



HIV/AIDS PREVENTION: MASTERING THE PRACTICE

**Your contributions keep us going!
Please send a tax-exempt check
payable to one of African Action on
AIDS' addresses below**

Learn About African Action on AIDS (AAA)

AAA is a tax exempt non-profit organization registered in the USA and operating under section 501(c) 3 of the IRS code. It is also registered in Cameroon (auth. No00174/A/MINAT/DAP/SDLP/SAC). It has special consultative status with the United Nations ECOSOC and the UN Department of Information.

AAA's work is based on 3 programmes:

"JUST KNOW" Campaign emphasizes:

- Knowledge of one's body
- Knowledge that leads to behavior change
- Knowledge that helps to visualize a future without AIDS

"Health before Wealth" Concept promotes:

- Testing for HIV
- Clean hands (hand washing stations)
- Clean water (drinking stations)
- Dignified toilets
- Fighting against Malaria (treated mosquito bed nets)
- Vaccination
- Anti worms medicin

"Women's economic autonomy" through our Scholarship Programme.

This scholarship enables each teenage orphan girl to complete at least a secondary, general or technical education that will lead to financial and economic autonomy, greatly reducing the risk of being infected with HIV through sexual abuse and violence.

The Ebola Tragedy in 2014 has brought back the focus on the kind of health systems needed to protect African people from perpetual death and sadness. In this context, and as developed in AAA e – News Brief in November 2012, <http://www.facebook.com/africanactiononids> Prevention of diseases is key, rather than retrospective treatment after the disease onset. But TALKING about PREVENTION isn't good enough. We now need to DO IT and MASTER THE PREVENTION PRACTICE.

Mastering the diseases prevention practice is not as simple as registering the number of hours invested and visible. It is about how consistent you are in fulfilling your own wish. It is commitment to self care/self interest. It is your profound intention to showing up to what you decided to do to yourself. In this case, it should lead to 3 commitments:

MASTERING AS COMMITMENT by governments to eliminate common diseases caused by lack or dirty water to drink and clean hands, lack of dignified toilets, lack of environmental hygiene, investment on mass health education mostly in local languages. Because we now know that these precautions will eliminate major killers like: Ebola, Cholera, Malaria, Diarrhea, etc... **Also consult the following:** <http://www.irinnews.org/fr/report/100986/lacouverture-sanitaire-universelle-l-apr%C3%A8s-ebola>

MASTERING AS COMMITMENT by each individual African, to understand that only if they themselves are committed to keeping their hands, toilets, water clean and voluntarily contributing in keeping their environment and community clean will they be accorded respect of Human Dignity by others. In so doing, they will reduce community vulnerability that aggravates the vulnerability of each African!

MASTERING AS COMMITMENT and as a clear understanding that seeking external help and partnerships does not eliminate local contributions and the need for a community to envisage living without total external help. That is the reason why AAA launched the concept of *DONORS of the 21st CENTURY in 2014 that makes it easy for ANYONE to donate and be PART OF THE SOLUTION at minimum of 10 francs CFA per day for 365 days.* Nyangon, a 14 years old school girl made her 2014 donation after babysitting other children during her school vacation! Moving forward, our eNews Brief will now be accompanied with pictures of our young donors.

HAPPY NEW YEAR 2015!

Ruth Bamela Engo, President



Nyangon, young donor

Contacts: www.africanactiononids.org - <https://www.facebook.com/africanactiononids>

HONG-KONG	USA	Europe	Cameroon
VivekAranha AAA Representative in Asia Unit 103, 7 May Road, May Towers one, Mid-levels HONG-KONG v_aranha2000@yahoo.com	LaraineLippe Vice Chairman AAA Board of Directors P.O. Box 1680 New York, NY 10163- 1680 E-Mail: ljlippe@aol.com	Herta P. Kaschitz AAA Representative in Vienna Schottenfeldgasse 20/9 - 1070 Vienna, Austria E-Mail: hpkaschitz@aol.com	Ruth BamelaEngo President AAA B.P. 4340, Yaoundé Cameroon ruthengo@africanactiononids.org