

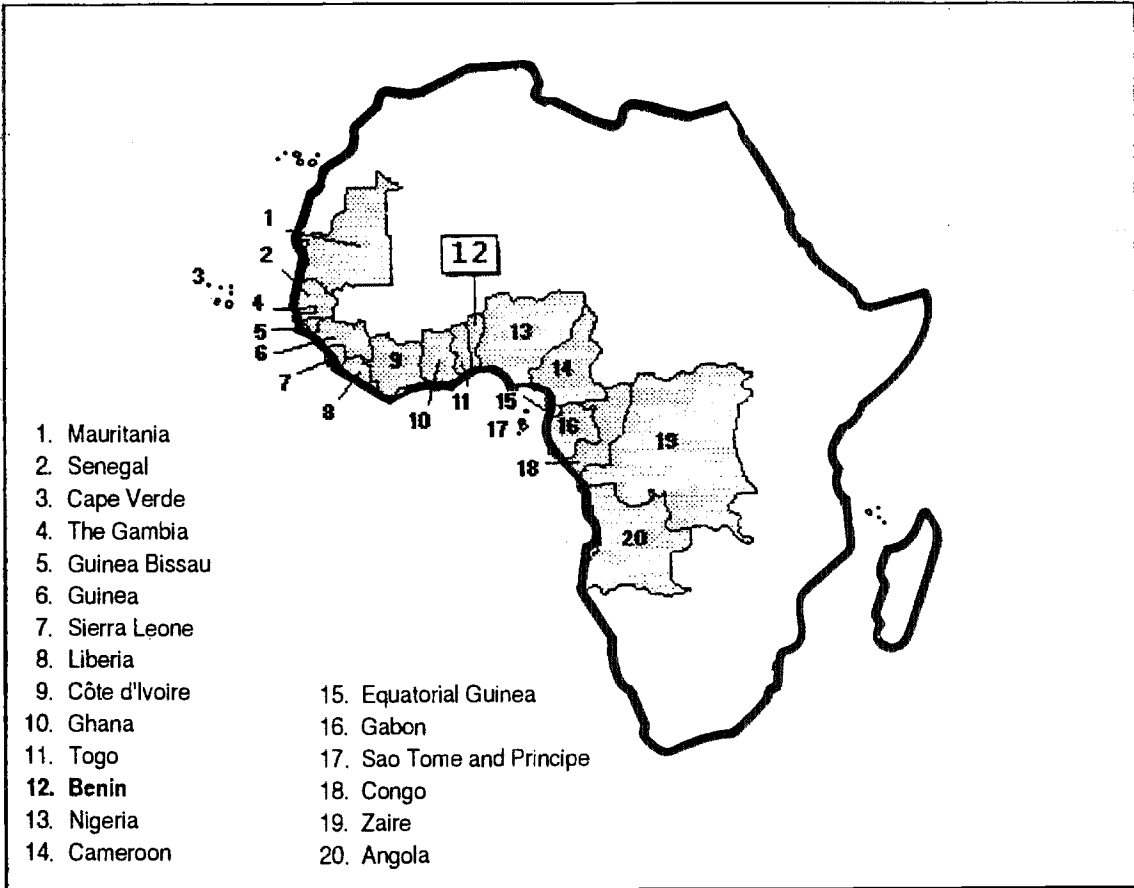
PROGRAMME FOR INTEGRATED DEVELOPMENT OF  
ARTISANAL FISHERIES IN WEST AFRICA

**IDAF PROGRAMME**

Technical Report N° 111 September 1997

**Report on the Training and Sensitization Workshop for Women in  
Post-Harvest Artisanal Fisheries**

Limbe 18-23 August 1997



DEPARTMENT OF INTERNATIONAL DEVELOPMENT COOPERATION OF DENMARK



FOOD AND AGRICULTURE ORGANIZATION OF THE UNITED NATIONS



Technical Report N° 111

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**Report on the Training and Sensitization Workshop for Women in  
Post-Harvest Artisanal Fisheries**

Limbe 18-23 August 1997

by

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# THE VISION FOR IDAF PHASE III

## INTRODUCTION

Development strategy during the 1960 and 1970s was based on the philosophy that developing countries lacked improved technology and capital for speeding up their development. Industrialization was promoted in order to capitalize on the abundant fish resources. However, the anticipated expansion of the economy did not happen and the development approach shifted towards an integrated rural strategy where emphasis is put on the community as a whole to upgrade incomes and the quality of life through technical assistance and the active participation of fisherfolk and the community.

In this context, emphasis was initially placed on the Community Fishery Centre (CFC) concept as a means of promoting artisanal fishery development. But it became apparent that the presence of a complex of facilities and services tailored to meet local needs was no guarantee that the structures/facilities would be used or that development would occur. The active participation of fisherfolk and the mobilisation of local and community resources was imperative in order to assure sustainability of initiatives undertaken by development projects and/or the community.

So far and in general terms, the IDAF Programme has worked under the context of abundant or seemingly adequate fishery resources with moderate population pressure. The scenario is however changing (and very fast for that matter) and we would soon face the triple constraints of reduced or depleting fish stocks, degrading environment and increasing population pressure. Like in other sectors, it must be anticipated that just to survive, parts of the population surplus in the fishing communities will enter the artisanal fisheries, which will increase the competition for the resources among the small scale fisherfolk in addition to the prevailing competition between the artisanal and industrial fisheries, with their attendant effect on the environment.

This scenario calls for a continuation of the integrated participatory strategy which remains relevant to the development of artisanal fisheries in West Africa. However, the emphasis needs to be placed on the elements and mechanisms that favour the sustainability of initiatives: responsible fishing, the empowerment processes that ensure the devolution of major resource management and development decisions to the local community, the strengthening of national human and institutional capacities at all levels for a sustainable and equitable fisheries resources management and development, as well as in the follow-up and consolidation of past achievements.

## DEVELOPMENT OBJECTIVE

Thus the development objective of the Programme in the present phase III which started on 1 July 1994 is to ensure twenty coastal West African countries a sustainable development and management of their artisanal fisheries for maximum social and economic benefit of their fishing communities in terms of employment, proteins and earnings. This will be done through an integrated and participatory approach in which emphasis will be laid on equity, gender issues, the transfer of technology for development, environment protection, as well as the strengthening of human and institutional capacities.

**The immediate objectives are:**

1. To identify, assess and disseminate strategies and mechanisms for sustainable management and development of the artisanal fisheries in fishing communities,
2. To improve the competence of national Fisheries Departments staff in development and management planning of artisanal fisheries,
3. To enhance regional technical competence in the fisheries disciplines, particularly in fishing and fish technology;
4. To improve information and experience exchange related to artisanal fisheries within the region;
5. To promote regional and sub-regional collaboration for the development and management of artisanal fisheries.

**In this context, IDAF will among other things tackle the following major aspects in its work :**

- assisting in the elaboration and implementation of a clear and coherent national development policy for the artisanal fishery sector;
- providing advice on management and allocation of resources between artisanal and industrial fishing fleets, both national and foreign;
- involving users in the design and management of on shore infrastructures;
- monitoring the sector's evolution by the setting up of an economic indicator system for the sector adapted to the financial and human availabilities;
- improving fishing technologies in accordance with the available resources;
- increasing the final product's value by improvement in processing and marketing;
- promoting community development in accordance with the lessons learned from Phase I and II and oriented towards the sustainability of actions undertaken;
- reinforce the Programme's information/communication system.

It is anticipated that by the end of the third phase of the Project, the region will have a nucleus of field oriented experts capable to respond to the challenges of the artisanal fisheries sector and to spur development in their individual countries in keeping with the aspirations and needs of fisherfolk.

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Elected and founding members of the associations of women in post-harvest fisheries.  
 Programme of the Workshop.  
 List of participants.



## **PREPARATION OF THE WORKSHOP**

### **SELECTION OF RESOURCE PERSONS AND TOPICS**

Five resource persons were selected according to their areas of competence. Each of them was notified in writing about the workshop, including its objectives, programme and place. Due to the distance between Yaounde and the other locations, some resource persons were reached with some delay. The following topics were prepared for the workshop.

<b>Topics</b>	<b>Resource persons</b>
1. Basic information in food and nutrition	Dr. Ngo Som J.
2. Health, hygiene and sanitation	Mrs. Diboma
3. Problems of processing and post-harvest	Mr. Eyabi G.
4. Creation of and management of a community based organization	Mr Munchikpon A.
5. How to manage small income generating activities	Mrs. Bondja M.

### **WORKSHOP DURATION AND PROGRAMME**

#### **Duration of the workshop**

The period of the workshop initially planned for 10 days (August 18-28 1997) was reduced to 6 days (August 18-23 1997) for the following reasons:

- a) The assignment contract of the resource persons covered a period of 6 days.
- b) The transportation allowances for participants covered 8 days.
- c) The time constraint of the women.

#### **Selection of and list of participants**

Priority was given to women who took part in the previous studies (Ngo Som, J 1995; Ngo Som J. 1996). The number of participants initially fixed at 60 was increased to 70. (See list in annexes).

#### **Workshop Programme**

The programme of the workshop was prepared taking into account the time constraint of the women participants and the fact that some participants reside in town, and others in the villages. Therefore participants were divided into two groups, one in Batoke (rural) and another one in Limbe Dock yard. Tuesdays and Fridays being market days, the workshop took place in the afternoons from 2 to 5 pm. On Monday, Wednesday and Thursday, the workshop was held in the morning from 7 to 10 am.

Lectures debates and discussions were held simultaneously in Batoke and Dockyard according to the time table in the Annexes.



## **INTRODUCTION**

### **Background of the workshop:**

In 1995, the Programme for Integrated Development of Artisanal Fisheries in West Africa (IDAF) set up a working group to reflect on the role of women in fishing communities of the Sub-region. The members of this group come from eleven African countries including Cameroon.

In Cameroon two studies have been carried out. One on "The role of Women in the Fishing Community of Kribi and Limbe; the other on "The nutritional situation, Food Security, Hygiene, and Sanitation in the Fishing Community of Limbe".

The results of these studies show that:

1. Women play an important role in artisanal fisheries in Cameroon: they are the main actors in the handling, processing of fish and the marketing of fresh and dried fish.
2. They face many difficulties which prevent their business from growing: Lack of training, no access to credit, and no association.
3. They live in poor conditions: poor hygiene and sanitation; high rate of diseases such as malaria, diarrhoea, and intestinal parasites.
4. There is a high rate of malnutrition in the community:
  - High prevalence of protein-energy malnutrition in children 0-5 year old: growth failure and stunting.
  - Prevalence of anaemia in children, men and women.
  - Under nutrition in school age children (6-12 years).
5. There is food insecurity: Low food expenditure, low calorie and nutrient intake.

### **RATIONALE FOR THE WORKSHOP**

Based on the above findings, it was felt that Women in post harvest artisanal fisheries need support in their economic, social, organisational technical and financial activities, as well as in the promotion of household food security and family planning.

#### **Economic activities**

Women engaged in post harvest artisanal fisheries must be given the opportunity and means to increase their capacity to contribute to their own welfare and that of their families. They need support in fisheries activities such as processing and marketing, as well as in non fishery income generating activities.

They also need support for their financial activities, investment, credit and savings.

Women must know how to handle, preserve, and process fish properly in order to avoid post harvest fish losses. Marketing efficiency and success depends on a large number of factors such as knowledge of marketing techniques and basic numeracy.

### **Organisational, Technical and Financial support**

This support can take several forms:

- Extension services and training
- Provision of banking services and credit facility
- The formation of associations and self help groups.

### **Community activities and social services**

One of the main goals of development for artisanal fisheries is the strengthening of fishing communities and increasing the participation of women in various existing social services including schools, public sanitation services, child care centres, community water and fuel sources, and markets for foods. Including women as a specific target group in fisheries does not benefit women alone but the community as a whole. Women need to be aware that they are important as individuals and in community welfare. They must be given opportunities to develop and exercise leadership roles.

The community needs access to child care services capable of monitoring the nutritional status of children, pregnant and lactating mothers. These should be supported by basic information on nutrition, health practices, and sanitation.

### **Household food security**

Empowering women in this area is essential for not only do they contribute to family food supply by harvesting fish and producing other foods through home gardens and small livestock raising, but they also earn money to purchase food through marketing of fish or engaging in other income generating activities. Women must have sufficient information on the nutritional value of the foods they purchase and the methods they use to store and prepare the foods.

### **Family planning**

Improvement in the living standard of artisanal fishing communities can only be sustained when accompanied by a planned population growth: birth spacing, and reproductive health information.

## **OBJECTIVES**

This workshop had 2 general objectives:

1. To empower women in fish processing, marketing, and other income generating activities.
2. To improve the living condition in the fishing communities: including nutrition and health.

The specific objectives were to:

1. Sensitise the women in the necessity and the advantages of working in groups or associations for their income generating activities.
2. Train them in basic book keeping, using the notion of functional literacy.
3. Give them basic information on local balanced diet and nutrition and health.
4. Teach them how to promote hygiene and sanitation within and around the home in order to prevent diseases.
5. Teach them how to manage diarrhoea in children 0-5 years.

## **WORKSHOP ACTIVITIES**

### **TRAINING AND SENSITIZATION OF WOMEN ON VARIOUS ISSUES**

The methodological approach used was the active participation of all participants in the use of visual aids. The methodology consisted of short lectures, brainstorming, issuing handouts, practical exercises, practical demonstration (sometimes with live samples), pictures, charts, tables, and drawings. Language used for communication was "PIGIN", a widely spoken broken English in the area. The participants were urged to actively involve in the debates and discussions.

### **BASIC INFORMATION ON FOOD AND NUTRITION FOR WOMEN IN ARTISANAL POST-HARVEST FISHERIES IN LIMBE**

#### **OBJECTIVES**

The long term objective of this topic is to improve the nutritional status of the population living in the artisanal fishing community of Limbe.

The specific objectives were:

1. To create awareness on the health hazards related to malnutrition: high rate of morbidity and mortality, mental and intellectual retardation, and vulnerability to infectious diseases such as malaria, diarrhoea and measles.
2. To show the women beneficial dietary practices such as breast feeding, balanced diet for children, pregnant and nursing mothers, and for the family, and the need for family planning.
3. Provide information about the different food groups available and their use to meet the nutritional needs of the different groups.
4. Raise the women's awareness on the particular nutritional needs of certain groups of people: infants, school children, pregnant, and nursing women.

5. Show the women how to prepare enriched weaning foods at home, balanced for the family using local foods.
6. Highlight the risks of particular food habits: taboo during pregnancy, lactation or illness.

Dr. Julienne Ngo Som began by explaining to the participants why it was important for the women in the Limbe fishing community to get information on food and nutrition. A recent study on "nutritional situation, hygiene and sanitation in the fishing community of Limbe" has shown a high prevalence of protein-energy malnutrition in preschool children of 0-5 years, under nutrition in school aged children, and widespread anemia in adolescents, women, and adult males. The causes of this nutritional situation were identified as:

1. Poor child practices: inadequate breast feeding, a lot of nutrition weaning foods, use of bottle.
2. Unbalanced diets: insufficient protein, iron rich.
3. Too little food to eat: the quantity of food purchased is insufficient to meet the needs of all the members of the family.
4. Food insecurity: household members did not have access to enough food they need for a healthy, active daily life.
5. Lack of knowledge and information about each member's nutritional needs and how these can best be met with the resources available; ignorance of the use and preparation of food and its nutritive value.
6. In nursing and pregnant women: heavy work load.
7. Large family size.

Dr. Ngo Som then told the participants to actively participate in the debate and ask questions, and at the end of the training, the women should be able to:

1. Recognize broad protein energy malnutrition: Kwashiorkor and marasmus
2. Cite the causes of malnutrition, including hygiene, heavy work load, high morbidity rate, disease and short birth intervals.
3. Identify the 3 basic food groups.
4. Prepare several enriched porridges and balanced diets for children 6 months to 3 years based on local foods.
5. Describe the composition of a balance diet for pregnant and nursing mothers as well as for the whole family using locally available foods.
6. Acknowledge the needs to breastfeed.
7. Describe the advantages of breastfeeding and the disadvantages of bottle feeding.
8. Describe the steps necessary to prevent and manage diarrhoea
9. Acknowledge the need for child spacing and family planning

## HOW TO RECOGNIZE MALNUTRITION IN CHILDREN

Using pictures of children suffering from kwashiorkor and marasmus, the participants saw how malnutrition affects the body of the child: muscle wasting, edema, skin lesions.

Other non-visible consequence of malnutrition were described:

### In preschool children

- Growth failure; underweight.
- Vulnerability to infectious diseases such as diarrhoea.

### In all age groups including school children and adolescents:

- Fatigue and lack of energy, and underweight
- Low body resistance to disease.
- High risk of morbidity.

### In pregnant and nursing mothers

- Insufficient milk production
- Low vitamins(A,C,B2) in milk
- depletion of body reserves, which leads to the weakening of the mothers and the baby
- High risk of morbidity and mortality.
- High risk of death during childbirth
- High risk of giving birth to low birth weight babies (less than 2.5 kg)
- High risk of prenatal death.

## HOW TO PREVENT MALNUTRITION

In order to prevent malnutrition, all members of the household should very often eat sufficient quality. Their diet must also be balanced. A special attention should be given to young children, pregnant and nursing mothers, as well as the elderly.

### Balanced diet

To have good nutrition, the diet must include foods from the following 3 groups. Using charts the three food groups relate to the things the participants knew well.

**Group I: energy foods** were related to a burning fire which produces energy.

**Group II: body building foods** were compared to blocks used to build the house

**Group III:** Foods which protect against diseases are fruits and vegetables; they were related to a locker.

## Composition of the 3 food groups

### Group 1

- Cassava (fresh)
- Water fufou
- Miondo
- Taro
- Plantains
- Coco yam, kwakoko
- Yam
- Corn, corn fufou, fresh corn
- Rice
- Bread
- pof-pof

### Group 2

- Beef meat
- Goat meat
- Sheep meat
- Park meat
- Chicken
- Eggs
- Fresh fish
- Dried fish
- Cray-fish
- Milk powder
- Beans (all types)
- Soybeans
- Groundnut

### Group 3

- Cassava leaves
- Greens
- Hackle berry
- Ndole
- Eru
- Tomato
- Carrots
- Cabbage
- Leaves of other plants
- Fruits**
- Paw Paw
- Mango
- Plums
- Orange
- Grape fruit
- Lemon
- Mandarin
- Banana

## BALANCED DIET FOR THE CHILDREN AND THE FAMILY

Roots and tubers are poor in nutrient. They belong to Group I. Diets which are based on this must be reinforced by other foods from Groups II and III, which are rich in proteins, vitamins and minerals to make the diet balanced. The speaker stressed the importance of both the quality and quantity of the diet in meeting the nutritional needs.

### **The quality:**

To have a balanced diet, all the members of the family should eat one or more of the foods from the 3 groups every day. In addition to being balanced, diet should be varied. Eating the same diet every day becomes monotonous and may cause loss of appetite.

### **The quantity:**

All age groups need food in specific quantity to meet the nutritional requirement for health, growth and development. Food insecurity as a result of poverty is the main cause of inadequate food intake. Large families with many children often experience malnutrition because the quantity of food consumed by children, women and men is low. To increase the quantity of food available to the family, emphasis must be put on home gardening and income generating activities to increase food expenditure.



## CHILD FEEDING PRACTICES

### Breastfeeding

Breastfeeding is the best food for children from 0-6 months. The advantages are many. Breast milk:

- Is a balanced food for the baby, it contains all the nutrients in quantity and quality required by the baby for the first 6 months
- Is always clean
- Contains antibodies which protect the baby against diseases
- Is available any time
- Is easily digested by the baby
- Protects against allergies
- Is cheap

In addition, breastfeeding helps to prevent pregnancies during the first six months.

### Feeding of young children 0 -5 years

Age (Months)	0-6	6-24	24-36
Number of feedings	6	5	4
Early in the morning: 6-7am	Breast	Breast	
Morning: 8-9am	Breast	Porridge fruit juice	Porridge puree (left over) fruit juice
At noon: 12-1pm	Breast	Balanced diet	Balanced diet
Afternoon: 3-4pm	Breast	Breast fruit juice	Snack
Evening: 6-7pm	Breast	Porridge fruit juice	Balanced diet
Before going to bed: 9-10pm	Breast		

### Diet for children 0-6 months

Children in this category should be exclusively breast fed and the breast milk should be enough to promote normal growth and development.

### How to feed children aged 6-12 months

Breast milk alone is no longer sufficient to cover the nutritional needs after 6 months of age. Therefore the diet of the child must be balanced to include foods from the 3 groups. Start with liquid food and then semi-liquid, which does not need to be broken with the teeth.

### Diets for children aged 1-5 years

Children aged more than 1 year should continue to breastfeed up to 2 years, but weaning food must be added. The child must eat 4 times a day. The child must eat frequently to get enough

energy for physical activity and growth. The child must continue to breastfeed up to 24 months because mother's milk can cover an important part of the nutritional need of the child.

## **PREPARATION OF ENRICHED PORRIDGES**

Participants were shown the types of foods to include in the preparation of enriched porridges using real foods.

<b>Energy foods</b>	<b>Protein supplements</b>	<b>Energy supplements</b>
Corn flour	Groundnut paste	Oil
Sweet potato	Bean flour	Sugar
Rice flour	Fish flour	
Yam	Fish puree	
Cocoyam	Meat puree	
Cassava	Egg	
	Powder milk	

### **Proportions:**

Basic food	: 3 parts
Protein supplement	: 1 part
Energy/oil supplement	: 2 tbsp
Energy/sugar (optional)	: 10 sugar

In order to make the child diet balanced, fruits and vegetables must be added in the form of purées or juices.

## **DEMONSTRATION ON THE PREPARATION OF ENRICHED PORRIDGES**

Practical demonstrations and exercises were carried out on the preparation of 3 enriched porridges using the following combinations:

<b>Corn porridge</b>	<b>Rice porridge</b>	<b>Gari porridge</b>
3 balls corn paste	3 part rice flour	3 parts gari flour
1 egg	A part bean flour	1 part groundnut paste
2tbsp oil	2tbsp Oil	2tbsp Oil
10 sugar	10 Sugar	10 Sugar
1/2tsp salt	1/2tsp salt	1/2tsp salt
1l water	1L water	1L water

Participants were shown how to obtain bean, gari and rice flours. The preparation of porridges were demonstrated. Participants and their children tasted the porridges and liked them very much.

## **CREATION AND MANAGEMENT OF A COMMUNITY BASED ORGANIZATION**

### **Objectives**

This topic was developed by Mr. Munchikpou. The general objective of this topic was to enable participants to create, animate and properly manage a community based organization authorized by the laws and regulations of Cameroon.

In order to achieve the above goal, the speaker stated these specific objectives:

- 1) To clearly define the following key words: association, profit making organization, non profit making organization, cooperative society, common initiative group, non governmental organization, and community based organization.
- 2) To compare the various organizations using appropriate criteria.
- 3) To create and animate (with the rest of the community) a community based organization.
- 4) To understand and follow up the implementation of the rest of the constitution and bye-law of the association formed.
- 5) To ensure the proper financial and material management of the said association.
- 6) To identify tangible solutions to the day-to-day activities of the Association.

### **Definition of Terms**

In order to achieve the above specific pedagogic objectives, handouts, charts and forms to be filled by the participants were prepared on the following:

- Definition of key words
- Characteristics of NGOs recognized in Cameroon (Association, common initiative group., Economic interest group and cooperative society).
- How to compile registration documents
- How to write the constitution/Articles of association
- How to write the minutes of regular meeting.
- How to write the registration letter.

### **The Creation of two Women Associations**

This step was very crucial for the women involved in post harvest fisheries. Instructions were given to the facilitator to form at least two women associations; one of women involved in smoking fish and another one made up of women who are buying and selling fresh fish. But through discussions and debates the participants themselves preferred to form two associations based on the areas of residence: one in Batoke and another one in Limbe/Dockyard.

For practical reasons, the participants were divided into two groups of 35 women each. One based at DOCK-YARD Limbe and another one at BATOKE. Lectures and debates were therefore organized in Batoke and Limbe Dockyard simultaneously.

## **THE LIMBE/DOCKYARD GROUP**

### **Characteristics of the sample**

The Limbe/Dockyard group was heterogeneous, made up of women of four different nationality (Nigerian, Beninese, Ghanaian and Cameroonian). Each small group having conflicting interest to the others. It was for example identified that there were a problem of discrimination during the sale of fresh fish at the landing site. The fishermen prefer to sell at a cheaper price to their women rather than to the others. Another problem which was identified there was the high purchasing power of foreigners compared to the native women who are less qualified and poorer.

### **The formation of the association**

In order to help solve the above problems all the participants finally agreed on the necessity to form a unique association of women of all origin/nationality called Limbe Fisheries Women Common Initiative, abbreviated as "LIWOFISHCO". Its common objectives are:

- 1.) To buy, preserve, process and distribute fisheries products
- 2.) To supply members with articles, materials, equipment and installation necessary for fish processing, preservation and distribution.
- 3.) To promote savings, loans, and formation of capital amongst members and organize their use in relation with any objective of the association.
- 4.) To encourage and provide education , training and refresher courses for the officials, employees, and members of LIWOFISHCO.
- 5.) To encourage records keeping and accounting on the activities of its members.
- 6.) To encourage the creation and animation of small scale and medium size common initiative groups performing the same activities at the fishing camps, villages and districts within its area of jurisdiction.
- 7.) To act as sponsoring organization and loans recovery body to the groups formed thereof.
- 8.) To make better use of resources gained through external assistance and government subsidies.
- 9.) To identify, analyze and solve problems or conflicts generated from their day-to-day activities (with the help of the council of elders if need be).
- 10.) To open community shops to improve the condition of its members and that of the community as a whole.

- 11.) To partake in activities aimed at the preservation of the environment and biodiversity protection, improving health, food security and the nutritional status of the community.

The area of jurisdiction of LIWOFISHCO shall be the Fako Division, but its activities will progressively expand to occupy the entire south-west province of Cameroon.

## **THE BATOKE GROUP**

Contrary to the group of Limbe, the BATOKE sample was more homogenous, and of women of Cameroon origin and coming from fishing camps in Batoke itself, Wovia, Dibumsha etc... All these women have limited capital to invest in fisheries activities. It was easier to handle this group.

### **The formation of the association**

After having created a unique association in Limbe, its 13 General objectives were explained in detail to the Batoke group who finally adopted all of them as their proper general objectives and only one more objective being the one of involving themselves in livestock and crops production were added.

The name: West Coast Fish Mongers Common Initiative Group, abbreviated "WESTFISHCO" was given to the newly borne association. Batoke was selected as Head quarter of the common initiative group.

## **HEALTH, HYGIENE, AND SANITATION**

### **Definition of "health" and how to achieve it**

Mrs. Diboma introduced her topic by defining "health" as a "a state of physical, mental, and social well being, but not a mere absence of disease". To achieve this stage, individuals, households, and communities should adopt good health practices including:

- General sanitation
- Home hygiene
- Personal hygiene
- Removal of household waste, used water
- Use potable water for consumption, water hygiene
- Removal of solid wastes
- Fight against disease transmitting agents

During the presentation and discussions, visual aids were used to help participants realize the health hazard they face everyday. Some of these hazards include:

- The presence of big rats, flies, mosquitoes, cockroaches in their surroundings.
- Skin infections such as "come no go", the most common dermatitis which resist all treatment.
- Frequent diarrhoea in children, as well as in adults.
- Lack of potable water where tap water installations are not available.

- The presence of human excreta along the beaches, in open air.
- The slow or delayed removal of house waste by the city council, which leads to decay and odors
- The wandering of domestic animals such as dogs, goats and pigs.

The speaker stressed that poor sanitation, lack of hygiene, and the pollution of the environment are principal determinants of these problems. Therefore, it is necessary to:

- avoid stagnant water near the home. if it is not possible to remove stagnant water, few drops of Kerosene on top of it keeps insects away.
- keep banana trees and other plant trees far away from the house. Their leaves can hold water and attract insects.
- always use latrine, and avoid using sea site, open air, creeks and ponds as toilet.
- wash the hands regularly with soap and clean water especially before each meal.
- brush the teeth every day.
- have a waste disposal in each household
- build fences for domestic animals
- always drain used water away from the house

Mrs. Diboma then put particular emphasis on water hygiene, and sanitation around the homes.

### **Water Hygiene**

Using posters, participants were informed that water from wells are not fit for consumption. A clear water is not necessarily clean water. A well, fountain or spring must be built in a clean environment. No domestic animal should hang around. Animal and human faeces should be kept away. The area should not be used for laundry, garbage disposal, or as a cemetery.

To make water safe for consumption, participants were advised to boil it for 15 minutes. This helps destroy germs and made water safe for drinking. Participants also learned the use of filter to obtain drinking water.

## **SANITATION AROUND THE HOMES**

### **Disposal of human excreta and used water**

When human excreta are not properly disposed of, they contaminate the soil and water sources. They become media for the proliferation of flies, and many infectious diseases. Human faeces attract domestic animals such as dogs, and rodents. All this contribute to the propagation of gastro-intestinal diseases such as diarrhoea, and intestinal parasites. To avoid this situation, human faeces must be disposed of in latrines.

Used water must not be thrown around the house, where they may become stagnant and form a culture for disease transmitting agents including mosquitoes.

## **DISEASE TRANSMITTING AGENTS AND HOW TO FIGHT AGAINST THEM**

Certain rodents and insects are dangerous to human health because they carry diseases which they transmit to men. They include: rats, mice, mosquitoes and flies. Mosquitoes grow in standing water in old tyres, and in food cans lying around the homes. These mosquitoes enter the homes and transmit malaria to humans. To avoid them the participants must clean within and around their homes.

Rats and flies grow in soiled waste like household garbage and human faeces. Once in contact with food, they make it unsafe for consumption. Gastro-intestinal infections are due to the consumption of such foods.

One of the most frequent diseases transmitted is diarrhoea. The participants were taught how to prepare the oral rehydration liquid as follows:

- 1 litre of clean boiled water.
- 10 pieces of sugar.
- 1 teaspoon of salt.

This solution should be given to children suffering from diarrhoea.

In addition, participants were reminded of other infectious diseases that require vaccination. They include: diphtheria, tetanus, poliomyelitis, measles, whooping cough, and tuberculosis.

## **PROBLEMS OF PROCESSING AND POST-HARVEST QUALITY**

### **Objectives**

The general objective of this topic was to help participants improve the quality of fish during handling, marketing, and processing so as to supply good quality fish and fish products and also to make a distinction between good, spoiling, or spoiled fish and fish products. The specific objectives were:

- To teach and demonstrate techniques to maintain fresh fish quality during fishing, handling and marketing
- To teach and demonstrate techniques for dressing, roasting and frying fish.
- To teach and demonstrate the techniques for dressing, treatment, and processing (smoking).
- To teach and demonstrate the practical use of techniques and equipment for packing and storing fish and fish product.
- To ensure improved quality is achieved and that participants understand and are ready to apply newly acquired knowledge and awareness.

### **The role of women, poor quality and post harvest losses**

Mr.Eyabi reviewed the women's involvement in post harvest artisanal fisheries, poor handling, inadequate storage facilities and processing difficulties.

He said that women are mostly involved in fish handling, marketing, roasting, smoking and to a lesser extent in distribution. Artisanal fisheries in Limbe mostly targets pelagic species, over 80% of which is smoke-dried using different types of platforms (BANDAS) sometimes installed in smokehouses. The balance of the catch is either consumed fresh or is fried/roasted.

During fishing, he continued, the fisherman just lay their catch on the floor of the canoe exposed to all types of abuses. These abuses continue during the processes of handling at the beach, display, marketing, processing, storage and distribution. The losses in physical and nutritional quality estimated at 15-35% between harvest and consumption are mainly due to in-adaptable/propriate facilities and techniques, processing and storage.

Traditional smoking is indeed associated with:

physical and nutritional losses reaching 20% and 25% respectively

Prolonged exposure of fish to high temperatures (150-180-°c for several hours)

High exposure of operators to high temperatures and smoke densities.

The process of smoking is time-consuming.

Traditionally smoked products being sometimes questionable.

Fuel economy is poor leading to high demands for wood-fuels.

Pollution from smoke is common in fishing villages.

Lack of storage facilities during fishing, handling, marketing and distribution. Even when there is ice, the tendency to abuse the fish : ice ratio is high

Packaging and storage of fish and fish products are inadequate leading to losses.

A large population of economic operators in this fishing community are unaware, uninformed and to a lesser extent are either nonchalant or dishonest about issues like fish stock management, fish quality, health, sanitation and the environment.

## **Composition of fish and quality assurance**

Mr. Eyabi focused the rest of his lecture on the following aspects:

The importance of fish as food.

The physical, chemical, and nutritional composition of food.

Post-mortem qualitative and quantitative change in fish

Considerations.

Fish handling at sea, during marketing and distribution:

\* Abuse of fish.

\* Fish preservation techniques-chilling, icing, freezing

Fish dressing, treatment and display for marketing.

Fish dressing, treatment, roasting, frying etc.

Fish dressing, treatment and processing(drying smoking etc)

Fish product development.

Toxicology safety and the importance of quality assurance.



## **BASIC INFORMATION ON HOW TO MANAGE INCOME GENERATING ACTIVITIES IN POST HARVEST FISHERIES**

In her introduction, Mrs. Bondja said some women may wonder whether a specific knowledge was required to manage a small fish processing and marketing business. The answer is Yes! The knowledge of basic marketing and bookkeeping techniques are essentials because the activities the women are involved in generate income. Therefore, these activities should be carried out in a spirit of entrepreneurship. In this context marketing fresh and processed fisheries products are considered as activities which generate goods and services to satisfy the market needs.

### **Definition of Terms**

The first part of this topic began with a series of definitions of key-words:

Activities	:	Processing or/and marketing of fisheries products
Autonomous	:	Self depend activity, on financially as well as on decision marketing.
Product	:	Goods are transformed, and marketed.
Needs	:	What is required for the business to grow and the population to live.
Market	:	Place of exchange between the persons who sell (provide) and those who buy (customer).

In brief fish processing and marketing activities play 3 very important roles in the community, the city and the region: economic, social and financial. Post harvest fisheries activities produce goods to satisfy community and the society needs. They also provide means to improve living conditions. A business no matter how small, should avoid bankruptcy. On that basis, it should be able to have capital, borrow, invest, pay back its debt, and generate profit.

### **ANALYSIS OF PROFIT**

#### **Cost benefit findings**

Mrs. Bondja showed the participants the need for any business to generate profit. Taking, as an example, the previous cost-benefit studies, she proved that fish processing and mongering are highly profitable. On average, a woman who smokes fish could make a monthly profit of 150.000 CFA francs. For a fish monger the profit is 110.000F.

#### **Calculation of benefit by the participants**

In their very participatory discussions, the women argued that the calculations leading to those figures were theoretical, and no longer valid in 1997 for the following reasons:

- 1.) Fish production has declined during the last 2 years. And even when the catches are high, it is not possible for a woman to process more than 30 basins of bonga per month.
- 2.) Many women are now involved in this activity, increasing the demand for fish.
- 3.) The price of a basin of bonga has increased from 8000 to 10000 CFA francs: due to the decrease in fish production

- 4.) Based on the women's experience, processing of 30 basins of fish costs 350,420F CFA. The processed fish is sold at 12,000/basin for a total of 360,000CFA francs, with a profit of only 9,580CFA francs/month.

Fish mongers said they buy on the average 150 bags of fish per month at 14,500CFA per bag. They spend 1.965,000CFA all together. The fresh fish is sold at 2,175,000CFA francs giving a net profit of 210,000CFA francs. This profit is sometimes decreased if one has to include a freezing cost of 500 FCFA/bag per night.

Based on the women's own estimation, fish mongering is more profitable than fish smoking.

Processing fish faces many charges, such as fuel, rent, and council taxes, which fish mongering does not cover.

Through exercise, the women learned how to calculate profit, depending on the type of activity. In general:

**PROFIT = PRODUCTION COST - AMOUNT OF SALES**

#### **BOOKKEEPING AND THE CALCULATION OF PROFIT AND THE UTILIZATION OF INCOME**

The participants learned the difference between invested capital, total sales, and profit. Proper book-keeping starts with an inventory and the cost of all the charges involved in each activity.

For a fish smoker, the charges or production costs are:

- The purchase of fish
- The purchase of wood
- The transportation of wood
- Processing charges (rent & taxes)

For fish mongers the production costs are:

- The purchase of fish
- Transportation of fish
- Freezing or chilling charges

Two women shared with the audience the management of their activities. The fish mongers do not do any book-keeping. They are in a group called "tontine" in which they must contribute 1,000F daily, regardless of the situation of their business. That is how they save money. Fish smokers do not belong to any savings group.

In their utilization of income, women were advised to consider three important elements:

- Consumption needs: food, health care, education and leisure.
- Investment needs: purchases and maintenance.
- Savings needs

## **WORKSHOP PROGRESS EVALUATION MEETING**

The workshop coordinator, the resource persons and the IDAF representative held three progress evaluation meetings to ensure that:

- participants were attending all the sessions;
- the topics were being covered and the women were actively participating;
- logistic and other miscellaneous problems were being taken care of

During the first meeting logistic problems were debated. From the 1,500,000 CFA allocated for participants, 1,083,000 was estimated to cover travel allowance for 70 participants, and the remaining put aside for logistic and other workshop related costs as shown in the expense sheet (annex).

The second meeting took place on the 21st. The purpose was

- to discuss how far the resource persons had gone with their presentations, and the issues raised by the participants;
- to plan the closing session.

All resource persons were satisfied with what they had presented so far and were confident to meet the objective set for their courses. The need to organize the women into at least one association before the end of the workshop was stressed.

IDAF representative noted with satisfaction the high rate of attendance by the participants and their level of involvement in the discussions.

During the last meeting, all the resource persons expressed their satisfaction for the work they had to do. However they regretted that the time was not enough for them to cover their topics in depth.

Regarding the specific topic on the formation of associations, almost all the specific objectives were reached, but the writing, and understanding and implementation of the registration documents like constitution, internal regulation and minutes of the constituent meeting could be better understood by only the women who can read, understand and write English. However, the overall objective, which was to sensitize the women on regrouping themselves into an income generating association, was fully reached by all the participants.

## **CLOSING SESSION**

The closing session was conducted in Batoke. It was presided over by Dr. Njock, the Director of Fisheries in the Cameroon Ministry of Livestock, Fisheries, and Animal Industries. The Chief, Limbe Fisheries Research Centre and 2 dignitaries of Batoke village also attended. The closing activities included:

The presentation of the newly formed associations  
Closings remarks by the Presidents of the newly formed associations, the Lady Chief of Batoke village, the Workshop Coordinator, the Director of Fisheries, and the IDAF representative.

- Demonstration of balanced meals prepared by the participants using local recipes, and restauration.

The newly formed associations, their temporary executive committees, and the list of the funding members, were presented to the audience with a lot of applause.

The representatives of the women associations thanked the resource persons, the Workshop Coordinator, the Cameroon Government, and FAO/IDAF, whose coordinated effort had made the event possible. They promised to use their associations as a framework for community development for improved income and better living conditions.

The Batoke Lady Chief urged the participants to prove their sense of responsibility in running the associations.

The Workshop Coordinator expressed her satisfaction to the resource persons and the participants. She reminded them that the efforts being made by governments and international organizations such as FAO/IDAF aim at alleviating poverty and the first victims of poverty are women. At the same time, women have economic, social, health, household food security and nutrition responsibilities. That is why they need empowerment and support. Working in association helps share the responsibilities, exchange of experience, reduce the risks, and improve income.

In his closing remarks, the Director of Fisheries thanked FAO/IDAF for sponsoring this workshop. He congratulated the women for having formed the association and assured them of the support of Government through the Ministry of Livestock, Fisheries, and Animal Industries.

The IDAF representative stressed the need for the women to show their own contribution for any project they plan for the future. Mr. Lassissi explained that funds are limited but his Programme will always encourage self help groups.

The session ended with an exhibition of balanced meals.

## **CONCLUSIONS AND RECOMMENDATIONS**

Some of the main objectives during this workshop were:

- to convince the women in post-harvest fisheries to organize themselves into associations and use book-keeping;
- to create awareness on the necessity to prevent fish losses and health hazards associated with spoiled fish, poor nutrition and lack of hygiene and sanitation, and the pollution of the fishing environment.

After six days of debates, discussions, exchange of experiences, brainstorming, and demonstrations, all the participants acknowledged the need for and the advantages of working in associations. So they founded two, one based in the urban area and the other in a rural area.

They acquired book-keeping skills up to a point where they could calculate profit for their income generating activities.

They had a better knowledge of the techniques associated with fish handling at sea, landing sites, and during marketing and processing.

As they watched pictures of malnourished children and learned simple childfeeding practices, the women showed enthusiasm in the demonstrations on the selection of local foods for balance diet to improve the nutritional status of the household. To make sure they will always remember the things learned, they sang a song:

«Balanced diet, balanced diet,  
rice and bean, fish and meat,  
fruits and vegetables,  
eat them every day ,  
balanced diet..»

The participants realized the need to keep their environment clean to fight against rodents, mosquitoes, flies which carry germs responsible for diarrhoea, malaria and intestinal parasites.

However, there are still some problems which require attention before the women could fully benefit from this workshop on long term basis. These include:

- Lack of experience in running associations with respect to laws and regulations
- Drastic drop in fish production
- High fish acquisition costs
- The sale of spoiled fish by the fishermen
- Inadequate supply of fishing inputs and the lack of access to credit;
- Loss of capital due to fish spoilage
- Insufficient fish preservation and storage facilities.
- Lack of support from the male counterparts regarding child spacing.

To help the women in post-harvest fisheries improve their income and fully contribute to the welfare of the fishing communities of Limbe, the following suggestions and recommendations should be considered:

- Organization of a similar workshop for the male counterparts, and the Fisheries monitors.
- Creation of cold rooms and ice making machines.
- Intensification of fish quality control by the Fisheries monitors.
- Adoption of strategies to promote sustainable resource management.

## ANNEXES

### ANNEX I: ELECTED AND FOUNDING MEMBERS OF THE ASSOCIATIONS

#### LIMBE FISHERIES WOMEN COMMON INITIATIVE GROUP - LIWOFISHCO

a) For the executive.

- Delegate: Mrs MOLINDO Katty (Cameroonian)
- First Assistant Delegate: Joana OYETOLA (Nigerian)
- Second Assistant
- Third Assistant Delegate:
- Minutes Secretary: OYERE Christine
- Assistant Minutes Secretary: NOUMON Celine (Benin)
- Financial Secretary: MOUNCHIKPOU Maruennette (Cameroonian)
- Treasurer: Sarah ATAVI

b) The following persons (women) are nominated members of the Supervisory Committee:

- Mrs helen ELAME
- Mrs gorette BETSTTEBA
- Mrs Francisca KUMA
- Mrs Kakpo KINMIONSAN

c) The following persons (women) are elected and nominated members of the Supervisory Committee:

- President: Mrs MOLINDO Katty
- Financial secretary: MOUNCHIKPOU Margueritte
- Treasurer: Sarah ATAVI
- Auditor: (1)-Helen Elame
- Gorette Betsheba
- Francisca Kuma
- Kakpo Kinminasan

d) The following elders are the Council of Elders.

- **MAYOR OF THE LIMBE URBAN COUNCIL**

- Chief of the Beninese community:
- Chief of Nigerian community;
- Chief of the Ghanaian community
- Provincial Chief of Fisheries: Mr. MOUNCHIKPOU ANDRE.

e) The following women registered and signed as founding members of LIWOFISHCO:

1. Mbu Oyere Tabot Christine
2. Sarah Atavi
3. Gladys Bongin
4. Abulijo Betsheba Gorroto
5. Martha Emoh
6. Kakopo Kinmionsan

7. Francisca Kuma.
8. Lydia maclean Ikuemonasin
9. Julie Ekema
10. Helen Elame
11. Emilia Ewondo
12. Elisabeth Ekongolo
13. Frida Ngumba.
14. Juana Ayetola.
15. Katty Molindo
16. Sophie Moli
17. Serah Makole.
18. Mounchipou Margerate.
19. Mbeache Canisia
20. Julie Ambe.
21. Noumon Celine
22. Julie Ambe.
23. Ewona Dovi
24. Ekongolo Agnes Mundo
25. Rebecca Emobolo Nduta.
26. Eugénise Elisabeth
27. Lydia Mokalo
28. Mbue christiana
29. Grace Ekongolo
30. Blanche Kalla.
31. FOLI Vivian

## **WEST COST FISH MONGERS COMMON INITIATIVE GROUP - WESTFISHCO**

### a) For Executive Committee

- \*Delegate: Elizabeth Makia
- \*Assistant Delegate: Eyabi Joan
- \*Minutes Secretary: Olinga née Sophie Ngasa
- \*Assistant Minutes Secretary
- \*Financial Secretary: Mme Esther Mbondo
- \*Treasurer: Mme Joan Ewoke
- \*Auditor:

### b) For the council of Elders.

- Chief of Wovia village
- Chairman of Batoke Chief of Research Centre, Batoke
- Dr Ngo som Julien. Madam Diboma Rose.
- The provincial Chief of Fisheries.

### d) Founding members.

The following women registered and signed as founding members of WESTFISHCO.

## **PIONEERS OF WESTFISHCO**

1. Mme Ewoke Joan
2. Mme Makia Elisabeth
3. Mme Olinga née Ngassa Sophe
4. Mme Mbondo Esther
5. Mme Wandum Helen
6. Mme Etule Jane
7. Mme Ngoso Jacobine
8. Mme May Mojoko
9. Mme Ekema Emilia
10. Mme Ekema Anna
11. Mme Enanga Sophie Teke
12. Mme Muanibo Martha
13. Mme Mokoto Roseline
14. Mme Nanje Mary
15. Mme Clara Jassa
16. Mme Enanga Sara
17. Mme Monjoa Bweniba
18. Mme Ayi Veronica
19. Mme Teke Enanga Susan
20. Mme Teke Dorothy
21. Mme Ewoma Kate
22. Mme Mbella Kate
23. Mme Sherring Njikan

### E) Registration fees and share capital.

The registration fee was fixed at 1,000frs CFA.

The value of a share was fixed to be 1,000frs CFA.

The share capital of draft and loan unit was fixed at 1,000,000 FCFA, corresponding to a minimum of 1,000 shares to be sold to founding members.

The share capital was to be contributed as follows:

- Minimum share to be bought per member 25.
- Number of shares to be paid at registration:  $5 \times 1,000 = 5,000$ frs CFA.
- The rest to be paid in installments of 2,000FCFA per month starting from September 1997.

The contribution to the minimum share capital is compulsory for all registered members.



## ANNEX II: PROGRAM OF THE WORKSHOP

DATE/TIME	DOCKYARD	BATOKE
<b>18/8/97</b> 7-8am	-How to recognize malnutrition in children? (NGO SOM)	-Fish as food post mortem handling (Eyabi) -Definition of term related to association
8-9am	-What is health and how to achieve it? (DIBOMA)	-Definition of terms related to small income generating activities (BONDJA)
9-10am	-Fish as food; post mortem handling (EYABI)	-How to recognize malnutrition in children? (NGO SOM)
<b>19/8/97</b> 2-3pm	-Definition of terms related to the small income generating activities (BONDJA)	-Hygiene of environment; potable water and solid waste disposals (DIBOMA)
3-4pm	-Definition of terms related to associations (MOUCHIKPOU)	-Treatment of fish for cooking and for smoking (EYABI)
4-5pm	-How to prevent malnurtition using local foods- demonstrations (NGO SOM)	-Analyses and calculation of profit in fish smoking and fish mongering activities- BONDJA
<b>20/8/97</b> 7-8am	-Treatment of fish for cooking and smoking (EYABI)	-Characteristics of community based association (Mouchipou)
8-9am	-Hygiene of the environment; potable water and solid wasted isposals (DIBOMA)	-How to prevent malnurtition using local foods- demonstrations (NGO SOM)
8-9am	-Analyses and calculation of profit BONDJA)	-Problem safety and evolution of quality (EYABI)
9-10am	-Preparation of weaning foods (Ngo Som)	-Disease of transmitting agents and how to fight them (DIBOMA)
<b>21/08/97</b> 7-8am	-community based associations (Mouchikpou)	-Book-keeping, savings and its utilization (BONDJA)
8-9am	-How to compile registration documents (Mouchikpou)	-Preparation of weaning porridges using foods (NGO SOM)
9-10am	-Book-keeping, savings and its utilization (BONDJA)	-How to compile regitration documents (MOUNCIKPOU)
<b>22/08/97</b> 2-3pm	-Problem of safety and evolution of quality (EYABI)	-(Mouchipou)
3-4pm	-Disease transmitting agents and how to fight them (DIBOMA)	CLOSING SESSION
4-5pm <b>23/8 23/8/97</b>		

### ANNEX III: LIST OF PARTICIPANTS

#### **DOCKYARD GROUP**

1. Mbu Oyere Tabot Christine
2. Serah Atavi
3. Gladys Bongin
4. Abulijo Bethsheba Gorroti
5. Martha Emo
6. Julie Ange BALIKE
7. Francisca Kuma.
8. Lydia Maclean Ikuemonasin
9. Julie Ekema
10. Helen Elame
11. Emilia Ewondo
12. Elisabeth Ekongolo
13. Frida Ngumba.
14. Juana Ayetola.
15. Katty Molindo
16. Sophie Moli
17. Sarah Makole.
18. Moutichikpou Margerate.
19. Mbeache Canisia
20. Julie Ambe.
21. Noumon Celine
22. MBA Grace Nda.
23. Judith Tassa Queen
24. Ekongolo Agnes Mundo
25. Rebecca Emobola Nduta.
26. Eugemise Elisabeth
27. Lydia Mokala
28. Mbue Christiāna
29. Grace Ekongolo
30. Blanche Kalla.
31. FOLLY Vivian
32. ANGOH Julie Henry
33. DOUI EWURA
34. ANGELINA
35. NAMONDO ENDELEY

#### **BATOKE GROUP**

1. Mme NGANGE ETONDE
2. Mme WANDUM Helen
3. Mme TCHUEMPE Hortence
4. Mme MOJOKO Mary
5. Mme MOLONGO Rose
6. Mme OLINGA NGASSA
7. Mme EKEMA Sarah
8. Mme MAKIA Elisabeth
9. Mme MBONDO Esther
10. Mme EWOMA Kathy
11. Mme MOLONGO EWONE
12. Mme NCHANGO Susan
13. Mme Teke Dorothy
14. Mme Clara Jase
15. Mme Mbella Katy
16. Mme NANJI Mary
17. Mme KOFFI Lucy
18. Mme MWAMBO Martha
19. Mme LUBA Sophie
20. Mme Ayi Veronica
21. Mme EKEMA Rose
22. Mme MOKOTO Rosaline
23. Mme Sherring Njikan
24. Mme Bertha LUBA

#### **WOVIA VILLAGE**

25. Mme EWOKE Joan
26. Mme ETULE Jannette
27. Mme NGOSO Jacobine
28. Mme Emilia EKEMA
29. Mme EKEMA Anna
30. Mme BENDE Emmaculate
31. Mme ETULE Esther

#### **DEBUNDSCHA VILLAGE**

32. Mme ACHO Susan
33. Mme BOHM AGNES
34. Mme EKONO Caroline
35. Mme MANDI Joan

## LISTE DES RAPPORTS DIPA - LIST OF IDAF REPORT

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