

VOICE OF YORUBA



NEWSLETTER OF **Egbé Omo Yorùbá**
OF GREATER MIAMI VALLEY

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Designed to Inform and Entertain

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**CSU On a March of Marching
Forward with Matching
Leadership of Dr. Kuti**

**Presidential Inauguration of
Dr. Morakinyo Kuti
The 10th President
Central State University**

Blessed inauguration of Thursday, March 6, 2025
Hearty Congratulations!!!





The Value of Writing

On the Importance of Writing Your Own History

On reflection, if someone asks you to write about your grandmother, you would find the most complimentary photo and story to tell in the writing. On the contrary, if you let outsiders write your history, they will find the most entertaining, but not factual details to include, even stretching it to a derogatory level.

Let us think deeply about that.



Why is writing your own history important?

See the **Colonial Map** of Africa below.

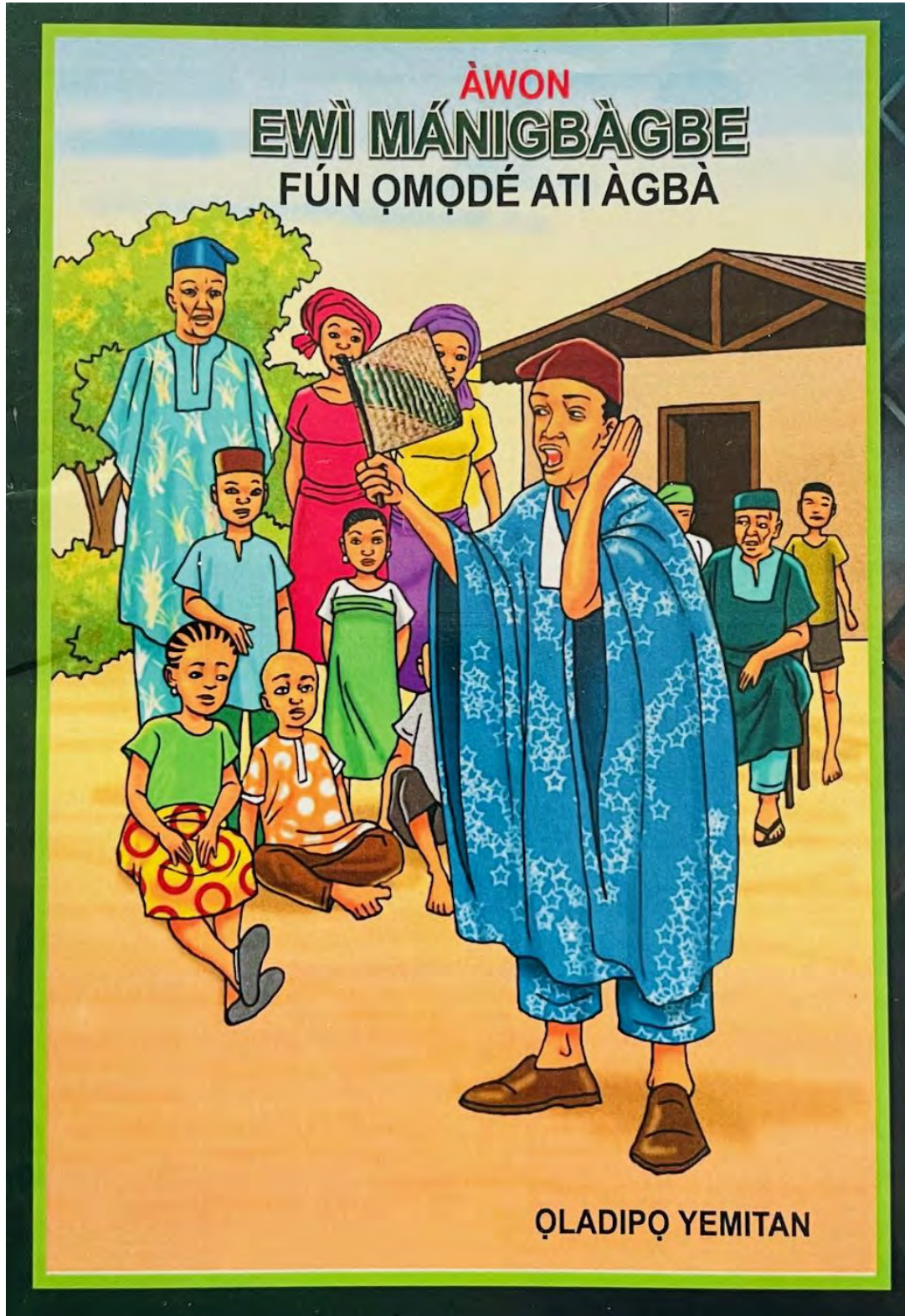


Consider the case of Cameroon, which was initially colonized by the **Germany** from 1884 to 1916, and later administered by **France** after World War I. The division of Cameroon into French Cameroon and British Cameroon significantly influenced the linguistic landscape of the country to this day.

Now, go on and write your own story, your own way, in your own appreciation.



Fortunately, on the topic of writing your own story, Pa Yemitan, our fervent supporter, is doing his part by writing motivational and inspirational Yoruba stories, history, and wisdom. He recently donated copies of his latest book below to Egbe's Yoruba books library.



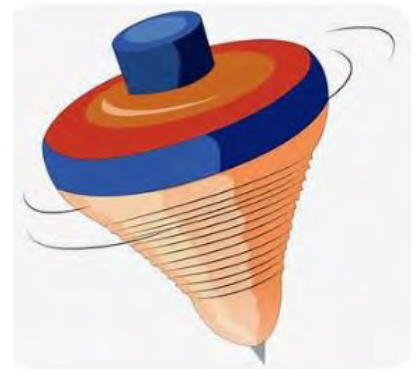
A Drum to Reckon With

Feel the Rhythm. Join the Circle!

So says Bi-Okoto (**loosely translated to “Dance like a top.”**)

We have many of our Egbe members who do just that.

Experience the joy of African rhythms at Bi-Okoto's Monthly Drum Circle! Connect with your community, tap into the spirit of unity, and immerse yourself in the vibrant sounds of traditional African drumming.



Last Saturday of every month

Time: 4pm to 6pm

Location: Bi-Okoto Cultural Center

5601 Montgomery Road, Cincinnati, OH 45212

VOY encourages you to check it out.



Email: center@bi-okoto.com; Telephone: 513-221-6112; Website: www.bi-okoto.com

The Smart Phone Protection: Our Sixth Sense

The rapid evolution and expansion of the irrefutable smart phone has made it to emerge as our “sixth sense.”

Nowadays, what can you do without your sixth sense? Not much.

So, what happens when you lose your sixth sense. VOY has a copied response for you. Please read on.

Here's what you need to do before and after your phone is stolen or lost

By Kelvin Chan
Associated Press

Phones hold so much of our digital lives — emails, social media and bank accounts, photos, chat messages and more — that if they ever get stolen or go missing, it can cause major disruption beyond just the loss of a device.

In some places, phone thefts have surged so much it's now an everyday problem, with thieves on electric bikes snatching them out of pedestrians' hands, swiping them off restaurant tables or pickpocketing them on the subway.

In Britain, where 200 phones are stolen every day in “snatch thefts,” the government has pledged to crack down on the crime and is meeting with tech companies and device makers to come up with solutions.

Here are steps you can take before and after your phone goes missing:

Basic protections

There are things you can do to make it less painful if your phone is stolen. Because some of these features are more technical in nature, people often overlook them.

Lock down as much as you can. At a minimum, require a password or biometric scan to unlock the device. You can also add similar requirements to important individual apps — like your banking account, WhatsApp or Signal — to protect your finance or chats from thieves.

Also, activate the find my device feature, which is available for both iOS and Android. Samsung also offers its own service called SmartThings Find.

You'll probably have lots of precious photos saved on your camera roll. It's a good idea to back them up, along with contacts, calendar items and other files. Google and Apple offer cloud-based backup services, although the free versions have limited storage space. You can also back up your files to an external hard drive, memory card or a laptop.

Some police forces and phone companies advise turning off message previews, which prevents



People look at their phones while waiting to cross an intersection in the rain at the Taikoo Li Sanlitun shopping center in Beijing, July. VINCENT THIAN / AP

thieves trying to break into your accounts from seeing reset or login codes when the phone is locked. To do this on an iPhone, for example, go to the Notifications section of your settings menu and tap Show Previews. You can also scroll down the app list to turn previews off for individual apps but leave them on for less risky ones like news or weather.

Turn on newer features

Recent iOS and Android updates include a number of new functions designed to make thefts less attractive.

iPhone users can turn on Stolen Device Protection, which makes it a lot harder for phone thieves to access key functions and settings. Many thieves will want to wipe the data off and reset so they can resell it, but with this feature on, they'll need a face or fingerprint scan to do so. Apple also recently updated its “activation lock” feature to make it harder for thieves to sell parts from stolen phones.

Android phones, meanwhile, can now use artificial intelligence to detect motion indicating someone snatched it out of your hand and is racing away on foot or a bike, and then lock the screen immediately. And there's a feature called Private Spaces that lets you hide sensitive files on your phone.

Get down your device number

Take note of your phone's serial number, also known as

an IMEI number. It can link you to the phone if it does eventually get recovered. Call it up by typing *#06# on your phone's keypad. If you've already lost your phone you can also find it in other places like the box it came in.

If it's stolen

If you're unlucky enough to have your phone stolen, notify police. Call your insurance company if you have a policy that covers the device. Inform your phone company so they can freeze your number and issue a replacement SIM card or eSIM. Notify your bank so they can watch out for suspicious transactions.

Tracking your device

Try to locate your phone with the find my device feature. For iPhones, go to iCloud.com/find from a web browser while Android users should head to www.google.com/android/find. Samsung also has its own service for Galaxy phones.

These services will show your phone's current or last known location on a map, which is also handy if you've just lost track of it somewhere in the house. Apple says even if a phone can't connect to the internet or has been turned off, it can use Bluetooth to ping any nearby Apple devices using the same network behind its AirTags tracking devices. Google says newer Pixel phones can be located “for several hours” after they've been turned off using similar technology.

You can get the phone to play a sound, even if it's on

silent. You can also put the phone in lost mode, which locks it and displays a message and contact details on the screen for anyone who finds it. Lost mode on iOS also suspends any Apple Pay cards and passes.

If the device shows up in an unfamiliar location on the map, and you suspect it has been stolen, experts say it's better to notify police rather than trying to get it back yourself.

Cybersecurity company Norton says, “Confronting a thief yourself is not recommended.”

Final steps

If you can't find your phone, there are some final steps to take.

Log yourself out of all your accounts that might be accessible on the phone, and then remove it from your list of trusted devices that you use to get multifactor authentication codes — but make sure you can get those codes somewhere else, such as email.

Then, as a last resort, you can erase the phone remotely so that there's no chance of any data falling into the wrong hands. However, take note: Apple says that if the iPhone is offline, the remote erase will only happen the next time it comes back online. But if you find the phone before it gets erased, you can cancel the request.

Google warns that SD memory cards plugged into Android phones might not be remotely erased. And after the phone has been wiped, it won't show up with find my device.

From Our Health Guardrail:

A Stroke of Luck or a Stroke of Death?

Know the Signs

STROKE HAS INDICATORS.

Scenario:

During an event, a woman stumbled and took a little fall. She assured everyone that she was fine. They offered to call paramedics, but she said she had just tripped because of her new shoes. They assisted her get up and got her a new plate of food. While she appeared a bit shaken up, she went about enjoying herself the rest of the evening. Her husband called later to say that his wife had been taken to the hospital. Later that evening, she passed away. Very sad.

She had suffered a stroke during the event and no one realized it.

Had people known how to identify the signs of a stroke, perhaps she could have been saved.

A neurologist says that if he can get to a stroke victim within 3 hours, he can assist a stroke victim. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which could be difficult if the signs are not recognized.

RECOGNIZING A STROKE

Sometimes symptoms of a stroke are difficult to identify. The lack of awareness can spell disaster. When people nearby fail to recognize the symptoms of a stroke, the stroke victim may suffer severe brain damage . Some don't die; instead they end up in a helpless and hopeless condition. Bystanders can recognize a stroke by asking three simple questions, mimicking the first three letters of STROKE, S.T.R.

- *S* Ask the individual to **SMILE**.
- T* Ask the person to **TALK**, for example, speak a simple sentence, such as good morning.
- *R* Ask him or her to **RAISE BOTH ARMS**.

If the suspected victim has trouble with any one of these tasks, call for a medical emergency help immediately and describe the symptoms to the dispatcher.

Another stroke test:

- Stick out Your Tongue! If the tongue is 'crooked', if it goes to one side or the other that is also an indication of a stroke.

Africa on the Rise

So says Nicholas Kristof, The New York Times

In an aging world, youthful Africa is poised to step up



Nicholas Kristof

Much of the world is accustomed to thinking of Africa as an impoverished sideshow, accounting for only a small share of the world's population and gross domestic product – but what if that is poised to change?

Experts at the International Monetary Fund have argued that we are entering the “African century.” I wouldn’t go that far, but they are right to point to profound demographic and other shifts suggesting that Africa will play a far more important role in the world.

A few data points:

■ Because of collapsing fertility elsewhere, Africa will make up an increasing share of the world's population. Africa accounted for less than 10% of the world's population until the early 1970s, but a demographic forecast in *The Lancet* suggests that by 2100, 54% of the world's babies will be born in sub-Saharan Africa.

■ If those forecasts are right (always be skeptical of long-term demographic forecasts), then at some point in the 22nd century, a majority of the world's population will be African.

■ A century ago, there were similar numbers of Africans and North Americans. Now there are 2.5 times as many Africans. By 2100, there are expected to be five times as many Africans.

■ By 2100, more than 80% of the world's pop-

ulation is expected to be African or Asian.

■ In 2100, the most populous French-speaking countries are forecast to be Congo and Ivory Coast. Already, the city with the most French speakers is not Paris but Kinshasa, Congo. One estimate suggests that by 2050, 85% of French speakers could live in Africa.

■ From 2001 to 2010, six of the world's 10 fastest-growing economies were in Africa. African growth slowed, but the World Bank estimates that sub-Saharan Africa grew by 3.6% in 2024 and will grow by 4.2% this year – only a hair slower than Asia's forecast of 4.4%.

In an aging and perhaps enfeebled world, Africa will also be a continent of youth, making it comparatively vigorous and more of a hotbed for entrepreneurship and for popular culture. In a sign of increasing cultural influence, Africans in recent years have won the Booker Prize and the Nobel Prize in literature.

Yet it also seems plausible that Africa may gain relevance by becoming an increasing source of chaos, refugees and humanitarian crises.

I was thinking about all this on a trip through Africa in December. In a village called Marfuti in southern Madagascar, I squeezed into the hut of a woman named Joroaze and her eight children, at least three of whom were acutely malnourished.

Climate change appears to have made drought much more frequent in the region, destroying crops and spreading hunger. To fetch water, Joro-

aze must make a three-hour round-trip hike to the nearest well. The only food in her hut was a bucket of fruit collected from wild cactus.

I asked people in this and other villages if they knew the name of the American president. None did, and some had never even heard of the United States. Yet village children appear to be starving in part because of America's carbon emissions; the U.S. accounts for one-fifth of cumulative carbon emitted worldwide.

In other parts of Africa, conditions are even worse. The Peace Research Institute Oslo reported last June that the number of conflicts in Africa had nearly doubled over a decade, to 28.

A few months ago, I was on the Sudan-Chad border, covering the civil war and famine. Likewise, the impoverished Sahel belt of West Africa – countries like Mali, Niger and Burkina Faso – is torn apart by terrorism and conflict and could become a vast region of chaos.

Many people feel that the natural order is for America and Europe to dominate the world, but in historical terms, that is a recent phenomenon. For most of history, Asia led the world in GDP and population. Perhaps demography will now give Africa a turn to rise.

It's difficult to generalize about Africa, but I suspect it will become more important in our lives. I'm just not sure whether that will be because of its successes or its struggles. Most likely, both.

Nicholas Kristof is a columnist for The New York Times.



History and Politics of State Creation in Nigeria

Engr Kayode Sote, FAEng

The history of State creation dates back to May 5, 1967 when General Yakubu Gowon created 12 states out of the 3 old regions of the federation (western region, northern region and eastern region of Nigeria) at the peak of Nigeria-Biafra Civil War of (1967-70). This was, however, one of the ingenious strategies and masterstroke that led to the defeat and collapse of the secession in 1970 and the rest is now history.

However, after the civil war, Nigeria has no rest as the urge for the creation of more states became the order of the day. So, on February 3, 1976, the late Major General Murtala Muhammed created 7 additional states making 19 states while in 1996, the late General Sanni Abacha created additional states that eventually brought the total number of local government councils within the federation to 774 and 36 states plus the Federal Capital Territory, FCT, Abuja.

Moreover, successive civilian governments also have a plethora of requests as the agitation for more local government councils and state creation became the norms.

IJEBU STATE IN CONUNDRUM

The royal fathers led by the Alaiyeluwa, Oba (Dr) S. K Adetona, JP, CFR, D.Litt, the Paramount Ruler & Awujale of Ijebuland inclusive of the elites, technocrats, administrators, politicians, captains of industry, religious, community, opinion & youth leaders under the umbrella of the Movement For The Creation of Ijebu State targeted: "Ijebu State Noi Noi" made several appearances at the National Assembly in Abuja and presented memoranda to the federal government on the rationale for the creation of Ijebu State, ab initio.

Moreover, from historical perspective, it is a known fact that the old Ijebu Province remains the only Provisional Headquarter of the British Colonial Administration that has not been collapsed into a state in the present day Nigeria. Many reasons can be deduced mainly:

1. The unwritten law of denial of leadership prominence as a silent punishment for the audacity of Ijebu to wage war against the British Government three times until their final defeat at Imagbon War in 1892 where canons were first deployed to defeat the natives in Africa. The aftermath of the war led to the open trade policy that enabled the Yoruba of the hinterland to access business opportunities with the coastal parts of Ijebuland, freedom of practice of Christianity and Islam in Ijebuland.
2. The unresolvable ethnic rivalry between the Egba, Remo and Ijebu people is also a major problem to date. In 1976 when Ogun State was carved out of the former Western State, the

location of the capital of the new state as recommended and designated was Sagamu being the most central town between Ijebu and Egba territories. The rivalry between Ijebu and Remo led to a stiff opposition of Sagamu as the capital of the new state. General Olusegun Obasanjo did not waste time in convincing his principal that the capital should be located at Abeokuta and so it is and shall remain so, ad infinitum. Moreover, the pressure to create Ijebu State out of Ogun State came to the front burner again and from available information, the late General Sanni Abacha was well disposed to its creation. The late General Diya, a son of Odogbolu craftily used his position as the number 2 citizen to first ensure that Odogbolu Local Government Council became the largest local council in terms of land size with the annexation of most parts of the traditional Ijebu-Ode lands.

Furthermore, on the creation of Ijebu State, the issue of where to site the capital re-occured and Diya insisted that Odogbolu should be made the capital with the land for the Secretariat stretching from Odogbolu to Ikenne in order to honor the late Chief Obafemi Awolowo. The Ijebu elites with Awujale opposed to that idea insisting that Ijebu-Ode being the Administrative Headquarter of the old Ijebu Province should be the rightful capital of Ijebu State. While the scheming was ongoing, General Diya ran into a coup de'tat challenge against his boss. On the invitation of the late General Abacha on Diya's dilemma, Awujale honored him and pleaded for Diya's life. Awujale also used the opportunity find out why Ijebu State was not created. General Abacha responded that it was truncated by his son, General Diya who insisted that the capital should be Odogbolu or nothing.

3. The third challenge is the position of the Egba, the Yorubaland political and underground strategist with unapologetic connection at the centre since the British Government and with the Fulani mafia to date. With their skimming, it became a hard sell to create Ijebu State out of Ogun State which will invariably leave Egbaland as land locked with no coastal endowment to boost its potential internally generated revenue (IGR). The documented facts on such natural endowment include but not limited to over 40 billion barrels of hydrocarbon (bitumen) reserve that stretches from the boarder of Edo State through Ondo State but heavily concentrated at Ijebu Waterside Area of Ogun State and to the shore of Lagos lagoon. It is also documented that Ijebu Waterside area has offshore hydrocarbon reserve awaiting exploration and production E/P, fishing & marine, hospitality & tourism, agro-allied..etc

In summary, the creation of Ijebu State is justifiable but remains a beautiful dream and of course, a myriad in my personal view as against the popular believe that it's a reality in no distant time. It's a statement fact that no civilian government can venture into creation of additional states with ease except the military government with its unchallengeable executive fiat in a nation usually governed with a suspended Constitution.

I rest my case

Engr Kayode Sote, FAEng

Why Nigeria Should Buy Greenland

+++ VOY Parody Editorial +++

Buying Greenland is not as preposterous as one might think.

The idea of a sovereign purchase of Greenland has been around for quite some time.

After all, the USA purchased Alaska (from Russia), Louisiana (from France), and Florida (from Spain). The Philippines was originally purchased from Spain, but was granted full independence in July, 1946. These have been worthwhile territorial acquisitions for the USA.

As long ago as 1867, the USA had an ambitious idea of purchasing both Greenland and Iceland from Denmark, when Denmark controlled both territories.

Nigeria needs to purchase Greenland for the following reasons:

1. It will be the first time any African nation has independently purchased a foreign land
2. Nigeria has a huge amount of money illegally repatriated overseas. This will be a great way to put the “foreign reserve” to a good external use.
3. Buying and owning Greenland will give Nigeria a respectable international presence.
4. It often gets too hot in Nigeria. Nigerians need somewhere to go to cool down.
5. The purchase should be pursued expeditiously because other nations are already expressing interest in purchasing Greenland now. The theory of supply and demand dictates that the price of Greenland will soon go up.
6. Greenland has expansive natural mineral resources, which could complement the known natural resources of Nigeria.
7. There is plenty of open space in Greenland to accommodate Nigeria’s exploding population.
8. Desolate as it might appear, some Nigerians can be found already residing there.
9. Although Greenland appears to be far away from Nigeria, it is actually just one ocean hop from Lagos. See world map below.
10. Finally, from anyway or anywhere it comes, “land” acquisition makes sense in the Nigerian culture.

Readers are invited to submit additional ideas of why Nigeria should purchase Greenland.



Other “Landed Property” options:

New Zealand, Iceland, Finland, Swaziland, Thailand, Newfoundland, Queensland, and Netherland. Even though Maryland is already in Lagos Mainland in Nigeria, it is already getting too crowded.

If the external land purchase efforts fail, Nigeria can look inwards and create her own **Olumoland** in Abeokuta.

VOY Funnies

Enjoy a laugh on us.

Fun with BB Cartoons

© 2024, BB Cartoons (**Original funnies and jokes**)

Adventures of the Village Bathman



Drawing credit: Commercial artist, Emmanuel Dudu, Lagos, Nigeria

Mrs. Village Bathman says to Mr. Bathman: “You say God is everywhere. Why do you always look up when praying?”

Mr. Village Bathman replies: “As far as I know, Heaven is up there.”

The Pastor's Preaching Palaver

A pastor went to the dentist for a set of false teeth. The first Sunday after getting his false teeth , he preached for only eight minutes. The second Sunday , he preached only ten minutes. But the following Sunday , he preached non-stop for nearly three hours , until the congregation realized he couldn't quit. They finally helped him sit down.

Concerned for his health , they asked , "Are you okay? What happened?" The pastor explained , "Well , the first Sunday with my new teeth , my gums were so sore I couldn't preach longer than eight minutes. The second Sunday I felt I could go on a little longer to ten minutes. But today I mistakenly put my wife's teeth in , and I discovered I could not stop talking."

VOY's response:

It should be noted that the wife's incessant talking (aka nagging) is what forces the husband to follow the doctor's instructions. Even the LOCKHORNS have something to say about this. See below.



Here is another one:

This was overheard in a courtroom.

Jury Foreman: Juror Number 12, you are silent. You haven't said anything throughout this deliberation.

Juror Number 12: I read the sign by the door. It says "Quiet. Court is in session."

Quote for the Ages

Please don't kill the messenger on this one. The aim of this publication is to inform and entertain. We heard this quote recently:

"Men, they are so stupid; you have to pity them." - Excoriating Spanish lyric from the song of Famed Mexican Ballad Singer, Paquita la del Barrio.

Ouch! Did God make them that way?

Many women, particularly wives, would tend to agree with Paquita's assertion, unjustifiably so, though. 😊

VOY calls upon all men to demonstrate acts that could help reverse this erroneous belief.



On Man-Woman Language Differences

It is said that women and men speak different languages.

Man's statement to marriage counselor:

"No, I don't fight my wife. How can we fight? We don't even speak the same language"

Eja Epe is Alive and Adored

Eja Epe is real, as portrayed pictorially below. If you get too tempted by what you see, please ask the VOY editor for a culinary referral.



The Proof THEN (1970):

Postcard provided by Dr. Gideon Bisi Adegbile



As it was then at Epe Fish Market, so it still is today, as documented by VOY editor



Proof of 2025: Photos taken by VOY Editor, Deji Badiru







If you want to see this proof for yourself, please go to the town of Epe, Lagos State, Nigeria. The tasty fish varieties are waiting for you. Go and enjoy!

Quote of the Quarter:

"I have discovered that what really matters in life more than money, wealth, power and even wisdom is how many people you helped to stand when you had the chance to do so."

~ Lateef Kayode Jakande



Quarterly Recent and Forthcoming Birthdays

Looking back and forward in Birthdays

January:

Ronke Adegbile, January 3
Hammed Agboola, January 12
Samuel Banjoko, January 22

February:

Dayo Odunsi, February 23

March:

Remi Oyebanjo, March 7
Nkechi Agboola, March 23



April:

Alice Okunade, April 6

May:

Christiana Okunade, May 5
Gabriel Okunade, May 10
Bisi Adegbile, May 18
Joan Apapa, May 29

June:

Gloria Iselaiye, June 13
Samuel Okunade, June 22
Yomi Omilakin, June 29



Have a “**Cakelicious**” Birthday Celebration!

Please notify the VOY editor if any new EOY member has been born in recent times so that the birthday celebration could be included on this page.

HISTORY OF EGBE OMO YORUBA OF GREATER MIAMI VALLEY

Compiled and submitted by
Gideon S. Adebisi Adegbile, M.D.
Past President, Parliamentarian & Historian

PRELUDE

In 1985 when our beloved country, Nigeria attained 25 years of post-Independence, we the Nigerian citizens in the Miami Valley area decided to commemorate the occasion with a celebratory party. Not having an organized group at that time, and with most Nigerians in the Miami Valley area then being students, I spearheaded the planning of the event with the assistance of Bennet Izeh, Anthony Ibe, Ayo Ogunduyile, Okon Anwana and several others.

The well-attended, thoroughly exhilarating party was held at Marable Party Room on Germantown Street in Jefferson Township. The owner, Mr. James Marable was a good friend of mine as we were members of an August Club of "The Selectmen." Bennet Izeh was the DJ. At the end, attendees were solicited for donations to go toward the following year's event in order to make it annual. People gladly donated one hundred and nine dollars (\$109.00), which was applied to the event in 1986. Following the 1986 affair, some individuals introduced divisive ideas that dissolved the cohesiveness that had been born, hence no such events took place for several years thereafter.

BIRTH OF EGBE OMO ODUDUWA

In early 1990s, and 1993 to be exact, some working-class Nigerian Professionals decided to start Egbe Omo Oduduwa. The first meeting was held at 4237 Brookhill Lane, Dayton, OH with 10 (ten) individuals in attendance as follows:

- | | |
|----------------------|--------------------------|
| 1. Ayo Ogunduyile | 6. Theophilus Adegboruwa |
| 2. Gabriel Omolewu | 7. Eugenia S. Shittu |
| 3. Samuel Okunade | 8. Abayomi Folarin |
| 4. Dayo Obebe | 9. Abayomi Ajayi-Majebi |
| 5. Hammed A. Agboola | 10. Gideon A. Adegbile |

This was the birth of Egbe Omo Oduduwa with inaugurating officers as follows

President: Gideon S. Adegbile

Vice President: Samuel Okunade

Secretary: Abayomi Folarin

Treasurer: Theophilus Adegboruwa

We decided on monthly meetings to be hosted in rotation by each member in alphabetical order. Several months later, we decided to have Constitution & Bylaws. A recently joined member, Dr. Seyi Kuforiji, single-handedly drafted the document, which was discussed and ratified by the group. The organization was officially named “Egbe Omo Oduduwa of Greater Miami Valley.” Membership dues were set at ten dollars (\$10.00) per month but only by head of household.

Following ratification of the Constitution & Bylaws, we embarked on incorporating the group as a 501(c)-(3) entity registered with the State of Ohio under the guidance of Seyi Kuforiji and Theophilus Adegboruwa, an accountant in his own right.

Few years later, when we discovered that there were similar Yoruba organizations across the country (Dallas, Tx; North Carolina; Tennessee etc), we changed the name to “Egbe Omo Yoruba of Greater Miami Valley.”

We have adhered strictly to the Constitution & Bylaws ever since, changing officers, especially the President on biennial basis. And we have the monthly meetings on a rotational basis, with the host family hosting at their residence, at least for the first twenty-five years or so until rude interruption of COVID-19 when we chose to meet in Restaurants and other facilities that can provide adequate distancing. This has led to meeting regularly at Central State West, courtesy of Dr. Morakinyo Kutu, who was recently installed as President of Central State University – probably the first and only Yoruba-Nigerian to head a major HBCU!!!

Our first Annual Scholarship Banquet was on September 2, 2005 at The Mandalay Banquet Center, with Dr. Olufunso Oluyitan as the Social Secretary and the force behind the occasion. Our very first Guest Speaker whose work and ministry in Ghana were highlighted was Rev/Dr. Daryl Ward, the Lead/Head Pastor of Omega Baptist Church, Dayton.

Subsequent Speakers/Honorees over the years include, but not limited to: Rev/Dr. Robert E. Jones, Rev/Dr. Truman Martin, Pastor/Dr. David Smith, Dr. Samuel Adebajo, Dr. Tope Mabogunje, Bishop-Elect Ronald Logan, Pastor & Mrs. Leroy J. Stills, Dr. Jegede. A very special guest was Rev Samuel Oladitan in commemoration of his 90th birthday in 2010!

We have continued the tradition of Annual Scholarship since 2005, except again, during COVID-19 years. We are now resuming the event and ask for your generous financial support as it is our biggest effort to raise scholarship funds.

Taking care of Body and Soul: The Nourishing Legend of Okra

Whether you call it Okra (in the USA) or Okro (in Nigeria), the legend of this food product is the same and well known. **Okra is technically a fruit** according to the botanical definition, but a vegetable by culinary standards and usage.



Okra health benefits

Weight loss

Promotes satiety

Blood sugar regulation

Regulates blood sugar

Skin and hair health

Improves skin appearance

Bone strength

Strengthens bones

Digestion

Supports gut health

Cholesterol control

Reduces cholesterol levels

Brain health

Supports cognitive function

Cancer prevention

Reduces cancer risk

Immune system boost

Enhances immune response

Eye health

Protects vision health

Pick your okra passion, by whatever means you wish.





You will notice that we have toned down the glaring photos of food in this section. Several readers have complained that the sight and appeal of what we show give them a great concern of culinary temptations. If you miss the past glorious food-foto shows, please beg us to bring them back. We will comply in a goat's heart beat.

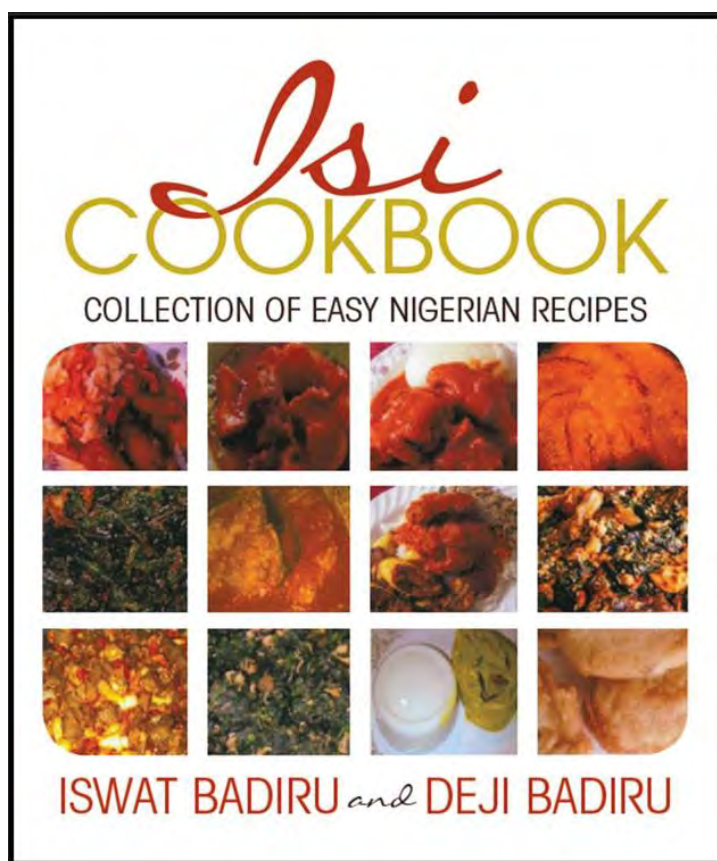
Please enjoy what you see here for now.

Jollof Rice: The Isi Recipe Way

Jollof Rice is a craved and celebrated culinary product of West Africa. It goes perfectly with Eja Epe. 😊

Many West African countries compete with claims of making the most heavenly Jollof Rice. Although the proof is in the eating, Nigeria is at the forefront of the Jollof Rice championship claims. Senegal is reputed to be the original “origin” of jollof rice. This is vigorously contested by Gambia. Noise or no noise, Jollof Rice adulation is universal. No doubt, Nigeria makes the most noise about the best Jollof Rice in the land. Jollof rice makes an excellent buffet dish for parties. You can put in an many types of meat as you like or no meat at all (vegetarian dish). Shrimp makes an extravagant, but wonderful addition. Use a heavy pot or large cast iron skillet to discourage burning; stirring often is the key to success. A large wooden spoon works well as an implement. Whatever pot you use, you will need to be able to cover it tightly.

Reference:



Badiru, Iswat and Deji Badiru (2013), *Isi Cookbook: Collection of Easy Nigerian Recipes*, iUniverse, Bloomington, Indiana, USA.

Recipe: Please adapt and modify to your personal taste, preferences, and resources.

- 4 cups dry rice - pre cook about half way done
- 3 – 4 pieces boneless chicken – dice into small pieces & brown w/favorite seasoning
- 1 large onions – chopped

- 2-3 green bell peppers – chopped
- 6 tomatoes - chopped
- 1 lb. shrimp
- $\frac{3}{4}$ cup chopped carrots
- $\frac{3}{4}$ cup string beans – break into small pieces
- $\frac{3}{4}$ cup peas
- $\frac{1}{4}$ - $\frac{1}{2}$ cup tomato paste
- Salt to taste
- Hot pepper to taste - optional
- Thyme to taste
- Oil to frying

Preparation:

1. In a heavy large pot, large enough to hold everything, brown the chicken in about one cup of oil.
2. Add chopped onions and peppers and simmer over medium heat for about 5 minutes.
3. Pre-cook the carrots, beans and peas until about half done (you may boil them all together if you like); drain and aside.
4. In a separate skillet, sauté the shrimp in a small amount of oil; add drained vegetable; chopped tomatoes; tomato paste, salt; pepper and thyme to taste. Simmer for about 5 minutes.
5. Reduce heat to low and add chicken mixture; simmer all for five (5) minutes.
6. Combine pre-cooked rice with chicken and tomato mixture; mix thoroughly; rice dish should be tinted orange not red. Too much tomato paste will make it red.
7. Continue to simmer, add water sparingly until rice and vegetables are tender and also to avoid burning.
8. Jollof Rice is ready to serve when everything is cooked.

Serves: 6 or more

Variations: Eliminate meat for a good vegetarian main dish. Also experiment with variety of vegetables of your choice.

Documented Origin of Jollof Rice:

By the way, the Jollof Rice that we all love so much has an interesting origin outside of Nigeria. A quick gastronomic research reveals that Jollof Rice originated from the city of Jollof, Senegal. Interestingly, it has been adopted and adapted into the favorite of several African countries, including Nigeria, Ghana, Cameroon, Gambia, and so on. So, next time you think Jollof, think of Jollof, Senegal for giving us this delicacy.

Reference: [Jolof Empire - Wikipedia, the free encyclopedia:](https://en.wikipedia.org/wiki/Jolof_Empire)

https://en.wikipedia.org/wiki/Jolof_Empire

Wikipedia

The Jolof Empire (French: Djolof or Diolof), also known as the Wolof or Wollof Empire, was a West African state that ruled parts of *Senegal* from 1350 to 1549.



There you go. If you have a craving, there are enough scoops to stuff many hungry mouths.

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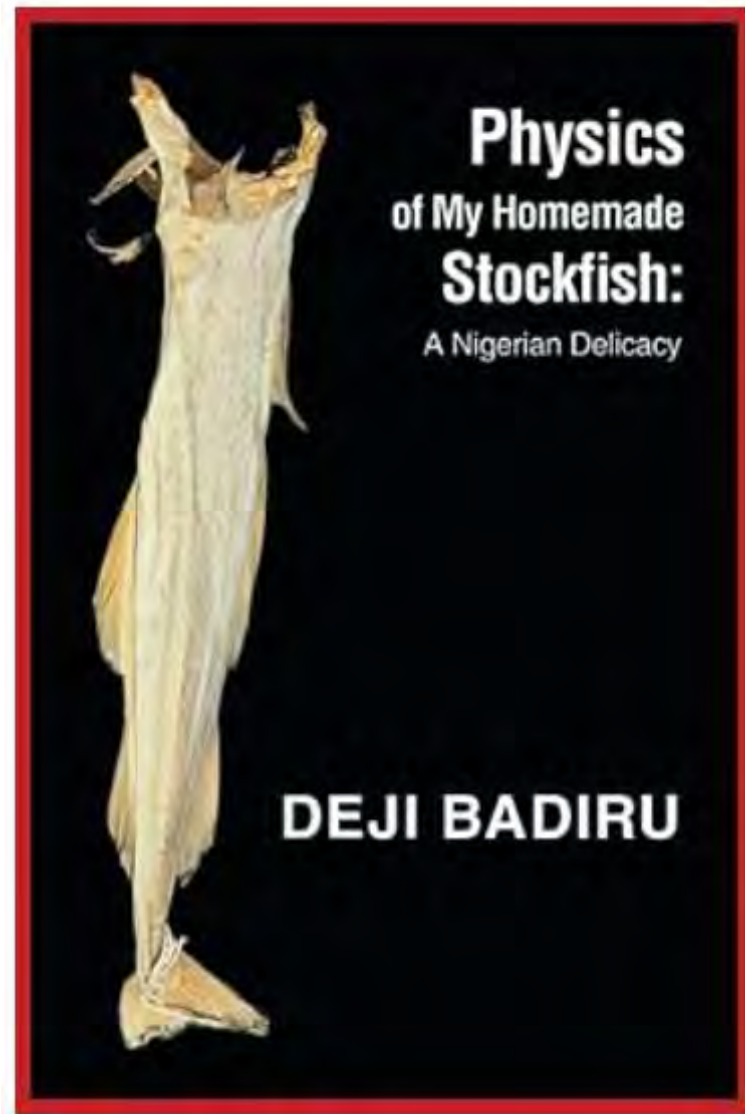
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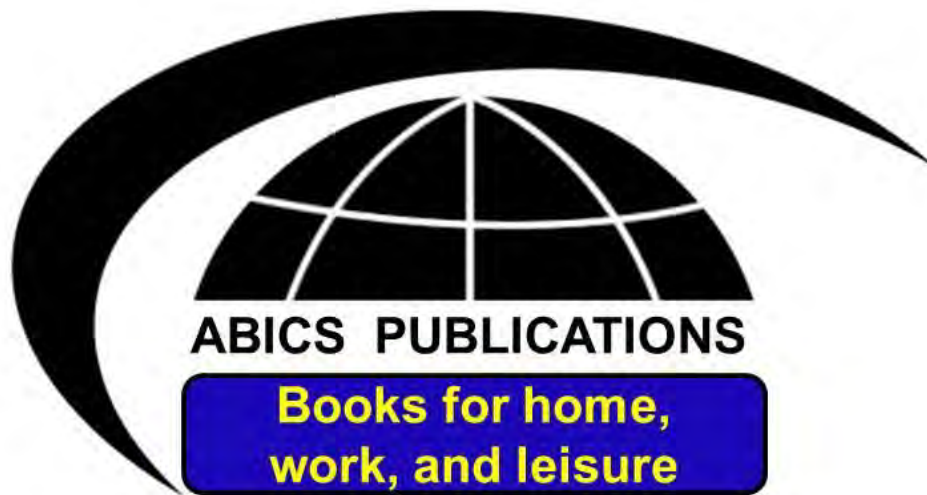
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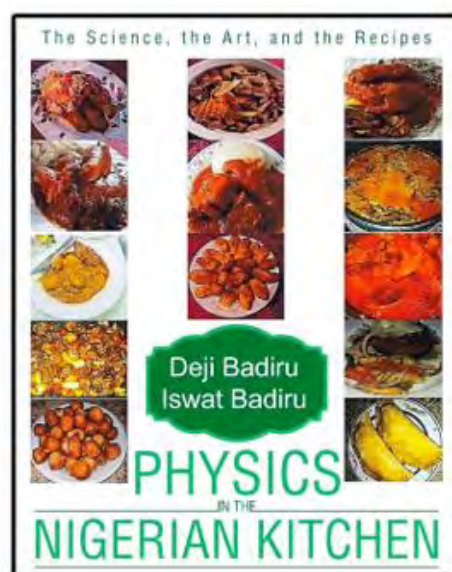
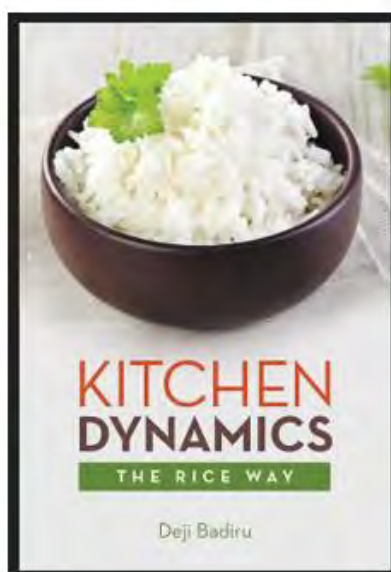
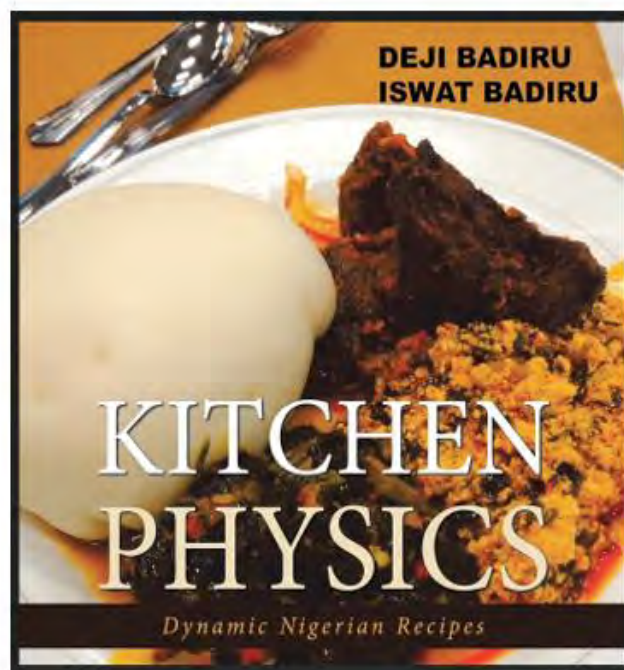
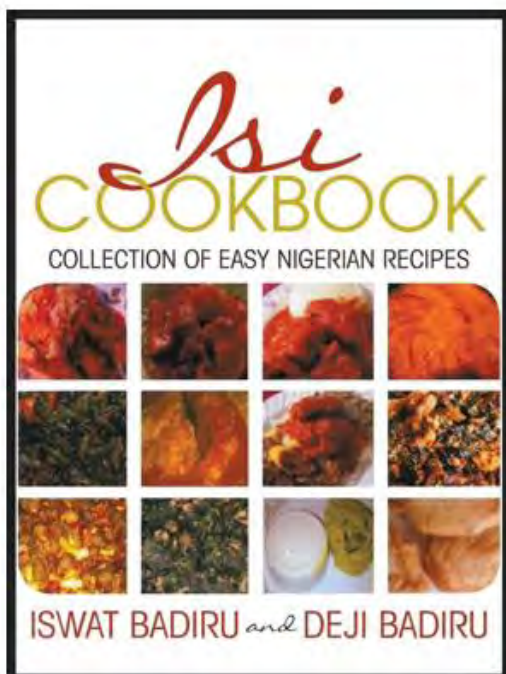


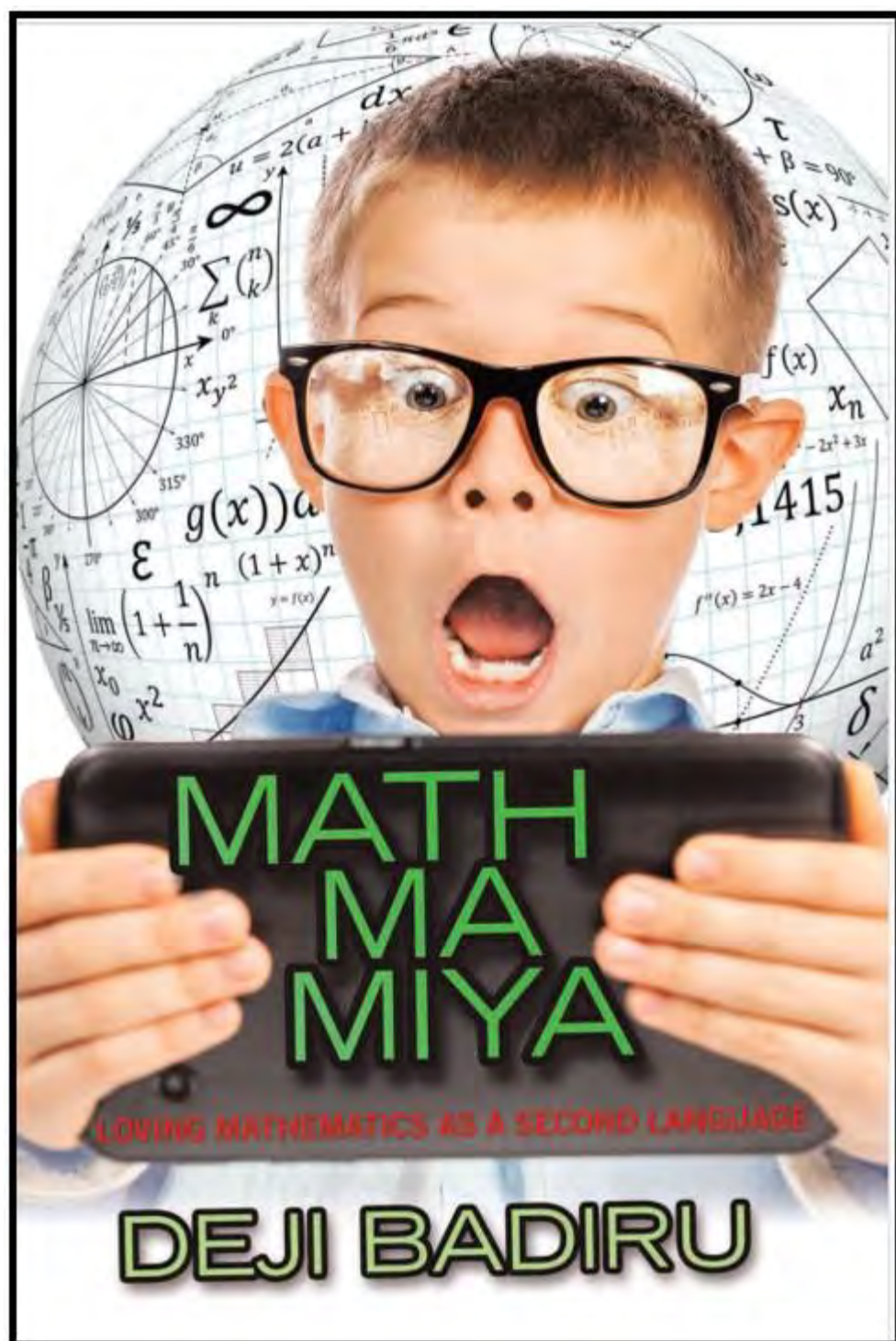
This is a book about recreational experimentations with making homemade food products. The author narrates how he got into the exciting act of making Stockfish, which is air dried cod fish. The title of this book follows the topical titles of some previous book titles in

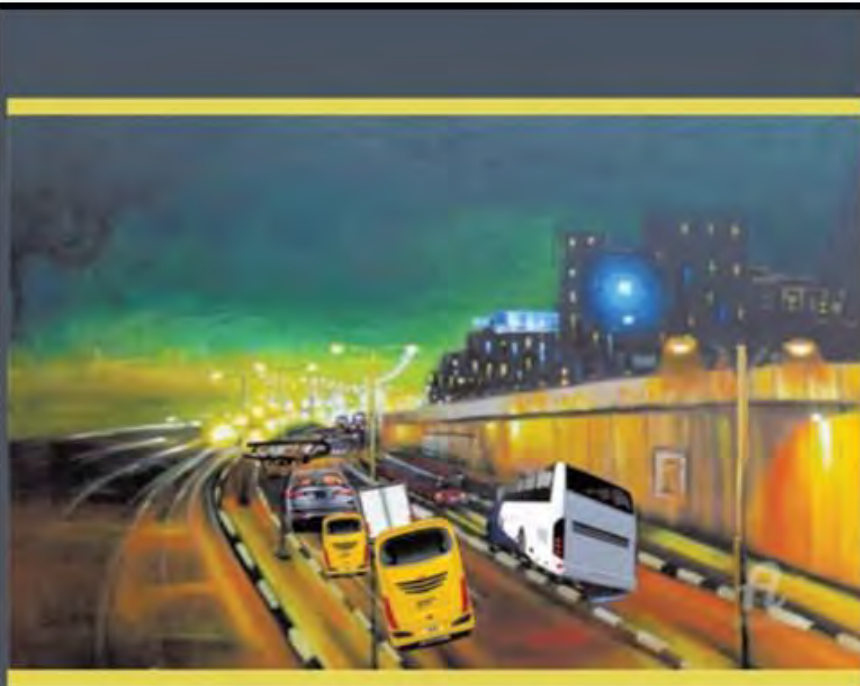
the ABICS Publications series. Notably, Physics of Soccer, Physics in the Nigerian Kitchen, and Physics of Skateboarding. My website www.PhysicsofSoccer.com states that "Biology determines what we are, Chemistry explains what makes us what we are, and Physics describes what we do." In Stockfish making, chemistry and biology probably plays a bigger role than physics as a science. However, figuratively, "physics" of something is often used to refer to how something is done, as in how to execute the logistics and dynamics of making homemade food products.



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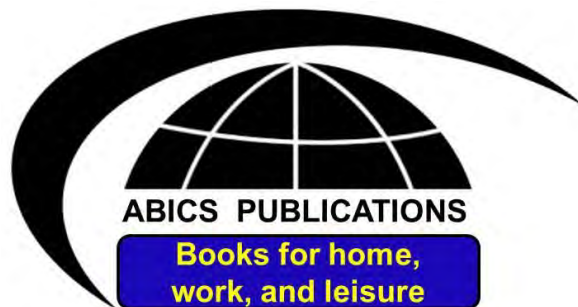




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DEJI BADIRU



Serving all your favorites:

- Fish pepper soup
- Goat meat pepper soup
- Vegetable soup
- Yam porridge
- Fried tilapia
- Suya
- Meat pie
- Jollof rice
- Fried rice
- Rice & Stew meal
- Rice & Beans meal
- Assorted meat stew



Serving all your favorites:

- Whole tilapia
- Grilled lamb
- Pepper chicken
- Pepper goat meat
- Chin-chin
- Akara
- Moin-moin
- Puff-puff
- Fried plantain
- Fufu & Stew
- Egusi soup
- Okra soup



Health-Enhancing Foods

From a Nigerian-owned Food Manufacturer in New Jersey

Some people live to eat while some eat to live. In either case, the pursuit of health is the overriding desire. To make this possible, VOY is delighted to profile and highlight the health-enhancing products of Health Enhanced Foods, Inc. (HEF) of New Jersey, USA.

Website: www.hefproducts.com

Contact email: manager@hefproducts.com

Phones: Office: (973) 784 4105; Mobile: (225) 773 9679

Seeing is believing. Tasting is appreciating. We invite our VOY readers to view and savor the product images that follow:

The infographic features a central image of a red and white bag of 'BUCKWHEAT BAKING MIX'. The bag has text in English and Yoruba, and an image of waffles. Surrounding the bag are six callouts with arrows pointing to the product, each describing a health benefit.

- Uniquely blended**
All purpose Buckwheat Baking Mix is uniquely blended with naturally nourishing ingredients to provide high nutritional value to the consumer.
- Grain-free**
It is grain-free and gluten-free.
- Chickpeas & sunflower**
All other ingredients including chickpeas and sunflower seeds are included to maximize nourishment for the consumer.
- Naturally nourishing blend**
Crafted with wholesome ingredients, carefully blended for optimal health benefits.
- Naturally nourishing blend**
Crafted with wholesome ingredients, carefully blended for optimal health benefits.
- Pseudo-cereal**
Buckwheat, the main ingredient, is not wheat but rather a pseudo cereal that is high in vitamins, minerals, and antioxidants.
- Maximize nourishment**
Enhanced with chickpeas and sunflower seeds for added nutritional value.

Chickpea Pancake and Muffin Mix is uniquely blended with naturally nourishing ingredients to provide high nutritional value to the consumer.

It is grain-free and gluten-free.

Chickpea flour, the main ingredient, is naturally high in fiber, protein, minerals and antioxidants.

It is grain-free and gluten-free.



All other ingredients including buckwheat and sunflower seeds are included to maximize nourishment for the user.

Use Chickpea Pancake and Muffin Mix in place of regular wheat flour to make gluten-free baked goods including pancakes, muffins, and bread.

Dumpling is a universal food consumed worldwide, whether wrapped, fried, boiled, grilled, or stuffed

Most dumplings in the market are made with refined flour and are largely devoid of nutrients.

Maximizes natural nourishment for the consumer

Maximizes natural nourishment for the consumer

Gluten-Free Dumpling Flour is made with a blend of unrefined flour from buckwheat, oats, flax seeds, and psyllium husk

It is rich in protein, fiber, vitamins, and minerals



Great for gut health

Formulated with naturally nourishing ingredients to support digestive health

Great after fasting meal

Can be enjoyed as a nourishing meal following a period of fasting



Naturally nourishing

Contains a blend of nutrient-dense super grains

Gluten-free

Made without gluten, making it suitable for those with gluten intolerance

No added sugar

Free of added sugars and artificial sweeteners

Rich in vitamins & minerals

Provides a high content of essential vitamins and minerals



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To VOY readers, *Thank you..*



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