

CAMBRIS

Cameroon British Soldiers Association



Race and Racism in the Military



Race sensitive comments are sometimes made under the cover of "banter", unfortunately, some people may never grow out of such labels, damaging their career and promotion prospects...

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A Cameroonian Woman in the British Army



As a Cameroonian woman in the British Army, a mother, an Army wife, 'Mbele Kaki', whatever angle you look at me, the flexibility of service life and the fair and inclusive culture in the British military make it possible for all these descriptions to align perfectly and I love who I have become

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A LETTER FROM THE PRESIDENT

Dear readers,

It is with great joy that I welcome you to the first edition of CAMBRIS Magazine and I hope you will enjoy reading through the variety of articles we have put together for you. The objective of this magazine is to share our experiences in the British Military, inform the public of the many community activities we carry out annually and to encourage and support all those from African descent, particularly from Cameroon, who plan to make a career in the British Military.

Formed on 30th August 2014 in Germany, the Cameroon British Soldiers Association (CAMBRIS) is a non-profit, non-governmental, non-denominational, apolitical group of serving and ex-serving soldiers and military professionals from all the tri-services in Her Majesty's Armed Forces from Cameroon. Despite this, one of our founding members is from Nigeria because CAMBRIS is not bound by geographical borders. The empowerment of youths through education is at the forefront of CAMBRIS' commitment to local communities in Cameroon and elsewhere.

In the words of Michael Jordan, 'Talent wins games but teamwork wins championships'. It was for this reason that CAMBRIS members decided to come together so as to be able to walk far as a group than fast as individuals. As a group, we provide each other with a support network and assist new Cameroonian recruits into the British military to understand the realities and challenges of the job, demystify common myths and support members who are transitioning back to civilian life. Amongst our ranks, we have; Royal Air Force Officers, Military Nurses, Military Administrators, Military Police, Logistics Specialists, Engineers, Artillery Operators and of course Infantry Soldiers.

In this edition, we have served you a variety of interesting articles, touching on personal experiences from members who have served on overseas missions, at the war front, and dissect into what it takes to be a mother, wife and soldier at the same time. This edition also highlights our charitable initiatives within the UK and in Cameroon and the impact of these activities on the community.

I'll also use this opportunity to thank the sponsors of this maiden edition of the CAMBRIS Magazine. Even

though we are new in this arena, you bestowed your trust on us. We hope our readers will support your enterprise and together we can grow as a community

Furthermore, I wish to thank the editorial team that has worked tirelessly to come up with this first edition of the Annual CAMBRIS Magazine. The experience has been invaluable.

Finally, our biggest gratitude goes to our supporters and well-wishers around the world especially in the United Kingdom. We could not have been here without your continuous support. We hope you'll continue on this journey with us and share your feedback to enable us grow and increase our reach.

Eugene Abonge.

President





A CAMEROONIAN WOMAN IN THE BRITISH ARMY

Yvette Berka

A Cameroonian, a woman, mother, wife, sister, British soldier... These are all descriptions that fit me and define who I am. As a Cameroonian with a family, integrating and working in the British military has been a smooth journey. The multicultural environment and ethics enable me to work with people who understand my differences and embrace my contribution at my job.

I joined the British Army with no consideration for family life. I was single,

strong and ambitious. Seven years down the line, I am a mother of two and a wife. As a Cameroonian woman, mother, sister and wife, my values as a family person come to a melting pot with those of the Army. As a Supply Specialist, I put my peers and work before my needs, something I am familiar with when it comes to family life. Love, selfless commitment, integrity, moral courage, discipline, respect for my kids and husband, are all values in service that I identify with as a Cameroonian woman.

Flexible Work-life balance and benefits for families

Unlike what some people think, the British military offers a job with ample consideration for family life. As a soldier, my chain of command adopts a 'Person-Centred' leadership style and tries to make service life suitable for service women like myself. I have an option to adopt flexible working hours to integrate school runs. I have the option to take six months fully paid maternity leave, a further 3 months on 80% pay when I have a baby. The childcare voucher scheme, which is available to parents in the military, goes a long way to make family life even more compatible with service. There is equally a big Cameroonian community in the British military with a strong support network for issues like childcare, disputes, childbirth, christening, birthdays, deployments and so on. It is especially important for me as a mother to know that I can send my children to boarding school through the Continuity of Education Allowance (CEA) scheme.

A cultural melting pot for diversity and inclusion

The service has most importantly made me a healthier Cameroonian wife and mother. I am very conscious of my fitness and wellbeing. Consequently, I always go out running, tabbing, playing netball or basketball. My husband loves that too as I can be a mother and wife and still be physically and psychologically fit. Service life has increased my knowledge of various cultures around the world. I have colleagues from Fiji, Ghana, Nigeria, Nepal, Ireland, Scotland, just to name a few. All these groups make up one big family providing a wider

multicultural support. The Army Welfare setup organises annual cultural events; where families are invited to come around and enjoy entertainment and food from different cultures.



As a Cameroonian woman in the British military, a mother, an Army wife, 'Mbele Kaki', whatever angle you look at me, the flexibility of service life and the fair and inclusive culture in the British military make it possible for all these descriptions to align perfectly and I love who I have become.





COMMAND LEADERSHIP AND MANAGEMENT IN THE MILITARY

Flight Lieutenant (Flt Lt) Bernice Dzekashu

Command, Leadership and Management are known in the military as the 'Officer's Trinity' and are interlinked, making it difficult for a leader to exclude one in the process of exercising their duty. It is important to understand that these three aspects have their differences. For example, Command requires the exercise of both leadership and management, each complementing the other; while Leadership is about taking people with you as you manage them to achieve the desired output. Below is a detailed explanation of the trio in military terms:

Command can be described as the authority vested in an individual of the Armed Forces, which enables them to give orders with the purpose of achieving a particular outcome. Command has a legal and constitutional status as it is vested in a commander by an individual of higher rank/status, and gives them direction (usually in the form of a mission) that assigns forces to them, to accomplish that mission. As an officer in the military, the Queen's Commission vests command in you as stipulated on the commissioning scroll.

Leadership is visionary; it is the projection of personality and character to inspire people to achieve the desired outcome. There is no single prescription for leadership and no prescribed style of a leader. It is a combination of example, persuasion and compulsion dependent on the situation. The two most common approaches of leadership are Transactional and Transformational. While transactional leaders are influential because it is in the best interest of their subordinates to do what the leader wants, Transformational leaders engage with others and create a connection that raises the level of motivation and morality in both the leader and the follower.

Management is defined as the allocation and control of resources to achieve the goals and objectives of an organisation. Management can be likened to swimming; it cannot be learned just by reading. It takes a lot of practice to find the style that best fits, bearing in mind that no two individuals can be managed the same way.



Growing up, I was always for the argument that leaders are born, not made. This is true to an extent as there is always that personality aspect which makes some people a natural leader. However, there's so much



more to being a leader than having a natural personality for it, as I have learned since becoming an officer of the Royal Airforce and assuming a leadership role. Being one of the handful of officers of Cameroonian origin, there has always been that lack of role model to look up to or emulate. So I have had to keep reinventing my Command, Leadership and Management styles to show case my culture and personality. This hasn't always been easy, as sometimes people struggle to understand where you are coming from. However, I never stop trying to educate and orientate others; after all, effective communication is always the backbone of every individual and organisation.

As a team, CAMBRIS prides itself as one of the leading organisations in the Cameroonian community here in the UK and back home. Our leaders, being serving and ex-serving military personnel, incorporate Adair's 3 circle model of Task, Team and Individual to carry out their responsibilities. We strive to lead by example and promote a culture where everyone can dream of becoming a leader someday and accord them the opportunity when it presents itself.

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ABOUT KISI'S

KISI's (KS), is a multifaceted, international Afro-inspired fashion and beauty brand, with headquarters in the United Kingdom, influencing fashion across the globe. KS has been operating since 2016, and has tremendously influenced the fashion industry with our unique and incredible wears, and designs overtime, making us a number one African trendsetter in the fashion and beauty market.

KS as a company is structured into sub companies: KS Events, KS beauty and KS Fashion. With each, playing a specific role, though interrelated, making it a one stop shop for beauty, fashion and event management. We are reputed for first class customer service, simplicity and unplayable customer satisfaction, which is second to none. One of our company's goal is to design the consumer's feelings. Our confidence and assurance to our clients is that our products/services cannot be got anywhere else, at least not the same!



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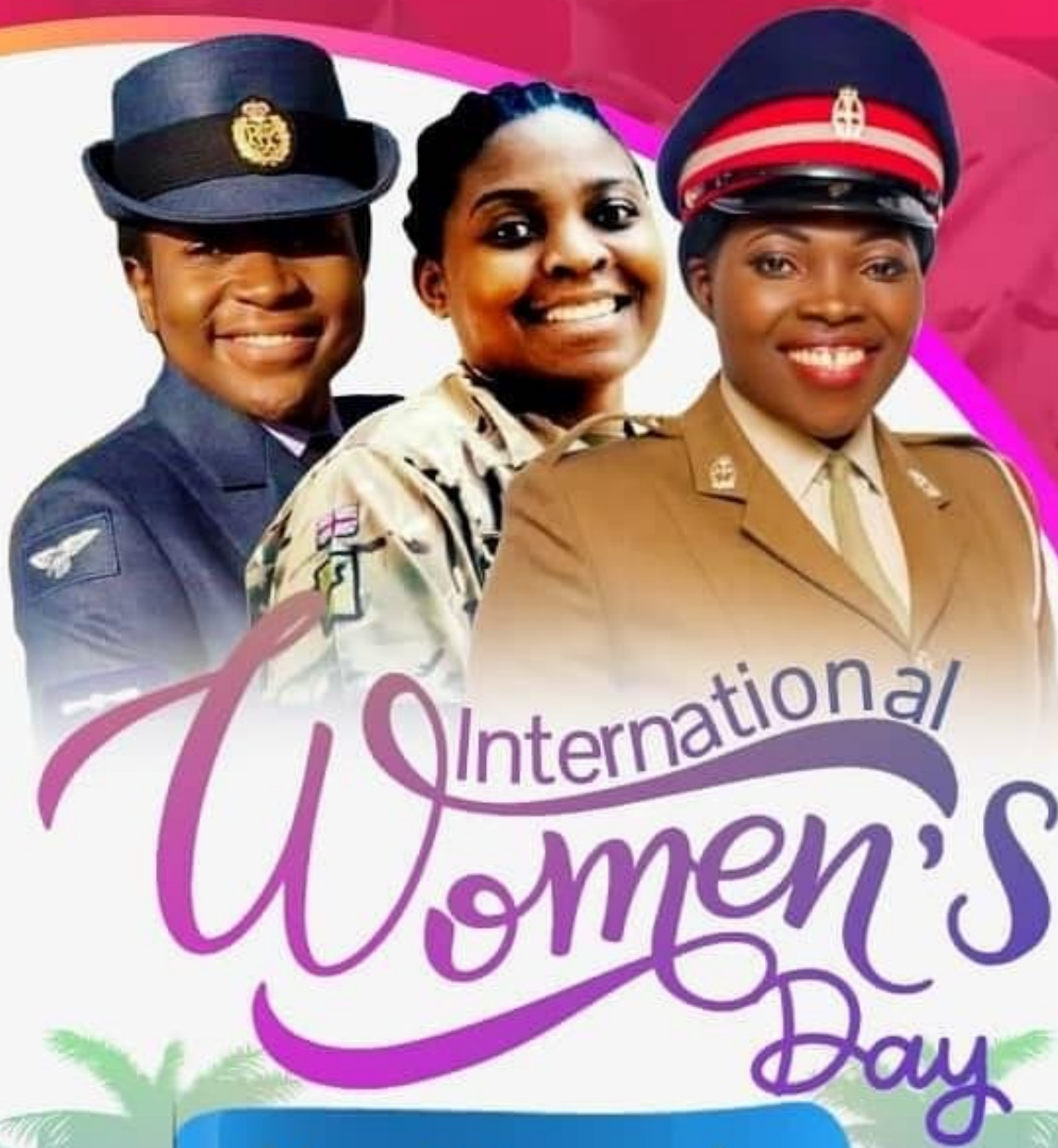
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'CAMBRIS celebrates these 3 formidable women this day'



Mon 8th March

 **CAMBRIS**
Cameroon British Soldiers Association



AT THE FOREFRONT OF CARVING OUT A NICHE IN THE UK:

LAUNCHING CAMBRIS

Eugene Abonge



Where it all began

On 30th of August 2014 at Gutersloh, Germany, a group of British soldiers from Cameroon serving in Germany at the time organised a gala involving friends, families and well-wishers. Thinking back, there was no particular reason for this free for all celebration. Maybe it was just a celebration of comradeship or what we have today as CAMBRIS without the structures. It was a hugely successful event and got us thinking about the benefits of togetherness. Unfortunately for us, British military presence in Germany was coming to an end. Most members returned to the UK in the following months and years.

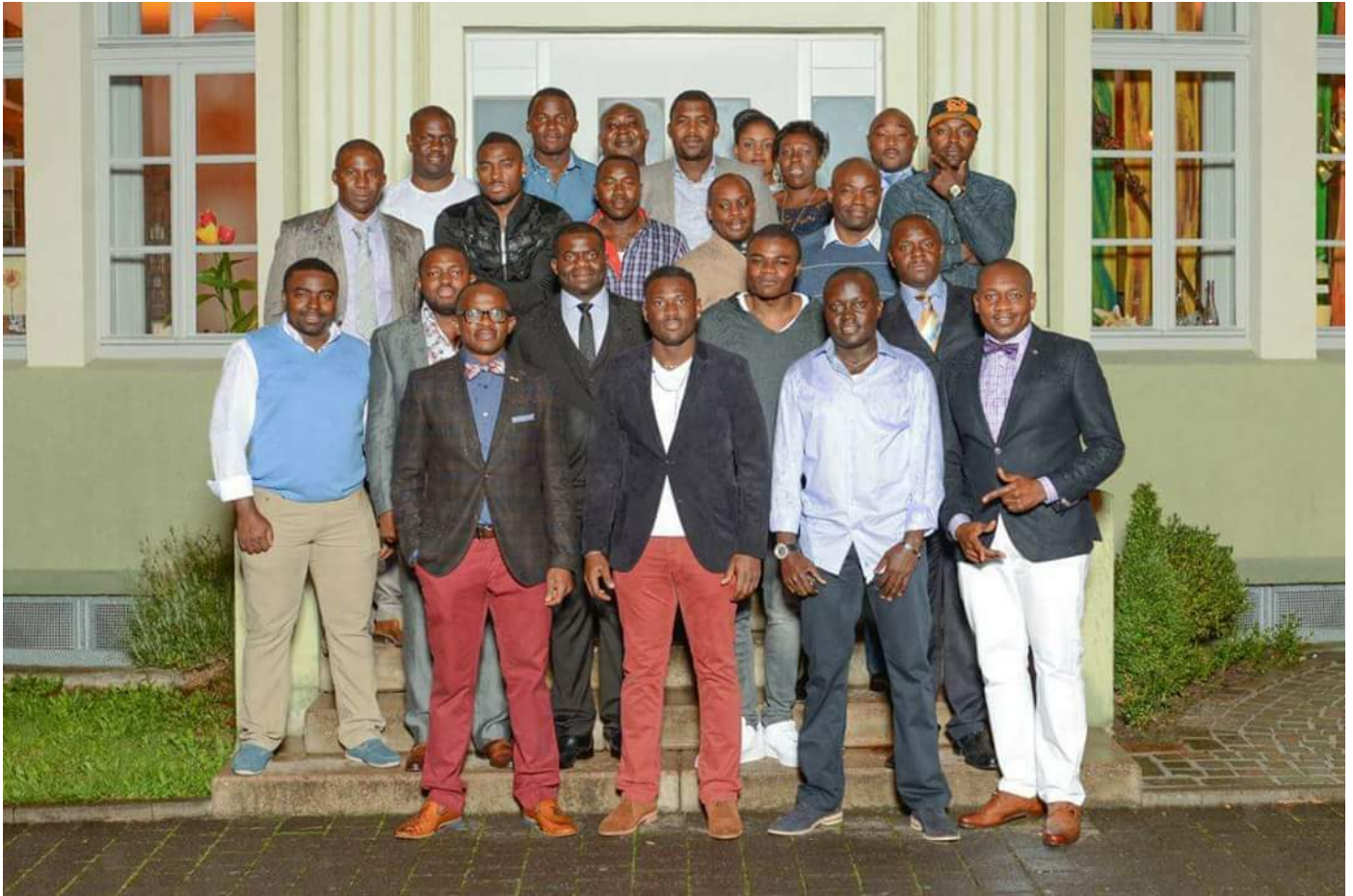
On 5th of November 2016 in Derby, some of the boys and girls from Germany reunited in the peripheries of a family event and decided to push the CAMBRIS enterprise from Gutersloh forward. This time in a structured manner with bylaws and leadership. In April 2017 at Northampton, the interim leadership led by me (Eugene Abonge) was put in place. The first constitution of CAMBRIS was drawn up in the following months and was adopted in September 2017. In 2019, in order to inform our community about the work we do and to celebrate our recent successes, CAMBRIS organised a Grand Launching on August 17, 2019.

CAMBRIS Day 2019

Organising an event is never an easy task, especially when expecting 500 guests from 8 different countries, entertainment acts from around the world and 25 different ideas from members on how to go about with the event. We created committees to cater for all

believed in us and the curiosity of others brought a capacity crowd on the day.

No words can describe the experience of that day. The venue at Allesley Hotel, Coventry was decorated sophisticatedly to suit the celebration. We started with a



Gutersloh, Germany - August 2014

sections of the event with members put to task. We envisaged a final product and did everything we could to get to that outcome. One thing was clear; the event was not structured to prioritise profit making. It only came as a byproduct of a very successful gala. This was particularly important because it set the parameters for operation, to maximise the CAMBRIS message whilst optimising the levels of entertainment on offer. We were new on the party arena, had to justify everything on offer; from the venue, food, entertainment, dress code, start time, all the way to the £40 ticket prices. Thankfully, we had people who genuinely

military-style parade at 21:00 hours presided over by the president of CAMBRIS. A VIP guest by name Major A. Asong (the most senior personnel by rank in the British military from Cameroon) inspected the parade. So much fun and fanfare created by the magnificent DJ Skeeper from Texas USA, MC Charlene from Norway, Shaz a superstar artist in the UK, DJ Le beau and DJ Ronaldinho. The guests were all elegantly dressed and complemented the white tuxedo jackets and black trousers worn by CAMBRIS members. It was a classy night to remember, reminiscing elements of a royal banquet.

For most people, without exaggeration, it was the best event they have ever attended and certainly here in the UK.

The CAMBRIS' message was well received and guests' reviews at the end told the full story. This was the day CAMBRIS was

officially introduced to the outside world. It marked a turning point to the way the organisation was perceived and more importantly, won over many new supporters. The CAMBRIS annual gala is now a major annual event during the summer months in the calendar of many.



CAMBRIS Sensitisation and Fund-Raising BBQ - RAF Benson



Oliver Foudjuo

'AFRO TAKE-OVER' BBQ

As a minority community in the military, CAMBRIS prides itself with living by the Core Values and Standards of the Tri-Services (Army, Royal Air Force and Navy). Likewise, CAMBRIS places utmost importance to sensitising and educating work colleagues about the Cameroonian heritage vis-à-vis the aims and objectives of the organisation. The CAMBRIS Benson sensitisation BBQ Fundraising event took place under the theme 'AFRO TAKE-OVER' on 21 August 2019. It was an occasion for CAMBRIS to showcase the culture, history, talent and food varieties of Cameroon whilst raising funds for a good cause..

PROMOTING DIVERSITY AND INCLUSION FOR A GOOD CAUSE

I volunteered on this venture to educate my work colleagues about my heritage in association with CAMBRIS and to enhance diversity and inclusion in the workplace. The possibility of raising funds for a good cause was the icing on the cake. It was less than a week after a successful CAMBRIS launching Gala at Allesley Hotel, Coventry. With the support of my family, all efforts were directed towards making the event a success. Working in a Joint military context (Army and Royal Air Force) at Joint Helicopter Support Squadron (JHSS) in RAF Benson, I saw this as a unique opportunity to put CAMBRIS in the limelight, certainly within my workplace and the wider Army and Royal Air Force community.

A TASTE OF CAMEROONIAN RECIPE

It was a bright and sunny midweek summer afternoon. JHSS personnel had the afternoon off work purposely to partake in the CAMBRIS cultural day and BBQ fund-raising. The president of CAMBRIS, Eugene Abonge attended on behalf of the organisation. On the eve of the event, Mrs Foudjuo marinated the various “obstacles” (Chicken, beef, pork ribs etc) in a typical Cameroonian fashion to maximise the aroma and bring out all the core Cameroonian flavours. At 14:30 hours, grilled meat and chicken were in continuous supply, accompanied by Cameroonian styled jollof rice, specially prepared for the occasion. The full cost of the ‘AFRO TAKE-OVER’ BBQ was generously paid for by JHSS Squadron Funds as directed by the Officer Commanding of JHSS - Major Emit Andrews RLC. In return, attendees made voluntary contributions to CAMBRIS in support of underprivileged children in Cameroon. .



MISSION ACCOMPLISHED

By the end of the event, everyone present had eaten to their fill. Colleagues were enlightened on the rich Cameroonian culture, fondly referred to as ‘Africa in miniature,’ and delicious cuisine. More importantly, colleagues became aware of the charitable work of CAMBRIS. A total of £186,36 was generously donated by members of JHSS. The reviews were incredibly positive with many colleagues requesting more of such events.



MILITARY ADVENTUROUS TRAINING

Malise Bih and Atabong Agendia

Adventurous Training (AT) is an essential element of formal military training, which supports the values and standards of the British Armed Forces. The aim of Adventurous Training in the military is to promote the conduct of arduous outdoor activities with exposure to hardship and danger in order to develop leadership, teamwork and other qualities required to

improve operational effectiveness. The military participates in a broad range of outdoor activities, which include canoeing/kayaking, caving, freefall parachuting, mountaineering, gliding, mountain biking, offshore sailing, paragliding, skiing, sub-aqua diving to name a few.

These opportunities are available for everyone to pursue to the highest levels of professional proficiency up to elite levels and even the Olympics.

Most CAMBRIS members have had the opportunity to participate in almost all the said activities. This has made a great impact in our lives considering that we come from a cultural background whereby, we are often consumed by personal and family commitments and do not often create time for such daring and fun activities. Most if not all of us started from beginner level due to the lack of exposure and availability of activities such as skiing as there is no snow in Cameroon. Most of the AT activities are physically demanding but overly exciting and relevant for team building. For instance, participating in Nordic skiing will take a month of training in Norway to represent a regimental team in competition. Adventurous training puts individuals under controlled exposure to risk to develop leadership, teamwork, physical stamina, moral and physical courage, amongst other personal attributes. All these are vital skills required to improve operational effectiveness.



AN EXPERIENCE OF A LIFETIME



"I can only state here that there were good days and not so good days on operational deployment in Afghanistan. I gained a lot of military and life experiences during my first tour of Afghanistan that will forever remain valuable."



LIFE AT THE BATTLEFRONT

Atabong Agendia

I joined the British Army in 2005 as a Logistic Driver in the Royal Logistics Corps (RLC). My 1st posting was with 13 Air Assault Support Regiment. The name Air Assault means airborne infantry. 13 Air Assault Support Regiment provides logistical support to paratroopers of 7 Parachute Regiment, Royal Horse Artillery. As a result, we trained as hard and sometimes harder to maintain the fitness of airborne infantry. In layman's terms, logistics soldiers ensure frontline troops get what they want/need, in the right quantity/quality, in the right place and at the right time.

Prior to joining the Army, I came to the UK as a student from Cameroon who had never in his wildest dreams thought about the thrill of warfare. Mid 2000s was the peak of the Afghanistan and Iraq wars. Most Cameroonian civilians in the diaspora did not understand when we say going to war was not a big deal. There were many scary stories, not least the daily media reports of multiple deaths and injuries. I was drafted for my 1st opportunity to go on

operational deployment in Afghanistan in 2008. Due to my drive, maturity and robustness, I was attached to one of the elite regiments of the Army; 7 Parachute Regiment, Royal Horse Artillery. There, I experienced first-hand combat experience.

As a logistician on operation, our role predominantly is to deliver food, water and most importantly ammunition for the fight with the enemy and the wellbeing of soldiers. Whilst in Afghanistan, we had to make road trips, foot and vehicle patrols and fought side by side with paratroopers. During warfare, every member of the team is as valuable as the other and diversity is a key strength. Being a Cameroonian was not an issue at the frontline; I was well trained and valued for what I brought to the fight. Most of the supply runs we made were from one Forward Operating Base (FOB) to another, with vehicle patrols and heavy surveillance.

The journeys were often very long, lasting several hours, due to the constant stops to check for suspected Improvised Explosive Devices (IEDs) and the road conditions were deplorable. IEDs were the main threat with devastating consequences, likely loss of limb(s) and sadly, even death. As a logistician on operation, our role predominantly is to deliver food, water and most importantly ammunition for the fight with the enemy and the wellbeing of soldiers. Whilst in Afghanistan, we had to make road trips, foot and vehicle patrols and fought side by side with paratroopers. During warfare, every member of the team is as valuable as the other and diversity is a key strength. Being a Cameroonian was not an issue at the frontline; I was well trained and valued for what I brought to the fight. Most of the supply runs we made were from one Forward Operating Base (FOB) to another, with vehicle patrols and heavy surveillance. The journeys were often very long, lasting several hours, due to the constant stops to check for suspected Improvised Explosive Devices (IEDs) and the road conditions were deplorable. IEDs were the main threat with devastating consequences, likely loss of limb(s) and sadly, even death.

War is a matter of life or death and there is no relaxation on operation tours. When we return to the Forward Operating Base, foot patrols were often conducted to keep the villages and surrounding areas safe from the enemy (Taliban). Foot patrols are almost the same as vehicle patrols apart from the fact that it is done on foot. Night or day, rain or shine the job must be done.

We spent 3 months going out on patrol at least 4 times a week. A patrol group is made up of 8 to 10 soldiers who operate in 2 to 3 patrol sections. The equipment we carry on patrol is shared amongst the soldiers in the section. It includes; Electronic Counter Measure (ECM) devices, body armour, about 3 litres of water, a weapon system and specialist equipment for the mission. Altogether, each soldier can carry an extra weight of 30 to 35 kg not including their combat uniforms and boots. Depending on the task of the day, we always have a General-Purpose Machine Gun



(GPMG), the Vallone (metal detector) or any type of

ECM. In case we got attacked on patrol, which often happened, we would engage in a fire fight. All resources are employed at this stage to eliminate the enemy, including close combat support helicopters and even fast jets. It may sound fanciful, but we are talking about life or death with huge consequences.

I can only state here that there were good days and not so good days on operational deployment in

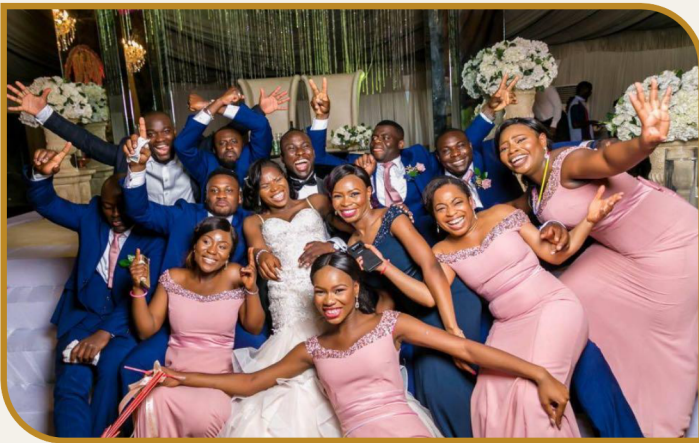


Afghanistan. I gained a lot of military and life experiences during my first tour of Afghanistan that I will forever remain valuable.

As Cameroonians, we rely very much on a close knit family unit. There is never a time this custom is more important than when on deployment in a war zone. The moral support from family is invaluable and in difficult days, could be the only thing which keeps one going. I was fortunate to have my lovely wife at the centre of my support bubble giving me all the support I needed to get the job done. This was a particularly poignant time for us as a family because my first son Jesse was born during my rest and recuperation period (2 weeks mid-tour to come back home for rest and recovery). No better time for this to happen as it became my main source of motivation during the second half of the deployment. On completion of an operational deployment, we earn a medal of recognition. I received one with a rosette which I am immensely proud of to signify my time on the ground as opposed to staying on the main base in Camp Bastion.

Since my first operational deployment to Afghanistan, I have done three more tours of Afghanistan. Each tour was unique in different ways even though the overall dynamics were more or less the same. As a member of CAMBRIS, I am the cool head who represents a father-figure with tonnes of operational experience. I help the younger soldiers with advice and coping mechanisms when they are away from their loved ones. A typical deployment could take a minimum of 6 or more months. These are very tough times for military personnel without the comforts of everyday life.

Feel the love



Anthony



Blessing

CAMBRIS

representation at a member's
wedding in Abuja, Nigeria





IN THE LINE OF DUTY: BECOMING A MILITARY NURSE

Bih Malise

I joined the British Army in May 2013 at a time when there were only 2 females from my country in the Army. This is probably stemming from the stereotype that the Army is for men. An average Cameroonian woman would not join the military for the simple fact that it is a man's job. I

however took the challenge with encouragement from other Cameroonians who were already serving. On day 1, I was told I would receive training in, field craft, skill at arms, fitness, qualities of a soldier, military knowledge, battlefield casualty drills, individual health, and education over a

period of 14 weeks. This sounded so impossible at the time and left me wondering if I was going to survive the 14 weeks. My time at Army Training Pirbright gave me a solid foundation to becoming a British Soldier. Throughout the process,

I learnt so much about my job, other people and more importantly about myself. I did things I thought I would never be able to do, made lifetime friends and above all received the Soldier's Soldier Award: an award given to the best trainee as voted by peers.

After the 14 weeks, I trained for further 6 months to become a Combat Medical Technician (CMT). My role as a CMT entailed delivering immediate first aid and help casualties until they reach special treatment units, provide medical training and health education to the Army, supply medical support on all kinds of operations and exercises and help with medical evacuation in hostile conditions. I worked in this role for two years during which I was deployed on exercises to Canada,



Poland, Germany and the United Kingdom as part of Health Outreach Clinic treatment teams. The psychological and physical demands, along with the extensive travel required, can make being a CMT very challenging.

Working on my career progression, the Army gave me the opportunity to train at the Defence School of Health Care Education to become



a nurse. During my time at university, I gained theoretical and practical knowledge to develop a range of key skills which have propelled me to become a leader who uses research-informed critical thinking to co-ordinate care, supervise other health professionals and gain confidence in the safe management of medication. I equally benefited from the University's state-of-the-art learning facilities and academic staff who were able to offer real insight into healthcare in a military setting. In my last six

months of placement training I volunteered to do an extended six months placement to support the NHS work force during the COVID-19 pandemic.

It was overwhelming and challenging but fulfilling and rewarding at the end. I have become a skilled, knowledgeable, emotionally intelligent nurse, able to lead and co-ordinate compassionate, evidence-based, person- and family-centred care while working as an integral member of interdisciplinary teams.

CAMBRIS is the extended family I have here in the UK. The experience of service as a woman, wife and mother put me in a better place to offer alternative perspective in the Exco ranks on how to stir the group forward. Within CAMBRIS, I am also the focal point for mentoring all Cameroonian girls who chose a career in the British military.

CAMBRIS: A Perfect Blend to My Military Career

Ernest Moffo is a Lance Corporal in the British Army, based at 7 Regiment Royal Logistics Corps (RLC) Kendrew Barracks, Cottesmore, United Kingdom. He joined the Army in November 2016, spent 14 weeks of basic military training at Army Training Regiment (ATR) Pirbright where, according to him, he **"discovered the best version of himself"**.

ATR Pirbright develops basic military skills, individual and team skills in a progressive manner, preparing recruits for their Initial Trade Training, where they learn the specific skills for their chosen Army trade.

He went on to attend phase 2 trade training at 25 Training Regiment Deepcut where he graduated as a Supply Logistics Specialist and was posted to 7 Regiment RLC. The highlights of his career so far are:

Part of Op RUMAN in the Caribbean. Supporting the British Military's relief effort during 2017 hurricane devastation in Barbados and neighbouring Islands.

Member of a thirteen-man team deployed to Maiduguri, North East Nigeria as a Liaison in Support of local forces fighting the insurgent group Boko Haram.

Part of 11 other troops from 7 Regiment RLC involved in COVID-19 mobile testing units around Cambridge in support of the Government's effort in the fight against COVID-19.

Deployed to Kenya for Adventurous Training (AT) exercise where he was involved in rock climbing for the first time, safari bike riding and river diving.

Ernest has so far enjoyed every moment of his 4-year Army career.

He found out about CAMBRIS through Sergeant Oliver Foudjuo, who invited him to the General Assembly meeting, and he was instantly thrilled by the selfless commitment and comradeship of members. He joined the group without hesitation straight after and has since not looked back. Recently married and enjoying service life.



CAMBRIS: The Perfect Platform to Achieve My Reality

Nana Gaspari joined the British army in 2000 and served in the Scott Guard as a rifleman for 5 years. He later left the regular service and re-joined 2 years later as a reserve regiment with the London Scottish Regiment. He spent 8 years with London's Scottish regiment and in 2016, he transferred to 106 Regiment 265 battery, supporting 16 Air Assault Brigade. As a service personnel, he has acquired several qualifications, including the Light Missile Launcher, and driving and signal

qualifications. When he is not carrying out military duties, he works for the NHS in Kent where he is based.

He first heard about CAMBRIS from a friend who had attended one of CAMBRIS' end of year parties and spoke so highly of the group. After doing some researched on social media, he became interested in their ideologies and values. It has always been his aim to be part of an association where people from the same professional and cultural backgrounds get together to discuss important issues and carryout developmental projects. "CAMBRIS came as the perfect platform to meet my goals, so it was only natural for me to ask in", he said. He is looking forward to

contributing solidly to building the ideas of the association to the best of his abilities..



OUR PROCESS

IN THE UNITED KINGDOM



IN CAMEROON



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Nelson Ayuk, Brunei 2020

A British Soldier on Overseas Assignment

Nelson Ayuk & Nzube Epie

The British Military has bases around the world which provide service personnel with the opportunity to travel worldwide, either on training, short tours or on a permanent assignment. Examples of such military bases are in; Germany, Canada, Italy, Belgium, Brunei, Belize, Falkland, UAE, Gibraltar, Cyprus, Nepal, Kenya and the list goes on. Serving overseas for many is one of the most exciting moments in their military careers. An opportunity

to experience different cultures, societies and ultimately travel the world. An overseas post will last a minimum of 2 years renewable.

Take the example of Germany, the entire western Europe (France, Belgium, Switzerland, Austria, Netherlands, Italy, Spain...) is at your fingertips and with tax free fuel (50% less market price), the incentives to travel are fascinating. In addition, most goods and services are purchased with no

VAT (20%), plus no road tax, no council tax, and a local overseas allowance (LOA) to mitigate any worries of living abroad. Travel back to the UK is also heavily subsidised or in some cases paid for entirely. For Cameroonian and all Foreign & Commonwealth soldiers, the "Get You Home" allowance could be used to pay for a single travel back to Cameroon or country of origin.

From a military perspective, the visit to historic sites and war

memorials like the Berlin Wall, British Military war graves, Ypres in Belgium, the French city of Nimes, the Somme and all WW1 and 2 battlefields gives a better understanding of the evolution of military doctrine and contemporary warfare.

Brunei is another overseas country where the British established a base as far back as 1906. A tiny Country in Southeast Asia roughly the size of Fako Division, South West Region of Cameroon. It is divided into four districts, Tutong, Belait, Maura and Temburong and surrounded by Malaysia. Renowned for the oil reserves and the Sultan who is one of the richest men in the world. Like in Africa, such riches do not reflect in the livelihood of most of the population. Serving in Brunei provides the opportunity to visit many countries in Southeast Asia; the likes of Malaysia, Singapore, Thailand, Bali-Indonesia, South Korea, Vietnam and as far as China, Japan, and Australia.

As Foreign and Commonwealth soldiers from Cameroon, the British military provides us the opportunity to travel the world. Many CAMBRIS members have had these experience. The military is the job of 'travelling experience' as one recruiting officer once said.



Terence Lah with French troops on a Joint NATO Exercise, France 2019

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A PERSONAL PERSPECTIVE



“Race sensitive comments are sometimes made under the cover of “banter”, unfortunately, some people may never grow out of such labels, damaging their career and promotion prospects...”



RACE AND RACISM IN THE MILITARY

Eugene Abonge

“When I speak up and say that not everything is about race some of my black friends and colleagues are dismayed. But I refuse to see things from a racial standpoint unless the situation is blatantly obvious and fortunately for me, that has never been the case”.

WHY IS THIS DO YOU THINK?

This is just my own personal experience – I’m not speaking for anyone else.

In the wake of the Black Lives Matter protests, many organisations have been reflecting on the culture of inclusion in their workplace and the British military is no different. I think these events have

presented a unique moment to discuss such issues.

We have come a long way based on stories from the old guard regarding outright racism.

Right from when I joined 12 years ago, it was stressed early on during initial training that any form of discrimination was a definite ‘No No’

Our instructors had been carefully selected and had no problems dealing with a diverse platoon given their wider experience in the Field Army.

The recruits sometimes were the problem and I could understand why – many had never experienced blacks at close quarters, let alone working and living with them, sometimes in cramped spaces.

The threat of dismissal probably forced them to adapt more quickly than would have otherwise been the case. Diversity and inclusion courses were also heavily embedded in the syllabus to help educate from the get-go.

Away from the training environment, in the wider Service, I believe the story is more complicated.

The British Military is often referred to as a demographic reflection of society, so too are some bad apples as the case in society.

Rooting them out is complicated because most discrimination is covert, carried out by few individuals and hard to prove.

The main problem in my opinion is unconscious bias. The low-level unconscious biases I have witnessed or heard about in my time are mostly to do with people making no effort to appreciate different accents, which sounds minor, but to the person on the receiving end is a clear demonstration of non-acceptance.

Others have had certain stereotypes ingrained in them – for example that black soldiers are “skivers”, less intelligent, quiet or loners. Some who hold rank are judged to a higher standard or considered not worthy of the rank without reasonable justification by their white counterparts.

Race sensitive comments are sometimes made under the cover of “banter”, but unfortunately, some people may never grow out of such labels, damaging their career and promotion prospects, leading to disenfranchisement. This results in an unhappy soldier with little career progression.

Some in the BAME community don’t trust the system to support them and fear the negative consequences of making a complaint.

Even when I mentioned *being interviewed for this article*, the reactions from some of my friends were telling. Some said it was the wrong thing to do, would lead to greater scrutiny or wished me luck for daring.

Nonetheless, it’s not all doom and gloom. As an organisation, the British Military has a robust system to stamp out outright racism and is far ahead of society in many respects.

However, more needs to be done to continue the fight against racial prejudices, both within the military and wider society.

As part of the solution, more



cultural events such as the Cameroon Cultural Awareness Day (CAMBRIS Festival), the Bula Festival (Organised by the Fijians) and BAME Network Sensitisation activities would help educate both sides and dismantle barriers. Commanders must not only strive to understand their people as it’s often the case, but also create the conditions for their people to appreciate each other more.

Networks like the BAME Network or the Cameroon British Soldiers Association (CAMBRIS) – are useful sources of information and should be encouraged and consulted.

I strongly discourage any of my BAME colleagues from seeing everything from a racial standpoint or hide behind racial prejudices for incompetence. However, they should be empowered to speak out without fear when discrimination raises its ugly head.

I also hope that one day soon, there will be more black role models in the upper echelons of the Service.

Above all though, embracing our differences is key – recognising we are different, not only by colour but also background, upbringing and heritage.

Enhancing our similarities has allowed us to thrive for decades, but once we also accept the next person is different and appreciate

their differences, these are small but important steps in the right direction.”

This is an excerpt from an interview originally done for the the British Forces Broadcasting Service (BFBS)



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CAMBRIS RUN FOR HEROES INITIATIVE

Carl Azaah

Background.

The outbreak of the Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2), commonly known as 'COVID-19', took the entire world by storm. The pandemic which led to unimaginable consequences, affected everyone, from every background and all walks of life. The Cameroon British Soldiers Association (CAMBRIS) like most organisations, had to adopt to the changing times.

CAMBRIS had the 1st of 5 scheduled General Assemble meeting of 2020 on March 14th, 2020, at Bulford Camp. The global pandemic had only just arrived the UK shores and the total death count was in single digits. At the time, the pandemic was deemed a manageable distraction and was barely mentioned during the meeting. CAMBRIS used the first meeting of the year to finalise the forecast of events for 2020 including apportioning resources and manpower towards activities. By the end of March, a week after the UK officially declared a national lockdown, it was abundantly clear the pandemic was going to cause significant changes to our way of life, with record deaths.

The UK in lockdown meant the entire nation was in survival mood with the NHS and key workers keeping the nation afloat. Supporting the NHS and key workers at the frontlines was the noble thing to do. By mid-April, a CAMBRIS Zoom Exco meeting was convened by the President to discuss

the changing times and CAMBRIS' response. It was decided amongst other things that:

CAMBRIS will bring forward segments of their annual project to help alleviate the effects of the pandemic on some vulnerable people in Cameroon.

CAMBRIS will set aside some funds to donate PPE and sanitary equipment to the Regional Hospital in Bamenda, Northwest region, Cameroon.

Through the *Run for Heroes* initiative, CAMBRIS will sponsor a 2-week challenge to; run, walk or cycle 5km, nominate 5 people and donate at least £5.0 for NHS charities via "*Run for Heroes*".

Even though the healthcare system in Cameroon was in a dire state, CAMBRIS in a small way wanted to appreciate the work of the NHS. The rational was simple; we, our friends and families benefit from a world class NHS, a far cry from what we have in Cameroon, hence it only made sense that we expressed our appreciation.

The CAMBRIS *Run for Heroes* initiative was approved at a General Assemble meeting a week after it was conceived and kicked off 2 days later. The goal was to raise £2000 within 2 weeks. To achieve this feat, it required 400 runners to donate £5.00 each and run 2000 km. Nothing of this nature had happened in the past where we could draw lessons from, and we were unsure about the success.



People from 6 other countries: Germany, Cyprus, Brunei, Canada, USA, and Belgium participated.

Some nominees participated multiple times to honour 3, 4 or even 5 nominations.

Some people were captivated by the initiative and did the challenge unprompted and even went ahead to nominate others.

Others who had never done a physical challenge, took the opportunity to partake in this.

NHS workers and CAMBRIS members working at the COVID-19 frontline participated in the challenge despite their very busy schedules.

The Challenge

Day 1 of the CAMBRIS Run for Heroes challenge as you would expect included mostly CAMBRIS members, followed by donations and nominations. By mid-week, it was very evident others were motivated to support the NHS in whatever capacity. The burst created was unimaginable and it felt exciting to be part of something worthwhile. Every runner inspired many and had a story. Some of the highlights were:

Mama Ngam at 68, walked 5 km, nominated 5 people, and contributed £50 towards this cause.

Elvis from Virginia USA, who had recently buried his daughter, daughter's aunt and lost his mum (in the mortuary at the time), still found time to participate.

The Vice President of CAMRIS (Malise) was challenged by her co-frontline colleagues at Queen Elizabeth Hospital, Birmingham to run 20 km to earn their donation. My world, Malise ran a very quick 20 km in 103 min. This feat was so inspiring that their initial donation of £100 was topped to £120.

At the end of the 2 weeks challenge, over £3500 was raised by 250 participants and others still honouring nominations beyond the CAMBRIS window for the initiative. Over 1500 km had been run by the participants

The Legacy

The successful CAMBRIS Run for Heroes initiative was down to many factors. It rekindled the advantages of physical activities and how it keeps the body strong, healthy and



improves mental health by decreasing symptoms of depression and anxiety. This was particularly relevant during the COVID-19 pandemic with the lockdown limiting physical activities and social interactions.

The CAMBRIS social media footprint increased massively due to people recognising how relevant CAMBRIS is as a group. There is always a degree of scepticism about Cameroonian groups and their motives. CAMBRIS had recently organised a very sophisticated launching party which could easily be construed as a group with a single agenda. Many people were impressed and decided to follow CAMBRIS on social media

sites. The goodwill was humbling with very inspiring stories. Questions were asked by some why the initiative was not geared at supporting the health service in Cameroon, considering its calamitous state. We acknowledge that fact but saw the need to give back to a system that has supported and continues to support our people without reservations. All systems will do with extra support. Furthermore, CAMBRIS recognised that the need at the time was higher in the UK, given its exceedingly high rates of COVID-19 infections and deaths. CAMBRIS has been praised by many, for being an organisation whose actions are based on principles and the need for impactful service, than

on emotional affiliations.



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COVID-19 EMERGENCY RESPONSE

Sallah Terence Lah

CAMBRIS Donates PPE to the BAMENDA REGIONAL HOSPITAL.

The acceleration of the Coronavirus (COVID-19) around the globe brought most modern healthcare systems to their knees. At the frontline, healthcare workers relied heavily on Personal Protective Equipment (PPE) for their survival, such as face masks, gloves, goggles, face shields, hand sanitizers, respirators, gowns to name a few. The situation was bound to be dire in most

developing countries like Cameroon with crippling healthcare facilities.

Like most organisations, CAMBRIS did not make provisions for a global pandemic in their annual budget. However, the exponential increase in COVID-19 cases in Cameroon was a call to action. Like Soldiers that we truly are, an innovative approach by CAMBRIS to deliver emergency

humanitarian assistance was voted by members.

The sum of half a million Francs CFA (approximately £700) was set aside to assist frontline workers with PPE at the Bamenda Regional Hospital. This emergency project, even though not pre-planned at the start of the year, went a long way to underpin the broad CAMBRIS 'Giving Back' mission.

This project was carefully planned and efficiently executed. Huge donations of boxes of face masks, gloves, goggles, face shields and hand sanitizers were donated to the regional hospital. With the help of a proxy on the ground and in close collaboration with the Regional Director of the hospital, the project was a resounding success. CAMBRIS by this act, once more rose above the challenges of the time to demonstrate the core values of the British military and of humanity.



RainMakers Entertainment is a company run by UK based Cameroonian entertainer, event's organiser, and promoter **Ted Franklyns**. The company was formed in 2019 but the idea has been running since 2012. The idea was born from his love and passion for music and entertainment, especially the Cameroonian entertainment scene.

RainMakers Entertainment relaunched in 2019 as a Limited Company with the vision of reigniting the passion Cameroonians in the United Kingdom have always had for showbiz, entertainment, music, and dance to rightfully reclaim our place as "Africa's Enjoyment Ministers". As a company, we have taken upon ourselves to deliver to the Cameroonian community here in the United Kingdom, the kind entertainment which is enjoyed back home. We realised that most Cameroonians do not travel home as much for various reasons, we also see that ingredients to our favourite dishes have now been made available in the UK, even the local beverages are also now sold around stores in the UK. The only thing missing in this cultural circle is our music.

RainMakers Entertainment is here to bridge this gap by working with Cameroonian diaspora artists to get their various sounds into the community by way of organising live shows for them to perform in as well as from time to time bringing A list artists from Cameroon to perform at various concerts and events around the United Kingdom and Europe.

Since the rebirth of RainMakers, we have organised various events and have supported other events in different capacities around the United Kingdom

To know more about us, visit:

Website: www.rainmakersents.co.uk

Facebook: [RainMakers Entertainment](https://www.facebook.com/RainMakersEntertainment)

Instagram: [@rainmakersents](https://www.instagram.com/rainmakersents)



COVID-19 humanitarian donations to Baffoussam Regional Hospital, West Region, Cameroon

SEPTEMBER 2020

COVID-19 PANDEMIC: A FRONTLINE EXPERIENCE

Malise Bih and Peter Ngomba

It's no news nowadays to talk about the panic and distress caused by COVID-19 as it hit all sectors of our economy, health systems and daily life. The pressure was compounded by more personal concerns: feelings of social isolation, coping with family and friends who were seriously ill or at-risk, and struggling to juggle childcare during school and work closures.

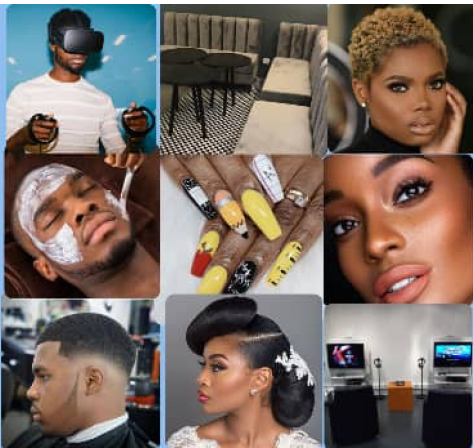
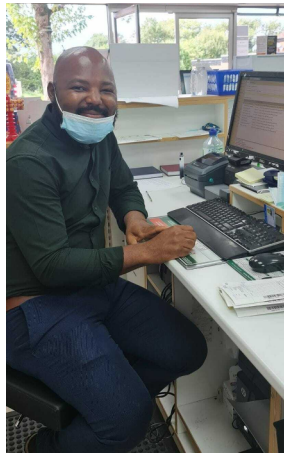
As frontline workers, we witnessed the death of many patients due to COVID-19, which was not only upsetting but scary too. While most families stayed indoors shielding from the virus, we spent 12 hours a day working for the National Health Service (NHS). It was a call for duty at the most challenging moment for the NHS. The pressure was even greater, bearing in mind we also have families whom we wanted to keep safe, and the thought of passing the virus to them was an

additional burden.

Aside from COVID-19, we also have a duty of care for other patients in the theatre, maternity/labour ward, oncology/chemotherapy or patients requiring a blood transfusion just to name a few. Watching people in pain and suffering without relatives to support them was very devastating and sometimes traumatic. It was mentally and physically draining; this was real and

not a drill. It was fundamental for everyone to follow and take medical advice seriously.

CAMBRIS members of the medical profession are proud of their contribution in the fight against this deadly pandemic. Moreso, the support from the rest of the group especially during the "CAMBRIS Run for Heroes" campaign to raise funds for NHS charities was a welcome and motivating gesture for us all.



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BE WHOEVER YOU WISH TO BE

Flight Lieutenant (Flt Lt) Bernice Dzekashu



Officers Graduation Ceremony, RAF Cranwell - May 2019

Originally from Cameroon in Central Africa, my life story has been a process of connecting dots which have led me to my chosen career. Growing up as a kid, my dream job was to work in a bank, because naively I thought I could get access to money any time. That idea was blown away after an internship at a local bank, which made me understand that just because you look after someone's money, does not automatically make it yours. I therefore switched

my attention and focus to becoming an accountant/ financial manager, thus registering with the Association of Chartered Certified Accountants (ACCA) to fulfil that dream. I completed the program at the London School of Business and Finance and then went on to study for an MBA in Financial Management at the University of Wales.

Upon graduation, I worked briefly

as an Account Assistant, which I enjoyed but was never fully satisfied. After a lot of research and contemplation, I decided to pursue a career in the Royal Air Force (RAF). I enlisted as an airman on 24 Feb 2016 and served for 2 years as an HR personnel before commissioning as an officer in the Personnel Support branch. Looking back and connecting the dots and sequences of events, it was one of the best decisions I ever made. The moment I was

commissioned, I stopped job hunting, and began learning new and exciting skills, ethics and morals required for progression.

As a serving personnel 4 years on and currently the only Cameroonian-born female officer across all three services, it has not been all romantic. I have faced challenges and hit stumbling blocks; I have had to say no to the good to become better. But most importantly, I have used every

adverse experience to push myself forward and become a better person. Nothing gives me more self-satisfaction and fulfilment than adding value to others' lives. Serving in the RAF has given me the opportunity to do just that, without compromising my own personal and moral values.

As a member of CAMBRIS in the officer cadre, I provide career advice and support to those in the junior ranks as well as mentorship

to those wishing to follow in my footsteps of becoming an officer.

I have a deep-rooted belief in the power of interdependency; the power to help and support others to become the best version of themselves. I am a proud wife, mother, keen sportswoman and I enjoy singing, and dancing. I aspire to become a motivational speaker someday to encourage others to not give up on their dreams.



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ARMY ENGINEER: IN BARRACKS & ON TOUR

Lionel Nguimgo

I am Lionel Nguimgo, a member of Her Majesty's (HM) Corps of Royal Engineers (RE). Since joining the British Army (BA) in 2008, I have completed multiple courses and have been deployed on several operations in the UK and overseas.

To become a member of the RE corps, I had to complete 3 separate training programs before getting attached to a field unit. After phase 1 training, I completed a 10 weeks Combat Engineers (specialist) course at Minley, during which I learned about: Minefield breach; Explosives handling; Military swimming aptitude; Bridge construction to name a few. The swimming experience was particularly challenging for me

because in Cameroon, I grew up in the highlands far away from the sea and the coastal regions. I didn't know how to swim and had never been comfortable in water. It took me 6 weeks of early morning daily practices, to eventually complete the compulsory swimming aptitude test. Upon completion of the specialist course, I was rewarded with a stable belt and the Corps' flashes, to confirm my membership to one of the biggest and prominent branches of the Army.

The last training, I went through before getting posted to a field unit, is the trade course, which determines my speciality and employability. Among a pool of trades ranging from bricklaying,

carpentry, plant operator all the way to land surveyor, I chose to be a Design Draughtsman. On a daily basis, I produce technical drawings that are used for construction works.

I have served in combat operations in Afghanistan and most recently for 6 months in South Sudan to support the UN mission. In South Sudan, we supported humanitarian workers and provided the foundation for a lasting peace in the country and the sub-region.

The Corps of Engineers encourages its soldiers to take up a sporting discipline and to participate in adventurous training.

As an engineer in the Royal Engineers, a lot is expected of us because of the vast training you received and we could do specialist courses like: Army Diver, Commando, Search Specialist and many more. I am available to guide new CAMBRIS members or any Cameroonian who is seeking a career with the Royal Engineers based on my experiences.



South Sudan, 2018

FACE TO FACE: AN INFANTRY SOLDIER

Nzube Epie

My 12 years of serving as an infantry soldier have been nothing short of the best years of my life. I began by spending about 7 months in Catterick, going through the basic infantry training before progressing to tactical training, after which I became an infantryman. Infantry is the heart of the British army known as frontline soldiers. Whilst with 1PWRR unit base in Germany, I served in Iraq and Afghanistan where I was station in FOB (Forward Operational Base). As frontline soldiers, we had to patrol FOB twice a day and sometimes came under heavy attack from the

enemy. There were often casualties, and our armour vehicles were hit by roadside bombs (IED).

Over the years, I have had the opportunity to travel to so many countries for exercise, including Canada, Kenya, Jordan, Romania, Latvia, Bulgaria, Greece, Falkland, UAE, Belize just to name a few. I also worked with troops from several other nations such as America, Germany and France. My ability to speak both fluent French and English languages due to my Cameroonian heritage has gained me some exciting interpreter roles throughout my career which have

been very valuable to my units.



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PUBLIC DUTIES

Delude Tsasse

I have had the privilege to represent 27 Regiment, Royal Logistics Corps on Public Duties from April – July 2021. It was a great opportunity and a proud moment for me to represent the Corps at such an early stage in my career, less than 2 year after completing training. Public duties have a huge ceremonial and historic significance and involve extensive preparation with endless drill practice, ironing, and boot bulling. It is daunting but hugely rewarding and will forever shape me in all respect especially by enhancing my Military Core Values.

I had the opportunity to serve in places such as; St James' Palace and the Tower of London, providing security for the Crown Jewels. The best moments of my experience in the Tower of London was the extraordinary privilege of taking part

in the Ceremony of The Keys. The ceremony, which dates back 700 years, has several roles such as the stairs party, the escort, lantern carrier, and a robust challenger. This unique Ceremony of The Keys remains a hugely important part of the heritage of the Tower and the British Monarchy. Since the 14th Century, it has happened every night without fail.

Public duties experiences helped build my leadership skills, confidence, and broaden my knowledge in history. It was an honour serving and protecting the Royal family and I can say I am a proud ambassador for the Corps, the Army and CAMBRIS. My elated family and friends were able to see me shine in my No1 dress and equally proud of my involvement. I encourage every young soldier to



grasp the opportunity to serve in this capacity should it ever present itself.



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REACHING OUT TO THE NEEDY

CAMBRIS DONATES FOODSTUFF TO THE PHYSICALLY DISABLED IN BAMENDA

Oliver C Foudjuo

As part of the wider 'Giving Back Initiative' enshrined in the constitution, CAMBRIS strives to undertake yearly local community projects in Cameroon or elsewhere as the need arises. During the final General Assembly meeting of 2019, members highlighted the need to provide basic food supplies to the underprivileged. A budget of 1 million Franc CFA (approx. £1400) was voted. It was under this premise that a centre for the physically disabled - Special Needs Entrepreneur Group Multi-Purpose Centre Bamenda was selected.

Rev Sister Eveline Bi Ambe, a Catholic Sister from the congregation of St. Ann, Bamenda Arch Diocese was the CAMBRIS facilitator on the ground. CAMBRIS established clear



supplies. On May 15, 2020, the stage was set for a flawless execution of the project, designed to meet precise standards demanded by CAMBRIS. As a result, CAMBRIS was able to donate bags of rice and salt, cartons of Maggi cubes, tomato paste, cooking oil and cartons of washing soap to 105 people with physical impairments.



The response from the recipients was overwhelming. Their testimonies went a long way to reinforce the CAMBRIS ethos. Ultimately, CAMBRIS through her signature **'GIVING BACK INITIATIVE'** had positively impacted on the lives of the neediest within the environs of Bamenda, Cameroon.

achievable objectives from the onset to optimise the use of available resources. Sr. Eveline skilfully developed a wide-ranging action plan for the distribution of the food

SUPPORT TO THE SALISBURY TRUST FOR THE HOMELESS

Anthony Akhimien

Ralph Waldo Emerson once said, “The purpose of life is to be useful, to be honourable, to be compassionate, and to make some difference that you have lived and lived well”. Part of the ethos of CAMBRIS is to do what we can to help others, a sentiment very much rooted in the values of the British military in the form of Selfless Commitment. Consequently, a resolution was passed to make an impact/contribution to the community by supporting a homeless shelter with the offer of food, drinks, clothing, bedding and a financial contribution.

Salisbury Trust for the Homeless (STFH) was identified as a suitable beneficiary due to its links to the local community and willingness to help veterans access permanent housing and return to independent living. Salisbury Trust for the Homeless, while having to rely entirely upon fundraising and donations, provides a home for single adults over 18 and have a connection to Wiltshire, who would otherwise have nowhere to live.

This was the first significant CAMBRIS project in the UK. Many would wonder why the UK, given the enormous wealth of a first world country. CAMBRIS recognises there are people everywhere who need help but the benefits of **‘Giving-Back’** to our immediate community is also crucial.



The Vital Role of a Military Administrator

Human resource Administrators in the Military provide administrative and general human resource support to all military activities from pay, allowances, general office bookkeeping, auditing, discipline and information management.

The job gives great variety and opportunities to serve with any unit, medical organisation, recruiting groups, schools (Birmingham city university), reserve units, higher formation headquarters, NATO/UN positions and other specialised operation units. Opportunities are also available within embassies in countries where the British Army has military attaché such as USA, UAE, Ghana, Nepal, Malaysia, Nigeria, to name a few.

I am currently serving with 7 Flight Army Air Corps based in Brunei. The work is interesting and challenging with plenty of opportunities for sport and adventurous training. I have been opportune to complete a Jungle Survivor course, Heli Abseiling training thus not limiting me to office duties only.

Military Administration is a vital trade in the military for Cameroonians. This is particularly the case because most Cameroonians join the military after completing a bachelor's degree or the very least, an A-Levels. At that level of education, the responsibilities of an HR specialist are ideal to maximise both the input and output of the individual. As an HR specialist, you gain business and HR qualifications that are widely recognised by civilian employers. Diplomas in Military personnel Administration, Business Administration



qualifications including functional skills in Maths, English and IT. Opportunities also exist to study specialist courses like Chartered Institute of Management Accounting (CIMA). As you progress through the ranks, you occupy key positions like, Regimental Accountant, Financial Systems Administrator, and some wide-ranging staff support roles.

No two days are the same in the military administration world and working for top brass puts us at the heart of the decision-making process. That degree of exposure gives us a better appreciation of the bigger picture of why and how things are done. Within CAMBRIS, we guide and mentor new recruits into the Military Administration trade.



CAMBRIS FESTIVAL

Cultural Awareness Day

31st JULY 2021

A Logistician in Barracks

Sun Tzu, famous Chinese Military Strategist, and writer once said, "The line between disorder and order lies in logistics." That idea is as relevant today as it was over two thousand five hundred years ago, when he wrote it.

In the Army, the scope of a logistician is simple: Get vital supplies to wherever they are needed with minimum fuss. Logistic Supply Specialists work at the heart of the supply chain, controlling the distribution of supplies across the world that are needed by the army. Supplies include food, weapons, heavy and light equipment amongst others. The Army needs all kinds of supplies, all the time and it is our job to track, store



and distribute stock - delivering everything needed on operations and in barracks. Delivery is made using all channels available (land, air and sea transport) to ensure every unit receives its required supplies on time.

Key responsibilities: A logistician in the military is like a businessman who places orders for his goods, tracks stock and ensures that his supplies meet the demand in a timely manner and without a shortage. In other words, the logistician uses specific software programs to control the storage and distributions of military supplies (equipment, foodstuff etc) in a way that ensures continuous supply when and where needed. Typically, logisticians work in barracks, combat units and warehouses as part of an Army Unit or attached to another organisation to perform similar roles. In addition, logisticians are deployed all over the world on operations based on their

expertise.

Benefits of the Logistics trade: As an RLC Logistic Supply Specialist, you can undertake work placements with industries such as Kuehne & Nagel, to understand best practice. You can also be employed in organisations like NATO, working with UK allies to achieve common goals and objectives.

In the process, you gain military and civilian qualifications, including membership of professional bodies such as the Chartered Institute of Logistics and Transport (CILT).

In addition, you will learn how to use cutting-edge IT systems while also gaining an understanding of IT systems used by other military alliances and your experience as a Logistic Supply Specialist will provide you with a skill set for jobs in the Supply Chain Industries globally. This provides you with the opportunity to work in a wide array of jobs, from unit level to formation jobs at Brigade, Division, Field army and Army HQ. The opportunity to work in a vast number of countries and environments, ranging from Belize, Canada, Western Europe, Kenya to name a few are some of the benefits available. Besides supporting field staff, there are opportunities to work in Embassies/Consulates of host nations with



exceptionally good promotion prospects.

A majority of CAMBRIS members are logisticians. We have wide ranging experiences which is of benefit to not only members of the team but also new and prospective CAMBRIS members.

Policing the Military

What did I know of the British Army up until January 2009? About as much as most people on the streets with little knowledge of the bigger picture. In my opinion, there appears to be a vast difference in military life experiences depending on the job one choses. I chose the Royal Military Police and have not once regretted that decision.

Training

I was trained at Basic Training at Pirbright, for 14 weeks, where in the words of Cpl Thomas, ***“you are going to be transformed from civilians to soldiers”***. The effect of Basic Training varies from one person to the other; some are hit hard by the chan ge than others. Basic Training is like boarding school in Cameroon with a lot more; running, jumping, shouting, military knowledge, basic combat tactics, drill and of course ironing and the shining of shoes.

Phase Two is the natural progression from basic training. It is 6 months of Military Police trade training and consists of studying legislation and developing the skills of a police officer.

Postings

After training, I was posted to my first unit, 111 Provost Company, in Hohne, Germany, from 2010 to 2013, where I honed my skills as a police officer and made many new friends. Germany as a post was amazing, I met many other soldiers from Cameroon and during leave periods, I would seize the opportunity to travel around Europe.

After Germany, I was posted to the RMP Major Incident Room (MIR) in Bulford, Wiltshire, where in addition to investigating volume crime, I learned more about the investigation of major and complex crime with the use of HOLMES (Home Office Large Major Enquiry System) a system also used by Home Office Police forces. Since 2014, I have been involved in the investigation of serious and complex crimes in all aspects including cyber-crime within the Armed Forces and matters of media interest which pose reputational risks to the military.

Each post lasts three years on average and has its pros and cons. It could allow you to travel and get to experience living in other places and cultures, however, may pose problems with establishing permanent roots. The Military Police regiments are spread out across the UK and abroad to cover all areas of responsibility. This is not true for other units and some regiments, which can be in one place for



years.

Training and Operations

In my 12th year in the Army, I have been involved in several specialist training courses and operational preparatory packages. One of the toughest courses is the Military Police Close Protection course. The military police provide the Military of Defence's close protection capability for senior officers and diplomats.

I deployed on Operation HERRICK in Afghanistan for 6 months where I worked and interacted with the Afghan troops and other coalition nationals. I lost a friend and colleague in Afghanistan which is a reminder that personal sacrifice is an all too real part of life in the military. CAMBRIS is a natural environment for me. Even though I joined the group late, I can testify I embody all the traits of CAMBRIS. I ensure and remind members to be of best behaviour vis-à-vis the consequences of military law.



RIP

Stanley Njoh Fongwa



Paying Homage to a Fallen Comrade

JULY 2020



ANNUAL POPPY APPEAL

Ivo Enoegbe

My Poppy Run 2020 was a Royal British Legion initiative during their annual 'Poppy Appeal' to raise funds for veterans who were: isolated from families, facing homelessness, struggling to feed their children and in financial crisis worsen by the effects of the COVID-19 pandemic and lockdown restrictions.

I came across the campaign and brought it to the attention of CAMBRIS. I have had a formidable fund-raising reputation within CAMBRIS circles, nicknamed 'CAMBRIS Captain Sir Tom Moore'. The idea was simple; run 11km to commemorate Amnesty Day and donate to the My Poppy Run project. The significance of 11km is because; on the 11th hour, of the 11th day, of the 11th month, we remember the sacrifices made by service personnel during

the World Wars and all conflicts thereafter. It marked the moment of cessation of hostilities between Allied Forces and the Germans in 1918 to end WW1.

The drive was an opportunity for CAMBRIS members and in some cases military colleagues inspired by CAMBRIS members to raise £300 towards 'My Poppy Run' appeal. At the end, a total of £385 was raised and 127.6km run by participants. This represented a very significant feat from CAMBRIS in appreciation to the Royal British Legion for the wonderful work they continue to do within service communities.



UNDERTAKING CHARITY RUNS IN SUPPORT OF GOOD CAUSES

Malise Bih



In 2019 I decided to do two charity runs to support CAMBRIS and the

government and rely on the spirit and generosity of the great British public, volunteers and partners, I decided to contribute my widows might by running the Birmingham 10km race. With support from friends, we raised £500 for the charity.

I then took on the Great Birmingham Run, a half marathon which takes place in Birmingham every October. As the Vice President of CAMBRIS, I hold the organization

so dear to my heart and wanted to raise funds to support our work. I was able to raise £150 and hoping to organize more charity runs for this good cause.



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DRAWN BY THE SELFLESS COMMITMENT TO GIVE-BACK

Louis Wirsiy Ndzshu

Married and father of 4, Louis Wirsiy Ndzeshe was born in Kumbo, in the Northwest Region of Cameroon. As a child he was mentored by Lt Col Lesley Thomas Valentine, a retired British Army Officer who settled in Romajai - Nso, Cameroon. Louis enlisted into the British Army on the 23rd of March 2008. After a successful completion of phases 1 and 2 infantry training in Catterick, he moved to Celle, Germany to work with the 2nd Battalion Royal Anglian Regiment unit which later moved to Cyprus and then the UK. Life in the British Army has taken him to various corners of the world, including Kenya, Jordan, Afghanistan, France, and Belgium to name a few.

In February 2013 he transferred from the 2nd Battalion Royal Anglian Regiment to the Military Provost Guard Service (MPGS) which is part of the Adjutant General's Corps (AGC). The primary role of the MPGS is to respond to terrorist threats posed to Military bases in the UK. He is currently serving at HQ ARMCCN, Bovington Dorset. His main duties consist of control room operations, security incident management and preserving perimeter security.

Though Louis had heard a bit about CAMBRIS, it was in May 2020 during the CAMBRIS run for Heroes campaign in support of NHS and key workers (during the Coronavirus outbreak) that he had first-hand experience of some of its activities. After reading the constitution of CAMBRIS, he immediately fell in love with their Aims and Objectives. "Being a part of CAMBRIS so far has been an incredible experience for me", he said. Louis is looking forward to more exciting times ahead in CAMBRIS as it continues with its drive to give back to the community.



Afghanistan, 2011

The Military: My Springboard

Clive Azechio Ngueagni

Faithful, loyal, persistent and God fearing are some of the traits that portray how Clive lives each day. He joined the British military at age 20 and left 6 years later to return to university. At 28, Clive is studying for an MSc in International Trade and Logistics at a top Logistics University in France (Kedge Business School), with plans to pursue a PhD. His experience in the Army, gave him the motivation to strive beyond expectations.

Clive was a Logistics Specialist at 4 Regiment, Royal Logistics Corps in Abingdon. He resigned with a desire to expand his knowledge in the logistics milieu. As a loyal member of CAMBRIS, Clive is using the values and standards learned during his military service to



empower others and for their moral and financial wellbeing through the overarching CAMBRIS **“Giving-Back”** philosophy. Clive is a proud and active member of CAMBRIS.

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FROM CAMEROON AND OVERSEAS

Emmanuel Njimgye and Oliver Foudjuo

Cameroon by virtue of its membership as a Commonwealth Nation means Cameroonians can join any branch of the British Military from either Cameroon or the United Kingdom. All CAMRBIS members must have enlisted into the UK Military from one of these locations.

All aspirants must fall between the ages of 18 to 39 years given the age threshold for joining the Army, Navy and Royal Air Force varies. On completion of the online application process, applicants must have been security vetted and undergone thorough medical screening at their respective locations. Successful applicants are invited to partake in a two days selection process from any of the many assessment centres scattered all over the UK.

Successful visa applicants along with those applying from UK mainland must arrive the selections centre in possession of a passport valid for at least two years and ready for the tough but exciting selection process. The selection involves interviews, team building challenges commonly called 'Command task' in the military milieu, press ups, mid-thigh pull, medical ball through, pull ups and a 2km run.

CAMBRIS through their vast experience across the three services have been there in the past and continue to coach and advice new applicants with the enlistment process. This mentorship does not end on joining but continues especially during the early and exciting service years of all new Cameroonian entrants.



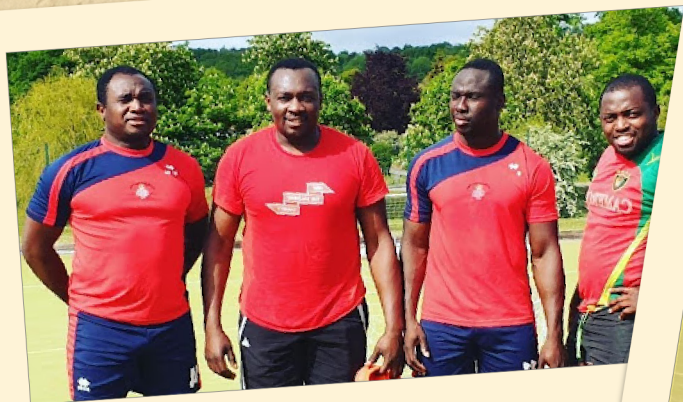
General Assembly Meeting

WOODBIDGE, 2018



Aldershot Grand Prix

MARCH 2019



CAMBRIS 5-a-Side FC

TIDWORTH, MAY 2018



CAMBRIS Comradeship

TRANSITIONING FROM MILITARY TO CIVILIAN LIFE

Peter Ngomba

Leaving the Armed Forces impacts both the family and service leaver. This is the period of reintegration into civilian life from the military. It is commonly asserted that the majority make a smooth transition to civilian life, but a substantial



minority have trouble in such areas as; finding suitable employment, accommodation and sometimes struggle with severe alcohol misuse.

Deciding to leave the military might be a big step as deciding to join. It requires a lot of thinking to determine the next step. Advice from those who have succeeded in

the process could be a powerful starting point.

From a personal perspective, before deciding to leave the Armed Forces, in part because I had an injury and could not transfer to the Medical Corps; I made a lot of planning in advance and asked myself the following questions:

Am I ready for it?

Will I be able to make a living?

Is my spouse ready?

Will she need to contribute towards the household bills?

Where do I wish to settle?

What job to apply for, and do I have the relevant qualifications & skills especially as I wanted to pursue a Biomedical career?

Are my children ready for the change (moving schools, homes etc)?

Do I have enough finances to sustain the family before I secure a job?

I ensured all the above questions were reasonably answered prior to my final decision to leave the Armed Forces. I did not practice as Biomedical personnel whilst in service, thus, I had limited

experience within the clinical diagnostic field which was my first choice. As a result, I decided to apply for a voluntary work experience placement at the John Radcliffe Hospital Oxford for a year prior to leaving the Forces to boost my experience and chances of employment.

Four months prior to my termination date, I started applying for jobs within the clinical/medical diagnostic field. I was lucky to secure an offer at the Northampton General Hospital, where I currently work as one of the lead Specialist Biomedical Scientists in the Haematology and Blood Transfusion Sciences Department.

I share this experience to assist CAMBRIS members who are still in service and the wider minority community with similar heritage and background to ensure first and foremost they have a realistic exit plan when the need arises. Their plan must be made in advance of their termination or resettlement window and where possible, gain the necessary qualifications and experience to facilitate the plan.

One of the most cherished experiences I gained in the Army is



to remain agile and resolute in the face of adversity (facing an enemy in battle). As we say in the Army; 'no plan survives contact'. Hence, be prepared to adapt the plan to any given situation. Alternatively,

failing to plan is effectively planning to fail. CAMBRIS provides a support network for people like me to share my transition experience with others within CAMBRIS and the wider audience.

This is indeed one of the benefits of belonging to a community with shared values.

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