



"HAND UP" PROGRAM



A newsletter for December 2010

"A comprehensive, integrated program, to give a 'Hand Up' by assisting peasant farmers in Cameroon to help themselves.

"The "Program"

- STEP ONE - WATER and SANITATION
- STEP TWO - NUTRITION
- STEP THREE - HEALTH
- STEP FOUR - EDUCATION
- STEP FIVE - EMPLOYMENT OPPORTUNITIES

(These steps are NOT etched in stone and may change positions when/where conditions warrant)

Sunday

evening: Nov.

21- late - We arrived and were made warmly welcome (actually - hot & sticky) at the Convent Hospitality House for the Daughters of Mary & Joseph in Douala. *(Photo: Bob, Priscilla & Kelly smooze on the patio.)*



(Trying to find a religious house in the business capital of Cameroon - in the dark - is only made possible by a determined driver - and cell phones). Imagine our surprise when a lovely young woman welcomed us and showed us how to set up and use the house Wi-Fi facilities. The next morning this 'young woman' turned out to be **Sister Priscilla** - visiting for retreat & much needed R & R - from the North where she works with AID's orphans and AID's mothers. Priscilla gave us a detailed briefing on the AIDS / HIV scourge in Cameroon.

Monday: Nov. 22 - After getting organized, we met with District #9150 DG Me Marceline Enganalim (RC of Douala Joss) in the law office of AG J. C. Dika Nsangue Akwa and representatives of 3 of

Douala's 5 Rotary Clubs.

They were interested in what we were doing in Cameroon but since all of our projects are a distance from Douala, they felt they would be of little help to us.



Rotary "Hand Up" Monitoring Mission to Cameroon 2010

The 'Hand Up' program is completing year two of a three year 3H Grant from the Rotary Foundation. Our responsibilities to The Rotary Foundation include a visit from members of the management committee to Cameroon to gain first hand information on the current progress of our projects. Committee member Anne Dance of the Rotary Club of Guelph made her annual extended stay in Cameroon last September. Each year, she spends about a month with the NGO 'SHUMAS' as a volunteer, completely at her own expense. While there she visited other NGOs and met with several Rotarians. This is a report of the three person monitoring team that was sent to Cameroon in November of 2010.

On Sunday, Nov 21st, three Ontario Rotarians, Mike Crossling of the Probus Club of Saugeen Shores, District 6330 PDG and current District Grants Chair, Kelly Fotheringham, of the Rotary Club of Mildmay and 3H Management Committee Chair, Bob Carson of the Rotary Club of Warton arrived in Douala first night of our visit.

However, The Rotary Club of Douala Estuaire has installed wells and latrines at 4 Schools in the city at a cost of over \$16,000 each. They call their club program “Une école un point d’eau – One school one water tap.” (80% of the public



schools have no water). We indicated that we would try to find an International Club to work with them so that they could access TRF funds through a Matching Grant. Rotarian Eboumbou Francois is to forward a one page outline that we can share with other Canadian Rotary Clubs. We enjoyed the best lunch we have ever had in Cameroon with this group.

We indicated that we would try to find an International Club to work with them so that they could access TRF funds through a Matching Grant. Rotarian Eboumbou Francois is to forward a one page outline that we can share with other Canadian Rotary Clubs. We enjoyed the best lunch we have ever had in Cameroon with this group.



(Photo: Bob & Kelly learn “Cameroon Time”).

In the afternoon we were off to Buea and our hotel for the next few days. After dark, we travelled to attend the Limbe Rotary Club meeting where Dr. Boniface Fogwe is club President. Limbe was the sponsor of our first Matching Grant application in 1995 producing two “chocker fisher drying ovens” still operating today. After the meeting and the exchange of club banners, we enjoy some real Rotary fellowship at a neighbouring club.



We were invited to return on Thursday to see some of the projects that Limbe Rotary was doing in cooperation with Rotary Clubs in Nova Scotia, Canada.

Tuesday: Nov. 23 - was a busy day that started with a visit to a non government primary school, followed by a visit to a government primary school in Tiko. The students seem to be learning the basics of English, math and science at a level that is higher than what Canadian students do. The non-government school received support for supplies from the Rotary Club of London and Rotarian Bill Little in 2005. Both schools are short of desks and supplies for the current students.

Our next stop was to visit the Bolifamba water installation that had been funded by Rotary. This was a spring that had been secured and a pipe was installed to four tap stands. Due to an error in measuring elevation, the water is not able to reach the last two stands. Recently the Rotarian Magazine carried a brief reference to low cost hydraulic ram pumps that use water pressure to pump water up hill. This is being explored as a possible solution for the last 2 stand taps at Bolifamba.



However, the first two taps are providing clean drinking water to a large population. Two days before we arrived the first case of Cholera had been diagnosed in the neighbouring village which made the new Rotary water system here even more important.



We visited a sewing graduate who has opened her own business and is training 7 additional students. We adjourned to the Fon’s (village chief) palace for refreshments and lunch.

Wednesday: Nov. 24 - saw us travelling to the village of Muyuka where we observed a group of SULIFO women receiving training on nutrition, balanced diets and the care and use of malaria nets. This project was funded by the



Rotary Club of Port Elgin and is being very well received. The mothers of new born babies were pleased to receive a subsidised malaria net. (Later in our trip, discussions

with Nicolas Mancus, who represents the William J. (Bill) Clinton Foundation in Cameroon provided us with the possibility of receiving nets for free leaving Rotary with only the cost of distribution and education. We should know the results by next June).



(Photo: Mom Grads from Health course receive their family nets from Bob & Kelly).

There was a workshop being presented in a separate room on the production of cocoa which is the most profitable crop peasants can produce in this part of Cameroon. Later we visited a sewing training workshop and a carpenter training workshop that are operating successfully.

Thursday: Nov. 25. - Morning we returned to Limbe to see the first of two buses that are being provided by Nova Scotia Rotary Clubs.



We toured the school. We also learned about the huge impact that used Canadian medical equipment provided by the same Rotary Clubs was having on the health system in Limbe. Then we were off to Bamenda via Dschang. On the road we enjoyed the sweetest pineapple and bananas that one could ever eat - that alone made the trip worthwhile.

Friday: Nov. 26. - was to be another busy day. Our first stop was at an internet café operated by PCI (Paul's Computer Institute). Paul Mickelson is a retired fireman from Wisconsin who has been partnering with Wisconsin Rotary Clubs and private individuals to bring knowledge and aid to Cameroon. Although we were to meet with Paul later in the day, he happened to be at the café distributing 20,000 books that had been shipped from the USA.



Our next stop was to visit 4 tap stands that had been installed as part of the Alfrumbi water system that also is delivering water to the SLF Training Center and Paul's new Computer Training Center (PCI). We met with the SULIFO Women and also visited a carpentry training center that is being operated by a deaf/dumb graduate. Later we visited with Paul and had a tour of his new training institute (PCI). SLF helped PCI get water. PCI is going to help SLF resolve its electrical and computer issues.

Saturday: Nov. 27. This was the day that we were scheduled to visit the Blind School in Dschang. The President of Cameroon, Paul Biya, had been planning a two day visit to Bamenda, but it was postponed until December 15th. We left for Dschang anyway and met with Paul Tezanou and his wife Delphine who founded the Blind School. Paul reviewed the history of the Blind School and Rotary from the first water pump project initiated by Graham Knowles in 1999 to the current development of the Braille embosser. He outlined the micro credit scheme that was still operating with the original 5 million CFA (\$11,000) intact. Paul explained that handicapped students



(Photo: Blind student barmaid with Braille 'cash' & talking calculator under elbow - Mike the polio victim instructor watches).

in Cameroon receive free school tuition but not university. They can also purchase a train ticket for ¼ of the normal price. We review the schools finances and the profit centers operated by the school.

Mid afternoon, Paul Ymele of the Rotary Club of Bafoussam and his wife picked us up and took us out to Bafou where we attended a funeral celebration for a member of the village who was buried in 1972!! At the Fon's request, we participated in the dancing, (white men can't dance and we proved it), and the festivities. Later, we visited a water-well and pump provided by Rotary before adjourning to the Palace for a delicious meal.



On our way back, we visited a second well and pump supplied by our Hand Up program.

Sunday: Nov. 28. - was supposed to be a rest day, but we took the opportunity to visit the chicken operation and workshop for the blind students at Bafou.

We learned how raw cane is turned into furniture and baskets and how brushes and brooms are manufactured.



We saw the poultry house which had undergone a recent expansion. We returned to Dschang, where we met with Delphine at the bar operated by the Blind School. She also gave us a tour of the city and showed us the various outlets that purchase chickens from them. After a short afternoon break, we were taken to a restaurant where we were joined by some staff members for a meal of "sighted chickens raised by blind men!"

Monday: Nov. 29. - was back to work, meeting with Paul and his staff to review the financial aspects of the Blind Center with particular emphasis on the Rotary Hand Up program. This turned out to be our shortest day and we got a chance to review what we had experienced so far and make some more plans for the rest of our visit.

Tuesday: Nov. 30. - We left for Bafoussam and a meeting with Paul Ymele at his office. Paul is the principle contact between the Canadian Rotary clubs and the Cameroon NGO's. We discussed the past and future of Hand Up before moving to the meeting place of Bafoussam Rotary



Club. A short meeting was held with the Bafoussam managing committee (in a local school with water problems) where we tried to update them on `Future Vision` and the impact it will have as we move forward. The regular Rotary meeting followed where we got to enjoy some good food and good Rotary fellowship. Later we returned to our residence in Bamenda, ready for some rest.

Wednesday: Dec 1. - Really!! It is December already!! Today we spent some time with Sammy and the staff of SLF at the downtown office during the morning. Mike found out that they can do better power points and videos than we can. Kelly and Bob looked at the financial records of the 3H program to see how Ab Moore's long distance EXCEL tutorials had worked out. The answer was quite well.



We moved to the SLF training center and had a tour of the half-finished new building. We also got a close view of how to make red mud construction blocks. Kelly and Bob met with Madam Rosca, the primary bookkeeper for SLF. All sources of funds are kept separate and the accounting of

Rotary funds is well in hand. Rosca is to get us some additional information on the revolving credit of 35,000,000CFA ((\$70,000) which is only enough to satisfy the needs of 8 villages. This was followed by a meeting with the President of the Board of SLF and the President of the SULIFO Women's Association. We met with Bamenda Rotarian Christopher Anyangwe in his office and discussed the progress that Canadian and Cameroon Rotarians had made since the first projects we had completed together - just another busy day in Cameroon.

Thursday: Dec 2. - was our day with Strategic Human Services (SHUMAS). We were met by all the staff and students who welcomed us with a song. We had an interesting tour of the facilities and saw the equipment purchased by Rotary being put to good use.

The disabled adults are learning a lot of very useful skills that hopefully result in jobs. We had a brief meeting with Billian who explained the overall operation of SHUMAS including the bio-farm and the water projects they are installing.



While at SHUMAS, we were tracked down by Lynn Cockburn from the University of Toronto. Her mother (Liz) was responsible for bringing Ab Moore to Cameroon back in the early nineties. Lynn is now leading a team that is trying to coordinate the various NGO's working with disabled adults in the North West region. We had a one hour meeting with Lynn and her staff later in the afternoon. Our day concluded with a meeting between Sammy, Rosca and us to wrap up our visit to Bamenda.

Friday: Dec 3. - In the morning we said good bye to Sammy and Rosca and headed out for Yaoundé, our last stop in Cameroon. This is the capital city and is different from all the other cities we have visited. Motor bike taxis are prohibited. That makes life much easier. Our host for the weekend was Nicolas Mancus of the Bill Clinton Foundation. Nick is a Rotarian who was born and raised in the United States. He was originally posted by the US government to Benin, Africa and stayed and started a business that imported rice. He has worked for the Clinton Foundation for a couple of years and lives in Yaoundé and visits his

family in Benin. He was a speaker at the District #6330 Conference in Sarnia in 2010. Nick invited a staff member to have dinner and spend the evening with us. We discussed many topics and enjoyed a different perspective of Rotary, economic development and health conditions in Cameroon. With Nick's help, we are going to pursue sourcing free malaria nets within Cameroon.



(Photo: Bob Carson & Kelly Fotheringham, Rotary, dine with Dr. Devine and Nick Mancus from the Clinton Foundation).

This will allow us to spend Rotary funds on their distribution. Nick would also like to pursue the idea of adding a small Health Clinic to our Hand Up program in our next planning cycle.



(Photo: Kelly Fotheringham, Philemon Awetau, Bob Carson & Nick Marcus pause before breakfast with the Canadian High Commissioner. Mike Crossling WAS there – behind the camera).

Saturday: Dec 4. – The morning led to a unique experience. We were invited to the Canadian High Commissioner's residence for breakfast. HE Jean Carol Pelletier has been in Cameroon for almost two years and his work covers several countries in West Africa. He was very interested in the work we were doing in Cameroon and especially the results of the funds we have received from CIDA.

He asked that we keep him up to date on our activities. A visit to a SLF seamstress workshop, followed by a car and walking tour of the city led to us meeting with representatives of additional Yaoundé Rotary Clubs before the day was over.



(Photo: Kelly, Bob & Nick Mancus review Rotary programs with Dr. Sylvie Dissak Handy of Yaoundé Club).

Sunday: Dec 5. –It was our time to be a tourist in Cameroon. Nick took us out to the rain forest where we got to ride dug-outs (flat bottom canoes) three kilometres up a fast flowing perfectly calm river. We got to cruise between the trees and actually get our picture taken at the base of an 1175 year- old tree. It was very relaxing and a great way to end our visit to Cameroon.



(Photo: One paddle for a dug-out up a VERY wide creek in Cameroon and the guide cannot stop laughing when he hears the first question on the Examination for Canadian Citizenship).

In the evening, we loaded all our stuff and headed to the airport. Yaoundé has a very modern airport and waiting for our 10:00 PM flight was not unpleasant. We said good bye to Nick and started the long journey home. With layovers, snow and mechanical problems, we arrived home safe and very tired. From the time we got out of bed in Yaoundé on Sunday morning until we got back into our own bed at home, 48 hours of our life had passed by. But, it sure was nice to get home. Our cameraman left us in Zurich to make a Cameroon presentation to the RC of Idar-Oberstein (Germany) and enjoy ***fine*** German hospitality from the recent Rotary Youth Exchange Student's family of Florian Ambrosius-Eichner & his grandfather Karl (RC of Bad Tolz, Germany).

Bob Carson: - *“The trip was very busy and productive. We met many Rotarians. We saw several of the projects that Rotary is funding through our ‘Hand Up’ Program. We were welcomed by very appreciative people. We developed plans for the future that will build on our past successes. There is so much that needs to be done. We felt rewarded that our small effort is making a difference in the lives of so many poor people. A ‘Hand Up’ from Rotary will have real, long term, sustainable results in the lives of so many.”*



Editor, Mike Crossling: *“This was indeed a busy and - exhausting trip. Without the pre-planning by Sam Awetau (SLF), driving by David (SLF) and the hospitality of some very lovely nuns – we couldn’t have done, seen, or explored all the subjects in the short time we had. Everyone we came in contact with should be named and thanked – we just do not have space - or enough ‘paper’. Thank You All. Since coming home I’m often asked “Did you have a nice/good time?” Without being my usual factious self to well-meaning friends – I try to explain what we all are trying to do in Cameroon and - the wonderful successes we can clearly see. With all the emotions we three experienced there – my answers are not easy.”*
For those who were not wondering – your editor was there - with bad hair every day... he is just camera shy.

Participating “International Service” Clubs :-



Rotary Clubs of Lions Head, Warton, Hepworth/Shallow Lake, Owen Sound, Meaford, Thornbury/Clarksburg, Markdale, Tara, Southampton, Port Elgin, Paisley, Kincardine, Mildmay, Clifford, Genesee Valley, Guelph, Guelph/Wellington, Fergus/Elora, Fort Gratiot Rotary District 6330, Rotary District 7080 & 1 Interact Club

Arrangements are being completed to provide charitable tax receipts for individuals who wish to contribute personally to aspects of the Hand Up development program. Contact us if you are interested in this option.

robert.g.carson@sympatico.ca

gabmoore@mac.com

Planning for 2010 & 2011

“Hand Up” will have the following funding model:

The Rotary Foundation 3H Grant (year three of three)	\$ 84,000
CRCID/CIDA Grant(year one of three)	\$ 50,000
TRF Matching Grant (1)	\$ 54,725
TRF Matching Grant (2)	\$ 43,000
Total	<u>\$231,725</u>

TRF Matching Grant (1)

Step 1. Water Systems (\$42,500.00)

Eight water systems will be installed at a total cost of \$42,500. They will provide 16,100 direct beneficiaries with potable water at an average cost of \$2.64 per person

Step 3. Health

Malaria Net Program (\$3750.00)

We plan to continue this initiative started by the Rotary Club of Port Elgin. We will be providing 250 additional malaria nets and 5 more training sessions on their use at a cost of \$750.00 per village. If free Malaria nets can be sourced, all funds will be transferred to training and distribution.

Step 4 – Education (\$8,475.00)

Sponsor a primary school child’s education (\$60.00 per annum)

Under this program, individuals can sponsor a child’s education to cover school fees, exercise books, pens/pencils and uniforms for a year.

Afet Primary School \$425.00

We plan to provide 12 desks for the students and 2 tables and 2 chairs for the teachers.

RAINGEAR for Afet Primary School Children \$450.00

We will provide raincoats and backpacks for the 50 students who have to walk 6KM to school through the rain forest.

Teaching Aids, Ngulung Primary School \$350.00

We will provide charts for the teaching of environmental science at this school.

Community School. Anjong \$7250.00

Two temporary classrooms were constructed in this village to accommodate 61 children. Today the population of the school is 214 and only one temporary classroom has been added. The community has amassed stones, sand and sticks to construct four new classrooms but the work has not started due to a lack of roofing material, cement and skilled labour. The need for the classrooms is underlined because children are learning under the trees in the rain and in the sun.

TRF Matching Grant(2)

Transportation Vehicle for Sustainable Livestock Foundation. (\$43,000.00)

The used vehicle purchased by the Rotary Club of Guelph in 1997 is not repairable and a new vehicle is required to transport goods and staff to the remote communities to support our programs. A new TOYOTA Double Cabin 4 x 4 is necessary to continue the success Rotary has achieved. SLF has set aside \$8,000.00 towards the \$43,000.00 replacement cost of the project vehicle.

Total cost of new Initiatives:

Water Systems	\$42,500.00
Malaria Project	3,750.00
Literacy projects	8,475.00
Replacement vehicle	<u>43,000.00</u>
Total	<u>\$97,725.00</u>

FUNDING MODEL

We are applying to The Rotary Foundation for two Matching Grants and to District 6330 and District 6080 for DDF to help support our initiatives.

MATCHING GRANT # ONE (Water, Literacy and Health)

Individual Rotary Clubs	\$17,000.00
DDF	15,000.00
TRF Matching Grant	<u>22,725.00</u>
Total	<u>\$54,725.00</u>

MATCHING GRANT # TWO (Transport vehicle)

Individual Rotary Clubs	\$12,500.00
DDF	12,500.00
TRF Matching Grant	<u>18,000.00</u>
Total	<u>\$43,000.00</u>