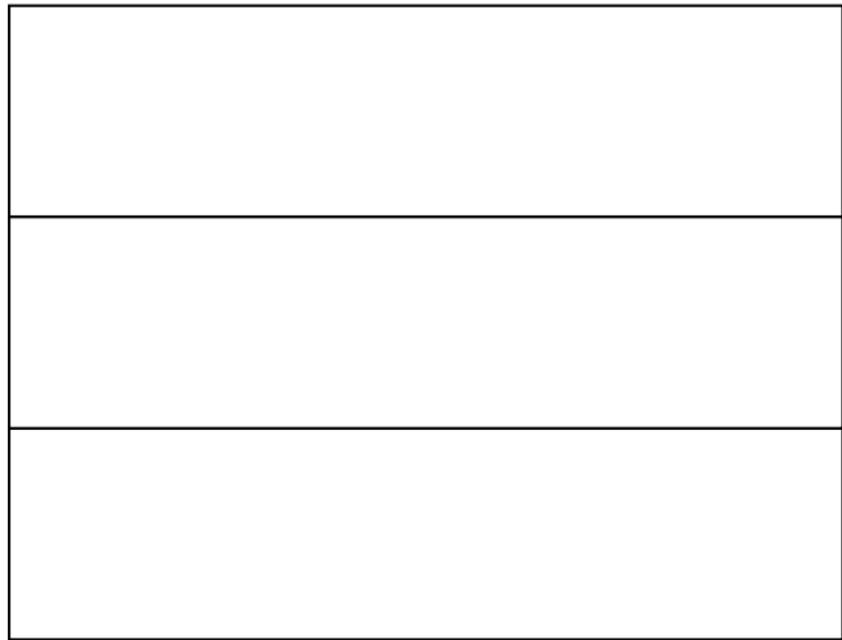


# Color The Flag



**GABON**

## **DIRECTIONS**

Color top stripe green.

Color middle stripe yellow.

Color bottom stripe blue.

# Let's Speak French

French is the official language of Gabon. Vowels are pronounced as follows: *a* as in cat; *ah* as in water; *eh* as in yet; *i* as in seen; *o* as in oh; *oo* as in noon; ' signifies a sudden stop—do not hold vowel sound out. Accented syllables are capitalized.

## COMMON PHRASES

Happy Sabbath

Hello

Please

Thank you

Yes

No

Goodbye

## PRONOUNCE IT

bohn SAH-bah

bohn-JOOHR

seel-tuh-PLAY

mayr-SEE

wee

no

oh'ur -VWAHR

# Twirling Drum

## YOU WILL NEED:

Flat round wooden box  
Round pencil or dowel  
12 inches of thin string

Two or four beads about  $\frac{1}{2}$   
inch diameter  
Paper punch

Glue  
Masking tape  
Paint and paintbrush

**1.** If the box is more than three-fourths of an inch thick, place the lid on the bottom of the box and, using an X-Acto knife, cut around the box where the lid meets the box. Remove the lid from the box.

**2.** Punch a hole in the center of the side of the box and in the lid large enough to allow the pencil to be inserted into the box.

**3.** Cut a piece of string 12 inches long. Open the box; with the punched hole facing you, lay the string across the box, so that equal lengths of string hang over on each side. Line the lid of the box with all-purpose glue and place the lid on the box, being sure to align the punched holes

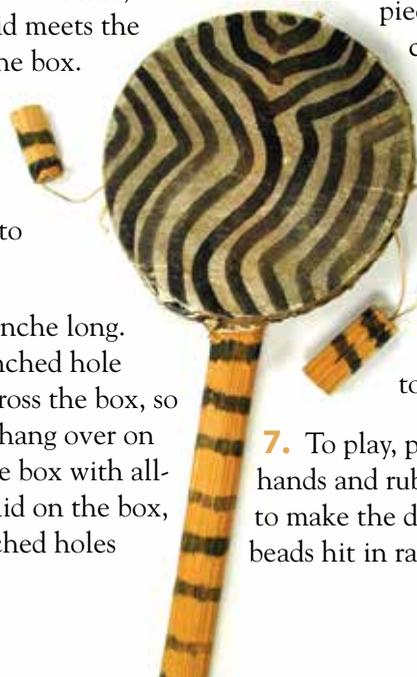
and not disturb the string.

**4.** Thread one or two beads onto each piece of string, and tie a knot close to the end of the string to hold the beads in place.

**5.** Insert the pencil into the hole, and secure it with glue or tape, leaving at least six inches of the pencil outside the box.

**6.** Paint the box; set aside to dry.

**7.** To play, place the pencil between your hands and rub your hands back and forth to make the drum twirl around and the beads hit in rapid succession.



# Banana Fritters

## WEST AFRICA

1-2 cups flour	1 cup milk
3 tablespoons sugar (optional)	5 to 6 medium-sized ripe bananas, mashed
¼ teaspoon ground ginger	1 cup peanuts (optional)
2 teaspoon ground cinnamon	oil for frying
2 or 3 eggs	confectioners' sugar (optional)

### DIRECTIONS:

In a large mixing bowl combine flour, sugar, ginger, and cinnamon. Beat in the eggs, one at a time, with a sturdy wire whisk. Gradually add milk, continuing to beat until batter is smooth and satiny, about 5 minutes. Stir in the bananas and peanuts and let mixture sit for 10 to 15 minutes.

Heat oil to 350-375°F. Pour about ¼ cup of batter quickly into the hot oil. Let it brown 2 to 3 minutes, then turn with a slotted spoon. Remove fritters when they are a rich golden brown and drain on absorbent cloth. Continue frying until all batter is used. Sprinkle with confectioners' sugar and serve while still hot. Makes about 20 fritters.

# Yam Balls

## WEST AFRICA

Yams are a staple and versatile food in West Africa. The African yam is a tubular root up to three feet long with white to pale-yellow flesh and brownish skin. When steamed or boiled it is remarkably similar in taste and texture to boiled white potatoes. Cassava or white potatoes can be substituted for the yams in this recipe.

4 cups yams, cooked	2 teaspoon salt
1 large onion, finely chopped	1 teaspoon cayenne pepper
3 medium tomatoes	2 eggs, beaten
¼ cup peanut oil	Flour
2 teaspoon dried thyme	12 cups peanut oil

### DIRECTIONS:

In a large bowl, mash the yams until smooth; set aside. Fry half the onions and half the tomatoes in ¼ cup oil until onions are limp. Add thyme, salt, and cayenne pepper and mix well. Pour cooked onion and tomato mixture over yams and add remaining onions, tomatoes, and beaten eggs. Mix thoroughly. Turn mixture out onto a floured surface. With greased hands, shape yam mixture into one-inch balls. Heat 12 cups oil to 350°-375° F and fry until golden brown, about four or five minutes. Drain on absorbent towels and serve immediately. If you wish to avoid the additional fat, balls can be baked on a greased baking sheet until golden brown. Serves 6 to 8.

# Fufu

## NIGERIA

Fufu is a traditional staple food in Nigeria. It's most often made from cassava, yam, or other starchy vegetables, and making it is intensive work. Here's a simple recipe for children.

½ cup dehydrated potato flakes

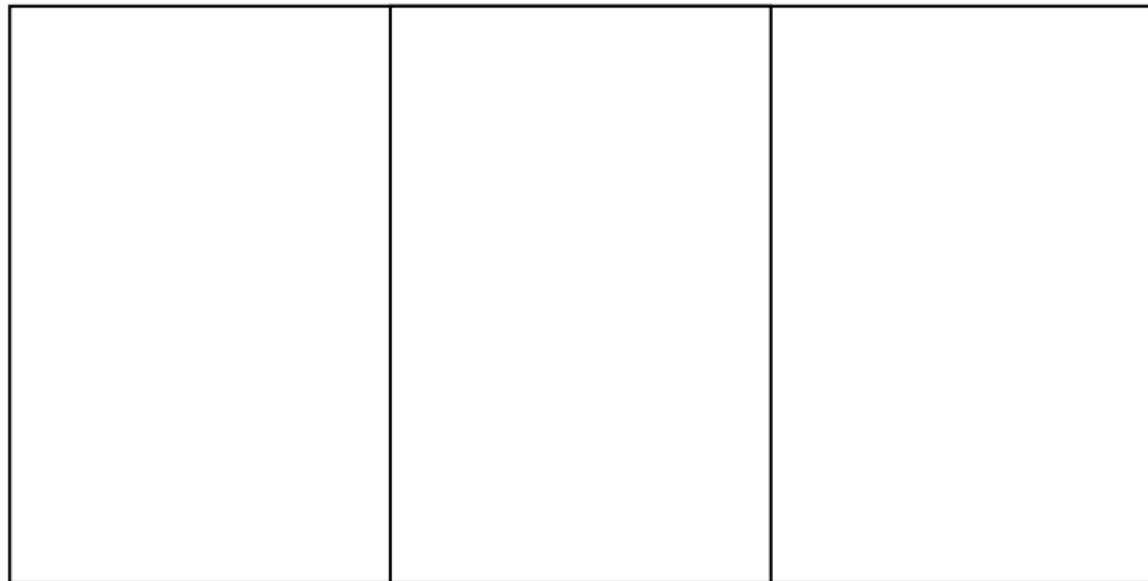
4 cups water

### DIRECTIONS:

Mix the potatoes and half the water in a small pan and stir until it forms a smooth paste. Cook over low heat, stirring constantly. As it boils, add additional water until the paste becomes thick and gooey. Cook for five minutes, stirring to prevent sticking. Let cool, and serve each child a spoonful on a plate. Let them form a ball about an inch in diameter (try using just their right hand, as children in Africa do) then press their thumb into it to form a hollow.

Fufu is normally eaten with a zesty sauce, but if time prevents this, serve with a ready made spaghetti sauce into which the children can dip their ball of fufu and pop into their mouth.

# Color The Flag



## NIGERIA

### DIRECTIONS

Color left stripe green

Leave the middle  
stripe white.

Color the right  
stripe green.

# Elephant Prayer Reminder

Make simple elephant cutouts to remind children to pray for the children of the West-Central Africa Division.

## FOR EACH ELEPHANT YOU WILL NEED:

1 sheet of heavy paper stock (80-pound works well), any color and

1 contrasting piece of colored paper for ears and tusks patterns below.

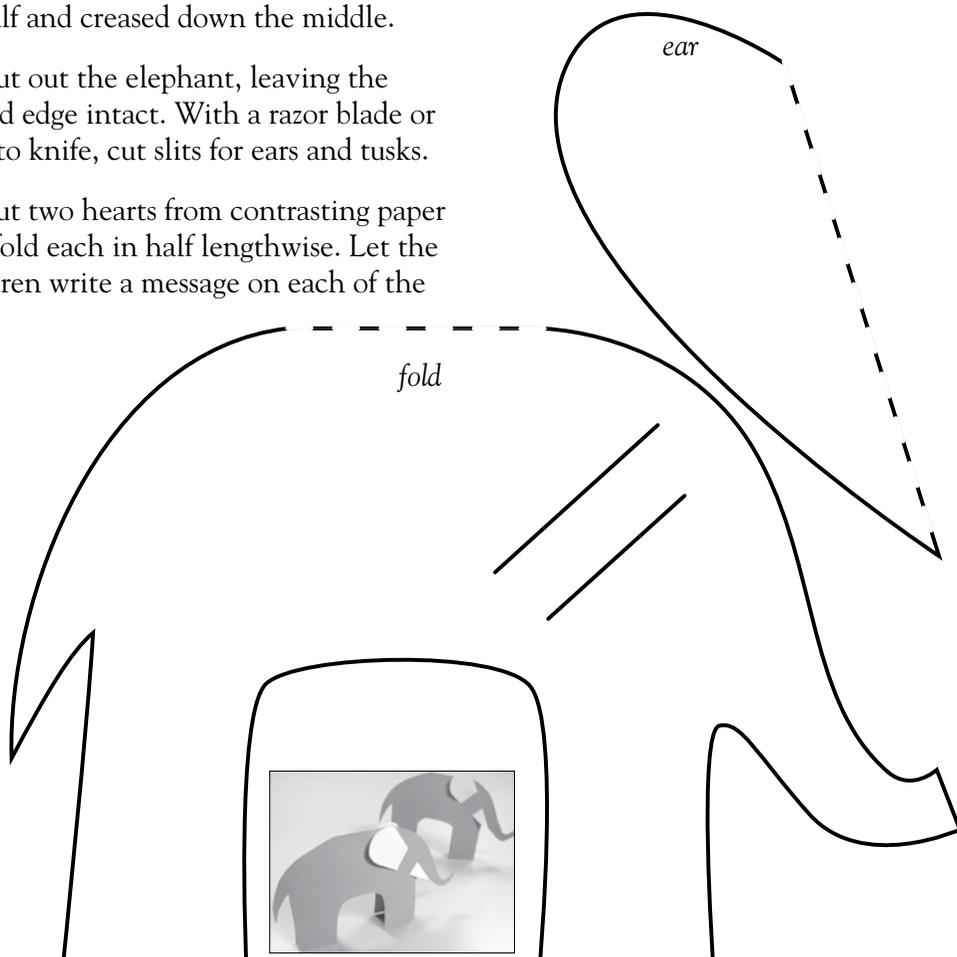
**1.** Copy the elephant pattern below onto heavy card stock or thin cardboard as a pattern; trace the pattern onto the card stock paper, which has been folded in half and creased down the middle.

**2.** Cut out the elephant, leaving the folded edge intact. With a razor blade or X-acto knife, cut slits for ears and tusks.

**3.** Cut two hearts from contrasting paper and fold each in half lengthwise. Let the children write a message on each of the

hearts, then insert one into each side of the elephant's head.

Children can write "Pray for the children of West-Central Africa" on one heart and "Give for the children of West-Central Africa" on the other.



# Sing Praises to God in French

The official language of Gabon is French. Vowels are pronounced as follows: *a* as in cat; *ah* as in water; *eh* as in yet; *ee* as in wee; *oh* as in oh, *oo* as in moon; *uh* as in cup.

## **JESUS M'AIMÉ** (*Jesus Loves Me, chorus only*)

Oui, Jesus m'aime,	wee zeh zoo mehm
Oui, Jesus m'aime,	wee zeh zoo mehm
Oui, Jesus m'aime,	wee zeh zoo mehm
La Bible me le dit.	la bee bluh muh luh dee

## **GOD IS SO GOOD**

Dieu est si bon	dee-ooeh eh see bohn
Dieu est si bon	dee-ooeh eh see bohn
Dieu est si bon	dee-ooeh eh see bohn
Est si bon pour moi	eh see bohn poo mwah

## **I WILL FOLLOW THEE,** *The Seventh-day Adventist Hymnal, No. 623*)

Mon Sauveur, c'est par la foi	mohn soh vuhr seh pah'r la fwah
Que je m'approche de toi.	kuh zhuh mah proh shuh duh twa
Quoi que m'apporte demain,	kwa kuh mah por tuh duh mah
O Jesus, tiens ma main!	oh zhay sooh tee yeh mawh mah
Oui, je te suivrai,	wee zhuh tuh swee vreh
Oui, je te suivrai;	Wee zhuh tuh swee vreh
Viens me diriger,	vee ehn muh dee ree zhay
Jesus, bon berger.	zhay sooh bohn bair zhay