

**In this issue:**

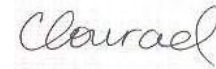
- Love4Gambia: Running Basse to Banjul
- Public Engagement Opportunity
- Fall Fund Raising Campaign Update
- Art for Tomorrow
- NSGA Love4Gambia Bluenose Marathon Charity Team
- Introducing the 2010-2011 Board of Directors
- Here today, the Gambia tomorrow – 2010/11 interns



The Nova Scotia - Gambia Association is a non-profit development organization based in Canada that works in partnership with West Africans to pursue initiatives for equitable and sustainable futures for youth.

Dear Friends and Supporters of the NSGA,

I am thrilled to share with you the latest edition of the NSGA Newsletter! By means of introduction, I am Cathy Conrad, the Acting Executive Director of the NSGA for the next nine months. I am certain that the time will fly by, but rest assured that the NSGA will be cared for with all of my heart and soul (and a lot of hard work)! I have been working on projects in The Gambia for several years now, and have come to learn and understand that the work of this organization is far-reaching and significant to so many people in The Gambia. I also know that the lives of so many Canadians who have been fortunate enough to have travelled to the “Smiling Coast” have been forever changed and enriched. For this reason, I will be taking my nine-year old son with me to The Gambia this February. You will read about his own fundraising initiative for the NSGA (*Twoonies from Toubabs*) later in the newsletter. In addition to this, you will read about many other amazing fundraisers, such as *Art for Tomorrow* and *Love4Gambia*. I hope that you will be able to participate and support the NSGA in whatever way possible. Without the support of volunteers and generous donations, we would not be able to deliver the services that are so vital to this organization and to work so closely with our Gambian colleagues.

**Twoonies from Toubabs: Valentine Cards in Support of the Love of Education in West Africa**

Nine-year old Jakob Conrad is traveling with his mother, Acting NSGA Executive Director, Dr. Cathy Conrad, to The Gambia during his February break. Telling his mother that this would be “like a dream come true”, she was convinced that he was ready for this trip of a lifetime. Knowing that he would come away from this experience with an enriched perspective on life and a lifetime of new friends, they talked about how he could give something in return. He decided that he would raise money to support the NSGA, and education in The Gambia in particular.

Jakob coined the catchy *Twoonies from Toubabs*, a reference to the pleasant Gambian term for foreigners, ‘Toubabs’. Jakob’s Valentine’s cards are selling for \$2 (a ‘Twoonie’) or 8 for \$10. He has crafted four designs and four cards are with photographs taken by SMU student Oliver Woods during his recent visit to The Gambia. Printing of the cards was generously donated by Minuteman Press Halifax.

Cards can be purchased by contacting the [NSGA office](#). Jakob has set a goal of raising \$2000.00. Please help him meet and surpass this target!

You can learn more information and see the cards at: www.wix.com/toubabs/twoonies



NSGA Today

Love4Gambia: Running Basse to Banjul

This July, I, Erin Callaghan, will be running all the way across The Gambia to keep kids alive through HIV education. Let me now tell you more about this and how you can be a part of this unique campaign.

Love4Gambia is my 400km running expedition all the way across the country of The Gambia:

- Love4Gambia will take place in July 2011.
- I will start my expedition at the Senegal-Gambia border near the community of Basse.
- 400km later, I will arrive at the shores of the Atlantic Ocean in the capital city, Banjul.
- I will be running at least a half-marathon per day to complete the expedition in 16 days.
- It will be hot! July is the rainy season and the African heat and the humid wetness will challenge me doubly.
- I'll have a three-person team with me - NSGA volunteer, friend & emergency room nurse Ashley Sharpe along with two members of our NSGA Gambian staff acting as driver and logistical support.
- Money raised supports the education programs of the NSGA.

Three years ago, I spent just under 50 days in The Gambia, volunteering as a nurse with NSGA. I worked with junior and senior high school students from all over the country, along with their teachers, in a summer school focused on life-saving reproductive health and HIV prevention education. These bright and eager kids learned to be peer health educators who returned to their schools to share HIV prevention messages with their peers - teaching them to be safe, keeping them alive. With money raised by my run across the country, Gambian children and youth will continue to receive this important education and be trained as peer health educators through the NSGA. I know that this money and these programs make a difference. I have seen it happen.

Please support my Love4Gambia campaign. Contributions can be made quickly and easily online @ www.novascotiagambia.ca. If you are a business, your logo can be placed on our Love4Gambia website and Bluenose Marathon team clothing with a minimum donation of \$500.

You can support the Love4Gambia campaign by joining the Bluenose Marathon Love4Gambia Charity Team and walking or running any distance from 5 km to 42.2km. Registration opens in January. You can encourage everyone you know to do the same! Interested runners and walkers will sign up for the race on the Bluenose Marathon website and then join Love4Gambia on the same website under the Scotiabank Charity Challenge's link.

You can join Erin's journey to run across The Gambia by following her on



@love4gambiaerin or



Love4Gambia:Running Basse to Banjul



Your donations help promote healthy lifestyle living, stronger communities and access to a brighter future.



Building Families and communities, one step at a time, volunteers make the difference!





NSGA Today

NSGA Love4Gambia Bluenose Marathon Charity Team

Attention all runners and walkers in NSGA nation! This May long weekend, you can easily support Erin Callaghan's Love4Gambia: Running Basse to Banjul campaign by joining our Bluenose Marathon Love4Gambia Charity Team and walking or running any distance from 5 km to 42.2km. And, you can encourage everyone you know to do the same! You'll get a free team t-shirt, a pre-race pasta dinner and the opportunity to support Erin as she prepares to run solo 400km across The Gambia in July.

Registration opens in January. Interested runners and walkers can sign up for the race at www.bluenosemarathon.com and then join NSGA's Love4Gambia under Scotiabank Charity Challenge's link.

See www.love4gambia.com for more information.

Congratulations Andrea!

NSGA congratulates NSGA Executive Director Andrea MacDonald and her husband David on the birth of their daughter Sadie on October 18th.

Public Engagement Opportunity

The Canadian Council for International Cooperation has launched a Public Engagement (PE) Hub, where PE, campaigning, communications, and fundraising practitioners can share information, and find resources. The PE Hub is a free, dynamic, bilingual, online space for the sharing of information, good practices, and capacity-building resources between staff, Board, and key volunteers of international development organizations working in PE, communications, and fundraising. Signing up is easy. Just go to the following link and sign up in the top right corner of the home page: <http://www/pehub-reseaeup.ca/>

Fall Fund Raising Campaign Update

Sincere thanks to all those who responded to our fall fund raising campaign. We are delighted to report that we met our target of \$20,000. Your financial assistance will continue to support our vibrant connections between community-minded Canadians and the community development workers in West Africa. Without your help, this could not happen.

Our staff will continue to address issues related to malaria, HIV/AIDS, reproductive health and other health issues as well as welfare issues impacting the communities where NSGA works. In the past year, our peer educators, community cinema presentations and distribution of pertinent education materials have reached over 1,600 student peer health educators in 30 schools; and over 37,000 Gambians regarding land mine safety and health education. We are making a difference in the welfare of Gambians!

It is not too late to support our work in The Gambia! Consider making a donation either by cheque addressed to the NSGA office, or through CanadaHelps online. Again, thank you.



all proceeds towards the nova scotia gambia association



NSGA Today

Board of Directors 2010-2011

Executive

Donald F. Grant, Co-Chair,
Boyne Clarke

Philip J. Rosson, Co-Chair,
Rosson & Associates Inc.

Natasha V. Lymburner,
Treasurer, Export Development
Canada

Erin E. Callaghan, Secretary,
Prince Andrew High School

Kristin I. Roe, Member-at-Large,
Stephen Lewis Foundation

Board Members

Megan L. Aston
Dalhousie School of Nursing

Harriet (Hiya) Field
Mount Saint Vincent University
(retired)

Amber E. Germain
Canadian Embassy,
Washington, DC

Ifeatu Sandra Nwaforonso
Haiti Chalice Canada

Katie D. Orr
Nova Scotia Community College

William R. Pratt
Saint Leonard's Society of Nova
Scotia

Ashley Sharpe,
QEII Emergency Department

Contact us:

1574 Argyle Street
Halifax, NS B3J 2B3

Telephone:
902-423-1360

Email:
Info@novascotiagambia.ca

Website:
www.novascotiagambia.ca

Here Today, The Gambia Tomorrow—2010/11 Interns

It's that time again, when the NSGA sends eager interns to The Gambia. Earlier in November, Mary Catherine Connolly and Matt DeCoursey packed their bags and headed across the Atlantic – thrilled to spend the next five months working with NSGA's Gambian staff and volunteers.

Mary Catherine Connolly, a native of Warren Grove, PEI, brings her nursing experience to the table as this year's health education intern. Community-based efforts and preventative care drew Connolly to the position. She's expects to bring back a better sense of health care in The Gambia, as well as more knowledge on the peer health education model.

Matt Decourcey comes to us from Fredericton, New Brunswick. His degree in political science and a masters in public relations makes him the ideal candidate for this year's public engagement intern. He looks forward to the challenge of being out of his comfort zone, but admits working with a Maritime-based organization overseas provides a sense of familiarity.

Both interns are excited about meeting the people of The Gambia, creating friendships and sharing their stories and experiences with Canadians. Be sure to check the NSGA's website and Facebook regularly, since the interns will be posting photos, videos and blogs during their time in The Gambia.

Follow Matt (and Mary Catherine's) adventures at 'Matty in The Gambia' blog @ <http://www.mattyinthegambia.blogspot.com/>



Privacy statement

The Nova Scotia-Gambia Association respects your privacy. We protect your personal information and adhere to all legislative requirements with regard to protecting privacy. We will use the information you have provided to keep you informed and up-to-date on the activities of the Association. If at any time you decide you do not want to be contacted, please call us at (902) 423-1360 or email us at june.boswell@novascotiagambia.ca and we will gladly accommodate your request.

Ways to give, visit us online at:

Charitable tax #137152385

www.novascotiagambia.ca/waystogive.html