

By: Michelle S. & Geoele A.

# Guyana Flag

- The red represents dedication of the people towards reform and change.
- The yellow represents wealth
- Green represents nature (the many forests in the country)



# Background

- Michelle's family is from Berbice (it is a village in Guyana)
- Berbice is a poor village where people live in small houses and sell a lot of meat and rice for business in the market. Most people go fishing, or raise farm animals themselves to sell. They also plant rice, fruits, and vegetables to sell in the market.
- Guyana is mostly made up of African and Indian descent because of the slave trade.





# Food

- **Curry**: made with vegetables or meat. Curry is a type of food that contains a number of spices and herbs. Made in a pot called a karahi.
- **Pepperpot**: it is a type of stew that is preserved with spices and is made with any meat of preference. Made in a large long pot. Made on special occasions where there is many people.





# Food

- **Roti**: made with dough and flour. This is made on a pan called a tawa.
- **Bake** : made with dough and flour. This can be made spicy or sweet depending on your preference. Can be made in circles, or squares. This is fried in a large karahi as well.
- **Pholorie**: spicy dough balls that is fried. It is a snack.
- **Eggball**: a boiled egg wrapped around in mashed cassava and spices and fried.



# Deserts

- **Sweet rice**: a type of rice pudding made with cinnamon (desert)
- **Vamazelli**: made similar to rice pudding but it is made with a type of thin noodle instead. And sometimes made with maraschino cherries
- **Custard**: similar to flan.
- **Methai**: crunchy fried sticks made with flour sugar and butter topped with custard powder.
- **Fugde**: not chocolate. Made with milk and sugar.
- **Condensed milk is an essential product to use when making most Guyanese desert.**
- **Deserts are usually made during religious ceremonies, holidays, or special occasions.**



*Sweet Rice*  
The Inner Gourmet



# Religion

- People in Guyana mostly practices the religion of Christianity or Hinduism.



# Values and Traditions



You must take off your shoes when entering someone's home



When moving into a new home we do a small ceremony with our priest to bless our home.



When having a ceremony, my family gives out gifts for everyone. My family gives out towels.



Poojas: ceremony thrown during someone's birthday or anniversary.



3 months after a baby is born we shave their hair as an offering to the gods in exchange for good will. We put the hair in the sea water and bathe the baby in the sea.

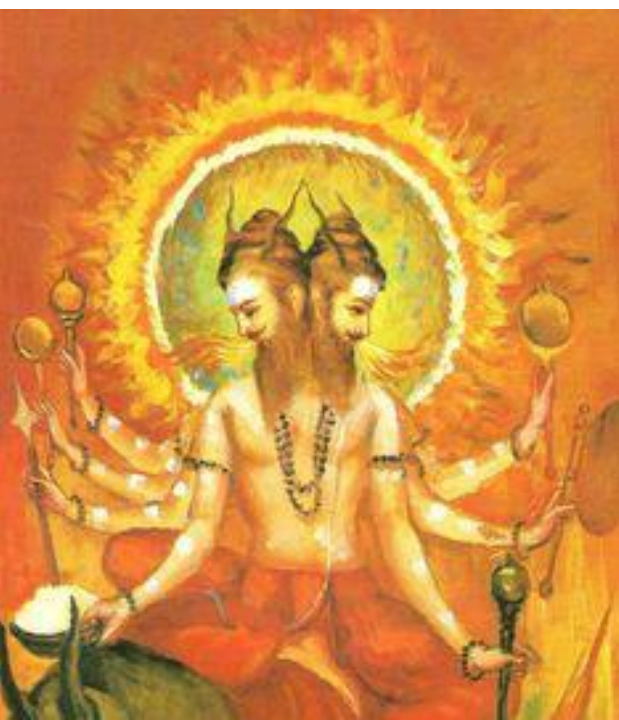
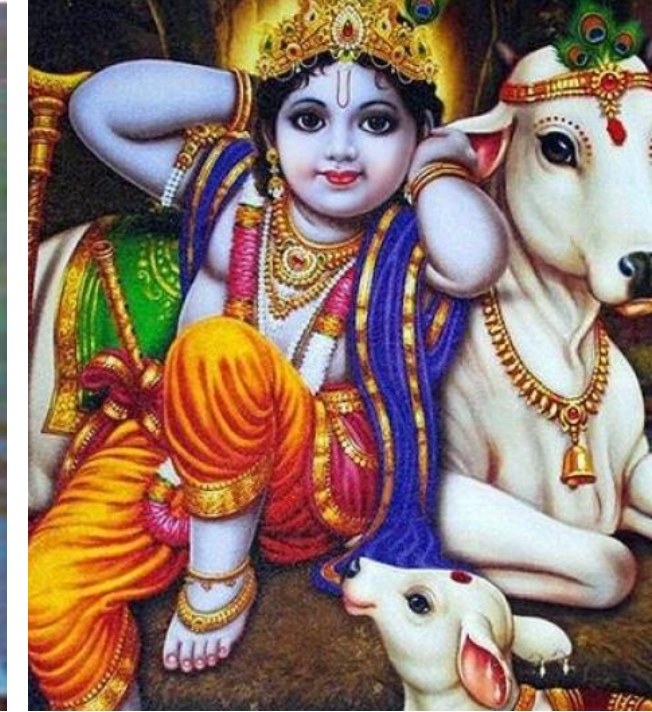


9 days after a baby is born, it is considered a blessing and we have a huge celebration honoring the baby's life.



Greetings: Kiss on the cheek when saying hello. If you don't then it is considered very disrespectful.





## Gods of Hinduism

- Surya: the golden warrior
- Agni: the god of fire
- Hanuman: the monkey god and devoted servant
- Vishnu: the preserver
- Avatars of Vishnu: (there are ten but only 2 is important to know)
  - Rama (king and lord): the perfect king, husband, son, and father
  - Krishna: a very respected and known lord. (THE SUPREME BEING).





## Gods of Hinduism

- Brahma: the creator
- Shiva: the destroyer
- Ganapati: the remover of obstacles
- Saraswati: the goddess of learning
- Lakshmi: the goddess of wealth and fortune
- Durga Devi: the goddess and warrior of moral order



# Holidays

- Diwali: the festival of lights. In Guyana, people light candles on the darkest night of the year. This is a Hindu holiday.
  - King Rama or one of lord Vishnu ascendants was married to Sita who is known for her beauty. Ravana, the man with ten heads kidnapped Sita because she was so beautiful he wanted to make her his. King Rama, with the aid of lord hanuman (the monkey god) went through many obstacles to find Sita. On the darkest night of the year he must return to his village. So with the help of the villagers, they lighted candles to make a pathway home.





# Holidays

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- Holi : the festival of colors. This is originally a Hindu holiday but others in their community pitch in and celebrate with them.
  - Signifies lord Krishna's victory in defeating his life long enemy. The day of happiness and joy, celebrating the triumph of good over evil.



# Holidays

- Easter: on Easter day the people of Guyana fly kites. It is not a Hindu holiday, but in Guyana there is a big cultural merge where Christians and Hindus would celebrate any holiday of any religion together.
  - People fly kites because it symbolizes Christ's ascent into heaven.





## Superstitions, Beliefs, and Folktales

(not all but these are some that were interesting to me)

- If you enter a new home with your left foot its back luck
- If you cut hair during pregnancy its bad for the baby
- If you whistle at night bad spirits or demons will follow you
- If someone puts a coin in your hand they are trying to turn you into a firerass.
- Baku: tiny humans (like fairys without wings) that try to kill you.
- Witches: powerful people that cant be in sunlight, and is bonded to a tree. To get rid of them you have to confront them in public and cut their tree.
- Firerass: fire ball that enters your house and sucks bloods One way to get rid of it is to put a cross or religious symbol on your door. If that does not work you must kneel on both knees and count a handful of rice one by one without loosing count (or you have to start over) before dawn arrives.



The image shows the Philippine flag, which is divided into three horizontal stripes of blue (top), white (middle), and red (bottom). In the center of the white stripe is a golden sun with eight rays, and in each of the four corners of the white stripe is a golden five-pointed star. A semi-transparent oval with a white border and a red inner border is centered over the flag, containing text.

## The Philippine Flag

White - liberty

Blue - peace

Red - patriotism



# Background

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- Many countries tried to conquer Philippines including Japan, Spain, and United States.
- The Spaniards mostly influenced the Philippine culture.



# Food

- Steamed Rice is always served in meals
- “Ulam” are the entrées served along with rice.
- Examples of entrees:
  - Adobo
  - Sinigang
  - Kare-Kare
  - Menudo





# Food

- “Lechon” whole roasted pig. It is usually served in grand occasions.
- Examples of desserts:
  - Halo-Halo
  - Puto (white bread)
  - Bibingka (usually served in Christmas season)
  - Leche flan





# Religion

- Roman Catholic, Born-again Christian, Iglesia Ni Cristo, etc.
- The Filipinos are very religious and superstitious.



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# Values and Traditions

- Uses words “po” or “opo” to communicate with the elderly.
- Remove footwear before going in houses, except for malls and modern buildings.
- No matter what age, if a person is younger, they should ask for their elder’s hand and put on their forehead as a symbol of respect.



A group of people are celebrating at night, holding and lighting sparklers. The scene is dark, with the bright sparks of the fireworks providing the main light source. The people are wearing various clothing, including a red and white striped shirt and a black top. The overall atmosphere is festive and joyful.

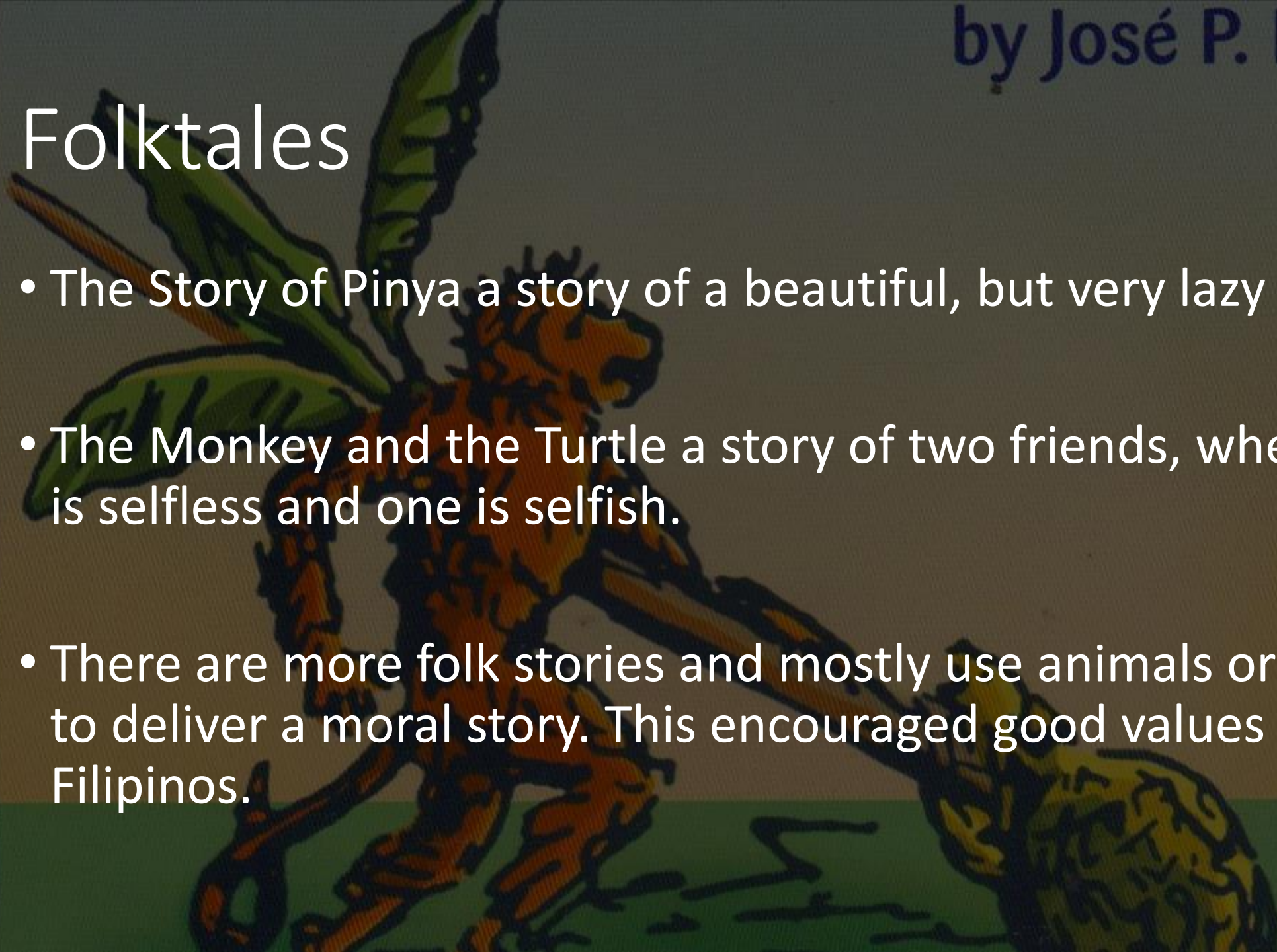
# Holidays

- New Year's day is where people freely buy fireworks (no permit needed) and celebrate.
- Noche Buena is the night before Christmas and people prepare food.
- Christmas Day
- National Heroes' Day (August 26)
- Philippine Independence Day (June 12)

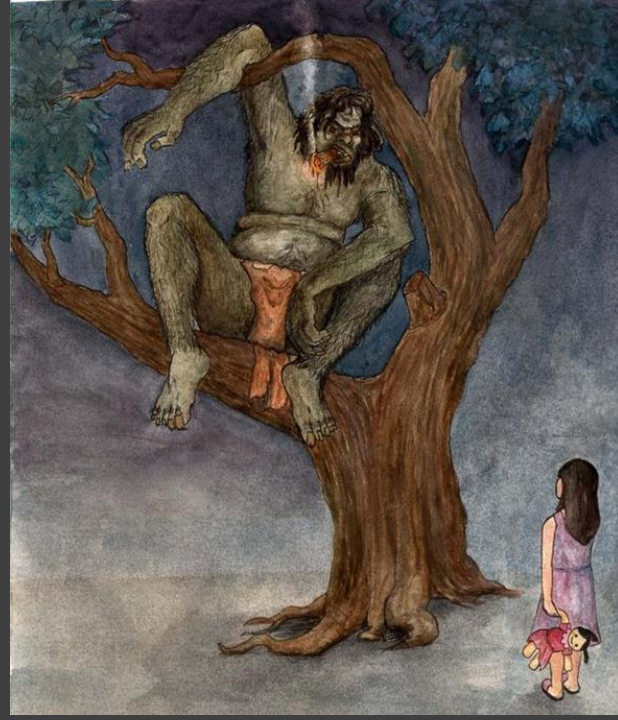
by José P. Rizal

# Folktales

- The Story of Pinya a story of a beautiful, but very lazy girl.
- The Monkey and the Turtle a story of two friends, where one is selfless and one is selfish.
- There are more folk stories and mostly use animals or nature to deliver a moral story. This encouraged good values to the Filipinos.







# Superstitions

- Monsters and ghosts are believed to exist in the Philippines.
  - Manananggal (Lady that flies at night with only the upper half of their body)
  - Tikbalang (Half human half horse)
  - Kapre (A grim giant that lives in big trees)
- Superstitious Beliefs:
  - Do not go home right away after the burial because the spirit will follow you.
  - Black cats are bad luck.
  - Do not sleep while hair is wet or you'll get blind.

