Greetings!
I am both honored and excited to serve another year as your President together with your Board and Committee Chairs who have been hard at work since our January retreat, designing for you a year of excellent educational and engaging opportunities.

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The GAOG loses a Stalwart.
This past March, The Guyana Association of Georgia Inc. lost one of its dearly beloved elders, Ms. Joan Henrietta Reuben.

GAOG Board holds Annual Retreat
The Guyana Association of Georgia Inc.’s Board held its annual retreat this past January which included a detailed future planning session. The board met to discuss the agenda for the new year including the land acquisition project, building maintenance and repairs, community projects, Memorial Family Fun Day and fundraisers for the upcoming year. Committee Chairs also shared their plans for the year which included a millennial mixer, health fairs and seminars, and working with the homeless and children in the community.
Happy Independence to all Guyanese.

From the President and Board of the Guyana Association of Georgia Inc.

THE GUYANA ASSOCIATION OF GEORGIA, INC.
INVITES APPLICATIONS FOR ITS
ANNUAL 2018 SCHOLARSHIP AWARDS

For more information visit us at: www.gaog.org | like us on facebook | Tweet us @guyanaofgaog

Realize Your Dream

- Scholarship awards will be presented on the basis of SAT/ACT scores, GPA, service & leadership.
- Minimum SAT of 1200 ACT 22 and GPA of 3.00
- Applicants or parental guardians must be financial members of GAOG for the current and previous year.
- All applicants must attach a documented high school transcript and two letters of recommendation from present/past faculty.
- All applicants are required to furnish copies of college acceptance letter and proof of SAT/ACT & GPA.
- Applicants must be enrolled for the upcoming semester in an accredited college or university, with intent to pursue an accredited program.
- Must provide community service to GAOG.

Submit all applications to Austin Thompson, Education Chair, to the address below:
Guyana Association of Georgia Inc.
PO Box 360744, Decatur GA 30036
Deadline: June 1, 2018
In this season of reflection and planning, I would like to utilize this opportunity to review where the Guyana Association of Georgia has been and where we are headed.

We have been blessed with the visit of our President of the Cooperative Republic of Guyana, President David Granger, who we were able to present, on behalf of the GAOG, a bank draft for ten (10) scholarships for the children of Guyana. The significance of the number ten (10) is that it is a reflection of the ten (10) Regions of Guyana, providing an opportunity for a child in every region to experience an incentive for learning. The GAOG has sponsored two (2) students to the University of Guyana. The last student, Dr. Yonnel Armstrong, graduated last year. The GAOG will continue to support the University of Guyana, but we have indicated to the President that we would like to support more than one student. GAOG has declared to the President that it is our interest to adopt the Chetwynd Learning Center in Guyana, thus providing support to a broader spectrum of students. President Granger was then honored by the GAOG with a Life Time Membership in the GAOG.

GAOG is committed to the values of transparency, excellence and accountability. GAOG remains faithful to the vision of service to our native land, our members and the Community. With these declarations in mind, GAOG seeks to adopt two more schools in our community.

With such pursuits in excellence, GAOG needs your time and talent and your treasures. I encourage you, as you have opportunity, be engaged with the GAOG in 2018 by attending our events, volunteering to serve on a committee, or simply sharing your ideas with any one of us so that we can continue to amplify our GAOG to the next level. Come joint us for TEA (Transparency, Excellence, and Accountability).

In Faith,
Carl Lashley
President of the Guyana Association of Georgia

Have a say about what goes on in your community!
Register to vote Today!

Check your local Department of Registration and Elections or Georgia’s Secretary of State for registration deadlines.
http://sos.ga.govindex.php/elections/2016_election_dates
New GAOG Board sworn in by Attorney Althea Prince

On Sunday January 21st, 2018 Members, community leaders and our Global Family, were in attendance as The Guyana Association of Georgia Inc., installed their New Board Members and Committee Chair Persons. Attorney Althea Prince conducted the installation of the 2018 Executive Board. Following the Oath of Office, Attorney Prince congratulated and introduced the new Executive Board, advising them to execute their duties to the best of their abilities. New members included two Trustees– Zalika Mars Williams and Douglas Prince. The Guyana Association of Georgia Inc. shared the Vision for the 2018 Calendar year with upcoming events, land acquisition, community initiatives, installing security cameras, launching the new website, upgrading the computer lab, painting the building, repairing the deck, paving the parking lot, obtaining new chairs and the Family Fun Day 2018. The Fun Day is a Global Phenomenon responsible for one of most Income Driven Platforms in Georgia with it’s Diversity & Multicultural Presence. Also in attendance was Dr. Donald Culley who gave an informative presentation on the Oil situation in Guyana. He was concerned about Guyana’s preparation and readiness for this new industry. He urged members to become informed and engaged regarding drilling, production, and investment opportunities. We ask for your support in any of the following to continue the vision of the GAOG.

President - Carl Lashley, Vice President - Claud London, Secretary – Merlyn Osborne, Treasurer – Marcus Gordon, Assistant Secretary Treasurer – Fitzstephen Griffith, Trustees- Shena Applewhaite, Verdue Benn, Stephen Garrett, Zalika Mars-Williams, Douglas Prince, Parliamentarian – Neville George.
In February, several young professionals and entrepreneurs attended the second annual GAOG Millennial Mixer. This group of young people brought a wide array of skills which included information technology, social media, nursing, entrepreneurship, entertainment and social services to brainstorm and share their ideas about the future of our organization.

The enthusiasm of these young members (some of them second generation Guyanese) was highly evident in their participation during a speed networking exercise facilitated by the communications committee chairperson, Subrena Sumrah Kelly. Subrena encouraged them to showcase their businesses and talent. Solid interest was expressed in participating in the various GAOG committees and the association will continue its efforts to engage our younger members wherever and whenever they are willing and able to be of service.

Our young members expressed interest in the association being more involved in the wider community. This aligns with one of the associations key goals of being serving not only people of Guyanese heritage but to anyone who can benefit from the GAOG's goodwill and service.
The Guyana Association of Georgia held its monthly General Membership Meeting on Sunday Feb 18, 2018. President Carl Lashley addressed all present about the GAOG’s continued mission and vision for growth and expansion with partnerships locally and in Guyana. He hinted at a promised local expansion the Association will soon be going through involving land acquisition.

The President also provided details about the 2018 Guyana Family Fun Day. He enthusiastically promised another successful gathering with global entertainment and welcomed Dignitaries.

Further, the Treasurer Mr. Marcus Gordon presented a bright and impressive financial report which highlighted several projects for the year.

Several key activities made this meeting very memorable. In an attempt to mark Black History month, Shauna Stewart captivated the gathering as she played Anna Madgigine Jai Kingsley, a West African slave from present day Senegal who became a slaveholder and planter in early 19th-century Florida.

On a more serious note, the keynote speaker, Ms. Stacey Simon-Mollison, CEO of Libra Management Group, gave a very progressive presentation about doing business with the United States Government and investing in our beloved Guyana.

Ms. Pat Jackson an American Native who in 1995 felt her heart belonged with Guyana, invested her time, and enlisted others to enrich the lives of Guyanese children in Guyana through her Save R Kids Organization. The GAOG generously donated $1000 to her continued cause.

Ms. Stacey Simon-Mollison presented her company Libra Management and in her Keynote speech shared with the audience her global relationship with doing procurement business with the United States Government & Investing in our beloved Guyana.
OUR COMMITTEES

Building Committee

Goals 2016: To ensure the general maintenance and upkeep of the building through refurbishing and holding cleanup activities.

Co-chairs: Dennis Belgrave and Dennis Ogle,
Projects: Upgrade electrical system, remove water pipe from awning, build cupboards in the basement, construct Handicap ramp.
Team: Robert Charles, Marrie George, Cleveland Harlequin, Dougie Prince, George Rollins and Neil Wray.
How to contribute: Small monthly monetary donations to help with maintenance. Sign up to volunteer in the building committee. Assist us in the cleanup and maintenance activities.
Dennis Belgrave - Dennis9321@att.net

Communications & Publicity Committee

Goal 2018: to work mainly through the media of the GAOG Website, Facebook page and the Newsletter to continue promoting the association’s community outreach programs, activities, events and efforts.

Chair – Sebrena Sumrah Kelly,
Projects: Responsible for the news & views in the form of our newsletter, using social media - face book, twitter, and the website to share our events, community projects and conned with the homeland. Promoting our annual flagship event the Family Fun Day.
Member: Cleveland Harlequin

Education Committee

Goal 2018: To plan for all phases of the Educational programs for GAOG and promote and provide programs and practices that will enhance the social and emotional well-being of students and young adults.

Chair - Austin Thompson,
Projects: Saturday classes for kids, annual youth symposium and the scholarship program for first year college students.
Team: Dr. Kelly Thomas, Slater Jeffrey, Zalika Mars, Patricia Jeffrey, Phillip Garnet and Natasha Clarke.
Finance Committee

Goal 2016: Develop an annual operation budget with staff, approve the budget within the finance committee. Monitor Adherence to the budget as well as setting long range financial goals.

Chair – Andrea Fraser,
Board Rep. Fitzstephen Griffith.
Projects: Annual inventory of GAOG assets, conduct internal review in compliance with the bylaws.

Health & Wellness

Goal: The establish and maintain an environment of social support and healthy lifestyle.

Chair : Maureen Chukwujindu,
Projects: Creating a healthy lifestyle cook book, Zumba classes, health fair, cooking demonstrations, free mammograms.
Team: Merlene Williams, Byrl Bollers, Hazel Harry, Lisa Prince, Dr. Rooke.

Humanitarian Committee

Goal 2018: To support and provide humanitarian and hospitality services within our community, to our Motherland Guyana, and other countries within the diaspora who may be experiencing hardships.

Chair– MarilynFarley Thompson
Board Rep. Verdine Benn.
Team: Marilyn Farley-Thompson (Chairperson), Adolf Farley Thompson, Ms. Joan Rueben, Mrs. Lezlie Sinclair, Marilyn Browne
Projects: Annual Feed the Homeless, Prepare barrels of clothing for the Ruimveldt Children Home & Care Center (Guyana), Prepare Christmas Baskets for the sick and shut in members of our community, Caribbean Heritage month.

Membership Committee

Goal 2018: Membership - To increase overall membership over the next three years and to reach out to current inactive members and encourage them to become active members once again.

Chair: Thelma Williams,
Board Rep: Merlyn Osborne.
Projects: Recruit 80 new members in 2018, conduct a yard and bake sale in April, organize volunteer appreciation event in June, issue 2018 Membership cards, reach out to inactive members, continue the 50/50 raffle.
Team: Robert Charles, Joycelyn Christiani, Gail Cassar, Veronica Lacon, Gail Lyte, Kristy Ross, Vanessa Thompson.
Sponsorship Committee

To build a network of Sponsors and Partners with other community organizations, groups, businesses and individuals to assist in accomplishing the mission of the GAOG to promote and expand its humanitarian, cultural and education impact within the community.

Chair: Stephen Garrett
Projects: The new sponsorship package was just completed and has been distributed. The vision is to get more sponsors for the scholarship program.
The Guyana Association of Georgia Inc. collaborated with the Center for Pan Asian Community Services (CPACS) sponsored program “Know Your Rights” on February 6.

Local presenter Amy from CPACS led an enlightening and interactive session on what one should do when interacting with law enforcement.

The Guyana Association of Georgia Inc received grants from CPACS for community projects. GAOG Parliamentarian, Neville George stressed how important it was to have full participation to qualify for the grant that GAOG received. He spoke of some of the qualifying factors: goal for voters’ registration -100 persons, GAOG only completed 20 so far; goal for canvassing 40, only completed 2; phone banking goal 50 only completed 10; He noted that GAOG just received another part of the grant $4,500. but really has to work very hard at fulfilling their commitment to CPAC as per the Letter of memorandum signed by the Presidents.

Guyana celebrated Indian arrival day on May 5th honoring descendants of East Indians in Guyana.
11 Ways to Get Out of Debt Faster

#1: Pay more than the minimum payment.
If you carry the average credit card balance of $15,609, pay a typical 15% APR, and make the minimum monthly payment of $625, it will take you 13.5 years to pay it off. Paying more than the minimum will not only help you save on interest throughout the life of your loan, but it will also speed up the payoff process.

#2: Try the debt snowball method.
List all of the debts you owe from smallest to largest. Throw all of your excess funds at the smallest balance, while making the minimum payments on all your larger loans. Once the smallest balance is paid off, start putting that extra money toward the next smallest debt until you pay that one off, and so on.

#3: Pick up a side hustle.
Nearly everyone has a talent or skill they can monetize, whether it’s babysitting, mowing yards, cleaning houses, or becoming a virtual assistant. The key is taking any extra money you earn and using it to pay off loans right away. Check out 50 Side Businesses You Can Start on Your Own.

#4: Create (and live with) a bare-bones budget.
Cut your expenses down with a temporary bare bones budget. Avoid any “extras” like going out to eat, cable TV or unnecessary spending.

#5: Sell everything you don’t need.
All the stuff lying around that you don’t need—sell it and put the money towards debt payment.

#6: Get a seasonal, part-time job.
A part-time or seasonal job can bring in extra cash to throw towards that debt.

#7: Ask for lower interest rates on your credit cards—and negotiate other bills.
Believe it or not, asking for lower interest rates is actually quite commonplace. And if you have a solid history of paying your bills on time, there’s a good possibility of getting a lower interest rate.

#8: Consider a balance transfer.
If your credit card company won’t budge on interest rates, it may be worth looking into a balance transfer. With many balance transfer offers, you can secure 0% APR for up to 15 months, although you might need to pay a balance transfer fee of around 3% for the privilege.

#9: Use ‘found money’ to pay off balances.
An annual raise, an inheritance, or bonus at work or tax refund can go towards your debt.

#10: Drop expensive habits.
If you’re in debt and consistently coming up short each month, evaluating your habits might be the best idea yet.

#11: Step away from the mall.
Stay away from the mall, online shopping etc for a while!
At this year’s retreat, special guest speaker Amari Johnson of Amari & Mari Co. gave board members a glimpse into her world of fashion. Amari started sewing at age 5 learning from her mother. By age 10 she had her own company. At age 14 she did her first ever fashion show for Rheumatoid Arthritis. Fashion Design was her dream and she simply could not quit.

She loves to travel, write, and sew. She comes from a long line of descendants of seamstresses and loves being able to design and construct her ideas. She is the Creative Assistant and Model Trainer at Sew Creative Preparatory. She toured several cities in France and Europe with Sew Creative Preparatory and raised funds by designing liturgical dance ensembles for an adult dance ministry, alterations work, and school fundraising opportunities. Amari focuses on children fashion, juniors clothing and boys clothing as well. Her first debut as a designer was with LS1426, Inc in Fort Lauderdale, Florida, Nov 2010. She launched her first clothing line called “Just Happy Being Me” in February 2012. Her second full line of clothing called “World Changers” was launched in the summer of 2013. She launched her fourth line “Speak Until The world Hears” in March of 2014 and her fifth line on my 16th birthday November 15th, 2014. It is called Dream Takers.

Amari trade mark is embracing the natural self and she insists that all her model go make up free and wear their hair in its natural state. This was widely accepted and grew into a movement. Amari believes if you keep your dreams inside no one will be able to experience it. You have to be confident and execute it. She encourages everyone to find that thing that will fill you up, affect people round you and be careful of opportunities that are presented to you as not all opportunities are for you and these you have to discern which are not.

Amari urges any beginner entrepreneur to work hard until the wheels fall off and were ever you stop those around you whom you affected will start from there.

Fashion collections by Amari & Mari Co taken from: http://amariandmari.wixsite.com/amariandmari/home
His Excellency President Granger spends a few minutes with the GAOG Board in November 2017. Below, GAOG President Carl Lashley extends an honorary Membership to his Excellency.

President Granger (right) meets with the Mayor of the City of Stonecrest, GA.

General Members Meeting, December 2017
GAOG held its 26th Anniversary and Annual Scholarship Banquet

GAOG Held its annual Feed the Homeless Program in September 2017
GAOG restarted the Youth Symposium Program in August 2017.

GAOG held its Annual Family Funday in May 2017.
Chicken Foot Souse

2 lbs chicken feet
3 ears of corn, cut into 5 or 6 pieces
5 cups water (plus water to wash and soak chicken feet)
1 cup white vinegar, + ¼ cup
1 tablespoon Lawry’s season salt
2 whole cloves
1 teaspoon salt
1 teaspoon dried thyme
1 large yellow onion, cut into rings
3 heads of scallions/green onions, thinly sliced
1 large cucumber, peeled and thinly sliced
3 wiri wiri peppers, finely chopped
1 cup celery leaves, finely chopped
¼ cup white vinegar

By: Melemgee.com

Directions:
1. Cut the nails/tips from all of the chicken feet.
2. Wash the chicken feet with water, then soak in 1 cup of white vinegar and about 4 cups water for 30 minutes.
3. Add chicken feet, corn, 5 cups of water, Lawry’s season salt, cloves, salt and dried thyme to a pressure cooker and pressure cook until chicken feet are very tender (meat almost falling off the bone). About 30 minutes.
4. Once chicken feet are tender, add vinegar, onion, scallions, cucumbers, wiri wiri pepper and chopped celery leaves.
5. Mix together well, then let cool to room temperature before serving.

Notes
1. I used my instant pot (electric pressure cooker) when making this recipe, so most of the liquid used during pressure cooking was retained. For a regular pressure cooker you may need to add more water before pressure cooking. Just make sure that there is enough water to cover the chicken feet and corn in the pot.
2. I let my souse sit in the pot until it was cool and then poured it into my serving dish.
3. Some people also add a bit of freshly squeezed lime juice to their souse. Feel free to add lime juice if you like.

Folklore Galore

Moongazer

Tall, white and misty figure in legend, habitually gazing at the moon. May kill children. Unusually tall person.

As he roasted his bird, turning his makeshift wooden skewer now and then to cook all sides, Lennox noticed what he thought was a wild animal on a hill in the distance at the edge of the clearing. It was staring at the moon. He built up his fire larger as a precaution. But, too late, he realized that the effect of the larger fire was not more safety as he had expected. Staring at the moon changed to staring at his fire, and then to a sudden dash in his direction. It started to move closer, fast. Lennox realized then that it was very large, that it was running upright, and that it was running straight at him. He started to run. The chase had begun.

Excerpt from Caribbean Stories, by Andrew A. Munroe
Executive Board
Carl Lashley – President
Claude London – Vice-President
Merlyn Osborne – Secretary
Marcus Gordon – Treasurer
Fitzstephen Griffith – Asst. Secty/Treasurer
Neville George – Parliamentarian

Trustees
Douglas Prince
L.. Judy Wilson
Shena Applewhaite
Stephen Garreth
Verdine Benn
Zalika Mars – Williams

Committee Chairpersons
Building – Dennis Belgrave
Communications – Subrena Sumrah – Kelly
Education – Austin Thompson
Finance/Economics – Andrea Fraser
Health & Wellness – Maureen Chukwujindu
Homeland & International – Dr. Kelly Thomas
Humanitarian/ Hospitality – Marilyn Farley – Thompson
Membership – Thelma Williams
Sponsorship – Stephen Garreth
Sports – Gordon Barnwell
Youth and Culture – Patricia Jeffrey

Condolences

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

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

Another new quarter has whizzed by! New Years, Mashramani, Phagwah—all gone. We are fast coming up on Good Friday and Resurrection Sunday.

The Association continues with its activities and things are moving ahead. The year started off with a Millennial Mixer as we reached out to the youth and young professionals. The response was overwhelming and they are ready to get to work offering their skills to the association.

Our community chairs are excited and eager to jump in. They have presented a packed agenda for the year.

In April the Annual Brunch will be held. In May the Association’s flag ship event The Family Fun Day is bursting with the usual excitement and anticipation.

This will be an exciting year and we look forward to your continued support. Thank you for all you do to keep the GAOG going.
Shena Applewhaite

Edi tor’s Corner

Thank you

You can contact us at info@gaog.org, visit us at www.gaog.org, follow us on Twitter @guyanaofga, or like us on face book at www.facebook.com/GuyanaAssociationOfGeorgia

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