

LESA USA

celebrates

20 YEARS

OF

Excellence & Prowess

JUNE 20 - 23, 2019



Theme: Empowerment of the Girl Child

Think Equal, build smart & innovate for change

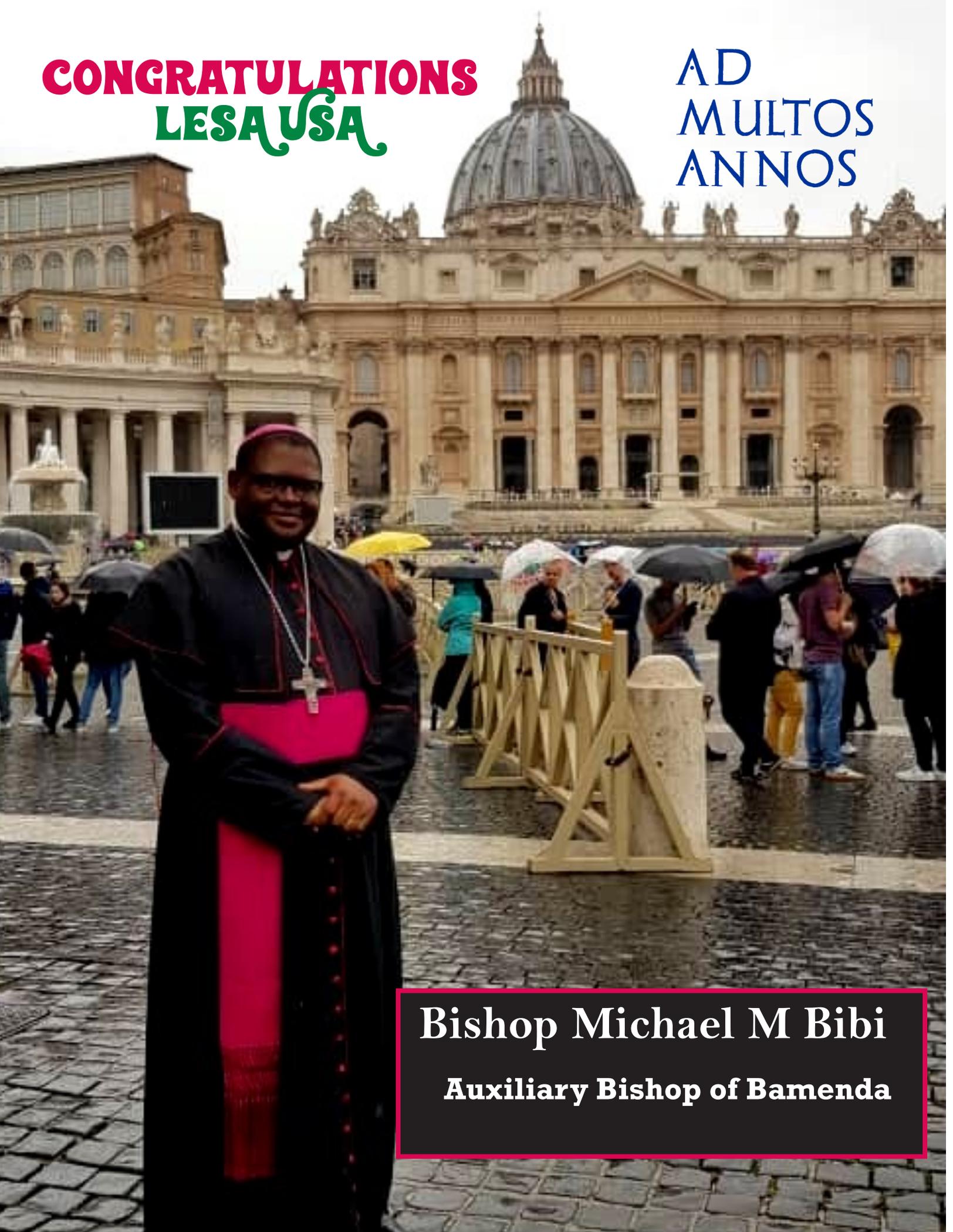
Hilton . BWI

1739 W. NURSERY RD | LINTHICUM HEIGHTS, MD 21090



CONGRATULATIONS
LESA USA

**AD
MULTOS
ANNOS**



Bishop Michael M Bibi
Auxiliary Bishop of Bamenda



ARCHDIOCESE OF BAMENDA

5th June, 2019

Tel: Cell (00237) 677432810

Email: bishopbibi24@gmail.com/frbibimike26@yahoo.com

My dear mothers and sisters,

As you celebrate LESA USA 20th annual Convention from the 20th-23rd June, 2019 at Linthicum Heights, Maryland, USA, I would like to wish each and every one of you a successful come together. May the Holy Spirit accompany you in your deliberations so that you may discuss issues that will be in accordance with your mission which is **“To foster and promote the education and health of the Girl Child in Africa and around the world”** and your vision to have **“A world where every Girl child is given opportunity to live to her full potential”**.

This mission and vision you have accomplished so far through the various projects that you have carried out in the past years. Change Care Foundation, of which I happen to be a member collaborated with LESA USA Inc. in distributing sanitary and basic hygiene items in 2018/2019 to over 500 women and girls who are internally displaced in the North West and South West Regions of Cameroon thanks to your generosity.

As you hold your annual convention, may our Mother Mary intercede on behalf of each and every one of you and your families. May she accompany you in accomplishing many good works in support of women and the girl child in Africa and around the World. We remain united in prayers always and I wish you a successful annual convention. Congratulations LESA USA and **‘Ad Multos Annos’**.

†Michael Miabesue Bibi

Auxiliary Bishop of Bamenda





Welcome!
To
Baltimore



The State of Maryland



Governor of the State of Maryland, to

**LOURDES EX-STUDENT ASSOCIATION – USA , Greetings:
INCORPORATED**

Be it Known: That on behalf of the citizens of this State, in recognition of "Twenty Years in the Making", your annual convention and awards gala for 2019; the commitment to educational and vocational support for girls and young women; contributions to the social, cultural and economic welfare of women in Cameroon and the African diaspora abroad; it is at this joyous celebration of sisterhood with the citizens of Maryland joined in exultation, we are pleased to confer upon you this

Governor's Citation



Given Under My Hand and the Great Seal of the State of Maryland,
this 22nd day of June
Two Thousand nineteen

Wesley C. Young
Governor

Robert H. Katt
Lt. Governor

John C. Wetherell
Secretary of State



BERNARD C. "JACK" YOUNG
Mayor
250 City Hall, 100 North Holliday Street
Baltimore, Maryland 21202



June 20, 2019

Welcome to Baltimore!

On behalf of the citizens of Baltimore, it is my pleasure to welcome the members of LESA USA Inc. and their distinguished guests and families to Baltimore, as you celebrate your 20th Anniversary at the Hilton BWI.

LESA USA is a branch of LESA, the Association of Our Lady of Lourdes Ex-Students, made up of former students of Cameroon's Our Lady of Lourdes College. Since its inception in 1999, LESA USA has worked to foster and promote the education and health of the Girl Child in Africa and around the world.

As mayor, I am delighted that you have selected Baltimore for your event, and I invite you to discover the city's many exciting attractions. From Baltimore's numerous waterfront attractions, outstanding restaurants, and fabulous shopping to our charming neighborhoods, historical sites, and world-class art museums, you'll find that our city has something for everyone.

Thank you for choosing Baltimore to host your convention. Best wishes for a memorable event!

Sincerely,

Bernard C. "Jack" Young
Mayor
City of Baltimore

A close-up portrait of a woman with a white braided headwrap and a red headband. She is wearing a black top with gold sequins and a gold necklace. The background is a patterned rug and a chair.

**CHRISTINE
NKWAIN**

**President
LESA USA INC**

THE PRESIDENT LESA USA

CHRISTINE NKWAIN

On behalf of LESA USA Inc., I salute each one of you with love, humility and respect. It is unfathomable how year in year out, we are cushioned unfailingly by our families and our friends. We have been showered with love and support, endlessly, through the years. This year is extraordinary because we celebrate 20 Years of our official running of this organization as LESA USA. It is solely by God's Grace!!! Yes, each year, we meet to celebrate the organization, to celebrate each other and deliberate on pertinent issues concerning our empowerment, growth, compliance and well-keeping. But this year we have come back to the Roots of LESA USA - Maryland. We are being hosted by our Mother Branch, LESA-DC, who has nurtured and sustained the association, and has earned the rights to host our 20 Years of Success and Prowess. What better spot than our loyal Hilton BWI which has hosted three of our Conventions in the past 20 years. Which better city than Baltimore, which exudes sophistication, class and warm heartiness. Maryland awaits to welcome you and make you feel at home, Linthicum Heights urges to pamper you, Hilton BWI plans to provide top notch services, while LESA DC Awesomes have rolled out the red carpet to take you to a Place of Ecstasy and Splendor. May I, therefore, be bold to welcome you all to our beautiful, kind and loving Maryland, as the National President of LESA USA Inc. and to welcome you as a LESA DC Awesome myself and the humble PRO of LESA DC. I thank you for allowing us to host the 20th Annual Convention of LESA USA. I can assure you that our hospitality will leave you breathless and sizzling with love.

LESA USA's Mission remains to foster and promote the education and health of the Girl Child in Africa and around the world. Meanwhile LESA USA's Vision remains to promote a world where every Girl Child is given the opportunity to live to her full potential.

This is what we have completed as our annual project for 2018/2019 since our last Convention in June 2018 at Atlanta:

-LESA USA Inc. will contribute \$10,000.00 in scholarships to 20 students of Our Lady of Lourdes College, Mankon- Bamenda, Cameroon – to cover annual tuition, board, books, and uniforms - June 2019. The Awardees have been selected already from over 45 applicants.

- LESA-USA Inc. donated for the second time \$3,050.00 in collaboration with Bishop Bibi and the Change Care Foundation to provide personal sanitary and basic hygiene items for the Internally Displaced Woman and Girl Child in Cameroon –May 12, 2019.

- LESA-USA Inc. via way of LESA DC continued its annual giving towards the campaign of “CHANGING LIVES ONE FINGER-STICK AT A TIME” and donated \$1,100 towards the Lambe Cameroon Diabetic and Health Foundation – April 20, 2019.

- LESA USA Inc. donated \$500 through the Center for Human Rights & Democracy in Africa to the Young Mother of the three weeks old baby born with Spina Bifada & Hernia, and in need of multiple surgeries and medical treatment. - January 23, 2019.

THE PRESIDENT LESA USA

CHRISTINE NKWAIN

- LESA USA Inc. through LESA DC volunteered to serve breakfast with SOME (So Others Might Eat), an interfaith community-based organization that exists to help the poor and homeless of Washington DC. - January 19, 2019.

- LESA USA Inc. through LESA CA donated \$120.00 to Ora Lee Smith Cancer Research Foundation in honor of LESA USA Members, Fallen Lourdes Ex Students & their family members, as part of the Chapter's Philanthropic Drive - January 8, 2019.

- LESA-USA Inc. for the second year in a row through LESA GA donated huge bags and boxes of food to assist the Quinn House in Gwinnett County, one of Georgia's food banks, on December 29, 2018.

- LESA-USA Inc. donated \$2,000.00 through LESA DC in collaboration with Bishop Bibi and the Change Care Foundation that would provide personal sanitary and basic hygiene items for the Internally Displaced Woman and Girl Child in Cameroon - December 2018.

- LESA USA Inc. organized a Youth Empowerment Seminar at the Hilton Hotel in Atlanta, Georgia during their 19th Annual Convention. - June 21 2019

- LESAUSA Inc. while in Atlanta, GA celebrating their 19th Annual Convention happily assisted Med Share in boxing medical supplies as part of their philanthropic volunteer project - June 22, 2018.

- LESAUSA Inc. while celebrating their 19th Annual Convention took some time to visit JC Freedom House, a Women's Shelter in Atlanta and donated \$500.00 as part of their philanthropic donation project - June 21, 2018.

LESA USA will never sustain its excellent existence without you, our generous and loyal patrons and donors, and our relentless and die-hard Lesans. And we will continue with such philanthropic drives and projects to accomplish our mission and align ourselves with our vision.

LESA USA Inc. remains deeply concerned with fostering our sisterhood and about issues pertaining to women such as spiritual, physical, psychological, financial, empowerment vehicles and emotional. We exchange our talents and ideas, leaning on the long term goals to build great and dynamic leaders, powerful and successful wives, renown entrepreneurs, caring and loving mothers, and not forgetting helping the less privileged girl child. We believe that every girl child should be strong, dynamic, positive, powerful, hopeful, successful, hardworking, and love God. All Ex-Students of Our Lady of Lourdes Secondary School living in the United States are welcome to join us. We must support our Alma mater. We must empower each other on every platform available, for we are each other's keepers.

We thank God for protecting us and keeping us under His Canopy. I look forward to seeing you all during our Convention weekend.

Long Live LESA USA!!!

Long Live Our Lady of Lourdes College!!!

Long Live Cameroon!!!

Long Love USA!!!

Love always,

Your humble servant,

Christine Nkwain, National President of LESA USA Inc

LESA DC AWESOMES Awaits You



Distinguished Guests of LESA USA INC, my beloved Lesan sisters,
It is with great pleasure and humility that I welcome you all on behalf of Lesa DC (DC Awesomes) to the DMV area as we celebrate our 20th National convention from Thursday June 20 through Sunday June 23 2019. It is truly an honor to have participants traveling from around the world to grace us with their presence.

On Behalf of Lesa DC, I say welcome, bienvenue, miyaka!

LESA USA is on a mission to empower the girl child and your commitment to walk this path with us and support us at each stage has not gone unnoticed. It is truly appreciated. I cannot stress the importance of elevating the status of the girl child especially in these volatile times, as this directly translates into elevating the status of the community, and the world. Special thanks to all the DC Awesomes who have worked so diligently for the last two years, preparing for this once in a lifetime 20th anniversary celebration. To the National Executive Council of LESA USA INC-The SS Force, headed by Ms. Christine Nkwain, I duff my hat to you for your leadership and service.

LESA USA conventions hosted in Washington DC metro area, the heartbeat of the USA is always something to write home about. We have and amazing fun filled weekend all planned out for you. We will start unveiling the surprises on Thursday June 20, 2019. Come ready to experience love, service, and sisterhood. Without spilling the surprises. I welcome you once more to the Washington DC metro area. Come celebrate with us in a phenomenal way and support us as we continue our mission to change the world one girl child at a time.

Long Live LESA USA Inc
Long live the SS Force
Long live LESA DC Awesomes

We are stronger together!
Dr. Bridget Kaspas
President, LESA DC



About Lourdes College

Our Lady of Lourdes College (previously known as Our Lady of Lourdes Secondary School), Mankon, is a Roman Catholic, all-girls secondary school located in Mankon, Bamenda in the North-West Region of Cameroon. It is run by the Holy Rosary Sisters under the authority of the Archdiocese of Bamenda. The school is reputed for producing some of the best results during official exams in Cameroon .

History

Our Lady of Lourdes Secondary School was founded in 1963 by Father Nabben who was a Parish priest for St. Joseph's Parish, in Mankon, Bamenda. He wanted to offer education for girls, especially at a period when female education was not a priority. Upon completion of a school building in 1963, he asked Bishop Peeters, the Catholic Bishop of West Cameroon, permission to open the school. St. Joseph's Parish, Mankon generously donated a building and the establishment was named and entrusted into the care of Our Lady of Lourdes. On 15 October 1963, its doors were opened to the first 35 girls. Our Lady of Lourdes College joined Saker Baptist College and Queen of the Rosary College, Okoyong, as the only all-girls secondary schools in Cameroon. Throughout the years Our Lady of Lourdes College has expanded with new buildings, facilities and programs serving about seven hundred students. The association of ex-students (or alumni) is known as the Lourdes Ex-Students Association (LESA) and ex-students are called LESANs.

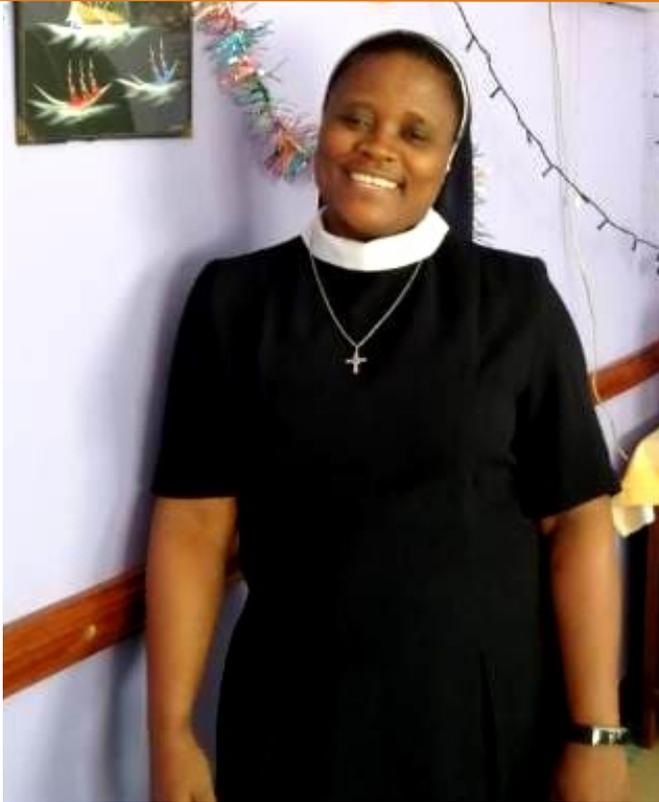
Since the school was opened in 1963, it has undergone dramatic changes to date. As a boarding school, it first included four dormitories for the students called: Immaculata, Rosary, Fatima and Bernadette. In 2005, a high school was built and opened under the school's principal, Sr. Eucharia Ndidi. With the addition of the high school came a change in the name of the school to Our Lady of Lourdes College. Furthermore, two more dormitories were built to accommodate the new high school. The new dormitories were named: Shanahan and Saint Paul. The college celebrated its 50th anniversary on 5 January 2013. The school's 700+ students live in six houses, each of which is made of one or more dormitories. Immaculata, Rosary, Fatima, Bernadette ,Shanahan and Saint Paul.

Spiritual life

Daily mass celebrations at the school chapel on weekdays and at the St Joseph parish on Sundays.

Retreats: Retreats are organized for all classes in order for students to retreat from other school activities for a few days to commune with God in prayer and reflection. Students from other Christian denominations are allowed to worship in nearby churches on Sundays (or for other holy obligations).

Our lady of Lourdes College, Mankon Bamenda continues to maintain it's track record in excellence in performance with a 100% in BOTH the O' Levels and the A' Levels (200%).!!!!



Sr . Mary

Principal Our Lady Of Lourdes College

Dear Christine,

Good evening and Happy Easter to you all. I send special greetings to all the LESANS the USA. I wish to congratulate you all on your 20th Anniversary and of Sisterhood. I wish to thank you for all you have ever done in your Alma Mater and particularly now for the interest you have shown in the existing projects in the school. We are very grateful and proud to associate with you. We pray for you all the time during our daily prayers.

May this 20th year be a source of blessings for each one of you and may it bring you many good things as sisters. Always remember that you were sisters before becoming Ex students. The whole world looks up to you and may your life be a loving testimony to those who are suffering..

Happy Anniversary and may the soul of our little Angel rest in peace and may God console her family.

Bye for now,
Sr. Mary
Principal Our Lady Of Lourdes College



20TH ANNIVERSARY CHAIRMAN & CHAIRLADY



Chairman



WILSON DACOSTA
Chief Executive Officer GE Angola



Chairlady



SALLY NJUME
CEO/Owner.
Blessing Briele Home Health Care
& LaBelle Home Health Care



Roman Oben is currently the NFL's Vice President of Youth & High School Football Development, where he drives the league's youth football strategy and develops new programs to encourage participation in tackle and flag football.

Born in Cameroon, West Africa, Oben moved to the United States when he was four years old and grew up in Washington, DC. As a teenager, he worked concessions at Washington Redskins games at RFK Stadium.

Oben played college football at the University of Louisville where he earned his bachelor's degree in Economics and was inducted into Louisville's Athletic Hall of Fame in 2009. Oben's professional career began with the New York Giants in 1996 and continued in Cleveland playing for the Browns. In 2002, he helped the Tampa Bay Buccaneers capture their first championship in Super Bowl XXXVII and was later traded to the San Diego Chargers where he started at left tackle and finished his playing career in 2008. Starting in more than 90% of the games throughout his 12-year NFL career, Oben concurrently earned a master's degree in public administration at Farleigh Dickinson University. After retiring from the NFL, Oben held business development roles and had an extensive media career covering the Giants on MSG, My9 and NBC; Oben also served as a recurring guest on several MSNBC shows discussing sports and their larger societal impact.

Oben has been a leader and advocate for youth sports enrichment, receiving countless awards for community service both as an NFL player and off the field.



HONORARY SPEAKER

**H.E. DR. ARIKANA
CHIHOMBORI QUAO**

African Union Ambassador to the
United States of America



KEYNOTE SPEAKER

**WANIKA
FISHER. ESQ**

Maryland House of Delegates
District 47B



ANNIVERSARY SPEAKER



ABAM MAMBO DOH

**Writer, Lawyer & Risk Management
Professional, Keynote Speaker and
Workplace Enthusiast**

About Abam

Abam Mambo-Doh is a global leader with experience in employment law, ethics and risk management. As regional Ethics and Compliance Officer for a Fortune 500 Pharma company, she oversees the strategy and implementation of the region's governance framework. A lawyer by background, Abam spent nine years advising executives and HR professionals on fair employment practices, inclusion and diversity, and change management.

A published writer (Farafina, African Roar, etc.), chief editor and columnist for literary, news and lifestyle magazines (African Vibes), Abam's writing examines culture, womanhood, voice and identity politics. She also speaks on leadership and female empowerment, risk-taking, corporate governance, and the evolving workplace. Passionate about holistic health and self-advocacy, Abam co-founded Flexcare Health Solutions, which educates patients on effective self-care management of chronic diseases, and she serves on the Board of Brave Venture Labs, a tech startup that helps employers leverage AI to attract the right talent. The Cameroonian native has lived and led teams in North America, Africa and Asia.

Abam KeyNote:

Abam weaves subject matter expertise in employment law and risk management, with her personal experience as an African-born, US-educated, Asia-domiciled working professional mother and leader to deliver engaging and timely keynotes on leadership, women empowerment, risk-taking and diversity. She has been privileged to address audiences from the World Health Organization and Transparency International to corporate leadership teams, professional conferences and graduates. Her talk on "Creating Your Seat at the Table" for the Corporate Counsel Women of Color (CCWC) has nabbed almost 100,000 views on Youtube. She's passionate about giving voice to diverse perspectives and continuously challenges entrenched beliefs about what leadership should look like, a woman's role in society, and the role that employees and effective communication play in risk and change management.



MEET OUR PAST NATIONAL PRESIDENTS



Dr. Emma Ngang Osong
LESA USA National President
2000-2001



Jane A. Okebugwu
LESA USA National President
2001-2004



Clarice Kilo Ojupitan
LESA USA National President
2004-2007

Founder President
 1992 to 1996

Dear Alumnae:

Accept hearty congratulations on your anniversary.

LESA connotes a common link of shared heritage, and for some, close personal relationships. One only has to recall the famous "Fireside," and "In Their Own Words: 50 Years of Lourdes, Heritage, History, Personalities, & Tales" book published to great accolades to grapple with how our foundations and formation continue to be tested by the co-mingling then, and more so now, by friends, teachers, classmates, and that Convent up on the hill – no pun intended, that molded and tested us. As the years have passed, we'd hoped that, once carrying the badge of alumnae, and through our collective efforts of good old Our Lady (Mother and Intercessor) of Lourdes (fountain of Humility & Grace),

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Congratulations LESA USA. For 20 years you have remained the best sisterhood ever. Keep up the great work of changing lives one girl at a time...

Happy Emerald (20th) Anniversary,
 LESA USA!

Jane Anchang Okebugwu

Congratulations to LESA USA

Looking at how far we have come and how much things have changed, I cannot help but reminisce, with nostalgia, of the good old days of LESA USA. United in our aspirations, love for each other, and our shared values, there was nothing we could not achieve together. Our successes were many. Our social events were joyous and glitzy. I will always cherish those memories and friendships. As a founding member of LESA USA, and a former president, on this occasion of the LESA USA 20th annual convention, I congratulate all of you and pray that your deliberations and celebrations be successful.

Best wishes,

Sylvia Clarice Kilo Odupitan, MBA,
 CGEIT, FAC-P/PM II

MEET OUR PAST NATIONAL PRESIDENTS



Eveline Ndikum Anoma, Esq
LESA USA National President
2007-2009



Leonie Mpafe Samuto
LESA USA National President
2009-2011



Dr. Enaka Yembe
LESA USA National President
2011-2017

Dear LESANS and Patrons,

For a period of 20 years, LESA USA Inc. has been tried, tested, proven and approved for genuine Sisterhood, Faith and Justice. Proven for prompt philanthropy and the wellbeing of the girl child.

A genuine place for a sisterly shoulder to lean on, laugh, cry and celebrate.

Having survived tribulations, tested and emerged triumphant, I say congratulations to this association of resilient women, congratulations to every patron who fanned our flame, supported our causes and saw the good in us. We have more on our hands in the years ahead and trust from our past and God's provision that we will accomplish great things for the girl child. To God be the glory.

Happy Emerald (20th) Anniversary, LESA USA!

It is with great pleasure that I extend my warmest greetings to the members of LESA-USA Inc. on its 20th anniversary.

Since its establishment in 1999, LESA-USA Inc. has come a long way to become one of the leading Cameroonian alumni associations in the world. It is quite an achievement to continually and consistently support and educate the girl child over such a long period. We take pride in the things we do and are definitely proud of what we have achieved in 20 years. These achievements are a result of the combined efforts of every single member.

Ladies of the Golden Scepter (LOGS), "Every worthwhile accomplishment, big or little has its stages of drudgery and triumph: a beginning, a struggle and a victory."

Congratulations for the 20 years of success!!!

Leonie Mpafe Samuto

Inspirational 84

President LESA-USA Inc(2009-2011)

Leonie Mpafe (Contractor)

The past twenty years says it all! LESA USA Inc. you've remained at the top of the list of organizations for fostering and promoting the wellbeing of the girl child. The cherished sisterhood bond remains priceless. Your commitment and steadfastness can only be matched by an unquenchable thirst for success. Your dedication has been exemplary. Thank you for making a difference in the lives of so many girls in Africa. It was a huge and humbling blessing and a privilege for me to serve as your president for six years (2011 to 2017). On behalf of myself and my serving executive teams at the time, (The SET Team 1 and SET Team 2) accept my heartiest congratulations for completing twenty glorious years of service.

Wishing you all the success for many more years to come.

Thank you
 Renewed Blessings
 Long live LESA USA Inc.
 From Enaka Yembe M.D.





Our Story In Pictures

LESA USA, Inc. Presents

Mental Health Empowerment Youth Forum:

A Balanced Mind

"It's up to you today to start making healthy choices. Not choices that are just healthy for your body, but healthy for your mind."

- Steve Maraboli

Moderator

Gayle Geh



Guest Speakers

Tangelia Terrell, Ed.S
Teacher Leader PGCPS



Discussing:
Mental Health
Coping Mechanisms
Mentorship
& More



Malaika Tata
Q5 Network
President & Founder

Host
Audrey Kono



Host
Mankaa Nguni



Friday, June 21 at 3PM

Hilton Baltimore BWI Airport

1739 W Nursery Rd

Linthicum Heights, MD 21090

Ages: 6 - 22 // Dress Code: Business Casual

For more information contact: Christine Nkwain - (240) - 480 - 8280



OF GIVING. A HEARTY THANK YOU TO OUR DONORS

Please permit me to begin by quoting one of the greatest Icons who walked upon this earth:

“We must put people at the center of everything we do. No calling is more noble, and no responsibility greater, than that of enabling men, women and children, in cities and villages around the world, to make their lives better”.

KOFI ANNAN

Yes, LESA USA Inc., today and always has carried the burden, willingly and cheerfully, to foster and promote the education and health of the Girl-child in Africa and the world. There is no way, we would have successfully completed our philanthropic projects in the last 20 years without you all, our Dignitaries, our Speakers, our Patrons, our Donors, our Sponsors, our Barons and Baronesses, our families, in our communities and within our LESA USA Family. I say a heart-felt Thank You to each one of you who have supported us through the years. Your contributions to us, no matter the amount, and your presence with us at our Conventions have enabled us to foster our mission. 20 years later, we can proudly say we have impacted lives and left our footprints on some lives.

In 20 years, we have impacted education and the well being of the Girl-child of our Alma Mater, Our Lady of Lourdes College, through Scholarships granted year in year out. We completed a Water Project worth close to \$200,000. We supported a Computer Library for the school, provided First Aid supplies and Medications to the School Infirmary. We have supported School Fairs and participated in the building of Teachers' Homes and even more. Our current Projects for the next two years for our Alma Mater include providing yearly Scholarships to the students of Lourdes, purchasing 300 New Desks, assisting in the Water Rehabilitation Project, providing 100 Books for the Library and providing Computers for the Computer Lab.

In 20 years, we contributed money and boxes of food to Charity Foundations like Children's Hospital, Dumelo Foundation, Women's Shelters, Generosity Global, Ora Lee Smith Cancer Research, Lambe Diabetic and Health Foundation, Quin House, and Change Care Foundation. We have sponsored the medical bills of children and women. We have fed the Homeless and volunteered at charities like Medshare, Selfless Saturdays, Catholic Charities, S.O.M.E. LESA USA Inc. has also rendered to the sanitary health and health hygiene needs of the Internal Displaced Women and Girl-Children in Cameroon for the past two years.

We did all this with your assistance. Our completed projects show transparency and give accountability of every dollar you give us. Please donate kindly and help us transform lives by leaving our footprints not only on the Girl-child at our Alma Mater, but everywhere possible within Cameroon, within USA and even at large. May your giving be replenished a hundredfold.
Thank You once again.

Christine Nkwain, National President - LESA USA Inc.
C.A.N.



20TH ANNIVERSARY HEROINE



VERA SONGWE



*Listed in 2013 by Forbes as one of the
"20 Young Power Women in Africa".*

Vera Songwe is an Economist and Banking executive from Cameroon who has worked for the World Bank since 1998, and in 2015 became Western and Central Africa's regional director for the International Finance Corporation. Vera Songwe is the first woman to head the U.N.'s Economic Commission for Africa (ECA) at the level of Under Secretary-General.

Vera Songwe holds a PhD in Mathematical Economics from the Center for Operations Research and Econometrics and a Master of Arts in Law and Economics and a Diplôme d'études approfondies in Economic Science and Politics from the Université Catholique de Louvain in Belgium. She has a Bachelor of Arts degree in Economics and Political Science from the University of Michigan. Songwe worked for the Federal Reserve Bank of Minneapolis, and simultaneously had a visiting professor's appointment at the University of Southern California. In 1998 she joined the World Bank, where she worked in the Poverty Reduction and Economic Management (PREM) unit, covering Morocco and Tunisia. Over the subsequent years, she filled several roles in the PREM unit for East Asia and the Pacific region. From 2011 to 2015 she was Regional Director Africa covering West and Central Africa for the International Finance Corporation, and Country Director for Senegal, Cape Verde, The Gambia, Guinea Bissau, and Mauritania. Her main areas of interest are fiscal policy, innovative financing mechanisms for development, agriculture, energy and economic governance.

In July 2015 she was appointed Regional Director of the International Finance Corporation for West and Central Africa. In 2011, Songwe was involved in Africa 2.0, an initiative to bring young Africans together to aid in the continent's economic development. She is a scholar at the Brookings Institution, at its Africa Growth Initiative. Forbes listed her in 2013 as one of the "20 Young Power Women in Africa", and the following year the Institut Choiseul for International Politics and Geoeconomics chose her as one of their "African leaders of tomorrow". In 2015 she collaborated with the newly-founded Tony Elumelu Entrepreneurship Programme, which pledged \$100 million for African start up companies.



BRENDA SIMO



I consider myself a man of humble beginnings who have been blessed to steward the Brontech

Co founder of BronTech Solutions LLC, an Information Technology and Consulting and Training firm in Greenbelt Maryland. I have been an oracle database architect and administrator for about 20 years. I have worked in different capacities such as lead DBA, DBA manager and DBA consultant. My work has mainly been in both the public and private sectors including many US government agencies as well as many fortune 500 companies.

Sometime around May of 2010, a former colleague and I thought of opening an IT business. Many ideas came to mind and we eventually settled on starting a Training and Consulting firm later that year. Like most startups, we started small and put in lots of hours trying to realize the dream. After putting in long hours of hard work and complete devotion, our first set of 20 students had a very successful first outcome. We attained a 95% success rate. The bar was very high and difficult. Our subsequent batches were not as successful and we kept on pushing. We made our consultants and students work harder than they ever thought they could. A couple of years down the line, we edged up our percentage back into the upper 80s and 90s. We have managed to keep it this high by over training and pushing the envelope. We also keep ourselves abreast with the best cutting edge technologies.

Today, we have more than 1,200 working graduates and consultants. Our enrolment is in the hundreds per session and we work even harder with an ever growing curriculum. Our technique of using old school methods to teach ultra modern technologies has worked out well for our candidates. We demystify advanced technology concepts and most importantly bring out the best in all our students and consultants. A family environment with respect for each other maintains an atmosphere of tranquility and prepares our candidates adequately for Corporate America. I consider myself a man of humble beginnings who have been blessed to steward the Brontech

The Faces of *LESA DC Awesomes* Hosts of *LESA USA 20th Anniversary 2019*



Bridget Boghoko
Kaspas



Irene Niba



Vivienne Awasum



Prudence Avwontom
Kono



Nachi Akonteh
Mbinkar



Helen Tantoh Tarla



Kate Shey



Beatrice Mbanga
Mouapi



Liga Mutia



Alice Foncham
Ashu



Mary Tuma



Joana Frumbee
Tala



Relindis Adeso



Pamela Bah



Mercy Ongey Guech



Adeline Azong



Emily Awahmukalah
Ayuk



Mary Niba



Martine Batupe
Atang



Prudence Buban



Vera Songwe
Caillet



Mathilda Mboimnda
Fienkeng



Brigitte Nkamsi



Njuen Chendi



Lucia Chuo



Patricia Mbunwe



Nkengfack Chateh



Stephanie Ndifor



Sylvie Anim



Teresa Gwanfogbe

We Welcome Everyone!!!
CONGRATULATIONS LESA USA!!!



Geraldine Tumenta



Leonie Mpafe
Samuto



Arethia Obenson
Makia



Christine Nkwain



Gisele Nchotu Mofor



Imma Fonmedig Patcha



Afu Nkwain Geh



Delphine
Fomenky



Agnes Elangwe



Cynthia Ekeme Ngassa



Irene Ambe Nguni



Linda Fomundam
Tobet



Jane Anchang Okebugwu



Emma Verla Tebit



Edith Patcha
Azane



Joan Dzekashu



Karin Mubang Geh



Gaelle Nchotu
Nyasa



Evelyn Ndikum Anoma



Immaculate Nkamsi
Mbah



Felicia Awwontom
Detchou



Jemia Asobo
Minang



Mandop Fonkeng



Eleanor Tantoh
Choh



Jane Anyu Bangang



Miranda Munzu Etti



Florence Ongey
Titanwa



Njuibi Forbi
Njounmo



A TRIBUTE TO THE PIONEER CLASS OF LOURDES COLLEGE

On the Occasion of the 20th Anniversary of the LESA USA,
we will like to express how delighted, honored and privileged we are to extend our
heartfelt gratitude to the Pioneer Students of this great institution.

We are grateful for the opportunity to be able to share with you, our Pioneers mothers
and sisters, this moment of celebration, and historic significance. For each one of you
started something great that has made quite a difference in our personal and profes-
sional lives. Undoubtedly, you have also contributed to the excellence to our beloved
alma matter and our Ex-students Association.

On 15 October 1963, Lourdes welcomed you as our fabulous Pioneers...the first 35 girls
who started a journey of sisterhood that we continue to relate to.

Therefore, at such a time like this, who better to acknowledge than these Special Ladies,
who opened the world of Our Lady of Lourdes College, as the School's Pioneers. In
particular, we send forth a warm hug, love and blessings to the Pioneer Members who
are currently in the USA.

1. Ita Dymba Mor
2. Regina Kumcho Wambo
3. Teresa Tanni Janni
4. Mary Kinyuy Nchari
5. Angela Nkeh Seh
6. Esther Achu Nyindem
7. Mariana Sendze Fondzeyuy
8. Seraphine Tata Lainjo
9. Felicitas Muma Awundaga
10. Veronica Neba Ngwa
11. Hilda Ketine
12. Margaret Mubang Awamukala

May God continue to bless you and keep you. As we celebrate LESA USA for 20 Years
here in Baltimore, Maryland, we celebrate you all for opening the doors for us.

Members of LESA USA Inc.

National Executive Team of LESA USA, Inc.



Christine Nkwain
President



Nicoline Ambe
Vice President



Njuen Chendi
Secretary
General



Gaelle Nyasa
Asst Secretary
General



Sylvie Wamey
Treasurer



Stephanie Ndifor
Financial Secretary



Melvis Bumah
Public Relations
Officer



Mary Niba
Auditor I



Helene Tarla
Auditor II



Beatrice Mouapi
Social Secretary



Solange Baumann
Asst Social Secretary



Immaculate Nkamsi
Sergeant-at-Arms

Strategic Servants Force (SSForce) Team

LESA YOUTH QUEENS 20TH ANNIVERSARY SHALL BE L.I.T.T WITH D.C. AWESOMES



MARIANNE NGANPI



THERESE NGASSA



LEILA LUM



LEOGA TITA



ROSEMARY MINANG



BISONA FONGOD



JANIS NJODZEKA



BEVERLY NDI



GLADYS MANTOHANG



NORA MOKA



MAMBO NYSEH



JOANNE LEKE



ARREY BESSEM



KATIPHA NDIANGANG



KOKO NDIKUM



ELAD FANG



VANESSA AKERENWEI



SHEENA AKENE



NAFIA SOULEYMANOU



ANDIN NGWA



KANSAMA DANGON



PETRA NGWA

Lesanattes

Daughters Of DC Awesomes



GAYLE GEH



MANKAA NGUNI



STEPHANIE DURBAND



JASMINE OKEBUGWU



CHEYENNE ASONG



JEAN MARIE SAMOTO



ZOE GEH



**LEDELL SHIRA
PATCHA**



LANDAMON KASPA



**DASI CHRISTINE
FIENKENG**



ANN-MARIE FIENKENG



LEKUNGA KASPA



**EVA JESSY GUECH &
STACY GUECH**



Congratulations LESA USA On Our 20th Anniversary

We are proud of being an essential part of our success.



Sylvie Fon Wamey



Sandra Jules Sendze



Judith Fang



Miranda Sendze Ngwa



Ethel Ntamsen



Bernadette Ndiforchu Kilo



MaryJudith Bongadu Walker



Gwendoline Chindo Ayuninjam



Nicole Nkonghonyor Anyangwe



Nadege Pouatcha



Christiana Galabe Aganifor



Malaika Njinjoh



Matilda Kijem Besong



Yvonne Fondufe-Mittendorf



Josiane Asaba Ndamukong



Rosemary Langason Tufon



Gwendoline Che



Lilian Nukuna Fomunung



Constance Yong Foncham



Jackie Ndiforchu Ndongmo



Kila Sendze Fobi

LESA GEORGIA DYNAMITES

WE'RE GLAD GEORGIA'S ON YOUR MIND



Marie Ndikum Namaya

Congratulations!!

Stephanie

YOU DID IT!

We Are Proud Of You



We wishing a Happy 20th Anniversary to our Lesa Usa sisters !

We love & appreciate our sisterhood.

We love you all!

Irene & Stephanie



ET FAMILY PRACTICE INC

P.K ALEX, MD P.A PEDIATRICS



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Ste A
Greenbelt, MD
20770-2027

family@etfamilypractice.com. www.etfamilypractice.com

In Loving Memory



Pa Joe Tuma



Ma Cecilia Tuma

Dear father, it has been 9 years since you departed this world. I sit here daily and ponder how very much I'd like to talk with you. There are so many things that were left unsaid. You were a father like no other. You were so special and brought so much happiness to the lives you touched. I can't think of anything I wouldn't give to have you back. One thing for sure is that your guiding hand will always remain on our shoulders forever. Continue to rest with the Lord.

Dear mother, your life was a blessing and your memory a treasure. You are loved beyond words and missed beyond measures. Since you left life has not and will never be the same. You have more addition to the family through births and marriages. Oh how you would have loved to see your grand children. You and papa's legacy remains alive in us through your teachings and examples. Continue to rest in peace. I hope you are taking good care of your grand daughter Jennifer.

Your Daughter Mary Tuma

LESA CALIFORNIA

Babes

Congratulates

LESA USA ON HER 20TH ANNIVERSARY





*Congratulations on your
20th Anniversary Lesa Usa
Love*

Mary Njende Quabo Class of 74

LESA KANSAS

Sunflowers



The power of women gathering together, to celebrate sisterhood as well as work towards empowering the girl child, is immeasurable. Sisterhood is not a destination, but a journey.

LESA KS WISHES YOU ALL A FUN-FILLED AGM 2019.



HAPPY 20TH ANNIVERSARY, LESA USA

in *Memoriam*

On behalf of Frida Fokum & Ben Fokumas LESA-USA Chapter Member

Ni Nubia Fokum, 20, of Urbana-Champaign, formerly of Springfield, IL in the USA passed away on Saturday, April 6, 2019. Nubia was born on May 30, 1998 in Urbana-Champaign, IL,

USA, the son of Bernard and Frida Domatob Fokum.

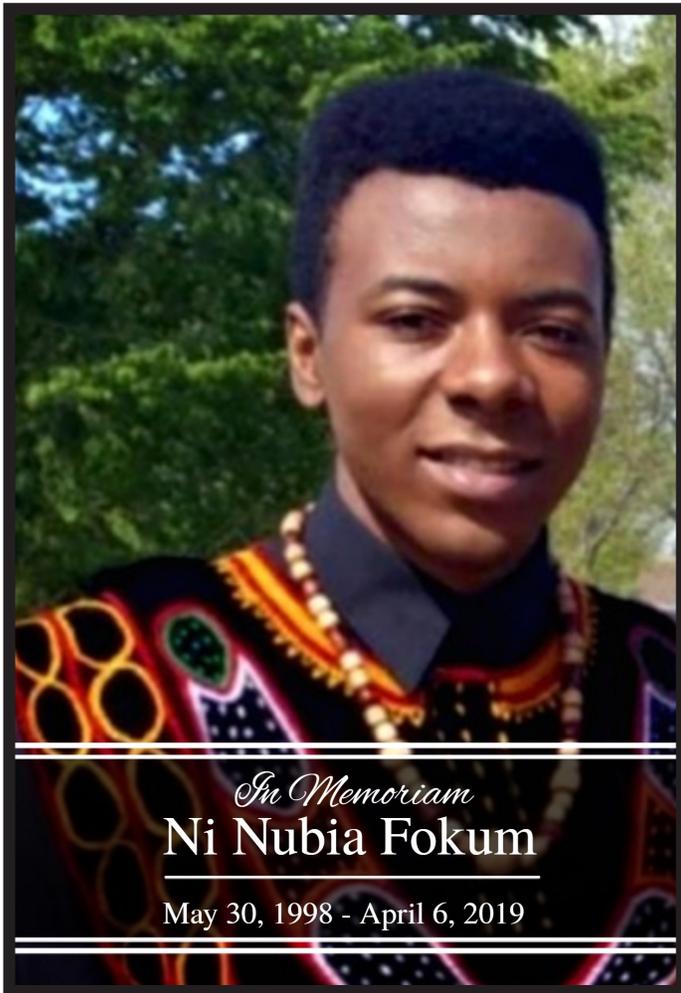
Ni Nubia was a 2016 graduate of Rochester High School and was a member of BCA-USA Youth, Junior Frontier International, and the SIU Physician Pipeline. Nubia was passionate about music and was a talented producer who created beats on his YouTube channel (titled Nubia). His warm and reserved character attracted everyone, especially children. We will miss this tall, athletic, handsome, intellectual, and creative young man.

He is survived by his parents, Ben and Frida Fokum of Springfield; three siblings, Bernice, Dingana, and Sona; grandfather, Ba Tita Fokum; one nephew, Bid'bila; the Fokum and Domatob

families; and the Central Illinois African community.

On behalf of the Fokum and Domatob families, we sincerely thank LESA-USA for the generous financial contribution towards his funeral.

Frida Domatob Fokum,
LESA-USA Kansas chapter member.



In Memoriam
Ni Nubia Fokum

May 30, 1998 - April 6, 2019





LESA MINNESOTA ROYALS

Offer hearty Congratulations to

LESA USA

On hitting the 20 year milestone!!!

May we continue to be united in love &

peace always!!!



LESAs TEXAS COWGIRLS



*On behalf of LESAs Texas Cowgirls, I say a hearty
Congratulations to LESAs USA for 20 years of
Excellence and Prowess. We remain a true
Sisterhood and pray this Association grows
bigger and stronger*



CLASS OF 1978

*Congratulates Lesa Usa On Her
20th Anniversary*



**BASTOS TOJOUR
JUENE**



INSPIRATIONALS '84

Sisters Forever

A journey of sisters sharing childhood memories and grown-up dreams.



1985



2007



2009

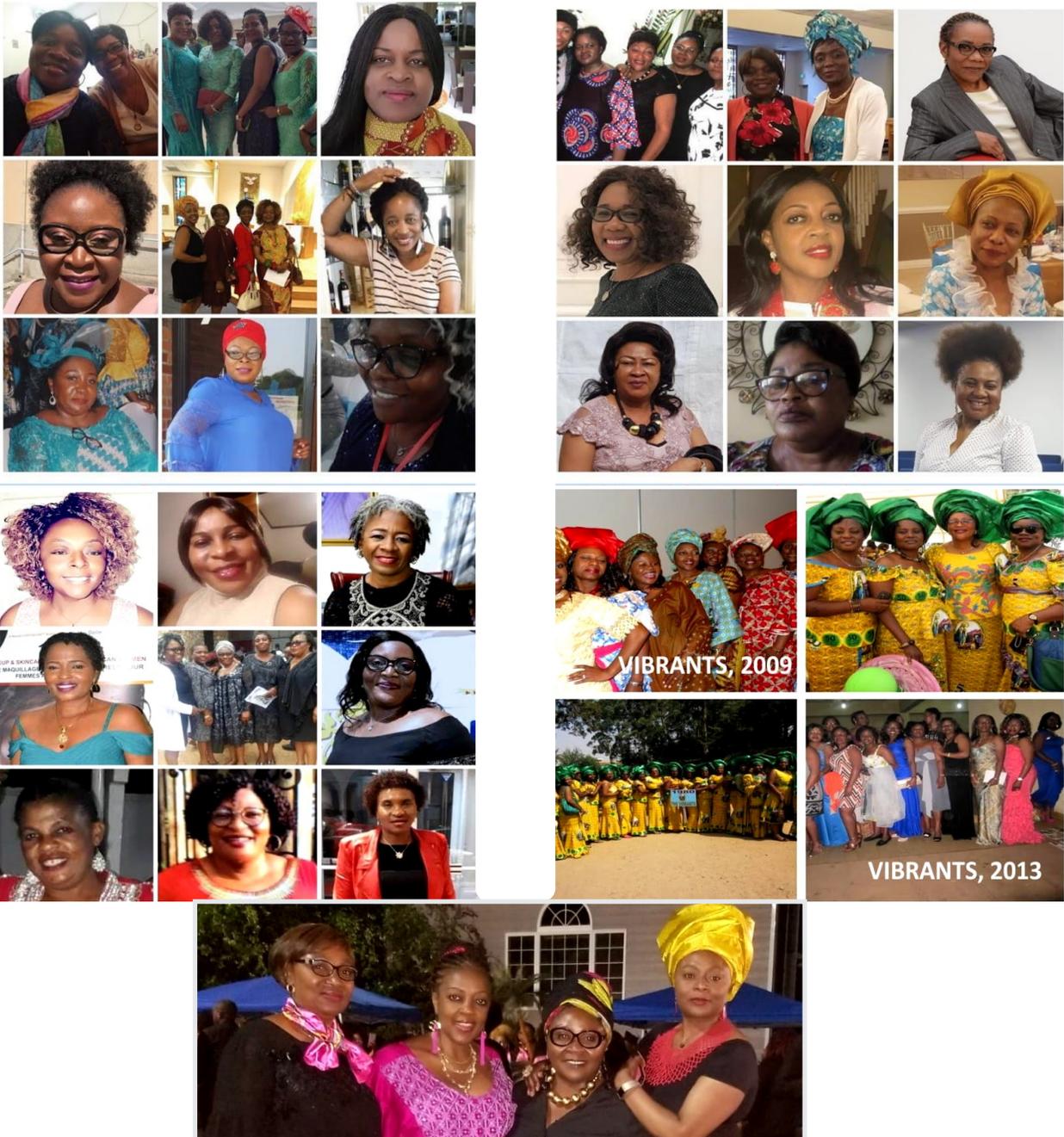


2014



CLASS OF 1980

aka The Vibrants





Beauty Guide



The Beauty Guide You Never Knew You Needed

It's no secret that summer is full of a variety of events, from galas and festivals to graduations and weddings. Everyone is striving to look their best and we have the beauty tips to ensure success. Pay close attention and you may pick up a handful of useful tips to get you through the summer.

Skin Care

Facemasks: These are great for an extra deep cleanse that will remove excess oils, unclogs pores, and hydrates skin for natural glow. A pro-tip for facial masks is to use multiple different masks in various areas, or layer them onto the skin simultaneously to fix multiple skin concerns at once.

Under eye bags or dark circles: Use cool, wet, caffeinated green tea bags. Place them under the eyes for a few minutes to reduce puffiness. A little concealer under the eyes is also very useful.

Don't sleep in makeup: Always take make up off before going to bed, no matter how tired you are. Coconut oil gets rid of makeup in no time, but this should be followed by a cleanser and moisturizer.

Skin type matters: Find products that are right for you based on your skin type (normal, oily, dry, or combination). This includes cleansers, moisturizers, and makeup brands.

Sharing beauty products: Try not to! Items like mascara wands and make-up brushes can hold a lot of bacteria. Sharing products increases the possibility of acne or even transmitting infections.

Makeup

Primer: Always begin by washing your face, then adding moisturize before primer. This process helps protect skin and creates a smoother makeup look.

Oily eyelids: If you have oily eyelids, eye primer will be vital for an eye shadow look without oily creases.

Thin or uneven brows: Let your eyebrows grow out to avoid over-plucking. Use concealer, an eyebrow pencil, brow pomade, and a spoolie to perfect eyebrows in the meantime.

Lips: Always keep your lips moisturized, especially if you plan to use matte lipstick. I highly recommend Burt's Bees Chapstick.

Setting spray: Use before and after setting powder to create a protective layer and increase long-lasting effects. The powder is to reduce shine and create a matte finish.

Clean makeup brushes often: As makeup builds up in the brushes, it becomes more difficult to blend makeup. It's also important to clean them to maintain good skincare. Brushes should be cleaned as often as possible, but at least after every 1-2 weeks.

HEALTH CORNER

CANCER AWARENESS & PREVENTION



Cancer is a devastating disease that unfortunately continues to affect our community. The good news is that, if diagnosed early it can be cured. However, it could be deadly if diagnosed at an advanced stage. Treatment at the advanced stage keeps the cancer under control for as long as possible, but is not curative. Screening is therefore very important as it helps to diagnose cancer early, at a curable stage.

Cancer Screening Tips

Breast cancer

Breast cancer is the leading cause of cancer death in women worldwide. About 1 in 8 women will develop breast cancer in their lifetime. Screening decreases the mortality by about 46%. Screening mammogram every 1-2 years starting at age 40 is highly recommended for all women. Schedule your mammogram if you are not up to date with screening. Breast self-exam is encouraged, but should not replace screening

mammogram. If you have a family history of breast cancer among close relatives especially if diagnosed before the age of 50, discuss with your Doctor regarding referral to a genetic counselor. You may need to start screening earlier if found to have a genetic predisposition such as BRCA1 and BRCA2 mutations.

Cervical and Ovarian cancers

Cervical cancer screening is done through pap smear and recommended age to start is 21. This should be done every 3 years until age 65.

Women who have had hysterectomy for other reasons besides cancer do not need to have pap tests.

No recommended screening test for ovarian cancer, unless you have high risk such as positive family history of ovarian cancer or carriers of certain genetic mutations such as BRCA mutations.

Colon, Prostate and Lung Cancers

Colon cancer screening should start at age 50. However, if you have a close family member diagnosed with colon cancer, you should start screening 10 years earlier than the year he/she was diagnosed.

Recommended screening tests for colon cancer includes colonoscopy every 10 years, fecal immuno-histochemical/DNA tests annually, CT colonography every 5 years. Ask your Doctor which test is right for you.

Black men have higher risk for prostate cancer and should discuss with their Doctor regarding screening with PSA blood test starting at the age 40.

Those who have smoked at least 30 pack years (1 pack daily for 30 years) of cigarettes, and are between the ages 55-74, should have screening CT chest for lung cancer annually.

Cancer Prevention Tips

Exercise, Exercise, Exercise; and maintain a healthy weight

Avoid smoking and limit alcohol consumption

Eat healthy diets rich in fruits, vegetables, whole grains, and low in saturated/trans fats

Protect against sexually transmitted disease

Avoid excess sun exposure

Dr. Emma Verla Tebit, MD, PhD

HEALTH CORNER

MENTAL HEALTH AWARENESS



E

veryone has mental health and like our bodies, our minds can sometimes become unwell. Currently, 1 in 5 adults in the US experiences a mental health problem in 1 year. Get help as early as possible if things don't seem right; just the same way we would do for our physical health.

-Depression and bipolar are the third most common cause of inpatient hospitalization in the US for both adults and young people aged 18-45.

-More than 90% of people who commit suicide show signs of mental health condition and suicide is the 10th leading cause of death in the US.

-No one should feel ashamed about having a mental health problem; they wouldn't if they had a broken leg. Mental health can affect any and

everyone including lawyers, doctors, and celebrities, regardless of race, gender, financial status or age.

Most common mental illnesses include: Major depression, Schizophrenia, Bipolar disorder, Obsessive compulsive disorder (OCD), Anxiety and panic disorders, Post traumatic stress disorder (PTSD) and Borderline personality disorder. *Common symptoms of mental illnesses include:* Persistently sad, irritable, Changes in sleep, energy, appetite, Difficulty thinking, concentrating, remembering, Lack of interest or pleasure, Impulsivity, Delusions, hallucinations, pounding heart, sweating and trembling.

The good news is....

The best treatments for serious mental illnesses today are highly effective. In fact, between 70 – 90% of peoples' symptoms are reduced and they feel better with individualized treatment plans.

General tips when talking to others about mental illnesses;

- End the silence and stigma, be nice, Listen and keep in contact with family and loved ones.

Ways to invest in mental health wellbeing:

Talking, exercising, calming, learning, relating, contributing, adequate sleep, congratulating etc.

Reference: Visit NAMIhelps.org for more information and resources for mental illnesses.

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

*Gaelle Nyasa, Lesa DC Awesome,
Psychiatric Mental Health Nurse Practitioner,
PMHNP-BC, CRNP.*



LESA USA

LOOK HOW FAR WE'VE COME 20 YEARS IN THE MAKING

Once upon a time, there were five young ladies in the city of Washington DC and its metropolitan area. They all had one thing in common, and that was the fact that they had graduated from Our lady of Lourdes secondary school many years back in Cameroon west Africa. They happened to find themselves in the capital city of the United states of America with common struggles to succeed against all odds in a foreign land. It was the beginning of the sisterhood of a lifetime.

These young ladies decided to come together using the common denominator their Alma Mate to create a the Lesa Alumni association called LESA DC Organization in order to pay it forward. Little did they know that the seed planted out of a few hearts filled with good will for the alma mate in an effort to pay it forward will rise to this magnitude. In 1999 the group decided to expand to a National Association to include alumni from other states in the US and creating other branches. Look at where we are today, almost 200 hundred members strong with an insatiable zeal to help do whatever it takes to inspire develop and make the girl child a success. How far we have come... We started from one branch to now five Branches, Washington DC, Atlanta, California, Kansas Dallas. A great testament to the growth of the organization.

Some fell by the wayside but were never forgotten; the steam and the passion was never lost. Like any thing in life, there is no success without overcoming Challenges. We wait with open hands and invite all our sisters to come join us in continuing this great and fulfilling work. Look at us now, hundreds of thousands of dollars raised and spent over the years for projects, The Water Project, Academic scholarships, Books, Computers, Sports outfits for the students, just to name a few. The legacy of this great organization will live on to do even greater things. In 2019 we are 20 years young and the accomplishments for the girl child as well as numerous charitable projects here in the US speak for themselves. We are awarding \$10,000.00 in academic scholarships this year to twenty students in Our Lady of Lourdes in Cameroon.

It is humbling to be part of such a great instrument of service to the girl child and other charitable causes over the years. It is an honor to present to you LESA USA Inc. from inception to date. Do not miss any pages as you thump through this magazine and our website. We appreciate all who have hung in with us and donated consistently to make the life of others better. Your generosity is highly appreciated as you have made the world a better place for those young ladies who benefited from your donations.

Congratulations to all who have served over the years as leaders of this organization. Thank you to all our sisters who have hung in with the group through all of the challenges. Love conquers all! Congratulations especially to the current Executive as they have done a fantastic job in leading the effort to champion this Anniversary. Hooray and Long Live LESA USA!!!!. Your Purpose has always been bigger than you but the Lord has held your hand all the way and will always see you through. Our Blessed Mother Mary will protect you all the way.

Our Lady of Lourdes Pray for us!!!

Long Live LESA USA INC.

Jane Anchang Okebugwu

National President LESA USA 2001- 2004

LESA USA INC 20TH ANNIVERSARY DOWN MEMORY LANE

Twenty years and counting is mind-blowing for an organization that started as an idea and then a five woman team. LOGS, accomplishments have been far reaching beyond our wildest dreams. Three things that are most valuable in LESA USA Inc. is love, friendship and self- confidence. The positive experiences like happiness, joy, inspiration, love, gratitude, resilience, compassion, empathy, and elevation of one another are hallmarks of this great organization. Its members are growing every day and every new national president and their team, moves the organization to greater heights. LESA USA INC members are trend setters, no matter where ever they might find themselves. The life satisfaction, self-esteem, self-confidence, hope, confidence and optimism that I see in each of your eyes reminds me every day that it was well worth it dreaming and belonging to this dynamic and God fearing group.

It is my pride and joy being a LOGS member. I don't know what I would have done if I did not attend Our Lady of Lourdes college, and above everything if I was not a member of LESA USA INC. Keep soaring to great heights and keep changing the world one day at a time as the girl child is your MANTRA. There has been sadness and trials in our journey, but also lots of beauty and success. Twenty years later LOGS are a leader amongst all ex-students from Cameroon in granting scholarships and helping the girl child. Thanks immensely to your individual and group effort, your collaboration; dedication team work and commitment LESA USA INC will continue to change lives.

Long live LOGS, long live LESA USA INC, & long live Our Lady of Lourdes College.

Jane Anyu Banga

Emma Osong Cont'd

We will remain closely knitted in a community of LESANs, "BFFs," perched by our proverbial Fireside. And that as the years unfolded, emboldened by shared values, LESANs will forge an ever growing, strong, but resilient alumnae relations globally, while stridently collaborating to make a difference to our Alma Mater.

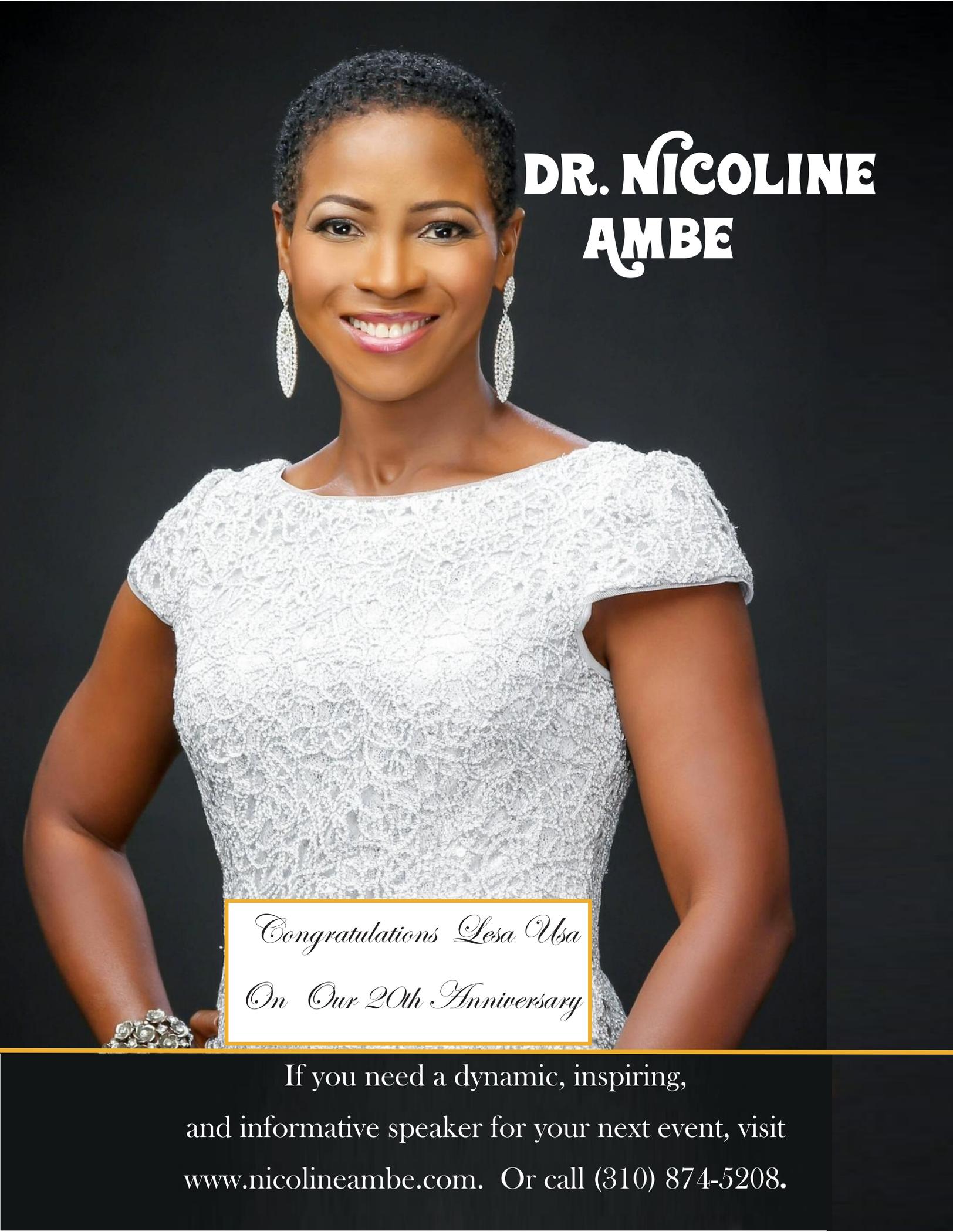
It is no news for any that the emergence of a strong collaborative LESA, the Lourdes Ex-Students Association, will be fantastic, and a timely gift of sorts for the association, founded in 1971, and gracefully aging towards its golden jubilee in 2021 – 50 years since inception, and 27 years since I led its nascent branch here in the U.S.! Work will soon undoubtedly begin on the planning of such an auspicious occasion. Alas, we continue to pray God intercedes to bring peace and justice to our land and much need- ed relief to families impacted by the conflict. And then, we shall all return for a celebration befitting of the school we once proudly walked its halls. It is cliché of me to speak of "collaboration is strength", or to trumpet cries of "strength in numbers." If history teaches, as it often does, let it bend our attitudes towards agreement and teamwork, one predicated on shared experi- ences, spaces, and sacrifice. I call on all members to endeavor to work toward that mutual goal, LESA – of Our Lady of Lourdes College. As a body, together the alumnae, LESA, can be formidable--unstoppable.

Wishing all of you a happy and fruitful deliberations and celebration.

Hugs Ma Sistas!

Dr. Emma Osong

LESA USA Founding President, 1992

A professional portrait of Dr. Nicoline Ambe, a Black woman with short, dark hair, smiling warmly. She is wearing a white, short-sleeved, lace dress and large, dangling diamond earrings. Her hands are on her hips. The background is a solid dark color.

DR. NICOLINE AMBE

*Congratulations Lesa Usa
On Our 20th Anniversary*

If you need a dynamic, inspiring,
and informative speaker for your next event, visit
www.nicolineambe.com. Or call (310) 874-5208.

A portrait of Christine Nkwain, a woman with a white beaded headwrap, wearing a black top with gold embroidery and a gold shawl. She is looking slightly to the right. The background is dark with a gold vertical stripe on the right.

**CHRISTINE
NKWAIN**

Without a doubt, LESA USA, I love you so!!! God bless us always!!!
CONGRATULATIONS LADIES!!!
GOD I BOW TO YOU!

EMPOWER

THE GIRL CHILD



*LESA DC has been waiting to pamper you all, as Hosts of
LESA USA 20th Anniversary.*

*Welcome to the DMV Area - the Heart Beat of USA and
LESA USA!!!*

*We shall serve you with class, love and warmth!!!
CONGRATULATIONS LESA USA!!!*

*As we celebrate 20 Years of fostering the Health, Education
and Well-being of the Girl-Child, we also celebrate Excellence
and Prowess!!!*

*May our sisterhood grow stronger and our family bigger
over the next 20 years!!!*

- C.A.N.

LESA **20TH** USA

ANNIVERSARY
Sisterhood-Faith-Justice

