# **VOICE OF YORUBA**



### NEWSLETTER OF EGBE OMO YORUBA OF GREATER MIAMI VALLEY

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## SPECIAL HOLIDAY EDITION

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# President's Farewell Message

Yes, it is a farewell. But, there are no worries and there is no despair because it is also a "hello" from the ordinary membership floor. Having served a full term plus an additional year at the unanimous request of members, it is time for me to step aside for a new presidential team. Leaders, even very successful ones, should voluntarily step aside at the opportune time to create room and opportunity for new, younger, and energetic officers to thrive, shine, and prove their own mettle. I take this opportunity to express my thanks and appreciation to all members and officers for the kind help and cooperation they showered on me during my administration. The organization legacy that we have collectively developed will continue to sustain Egbe for many years to come. I will remain active in Egbe's activities and I will continue to participate in our Nigerian community events and initiatives. So, it is "farewell" from the presidential platform and "hello" from the membership floor.



On this important occasion, I would like to formally introduce **IWA**<sup>TM</sup> as key requirement for members contesting to hold elected positions in the Egbe Omo Yoruba of Greater Miami Valley of Ohio (USA). IWA is a pun intended to amalgamate a key Yoruba attribute ("iwa" = exemplary character) and the attributes required of any leader.

#### Yoruba "iwa" means exemplary character and good personality.

Egbe's trademark **IWA**<sup>TM</sup> means an elected officer, who is **Interested**, **Willing**, and **Available** to dedicate himself or herself to the demands of the elected office. May the Good Lord help us in all our endeavors.

# New Officers, New Administration

It is with a great delight that we announce the newly elected officers of Egbe for the 2013-2015 term:

#### **Elected Positions:**

President: Mr. Sam Oyebanjo Vice President: Dr. Bamidele Apapa Treasurer: Dr. Davo Odunsi Mr. Tayo Osinubi Secretary:

Mr. Tokunboh Awoshakin Social Secretary:

## **Appointed Positions:**

Parliamentarian: Dr. Bisi Adegbile Newsletter Editor: Prof. Adedeii Badiru Mrs. Iswat Badiru Webmaster: Backup for Treasurer: Prof. Adedeji Badiru Backup for Secretary: Dr. Daniel Iselaive









Dayo Odunsi, MD



Tayo Osinubi

Toks Awoshakin

The new slate of Officers will assume office effective January 1, 2013.

# Outgoing President Recognized for His Service





On October 20, 2012, during the October Monthly Meeting, Egbe pulled off a surprise plaque presentation to the outgoing president in recognition of his leadership and service to the organization. In acknowledging the special recognition, the president went around the room and, one-by-one, thanked each member in attendance with memorable commendation and compliments to each person. It was a fitting mutual recognition of the collective teamwork that exalted the organization to the status it enjoys today. The inset photo shows the president in a casual ready-to-step-down Yoruba attire. The meta-inset photo (circa 1973) behind him proves the adage that "beside every successful man, there is a loving woman." Many Egbe members will remember the story of the rooster painting (also circa 1973) that got the couple started in the early 1970s.

# **Fundamentals of Yoruba Language**

## Yoruba (èdè Yorùbá)

Yoruba is one of the major languages of Nigeria. It is a member of the Niger-Congo family of languages. It is spoken indigenously by about 25 million people in southwest Nigeria, Benin, Togo, Brazil and also spoken extensively by immigrants in the UK and USA.

Yoruba first appeared in writing during the 19th century. The first Yoruba publications were a number of teaching booklets produced by John Raban in 1830-1832. The individual who made the greatest contribution to Yoruba literacy was Bishop Samuel Ajayi Crowther (1806-1891), who studied many of the languages of Nigeria, including Yoruba, and wrote and translated some of them. Bishop Crowther was also the first Christian Bishop of West African origin. A Yoruba orthography appeared in about 1850, though it has undergone a number of changes since then. Some fundamentals are provided below:

#### The Yoruba alphabet (Alufabeeti ABD Yorùbá)

#### ABDEEFGGBHIJKLMNOOPRSSTUWY Ff Gg GBgb Hh Ιi Aa Bb Dd Ee Ee Jί di ki ah bi hay hen qbi! he! [b] [a] [ d ] [e] [8] [f] [g] [gb] [ h ] [1] [ k ] [ i ] [I]Mm Nn Oo Qo Pp Rт Ss Tt Uu Ww Yy Ss mi ni oh pi shi uh! [ m ] [ n ] [0] [ɔ] [k͡p] [S] [ ] ][r] [t] [ u ] [ w ]

#### Nasal vowels (Awon Faweli Aranmupe)

You can hear the sounds of the Yoruba alphabet at:

http://www.africa.uga.edu/Yoruba/alphabet.html

© African Studies Institute, University of Georgia

Yoruba is a tonal language with three tones: high, mid and low. The high tone is indicated by an acute accent  $(\acute{a}, \acute{e}, \acute{e}, \acute{i}, \acute{o}, \acute{o})$  and  $\acute{u}$ ). The mid tone is not marked and the low tone is marked with a grave acute  $(\grave{a}, \grave{e}, \grave{e}, \grave{i}, \acute{o}, \acute{o})$  and  $\acute{u}$ ). Read the following:

Ònà tí o rorùn latifi kó pípe òrò pèlú àwon àmì yìí ni tí a báfí wé dídún-un méta nínú àwon ohún tí a ńfi dùrù tàbí pianó tè. Àwon ohùn nàá ni.

dò rē mí.

Akì í sábà fi àmi àárín (-) sori òrò àfi léèkòòkan lórí i n̄ tabi m̄.

#### Some Examples:

Gbogbo ènìyàn ni a bí ní òmìnira; iyì àti ètó kòòkan sì dógba. Wón ní èbùn ti làákàyè àti ti èrí-okàn, ó sì yẹ kí wọn ó máa hùwà sí ara wọn gégé bí omo ìyá.

#### **Translation**

All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood. (Article 1 of the Universal Declaration of Human Rights). Consider the following popular Yoruba proverbs:

Àlejò ni ojú lásán ni, kò mọ ìran fi wò.

<sup>&</sup>quot;Àgbo méjí kò le mu omi nííkòtò."

<sup>&</sup>quot;Eni ti eégun nle, ki ó má ba ara je, bí ó tí ńre aráayé beni ó un re ará òrun."

"Àgba o si ilu baje, bale ile ku, ile dahoro"

#### **Numbers (Cardinal)**

(1) okan/mení, (2) méjì (3) meta (4) merin (5) màrún (6) mefà (7) méje (8) mejo (9) mesan (10) mewa

#### **Numbers (Ordinal)**

(1st) èkíní , (2nd) èkejì (3rd) eketa (4th) ekerin (5th) èkarùn (6th) ekefà (7th) èkeje (8th) ekejo (9th) ekesàn (10th) ekewà

# **Cost Reflections of the 12 Days of Christmas**

PNC bank, headquartered in Pittsburgh, PA, in a cost-enlightening study by PNC Wealth Management group, reported that Christmas cost 6.1% more this year compared to last year. The Badirus, while living in Norman, Oklahoma in 1984-2000, participated in the annual singing of the "12 Days of Christmas" at the traditional Christmas Party of Nigerians in the city. So, the satirical cost report published by PNC bank is of relevance to a tradition gone by. The bank reported the cost of the "12 Days of Christmas" as follows:

- Partridge, \$15; last year: 2012 cost is same as last year
- Pear tree, \$189.99; last year: \$169.99
- Two turtle doves, \$125; last year: same
- Three French hens, \$165; last year: \$150
- Four calling birds (canaries), \$519.96; last year: same
- Five gold rings, \$750; last year: \$645
- Six geese a-laying, \$210; last year: \$162
- Seven swans a-swimming, \$7,000; last year: \$6,300
- Eight maids a-milking, \$58; last year: same
- Nine ladies dancing (per performance), \$6,294; last year: same
- 10 lords a-leaping (per performance), \$4,767; last year: same
- 11 pipers piping (per performance), \$2,562; last year: \$2,428
- 12 drummers drumming (per performance), \$2,776; last year: \$2,630

Aren't you glad you spent 2012 Christmas at grandma's place for free?

## Members' Events, Activities, and News

**HAPPY BIRTHDAY** to members whose birthdays occurred during October to December 2012

#### October:

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

#### **November:**

Elizabeth Adegbile, November 3 Fola Fadeyi, November 6 Theo Adegboruwa, November 25

#### **December:**

Funmilayo Adegbile, December 3 Bamidele Apapa, December 6 Kimberly Fadare, December 10 Solomon Sonya, December 22 Iswat Badiru, December 25 Mama Deborah Oladitan, December 25



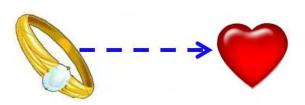
## **Egbe's Wisecracks**

If modern kids think they are cool and creative with their texting language, they ought to read Shakespeare. He was the first one to use "u" as a substitute for "you."



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Did you know that the **wedding ring** goes on the left **ring finger** because it is the only finger with a vein that connects to the heart?



Now that the New Year is approaching, be careful making resolutions that you intend to keep. Listen to the advice below:

"The trouble with making too many New Year's resolutions is that if you stick to them, you could become impossible to live with."

- Tony Zarro

\_\_\_\_\_\_

If you are still shopping for the holidays, listen to this advice:

## "We always hold hands. If I let go, she shops."

- Henry Youngman, Comedian





# **Wedding Reception and Celebrations**

# Olumide and Rebecca



It was an extreme Dance-a-Rama at the wedding reception of Olumide and Rebecca Oluyitan on November 24, 2012 in Dayton, OH. The photos above and below tell the colorful story in undeniable details.







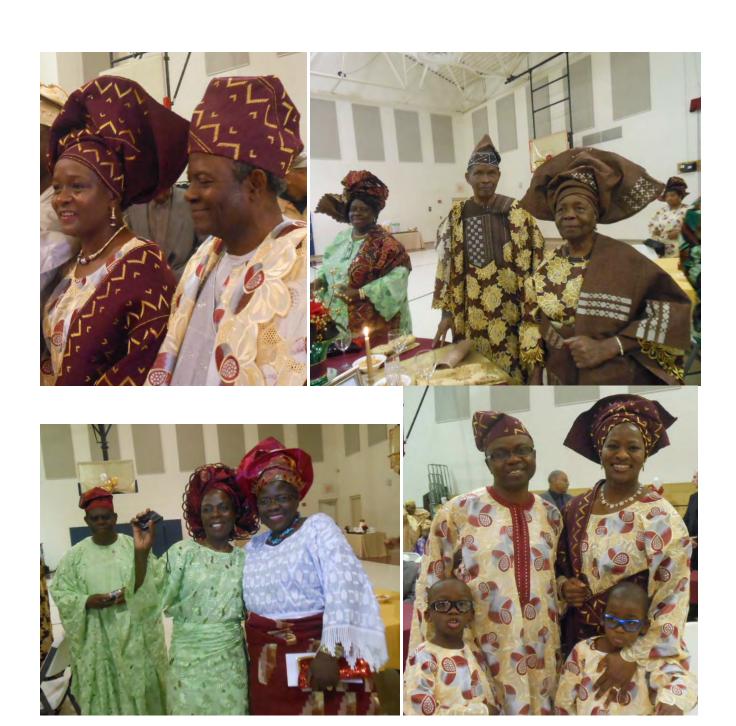
# Funminiyi and Montoya

It was another pomp-and-pageantry opportunity in the Nigerian community in Dayton, Ohio on December 8, 2012 at the wedding reception of Dr. and Dr. Funminiyi & Montoya Taylor. The reception was hosted by Dr. (Mrs.) Funmi-Ajayi Adegbile and family, following the wedding that took place earlier on November 10, 2012 in Washington, DC. Iroyin ko to aworan. See the photos below for yourself.



Love and Joy are definitely in the air.





It was an extraordinary food extravaganza! There were rows and rows of diverse choices. The rows were double-aisled to eliminate food-line waiting time. Rice was observed, admired, revered, and consumed in all its colorful glory. Everyone went home belly-fully satisfied.

Although many plates were seen fully-loaded again and again, in the end, the MC still had to plead with guests to return to the serving tables to help "vanquish" the remaining foods. It brings to mind the popular Nigerian lyric about serving so much food, such that guests had their fill and still had plenty to cart home. It was an amazing gastronomic event!









If the sights of the spread of Nigerian dishes make you hungry for Nigerian food right now, well, come to the next Nigerian wedding reception. Nigerian Daytonians know how to do it right.



Applaud, applaud!

# **Egbe's 2012 Christmas Party Journal**

Egbe's 2012 Christmas Party took place on Saturday, 15 December at the spacious estate of Dr. & Mrs. Omolewu. It was a joyous occasion as designed, planned, advertised, and executed. There was plenty of Nigerian food variety, as usual. Mrs. (Dr.) Funmi Adegbile opened the gift-giving program with an educational story of the importance and meaning of Christmas. Every kid in attendance (grown and growing) enjoyed and learned something from Funmi's rendition of the Christmas story. Baba Samuel Oladitan, in his usual wisdom during the opening prayer, enjoined all adults in the group to love one another, just as children love their playmates without ever holding any long-term animosity. Mr. Tayo Osinubi played the role of generous Santa and gave gifts to every kid in attendance.

A sample of the photos from the party are shown below:























With angelic voices, members sang several Christmas songs. It was fun for all. Judging by the day's excellent performance, the Egbe Choir, which the president has often said Egbe needed to form, now seems to be in the formation stage. Hint, hint, hint.



## **Member Honors and Accolades**



# Industrial Engineer, Renaissance Man

Adedeji Badiru (Ph.D., IE, '84)
IEMS 2012 DISTINGUISHED ALUMNI AWARD



n his homeland of Nigeria, Adedeji "Deji" Badiru envisioned the United States to be one giant hustle-and-bustle metropolis, the image portrayed in movies. So when he arrived in Nashville, Tennessee on a Nigerian government

scholarship, then boarded a bus and headed to the rural town of Cookeville, he quickly learned that Tennessee is nothing like New York City.

He attended Tennessee Tech University in Cookeville, where he earned a B.S. and M.S. in industrial engineering, and an M.S. in mathematics. "My city in Nigeria was much bigger and more advanced than Cookeville, but I was determined to stay," he says. "I got a fantastic education there."

He attended UCF on a scholarship and became its first Ph.D. graduate in industrial engineering. "That's something I take pride in, being a pioneer," Badiru says.

Badiru's career as a professor and academic administrator includes 17 years at the University of Oklahoma. Now he's the head of the Department of Systems and Engineering Management at the Air Force Institute of Technology, a military graduate school in Ohio. He supervises a faculty of 25 and teaches engineering project management and advanced economic analysis.

His personal life includes a love for soccer. He played in high school in Nigeria, and on recreational teams in the U.S., until 1996. "That's when my wife put a stop to it," he jokes. "I had broken bones and twisted ankles, so I began writing about it."

He manages a website geared to children about the physics of soccer and has written on the topic. The author of 22 books loves writing motivational poems and often writes articles and commentaries about current events, community service, self-help and much more. Badiru also loves dancing, cooking and painting landscapes. He happily explains, "These activities I live by, because they are all artistic expressions."

Adapted From: http://www.cecs.ucf.edu/documents/alumni/CECSUpdates2012

# **Special Feature Article**

#### The Blacksmith's Dilemma

(African Myths and Legends from Uganda)

(Adapted from www.storiestogrowby.com/stories/blacksmith\_uganda.html)

In the olden days, the people who melted metal and who turned it into horseshoes and tools for hunters and farmers were called blacksmiths. Once, in those long ago days, far away in a country called Uganda, there lived a blacksmith and his name was Walukaga. Walukaga was the very finest blacksmith in the land, and every day a small crowd of people would gather at his blacksmith shop just to watch him at work.

Early one morning, as Walukaga was beginning work, a messenger from the king's court arrived.

"His Majesty says you are to go and see him immediately. He has a job for you to do," said the messenger.

Walukaga was delighted. Hastily putting on his best white robes he hurried off to the palace, wondering what the king wanted him to do. He passed many of his friends about their early-morning tasks in the dusty roads, and to all of them he shouted happily, "The king has sent for me! He has some work for me to do. Wish me luck!"

Walukaga reached the palace and was shown into a little room by the gate, where he waited some time until the king was ready to receive him. Then he was ushered into the inner courtyard. There sat the king on a stool carved from a single piece of tree trunk.

The blacksmith bowed low to the ground. When he rose, the king said, "I have sent for you, the most skillful blacksmith in the entire land, because I have a very special task to give you." He clapped his hands and several servants appeared with their arms full of odd-shaped pieces of iron, which they placed at the king's feet.

"You are to take this metal and change it into a man," said the king. "Not just a statue, but a living man of iron who can walk and talk and think, and who has blood in his veins."

Walukaga was flabbergasted. He searched the king's face to see whether perhaps this was a joke, but the king's dark eyes showed that he was quite serious. Everyone in the country knew that the king had the power of life and death over his subjects and that if anyone failed to carry out an order, he would be put to death at once.

"Yes, your Majesty," replied Walukaga, bowing low once more.

The king's servants helped the blacksmith carry the iron back to his smith shop, and Walukaga followed them slowly, his eyes to the ground, scarcely returning the greetings of his friends in the town, who wondered what had gone wrong. Later in the day they came to see him and when he told them what the king had commanded, they too fell silent.

So poor Walukaga began to think his days were numbered. All day and all night he sat with his head in his hands, wondering how to find a solution to his problem. Of course, a number of people made suggestions. Could he not make an iron shell of a man and persuade somebody to get inside it and speak and walk? Should he run away to a far country and begin life afresh where nobody knew him? Someone even suggested he pay the palace cook to put poison in the king's food, since Walukaga himself would surely die within a few days unless the king died first.

Poor Walukaga! None of these suggestions would do at all. He became ill and thin, since he could not eat or sleep, and began roaming the bush alone, speaking his thoughts aloud as he tried to think of a plan to save himself from death.

One evening, as he walked through a deserted stretch of bush, he heard weird singing. Going closer to investigate, he discovered a boyhood friend of his who had now, alas, become mad and lived alone in the wild country outside of town.

"Greetings, Walukaga," called the madman, who had no difficulty in remembering the blacksmith, even though his mind was so often muddled about other things. "How kind of you to visit me here. Come, sit down

and share my supper."

The madman was harmless enough, and Walukaga had nothing else to do, so he sat on a rock beside him. Together they ate ripe berries and some honey which his old boyhood friend had collected from the wild bees. Walukaga suddenly realized that this was the first food he had eaten for several days, and felt better for it, so he decided to humor his old friend and tell him the story of the king's demand. To his surprise, the other fellow sat quite still and listened to the end without interrupting.

"Well," concluded Walukaga, "that is my story; and if you can tell me what I am to do, you will be a better friend than any other, for they cannot help me."

"I know what you must do," said the hermit almost immediately. "Go to the king and tell him that in order to make the kind of man he requires, you must have very special kinds of ingredients. You will need a special kind of charcoal and you will need a very special kind of water. Ask him to make all his subjects shave their heads and bring their hair to be burnt into charcoal and when you have one thousand loads of such charcoal, then that will be enough. Then tell the king that you must have one hundred pots of water made up from the tears of the king's people, since only such water may be used to keep your fire burning at exactly the right temperature."

When the madman had said this, he laughed uproariously for some time. The blacksmith tried in vain to thank him for such good advice and then hurried off to the king's palace, in spite of the lateness of the hour.

He bowed low before the king and explained what he must have before he could begin work on the iron man. The king was quite agreeable. He sent messages to all his subjects the next morning, commanding them all to shave their heads and to deliver their hair to the castle to be burned for charcoal and also to weep into their water-pots.

The people did their best, wondering why they must follow this strange request, but not daring to disobey their powerful king, everyone shaved their heads and wept as much as they could into their water-pots. But try as they might, it was impossible to collect more than two pots of tears or even one load of charcoal.

When these results were brought to the king, he sighed.

"Alas! I can see that we shall never be able to collect all the charcoal and the water that Walukaga needs. Send for him to come here at once."

With shaking legs Walukaga approached the king. As he looked up, he was relieved to see a smile on the king's face.

"Walukaga," he said. "You have asked something impossible. I see now that my people can never grow enough hair to produce one thousand loads of charcoal, nor weep enough tears to fill one hundred water-pots. I therefore free you from your task."

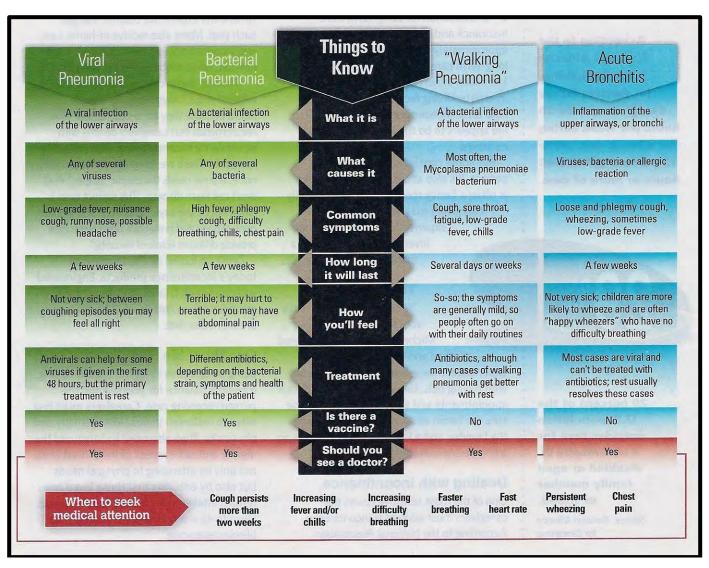
"Your Majesty," replied Walukaga. "I am indeed grateful to you, for you too, asked something impossible of me. I could never have made a living man from iron, try as I would." Then all the people laughed realized how cleverly Walukaga had gotten out of his fix, and the king allowed him to go home and to continue his work at the blacksmith shop. But Walukaga never forgot that it was his friend's advice which had saved him, and saw to it that the madman never went hungry or thirsty to the end of his days.

#### **SOURCE**

"The Blacksmith's Dilemma", from African Myths and Legends, retold by Kathleen Arnott (Henry Z. Walck, Inc.: New York, 1962) pp. 119-123.

## **Medical Information of Interest to All**

At this time of the year, it is essential to know the signs differentiating Pneumonia from Bronchitis, whether viral or bacterial. The diagnostic mapping below is adapted from *Healthy Living*, a publication by Sam's Club (November/December, 2012, p. 27).





Watch your diet and exercise regularly.

# **Healthy Living for Egbe Members**

# **Foods for Heart Health**



Heart disease is one of the most-feared ailments. It is often a side effect of a sedentary lifestyle. You can control the effects of your lifestyle by eating the right foods. It's quite often difficult to change your lifestyle drastically over a short period of time; but you can incrementally modify your eating habits to ensure you are protecting your heart. With some mindful eating, you can reduce your risk of heart disease. These super foods, which contain beneficial fats, fiber, antioxidants, essential vitamins, and minerals, protect your heart by lowering your blood pressure, increasing your good cholesterol and helping to prevent the build-up of plaque in your arteries. Please, keep these super foods in mind the next time you're planning a meal. Yes, they go well with **Nigerian dishes** too!

## 10 foods that protect your heart



## **Proof of Food Efficacy:**

- 1. Black beans: Black beans are packed with folate, antioxidants, and magnesium, which are good for lowering blood pressure, blood sugar and cholesterol. This in turn keeps your heart in the safe zone. But if you are planning to use canned beans, be sure to drain the liquid and wash them before use to reduce the sodium content.
- **2. Salmon and tuna:** These two fish are rich in anti-oxidants and omega-3, two essential requirements for heart health.
- 3. Walnuts: A handful of them a day helps lower your cholesterol and reduce inflammation in the arteries. Use them as replacement for in-between-meals snacks, instead of chips, etc.

- <u>4. Oranges:</u> They contain cholesterol-fighting pectin. The fruit is also rich in potassium that helps control blood pressure. Antioxidant hesperidin also helps lower blood pressure.
- <u>5. Carrots:</u> Though sweet, they are good to control diabetes, which increases the risk of heart attack. They also help fight bad cholesterol.
- <u>6. Sweet potatoes:</u> They are rich in vitamin A, fiber, and lycopene, making them a healthy substitute for white potatoes.
- 7. Oats: Oats in all forms help your heart by lowering bad cholesterol.
- **8. Flaxseeds:** These contain fiber, photochemicals, called lignans, and ALA. These three ingredients in these small seeds make the seeds a powerhouse of health. They can be very helpful if used in powdered form every day in cereals or salads.
- **9.** Chilli powder: It is hard to believe, but this Nigerian tasty spice actually protects the heart from disease and the body from diabetes with its ability to spike up the natural insulin levels in the body.
- 10. Coffee: It can reduce Type 2 diabetes, but those with high blood pressure should be cautious as it can have a counter effect on blood pressure levels.



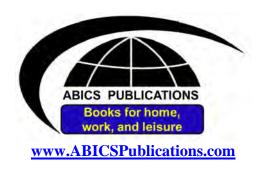


# **HAPPY NEW YEAR!**

## **List of 2013 Officers**

President:Mr. Sam OyebanjoVice President:Dr. Bamidele ApapaSecretary:Mr. Tayo OsinubiTreasurer:Dr. Dayo OdunsiSocial Secretary:Mr. Toks AwoshakinNewsletter Editor:Prof. Deji BadiruParliamentarian:Dr. Bisi AdegbileWebmaster:Mrs. Iswat Badiru

### **Member Advertisements**



## About this special holiday edition

This special holiday edition is more voluminous and lengthier than usual. This is for two reasons. First, there is more to cover, being a December issue. Second, being a joyous holiday period, we hope and expect that you are taking enough time off from work and/or commerce so that you would have more leisurely time to read the entire newsletter as well as other literary materials of interest to you. **Happy Reading!** 



