



10th ANNIVERSARY CELEBRATION

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ABOUT US

Magrabi ICO Cameroon Eye Institute (MICEI), Yaounde, was officially commissioned in 2017 by Africa Eye Foundation to serve as a center for world class superspecialty eye care, and as a training center for the next generation of Africa's ophthalmologists superspecialists and allied eye care personnel.

It bears the name of Dr Akef Maghraby, the founding President and main donor. His son, Mr Amin Maghraby took over as president in October 2024

MICEI has won several awards and has in 8 years established itself as the leading non-profit provider of eye care in sub-Saharan Africa.

More than 450,000 eye consultations (25% entirely free of cost through support from partners like you), over 32,000 complex eye operations performed and 250 eye care professionals from 13 African countries have been trained at MICEI. We have accreditations from the West African College of Surgeons, Ophthalmology Foundation (USA) etc. MICEI has 136 staff, including 8 ophthalmologists, an internist, a pharmacist etc. under the able leadership of its CEO, Dr Henry E. Nkumbe.



MAGRABI ICO CAMEROON
EYE INSTITUTE

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WELCOME MESSAGE

FROM THE PRESIDENT OF COLUMBUS VETERANS FC. Valentine Forcha



A SPEECH PRESENTED BY THE PRESIDENT OF COLUMBUS VETERANS SOCCER CLUB ON THE OCCASION OF THE 10TH ANNIVERSARY OF THE NATIONAL VETERAN TOURNAMENT HOSTED IN WEST CHESTER OH FROM 08/28/25-09/01-25



The NEC President and his entourage,
Distinguished guests,
Esteemed Veteran members,
Ladies and gentlemen,

It is with immense pleasure and on behalf of the Columbus Veterans Soccer Clubs that I welcome you all to the 10th anniversary of the National Veteran Tournament here in West Chester, Ohio hosted by the Veterans of Columbus! We are truly honored to have such a diverse and accomplished group gathered here today, united by our shared interest in sports and culture. It is indeed an honor that Columbus Veterans are not only hosting the NVT but coincidentally celebrating the 10th anniversary of the NVT. The energy and enthusiasm I see in you all are palpable, and I am confident that this NVT will be a resounding success.

I would like to extend a special thank you to the organizing committee, whose tireless efforts have brought us all together.

I also want to recognize the invaluable support of President Valentine Esaka and many other individuals whose contributions have been instrumental in making this event possible. Their dedication is deeply appreciated."

This NVT is more than just a gathering of Veteran members, families and friends; it is a platform for collaboration, talent sharing, and the forging of new partnerships. In a world facing complex challenges, it is through collective action and open dialogue that we can find innovative solutions to continue to give the NVT higher standards. I encourage you all to engage actively in the various activities, play fairly, share your insights, and build meaningful connections that will extend far beyond the confines of West Chester OH.

Over the next couple of days, we will explore the talents within us, share ideas on how to make our groups better, and foster growth within the NVT community. I anticipate that this year's event will yield valuable insights into making us better.

In conclusion, as we embark on this journey of learning and collaboration, I am filled with optimism for the future of the NVT. I am confident that the discussions and outcomes of this tournament will inspire us to work together more effectively and make a lasting difference in future organizations. Once again, welcome to West Chester Ohio, hosted by the Veterans of Columbus. I hope you find your time here both productive and enjoyable.

WELCOME MESSAGE

FROM THE PRESIDENT OF NVT-USA FA



On behalf of the NVT-USA FA, it is my great honor and privilege to welcome all members of the NVT family, our teams, fans, sponsors, and well-wishers to this year's tournament. Thank you for honoring us with your presence and support. We hope you will enjoy a wonderful, fun-filled weekend and join us at all our official events.

A special word of appreciation goes to the Columbus Vet FC and the National Executive Committee for their tireless efforts and hard work in ensuring the success of this tournament. Your dedication is deeply valued and has made this gathering possible.

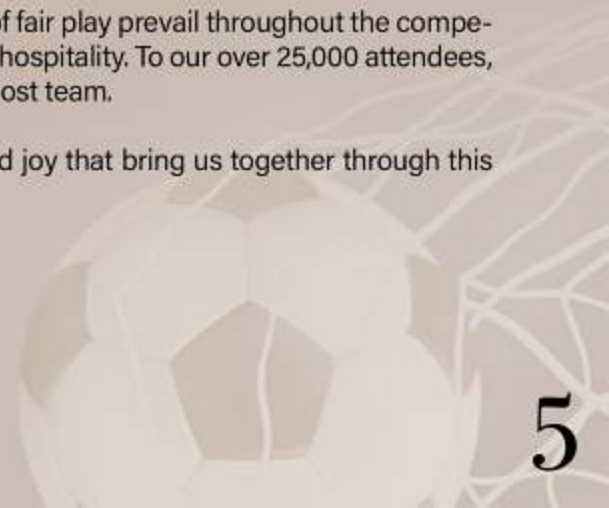
I also wish to extend my heartfelt gratitude to the NVT-USA FA Nation for the renewed confidence you have placed in me as your President, and for electing an outstanding team alongside me. Over the past two years, I could not have done this job without their unwavering support and commitment. Together, we have succeeded in drastically improving how our tournaments are organized, how the NVT operates, and we have launched new initiatives including exciting programs, strategic sponsorships, our mobile app, a death benefits program, new committees, and our electronic magazine. These achievements would not have been possible without your support and the strong leadership of the team you elected.

As the games begin, I wish all teams the very best of luck. May the true spirit of fair play prevail throughout the competition. To our host city and its mayor, thank you for your generous support and hospitality. To our over 25,000 attendees, let us have fun, be safe, and respect the local laws and rules set forth by our host team.

May the best team win—and above all, let us celebrate the unity, passion, and joy that bring us together through this great tournament.

With gratitude and best wishes,

Valentine Esaka
President, NVT-USA FA



PAST NVT PRESIDENTS



Name: Denis F. Nkeh, Esq.
Veteran Club: Veterans Football Club, Maryland USA.
Years in Office:
NVT Founder 2015.
NVT National President: 2016 to 2018.



Name: Tongwa Mbecha
Veteran Club: Arlington Veterans FC, Texas, USA.
Years in Office:
NVT National President: 2018 to 2021.



Name: Dr. Charles Yakum
Veteran Club: Allen Veterans FC, Texas, USA.
Years in Office:
NVT National President: 2021 to 2023

MEMBERS OF THE NATIONAL EXECUTIVE COMMITTEE



President
Valentine Esaka



Vice President
Divine Awah



Secretary General
Noubisie Simo



Assistant SG
Jean-Merimee Kouagheu



PRO
Dennis Nyambi



Financial secretary
Mephiosephth Fru Asaah



Treasurer
Johnson Binda(JB)

NVT-USA FA: THE SKY IS THE LIMIT

EDITORIAL
FROM
THE EDITOR-IN-CHIEF



Ten years ago, the NVT-USA FA was just a dream taking shape, beginning humbly with four teams. Today, that dream has grown into a movement of nearly 50 teams across the United States and Canada. This remarkable growth is proof of what vision, commitment, and collective effort can achieve. Yet, as we reflect on how far we have come, we must also look forward to the endless possibilities ahead.

The NVT-USA FA National Executive Council, Team Presidents, and Committee Leaders have worked tirelessly to make this organization stronger each year. But the journey is far from complete. With greater focus, dedication, and innovation, the NVT-USA FA tournament has the potential to become not just a fixture in America, but a household name recognized across the world.

Imagine this: if we consistently document our activities—our annual Labor Day tournament, as well as regional tournaments taking place year-round—we will create a record of excellence that sponsors cannot ignore. When we present the full story of our reach, our attendance, our economic impact, and our contribution to our communities, sponsors will be competing for the privilege to stand beside us. Their investment will not only cover our costs but create financial stability and allow us to pour resources back into humanitarian causes, prizes, equipment, and further growth of this great association. Who dares to say we can't get sponsorship to the point where Teams get free flight ticket and cash prizes on \$75,000.00 or more during the NVT.

But growth requires more than simply playing the game we love. To achieve the President's vision and mission for the NVT-USA FA, we must commit to telling our story and selling our image. Our social media handles are a start, but true impact comes when our families, friends, and fans also take ownership in sharing our activities and pushing our message outward. With a deliberate media strategy—radio, TV, social media, and community outreach—we can ensure that the NVT-USA FA name is on the lips of communities across North America and beyond.

All of this is possible. The only limit is the effort we are willing to put in after the final whistle is blown. If we show up only for the tournaments, we will plateau. But if we put our heads together, work harder, and stay united, there is no ceiling to what we can achieve.

Together, we will grow. Together, we will succeed. Together, we will make NVT-USA FA a brand that stands proudly among the world's great sporting organizations.

The sky is truly the limit!!!

Frederick Mafany Itoe
Editor-in-Chief
NVT-USA FA Editorial Board



FROM VISION TO VICTORY: HOW IT ALL BEGAN - THE GENESIS OF NVT

BY DENIS NKEH, ESQ., PIONEER PRESIDENT OF NVT



I have always believed that a strong and unified Cameroonian community will foster the flow of information, build wealth, build relationships, solve problems, mold characters, prevent crimes and establish a strong support system. I have always been a lover of soccer especially on the sponsoring/-support side since as a teenager. My commitment to bring people together for these purposes was tested with other organizations that I had been president prior to 2012 when I was voted President of Veterans Football Club (VFC) Maryland. This explains why it is hard or almost impossible to talk about the formation of NVT (National Veterans' Tournament) USA without mentioning VFC.

It all began with a structured VFC (Veterans Football Club) Maryland that had existed since 2009. In 2012, Mr. Denis Nkeh was voted President. Under his leadership, VFC became a family-oriented football club. The vision was to use football to improve our health, build relationships, establish an arena of networking amongst the Cameroonian male community and being "your brother's keeper." This vision is what will later inspire the creation of NVT.

By mid-2012 Francis Ndangum, Emmanuel Jida Mbu and myself held a conversation on creating

a Maryland tournament like the Nigerian Soccer League (NSL) in Maryland. Though we all agreed that it would bring the Cameroonian community together, we had different opinions on the structure, sponsoring/financing, and the much-needed manpower. One thing was certain, if VFC buys this idea, the necessary support would be met. It was on us to sell our vision which we took two years to introduce and deliver. At this point in time, VFC, being one of the first structured veteran clubs in Maryland and the USA, was very vibrant. Its popularity in the DMV area was second to none. We were all very excited and doing very well, with good flow of information, job assistance and just being there for each other.

In February 2013, while closing the previous year, presenting a budget, and introducing a calendar of 2013 activities, the Executive Committee, and the General Assembly, overwhelmingly voted for a minimum of one travel a year. VFC MD visited Atlanta GA, Charlotte NC, Allen TX, Arlington, TX, Columbus, OH and Delaware. In all these visits, we preached our vision, encouraged others (especially VFC members who had relocated to other states) to organize a veteran's club. We also sold the idea of a yearly tournament. The receptions, responses and turnouts were amazing.

At the end of 2014, I assembled a few who shared with my opinions, to discuss the possibility of establishing a yearly Cameroonian event with VFC MD as a sponsor. After about two hours of debate in a duly organized General Assembly meeting that was attended (upon invitation) by sponsors, Brendan Simo, and Livingston Fomukong, VFC MD agreed to host, support, and sponsor a yearly tournament called "The National Veterans' Tournament" (NVT) USA, like that in Cameroon. VFC agreed to use the 2015 Memorial Day weekend to launch the tournament.

VFC MD, Atlanta Veterans Club and Delaware Veterans immediately signed up while Boston Vets joined later. During the launch all four participants laid down the framework for NVT. Atlanta was voted the first host. The structure, constitution, etc. would be adopted and the first President will be voted at Atlanta 2016. Mr. Eyong Ebot who had replaced Mr. Peter Atemnkeng, was very helpful in organizing Atlanta 2016. Due to the complexities in hosting as the number of participant clubs increased from 4 to 9, and weather conditions, Labor Day weekend was adopted to replace the Memorial Day weekend as the official yearly tournament event date. Mr. Eyong Ebot lost to Mr. Denis Nkeh as the pioneer President of NVT.

Allen Veterans FC, in Texas won the first official edition and was voted the 2017 host. In 2017, the participating clubs had increased to 11. OKC Vets won the bid to host the 2018 edition and at this time, there were 13 participating clubs. Delaware hosted 18 clubs in 2019 while Houston hosted 28 clubs in 2021. NVT did not take place in 2020 due to COVID-19 restrictions. The 2022 host was VFC Maryland, and 32 clubs participated. In 2023, NVT was hosted by Gwinnett Veterans FC in Georgia and 36 clubs participated. The last edition, in 2024, was hosted by Vet-Star MN with 40 clubs competing. The current number of registered clubs stands at 51, and 40 clubs will be taking part in the main competition in the upcoming NVT to be hosted by Columbus Vets in Ohio. Some of the waiting list clubs will be competing this year (2025) to secure a spot in the main competition in 2026.

NVT started with a 2-day event (Saturday & Sunday), which was later changed to 3 days (Friday, Saturday, & Sunday) and now the event runs for 5 days (from Thursday to Monday).

This dream may not have been possible without the dedication of the following gentlemen who believed in the vision at that time: Emmanuel Jida Mbu, VFC MD; Denis Nyambi, VFC MD; Francis Ndangum, VFC MD; Sidney Tembei Boma, VFC MD; Peter Atemnkeng, Atlanta Vets.; & Eyong Ebot, Atlanta Vets.

FROM THE PITCH TO THE PEOPLE: NVT-USA LAUNCHES \$25,000 DEATH BENEFIT FUND

BY KEVIN Y NJABO CHAIR - NVT BSF



For more than a decade, the National Veterans Tournament – USA Football Association (NVT-USA FA) has been more than just a soccer community. With 49 clubs and over 3,200 members across the United States and Canada, this vibrant network of African Diaspora athletes and families has thrived on solidarity, harmony, and the joy of the game. Soccer has always been our rallying point — but our true strength lies in our unity off the field.

Today, that unity is taking a bold new shape through the launch of the NVT Death Benefit Solidarity Fund — a safety net designed to stand by our members' families during their most difficult moments.

Why This Matters

When tragedy strikes and a member of our community passes away, grief is often compounded by the sudden burden of financial hardship. The NVT Solidarity Fund is our response — a collective commitment to ensure that no family faces that burden alone. Through this fund, the next-of-kin of a deceased NVT member will receive \$25,000, helping cover funeral expenses, provide immediate stability, and ease the transition for loved ones.

It is not just a financial gesture; it is a profound expression of solidarity and respect for those who built our community.

How It Works

The fund is simple, transparent, and fair:

- Every team participates, paying a one-time \$200 administrative fee.
- Each year, teams submit a locked membership list (players, non-players, even family members).
- Teams are billed directly — no individual member is chased down — and contributions are calculated based on team size.
- With every registered member contributing about \$20, the fund maintains a \$25,000 escrow balance. When disbursed, the pool is replenished collectively.
- Benefits are paid within 30 days of a verified death, with checks delivered to the family via the bereaved team's president.

All service to the Fund is pro bono, reflecting our commitment to accountability and community-first leadership. A small administrative budget, drawn from fees, will cover running expenses.

A Culture of Responsibility

The Fund also introduces measures of discipline: teams that fail to meet obligations face penalties, probation, or even dismissal from NVT. These safeguards ensure fairness and protect the integrity of the system, so that families in need can depend on timely support.

More Than a Benefit — A Legacy

The NVT-USA FA is rooted in Cameroonian diaspora pride, but our mission is broader: to strengthen the bonds of the African Diaspora through solidarity and sports. The Solidarity Fund is an embodiment of that mission. It transforms a soccer association into a lifeline, demonstrating how a community united on the field can also uplift one another off it.

As we roll out this initiative, we invite our members, partners, and the broader community to see this Fund not just as a financial tool, but as a legacy of compassion, discipline, and shared humanity.

Because in the end, while soccer may be the game that brings us together, it is solidarity that makes us family. See you all in Ohio 2025!!



**DR. LILLY
MBINGLO, CPA**

**MBA Professor | CPA | TEDx Speaker,
Entrepreneur & Author**

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Dr. Lilly Mbinglo is an award-winning CPA, MBA Professor, Author, TEDx Speaker, and Entrepreneur dedicated to helping individuals and businesses achieve success and live a life of purpose.

As the founder of The Ark NPS, a top rated CPA Firm, she empowers clients with expert accounting, tax, and business solutions. Her inspiring books provide practical tools, strategies, and real-life lessons to help readers excel in business and life.

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SAVET FC: FROM GRIT TO GLORY – A CHAMPIONSHIP JOURNEY

SAN ANTONIO VETERANS FOOTBALL CLUB CROWNED NVT CHAMPIONS 2024

DR. PRIDE ABONGWA



Over the past few years, the San Antonio Veterans Football Club (SAVET FC) has emerged as a powerhouse in veterans' soccer, steadily climbing the ranks with discipline, strategy, and unwavering determination. What began as a journey of hope and ambition has blossomed into a story of triumph—culminating in a remarkable victory at the NVT Minnesota 2024 Tournament.

A Track Record of Progress

Our rise hasn't happened overnight. In NVT Maryland 2022, SAVET FC made it to the quarterfinals before being edged out by the Gwinnett Veterans. By NVT Gwinnett 2023, we advanced to the semi-finals, falling to Columbus Veterans, OH. Each year, the team progressed further—and learned more. Finally, in Minnesota 2024, all the pieces came together. SAVET FC claimed the championship title after a decisive 2-0 win against Houston Veterans Soccer Club in the final.

Building for Victory

This success was the result of intentional planning and consistent effort. Friendly matches against Austin Veterans and Austin Lions laid the groundwork, but it was our participation in the Southern Veterans

Tournament (SVT)—formerly the Texas Veterans Tournament—that truly sharpened our skills. The competition there pushed our team to new heights and provided the level of intensity needed to prepare for NVT 2024.

The Heartbeat of SAVET: The SAVET Wives

A critical part of our success lies not just in talent on the field, but in the passion on the sidelines. The SAVET Wives, our vibrant and dedicated fan club, have been with us every step of the way. Dressed in eye-catching outfits and armed with unmatched enthusiasm, their presence injects energy and motivation into every game. Their unwavering support continues to inspire our players and drive us forward.

Meticulous Management & Coaching

Our coaching staff and management are known for their meticulous preparation. With over 40 teams split into 10 groups and only 16 advancing, every match is treated like a knockout. That mindset paid off.

At NVT 2024, we dominated the group stage with victories over Chicago Veterans, New England Veterans,

and CAMSOLA Veterans, earning 9 points. In the knockout stages:

- Round of 16: Defeated Lanham Veterans 1-0
- Quarterfinal: Came back from 0-1 down and 10 men to draw 1-1, then won on penalties vs. Spartan Veterans
- Semi-final: Beat Allen Veterans on penalties after a 1-1 draw
- Final: Defeated Houston Veterans SC 2-0

A Night to Remember

The final was electric. A record turnout filled the stadium, with fans paying gate fees to witness a thrilling match. SAVET FC delivered a masterclass in composure and skill, scoring in both halves to secure the title.

Individual accolades followed:

- Best Goalkeeper: Mr. Orlando Palmer
- Tournament MVP: Mr. Eyong Enoh, former vice-captain of Cameroon's Indomitable Lions

Homecoming & Community Celebration

Following our triumph, the trophy was proudly presented to the Cameroonian Community of San Antonio (CAMCOSA) during their September 2024 meeting. We were received by Barrister Taa Ngwaang Berinyuy, community president and SAVET FC member, symbolizing the unity between the club and our vibrant community. The Trophy was also presented to our sister organization in the community, The Committee of Gentlemen, ComMiGen, then led by President Emmanuel Galabe.

On January 23, 2025, we marked this historic win with a grand celebration. The SAVET Wives took center stage in elegant black dresses, while the players arrived in SAVET FC-embroidered blue suits. The evening was filled with joy, pride, and gratitude, a true reflection of our journey and the spirit of our community.

SAVET remains a corner of our community and flag bearer of the entire city of San Antonio, so next was presentation of the trophy to the city hall. During a mayoral walk (an exercise to keep fit sponsored by the city of San Antonio), the trophy was presented to the then mayor of San Antonio, Mr. Ron Nirenburg.

What's Next for SAVET FC?

SAVET FC stands today not just as champions, but as a beacon of excellence and mentorship within the veterans' football community. We are committed to sharing our experience, guiding other teams in our union, and continuing to raise the standard of the game.

This is just the beginning.

SAVET FAN CLUB



COLUMBUS VETERANS SOCCER CLUB: KICKING HUNGER TO THE CURB IN CENTRAL OHIO

VALENTINE FORCHA



On September 21st, Columbus Veterans Soccer Club (CVSC) took the field in a different game—a game against hunger. Partnering with the INPREM Holistic Community Resource Center, CVSC helped serve 500 families in need throughout the Columbus Metropolitan area, making a real impact beyond the soccer pitch.

This heartwarming outreach was part of INPREM's 10th Anniversary celebration, a milestone in their decade-long fight to reduce hunger in Central Ohio. Known for its mission to heal the spirit and inspire hope, INPREM is not just a food bank—it's a beacon of hope, offering food and holistic support to those facing tough times.

CVSC, a team of recent immigrants from Cameroon and Nigeria, was founded in 2017 by a group of dedicated professionals—pharmacists, doctors, nurses, accountants, IT experts, and business owners—all bound by a shared love for soccer and their new community. But this time, their jerseys weren't the focus. Instead, it was their passion for giving back.

At the event, CVSC members packed, sorted, and distributed food and clothing for hours, working tirelessly to ensure that families in need had something to look forward to.





Their efforts didn't go unnoticed—during the 10th Anniversary celebration, the City of Columbus honored INPREM by donating a brand-new truck to support the center's ongoing food distribution efforts.

Inspired by the day's success, CVSC's president promised: "Whenever INPREM needs Columbus Veterans Soccer Club, we'll serve with the same passion and dedication we bring to the soccer field." He also pledged the team's support for future food drives, especially during key holidays like Christmas and Easter, when extra hands are needed most.

Columbus Veterans Soccer Club isn't just a soccer team—it's a community champion, proving that teamwork can change lives on and off the field. Unlike other soccer teams, CVSC constantly seeks to score healthy, social, and philanthropic goals. Instead of scoring only within goalposts, the 100-man team prefers to score within community goals that uplift the less privileged in their environs.

So far this year, CVSC has partnered with other organizations, such as JustLikeYouGlobal Foundation and BigRex Kids Olympics, on social issues such as domestic violence and abuse, work-life balance, and raising healthy and happy children in the diaspora.



PROFILE OF AUSTIN VETERANS FC.



MOTTO: WELLBEING – RESPECT – SOLIDARITY

WEBSITE: AUSTINVETERANSFC.ORG

FACEBOOK PAGE: [AUSTINVETERANS.SOCCERCLUB](https://www.facebook.com/AUSTINVETERANS.SOCCERCLUB)

Austin Veterans FC was founded on September 12, 2020, by seven passionate soccer enthusiasts in Austin, Texas. What began as a small gathering of like-minded players has since evolved into a thriving soccer club, dedicated to fostering teamwork, community spirit, and a love for the game.

The club played its first official match on August 14, 2021, against San Antonio FC, marking the start of its competitive journey. As the team grew, so did its organizational structure. In November 2022, Austin Veterans FC officially established its leadership, laying a strong foundation for future success.

One of the club's major achievements came at the Texas Veterans Tournament (TVT) 2023 in Forney, Texas. Austin Veterans FC delivered an outstanding performance, reaching the semi-finals without losing a single match. Their impressive run earned them the honor of hosting the Texas Veterans Tournament (TVT) and today Southern Veterans Tournament (SVT) 2024 in Austin, where they went on to win the championship, defeating San Antonio in a thrilling final.

The club continued to rise on the national stage, making its debut at the National Veterans Tournament (NVT) 2024 in Minnesota.

Competing against 34 teams from across the country, Austin Veterans FC finished in a respectable 14th place, further solidifying their reputation as a team to watch.

With a strong foundation and a growing presence in veteran soccer tournaments, Austin Veterans FC remains committed to excellence, camaraderie, and the continued development of the sport in the Austin community.



CLUB STRUCTURE

- General President:
Felix Ntah
- Ladies Wing President:
Florence Sule
- Vice President:
Emile Ngang
- Team Manager:
Maxi Emmanuel
- Financial Secretary:
Dr Pastor Franckline Tebid
- Treasurer:
Walter Galega
- Secretary General:
Jasper Fon
- PRO:
Ernest Ngoh
- Technical Team:
Marcel Fon/Ndam Henry
- IT Specialize:
Roland Ndi
- Discipline Master:
Karani Namunyu
- Equipment Manager:
Pastor Anjei E. Abah

TRAINING DAYS AND TIME

- **Wednesdays : 6pm**
- **Saturdays : 8:30am**

The story of Austin Veterans FC (AusVets) is one of passion, commitment, and community. Since its creation, the club has not only grown into a powerhouse on the field but has also built an enduring legacy off it. With an impressive collection of trophies, unforgettable journeys across the United States, and a vibrant community spirit, Austin Veterans FC continues to shine as a model of what a soccer family should be.

A PROUD HISTORY OF LEADERSHIP

The club's growth and success can be traced through the steady leadership of its presidents.

- **Emeritus Thomas Kamanda:**
The club's first president laid the foundation of discipline, vision, and unity.
- **Emeritus Wen Wunjah (MC Libota):**
Carried the torch further, strengthening the structure and expanding the club's footprint.

Today, under its current leadership, Austin Veterans FC is flourishing, demonstrating resilience, professionalism, and ambition in every endeavor.



NATIONAL AND INTERNATIONAL FOOTPRINTS

Austin Veterans FC has proudly represented its community at the USA National Veterans Tournament (NVT)—making its mark in Minnesota (2024) and continuing the legacy in Ohio (2025). Beyond national tournaments, the club has taken part in high-energy friendly matches across California, San Antonio, Dallas, and other cities, leaving lasting impressions wherever they play.

TOURNAMENTS THAT INSPIRE

With its growing influence, Austin Veterans FC has organized a variety of exciting competitions that bring together players, fans, and communities:

- The AusVets FC Ladies Wing President's Cup (2024)
- The President's Cup (2023 & 2024)
- The Vice President's Cup (2024), which attracted the participation of 12 teams

These tournaments have become cornerstones of unity and celebration, creating opportunities for camaraderie and competition across communities.



A CLUB OF CHAMPIONS AND LEGENDS

Thanks to its experienced and respectful management, the Super Delegates, disciplined technical team, and strong executive committee, Austin Veterans FC has attracted the admiration of soccer lovers everywhere. The club has been honored to welcome ex-professional and senior national team players from countries including the USA, Cameroon, Nigeria, Ghana, Brazil, Mexico, and Kenya. This remarkable talent pool has elevated AusVets' reputation, making them a formidable opponent—a true nightmare for many veteran clubs across the USA.

BEYOND SOCCER: A COMMUNITY WITH A HEART

As a 501(c) registered club, Austin Veterans FC goes far beyond soccer. The club is deeply committed to charity and volunteer work, with initiatives reaching communities both in the United States and Africa.

The club also thrives as a family. Members support each other through life's milestones—whether it's celebrating baby showers, weddings, and travel or offering comfort during bereavements. Through social gatherings, cultural events, and shared experiences, the bond within the club grows stronger every day.

THE SPIRIT OF AUSTIN VETERANS FC

At its core, Austin Veterans FC embodies unity, dedication, respect, and passion. With every match, every tournament, and every act of kindness, the club continues to write an inspiring story of growth and impact. With a growing membership and a vision for even greater achievements, the future of AusVets is bright.

We invite you to join us in this incredible journey as we continue to inspire, compete, and give back to our communities—both on and off the field.

FOOTBALL AS A LIFELINE

ENOW AYUKEGBA AKA TRUE LION



Football is more than a game--it's a lifeline. For Cameroonians and the broader African diaspora, it is a cultural cornerstone that fosters connection, shapes values, and builds strong communities across the United States and beyond. For the past 10 years, the National Veterans Tournament (NVT) has grown into more than just a competition. It has become a sanctuary--a space where over 40 self-sponsored teams come together annually, not for profit, but for brotherhood, identity, and community upliftment.

Grief Beneath the Goals

But beneath the goals, celebrations, and fierce competition lies a deeper, often unspoken reality: grief. Grief isn't just about mourning the loss of loved ones. It's the quiet ache of broken dreams, the burden of personal setbacks, and the emotional weight of adapting to life in a fast-paced, often isolating American society.

NVT has become a space where we not only compete--but heal together. It's a place where we share our burdens and find strength in our shared stories.

Mental Health & the Power of Sports

This year, I had the privilege of speaking with Antoinette Enohmbi, a certified grief coach and psychologist.

Our discussion highlighted the often-overlooked connection between sports and mental health.

"Grief," Antoinette explained, "is a natural response to all kinds of loss--not just death. It can be the loss of a dream, a shift in identity, or the pressure of adjusting to a new reality."

It shows up in many forms: sadness, irritability, numbness, or even physical exhaustion. And while our communities often come together during moments of tragedy, true healing requires intentional support, professional guidance, and safe spaces to process our pain.

Why Mental Health Matters Now More Than Ever

Mental health is not a luxury--it's a necessity. A strong mind, a healthy body, and a supportive community form the foundation for us to thrive:

- At home
- At work
- On the field

The more tools we have at our disposal--grief coaching, therapy, peer support--the better equipped we are to navigate life's challenges with strength and grace.

Cincinnati 2025: More Than a Tournament

As we gather in Cincinnati, Ohio, hosted by our brothers in Columbus, we mark 10 years of NVT.

This milestone is not just about trophies and goals--it's about the journey. It's a testament to our resilience, our growth, and our collective healing.

We must continue to mentor the next generation, uplift one another, and build a foundation where mental health is normalized and community support is guaranteed.

Together, We Move Forward

NVT is the largest unifying platform in our community today--not because of money or marketing, but because of YOU.

Let's continue to:

- Build stronger bonds
- Grow our impact
- Embrace emotional wellness
- Compete with purpose
- Mentor the youth

Here's to a decade of NVT. Here's to healing, growth, and unity through football.

GET YOUR HOUSE IN ORDER WHILE YOU CAN

BY FR. DESMOND NDIKUM

One of the recurring surprises of my priestly ministry is how unprepared many people are for the one certainty in life: death. I have lost count of the times I have heard men and women reassure themselves with the same refrain—"I have time, I have time, I have time." Yet time is the one currency we cannot hoard. Death respects neither our schedules nor our procrastination. It comes when it comes, and often it comes when we are least prepared.

Among some, there is a peculiar fear that to prepare for death is to invite it. The thought lingers that by getting one's affairs in order, by making arrangements, by putting papers in place, one somehow beckons the grave prematurely. But this is a tragic illusion. The only self-fulfilled prophecy is not in preparing—it is in failing to prepare. Death arrives regardless, and when it does, the consequences of neglect are devastating.

As a priest, I have often borne the unfortunate responsibility of stepping into families shattered not merely by the grief of loss but by the chaos left behind.

Husbands and fathers who had every opportunity to put their houses in order left behind brokenness, anger, and bitterness because they did not act. I have seen widows scrambling to gather documents they never knew existed,

children fighting each other in courtrooms over inheritances that were never clarified, and families torn apart because a man chose postponement over responsibility.

This is not an abstract warning; it is a lived reality in our communities. Many in our African diaspora know of cases where the negligence of one man has resulted in bitter disputes, financial ruin, and court battles that outlast the grief of death itself. These tragedies were preventable—had the men involved simply embraced their duty.

So the question each man must ask himself is disarmingly simple: Am I a man? If the answer is yes, then the deeper question follows: What does it mean to be a man?

A man is not defined merely by biology or bravado. A man is one who assumes responsibility—for himself, for his family, for his household. A man works hard, provides, safeguards, and ensures that order—not disorder—marks the legacy he leaves behind. A man ensures that when death comes, his family is not left fighting in the ruins of his negligence.

To shirk these duties is not strength but weakness; it is not manhood but abdication. And the tragedy is that the recklessness of one man can haunt generations.

Therefore, while you still breathe, ask yourself again: Am I a man? And if you answer yes, then act like one. Get your house in order. Prepare your affairs. Set things straight. Do not hide behind the illusion of endless tomorrows. There is nothing morbid about prudence; there is everything noble about foresight.

Death will come whether you prepare or not. The only question is whether you will leave behind order or chaos, peace or strife, blessing or curse. The choice, while you still can, is yours.



MY LIFELONG LOVE AFFAIR WITH THE BEAUTIFUL GAME OF FOOTBALL (SOCCER)

BY DR. CHARLES YAKUM, EMERITUS PRESIDENT OF NVT-USA FA



I hail from Bambalang, Ndop, in the North-West Region of Cameroon and I have been in deep love with the game of football (soccer) since I was a little child. From the moment I could walk, a ball - often nothing more than a bundle of rags tied together - was never far from my feet. Growing up, soccer wasn't just a pastime; it was the heartbeat of my childhood. The dusty or muddy pitches of my youth became my "sanctuary", a place where friendships were forged and happiness was at its peak.

As I grew, so did my commitment to the beautiful game. I played whenever and wherever I could, often losing track of time under the glow of the blazing sun. Soccer taught me resilience in defeat and humility in victory. It instilled in me the belief that teamwork is more than just passing the ball - it's about trust, shared goals, and lifting each other up.

I went to school at Sacred Heart College, Bamenda where I spent 7 years for my secondary and high school education. At Sacred Heart College, football (soccer), like many other sports, was highly encouraged with many soccer fields at our disposal - more than a sports institution could boast of. Right after high school I went to the University of Liverpool, England, on a Cameroon gov't merit scholarship, where I continued to play the game whenever and wherever I could during the 7 years I spent studying in Liverpool, England.

Following the completion of my studies in the UK, I crossed over the pond to the USA to take up employment in a wireless telecoms company in San Diego, CA. As my professional work took me to different cities, states, and countries, I continued to play the game whenever and wherever I could.

So, throughout my primary, secondary, high school, University, and working life till date, I have consistently maintained my strong passion for the game. I have been a fan of Abakwa boys (PWD Bamenda) since my secondary school days in Sacred Heart College. And as I moved to Liverpool, UK, right after high school, lived and studied there for 7 years, I became a die-hard supporter of Liverpool FC - #YWNWA. On this side of the pond (USA), I was a founding member of Allen Veterans FC in Texas, and I started participating in NVT since the official inception in 2016 in Atlanta, GA and I have actively participated in all NVT's since then. I served as President of Allen Veterans FC for 3 years and was the host club president who worked with the NVT NEC at the time to successfully host 2017 NVT in Dallas, Texas.

My strong desire to serve and continue to contribute to the progress of NVT-USA FA led me to run for the office of National President of NVT in 2021. During my 2 years in office as NVT President, I lived and breathed the NVT. I am extremely honored for the opportunity I had, working alongside a team of talented, dedicated, and very passionate football (soccer) lovers across North America (USA & Canada).

I am indebted to my beautiful wife, Mrs. Fende Yakum, and my children who loved, stood by me, and as I sacrificed time and money to serve NVT-USA FA and Allen Veterans FC, is very commendable. I am extremely blessed to have them in my life.

In conclusion, football (soccer) has been more than a sport to me; it has been a lifelong companion, a teacher, and a bridge connecting me to people across cultures and continents. And as I look back, I realize that my greatest victories weren't measured in goals scored, but in the friendships formed. The beautiful game gave me a gift that I can never repay, and it's a joy I will carry with me for the rest of my life.



THE EVOLUTION OF SOCIAL AND NON-FOOTBALLING EVENTS AT THE NVT

WRITER: DENNIS NYAMBI



When the National Veterans Tournament (NVT) first kicked off in 2015 with just four participating teams, it was primarily a weekend centered around soccer. Players and spectators alike spent the entire day at the fields, absorbed in matches and community spirit. However, it quickly became clear that with long days of competition, there was also a pressing need for food and refreshments. To meet this demand, the NVT leadership invited food vendors to provide meals and drinks, creating the foundation for what would later grow into a vibrant vendor village.

As the years went by, the tournament began attracting larger crowds, and the single food option was no longer sufficient. More food and refreshment vendors were added, bringing with them an expanded variety of Cameroonian and African dishes.

This not only served the immediate needs of the tournament-goers but also helped showcase traditional gastronomy to younger generations and non-Cameroonian friends of the community.

With growing crowds came new expectations: not everyone in attendance was solely a football lover. While matches thrilled soccer enthusiasts, the NVT introduced non-footballing entertainment to engage the wider community. Night parties became a hallmark of the event, providing spaces for music, dance, and cultural expression. During the day, karaoke stages and live bands added layers of fun, ensuring that families and individuals with diverse interests could all find something to enjoy.

The marketplace also expanded beyond food. Vendors offering clothing, art, crafts, and professional services became part of the festival, transforming the NVT into more than just a soccer tournament. Today, the vendor village attracts over 50 approved vendors each year, with more than 50 additional applicants unable to secure a spot due to high demand.

Now celebrating its 10th anniversary, the NVT has grown into a full-scale cultural festival. Families plan their annual vacations around it, bringing spouses and children to enjoy authentic meals cooked and served fresh on-site, as well as live entertainment, music, and social gatherings. What started as a modest football tournament has blossomed into one of the most anticipated Cameroonian diaspora events in North America—a celebration of sport, culture, food, and community pride.

EMPOWERED TRANSITIONS: STEPPING CONFIDENTLY INTO TECHNOLOGY

BY BRISTEL M. LYONGA



"When the roots are deep, there is no reason to fear the wind." – **African Proverb**

In the quiet hours of self-reflection, many of us have felt the unsettling awareness that our careers have reached a plateau. The motions are familiar, the days predictable, but the spark—the feeling of growth—has dimmed. For some, it is the realization that their current profession offers no clear upward path. For others, it's the sense that the world is moving forward, yet they are standing still.

Across our Cameroonian communities in the U.S., from the bustling cities to the quiet suburbs, many find themselves in careers that feel like a well-worn road—safe, familiar, but lacking the thrill of discovery. We rise, work, and rest, yet an unspoken question lingers in our minds: Is this truly all there is for me?



Technology, in its ever-evolving brilliance, offers us something rare—a second chance to reinvent ourselves without erasing who we are. It is not merely an industry of gadgets and code, but a living ecosystem where ideas, innovation, and human potential converge. For those willing to adapt, it is a fertile ground for growth.

You Are Not Beginning from Scratch—You Are Beginning from Experience

There is an old African saying: "Wisdom is like a baobab tree; no one individual can embrace it." Transitioning into technology is not about discarding your past, it's about bringing your hard-earned wisdom into a new arena.

- A teacher's patience becomes invaluable in e-learning platform development.
- A healthcare worker's precision and care translate seamlessly into healthcare data analytics.
- A logistics manager's mastery of coordination finds a new home in supply chain software implementation.



The world often makes the mistake of believing technology belongs only to the young or to those who have coded since childhood. The truth is that technology needs leaders, communicators, problem-solvers, and visionaries—people who can translate human needs into digital solutions.

Mapping Strengths to Opportunities

The technology world can feel like a sprawling and intimidating landscape—filled with unfamiliar titles, complex tools, and an endless stream of new buzzwords. For someone standing at the edge, contemplating a leap into this world, it's easy to feel lost.

But before you take that leap, there is a critical step—a step so important that skipping it could send you wandering without direction. This step is self-audit.

Think of a self-audit as the most valuable career investment you will ever make. It's an inward journey where you examine not only your skills, but also your passions, natural strengths, and the challenges that ignite your curiosity. Technology is vast, but it is not one-size-fits-all. The key to thriving is finding where your personal rhythm matches technology's heartbeat.

Ask yourself—What am I naturally good at? What challenges excite me?

- *If you lead people with ease and can orchestrate complex initiatives, explore Project Management or Scrum Master roles.*
- *If your eyes notice the beauty in details, consider UI/UX Design.*
- *If you instinctively protect what matters, Cybersecurity may be your path.*
- *If you're analytical and thrive in structured thinking, Data Science & Analytics or Database Administration could be a natural fit.*
- *If you imagine building systems that touch millions, Cloud Computing or Software Development may call your name.*

The beauty of this approach is that it frees you from forcing yourself into a mold that doesn't fit. Too many career changes fail because people chase the trendiest title or the highest salary without considering whether it aligns with their personality and strengths.

Technology offers endless doors to walk through, but the right door for you will feel like both a challenge and a calling. It will demand growth but also feel natural.



Learning Without Losing Your Essence

An African proverb reminds us: "However long the night, the dawn will break." Venturing into the world of technology can feel like standing before a vast, uncharted horizon—both exhilarating and intimidating. The unfamiliar language of systems, data, and digital tools may seem like a labyrinth, yet each small,

intentional step illuminates the path ahead. The key is to approach this journey not as an abandonment of who you are, but as an expansion of your capabilities. Your cultural heritage, your unique voice, and your lived experiences are not obstacles



to overcome—they are the very compass that will help you navigate the evolving landscape with authenticity and confidence.

The leap into technology is not a solitary quest, but a shared journey where collaboration multiplies possibilities. By pairing your inherent strengths with the tools of innovation, you create a fusion of tradition and progress—a synergy that turns knowledge into impact. Embrace curiosity, value the lessons in each challenge, and remember that the essence of true learning lies in integrating the new without losing the old. In doing so, you not only adapt to change—you become an architect of it.



Here is your adaptable path forward:

1. Explore Broadly Before Committing Deeply – Taste different domains through free platforms like Coursera, edX, or YouTube tutorials. Curiosity is the compass.

2. Earn Micro-Credentials – A three-month certification in cloud computing, agile project management, or data analysis can open doors you never knew existed.

3. Create Mini-Victories – Build a sample website, automate a spreadsheet, design a prototype app. These small wins fuel confidence.

4. Immerse in Tech Communities – Wisdom is contagious; spend time with those already living the life you aspire to.

5. Find a Guide – In African tradition, knowledge flows from the elder to the seeker. Find a mentor who can help you navigate the terrain.

Reframing Your Story for the Tech World

When one ventures into the unfamiliar terrain of technology, the first key to unlocking opportunity lies in mastering its language. The wisdom you have amassed over years—whether in leadership, operations, strategy, or another discipline—is a towering resource. Yet, in the tech domain, this wisdom must be translated into terms that mirror the industry's cadence and dialect. Your narrative is not discarded; it is re-orchestrated so that its melody harmonizes with the tempo of digital transformation.



Every seasoned professional brings with them a mosaic of accomplishments—projects delivered, crises navigated, teams empowered. However, the technology sector speaks in a lexicon of frameworks, systems, and agile methodologies. To resonate with technology leaders, your experience must be reframed as a series of strategic interventions, quantifiable impacts,

and innovative adaptations. Instead of merely stating that you “led a team,” illustrate how you leveraged collaborative tools, harnessed data insights, or integrated new digital workflows to achieve measurable outcomes. This reframing ensures your story is not just heard, but remembered.

- “I managed events” becomes “I executed complex, multi-phase project timelines with measurable outcomes.”
- “I trained staff” becomes “I developed structured onboarding processes, improving team performance metrics.”
- “I balanced department budgets” becomes “I optimized resource allocation for operational efficiency.”

Your story is not changing—it’s being translated into a dialect the tech world understands. In essence, reframing your story is not about abandoning who you are—it is about amplifying your voice in a new arena. By reframing your history into the core of emerging digital narratives, you present yourself not as an outsider looking in, but as a bridge between legacy wisdom and future innovation. And in doing so, you claim your rightful place in shaping tomorrow’s technological frontier.



Eleven Pathways into the Digital Future

1. Project Management: Coordinating visions into reality.
2. Scrum Master: Facilitating agile transformation in teams.
3. UI/UX Design: Crafting digital experiences that feel human.

4. Cybersecurity: Shielding systems from unseen threats.
5. Cloud Computing: Architecting global digital infrastructure.
6. Software Development & Programming: Breathing life into ideas through code.
7. Database Administration / Data Warehousing: Organizing the lifeblood of business: data.
8. DevOps: Synchronizing development and operations.
9. Blockchain Technology: Building trust in a trustless world.
10. Data Science & Analytics: Turning raw data into strategic power.
11. Artificial Intelligence: Teaching machines to adapt and learn.



African wisdom tells us: “Smooth seas do not make skillful sailors.” Stepping into technology will challenge you—it should. The discomfort of learning something new is the birthplace of transformation.

Confidence is not the starting point—it is the result of persistent action. It grows with each completed course, each finished project, each application sent.

Why You Are Perfectly Timed

Some hesitate, believing they are “too old” or “too far behind.” But technology values adaptability, perspective, and problem-solving—the very qualities honed through years of lived experience.

In truth, you are not behind; you are arriving at precisely the moment when technology needs you most.

“If you want to go fast, go alone. If you want to go far, go together.” – African Proverb

Your journey into technology is not just a career move—it is an act of courage and self-determination. Do not let the enormity of the landscape paralyze you. The road will rise to meet your steps.

Begin today—read that first chapter, watch that tutorial, sign up for that course, attend that networking event. The African drumbeat reminds us that progress is not a sprint but a rhythm, steady and purposeful.

Five years from now, you can either look back with gratitude for the day you began—or with regret for the day you delayed. The choice, my friend, is yours.



CAMSOLA CROWNED CHAMPIONS

AT THE 2025 MOUNTAIN WEST VETERANS SOCCER TOURNAMENT



The 2025 Mountain West Veterans Soccer Tournament lit up Las Vegas over Memorial Day weekend (May 23–24, 2025), bringing together six competitive teams and a spirited crowd of around 1000 fans.

Representing the region were Arizona East Valley (AZ), CAMSOLA SFV-LA (CA), Colorado (CO), Las Vegas (NV), New Mexico (NM), and WA Lions FC (WA). Across two action-packed days, the tournament delivered thrilling matches, sportsmanship, and camaraderie.

When the final whistle blew, it was CAMSOLA SFV-LA who emerged victorious, lifting the championship trophy. Las Vegas claimed the runner-up spot after a strong showing on home soil, while Arizona East Valley rounded out the top three with an impressive third-place finish.

Prizes were awarded to the top three teams, with CAMSOLA taking home \$500, Las Vegas \$300, and Arizona East Valley \$200.

The energy both on and off the field made this year's event one to remember, with plenty of smiles, celebration, and moments captured in the tournament's highlight photos.

Looking ahead, excitement is already building for the 2026 edition, set to be hosted in Albuquerque, New Mexico, once again over Memorial Day weekend. With the stage set for another year of competition and community, the Mountain West Veterans Soccer Tournament continues to grow as a staple of the veterans' soccer calendar.



MEMORIAL DAY WEEKEND - NEVT

Earlier this year, over the Memorial Day weekend (MDW), 13 soccer teams descended onto the playing turf at the Central Park of Morris County grounds (in Parsippany, NJ) to compete in the 2nd edition of Northeast Veterans Tournament (NEVT). States represented along the Northeast Corridor were Delaware, Maryland, Massachusetts, New Jersey (host), & New York.

The tournament was rich in spectacle. Each team brought their A+ game. A total of 76 goals were scored and ultimately after two days of competition, Delaware Progressive was crowned champion. Chapeau to them and bravo to all the participants!

New Jersey was a vibrant host. From the food vendor zone located at the park grounds, to the various gala events & afterparties, the ambience flowed effortlessly. Locals and out-of-towners alike mingled and thoroughly shared in the festivities over the two-day period.

Onto next year... NEVT '26 in Delaware!

Northeast Veterans Tournament (NEVT) 2025

HOST: NEW JERSEY

TEAMS	GP	WIN	LOSS	ORA	PTS	GD	GF	GA	YEL	RED	RANK
DELAWARE PROGRESSIVES	6	6	0	0	18	13	18	5	4	-	1
SOCIAL BOYZ	6	5	1	0	15	4	10	6	5	-	2
SPARTAN VETERANS	5	3	1	1	10	9	14	5	9	-	3
BOSTON VETERANS	5	3	1	1	10	5	7	2	8	-	4
LANHAM VETERANS	4	2	2	0	6	0	6	6	1	5	
NEW YORK LIONS	4	1	1	2	5	0	4	4	4	-	6
BALSOA	4	1	2	1	4	2	6	4	3	-	7
NEW JERSEY NOAMBA	4	1	2	1	4	-1	3	4	4	1	8
ELITE VETERAN	3	1	2	0	3	-2	4	6	3	-	9
NEW ENGLAND VETERANS	3	0	2	1	1	-3	2	5	7	-	10
LANDOVER FC	3	0	2	1	1	-5	1	6	3	-	11
BALTIMORE VETERANS	3	0	3	0	0	-8	0	8	1	-	12
DELAWARE VETERANS	3	0	3	0	0	-12	1	13	6	-	13



DIVERSITY OF EDMONTON CROWNED CHAMPIONS

AT THE 2025 NVT CANADA TOURNAMENT IN QUEBEC

The 2025 NVT Canada Tournament, held in Quebec on June 29–30, brought together 12 competitive teams and a lively crowd of more than 2,000 spectators for an unforgettable weekend of football and community celebration.

The tournament showcased outstanding skill and sportsmanship, culminating in an exciting final where Diversity of Edmonton claimed the championship title. Spirit FC of Calgary battled hard but finished as runners-up, while G-12 Montreal and Goodwill secured places in the semifinals after impressive performances.

Beyond the games, the atmosphere was electric, with families, supporters, and football enthusiasts filling the stands, cheering on teams from across Canada. The event once again proved to be more than just competition; it was a celebration of community, unity, and diversity.

With this year's tournament a resounding success, excitement is already building for the 2026 edition, set to feature meet-and-greet events, group stages, semifinals, and finals across an action-packed long weekend.



TOUCHING LIVES, TRANSFORMING COMMUNITIES: NVT'S JOURNEY OF HUMANITARIAN IMPACT

NVT-USA FA has a Humanitarian arm with a simple yet profound mission: to bring relief, restore dignity, and ignite opportunity in the lives of those who need it most. Over the years, NVT-USA FA has turned that mission into action through several initiatives, where action is needed to save a life or lives, alleviate suffering, and maintain human dignity. These initiatives demonstrate NVT's dedication to and belief in the fundamental value of human life.

The NVT humanitarian committee have been funding these initiatives through free-will donation from NVT members to support a given validated case. The committee executes its responsibilities in accordance with the humanitarian principles of humanity, neutrality, impartiality, and independence.

Our Impact at a Glance

Herewith some of the initiatives that have been accomplished:

☑ In one of the community outreach programs, NVT-USA FA contributed the sum of USD 2,320 (which equated to 1.4 million CFA francs) to a primary school in Bonaberi-Douala, Cameroon in 2023. The children studying in this school were predominantly from the crisis-ridden Northwest and Southwest regions of Cameroon.

This donation assisted the school with some essential needs, including school supplies, school desks, and sanitary materials.



In another initiative, NVT-USA-FA donated USD 1,540 (which equated to 926,000 CFA francs) towards 2024 New Year gifts to All Nations Orphanages in Tiko, Cameroon.



In yet another community outreach program, NVT-USA-FA extended assistance to a certain Mr. Mbaku Rosseam who had a car accident in 2021. NVT-USA-FA donated the sum of USD 2,420 (which equated to 1,460,000 CFA francs) to him in June 2023, to aid him with the financial means to go in for a much needed second phase of his surgery.



In yet another community outreach, the Veterans Football Club (VFC) of Maryland, a registered and founding club of NVT-USA FA demonstrated their commitment to community outreach by donating food, water, medical supplies, and cash totaling 250,000 CFA francs to two orphanages in Cameroon.

Behind each of these achievements are stories of resilience - children who can now attend school without fear of hunger, families and communities that are stronger, healthier, and more hopeful.

But our journey is far from over. NVT-USA FA is already working on future projects that will expand our reach and deepen our impact. We invite you - our potential sponsors, friends, supporters, and partners - to stand with us. Together, we can continue to turn compassion into action and transform even more lives. Please contact NVT-USA FA with your donations to continue to advance this mission. Thank you in advance.



WHY THE WEALTHY PAY LESS THAN 3% IN TAXES

AND HOW STRATEGIC PLANNING —
NOT TAX SEASON — CAN HELP YOU KEEP
MORE OF WHAT YOU EARN



The Shocking Truth

Some of America's wealthiest individuals — billionaires, celebrities, Fortune 500 executives — legally pay less than 3% in taxes. Meanwhile, the average hard-working professional hands over 20–37% of their income to the IRS.

It's not a loophole. It's not tax evasion. It's the difference between treating the tax code like a bill... and treating it like a blueprint for wealth.

The 70,000-Page Advantage

The Internal Revenue Code (IRC) is 2,600 pages long. Add Treasury regulations, IRS rulings, court decisions, and related statutes, and you're looking at over 70,000 pages of tax law.

Here's the kicker: fewer than 1% of those pages tell you what you owe. The rest are essentially a list of incentives — rewards for those who know how to use them.

The wealthy do. And they don't wait until tax season to act.

SIDEBAR: Filing Season vs. Planning Season

Tax Filing Season (Jan–Apr)

- Reports last year's numbers.
- Focus: compliance.
- Missed opportunities are permanent.

Tax Planning Season (Rest of the Year)

- Shapes your tax position before year-end.
- Focus: legal tax reduction.
- This is where six-figure savings happen.

Bottom line: Tax optimization doesn't happen in April. It happens now.

Who's Really Helping You Save?

Instead of a dense table, here's what you actually get with each:

Tax Preparer 

- Files your return accurately.
- Works during filing season.
- Rarely offers proactive advice.

CPA 

- Handles compliance, audits, and accounting.
- Works year-round.
- Some planning, but mostly historical reporting.

Tax Strategist 💡

- Designs and implements year-round, proactive tax-saving strategies.
- Focus on entity structuring, investments, and wealth-building incentives.
- Uses strategies often overlooked by CPAs and preparers.

How the Wealthy Play the Game

1. They Earn Differently

Not all income is taxed the same:

- Capital gains — max 20% rate (often less).
- Real estate depreciation — shields rental income.
- Business income — deduct expenses you already pay.

2. They Plan Before the Year Ends

- Entity structuring to lower tax brackets.
- Cost segregation to speed up real estate depreciation.
- Trust and retirement planning to grow wealth tax-free.

3. They Read the Code as a Reward Manual

- Investing in renewable energy.
- Creating jobs.
- Providing housing.

CLIENT STORY: \$40K Refund — and \$100K Left on the Table

One of my clients earned \$800,000 in a single year. When we filed his return, he received a \$40,000 refund — great news, right?

But here's what stung: if he had come in for planning before the tax year ended, we could have saved him over \$100,000 more.

By waiting until filing season, his options were limited to reactive moves. That's the expensive reality of 'too late.'

Myths That Keep People Overpaying

1. "My income isn't high enough." — Strategies scale.
2. "Only CPAs handle planning." — Most don't.
3. "Planning is just finding deductions." — It's about changing how your income is taxed.
4. "I can do it all in April." — By then, it's too late.
5. "Planning is for the wealthy." — It's how you become wealthy.

5 Moves to Cut Your Taxes This Year

1. Start planning before Q4.
2. Shift income toward investments/business ownership.
3. Use energy, hiring, and R&D credits.
4. Maximize depreciation strategies.
5. Partner with a tax strategist.

Your Takeaway

The wealthy don't fear taxes — they outsmart them.
And they start now, not later.

Author Bio

Jerry Pani, MA, MBA, FCCA, is a Tax Strategist & Accountant with over 20 years of experience helping high-income earners, business owners, investors, and athletes legally reduce taxes and build lasting wealth. Known for uncovering strategies often overlooked by CPAs and tax preparers, Jerry specializes in proactive tax planning, entity structuring, and wealth optimization. Learn more at www.TaxPlanStrategists.com or connect with him on Instagram @jerrypani_official and LinkedIn [linkedin.com/in/jerrypani](https://www.linkedin.com/in/jerrypani).



PROFILE: NATIONAL VETERANS TOURNAMENT

FOOTBALL ASSOCIATION (NVT-USA FA)

About the NVT-USA FA

The National Veterans Tournament – USA Football Association (NVT-USA FA) is a registered nonprofit organization registered in the State of Texas, USA. The organization comprises of forty (40) clubs and 4000 members from the United States of America and Canada, conscious of individual and collective duties and responsibilities, bound by reciprocated solidarity, collaboration, harmony, and love for the game of soccer. The association is spearheaded by individuals of Cameroonian descent, voluntarily constituting a non-partisan and non-activist association, whose purpose is outlined as follows :

1. Promote a healthy lifestyle through sports activities and events at the local chapters and organizing an annual national soccer festival for all member clubs that are resident in the continental USA and Canada.
2. Provide a platform for professional networking , social interaction, cultural expression, business partnerships , publicity and outreach with the objective to expand entrepreneurship , connect communities and enhance the wellbeing of its members and their families.
3. Orchestrate solidarity initiatives to support members and their families in times of need.

4. Promote philanthropy and community development programs to support less privileged communities around the world.

5. Promote philanthropy and community development programs to support less privileged communities around the world.

Organization Structure

The National Executive Council (NEC) is the supreme administrative organ of the NVT-USA Football Association. Elected from member clubs for a renewable two-year term , the NEC officials are responsible for the planning, orchestration and management of all NVT-USA activities in keeping with the bylaws of the organization.

President:

Mr. Valentine Esaka

Vice President:

Mr. Divine Awah

Secretary General:

Mr. Noubisie Simo

Public Relations Officer:

Mr. Denis Nyambi

Financial Secretary:

Mr. Fru Assah

Treasurer:

Mr. Johnson Binda

Assistant Secretary General:

Mr. Jean-Merimee Kouagheu

The NVT-FA FA has established Mission Committees that are chartered to execute special programs and

missions as mandated by the Advisory Board and under the direction of the National Executive Council.

NVT Foundation Chairperson:

Dr. Mukong Adeso

Constitution Committee

Chairperson

Mr. Denis Tamfor

Electoral Committee

Chairperson:

Mr. Beltus Ntopi

Disciplinary Committee

Chairperson:

Mr. William Mbah

Sports Operations Chairperson:

Dr. Roland Njumentoko

Health and Fitness Chairperson:

Dr. Vincent Ekiti

Bereavement Solidarity Fund

Chairperson:

Dr. Kevin Njabo

Editorial Board Chairman:

Frederick Mafany Itoe

The Advisory Board

The National Advisory Board (NAB) consists of representatives (club president + ambassador) from all member club of the National Veterans Tournament – USA Football Association. This is the legislative branch of the association and ensures balance of power. The NAB develops and votes on all rules and regulations governing the organization as well as amendments to the bylaws of the organization. In addition to the voting members , the National Executive , Mission Committee chairpersons and Emeritus National Presidents sit on the board.

Member Clubs Represented on the National Advisory Board

Allen Veterans , TX
Alabama Veterans, MI
Arlington Veterans, TX
Atlanta Veterans, GA
Austin Veterans , TX
Boston Veterans, MA
Camdal Veterans , TX
CamCali Veterans , CA
Cin-Day Veterans ,OH
CAMSOLA Veterans , CA
Cleveland Veterans, OH
Charlotte Veterans, NC
Chicago Veterans , IL
Colorado Veterans , CO
Columbus Veterans , OH
Delaware Veterans , DE
Delaware Progressive, DE
East Valley Veterans, AZ
Elite Bowie Veterans, MD
Frankfort Windy City Vets , IL
Frisco Veterans, TX
Gwinnett Veterans , GA
Houston Veterans, TX
Landover Veterans, MD
Lanhan Veterans , MD
Lexington Veterans , KY
Lone State Progressive , TX
Louisiana Hurricane , LA
Maryland VFC , MD
Michigan Veterans, MI
Montral Goodwill , Canada
New Boys Veterans , MN
New England Veterans, NE
New Jersey Ndamba , NJ
New Mexico Veterans, NM
New York Lions, NY
Oklahoma Veterans, OK
Pioneer Atlanta , GA
Richmond Veterans , TX
Raleigh Veterans , NC
San Antonio Veterans, TX
SOTA Veterans , MN
Spartan Veterans
VET-STAR , MN
Tampa Veterans, FL
Toronto CAMER SC , Canada
IOWA Veterans , IO
Kansas City Veterans, MO
Washington State Lions , WA

The NVT History

Founded in 2015 , the NVT-USA FA made its first appearance on the U.S. diasporan scene with the launching of the maiden edition of its signature soccer tournament, hosted in the State of Maryland in September of 2015. With only four U.S. based delegations participating , the attendance at the three-day event exceeded all expectations and set the tone for what has become the largest gathering of the African diaspora in the North America.

NVT-USA and its member clubs organize and participate in humanitarian initiatives across the United States , Canada and Africa, providing needed educational material , medical assistance , food , clothing , footwear and other essentials to less privileged communities. This is a core value of the NVT-USA association and a key objective in the organization's mission and vision.

NVT-USA USA's annual calendar and programs comprise of regional events to bridge local communities, Healthcare , Business and Professional Empowerment conferences and a Bereavement Solidarity Fund that supported bereaved families with up to \$25,000.00 during their greatest time of need.

Annually, the NVT-USA FA organizes a grand festival , which brings together all 49 member clubs for a three-day soccer tournament, including a three- day bazaar, cultural displays, all-day music and entertainment, food, drinks, and several nighttime events. The grand festival attracts participants and visitors from several European, African and Caribbean countries , including former professional and international soccer players, renowned musical artists from across African and Europe, and a broad spectrum of entrepreneurs, media content developers and the audio-visual media. VIP guests from the Cameroonian diplomatic mission in Washington DC and the Unites States local officials are regularly present to grace these occasions.

The Road Travelled



THE NVT-USA 10TH ANNIVERSARY CELEBRATION

Thursday August 28 , 2025

3:00PM : Arrival of participating clubs

8:00PM : Meeting of National Executive, Host and Participating Club presidents

Friday August 29, 2025 [Location : VOA Soccer Complex, Westchester OH]

09:00AM : Opening Ceremony

12:00PM - 7:00 PM : Group Stage Games

10:00AM - 8:00PM : Afro Bazaar with Live Music and Cultural dances at tournament square

10:00PM - Welcome Party - African Cultural Party , featuring Cameroonian guest artist.

Saturday August 30, 2025 [Location : VOA Soccer Complex, Westchester OH]

10:00AM - 8:00PM : Afro Bazaar with Live Music at tournament square

11:00AM - 1:00PM : Group Stage Games

01:00PM : Round of 16 Games

03:00PM : Business and Entrepreneurships Symposium

06:00PM : Quarter Finals

10:00PM : Elegance "All White" Party , featuring international guest artists

Sunday August 31, 2025 [Location : 645 Infirmity Road , Dayton OH]

10:00AM - 8:00PM : Afro Bazaar with Live Music at tournament square

11:00AM : Semi Finals

01:00PM : Healthcare Symposium

02:00PM : Women Soccer Exhibition Game

04:00PM : Golden Age (+50) Exhibition Game

06:00PM : Finals .

10:00PM : NVT-USA Awards Gala

Target Population

With 49 clubs participating at the NVT-USA 2025 soccer festival in West Chester , Ohio , the 3-day event is expected to attract 4000 club members and over 20,000, guests from across Northern America, Europe and Africa.

Economic Impact

The NVT-USA festival generates economic activity exceeding three (3) million dollars which includes hotel accommodation, feeding, air and road travel, security, day and night entertainment , guest artists, media coverage, socio-cultural events , sightseeing and other logistics over a five-day period.

Opportunities

NVT-USA sports , social and entertainment events ,as well as our social media platforms present a unique opportunity for marketing and entrepreneurship

VISIT US

Website: nvtusafa.org

Facebook: NVT USA FA

CONTACT

Email: nvtusa.fa@nvtusa.net

Denis Nyambi,

NVT-USA FA PRO: (202) 489 - 1960.

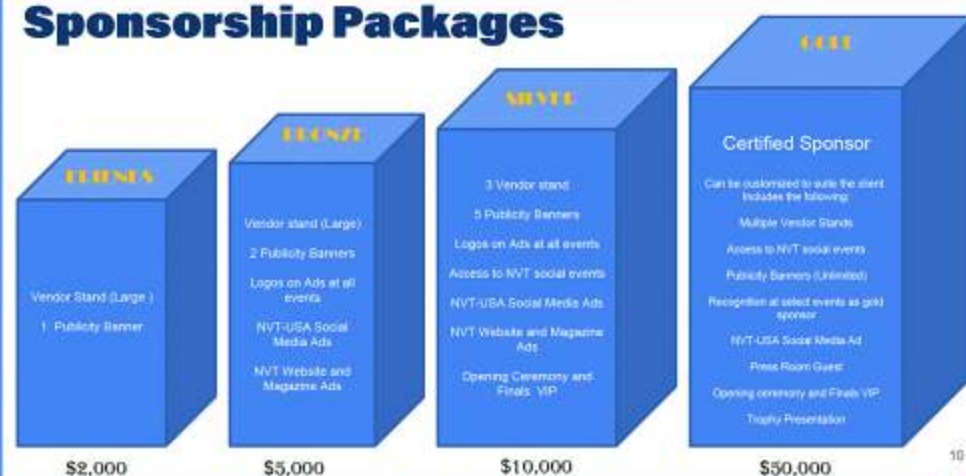
Noumbisie Simo,

NVT-USA FA Secretary General: (202) 386 - 2496.

Valentine Esaka,

NVT-USA FA President: (410) 800 - 1466.

Sponsorship Packages





NATIONAL VETERANS TOURNAMENT (NVT) 2024

END OF TOURNAMENT REPORT

1. Purpose

This document is intended to provide a final summary report on the planning and execution of the National Veterans Tournament, NVT 2024 in Minnesota hosted by VET-STAR CLUB MN.

2. Project overview

This project was designed to facilitate, coordinate, manage and implement all aspects of the requirements for the hosting of the National Veterans Tournament in Minnesota. This included providing soccer fields, managing social events, seeking sponsorships, community outreach, media and financial management. The success planning was crafted as follows:

No.	Goals
1	Provide a One-Stop-Shop facility with 10+ soccer pitches in practicable and game-ready conditions, with lighting as a contingency. Ensure the facility will be able to provide an opening and closing ceremony playground that will comfortably accommodate seated guests. Ensure the comfort and security of tournament participants and guests.
2	The facility should be able to provide a social environment that would accommodate an assortment of food and drinks for an approximate population of 5000+ participants and guests. Accommodate musical and cultural displays at the park to expand the appeal and broad spectrum of the NVT.
3	With the One-Stop-Shop concept, Ensure the facility will be able to provide venues for the social events.
4	Deliver creative and unique experiences to promote the grandeur of the NVT MN 2024 event.
5	Excellent financial management to ensure the best use of resources and maximize return on investment. Target set at 100% of VET-STAR MN member's investment.

3. Tournament Planning

A 6-member General Operations (Gen-Ops) committee was put together in December of 2023, to plan and coordinate all aspects of the hosting of NVT 2024. This Gen-Ops committee set up 17 different committees with defined roles to work as a team and achieve all the goals set forth.

3.1 Tournament Committees

These committees were set up and provided detailed expectations.

- Finance Committee: To manage all financial transactions related to NVT 2024
- Fields Committee: To manage all operations related to the soccer pitches and their use.
- Vendor Committee: Facilitate the entire process of Vendor participation and operations at the NVT village.
- Drinks committee: Manage all the drinks including water that will be used throughout the tournament.
- Referees Committee: Coordinate all aspects related to games refereeing
- Entertainment Committee: Coordinate all aspects related to entertainment and work in sync with any collaborating committee.
- Gala Halls Committee: Coordinate and manage the set up and management of Gala Hall activities.
- Security Committee: Design and coordinate all activities related to the security of participants and guests.
- Lodging Committee: Identify, Coordinate and contract with hotels for good and affordable hotel price.
- Medical Committee: Coordinate all aspects of medical necessities throughout the tournament including medical emergency plans.
- Music Committee: Coordinate and contract DJ services for the entire tournament.
- Cleaning Committee: Contract a cleaning provider and monitor all aspects of cleaning of the facility used during the tournament.
- Media Committee: Promote the mediatization of the tournament on all possible platforms
- Sponsor committee: Search for sponsors and contract with them to alleviate the financial burden.
- Protocol committee: Manage the provision of information to participants and guests in real time.
- Transportation committee: Manage transportation for different committees throughout the tournament.
- BBQ Committee: Ensure the smooth running of the farewell BBQ

3.2 Resource Plan

Vet-star Club members served in multiple committees but lead resource persons available for NEC were:

Member	Position	Role
Bertrand Munki	President, Vet-Star Club MN	Supervisor of NVT 2024
John Yufanyi	Chairman of Gen-Ops	Manager of the General Operations
Valery Atanga	Vice Chairman of Gen-Ops	Assist the Manager of Ge-Ops
Kingsley Ayangim	Vice President, Vet-Star Club MN	Assist the President with supervision of the tournament.
Daniel Tabah	Team Manager, Vet-Star Club MN	Member
Ernest Poufong	NSC Liaison	Main Contact person with NSC
Denis Ajonko	N/A	Supplies manager

3.3 Budgeting

A budget was developed to help accomplish this tournament.

Major Expenses	cost	Funding Source
NSC and Logistics	\$45K	NEC Subvention
Party Events and related items	\$55K	Vet-Star Loans
Drinks	\$68K	Vendors
NEC Meeting and related Expenses	\$3K	Sponsors
Media and advertisement plus photos and video	\$11K	Vet-Star Loans
Cleaning	\$12K	Vet-Star Loans
Referees	\$12K	NEC Subvention
NVT Village	\$22K	Vet-Star Loans
BBQ	\$10K	Vet-Star Loans
Security		Vet-Star Loans
Police	\$7K	Vet-Star Loans
Memorabilia	\$3K	Vet-Star Loans
Total	\$228K	

4. Tournament Execution

4.1 Tournament Facility

The National Sports Center (NSC) in Blaine (1750 105th Ave NE, Blaine, MN 55449) was contracted as the grounds for the NVT 2024 tournament based on its One-Stop-Shop nature, beautiful velodrome, and ultra-modern soccer pitches and facilities. The uniqueness of NSC gave the opportunity to design a trade-fair like NVT village aimed at providing maximum fun and capacity to accommodate the vendors and entertainment objectives. The shortcomings such as powerful generators were encountered and readily fixed.

An Olympic style colorful opening ceremony was organized, and state and local dignitaries invited to enhance the glamour of the event. A podium was set up for the dignitaries and the ceremony area was allotted for each club by colorful signposts. The program included national anthems, speeches and a colorful, melody bursting march past and traditional dance display.

4.2 Sponsorship and Outreach

Invitation letters were sent out to community leaders and identified sponsors and other businesses who may be interested in supporting Vet-Star Club in the hosting of the NVT. This did not yield much in return.

4.3 Party Venues

Except for the NEC meeting, the social events all took place at the NSC.

- Thursday Night – Aug 29th 1380 Frost Ave. St Paul, MN 55109 - NEC Meeting
- 100 guests hosted by Bertrand Munki (President), Kingsley Ayangim (Vice President) and Sylvanus Lih (Treasurer) with enough food and drinks.
- Friday Night, Aug 30th: Welcome party: NSC Event Center Ballroom.
Featuring – Upcoming Congolese Artist Lidia Diatoti
- Saturday Night, Aug 31st: White Party at NSC EXPO Center. Featuring KOC-Emphasis placed on the timely arrival of guests since the hall closes at 2AM.
- Sunday Night, Sept 1st: NVT Gala at NSC EXPO Center.
Featuring – Salle John.
- Emphasis placed on the timely arrival of guests since the hall closes at 2AM. All teams provided a minimum of 20 seats at the hall with a welcome speech from the President of Vet-Star and another one from the NEC President. Fundraising by the NEC President.
- Monday Afternoon, Sept 2nd : Farewell BBQ at the one of the pavilions of the NSC
- Free BBQ, drinks on sale at the bar.

4.4 Finance

A bank account was established by the Finance team at Wells Fargo to facilitate the management of all financial transactions related to NVT2024. Cashapp and Zelle was established for the smooth transfer of funds to and from this account. Below is a summary of the financial transactions as we prepared and executed NVT 2024.

4.4.1 Financial Report Summary

Income outline	cost
NEC subvention and Media subsidy	\$56,200
Vendors	\$44,700
Sponsors	\$12,200
Tickets, Drinks and Party revenue	\$161,000
Total	\$274,100

4.4.2 Profit/Loss Summary

Income	\$274,100
Expense	\$228,000
Profit/Loss	\$46,100

5. Lessons Learned

5.1 – Introducing culture as one of the centerpiece of the NVT 2024 resulted in the massive turnout and beauty of the tournament

5.2 - The collaboration of the participating clubs in all aspects was paramount to ensure success.

5.3 - NVT games end time especially on Saturday had a huge effect on the issues encountered at the White Party

5.4 - More aggressive management strategies for the Saturday night party would have enhanced the success of this party event, that attracted 1700 guests.

5.5 – More aggressive presence of security personnel in the parking lots would have limited the drinking in the parking lots.

6. Closeout Summary.

The National Veterans Tournament, Minnesota 2024 was a show of not just high-level veterans' soccer but also the rich Cameroonian culture through traditional display and dances at the velodrome and at the NVT village. This year's NVT tournament will remain in our memories and have paved the way for higher expectations from future host clubs. NVT Minnesota 2024 was one which every NVT participating team, the National Executive and Vet-Star Club MN should be proud of.

Thank you to all participating teams and congratulations to SA-VET for the spirit of competitiveness and fair play. You are the well-deserved Champion of NVT MN 2024. A special word of thanks to NSC Blaine, The City of Blaine, The Blaine PD not forgetting the many Vet-Star Club of MN volunteers and the NVT National Executive who rendered numerous selfless sacrifices during the NVT 2024 events. **The Minnesota Cameroon Community and National Veterans family will forever remain grateful.**



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TWO YEARS OF TRANSFORMATION:

HOW THE VICE PRESIDENT / DIRECTOR OF OPERATIONS REVOLUTIONIZED NVT-USA FA'S FOOTBALLING OPERATIONS

Over the last couple of years, the NVT-USA FA's Footballing Operations Department has undergone a remarkable transformation under the leadership of its VP/Director of Operations (DOO), Mr. Divine N. Awah a.k.a Bakero. With a vision rooted in innovation, efficiency, and integrity, the department not only elevated its internal processes but also set a new benchmark for how technology and strategic planning can reshape the football experience for players, officials, and fans alike.

Driving Innovation Through Technology

The most visible leap forward came with the launch of a dedicated NVT-USA FA Tournament App - <https://copafacil.com/nvt-col-2025>, after eight years in the blue in a tech-driven world. This all-in-one platform has streamlined every aspect of tournament management, from team registration and scheduling to score updates and communication. By digitizing operations, the app has eliminated redundant manual processes, reduced administrative burdens, and provided real-time access to information for all stakeholders.

In addition, the department pioneered the use of AI for ID screening, a bold step in safeguarding the integrity of the tournament. This technology has significantly reduced incidents of identity fraud, ensuring that competition remains fair, transparent, and trustworthy.

Restructuring for Efficiency

Recognizing that technology alone cannot deliver excellence without structure, the DOO implemented a comprehensive organigram, organizing the Footballing Operations Department into six specialized

committees / sub-committees, headed by top professionals all based on merit.

- Footballing – Dr. Roland Njumentoko a.k.a Grand Pro
- Disciplinary – Mr. William Mba
 - Referees – Mr. Ernest Pufong a.k.a Gino
 - Match Delegates – Mr. Francis Luma Mutate
- Health & Fitness – Dr. Mukong Adeso & Mr. Vincent Ekiti
- Technology – Mr. Ernest Pufong

This reorganization has clarified roles and responsibilities, eliminated overlaps, and improved coordination across functions. As a result, operational costs have been reduced, scheduling conflicts minimized, and decision-making processes accelerated.

Measurable Impact and Stakeholder Praise

The combination of technology and structure has yielded tangible performance gains. Tournament schedules now run with unprecedented precision, match delays have been significantly reduced, and disputes are resolved faster thanks to centralized and documented processes.

Players and staff alike have praised the seamless integration of technology into the footballing experience. Community feedback highlights how these innovations have improved transparency, fostered trust, and made participation more enjoyable. The app's live updates and AI-powered integrity checks have been cited as "game-changing" additions that have set NVT-USA FA apart from other organizations.

A Model for the Future

The past two years have proven that when visionary leadership meets technological innovation and organizational discipline, the results can be transformative. Under the DOO's guidance, NVT-USA FA has not only improved how football is managed today but has also laid the foundation for a future where the sport is more inclusive, efficient, and integrity-driven.

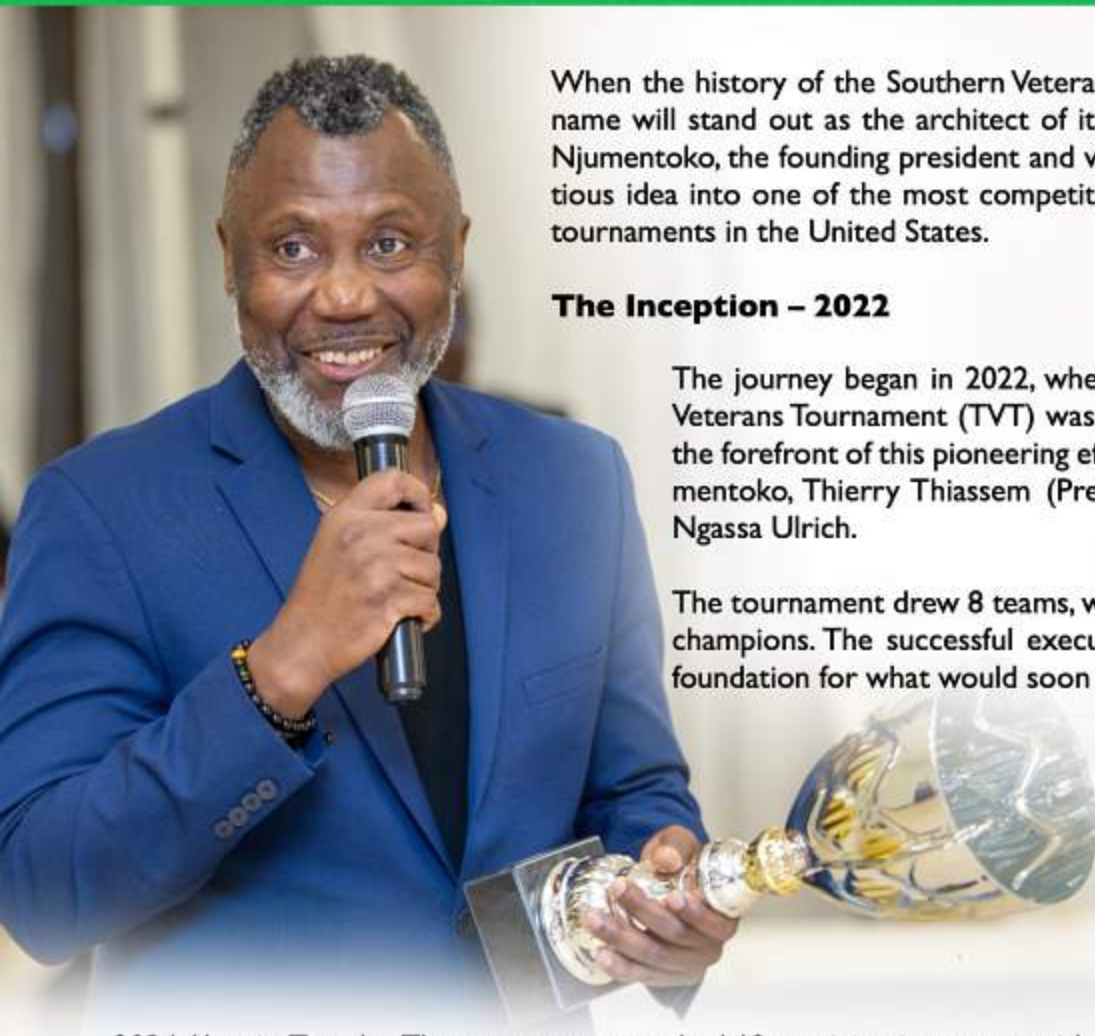
The story of the twenty-four months is not just about operational success. It's about creating a model of football governance that other organizations can look to for inspiration.

Cooperation and Collaboration

The success achieved in the past two years has been made possible through strong cooperation and collaboration with the other members of the National Executive Committee (NEC), headed by the President, Mr. Valentine Esaka. By maintaining open lines of communication, aligning strategic priorities, and actively seeking input from fellow NEC members, the DOO ensured that footballing innovations were supported and amplified at every level of the organization. This collaborative approach fostered a shared sense of ownership, enabling smoother implementation of changes and strengthening the overall impact on the footballing community.

DR. ROLAND NJUMENTOKO:

THE VISIONARY BEHIND THE SOUTHERN VETERANS TOURNAMENT WHICH IS THE FIRST EVER NVT-USA FA REGIONAL TOURNAMENT.



When the history of the Southern Veterans Tournament (SVT) is written, one name will stand out as the architect of its inception and growth—Dr. Roland Njumentoko, the founding president and visionary leader who turned an ambitious idea into one of the most competitive and celebrated veterans' football tournaments in the United States.

The Inception – 2022

The journey began in 2022, when the first edition of the then Texas Veterans Tournament (TVT) was hosted by the Arlington Veterans. At the forefront of this pioneering effort were three men: Dr. Roland Njumentoko, Thierry Thiassem (President of Arlington Vets, 2022), and Ngassa Ulrich.

The tournament drew 8 teams, with SAVET emerging as the first-ever champions. The successful execution of this maiden edition laid the foundation for what would soon grow beyond state lines.

Growth and Expansion

2023 (Mesquite, Texas) – Hosted by Forney Sports Club, the tournament expanded to 10 teams. Houston Veterans Football Club lifted the trophy, marking their first championship.

2024 (Austin, Texas) – The tournament reached 12 participating teams, with Austin Veterans not only hosting but also making history as the first team to host and win the tournament.

2025 (Louisiana) – The event expanded beyond Texas, hosted by the Louisiana Hurricanes with 12 teams in competition. Houston Veterans once again proved their strength, clinching their second title.



This expansion prompted a re-branding: the Texas Veterans Tournament (TVT) officially became the Southern Veterans Tournament (SVT), recognizing the tournament's broader reach.

Legacy of Leadership

During his four-year tenure as President (2022–2025), Dr. Njumentoko's leadership transformed the tournament into a powerhouse of regional veterans' football. The SVT's competitiveness elevated the performance of Texas-based teams at the National Veterans Tournament (NVT).

For the first time, three Texas teams reached the semifinals.

Two Texas teams advanced to the finals.

SAVET, a Texas team, is the current NVT Champion, a testament to the growth sparked by the SVT.

Leadership Team

Alongside Dr. Njumentoko's presidency, the tournament's structure and stability were strengthened by a dedicated executive team:

DOO: Dr. Pride
Treasurer: Thomas Kamanda
Financial Secretary: Dr. Kulu
Secretary General: Dr. Chewachong
A Gracious Exit



After the 2025 edition in Louisiana, Dr. Njumentoko officially resigned, ending his tenure as President Emeritus. His departure marked the close of a remarkable chapter, leaving behind a legacy of vision, structure, and growth that continues to shape the SVT.

Looking Ahead

The 2026 edition of the SVT will be hosted in San Antonio, carrying forward the torch lit by Dr. Njumentoko and his pioneering team. His vision ensured that what began as a Texas-based event is now a regional powerhouse, uniting veterans, fostering camaraderie, and raising the competitive standards of the game.

FROM 12 TO 93: THE RISE OF FRISCO SC

SOCCER. COMMUNITY. FUN.

BY SPENCER TESOH



In the heart of Frisco, Texas, the beautiful game is alive and thriving—thanks to a group of passionate veterans who refuse to hang up their boots. Since its founding on October 13, 2020, Frisco SC has grown from a casual kickabout into a powerhouse veteran soccer club, proving that soccer isn't just for the young—it's for the committed, the passionate, and the community-driven.



That growth reflects more than just a club—it reflects a movement. Today, Frisco SC is a recognized 501(c) nonprofit organization, built around three words that fuel everything they do:

Soccer. Community. Fun.

Built on Brotherhood

Frisco SC has always been about more than goals—it's about people. The club is guided by strong leadership, with President Spencer Tesoh at the helm and together with his brothers have forged a vision and unwavering commitment have not only set a solid structure and high standards but also transformed the club from humble beginnings into a model of excellence — a veteran soccer institution admired and respected throughout DFW, across Texas, and beyond.

Soccer at the Core

Frisco SC started small, just 12 founding members who loved the game. Fast forward six years, and the numbers tell an inspiring story:

Year 1 (2020): 12 registered members

Year 2 (2021): 35

Year 3 (2022): 55

Year 4 (2023): 65

Year 5 (2024): 88

Year 6 (2025): 93

Alongside him, the executive board ensures that Frisco SC remains both organized and united. Their efforts have created a structure where everyone—from founding members to the newest recruit—feels valued.

Community at the Heart

Frisco SC is more than a soccer team—it's a family. From charity drives to cookouts, road trips to family days, the spirit of community binds every member together.

The club has also made health and well-being a priority. Through organized health campaigns, Frisco SC has provided diabetes screenings and high blood pressure checks not just for its members but also for the wider public—proving that their impact extends well beyond the pitch.

This ethos is what makes Frisco SC different. Every new player isn't just signing up for matches—they're joining a brotherhood where support, respect, health, and joy come first.



Fun with a Competitive Edge

Make no mistake—Frisco SC knows how to have fun, but when the whistle blows, it's game time. In just six years, the club has made its mark on the veteran soccer scene with consistent performances and growing recognition.

Past Honors

Finalist: National Soccer Tournament (NST)

May 2025 | Houston, TX

Semi-finalist: DFW Veteran Tournament (DVT)

May 2024 | Dallas, TX

Semi-finalist: Texas Veterans Tournament (TVT)

May 2023 | Dallas, TX

Semi-finalist: National Soccer Tournament (NST)

June 2023 | Dallas, TX



Upcoming Events

Host: 1st Edition of DFW Veteran Tournament (DVT) | October 2024

Host: 1st Edition of DFW Veteran Tournament (DVT) | October 2023

Leading the charge on the sidelines is Coach Chanel Kedze, whose energy and ambition have brought out the best in the squad. Chanel will once again guide the team as they prepare for their second appearance at the National Veterans Tournament (NVT)—a moment that promises to mark another milestone in the club's growing legacy.

And the ambitions don't stop there. With extensive experience hosting multiple tournaments, Frisco SC is preparing to bid for the honor of hosting the 2028 National Veterans Tournament (NVT) right here in Frisco, Texas—a bold step that reflects both the club's organizational strength and its vision for the future.



A Legacy in Motion

From its humble beginnings to its national appearances, Frisco SC has become a name respected both on and off the pitch. With nearly 100 members, a clear vision, and a passion for the game, the future is as bright as the Texas sun.

At its core, the promise remains simple and true:
Soccer. Community. Fun.



Executive Board

The heartbeat of Frisco SC is its leadership—men who guide the club with vision, passion, and dedication:

President: Spencer Tesoh
Vice President: Sangtum Waingeh
Secretary: George Ayakoh
Financial Secretary: Kingsley Fonkwa
Treasurer: Desmond Nsutebu
Social Coordinator: Oman King (Omega)
Health Coordinator: Ferdinand Akoko
Health Coordinator: Kenneth Awasung
Health Coordinator: Pafe Takutsi (Kash)
Coach: Chanel Kedze
Assistant Coach: Bovet Maloba

Connect With Us

Stay up to date with everything Frisco SC:

 Website: www.friscosoccerclub.com

 Facebook: facebook.com/friscosoc



TAMPA VETERANS PROFILE



1. Team Details

- ~ Name: Tampa Veterans Club Inc.
- ~ Location: Tampa, Florida
- ~ Year of Creation: October 2021
- ~ First NVT Participation: 2023
- ~ Average number of members: 30
- ~ Any top 3 tournament finishes:
 - o NVT 2023: 26th
 - o NVT 2024: 40th

2. Annual Team Activities

- ~ Valentine's Day Gala – Feb 14 weekend
- ~ Friendly games with neighboring cities (Brandon, Lakeland, Orlando, Gainesville, Tallahassee) – Spring/Summer
- ~ Family Field Day Event – Summer holidays
- ~ Community service and outreach
- ~ South East Regional Tournament – Memorial Day weekend
- ~ National Veteran Tournament – Labor Day weekend 3.

3. Historical & Community Photos



Launching of Tampa Veterans – Guest Artist: Grace Decca – July 2, 2022



Launching of Tampa Veterans – Show Time with Grace Decca



Launching of Tampa Veterans – friendly game against Gwinnet, GA



Friendly game with Open Skies Orlando



Friendly game with Cameroonian Families in Tallahassee

Womens Day Grand GALA & Soccer Tournament
Activities: 4603, East County Line Rd, FL 33570, @11:00AM
Admission: 83 7th Ave NE Ruskin, FL 33570, @8:00PM

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 * Two Bottles of Wine
 * Unlimited Soda/Beer
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 * One Bottle of Champaign
 * One Bottle of Wine
 * 10 Bottles of Soda/Beer
\$400

Silver
 * One Bottle of Liquor
 * One Bottle of Wine
 * Five Cans of Soda
 * 5 Bottles of Beer
\$400

GALE 83 7th Ave NE Ruskin, FL 33570
Time: @8:00PM

Singles: \$50
 * Soccer Game
 * Ball & Bucket Game
 * Paper Basket Game

Activities
SAT. MARCH 8th @11:00AM
Tom's Soccer Field
4603 East County Line Rd. New Tampa
 For more information call 2 (813) 24-8777

Couples: \$75
 * Gala Night
 * Chair-Dance For Kids
 * Gifts and Surprises

Family Field Day Event – March 8 2025



BBQ after game

4. Tournament Participation (Last 2 Years):



First NVT participation – ATLANTA 2023



Bi-weekly after scrimmage team building bbq and entertainment



NVT 2024 – Minnesota



South East Regional Tournament – Charlotte, NC
 o Price won – Best Goalie of the Tournament

ALLEN VETERANS PROFILE



Allen Veterans Football Club (aka Celebration Park Veterans FC (CPV) is a soccer team based out of Allen, Texas, a suburb of the Dallas-Fort Worth metroplex in Texas.

Founded in 2014, and operates as a registered in Texas IRS-recognized 501(c)(3) organization.
Moto: Respect, Unity & Good Health.

1. Team Details:

Name: Allen Veterans FC, aka Celebration Park Veterans (CPV) Football Club

Location: Allen, TX

Year of first NVT participation: 2016

Average number of members: 45

Any top 3 tournament finishes:

- NVT Champion of 2016 NVT, hosted in Atlanta, GA
- 3rd position in 2017 NVT, hosted in Dallas, TX
- 4th position in 2024 NVT, hosted in Minnesota, MN

Annual Team Activities:

- Quarterly General Assembly Team meetings.
- BBQ, mini soccer tournaments, and fundraising events.
- Friendly in-house and away soccer games.
- Annual community service and volunteering activity or event.
- Members' birth celebrations.
- Members' family death condolence visits and support.

2. Historical & Community Photos:

The team operates for the purpose of health, sports, and wellness of members and to promote trustworthy, loving relationships between members and families. The team practices each week out of Celebration Park in Allen, Texas, from which the team's name is derived.



Figure 1: Friendly Soccer Match with the Cameroon Pastors Ministers Fellowship (CPMF)



Figure 2: Allen Vets FC BBQ, Soccer Tournament and Fundraising Event

3. Community Involvement:

At Allen Vets FC, we believe that community service provides our members with valuable opportunities to develop teamwork and leadership skills beyond the field, fostering personal growth. Engaging with the community also strengthens our Club's public image, helping to attract new supporters, sponsors, and strategic partnerships. Below are examples of community service initiatives we have undertaken.



Figure 3: Allen Vets FC at the McKinney Community Food Pantry in McKinney, Texas



Figure 4: Allen Veterans FC at the McKinney Community Food Pantry, McKinney, Texas



Figure 5: Serving Collin County at the McKinney Food Pantry on October 26th 2024, in McKinney, Texas



Figure 6: Make a Difference Day with Volunteer McKinney, October 26th 2024 in McKinney, Texas

4. Team Contact Information:

Leadership: Allen Veterans FC is run by a President.
The current President is Mr. Dibaki Collins.
Tel. #: +1-651-983-8280.

Contact Info:
E-mail: allencpv@gmail.com

Zelle/Cashapp:
allencpv@gmail.com

Instagram:
CPVALLENVETS



5. Tournament Participation:

Allen Veterans FC has participated in all NVT annual tournaments. During NVT 2016 hosted in Atlanta, GA, Allen Veterans FC was crowned the Champion, an achievement we are very proud of. Allen Veterans FC also hosted this great NVT event in 2017.



Figure 7: Allen Veterans FC at NVT 2023 in Atlanta, GA



Figure 8: Allen Veterans FC at NVT 2024 in Minnesota, MN



Figure 9: Allen Veterans FC at NVT 2024 in Minnesota, MN



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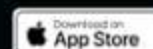


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HOUSTON VETERANS FAN CLUB



GWINNETT VETERANS FC FAN CLUB



CAMDAL FC PROFILE

**NAME:**

Cameroon Dallas Veterans Football Club aka CAMDAL VETS FC

DATE of CREATION:

Created in 2015 as a Constitutional Subsidiary of Mother Organization CAMDAL FC (founded in 2006) under Article III, Section 3.

VISION:

CAMDAL VETS FC strives to be the leading Cameroonian Soccer/Social Club in the Dallas-Fort Worth area while developing team and community spirit.

MISION:

CAMDAL VETS FC strives to enhance members' leadership skills, people skills, communications skills, health and wellness while promoting service and involvement in the community.

LEADERSHIP:

CAMDAL Veteran FC is run by a Veteran Coordinator. Coordinator is Dr. Franklin Fru (Tel: 214 566 5110). Prior coordinators included Mr. Alvin Tebe, Mr. Franklyn Fonkwo, and preceded by Pioneer Coordinator Mr. Ngwa Blasius.

Officers:

Treasurer Dr. Nelson Kwowi, Financial Secretary—Open, and General Manager Mr. Kelly Massango, Scouting Manager Dr. Alombah Atanga, Logistics, Mr. Leo Genda, Disciplinarian Mr. Ngala IG

NUMBER OF MEMBERS: Currently 93 registered members.

PAST HONORS:

- Finalist and 2nd Place Silver Medalist - NVT Wilmington, Delaware, 2019
- Semi-Finalist and 3rd Place Bronze Medalist - NVT Houston, Texas, 2021
- Semi-Finalist Southern Veterans Tournament (SVT) Baton Rouge, Louisiana, 2025
- Finalist and Champions and Olympiads Tournament Boston, Massachusetts 2019
- Finalist and Champions Dallas Veterans Tournament (DVT), Dallas, Texas, 2023
- Finalist and Champions Dallas Veterans tournament (DVT), Irving, Texas, 2024
- Consecutive Appearances and participation in the last 7 NVT tournaments. 2017 (Allen, TX), 2018 (Oklahoma City, OK), 2019 (Delaware), 2020 (annulled by COVID-19), 2021 (Houston, TX), 2022 (Belaire, MD), 2023 (Gwinnett, GA), and 2024 (Blaine, MN)

RECURRING ANNUAL EVENTS:

- On-going/Weekly Summer Kids Soccer Camp (July x4 weeks)
- Heineken Tournament (August)
- Mentorship and Professional Forum (August)
- Family Event Summer BBQ or Valentines Party
- CAMDAL FC VETS Fundraiser (August)
- Routine quarterly meetings
- DFW Metro Soccer Friendlies and DVT

CONTACT INFO:

- Email: info@camdalfc.org
- Website: www.camdalfc.org

BRIEF HISTORY:

CAMDAL VETS was Created in 2015 as a Constitutional Subsidiary and Graduate Club from CAMDAL FC.

The parent organization, CAMDAL FC is a nonprofit organization founded in July 2006 by a few committed Cameroonians in the Dallas-Forth Worth Metroplex.

CAMDAL VETS is aimed at empowering the Cameroonian youths residing in the Dallas-Fort Worth Metroplex of the United States of America by promoting a health-conscious lifestyles and constructive social integration.

Our ambitions are to have a positive impact in our community beyond soccer by serving through the following focus areas: Sports & Recreation, Mentorship / Members Development, communications and Volunteering. The team operates and strives to enhance members' leadership skills, people skills, communications skills, health and wellness while promoting service and involvement in the community and other outreach activities.

The team officially practices every Friday at the Anderson Bonner Park in Dallas, Texas, together with their younger team CAMDAL FC.

ITS IS WORTH MENTIONING THAT CAMDAL VETERANS HAPPEN TO BE THE ONLY VETERAN TEAM WITH A YOUNGER TEAM/FORMATION CLUB THAT GRADUATES INTO VETERAN AT AGE 35.

If you are in or around the Dallas- Fort Worth Metroplex, you are welcome to join this great team.

For more information and membership questions; CAMDAL Veterans FC can be reached at:
Email: info@camdalfc.org and
Website: www.camdalfc.org



Back row standing L-R: IG Ngala, Godlove Tumenta, Eric Befidi, Ernest Gwan, Blasius Ngwa, Clarence Asemot, Chesoh Nchotu, Franklin Fru.

Front Row seating L-R: Benji Njemo, Walter Akwo, Divine Ambe, Isidore Ashu, Dr. Willybroad Ambe, Francis Ngah



Back Row L-R: Coach Masago, Franklin Fru, BK Maimo, Ndedi Paul, David K, Dr. CY Alombah, Franklyn Fonkwo, Elad Esombe, Solo Toche, Dr. Willybroad Ambe, Francis Ngah, Ernest Gwan, Ngala IG

Front Row L-R: Goddy Tumenta, Benji Njemo, Essono Alvin, Mbemba Franck, Jerry Ngwa, Munki, Steve K, Alvin Tebe, Carlos Kaze (cpt)



Back Row (Standing) L-R: Benji N., Valentine N., Sim-begha, Jerome N., Paul N. Ando N., Solo T., Isidore A. Sunny A., Goddy T., Steve K., Franklin F., Coach Masango K,

Front Row (Kneeling) L-R: Dr. CYA., Willy, Jerry N., Walters M., Xavi N., Romario, Bruce N., Tyson A., Kenny N., Carlos K (cpt)



Volunteering with North Texas Food Bank in sorting and packaging food for the hungry





CAMDAL FC
Kids Soccer Camp 2023
 Age: 5 - 12 years old

- Warm up, Speed and Agility drills
- Ball control via cones
- Trap and Passing drills
- Ball control and Passing games

\$25
Per Kid

July 8th, 15th, 22nd, 29th: 9:00AM to 11:00AM

RSVP: Deus: 469.347.463 | Bruce: 214.497.6127 | Masango: 612.226.8012

Location: Anderson Bonner Park 12000 Park Central Dr, Dallas, TX



Working and volunteering with Habitat for Humanity (assisting the elderly with fence restoration and painting)



CAMDAL-FC

CAMEROON DALLAS FOOTBALL CLUB

5TH ANNUAL PROFESSIONAL & MENTORSHIP FORUM 2022

Saturday, August 13th, 2022
10.30 - 1.30pm CT

Bradfield Recreation Center
1146 Castle Drive Garland, TX 75040

Before event please download this free Office 2013 Professional
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FRANCO BONCHAN
REAL ESTATE/BUSINESS COACH
HOW TO LEVERAGE THE POWER OF
'NJANGI GIFT' IN THE USA



AGENT NGOMS PAUL
QUESTIONS & ANSWERS SESSION ON
CURRENT IMMIGRATION ISSUES
AFFECTING THE CAMEROON
COMMUNITY IN DFW



ERIC BEFIDI
ENGINEER, ENTREPRENEUR, PROGRAM
MANAGEMENT PROFESSIONAL
TOPIC: PERSONAL FINANCE



MUKEL PANCRAIUS
CEO I-PING SOLUTIONS
DATA ANALYSIS WITH EXCEL

RSVP
Cheikh Nkomo CAMDAL-FC President
Pancratius Mukel: Committee Chair
Chis Collier: Committee Member
Dr. Francis Boudoug: Committee Member/Moderator



CAMDAL

CAMEROON DALLAS FOOTBALL CLUB

LIVE

ON ZOOM AND FACEBOOK

6TH ANNUAL PROFESSIONAL & MENTORSHIP FORUM 2023

21 JANUARY 2023 | **TIME: 10 AM**

A VIRTUAL EVENT VIA ZOOM
Zoom meeting ID: 916 6595 6785
Passcode: 272300

Before event please download this free Office 2013 Professional
Plus Activation Key: 6YBNS-TY26Q-TV3JT-97ET9-GJC3V
<https://urlify.net/microsoft-office/office-2013-professional-plus-iso-free-download.html>

RSVP

Francis Boudoug: Committee Chair/Moderator
Pancratius Mukel: member
Chis Collier: member
Deus Nkomo: CAMDAL-FC President



AGENT NGOMBA PAUL
CURRENT IMMIGRATION
ISSUES AFFECTING US



STEPHANIE FOMBO
FINANCIAL EDUCATOR
PERSONAL FINANCIAL
RESPONSIBILITY FOR ALL
MEMBERS OF THE FAMILY



MUKEL PANCRAIUS
DATA ANALYSIS
WITH EXCEL



JULIUS YERIMA
IT/GOOGLE CLOUD SPECIALIST
INTRODUCTION TO GOOGLE
CLOUD PLATFORM (GCP)
MADE SIMPLE FOR PERSONAL,
PROFESSIONAL OR BUSINESS
USE!



COVID 2020 donations or Personal Protective Equipment (PPE) to the elderly in Nursing Homes and Rehab Facilities



Cameroon Dallas Football Club
(CAMDAL FC) PRESENTS

2022

SUMMER SOCCER CAMP
SATURDAY: JULY 9,16,23,30

9:00AM - 11:00AM
BOYS & GIRLS AGES 4-12

ANDERSON BONNER PARK
12000 PARK CENTRAL DR, DALLAS, TX 75251

GEAR TO BRING: Required: Appropriate Clothing, Water Bottle, Soccer Shoes (or comfortable athletic shoes) optional: sunscreen

For More Info Contact:
Massango: +1 (612) 226-8012, Bruce: 469-268-5972, Deus: +1 (469) 347-4633, Mr.Leo: 469-268-5972, Betrand: +1 (469) 602-4221, Kelvin: +1 (214) 789-2482

WWW.CAMDALFC.ORG



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PROFILE OF A DISTINGUISHED VETERAN IN CAMEROON

We are profiling a top veteran football stakeholder in Cameroon. Someone one with extensive experience in veteran football whose passion for the game speaks volume.

MBALE: Good afternoon, Mr. Director General, I'm here to talk about your involvement with Veteran Football. Please do us a favour to introduce yourself.

TANYITIKU: Well, as you have already said, I am Mr Tanyitiku Enochachuo Bayee, I am presently the Director General of NASLA (National School For Local Administrators) in Buea. I'm a former student of the University of Buea, of CASS Bambili, GBHS Bambili.

MBALE: Okay, so let me ask you, what role did football play in your early life and how did that evolve into Veteran level involvement?

TANYITIKU: My godfather was a custom major called Major Ngwa, Boniface, had a lot of boys in his house and I was the only boy in our own house, so I used to spend my afternoon going over to his house and he had a lawn behind his house where we used to play football every afternoon, I think that's why I developed a certain skill for football and a passion for football. And afterwards I think that my parents, especially my mother,



encouraged me a lot to play football because it was a way of using up, I had a lot of energy I think when I was young, so I think she found that football kept me focused and disciplined. I could play in the afternoon and study in the evening, so I think that was a tool to keep me disciplined and all of that evolved as I went on to secondary school, I kept on playing football, I started as a goalkeeper in CAST Bambili, Form 1, Form 2, Form 3, I was an excellent goalkeeper, in fact I was a class goalkeeper.

Then I went to GHS Nkambe where we had other goalkeepers and I was quite good as an on-field player and I started playing as an on-field player and I

never went back to goalkeeping and I ended up playing as an on-field player. And then I went to high school in GBHS Bamenda where we played a lot of football, we had quite talented players in our batch in GBHS Bamenda, Mudo Franklin, Kampala, Augustine Simo was our head of us, Pacha O'Neill, Anguli Jude, we had a lot of footballers and so we got playing football. I played a lot of inter-quarter football competitions, our house is near the St. Paul Field in Bamenda, so I always had a football field near our house.

Yes, and then I went to university and I played in the University of Buea school team for three or four years and so I never really took the leap into playing in a league team or football as a career because I liked football but I didn't think I liked it enough to do all the sacrifices that are required to play as a footballer. I preferred to stay in school and play football, though I had a lot of offers to play, especially when we were in university, there were local teams that always came around requesting that we go play, but I never took that step. And so I left university, I started working and naturally I moved from, with the age I got to playing veteran football, which I preferred.

MBALE: Yes, of course, right now that's what you prefer. So tell us, apart from playing veteran football, have you been organising?

TANYITIKU: Let's see, first of all, I used to organise a lot of football teams for inter-quarter competitions. I had a passion for football.

In Yaoundé when I was a student in Enam and also a young man just starting to work in the Prime Minister's office. I used to live in a neighbourhood called Siméyon and I set up a football team, we called it Incredible because I gathered all the talents in my neighbourhood and we had a formidable team. I was more into management of teams at inter-quarter level than organising and so that is what I did most of the time. But then I realised that there were a lot of shortcomings in the organising of competitions and so one day I took the decision to organise a tournament just to show that it could be done better and so I did. But I have organised three or four competitions I think that I have organised and I think they have gone quite successfully from what I hear.

MBALE: And transiting from organising to playing, I'm sure you must have played not less than 100 veteran games?

TANYITIKU: Oh yes, I play a lot of them. In fact, sometimes I organise and I play at the same time. I can't bring myself to just stand by the sidelines and watch others play. First of all, how did I get to organising? Because I thought that when I was just a player I was never satisfied with the organisation.

They used to focus a lot on things that had nothing to do with the playing itself. We see veteran tournaments where we spend a lot of resources on extra things. Feeding, drinking, doing other things and not enough on the football.



My main reason for organising, to be honest, was quality of organisation. In pitches, because I couldn't understand, when we play veteran football at a certain age we can at least afford to play on quality football pitches. You cannot take people who are 35 and above and put them to play on earth or rough or stony pitches.

And I thought we had the resources to put on quality pitches, one. Secondly, in my opinion, there used to be too many teams. You cannot gather 20 plus or 25 plus teams to play for two days.

We are certainly veterans but people can't travel hundreds of kilometres to come and play 15 minute games. So I thought we could have better pitches, less teams and more football. (7:13) So I got into organisation because I wanted to be more of football, more of the enjoyment part and less of everything that went around veteran football. And that's how I got into the organisation.



MBALE: From the information we got, you're a veteran. NASLA has a veteran team?

TANYITIKU: Yes, we have a formidable veteran team.

MBALE: And I can see from the trophy cabinet, Champions, Governors Cup, even though probably it's not a veteran competition but it's mostly played by civil servants.

TANYITIKU: Yes, it's corporate and veteran. It's called Corporate and Veteran.

MBALE: Tell us your experience winning this edition.

TANYITIKU: Yes, this particular edition. It was wonderful. It was wonderful because we set out to do it differently. How? I realised that around the South West we had a lot of footballers who had retired from football. Some of them had even gotten very disappointed and disillusioned by football but very talented. And we were just lazing around, doing nothing. And I had the idea of gathering them all in a team and completing them with some of my workers here. (8:41) And then I went a step further to, when we had the possibility of giving some of them employment, we did. So that it could permit them to take care of themselves while playing football. So if you see in our staff, we do have security men who are football players.

We have yard men who are football players. We have clerks who are former football players. And so we recycled them through that way and they became part of our team while at the same time making themselves useful by working and taking better care of themselves. And that's how the NASLA football corporate and veteran team grew. And that's why we grew into such a strong team. Because most of them are above the age of playing competitive football but they can still play veteran football.



MBALE: Personally I've watched you play the National Veteran Tournament in Cameroon.

And this question is going to introduce us to the topic of the day which is the National Veteran Tournament in the US. Talking about the edition in Cameroon, over 20 teams took part in that competition and you managed to still be crowned champions.

How did you once again navigate your way?

TANYITIKU: I think that something I realised in a veteran tournament is that most of the teams put very little effort in organisation.

There's a lot of improvisation. I had the experience of playing in other teams just as a player and I realised that these teams could have done better with a little bit more discipline and organisation. So I decided to associate myself with one of my friends, Barrister Shedil Njanje, who is the president of Buea Town Veteran. I'm also an honorary president and a member. And so we had an agreement. He left me the organisation part of the team and focused on the other aspects.

I got to build a team, ensure that all the players were of the age to play the tournament, number one, but quality players enough to play the tournament. Inspired them to tell them what would change if they won the tournament instead of thinking only about enjoying the tournament. And so we instilled in them a certain cutting edge of competitiveness, second. The third was motivation. It is very important. Motivating them, sometimes materially, but not only.

Motivating them by preaching by example. Because I was their teammate, I spent my whole time with them and I kept on reminding them what it would be like if Buea Town, the host team, the local team, the hometown won a veteran tournament. That has not come to Buea in ages.

We will make history. And I think all of these galvanised the team. And then we did a good selection, which was a combination of the Buea Town veteran players that I know because I practise with them too regularly on Sundays.

A combination of discipline and organisation made sure that we had an edge over the other teams so when the games became difficult, what made the difference was we took a lot of time to train. We prepared well. So better training, better organisation, higher motivation, together with a dream, gave us this advantage that made us crowned champions of this tournament too.

MBALE: Now let's introduce the topic of the day, which is the National Veteran Tournament in the United States of America. It's a competition that has grown over the years in terms of popularity, in terms of value addition, in terms of unity, in terms of camaraderie and the sense of belonging. Do you have an idea of the National Veteran Tournament in the US?

TANYITIKU: Oh yes. I am a keen follower. A keen follower, first of all, because their communication is good. I always follow it on social media. But because I have a lot of friends who participate. In fact, for the last three years, I have always been shortlisted by a team to play for them. Is it Columbus? I don't remember.

But I know that I have a friend of mine, Ita Ernest, who plays for a team. And always shortlists me for his team. Unfortunately, professional obligations almost always come up at the time, because it's August

My professional programme makes it that in August, very often, I'm preparing for school and all kinds of things. So it stopped me for the last three years. In fact, last year, I was almost going on with Barrister Nganje, who finally participated, until at the last minute, something happened.

So it's a tournament that I'm very, very keen on. I admire a lot for having succeeded in establishing itself as the top veteran tournament for Cameroonians all over the world. In fact, last year, a lot of former national team players, who are not instinctively or naturally English speaking, heard about this tournament and they went over to play.

And it gave it additional echo. So it's a tournament that I admire and I think, in fact, I am of those who think that our national veteran tournament could emulate the national veteran tournament. I think in the US, they have many teams, no doubt, but they have a proper organisation.

They have quality pitches, which is what I always come back to. They have numerous pitches that permit them to play numerous games. I think that it's something that nationally, our own national veteran tournament organisers can take a page out of.

So it's a tournament that I follow quite keenly.

MBALE: So if I understand you, you really have the zeal and the intention to play at least one of these tournaments, if not this year, next year or the year after.

TANYITIKU: My ultimate ambition is to play the national veteran tournament in the US.

MBALE: I heard somewhere, I don't know how true it is, that you are part of the veteran team in France or so?

TANYITIKU: Yes, somewhere around Paris.

MBALE: Tell us, where is your end point concerning veteran football? You seem to be almost everywhere and wanting more.

TANYITIKU: Let's say that I have a passion for football and I think that football is not only a game, it is a societal phenomenon.

Football is that game that permits people of all backgrounds, cultures to mix. Football is a popular game because it doesn't take much to play, just needs a ball and a surface area and added to that, football is also a way of life. Football trains you to be a team player, to sacrifice for others, to learn to respect decisions even when they don't go your way. It is easy to win, it is more difficult to lose. And it is really when somebody loses that you see their character, you see what they are made of. The ability to take a defeat in a sportsmanly manner without misbehaving, without dishonouring yourself, without dishonouring the others or disturbing the others is very important. And football brings all of that it also permits you to make friends, to influence people, to educate people.

Football is a vector of so many things that I just can't bring myself not to be somewhere where football is being played. Especially being played in a way that I see that the people organising it are doing it well.



MBALE: Do you have a word to the veteran community in Cameroon and the world over?

TANYITIKU: I want to say that we should stop looking at veteran football as simply that place where we go to play and then we party. Veteran football can be a vehicle for change.

Change in that it can permit and it has permitted, I take our example, to change the lives of many people. I belong to many veteran groups, why? Because through veteran football we can do humanitarian work. I belong to many veteran football associations where we do a lot of outreach to the community.

We have a lot of business networks in veteran football. We have a lot of social networks in veteran football. We have a lot of humanitarian networks in veteran football. Because they are of a certain age, they also have a certain level of resources that the actors, I mean the players, in youth football and competitive football don't have. We as veterans already are professionals. We can get together and pool resources to do something.

MBALE: Any last words?

Maybe if there's something they have to look into, it's to ensure that there's a quota of Cameroonian players in each team so that we don't completely lose our National Veteran Tournament. We know some veterans have people from other countries but we have to limit the numbers so we keep our Cameroonian identity for the competition.





NVT 2025 HEALTH FAIR AND SYMPOSIUM



HEALTH FAIR ACTIVITIES

- + FREE BLOOD PRESSURE CHECK/SCREENING
- + FREE BLOOD SUGAR CHECK/SCREENING.
- + FREE WEIGHT CHECK/ BMI/ SCREENING
- + HEALTH RESOURCES INFORMATION AND ACCESSIBILITY GUIDANCE (EG. HEALTH INSURANCE, MEDICARE AND MEDICAID REGISTRATION ASSISTANCE ETC).



DR. CHINGOR MORE
DNP, CNP



Chop Zama, MD
Clinical Research



Dr. Sheila
Mukiawa's-Spangler,
DNP, APRN, FNP-C



Dr. Kingsley Orock
BCPS, Pharm.D



Adeyoyin Esaka ,
DNP, MSN-ED, FNP-BC



MICHAEL FORMENKY,
CNP, FNP.

AUGUST
30th. 2025
3:00PM

HEALTH SYMPOSIUM

TOPICS:



High Blood
Pressure
Hypertension)



High Blood
Sugar
(Diabetes)



Mental Health



Men's Health.

MODERATOR.

DR. CHINGOR MORE DNP, CNP,
PRESIDENT DOCTORS' PROFESSIONAL NETWORK

CEO & FOUNDER, DCM HEALTH SERVICE PLLC (URGENT CARE AND CLINIC)
HOSPITALIST NP, Framingham Union and Saint Vincent Hospital. TUFT University
School of Medicine Affiliate. Boston, MA.

ADDRESS, VOA PARK (NVT 2025)
7850 VOA PARK DR, WEST CHESTER TOWNSHIP, OH 45065.

WORLD CUP QUALIFIERS 2026



Coach Brys Of Cameroon Strategise For Upcoming Matches

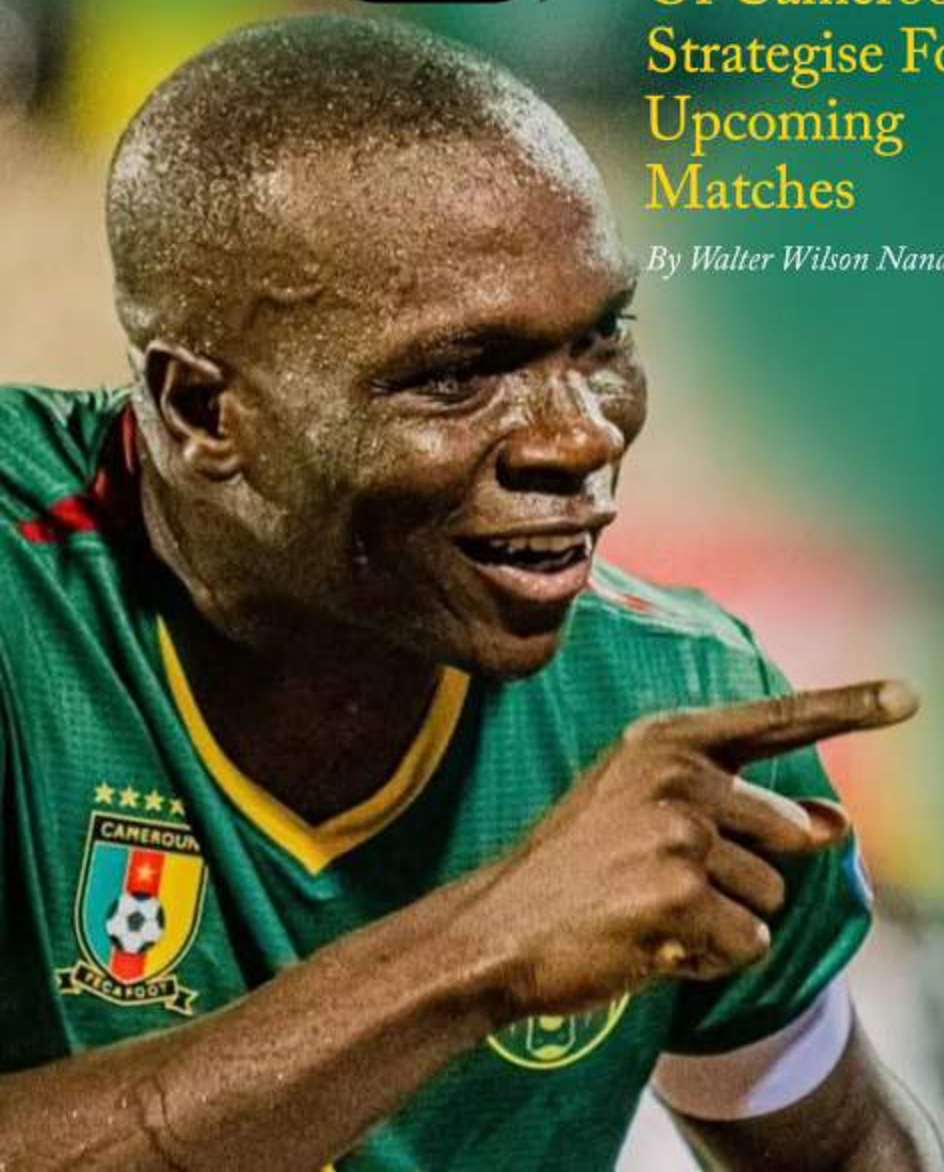
By Walter Wilson Nana

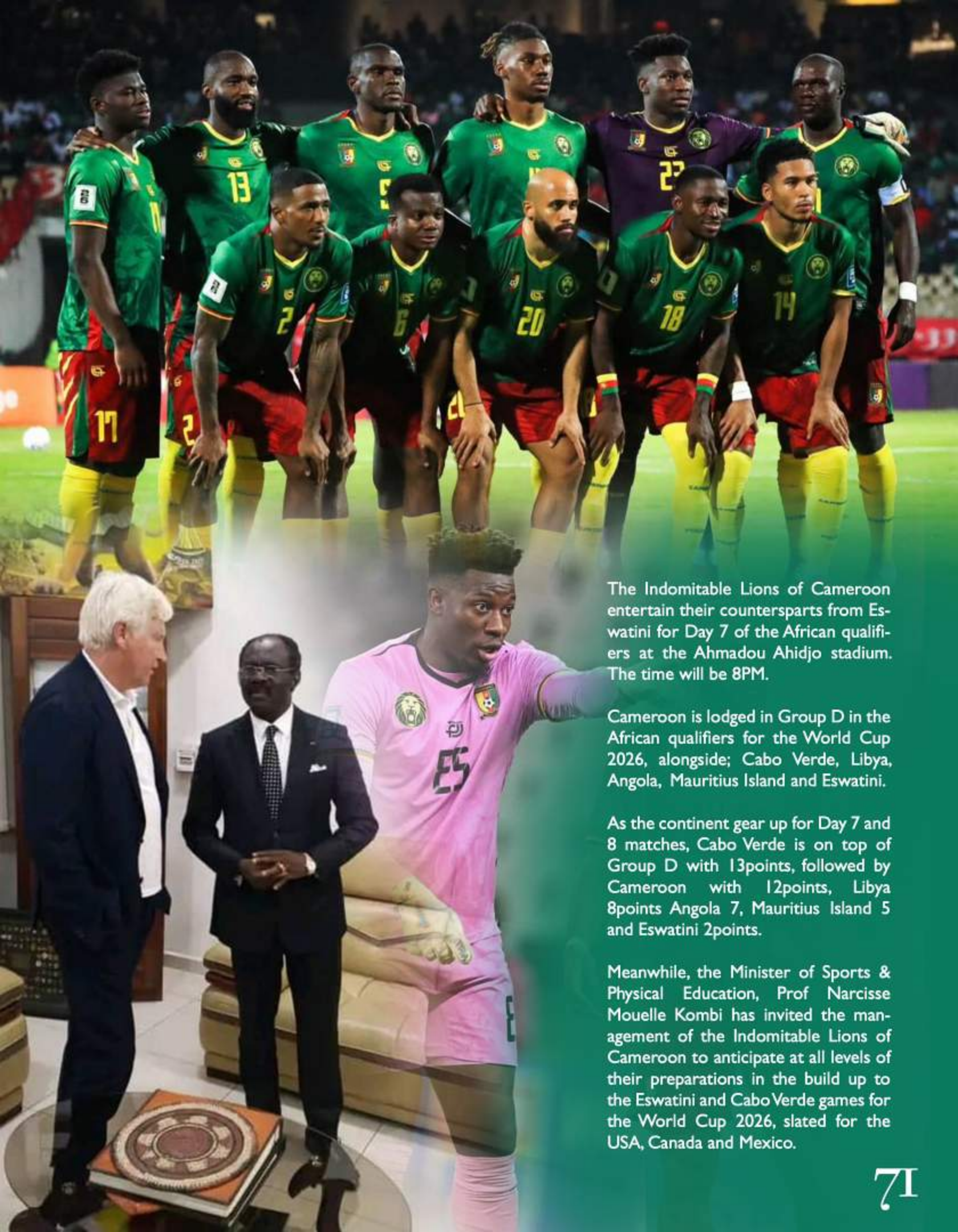


The setting was the conference room of the Ahmadou Ahidjo stadium, Saturday, August 2 2025. The Head Coach of the Indomitable Lions of Cameroon, accompanied by members of his staff, told the press that his group is doing well and they are focussed on coming out victorious in their September 4 2025 outings against the Sihlangu Semnikati of Eswatini in Yaounde and the Blue Sharks of Cabo Verde in Praia on September 8 2025.

According to Coach Marc Peter Brys, the technical bench have found some fresh legs for the team and they will be given an opportunity to express themselves in both encounters.

Confident in his outing with the press, the boss of the Indomitable Lions, indicated that their mantra is professionalism, reassuring Cameroonians that they should nurse no fears.





The Indomitable Lions of Cameroon entertain their counterparts from Eswatini for Day 7 of the African qualifiers at the Ahmadou Ahidjo stadium. The time will be 8PM.

Cameroon is lodged in Group D in the African qualifiers for the World Cup 2026, alongside; Cabo Verde, Libya, Angola, Mauritius Island and Eswatini.

As the continent gear up for Day 7 and 8 matches, Cabo Verde is on top of Group D with 13points, followed by Cameroon with 12points, Libya 8points Angola 7, Mauritius Island 5 and Eswatini 2points.

Meanwhile, the Minister of Sports & Physical Education, Prof Narcisse Mouelle Kombi has invited the management of the Indomitable Lions of Cameroon to anticipate at all levels of their preparations in the build up to the Eswatini and Cabo Verde games for the World Cup 2026, slated for the USA, Canada and Mexico.

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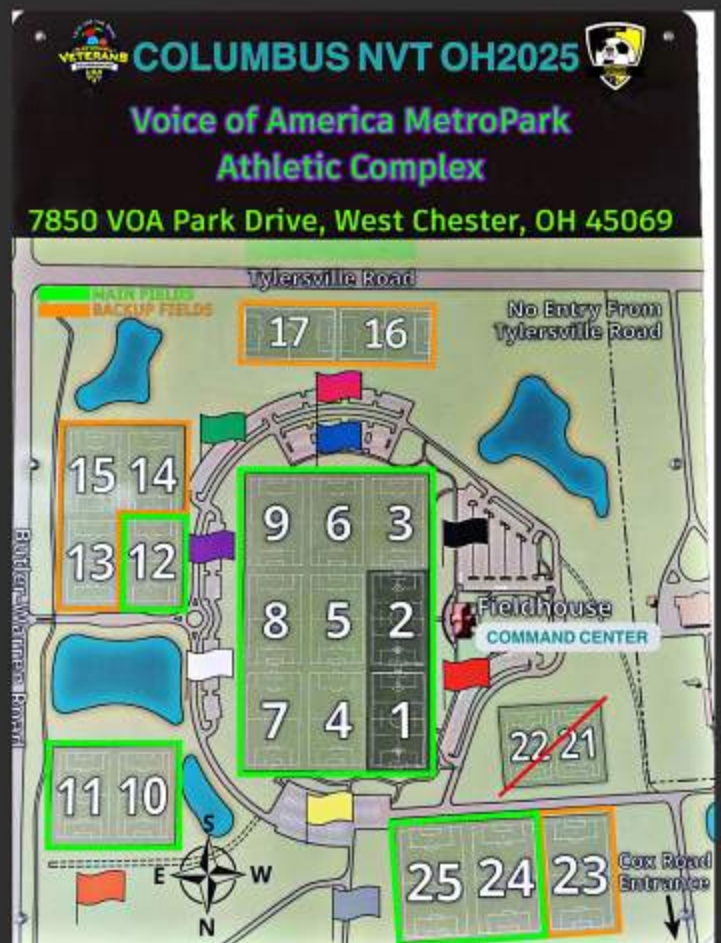
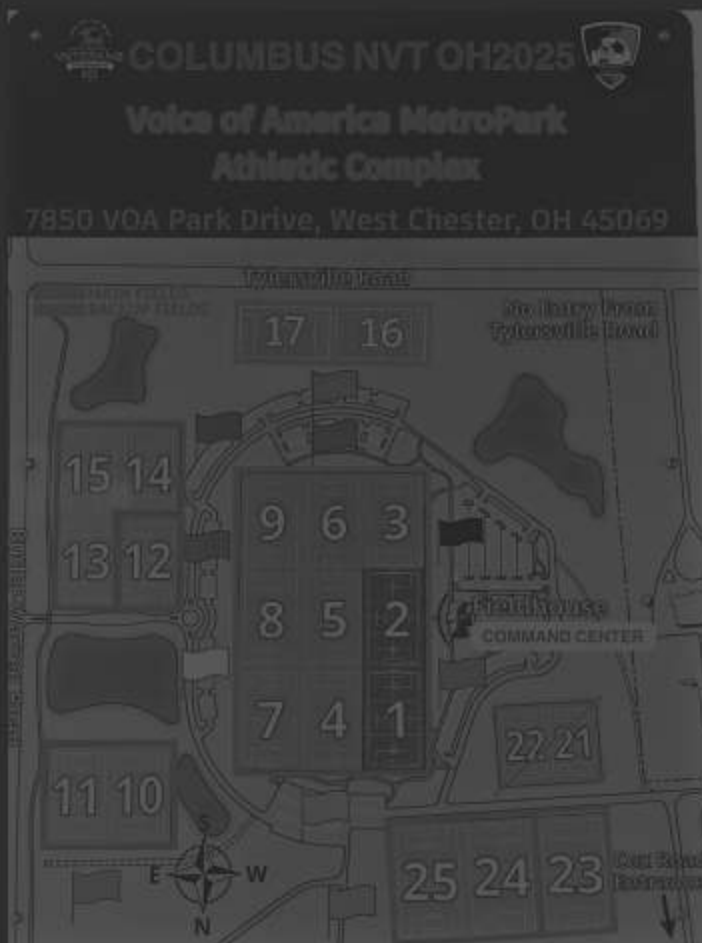
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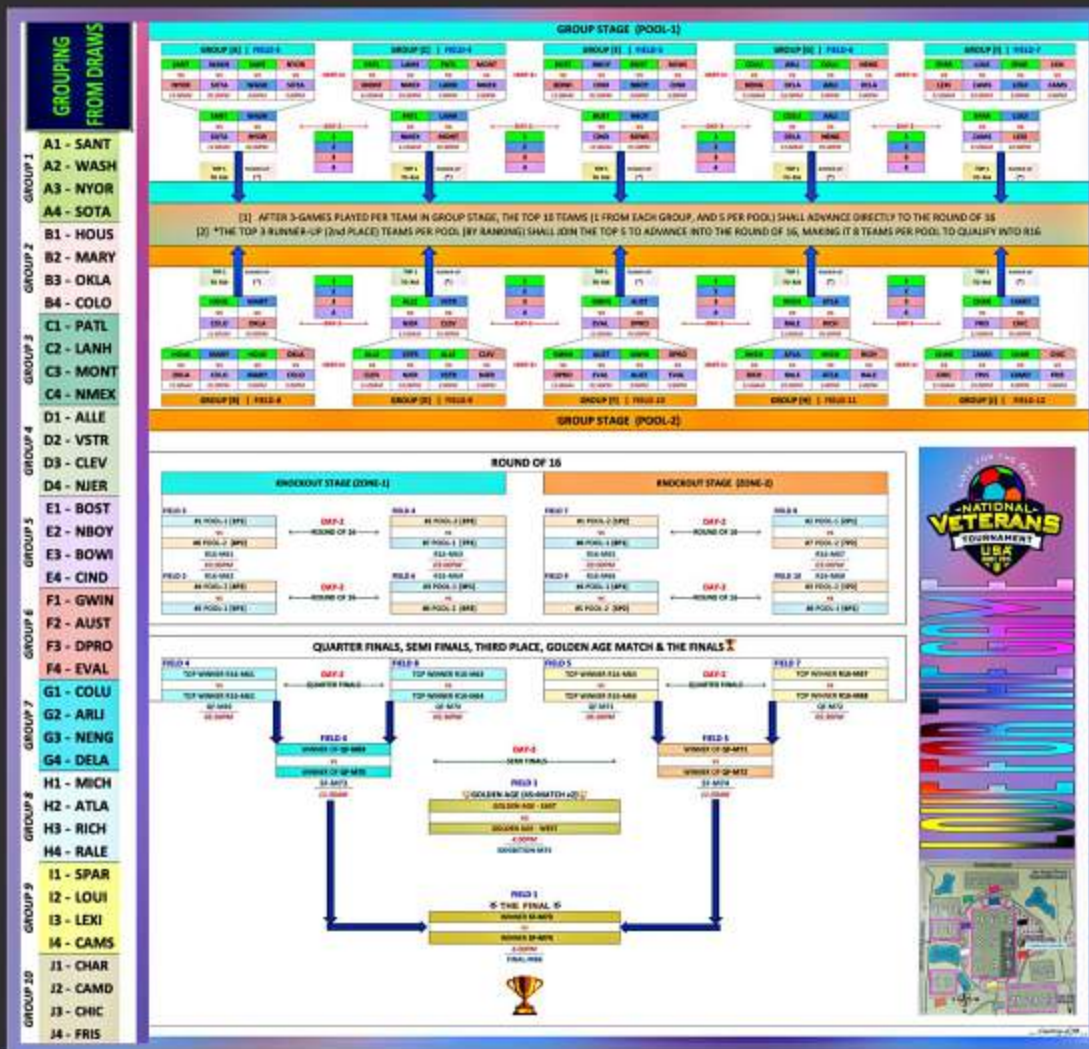
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