

The Guardian Post

DAILY

Cherished by many, haunted by some, read by them all



Anglophone crisis:

US Congress accuses France of double standards

● *Also pushing for fresh, tougher sanctions on gov't, separatists*

By Macwalter Njapteh in Yaounde

The United States, US, Congress has criticized France over what it rates as the former colonial master of Cameroon

with considerable influence in the country's affairs not doing enough to address the bloodletting in the North West and South West regions.

France's supposed double standards in handling the crisis going by the reading from Donald

Trump's country surfaced Friday January 1.

This was during a joint sitting of the US Senate and House of Representatives. As part of a decision contained in its Resolutions 684, adopted during the sitting, the

US congress expressed concerns over France's pressure to see the armed conflict in the North west and South West is brought under control. It urged France to do more to help solve the problem.

Cont'd on page 3

As NW dialysis machines break down:

Delegate, hospital director playing 'politics' while patients' lives in danger

By Macwalter Njapteh in Yaounde

The lives of kidney patients across the North West region are on the line as the lone dialysis centre in Bamenda has shutdown owing to dysfunctional machines.

Rather than providing answers to the issue at hand North West regional delegate of public

health, Dr Kingsley Che Soh and the Director of Bamenda Regional Hospital, Dr Denis Nsame are giving confusing explanations which have been interpreted as playing politics while patients' lives are on the line.

According to Dr Nsame, the centre was closed down following an "acute breakdown of the machines in the dialysis centre." *Cont'd on page 3*

End-of-year feasts:

Felix Mbayu donates, fetes with B'da Old Town community



Minister Felix Mbayu: Hailed for indiscriminate generosity

From Wainchia Cynthia in Bamenda

The minister Delegate to the Minister of External Relations in charge of Relations with the Commonwealth, Felix Mbayu, has once more demonstrated his kindheartedness, love and indiscriminate generosity for his native Ntambang community, Old Town, in the Bamenda II municipality.

Cont'd on page 9

Nation Investment Trust Credit Union board chair takes office

Page 4



NITCCUL new board chair, Prof Elizabeth Tamanjong with credit union officials at handing over ceremony

Rights commission top official rubbishes regional councils

● *Argues won't solve crisis, speed up development in NW, SW*

Page 2

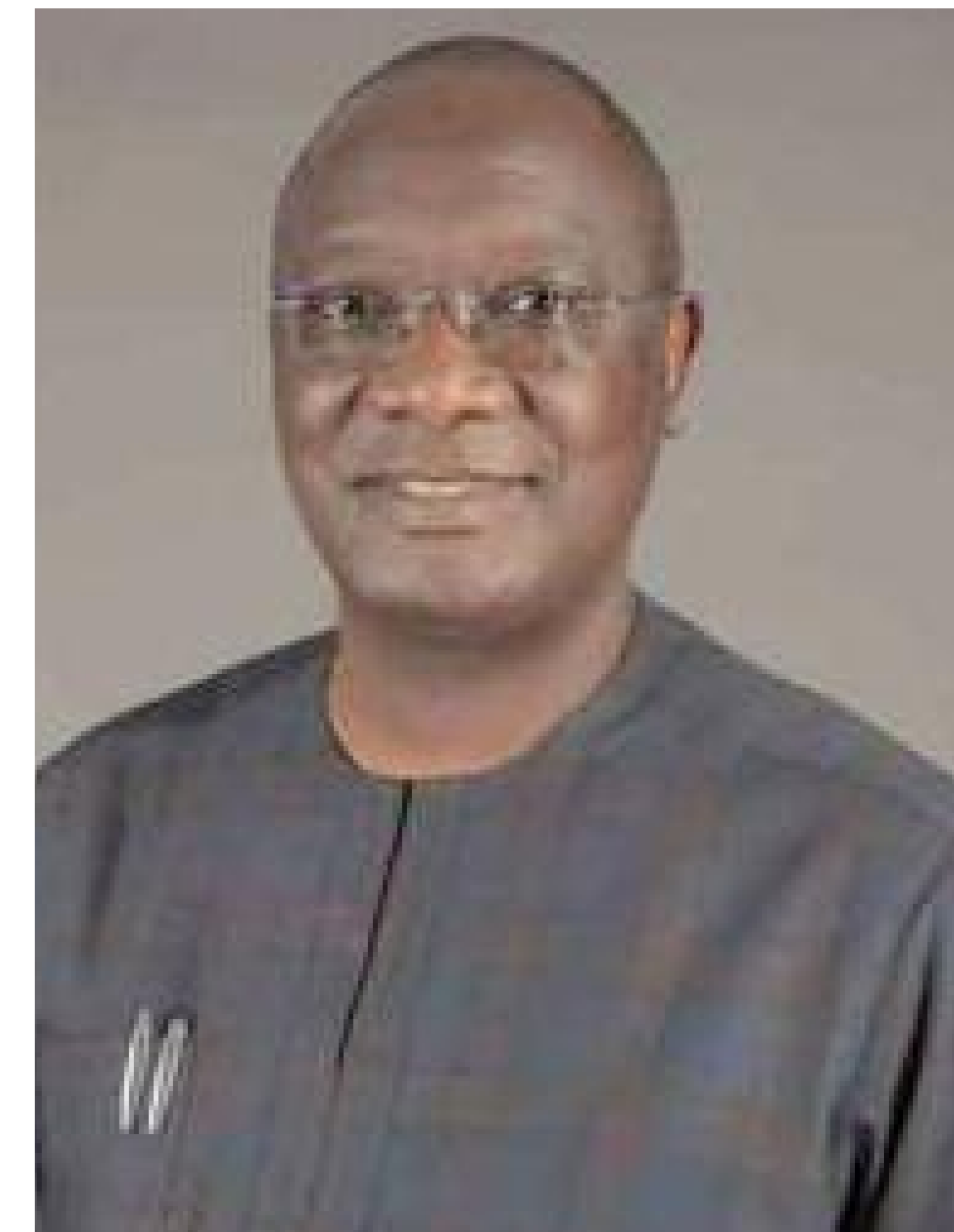
Why Nigerian Consul General for NW, SW won Most Dynamic Diplomat Award

By Solomon Tembang in Yaounde

H.E. Ibrahim M. Bashir, Nigerian Consul General for the North West and South West regions, has been singled out and awarded as the "Most Dynamic Diplomat" in Cameroon.

This was on December 23, 2020 in Buea during an award ceremony organised by the media organisation, Dream Network.

Cont'd on page 5



H.E Ibrahim M. Bashir: Merited recognition

End-of-year feasts:

Felix Mbayu donates, fetes with Bamenda Old Town community

Cont'd from page 1



Minister Felix Mbayu: Hailed for indiscriminate generosity

As part of his annual end-of-year feasts philanthropy to his Old Town kith and kin, the member of government donated tons of gifts to scores of members of his community. He said the yearly gesture, is in honour of his late mother.

"We are indeed grateful to the minister for his indiscriminate, unending and unmatched gesture. We are not new to his largesse... His renewed promise just affirms a talk-and-do person he is," Angwa Joseph, the quarter head stated.

To Joko Frida, the second deputy mayor for Bamenda II Council who doubles as an elite of the area, Minister Felix Mbayu "...is a real man of the people, a man who has not forgotten the ladder that took him up. Many a time we find the contrary but he has stood true to his roots".

A similar observation was made by an elderly woman of the community who rained blessings on the politician for the gesture: "We thank we papa Mbayu for we fine fine tin them, make God bless yi because he no di ever forget all his people" she spoke with joy.

Despite the prevailing situation imposed by the COVID-19 pandemic, the distribution exercise recorded no hitches. According to Philo Happi,

coordinator of the gesture, it was the Minister Delegate's own way of giving back to his native community which has always stood by him in good and bad times.

"These gifts are intended for everyone in the neighbourhood, Muslim and Christians alike," explained Philo Happi.

The recent gesture, it should be noted, was not the first from the ever-kind hearted and people-friendly minister, affectionately called Abakwa Boy. In 2019, Minister Felix Mbayu made available tons of food stuff including among others rice, cooking oil, and other compliments for members of his locality.

Months later, he championed the cause for school resumption in the region, making available didactic materials worth millions to school children of the Old Town community. Defying separatists propoganda and school boycott, he was categorical that the future of children was not to be sacrificed because of differences in political ideologies.

"We are witnesses to the turnout ... we will not use our children's education as shield. If we complain the institutions are not well governed, it is by educating the children who can quantitatively contribute to nation-building," he stated at the didactic donation ceremony.

Minister Felix Mbayu, it should be recalled, schooled at Catholic School Big Mankon-Bamenda; where he, like everyone else faced the challenges that came with the environment at the time. Much of his success was however inspired by the community in general and the upbringing given him by his late mother, Monica Nchumji.

Many who knew his late mother have attested that Minister Felix Mbayu is just following in the footsteps of her indiscriminate generosity. His mother, they say, always called out many to join her share the little she had whenever she could. Her best moment, others attest, was when she was sharing with others indiscriminately.



Real Issues With The States Lady

By Victory Marshal Ayafor Basang



20 things to do differently as a couple in 2021

1. Have a joint vision for your love

Don't just be together without direction. Agree on areas you will grow in, things that will define your year and projects you will pursue together. Marriage is for building life together. So don't just live life, "what will be will be"

2. Give each other eye contact more

This communicates love and attention. Unfortunately, the more some stay together, the less they show care. This year, we must learn to be more romantic. In our African context, romance is the missing ingredient in relationships. We don't really know how to spice our relationship with some romantic gestures. But we must determine this year to be intentional about that.

3. Complain, whine and nag less

Tone down the fault finding. The more you appreciate each other, the more you two will be inspired to do better. Don't be a nag in your relationship. Nobody loves to put up with a nag. Nagging is a total turn off for most people in relationships. So complain, whine and nag less if you want the best for your relationship this year.

4. Communicate better

Healthy communication is the bedrock of every great relationship. Work on your manner of approach if you have something to communicate to your partner. Send each other warmer texts, call each other more even if for just a brief conversation. Scroll down your messages and see love. Be each other's peace and solace.

5. Laugh more

Find things that bring you both laughter and happiness. Learn to catch fun together. Watch comedies, be each other's clown, share funny videos, smile more. It makes things warmer between you two

6. Support each other's dreams

None should feel like their progress is being curtailed. Find out your partner's dream and help to

achieve it

7. Increase your joint wealth

Analyse how you two make money and use money and maximize your earnings. Add or improve your revenue streams. Save. Invest

8. Find a person, a family or a cause that you can help together as a couple

Be a blessing to people as a joint force. When you are a blessing to others together, you will not focus on petty fights between you two

9. Listen to the concern your partner

This includes what your partner has about your friends or your habits and see if they are substantive. Don't hold on to friends and a lifestyle that pulls you down as a couple

10. Agree on joint approach

Agree on a joint approach to your parents and in-laws and ways you can be a blessing to them as a couple

11. Pray more together as a couple

Cultivate your individual relationship with God and your walk with God as a couple

12. Have your legacy as a couple in mind

What legacy do you want to leave behind to this generation and your children as a couple? Mentor your child/children. Make success stories out of 2020

13. Be more deliberate about listening to each other

This helps make each other feel special by custom making your love to love your partner the way your partner wants to be loved and vice versa. Know their love language.

14. Travel

Try out new experiences you have never been to or felt. Go out on dates more and make time for quality time. Companionship needs allocated time

15. Seek to please each other more sexually

Desire to give your spouse amazing sexual experiences

16. Touch each other more

Plant soft kisses on their cheek, lips or forehead, rub each other's waist and hug more even without sex being the agenda.

17. Listen less to gossip about each other from others

Be smart with your smart phone, don't let that small gadget come in between you two

18. If you do not do this already

Learn to say "Please" and "Thank you". Do not take each other for granted. Show and exercise courtesy at every opportunity you get. This will make your spouse feel more appreciated

19. Have some time alone

Do date nights; where it's just the two of you enjoying each other's company, and having intimate conversations.

20. Speak life and a blessing to your spouse every day.

Words carry a lot of power. They can uplift, encourage motivate, inspire and build someone

**VictoryMarshal Ayafor fondly called THE STATES LADY is a journalist by profession, motivational speaker, marriage counselor, life coach, relationship expert, self-actualisation consultant and certified Psychologist in private practice.*



Community Development, Peace & Social Transformer's Notebook

By Rosaline Akah Obah*

Nonviolent communication a strategic tool in times of crisis

Speaking peace is basically communicating without violence which could be psychological or physical. At the centre of Nonviolent Communication, NVC, lies two most important questions; what is alive in us and what can we do to make life more wonderful?

Our cultures and traditions have taught that there is always the good and the bad so we need to reward the good and punish the bad. Of course the systems of education in the world promote this with rankings and end-of-year awards. The concept of "right" and "wrong"; "we" against "them" keep growing and widening the margin that brings humans together. We have the powers to create our own world that we hope for when we shall like Rumi the poet assert that "Beyond the Ideas of right and wrong, there is a field I shall meet you".

In times of crisis like the moments in Cameroon where questions like who speaks French and who speaks English are a determining factor of who maybe

right and who needs to be given more empathy, there is great need for NVC, a strategic communication tool that we shall use to make life more meaningful to one another. It is communication from the heart that is void of judgments and evaluations; a communication that supports life and makes me bring out what is alive in me through my observations, feelings, needs and request.

I remember visiting Rwanda for a Nonviolent Communication Africa Retreat 2018 and a fellow trainer noted that each time he is in Europe or America, people come and ask him "Are you a Hutu or a Tutsi? Of course he is aware that they are about giving him "distorted empathy" which is connecting with him with an intention that will make him think of either Tutsi or Hutu as a "good" or "bad" tribe. In crisis moments like what is happening in Cameroon, Congo, Burundi and Nigeria, for empathic connection and meaningful relation, we need to go beyond the ideas of "wrong" and "right" as a step towards

social change that we all wish for.

For us to have this meaningful social change we need to have Mindful Hearts about the feelings and needs of others and also have Heart-Full Minds that will support others meet their needs and feelings.

Lewis Carroll once said "Sometimes I've believed as many as six impossible things before breakfast."

We therefore need to believe the impossible the society has made us think and also learn to Sink and Swim for Mahatma Gandhi said "Real Education consists in drawing the best out of ourselves-what better book can there be than the book of humanity?"

Connect with the people around you, see them as humans. Peace is Possible.

Nonviolence is a force for transformation, justice, and the well-being of all that is neither violent nor passive. It is a powerful method for challenging and overcoming violence without using violence; for creatively transforming and resolving conflict; and for fostering just and peaceful alternative.

In practice, nonviolence involves actively peaceful behavior in the midst of conflict, becoming an example of consideration to those around us and breaking the destructive cycle of retaliation when we believe we have been wronged. It also means awareness of our own inner violence, and eliminating its negative effects upon our own intentions. Applying these principles of non-violence can reduce conflict, anger and violence on personal, local, national and global levels.

Nonviolence has come to be recognised as a powerful strategy for students, communities, disenfranchised groups and whole societies in addressing and transforming conditions.

Dr. Martin Luther King, Jr said "Nonviolence means avoiding not only external physical violence but also internal violence of spirit. You not only refuse to shoot a man, but you refuse to hate him".

**With contributions from Dzebam Godlove Ayaba Bongwa*

Palm oil production:

Civil society push for institution of national strategy to boost output

By Macwalter Njapteh in Yaounde

Some civil society activists have called on government to implement a national sustainable palm oil production strategy to boost production and respect indigenous community rights.

The call was made in a declaration actors signed at the end of a recent workshop in Mbankomo in the out sketch of Yaounde.

It was organised by the non-governmental organisation known as Green Development Advocates, GDA.

According to the activists, the adoption and implementation of a sustainable national oil palm strategy is an imperative for the country to effectively reap its full production potentials.

This, they said can help strengthen the future of Cameroon given the steady increase in global demand for palm oil in recent years. The sustainable national oil palm strategy, the civil society organizations emphasised must be built on pillars such as creating partnerships between agro-industries and small producers; promote the regeneration of old plantations in order to intensify production on existing plantations, without increasing the cultivated areas; improve processing capacity and extraction rates in the oil mills of small producers; facilitate small producers access to finance and the setting up of incentives for small producers considering environmental issues in their development.

They also advised government to ensure that such a strategy is lodged



Members of civil society organisations during workshop

under supervision of the Prime Minister for better coordination.

Going by the organisers, the government, through its Rural Sector Development Plan which proposed an increase in palm oil production from 300,000 tonnes in 2005 to 450,000 tonnes in 2020, saw the installation of some agric companies like CAMVERT, SAFACAM, SOCAPALM which have initiated new plantations across the country and extension in other parts.

Most of this, actors said, is done at the expense of environmental requirements and the rights of local and indigenous communities in Campo and Nyété, South region.

The advocates also furthered that establishment of oil palm plantations were done generating many socio-environmental problems. Amongst these are lack of respect for customary land rights

of local and indigenous communities; the destruction of biodiversity; failure to take the climate aspects and pollution of waterways.

These damages, they observed violate international conventions Cameroon is signatory to, including the United Nations Declaration on the Rights of Indigenous Peoples;

Convention No. 169 of the international labour organization on the rights of indigenous and tribal peoples in independent countries of 27/06/1989; Convention on Biological Diversity; Convention to Combat Desertification; and Paris Climate Agreement.

Since inception in 2009, Green Development Advocates has been working towards contributing to the sustainable development of African tropical forests while respecting the cultures, rights, interests and needs of indigenous forest peoples called the "pygmies."

Kribi-Lolabe motorway:

Gov't, Chinese company seal construction deal

By Deng Eric in Yaounde

The State of Cameroon and Chinese company, China Harbour Engineering Company Ltd have sealed a public-private partnership deal for the design, construction, partial financing, operation and maintenance of the Kribi-Lolabe motorway in the country's South region.

Public Works Minister, Emmanuel NganouDjoumessi accompanied by his colleague of Finance, Louis Paul Motaze and the General Manager of the Chinese Company, December 30 signed the contract binding both parties with works on the 38.5 km long motorway expected to be fully completed October 2021.

The Kribi-Lolabe motorway section, the first phase of the Edea-Kribi-Lolabe motorway aims to improve the competitiveness of the transport chain from the Kribi Port, to ensure the attractiveness of the said Port as the link between the Kribi industrial-port hub and the inland urban areas. Works on the 2*2 lane facility are 89.4% completed.

To the minister of Public Works "the signing of this Public-Private partnership contract gives concrete expression to the very high directives of the Head of State, H.E Paul Biya for the exploration of alternative sources of financing for motorway construction works by private operators".

Minister Nganou Djoumessi said the delay in formalization of the partnership as well as the completion of the project is mainly due to treasury tensions and the current health crisis due to the novel



Ministers Motaze, Nganou Djoumessi and CHEC GM exchanging signed documents

coronavirus.

Concerning the funding of the road project, Finance minister, Louis Paul Motaze told reporters that "we had a change from one financing method to another. The first agreement which was signed in 2012... was a classic financing method. That is to say we have a project that has a cost and we go to donors. We found one, EXIM BANK of China which agreed to lend us 85% of the amount, which means there is a remaining 15%".

"We must congratulate the our Chinese partner, who despite the various crises has decided to trust the State of Cameroon by financing its 15% counterpart funds, which will be reimbursed. This testifies the mark of confidence enjoyed by the State of Cameroon with its various partners.

He said after negotiations, CHEC agreed to pre-finance Cameroon's 15% share given the financial difficulties the country has been going through.

For 30 years, the Chinese partner will be responsible for the operation and maintenance of the highway.

The project financed at 15% by the State of Cameroon to the tune of 45 billion FCFA and 85% by EXIM BANK of China to the tune of 205 billion FCFA is at 88.8% completion for the first phase.

Feasibility studies for the second phase of the project are said to have been completed.

The construction of the Edea-Kribi-Lolabe motorway is part of government action aimed at strengthening the existing road network. It falls within the framework of linking the four major economic poles of the country which are Yaounde, Douala, Bafoussam and the port city of Kribi by motorways.

Government through the construction of the motorways seeks to contribute to the modernisation of transport infrastructure and the improvement of traffic and safety conditions on the routes concerned.

Journalist, Ngawe Jeffrey, rededicates self to God

From Ndimbe Usman in Bamenda



Jeff Ngawe receives flowers at dedication

Ngawe Jeffrey, North West Bureau Chief for The Reporter Newspaper, and two others Christian were recently rededicated into the fellowship of the Cameroon Baptist Convention Men's Department, CBCMD.

The dedication ritual that took place on Sunday December 27, at his local church, Gebuaer Baptist Church, Atuakom, Mankon Association in Bethel Field.

Pastor Ngala Godfrey, who carried the ritual, prayed and called on God to help them to submit to the leadership of the Holy Spirit of God.

He equally enjoined the trio; Ngawe Jeffrey, Ateh Jacob and Munchuranchu Aaron to avail themselves for work in God's vineyard.

To Pastor Ngala Godfrey: "Dedication has to do with somebody with a full commitment and submission within self to the service of God. It is also a covenant and agreement to wholeheartedly serve God through the Men's Fellowship of the church".

He furthered that dedication serves as an example that encourages those who take the back seat in the church to move to the front bench and carryout the mission of God in the Church.

Earlier on in his sermon, titled "2020 in Focus", Pastor Ngala Godfrey gave a balance sheet of what the church did in terms of messages, projects and other activities in the year 2020 with inspirations drawn from the book of Jeremiah 32:19.

Looking forward to 2021, Gebuaer Baptist Church, it was disclosed, plans to put in place a Media ministry for a wider outreach.

Unlike last year which they had as theme of the year "Anchor on Christ," this year they have come up with the theme, "Our year of Divine Restoration".

They are trusting God for restoration from the challenges they have gone through especially with the coming of the COVID-19 pandemic and the war rocking the two English-speaking regions.

Ahead of CHAN 2021:

Onana, Kameni boost Intermediate Lions morale

By Deng Eric in Yaounde

Cameroonian international goalkeepers, Andre Onana and Carlos Kameni have boosted the morale of the country's Intermediate Lions expected to represent the country in this year's Total African Nations Championship, CHAN that kicked off on January 16 in Yaounde.

The two players of the men's senior national selection paid separate visits to the team as they continue preparations for the continental event.

Onana was the first to visit the team Saturday January 2, after the boys of coach Ndtongou Mpile had just played a 1-1 tie with the Cranes of Uganda in their first game in the pre-CHAN competition taking place in Yaounde.



Onana in a warm chat with Intermediate Lions goalkeeper, Haschou Kerrido

The Ajax Amsterdam shot stopper visited the Lions in their dressing room, during which he had a tête à tête with his goalkeeping colleagues, Dande Junior and Haschou Kerrido.

According to the Team Media officer of the Intermediate Lions, Derrick Bakah, Onana encouraged his colleagues to be more

focused while on duty.

Onana and Haschou Kerrido have shared the dressing room a couple of times on duties with the Indomitable Lions. His visit and words of encouragement will definitely be a moral booster to the intermediate Lions goalies.

Kameni Idriss Carlos on his part paid a rare visit to the Under-17 Lions of

Cameroon as they continue their camp at the CAF Excellence Centre in Mbankomo.

The Sydney 2000 Olympic Gold Medallist visited the boys Sunday January 3, 2021 and urged them to make the most of the priceless opportunity to represent their fatherland, fecafoot-officiel tweeted.

It should be recalled that Carlos Kameni began his tenure in the Lions' Den in 2001, going on to make some 73 appearances for the Indomitable Lions. In the international scene, the goalkeeper has played across Europe for Le Havre, went on loan to Saint Etienne, played for Espanyol, Malaga and ended in Fenerbahce (2017 to 2019) where he made 9 appearances.

Nchout Ajara joins Athleticco Madrid



Joel Matip: Liverpool defender

Indomitable Lioness of Cameroon forward, Nchout Njoya Ajara has joined Spanish top-flight side Athleticco Madrid Ladies barely days after confirming her departure from Norwegian side Valerenga.

The player has agreed a two-year contract awaiting administrative formalities to complete the switch to the Spanish capital.

The 2019 African footballer of the year according IFFHS leaves Norway after a memorial four-year stint in which she scored with ease for Sandviken and later for Valerenga where in addition to scoring goals, she won an unprecedented double for herself and the Club.

Athleticco Madrid are putting together a squad to challenge Barcelona of Nigeria's Asisat Oshoala after finishing runners-up to the Catalan ladies in the past two seasons in the domestic championship.

It is the first stop for Ajara in Spain after successful stints in Cameroon, Sweden, USA and Norway.

The native of the West Region of Cameroon was just as important for her Norwegian Club as she has been for country, therefore Athleticco are investing on a proven scorer with over 100 career goals to her credit and hoping for quick returns.

Ajara joins Raissa Feudjo, Michaela Abam, Gabrielle Ngaska amongst other Cameroonians plying their trade in Spain.

Her recent move provides a chance to compete on the same platform with her immediate rival for the women's African Footballer of the year Asisat Oshoala.

Source:kick442.com

Matip, Kunde Malong ruled out for three, five weeks

By Deng Eric in Yaounde

Former Cameroonian international and Liverpool defender, Joel Matip and Lions midfielder, Pierre Kunde Malong are expected to be out of action for three and five weeks respectively due to injury.

Matip who suffered an injury during Sunday's 1-1 draw at home to West Brom has had fitness issues this season which has restricted him to just eight starts for Liverpool.

Last season Joel Matip started well for Liverpool but saw his appearances dwindling as he suffered a host of injuries. That led to Joe Gomez taking his place in the defence for most of last season.

With Joe Gomez missing out this year it would have been a perfect opportunity for Joel Matip his potentials that the former Lions players has continued to suffer from fitness issues as a result of multiple injuries

"The normal situation for this kind of injury is around 3 weeks. Joel told me he felt



Joel Matip: Liverpool defender

something in his adductor and that is not good," Jurgen Klopp said of Matip who helped his side take the lead against West Brom just 12 minutes into the game.

The 29-year-old played a forward pass to Sadio Mane who chested down and lashed it passed Sam Johnstone.

Jurgen Klopp will hope Matip can be back just in time for the crucial game against Manchester United on January 17.

It will be exactly three weeks since Matip suffered his injury, the deadline Klopp hopes to get his centre back on the pitch.

Liverpool thus season has been dealt severe blows



Pierre Kunde Malong: Mainz midfielder

in the Centre back position. Virgil van Dijk and Joe Gomez are already side-lined and may miss the entire season, though the former has been showing signs he might return before the season concludes.

For Mainz O5 and Cameroon International Pierre Kunde Malong, he will be out of activity for the next five to six weeks, his club has announced.

The versatile midfielder limped off injured in the 69th minute of his side's one-nil defeat against Weder Bremen at the weekend.

"Pierre Kunde Malong had surgery on his right

knee today. Depending on the recovery process, we will probably miss him for four to six weeks.

Get well soon, Kunde!" Mainz Tweeted.

Kunde underwent an operation on the right knee on and he is expected to be back in action in the third week of February 2021.

The midfielder has featured in 11 of his club's 13 Bundesliga games this season as they struggle to get their season off the mark.

The 25-year-old has no history of similar injuries thus making recovery relatively easier.

Kunde has been a key figure for Mainz since joining the Club in a 2017 from Athleticco Madrid.

Karl Toko-Ekambi test positive for COVID-19

Indomitable Lions striker Karl Toko Ekambi has been confirmed positive for the COVID-19. The player tested positive on Friday when the Lyon players returned from the Christmas break, lequipe reported.

The striker had been hoping to be in action for his side this Wednesday, January 5 against Lens in matchday 18 of the French Ligue, but that is now impossible.

Olympique Lyonnais will miss the services of Toko Ekambi who is in isolation from his squad. The player has been invaluable for Coach Maxwel Cornet and Lyon this season.

Karl Toko Ekambi is currently the

club's top goal scorer in the Ligue with 9 goals, goals that have helped Lyon stay top of the Ligue with 36 points in 17 games played. This is a great improvement for a player that succeeded in scoring just 2 goals in the Ligue in 8 appearances.

Lyon is currently level on points with Lille and just one point ahead of last year's champions PSG.

Toko Ekambi will thus be hoping to add to his goal-scoring records when he returns to the squad. In 31 appearances for Lyon in all competitions, Karl Toko Ekambi has scored 11 goals.

Source: Mysoccer24.com

