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EDITOR'S LITTLE NOTE

AKWAABA AND GREETINGS FROM GHANA! WELCOME TO THE OCTOBER EDITION OF THE GATEWAY, THE OFFICIAL NEWSLETTER FOR PROJECTS ABROAD GHANA!

HELLO READERS. IT IS WITH GREAT PLEASURE THAT WE SHARE WHAT OCTOBER IN GHANA HAS INVOLVED.

LOTS OF VOLUNTEERS SUCCESS STORIES.

AND NOT FORGETTING THAT OF GHANA U-20 FOOTBALL TEAM, BLACK SATELLITES VICTORY DURING THE FIFA TOURNAMENT.

ENJOY!

SPOTLIGHT ON EVERYBODY

CAPE COAST

THE HILLS

ACCRA

HO

KUMASI

Cape Coast is in the Central region and has the most adorable beaches in all of Ghana.

AN EMAIL FROM THE MOTHER OF A PAST VOLUNTEER

Projects Abroad Ghana:

My daughter, Breanna McGowan, has thoroughly enjoyed and been touched by her Ghana trip. She is starting an organization called "All God's Children Got Shoes" so the orphans there can have new shoes and an outfit to start each school year. I've already reached out to my military friends and church friends all over the US who will be willing to buy shoes and an outfit for one of the children. If Bree can get a photo of the children (group) that would be great. I know she has taken lots of individual photos and video... Next year I will be sending two other teens along with Bree who are from single parent homes. They also have a heart for reaching out. Thank you.

Laura McGowan

DRUMMING AND DANCING AT QUIZ NIGHT



Dance is the most popular form of recreation in Ghana. In towns, men and women of all ages meet informally in dance clubs to dance to the rhythms of popular musicians.

In villages there may be opportunities in the evenings for informal dancing; where men, women and children gather by the fire side to dance to local Ghanaian rhythms.

Volunteers in Cape Coast last week Tuesday, 20th October 2009, as part of the quiz night, had drumming and dancing lessons for about 2 hours from

a dancing troupe based in Cape Coast called "asempa ye tsea". There were various dances depicting different tribes in Ghana and other African countries.

Most of the volunteers joined in the dances and danced their hearts out. They learnt how to dance all the various dances of some of the tribes in Ghana.



Some of the dances were, Kpanlogo, Adowa, Agbaga etc.

The night was a really awesome one for them!

SPOTLIGHT ON EVERYBODY

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KUMASI

The Hills are located in the Eastern region. It is one of the most humid regions in Ghana.

THANKS TO OUR BUILDING VOLUNTEERS

The Apostolic Early Childhood & Preparatory School was founded by the local church in order to provide further opportunities for an education in the surrounding rural areas.

The School is in Mamfe, a small town in the Akuapem Hills. The school is on the main Mamfe-Adukrom road and is a short line taxi ride away from our Regional Office on the other side of Mamfe.

Volunteers usually live within walking distance of the school.



During the raining season, the roofing of the school building was blown off due to the power of the wind. The school therefore called on Projects Abroad for assistance.

Projects Abroad quickly responded to the call of the Apostolic School. About six hundred Ghana Cedis was made available to refurbish the school building. Some building materials were purchased for the repairs. On 1st

September 2009, Projects Abroad commenced work at the Apostolic School with the Building volunteers.

The Building volunteers together with their supervisor worked tirelessly to make sure that the project is finished in due time.

They plastered the walls, roofed and painted the school building. Some drawings were also done on the walls to give the school building a good look.

On 30th September 2009, the project was brought to a completion. Now the Apostolic School children can smile and learn in their newly refurbished school building. Thanks to Projects Abroad and the Building volunteers who made it possible for the school.



The kids are really thrilled about the new look of their class rooms and will not worry when the rains come because they know that, thanks to the volunteers, they now have a new roof on the heads!!!

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KUMASI

Accra is the capital city of Ghana and the busiest.

SOCCER IN ACCRA

Charles Gould (Technical Director of Cantonments FC)



Cantonments FC continues to be an exciting place to be, as the academy continues to develop, with the assistance of volunteers from Projects Abroad.

This month, progress has been rapidly assisted by significant donations of equipment from Dave Oswell, a volunteer from Australia. While Dave is only in Ghana for 2 weeks he has had a huge impact; in addition to donating equipment he has had some interesting training ideas which the senior players in particular have enjoyed.

Dave Schoonen from Holland has also made a donation of money, which we intend to spend on more equipment later this month.

On the field we continue to excel at all age groups. The senior team has won three games in a row to go top of Accra Division 3.

They are currently in a mid season break, but when they commence on the 17th October we hope they can push on and win the title.

The junior leagues are yet to kick off, but the teams are still training in good numbers, as well as playing friendly matches. It promises to be a challenging season, as all the junior teams will compete in the Accra Premier Division for the first time. Preparation is going well; all 4 junior teams won their games this weekend.

The excellent Under 17 team, were particularly impressive with a 4-1 win away to last season's premier division title winners.

The current volunteers are playing an important role, with Dave Schoonen and Alex Foster coaching the Under 10's and Under 12's, and Henrietta Jacobs and Dave Oswell coaching the Under 14's and 17's.

The last month has also seen a link develop between a local school and Cantonments FC. This has given volunteers the opportunity to coach a school team twice a week. This is a good opportunity for volunteers to take complete control of training sessions.

With the junior season soon to commence and the seniors in a title race the next months promise to be more exciting than ever at Cantonments FC.

GHANA WINS FIFA UNDER – 20 CHAMPIONSHIP



On Friday the 16th of this month, the Black Satellites of Ghana became the first African nation to win the 2009 FIFA U20 World Cup, in Egypt. The tournament started on from the 24th of last month and ended on the 16th on this month, 2009.



The Black Satellites qualified for the final, where they played against Brazil. The Ghana team played with 10 men for 85 minutes, and the deep sense of commitment and patriotism on the part of the players made them overcome the seemingly-impregnable Brazilians to secure the trophy.

Tiredness was written on the faces of the players after playing for 120 minutes. Nevertheless, they did not

allow the gruelling encounter to get the better part of them. Ghana beat the Celecao of Brazil 4-3 on penalties, after the two teams had drawn 0-0 in 120 minutes, to lift the ultimate prize of the World Youth soccer fiesta.

Ghana's Dominic Adiyiah was named the best player and highest goal scorer of the three-week tournament. He also made history as the player to have scored the highest number of goals (eight) in one tournament since the inception of the competition in 1977.

After this great victory for Ghana and the whole of Africa, the winning team arrived in Ghana around 10:30 pm on Saturday night, where they were met by a large group of fans and the Vice President of Ghana, John Mahama.

On Monday, the team and some of the football officials will go on a float to show the Cup to the Ghanaian communities,

The Black Satellites have really done Africa, and especially Ghanaian proud and I hope their success story will provide a lot of hope to the senior team - the Black Stars – for next year's UEFA World Cup in South Africa.



BIGUPS TO YOU BOYS!

SPOTLIGHT ON EVERYBODY

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KUMASI

Ho is in the Volta region of Ghana. There are some wonderful waterfalls in the region.

WHAT YOU NEED TO KNOW ABOUT LEPROSY (Part One)

By a Kwasi(Staff)

In last month's Newsletter, Tobin Cuss, a past volunteer who was in the Volta region, wrote a very touching story entitled 'The Forgotten Village'.

His story was about a village where there are only poor people with the Leprosy, who they visited regularly on outreaches to give them medical attention; treating their wounds, etc.

This month, there is something you should know about this disease, leprosy.



Leprosy - or Hansen's disease - is a chronic, mildly infectious malady capable of producing, when untreated, various deformities and disfigurements.

It is caused by the rod-shaped [bacterium](#) *Mycobacterium leprae*, first described by G. Armauer Hansen, a Norwegian physician, in 1874. The mode of transmission is not fully understood. It is thought to be transmitted by nasal discharges and skin sores, possibly also by contaminated objects and arthropods.

Only 5% of those exposed acquire the disease.

The onset is intermittent and gradual; symptoms may not appear until years after exposure.

It is seldom fatal, but its effect on the peripheral nerves destroys sensation and makes the patient prone to inadvertent injury.

Types of Leprosy

There are two forms of leprosy. In the tuberculoid form of the disease the skin lesions appear as light red or purplish spots.

Tuberculoid leprosy is the more benign type, even though it is accompanied by nerve involvement, which leads to numbness (usually of the extremities), contractures, and ulceration.

In lepromatous leprosy the skin lesions appear as yellow or brown nodules (protuberances) that affect the mucous membranes of the eyes, nose, and throat. There is a general thickening of the skin, especially the face and ears.

Lepromatous leprosy is the more easily spread of the two.

Diagnosis and Treatment

Diagnosis is established when the bacterium is isolated from the skin lesions or the mucous membranes of the nose.

Duration and treatment of the disease depend upon its extent and character. Patients with nodular lesions are more difficult to treat and may succumb sooner; those with the neural type of lesion, despite possible mutilation and deformity, usually live longer and even experience spontaneous periods of subsidence of the malady.

Dapsone was the drug of choice for leprosy from the 1940s until 1980, but due to drug resistance and the necessity for long-term (sometimes lifelong) treatment, it has been replaced by a combination of drugs.

This combination, referred to as multiple drug therapy, has been highly effective and requires a shorter treatment period.

The drug [thalidomide](#) has been approved for use against a complication of leprosy called erythema nodosum leprosum, which causes fever, skin lesions, and other symptoms.

History and Incidence

Diseases that probably included the malady now known as Hansen's disease are described as leprosy in the Bible; segregation and disinfection were advocated as methods of control (Lev. 13.14).

Leprosy is believed to have existed in Egypt as long ago as 4000 BC and in India and Japan earlier than 1000 BC.

Infectious diseases from the East—all called leprosy—later spread over most of Europe and the British Isles, and the Crusades were a factor in disseminating them still farther, so that by the 13th century they had reached epidemic proportions.

Leprosariums were eventually established in most countries for the care of those actually afflicted with leprosy.

The disease still occurs in tropical and subtropical countries of Asia, Africa, and Latin America—mainly Brazil, S central Africa, and India—especially where crowded and unsanitary conditions contribute to its spread. Even in the more developed countries it crops up from time to time.

In the United States, the disease is found mostly in Louisiana, Texas, Florida, Hawaii, as well as in California, the Northeast, and other areas where immigrants from endemic areas have settled.

Although modern treatment is effective against the disease, the number of cases in the United States has increased significantly since the 1960s.

The [World Health Organization](#) is working to eradicate the disease worldwide, but progress has been slower than was anticipated.

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KUMASI

Kumasi is in the Ashanti region. It is nicknamed the "Garden City" because of the abundance of vegetation.

KUMASI CHILDREN'S HOME ZOO TRIP

By Alice Groves



The Kumasi Children's Home, a government institution, was established in 1965 to offer care and protection to children who are abandoned, motherless or orphaned. The home also caters for children whose mothers are mentally ill, suffer from HIV/AIDS or are serving a prison sentence, so that a home will be provided for them.

Project's Abroad helped volunteers at the Kumasi Children's Home to organise a trip for the children to Kumasi Zoo. We were able to take 26 children and joined by 12 volunteers for the day which hopefully was memorable for all.

The children had been excited all week about the upcoming trip and when the bus drove through the gates of the home all the children began dancing and cheering! Everyone piled into the bus and we drove to the zoo with lots of entertainment provided by Gaby -

the coordinator at Kumasi - and the children singing all the way!

When we arrived at the zoo we were met by our guide for the day, who showed us around and talked to us about the animals. The children really enjoyed learning about all the different species and were asking questions throughout the day! The tour started with ostriches and then it moved onto the reptiles; the children were really scared of the snakes so were eager to move onto the bird section! After that we saw some turtles and crocodiles and then camels.

After our tour around the zoo and once we had seen all the animals the zoo has to offer, we took the children to a picnic area to have some lunch. The children were so well behaved throughout the day; they were a pleasure to be with.

When it was time to leave we got back into the bus with a few sleepy boys and girls and returned to the Children's Home. I would like to say a big thank you to Project's Abroad, especially Gaby, for giving the children a fantastic day out.

Also, thank you to the volunteers, for providing extra hands for the day, and the children of the Kumasi Children's home, for being an absolute delight to spend time with.

MY SINCERE THANKS TO ALL OUR COORDINATORS AND VOLUNTEERS WHO CONTRIBUTED SO MUCH TO THE NEWSLETTER FOR THIS MONTH. AS USUAL, THIS WOULD NOT HAVE BEEN POSSIBLE WITHOUT YOUR HELP!

READERS, I HOPE YOU REALLY LOVED READING EVERYTHING ABOUT OCTOBER IN GHANA. YOUR VIEWS ARE VERY WELCOMED.

WATCH OUT FOR THAT OF NEXT MONTH!

CHEERS!!!
