Ex-STV Star
JOYCE ENJEMA LEFANG
gets a ‘bouncing’ baby boy in Colorado USA

Great Achievements
US-Based Attorney Modernises Urban Bus Service in Cameroon

Weddings
Julian Weds Clara in London

Religion
FASTING during the RAMADAN

Dating
Tips for Winning a Single Woman’s Heart

Pastry
The Limbe Cake Competition

Limbe Celebrates 150th Anniversary in 2008

Coffee, Think & Talk

About Cameroonians at Home and Abroad
N° 001 SEPTEMBER 2007
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Celebrating Success!

For more than two centuries Cameroonians have been a hardworking people. Their achievements have crossed the boundaries set by their colonial masters and often got lost in the wilderness of history written only to the memory of western heroes. Efforts by many to bring examples of successful Cameroonians to the mountain top have not been very sustainable. Like cities built on the hill but still hidden, successful Cameroonians at home and abroad need a platform on which they could bear testimonies and showcase the secrets of their successes while serving as role models for the younger generations.

Here we come, proposing this publication to serve as a reference point and idea shop to Cameroonians at home and abroad who aspire towards great positive achievements and wish to stay informed about the accomplishments of their fellow countrymen.

This maiden edition celebrates Ex-STV Star Joyce Lefang’s first baby boy and the happy union of Julian Munzu and Clara Ekole. It also glances at the achievements of a Cameroonian-born US Attorney, Barrister Bokwe Mofor, based in Silver Spring who returns to his country to head an urban transport company that is offering an ultra-modern bus service in the city of Yaounde. In religion, we share with our muslim brothers/sisters the meaning of Fasting during this month of the RAMADAN.

A few dating tips spice up this publication not to give lessons but to provoke the refinement of the art for men have become lazy preferring shortcuts to women’s hearts.

We take a look at Places and Events by announcing the 150th anniversary of Limbe in 2008 and take you through its most attractive tourist sites. We also do a flashback on the innovative Limbe Cake Competition that was organized in 2005.

The Publication SUCCESS STORY is an idea by a few young and very dynamic Cameroonians. It is produced at no cost and distributed at no price. Your intellectual contributions and comments are therefore welcome. Hope you share this with friends and challenge the successful ones to share their stories with us by sending texts and pictures to succes.story@yahoo.com so we join in to celebrate their successes.

In future editions we will include fashion, cosmetics, health, cookery, culture, cinema and business columns. We invite you to participate.

Tonge B. Ebai

Work harder. Aim higher. The Sky should be your limit!
Celebrities

Joyce & Bernard on the hills of Colorado

Welcome to the World, Prince Beldon Esegemu Lefang II!
Snatched from STV Douala for the States by marriage, Joyce Enjema Matute left her colleagues, fans and televiewers in 2006 to join her husband, Cameroonian-born Real Estate Developer (www.beldevs.com) Dr. Bernard LEFANG, in the state of Colorado, USA.

In their home situated at 247 Bonanza Dr in Erie Colorado, they noticed a few months later, there were signs that the union had yielded rapid results.

After nine months, the couple successfully welcomed a charming baby boy, PRINCE BELDON ESEGEMU LEFANG II on August 23rd at 3.37am in the presence of his Grandma Dorothy Enanga Matute who had just flown in from Cameroon to give her blessings to the newcomer and congratulate Bernard and Joyce for a job well done.

As happiness flowed in the states, the news was echoed to JOYCE’s friends in Cameroon by media houses.
Great Achievements

US-Based Attorney Bokwe Mofor
Modernises Urban Bus Service in Cameroon

This successful attorney was surprised in June 2006 by a BOD decision appointing him the new General Manager of a new urban transport company in Cameroon. Encouraged by family, friends and trusted by American investors, Bokwe Mofor left his family and renowned Law Firm in Silver Spring to set up a company that intended to revive a transport activity abandoned fifteen years earlier by the state-owned transport company SOTUC.

Combining the lawyer’s wit and the businessman’s shrewdness, Bokwe Mofor mobilised the human, material and financial resources to earn the new company Transnational Industries Cameroon (TIC) a.k.a LeBus, an enviable place in the hearts of Yaounde inhabitants and state officials.

After operating for one year, LeBus has recruited more than 500 Cameroonians and transported more than 5,000,000 passengers (averagely 30,000 a day), in ultra-modern buses equipped with state-of-the-art air-conditioners, radio and video equipments to give the passengers comfort and security at just 150 FCFA per ride.

The bus project has had a visible impact on the improvement of the road infrastructure in Yaounde. As expectations rise in Cameroon for the extension of the bus project to other towns, many Cameroonians praise Bokwe Mofor for the success he achieved running a company that operates a non-profit making activity. He receives considerable attention from the Press in Cameroon.

Instructions to Members of Staff during road inspections

With visiting Minister Nganou Djoumessi Emmanuel, Deputy Secretary General at the Prime Minister’s Office
Bokwe Mofor is a member of the Bar in Cameroon, the State of New York, and the Supreme Court of the United States of America. He holds an MBA from the University of the District of Columbia and a Masters Degree in International and Comparative Law from Georgetown University in Washington D.C.

Bokwe Mofor has a successful corporate, human rights and international law practice. He successfully represented Cameroon Airlines in its defense of a multimillion case ($2,200,000.00) that Jet Aviation, Miami, Florida, United States, filed against Cameroon Airlines for breach of contract. He has also orally argued several cases before the US Court of Appeals and US Supreme Court. He was President of the Cameroon Students’ Association, Washington, Metropolitan Area from 1989 to 1991.

Before leaving Cameroon he had served as a member of the Commission of Advancement of Staff (1984-1991) and as Personal Assistant to the President of the National Assembly of Cameroon.

He is a member of the American Bar Association, New York State Bar Association, Lawyers’ Committee for Human Rights, Amnesty International and the Association of Trial Lawyers of America.
They are all young and talented professionals from government, law firms, companies, diplomatic missions, the media, the civil society and other prestigious organisations in Yaounde.

They meet in different places regularly every year for sessions of the now famous COFFEE, THINK & TALK, an intellectual recreational forum for young people in Yaounde.

The evening starts timidly with the host shuttling between the kitchen, the gate and the living room ensuring that every organisational detail is running hitch free.

As the first guests arrive, surprise adds to anxiety as the host sees famous faces arrive the venue unexpectedly.

Greetings are followed by inquiries about work and family. As the venue gets full, the host invites everybody to the table after a prayer. Light jokes accompany the meal. As the members put aside their plates at the end of the meal, drinks are served.

The host then sets the ball rolling for debate by throwing out a
An Intellectual Recreational Forum For Young People in Yaounde

trap question to one of the guests. And the talking goes from one topic to another with everybody putting across his/her idea(s) as eloquently as possible. Topical social, political and often economic issues are discussed.

It is so enriching to listen to debates at COFFEE, THINK & TALK because the speakers come from different professional and academic backgrounds and often give the many facets to any issue under discussion.

The evening ends finally as members reach their homes hoping they don't forget the venue of the next COFFEE, THINK & TALK.

This is a true Cameroonian spirit of camaraderie founded and promoted by Nfinyo Mabu. Similar sessions are held in Douala, Buea, Bamenda, Limbe and other major cities in the world where the Cameroonian Diaspora is found.
One of the most important days of one’s life is the Wedding Day. Saturday, August 11th, marked the union of Julian Munzu and Clara Ekole. The wedding ceremony took place in The Church of England’s St. Mary’s Parish, Osterley, in West London, built in 1856 of Bath stone in a decorated gothic style on a quiet, wide, tree-lined street.

Rev. Rosie Hoad, Vicar of St. Mary’s Parish, presided over the ceremony which lasted for an hour. The ceremony was graced with the presence of the Cameroonian Community within the UK and a host of family members and friends from USA, mainland Europe and different African countries as well as colleagues of the couple from within the UK and from abroad.

At the reception the couple celebrated with a beautiful Wedding Cake baked and prepared by Belle Ntuba. The Reception also served as a meeting point for friends and family to catch up with news about each other while celebrating.
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THE STEWARD Events Management Centre organised the first ever Cake Competition in Cameroon on Saturday November 19 and Sunday November 20 2005 at the Limbe Municipal Conference Centre. Several competitors exhibited cakes for weddings, Christmas, birthdays and other celebrations.

These beautiful cakes revealed women’s great potential in cake artistry that is fast becoming an income generating activity especially for jobless women and housewives.

The two-day competition also brought together potential buyers and sellers of cakes in a period where several celebrations were in preparation. Such was the dream of the organiser Tima Haddison of THE STEWARD who strongly believes that cake baking could be a shortcut to women empowerment.
I wish to congratulate THE STEWARD for such a bold step and request that this becomes an annual event so that more Cameroonians and tourists will become interested to participate.

Mrs Ndzo Maureen launches the Cake Competition

Thatch House Cake by Ethel Esabe (1st Prize Novelty Cakes Category)

Joan Tataw prepares her sculpted Cake

Some personalities and participants at the Limbe Cake Competition

Mrs Ndzo Maureen
Wife of the First Assistant Senior Divisional Officer for Fako Division

Mrs Lifanda Miranda
Wife of the Government Delegate to the Limbe Urban Council

Hon. Burnley Gwendoline
Former Member of Parliament
Member of the CPDM Party’s Central Committee

Tima Haddison
Events Coordinator
THE STEWARD

“...so much talent, so much beauty, we have some real fantastic cakes displayed here…”

“...things that had to do with the kitchen were not considered so important. This competition is giving cakes a very special place today”

“...some Cameroonians have not realized that cake making is a profession. It could help alleviate poverty if they get into it as a profession and earn income.”

NEXT CAKE COMPETITION, NOVEMBER 10 2007
at the Limbe Municipal Conference Centre
**Dating**

**Tips For Winning a Single Woman’s Heart**

TIP #1 - Yes, sexy single women are attracted sexually and romantically to men with nice bodies and having a fit body usually means that you take care of yourself and take pride in your body.

However, there’s one way that fitness can backfire on you and actually cause women to lose interest in you. Let me explain...if you are an exercise freak and your whole life revolves around bodybuilding and all you can talk about is your body and exercising, this can turn off women who don't share your enthusiasm. Due to your obsession with yourself, they may even think you are self-centered and stuck on yourself.

All I'm saying is you can have a nice body, but focus all your attention on the woman you’re with. Your body will speak for itself; you don't have to constantly call attention to it. You don't have to cram your exercising and fitness lifestyle down a woman's throat unless you both are consumed with fitness.

TIP #2 - Keep your fingernails and toenails short and clean. Women notice things like dirty or long fingernails and toenails. It may surprise you, but a woman may not even date you because of unsightly fingernails or toenails.

TIP #3 - If you have gray or graying hair, leave it alone! Don't dye it or cover it up! Most single women are very attracted to men with gray or graying hair. They think it looks sexy and distinguished.

TIP #4 - If you have a moustache, be sure and keep it short and neatly trimmed. Women are turned off by long moustaches that invade their nostrils during kissing. Also, keep it clean and don't let it collect food.

TIP #5 - Here’s another problem that can turn some single women off. It's your nose hair and ear hair. As you get older these hairs grow like a weed and can become unsightly to some women. Trim your nose hairs and when you get a haircut have stylist clip the hair out of your ears.

In closing, be aware that single women notice little things about your appearance that you may not even be aware of or things you may not consider important. The name of the game is attracting sexy single women and you certainly don't want them to be turned off by some flaw in your looks, which you can easily correct.

by Don Diebel (Americas #1 Singles Expert). Gemini Publishing Co., 3102 West Bay Area Blvd., Suite 707, Friendswood, TX 77546

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**Man, Women Want to Date You!**

Guys you should learn to get out of the mindset that men want to date women more than women want to date men.

Most guys have a mindset of when they go out to meet and approach women, that it is up to them to do all the work.

Most guys forget that women think the exact same thing. When girls go out they are as interested in getting a date as the guys who approach them.

When a girl goes out she spends double the amount of time guys spend getting ready, they are a lot more interested in clothes than the guys are, they wear make up. I hope you guys get the point.

Women use every major possible opportunity to look good. Being men, you don't have to go to such measures but you guys still try your best to impress.

Guys, to get out of the mindset that you want to date women more than women want to date men can be difficult. For so long it has been: you must approach women, you must impress women, if women don't like you it is your fault.

When you meet new people in work, college, or groups how long does it take you to adjust and feel totally comfortable with your surroundings and people around you?

Then imagine when you approach a girl, you have to gain this same feeling of karma in a much less period of time. Girls are exactly the same. They need to adjust. Someone she doesn't know is speaking to her, she is taking a while to adjust. It is normal.

Most men assume that when you approach a girl and she doesn't greet you with open arms and a huge smile that you are going to be unsuccessful. If you count the number of women you approached, you can be assured that over 70% of them looked uptight, nervous and unsure. That is why you have to use the power of words and body language.

For example, if you are going onto a game show and everyone sounds and looks nervous it will in turn make you feel nervous no matter how confident you were feeling beforehand.

The Ultimate Guide for your Dating to be successful with women you have to close the barrier of "stranger to friend" quickly. The quicker you do this the more successful you will be.

Humor, smiling, eye contact, is all a great way to do this. Confidence makes women feel more at ease.
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Making Things Different
Makes Us Different
Muslims of the world celebrate their holiest month of Ramadan every year. Ramadan is the 9th month in the lunar year. During this month, healthy Muslim adults observe Fasting during the daylight hours. Muslim Fasting is a total abstention from eating, drinking, and sexual relations from dawn to dusk for 29 or 30 days of the month of Ramadan. Also, avoiding immoral behaviour and anger and showing compassion is part of the requirements of the fasting. The purpose of fasting is manifold.

Allah (the God Almighty) mentioned in the Holy Book of the Muslims, Quran, Al-Baqara (The Cow) “2:183 O YOU who believe! Fasting is prescribed for you as it was prescribed for those before you, so that you might remain conscious of God” that the fasting is prescribed for the believers as it was prescribed for the people before them, so that they may acquire self control and God-consciousness. Therefore, the purpose of the fasting is to develop God-consciousness, self-control, improvement of health by reducing or eliminating impurities from the body, and to become aware of the plight of the poor, hungry, and the sick. Ramadan is a month of spiritual consciousness and high sense of social responsibility. The fulfilment of one’s obligations during the month is rewarded by 70 times. Fasting is one of the 5 pillars of Islam including Announcement of Faith, Salaat (praying 5 times a day), Zakaat (the right of the poor on the wealth of the financially able), Fasting during the month of Ramadan, and Hajj (once a life time pilgrimage to Kaaba).

Quran, Al-Baqara (The Cow) 2:185 It was the month of Ramadan in which the Qur’an was [first] bestowed from on high as a guidance unto man and a self-evident proof of that guidance, and as the standard by which to discern the true from the false. Hence, whoever of you lives to see this month shall fast throughout it; but he that is ill, or on a journey, [shall fast instead for the same] number of other days. God wills that you shall have ease, and does not will you to suffer hardship; but [He desires] that you complete the number [of days required], and that you extol God for His having guided you aright, and that you render your thanks [unto Him].

It is an obligation on every adult and healthy Muslim to fast during the month of Ramadan. The month of Ramadan is also the month in which the Holy Quran was sent down from 7th level of heaven to the 1st level, from where it was re-
revealed to Prophet Muhammad (peace be upon him) in piece-
meal basis over a period of 23 years. It is a very joyous occasion
for the Muslims of the world. Muslims fast during the day and
pray and read Quran during the part of the night. There is a spe-
cial night called the Night of Power, which is mentioned in the
Quran, as a night of mercy and light and worshiping during this
night is better than 1,000 months. During this night Quran was
sent to the 1st level of heaven. Allah (the God Almighty) send
down special angels during this night to pray for the mercy of
Allah (the God Almighty) and salvation for the believers. In addi-
tion to fasting, Muslims pray more often, read the Qur’an (holy
text), and give to charity.

When the month is over, Muslims celebrate a three-day holiday with feasting and gift exchanges, called Eid al-Fitr (the Festival of Breaking the Fast). Before the day of Eid, during the last few days of Ramadan, each Muslim family gives a deter-
minded amount as a donation to the poor. This donation is of
actual food – rice, barley, dates, rice, etc. – to ensure that the
needy can have a holiday meal and participate in the celebra-
tion. This donation is known as sadaqah al-fitr (charity of fast-
breaking).

On the day of Eid, Muslims gather early in the morning in
outdoor locations or mosques to perform the Eid prayer. This
consists of a sermon followed by a short congregational prayer.
Worshippers greet and embrace each other in a spirit of peace
and love.

After the Eid prayer, Muslims usually scatter to visit vari-
ous family and friends, give gifts (especially to children), and
make phone calls to distant relatives to give well-wishes for the
holiday or visits to the homes of relatives and friends to thank
God for all blessings.

When Ramadan begins, any person who intends to fast
must openly or silently express to Allah the following:

"I intend to fast today for the sake of Allah. O Allah, make it
easy for me and accept it from me."

When it is time to break the fast at sunset, the Muslim
should say:

"O Allah, For Your Sake I fasted, in You I believe, in You I trust,
and with the food You provide I break my fast."

In times of difficulty, our only source of strength is our
faith in the absolute power of God. We know that if we have
His protection and guidance, we will be able to overcome all
the challenges that surround us.

This month of Ramadan is giving us yet one more oppor-
tunity to re-dedicate ourselves to the absolute power of the
divine and refocus our lives to worshipping Him and Him alone.
Each of us can develop an individual plan to benefit from and
we can all do something extra to earn some additional grace
from God, the Almighty.

Salaam,

Fadi Saidu
Yaounde, Cameroon
In 1858 Alfred Saker landed in Bimbia and founded a missionary post. He later acquired land from the Native Bimbia Chiefs and named after Queen Victoria of England. He built the first Baptist Church. This territory played host to the first Christians who were had followed him from Fernando Po as well as converted natives from surrounding villages. Around it, there later developed a new settlement that is today known as Limbe (former Victoria). The name of the city was changed from Victoria to Limbe by a presidential decree in 1983. The city is named after the Limbe River that runs across the city. Limbe was therefore one of the entry points of the first missionaries in Cameroon and is fast growing into an industrial city with the location of the Petroleum Refinery, the Shipyard, the Thermal Plant, the Cement Factory etc.

In 2008 Limbe will celebrate an important historical milestone. She will be one hundred and fifty (150) years old.

By Eko Victor, Fako Tourism Board, Limbe
Great Cities

Bakweri Elephant Dance

Limbe Canoe Race

The Atlantic Ocean

Calming the Sea Waves

Discover Limbe!
Town of Friendship, Town of Opportunities,
A Sea-side Tourist and Resort Town

Baby Whale trapped in sand on the beach at low tide
The Alfred Saker Monument

The Old German Torch Light

Stairs to the Old German Lighthouse at Debunscha

Islands

Waves

Ombe Rapids

The Alfred Saker Monument

Crocodile at the Limbe Wildlife Centre

Mt. Fako Summit
MTN Cameroon Organises Corporate Loyalty Workshop in Yaounde

The MTN CAMEROON’s Business Segment Unit organised a Corporate Loyalty Workshop on October 9th 2007 at the Hilton Hotel’s 10th Floor Conference Room. The aim of the workshop was to introduce IT Executives from more than 20 corporations and institutions in Yaounde to new MTN CAMEROON services and products. Some of the institutions invited were the World Wide Fund For Nature (WWF), The British High Commission, the Secretariat of State at the Ministry of Defence, the US Embassy, Transnational Automotive Group (LeCar & LeBus).

Introducing the workshop, the head of the Business Segment Unit (Yaounde Branch) Marie Chantal ZEH explained to the participants that MTN was innovating its services to meet up with the needs of their jobs and growing demands for mobile communication services, hence the aim of the workshop which was to present the new products and services (with their added values) as well as familiarise participants to these services through demonstrations. She introduced the MTN Group, MTN CAMEROON, its operations, values.

MTN CAMEROON

MTN CAMEROON was launched in October 2000 with the acquisition of a licence from CAMTEL Mobile worth 40 billion FCFA and 5000 subscribers. Today, MTN CAMEROON is proud to have more than 2.050.000 active subscribers, 60.000 sales points, and 10 service centres. MTN CAMEROON covers 85% of its target network. MTN CAMEROON achieved these results by adhering to corporate values like Leadership, Integrity, Innovation, Relationships, Can-Do (pioneering, passion, optimism, vibrancy, dynamism, vivacity).
Marie Chantal then invited Gervais Keedi, Robert Bitjong, Bertrand Nkoa and Angeline DANGA to present the different products and services. For GSM Products, MTN CAMEROON proposes the BUSINESS PLUS and BUSINESS CHOICE packages as well as GSM Services that include detailed bills, quick info, SMS alert, conference call, roaming calls, call waiting, Notify Me (who called), routing, call restrictions.

ISP Products include MTN VPN (Virtual Private Network) and MTN Business Internet while ISP Services include Hotline, Support, Intranet, camera surveillance.

The Global Package Radio Service (GPRS) was also presented as an improvement of the GSM technology as it enables faster transfer of data. GPRS enables users to navigate on the web with the phone connected to the computer thus permitting greater mobility. However, only 3rd Generation phones could be used for this service.

To enable post-paid users check, download or print their bills, MTN CAMEROON is proposing the E-BILLING service available through the website www.mtn.cm.

After the presentation of some TOP UP POINTS for easy payments as well as service tips and useful numbers, a demonstration exercise for all the participants was done by the experts. During this demonstration, participants learnt how to access the e-billing system online, use the GPRS and manage conference calls.

The workshop ended with a Quiz in which the first three prizes were won.

The participants were offered gifts and a sumptuous meal at the Hilton Hotel Restaurant.

**MTN PRODUCTS & SERVICES**

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