

*Dear members and sympathizers,*

*You are among those who have already demonstrated in favor of the ADHM Cameroon program. Some have already committed themselves, as Sandrine our coordinator of the health pole, with François, our doctor, or Emmanuelle and Béa, who will leave for the second health mission in August 2017.*

*I myself became involved in ADHM, because of the great relevance of its Program, declined in Projects, in the current state of the situation of the villages concerned.*



*Georges, Jacques and Pascal  
the office ADHM 2016*



*Sandrine and Georges at the reception  
of medical equipment November 2016*



*Let me explain:  
When we have had many experiences in humanitarian and development, we have the impression that almost everything has already been tried, to get some people out of suffering and poverty. So why start a new adventure?*

*The originality and the particularity of the program ADHM gave me the desire to restart. Indeed, invited in August 2016 to take shots, I could rub shoulders with the beneficiary populations. From there, I became aware of the extent, oh so ambitious, of this program. But what impressed me the most and which determines my commitment is the enthusiasm of the villagers who see, with conviction, a future finally possible.*

*The targeted area is in the department of Haute Sanaga, in Central Province, Cameroon. My family and I spent 10 years there as expats, about thirty years ago. The "pilot" project of ADHM, in this target territory of 12 villages, is to be realized in Meyak.*



*Presentation of the project to Jean-Michel*



*Upper Sanaga Region Center*



*Interview of a nurse in Meyak*



*Departure from Meyak to Yaoundé*



*Meyak Center Drone View*



*Meeting with the inhabitants of Ekak*



*The interaction that should ultimately enable populations to develop an independent local economy can be summarized as follows:*

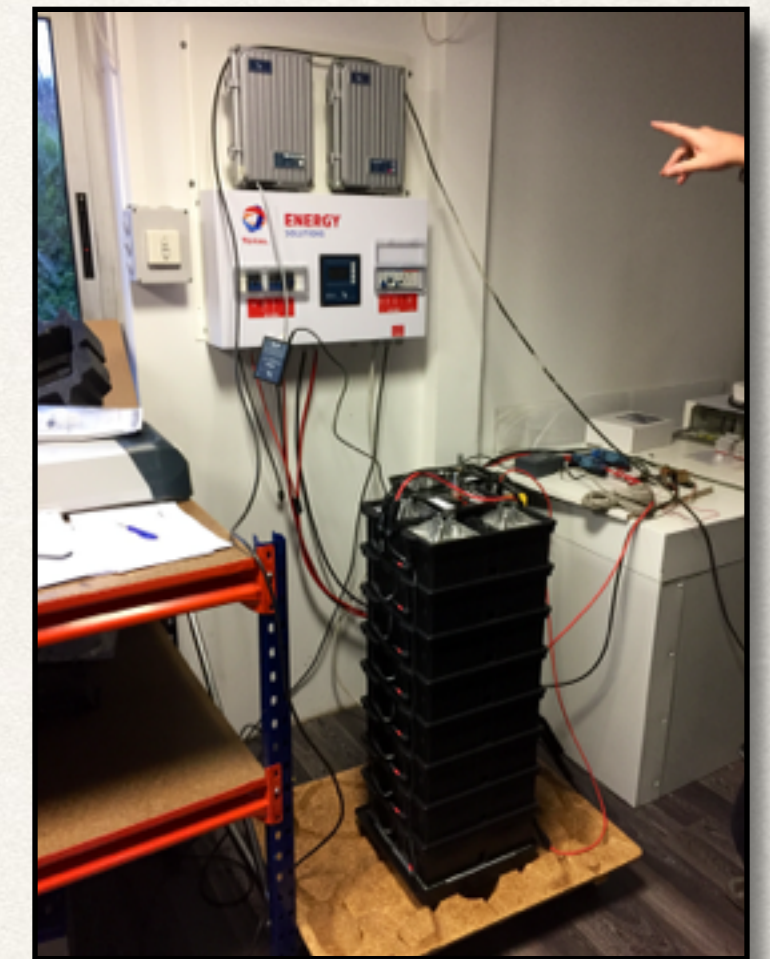
*Currently, the villagers produce rather food crops such as cassava, plantain, sweet banana, peanuts, papaya ... Etc. Unfortunately, because of the distance, the isolation, the absence of a vehicle, there is no exchange solution on the nearest markets, eighty kilometers away.*

*So that they can work in the best conditions, and thus launch the local economy, ADHM has proposed the following solutions:*

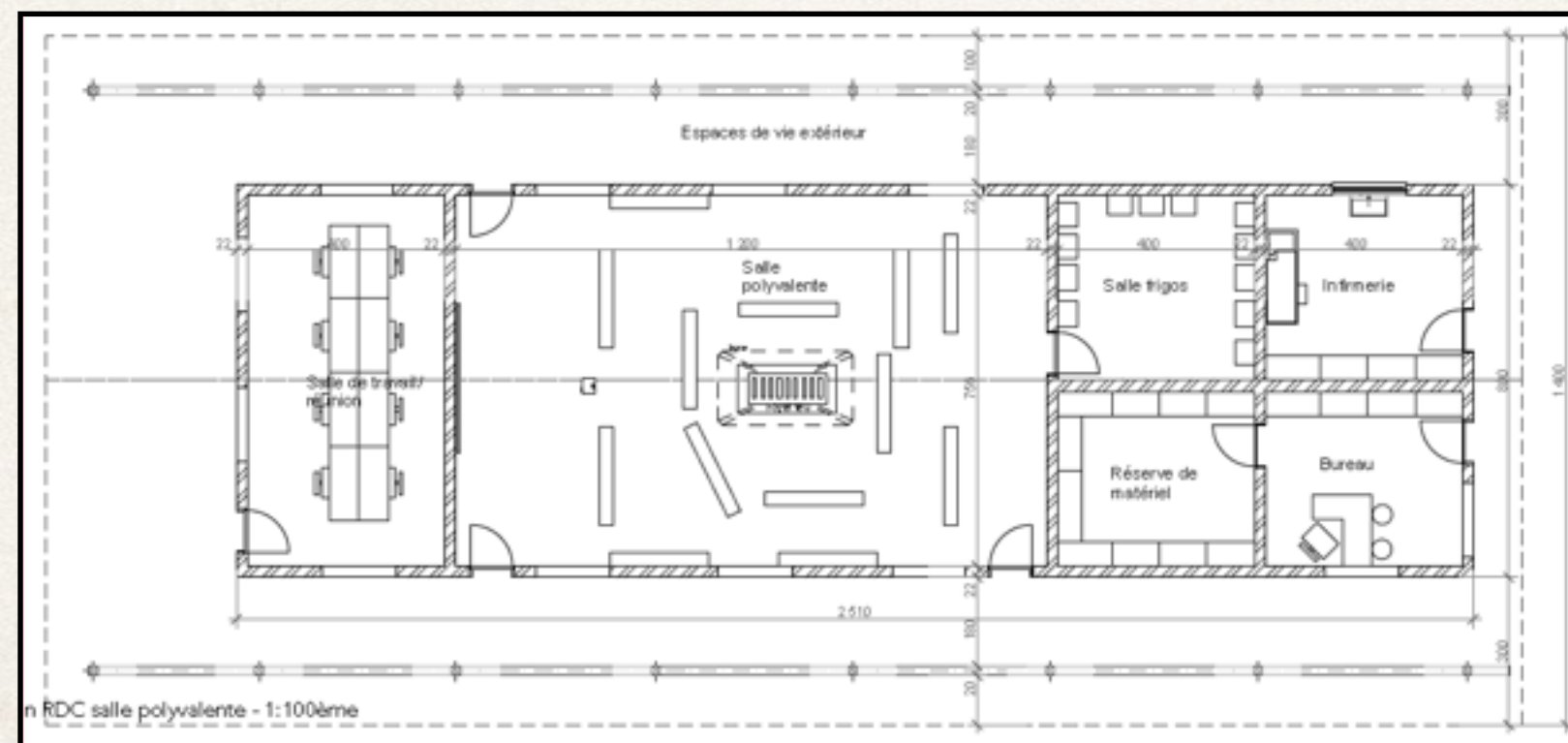
- the installation of a photovoltaic power plant, allowing the electrification of all installations*
- the construction of a well with a solar energy pump, supplying a large reserve of water*
- A toilet block with toilets, showers, wash basins and laundry, fed by the water reserve*
- A "social center", with a large meeting room, preserving the customs. In the middle of this room, a base for the fire that will warm the hearts and minds allowing the traditional "Palaver". Attached to this "multi-purpose" room is a student workroom and auditorium "Fridge" with several solar energy refrigerators, then, an office and an infirmary.*
- Finally, each home will receive a solar kit, offering lighting and phone charging solutions.*



*Drying peanuts in Nkang-Yan*



*Photovoltaic power station*



*Solar energy pump*



*Solar energy pump*



*View of the Social Center project*

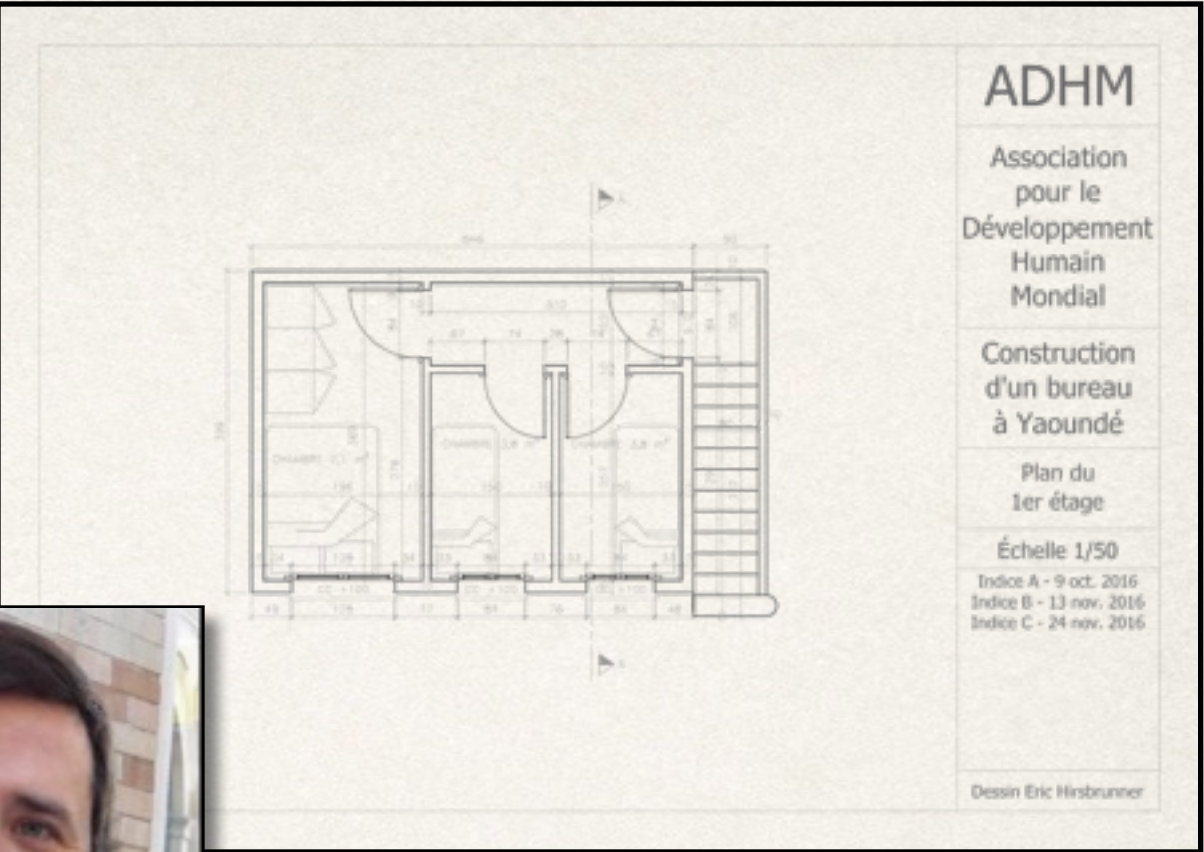


Today, Debora and Eric, both in the architecture, work on the realization of the plans of the buildings.

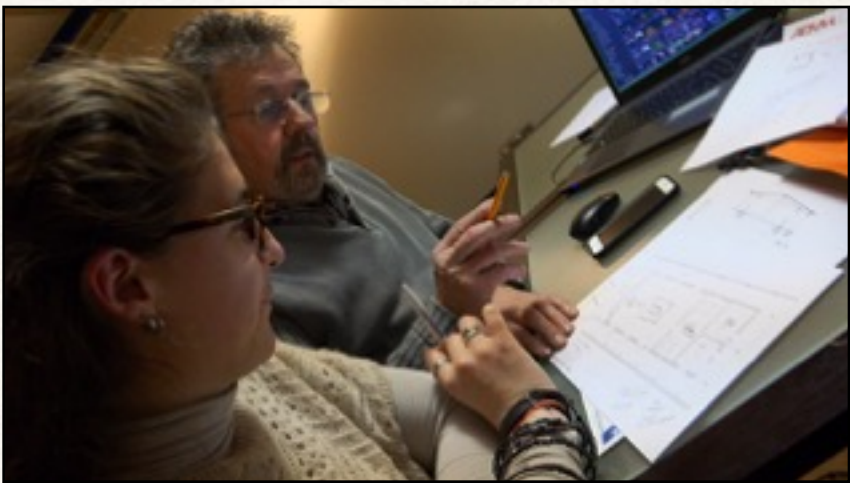
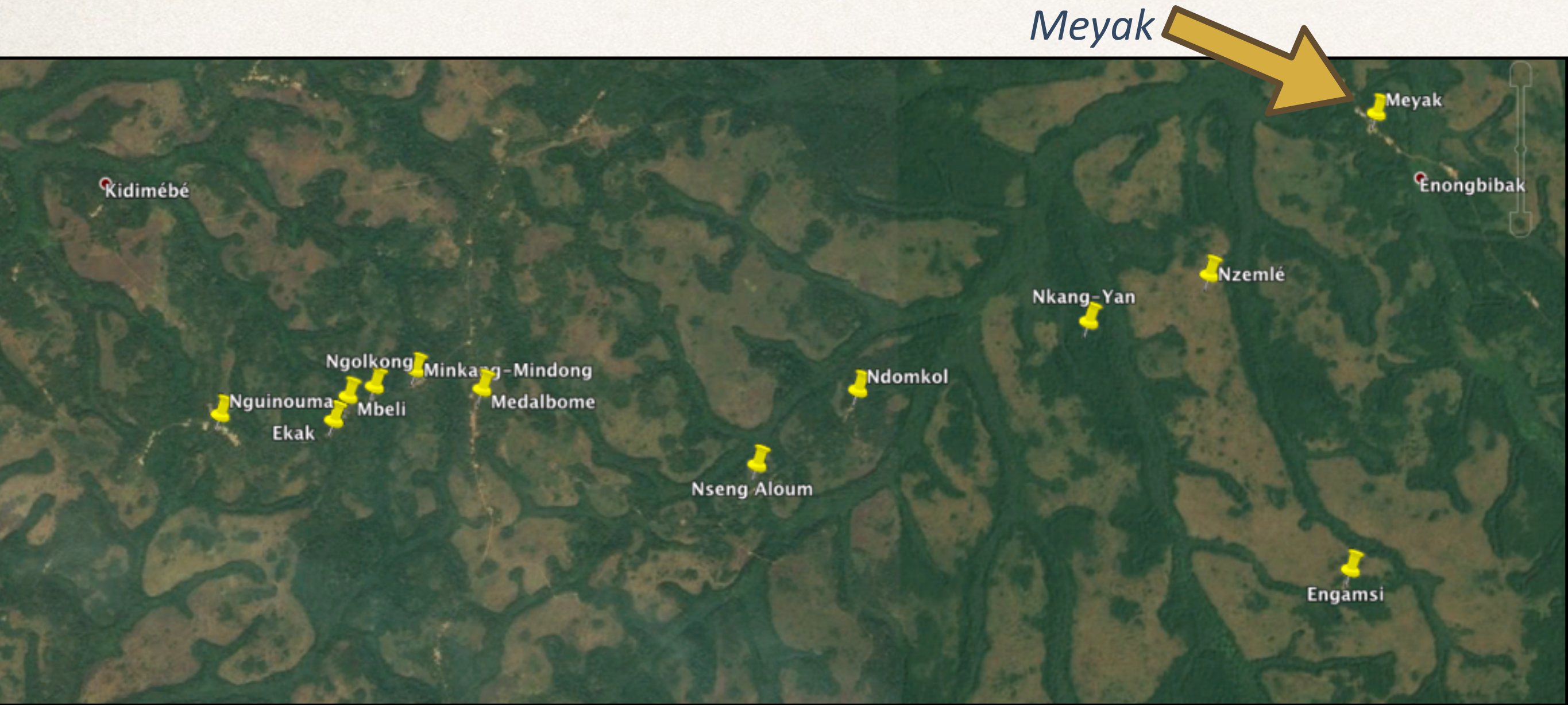
For some plans, like the sanitary block, it's a real headache, because we will face two challenges: that of the pit "all waters" and that of the type of WC.

Indeed, it is necessary to replace latrines with toilet bowls, which are made to siphon paper, while the paper will not be used.

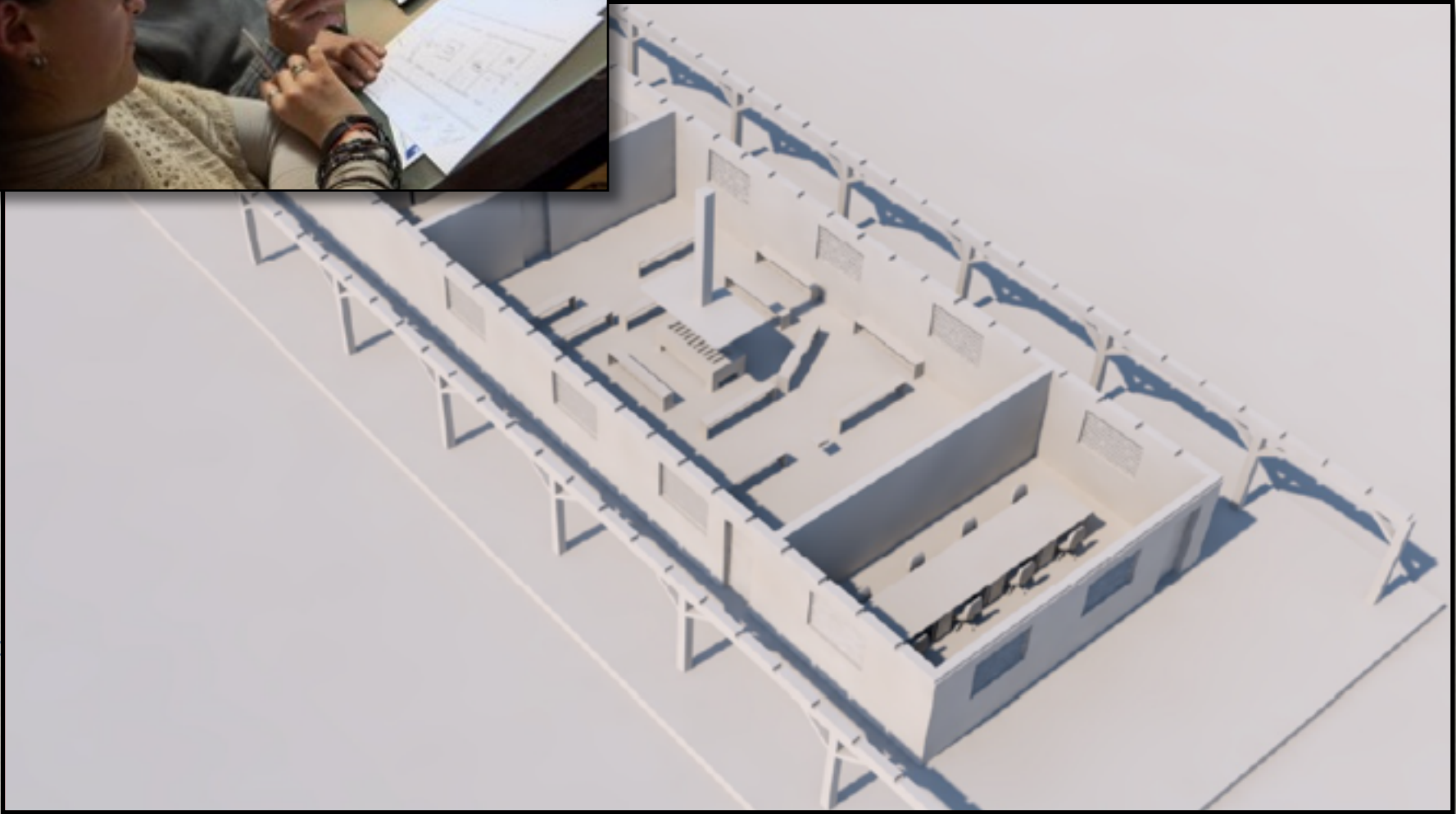
Considering the importance of this program, ADHM chose to focus on the village of Meyak at the eastern end of the village grouping.



Eric works on the plans of the Yaoundé office.



Debora works on the social center and the toilet block.

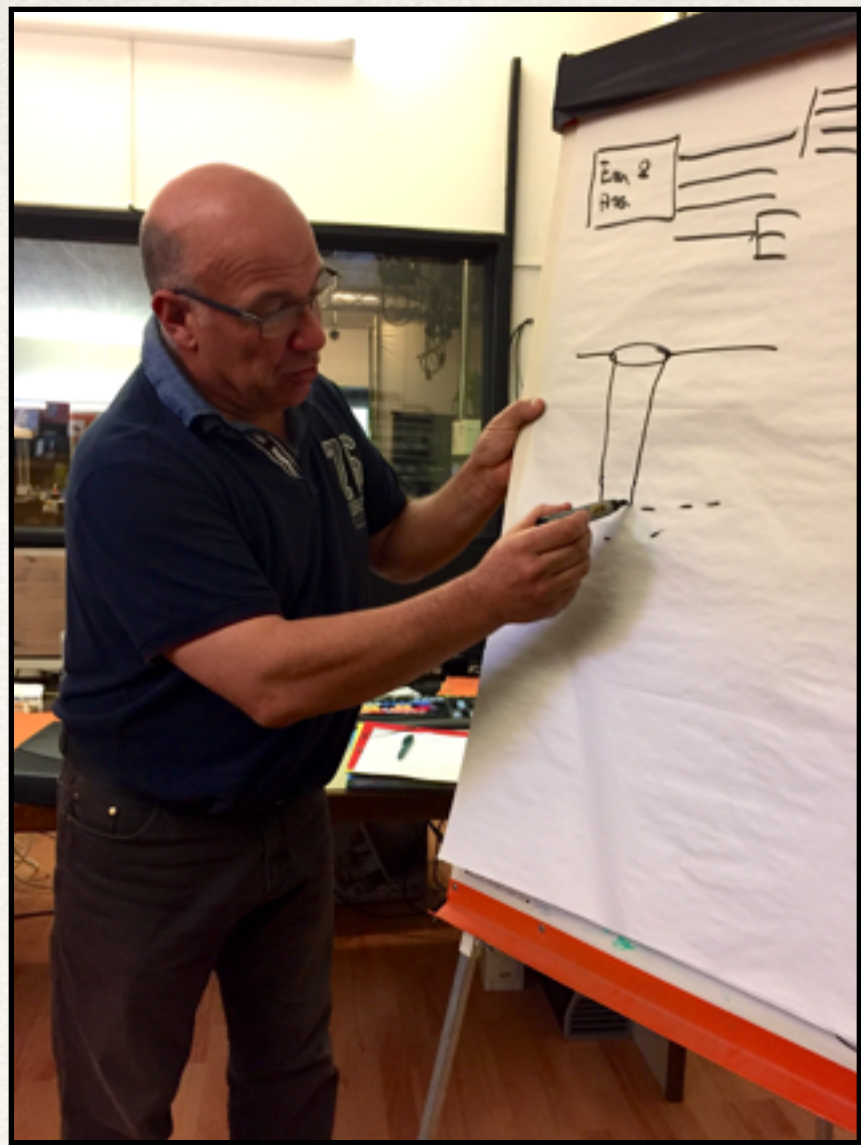
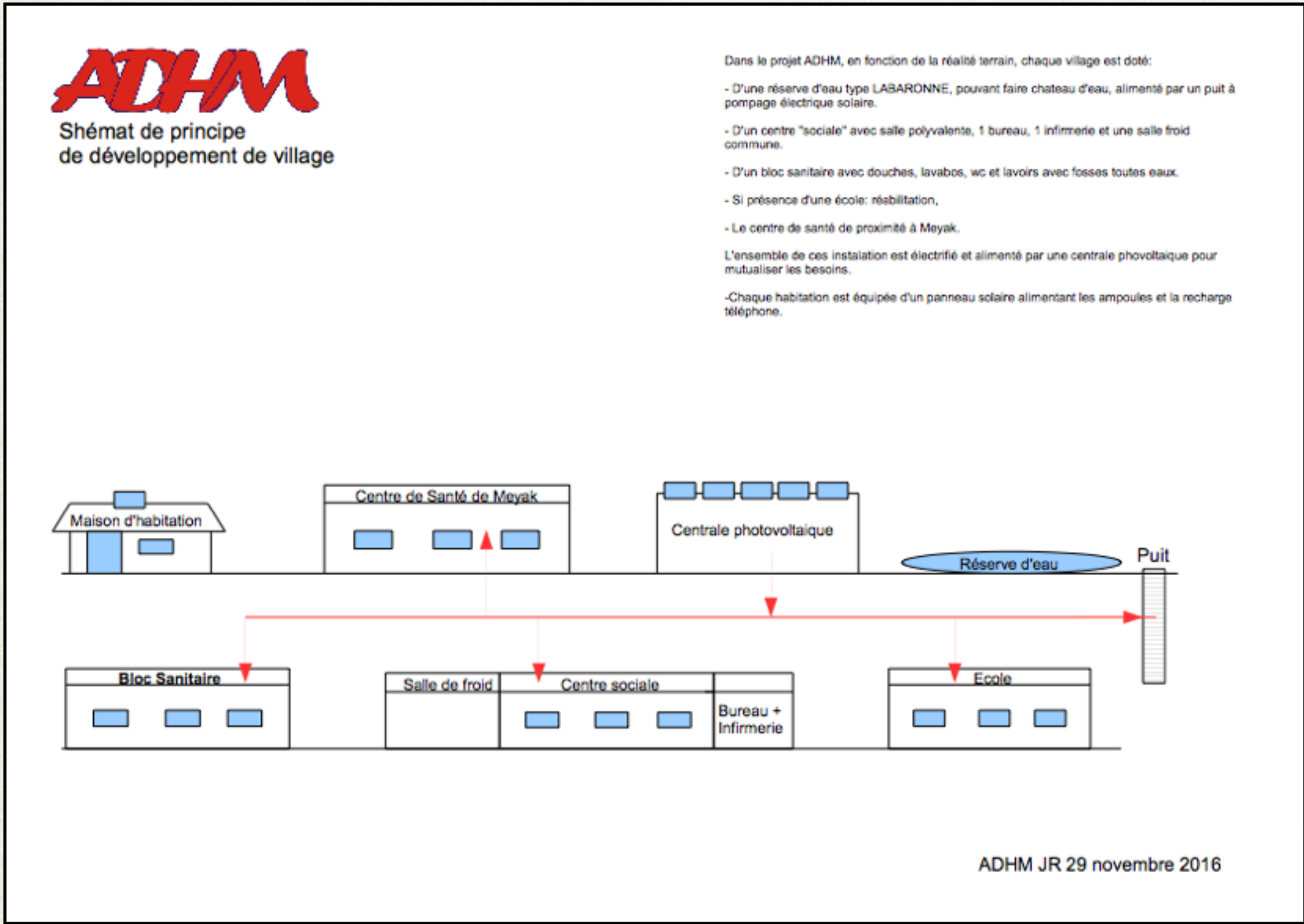




*The goal of completing the entire program at Meyak is essential to experiment with our different methods and procedures.*

*It will also help to focus human and financial investments.*

*To finalize the entire ADHM program on the 11 other villages, it will be obvious to convince the donors with a first "model village".*



*Jean-Michel, specialist in hydrology well and agriculture*



*Jean-Michel during a mission in Cambodia*



*Preparation of the evaluation mission from February 2017*



*This Sunday, December 18, 2016, the members and the office of ADHM met to reformulate the entire program and work with the health cluster on the organization of the mission of July 2017.*

*The first logistics team will leave on July 24, 2017 to prepare the arrival of the medical team, which will arrive on July 29, 2017.*

*The health mission will run from July 31 to August 4 of the same year in Medalmbome and Meyak.*

*On the side of donations:*

*- Sandrine, also convinced by the health action, obtained from the Clinic La Colline de Genève, where she works, 2 m3 of medical equipment, which we will have to inventory.*



*Working session Sunday 18 December*



*Jean-Philippe and Madeline have moved of Gibraltar for ADHM meeting*



*Dr. Etolo checks the material*



*Packaging of the material*



*Loading medical equipment at La Colline Clinic in Geneva*



- Dr. François Etolo has offered ADHM an ambulance that has already arrived in Cameroon, and he offers us to use his machines (carpentry tools) stored in Minta. We made an appointment with him for this purpose, during our February 2017 mission.

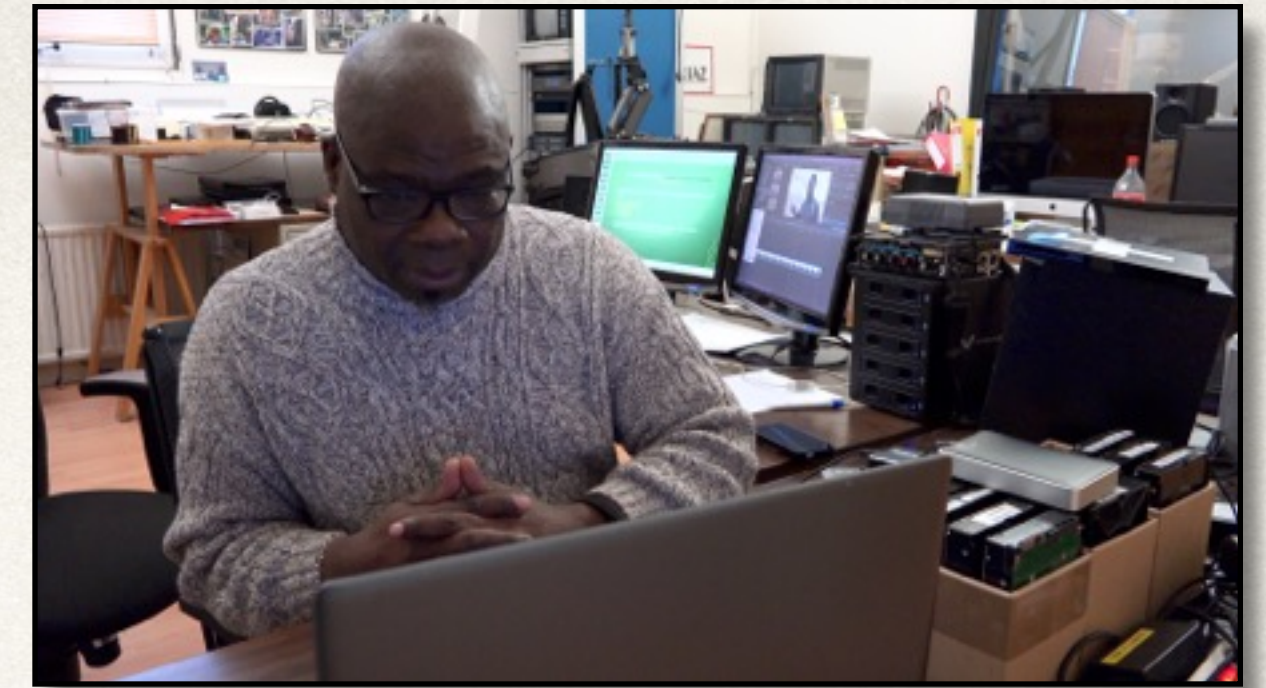
Finally, the objective of the evaluation mission from January 30 to February 14, 2017 will be to visit each village, in order to obtain, in collaboration with the chiefs and the populations, all necessary information, on the existence of wells, of water points, and to seek professionals in different fields, pertaining to the ADHM program.

The purpose of this information gathered will be used to prepare files to reach the donors.

Jean-Michel and I, happily after 20 years, came together around a shared passion: at the time, we had worked for the UN aid program, in favor of Liberian refugees in Guinea Conakry.

The association ADHM, which federates us, exists thanks to the women and the men who make it live and grow every day a little more.

We will have the opportunity in each of our "Newsletters" to introduce some of us to get to know each other better.



Georges in Skype conference  
with Pascal and Jean-Philippe



Dr. François Eboko in inventory



The ADHM team of the July 2016 mission



*Here are our three Cameroonian collaborators, who make up the ADHM Cameroon office*



**AVOM Ruben,  
SG ADHM Cameroon**

*Ruben, a graduate of National Film & TV Institute in Accra, Ghana, is a Image Editor. Since 2015, he has been working alongside ADHM and beneficiary villagers. Since August 2016 he has been Secretary General of ADHM Cameroon.*

*Bienvenu, Professor of History and Geography, is also director of a consulting firm in development. Holder of a Master's Degree in Teaching, he is the President of ADHM Cameroun.*



**SANGON Bienvenu,  
President ADHM Cameroun**



**SAWOUM Papy,  
Treasurer ADHM Cameroun**

*Papy is a computer science student. Dedicated entirely to ADHM since July 2015, he is the father of a 7 year old girl. He is the Treasurer of the ADHM Cameroon office.*



*In this first "Newsletter" we were happy to communicate with you about our common goals. We are convinced that the strength of our combined skills and our commitment will enable us, in close collaboration with our village friends, to start these wonderful development projects in Haute Sanaga.*

*Pascal and Georges join me in wishing you  
a happy new year 2017.*

For the ADHM office

*Jacques Ritlewski*

[adhm.fr](http://adhm.fr)



*Nang Donatien Village Chief of Meyak*



*Childs of  
Minkang-Midong*



*Childs of  
Engamsi*



*End of the track at Ndomkol*



*Let's go for Nkang-Yan*



*Village Nkang-Yan*



*Jeannette's house  
"ADHM office Yaoundé"*