

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



Following June's meeting when Egbe members took the Covid fear by the horn and met in person rather than on Zoom that we have all gotten used to, members of Egbe actively participated in the All-Nigerian picnic in July and we continued to have our monthly meetings in person. Although Covid-19-related health issues continue to threaten the young and old alike, our members have celebrated birthdays, welcomed new additions to the family and cautiously participated in other social activities by strictly following the Center for Disease Control and Prevention (CDC) guidelines. In fact, we have thoroughly enjoyed both in person and Zoom parties – especially the marathon “Dance Zoom Birthday Party” 😊. With the Fall and Winter seasons fast approaching, Egbe's plan is to continue to spiritually warm ourselves up with meaningfully appropriate monthly doses of refreshing food, fun-filled tête-à-têtes, together

with exciting and thoughtful deliberations on Egbe's official matters.

Dr. (Mrs.) Funmi Adegbile, President



PRESENTS

***Its Nineteenth Anniversary in Conjunction with the
62nd Nigerian
Independence Celebration***

LOCATION: **St. Benedict the Moor' Church**
519 Liscum Drive
Dayton, Ohio 45427

DATE: **Saturday, October 1, 2022**

TIME: **6:30 P.M. -1:00 A.M.**

NOTE: DINNER WILL BE SERVED FROM 7:30 P.M. – 8:30 P.M.

TICKETS: **Adults (18 and over) \$20 at the Door**
Children under 18 free of charge

DIRECTIONS:

From Cincinnati: Take 75 N to Dayton, Exit on 35/49 West towards Eaton, stay on 35/49 until you see the Liscum Avenue exit. Turn Left on Liscum and church will be on your immediate left.

From Columbus: Take 70W to Indianapolis till you get to I 75. Exit on I 75 going south (Cincinnati) until you see an exit for Rt. 35 going west towards Eaton, stay on 35/49 until you see the Liscum Avenue exit. Turn Left on Liscum and church will be on your immediate left.

From Xenia & Dayton: Get on 35 West to Eaton and then follow directions as described.

FOR INFORMATION CONTACT: Theo Adegboruwa (937) 371-6742 or
Osaguona Ogbebor (917) 392-1942
or Mike Okwudibonye (937) 270-4096

You are all invited. You have three more days to procure you party shoes and fancy attire.

Photo Gallery from July 2022 All-Nigeria Picnic

If you missed it this year, you missed the great sights and sounds of the moments of food, fun, and fellowship. Don't miss it next year.





Food Galore







Giant African Snails, Feared and Detested in Florida

What? I don't get this. Is this the same snails that are highly coveted in the African cuisine? How did they become such a feared monster in Florida? Did the snails of America morph into something else compared to the delicacy variety in Africa? Or, is it that the Africa's extreme cooking practices render the snails' toxins harmless to consumers? We all know about the dangerous Piranha and Puffer Fish of South America that are prepared (carefully) and eaten by the natives, despite their killer reputation. From sluggish and gentle snails to killer monsters?

Food wonders never wane. There must be a disconnect here about the Florida-based African snails. One man's poison appears to be another man's desired fare. Some controlled gastronomical research may be needed. Here you go, African restaurants in America. Rise up to the challenge.

Below is an interesting News Headline (Posted Thu, Jul 7, 2022):

"Due To Giant African Land Snail Sighting, No Compost Allowed Out Of Quarantined Area In Pasco County"

D'Ann Lawrence White,

Source: <https://patch.com/florida/newportrichey/due-giant-african-land-snail-sighting-no-compost-allowed-out-quarantined-area>



“Giant African land snails pose a serious health risk to humans by carrying the parasite rat lungworm, known to cause meningitis in humans. The snails should not be handled without proper protection and sanitation.”(USDA)

NEW PORT RICHEY, FL — At the direction of the [Florida Department of Agriculture and Consumer Services](#), the city of New Port Richey is advising residents that it's against the law to transport or deliver compost outside the [area under quarantine](#) due to the discovery of the giant African land snail.

However, residents in the quarantined area can still have compost delivered to them.

See related story: [Giant African Land Snail Invasion Causes FL Quarantine](#)

The quarantine was put in place after the Florida Department of Agriculture and Consumer Services confirmed a sighting of the snail, one of the most invasive pests on the planet, causing agricultural and environmental damage wherever it is found.

The presence of the snail was reported by a master gardener with the Pasco County Cooperative Extension Service in a New Port Richey garden on June 21 and confirmed by the Department of Agriculture and Consumer Service on June 23.

The quarantine was put in place because the snails can move long distances by clinging to vehicles and machinery, such as transportation carrying local produce, or burying themselves in compost and yard trash that is hauled away.

The quarantine is in place starting at the northwest corner of U.S. 19 and Ridge Road, and proceeds east on Ridge Road, south on Little Road, west on Trouble Creek Road and then north on U.S. 19.

The snails, which can grow to be about the size of a fist, eat many plants, including peas, beans and cucumbers. But if they can't find enough vegetation, the Department of Agriculture and Consumer Services said they will eat paint or stucco off a house.

Because they're rarely found alone, the division of the plant industry is searching for others in the area. The snails can reproduce as young as 4 months old, laying many thousands of eggs in its multiple-year life span

On June 29, the department's division of plant industry began treating for the quarantine area with metaldehyde-based molluscicide (snail bait), approved by the U.S. Environmental Protection Agency for residential use.

Metaldehyde works by disrupting the mucus production ability of snails and slugs. This reduces their digestion and mobility and makes them susceptible to dehydration. Snails and slugs that have eaten metaldehyde often seek hiding places, become inactive and begin to die within days.

Metaldehyde is a pesticide used to control snails and slugs and is approved for use in a variety of vegetable and ornamental crops in the field or greenhouse, on fruit trees, small-fruit plants, avocado and citrus orchards, berry plants, banana plants and in limited residential areas. Available products can be applied as granules, sprays, dusts or bait pellets. Applications are typically made to the ground around the plants or crops to be protected. The FDAC will attempt to notify residents in advance before applying the snail bait.

Believed to be originally from East Africa, the snail is now established on the Ivory Coast and Morocco, and throughout the Indo-Pacific Basin, including Guam and the Northern Mariana Islands, American Samoa and the Hawaiian Islands.

It is illegal to sell or possess them in the United States. Nevertheless, they are smuggled into the country as food, for pets or for religious ceremonies.

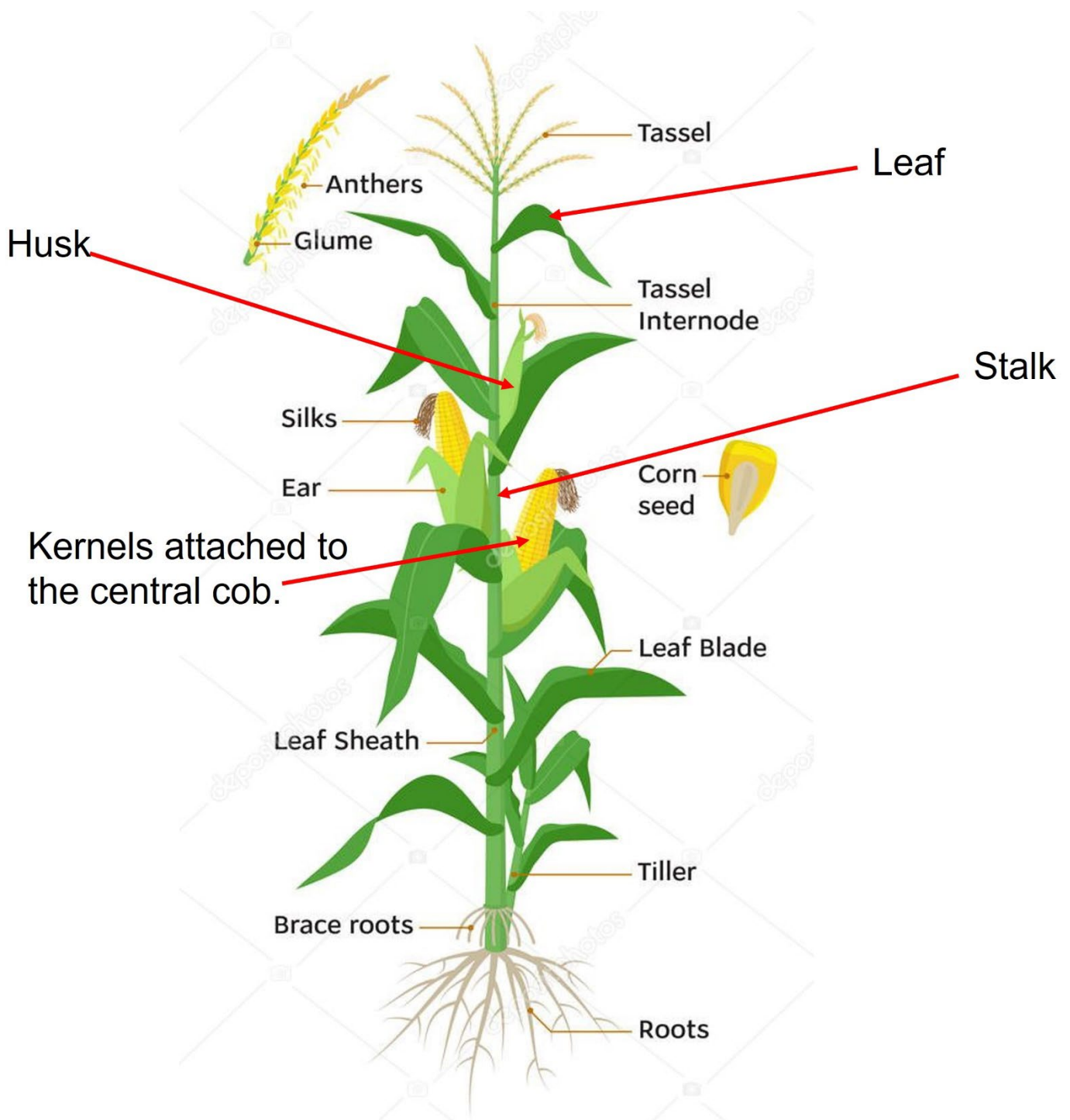
Once released into the environment, the giant African snail has been documented as causing damage to more than 500 different species of economically important agricultural plants.

In addition to carrying the parasite rat lungworm, the snail also distributes *Phytophthora palmivora* in its feces spores, the cause of black pod disease in cacao plants in Ghana, as well as *P. parasitica* and *P. colocasiae*. The snail is also responsible for the spread of foot rot in *Piper nigrum*. The giant African land snail has been eradicated twice in Florida. The first detection was in 1969, and it was finally eradicated in 1975. The snails were found again in Miami-Dade County in 2011, and it took until 2021 and cost \$24 million to destroy more than 168,000 snails plus millions of eggs, agricultural officials said. Before the New Port Richey discovery, the last live snail in Florida was collected in Miami-Dade County in December 2017. The FDACS is asking anyone who sees one of the giant snails to email a photo for identification to DPIHelpline@FDACS.gov.

“The Giant African Land Snail is one of the largest terrestrial gastropods. They have a light to dark brown shells with vertical stripes of a darker shade of brown on them. They have an average lifespan of about 5-7 years. When they have enough food, and the weather is satisfactory, they tend to live much longer,” if the long hands of African restaurants don’t get them first.

The Versatile Corn, loved and enjoyed all over the World

While we are on the subject of food, let's consider the case of corn (maize), the versatile corn, in all its components glory shown below:



See: <https://www.google.com/search?q=parts+of+a+corn+plant&ie=UTF-8&oe=UTF-8&hl=en-us&client=safari#imgrc=JgtmdD0Dy5234M>

Maize, also known as corn (North American and Australian English, is a cereal grain first domesticated by indigenous peoples in southern Mexico about 10,000 years ago. Kernels are the bunched-up corn seeds on the cob, which is the foam-like center of the corn plant. Corn is one of the most leveraged crops on the planet. Readers are encouraged to find online the most common uses of corn, for food, commodity, fuel, consumer products, etc. Most of the corn grown these days does not go to food production. It is used to make ethanol gas, batteries, and many, many items we see around us today. If roasted corn on the cob is your thing, below is an exciting temptation offered by jumbo Peruvian corn. Enjoy the sight now and, hopefully, the taste later on.



Sorry for the mouthwatering temptation.

Multi-colored Nigeria

Source: <https://www.daytondailynews.com/local/nigerian-colors-memories-inspire-textile-artist/DMLBWNEHEVFV5CDGGF5AIC6URA/>

Nigerian colors, memories inspire textile artist

Rodriguez's day filled with creating, collaborating.

By Hannah Kasper Levinson
Contributing writer

Editor's note: "A Day in the Life" is a bi-monthly feature profiling an innovative Daytonian's daily routine from start to finish.

Yetunde Rodriguez (pronounced "yay-toon-day") has loved creating since she was a kid. Growing up in Nigeria, Rodriguez was born into a culture of DIY. "Everyone sewed, knit, cooked," she says of the women in her family. "I lived there until I was 13. My dad had been coming to the States since the '70s for university. He would go back and forth. We finally moved here when he got his PhD in West Virginia."

Rodriguez did not always pursue art professionally. After college she joined the Navy, where she worked as a dental assistant. "The military is like a town," she explains, "Everything you find in a town is in the military. Every job has a military parallel." The Navy took her to California, Rhode Island and Virginia. In Norfolk, Virginia, she met her husband, Danny, and they started a family. They moved to Dayton in 2007 and now have three children, 16, 18 and 20. In Dayton, Rodriguez developed her art practice and started producing small batch textile designs. Her work is inspired by the color combinations of Nigerian art, as well as personal memory and research into African designs.

But first, coffee

Typically, Rodriguez's day starts early as she prepares to get her youngest child to school. She makes coffee and drops her son off, then zips downtown and gets to her studio around 8:30 a.m. Rodriguez approaches the studio like she would any work day. She starts at her computer, answering emails. She tweaks the templates she is working on for a mural project at West Dayton's cooperative grocery store, Gem City Market. This won't be the



Yetunde Rodriguez was born into a culture of DIY in Nigeria. "Everyone sewed, knit, cooked," she says of the women in her family. CONTRIBUTED BY BRIANA SHYDER OF KIRCK CREATIVE.

first work she has done for Gem City Market, which opened its doors in 2019. The facade of the building has a geometric design created by Rodriguez. The new mural is a collaboration between Rodriguez, fellow Dayton artists James Pate and Glenn Jennings, and Shayna McConville, who oversees Kettering's Rosewood Arts Center and brings public art to the Dayton area. Later in the day, Rodriguez will meet with her mural collaborators at either the Gem City Market or at Pate's gallery.

Chasing the light

Rodriguez has been in this particular studio on West First Street for a year. She moved studios from down the hall in search of good light. The studio is well organized, with tall wooden bookshelves full of materials and fabric samples. Along one window-lined wall sit three tidy stations set up for workshops that Rodriguez leads under the moniker StudioYay. The most recent workshop, designing a decorative mir-

ror with a DIY printed border, took place at the end of June. Despite her prolific output, she has self-doubt, just as any committed artist does. "If I do something that's not art, will people get turned off? If it's craft? I love DIY. When I hear 'artist' with a capital 'A,' it can be intimidating."

I want it to mean something

As the morning progresses, the desk work required to run a small business needs to wait because Rodriguez has the urge to jump into a project. "Sometimes I need to execute on an idea I have," she says. She is re-upholstering an old chair in her own fabric design. "I love refining something that already exists, like the chair, rather than putting out more stuff." She is trying to phase out of markets where she sells her own products like pillows and totes. "I didn't set out to make a product line. I don't want to lead with that," she says, "I want it to be something someone wants. I want it

to mean something to someone."

Community work

To that end, Rodriguez is currently deep into collaborative community projects. Besides her contributions to Gem City Market, she also works with the nonprofit We Care Arts, an organization that provides an artistic outlet to individuals with varying disabilities and physical challenges. Rodriguez has been teaching the production class at We Care Arts for the past year. Local businesses will request projects, and Rodriguez guides the artists, who are paid for their efforts to produce the work. "This flower project has consumed my life." She is speaking of an art installation she recently completed as a collaboration between downtown's Dayton Arcade, the arts fund Culture Works and We Care Arts. Rodriguez was commissioned to facilitate the production of a 24-foot wall of paper flowers with the help of her stu-

Artist continued on C8



Yetunde Rodriguez produces small-batch textile designs, which are inspired by the color combinations of Nigerian art and personal memory. CONTRIBUTED

joined back at the studio by her kids, including her son, an artist and recent graduate of Stivers School for the Arts. He will be pursuing industrial art in college and enjoys building his own canvas frames in his mother's studio. Rodriguez's daughter, who studies in upstate New York, is home for the summer and enjoys coming

to the studio to sew.

Dinnertime

Rodriguez and her family head home for dinner. She cooks a lot and enjoys making variations on Dominican fried rice, one of her husband's favorites. She will use the ingredients she picked up at the local markets to recreate dishes at

home, like falafel or Thai food. Sometimes, inspiration strikes again and Rodriguez heads back to the studio after dinner for one or two more hours, not heading home for the evening until 11 p.m.

You can reach this writer at hannah@hannahkasper.com.

Health Matters

YOUR BEST HEALTH NOW

Falling doesn't need to be a part of aging

By Kettering Health

Falls Prevention Awareness Week, Sept. 19 through 23, raises awareness around the risks of falling and ways to prevent it. In recent years, raising awareness has become all the more important.

"We're seeing a national rise in falls among the geriatric population," says Melissa Whitmill, MD, who specializes in trauma and emergency surgery at Kettering Health.

Falls are the leading cause of fatal and nonfatal injuries in Americans 65 years and older. In fact, nearly one-quarter of Americans 65 years old and older fall each year, leading to 2.5 million nonfatal falls being treated in emergency rooms.

But falls need not be the norm. "It is important to remember that falling is not a part of getting older," says Dr. Whitmill.

Why is falling so common?

By age 65, most people lose 25% of their muscle mass, diminishing their

mobility and balance. Other risks that compound a person's chances for falling include vision issues, conditions such as Parkinson's and dehydration. "Our thirst mechanism declines as we age," says Dr. Whitmill, "meaning we might not feel thirsty though we need fluids." This can lead to dizzy spells when you stand.

While aging may add certain risks, as Dr. Whitmill strongly reminds folks that doesn't mean falling needs to be an accepted part of aging.

How can you avoid falls?

Most falls occur at home due to slips and trips. So, the first place to limit the risks of falling is the home. Dr. Whitmill recommends the following:

- Remove throw rugs and secure loose carpet.

- Keep pathways clear of electrical cords and clutter.

- Use handrails on both sides of stairwells and make sure the stairwell is well-lit.

- Use night lights between the bed and the bathroom and keep this path clear of clutter.

- Have grab bars installed in the shower/tub area and use non-slip bath mats.

- Adjust the toilet height so it's easy to sit and stand.

She adds that staying active is important, though it can be intimidating. The issue is that a fear of falling can discourage someone from getting out and staying active. "This starts an unfortunate cycle," says Dr. Whitmill, "because now they are losing muscle mass and flexibility, which increases their chance to fall."

Find help, keep your independence

At Kettering Health's NeuroRehab and Balance Center, you can reduce your risk of falling by improving your balance with the help of physical and occupational therapists who specialize in balance and fall prevention.

For more information about improving your balance and reducing your fall risk, contact the Kettering Health NeuroRehab and Balance Center at (937) 401-6109 or visit kettering-health.org/services/neurorehab-balance.

VOY Fun Corner

Fun with BB Cartoons

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Original funnies and jokes



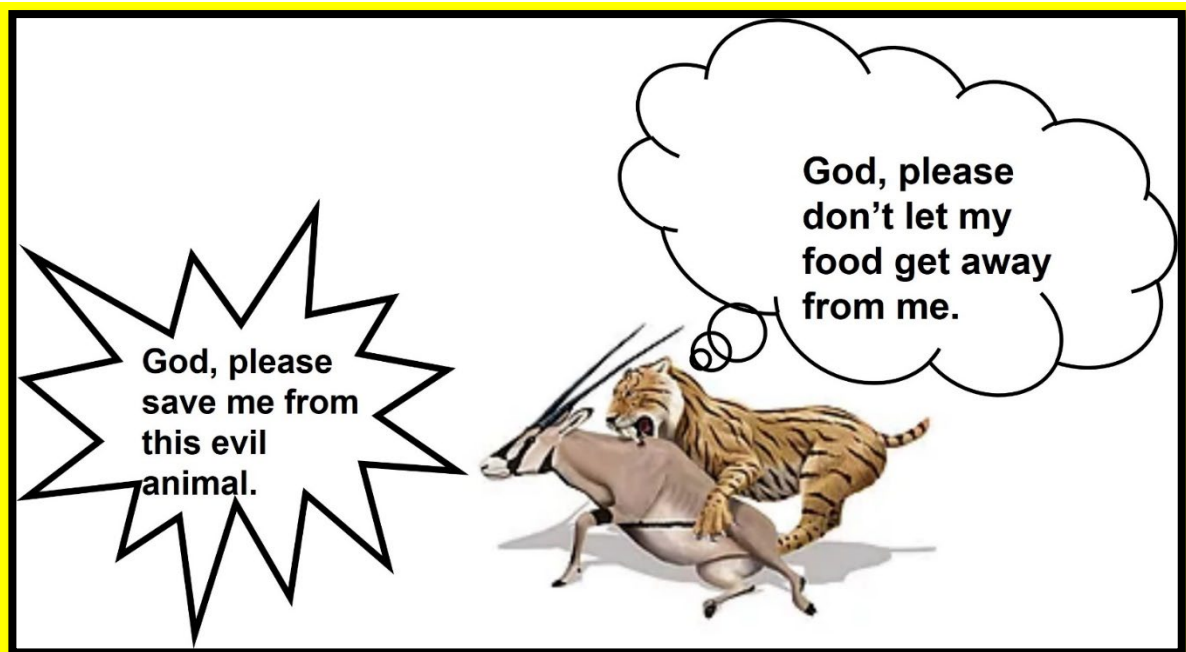
The Village Bathman

VOY Funnies

What do you call a man wearing a mask? **Maskerer**

What about a woman wearing a mask? **Maskeress**

Different Prayers for Different Folks



In a matter of analogy:

Newton's Third Law of Motion says:

“To every action, there is an equal and opposite reaction.”

Here, VOY says:

“For every prayer, there is a counter prayer.” 😊

Quarterly Recent and Forthcoming Birthdays

Looking back and forward in birthdays

July:

Ayo Ogunduyile, July 7
Daniel Iselaiye, July 17

August:

Augustine Olu Agbebi, August 2
Abigail Odunsi, August 20
Morakinyo Kuti, August 31

September:

Taju Bakare, September 1
Deji Badiru, September 2
Dotun Sobande, September 4
Wole Okunade, September 12
Tokunbo Awoshakin, September 24



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

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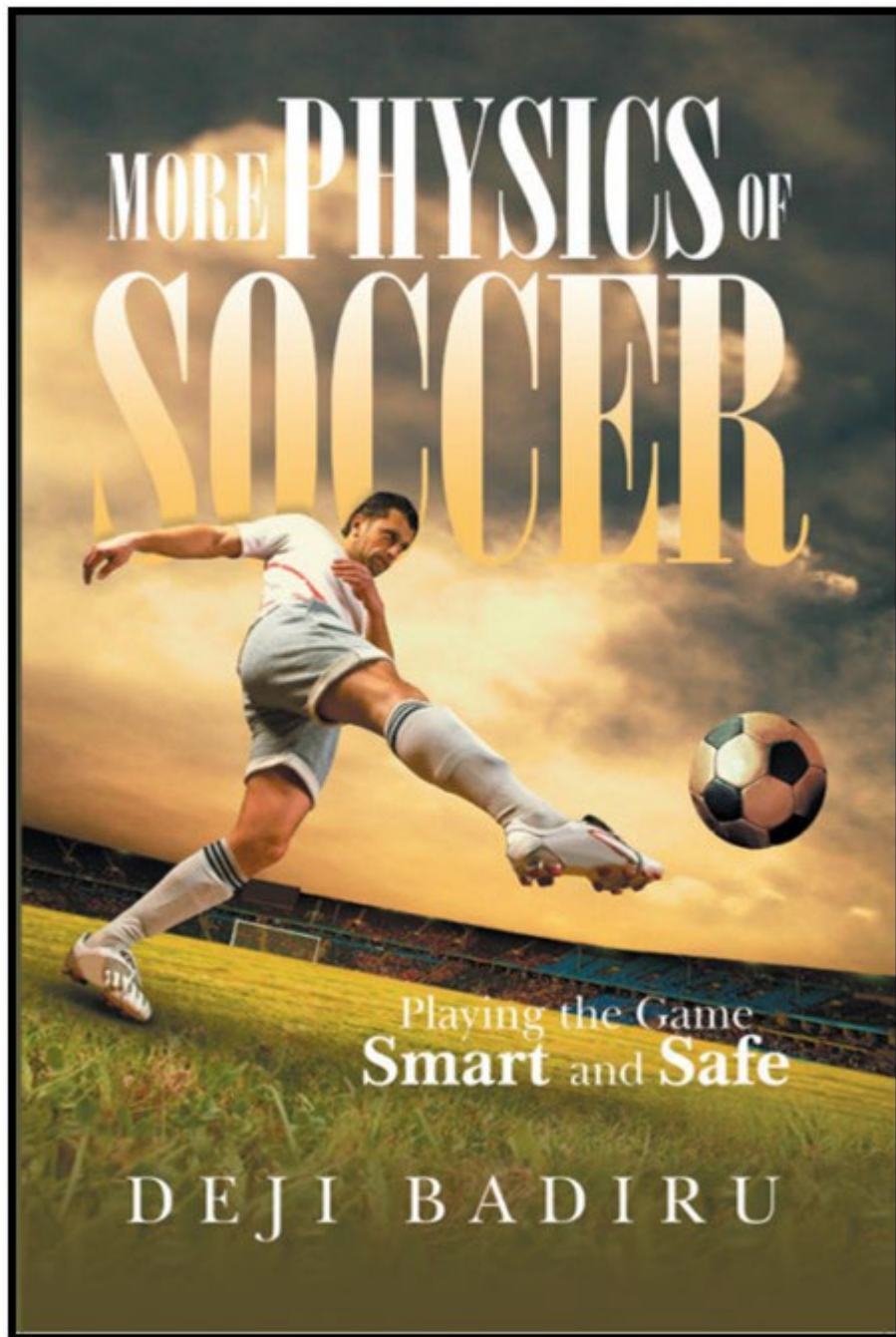
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Salivation Temptation Column

Have it your way with Eja Epe.



If pounded yam is your thing, here you can have it

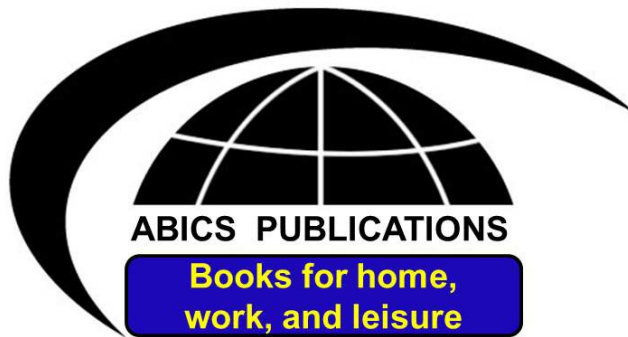
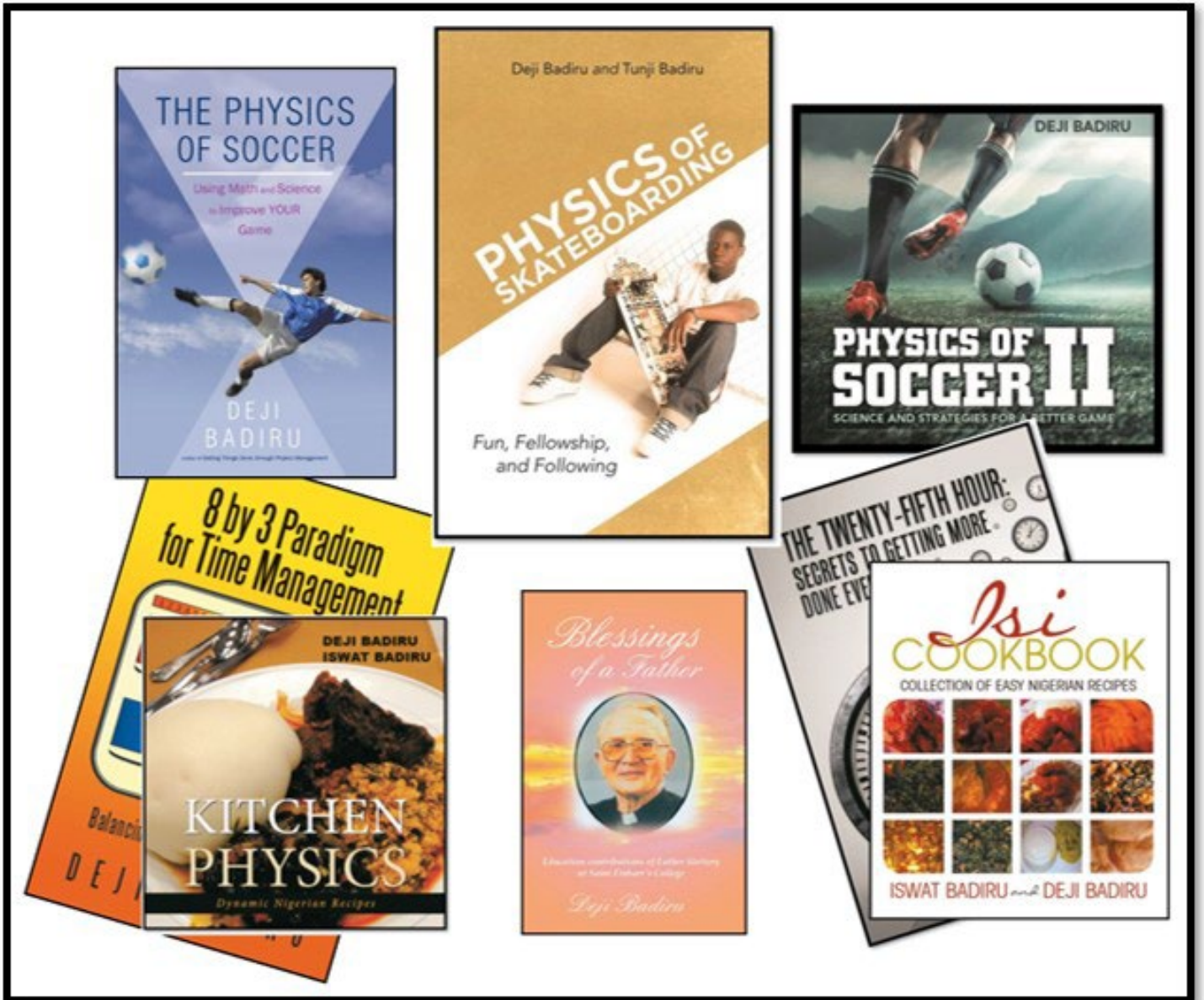


If amala is your thing, here you have that too



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



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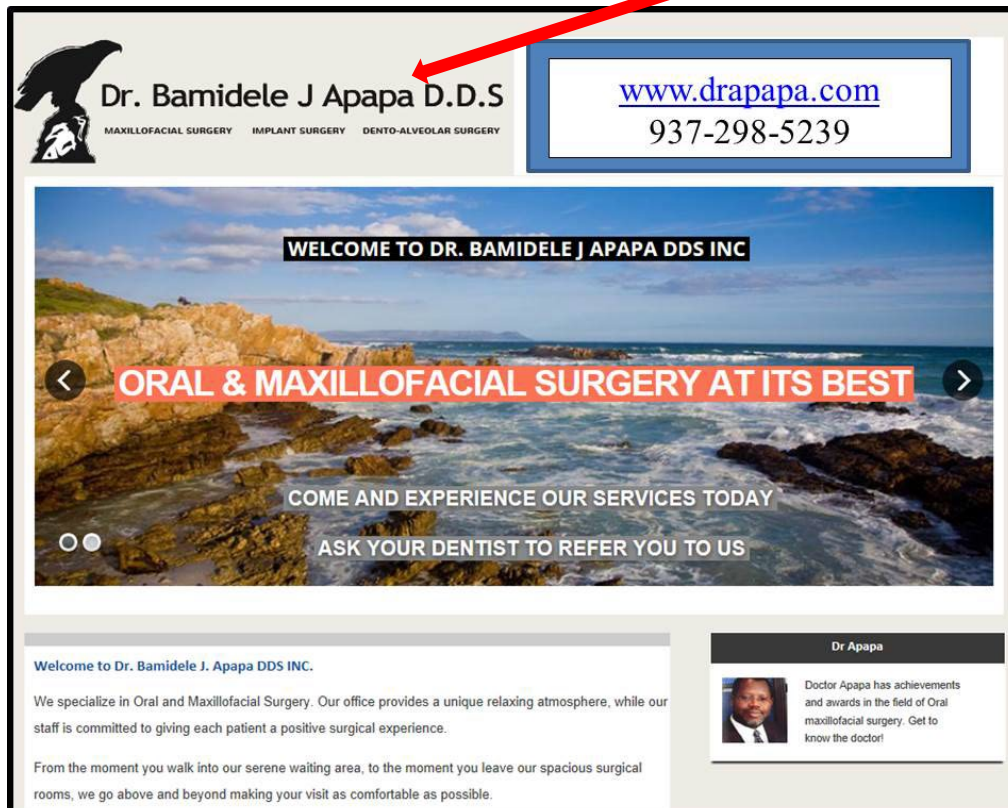
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That's all for now, folks!!!

Happy New Second Quarter of the Year! See you next quarter.

2021/2023 Officers of Egbe Omo Yoruba

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From the Editor



To VOY readers, *Thank you..*

