



Expanding the Conversation

VANGUARD

Addressing the needs of the African American community in Southern Arizona

SPECIAL-AFRICAN-EDITION



DR. JOHN DAVID ARNOLD, RENAISSANCE MAN PPEP INC - WARES CEO AND FOUNDER

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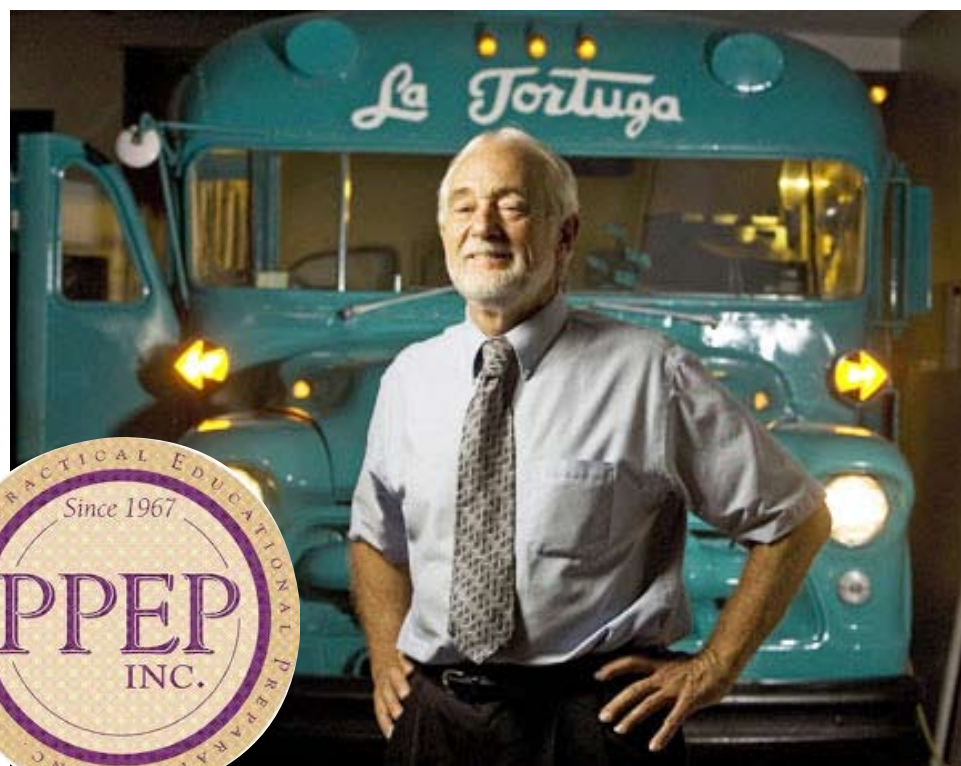
Dr. John David Arnold
African News Reporter

When I think of Dr. Arnold, I think of the quote by Harold R. McAlindon, "Do not follow where the path may lead. Go instead where there is no path and leave a trail." Dr. Arnold life has emulated this phrase.

This East and West Africa special edition of the Vanguard, illustrate the commitment of Dr. Arnold to bring a life-changing experience to the people of the country in Ghana, Owerri Nigeria, Ethiopia, and now Cameroon.

Dr. Arnold a humble man of moderate beginnings, at age 12 he began his work in the Bracero farm labor camps, part of a church bus ministry. At age 18, he was ordained and pastured the First Southern Baptist Church in Catalina, Arizona. In 1967, he wrote the first PPEP, Inc. grant. The funding from that grant made possible for the establishment of Portable Practical Educational Preparation, Inc. (PPEP). Since that beginning 46 years ago PPEP has grown to over 550 employees in 35 field training offices statewide. The growth of PPEP included Charter High Schools in Arizona and virtual charter schools in California and Arizona.

Dr. Arnold envisioned expanding the philosophy of PPEP beyond the borders of the United States and Mexico. His travels to Africa provided the perfect back drop for his humanitarian efforts; it was



there that the concept of PPEP Africa took its beginning. In 2008, Dr. Arnold established Africa's first three micro credit/cooperative "Hybrid" loan funds in Nigeria and Ghana. He established the West African Rural Empowerment Society that oversees schools' economic development, nutrition, and cultural projects.

The West African Daily Sun News wrote about Dr. Arnold "Philanthropy with a Difference; How an American Touched the lives of Millions." The Vanguard is in complete agreement with that assessment of Dr. Arnold.

Nobel Prize winner Barnard Shaw once wrote, "I am of the opinion that my life belongs to the whole community, and as long as I live, it is my privilege to do for it whatever I can. I want to be thoroughly used up when I die, for the harder I work the more I live."



**Clarence Boykins,
Vanguard Publisher and
WARES Biographer**

*Sponsors for the projects featured are;
PPEP Inc.,
The Tree of Life Foundation,
The Arnold Fly Like an Eagle Trust.*

*Contact information for W.A.R.E.S.
802 E. 46th st Tucson, Arizona 85713
ph 520 622 3553 fax 520 622 1480
www.waresdonate.org*

WEST AFRICAN RURAL EMPOWERMENT SOCIETY HISTORY - W . A . R . E . S -

Dr. John David Arnold and PPEP founded WARES in 2011 to become the international arm for social investors and donor organizations such as PPEP and the Tree of Life Rejuvenation Center. Its roots date to the summer of 2008. In that year Dr. John David Arnold was invited to Owerri, Nigeria

their means of sustainment. Also the WAAST Micro Credit Program was organized that combined the micro credit with the cooperative lending societies in Nigeria. This innovative, cost effective, 'hybrid' lending model is now being widely used in West Africa and beyond. Subsequently, the John David

Arnold Academy for Success primary school Project was initiated with an emphasis on cultural music and dance. The following year the Awo Mberi Kingdom Women's Palm nut oil processing plant was inaugurated that now employs 20 women. In 2010, Dr. Arnold was invited to Old Baika and the Bueman Kingdom in Ghana by the King-Nana Otipong Otibribi III. Since then two 'clean' drinking water bore holes with submersible pumps have been installed. Two schools renovated in New and Old Baika, and the Gabriel Cousens Nutrition Center nutrition center that feeds 350 school children. The Eagle's Nest was built which welcomes visitors and serves as operational base for Dr. Arnold and PPEP programs. In 2012 a Humanitarian/ Eco-tourism project was initiated to bring professional volunteers with their talent from abroad to do community service work during their vacations. The Baika Tourist Center was opened and transportation vehicles introduced to facilitate contacts with the Kingdom's rich culture, traditions, and historical sites. The Ghana Tourism Ministry has also been engaged and the Deputy Minister Dr. Sonne paid a days visit to certify the site. In 2011, Ethiopia opened its doors to PPEP and WARES including a meeting with the President which invited WARES to expand its work there. Subsequent a senior nutrition and Diabetes education center in Holeta was established and renovated by PPEP Inc. The Tree of Life is providing funding the on-going organic senior feeding program and establishing a Tree of Life operation there. A botanical garden in Awassa was established with seed funds from PPEP with an international partnership with CEDES from Mexico. In December 2012, Dr. Arnold and Dr. Cousens take their messages about the Natural Cure of Diabetes and Sustainable Organic Farming to Ethiopia based on the successful seminars conducted in Nigeria and Ghana. In both countries a strong commitment to the youth has been made in the area of education, jobs, sports, ecology, the arts traditional music and dance to preserve their rich cultural heritage.

The West African country Cameroon came into focus the summer of 2012 when Dr. Arnold was invited to the Bambui Kingdom (N.W.) and Limbe on the Atlantic coast. Support for two microcredit programs and five corn grinding machines coupled with technical



Alpha Micro Credit Association

assistance resulted from that visit. WARES itself is now incorporated and being designated by the IRS as a 501-C-3 charitable organization with its own Trade Mark. The WARES Board of Directors is made up of both Africans and other concerned individual with strong commitment to rural empowerment and humanitarianism. Recently WARES was referred to by the international media as an NGO of "ideas" and producing innovative solutions not centered on money to solve human problems. Thereby, furthering its mission 'to empower rural people to be creative and self-sufficient'. PPEP, WARES, and Tree of Life welcome any individual or organization with similar beliefs and commitment to join our efforts. Those interested in participating with for WARES International Humanitarian Tourism project can also contact us at: Dr. John David Arnold Email: jarnold@ppep.org, Phone: 520-622-3553, Address: 802 E. 46th Street, Tucson, AZ 85713.



WARES Board of Directors



WARES Inaugural ceremony

to conduct workshops on micro credit to two groups: The WAAST National Pastors Conference and the Nigeria Women's Conference of which there were several thousand attendees. The conferences were sponsored by Eric and Carol Smith Pastors of the South Valley Community Christian Church in



Mountain Hike to Baika ancestral home

Gilroy California and Pastor Casmir of the WAAST ministries in Owerri. From those conferences two microcredit programs emerged as well as West Africa's first pastors' survey on micro business as

to do community service work during their vacations. The Baika Tourist Center was opened and transportation vehicles introduced to facilitate contacts with the Kingdom's rich culture, traditions,

Nigeria 2011

Micro Loan Program in West Africa

Portable Practical Education Preparation (PPEP), INC. establishes a micro credit/ cooperative 'Hybrid' lending program in Awo Kingdom Nigeria.

The idea is to take the micro credit program for single borrowers and put it under the same umbrella as the cooperative lending or multiple borrowers to make lending more efficient and create mentoring and bartering among the borrowers.



Awo Mberi micro lenders

AWO Kingdom is a small kingdom on the West Coast of Africa in Nigeria

The loans are made only to rural borrowers to stem migration to the urban areas, create jobs, and circulate their money within their community. One example of a cooperative loan might be to a number of commercial catfish farmers. They get loans for building holding



Academy for Success- a charter school prototype.



King's and Chiefs of 10 Kingdoms gathered to pay tribute to and offer prayers for Gabrielle Giffords.

tanks in their back yards and grow the fish and sell in the open market. This takes the poor from giving them a fish, to teaching them to fish and their loan helps them to market the fish.



children's organic feeding program

In Ghana Prior to the inauguration of the Micro Credit Office established by PPEP, Nana Otibribi III King of the Baika People conducted a special initiation of Dr. John D. Arnold, Chief Executive Office & Founder of PPEP. Dr. was initiated as a Chief of the Baika People. Among the Baika People his name is Nana Omaboyo I (or the Patriot). More than 3,000 members of the Kingdom attended the inauguration of Nana Omaboyo 1.

King Nana recently spoke at a PPEP Board Meeting stating how important the new micro loan program will be in the economical development of his people. One of the main products produced in his country is Shea Butter. King Nana spoke about the many uses of this product in his country. The Vanguard will have in the future articles on the products of West African and importing opportunities for entrepreneurs.



The Awo Mberi Kingdom micro credit cooperative hybrid lending and technical assistance program.



The ladies of the Awo Mberi Woman's Palm Nut Oil, 'hybrid' Processing plant

Summer 2011

WARES/ PPEP / TREE OF LIFE, BUILDS HOPE IN WEST AFRICA



Students in Ghana newly renovated School Building

Dr. John David Arnold continues to bring the philosophy of Potable Practical Educational Preparation (PPEP) to "Si Se Pudo" "Yes We can" to West Africa.

In a recent trip to Ghana West Africa, Dr. Arnold, with Dr. Gabriel Cousens, Founder of the Tree of Life Rejuvenation Center located in Patagonia, AZ, conducted a Natural Cure of Diabetes Seminar with over 500 people in attendance. A high prevalence of diabetes exists among the Baika People of Ghana.

In 2009, Dr. Arnold through PPEP and Nana Optimpong Otibribi III King of the Baika People established The Ghana Project (GP), a 501(c)(3) non-profit organization dedicated to providing a broad-based collaborative initiative, assisting in building and operating better schools for the people of Baika Buem, a disadvantaged local area in the Jasikan District of the rural Volta Region in Ghana.

These schools will help provide its most valuable human resource, the children of Baika Buem, with a more accessible and higher quality education so that they can achieve economic self-sufficiency as adults.

As a part of the Ghana Project, Dr. Arnold has solicited the medical and financial assistance of Dr. Gabriel Cousens, who established the Cousens's Nutrition Center (Buem) that will feed 350 people per day. The new educational center, named the John David Arnold Center for Excellence,

was inaugurated with a parade and ribbon cutting ceremony.

PPEP has also extended its reach to Nigeria, creating the West African Rural Empowerment Society (WARES). Dr. C.A.C Eronini, AWO Mbieri Kingdom, was elected as first president, Nana Optimpong Otribribi III of Ghana as Vice President, Dr. Gabriel Cousens as Treasurer, and Dr. Arnold as Secretary. The purpose of the West African Rural Empowerment Society is to improve the quality of rural life in both the participating countries. Initial projects of the WARES will be the Ghana Project, presently ongoing in the Baika Kingdom, the establishment of Import/Export project bank loans in Nigeria, and a USAID planning grant in Ghana.

For Dr. Arnold, the founder of PPEP, this is a continuation of a journey that started over 40 years ago with a dream, a 1957 Chevy bus called "La Tortuga," and a \$19,000 grant from the Tucson Committee for Economic Opportunity. The mission in 1967 was the same as it is now: "Improve the quality of rural life."

In 2008, Dr. Arnold organized a \$25,000 micro credit cooperative loan fund in Owerrri, Nigeria Africa with the assistance of the Christian Church in Gilroy, California. Over 283 loans have been made with 100% pay-back. No one, not even Dr. Arnold in 1967, could have envisioned the impact that PPEP has had on lives around the world.



Road Improvement Project



Meeting of Chiefs from Ghana and Nigeria



Bueman Microcredit office



African Women in Action

ETHIOPIA - THE ROOF OF AFRICA SENIOR NUTRITION AND EDUCATION PROGRAM



Bati Senior Nutrition Center

The summer of 2012 was PPEP and Wares second encounter to Ethiopia, this time it was to inaugurate projects. The first being the Woldeamanueal Dubal Foundation (WaDF) Botanical Garden in Awassa under Melesse Woldeamanueal and the Huleta Senior Nutrition and Diabetes Education Center headed by Batenash Berhanu. The first stop was in Awassa where we signed a three way cooperative agreement between PPEP, CEDES, and WaDF to conserve 150 acre pristine forest and ecological site for that region and posterity. PPEP, Inc. is investing 6000 in seed funds to launch the botanical and conservation aspect along with technical assistance,

the idea behind this project is to set up a conservation model to be replicated in regions of Africa where deforestation is rampant. These protected zones are vital to Africa's environmental future. On the site there are Hippos, Baboons, exotic monkeys, birds and water

fowl to name a few. A micro credit program as an adjunct is being considered. CEDES is an ecological preprogrammed in Sonora Mexico that was a signer on the cooperative agreement. They also operate an African Safari park in Hermosillo, Sonora. Oscar Tellez is the State Director of an ecological project in that state. The Limbe Botanical Garden in Cameroon is also a potential partner.

The second project is the senior nutrition and Diabetes Education center located in Huleta outside Addis Ababa founded by Batenash Berhanu assisted by her husband Dr. Zewadie Zeleke.



WaDF Botanical Garden - AWASSA

PPEP Inc. and the Arnold Family Trust is funding the renovation and furnishing of the center. The Tree of Life Rejuvenation Center in Patagonia, Arizona will fund the ongoing operational costs once the renovations are completed. Dr. Gabriel Cousens

the Tree of Life Rejuvenation Center founder hosted Batenash to come to Arizona and train in their whole foods kitchen and organic food production program for 6 weeks. This December both Dr. Arnold and Dr. Cousens will participate in the official opening of the center in Huleta.

Also during that visit they will participate in the nation's first Natural Cure for Diabetes and Sustainable Organic Farming Seminar in cooperation with Dr. Ahmed Reja and Ethiopian National Diabetes Association. The invitation to do this was issued to Dr. Arnold last December by the President of Ethiopia. Subsequent there will be visits to Axum, the Eritrean Refugee Camps and the Jewish settlements at Lake Tana. During Dr. Arnold's summer trip, he was interviewed on the popular satellite news program called Meet ETV by Mr. Tefera Ghedamu, Zana Productions. This 25 minute

interview featuring PPEP's 45 year history was aired 5 times world wider that gave WARES, the Tree, and PPEP maximum exposure in the English speaking world. In September WARES held its annual board meeting.



Meeting Prof. Nnadozie Head U.N. African Commission

The election of the board officers were President Dr. CAC Eronini from Nigeria, VP Nana Otipong Otibribi III, Secretary Dr. John David Arnold, Treasurer Dr. Gabriel Cousens, Member at Large Gertha Brown Hurd. Dr. Arnold was also named the CEO and Founder for WARES. All positions are voluntary.



Bati and her Senior Kitchen in Huleta

ETHIOPIA - MEETING PRESIDENT GIRMA WOLDE-GIORGIS



Greeting President Girma Wolde-Giorgis



Ethiopian Presidential Palace



The Presidents Office

In December 2011, Zeke Gebrekidan and myself visited Ethiopia's Capitol Addis Ababa and met several organizations doing humanitarian work similar to PPEP Inc in rural So. Arizona. We were hosted by the Ethiopian Ambassador to the U.S. Ambassador Taye Atske-Selassie was on tour of PPEP projects last Fall and will return for three weeks later this year.

Furthermore we were give a one hour audience with the President Girma Wolde-Giyorgis whom invited us back in December to conduct a national seminar on the natural cure of Diabetes. This seminar will be similar to the ones conducted by PPEP and the Tree of Life Rejuvenation Center in Nigeria and Ghana in 2011.

The presidential palace was very historic as the room and the desk which the President sat was once occupied the famed Hallie Selassi. In the entrance way we met a lion which turned out not to be real. In the old days that wasn't the case. After leaving the Capitol Addis we crossed the African Rift Valley near Axum to go to the Eretrian refugee camp. Axum you may remember was where the Queen of Sheba lived and the Ark of the Covenant is enshrined. The refugee camp was an unforgettable experience as I met a youth group which was under a metal shed. I spent some time with them challenging not to give up hope. That role models such as Mandela imprisoned for decades came back to be President of South Africa.

I then met with the camps woman's association where I gave them a talk on micro business and how that can empower them. We hope to assist them in organizing a loan program there. We were then led to a large hall where the adults were having a community meeting. I was asked to speak and I told them the stories of Dr. Martin Luther King and Cesar E. Chavez.

At the end they all stood and we used the rousing clap the Cesar did during his farmworker rally. By 3 PM we were told we must leave and cross the African Rift Valley once more for security reasons.

At the base of the Rift we were met by a heard of camels which we were obliged to see if we could convince to let us pass. I found out later that we had been given high level clearance to visit the camp that only the U.N. had access. I felt very much at home in Ethiopia and entranced by its history considering it is the cradle of civilization. DNA ancestry studies suggest that every one living today has the same common ancestor 60,000 in Ethiopia.

Once back in the capitol of Addis I learned that it is considered the New York of Africa with massive high rise building springing up everywhere. To learn more about Ethiopia and its amazing civilization consult the internet. You might even consider doing humanitarian tourism during your next vacation doing community service and learning first hand about this country and their friendly people.

Contact Information

(Wares Website) WWW.AFRICAWARESNDONATE.ORG
 (Wares EMAIL) Africa@AFRICAWARESNDONATE.ORG
 (Ghana Website) WWW.GHANAOLDBAIKA.ORG
 (Ghana EMAIL) Ghana@GHANAOLDBAIKA.ORG
 (PPEP Website) PPEP.org

ERITREAN REFUGEE CAMP



Music and Culture

TRADITIONS AND CULTURE PRESERVED

What is very gratifying to know that African youth not only appreciate, but practice both traditional music and dance at all ages; most in centuries old.

Among the youth, every village region has their performing traditional music and dance groups. These groups learn from the elders the traditional dress cultural songs and dance. The drums play a special place in setting the rhythms. Traditional languages are used in the songs. Each



performing group has their own distinct cultural attire. There are many rhythms and instrumentation that have found their way to the Caribbean and United States mainland, as well, as Latin America. There are a number of traditional instruments including flutes, horns, and clanging instruments. Brass bands are also popular when the instrument can be found. These traditional performing groups perform locally and nationally in large fierce competitions, before large crowds



and judges. These competitions sometimes last several days, where the performers are housed at a college and receive instructions by traditional artists that convey past and present forms of dances and choreography. Some dancers are completely covered in costumes, others in the traditional dress from their region. The two most popular competitions visited were the Oturu Carnival in Nigeria and the Old Baika Bloti Ombaboyo Festival in



Ghana.

It is not uncommon after local performances for the whole crowd to get up and dance and sing traditional ballads and songs. It is obvious that by performing their music, dance and traditional costumes is the way Africans pass their cultural, traditions, and rich tribal culture generation to generation.



Bottom line these ancient rhythms have influenced music and dance worldwide and produced a wide variety of instruments, art pieces, foods, and clothing.



Youth, Chess, And Art

Chess

If you were to travel deep into the Volta Lake Region of Ghana to Old Baika you would find a chess club sanctioned by the Southern Arizona Chess Federation. Last summer, Dr. John David Arnold conducted chess camps for youth to adults to the elderly. Twelve chess boards were taken from Tucson and found themselves on the floors and table of enthusiastic players. At first, they mimicked the moves but soon caught on to magic of the oldest game known to mankind.

In Africa, they call it the game of the gods. Supposedly some African deities played the game to settle differences. The oldest player was in her 70's and the youngest was a girl 7 years of age. People in Accra the capitol city soon find that they may have some competition from the rural kingdom kids.



ART

Basic art camps were conducted last summer 2011. Whereby, students were given copy Mache paper, color pens, crayons, and pencils to draw. Coloring books were also distributed to give ideas. After each camp, the pictures were taped on the walls of school as an art exhibition for all to see in the community. There were awards given to the best artwork.

It was obvious that most of the children attending never had held a crayon before much less drawn pictures. Most draw pictures of their homes, family, and nature. Of course Cinderella was black as were the other characters. Before, each art class a local health worker came to talk about hygiene and good eating habits that restrict consuming salts, fats, and sugars.



Cosmetology



Health

Diabetes is also a scourge in Africa, as it is in other continents. PPEP, Inc. and the Tree of Life (www.treeoflife.nu) of Patagonia, Arizona, have teamed up to put on Natural Diabetes Seminar in Owerri, Nigeria, Ho, Ghana, and this December in Addis, Ababa, Ethiopia. Dr. Gabriel Cousens that has 38 years of experience

is to go back to the ways of your ancestors and eat the natural foods absent of grease, meats, sugars, caffeine, and salts.

Rural Africa has much less incidences of Diabetes than its urban counter parts in that they can forage in the forest and grow their own organic foods. These are many herbs and fruits that have curing values. In Cameroon, supposedly grows the "Bush Mango" that both helps prevent and cure Diabetes. This summer 2012, Dr. John David Arnold will travel to that country to investigate the merits of their claim.

This December, the President of Ethiopia Girma Wolde-Giorgis has invited Dr. Coun-



Ethiopian Diabetes Association

practicing the natural cure of Diabetes. Dr. Arnold was the other presenter spoke about sustainable organic farming, which supplies the natural cure of Diabetes. The basic message conveyed

sens, MD., and Dr. Arnold to present a seminar in the Natural Cure of Diabetes/Sustainable Organic Farming. During that same trip, a biosphere in Awasa will be visited that will grow some of



Nikodemus Zenawi - Tree of Life Diabetes Treatment Program



Ghana Diabetes/ Organics Seminar



Youth hygiene class



High Tech Tailoring Shop- (business incubator) seamstress with Diabetes

SPORTS

AFRICAN SPORTS AMERICAN STYLE GHANA-NIGERIA



African youth love sports and ours of course. Soccer reigns propone. After all it was Ghana that knocked the United States out of the World Cup. However, in the Volta Region there is one big exception in the Buem Kingdom.

Last summer in the town of old Biaka there was several sports camps conducted by Dr. John David Arnold.

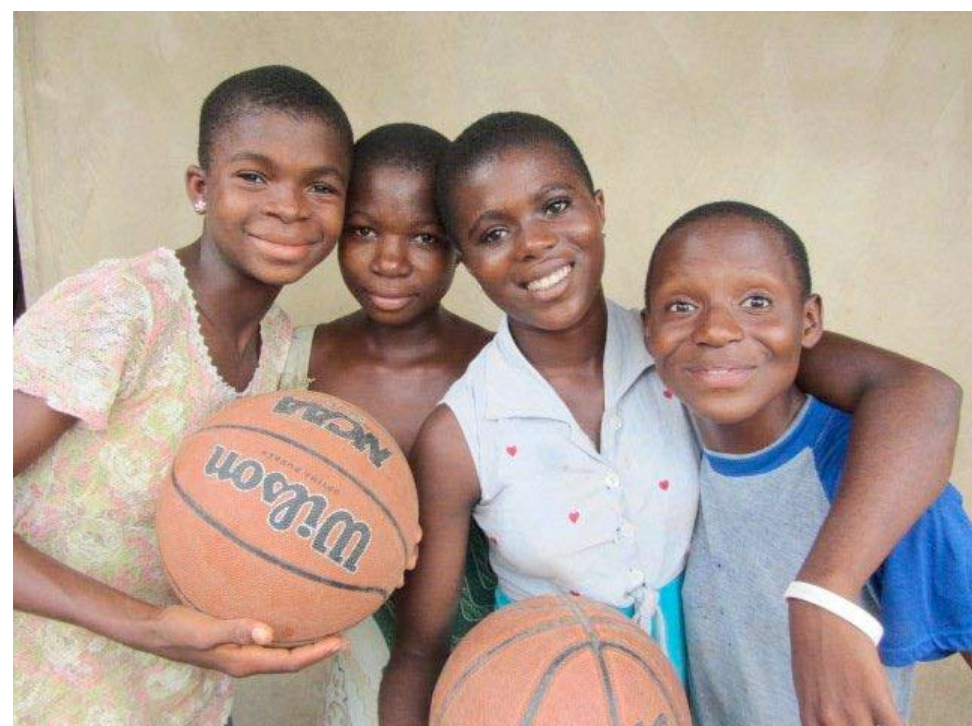
Softball: He introduced boys' softball, girls' basketball, and American flag football. After determining that you hold the narrow end of the bat



and you do not kick the softball they played a 13 inning 15-15 tie until it was dark. The local soccer field was used for the ball field with the back stop one of the goals. To our knowledge, this might have been the first ever played softball game in West Africa.

Basketball: Basketball is better known in Africa as each country has a National team in the Afro League the main problem is that there are very few basketball courts outside the large cities. However, it is no secret that there are some great players from Africa playing college and professional level. Old Baika, Ghana, was no exception; we played on grass and dirt, etc. During the basketball camp, we had two rims but no posts; so two boys held the rim in the air on a porch as they dodged rim shots. Also, being the rainy season the girls practiced inside a school room. There is a lot of talent that would like to come to the United States. One young man in particular Ibrahim Haida from Lagos, Nigeria, who at 17 was almost 7ft. tall. Besides being a great player he takes care of his young sister and brother, since his mother died of malaria last year. Joseph Blair issued an invitation to him to come to Tucson for a University of Arizona Basketball Camp, but Ibrahim was not able to get an appointment at the United States Consulate for a visa.

In Owerri, Nigeria, a similar boys and girls basketball camp was held at the John David Arnold Academy for Success among 3-6 graders. They attached their rim to the roof side board wall to make a shift back-board.



American Flag Football:

This sport was picked up rapidly as they used the soccer field. The only obstacles were the temptation to kick the ball. Occasional an open field tackle was substituted to pulling the flag. The jerseys for all the sports were grey and maroon "PPEP TEC High School Shirts." Blue and red University of Arizona sports caps distinguished the team as blues and reds. So if you go to Ghana do not be surprised if you see University of Arizona sport shirts and caps. One observation made came from the sports camps participants, which was American sports use the hands more and Africans' use their feed. By learning each other sports made them better all-around athletes.



Deaf/ mute athletes Nigeria

Soccer: As mentioned before soccer is king in Africa. PPEP, Inc. supports a soccer team, known as the Eagles representing the Buem Kingdom in Ghana. These young players range from 16-21 years and have excelled from amateur to semi-pro in just two years. In Owerri, Nigeria, there is a girl's high school soccer team, where all the students are deaf and mute.



Eagles Soccer Team Ghana

When Dr. John David Arnold conducted a soccer camp he noted the girls had no tennis shoes. Once the practice started, it became apparent that a whistle to stop play was not going to work with the deaf students. However, a bright pink colored freeze bee thrown in the air did the trick – providing the player was looking up in the air.



The visit the following year, these girls were proud to point out that they were Nigeria's National runner up soccer champions in the most popular county in Africa. Notwithstanding being deaf, mute, and barefoot.

Youths of the Future

Making Life Count After Tragedy



Mother dies of Malaria in Lagos; Ibrahim Abdulahito 18, raises his siblings. Dreams of U of Az basketball camp

The Arnold Family "Humanitarians"



Chaska, Tika and their father Dr. John Arnold

CAMEROON “THE GARDEN OF EDEN”

Upon invitation by the Fon (King) from the Bambui Kingdom in North-west Cameroon; I traveled to Douala the first week of July 2012. Upon arriving at the airport I was greeted by a local delegation and transported to a meeting hall where a traditional welcome awaited me. The next morning I awoke to the roar of the Atlantic Ocean outside my in Limbe, which is nestled to Mt. Cameroon, the second largest mountain in Africa and the rainiest place on earth. This paradise is where many of the domesticated African plants and crops were cultivated at the Limbe Botanical Garden that date to the 1890's Cameroon is divided several ways; English and French speaking, modern and traditional, mountain and plains, rain forest and arid lands. Most of its people are diverse with big city dwellings and traditional villages in remote kingdoms (Fondoms) known as Quarters. Each Quarter or village has a



The Bambui Micro Credit Board

hierarchical structure based on traditions handed down for generations. Fons or kings play very important role in governance of the Quarters even though Cameroon is a republic. The women also play a strong role in the Quarters featuring cultural dancing groups, sustainable gardening, and a micro credit style lending for the villagers to purchase compost, seeds, tools, and other agricultural supplies. Once in the fandom of Bambui, I was greeted at the Royal Palace with quite a gathering of locals perhaps numbering 1000 persons.

Upon touring the Palace grounds I was taken inside the secluded hall where only certain people are allowed and where their solemn ceremonies are held. I was informed that the Fon and the Royals had decided to anoint me as one of the Princes of the Palace. The ceremony included exchanging my clothing for the traditional clothing worn by a Prince. After certain conveyances, traditional in nature and secretive, I was proclaimed to the audience awaiting outside that I was to be known hence forth as Moh Ntoh (Prince of the Palace). I then gave my acceptance speech and talked about people who had inspired me along the way. I cited Dr. Martin Luther

King, Cesar Chavez, President John F. Kennedy, and Barack Obama. My speech was translated into the traditional language and French to the over 1000 that had gathered for the induction to the Prince Ceremony. Included in that number are several hundred women from 40 Quarters, all with their individual traditional clothes and instruments. Rather than have each of the 40 groups perform in my honor I decided to approach each quarter group to greet them personally, dance with them, and take photographs with them. As we reached the end of the line we all marched around the ceremonial grounds waving banners and celebrating. Looking back on the crowd behind me I was reminded of the large marches in the South during the Civil Rights Days of the 1960's.

After the Royal feast, I retired to Mama's House, which is an orphanage of sorts for Mali refugee children. Mama an African American widow in her



Greeting the Royals at the Bambui Palace

80's who has opened her large home and farm to some 18 children. The subsequent two weeks I visited 40 quarters along with sustainable farms in the Bambui Fondom. At each quarter I was greeted by their traditional dancers and I participated in them all. After the welcome at each Quarter I gave a talk about Diabetes, sustainable organic gardening, bartering, and toured their gardens and farms. This was very eye opening as I was also on an information gathering mission to best determine how PPEP and the West African Rural Empowerment Society could best be of assistance. I was very impressed by two youth operated farms. One youth group was growing Irish potatoes and the other tomatoes and other vegetables, corn, fruits, vegetables which are the main cash crops grown.

The Quarter's farms are irrigated by an intricate system of fresh water from a water source taped in the mountains and channeled to the Quarters. I climbed the mountain to where the water is harnessed from the stream. The other projects visited were the micro credit programs in Bambui and also in Limbe by the coast. I made a follow up

visits to micro lenders and borrowers associations where I observed their products and gave technical assistance. Preceding my visit I sent Remi the President of WAAST Micro Credit program in Nigeria that made the initial technical assistance contacts and set the stage for my arrival.

My constant host Polycarp made sure I got to each place and provided much needed translation and consultations on local customs. At the end of the trip it was ascertained that there were two major needs. Corn grinding machines are essential to the harvest. Yet most were broken and antiquated requiring women and children to carry bushels of corn for hours to the distant city corn grinding centers. Subsequently, PPEP, Inc. has allocated \$5,500 to purchase five (5) corn grinding machines to be centrally located throughout the farm. This will affect the lives of an estimated 6,000 persons. Also, PPEP has allocated \$6,000 to the Bambui microcredit loan fund and \$3,500 to the Limbe micro fund as well as consultation fees for on-going technical assistance by Remi. The funds have now been allocated and we anticipate dedicating the five grinding center when I arrive in December. November 1st, the Alpha Club of Limbe opened the High Tec Tailoring Shop for seamstresses that are Diabetic. This is a first for Africa. The Arnold Trust Fund has made some scholarships and other incidental donations towards this project..



The Bambui Fon, Moh Ntoh and Polycarp.