



AUGUST | 2019

Annual Convention
Magazine



15TH ANNUAL

**UMU
IGBO
UNITE
2019**

IGBO GA-ADI

PEOPLE. PASSION. PURPOSE

Contributors



**Nina
Ngobidi**

**Lead Editor/
Contributor**



**Njideka
Anadu**

**Contributor / UIUCares
Manager**

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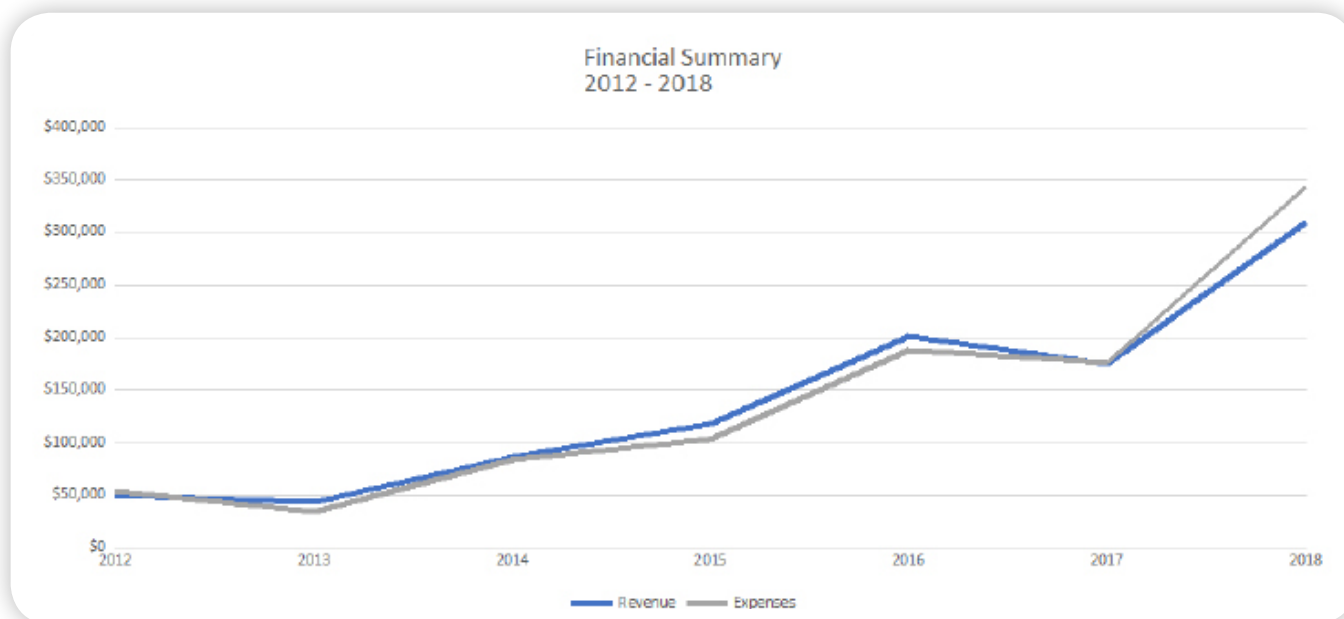
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Here we grow! We have these amazing **UIU Chapters** near you!



Interested in starting a chapter?
Send an email to chapters@umuigbounite.com

Financials



UMU IGBO UNITE ORGANIZATION FY '2018

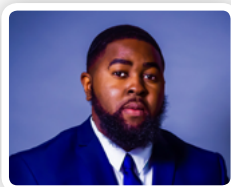
REVENUE

Convention Registration Revenue	\$133,072
National Membership Fee Revenue	\$1100
Convention Vendor Table Revenue	\$3,476
Sponsorship Revenue	\$168,306
UIU Cares Donation Revenue	\$3,240
Revenue	\$309,185

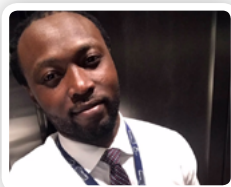
EXPENSES

Convention Expenses	\$(310,488)
Registration & Eventbrite	\$(128,368)
Entertainment	\$(43,720)
Bank Fees	\$(1,056)
UIUCares Expenses	\$(13,582)
Professional Services	\$(1,4905)
Media Outreach & Marketing	\$(11,765)
Office Supplies	\$(5,353)
TOTAL EXPENSES	\$(343,694)
NET SURPLUS/DEFICIT	\$(34,509)

UIUNational Officers



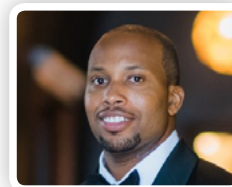
Gold Okafor
Administrative/Occupational
Therapy
US Location: Dallas, TX
Nigerian Origin: Imo State
National President



Mike Iheakanwa
Information Technology
US Location: DC Area
Nigerian Origin: Imo State
National Vice President
Programming & Awards Team

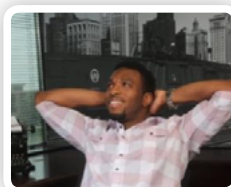


Adaku Onwuzurumba
Post Doctoral Fellowship
PharmD
US Location: Boston, MA
Nigerian Origin: Imo State
National Secretary
Registration Team Lead



Ike Amuchi
Public Accountant
US Location: Boston, MA
Nigerian Origin: Imo State
National Treasurer
Sponsorship Team Lead

UIU Board Members



Nkem Nwankwo
Product Manager
US Location: Atlanta, GA
Nigerian Origin: Anambra State
Program Advisor: Growth Strategy &
Technology



Obinna Achareke
Sr. Software Engineer
US Location: Fort Lauderdale, FL
Nigerian Origin: Abia State
Program Advisor: Sponsorship, Grants
& Fundraising



Chimaobi Nwankwo
Business & Systems Integrator
US Location: DMV
Nigerian Origin: Anambra State
Program Advisor: Membership



Adaora Okoro
Energy Marketing & Trading Financial
Analysis Advisor
US Location: Los Angeles, CA
Nigerian Origin: Enugu State
Legal & Logistics Teams Program
Advisor: Programs & UIU Connects

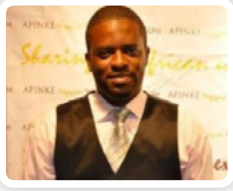


Ejikeme Okoro
Attorney - Sr. Associate
US Location: Houston, TX
Nigerian Origin: Imo State
Legal & Logistics Team Program
Advisor: Legal Advisor



Chukwuma Ekwueme
COO
US Location: Cincinnati, OH
Nigerian Origin: Enugu State
Program Advisor: Growth Strategy

Founders



Emeka Okpukpara

Partner at Nextier Power

Location: Abuja, Nigeria

Nigerian Origin: Anambra State

Chairman of the Board

Program Advisor: National Convention



Ijeoma Okoli

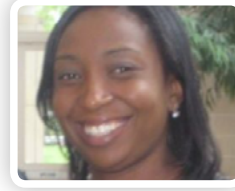
Supply Chain Manager

US Location: Houston, TX

Nigerian Origin: Anambra State

Executive Director & Program Advisor:

National Convention & UIUConnects



Amaka Onyereri

Pharmacy Clinical Services Manager

US Location: Houston, TX

Nigerian Origin: Anambra State

Program Advisor: Programs & UIU

Igbo 101



Ijeoma Emeka

SVP, Risk Remediation Governance & Programs

US Location: Charlotte, NC

Nigerian Origin: Anambra State

Program Advisor: Programs &

UIUTourism



Onyinye Igbokwe

Physician

US Location: White Plains, NY

Nigerian Origin: Anambra State

Program Advisor: UIUCares



Uche Ndefo

Professor

US Location: Houston, TX

Nigerian Origin: Anambra State

Program Advisor: Public Relations and

Marketing



Chinedu Okpukpara

Physician

US Location: Atlanta, GA

Nigerian Origin: Anambra State

Program Advisor: Chapter

Development



Njideka Anadu

Nurse

US Location: Houston, TX

Nigerian Origin: Anambra State

Program Manager: UIUCares

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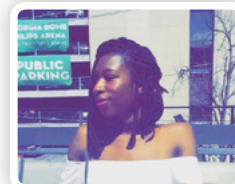
Meet the 2019 Planning Team



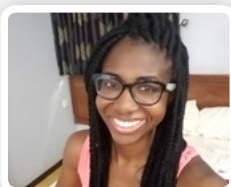
Stephanie Acho
Hospitality Director
US Location: Dallas, TX
Nigerian Origin: Abia State
Planning Team Co-Lead



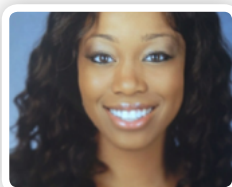
Chidera S. Agude
Social Media Marketing & Design
US Location: Los Angeles, CA
Nigerian Origin: Enugu State
Marketing Team - Social Media Lead



Ugochi Egbukichi
Public Health Professional
US Location: Atlanta, GA
Nigerian Origin: Imo State
Marketing Team



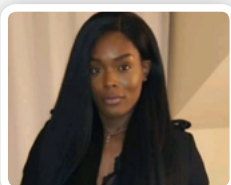
Chinenye 'Eejay' Enekwa
Pharmacist
US Location: Atlanta, GA
Nigerian Origin: Imo State
Youtube, Other marketing support



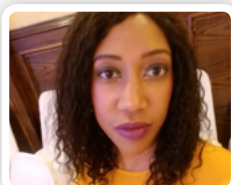
Lisa Gray
Military Engines Manager & Boeing Rep.
US Location: Connecticut
Nigerian Origin: Anambra State
Registration Coordinator



Amaka Iloegbunam
Digital Marketing Strategist
US Location: New York
Nigerian Origin: Anambra State
Marketing Team - Social Media Lead



Ifeoma Kamalu
Senior Regulatory Affairs Specialist in Oncology
US Location: Boston, MA
Nigerian Origin: Imo State
UIUCares Team and UIU Boston President



Nina Ngobidi
Operations Manager
US Location: New York City, NY
Nigerian Origin: Imo State
Marketing Lead



Emeka Njoku
Industrial Engineer
US Location: Atlanta
Nigerian Origin: Imo State
Marketing team/MC

2019 Planning Team



Rosie Nwakanma

Global Strategic Sourcing Director,
Technology & Innovation
US Location: Miami, FL
Nigerian Origin: Abia State
Sponsorship Team



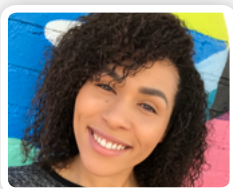
Belinda Nwanguma

Contract Specialist
US Location: Baltimore, MD
Nigerian Origin: Imo State
Programs, Hospitality & Registration
Team



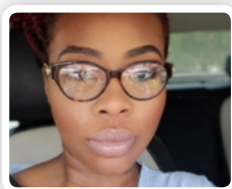
Obi Nwankwo

Civil Engineer
US Location: Cincinnati, OH
Nigerian Origin: Anambra State
Volunteer Lead & Programs Team



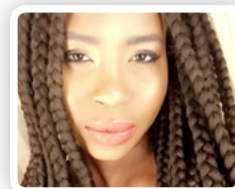
Cara Nwankwo

Clinical Psychology Doctoral Student
US Location: Stillwater, OK
Nigerian Origin: Anambra State
Marketing Team



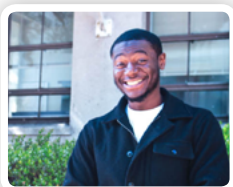
Adaobi Ezeh

Attorney
US Location: Dallas, TX
Nigerian Origin: Anambra State
Planning Team Co-Lead



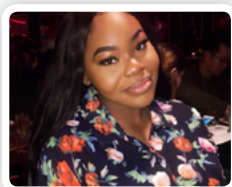
Oge Nwankwo

Credit Analyst
US Location: Cincinnati, OH
Nigerian Origin: Anambra State
Logistics and Registration Team



Solomon Nwoche

Law & Technology
US Location: Berkeley, CA
Nigerian Origin: Abia State
Legal and Logistics Teams



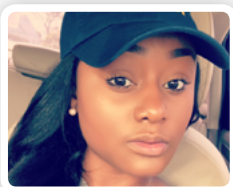
Nnedinmma Jessica Nwoka

Program Analyst
US Location: Washington DC
Nigerian Origin: Anambra State
Vendor Marketplace Lead



Nichole Ogojiaku

Resident Physician
US Location: Atlanta, GA
Nigerian Origin: Imo State
Volunteers Team



Amy Okafor

Assistant Principal
US Location: Dallas, TX
Nigerian Origin: Imo State
Planning & Hospitality Teams



Barbara Okafor

Clinical Researcher
US Location: Boston, MA
Nigerian Origin: Anambra State
Programs and Hospitality Teams



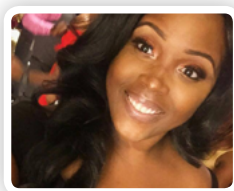
Kodili Okechukwu

Marketing Strategist
US Location: Atlanta, GA
Nigerian Origin: Enugu State
Marketing Team

2019 Planning Team



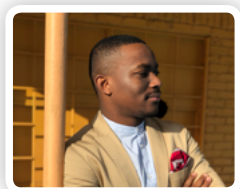
Chiamaka Okonkwo
Advanced Cognitive Skills Trainer
US Location: Minneapolis, MN
Nigerian Origin: Anambra State
Sponsorship Team



Ekebnta Okorn
Consultant
US Location: New Orleans, LA
Nigerian Origin: Cross River State
Programs Team



Lessley Okoro
Practice Healthcare Administrator
US Location: Dallas, TX
Nigerian Origin: Abia State
Vendor & Volunteer Teams



Onochie Onyegbule
Software Consultant
US Location: Dallas, TX
Nigerian Origin: Imo State
UIU Connects & Marketing Team



Alex Ozoh
Administrative Sales Specialist
US Location: Atlanta, GA
Nigerian Origin: Anambra State
Marketing Team



Kingsley Ufere
SIS Project Engineer
US Location: Carson, CA
Nigerian Origin: Imo State
Programs & Strategic Sponsorship
Teams



Vanessa Uko
Legal Specialist
US Location: Minnesota
Nigerian Origin: Abia State
Sponsorship Team



UIUCares Update

Bridge International Academies Scholarship

UIUCares has sponsored 21 students so far at the Bridge International Academies. Four of those students graduated earlier this year, their names are listed below:

- Gift Chidileo
- Elizabeth Efejoma
- Success Barnabas
- Oninye Nwadiukwu

Two students started with the program in 2016, while the others joined in 2017 & 2018. These four (4) currently in Primary 6, are amongst the first set of Primary 6 graduating Bridge students.

UIUCares International Students Scholarship

With the UIUCares International Students Scholarship Fund, in 2017, we were able to offer seven \$1,000 scholarships to Ngozichukwu Agu, Chilee Agunanna, Prince Akpoki, Ikenna Ekelem, Chidimma Imediegwu, Akachukwu Nwosu and Tochukwu Onyenze.

The second year, 2018, with our sponsors support, we were able to offer ten \$1000 scholarships to Chizoba Amuchie, Adaobi Egwuagu, Chinedum Ezeakacha, Promie

Ezenwajiaku, Michael Ogbonna Igwe, Emelda Ikeh, Ucheoma Nwaozuru, Benneth Obitte, Chinelo Orji, and Ezinne Osuji.

As you know, we Nigerians continue to excel in education in the United States, but due to the ever-deflating value of the Naira, many students cannot afford to continue their education. In this precarious position many lose their student status and then become part of the illegal immigrant population that this current administration will not tolerate. Thank you for joining UIUCares to not only educate our future leaders, but also to protect them from the challenges that will befall them if they were to lose their status.

UIU 5K Walk/Run

This year during our Convention, we had our first ever 5K Walk/Run! The purpose of the Walk/Run was to raise awareness and funds for the "Be The Match: The National Donor Program" and of course, UIUCares scholarship programs.

UNN Student Scholarship

This year, UIUCares is looking for sponsors to support the newest scholarship program for University of Nsukka students also in Nigeria.

We would like to continually offer our 3 different scholarship programs each year as it is an evident need in our community and would allow our Igbo students to have a reliable source of support as they maintain high academic standing.

Would you please help us by donating \$100, \$500, \$1000, \$5000, \$10,000 or anywhere in between as we support our students?

Would you also consider making this an annual donation as this scholarship will continue to support Igbos in education every year. As always Umu Igbo Unite Corporation is a 501©3 organization and your donation is eligible for tax deduction.

You can make donations in three different ways:

Directly to the UIUCares bank account, Paypal, By mailing a check

Bank: Capital One
Routing Number: 031176110
Account No: 36016330967 or

Paypal: PayPal.Me/uiucares Or

UIUCares % Umu Igbo Unite Corporation
4062 Peachtree Rd NE, Ste A-317
Atlanta, GA 30319

Thank you so much for your support!

God bless,

UIUCares team

uiucares@umuigbounite.com

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Traveling can be a unique activity or excursion undertaken when we've earned a certain amount of money, a lavish treat such as for a birthday or destination wedding, or even an extravagant waste of money and time. Traveling and the planning that goes into it can seem overwhelming, time-consuming and exhausting. Who has time for all that, biko? In reality, many people often do not earn or accumulate annual leave or vacation time to even consider any type of major traveling.

That being said, would you consider taking advantage of the opportunities for paid travel that your school, job/profession or latest side hustle may provide? I'll like to share a few of my experiences with you.

Growing up, we typically traveled for family visits, to see friends or short business trips.

We traveled around Imo, Abia and Anambra States and across Nigeria to Lagos and Kaduna. Once we went to Benin (the city, not the country). We traveled to and from America and Nigeria a few times. I did enjoy all those trips, no matter how long, tiring or oisy they were!

As I got older, I looked for opportunities to travel while an undergraduate student. I went to my first scientific conference in San Francisco, California where I presented my first poster and also got to support our research team during their own presentations and poster sessions. Our lab specialized in environmental toxicology so we attended the annual scientific meeting of the Society for Environmental Toxicology and Chemistry (SETAC). You can't imagine the

The world is out there waiting to be explored:

Leveraging your academic program, job, career or side hustle to support your personal development and meet your travel goals



total nerdfest that was! I was in total heaven, eziokwu! I loved visiting the famed Fisherman's Wharf, seeing the sealions, riding the trolley, haggling with an enthusiastic vendor and finally purchasing a jade bracelet from her, and buying chocolates right from the source, the Original Ghirardelli Ice Cream & Chocolate Shop at Ghirardelli Square. I later joined a sorority and we would travel to step shows and other events. I got involved with the Ronald McNair Scholars program and that summer was amazing. We visited other neighboring schools, networked with other scholars and brilliant undergrads at a forum held at the Georgia Institute of Technology (Atlanta, Georgia) and later participated in a STEM conference at Penn State in State College, Pennsylvania.

Graduate school was another eye-opening experience for me! I looked for training and conference opportunities in the local vicinity e.g. on-campus workshops (Houston, Texas; Baltimore, Maryland), across the country (Boston, Massachusetts; Madison, Wisconsin), and internationally (Ottawa, Ontario, Canada). I would often submit conference papers/presentations to increase my chances to justify attending. I met great people,

gained new knowledge and sampled new foods. I would venture out on my own to explore in between my scientific sessions. I have this searing memory of joining a tour out to the great sequoias at Muir Woods National Monument (<https://www.nps.gov/muwo/index.htm>) in Marin County, California. There are not enough words to describe the beauty and majesty of these woods.

I continue to appreciate the work-related travel avenues provided by my employers, a municipal health department and now the federal government. As a public health and environmental professional, continuous learning and individual development are key interests of mine. I try to identify scientific conferences, trainings and workshops where I can communicate and promote my agency's work and my particular projects. My favorite travel destinations so far have been Cherokee, North Carolina, Burlington, Vermont and Anchorage, Alaska. I'll find opportunities to attend free workshops hosted by universities, foundations or entities such as the National Academy of Sciences and the Library of Congress here in the Washington, DC area.

Let's not limit traveling to a distant goal that you save for over a specific period of time, a bucket list item, a birthday/anniversary/graduation gift you give yourself or others or chance to support and celebrate family and friends at an exotic location! Nevertheless, I hope you take advantage of each and everyone one of these life moments.

In closing, I do advocate and encourage each and everyone of us, to seek out and leverage travel and experiential opportunities provided by and through our self-employment, small business, side hustle, freelance gig academic program, research position, internship, fellowship, job training program or government/corporate employment. Find out about the training, development and networking opportunities that will allow you to grow while you work and learn:

1. For students, there are volunteer opportunities and travel support to assist with annual meetings held by the professional organizations in your field. You may want to explore student assistantships, fellowships and other avenues where you could work in an off-site lab or engage in field research. Your research/academic advisor should be a great resource as are the masters and doctoral advisors/counselors. Many schools have community engagement/outreach programs, international exchange programs, volunteer organizations and other opportunities to stretch yourself and be challenged. Some popular school-affiliated programs include semester-at-sea, travel abroad programs or spring break volunteer trips.
2. For federal employees, a great resource is your office's or agency's HR team or the Office of Personnel Management (OPM). For example, the federal government, when funds are available and activity is relevant, supports staff to travel for professional development and to engage in leadership development (e.g. <https://www.opm.gov/services-for-agencies/federal-leadership-development-programs/>)..
3. Professionals: Join your professional and skills-based organizations and attend certification and training workshops and conferences. Attend networking events.

4. Self-employed, freelancers, small business owners and side hustlers: Join your professional and skills-based organizations and attend certification and training workshops and conferences..

Additionally, we can become more active in networking events in and around our communities. For the adventurous folks, there are unique programs such as Peace Corps, Teach for America and other established volunteer and medical mission programs during summer vacation or the holidays. The world is out there waiting to be explored. I may just come along for the journey!



**Cynthia Agumanu McOliver,
PhD, MPH**

Environmental Health Scientist, Published Author/Writer, Mother, and Traveler

Instagram: @nwanaijadmv

LinkedIn: www.linkedin.com/in/cynthia-mcoliver-10a56028

Researchgate: https://www.researchgate.net/profile/Cynthia_Mcoliver

5 THINGS I LEARNED FROM HIRING FOR A VACANT ROLE AS A NON HR PERSON

A while back, in a role I held at a multinational fast-moving consumer goods company I worked with, I had a chance to review CVs and resume (and interviewed some of the candidates) for a vacant position the company needed to fill within my unit. It was one of the earliest times when I was on the other side of the table in a recruitment process. Of course it was time to see things from the recruiter's perspective as a non-HR person and a time to take some notes, yea -very important!

I have put together five things that caught my attention and I think would help job seekers at various levels, especially for experienced roles (as the role we were recruiting for at the time were based on experience).

While I must give serious kudos to HR personnel in charge of recruitment, it was difficult finding the exact fit for the role we were recruiting for or someone that totally ticked off all the checkboxes we had set. In fact, where we found someone that fit to a very large extent, the person was in a more senior level than we planned, which in turn would mean more cost than we had budget in terms of remuneration. At one point I thought, maybe you don't get them 100%, who knows. You get some qualities, and instill other qualities you want through training.

Below are the 5 things I learned from being on the recruiter's side in a recruitment process.

1. It makes a lot of sense to have your CV in PDF: Don't get it twisted; I am guilty of this as well. While I have heard some HR professionals mention this in write up's, I have never really taken it seriously because I thought "is it not the same CV" or "please, don't stress me" but the thing is, while printing out CV's to be reviewed, I found quite a number of CV's got distorted mainly because my software version was different from what was used to initially put the CV together, certain fonts were distorted. However, CV's sent in PDF were printed as is, no distortion, no editing, just exactly the way you intended it to be viewed.



2. For jobs based on experience, try and position your job experiences to the top of your CV, most likely after your summary. While reviewing CV's for the role we were recruiting for, I noticed we could not read all the CV's word for word. We just went straight to work experiences to find candidates with relevant experience for the role we were recruiting for. It was easier for us to review CV's of candidates with their experiences on the first page of their CV's. Let the experiences be on top so recruiter while reviewing CV's can find what they are looking for immediately.

3. While applying for an experienced role, be sure to include experiences relevant to the role you're applying for. While skimming CV's, I found CV's with no relevance at all to the role being advertised. For instance, a CV filled with core engineering experiences applying for a sales role in a fast-moving consumer goods company; it was just a total waste of time. We skimmed to find keywords relevant to the experiences we were looking. So, it is very important to include relevant experiences in your CV when applying for experienced roles. And if you have no experience at all on

the role you are applying for, it's just a waste of time applying unless you have someone recommending you for the role.

4. A lot of recruiters really don't have time to read a career summary. One CV I reviewed had a career summary and a personal summary taking a full page—Am like, what?! Nobody has time to read that long story. It's fine to include a summary, but to include a personal summary and a career summary is a total waste of real estate; nobody has time for all of that.

5. Networking and recommendations are very important. We cannot overemphasize the effect of this. While reviewing these CV's I reviewed 3 I could relate with—one of the CV's was for a former colleague at a company I worked with previously and I knew him personally, the other two were of people that had worked in that same company but I didn't know them personally, they were selected to be interviewed even though they did not fit the role totally. I also saw my colleague take a second look at some CV's because in his words "I know someone that would know this person". So,

networking, recommendations and reaching out to people that work in companies where you are applying to cannot be over-emphasized. It may be the chance you get to be interviewed for that role even when you do not qualify. It may also be the chance you would get to have your CV given a second look by the recruiter.



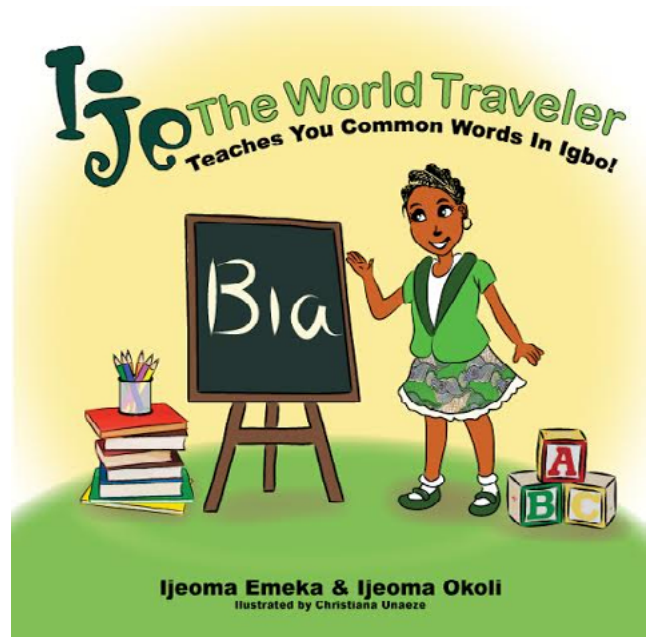
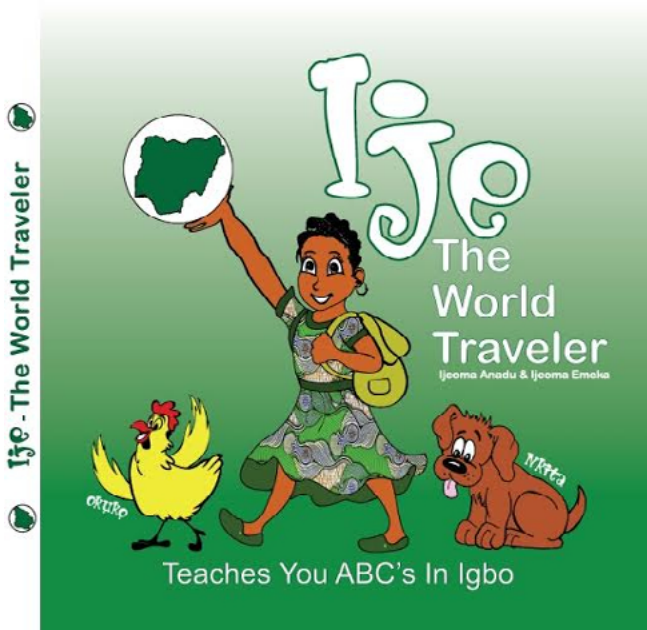
Emeka Nwosu.

Emeka Nwosu is from Imo state. He is currently studying for his MBA at Wright State University in Ohio and has experience in the e-commerce and fast moving consumer goods industry.



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Congratulates Umu Igbo Unite on their
15th Annual Convention! May God
continue to guide your steps!
Igbo Kwenụ!



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A close-up portrait of Chinwe Esimai, a Black woman with her hair styled in a bun, smiling warmly at the camera. She is wearing a vibrant pink lipstick and a necklace with large, round, amber-colored beads. The background is softly blurred, showing warm, circular light fixtures.

UUU Spotlight

Chinwe Esimai

Chinwe Esimai is an award-winning lawyer, author, and speaker, who is passionate about inspiring generations of immigrant women leaders. She is Managing Director and Chief Anti-Bribery Officer at Citigroup, Inc. She is the first to hold this title at Citi. In this role, she oversees Citi's global Anti-Bribery program, which develops and maintains an enterprise-wide framework for compliance with anti-bribery laws and regulations set out by the US, UK, and over 160 countries where Citi does business. Her role covers all of Citi's lines of business and over 200,000 employee worldwide.

Promoted from Senior Vice President to Director, and subsequently, Managing Director within three short years at Citi, Chinwe has overseen global enhancements of the bank's anti-bribery compliance program from its early beginnings, to now leading a team of professionals managing anti-bribery controls across the enterprise.

Prior to Citi, she spent a combined five years

at Goldman Sachs, in various regulatory risk management roles, including representing Goldman in regulatory inquiries involving the bank's options and derivatives businesses and serving as anti-bribery officer.

She was a law professor at the University of St. Thomas School of Law where she taught Securities Regulation, Law & Finance in Emerging Markets, and Business Associations. She began her career as a corporate associate at LeBoeuf, Lamb, Greene & MacRae, LLP, where she worked on mergers and acquisitions and capital markets transactions.

Chinwe serves as a thought leader in her industry and speaks frequently at conferences on women and leadership, trends in anti-bribery enforcement, ethics, African economic development, and leveraging fintech to promote integrity in the public sector. She has presented three times at the United Nations, discussing Sustainable Development Goals, Africa Agenda 2063, and entrenching good governance in Africa.

Chinwe shares leadership insights on her blog and through other channels such as Forbes. She is an Executive Council member of the Ellevest Network, a global network for professional women, providing opportunities for women to connect, learn, and invest in themselves.

The Nigerian Lawyers Association named Chinwe Trailblazer of the Year, an award which honors a distinguished attorney whose professional accomplishments and leadership abilities have been recognized in the legal profession (public or private service). She is the 2018 recipient of the Face2Face Africa Corporate Leadership award.

She is Chair of the Board of Harambee USA, a non-profit foundation dedicated to supporting education and sustainable development in Sub-Saharan Africa.

She obtained a B.A. in Political Science, summa cum laude, from the City College of NY, and J.D. from Harvard Law School.

Chinwe lives in New Jersey with her husband and three children.



SITTING ON A MAN

By Amby C Ezem

The Aba women's riot. 1929 Just like Biafra, was foreign to me I only knew of the name, Aba women's riot I don't remember being taught or it being mentioned. Maybe it was swiftly discussed so I went back to read. It is important to read. To sit and learn history for ourselves.

These women of the Bende district Umuahia and surrounding areas encompassing six ethnic groups (Ibibio, Andoni, Orgoni, Bonny, Opobo, and Igbo). Did you notice that though the name was Aba Women's riot, it consisted of varying ethnic groups? They were more concerned about the common justice so the difference in ethnicity was of little, or no interest.

These women got tired but their tiredness wasn't one that led to crossed legs and lazy arms but their tiredness propelled them to fight. Propelled them to war against the British colonials and the unlawfulness towards women especially the market women. Against the oppressive warrant chiefs that were elected by the British colonials.

They stood against unlawful taxing of women. They stood against unlawful taxing of widows. They stood against being shut out from airing, and taking strong political grounds.

Nearly 10 000 women collectively marched and protested. They did not shy away. They did not shrink. Their march against injustice was called a riot.

About 50 women lost their lives as the peaceful protest turned violent. The army was unleashed on these women but they did not relent. They protested till the warrant chief stepped down. They stood against those who mistreated women, followed them headlong till they wore them out.

"Sitting on a man" tactic also employed by the women, involved public shaming a man by gathering at his workplace or home dancing, singing songs of their grievances with his behavior, tearing down his home physically, etc. Their various methods of resistance won battles.

Madame Nwanyeruwa, a widow got tired and led the strike. 10 000 caught the vision and carried the burden as theirs; accepting the palm front invitation and joined in the protest. This was a collective tiredness that propelled their strength towards a desired end.

**We need to know of such women
Of such power in women
Who refused to be stepped on
A stance against patriarchy
We are powerful
Our women are strong**



Amby C. Ezem (@ambycezem).

Amby C. Ezem (@ambycezem) is a published author, spoken-word poet, and Pharmacist from Abia state, Nigeria. She holds an Mpharm. degree from the University of Reading, UK. She has over a decade of writing and performing experience.

She has published three books; Aham bu (my name is) Chizaram, Soul's Exhale (breathing & bleeding) and Cinnamon Letters, presently available on Amazon and in certain bookstores with hundreds of copies sold worldwide. She has two spoken-word poetry albums; Fusion, and Father forgive me and has performed her works across the globe.

Your Mental Wellbeing While Being Nigerian in America

According to Wikipedia, the 2016 American Community Survey estimates that over three hundred and eighty thousand residents within the US report Nigerian ancestry and about seventy percent of these were born in Nigeria. While it is reasonable to assume that some of the slaves that made it to the US from as early as the 17th century must have been of Nigerian ancestry, there are no reliable records of the true estimate of this population. However, the post-World War 1 era ushered in the migration of the likes of Nnamdi Azikiwe, the Zik of Africa and father of Nigerian Nationalism, to the shores of the US to begin their education. The New York based Institute of International Education indicated that in 1926 there were three documented Nigerian students in United States universities

Today, Nigerian-Americans are one of the most educated groups in America with 29% of Nigerian-Americans over the age of twenty-five holding a graduate degree compared to 11% of the overall US population according to the Migrations Policy Institute. The 2016 American Community Survey reports that of 75 national origins listed, only Iranians, Russians and Bulgarians have a higher share of graduate and professional degrees than Nigerians do. This may not be

unique to the Nigerians in America given that 'Naija no dey carry last!' a popular slogan in the motherland. However, the big question is how is this possible? How are Nigerian-Americans able to do so well in the diaspora? What makes them hardworking, industrious and able to live the American dream? Is there something in their genes that gives them the resilience to persevere and thrive in a land that others who look like them have not necessarily done as well? Are their epigenetics, pre-determined by the environment of those that came before, positively influencing them? Does the success story have to do with just determination and solid value system or is there more to it? In other words, is the immigrant Nigerian more likely

to succeed because they belong to the unique group of individuals who are willing to change environment when necessary because they can withstand stress and continuously seek the best?

Nigeria, as the BBC reported was, in 2003, voted the happiest country by the UK's New Scientist magazine. Nigeria repeated this feat in a 2010 Gallop global poll credited to the Nigerians' optimism. The literature supports the strong connection between resilience and optimism. This resilience appears to be part of the driving force behind the success celebrated in Nigerian-American homes along with the belief in the power of education and posterity. Nigerians are literally unable to accept failure as the status quo. One of the major factors that determines success is the ability to keep trying in the face of failed attempts to get the desired result. Nigerians will try because they know that 'Mama Emeka was able to do it' 'Papa Njide held three jobs while putting his children through school!' 'ChiChi got her FNP at 60, why not me?'

While we are busy striving hard to



attend ivy league schools, get our graduate and professional degrees, do phenomenal research, get awesome grades, maintain the right social profile, get our start-ups off the ground, build up our careers and become the ultimate professional and everything else we desire, we need to make self-care our mantra...

Dear Young Nigerian-American Professional, you have earned it! You have become who you wanted to become. You are playing the exact roles you have chosen for yourself! You are doing what your parents, grandparents never dreamed was possible, and you are doing it so well. You do not have to prove yourself anymore; you are it!

Whether you choose to hang out with friends, family, colleagues or all of the above that is your choice! Nevertheless, you must have confidants to share your innermost thoughts and feelings. You must have your support, your safe place...

You may love mindfulness techniques, yoga, orange theory fitness, jazzercise, or something else, but you need to have a real outlet, a space that allows you unleash the real you...

Whether you choose to get your annual check-up during your birthday or during other events, you must pay attention to your physical health. Are you eating right? Are you getting your screening tests done? Are you optimizing your sleep? Are you staying as active as possible? Do you have a real social life and not just a make-believe version through social media?

Whether you identify as religious or

spiritual, you must create meaning and purpose in your life. Is there some disconnect in your approach to life? Are you just going through the motions? Are you just getting through another day? Another routine? You must embrace the idea that you totally have a brand to sell and that the only way to do this is in excellence...

Whether you believe in psychiatry or not, you must pay attention to your mental health and mental well-being. Are your behaviors lining up with your values? Are your choices representative of your true feelings? Are you keeping it real? Are you so preoccupied with building your financial empire that you are destroying everything that is beautiful about you? Are you willing to seek help if necessary?

Dear Young Nigerian-American Professional, take care that you live a wholesome life so that your work and the work of those that have come before you will not be in vain...cheers!



Ijeoma Ijeaku MD, MPH, FAPA.

President/Founder; The Whole Person Foundation Incorporated.

www.thewholepersonfoundation.org

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HOW TO MAKE MOI-MOI OKA OTU E SII ESI MOI MOI OKA



Ingredients

- Dried corn (4 cups)
- Crayfish or crawfish
- Ukpaka
- Habanero pepper
- Nchanwu
- Boiled akidi (optional)
- Salt
- Red oil
- Onions
- Cubed garden eggs
- Maggi/Knor
- Bannan leaves or moi-moi containers

Ngwa e ji esi ya

- Oka kporo nko (iko ato)
- Isha (crayfish)
- Ukpaka/ugba
- Ose
- Nchanwu/ahuji
- Mkpuru akidi e siri esi ma onye choo
- Nnu
- Mmanu nri
- Yabasi
- Mkpuru anara
- Maggi/ Knor
- Akwukwo uma ma o bu efere e ji esi moi moi

Recipe

1. Pick your corn for particles and boil for 20 mins.
2. Blend the corn with pepper and onions to a semi-smooth paste.
3. Transfer blended mixture into a large enough bowl.
4. Add 1 cup of hot water.
5. Add salt, maggi/knor to taste. Then add cubed garden eggs, boiled akidi, cut nchanwu leaves and red oil to preference.
6. Tie in banana leaves or pour into moi-moi containers.
7. Steam in a pot of hot water for about 30 to 45 mins.
8. Check to see if firm enough, then turn off heat.
9. Food is ready!!!!

Usoro e ji esi ya

1. Hocha ma sinnye oka kporo nko n' oku, o suo l butuo ma wupu ya mmiri.
2. Kwokodo oka ahu na ose, isha na yabasi ka o nwetu mkpuru
3. Wunye ya n' ime efere sara asa
4. Tinye ya mmiri ditu obere.oku ka odi ka o bu moi moi agwa ka l na- esi.
5. Tinye ya nnu, maggi/knor, mkpuru anara, mkpuru akidi e siri esi, nchanwu asara ma bee na mmanu nri otu o siri masi gi
6. Kee ya n' akwukwo uma asara ma pia nke oma ma obu efere e ji esi moi moi agwa.
7. Tinye ya n' ite ma sie ya otu esi esi moi moi agwa ihe di ka nkeji iri ano ma o bu otu awa.
8. Butuo ya ma werezie ya riwe.



By Adaolisa Nnaji.

O bu Nwa-ada Adaolisa Nnaji, wetere unu uzommeputa a A bu m nwa akwukwo masters na mahadum a na akpo Xavier di n'Ohio.



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DON'T TRY TO DE-AFRICANISE ME!

POETRY

I was moulded out of dark earth
Brought forth from the ancient hills
The beauty of the rising sun
The chirp, chirp, chirping of the birds
The drums of the dawn that awaken me
The song of the elders heralding the day
This is Africa
The Africa in me

When a child is born
He encounters humanity with bare hands
Shrieks of joy
Loud peals of laughter
Spontaneous outbursts of praise
The day is set aside to rejoice
A child born to one
Is a child born for all

The strength of the community
Is that all look out for one
Foolishness is driven far away
With many stripes for the back
Cold, hard stares
Many hands cheering for one
No one turns his face away
Everyone minds everyone's business
Folly is not celebrated in hush whispers
For the fall of one
Is the fall of all

So, give me Africa
Home of the bold and home of the brave
A safe haven to all
Peace of mind from the raging storm
Where life is in phases
And the grey hair is revered
Here children listen
And would not dream of talking back
Irresponsibility takes a back seat
For there's no place at the table
To the one whose hands are clean
You only earn the right to smile
When your own part
You have fully done

Don't try to de-africanise me
When children have their way
While adults don't have a say
Those whose hands are clean
Have the most greasy lips
And people look away
While folly is ignored
Please give me Africa
For all its hills and plains!

(C) Uloma Obi 2019



A Piece on Time

Tic toc, the famous sound associated with time that goes as far back as one could recall. Has its own agenda without regard for any one. No matter your age, sex, status, wealth or circumstance, it doesn't pause, stop, hesitate or even skip a beat. Whatever you accomplish is attained and duly noted. If your time isn't used wisely it passes by and is forever lost. No do-overs, no turning back the hands of time. Poof, like puffs of smoke or rather a blink of an eye, that second is lost.

A second tics 60 times and a minute goes by. Then a minute turns into an hour, still ticking away, it becomes 24 hours. How quickly a day turns over with so much left on our agenda. Yet it keeps pushing forward. A day becomes a week, four of it makes a month and twelve equates a year. And if one isn't focused and determined to achieve those set goals, that agenda remains unchanged. Hence why much attention shouldn't be paid to the time effect cause there will never be enough time.

It will forever tic and move forward irrespective of you and your plans. Rather whatever needs to be done should be addressed promptly not tomorrow and definitely not later, because unlike a stealthy mission your time will be robbed publicly. We are all surrounded by clocks, a representation of time, from our watches, cellphones, and other gadgets in between, to the rise and fall of the sun each and every day. So do not let time leave you behind, make each second, hour, and day productive and worthwhile so the years you have on this earth have a lasting and rewarding effect.

By Sylvia Ezech

Photography

by Onyemaechi ("Onye") Ahanotu



Generations (2017)

p | 25



Yams at the Market (2014)

August 2018



Outstretched Arm (2018)



Reflection of Owerri (2017)



Land-scape (2018)



Onyemaechi (Onye) Ahanotu

(b. 1987) spends quite a bit of time thinking about how things work/are made, how nature can help inform design and other hidden in plain sight knowledge can be constructively leveraged. Classically trained in Material Science and practicing art since elementary school, Onye holds a particular interest in hierarchical effects; how the parts impact the whole.

He works at the intersections of disciplines to cross-pollinate and integrate disparate perspectives; from quantum mechanics to pluralist architecture. With observation as the common denominator, experience in Science and Engineering is drawn upon in his art to explore subjects including: evolving/

dynamic systems (e.g. cultures, cities), information compression, perception and essence. Uncovering layers of complexity and meaning in the everyday, through observation.

Website: www.ahanotu.com;

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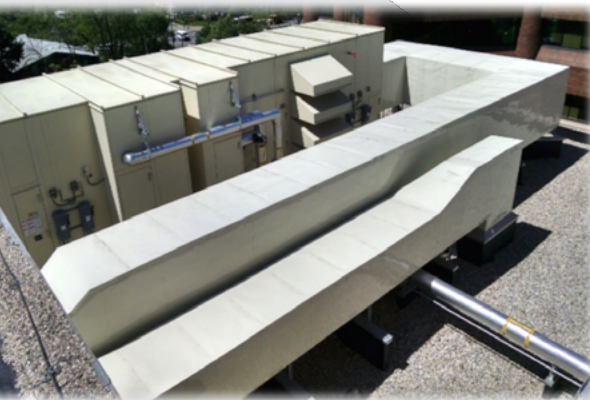
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UIU would like to Give a Big Thank You to All Our Sponsors and Vendors!



A Message from the Founders.



Ndewo nu! Welcome to the 15th Annual Umu Igbo Unite Convention! We thank God for His continued direction in our mission to Unite and Connect Igbo professionals in the diaspora, keep the Igbo culture and language alive, and to instill a sense of pride to be Igbo. The inspiration behind UIU's birth was to create a network that catered to the specific cultural, professional, and social needs of Igbos in the Diaspora.

Each year we receive success stories about bonds and relationships that emerged from attending the convention or attending a local chapter event. Since its inception, UIU has grown to over 26,000 followers nationwide with 13 active chapters: Atlanta, Dallas, Houston, DMV, Boston, Tristate (NY, NJ, CT), Detroit, Los Angeles, Cincinnati, Twin Cities, Bay Area, Austin, Miami and growing! We are so excited to partner with you all as UIU continues to develop.

The 14th Annual convention held last year in New Orleans was one for the books! The stories shared with us about UIU's impact on your lives, keep us inspired to continue to do this each year. From the career moves, the connections, the engagements and marriages, we are forever motivated in our efforts to unite and connect "Umu Igbo".

We aim to keep a forward momentum and keep aspiring to make a positive impact both here in the diaspora and back home. IGBU GA-ADI! We are achieving this through our 5 structured programs:

1. **UIUCares** - the community service arm of UIU. We are excited to contribute practically to several problems facing our people. We strive to provide support to Igbos back home and Igbos in the diaspora by focusing on these 5 areas: **Creation | Accessibility | Relief | Education | Service**

2. **UIUConvention** - the annual convening of over a thousand Igbo Nigerians in one city! For a fulfilling weekend of fellowship, professional networking and cultural exhibitions! Each year we promise to make it the best national convention to date, and we always fulfill that promise.
3. **UIUTourism** - an annual trip to tour Igboland. Where we explore and experience the rich Igbo history firsthand.
4. **UIUConnects** - a platform created to connect Igbo professionals in the diaspora with domestic companies and international opportunities in Nigeria and abroad. Opportunities span from study abroad, internships to full time employment.
5. **UIUIgbo101** - a program created to teach the Igbo language. This teaching is done through onsite courses, videos and our recently launched YouTube video series, *Ije the World Traveler*.

As we continue to develop these programs, we will keep you abreast of the progress.

We would like to express our profound and heartfelt gratitude to our parents, Dr. & Dr. Mrs. D.I. Anadu and Reverend & Dr. Mrs. J.C. Okpukpara. We also appreciate all our sponsors, attendees and supporters, especially those who have been with us from the beginning. We hope you have the time of your life this weekend and continue to make connections that will last a lifetime!

Sincerely,

The Umu Igbo Unite Corporation Founders

Umu Igbo Unite

4062 Peachtree
Rd NE, Ste A-317
Atlanta, GA 30319

W: www.umuigbounite.com