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THE CHAIRMAN'S INAUGURAL SPEECH

Good afternoon, my fellow Yorùbá, Nigerians, Yorùbá Alliance Reps., distinguished guests, friends of the Alliance, ladies and gentlemen. We are happy you are able to join us today for the inauguration of our new officers and new administration for the year 2003.

This is a new beginning for the Alliance of Yorùbá Organizations and Clubs. It is a renewal of our commitment to this community that we love so dearly. On behalf of all members of the Yorùbá Alliance, I welcome you to this inaugural ceremony. E káàbò o.

I thank our distinguished honorees who are here to witness the dawn of a new administration and to show their support of the Yorùbá Alliance. We shall continue to count on your continued support in all our future endeavors and activities. I thank all members of my home association, Ègbá - Ègbádò Descendants Association, who have come to support one of their own. I also thank friends, as well as well - wishers who have come to witness this occasion. As the popular saying goes, "Charity begins at home". "Ilé ni a ti n kó ès re òdé."



Olukayode Adetayo
Chairman, Yoruba Alliance Organization

Please join me in thanking the out-going Chairman, Prince Gbádégesin, and his executives for a job well done. They have performed very well in the face of adversity and distractions. It is not easy to lead a big and diverse organization such as the Alliance. "E kú isé o. A dúpé púpò o." We shall endeavor to carry on the touch to the next level. As the saying goes, Chairmen come and go, but the Yorùbá Alliance will continue to endure from strength to strength. It is my hope and prayer that the Alliance of Yorùbá Organizations and Clubs will live forever, and survive for many years to come. Let's give them a big round of applause.

My warmest appreciation goes to all the members of the Yorùbá Alliance, especially the organization representatives who have expressed their support and confidence in my ability to lead this great organization. I promise to live up to your expectations by working very hard for the progress and well being of the Yorùbá Alliance.

I thank all the pioneer members of this great association, who have sacrificed tremendously to make the Yorùbá Alliance what it is today. We are enjoying the fruits of their labor and their vision of uniting all Yorùbá organizations under one umbrella called the Yorùbá Alliance. Our administration, under my leadership, will continue to promote and improve on that vision handed down to us. We shall keep the flame burning and bright to pass on to the next generation.

It has been said that good leadership should be visionary, dedicated, selfless, disciplined, fair, friendly and firm, transparent, honest, tolerant, highly motivated, and free from the tendency to personalize ruler-ship and power. As your new Chairman, I bring with me all these leadership attributes and I am ready to take the Yorùbá Alliance to a higher and greater level in our community in particular, and in the United States in general. It is time to restore



THE YORUBA NEWS

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rebuilding and reaching out to do. We shall embark on an intensive outreach to the grass root organizations and seek individual members' support for active participation in the Yorùbá Alliance activities. Our activities and agenda will always take into consideration the wishes of the grass root organizations.

We shall reach out and dialogue with other organizations outside the Yorùbá Alliance umbrella, hoping to encourage them to join us in the big tent. The Yorùbá Alliance is big enough for every organization that seeks the interest of the Yorùbá, just like our motto says "Àgbájo owo la fi n so àyà". The principle of the Yorùbá Alliance is that collective decision making, shared responsibility and collaborative activities are the most effective ways to nurture a common purpose among Yorùbá people. Acrimony and division have gotten us nowhere in the past, and will get us nowhere in the future. We must evolve a new attitude, embrace a new spirit of community and cultivate a new sense of responsibility in order to endow the next generation and ourselves with a spirit of benevolence, compassion and collegiality.

The newly installed administration has been working very hard since the last election and each of the officers is highly motivated and they take their responsibilities very seriously. The new executives are disciplined, dedicated and ready to perform their duties as prescribed by the constitution; and are willing to work together as a team. The new administration has made plans to carry out all the regular Yorùbá Alliance activities for which we are well known, namely:

1. The Community Prayer Day, date and place to be announced later;
2. The Press Releases in Nigerian newspapers in May and December;
3. The quarterly Yorùbá News;
4. The Annual Yorùbá Festival tentatively scheduled for July 26, 2003;
5. The Annual Yorùbá Alliance Award of Excellence in Community Service Night, tentatively scheduled for November 15, 2003;
6. The scholarship program for our youth at home in Nigeria.

In addition to these regular activities, we intend to have a Youth Day for our youths. The youth are the adults of tomorrow. The purpose of the Youth Day is to bring together our youths, promote friendships and inculcate our culture in them. When it comes to bringing people together, this is a very big task ahead of us, but it can be done with the cooperation of everybody from the grassroots level to the Yorùbá Alliance Organization level. For a start, we shall encourage members to submit the names of their youths and children for compilation into a directory, which will enable us to reach them. Our involvement will be limited to funding, providing the logistics and supervision of planned activities.

We also intend to explore the feasibility of owning our own building for cultural activities called YORÙBÁ HOUSE. This has been our dream since the inception of the organization. The Yorùbá House Planning Committee will meet on a regular basis. They will make recommendations to the house on how to achieve this objective. We plan to explore the possibility of having a local office or secretariat for transacting business in the Washington Metropolitan area and possibly in Nigeria. Our administration also intends to pursue the dream of expanding the Yorùbá Alliance beyond the Washington Metropolitan area by developing the framework for the expansion through amendments to our constitution.

financial integrity and credibility to the Yorùbá Alliance so that we will gain the respect and confidence of all our sponsors, patrons, and donors.

As stated in the Oath of Office that was just taken by each one of us, our administration pledges to abide by, and respect the constitution of the Yorùbá Alliance. We intend to improve the declining participation and morale of the various organizations and clubs that comprise the Yorùbá Alliance. Our administration will work cooperatively as partners with member organizations' Presidents to achieve common objectives within the framework of the Alliance's constitution. We have a lot of



All these cannot be done without the collective support and participation of every organization and club in the Yorùbá Alliance. "Onikan kii jé àwá dé." "Agbájo owo lá fi n so àyà." It is imperative to put our house in order for us to accomplish all the goals and objectives enumerated in this speech. The divisive issue of the audit shall be resolved as quickly as possible, without further delay. At our next meeting, we shall set up an Audit Committee to complete the unfinished audit of the year 2001, and to conduct the audit of last year, 2002 and report back to the house as soon as possible. The completion of these audits of our books will go a long way to restore financial integrity and credibility, trust and confidence in Yoruba Alliance activities, which is very important to sustain our 501(c) 3 tax exempt status.

I wish to thank our new officers for their unqualified support and for answering the call to duty to serve their community. May God continue to give you strength and vigor to carry out your responsibilities to our community! I wish to express my special thanks to our ex-chairmen, who have given me their unyielding support and trust. I hope and pray to live up to your expectations, and I remain faithful to your trust. Thank you, once again for attending this occasion.

**LONG LIVE THE YORÙBÁ
ALLIANCE!**
Káyodé Adétáyo
Chairman
Alliance of Yorùbá Organizations and
Clubs.

Yoruba Alliance is Reborn. Inaguration of 2003 Executives

By
Mr. Zac Shodiya
Egba Egbado Descendants Association



The annual election of the Officers of The Alliance of Yoruba Organizations and Clubs, USA, had always been an attention grabber. This year's was no exception - the election took place during the regular meeting in January and it was a full house that witnessed the election of Mr. Kayode Adetayo as the new Chairman of the Yoruba Alliance. Mr. Adetayo ran unopposed.

Mr. Adetayo's active participation goes as far back as the foundation of the Yoruba Alliance itself. He was the representative of Egba-Egbado Descendants Association at the inception of the Yoruba Alliance. He came to the office of the chairman with a wealth of hands-on experience. A past president of Egba-Egbado Descendants Association, he has held other offices in the Yoruba Alliance. He is a former Finance Director, past Activities Director, and a past Deputy Chairman.

Other Officers elected include Mr. Kola Akanni from Osun Indigenes as Vice Chairman, Mr. Olu Koleosho from Ibarapa-Oyo Pacesetters as Secretary-General, Mr. Ambrose Akinrinmade from Ondo Executives as Deputy Secretary

General, Prince. Gbemiga Olubuse-Omisore from Ife Development Association as Finance Director, Mr. Segun Afolabi from Ogbomosho Parapo as Treasurer, Mr. Pius Adebawale from Egba-Egbado Descendants Association as Communications Director, Mr. Gbenga Oluokun from Ibarapa-Oyo Pacesetters as Activities Director, Mr. Oladapo Amusan from Ijebu Association as Deputy Activities Director, Mr. Solomon Daso from Ondo Executives as Property Director, Mrs. Kofoworola Agbebi from Osun Indigenes as Welfare Director, and Mr. Adegboyega Majolagbe as Chief Whip.

The Inauguration of the Yoruba Alliance officers took place on Saturday, February 8, 2003. Dr. Oyewole, a renowned attorney from the Washington Metropolitan area and a 1999 recipient of the Yoruba Award for Excellence in Community Service, swore in the new officers.

The inauguration, which took place at the Largo Library conference room, was well attended. The members of Mr. Adetayo's home club, the Egba-Egbado Descendants Association, turned out in large number to support their past and

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YORUBA MUST RALLY ROUND OBASAJO AND OTHERS IN THE COMING ELECTIONS

Olu Koleosho
Ibarapa - Oyo Pacesetters;
Secretary General -
Alliance of Yoruba
Organizations & Clubs.

Nigeria in a couple of days will once again find herself in the most dangerous zone of our politics: change of government. Dating back to the old regional system of government, those of us who are older can and will tell the story better. What happened during the transition election of 1983 to the Third Republic is, I believe, very fresh in our minds.

That brings us to the issue of the day. Are the Yoruba ready to unite this time around, and put their unconditional support behind Obasanjo? I hope we can put aside the "curse" that many people believe has fallen on us and unite against those who think it is their 'birth right' to rule the country. Alliance for Democracy has taken the first, and right step in not fielding any candidate for the presidential candidate in the coming election, this we give every Yoruba the opportunity to cast their vote for Obasanjo. That everybody votes for Obasanjo in the Presidential election must not and should not necessarily mean that country is being turned into a one party state. People are free to vote for their choice of candidates in the remaining elections.

Some might read meanings into my stand, but such people must realize that the situation at present in the country calls for Yoruba to unite behind one candidate. While a Northern Emir (name withheld) is spear-heading the effort to elect Buhari, and shift the balance of power back to the North, we must not sit idle and allow these conservative power brokers to take back what they lost four years ago. We must not allow these people who will stop at nothing to take us for granted. The Northerners considered Buhari the most formidable candidate against Obasanjo and they are leaving no stone unturned to achieve their desire. It is our duty not to let that happen. Admiral Augustus Aikhomu, Chairman

ANPP Board of Trustees, recently accused the AD of failing to field a presidential candidate because of ethnic solidarity. When has ethnic solidarity become a bad thing, Admiral? When the Emir gathered all those people together to find a common ground between Buhari and Babangida and in turn work to elect a Northern candidate. What is that called?

Buhari, energized by the overwhelming support of the north, with the choice of Okadigbo from the east, believes very strongly that the presidency is his to lose. Buhari once said in an interview "I asked

.....those who forget history are bound to repeat it. We divided our votes in 1979, when late Chief Awolowo was running for president, and we failed. Again in 1983, despite all the concerted efforts by many people, we failed also. Though things may be a bit different today, the forces that fought so hard the last time are still at their game today.

for his understanding and co-operation. Yes, he said he would co-operate. He said he would co-operate with me." He, in the statement was referring to the disgraced head of state General Babangida. If these two, whom we know not to have any love for each other can come together for just one purpose - Defeat Obasanjo, why can't we all forge a united front against these northern power brokers?

Remember, those who forget history are bound to repeat it. We divided our votes in 1979, when late Chief Awolowo was running for president, and we failed. Again in 1983, despite all the concerted efforts by many people, we failed also. Though things may be a bit different today, the forces that fought so hard the last time are still at their game today. It is our duty and responsibility not to let it happen. Nigeria is for all of us not just a privileged few, or a geographical area. Obasanjo has



been in power for less than four years and they're calling for the sky to fall, where were they for the past thirty plus years that the North ruled the country? Are they any better than us? I certainly don't think so. We are all equal before the constitution of the Federal Republic of Nigeria. Obasanjo deserves another term, and we must work hard to give him the opportunity to serve again.

In addition to a call for support for the president, I also want us to give all the western state governors another opportunity. In Lagos State, Gov. Tinubu is presiding over the most economically stable state in the country, still security of lives and properties is lacking. One cannot and must not put the blame entirely on Tinubu and his administration. He inherited deplorable social, and, economic conditions from the past military administrations. However, he needs to do more for his people, he must curb mass unemployment, repair the roads and secure people's lives. Tinubu has his own personal problems: the 'certificate gate', his problem with his former deputy and many more. Whatever anybody's opinion of him, he has weathered the storm. Your Excellency Mr. Tinubu, its time to work for the people that put you in office. Good luck on your second attempt.

In Ekiti State, Gov. Adebayo is doing his best to better the lives of people of his state, and is leaving no stone unturned to achieve his goal. He also deserves to be re-elected. Gov. Osoba is doing okay in Ogun State, he has managed

to trample all opposition that came his way. As a result of cumulative political problems that have bedeviled Osun state, it remains one of the most politically unstable states in the country. To call the state wild, wild Osun is an understatement. Within the span of one year, dissidents mobbed and killed Mr. Olagbaju, one of the state legislators. Chief Bola Ige, an Osun indigene, was assassinated by heartless people, and Chief Omisore, the over-ambitious deputy governor of the state was impeached, and put under arrest for his involvement in the killing of Chief Bola Ige. Between these tremors Bisi Akande, the state governor is battling the state legislators over myriad issues, raging from allowances to government contracts. The state seems more divided than united; they forget the principle of divided we stand, united we fall. Chances are there for Gov. Akande to win a second time, given the fact that other parties are not as united as they are supposed to be.

In Ondo State, Gov. Adefarati is banking on his achievement in the past three and a half years as the reason why the people of the state should return him to the government house. He listed his achievements to include, rehabilitation and construction of about 7,002 kilometers of roads, free education, payment of terminal exams fees at public school and many more. However, his state is living by her history, there is wide spread violence across the state. I hope there will not be a repeat of 1983 in the state.

Kwara is going to be the most interesting state to watch come April elections, why? It is generally believed that any politician or citizen of the state, for that matter, who dares the king-maker or 'Afobaje' of the state, is digging his or her own political grave. Former Gov. Adamu Attah understands this phrase very well. The current governor of the state is however daring this myth by engaging Chief Sola Saraki, so that every

Kwaran will have not only economic freedom, but political freedom as well, according to the governor. I think it is time for every Kwaran to know other sources of political power other than Chief Saraki. Kwara's problems can be solved by only Kwarans themselves. I hope they make the right choice come April.

Finally, in Oyo State, Gov. Lam Adesina is facing his own problems; the PDP has for obvious reasons become confident that the state is winnable. I hope the ruling party learned a very good lesson from what happened in 1983, when UPN was so sure of victory, but things turned the wrong way, I hope not to see Gov. Adesina make the kind of speech late Chief Bola Ige made right after the announcement of the election results. The strategy of depending solely on Oke-Ogun votes cannot put him through, Ibarapa votes are crucial, so also are Ibadan votes, Oyo votes and Ogbomoso votes. The only difference between 1983 and today? Both parties' candidates are the 'shon of the shoi'. That said, I believe Lam will retain his Agodi residence address for another four years.

As Nigerians move towards this year's general elections, we must continue to pray for free, fair, and most importantly, peaceful elections. History has it that the most difficult periods of our political history are transition periods. I hope the agreement reached by the leadership of AD and PDP in the South-west will transform into a peaceful conduct of the elections. The President has signified his intentions and hopes for a peaceful election, what about those who profit from Nigeria's instability? I pray that God works miracles in their minds as well. Let us end violence, let us embrace freedom, let us for once, make a peaceful transition.

IMAGINE

Kola Akanni
Vice Chairman, Yoruba Alliance

There is a bank that credits your account each morning with \$86,400. It carries over no balance from day to day. Every evening it deletes whatever part of the balance you failed to use during the day. What would you do? Draw out ALL OF IT, of course!

Each of us has such a bank. Its name is TIME. Every morning, it credits you with 86,400 seconds. Every night it writes off, as lost, whatever of this you have failed to invest to good purpose. It carries over no balance. It allows no overdraft.

Each day it opens a new account for you. Each night it burns the remains of the day. If you fail to use the day's deposits, the loss is yours. There is no going back. There is no drawing against "tomorrow." You must live in the present on today's deposits. Invest it so as to get from it the utmost in health, happiness, and success! The clock is running. Make the most of today.

To realize the value of ONE YEAR, ask a student who failed a grade.

To realize the value of ONE MONTH, ask a mother who gave birth to a premature baby.

To realize the value of ONE WEEK, ask the editor of a weekly newspaper.

To realize the value of ONE HOUR, ask the lovers who are waiting to meet.

To realize the value of ONE MINUTE, ask a person who missed the train.

To realize the value of ONE SECOND, ask a person who just avoided an accident.

To realize the value of ONE MILLISECOND, ask the person who won a silver medal in the Olympics.

Treasure every moment that you have! And treasure it more because you shared it with someone special, special enough to spend your time with. And remember that time waits for no one. Yesterday is history, Tomorrow is a mystery. Today is a gift. That's why it's called the present!!!

Friends are very rare jewels, indeed. They make you smile and encourage you to succeed. They lend an ear, they share a word of praise, and they always want to open their heart to us.



ALLIANCE NITE 2002: A DAY OF RECOGNITION

The 2002 Yoruba Community Excellence Award & Recognition Night in Washington DC

In continuation of recognizing and awarding eminent and distinguished Nigerians with exemplary excellence in community service, the fifth Annual Yoruba Alliance Nite was held on Saturday, November 16, 2002. The event took place at the beautiful Washington Times Ballroom. The former Chairman of the Yoruba Alliance, Prince Ajibade Gbadegesin, and all the 2002 Executive Officers, were all beaming with joy and happiness all night because the event was very successful. The success of the ceremony was a result of the hard work and dedication that all the 2002 Executive Officers put in the planning and implementation of the Award and Recognition night. It was a colorful night with so many Nigerians in attendance in their custom-

and Lady Chairman spoke encouraging words to the guests and advised that we should all continue to appreciate ourselves in order to foster unity and progress among the Nigerians living in the United States.

An important part of the Alliance Nite was the African Fashion Show. For the second year in a row, the audience was wowed with the colorful attire that was displayed. No one was disappointed when it was time to bring out our children in their beautiful Yoruba fashions. Mrs. Adeola Akindana coordinated the Fashion Show. Mrs. Yeside Akisanya assisted her. Both ladies made sure that our children who served as models in this Fashion Show were gorgeously dressed. The models strolled down the aisles with beautiful

Alao was the winner of the 2001 UNFPA Poster Award. Mr. Alao is a highly talented artist whose work is internationally known. His work has been described as especially mystical and interestingly magical. A lot of his work was on display that night in the Ballroom's hallways. His drawings and paintings reflect the deep nature of Nigeria's diverse culture.

On a somber note, however, there was the case of a young Nigerian whose name is Adejuwon Adeniyi. A few weeks after he was born in Nigeria, Adejuwon developed some developmental defects that required advanced medical treatment. The treatment was not available in Nigeria and he had to be flown to the U.S. This



made and well-tailored attires. Foli Peperempe supplied the music.

The Chairman of the occasion was Dr. Steve Anifowoshe, the Chief Executive Officer of Govan Pharmacy in Baltimore. The Lady Chairman was Mrs Bola Kuti, the Chief Executive Officer of Choice Professional. Both the Chairman

smiles to the applause and entertainment of the guests. The type of design that each model wore was carefully tailored to reflect different themes. For example, some male models wore clothes that reflected traditional chiefs or obas in Nigeria, while some female models reflected the typical ways Yoruba women dress on special occasions such as brides on wedding days.

It was gratifying that the night also featured one prominent Nigerian Artist. His name is Ibiyinka Alao. Mr.



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required a lot of money. Out of concern for the health of this little boy, the 2002 Yoruba Alliance Executive Officers considered it fit and appropriate to bring the plight of the boy to the attention of guests at the Yoruba Nite. Yoruba people are generous and we always have sympathy for one another. Assistance in the form of money and other means were solicited for the boy. Many of the important dignitaries in attendance and others contributed money to help defray some of the medical costs the boy has incurred. Thank you all for your assistance.

The main attraction of the night was the award and recognition of three honorees. The three honorees were: Mr. Julius Oladapo Adetuyi, Princess Florence Bola Fadiora, and Mr. Olusola Adedayo Sule Koiki. The three honorees were escorted to their seats of honor by singing, drumming and dancing. Each honoree was escorted by a large number of relatives, friends, and well - wishers. Their escorts to their seats were reminiscent of royal coronations. After all the honorees had been seated, it was time to introduce them to the guests.

According to the profile submitted, Mr. Adetuyi was born to the Otunba royal family of Oba Pupupu Aderosotu Ugbogbo in Ondo, Nigeria. He is an accomplished leader and he is very active in his church. He has helped many Nigerians to secure gainful employment. At the same time, he believes in giving back to the community through generous donations whenever he is called upon. Mr. Adetuyi is married to his lovely wife of many years and they are blessed with a daughter.

Princess Florence Bola Fadiora came from Ora, Osun State, Nigeria. She is a Health Care Administrator. Currently, she co-owns two highly successful businesses: Hope Health System, which is an outpatient mental health agency. This company serves children and adolescents who are emotionally disturbed. The second company is Peju's Kitchen, which serves a variety of Nigeria foods. She has in her employment a staff of 27 Nigerians. She is always cheerful and is always willing to help people. She is married and has successfully raised five children.

Mr. Sule Koiki was born to the prominent Koiki family of Ijebu-Ode in Nigeria. He believes in supporting positive community activities that promote Yoruba cultural heritage. His company sponsors some of the activities that are regularly organized by the Yoruba Alliance. Mr. Sule Koiki is in the construction business. The name of his company is Kady Williams Associates with four subsidiaries. The focus of the companies is on residential, condominium, and commercial constructions and management. The companies are successful with a lot of Nigerians working there. Mr. Sule Koiki is happily married to his beautiful wife, Eniolade Williams-Koiki, and they have three children.

After all the honorees were recognized and presented with their awards, it was time to dance and enjoy the rest of the night. Noted Juju musician, Foli Peperempe and his band went into action and started dishing out melodious songs replete with accompanying talking drums. The Chairman and Lady Chairman of the night opened the floor, followed by the former



Chairman of the Yoruba Alliance and all the 2002 Executive Officers. The honorees and all their invited friends and relatives also came to the dance floor. It was a glorious night that was full of fun and entertainment. The Alliance of Yoruba Organizations and Clubs greatly appreciates the heavy turnout to this Award and Recognition Night. Thank you.



Yoruba Alliance 2003 Executive Council Members

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Olukayode Adetayo***

***Vice Chairman
Kola Akanni***

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MANAGING YOUR HEALTH

Mrs Kofoworola Agbebi

It is very important that we monitor the changes in our bodies. Doing so will help us to detect any seeming imbalance that may occur and will also help us to seek medical assistance before it is too late. The following tips and ideas are offered to help you monitor the changes in your body:

(1). Check your body temperature on a regular basis. The normal body temperature is 98.6 degrees but when this is elevated to 100 degrees or more, this is an indication that there is an interruption in the body's first line of defense. Instead of trying to cure or treat yourself, consult your doctor immediately.

(2). Are you having pains? What type of pain are you having? Is it constant or irregular? Pain is an alteration in body comfort. It is whatever you call it. It may be strong pain, or mild pain. Or it may be an extreme pain. Depending on the location of your pain, please consult your doctor and follow his advice. If you have chest pain, please do not joke with it. Seek help right away. Your doctor will be able to determine the cause of the pain and offer medical assistance.

(3). Shortness of breath. This happens once a while in almost everybody - it can be from stress. Sometimes this may be from rigorous exercise or exacerbation of a present illness. We can get shortness of breath from an allergic reaction and anxiety. Whatever it is, and whenever it happens, please stop what you are doing. Do not panic, but breathe slowly and be wise. Call for help and remain calm. If you have a history of asthma, carry your inhaler with you always and follow your doctor's advice.

(4). Exercise. Most of us do not exercise as often as we should. We need to realize that exercise keeps us in good shape and helps us maintain good health. Having

regular exercise can save us a lot of money from unnecessary surgery and some other complications that occur in our systems. Keep fit and exercise within your body limits. Exercise at the same time of the day if you can. Find a buddy to exercise with to make it easier and consistent to do.

(5). Rest. This is the period in which you abstain from all activities to allow your body to rebuild and recuperate all energy that has been used. Try to sleep during this period. The doctors have advised that sleep is one of the most important things that provide adequate rest and replenishment needed to keep the body and mind strong and intact. As an adult, you will need at least 6-8 hours of sleep daily. How much do you get daily? This is an important question you need to ask yourself.

(6). Diet. Your diet is very important in keeping you healthy. Your diet should be according to your prognosis. If you are healthy, a diet rich in protein, vegetables and a lot of fruits is the best diet for you. Instead of eating three large meals, try six small meals. Do not lie down immediately after eating. Give yourself enough time to digest what you have eaten. Drink a lot of water. The body needs at least eight 8 - ounce glasses of water daily unless you have a restriction. It is best to consult your doctor to decide which diet is best for you.

(7). CPR. Cardiopulmonary resuscitation is a basic emergency method of life saving. It is used to restart the heart and lungs. It is done for cardiac arrest, electric shock and drowning. It helps to keep the blood flowing and maintain breathing till trained help arrives. It saves lives. Everyone needs to have an idea of what to do in case of an emergency. It can be a family member, your intervention means a lot. Permanent damage to the brain can occur if oxygen flow is not restored within a few minutes of cessation of breath. The Red Cross has free training classes. Find one nearest your home and attend it.

(8). Body Image. This is the perception of one's body and the total embodiment of inanimate objects, such as jewelry, clothing, and shoes that are part of daily intimate contact with the body. This helps with one's self-esteem. Avoid excessive jewelry, always dress according to the occasion, and wear a well-balanced pair of shoes. Generally, dress to satisfy yourself.



current presidents who were both being sworn in as Chairman and Communications Director (Mr. Pius Adebowale). All the Egba- Egbado Descendants Association members were uniformly attired in white material with uniform head ties and caps made from gold-colored damask. The new Chairman, in his inaugural address, thanked organization members of the Yoruba Alliance for the honor they bestowed upon him and promised not to let them down. He thanked his own home association members for their support. He also thanked the past chair-

men, Mr. Akinkoye, Mr. Shodiya, Prince Gbadegesin, and the entire 2002 executives for their hard work for the Yoruba Alliance. He urged the community to come together, as sons and daughters of Oduduwa, to address all the challenges that face our community, here and in Nigeria. He promised to reach out to all other Yoruba organizations that are not part of the Yoruba Alliance and even beyond the Washington Metropolitan area. He also promised to work to create a link between our children in different organizations here in America to come together and do things together to facilitate friendship which he hope will lead to good relationships. Chairman Adetayo then outlined the activities on the agenda of the Yoruba Alliance for the year 2003. The agenda included the continuation of the Yoruba Alliance scholarship to help Yoruba students at universities in Nigeria. It also includes the establishment of an exploratory committee to work on the acquisition of a Yoruba House. In conclusion, the new chairman challenged the community to work together with the Yoruba Alliance in making the year 2003 a success. After his address, the new chairman was given a standing ovation. *Kí ìgbà yín tù wá lára o. Àse.*

IN MEMORY

The Alliance of Yoruba Organizations & Clubs announce the sudden and untimely death of **MRS. LILIAN CHIDIEBERE AKINKUOLIE**, Senior Counselor (Consular), Embassy of the Federal Republic of Nigeria, Washington, D.C. She was the Nigerian Consular Officer issuing our Passports, Nigerian Visas and handling other related consular matters. She left behind two young children.

The Nigerian Embassy held a funeral service for her on Saturday, March 22, 2003. After lying in state from March 19 to 21, 2003. Mrs. Lilian Chidiebere Akinkuolie's body was air lifted to Nigeria on March 23, 03. May her soul rest in perfect peace.

Mrs. Faderera Akintola Passes Away

Chief Mrs. Faderera Akintola, the wife of late premier of old western region, Chief Ladoke Akintola has died. The late Mrs. Akintola died on August 1, 2002 at the age of 87 of old age. She reportedly died in the Lagos residence of one of her children. Mrs. Akintola was born on February 21, 1919, and married her late husband on August 8, 1935. A trained nurse and teacher, she later devoted her entire lifetime to church work particularly after her husband was assassinated by dissident troops

in 1966 in a coup led by late Major Chukwuma Nzeogwu. Mrs. Akintola was born in Lagos. She attended Baptist Girls' School, Idi-Aba, Abeokuta, Ogun State, Teacher Training College, Abeokuta and later trained as a nurse at the Baptist Hospital, Ogbomosho, Oyo State.

The late matriarch of the Akintola dynasty was a native of Igbajo in Osun North-East Local Govt. Area of Osun State. She began her career as a student teacher and as a nurse. She later attended the Paris Academy of Dressmaking and Design in the United Kingdom and graduated with a diploma from the school in 1949.

Chief Mrs. Faderera Akintola had five children for her late husband. One of the children died while studying at Eton College in 1973 while another child, Omodele died earlier in 1965 at a younger age.

She is survived by many children, among them is Hon. Abayomi Akintola, Nigeria's Ambassador to Hungary, Abimbola, Ladipo, several grandchildren and great grandchildren.

The Alliance of Yoruba Organizations & Clubs sympathizes with the entire members of the Ogbomosho Parapo on the loss of Mrs. Akintola. We pray that her soul rests in perfect peace.

Olu Koleosho
Secretary General, Alliance of Yoruba Organizations & Clubs

HIV / AIDS IN NIGERIA: THE NEED FOR CONCERN IN THE DIASPORA

by

Mrs. Adéjoké Adéyemo, LPN
Ibàràpá Oyo Pacesetters.

The incidence of HIV/AIDS in Nigeria should be of concern to every right thinking Nigerian in the Diaspora. There is an urgent need for concern among Nigerians abroad in dealing with this ravaging pandemic plaguing our dear nation.

According to the United Nations Children Education Fund, (UNICEF), Nigeria has the second highest AIDS prevalence rate in Africa, with South Africa in the lead. Particularly disturbing is that Akwa-Ibom State tops the HIV / AIDS chart according to the UNICEF source.

Mr. Christian Vourmard, UNICEF representative in Nigeria, recently declared "In Nigeria, states which have an AIDS prevalence higher than the national average of 5.6% include Rivers - 7.2%, Bayelsa - 7.7%, Cross - River - 8%, and Akwa - Ibom - 10%. AIDS remains a major threat to humanity. HIV is heading towards devastating proportions in Nigeria. The situation is very alarming among the 15 - 29 year-old age group, where the incidence rate is 6%, a rate that is higher than the national average of 5.6%. Females are the most affected. In order to win the battle against AIDS in that age group, we have to eradicate the virus by educating this age group and prevent the spread of the virus among the population.

The above statistics should concern us in the Diaspora and we need to make every effort to get involved in educating our relatives at home on the dangers of HIV and what actions they should be taking to protect themselves from this incurable disease. Preventative steps include abstention from pre-marital or extra-marital sex and or insistence on the use of condoms, by the male partner.

For instance, mother-to-child transmission (MCT) in Africa is a tragic result of a chain of actions that most often involves an HIV - infected man infecting

his female partner through unprotected sexual activity, and the partner infecting her unborn baby, and potentially other babies born to her during the remainder of her reproductive life. The transmission of HIV could occur during pregnancy, during labor and delivery, and through breastfeeding.

Our relatives in Nigeria must be assisted in understanding the devastating impact of this disease and be prepared to take the necessary preventive steps. We must encourage our relatives at home to be tested and to know their HIV status through legal means. For example, the National Agency for Food and Drug Administration and Control (NAFDAC) published the List of Registered HIV / AIDS Test Kits available in Nigeria.

An article in the Sunday Punch of March 9, 2003 said, "In the NAFDAC Director-General's recent media interactive, it became apparent that fake HIV/AIDS Test Kits are being used in Nigeria. These fake kits give wrong HIV results such that patients who are not infected with the HIV virus are presented as HIV positive. This has serious consequences. The National Agency for Food and Drug Administration and Control (NAFDAC) hereby publishes the list of NAFDAC - registered HIV/AIDS Test Kits in Nigeria as follows: (1) Efoora HIV Rapid Test Kit, (2) Know HIV 1 & 2 Propac Test Kit. Any other type than the two listed above, is not acceptable in Nigeria until scrutinized by NAFDAC and registered."

We should encourage our relatives at home to get tested using the approved HIV test kits already tested and approved by the Federal Government of Nigeria. Knowing your HIV status is the first step towards winning the war against HIV/AIDS and towards obtaining the necessary treatment. I encourage you to do your part in this war against HIV/AIDS. Look out for my next article on treating and caring for people living with HIV/AIDS.

Community Announcements

Congratulations to Mr. & Mrs. Ayo Eniafe members and representatives of Idanre Descendant Association on the birth of their new baby girl. Best wishes from the Alliance of Yoruba Organizations and Clubs.

We sympathized with Mrs. Joke Adeyemo on the death of her husband, Mr. Bamidele Adeniran Adeyemo who passed away on January 20, 2003 after a brief illness. He was 63 years old. Mr. Adeyemo was buried in his hometown, Ogbomoso, on March 29, 2003.

The Alliance of Yoruba Organizations and Clubs wishes to announce the death of Mrs. Oguntolu, who passed away early this year. She has since been buried in Nigeria. She was survived by a husband and four children.

Alliance sympathies with the family of Dr. & Mrs. Olarinde, on the passing away of Madam Oderinde. Who passed away last month. She was survived by children and grand children. May her soul rest in peace.

In loving memory of our dear father, grand- father, and great grand- father, Pa Isaac Elijah Adigun, who passed away on April 18, 2002 at age 91. The Alliance of Yoruba Organizations & Clubs extends our sincere sympathy to the Adigun family, and members of Ogbomoso Parapo.

We announced the death of Pa Ezekiel Adewuyi, who passed away January 15, 2003 after a short illness. Pa Adewuyi has since been buried at Ogbomoso, he was survived by children, grandchildren, and great grandchildren among them is Mr. Sunday Adewuyi of Alafia Baptist Church.

Happy birthday to Prince Gbemiga Olubuse-Omisore Finance Director of the Alliance of Yoruba Organizations & Clubs and member of Ife Development Association and his wife Mrs. Olubuse-Omisore on their birthday on April 6th, and 5th respectively. The Alliance wish you many happy return of the day.



401(K):

Understanding the Fine Points

By Mr. Franklin I. Akinkoye

The law says that you may contribute up to \$12,000 in 2003, plus an extra \$2,000 if you're age 50 or older. Your plan, however, may have lower limits. The most that can be contributed on your behalf annually is \$40,000, not to exceed your total compensation. This amount is indexed for inflation.

Other restrictions may apply to highly compensated employees.

I'm changing jobs from a non-profit to a for-profit company. May I roll over my 403(b) plan assets into the 401(k)?

Before the tax law changes, you couldn't. That's all changed now. Under the Economic Growth and Tax Relief Reconciliation Act of 2001, rollovers are permitted without restriction among 401(k), 403(b) and governmental 457 plans if your new employer's plan allows rollovers.

I've heard that companies can cash out my 401(k) for me when I leave the company. Is that true?

Almost. If you don't inform your employer of your intentions to either roll the money over into another plan or cash out, the plan administrator may put the money into an IRA for you if you have between \$1,000 and \$5,000 in the plan. Below \$1,000, however, and the company may cash you out after 60 days, leaving you with taxes and penalties to pay.

This article contains references to general and legal tax concepts for the subject matter discussed. They are not to be legal or tax advice. You should consult your legal or tax advisor for advice regarding your particular situation

With increased annual contribution limits and special provisions that allow participants age 50 and older to contribute more than the maximum, 401(k) plans have become an even more efficient way to put money away for retirement. Understanding the details of your plan, though, may require more effort than understanding the tax-deferred benefits of the plan. The following are a few answers to questions that are a bit out of the ordinary.

How long do I have to wait to become vested in my employer's contributions to the plan?

The maximum vesting period for an employer's matching contributions is now shorter, thanks to new provisions in the Economic Growth and Tax Relief Reconciliation Act of 2001. Previously, a company could make you wait up to five to seven years to vest, depending on their method. Today, the longest you can be forced to wait to participate is three to six years. Of course, the length of your individual waiting period before you vest depends on your company's plan provisions, so the wait could be much shorter.

How much may I contribute to my plan in 2003?

WHAT CAN YOU DO FOR ME?

By Mrs. Kofoworola Agbebi

It is a struggle that started since the first independence. It continues through many great leaders.

Its theory has always been the same.

Its story has not changed much since then.

What else can we do?

How can we bring a good ending to this?

Many have died trying to achieve this.

Many will still die struggling to achieve it.

Its cities and towns are full of hatred and deceit.

How can we break this chain that is stopping its success?

What do you have to offer?

What can you do for me?

Your impact counts.

Your voice can be heard.

You need to be a part of me for this.

If you are not there, how can you ask how it is being shared?

The logo is UNITY.

This is all about the YORUBA.

That is why

Yoruba Alliance exists.

Yoruba Alliance is for unity.

The choice is yours.

What can you do for me?

YORUBA RONU!



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- Tax consequences
- Investment options
- Distribution options

We can help analyze your situation and ensure you're on track to a comfortable retirement. We'll provide a careful assessment of your current retirement savings situation that considers what you have now, what you think you'll need to maintain your lifestyle in retirement, your tolerance for portfolio risk and your time horizon. Based on that information, we'll develop an asset allocation recommendation that will help all your mutual fund and annuity products work together toward your goals.



Franklin I. Akinkoye, CLTC
Senior Life Representative And
Pruco Securities Registered Representative
1300 Mercantile Lane, Suite 126A
Largo, MD 20774
301-772-7070 Fax: 301-772-1575

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