

# PROF. ADEBAYO ADEDEJI, CFR

JOGSOBA NATIONAL PRESIDENT (March 31, 2009 - April 1, 13 2013)

## "MY TESTAMENTARY NOTES"

Ijebu-Ode Grammar School, Ijebu-Ode being the first Secondary School in the Old Ijebu Division and the Second in the Western Region had the vision of celebrating the Centenary of her establishment on January 20<sup>th</sup>, 2013.

Prior to the celebration, all Old Boys were in search of a capable leadership of illustrious

goodwill to mid-wife the celebration of this milestone.

At the Annual General Meeting held in 2009, the Old Boys overwhelmingly elected the Late Prof. Adebayo Adedeji CFR, to coordinate all activities leading up to the

Centenary Celebration of the School. He indeed presided over the first N.E.C meeting on April 26, 2009, and he was able to convince the entire sitting of his grand plan for the Centenary Celebration. As a man of conviction, he had hoped that activities would begin full blast; but alas news filtered into town that the newly elected president full of life and vigour had suffered a debilitating stroke.

This unfortunate incident grossly affected his involvement in the activities lined up for the centenary celebration.

However he braved the sour odds to rally all Old Boys and other critical

stakeholders to chart a better future for the School. He was able to display exemplary administrative acumen and uncommon resilience towards a successful celebration of the School's Centenary on January 20<sup>th</sup>, 2013, despite his health encumbrance.

Man is essentially in three folds; Body, Soul and Spirit. Casting my thought back in time

and space, having sat at meetings with him and being also on one-on-one interactive sessions; I could vouch for his relentless and cheerful spirit which enabled him to earn the appellation. "The World's Civil Servant". He supported every cause with his hard-earned resources, including the Centenary

Celebration and lived a fulfilled life of service to the common man. Until his death on April 25<sup>th</sup>, 2018, his commitment to the development of JOGSOBA never waned or faltered.

He would be sorely missed, but his footsteps are permanently engraved on the sands of time of our fatherland and the world stage where he served in various capacities and added many firsts to his illustrious name.

May his soul rest on in victory.

**Maazi Chigbo M. Ajah**

*National Secretary (2009-2013)*



● ICT Center Construction Underway

● 8893 Celebrated 30th Anniversary

● 83/88 Set re-United

● What you don't know about late Prof. adebayo adedeji

● Clear and Serious Danger

- Prof. Dapo Ashiru



# National JOGSOBA News

Vol. 2 No 1

## Proposed #130M ICT JOGSOBA in 2018 An Overview





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## EDITORIAL COMMENT

The 2019 edition of the “JOGSOBA NEWSLETTER” is indeed a comprehensive reportage of the 105<sup>th</sup> anniversary celebration, sets events, and a host of social commingle of old students of Ijebu-ode Grammar School. Accordingly, all contributions with one or two notable exceptions are tilted to project the activities of JOGSOBA in all forms of progressive dimensions. In this edition, column such as Tracking Efforts, Echoes of Commitment, Health talk are spicy additions to the regular menu. As to be expected there are write ups from the JOGSOBA NATIONAL, the overview of activities in 2018 , Testamentary Notes on Prof. Adebayo Adedeji, special feature on traveling to Europe for greener pasture and updates on the ongoing ICT center building project.

There are also social reports from a few sets that had remarkable events in the year pictorial reports of the interhouse sports on the 105th Anniversary as well as the directory page of set’s presidents. A unifying focus that runs through all the contributions is the sustenance of the culture psycho-social support and the maintenance of academic and physical excellence of our alma matter. As we savor with relish the wonderful contributions in this Newsletter, be rest assured that the subsequent editions will also be a palatable experience garnished with impeccable pictorial reportage and colourful coverage of remarkable JOGS events.

OLUDARE OSIBOYE

EDITOR IN CHIEF

JOGSOBA NEWSLETTER

## JOGSOBA NATIONAL 2018: OVERVIEW

**T**here is no better way to describe the year 2018 in the history of Ijebu Ode Grammar School Old Boys Association than to assert that it was a year that brought the best out of our collective will to further reposition, develop and religiously contribute toward the betterment of our unique Alma mater.

The year was indeed eventful for the National Body putting into cognisance the supports of various unrelenting sets that are constantly keying and contributing to the National Body Programmes. The year kick started with turning of the SOD for the Ultra-Modern Information Technology Centre (ICT)/ Cafeteria and followed by the 2018 Annual Merit Award which coincided with the 105<sup>th</sup> Founders Days Anniversary of the School. The National President, Engineer Ebenezer Babaranti Osoba who welcomed Old Students and guests at the event held at Bisi Rodipe Hall informed the gathering of the effective collaboration with the school to celebrate the 105<sup>th</sup> Anniversary. He highlighted series of events held in commemoration of the events such as:

- Anniversary Rally
- Quiz Competition (Inter

- Schools)
- Inter-House Sports Competition
- Novelty Match between Teachers and Old Boys
- Jumat Service at the Central Mosque. Ijebu-Ode

The Merit Award which has been designed to celebrate individuals and collective achievements of Old Boys for the grace of passing through the annals of Ijebu-Ode Grammar School is also aimed at raising funds for the I.C.T/ Caferia Centre to replace the derelict dining hall which was hitherto defacing the school.

Old Boys at the event were reminded of the Body's resolution to concentrate all donations and supports for the development of the flagship project until it is completed. Healthy rivalry is also encouraged in the contributions by individuals, Families, Sets/Clubs and Branches to be conspicuously placed on the commemorative plaque on the completed project with the following categories of donation:

- Bronze 500,000
- Silver N 1M – 199M
- Gold N 2M – 3.99M
- Diamond N 4M – 4.99M
- Platinum N 5M and above

Awardees

Prominent Old Boys who were honoured at the 2018 Merit Award included:

- Otunba Abdul-Lateef A. Owoyemi FCA, FCMA, FCIS, FBR
- Hrn Oba Emmanuel Adebawale Adebuyo F C I A , J P

Ataiyerobiogogo Aminmin II Elemure of Emure- Ekiti, Ekiti State.

- Otunba Babatope Gbenga Ogunnowo, a foremost financial expert
- Otunba (Barr.) Labi Okusanya
- Alhaji Abdulrasaq Adeyemi Kanimodo
- Mr Adegboye Oduwole

The following Sets were recognized for their developmental contributions to the National Body and the School in general:

- JOGS 78/83 SET
- JOGS 72 CLUB
- JOGS 81/86 SET
- JOGS 88/93 SET

### SETS COLLABORATION

✓ Our warmest appreciation goes to the following sets for their thoughtfulness in the year 2018

✓ JOGS 88/93 for their Annual sponsorship of the prize giving day and special award. 2018 celebration coincided with their 25<sup>th</sup> Graduation Anniversary and it was a huge celebration. They also contributed towards the ICT centre handsomely

✓ JOGS 83/88. Their 30<sup>th</sup> Graduation Anniversary was also marked and the set contributed the sum of N 500, 000 towards the ICT centre

✓ JOGS 90/95. The National Body accepts and commends their Annual of Distribution of 10,000 Free exercise books to the students. The 2018 edition marked the



fourth year running

✓ JOGS 90 set. Special thanks to the members for this wonderful set. They sponsored the larger part of the school programmes for the 105<sup>th</sup> Anniversary for the Social Diary

✓ JOGS 73 / 78 SET celebrated their fortieth graduation anniversary. The N.E.C was duly represented

✓ JOGSOBA lost an Icon, a foremost Economist and Centenary President Professor Adebayo Adedeji.

All old Boys came together to give a befitting rites of passage for their icon. The lying in State at his Alma Mater Ijebu Ode Grammar School was solely sponsored by the Old Boys. The lying in State was well attended by old boys of the School among which were Hon. Justice Idowu Owolabi Sonoiki, Oloritun S. O. Ogunbanwo, Chief Eben Babaranti Osoba the National President, Otunba Kunle Bolujoko, and a host of others.

The Burial Service at the Cathedral Church of our Saviour Italowajoda was well attended by the Almuni of the School and the school song was proudly rendered.

At the reception, the Association in their usual glamour and colour was the cynosure of eyes as members were deeply appreciated by the families for their sterling support despite the large provisions made by the families.

Special thanks to Old Boys and sets who contributed to make

the events a success:

Prof Arigbabu, Otunba Tope Ogunnowo, Otunba Kunle Bolujoko, Mr Monday Ajah, Chief Eben Osoba, Mr Lanre Onafuye, Mr. Gbenga Olusanya, Capt Bisi Idris, Oba Adesesan Odutayo (*Ajalorun of Ijebu-Ife*)

✓ Rev. Canon Odusina celebrated 70<sup>th</sup> Birthday amidst pump and pageantry

#### SCHOOLS UPLIFT

✓ The national body left no stone unturned in supporting the school for an enhanced academic achievements

The body supported the school with financial incentives in commemoration of the 105<sup>th</sup> Anniversary.

In the area of sports, the body also gave a hand towards the effective participation in the 2018 AIONIAN Games Festivals

**Waiver:** The National Executive Council granted a Waiver on renovation of 2 two block of classrooms by Honourable Kehinde Odeneye Facilitated by the JOGS 97/03 Set.

**Reunion:** the N.E.C received with utmost joy the return of the JOGS Independence Club to the fold of JOGSOBA. Efforts have been made to bring members of the club up to speed regarding the activities of the association most especially the construction of the ICT Centre/Cafeteria.

While appreciating everyone who contributed to the betterment of the school, we urge for a continued commitment and unalloyed

cooperation in achieving pacesetting milestones for our Alma Mater.

'Lanre Onafuye  
National Assistant Secretary

### The 1938 Block and ICT Centre /Cafeteria Testimonies of the maxim "Unity is Strength"

**T**he foundation of the most elegant building in the school named "1938 Block" was laid in 1935 by The Rt Rev'd Bishop F. Melville Jones O. O. *The Bishop of Lagos*" It was



the first building in the school because Ijebu Ode Grammar school started in Pa sadere's house at Ideyin, Itantebo quarters, Ijebu Ode in 1913. It took our sagacious forebears three years to complete hence the name 1938 Block. This piece is not to bore you about the foundation laying and the eventual completion of the edifice in three years but to bring to our attention the factors behind its long standing rehabilitation

The first being the fact that it was collectively built to stand the test of time not just to meet an immediate need. It wasn't embarked upon because some groups of people felt their names must be mentioned (ironically their names remain evergreen) or associated with it. They saw the future projected into it and gave our generation, your generation and the ones to come a legacy. Need I remind you that when

the foundation was laid the students populace was just forty one and upon completion the number rose to sixty-nine Today, the building can accommodate, considering the current population of the school nearing four thousand, eight hundred students. The classrooms are spacious more than what is obtainable in our current generation.

No doubt the building had served many generations successfully including mine fifty six years after it was built. This was achieved because our forebears worked together and they achieved their aims. Ants work in groups and achieve their goals in unity. Alas! Men lack this and fail.

Sadly, deterioration set in. The building became a very old shadows of itself due to years of neglect or lack of adequate attention to maintain it. The 1938 block partially functioned until it was completely abandoned and became hide outs for truants in the school who out of ignorance never knew they endangered their lives. The edifice was waiting to be pulled down as it constituted not only a nuisance but a death trap for the current students between 2003-2013.

Then the centenary celebration of the great Ijebu-Ode Grammar School beckoned. Apart from the 1938 block, there were other pressing needs of the school. But it was difficult to attend to other

structures in the school at the expense of the first building therein. A very easy option presented itself. The derelict structures should be pulled down. Upon assessment, the walls remained strong but the wooden decks, the roofs and other parts were gone. What would be done? Collectively again, the foremost Old Boys who were passionate about the school decided to make it the National Project marking the Centenary Celebration. Again, unity of purpose, unity of ideas, contributed to the rehabilitation of the 1938 block. Today, the 1938 Block after the refurbishment some six years ago, at the cost of 38M could last another seventy five years save for any natural or man made destruction directed at it.

The current national executive council upon inception set up various sub-committees one of which was the Physical Development/ Maintenance committee headed by a distinguished Engineer Dr. Oye Eribake. Assessments of the schools structure were carried out and the committee presented a list of structures needing urgent attention with priority given to some. The Old dining hall was the first on the list. It was the only eye sore of the school after the centenary.

The need to pull the structure down and rebuild was presented at the AGM 2014 and it was at the same AGM that the entire JOGSOBA agreed that new structure be put up replacing the Old Dining Hall and having an I.C.T



Centre at the upper floor for the maximization of the available space and more importantly to improve on the mini computer laboratory and provide the learning opportunity for the increasingly students populace of Ijebu-Ode Grammar School in this rapidly evolving and money spinning world of technology.

If we all approach this project as one, it is very sure that it will be completed on time, not dragged and attention can be quickly shifted to another pressing need of the school. It is the collective effort that is required to do something monumental to the school again. Works have commenced and the body has received quite encouraging encomiums from individuals or groups who have seen the level of work so far.

Steps have been and are being taken to continually raise funds. We have all agreed at the meeting of Jan 13. 2017 with Set Presidents and Secretaries that Sets' individual projects be suspended in the school for now while we put our resources together to complete the ICT project. This is the approach other schools have adopted and they are seeing the effective results

We have got very positive and

promising responses from Sets, Branches, spirited individuals as well as corporate organizations:

#### Branches

JOGSOBA North America

N3,500,000.00

N 1,000,000.00

Total: N 4,500,000.00

#### Spirited Individual

Asiwaju S.K Onafowokan

Olori Omoba Subomi Balogun

N500,000

N2,500,000.00



Individual Old Boys

Hon Justice O.O Shomolu	35,000
Onasile Kayode Kehinde	100,000
Mobolaji Oludaisi Mosuso	50,000
Justice Somolu Olukayode	100,000
Adedoyin Adebajo (ROS)	100,000
Dr. W. A. Nubi	500,000
Healton Nig Ltd	100,000
Talabi Dotun Oluseun	100,000
Oduntola Abiodun	50,000
Babatunde Ipaye	100,000
Imperial Fortress	100,000
BODPEJ VENTURES	105,000
Hon Justice T.I Adesalu	25,000
Kolade Ebenezer Akinyele	200,000
Bolaji Adenowo Ogundeyin	250,000
Okunsanya Owolabi	500,000
Animal Care Konsolt	500,000
Healton Chequer Nig Ltd	500,000
Ambassador Femi Fowora	250,000
Oloritun S.O Ogunbanwo	5,000
Anonymous	2,500,000.00
Mr. M. A. Kazeem	100,000
Oloritun S.O Ogunbanwo	N20,000
Omoba Labi Okusanya	N500,000
Doherty Akinsanya	N250,000
Oba Adebayo Emmanuel Adebowale (Elemure of Emure Ekiti)	N300,000
Otunba Babatope Ogunnowo	N250,000

JOGS	SETS	
JOGS	1953 SET	N500,000
JOGS	81/86 SET	N50,000
JOGS	71/75 SET	N250,000
JOGS	77/82 SETS	N250,000
JIC		N500,000
JOGS	97/03 SET	N50,000
JOGS	78/83 SET	1,000,000.00
JOGS	77/82 SET	200,000
JOGS	76/81 SET	500,000
JOGS	1983/1988	500,000
JOGS	1958 SET	N300,000
JOGS	62/68 SET	N500,000
JOGS	78/83 SET	N1,000,000.00
JOGS	72 Club	N500,000
JOGS	88/93	N500,000
JOGS	69/73	N500,000
JOGS	67/71	N100,000
JOGS	76/81	N500,000
JOGS	97/07	N100,000
JOGS	90 MATES	N250,000
JOGS	2000/2006	N100,000
JOGS	94/2000	N50,000
JOGS	83/88	N500,000
JOGS	77/82 set	N200,000
JOGS	73/78 Set	N100,000.00

This is a clarion call to all other sets or individuals who are yet to identify with the projects. We are poised for a timely completion where necessary supports are given by all. We are Old Boys of the Oldest Secondary School in Ijebu Land. We set the pace for others. We are fortunate to have reputable, seasoned and outstanding personalities serving in the building committee and being supervised by another Set of Old Boys as consultants Engineer Bosun Oke, Adedoyin Adebajo Q.S, Architect Tokunbo Kowode etc. and above all we have as Our National President Engineer E.B Osoba, a past President of the Federation of Construction Industry (FOCI 1991-96) past President of Council for the Regulation of Engineering in Nigeria (COREN 2001-2003). Past Chairman of Central Dredging Association (CEDA) West African Group, Lagos. What more could the body have wished for? Let us all come together like the ants, which gather their food in unity “Go to ant, thou sluggard” consider her ways and be wise which having no guide, overseer or ruler, provided her meat in the summer, and gathereth her food in the harvests.



2018 Inter-House  
School Competition



Annual Rally and Inter-School Quiz Competition



Prayer for the School @ Ijebu-Ode, Central Mosque

Thanksgiving @ Holy Trinity Anglican Church

Turning of the SOD Unveiling the ICT Center





# 88/93 Set Celebrated 25th Anniversary

**J**OGS 8893 set was inaugurated and held its first meeting on the 24<sup>th</sup> of December 2006 at Barcelos Ikeja GRA and has since gone on to roll out various achievements to members in particular and the school in general.

We represent diverse fields, including human resources, business, finance, law and entrepreneurship. Members are leaders and innovators wherever they find themselves and this has contributed to the concern they have shown to JOGS individually and collectively.

In 2018, we celebrated our 25 years graduation anniversary and reunion with various programmes we carried out in appreciation to the school and the society.

We kick started the programme of activities on the 30<sup>th</sup> August with our yearly sponsored Prize Giving Day where we honored deserving students who had done so well in the previous

session with a guest speaker from the Olabisi Onabanjo University.

Thereafter we paid a scheduled visit to Eruobodo Home for children with special needs where we showed love to the kids and staff.

On day 2, the 31<sup>st</sup> of August, we played a novelty match against the school team and teachers just to keep the body in shape and it was a moment of camaraderie.

On day 3 the 1<sup>st</sup> of September, we hosted a luncheon where we celebrated and appreciated our teachers that taught us while in school and also fulfilled our promise of donating N500,000.00 for the ICT/Cafeteria Centre.

The anniversary was wrapped up on the 2<sup>nd</sup> of September with a thanksgiving service in the Holy Trinity Anglican Church domiciled in the school. Find below pictures from the event.



*In readiness for the Prize giving ceremony.*



*The set President announcing the Scholarship award for the best graduating student.*



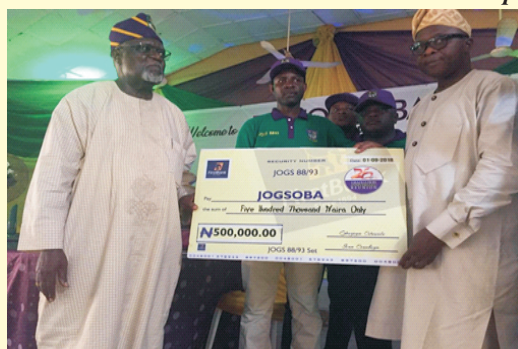
*Our visit to Eruobodo Home for children with special needs.*



*Our medical check up session*



*Appreciating our teachers.*



*Fulfilling our promise.*



*Thanksgiving service*

## IJEBU-ODE GRAMMAR SCHOOL, IJEBU-ODE 2018 REVIEW

**W**e give glory to God for 2017/2018 Academic year for the marvelous works He did at Ijebu-Ode Grammar School. Indeed, it was a very outstanding academic year.

In giving thanks to God, we cannot but count some of our blessings which had really placed the school above its contemporaries.

- a. Mathematics: Some students participated in the third MAN conference in February, 2018 at Remo Secondary School, Sagamu and they came out in flying colours. They also took part in the American Mathematics Competitions on the 10th of February 2018 at Sacred Heart College Ijebu-Ode, they represented Ijebu-Ode Local Government at NNPC competition at Lisabi Grammar School Abeokuta. **1st position Awards:** In January 2018, two students qualified for state level Mathematics Association of Nigeria Olympiad Competition.

**These students are:**

- (i) Fadahunsi Oluwatomilola with 72%
  - (ii) Adesanya Emmanuel with 62%
- STAN competition (Local level) 1st position  
Zonal Level: 1st position

The students also participated in MAN Mathematics competition and won two medals. However, there are no successes without challenges. The main challenge being faced in this subject is lack of learning materials for our students.

- b. BECE Examination: It is worthy of note that our Junior Secondary recorded 100% pass in the last Basic Education Certificate Exam in the just concluded academic year.

- c. Literary and Debating Competition

- (i) The NYSC Corp members 2018 Batch 'A' Ijebu-Ode Zone organized an Inter – School Spelling Bee competition, the school was ably represented by Fadahunsi Oluwatomilola, Toheeb Abdulsamod, Adesanya Emmanuel, Okunowo Favour and the school came back with first position in December, 2018

- (ii) Also, the Human Rights Club of OLASS, Ijebu Ode organized a literary competition ably represented by – Ojo Akorede and Salaudeen Abdullahi in quiz competition with first position.

– Daramola Mayowa in Impromptu Speech also came back with first position.

- (iii) ANCOPS National Essay Competition

- In Ijebu Ode zone – First position
- Ogun State level – First position
- South West level – Second position

- (iv) AIONIAN Games Essay & Quiz Competition

- Quiz – 3rd position
- Essay – 3rd position

- (v) His Royal Majesty, Ooni Adeyeye Ogunwusi South West Educational Competition

- Ogun State level of the competition 1st position

- South West level 4th position participant: Ayanbadejo Oluwafemi

- (vi) Bible Quiz Competition.

This was organized by Our Saviour Anglican Church, Italowajode and Simeon Adeyemi



- d. Ashiru Anglican Church. The school came first.  
Humanities: Our students in the humanities are not left out in the good tidings. Over seventy percent of students in this department who sat for WAEC Examination passed the subjects they sat for. Some, also did well in school examinations that the school authority gave out some scholarships. These students are: Salaudeen Mohammed, Ojo Akorede
- e. In January, 2019 the following students represented the school at AGGS, (Snr) Ijebu Ode Literary and Debating Day, 2019 and came back with 1st position in Quiz as well as 1st position in Debate.
- Fadahunsi Oluwatomilola, Olatunji Oluwafemi, Adesanya Emmanuel, Samod Toheeb. Quiz 1st position
  - Salaudeen Abdullahi, Fadahunsi Tomilola, Olorunsola Olayiwola, Samod Toheeb. Debate 1st position
  - Fadahunsi Tomilola, Adesanya Emmanuel. Miming & Expression 2nd position
  - Adebisi Odulenu, Odusajo Michael. Poetic Dramatization 2nd position
- Likewise, in this same month, the Muslim Corpers Association Peace Club organised a Quiz Competition for all schools in English Language and Mathematics, the following students represented the school and came back with 1st position.
- (i) Kazeem Nurudeen (ii) Salaudeen Abdullahi (iii) Ashiru Saoban
- Ijebu Ode Grammar School was also represented at the Future Accountant Manager Entrepreneur (FAME), this January 2019 and came back with 1st position Trophy.
- f. Sports: In the area of sports, the school recorded greater achievements in the last academic year. The school football team emerged as the champion in the 2018 Governor's Cup in Ijebu Division and also came 3rd in the overall state level.  
In 2018 AIONIAN sports and academic festival, the school was adjudged overall best school in Moral behavior and 3rd in academic and quiz competitions. The school athletic, Obazee, was 2nd in 100metres, 3rd in 20metres and 2nd in 4x100 race.  
The school football captain, Wahab Musa played for Ogun State U-15 team and he was selected as one of the players that will represent South West in U-15 football competition.  
Also, Alausa Kayode emerged as the overall winner of table tennis competition both in AIONIAN and first in Ijebu Division sports fiesta.

We return all glory to Almighty God and trusting Him for another record breaking year.

*The Principals*

**J**OGS'88, (1983-1988), held it's reunion on November 10, 2018. The day marked 30 years that the set Graduated from our great School.

The day made it possible for then boys but now older boys that have not been opportuned to see each other for 30 years after leaving School to come together again.

The day gave us the chance to interact and deliberate on how to make our Alma Mater greater

While thanking God for the reunion, we also thank God for taking us through the School. In the joy of the day we also remember some of our mates and teachers that have gone to the great beyond, we

prayed for the repose of their souls. JOGS88 appreciated the presence of JOGSOBA National President Engineer Osoba for taking time out to honour the occasion and for giving us a fatherly advice on that day, JOGS 88 presented a cheque of five hundred thousand Naira toward the ICT project and promised to do more in due course.

*Best regards*  
**Olufemi Banjoko**  
Secretary  
JOGS 88 set





**73/78 Set**  
Celebrates

**40<sup>th</sup>**  
**ANNIVERSARY**

Members of JOGS 73/78 Set celebrated their 40 years of graduation from their Alma mater with a 3-day programme from 11-13 May, 2018.

The programme started with an interactive session with the students on Friday and thereafter proceeded to Ijebu-Ode Central Mosque, Oyingbo for Jumat Service and from there moved to Eruobodo Special Children Home for visitation where the Set made handsome donations financially and materially.

Later in the evening the set moved to Ijebu-Ode Club for the Family Nite with our wives. On the band stand was Igbira Band.

On Saturday, members converged at Legan Hall for the Extra Ordinary Meeting. Major issues on the agenda were financial report, dissolution of the executive committee and election of new officers. At the end of proceedings the following were elected.

1. Kafeel Dawodu – President
2. Gbenga Ogunba – VP (Africa)
3. Sina Akinsanya – VP (Americas)
4. Femi Adesanya – VP (Europe)
5. Bayo Odusanya – Gen. Secretary
6. Kayode Odukoya – Treasurer
7. Rotimi Adefalujo – Fin. Secretary
8. Kunle Adelaja – Social Secretary
9. Anthony Osijo – PRO (Deceased)
10. Kayode Lano – Auditor

The anniversary party started with Health Talks from Mr. Enahoro and Dr. Sola Amure. The Anniversary Lecture titled – **THE TRAGIC TRAJECTORY OF NIGERIA'S EDUCATION SYSTEM: THE PAST, THE PRESENT & THE FUTURE** was delivered by Prof R.O Ayetunmobi from TASUED.

The following members were honoured by the Set for their outstanding services.

1. Yemi Senbanjo
2. Kunle Adelaja
3. Femi Odunuga

The anniversary was rounded up on Sunday with thanksgiving service at the Holy Trinity Anglican Church, Obalende.





# Clear and Present danger: The Environment has a serious effect on our

## REPRODUCTIVE FUNCTIONS.



**L**ast year February in Kampala Uganda we concluded Symposium of the International Federation of Fertility Societies (IFFS) and the African fertility Society (AFS). I presented a lecture on the Management of environmental toxins in Clinical practice. The lecture focus on the hazards of the environment and nutrition on our reproductive capacity and infertility. The toxins were described as clear and present dangers. Some of the issues raised which I have earlier commented about are brought forward again for emphasis.

Infertility is an alarming modern epidemic affecting more couples than ever. 1 out of 6 couples today experience difficulty falling pregnant in developed countries while this is worse in developing countries. What was a woman's problem previously, is now known to affect men equally. It is now clear that natural approach to treating infertility solves the causes of infertility, by addressing all body systems, rather than just focusing solely on the reproductive system.

Many couples that can't become pregnant suffer from a combination of sub-clinical conditions. These conditions can't cause infertility on their own but -- in combination -- they can substantially reduce a couple's probability of conceiving. For example; gluten intolerance alone cannot produce infertility; however, the resulting inflammation in the gut can minimize your nutrient absorption and lead to deficiencies in nutrients you need for optimal sperm, egg and hormone production and healthy pregnancy. Exposure to heavy metals, radiation, and toxic chemicals in some foods, drugs and other products can damage DNA. Recent nutrigenomic (a study of the effects of nutrients on gene expression) research suggests what we eat can influence our gene structure and expression.

Minimize your exposure to toxic chemicals. D Exposure to environmental toxins (in the form of industrial chemicals) both in utero and neonatal may dramatically affect adult fertility. Most chemicals used in everyday life do not go through the same checks medicines do. Consequently, poisonous chemicals end up circulating in our environment, food supply, air, and water.

The most persuasive evidence of heavy metals and environmental pollution adversely interfering with healthy reproductive function in women is lead. Other compounds that can alter hormone function and result in adverse Reproductive health effects include:

Toxins in the environment and in our diet that can disrupt or even stop ovulation. Endocrine disruptors that interfere with hormone function, and cause endometriosis and PCOS (polycystic ovarian disease). Phthalates toxins in plastic food containers cling wrap, IV bags, medical supplies, vinyl flooring and packaging at high levels cause miscarriage and testicular toxicity. At low levels, they disrupt hormonal balance. Polyvinyl chloride (PVC) chemicals: used in rubber tires, plastics, and pesticides. PAH (Polycyclic Aromatic Hydrocarbon): released from cigarettes, car fumes and road tar Oil fossils, aviation fuels, diesel fumes that can disrupt gamete formation in male and female.

Men have a lot to worry.

Sperm seems to be more sensitive to heavy metals and industrial pollutants than eggs. Many sperm abnormalities are linked to toxins. The majority of these chemicals can be found in the atmosphere, on the ground in cities and the waterways. They have also been termed "repro toxicants" for their adverse effects on sperm development and maturation. Studies confirm male sperm counts are declining, and environmental factors, such as pesticides, exogenous

estrogens (Xenoestrogens), and heavy metals may negatively impact spermatogenesis (formation of sperm).

The top 6 environmental toxins to avoid:

1. Pesticides: found on non-organic fruit and vegetables, meat, dairy and unfiltered tap water
2. Formaldehyde: found in air fresheners, deodorants, floor polish, upholstery cleaners
3. Bisphenols: found in plastic containers and can leach into food and water.
4. Organic solvents: petroleum-based liquids found in household products, electronics, car repair, health care, photography, agriculture, printing, construction, and cosmetics. Dry-cleaning chemicals, paint fumes and much more. Occasional exposure to one or the other toxic chemical is not of concern. What is of interest is an accumulation of these chemicals over an extended period.

5. Don't drink unfiltered tap water. Our waterways are polluted continuously by industrial waste and byproducts, pharmaceutical drugs, pesticides, herbicides and commercial cleaning products. Many companies are contaminating the water regardless of the country we live. Either there is no environmental law at all, or there are loopholes in the law or there is no law for the XYZ chemical getting into the water.

6. Heavy metals are the most common of the reprotoxins reaching our water supply through industrial waste, jet fuel exhaust residue and a variety of other sources. Pharmaceutical drugs are commonly found in tap water. 74 percent of the US population takes prescription drugs. Because the drugs do not metabolize fully, small quantities are excreted via feces and urine and flushed away. Toilet water is often treated and filtered before being discharged into lakes and rivers thereby re-entering the water supply. The trouble is, many drugs are not filtered out via the regular filtration process. Minute quantities of chemotherapy drugs, contraceptive pills, antidepressants, anxiolytics, anabolic steroids, HRT (hormone replacement therapy), heart drugs, etc. have been found in tap water.

Use a dual filtration system. Buy a double filtration water system that filters particles smaller than 1 micron (this will filter out the drugs as well as heavy metals). Use the filter in your shower and your kitchen. Shower steam contains

the same chemicals, which you can end up inhaling and absorbed through your skin.

Aim to eat an optimal fertility diet

In the first trimester of pregnancy. Your growing embryo will increase 20 million times. In the first eight weeks your baby's organs, hands, fingers, legs, feet, head, eyes, nose, ears, etc. are being constructed. To ensure the best possible foundations are laid down during this phase, you want to make sure there are plenty of building blocks in the form of the right nutrients in the right combinations. If you have to eat fish remove the skin that has fat laced with toxins and heavy metals from the waters.

What does a fertility diet contain?

An optimal fertility diet is about what to avoid as much as it is about what to include. A fertility diet should be as fresh as possible and organic wherever possible. Key elements are good quality protein sources (favor vegetable sources of protein) and good fats.

What should you eat?

Organic meat in small quantities, small deep-sea fish like sardines and red snapper, organic legumes home cooked (not canned).

Whole grains, nuts, seeds, vegetables, and fruit in season, organic where possible.

Increase your consumption of good fats and avoid dangerous fats. Good fats include monounsaturated fats in olive oil, polyunsaturated fats in oily fish and nuts and mid-chain fatty acids found in coconut oil.

For cooking use coconut oil or palm kernel oil as they do not become unstable when heated.

For non-heated oil requirements (salads etc.) use cold pressed olive oil, flaxseed oil, and nut oils.

Avoid dangerous fats

Did you know -- consuming trans fats hidden in foods such as; doughnuts, biscuits, lollies, candy, chocolate, chips, pies, fries, take away and thousands of other foods may increase your risk of infertility by as much as 70 percent? Scientists from the Harvard University School of Public Health advise women wanting to get pregnant to avoid all trans fats.



The sole purpose of adding trans fats to food is to extend its shelf life. To minimize your consumption of trans fats be diligent about reading the ingredients and avoid the most likely culprits altogether. Trans fats are mostly listed as 'hydrogenated fat' or 'hardened vegetable fat' or simply 'vegetable fat.'

#### Minimize animal-derived estrogens

Dairy products account on average for 60-70 percent of estrogens consumed. Humans consume milk from cows in the second half of pregnancy when cow's estrogen levels are high. We usually associate dairy and drinking milk with calcium, and never think about what else we may be consuming along with the calcium (and dairy, by the way, is not the best source of calcium). Here is a list of hormones found in cows' milk:

Prolactin, Somatostatin, Melatonin, Oxytocin, Growth hormone, Luteinizing releasing hormone, Thyroid stimulating hormone, Estrogens, Progesterone, Insulin, Corticosteroids and much more

Do you think an excess consumption of all these hormones could disrupt your hormonal balance? You bet! Use of milk has been linked to some instances of male infertility. Excess estrogen and pesticide exposure have been linked to PCOS and Endometriosis. Studies have found higher concentrations of pesticides in cheese than in non-organically grown fruit and vegetables. The first line of naturopathic treatment I recommend for PCOS and Endometriosis is to minimize intake of animal products. Animal products have a high content of hormones, pesticides, and herbicides, which are known endocrine disruptors. They play havoc with your hormones, and this can lead to anovulation.

#### Avoid the two most common allergens.

The link between food intolerances and anti-sperm antibodies is now well established. Studies have found that women with multiple allergies and food intolerances were more likely to miscarry. An overactive immune system is more likely to attack its body cells. From an immunological point of view, an embryo and sperm cell are foreign bodies. But Mother Nature was smart; she programmed our immune systems to distinguish between an everyday invader and a sperm cell or embryo. Th2 cytokines orchestrate a healthy and healthy immune response to embryo or sperm cell. They suppress your killer cells (that's what they are called) to leave the embryo unharmed. Because of this protection, many pregnant women are sick wound healers and can come down badly with a cold or flu. Your

natural protection has been suppressed so that your baby can develop properly.

An abnormal immune response to the implantation of the fertilized egg is orchestrated by Th1 cytokines. Rather than suppressing your killer cells they stimulate their activity. It can lead to defects and the loss of the fetus. The two most widely spread food intolerances are gluten and dairy. I recommend all my patients have an IgG immunoglobulin test done to check if you are dairy and gluten intolerant. But since most people have some level of allergy to gluten and dairy, it's advisable to avoid gluten and dairy altogether during the preconception and pregnancy period.

#### Have an STD check

Most people believe both they and their partner are STD free. However, there are some STD's which can be asymptomatic, meaning that you may not be aware you have them, as there are no apparent symptoms. One such STD is a Chlamydia infection. In men, a Chlamydia infection can lead to sperm abnormalities including sperm antibodies. In women, it can lead to scarring, blocked tubes, and miscarriage.

A study found 60% of asymptomatic male partners of infected females attending a fertility clinic were found to be infected with Chlamydia. Most STD's are easy to treat, so it pays for both partners to have an STD check. There is no point in only one partner going for a test as the other partner can re-infect them again.

Allow yourself 120 days before trying to conceive.

There is a common misconception that egg and sperm quality cannot be improved. In fact, it is possible to improve the quality of your egg and sperm; however, it takes 120 days. It is because it takes approximately 120 days for eggs to mature and sperm to develop. During the generation and maturation of gamete cells -- sperm and ovum -- that form an embryo everything that you and your partner ingest, inhale or are exposed to will influence the health of your eggs and sperm for better or worse, and the ultimate quality of the genetic building blocks you pass onto your child.

It is why it's crucial to follow a proper preconception plan for a minimum of 4 months before conception. A baby is a 50-50 product of his or her parents, therefore, optimizing the quality of eggs and sperm is of paramount importance. Sperm disorders contribute to 40% of infertility cases. Women who suffer from recurrent miscarriages have a

spouse with low sperm counts and visually abnormal sperm. Therefore both partners should detox, follow a fertility diet, take preconception supplements and avoid reproductive toxins discussed in this article for a minimum of 4 months before conception.

#### Avoid coffee, smoking, and alcohol

You may not want to hear this, but drinking coffee decreases fertility. An extensive study from Connecticut found as little as 1 cup of coffee per day increases the risk of not conceiving by 55 percent. If you have 2-3 cups per day that risk rises to 100 percent, and continues to improve with an additional cup up to 176 percent. And did you know that women who drank coffee before and during pregnancy had twice the risk of miscarriage?

Alcohol is harmful to women's eggs, and men's sperm and as little as one glass can reduce fertility by 50 percent! It can further lead to damage to the developing embryo and may result in miscarriage. And although it's been known for a long time that drinking while pregnant is a no-no, drinking before pregnancy has been largely ignored. It doesn't stop with coffee and alcohol. Smoking and recreational drugs can also reduce your odds of conception. A study tested the effects of cigarette smoking on semen quality in men and found that sperm motility (ability to propel forward) decreased in light smokers while heavy smoking produced abnormal sperm shape. Scientists have discovered that quitting smoking may increase sperm count in men who quit smoking for 5-15 months 50 percent to 800 percent respectively.

Take a right quality preconception and pregnancy supplement Regardless of whether you are eating organic produce and a healthy diet; you are unlikely to be getting all the nutrients your body needs for optimal fertility from your food, this is why supplementation is essential.

Getting pregnant and growing a new human being with your reserves, requires a surplus of nutrients and energy. In your body's accounting terms, pregnancy is a luxury, a splurge of energy and nutrients. Some of the critical nutrients for fertility are:

Zinc, Selenium, Magnesium, Calcium, B12, B6, Folic acid, Vitamin C, Omega-3 fats

IVF Does Not Address the Root Cause of Infertility Conventional IVF and other assisted reproductive technology (ART) treatments don't address causes of infertility. These causes include nutritional

deficiencies, toxic exposure, stress, food intolerances, allergies and immune deficiencies. These subtle but critical factors interact synergistically to impact the quality of your eggs and sperm, affecting your ability to conceive and the health of your embryo.

#### Counting the Financial Cost of IVF

Recent media reports of grandparents funding their children's IVF treatments in the hope of a grandchild illustrate the financial strain these treatments can pose to couples. While celebrities and wealthy couples can afford it, many struggles with the procedures, that cost thousands of naira, especially with the current exchange rate.

#### IVF as the Final Option after Preconception Care

IVF should be the last option after all natural treatment options have been exhausted. It should never be the first option.

The rate of success of IVF is (on average) 25 percent per single attempt. Studies show that by following a natural preconception program before attempting IVF, the success rate is increased to 47.1 percent per the only attempt. I always advise couples to undertake a preconception program as a first step and reserve IVF as a final option. Most infertility can be treated without IVF. However, it is recommended that if IVF is needed the success rate of each attempt is almost doubled by combining it with a natural preconception program.

A Medical Detoxification process to remove environmental toxins

It is now well accepted that a proper medically supervised detoxification has a significant place in helping to rid the body of these environmental toxins that can be hazardous to the reproductive system. Our experience in the last four years with Mayr therapy confirms and speaks volume of the various toxins present in the body with reproductive harm. We have equally been impressed by the success of our results that were presented at the symposium.

**PROF. OLADAPO A. ASHIRU, OFR,**  
Chief Medical Director  
Medical Art Center & Mart/Life  
Detox Clinic Ikeja Lagos





**ECHOES OF COMMITMENT ADDRESS BY:  
HONOURABLE ABIODUN OTUBANJO  
PRESIDENT JOGSOBA  
90MATES**

**DURING THE ANNUAL ATHLETICS SPORT FIESTA OF  
THE 105<sup>TH</sup> ANNIVERSARY OF IJEBU-ODE GRAMMAR SCHOOL  
VENUE: OTUNBA DIPO DINA STADIUM, IJEBU-ODE**

**I**t is indeed a special privilege to be alive and functioning in diverse fields of social, political, economic and spiritual engagements. A commitment to ones foundation is even more rewarding and more fulfilling in all its ramification. Looking back our gratitude to our parents who made it possible for us to attend Ijebu-Ode Grammar Schools is limitless. They must have been greatly convinced that getting us into this citadel of learning will definitely lead us to the path of great achievements. Ijebu Ode Grammar School was and is still a school of life where paper qualification is just a part of the entire enhancing experience. Those ingredients of leadership and discipline that makes us stand out and set us apart from others informally, infused and impacted through various school programs and activities had formed the bedrocks of our lives after leaving JOGS As a member of the prestigious group of JOGSOBA, we are eternally grateful to our impeccable teachers and their immutable commitment that propelled us to the height we have all attained. In our reflective moods, the compelling need to give back to a system that is so formidable and forthright floats into our horizon at various times. To this end my mates and I, decided to sponsor the Annual Athletics Sport fiesta of our Alma mater in the most elaborate fashion unprecedented in Ijebu-land during the 105th Anniversary Alma-matter we consulted the JOGSOBA National, the PTA and the school management for their various contributions in achieving the feat. The

various houses namely Ganzallo (Blue), Johnson (Red) Kuti (White) Philips (Yellow) Odumosu (Green) and School (Purple) were mobilized for the challenge of this unique sport fiesta and the event was a resounding success. The echoes of its glamour still be remembered throughout the land. Also our contribution towards the information technology centre/cafeteria will continue to be a pace setting effort by His grace. We shall always channel our resources to this edifice.

Non Nobis Domine.  
Pharm. Abiodun Otubanjo  
PRESIDENT JOGSOBA  
'90 MATES.

**SPECIAL FEATURE**

**GOING TO  
EUROPE?**

**H**uman beings are naturally wired to want more out of life more money, comfort, security, happiness and everything in between. This quest for more is what leads many to explore the universe for better opportunities and livelihood, a situation which necessitates movement from location to another- migration. For almost every 'hustling' Nigeria? travelling to Europe is a far better option than having to toil here in Nigeria, at least for the perceived economic opportunities, functional social systems, and public structures which are, unfortunately, absent in Nigeria just as with most other African countries, while the realities of a dysfunctional Nigeria are glaring, disturbing and un-motivating, many Nigerian youth are choosing to travel to Europe in search of a greener pasture, sadly, they are choosing to travel through the ever dangerous and deadly Niger Republic- Sahara Desert- Libya and Mediterranean sea route, too much journey for a piece of bread. Every year, no fewer than 2,000 Nigerian youths die in the Mediterranean Sea while trying to cross over to Europe. Just before getting to the threshold of crossing the sea, many lose their lives, livelihood and dignity in Libya through modern slavery, prostitution, sexual assault, human trafficking, and gross abuse of human rights and at worse, death. Apparently, for those who die in the Mediterranean Sea or Libya, that is the end of their struggle for survival, sustenance, and success. For the thousands who choose to use this route, which has been dubbed "illegal", or "irregular", they certainly have more hurdles to face than the Mediterranean Sea and Libya. The journey through the Sahara desert is a major lifetime task- you either fight or die. Hot temperature, lack of water, food and

basic amenities for weeks and the challenge of an over loaded truck conveying a multitude of Europe hopefuls most of whom die just before the journey ends. Survival is indeed the first need of life yet one needs life in order to survive. What is the value of a Nigerian life? Less than N150, 000. That is according to the CNN in a recent video that uncovered a shocking carnage of modern slave trade of Nigerians alongside other national in Libya for \$400. With this figure and other threats faced by Nigerians who intend to travel illegally to Europe through the Libyan route, it is almost senseless and confusing to know that a majority of them pay a huge sum of money, up to N500,000 to N1million to execute the journey. However, a majority of them end up dead, maimed, abused and reduced to nothing. Certainly, the cost of illegal migration is more than can be envisaged. Undoubtedly, Nigerians have a never say never spirit, a feat which should be harnessed for home grown opportunity creation and development. In the midst of the struggle, we can survive and make the best decisions to better our lives. It is essential that all stake holders pull up to address critical issues of economic opportunities for the youthful population in order to avoid needless death and wastage of human, social and financial resources through illegal migration.

The safest route, if one must go to Europe or any other part of the world remains the legal route. Alternatives to the legal path are mere illusions often leading to eternal snare

**TOLA EMMANUEL**

**MEMBER, JOGSOBA 90 MATES**

**LIST OF SET PRESIDENTS**

S/N	NAMES	SET	PHONE NUMBER
1	CHIEF BOLA OGUNOIKI	62/68 & ASSOCIATES	08090686378
2	CAPT. BISI IDRIS	67/71	08033337598
3	DR. LATEEF LAWAL	73/77	08023020581
4	MR. BELLA	74/79	08054884131
5	MR. ONANUGA	76/81	08023131571
6	MR. TOIBUDEEN ODUNNIYI	78/83	08092231344
7	BARR. GBENGA OMILOLA	79/84	08077766222
8	MR. GBUYI ODUNNIYI	8186	08191466651
9	MR. IBRAHIM MUSTAPHA	83/88	08035060250
10		88/92	08034012219
11	MR. ROTIMI ADEBANJO	90/95	08065095431
12	PHARM ADESANWO	91/96	08028395955
13		92/98	08033214548
14	MR. KOREDE IBRAHIM	93/99	08099444206
15	MR. TITI GAFAR	94/2000	08060602950
16		95/2001	08058506056
17	MR. AFEEZ ALAO	97/03	08054128059
18	BABAJIDE OTUNBANJO	JOGS 90MATE	08060731832
19	MR. ROTIMI OMODEHIN		08060315159
20	MR. SEGUN ASHIRU	90/94	08037136792