

EXSSA UK 2013

'Working with ONE Mind'



Contact: enquiries@exssa-uk.org

Website: www.exssa-uk.org

EXSSA UK CONVENTION 2013

BANK HOUSE HOTEL & GOLF CLUB

WORCESTER



...improving Sanitary Facilities in Saker Baptist College

CONVENTION PROGRAMME

Friday 30th August 2013: 8.30pm

Common Meal & Comedy Night

Quintessential Ladies only

Embodying the ethos of Love, Unity & Sisterhood

Saturday 31st August 2013: 10am

National General Assembly

Quintessential Ladies only

Grab & Go Lunch

Saturday 31st August 2013: Noon

Climb the 'Saker Hill Challenge' & Golf

Quintessential Ladies & Patrons

Saturday 31st August 2013: 7.30pm

Fundraising Dinner & Gala

Quintessential Ladies & Patrons

Sunday 1st September 2013: 11.30am

Church Service & Roll Call

Quintessential Ladies & Patrons

Sunday 1st September 2012: 1pm

Patio BBQ & Jazz Band

Quintessential Ladies & Patrons

View our online brochure on www.simplebooklet.com/exssauk2103



Editor, Dialle Mofa Takang, Secretary - EXSSA UK, Graduating Class of 1986

COMPLIMENTS OF EXSSA UK



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SAVE THE DATE

EXSSA UK 2014!

WE DO IT BEST!

ASLEEP...BUT NOT FORGOTTEN!



RIP MALOKE EFIMBA
Graduating Class of 1984
 Fondly remembered by Sister
 Dr WASSE EFIMBA



RIP LUM NDENECHO
Graduating Class of 1986
 Fondly remembered by Sister
 Ms ZORA NDENECHO

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Welcome!

With great pleasure and pride, I welcome you to our second Annual Convention! The maiden edition of the convention kicked off last year in Aston, Birmingham, and the many superlatives that flowed from the Sakerettes and Patrons who attended the event attest to the fact that it was a tremendous success. Once again, I extend our hearty appreciation to all of you for your continuing cooperation and support in helping us keep our sisterhood alive whilst also making valuable material contributions to our beloved alma mater, Saker Baptist College, Limbe, Cameroon.

I am delighted to report that since the convention last year, we have been busy with activities that speak to our core ideals of keeping up the sisterhood and giving back.

*In April this year, we held a General Meeting in Paris, combined with a Common Meal and Worship at the American Church, Paris. There was a surprisingly respectable attendance and, as you would expect from Sakerettes, they made it a memorable milestone in the history of our young organisation. Kudos to the leadership and membership of EXSSA UK Regions - North, South, Midlands, London and MAL for their fund raising efforts around the country towards our 2012/13 flagship project - **to provide a major Sanitation Facility to Saker Baptist College**. The facility has since been delivered to the School and needless to say (for those who know the details of the unhealthy sanitary conditions back there), it will have a fantastic impact on the lives of the students (see page 17).*

The theme of our 2013 Convention is "Together towards Tomorrow". Since its inception 51 years ago, Saker Baptist College has graduated over 6,000 young women, and Saker alumni have become model mothers, wives, and prominent members in all sectors of society all over the world. With your cooperation and kind support, we will continue do our bit to help maintain the high standards of welfare and academic facilities which made these successes possible. I do hope you will enjoy our amazing event today and return next year for an even more fantastic event with lots of surprises. God Bless you all!

Long Live EXSSA UK! Long live EXSSA!

*Celine Loader (née Edimesumbe)
National President of EXSSA UK
Graduating Class of 1981*



EXSSA UK

Conscious and proud of our distinguished alma mater, Saker Baptist College, its positive, dynamic role and force in Nation building which it incessantly manifests through brilliant

academic performance; its unqualified dignity; its exceptional character and moral probity; its inherent and lauded singing acclamations; its adherence to the lofty ideals of common Sisterhood, good citizenship, creativity, civic responsibility and the development of a sound body and mind, EXSSA UK was born on **June, 30th 1995** during a plenary session in London.



EXSSA UK, comprises of *quintessential Ladies* with varied talents, wealth of experience, diverse cultural heritage and background with a shared purpose, objectives and governed by the principles instilled in us by Saker. As an alumna Association, empowered with the philosophy of '**working with one mind**', we foster and promote a spirit of Love, Unity and Sisterhood; promote better social integration, empowering one another through unity, leadership and support... together we ARE a Sisterhood of distinction, fondly referred to as *Sakerettes*.



Our evolving and ever growing Association is a sustainable philanthropic organisation of Christian womanhood with Regions all over the UK. We are distinguished Ladies made famous by our love for Singing, dynamic force for the cause of God, righteousness in the Home, Church and Everywhere!

Saker Baptist College was not only home to natives of Cameroon but to indigenes of Nigeria, Kenya, South Africa, Ghana, Namibia, America and United Kingdom. As a result, we are a unique Sisterhood with associations across the World, offering every Sakerette the opportunity to belong to a group of women who share common interests and beliefs, develop lasting friendships and advance the welfare and prestige of Saker Baptist College.



Our Conventions are design to not only raise funds to benefit our chosen projects in Saker Baptist College but to also encourage and foster a spirit of Love, Unity and Sisterhood and most importantly

promote better social integration amongst the numerous graduates of Saker which spans across many generations. To this end, most events organised during this period are geared towards reliving in the spirit of what we experienced in Saker through Sports / Music Competitions and sightseeing tours.

EXSSA UK is also a sister association to [EXSSA Cameroon](#), [EXSSA USA](#), [EXSSA Nigeria](#), [EXSSA Italy](#), [EXSSA Canada](#), [EXSSA South Africa](#) and [EXSSA Germany](#).

FIRST READING – Genesis 37: 2-11 by Dr Playne Ebai

SPECIAL HYMN – PRAISE THE SAVIOUR YE WHO KNOW HIM

Praise the Saviour, ye who know Him! Who can tell how much we owe Him
Gladly let us render to Him, All we are and have.

Jesus is the Name that charms us, He for conflict fits and arms us;
Nothing moves and nothing harms us, While we trust in Him.

Trust in Him, ye saints, forever, He is faithful, changing never;
Neither force nor guile can sever, Those He loves from Him.

Keep us, Lord, O keep us cleaving, To Thyself, and still believing,
Till the hour of our receiving, Promised joys with Thee.

Then we shall be where we would be, Then we shall be what we should be
Things that are not now, nor could be, Soon shall be our own.

SECOND READING – Hebrews 11: 20-22 by Ms Gladys Fosam

SPECIAL HYMN – ONLY BELIEVE

Only believe, Only believe, all things are possible, Only believe
Only believe, Only believe, all things are possible, only believe!

SERMON – REV SUKI OSUNSANMI

OFFERTORY – SAKER CHORAL DISPLAY

I'm gonna ride on the train, I'm gonna Sit right under the Cross, I'm gonna Sing Sing Sing, I'm gonna Sing to Thee my Lord

CLOSING PRAYER – REV SUKI OSUNSANMI

CLOSING HYMN – WHEN WE ALL GET TO HEAVEN

Sing the wondrous love of Jesus, Sing His mercy and His grace;
In the mansions bright and blessed, He'll prepare for us a place
CHORUS

*When we all get to heaven, What a day of rejoicing that will be!
When we all see Jesus, We'll sing and shout the victory!*

While we walk the pilgrim pathway, Clouds will overspread the sky;
But when trav'ling days are over, Not a shadow, not a sigh.

Let us then be true and faithful, Trusting, serving every day;
Just one glimpse of Him in glory, Will the toils of life repay.

Onward to the prize before us! Soon His beauty we'll behold;
Soon the pearly gates will open; We shall tread the streets of gold.

RECESSION - GRADUATING CLASS ROLL CALL

PATIO BBQ WITH JAZZ BAND

SUNDAY CHURCH PROGRAMME

CALL TO WORSHIP—SAKERETTES CHORAL DISPLAY

Dikussi miango ma bwam, O nyola Sango, Makanga masu ma mendeh dakea, Basingedi Basu, O nyola Yesu Sango

Refrain: *Mona moh – Munyenge (x3) ela eh*

JAKA MEYA

Jakameya, Jakameya amajah, Amajah, amajah eh amajah
Tatiwonde e welanuwee, A mongele eluwe

OPENING PRAYER – REV SUNKANMI OSUNSANMI

OPENING HYMN – SHALL WE GATHER AT THE RIVER

Shall we gather at the river, Where bright angel feet have trod, With its crystal tide forever Flowing by the throne of God?

Refrain: *Yes, we'll gather at the river, the beautiful, the beautiful river; Gather with the saints at the river that flows by the throne of God.*

On the margin of the river, washing up its silver spray,
We will talk and worship ever, All the happy golden day.

Ere we reach the shining river, Lay we every burden down; Grace our spirits will deliver,
And provide a robe and crown.

At the smiling of the river, Mirror of the Saviour's face,
Saints, whom death will never sever, Lift their songs of saving grace.

Soon we'll reach the silver river, Soon our pilgrimage will cease; Soon our happy hearts
will quiver With the melody of peace.

WELCOME ADDRESS – Ma Mary Manga

SPECIAL HYMN – MY ANCHOR HOLDS

Though the angry surges roll, On my tempest-driven soul,
I am peaceful, for I know, Wildly though the winds may blow,
I've an anchor safe and sure, That can evermore endure.

CHORUS

*And it holds, My anchor holds: Blow your wildest, Then, O gale,
On my bark so small and frail; By His grace I shall not fail,
For my anchor holds, My anchor holds.*

I can feel the anchor fast, As I meet each sudden blast,
And the cable, though unseen, Bears the heavy strain between;
Through the storm I safely ride, Till the turning of the tide.

Troubles almost 'whelm the soul; Grief's like billows o'er me roll;
Tempters seek to lure astray; Storms obscure the light of day:
But in Christ I can be bold, I've an anchor that shall hold.

EXSSA UK REGIONS

A **REGION** is the smallest unit of EXSSA UK and constitutes of at least five (5) alumnae in that defined geographic location. EXSSA UK boasts a network of aspiring and dynamic ladies grouped in to five Regions. As well as EXSSA UK Constitution, each Region is governed by its defined Rules and Regulations.

The **LONDON** Region covers the *Fashionista & Trendsetting Ladies* residing '**In the City**' of London and its surrounding areas including Essex, Kent, Brighton.

President: Cecile Nkeng

The **SOUTH** Region supports the *Resplendent and Equable Ladies* residing '**In the Valley**' of the Royal Counties including Reading, Oxford, Slough, Surrey, Luton, Colchester and surrounding Areas....and are fondly refreedom to as the Royal County Ladies.

President: Janet Agbor Tabot

The **NORTH** Region caters for our *illustrious Ladies* residing '**In the Yonders**' of Liverpool, Leeds, Manchester, Sheffield, Newcastle, Middlesborough, Sunderland, York and surrounding Areas. Small in numbers but very active with valuable contribution and representation in all EXSSA UK activities.

President: Playne Agbor Ebai

The **MIDLANDS** Region is home to the *Drumbeaters and Pacesetting Quintessential Ladies* residing '**In the Heart**' of Middle England and includes cities such as Coventry, Leicester, Birmingham, Wolverhampton, Northampton, Oxford, Worcester, Stafford and surrounding areas. These Ladies always take it up a notch..OWELE is a trait they exhibit so well— and boast the most active and representative Region in all EXSSA UK activities.

President: Dialle Mofa Takang

The **MEMBERS AT LARGE (MAL)** Region caters for Sakerettes who do not belong to a Region due to lack of minimum number of required members in their defined geographic location or as a result of distance. Our MAL boast of Registrations from Germany, France, Belgium, Ireland, Scotland and far and wide.

President: Doreen Mbuagbaw McGough



EXSSA UK EXECUTIVES

NATIONAL PRESIDENT

Celine Edi-Mesumbe Loader

Graduating Class 1981

SECRETARY

Dialle Mofa Takang

Graduating Class 1986

TREASURER

Pricilla Alima

Graduating Class 1969

PUBLICITY SECRETARY

Tia Harry Torimiro

Graduating Class 1985

AUDITOR

Irene Molulu Shupo

Graduating Class 1987

executives@exssa-uk.org

SAKER ALUMNI SONG

Beyond the Buea mountain, from West coast earthquake strand
Where Cam'roon's solid fountain, laid down their golden sand.
Along Victoria's Amba Beach, Is found the Saker College,
Where girls who seek for knowledge, are all striving to reach.

On the 29th of January in 1962,
36 Cam'roon youngsters were led to Saker Hill.
Their nervous trepidation became a joyful thrill,
in the hearts of these first-comers, a joy that warms them still.

The Baptist Girls' Secondary School was the first name for our school.
The West Cam'roon Christian College was the name that followed next.
Today Saker Baptist College, Is the name our college bears
For God's Word to our Cameroon, Alfred Saker strove to bear.

Geography and math'matics are subjects we employ
Domestic Science and Physics are others we enjoy
English Language and History, Music to praise the Lord;
Literature, Bible, Chemistry, French Language from abroad.

With the help of God's almighty hand, we'll strive to face the world
For unity and sisterhood, We Saker students strive,
Be we coastland, midland, upland, **We SAKER Girls are ONE!**
With the help of tutors through we'll strive, and the battle will be won.

Salvation! Oh, Salvation! SBC girls proclaim, for in our jubilation
All tribal rites disdain.

SAKER ANTHEM

Up by the Brooks of Likomba, Is found the Newtown Hill, Where the green trees all have
opened, A habitation for young Cameroonian nation builders.

Refrain:

Saker, Baptist College (x3), Is the College of our Pride, We praise God for our School.

Founded by Baptist Mission, to raise a Christian womanhood, as a dynamic force for the
cause, Of God and righteousness in the Home, the Church and everywhere;

Helped by the Power of God Almighty, The school is striving on, bringing hope to all the
world around, in Music, Morals, that all may see and give God the glory

EXSSA UK 2013 CONVENTION TEAM

EXSSA UK Convention Team consists of members nominated from each Region.

LONDON: Dibo Nkele Maxwell, Karen Tarke

MIDLANDS: Yoti Mofa Obenge, Njie Ntuba Ahlijah

SOUTH: Janet Agbor Tabot

NORTH: Playne Agbor Ebai, Sharon Mekumbe Ewane

MAL: Doreen Mbuagbaw McGough

Dialle Mofa Takang & Celine Edimesumbe Loader

conventionteam@exssa-uk.org

GALA PROGRAMME

- 7.30pm** **Arrival of Sakerettes & Guests**
Pre-Dinner Drinks
- 8.00pm** **Introduction: Mrs Dialle Mofa Takang**
Opening Prayer: Ms Kofo Anjorin — Guest Speaker 2012
Welcome Address: Mrs Celine Loader - National President
Sakerettes: Saker Anthem
- 8.15pm** **Fundraising Gala Dinner**
Interludes: Guess the puzzle from the Table Names!
Word Scramble—can you guess & Win a bottle of wine
Hostess: Mrs Njie Mantina Ahlijah
- 9.15pm** **Key Speaker: Dr Stella Anyangwe**
Together...
Towards...
Tomorrow !
- 9.30pm** **EXSSA UK has got Talent!**
Hostesses: Karen Tarke & Hilda Ndouie
Judges: Mukefor Dennis Tambe, Jacob Moki & Ms Zora Ndenecho
- 10.30pm** **Raffle Draw: 2 Prizes from our Sponsor SCA INTER A UK**
Hostess: Dr Playne Ebai
- DANCE** **DANCE** **DANCE** **DANCE** **DANCE** **DANCE**
- 4.00am** **Close**

Your MC for the Evening is Mrs Dibo Nkelle Maxwell

CONVENTION 2012 – ONE YEAR ON

After being dormant for a few years, Sakerettes in the UK were gripped by the Golden Jubilee excitement emanated by other Sakerettes across the globe. Spearheaded by some very enthusiastic members, EXSSA-UK marked the golden jubilee in Coventry...through a low key celebration (so we thought!), fostering the spirit of Sisterhood which had been absent in so many years . Having exceeded all expectations—a Convention later in the



year was inevitable! It was a challenge for the Midlands were to organise our first ever convention since the creation of EXSSA-UK Regions. Enlisting the help of a few members from each region—the 2012 Convention team was born! Across the country members, enthused and passionate, sold Raffle tickets to raise money for our Project (*Improving the Sanitary Facilities in Saker*) as well

as reminded the wider UK Community that EXSSA-UK had awakened from its slumber. Our theme was **Appreciate, Embrace & Inspire**. The Convention kicked off with a “common meal” on Friday nightand initiated the feel good mood that would last throughout the weekend. With little rest



....we sang our way through the last minute preparations until the small hours of the morning. On Saturday morning, having welcomed long lost friends (‘intis’) with screams and hugs, we commenced the AGM with a high turnout of members who were presented



with a name batch and most importantly their unique registration number, allocated on admission into Saker. After the AGM, we went off to engage in Inter-Region Sports Competition. Due to small membership, North, MAL and South Region (aka Royal



County) combined during the competition and came 2nd, with the Midlands a contentious 1st and London a contended 3rd. The gala night had many firsts for a Cameroonian event;



a red carpet entrance, the event started on time, pre-dinner champagne, place cards, table names and guests escorted to tables by the Sakerettes and the “piece de resistance”, the three course sit down meal. The entertainment was fabulous, we narrated the



‘Saker Story’ in many ways: a fashion parade, showcasing different uniforms used in Saker in the last 50 years, a fabulous Cake and of course the SINGING (something that we do best,) a Raffle draw with an iPad



as the top price; dancing to the latest music from Africa, America and Europe until till 4am. We ended the weekend showcasing our ‘Sakerness’ in a Worship Service full of songs of praise sung by the Sakerettes. Swiftly followed by Courtyard BBQ with



families marking the end of a brilliant weekend. Roll on 2013....

Playne Ebai (neè Agbor)
President EXSSA UK—North

KEY NOTE SPEECH 2012

EXSSA !!! Greetings to every one! I am **Kofo Anjorin &** I am a Senior Bio Medical Scientist currently working in a London hospital. Most importantly I am a Sakerette, maybe an old one, but as they say - once a Sakerette always a Sakerette and I am extremely proud of my old school SBC. In case you are trying to work out my age, I started at Saker in 1963 which makes me feel very old as I know some of you were not even born when I was in my first year. Firstly, I wish to express my gratitude to Mrs Diale Mofa Takang for inviting me to speak before you and for organising this wonderful occasion with her team. I would also want to pay tribute to those who cannot be with us today, especially those who are no longer with us. Furthermore, I would like to acknowledge all the past tutors for the impact they have made on all of our lives be they large or small. My tickets to success, my passport to a good education were what I took away when I left Saker in the late sixties on my journey into adult life. When the Baptist missionaries came to Victoria, I wonder if they really could foresee the amazing impact they would make on so many young lives. To be standing here before you now, 50 years on, is truly a privilege and testimony of their passion, belief and vision for the future. As I look around the sea of faces I see both young and not so young gathered at this momentous occasion, further embodying the Saker beliefs of love, unity and sisterhood. As you know, the theme this year is **Appreciate, Embrace & Inspire** and I shall endeavour to illustrate and elaborate on these three points. In spite of all the pitfalls that we encounter, there is always much to **APPRECIATE** in our lives. I appreciate being here, being able to speak to you, able to be reunited with so many old friends. Friendship plays an important part in our lives and is what keeps us together in one piece, come what may. I appreciate the fact that we live in the twenty first century, in a high tech world and I finally seem to have mastered the Internet. This leads me to our young sister Egbe who with her amazing web site Saker Pride has opened many doors. Through her painstaking research, she has enabled us to wander down memory lane and above all, to rekindle new friendships. Egbe, on behalf of all those who religiously visit your site I thank you and God bless you for all your hard work. Through her, I have finally made contact again with our dear Miss KERN who is now in her 80s and living in Canada. In life, there are so many things to appreciate – the gift of health, education; loving family. Saker enabled me to focus on my studies, eventually come to England and become a Senior Bio Medical Scientist. Education was everything to me when I arrived. It was the only way that those of us who came from backgrounds where we had very little could achieve bigger and better things, to create a life- opportunity and fulfillment. That journey was to dedicate every ounce of strength to achieving that dream



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It all started at the EXSSA UK 2012 AGM! It was agreed during the deliberations that it will be prudent to have an interim General Meeting in March 2013 to finalise and agree the plans for 2013 Convention. As various locations were touted, I asked the question - **why not Paris?** After various mutterings of.....*et pourquoi pas?* It was put to a vote...and the rest is history!

Determined to host and show my sisters around my neck of the woods....I could not envisage a visit to Paris by EXSSA UK members - without some Parisien delights! I set to work....! After numerous visits to Hotels, Restaurants and phone calls, I came up with a schedule! We would have Meeting with other delights too! A full itinerary— I was determined to ensure my sisters **vive la Paris!**

I chose **Hotel Ibis la Défense** for its scenic views, **Batoux Mouches** for our champagne tour, **Le Petit Colbert** for gastronomic delights; **Club Titans** to dance ourselves thin and of course Praise the Lord in **American Church of Paris!** The EXSSA UK Members made their entrance, some on Friday others on Saturday — via Air, Euro Tunnel, Eurostar, Channel Crossings, with husbands, partners, kids and friends!



The meeting was topical! We deliberated, reviewed, discussed, determined to....**work with one mind!** We sang

and enjoyed freshly baked croissant! And then came the champagne bus ride—Paris à la nuit, marvelling at the Eiffel Tower, Champs-Élysées, the hawkers selling cheap knock offs and soon it was off to a three course meal at the Restaurant! With slurps of the finest



French wines amidst discussions of *Ile flottante* ...and a toast to history in making! It was too much for some and the 'Dance yourself Thin' outing never occurred—we had all crashed out. The next day was participating in the Worship Service at the American



Church in Paris! As you would expect...we shook the rafters! The pastor and worshippers marvelled at the harmonies synonymous with Sakerettes...! We did what we do Best .. amidst shouts of 'encore', we belted out hymns, chorus until hoarse.

What a fun filled weekend ! Quelle Merveille! Bravo EXSSA UK! With renewed vigour...we were determined to take in the splendours of 2013!



Doreen McGough (neè Mbuagbaw)
EXSSA UK— MAL

KEY NOTE SPEECH 2012

and those aspirations. The beauty about the UK is that it offers the opportunity to aspire in all that you want to do and that is why so many of us are still here. My life has had its twists and turns. Every day I thank God for all He has enabled me to do. Indeed, the theme for my 50th birthday was "Count your blessings," based on that well-known Saker hymn. The second part of the theme is **EMBRACE**. Embrace all those around you, not only in this hall but those around you in your daily life, in your home, in your place of work and in your daily worship. Life is very precious and not to be abused. Take every opportunity without abusing others. Give of yourself and you will be repaid many times over. I have been blessed to have been surrounded by friends who have helped me in times of crisis. I will never forget their acts of kindness, but as they point out, I easily forget the number of times I have had the good fortune to help others myself and as you know, what goes around comes around. Yes, embrace those moments, whether you are at the giving end or the receiving end, as they all contribute to the richness in our lives. Which leads me to a strange coincidence. As I looked on the EXSSA UK Group I came across the picture announcing that I would be speaking to you, and to my amazement the photo was that of me and Miss Binder at my graduation. Miss Binder was my sponsor in my last year at Saker, the year that my father sadly died at a young age of 48. At that time, I didn't know where my fees were going to come from. Miss Binder was calling the names of students who had not yet paid their fees. This was done in alphabetical order but she had omitted my name. At the end of this, she asked to see me in private and told me that she would be paying my fees as she knew I had just lost my father. The irony of this all is that the shock of my father's untimely death had left me mute – totally unable to communicate yet the moment Miss Binder told me she would pay my fees my first words uttered were "**Thank you Miss Binder.**" And I've never stopped talking since! But without Miss Binder's great act of kindness who knows where I would be now and for that I sincerely thank her. And finally, we come to **INSPIRE**. Saker has inspired us to move on to greater things. It has inspired us not to be complacent but to strive for the best in all that we do. It has inspired us to do things well, with love but with humility. The Baptists were inspired to erect a school that aimed to produce successful God-fearing women, women who in turn were inspired by their faith and who were confident in all that they did. We were inspired by the strong sense of sisterhood, by the support and phenomenal singing mainly brought about by those great Hymn writers Moody & Sankey. As St Augustine said: when you sing, you pray twice and that is why singing has become such an important part of church in general, life at Saker and worship in particular. It cannot be denied that singing is good for the soul and is good for the community.

Our sister Egbe... states in her web site that she was inspired by Saker's Golden Jubilee, in her own words "to keep the legacy of these tutors going strong." At the Golden Jubilee, the Education Secretary of the CBC, Paul Haddison Luma, said the creation of SBC in 1962 was the first independent venture by the CBC into secondary education and was intended to train a modern Cameroonian woman as a social force influencing future generations in the progressive development of Cameroon among others. I am sure you will agree that this ethos has been maintained. He also praised the Sakerettes for the contribution that they had made towards the spiritual, academic and economic development of Cameroon. Such inspiration is commendable and is what has lead us here today. Perhaps you can also take a look at our present paralympic games and take inspirations from those heroic athletes competing with huge smiles for their country. For me people like these give me inspiration. And so now, I want to leave you with two short Irish blessings that have always inspired me.

May the road rise to meet you, May the wind be always at your back, May the sun shine warm upon your face, And rain fall soft upon your fields, And until we meet again, May God hold you in the hollow of His hand. And now: May God's blessing surround you each day, As you trust Him and walk in His ways, May his presence within, Guide and keep you from sin. Go in peace, go in joy, go in love. Thank you.



Kofo Anjorin
EXSSA UK—London

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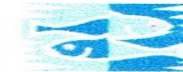
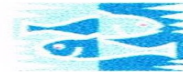
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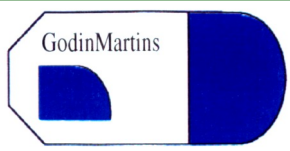
SEL has acquired more than 500 hectares of land around the Limbe area and is poised to acquire even more.

SEL owns the Springfield stone quarry at Bakingili with more than 50 million tons of tested basalt rock deposits.



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(44) 7796841200

Contact Cameroon : Andrew Ebwekoh
ebwekohaw@yahoo.com
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EXSSA UK 2012 / 13 PROJECT UPDATE

Improving the Sanitary Facilities in Saker Baptist College using Septic Digest Treatment

EXSSA UK commenced the Septic Digest Treatment Project in Saker Baptist College on the 11/04/2013. Since then I've had regular contact with the principal Mrs Stella Matuke for feedback on the treatment process. The feedback has been very positive so far. The principal reiterated that the smell that was coming from the toilets is almost all gone.



All the issues with water shortage have now been rectified by having a third bore hole. In her own words, "there is so much water in Saker now that you can literally swim in it". Also there is currently a major refurbishment



going on at the School by the Baptist Mission with the replacement of all pipework's and toilet bowls. The state of the current toilet bowls is unhygienic and this was largely due to the very old corroded drainage pipes that were blocked and prevented sewage from flowing through freely. Note that Septic Digest is dosed to their sewage system via two routes, the toilet bowl and also directly into the septic tanks.

Septic Digest actually helped digest the faecal deposits in the bowls but the drainage pipes were in such a bad state that the digested sewage could not flow through very freely. By installing new drainage pipes, the flow of septic digest through pipes will be enhanced. Septic Digest will also help maintain the drainage pipes and prevent corrosion. This major works should be completed by end of August just in time for school re-opening.

Another major positive feedback, was regarding the drainage of the septic tanks every other year. This year when they came to check the level of the tank as they normally do before drainage, it had actually dropped considerably! They were amazed by this. So no drainage for this year and hopefully none next year too, thanks to Septic Digest. They are monitoring the situation closely. Unfortunately, the cost of drainage of their system was not available at the time of this report. I have requested costs from the Principal in due course.



The Principal has promised to provide full feedback on the full benefits of Septic Digest once all the major works have been completed and all toilets are in full use again. This will be reported in the next progress report together with photographs of the state of the toilets. The school is running low on Septic Digest and are beginning to economise its usage. I have advised that in order to see the full benefits of this product, it must be used correctly, i.e. the right dosage applied as frequently as advised by the trainer. It is time to send the next consignment . Well done EXSSA UK!! I look forward to updating you as we progress through this initiative.



Nerissa Jato (nee Yinkfu)
EXSSA UK—Project Leader

EXSSA UK 2013 KEY SPEAKER

Our Key speaker for the EXSSA UK 2013 Convention, with special focus on the theme of **TOGETHER TOWARDS TOMORROW** is none other than one of Saker's finest, our illustrious and accomplished **Dr Stella Chinwe Anyangwe nee Nwigwe**, graduating class of 1969, who also happens to have held the enviable position of President of EXSSA Cameroon 1992-1995 and most notably a member of Saker Tour to America in 1969!



Dr Anyangwe is a physician and a clinical epidemiologist and retired in March as the World Health Organisation's resident representative in South Africa, a post she took in May 2007. She served in the same capacity in Zambia (2003-2007); in Mali (2001-2003); and in the Seychelles (1998-2001). She joined the World Health Organization as a regional adviser in 1996 after working with the Morehouse School of Medicine HIV/AIDS Prevention Project in Zambia as epidemiologist and STD advisor (1993-1996). Dr Anyangwe holds an MD degree (1977) from the University of Yaounde School of Medicine, an MPH (1985) and a Ph.D. (1990) from Tulane University, New Orleans, LA. She taught biostatistics, epidemiology and community medicine in the University of Yaounde School of Medicine, and was Director of clinical epidemiology until she left Cameroon in 1993. She did extensive research on the socio-economic factors associated with tropical diseases (especially urinary schistosomiasis) in women, as well as on harmful traditional practices that affect women's health in Cameroon. Her main professional interest was in the area of rights-based approach to health, with special focus on preventable and lifestyle diseases such as sexually transmitted infections, HIV and AIDS, communicable and non-communicable diseases, and human resources for Health. Dr Anyangwe is married to a professor of law and has two adult children. She is a Rotarian (Paul Harris Fellow) and her hobbies are singing (did you expect anything else from a Sakerette?) and reading. She has mingled with Heads of States, Ministers and Popstars!



She is no stranger to speaking at Saker gatherings and exudes pride and passion in all things Saker, faithfully attending most EXSSA USA Conventions and most notably was the Key Speaker at the Golden Jubilee celebrations in Cameroon in 2012— with an inspiring speech attesting to her personal journey! She completed her jubilee journey at the EXSSA USA Convention in California, and vowed to grace the UK Convention in 2013 following her retirement from WHO this year! What an honour! I do hope you will be inspired by her message this evening—with renewed energy and vigour to work **Together towards** a better **Tomorrow** for you, your family, friends and the society you reside in.



Kokovi Kale (nee Bodylawson)
EXSSA UK—Pioneer member

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MEAT (Lamb)

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MEAT (Goat)

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