

# Ghislaine in Ghana An interview

**DL:** Nshooma, mon ka tres Dorothy Laudare, fu ka tres? (Good morning, my name is Dorothy Laudare, what is your name?)

**GJ:** Alenfia, mon ka tres Ghislaine Johnson. I am in my third year, studying Bioresource Engineering here at McGill's Macdonald Campus.

**DL:** Nice to meet you, Ghislaine. Where did you

learn to speak Ganja? information like how to row crop, fertilize crops, or how to go about housing animals, as well as other things, to the rural farmers within their designated area. I also established a District Food Security Network (DFSN) with the Director of my DADU. The network was formed with the idea of having a holistic set of stakeholders meet on a quarterly basis to collaborate and share ideas, information, and resources to better achieve food security within my district.

**DL:** That's great. How do you feel you have promoted access to technology through your experience?

**GJ:** My role in promoting access to technology was indirectly through training those who provide technology and information to the rural farmer. Also, a second role was establishing a forum where stakeholders within the district can meet to work together on food security.

**DL:** It definitely sounds like you were busy this summer! How were you prepared?

**GJ:** I had one week of intensive training in Toronto with 22 other EWB JF volunteers heading to Ghana for the summer as well as two summer workshops held in Tamale (Regional capital city), which enabled all 12 MoFA JF's to create their own workshops and DFSN's within their own Districts.

*(Cont'd on following page)*

learn to speak Ganja?

**GJ:** I was actually very fortunate to have been able to spend the past three and a half months living in the Bole District, in the northern region of Ghana. I was working with their Ministry of Food and Agriculture (MoFA) as a Junior Fellow (JF) volunteer with EWB Canada.

**DL:** Wow, that must have been an incredible experience. What is EWB?

**GJ:** EWB is an acronym for Engineers Without Borders. It is a non-government organization that can be found across Canada, and it has both University and Professional Chapters. EWB's mission is to "promote human development through the access to technology". EWB believes that the "power of technology can drive extraordinary change". However, the technology has to be appropriate and intricately introduced into a community. Also, many aspects of the community must be considered when introducing technology; the culture, infrastructure, economy and/or politics within that community.

**DL:** Could you tell me a little bit about your project?

**GJ:** Sure. I planned, organized, and facilitated three workshops aimed at educating the Agriculture Extension Agents (AEAs) who extend



Ghislaine Johnson (right) shares a laugh with a Ghana local.

**DL:** What can others do? How do they get involved?

**GJ:** Mac EWB has a role for all different types of volunteers coming from all different backgrounds. You can know nothing about development coming from a nutrition background or you can be a development studies minor ready to put in time every week in order to plan events. Mac Campus and Downtown are still looking for some committed volunteers to be on both execs. As well, we hope to have general members, who can't commit to an exec position, come to general meetings to find out how and when they can help out. Look out for our SWOT team (Students Working On accomplishing Tasks) this fall!

Generally, if people are interested in getting involved we add them to our mailing list so that they can find out what is happening. ([gghislainejmjohnson@hotmail.com](mailto:gghislainejmjohnson@hotmail.com))

**DL:** What can Canadians do here in Canada to help out?

**GJ:** EWB proudly supports the "Make Poverty History" (MPH) campaign. Providing "more and better aid" is part of the MPH platform. EWB is promoting the Bill C-293 (Development Assistance Accountability Act), a bill that ensures that "poverty reduction is placed at the centre of Canadian aid policy".

This bill is currently before the Canadian House of Commons and will be voted on for the first time on September 19<sup>th</sup>. It is very important that we influence our MP's, getting them to agree with and support this bill. EWB Montreal has played their part and will keep on pushing to get people to sign a petition to show their support. EWB nationally wants to have 15,000 signatures to prove Canadians support Bill C-293. I believe they are well on their way. Also, Canadians can make themselves more aware of how they can play their part to making poverty history by checking out the [playyourpart.ca](http://playyourpart.ca) website to learn more.

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- Crystal Conrad

G'day fellow Mac Students! Let me introduce myself: my name is Crystal Conrad and I am in year 1 Dietetics. I am new to the Macdonald campus this year and I am very interested in healthy living love to cook. I know it can be hard for those

who have just left home to start cooking for themselves, and so the can opener becomes your best friend. I am going to try to solve this problem by including a different recipe in every edition of *The Afterthought*. I hope you all have a wonderful year and at least try to make (and enjoy) one of these recipes! Or better yet, get some friends together and have a dinner party so you can try each other's recipes for a break from pasta and sandwiches.

This recipe is delicious, but better saved for the weekend when you have a bit of time! They make these pancakes everywhere in Bali, and I enjoyed them daily while I was there!

### **Banana and Coconut Pancakes**

From Chef Barbara Northwood, New Idea

*Serves four*

*Preparation: 20 min; Cooking time: 15 min*

#### **Ingredients**

- 500mL (2 cups) coconut milk
- 60mL (1/4 cup) firmly packed dark brown sugar
- 1 egg
- 500mL (2 cups) self-rising flour
- 1 large banana, finely chopped
- 45mL (3 tbsp) butter, melted
- 250g (about 20, or 250mL (1 cup)) fresh strawberries, chopped
- 80mL (1/3 cup) maple syrup
- sliced bananas and vanilla ice-cream to serve

#### **Method**

1. Whisk coconut milk, sugar and egg in a large bowl until combined. Gradually whisk in sifted flour until smooth, stir in banana.
2. Heat a non-stick frying pan over medium heat, brush pan with a little of the melted butter. Pour 1/4 cup of batter into pan, cook, uncovered, until bubbles appear on surface of pancake. Turn pancake, cook until browned. Remove from pan, cover to keep warm. Repeat with remaining butter and batter.
3. With a blender, blend strawberries with maple syrup until smooth.
4. Serve pancakes layered with sliced bananas. Top with vanilla ice cream and drizzle with strawberry sauce.