



# Newsletter

September-December, 2022

**IWS Secretariat**  
Km15, Lekki-Epe Expressway,  
Lagos, Nigeria

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2304, Lagos, Nigeria

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## From The President's Desk

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**Happy New Year! Dear members, Wishing you the very best of 2023 in good health.**

A number of things have happened since the last edition including the adoption of the 2022 constitution.

- **3 major milestones at our home for abandoned children at Ijebu Ode:**
  - o The adoption of 3 children
  - o The moving of the other 2 children to permanent homes; and
  - o Initiating the closing of our home after 12 years of operations.
- **The start of our STEM and Mentoring programs for girls.**
- **The closing of our beloved LUTH trolley library after 54 years of operations.**

We have some new initiatives we hope you will be interested in.



**IWS Mentoring:** To indicate interest email [admin@iwsnigeria.org](mailto:admin@iwsnigeria.org)



**IWS LawCare (legal practitioners only):**  
Email [iwslegal@gmail.com](mailto:iwslegal@gmail.com)



**IWS Gardening Club:**  
Interested members email [egoboyo@icloud.com](mailto:egoboyo@icloud.com)

I wish you a prosperous 2023 filled with Health and Wealth!

Warm Regards.

**Ifeoma Monye**



## General Meeting September 2022

On Tuesday 13th September, we had the September General Meeting via zoom. The meeting was a town-hall meeting where we informed members that we will be closing the Ijebu-Home but the Social Services Committee still stands. We also informed the general membership that the STEM & Robotics will commence at the Skills Acquisition Centre. We also explained what IWS is about to prospective members.

## General Meeting October 2022

On 8th October, we had our General Meeting where we celebrated the International Day of the Girl Child. In collaboration with STEM-Mets, there was Robotics training for girls from Ruby Gold & Sharon-Field and they showcased what they had learnt.



We also had a book reading session with Chief (Mrs) Taiwo Taiwo. The book is titled “My Mother’s Daughter” and it was impressive listening to her story. The title of the book also blended with the celebration of the girl child on that day.





## General Meeting November 2022

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Our highly anticipated November Luncheon was a huge success. We had a record 150 people in attendance and raised a record amount of money for our projects. Thank you to everyone for making it a memorable day.



## General Meeting December 2022

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On 13th December we had our Christmas Carol at the Day Nursery school. At the carol, there was a beautiful display of culture by the children and Christmas was indeed celebrated.



## Celebrants

Sept		
S/N	Name	Date
1	Deji ALAKIJA	3-Sep
2	Bolanle ANIMASHAN	4-Sep
3	Cecilia Aqua-Umoren	5-Sep
4	ELSA BISHOP	6-Sep
5	Ego Boyo	6-Sep
6	Anne RUMBOLA	6-Sep
7	Mosun SASORE	6-Sep
8	Ekua Akinsanya	8-Sep
9	A.O. SANGONUGA	8-Sep
10	Valerie Chikeluba	9-Sep
11	Folake Ani-Mumuney	11-Sep
12	Vicky Sule	16-Sep
13	Roli ARINZE	17-Sep
14	Minema Uko	17-Sep
15	Tita Young	17-Sep
16	Olusola ADEGBITE	19-Sep
17	ATINUKE Olashore	21-Sep
18	Funmi Oyetunji	23-Sep
19	Ngozi OYEWOLE	23-Sep
20	Elsie Payne-Hamman	23-Sep
21	Salihat Rahaman	23-Sep
22	Salamat Rahaman	23-Sep
23	Lanre Kazeem-Abimbola	24-Sep
24	Sonja Kirsten Ally	24-Sep
25	Oluremi Omo-Ogunkoya	24-Sep
26	Sharon KEAZOR	27-Sep
27	Bintu Fatima Tinubu	30-Sep

Oct		
S/N	Name	Date
1	Ebitimi Ajegbo	1-Oct
2	Udeka ASHIBUOGWU	4-Oct
3	Ukalechi Agim AGBIM	6-Oct
4	Sarwi Rahaman	7-Oct
5	Funke Shonekan	7-Oct
6	Tola SOTIMINU	7-Oct
7	Chidinma OBI	12-Oct
8	Uchenna Ikokwu	16-Oct
9	N.M. IMOKE	16-Oct
10	Edwin DOVE	22-Oct
11	Damilola OBAZELE	24-Oct
12	Yemisi Osayande	24-Oct
13	Olatoun Yusuf	27-Oct
14	Aderonke ADEDEJI	28-Oct
15	Olande Atere	29-Oct
16	Ifeoma Ricketts	29-Oct

Nov		
S/N	Name	Date
1	Edak EDU	3-Nov
2	Katia Ekesi	3-Nov
3	Kiki Zoe ADESANYA	4-Nov
4	Elizabeth Jibunoh	4-Nov
5	Obiaku AKWIWU-NWADIKE	7-Nov
6	Halima AHMADU THORSEN	8-Nov
7	Titilola Aikhomu	8-Nov
8	Izarene Adams	9-Nov
9	Mary OSHODI-GLOVER	9-Nov
10	Funmi OMITOWOJU	10-Nov
11	Ifunanya Udoji	11-Nov
12	Oshinorenu Adams	13-Nov
13	G. ETIM	14-Nov
14	Feyisola Tinubu	17-Nov
15	Maiden Ibru	20-Nov
16	Janet Adetu	23-Nov
17	Mercy Ezenwa	23-Nov
18	ELSIE AJOSE-ADEOGUN	23-Nov
19	Funmi Alagbada	24-Nov
20	Gloria Onafeko	24-Nov
21	Pansy Francella Olakanpo	26-Nov
22	Ijeoma Asala	26-Nov
23	Kemi Ogunmade-Davie	27-Nov
24	Naureen SHAH	27-Nov
25	Rei Obaigbo	30-Nov

Dec		
S/N	Name	Date
1	Olufunlayo Osibo	1-Dec
2	Desiree Osunsina	1-Dec
3	Aduke Gomez	3-Dec
4	Oluwatoyin Abiodun	4-Dec
5	Laide Sasegbon	4-Dec
6	Bola Fadina	7-Dec
7	Elizabeth Hamman	9-Dec
8	Tokunbo Iyamu	9-Dec
9	Onyeka Jaivbo-Ojigbo	9-Dec
10	Odio Oseni	9-Dec
11	Olusola Nabila Adio	10-Dec
12	Jola Alokolaro	11-Dec
13	Zainab Saleh	12-Dec
14	Lande Abudu	13-Dec
15	Victoria Onyegbegbula	14-Dec
16	Amayo Atilade	16-Dec
17	Oreoluwa Lesi	18-Dec
18	Abosede Sonariwo	18-Dec
19	Victoria Awa	20-Dec
20	Olamide Olayemi	20-Dec
21	Bimpe Garricks	24-Dec
22	Sola Obada Erelu	24-Dec

## Jokes



### Difficult Landing

The airline had a policy that required the first officer to stand at the door while the passengers exited, smile, and gave them a 'Thanks for flying XYZ airline'.

An airline pilot on this particular flight hammered the plane into the runway really hard. In light of his bad landing, he had difficulty looking the passengers in the eye, all the time he thought that a passenger would have a smart comment. However, it seemed that all the passengers were too shell shocked to say anything.

Finally, everyone had gotten off except for this little old lady walking with a cane. She said, 'Sonny, mind if I ask you a question?' Why no Ma'am', said the pilot, 'What is it', the little old lady said, 'Did we land or were we shot down?'



# Health Article - Menopause

As women grow older, their ovarian follicles diminish in number. Menopause is the time that marks the end of your menstrual cycles. The median age of menopause is 51. Menopause is a natural biological process. During menopause there is also a cessation in ovulation (production of eggs by the ovaries) which translates to them not being able to bear children during this phase of their life. There are certain symptoms to watch out for and they include;

1. Irregular Periods
2. Vaginal Dryness
3. Mood and Memory Effects; these might include anxiety, less interest in sexual activity etc.
4. Insomnia
5. Loss of breast fullness

Menopause can be as a result from:

## Age:

As women age ovaries start making less hormones that regulate menstruation and from there onwards fertility also declines. Women in their 40's may experience lighter, shorter, heavier and more less frequent menstruation.

On the average by 51 the ovaries completely stop releasing eggs and no more periods.



## Chemotherapy:

Women undergoing cancer treatments would most times go through a menopausal phase because of the cancer treatments cause a halt to menstruation, ovulation and fertility. Although this halt to menstruation is not always permanent during chemotherapy.

## Surgical Menopause:

Menopause can also be surgically induced by removal of ovaries.

## WHEN TO SEE A DOCTOR

Keep up with regular visits with your doctor for preventive health care and any medical concerns. Continue getting these appointments during and after menopause.

Preventive health care as you age may include recommended health screening tests, such as colonoscopy, mammography and triglyceride screening. Your doctor might recommend other tests and exams, too, including thyroid testing if suggested by your history, and breast and pelvic exams.

Always seek medical advice if you have bleeding from your vagina after menopause.

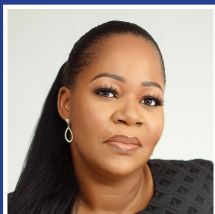


## Past Presidents

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57/58	Mrs. Remi Doherty	1st	1990	Dr. Mrs. Katia Ekesi	33rd
1959	Mrs. Majorie Maclaren	2nd	1991	Mrs. Demi Ibare-Akinsan	34th
1960	Amb. Aduke Alakija	3rd	1992	Mrs. Laide Sasegbon	35th
1961	Mrs. Kofo Ademola	4th	1993	Mrs. Olugbo Hollist	36th
1962	Mrs. Kennedy	5th	1994	Chief Mrs. Sarita Agrawal	37th
1963	Dr. Mrs. M. A Silva	6th	1995	Mrs. Adeyola David	38th
1964	Dr. Mrs. A. Aziz	7th	1996	Dame Marie Fatayi-Williams	39th
1965	Chief Mrs. Sodeinde	8th	1997	Chief Mrs. Funke Arthur-Worrey	40th
1966	Miss Vera Creaton	9th	1998	Mrs. Ijeoma Chuks-Asala	41st
1967	Chief Mrs. Uyi Taylor	10th	1999	Mrs. Sonja Ally	42nd
1968	Mrs. Wooten-Wooley	11th	2000	Chief Mrs. Morin Agboola	43rd
1969	Prof. Mrs. Juliet Macaulay	12th	2001	Mrs. Amita Jain	44th
1970	Mrs. M. Davani	13th	2002	Mrs. Aminat Hamzat Ahmadu	45th
1971	Chief Mrs. Hilda Ogunbanjo	14th	2003	Mrs. Stella Obiageli Ugboma	46th
1972	Mrs. C. Raeburn	15th	2004	Mrs. R. O. Akinsete	47th
1973	Dr. Mrs. Grace Guobadia	16th	2005	Mrs. Grace Oluremi Omotosho	48th
1974	Mrs. Mackay	17th	2006	Chief Mrs. Marlies Allan	49th
1975	Mrs. D. Paul	18th	2007	Mrs. Gbemi Shasore	50th
1976	Mrs. Norah Bell	19th	2008	Ms. Augusta Chibututu	51st
1977	Lady Ayo Ladipo	20th	2009	Mrs. Sicily Jacob	52nd
1978	Mrs. P. Nork	21st	2010	Mrs. Ekuah Abudu	53rd
1979	Chief Mrs. Y. Oyediran	22nd	2011	Mrs. Cecilia Aqua-Umoren	54th
1980	Mrs. Kavita Chanrai	23rd	2012	Mrs. Evelyn Akeredolu	55th
1981	Mrs. Adetoun Bailey	24th	2013	Mrs. Grace Kalango	56th
1982	Mrs. Jean Abili	25th	2014	Mrs. Folasade Oyeniyi	57th
1983	Chief Mrs. Toyin Olakunri	26th	2015	Hajiya Zainab Saleh	58th
1984	Mrs. F. Ghista	27th	2016	Mrs. Izarene Adams	59th
1985	Mrs. Perla Amu	28th	2017	Mrs. Ego Boyo	60th
1986	Chief Mrs. Gbemi Rosiji	29th	2018	Mrs. Abimbola Bawallah	61st
1987	Mrs. Doris Fafunwa	30th	2019	Mrs. Nkoli Obi-Ogbolu	62nd
1988	Mrs. Grace Etim	31st	2020	Mrs. Ibiwunmi Akinola	63rd
1989	Mrs. Phebean Ogundipe	32nd	2021	Ms. Tita Young	64th

## Executive Committee



**President**  
Mrs. Ifeoma Monye



**Vice President**  
Mrs. Izabela Abia-Okon



**Immediate Past President**  
Ms. Tita Young



**General Secretary & Legal Adviser**  
Mrs. Funke Oduwole



**Treasurer**  
Ms. Lanre Fujah



**Membership Secretary -**  
Ms. Kome Ajegbo



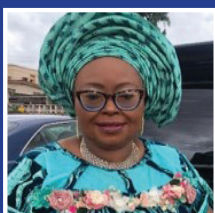
**Chairperson, Social Services**  
Mrs. Abimbola Ademola-Bawaallah



**Chairperson, Widows Trust Fund**  
Mrs. Adebake Adeola



**Chairperson, Skills Acquisition - Chief,**  
Mrs. Victoria Akpan



**Chairperson, LUTH Library Trolley**  
Mrs. Funmi Osibo



**Chairperson, Day Nursery**  
Dr. Folarin Ashiru

### Ex-Officio



Mrs. Ego Boyo



Ms. Biola Otufale



Mrs. Grace Kalango



Mrs. Ibiwunmi Akinola



Mrs. Nkiru Anumudu

