



EKO COMMUNICATOR®

Quarterly Newsletter of Eko Club International®

September 2013 Special International Convention Edition

8th Biennial International Convention

Columbus, Ohio 2013



ECI Presidential Battle Royale



Hon. Fatai Adesiji



Hon. Segun Disu



Hon. Bissy Gaji



Hon. Gbolahan Gbadamosi

IMMIGRATION & LITIGATION

1. **Abused OR Abandoned Spouse:** If you are married to a US Citizen or green card holder who is abusive or has abandoned you, you may be entitled to work permit and green card even if you are divorced or have certain criminal record. You do not need your spouse to file for you or sponsor you or attend interview with you. This relief is also applicable to child (including step child), fiancée and parent of US citizens or green card.
2. **Parents of US Citizens:** Are you a parent of a US Citizen Child? You may be entitled to relief?
3. **Illegal Entry Or Are You Deported And Entered Illegal (Illegal Re-entry):** You may still get work permit and green card.
4. **The Dream: Young Persons Immigration:** If you arrived in the US at least 4 years ago, you arrived when you are less than 16 years and you are currently less than 35 years, you need to talk to us!
5. **Conditional Green Card:** We can help remove conditions on your green card, even if your spouse is not filing with you and even if you have been denied and placed in removal proceeding. You need not wait for 2 years if you are abused by your spouse or if your spouse died.
6. If you are a child living with a guardian or someone else other than your parent, you may be entitled to work permit and or green card.
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Editor's Corner



All roads lead to Columbus, Ohio, where Eko Club International, under President Zainudeen Popoola-Aromire Eshinlokun a.k.a. "Omo Eleha", hosts the world

during this occasion of 8th ECI International Convention from September 12 to 15, 2013.

Our crew welcome all guests to Columbus, Ohio, where the almost week-long event is billed take place. We would like to welcome the delegates of the government of Lagos State, HRH Oba Rilwan Akiolu—the Oba of Lagos, other royal fathers and dignitaries, including Hon. Kayode Opeifa—Lagos State Commissioner for Transportation.

This quarter witnessed the birthday of some of ECI icons—Hon. O.J. Lawal; Dr. Shaffdeen Amuwo, Hon. T.J. Abass and of course, the chairman of the 2013 ECI Electoral Committee — Hon. Diran D. Willoughby. Once again, best wishes and more youthful years ahead, from EKO COMMUNICATOR and the Editorial Committee crews.

Once again, members of our organization will decide who will run the affairs of the club for the next two years. The election is set for Saturday, September 14, 2013 at the grounds of the convention. This election, historically, is the most contested as signified by 4 well qualified leaders declared their intention to be President of our esteemed organization. We contacted the four of them to answer the same questions to be featured in this edition. Responses obtained are feature as on page 9. To all contestants, I say.....*May the best candidates win!*

I thank our readers, various contributors and supporters—Hon. Larry Akinde (Washington DC), Hon. Arch. Akeeb Shekoni (New York), Hon. (Dr.) Sham'el Deen Ekemode-Ajaga and others too numerous to mention here.

Finally, I remain indebted to the Chairman, Secretary and Coordinator of the Editorial Committee—Hon. Larry Oluwa (London), Hon. Abd Rauph Ogunbiyi (Houston) and Hon. Toyin Ola (Atlanta) — for their collaborative efforts in ensuring timely publications of each edition of Eko Communicator since we started out on this journey.

Having served as Editor of Eko Communicator in the last 4 years (2009—2013), it is finally time to move on. It is my hope to undertake additional assignments in our organization as the General Secretary come September 14, 2013. I ask that you do not only continue to give me the kind of support that I have enjoyed in the last 4 years but that you also continue to support our publication, *Eko Communicator*.

2013 Convention!!! Let the party begin!!!

Sincerely,

Saheed Olushi

Editor; eci.editor@yahoo.com



FROM THE DESK OF

Hon. Larry Oluwa

Chairman, Editorial Committee



Blessings All,

It has been two years since Maryland and you are welcome to the 8th Biennial Convention in Columbus, Ohio and another edition of Eko Communicator.

The period has been a very interesting and eventful one all in the course of our selfless service to humanity and making the difference in the lives of our people, particularly the less privileged. I am proud to be associated with Eko Club International, the biggest and best charitable organization in diaspora and it is the love of our people and our community that has always brought us together.

It is also election time to various positions in the organization and from the events leading up to this moment, it promises to be an election like we've never seen before. It is a healthy situation because every aspirant is striving to make a change and move things forward judging from their intentions and declarations, and I hope the event will be a peaceful and a memorable one.

Meanwhile, this newsletter is designed to be informative and educative bringing the news and good tidings to the people in what you could call a source of 'Infotainments'. We have tried to reach out to everyone within the fold and particularly the professionals in our midst to make the contributions necessary for every publication but I must say the response has not been that great. No information is too small to be dispersed. So I will implore us to share whatever we have on issues like, Health, Education, Politics, Sports and General Knowledge to mention a few as it will always go a long way and can impact on our lives.

I am privileged to serve on the Editorial Committee and it has been a great honor being the chairman. I would like to say a big thank you to the pillars of this newsletter, starting from our indefatigable editor, Omo Olushi, the multi-tasking and energetic media guru for all his contributions. He has worked tirelessly in making every edition a reality and unquantified success. And what has been his reward but more work to come, in assuming the mantle of secretaryship of this great organization. Keep up the good work and everything you do will never be in vain.

A "Special thanks" to Hon. Rauph Ogunbiyi, the unwearying, inexhaustible secretary to the committee. He has always been the one to prompt a discussion on what next to do regarding every issue of the communicator and has been very articulate in making each daunting task look so easy. Also, his own reward is more challenging responsibilities in joining Hon. Olushi at the Secretariat. For both, what a plus for ECI and what a team we've got on our hands.

A big "Thank you" goes to 'Mama Isale' - Hon. Toyin Ola, for her untiring contributions in coordinating this 'special committee'. All your hard work is recognized and appreciated and I wish you all the best in the forthcoming elections because you are worth it.

Also a big thank you to all other members of this Editorial Committee: Hon. Laura Ajayi, Hon. Wale Idreez, Hon. Stephen Ojumu, Hon. Femi Igbalajobi and Hon. Wasiu Ope for all their efforts. May God be with you all!

Now the time has come to usher in a new era as we go to Columbus, Ohio. I hope it will be a great success and I wish each and everyone of us God's guidance and journey mercies.

ILU EKO A GBE WA O!

Memories Etched in Marble

Birthdays

♦ Governor Babatunde Fashola	-----June 28
♦ Hon. Owolabi Balogun	-----June 29
♦ Hon. Deji Ajiboye	-----June 29
♦ Attorney OJ Lawal	-----July 1
♦ Hon. David Opaleye	-----July 3
♦ Hon. Olamiju Disu	-----July 8
♦ Hon. Denny Oladipupo	-----July 10
♦ Hon. Kola Daniel	-----July 14
♦ Hon. Bukky Williams	-----July 16
♦ Hon. Ibraheem Olokodana	-----July 19
♦ Hon. Lateef Akanji	-----July 22
♦ Hon. Shade Tosan	-----July 24
♦ Hon. Wale Oyekoya	-----July 27
♦ Hon. Diran Willoughby	-----July 31
♦ Hon. Lateef Saaca	-----August 8
♦ Hon. Rilwan Alowonle	-----August 10
♦ Hon. SIKiru Oseni	-----August 20
♦ Hon. Ganiyu Savage	-----August 20
♦ Hon. TJ Abass	-----August 23
♦ Dr. Shaffdeen Amuwo	-----September 15
♦ Hon. Khairat Ajiboye	-----September 19

Anniversaries

- Faysal & Afusat Okoya - August 7

LESSONS FROM NOAH'S ARK

Everything I need to know about life, I learned from Noah's Ark.....

- One:** Don't miss the boat.
- Two:** Remember that we are all in the same boat.
- Three:** Plan ahead. It wasn't raining when Noah built the Ark.
- Four:** Stay fit. When you're 600 years old, someone may ask you to do some thing really big.
- Five:** Don't listen to critics; just get on with the job that needs to be done.
- Six:** Build your future on high ground.
- Seven:** For safety's sake, travel in pairs.
- Eight:** Speed isn't always an advantage. The snails were on board with the cheetahs.
- Nine:** When you're stressed, float a while.
- Ten:** Remember, the Ark was built by amateurs; the Titanic by professionals.
- Eleven:** No matter the storm, when you are with God, there's always a rainbow waiting. NOW, wasn't that nice? Pass it along and make someone else smile, too.

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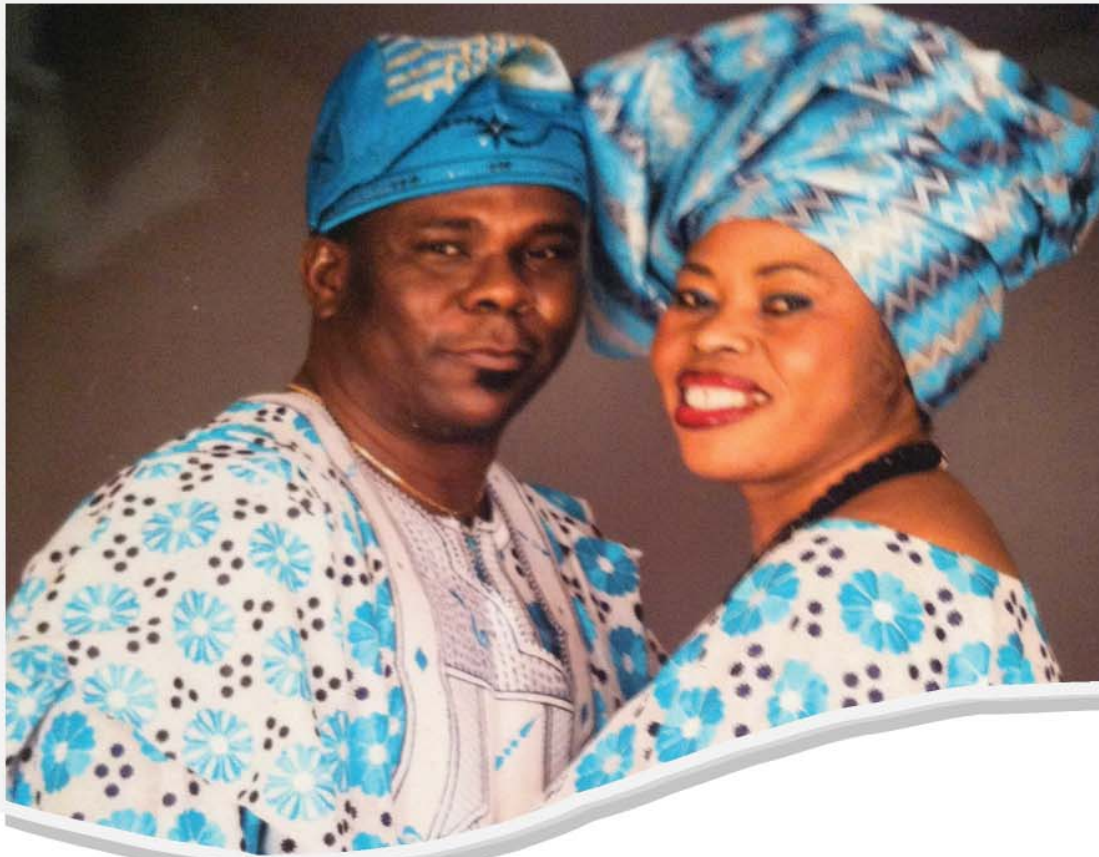
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Lagos Indigenes Political Action Committee (LIPAC)

Mobilizing Progressive-Oriented Lagos State Indigenes for Political

PREAMBLE

Lagos Indigenes Political Action Committee (LIPAC) is a non-profit, non-partisan organization dedicated to protecting the interests of Lagos State indigenes. Our pledge is to proactively and progressively advocate for a government and policies that would positively impact and benefit the people of Lagos State.

GOAL

- To be a major stakeholder in the affairs and politics of Lagos State.

MISSION

- To be an advocate for an effective, efficient and responsive government in Lagos State.
 - To be a strong advocate for Lagos State indigenes.
- To be proactively involved in the political affairs and decision making process of Lagos State.
- To encourage Lagos State Indigenes to actively participate in the politics and government of Lagos State.
- To ensure that Lagos State maintains its eminent position as the socio-political and commercial capital of Nigeria.

CORE VALUES:

- LIPAC shall operate within the political mainstream of Nigeria.
 - All Lagos State indigenes shall have equal access.
- Equal standards shall be applied in dealing with all political parties.
- TEAM (*Together Each Achieve More*) work is paramount.

For more information please contact:

Alhaji Rasheed Giwa at 817-705-9547

or send an email to giwaeko@hotmail.com.

LIVING WITH DIABETES *HON. OLOLADE MONSURAT OLADIPUPO*

Diabetes is a group of diseases marked by high levels of blood glucose resulting from defects in insulin production, insulin action, or both. Diabetes can lead to serious complications and premature death, but people with diabetes can take steps to control the disease and lower the risk of complications. There are two types of Diabetes. Type 1 and Type 2.

Type 1 (also known as insulin-dependent or juvenile)

Type 1 diabetes can occur at any age, but most commonly is diagnosed from infancy to the late 30s. In this type of diabetes, a person's pancreas produces little or no insulin. Although the causes are not entirely known, scientists believe the body's own defense system (the immune system) attacks and destroys the insulin-producing cells in the pancreas. People with type 1 diabetes must inject insulin several times every day or continually infuse insulin through a pump.

The symptoms of type 1 diabetes

The symptoms may occur suddenly, and include one or more of the following:

*Extreme thirst *Frequent urination *Drowsiness, lethargy *Sugar in urine *Sudden vision changes *Increased appetite
*Sudden weight loss *Fruity, sweet, or wine-like odor on breath *Heavy, labored breathing *Stupor, unconsciousness

Researchers are still trying to get a clear picture about how genes and environmental factors interact to determine a person's risk of developing type 1 diabetes. Forty percent of everyone in the United States carries one or more of the HLA genes (human leukocyte antigen) which lead to increased risk of type 1 diabetes. To be at increased risk, however, an individual needs two copies of these genes, one from each parent.

One in 400-500 people in the general population develops type 1 diabetes, but 1 in 20 (5 percent) people are at risk if a parent, sibling, or child has the disease. In general, there is a misconception that type 1 diabetes is a familial disease and primarily occurs in families where there is someone with diabetes. In reality, only about ten percent of individuals who are diagnosed with type 1 diabetes have a family history of diabetes.

At this point, type 1 diabetes is a chronic disease, meaning you never outgrow it. The reality is that type 1 diabetes is a difficult disease to manage, but the technology is getting better all the time. Take advantage of the people, products, and other resources available to you.

DAILY LIFE AND MANAGEMENT

You should check with your doctor to determine the range of blood sugar levels best for you or your child. In general, optimal blood sugar goals are:

*Before Meals: 70-110 mg/dL *At Bedtime: 100-140 mg/dL

If your before-meals blood sugar is consistently lower than 70 mg/dL or higher than 140 mg/dL, or your bedtime blood sugar is consistently lower than 100 mg/dL or higher than 160 mg/dL, you probably need a change in your treatment plan and should consult your doctor. Blood sugar goals may be modified for children and others who are at greater risk for hypoglycemia.

What foods should a person with type 1 diabetes eat/avoid?

People with type 1 diabetes should discuss their individual dietary needs with their doctor. Individualized meal planning is an integral part of every diabetes care plan. The key to every plan is balancing diet, exercise, and insulin intake to achieve blood sugar levels as close to normal as possible. It's important that anyone new to diabetes develop strategies for eating out and controlling portions, and that they understand how to read and comprehend food labels.

Type 2 (also known as non-insulin-dependent or adult-onset)

Type 2 Diabetes occurs when insulin that the body produces is less efficient at moving sugar out of the bloodstream. Some sugar is moved out of the blood, just not as effectively compared to a person with normal insulin efficiency. High blood sugar is a result of this. Type 2 Diabetes used to be thought of as the adult onset type of diabetes. However, an alarming rate of children are now being diagnosed with Type 2 Diabetes.

The symptoms of type 2 diabetes

Type 2 diabetes symptoms may develop very slowly. In fact, you can have type 2 diabetes for years and not even know it. Look for:

*Increased thirst and frequent urination *Increased hunger *Weight loss *Fatigue *Blurred vision
*Slow-healing sores or frequent infections *Areas of darkened skin

Non-insulin-dependent diabetes mellitus (Type 2 Diabetes) as a leading cause of end-stage renal disease is now widely recognized. The incident and prevalent rates of dialysis for patients with diabetes mellitus are many times the rates of those without diabetes.

Diet, exercise, weight loss, and in many cases medication are the treatment for this type of diabetes. Occasionally, someone with Type 2 may be placed on insulin to better control blood sugar. The good news is that people can take control of their diabetes by eating right, exercising on a regular basis, and testing blood sugar. Type 2 diabetes typically develops after age 40, but can appear earlier, and has begun to appear with more frequency in children. In this form of diabetes the pancreas still produces insulin, but the body does not produce enough or is not able to use it effectively.

Gestational Diabetes

About 2 to 5 percent of pregnant women develop high blood sugar during pregnancy. Although this type of diabetes usually disappears after the birth of the baby, women who have had gestational diabetes are at high risk of developing type 2 diabetes later in life.

..... **Continued on page 9**

AFRICAN AMERICANS DIAGNOSED AND UNDIAGNOSED DIABETES

4.9 million; 18.7 percent of all non-Hispanic blacks ages twenty and older have diagnosed and undiagnosed diabetes

12.6 percent had diagnosed diabetes according to age adjusted 2004-2006 national survey data

THE LINK BETWEEN CARDIOVASCULAR DISEASE AND DIABETES

Cardiovascular disease is the leading cause of death for people with diabetes – about two out of three people with diabetes die of heart disease or stroke.

Adults with diabetes have heart disease death rates about two to four times higher than adults without diabetes.

The risk for stroke is two to four times higher among people with diabetes.

About 67 percent of adults with diabetes also have high blood pressure.

Smoking doubles the risk for heart disease in people with diabetes.

WORD OF ADVICE – *from HON. OLOLADE MONSURAT OLADIPUPO*

Diabetes is a self-managed disease. People with diabetes must take responsibility for their day-to-day care. The chances of having diabetes complications can be reduced or delayed significantly by keeping blood glucose (blood sugar), blood pressure, and cholesterol levels (called the ABCs of Diabetes) in the target range.

The National Diabetes Education Program recommends the following targets for reducing the risk of heart disease and stroke for most people with diabetes:

A1C (Blood Glucose)

Less than 7 percent **
(check at least twice a year)

Blood Pressure

Less than 130/80 mmHg
(check every doctor's visit)

Cholesterol (LDL)

Less than 100 mg/dl
(check once a year)

**Targets should be individualized – less stringent targets may be advised with severe hypoglycemia, limited life expectancy, other medical conditions, or longstanding diabetes.

People with diabetes can manage their disease by eating healthy foods, being physically active, taking diabetes medicine as prescribed and testing blood glucose levels.

Community education and support programs can help people with diabetes and their families to manage their diabetes.

WHADDAYAKNOW!!!

No English dictionary has been able to explain the difference between the two words COMPLETE and FINISHED, in a way that's easy to understand. Some people say there is no difference between COMPLETE & FINISHED. I beg to differ because, there is :

When you marry the right woman, you are "COMPLETE".

And when you marry the wrong one, you are "FINISHED"!

And when the right one catches you with the wrong one, you are ... "COMPLETELY FINISHED" !!!

.....Anonymous New Yorker!

When a Snake is alive, it can have ants for meal, but when a snake is dead ants eat snake.

Time can turn at any time, thus, don't devalue anyone in life
You may be powerful but time is more powerful than you

One tree makes one hundred thousand match sticks but one match stick can burn 100,000 trees

One NEGATIVE thought can burn all POSITIVE thoughts
Bottom line, be humble and positive.

..... Philadelphia Member

An Irishman in a wheel chair entered a restaurant one afternoon and asked the waitress for a cup of coffee. The Irishman looked across the restaurant and asked, "Is that Jesus sitting over there?" The waitress nodded "yes," so the Irishman told her to give Jesus a cup of coffee on him.

The next patron to come in was an Englishman with a hunched back. He shuffled over to a booth, painfully sat down and asked the waitress for a cup of hot tea. He also glanced across the restaurant and asked, "Is that Jesus over there?" The waitress again nodded "yes", so the Englishman said to give Jesus a cup of hot tea.

The third person to come into the restaurant was a Brotha from the hood on crutches. He hobbled over to a booth, sat down and hollered, "Hey there sweet thang, hook a Brotha up with a cold glass of RC!" He too looked across the restaurant and asked, "Is that God's baby boy over there?" Again the waitress nodded "yes," so the Brotha said to hook Jesus up with a cold glass of RC.

As Jesus got up to leave, he passed by the Irishman, touched him and said, "For your kindness, you are healed." The Irishman felt the strength come back into his legs, got up and danced a jig out the door. Jesus also passed by the Englishman, touched him and said, "For your kindness, you are healed." The Englishman felt his back straightening up, and he raised his hands, praised the Lord and did a series of back flips out the door.

Then Jesus walked towards the Brotha from the hood. The Brotha jumped up and yelled, "Slow ya role player, don't touch me, I'm drawin' DISABILITY"!!!!

Meet two of our presidential aspirants

ECI PRESIDENTIAL ASPIRANT



NAME: Gbolahan Isiaka Gbadamosi-Alashe

CHAPTER: EKO CLUB MINNESOTA

LAST POSITIONS HELD

1. AT CHAPTER LEVEL: PRESIDENT (2010 – Present)

2. AT ECI LEVEL: PRO (2005 – 2009)

PROFESSION: CIVIL ENGINEER

FAVORITE HOBBY/SPORT:

BASKETBALL, TABLE TENNIS AND WATCHING DOCUMENTARIES

WHY SHOULD YOU BE THE NEXT PRESIDENT? I would like to be the next president of ECI to provide a different kind of leadership that would elevate the organization to its rightful place in Lagos State and in the comity of diaspora organizations. Almost eight years ago, I made the following statement that, “Eko Club International has a great destiny before it and one that would require a strong leadership. A bright future for ECI demands a leader who has vision, passion and understands that bringing people together to achieve a common goal regardless of their affiliation is crucial to the forward progress of our organization.” This statement is truer now than then. ECI needs a paradigm shift. ECI cannot continue to stay in the same mode of slow-moving, insular association that depends on shallow ideas, parochial interests and status quo style of leadership. The organization needs to move in a different direction. The last few years in particular had witnessed a decline in the enthusiasm of the membership that demands a different style of leadership. Leadership that can inspire, be courageous and with fresh bold ideas. I believe I can provide this kind of leadership. A purposeful, resourceful and tenacious leadership that is necessary to lift ECI to a new height.

IF YOU HAVE THE OPPORTUNITY TO CHANGE ONLY ONE THING AS ECI PRESIDENT, WHAT WOULD IT BE? If I have the opportunity to change one thing as ECI President, it would be the finances of the organization. Everything that has to do with the finances of the organization starting from the financial reporting, budgeting and auditing, transparency and accountability, spending and fund raising would be changed.

ECI PRESIDENTIAL ASPIRANT



NAME: Bissy Gaji

CHAPTER: EKO CLUB Dallas/Forth Worth

LAST POSITIONS HELD

1. AT CHAPTER LEVEL: PRESIDENT (2010 – Present)

2. AT ECI LEVEL: CURRENT VICE PRESIDENT (2011– 2013)

PROFESSION: AUDITOR

FAVORITE HOBBY/SPORT: SOCCER

WHY SHOULD YOU BE THE NEXT PRESIDENT? My decision to run as President of this wonderful organization stemmed from my **passion, experience, accomplishment and vision** for the future of our Organization.

Passion- I attended ECI chapter inaugurations and I am a part of the support system for chapters. Mostly, I have attended ECI and Chapter events while interrupting my international official trips.

Experience –I have served obediently and respectfully under all the 4 Presidents that this great Organization ever had – respectfully: Alhadji Olusesi Dawodu, Atty O.J Lawal, Otunba T.J Abass and currently serving as Vice President to Alhadji Popoola.

Accomplishments: As a member and officer, both of my home chapter and ECI, I have always supported our organization goals.

As founding president of Eko Club Dallas, I worked with the members to execute the donation of computers to LASU; 10,000 school uniforms and books to schools in Lagos; school van to the Hearts of Gold Orphanage in Surulere, Lagos.

In ECI, collaboratively, I championed the ECI convention protocol that is still in use today; revamped our financial record that is now made available at quarterly meetings; and have supported every success recorded by various administrations including securing jobs in Lagos for members, scholarship for children of members (some of whom are now graduates), member recognition and the acquisition of land for the Dr. Olopopo Clinic – a lofty project initiated by the current leadership of President Popoola under whom I serve as VP.

IF YOU HAVE THE OPPORTUNITY TO CHANGE ONLY ONE THING AS ECI PRESIDENT, WHAT WOULD IT BE? I will Set up a committee of Academia, Doctors, Business people, Lawyers, etc to see how best to impact our youths, whose database of studies/careers would be in place. I have contacted highly respected members of our great organization e.g. Atty. O.J. Lawal & Atty. Olu McGuinnis (Legal); Dr. Ogbara & Dr. Jagun (Medical) to assist in mentoring our youth in their field of interests.



Life is a journey.

Let's take on the challenges and enjoy them by making more contributions to Lagos, and to the world!

Hon. Tunji Anthonio
EKO Club California

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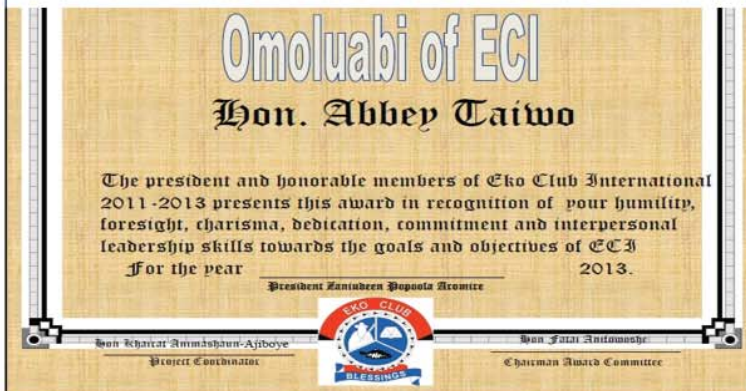
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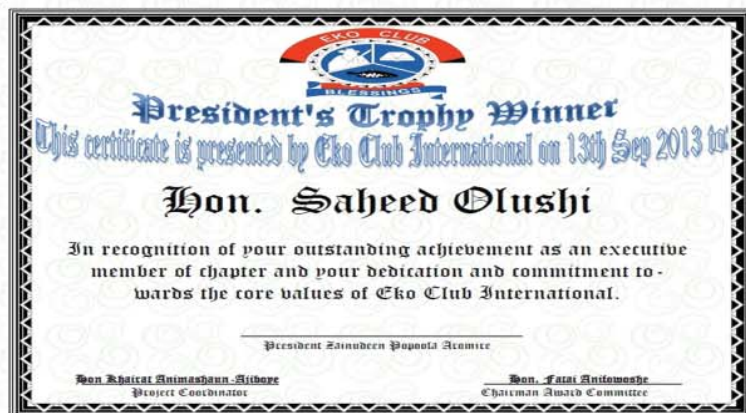
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Member Recognition



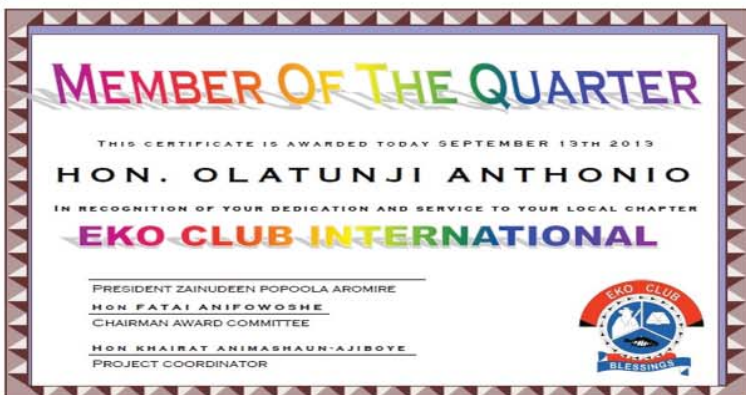
1ST RUNNER-UP: *Hon. Ibrahim Olokodana*

2ND RUNNER-UP: *Hon. (Dr.) Bukky Folami*



1ST RUNNER-UP: *Hon. Rauph Ogunbiyi*

2ND RUNNER-UP: *Hon. Toyin Ola*



1ST RUNNER-UP: *Hon. Lookmon Odewale*

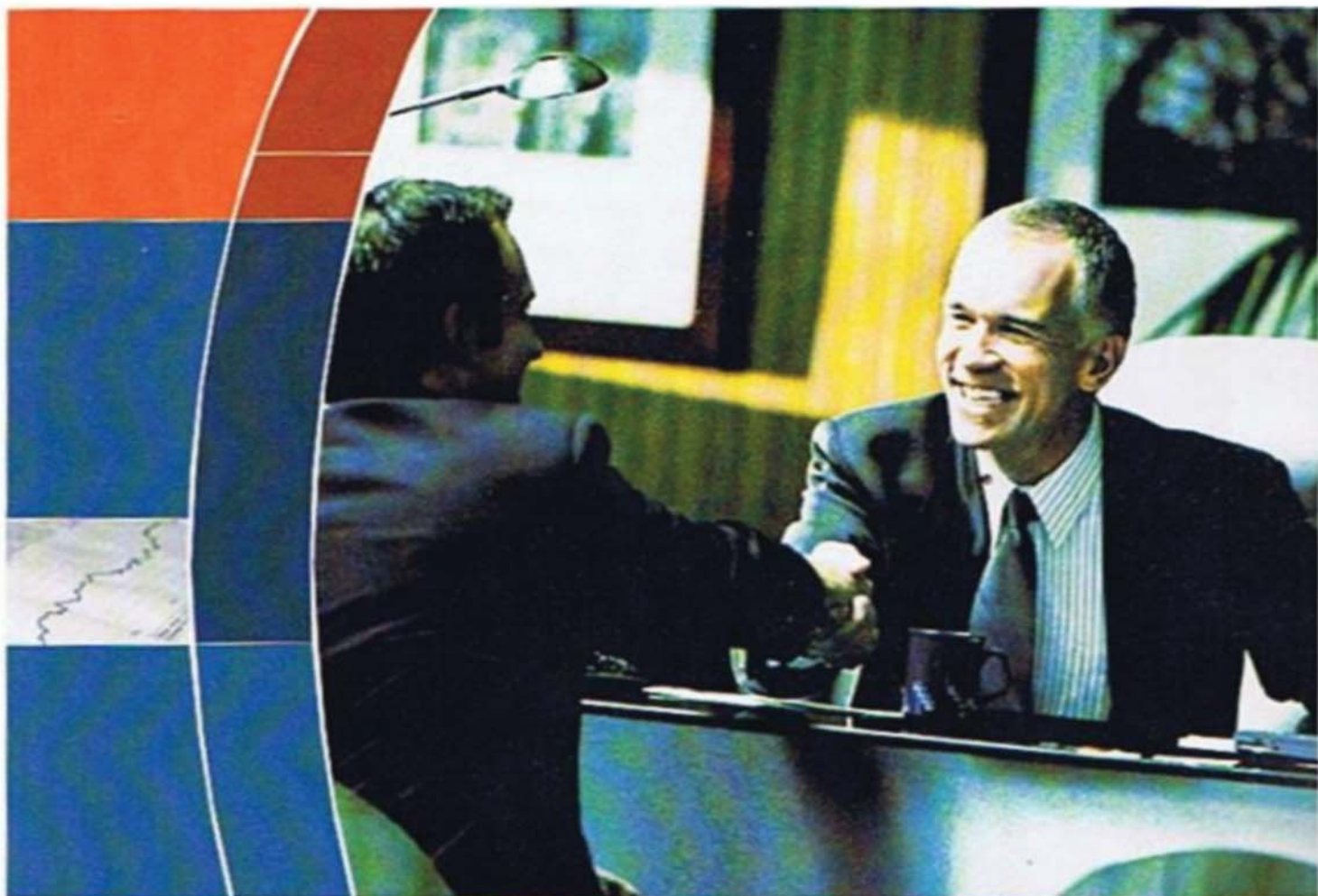
2ND RUNNER-UP: *Hon. Oluwakemi Oshodi*

HOW TO FIX BAD CREDIT

1. Request a copy of your credit report from a credit bureau. If there is an error, write to the bureau and ask it to fix the mistake. It might also help to contact the creditor who reported the error. Some creditors will contact the bureau on your behalf.
2. If the bad marks on your credit report result from outstanding debts, repay them as quickly as possible. Pay off those with the highest interest rates first.
3. If your debts are overwhelming, contact a nonprofit credit-counseling organization to work out a **** plan. A counselor will help you consolidate your debts and will contact your debtors on your behalf to reduce or eliminate finance charges. This can reduce your monthly payments by up to 40 percent.
4. Steer clear of any services that offer you credit-repair or **** loans. These companies will plunge you further into debt. Be suspicious of any company that advertises aggressively or sends unsolicited mail or e-mail.
5. Close your credit accounts and cut up the cards. Sell valuables or liquidate assets that will help you repay your debts. Buy the bare essentials (food and gas) and use the rest of your earnings to pay off your consolidated debts.
6. Work with your credit counselor to repay all of your debts. Meanwhile, live a life that will help you re-establish good credit. Pay rent and utilities or mortgages promptly, keep the same residence and job, maintain savings and checking accounts, set a budget and stick to it.
7. Once you have repaid your debts, apply for a new credit card to build a good credit history. It might be easier initially to get a department-store or gasoline credit card or one from an employee credit union.
8. Promptly pay off the balance of the credit card monthly to build good credit. Use the card responsibly.
9. If you don't qualify for a regular credit card, apply for a secured one. With a secured credit card, you fund an account up front and then "charge" expenses on it. This card will show up as a credit card on your credit report and, if used responsibly, can help you build a good credit history.

Culled from:

http://www.ehow.com/how_117172_fix-credit.html



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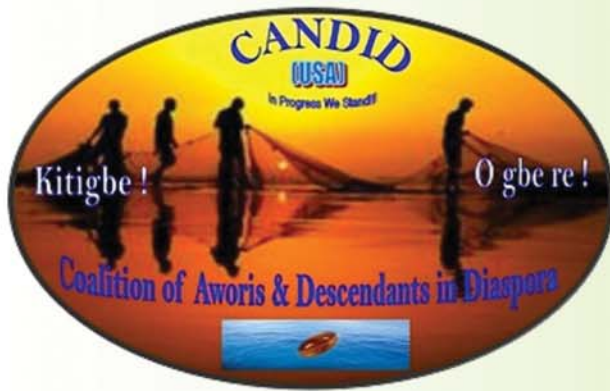
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On the occasion of the

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ECI 8th International Biennial Convention

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Lagos state commissioners

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September 10th -12th 2013

SMBEE seminar by the Chamber of Commerce and SME (registered event)

September 12th-15th 2013

ECI 8th International Biennial Convention

Contact us

Int. President:- Hon. Eshinlokun
Telephone:- 443-226-4052

LOC chairperson:- Hon. Odukomaya
Telephone:- 614-806-4180

Convention Chairperson:- Hon. Ola
Telephone:- 404-376-0064

Int. Arrangements:- Ottun Toyin
Telephone :- 817-896-0567

Venue

Double Tree by Hilton Hotel Columbus— Worthington
175 Hutchinson Avenue, Columbus, Ohio 43235 USA
Telephone:- 614-885-3334



EKO ONI BAJE O

Hon.
Popoola Aromire-Eshinlokun



President ECI



Though it is often overlooked in young adults under 45, stroke is the 8th leading cause of death in this population. Cerebrovascular accidents (CVA) are a leading cause of adult disability and the third leading cause of death in the United States with 160, 000 deaths each year. A CVA or stroke can result in hemiplegia and apraxia. Hemiplegia is a result of a blood clot blocking an artery or a blood vessel breaking, interrupting blood flow to an area of the brain and causing abilities such as speech, memory, or movement to be lost. Apraxia is a neurological disorder characterized by the inability to execute voluntary motor movement despite the ability to demonstrate normal muscle function. It is not caused by weakness, akinesia (absence or poverty of movement), abnormal tone or posture, movement disorders such as tremors or chorea (rapid, jerky, involuntary movements), intellectual deterioration, poor comprehension, or uncooperativeness. Some clients do not have paresis, but they have lost the pathway for how to perform voluntary skilled movements, a common occurrence after a left hemisphere CVA. Roughly, 30% of clients with an acute stroke show evidence of apraxia that can impair normal functioning. Both anterior and posterior lesions in the left hemisphere had been shown to cause apraxia, as the left hemisphere is dominant for storing and executing motor planning.

The right side (hemisphere) of the brain controls the left side of the body. A person with damage to this hemisphere may have trouble walking, talking or swallowing. May have the following: impulsiveness, loss of movement on left side of the body, memory loss, left-sided neglect, body awareness problems (increase fall risk), speech and language problems (understanding others), trouble reading or writing, visual problems (on left side), trouble thinking, depression (mood swings), issues with artistic ability and processing of novel (new) situations. Other brain functions such as arithmetic, binaural sound localization and emotions are bilaterally controlled.

“The usual Culprits”

As many as 30% of strokes have unidentified causes—physicians treating young stroke victims do attempt to identify the cause of the attack. “The first thing you always do is you round up the usual culprits,” said Larry B. Goldstein, MD, professor of medicine at Duke University in Durham, NC, director of the Duke Center for Cerebrovascular Disease and head of the Stroke Policy Program at Duke’s Center for Clinical Health Policy Research. While the culprits may be the same in younger stroke victims than in older, the proportion may be different. “In older adults, risk factors including hypertension, atherosclerosis and cardiac diseases tend to be prevalent. Moreover, while evidence of atherosclerosis and other conditions that are considered stroke risk factors can be found in younger adults, there is no evidence that rising rates of conditions such as obesity and diabetes are causing more strokes in young adults,” he said.

Stroke in younger adults more commonly results from a preexisting condition or deficiency, often undetected until the stroke occurs. Congenital defects and disorders, such as inter-atrial septum defects and inherited thrombophilic disorders, are frequent culprits in this population.

Patent foramen ovale, probably the most common inter-atrial septum defect, is a flap like opening in the septal wall of the atria at the location of the fossa ovalis. The fetal heart uses the foramen ovale for right to left shunting. Increased blood pressure in the left atrium after birth normally closes this opening. However, the foramen ovale does not close properly in as much as 27 percent of the population. This opening behaves as a sort of cul-de-sac in the septum, predisposing the individual to clot formation. Individuals with thrombophilic disorders often possess a deficiency, excess or mutation of a protein that plays a role in the clotting process. Such disorders result in an increased tendency for clot formation. Embolic clots form in the heart or a blood vessel, detach and travel through the bloodstream until they are stopped in a vessel too narrow for them to pass. Thrombotic clots form within a vessel and result in the full or partial occlusion of that vessel.

Arterial dissection is a tear inside an artery, notably the arteries in the neck that carry blood to the brain. The tear results in either a clot or an aneurysm (a pouch or bulge protruding from the artery as a result of a weakness) that can interrupt blood flow to the brain. Weak artery walls can result from an underlying disorder or defect that predisposes the artery to damage. Dissection more commonly results, however, from trauma or sudden sharp movements in the neck area. Known causes of dissection range from motor vehicle crashes to chiropractic manipulation.

The warning signs of stroke

Your physician may identify certain signs that indicate you are at risk for stroke. Alternatively, your body may warn you by the appearance of one or more of the symptoms listed below. Familiarize yourself with the following important warnings:-

Sudden weakness, numbness or paralysis of the face, arm or leg (especially on one side of the body)

Loss of speech or trouble talking or understanding language

Sudden loss of vision, particularly in only one eye

Sudden, severe headache with no apparent cause

Unexplained dizziness, loss of balance or coordination (especially if associated with any of the above of the above symptoms).

If you or someone close to you has one or more of these symptoms, do not delay, seek help immediately. **“Time lost can contribute to brain damage.”**

.....continued on page 21

.....continued from page 20

The Dangers of Drugs

A few causes of stroke are almost exclusive to younger adults—strokes as a result of drug use, both illegal and prescription, rarely occur in older adults.

Cocaine, for example, decreases relative cerebrovascular blood flow by up to 30 percent. It causes vascular constriction and can cause heart arrhythmias and rapid heart rate.

Marijuana decreases blood pressure and may cause rapidly fluctuating blood pressure, which can weaken blood vessels. Other illicit drugs such as heroin, steroids and amphetamines, as well some over the counter medications such as pseudoephedrine, act as vasoconstrictors, which can cause blood pressure to rise. Use of these drugs, affect the cardiovascular system, enabling other risk factors to trigger a stroke.

Heavy alcohol use and cigarette smoking are also linked to higher incidence of stroke.

Hormonal changes can increase women's risk for stroke. Women taking oral contraceptives with high doses of estrogen (50 milligrams or more), who are over 35, who smoke, have hypertension or suffer from migraine headaches have been shown to be at higher risk. Oral contraceptives appear to increase the chance of clot formation. In combination with age, smoking, hypertension or migraines, all of which are risk factors on their own, oral contraceptives can increase the risk of stroke anywhere from three to thirty-four times.

Focus on Prevention

The lifestyle trend of poor diet, excessive drinking, drug use and smoking is a recipe for bad things to happen later in life. "The habits you have in youth carry on into old age; they are very hard to change"

Stroke prevention efforts may be hampered, by the general lack of knowledge about the condition, said Goldstein. "Most young people think about it as a disease for **old men**. But twice as many women die of stroke as die of breast cancer, and a third of strokes happen to people under 55". Anyone suffering a life-shredding event like a stroke must overcome physical, emotional and even financial challenges. For those charged with helping stroke patients recover, the goal must be progress, not merely maintenance. OTs (**occupational therapists**) can play a considerable role in stroke rehab. Everyone who had a stroke will present in a different way, but our objectives are similar no matter what: to help them achieve functional independence and do as much as possible for themselves. With intervention, clients can regain movement after a stroke; however, if there is a problem with motor planning, they will not be able to use their affected limb initially, thus having a greater need for caregiver support.

Stroke Prevention Strategies

There are many positive steps that you can take now to reduce your risk of stroke. The lifestyle modifying factors are listed below:

Regular medical check-ups

Avoid Polypharmacy (the use of more medication than is clinically indicated or warranted) to avoid adverse drug reactions

Blood pressure control. Take your blood pressure medicine as ordered by your physician. Do not stop taking this medicine without asking your doctor.

Abstain from smoking. If you smoke, try to quit. Cigarette smoke increases your risk of a stroke. It is never too late to quit smoking. You are more likely to have heart disease, lung disease, cancer, and other health problems if you smoke. Stop smoking to improve your health and the health of those around you.

Treat heart disease (irregular heart rhythms (atrial fibrillation), heart attacks and heart valve disorders, can cause stroke)

Improve diet -reduce your intake of saturated fats, cholesterol-laden foods and salt (linked to hypertension). What you eat can help prevent or manage high blood pressure, high cholesterol, and diabetes. Any of these increases your risk of stroke. Eat foods low in fat, cholesterol, salt and sugar. Eat at least five servings of fruits and vegetables each day.

Limit alcohol consumption. Your risk of a stroke increases if you have five or more drinks of alcohol a day. Alcohol can damage your brain, heart, and liver. Men should not have more than two drinks per day. Women should not have more than one drink per day.

Maintain a healthy weight by exercising regularly. Get 30 minutes of moderate exercise each day to help prevent a stroke. Good exercises are cycling, swimming, fast walking, or jogging.

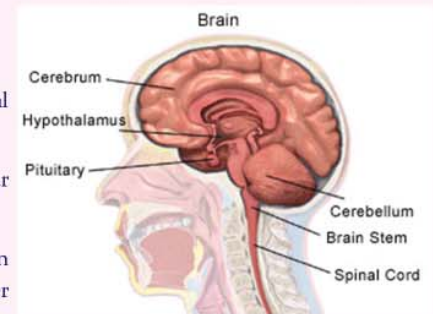
Reduce stress. Learn to cope with life stressors by adjusting to or tolerating negative events or realities while attempting to maintain your positive self-image and emotional equilibrium.

Diabetes (high blood sugar) increases your risk of a stroke. Manage your diabetes by keeping your blood sugar level within the range of numbers your caregiver tells you it should be.

Limit use of oral contraceptives with high estrogen content

Limit use of estrogen in menopause (recent studies have shown that post-menopausal estrogen replacement is associated with a small increase in the risk of stroke).

Avoid taking street (illegal) drugs. Cocaine, methamphetamines (meth), and heroin increase your risk of a stroke.



The Road to Retirement

Whether your grand retirement objective is to retreat to your luxurious compound in Nigeria or exotic travel around the world, you are going to need adequate amount of money saved to accomplish a comfortable retirement.

If you don't have big enough nest egg when it comes to retire, you may have to go back to the drawing board. Here are some tips to help build up retirement assets:

- **Set a goal.** Estimate how much money you are going to need and calculate how much you'll need to put aside between now and retirement. It's easier to measure your progress and adjust your strategy when you have a set goal in mind.

- **Take control of your cash.** If you are always scrambling for cash before payroll rolls around, its time to find out where your money is going. Track your spending for a month or two and make changes to free up more money to invest for your future. We allocate money to have a good time today; we need to start putting 15%-20% of our income aside for the best days of our lives- retirement.

- **Deep six your debt.** Interest charges on outstanding credit card balances and other debt can undermine your efforts to save money. Tweak your budget so you can pay more than the minimum amount due to whittle down your debt.

- **Don't make excuses.** Accumulating enough funds for retirement is a BIG goal. The sooner you get started the better.

Be sure to work with a financial professional to help point you in the right direction. For example, invest in mutual funds. The diversification nature of a typical stock mutual fund will help minimize inherit risk. Another is to look into annuity because of the lifetime income guarantees. If you are fortunate to have maximize 401k and IRAs. Be sure to visit www.retirementredzone.com

Wishing all Lagosians home and abroad happy days in retirement.

Courtesy of: **Hon. Larry Akinde** (Eko Club Washington DC Metropolitan (Maryland) Chapter)

Hon. Colin Atobajeun - "Gbese of Badagry"



A line from the Women's Forum

Kemisola Adufe Baljak
Chairperson, ECI Women Forum

QUARTERLY REPORT

SEPTEMBER 2013

Blessings,

ECI Women Forum have been busy with the Ankara Fund Raising project and preparation for the 2013 ECI Biennial Convention in Ohio.

We thank all members that have supported this laudable project. All money raised will be equally divided and used towards ECI projects and ECI Women Forum projects.

The ladies have been working tirelessly gearing up for the event. I am happy to report that ECI Women Forum Ankara fund raising 2013 was a huge success. We were able to raise a substantial amount towards the ECI Medical Mission and other projects.

I would like to seize this opportunity to thank all Women Forum Committee Members for their commitment and the dedication they have shown over the years. For all the chapters, families and friends that participated and contributed toward the Ankara fund raising success, I say a big "thank you". Together, we will continue to accomplish more and move ECI to higher levels.

I would like to seize this opportunity to express our profound appreciation to all our strong women that have continued to give their selfless service to this great organization and not to forget our evenly dedicated men as well. Together we can continue the growth of a stronger, better and enviable Eko club International.

Eko Oni Baje o!

Hon. Kemisola Adufe Baljak

Chairperson, ECI Women Forum



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Felicitate with
Eko Club International and Eko Club New Jersey
on their 8th Biennial International Convention in Columbus, Ohio
September 12—15, 2013

**We applaud the achievements of the outgoing Executive Council and wish
the in-coming Executive Council the best in their future endeavors.**

Long live Eko Club International
Long live Lagos State
Long live the Federal Republic of Nigeria
Long live the United States of America

Eko o ni baje o!!!

Ganiyat Ajoke Kadri
IYA ALAJE

Oba Yinusa Ayeni
TOMARO ONISIWO-LAND

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For Gbondu Family

DID YOU KNOW? - *Courtesy of WISEGEEK*

Dishes that sharply contrast with the color of your food tend to make you eat less. The color of your dishes might affect how much you eat, depending on the amount of contrast between the plate and the food. A 2012 Cornell University study found that participants ate about 32% more when the plate and the food had minimal color contrast. For example, participants ate more pasta with tomato sauce when it was on red plates than when the same food was served on white plates. This is thought to be because the lack of contrast between the plate and the food makes it more difficult to determine portion sizes.

Exercise makes you think better, according to a growing body of evidence. Exercise has been found to improve cognition, research has shown, although it is not known why. Aerobic exercise, such as walking or swimming, has been found to be particularly effective at making the brain think better. It is thought that exercise increases blood flow to the brain, making it easier to think more clearly, because of the additional oxygen the brain is receiving. Exercise also is thought to activate the hippocampus, an area of the brain that contributes to memory and learning. Some scientists believe that having exercise improve cognition might have developed in early humans to help them react more quickly while running for survival.

Social isolation, regardless of feelings of loneliness, may have negative health consequences and even shorten lives. Social isolation -- a lack of companionship or interaction -- might correlate with a higher rate of illness and mortality, according to a study that followed participants age 52 or older from 2004-2012. Even if the respondents did not necessarily feel lonely, researchers found that the most socially isolated participants had a 26% higher mortality rate. These findings led researchers to think that having confidants could result in symptoms of illness or poor health being noticed sooner. In addition, physical contact correlated with a decrease in health symptoms such as pain or high blood pressure.

A raindrop falls with enough force to kill a mosquito. Mosquitoes fly in the rain without injury because of their ability to ride the raindrops. A raindrop falls at a rate of about 10 miles (16.13 km) per hour, and in theory would have enough force to kill a mosquito on impact if the insect was on a solid surface. The force of the impact significantly decreases, however, if the mosquito is moving through the air. The insect's light weight means that the raindrop does not lose much momentum when it hits the mosquito. Also, the exoskeleton of the mosquito is durable enough to absorb the impact without the insect being injured. When a mosquito is hit by a raindrop while flying, the insect typically does not try to resist the force of the raindrop and will instead ride the raindrop until being able to resume flying -- usually unharmed.

At least 57 million children don't have access to a classroom, according to a recent UNESCO report. More than 57 million children worldwide did not have access to a classroom in 2011, according to statistics released by the United Nations Educational, Scientific and Cultural Organization (UNESCO), which took into account data from 164 countries. The actual number of children without access to a school education might be more than 100 million, according to United Nations estimates, but it can be difficult to track the numbers because of illegal child labor or child trafficking. The country that had the most children without access to a classroom in 2011 was Nigeria, with about 10.5 million, followed by Pakistan at 5.4 million. Ethiopia, India and the Philippines also had more than 1 million each. The total number reported by UNESCO decreased by 2 million from 2010 to 2011.

Compared with men, women have faster blood flow to their brains and lose less brain tissue as they age. Women have been found to have faster blood flow to the brain than men do, which might help reduce the effects of aging on cognition. Men tend to lose brain tissue at a faster rate as they age, which might make them more susceptible to age-related cognition effects, such as impulsiveness and memory loss. The decrease of brain tissue in men generally occurs in the left frontal cortex, the area of the brain primarily responsible for thinking through consequences and self-control. It starts around the age of 45 and is thought to contribute to men having more severe cases of midlife crises than women do.

If a deck of cards has been properly shuffled, the order likely has never occurred before. According to the laws of probability, it would be nearly impossible for any person to shuffle a deck of cards and have it end up in the same order as any other shuffled deck in history. This fact takes into account a deck of 52 properly shuffled cards, meaning that the cards were truly shuffled in order to create randomization. For example, a perfect shuffle -- in which a deck is separated exactly in half and all of the cards are alternatively interlaced in order -- is commonly used for magic tricks and would not have randomization. It is commonly accepted protocol that a deck of cards requires seven shuffles to have proper randomization.

At Neander we believe EVERY CHILD IS AN ACHIEVER.



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Community Outreach



Eko Club Austin Texas
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14405 Rio Bonito Rd.
Houston, Tx 77083

August 21, 2013

Dear Eko Club,

It is with great enthusiasm that we're writing you! All Christian Fellowship Jesus Revelation Ministries service the needs of the families at risk of the 5th Ward and Kashmere Garden communities.

We are dedicated to providing outreach services in the spirit of excellence! We wish to acknowledge your organization for your generous contribution of groceries and household items in the amount of \$200.00 to our cause. We are a firm believer in, "each one reach one; each one teaches one." The families in this community face many challenges, challenges produces champions! Who can measure the heart of a champion!

As a token of our appreciation your organization will receive a discount, T.V. air time compliments of Apostle Patrick Omouryi.

A copy of our tax-exempt certificate will be available upon request.

Matthew 25:40 Inasmuch as you have done unto the least of them so have you done unto me.

We appreciate and thank you Eko Club for your support! May God continue to bless you and keep you in the center of his will is our prayer for you!

Sincerely,

All Christian Fellowship
Apostle Patrick Omouryi





EKO CLUB AUSTIN TEXAS
(STRIVING TO MAKE A DIFFERENCE THROUGH HUMANITY AND EMPOWERMENT)
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EKO CLUB AUSTIN TEXAS (ECAT) DONATES TO ANDERSON HIGH, AUSTIN TX

Blessings!

We are proud to announce and share pictures of our school supplies donation to Anderson High School, Austin TX. We feel much happier and fulfilled because the school we chose was Holy Spirit-led as one of the teachers told us that they were discussing among themselves on how and who to contact to help them out with school supplies. A teacher said she had to use her money to buy a student a notebook that morning and now this miracle! We know that God led us to that particular school out of the thousands in Austin TX. Indeed miracles still do exist and God will continue to use people who are willing and obedient to His words. Sorry, don't mean to preach!

We would like to thank our matron Alhaja Titilayo Sanusi who threw herself alongside members into this project, our honorable Asst. Secretary, Hon. Ayokunbi Banjo in the picture, in his dainty looking suit and tie, our honorable CLO and driver-designate, Hon. Adepeju Kuju in her stylish gown, our Pressy in color-riot who had to give up her seat because of space...how convenient...lol, and for all ECAT members' dedication and sacrifice despite having to deal with their children's going back to school. "Thank You". May God continue to use us and solidify us as we continue on the do-good part we have chosen. As we give to the needy, God will work wonders and beautify our lives IJMN. We remain focused!

In unity and genuineness, Impossible becomes Possible!

Ilu Eko onibaje o!, obaje ti il

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Figure 1: The Hepworth Wakefield (From Baan, 2012).

INTRODUCTION

Self-compacting concrete (SCC) which is also known as self-consolidating concrete is a concrete which is designed to flow under its own weight without the need for vibrating effort and still consolidates. It has the ability to fill the formwork completely, while maintaining its homogeneity even in the presence of congested reinforcements (Concrete Society, 2005). SCC may be one of the most substantial concrete development achieved in recent years, due to its fresh properties it has the ability to drastically change and also improve the way concrete is used in terms of placement and construction processes (Daczko, 2012).

To achieve an adequate SCC mix, along with other hardened properties for a successful SCC design mix, the followings must be met according to Goodier (2003) and various studies. These are:

- ❖ Passing ability – The ability of the mixture to flow through congested reinforcement without blocking or separation of the components. This property is mainly concerned with the aggregate in the mixture passing through the reinforcement freely.
- ❖ Flowing/Filling ability – The ability of the fresh concrete to completely fill every area in the formwork under its own weight, this is the main classification that defines SCC.
- ❖ Resistance to segregation (stability) – The ability of the mixture to resist separation of its constituent materials to maintain a homogenous material.

The necessary materials required to produce SCC are similar to the materials needed for the production of conventional concrete apart from mineral fillers, as shown in figure 2 below. These materials include Portland cement, coarse aggregate, fine aggregate, water, chemical admixtures and normally supplementary cementitious materials like slag, metakaolin, fly ash and silica fume.

Mineral fillers like marble powder, limestone powder or very fine sands are also used to increase the fine material content of SCC. This makes the comparison of SCC and conventional concrete in terms of performance simple, since they require similar materials for production (Daczko, 2012).

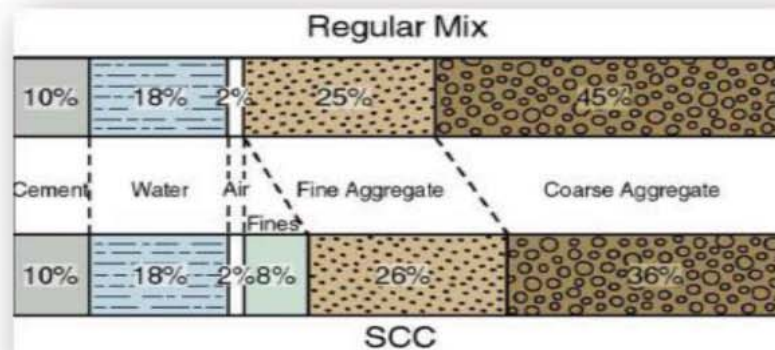


Figure 2: Comparison of constitute materials of SCC and CC. (From Magee, N.D)

According to Zhu W. et al. (2002) SCC is rapidly gaining acceptance throughout the industry and it's being viewed by many as having the potential of replacing most of the ordinary concrete currently been produced. However, the increased flowability of SCC during construction can drastically raise the lateral pressure on the formwork, thus raising safety and cost concerns when SCC is used (Kim J.H et al, 2011).

The main purpose of this work is to compare SCC to conventional concrete in regard to specification, design, construction, sustainability and cost and also explore the possibility of using SCC completing in buildings.

HISTROY OF SELF-COMPACTING CONCRETE

For a very long time the development of a more fluid concrete to improve concrete construction process has been the goal of the industry. The breakthrough happened in Japan in the mid-1980s when the construction industry was faced with problems of durability and quality on concrete structures with lack of highly skilled concrete workers, which raised concern of the problems that were faced. New solutions for the problems encountered was being researched by academia and the construction industry, which came about a proposed solution to develop a concrete that can compact under its own weight (Schutter et al., 2008).

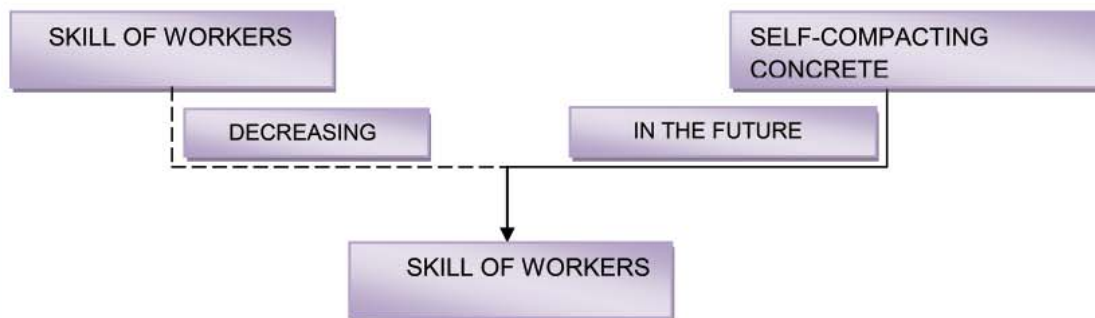


Figure 3: Reasons for the necessity of self-compacting concrete (After Okamura et al., 2000)

BENEFITS

SCC has shown to improve surface finishes, through its self-compacting ability and its ability to completely fill the formwork, either complex formworks or in areas with dense reinforcements, an example of this is shown in Figure 4 below.

Owing to the fact that SCC does not require compacting in its fresh state unlike conventional concrete, the risk of voids and honeycombing is reduced. The followings are benefits that can be achieved using SCC.

- ❖ Eliminates noise pollution in and around the construction site. (Holton, 2004)
- ❖ Improves health and safety and also the issues of health and safety with extensive use of compaction equipment. (Holton, 2004)
- ❖ Reduces the cost of labour and other remedies needed to improve the finish surface of concrete structures.
- ❖ Reduces construction time and so many more.

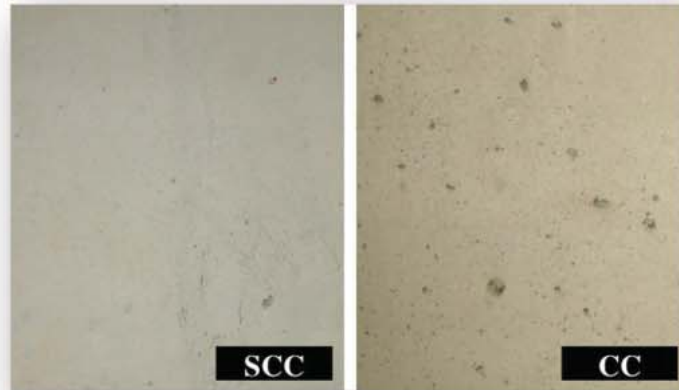


Figure 4: Difference in concrete surface finish between SCC and CC. (From Figueiras et al., 2009)

The lateral pressure exerted on formwork by fresh SCC is a huge limitation of SCC technology, which is due to the increase flowability of the mixture.

DISCUSSION AND CONCLUSION

The aims of this report were to compare SCC to conventional concrete in regard to specification, design, construction, sustainability and cost in order to understand what SCC is and investigate the industry's view on its complete used in buildings. These were successfully carried out through case studies, such as figure 1 shown above, desk studies and face to face interview with various leading consultants, contractors and ready-mix companies in the UK through the use of a questionnaire.

This helped to gain an insight to how much or little of SCC is currently being used in the UK and how this can be improved. The information gathered from the research and questionnaire helped to discover that SCC and conventional concrete are quite similar in terms of materials used to produced them but contractors are not using SCC as much because of its production cost. However this can be cancelled out through its benefits and also when introduced at an early stage of a project, as discovered through research in this work. SCC is a beautiful material for what it does. Its benefits can help improve productivity and also improve health and safety on site, but its development in the UK is very slow and does not commensurate with that of other countries because the UK is conservative and slow in accepting innovation change especially in the construction industry. Therefore, in order for the development of SCC to increase in the UK, contractors need to start using it and introducing it at an early stage of project works and not just for small applications with heavy reinforcement such are stairs, columns and so on.

Through research and investigation carried out in this work, it can be concluded and agreed with Rich et al., 2011 that SCC should be seen as a construction method rather than a material, then and only then will its full potential be realised.

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REFLECTIONS*Babs Babs Kadri, Eko Club, London*

While a man was polishing his new car, his 6 yr old son picked up a stone and scratched lines on the side of the car. In anger, the man took the child's hand and hit it many times; not realizing he was using a wrench. At the hospital, the child lost all his fingers due to multiple fractures.

When the child saw his father.....with painful eyes he asked, 'Dad when will my fingers grow back?' The man was so hurt and speechless; he went back to his car and kicked it a lot of times. Devastated by his own actions.....sitting in front of that car he looked at the scratches; the child had written 'LOVE YOU DAD'. The next day that man committed suicide.

Anger and Love have no limits; choose the latter to have a beautiful, lovely life..... Things are to be used and people are to be loved. But the problem in today's world is that, People are used and things are loved.... During this month, let's be careful to keep this thought in mind: Things are to be used, but People are to be loved. Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habits. Watch your habits they become character; Watch your character; it becomes your destiny. I'm glad a friend forwarded this to me as a reminder. God bless you. If you don't pass this on to anybody, nothing bad will happen; if you do, you will have ministered to someone.

The President & Members
of
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[USA]



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