GCA OPENS THE FIRST EVER GUYANA ARTS & CULTURAL CENTER IN BROOKLYN, NEW YORK
LETTER FROM THE EDITOR

When the Media team decided on the theme, Wellness, for the November 2015 online magazine we did wonder whether reuse of articles on various cures for ailments of the body would form the greater portion of the edition. Not so - although quips about remembered doses of castor oil after a sumptuous meal, such as, the one enjoyed by most persons on Thanksgiving Day were made.

Authors in this edition take a sober look and offer solutions to two issues plaguing our community today. One is the prevalence of mental illness and the other the seemingly accepted control procedure of violence, via corporal punishment, in schools. It may be too obvious to state that with addressing both, without shame, we may move on to a better community status quo.

Among the contributions to this edition are a review, a report on example of Guyanese ingenuity, a consideration of a move by a New York politician concerning one of the national observances of Guyanese, a celebration of international achievements and an acknowledgement of a life well lived. We see in this collection that we continue to strive even in the face of national and international stumbles in our associations with one another. Thus, we give thanks for the good within our midst and move towards a tomorrow renewed and strengthened by hope, and not fear, recognizing the inherent love of us all one for another.

As a tangible statement of GCA’s faith in the future of the citizens of the Cooperative Republic of Guyana, on the first day of Advent in the Christian calendar, the association held its formal opening of the Guyana Arts and Cultural Center in Brooklyn, New York. You will find a report about this commitment to the future in the first pages that you encounter.

All is not well in the world. But disturbances have been with humankind for eons. It is up to those who can to work to ameliorate or fix what is “ungood” in the community and attempt to make it well.

Enjoy our latest edition of the online magazine.

Take care.

Juliet Emanuel
November Editor
OPENING OF THE GUYANA ARTS & CULTURAL CENTER

A NEW PHASE IN GCA’S MISSION TO CELEBRATE GUYANA’S RICH HERITAGE AND TO ENCOURAGE & PROMOTE GUYANESE CREATIVITY

Entrepreneur & Director of the GACC Music Program, Edgar Henry makes generous donation of musical instruments to Guyana Arts & Cultural Center Music Program
Ladies and Gentlemen, we the members of the Guyana Cultural Association of New York, Inc. are happy that you are with us today for the opening of Guyana Arts and Cultural Center.

This is a very special moment in our organization’s 15-year history. The opening announces a new phase in our mission to celebrate Guyana’s rich heritage and to encourage and promote Guyanese creativity.

The center was conceived as a permanent space to showcase Guyanese heritage, to encourage creativity among Guyanese youth in Brooklyn and beyond, and to support intergenerational dialogue. The center will host exhibitions, displays, and performances. It will also offer training and learning opportunities in the creative arts.

The center will advance GCA’s objective to be an important hub for the study and celebration of Guyanese heritage and creativity. Our upgraded website and social media presence will permit dialogue with Guyana and the wider diaspora.

Guyana Arts and Cultural Center will strengthen our linkages with Guyana. For the past 14 years, GCA has maintained linkages with Guyana through the signature events of our annual Folk Festival in Brooklyn. Our annual symposium, literary hang, and Family Fun Day have been successful vehicles for bringing Guyanese together to study and celebrate our creativity and common heritage.

Since 2002, our annual symposia have addressed many themes, personalities, and issues in Guyanese life. They have focused on literature, dance, music, Mittelholzer, masquerade, and challenges such as building national cohesion and trust. Since 2012, the annual symposium has been held biennially in Guyana in partnership with the Ministry/Department of Culture, Youth, and Sport. The 2012 symposium launched the “Masquerade Lives” initiative to reinvigorate masquerade.

The annual Folk Festival season showcases Guyanese talent through the Literary Hang, Kwe Kwe Night, and Family Fun Day. Over the past 14 years, Family Fun Day has hosted many performers from Guyana and the diaspora.

GCA is pleased to be associated with the efforts to launch Guyana’s inaugural Literary Festival. The goal is to improve literary life in Guyana through a distinctive and sustainable festival. The jubilee literary festival builds upon GCA’s annual Literary Hang
and is a contemporary translation of a post-independence ambition. GCA is also pleased to be associated with the national symposia scheduled for May and June in Georgetown (May 23 and 24) and New York (June 6). These symposia will provide opportunities for a global and an intergenerational conversation on four interrelated questions: Who are We? What was the Journey? What can we become? How can we get there? These questions originated from the 2013 symposium. The theme was “Who Are We? Or … Imaging Guyana beyond Indian and African Politics of Race.”

As you must expect, GCA’s 2016 Folk Festival Season will be special. We have already started conversations with Guyana’s Department of Culture, Youth, and Sport about the participation of a full masquerade ensemble, indigenous musicians, and dancers from the National School of Dance and the National Dance Company. We are in touch with the Ministry of Tourism about its participation in the Folk Festival. We are also in conversation with the Ministry of Education, Department of Culture, Youth, and Sport and Ministry of Tourism about Masquerade Jamboree in December 2016. This event will be the high point in a GCA/DCYS partnership to revitalize and showcase masquerade. In addition to featuring new publications on Guyana’s masquerade heritage, new music and drama inspired by masquerade, the jamboree will include an international flounce-off with Guyanese and international masquerade ensembles. GCA’s expanded online capacity will allow it to host Guyana@50 --an interactive site dedicated to providing a portrait of Guyana’s diaspora and supporting diaspora and homeland engagement in the future. We anticipate that the training programs to be delivered by the center during our 2016 season will provide creative content for our signature events in New York and Guyana during the year.

Please join me in extending sincere congratulations to Claire Goring, our Cultural Director, and her team for assembling a community of passionate Guyanese creative artists, friends, and supporters who made the Guyana Arts and Cultural Center a reality. The center will help many to celebrate Guyanese heritage and develop new skills and confidence to face the current and emerging cultural landscapes. The center will bring to life the pillars of the 50th anniversary theme—Reflect, Celebrate, Inspire.

We thank you for your ongoing and generous support. We are happy that you are here. Thank you for coming.

Peace,
The Guyana Arts & Cultural Center, with shared space on the second floor of the St. Stephen’s Church Extension at 2806 Newkirk Avenue, Brooklyn, NY 11226, also has an executive office on the third floor.

GACC intends to be a vibrant institution, embraced by Guyanese and Caribbean artists. It intends to be an important community space committed to creating an environment that inspires creativity, encourages learning, and fosters cultural understanding.

• Will provide a forum to discuss current issues artists are facing.
• Display the art and heritage of all Guyanese.
• Gallery: Showcases folk art, toys, miniatures, weaving, embroidery, woodcarving, ceramics, painting, metalwork and textiles
• Collections - preserving them for future generations while making them accessible to visitors according to professional standards.
• Educational programs: School Tours and Art Education Programs – the Center’s educational mission is to create a greater understanding of the art and culture of the Guyanese people.
• Workshops: For adults and children.

“The Guyana Arts & Cultural Center is designed to support artists and provide space to document, collect, preserve and interpret the creative works of Guyanese artists from around the world”
says GCA V.P. Ave Brewster-Haynes
OPENING OF GUYANA ARTS & CULTURAL CENTER IN BROOKLYN, NY

THE LIBRARY: The GCA Research Library will have a non-circulating collection consisting of monographs, reference books and databases, collection and exhibition catalogues, scholarly periodicals, catalogues, and manuscripts.

PARTNERING WITH OTHER NON-PROFIT ORGANIZATIONS:

THE CONFERENCE ROOM: The Conference Room will be made available for partnering with other non-profit organizations for launches and discussion forums. The Conference Room will be equipped with film and digital projectors, professional sound and lighting system and all tele-conferencing capabilities: high-speed wireless internet, computer, fax, photocopying services will be available.

A fee will be charged for use of the space.

THE MUSIC PROGRAM:
Ages: 6-35

Music Program Director - Edgar Henry
Music Director - Mildred Lowe
Assistant Directors: Erwin “Souflantis” Edwards, Phillip Nichols

To provide a high quality, flexible and affordable music education program for all young people interested in music: piano, tabla, sitar, African drums, flute, trumpet, violin, saxophone and other instruments, as well as chorale.

Students will have the opportunity to play with and learn from the best musicians in the diaspora. This is also an opportunity to pass on our musical traditions to a younger generation.

This Workshop is fee based.

THE MUSIC PRODUCTION PROGRAM:
Ages: 18-35

Young people are very interested in creating music. The Music Production program will allow teens to explore the process of music creation from crafting lyrics to developing beats to producing and mixing a song. Teens will learn the technical skills required for recording a song, creating background tracks, and editing a song using computer recording software and equipment. The program will foster both creative and technical skills sets, and will engage teens by promoting self-expression through a creative outlet.

This Workshop is fee based.

MUSICIAN ERWIN "SOULANTIS" EDWARDS DONATES ALTO SAX TO GACC MUSIC PROGRAM

Young business owners Clare Dougall and Kevin Wallace of Skyview Glass & Windows donate television to GACC for use in the GACC Conference Room.
OPENING OF GUYANA ARTS & CULTURAL CENTER IN BROOKLYN, NY

GACC DANCE PROGRAM:
Ages: 6-35 (Plus Adults)
Dance Program Director - Rose October-Edun
Assistant Directors: Verna Walcott-White, Wayne Daniels
The GACC Dance Program will provide students of all ages the opportunity to experience dance in a context that values the creative process.
With professional dance instructors, students will explore creative expression through movement by learning different dance techniques.

ADULT DANCE CLASSES:
The Dance Program will also offer an adult Fitness & Wellness Workshop as well as Ballroom Dancing classes.
This Workshop is fee based.

GACC PERFORMING ARTS PROGRAM:
Ages: 6-65
Directors: Monty Blackmore
Assistant Directors: Alex Neptune, Francis Quamina Farrier, Edgar Henry
The Drama program will encourage members to explore their performance and acting skills through a variety of theater and drama related activities. Members will have opportunities to learn acting exercises and techniques as well as the technical aspects to executing a play or production.
This Workshop is fee based.

AUDIO/VIDEO PROGRAM:
Ages: 18-25
Director: Rawle DaSilva
Writers, producers, directors, camera operators, lighting technicians, and others are modern storytellers with a knack for putting that technology to work, taking projects from concept to captured images. Video, audio editors and digital video effects designers are among the specialists who then add their talents and imaginations to help bring our story to life.
Students will learn to tell their own stories: They’ll have the opportunity to collaborate on projects to gain experience working as part of an artistic team.
This Workshop is fee based.

THE ART PROGRAM:
Ages: 13-35
Director: Carl Hazlewood
For young artists who want to make art, build their artistic skills and explore new art forms and mediums, will encourage teens to nurture his or her talent by offering art classes and workshops taught by experienced educators who are also professional artists.
This Workshop is fee based.
HELP SHAPE TOMORROW’S CULTURAL LANDSCAPE

DONATE A SCHOLARSHIP

Most talented young creative person’s dream is simple: to be given the opportunity to develop their talent. “Opportunity” means a training program where they can study their craft with dedicated professional coaches who will guide them as they grow.

The GACC Scholarship Fund will fuel these students’ dreams, giving exceptional students the opportunity to cultivate their talent and in this way making a lasting impact on these young people. They are our next generation of artists.

The Fund will take both talent and financial need into consideration. Recipients must demonstrate
• Artistic potential
• A passion for the arts and a drive for the pursuit of perfection in all or any one of the programs of GACC
• Promise for further outstanding achievement
• A commitment to “give back”
• Financial need

YOUR SPONSORSHIP
• A donation of $1200 covers the tuition for one year in the form of a scholarship for a talented child in need.
• A donation of $600 covers tuition for half of the year.
• Any donation amount will make a big difference and will be applied to a full or half year scholarship donation.

TO MAKE A GIFT: Thank you for considering making a gift.
• Mail your gift to: Guyana Cultural Association of New York, Inc.
  1368 E89 Street, Brooklyn, NY 11236.
  Please note "GACC Scholarship Fund" on the memo line of your check.
• Donate online now: guyanaculturalassociation/donate
• Or, contact us. We’d love to meet with you or speak with you personally to discuss your gift.

Your gift is tax-deductible to the full extent allowable by law, and we will respond to your gift with a receipt for tax purposes.

GIVE A GIFT THAT COUNTS!
Put GACC on your list this Christmas!
OPENING OF GUYANA ARTS & CULTURAL CENTER IN BROOKLYN, NY

State Senator Roxanne Persaud

Chief Program Officer, Sandra Chapman representing Brooklyn Borough President Eric Adams
OPENING OF GUYANA ARTS & CULTURAL CENTER IN BROOKLYN, NY

GACC Assistant Music Director Phillip Nichols

Folklorist Rickford Dalgetty

GACC Music Director Mildred Lowe with supporter Carlyle Harry

GCA Boardmember Pat Jordon-Langford with Ms Guyana Universe and Master Drummer Menes DeGriot
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.

HELP SHAPE TOMORROW’S CULTURAL LANDSCAPE

YOUR DONATION

DONATION AMOUNT $..............................

FREQUENCY: ......................... One time
......................................... Monthly
......................................... Quarterly
......................................... Annual

DONATE A SCHOLARSHIP: ............ $1200 yearly ............... $600 half-year

Name ........................................................................................................................................................
Address .....................................................................................................................................................
Telephone ................................................................................  Email ....................................................
Signature ................................................................................... Date ......................................................

TO MAKE A TAX-DEDUCTIBLE GIFT
• Mail your gift to:
  Guyana Cultural Association of New York, Inc.
  1368 E89 Street, Brooklyn, NY 11236.
  Please note "GACC Program" on the memo line of your check.
• Donate online now: guyanaculturalassociation/donate
• Or, contact us. We’d love to meet with you or speak with you personally to discuss your gift.

Open your heart and share your blessings with GACC this Christmas!
Become a Friend of GACC!

Support the exciting programs of the Guyana Arts & Cultural Center by becoming a Friend of GACC.

Join us to keep this dynamic center providing exceptional cultural programming by expanding its scholarship program to address a range of obstacles to learning opportunities.

Our scholarships will make it possible for many talented youth to participate in the GACC Programs, which will offer music, dance, theater, media arts, and audio/video production classes.

Join Friends of Guyana Arts & Cultural Center today and help continue to expand this valuable service to our community!

CONTACT
GUYANA ARTS & CULTURAL CENTER
718 940 GACC (4222)
800 774 5762
http://guyfolkfest.org/guyana-arts-cultural-center/

2806 NEWKIRK AVENUE, BROOKLYN, NY 11226
Office - 3rd. Floor Cultural Center - 2nd. Floor
(Between E.28 - E29 Streets)

Thanks to our convenient online donation system, it's never too early (or late!) to make your donation!
We welcome all donations small and large and thank you with great appreciation for helping us continue to serve the community!

Thank You!
Nothing would please the New York Hindu community more than a holiday for Diwali. If it could get another one for Holi or Phagwah then that would be a real boon. However, as it stands neither is on the cards despite vociferous statements in various places.

Dhanpaul Narine
Support for Diwali Holiday

Dhampaul Narine

These calls are wedded to emotions and appeal to the fact that since other religions have holidays then Hindus must be included. Well, it doesn’t work like that, not in New York with its politics and bureaucracy. In the 2015-16 School Year, the Muslim community was granted two school holidays by the City, while the Chinese had their Lunar New Year recognized as a holiday as well. What this means is that three additional holidays were added to the school calendar and students and teachers got the day off from school. But this did not magically happen. According to sources the Muslim community had campaigned for ten years for the holidays. When Mr. Bill de Blasio was elected Public Advocate it is said that he was approached by members of the Muslim community and was asked to support their case for the holidays.

Mr. de Blasio ran for Mayor and was reminded that he should win the holidays ought to be on his to-do list. As any politician might do he needed the support of the Muslim community. Mr. de Blasio won and the holidays were granted. The Chinese community adopted a similar strategy and when it looked as if it might not be given Chinese leaders took to the streets in demonstrations to remind Mayor de Blasio of his promise. The Hindu community could not get its act together. There were too many crossed signals and one was not sure who or which organization was leading the drive for the holiday.

The mantra that was oft-repeated was that, ‘Hindus need a holiday too. If the others can get it so can we. We have a big population and it is time that the City recognizes us with a holiday.’ But there is another dimension to this and it is called numbers. New York is a City that looks at numbers. There is strength in numbers, as we know, and if they don’t add up the City will take steps to delimit and discard. For example, if student attendance is poor in a class the City will close that class and place the students in another class. It does not pay them to open classes for undersubscribed populations.

The same logic applies to the call for holidays. The Muslim community has consistently kept students at home on Eid-ul- Fitr and Eid-ul-Adha, two of the main holidays. The Chinese community has done the same with students on the Lunar New Year. These patterns of absences together with politicking from the community organizations sent a strong message to City. If the classes are only fifty per cent filled then it affects instruction, bussing, meals, homework policy and so on. When the statistics are tabulated across the City it makes sense for the administration to grant a holiday. The twin effects of advocacy and non-attendance made their mark. What of the Hindu community? Many agree that there should be a holiday but as we have seen the leadership is lacking. The South Asians and Indo- Caribbeans are apart when it comes to political agitation. Apart from a handful of persons the two communities seldom meet. Two years ago there were petitions online for a Diwali holiday and a Diwali Coalition was formed but this fizzled out without any results. The petition mustered only 2,000 signatures. A radical group from the South Asian community said it had the strategies and the know-how to get the job done. It organized a picket demonstration in Manhattan and proclaimed victory afterwards but the City did not take any notice.

What is noteworthy is that Diwali is a school holiday in certain districts in New Jersey and California. The festival is celebrated by Hindus, Sikhs, and Jains and in the Caribbean by non-Hindus also. Dr. Uma Mysorekar from the Hindu Temple in Flushing has argued that if the other religions are able to get a holiday then the same should apply to the Hindu community.

Mr. DeBlasio, however, was having none of it. He reiterated that the two Muslim holidays were campaign promises and he would not go beyond the Chinese New Year. The Mayor said, ‘I understand anyone’s impulse to add additional days but at this point I don’t intend to make any additions anytime in the foreseeable future.’ The calendar for the NYC schools for 2016-17 does not include Diwali as a holiday. This means that the campaign has to begin from now to have Diwali recognized in the 2018 school year. What are the chances that this can happen? The key to success as in ventures of this kind is community mobilization. The Hindu community needs to take a page and learn from the other communities and with the estimated 500,000 Hindus in the New York area there should be better outreach and involvement. It is essential that the Hindu communities from South Asia, the Caribbean and elsewhere meet and plan a course of action. The Federation of Hindu Mandirs that is based in Queens need to reach out to the Caribbean Hindu community and point out the importance of the holiday to the members. The Federation has been silent on the Diwali holiday and there is room for it to be more proactive.

Given the need for more work to be done it would appear that the best chance for the holiday to be a reality lies in the making of alliances with various parties. The Hindu community will do well to invite the support of the Muslim and Chinese communities and work with them as partners. Hindu leaders should begin to actively court the support of the political establishment, especially those candidates that will be running for office. It is no secret that Mayor Bill de Blasio plans to run for a second term.
Support for Diwali Holiday

Dhanpaul Narine

Shouldn’t the leaders remind him of the Diwali holiday in exchange for their support? This is the politics of give and take, of alliances, of holding politicians accountable. This is why Mayor de Blasio was able to say that he was granting two Muslim holidays to the Muslim community to fulfill a ‘campaign promise.’ As is stands the best chance for a Diwali holiday seems to rest with Councilman Daniel Dromm, New York City Comptroller Scott Stringer and Assemblyman David Weprin. Mr. Stringer held a ‘Diwali Breakfast’ in his office a week ago and representatives from a number of communities were invited.

There was a lamp-lighting ceremony after prayers from Pandit Mahendra Doobay and members of the Flushing Temple. Dr. Mysorekar pointed out that everyday is Diwali and she lit diyas ‘for the city, the country and the world.’ Aliyah Latif said that Mr. Stringer has been a tireless supporter of the Hindu, Sikh and Jain communities and over the last few years he has become an advocate for a number of issues that are related to these communities. In his remarks Mr. Stringer outlined the importance of the Indian community to the City. He thanked Aliyah for her work he acknowledged the Indian, Indo-Caribbean, Nepali, and Bangladeshi communities at the function to celebrate Diwali.

According to Mr. Stringer, ‘one of the great issues that we have today is that in our great diverse city we have persons here that have made great contributions to our civic life and our cultural heritage and our business community. Today we are celebrating the victory of light over darkness and the triumph of knowledge over ignorance and we do this in the spirit of truth and justice.’ Mr. Stringer said that New York has always been a beacon to the world and when there is talk of justice efforts should be made to reach every community. Mr. Stringer said further that, ‘immigrants built New York City and we can honor their work by making sure that newcomers have equal opportunities to succeed. Over the last two years I have worked very hard to do just that.’ He pointed out that he would try to frame policies so that everyone can have an equal economic playing field.

The idea is for minorities to have an opportunity to access contracts from various agencies and Mr. Stringer has promised to be the watchdog for the community. He said that if we are to have one New York people would have to be treated equally. Mr. Stringer continued, ‘I am so proud that we are all here today. I am so proud of all of you.’ Mr. Stringer introduced Councilman Daniel Dromm from Jackson Heights. Mr. Dromm said that the Diwali breakfast was a positive step to recognize the diversity of the City and he thanked Mr. Stringer. Mr. Dromm pointed out that he is fortunate to represent Jackson Heights and he stated that the contribution made by the Indian community has transformed 74th Street into an international business hub. He urged everyone to see the movie ‘In Jackson Heights’ as it shows the diversity of the City.

Mr. Stringer said to loud applause that, ‘Diwali has to be recognized as a holiday for the children just as the other cultures are given a holiday for their festivals.’ Assemblyman Mr. David Weprin said our strength is our diversity. He said that Diwali is a beautiful festival and he concluded by saying that, ‘soon Diwali will be a New York City holiday.’

The views expressed in this column are solely those of the writer.
Wakenaam joiner produces Guyana’s first wooden bicycle – responding to President’s call for value-added products

Rajendra Prabhulall

A RESIDENT on the Island of Wakenaam in the Essequibo River has produced the country’s first bicycle made from hardwood that is grown in Guyana’s forest. According to reports, Mr Shazim Bacchus, a resident of San Souci, who is a joiner by trade, has produced the bicycle from hardwood that is abundant in the country’s rich forest.

Bacchus in an interview said he has constructed the bicycle using his own skills and technology. According to the joiner, God has blessed him with the special skills of producing furniture which includes chairs, tables, kitchen cupboards, wardrobes, dining sets and beds in all models and descriptions.

He said his business is established under the name ‘EF Trading’ which means Evergreen Exotic Forest at San Souci. Bacchus said that since Guyana has abundant hardwood, it can be used to manufacture bicycles which is adding value to the wood in a different way.

The skillful joiner is proud of his achievement and is looking forward to manufacturing more bicycles from hardwood.

Bacchus who is the son of carpenter/contractor, Mr Kazim Bacchus, has responded to a call by President David Granger for value-added products. The President in a call to Guyanese recently at Charity said too much raw materials are exported out of the country and he wanted value to be added to products.

The joiner said he is proud that Wakenaam has produced the country’s first wooden bicycle from hardwood.
UN Secretary-General Appoints Catherine Pollard of Guyana Under-Secretary-General for General Assembly and Conference Management

CATHERINE POLLARD

CONGRATULATIONS
Catherine Pollard of Guyana appointed Under-Secretary-General for General Assembly and Conference Management at the UN

United Nations Secretary-General Ban Ki-moon today announced the appointment of Catherine Pollard of Guyana as Under-Secretary-General for General Assembly and Conference Management. She will succeed Tegegnework Gettu of Ethiopia, to whom the Secretary-General is grateful for his dedicated service and able leadership.

Since 2014, Ms. Pollard served as Assistant Secretary-General for General Assembly and Conference Management, prior to which she served as Assistant Secretary-General for Human Resources Management from 2008 to 2014. She was previously Chief of Staff in the Department of Peacekeeping Operations, and before that, the Director of the Peacekeeping Finance Division in the Office of Programme Planning, Budget and Accounts.

Ms. Pollard’s career in the United Nations began in 1989 when she worked with the United Nations Development Programme (UNDP) as the Chief of National Execution Projects. In 1993, she joined the Department for Peacekeeping Operations, and then worked as Chief Budget Officer for the United Nations Operations in Yugoslavia and Central Headquarters. Thereafter, she served as Chief of the Budget and Finance Section of the United Nations Volunteers.

Ms. Pollard brings a proven track record of valuable experience in General Assembly and Conference Management matters, financial, human resource and general administrative management. During her 26 years with the United Nations, she acquired a solid foundation of the United Nations culture, organizational and operational structures, global initiatives and reform efforts in accordance with the Secretary-General’s priorities and strategies. In each of her assignments at senior levels, she has helped to effect real improvements in management practices, moving away from the status quo.

Born in Guyana in 1960, Ms. Pollard holds a master’s in accounting from the University of the West Indies, Kingston, Jamaica.

FOCUS ON WELLNESS:
Wellness is not a given but a reward for diligent and proactive behavior

Alexander Betton-Haynes

The word Wellness refers to much more than physical health (Walsh, 2015). Wellness may refer to a state of being in which there is a healthy balance in the life and living circumstances of individuals. This balance should be sufficient to afford the individual a sense of peace and fulfillment in life.

Life circumstance which affect man’s wellness may be physical, social, emotional and educational just to mention a few. Individuals need to recognize the interrelationship between these elements, and moreover, that each of these can affect their quality of life and therefore create impediments to their achievement of true wellness. Issues which affect the quality of life are wellness issues as they impact on man’s ability to feel a full sense of peace and fulfillment.

How is wellness achieved? Individuals need to recognize that wellness is not a given but a reward for diligent and proactive behavior. Individuals become depressed and frustrated when faced with apparently unsurmountable obstacles. Alternately, they feel a sense of joy and achievement when they are in control of situations.

Proactive behavior, in the various dimensions of life, contribute to the achievement of wellness. Individuals who proactively take control of their health by eating well, exercising and having adequate rest, feel empowered. They enjoy a sense of physical wellness. Likewise, individuals who make conscious efforts to connect with others, and moreover, to interact positively with family and friends, will enjoy a sense of belonging and feel social wellness.

True Wellness can be described as a state in which individuals, proactive in various dimensions of self and society, feel a sense of peace and fulfillment resulting from their perceived contributions to, and competencies in life.
FOCUS ON WELLNESS: Mental Health

Commentary

Mental Health of a Nation: Concerns and Possible Solutions

Lear Matthews

There may be some validity to the belief that a correlation exists between a nation’s mental health and its economic growth. While political and economic change is generally in the forefront of the national development discussion, until recently, very little attention has been paid to psychological well-being or mental health in Guyana. This commentary recognizes the urgency of addressing this dimension of wellness, as it becomes a part of the national conversation.

The Dilemma

Cultural factors and recent trends in Guyana, including the World Health Organization report of the upsurge in the rate of suicide, warrant an examination of the country’s emotional pulse and level of tolerance. In this regard, social scientists have found that vulnerability, feelings of isolation and detachment tend to promote tension and a sense of loss, particularly among young people. A past culture of political corruption and high levels of unemployment and crime can exacerbate feelings of despair and marginalization, leading to psychological distress. Consequently, a realistic assessment of needed resources to deal effectively with mental health problems in our dear land is imminent.

Recently, concerned Guyanese at home and abroad, including this writer, have sounded the alarm for the decriminalization of attempted suicide and the act of suicide in Guyana, which would remove a major impediment to effective mental health intervention. We trust that this call will be answered soon.

Officials’ Views

One can argue that the high rate of suicide is symptomatic of societal or interpersonal stress, potentially leading to severe mental health problems. To put this in perspective, President David Granger, in an effort to assess and comprehend the magnitude of the problem, said, “it is a worrying factor...and as I always say, happy people do not kill themselves.” He further stated that “some people do not have the necessary tools to deal with whatever problem they are faced with”. This can be viewed as testimony to the impact of embedded cultural and structural/societal factors on behavior, yet to be realised, but simmering in the psyche of a developing nation. One may ask, what are those needed ‘tools’ to which the president refers? What is the nature of the ‘problems’ faced, and how exactly are they connected to peoples’ emotional state? The answer could be quite revealing.

Acting Chief Medical Officer, Dr. Jeetendra Mohanlall, suggested that mental health is everybody’s business and communities should be vigilant with respect to changes in their loved ones’ behavior. He seems to understand the critical role of primary group mutual support.

However, Dr. Mohanlall also admitted that there is a need for adequate professional training and the provision of more resources in the field of mental health in Guyana. The deficit ratio of mental health practitioners (social workers, psychiatrists, psychologists, psychiatric nurses and counselors) to potential service consumers is understandable, but impractical.

Some Possible Solutions

An effective response requires an understanding of the core causes of this malady and a deliberative plan of action with input from diverse sources. Collaboration among the Ministries of Health, Social Services, Social Cohesion, NGO’s and overseas-based Home town Associations, could contribute to resources including training of mental health professionals. The University of Guyana, through its Social Work Program, must play a prominent role in research, program design, prevention and treatment of mental illness.

Educating the public through community forums, cultural events, media (including the internet), and religious institutional involvement, would build awareness, recognize symptoms and improve attitudes toward treatment. Done with respect, professionalism and cultural sensitivity, this will help to overcome fears and taboos based on traditional values, customs and beliefs.

These activities should not only be informed by local community practices, history, trends and needs, but must also permeate rural, coastal and urban districts, transcending ethnic groups, age, gender identity, political affiliation and religion. It is the firm belief of this writer that these constitute some of the essential ingredients to combat the challenges that produce mental dislocation in our homeland.
RELUCTANCE TO SEEK MENTAL HEALTH SERVICES

Carlyle Harry

As a contribution to the Guyana Cultural Association's theme for the November On-Line Magazine, I would like to focus on the reluctance by many people, to seek mental health treatment, both for themselves and their family members.

I chose to write on this dimension of mental health because I continue to wonder why individuals would be so quick and efficient in rushing to hospital emergency rooms or to their doctor for physical ailments such as a nail stick, a fractured finger, influenza, or skin rash, but hesitant to consult with a mental health practitioner. Another concern is the willingness with which individuals would take or give prescribed medication to family members, but reluctant to take medication prescribed by psychiatrists.

What the Experts are Say

There is a large body of literature regarding perception and attitude toward mental health treatment. I will reference a few clinically documented facts about the topic to highlight some of the reasons cited for avoiding professional help for mental health problems:

(a) Social stigma. Defined as “a fear that others will judge a person negatively, if he or she sought help for a mental health problem...” Chamberlain (1994), this is considered one of the principle barriers to seeking mental health care.

(b) Risk of Labelling and confidentiality. Dubow, Lovko, and Kausch(1990), disclosed"...The consequences for not seeking help are often severe .... the main avoidance factors are risks of being seen as crazy; family-treatment fears; negative emotional, interpersonal, psychological consequences; treatment fears; and fears/emotions associated with self-disclosures;

(c) Embarrassment and Fear: Kershner and Sher(1989), considered counseling and psychotherapy to be potentially difficult, embarrassing and risky enterprises that induce fear and avoidance in some individuals. They added"...Treatment fears have been defined as a subjective state of apprehension arising from aversive expectations surrounding the seeking of mental-health services.

(d) Myopic view of therapy/counseling. According to Hinson and Swanson (1993), people tended to see counseling as a last resort, something to be considered after their efforts to handle things on their own or in concert with individuals close to them, have failed.

(e) Privacy and confidentiality concerns. (First initial) Jouard (1964), who wrote about individuals' reluctance to make private and personal disclosures to strangers (Professionals), stated"...The ability to self disclose to another, is central to a person’s decision to seek help, because in order to be helped, the person must choose to reveal to another person, private feelings, thoughts and attitudes.

The Guyanese Context: Cultural Practices and Concerns

In Guyana and other developing nations, it is found that with regards to mental health symptoms, individuals and families prefer to confide in and consult with trusted friends, religious leaders, or resort to traditional remedies such as voodoo or obeah. In an article that was published on November 30, 2014, Daam Barker wrote"...In 2003, When I moved to Guyana from the U.S.A., the popular opinion was that it would be impossible for me to do any work in my field, I was told that counseling was not something that Guyanese do...Although I secured a position at the University of Guyana as Guidance and Counseling Officer, few individuals approached to engage the services I offered...It was contrary to Guyanese custom to discuss personal business outside of family or religious circles..." This experience of a committed professional re-migrant exemplifies some of the cultural and institutional barriers to improving mental health services.
The Secret Life of Winnie Cox

Dr. Frank Birbalsingh

The Secret Life of Winnie Cox is a prequel to Sharon Maas’s fifth novel The Small Fortune of Dorothea Quint (2015) in which Dorothea appears as an eccentric grandmother playing a pivotal role in action that not only lasts from the 1930s to the 1990s, but jumps back and forth between London/England and Georgetown/Guyana. By contrast, events in Winnie Cox are anchored mostly on one fictional sugar plantation Promised Land, in Berbice, Guyana, during the decade or more immediately preceding World War One. In her “Letter from Sharon”, at the end of Winnie Cox, the author also announces her novel as “the first of a trilogy” that will continue Winnie’s story.

Winnie Cox offers the most complete description, available in fiction, of both domestic, family life and politics on a Guyanese plantation, although we should not forget the author’s reminder in her “Acknowledgements” that: “I also had to rely on imagination and I admit to taking poetic licence.”(p.417) While other novels such as Edgar Mittelholzer’s Children of Kaywana, (1952) about a slave rebellion against Dutch masters in 1763, or A.R.F. Webber’s Those that be in Bondage: A Tale of Indian Indentures and Sunlit Western Waters, (1917) about Plantation Never Out, offer views of Guyanese plantations, the story told by the eponymous narrator in Winnie Cox is more comprehensive: it begins in England with the marriage of the narrator’s Austrian mother, Johanna, to her English father, Archibald Cox, son of Lord Cox of Camberley, and follows the career of the narrator throughout early childhood and her teenage years on Plantation Promised Land.

As so called Sugar Princesses, Winnie and her sister Yoyo (Johanna) are insulated from the exploitation and injustice suffered by plantation workers who receive low wages, and live like animals in mud floor logies. The difference between white plantation employers or staff and their coolie (Indian) workers is stark: Winnie and her sister, from the privileged safety and comfort of their plantation house, are permitted, once, only through a lapse in attention from their English governess, Miss Wright, to witness their father whipping and kicking a young coolie; and the effect of such brutality on Winnie could not be more traumatic: “Something had shifted within me: a stone curtain of naivete had rolled away; a veil of sentimentality had lifted. I had collapsed on the bed as a little girl, and stood up a woman.” (p.63) In a second incident Winnie visits the logie of Nanny, her retired coolie, nurse maid, with equally traumatic results: “And Nanny! Living out her life in such foulness! The memory of Nanny burst into my consciousness with the immediacy of a bomb blast.” (p. 84)

But as the title of Maas’s novel may suggest, the horror of plantation conditions proves to be mainly a backdrop, the external mise-en-scene for machinations of Winnie’s inner life when, still as a teenager, she falls headlong in love with an African-Guyanese postman George Quint. The outrage of a romantic relationship between a pampered Sugar Princess and a black postman on a colonial Caribbean, sugar plantation, a few years after the end of the Victorian era, is beyond belief, and prompts an enthralling display of cunning manoeuvres that test Winnie’s wit and guile, through episodes of suspense and thrills, as she pursues George who suddenly returns to Georgetown from Plantation Promised Land where he was only temporarily stationed. Not for nothing does the novel’s title stress secrecy since what follows is a stimulating mixture of brazen adventure, and cat and mouse deception spiced with the sheer excitement and ardour of young lovers intent on subverting efforts to frustrate them!

In a deft display of technical mastery, plantation abuse is seen as part of the general injustice of colonial rule which inspires a wider feeling of shared resistance among Guyanese hinting at formation of a national, anti-colonial movement in Georgetown of which George is a member. The hint becomes even stronger when we realise that George is also a close friend and ally of Bhim, an Indian political activist representing the rights of workers on Plantation Promised Land. For Maas to devise a plot that ties these political strands together into a one anti-colonial bundle including the intimate, personal affair of Winnie and George, itself a daring assault on the perversity of racist colonial values, is a stroke of genius. That Bhim is shot and killed by Winnie’s father, the Honorable Archibald Cox, a white expatriate plantation owner, is the final link to the novel’s climax, potent with mixed feelings about the fate of Winnie’s father, the future of her family, and values of justice, liberty, right and wrong.

Even if there is a touch of anachronism about the strength of the sense of Guyanese nationality that existed in the first decade of the twentieth century, or about the revolutionary doings of political activists like George Quint and Bhim who bear some resemblance to actual Guyanese political leaders from the 1940s and 50s, Dr. Cheddi Jagan and Forbes Burnham, Winnie Cox undoubtedly captures an atmosphere of incipient nationalism in twentieth century Guyana, before full independence was achieved in 1966.

In her planned trilogy of novels beginning with Winnie Cox, Sharon Maas will have achieved a fictionalised version of twentieth century Guyanese politics similar to Edgar Mittelholzer whose three Kaywana novels, survey Guyanese politics from slavery/serfdom in the 17th century to internal self-government in the 1950s. But Mittelholzer’s Kaywana novels are long on politics and short on romantic relationships, just as Jane Austen’s fiction is long on romance and short on political/military affairs, at a time when England was locked in a life and death for survival in the Napoleonic wars. If it does nothing else, Winnie Cox is supremely successful in blending the turbulence of political revolution with the emotional torture of romance both between Winnie and George, and Archibald Cox and his wife Johanna.
COMMENTARY

Permit me to add my two bits to the latest brouhaha regarding the banning of corporal punishment in schools. There has been a plethora of reasons for banning the cane ranging from the morally sublime to the psychologically ridiculous. Incidentally, although a representative of the fairer sex, I was not spared administration of the cane by my father (head of the household), who administered punishment with no regard for age or sexual presentation. In fond retrospect, I am now of the belief that my father had an ongoing account with Chasbert’s bookstore as our home was never out of canes. There were times or days when I was whipped in school (I.T Henry of St. Ambrose School fame), then wend my way to what was my safe haven and be whipped again, without any proffered parental explanation. Please do not assume the belief that I am in accord with corporal punishment as an acceptable way to relate with children, or have come to think of it as necessary because people who loved us and cared about us used it.

Now back to the topic- times have certainly changed, especially the world around us and with this change comes new knowledge. We cannot overlook the evidence that we need new and formidable strategies to deal with the current generation. If we fail to prepare properly, we may simply be banning the cane and reaping no gain. It can never be overstated that one of the most powerful services for development is education. Success as a nation, from individual happiness, collective growth in a social and economic world, as well as active participation in development depends on education.

In the midst of all the expressed concerns, I have failed to see any clear cut ready-to-be instituted alternative to corporal education. Where is the input from the secondary stakeholders such as school committees, parents, public officials who implement educational policies, students and any member of the lay public who are desirous of getting involved in creating safer schools? Lest it be forgotten, schools reflect the norms of communities, so that schools that still practice corporal punishment speak not only for themselves but also by association and extension the community. While the storm behind banning the cane rages in the teacup, we need to invite the psychologists to the table. This will help to bring about some understanding in relation to the factors influencing the behaviour of children. Personally, based on current present day situation in Guyana, as a community we are still lacking even the basic tools for setting about understanding, let alone remedying this situation. It is imperative that we understand the motivating factor(s) underpinning children’s behaviour, if we intend to guide children by using alternatives to corporal punishment. In like manner that children have basic physical needs, they also have emotional and psychological needs. In order for children to develop to their full potential these emotional and psychological needs must be met. Once teachers understand children’s behaviours in this way, as a consequence they will find it easier to determine non-violent responses that will benefit everyone.

Caneless can be painless all around, or better put; No Cane-Plenty Gain. While a positive discipline approach rejects the use of violence as a teaching tool, it also depends on the teacher’s role as mentor and guide, and the provision of positive reinforcement for good choices as well as consequences for poor choices. It is all about long term investment in a child’s development, rather than as has been done grasping for immediate compliance. The health of the nation will ultimately be judged by the way the children are both treated and educated, and if we get that right we can make a substantial contribution to everyone’s future. So it is plain we ban the cane, if we have a plan. So let’s start and everyone must play their part. This new manner of approach involves establishing a new and different kind of teacher-pupil/student relationship, as well as new methods for engaging and supporting them over the long-term.

So let’s go— stop starting at the top. The government has the responsibility to develop policy guidelines that would help teachers create safer schools. Teacher training programs geared towards teaching methods and alternative measures that promote non-corporal methods of reinforcement. Initiation and creation of a regular forum for teachers and students through which they can share their ideas and experiences geared towards creating a safer school, such as a school wide essay competitions, picture drawing competition or simple suggestion boxes, or any other method through which ideas can be shared. These activities are part of a positive discipline approach, because they encourage students to identify themselves as key stakeholders in their school and, as a result, feel more accountable for their behaviour. Let us not forget the parents-vital stakeholders and key players.

As custodians of children’s hopes and aspirations, we must accept the responsibility for creating an environment that will help children thrive, and there should not be an enigma surrounding why our schools exist. What kind of individuals do we want to graduate from our school, and from what kind of educational environment? Away with the cane! Let’s work towards the gain.

**BAN THE CANE!**

Yvonne Sam.
GUYANESE YOUTH IN ACTION

GUYANESE MODELS BLAZING NEW YORK CATWALKS

Shauna Jemmott
Photos by Traits Model Management
Riding high on fashion waves with models blazing New York catwalks in big name designer clothing, Georgetown’s Traits Model Management has launched above hurdles and is making a name for itself as well as its models. In just a year since the agency’s launch, four of its twenty models have made it internationally to high profiled fashion shows at the New York Fashion Week (NYFW) in September.

Showstopper Delicia Archer landed a contract with New York’s Aim Model Management, graced pages in British Vogue in a Malan Breton gown, and secured the coveted ‘Cosmo Girl’ spot in Cosmo Magazine for being the only black model in the world selected by designer Anne Bowen to model her Spring Summer creations this year. She was also spotted in Glamor, another popular fashion and beauty magazine, and selected by several big name designers to showcase their garb.

Kanye West “Yeezy” showcase which created a stir and controversy because the designer just showed up with his pieces, also featured the Guyanese girl. And according to Manager Orande George, she was properly compensated for her debut appearance.

Natasha Harper, the agency’s first signed model was also present. Though Harper was recalled to British Virgin Islands (BVI) Fashion week this year again, she chose to refuse because bigger callings were on the other side of the world for her. New York Fashion Week (NYFW) designers loved her too and she landed several jobs.

Kimberly Sattaur and reigning Miss Guyana Talented Teen Reesa Sooklall also did a lot of high profile fashion shows.

Traits Model Management, with which the models are contracted, boasts of its accomplishments and announced that an international fashion gala awards is organized for December in Guyana to honor the accomplishments of designers and models.

Renowned overseas designer Roger Gary and several others from New York Fashion Week are expected to blend their creations with Guyana’s leading designers to make the show a truly international and colourful one.
Traits’ Guyana-based Managing Director Oronde George said a top-of-the line show is also scheduled for October 29 at Aura Lounge where the fashions of Mwanza Glenn, Kesha Edwards, Randy Madray, That Look, Street Stylz boutique and Veron Kee Fashions will be on showcase.

He gave credit to the work of Harper at the BVI show which he said was responsible for the New York fashion networking. The BVI show was their first assignment, and their journey already shows that they are headed for the skies.

Though Traits targets every level – local, regional and international – on the fashion market, they have been catching the eyes of the international seekers.

“In terms of jobs, we’ve been getting more traffic internationally,” he stated.

“The level that we want to go to, I don’t think the local fashion market would embrace it,” he further stated.

Locally, the agency has done shows, commercials, posters, charity, clean-up campaigns and health assignments, including a domestic violence walk across the Demerara Harbor Bridge with Roger Gary.

The agency is inviting hopefuls with an interest in commercial, editorial, runway, pageantry or other modelling for casting.

He said that fashion has moved away from the concept of models being only pretty face girls, but instead they are seeking males and females ages 16 to 24 with that outstanding look.

“It’s not about looking for a commercially beautiful woman, it’s about uniqueness.”

“We are very meticulous about what we do and we only want do the best of anything,” he said.
A nurse who worked tirelessly for the South London community was posthumously recognized for her commitment to helping others.

Lynette Patterson who passed away earlier this year at age 75, was a peace ambassador and a mentor to many young professional medics.

Lynette went to England in 1965 from Guyana to train as a nurse.

She specialized in nursing mentally disabled children and during her long career in clinical nursing she finally ended up becoming a clinical tutor.

Her connection with South London included her association with St. Christopher’s Hospice in Sydenham.

She attended their activities and helped to forge professional relationships between the hospice and her native Guyana.

She worked at linking Guyana and England, concentrating on education, fair-trade and environmental issues. Lynette also provided the link between South London and Guyana to inform and support them to dispose of their rubbish in an environmentally safe manner.

She also championed health screening programs in Parchmore Community Centre in Theraton Health. She played a vital role in securing funding from the Department of Health for the Low Birth Rate Project.

She assisted in obtaining Commonwealth Fellowship Scholarship for doctors and nurses from Guyana to receive training in palliative care and sickle cell.

She was a member for 25 years of the Association of Guyanese Nurses and Allied Professionals. She served as a treasurer, chariwoman and secretary, assistant treasurer and membership secretary.

Lynette was awarded a certificate for her community service to the borough of Croyden. She had assisted the Croydon Voluntary Action where she became involved as a member of health related campaigns.

Lynette leaves to cherish her memory, her beloved children Drew and Della, her sister Lorna, brother Joslyn, sisters-in-law, Pansy and Daphne Small, daughter-in-law Rebecca, son-in-law David, granddaughter-in-law Jordan, six grandsons and first great grandson, several nieces and nephews – Margot, Mark, Michelle, Brian Berkeley Jnr, Denise, Diane, Myrna, Eze, Obinna, great nieces and nephews, Brianna, Luke, Joshua, Michael-James, Andrew, Josiah, Denzel, Berkeley111, Marlon, Denniesha, Déjà, Trinity, Asia, Jaden, Conner, great niece Aniyah, and numerous friends and relatives.
THE QUEEN'S COLLEGE OF GUYANA ALUMNI ASSOCIATION (NY), INC.

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