

THE PRESBYTERIAN E C H



THAT IN EVERY WAY, CHRIST IS PROCLAIMED – PHIL. 1:18

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EDITORIAL

The Art of New Beginnings: Equipping Our Children for Academic Success



Rev. Dr. Perpetua FONKI

prepare our young learners for the journey ahead with wisdom, care, and enthusiasm.

Emotional Readiness: Building a Foundation of Confidence

The cornerstone of any successful academic year is emotional readiness. Before children can embrace new lessons and challenges, they must feel secure and confident in their abilities. Here are a few strategies to nurture this essential foundation:

Encourage children to express their feelings about the new school year. Whether they are excited, anxious, or a mix of both, acknowledging their emotions validates their experiences and helps them feel understood.

Celebrate their past achievements and remind them of their strengths. This positive reinforcement builds self-esteem and instills a can-do attitude.

Gradually reintroduce a structured routine before school starts. A consistent schedule helps children adjust to the academic rhythm and reduces anxiety about the unknown.

Academic Preparedness: Setting the Stage for Learning

The Presbyterian Echo

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While emotional readiness sets the stage, academic preparedness ensures children are equipped to seize the opportunities that await them. Here's how to foster a love for learning:

Spark their interest in the subjects they will encounter. Visit museums, read books, or explore educational websites together. Making learning fun and relevant ignites curiosity and enthusiasm.

Review key concepts from the previous year. This can be done through educational games, workbooks, or casual conversations. A solid grasp of foundational skills boosts confidence and readiness for new material.

Help children set realistic and achievable academic goals. Whether it's mastering multiplication tables or reading a certain number of books, having clear objectives provides direction and motivation.

Social Integration: Navigating the Waters of Friendship

The social aspect of school life is just as crucial as the academic. Building strong relationships and navigating social dynamics are key components of a positive school experience:

Encourage Extracurricular: Participation in clubs, sports, or arts fosters teamwork and introduces children to peers with similar interests. These activities enhance social skills and provide a sense of belonging.

Model Positive Behavior: Demonstrate kindness, respect, and empathy in your interactions. Children learn by example, and your behavior sets a powerful precedent for their own social conduct.

Parental Involvement: The Pillar of Support

Lastly, the role of parents and guardians cannot be overstated. Your involvement and support are pivotal to your child's success:

Stay Informed: Maintain open lines of communication with teachers and school staff. Being informed about your child's progress and school activities allows you to provide timely support.

Create a Learning Environment: Designate a quiet, well-lit area for homework and study. A conducive learning environment helps children focus and take their academic responsibilities seriously.

Celebrate Efforts: Recognize and celebrate not just achievements but also efforts. Encouraging a growth mindset teaches children that perseverance and hard work are the true measures of success.

As we stand on the threshold of a new academic year, let us embrace this time of new beginnings with hope and dedication. By nurturing our children's emotional, academic, and social well-being, we equip them with the tools they need to thrive. Let us be their guiding stars, illuminating the path to a future filled with promise and potential.

Happy New School Year!

PCC Publications/Broadcasts

CHURCH DIARY

Daily Bible Readings

CHURCH ALMANAC

Pictures/Events

CHURCH HYMN BOOK

Songs

The MESSENGER

News/Information

The Presbyterian Echo

Newspaper PCC Echoes/News; An Online Publication

PCC TV

(Online TV) Facebook/YouTube: @PCC TV

CBS Radio

Buea: 95.3MHz

Bamenda: 101.0MHz

The PCC Oxygen Plant is Ready

By Metuge Stanley



Wednesday July 31, 2024 was an important day in the life of the PCC Health Board as its members paid an inspection visiting to the PCC Central Pharmacy Oxygen Plant Mile 3 Limbe PRESAIR. The team led by PCC'S Synod Clerk Rev. Miki Hans Abia upon arrival at the plant, was Warmly recieved by the staff headed by the CEDAR-Com manager Fon Honore.

During the inspection mission ,the production engineer Sophie Nalova Evakise gave a detailed explanation of the production chain stating that humans need about 95-100 % Air Purity and the machines at the plant are capable of producing that at a production rate of thirty (30) liters of Oxygen per minute . This implies that with Eight (8) hours of work every day,t he oxygen plant can produce Ninety- Six (96) cylinders making a complete production.

The CEDAR- Com manager Fon Honore explained further that a censor and survey was carried out in Cameroon and the Cemac Sub Region and it was realized that the demand of Oxygen in hospitals is very high and only few companies have ventured in the business. He added that with the coming of PRESAIR, they will be able to supersede the areas of costume duties which will break the cost significantly and make the Oxygen more affordable, accessible and available for their clients. Though the actual price per Oxygen cylinder is still to



be made public, the Management is confident that it will be less than fifty (50) % cheaper than imported oxygen. The specificities and uniqueness of the Cylinders were also revealed to the PCC Health board members as one of the best, stating that the cylinder can work on a patient even without electricity as compared to concentrators that can only work with electricity.



Synod Clerk Rev. Miki Hans Abia on behalf of the Moderator expressed gratitude to the management and staff of the PCC central pharmacy Oxygen plant for the job done thus far while announcing that the plant will be inaugurated in the days ahead.

New Education Secretary Assumes Office with Plans of Digitizing the PEA

By Cecilia Mojoko Kondo



Following the June 2024 staffing appointing Essaw Samgwa'a as new Education Secretary (E.S) PCC, he has officially taken over office Tuesday July 23 2024 in a ceremony presided over by the hierarchy of the church headed by the Moderator, Rt. Rev. Dr. Fonki Samuel Forba.

The less than one hour event held at the office of the E.S, Synod office Buea, and featured speeches from the



moderator, outgoing E.S, likewise the Incoming E.S. In his message to the new Education Secretary , the moderator urged him to make a mark, continue from where his predecessor ended and avoid competition to propel the Presbyterian Education Authority -PEA.

Meanwhile, Essaw Samgwa'a has vouched to embrace digitalization and capacity building for teachers as top on his agenda for the Presbyterian authority.



Before now Essaw Samgwa'a served in the capacity of Principal, Presbyterian Secondary School-PSS Bafut. He takes over office from Njie Samuel Kale, who served as E.S in the PCC for 13 years.

PHIHTBS Graduates First Batch of Bio Engineers

By Cecilia Mojoko Kondo



The over one-month program at the Presbyterian Higher Institute of Technology and business studies- PHIHTBS, saw trainees drawn from within and out of the PCC gain hands on training online on how to better handle medical equipment. The graduation ceremony was chaired by PCC'S Synod Clerk, Rev. Miki Hans Abia, in



International.

The day was marked by speeches, cultural animation and the award of certificates to the 12, facilitated by the Chief

which he called on the graduands to keep their training ongoing even after graduation.

The event that saw the award of certificates took place at the Presbyterian Youth Complex , PYC Limbe on Wednesday July 3 2024.

The online training it should be noted started on May 20 and wrapped up on June 24 and was facilitated by Medical Aids



Executive Officer MEDAIDS UK, Tim Beacon.

RECOM NWR 2024: Youth of the PCC North West Region Vow to Forge with God's Work Amidst Crisis

By Jude Ntam



Youths of the PCC in the North West Region have been called upon to step up to the new dispensation of doing things differently and taking the department to a different level.

While chairing proceedings during the meeting at Presbyterian Youth Center (PYC) Mankon, the National Secretary for Youth Work re-echoed the moderator's call for the Youth department to grow the youths in particular and the church in general giving the growing number of youths in the Church.

Also present to coordinate the regional committee meeting was the Regional Youth Pastor, Rev. Shey Vitalis who lauded the youths in their efforts in keeping the North West Youth Department afloat amidst of the crisis.

Deliberations in course of the meeting centered on the challenges, successes and way forward, presented by the different CYF, PSYCA and Sunday and leaders of the Sunday School. In the North West Region, financial lack and the crisis were amongst the major pre-occupation. "So many things have been deliberated upon and my home message that I have to take back to my own Presbytery is just to inform them that we need to sit up to work hard so that the Youth Department have to move forward and never to go back again. The report I brought back from my Presbytery which is Ngie, they were just due to the crisis that has made the membership to drop and we have many difficulties, first of all the difficulty of transportation, bad roads, the amba here and there. So those are some of the difficulties we had in that our place but coming here, it has really boost my moral to go back to do more work". **Chiambom Raphael, Presbytery President for Ngie Presbytery.**

"Yes Donga Mantung is doing very well, even though we're faced with difficulties as a result of the Anglophone crisis. But then, we thank God for strength, we thank God for grace upon our lives. After attending the RECOM, I'm taking back to my people, a message of being consistent and also minding the way we talk". **Sister Tanko Geraldine Presbytery Girl's Representative for Donga Mantung.**

The Regional Committee meeting comes up ones every year with agenda to take stock of the challenges of the youths

across different regions, rates their failures and successes and propose a way forward.

"We would want to see that the youths step up to the new dispensation by doing things differently, taking the department to a different level and standing by the call of our moderator that this is the time for rejuvenation. We need to grow this church, we need to grow the youths department and take it to another level" **Rev. Neba Muangu National Secretary Youth Work.**

No matter the set backs, the youths have testified they're stopping at nothing to continue pushing forth God's words.

"We took note of all their challenges. We are doing our possible best to see how we surmount some of those challenges and at the same time, reminding them, that God has endowed them with a lot to be able to overcome and face some of these challenges, solve them without necessarily having to bring them to us".

Rev. Neba Muangu National Secretary Youth Work.

Apart from witnessing the election of the North West Regional Girl's Representative, Regional Young Presbyterian Representative, and President PSYCA, the Regional Committee Meeting had the Youth had the youths note down some key points to be presented during the National Committee meeting programmed from August 22nd to the 23rd.

Having taken part in the RECOM members now look forward to the National Committee meeting (NATCOM) programmed for August 22nd and 23rd with National Elections of Youth Leaders.



CYF Synod Welcome New Members

By Cecilia Mojoko Kondo



Five new members tagged the batch of Amazing Grace have been received into the Christian Youth Fellowship Movement of the Synod Office congregation, Sunday July 14 2024.

The dedication exercise that took place in the course of a divine service saw the new members pledge their loyalty to



was an opportunity for other congregants to declare their willingness to join other movements and choirs.

Worthy of note is that the five before their dedication have undergone formation and proper evaluation for at least six months.



serve God in truth and in spirit and at all times. Presided over by the Youth coordinator Fako North who doubles as the parish pastor of the congregation, Rev. Wah Ekosano Joshua Modika Cameron used the opportunity to urge the youths to have nothing to do with darkness.

The event which equally saw some members of the congregation honored with the title of patron and patronesses



Haleluya Choirs Association: New National Executive Voted in

By Angwi Njamah



The National delegates meeting of the Haleluya Choirs Association (HCA) of the Presbyterian Church in Cameroon brought together Forty (40) delegates from the different Presbyteries, the National Patrons of the group and also over twenty (20) observers.

The venue was the Presbyterian Church Molyko, Buea Fako North Presbytery, South West Region of Cameroon. Presiding over the meeting was the National Secretary Lay Training and Evangelism of the PCC Rev. Ndip Philip



Training and Evangelism. This to the delegates will help boost the singing prowess of the different choirs, in their different congregations.

The highlight of this meeting was the election of a new National Executive for the Association which saw the re-election of Tem Evaristus as National President.



Nkongho flanked by the National Chaplain of the Association Rev. Mokoko Simon Elive, who is also the Presbyterial Secretary for Fako South Presbytery.

Key on the agenda during this meeting was charting a way forward for the Association to make it stand out within the PCC and to ensure that it continues to grow in leaps and bounds winning more souls for the Kingdom of God. One of such ways to ensure growth, was delegates agreeing to sponsor a representative from each Presbytery to the Music Development Program organized by the department for Lay



Celestial Echoes Choir, PC Buea Station Dedicates 19 New Members, First Time in 20 years

By Angwi Njamah



The Celestial Echoes Choir of PC Buea Station is the youth choir of the congregation created some years back by some youths who were considered young to join the English choir of the congregation. The choir sings in both English and other languages garnishing the worship life of PC Buea Station.

For a little over 20 years the choir has not witnessed any dedication reason why these nineteen (19) new members thought I wise to present themselves before God to be dedicated.



them not on to find their feet but also grow within the congregation.

The parish Pastor Rev. Naela Lyonga in his message this day encouraged the choir members as well as youths of the congregation to shun everything that will keep them from serving God diligently and imbibe themselves wholly with the things of God, thereby embracing a new life in Christ.

Appearing in their beautifully designed well sewed uniforms the choir members used this opportunity to showcase their musical know how by drilling members of the congregation and all who came to witness the event on certain aspects of music. They also trooped the colors of their choir robe which was a beautiful display.

The president of the choir Beryl Fombom during the dedication service thanked the pastors of the Congregation, the patrons and patronesses as well as the congregation for the constant support bestowed on them which has enabled



CBS Radio Buea Staff Empowered on Branding At Staff Midterm Evaluation Meeting

By Sontia Binda



Staff of CBS radio Buea FM 95.3 have taken part in their staff midterm evaluation meeting that held on Wednesday, July 24 2024 at the conference room of the radio premises.

The staff were capacitated on personal and institutional Branding , a module facilitated by the station manager, Mr. Boris-Kaloff Batata, who says his team really needs the knowledge since this is the era of brands. "we are in an era of brands and CBS radio Buea cannot be indifferent with this era as well as the radio. There are a lot of media organs so CBS radio Buea is a brand on its own, so we needed this

manager is someone with a four sided vision. For the past year, I think for the first months it was difficult understanding who he is in terms of leadership but as the months go by, I have come to understand him. he is someone who doesn't see something as too difficult to be done, believing that you have the potential to have it done "

Chick Walters , Chief technician of CBS radio Buea, reveals that working with Mr. Boris-Kaloff Batata as the Station's manager, has been a smooth ride considering the fact that he is a young man, he is doing his best to put all things in place to ensure that the radio gets to higher heights.

Cecilia Mojoko Kondo, journalist at CBS radio Buea, appraised and applauds the new vibe that he is bringing in, in terms of finding new avenues as far as journalism is concerned. She adds that doing the same thing over and over could be redundant and cumbersome.

Featuring during the meeting were Activities reports from the Manager, Programmes' Officer, Chief Technician and the Desk Editor of Pres Echo as well as staff evaluation.



knowledge to reinforce this brand to make it stronger. So that , we can easily be identified amidst the lot".

The meeting came in exactly one year after the new station boss was appointed to head the radio. He reveals that working with the others has been great because it has encouraged a lot of team work. " We have been moving in blocks, that is why we have been able to achieve all what we have achieved within the past one year"

On the part of some staff of CBS though it has not been easy adapting to a new boss, the past year has enabled them know him and understand his ways.

Tambe Bessem Grace Enoh, radio producer says " The station



CBS Buea First VEBs Mid-Term Meeting Gets Thumps Up

By Boris-Kaloff Batata



The Christian Broadcasting Service (CBS) Radio Buea has recorded its first ever Midterm evaluation meeting with the Voluntary External Broadcaster (VEBs). The meeting took place Saturday July 6 2024 in the conference room of the Radio.

The meeting that was chaired by the Station Manager Boris-Kaloff Batata brought together close to twenty VEBs amongst whom were some first timers taking part in radio programs such as; ‘Youths Let’s Talk’, ‘The Scoop’, ‘Earth Matters’ and other.

Producer Tambe Besem Grance Enoh, the VEBs were also trained on some modules including Producing Interactive radio programs.

This initiative was highly appreciated by the VEBs. “The workshop is very important because since I came here in 2012, it is the first time I am seeing a midterm evaluation meeting and a course organized for the VEBs” Diamele Denson, sport reporter and analyst commented.

Other VEBs also expressed their delight participating in such trainings. Ketu Faithful participates in the program Youths Let’s Talk. “I learnt quite a lot and I can attest to the fact that the meeting was an amazing one as a lot was being discussed on how you could improve your program, I will implement the production of control sheets” Faithful recounted.

Several resolutions were arrived at to push the Radio forward.



It was an opportunity for the Management alongside the VEBs to evaluate the strides recorded during the first part of the year 2024, and to plan for the second part of the year.

“The mid term evaluation meeting is all about evaluating the work they are putting in from January right up to June because we want quality and we don not want to wait only at the end of the year to give critique on how they are producing because we believe monitoring and evolution is a continuous process that is why we instituted the midterm evaluating meeting.” Manager Boris-Kaloff Explains.

Aside from reading out the production statistics by the Radio



CBS Radio Bamenda Receives Interns

By Emma Haiga



The management and staff of CBS Radio Bamenda has officially received five students from the Department of Communication and Development Studies of the University of Bamenda for internship.

This was during the radio's editorial meeting that held on Friday July 12 2024 at the conference room of the radio house chaired by the radio producer, Jude Ntam.

Talking on behalf of the manager, the radio producer encouraged the students to stay focused, dedicated and committed in pursuing sound and holistic training on broadcasting.

The manager of CBS Radio Bamenda also received the student journalists on internship with a call for them to be steadfast and fully committed to the internship program.

Rev. Mrs. Geraldine Fobang was speaking after a brief meeting with the interns

The station boss, while acknowledging the radio's readiness to imbibe into the young minds, professional and holistic training,

also encouraged them to work in close collaboration with the staff.

The students on their part expressed optimism with hopes of their expectations being molded into fine broadcasters will be met considering the high level of professionalism exhibited by staff of the radio.



Worthy of note is that this is the first batch of students on internship to be received for this month of July 2024.

Added to their desire to be fine broadcasters are their zeal to learn editing with the CBS Radio Bamenda aptitude technicians who promised to see them through this process

Every year, CBS Radio Bamenda opens her doors to students with a communication background to carry out a one month intensive internship program.

After the July interns, the radio looks forward to another set of interns to resume come August 1 2024.



PCC and Community Initiative for Sustainable Development (COMINSUD) Partner to Alleviate Sufferings in the North West Region.

By Jude Ntam



Presbyterial Secretaries and Leaders of the various Movements of the Presbyterian Church in Cameroon (PCC) in the North West Region have recently brainstormed on ways to alleviate sufferings in the region.

This was during a one day exchange forum organized by Community Initiative for Sustainable Development (COMINSUD) and the PCC Peace Office as partners of the Civil Peace Service (CPS) to address the bronze of the Anglophone crisis still felt in several communities.

The event that took place at the conference room of the Women's Work Department in Ntamulung Bamenda Thursday July 18 was graced by the presence of the

way or the other we have been hurt physically, psychologically and sometimes you live the house because of fear, you cannot put in the maximum of what you want them



Moderators Representative for the North West Region, Rev. Dr. Fai. Michael, Presbyterial Secretaries of Mezam, Mezam South, Tubah-Boyo, and Meta Presbyteries, National Secretaries for the Men and Youth Work Department and the Regional Secretary for the Women's Work Department.

Moderating discussions during the exchanges was the National Program Officer for the PCC Peace Office, Ngalle Nelson Smith and the Coordinator for COMINSUD, Fon Nsoh Michael.

"We have been here and we have been schooled enough to know how to go about issues concerning conflicts especially in the North West Region, because we are all victims in one



to put. We want to really thank the organizers of this session. We've had a good time here, going through learning, practicalities about peace and that what has been resolved here as a way forward for the continuity to be taken seriously and a follow up be done".

Rev. Dr. Fai Michael, Moderator Representative North West Region.

"Together we have reflected on the context and we have also looked at strategies that can enhance rolling our actions for promoting peace. We encourage movements of the Presbyterian Church to liaise and come up with spaces where they do inter-religious and ecumenical come together". **Fon Soh Michael, Coordinator, Community Initiative for Sustainable Development (COMINSUD).**

"It was an opportunity for us to also as a church looking at our way of intervention. It takes the community approach, looking at Grassroots works. And it was high time we have this reflection. Talk about these issues and then look for ways that we can help the situation". **Mr. Ngalle Nelson, Program Officer PCC Peace Office**

Participants at the end of the workshop have resolved to create platforms at all levels that promote peace and interdenominational joint reflection on peace .

Community Support in Buea

By *Nina Nwaseri*



PC Great Soppo has made available portable water for denizens in that Locality , and beyond.

This as a way of giving back to the community considering that giving is a Christian Virtue in our every day.

A ceremony to handover the water project to the Inhabitants took place on Monday 8 July 2024 at campaign Street, neighborhood in the southwest region of Cameroon.

Great Soppo is one of the communities hard hit by water shortage for a generous amount of time now, hence the

In order to sustain the borehole , the population was cautioned to use containers and be responsible enough to keep it clean.



initiative by the session of PC Great Soppo to donate water to those in need.

Some inhabitants attest to the helpful and timely intervention of the session to provide portable water, adding that even the public taps around are still insufficient for use, and the unavailability. "At least we won't lack water from now on. Sometimes we go to street 8 , Musole and other neighborhoods around to sort for water " says Mama Anna



Funeral Service in Honor of late Professor Mathew Gwanfogbe

By Chi Faizefeu Wei / Manka Mambo (student journalist on internship)



Thousands have converged on PCC Ntamulung to bid farewell to professor Mathew Basung Gwanfogbe. The funeral service in honour of the late Prof. on July 26 preceded with a brief stop at Bambili where the deceased served as Director of Higher Teachers Training college which goes by the French acronym ENS, deputy vice chancellor of Bamenda University of Science and Technology,

That is why when he was dedicated as a CMF member in 1996 he was almost immediately chosen to be vice president. He was a Christian of Ntamulung, a member of CMF, the late Prof. became Elder and then chairman of the congregation. One of the things for which the CMF is likely to remember him for, is his concern for the health of its members.

Passionate and strategic he held several health talks on prostate cancer, urging all to go for voluntary screening tests.

Preaching from Act 13:36-38 Mezam Presbyterial Secretary called on all to emulate the teachings and practices of professor Gwanfogbe.

He said “the professor was a committed Christian, he will never quarrel and in all his life he manifested that his strength and every of his achievements came from God”

To pay their last respect to the deceased were college of pastors, the representative of the minister of Higher education, Jacque Fame Ndong, Bobans Christians, friends and family Members.

From one speaker to another he was described as a peaceful, humble and a respectful man.



BUST vice chancellor in the same University among other top positions in Government.

Prof. Mathew B. Gwanfogbe bowed out at eighty-one, having published some twelve books, book chapters, and potent articles.

His critical mission to serve humanity gained him uncountable clusters of admirers and friends who now pour out testimonies about his genial and disarming sense of humour.

In and out of the church circles prof. Gwanfogbe was meek humble and down to earth doing assigned duties with obvious delight and love.

He cut the figure of a moving bible, a living testimony and was the people’s choice of leader.



Cameroon Fails to Win a Medal in Paris

By Metuge Stanley



The weekend began with Richelle Anita Soppo Mbella who abandoned Cameroonians at the door post of victory as she crumbled like a pack of cards in front of Japanese heavyweight Akira Sone. The reigning under 78 kg Judo Olympic champion Akira Sone recorded 10 points against 0 for Mbella making her the 3rd Cameroon athlete to bow out of Paris.

However, Hopes were rekindled when Cameroonian sprinter

However, she was giving a second chance to qualify for the Semis through a repechage on Monday but she again failed woefully to make it to the semis.

Then come the time for team Cameroon flagbearer Emmanuel Esemé Alobwede at the men's 100meter semifinals on Sunday night, but unfortunately Cameroon's last Hope's at the Olympics was shown the door out of the competition after emerging 4th in 10 seconds. The first two athletes Nguichie Kamseu and Sarrah Hanffou Nana had earlier been booted out of the competition in Swimming and Table Tennis.

This therefore implies that out of the 6 athletes who represented Cameroon in Paris 5 won Zero medals just as it was the case in 2016 and in 2020. Los Angeles USA is the next host of the Olympic games in 2028, 4 good years for Sports Federations and the government to stop playing Politics and Invest in harnessing the budding talents of Young Cameroonians, those who will give us the medals like Francois Mbango Etone amongst others.



Emmanuel Esemé Alobwede used 9.98 seconds to emerge 2nd in the Men's 100 meters on Saturday. This was a Qualification ticket for the fastest African for the Olympic semis.

The 4th Cameroonian athlete to be booted out of the Paris games was Nguelo Mabeu Grâce Manuela as she failed to qualify for the semi-finals of the 50m freestyle in swimming. She finished 3rd in 39.98sec and to make matters worse no African athlete finished among the top 16 swimmers.

Sunday August 4th was not just an ordinary day for most Cameroonians but a day of reckoning with Linda Angounou and Emmanuel Esemé Alobwede carrying the aspiration of the whole nation. Linda Angounou making the first outing, she failed without blinking, finishing 8th and last in her 400meter hurdles series in 55.69 seconds.

