

VOICE OF YORUBA

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



www.VoiceOfYoruba.org

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Designed to Inform and Entertain

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From The President’s Corner



As we come to the end of the year 2022, I am also coming to the end of my term as President of Egbe Omo Yoruba of Miami Valley, Dayton, Ohio. With the Covid-19 pandemic, the past 2 years provided us an exceptionally wonderful opportunity to learn and do things differently along that unique journey of a lifetime. However, despite the pandemic and related health issues some of which are still lingering on as well as some hiccups that we experienced, the state of our Egbe remain strong. It is noteworthy that we touched the lives of several people and made distinct impact individually and as an organization within Dayton and its environ. Equally worth mentioning is that Egbe members were blessed to enjoy the opportunity provided by God to participate in various heart-warming festivities such as weddings, picnics, birthdays, etc. during the year.

New Executive Officers of Egbe were elected during Egbe’s November 19th meeting. In addition, the Egbe seized the

opportunity of this meeting to mark and celebrate Thanksgiving together as a family. It was, indeed, a meeting and celebration to remember with the sumptuous meal provided by our mothers including the delicious secret-recipe pepper soup courtesy of our dear brother, Mr. Abayomi Omilakin.

The 2022 Christmas party on December 10 was jam-packed with authentic Yoruba-land cuisine such as ewedu and gbegiri (aka abula) – of course with amala. Our mothers, under the leadership of Mrs. Gloria Iselaiye and Mrs. Tope Anderson did not leave any stone unturned to ensure that we had a taste of delicious “home food”. Not only did everyone enjoyed the finger-licking meal, the Master of Ceremony, Dr. Bamidele Apapa fantastically directed a well-choreographed program that he planned for the evening and introduced a series of new “-cologists” to our vocabulary. Accolades also go to our one and only House Disc Jockey, Dr. Morakinyo Kuti who provided the wonderful music that facilitated highly spirited gracious moves as well as the ensued healthy competitive moves and dance steps. In fact, it was an amazingly, highly enjoyable, fun-filled evening. As we say in Yoruba language, “Irohin ko to afojuba; Eni de be ni o le so”.

The newly elected Executive Officers of Egbe will be sworn in during our January 21, 2023 meeting. This is when I will hand over the gavel to Dr. Abayomi Ajayi-Majebi as the President to lead Egbe and take it to new heights in the next 2 years.

Looking back, I am very grateful to the members of Egbe; especially the Executive Officers, the various Standing Committee Chairpersons and members of those Committees for their tireless efforts and support of Egbe’s goals and objectives in the past 2 years. Together, and by the special grace of God, we successfully tackle and beat the various challenges of our day – the pandemic, ups and downs of life, as well as health-related and relational issues. With the exceptional camaraderie between Egbe members, we are poised to continue to spiritually warm ourselves up with meaningfully appropriate monthly doses of refreshing food, fun-filled tête-à-têtes, and thoughtful deliberations on Egbe’s official matters.

May the Lord continue to be with us, guide and guard us individually and collectively, and tremendously bless us and all our loved ones in the new year (2023) and beyond. Amen.

Dr. (Mrs.) Funmi Adegbile, President

**Oh, before we get too far, Happy New Year 2023
from VOY to all and sundry.**



Presidential Intellectual Connectivity: Making Waves over the Air Waves

Our dear president not only presides over our local club affairs, but she also carries the torch of intellectual connectivity around the world. Her recent interview on the Nigerian Diaspora platform is echoed below. Young and old alike are encouraged to read this inspiring piece.

<https://pharmanewsonline.com/collaborative-research-crucial-for-national-development-ajayi/>

• Diaspora

Collaborative Research Crucial for National Development – Ajayi

By
Temitope Obayendo

-
28/11/2022



Dr Funmilayo O. Ajayi is a clinical pharmacology & biopharmaceutics consultant. She served as a national research council resident research fellow at Walter Reed Army Institute of Research, Maryland, USA. Thereafter, she spent over 10 years at the Centre for Drug Evaluation and Research (CDER) and FDA, and almost 14 years at Procter & Gamble (P&G).

In this exclusive interview, Ajayi, who is a Fellow of both the London Institute of Science Technology and the American College of Clinical Pharmacology, highlights role of scientific research in national development, while also addressing other pressing issues in healthcare such as antimicrobial resistance, pharmaceutical technology and cost-effective drug development process that require urgent attention. TEMITOPE OBAYENDO spoke with her.

Please tell us a little about your background and education.

I am the first of six children of Rev. Samuel and Mrs Deborah Oladitan, both of blessed memory. My father, a minister within the Baptist Church in Nigeria, had the opportunity to also be a school superintendent in early 1960s. On the other hand, my mother was a primary school teacher. Both of my parents valued education to such a degree that they gave opportunity to several young people within their spheres of influence to live with

them so they could go to school. Most of them got educated to the highest level within their careers.

I received a PhD in Pharmacology, with emphasis on experimental therapeutics, from the University of Ibadan, Nigeria. I worked at the Pharmacology Department and The Ibadan Polytechnic, while pursuing my postgraduate education.

Following my postgraduate education, I worked at the Biology Department, Ogun State Polytechnic, in Abeokuta, and later at the Department of Pharmacology, Ogun State University Teaching Hospital, Sagamu.

My areas of interest and focus are biopharmaceutics, pharmacokinetics, pharmacodynamics, drug safety, and pharmacovigilance. I am a Fellow of the London Institute of Science Technology, the American College of Clinical Pharmacology, and the Nigerian Association of Pharmacists and Pharmaceutical Scientists in the Americas (NAPPSA).

I was fortunate to receive the National Research Council Resident Research Fellowship Award, which took me to Walter Reed Army Institute of Research in Silver Spring, Maryland, USA. This opportunity opened a rare door for me at the Centre for Drug Evaluation and Research (CDER) of the US Food and Drug Administration (FDA) where I served for over 10 years. This was followed by 14 years of global research & development responsibilities with Procter & Gamble (P&G), in Cincinnati, Ohio.

What informed your decision to study Pharmacology?

My interest in the sciences started while at the Baptist Girls High School, Osogbo, Osun State. We had wonderful science teachers who made the subjects easy to grasp and appreciate. I was interested in going for Medicine, until I was presented with an opportunity in the field of basic medical sciences for a Science Laboratory Technology Diploma in Pharmacology & Physiology within the Institute of Science Technology, London.

It was no brainer for me to keep a keen focus in Pharmacology since I was already working as a science laboratory technologist in the Department of Pharmacology and Therapeutics at the University of Ibadan. Realising that it was possible to obtain the Fellowship of the London Institute of Science Technology via a masters' level thesis, I embarked on doing that and, successfully so.

Receiving the Fellowship of the London Institute of Science Technology opened the opportunity for me to apply to the Postgraduate School of the University of Ibadan, where I earned a master's degree and, subsequently, a Doctor of Philosophy degree in Pharmacology.

I am blessed and proud to be the first science laboratory technologist to go through this route of education, which eventually opened the door that others have successfully gone through in Nigeria.

As a veteran researcher, do you see scientific research as a tool for national development?

Yes. This is because successful achievement of national goals is only feasible when the relationship between research and innovation is fully explored, developed, and utilised. A well-known fact is that nothing can be achieved without scientific research. Science is a tool for national development that yields significant knowledge creation, ample understanding, and utilisation of various unique strategies. This enhances national health and wellbeing, infrastructural developments, agricultural productivity, mining of natural minerals, economic and social development, to mention a few.

What is needed most in our country is a strong collaboration among the universities, industries, governmental agencies and the like. This is because collaborative research is very transformational. It helps reduce inefficiencies in the system, build research capacity and enhance research capability. All of which will result in timely understanding of complex national problems and creation of innovative solutions to same.

Can you share with us major factors in drug development that will aid the Nigerian pharmaceutical industry in local drugs manufacturing?

The wealth of knowledge, expertise, and experience of the drug development paradigm within the industry, academia, as well as the regulatory arena in Nigeria is noteworthy. Unfortunately, the major outages and limitations hindering the pharmaceutical industry in Nigeria are with respect to poor infrastructure, such as good roads, electricity, and water supply; lack of end-to-end solutions to drug manufacturing, viz ability to manufacture active pharmaceutical ingredient (API) and high-grade pharmaceutical excipients; as well as insufficient number of clinical research facilities for Phase I to Phase III clinical trials.

Focused joint efforts by the federal and state governments, in terms of funding and authentic leadership, is urgently needed to ensure that Nigeria does not stay too far behind in the world of pharmaceutical research, technology, development, and manufacturing.

Again, from your years of experience, how would you place technology in drug development?

While pharmaceutical technology is an essential aspect of efficient and cost-effective drug development, manufacturing, and drug delivery, the importance of technology in general cannot be overstated. It is critical at all stages of drug development, starting from technologies used for lead drug candidate identification and selection, study protocol development, data generation, data collection, data analysis, and disease therapeutics management, such as prediction of drug response, drug failure, and/or drug safety profile.

How would you assess the performance of Nigerian pharmacologists in clinical pharmacology? Are there areas requiring improvements?

Our clinical pharmacologists are doing their very best by devoting a lot of efforts to research, even with the limitations being faced because of inadequate research funding, poor infrastructure, and little to no leadership support. Hence, based on the above, I will say that they are making excellent strides despite the obstacles they face.

Having worked on anti-infectives review, what would you recommend as a solution to recurrent antimicrobial resistance issue in Nigeria?

The resistance to antimicrobial agents in our dear country is a significant medical issue that may soon become very problematic with emergence of “superbugs”. Consequently, there is an urgent need for a deliberate and targeted joint effort by the government and healthcare professionals to curb the outrageous access to, misuse and abuse of antimicrobial drugs in Nigeria.

What is your message to young pharmacologists aspiring to be like you?

Keep exploring new opportunities and don't let anything stop you from learning because knowledge is wealth and, keep in mind that the art of medicine is rapidly evolving.

=====

THANK YOU

FOR CARRYING THE BANNER OF NIGERIA HIGH



Photo Journal of Egbe's 2022 Christmas Party

On December 17, 2022, Egbe Omo Yoruba of Greater Miami Valley hosted the annual Christmas Party. It was a fun and sumptuous affair, as usual. Our very own Dr. Moraks Kuti served as the DJ and he kept the air pumped up with melodious music. Dr. Bamidele Apapa served as the supreme MC. He kept the party amusing with stories, Biblical riddles, and contemporary jokes. He led the singing as well as he led the dancing. It was a fun day for all. If you don't believe this report, see the photo journal for yourself.

What you see is what happened. 😊

We even had the appearance of the **“Three Wise Men”** at the party. Oh, yes, they confirmed their wisdom at the Gospel table.



Not to be outdone, the women created their combinations and permutations of "Multiple Wise Women."



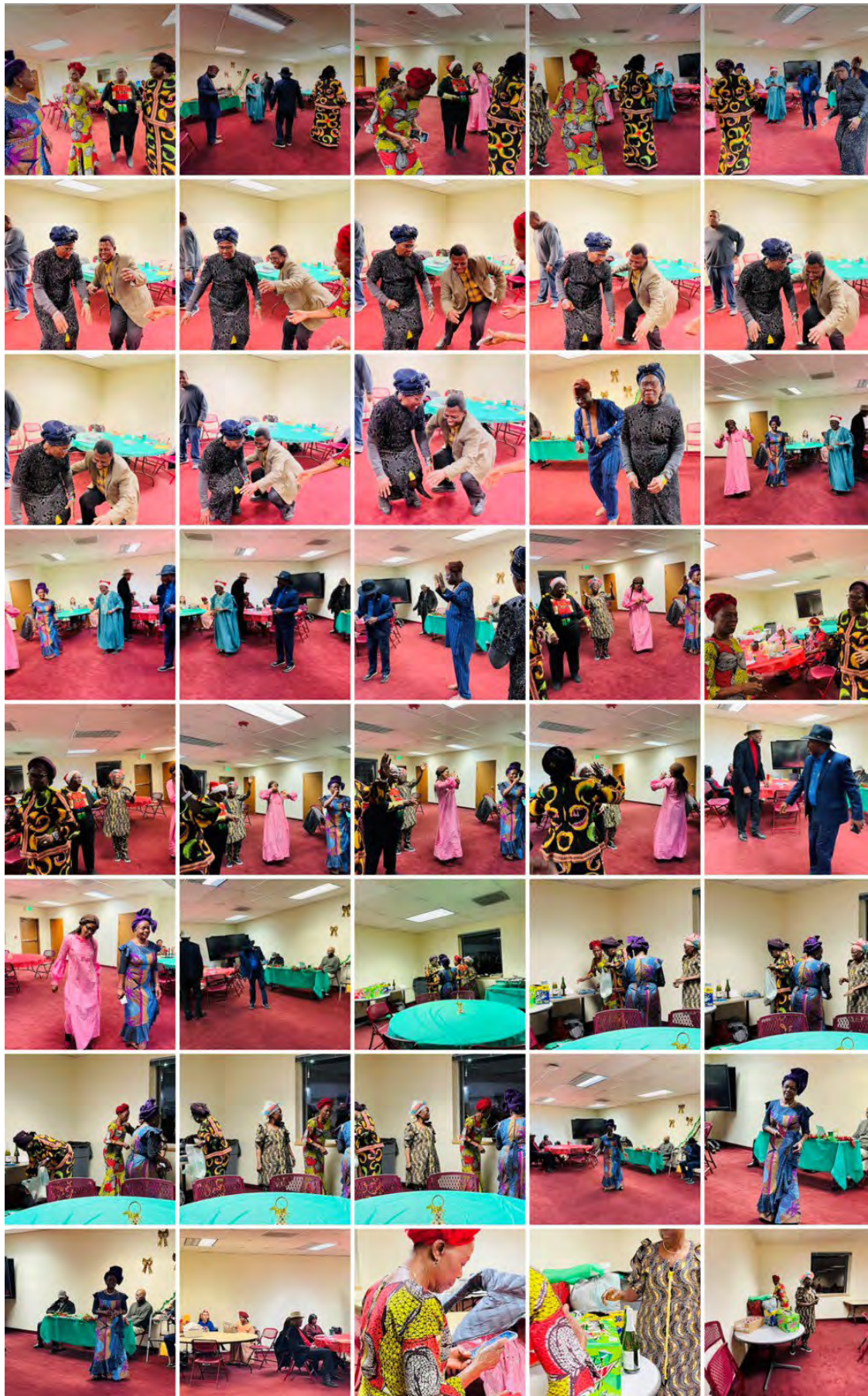


For some people, a regular dinner plate was not enough to really take in the full fare available. An aluminum pan was called into service for this extra-indulgence purpose. It did work well and we did not hear any complaints of not enough plate space to dish the chow.



Some dancers took the challenge call of “low, low, low” literally, as they tried to level with the dance floor. Luckily, several helping hands were around to pull dancers back up.

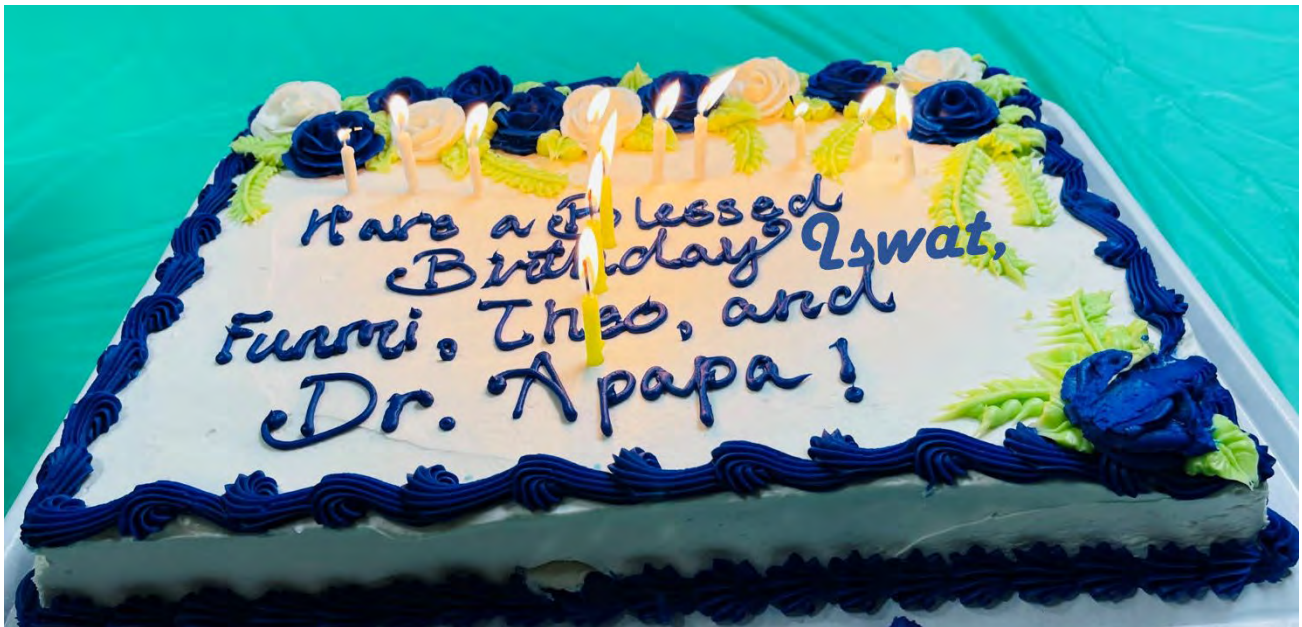








On a serious note, the party also recognized December birthdays of members.



Happy Birthday to All.

See you all at the same event next year. Remember it will be 2023.

Lagos, Oh, My Lagos

During a recent visit to Washington, DC, flying into Washington National Airport, in my usual pick-and-read habit (my wife calls it my paper-hoarding disease), I picked up a copy of the complimentary Washington DC Travel Magazine, Autumn 2022 edition, which was freely available throughout the airport. Scanning through the pages of the magazine, I was pleasantly surprised to see a center-page complimentary coverage of Lagos as a “crown jewel.”



LAGOS

BY DUANE WELLS

NIGERIA'S CROWN JEWEL

Once upon a time when most travelers heard the name Lagos mentioned, they automatically conjured up images of the picturesque coastal town in the popular Algarve region of Portugal, notable for its stunning natural beauty and Instagram perfect beaches. Today, however, travel aficionados would better be advised to ask if the city under discussion was not instead that other port city in Nigeria bearing the same name which also borders the Atlantic Ocean and has recently become the subject of much, well-deserved hype.

Buoyed by the discovery of an embarrassment of natural resources in recent decades, Lagos has not only become the economic capital of Nigeria, it has also grown into Africa's largest city boasting a population of more than 15 million people — which, for the record, makes it more populous than London, Hong Kong, Rio or Paris. With this explosive growth, has come an enormous amount of rapid cultural change accompanied by the development of a tourism landscape that now attracts visitors of all stripes from around the globe.

Though the city is still often described as “chaotic” and “frenetic”, the vibrant energy of Lagos is now being channeled in such a way so visitors to the city can effectively explore and uncover the city's treasures on their own terms. That is to say, guests can craft an itinerary around their own particular interests in this bustling and diverse metropolis where multiple cultures collide.

On the one hand, there are the beaches. A paradise for lovers of surf and sand, Lagos counts more than 100 miles of coastline among its most celebrated assets. Here you'll find pristine beaches including the exclusive but exceptionally accessible Landmark Leisure Beach located right in the city. This beach features a premier private beachfront as well as a boardwalk that runs along the Atlantic coastline, spanning the distance of the Landmark Village — home to staples like the Hardrock Cafe and the renowned Landmark Event Center.

In the alternative, for a more private and remote experience ensconced in a world of soaring coconut palm trees and sweeping ocean views, take a quick 15-minute boat ride from Ikoyi and Victoria Island to the sumptuous La Manga Luxury Beach Villas on Ilashe Island to find your nirvana.

Along the way stop in at one of the many oceanfront nightclubs like the trendy Moist Beach Club Oniru, where you can expect to find the local glitterati gathered to take in the staggering views of the Atlantic Ocean whilst sampling local delicacies, entertainment, and an ambience depicting African arts and culture.

On the more cultural side of things, Lagos offers a peek into what the city was like before it became a commercial and entertainment powerhouse vis-à-vis sites like Lekki Conservation Centre, one of Africa's prominent and most diverse urban nature parks notable for its swinging canopy walkway from which guests can view local wildlife and vegetation up close and personal in these well-preserved wetlands.

Likewise, Badagry, a coastal town located on the outskirts of Lagos pulls back the curtain on a dark chapter in the country's history. Prominent as an auction point during the transatlantic slave trade era, the town now houses important historic sites from the colonial years including: the National Museum, Tafawa Balewa Square, Holy Cross Cathedral, Lagos City Hall, St George's Hall, Government Printing Press, Old Government House and Secretariat and the Anglican Christ Church Cathedral.

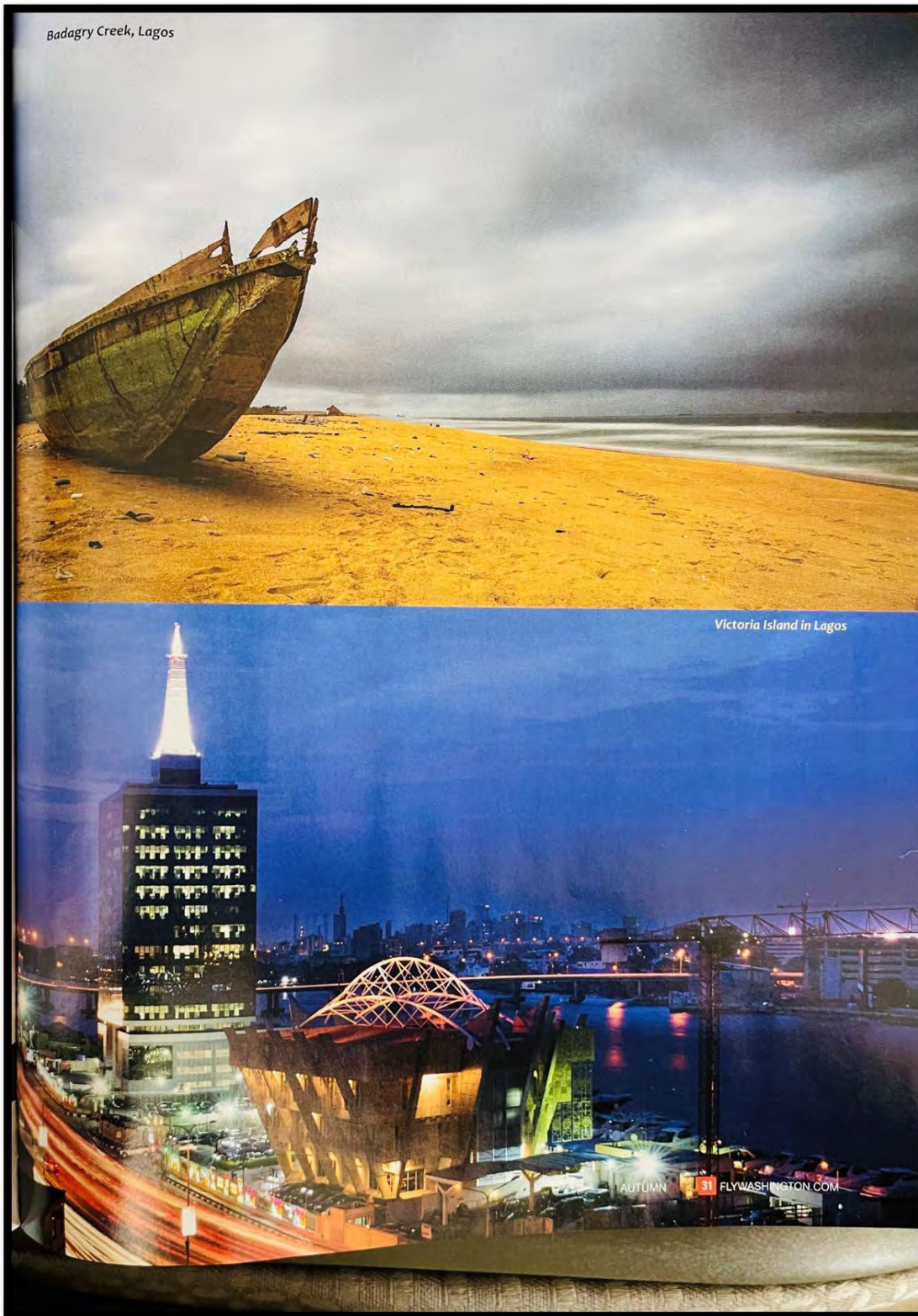
In terms of the premier time to visit Lagos, the best months are between November and February when the rains have ceased, the weather is drier, the air is less humid, and the temperature is pleasantly cooler. October and November represent particularly good times to visit thanks to popular annual events like Lagos Fashion Week, the Aké Arts and Book Festival, which showcases Africa's top writers, and ART X Lagos, a unique cultural event hosting galleries and artists from over 30 countries that has become a cornerstone of the African art sector.

For your stay, The George, an independent luxury boutique hotel located at an exclusive and central address in Ikoyi is an excellent choice. As is the luxurious art-filled Wheatbaker Hotel, also located in Ikoyi on Victoria Island, and local favorite the oceanfront Eko Hotels & Suites.

Bottom line: As Lagos steamrolls a path to becoming the most important economic and cultural center in all of Africa, the time has come for the astute traveler to give this Nigerian gem a look.

GETTING THERE: Dulles International Airport offers nonstop flights to Murtala Muhammed International Airport (LOS) on United Airlines.

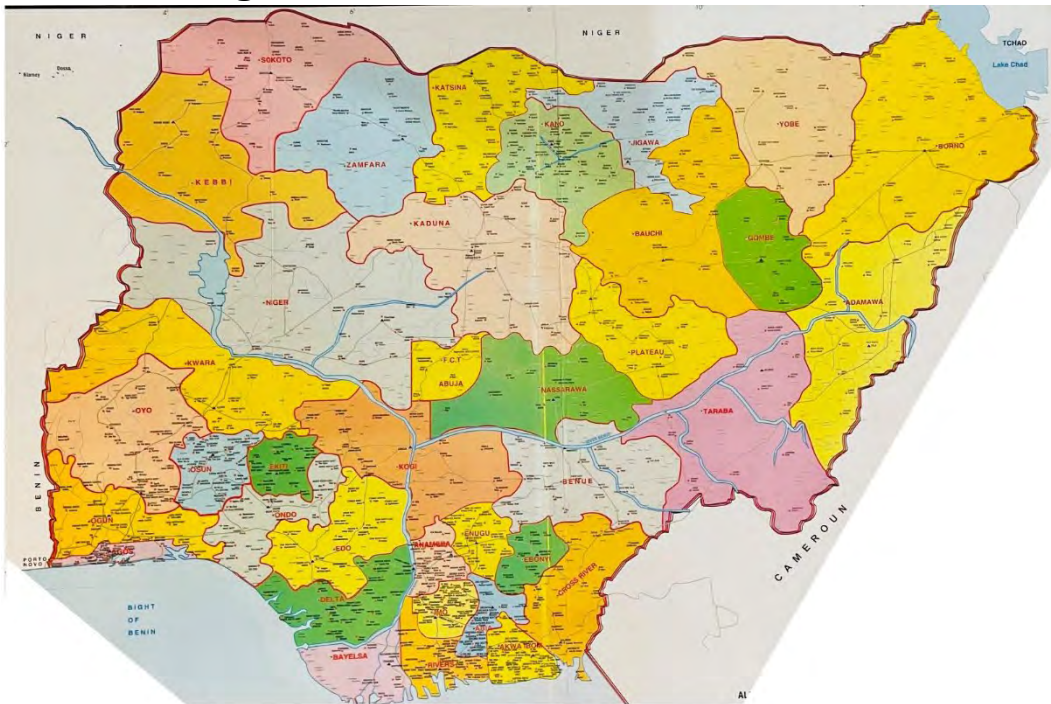
I read the coverage with delight and savored (or savoured) the accompanying praise-worthy image below. The moral of this story is that if you promote and honor your own jewel, others will appreciate it as a crown jewel.



Where art thou in the USA?



Where art thou in Nigeria?



Where art thou in the World?



Afromeals in the News

FOOD AND DRINK



Afromeals LLC is bringing cooking classes focusing on African culture to Spark Fairborn. CONTRIBUTED

Chef bringing African cooking classes to meet Miami Valley demand

By Natalie Jones
Staff Writer

After moving from Maryland to Ohio in 2018, Chef Gabi Odebo discovered the Dayton area lacked African restaurants and grocery stores with items to make African cuisine.

"I was in a community where it was basically African food everywhere, grocery stores everywhere," Odebo said. "When

I moved here, (I) barely found anything like that."

In turn she was inspired to launch Afromeals LLC to share her culture and food through cooking classes.

"I was on a quest to educate people and bring light to our food and our culture," Odebo said.

In 2021, Odebo explained

African continued on D4

African

continued from D1

she started offering cooking classes in a commercial kitchen at the Findlay Kitchen in Cincinnati. She previously wrote a recipe book, taught cooking classes at schools between the Dayton and Cincinnati area and collaborated with organizations to cater and host

events.

After establishing her brand and having guests travel to Cincinnati from Dayton to take her cooking classes, Odebo said she wanted to bring that experience to the Gem City. Odebo is partnering with Spark Fairborn, a combination incubator kitchen and co-working space.

"Fairborn is a great place because it will serve my

Springfield and Dayton people," Odebo said. "We feel like there's a lot we can offer."

Odebo said she hopes to begin offering Fairborn cooking classes in mid-January. She said they typically last two hours and guests do not have to have experience in the kitchen.

According to Odebo, one of Afromeals' most popular cooking classes

is "A Tour of Africa." She explained guests will get to enjoy food from different African regions. She also offers classes featuring Caribbean and Italian dishes among others.

Odebo, a native of West Africa, came to the United States when she was 9.

She explained learning to cook at a young age is common in an African household. At 13, she and her sis-

ter began cooking for their family. Throughout college she cooked for her dorm.

Odebo said she was on track to become a medical doctor, but ultimately chose her love for cooking.

Odebo said her favorite part of teaching is seeing the expressions of her guests after they taste the food they have made.

"I love feeding people," Odebo said. "I love mak-

ing people happy by eating."

For more information about Afromeals, visit www.afromeals.com or their Facebook page. Those who are interested in learning more about the Dayton cooking classes can sign up for updates there.

Contact this reporter at 937-409-9623 or email Natalie.Jones@coxinc.com.

Source: Dayton Daily News newspaper, November 9, 2022

<https://www.daytondailynews.com/what-to-know/chef-bringing-african-cooking-classes-to-fairborn/SHBM34HAB5AQ7GOW37KIGDNASI/>

What's the Fear about Giant African Snails?

If the sight below appeals to you as a dinner table delicacy, please read our coverage published in the September 2022 issue of this newsletter.



Then, consider from the above to the below. Sorry, we don't see the fear.



Defining Quality of Life

What is your quality of life?

What makes you happy?

Defining your quality of life could be a matter of choice and compromise.

Health Matters: What is your quality of life?

How do you define your own quality of life?

Here is VOY's take on this question. Below are some possible reflection points for you to consider:

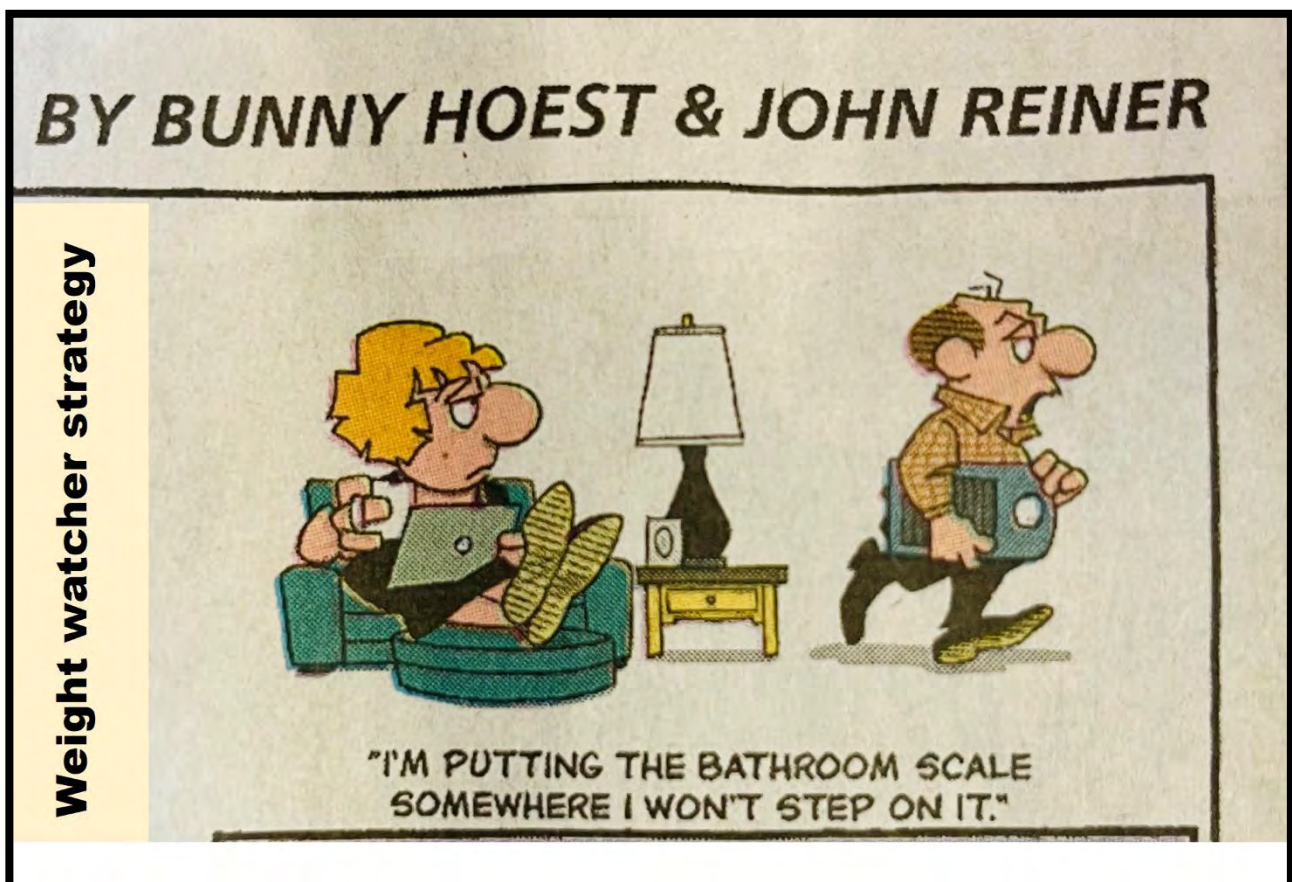
- Your Artwork
- Your Bed
- Your Boat
- Your Books
- Your Car
- Your Church
- Your Cooking
- Your Drinks
- Your Faith
- Your Family
- Your Fellowship
- Your Food
- Your Freedom
- Your Friends
- Your Game
- Your Health
- Your House
- Your Job
- Your Kitchen
- Your Leisure
- Your Lineage
- Your Love
- Your Money
- Your Marriage
- Your Neighborhood
- Your Pets
- Your Reading
- Your Religion
- Your School
- Your Shoes
- Your Space
- Your Sports
- Your Stocks
- Your Wardrobe
- Your Worship
- Your Writing

Think about it and reflect some more, until you are satisfied with your own quality of life. No, you can't have everything. So, make-do and make-happy with whatever you can muster.

Different quality-of-life strokes for different folks. What is yours?

Health Matters: Weight Watcher's Strategy

It is the holiday season. If you have been having fun and indulging, as you should, in order to align with the festive season, caution and a strategy may still be needed. Leroy's strategy (Courtesy of The LOCKHORNS newspaper comic) is to do what he says in the cartoon below. What's your own strategy? 😊



Health Matters: Post-Holiday Blues

If Leroy's strategy (see above) doesn't work for you, you may try this newspaper clipping:
Courtesy of Dayton Daily News, December 27, 2022.

HEALTH Q&A

Heart-friendly self-care during the holidays

Dear Mayo Clinic: I have read that heart attacks are more common around the holidays. Why does that happen? Is there anything I can do to lower my risk? I currently take blood pressure medication, and heart disease runs in my family.

Answer: Heart attacks, along with heart problems in general, are more common around the holidays. Various factors can play into this, including stress, travel, disrupted schedules, changes in diet and even environmental factors. Fortunately, many self-care steps can help you keep your heart healthy.

One of the biggest challenges this time of year is healthy eating. For people with cardiovascular health problems, choosing a heart-healthy diet amid an abundance of holiday foods can be daunting. But not straying too far from your normal diet is important.

Keep portion sizes reasonable and limit fatty foods. Eating too much can lead to chest pain or shortness of breath in some people with heart problems. Drink small amounts of alcohol, if any, as alcohol can raise your risk for heart rhythm problems and heart attack. Men should not drink more than two alcoholic beverages a day. Women should not have more than one.

Watch the amount of salt, or sodium, you consume. If your heart pumping function is reduced or if you have heart failure, your ability to manage fluid and to process salt is diminished. To limit fluid retention in such cases, a low-salt diet often is recommended. Controlling salt can be hard, however, when you eat out or dine at someone else's home. Ask the cook if he or she might limit the amount of salt added. Find out which foods are lower in salt. Limit canned and prepared foods, along with gravies and sauces, as they tend to be very high in sodium.

Travel and schedule changes also can be barriers to heart health during the holidays. Staying on schedule with your medications can be challenging when you switch time zones or when you are away from your daily routines. But taking your medication as prescribed is critical. Set up reminders to yourself or ask someone to help keep you on track. If you are planning to travel to another time zone, ask your pharmacist if medication schedule changes are necessary.

Winter weather also may increase the use of wood burning stoves and fireplaces, but it is important to have proper ventilation. There is a fair amount of data that indicates increased exposure to certain pollutants and particulate matter can increase the risk of both heart and pulmonary issues. Older individuals or those with existing cardiac conditions should consider dressing in layers and limit time they are exposed to wood smoke. As much as possible, continue the self-care you do at home. For example, if you weigh yourself every day to help maintain your fluid balance, find a scale where you can do that. If a walk is part of your routine, invite your family to go with you and enjoy some company along with the exercise.

Finally, it is important to keep stress in check.

Increased stress can raise a person's risk for a heart attack. We think of the holiday season as a happy time, but that isn't always reality. For some people, the holidays can be sad and stressful. If that is your situation, try to give yourself a break. Plan and do what is reasonable. If you have feelings of sadness or depression that last more than two weeks, see your health care professional.

If you start to feel sick, seek help. Don't ignore symptoms because you feel badly about disrupting a holiday gathering. Tell someone right away if you notice new or changing chest discomfort, especially if it radiates to your back or to your arm, neck or jaw. Other symptoms of heart problems include shortness of breath, feeling clammy or light-headed, an irregular heartbeat, and swelling in your legs. Getting medical help is particularly critical if these symptoms last or if they don't improve after taking your usual medications.

The holidays are a high-risk time for heart problems, especially in people who have existing heart conditions. Pay attention to your body. As much as possible, stick to a heart-healthy lifestyle. And, above all, if you have symptoms of heart problems, ask for help right away.



The holidays are a high-risk time for heart problems, especially in people who have existing heart conditions. As much as possible, stick to a heart-healthy lifestyle.
CONCEPT © THAMRONGPAT THEERATHAMMAKORN/DREAMSTIME/TNS

VOY Fun Corner

Fun with BB Cartoons

© 2022, BB Cartoons

Original funnies and jokes



The Village Bathman

VOY Funnies

Mrs. Village Bathman: You eat too much pounded yam and can't even run in a marathon.

The Village Bathman: Frankly, my dear wife, I run a marathon every year. Yes, I really do run a marathon each and every year, even if it takes me the whole year to complete each run.

We welcome your original submissions

Quarterly Recent and Forthcoming Birthdays

Looking back and forward in birthdays

October:

Elizabeth Omolewu, October 18
Bridgette Archie-Kuti, October 31

November:

Elizabeth Adegbile, November 3
Theo Adegboruwa, November 25

December:

Funmilayo Adegbile, December 3
Bamidele Apapa, December 6
Iswat Badiru, December 25



January:

Lisa Aderonke 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

It is a “**Cakelicious**” Birthday Celebration!



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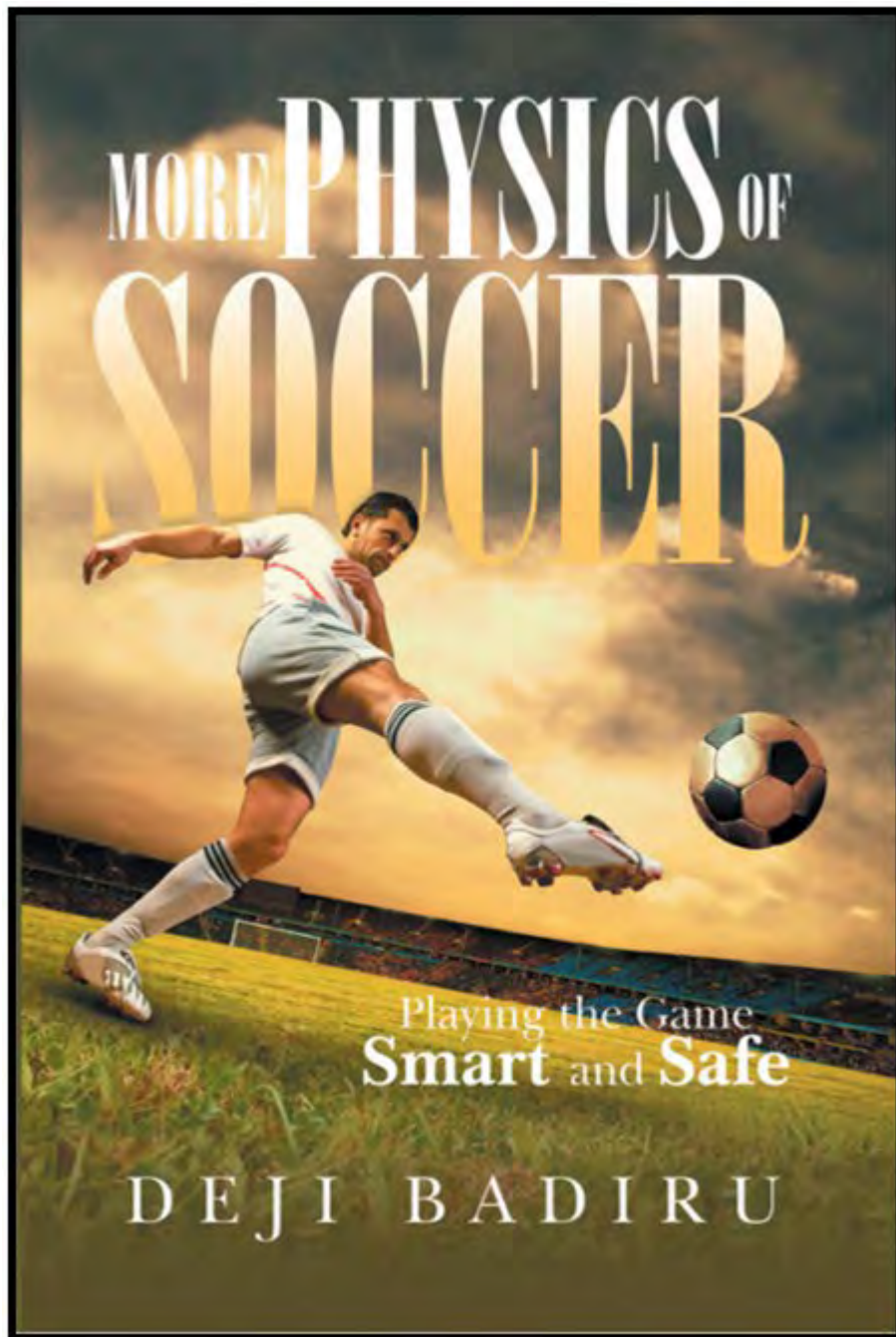
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- * Ro/Ro Shipment
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- * Storage/warehouse in Lagos
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Salivation and Temptation Corner

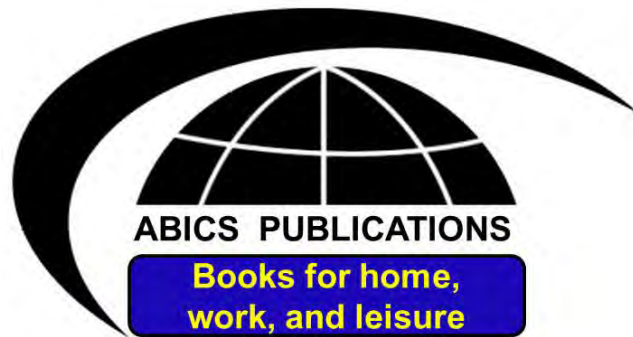
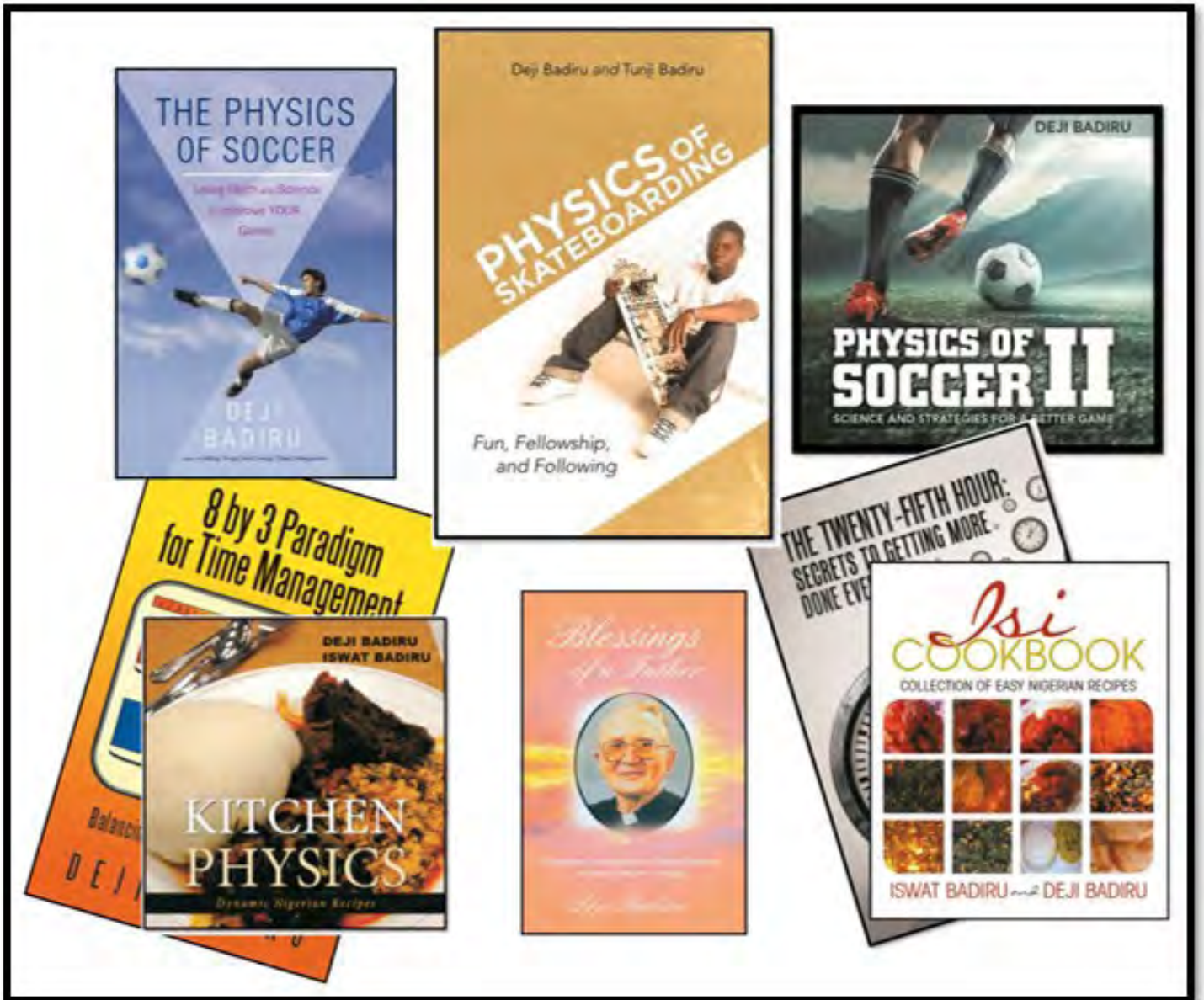
If you think this newsletter is food-centric, yes, we are. 😊
Without food, there is no life. We are just embracing nature's dictate.







Now, go out and get some. You deserve it after getting to this point in the newsletter, following pages and pages of serious talk. 😊



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



AFRICAN RESTAURANT & GRILL

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Serving all your favorites:

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



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Readers (Ladies, Gentlemen, and Kids), a new home-food option is now available in the Dayton area. **Lekki International Market** is now open and available to cater to your gastronomic indulgence. The Yoruba elders often say “Iroyin ko to afojuba” (Story is not enough, must see for yourself; Seeing is believing, etc.). VOY was there and can attest to what awaits you at Lekki International Market. Even the store’s name reminds us of home (à la Lekki of Lagos).



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From the Editor



To VOY readers, *Thank you..*

