



# “HAND UP” PROJECT



A newsletter for September 2010

**“A comprehensive, integrated program, to give a ‘Hand Up’ by assisting peasant farmers in Cameroon to help themselves. “**

**The Cameroon program has grown from a small effort in 1993 between one Canadian Rotary Club and a Cameroon NGO called Sustainable Livestock Foundation (SLF) to build two fish drying ovens that used new methods to reduce drying time from 5 hours to 30 minutes, firewood consumption by 80% while eliminating personal injuries to now - a Hand Up program supported by 18 Canadian Rotary Clubs (15 in District 6330, 1 club in Michigan) and 3 from 7080), 3 Cameroon Rotary Clubs and 3 Cameroon NGOs.**

## The “Program”

- STEP ONE - WATER and SANITATION
- STEP TWO - NUTRITION
- STEP THREE - HEALTH
- STEP FOUR - EDUCATION
- STEP FIVE - EMPLOYMENT OPPORTUNITIES

**EVERY PROJECT THAT HAS BEEN INITIATED OVER THE PAST 17 YEARS IS STILL RUNNING SUCCESSFULLY TODAY!!**

The projects have all been designed by the local leaders with the assistance of the NGOs. Materials and specialized labour are sourced locally whenever possible.

We have found that in order to have a lasting impact in an area, we have to continue to offer an integrated program. As soon as you solve one problem, a new one becomes critical. When children are no longer carrying water, you now need schools, desks, books etc.

Many peasant families earn less than \$1/day. At this level, households can not meet their basic needs for survival. They are chronically hungry, unable to access health care and lack the amenities of safe drinking water and sanitation. They cannot afford education for some or all of their children. But their most pressing need is hope – hope that the future will be brighter.

If we look at economic development as a ladder to success, the hardest part is getting the first foothold. Households living in extreme poverty tend to be stuck - unable to reach the first rung. World leaders agree that everyone on earth can and should enjoy basic standards of nutrition, health, water and sanitation, shelter. All of the World’s poor should also have the opportunity to climb the ladder of development



**\$60.00 per annum gives a child an education and a start up the economic ladder.**

## Funding

Currently the “Hand Up” project is funded by a Rotary Foundation (TRF) 3H grant (\$350,000); a CRCID/CIDA grant (\$165,000); a TRF Matching Grant of \$34,000 and a District # 6330 Simplified Grant (\$7,000) plus \$10,000 of unmatched funds contributed by individual Rotary clubs.

## Accomplishments in 2009 & 2010

### Step 1. Water Systems –

Eighteen villages now have potable water systems, free of water borne diseases, serving 64,227 direct and 65,123 indirect beneficiaries for a total population of 129,750. **The cost to Rotary was \$1.58 per direct beneficiary.**



### Step 2. Nutrition

(Includes Literacy/Numeracy) - This activity addresses improved nutrition through balanced diets, menu selection and improved food processing. Literacy and numeracy are associated with acquiring new skills in weights and measures of food ingredients. To date 1277 individuals, mostly women, have been direct beneficiaries with an estimated 5,250 indirect beneficiaries.

#### Agriculture Improvement

This has a three-armed emphasis: 1) improved quantities and quality of food stuffs; 2) improved soil fertility through the application of poultry/animal droppings as well as the use of green manure; and 3) reducing soil erosion. Since farming is the primary source of rural family income, the goal is to improve farm incomes from the base line figure of \$0.75 per day when the project began to \$1.60 per day among at least 80% of participating farmers within 3 years. Indications are that the project **will surpass** these targets for the following reasons.

© 2010 The Rotary Club of Warton. ON.

a) At the beginning of the project, the raising of poultry in rural areas was an unsuccessful enterprise. Poultry meat was in scarce supply due to poor farming practices. The mortality rate among day-old chicks was in excess of 70% during the 4 week brooding period.

By keeping the chicks at the training center for 4 weeks before distributing them to the farmers, the survival rate increased from 30% to 98%. This increased productivity will provide a regular source of new income as farmers establish sustainable flocks to meet local and regional demand for poultry.

b) Improved soil fertility and erosion control have led to second crop cultivation and the tripling of marketable field and garden crops.

### Step 3. Health

#### Malaria Net Program

The Rotary Club of Port Elgin funded a pilot project in July 2010 in 5 villages. There are a total of 2197 families in the villages of Ebang, Bolifamba, Widekum, Oshie and Alafumbi. With an average family size of 12 people, the total population is 26,364. The malaria infection rate is 100% annually. The annual death is 1.7%. **Children under 5 years of age account for over 72% of these deaths.** In the village of Ebang, a new water system reduced infant deaths from 80 to 40 per year. By providing training and malaria nets to 50+ homes per village, we hope to eliminate almost all of the remaining 40+ infant deaths per year due to insect bites.



#### Fighting HIV/AIDS

The HIV/AIDS pandemic is now at its highest point ever in the rural areas. Unless we act now, we risk losing many of the successful peasant farmers we have spent valuable Rotary money to train over the past few years.

The SLF has been asked to provide a series of seminars. Fifty village leaders were chosen to attend the first session. Each of them, in turn, will train at least 30 more house-hold leaders in their village. As part of any HIV/AIDS training program in Cameroon, each participant must be tested at a recognized hospital.

Hand Up..... 2

## Step 4. Education –

### **Dschang School for the Blind:**



A Braille embosser has been purchased and two staff trained in producing Braille school materials for blind children and youths in primary schools, secondary schools and universities. The Blind Centre serves five central African francophone countries with the students integrated into the regular school classes. Providing the children and youth with study materials in Braille will reinforce their ability to function in the general society.



*Blind girls learn to cook on traditional “three stones” fireplace.*



*Blind school blind Director inspects repaired chairs under contract with local university - in his school warehouse.*

## Girl Child Education.

Girls in Africa grow up in culture that frequently denies them equal access to education with their brothers. When family income is in limited supply to pay school fees, uniforms and other basic school costs, the girls stay at home with their mothers while the boys go to school. The “Girl Go to School” program assists families in seeing their girls in school. It provides a school fee bursary to orphans and girls living in serious poverty. School desks and chairs have been provided. Teaching aids help produce a more appropriate classroom setting. School supplies and materials at affordable prices are made available in “bookstalls” established by the project and maintained by volunteer women’s groups. To date 1363 children, the majority being girls, have benefited directly from this program and 1213 have benefited indirectly.

## Step 5. Employment Opportunities –

### Disabled Adult Training (SHUMAS)

Twenty young men and women, with a variety of disabilities that includes blindness, lameness and mental deficiencies, are enrolled in a 20-month marketable skills training program using equipment funded by the 3H grant.

These skills include embroidery, knitting, sewing, hair dressing, cane weaving and shoe making and repairs. In addition, 23 short term trainers have spent from several days to 2 weeks learning a particular skill. Sixteen students from colleges/universities have done internships in the training centre and 141 “study” visitors from various agencies in Cameroon visited the training centre to observe the program and how it is working.

### Vocational Training.

Five young women have been trained as seamstresses and are established in their own sewing business. A second class of 5 young women is enrolled in similar



training. A group of 5 young men have been trained in wood working and carpentry skills and have established their own small enterprises. A second class of 5 trainees has now begun.

*Note the Rotary logo on the machines! The machines and their new owners will carry “Rotary” to their new businesses.*

# Planning for 2010 & 2011

## Step 1. Water Systems



SULIFO - Carrying seedling trees to make a living fence as protection for their 'Rotary' village water supply.

a) Using funds from the Rotary Club of Fergus/Elora, the source protection of the EBANG Water System has begun. To prevent nomadic cattle from grazing on the water catchment area, a 1Km live fence, using 700 potted eucalyptus seedlings, has been completed. This will be followed with two groups of seedlings that are highly reputed for the generation and protection of natural water sources.

### **b) Eight water systems will be installed during the next year.**

1) Heart of Life College	(\$4,000.00)
2) ACHANG	Pop 790 (\$7,200.00)
3) DOUPE II WELL	Pop 750 (\$9,375.00)
4) BAWOCK	Pop 1300_(\$6,250.00)
5) Dohbing	Pop 3858 (\$3,500.00)
6) Mezuetet	Pop 2976 (\$4,000.00)
7) Ndiandam	Pop 3355 (\$4,500.00)
8) Yenom	<u>Pop 3071 (\$3,675.00)</u>

**Totals Pop 16,100 \$ 42,500.00**

**(Cost per direct beneficiary \$2.64)**

## Step 4 - Education

### **Sponsor a primary school child's education (\$60.00 per annum)**

For a variety of reasons, many children come from families who cannot afford to send all their children to primary school. There are organizations that are trying to help, but money is scarce and the demand is large. Under this program, individuals can sponsor a child's education to cover school fees, exercise books, pens/pencils and uniforms at a very small cost.

### **Afet Primary School \$425.00**

Afet village is located six km away from the primary school of Mbambe. The village does not have a regular primary school. Children trekking from Afet to Mbambe for school must cross several streams. Young, tender children (especially girls) in Afet must be 7 years old before making the walk to school. The community constructed two brick classrooms for Classes I and II, to enable children to start school before continuing at Mbambe when they are strong enough to make the walk. We plan to provide 12 desks for the students and 2 tables and 2 chairs for the teachers.

### **RAINGEAR for Afet Primary School Children \$450.00**

About 50 pupils trek a distance of 6km every school day from Afet to Mbambe. This area is located in the equatorial rain forest with frequent heavy rains. Every day the pupils are soaked and the writing materials they take along to school are often destroyed. In some cases these conditions force them to abandon schooling. Plastic raincoats and bags for books will reduce the difficult schooling conditions of these children. We will provide 50 raincoats and backpacks.

### **Teaching Aids Ngulung Primary School \$350.00**

Charts for the teaching of environmental science are lacking at this community school. As a result, pupils graduating from this primary school have exhibited lack of basic knowledge on protecting the local environment. The entire community will benefit from training in environmental issues.

### **Community school. Anjong \$7250**

Two temporary classrooms were constructed in this village to accommodate 61 children. Today the population of the school is 214 and only one temporary classroom has been added. The community has amassed stones, sand and sticks to construct four new classrooms but the work has not started due to a lack of roofing material, cement and skilled labour. The need for the classrooms is underlined because children are learning under the trees in the rain and in the sun.

### Step 3. Health –

#### **Malaria Net Program \$3750.00**

We plan to continue this initiative started by the Rotary Club of Port Elgin. We will be providing 250 additional malaria nets and 5 more training sessions on their use at a cost of \$750.00 per village.

#### **Transportation vehicle for Sustainable Livestock Foundation.**

(\$43,000 - \$8000.00 = \$35,000)

The used vehicle purchased by the Rotary Club of Guelph in 1997 is not repairable and a new vehicle is required to transport goods and staff to the remote communities to support our programs. A new TOYOTA Double Cabin 4 x 4 is necessary to continue the success Rotary has achieved. SLF has set aside \$8,000.00 towards the replacement cost of the project vehicle.

#### **Total cost of new Initiatives:**

Water Systems	\$42,500.00
Literacy projects	8,475.00
Malaria Project	3,750.00
Replacement vehicle	<u>35,000.00</u>
Total	<u>\$89,725.00</u>

### **FUNDING MODEL**

We are applying to The Rotary Foundation for two Matching Grants and to District 6330 and District 6080 for DDF to help support our initiatives.

#### **MATCHING GRANT # ONE (Water, Literacy and Health)**

Individual Rotary Clubs	\$17,000.00
DDF	15,000.00
TRF Matching Grant	<u>22,725.00</u>
Total	<u>\$54,725.00</u>

#### **MATCHING GRANT # TWO (Transport vehicle)**

Individual Rotary Clubs	\$10,000.00
DDF	10,000.00
TRF Matching Grant	<u>15,000.00</u>
Total	<u>\$35,000.00</u>

#### **Participating "International Service" Clubs: -**



Rotary Clubs of Lions Head, Wiarton, Hepworth/Shallow Lake, Owen Sound, Meaford, Thornbury/Clarksburg, Markdale, Tara, Southampton, Port Elgin, Paisley, Kincardine, Mildmay, Clifford, Genesee Valley, Guelph, Guelph/Wellington, Fergus/Elora,



## **Rotarians**

### **Wanted - Alive**

Take a "vacation" during Canadian winters – in a warm friendly different environment and - YOU could make your break time really different. At the same time you improve the lives of others! Have we a deal for you?

No matter what skills and experiences are tucked away in your resume – Rotary can use you.

**Contact Bob Carson**

### **Contact**

## **Bob Carson**



## **The Rotary Club of WIARTON**

525 9th St E.  
Owen Sound, ON,  
Canada

N4K 1P4  
519-371-1632

**robert.g.carson@sympatico.ca**