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Website: www.fakofoundation.org. **E-mail:** FakoFoundation@FakoFoundation.org

Fako Foundation: Launching Activities and Projects 2015



Some members of the Fako Foundation management team during launching activities of the foundation in Buea, in 2015. From left to right they are Iya Embelle Litumbe, Dr. Moluwa Matute, Dr. Samuel Moki, and Mrs Pauline Litumbe-Hill. Other members of the foundation's management team are Mola Moka Moliki and Dr. Evelle Kange.

Activities launching the Fako Foundation and that also constituted the foundation's Projects for 2015, took place in Buea, Fako Division, Cameroon, in July and December 2015.

The activities and projects were:

1. Presenting a Ngowaah (pig) to the Endeley family towards the Srza-Srza of HRM Chief Justice Samuel Moka Lifafa Endeley IV.
2. The award of Academic Financial Assistance to Students and Pupils affiliated with the Salem Baptist Church, Upper Bolifamba (Mile 16) in Buea.
3. Advertising the 2015-2016 Competitive Scholarship and Academic Financial Assistance projects and inviting applications from qualified candidates.
4. Organizing a Free-Medical Clinic at the Bokwaongo Health Center in Buea.

The SRZA-SRZA NGOWAAH

The Mokwpe Traditional Custom dictates that a Srza-Srza is carried out on the third day after burial as a mark of the final farewell for the departed. Thus this ceremony is a kind of feasting especially if the passing of the deceased is considered a Celebration of Life.



*His Royal Majesty Chief Justice Samuel Moka Lifafa Endeley IV: 1923- 2015
Paramount Chief of Buea and King of the Mokwpes (Bakweris) 1990 – 2015*

His Royal Majesty Chief Justice Samuel Moka Lifafa Endeley IV, the Paramount Chief of Buea and the King of the Mokwpes (Bakweris) transitioned in July 2015. When it was judged and determined by the family that it was time for the Srza-Srza ceremony, the Fako Foundation alongside other Mokwpe Groups,

answered present by presenting to the royal family a Ngowaah for the ceremony. This gesture of great cultural significance to the Mokpwes is in line with the foundation's goal of promoting and sustaining the Mokpwe Culture. The foundation was represented at this event by Board Member Mola Samuel Moka Moliki and Board Member/President-Mola Moluwa Matute.



Fako Foundation Board Members Mola Moka Moliki and Mola Moluwa Matute presenting the Srza-Srza Ngowaah to the Endeley Family as required by tradition and culture of the Mokpwes.

AWARDS OF ACADEMIC FINANCIAL ASSISTANCE TO NEEDY STUDENTS

The Pastor of Salem Baptist Church in Upper Bolifamba (Mile 16) Buea, Pastor Hansen Nafenda Ekwe and his wife Mrs. Maureen Embelle Ekwe, had observed that certain Families and mostly Fako families in their congregation were struggling to sponsor their children in the local Baptist Primary School operated by their Church and other schools as attended by their children. They expressed the wish for assistance to enable these struggling families be able to sponsor their children who were either in primary school, secondary school or high school.

Based on the students who most needed academic assistance and whose families were known to be struggling financially, the Salem Baptist Church, presented the Fako Foundation, with a list of the neediest students in their congregation. The needs included tuition; uniforms and other school wears; textbooks, exercise books and other writing materials; extra classes to catch up with class work; and registration for national exams e.g. First School Leaving Certificate, Common Entrance into Secondary Schools and the General Certificate of Education-Ordinary Level and Advanced Level.

In Memory of Pastor Edward Matute Mbonde and Coach John Livena Matute, the Juliana Nalova Eko Foundation (JNE Foundation), partnered with the Fako Foundation to meet the needs of these young pupils and students. The JNE Foundation is represented by Professor Paul Musonge, a Chemical Engineer at Durban University of Technology, in South Africa.

The academic assistance awards were managed by the Salem Baptist Church as part of their Church budget, with the Pastor's wife Mrs. Maureen Embelle Ekwe being the Coordinator of the Project at the Salem Baptist Church. Current Recipients of the awards will continue to be supported by the Foundation until they complete their present course or level of studies i.e. the foundation will see them through their primary or secondary school studies, providing for those aspect that are directly related to their academic success. Recipients and beneficiaries of the academic assistance awards from the Salem Baptist Church are presented below. The monetary awards were made in September 2015, while the official ceremony that led to the awards of certificates, was held in December 2015.



Awardees present their Certificates to the Salem Baptist Church Congregation on December 27, 2015; the congregation felt much honored that they were thought of and also that they were the first beneficiaries of this charitable activity



Recipients of the Fako Foundation Awards who ended up tops in their respective classes after the First-Term results. They are here supported by a parent, Pastor and Mrs. Ekwe, Prof Paul Musonge, and the Moluwa Matutes.

2015-2016 Scholarship Launch

On December 23, 2015 the foundation officially announced the competitive scholarship awards for 2015-2016. Two categories of awards were advertised and applications invited. There was the category based on academic excellence and there was the category geared towards academic financial assistance i.e. on a needs basis. The scholarships (academic excellence) were limited to undergraduate university students at the freshman level or returning students. The academic assistance category was open to applicants at all levels of education including professional and vocational education.

Call for applications was done variously through the internet (Lilolaphako, Fako News Center, etc.); the radio (Cameroon Radio Television/CRTV Buea, Mount Cameroon FM, Radio Bonavada); the University of Buea FM Radio; and print media and News Paper (the Eden Paper).

Application forms were made accessible on the foundation's website (www.fakofoundation.org), where they can be downloaded, filled and then

emailed back via the foundation's email (fakofoundation@fakofoundation.org).

FREE CONSULTATION CLINIC

On December 30, 2015 the foundation held a free consultative clinic open to the general public at the Bokwaongo (Wokwaongo) Health Center, Buea. Though this event was open to the general public, it did serve mostly the populations of the Likoko Membea and Wokwaongo Villages. It was a one day clinic that started at 10 am and ended at 6.00 pm.



A cross-section of the medical doctors, pharmacists and the foundation's management team at the Bokwaongo free-clinic.

Information about the free consultative clinic was disseminated via the local Churches (Baptist, Presbyterian, and Roman Catholic); the Chief of Wokwaongo Village/Town Criers and the Chief of Likoko Membea Village/Town Criers; The Mont Cameroon FM Radio Station and the CRTV Buea Radio Station; and a CRTV Radio Interview of the President of the Fako Foundation, which was aired several times before the event. A free clinic was in line with the foundation's goals of preventive healthcare via education. Preventable and treatable ailments become serious in the long run because they were caught or diagnosed early. Finances are a major reason why many people do not go to consult with physicians.

Components/Stations of the free clinic:

1. Registration and Biometric Data Collection

- a. Body Mass Index (BMI)
- b. Percentage Body Fat (PBF)
- c. Waist to Height Ratio (WHRt)

2. Blood Analysis

- a. Blood glucose levels

3. Pressure

- a. Blood pressure
- b. Pulse pressure

4. Pregnant women

- a. Echography

5. General Examination

- a. Physicals by Physician
- b. Prescription
- c. Observational notes
- d. Recommendations

6. Counseling

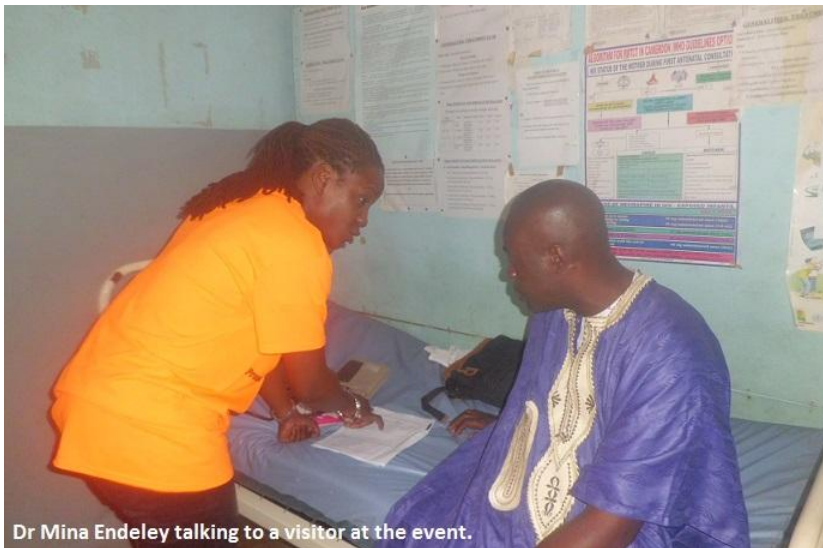
- a. Counseling based on Physician's notes/recommendations
- b. Counseling based on medical history
- c. Counseling based on Fako Foundation's Wellness Flyer



Participants at the free-clinic waiting patiently to advance to the next station of the process. Backups were experienced because of the volume of attendees.



Dr. Gerald Esunge Eko did general consultation at the Free-Clinic event and also accorded the CRTV an Interview in French, explaining the goals of the Free-Clinic



Dr. Mina Eka Endeley a military Physician from the UK, did general consultation during the Free-Clinic and also attended to the emergency situations.



Dr. Peter-Louis Ndifor a private practitioner in Limbe Cameroon did the Echography and some general consultation during the Free-Clinic



Children at the Free-Clinic being attended to by Iya Mojoko Matute- A Counseling session on physical wellness.



Mr. Walters Teboh - a Registered Nurse and the Chief of Center of the Bokwaongo Health Center, attending to participants at the Free-Health Clinic.



Iya Enany Njie - a Registered Pharmacist, collected medical data and also did counseling during the free-clinic

1. Freebies Goodies

- a. The Grzybinski, Slovacek and Hill families and some friends at the Mallinckrodt Pharmaceuticals (St. Louis, Missouri; through the FF Treasurer, Mrs. Pauline Litumbe-Hill), donated the freebies goodies that were distributed to Clinic participants at the end of the consultation process. The donors provided the school supplies, clothes, bags, toys, and shoes, especially for children, but adults also. The freebies goodies station of the free clinic event put a smile to many a face as they left for home after the event.

- b. Our gratitude to Mr. Eric Grzybinski, Mrs. Carol Grzybinski, and the little Miss Chloe Grzybinski and friends, who contributed their personal toys and then launched a drive to collect more toys and school supplies that benefitted the event's children participant. The efforts and charitable nature of little Miss Chloe and friends is worthy of emulation. On her 9th birthday, Miss Chloe requested her friends to instead donate toys for children in Cameroon in place of a gift for her.



*Ms. Chloe
Grzybinski
Thank
You!*



*Some of the donated items distributed. The **Hill, Eko and Matute** children distributed these items for a valuable experience of charity and appreciation.*



Distribution of freebies goodies

Acknowledgements

Medical Team

1. Dr. Gerald Esunge Eko, UK
2. Dr. Peter-Louis Ndifor, Cameroon
3. Dr. Mina Eka Endeley, UK
4. Mrs. Enany Njie-Pharmacist, Cameroon
Mrs. Dora Eko-Clinical Pharmacist (MRPharmacist), UK
5. Mrs. Mariana Mojoko Matute-Pharmacist, USA
6. The Oscar Lambe Diabetic Foundation-Provided the blood glucose testing services for the event: Mola Oscar Lambe, Pharmacist/Pharm.D; Mrs. Cornelia Lambe, Ms. Sarah Lambe, and Ms. Matilda Mwambo
7. Mr. Walters Teboh- Certified Nurse, Cameroon

8. Mrs. Maureen Embelle Ekwe- Certified Nurse, Cameroon

Support Team

1. Dr. Victor Mbome Njie, South West Regional Delegate of Health (Moral support and permission to use Health Center for the event)
2. Mr. Walters Teboh, Chief of Center and other Nurses and Staff, Bokwaongo Health Center (Preparation of Health Center for the event and hands-on assistance during and after the event)
3. Management Council, Bokwoango Health Center (Permission to use Health Center and provided refreshments to the foundation's Organizers)
4. Mola Mbella Mbwaye, Staff Member, Bokwaongo Health Center (Hands-on Assistance throughout all the phases of the free-clinic)
5. Mrs. Yoti Bodylawson, Pharmacist with the Southwest Delegation of Health and close collaborator of the Regional Delegate.
6. Iya Nalova Mokake, CRTV Station Manager Buea (Moral support, announcements and interviews)
7. Catholic Church Bokwaongo, Presbyterian Church Likoko Membea, Presbyterian Church Bokwaongo, Baptist Church Bokwaongo (assisted with the publicity)
8. The Chief of Likoko Membea and the Chief of Bokwaongo (assisted with publicity via town criers)
9. Mola Stephen Mokondo Moki (Videographer and Journalist that covered the event)
10. The Grzybinski Family (They provided the children's goodies for the freebies station; Mr. Eric Grzybinski, Mrs. Carol Grzybinski, and Chloe Grzybinski and friends)
11. The Slovacek family, the Hill family, and friends at the Mallinckrodt Pharmaceuticals in St. Louis, Missouri (provided the adult clothes, bags, and other supplies distributed at the freebies goodies station)
12. Mrs. Christy Efosi Kinge (Ready hand at the Freebies station)
13. Professor Paul Musonge (Moral support and refreshments)
14. Mola Njoh Litumbe (Moral support)

15. Mola John Mokake Endeley - Former Mayor of Buea (Moral Support)
16. Mola Ndiva Lisinge (Hands-on assistance and errands)
17. Mola Moluwa Mokake (Canopies, chairs, and tables)
18. Mola Mafany Mokake (Canopies, chairs, and tables)

Youths and Children who manned the Freebies Goodies Station and Water Distribution

1. Frederick Eko
2. John-Allen Hill-also served as a photographer documenting the event
3. Mavita Matute
4. Dora Eko
5. Malingo Matute
6. Sarah Hill
7. Moname Matute

The Fako Foundation Management Team present Dr. Samuel B. Moki, Mrs. Pauline Litumbe-Hill, Iya Embelle Litumbe, and Dr. M. M. Matute; and the team members who could not be present Mola Samuel Moka Moliki and Dr. Augustine Evelle Kange, are collectively grateful to all these fine men, women, youths, and children, who came out in support of the foundation's activities to ensure a successful launch.

The Fako Foundation

Business Address: 102 Nemours Court - Maumelle, AR 72113, USA: Tel: (501) 570-6713
Registered Address: 11524 Prospect Pl, Glenn Dale, MD 20769 USA.
