



## THE INTERNATIONAL REPORT

As presented to:

Portable Practical Education Preparation (PPEP)

and

West Africa Rural Empowerment Society (WARES)

meetings

Report of Existing International Partnerships /Projects Assisted  
/Prospects for Collaborations



West Africa Rural Economic Society Organizational Meeting, Old Baika, Ghana

Submitted by:  
John David Arnold, PhD  
PPEP/WARES CEO  
[jarnold@ppep.org](mailto:jarnold@ppep.org)  
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RELATED WEBSITES:

[www.gahanoldbiaka.org](http://www.gahanoldbiaka.org) [www.africawaresdonate.org](http://www.africawaresdonate.org) [www.ppep.org](http://www.ppep.org)

## I. Ghana

1. Old Baika Clinic: Centrally located Health and Nutrition Education Center Potential Regional Diabetes education treatment center. Features: Large medical facility with residences for staff and acreage. Offers unlimited opportunities to platform a variety of onsite education, diagnosis, research, and outreach to the 18 villages of the Bueman People of the Jasikan District – rural environs. Lacks basic equipment. Facilities being renovated by government. We have assisted with medical supplies, Malaria medicines, refrigerator and minor equipment needs. First aid medical chest, bandages antibiotics etc. Mattresses for the patient ward beds and digital Diabetes blood sugar diagnostic kit. Some technical assistance and training offered. Twelve very dedicated staff. Location: Old Baika.



2. Street Academy – Accra: Elementary school of approximately 100 low income inner city children. Centrally located near an open field suitable for organic farming. The school facility is adjacent to the Art Center Village with dozens of artisan shops operated by impoverished families. The Street School offers an opportunity for feeding, nutrition education, health screening for not only the students, but to the greater artisan community. School has cultural group. Very high diversity and dense population area of low income inner city families. School building needs major renovations including a kitchen for an organic feeding program. Some renovations under way. Very dedicated and committed staff anxious for establishing collaborations.



3. Orphanage: Sogakope, Ghana. This orphanage has good central location with ample facilities and land for gardening. Already plant small vegetable garden. It features girls and boy dorms and an elementary and junior high school. The orphanage holds up to 50 children and the school 200 students. Excellent for all aspects of programming including organic farming, nutrition education, and feeding programs. Centrally located in the city of Sogakope, which has ample agriculture supported by the great Volta River. Huge potential for being a central outreach, education, and treatment center for lower Volta/coastal region of Ghana's bread basket.



4. Orphanage, Hohoe, Ghana: This orphanage is affiliated with the orphanage in Sogakope. However, it features as newly constructed large modern facility with dormitories, dinning, education facilities and large outdoor area for vegan farming. Recently completed by volunteers from abroad and is not yet occupied. Its location though rural is adjacent to a major regional city of Hohoe. Excellent for all of programs we offer.
5. Dr. Cousen's Nutrition Center is centrally located at Old Baika in the Jasikan District known as an education, religious, medical, and cultural amenities area. Its history dates to the earliest times in West Africa. It is situated in the lush rainforest dotted with many family farms. Many supported by the Bueman Micro Credit program. Great potential for Vegan farming projects to enhance the raw food habits. The Cousen's Center has a large kitchen and dining area. Coupled with an auditorium, showers, and a clean drinking water well. Great for a central nutrition/ education facility. Its large auditorium can be divided into classrooms, nutrition to expound all of the facets of our programing. 350 students are in schools adjacent to the center.K-8<sup>th</sup> grades. There is also a micro credit program that loans to sustainable farmers. Organic Bee keeping is being instituted this year. Art and other children's classes coupled with Movie Time Cinema also operates out of the center during vacation times. The New Baika School also wants to start nutrition classes and a sustainable water company for their community.



6. Ho – (Volta Regional Capital) Ghana: The leprosy outreach center serves for treatment, feeding, training, housing, and re-integration in to society programs. Has training facility, housing, feeding and medical onsite. Great platform for all our programs with that target population.



7. Ho Ghana – Mc. Collins Orphanage. This facility is located on the outskirts of Ho in the Volta Regional Capital. A modern school building with 200 elementary age children. A recently constructed modern orphanage is part of the project. Yet to be occupied. Has all the features necessary to platform all of our programs. It should be noted that all the facilities were built by donation and volunteers. Has ample room for vegan farm as well.





8. Tetaman, Ghana: A magical city on a mountain top with a cathedral on its peak. Built by the Germans during their presence. Located half way between Old Baika and Jasikan the district capital in the center of the rainforest. This city on the hill has great potential for Diabetes education, treatment, and outreach center for that area. It has every aspect needed to platform all our programs. Small family garden plots an option for the hilltop dwellers there.
9. Jasikan District School System: Ghana encompasses dozens of schools throughout the forest communities, has education facilities and kitchens in each. There is a huge opportunity to reach 1000's of school children K-12<sup>th</sup> grade with our message and institute the vegan ways as well as our other programs. Collaborations with the Jasikan School District could offer a unique opportunity to reach to the large young. Upcoming populations with good nutrition habits. The new district school chief has expressed interest in such collaboration.



10. Solid Rock Group – This Cultural Heritage and Music group is located at Art Center in Accra, Ghana: Their cultural traditional music performing group is made up of 30 young people. It is an excellent medium for reaching out to all age groups with our message and programs. People listen and learn from music. This is part of their way of learning. They have pledged to work with us developing mediums for getting the vegan message out through cultural music and dance.



11. Preservation of Culture and Traditions Society. Purpose for the Ghanaian and West African indigenous people's past before it is lost. This NGO recently formed understands our message of raw foods and its connection to the past generations, which had no Diabetes. They want to research those threads of good nutrition from the past and develop a message for modern day populations. Once again, cultural and tradition are great means of communication to the populations we wish to reach. Plus connect with the past good nutrition habits and project them forward. This might also shed new light on proven good nutrition habits out of the past. This NGO is wired with the powerful national musicians union that has great resources of communication. Coupled with Ghana TV 3 has coverage of the entire nation to the national TV market. We have used them several times to get the message out.



12. Kumasi, Ghana: This region is of the famed Ashante. Kumasi is one of Ghana's larger cities and central hub for all points and is a great platform for which to launch our programs. Needs more development. Possible collaborations with Doctors with Wings.

13. Vacation Art/Sports Camps: During both the summer and Christmas holidays, I conduct art classes in various rural communities. Old and New Baika, Sagakope, Street Academy Accra. The classes also include reading and math. Sports and calisthenics, culture, also are part of the program.





14. Cultural Heritage and Archeology: Old Baika is center for archeological study. There are many artifacts strewn around the area. One of its treasures is its mountain top ancestral home. Each year there is a trek to the top of the mountain of the Ancient Buemas home 500 years ago. In cooperation with the ministry of tourism the side is being established as a traditional area for tourist. Also the Regional Museum of History and art in Ho is cooperating to set up Old Baika as an Archeological site.



15. Old Baika: Schools renovated electrified, provided whiteboards and computers. Renovations and whiteboards provided for New Baika primary school.



16. The Eagles Nest: Provided residential, feeding, meeting place, recreation, library, music, and much more to the locals of Old Baika. Also is the residence of Nana Bloti Omaboyo I.



## II. Nigeria

1. Awo Mberi Kingdom, Nigeria (Dr. Eronini's acting monarch there). We have established a microbusiness loan fund, women's palm nut processing plant. Huge region primarily rural villages outside Owerri. It has a huge potential for all our programs. We need to capitalize the loan fund for more organic farming.



2. John David Arnold Academy for Success, Owerri, Nigeria: This is Emma Asonye's school, we have been supporting, which has excellent feeding and nutrition education program for over 200 elementary school children. Plus children's cultural dance group. The director wants to plant a large organic farm and teach the students vegan farming. There is a large two story building adjacent to the school, which we have talked about as a central point in which to platform all of our programs. It is located on Nekede Street, which is semi-rural but adjacent to the large population center of Owerri, Nigeria. There is an interest in preserving the traditional languages of West Africa.





3. The Joseph Yabu University: Located three (3) hours from Lagos has about 5000 students. Recently the director of the University participated in the Tree of Life Diabetes Seminar. The director wants to start an organic farm and teach the students to operate it. I will assist them by giving a talk this December



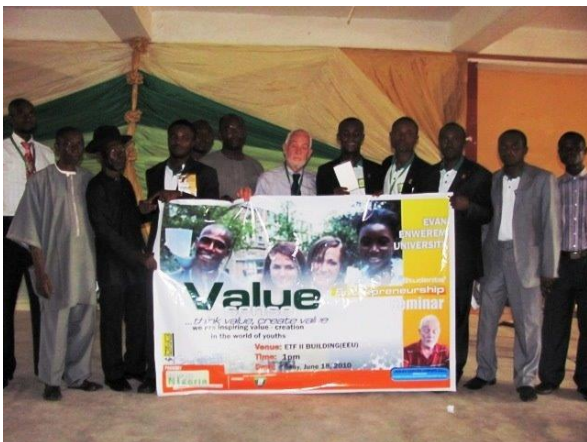
4. Lagos Inner City Private School Association (Nigeria). This school association is made up over 2 dozen private school operators in the central market areas of Lagos inner city. They all have interest in nutrition education and feeding programs. Furthermore, collaborating with us in plat-forming our programs in that key location of impoverished market vendors and their families.



5. Lagos - City Technical Trade School: This school is college level training for students of Lagos. It gives us a tremendous opportunity to work with Nigeria's next generation of leaders to platform our programs for now and the future.



6. Nigeria – Micro Finance Programs: Formed two microcredit programs and WAAST and Awo Mberi Micro Credit funds. The WAAST micro loan fund was established in 2009 with a grant from PPEP to capitalize its loan fund. The next year the Awo Mberi Fund was established. Both loan funds are Hybrid prototypes, whereby the microcredit and cooperative lending models are combined under one umbrella. Both loan funds were given licensing certificates by the Nigeria Government. They support many sustainable organic farms that support our theory of the natural cure and prevention of Diabetes by eating raw and natural foods. Dr. Counsels and myself have done seminars on Diabetes and organic sustainable farming in Nigeria, Ghana, Ethiopia, and Cameroon (December 2013).





7. Rural Transit System: There is a rural transit system on the drawing board for the Awo Mberi Kingdom. It is just waiting for the proper moment to initiate.



### III. Cameroon “The Garden of Eden”

1. Cameroon – The Alpha Club Micro Credit and Diabetes Microbusiness Incubator: This Limbe inner city NGO provides a great platform for all of our programs. We have a good relationship with them and they will be co-hosting our Diabetes Seminar in December. In 2012, the Alpha Club established the high tec sewing cooperative for women with Diabetes. This sewing establishment also provided education and training regarding the prevention and curing of Diabetes the natural way. It also provided an opportunity for diabetic women to have a job and make a living selling the clothes they make.





2. Limbe Diabetes Association: This NGO has an established program for Diabetes. One of the best I have seen for a smaller city. They are most eager to work with us in all aspects of our Diabetes programs.



3. Bambui Micro Credit Farming Loan Fund (Bambui, Cameroon): This is a fund we established, which has made remarkable strides in developing organic sustainable farming in that area especially among young farmers. They offer a great platform for a vegan farming program and recruitment base for the vegan farming project with the Tree of life.



4. The Bambui Water Cooperative Association: This program reaches to all the homes of Bambui with clean drinking water directly from the nearby mountains. The Water Association along with Bacuda provides a great platform for all aspects of our programs especially vegan sustainable farming. They are also located in part of the region known as the "Garden of Eden" for their agricultural production. Another advantage is that their Quarter Villages

have strong community organizations that give us complete access to the entire fonom. Plus the Fon (King) is most cooperative and supportive of our work.

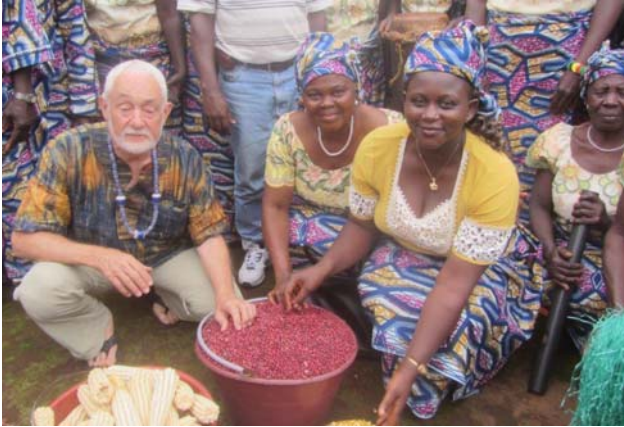


5. The University of Bamenda and its Agricultural College teaches over 5,000 students. They are one of our hosts for the Diabetes/Organic Seminar in December. This University offers credits for the vegan farming training. Also, interested in collaboration.





6. The Bambui Regional Agricultural Research Center located in Bambui: Does research on seeds and best planting training practices. Great opportunity for collaboration.



7. Limbe Botanical Gardens, Cameroon: This 150 acres garden site set up by the British and Germans during its colonial period remains viable today. It has been recognized as the place where most of the domesticated agricultural plants in Africa were developed. Presently, it is still a research center. Cultivates vast tea gardens and is a Botanical Garden show place for most all plant species grown in Africa including the Bush Mango. They are most interested in collaborating with us.





#### IV. Ethiopia

1. Holeta – Bate's Senior Nutrition Center is unique opportunity to provide feeding, education, and treatment for rural senior Diabetics. Bate was well trained by the Tree of Life and stands ready to take the program to the next level.



2. WALDEF Foundation Biosphere in Awassa is thriving on its mission to save the environment and training the public and youth in conservation programs. Also, desires to develop herbs in forest environment. Has access to large organic farm tract of land for us to develop.



3. Omo Valley: The inhabitants of this region known as one of the 'wildest' places left in Africa. It is wide open for use to develop specific nutrition and organic farming projects among this vulnerable population.



4. Ethrian Refugee Camp: Women's Micro Business and Youth Job Training program area priority there.



## V. Mexico

1. FAISON: Jorje Valenzuela's project serving rural and indigenous populations of Southern Sonora. Features many of the efforts we have in organic gardening including Moringa production as herb supplement. Nearby Alamos is the site of a nutrition and guest house for families traveling from the rural areas for health and nutrition services. This facility offers us a unique platform for our services in a rural context. Alamos is a regional commercial and health center. FAISON and ourselves can collaborate in developing models for the region of Sonora.
2. El Reino de Los Niños in Imuris, Sonora: This orphanage serves 120 children daily with nutrition services. The orphanage entire facility including the girl's dormitory was renovated by the Tree and PPEP. It features a small garden and sprout house. Famous for its kitchen aprons sewed by the orphans as a

fund raisers. The meals are open to the surrounding neighborhood children. To date 5 college scholarships have been made. This is a model project to be replicated elsewhere. This project is located in northern Sonora region.



3. Chiapas Women's Outreach Program: Located in San Cristobal de las Casas in Southern Mexico gives us outreach to all the surrounding villages. Many of the people served are direct descendants of the Mayas. It now mirrors many of programs of the Tree with seminars and retreats. Don Lauro is also a Mayan Priest /Tibetan Holyman. This NGO would be a great opportunity for collaboration and sharing of information and programs.



4. Tucson Mexico Trade Sister Cities Program: PPEP & PMHDC are members of this across border trade association. We feel our participation enhances



the border trade that favorably affects the PMHDC-PPEP microloan and business development efforts.



5. Vehicle Donations: The PPEP vehicle donation program provides used vehicles retired from its fleet to human service nonprofits abroad. Most of the vehicles have gone to nearby Mexico with two being shipped by boat to Ghana. Most of the vehicles going to Mexico are handicapped equipped and are donated to handicapped or elderly service providers. The one pictured was donated to the Bomberos de Hermosillo.

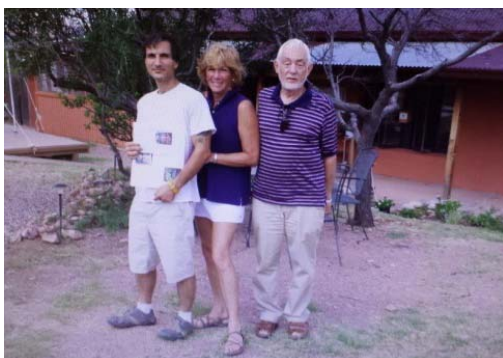


#### VI. J1 – Foreign Exchange Program:

The J1 is a State Department sanctioned program for the purpose of bringing foreigners into the United States for training and internship with non-profit organizations. Presently in cooperation with the Tree of Life Rejuvenation Center in Patagonia and PMHDC we are processing three Cameroonian applicants for a vegan farming and microbusiness development training for up to one year.

### VII. Humanitarian/Eco-Tourism:

This project is to create humanitarian opportunities for professionals to spend their holidays abroad sharing their talents and technical assistance. They will be able to choose from a variety of projects within the WARES countries in Africa and Mexico. The Ministry of Tourism is on board with this concept for Ghana. This is how I started coming to Africa in 2008 and I am still coming. Also, we have Paul Mamakos, a raw food trainee from the Tree of Life will spend 2½ months in Cameroon.



### VIII. Scholarship, Seed Fund Programs:

Since 2010, we have been providing school scholarships to deserving students ranging from Junior High to College levels of instruction. Also, we have been giving small seed fund grants directly to microbusinesses for startup and expansion. Technical Assistance is provided as warranted.



### IX. School Renovation Grants:

Since 2009 we have provided small grants for renovations of schools, setting up feeding programs, supporting cultural dance classes, and nutrition education. Dilapidated elementary schools needing major renovations who have been assisted include:

1. John David Arnold Academy for Success: Owerri, Nigeria



2. Street School: Accra, Ghana
3. New Baika – Omaboyo Campus: Ghana
4. John David Arnold Academy for Success: Old Baika, Ghana
5. Orphanage (whiteboards): Sagakope, Ghana

- X. Deforestation in the Volta Region: Scientists say “most vulnerable tree cutting region in the world. In ten years there will be no longer a rainforest there.”

While in Old Baika this July, I witnessed firsthand illegal tree cutters in action. In just a few hours they decimated an area behind my house. Among the many tree casualties was five two hundred year old silk trees. Their sacrifice caused a national outcry and tight regulations on tree cutting along with fines and being banned from certain areas. My entire report including TV3 interview and a photo album and text report can be seen on our website including [WWW.GHANAOLDBAIKA.ORG](http://WWW.GHANAOLDBAIKA.ORG).



- XI. There is a 14K Marathon from Teteman to Old Baika held each December “To Save the Last Tree.”





I. Scholarships, Business, School provided by PPEP – Fly Like an Eagle Trust

1. Ghana

- i. Accra: School (5), and business (2)
- ii. Ho: Business (1)
- iii. Old Baika: School (1) and Business (1)
- iv. Kumasi: Business (2)

2. Cameroon

- i. Limbe: School (1)
- ii. Bambui: School (5) and Business (1)

3. Nigeria

- i. Nigeria: School (1)

4. Ethiopia

- i. Ethiopia: School (1)

Total: 21

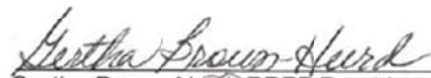
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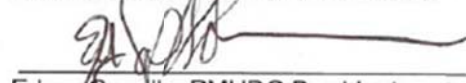
The Undersigned Certify They Have Read, and Accepted the Document Entitled:

"PPEP INTERNATIONAL REPORT"

Submitted by:

John David Arnold, PhD

  
Gertha Brown-Hurd, PPEP President

  
Edgar Granillo, PMHDC President

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