Newsletter

IN THIS ISSUE

Seasons Greetings!

On behalf of the Ghana union board, I wish to express my sincere gratitude to everyone for making 2017 a very successful year.

This year, we were elected into office as new executives, and my colleagues and I feel privileged and humbled that you have given us this unique opportunity to serve and lead the Union. The advice we have had from our council of elders as well as contributions from everyone during general meetings has been remarkable.

Also our beloved country turned 60 this year, and we graced it with a wonderful event in March which was well attended. We were very much in awe of the multitude of Ghanaians and friends who patronized the youth graduation in June as well as the Mingle event in July at Slottsskogen. This all confirms our common desire and willingness to support a good cause and as leaders, we will not take such commitment for granted.

Next year presents new challenges as well as wonderful opportunities, and with commitment and sacrifice coupled with your unflinching support, we aim to advance the Union's agenda much further than this year. We start with the Annual General Meeting in January followed by an event in March to celebrate our independence. Also we hope to start a new study group:-civics and inspiration, aimed at helping us understand the Swedish society better through organized seminars at various times of the year. With these seminars, we hope to address important topics ranging from parenting, investments, immigration etc which are of prime interest to the Ghanaian community. As usual we count on your participation.

The festive season is approaching, and it is my hope that we all take a well-deserved rest and feast with family and friends while recharging our batteries for the work ahead of us next year. I would like to take this opportunity to extend my best wishes for a wonderful holiday season and a happy and prosperous New Year 2018. It would be uplifting to see you all making a determined and passionate contribution towards the Union campaign next year. Ghana Union needs us all. Afihyia Pa!

Very best regards, Gilbert Mensah (President, Ghana union)

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TODAY IN WHAT's COOKING

Futsal (Indoor soccer)

SOCIALIZATION: This has been a long awaiting winter get - together, socialisation as well as fun for sports loving Ghanaians across the length and breath of Gothenburg, Not withstanding the fact that it has attracted others outside Gothenburg and Sweden. Further it has also attracted male of different ages. Although it is gender bias, we hope some female will join soon. However this has enhanced the communication and togetherness amongst fellow Ghanaians .

FUN:This has attracted football players , non -football players as far as professionals. Not only has it made it competitive but also funny as we enjoy ourselves. Besides the playing there are talks to share ideas which is degenerating new friendships.

PARTICIPATION: This has been encouraging so far. This is a 5 - aside competition and we often have 4 teams or nearly 5 teams thus about 25 people or more are present weekly... awesome.

REFRESHMENTS: After every playing section we have something to Drink, which is very refreshing.

FOCUS: the way forward is to participate in tournaments and also set up a futsal team.

APPRAISAL: So far so good it has been a very refreshing and fun get together as all the participants acknowledged . However, the lads are looking forward for twice a week . Instead of once weekly.

Written by Nii Addo.

Reflection on past events

Sarah Coulibaly

Owner, Babemba Restaurant

How long have you been in Sweden?
10 years

When did you begin with the African restaurant?
In 2015 I started with a take away service in Hisingen but opened the restaurant in January 2017.

Why did you begin?
I love to cook, I startad selling food in the market at the tender age of 9. I am very interested in food actually. I decided to refer to it as a West African restaurant because I have been in Ghana, Benin, Togo, Ivory Coast and Guinea Conakry. We have a lot of food in common but what distinguishes malian food from other West African food is pepper. We usually put our pepper aside and you can add if you want more.

Any memories from Ghana?
I was in Ghana for only 3 months and I remember the food was good but very spicy.

Why did you decide to open your restaurant here?
It was only a take away service at Hisingen and I opened just three times in the week so this is the first time of opening a proper restaurant.

Christmas menu 2017
I will have different tables for different preferences and want to recreate the kind of christmas we had back home in Africa.
Customers that visit?
Most of my customers are white. A few Africans pass by though.

Challenges of your business?
Staffing was a challenge in the begining but I have some very good staff now. I have a lot of bills and it is going to take many years to break even and that is also a challenge.

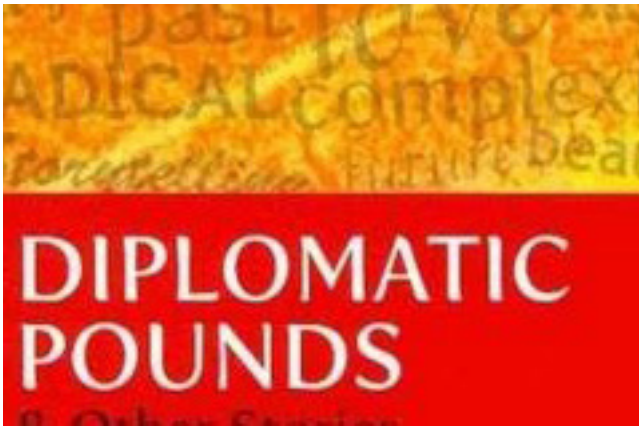
Advise to someone starting out in the food business?

Have a good product and keep your environment clean and up to standards. Also try to know your menu good enough to give good recommendations to your customers. You should also consider having some capital before starting out.

What does the future look like?

The future looks like opening in a more central location like Avenyn because everything in Gothenburg is happening there.

Story - Ruhia Mahama



Diplomatic pounds & other stories - Ama Ata Aidoo

Ama Ata Aidoo is an iconic African woman writer who has inspired generations of black and other writers in Africa and internationally and this collection affirms why she is respected as one of the most important voices in African women's writing. Her latest collection brings together diverse themes that speak to the relationship between Africa and its Diasporas in terms of home and exile and a sense of belonging and alienation. The stories celebrate the intricacies of friendships and love and examine the complexities involved in African Diaspora connections engaging with a sense of anomie and fragmentation as a consequence of living across different cultures – Africa and the West. Aidoo reveals her interest in presenting common human frailties. (Book description copied from Amazon.com)
One can buy this book on Adlibris.com/se or Bokus.com.

Story - Herta Boakye-Yiadom Dahl

What's Cooking

Okro Stew with Akple

This is one of the popular foods from the Volta region of Ghana. This method is simple and also oiless and healthy.

Okro Stew

200g of frozen or fresh okro
1-2 habenero peppers
½ of a medium sized onion
Fresh ginger and garlic.
Shrimp Stock cube
A handful of finely chopped spinach
Frozen Shrimp
Salt to taste.

Akple

1 cup of water
1 teaspoon vinegar
1 teaspoon salt
1 cup of corn flour.

Method

Okro Stew

Add all ingredients for soup except the spinach and shrimps in a sizeable saucepan. Add two cups of water and bring to boil for 7-10mins. Pour into blender ,blend under control so not to make it so smooth. Return okro now to saucepan over medium heat. Add spinach and shrimp and allow to simmer 5-10minutes until shrimps are precooked throughout.Also avoid stiring soup a lot to keep slimy effect of okro.

Akple

Bring water to boil with vinegar and salt. Add a tablespoon of corn flour one at a time while stirung continually.Keep adding until a thick cooked dough is formed. Check for salt ,scoop into a bowl to shape up and enjoy with okro stew.

Method inspiration and photo credit
http://katslifestyle-com.webnode.com/blog/

Story - Ruhia Mahama

I am proud to be part of Ghana union of gothenburg because i am a ghanaian. And as a ghanaian joining the union is a represntation of your country in Sweden and in Gothenburg. You get to meet people to get ideas from or share ideas with.

I am happy about the union but hope for a better attendance of people and also wish Ghanaians living in Gothenburg or västra Götaland region will see the importance of being part of the union not only as individuals but a group and family.
I wish we ghanaians here can meet more and exhibit our rich culture.
I suggest the union send out ivitation letters to people and the members of the union should be more active and bring their friends. I also wish the memebers of the union will come to meetings on time, if possible early before the schedules meeting time to mit and talk a little before the meeting starts.

Papa Theo (Musician),Union Member

The union should also do well to provide some refreshment. They did that before and that was great but it has been a while now.
My advice for unactive memebers of the union and non members of the union is that sacrificing 2hrs of their time to a meeting ones in a month will not hurt but help build the union so that the union will be able to help more than they are doing now.

Story - Wisdom Anthonio