

# VOICE OF YORUBA



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

[www.VoiceOfYoruba.org](http://www.VoiceOfYoruba.org)

VOY is published quarterly in March, June, September, and December

March 2023  
Vol. 14, No. 1

Designed to Inform and Entertain

**Major Contents**

	Page
New Leadership Slate for Egbe.....	1
New Leadership for Nigeria.....	3
Egbe Awards Scholarships.....	8
Equation of Happiness.....	12

## Egbe Introduces New Officers: New Day, New Leadership Slate





EGBE OMOYORUN (AGENDA)

1. Opening Prayer
2. Intro of Visitors
3. Announcements/Contributions
4. Adoption of Minutes
5. Treasurer's Report
6. Committee Reports

Business Meeting Schedule  
 Received Report (2023)  
 Other Business  
 Election of new officers  
 adjournment



The names of the new slate of officers are provided at the end of this newsletter.

We thank **Dr. (Mrs.) Funmi Adegbile** for her superior service as the previous President of Egbe. She will remain actively engaged as the immediate past president.

**\*THE ERA OF RENEWED HOPE**  
**By Bola Tinubu**  
**President-Elect, Federal Republic of Nigeria,**

Note to Readers: The reprint below is in line with VOY's pledge to inform and entertain without taking sides or passing judgement. This information is presented verbatim, as published openly in the Free Press.

=====  
March 1, 2023

My fellow Nigerians,

I am profoundly humbled that you have elected me to serve as the 16th president of our beloved republic. This is a shining moment in the life of any man and affirmation of our democratic existence. From my heart, I say thank you.

Whether you are Batified, Atikulated, Obidient, Kwankwasiyya, or have any other political affiliation, you voted for a better, more hopeful nation and I thank you for your participation and dedication to our democracy.

You decided to place your trust in the democratic vision of a Nigeria founded on shared prosperity and one nurtured by the ideals of unity, justice, peace and tolerance. Renewed hope has dawned in Nigeria.

We commend INEC for running a free and fair election. The lapses that did occur were relatively few in number and were immaterial to the final outcome. With each cycle of elections, we steadily perfect this process so vital to our democratic life.

Today, Nigeria stands tall as the giant of Africa. It shines even brighter as the continent's biggest democracy.

I thank all who supported my campaign. From President Buhari who adeptly led my campaign as its chairman, to my Vice Presidential Candidate, Senator Kashim Shettima.

To the progressive governors of our party and this nation, to the party leadership, to our loyal party members. I owe you a debt of gratitude. To the entire campaign organization, I thank you sincerely.

I thank my loving wife and dear family whose support was ceaseless and inspiring. Without you, this victory would not be possible.

I am grateful to Almighty God. By His mercy, I was born a son of Nigeria and through His sublime purpose I find myself the victor of this election. May He grant me the wisdom and courage to lead the nation to the greatness He alone has destined for it.

Finally, I thank the Nigerian people for their abiding belief in our democracy. I shall be a fair leader to all Nigerians. I will be in tune with your aspirations, charge up your energies and harness your talents to deliver a nation that we can be proud of.

To my fellow candidates, former VP Atiku, former governor Kwankwaso, former governor Obi and all others, I extend the hand of friendship. This was a competitive, high-spirited campaign.

You have my utmost respect.

Political competition must now give way to political conciliation and inclusive governance.

During the election, you may have been my opponent but you were never my enemy. In my heart, you are my brothers.

Still, I know some candidates will be hard put to accept the election results. It is your right to seek legal recourse. What is neither right nor defensible is for anybody to resort to violence. Any challenge to the electoral outcome should be made in a court of law, and not in the streets.

I also ask my supporters to let peace reign and tensions fade. We ran a principled, peaceful and progressive campaign. The aftermath of our campaign must be as benign.

Yes, there are divisions amongst us that should not exist. Many people are uncertain, angry and hurt; I reach out to every one of you. Let the better aspects of our humanity step forward at this fateful moment. Let us begin to heal and bring calm to our nation.

Now, to you, the young people of this country, I hear you loud and clear. I understand your pains, your yearnings for good governance, a functional economy and a safe nation that protects you and your future.

I am aware that for many of you Nigeria has become a place of abiding challenges limiting your ability to see a bright future for yourselves.

Remodeling our precious national home requires the harmonious efforts of all of us, especially the youth. Working together, we shall move this nation as never before.

My running mate, Vice President-elect Shettima, and I understand the challenges ahead. More importantly, we also understand and deeply value the talent and innate goodness of you, the Nigerian people. We pledge to listen and to do the difficult things, the big deeds, that put us on the path of irreversible progress. Hold us firmly to account, but please give us a chance first.

Together, we shall build a brighter and more productive society for today, tomorrow and for years to come.

Today, you have given me the greatest honor you can bestow on one man.

In return, I will give you my utmost as your next president and commander-in-chief. Peace, unity and prosperity shall be the cornerstones of the society we intend to build. When you gaze upon what we shall accomplish in the coming years, you shall speak with pride at being a Nigerian.

I thank you all.

God bless you all.  
God bless the Federal Republic of Nigeria.



---

VOY Reaction: We are waiting and watching for what will come next.

# Prayer versus Action

Recognizing that our nation is a Nation of Prayers, with dedication to extreme praying by fervent prayer warriors, VOY is delighted to echo the views expressed in the April 1, 2023 issue of Dayton Daily News newspaper. VOY message is clear: **“Pray, but take real action.”**

## Prayer not a substitute for action, it can be the prerequisite to action



**David French**

The sun was still shining brightly when I pulled into the parking lot of Christ Presbyterian Church on Tuesday. Traffic was backed up outside, and I was a few minutes late for the start of a prayer service for the victims of the Covenant School shooting that had occurred just a few miles up the road in Nashville the day before. Christ Presbyterian is a sister church of Covenant Presbyterian Church, a member of the same evangelical denomination, the Presbyterian Church in America, PCA for short.

The church was packed. Faces were streaked with tears. As I walked into the room, Nate Morrow, the head of Christ Presbyterian Academy, spoke to the congregation. “Prayer,” he said, “is the first and most powerful thing we can do.”

If you’re a parent of a schoolchild in 2023, you’ve perhaps gotten some form of the “lock-down” text. It could come from the school itself. More likely it would come from your network of friends. “Does anyone know anything?”

On Monday, I was finishing recording a podcast when my phone lit up. I saw the words “school shooting.” Then, “Covenant School.” I froze. I know Covenant. I belonged to PCA churches for 18 years, until my family and I moved to a new church late last year. I’ve been to meetings at Covenant Presbyterian. I’ve

spoken to the pastor. The PCA is a very small world, and I knew I’d be at most one degree removed from the victims. I learned later, to my heartbreak, that the pastor’s daughter, Hallie Scruggs, was one of them.

The rest of my day was torn in two. My professional self locked into an all-too-familiar fact-finding routine. Who did it? Which weapons did they use? Do we know their motive? My personal self, by contrast, was focused on a single, overriding question: “Who is hurt?”

As the day dragged on, there were bursts of good news and terrible news. And throughout the day, the same words came across my screen, short prayers. “God have mercy.” “Lord have mercy.”

It is a terrible sign of our polarized times that the very concept of prayer in the midst of tragedy has itself become contentious. “Spare us your prayers,” some will say. “We demand action.” But what if people need prayer? What if grieving neighbors are desperate for prayer?

In an increasingly secular culture, there is often a misunderstanding of the true purpose of prayer. If you don’t believe in God, it may strike you as silly, something beneficial only to the extent that it provides a placebo effect. At its worst it can seem like a cheap and easy way to respond to a terrible, preventable tragedy.

But when there is genuine belief and genuine humility, prayer is something else entirely. It’s an act that – again, presuming you believe anything close to what I believe – connects you to the creator of the universe. Petitioning God is more pow-

erful than petitioning any president. After all, the Book of Proverbs declares that “a king’s heart is like channeled water in the Lord’s hand: He directs it wherever he chooses.”

Petitioning God changes us. It changes others. Confronting an immense tragedy can make us feel small and helpless.

For the faithful believer, prayer isn’t a substitute for action, it’s a prerequisite for action. It grounds us before we move to serve others. It grounds us before we speak in the public square.

Moreover, petitioning God is a tangible act of faith. It reminds believers of their ultimate sense of trust in an eternal presence. It reminds us of the very concept of eternal life. As my friend Scott Sauls, Christ Presbyterian Church’s senior pastor, said in the service, “We grieve, and we hope.” Prayer helps us grieve. Prayer helps us hope.

I do not for a moment think that prayer is the only response to tragedy. But for me and millions of others it is a necessary response. On that terrible day and that mournful night, when people I know were torn in two by unspeakable loss, I prayed with my friends and with my neighbors.

The specificity of the prayer is much less important than its existence. God have mercy, we ask. Lord have mercy, we plead. But then we must act – to heal wounded hearts, to bear one another’s burdens, and to address the terrible scourge of violence that scars our land.

David French is a political commentator and former attorney.

Related to the latest political developments in Nigeria, the article below is reprinted with permission from ISE Magazine publication of March 2023. This represents an aspiration of action, beyond mere prayers.

## Industrial engineering hope for Nigeria

By Adedeji Badiru

It is often said that engineers should play more active and visible roles in national governance and/or the political system. Unfortunately, makeshift processes of governance and politics discourage engineers, who are rooted in the strict structure of engineering problem-solving methodology. Hence, national leadership is summarily conceded to those who thrive in the malleable processes of politics and government.

Many countries, particularly those in the underdeveloped or developing regions of the world, can benefit from the strict structure offered by engineering. A good example of engineering roles in national leadership is seen in China, where the government is dominated by engineers and scientists. This noticeable presence of engineering influences policy directions.

While no national system is perfect, each nation should strive for more inclusive representation of the engineering cadre in the nation's affairs. Of particular necessity is the role industrial engineering can play in national development and advancement. The definition of industrial engineering aligns with the various needs of a nation.

Industrial engineering is concerned with the design, installation and improvement of integrated systems of people, materials, information, equipment and energy. It draws upon specialized knowledge and skills in the mathematical, physical and social sciences, together with the principles and methods of engineering analysis and design, to specify, predict and evaluate the results to be obtained from such systems.

Based on its robust focus, industrial en-

gineering has an emerging national opportunity in Nigeria, where the build up to the February national election was hailed as the dawn of a "new Nigeria." How can industrial engineering fit in? The various elements that have been advanced in Nigeria's political campaigns, policies and strategies (by past, present and future administrations) have direct relationships to the elements in the practice of industrial engineering.

Each nation should strive for more inclusive representation of the engineering cadre in the nation's affairs.

The 2030 development agenda of Nigeria has goals and objectives that can benefit from the participative involvement of industrial engineering. Specific contents relate to sustainable development of industry, improvement of healthcare, leveraging emerging technologies, actualizing research and innovation, cultivating foreign investment, enhancing physical infrastructure, developing and retaining human capital, ensuring safety and security, and stabilizing educational processes, among others. These are all areas where industrial engineering has proven beneficial.

Examples exist in Turkey, Malaysia, Singapore, Mexico, Hong Kong, Indonesia and Thailand. How has industrial engineering helped? It is through the design, evaluation, justification and integration of systems of people, processes and tools.

There are pockets of these efforts in disjointed programs in Nigeria, as documented by the Nigerian Academy of Engineering, of which I am an inducted fellow. Advocate for the incoming administration of the "new Nigeria" to harness the existing engineering assets to achieve a sustainable platform for accomplishing the goals and objectives established in the national agenda. The more we can sensitize governments to the diverse values of industrial engineering, the more we can advance leveraging the profession for national advancement.

Industrial engineers themselves must step forward to be visible, cohesive and consistent in offering their value-added services, if not through direct political participation or civil servant engagement, but possibly through national-level engineering programs.

Nigeria is Africa's wealthiest and most populous nation with a fast-growing economy and a solid potential to accomplish its national goals. However, industrial engineers, with their systems thinking expertise, are needed to help make the potential a sustainable reality. When an opportunity knocks, we shouldn't just open the door – we should grab the opportunity.

Industrial engineers, let your voice and actions be heard. A 2023 opportunity is knocking in Nigeria. ❖

*Adedeji Badiru, PE, PMP, is dean and senior academic officer for the Graduate School of Engineering and Management at the Air Force Institute of Technology. He is a Fellow of IISE.*

# History:

## 1993 Founding Members of Egbe Omo Yoruba of Greater Miami Valley

Going back in history, we honor, salute, and recognize the visionary assembly of several individuals, who founded Egbe Omo Yoruba of Greater Miami Valley. The idea was initiated by Dr. Gideon Bisi Adegbile, who invited nine other similarly-interested individuals. Thus, was born the Egbe Omo Yoruba of Greater Miami, which has grown and thrived for thirty long years. In this issue, we celebrate the collective resolute vision of the ten founding members of the club. Many of those listed below have remained consistent and active members all these years. Kudos to their tenacity.

1. Dr. Gideon Bisi Adegbile, Founding Member and President
2. Dr. Hammed A. Agboola
3. Engineer Otunba Ayo Ogunduyile
4. Dr. Samuel Okunade
5. Mr. Theophilus Adegboruwa
6. Dr. Gabriel Omolewu (Of Blessed Memory)
7. Dr. Eugenia Sariyu Shittu
8. Dr. Dayo Obembe
9. Engineer Abayomi Folarin
10. Dr. Abayomi Ajayi-Majebi

## Egbe Awards Scholarships

In keeping with its tradition of investing in the future generation, Egbe Omo Yoruba awarded academic scholarships to two students from Central State University on January 17, 2023. Egbe was represented at the presentation by Dr. Morakinyo Kuti, who is not only an officer of Egbe, but also a senior administrator at Central State University.



Dr. Morakinyo Kuti and Mr. Bryan Smith



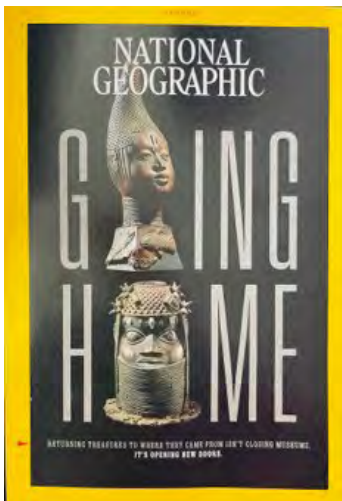


Dr. Morakinyo Kuti and Mr. Raymond Rolle



# They are coming back home.

If you look closely and pay attention to news from around the art and artifact world, you will see the trend of returning colonial-era African artifacts from Europe.



The February 2023 issue of National Geographic contains an impressive coverage captioned on the cover as “COMING HOME.” Readers are encouraged to seek out the NatGeo issue and read the historical accounts for themselves. The artifacts are being returned as gestures of remorse, repentance, regret, and/or atonement. During the colonial era, thousands of rare cultural artifacts were looted and carted off to colonial lands as legitimate spoils of war. Now that times have changed, many colonial masters are rethinking and regretting those sacrilegious acts. Hence, the trend of returning the priceless African artifacts, many of them of Yoruba origin. BBC World News has also been carrying broadcasts of the looted artifacts from Benin Empire.

# Equation of Happiness - Take 2

Recalling the article in the December 2022 issue, we are going a step further into the realm of the topic of happiness. In this section, the editor (God Bless Him) presents his own take on this topic.

Thinking mathematically, we can define happiness as a function of several factors (or variables). Behind the factors, there are indicators and attributes of happiness. In this regard, we can get quickly complex by defining a multi-tiered mathematical equation of happiness. Fortunately, we won't get that ambitious in this introductory formulation. So, we will keep the equation very basic as presented below:

$$H = f(x, y, z, \text{etc.})$$

Where:

$H$  represents happiness

$f$  represents the mathematical function. Hopefully, a simple algebraic expression. I know some of our readers will be looking for something more excitingly complicated. Thankfully, they are in the minority. We will tone things down for the benefit of the majority.

$x, y, z$  represent the factors to be included in the definition of happiness

etc. represents any additional string or series of factors of interest.

To refresh our minds, several factors were suggested in the December 2022 article. We echo those here again for our reference.

- 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

Fortunately, life is not that complicated that we need to include too many factors of happiness. For most people, it takes just a handful of factors to define their acceptable level of happiness. For our illustration here, let's use only five factors. We know, at the extreme, there may be people who define their happiness solely (God forbid) on only one factor. Different strokes for different folks, so to speak.

How about us using the following five factors: Health, Wealth, Family, Fellowship, and Writing? Readers are encouraged to think of and rationalize about their own selected five factors.

Now, we can go back and define our equation of happiness as follows:

$$H = f(\text{Health}, \text{Wealth}, \text{Family}, \text{Fellowship}, \text{Writing})$$

Now, not all factors are created equal. To account for this nonuniformity, we assign numbered relative weights to the factors. So, our equation becomes:

$$H = f(w_1\text{Health}, w_2\text{Wealth}, w_3\text{Family}, w_4\text{Fellowship}, w_5\text{Writing})$$

The  $w_i$  is the relative weight of each respective factor. The factors, each ranging between 0 and 1.0, can be equal or variegated depending on their individual levels of importance or desirability. The requirement is that the weight all sum up to 1.0. That is, in the usual mathematical convention, the weights should comply with the following:

$$w_1 + w_2 + w_3 + w_4 + w_5 = 1.0$$

This ensures that we weight each factor in relation to the other factors with respect to the level of importance. Note that different people may rate these five factors differently, but with each being between 0 and 1.0, but still keeping the sum as 1.0.

To make mathematicians happy, we will write this as follows:

$$\sum_{i=1}^N w_i = 1.0$$

N represents the number of factors included the happiness function. In our example, N = 5.

Now, we need to apply the functional form of our equation. Again, we will keep it simple, as a basic additive function. Thus, we end up with the following, as a simple-minded example:

$$H = w_1(\text{Health}) + w_2(\text{Wealth}) + w_3(\text{Family}) + w_4(\text{Fellowship}) + w_5(\text{Writing})$$

If we now ask each person to rate each factor on a normalized independent scale of **Desirability** (D) between 0 to 100, we can come up with a numerical score for each factor, against which each relative **Weight** ( $w$ ) will be applied, so that we can calculate an overall measure of happiness (H), based on the selected five factors.

For a computational example, let's assume the following distribution of weights and desirability of the factors.

Factor	Weight	Desirability	(w)(D)
Health	0.35	100	35.00
Wealth	0.20	95	19.00
Family	0.25	100	25.00
Fellowship	0.15	85	12.75
Writing	0.05	65	3.25
<b>TOTAL</b>	<b>1.00</b>	445	<b>95.00</b>

There you have it, folks, the composite numeric happiness level for this hypothetical person is 95. This would be compared and evaluated against other combinations of factors, weights, and desirability ratings. Technically, happiness computations should not be compared across individuals, since the component elements are expected to be different for different people. The computational exercise may just be used as a fun way of determining level of satisfaction with what constitutes happiness for each person.

In this example, we could very well set the Desirability of each factor at the highest level of 100, since they are independently rated. That would indicate that all the factors are equally desirable at the highest possible level.

## Exercise

VOY expects the students among us to toy around and do the toil of playing with the above formulation, if only for the purpose of just having fun.



# Factor of Health: SLEEP

COMPLETE, IN-DEPTH, DEPENDABLE. | DAYTON DAILY NEWS | TUESDAY, MARCH 14, 2023

YOUR BEST HEALTH NOW

## The dangers of sleep deprivation are real

By Kettering Health

When we don't get enough sleep, our brains don't properly reset for the next day. A night of insufficient sleep won't cause irreversible damage, but a prolonged sleep deficit can lead to major health issues.

### The importance of sleep

"Sleep is a healing mechanism for both (the) mind and body," said Dr. Sarah Hussain, sleep specialist.

According to Dr. Hussain, sleep is understood to remove toxins our bodies create while we're awake; to promote brain development and restoration; and to help overall neural function. Sleep also regulates body temperature and boosts the immune system.

A few nights of bad sleep may lead to poor concentration, impaired memory and slower reflexes. You might also feel fatigued and moody.

And prolonged sleep deprivation can lead to hypertension (high blood pressure), cardiac arrhythmia, diabetes, chronic fatigue, weight gain and depression. Sleep deficits can also cause a greater

**'Anything too little or too much is not good. Less than six hours and more than nine hours have shown to increase morbidity and mortality.'**

Dr. Sarah Hussain  
Sleep specialist

risk of dementia and cognitive decline.

So how much sleep should you get? Aim for seven to eight hours a night. More than that, Dr. Hussain warned, can also lead to similar health issues as too little sleep.

"Anything too little or too much is not good," she said. "Less than six hours and more than nine hours have shown to increase morbidity and mortality."

### Healthy sleep habits

It's important to focus not only on how much sleep you get but also on the quality of your sleep. If you can't fall asleep at night, Dr. Hussain recommended you don't force it.

"Try to go to bed when you are sleepy," she said. This is known as sleep restriction, a method often used to treat insomnia. It aims to reduce the amount of time some-

one spends in bed tossing and turning, which leads to a higher quality of sleep.

The stress from not falling asleep can reduce both your quantity and quality of rest. So, remember: It's not about being perfect. It's about building healthy sleep habits.

"You don't have to go to bed at the same time if you're not sleepy," Dr. Hussain said. "But your waking up time has to be the same."

If you happen to get less sleep one night, there's nothing wrong with taking a short nap during the day. But Dr. Hussain advised that naps should be no more than half an hour to avoid disrupting your sleep at night.

If you have trouble falling or staying asleep at night, then talk to your primary care provider. To schedule an appointment, go online to [ketteringhealth.org/services/primary-care/](https://ketteringhealth.org/services/primary-care/).

The ideal nap length is between 15 and 30 minutes. The ideal time to nap is around 2 p.m. or 3 p.m.  
DREAMSTIME/TNS

# How to get the most out of napping

Don't ignore reason for fatigue.

By **Tiffany Casper, D.O.**  
Mayo Clinic News Network

While closing your eyes for a few minutes during your busy day may seem like a good idea, it's important to consider the effects napping may bring. The time of day and length of time you nap can provide benefits or create problems. Knowing when to nap and providing yourself with a suitable napping environment will produce the greatest benefits.

## Consider why you're napping

Before lying down to take a daily nap, you may want to consider why you began taking these naps. If you've been working the night shift or are a new parent, you probably have reason to be closing your eyes for a while. On the other hand, if you feel that a nap is essential to your daily functioning, you may have a bigger health problem that should be addressed with your health care team. Talking to your health care team is the best way to find out why you're experiencing increased fatigue. The reasons for your exhaustion could be anything from having a sleep disorder, such as sleep apnea, to a side effect from a new medication.

## Drawbacks to napping

Two drawbacks of napping include:

### 1. Sleep inertia

Sleep inertia can involve waking up feeling groggy and disoriented after a nap. This can become a problem if you have places to be or tasks to complete after you wake up from your nap.

### 2. Nighttime sleep problems

Problems can arise if your naps are too long or close to bedtime. Try not to nap if you experience insomnia or poor sleep quality at night, as napping may worsen these problems. Short naps are the best when trying to avoid interference with nighttime sleep.

## Benefits of napping

Taking naps can provide many benefits to your health, such as:

- Improved mood
- Quicker reaction time
- Better memory
- Increased alertness
- Reduced fatigue
- Enhanced relaxation

## When to nap

Did you know there are certain times when a nap may be more beneficial to your health? Take a nap:

■ If you're experiencing new fatigue, but monitor your symptoms and discuss any concerns with your health care team.

■ If you're about to experience sleep loss, such as a long travel day or workday.

■ If you want to make naps a part of your daily routine. In this situation, have a planned time of day and length of time to keep your schedule on track.

## Best way to nap

Here are four tricks to make

your naps more effective:

### 1. Set aside an allotted amount of time.

If you wake up feeling groggy after a nap, you're sleeping too long. The ideal nap length is between 15 and 30 minutes.

### 2. Plan to take naps in the afternoon.

The ideal time to nap is around 2 p.m. or 3 p.m. This is because you're likely to experience a lower level of alertness or sleepiness following lunch. You're also more likely to avoid interference with nighttime sleep if you nap around this time. However, some people may adjust their napping times to fit their work or school schedules.

### 3. Create a tranquil environment.

Some people struggle to sleep during the day, but there are actions you can take to help you become more relaxed. Eliminate distractions when napping, so turn off any screens, such as your phone. Find a quiet space with minimal light to improve your naps. Adjusting the room temperature to what is comfortable for you also can make your space more comfortable.

### 4. Give yourself time to wake up.

Allowing yourself enough time to wake up before resuming activities after your nap is important, as you may feel groggy or less alert. Talk with your health care team if you struggle with ongoing daytime fatigue. A physical exam or sleep study may be necessary to rule out health conditions that are affecting the quality of your sleep.



# VOY Funnies

Fun with BB Cartoons

© 2022, BB Cartoons

Original funnies and jokes



## The Village Bathman

=====

The Village Bathman: Time for my square meal.

Wife: “Daddy, three square meals a day doesn’t mean a large rectangular dinner plate. 😊😊

=====

Wife: “Your friend should stop visiting our home. He smokes like hell.”

The Village Bathman: “As far as I know, there is no smoke in hell. It is all fire.”

😊😊😊

=====

This is why you should let your hair grow high.

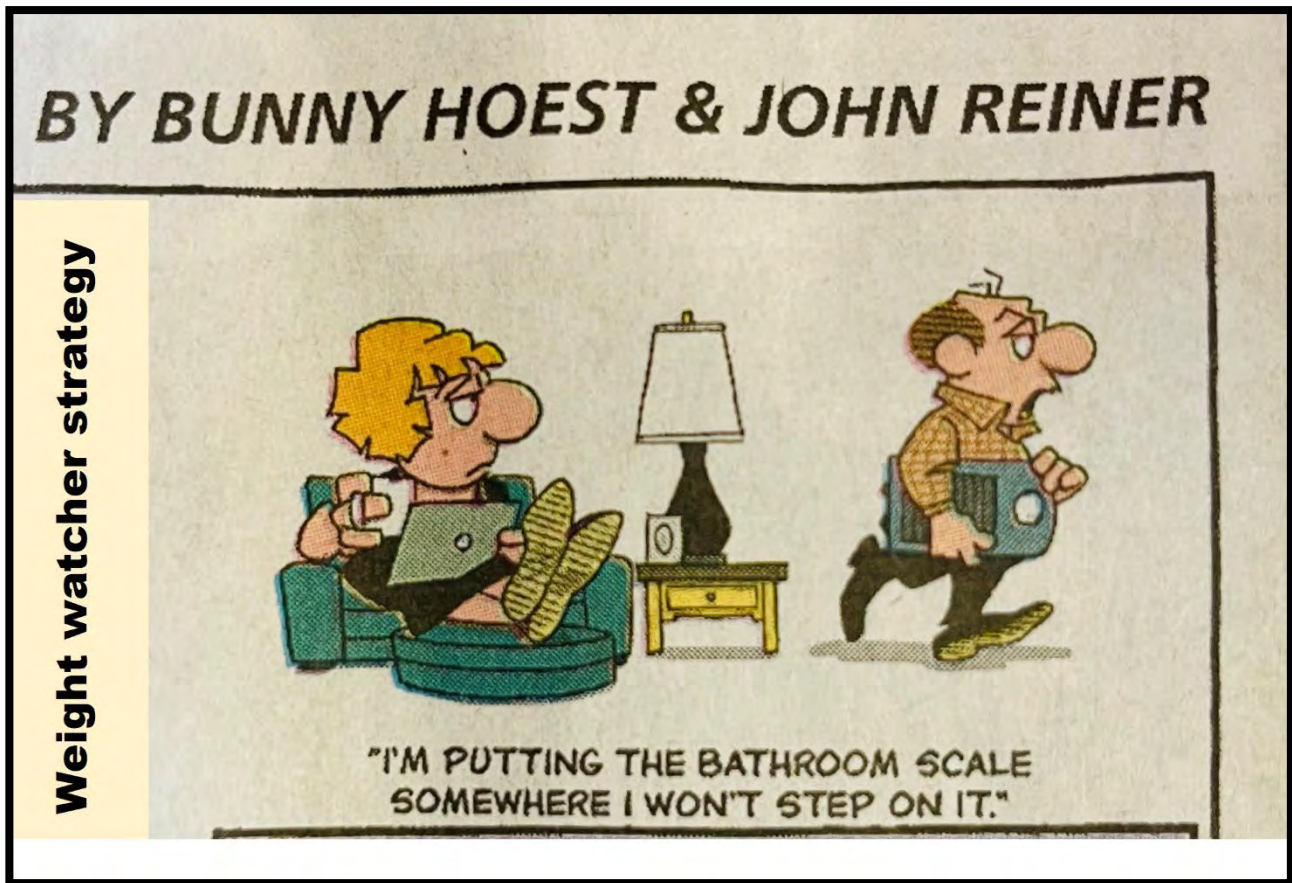
**“The higher the hair, the closer to heaven.”**

- Marie Avgeropoulos

This quote was later popularized by Dolly Patton.

She once quipped, **“Well, the higher the hair, as they say, the closer to heaven.”**

**Here is an alternate strategy for weight watchers**



Note:

For VOY's funnies,  
we welcome readers' original submissions.

Send to:

[editor@voiceofyoruba.org](mailto:editor@voiceofyoruba.org)

## Quarterly Recent and Forthcoming Birthdays

Looking back and forward in birthdays

### 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



### April:

Alice Okunade, April 6

### May:

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

### June:

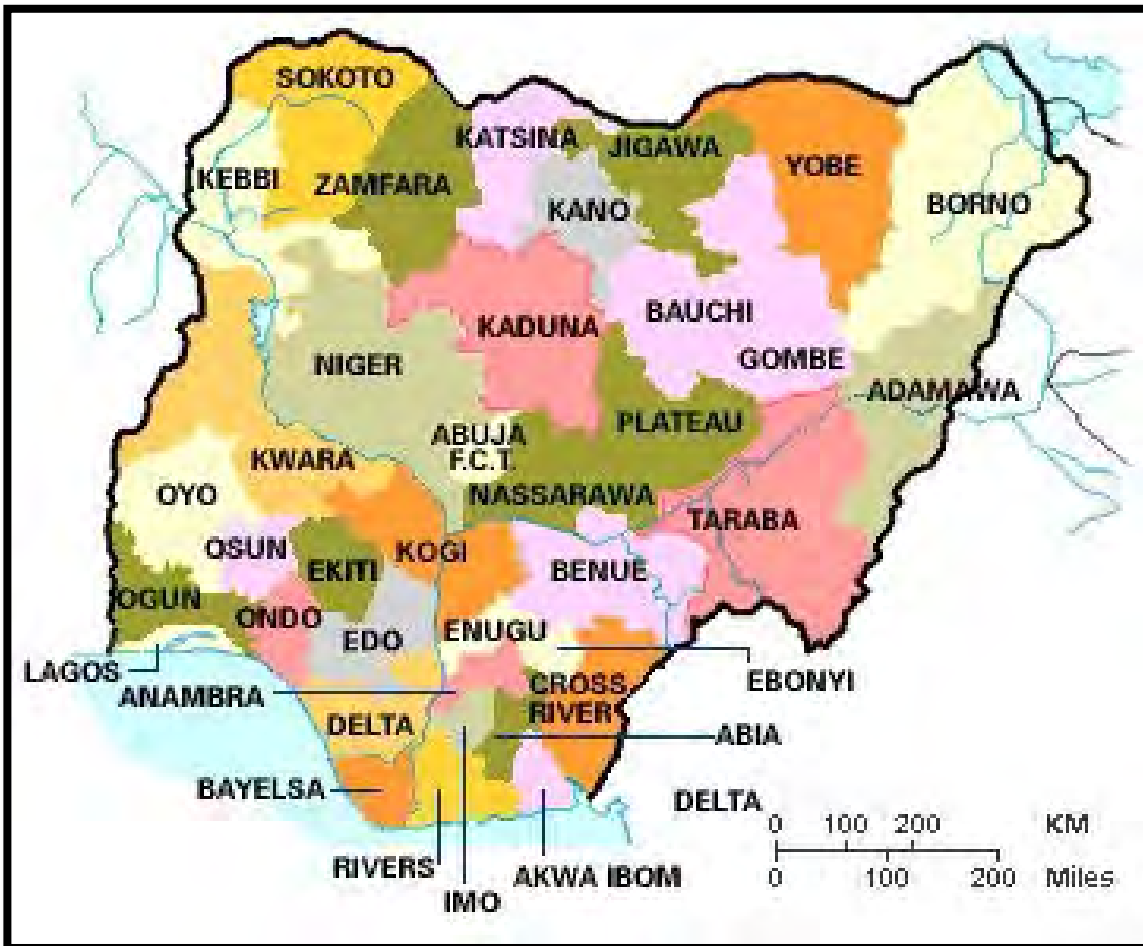
Gloria Iselaiye, June 13  
Samuel Okunade, June 22  
Yomi Omilakin, June 29

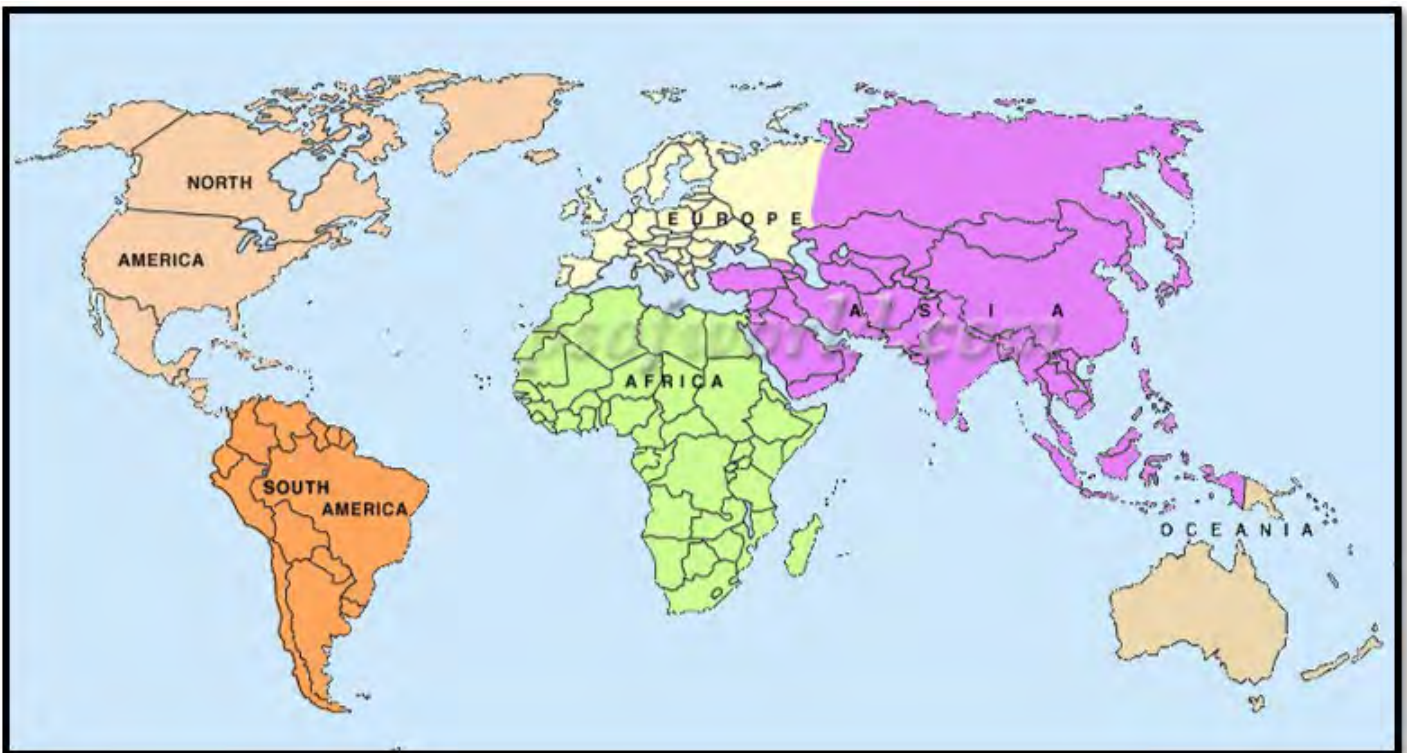
It is a “**Cakelicious**” Birthday Celebration!





We don't just love the sights of food photos in this print medium, we also love maps that educate us about what envelopes us, socially, morally, educationally, politically, and economically. Enjoy the sights of colorful maps below. Learn where you belong.





Community Advertisements for Food, Fun,  
Friendship, Fellowship, and Fashion

## Universal Export & Logistics LLC

**We can get your stuff from here to there!  
USA to Nigeria, No Problem.**

Universal Export & Logistics LLC

P: (267) 815-6730

E: [Universalexportllc2020@gmail.com](mailto:Universalexportllc2020@gmail.com)

- \* Containerize Shipment
- \* Ro/Ro Shipment
- \* Moving within the US-Canada
- \* Storage/warehouse in Lagos
- \* Bureau de change



*Oluwole Ibrahim Abduljelil  
Tested & Trusted  
Still soliciting for your referrals*

## Latest from ABICS Publications

### **Academics, Discipline, and Sports at Saint Finbarr's College**

Tributes to Finbarr's Great Soccer Players



**Deji Badiru**



## Salivation Temptation Station

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



# Tantalizer Style





The singing moin-moin. “Oni dodo, o ni moin-moin.” 🎵#





**Oh, no, not the same Eja Epe again and again!  
They are as good as they look. Prove this for yourself.**



**If you don't want to fry them, you can roast them.**



**Here is our bite-size fish cubes.**

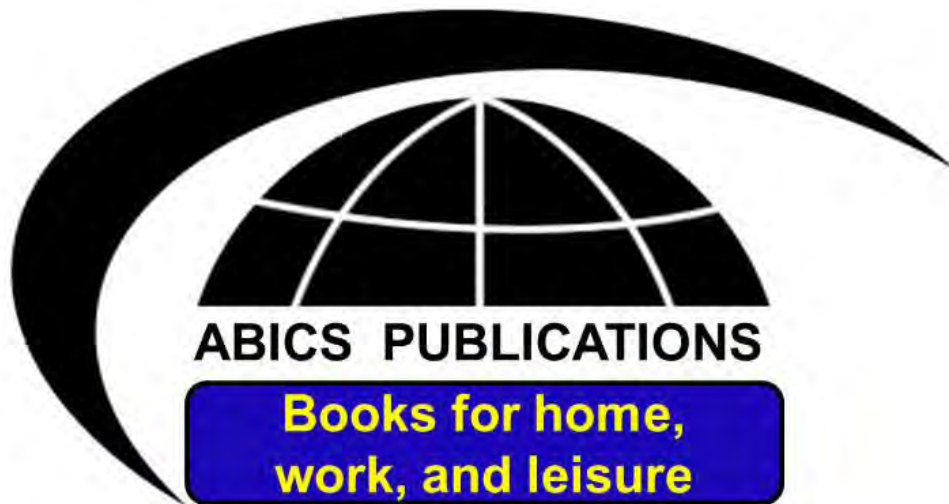
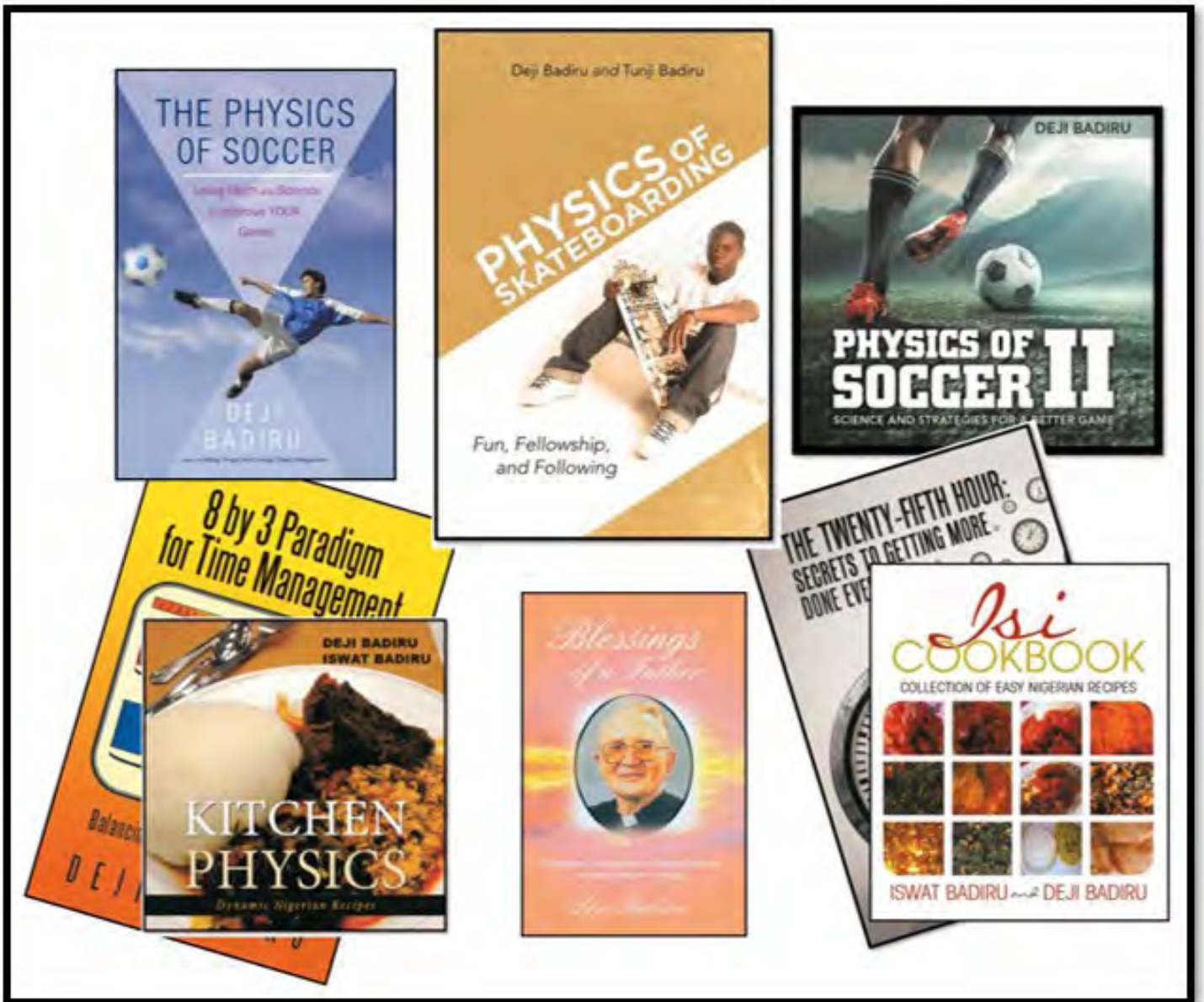




**If you are feeling guilty, you can balance your Amala with fruits and vegetables. Seasonal Fall persimmons are highly recommended.**

=====

If all of the above get you hungry and salivating, please, go out and get some. You deserve it after getting to this point in the newsletter, following pages and pages of serious talk and, maybe, boring jokes. 😊





**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**

8146 N. Main Street, Clayton, OH 45415

Phone: 937-742-7166

P/F: 937-742-7167

**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



**F&F**  
**TREE SERVICE**

Email: [info@FandFTrees.com](mailto:info@FandFTrees.com)  
Web: [FandFTrees.com](http://FandFTrees.com)

**[8733]**  
**937-520-TREE**  
**937-426-TREE**

Daniel Iselaiye  
President

**BBB** "...with God all things are possible"

 **Dr. Bamidele J Apapa D.D.S**  
MAXILLOFACIAL SURGERY   IMPLANT SURGERY   DENTO-ALVEOLAR SURGERY

[www.drapapa.com](http://www.drapapa.com)  
937-298-5239

**WELCOME TO DR. BAMIDELE J APAPA DDS INC**

**ORAL & MAXILLOFACIAL SURGERY AT ITS BEST**

COME AND EXPERIENCE OUR SERVICES TODAY  
ASK YOUR DENTIST TO REFER YOU TO US

**Welcome to Dr. Bamidele J. Apapa DDS INC.**

We specialize in Oral and Maxillofacial Surgery. Our office provides a unique relaxing atmosphere, while our staff is committed to giving each patient a positive surgical experience.

From the moment you walk into our serene waiting area, to the moment you leave our spacious surgical rooms, we go above and beyond making your visit as comfortable as possible.

**Dr Apapa**

 Doctor Apapa has achievements and awards in the field of Oral maxillofacial surgery. Get to know the doctor!

<https://www.facebook.com/afromealsLLC/>



*afromeals*

"EXPERIENCE THE CULTURE"



AFROMEALS



**SERVICES**  
CATERING  
PRIVATE EVENT  
COOKING CLASS  
PICK-UP & DELIVERY

**CONTACT US**  
240-486-1979  
AFROMEALS.COM  
AFROMEALS@GMAIL.COM

INTRODUCING THE COMMUNITY TO AFRICAN & CARIBBEAN FOODS

# Tropical Super Market

3200 N. Main Street, Dayton, OH 45405  
Telephone: 937-277-4430



New Location

For all your African Ethnic Cooking Needs



 **CHEMTAG**  
AFRICAN Market  
*Fashion & Food Stuff*

*... same home favourites stuff*



 chemtag fashion  
 chemtag fashion  
 chemtagfashion@gmail.com

@ #5250 N. Dixie Dr, Unit C, Dayton Ohio 45414

**937-430-1911**

**OPEN: Monday - Friday 10.00am-7.00pm; Saturday 10.00am-6.00pm**  
Closed on sundays

## Repeat Announcement:

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).



## 2023/2025 Officers of Egbe Omo Yoruba

President:	Professor Abayomi Ajayi-Majebi
Vice-President:	Dr. Morakinyo Kuti
Secretary:	Mrs. Elizabeth Omolewu
Asst. Secretary:	Mrs. Iswat Badiru
Treasurer:	Mr. Theo Adegboruwa
Social Secretary:	Mrs. Tope Anderson
Asst. Social Sec:	Mrs. Danni Okunade
Newsletter Editor:	Deji Badiru
Parliamentarian:	Dr. Bisi Adegbile
Webmaster:	Mrs. Iswat Badiru

### Donate to Advance Egbe

Egbe can now receive online donations directly through the website. Please go to [www.VoiceOfYoruba.org](http://www.VoiceOfYoruba.org) and Click on **Donation**. Donations can be made via Paypal or Credit Card.

---

### From the Editor



To VOY readers, *Thank you..!*

