



Achas Safari

A Pan-African Tourism, Conservation and Community-based Magazine



Paul Biya and Uhuru Kenyatta Lead Africa in Fight Against Poaching

**AFRICAN-AMERICANS WITH
CAMEROONIAN ROOTS**

- Condoleezza Rice



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VISIT Tanzania,
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Port Autonome

A PAN - AFRICAN TOURISM VISION:

By Acha-Anyi Paul Nkemngu (PhD)*



Almost two decades after the adoption of the United Nations' Millennium Development Goals, poverty levels on the African continent still remain unacceptably high. While world-wide absolute poverty levels have dropped sharply from 40% to under 20%, extreme poverty levels still stand at 42.7% in Sub-Saharan African (World Bank, 2014).

Despite the above situation, we at Achas Safari Magazine see in the current global tourism boom an amazing opportunity for fast-tracking Africa's development. This great optimism is based on the rich tapestry of tourism resources on the continent. From the deep caves harbouring the cradle of Humankind in South Africa through rich palaces showcasing ancient civilizations in Foubman (Cameroon), Timbuktu and many others to the inexhaustible history and treasure of the pharaohs of ancient Egypt, it is evident that Africa offers more than the world can explore in one life time. Furthermore, it is worthy of note that each acre of the continent from Cape to Cairo, from Nairobi to Abuja has a unique cultural heritage, with an endless plethora of wildlife in its natural habitat and an unspoiled haven of scenic beauty, coastlines and waterfalls. Hence, there is no gainsaying that the current tourism bonanza offers the ideal conditions for Africa to avail its tourism treasure to the service and development of the continent's peoples.

The signs are there for all to see, considering that each day millions of tourists jet across the skies, cruise through the oceans and tour in buses through the highways in search of most of what Africa has: unique cultures, unspoiled nature and pristine and tranquil environments. However, while tourists are exploring destinations and immortalising the attractions and experiences in photos, economic growth and development occur simultaneously. Achas Safari Magazine holds the firm conviction that Africa has the resources and the potential to be a major player in this global market place.

Hence, our mission at Achas Safari Magazine is to champion the course of African tourism by attracting world attention to the treasure house of Africa's natural and man-made heritage. We hold a fervent view that the key to unlock Africa's developmental potential lies in the unique and elegant tourists attractions in our communities. The strategy to unearth this untapped tourism gold mine requires both a supply and demand side approach. Supply side strategies should start from awakening community and political consciousness to the economic potential of tourism, considering the industry's capability to create jobs, attract foreign exchange and stimulate subsidiary industries. Demand side strategies, on the other hand, would necessitate that Africa aggressively joins the bandwagon of tourism marketing and actively package its tourism products in a colourful and irresistible manner. In a highly competitive tourism business space, this would demand product packaging that cuts across political boundaries and a greater focus on the general good rather than a solo national mentality. A common visa system for Africa would make it possible for tourists to be mesmerised by the spirit of African resistance in Robben Island (South Africa), experience the indigenous culture of the Maasai in Kenya, spend quality time with African traditional royalty at the Sultan's palace

in Foubman marvel at the spirituality and creative genius of the pharaohs buried around the Pyramids in Egypt, before leaving the continent. One can only imagine the economic spin-offs from such a trip.

Cognisant of the huddles on the way to achieving this laudable goal, especially the lack of political enthusiasm with a pan African economic community, and the threat posed by the wanton destruction of the African natural and cultural heritage, we nonetheless believe in the common truism that all great achievements begin with an ambitious dream. And so we dare to dream, while maintaining in our consciousness the fact that fantasising alone will not develop Africa. Therefore, this is a call to action, with Achas Safari Magazine leading the charge to take Destination Africa (DA) to the world. While we anxiously wait for the formation of an African Tourism Organisation (ATO) to spearhead the management/marketing of Destination Africa (DA), Achas Safari Magazine has begun the journey that will culminate in Destination Africa sitting on the throne of tourism as the destination of choice and the envy of the world.

He who has put this beautiful vision and dream in us will surely bring it to fruition.

In God we Trust!

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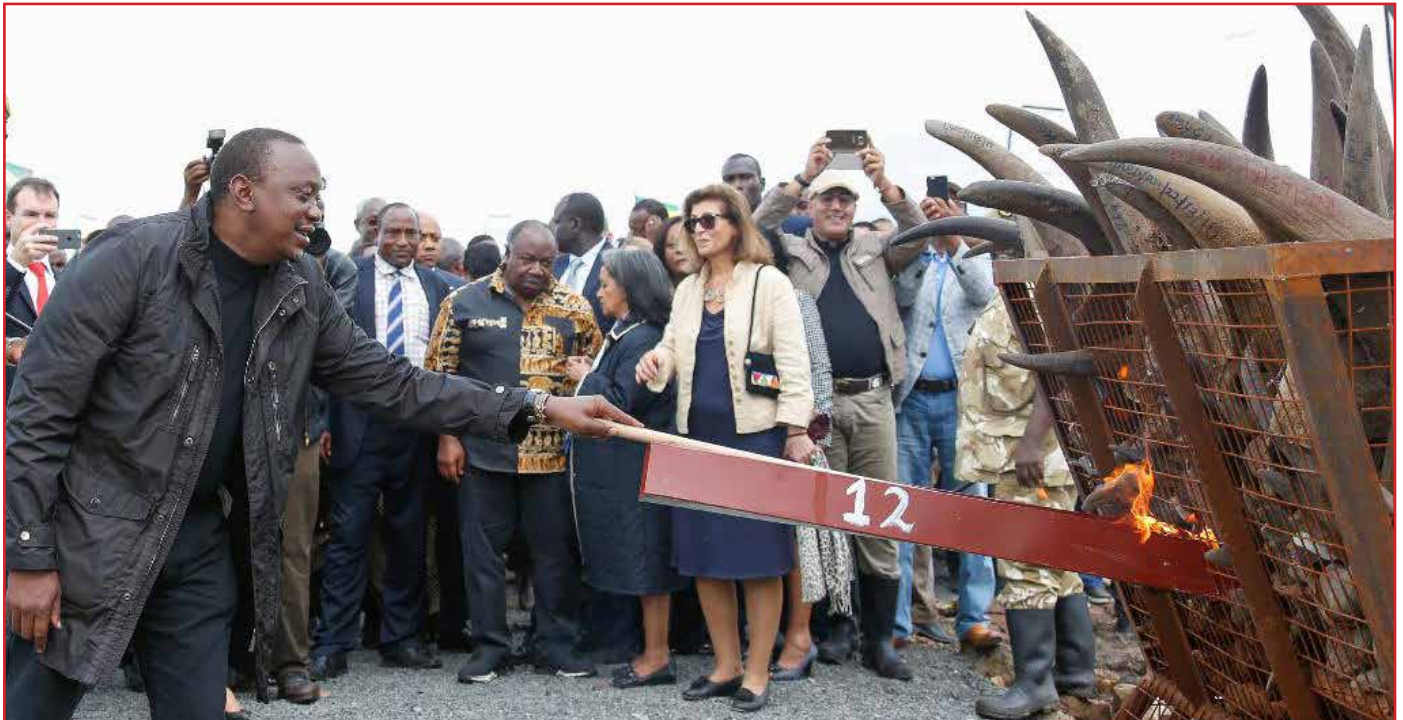
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Paul Biya and Uhuru Kenyatta Lead Africa in Fight Against Poaching



President Uhuru Kenyatta sets tusks ablaze as Ali Bongo of Gabon and others look on.

By Martin A. Nkemngu

Cameroon and Kenya are two countries which share a few things in common. The Cameroon Mountain, the highest peak in West Africa, is found in Cameroon while Mount Kenya, also one of the highest in Africa, is located in Kenya. Besides, both countries are home to a wide variety of animals and plants, a great attraction for thousands of tourists from around the globe.

This explains why last April, Presidents Paul Biya of Cameroon and Uhuru Kenyatta of Kenya made world headlines by burning huge stockpiles of ivory, rhino horns and related manufactured objects in separate occasions in the two countries, proof of their determination to put a stop to widespread poaching.

Uhuru Kenyatta, President of Kenya, bent over to light a tray of fuel, with the eyes of a thousand observers fixated on his back. Looming in front of him was a massive tower of ivory - one of 11 starkly white pyres set up at Nairobi National



Park, a sprawling wildlife-filled oasis in Kenya's capital city. Doused in fuel, smoke quickly began to billow from each of the intricately assembled piles. Bright orange blazes soon overtook them, blackening the formerly pristine pyramids.

By the time the last flames flickered out, Kenya had reduced 105 tons of elephant ivory and 1.35 tons of rhino horn to smouldering ash - the final remains of some 6,500 elephants and 450 rhinos killed for their tusks and horns. As President Kenyatta said in his speech, the burn is meant to send a strong and clear message to the world: "For us, ivory is worthless unless it is on our elephants."

Africa is in the midst of a poaching crisis, driven primarily by demand in Asia for wildlife products. Three-quarters of illegal ivory makes its way to China, while Vietnam is the largest market for rhino horn.

US State Department in March, estimated the elephant population to hover around 400,000, indicating that one in five elephants has been killed for their tusks during the past ten years. Last year 1,338 rhinos were killed for their horns, out of a total estimated population of just 25,600

Africa is in the midst of a poaching crisis, driven primarily by demand in Asia for wildlife products. Three-quarters of illegal ivory makes its way to China, while Vietnam is the largest market for rhino horn.

black and white rhinos.

Earlier, in a similar action, under the instructions of President Paul Biya, some 2000 elephant tusks and 1753 objects made of ivory were burnt to ashes at the Yaoundé Conference Centre by Cameroon's Minister of Forestry and Wildlife, Ngole Philip Ngwese in the presence of the permanent representative of the United States to the United Nations, Samantha Power and civil society groups.

According to official statistics, an average of 30,000 elephants are killed yearly in Africa by traffickers who smuggle the tusks to Asia for sale.



Cameroon's Minister of Forestry and Wildlife, Ngole Philip Ngwese and Samantha Power, Permanent Representative of the

Colonel Didier Badjeck, spokesman for Cameroon's military, told VOA that security forces recently have engaged in gun battles with poachers in Bouba-Ndjida National Park.

Approximately 20 elephants also were killed in the immense park in 2015. Sudanese rebels on horseback, armed with automatic weapons, are believed to have killed hundreds of elephants there in 2012, National Geographic reported recently.

Under Cameroon law, anyone found guilty of trafficking protected species risks a 1-3 years jail and a fine of FCFA 3-10 million (US\$ 5000-16000). Cameroon is one of the countries that was identified as being most heavily implicated in the illegal trade in ivory at the 16th meeting of the Conference of the Parties to CITES (CoP16) in Bangkok, Thailand, in 2013. The countries were categorized as countries of "primary concern" (eight parties) and "important to watch" (six parties). In terms of countries in Central

and West Africa, Cameroon, Republic of Congo, Democratic Republic of Congo (DRC), Gabon and Nigeria are all parties of "secondary concern" and have been requested to develop National Ivory Action Plan (NIAP), while Angola is among the parties "to watch" and has also been asked to develop a NAIP.

A kilogram of raw ivory commanded US\$2,100 (FCFA 1.2 million) last year, up from \$750 (FCFA 430,000) in 2010, according to Save the Elephants, a conservation group.

Public opinion, however, remains divided about the wisdom of burning ivory to deter poachers. Some think that the seized ivory should be auctioned and the proceeds used to equip guards in the fight against poachers. Others think that it is a tricky issue to burn seized ivory tusks. Many are of the view that this will not deter poachers from their lucrative ventures.

Ms. Immaculate Nkong, a senior staff in the Ministry of the Economy, Planning and Regional Development admits that "The issue is complex. The burning may serve to sensitise public opinion against buying or owning ivory. Yet, it is hard to say whether poachers will stop their macabre activities because of burning."

Whatever the situation, it is clear that Cameroon and Kenya have sent a very clear message to the world about their resolve to combat poaching in a sustainable manner.

What is certain is that Paul Biya and Uhuru Kenyatta have taken the lead in the fight that needs the cooperation of other African countries to succeed.

The incineration exercise of the 3510kg of seized ivory, according to the Minister, is based on President Biya's order to end poaching in the country. Through this act, he said, the government not only aims to demonstrate its commitment to fighting against poaching activities in the country, it is also aimed at respecting the different international agreements which it ratified, in terms of fight against the illegal marketing of protected species under threat of extinction.

The elephant tusks destroyed represent material seized from wildlife traffickers across the country.

The pile of elephant tusks and hundreds of finished ivory products and objects were evaluated at over FCFA 2 billion (US \$3.5 million). Cameroon for the first time publicly destroyed its stockpile of illegal ivory seized from poachers evaluated at 3.5 tons.

The Minister of Forestry and Wildlife, Ngole Philip Ngwese, during the ceremony, on behalf of the Head of State, stated that "We'd rather step up efforts to protect elephants than live with haunting memories of slaughtered elephants by keeping their tusks."

Guards Killed

While regretting that 2000 elephant tusks represent 1000 elephants killed, the Forestry Minister disclosed that over 600 firearms and a significant stock of about 3000 ammunition were destroyed barely a week earlier in Bertoua in the East Region as part of efforts to protect elephants. He said the destruction was therefore a happy completion of efforts that started in 2014. He disclosed that over 1000 wildlife guards have in recent years been deployed to protected areas that are most prone to poaching. But again regretted that in less than four years, "We recorded the deaths of three eco-guards, four village hunting guards and one hunting guide- all gunned down by poachers". "The international outcry sparked by the mass killing of

elephants in the Bouba Ndjida Park in the North Region is yet to meet financial commitment as requested by the Head of State to fund government's plan," Ngole Philip Ngwese lamented.

Notwithstanding, Cameroon has signed three agreements with neighbouring states to establish a common front against cross-border poaching.

Samantha Power said incinerating seized ivory tusks was a strong message from Cameroon's Head of State to those who



Piles of elephant tusks ready for burning in Nai-

deal in the monstrous trade.

The elephant population in Bouba Ndjida reduced from 800 in 2008 to fewer than 300 today, with Samantha Power saying this was a clear indication that routes to illegal poaching networks were well carved.

She declared, "Countries like the US have banned imports of ivory tusks from Africa, with the UN working on reducing its demand. Meantime, China as part of efforts to scale down trade in the product has cut by half the price for ivory in the past two years. Conservation efforts in Congo Basin forests should be reinforced. However, Cameroon cannot do it alone and together, let us take this step."

The bloody toll in elephant poaching continues to climb in Cameroon, where security forces reportedly killed a handful of Sudanese rebels suspected of slaughtering the animals for their valuable ivory tusks.

CAMEROON'S TOURISM AMBITION: ONE MILLION TOURISTS BY 2020, SAYS BELLO BOUBA MAIGARI

By Theodore M. Ndze

Bello Bouba Maigari,
Minister of State for
Tourism and Leisure



The Minister of State for Tourism and Leisure, Bello Bouba Maigari says Cameroon is on course to welcome over one million tourists by the year 2020.

Since his appointment in December 2011, Bello Bouba Maigari has been working to make Cameroon a tourist destination in Africa for both foreign and local tourists.

Since assuming Office of Minister of State for Tourism and Leisure, much has changed relating to infrastructure, training, quality of service and the increase in flow of tourists.

Cameroon already attained the level of being a tourism destination in 2010. From 2011, the number of international tourist arrivals in Cameroon had risen above 900 000 almost reaching the 1 000 000 international tourists per year stipulated in the Growth and Employment Strategy Paper targeted to be received by Cameroon in 2020.

"We are already above this figure as per our statistics of 2012 and 2013. This is as a result of concerted efforts between the Ministry of Tourism and Leisure, promoters of the private sector of tourism and other partner administrations. We work in close collaboration and we sensitize them on the importance of constructing standard quality hotels as well as providing quality services."

The State has equally developed some tourist sites and constructed some hotels to add to what the private sector is doing. The Prime Minister, Head of Government personally coordinates activities of the sector through Tourism National Council that holds thrice every year. In this important development meeting, all actors of the sector are implicated and asked to carry out development in the different areas of intervention to facilitate the growth and development of tourism in Cameroon. The Ministry of Tourism and Leisure in its policy also

embarked on the promotion of tourism internally as well as internationally especially in Europe, America and Asia. This is the secret about how we go about pushing tourism forward," Bello Bouba declared.

With the country bracing up to host the Women and Men's African Cup of Nations in November this year and 2019 respectively, the Minister of State is leaving no stone unturned to make sure visitors to Cameroon feel at home during the two sporting jamborees.

In an exclusive interview with the Africa Star Magazine recently, Mr. Bello Bouba outlined his plans for the Ministry of Tourism & Leisure, and his determination to make the country maintain its status of Africa in Miniature.

He said when he arrived the Ministry, Cameroon was already recognized as a tourist destination in 2010. After the reorganization of Government on 9th December 2011, he worked out a new organization chart in 2012 in which they brought in the Leisure aspect as a department on its own. The Follow-up Unit for Training was raised to a Division giving it more attributes. The reason for these changes was to lay emphasis on tourism leisure activities which were never seen as important and the training which is very important to build up capacities of personnel in order to improve the quality of service in the tourism industry. Other Tourism Information Offices were also opened in Beijing-China and Washington in USA to add to that of Paris, France that was earlier created.

"We are also focusing our attention now on Eco-tourism as one of our core products in the South and South West Regions following insecurity threats by the terrorist group Boko Haram. We have developed some sites, constructed and rehabilitated some state hotels like Parliamentarian Flats and Mountain Hotel in Buea, Agric Show Hotel in Ebolowa and we are still in the process of constructing more to improve on tourism infrastructure in our country," the Minister stated.

Bello Bouba noted that tourism is a driving force in most economies because of the importance of tourism as the number one industry in the world

after petroleum and automobile in terms of employment, income generation and growth. Because of this, he stated, that the Head of State, His Excellency Paul decided to declare tourism a priority sector for the growth of our economy.

He said there are a multiplicity of tourism establishments and activities such as hotels, restaurants, travel agencies and tour guides etc. in Cameroon today because of the increase in demand for tourist services since tourists inflow has witnessed an increase. With all the available facilities, tourists are assured to have good quality services in a secure environment and good value for the money spent. Among the services provided, security has been stepped up to make sure that tourists move freely and remain safe and protected.

Apart from the development in hotel infrastructure, a number of other projects are on course. These include; the development of holiday camps in Sangmelima, leisure park in Buea, recreation park in Ebolowa, water sports resorts in Maga and Lagdo, leisure attraction Park in Yaoundé and a giant aquarium for exhibition of water and marine products in Yaoundé.

In terms of service, MINTOURL ensures that when tourists come to Cameroon, they should go back completely satisfied so that they can always come back with their friends and relatives for repeat business.

In May 2015 Training Programmes in the Tourism sector were harmonized and validated alongside the draft project on Validation of Acquired Experiences (VAE). A Professional Reference Training School in Tourism, Hospitality and Leisure is earmarked to be constructed in Bertoua in the East Region of Cameroon. This school will help in the training of professionals at all levels so that services in all tourism establishments will be delivered by well train professionals.

So far the new harmonized and validated programmes in tourism were implemented last year in Limbe and Yaoundé in November and December 2015 respectively. This same implementation will continue in Douala, Bafoussam and Garoua in 2016 to adequately reinforce the capacities of personnel of tourism establishments in the towns that will host the 2016 female and 2019 male African Nations Cup. All above measures are to ensure that services are improved to meet with international standards.

“There are some changes in terms of deployment of some of our senior staff in our foreign information offices. The strategy we are using in the Ministry of Tourism and Leisure is to promote our tourism products nationally and internationally making sure we reach our target clients. We want to sell Cameroon destination to tourists all over the world because we need them for the development of our economy, our country and to go above the target of more than one million international tourists per year before 2020 to get Cameroon top destination in Africa. It is for this reason that our Head of State decided to create Tourism Information



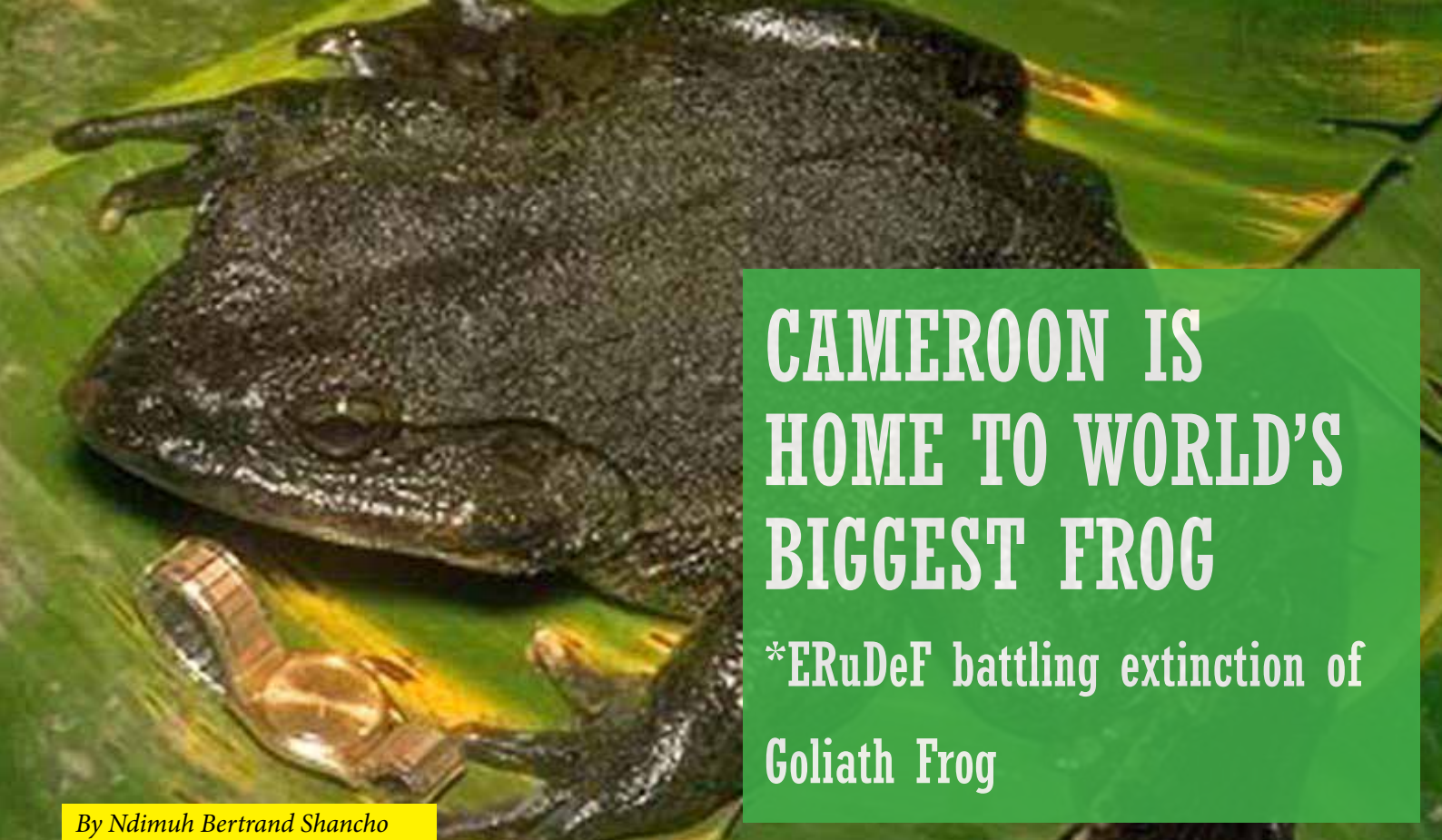
Offices or Bureaus in America, China and France to ensure proper promotion and marketing of Cameroon destination to tour operators, travel agents, foreign medias and other specialized tourism organs through our representatives deployed to these countries.”

The performance scorecard or graph of the Ministry of Tourism and Leisure is on the rise. Though within the back-drop of fallen petrol prices in the world market and Boko Haram threat that is causing a dwindling effect on our economy, tourism development is advancing as more standard hotels are being constructed including those of the state. Many tourist sites are also being developed and quality of service in tourism establishments is also improving combined with relative peace that is reigning in Cameroon.

“As the head of the Ministry of Tourism and Leisure, I will like to see Cameroon Tourism Industry rise to the first position in Africa by 2035 with most of its development, promotion and marketing activities carried out by a devoted well-structured Tourism Board. I will also like to see the private tourism sector fully developed, taking initiatives and being responsible rather than the Ministry

My vision for Cameroon tourism by 2035 is that it should be an industry with well trained professionals and should be able to receive more than 5 million foreign tourists, provide 75% of employment and contribute above 50% of the National Income of our economy.

persuading them on what they have to do. “It is true that there were many check points and security harassments by some over-zealous officers. Through a series of joint meetings with other partner administrations of the police and gendarmerie during National Tourism Council, most of the check points have been removed and there is little or no harassment of tourists. The aim of security is to ensure protection of tourists not harassment.



CAMEROON IS HOME TO WORLD'S BIGGEST FROG

***ERuDeF battling extinction of Goliath Frog**

By Ndimuh Bertrand Shancho

Listed as Endangered on the Red List of the International Union for the Conservation of Nature (IUCN), goliath, the world's biggest and most endemic frog species currently risks extinction given wanton hunting and habitat destruction in the Nlonako Mountains Littoral Region Cameroon. Endemic to the Nlonako Mountains and parts of Equatorial Guinea, the Goliath Frog known by its scientific name *Conraua Goliath* plays an invaluable ecological role in maintaining the ecosystem and is known for its medicinal properties notably the fight against diseases like malaria and yellow fever as they feed on the larvae of the insects that cause these diseases. This rare amphibian specie has unfortunately been subjected to overexploitation by pet traders and loss of habitat from communities adjacent to its natural habitat.

An average size goliath frog, according to a pet trader in Nlonako, costs between FCFA 5000(USD 10) and 30000(USD 60) depending on the size. "It's a delicacy in this village. We serve it to visitors and during special occasions. We also sell it to travelers on the highways" recounts a native of Kola, a community adjacent to the Nlonako Mountains. About 80% of Nlonako



Boy with Goliath Frog

Approximately 2000 Goliath frogs are exploited annually and commercialized on the Douala-Nkongsamba highway mostly to foreign nationals.

adjacent communities are involved in hunting activities.

"I used to make about FCFA 200000 a week from the sales of frogs especially during the peak periods that run from November to February but now I hardly can make up to 50000 a week no matter the period." Explains Andre, a goliath frog trader in Douala. This trade is even more flourishing in the villages of Kola, Lalla and Magamba that are directly adjacent to the Nlonako Mountains. "Our most regular customers are foreigners and travelers who usually buy these frogs either for food or out of curiosity owing to its large size. There are some of them as big as the size of a new born baby" he adds.

According to a preliminary study undertaken by a Biodiversity Conservation Postgraduate Student at ERuDeF institute of Biodiversity and Non-Profit Studies (ERuDeF Institute), Grace Neba, Nlonako adjacent communities make up to FCFA 3million (USD 6000) every year from the sales of Goliath frogs, a situation that has raised doubts about the future of this amphibian species.

According to IUCN Global Amphibian Red list Assessment of 2004, amphibians are far more threatened than either birds or mammals, with 32.5% of amphibian (1,856 species) being globally threatened compared with 12% of birds (1,211 species) and 23% of mammals (1,130 species). ERuDeF Institute in partnership with Cameroon's Ministry of Forestry and Wildlife, the Helsinki Zoo-USA, University of Buea has been engaged in baseline survey aimed at establishing the decree of threat faced by this frog specie in the hands of poachers. Efforts are underway for the gazetting of this mountain, which is host to over 93 amphibian species.

ECOTOURISM, "OUR HIDDEN TREASURES"



By **Earnest Yuniwo Njila***

Ecotourism or Responsible travel is an environmentally responsible travel to natural areas that still maintain a high degree of originality in order to enjoy and appreciate nature and at same time savouring the cultures of the local population. Ecotourism seeks to promote conservation, minimises visitor impact, provides socio economic benefits to the local communities and ensures the active involvement of the local population. Unlike other human activities, Ecotourism is distinguished by its emphasis on conservation, education, traveller responsibility and active community participation.

From a more specific perspective, responsible travel is characterised by a conscientious low-impact visitor behaviour, sensitivity towards the appreciation of local cultures and biodiversity, support for local

conservation efforts, sustainable benefits to local communities, active local participation in decision making and the education of both the locals and the visitors on environmentally sensitive issues. Ecotourism also referred to as community based tourism (CBT) is a community centered activity that depends on the local population as the main stakeholders or main actors for its efficiency.

How does ecotourism operate?

Ecotourism projects are usually developed in local areas that still maintain some degree of originality in cultures, biodiversity, environment as well as other unique features that are peculiar to these areas. Here, we mean features like mountains, waterfalls, lakes, valleys, community forest etc.

Each feature here has a set of accompanying activities that can be

harnessed for ecotourism purposes and propose to tourists as the main product of the projects.

For instance, ecotourism development around a mountain should have hiking, bird watching, safari, adventure tours, and mountain race as main activities of the ecotourism package. In order to involve the local population, these activities are spiced by cultural display.

Ecotourism developed around community forest is accompanied by biodiversity observation, bird watching, nature tours

In situations where culture of a locality constitute the main feature on which the project is developed, cultural display, arts and craft, museums, folklore, local cuisine, dressing, language, heritage tours, tales, traditional wrestling make up the items that are packaged around the culture for ecotourism purposes.

Other features like lakes, waterfalls, caves, valleys also have what can be developed and package to develop ecotourism around them.

How does Ecotourism benefit the local population?

Being the main actors on which the project is developed, the local population has a multidimensional benefits.

On the one hand, their direct involvement in the projects enables them to earn direct income from the sales of arts and craft objects, local cuisine, souvenir objects, services like tour guides and potters, tales, tips to dance groups and other performances. On the other hand, the consumption of the main product by the tourists

and their fallouts that goes into the project fund, which is later used for development and provision of social facilities in the locality.

Ecotourism as a nature based activity greatly contributes to environmental protection, biodiversity conservation and cultural preservation.

It also leads to the empowerment of the local population as it creates numerous jobs and employment opportunities at different levels and hence reducing unemployment rates in rural areas. For instance, people gain jobs in the provision of services like tour guides, potters, local cuisine, interpreters, souvenirs providers, cultural and theatre groups, traditional fabric designers, museum attenders, etc. All these options are lucrative and generate a lot of income for the actors thus leading to high cash flow in the communities. This directly enhances their purchasing power and improves on their living conditions.

Considering that ecotourism like any other form of tourism is a seasonal activities, ecotourism projects always

generates alternative activities to complement income generation especially during low seasons. The local population can be trained on activities like bee hive keeping and honey production, mushroom production, craft work, poultry farming, piggery, etc. They can now practice it on a daily basis while waiting for the tourism season.

Ecotourism with this multi-dimensional impact has been adopted by many countries today as panacea to underdevelopment, solution to unemployment, tool for environmental and biodiversity conservation, an instrument for cultural preservation, as well as the cradle of financial and economic empowerment.

Earnest Yuniwo Njila holds an M.A in Tourism management Chief of Service for Tourism Enterprise at the SW Regional Delegation of Tourism and Leisure, Buea

SILICON HOTEL

P.O. Box 644 Tel: 680672753, 677550050, 677550060 Mile 17 Bomaka, Buea



SILICON Hotel is undoubtedly an excellent hotel of class situated at Mile 17 Bomaka, Buea. The 35-room hotel has a green vision, pregnant with meaning of, comfort, smart services and a place for social rejuvenation. It has a modern Bar + Restaurant that resonates

the standards of International class hotel by every standards. Room service is unbeatable. The rooms are air conditioned, with modern TV sets including internet services. To crown it all, SILICON Hotel adds to its numerous services a nightclub. SILICON Hotel is home at home.

LIMBE FESTAC: CAMEROON'S MIRROR OF CULTURE



By Benjamin ET-NCHENGE

Not long ago, April 2 – 9, 2016, Limbe staged the Third Edition of its Festival of Arts and Culture (LIMBE FESTAC) to celebrate the “individuality, the antiquity, and the power of the Cameroonian.” Featured as a Cameroonian fair, FESTAC, this unique initiative conceived by Limbe City Council Government Delegate, Andrew Motanga Monjimba, produced an extravagant spectacle of ethnic diversity, Cameroonian nationalism, and utopian modernity which literally staged as “cultural tradition” in Limbe’s Community Field. This week-long festival of cultural revival, from its planning stages to the prizes and awards closing ceremony, officiated by the Minister of Arts and Culture, Jean Narcisse Mouelle Kombi, a distinctive ideology of black culture emerged which owed much to early ideas from elsewhere, but in key respects diverged from them. The underlying “secret” of FESTAC’s cultural project, motivating over 5000 tourists whose representation of culture and race, was the development of a regulated economy which revitalized the city with unprecedented wealth.

The Community Field

The Community Field, venue of LIMBE FESTAC, established the exemplary center not only of festival activities, but also of the new Limbe. Its structures resembled the hub of a cosmographic piece radiating through architectural spokes to embrace the modern world. Viewed from the outside, the arena resembled an earthly habit, as if linking the wealth

of the land—its chthonic traditions—with national territory and sovereignty. These are symbolic musings to be sure, suggesting possible interpretations of FESTAC’s cultural presentation in the popular imagination.

Viewed from within, the Community Field offered state-of-the-art facilities. The orchestral stand was the major showpiece, providing an extravagant venue for cultural performances and dance-dramas, and a rampart of stage-lights.

Radio and television booths were visibly alive to broadcast FESTAC performances to the outside world. Should you need to relieve yourself during the performance, littered closed-circuit video consuls in the hallways and laboratories allowed you to watch the show as you went about your business! These venue served the one basic component of FESTAC 2016; the choreographed performances of traditional cultures and dramatic arts. Equally important, however, were the large exhibition halls which displayed traditional sculpture, musical instruments, and architectural technology, as well as modern art works, mostly by Cameroonians.

A modernist vision was thus clearly inscribed on the surfaces and in the spaces of the Community Field, embracing the latest audiovisual and administration technology in Cameroon’s smallest and wealthiest Council. As a champion and herald of a new order, Limbe played host, through its Community Field, to the widest reaches of the black world. In the official discourse of the organizers, FESTAC’s goals were made explicit:

“To succeed, we must restore the link between culture, creativity, and mastery of modern technology and industrialism ... to endow every Cameroonian with a new society, deeply rooted in our cultural identity.”

We can appreciate the event’s popular appeal in the affirmation of common origins, racial brotherhood and shared cultural values that were voiced by elite on behalf of the masses and disseminated by the mass media. FESTAC was, after all, a grand party. Traditional music dominated the airwaves, as Limbe hospitality attained new heights.

Regimes of Value

FESTAC’s emblem performed a double synthesis; first, it connected all Cameroonians with the wealth of their culture, and second, through the ambiguity of the gold rectangle, it brought the wealth of Cameroonian culture to the rest of the world.

Visitors were indeed welcome to attend FESTAC and enjoy its festivities. They

were also welcome to purchase works of art: not original antiques, of course, but replicas and contemporary paintings and sculptures. Here is the consumption of culture commodified. The true value of an exhibited culture, unperturbed by local taxes, was measured in US dollars—the international currency of global capital and key ingredient of industrial development.

Closing Ceremony

Clearly, any self-conscious recuperation of tradition simultaneously grounds a vision of modernity; and what varies in projects is not only the semantics of this grand opposition, but also the poetics of historical memory, what Raymond Williams calls the “structures of feeling” which inform collective recollections. In this retrospective light, FESTAC’s spectacle of Limbe writ large, and its techniques of illumination, represent a significant break from the imperial conventions of seeing and knowing the self through the other.

As for FESTAC’s ethos, it was anything but nostalgic. Seeing itself in the mirror of cultural production, at once a reflection of forgotten achievements and self-styled “programme” for brighter future, the closing ceremony of FESTAC, watched by the Minister of Arts and Culture all the way from Yaoundé; the Governor of the South West Region Bernard Okalia Bilai, scores of traditional rulers; and participants to the festival from all over Cameroon, Nigeria, Republic of Benin, Togo and Ghana, produced a collective body in ecstasy. In fact, it would not be wrong to term it a mini Pan-African festival. For better and for worse, this fore-runner demonstrated that the postcolonial African subject could acknowledge and celebrate its own ambivalence—its multi-cultural, transnational, historical “hybrid” and unstable identities—in that global language of commodification which only money could afford.

In all, a replay of this grand festival is anxiously awaited by each and all.



Hotel B...

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dez Vous

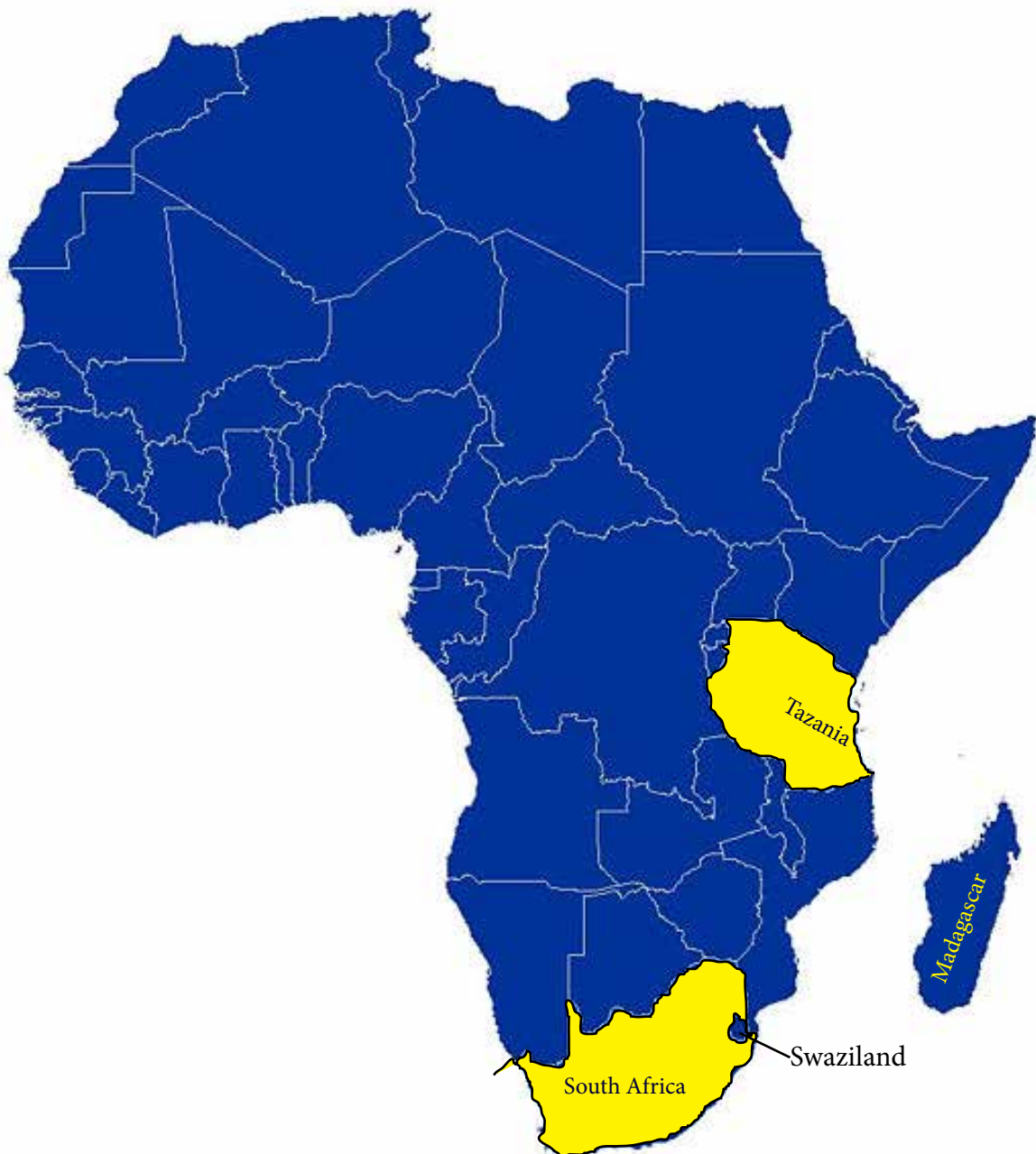


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KNOW YOUR AFRICA; VISIT OUR AFRICA

In this edition, Achas Safari introduces you to tourism in other countries in Africa. In our subsequent publications, we would take you to other African countries to discover their tourism potentials, opportunities and attractions. Come with us and visit the Kingdom of Swaziland with its yearly colourful cultural ceremonies, South Africa in its modernity and its rich cultural diversity and Tanzania for its enticing game parks and beautiful islands and captivating wildlife.





WELCOME TO THE KINGDOM OF SWAZILAND

THE HUB OF CULTURAL TOURISM

By Neliswa Nomkhosi Dlamini (Mbabane – Swaziland)

Bordered by the Republic of South Africa and Mozambique lies the small land locked Kingdom of Swaziland. This peaceful kingdom is known for its peaceful and welcoming inhabitants and it being the one of the few remaining executive monarchies in Africa.

Swaziland has drawn the world's attention by their deeply rooted belief in their culture by practising cultural ceremonies without fail yearly.

Swazis to a certain extent are thought of as very obsessed about their cultural heritage due to their belief that certain cultural ceremonies are sacred and very crucial in their national unity and pride which cements the eternity of the Swazis' existence. However this has not gone with being noticed by certain sceptics who have never shied away from criticising Swazi's for such theories yet these humble clan seems to stay true and proud of their culture.

History

Swazi's are part of the nomadic Nguni tribes (Zulu's, Ndebele's and Xhosa's) that crossed



the Limpopo River all the way from Central Africa in search for land in to settle in. There was much instability within the Nguni tribes for power over each other during what is known as the uMfecane movement which eventually led to their separation with the Zulu tribe led by the great King Shaka Zulu settling in what is now known as Kwa-Zulu natal in South Africa, the Xhosa tribe settled in the Morden day Eastern Cape also in South Africa and the Ndebele tribe in Kwa-Ndebele in South Africa's Mpumalanga province.

However, the Swazi's led by Dlamini I in the late 15th century migrated past the Komati River and settled in Maputo where they mined iron in their free will before Lourenco Marques (now Mozambique) was discovered by the Portuguese in the

16th century. Whilst in Maputo, Dlamini I two son's Mswati and Mthonga revolted against each other over the succession of their father's throne which led to King Mswati I becoming the leader of the Swazi nation which later crossed the Lubombo mountains and settled in what is now known as Swaziland under the leadership of Dlamini III and Ngwane III respectively while the other son Mthonga remained in Tongaland (Mozambique) and his tribe is now known as the Tsonga's or Shangaan's. Therefore Dlamini is the royal clan and surname in Swaziland. Kings and Prime ministers can only come from the royal clan.

Under the leadership of King Somhlolo white Dutch missionaries settled in Swaziland which led to the Anglo Boer war in which the English won and Swaziland became a





British colony. In 1968, under King Sobhuza II Swaziland peacefully gained its independence from the British. Swaziland is now ruled by King Mswati III born Makhosetive Dlamini.

Tourism in Swaziland

Tourism has always been and still is a crucial part of the economy of Swaziland. The tourism industry in Swaziland came to life during the apartheid era in South Africa and the Mozambican civil war. Between 1960-1990, Swaziland adopted unique policies compared to its controversial neighbours such as legalizing gambling which led to an influx of tourists into the Kingdom which had a positive impact on the Swazi economy. Tourist also visited Swaziland to watch television channels and sporting activities that were prohibited in South Africa. Statistics show that the number of tourists increased from 89 015 in 1972 to 257 997 in 1989 while in 1988 tourism was 3% of the GDP of the Kingdom and more than 4% of its total exports.

When the apartheid era civil war ended in South Africa and Mozambique tourism activity decreased significantly in Swaziland since tourists were now travelling to the Kingdoms neighbours who offered much more in terms of tourism. In an attempt to revive its declining tourism industry Swaziland established the Swaziland Tourism Authority in 2003 which still exist and is responsible for marketing tourism in Swaziland internationally. Swaziland now focuses on marketing itself as a cultural tourism destination where tourists can get the pleasure of seeing ancient Swazi ceremonies such as the

1) Umhlanga Reed Dance ceremony

The Umhlanga (Reed Dance) ceremony is an annual cultural festival that takes place at the end of August falling on to the beginning of September yearly at the Ludzidzini royal residence where thousands of unmarried and childless virgin Swazi girls and women leave their chiefdoms and travel to Ludzidzini royal

residence to take part in the 8 day cultural event.

Created in the 1940s in Swaziland under the leadership of Sobhuza II was developed from the ancient Umcwasho custom where young girls were grouped in age regiments so as to ensure that they are not deflowered until they come of age and they served the Queen Mother concluded by dancing and a feast.

The purpose of the reed dance is to encourage young women and young girls to preserve their chastity until marriage, to honour the Queen Mother's and to encourage unity and solidarity among women by working together. The girls gather at the Queen Mothers royal residence at Ludzidzini for 8 days to cut reeds, bring them back to the Queen bundled together and dance before the King and the Queen Mother, Swazi citizens, international dignitaries, the kings wives and international tourists and media.

2) Incwala ceremony

The Incwala ceremony, also known as the first fruits ceremony is the most sacred ceremony in the Swazi tradition. It takes place in December and January depending on the date selected by traditional astrologers in conjunction to the moon and sun phases. The king is very significant in this ceremony. This ceremony starts with " Bemanti" travelling to Mozambique's Indian ocean to collect water and return to the royal kraal where the little incwala (incwala lencane) commences(has to coincide with the full moon), young men from all over the kingdom walk to a specific area to collect the sacred branches of the acacias (lusekwane) shrub. On the third day of the festival a bull is slaughtered with bear hands by the youths so as to show unity amongst the young men. On the fourth day, the King, in full traditional incwala regalia joins the warriors in dance in the royal kraal. The King then eats the first fruits of the season and joins his people when the nation can also eat the first fruits with a go ahead from ancestors.

3) Lutsango Reed Dance

This ceremony is led by the Kings wives known as Emakosikati. This ceremony is attended by married women and unmarried women who have children. These women cut reeds to show honour to the Queen the Indlovukati (Queen Mother) and the Ngwenyama (King) for four days.

4) Bushfire arts and culture festival

The Kingdom of Swaziland plays host to the Annual MTN Bushfire Festival which is held every May and was announced by CNN as one of the "Seven African music festivals you really need to see". This festival is Swaziland's globally acclaimed music and arts festival that opens a platform for individuals and organisations to celebrate creative expression whilst promoting social responsibility, boosting the economy and attracting talent from all the corners of the globe which had its tickets sold out three days before the festival commenced last year after a mad rush for them globally.

Every year for the past nine years, the Bushfire festival attracts 20 000- 25 000 people from all over the world to the scenic farmlands of Malkerns Valley to experience the three day event well known for offering eclectic and multi-dimensional programming deeply rooted in world music and also creates harmony among revellers.

A creative programme is compiled yearly which consists of themed workshops, discussions, art exhibitions and installations, guest speakers, theatre shows, poetry, dance, storytelling, puppetry, film and musical performances. This creates a space for networking and discussion of issues surrounding arts and culture at community level around the globe.

Conclusion

Swaziland earns its right of being called the cultural tourism hub of Africa beyond reasonable doubt. However this little kingdom has a lot more to offer besides its culture. It has beautiful landscapes, game parks and numerous fun activities.

MOUNTAIN HOTEL



Mountain Hotel Buea is a tourist resort of class situated at the foot of Mount Cameroon, the highest peak in West Africa. The three Star Hotel has 123 rooms made up of large rooms, chalets and spacious suites to match its modern unchallenged standards. We offer both African and European delicious dishes with exotic buffet on every Sundry including drinks of assorted kinds.

Mountain Hotel rooms are well equipped with large modern beds, telephone, plasma high definition TV, cable network that beams the world into your cozy rooms 24 hours nonstop and internet service. Located in the very bowels of one of the historic towns of Cameroon, Buea, the once capital of the German Cameroon, the capital of Southern Cameroons, the

Mountain hotel has for decades catered for people who have shaped the destinies of Cameroon by hosting historic events like the Reunification that solidified relations between our two entities.

Today, the Conference Centre and the Banquet Hall can host two separate events simultaneously.

With sophisticated airy and fragrantly equipped rooms with prices cut to enable exquisite pleasures, Mountain Hotel also offers WI-FI in the premises, Olympic size swimming pool an attractive gardens with all that put its numerous clientele in the world of social rejuvenation.

A hotel of international standards, it has airport shuttle and tourism facilities, sporting and entertaining gadgets that gives you the desired satisfaction.

**P.O Box 10020. Tel: 233 32 22 99. 233 32 20 88 E-mail: info@mountainhotelcameroon.com
website: www.mountainhotelcameroon.com**



WELCOME TO SOUTH AFRICA:

An All-in-One Playground, “Diversity at Heart”



By
Portia Pearl Siyanda Sifolo
*(Tourism Management
Lecturer at Tshwane Univer-
sity of Technology)*



Margaret Juskiewicz
*(Independent Contractor:
Education
Part-Time Lecturer: Tshwane
University of Technology; IIE)*

The tourism sector in South Africa caters to the diverse preferences of visitors. From the choice of transportation for the spectacular attractions, South Africa provides a refreshing experience. The airports possess modern infrastructure and comprehensive services for local and international travellers. The 2015 World Airport Awards crowned OR Tambo (Gauteng) as the best airport in Africa, with Cape Town International Airport second, and King Shaka International Airport in Durban finishing third. Travel by road is safe and made convenient by the effective road planning that links all the main cities and ports of this sub-continent including Maputo; Durban; Richard’s Bay; Port Elizabeth and Cape Town. Bracing the ocean by cruise or ferry allows tourists to enjoy yet another form of transportation. South Africa has the largest inland port in Africa, and the largest container depot.



Begin the journey by understanding the history of human kind. The Cradle of Humankind is one of eight World Heritage Sites in South Africa. The landscape is peppered with subterranean limestone caves that have turned up a rich fossil record for human evolutionary studies, which lend credence to the ‘Out of Africa’ theory of where our ancestors came from.

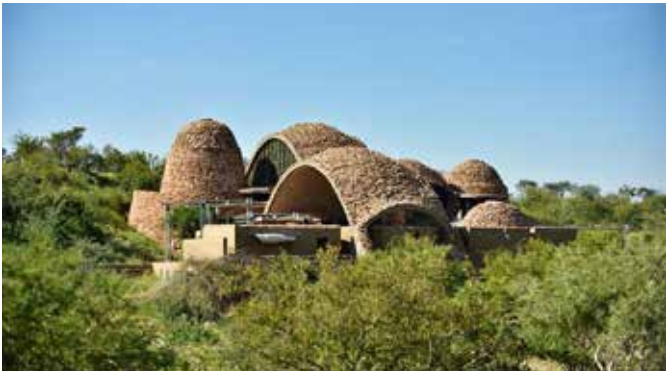


Travel in style.... Get on track to the future! World-class efficiency & state-of-the-art technology merge in this long-awaited, rapid rail transport solution. Gautrain.....,the first of its kind in Africa.



South Africa comfortably presents the challenge to adventurous individuals to abseil the steep slopes of Table Mountain in Cape Town. Table Mountain is the largest mountain in South Africa. Adventure tourism on Table Mountain yields visitors who have embarked climbs on the highest mountains in such as Mt. Everest, K2 and Mt Kilimanjaro

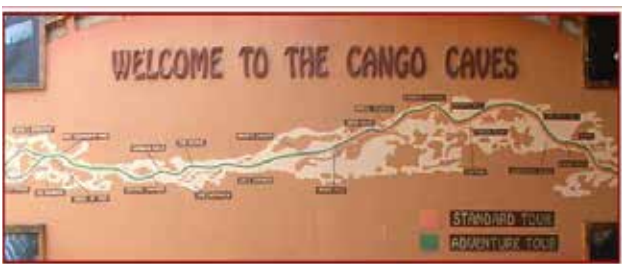
Instead of visiting the distinct ecosystems of the Kruger National Park (in Mpumalanga) that cover vast bushes populated by the BIG 5, explore the Kingdom of Mapungubwe also known as the “lost city”. The Kingdom of Mapungubwe gained this name due to remaining undiscovered for many years.



The three main marinas – opposite the Esplanade, at Wilson’s Wharf and at the Bluff (Kwa-Zulu/Natal) – are headquarters for cruises and ferries around the harbour, by day or night. The bay is also a great place to canoe, kayak or parasail. A number of charter companies offer boat fishing in its waters.

29km from Oudtshoorn, within the picturesque Cango Valley, lies the spectacular underground wonder of the Klein Karoo: the Cango Caves. There the tourist will find themselves encircled by the finest dripstone caverns, with vast halls and towering formations.

South Africa is a land alive with unique experiences.



The tourism sector understands the importance to economize during difficult times of global recession and possesses the tourist attractions that make traveling to the destination easier for a visitor.



Visit the Mall of Africa, which is South Africa’s largest shopping mall ever built in a single phase, with 130 000m² of retail space available. The Mall is home to over 300 shops, many of which are flagship stores. In addition to the vast array of both local and international brands, the Mall also boasts uniquely identified court areas made for easy shopping navigation as well as exceptional access, location and visibility that caters for your preferences.



For scientific projects, the Northern Cape province has unique features, such as the world’s largest telescope at Carnarvon, known as the Square Kilometre Array (SKA), among other tourists attractions.



Dine in the Sky and indulge in an exclusive concept. This culinary experience of a lifetime, seats 22 diners above the Tuscan village of Montecasino (Sandton, Johannesburg).

South Africa invites you to come and play at the ideal tourist destination of Africa.

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WELCOME TO TANZANIA

“ A Spice Island”

BASIC FACTS:

The United Republic of Tanzania (Kiswahili: Jamhuri ya Muungano wa Tanzania), is a country in East Africa; bordered by Kenya, Uganda, Democratic Republic of the Congo, Mozambique, Zambia, Burundi, Rwanda, Malawi. Tanzania is a result of the unification of Tanganyika (the mainland) and the Zanzibar islands. Tanganyika and Zanzibar united on 26th April 1964, forming the United Republic of Tanzania.

Capital: Dodoma; President: John Magufuli; Prime minister: Kassim Majaliwa

Population: 49.25 million (World Bank, 2013).

Culture

The country is also a home to Africa's richest ethno-cultural tourism which is derived from over 120 different ethnic groups found in Tanzania. All these culminate together to make Tanzania a unique place in world tourism.

THINGS TO DO IN TANZANIA

Tanzania offers some of the best attractions to both local and international visitors, such as:

Zanzibar The island of Unguja, part of Zanzibar, makes up the final Spice Island. Once part of the British Empire, today Zanzibar is a semi-autonomous region of Tanzania. The major tourist attraction is Stone Town, with its whitewashed coral rag houses.



MAFIA ISLAND



PEMBA ISLANDS

Climb Mount Kilimanjaro; the highest mountain in Africa, famous for its snow-capped peak looming over the plains of the savannah.

Visit Ngorongoro crater Ngorongoro is formed from a volcano erupting two to three million years ago which has collapsed and formed a crater. It is also presently one of the most likely areas in Africa to see

the endangered Black Rhino. This is also a world heritage site.

Serengeti national park is among the best-known big game safari destinations in Africa and one of the most popular tourist attractions in Tanzania. It is famous for its annual wildlife migration of wildebeest and zebra.

Selous Game reserve- This is a park



Savanna animals can be found in this reserve in greater numbers than in any other African game reserve, Most visitors arrive by

aircraft, and walking tours or river trips are permitted, though no human habitation or permanent structures are allowed.

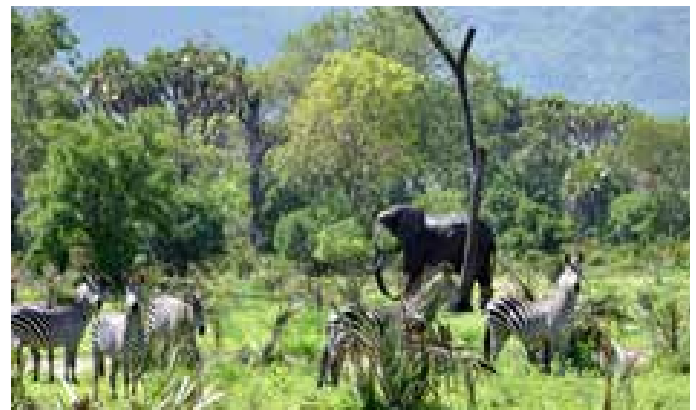
Ruaha national Park Located in the middle of Tanzania, the Ruaha National Park is the largest national park in the country.



MOUNT KILIMANJARO



NGONGORO CRATER



SELOUS NATIONAL PARK

MBARGA NGUELE AND HIS VISION OF A PEOPLE-FRIENDLY POLICE



Mbarga Nguele: A man of reforms

By Eddy Etawo

The name Martin Mbarga Nguele and change have virtually become synonymous in police circles in Cameroon. At his appointment on 30th August 2010 as Delegate General for National Security, many observers doubted that the 78-year-old retired six-star senior superintendent of police-turned-diplomat would be up to the task of reforming a police force that was plagued by serious ills. When he took over, the reputation of the Cameroon Police was at an all-time low: unbridled bribery and corruption, high-handedness, abuse of human rights, harassment of civilian population and inefficiency were some of the abuses attributed to the security forces.

Today, six years down the road, most Cameroonians are agreed that Martin Mbarga Nguele has, through drastic reforms, improved the image of the Police in Cameroon. In fact, the positive change has revealed that age is no impediment to a clear vision and dynamism. Within a few years, the long-serving diplomat and police Commissioner crafted a series of 15 decrees lately signed by the Head of State which enforced discipline, improved

pay advantages, meritocracy in promotions, extension of retirement age from 55 to 60 years for senior officers, introduction of seminars and refresher courses amongst others. He is known to have banished tribalism, nepotism and corruption in police recruitment examinations giving place to meritocracy and objectivity.

A lady-five star commissioner of police said of the man "Mbarga Nguele has changed the police force for the better. In the past, people use to stay the same grade for about 18

years without promotion. But we have many young people who have raising to senior rangs within a short time".

It is important to note that Martin Mbarga Nguele is not heading the police corps in Cameroon for the first time. He already served as Delegate General for National Security from 1983 to 1984, though the period was too short for him to leave any obvious impact. On taking office in 2010, Mbarga Nguele pledged to do two things: "Leave nothing to chance for the police once again to become what it should be" and to "faithfully continue to serve Paul Biya, the Head State".

Before becoming police boss, Mbarga Nguele had spent a long career as a diplomat, passing through the former Zaire to Brazil where he served as ambassador for 19 years before being appointed ambassador to Spain.

In his recent book, Defence Policy and National Security in Cameroon (published in February 2012), Victorin Hameni Bieuleu, one of Cameroon's opposition political leaders recognises Mbarga Nguele as 'a brave and patriotic police officer who found himself thrown into the political arena without prior preparation'.

There is no gainsaying that Mbarga Nguele's reforms have brought satisfaction to the police corps that is now happy with its new-found status, privileges and professionalism.

Perhaps, the greatest beneficiary of the reforms is the citizenry that now



Book Review:

“TRAVELS WITHOUT A STETHOSCOPE”

Travels without a Steoscope by Gottlieb Lobe Monekosso 324 pages; FCFA 10 000.

Professor Gottlieb Monekosso is a man who needs no introThe author wrote a novel unconsciously through the dexterity of a reader who relishes literature and culture through a periscope of his scientific development that earned him an enviable posture, a guru in medicine, politics and diplomatic efficiency.

Born in Logos, Nigeria in 1928, he turned out to be a child of promise, who sailed through academics from Methodist Boys School in Lagos to University college Ibadan and to Guys at London University college of medicine. He became a Fellow of The Royal College of Physicians.

His autobiographical account is reminiscent of a deep-seated researcher who investigated the causes of tropical diseases in the suburbs of Yorubaland and worked out solutions at the University of Ibadan from where he continued the pursuit several years after.[Chronic cyanide toxicity].

As advocate of the Alma Ata conference and the subsequent Bamako initiative, greater involvement of Africa in decision making represented a paradigm shift which he sought to implement during his tenure of office in the years 1985-94[decade of significant achievement].

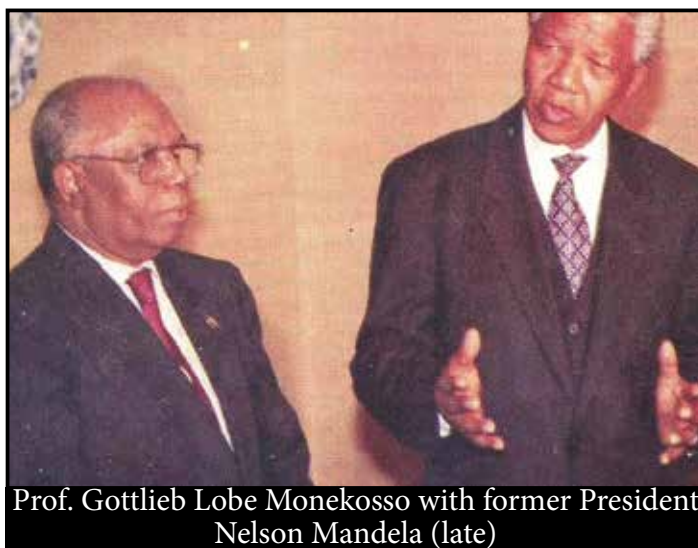
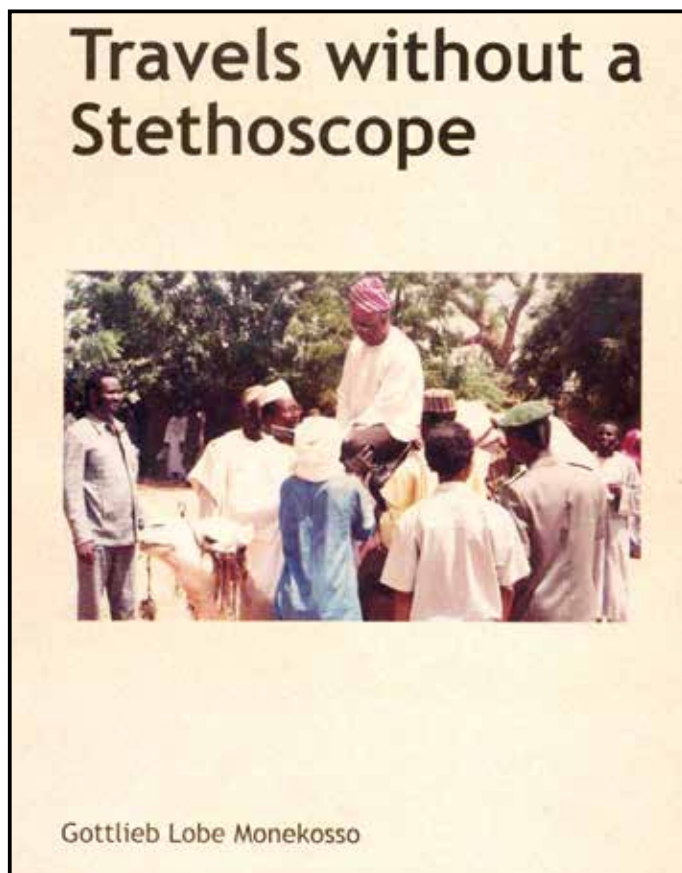
Having become a professor of Medicine in 1963, at the University of Lagos, he was equipped to crisscross the continent of Africa to create Medical Schools and Health Institutions to upgrade Community Healthcare Delivery in Africa.

He took a WHO job in Kingston, Jamaica which familiarized him to the West Indies. Thereafter, he had the opportunity of working in Makerere University where a medical college was created. The case was the same for Dar-es-Salam and University Centre for Health Sciences/CUSS in Yaounde, Cameroon.

When he was elected to the post of WHO Director in Brazzaville, he had both the academic outfit as well as the diplomatic audacity to foster his dream that meant, the reinforcement of medical structures, development of manpower and implementation of medical programmes through sustainable medical structures to care for the poor and vulnerable across Africa.

In his onerous task of executing his mission in Africa, he had the opportunity of meeting almost all her leaders and it looked as if he had become the “overall” minister of health for Africa.[Father of Medicine in Africa, Walter Sisulu University Honoris causa Discourse 10th may, 2011].

In his confab, the author encounters vicissitudes like discrimination, segregation and resistance but he implores knowledge of anthropology, satirical humour and diplomatic finesse. Reading through the 324pages is deficient of studying the arsenal of expansive research and variegated expertise of the author. During his stewardship he received the gift of a



Prof. Gottlieb Lobe Monekosso with former President Nelson Mandela (late)

camel, Changed his name, met with Nelson Mandela and made a scientific contribution to ANC, received three Honoris causa from Makerere, Walter Sisulu University and Ile Ife. He received Queen Elizabeth Gold Medal of Honour. Professor Monekosso created University Centre for Health Sciences/CUSS, graduated First Doctors in Cameroon and became Health Minister in 1997. The foreword is written by Dr. Halfdan Mahler former Director General at WHO.

‘Travels without a stethoscope’ is another kind of book which explains the exploits of a scientist without delving into sciences. It is bound in glossy hard cover with readable pagination.

Readers may find it an essential handbook for administrators of all genres, while others who relish variegated literature may pick it up and forget to take an appointment.

world he has so passionately impacted. He is the researcher, doctor and consultant but holds fast for his father’s wildest dream that he is a teacher.



Reviewed by Yangange Martin Wose [LSJ]

MISS BEACH CONTEST BRINGS FUN TO LIMBE



By Sama George

With an assortment of activities that are organized year long, Seme Beach Hotel has positioned itself as the place to be when you want to spend a weekend full of fun in Cameroon. One of those events is the Miss Seme Beach yearly contest that the hotel has gotten its guests used to. In its 8th edition, this year's contest was held on May 14 2016 at the hotel premises presided over by the Senior Divisional Officer for Fako Zang III.

The 2016 edition started in April when the organizers moved to the Centre, West, Littoral, South West, North West and Adamawa from where 30 contestants were selected for the finals which took place on May 14 at Seme Beach HOTEL.

Miss Marol Boname Mbolle, a 21 year-old student of the University of Douala emerged winner for 2016 followed by Miss Lucie Andrey Meneng and Miss Ange Veronique Sama as third.

The Director of Seme Beach Hotel and President of the Organizing Committee, Yann Anoko, expressed satisfaction at the end of the contest and congratulated the winners.

The responsibilities of the new Miss Seme Beach include: promoting Cameroon Tourism by bringing to spotlight the most exciting tourist attractions that Cameroon has to offer. Next year's contest is already shaping up to be an even bigger and greater entertainment.

With the hosting of the 2016 Women's African Nation Cup and CAN in 2019, you should already make plans to be amongst the crowd that will witness the rise of a new Miss Seme Beach 2017!



HND STUDENTS DEFEND INTERNSHIP REPORTS

By: *Tayem Lovert-Brown*

HND students of Achas University Institute of Tourism and Business Management defended their Internship reports on April 25, 2016. The defense that comprised twelve candidates took place at lecture hall three of the institution. 9 students defended from the department of tourism and Hotel Management, 2 from the department of Transport and Logistics and 01 from the department of Banking and Finance. The defense panel constituted two lecturers and one administrator from Achas University as well as a representative from the HND office, Mrs Nde Fru.

Prior to this D-day, the students organized 2 pre-defense sessions aimed at helping them master their Projects. It was also an opportunity for them to improve on their communication skills which are very essential during defense.

The defense proper started on April 25, 2016 at 8:00 am and lasted for three hours. Each student was given 15 minutes to present his /

her work. Students also answered questions from the panel on the work they presented. The students demonstrated a sound knowledge of their work and answered questions asked with boldness and confidence.

The following is the list of students who successfully defended:

• **Department of Tourism and Hotel Management:**

1. Agenganyi Patrick Nkemasung.
2. Fonji Joy.
3. Ngang Maria.
4. Nkafu Solange.
5. Makem Jannis.
6. Kangne Moufo Sintiche.
7. Taboh Clarise.
8. Tayem Lovert-brown.
9. Violet Lum Numfor.

• **Department of Transport and Logistics.**

1. Kudu Claudia Keka.
2. Nkemawung Monica Nkafu.

• **Department of Banking and Finance.**

1. Ebile Rita.



Open Competition for an article / letter: Winner gets a prize of FCFA 10 000
From High Schools: Talent Search

The winning article /letter gets a prize of FCFA 10 000

Students should send their article/letter to the following address: nkemngumat@yahoo.com or mbachamlinda@yahoo.com.
Or deposit the article at the campus of Achas University behind Biaka Hospital.

Achas Scholarship:

(Achas pays for school related expenses to a maximum of FCFA 200, 000 frs per recipient).

Students in need of financial assistance may apply for this bursary. Applicants must be in upper sixth or holders of an Advanced Level G. C. E. pass. All applicants are advised to submit their details early as the award of the bursary is competitive. Evidence of academic dedication and commitment will be required. Applicants should fill in the following form:

SECTION A: APPLICANT'S DETAILS

NAME: SURNAME:
TELEPHONE NUMBER:

SECTION B: INSTITUTION OR SCHOOL WHERE YOU ARE STUDYING NOW

NAME OF SCHOOL:
ADDRESS OF SCHOOL:
NAME OF ANY EDUCATOR WHO KNOWS YOU AT THE SCHOOL:
TELEPHONE NUMBER OF EDUCATOR:

Send your application by post (P. O. Box 561, Buea) or by email to nkemngumat@yahoo.com or mbachamlinda@yahoo.com. Or deposit the article at the campus of Achas University behind Biaka Hospital.

NEW MOLYKO CAMPUS FOR ACHAS UNIVERSITY

Achas University will open a new campus in Molyko in August 2016. The campus is located in a gigantic storey building adjacent to Ecobank Molyko directly opposite Molyko Police Station.

The new campus will also offer new opportunities like distance learning, evening and weekend sessions for HND and B-Tech studies. Workers will be able to study on a full time basis without compromising their jobs while students will be able to take dual programmes.

The following programmes will be offered for the 2016/2017 academic year:

- Tourism and Hotel Management
- Transport and Logistics
- Accounting and Finance
- Project Management
- Auditing and Control
- Conservation Management
- Marketing

NEWS FROM ACHAS UNIVERSITY CAMPUS

Achas University Institute of Tourism and Business Management, has scored 100% at the B-Tech Examination for the first semester 2015-2016 Academic year. Achas University registered students in five departments and all the students passed the exam

with flying colours.

Achas University is amongst 27 Higher Institutions of Learning mentored by the University of Dschang which sat for the harmonized examination.

Achas University sent in 40 students in various departments as shown below:

	Departments	No. of students who sat for the exams	No. of students who passed	% Pass
1	Tourism and Hotel Management	13	13	100
2	Logistics and Transport Management	11	11	100
3	Business Management	04	04	100
4	Accountancy	04	04	100
5	Human Resource Management	08	08	100
Total	40	40	100%	

JOKES

Ignorance

A young mosquito after its first flight to neighbourhood came back and told its mother, “Mummy as I was flying, everybody was clapping for me as if I am a king”. Little did he know that all the clapping were attempts to kill him.

Lesson: You should always be careful because not everyone who praises you actually wishes you well.

The Hungry Martin

Once upon a time, there lived a boy called Martin. One day, Martin worked in a plantation and so was famished. Unfortunately he had nothing to eat. He was very hungry. On his way home, he saw a woman selling water fufu and eru. He approached her and greeted. The woman in turn inquired, “How are you my son?” and he answered, “Not quite fine”. The woman didn’t say anything, she continued serving her customers. After a while, Martin said “mum I will be taking my leave”. The woman replied, “Alright my dear child, see you some other time”. The boy could no longer bear the hunger, so he insisted again, “mum I said I will be taking my leave”. The woman again replied, “Yes my dear child, I said we shall see some other time”. And he repeated the statement a third time and received the same reply. Out of anger and despera-



tion, Martin fainted. People came and gathered around him. In an attempt to revive him, one the customers asked for water to be brought. As soon as Martin heard this, he opened his eyes and said “young man if I needed water I would have fainted beside the tap”. So look at where I fainted and do the right thing.

When Do You Look Up To God

A young girl locked herself up in a seven floor storey and mistakingly through the through the window. Nobody could come to her aid because she was all alone. After trying in vain to open the door, she thought to herself, “What can I do to draw people’s attention to me?” she opened her bag removed two bundles of money and threw through the window. Immediately, a young man who was passing by hurriedly picked the money. He walked away smiling and singing. She threw another bundle and the same thing happened. With no money left to throw, she decided to throw a stick that was lying near the door. As soon as she did, the stick hit a bald headed man. This man exclaimed, “Jesus Christ” and immediately looked up.

Lesson: We should not remember God only when pain and sorrow come. It does not matter whether we are in pain or happiness. God should always be at the centre of lives

Riddles

- I am not a king but I have a crown. Who am I?
- I can pass through the sea without getting wet. Who am I?
- Who has a bed but never sleeps on?
- When a dumb person tells a deaf that a blind man saw a cripple walk across the street to help a barren woman carry her baby. What is it?
- I came into the world very black but when I am leaving, I am all white. Who am I?
- I am tall when I am born, when growing old I become short. Who am I?
- When I am alive, I don’t talk but when am dead I make noise. Who am I?
- There is a pregnant woman whose child is visible in the womb? Who is it?
- There is something that is red at birth, white as it grows and black at maturity. What is it?

By Jude Junior Acha

FROM A PRESIDENTIAL PALACE TO A NATIONAL MUSEUM



The former presidential palace is by itself a national artifact

By Mih Ndze Theodore

The National Museum has become a major point of attraction for many Yaoundé city dwellers, foreigners and tourists. Located in the premises of the former presidency of the republic opposite the Ministry of Public Health, the National Museum (former presidential palace constructed by a French architect) cannot be missed by any visitor who comes to Yaoundé who wishes to visit it not only for the exhibited pictures and works of art but also for the attractiveness of the yard. Passers-by can't avoid tweeting into the courtyard of the National Museum just to get a glimpse of the attractive grounds and beautiful surroundings.

What first catches the eye of visitors is the exhibition of the great Tikar Bronze statue in front of the Museum. The statue depicts the Queen Mother of the Bamouns called Njapndounke. History holds that she took over the throne because the heir

who was supposed to be the king was only four years old. She reigned as Queen for 10 years. Behind the statue of the queen mother are statues of her subjects that depict the typical Bamoun Kingdom. On the steps leading to the museum is a bronze spider which is a symbol of hard work and patience.

The National Museum is set become an ecological museum so that future generations can find all the socio-cultural activities of the country in it.

Since 1972, the National Museum belongs to the Department of Cultural Conservation of the Cultural Affairs Head Office and is the center of all public museums in

Cameroon. The National Museum was first located in a small difficult-to-locate residence on the road leading to the Yaoundé Central Hospital close to the Ministry of Public Service and Secondary Education.

"If you want to learn about the political and cultural history of Cameroon, this is the place to go. Charming guides explain all of the exhibits, which are housed in the former governor's palace. Well worth visiting," remarked a foreign visitor.

"This was the strangest museum visit I ever did - you deposit your camera, phone etc. at the entrance far from the house after having paid a stiff admission fee, then you are walked over to the main building and constantly guided by young boys and girls enthusiastically explaining the exhibits - I think they are really enthusiastic, otherwise very..." another visitor noted.

Meantime, Prime Minister, April 29, 2016 appointed a pioneer director of the National Museum since its renovation in 2015. Raymond Asombang Neba'ane, was appointed alongside Esther Olembe and Joseph Eloundou Atangana as Directors of the National Museum, National Archives and National Ensemble respectively.

Raymond Asombang Neba'ane who is a Lecturer and Archaeology Specialist is returning to the Ministry of Arts and Culture where he served as Head of Department and Director of Heritage and Technical Adviser. A lecturer in Archaeology and History at the University of Yaoundé I, Raymond Asombang Neba'ane becomes the first Director of the National Museum, which opened its doors in January 2015. It is a building of over 5000 square meters.





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Your Tourist Guide

A proposed 10- day package for tourists visiting the South West Region of Cameroon

DAY 1: PICK UP FROM DOUALA INTERNATIONAL AIRPORT

ACTIVITY:

- Warm reception of guests by Achas University tour guides;
- Executive transport shuttle to Limbe for the night
- Lodge at Fini Hotel/ Victoria Sea View Hotel/ Seme Beach Hotel and enjoy absolute comfort
- Freshen up and relax for a while
- Enjoy delicious meals at Mars Restaurant
- Relax at Calypso Nightclub
- End of day 1

DAY 2: EXPLORE LIMBE ATTRACTIONS

- Breakfast at 8 am for all guests
- Limbe city tour with stop-over at: SONARA, Botanic Garden, Limbe Wildlife Centre, Man'O Bay, Limbe market, Bakingili Volcanic Rocks/ CDC Headquarters, etc.
- Afternoon relaxation at the Limbe Beach.
- Supper at 7 pm at Seme Beach.
- Savour Cameroonian and foreign music at a carbarret
- Break up for the night.
- End of day 2

DAY 3: EXPLORE THE CITY OF BUEA

- Breakfast at 8 am for all guests. Visit Kuchina restaurant and enjoy a variety of delicacies.
- Tour the city of Buea: visit Mount Cameroon Eco-tourism Park, the Prime Minister's Lodge, Bismarck Fountain, the Reunification Monument, Mountain Hotel, the University of Buea, Achas University Campus, Muea market/ Buea Shopping Mall, etc.
- South West food tourism experience: Stop at Rhe-ma Restaurant/Kuchina Restaurant/ Mariton Hotel Restaurant and discover the traditional meals of the people of South West.
- Lighten up at Spyce night club
- Break up for the night at NAFTA Hotel/St Claire Hotel/Chariot Hotel/Silicon Hotel/
- End of day 3

DAY 4: TRAVEL TO FONTEM

DAY 5: EXPLORE THE CULTURAL HERITAGE OF THE BANGWA/ MUNDANI PEOPLE

- Visit and discover the Palace Azi Palace of Fontem/ Nwabetaw Palace/ Lewoh, Foto Palaces
- Take a walk to the Lebialem waterfall
- Visit the Focolare Headquarters /Mary Health of Africa Hospital/Catholic church Menji

DAY 6: TRAVEL TO MAMFE THROUGH LUXURIANT LANDSCAPE

- Visit the Queen of Rosary Catholic College Okoyong, Cameroon's first girls' boarding school
- Visit the old German Bridge
- Visit the Cross River and see hippos and other attractions

DAY 7: EXPLORE THE BANYANG LAND AND TRAVEL TO KUMBA THROUGH FLYOVER BRIDGE, ETC

DAY 8: KUMBA CITY TOUR

- Lodge at Macklordd's Hotel/ Azi Fiangep Hotel/Elon-go Garden, etc
- Visit Lake Barombi, a crater lake, Kumba Central Market, etc
- Visit some waterfalls

DAY 9: TRAVEL TO MUNDEMBA

- Lodge at Nkong Motel Mundemba and enjoy a variety of quality services
- Visit the Korup National Park
- Visit the Bakassi Peninsular
- Enjoy the varied animal and plant life of Ndian Division

DAY 10: TRAVEL TO DOUALA

- Lodge at Bellavie Hotel /Sawa Hotel, etc for comfort and relaxation
- Take breakfast at White House restaurant
- Savour delicious meals at White House Restaurant
- Shuttle to the airport and departure

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Some hotels in Buea

- Mountain Hotel
- Chariot Hotel
- Nafta Hotel
- Mariton Hotel
- Silicon Hotel
- Hotel Residence
Carlos
- Pavilion Hotel
- Taaka Guest House
- Hotel La Fraicheur
- Pathfinder Hotel
- Lady L Hotel
- Miss Bright Hotel
- Resort 89 Hotel
- Executive Hotel
- Hotel Denver
- Golden Palace Hotel
- Capitol Residence
- Eta Palace Hotel
- Hotel Mermoz Buea
- Serge Ville Hotel
- Delan Park Hotel
- Hotel St Clair
- Harglena Hotel
- Rhema Guest House
- D'Tchuks Palace Hotel
- Harglena Hotel

DON'T JUST ROB BEES, CARE FOR THEM

The population of bee species worldwide reaches as many as 25,000. But of this huge swarm, only honey bees are known to live in clusters of thousands and forage several times a day. This tribe of bees constitutes 95% of pollinating services.

By Azore Opio

They also make honey for their food; to feed themselves and their brood of young ones. They also store this honey for rainy days; when plants are not flowering and wet weather conditions prevent the bees from flying.

Bees don't make honey for humans, so whenever the humans harvest honey from bees' hives, they are actually robbing their hives. This, therefore, requires that once you domesticate bees, it becomes imperative to feed them just as you would feed any of your household animals.

Bees are born to work. They rest inside the hive but may not sleep. They are excellent aviators, skilled gardeners and expert makers of honey.

"Before a bee flies out to hunt for nectar, it would have learned to clean the hive, give food to the brood, feed the Queen with Royal Jelly, filled openings in the hive with propolis and guarded the entrance of the hive," says veteran beekeeper Lyonga Mbake Samuel, resident in Bonakanda village on the flanks of Mt. Cameroon.

Honeybees offer humans an interesting spectrum of gastronomic, economic and medicinal benefits.

Gastronomically, bees provide honey as sugar substitute in cooking and baking, for athletics and strenuous activities. Royal Jelly is nature's richest health food. It consists of water, carbohydrates, nitrogen, phosphorus, sulphur and mineral matter.

Special offers from honeybees also include beeswax. Primarily, beeswax forms the foundation for honeycomb construction but is also the main source of candles and cosmetics (bleached eyebrow pencils, lipsticks, hand lotion) crayons and toothache gum.

It is an essential ingredient in the manu-



facture of some metals and glass, electrical and chemical cement, ink and treatment of leather, shoe polish, sewing threads, printing and textiles ingredients, paints and varnishes, paper manufacture and pharmaceutical preparations.

Bees also produce propolis, which is a natural medicine and natural energizer with bactericidal and antibiotic properties.

Besides its nutritive prowess, honey is also a source of medicine especially for diabetes and as an ingredient in veterinary medicines, particularly cow diseases.

Honey can also be transformed into wine. Bee venom, treacherous as it may be, possesses curative remedies for arthritis and rheumatism. It also cures malignant cancers through intravenous injection.

Bees need as much care and love as any creature that his useful to humans. If you do not, bees will bscond from the hive because of leakages, attacks from ants and beetles, starvation, lack of water, insecticidal sprays and disturbances like noise. Therefore you should to take the following measures: constant inspection of hives to avoid collapsing and regular provision of water.

When harvesting honey from the 24-bar Kenyan top bar hive, remove 16 bars only and leave eight to sustain the colony otherwise the bees will break out. To guarantee long-term colony life, avoid swarming or overcrowding. If this happens, 50% of the colony will split and fly off to find a more comfortable hive.

You should keep visiting the colony; when half of the colony clusters outside the entrance waiting for a second queen about to emerge, chances are the bees are about

to take off," Lyonga cautions. To prevent take-off, quickly carry construct another beehive.

That bees deserve to be fed in times of need is a proposition that need not be disputed. To keep your bees stable, healthy and productive, Lyonga advises that "the beekeeper must provide water especially during the dry season for the bees, using either opened Indian bamboo with floating sticks where the bees will land to avoid drowning."

Bees must also be fed in the rainy season when there are no flowers and the bees cannot easily fly to forage. You can therefore feed your bees with syrup made from reserves of honey, overripe pineapples and jackfruit blended.

To facilitate the feeding of bees, Lyonga has invented a feeder that resembles a honeycomb. He skilfully used scraps to construct artificial honeycombs from used wood, old galvanized air filter elements and strands of fishnet. This contraption is fixed on a top bar with five holes drilled to allow filling with syrup.

In the absence of a top bar feeder, Lyonga uses glass bottles about a litre in volume with perforated plastic lids lined with sponge to absorb the home-made syrup. These bottles are placed upside down inside the hive where the bees can feed at ease during the lean period.

Once you do all of the above, you are sure to have your bees permanently supplying you with honey and other products.

This article was culled from The Green Vision newspaper



ECOLE DE L'HOTELLERIE ET DU TOURISME DE LA CEMAC

Est un puissant outil de formation pratique de qualité, de développement des compétences et de renforcement des capacités des cadres et des employés de l'Administration Nationale du Tourisme (ANT) et des Entreprises Hôtelières et Touristiques.

La formation professionnelle aux métiers de l'hôtellerie, de la restauration et du tourisme contribue à l'amélioration de la qualité des services proposés à une clientèle toujours plus exigeante. Elle participe aussi à l'amélioration de la productivité, en permettant aux employés de fournir un travail de plus haute qualité et d'envisager enfin des plans de carrière cohérents dans la filière où ils interviennent.

MISSIONS ACTUELLES DE L'EHT-CEMAC

La triple mission de l'EHT, formation – recherche – expertise aux Etats membres, s'inscrit dans l'axe 4 du programme Economique Régional (PER) mettant un accent particulier sur le renforcement du capital humain qui constitue un des grands défis à relever par les chefs d'Etat de la CEMAC à l'effet de faire de l'Afrique Centrale une destination touristique émergente et d'atteindre à l'horizon 2025, une émergence économique.

OBJECTIFS DE L'EHT-CEMAC

Assurer la formation, le perfectionnement, LE recyclage et la spécialisation en hôtellerie, en restauration et en tourisme
Appuyer le développement des métiers de l'hôtellerie, de la restauration et du tourisme sous forme de service de consultant;
Promouvoir la recherche dans les domaines de l'hôtellerie, de la restauration et du tourisme;
Développer les partenariats avec d'autres institutions similaires de formation pour augmenter l'accessibilité à la formation des cadres techniques.

RESULTATS STRATEGIQUES ATTENDUS

Les compétences scientifiques, techniques, managériales et entrepreneuriales dans les domaines de l'hôtellerie, de la restauration et du tourisme sont acquises.

L'Administration Nationale du Tourisme dispose des cadres qualifiés pour la mise en valeur optimale de la riche potentialité touristique des Etats membres de la CEMAC;
Les Entreprises hôtelières et touristiques disposent d'un personnel qualifié Assurant la pleine productivité grâce à leur capacité de prestation renforcée;
L'expertise locale est valorisée grâce à l'amélioration des prestations de services dans les structures hôtelières et touristiques;
L'offre de service de qualité répond aux exigences évolutives des clientèles tant nationales qu'internationales.





Blue Pearl Hotel

Blue Pearl Hotel



A SPECIAL TOUCH OF THE CAMEROONIAN CUISINE



By Linda Mbacham Tajocho

Cameroon is one of the few countries in Africa whose cuisine has a wide variety of dishes. The varied nature of the dishes results from some 250 ethnic groups that make up the country. Each region has its own regional specificities and favourite that depends on custom, tradition and

religion.

Like other African cuisines, Cameroonian cuisine is characterized by the use of tasty spices, fresh herbs and vegetables, tubers, grains amongst others. The fertile nature of the country has made it possible for it to have a wide variety of these foodstuffs.

WATER FUFU AND ERU



Ingredients: A combination of many ingredients will produce a delicious dish of water fufu and eru: beef (cow meat) or snails, smoked fish, crayfish, pepper, water leaf, eru, palm oil, cow skin (canda), maggie crevette and waterfufu.

Preparation:

Boil cow meat, canda (cow skin), smoked fish with a pinch of salt and keep aside. Preserve about two to three cups of the stock. In a separate pot, add sliced water leaf and allow to cook. Once waterleaf looks ready, add washed eru. This is a delicate stage so add eru gradually in order not to put more than is required. Make a well in the middle of the pot and pour palm oil. Allow to cook for a while; add the cooked meat, canda (cow skin), smoked fish and the stock. Add salt, maggie crevette, pepper and ground crayfish.

The Cameroonian cuisine has a bit of everything, so, if you are visiting Cameroon, be ready to savour the delicious, healthy, tasty and mouth-watering dishes. Be assured because the cooks believe in the importance of good food. They are dedicated to taste, health and flavour.

Our regional varieties abound, so if you are visiting Cameroon and you intend to visit the South West Region, be ready to eat water fufu and eru. Although this is the main meal of the Bayangs of Manyu Division, water fufu and eru has gained great popularity and has become virtually a favourite of the entire nation.

There are several methods used to prepare this delicacy. However, the one I propose is a unique method that will bring out all the flavours. Read on.

Allow to cook and let the water dry off. Serve hot with cooked water fufu or cooked garri. You can also eat with any fufu of your choice.

If you intend to visit the North West region of Cameroon, be ready to enjoy a tasty plate of Achu and yellow soup. Achu is got from pounded cocoyams and the yellow soup is a combination of many spicy ingredients that result in the production of a delicious finger licking dish.

One finger round the world, as it is commonly referred to, is common in the Western and North West regions of Cameroon. However, Achu is the main meal of a typical Bafut person. In most traditional settings, especially in villages, this tantalizing delicacy is served on plantain leaves and eaten with fingers accompanied with fresh and tasty palm wine.

ACHU AND YELLOW SOUP

Ingredients:

Cocoyam (macabo) and or banana, smoked meat, cow skin (canda), mushrooms, limestone (kangwa), palm oil, salt, maggi, pepper and other spices (achu spices).

How to prepare achu

Wash cocoyam without peeling and put in a pot. Add some water and place on the fire. Many people prefer to prepare achu cocoyam on three stone fire side because of the intensity of heat that cooks faster. Allow to cook for about 45 minutes depending on the amount of heat. Use a fork to check if it is well cooked. Once cocoyam gets ready, allow the pot on the fire and reduce the heat. Remove the cocoyam one after the other, peel and pound in a clean mortar with a pestle. Pound until cocoyam becomes soft. Remove the soft paste from the mortar and put in a bowl or dish, then cover. Traditionally, achu is wrapped in plantain leaves and even eaten from the leaves.

Achu soup:

Wash, slice and cut canda (cow skin) and meat into bite sizes. Boil canda (cow skin), mushroom and meat with a pinch of salt to taste. To make the food even more tasty and appetizing, some people add smoked

fish, cow intestines and other meat of their choice. So feel free to add what pleases you. Remove the pot from the fire. You may heat up palm oil for about 2 minutes. Some people prefer to use oil without heating. Dissolve limestone and add into the warm oil and add meat stock. Then use a small bowl to continuously scoop and pour the soup back into the pot for about 10 minutes until the colour turns yellow. Add ground achu spices and mix until soup is foamy. Add salt, maggie and pepper. Add meat, canda (cow skin) smoked fish, and cow intestines.

How to serve Achu

Traditionally, achu is served wrapped in plantain leaves and even eaten from the leaves. However, with the advent of modernity, plates are gradually replacing plantain leaves. Put a quantity of achu paste in a plate. Using a spoon or fingers mould it into a



mound and create a shallow hole in the middle.

Pour achu soup into the hole. Add meat, canda (cow skin), cow intestines, smoked fish, mushroom and pepper. Some people serve this meal with boiled garden egg or huckleberry to enhance taste. They may top it up with Achu is eaten with the forefinger scooping the paste from around the edge of the mound and dipping it in the soup. That is why the meal is referred to as one finger round the world.



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CAMEROON: AN INVESTMENT ELDORADO?

By Yerima Kini Nsom

The Yaounde International Economic Forum would end up as a product of deceit and a bastard of procrastination if the various stakeholders do not immediately execute the assignments they committed themselves to.

The two-day forum, convened by President Paul Biya, closed shop on May 18 with glittering externalities that inspire hope; hope that investors will scramble to do business in Cameroon which observers described as an Eldorado of investment opportunities. Hinged on the theme, “Investing in Cameroon, Land of Attractiveness”, the conference brought together over 800 business people and prominent personalities across the world. The positive trickle-down of such an economic forum is that some foreign business enterprises started doing business in Cameroon. For instance, one British company has already signed a FCFA 150 Billion deal with CAMTEL to enhance its network supply.

A majority of foreign investors pledged their commitment to do business in Cameroon. But not before government provides them the enabling environment. It was in this perspective that experts saddled government with the burden of obliterating the hiccups that impede the business climate in the country. The spokesperson of the foreign participants at the conference urged government to simplify procedures of doing business in the country and make the obtention of visas easier for people coming in to do business.

Jose Manuel Barroso, the former chair of the European Commission, said



Cameroon will be a more attractive destination if it enhances trade with neighbouring Nigeria that has over 173 million inhabitants. Economic experts recommended that Cameroon should sign an economic agreement with Nigeria, so as to enable the private sector of both countries to do business and create wealth.

No sooner had the participants of the conference settled for real business at the Yaounde Conference Centre on May 17, than President Paul Biya showcased Cameroon as an Eldorado of business opportunities.

To him, Cameroon is an investment hub with several opportunities in transport infrastructure, low-cost-housing and urban development, new technologies, energy and agro-business.

In a bid to further seduce more investors, Biya said Cameroon’s attractiveness is also the fact that it is the most populated country in the Central African Sub Region (CEMAC). Again, Cameroon stands tall as the one country that shares more than 1500 kilometres long border with Nigeria, Africa’s leading economy. The country is equally at

the crossroads between the West and Central Africa, and the intersection of the two economic blocs, ECOWAS and CEMAC.

The stakes also lie in Cameroon’s Atlantic coastline, its rail network, its three international airports and 50,000km of road. The investors saw Cameroon through Biya’s prism as a country with enormous natural resources and fertile soils suitable for agriculture.

“With Africa’s second hydro-electric potential and huge natural gas reserves, Cameroon has embarked on varied and large scale energy infrastructure construction”, Biya boasted. Added to this is the fact that Cameroon is endowed with an expanding and diversified industrial fabric with many small and medium sized enterprises, SME, ready to enter into subcontracting and contracting engagements. Besides, Cameroon is haven for a young and qualified labour force for a country with one of the highest school enrolment rates in Sub-Saharan Africa.

Another element of enticement, going by President Biya, is that: “Cameroon is a haven of peace, respecting the rule of law and a country of liberty. Its institutions are stable, functional and harmonious. They are capable of adapting to societal trends to ensure social peace, security of persons, and property and the country’s



Dangote Cement Cameroon

“INDUSTRIALIZATION OF AFRICA IS OUR TARGET”...PAAVO WIRO

Paavo Wiro is the country manager and the CEO of Dangote Cement Cameroon. Though from Finland, he considers himself an African from Cameroon. He is down to earth, humble, workaholic, and focused. He is considered one of the best Managers in the country. Paavo Wiro is a real leader. In this exclusive interview with Achas Safari's Eddy Etawo, he tells us all we need to know about Dangote Cements Cameroon S.A. and their vision for Africa.

Excerpts:



On Dangote Cement Cameroon

We produce African Cement by Cameroonians for Cameroonians. Cement is a vital product in the development process of any nation and you know Cameroon is eyeing emergence by the year 2035. This will mean that there will be several projects that need good quality cement. You cannot rely on importation to develop your nation since the value added raw material fluctuates very much. Therefore, it is of absolute necessity for the African continent to create its own industries and with these industries, produce the value added products too. For me, this is indispensable if Cameroon wants to move forward.

We are an African company and so we target Africa as a whole. You see, from a demographic point of view, there are presently 1.1 billion people on the African continent. It is estimated that in 2050, the population would have risen to 2.4 billion people. While in 2100, the African continent alone will harbour 4 billion people. This implies that we are already late in the industrialization process. However, it is never too late to start. This is something that I am very keen about. It preoccupies me more than anything else.

On the Dangote Cement factory?

The Dangote Cement Factory in Douala has been constructed by the Dangote Group. The factory is managed by Dangote Cement Cameroon S.A. We are per se, an African Company. Ninety percent of our employees are Cameroonians. I



am the rare exception (laughs). The fact is that Dangote group is contributing with the possibilities that we have, in the food, transport, cement, oil and gas industries etc. This is part of our contribution to the industrialization of Africa. I am very proud to work and cooperate in the group that is taking the lead in the industrialization of Africa. The desire to industrialize Africa is our target, trade mark and uniqueness. We are an African Company; we make African cement by Cameroonians for Cameroonians.

On Transportation Of Raw Materials And Finished Products

The construction of our own private quay has been one of our major concerns since we decided to construct the cement plant in Douala. The cement Factory was completed in March 2015. Our private quay located beside our factory will soon go operational. Today, it is near completion and three big boats will be able to dock there per month. This will make the handing of

our heavy raw material from port to factory far easier. We are a very heavy activity therefore we have to assure optimum transportation of our goods to the factory and out of the factory to diverse destinations if we intend to move forward satisfactorily in this domain. I think you are aware of the fact that last year we imported 202 trucks to help us in the transportation of our finished products. Today approximately 30% of the transport of our cement is done by our company while 70 % is done by third party (distributing transporters).

Douala factory complete what about that of Yaoundé?

By the end of this year, we shall have attained the full production capacity of the Douala factory which is 1.5 million tons per year. This will be by the end of this year. Today, the market share of Dangote Cement Cameroon is 45 %.

However, our target is to meet the cement needs of Cameroonians and beyond. That is why we envisage a new cement factory in Yaoundé which will go operational by the end of next year. The construction of the Yaounde plant will certainly be faster than that of Douala. The factory is located about 15-20 kilometres away from the city of Yaoundé. The factory will also have a producing capacity of 1.5 million tons upon completion. Therefore, if you add this to the Douala production, Dangote Cement Cameroon S.A will make available 3 million tons of cement by the end of next year.

The Demand

The demand for cement has strongly fluctuated in the past and it is very difficult to calculate and speculate on it. However, government figures incline us to think that the total demand of cement in Cameroon is estimated at 2.8 million tons per year. With several parts of the country being converted into vast construction sites, we envisage that the demand will rise accordingly. If you take our 3 million tons annual production capacity in consideration, you see that our production alone supersedes the total annual demand of the country which stands at 2.8 million



as against 3 Million tons. In that case, we will now target countries of the sub region like Equatorial Guinea, Chad, Central African Republic, Democratic Republic of Congo, Congo Republic, Gabon, etc. Brief, the entire Central African sub region and beyond.

On Quality And Price

Our cement is of excellent quality. It is considered the best that you can find anywhere on the globe. This is because we produce our cement with the most modern equipment. The government is working to see that the price of cement decreases. Initially, there was very little local production and a lot was being imported. Now, government has banned the importation of cement. Today we have Dangote Cement, CIMAF, and CIMENCAM. Cameroon can now boast of a total annual production capacity of a little over 4.5 million tons annually. Cameroon

will soon be able to comfortably export cement to neighbouring countries with Cameroonians benefiting from the best prices possible.

Thank you DG
You are welcome.

SMART TRANSFORMATION OF AUTOMATIC THERMAL MASSAGER LIMBE

The 3 phases of spinal degeneration	
Normal	In a textbook normal spine, the disc spaces are equal and there are no visible signs of degenerative changes.
Phase I	In Phase I of spinal degeneration, the alignment of the spine is altered, however the disc spaces, spaces may remain normal. Symptoms and degenerative changes may be present. Nerve tissues become irritated.
Phase II	In Phase II of spinal degeneration, the alignment continues to deteriorate, and disc, narrowing is present. Degenerative changes progress, and bone spurs are present. Nerve tissues are irritated and begin to atrophy.
Phase III	In Phase III of spinal degeneration, the joint space is no longer visualized. Bone spurs progress to fuse the involved joint. Nerve tissue atrophy occurs.

- Eye, optic nerves**: pituitary gland, skin of the head, the bone of the face, brain
- Heart**: The lungs, the bronchial tubes, the pleura, and the breast
- Stomach**
- The spleen**
- Liver**
- Pancreas**: Kidney, the Adrenal gland
- Kidney**
- Intestines**
- Large Intestines**
- Urinary Bladder**
- Organs, Uterus, Urinary bladder**

CERAGEM is the trade mark name of the thermal massager, an innovative product that combines the eastern medical science of moxibustion, finger pressure and massage, with the western medical science of chiropractic principles which provides instant relaxation and effective healthcare in the comfort of the family home!

The alternative medicine and the World's best health care partner that Ceragem has since become has received numerous letters of accreditation from renowned health advocates and medical institutions around the globe.

The pioneer center of Ceragem Cameroon, Ceragem SONARA Road, is situated in GRA Limbe, precisely behind New Horizon School. We provide unlimited free bed trials to whoever desires natural healing and also facilitate the acquisition of its products, which include but not limited to massage beds, shoulder massager, slim belt, warm mat etc....

We open to the public Monday to Saturday,

Contact: 664439215

Kribi Deep Sea Port: PAUL BIYA'S GIANT PROJECT FOR CAMEROON'S GREATER ACHIEVEMENTS 2035

By Asahtong Fontem

The Kribi Industrial port complex with a surface area of more than 26000 hectares is located in the town of Mboro 35 km south of the sea

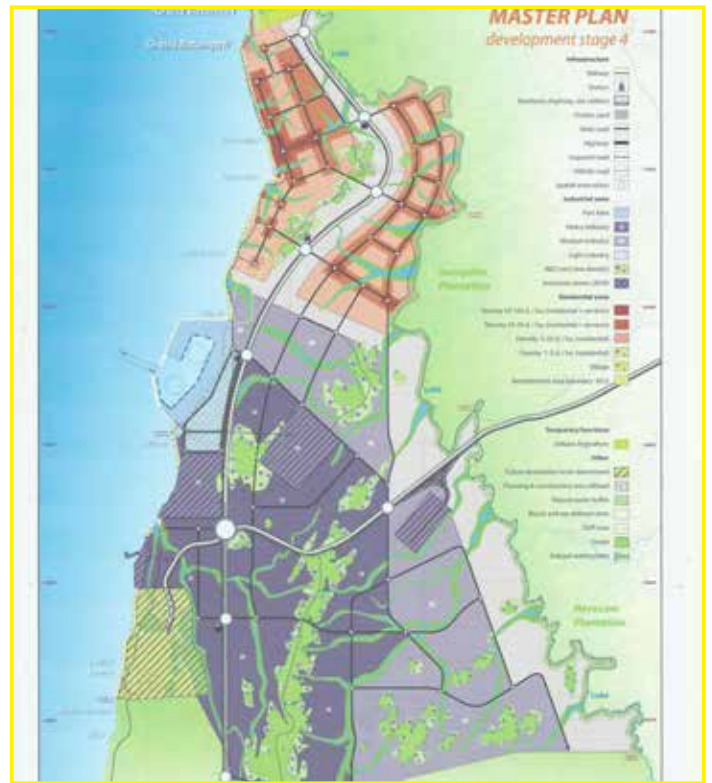
side city of Kribi in Cameroon. The total throughput capacity of the port will exceed 1,000,000 tons per year and the port will develop into a largest port in the Central and West African sub regions. In recent years, Cameroon's economy has grown steadily. The Cameroon government has stipulated an ambitious long term development plan in 2009 to develop Cameroon into an emerging economy by 2035. With the development of the economy and port-based economy in the Kribi area, the port's throughput will be hugely increased to exceed the capacity of the existing port. Therefore the government of Cameroon has decided to construct the Kribi deep sea port. The Kribi port-based industrial zone has a total planned land use of 260km and a shore line of approximately 30km. The planned general port area of the Kribi deep sea port is about 8.55 square km. The total length of the berths is 6,4km. The Kribi industrial port complex is made up of four main parts; a deep water port with roughly 20 wharfs or berths, a zone for industrial and logistic activity, a multi-motor transport corridor and a new city. With the goal of making the complex a perfectly integrated entity, the four parts will have an interrelated

dynamic that will influence the structural and functional development of the whole!

The deep water port built in successive phases will be able to accommodate ships with draft of more than 50 meters. Its primary purpose will be to serve the large zone of industrial and logistics that surround it and will develop thanks to its attraction. Its facilities which will be among the most modern in sub Sahara Africa will generate a large amount of traffic which will assure its relevance and economic viability. Large industrial areas will be created around the port which with specialized terminals for containers, hydrocarbons, different ores that will be mined in the interior of the country and transformed in the industrial zone and much more.

Significant Gains

The multi-motor corridor will be the backbone of the complex and will on a functional level assure the fluid circulation of the traffic from the outer harbour towards the interior of Cameroon and other adjacent countries but also in the direction on the hinterland toward the industrial port complex. The internal



circulation routes from all the parts of the new city will link up with this. With the increase of industrial circulation and traffic, a flourishing economy will develop around the complex and will attract the flow of an active population with a very skill set will be able to practice different professions in and around this vast zone. For the resulting population estimated to be 80,000 people to, take into account the families of the workers, there are plans to create a new town. The town's development will be in direct correlation to be industrial, logistical and port activities.

In this manner, beyond the purely industrial activities that will flourish around the port, the new town will be at the centre of other activities in this case social, commercial and recreational.

In terms of direct employment, 20,000 people are expected to live the economic activities generated by the growing industrialization of the complex.



To facilitate connexion between the shopping centre and the various services they offer, the educational complexes and the recreational centres which will flourish in the new city and the modern residential housing that will be created, new circulation routes and better modes of circulation gradually appear. In a short time, the complex will be transform into a modern city. Based on the industrial port complex's activity, which will cause new commercial activities to emerge that will extend to other sectors such as service, commerce, transportation, research and culture.

The Kribi Industrial Port complex will then be able to open itself to the world thanks to the effect of external demand. The exchanges that will come about from the economic and touristic activity will make Kribi a hub in the Central African sub Region with maritime and air connexions to all global centres of economic activity.

It will cost the Cameroonian tax payer 498million USD with Cameroon contributing 75 million USD and 423million of preferential buyer's credit loan provided by Export-Import (EXIM) bank of China.



Pharmacies on call in Buea

JUNE

Week One (1-3):

Mountain Pharmacy
Winners Pharmacy
Amazing Pharmacy

Week Two (4-10):

Royal Pharmacy
Zion Pharmacy
Salvation Pharmacy

Week Three (11-17):

Mountain Pharmacy
Winners Pharmacy
Enamen Pharmacy

Week Four (19-25):

Winners Pharmacy

Enamen Pharmacy
Zion Pharmacy

Week Five (26-31):

Mountain Pharmacy
Salvation Pharmacy
Amazing Pharmacy

JULY

Week One (1st):

Mountain Pharmacy
Salvation Pharmacy
Amazing Pharmacy

Week Two (2-8):

Royal Pharmacy
Zion Pharmacy
Enamen Pharmacy

Week Three (9-15):

Mountain Pharmacy
Winners Pharmacy
Amazing Pharmacy

Week Four (16-22):

Royal Pharmacy
Salvation Pharmacy
Zion Pharmacy

Week Five (23-29):

Mountain Pharmacy
Winners Pharmacy
Enamen Pharmacy

Week Six (30):

Royal Pharmacy
Salvation Pharmacy
Amazing Pharmacy

AUGUST

Week One (1-6):

Royal Pharmacy
Salvation Pharmacy
Amazing Pharmacy

Week Two (7-13):

Winners Pharmacy
Zion Pharmacy
Enamen Pharmacy

Week Three (14-20):

Mountain Pharmacy
Salvation Pharmacy
Amazing Pharmacy

Week Four (21-27):

Royal Pharmacy

Salvation Pharmacy
Zion Pharmacy

Week Five (28-31):

Mountain Pharmacy
Winners Pharmacy
Amazing Pharmacy

SEPTEMBER

Week One (1-3):

Mountain Pharmacy
Winners Pharmacy
Amazing Pharmacy

Week Two (4-10):

Royal Pharmacy
Zion Pharmacy
Salvation Pharmacy

Week Three (11-17):

Mountain Pharmacy

Winners Pharmacy
Enamen Pharmacy

Week Four (18-24):

Royal Pharmacy
Salvation Pharmacy
Amazing Pharmacy

Week Five (25-30):

Zion Pharmacy
Enamen Pharmacy
Winners Pharmacy



Équilibrée : De couleur jaune or, **MAYOR** est une oléine végétale de palme 100% extra raffinée.

Digeste : l'huile **MAYOR** contient davantage d'acides gras insaturés, lesquels sont meilleurs pour la santé...

De par sa composition unique, MAYOR est adaptée à toutes les formes de cuisson et de friture.

De par sa texture douce et légère, MAYOR accompagne à merveille vos entrées et salades.

L'huile **MAYOR** contient de la **Vitamine A & E**, Vitamines bénéfiques et indispensables à notre organisme.

MAYOR, la MAYOR façon de cuisiner !



la vie plus légère...



Le savon du bonheur



Glycériné, 100% végétal et avec un pouvoir moussant des plus agréables, **Savon May** existe en différents références et grammages.

Savon May tradition :

De couleur ambrée, savon may tradition est un savon multi-usages qui remplit efficacement tous les rôles, notamment «Lessive-nettoyage-hygiène» et vous garantit fraîcheur, propreté, facilité d'utilisation.

Savon May tradition existe en plusieurs grammages : 100g, 200g, 250g, 400g, 700g

Savon May blanc parfumé :

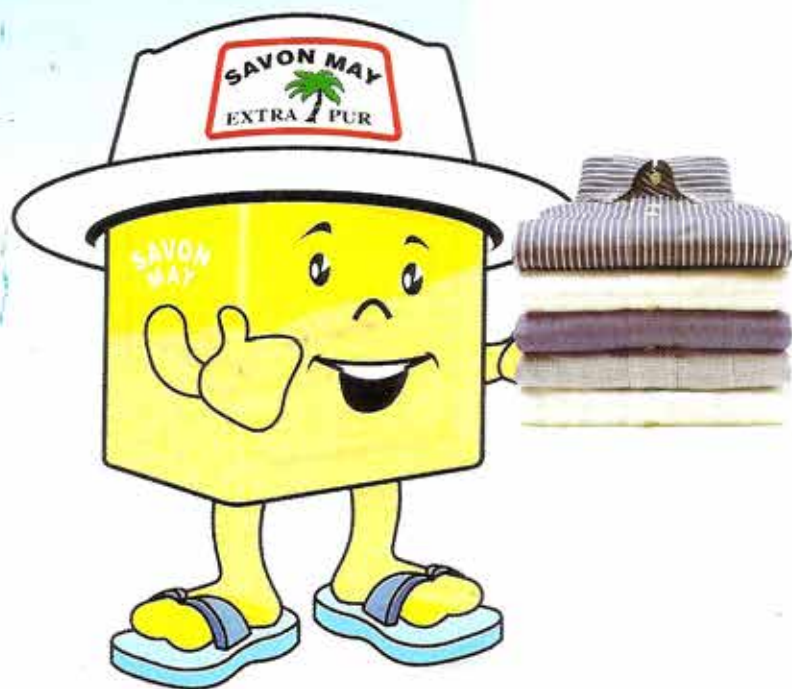
Délicatement parfumé, ce savon procure fraîcheur en distillant de subtiles notes d'agrumes citron sur votre linge et sur votre peau tout au long de la journée.

Savon May blanc parfumé existe en plusieurs grammages : 100g, 200g, 250g, 400g, 700g

Savon May bleu de linge :

L'adjonction d'un colorant bleu de linge caractérise ce savon qui séduit chaque année un nombre grandissant de consommateurs. Couramment utilisé pour la lessive, ce savon sera du plus bel effet en apportant éclat et fraîcheur à vos vêtements.

Savon May bleu de linge existe en plusieurs grammages : 100g, 200g, 250g, 400g, 700g



Le savon parfait



LIMBE BOTANIC GARDEN



By Linda Mbacham Tajocho

Beautiful trees, plants, flowers and the sound of birds whispering are some of the things that tourists would love to experience in their various destinations. Botanic Gardens are considered one of the ideal places for people to come in contact with nature. No doubt, lovers consider this the perfect place to declare love to their loved ones especially on special occasions. A tourist visiting Cameroon will be amazed by the presence of a very beautiful botanical garden in Limbe. The Limbe Botanical Garden was founded in 1892 by a group of Germans under the Directorship of Paul Preus. It served as a trial and acclimatization centre for the introduction of exotic crop species such as coffee, cocoa, rubber, oil palm, banana, teak and sugarcane for distribution within “Kamerun” and other German colonies. The Garden possessed a herbarium, laboratories, classrooms, a museum, a library and staff accommodation.

The British took over the responsibility for the Garden in 1920, advised by the Royal Botanic Gardens, Kew, and it was managed by a Kew-trained Superintendent. The British departed in 1932 and the garden was directly managed by Cameroonian personnel until 1958. With the independence of West Cameroon in 1961, the curation of the Garden was taken over by the Government. In 1988, a British-Cameroonian partnership was

initiated through a Memorandum of Understanding which led to the renovation and development of the Garden.

Many centuries ago, botanical gardens existed primarily to acquaint humans with the natural world around them. The role of the Limbe Botanic Garden has however changed from an agricultural one to one of conservation, education, science, tourism and recreation, to meet the needs of today. Its thematic gardens, majestic trees, beautiful flowers and ideal setting make it the ultimate place for people to relax or escape from all sort of stress. The Garden is one of the greatest tourist attractions in the South West Region after Mount Cameroon. A tourist attraction centre known as “jungle village” has been developed in the garden where cultural activities take place during certain events or simply for the pleasure of tourists.”

At the Limbe Botanical Garden, tourists can discover a diversity of plant species from around the world, as well as regional species on over 20 themes comprised of: - ancient and aquatic plants, native orchids, Cameroon wild fruits, medical plant fields, Pan African and Madagascan palms.

The garden is also home to about 70 animals including endangered primates such as: red eared Guenons, preuss monkeys, western lowland gorillas, drills and chimpanzees. Moreover, with the help of a wide range of guided tours, you can discover the unique beauty of flora and fauna represented in the picturesque natural surroundings.

So if you are a tourist visiting Cameroon, why not have a picnic with friends relax and enjoy in the scenic splendour of this garden.



AFRIQUE HOTEL

Douala Airport ☆☆☆

LAISSEZ-VOUS
BERCER
PAR UN SEJOUR
SPLENDIDE



White House Restaurant



White House Restaurant (WHR) is a top grade licensed restaurant operating in the Littoral, North West, and East Regions of Cameroon. Having been in business for more than 20 years, WHR is fully equipped with an ultra-modern state-of-the-art kitchen, with highly professional and experienced personnel. The restaurant offers enticing African and European dishes at very affordable prices to the public. It has catering facilities and logistics for over 4 000 guests. In March 2014, WHR won a Presidential Medal, awarded by the Minister of Defense, representing the Head of State, for offering catering services to over 1 400 American / African troops for some 15 days in Douala. WHR has been rated the best restaurant in Cameroon by Brasseries du Cameroun four consecutive times for the past four years.

The restaurant has a wide experience in providing catering and outdoor services to corporate and private clients. Some of its outstanding services include: the establishment of canteen services for Guinness Cameroon as well as for MTN in Douala.

WHR has also worked with Chantier Naval, CHOCOCAM, Orange and former Shell, serving over 1000 clients a day.

WHR is an outstanding success story for the Cameroonian cuisine.

Quality food at its best. To God be the Glory

- Catering services for all occasions
- Rentals of Equipment
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CONTACT:

TEL: 237 233 431 095

EMAIL: wh.restaurant@yahoo.fr

P O BOX: 1906 Douala-Cameroon

Location: Rue Pasteur Lottin Same, behind Immeuble Socar

Bonamoussadi: 237 233 472 091

Bonapriso: 237 233 428 728

Bamenda: 237 233 134 827/233 364 147



PILGRIMS AND TOURISTS TO CAMEROON

By E.S.D. FOMIN**

Cameroon is a great destination for both pilgrims and tourists. Many visitors who come to this country annually for leisure are tourists attracted by its rich natural wealth such as the extremely varied physical environment; the many different peoples and cultures and the beautiful fauna and flora. They are however, not the focus of this write-up. We are concerned here with the growing numbers of fervent pilgrims of multiple slavery Diasporas who are often wrongly lumped together with tourists. Tourists and pilgrims may come from the same country but they often differ from each other in their pursuits. While the former come to Cameroon for leisure the latter come for spiritual fulfilment.

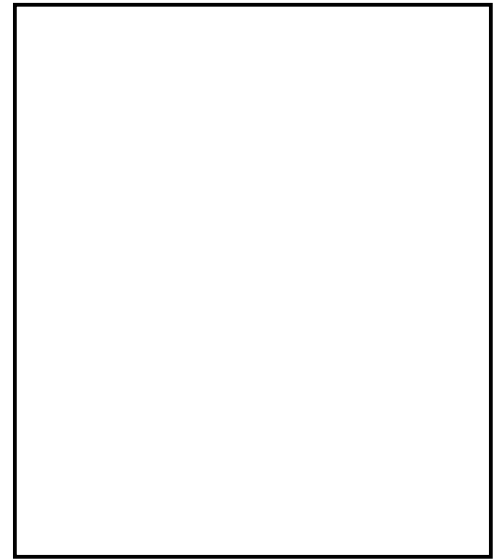
In this brief article we intend to call the attention of Cameroonians to pilgrims who are increasingly becoming very many and who come to this country to trace ancestral roots. They are Africans of slavery descent found in many Diasporas all over the world especially in the Americas. They are interested in the sites and structures of enslavement and slave trade which sent their ancestors, our brothers and sisters, to slavery out of Cameroon. In this article we give hint on such sites and structures that exist in Cameroon but hitherto little known to even Cameroonians at home.

These slavery Diaspora pilgrims would like to visit and pray in such places as a way of recognizing the heroic suffering that their ancestors endured. The sites and structures are the tangible legacies

of the trans-slave trade in Cameroon. They include among others, structures and sites which were used for the procurement, transportation and exit of the enslaved.

Time and space constraints have compelled us to limit the discussion only to one of these groups mentioned above and we have chosen the last which has to do with the exit through which our unfortunate brothers and sisters went out across the Atlantic. It is important to note that both the trans-Saharan and trans-Atlantic trades took many enslaved people out of Cameroon. The latter affected Cameroon more. Thus Cameroon slavery Diaspora pilgrims for now come from the Americas. Their ancestors were forced out of the territory through many points along the Atlantic coasts of Cameroon and Nigeria. Many lost their lives in this journey often called middle passage. The pilgrims are the descendants of those who survived. The key points of departure along the coast include Campo of the Batanga, Douala of the Duala, Bimbia of the Isubu, Rio del Rey of the Isangale and Calabar of the Efik from east to west (see map).

The DNA Science has helped a lot in designating and linking many persons of slavery descendants in the Americas and Canada to one or the other of the multiple ethnicities of Cameroon. From ethnic identity it is possible to get to the point of departure and therefore the appropriate place of pilgrimage. Thus the enslaved Maka of the East Region of Cameroon, Bulu of the South, and some Bassa of the Center entered the middle passage from Campo. But Douala and Bimbia



ports were the entry points for so many ethnicities such as Bassa, Ewondo, Eton, Bamileke, Tikar and Widikum.

The slavery Diaspora pilgrims from any of these ethnicities will find these sites suitable and relevant places for reflection and meditation. They are trans-slave trade pilgrimage centers par excellence, safe for the fact that they do not provide adequate facilities to receive the growing pilgrims from abroad and Cameroon. Bimbia alone has physical structures which attest to the fact that serious slave trade business was done at the site. Despite the large numbers of the enslaved that went through Douala, only intangible evidence exists for it today. Rio del Rey was the first major departure point for enslaved from Cameroon who went to the American Atlantic world but it is not easy for pilgrims to have access to it. In fact, many persons from the Cameroon Grassfields, the Cross-River basin and Bakundu country first went out across the Atlantic from this port which was operational as trading station probably by 1550. But by 1650 rivals had sacked and destroyed it. It has never been revived even as a tourist center despite its rich history and attractive environment. Some Bamileke, Tikar, Keaka, and Banyang of Cameroon also went out through Calabar after the fall of Rio del Rey. Important trans-slave trade pilgrimage sites exist in Cameroon still to be better developed.

... Cameroon slavery Diaspora pilgrims for now come from the Americas. Their ancestors were forced out of the territory through many points along the Atlantic coasts of Cameroon and Nigeria

**Professor E.S.D Fomin teaches in the History Department of the University of Yaounde I, Cameroon. He is author of many scholarly works and scientific articles in peer-review journals on the Trans-Slave Trade and Slavery in Africa.*

AFRICAN-AMERICANS WITH CAMEROONIAN ROOTS

In search of their origins, some 8000 African-Americans found their cradle in Cameroon after going through a DNA test. In December 2011, 87 of them made the return journey by visiting, among other places, Bimbia in the South West Region, a former slave port. Thus, artists like SPIKE LEE, QUINCY JONES and INDIA ARIE found their African origins in Cameroon.

Very rarely mentioned in the history of the Slave Trade, Cameroon really bears traces of slavery. In fact, the former slave port of Bimbia near Limbe still has vestiges of this time, including foundations of buildings that were used to imprison slaves before boarding on ships, and utensils used by slave traders and slaves. It is in this context of a strong symbol that 87 African-Americans have gathered where the footsteps of their ancestors would have left Cameroon.

This “return to the origins program”, went from the north to the south of the country to complete a pilgrimage to Bimbia; the “Gorée” of Cameroon ignored and abandoned. Various meetings with local people helped revive these distant “cousins” and multiple donations were made, with promises of future meetings. A return to the roots, rich in emotion for the visitors during which a few hundred metres from the beach, local people staged a play depicting the capture of slaves by the villagers of the time. Cameroon “cradle of our ancestors” contained in the national anthem could be sung with pride in view of the strong-minded generations of famous Americans that it has produced! “Camericans” as they are now called in Cameroon.



Spike Lee

Spike Lee whose real name is Shelton Jackson is a writer, director and producer.



Quincy Jones

The famous producer Quincy Jones has discovered Cameroonian roots after a DNA test.



Dr Mathias Fobi

Dr Mathias Fobi is an eminent surgeon of Cameroonian origin, born in the small village of Nkwen in Cameroon. This renowned surgeon has developed a method that made him famous in the United States. The method is called the Fobi Pouch <Fobi pocket>, which is a real achievement. Fobi pocket is another version of gastric Bypass which reduces gastritis. This version is now used worldwide. He created his method to help millions of overweight people in the United States. It has helped many American celebrities like Roseanne Barr and Randy Jackson lose weight with the help of the surgical technology he developed.



Condoleezza Rice

She was the 66th U.S. Secretary of State. At 50, she rose to the coveted position of U.S Secretary of State for National Security, 26 January 2005- 20 January 2009.

CAMEROONIAN ICONS

SPORT

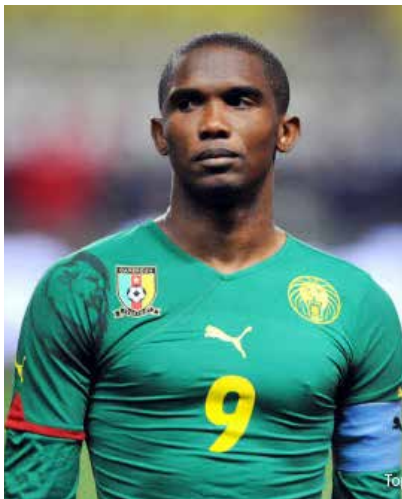
H.E. Albert Roger Milla

The famous Albert Roger Milla was born on May 20, 1952 in Yaounde. He is a former Cameroonian footballer who played centre forward position and has influenced a whole generation of world football after his participation in the 1990 World Cup in Italy. At 38, he made his best performance as a footballer. The Lion scored four goals in the 1990 World Cup, accompanied each time by



a Makossa dance around the corner flag, a ceremonial which has since toured the world. At 42, pushing the boundaries of age, he entered two new records to his name by becoming the oldest outfield player and the oldest scorer in the history of the 1994 World Cup. He is also the first African player to have played in three finals. Roger Milla now resides in Yaoundé, where he holds the position of Roving Ambassador that has led him to travel the world.

Samuel Eto'o Fils



Samuel Eto'o is a Cameroonian footballer born on March 10, 1981 in Cameroon. The 9 shirt player is a professional player who plays as striker for Turkish club, Antalyaspor. He has also played with the Indomitable Lions of Cameroon where he was captain of the national team. He is considered one of the best footballers in the world of his generation and the

best African player of all time. Samuel Eto'o scored over 130 goals in five seasons with FC Barcelona. In 2010, he became the first and only player to win two triplets (League- Champions- League Cup) consecutively. He is the most decorated African player of all time, having won the African Player of the Year Award four times: in 2003, 2004, 2005 and 2010. He was third in the FIFA World Player of the year award in 2005. He also won the CAN 2000 and 2002 and participated in the 1998 World Cup, 2002 World Cup and that of 2010. He is the best scorer in the history of the Indomitable Lions of Cameroon and best scorer in the history of the African Cup of Nations.

MUSIC

Yannick Noah

Yannick Noah is a tennis player and Cameroon –French singer, born on 18 May 1960 in Sedan, Ardennes, France.

At only 17, he won his first junior tournament at Wimbledon. Since 1978, he returned to the big leagues and faced the cream of world tennis (Connors, Pecci, Vilas, Lendi,...). A dream becomes true for the Sedan kid. Consecration came in 1983 when Noah won , before a country in turmoil, the Roland Garros tournament against the Swede Wilander. For 37 years, France had expected this event and the player was celebrated as a hero.



Manu Dibango



The music icon Manu Dibango is a Cameroonian saxophonist and world jazz singer who was born in Douala on 12 December 1933. He is an artist, multi-instrumentalist and a composer. The story of Manu Dibango is divided amongst Africa, France and the United States of America for major decorations. Through experiments

and collaborations, he has established himself as a renowned international figure, showing the same mastery in jazz, soul and world music. He has performed throughout the world in Brussels, Antwerp and Charleroi, where his Africanized jazz in contact with the Congolese medium in the ambiance of the accession of the Belgian Congo to independence in 1960, in Africa in 1969, where he recorded his own compositions which are a renewed success in Africa. Since the 1980s, he revisited the world musical heritage with tenors like Youssou N'Dour, King Sunny Ade, Salif Keita, Angélique Kidjo, Papa Wemba , and a wide range of European and American artists.

X-Maleya: The Cameroonian Trio

They are three buddies who are a hit with their group X-Maleya. Roger and Auguste are Cameroonian. Haïssama is a half-blood from an American father and a French-Cameroonian mother. They sing in Bassa, French and English. They met in a high school and dreamed about a fate of rock stars. Haïss was the last one to join the group, and he never leaves his guitar. They have nourished big projects and were conscious "that many things again were to be perfected".

Their popular albums include: "Exil" in 2006, "X Maleya" in 2009, "Tous ensemble" in 2011 and "Revolution" (sold up to 10 000 copies the first day of its release!) in 2013, Playlist in 2016. Their success makes them a trio to be watched.



MY AFRICAN DREAM...

TO ROAM FREELY THROUGH THE FOUR CORNERS OF AFRICA, MY AFRICA

By Portia Siyanda Sifolo*

In this African month, I am reminded of a speech made 20 years ago by the former South African President, Thabo Mbeki; "I am an African. I owe my being to the hills and the valleys, the mountains and the glades, the rivers, the deserts, the trees, the flowers, the seas and the ever-changing seasons that define the face of our native land."

And so, I have a dream of accomplishing my dream of travelling unimpeded around my own continent, home, space and destination called Africa. As we celebrate the month of May (Africa month), one can not help, but be reminded of the enormous tourism potential and the contribution the industry stands to make to the development of the African economy. However, this optimism of how much the sector can assist in the economic development of the continent is often dampened by the ongoing insecurity challenges that face Africa and the world. It can be argued that the direct and indirect effects of conflicts, terrorism and general instability create



a barrier to the continent's accelerated development.

As I begin my journey from the south of the continent (South Africa) hoping to get strength from Robbin Island, which is a symbol of 'Triumph of the Human spirit', I was however disturbed by the social and economic challenges such as.... the inequality and the negative stories I see on the social networks about South Africa.

I wanted to wake up in Zimbabwe, and experience 'a hidden gem in the heart of Bulawayo' and have an intellectual argument about the tourism sector in our continent; however, this dream was disturbed by the hyperinflation, resulting from 'poor leadership and corruption'.

I then wanted to travel to the Democratic Republic of Congo, an untapped market for natural resources, with the hope of seeing gorillas in Salonga National Park and relishing nature, particularly in Goma where the forests

are breath-taking; however, staggering conflicts hampered my journey.

I wondered if the North, East and West Africa are at the better state as I intended to travel the beautiful shores of Africa. To my surprise, the incident whereby 21 people were killed by gunmen who opened fire at the Bardo National Museum, in Tunis, Tunisia; I was robbed an opportunity to hike at Mountain Oasis which has plenty of historical insight.

The thought of the group of gunmen who opened fire to a crowd in Grand Bassam beach in Abidjan, Cote d' Ivoire, killing about 16 people; I could not experience the architecture of Grand Bassam and the Tai National Park.

I was perplexed again in April 2015, where by about 150 people were left dead in Kenya in an attack linked to the with Somalia-based Islamist extremist group called al-Shabaab, my dream of seeing African Species in Kismayu National Park (Hargeisa) was shattered. My dream of promenading in "the Jewel of East Africa" and its finest beaches seemed very bleak. The spate of attacks continued in 2016 with a direct impact on the tourism sector of various countries of the continent. (<http://www.bbc.com/news/world-africa-35798502>).



In the same month of March 2016, gunmen opened fire at the Radisson hotel in Mali, I didn't get to enjoy the prayer in one of the Greatest Mosques of Djenné the culture of Koutiala

Then... I got to question myself as An African,.. will I ever move around in my native land and enjoy being adventurous in the hills and the valleys of Africa. Can I do mountain climbing on the mountains and the glades of our land? Can I decide to do river rafting in the rivers and shores of Somalia without being scared of the pirates? How about exploring the "deserts, the trees, the flowers, the seas and the ever-changing seasons that define the face of our native land" (Mbeki, 2009) without being worried about the being

abducted?

Africa, help me to travel and enjoy the vast tranquil and beautiful land of our fore fathers. As a woman, I shouldn't worry about my girl child wondering around whilst exploring her opportunities of contributing to the tourism sector one day, yet again...worry about the Bokoharam in Nigeria that they will abduct her.

Allow me to be an African, and travel in my own terrestrial... because in the African land, I am guaranteed economic development through the tourism sector... because I am an African!

*(Portia Pearl Siyanda Sifolo, an African before anything else...)
Lecturer of Tourism Management
(Pretoria – South Africa)*

PROXIMITY TOURISM THE LATEST TREND IN TOURISM SAFARI

By Paul E. Kode

What Proximity Tourism Is

It is tourism revolutionized. Consider the present trend of tourism. You fly all the way from some part of the world and land in Cameroon as a tourist. You check into a four or five star hotel. In the morning, you order continental breakfast and four- course meals later in the day. You may visit a couple of sites in a 4WD vehicle. In the evening, you may order for light supper and a nightcap and the day is done. That trend of tourism is now considered to be hackneyed or anachronistic.

Modern Tourism

The modern tourist derives a lot of pleasure and satisfaction when he integrates himself in what is called proximity tourism.

Imagine you were to visit a pygmy village for a week or two.

The first thing in your mind is to tempo-

rally forget anything concerning modern conveniences. You have to be an integral part of their activities from sunrise to sunset for the entire 14 or so days of your sojourn with them.

That, is proximity tourism and it is the trend presently. Come to think of it, does it not make sense? Of course it does. If you were to go to the North Pole and visit with the inhabitants there, you would have to participate in all their daily activities like a full member of the family.

Home Tourism

It is time Cameroonians open their doors to home tourism too. A family in Bova, Bimbia, Akwaya, Mouck, Bamumbu or Bakassi should be ready and willing to accommodate a tourist from abroad in its home for a couple of days or weeks. Sooner or later, the tourist would feel so much at home that the bond of camaraderie with the host family would go a long way to promote and sustain the much needed

culture of peace in the world at large. All that is needed is a change of mentality through sensitization.

Should the trend be reversed, the Cameroonian who may also happen to indulge in a safari would come back home satisfied with having integrated himself or herself into the daily life and activities of a welcoming family abroad.

Cases are on record where a Cameroonian fella sent the expatriate fiancé to stay with his parents in the village for six months. She emerged with a more balanced attitude in respect of her fiancé's background. It was just to balance the equation with the Cameroonian staying with her parents abroad.

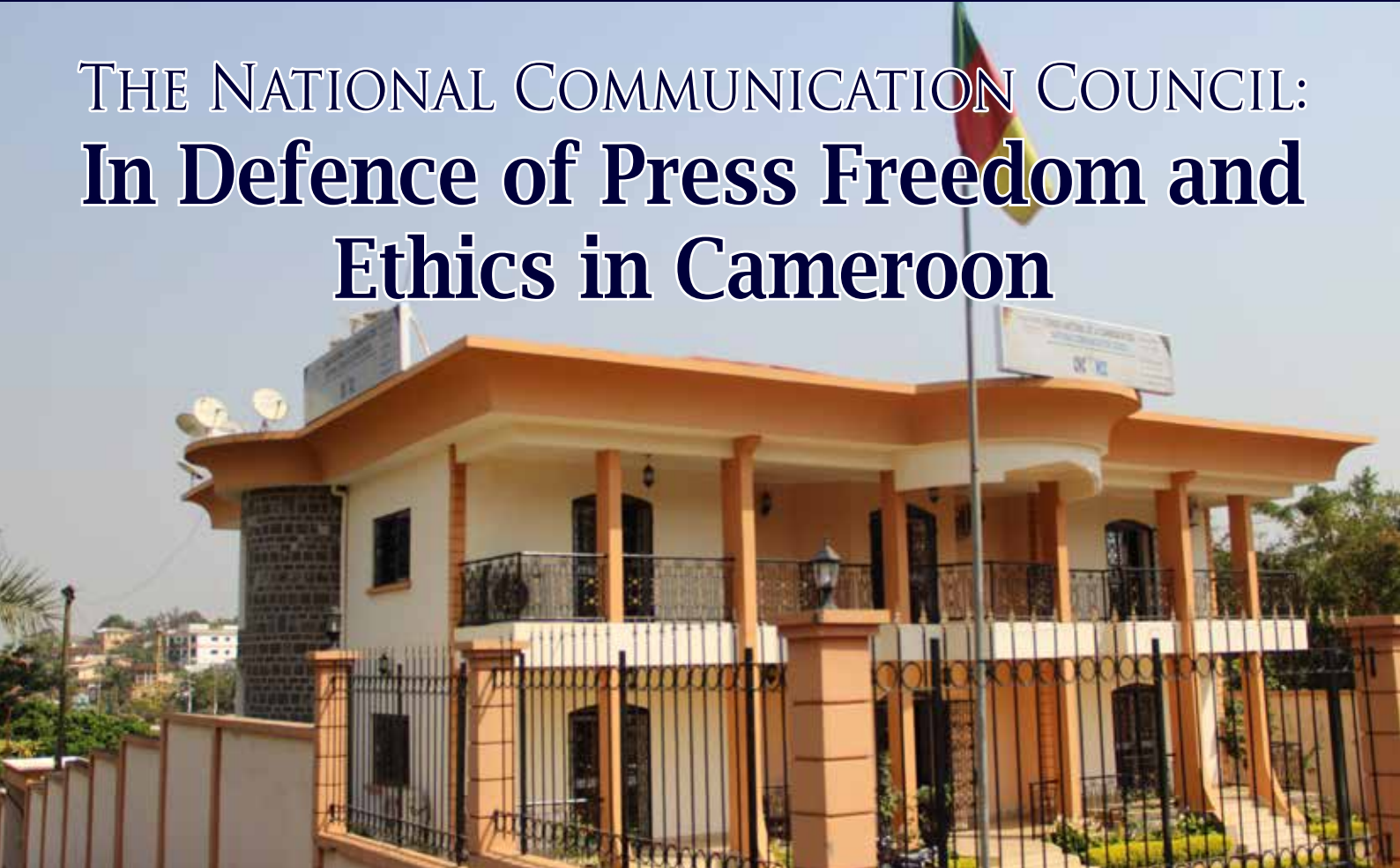
Advantages

There are so many reciprocal advantages in proximity tourism that they would fill a book. The best this magazine can do is to leave it to the readers' fertile imagination to itemise them with a cool head.

Fini Hotel

Mars Limbe

THE NATIONAL COMMUNICATION COUNCIL: In Defence of Press Freedom and Ethics in Cameroon



Cameroon's National Communication Council, NCC, is an independent body established by the December 19, 1990 Mass Communication Law to regulate the media and the conduct and discipline of journalists. The nine-member body is also charged with advising the State on questions pertaining to the formulation of national media policies.

The fundamental public interest maxim of media freedom, freedom of expression and principles of open and independent media that promotes participatory democracy, rule of law and accountability in the governance process underlay the media regulation process at the Council.

Five years after the NCC was accorded wider powers by the January 23, 2012 Presidential Decree to regulate the country's media, the fledgling watchdog has sought, albeit with daunting challenges, to

effectively sink its teeth and rid a burgeoning media landscape – made up of over 600 print media organs, more than 100 radio stations and a similar number of television stations -- of malpractice.

In its commitment to upholding the guiding journalistic principles of integrity, independence, professionalism, transparency and accountability, the Council has since 2013, made skills training seminars and consultations on the Code of Conduct for the Practice of Journalism its major activity.

A case in point is the September 2012 National Forum it organized, following its transition into a fully-fledged regulator with brand new powers to mete out sanctions which brought together media professionals, scholars, policy makers and the civil society to address the stakes and challenges facing the country's media. Also, the NCC initiated and hosted a regional seminar of media regulators of Central Africa in May 2014 which sought to devise a

tailor-made complaints handling procedure for the regulators. Following the enactment of Law Governing Audiovisual Activities of April 20, 2015 which heaped new competences on the Council, it organized a national seminar on child protection in the media in September of the same year. The aforementioned seminar resulted in the production of a manual for the protection of children and minors in the media which is pending adoption.

Meanwhile, the National Communication Council also ensures that the public have the opportunity to raise complaints against the conduct and behavior of journalists and media houses. Till date, 107 complaints have been processed, resulting in decisions which all gear towards ensuring that the rights and privileges of journalists are protected on the one hand, while professionalism and accountability of media workers is upheld on the other.

The NCC Team



Peter ESSOKA
(President)



René MVOTO OBOUNOU
Vice-président



Suzanne KALA Lobe



**Nadine MACHIKOU
NGAMENI**



**ALFAKI
ABDOURAHMAN**



Jean Claude OTTOU



Charly NDI Chia



Christophe BOBIOKONO



Jean-Bruno TAGNE

CJA CAMEROON HONOURED AT LONDON CONFERENCE

CHIEF FOANYI NKEMAYANG ELECTED VICE-PRESIDENT FOR AFRICA

By Theodore M.Ndze

On the side-lines of its 10th World Conference on the theme; “The Future of Journalism in the Digital Age”, the Commonwealth Journalists Association, CJA, held elections into the governing organs of the body. The international executive bureau that had been in place for over three years, needed some rejuvenation to enable it to conduct its business around the Commonwealth with greater vigour.

During the campaigns that began with lobbies among the delegates since the start of the conference, the Cameroonian delegation, worked its way to success.

At the end of the election exercise on April 13, 2016, the President of CJA- Cameroon, Chief Foanyi Nkemayang Paul was voted as Vice President for Africa, while another member of the delegation, John Mbah Akuroh who is also Secretary General of the Cameroon Branch of the organisation, was elected into the International Executive Committee of 12.

Rita Payne, who was the International President until April 13, was replaced by Mahendra Ved of India who had previously served as Vice President for South Asia. The elections which were conducted in a transparent, free and fair atmosphere set the ground for more engagement and greater action within the association in efforts to protect journalists around the Commonwealth, while at the same time promoting the virtues



President Paul Biya greets newly-elected CJA Vice President for Africa Chief Foanyi

of responsible journalism.

At the close of the elections, the new bureau was received at a lunch organized by the Commonwealth Secretariat in Marlborough House, in the heart of London. During the reception, the Secretary General of the Commonwealth, Baroness Patricia Scotland, told the men and women of letters that her action plan will centre around three priority areas: gender equity, youth training and employment and climate change. There was also a clear engagement to encourage CJA in its drive to contribute to the wellbeing of the entire Commonwealth community.

The Cameroonian delegation that performed brilliantly at the elections was received in audience by Cameroon’s High Commissioner in London, H.E Nkwelle Ekaney. He congratulated the duo and promised to collaborate with them during their term in the governing organ of the CJA.

Shortly after, the Director of the Commonwealth Department in the Ministry of External Relations, Solomon E. Tatah praised Chief Foanyi Nkemayang Paul and John Mbah Akuroh following their brilliant election into the prestigious international executive of the Commonwealth Journalists

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Boisson officielle des Lions Indomptables

“SPORTS, TOURISM AND CULTURE ARE INVALUABLE VECTORS OF NATIONAL UNITY AND PROGRESS”, HON. DAVID MANFOUO



By Eddy Etawo

Honorable David Manfouo is a Member of Parliament from Bamboutos in the West Region of Cameroon. He is a multi-faceted and leading economic operator in Cameroon. He is of the opinion that when we promote culture, sports and tourism, we promote national unity integration and progress. He expressed this view recently as he inaugurated the Olympic Swimming Pool and Belavie Hotel (3 stars) behind La Pasta head office in the Bonaberi neighborhood. Thanks to Honourable Manfouo, Douala can now boast of a new and modern Olympic Swimming Pool. Swimming being a sport for all genders and ages, Manfouo called on the Regional Delegate of Sports to organize as many swimming competitions as possible in the pool. He equally called on the population to come and swim and exercise themselves so as to be healthy and strong.

The inauguration ceremony which was attended by several hundred people, turned out to be a kind of cultural jamboree. Dance groups from the north, west, east and south of the country were on hand to grace the occasion. The most spectacular of them was the Bantou dance group from Ndobbo in Douala. The professional composers and dancers pulled the diverse and varied Cameroon culture into a tiny focus. They expressed it majestically in their manner of dressing and dancing as they vibrated to rhythms and sounds that cut across the North, South, West and East of Cameroon.

Honourable Manfouo has not only invested in sports. He is the proprietor of Nouvelle Financière Africaine (NOFIA), a micro finance structure of international standing. He also owns the Elegance Pressing Company Limited, a dry cleaning and washing company that is conspicuously imposing in all major cities in Cameroon. Above all, Manfouo is

the promoter of Belavie Hotel and Accessories. Belavie Company Limited deals in hotels, bakeries, restaurants fresh foods, snack bars, cafes etc. He recently set up a pure water processing and packaging company.

Honourable Manfouo can be considered a successful business man; he is a man with a clear vision and judgment. He is patriotic and a true symbol of national unity and integration. He employs over five hundred Cameroonians drawn from across Cameroon. With the NOFIA micro finance, he facilitates savings, loans and investments to individuals and small companies as well as assist stranded tourists to access their accounts in international banks. He is using sports, tourism and culture to foster national unity, encourage national integration and foster economic progress and good life for all Cameroonians. Three cheers to the MP from Bamboutos.

Ramatou alias Mama Eto'o

ETO'O'S FANATICAL SUPPORTER

Those who frequent the city of Douala will obviously know Ramatou Njoya alias Mama Eto'o. This robust 45-year-old lady, has worked happily without pay for the past fifteen years. She takes the name and reputation of the ace international footballer, Samuel Eto'o, to all the nooks and crannies of Douala City. She braves it on foot, by bike or by taxi where she can afford one, with only one message, rally support for the popular footballer, Samuel Eto'o.

Dressed in sports attire and carrying Cameroon national flag and that of the club for which Eto'o plays, she parades the streets of Douala.

She either wears a green t-shirt, red shorts, yellow stockings and a pair of classy tennis which is the attire of the Indomitable Lions of Cameroon or she wears the complete jersey of the club Eto'o plays for in Europe at that particular time. On both hands, she carries jerseys bearing the name Samuel Eto'o in a bid to sell the name and personality of her favourite footballer. Her ambition is to preach Eto'o to football lovers, sports fans and Cameroonians as a whole.

"I started doing this when Eto'o started playing for Real Madrid", Ramatou Njoya told Achas Safari. She however regrets that Eto'o's stay at Real Madrid was quite brief reason why very few Cameroonians saw her sell Real Madrid jerseys. She equally says she has always worked hard to add something positive to the reputation of Eto'o. The fanatic fan has always been very pres-

ent and supportive throughout the player's career- from Real Madrid to Mallorca to Barcelona to Inter Milan to Russia, and to Turkey where Eto'o is playing today.

Asked what prompted her to become a fanatical supporter of Eto'o, Ramatou says, "Eto'o is my son. I am not his natural mother but I am really very

I can to promote his name. He is our national hero".

Mama Eto'o explains that the peak of her business is usually when Cameroon qualifies for the African Cup of Nations or World Cup competitions and when Eto'o qualifies his team for the finals of European Cup competitions.

Mama Eto'o reveals that Eto'o sends her envelopes with good amounts from Europe and sometimes when he is in Cameroon. She also disclosed that Eto'o has promised to build her a house.

"I can't wait for this dream to become a reality", she says in an expectant mood.



proud of him to the extent that I consider him my son. I am equally very proud for what he has done for Cameroon and beyond. I will continue to do what



“FROM YOUR MACHINE IN THE OFFICE YOU CAN HAVE YOUR GOODS CLEARED AS WELL AS HAVE AUTHORIZATION TO TAKE THEM OUT OF THE PORT”. –ISIDORE BIYIHA, G.M. GUCE

Shortly before the ceremony to receive provisional computers and administrative techniques system better known in the French language as Systeme d' Information des Administrations Techniques (SIAT), the final step to the implementation of paperless trade procedures, the General Manager of the Single Window for Foreign Trade (GUCE) Isidore Biyiha talked to the Achas Safari's Eddy Etawo in his office about the unfolding dematerialization process.

Excepts;

Mr. General manager, what is paperless trade or dematerialization?

It is the sum total of operations that consist in reducing the use of paper and to replace it with a competent computer network system. We have proceeded to the dematerialization of all the procedures in external trade. We are thus about to launch the complete switch over from paper to the electronic system. The event of today is the reception of the provisional equipment aimed at arming the administration concerned with the computer technique. This will help them to work in the process and context of dematerialization.

There are at least 10 administrations concerned. Henceforth, instead of using the paper, they will use a special technique in the computer. This contract was realized by a Tunisian firm. It should be noted that there is a period of one year guarantee. It is at the end of the 365 days that we will say that the reception is complete and the system fit for exploitation. However, henceforth, SIAT shall go fully operational. Before this protocoled phase there was the



Isidore Biyiha: G.M. GUCE

phase that we called the technical reception phase, that is to say, the administration and all technicians met at GUCE last January 22 to assure the entire development and other applications connected to dematerialization and corresponding to their needs and aspirations. Tests were done procedure by procedure and treatment by treatment.

How Many Procedures Are Involved In This Operation?

Globally, we have about 70 procedures of which 36 are major while the rest are minor or sub procedures. In reality, it is the entire process of the Single Window For External Trade that will be dematerialized. Paper as we use today shall be replaced by computer operations. The use of the system does not require movement. From your machine in your office, you could have your goods cleared as well as have the authorization to take

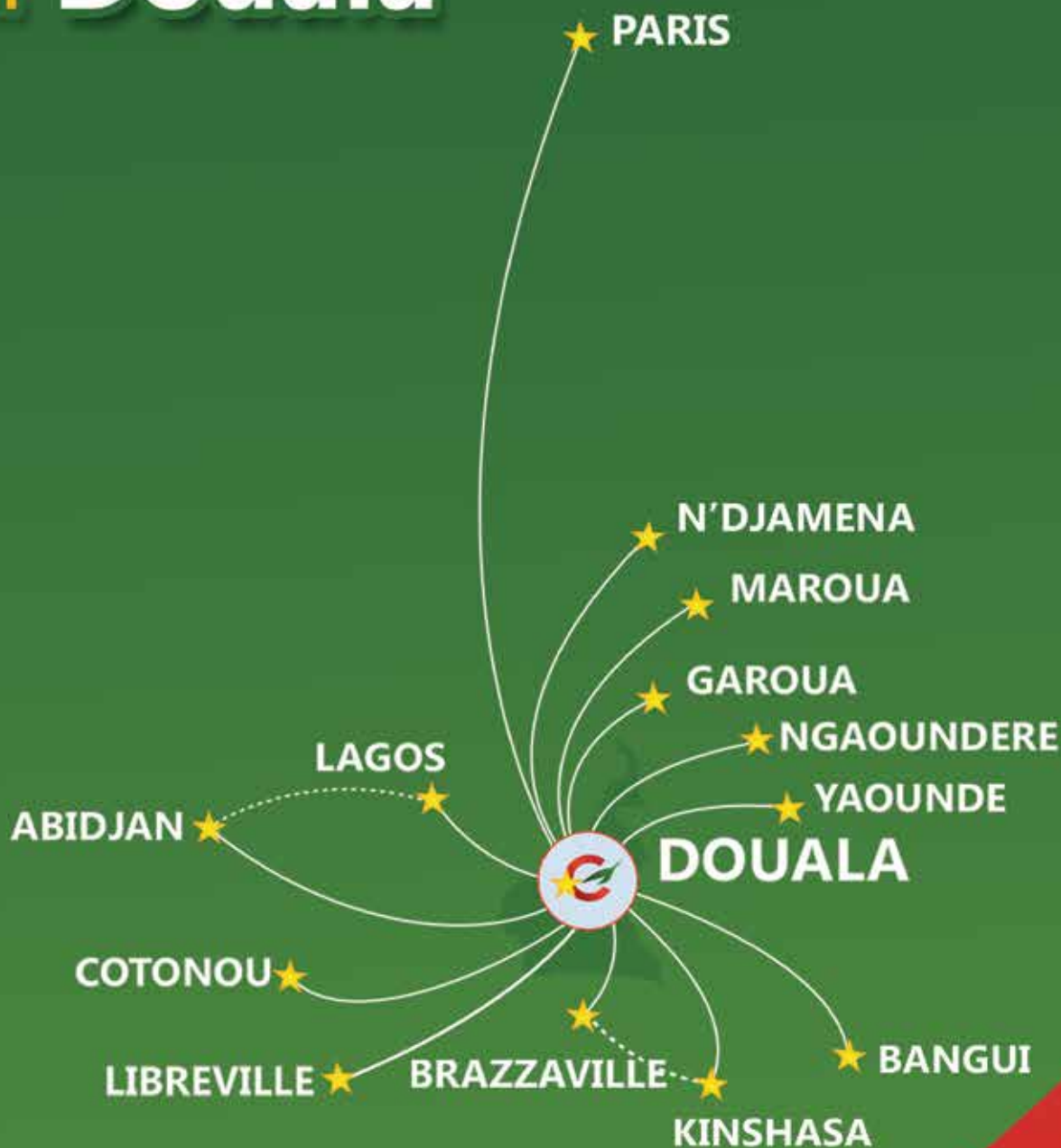
them out of the port. Brief, this is what obtains now in the GUCE. You know we had already put in place the electronic payment system in a convention we signed with the port of Douala a few months ago. How Will This Process Benefit Clients?

In just a few seconds all payment, be they taxes or others could be done successfully. This implies considerable time gain. In the past, it was a procedure that could take several days. Henceforth, with just a simple click, the client will be able to pay his taxes and other forms of payments without budging. No more photocopies etc. everything is electronic and this assures rapidity and efficiency at every point. Above all, the process now considerably reduces physical contact and therefore too corruption in the process of clearing goods in the market.

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