

OUR LADY OF LOURDES EX-STUDENTS ASSOCIATION (LESA)



UNITY - LOVE - SERVICE

Objectives

- To ensure a continuity in the christian education LESANS received in Lourdes College and to reinforce christian values in LESANS;
- To maintain a healthy relationship among LESANS;
- To assist LESANS morally and materially;
- To strengthen the bond between LESANS and the school;
- To identify and undertake humanitarian and philanthropic projects that benefit the society LESANS live in;
- LESANS will be good examples wherever they are.

Membership

Full Member: Anybody who spent any length of time at Our Lady of Lourdes Secondary School, Mankon, Bamenda as a student and is duly registered and active in one of the branches.

Associate Members: A teacher (past or present) or any other person who has been closely associated with Our Lady of Lourdes College. (has no voting rights).

Honorary Members: Any person or persons sympathetic to the objectives of LESA or has a record of outstanding service to LESA. An Honorary Member has no voting rights.

Headquarters

Our Lady of Lourdes College
P.O. Box 92
Mankon, Bamenda, Cameroon

Code of Conduct

- Every LESAN is my sister** therefore I will share and receive sisterly love at every opportunity. I will treat her with kindness and respect.
- Every LESAN is a woman** and her life is often a struggle. She meets and overcomes challenges in every aspect of her life. I understand this. I will listen to her.

LESA IN SUMMARY

Frequently Asked Questions (FAQ)

Who is a LESAN?

Anybody who spent any length of time at Our Lady of Lourdes Secondary School, Mankon, Bamenda as a student and is duly registered and active in one of the LESA branches.

Does LESA have a Constitution?

Yes, LESA is an organized group, governed by a Constitution. Each branch is encouraged to craft bylaws that reflect where they live. Bylaws must not be contrary to any clause in the LESA constitution. The LESA Constitution can be downloaded from the lesaglobal website or obtained from the Branch Presidents or at the AGM or LESA Branches Conventions.

What is the Motto of LESA?

Unity, Love and Service

What is the LOGO of LESA?

Our Lady appearing to Bernadette at the grotto as seen herein.

What is The General Assembly and The AGM?

The General Assembly constitutes all registered members of LESA and is the supreme and final authority of LESA. The General Assembly meets each year in ordinary session in Cameroon for an Annual General Meeting (AGM). This is meeting opened for all registered members. Any Lourdes Ex Student can attend the AGM as a guest but will not vote nor contribute to the decisions taken at the AGM. Branches in the diaspora can meet as they see fit at a Convention of LESANS.

LESA DOs and Don'ts

"Our Lady of Lourdes Ex- Student Association", LESA, "Our Lady of Lourdes Ex- Students or Past Students—Mankon", "Our Lady of Lourdes Ex- Students or Past Students—Bamenda", "Lourdes College Ex- Students or Past Students—Mankon", "Lourdes College Ex- Students or Past Students—Bamenda", OLALOCO Ex Students or Past Students, OLLSS Ex Students or Past Students, are all intellectual property of the Catholic Arch Diocese of Bamenda, Cameroon. All business conducted under any of the above must be with written permission and agreement from/with LESA's standing Constitution and current LESA National Leadership.

DO NOT Trademark any of these names.

Do not replace nor change LESA's Constitution. Submit any suggested changes through your branch to the General Assembly that convenes at an AGM each year. Changes are made and adopted only at the LESA AGM. **Do not** replace/alter nor change the Motto of LESA.

This is non-negotiable. **Do not** replace/alter nor change the Logo of LESA. This is non-negotiable. **Do not** change/alter/modify style of the Our Lady Uniform. This is non-negotiable. It is a Yoruba Buba, Long Skirt with a decent left slit. Mama Maria's face must be intact on front and back of buba and skirt.

Make sure your branch is fully represented at all AGMs. Send in an Annual Report, Complaints, Recommendations to all AGMs.

Every LESAN COUNTS!

Every LESAN's, Ideas/Contributions COUNT!

Wear your *National Blue Uniform* with LESA Pride! Keep it neat, ironed and accessorize (earrings, bangles, necklaces, rings, pins, corsages, etc.) every time you wear it!

Does LESA have an Hymn?

Yes. LESANS have a beautiful, unique hymn:

"LESANS My Children the Madonna Calls", tune and lyrics by Prof. Theresa Nkuo Akenji, President General at the time of the celebration of Lourdes College's 40th Jubilee. It is sang at national and branch meetings as a tradition and at other major events where LESA can be sold positively. It is a song of jubilation. Solemnity comes in at verse four where LESANS resting in the Lord are fondly remembered and missed.

Extra Anniversary verses are available.

It is not unusual to hear LESANS singing the Lourdes Anthem, but the Lourdes Anthem should not replace the LESAN Hymn. LESANS are encouraged to sing their Hymn at their monthly meetings and whenever they gather as LESA.

What are the benefits of being a LESAN?

LESA's benefits are in LESA's OBJECTIVES!

Each LESAN, each Branch and The LESA National EXCO must take the objectives of LESA seriously. These objectives yield benefits for each LESAN, our Alma Mater and LESA the Association when they are implemented with fidelity.

What is the National Uniform? When do I wear it?

This is the ONLY official uniform of LESA. It is worn during the Annual General Meeting (AGM) or LESA Conventions, at the funeral service of a member, at an event where a member is celebrated, at church and national events where LESANS appear as a group and at other LESA functions determined by the seating LESA National EXCO. You must be registered with a branch of LESA to obtain a uniform. Associate and Honorary members can not wear the National LESA Uniform. When in doubt about when to wear the LESA National Uniform please consult the National EXCO.

Want to Join a Branch/Start a Branch? Lots of OPTIONS to get what you need.

1. Visit

<http://www.ourladyoflourdescollegeex-students.org>

You will find your classmates and lots more on this site.

<http://www.lesaglobal.com>

This is the parent website for LESA and has links to all other LESA Websites/Blogs

2. Send an Email to

Lesa-Global-subscribe@yahoogroups.com

A Brief History of Our Lady of Lourdes Secondary School (Lourdes College)

Our Lady of Lourdes Secondary School, Mankon, Bamenda Cameroon was founded at a time when it was considered rather odd to educate the girl child. Rev. Father Mathew Nabben (RIP), got an inspiration to reverse this prevailing social trend. He was convinced that educating a woman will enable her perform her duties as wife and mother better, thus building a solid Cameroon Nation. Upon completion of the buildings in 1963, Fr. Nabben proceeded to ask Bishop Peeter's (then Catholic Bishop of West Cameroon) permission to open the school. This request was met with objection from the Cameroon education authorities who stated that what Cameroonians needed was a Secondary School, not a primary school. Bishop Peeter's then applied to the Cameroon Government for an authorization to open a secondary school. This was well received and given full approval with some backing from Dr. J.N. Foncha, then Prime Minister of West Cameroon and HRM Fon Angwafor of Mankon. St. Joseph's Parish, Mankon generously donated a building and the establishment was named and entrusted into the care of Our Lady of Lourdes, the Patron Saint. Bishop Peeters invited the Holy Rosary Sisters of Ireland to administer the new school. They arrived on October 12, 1963 and on October 15, 1963, the doors of Our Lady of Lourdes Secondary School, Mankon were opened to the first 35 girls.

How did LESA Come About?

A Brief History Of LESA

In 1971 the Principal of Lourdes College, Rev. Sr. Mary Hewson in collaboration with Hortensia Fohitung (Ngang), a student in CCAST, Bambili sent out invitations to past students to attend a preparatory meeting for the launching of an association of all ex students from Lourdes College.

At the first meeting, the name ***Lourdes Ex Students Association or LESA*** for short was birthed after a debate on what the association should be named with the following LESANS elected as the first body to run LESA: Rose Sikod (Ngente Tendeh) - Chairperson, Esther Nyindem (Achu) - Vice Chair, Hortensia Fohitung (Ngang) - Organizing Secretary, Ann Forju (Atanga) RIP - Recording Secretary and Mary Morfow (Atanga) - Treasurer. This team transitioned to the first National EXCO briefly headed by Christina Bongwa and then Mabel Achu (Kume) as National President. A very successful launching gala, chaired by the Governor of the North West Province, Guillaume Nseke was organized later that year in the Bamenda Community Hall to celebrate the birth of LESA.

By the early 1980s, many past students had settled down which helped grow LESA into a very strong association. A constitution was drawn up in 1982 to serve as guidelines for running the association.

The pursuit of knowledge, family reunions and other factors continue to cause past students of Lourdes College

to migrate to other parts of the world. Today there were hundreds of past students overseas.

Past students who pursue further education in various universities are encouraged to gather to form University Branches. These branches are required to seek guidance from and work in concert with the parent LESA branch in the town nearest to their university. The President of the parent branch is required to provide succor to the university branch and include them in quarterly meetings and other enlarged LESA events.

As of January 2013, LESA branches exist in Bafoussam, Buea, Douala, Dschang, Yaounde, Kumba, Kumbo, Tubah, Limbe, Ndop, Wum, The USA, The UK and counting.

The seat of administration and the Mother Branch of LESA is in Bamenda.

Branches hold regular monthly meetings following a set agenda that covers all six LESA Objectives to the extent possible. A large gathering of LESANS comes together at least twice a year to celebrate the feast day of their Alma Mater "Our Lady of Lourdes" (February 11) and to hold an Annual General Meeting (AGM) or a Convention if the branch is in the diaspora.



***What Does
the LESA
Constitution
Say About
Forming A
Branch?***

ARTICLE 10 : BRANCHES

a) A branch shall comprise of at least 5 ex students of Our Lady of Lourdes College Mankon Bamenda, residing in the same town or area, who have decided to come together, register with the National body and abide by the LESA constitution.

b) All branches shall have an executive that closely mirrors the national executive. Branches shall craft by-laws as they see fit for their situation

c) Past students of Our Lady of Lourdes College resident permanently or temporarily outside Cameroon may constitute a branch of LESA in their areas of residence and apply to the National executive of the association for recognition and registration.

Anthem

LESANS my children the Madonna calls
Tread the path of righteousness
To the stream where the lady waits
How sweet her embrace shall be

Alternate

LESANS LESANS

Treading righteously

Where the stream doth flow

Sweet Sweet embrace

1. LOURDES Ex-Students Association

Created in Nineteen Seventy One

Timid at first but determined to grow

Today we are growing strong

This sisterhood we share

Christian values we uphold

Unity and Love and Service

Our Motto binds us all

2. Our objectives we strive to meet

Lourdes college ever dear to us

Excellence radiates from all its spheres

Lourdes students do make us proud

Holy Rosary Sisters God bless you

In '63 the seed was sown

LESANS emerge and shine their light

All over for all to see

3. In the society our roles

Multiple they may always seem

With God's light ever near to guide

Our tasks never left undone

Charity to others show

Obedience in word and deed

Prosperity our reward

God's promise to us fulfilled

4. Through the years we'll in wisdom grow

Satisfied we have done our best

Part of us that will never fade

Our LESA SPIRIT lives on

REST DEAR LESANS gone before

VICTORY's yours on that bright shore

When we meet the bells at Lourdes

Shall all RING OUT FOR YOU AND ME

This LESA Anthem is Available on CD. Please ASK Your Branch President for a Copy.