About Talented Cameroonianians at Home and Abroad

N° 003           NOVEMBER 2007

Now in Douala, Limbe and Yaounde

Merry Christmas

Success Story

Behyia Leonard-Bruce

At the Summit of Entertainment

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Success Story
E-Magazine
About Talented Cameroonians at Home and Abroad

Wishes you
Merry Christmas

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Hello Dear Readers! We are getting closer to Christmas. Many Cameroonian homes are now decorating their Christmas Trees with Jingle Bells and making plans for celebrations. Cheers! Hope you share pictures of your celebrations with us.

In the last edition we showcased some real talented Cameroonian Ladies. In this edition, we release the success stories of a rare good collection of excellent Gentlemen whose achievements will certainly make you proud of being a Cameroonian.

Behyla Leonard rises to the summit of entertainment and thrills his large radio audience in the city of Douala while Dr. Mbarika Victor travels around the world ‘evangelizing’ the developments of Information and Communication Technology. Justice Mukete Tahlé Itoe makes formidable strides in the Judiciary but stays active in civil society activities. We also celebrate Issa Hayatou’s honorary Doctorate Degree awarded by a University in Nigeria as well as Julius Esunge’s Teaching Awards in the Louisiana State University, USA.

While the Civil Society in Cameroon continues to set up strategies and action plans in the domains of advocacy, the fight against corruption, transparency and networking through different workshops, we also note that ensuring Cleanliness in the major cities of Cameroon takes a serious turn with the recent acquisition of 80 new garbage trucks worth 10 Billion CFA Francs by HYSACAM.

We joyfully announce the qualification of our Baby Indomitable Lions for the Beijing 2008 Olympic Games while the seniors prepare for the upcoming African Nations Cup under the new German-born coach Otto Pfister. Hope our Lions take us back to their good old success story days by winning all trophies during important upcoming tournaments.

Readers, Our Editorial team invites you to take a trip up Mount Cameroon to watch runners of the Mount Cameroon Race Of Hope Marathon and enjoy the tourist features surrounding this unique sports event. We also take you to the emblematic city of KUMBA that is fast getting modern urban infrastructure under its dynamic municipal leadership.

On our environment page, we look at the virtues of Bush Mango as a raw material to successful weight loss products used in the West as well as its potentials as a major source of income to sustain the livelihoods of our rural population still held hostage by unemployment and low incomes.

For Christmas, wash your fingers and join us share in a the plate of delicious KAA’ATI KAA’ATI from the Babanki Tribe North West Province. Bon Appétit!
Hi ... I must congratulate you for this brilliant initiative and rather bold step into the world of publishing. I was quite impressed by your choice of articles and can only say you've set a very high standard, and need to work very hard to keep it up! Best wishes for the future and God's blessings.

Mrs. Anne OBEN
Yaounde

Hi... This is one of the best publications I've read from Cameroon for quite some time now. Its content should be very motivating to the young Cameroonians and its quality in terms of printable material is superb... I must thank you for forwarding this...

Ewonde Kenneth
Amsterdam

... I will not doubt it because I know you are up to the task and believe you'll get to greater levels. I do enjoy the magazine and will like to wish u and the entire team the best, God being your helper.
With Regards,

Achiri Nyindem
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It’s 9.00am in the City of Douala, Cameroon’s Economic Capital. Inhabitants rush to increase the volumes of their radio sets tuned to their favourite program “Morning Ride” over the radio station CRTV FM 105. Their ears grow attentive as Behyia Leonard-Bruce’s familiar voice takes control over the city and its inhabitants ‘hostage’ with good music and vibes about life in the city at a pace and tone that keeps his listeners entertained for three hours.

Culturally aware, intellectually alert and fluent in English, French and Pidgin, Behyia Leonard has imposed an Anglo-Saxon style in radio entertainment that remains unbeatable and famous in the Cameroonian media landscape. Followed across three provinces, “Morning Ride” today enjoys the widest surface of listeners every morning from...
Mondays to Fridays, earning its host a celebrity status in entertainment in the city of Douala.

**Who is Behyia? How did he get there?**

Born in the capital city of Yaounde, Behyia’s parents moved to the city of Kumba in the mid-eighties after the famous aborted 6th April ‘Coup d’Etat’.

Primary school in the Government Primary School Kumba gave young Behyia the opportunity to develop a sharp-edged social and cultural awareness that he would use later to impose himself in the Government Bilingual High School (’Lycée) Molyko and later in the University situated in the mountainside town of Buea.
While studying Journalism and Mass Communication in the University of Buea, Behyia co-created the acapella music group FLAVOR UNIT with a couple of dynamic youths and tried several other entertainment gigs. Listeners of FM 105 became familiar with his talents while he co-hosted the youths’ radio program HI-DI-HI. This exposure gave Behyia the opportunity to change the entertainment order erstwhile dominated by French-speaking entertainers.

His talents were noticed early on the continent in 1993 as he won the Best Entertainer in Africa Award worth $10,000. From 1994 he excelled as Master of Ceremony (MC) in several concerts in the popular night clubs with skills that he had started exhibiting at the tender age of 4.

Behyia’s skills and talents attracted the attention of the hierarchy at the Cameroon Radio Television (CRTV) prompting his recruitment in July 2002, two months after he lost his beloved mother.
Since then, Behyia’s rise has been a success story. He has attained great heights by winning Best Africa DG Award. In 2004, he was Assistant Producer for the MICHAEL POWER FESTIVAL, a challenging assignment.

Beyond the national triangle, Behyia was MC in several concerts in Nigeria, Ghana and the United States of America. He was the impresario of the Africa/American Forum. He also became Communication Consultant of the first ever Business Development Forum patronised by the His Excellency the Head of State.

He is the Communication Consultant for Makuna International, Chicago Midwest Corporations, McCann Ericsson, Ashouka and NG4L (Nature’s Gift For All) and many other firms. Today, Behyia is also a major audiovisual advertisement designer and media planner for many firms.

Behyia entered wedlock on January 30 2001 with a pretty Cameroonian lady. His union with Mrs Behyia has produced two beautiful kids: Nancy Enanga Behyia & Behyia Leonard Bruce II.

Inspired by his own success story in entertainment, Behyia holds that his mission is to let know that that entertainment will grow from the Anglophone region of Cameroon and outwards, reason why he still stays at the radio to train the young. He plans to go corporate later.

Behyia strongly believes that the Anglophones face obstacles in the entertainment industry because they don’t believe in themselves. “They think they will never make it as DJ. If I had given up, I wouldn’t have been here today… I see through my eyes and hear through my ears, not from those of others.”

About settling abroad, Behyia says “I don’t believe in making money out of Cameroon. Added value is where you come from, Cameroon (no hard feelings to brothers out of the country)... We have control of the Diaspora. The good ones are out and the tougher ones are here.”

by Eric Luma Mbella-Martin
Professor Victor Wacham Agwe Mbarika

Professor Victor W. Mbarika is Associate Professor at the College of Business at Southern University and A&M College and is founding director of the University’s International Center for Information Technology and Development (ICITD). He is an Information and Communications Technology (ICT) consultant with various governmental and private agencies.

With over 100 academic publications, Prof. Mbarika’s has authored three books and his research on ICT diffusion in developing countries and on multimedia learning has appeared (or are forthcoming) in 35 peer reviewed journals, five book chapters and over 60 national and international conference publications. He was cited as being “in the forefront of academic research into ICT implementation in Africa, and has provided a theoretically-informed framework for understanding ICTs in less developed countries…” His scholarly publications have appeared in journals such as IEEE Transactions, IEEE Spectrum, Communications of the ACM, Journal of the Association for Information Systems, Information Systems Journal, the Information Society, Journal of the American Society for Information Sciences and Journal of Global Information Management. He has received several research and teaching grants and fellowships from the National Science Foundation, NASA, KPMG, Southern Regional Education Board, and the Louisiana Board of Regents. He is editor-in-chief of The African Journal of Information Systems, and he serves as a senior board member of several other journals such as IEEE Transactions on IT on Biomedicine. Dr. Mbarika is Founder of the Cameroon Computer and Network Center (CCNC). He is a member of the Association of Information Systems (AIS), the Institute of Electrical and Electronics Engineers (IEEE), and the Information Resources Management Association (IRMA). He holds over 20 research, teaching and service excellence awards.

Prof. Mbarika was born in the 70s in the town of Buea. His family left for the capital city of Yaounde when he was two years old. He did his elementary education in the Government Bilingual Primary School. He continued to the Government Bilingual Practicing College (Collège Bilingue d’Application) and Government Bilingual High School Essos Yaounde where he did his secondary and high school education respectively. He later went to Nairobi Kenya at the United States International University where he did his Bachelor of Science Degree in Management Information Systems, and then went to the USA in January 1996. He obtained an M.S. in MIS from the University of Illinois at Chicago, and a Ph.D. in MIS from Auburn University.

He now lives in Baton Rouge, Louisiana. Baton Rouge is a mid-sized town in the South East corner of the USA that Prof. Mbarika really enjoys “I must say that besides Cameroon, Baton Rouge has the best foods/restaurants in the world!!!! The people seem really friendly, hospitable, and down to earth (you know that ‘Southern Hospitality’…). The weather is very similar to that of Yaounde, in Cameroon”

Prof. Mbarika is also an Evangelist. As a secondary school student, an earnest longing and passionate commitment to preach the gospel and to ignite in youths the passion for souls and the zeal to serve God led him to be founder in 1991 of the Cameroon Youths for Jesus (CYJ), an interdenominational Christian...
youth movement with a twofold vision: To preach the gospel of Jesus Christ and to mobilise youths for Christian service. From such a humble beginning, the Ministry has grown over the years extending its tentacles to over six provinces in Cameroon. At the early beginnings of the ministry, Br. Victor Mbarika was assisted by two beloved brothers, Julius Esunge (Pioneer National Coordinator) and Ferdinand Assako. The headquarters of the Ministry is found in Yaounde the capital of Cameroon.

Prof is married to the pretty Irene who has brought forth two pretty kids: George Isaiah Munya Mbarika Jr. and Ruth Numfor Mbarika.

Dr Mbarika dedicates his success story to the love of his kindhearted parents Regina and George Mbarika (His Hero) and says firmly “I give ALL GLORY to GOD for all I have accomplished and will still accomplish in my life. I believe I have not even seen up to 10% of what He has for me in His perfect plan for my life. I am also blessed with a wonderful family (my parents, brother and sisters) …”

by Joyce Lefang
Great Achievements

Justice Mukete Tahle Itoe
Between Magistracy and The Civil Society

Sworn into the Magistracy after graduating from the National Advanced School of Administration and Magistracy (ENAM), Justice Mukete Tahle Itoe has also been a pathfinder in Civil Society activities for almost two decades.

Back in the University of Yaounde where he studied Law, Mukete Tahle Itoe initiated the creation of several associations as well as brought the popular Association of Economic Sciences Students (AIESEC) after a brief working visit to Côte d’Ivoire.

While he served in several courts in the North West Province as State Counsel, he continued pioneering the creation of several associations and non governmental organisations working in the areas of human rights, governance, and poverty alleviation.

After a few years as Judge and President of the Court of First Instance in Tombel, he now performs same functions in the Court of First Instance in Tiko where his no-nonsense jail term reputation is beginning to slow down the operations of the hardest criminals and swindlers around the area.
Justice Mukete Talhe Itoe is a practicing Judge in Cameroon. He is the Secretary General of the Global Network for Good Governance (GNGG), an anti-corruption, democracy and good governance organization created at the International Development Law Institute (IDLI), in Rome, Italy, in 1999.

A holder of a Post-Graduate Diploma (Maitrise) in law from the university of Yaounde, Cameroon, Justice Mukete has also attended many Diploma/leadership courses at the UN Human Rights Centre in Switzerland, the International Institute of Human Rights (IIHR) in France, the Institute of Social Studies (ISS) in The Netherlands, and the International Development Law Institute IDLI) in Italy, amongst others. He has written many articles and position papers on the rule of law, anti-corruption, human rights, democracy and governance. Justice Mukete sat on the Cameroon government National Anti-Corruption Observatory (OLC) at the Prime Minister’s Office. He is a member of many international organizations amongst which are the World Jurists Association (WJA), Penal Reform International (PRI), Amnesty International (AI), International Correction and Prisons Association (ICPA) and the International Development Lawyers Forum (IDLF).

By Marquise Makouo
The President of the African Football Confederation (CAF) Cameroon-born Issa Hayatou was awarded a Doctorate Degree Honoris Causa in Literature by the Ladoke Akintola University in Ogbomosho situated in the South West of Nigeria on Saturday 3rd November 2007.

Members of CAF's Executive Committee and Nigerian Sports authorities joined University Dons and other eminent personalities in the colourful ceremony that was organized in one of the amphitheaters of the University. President Hayatou expressed his profound joy for the honour done to him and African football.

After heading Cameroon's Football Federation, Issa Hayatou rose to the head of the African Football Federation and has been heading the body for close to two decades. He is equally one of the Vice Presidents of the world's governing soccer body FIFA.

His stewardship at the head of CAF has initiated several reforms in the discipline while bringing the first ever World Cup scheduled for South Africa. The Gesture by the Nigerian Academy is a mark of esteem and recognition for Issa Hayatou's leadership qualities and achievements. Issa Hayatou is a Success Story.

By Suki M. M., Ibadan

### His Landmark Contributions to Sports Since 1992

- **(a)** In 1992, the final tournament of African Cup of Nations had been contested by only 6 teams. In 1992 under his leadership this figure was increased to 12. Since 1996, there have been 16 finalists doing battle for the title.
- **(b)** In 1999, he launched the African under 17-Cup a viable breeding ground for potential world class soccer stars.
- **(c)** In 1999, African Women's Championship was introduced with a final tournament featuring eight teams.
- **(d)** In 2004, CAF Cup was merged with CAF Winner's Cup to form the new CAF Confederation Cup.

### Capacity Building and Infrastructural Development in Sports

- **Chancellor Sir,** the recipient of this Honorary Doctorate degree has made outstanding accomplishments in the twin areas of human capacity building and development of physical infrastructure both of which are sine qua non to the emergence of world class professional footballers of African pedigree. His efforts in these directions have been most reassuring and illuminating. Most of the beneficiaries are playing for leading club sides in both the UEFA and European Championship Leagues.
- Mr. Hayatou placed emphasis on staging events in the various regions across the continent to train the various individuals involved in football administration. Consequently, in 2003, Mr. Hayatou initiated a scheme to build football academies with the aim of bringing together the administration of grassroot football. These academies were planned for Dakar, Accra, Yaoundé, Addis Ababa, Tunis and Lusaka. Top level experts were involved in teaching football and all other disciplines relating to the game at these specialist institutions.
- In the area of infrastructural development, Mr. Hayatou was firm in belief in African Cup of Nations tournament as a vehicle that can be used to build sports infrastructures in Africa. One of his main concerns is to see that African Countries are properly equipped with high quality football stadia as a result of staging sporting events such as the African Cup of Nations every two years. He has succeeded in this respect.
- Mr. Hayatou deserves full credit for his initiative in building the new House of African Football. This building with a 250-seat Conference Hall and three meeting rooms is located in the ‘6 October City’ a distance of 30 km from Cairo. Covering an area of 5000m², this ediﬁce which stands out like a giant in the sun is built on four levels and is six times larger than the previous CAF building.

### Partnership as an Enduring Legacy

No man is an island. In this present century with the world reduced to a global village, linkages of understanding are being established for the promotion of international cooperation and attainment of global peace. The vital role of sport in this direction cannot be over emphasized. This trait is clearly evident in today's awardee.

Mr. Hayatou is a firm believer in partnership and in exchange of ideas. This he considers to be the only guarantee for real progress. Under his impetus, CAF has embarked on co-operation programmes with UEFA, while at the same time strengthening its historic partnership with the Asian Football Confederation (AFC). In 1997, CAF under his leadership signed a co-operation agreement with UEFA, which became known as the ‘Meridian Project’.

One aspect of this project is the staging of the Meridian Cup, a competition that pits four African under-17 national teams against four European Under-17 national teams. The Meridian Cup provides our youngsters with the chance to measure themselves against the best youth teams in Europe and against teams that are better organized. This also gives them the opportunity to try and exceed their own potential. The victory of Nigeria's Under-17 team over their Spanish counterpart in 2007 is a manifestation of such foresight. Under Hayatou's presidency, two new competitions for youth players are set to come into existence in the very near future.

### Partnerships

- **FIFA President and indeed the cooperation of all the members of the FIFA Executive Committee, South Africa has been nominated to host the 2010 FIFA World Cup.
- **Chancellor Sir,** this citation will be incomplete without prying a little into the private life of today's awardee. I make bold to say that he is happily married with four children. Mr. Issa Hayatou marked his 61st birthday some months ago. His hobbies include reading, attending sports events, watching documentaries on television. A truly man of honour holds many honorary distinctions at National and International levels. Another one is being added about now!

Chancellor Sir, standing before you is a seasoned soccer administrator, a soccer legend and visionary, a man imbued with uncommon cerebral endowment, a sports manager par excellence a man whose dream is to see an African Country win the FIFA World Cup, a soccer ambassador widely respected within the African continent and beyond, a man who has imparted on the lives of several youths and a, man who is a role model to our teeming youths in Africa. I humbly present to you, the Chancellor, Sir, Mr. Issa Hayatou, on behalf of the Governing Council and Senate of Ladoke Akintola University of Technology, Ogbomoso for the award of the

**Degree of Doctor of Literature (D. Litt) (Honoris Causa)**
Julius Esunge, a Cameroonian-born Mathematics Lecturer in the Louisiana State University recently won the **LSU Alumni Association Teaching Assistant Award** for **Spring 2007**. Since his arrival at the Louisiana State University, Julius has been a Success Story. He won the Teaching Award at the Mathematics Department twice (maximum number of times allowed). The Department then recommended him for the Teaching Award given by the College (Faculty) of Arts and Sciences. Unbelievably, he won that one too! It can only be won once. The Mathematics Department finally recommended Julius to the University wide Award where you compete with faculties across the University. They brilliantly won.

His happy Mother **Ma Eposi Kale** comments on this recent award that she had seen Julius coming to this point since tender age. “His passion for the Science subjects especially Mathematics made him famous throughout his academic itinerary in Cameroon that took him through the Government Bilingual Primary School, the Government Bilingual Practising College, The Government Bilingual High School all in Yaounde as well the University of Buea.”

To his classmates, the Award is no surprise since “Julius is simply a genius who had tamed the most feared subject in school - Mathematics.” His mastery of the subject is awesome. Julius is one of those Cameroonians abroad bringing honour to Cameroon. He excels as well in Evangelisation and was part of the founding leadership Cameroon Youth For Jesus. He has recently founded the US-based Hope Outreach International Ministries.

May his attachment to The Holy Word continue to brighten his way towards more academic achievements in Baton Rouge, Louisiana. **By Etondi Kofele M.**
CIDI’s Victor Epic Ngome recently organised a Workshop for Civil Society Organisations at the Pan African Institute for Development Buea to build capacities in Advocacy. During the workshop, participants gained skills from facilitators on the role of civil society organisations in protecting the society from certain abuses and neglect.

The participants also contributed experiences to enrich and facilitate the understanding of the different courses offered. The Workshop was sponsored by the National Endowment For Democracy (NED) a US-based organisation.

CIDI is based in Limbe, Fako Division, South West Province.
A group of Cameroon’s civil society organisations (FOCARFE, SNJP, SeP, AGAGES, TIC, CED, RELUFA, ERA.), decided to also launch “Publish What You Pay” (PWYP) International Campaign in Cameroon by setting up the EITI and PWYP national coalition in December 2005. This was aimed at coordinating their efforts in appealing to the government of Cameroon and to private companies which are involved with the state. However, the Cameroon coalition is not only interested in the payment made, but also in the way this revenue is use by the state, and it establishes links with other civil society organisations which are working in the same area. The Extractive Industries Transparency Initiative (EITI) is a showcase of the measures taken to promote, on a voluntary basis, the publication of the amount paid by companies to the state, as well as the revenue derived from natural resources by the state. It is important that in addition to the disclosure of the current revenue-related transactions, the state should provide appropriate information on the expenditure made using such revenue. PWYP recommends that financial markets and international accounting rules should require that oil, gas and mining companies publish the amount of their net payment to government. Extractive industries (oil, gas and mining resources) exist in more than 50 developed countries which are home to more than 305 billion people, half of which live in objective poverty.

In the face of all these major global stakes relating to the improvement of government, the “Publish What You Pay” Extractive Industries Transparency Initiative (PWYP/EITI) Cameroon Coalition has undertaken to mobilize the national opinion through open information days. After Yaounde, an open information day was held in Limbe to inform civil society organizations and other interested groups on mining issues in Cameroon, current actors and their strategies and making available results related to the topics. The day took into consideration the diversity of participants and privileged the exchange of ideas in order to draw up recommendations and put concrete actions into perspective.

The presence of the different participants and actors enabled a theoretical and concrete exchange of ideas on issues related to mining in Cameroon. Present were Journalists, members of associations, administrative and traditional authorities, representatives of petroleum industries, and representatives of the population in areas fully involved in petroleum activities, human rights activists, representatives of NGOs and the different arms of the State involved in the management of revenues collected from the extractive industry. The day began with an opening speech from the Divisional Officer of Limbe. The activities involved oral presentations and debates at the Limbe Chamber of Commerce Conference Hall.

Cameroon joined the Extractive Industries Transparency Initiative (EITI) at a Conference held in London in March 2005. This was followed by the setting up of committee for the following-up and the implementation of this initiative by a decree signed by the Prime Minister on the 16 June 2005. Placed under the authority of the Minister of Finance, this committee comprises representatives of the Government, the private sector of the civil society. An action plan was drawn by the follow-up committee and its implementation is underway. Two EITI reports have been published by the Government of Cameroon which firmly commits itself to improve on government and transparency in the management of the revenue derived from extractive industries and maximizes the effects of this sector on growth in order to raise the standard of living of the populations.

Compiled by David Nkeng
Thousands of city dwellers in Yaounde rushed to the premises of the Yaounde City Hall on November 14, 2007, to watch the Government Delegate to the Yaounde City Council receive 80 New Garbage Trucks and other materials recently purchased by the national hygiene and sanitation company HYSACAM.

80 brand new solid vehicles and materials (Garbage cans, motorcycles, control vehicles etc) worth over 10 billion CFA francs were admired by the population that has noticed recent laudable efforts by HYSACAM to keep the city very clean.

Presenting the vehicles, HYSACAM’s General Manager Michel Ngapunoun stated his happiness acquiring such vehicles at the time when household garbage in the major cities of Cameroon is rising to 10,000 tons and posing several challenges to his company whose equipment could collect only a third of the garbage. To him, the ceremony was also an opportunity to call on the population for more responsibility in the disposal of their household garbage. He thanked the Cameroonian Government for its constant contribution to efforts towards ensuring the cleanliness of the cities. He also thanked the Government Delegate for redesigning the contract to ensure the qualitative improvement of HYSACAM’s services as well as redynamising the working spirit of the staff. He presented the new Yaounde HYSACAM Branch Manager Colonel Guy de Vienne.

Visibly happy, the Government Delegate to the Yaounde City Council, Gilbert Tsimi Evouna called on the workers of the company to be more responsible in handling the new equipment in order to guarantee its longevity. He also called on the population to act responsibly by throwing their garbage into garbage containers.

The Minister of Urban Development and Housing Clobert Tchateau encouraged the company to continue improving its services while reminding all that the Cameroonian Government places the issue of Hygiene and Sanitation high on its agenda as it strives towards the attainment of the Millennium Development Goals.

HYSACAM has in recent years been writing its success story in several cities of Cameroon by ensuring cleanliness and creating jobs.
In preparation for the 2008 African Nations Cup scheduled for Ghana, the new trainer of the Indomitable Lions German-born Otto Pfister met with the lions on the 15th of November 2007 in the German city of Herzogenaurach.

This first meeting gave the new trainer an opportunity to set a new game spirit amongst the Lions as well as integrate newly selected home-based players into the legendary team that has written several pages of Cameroon’s success story for the past two decades. Cameroonian want to relive these moments of joy and pride and look forward to the 2008 African Nations Cup with much expectations.

Good News came from the Olympic Lions who qualified for the Beijing 2008 Olympic Games after beating their counterparts from Guinea (Conakry) by 3 goals to 1. The Olympic Lions were led by their trainer Martin Ndtoungou Mpile.

Yaounde City Dwellers gladly received the news of completion of renovation works at the Ahmadou Ahidjo (Omnisports) Stadium undertaken by the Japanese Government. 

By Sambong Tita John Conrad
Mount Cameroon, situated 180 miles west of Yaounde, is the highest mountain in West Africa. It is still an active volcano having last erupted only five years ago. It is seen as a sacred place for the local Bakweri people who live on its surrounding slopes; they refer to it as Mongo-mo-Ndemi, or Mountain of Thunder.

What Happens at the Race of Hope?

The mountain is famous around the world for the annual Race of Hope which takes place in the last weekend of January or the first weekend of February. The course, covering a marathon length of 26 miles, is steep, exhausting, and unforgiving.

This gruelling competition attracts competitors and spectators from around the globe. More than 500 runners battle it out to be the first to race to the summit of Mount Cameroon and back again. Since it began in 1973, the winners have all been from the host nation and the Cameroonians are unwilling to relinquish their title. The star of this endurance race is a woman called Sarah Etonge, who lives close to Mount Cameroon. She has been dubbed 'the Queen of the Mountain' as in recent years she has won the race four times in a row. She tries to run to the top at least once a week as part of her dedicated training programme. Her accomplishments and dedication is even more of an achievement as when she is not scaling the mountain she is a single mother to seven children.

Watching the Race and Other Trekking Routes

The starting point for the Race of Hope is Buea. This small and unassuming town is swamped with over 50,000 people who come to watch the race. This is also where tourists can start the climb on the Guinness Track - the most direct route to the summit. The best way to do this is through the Ecotourism Centre, located opposite the Buea Town Market and beneath the local council office. A small fee is payable for a permit and the money is used to preserve the mountain's unique ecosystem, wildlife, and plants.

The climb takes two to five days and the mixture of steep, stony slopes and alpine conditions at the summit make it a challenging expedition. The Ecotourism Office insists you hire a guide which is a good idea on this unpredictable terrain. They also issue you with porters who will help carry your equipment, food, and water for the climb. Bring good walking shoes, warm waterproof clothing, a sleeping bag, tent and enough food and water to be sufficient.

Mount Cameroon is the highest mountain in West Africa, rising more or less straight from the coast through tropical rainforest to a bare summit which is cold and windy and occasionally brushed with snow. It is not dormant and sent lava flowing down almost to the sea only last year. Although it is so close to the sea it can rarely be seen from the coast as clouds gather round its lower slopes and Debunscha at its southwest corner is reputed to be the second wettest place in the world.

The climb is usually started from Buea at around 1000m where the compulsory guide and the very necessary porters can be obtained from the Mount Cameroon Ecotourism Organisation Office. There is no water on the mountain above the forest so large amounts must be carried, needed lower down to replace the sweat lost by a hot and humid climb through the forest and higher up to counteract the threat of altitude problems.
To the Summit...

There are several trails on the mountain. We took the oldest and steepest trail which is known as the Guinness Trail since this company originally sponsored the annual race up and down by this route. It ascends the drier eastern slopes of the mountain. The way starts by Upper Farms also known as Prison Farms as this farm, originally built by the Germans, is now used as an open prison where the prisoners cultivate the surrounding land and keep goats and cattle.

Cultivation slowly merges into forest. Song abounds but we saw only a few flitting small birds disappearing into the branches. A couple of runners, practising for the race next month, stopped for a chat with our companions. We were told that they complete this arduous course in under 4 hours. A slight exaggeration perhaps but even the record time of about four and a half mentioned by cool running seems incredible. At Hut 1 the last water, an uninviting half stagnant trickle in January, the heart of the dry season and the hottest time of the year. Above the hut we met an English family coming down. The woman took one look at us and told us that we would not make it to the summit. We continued with renewed determination! Soon we climbed free of the forest onto the savannah which covers the bulk of the mountain on this side. Much of the grass has been burnt, merging slowly into the black lava slopes higher up. Slowly was the appropriate word as the slopes steepened and we started to feel the thinner air and panting way to a resting point beside an isolated tree. Looking down from here the forest lay far below wreathed in cloud and we had emerged into the great clarity and brilliant sunshine of around 2000m.

The slopes continued unrelentingly steep despite our guide’s assurances that the hardest bit was over. Eventually however we walked over what had been the sky line above us ever since emerging from the trees. Looking down from this point there was only cloud below. Ahead we could see equally daunting slopes and another skyline far above but on the flatter area between lay Hut 2 where we were to spend the night. This hut lies between a rift of lava and a restful afternoon was spent scrambling around on them seeking a viewpoint to look down on the hut and generally relaxing and acclimatising to the altitude in a pleasant temperature. All this changed as soon as the sun disappeared behind the mountain. Temperatures plummeted below freezing and after a meal we soon retired to the sleeping bags. There is only a wooden bench to sleep on but our noble porters had carried up air beds and warm sleeping bags so we had a comfortable night but we didn’t sleep much, as is usual after such an abrupt change of altitude. It would have been better to have spent the previous night in Buea. Compensation for the long cold night was the remarkable clarity of the stars, above the coastal haze and away from the ubiquitous lights which ruin most European star gazing. The night was too long though and at the first glimmer of light we were up, shivering in all our warm clothes and longing for the sun to appear, sliding up blood red from the humid haze of the forest. In the other direction above the ridge of the mountain was a most remarkable cloud which looked as if it might be presaging some great storm but actually soon dispersed to leave unbroken sunshine.

Hot coffee was very welcome but I ate sparingly, being nervous of altitude sickness which had plagued me on other high mountains. Then we set out with our guide Peter and porter Fritz who was carrying today mainly water for there is none at all on this upper part of the mountain. We walked up one of the lava ribs towards another distant skyline. It was not quite so steep as yesterday but the skyline was further than it looked. We worked round the back of the active area and a couple of runners, practising for the race next month, stopped for a chat with our companions. We were told that they complete this arduous course in under 4 hours. A slight exaggeration perhaps but even the record time of about four and a half minutes was mentioned by cool running seems incredible. At Hut 3 the last water, a shallow half stagnant pool in January, the heart of the dry season and the hottest time of the year. Above the hut we met an English family coming down. The woman took one look at us and told us that we would not make it to the summit. We continued with renewed determination! Soon we climbed free of the forest onto the savannah which covers the bulk of the mountain on this side. Much of the grass has been burnt, merging slowly into the black lava slopes higher up. Slowly was the appropriate word as the slopes steepened and we started to feel the thinner air and panted our way to a resting point beside an isolated tree. Looking down from here the forest lay far below wreathed in cloud and we had emerged into the great clarity and brilliant sunshine of around 2000m.

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After a short rest at Hut 3 we set out on the easy last leg of the ascent. Working round the back of the active area we passed a few warm spots with desultory puffs of smoke and were soon approaching the summit where of course we posed for the inevitable summit photo. Guinness have thoughtfully provided a board to display here although it gives a height of only 4070m whereas the accepted height is now 4095m (rounded up in some places to 4100m). The summit area is vast with at least three separate fairly rounded tops rising from a not very flat plateau of scree. There is no impression of being on the rim of a single crater. It is possible that the top nearer to both the hut and the active part of the mountain is in fact higher, perhaps having increased in altitude as the result of recent eruptions. However I felt that we were on the highest top although it may not appear so from my 360 degree panorama. The summit is in fact on quite a narrow whaleback ridge with distant views only in one direction. I think it is probably very rare to get a view right down to the coast but I gather this is most likely soon after the heaviest rains, perhaps in November.

We were in fact very lucky as the guide had warned us that we would be unlikely to linger long on the summit which usually has gale force winds but in fact it was fairly calm and very pleasant at the top. After a brief stay we descended to Hut 3 where our cook Manfred had brought up a very welcome lunch. Then we returned by the same route to Hut 2. It was a pity we did not have a little longer on the mountain as we could have come down by Mann Springs which is one of the few water sources and where apparently there is good camping. However we enjoyed a second afternoon at hut 2 perched above the clouds soon bathed in an evening glow, another long night, another lovely long awaited sunrise and a last look back at the mountain from hut 2 bathed in a sunrise glow. Then it was back down the uncomfortably steep lava and into the forest. Now we were a lot more relaxed and a lot less breathless so I took more pictures, southwards along the steep slopes of the mountain, down the steep lava, northwards as we approached the forest, down through the savannah and into the forest with the mist drifting through the trees.

The temperature rose as we entered the humid forest and oddly enough it seemed longer going down through the trees than coming up with the prospect of the summit spurring us on. Eventually we re-entered the agricultural region and arrived at Upper Farms with Buea just below. Almost as soon as we got down we were looking out at torrential rain from the Ecotourism Office. We sat around chatting, bought a t-shirt and were then driven down to the coast at Limbe. Next day from Limbe port areas we looked up to where we knew the mountain to be. Of course we didn’t see it but just guessed that the top part of the mountain was still in brilliant clear sunshine.

By Emma Jones

For information on the mountain and to arrange an ascent contact:

The Mount Cameroon Ecotourism Organisation, P.O.Box 60 Buea S.W.P. Email: mountceo@iccnet2000.com
Ranking for many decades as the economic capital of the South West Province of Cameroon because of its dynamic and enterprising cosmopolitan population, the City of Kumba or K-Town is still very much alive.

Under the stewardship of its dynamic Government Delegate Nnoko Mbelle Caven, Kumba has entered a new phase of its development in recent years.

Public and private efforts have contributed to the growth of new and modern infrastructure in the neighborhoods of Kumba Town, Fiango, Mbonge Road, Buea Road and Kumba Mbeng.

A Modern City Hall has been constructed. The Kumba main Market has been renovated with the addition of many stores. The City now has a modern Municipal Library named the ANNE CARBONAY MUNICIPAL LIBRARY.

Religious Missions have made great efforts towards infrastructural development and set their premises under excellent conditions of hygiene and esthetic beauty.

The sale of Cocoa and Coffee alongside other wholesale and retail commercial activities are income generating activities in Kumba.

To bring local government closer to the growing population the city has been split into three local council areas: Kumba 1, Kumba 2 and Kumba 3.

For tourism, TOWNGREEN has been transformed into an attractive AMUSEMENT PARK that receives hundreds of visiting children everyday. KUMBA WATER (stream) continues to flow nearby. Several kilometers from the city centre lies the Majestic Lake Barombi, an attractive ecotouristic site. However, many still await the start of major road construction projects to complete the modernization of the city.
KUMBA TOWNGREEN
Amusement & Relaxation Park
“The Ten Most Dangerous Mistakes YOU Probably Make With Women—And What To Do About It…”

Here Are The Top Ten Reasons Why Men Fail With Women—

And How To Make Sure YOU Avoid Every One Of These Deadly Common Mistakes...

MISTAKE #1: Being Too Much Of A “Nice Guy”
Have you ever noticed that the really attractive women never seem to be attracted to “nice” guys? Of course you have. Just like me, I’m sure you’ve had attractive female friends that always seemed to date “jerks”... but for some reason they were never romantically interested in YOU. What’s going on here? It’s actually very simple... Women don’t base their choices of men on how “nice” a guy is. They choose the men they do because they feel a powerful GUT LEVEL ATTRACTION for them. And guess what? Being nice doesn’t make a woman FEEL that powerful ATTRACTION. And being NICE doesn’t make a woman CHOOSE you. I realize that this doesn’t make a lot of logical sense, and it’s hard to ACCEPT... but GET OVER IT. Until you accept this FACT and begin to act on it, you’ll NEVER have the success with women that you want.

MISTAKE #2: Trying To “Convince Her To Like You”

What do most guys do when they meet a woman that they REALLY like... but she’s just not interested? Right! They try to “convince” the woman to feel differently. Well, I have news for you... YOU WILL NEVER CHANGE HOW A WOMAN “FEEL”S WHEN IT COMES TO ATTRACTION! Never, ever. EVER. You cannot CONVINCE a woman to feel differently about you with “logic and reasoning”. Think about it. If a woman doesn’t “feel it” for you, how in the world do you expect to change that FEELING by being “reasonable” with her? But we all do it. When a woman just isn’t interested, we beg, plead, chase, and do our best to change her mind. Bad idea. One that will never work.

MISTAKE #3: Looking To Her For Approval Or Permission

Most men just don’t realize this, but attractive women are being approached in one way or another ALL THE TIME. An attractive woman is often approached several times a DAY by men who are interested. This translates into dozens of times per week, and often HUNDREDS of times per month. And guess what? Attractive women have usually dated a LOT of men. That’s right. They have EXPERIENCE. They know what to expect. And one thing that turns an attractive woman off and sends her running away faster than just about anything is a guy who starts saying “You know, I really, REALLY like you” after one or two dates. This signals to the woman that you’re just like all the other guys who fall for her too fast... and can’t control themselves. Don’t do it. Lean back. Relax. There’s a much better way...

MISTAKE #4: Trying To “Buy” Her Attraction With Food And Gifts

How many times have you taken a woman out to a nice dinner, bought her gifts and flowers, and had her REJECT you for someone who didn’t treat her even HALF as well as you did? If you’re like me, then you’ve had it happen a LOT. Well guess what? It’s only NATURAL when this happens... That’s right, I said NATURAL. When you do these things, you send a clear message: “I don’t think you’ll like me for who I am, so I’m going to try to buy your attention and affection”. Your good intentions usually come across to women as over-compensation for insecurity, and weak attempts at manipulation. That’s right, I said that women see this as MANIPULATION.

MISTAKE #5: Sharing “How You Feel” Too Early In The Relationship With Her

Another huge and unfortunate mistake that most men make with women is sharing how they “feel” too early on. Attractive women are rare. And they get a LOT of attention from men. Most men don’t realize this, but attractive women are being approached in one way or another ALL THE TIME. An attractive woman is often approached several times a DAY by men who are interested. This translates into dozens of times per week, and often HUNDREDS of times per month. And guess what? Attractive women have usually dated a LOT of men. That’s right. They have EXPERIENCE. They know what to expect. And one thing that turns an attractive woman off and sends her running away faster than just about anything is a guy who starts saying “You know, I really, REALLY like you” after one or two dates. This signals to the woman that you’re just like all the other guys who fall for her too fast... and can’t control themselves. Don’t do it. Lean back. Relax. There’s a much better way...

MISTAKE #6: Not “Getting” How Attraction Works For Women

Women are VERY different from men when it comes to ATTRACTION. You need to accept this fact, and deal with it. When a man sees a beautiful, young, sexy woman, he INSTANTLY feels a sexual attraction. But does the same apply for women? Do women feel sexual attraction to men based mostly on looks? Or is something else going on? Well, after studying this topic for over five full years now, I can tell you that women usually have their “attraction mechanisms” triggered by things OTHER than looks. Have you ever noticed that you see a lot more average and unattractive men with beautiful women than the other way around? Think about it. Women are more attracted to certain qualities in men... and they’re attracted to the way a man makes them FEEL, than they are to looks alone. If you know how to use your body language and communication correctly, you can make women feel the same kind of powerful sexual attraction to you that YOU feel when you see a hot, sexy young woman. But it’s not an accident. You have to LEARN how to do this. And ANY guy can learn how...

MISTAKE #7: Thinking That It Takes Money And Looks

One of the most common mistakes that guys make is giving up before they’ve even gotten started... because they think that attractive women are only interested in men who have looks and money... or guys who are a certain height... or guys who are a certain age. And sure, there are some women who are only interested in these things. But MOST women are far more interested in a man’s personality than his wallet or his looks. There are personality traits that attract women like a magnet... and if you learn how to use your body language and communication correctly, you can make women feel the same kind of powerful sexual attraction to you that YOU feel when you see a hot, sexy young woman.

MISTAKE #8: Giving Away All Of Your Power To Women

Earlier I mentioned that it’s a mistake to please women (which we mistakenly think will make them like us), us guys are always doing things to get a woman’s “approval” or “permission”. Another HORRIBLE idea. Women are NEVER attracted to the types of men who kiss up to them... EVER. Don’t get me wrong here. You don’t have to treat women BADLY for them to like you. But if you think that treating a woman well means “always getting her approval and permission for things”, think again. You will never succeed by looking for approval. Women actually get ANNOYED at men who seek their approval. Doubt me? Just ask any attractive woman if Fussy guys who chase her around and want her approval annoy her...

MISTAKE #9: Not Knowing EXACTLY What To Do In Each Type Of Situation With Women

And What To Do About It...

MISTAKE #10: Not Getting HELP

This is the biggest mistake of all. This is the mistake that keeps most men from EVER having the kind of success with women that they truly want. I know, guys don’t like to make themselves look weak or helpless. We don’t like to ask for help. Hey, I’ve been there myself. Let me tell you a little about me and how I figured out how to be successful with women... About five years ago I became fed up with the fact that I didn’t know how to approach, meet, and get dates with women that I was attracted to. It frustrated the hell out of me. One night I was out with a friend, and I saw a woman I wanted to ask out, but I just couldn’t get up the nerve to do it. I can still remember that night... right on the spot I made the decision to do whatever it took to learn how to be successful with women and dating. Well, after a lot of hard work and trying all kinds of crazy things, I finally figured it all out. I can now approach just about any woman and get her number almost instantly. I’ve dated models, I’ve dated actresses, and I’ve dated some very attractive women. It has been a very rewarding experience. I no longer feel that sick, insecure feeling... like I don’t know how to meet women... and I might wind up alone. I know that anywhere, anytime, I can go out and meet attractive women.

Your Friend,
The Publisher of THE SUCCESS STORY E-ZINE announces to readers that the first edition of THE SUCCESS STORY READERS' AWARDS will be organised in Cameroon in December 2008. Readers will nominate candidates and vote winners of two competitions:

A. Cameroonians who have set up successful Joint Ventures with foreign businessmen in Cameroon
B. Female Cameroonians with outstanding achievements and performances in their fields

Readers will vote for 14 months.

For Competition A, every reader will vote, every month, for one of the nominees over a score on 10 points after considering the entrepreneurial spirit of the nominee and the impact of the Joint Venture on the lives of Cameroonians, during the said month.

For Competition B, every reader will vote every month for one of the nominees over a score of 10 points after considering the nominee's dynamism, talent and achievements, during the said month.

NB:
Nominations are accepted from readers till the end of the competition
You may only vote for one nominee every month eventhough you may change your choice every month
The Jury will add up votes for each nominee and publish every month on this page of your favourite entertainment E-magazine, the SUCCESS STORY E-ZINE

### NOMINEES & VOTES

#### COMETITION A

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You are invited to submit your nominees and votes every month to the JURY through succes.story@yahoo.com

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Bush Mangoes (Irvingia gabonensis)

**Environment**

Bush Mango (Irvingia gabonensis) is a tropical nut tree whose virtues are enjoyed by the population of West and Central Africa for various purposes. With growing global concerns on environment protection, wealth creation and improved livelihoods among rural African communities, lots of interest have been paid to this nut tree.

**Nutrition**

It is generally recognized that many non-timber forest products, that have been traditionally used by local people in Cameroon, are nutritionally important as sources of vitamins, minerals, proteins, oils, carbohydrates, etc. There is published information about the chemical composition of the fruits and kernels of Irvingia species. For example, the extraction rate of juice from Irvingia gabonensis fruit pulp was 75% and the sugar concentration of this juice is comparable with pineapples and oranges, but with a higher ascorbic acid (vitamin A) content (67mg/100 ml).

As Food, the endocarp of Irvingia gabonensis is cracked open (shelled) to extract the cotyledons (kernels). The Kernels, locally called Ogbono, are processed by grinding and separating the residue from the fat. The residue is used as a food additive to thicken soups and stews, as it produces a viscous consistency when added a few minutes before serving. The tasty soup named Ogbono Soup, is consumed with pleasure in many Cameroonian homes.

**Medicine**

In different villages, Irvingia leaves are used in traditional medicine in the treatment of dysentery.

Believing that the nut tree has medicinal virtues beyond this, researchers have in recent years developed the use of Irvingia for several other ailments. Working from the premises that adequate amounts of dietary fiber are believed to be important for people wanting to lose weight, a team of researchers from the University of Yaounde I (Judith Laure Ngandi, Zephyrin Fossou, Emile Joachim Djietta, Julius Oben) studied Irvingia and showed that Irvingia gabonensis seed fractions reduced the postprandial glucose load with the maximum effect observed with the defatted seeds material. The defatted seed material which has more dietary fiber and protein than the crude seeds may delay stomach emptying, leading to a more gradual absorption of dietary sugar and this can reduce the elevation of blood glucose. In addition, fiber adds bulk to the diet and tends to reduce food intake, energy intake and body weight in long-term. They also established that body weight and blood glucose were also reduced with the non-purified protein fraction. Like other plant proteins, Irvingia proteins may have anti-amylase activity. Amylase inhibitors are also known as starch blockers because they contain substances that prevent dietary starch from being digested by pancreatic amylase. On the other hand, the stimulation of insulin secretion may be another possible action site for Irvingia gabonensis proteins. The outcome of these studies has been the development of Irvingia into modern efficient drugs for speedy weight loss, commercialized successfully in several countries.

**Wealth Creation and Environment Protection**

Irvingia gabonensis is a veritable source of income to its farmers, most of whom attest that “...ogbono gives more money than Cocoa and Coffee!”

From Gabon to Cameroon and Nigeria, people utilize different techniques to extract Irvingia kernels. They are extracted from fruits in the fresh state, or fruits are fermented and the kernels extracted wet. Alternatively, they can be fermented and sun dried before extracting, packaging or marketing.

Like several tree crops Irvingia gabonensis has been selected for domestication projects in Cameroon with the aim of making rural communities less dependent on timber trees for their income and livelihoods. By encouraging farmers to open and manage nurseries, it is hoped that this will also develop a spirit of entrepreneurship so that some members of the community can benefit from selling cultivars to neighboring villages.

Promoters see domestication as an opportunity to make agroforestry systems more attractive to farmers and to alleviate poverty, while at the same time promoting tree planting with indigenous trees, diversifying land-use systems and developing dynamic agroecosystems.

**...ogbono gives more money than Cocoa and Coffee!”**

**Courtesy:**
- GLYCAEMIC VARIATIONS AFTER ADMINISTRATION OF IRVINGIA GABONENSIS SEEDS FRACTIONS IN NORMOGLYCEMIC RATS (Judith Laure Ngandi, Zephyrin Fossou, Emile Joachim Djietta, Julius Oben)
- Domestication of the bush mango (Irvingia spp.): some exploitable intraspecific variations in west and central Africa (David O. Ladipo, J.M. Fondoun & N. Ganga)
Cookery

Kaa’ati Kaa’ati

Ingredients
01 Hard Chicken
1 Litre of Palm Oil
Salt & Maggi Cubes
Onion
Pepper
‘Country’ Onion
Corn Flour (for Corn Fufu)
Vegetables

Method
Burn the Chicken without removing the feathers, until all the feathers on the chicken are well burned.
Slice into parts, wash the parts very well.
Put your palm oil into the pot. About half a litre for a whole chicken allow it to bleach a little,
Put your onion, salt and Maggi Cubes with the grinded ‘country’ onion.
Put the washed chicken and allow it to cook for about one hour, taste your seasoning and correct as necessary until it is ready.
Serve with vegetables (Huckleberry) and balls of Corn Fufu.
Enjoy your meal!

Delicious Cameroonian Meals & Catering

Proposed by

Flavours Restaurant

Ms. MBU Stella
Manager, Flavours Restaurant

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