

Dec 2022

LECDA CALGARY



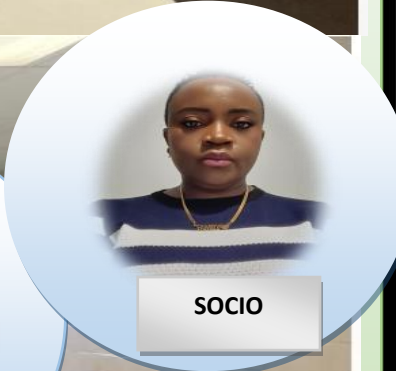
SOCIO



PRO



Chair/CEO



SOCIO



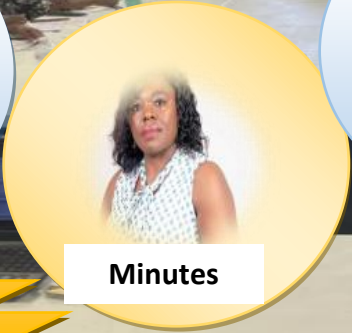
FINANCE



COACH



RPN DIR



Minutes



KIDS

CULTURE & SOCIETY

CONTENTS

03	Culture Updates Our Culture is our value. It is our identify. It represents who we are. Follow us in this report to know more about the people of Lebialem	3 4 5 6-7 8 9
04	Trainings & Workshops Kids cooking culinary journey	
05	Kids' Corner Summer Soccer	10
06	LECDA in the News LECDA Community Connect What's New What's Upcoming Train the Trainer workshop	11-18
07	Donors Acknowledgement Refer a Friend for our Seasonal Cadet Camps	19 20-22
08	Ongoing Projects Welcome	
10	COVID 19 and LECDA Grand Parents Program	
11	JOKES-Look ahead Email Etiquette	

Letter from the CEO:



G 'day & Welcome everyone!

Our exciting edition of end of year report is here. Please join us in an amazing journey of what we as a community achieved. Despite the challenges posed by COVID we stood tall and said "Yes We Can" The COVID-Pandemic has presented significant challenges to community associations. These include limitations on gatherings, restrictions on activities, difficulties in fund raising and volunteering, and a shift towards virtual communication, making it more challenging to maintain social connections and support community needs.

Enjoy!

Vivian Valluma
President and CEO-LECDA





FUTURE ADVERTISEMENT



LEGDA CORNER * DEC 2022



Cooking is an Essential LIFE SKILL

We are excited to invite you to a weekly cooking training program that will take you on a culinary journey around the world. Our program is designed to help you learn how to cook different meals from various cultures. From African menu items to European dishes and Indian cuisine, you will get to explore the world of flavors and learn the art of cooking.

Cooking is an essential life skill that everyone should learn. Knowing how to cook and prepare your own meals is not only a fun and creative way to express yourself but it is also important for your health and wellbeing. By learning how to cook, you can make healthy food choices and avoid the pitfalls of fast food and unhealthy eating habits. Cooking also helps to save money and reduce food waste, which is good for your wallet and the environment.

Our cooking training program is funded by the government, and we are thrilled to offer this opportunity to you. In this program, you will learn how to cook different types of meals and snacks, from breakfast to dinner and desserts. You will also learn how to use different cooking methods, ingredients, and spices to create delicious and healthy meals.

Our experienced and talented chefs will guide you through every step of the cooking process, and you will get to practice your cooking skills in a safe and supportive environment. We believe that cooking should be fun, interactive, and educational. Our cooking training program is not just about learning how to cook; it's about exploring different cultures, traditions, and cuisines. You will get to meet new people, make new friends, and experience the joy of cooking and sharing food with others.

I would like to commend the ladies in the cultural association for their outstanding effort in leading a culinary training program that has had a significant impact on the lives of 89 kids. The program, which consisted of 11 cooking sessions, focused on teaching the kids various signature dishes and cooking techniques. The dedication and commitment shown by the ladies in the cultural association are truly commendable. Their efforts have helped to equip the kids with valuable cooking skills, which will not only benefit them in the present but also in the future. The program has provided the kids with a platform to learn, grow and develop their culinary skills. It is evident that the ladies in the cultural association have gone above and beyond to ensure the success of this program. They have not only provided the kids with a chance to learn new skills but also made sure that they have a positive and engaging experience throughout the cooking sessions.

I believe that the success of this culinary training program is a testament to the passion and dedication of the ladies in the cultural association.

SOCIO & TOP CHEF



Valluma

Vivian Valluma
President CEO
LECDA Calgary



Gifts to Kids by various community donors at the end of their culinary training. 89 kids participated in 11 training sessions in what was termed culinary journey round the world

The LECDA Community Association held an end-of-year party for kids, during which over 389 children received gifts worth about CAD\$9000 from various community donors and members. The event was a success and the kids had a great time. Additionally, outstanding children who participated in the LECDA kids talent show were recognized and celebrated at the party.

END OF YEAR PARTY.

Overall the event was a fantastic opportunity for the community to come together and show support for the kids, and to celebrate their achievements

The Kids end of year party was a great success with many positive outcomes and benefits for the children and the community. The event provided a fun and safe environment for children to celebrate the end of the year and enjoy time with friends and their families. One of the highlight was the gifts that were given to each and every child present which were generously donated by community members and donors. This demonstrated the kindness and generosity of the community and provided opportunity for children to feel appreciated.

The LECDA kids talent show was also another highlight of the event. This was an opportunity for children to showcase their unique talents and skills, and those who outperformed were recognized and celebrated at the party.

This recognition not only boosted the confidence and self-esteem of the children, but also encouraged them to continue developing their skills and talents. The kid end of year party organized by LECDA was a great success, and demonstrated the positive impact community events can have on the lives of children. Stay tune for 2023 connect.



Alianu Kingsly
Socio Cultural & Community Support and Engagement

TRANSFERRING SKILLS & CULTURE

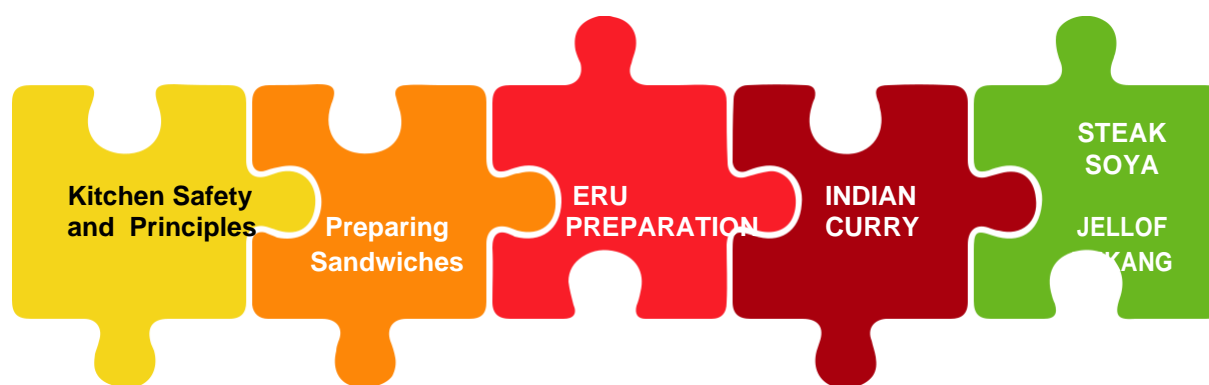


The LECDA Community Association in partnership with different women groups offered a series of 11 culinary training sessions for children. Throughout the program, kids were taught how to prepare a variety of breakfast dishes, as well as popular dishes from India, Africa, Europe, and North America. The training was designed to provide children with practical skills and cultural exposure. Participants were able to experience the diversity of food and cooking techniques from different parts of the world while developing their culinary talents.

The following programs sponsored by the Federal government were completed for the Kids

1. HELPING KIDS PREPARE THEIR OWN BREAKFAST

THE PIECES FIT PERFECTLY TOGETHER AND WORK WELL WHEN FOLLOWED



Kids Make your own Breakfast

Fundamental to the success of any food program is menu and recipe adherence. Kids gained the confidence and independence in the kitchen as they learn new skills and take on more responsibility, leading to a sense of accomplishment and pride. Overall, through this program, we walked the kids around the globe and helped prepared signature dishes from different African, Indian, European and North America communities which foster teamwork, valuable lessons in food, culture, love for cooking and appreciation for diversity cuisine.

Teaching kids to prepare their own sandwiches and breakfast can foster independence, responsibility, and healthy eating habits. It also provides valuable life skills that can benefit them in the future.

CULINARY JOURNEY

The program was a huge success, and the children who completed the training gained valuable experience in the kitchen, as well as a broader perspective on the cultural richness of cuisine. Kids were so excited to learn African cuisine is diverse and varied, with many different types of food and cooking styles depending on the region and culture. Preparing traditional African dishes often involves using fresh ingredients that are in season, highlighting the importance of using local and seasonal produce. Kids learned different cooking techniques such as grilling, stewing, and frying and how these techniques can be adapted to different dishes.

KIDS LEARN A NEW LANGUAGE

Through the program, kids gained an appreciation for the cultural significance of food in African communities, and how it plays a role in bringing people together.

Kids also had the opportunity to experiment with different ingredients and cooking techniques to create their own unique versions of traditional African dishes, fostering creativity and experimentation. Cooking is often a collaborative process and kids learn the importance of teamwork and communication in the kitchen from sharing responsibilities to communicate.

So What's Next?

LECDA 2023 KIDS LIVE FOOD PREP COMPETITION:

Join the excitement of the upcoming "Kids Live Food Preparation Competition" where young chefs showcase their culinary skills in a friendly, competitive atmosphere. Parents, register your kids now and help sponsor the event to support the next generation of talented chefs! Drawn from different part of the world and groomed within the LECDA Community Association in Calgary.

LECDA WOMEN SOCCER CORNER

WOMEN STAY FIT – JULY 10 TO 30

→ WOMEN SOCCER KICK OFF LECDA to put in 3 teams

- Promote for 3 weeks, “take the pledge” of staying active and engaging with other communities through soccer an other outdoor activities

→ Table TENNIS PING PONG Join LECDA Calgary Tennis professional pool

- It is getting tuff and seats and filling up fast. Please register by reaching out to chief Asongafeh

→ LECDA SCRABBLE NIGHT SHOW

→ LECDA MARATHON

→ LECDA SCOCCKER KIDS CORNER



ELIGIBILITY – The tournament is open to female players aged 15 and above who reside in our community, the city or have a strong connection to it. Team must consist of a minimum of 7 and a maximum of 11 players, with at least 3 substitutes. Each team must have a captain who will be the point of contact with the organizers. The tournament will follow the round-robin format.

July/Plly/Fall Roll Out	Summer/Fall	
Best Practices	communities	2023
	LECDA	OTHERS
	TEAMS	COACHES
	Games	SOCCER
	REFEREES	

ORGANIZER -The tournament will follow the round-robin format, with each team playing a minimum of 3 games. The top teams will advance to the knockout stage, and the final will be played between the top two teams. Each game will be 2 halves of 20 minutes each, with a 5-minutes break in between. The team with the most goals at the end of the game will be declared the winner. In the event of a tie, the game will be decided by a penalty shootout.

Players are expected to conduct themselves in a respectful and sportsmanlike manner. Any verbal or physical abuse, or unsportsmanlike conduct, will not be tolerated and may result in disqualification.

Safety – All players must wear shin guards and appropriate footwear. Any player who is injured during the game must leave the filed of play and may only return with the approval of the referee. Referees will be appointed by the organization

Culinary regards,



Chief Asongafeh
Messenger and Coach

LECDA CALGARY MANDATES

We the people of LECDA are sons and daughters of the people of Lebialem from Cameroon living in Calgary Alberta Canada

OUR MANDATES

The association's primary mandate is to preserve and promote the cultural heritage of the Lebialem people living in Alberta, Canada. Cultural events, workshops, and festivals that celebrate traditions and history.

The association is also focus on empowering the people by providing resources and support to help them succeed in their new home. Job training, education, coaching, networking opportunities and resources that help the community thrive and contribute to the economy.

DEADLINE TO REGISTER IS MAY 28TH.

Send interest to join the marathon to:

Vivian.Valluma@lecda-calgary.com

info@lecda-calgary.com

Asonganyi.sylvanus@lecda-calgary.com

RULES AND GUIDELINES:

- Participants must register prior to the race and complete all required paperwork and payment fees
*Participants must follow the designated course and not deviate from
- Participants must obey all traffic and safety laws during the race. They must wear their assigned bib number and timing chip at all time during the race

We will select 25 winners from the entire participants:

1. Winner for best overall.
2. Winner for best female participants.

THE WINNING TEAMS WILL RECEIVE cad\$1500 We are looking forward to see what you do with this challenge.

Good luck! The Marathon Team



Join us and let us explore the wonders of wonders of the Lebialem culture

LECDA CALGARY UNIFORM LAUNCHING

LECDA did a phenomenal job this year celebrating culture. More than 1000 members from different communities attended this event.

I would like to express my sincere gratitude to you all for massively participating in the LECDA Culture connect showcasing your cultural values and traditions. Your effort to bring awareness to the LECDA culture is greatly appreciated and is helping creating a better understanding of the world we live in.

Your dedication of you all in preserving and sharing your cultural heritage is truly inspiring, and we look forward in the 2023 cultural Bonanza.

Great job team!

Thank you to all who participated and shared your experience:

Vivian Valluma
Board Chair/CEO
LECDA CALGARY
2020

Women taking the lead and leaving a signature in our society



LECDA RIDS UNVEILING CULTURE IN THE LECDA UNIFORM LAUNCHING LECDA UNIFORM LAUNCHING

MANTRA and other MANTRA To be



*Mme. Tanyingoh Vivian
President/CEO
Lebialem Cultural and
Development Association*





LECDA
LEBIALEM CULTURAL
DEVELOPMENT ASSOCIATION
AUSTRIA

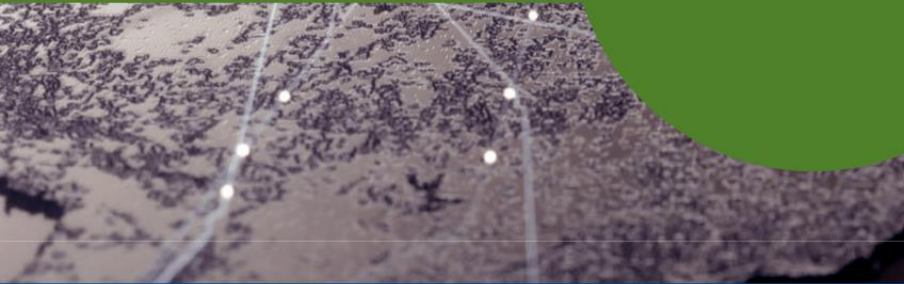
"Together we build the house of Lebialem.
In our own measures, strength by strength,
quarter by quarter, Chiefdom by Chiefdom."

Dörnbacherstraße 6,
A-4061 Pasching

Tel/Fax: (+43)7221-87083
Email: lecda.austria@live.com
lecda-austria.groups.live.com



LECDA AROUND THE GLOBE



RECOGNISING OUR GREAT CONTRIBUTORS LECDA COMMUNITY ENGAGEMENT



LECDA END OF YEAR



LECDA CALGARY CULTURAL BONANZA 2022 EASTER



DISHES FROM THE GLOBE

LECDA KIDS ROCKING IT



BUSINESS BUSINESS GURUS CALGARY

E.F.C. AFRO-CARIBBEAN INC.
Grocery & Beauty Supplies



(403) 717-0440
www.eunigusgroup.com
#3 2235 30 Ave NE Calgary

Canada National Veteran Tournament Host July 2023

SPIRIT FC CALGARY START OF SEASON PARTY



MUSIC & FUN ALL NIGHT
MUSIC BY DJ RAY DJ BILLY

**29TH
APR**

40\$ ENTRY

Montgomery Community Centre
5003 16 Ave NW

7PM

FOR MORE INFORMATION: spirit_fc@yahoo.com
Table Reservation available



20 Whiteland Bay NE
Calgary, AB T1Y 3M5



Contact Us

+1-403-862-9089

+1-403-701-9950

Sylvanus Asonganyi

REALTOR®

403-837-1333

www.makeyrealstate.com

asong.syl@gmail.com



Free Webinar

Learn the steps,
Create your own
Online Business

Register Here

www.lynnajdigital.com

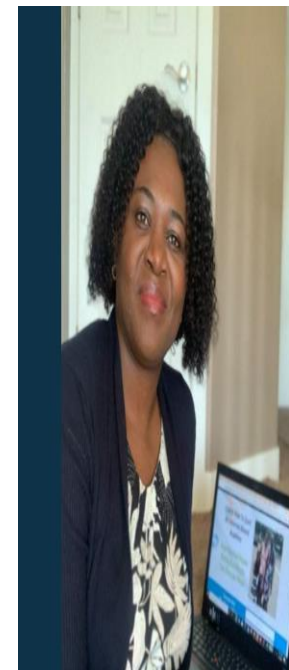


PHOTO GALLERY FROM KIDS CULINARY JOURNEY



DIVERSITY

COMPASSION

INNOVATION

COLLABORATION

EMPOWERMENT

ACCOUNTABILITY

FAIRNESS

INCLUSIVITY

PARTICIPATION

LECDA VALUES

CULTURE

HONESTY

INTEGRITY

TRUST

BE PART OF THIS ASSOCIATION



**ADDING VALUES TO CANADA
DIVERSITY AND RICH CULTURE**



Nkem Neboh
Project Manager

CHALLENGES WE FACE

Black, minority groups, and low-income community associations and non-profit organizations in Calgary, Alberta, Canada, face several challenges. These challenges include inadequate funding, limited access to resources, insufficient support, and systemic barriers.



scarce or unaffordable for these organizations, making it challenging to sustainably meet their missions and goals.

to enhance their organizational capacity and better serve their communities. This isolation also limits the opportunities for collaboration and partnerships with other communities.

SBCC CAPACITY BUILDING PROGRAM

The Lebialem Cultural and Development Association (LECDA) in Calgary received the sum of CAD\$43,500 from the Federal Government's Supporting Black Canadian Initiative (SBCCI) program through the African Centre. The funds were used to finance a capacity building program, which included six training workshops for both board and non-board members of LECDA.

In the last month, there have been a couple of key activities that have been done and functions attended that both continue to build our reputation as well as build on our commitment to a high level of communication to our partners.

Board Governance (held in Calgary Alberta)

This event, the first of 6 that we attend saw a total, 49 individuals benefited from these training sessions in some way. LECDA expressed its gratitude to the Federal Government for the enriching and supporting training. Board members and non-board members that attended benefited greatly.

Benefits of these workshops (Feedback from Members)

Members that attended these seminars and workshops on different aspects of board governance and control gained a variety of benefits, including improved understanding of their roles and responsibilities as board members, increased knowledge of legal and financial obligations, and enhanced leadership practices, including developing mission statements, creating effective board policies, and strategic planning. Participants also gained insights into best practices for conducting board meetings, managing conflict, and engaging with community members. By attending these sessions, LECDA is better equipped to embrace the future.

Audit Assurance & Bookkeeping Calgary Alberta July 29-30 2022

The sessions were enriching with series of break up room exercises. The Lebialem Cultural and Development Association (LECDA) in Calgary received numerous benefits after its board and non-board members attended a workshop on "Audit, Assurance and Bookkeeping"

By attending these workshops, LECDA's members gained a better understanding of financial management including bookkeeping and budgeting. Participants also learned about best practices for conducting audit and gaining assurance over financial information.

This knowledge has helped LECDA to improve its financial reporting and accountability, resulting in increased transparency and credibility with stakeholders. The workshop helped LECDA to identify and mitigate a potential financial risks and develop more effective financial management strategies, ultimately strengthening LECDA overall financial health.



LECDA 2022 SOCCER CONNECT



LECDA Calgary - FEMALE SOCCER

July 10 August 20 2022

The community's soccer tournament was a success, with 3 teams participating all from the LECDA community. With more than 200 spectators in attendance, the competition was fierce, and the final was decided by penalties. The winning team "Women in Pink" received a trophy and participants had a great time.

Upcoming LECDA KIDS CONNECT LECDA KIDS SOCCER

The LECDA Kids Cultural Connect Soccer tournament, scheduled for the summer of 2023, will feature five teams with a focus on cultural exchange and friendship. Each team will receive a set of sporting equipment, promoting physical activity and community spirit.

LECDA CROSS COMMUNITY 15K Marathon

June 24

The LECDA cross-community 15k marathon is scheduled for June 24th, with a focus on connecting the community, restoring hope, and encouraging an active lifestyle post-COVID. The event aims to promote unity and bring people together for a common goal of health and wellness.



COMING SOON LECDA TALENTS NIGHT



REFER A FRIEND FOR OUR GOOD WILL AMBASADOR PROGRAM



Join LECDA cultural association as a Good Will ambassador and promote cultural diversity and harmony in your community. Share your unique Experiences and perspectives to help foster a deeper understanding of the world we live. Join us today!



www.lecda-calgary.com



THE WINNING BOARD

THE MEMBERS OF THE YEAR

