CHRISTMAS GREETINGS
THANK YOU FOR SUPPORTING US OVER THE PAST YEAR
These Three

From time till eternity, abide with me. These three: Faith, Hope, Charity.

Faith – The impossibility of pleasing Him without it, Mustard seed faith, that moves mountains, seals man’s fate. Faith that accepts through scary eyes, what puny mind can’t conceive. But believe, the finished work of the geometry of the cross, of man’s salvation and redemption, By the crucifixion and resurrection.

Hope – Bi-joined with faith, Hope not waiting in vain to be released from the world’s pain. This bridegroom doesn’t leave his bride ashamed at the altar, Doesn’t run with cowardly cold feet for shelter. The shepherd will claim His sheep, the goatherd will weep, Hope in the return of a conquered Messiah, the glorious Jehovah To transport His bride into the hereafter, Forever.

Charity – The greatest of the three. Not the love of Eros that has its place in the propagation of the human race, and coupled with Philia, love of your neighbor. Even to a foreigner. That begins at home, and to mankind is shown, with sympathy and empathy. But Agape, The love of and for the creator. By choice. Not that by dictator, That I-thou love that is spiritual, not earthy, but transcends the physical, That incomprehensible love of the sacrifice of His only begotten Son, To pay by blood the debt what sin has done. That eternal love of creation. That eternal love of redemption. Abide with me. These Three!

By John G. Morris

FROM OUR PRESIDENT

Dear Friends;

We, the members of the Guyana Cultural Association of New York extend our best wishes to you, your family, and your network of friends for the season. We also wish to take this moment to again thank you for your encouragement and support during 2017.

During this year, we continued our “We Bridgin” program. Folk Festival 2017 successfully brought together an international community of archaeologists, anthropologists, linguists, creative artists, students in our Summer Heritage workshops, and citizens to explore and celebrate Guyana’s indigenous heritage and culture. The information generated during the season offer new knowledge about the histories, religiosity, creativity, science and the technologies of Guyana’s indigenous peoples. This is valuable information as we continue to ask the three interrelated questions: Who are we? How can we get along? What can we become?

A special edition of Guyana Folk and Culture will be published in early 2018. This publication will feature among others, Dr. Walter Edwards’ presentation at the inaugural Dr, Desery Caesar-Fox Memorial lecture.

We look forward to 2018 with its focus on solidarity. We anticipate your ongoing support.

We hope that some of the recipes shared by in this edition will inspire your culinary creativity during the upcoming holidays. Again, our best wishes for the season and for 2018.

One love,
Dr. Vibert Cambridge, A.A.
GUYANESE AROUND THE WORLD AND THE CHRISTMAS FARE OR VARIATIONS ON THE SEASON’S SPEECE!

By Dr. Vibert Cambridge, A.A.

Grace Aneiza Ali’s Liminal Space at New York’s Caribbean Cultural Center African Diaspora Institute focused on the Guyanese migration experience. The exhibition brought together artists of Guyanese heritage to “bear witness to what drives one from their homeland as well as what keeps one psychically tethered to it.” It was a timely reflection on our various states of “in-betweenness.” The featured artists used “photography, painting, sculpture, installation, video, textile, and mixed-media” to explore the diasporic condition/experience.

How is this “in-betweenness” reflected in the food culture of Guyanese living abroad, especially during the Christmas season?

To find answers, I asked a few Guyanese gastronomes in my social media community about their attachment to Guyanese Christmas foods. What recipes do they use? Did they adjust those recipes? What have been their successes as Guyana’s culinary ambassadors? Have they had any failures in their efforts to share Guyanese Christmas foods?

I shall share with you a sense of the responses I got from Lauretta Churaman, Houston, Texas; Camille Ingebrigtsen, Oslo, Norway; Jennifer Jarvis-King, Jacksonville, Florida; Sarah Mair-Morgan, Canberra, Australia; Cynthia Nelson, Barbados; and Gina Singh-Trotz, Miami, Florida.
There is general agreement that the dishes associated Guyana's Christmas season are diverse and impressive. They are influenced by our ancestors, family traditions, and places of residence in Guyana. Among the iconic dishes are pepper pot, garlic pork, baked chicken with stuffing, chicken salad, roast pork, baked ham, cutters, black cake, fruit cake, and homemade drinks, especially sorrel and ginger beer.

For some Guyanese, the Christmas fare would begin with ham trimmings and boiled green plantains after returning home from Christmas Eve's midnight mass. The season of special foods would end on Old Year's Night with a menu that featured black-eyed peas cook-up.

My friends noted that after they migrated, some of the Christmas foods were—a function of marriage, recipes shared by mothers-in-law, availability of ingredients, places of residence, family tastes, and opportunities to innovate. In some cases, they had to adopt new practices. This has been Camille Ingebrigtsen’s experience. For Christmas, her family’s menu is Norwegian, and for New Year’s, it is Guyanese. She shared a photograph of some of the dishes from this year’s Advent dinner. The dinner, which was held on Sunday December 3, marks the start of the Christmas season.
Black cake is another iconic member of the pantheon of Guyanese Christmas foods. For Sara Mair Morgan, black cake is about family heritage. This year, her daughter Leah Morgan will bake the black cake for the Morgan family in Canberra, Australia. She will be using a recipe refined by her grandmother, Mrs. Clara Mair, at Plantation Providence on the East Bank Demerara around 1955. The recipe is based on the formula of 12 eggs for every pound of ingredients (flour, raisins, currants, prunes, mixed peel, etc.). Sarah learned the recipe as she helped her mother soak fruit in an earthenware jar, cream the butter and sugar, and “grease the brown paper cake tin lining.” This year, Leah Morgan may have soaked her fruit in Mount Gay rum, an adequate replacement for Guyanese rum.

Garlic pork has had several innovations in preparation and cooking. An example of this is from Gina Singh-Trotz. Here is Gina on her family recipe, Garlic Pork Revisited.

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### Garlic Pork Revisited

My foodie curiosity led me to research the origin of garlic pork. This, below, is an amalgamation of our recipe and that for the original Madeira Garlic Pork. It’s not vastly different—just more subtle. I’m not a follower of prescribed quantities, but I made the effort for you. The following is a tried and tested guide.

**Ingredients**

- 5 lbs. pork shoulder cut into cubes
- 1 pts. white wine
- 1 pt. regular white vinegar
- 1½ pt. dry Madeira wine
- Thyme—lots
- ½ cup chopped onions
- 3 packed tbsps. Guyanese fresh thyme
- ¼ cup chopped garlic
- 1 pt. dry white wine
- 1 pt. regular white vinegar
- ½ pt. dry Madeira wine
- 4 wiri wiri
- Handful of bay leaves
- Salt to taste

**Preparation**

1. Wash the meat thoroughly. Pour over boiling water and remove.
2. Blend a portion of the thyme, white wine, vinegar, and garlic in a blender or food processor.
3. Place the blended marinade in a jar. Add the pork and the remaining vinegar, wine, whole garlic, sprigs of thyme, bay leaves, salt, and wiri wiri/habanero peppers. Cover and leave for at least three days. If you’re not planning to cook it all, remove from the marinade and freeze for a surprise breakfast in July!

**Directions**

- Rinse and pat meat dry and set aside.
- Grind the following ingredients to a paste: onions, thyme, garlic, and pepper. Add to the pork, along with the lime/lemon juice and salt to taste. Mix well and transfer to a zipper storage bag or container with an airtight cover and refrigerate to marinate overnight.
- Remove meat from fridge and bring to room temperature before cooking.
- Empty the bag with the seasoned meat and its juices into a pot, along with 4 cups of water; cover tightly and bring to a boil. When the pot comes to a boil, reduce heat to low and cook until meat is fork tender but not falling apart. Remove lid, raise heat to high and cook until all the liquid dries out.
- Transfer the cooked meat to a sheet pan or large platter, placing the meat a couple of inches apart, to cool and air dry. (This step is important to the meat’s crisping up when pan-seared.)
- Drizzle oil to coat the bottom of a heavy-bottomed skillet such as a cast iron and place over medium heat. When the oil is hot and shimmers, working in batches, fry the meat until the outside is brown and crusty. Turn the meat to brown on both sides.
- Repeat until all the meat is cooked.
- Serve hot or at room temperature.

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Gina Singh-Trotz grew up in Guyana and moved to the United Kingdom in the 1990s. After obtaining a degree in Mandarin in Beijing and working in Guyana for a while, she went on to market eclectic arts and craft items from Guyana and the Caribbean in Europe. She now produces Gina’s Hot Sauce, a fiery habanero sauce that is preservative free. Gina is a realtor in South Florida, where she currently resides.
Lauretta Churaman’s Christmas cuisine reflects her travels and new friendships. She has lived in Guyana and Brazil. She and her family currently reside in Houston, Texas. Her Christmas menu features several of the iconic dishes—garlic pork, roast pork, and baked ham. A few of the dishes (including the chicken salad, roast pork, and cutter sandwich loaf) reflect the modifications that come from “having lived other places … and knowing what’s pleasing to the palate.” She discusses how she makes the chicken salad below.

**Chicken Salad**

*Boil the chick breast in water with a selection of herbs in a bag to flavor the chicken (bay leaf, basil, thyme, marjoram). I also add a quarter of an onion and about 4 cloves and a chicken bouillon. They give the chicken breast a great deal of flavor.*

*Strain and strip the chicken.*

*Add steamed veggies: carrots, and green beans. Pat dry all the ingredients with a towel to avoid sogginess. Add boiled eggs; cut in strips. Add pickled cucumbers, stalk celery, corn (canned), green bell peppers, and onions.*

*Mix with mayonnaise and sprinkle garlic powder.*

*Can be served with lettuce leaves.*

Some of Guyana’s Christmas foods are served on specific days. For example, pea-based dishes, such as black-eyed cook-up rice, is a must for Old Year’s Night/New Year’s Day. We find other black-eyed peas traditions in the United States, especially in the Southern states. As Lauretta Churaman noted, in Brazil, it is the roasted leg of pork and bacalau (salted cod) fish, not chicken, that are central to welcoming the New Year. According to Lauretta, “It’s said to move ahead in the new year, eat meat from animals that move forward, unlike chickens which scratches the ground back.”

Here is Lauretta’s recipe for roasted leg of pork.

**Roast Leg of Pork**

*Pork with some fat, garlic and thyme crushed, salt, some yellow mustard, and white wine. Marinate overnight. Turn the pork a couple times in the marinade for even distribution. Bake with fat layer at the top.*

*I serve roast pork with blanched cabbage leaves with a bit of butter and nutmeg, white rice or cook-up rice with pigeon peas or split-peas, salad, baked potato, and macaroni and cheese.*
As mentioned recently, Guyanese living in the diaspora love to share the Christmas fare. Some do this successfully, as we have noted with Lauretta Churaman’s dark sauce dish in Texas. Some of my friends in Athens, Ohio enjoy pepper pot and look forward to a slice of Guyana’s great black cake. There are a few stories about some of the iconic dishes not transferring successfully. Sarah Mair-Morgan recalled her failure to popularize garlic pork among her family and social circle in Australia. Apparently, there was only one taker—a Croatian who probably fancied the garlic, thyme, peppers and vinegar marinade.

Stuffing has a special place in the Guyanese Christmas meal. This tends to be a mix of giblets, onions, thyme, and breadcrumbs. In the US, dressing is the preferred way of making this accompaniment for baked poultry. There are many regional dressing recipes. The Southern cornbread dressing is soulful and emblematic of the influence of African-descended peoples. The recipe that Jennifer Jarvis-King shared was given to her by her mother-in-law, Mrs. Nora Lee King, who hailed from Birmingham, Alabama.

**Southern Cornbread Dressing—King Style**

1 yellow onion
3–4 stalks celery
½ large green pepper
1 large red (sweet) pepper
1 log of sausage, e.g. Jimmy Dean
Sage dressing
I large can chicken broth
Milk
1–2 sticks butter
Salt & pepper to taste
Whites of 2 eggs
Seasoned broth from boiling of turkey necks, giblet package
Turkey drippings, if available

**Preparation**

- Pre-heat oven to 350°.
- Break up cornbread loaf until it is a crumb consistency again and set aside.
- Finely dice onion, celery, green pepper, red pepper and sauté in butter until soft; season with sage dressing, salt & pepper.
- Cut sausage into slices, and fry lightly, and then break up; drain off the oil.
- Shred turkey neck meat; dice giblets (optional).
- To cornbread, add all the above (onion, celery, red and green peppers, sausage, turkey neck meat) according to amount of cornbread. Mix well. Mixture should be richly saturated with meat and vegetables.
- Add seasoned broth from turkey necks, canned broth, drippings and as much milk as desired to the cornbread mixture. Continue to add sage seasoning, salt and pepper to taste. Dressing should have a “sagey” taste overall. The final mixture should run off a spoon easily.
- Whisk egg whites until stiff and fold into the cornbread mixture to create a lighter texture.
- Pour into 8x11 pans (should be enough for 2).
- Bake in 350° oven until mixture is dry in the middle and comes away from sides of pan.

**Cornbread**

1½ cups white cornmeal
2 cups flour
□ cup sugar
6 tsps. baking powder
1 tsp. salt
2 cups milk
2 eggs
4 tbsp bacon fat

• Preheat oven to 425°.
• Mix ingredients.
• Bake for 30 minutes until cooked in the center (skewer comes out clean). Do not overcook.

Pat and I first tasted Jennifer’s cornbread stuffing almost 20 years ago. Since then, a variant of that dressing has been part of the Cambridge family table during the festive seasons. Our only addition to this recipe has been dried cranberries and cranberry sauce.

**Sorrel Drink**

Photograph ©Cynthia Nelson Photography|www.tasteslikehome.org

**Ingredients**

1 lb. de-seeded sorrel
1 x 1” piece of ginger, crushed
2 x 3” cinnamon sticks
½ tsp. whole cloves
8 cups water (2 liters)
Sugar to taste

**Directions**

1. Add sorrel, ginger, cinnamon, cloves and water to pot. Cover and bring to a boil (water should come up to the same height or slightly over the sorrel).

2. Boil for 5 minutes and then turn off heat. Remove pot from stove and let drink steep and cool completely (overnight is best).

3. When completely cool, sweeten to taste and strain. Store in bottles or jugs and refrigerate.

4. Serve chilled or with ice.
I must draw your attention to another of Cynthia’s recipes—sorrel jam. At the first opportunity, I will not only try the jam with crackers and cheese, but I will also pair it with ham.

**Sorrel Jam**

Photograph ©Cynthia Nelson Photography|www.tasteslikehome.org

Cynthia Nelson is a journalist, lecturer at Barbados Community College, and the author of the influential Tastes Like Home: My Caribbean Cookbook. Cynthia’s column Tastes Like Home in published weekly in Stabroek News (Guyana).

The Guyanese Christmas fare is enriched by the conversations that surround the eating and drinking. It is in these moments that something powerful happens: Guyana is reinscribed and reaffirmed. To again borrow language from Liminal Space, Guyana’s Christmas fare is an example of a “restorative narrative”—those stories that help us to understand why the homeland is loved.

One love!

Happy Christmas and best wishes for 2018!
Thank You
To All Our Contributing Writers and Photographers
Who Made Our Online Magazine the Success It Is

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Kaya Omodele

Merry Christmas
And a Happy, Healthy and Prosperous New Year

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“The Monthly online Magazine and the Annual Guyana Folk Festival Journal team would like to thank you for your invaluable contribution in this our sixteenth anniversary Christmas celebrations. We vouch that we will sustain our rich cultural heritage here in the Diaspora.”

As the New Year “2018” approaches
We look forward for your continued support.

May Almighty God Richly Bless You All.
I have sweet memories of Christmastime in the forties when I attended my village school. That was at Rosignol, in Guyana, formerly known as British Guiana, then the only British Colony in South America.

The Christmas spirit takes over everyone, everywhere, weeks before the great day. Grown ups talked about what they would do for Christmas, what they would buy, the cakes they would bake, what picture the cinema would show, the picnic group coming from Georgetown. At school, events lined up to happen at Christmastime included: washing up day, sale of work, carol singing, and Speech Night.

Washing up day was play day for me. What is it to do with Christmas? Simple, everything must be clean, spik and span for Christmas; that includes the school desks and benches. The bigger pupils and teachers took all out into the school yard for a good scrubbing. For us children, with buckets full of water, soap and scrubbing brushes, it was sheer freedom, to play, run around, shout and scream with abandon.

Sale of work was held at the dance hall opposite. Our work for sale, included greens and vegetables from the school garden, small note books and greetings cards from our bookbinding class. These were displayed for our parents to view and buy. Bora, a favourite of the garden was always in short supply. The reason, part of the fun being in the school garden was eating raw the bora just ready to pick.

What I learnt from school gardening I still do today, only I should do more of it. It is so rewarding. What I learnt from bookbinding, also, I still do today. When I make a small booklet, I would bind the spine using thread through three holes and a knot on the inside. I have bound larger books too, made up of several small booklets, binding the spine together with thread and gluing muslin to cover it all.

Carols lift the heart. We sang carols heartily everyday, in addition to morning and evening prayers. A group of us went after school for rehearsal at the headmaster’s house. We volunteered for carol singing early Christmas morning from house to house. I was also in a group learning to sing spirituals. We listened to a record of Paul Robeson’s singing, the first time I heard of him. I dearly loved Swing Low, I got a Robe, Nobody knows the trouble I’ve seen. It is divine singing which touches the soul.

Christmas play, at Speech Night was a story about Christmas day in a snowbound town in England. I acted the part of a messenger. Dressed in a winter coat (my dad’s jacket) and a scarf, I wrote a letter with a quill pen, and gave a ‘jack in the box’ to someone. I knew nothing about jack in the box, but I made something for the play, a small wooden box, with a bedspring inside and on top of it I wrapped some rags to look like a jack. Jack was pushed down into the box. When the lid opened jack sprang out.

Christmas is celebrated almost everywhere in the world. It is a time which brings out the best in people, how we greet one another, being friendly, cheerful, kind and warm hearted. It is a very nice feeling to see so much goodness all around, to see that people care, that we look out for one another.

Christmas time is the Lord’s blessing on us all, a time of peace, love, goodwill, harmony and good cheer, most importantly one of hope for a better world. And I am thankful that there are lots of people whose life and deeds show us the way to that better world.

Wishing you a Merry Christmas and a Happy and Prosperous New Year. With best wishes and kind regards from Vidur and family.
The observation and celebration of Christmas in Guyana dates back to the 17th century. It began, circa 1627, among the Dutch immigrants who had established permanent settlements in Essequibo. The celebration later spread to Berbice in 1627 and then Demerara in 1746. The counties of Essequibo, Demerara and Berbice, which subsequently became British as a result of European wars, were merged in 1831 and became British Guiana.

In the new British colony, the largest ethnic population were African slaves captured by British and Dutch slave ships and brought to Guyana to work on colonial sugar plantations.

Christmas was a popular season during the slavery era for most of the population except for the Amerindians who lived in scattered communities in the hinterland and observed and celebrated their own tribal festivals totally unrelated to Christianity.

It was peculiar at that time that while Christmas was about the birth of Christ, for a long while, little religious emphasis was placed on it. The few churches which were in Essequibo, Berbice and Demerara in the 17th century held no Christmas Services on December 25 or on Boxing Day, December 26.

The religious observation and celebration of Christmas may be linked to the coming of the Rev. John Wray. In 1810, the London Missionary Society, a Protestant body, sent him to Guyana. He set up a Mission for slaves at Plantation Le Ressouvenir, a large cotton estate on the East Coast of Demerara. A church building was constructed and was named Bethel Chapel. It had a congregation of some 600 people.

The Rev. John Wray launched the religious observation of the Christian Festival of Christmas at his church. Church sermons featured the birth and life of Jesus Christ.

An added feature was baptisms and marriages on Christmas Day or Boxing Day. The popularity of the Christmas Services and their added attractions gave the slaves forbearance to their miserable lives, remembering how Jesus Christ was beaten and crucified on the Cross.

Christmas Celebrations quickly spread throughout the country and was popularly known as "the Season of Festivity." From then to today, Guyanese extend to family, friends and anyone "Season's Greetings" or "Happy Festive Season."

Christmas and the Christmas Season were celebrated not only by the African slaves but by their white masters as well, each in their own way. The occasion expanded from just religious services to family parties and get-togethers on Christmas and Boxing Day. Special lunches and dinners for families and friends translated into feasting and drinking which remains the culture until this day. The whole country became a moving scene of feasting, drinking, dancing, gaiety. Cheerful groups traversed the lanes and paths in villages dressed in gaudy trappings, hair cut and fashioned in a variety of shapes, some decorated with beads, bits of ribbons and tinsel ornaments. They were accompanied by drumbeat and singing. Some wore wigs.

Christmas also became a time for gift giving. It perhaps was initiated by the white gentry who shared out clothing, food items and drinks, including alcohol, to their slaves and at the same time wishing them a Merry Christmas. The slaves accepted the gifts for what they were worth but never forgot the whip lashes they received or expected in the future from their masters. But inspired by the idea and the Christian charity of it all, slaves also began to give gifts of whatever they could afford to their immediate families. And so gift giving became consonant with the Christmas Season.
ABOUT THE GUYANA CULTURAL ASSOCIATION OF NEW YORK, INC.

The Guyana Cultural Association of New York, Inc. a non-profit 501(c)3 was created in 2001 to document, showcase and celebrate the multiple roots of Guyana’s cultural heritage. Our Mission is to preserve, promote and propagate Guyanese culture. Our Goal is to mentor and inspire young people in the Brooklyn community by supporting education and performance in the creative arts. Our signature events provide a space to celebrate Guyanese achievement and encourage inter-generational dialogue. Our youth programs inspire creativity, encourage learning and foster cultural understanding.

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