

.... = Unintelligible  
*Italics* = Sounds like

INTERVIEWER: Good afternoon, Ines Sealy. We are very thankful that you agreed to participate in this project. It will surely benefit the community now and in the future. The goal of this questionnaire is to produce as detailed and coherent a narrative of your story as possible. In light of that, I encourage you to feel free to not worry about providing an answer that is too in-depth. That's what we want.

I realize that you have already signed the consent form, but I also want to let you know that you should feel free to tell me if there is any particular thing you say during the course of the interview that you would like us to keep out of the educational exhibition or presentation materials to be created based on this interview.

First, we would really like to ask you to tell us about your place of birth and about what was going on there then as you were growing up.

Ines Sealy: Okay. I was born in Panama City, Panama, the Republic of Panama, at the Santo Tomas Hospital, and at the time that I was born....

INTERVIEWER: Okay, let's see – can you tell us about your place of birth and about what was going on there then as you were growing up?

Ines Sealy: Okay, as I said, I was born in Panama City, Republic of Panama at the Santo Tomas hospital in 1939. There wasn't much going on at that time. After that is when things got a little tight. We changed our president and he changed the constitution and wanted to get rid of all those black people over in Panama.

While I was growing up, my childhood was happy – happy-go-lucky – playing with boys, running up and down, climbing trees, having a good time.

INTERVIEWER: What were your fondest memories of your childhood?

Ines Sealy: One of my fondest was going to school in the school in Carrasquilla because as an only child, I didn't have much children to play with. When I went to school, I had a lot of people to play with.

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INTERVIEWER: Who were your best friends, and where were their parents from?

Ines Sealy: My best friends were my neighbors, my neighbors' children. And their parents were from the West Indies – Jamaica, Barbados. Some of them were born here in Panama, but they were West Indian descendants.

INTERVIEWER: Are those friendships being maintained?

Ines Sealy: Yes, some are my “compadres.” And some of them are now living abroad...., and we still see each other when they come to Panama, or if I'm in the area when I'm travelling, I check on them. At least, we talk on the phone once in a while – things like that.

INTERVIEWER: Can you tell us a little bit about your parents and grandparents? Where were they from? How did they come to be in Panama?

Ines Sealy: Okay, my father was Barbadian, [00:05:00] and he came to Panama on a contract to construct the Canal. When the contract was finished, he went back to Barbados, and on his own, came back to Panama. He started his own business. And later on, that's when he married my mother, in 1938. And I came along after my sister had died before me.

My mother was Saint Lucian. She came with her parents when she was three years old, and my grandfather, her father, worked at Balboa Heights for the construction of housing.

My paternal father was from Barbados, also, and I don't know if he worked on the canal. He may have worked in the construction of the Canal, but what I can remember of him, he had a lot in Paraíso behind the railroad track – on the other side of the railroad track – and he'd been farming there. He had a horse. He used to ride a horse. And I remember going to visit him 'round the back there, and he had produce, yam and yucca and potatoes and what not. And he'd give us gifts to bring back.

My paternal mother was Barbadian, and I never knew her. So I really couldn't tell what she did.

My mother's father was from Saint Vincent, and as I said, he came – he worked at Balboa Heights reading plans. So, I'm getting ahead of the question. So he was in construction.

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And my mother's mother died when she was three years old in child's birth with my aunt, probably three months after my aunt was born – something like that.

INTERVIEWER: And she was from?

Ines Sealy: Saint Lucia.

INTERVIEWER: Tell me a little bit – what happened to your grandfather's farm, lot where he used to plant?

Ines Sealy: Okay, that was what was called leased land. They rented it from the canal company, and when Panama started talking about returning the land that surrounds them to the poor. Those who had leased land had to return it, but my grandfather died in 1941. And before he died, he became blind. So then he had to give it up. After he became blind, my father took him home, and I remember him being very lost.

INTERVIEWER: What were their professions? I know you mentioned some about that question over here.

Ines Sealy: My father, after he came back, I suppose he tried to work with the company, but there were times when there was just no work. I remember him saying that there were times when he had to work with somebody else's name.

INTERVIEWER: Not his own name?

Ines Sealy: No, all of that was done around that time. So then he opened his own tire shop. He repaired tires. Then he got a job with the army as a plumber helper, and he became a plumber.

My mother was a housewife, and as I said, my grandfather was a farmer out there in Paraíso. My grandmother's profession [00:10:00] – the one that was in Barbados – I don't know what she was.

And my maternal grandfather...in Balboa Heights, so he was in construction. And as my maternal grandmother died, I don't know what she was. I'd assume that she was a housewife. Besides, she had just had a baby, so what work could she have done?

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INTERVIEWER: Who were your parents' or grandparents' friends? Do you have any memories of visiting them or them visiting you? What sorts of things do you remember them doing – eating, drinking, or talking about during these visits?

Ines Sealy: Okay, my father's friends were mostly construction workers, because we had a house, and there was always a board to be changed or something. I remember him having friends that were farmers. He had a cousin that had a lot two lots from ours that he farmed for some friends of my father. Two sisters that owned the lot and soil that nobody would go on – build a house on it and decide it's theirs. My father's cousin turned it into a farm. He grew okras, he grew spinach, he grew yucca, he grew yam, had a mango tree, had all of these things.

And his good friend was Mr. Coppin. That was out on Via Espana. Mr. Coppin raised dogs, and my father also had one of the dogs, you know, to protect the house. And they shared dog food and that type of thing. He had a friend by the name of, he called him Dick, Mr. Decosta. He lived where Angelini was – in the back of Angelini. And we would visit him there. They would be talking, and I would be playing with his grandchild or whatever.

My mother's friends were a large group of people. They would come to the house and always talk, talk, talk. I couldn't bother with what they were talking about because that gave me an opportunity to go downstairs and run up and down. So I didn't know what they were talking about.

Our neighbors down the road, where Escuela San Cristobal is, the teacher's mother, she was like my grandmother. She used to comb my hair every day because my mother...hair straight. When she made a plait, it would stand up, so that the hair would be hanging down. So granny would comb my hair. She'd comb my hair every day. Every day I'd go down and have my hair combed, and even to go to school, she would comb my hair. She was like my grandmother. She cooked sweet food and I eat her sweet food, and don't want my mother's at home.

So those were the people that I can remember doing anything with. My father's friends reconstructed the house like when we needed...to change things. We had a problem that the house that my father bought was built like about a meter over into the neighbor's land. And then they had to cut off this meter. Can you

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imagine cutting off a meter for a whole house? So as not to lose the wall, they had to do something to move it back or something like that.

I remember all of them being there, all his friends: Mr. Allen and Mr. Crawford [00:15:00] and....and Mr. Cadogan. And their friends were all like *hedonistas*. I don't remember them doing any drinking, any drinking to get drunk or anything like that. My mother would cook, and then they eat. And then there was eating and hammering and constructing and carrying on.

INTERVIEWER: What was school like? How and who were your teachers? What things do you remember about your time as a school child?

Ines Sealy: Okay, when I was four, I went to English school in Carrasquilla. My teacher was Teacher *Vicki*. She was medium height, stout. She always said she was a brethren. That was her religion. And I only remember seeing one day....church here in Panama, and that was in Sixteenth, Rio.

Her children and grandchildren were all in the area of Carrasquilla. Some of her grandchildren are still alive. Her great-grands, I got to know some of them. They were my friends at that time – her grandchildren – and then I went to school with them at Puerto Rico in Carrasquilla. I did first to sixth grade in Carrasquilla, and then I went to IFA, an American institute, which is close by to Sabanas.

My classmates there were mixed. And that was a bilingual school, so I spoke both Spanish and English there. The teachers there were mixed. They had Latin teachers for the Spanish subjects and U.S. citizens for the English subjects.

I also went to this university, Panama University. The teachers were all right. There was only one in particular that I really had a problem with. He was the administrator of the library when I was taking library science. And he wasn't doing a good job, but he was teaching administration. And I had already studied business administration here at the university, and he decided that he knew more administration than me. So he decided to fail me. I didn't pay him any attention. To this day, I don't talk to him.

INTERVIEWER: Wow. So he failed you in the course?

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Ines Sealy: In that course, but I was making As in all the other courses. So that didn't make much difference to me. It only goes to mar my credits a little, but it doesn't do much. If I had had to administrate the library, I am sure I would do better than he did. So what grade he decided to put for me was no problem.

INTERVIEWER: What was the cultural background or racial background of your classmates and your teachers?

Ines Sealy: At English school, they were all West Indian descendants. At Spanish school and Puerto Rican, they there were mixed, even university, mixed, [00:20:00] but there were times when the West Indian descendants binded together to form groups. Like for instance...., we would walk home to Parque Lefevre, and it would be mostly blacks. I also had classmates from my class and classmates from classes above me, because there were some that lived in the area, and we would meet on the way to school, on the way from school, or in the vicinity. So we would hang out together sometimes. I even really started hanging out with the older girls more than I hung out with my classmates. Because many of them were younger than me, and what they were interested in, I wasn't interested in. They were talking about boys and getting boyfriends here and there, and I wasn't interested in boyfriends because I was always friends with boys. Boys were always my friends, they were always in my companionship, you know. So that to me, they were just friends, not necessarily boyfriend material.

The teachers were mostly Latin, and then those from the States.

INTERVIEWER: And the ones from the States, were they West Indians or were they white?

Ines Sealy: White. They were white. Even the director of the....was white. I found them not honest enough. That's coming later, but I found them not honest enough in the sense that I had the experience with an English teacher: I was making all As, and I was supposed to be exempt from taking....test. And she decided that no one would be exempt.

So I took the test. I made an A. She sent away to the states for a test, one of those tests like what they used to give you at central employment. Four to five pages, back and front. And I made an A on the test. So she couldn't put anything else but an A on the

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report card. Probably she didn't want to put an A for me because there was a classmate that was a U.S. dependent, Suzie Scott. And her father was a gringo. And the first place in that class was between her and me. So I suppose she didn't want to give me the first place just like that. I had to work for it. So I did, and I mainly did it to show her that I could do it.

INTERVIEWER: Congratulations, congratulations. Okay, let me see, what types of music did you grow up hearing? Who were your favorite singers? What were your favorite songs?

Ines Sealy: Okay, I grew up mostly with rock and roll. My favorite singers were Sam Cooke, Frankie Lymon, The Stylistics. My favorite songs were "Paper Castle," "In the Still of the Night," "A Thousand Miles Away" – that type of romantic music. [00:25:00] Love songs, mostly – "My Prayer."

INTERVIEWER: They used to sing specifically salsa, merengue, rock, soca?

Ines Sealy: Rock and roll.

INTERVIEWER: Wow. Nice. So you used to be "da na na na na?"

Ines Sealy: ....I'm a dancer.

INTERVIEWER: Can you sing part of one of – or recite for us – your favorite lyrics?

Ines Sealy: SINGING: "My prayer is a rapture in bloom, with the world far away and your lips close to mine. My prayer and the answer you give, may they still be the same for as long as we live. That you'll always be there at the end of my prayer."

INTERVIEWER: Thank you. And who is it – the author of that song? Do you remember?

Ines Sealy: I think it was Marvin Gaye. No – Johnny Mathis.

INTERVIEWER: Johnny Mathis?

Ines Sealy: Johnny Mathis.

INTERVIEWER: Okay, nice. What music do you listen to now? What are your favorite songs, and what about them do you like?

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- Ines Sealy: I listen to salsa. I listen to calypso. My favorite singers in calypso are Black Majesty and the Mighty Sparrow. And in salsa, it's Gilberto Santa Rosa.
- INTERVIEWER: Do you like to eat? What are your favorite foods?
- Ines Sealy: Fish – I just had some. I take – first of all, Eduardo took us to Chorrillo on Saturday evenings when we leave S.A.M.A.A.P. meetings, to buy fish and chips. And, I've taken the Wilson sisters, we go down there every now and then. The other day I had a tour of some foreigners – Barbadians, U.S. citizens, West Indian descendants – and I took them down there to eat fish at Carmen's, down on 27<sup>th</sup> Street, because it was a day in the week. The person that we buy from on the weekends only sells on the weekends. So when I went, they had fish.
- INTERVIEWER: I imagine it was tasty.
- Ines Sealy: It was good – so good.
- INTERVIEWER: Did you cook them? Would you be willing to share your favorite recipe with us?
- Ines Sealy: I don't have a favorite recipe. I cook when I have to. I cook for sale mostly. I prepare coo-coo with fish or with codfish. I also prepare cod fish with ackee. I make ginger beer. Sometimes I make *sorell*. And I...the fish. I don't usually fry it myself. I have someone else to fry it, and I prepare the...sauce. [00:30:00]
- INTERVIEWER: Can we still find ackee?
- Ines Sealy: Yes. In fact I just planted one in my backyard. In the next few years, I'll have ackee on my tree.
- INTERVIEWER: So you will sell? Or just for –
- Ines Sealy: It depends. If I have an abundant amount of ackee, I will sell it. If I don't, I'll just use it for myself. But I can save it. I can freeze it, you know. I can package it and freeze it. So that I always have ackee.
- INTERVIEWER: Yeah, that would be nice. What are your favorite sayings? Where did you first hear or learn them?
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Ines Sealy: Okay, my favorite sayings are quotations. Things like, “Do unto others as you would that they should do unto you.” And Bible sayings, like “The Lord is my shepherd, I shall not want.” Whenever I need something and I ask the Lord for it, and He gives it to me, that’s my saying: “The Lord is my shepherd, I shall not want.”

INTERVIEWER: And where did you first hear them or learn them?

Ines Sealy: Okay – “Do unto others as you would have them do unto you” – I guess I heard in English school between four and seven years old. And “The Lord is my shepherd” is the twenty-third Psalm that almost everyone knows. When you go to Sunday school you learn that one. I learned that one in church.

INTERVIEWER: We’ll go back a little more about music. I think earlier in the interview you had mentioned Mighty Sparrow. So now, the question is, what thought, if any, comes to mind when you hear his name? Have you ever seen them perform? If so, what do you remember about these performances? Which of their....lyrics do you remember?

Ines Sealy: I saw Sparrow in the Rio Theater – several – about thirty, forty years ago. And I went to Costa Rica with my friend Sandra because we wanted to bring Sparrow back to Panama. He was performing in Costa Rica last year in their Dia de la Negra. So we went over there and took him....and saw him, spoke with him, sat with him, and took pictures. And we also rode back in the bus with him and joked with him. And we made specific arrangements of him coming to Panama in November last year. We presented him on the eighteenth of November at Plaza Mirage....

What do I remember of it? He made a very good performance, but it wasn’t well attended. Those who attended were extremely happy. They were able to take pictures with him, dance with him, sing with him, hug him. You know, it’s a good feeling for an artist when his public wants to get close to him – in a pleasant way, not in a....way. Young people in particular have a tendency to grab and drag, tear off clothes, and all this type of thing. This was an adult crowd, and they just wanted to be close to him and have a picture with Mighty Sparrow, and things like that. And naturally, he has changed a lot from when he was young. He’s now stouter, and he’s bald headed. [00:35:00] He’s different to when he was young. But his voice is still there. And he still has a lot of energy.

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Okay, now, I have heard of Mrs. Lou[ise Bennett]. And I also was present at her presentation here in Panama, when Club Windsor existed. Marcus Wilson was the owner of that club; he brought her here. I would say that would be about fifty years ago, or it could be a little less. Anyway, her performance was nice. And what she does is jokes.

Then when I went to Jamaica, I bought a book with her lyrics. And someone stole it from me at the presentation here....I made an exposition of my black....books, and somebody stole that one.

When I think of them, I think of happiness. They make you happy with their singing, with their joking, so on and so forth.

One of my favorite calypso singers is Black Majesty with Mon Cherie. SINGING:....

INTERVIEWER: Anything else you want to answer that question?

Ines Sealy: Not really.

INTERVIEWER: Okay, what can you tell us about religion? What religion are you?

Ines Sealy: Episcopalian.

INTERVIEWER: Episcopalian. What church are you a part of?

Ines Sealy: An Episcopalian church, Episcopal Church, but I don't go to church. I communicate directly with God, so there's your answer to the next question.

INTERVIEWER: Okay, and for the other one –

Ines Sealy: Describing my favorite part of the worship service?

INTERVIEWER: Uh huh.

Ines Sealy: The singing; I was a member of the several choirs.

INTERVIEWER: Really?

Ines Sealy: Oh, yes, and I studied music.

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INTERVIEWER: And what happened?

Ines Sealy: I took piano with Clarence Martin's mother, and I took theory and "solfeo" at the conservatory, and singing.

INTERVIEWER: And what happened to the singing?

Ines Sealy: Well, let's see now – I was singing with a group called The Starlight Chorale, and that was nice, but then it broke up one day. Members started traveling, leaving for the States. Then my ex-husband had a choir, and I wanted to sing with him, and he said I couldn't sing with him. So I went to sing with his brother-in-law, which was – my husband's choir was Coro de las Américas – and I sang with Coro Polifónico.

I was in Coro Polifónico for several years, and then when we went caroling one year, we were supposed to have let him know [00:40:00] who we wanted to carol at. I gave him two or three names when everybody else gave about five or six. Out of my two or three, only one person was taken care of. And I kept insisting that we needed to go to this other person because this other person had been a member of the choir.

And he got mad at me and told me that I was not to make any more arrangements for the choir. So then since I can't make arrangements for the choir, I didn't need to be in the choir. "Oh, you're suspended for a year." Said "Yeah? If you can do without me for a year, you can do without me forever." So I quit singing in choirs.

INTERVIEWER: I'm so sorry about that.

Ines Sealy: Well, it's a part of life.

INTERVIEWER: Did you play sports as a child? If yes, what sport?

Ines Sealy: Yes, I played baseball, softball, basketball, foot races.

INTERVIEWER: You were a sporty girl.

Ines Sealy: Yes. I did a lot of that. So much so that when I was in high school I did high jumping on an Olympic basis. I had to go to the Estadio Nacional to practice and to practice....and compete and what not. I was the highest jumper – female jumper. I broke Lilia Wilson's

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record. She represented Panama in the Olympics in '48, I think, and this was '57, '56, '57.

INTERVIEWER: Did she stay in any position in the Olympics?

Ines Sealy: I don't know. You'd have to ask her. I do know that she held a record here in Panama, and I broke it.

INTERVIEWER: Do you still play or watch that or those sports?

Ines Sealy: No, I don't have time to watch sports. I watch novelas.

INTERVIEWER: Did you have any contact with United States culture as a youth? What do you remember about that?

Ines Sealy: One of my teachers...., and as I said, they were not honest enough. I didn't find them honest enough. I didn't find them impartial. To me, all the children should be alike, and the teachers should treat them all alike. And as I explained about the English test, for instance, that was a no-no – that should not have been.

INTERVIEWER: Okay, Ines Sealy, tell me about your view of your West Indian ancestry.

Ines Sealy: I feel that I am blessed being a descendant of West Indians. Their culture is something that was instilled in me and that I can pass on to my children and my grandchildren, and prevent them from being involved in some of the craziness that's going on these days with our young people. **[00:45:00]** It permits me to inculcate in them the value of life, the value of preserving life and not taking someone else's life.

Black people are very spiritual people. They have a spiritual culture, and they're very conscious of the fact that there is a God, and that that God is supposed to be a part of our lives. And that we have to respond to him some day, which means that we need to live a life that is meritorious of being at His right hand. So that even if we don't go to church, we know that a God exists, and that we are responsible to Him for whatever we do in our lives.

I have visited some of the West Indies. I've visited Trinidad. I've visited Barbados. I've visited Jamaica. And I think that we have a rich, rich culture. And it is something that we carry in our blood, and something that we carry in our minds, and something that we

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should instill in others. And our lives should be examples for the rest of the world....

INTERVIEWER: What's the first word that comes to mind when someone says "West Indian?"

Ines Sealy: Black.

INTERVIEWER: What qualities, cultural behaviors, or other things do you associate with West Indians?

Ines Sealy: Honesty, pride, self-help, assertiveness, intelligence – we are not a people that look for handouts. We are more interested in doing our own thing in getting what we need for ourselves. Not expecting someone else to provide it for us.

INTERVIEWER: Do you believe that people in Panama view or treat you differently based on your race, you being of West Indian descendants?

Ines Sealy: Yes. An example: I was coming down 16<sup>th</sup>, 17<sup>th</sup> Street on Central right beside....Caja de Ahorros. There were these little black girls selling *pixbae*. And I asked her what the price of *piba*. "Two for a quarter."....And I started to walk off. "Chomba, chomba, chomba, chomba, chomba." Now, she's black, and I'm black, and she's calling me chomba. Of course, we've reached a point where chomba is not derogatory any more. We've brought it up to par. Because according to our saying, the only chombos are Panamanian. No other country has chombos. So, number one, they can't say that we aren't Panamanian, but number two, they can't say that we aren't black.

And the difference is made between the blacks that came in the colonial time and the blacks that came for the construction of the....Canal. [00:50:00]. Which, they feel that they are the chombos because they don't speak the English language. Of course, they're seeing the necessity now.

INTERVIEWER: Have you lived outside Panama?

Ines Sealy: No.

INTERVIEWER: How has not knowing or knowing English affected you? Was it positively or negatively?

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Ines Sealy: It has affected me positively because I was able to work on the Panama Canal for twenty-three years, and I am now able to be a certified public translator, from 1992 to now. There are all these people who have been begging me to teach them English, even when I don't have the time....I don't like teaching because I don't like to have to take out averages and correct tests and track down all these grades. I don't like that. That's a part of teaching that I don't like.

I did some teaching for Rescate. We found that there was a group in Aguadulce interested in learning in English, and they were willing to pay a small fee. So then we made the proper arrangements, and I went to work for three months, taught them English. Out of twenty-three, we graduated eleven, because the course ran into school time. And some got jobs. And some had to go back to school, you know, university classes and so on and so forth. So then they weren't able to come to class, and they dropped out.

INTERVIEWER: Anything else that you wish to add?

Ines Sealy: I think that's about it.

INTERVIEWER: Are you married?

Ines Sealy: No, I'm not married.

INTERVIEWER: Did you have children?

Ines Sealy: Yes, I had four children. One is dead. There were three girls and one boy. The boy is dead. I have five, four, five grandchildren, and I have two and a half great-grands.

INTERVIEWER: Can you tell me about where they're living, their life, and their jobs?

Ines Sealy: Okay, my eldest girl is in the army, and she just got back from Iraq. She's now in Georgia. And her daughter, which is my granddaughter, just graduated from high school. She's now in university, and she's about to have a baby – that's my half great-grandchild.

And my other girl – my second girl – lives in Texas. She has her own business – real estate business. She has three boys. The

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eldest boy has one little girl. The other boy – the second boy – she'll have another baby by now. And the last boy just graduated from high school.

Then, my youngest girl lives at home. And she teaches at UDELAS, which is a university here in Albrook. [00:55:00]

INTERVIEWER: Do they consider themselves Panamanian, West Indian, both, or something else?

Ines Sealy: They consider themselves Panamanians, and they know that they are of West Indian descent. And they seem comfortable with being both Panamanians and of West Indian descent.

INTERVIEWER: Do your children speak English? Do your grandchildren also?

Ines Sealy: Yes, my children speak English. In fact, the two that live abroad are living in the United States, so they have to speak English. And the one that is here teaches her class in English. They needed someone to teach the specialty of the subject in English, and she's the only one in the class that would have been able to help her companions, people that graduated with her from her specialty, that would have been able to do it.

INTERVIEWER: With who do you think they....the language....?

Ines Sealy: Well, the girls that are in the states had to use the English whether they wanted to or not. And the eldest girl, being in the army, has to use English by all means. Then, the second girl that is in the real estate business, the English has served her well because she does bilingual sales. When the others salespersons don't speak Spanish, then they send the clients to her. And that's the advantage that she has in the real estate business over there. All the Latins who want to buy houses in Texas and don't speak the English language or don't understand it enough can deal with her.

INTERVIEWER: Do you have any family who live overseas? If so, where do they live?

Ines Sealy: Yes, my two girls live in the states. And I must have some family in Barbados. And I also have cousins living in the states.

INTERVIEWER: What part of the states?

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Ines Sealy: Marco Mason is my cousin, and he lives in New York. Stanley Marvin is also my cousin, and he lives in Georgia. And I have relatives by marriage. They live in New York, in North Carolina, in Miami.

INTERVIEWER: Your daughters?

Ines Sealy: My second daughter lives in Texas and the eldest lives in Georgia – Columbus, Georgia.

INTERVIEWER: When they come to visit in Panama, do you think other Panamanians see or think they....Panamanian or more U.S. American?

Ines Sealy: Not really. I don't think they permit themselves to be treated any differently because when they're here, they use Spanish more than they use English. [01:00:00]

INTERVIEWER: Have you ever been abroad or lived overseas – where, when?

Ines Sealy: I have been abroad. I've been to Costa Rica. I've been to Jamaica. I've been to Trinidad. I've been to Barbados. I've been to the states. Okay, in the states, I've been in Kentucky. I've been in Georgia. I've been in Tennessee. I've touched Chicago. I've touched Louisiana, Alabama, Arkansas, Texas, Mississippi, Miami, Florida. In Florida, I've touched Miami and Winter Haven passing through the Everglades.

Okay, in Jamaica, I've touched Kingston, Spanish Town, Ocho Rios, Portland.

In Trinidad, I've touched Port of Spain and everything else in between there and Chaguanas.

In Barbados, we went around the whole island in four hours. In Costa Rica, I've touched San Jose, Puntarenas, Heredia, Limon – the volcán – their volcano, Irazú I think is their volcano. Yeah, we've been up there to the top of it. And a Chinese town coming down. I don't remember the name of it, but several parts of Costa Rica. I've never lived abroad though. I've visited.

INTERVIEWER: What do they think there abroad....about Panamanians or of Panama, West Indians in particular?

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Ines Sealy: Okay, the times that I've been in Costa Rica, I've been for activities or with groups, so that tourists are treated differently to when you go there on your own. In stores, they treated us okay. And their currency is set up in their own way, and we were able to shop without any problem. In fact, in some of the stores, they were very courteous.

And in the States, well, I mostly went to Korean or Chinese or Japanese stores because I was looking for products for my hair. And I got good treatment because I was with my daughter and she has been shopping there and she knows I like it there. We walked around the malls and nobody bothered, we just, you know, did as we pleased. I bought a pair of shoes and a purse when we were there and some jewelry....in the stores.

INTERVIEWER: Okay, Ines Sealy, what specific message do you want to communicate to the younger people [01:05:00] of the community, meaning the generation or generations behind you?

Ines Sealy: ....advice to younger people is always....Learn everything that you can learn. Absorb everything that your brain can take in. Get a profession so that you can support yourself, whether it be by getting a job or by starting your own business. Study. Learn something, and part of your education must include English. English is a very important part of commerce, and commerce is a very important part of the rest of the world. And to be able to communicate with the rest of the world, you need English.

And it will serve you here or anywhere in the world that you go. And what you've learned is yours. Nobody can take it from you, which I showed in the English test that the teacher didn't want to exempt me from.

INTERVIEWER: What specific message do you want to communicate to the older people, meaning the generation or generations ahead of you?

Ines Sealy: That's what I'm looking to find. I need more time.

INTERVIEWER: Are you involved with any community groups or organizations? If so, what role do you play for the group?

Ines Sealy: I'm involved in Rescatos....I am supposed to be the coordinator of events. We haven't had any events recently because the president is away, and he....get any real feeling to prepare any activity. Then

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again, I'm a member of SAMAAP, Sociedad de Amigos del Museo Afro Antillano de Panamá, and I've been on their board of directors, and I also presented them in Guatemala. I forgot that I went to Guatemala. In Guatemala,...and I also took the SAMAAP queen to Costa Rica for one of the participations.

This month, I just got Limon Roots and there are still pictures of her in the most recent Limon Roots.

INTERVIEWER: Where can we find the Limon Roots book?

Ines Sealy: Okay, the magazine is supposed to be sold at SAMAAP. Or you can get it from me. My number is 221-4276....

INTERVIEWER: Is there any other information you want to include that we have not yet touched upon?

Ines Sealy: I think that what our black people need is unity. Unity is something that we've been talking about, but we have not reached a point where we can get together. We're all like crabs in a bucket, trying to pull each one down, instead of trying to push each other out. We need to operate like two frogs that fell into the bucket of milk and don't give up. They were both swimming around, swimming around, swimming around, and one gave up and drowned. The other one kept swimming, swimming, swimming. A ball of butter was formed, and he was able to climb on the butter and jump out of the bucket. **[01:10:00]**

So if we can get together, pull together, and continue working as a team towards our own benefit, I think we'll be able to advance as a people, because up to now we can't get together.

INTERVIEWER: Thank you, Miss Ines, again, for participating. Please feel free to contact us if you have any questions or wish to add to your contribution.

Ines Sealy: You're welcome.

**[End of Audio]**

**Duration: 70 Minutes**

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