

# CAMEROON GENDER AND ENVIRONMENT WATCH (CAMGEW)



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## Citizens Engagement in Kilum-Ijim Forest Management

Communities Engagement And Committed Forest Leaders

Agroforestry

Networking

Research

Bee Farming

Capacity Building

Ecotourism

Forest Microfinance

Fund raising

Project development

Exchange Visit

Forest Monitoring

Forest multi-stakeholder platform

Sanction Forest Defaulters

Intervention mechanisms to eliminate bushfires

Plant with me for the future

Communication for sensitization, entertainment, education and information through local radios, posters, newspapers, leaflets, booklets, suggestion box, notice boards, facebook, etc

Tree nursery development tree planting and follow-up

Forest education through gatherings, Outdoors, Schools, forest visits...

Institutional capacity building for NGOs, Honey Cooperatives, FMIs, KIWHA, etc

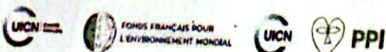
Inclusive forest management with women, youths and people with special needs participating

ATTENTION !!!  
STOP BUSHFIRES  
STOP SMOKING  
STOP ENCROACHMENT  
IN KILUM-IJIM FOREST

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KILUM-IJIM FOREST

- Kilum-Ijim White Honey Association (KIWHA)
- Forest Management Institutions (FMIs)
- Honey Cooperatives
- Community Radios
- Other Forest Users



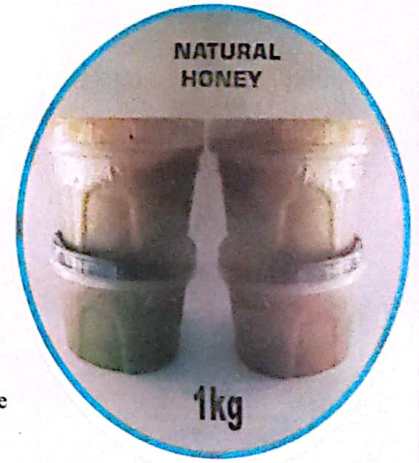
COUNCILS AROUND KILUM-IJIM FOREST

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## NORTH WEST BEE FARMERS' MESSENGER (NOWEFAM)

### HEALTH BENEFIT



- Has high calories
- It strengthen the immune system
- Honey gives you quick energy boost
- It removes toxins from your system
- It increase appetite
- Honey is prebiotic
- It increase libido- It maintains a health prostate
- It improve brain function
- It fight age-related chronic diseases
- It is anti inflammatory
- It Helps in weight loss
- Help lower blood pressure
- Antioxident powerhouse(help to protect your body from cell damage)
- Use to treat digestive disorder such as diarrhea and ulce
- Prevention against heart disease
- Bore throat remedy
- Used as a cough suppresant
- Skin care, burns and wound healing
- Protect against cancer by reducing damage to the body's cells
- It is a source of calcium which strengthens the bonds

Kilum-Ijim forest is known for its medicinal potential. The Vegetation and topography is peculiar with highest altitude at 3011m

These 3 plants: Schefflera a, Schefflera maritima and Nuxia congesta highly influence the production of oku white honey in the Kilum-Ijim forest.

The climatology is special: moist with moderate sunlight and wind. The area is cold.



Oku white Honey is white in colour (9-17mm), the taste is flavoured flowery, the texture is creamy white and lightly granular.



### HEALTH BENEFIT

- Rich in potassium, Magnesium, Iron and Zinc  
Regular consumption of stingless bee honey helps in the following:
- Regulates blood sugar level(diabetes)
  - Prevents prostate condition
  - Improves sexual weakness
  - Enhance libbido
  - Enhance immune system
  - Helps in weight
  - Helps in loss of appetite
  - Improve eye health and eye sight
  - Treat bladder infection
  - Heal ulcers
  - Reduces cholesterol
  - Does blood cleansing and improves blood circulation
  - Treat bronchial catarrh
  - Treat sore throat





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## KILUM-IJIM BUSHFIRE PREVENTION CALENDAR

### DRY SEASON

### ACTIVITIES

**JANUARY** **FEBRUARY**  
**MARCH** **OCTOBER**  
**NOVEMBER** **DECEMBER**

Bushfire sensitization in churches, groups, schools, radios  
 Fire suppression techniques  
 Forest patrols  
 Training on environmentally friend activities  
 Communication for education and information  
 Regular community meetings to strategize to prevent bushfire

### RAINY SEASON

### Developing

**APRIL** **MAY** **AUGUST**  
**JUNE** **JULY**

Developing green belts with sisal hemp, etc.  
 Agroforestry system in farms around forest  
 Improve pasture for animals  
 Bushfire sensitization

**SEPTEMBER** **OCTOBER**

Slashing in farms after crop harvested to permit vegetation to develop compost before dry season and avoid slash-and-burn in heart of dry season  
 Hold planning meeting on bushfire prevention  
 Bushfire sensitization

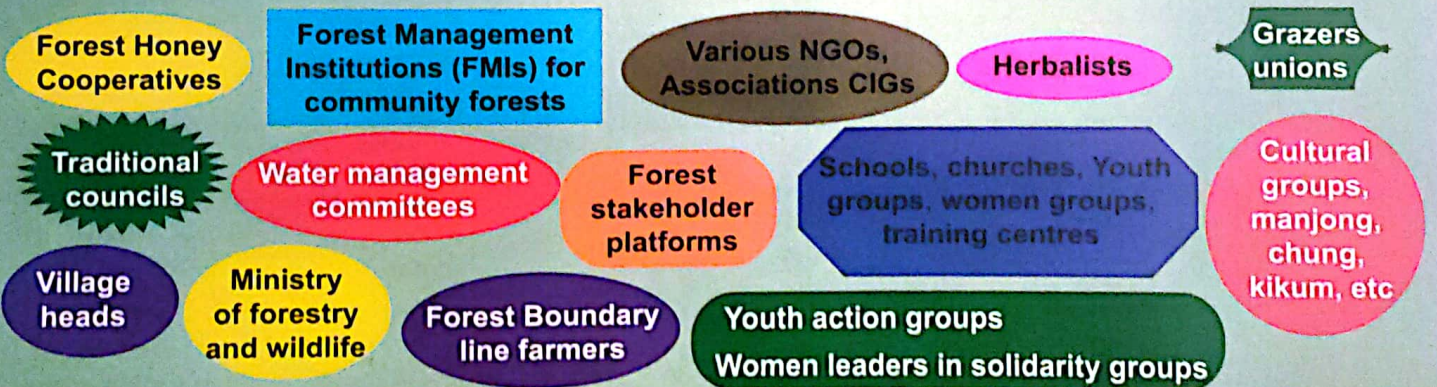
**OCTOBER** **NOVEMBER**

Bushfire sensitization  
 Fire tracing  
 Back burning

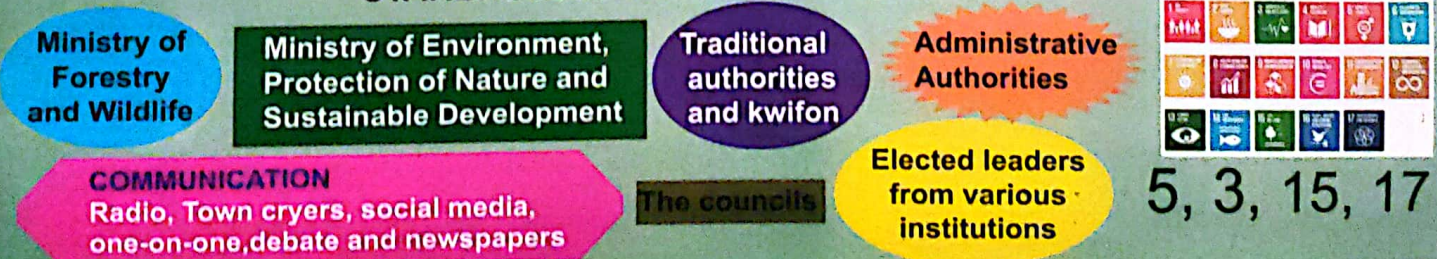
### WHO LEAD

- NGOs, Community Based Organizations
- Leaders of FMIs, Water Management Committees, Forest Cooperatives
- Staff of MINFOF, Ministry of Environment, Protection of Nature and Sustainable Development
- Kwifon or traditional authorities

### ACTORS TO PREVENT BUSHFIRE



### STAKEHOLDERS IN DECISION MAKING



5, 3, 15, 17



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## LET US STOP BUSHFIRE IN KILUM-IJIM FOREST



5, 13



15, 17

### HOW TO PREVENT BUSHFIRE



### HOW TO MANAGE BUSHFIRE LOCALLY



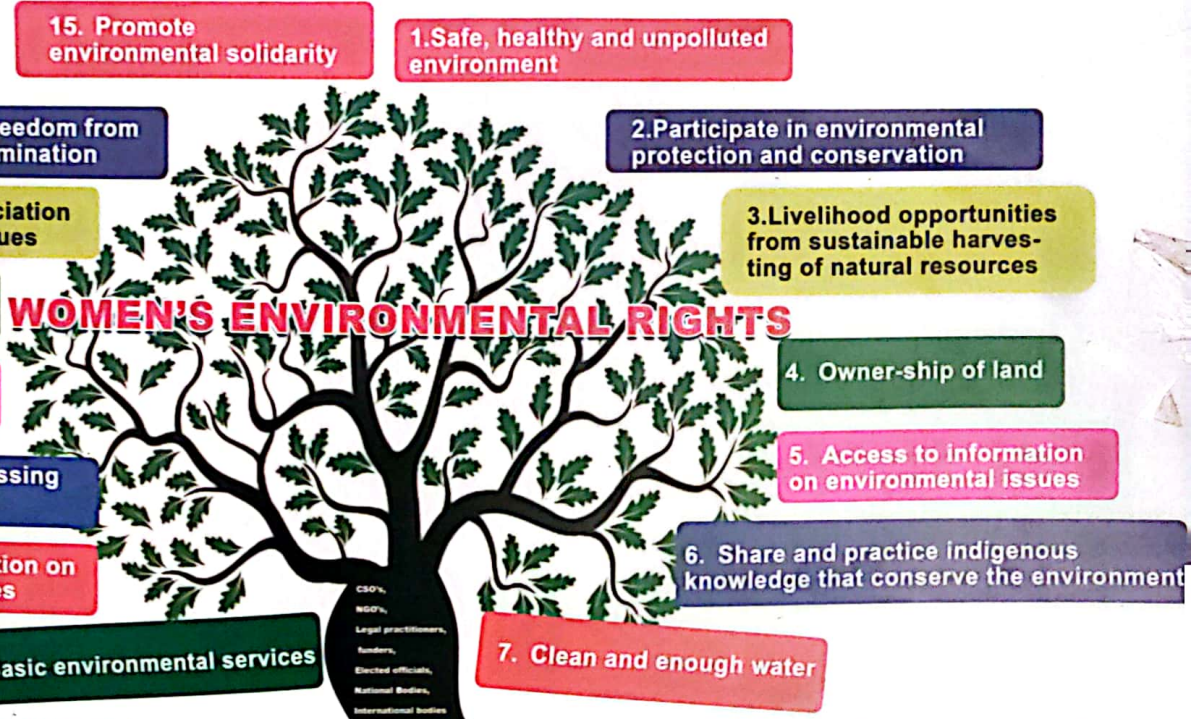


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## CAMGEW WOMEN'S ENVIRONMENTAL RIGHTS TREE

**Environmental Rights=Women's Rights=human rights**  
**Conservation is a virtue in African culture, women are key actors**  
**He-For-She and She-For-She.**  
**Environmental rights: Substantive and Procedural**



### ACTIONS TO PROMOTE WOMEN'S ENVIRONMENTAL RIGHTS

- 1. Community Sensitization
- 2. Raise your voice
- 3. Intergrade women in decision making processes
- 4. Capacity building of women environmental leaders
- 5. Educate the next generation about inclusive environmental conservation
- 6. Know your rights
- 7. Join the conversation on environmental activities
- 8. Share the workload involved in environmental activities
- 9. Engage men in gender just environmental activities
- 10. Encourage women led Eco businesses
- 11. Mainstream women's environmental rights education in daily activities
- 12. Involve the media
- 13. Engage in lobby and advocacy at all levels
- 14. Involve cultural leaders
- 15. Support each other

