

Courier



International Friendship League



Delegates and members at the International Assembly 2024

IFL Holiday in Malawi
Assisting orphans in Burundi
IFL activity in the Seychelles
Solidarity in Senegal
Family Fun Day in Newfoundland
Uganda tap water project

International Friendship League

Founder: Noel Ede

The IFL is a non-governmental, non-political and non-religious organisation, founded in 1931 to promote a spirit of friendship among the people of the world with a view to peaceful co-operation in international affairs.

www.iflworld.org

Email: info@iflworld.org

International Committee:

Chairperson/Treasurer:	Catherine Wilson (United Kingdom)
Vice Chairperson:	Marie-Nella Azemia (Seychelles)
Secretary and Assistant Treasurer:	Ted Newhook (Canada)
Membership Secretary:	Ismail Nyonyintono (Uganda)
Website / Social Media:	Victor Makwakwa (Malawi)
Publicity / Communication:	Sandra Noel (Canada)
Development Officer:	Fred Mugabe (Rwanda)
Member:	Alain Zibondo (Democratic Republic of Congo)
Member:	Malcolm Walrond (United Kingdom)

IFL Groups

Burundi:	Burundi Friendship League	email: severin.baracungana@gmail.com
Canada:	IFL Avalon Group	email: marietaylor1941@gmail.com
Canada:	IFL Clarke's Beach Group, PO Box 509, Clarke's Beach, NL, AOA 1W0	
Canada:	IFL St John's Group	email: iflstjohnsgroup@gmail.com
DR of Congo:	DR of C IFL	email: alainzibondo@gmail.com
India:	IFL Salem Group	email: reynold_eliezer@yahoo.co.in
Kenya:	IFL, PO Box 9929, Nairobi	
Malawi:	IFL Timanyane Group	email: vicmakwakwa@gmail.com
Montenegro:	IFL Cetinje Group	email: kubalain2@gmail.com
Portugal:	IFL Portugal	email: geral.iflportuguesa@gmail.com
Rwanda:	IFL Kigali Group	email: frmugabe@gmail.com
Senegal:	IFL Senegal	email: ndour77@yahoo.fr
Seychelles:	IFL Seychelles	email: nellcons@seychelles.net
Sweden:	IFL Sweden	email: bosseepost@yahoo.com
Togo:	IFL Togo	email: raymondadande@gmail.com
Uganda:	IFL Uganda	email: ismaelmuk@gmail.com
Zambia:	IFL Zambia	email: georgesiluyeel@gmail.com

In addition to the above, there are Individual Members in many countries.

Consult the IC Secretary: info@iflworld.org

Courier is the journal of the International Committee of the International Friendship League.

Editor: Mike Hewett

Email: courier@iflworld.org

It is emphasised that the opinions expressed in Courier are those of the writers themselves and do not necessarily represent IFL Policy.

IFL Holiday Week in Malawi

September 2024

Marie-Nella Azemia

Monday 16th September saw the start of the IFL holiday week in Malawi, with a visit to an orphanage.

The Seychelles Group had already organized this activity well in advance before coming to the Assembly and with the assistance of the Chairperson of IFL Malawi, Victor, contact was made with the orphanage. It is called the ZOE FOUNDATION.



Suitcases with clothes

When the group left Seychelles, they carried with them several suitcases/bags of second hand clothes that were collected by its members and also from the public. On our way there, we stopped by a supermarket to purchase soft drinks and snacks for the children. Those were distributed to them after other activities namely teaching them to sing some famous children's songs. The singing activity was led by Catherine and assisted by other members present.

The other members who attended the IA and had not left the country yet were able to accompany us on the visit. They were members from Burundi, Montenegro, Uganda, UK, Seychelles and some members of IFL Malawi group.

It was a good experience for those members who had never had the opportunity to visit an orphanage in Africa. Sandra, the youngest member of the

Seychelles delegation, said "The whole trip was worth it as we normally see those things only on CNN but this time it was in real life".

The Seychelles group discussed with the person in-charge informing her of its desire to start a charity mission with the Orphanage and that they would definitely return next year for that purpose.

On Tuesday 17th, a two hour coach trip brought us to the district of Salima. We stopped at the end of the road where was located a 5-star hotel called Sunbird Waterfront. The local organizer had wanted the visitors to see the most known lake of Malawi and the activities that normally go on there as attractions to tourists. Unfortunately, on that particular day, no activity was organized.

All the same, we looked round, took nice photographs and then ended up in the

Continued on Page 4

restaurant of the hotel where we really enjoyed a rich buffet lunch.

For their part, the members of the Malawian group had organized themselves well in advance for a nice picnic by the lake.

On Wednesday, some members had the opportunity to go on a tour of the Lilongwe wildlife. Everywhere we went in the park there were vervet monkeys and many birds. If I had walk far enough there may have been the opportunity to see crocodiles, however I did not see any. The park was well organised with a coffee shop at the end of the trails.

In the evening of the same day, one of the Seychellois members, Yvonne Azemia, celebrated her birthday. Although most of the Assembly participants had already left, those who were still present met to celebrate the occasion in the garden of the hotel. Some hotel staff joined in too.

Definitely, we kept good memories of our stay in Malawi.

On Thursday we were able to visit different markets and get some great souvenirs.

Organized by IC, a farewell dinner was hosted on Friday at the main restaurant of the hotel although most participants had departed then. However, those who were still in Malawi enjoyed a fruitful and friendly evening while sitting around a large table to say thank you and goodbye at the same time. We really cherished this moment that has kept fond memories of the laughs of happiness and friendly jokes cracked. A lot of photos were also taken as memories of Malawi.



Distributing gifts at the orphanage



Celebrating a birthday

I.A. 2024 held in Malawi

Report of the business meetings

Ismail Nyonyintono

IFL Timanyane Group Malawi hosted the International Assembly in Lilongwe on September 14th and 15th at Segocoa Golden Peacock hotel.

The IA was chaired by Catherine Wilson and this marked the third African meeting after Uganda and Senegal in 2014 and 2018 respectively.

Most delegates had arrived on 13th with the exception of Alain Godefroid and Severin Baracungana from Montenegro and Burundi respectively who arrived on the second day due to flight alterations.



The assembly in general was considered to be a shared experience and an opportunity for everyone to be free to give responses and opinions in a not too formal yet not too open environment. A Zoom meeting was arranged for those unable to attend in person.

The International Committee and delegates were introduced to the Assembly by Catherine Wilson, with members from the United Kingdom, Seychelles, Uganda, Malawi, and the Democratic Republic Of Congo.

Delegates from Burundi, Montenegro, India, Kenya, Seychelles, Uganda, Zambia, and Malawi formed a historical representation of their groups on the African continent.

The meeting discussed reports from various groups, and the delegates encouraged each other from the different projects presented.

The 2023 IFL Financial Accounts Report were presented by the treasurer, stating that expenditure exceeded income and that the bank balances were bound to

Continued on Page 6

finish in years if new investments are not considered. This statement led sentiments among the delegates later in their group discussions about the future of IFL.

The delegates and members split into three groups to discuss ideas for the future of IFL. The three formulated groups came up with different ideas that were left for the International Committee to scrutinize the possibilities in future.

The discussions were concluded with remarks by Malcom who was listening on Zoom. He remarked that IFL began in England and spread to European countries and gradually the founders became old. He was thankful for what was discussed especially with the young generation involved. He also stressed that IFL is not very international and hoped that there should be links outside UK to bring it back home.

Catherine conclusively stressed that whatever was discussed, IC would find a way to tie them back to the IFL objectives. After announcing the new board of the IC by the two tellers, the chairperson closed the IA and wished everyone luck to succeed to the next international assembly.

Full minutes of the International Assembly 2024 are available on request.

IFL Kigali Seminar on Peace Promotion

28th December 2024

Fred Mugabe

On 28th December 2024, IFL Kigali organized a seminar on peace promotion. The seminar attracted members of IFL Kigali that numbered 15 who are active in Kigali.

The program was thought in framework of promoting Kigali group and the agenda of peace in the region.

The seminar discussed history of IFL where the idea came as solution to the world conflicts. The world essentially needs peace and if people get to know each other and develop friendship, this is an ideal set up ground for talking in case of misunderstanding rather than going to war.

The seminar discussed humanitarian dangers posed to many people in the war-torn areas around the world notably the Ukraine war that caused a big number of deaths, casualties, refugees, property losses and others dangers.

The seminar exchanged ideas on how to promote Kigali Group into a very active group contributing articles and having visible activities at the IFL global scale.

The seminar was also an opportunity for the members to come together and socialize as the occasion coincided with the 2024-2025 festive season.

IFL Kigali Group appreciates support rendered by the International Committee in organizing this important event.

Visit To Assist The Orphans Of Musinzira

The Burundi Friendship League extends its help

Séverin Baracungana



In its priorities, BFL has set itself the objective of assisting vulnerable people.

Through an acquaintance, the president of BFL was informed that there are very small orphaned children at the Centre of the Sisters of Saint Bernadette who are in need of material assistance.

When he spoke about it to the other members, the proposal was to approach IFL once again to ask them to finance a project to assist these small orphans. IFL welcomed the project and spontaneously financed it at £500.

On January 10, 2025, the 7-member BFL delegation led by the President visited the Saint Bernadette Sisters Center which supports orphaned children. It should be noted that the President's youngest daughter also accompanied the group.

This center is located in Musinzira in central Burundi in the province of Gitega. In this center lives a community of about twenty nuns who supervise these children and is led by a responsible Sister. Some civilian girls also help in the education of these children. The center has a total of 17 Orphans including 3 young disabled people. These are children whose mothers mostly die after childbirth and who come from poor families. These orphans are legally returned to their respective families at the age of 3 except for cases of mental and physical disabilities.

Following the support of the IFL committee and with small contributions from BFL members, and in order to share Christmas and New Year 2025 with the children, the BFL delegation left on January 10, 2025 with the assistance composed of various items:

25 kg of sugar, 50 kg of rice, 20 kg of porridge flour, powdered milk, coffee, juices, sweets, biscuits, pampers and soaps, clothes against the cold and shoes, and an envelope for the purchase and payment of other small needs.

The Sister responsible for the center with all the other collaborating Sisters welcomed the delegation and the Donation brought by BFL.

In his speech, the President BFL briefly presented to the Sisters of the center the origin of the Donation of assistance (IFL). He specified that this is support provided by IFL at the request of BFL. He also took the opportunity to present what the IFL organization is, its mission, its vision and its objectives.

The Sister responsible for the Center thanked IFL via BFL for this commendable gesture and prayed to the good Lord to bless the activities of IFL and BFL. She asked the BFL committee to always be the center's interlocutor with IFL even for the next occasions, adding that with this assistance IFL has given back life, joy and smiles to these orphaned children. She confirmed that this assistance has been of great help to them especially since the center should welcome another new orphan child the same day.



International Assembly 2025

The International Assembly this year will be held on Friday 6th and Saturday 7th June, in Luton, England, which is just north of London. Following the Assembly there will be a Holiday Week with visits arranged to popular places such as London and Oxford.

A report on the business discussions at the IA will be published in the next edition of *Courier*, along with an article describing the excursions enjoyed by the delegates and members during the Holiday Week.

Solidarity Action of IFL Senegal

Repairing rainwater damage to a local school

Abdoulaye Ndour

Because of countless rains last year, especially in the Dakar region, several schools were in water due to flooding caused by these heavy rains. The school located in our town was part of it while the majority of our young IFL members study there.

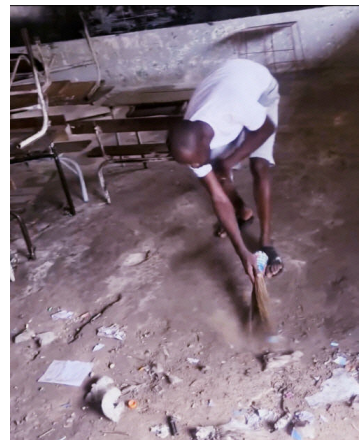
Therefore, we members of the IFL Senegal group decided to find solutions to make school practicable.



A clean smart school once again



The water has been pumped out



Cleaning the floor

Then, we held a meeting with the aim of finding ways to resolve this problem as urgently as possible.

All members found the same point of view which is: the contribution for each member and finding goodwill to have a significant amount of money. Each member contributed a sum of 23.000f cfa which corresponds to approximately £30 (40 USD). With this amount

Repairing the local school in Senegal - continued

collected, we rented two water pump machines and all the materials we needed to restore the water.

IFL members were on the ground in the total cleaning of the school. Especially our female members, special mention for them. They were in every nook and cranny of the school and on every part of the cleaning. At the end, the school returned to its splendid image.



After knowing how to pump the water, our members are starting the first work such as: cleaning, sweeping, grating the walls to prepare the paints and doing the twists and turns



Here it is our members placed inside the rooms who do the same work as those outside in the schoolyard



Our IFL members, both men and women, volunteered to put on the paint and the final finishing touches.

IFL Avalon's International Friendship Café

Hosting friends from Ukraine

The International Friendship League Avalon were so pleased to host an International Friendship Café and invited our new friends from Ukraine as special guests.

The Café was held at the beautiful Canon Richards Tearoom in Port de Grave, Newfoundland, in a 112-year-old heritage building.

Our new friends Eduard and Vita shared their story of how they fled the war in Ukraine and ended up in our beautiful province. We were excited to host them and have them cater our event with their traditional Ukrainian baked goods, from their home bakery. Eduard and Vita were pleased to showcase their delicious treats and the event helped them connect with new friends and new customers.

It was a beautiful afternoon of friendship and sharing. The event was made possible by the support received from the International Friendship League.



Members of IFL Avalon enjoying an afternoon of friendship



Eduard Prokopenko preparing to serve cake to guests



Vita Prokopenko sharing her Ukrainian baked goods.

IFL active in the Seychelles

A busy programme of events

Marie-Nella Azemia

Seychelles Creole Night - The IFL group joined in with the Seychelles nation to celebrate this important day in the Seychelles which is normally held on 31st October each year, to end the Creole Week. During this week the people learned more about its culture through local cuisine, Creole traditional dance normally called the KAMTOLE, a poetry competition where local poets showcase their talents, school children competing in Creole story and song writing and many more. Normally this is a colourful week with bright colours decorating our town and districts. It is also an attraction for our tourists.



Young dancers at the Creole Night

Silhouette Island - As part of the objective to introduce more people to IFL, a weekend was organized for members and their friends. Silhouette Island is located 20 kilometres northwest of the main island of Mahe, a boat trip of around one hour. For most of us, it was our first visit to this island, it being the third biggest granitic island of our archipelago.

The friendly atmosphere brought a lot of good to the organization as people heard stories of IFL from its start in Seychelles since 1989. Other important things we spoke about were the number of

assemblies members have attended; countries we visited with IFL; friends we have met and still in contact with a few; as well as comparisons on IFL now and then. As a result of the visit we now have 3 friends who have expressed their wish to register as members.

Visit of Alain Godefroid of Montenegro - This is a meeting we had during the first week of December 2024 when an IFL Burundian friend who lives in Montenegro and heading an IFL group there, visited Seychelles. We had met him at the Malawi Assembly.

A group of us met with him for a short meeting and then together we treated him to a lunch at one of our restaurants in town. Together we spent an enjoyable afternoon. The next day, one member facilitated a trip around the island for him. He managed to see some nice spots which he said will be kept as memories.

Friendship and Trust

The Cornerstones of Meaningful Relationships

Emmanuel De-Graft Quarshie - IFL St. John's Group

Friendship is one of life's greatest treasures. It's the bond that weaves the fabric of our lives, providing us with support, joy, and companionship through life's ups and downs. At the heart of every strong friendship lies a foundation built on trust.

Trust is the glue that holds friendships together. It is the belief that you can rely on someone, confide in them, and know they have your best interests at heart. When trust is present, friendships flourish, and deeper connections are formed.

But how do we cultivate trust in our friendships? The following will help to guide us through that process;

Honesty and Open Communication: Honesty is the cornerstone of trust. Being open and sincere with our friends creates an environment where trust can thrive. When we communicate openly and honestly, we show our friends that we value them and respect their feelings. Even when the truth may be complicated to hear, it is essential to build a strong trust foundation.

Reliability and Dependability: Consistency is key to building trust. When we can depend on our friends to be there for us, we feel secure in our relationship. Whether it's lending a listening ear, making constructive inputs/suggestions, offering a shoulder to cry on, or celebrating life's victories, knowing that our friends are reliable creates a sense of trust that strengthens our bond.

Respect and Understanding: Respect is fundamental to any healthy relationship. Respecting our friends' opinions, boundaries, and feelings fosters an environment where trust can flourish. Understanding that everyone is unique and accepting our friends for who they are fosters a sense of trust and mutual respect.

Forgiveness and Compassion: No friendship is perfect, and conflicts are bound to arise. However, forgiving and showing compassion is essential for rebuilding trust when it's been damaged. When we can admit our mistakes, apologize sincerely, and forgive our friends for theirs, we demonstrate our commitment to our relationship and strengthen our trust.

Support and Encouragement: True friends are there for each other through thick and thin.

Being supportive, offering encouragement, and lending a listening ear during tough times strengthens our friendship and fosters trust. Relying on our friends for support creates a lasting bond.

In conclusion, friendship and trust are the cornerstones of meaningful relationships. By cultivating honesty, reliability, respect, forgiveness, and support, we can build strong, lasting friendships that enrich our lives and bring us joy. So, let us cherish the friends we have, nurture the bonds of trust between us, and celebrate the incredible gift of friendship.

IFL-Uganda tap water project

The International Committee gives support with 500 pounds

Ismail Nyonyintono

I want to inform the International Committee and the IFL world that on 18/11/2024 the proposed water project by IFL-Uganda to support the community with tap water was established. IFL brought a smile on the faces of people in Namuganja Community in Luweero district of Uganda. They provided them with tap water which is expected to reduce the fetching of water from long distances.

Special thanks to the Ministry of water and sanitation from Luweero district. It helped to guide in all circumstances possible for the completion of this project.

Although we started by one tap connection, there is hope to add several taps in future for quick supply of enough water to the community.

This project took steps in its establishment and is expected to connect about three surrounding villages in the area benefitting from it. A special Thank you to Aminah Nakatudde who coordinated it to the final stage.

This project is in a distance of 200 meters from the main supply route to where it was installed, and the distance from the village water source is 1km.

According to the ministry of water and sanitation, it could be wise to put up a 30,000-liter tank to help collect and store some of the tap water for supply in times water is off from the tap. They advised that water in the distant areas is supplied at irregularities and therefore if collected in storage, people will not keep in queues by the time water is back in the taps.

Once again we thank the IC for the tremendous support to build peace through projects support around the world.



Aminah monitoring the project progress

International Family Fun Day

Avalon Group, Newfoundland, Canada

Hope Colbourne

Members of the International Friendship League Avalon Group hosted an International Family Fun Day on August 21, 2024, at the Search and Rescue Building in Bay Roberts. The day was overcast weather-wise, but that didn't dampen the spirits of group members or those who turned out for the fun day. There was no shortage of food, beverages or snacks. The kitchen crew showed up in fine style, read to fire up the BBQ. The hotdogs were delicious and cooked to perfection. They were enjoyed by all...young and old alike. Lots of beverages to choose from including water, pop and tea or coffee. The cupcakes with multicoloured icing were a favourite.

There were three-legged races across the room which created much laughter. The children enjoyed the activity table set up for them with a large coloring cloth and lots of crayons for all.

We enjoyed great conversations and made new friends. There were workers in the building next door that we shared with, there were visitors on the grounds that went away with a brochure and a cupcake, and there were children on the Playground that came and enjoyed the festivities.

We were so pleased with the day and sharing friendships with approximately 50 people. All in all a great day.



Multicoloured cupcakes!

Obituary: Jennifer Hopkins

MikeHewett

Jennifer Hopkins passed away in February. Along with her husband David, Jennifer was a leading figure in the Northampton Branch of the British Section.

She was a member of the British Section National Committee three times, joining the first time in 1972 and later becoming National Membership Secretary in 1978, and finally rejoining the National Committee as Secretary in 2003, continuing in this role until 2019.

She helped to run a number of initiatives for the British Section, including collecting used postage stamps from around the world, which were sold to raise funds for the IFL.

She and David were great travellers, creating friendships wherever they went. Jennifer was a great asset to the IFL and she will be very fondly remembered by many IFL members for her dedication to the League.

Addressing Homelessness in St. John's

Pictures of the Project which was featured in the last issue

St John's Group in Newfoundland, Canada, sent pictures of the work their members carried out last year, helping local homeless people. Owing to lack of space in the last issue of Courier, these pictures have been included in this edition.



Sweet Memories

IFL ST. JOHN'S 2024 HYGIENE PROJECT
PACKAGING PARTY!

