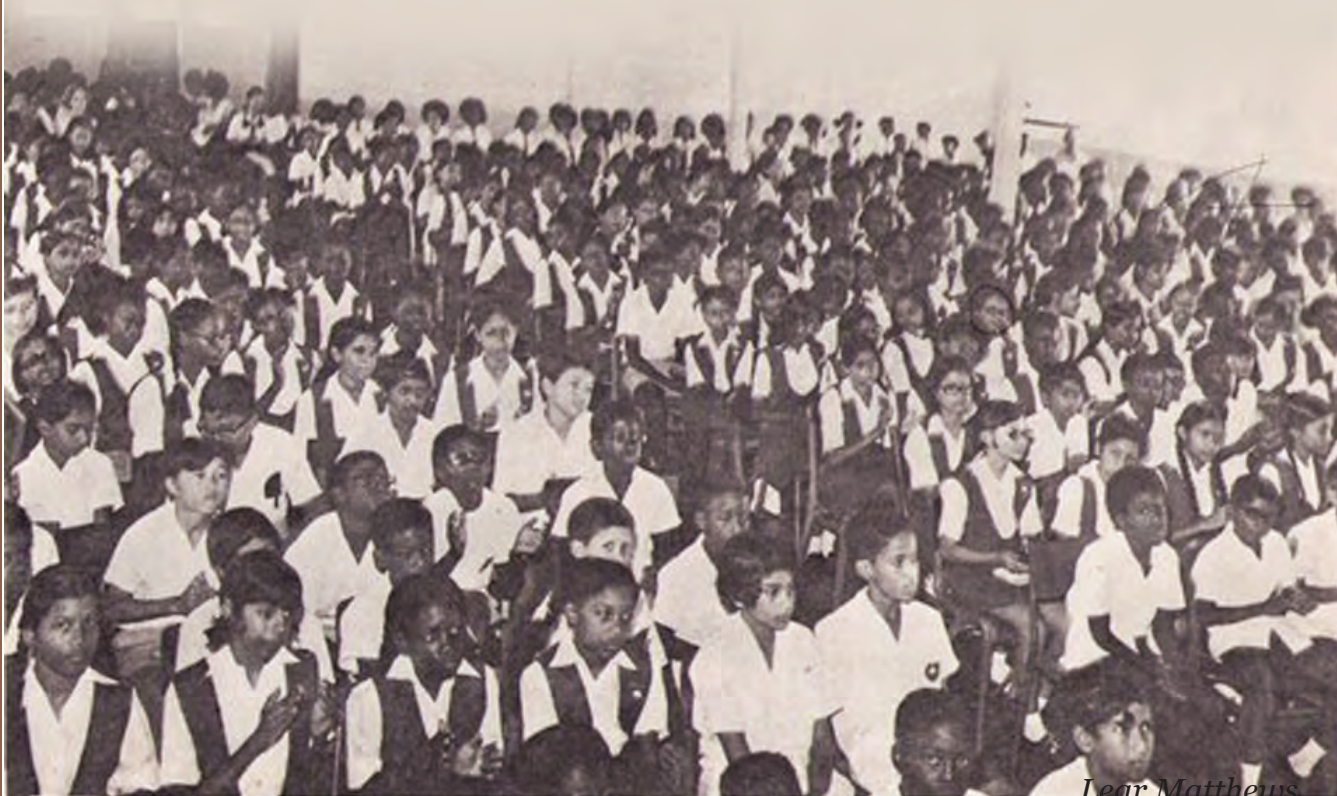
## OBJECTIVE:

To encourage and foster the interests of alumni in the present day activities and aspirations of the school, to make some contribution in the sphere of education by giving help primarily to the school and to the community in general, and to help alumni maintain the ties of friendship.

## HOUSES:

Named for former Headmistresses

**DEWAR ALLEN**  
**BASKETT WEARN**  
**VYPHIUS**



*Lear Matthews*

**CO-EDUCATION FIRST DAY AT ASSEMBLY**



## CELEBRATING YOUNG GUYANESE ACHIEVERS: YOUTH EXCELLING , AN INSPIRATION TO OTHERS

The first of all alumni associations which retains the title of the Bishops' High School Old Students' Association or BHOSA, was formed in 1933, with an objective to encourage and foster the interests of alumni in the present day activities and aspirations of the school, to make some contribution in the sphere of education by giving help primarily to the school and to the community in general, and to help alumni maintain the ties of friendship. These objectives remain the central focus of each of the local and overseas chapters in Canada, the UK, USA, and the Caribbean. The success of these organizations is evident in the funding of various projects dedicated towards the upkeep of the school, examples of which are the purchase of computers and the upkeep of the computer and science labs, and general maintenance of the classrooms. Bishops' High School has a student body of more than 600 students. There are five Houses: Dewar, Allen,

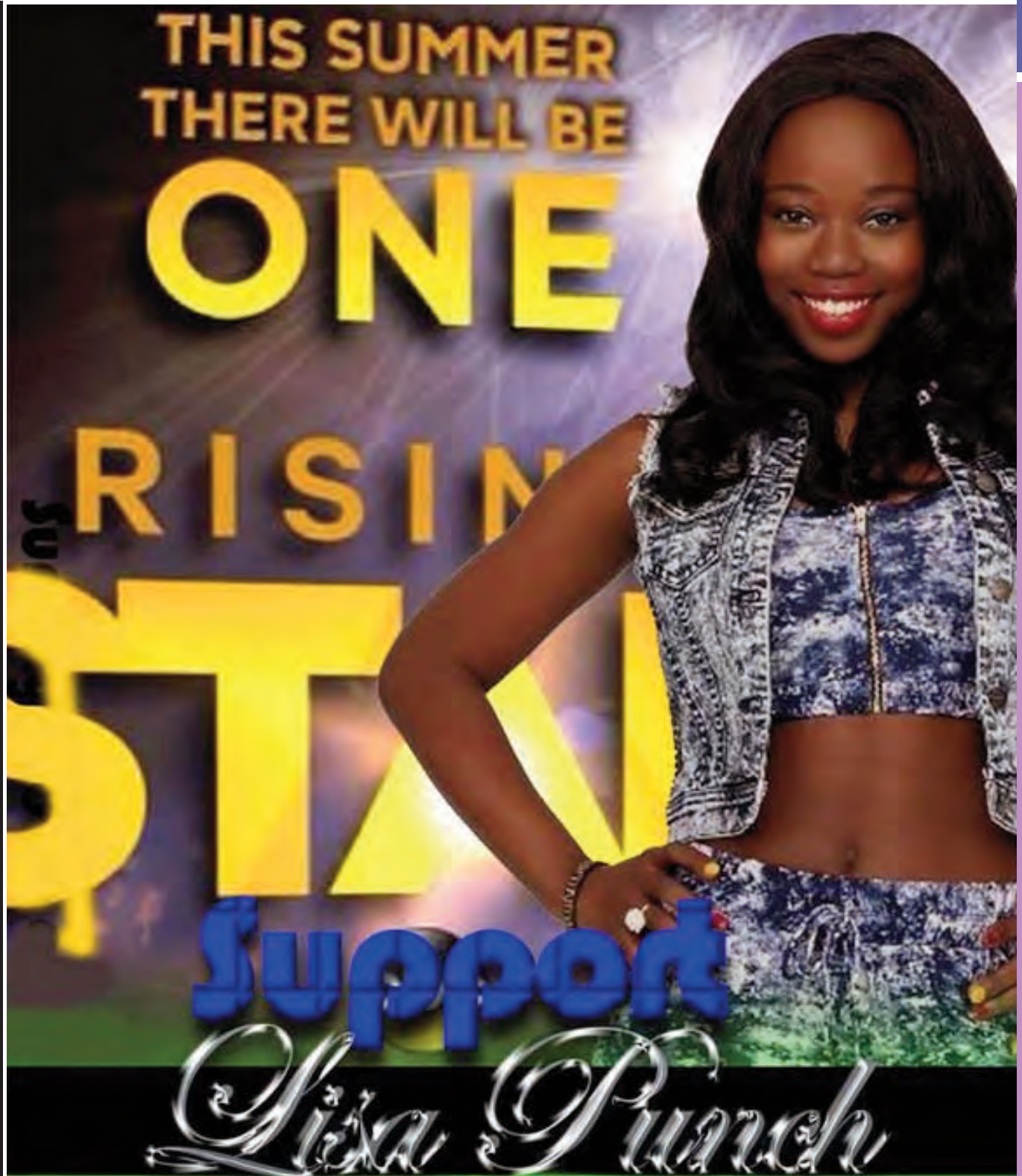
Baskett, Wearn, and Vyphius, all of which are named for former Headmistresses. The Sports Day event amongst the Houses will also be showcased at the Reunion, with alumni competing for the highest medal count for their Houses.

While the interests of the school are given paramount importance at the Reunion's Business Meetings, there is ample time for class reunions, establishing business contacts, and making new friends while enjoying the camaraderie of the Bishops' High School family.

## ENJOYING THE CAMARADERIE OF THE BISHOPS' HIGH SCHOOL FAMILY







**VOTE FOR BHS ALUMNA LISA PUNCH**

*Download the "Rising Star Abc" app through the apple app store,  
Windows Market Place, or the Google Play store.*

Guyana Cultural Association of New York Inc. on-line Magazine

# VOTE TO SEND GUYANESE Lisa Punch ON TO NEXT ROUND OF ABS'S REALITY SERIES "RISING STAR"

*News Source, go moseley media*

Guyana's Lisa Punch sang her way into the hearts of viewers across the globe and into the next round of the new American reality song show, Rising Star, which premiered live on Sunday evening on the ABC Network. The Guyanese born, Brooklyn resident sang Whitney Houston's "How Will I know", but by the end of her performance it was clear that all of the judges and viewers knew that she was going to be a force to be reckoned with in the competition. Punch grabbed 80% of the votes cast and will now move into the second round of the competition in two weeks. During the televised performance, she said she was following her dream and was in the competition not just for herself but for her family and a better life for them. The video clip which sought to introduce Punch to the audience showcased her Guyana home where she lived up until last December when she migrated. And it also showcased her living conditions in Brooklyn, New York. In her own words, Lisa described Guyana as a very beautiful but poor country and her desire to realise her dreams now that she lives in the United States. She spoke about sharing a 2 bedroom apartment in New York with 13 other members of her family. In an exclusive interview on Guyana's 94.1 FM on Monday morning, Punch was ecstatic about making it to the next round and brushed aside criticism from those who believe she should not have showcased the poverty situation she faced in Guyana. Punch told the JumpStart morning show that she felt it was very important to tell her true story because "in Guyana, how I lived is considered poverty and I wanted to show people that you can start off like that and follow your dreams and live your dreams". She said when one grows out of a situation like that, they should always create an opportunity for herself and rise to the occasion. "In Guyana, I lived in a bedroom with my father, my mother, my brothers and my sisters. We shared one bedroom and we come to America and we now share two bedrooms and so I think it was very important for me to put that story out there because it shows that I just moved to America six months ago and look at what I have accomplished", the singer said. The Rising Star show received thousands of auditions but after two rounds of auditions, Punch was called back to be one of the Top 30. She has now made it past the Top 30 round and is focusing her attention on the next round of the competition. She later told News Source that she was very pleased with her performance and the love of her Guyanese and West Indian support-

ers both in the United States and back home. She said she is aware that the entire Guyana is backing her and she will continue to put her best notes together in the competition. The 21-year-old Guyanese completed her secondary education at the North Georgetown Secondary School and the Bishops High School in Guyana. She started a career in broadcasting and theatre just after leaving school and worked with NCN radio before moving on to 94.1 Boom FM where she hosted a number of shows and served as an Entertainment correspondent. The Charlotte Street, Georgetown "home girl" has belted out her soulful voice at a number of national events. She was the vocalist of the theme song when Guyana hosted the Caribbean Festival of Music and Arts. Although, she now calls the U.S home, Lisa continues to stay in touch with her home country through her music. You can follow Lisa Punch's Rise to Stardom on Twitter @lisa-punch and on Instagram @lisapunchmusic

**The audience is the  
Judge on ABC's  
Rising Star**



**Download the  
"Rising Star  
Abc" app  
through the  
apple app store,  
Windows  
Market Place,  
or the Google  
Play store.**

**The App is  
essential to  
participate  
in the voting**



**D** aughter of musician Ray Seales and Angela Seales and grand daughter of legendary Guyanese musician and band leader Al Seales, Simone Seales, cellist, a graduating senior from Alonso High School, will be attending Stetson University in the fall on a music scholarship, studying for a music performance degree with David Bjella.

Most recently, a member of the Tampa Metropolitan Youth Orchestra, and the principal cellist of her high school orchestra, Simone has performed in pit orchestras for the New Tampa Players, as well as with her local church choir. She has participated in the Sphinx Performance Academy summer program for the past two summers and received an Artistic Growth Acknowledgement from the staff; she has also received several Solo and Ensemble Superior ratings on both the district and state level.

Simone has studied the cello for six years with Scott Garrison, and has participated in Scott Kluksdahl's technique class at USF for the past two years.

A member of the legendary Seales music family, Guyanese will remember Simone's grandfather Al Seales who appeared on the music scene playing banjo with the Washboards Orchestra..

Filled with ambition and determination he soon learned how to play the Tenor Saxophone and was sitting in as first tenor sax and band leader by the end of the decade.

During the war years, Al Seales and the Washboards became very popular with the U.S Military stationed at Atkinson Air Base. This was his introduction to big band orchestration and where he developed his stomping shuffle rhythm and big band sound. After the Americans left, Al introduced this new type of big band sound to the local dance fans but was snobbed at first. Since the locals were going for the lick-up Creole sounds from his all time rival Tom Charles and the Syncopators the competition was hot but Al was a visionary and as I said earlier he was determined to succeed. He knew that good arrangement and orchestration combined with new rhythms and percussion, he could create new sounds, sounds that neither Demerara nor the Caribbean had ever heard. With his new sound based on Latin Samba and Bee Bop, Al had created a style that some great American musicians like Dizzie Gillespie for example, would later perfect and call Afro-Cuban jazz. He and his Washboards Orchestra took this new sound to the dance fans and started a musical revolution.

CELLIST

# Simone Seales

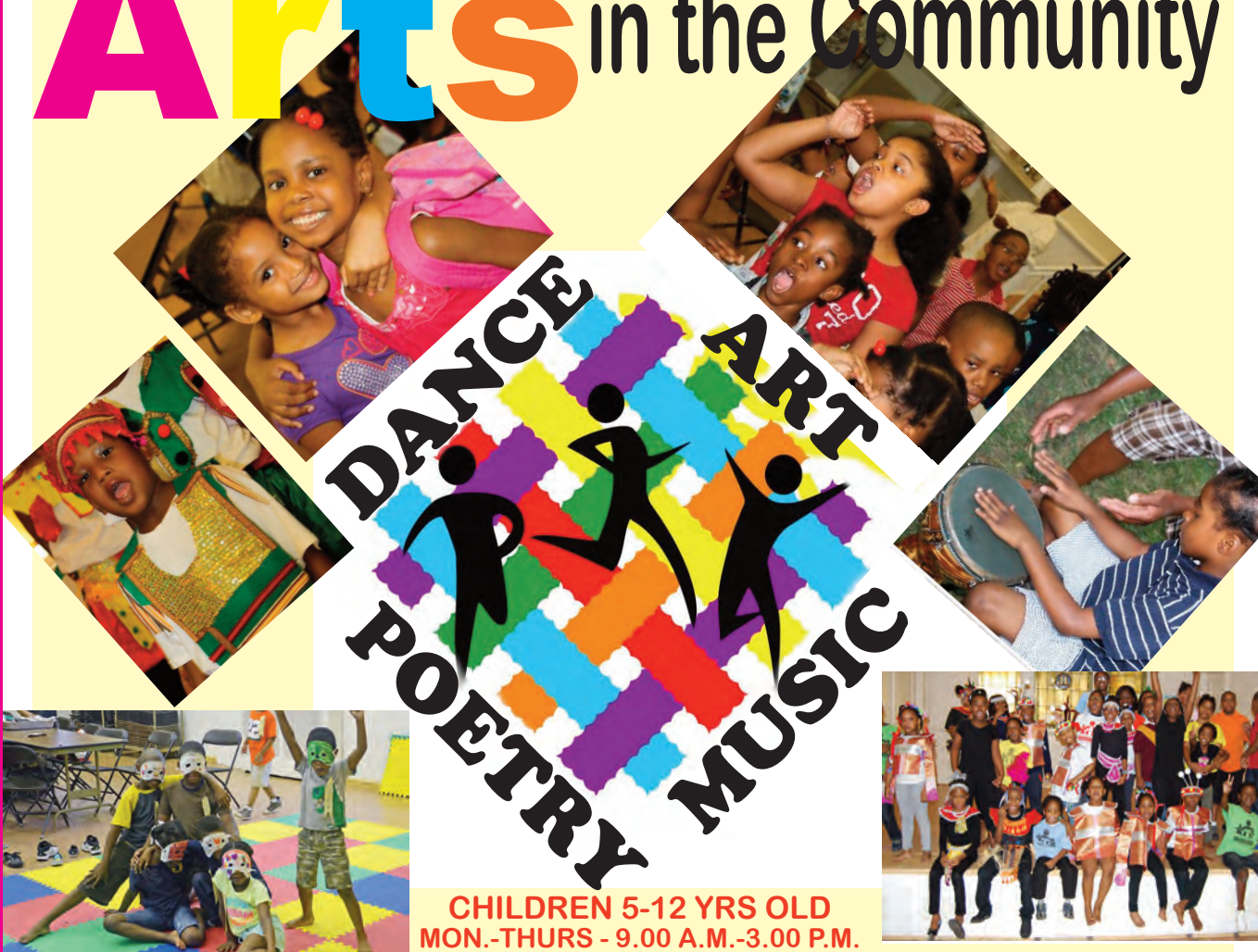
CONTINUING THE  
SEALES FAMILY MUSIC  
LEGACY



GUYANA CULTURAL ASSOCIATION OF NEW YORK INC./GUYANA FOLK FESTIVAL  
IN COLLABORATION WITH NY CITY COUNCIL MEMBERS  
MATHIEU EUGENE & JUMAANE WILLIAMS & MATERIALS FOR THE ARTS

# CARIBBEAN HERITAGE SUMMER WORKSHOP

## Arts in the Community



CHILDREN 5-12 YRS OLD  
MON.-THURS - 9.00 A.M.-3.00 P.M.

ST. STEPHEN'S LUTHERAN CHURCH AUDITORIUM

# JULY 7-AUGUST 14, 2014

2806 NEWKIRK AVENUE & E28 STREET, BROOKLYN, NEW YORK 11226

**FOR INFO. TEL: 718 209 5207**

THE SUMMER CAMP'S CURRICULUM PROVIDES A COMPREHENSIVE RANGE OF THEATRICAL AND ARTISTIC WORKSHOPS FOCUSING ON INTRODUCING SONGS, STORIES, PLAYS, POETRY AND ART FROM GUYANA AND THE CARIBBEAN.



## 2014 FOLK FESTIVAL SEASON: GCA SUMMER HERITAGE WORKSHOP SERIES:

### GCA SUMMER HERITAGE WORKSHOP STARTS JULY 7

#### REGISTRATION

MONDAY, JULY 7, 2014

9.00 A.M.-

*Juliet Emanuel*

The Annual Caribbean Heritage Summer Workshop run by GCA will take place from Monday, July 7 through Thursday, August 14 in this year. The Workshop will take place on Mondays through Thursdays from 9 am to 3 pm. The address is 2806 Newkirk Avenue, Brooklyn, NY 11226 and Workshop activities will be in the Auditorium.

The theme of the series of Workshops is the same as that of the 2014 GCA season: "We Bridgin." This theme will run through all aspects of the program, The STEM program will draw together for this year all aspects of science, technology, engineering and mathematics.

Recognizing the application of physics and mathematics to kite-making and the application of chemistry to cooking are part of the GCA plan to make these areas accessible to the children of the community.

The Music Program led by Edgar Henry will feature a team that will include Professor Keith Proctor, Akoyah Rudder, Jeggae and Hilton Hemerding.

The writing workshop is for all the participants -- sometimes the "writing" is via collage, etc. This segment and all the literature and composing workshop will expand into a literary experience similar to the Literary Hang

and campers will present their writings on August 30 at the Annual Literary Hang as well as at the Closing Exercises of the Workshop. Verna Walcott White will coordinate the Dance Program.

Claire Goring will bring her creativity to the Fine Arts program through the use of found art courtesy of Materials for the Arts and other sources. Basic art instruction will be part of this overall segment.

Instructors for acting, poetry and other workshops will include Penny Bascomb, Pat Jordon-Langford, Francis Quamina Farrier and others.

GCA will add junior interns to its successful Leadership Program. One of the previous senior interns will assume the role of head of this group.

So please enroll your children, ages 5 through 12 for a full six weeks in a unique Caribbean experience.

A limited registration will take place on the morning of July 7, the first day of the series.

This Workshop is sponsored by NYC DCYS and the offices of Councilpersons, Mathieu Eugene and Jumaane Williams. Alumni organizations, village associations and private donors are also significant sponsors of this camp.

For any questions or comments, please call the GCA Secretariat at 718 209 5207.

View past camp activities on [guyfolkfest.org](http://guyfolkfest.org).

**PLEASE CONTACT US ABOUT SPONSORSHIP/  
DONATION OPPORTUNITY  
(ORGANIZATIONS, BUSINESSES &  
INDIVIDUALS WELCOME)**





THE NINTH ANNUAL LITERARY HANG

**LITERARY**

**HANG**

GUYANA CULTURAL ASSOCIATION OF NEW YORK, INC.

2014 Folk Festival Season

**CELEBRATING AUTHORS  
IN OUR DIASPORA**

NO MAN IS AN ISLAND ENTIRE OF ITSELF; EVERY MAN IS A PIECE OF THE CONTINENT, A PART OF THE MAIN

IN PARTNERSHIP WITH ST. JOHN'S EPISCOPAL CHURCH

**SATURDAY, AUGUST 30, 2014**

THE UNDERCROFT

**St. John's Episcopal Church**

139 St. John's Place

Brooklyn, NY 11217

From noon - 7:00p.m.

Books on sale.

Includes a traditional Ice-Cream Banquet



# CELEBRATING GUYANA'S CULTURAL HERITAGE GUYANA FOLK FESTIVAL SEASON 2014

A PRESENTATION OF THE GUYANA CULTURAL ASSOCIATION OF NY INC.

## SUMMER HERITAGE WORKSHOP 2014

**JULY 7-AUGUST 14, 2014**

ST. STEPHEN'S CHURCH AUDITORIUM  
2806 Newkirk Avenue (E28th St.)  
Brooklyn, NY 11226  
MON - THURS: 9.00 A.M. - 3.00 P.M.

## GCA AWARDS

**AUGUST 27, 2014**

BROOKLYN BOROUGH HALL  
209 Joralemon Street,  
Brooklyn, NY 11209  
6.00 P.M.

## LITERARY HANG

**SATURDAY, AUGUST 30, 2014**

- 1:00 P.M.  
ST. JOHN'S EPISCOPAL  
CHURCH GARDENS  
139 St Johns Pl. Brooklyn,  
NY 11217

## GCA SYMPOSIUM

(Guyana - date to be announced)

## KWE-KWE NITE

**AUGUST 29, 2014**

8.00 P.M.

ST. STEPHEN'S CHURCH AUDITORIUM  
2806 Newkirk Avenue, Brooklyn, NY 11226

**ADMISSION \$20.00**

## FOLK FESTIVAL FAMILY DAY

**SUNDAY, AUGUST 31, 2014**

**OLD BOYS HIGH SCHOOL GROUNDS**

736 Rutland Road (& Troy Avenue) Brooklyn, NY 11203 12 NOON. - 7.00  
P.M.

(SPORTS & MAYPOLE: 2.00 P.M.) SHOWTIME: 4.00 P.M.)  
ADMISSION: \$10. KIDS UNDER 16 & SENIORS FREE



INFORMATION - Website: [www.guyfolkfest.org](http://www.guyfolkfest.org) TEL: 718-209-5207

*This activity is not sponsored or endorsed by the New York City  
Department of Education or the City of New York*



RADIO & TELEVISION BROADCASTER

# Roger E. F. Moore



## A TRIBUTE IN MEMORY OF:



# Roger Moore

*Ronald Austin*

**T**here was a time when the mastery of the written and spoken word was an ideal. As a result, British Guiana and subsequently Guyana, produced generations of high quality broadcasters. I refer to Ron Sanders, Ray Robertson, Ron Robinson, Pat Cameron, Vic Insanally, Terry Holder, Ayube Hamid, Bertie Chancellor, among others.

These talented individuals were followed by a second generation of broadcasters with rich voices, which included Phyllis Jackson, Maggie Lawrence, Hugh Hamilton, Clem David and Roger Moore.

I did not know Roger very well, as in the beginning he was more my brother's friend than he was mine. But in time I got to know him very well. He had a wonderful voice, which could not be mistaken wherever you heard it. What made Roger's character even more appealing was that he possessed that rare commodity in Guyana, i.e. good manners. In all the years that I have known Roger Moore I was always impressed by his unfailing courtesy. At that time of his life, as an employee of the Guyana Broadcasting Corporation (GBC), I listened to his programmes and followed his career. He seemed destined for a long and successful one in broadcasting.

Then, as the great Roman historians would describe it, nature turned disruptive. The new government that was brought in by the 1992 elections seemed particularly venomous towards some of our most talented broadcasters, a policy which was shortsighted as it was stupid. Those who could, decamped to North America. Maggie Lawrence, Clem David and Roger Moore, were dispatched. Radio bled and mediocrity ensued. It has never recovered. The era of the outstanding voice was over.

But those who remained fought back. Maggie found a niche in acting and doing radio programmes and Roger and Clem started TV programmes. The battle was soon joined. As Roger and Clem made an issue of the injustices in the Guyana society and the promises not kept, they became targets for persecution. Clem succumbed first, ill and disillusioned. When I met him one day just before he died he was physically and mentally a shadow of himself. Roger soldiered on but he knew that he was living on borrowed time. He showed courage and imagination as he defied the authorities.

Maybe it was Roger's close relationship with Mr. Hoyte that infuriated those who, as Martin Carter said, would "assassinate the voice." It was not Roger's fault that Desmond Hoyte liked and admired him and trusted him. I know that there were things that Hoyte told Roger, especially during that terrible period after 2002 and the murderous rampage that followed, which he did not tell his closest political colleagues. The last memory I have of Roger is dining with him and Desmond Hoyte and being touched by the picture of a seasoned politician chatting without reservation with a young reporter he clearly trusted and liked.

It is ironical that after Roger exiled himself to England I got closer to him. He interviewed me twice and at the end of both programmes he told me in detail of his illness. It was though he was a stranger to himself, standing outside of his earthly body, observing it and describing it. I could only mutter a silent prayer. And when the end came I was not as sad as I thought I might be. Why? Because Roger had fought the good fight and refused to be silenced by the new barbarians. Roger can now say like St Paul: "O death where is thy sting. O grave where is thy victory."

May his souls rest in peace.

## A TRIBUTE IN MEMORY OF ROGER MOORE

**R**oger Floyd Eamond Moore – a consummate professional, a lover of his people who loved him as a Broadcaster.

I met Roger for the first time in 1992 when he joined the Guyana Broadcasting Corporation as a young, energetic Announcer/Producer, and little did I know it was to have been the beginning of a long-lasting, loyal and respectable friendship.

I was one year his senior, in terms of my association with the GBC, and being attached to the Sports Department, I was the one plucked out by Roger to keep him abreast with the happenings in the world of sports in which he paid an avid interest, particularly cricket which he had so many times convincingly pronounced on.

... the consummate professional, outspoken and honest, he worked unselfishly for the betterment of his people

*Basil Bradshaw*

## Roger F.E. Moore...





## A TRIBUTE IN MEMORY OF ROGER MOORE

That in itself, told of the wide interest Roger showed on the job and it was no secret that this erudite young man, with quite an affectionate voice, was extremely capable of performing duties in any aspect of radio. He would host a light programme and create the right atmosphere for listeners, read Death Announcement and provide the solemnity that goes with it and present the News and make the kind of impact required. Being the epitome of punctuality and panache, he cherished his career and spared no effort in safeguarding it.

Perhaps, in a bold effort to establish the fact that broadcasters are not only capable of sitting before a microphone, Roger unhesitatingly opted to enter a race organized by members of the GBC and sanctioned by Management. We called it 'Run for the Mic'. Many of his colleagues were concerned about his health, being very overweight and having to run quite a distance around the perimeter of the St. Phillips Green area. However, only Roger wasn't concerned and, just maybe, he got his inspiration from the fact that a much older colleague, the late Bertie Chancellor, was also listed for the grueling run. The rest is history, as the real race turned out to be between Roger, who was thought to be sluggish, and Bertie, who wasn't even considered a candidate because of his age. The two provided much fun and twice the excitement anticipated by the large number of radio fans who turned out that early Sunday morning.

As we're on sports, let me not hesitate to mention how fierce a table tennis player Roger was. I remember seeing him beat the best we had at the GBC. He would plant himself at one end of the table, and have his opponents run all over Studio B at the other end. I guess Roger was able to beat his adversaries twice – with shock that he handled the racket so well, and the skill with which he executed his play.

Roger also possessed a high level of willingness. No time was inconvenient for him to help out when there was a void to be filled. He was always available.

In his television career, Roger was no different. In fact, he was determined to prove to the naysayers that he also had the personality for TV and not

only a voice for radio. He went on to become one of the best known TV Talk Show Hosts in Guyana, reaching out to and operating as a conduit for the voiceless, while championing the cause of the downtrodden.

However, it was Roger's outspokenness that may have incurred the wrath of the current administration in Guyana. Already there was a perception that it was political pressure that forced Roger and five others, this writer included, to resign from radio when it seemed like there was a mandate to 'rearrange and cleanse'. So Roger was more than convinced he had an obligation to speak out. He told it like it was, even though it turned out to be a sad experience in which honesty and forthrightness brought harm to his programme 'At home with Roger'. Advertisers were discouraged from and threatened not to support his programme. That did not change Roger's approach. He had already experienced the encirclement of his house one night by a group of corrupt mercenary policemen called 'Blackclothes', and so it may have been a blessing in disguise when he left Guyana in 2005 to seek medical attention in England. His intention was to return to his Guyana but he sooner learnt that his medical condition was much more severe than he thought.

Roger will go down as a person who worked unselfishly for the betterment of his people. He, undoubtedly, will be remembered for his bravery in facing death knowing he was off to a better place. It was Roger Moore who wrote on his dying bed that he lived his life his way and he had no regrets. Through obvious pain and hurt, he paid his respect to persons who shaped his career in broadcasting and made mention of some of his colleagues who added a touch of spice to his GBC life. He did not forget to mention that he loved us all.

Keep broadcasting my brother for your voice will still be heard – particularly since you will be supported by other greats like Matthew Allen, Pat Cameron, Terry Holder, Christopher Deane, Roland Phillips, Pancho Carew, Clem David, Bertie Chancellor and many others who went before you to prepare that Utopic Studio for your coming.

**Rest In Peace  
Roger Floyd Eamond Moore.**

*Basil Bradshaw*

## ALTERNATIVE MEDICINE

*"A wise man should consider that health is the greatest of human blessings, and learn how by his thought to derive benefit from his illnesses"*

# TRADITIONAL HOME REMEDIES OF GUYANA

Dmitri Allicock, Guyanese online blog

*If you grew up in Guyana you would certainly be acquainted with some of these common over the –counter- medicines and remedies that brought relief for various afflictions and ailments. Corner stores carried a wide array of medicines found only in the Caribbean and Guyana. These were augmented with herbal medicines and treatments before a visit to the doctor was attempted. Home remedies have been around for thousands of years. Even these days about 30 per cent of prescription drugs are still synthesised from plants. In fact, the word 'drug' comes from an old Dutch word, drogge, which means 'to dry' - which is how many plant medications were prepared. However, it is always wise to remember, just because something is "naturally" growing from a tree, doesn't mean it's safe to consume.*

*Our grandparents and older folks would swear of the healing properties of herbs, leaves, roots and seeds that cured diseases which they contracted. The fact that our ancestors survived proved that some of the many remedies used then, did work and have increasing practical applications today. Arrowroot is a common plant of Guyana. Napoleon supposedly said the reason for the British love of arrowroot was to support the commerce of their colonies. Archaeological studies in the Americas show evidence of arrowroot cultivation as early as 7,000 years ago. The name may come from aru-aruu (meal of meals) in the language of the Caribbean Arawak people, for whom the plant was a staple. It has also been suggested that the name comes from arrowroot's use in treating poison-arrow wounds, as it draws out the poison when applied to the site of the injury. In the early days of carbonless copy paper, arrowroot, because of its fine grain size, was a widely used ingredient. After an economical way of centrifugally separating wheat flour was devised, arrowroot lost its role in papermaking.*





## ALTERNATIVE MEDICINE

### GUYANESE TRADITIONAL HOME REMEDIES: DETTOL, FERROL COMPOUND

*Dmitri Allicock, Guyanese online blog*

People use starch taken from the root and rhizome (underground stem) to make medicine. Arrowroot is used as a nutritional food for infants and for people recovering from illness. It is also used for stomach and intestinal disorders, including diarrhea. Some people soothe painful gums and sore mouth by applying arrowroot directly to the affected area. Babies cut teeth on arrowroot cookies and the fine powder can be used for diaper rash. In foods, arrowroot is used as an ingredient in cooking. Arrowroot is often replaced with cheaper starches, including potato, corn, wheat, or rice starch. There is some scientific evidence that arrowroot may help get rid of cholesterol in the body. There isn't enough information to know how it works for stomach and intestinal problems or for other uses.

**Mecuricome** was used throughout the world and Guyana to treat minor cuts, scrapes, sores, and other external infectious conditions. The liquid was only sold in small quantities, since one application by Q-tip was extremely effective.

**Mercurochrome** is a trade name for merbromin, a compound containing mercury and bromine. Merthiolate is a trade name for thimerosal, a compound containing mercury and sodium. Both these compounds kill some (but not all) disease-causing microbes by denaturing enzymes and other proteins so that the microbes' metabolism is blocked; they do this by breaking up chemical bonds in the proteins. Both Mercurochrome and Merthiolate (and iodine preparations, too) sting when applied to broken skin and can actually interfere with healing at times, it is said. Experts now recommend that first aid kits contain newer antibacterial creams, especially those containing bacitracins, a class of antibacterial first produced by other

microorganisms.

**Shilling Oil** is a Chinese external analgesic remedy good to rub on for cold or, blocked sinuses, headaches, minor muscle aches, arthritis, strains, closed bruises, sprains. Active Ingredients are Menthol 16%, Camphor 5%, and Salicylate 47%, plus dill oil, eucalyptus and lavender oil.

**Buckley's White Rub** belongs to this category of nasal decongestants and minor remedies for aches very popular with Guyanese. The inhalation of its soothing medicated vapors helps break up nasal congestion to restore freer breathing. This non-greasy stainless rub penetrates quickly to relieve muscular, rheumatic and arthritic aches and pains. Buckley does also have a cough syrup invented in 1919 in Toronto, Ontario, and still produced today. Noted for its strongly unpleasant taste, its ingredients include ammonium carbonate, potassium bicarbonate, camphor, menthol, Canada balsam (*Abies balsamea*), pine needle oil, and a tincture of capsicum. It is promoted for relief of coughs and sore throats for up to six hours.

Cloves are the aromatic dried flower buds of a tree in the family Myrtaceae, *Syzygium aromaticum*. Cloves are native to the Maluku islands in Indonesia, is also found in the Caribbean and Guyana and have significant health benefits.



**ALTERNATIVE MEDICINE**

**GUYANESE TRADITIONAL HOME REMEDIES: SCOTT'S EMULSION, HALIBORANGE, SHILLING OIL**

*Dmitri Allicock, Guyanese online blog*

Most commonly known use is for toothache. *Oil of clove* may be applied to the gum or a whole clove may be kept pressed on aching side between the teeth.

It is safe and effective as mouth wash and for bad breath. it can quickly relieve the running nose if that is due to exposure to cold. In mild cases just smelling the clove helps.

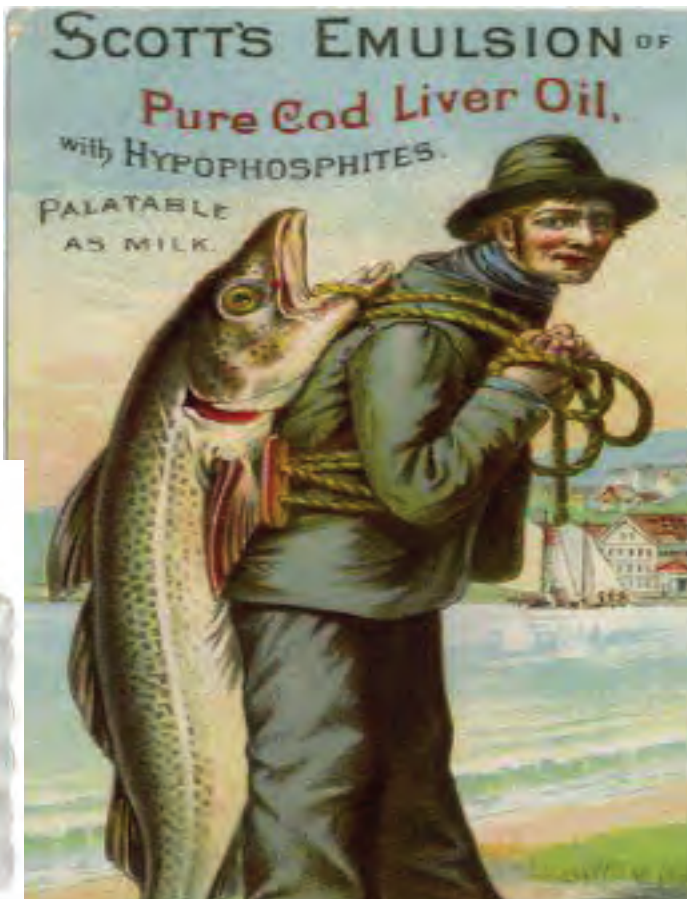
It can be used as antibacterial, antiviral, antifungal and anti-septic. It is an effective treatment for diarrhea and vomiting where the discharge is watery, not pasty. It is a great help in cases of cholera and malarial fevers. Clove stimulates digestive system and helps indigestion, can help stomach ulcers but if it is associated with constipation and/or bleeding hemorrhoids, clove might not be the solution. Please keep its drying property in mind. Clove has the capability to cure cancers when used with a suitable herb having warm-wet effects. Clove alone might not help in all cases of cancer. It must be used only under the advice of an experienced herbal practitioner. It is also used to treat psoriasis but it should be remembered that initially it might aggravate.

Applying oil of clove to the forehead and temples can relieve certain types of headache particularly those caused by cold. Clove is also used to enhance sexual power in men. Oil of clove is said to be effective when used externally.

Clove Tea has a very unique flavor and aroma. The best part of drinking clove tea is the quick relief from nausea and the fresh breath you have afterwards. In fact chewing on a clove from time to time is the best breath mint ever and keeps nausea and heartburn away. Clove Tea is a great natural remedy to help cure the oral infection called Candida that sometimes comes with the over uses on antibiotics. Most might remember the use of M & B powder on the many abrasions and scrapes of childhood. A sprinkling of this white powder on the wound for a few days was all that was required.

*M & B*, made by the British Company May & Baker, was one of the first generation of sulphonamide antibiotics; it has been reported as the first chemical cure for pneumonia. It could either be taken in tablet form or the powder could be placed in wounds. It was used so widely during the Second World War that May & Baker had difficulty keeping up with demand. It was later largely superseded by penicillin and sulphonamides.

May & Baker was a British chemical company. It was started by Mr. May and Mr. Baker in Wandsworth, London in 1851. They initially specialized in the manufacture of chemicals derived from Mercury and Bismuth. Over the years they diversified into other chemical fields including Photographic, Pharmaceuticals, Agrochemicals, and chemicals for Research and development.





## ALTERNATIVE MEDICINE

### GUYANESE TRADITIONAL HOME REMEDIES: ANDREWS LIVER SALTS, DETTOL, METHYLATED SPIRITS. M&B POWDER

*Dmitri Allicock, Guyanese online blog*

**Dettol** is a common antiseptic used in Guyana. Dettol liquid antiseptic and disinfectant is normally light yellow in color; but, as several of the ingredients in Dettol antiseptic are insoluble in water, it produces a white-coloured milky emulsion of oil droplets when diluted with water during use, exhibiting the ouzo effect.

**Methylated Spirits** Also known as denatured alcohol, Methylated Spirits is for the most part just plain alcohol (ethyl alcohol) is also a major antiseptic in Guyana. Methylated cotton balls were used as an antiseptic before receiving an injection of medicine.

Other uses for Methylated spirits includes clean glass, if you're going to use it in hot conditions, dilute it with water. In fuel stoves, methylated spirits burns very cleanly; a little too cleanly in fact as it can be hard to see the flame. Methylated spirits can be used to remove ink stains from upholstery or clothes and also permanent marker from PVC plastics. As a solvent for thinning paint, for cleaning paint brushes as an alternative to fossil fuel based solvents a general metal cleaner for removing stickers and sticker residue from car windscreens.

**Andrews Liver Salts** is a great antacid treatment and was very popular in Guyana. It is an effervescent powder containing magnesium sulphate (dihydrate), Sodium Hydrogen Carbonate and Citric Acid (anhydrous). And a product of GlaxoSmithKline Consumer Healthcare (Ireland) Ltd

Andrews' effervescent powder provides refreshing relief for an upset stomach, indigestion and over indulgence. At higher doses, it can be used as a laxative to relieve constipation.

**Scott's Emulsion** is a brand of cod liver oil range of emulsions rich in natural sources of vitamin A and D, calcium, phosphorus and omega 3 trusted by mothers for generations in Guyana to help protect their children from coughs and colds, and as a supplement to support growth and ward off infections. Even the most steadfast proponents of cod-liver oil, such as de Jongh and Bennett, admitted that the highly

disagreeable taste and smell presented a significant hurdle to its use.

In 1873 Alfred B. Scott came to New York City and, along with partner Samuel W. Bowne, began experimenting to produce a less nauseating preparation of cod-liver oil. Three years later they established the firm of Scott and Bowne, and began marketing their product as Scott's Emulsion. Though not a doctor or pharmacist by training, Scott had the eye for opportunity that was necessary for achievement in business. Advertising, the two men believed, would propel their product to success. And so it did: by the 1890s Scott and Bowne had factories in Canada, England, Spain, Portugal, Italy, and France, and advertised their emulsion throughout the Americas including Guyana, Europe, and Asia.

**Haliborange** dates back to the 1930s when it was marketed as the „nicest way of taking Halibut Liver Oil," At that time children were given fish oil supplements to provide vitamins A, C and D. Haliborange prided itself in the fresh juicy orange flavor and the fact that the syrup had no fishy taste. It was very popular in Guyana and highly recommended by doctors and well clinic for children.

**Ferrol Compound** is a malt flavored tonic with anti-tussive properties and product of Guyana. It contains a unique blend of vitamins, iron and mineral salts including the active principles, vitamins A, D in cod liver oil. These ingredients help develop red blood cells and carry oxygen throughout the body. Build up your body to help fight off coughs and colds with Ferrol Compound.

**Ferrol** is fairly pleasant tasting and a favorite of both children and adults of Guyana.

**Iodex**, a household remedy in Guyana since 1910, Iodex ointment contains the active ingredients iodine, to help prevent the growth of bacteria on minor cuts and scrapes, and methyl salicylate. Known for its soothing vapors, methyl salicylate helps relieve congestion around sore, stiff muscles sprains and strains, thereby minimizing pain and discomfort. Promotes healing of minor cuts and scrapes. The numerous blows, bumps and swelling of childhood created a special bond and familiarity between Iodex and Guyanese children.

# August Time!

*When school close on Friday afternoon  
we on de train or bus by Sunday morning -  
straight to Belladrum and to Paradise village -  
all man jack!  
and we en coming back  
to town 'till de Sunday before school open again in  
September.*

*When de train leff Mahaicony, den cross Abary bridge,  
we know dat we near reach! Excitement! Anticipation!  
At Belladrum station de train engine must tek on water!*

*If we travel by bus, is Abary, then Foulis,  
then Catherine, then El Dorado,  
then Belladrum, then Paradise! Excitement! Anticipation!*

*Paapub (grandfather, Uncle Badley), Maamub (grand-  
mother, Cousin Prudence), Sister Dar,  
Cousin Cartho, Cousin Charlie, Cousin Margret,  
Cousin Hilda, Cousin Maggie,  
Cousin Baby Rose, Cousin Salome, Uncle James, Aunt  
Syllil, Mr Noble, Teacher Susan, Teacher Archie, Cousin  
Pat (the Dispenser), Pitamber Dindyall ( the Shopkeeper).  
Mango season (when we eat mango fo' spite), rice field,  
lang dam, cross dam, trench corner, putta putta mud,  
fowl pen, sheep pen, hog pen, coconut water and jelly, dry  
fish and big cassava bread drying pon de zinc sheet.*

*Mama baking bread an pram pram in de outside brick  
and mud oven. Roasting green plantain and sweet potato  
in de fireside.*

*Dry coconut, coconut oil, chancee, and coconut milk (a  
must for every pot of food).*

*Donkey cart, bull (ox) cart, and dem thre big strong oxen  
- Churchill, Tikra, and Brownie - I can't forget dem names!*

*One pit latrine in de backyard, just behind de rice room.*

*Stand pipe on de public road. fetching water in galvanise  
buckets to full up de wooden casks an de oil drum. One  
bucket a piece for the evening bath in de wooden outdoor  
latrine. Dip one calabash, then lather wid de green  
Lifebuoy soap, then a vigorous and detailed rub all over,  
then two or three calabash rinses. De last dip is fo wash  
out yo mouth - either Colgate or blacksage (tek yo pick),  
then gargle, then rinse, then spit!*

*Night time was story time and ringplay (Missy loss she  
gold ring, Brer 'nancy, Smart man Bill), and brushing  
and smoking away mosquitoes. At bed time, lower the  
kerosene or gas lamp, roll out de big, coconut fibre mat-  
tress, while Papa pull down de hammock. Sister Dar mek  
yo wash off any sand from yo foot, and check ears and  
necks for any unwanted residues.*

*Prayers were mandatory. You repeated your prayers  
aloud, and individually. Then you said "Good night  
Paapub. Good night Maamub. Good night Sister Dar.  
Good night everybody." Only then were you ready to  
sleep.*

*Eric Matthews*





# PETER HALDER

## E-Books



### **Tiger's Birthday Party:**

A Collection of Animal Tales

Amazon Digital Services, Inc.

Kindle Price: \$2.99

*Tiger's Birthday Party, has just been published and is now on sale at the Amazon.com and Smashwords, links below. It is a menagerie of seven amusing and entertaining animal tales, each of which has a moral for all. Tiger's Birthday Party ends abruptly when sloth, by name and nature, went to fetch water. Tiger's Zeal proves its undoing. A lion sets out to kill and eat a wild boar but is taught a lesson in The Lion and The Wild Boars. A leopard uses Grace Before Meals to save a powis. A man learns that city tricks cannot help him To Catch A Monkey. In the Jaguar and the Wolf, a jaguar feigns death to catch a clever wolf but is outwitted. A male monkey seeks the help of a tiger to prove it is brave in The Monkey and the Tiger. The final treat in this enchanting book of animal fables is a Rhyme of The Impossible.*

### **The Monkey Wife:**

Four Bizarre Tales of the Rainforest

Amazon Digital Services, Inc.

Kindle Price: \$2.99

*Following on from Peter Halder's first collection in The Alligator and the Sun, these four incredible tales add more color to and further illuminate the tapestry of ancient rainforest myths, from Guyana on South America's Caribbean coast.*

*The feature tale, The Monkey Wife, portrays an episode of life in the rainforest and human frailty. It is seminal, heart rending and poignant. Kere Kere and The Bush Spirits recounts the escapades of a young hunter with Bush Spirits when trying to find his way home. The Overbearing Father-In-Law tells the story of a childless old man who creates a daughter and makes impossible demands, after she gets married, on his son-in-law.*

### **The Alligator and the Sun:**

And other rainforest tales

Amazon Digital Services, Inc.

Kindle Price: \$2.99

*Nine captivating tales, which weave a tapestry of the unbelievable and fascinating ancient rainforest lore of the Amerindians of Guyana on South America's Caribbean coast.*

*In the title tale, the Alligator outwits the Sun and pays the price with scars on his body.*

*The two sons of the Sun find witchcraft and adventure in tales, "The Twins Revenge on the Tiger" and "Why the Forest Toad Has Bumps." The Piai or Medicine Man plies his trade in the stories "The Dream" and "The Revenge of the Piai."*

*In the "The Yawarri and the Tortoise" the yawarri (an opossum) tries to outsmart a tortoise which it dislikes but finds itself outwitted in the end.*

## WHAT'S HAPPENING IN OUR COMMUNITY

# THE MILLERS

## GALA FAMILY & FRIENDS PICNIC

YES ----WE'RE BACK

COME AND ENJOY A WONDERFUL DAY OF FUN, FOOD, GAMES AND SPORTING EVENTS

SUNDAY JULY 13, 2014

PROSPECT PARK –

PARKSIDE AVENUE ENTRANCE

(NEAR LAWN TENNIS COURTS)

11.00 AM TO 6.00PM

CONTACT NUMBERS:

718-951-7458 / 718-951-0930

718-930-9526



**St. Joseph High School Alumni Association**

Annual Labor-Day Weekend  
**SATURDAY NIGHT SIZZLER**  
**August 30, 2014**  
 from 10:00 p.m.

**D.J. FLEX** Free Delectable Buffet

**ROSE GARDEN**  
 4224 Church Avenue  
 Brooklyn, NY 11203

**Ticket: \$20 Cash Bar**  
**Door: \$25**

Telephone Contact  
 718-877-8654 • 917-834-7851 • 347-787-1745 • 718-342-0040



St. Rose's Alumni Association USA  
**20th Anniversary Ball**

Date: Thursday, August 28, 2014

Place: Russo's on the Bay  
 162-45 Cross Bay Boulevard, Howard Beach, NY, 11414

Cocktails: 7:00 p.m. ~ Dinner: 8:00 p.m.

Honoree: Dr. Hazel Campayne, Keynote Speaker  
 (former Headmistress of St. Rose's High School)

Dress: Formal

Donation: \$100.00 (all inclusive)

For information: 718-287-5187 | 917-796-1723 | 718-342-7046 | 917-727-6737





The Guyana Tri-State Alliance Inc.  
**The Consulate General of the Republic of Guyana**  
 The Permanent Mission of the Republic of Guyana to the United Nations

Invite ALL GUYANESE to Celebrate

**THE 40th ANNIVERSARY OF THE INDEPENDENCE OF  
 THE REPUBLIC OF GUYANA**

**Wednesday, July 9, 2014**

Event and Reception starts at 5:30 p.m. thru 9:00 p.m.

**At Brooklyn Borough Hall**  
 209 Joralemon Street, Brooklyn, NY

Nurturing the  
 true potential  
 of Guyanese  
 youth

**Under the Patronage of**  
 The Honorable Eric L. Adams  
 Brooklyn Borough President  
 Councilman Dr. Mathieu Eugene  
 40<sup>th</sup> Council district, Brooklyn, NY  
 Reception----"A Taste of Guyana"



**Guyana -  
 Telling our  
 own story**

Dancers,  
 drummers, and  
 Guyana's leading  
 artists will perform

**"Leaders in the Making"**

Come and celebrate the Achievements of our Youth, and thank them for their skills and talents, and support them in their endeavors

Directions By Subway: 2,3,4,5 to Borough Hall; R to Court Street; A, C, E, F to Jay St. Metrotech station/Borough Hall  
 By Bus: B25, B26, B38, B41, or B52 to Court Street near campus.

B45 to Livingston Street • B54, B61, or B67 to Jay St. Metrotech station • B103 to Adams Street

[For Further Information Call](#)

The Consulate of the Republic of Guyana (212) 947-5115; The Permanent Mission of the Republic of Guyana (212) 573-5828; Patricia Jordan-Langford (917) 541-4101; Yvonne Marcus (347) 256-4473; ; Fryllis Cort (914) 456-0563; Lynette Marshall (718) 342-0842; Loraine Edinboro (347) 701-9283;

Malla Rama 212-947-5116; Mohamed Saif (247) 2941217

FRIENDS OF VICTORIA VILLAGE, DIASPORA, INC.

# Creole **BREAKFAST MORNING**

**SAT., JULY 19,**

9.00 A.M. - 2.00 P.M.

**ST. STEPHEN'S  
CHURCH  
AUDITORIUM**

2606 NEWKIRK  
AVENUE & E28ST.  
BROOKLYN, NY

COME DRESSED TO IMPRESS IN  
**African Fashion**

FOR TICKETS & INFORMATION:

- ULA AUSTIN-347 884 5163
- CLAIRE ANN GORING - 718 209 5207
- "Jeggae" HOPPIE - 718 812 7736
- MICHAEL CHARLES - 646 875 1269
- MARVALANGHORNE - 917 470 8951
- ROSE OCTOBER-EDUN - 718 755 4956
- MILFORD LEWIS - 917 679 9031
- AGUSTUS & PAULETTE BARRY - 718 755 3949
- LESLIE WEGMAN - 718 434 1595
- JOYCE ROBERTS - 347 406 6139
- CHERYLAINSWORTH - 347 240 7672
- HILDA DOVER - 718 776 0134
- SHERANN WICKHAM - 516 - 469 - 7859
- GRACE WEGMAN - 718 413 3066
- PATRICK YOUNGE - 646 812 5719
- KENRICK LIMERICK - 917-921-8450

ADMISSION:

ADULTS: \$25.00 KIDS (Under 12): \$15.00 at door



*175<sup>th</sup>*

ANNIVERSARY OF THE PURCHASE OF

**Victoria** VILLAGE

A CELEBRATION OF HERITAGE, FAMILY, COMMUNITY & CULTURE

COMING SOON!

DETAILS OF ANNIVERSARY PROGRAM IN GUYANA & SPECIAL AIRFARE TO GUYANA