

CAMEROON GENDER AND ENVIRONMENT WATCH (CAMGEW)

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SHORT REPORT ON CAMGEW- UNDP EARLY RECOVERY GRANT

STATISTICS OF PERSONS TRAINED IN DIFFERENT TRAINING WORKSHOPS

TYPE OF TRAINING	DATE	PLACE OF	TOTAL	NUMBER OF	NUMBER	NUMBER	MATERIALS
		TRAINING	PARTICIAPANTS	WOMEN	OF MALES	OF YOUTHS	DONATED
2 DAY TRAINING	16 – 17 OCTOBER	BAMENDA	16	7	9	7	3.5 Litres of
WORKSHOP ON HONEY	2019						honey plus
JUICE, HONEY WINE AND	23 – 24 OCTOBER	BAMENDA	26	15	11	17	training manual
BEESWAX CANDLE	2019						per participant
	TOTAL		42	22	20	24	
2 DAY TRAINING	16 – 17 OCTOBER	BAMENDA	22	16	6	17	1.5 Kg of bees
WORKSHOP ON SOAP,	2019						wax and 5 Litres
POWDER SOAP AND	23 – 24 OCTOBER	BAMENDA	25	22	3	22	of Kernel oil plus
BEESWAX CANDLE	2019						training manual
							per participant
	TOTAL		47	38	9	39	
2 DAY TRAINING	18 – 19 OCTOBER	BAMENDA	38	23	15	24	Training manual
WORKSHOP ON	2019						per participant
ENTREPRENEURSHIP IN	25 – 26 OCTOBER		51	37	14	39	
HONEY VALUE CHAIN	2019						
DEVELOPMENT							

	TOTAL		89	60	29	63	
2 DAY TRAINING ON	5 - 6 NOVEMBER	ΟΚυ	22	10	12	13	1 Beehive and 5
HONEY PRODUCTION	2019						litres of palm oil
(BEE FARMING	7 - 8 NOVEMBER	ΟΚυ	23	13	10	8	for each
TRAINING)	2019						participant
	TOTAL		45	23	22	21	
2 DAY TRAINING ON	14-15	ΟΚυ	41	22	19	15	1 Beehive and 5
BEES WAX EXTRACTION	NOVEMBER 2019						litres of palm oil
							for each
							participant

Statistics of the Trees Planted In the 3 Community Forests of the Kilum Forest in 2018

Name Of	Time of	Number Of	Villages Concerned	Number Of Trees
Community Forest	Planting	Participants		Planted
Nchiiy Community	Monday 9 th July	29	Mbockenghas And Tankiy	2800
Forest	2018			
Mbai Community	Wednesday	15	Simonkoh, Ntowel, Lum, Nkwi And Tankiy	1500
Forest	11 TH July2018			
Emfve-Mii	Friday 13 th July		Ngvuinkei II, Manchok, Elak, Keyon, Lui And	1200
Community Forest	2018	17	Ngashie	
d Total		61		5500
	Name Of Community Forest Nchiiy Community Forest Mbai Community Forest Emfve-Mii Community Forest	Name OfTime ofCommunity ForestPlantingNchiiy CommunityMonday 9th JulyForest2018Mbai CommunityWednesdayForest11 TH July2018Emfve-MiiFriday 13th JulyCommunity Forest2018	Name Of Community ForestTime of PlantingNumber Of ParticipantsNchiiy CommunityMonday 9th July 201829Forest201815Mbai CommunityWednesday 11TH July 201815Emfve-Mii Community ForestFriday 13th July 201817I Total61	Name Of Community ForestTime of PlantingNumber Of ParticipantsVillages ConcernedNchiiy CommunityMonday 9thJuly 201829Mbockenghas And TankiyForest201815Simonkoh, Ntowel, Lum, Nkwi And TankiyMbai CommunityWednesday 11 TH July201815Simonkoh, Ntowel, Lum, Nkwi And TankiyEmfve-Mii Community ForestFriday 13th July 201817Ngvuinkei II, Manchok, Elak, Keyon, Lui And NgashieI Total61I

MATERIALS DONATED

ITEMS	QUANTITY PER PERSON	COST PER PERSON	NUMBER OF PERSONS	TOTAL QUANTITY DISTRIBUTED	TOTAL COST	DONATED TO WHO
PALM OIL	5 Litres	5000 FCFA	86	430 Litres	430000	BEE FARMING/BEES WAX TRAINEES
KERNEL OIL	5 Litres	5000 FCFA	47	235 Litres	235000	SOAP-POWDER SOAP TRAINEES
BEES WAX	1.5 Kg	5000 FCFA	47	71 Litres	235000	SOAP-POWDER SOAP TRAINEES
HONEY	3.5 Litres	9000 FCFA	42	147 Litres	378000	HONEY JUICE/WINE TRAINEES
BEESHIVES	1 BEEHIVE	3500 FCFA	86	86 Beehives	301000	BEE FARMING/BEES WAX TRAINEES

SECTION ONE

3 TRAININGS ON 1) SOAP, POWDER SOAP AND CANDLE PRODUCTION FROM BEES WAX

2) HONEY JUICE, HONEY WINE PRODUCTION FROM HONEY AND

3) ENTREPRENEURSHIP IN HONEY VALUE CHAIN DEVELOPMENT

16 to 19 Otocber 2019 in Bamenda

CAMGEW trained 23 women and youths in Soap, powder soap and candle from bees wax. 19 youths and women were also trained on honey juice, honey wine and Candle. These trainings were done for 2 days each. Day 3 and 4 was for Entrepreneurship in honey value chain development for all the 42 participants to enable them develop innovative and creative businesses from skills received. The trainings were done from 16 to 19 October 2019. Those trained on soap, powder soap and candle production received 5 litres of kernel oil and 1.5 kg of bees wax each. Those trained on honey juice and wine received 3.5 litres of honey each. This was start-up materials. This training was done in partnership with Belo Rural Development Association (BERUDA). The training ended with award of attestations and festivity wine produced honey juice and honey wine CAMGEW earlier produced. CAMGEW got financial support from UNDP Early Recovery Grant





INTRODUCTORY LESSONS ON SOAP AND POWDER SOAP AND CANDLE PRODUCTION/HONEY JUICE AND HOEY WINE PRODUCTION

PRODUCTION OF CANDLE AND HONEY JUICE DURING TRAINING RESPECTIVELY



TRAINING ON ENTREPRENEURSHIP FOR ALL PARTICIPANTS



END OF TRAINING AND GROUP PICTURE



HANDING OVER OF START-UP MATERIALS FOR TRAINED PARTICIPANTS

ANOTHER 3 TRAININGS ON 1) SOAP, POWDER SOAP AND CANDLE PRODUCTION FROM BEES WAX 2) HONEY JUICE, HONEY WINE PRODUCTION FROM HONEY AND

3) ENTREPRENEURSHIP IN HONEY VALUE CHAIN DEVELOPMENT

23 to 26 Otocber 2019 in Bamenda

CAMGEW trained 27 women and youths in Soap, powder soap and candle from bees wax. 25 youths and women were also trained on honey juice, honey wine and Candle. These trainings was done for 2 days each. Day 3 and 4 was for Entrepreneurship in honey value chain development for all the 52 participants to enable them to develop innovative and creative businesses from skills received. The training s were done from 23 to 26 October 2019. Those trained on soap, powder soap and candle production received 5 litres of kernel oil and 1.5 kg of bees wax each. Those trained on honey juice and wine received 3.5 litres of honey each. This was start-up materials. This training was done in partnership with Belo Rural Development Association (BERUDA). The training ended with award of attestations and festivity with wine produced honey juice and honey wine CAMGEW earlier produced. CAMGEW got financial support from UNDP Early Recovery Grant



SOAP PRODUCTION DURING TRAINING WORKSHOP



HONEY JUICE PRODUCTION DURING TRAINING WORKSHOP



CANDLE PRODUCTION BY PARTICIPANTS DURING TRAINING



START- MATERIAL FOR DISTIBUTION TO TRAINED PARTICIPATS



DISTRIBUTION OF START-UP MATERIAL FOR HONEY JUICE PRODUCTION AND AWARD OF ATTESTATIONS TO PARTICPANTS



BEE FARMING TRAINING ON HONEY PRODUCTION

2 DAY TRAINING ON	5 - 6 NOVEMBER	ΟΚυ	22	10	12	13	1 Beehive and 5
HONEY PRODUCTION	2019						litres of palm oil
(BEE FARMING	7 - 8 NOVEMBER	ΟΚυ	23	13	10	8	for each
TRAINING)	2019						participant
	TOTAL		45	23	22	21	

Bee farming training workshop objectives

The main objective of these trainings was to engage local people in the management of their forest and livelihood improvement. To do this CAMGEW had to build the capacity of individuals in Oku and its suroundings on bee farming principles; beehive construction, mounting and colonization; and honey harvesting, quality control, pest management, apiary management and processing. Lessons on quality control were given based on Geographical Indication norms considering that Oku White Honey is certified as a Geographical Indication Product by the African Organization for Intellectual Property (French acronym OAPI). Two trainings were organized to meet the targeted

Another strong point of carryout bee farming training was to give community members the opportunity to participate in Oku Community Forest management for improved livelihoods (job creation and income generation) and sustainable development. Honey produced from the forest which is white in colour and called Oku White Honey has a very high price in the market. This honey will be a source of income for the groups and individual producers. CAMGEW believed that if community members receive training on bee farming and own bee hives in the forest they will abstain from bushfire and forest degradation and see the forest as a life sustaining resource. The reason for group training was to promote unity and solidarity in the community. 45 persons were trained.

The training was accompanied by the distribution of beehives to 45 participants as starting points in bee farming. The training favoured women and youths to promote inclusivity. The trained persons are to act as trainers of trainers.

ACTIVITIES

Day 1: The first day involved theoretical lessons on the life cycle of a bee; bee colony; beehive; bee products; apiary; beehive construction and mounting procedures; honey harvesting and processing procedures; and the types of pests that attacked bees in hives. Bang George (OHCS manager) did training on the principles of bee farming and also did training on the procedures of beehive construction and mounting, types of

beehives and the best hive for bee farming in Oku; apiary management; honey harvesting and processing; and types of pests that attack bees and the importance and uses of honey. These were key points in the theory lessons on the first day of training.

Day 2: The second day of the training was full of practical work. Participants did practical work on beehive construction and mounting and honey harvesting. Six trainers on bee hive construction took part. Team work was the spirit found in the workshop.

Njioh Banardine Yafe and Berinyuy Sabastine of CAMGEW facilitated the trainings.



DAY 1 ON BEE FARMING THEORY IN SECOND TRAINING



DAY 2 ON PRACTICAL ON BEEHIVE CONSTRUCTION ON SECOND TRAINING



DONATION OF BEEHIVES TO TRAINED PARTICIPANTS



DONATED BEEHIVES TO TRAINED BEE FARMERS IN SECOND TRAINING



Trained participant each received a 5 Litre of palm oil as support to their families(second training)



Trained participant each received a 5 Litre of palm oil as support to their families(First training)

SECTION THREE

TRAINING ON BEES WAX EXTRACTION FROM HONEY CHAFFS

2 DAY TRAINING ON	14-15	ΟΚυ	41	22	19	15	1 Beehive and 5
BEES WAX EXTRACTION	NOVEMBER 2019						litres of palm oil
							for each
							participant

Participants learned that there exist many methods of extracting wax. These included the Solar Wax Extraction method, the Hot Water Bath Extraction, the Metal Foil Extraction method and the Double Boiler Method. Two methods of wax extraction were demonstrated during the training to produce quality wax. The participants learned these 2 chosen methods that are adapted to local realities and condition.

The Double Boiler Method

The wax obtained from either honey extraction or empty combs is washed and tied firmly in a jute bag and put into aluminium pot already filled with clean water. A jute bag is used because it is porous; it does not melt at high temperature and has no contaminants. The jute bag and its content are submerge in the boiling water. It is heated until all the wax in the combs is dissolved. The wax melts from the bag and flows out to rise to the top of boiling water. During heating, the wax is stirred from time to time to ensure all the wax some out of the combs to the surface of the water for collection. An isolated stick is used to skim the wax in the bag in boiling water. This procedure is continued until all the oily wax is skim out of the combs in the jute bag.

Now you can start collecting the wax that has dissolved and is floating on top of the water into another bucket full with cold water using your rubber plate. The coated wax will be removed and put into another clean container for a second melt. This time you will heat the wax in a clean pot to melt and get purified for moulding. At this stage, what remains in the bag now is nothing but particles of grass, brood, pieces of wood and all what is not wax that passed through during harvesting or during the processing exercise.

The wax melts to liquid as steering continuous. A plastic bowl which is a mould that could be of various size and shape depending on needed shape and size of wax is smear with soap. The reason for smearing with soap is to prevent wax from adhering to container walls. The liquid wax is poured into the smeared mould (bowl) and placed in a cold place to harden. After putting the liquid wax in a bowl it takes between 1 to 3 hours to have a cake of solid wax. The smeared container with wax after solidifying is shook to remove the wax from plastic bowl.



Extraction of bees wax using double boiler method



PARTICIPANTS WITH THEIR DONATED BEEHIVES AND PALM OIL

Hot Water Bath Method

Remove as much Honey as possible from the combs and wash them by soaking them in clean rain water (honey remaining in the combs will be rinsed out in the water). Repeat this washing process three times. After washing the combs, break them up into small pieces. Place the combs in a pan and add clean water to the level of the combs or a little above. Beeswax should never be heated without water because it is highly flammable and will burn. Heat the mixture gently, and stir the mixture. After the combs have melted, pour the molten wax and water mixture through a sieve (made out of woven rush, nylon, jute or heavy cloth) over a bucket. Brood, pieces of wood, grass and other particles will be removed by this process.

Leave the bucket with the mixture of hot water and molten wax in a shaded room to cool. The wax solidifies as it cools, forming a disc of wax on the surface of the water. Any particles that have filtered through the bag will settle below the wax layer. When the mixture is completely cool, remove the wax layer. Scrape off any material suck to the underside of the wax disc and re-melt the wax in an equal volume of clean water. This time use a finer cotton cloth to strain small impurities out of the wax. After filtering through the cloth, collect the hot mixture of wax and water in a bowl which has been smeared with a very dilute film of detergent in water.

Bowls made from enamel, clay, stainless steel, plastic, wood or even calabashes can be used as moulds for beeswax. About 12 hours after pouring the mixture into the bowl, it should have solidified and cooled down completely making it easy to remove the block of wax from the mould. Do not attempt to remove the wax any sooner or you may spoil it. Any impurities adhering to the bottom of the cake can be scraped off with a knife. Participants then exchange knowledge and skills on the two methods of bees wax extraction.

USES OF WAX

Bees wax can be used for the production of

- Primarily wax is used by bees to make their combs
- Purified wax is used in the production of food: bee wax treated with alcohol is used to create a coating for cheese to protect the cheese from spoilage through the growth of moulds on the cheese.
- > It is used in cosmetics. Wax is used in the production of lip balms, lip gloss, hand cream and moisturizers.
- > It is also used in making hair pomade, candles and polish and wood vanish.
- Bee wax is also used in pharmaceutical industry to produce bones wax used during bone surgery to control bone bleeding. It is also used as an ancient form of medicine for dental filling.
- > To strengthen and preserve sewing thread, cordage, shoe laces etc.

SECTION FOUR

TREE PLANTING IN KILUM-IJIM FOREST

Name Of Community Time of		Number Of	Villages Concerned	Number Of Trees
Forest	Planting	Participan		Planted
		<u>ts</u>		
Nchiiy Community	Monday	<mark>26</mark>	Mbockenghas And Tankiy	2800
Forest	9 th July 2018			
Mbai Community	Wednesday	<mark>23</mark>	Simonkoh, Ntowel, Lum,	1500
Forest	11^{TH} Julv201		Nkwi And Tankiv	
	8			
Emfve-Mii Community	Friday 13 th		Ngvuinkei II, Manchok,	1200
Forest	July 2018	<mark>44</mark>	Elak, Keyon, Lui And	
			Ngashie	
Grand Tota	ıl	<mark>227</mark>		5500

Statistics of the Trees Planted In the 3 Community Forests of the Kilum Forest in 2018

TREE PLANTING IN THREE COMMUNITY FORESTS OF THE KILUM FOREST- JULY – AUGUST 2019

Forest regeneration is an important activity with a global interest. The Kilum Community Forests has a vital role to play in climate change as a carbon sink. Forest conservation promotes watershed protection; biodiversity conservation; sustain livelihoods and fight climate change. CAMGEW from 2012 to 2019 planted 80.500 bee loving trees in the Kilum-Ijim forest. In 2019, CAMGEW projected to plant 5000 trees in the Kilum forest with funds from UNDP Early Recovery Grant but planted 5500 trees together with about 61 community members. The trees were planted in the *Nchiiy, Mbai and Emfve-Mii* Community Forests of Kilum Mountain forest.

Types of Trees Planted: The trees planted included the following forest native trees: Prunus africana, Syzygium, Croton, Carapas grandifolia, Schefflera abyssinica, Pittosporium manii, Maesa lanceolata and fig tree [vegetative progation].

CAMGEW'S objective is to restore the Kilum -Ijim forest. Planting many types of tree species was to avoid creating a plantation forest and promote diversity that gives bees variety of forage at all times in the forest.



Planting of trees in Nchiiy Community forest

Tree Planting Methodology

The tree planting activities involved planning meetings for tree planting exercise in the 3 community forests, identification of sites for tree planting, slashing of paths for trees to be planted, pegging of the holes, , digging of holes, carrying of trees to the forest and tree planting.

The planting was done by the men, youths and women guided by community Forest Management Institution executives. CAMGEW field staff Saah Ponda, Njioh Banardine, Berinyuy Sabastine, facilitated the tree planting activities. The seedlings planted were of various species to avoid a plantation forest. The tree planting activity was done together with sensitization on the importance of the forest. More than 26 persons took part in the planting exercise in each community forest. A total of above 170 persons took part in tree planting. The trees planted in forest were gotten from CAMGEW's tree nurseries in Mbockenghas, Manchok and Ikal all in Oku Sub Division.



Community members going for tree planted and learning why they have to plant trees



Community members uprooting trees from CAMGEW'S tree nurseries.

TREE PLANTING: A participatory approach was used to engage every community member in the tree planting. Over **5500 trees** were planted in 3 community forests.

SOME GOOD POINTS

CAMGEW also got good news that after mbororo persons who own cattle and are sometimes responsible for bushfire that burn the beehives and forest and also pushing down beehives as they move with their cattle. They agreed that as they see the use of honey juice as a good drink for their gathering and welbeing and also the use of honey juice in preparing pap that they take every morning and evening. The training CAMGEW did under hoioney juice and honey wine was attended by some young mbororos [indigenous people]. They too the know back to their communiyty and other family members in town. The impact of the training is high as many people now produce honey juice consumed in many gatherings and this is creating jobs and fighting poverty.