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## PRESIDENT'S CORNER



Welcome to the maiden edition of the MIND Newsletter, a publication of the Minnesota Institute for Nigerian Development which will be distributed by e-mail to an opt-list of subscribers.

The Minnesota Institute for Nigerian Development (MIND) is the umbrella organization for all Nigerians in Minnesota that fosters unity through social, educational and economic development. MIND over the years has been in the forefront of providing a platform for celebrating cultural diversity and dignity of Nigerians in Minnesota.

The Newsletter is a means to reach out to more Nigerians and others with a view to intimate them with happenings in the Nigerian community.

MIND believes the periodic publication will enhance and promote Nigerian cultures as well as stimulate the interests of our youths to their motherland

The publication will feature among others, events in Minnesota and Nigeria, African tales, quotes and idioms as well as interesting articles. It will also be a forum to recognize and celebrate unique achievements.

The Newsletter's objectives can be achieved through your support. I encourage you to forward your quotes, interesting articles, events in and around the community to the editor for publication in future editions of the Newsletter.

Be a part of the move in MIND.

Happy reading

Adekola Adediran

President

# COMMITTEES REPORT

OCTOBER, 2013

## THE NIGERIAN COMMUNITY AND CULTURAL CENTER (NIGERIA HOUSE)



The Minnesota Institute for Nigerian Development (MIND) is the umbrella organization for all Nigerians in Minnesota that fosters unity through social, educational and economic development and the concept of a Nigeria house was a means to fulfilling the mission.

The proposed building is expected to serve as a meeting point and symbol of our unity as well as a place where we can conduct educational service program, adult and minor daycare, clearing house for community civic outreach, language translation, interpretation and referral, cross cultural youth and exchange programs, resources for international trade, an economic center for businesses and a place to host events.

From the beginning, we were not oblivious of the challenges a project of this magnitude pose. We knew having a center that will cater for socio-economic needs of our people and others, requires the participation of all. Human and capital resources are essential in achieving this laudable goal. To this end, a committee was put in place to come up with a structural design and cost.

The service of an architect was sought for and after weeks of thorough job a design expected to cost \$2.5 million was arrived at and presented to the community on October 3<sup>rd</sup> 2010 at the 50<sup>th</sup> Independence Anniversary celebration. The architect was on hand to present the design and to take questions and suggestions from as many that were present after which a final version was adopted by the committee.

Here then begins the task of making the dream a reality.

The committee which worked on the design and cost was expanded to accommodate more individuals with knowledge in construction, real estate, fund raising and grants writing with the following mandates:

- To raise the \$2.5m projected for the building
- To seek and identify a site for the center including existing buildings which can be remodeled to our need.
- Organize annual fund raising activities towards the building.
- Organize outreach to businesses, organizations, corporations and individuals for support in cash or kind.

## *Committee Report continued*

In line with their mandate, the committee which is known and referred to as: The Building Committee recommended that an official launch of the Community and Cultural Center be done in October 2011 at the 51<sup>ST</sup> Independence Anniversary Celebration. This was done and some measure of success was achieved.

The committee is committed to an early completion of this project and has categorized donations into five sub- groups:

**Platinum:** \$10,000 and above

**Gold:** \$5000- 4999

**Silver:** \$1000-999

**Bronze:** \$500- 499

**Others-** Below \$500

If everyone embraces a category, the task can be accomplished within a short time. Your pledges which can be redeemed in installment are welcome and will be appreciated. We have made it clear that every donor shall be recognized. Names of everyone who donates towards the project will be inscribed in a room at a designated place in the building.

Be part of history.

You can donate on- line through [www.mindmn.org](http://www.mindmn.org) or write your check to MIND, stating purpose.

SEARCH FOR SITE – The committee at various times had met with officials of City of Minneapolis Brooklyn Park, Fridley and Ramsey County to solicit for existing buildings or vacant lands. Some commercial properties ideal for our need have been identified. All that is needed is MONEY! EGO! KUDI! OWO.

MIND is a 501c (3) organization and donations are tax deductible

Please donate generously.

# Graduations shout outs



Congratulations to all Nigerian boys and girls that graduate from high schools and colleges in 2013. As the saying goes, *“Education is the most powerful weapon which you can use to change the world.” (Nelson Mandela).* because *“When you know better you do better.” — Maya Angelou*

## *High School Grads:*



Adekunle Christopher Ayinde (KC) Blaine High School class of 2013

Hakeem James Ayinde, Highland Park High School Class of 2013

Paul O. Akintade, Highland Park High School Class of 2013

Oluwatosin Oyeyemi Ajagbe, Woodburry High School Class of 2013

Junior Olurinde, Park Center Senior High Class of 2013

Dolapo Oshin, Stillwater High School Class of 2013

Bayo Idowu, East Ridge High School Class of 2013

Sena Lawson (HS) Roseville Area High School Class of 2013

Justice C. Kanu, Blaine High School Class of 2013

Uchena Amechi. Obidiegwu, Park Center Senior High Class of 2013

Jide Ifonlaja, Columbia High School Class of 2013

Sewa Ifonlaja, Columbia High School Class of 2013

Faith Adeola, Woodburry High School Class of 2013

Ayanfe Oyinloye Mounds View High School Class of 2013

Aihomon G. Ebojiet, Park Center High School Class of 2013

Eniola Ogundipe, Irondale High School Class of 2013

# *Graduation shout outs (continued)*

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Princess Amaka Nwoko, Johns Creek High School Class of 2013

Arita Bassey Eyo, Class of 2013

Jennifer Afamefune, Class of 2013

Eunice Ibama, Class of 2013

Omeronye, Class of 2013

Chucks Eneanya, Highland High School Class of 2013

Michael Akinleye, Champlin Park High School Class of 2013

Nnamdi Keshi, Saint Anthony Village High School Class of 2013

Ike Nnabuchionye, Tartan High School Class of 2013

## *College Grads:*

Eyo Oluwaseun Ekpo, St. Thomas University Class of 2013

Oluwademilade Adediran, St. Thomas University Class of 2013

Ayo Idowu, St. Thomas University Class of 2013

Ebun Reis, School of Fine Arts Mpls. Class of 2013

Michelle Uzor, University of Georgia Class of 2013

*Congratulations to all of these graduates and those that we are not aware of, we wish you all the best of luck in all your future endeavors.*

# The Nigerian Family Wellness Day

Minnesota Institute of Nigerian Development (MIND) kicked off Family Wellness Day on Saturday June 29th 2013 in promoting wellness awareness within our community. The event was well attended. Please watch out for upcoming future invitation on related family wellness discussions.

Mrs. Abe Fawole, DNP, RN, CNP and Mrs. Ngozi F. Mbibi RNC, MA enlightens the community on the subject of Mental and Physical Wellness on Saturday 21<sup>st</sup> September 2013.

## Stress Management

### How to Reduce, Prevent, and Cope with Stress

1. Identify the sources of stress in your life
  2. Look at how you currently cope with stress
  3. Apply stress management strategies
- ✓ sources of stress in your life
    - ◆ Stress at work
    - ◆ Job loss or unemployment stress
    - ◆ Family care giving
    - ◆ Burn-out
  - **Look at how you currently cope with stress**

Healthy ways of coping with stress:

- ◆ Start a Stress Journal
- ◆ Adjust Your Attitude
- ◆ Deal with Stressful Situations

**Unhealthy ways of coping with stress**

<ul style="list-style-type: none"><li>• Smoking</li><li>• Drinking too much</li><li>• Overeating or under-eating</li><li>• Spending hours in front of the TV or computer</li><li>• Withdrawing from friends, family, and activities</li></ul>	<ul style="list-style-type: none"><li>• Using pills to relax</li><li>• Sleeping too much</li><li>• Procrastinating</li><li>• Filling up every minute of the day to avoid facing problems</li><li>• Taking out your stress on others (lashing out, angry outbursts, physical violence)</li></ul>
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## **Stress management strategies Avoid unnecessary stress:**

- ❖ Learn how to say “no” – Know your limits and stick to them. Whether in your personal or professional life, refuse to accept added responsibilities when you’re close to reaching them. Taking on more than you can handle is a surefire recipe for stress.
- ❖ Avoid people who stress you out – If someone consistently causes stress in your life and you can’t turn the relationship around, limit the amount of time you spend with that person or end the relationship entirely.
- ❖ Take control of your environment – If the evening news makes you anxious, turn the TV off. If traffic’s got you tense, take a longer but less-traveled route. If going to the market is an unpleasant chore, do your grocery shopping online.
- ❖ Avoid hot-button topics – If you get upset over religion or politics, cross them off your conversation list. If you repeatedly argue about the same subject with the same people, stop bringing it up or excuse yourself when it’s the topic of discussion.
- ❖ Cut down your to-do list – Analyze your schedule, responsibilities, and daily tasks. If you’ve got too much on your plate, distinguish between the “shoulds” and the “musts.” Drop tasks that aren’t truly necessary to the bottom of the list or eliminate them entirely.

## **Alter the situation**

- ❖ Express your feelings instead of bottling them up. If something or someone is bothering you, communicate your concerns in an open and respectful way. If you don’t voice your feelings, resentment will build and the situation will likely remain the same.
- ❖ Be willing to compromise. When you ask someone to change their behavior, be willing to do the same. If you both are willing to bend at least a little, you’ll have a good chance of finding a happy middle ground.
- ❖ Be more assertive. Don’t take a backseat in your own life. Deal with problems head on, doing your best to anticipate and prevent them. If you’ve got an exam to study for and your chatty roommate just got home, say up front that you only have five minutes to talk.
- ❖ Manage your time better. Poor time management can cause a lot of stress. When you’re stretched too thin and running behind, it’s hard to stay calm and focused. But if you plan ahead and make sure you don’t overextend yourself, you can alter the amount of stress you’re under.

## **Adapt to the stressor**

- ❖ Reframe problems. Try to view stressful situations from a more positive perspective. Rather than fuming about a traffic jam, look at it as an opportunity to pause and regroup, listen to your favorite radio station, or enjoy some alone time.
- ❖ Look at the big picture. Take perspective of the stressful situation. Ask yourself how important it will be in the long run. Will it matter in a month? A year? Is it really worth getting upset over? If the answer is no, focus your time and energy elsewhere.
- ❖ Adjust your standards. Perfectionism is a major source of avoidable stress. Stop setting yourself up for failure by demanding perfection. Set reasonable standards for yourself and others, and learn to be okay with “good enough.”
- ❖ Focus on the positive. When stress is getting you down, take a moment to reflect on all the things you appreciate in your life, including your own positive qualities and gifts. This simple strategy can help you keep things in perspective.

## **Accept the things you can't change**

- ❖ Don't try to control the uncontrollable. Many things in life are beyond our control—particularly the behavior of other people. Rather than stressing out over them, focus on the things you can control such as the way you choose to react to problems.
- ❖ Look for the upside. As the saying goes, “What doesn't kill us makes us stronger.” When facing major challenges, try to look at them as opportunities for personal growth. If your own poor choices contributed to a stressful situation, reflect on them and learn from your mistakes.
- ❖ Share your feelings. Talk to a trusted friend or make an appointment with a therapist. Expressing what you're going through can be very cathartic, even if there's nothing you can do to alter the stressful situation.
- ❖ Learn to forgive. Accept the fact that we live in an imperfect world and that people make mistakes. Let go of anger and resentments. Free yourself from negative energy by forgiving and moving on.

## **Make time for fun and relaxation**

- ❖ Set aside relaxation time. Include rest and relaxation in your daily schedule. Don't allow other obligations to encroach. This is your time to take a break from all responsibilities and recharge your batteries.
- ❖ Connect with others. Spend time with positive people who enhance your life. A strong support system will buffer you from the negative effects of stress.
- ❖ Do something you enjoy every day. Make time for leisure activities that bring you joy, whether it be stargazing, playing the piano, or working on your bike.



- ❖ Keep your sense of humor. This includes the ability to laugh at yourself. The act of laughing helps your body fight stress in a number of ways. Studies have shown that laughter can improve circulation, stimulate the immune system, reduce stress hormones and alleviate depression and anxiety

## Adopt a healthy lifestyle

- ❖ **Exercise regularly:** Physical activity plays a key role in reducing and preventing the effects of stress. Make time for at least 30 minutes of exercise, three times per week. Nothing beats aerobic exercise for releasing pent-up stress and tension.
- ❖ **Eat a healthy diet:** Well-nourished bodies are better prepared to cope with stress, so be mindful of what you eat. Start your day right with breakfast, and keep your energy up and your mind clear with balanced, nutritious meals throughout the day.
- ❖ **Reduce caffeine and sugar:** The temporary "highs" caffeine and sugar provide often end in with a crash in mood and energy. By reducing the amount of coffee, soft drinks, chocolate, and sugar snacks in your diet, you'll feel more relaxed and you'll sleep better.
- ❖ **Avoid alcohol, cigarettes, and drugs:** Self-medicating with alcohol or drugs may provide an easy escape from stress, but the relief is only temporary. Don't avoid or mask the issue at hand; deal with problems head on and with a clear mind.
- ❖ **Get enough sleep:** Adequate sleep fuels your mind, as well as your body. Feeling tired will increase your stress because it may cause you to think irrationally.
- ❖ Attending to one's spiritual health
- ❖ Being involved in your community
- ❖ Giving to others
- ❖ Maintain adequate hydration
- ❖ Meditation along with music and Sexual activity within a committed relationship also adds to mental health.
- ❖ Supplements like Omega 3 fish oil, Vitamin D adds to sound mental health (Miller 2008).

**Stress doesn't always look stressful! Don't try to do it alone!! Seek Help!!!**

Researched and presented by *Ngozi F. Mbibi RNC, MA*

### References:

Smith, M. & Robert Segal, S. 2013. *Stress management*. Retrieved from [http://www.helpguide.org/mental/stress\\_management\\_relief\\_coping.htm](http://www.helpguide.org/mental/stress_management_relief_coping.htm)

Miller, L. (2008). *Physical wellness and mental health*. Retrieved from <http://newsok.com/physical-wellness-and-mental-health/article/3308789>

## The Edo Association of Minnesota--Diabetes Awareness

The Edo Association of Minnesota had a very successful medical mission to Benin City recently. The mission included participation from Nigeria Medical Association, UBTH (University of Benin Teaching Hospital) and Healthcare practitioners in the State. The mission covered Diabetes awareness, prevention, education and management.

This is what we are all about...the development of our communities. Thank you TEAM for a successful mission



# Wellness

Do you realize that the job of any physician or chiropractor ... the ULTIMATE job of any doctor is to run themselves out of business? Our purpose is to teach you so many things that you can do for yourself that you should hardly need us. If several of the items listed below appear in your life, you may only occasionally need to visit a doctor. Here are 12 warning signs of good health:

### 12 Warning Signs of Good Health

- You know you have good health when you experience regular flare-ups from a supportive network of family and friends.
- The second sign is when you have chronic positive expectations, have goals in your life and expect these things to happen.
- Another sign of good health is when you suffer from repeated episodes of gratuity and generosity. The universe works in reverse – the more you give, the more you receive.
- You know you have good health when you have an increased appetite for physical activity.
- The fifth sign of good health is when you have a tendency to identify and express your feelings, that is called AWARENESS. Awareness of self is the first necessary step toward any knowledge.
- **The sixth sign of good health is a compulsion to contribute to society.**
- You know you have good health when you have lingering sensitivity to the feelings of others. Steve Covey said that one of the “7 Habits of Highly Successful People” is to seek first to understand and then be understood.
- Good health is when you have a craving for peak experiences. LOVE LIFE and LIVE!
- A sure sign of good health is when you have a tendency to adapt to changing conditions. We need to be more adaptable and flexible.
- A great indicator of good health is a feeling of spiritual involvement, because we are not alone.
- The final sign of good health is having a persistent good sense of HUMOR. Laugh more... Smile more.

No matter what in life, it is your future. You have the ability to choose good health. Since you have a choice in life, you might as well be there healthy.

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# Bundle of Joy

The community welcomes and celebrates with Chima NwaChin'emere and Blessing 'NwaChigoziri' Okoronkwo.



Newest member of our community. A baby boy 'bounced' into our community on Thursday September 5th 2013, weighing in at 6 lbs 11 oz. And measuring (lying down) 20 inches. He arrived at 12:40 a.m. Via Woodwinds Health Campus in Woodbury.

Congratulations to all the proud new parents in our Community! May these tiny feet tiptoe with love into your hearts and stay there forever!



 BIRTHDAY MILES STONE

60<sup>th</sup> Birthday



Jemila Ngwa , celebrated her 60<sup>th</sup> birthday on June 22<sup>nd</sup> , 2013

Happy birthday to you



Auntie Flora turned 60 on May 18, 2013.



**HAPPY BIRTHDAY TO ALL OTHERS IN THE NIGERIAN COMMUNITY**



# PICNIC



MIND's annual picnic was Saturday August 10<sup>th</sup> 2013 and despite several other engagements on the same date, it was well attended. Update your calendar, as next year picnic is going to be the second Saturday weekend in August.



*Hope to see you at the next picnic on  
Saturday August 9<sup>th</sup> 2014. Watch out for the  
details.*



**“What God has joined together let no man put asunder”** (Mark 10:9)



**B**unmi Daniel and **U**che Njoku tied the knot on August 10, 2013. Congratulations to this young couple and their families.



**S**ibi Ifejide Maryam and **E**rick Emerson tied the knot on Saturday fourteenth day of September, 2013.



**Congratulations to these couples and all other Nigerians newlywed in 2013.**

# AFRICAN TALES AND QUOTES

## Why mosquitos buzz in people's ears

If you live in the rain forest climates of West Africa, you are very familiar with the buzz of the mosquito in your ears on hot humid evenings. Even if there's only one mosquito and only one person in an area as large as a football field, the mosquito always seems to find that person's ear and buzz in it. If you've slapped yourself in the face because of a mosquito, you know what I'm talking about. Here's the story that explains the mosquito's attraction to the ear.

A very long time ago when Ear was a beautiful woman and ready for marriage, there were several suitors wooing her. There were big creatures, there were small creatures. There were fast and sleek creatures and there were slow ones. But they all professed their love for Ear and demonstrated their skills – and there was such an impressive array of skills that Ear had a difficult time making a decision. Then along came mosquito.

“I would like you to be my wife”, proposed Mosquito.

Ear was so offended by this affront. “Look around you!” she cried. “Of all the people and creatures in the whole world, what makes you think I can entertain such a thought?” Ear was distressed. “Marry you?!” she continued. “You will be dead before the week is over. You're not strong, you're weak and I will never marry you!”

Ear was exhausted from this tirade and she fell into her seat, fanning herself vigorously like she was trying to get any image of Mosquito out of her head. Meanwhile, Mosquito was really hurt by all that Ear said. It was very embarrassing to be talked to like that in front of all the other creatures who were whispering to each other and giggling. Apparently, they all agreed with Ear. “Dead before the week is over,” thought Mosquito as he slunk away. “We'll see about that.”

And from that day forward, whenever Mosquito sees Ear, he flies up to her and says “Emi re, mi o ti ku”, which in English means “Here I am, I am not dead.”

But who did Mosquito eventually marry? And how did she get attached to either side of Head? That's another story I would like to tell.

*Adapted from [www.storiestogrowby.com/stories/blacksmith\\_uganda.html](http://www.storiestogrowby.com/stories/blacksmith_uganda.html)*



# Yoruba Poem

How many of us know this classic Yoruba poem - ISÉ NI ÒÒGÙN ÌSÉ? It simply means **"WORK IS THE ANTIDOTE FOR POVERTY"**. For some of us who recognize it, this was a poem we all learned by heart in Primary School even though we never really appreciated its depth. This was recently translated by one [Prof. Quansy Salako](#) for teaching some Yoruba children in the Diaspora. The poem, in my opinion, should be one of the driving forces as we journey through life.

ISÉ NI ÒÒGÙN ÌSÉ	Work is the antidote for poverty
MÚRA SÍ ISÉ RE ÒRÉÈ MI	Work hard, my friend
ISÉ NI A FI Í DI ENI GIGA	Work is used to elevate one in respect and importance (Aspiring to higher height is fully dependent on hard work)
BÍ A KÒ BÁ RÉNI FÈYÌN TÌ, BÍ ÒLE LÀ Á RÍ	If we do not have anyone to lean on, we appear indolent
BÍ A KO RÉNI GBÉKÈLÉ	If we do not have anyone to trust (we can depend on)
À A TERA MÓ ISÉ ENI	We simply work harder
ÌYÁ RE LÈ LÓWÓ LÓWÓ	Your mother may be wealthy
BÁBÁ SÌ LÈ LÉSIN LÉÈKÀN	Your father may have a ranch full of horses
BÍ O BÁ GBÓJÚ LÉ WON	If you depend on their riches alone
O TÈ TÀN NI MO SO FÚN O	You may end up in disgrace, I tell you
OHUN TÍ A KÒ BA JÌYÀ FÚN	Whatever gain one does not work hard to earn
KÌ Í LÈ TÓJÓ	Usually does not last
OHUN TÍ A BÁ FARA SISÉ FÚN	Whatever gain one works hard to earn
NÍ Í PÉ LÓWÓ ENI	Is the one that lasts in one's hands (while in ones possession)
APÁ LARÁ, ÌGÙNPÁ NÌYEKAN	The arm is a relative, the elbow is a sibling
BÍ AYÉ N FÉ O LÓNÌÌ	You may be loved by all today
BÍ O BÁ LÓWÓ LÓWÓ	It is when you have money
NI WON Á MÁA FÉ O LÓLA	That they will love you tomorrow
TÁBÍ TÍ O BÁ WÀ NÍ IPO ÀTÀTÀ	Or when you are in a high position
AYÉ Á YÉ O SÍ TÈRÌN-TÈRÌN	All will honor you with cheers and smiles
JÉ KÍ O DI ENI N RÁAGÓ	Wait till you become poor or are struggling to get by
KÍ O RÍ BÁYÉ TI Í SÍMÚ SÍ O	And you will see how all grimace at you as they pass you by
ÈKÓ SÌ TÚN N SONI Í DÒGÁ	Education also elevates one in position
MÚRA KÍ O KÓ O DÁRADÁRA	Work hard to acquire good education
BÍ O SÌ RÍ ÒPÒ ÈNÌYÀN	And if you see a lot of people
TÍ WÓN N FI ÈKÓ SE ÈRÍN RÍN	Making education a laughing stock
DÁKUN MÁ SE FARA WÉ WON	Please do not emulate or keep their company
ÌYÀ N BÒ FÓMO TÍ KÒ GBÓN	Suffering is lying in wait for an unserious kid
EKÚN N BE FÓMO TÓ N SÁ KIRI	Sorrow is in the reserve for a truant kid
MÁ FÒWÚRÒ SERÉ, ÒRÉÈ MI	Do not play with your early years, my friend
MÚRA SÍSÉ, OJÓ N LO	Work harder, time and tide wait for no one.

*Researched and Donated by Allan Ige*

*News letter is compiled by Waheed Ayinde and edited by: Mary Ayinde, Allan Ige and David Ebonije.*