



# NEWS AND VIEWS

GAOG Newsletter Fall Edition September 2015 Vol. 3

## Scholarship Awards and Banquet 2015



Left to right: Guests at the Banquet; Jonathan Isaacs-Heyliger receives the GAOG/ Hartsfield –Jackson Atlanta International Airport Scholarship; Neville George receives the Caribbean International Shipping Services Award on behalf of his daughter Kim Hodge; President Thomas gives his remarks (Photos: Pose For TV)

On September 26<sup>th</sup>, the Guyana Association of Georgia Inc. held its much anticipated 24<sup>th</sup> Annual Banquet and 2015 Scholarship Awards Ceremony. This grand occasion was a sold out event this year. The Mistress of Ceremonies Ms. Sebrena Sumrah-Kelly kept the guests engaged and entertained. The invocation was performed by Rev Carl R. Lashley Jr. and the National Anthems sung by Ms. Verdine Benn.

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## Rafer Johnson runs for GA State Representative, District 62



Guyanese born Rafer Johnson announced his candidacy for Georgia State Representative earlier this year. His goal is to earn his neighbor’s confidence and propel District 62 to realize its untapped advantages. Earlier this year he addressed the Guyana Association of Georgia at the General Members Meeting expounding to the members the importance of the power of voting at the local government level.

Continued on 9

## OSHAG (Organization for Social Health & Advancement Guyana) Bringing Cancer Awareness to Guyana

Recently, Ms. Carol Bagot, President and founder of the Organization for Social Health and Advancement for Guyana (OSHAG) spoke at the Guyana Association of Georgia’s General Members Meeting about cancer awareness and their missions in Guyana. The Organization for Social and Health Advancement for Guyana and the Caribbean (OSHAG)/C is a nonprofit, service driven organization based in Queens, New York. It is also registered as a Non-Government Organization (NGO) in Guyana. OSHAG represents a partnership between members, community volunteer organizations and individuals in the extended community.

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# INSIDE THE GAOG



## The 9<sup>th</sup> Annual Tea Party

The Guyana Association of Georgia Inc., annual Tea Party was held on July 11th this year at the Church of the Holy Cross, DeKalb County GA. This much anticipated event was well attended. As was customary, table captains were responsible for decorating their tables which were entered into the best decorated table competition. Tables were judged based on Creativity, Presentation, Coordination and Elegance. The coveted first place was awarded to Ms. Thelma Thomas who captured all elements in a gold accented tea table. The second and third prizes both went to Ms. Gwen Fredericks with a bold black and white décor and brightly hued selection respectively.

Guests were entertained with musical renditions from Hadia George and saxophonist Joel Cruickshank. Shauna Stewart recited a much appreciated poem for those present. Guests were also treated to traditional Guyanese cuisine which included pastries, cakes and of course a variety of teas.

The ladies then entered into a casual hat competition which proved to be entertaining as hats were modeled and displayed for all present. Two winners were declared. Over all the event proved to be quite enjoyable and successful.



1<sup>st</sup> Place winner – Table by Ms. Thelma Thomas



2<sup>nd</sup> Place winner – Table by Ms. Gwen Fredericks



3<sup>rd</sup> Place winner – Table by Ms. Gwen Fredericks



Guests enjoying the Tea Party



Ladies parading their hats.



# 1<sup>st</sup> Annual Casino Night Fundraiser



Having fun at the Black Jack tables



Taking a Turn at the Craps Table

On August 22<sup>nd</sup>, The Association held its first ever Annual Casino Night at the Guyana House Building. Guests were pleasantly surprised by the atmosphere and general ambiance and the event was well appreciated by those present. While there was no gambling involved or cash prizes awarded, guest had a choice of five gaming tables which included two black jack tables, two craps tables and one roulette table. Those present enjoyed an exciting three hours of gaming as they showed off their expertise. Guests who had never played before were coached by the dealers present.

At the end of the night a casino king – Colwin Henderson, and queen, Cherise Cheeseman were crowned for earning the most chips over all. The grand prized for the king and queen were two 32" flat screen TVs. Mr. Henderson scored a lucky trifecta as he scooped up two more prizes when his numbers were called during the raffle that followed. Other game and door prized were raffled off to include three bottles of XM rum, touch screen tablets, handmade bath soaps, Spa gift certificates, printer ink gift certificates and Yankee candles.

The sponsors who made this event possible included Metro Brokers (Lyndelle Isaacs Heyliger ABR), Bourda Green Caribbean Grocery, Cartridge World, Dr. & Mrs. Lennox Applewhaite, Dr. Kelly Thomas, Garlyn Enterprises Inc., Kaiyuni Kreations LLC, One Coast Network LLC, Soap Diva Creations and World Therapy Center.

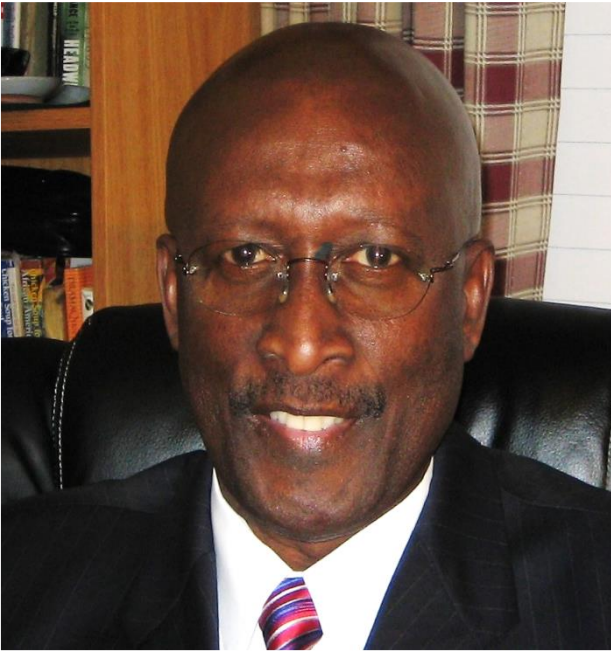
Guests were entertained with music from DJ Sweet Randy and enjoyed Guyanese cuisine provided by Pam Watson. The feedback from those in attendance was positive as they enjoyed the night and they looked forward to having more fun next year.



Casino King (Colwin Henderson) and Queen (Cherise Cheeseman) pose with prizes.



Playing roulette.

**PRESS RELEASE****Guyana Association of Georgia Inc., committee formed to plan the commemoration of the 50<sup>th</sup> Anniversary of Independence in May 2016**

The Guyana Association of Georgia will be celebrating the 50<sup>th</sup> Anniversary of the Independence of Guyana with a plethora of activities designed to coincide with its usual Memorial Weekend celebrations in May 2016, in Atlanta, Georgia. Coincidentally the GAOG will also be celebrating a historic milestone of 25 years of service to the community in Georgia in May 2016. This was the decision of the committee formed to plan the celebrations to commemorate the 50<sup>th</sup> Anniversary of the Independence of Guyana, chaired by the president of GAOG, Dr. William Thomas.

The 50<sup>th</sup> Anniversary of Independence Commemoration/Memorial Weekend committee is planning to have a week of activities, which will commence with a church service on Sunday May 22, 2016. Throughout the week there will be cultural events, a book exhibition by Guyanese authors, poetry, a bake off by Guyanese bakeries and enthusiasts, just to mention a few. Efforts will be made to have a cyber-link established to listen live to the speech of His Excellency Brigadier David Granger on May 26. On Friday May 27, the celebration will take the form of the Memorial week end Queh Queh Welcome party at Guyana House, Georgia, and Sunday May 29, there will be the Family Fun Day at the Hallford Stadium, Georgia and Sunday night there will be the Anniversary Ball held at the world famous Omega World Center, Georgia. The committee will have regular meetings to hone the plans and to mine new proposals from its membership.

More information will be released as it becomes available.

Dr. William Thomas  
President,  
Guyana Association of Georgia Inc.

**Investing in our youth one scholarship at a time.**

**Donate today and help support our scholarship funds.**

**Your blessings hard at work.**



**Yonelle Armstrong**

.Fourth year student at University of Guyana.  
 .At present completing Paediatric rotations in the hospital.  
 .Final rotation will be Obstetrics, which will be commenced on October 5<sup>th</sup> 2015.  
 .Will commence Psychiatry rotations in December 2015.

**"I would like to extend my gratitude for everything this organization has been doing for me. Thank you very much. I will continue to strive for excellence."**

**Did you know?**

*The GAOG has provided over \$200,000 in scholarships over the last 24 years!*



# **GAOG 24th Anniversary and 2015 Scholarship Banquet**

**from page 1**

Guests were entertained during dinner and throughout the night by the soulful sounds of saxophonist Joel Cruickshank.

The guest Speaker this year was Cobb County Commissioner Lisa Cupid who gave a riveting address. She attributed her passion for serving persons left behind, to her upbringing. She noted that events such as these were important. Her parents valued education and set the bar high for her and her siblings. She reminded the recipients that education was their personal endeavor. The Commissioner also noted that there was visible and systemic racism in our prison and education institutions and that was why, it was important for us to be visible in our local communities, use our voices and vote. Even showing up and being present said a lot.

The highlight of the night was the awards ceremony where there were three new recipients and one continuing student. Yonelle Armstrong is a 4<sup>th</sup> year medicine student at the University of Guyana and currently in the GAOG scholarship Program.

The GAOG Hartsfield- Jackson Atlanta International Airport Award went to the first place recipient, Jonathan Isaacs Heyliger. He earned a GPA of 3.8 at Dunwoody High school and is currently at the University of Georgia pursuing computer science. Jonathan noted that he was "willing to work to the bone to make something of value." He was an AP Scholar with Honor Awardee, a National Achievement Scholar, was on the Dunwoody High school football and Lacrosse teams, in the fellowship of Christian Athletes and was in the Dunwoody High school Math National Honor Society. He was also active in the community in the Dunwoody lemonade days clean up and the GAOG tent at the Caribbean Festival.

The second place scholarship recipient Sierra Trim attended Gwinnett High school and earned a GPA of 3.6. She is currently at Middle Georgia State University pursuing Medicine. She wants to become a physician "to provide proper medical care to everyone." Her scholastic achievements include being in the National Honors Technical Society, HOSA leadership, Maxwell Work Ready Award and young workers safety and health training. As part of her community service she volunteered in the Haven Development Care mentorship program and he Caribbean Student Association.

The final scholarship was awarded to Naomi Mussenden who attended Fayette County High School and earned a GPA of 3.2. She is currently at Columbus State University majoring in Business/Public Relations. She has volunteered on the Fayette County youth Soccer League, students against destructive decision, Varsity Tack and fellowship of Christian Athletes and Ministries food drive.

This year for the first time the Caribbean International Shipping Services Award for adult continuing education was awarded. Kim Jonquille Hodge was the proud recipient. The Awards of Excellence this year went to Beverly Drakes, Kim Hodge, Dr. Coreen Wilson, Dr. Shevin Pollydore and Dr. Conrad Wilson. The President's awards were given to Marrie George and Shena Applewhaite. The President Dr. William Thomas gave the closing remarks reminding all that the GAOG has given out over \$200,000 in scholarships to 78 recipients. The Vice President Mr. Clairmont Fraser gave the vote of thanks bringing the ceremony to a close and opening the floor for dancing and festivities.

**We may encounter many defeats but we must not be defeated**

*- Maya Angelou*



# Guyanese Movie and Games Night



Members and friends met on July 24<sup>th</sup> to enjoy a night of games and a Guyanese movie. All were excited to play dominoes, Sorry, Cards, chess and Trivial pursuit. Delicious Guyanese food was on sale to be washed down with beer and soft drinks.

The Board treated those present to reruns of "Desmond" which was immensely enjoyed by all. This sitcom based in London with Guyanese actors and many related to living abroad and longing for a taste of home.

This was the second games and movie night for the year and attendance increased as more members saw this as an opportunity to mingle and reconnect. The Association hopes to continue game and movie nights in an attempt to keep all connected with their culture as well as pass on to the younger generations coming up.



## The Deskan Institute & Training and Bridges Medical Institute



The Deskan Institute & Training in conjunction with Bridges Medical Institute packed up medical supplies to ship to Guyana. Several GAOG members assisted with this project. This is a strictly humanitarian event run by Dr. Claudette Heyliger Thomas and Dr. Joan Liverpool. The team completes this mission every two years. The 12 person team of doctors who are currently in Guyana paid their way to Guyana. The focus of the team's work is on diabetes, and high blood pressure.

## FINANCIAL SERIES

### SAVING MONEY AT HOME

Do you have more month than money? What if there were ways right at home that you can save your dollars? Here are a couple of Tips

### Move bank accounts to take advantage of perks and earn more interest

If you're paying a monthly fee for your checking or savings account, you would benefit from researching some of newest banking offers out there.



Not only do some banks offer sign-up bonuses simply for opening an account and setting up direct deposit, but some offer attractive interest rates to new customers as well. It's true that interest rates are not what they once were, but it's still worth a look.

### Turn off the television.

One big way to save money is to drastically cut down on the amount of television you watch. There are a lot of financial benefits to this: a) less exposure to spending-inducing ads, b) a lower electric bill (and perhaps a lower cable bill if you downgrade your subscription), C) more time to focus on other things in life — such as a side business, and so on. Want to take things a step further? Consider cutting the cord to the cable TV all together!



[thesimpledollar.com](http://thesimpledollar.com)

## The Guyana Association of Georgia Inc.



Have you signed up or renewed your membership this year? Wait no more!

-Make yourself heard!  
Only financial members can vote!  
-Get discounts at your grocery store  
-Stay connected to the Guyanese community



-Professional networking opportunity.  
-Access to scholarship opportunities.  
-Giving back to your community  
-Educational tutoring

Pay online at [www.gaog.org](http://www.gaog.org)



# *The Guyana Association of Georgia Inc.*

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**Communications and Publicity Chair**

**email: [info@gaog.org](mailto:info@gaog.org)**

## Humanitarian and Hospitality Committee Feed the Hungry Program 2015



On September 6<sup>th</sup> 2015, the Guyana Association of Georgia Inc. participated in the Feed the Hungry Program at the Trinity Church in downtown Atlanta. A total of 164 persons received meals prepared and served by Trinity House Residents and GAOG members. Past president, Marilyn Farley-Thompson has been coordinating this event with Trinity church for the last 23 years on behalf of the Association. This is something she loves doing and encourages all to participate in this service to the community. For her satisfying the needs of the homeless is important to her.

There were more than twenty volunteers during this 2 day event. Some GAOG members assisted in preparing and packing to go peanut butter and jelly sandwiches and other served on the day (above) preparing a meal of hotdogs, potato salad and baked beans. The food which was purchased by the GAOG amounted to \$1000.

## GAOG helps in Dominica recovery from storm damage.



Some of the damage in Bath Estate, one of the nine disaster areas from hurricane Erika 08/26/15  
(Photo courtesy Government of Dominica)

GAOG President Dr. William Thomas met with The Caribbean Council of Presidents this September to collaborate the Dominica Atlanta Association of Georgia on a mission to help victims of hurricane Erika that struck the island nation of Dominica on 08/26/2015. There is a drive to collect essential items to ship down to those in need through various avenues such as drop off activities, volunteer outreach, donation requests and dissemination of information. The serious damage caused by the storm forced the country into a state of emergency. To date twenty persons have lost their life.

The GAOG made a monetary donation of \$500 dollars and members were encouraged to donate canned and food items.

If you would like to donate items please go to:

<http://www.opm.gov.dm/?p=1091>

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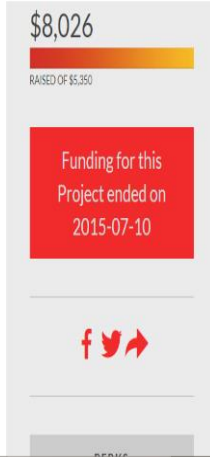
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# WHAT'S HAPPENING IN THE COMMUNITY

## Know your numbers Campaign update



**Left:** Total monies raised for the project.

**Right:** PAHO Foundation CEO & President Dr. Ward –Robinson meets with GAOG President Dr. Thomas & Vice President Mr. Clairmont Fraser

Last June The Guyana Association of Georgia and PAHO partnered on the Know Your Numbers Campaign to raise money to purchase blood pressure monitors and cuffs for Guyana. The goal was to raise \$5360 dollars but we are proud to announce that the goal was superseded by far and donors gave generously to this cause. The Guyana Association of Georgia gave a \$500 donation. The final total raised was \$8026. The project will be spare headed by PAHO in Guyana where Guyanese can have their blood pressure taken or monitored. Thank you to all those who participated in this drive and made it successful

## Rafer Johnson for GA State Representative, District 62



Rafer Johnson addresses the Guyana Association of Georgia at the July GMM.

From page 1

Johnson has experience in corporate and non-profit companies including Delta Air Lines, Hotel Connections, Oxford Health Plans & the American Foundation for the Blind. He is a 2009 Leadership Atlanta alumnus, former Chair of the Board for the Housing Authority of Fulton County, President of the Black Employee Network at Delta Airlines, Atlanta Beltline TADAC Member, Chair of the South Fulton NOW and Founder of Delta's now global mentoring program, R.I.S.E. He was also featured as one of the 2015 Men of Distinction in the Atlanta Tribune Magazine. He has also served on Atlanta Pride, Black Gay Men's Network.

His leadership and expertise lies in healthcare, transportation and hospitality industries where he has managed revenues in excess of \$1.5 billion.

Next May, Johnson hopes to fill the seat which is currently held by Rep. Ladawn Blackett Jones (D - Atlanta), who announced that she will not be running for re-election. He urged members of the GAOG ensure that they are registered voters and to go out to vote so that their voices can be heard to effect changed in their communities.



## Arts and Culture – Nickasey Freeman



Many of us will remember Nickasey Freeman who performed at the last GAOG Annual Brunch (Right) this last April. This vivacious 17 year old soothed the audience with her melodious voice. Nickasey is American born to Guyanese mother Judy Wilson and Jamaican father Winston Freeman. She is currently a senior at the DeKalb School of the Arts and will graduate next year. She is very excited and ready to get out into the world. Currently she participates in a lot of what she considers 'fun' things such as tutoring kids in the national honor society and working with the Beta Club which consists of community service such as organizing AIDS walks and Hunger Walks. She is a parliamentarian on the student government at school and keeps things in order. She has also been the Secretary for her grade and responsible for creating and distributing, emails and taking notes. She also volunteers at the old folks' home by performing for them.

Nickasey works at Chase's Grill & Wingery and Lionheart Theater Children's Camp where she started volunteering at age 13. She organizes camp, pulls musical numbers, writes scripts and helps them to put on a production while teaching them the basics of theater.

Academically Nickasey specializes in math, chemistry, biology and science. She wants to major in business management or business law at either Brandeis University MA or Boston University for the Arts. "I want to be practical. I want to be in theater, not always on stage but behind the scenes as well." Someday she wants to own her own company and manage big stars. She wants to do big things and conquer the word.

Nickasey first became interested in the arts when she performed at 5 years old. She auditioned for and was given a solo in the Christmas play -- she performed without fear. She remembers her parents supporting her all the way. After that, she started acting and got a lead role in a play in the 4<sup>th</sup> grade. In 6<sup>th</sup> grade at Peachtree Charter Middle her confidence grew. Her school had few black students, something she was not used to. She kept singing and looking at musicals and finally became part of the drama club. In 7<sup>th</sup> grade she finally got a big role – Augustus Goops' mother in Willie Wonka.

She eventually tried out to be a cheerleader and was accepted. She also decided to audition for DeKalb School of the Arts and was accepted there too. She wanted to do the cheer leading but her mother told her no, go to DeKalb. She was heartbroken at the time but her mother insisted.

The first day of 8<sup>th</sup> grade she was not happy. She came into herself eventually at DeKalb School of the Arts and soon realized that she did not have as much training as the other students. She overcame her shyness and realized that she had to work hard to overcome her challenges. In 10<sup>th</sup> grade she got into the musical "On Your Toes" and earned 3<sup>rd</sup> pick consideration to be the lead but did not get it. That same year she got into the top Show Choir at school called Highleit. She also got into the drama ensemble and once again had to make a tough decision. She chose to sing as that was her original gift.

As a junior she performed in Highleit in the cast of 'In the Heights.' Again she was considered for the lead but did not get the part. To challenge herself, she tried out to represent her school as one of four soloists at the Music City Show Shoppe show choir competition at Belmont University, Tennessee.



She was selected to represent her school and could not believe it when she won Best Female Soloist at the competition! Besides the GAOG Brunch this year, she also performed at the Lionheart Theater, and the Greenbrier Mall as part of a girl group.

Nickasey absolutely loves acting, singing, performing and dancing. She prefers to sing musical theater, alternative music, a little R& B and pop. She has written her own music but never sung an original piece. She has videos on You Tube from when she was part of a girl group. She is ambitious and with her positive and bubbly attitude she will be successful in the future!

### FRIENDS & FAMILY DEAL



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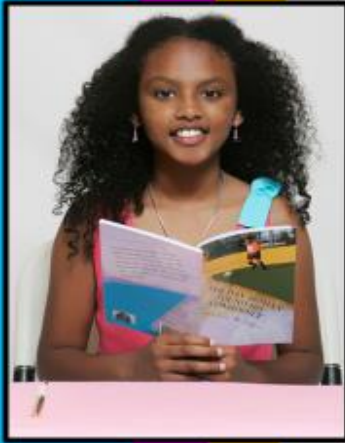
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General Municipal and Special Elections – **November 3, 2015.**

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*Anaya Lee Willabus*  
**8-years old**



- ✦ The youngest published female author in U.S history.
- ✦ Born in Brooklyn NY to Guyanese parents.
- ✦ Recognized by Guyanese-born New York State Assemblywoman, Roxanne Persaud and received a proclamation recognizing her work.
- ✦ Hobbies: enjoys reading and playing sports.
- ✦ Copies of her book are available on Amazon.com

**The Day Mohan Found His Confidence**



*Email GAOG your articles, poems, recipes, social events, anniversaries, graduations ...*

*Deadline for next newsletter is November 30<sup>th</sup> 2015 (info@gaog.org)*

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# **Business Brochure**

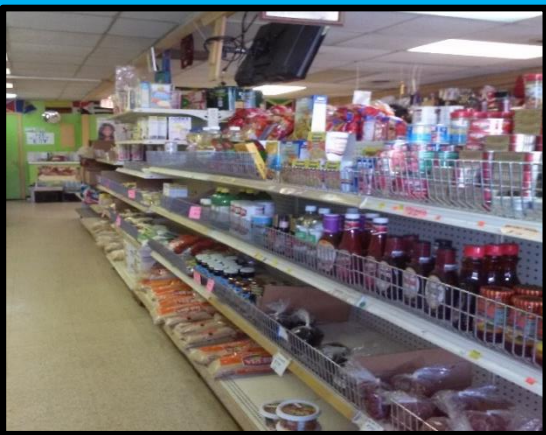
## **Bourda Green Supermarket, Lithonia GA**



**Bourda Green Market**



**Owner, Patrick Sanford**



**Bourda Green Market**

Many of us are familiar with Bourda Green supermarket located in Lithonia GA off of Snapfinger Road. Owner Patrick Sanford and his family moved down to Georgia from New York in 2002. He opened the business in 2003 after seeing a need for Guyanese and Caribbean food and services.

Mr. Sanford is originally from New Amsterdam, Berbice County in Guyana. He and his wife have three sons and 8 grandchildren. After completing school he went to work for the Bata Company and stayed there for 17 years. He also had a side business in the Arcade selling shoes. After relocating to New York he worked for the Automatic Data Processing Center as a production manager for 16 years. They often vacationed in Atlanta for Memorial Day attending the GAOG Memorial Day celebrations. According to Mr. Sandford he and his wife finally decided to stay in Atlanta.

Responding to the need in DeKalb County in 2003 he opened the first location of Bourda Green Market at 3275 Snapfinger Road. The name was a reminder of back home and the famous Bourda Market. Mr. Sandford's goal was to remind Guyanese of home and all the familiar things that go with it. After about a year at this location they moved the store to the supermarket's current location at 2575 Snapfinger Road.

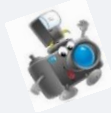
For the first couple of years the supermarket was heavily supported by Jamaicans. However as word got out more Guyanese came out to support. Today all West Indians come in but the majority of his customers are Guyanese, Jamaicans and Trinidadians. He would like to see the continued support from Association members.

Mr. Sandford is optimistic about where the business will be in the next five years and has contemplated opening another location. However there has been a dramatic drop in business. This in part is due to the widening of Snapfinger road about four years ago. Due to the construction few customers went to the area. There was no proper signage to show where to enter the plaza and as a result all the shops there lost business. This in combination with the down turn in the economy made it a rough patch for business.

Bourda Green has been a longtime supporter of the GAOG sponsoring several of its events. Mr. Sanford stated that his doors are still open and he is grateful for and looks forward to the continued patronage of his clientele.

# ALL THINGS GUYANESE

## Snap Shot



### Mobilizations of Venezuelan military forces and equipment.

The Guyana government has received concerning reports that Venezuela has been mobilizing military personnel and equipment close to the Guyana border. Guyanese citizens close to the border were urged to be on the alert as the country continues to monitor the situation. The government remains committed to the principle of peaceful coexistence as stated in the Charter of the United Nations and urged Guyanese to use only legal ports of entry into Venezuela if they have to travel there.

### First Lady launches 'Buxton/ Friendship Remedial Education Project' -To target slow learners and high achievers

Recently First Lady, Mrs. Sandra Granger, launched the 'Buxton/ Friendship Remedial Education Project', also referred to as the 'Buxton Youth Development Project', at the Friendship Primary School. This pilot Project, places focus on slow learners as well as the high flyers, to ensure that their academic performance is not only improved but also sustained. It will cater to students from the Buxton/ Friendship area and will involve the collaborative work of the Friendship Primary and the Company Road Primary Schools.

### Health Minister files motion for case to be dismissed

Lawyers for former Minister of Health, Bheri Ramsaran who verbally assaulted a human rights activist earlier this year, have filed a motion in the Berbice High Court, seeking to have the charge against him dismissed. The former Health Minister under the PPP administration was recently charged for using insulting language against women rights activist, Sherlina Nageer. During the verbal spat with Nageer, he threatened to slap and strip her and called her derogatory names.

## Guyanese Chicken ChowMein

### Ingredients:

1 pk dried Chowmein noodles  
 1 1/2 lbs. boneless chicken thighs  
 1 small onion (thinly sliced)  
 3 tbsp. oil  
 1 1/2 mixed (red, green, yellow) bell peppers (thinly sliced)  
 2 cups frozen mixed vegetables or  
 1 carrot (julienne)  
 1 cup petite green beans (cut into 2 inch pieces)  
 1 cup fresh or canned sweet corn  
 1/2 head of broccoli (speared)  
 1/2 head of cauliflower (speared)  
 1/3 green cabbage (thinly shredded)  
 5 heads of green onions (shallot, scallions) finely chopped

To Season the chicken:  
 1 tbsp. dried thyme  
 1 tbsp. cassareep or soy sauce  
 3 cloves of garlic (chopped)  
 1 tsp. brown sugar  
 1 tsp. salt  
 1 tsp. mustard  
 1/4 tsp. ground black pepper  
 You can also add 1 tbsp. ketchup (if you like)



### Directions:

Follow the instructions on the packet to cook the noodles. Chop chicken into 1 inch chunks. Then season with thyme, cassareep or soy sauce, garlic, brown sugar, salt, mustard, black pepper and ketchup (if you're using that). Set aside and let marinade for about 5 minutes. Prepare the vegetables. Then in a skillet large enough for the noodles, warm oil on medium heat. Add onions and cook until onions are brown and soft. Then increase heat to high. Add seasoned chicken and cook for about 10 minutes, or until chicken is fully cooked. Add vegetables and cook for another 5 minutes, constantly turning for even cooking. Add the peppers and cook for 3 minutes. Peppers should be crunchy after cooking. Then add the cabbage and the noodles. Toss together then add chopped scallions. Remove from heat and enjoy.  
 Metemgee.com



## IS SUH DEY SEH

### Only Guyanese does:

Know that a "WILD CANE" can't be found in a cane field.

Know that if you use "FLOUR PASTE" to make your kite you better hang am pud de wall.

## FOLKLORE GALORE

### Cumfa

A possession dance of West African origin; a dance characterized by the possession of spirits summoned by the drumming known among the Ndjukas of Surinam.

In the 1930's in Charlestown, Georgetown, the Cumfa Dance as practiced there (La Penitence, Albouystown and Charlestown) was characterized by 4 main features - (1) the dancers danced barefoot on broken bottles scattered on the ground (2) they lighted a piece of wood and pushed the lighted fire into their mouths (3) plunging into the trench water under a high tension of elation (4) some of the spectators would often be possessed by spirits and stagger, like the mentally insane, and butt their heads on the ground.

It is said that the Cumfa ceremony grew out of a dance of praise to King O' Cumfa on the Congo River. The African ancestors of the slaves used to worship him for days and nights by the river.

-Wayne's Outpost.

## OSHAG, continued from page 1

Part of the organization's mission is "dedicated to the empowerment of the Guyanese/Caribbean community through Health Education and Referral Services." OSHAG has been in existence since 2000 and they have been completing medical missions to Guyana for about 14 years now.

When they started the cancer group to Guyana in 2002 they worked with the Ministry Of Health in Guyana and Ms. Mitzy Campbell, who was in charge of the cancer center in Georgetown at that time. The late DR. Walter Chin was also instrumental in pushing for a proper cancer treatment center at the hospital.

According to Ms. Bagot, in October of this year they will be preparing for yet another mission to Guyana with its team of 14 medical professionals. This annual medical mission trip to Guyana usually falls around October. This year a team including three doctors and five nurses from the Sloan Kettering Hospital in New York will be traveling to New Amsterdam Hospital to work in the Oncology unit. They will be hosting a women's clinic for about three or four days and also hold lectures to local nurses on how to administer the chemo therapy. OSHAG has hosted several health conferences facilitated by medical professionals of Guyanese and Caribbean descent in areas of Continued Medical Education (CME), the Administration and Safety of Chemotherapy, Nutrition and Healthy Lifestyle and Breast Education. The Medical team, comprising of doctors of various disciplines along with skilled nurses conduct clinics and surgeries in areas of need.

During the 2014 Mission to Guyana, a place was assigned for the oncology room and this year they plan on expanding that room. Ms. Bagot feels very passionate about this cause. According to her "people need a comfortable place to receive chemo and they want to ensure that they receive this service." Sadly Cancer is still a taboo subject in Guyana and many still refer to it as the Big C. "A lot of education needs to be done to get through to the community that it should not be hidden. People need to know about and receive preventative care which is available," stated Ms. Bagot.

OSHAG is currently working with only Guyana now as they keep this project up and running. Major sources of funding are Caribbean Airlines and Dynamic Airlines who donate air tickets for the team every year. The organization relies heavily on volunteers and is still based out of New York. While on mission this year they will be holding a prestigious dinner and dance at the Pegasus Hotel in Georgetown on October 31<sup>st</sup> to close off cancer awareness month and to continue to educate Guyanese. The organizations also plans on opening an office in Georgetown this year. They want to start a library for children who are diagnosed with cancer and welcome donations from anyone in the Atlanta and New York area in cash or kind (books, toys etc.) They are also looking for other donations for the oncology wing such as sheets, pillow cases and so on. If you are interested in volunteering or donating to this organization please visit <http://www.oshag.org> for more information.



Patients waiting to be seen during medical mission

Photo courtesy of OSHAG



Doctor and nurse distributing medication during medical mission

Photo courtesy of OSHAG



Doctors doing surgery during medical mission

Photo courtesy of OSHAG

## ***Executive Board***

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*Clairmont Fraser - Vice-President*  
*Merlyn Osborne - Secretary*  
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*Communications - Shena Applewhaite*  
*Education - Carl Lashley*  
*Finance - Dennis Fraser*  
*Humanitarian/Hospitality- Marilyn Farley-  
 Thompson*  
*Membership- Lyndelle Isaacs-Heyliger*  
*Sponsorship- Claire Daily- Wilson*  
*Health & Wellness - Faustina Osborne*

## ***Condolences***

Our heart goes out to the members and friends of the Association who lost loved ones during this past quarter.



## ***Editor's Corner***



Another Exciting quarter for the GAOG has passed. We have just recently completed the much anticipated Scholarship and Awards Banquet, one of the main reasons for the Association's existence. Earlier this quarter the Annual Tea Party brought its usual elegance and enjoyable festivity with the table décor and hat competitions. The Feed the Hungry program was a success as usual feeding more than 100 individuals. New this year was the Casino Night which much appreciated by those in attendance. This event was an attempt to attract the younger crowds.

The Association continues to work on growing its membership base and accumulating talents and skills. Thank you to all who have sponsored, volunteered and supported us this last quarter and we look forward to your continued support. As we enter into the holiday season and its festivities please celebrate with moderation and be safe.



**Your association needs you!  
 Volunteer today in one of  
 our committees!**

Contact the Chair of the committee you are interested in.

**Are you up for the challenge?  
 GAOG needs your talents to help the  
 community.  
 Become a member today!**