The 24th Annual Peace Awards Dinner

Honoring couples as role models for healthy marriage relations and family peace!

Art donated by Daniel Yamshon

Center for African Peace and Conflict Resolution

Location: University Union (UU), California State University, Sacramento
Website: www.csus.edu/org/capcr
Email: capcr@csus.edu
This event is being videotaped and photographed!
Mission

The Center for African Peace and Conflict Resolution (CAPCR) is housed in the College of Health of Human Services (since 1996) at California State University, Sacramento, to provide conflict resolution and reconciliation services for agencies, governments, institutions, businesses, civil society and community organizations and other groups through training, education, research, and intervention.

CAPCR develops curricular/materials and provides training on Alternative Dispute Resolution (mediation, negotiation, arbitration) and other conflict resolution programs and services for governmental and nongovernmental organizations, business and community groups, public and private agencies, educational institutions and allied professional associations (in US/Africa).

Goals

- Develop and implement programs that educate and promote peace & conciliation among African families, organizations, community groups, and governments, both in US/Africa
- Conduct research and evaluations on African conflict situations, and serve as a clearinghouse/resource center
- Establish institutional and community network of support in US/Africa on conflict resolution and assist in creation of indigenous conflict resolution institutes in Africa
- Assist in mediation/arbitration/resolution of conflicts, with consent of parties.

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Key Programs

- Annual Peace Africa/Diaspora Conference and Peace Awards at CSU-Sacramento
- Grant Projects on Alternative Dispute Resolution Training, Mentorship and System Design in Africa
- Summer Conflict Resolution (Negotiation and Mediation) Training Workshop at CSU-Sacramento
- Student Peace Education Scholarship Awards at CSU-Sacramento
- Hosting/Co-sponsorship of International Visiting scholars, leaders and graduate student researchers
- Community/School outreach for referrals and presentations on contemporary African culture and resources
- The Sacramento Africa Peace Committee—a resource for African family & community organization conflict prevention and resolution services, in collaboration with California Lawyers for the Arts/Sacramento Mediation Center.
The CAPCR Board
Jessie Gaston (Chair)
Maggie Beddow (Secretary)
Ernest Uwazie (Director)
Sylvester Bowie
Lisa William-White
Marilyn Jones
Data Barata.

The Sacramento Africa Peace Committee:

Ernest Uwazie (Project Director)
Charles Antwi (Chair)
Joan Gachuhi (Secretary)
Bendu C. Hunter (Publicity)
Hazel Yedey (Vice Chair)
Gustav Antwi
Evans Mureithi
Camillus Udoffia
Diamond Longjel
Evariste Nimubona
Sr. Rose Ereba
Meshak Okpala
Victor Dike
Sylvester Uadiale
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24th Annual Peace Awards  Dinner Program

**Theme:** Honoring couples as role models for healthy marriage relations and family peace!
With partial support from the Kaiser Foundation, Community Benefit Grant for the “African Family Health for Peace” Initiative.

6:30 pm-7:25 pm Reception: Meet & Greet w/social networking/appetizers and drinks

7:25 pm Master of Ceremonies: **Mr. Edwin Okongo**, Comedian

Welcome by **Dr. Robin Carter**, Associate Dean, College of Health & Human Services

7:30 – 8:30 pm DINNER

**Menu:** Jollof rice; goat meat, chicken, fish, plantain; veggie salad and mixed fruit.

**Slide showing** of African Portraits: Ms. Camilla Avugwi/African Students Association, CSUS

7:45- 8:00 pm Live Musical Serenade (of Awardees) by Idara:

8:10 pm Guest Presentation: **Kane Smego**, Spoken Word Poet, Washington, DC

8:30 – 9:30 pm Peace Awards: **Dr. Ernest Uwazie**, Director of CAPCR

2015 Peace Maker Awardees:
Mr. Salisu & Mrs. Naomi Bargoma (Nigeria), introduced by Mr. Evans Mureithi
Mr. Isaac Kwesi & Mrs. Matanah Buoh (Ghana) introduced by Mr. Evariste Nimubona
Mr. Edrine & Mrs. Juliet Ddungu (Uganda) introduced by Mr. Diamond Longjel
Mr. James & Mrs. Loise Gathairu (Kenya) introduced by Mr. Charles Antwi
Mr. Berhanu Zergaw & Mrs. Ehite Gebre (Ethiopia) introduced by Dr. Camillus Udoffia
Mr. Isiah & Mrs. Helene Harris (Jamaica) introduced by Dr. Jessie Gaston
Chief Emenike & Chief/Mrs. Beulah Iroegbu (Nigeria) introduced by Ms. Bendu C. Hunter
Professor Christopher & Mrs. Molly Lubwama (Uganda) introduced by Ms. Joan Gachuhi
Mr. Kana Alex Murara & Mrs. Josepha Muyango (Rwanda) introduced by Gustav Antwi
Bishop Esley Simmons & Dr. Deborah Simmons (Sacramento) introduced by Dr. Sylvester Bowie

**Award Presentations:** Dr. Robin Carter, Associate Dean of CHHS

9:30 – 9:50 pm CAPCR 2015 Veli Family (Student) Peace Leadership Scholarship Awards: **Dr. Jessie Gaston**, CAPCR Board Chair

2015 Scholarship Recipients:
Ms. Irisha Gibbs, Criminal Justice
Ms. Camilla Avugwi, Child Development
Mr. Chukwuemeka Nzerem, Engineering (Graduate Student)

**Acknowledgments** by **Dr. Jessie Gaston**, Chair, CAPCR Board
Dr. Ernest Uwazie, CAPCR Director

10 pm – 12 midnight **DANCING!!** (Led by the **Peace Awardees**)
Salisu & Naomi Bargoma

Mr. Salisu Bargoma has a Bachelors degree in Mechanical Engineering. He runs a heating and air conditioning business here in the central Valley and also owns a manufacturing business in Nigeria that employs over 40 people. He also volunteers in jails and other local volunteer organizations. He does a lot of mission work here and out of the country.

Mrs. Naomi Bargoma also has a Bachelors degree from the University of Phoenix. She is a registered nurse as well as a housewife. She has volunteered on numerous medical missions abroad including Haiti, Nigeria and other countries. She also volunteers here in USA as well. Some of her volunteer work include but not limited to homeless shelters in the medical field, with the Nigerian community, mission of Hope and many more. She regularly goes for mission work in Africa.

Mr. and Mrs. Bargoma are pillars of strength and encouragement to their community here in Northern California. They have been married for 38 years and are blessed with three children. Edith and Emilyee live with them here in the United States and their third child passed away. Mr. & Mrs. Bargoma opened a clinic in Kaduna Nigeria in honor of their beloved son who passed away from sickle cell disease. They both are very active within the community and also back home in Nigeria.
Isaac Kwesi & Matanah Buoh

MR. Isaac Koranteng Buoh was born and grew up in Ghana, West Africa, near the city of Kumasi, in the Ashanti region. He completed his Junior Higher Education, with a degree in Business Studies, Accounting concentration, in 1976, at the Kumasi Polytechnic. From then (1976), he worked at the Prempeh College until 1982, starting as a clerical officer and ending as an executive officer. He came to the USA in 1982 on a full scholarship to Kutztown University, in Pennsylvania. He graduated in 1987 with a Bachelor Degree in Business Administration. He moved to California in 1989 and started working with the California State Department of General Services. He started as an Accountant Trainee., in 1989, and he is still carrying on his now 22 year career as a Senior Accounting Officer with the same Department.

Mrs. Matanah Koranteng Buoh was born and grew up in Buffalo, New York. Her higher education started at the Reading Area Community College where she obtained a AA degree in Business Management, in 1977. She went on to complete a Bachelor Degree in Business Administration at the Alvernia College, in Pennsylvania, in 1985. Mrs. Buoh further obtained a MBA in Organizational Management, in 2000, from the University of Phoenix. In 2001, she earned a California Teaching Credential, with a CLAD emphasis in Occupation, from the San Francisco National University. Her professional accomplishment in the Education field include the following positions/roles: Site coordinator for the GATE program at Kennedy Elementary School, Textbooks Review for district-wide adoption, School Administrator and Third Grade Teacher at Al-Alqam Islamic School. She formed the first PTO and established the first library for this school.

Currently, Mrs. Buoh has retired from her official Elementary School Teacher job. However, her professional life is far from over. “Once a teacher, always a teacher;” she remains enthusiastically involved in providing educational consultancy and life coaching services to youth in and beyond the Ghanaian Community in the Sacramento area. She is also a Business owner, with the VinAli & Associates Auto Logistics company, engaged in shipping goods to Ghana.

Mrs and Mr. Buoh have been married for nearly 30 “good years” (complete by this June, 2015). They met in Pennsylvania State, during their college education years and moved to California together. They have lived a peaceful, happy, and harmonious family life in Sacramento all these years. They have been blessed with 5 beloved children: Angela, Derick, Vida, Sandra, and Kwame; and they have already 5 beautiful and happy grand children.

Their secret ingredients to a healthy and happy marriage recipe are: accepting to relate as equal partners, maintaining honest conversation on small and big issues, willingness to compromise, understanding and accepting where each other come from (including personal experiences and cultural background), thriving to be good friends, and having a clear financial plan, and accepting each other’s families.

In terms of community involvement, both Mr. and Mrs Buoh are among the original founders of the Ghanaian Association of Sacramento (GAS). Mr. Buoh has served on the Board Committee of this Association as Treasurer for 8 years, and Mrs. Buoh has served on a continual basis as Consultant on education and conflict resolution matters. She has also served as GAS coordinator for the annual Food Bank program “Run to Feed the Hungry.”
Edrine & Juliet Ddungu

Mr. Edrine Ddungu is a proud son of Dr. & Dr. (Mrs.) Ddungu from the capital city of Kampala, Uganda. Edrine is the 6th child of 8 children and graduated from Kampala High School in 1975. His thirst for higher education began when he left his home country of Uganda to attend American River College in Sacramento and graduated with an Associate degree in general business in 2000. Mr. Ddungu continued his education at Sacramento State University where he completed a Bachelor of Science in Business Administration with concentration in risk management in 2002. Mr. Ddungu is the founder and owner of EDL & Associates, Inc., an insurance brokerage firm that serves diverse communities of northern and southern California regions. EDL & Associates has partnered with CJP Insurance Company since 1990 and successfully construct a one million dollar office building at 7400 Green Haven Drive, Sacramento, California. The company offers diverse services to the communities ranging from educational facilities for orphans, micro financing to small farmers, commercial farming, and asset management (land and property). To date, EDL & Associates Inc., has grown to become an international consulting firm and facility management company with offices in the USA and Africa.

In September 2007, Mr. Ddungu served as Event Coordinator for the National Uganda North American Association’s 19th Convention in Sacramento, California. That same year, he also supported the funding of Little Children of Jesus Project orphanage in Kampala Uganda in collaboration with MBS, a vocational business school. In 2010, the Inter Faith Service Bureau nominated Mr. Ddungu to the Executive Committee of its Board of Trustees to serve as the Vice President. He served as Chief Coordinator for the 2011 African Cultural Festival at the Cal Expo Sacramento. The event brought peace, love, and unity to our communities through prayer breakfast, music, arts, and cultural performances from all Africans in the Diaspora.

Juliet Ddungu is a proud daughter of Dr. & Dr. (Mrs.) C.K.Lubwama, PhD., and hails from the capital city of Kampala, Uganda. Juliet is the first born of four children and graduated from Makerere College High School. Juliet completed her Bachelor of Science at California State University, East Bay where she graduated in 1991. Mrs. Ddungu chose public service and was hired by the California State Board of Equalization in 1995 as an auditor and rose to the position of a senior auditor.

They both believe that it is important to reconcile with your past and present by getting to know who YOU ARE as a person, how you were raised and balance that rich and vibrant experiences against where you find yourself; emphasizing that not everything you were raised with or taught in your country of origin can be transferable in this society; and not everything about the culture we find ourselves in is valuable or enriching to our life. Therefore, decipher the best in both worlds and enhance your life and your family. They are both thankful to be so abundantly blessed sufficient enough to impact the lives of many people in their home country and locally in Sacramento. Mr. & Mrs. Ddungu have been actively involved in the Ugandan community as role models in promoting healthy marriage relations.
James & Loise Gathairu

Loise Gathairu and James Gathairu have been married for 45 years. We are both retired teachers. Loise has been a high school teacher where she headed the Department of Counseling and Guidance. I have been a high school Principal for 27 years and founded 4 new High Schools in Kenya. Loise and I are both university graduates, having pursued our higher education at Punjab University, India and later went for our Masters degree at Durham University in Britain. Our goals were almost the same: to pursue counseling psychology so that we could be able to help our communities at different levels of their needs.

Loise left Kenya in 2001 and worked in different rehabilitation centers in the California Bay Area. Later, she founded a drug and alcohol rehabilitation center in Kenya where she helped students and others with drug and alcohol abuse problems.

James Gathairu worked with disadvantaged people under the United Nations High Commission for Refugees (UNHCR) in Kenya. This was one of the most challenging, but rewarding jobs he has ever had. Mr. Gathairu founded 16 elementary schools and one high school at the Kakuma Refugee Camp to educate refugee children from Sudan and other countries. In 2005, he came to California, and like his wife, started helping the Kenyan Community through their churches. Through his work with the community a developed to remind the Kenyan community here in the US not to forget the beautiful African cultures even though they were no longer living in their countries.

Loise and James have raised six children – 3 boys and 3 girls. They are grown up and have turned us into a Grandfather and Grandmother – roles they play with great admiration. Lastly, we feel very proud and happy for being nominated for the 2015 PEACEMAKER AWARD – and honor which is God given for our services as Dad and Mom, Teachers and God’s servants who never get tired of helping the people to improve their lives.
Isiah & Helene Harris

Isiah and Helene have been married for nearly 43 years. They were born on the Caribbean Island of Jamaica and raised in Spanish Town. They met at a church youth group meeting where Isiah was one of the lead planners. Soon after marrying in 1972, they relocated to Canada, and then, later to northern California, where Isiah enrolled in San Jose State University as an Engineering student. He graduated with a degree in Mechanical Engineering and went on to complete his graduate work in Mechanical Engineering at UC Berkeley. He subsequently obtained his MBA in Finance from St. Mary's College in Moraga, California. Helene, who is now retired, has also achieved academically. She received her graduate degrees in Radio and Television and in Gerontology from San Francisco State University.

Helene and Isiah are the proud parents of two successful children, Dwayne and Michelle. Dwayne is a graduate of De La Salle high school, Duke University, U.C. San Francisco, and Harvard University. He is currently a doctor at Kaiser Santa Clara specializing in Reproductive Endocrinology. Michelle graduated from Monte Vista High School in Danville, then went on to Georgetown University for undergraduate work and New York University and Sarah Lawrence College for her graduate degrees in Child Development and Social Work. She is a Licensed Clinical Social Worker (LCSW), serving children in a New York Charter School.

Isiah and Helene are not only successful as a couple and parents, but have been good stewards in the community both in their for profit and non-profit work. Helene used her graduate education in Gerontology for 15 years serving the community. She partnered with the senior services department of a local hospital to provide continuing educational training to staff of Assisted Living Facilities and Board and Care Homes. Helene also helped seniors and their families to identify the best living environment for seniors who could no longer live independently. She also frequented the public speaking circuit as an expert on senior care issues. Isiah manages a business that contracts with the Department of Defense in Base Operations Support Services and Logistics. The Harris's non-profit work spans 30 plus years thanks to ongoing financial and physical support from the Jamaican American Association. In fact, they have been members of the association since 1984 and have made generous contributions to various programs continuously, for the past two decades. Helene and Isiah are also supporters of Shelter Inc., a transitional housing center for families located in Concord, California, since 2010.

Helene and Isiah have been faithful members of the East Bay Foursquare Church since 1990 where Helene is an active member of the Women's Bible Study Group. Isiah is the VP and Director of The Harris Family Vision Foundation, a 501c corporation. This foundation provides school supplies to kids in Jamaica and other Caribbean Islands. The foundation also helps with school tuition, uniforms, meals and anything else that is needed to enable the children to attend school and be able to learn. There is also support for medical supplies in the way of assist financial support, which ensures medical services are available to children, especially in St. Lucia and Jamaica. In addition to the above, Isiah has served and currently serves on the board of a number of local and professional associations.
Barrister Emenike Alagbaoso Iroegbu is a proud son of Chief Job Iroegbu Egbule & Mrs. Afuekwe Iroegbu of Umuachama, Amamba, Uzuakoli. Emenike attended Methodist College Uzuakoli where he graduated in 1976. For his undergraduate studies, Emenike travelled to the United States and attended Delaware State University in Dover, Delaware where he graduated with honors earning a Bachelor of Science degree in Business Administration – with a major in Accounting. Emenike moved to California in 1987 and accepted employment with the California State Department of Transportation and eventually rising to the position of a Branch Chief as an Accounting Administrator II (Supervisor). He went to Lincoln Law School of Sacramento and opened his own Private Law Practice focusing primarily in the areas of Employment Law, Personal Injuries (Accidents, Medical Malpractice & Construction Defects) Administrative Law and Immigration Law.

Beulah Iroegbu graduated from School of Nursing UNTH, Enugu and currently works as a Nurse Quality Consultant with Kaiser Permanente, South Sacramento Hospital. She is a Certified Institute of Health Improvement Advisor. She has held many management roles Kaiser Permanente, Shriners’ Hospital Northern California and Methodist Hospital Sacramento. Beulah received a Bachelor’s degree from University of Nigeria, a Master in Nursing Science from California State University, Sacramento. She is a certified Legal Nurse Consultant, and taught Pediatric Advanced Life support for several years.

Emenike is married to his beautiful friend & sweetheart, Beulah Nkemsinachi Iroegbu through whom God blessed their union with three handsome boys, Chukwuemeka, Ikenna and Uchenna. They are grateful to the Almighty God for his everlasting blessings and provisions to their immediate and extended family. Both are content and appreciative of their lineage, anchored on a humble beginning, with the understanding that life amounts to nothingness unless it is employed to cause positive change that benefits all humanity. They both believe that the purpose of life is to always be useful, honorable, and compassionate and to provide service to someone who may never pay you back. They are involved in many charitable works in Nigeria including annual sponsorship of two nursing students.

Emenike & Beulah Iroegbu
Kana Murara & Josepha Muyango

Josée Muyango and Alex Kana are both originally from Rwanda. They have been married for 27 years. Both Josée and Alex are college graduates. Beyond his BA in statistics, completed at the then Université du Zaïre, Campus of Lubumbashi, in the Democratic Republic of Congo, Mr. Murura attended the Business Graduate School Program at National University, Sacramento. After a long career as a Young Adult Advisor, with Job Corp, he is currently working as a Volunteer with the AARP (American Association of Retired People).

Josée Muyango, first completed a BA in Finances at CSU, Sacramento, then a BA in Accounting at the National University, Sacramento. She has had a 15 years career as a Controller for Small Businesses, including with the Center for Youth Citizenship where she worked for 8 years. She held the post of Director of Finance, at the Greater Sacramento Urban League for nearly a year. For the last 3 years, she worked as an Administrative Support Coordinator, with the Cooper-Woodson College Enhancement Program at CSUS, Sacramento, while also serving as a Students’ Mentor for the same program. She was recently accepted an Accounting Business Officer. Jose has been actively involved in volunteer work with different organizations, including Methodist Hospital of Sacramento, California State Board of Physical Therapy Board, as well as Sacramento County Election Official.

Both Josée and Alex are founding members of FORA (Friends Of Rwanda), an organization supporting orphans of the Rwandan Genocide.

The couple has been blessed with 4 beloved and wonderful children. Their 2 youngest daughters, Kankindi and Mutoni are both in college. Their second child, Gaju, is college Graduate, with a BA in Public Health, currently working with Dignity Health. Their first-born son, Ngabo attends the UC Davis Medical School, since returning from a 2 years volunteer program with the American Peace Corps, in Equador, South America.

Among the multiple achievements, both Josée and Kana can proudly claim, nothing comes close to watching their children blossom into healthy and responsible young adults. As they would tell you, both Josée and Kana know what it means to start a new life, in a new world, learning a new language, pursuing a higher education, and building new professional careers, while starting and raising a growing family. They would tell you that, as challenging as it has been, raising their children together has been the building block of their love and enthusiastic support for each other.

For the couple Kana-Muyango, the leitmotiv of their healthy and happy marriage is found in: mutual respect, compromise, confronting challenges together, and transparency and collaboration in financial planning and management.
Dr. Lubwama is a Professor Emeritus and former chair of the department of Accounting and Finance at California State University, East Bay. He graduated with a B.A. (Honors) in Accounting from Makerere University, Uganda in 1971. He then proceeded to the University of Alberta, Canada, where he received an MBA in Accounting. He lectured at Makerere University in Uganda from 1973 until 1981 when he left for Canada to do his Doctoral work. He completed his Ph.D. in Accounting in 1987, and was offered a Professorship position at California State University, East Bay in the same year. He served as faculty advisor for the National Association of Black Accountants Student Chapter at CSUEB from 1988 to 2012.

Molly Lubwama is a Senior Compliance Accountant at Lawrence Livermore National Lab. Prior to that she worked with the state of California as an Auditor and with a major CPA firm for several years. She graduated with a B.S. in Statistics and Economics from Makerere University in 1974. Mrs. Lubwama later got her MBA in Accounting from California State University, East Bay in 1990, and her CPA in 1992.

Christopher and Molly celebrated their 40th wedding anniversary this month. God has blessed their home with four beautiful children: Juliet, Miriam, Bryan and Michael. They both believe that while every marriage is different, the nature and frequency of communication between spouses play a major role in most homes. They both are co-founders of the Association of Ugandan Community in Northern California (AUCNC) and have served the association in various roles.
Honoring couples as role models for healthy marriage relations and family peace!  

Saturday, April 25, 2015

Esley & Deborah Simmons

Bishop Esley has over two decades of pastoral and counseling experience, he is an experienced expository preacher, an effective and able administrator, excellent public presenter of religious materials, and frequent retreat leader. He has held numerous associational positions, has prepared Bible Study materials for Local church studies, and has been a frequent conference and retreat leader for associational meetings and churches and conference centers around the nation and the world. Much like the vision for building that God gave Nehemiah, Bishop Esley has sought God’s will for South Sacramento Christian Center and has led the congregation through years of growth and blessings. He is presently involved in the establishment of churches locally and world-wide, multiple countries within Africa, India, Mexico, El Salvador, Honduras, Guatemala, Costa Rica, Nicaragua, and Philippines and functioning as covering for over 80 ministries/churches along with the local churches in multiple cities in the USA.

Bishop Esley Simmons holds a Doctorate of Theology from Sacramento Theological Seminary located in Sacramento, California and he is a former student of Patton Bible College and Simpson Bible College in Biblical Studies. He is a published author and a writer of publications that have been written and printed in several periodicals. Recently wrote and published his latest book “Reclassifying Yourself” He is a former football star with a passion for youth involved in the sports arena.

With over 20 years of experience in ministry Dr. Deborah Simmons has a long list of accomplishments, accreditations and accolades to her credit. Dr. Deborah holds a Juris Doctorate in Law and a Doctorate in Christian Education, she has an associate degree in Math, she is the Dean of The Joseph Business School, Sacramento and is the published author of the book “Little Sad Face,” a book created out of her desire to see healing brought to children who have suffered molestation. She is a busy woman, wearing many hats such as wife, mother, grandmother, pastor, author and attorney. Dr. Deborah’s strength is helping others achieve their desires by driving them to tap into the original purpose for which God placed them on this earth.

The Simmons are parents to five children and 11 grandchildren; She gleans her strength from the Lord, Jesus Christ, whom she has placed first in her life.
Berhanu Zergaw & Ehite Gebre

Mr Berhanu Zergaw is an Ethiopian native. He spent his childhood years, and shared the same elementary school with his future bride, Ehite, in Ethiopia till 1982, when he immigrated to the USA to further his studies. At the California State University, Los Angeles, he reconnected with Ehite and graduated with a degree in Electrical Engineering. This time around their lives united as husband and wife in November, 1989. He has been employed as Transportation Engineer at Caltrans for the last 20 years.

Mrs Ehite Gebre was born in Ethiopia and shared childhood years with Berhanu. She also emigrated to the USA to study abroad and graduated with a degree in Accountancy from Cal State Los Angeles. Her path crossed with Berhanu again during her time at Cal State LA and they were married in 1989. She has been employed by Cal Trans for more than twenty years.

Berhanu and Ehite are an exemplary African couple. They believe that marital harmony requires equal contributions from each partner, founded on the principles of trust, understanding and unconditional love. They make it their mission to empower each other and maintain a common vision on how to grow a successful family life. In their worldview they feel that they owe a debt to their native homeland, while, at the same time, they are contributing to the US/Ethiopian community by active participation in various roles. They constantly think of “the world they left behind” by staying engaged via various projects that provide aid/relief to the people at ‘home’. For the past ten years the Zergaw’s formed and operated a non profit organization called “Journey to Life Inc”, in collaboration with other organizations of similar objectives, has improved the lives of rural Ethiopians in the areas of education, social, and economic development. This important link is an example of their dedication to the cause of the ‘Motherland’. Their answer to a successful married life is in the cultivation of mutual respect, understanding and love for each other as well as a willingness to continue to grow, renew and learn from the challenging experiences of daily living. This has helped them raise a successful family of three daughters, Bissrat, Sarem Berhanu, and Hamrawit Tsegaye. Berhanu and Ehite are truly a successful love story with an African twist.
What the Peace Award Candidates said when asked:

**Question 1: List tips for ensuring a successful marriage/couple.**

- Listen to one another, have tolerance and accountability, and have transparency.
- Respect each other, plan the family budget together. Joint bank(s) accounts, and share children rearing responsibilities together. Be faithful and love each other unconditionally.
- Keep God first, love your spouse with your money and date your spouse.
- Focusing on what is good in each other, willingness to forgive and forget and never go to sleep angry.
- Communication; Let partner know his/her likes and dislikes. Learn and Earn confidence in each other. Approach all issues with open-mindedness; avoid "you are wrong, I am right" attitude, look for common ground

**Question 2: List 3 suggestions for young couples (married less than 5 years)**

- Cultivate trust and openness as paramount ingredient to lasting relation, take time to reflect on matters at stake and FOCUS on fixing the problem, and be willing to make the change, work for you and not against you.
- Be honest about finances. Have the discussion no matter how difficult. Consider spouse as Co/Equal Partner in the relationship and give each other their independence and space to be themselves. Respect – and follow biblical principles about how the husband should love his wife and the wife should honor her husband.
- Empower each other to grow independently; recognizing that we are all uniquely different. Learn to actively listen to each other; seek for clarification if in doubt. Find your calling and passionately pursue it; whether it be being involved in your community to address youth-related challenges, or church activities. Lead by example because your children are watching you closely. They will likely emulate the examples you portray to them.
- Have/Take God in your life and do not bring up old sores or disagreements from the past. Do not go to bed angry at one another. Allow each other individual space and always talk things through.
- Find strong mentors, pray and worship together and set attainable goals together.

* African Organization with members from all African countries in California & Nationally in the USA. Speak as one nation as the other cultures are doing to help promote family health for peace and non-violence. Use the concept, “It takes A Village to Raise A Child.” The CAPCR and SAPC is the beginning of the discussions for a united Africans in the Diasporas.

* Churches or Religious groups do need to establish Programs and Services that serve the Family and address the Potential Ills of Contemporary Society that create DIVISION and DISHARMONY in the family setting. Promote education and consider providing counseling services.

* It is important for us to become more educated about every aspect of what a healthy family looks like. We must respect where we have come from and strive to do better.
What the Peace Award Candidates said when asked (continued)...

Question 3: List 2 suggestions for African (girl/Male) youth in America who are intending to be married.

- Find someone with common values who like to do the same activities, e.g. going to church, movies, interest in values and professions. Courtship – Getting to know the other person is a good way to understand the personalities before marriage.

- Be willing to adjust EXPECTATIONS again and again. Change is inevitable: be open-minded, and willing to adapt to the evolving demands of the new life.

- Look for a man/woman with a career or a potential for one. Love has a life. If you do not nurture and care for it, it will die.

- Do not marry too young or have children outside of marriage. You should be older than 18. You should be stable in your finances. Should have an understanding of the historical sacrifices of your race and a general understanding of your history.

- Take the time to know each other, understand the differences between each other. Be patient with each other and make a promise to support and grow together.

Question 4: Identify 2 recommendations for the African culture and/or faith organization for promoting family health for peace and nonviolence.

- Provide any help you can to your African faith organization and friends and promote your African culture if possible.

- Be involve in an active education, develop your social/life skills, have a healthy self-esteem and know your self-worth; serve as good role models for the younger generations by joining Boys’ and Girls’ Clubs.

- High blood pressure is prevalent in the African community therefore, do regular check-ups. Bring the African culture together and start to work together not as tribal groups to prepare the next generation of children. Establish one Diaspora African Organization with members from all African countries in California & Nationally in the USA. Speak as one nation as the other cultures are doing to help promote family health for peace and non-violence. Use the concept, “It takes A Village to Raise A Child.” The CAPCR and SAPC is the beginning of the discussions for a united Africans in the Diasporas.

- Churches or Religious groups do need to establish Programs and Services that serve the Family and address the Potential Ills of Contemporary Society that create DIVISION and DISHARMONY in the family setting. Promote education and consider providing counseling services.

- It is important for us to become more educated about every aspect of what a healthy family looks like. We must respect where we have come from and strive to do better.
Acknowledgements

Reserved Tables
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