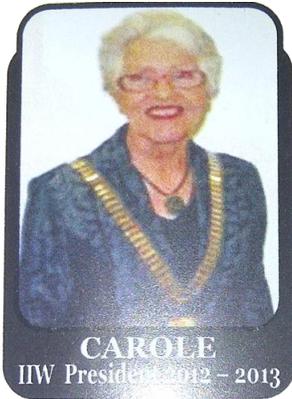


# **WOMEN FOR AFRICA**

**ROLE OF INNER WHEEL**

October 2012



### **WOMEN FOR AFRICA**

Dear Co-ordinator Yemisi and members,

I send my very best wishes to everyone attending this inaugural meeting for "Women for Africa".

Congratulations those ladies who have had the vision and the courage to organize such an ambitious event.

I have read your programme and know that with the inspirational topics and high quality speakers that are on your programme you will have a wonderful gathering and you will be totally enthused and energized by your time together.

Please accept my apologies that I am not with you but please know that I will be thinking about you and I am looking forward to receiving reports after your meetings.

In friendship

Carole

IIW President 2012 – 2013



I welcome you all to the first edition of WOMEN FOR AFRICA, THE ROLE OF INNER WHEEL 2020. This is the first time we are having it in Africa and we are privileged to host it here in Nigeria.

We are not just going to sit and listen but we want the lectures to go beyond this place. We should go back to our various locations and implement what we are taught especially the talk on SOLAR ENERGY i.e. the Connect Project which is in collaboration with IWC of Finland.

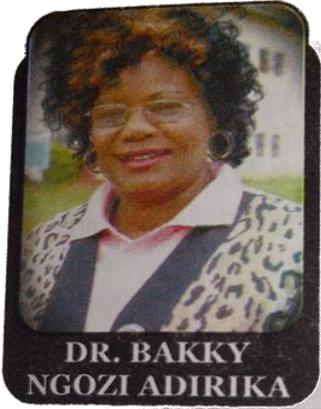
The able Coordinator of this Programme PBD Yemisi Alatise will talk more on this in her Welcome Address. I want to use this opportunity to appreciate PBD Alatise who worked and still working tirelessly to make sure this Programme is successful. I also thank DC Taiwo Adisa, IPDC Julie Shekoni and all committee members include Secretaries of Sessions and Moderators. I appreciate all our Foreign Guests and the Speakers.

Thank you my sweet IW Sisters from all over the country for your contributions. I want us to relax and enjoy ourselves while we purpose in our hearts to go back and implement what we learned here. Thank you and God bless you all. I remain your friend.

Grace Abosede Adekoya (JP)

National Rep/President,

National Governing Body of Inner Wheel Clubs in Nigeria 2012/2013



Dr Bakky Ngozi Adirika is a Nigerian from Anambra State. She is an academic and researcher working at Nnamdi Azikiwe University, Awka. She holds a Doctoral degree in Curriculum studies, A master degree in Educational Administration and Planning, and a Bachelor degree in Education (language). She has over 40 research article, has held many administrative and leadership positions locally, nationally and internationally. She is a chief and Lady Knight of the Church. Her profile in Inner Wheel is significant and motivate younger members to selfless services.

She is married, has five grown children and seven grandchildren.



## THE JOURNEY SO FAR

The journey of the seminar took its step in Finland. It has taken several steps after that and its stepping in Africa through Lagos. It is a great privilege to be part of history. Exchanging notes and letters through friendship has brought us far. The world is at finger tips and knowledge is just as near as another click. Reading through the first seminar paper sent to me by Hannele in year 2009, I was challenged to put up a similar programme in Lagos. How to go about it was another challenge. We started the planning between us, members that attended the Seminar at a lunch table in Turin. Committees were formed and we started planning.

The Seminar for Micro-Credit and Empowerment for the 15th IIW Convention in Istanbul was anchored with my paper and also gave a summary to the general assembly. We are expecting a joint programme on Micro Credit which is still at discussion stage with Sister Clubs in United States of America. We came with flyers and invitation to the Convention in Istanbul. On the last day of the Convention President Catherine Refabert announced that organizing Seminar around the continent is now a project. “Women for Europe” is to be replicated around the world. Here we are in Lagos for “Women for Africa” – Role of Inner Wheel.

We were a step ahead in our vision and glad the dream is a reality today. It’s a challenged conquered by determination to succeed. Just like how Hannele is tagged with Women for Europe in Finland, Luisa tagged with it in Italy. I have also been tagged with it in Lagos.

The concern of helping ourselves through dialogue enlightens and broadens our horizon. We get more educated and we are able to help the less educated in our community. Related problem in our environment is unfathomed in civilised society. Problem divers from community to community so also are needs.

Exchanging views is proving to be a solution from the have to have not’s. I hope the discussion on all topics will open our minds and also help others through our awareness programmes and counselling.

I hope this will be the beginning of many seminars either at the Continental, Regional, and National, Districts or Joint Clubs level. I want to thank all participants for their contribution, both physically and in absentia. Members from various parts of Africa and

Europe, thank you for making the Seminar a success. We shall continue to learn from each other as we exchange views from time to time.

We shall draft a Communique at the end of the Seminar and present same to our House of Assembly as expression of our opinion and solution to some of the problems highlighted by various opinions.

Once again I thank all participants, Moderators, Secretaries, Lecturers, Committee members, Special Guests, and fellow Inner Wheel members.

'Yemisi Alatise

IIW Past Board Director



## **Guest Lecturers**

### **Profile for Introduction**

Name: IIW Ori Obasi, Past District Chairman, District 914 Nigeria

Educational Attainment: B.Ed Education/English Language Studies.  
Master in Ed/Administration

Ph.D Childhood Education (in view) – All studies at University of Nigeria, Nsukka.

Doctor of Philosophy, United Christian University, Denton, USA (Ho)

One time Commissioner for Education, then Hon. Commissioner for Agriculture – all in Abia State.

Happily married to a Medical Practitioner. Six children, five of whom are graduates, last one a second year Law student.

**WOMEN FOR AFRICA  
ROLE OF INNER WHEEL  
TOWARD AFRICA 2020**

TOPIC

**THE EFFECT OF MOTHERS WORDS  
ON  
THE SUCCESS OF THEIR CHILDREN**

BY

PDC ORI OBASI

## INTRODUCTION

“My mother said to me, If you become a soldier, you’ll be become a General; if you become a monk, you will end up as the Pope. Instead I became a painter and wound up as Picasso.”

Pablo Picasso. 1881 – 1973.

These are the words of a legendary Spanish painter, sculptors and ceramist in honour of his mother’s words of love and inspiration. There are numerous other testimonies of successful people attributing a great percentage of the factors leading to their achievements to the influence of their mothers. Have you stopped to ponder the possible secrets of mothers of successful men and women, people of character and upwards mobile persons.

Side by side these great people is another group of underachievers, a group of frustrated and under motivated people. These have high propensity for indiscriminate use of drugs as solace, have destructive tendencies, lawlessness, often involved in examination malpractices, violence and other vices. There is a global concern about the lack lustre lifestyle of some youth causing insecurity and violence in the society.

Interestingly, experts have blamed the ugly, scenario on faulty foundations laid by families. It has been severally opined that many families have abandoned their God-given responsibility for their offspring in pursuits of mundane things. We know that the family is the smallest unit of a society. An aggregate of harmonious and successful families will certainly result in successful society. The reverse of course results into a perverse society.

This paper will examine the power of mothers words and their influence in engendering the success or otherwise of their children. By extension, we will establish the effect of such words and the role of mothers in establishing security in the family and society at large. The all wise God must have a special reason for giving mothers the special role of nurturing the babies from the womb. There are others who also qualify as ‘mothers’ by virtue of having authority over young people. The paper will also look at the role and authority of these other ‘mothers’ and the effect of their mothering roles on children. Talking about potency of words; we ask do words really have power to transform or are these assumptions, imagined or coincidences as exemplified by Picasso above.

The journey will take us through excerpts on mothers who made great differences in the lives of their children. We will examine the role of some of the mothers of successful

people to establish their secrets in nurturing these outstanding men and women to success. It will be pertinent to establish the views of these adults as regards the role of their mothers in their achievements. It is noteworthy that most of the quotations from both the mothers and their children are not paraphrased but quoted directly to keep such words alive and link them to the eventual consequences of these words on the recipients. This paper will also trace child rearing principles and practices of mothers of selected countries.□

Findings show that there is a group of children most adversely affected in their upbringing and the desire for success. This group, which I term “most at risk” span from the exceptional students, the most privileged to the vulnerable.

This topic could not have come at a more appropriate forum than this gathering of great women whom God uses every day to impact lives. The time is equally auspicious when many youths seem to be at crossroads of life unsure of the next turn to take. Some have strayed beyond mother’s reach and carrying out unspeakable deviant acts, exhibiting unbridled appetite for mundane things without earning them. Their actions result in intimidation, crimes and violence.

## **WHO IS A MOTHER?**

### **WHAT ARE THE MOTHERING QUALITIES?**

The new Webster’s Dictionary of English Language defines the word Mother as a female parent especially a woman in relation to her child.

The holy writ tells us that the heavens and the earth were spoken into existence. One wonders why the Almighty who has the power to speak billions of people into existence decided otherwise. In his wisdom, he made mother instruments for bringing children into the world. Motherhood therefore is a divine privilege. The relationship between the mother and her offspring is not just biological but divine. Doctors state that during pregnancy, the foetus receives nourishment from the mother through the placenta. This is the beginning of the bonding between them. Can it be further disputed that mothers are specially ordained to carry out mothering responsibility for the nurturing in the womb.

Mothering refers to that kind of atmosphere that human beings need for proper development. Mothering speaks of the attributes of love, care, warmth, closeness, being available, tolerance, inspiring, motivating, and sacrificial and above all, nurturing expressed through verbal and non-verbal communications. The link between mother words and the success or otherwise of their children is our subject of discuss. Before we establish this link between mother's 'mere' words possibly taking root in the receiver, the unseen chemistry and the resultant effect, it will be pertinent to explain the concept of the word.

In the course of this discourse, we shall meet other 'mothers', not biological, who also have mothering influences over children. Suffice it to say at this point that you are a mother to every child under your roof or under your authority.

### **CONCEPT OF A WORD**

The new Webster's dictionary of English language defines word as a speech, sound or a combination of sounds having meaning and used as a basic unit of language and human communication.

Aiden Chambers [1973] say: "Words are symbols, their power lies not in themselves, but in what they name and stand for all and the circumstances surrounding our experience in coming to understand these symbols". Words form a language and words paint pictures and images on the mind. Words create impressions.

### **DO WORDS REALLY HAVE POWER?**

In the Holy Bible, God says "The words I speak to you, they are spirits and they are life".

Further it states that "Death and life are in the power of the tongue" Prov. 18:21.

Paulo Coelo says "Of all the weapons of destruction that man could invent, the most terrible and most powerful was the word. Daggers and spears left traces of blood, arrows could be seen at a distance ... but the word manages to destroy without leaving clues.

Still referring to the effect of words, F Scot Fitzgerald states: The words seemed to bite physically in Gatsby.

In Ben Galley's conception: "You cannot hammer in a nail with words .... No but you can start a war with them.

Words are seeds. When planted in hearts, they certainly germinate and achieve the purpose for which they have been planted.

Positive words evoke wonder, love, peace, success, joy, hope, strength, comfort, friendship, awe, creativity. Words can inspire, motivate heal wounded souls, challenge. Words can give life, enthusiasm, empowerment, encouragement and solve problems. Words teach appreciation, reward, wisdom, forgiveness, honour, benevolence, honesty, respect, integrity, trust and more.

Conversely negative words can cause anger, disaffection, destruction, enmity, war, defeat, discontent. Negative words can elicit humiliation, rejection, worry, revenge, dejection and more. Words can mock, taunt, shame, demean, destroy, kill, humiliate...

## **UNSpoken WORDS/EXPRESSIONS/ACTIONS**

It is said that unspoken thoughts taken vent in actions sounder louder than gong. Nonverbal language and messages, unspoken thoughts through facial expressions, body movements and eye contacts, a hiss, spiting in disgust, all communicate volumes to the targeted recipient.

A hug, a kiss, a beautiful smile interpret into 'I love and care about you'. A wave of the hand at a performance, applause, even from a distance says 'I appreciate you', you have my encouragement. Further, a deep frown, pouting could interpret into anger or disgust. Fretting can interpret into impatience, silent disapproval. Humiliation, contempt, disapproval, rejection can show without spoken words. These have same effects as words.

Words are very potent weapons that must always be used with wisdom for the good of humanity.

## **SUCCESS**

The New Webster's Dictionary of the English language defines the word success as the accomplishment of what is desired or aimed at, achievement, attainment of wealth, fame, prosperity.

Experts have outlined the building blocks of success to include the following:

Education, skill, creativity, hard-work, character (discipline, honesty, patience), focus, confidence courage, optimism, insight, investing wisely and giving.

Rev Dr Uma Ukpai says 'whoever wants to live big and be relevant must work hard. Hard work remains the bedrock of success.

King Woo, the president of Daewoo Company says about success through hard work 'If you use your brain, it will develop. Real ideas come only when the brain cells are moving. Creativity increases with hard work. Those who work really hard can stretch their intuition.

Bishop David Oyedepo on character as an asset in success states that the 'quality of your character is the foundation for how great your future will be'. Character talks about integrity, trust, discipline, reliability and of course attitude to people and work. Character hasten success. No one succeeds without focus. Is it not said that a ship that has no focus is tossed about by any wind.

Focus of this paper is how mothers can inculcate the above.

How can mothers help their children acquire these building blocks, foundational traits that leads to success?

## **POWER OF MOTHERS WORDS IN FORMING THESE FOUNDATIONAL TRAITS IN THEIR CHILDREN**

It is the greatest desire of a mother that her child should be an achiever, a success in life. It is a great pleasure for parents to watch their children become great achievers. Having established the required traits for success, the crux of the matter now is to establish how mother can train their children to achieve these stated traits.

### **WHEN SHOULD THE TRAINING START?**

Research has shown that learning starts from the womb where the baby understands the voice of his mother. Nurturing starts from the womb. It is a divine requirement for mothers to continue this nurturing for good character and the future of the child.

To nurture denotes to give food, nourish, tend, maintain, strengthen, discipline, educate, school, teach, raise, rear and more. These are of course the basic and divine duties of a mother.

In most African cultures, it is a family tradition for a child to greet parents and elders first thing in the morning and other times, to thank parents after a meal or following the purchase of gift items for a child. Chores are a part of everyday living. Respect is the right of elders. Arrogance is abhorred while laziness attracts ridicule from peers. Parents start early to ensure their children imbibe all these. Does the Holy Word not instruct us to train up a child in the way he should go, and when he grows up he will not depart from it? In tandem with this, a Nigeria proverb says the structure of the tree is achieved from the handling of the tendril. It might be difficult to change the shape once it is formed.

From the above child rearing, every child should succeed but we know that some have done better than others. We will find out reason for the difference even for children who belong to same social stratum.

Next we will see the incredible wisdom of mothers who inspired and encouraged their children to greatness. These are priceless motivational lessons from these amazing women who nurtured their children to their greatness. You will find exciting passion of these mothers who struck extra ordinary strength and will to succeed into their children. Please note that many of these mothers did not belong to the high echelon of the society. In fact Ben Carson's mother, Sonya Carson had only a third grade level education. Ben Carson is a foremost neurosurgeon. After reading through the contributions these exceptional women made in their children's success, we will establish a common denomination running through their child rearing patterns, noting where they laid emphasis to make such great impact.

It will be left to an individual to decide whether their identical testimonies in respect to the influence of their mothers in their respective lives are mere coincidences.

Charity, they say, begins at home.

## **GOVERNOR GODSWILL AKPABIO'S MOTHER**

It is said that he was a baby when his father died. His mother encouraged and motivated him to take charge and work hard. That encouragement has propelled him to greatness and benevolence. By his mother's inspiring words, he grew up shouldering the responsibilities of others around him instead of bemoaning the absence of his.

Speaking of his mother he says: 'I lost my father when I was six months old. I started taking care of others from age ten. My mother raised me to believe that only weak people have fathers.

### **SONYA CARSON – MOTHER OF BEN CARSON**

A mother so loved and encouraged her son in his education that a child written off as dull turned into a foremost neurosurgeon who is now turning around the destinies of children whom many others may have termed lost.

Ben Carson was often taunted and derogatorily called a dummy because of his poor grades at school. His mother saw differently and made the following confessions about her son: 'The doors of the world are open to people who can read. And my boys are going to be successful in life because they are going to be the best readers in school.

Ben Carson writes that almost every day, she would say: 'Bennie you can do anything you set yourself to do.

Still on his mother he adds:

She had so much faith in us we didn't dare fail! Her unbounded confidence nudged me into starting to believe in myself.

### **ANGELINA RICE – MOTHER OF PROF CONDOLEZZA RICE**

(A former National Security Adviser to President George Bush). It is noteworthy that she attained the level of a Professor at the age of twenty-six.

Angelina Rice was said to be determined that racism would never affect her daughter's future. Her daughter's stunning success has been attributed to what she was told by her mother. 'That she was a child of God and could do anything with His help'. She passed on to her daughter a legacy of higher education, sense of self-worth and bold religious belief.

### **ALBERTA KING – MOTHER OF MARTIN LUTHER KING JR.**

She was said to have taught her son that he had inherent worth and in so doing had inspired millions to value themselves and others as the same in the eyes of God. It is said

that after she had carefully explained Black history to her son, Alberta added: 'You must never feel that you are less than anybody else. You must feel that you are somebody.'

## **ROSE KENNEDY – MOTHER OF J.F. KENNEDY AND THE OTHER FAMOUS KENNEDY SONS**

She was quoted once as saying

'I looked on childrearing not only as a work of love and duty  
But as a profession that was fully as interesting and  
Challenging as any other honourable profession in the  
World and that demanded the best I could bring to it'.

Hear her children's testimonies about her: President J F Kennedy writing about his mother said: 'Mother deserves more credit than she gets. She is the one who was there. She is the one who read to us.....She gave me interest in history.

Senator Ted Kennedy intones 'She sustained us in the saddest times by her faith in God.....and by the strength of her character which was a combination of the sweetest gentleness and the most tempered steel.

## **BARBARA BUSH – MOTHER OF PRESIDENT GEORGE BUSH, GOVERNOR JEB BUSH**

It is said about her that by pouring devotion into her children, listening to them and teaching them to care about others Barbara Bush raised two sons who have served the public in political offices, served America with honour.

Her positive, upbeat and can do attitude rubbed off on her sons and when they are faced with major tragedies in office, it was their mother's backbone of steel that influenced them.

## **PRESIDENT OBAMA – PRESIDENT OF UNITED STATES OF AMERICA**

In the introduction to his book MY FATHER'S DREAMS he wrote about his mother's inspiration in his life:

'In my daughters I see her every day, her capacity for wonder.....

I know that was the most generous spirit I have ever known and that what is best of me I owe her.'

### **LAURA BUSH – FIRST LADY OF AMERICA**

She said she often called her own mother just for the comfort of her own mother's voice.

Writing about the First Lady's remarkable energy, a writer stated that 'her mother imbued her with confidence, values and love for reading.'

Laura Bush's mother responding to a question on when she started reading to her daughter responded: 'From the time she opened her eyes.' She cuddled with her mother and listened to wonderful stories that sparked her imagination.

GEORGE WASHINGTON expresses his appreciation for the contribution of his mother's words made to his success thus: '.....All I am I owe to my mother. I attribute all my success in life to the moral, intellectual and physical education I received from her.'

NAPOLEON BONAPARTE agrees with the above assertion and says: 'The future of the child is the work of mothers.'

The mothers cited above overly encouraged their children to success and excellence. There are very many other examples.

Next time you listen to Dolly Patton sing her coat of many colours, you will savour anew the words of that song. She sang that they were not rich but her mother sewed love into every inch of her coat and told her story about Joseph's coat of many colours. Dolly said that the coat brought her luck as foretold by her mother.

Thomas Edison writing about the contributions of his mother that led to his success wrote:

My mother was the making of me  
She was so true and sure of me,  
I felt I had someone to live for  
Someone I must not disappoint  
The memory of my mother will  
Always be a blessing to me

## **MOTHERS NEGATIVE WORDS AND THEIR CONSEQUENCES**

Early one morning, an aggrieved mother held her breasts, facing the sun and made the following declaration, in reference to her son, 'If I suckled you with these breasts, you will reincarnate into a nameless tree in an evil forest.'

That son was lynched and died in the hands of an angry mob, a consequence of his pilfering that metamorphosed into greater evil.

Words sip into hearts, grow and manifest in probably unintended ways.

Another mother casually made a statement about two of her children born on the same day of the month, (one four years older than the other). She said that the older one was useless and so would the other be also.

She reaped what she sowed with her mouth as both have not been able to achieve anything at nearly forty.

Another mother said to her erring child: The way you are going, you will end up in the gallows.

He did.

A wayward girl in response to a question has this to recount about her mother: I have never really had a mother. She has always been too busy to care how we spent our time

after school and in her absence. When she discovered my unenviable ways, she talked down on me and called me unprintable names.

The trauma I felt was enough to crush my soul. To hit back at her, I did worse things.

Even I fear about my life, I.....

A biological son physically attacked his mother. When queried,

He answered that his mother repeated reminded him of issues he never wanted to recall.

He was then a guest of the police.

## **BELOW ARE EXPRESSION FROM MOTHERS TO THEIR CHILDREN ON VARIOUS LIFE SITUATIONS**

You be the judge on the possible resultant effect on such expressions on the children concerned.

<b>POSITIVE CONFESSION</b>	<b>NEGATIVE CONFESSIONS</b>
1. Excellence runs in our blood. Aim for the sky	The way you are going you will end in the gallows. You are an embarrassment to the family.
2. Honour is our identity in this family. Earn it	I wash my hands off you. The allure of poverty has taken the better of you
3. Your kind of humility will take you to great heights.	The wickedness of your father's family runs in your blood
4. I'm waiting for you to be the first doctor in this community	You inherited the traits of weakling
5. You can do it. My spirit tell me so.	You are an idiot. Will you keep making the same mistakes?
6. You are going to be a great lady	Is that you can do? You mates are in the university
7. We do not start challenges. We do not run from challenges either.	You are unable to do what your mates do. Is there any need trying?

8. They are not better than you. Put in more hard work. I'll invest my last kobo to see that you make it.	You have failed again. What else did one expect? We are wasting our money on you.
9. You are amazing. You can do more.	Is that all you can do? Spend all you time playing?
10. We are eagles. We soar higher than other birds.	You started this laziness from childhood. I thought it would have left you by now.
11. My sister was a lot brighter and branded a star at school. At home mum told me that the same blood in her runs in me; with more work that I would also be a star and I became one.	My brother was a lot brighter and more outgoing. He was greatly loved and mother exaggerated it. She said I had better get married. I am separated now without any skill rather I have low self-esteem.
12. Your kind of voice will bring you before kings. I am praying for you.	When others are studying to be engineers, you go about singing foolishly.
13. We are lions in our family. We do not eat grass.	You are a grass-eating animal. You will wash plates for your mates.
14. I love you for your efforts. You will make it.	Is there any need trying again? You will fail again.
15. We guard our values jealousy.	Why don't you do what others are doing to get money? Stay here and wait for your mother.
16. The way you are going, you will never lack.	You are a mistake. Can one truly boast of a child of your kind?
17. My grades were poor in the new school but mum's encouragement was the reason I did not leave school like the others	Mother put me down for every single mistake till I ran away from school.
18. Nothing is impossible to the determined mind.	I have given up on you, fool.
19. I live for the day you will improve on your grades. Study harder.	If death comes now, I will gladly go instead of living with the shame you always cause us.
20. Mum struck up the courage in me and I made it.	
21. Mom beamed with pride when I did well in sports. My inadequacies in	You either did well in academics or nothing else mattered. My singing lessons irritated

academics improved greatly because of my new self-worth.	mum. I soon found my self-worth with no skill and low self-esteem.
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## **MOTHER CAN HANDLE CHILDREN'S HIDDEN DIFFICULTIES AND CHANGE THEM FOR GOOD**

Great ladies, there are mothers who have been able to handle their children's excesses and turned them into greater destinies and great wealth for the society. It takes sacrifice to turn away from developing into miscreants.

A terrible girls would fight every child in the street and fought the mothers who dared to complain to her mother. Her mother ran a terrible blood pressure because of her behavior. Her teacher of Clothing and Design found she was wonderful with her hands. She has excelled in designing.

A very intelligent boy joined a bad gang and was always in and out of the reformatory for deviant behavior. One morning, after saying her prayers, his mother called him affectionately. The youngster expressed surprise because he could hardly recall when last he heard a kind word from his mother. The mother began:

'Do you know that God created you a wonderful child? The evil one realized how great you will be and decided to run you down and to run you out of relevance. Surprisingly, the son reflected on the mother's words for a while and asked in a calm tone: Really, mum do you mean it? The mother held on to that rare opportunity and spoke life and hope into a person that had given up on everything. She enjoined him to always ignore the devil's suggestions which came through the bad gang and spend his energy on school work.

The mother would pray with him every morning. The son is now a dignified university graduate.

Mothers are created with miracle mouth, an extension of the will of the Almighty. A Jewish proverb says that God could not be everywhere, therefore He made mothers.

DENZEL WASHINGTON speaks about his mother's influence more emotionally: 'My mother never gave up on me. I messed up in school they were sending me home, but my mother sent me right back.'

Great ladies, the Almighty carefully fashioned mother to speak to soak up the rain and bring sunshine instead.

### **INFLUENCE OF THE OTHER 'MOTHERS'**

There are other women who by their words and actions can influence the future of young people. They have been included in this paper as the other 'mothers'. They are not biological mothers to children under their authority but their words also have influence over their wards. This class of mothers include step-mothers, foster mothers, teachers, nurses and 'madams'.

A daughter had received so much blessings from her biological mother. The Almighty was to increase the blessings through her former principal. Following a state honours award on her principal, she sent a customized congratulatory card to her. In response to this gesture, her principal wrote that the student in question was only one out of thousands who were her ex-students but had shown exceptional interest in her, the former principal. The principal added that the girl would be blessed as she the principal was. The principal was twice a Commissioner and the student was also twice a Commissioner.

Teachers are destined to be blessings to the children placed under their care. Many teachers have proved so. Some others have treated their students so badly that such students either dropped out of school or continued in school but with wounded souls.

Jay Thiessens wrote on how a teacher's words nearly ruined him because he was unable to read. He said that the last straw that broke the camel's back though came around second grade when a teacher told him that he was stupid. He adds:

'The other kids would call me stupid also and would make fun of me because I could not read.'

ROSA PARKS talked about the great influence of her teacher in her overall success in these words: 'What I learnt best about Miss White's school was that I was a person with dignity

and self-respect ..... and that I should not set my sights lower than anybody else just because I was black. We were taught to be ambitious and to believe that we could do what we wanted in life.'

Rose is said to have entered adulthood with pride and values.

She was deaf and blind from the age of nineteen months. Despite her disability, she was said to have grown to be very successful. She stated:

'It was my teacher's genius, her quick sympathy, her loving act which made the first years of my education so beautiful. It was because she seized the right moments to impart knowledge that made it so pleasant and acceptable to me.....Any other teacher can take a child to the classroom but not every teacher can make him learn.'

## **STEP MOTHERS**

This class of 'mothers' have really offered writers juicy topics to write on as it has become usual that step mothers and step children never get along amicably. Home that should be a place of solace often turns into a den of rancor, squabble, rivalry and grief.

However, there are some documented exceptions. It is stated that Abraham Lincoln's nurse loved him and he in return called her mother.

NURSES: A great nurse told me that her voice was the first that a particularly young man heard at birth. She was the midwife who delivered his mother of the baby and blessed the baby in the process.

Who says babies don't understand words of wise counsel when experts have asserted that the foetus can hear his mother's voice.

If the society must experience peace, every child under one's roof must be sent to school or taught some skill so that he will be independent in future. The saying that an idle mind is the devil workshop still obtains. I agree with those who suggest a symbiotic relationship between husbands and their wards. The wards either earn some 'salary' or learn some trade or both.

The humiliated, injured and dehumanized house help soon becomes a security risk.

## **MOST AT RISK CLASS OF CHILDREN IN THE RACE TOWARDS SUCCESS.**

There is a class of children who are worst affected when considering the effect of words on children's performance. They include the exceptional children, children of highly successful parents, the dull, the disabled and the servants.

### **EXCEPTIONAL CHILDREN**

The exceptional children often come in peculiar ways and are often misunderstood. Some are so intelligent and ahead of their peers that even the teachers misconstrue their 'queer' behavior. They usually spring surprises in the end. By then their mothers would have worried themselves sick or made uncomplimentary remarks about their 'unusual behaviour'. Below is an example.

#### **ALBERT EINSTEIN**

Many had given up on Albert Einstein and wrote him off as a slow learner. His mother Pauline Einstein believed so much in his abilities even when others had given up on him. Einstein stated of his mother: 'It was she who had believed in me when others me off. It is recounted that she literally forced him to study violin that helped him his dyslexia brain learn to focus. Einstein's mother supported his scientific endeavours and believed in him even when no one else did.

#### **CHILDREN OF THE SUCCESSFUL**

Unnecessarily high expectations are usually placed on the children of the successful in respect of their parent's achievement. They are often under great pressure placed on them by the society. Some tell them openly how their performance had not reached an index fashioned by their community. For some of such children, the same parents who over pampered them would turn around to castigate them for not following in their footsteps and brand them underachievers.

How many children of this class strive to reach the standards set by their parents while a percentage see no need whatsoever to strive.

## THE DISABLED CHILDREN

Some disabled children find life very difficult not from their disability but more from the opinion and pity from people including their peers. Low self-esteem can be a deterrent to great achievement. While some have managed to extricate themselves from low stations of life, others are eaten up by self-pity, low self-esteem and a feeling of dejection. In a few cases, even their parents find them embarrassing. It is noteworthy that with encouragement disabled persons still excel and add their quota to the development of the society. Are we not all elated at the performance of the Paralympics who brought honour and pride to our nation? Helen Keller is a wonderful example of those who defied all odds to make it in life.

## SOME CHILD-REARING PRINCIPLES AND PRACTICES AND THEIR EFFECT ON CHILDREN

Globally and in various cultures, child-rearing principle and practices have produced notable effects on the children. The success of one's offspring is the earnest desire of parents. In achieving this many have devised their own styles. In other to survive in the harsh economic conditions, most mothers cannot afford to be complete housewives. How then can working mothers and their children cope?

MARGARET THATCHER -- A former Prime Minister of Great Britain, a highly successful working and busy mother has an antidote to the above:

'I can combine being a mother with being an effective professional woman as long as I organized everything intelligently down to the last detail. It was not enough to have someone mind the children; I had to arrange my own time to ensure I could spend a good deal of time with them.

This great woman places family first before career. Another exponent of placing family first is Sandra Day O' Connor.

SANDRA DAY O' CONNOR – First woman Supreme Court Judge of the United States of America.

She recalls that her mother taught her about the need to do her job and do it very well. On teaching children family values, she states that we deprive children of the exposure to

values, principles and education they need to make them good children. She adds that the joy of the success of our children is one that lasts a lifetime 'far beyond our professional career'.

## TEACHING CHILDREN BY EXAMPLE

Mothers should model what they want their children to learn.

Ako was smartly dressed that Monday morning in his well ironed blue shorts and white shirt school uniform. His mother helped him pack bean cake snacks. She had just sewn one of his shirt buttons. Ako's mother lovingly reassured him that his school fees would soon be completed. Ako and his mother saved some money from the proceeds of the gari sold earlier. The school however would accept payment of the fees, piecemeal.

Ako's father, a carpenter, had left earlier to his work place to see if he could sell his wares to complete the said fees. The headmaster had notified the children of the fee drive the previous Friday. Somehow Ako hoped that the headmaster would go back to his words so left for school.

Midday, Ako and some other pupils were sent home as he had feared.

Some of the children didn't mind going home but AKo was sad for missing his lessons. As he trudged home all by himself, a motor cyclist who had lost control drove into a nearby bush. As Ako dusted himself, his eyes caught a black's man clutch bag. He hesitated in picking it but did, eventually, he found lots of money in it. At home he showed his mother both bag and content. A letter in the bag indicated the owner, Chief Meme, a wealthy cement dealer. Mother and son returned the bag with content to the owner. Earlier in the day, Chief Meme's car had broken down at the same spot – a reason why the bag was found there.

He was so pleased about the child's honesty that he pledged to train Ako up to University level on the condition that he worked hard. Ako doubled his usual hard work and had a university education courtesy of the cement merchant.

## THIS IS TRAINING IN CHARACTER AND HARD WORK

Children learn what they live.

John D. Rockefeller learnt philanthropy from his mother.

Florence Nightingale learnt serving others from watching her mother show compassion to the poor.

#### MORE ON CHILD REARING PRACTICES JEWISH MOTHERS

To give their children a good head start, the tradition of Jewish mothers of blessing and praying for the children is noteworthy. It is said that everyday, Jewish mothers would speak God's blessings upon their children lives and confess God's word upon them. The result is that apart from causing the children to grow in confidence, the words actually follow them and cause them to prosper.

#### TIGER MOTHERS

Tiger mothers include Koreans, Japanese, Chinese mothers and all mothers who insist on excellence.

The courageous pattern by which TIGER MOTHERS insist on excellence is noteworthy. It is said that to the tiger mothers, the word excellence reflects its purest definition. To them excellence means perfection. Excellence means mothers insist on nothing but the best and instil the 'can do' spirit. Prof Chua states:

'Chinese parents demand perfect grades because they believe that their children can get them. If a child didn't get them they believe the child didn't work hard enough. Because excellence is constantly aimed at, failure to achieve it means laziness.'

#### VIOLENCE IN THE HOME

Home was created to translate heaven on earth. Mothers should set the tone of peace in the home. It is the responsibility of the mother to make home an oasis of love and succour. When all else fails, home should be a place of refuge. Therefore when home becomes insecure and that possibly leads to violence, I am sure the Almighty grieves.

Ella Miller wrote: 'Blessed is she who serves laughter and smile with every meal; for her cheerfulness is an aid to mental and physical digestion.'

God made every child unique. This uniqueness, this variety all add to the beauty of existence. These difference should be harnessed for good. A mother should consciously teach and model unity, peace and cooperation, sharing, being one another's keeper,

fairness, respect, forgiveness and above all, unconditional love in the home. This she must do through her relationship with her husband. In so doing, she models these traits to her children.

A mother's habit of comparing her children to the detriment of some often sets off disaffection and sibling rivalry. If not properly handled, such situation can snowball into hatred – a fire whose end cannot easily be ascertained. Dailies are replete with stories of violence among siblings.

Derogatory words of a mother to her child bite harder than anything else. When the home shares hurtful feelings of affection, society suffers as well. Mothers are most significant personalities to their children. Mother's words serves as soothing balm to their children's hurt feelings. Conversely, their hurting words will certainly hurt beyond measure. People have become nervous wrecks, lacking in self-esteem because significant person in their lives talked down on them.

A biological son physically attacked his mother. When queried, he said that his mother continuously taunted him about an issue he never wanted to recall. He was possibly under the influence of drugs. A mother should be the interpreter of unconditional love and forgiveness.

A son set out to study an engineering course abroad. For some twist of fate, he ended up studying Fine and Applied Arts. He was doing relatively well but his 'disappointed' mother never gave him any credit. She incessantly called him a failure. He ended up a drunk always cursing and battering his wife. He had lost confidence in himself as well as self-esteem.

Mothers have driven their children from home into the hands of criminal gangs through their hurting words.

We will keep sounding this note that every woman should be a mother to all children under her authority. Some mothers do dehumanize other people's children that these children can get involved in criminal activities to get back at those who hurt them.

Further, as much as is feasible, we should be kind to neighbours. A jealous neighbour's child can constitute a security risk. Give a helping hand whenever you can. You may be saving the society some agony.

Frustrations have given vent in ways that are inimical to the society.

## RECOMMENDATIONS

1. Characters training should be given proper attention in the curriculum of the nursery, primary and junior secondary school levels of education – the foundational classes.
2. Girl child education should be given greater emphasis. Most action of mothers are often borne out of ignorance and frustration.
3. A well-articulated welfare scheme for the youth to get them gainfully occupied should be a priority for governments as well as well-meaning citizens. That will help a great deal in curbing youth restiveness.
4. Women empowerment programmes should be properly implemented. Hurting words often emanate from frustrations as a result of harsh economic conditions of families.
5. Gender stereotyping in government appointments should be reviewed. Women can influence the destinies of nations for the better.

I owe to my angel Mother

ABRAHAM LINCOLN

This is a credential that every mother should aspire to have from her children. This paper has been a journey to establish God's reason for joining mothers in the mission of procreation. Mothers are special gifts to nurture children to greatness through the use of the right words. Mothers should make homes heaven on earth as they have been divinely programmed to add spice and meaning to family life.

We should celebrate all great mothers who have raised great children. Examples abound of these mothers who through love, character training, words of encouragement and more have helped their children succeed.

Skill and proper character training are sine qua non in achievement and success. These are not dependent on family status. Success depends more on mother's show of love, care, her wise use of words that motivate, inspire and encourage. Success mainly calls for mother's capacity in infusing optimism, confidence and reasonable self esteem in their

children. That is why children of the poor also succeed. Firm early foundations form lasting blue print for the adult that the child grows into.

Notably, words are very potent weapons. They can build and they can destroy. There is therefore no substitute for a mother who uses her words wisely. Mothers must note that every child under one's roof or those they have under their authority should be handled with love to avoid the ugly consequences from wounded souls.

In considering child rearing principles and practices, the general opinion is that modelling (teaching by example) seems the best and that peace and harmony in the family should take priority attention.

Finally, violence in the home has also been attributed to and very possibly emanates from mother's use of words that wound the soul.

Distinguished ladies, motherhood is a divine privilege. Its attendant responsibilities must be carried out to the optimum. Together we can remake the world.

The nations are looking that will create beautiful destinies for our children.

Thank you great women of Africa and May the Almighty bless you all.



Hannele Karhunen, Master of Education, Senior Lecturer (retired)  
Laurea University of Applied Sciences, Espoo, Finland.

#### INNER WHEEL CV

Name Hannele Karhunen, Espoo-Tapiola IW Club, District  
No. 142 Finland

#### Past Offices held in Inner Wheel

Club Secretary 1988/89, Club President 1993/94, District Treasurer 2001/02, 2002/03,  
District 142 Chairman 2003/04, National Council Vice President 2006/07, National  
Council President 2008/09, 2009/10 and National Representative 2008/09, 2009/10

#### Conventions

Kota Kinabalu (Nat rep.) 2009, Istanbul, Turkey 2012 Seminar Leader: Extension and  
Retention

#### European Meeting

**Cologne**, Germany **2008**, **Tampere** Chairman of Organizing Committee 2009,

**Montreux**, Switzerland 2010

#### **Women for Europe – the Role of Inner Wheel**

**Naples**, Italy Workshop leader Job 2008, Girne, North Cyprus 2011, **Tuusula**, Finland,  
Chairman of Organizing Committee 2011, and **Turin**, Italy 2011

#### **HANNELE KARHUNEN**

National Representative 2008-2010

Suomi-Finland

Women for Africa

Lagos, Nigeria

November 2012

International Inner Wheel – our possibilities to make a change

International Inner Wheel is one of the largest women's service organizations in the world. We have nearly 100,000 members in more than 100 countries. In our work we meet many challenges such as the rapid changes in the modern world. In the Convention April 2012, International Inner Wheel President Catherine Refabert informed us by saying "It is the start, I hope of the «Renaissance» of IIW in some of our main countries.

Now we need to work hard to rediscover the good years of our expansion during the last decades. Now we need to reach and strengthen our leadership of women's service clubs, dedicated to the good of others. Now is the time to ensure that IIW overcomes its difficulties so that it is crowned with success. The time for procrastination, for talking is over. Now is the time to galvanize all clubs to move forward. We have no other choice. The way forward is clearly marked; we must follow it without hesitation and succeed in meeting our challenge of being a model for service clubs through the world. Now we need to build on good fellowship, and we need to champion humanity.

Furthermore, now we have to build a bridge towards the future with the hope that we understood during this convention, some of the important messages connected to a conscious development of our association. We know what are the steps, which will ensure the future growth of IIW."

Nothing happens in one day. There has been a long-lasting process before we have been able to understand the needs in the present world. We in our organization focus on Friendship, Service and International Understanding. Under our Theme "Be A Friend" we are able to work locally or worldwide. IIW President Carole Young has expressed her thinking in following way: To you all, I commend our "Happier Futures" project for the three years till our next convention and I hope that you are all finding it satisfying to work under this "umbrella". I know that many are very pleased to be working at something "local" which also fits in with our international project.

Towards the end of our Inner Wheel year, each club and district will be asked to submit information that will indicate how many hours and how much money has benefitted however many people. It is hoped that this will give our organization a much higher profile than we have had from past international projects. We should be proud of our achievements to help children around the world now by helping them to have Happier Futures. Surely this is all part of our aim to be Be A Friend.

In the process a very important role has played the ongoing series of international conferences Women for Europe in Naples Italy, Girne Northern Cyprus, Tuusula Finland, Turin Italy and now Women for Africa in Lagos, and later I hope Women for the World. These forums have opened our eyes in a concrete way.

Today, we are focusing on some of the results of the process. Mrs. Catherine Refabert gave her support for starting new projects in her speech in Turin. It was discussed that Inner Wheel as an organization should cooperate for instance with universities in joined projects. Universities can and should have a more active role in promoting social responsibility thinking and take more actions to make a change. How can we make the changes? According to my understanding these forums are the key factors. We can share our knowledge; we can be linked together and with other partners in the networks.

Laurea University of Applied Sciences in Connect project is looking for new approaches in building links between Finland and various African countries.

Mrs. Ritva Jäättelä will next be inviting you to engage in planning, how to build the needed bridges between the companies, universities, and volunteers in our countries. Through these networks the children in schools and hospitals can be helped by providing reliable energy solution.

International Inner Wheel has a very important role to play in connecting the right people and working together towards the goals, and Women for Africa Conference can help as to make a real change for the better of children, families and as well the members of our organization by being a model for service clubs throughout the world.

<http://www.internationalinnerwheel.org/Convention/index.html>

<http://www.internationalinnerwheel.org/IIW-Preseident-Message.html>

Women for Europe Conference notes



Ritva Jäätelä

For the past 15 years Ritva Jäätelä has been working as Senior Lecturer at Laurea University of Applied Sciences. Before joining the University she worked in international trade with the paper industry. Ritva Jaattela holds a M.Sc degree in International Economics from Helsinki School of Economics (Aalto University) and a Vocational Teacher Qualification.

International aspects of her career at Laurea UAS include international partnerships and joint programme negotiations and EU projects contributing to the international business skills of small companies. She has experience in working with small companies and students on joint projects in the field of internationalization, marketing and business development.

Ritva Jäätelä holds several positions of trust at Laurea UAS. She is Deputy Member of the Board of Laurea University of Applied Sciences, Member of the Laurea Board of Examiners and Member of the Editorial Board of Laurea RDI magazine. She is also Deputy: chief shop steward for Laurea research and teaching staff.

Ritva Jaattela is a member of Inner Wheel Espoo-Tapiola club

#### NETWORKS FOR RENEWABLE ENERGY IN AFRICA – INNER WHEEL’S ROLE?

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I would like to begin by thanking the National Governing Body of Inner Wheel Clubs in Nigeria for this possibility to speak to you today. My father used to say, that if you do the same things you always did, you’ll get the same results you always got. Today, efficient renewable energy solutions, suitable for Africa, do exist. But they cannot reach the

markets. We are looking for new sustainable to enable their market entry. We invite Inner Wheel to engage in co-creating sustainable network models to facilitate this together with us.

Inner Wheel is about Friendship, Service and International Understanding. The theme of this year: Be a friend – contains elements, such as caring and sharing, supporting each other's goals and bridging through distances and differences. Our CONNECT – project is contributing to similar goals. Not the traditional way, but, as my father said, to achieve something new, things need to be done differently.

I come from Finland. Some of you probably wonder what Finland is. Finland is a small Nordic country, with only 5 million inhabitants, that was ruled by its neighbours Sweden and Russia until Independence in 1917, followed by a Civil war in 1918. Finland is an open, highly industrialized economy based on high technology manufacturing and knowledge-intensive services. Significant public spending is allocated to research, development and innovation. Quality of products and services is high. Our educational system consistently ranks as one of the best in Europe and the world. Women have traditionally had a strong position in the Finnish society. Finland was the third country in the world to give women voting rights, and the first ever to have female Members of Parliament. Today Finland is an egalitarian, tolerant and progressive society.

As you all know, energy is scarce, particularly so for the people in Sub-Saharan Africa. Improved access to energy is transformational in terms of improving conditions of living, creating new jobs and business possibilities. Access to energy can be seen as a precondition for poverty reduction and for giving children a better life. Renewable Energy solutions are particularly beneficial, as they can be implemented in small scale, in locations without grid access and used as reserve power. With African renewable energy resources, dependence on foreign fuel import could be reduced. Renewable Energy solutions can help to counter fight deforestation and environmental degradation as well as pollution. The use of renewable energy solutions is steadily increasing and these previously uneconomic sources of energy become more economical to exploit.

Small western solution-providers are unable to reach African customers.

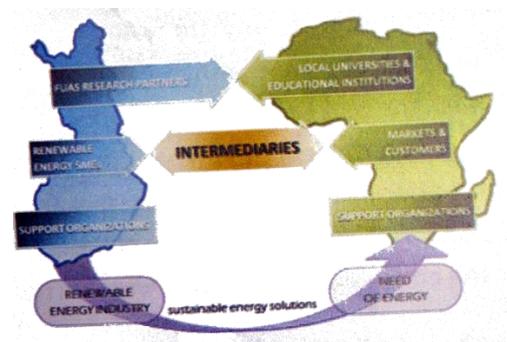
In many cases, Finnish small technology-oriented companies have developed solutions that are more suitable for developing regions than those provided by global multinationals. Nevertheless, these solutions seldom reach developing markets. The economic, geographic and cultural distances between home and target countries are too

wide and small companies lack market understanding. They often do not have the funds needed to search for partners, sales channels and customers on these distant markets and they do not know how to work with local intermediaries and customers.

Now we have tried to figure out how to overcome these obstacles. Together with companies, universities and students and other stakeholders we aim to create new ways to build up value networks to enable market entry and presence in Africa for sustainable renewable energy solutions.

One, up till now relatively little utilized resource are the African students and expatriates in Finland. They master their own culture and have learned to understand and operate in the Finnish society. Their value as cultural translators and bridge builders is currently neglected and thus the opportunities are wasted. They could operate as intermediaries and help the renewable energy solutions to reach African customers.

Another opportunity lies with university collaboration. We believe that universities should play an active role in supporting local companies in their regions. Though university collaboration, transfer of technical knowledge, business practices and market and customer understanding could be done for the benefit of local companies in respective regions.



Third, the potential roles and support mechanisms provided by non-governmental organizations (NGOs), financiers, trade unions and governmental entities need to be investigated.

For sustainable networks, the benefits needs to be there for all network members. For Finnish universities and companies the gains are clear: improved access to and skills to operate in these markets. The desired gains for African stakeholders will need to be defined further, and we hope that you would work with us to design network models that can deliver benefits for African network members. I do hope you will see the potentials benefits of the collaborations and a role for Inner Wheel in different levels.

### Networks for renewable energy in Africa – Inner Wheel’s role

As individual Inner Wheelers, I hope that some of you would engage in discussion to help us to understand the potentials, limitations and benefits involved from your point of view. Maybe some of you would be interested in facilitating contacts with universities,

intermediaries and/or facilitators or developing the international business skills of students and local businesses, and in supporting their collaboration with foreign companies.

As an organization, I would ask you to consider the possibilities of InnerWheel in assisting in connecting local customers with renewable energy suppliers. Local customers in need of suitable renewable energy could be assisted by fundraising.

I thank you deeply for your attention. I hope to have raised your interest and that many of you will during these days come to discuss with me on CONNECT networks. Both to challenge our thinking and to build on these ideas. What kind of networks to build, how they should function, what benefits they should provide and so on?

I look forward to further developing these ideas with you. Women are the change engines of the world. Thank you!



## **WOMEN FOR AFRICA**

### **THE HEALTH ASPECT, FOCUSING ON FISTULA**

#### **INTRODUCTION**

Thank you for the kind invitation to WOMEN FOR AFRICA in Nigeria, an invitation I sadly had to turn down out of family reasons. My eldest sister who lives in the USA will celebrate her 79th birthday on 5th November. As she is under treatment for bone cancer, I felt this time that family comes first. My dear Finnish IW friend, Hannele Karhunen, will give this to you all. Good luck with the conference.

I joined IW in 1987 because of our third subject «to foster international understanding». Since I did International Studies in the early Nineties and had my project work in Malawi among locals and refugees from Mozambique, Africa as a whole has become very dear to me. The strong and proud African woman impresses me, and the vulnerable and 'left-out-of-society-woman' makes me show empathy. Both groups are important in the picture of Africa.

Our national international project has since January 2006 been working for the fistula women in Ethiopia. Suffering from fistula is widespread in many African countries, also in Nigeria and the neighbouring countries. However, my firsthand knowledge is about the Ethiopian victims.

#### **ETHIOPIA**

Giving birth to a child in this country means that both the mother's and her baby's lives are in severe danger. Approximately 9,000 mothers and babies experience this every year. This tells us the cold facts that 9,000 babies have died and just as many mothers have been injured for life by fistula if adequate help is not given - every year. This also tells us that there are thousands of women already in desperate need of surgery – hidden and forgotten because of the smell they produce.

So what is vesico vaginal fistula? The simplest way of explaining it is that there are unnatural openings/rifts in the birth channel because of an endless delivery. After up to

one week in pain, the baby is dead and urine and, in the worst cases, also faeces run freely from mother.

Why do so many have to carry this awful burden? First of all because of the lack of professional help while giving birth, the young age of the mothers not fully grown physically, vary often with a too narrow pelvis. Some of these girls have become pregnant after being raped, and some of them have been damaged because of rape. Sometimes the reason is cultural like in the Blue Nile Valley where tradition implies that the girls/women should deliver solely on their own, in the worst cases, the reason is FGM female genital mutilation, third degree. In those districts, this is seldom the case.

With the injuries described above, the women, often girls down to the age of twelve, have to stay away from their families, their husbands very often abandon them. They have to live outside their village, wash their clothes at night and some beg at the roadside. This was how the bishop in Begi, Kes Michael, discovered them and started to bring them back to life.

With proper surgery they can return to a somewhat normal life, and when they have to deliver a possible new baby in hospital, a caesarean is needed.

#### WHY THIS PROJECT

It all started publicly with the annual TV fund-raising campaign by the national broadcasting corporation, NRK, in 2005. The network organization for all women organisations in Norway, FOKUS, Forum for Women and Development, were given the opportunity to broadcast all their projects and campaigns daily a month ahead of the actual fund-raising day. The money collected, FOKUS would get for their already chosen members' projects. To be precise: I had heard about fistula from my son two years before, when he challenged me as a member of IW to support this unhappy group of women/girls. I started collecting information about the fistula hospital in Addis Ababa, fistula patients and organisations involved in June 2004 since FOKUS had decided to focus on violence against women. The fistula women, as I saw them, endured violence in many levels. At that time I was in charge of the IW projects as the Council's ISO, called RISO, in Norway. I asked FOKUS if they would support an application from IW. After many butts, they used our project for what it is worth as one of their main issues, with films and also with Dr. Catherine Hamlim as a guest of honour at the fund-raising day itself in October. I was told later that our project was the heart mover and in turn the purse opener that Sunday evening. The result was more than NOK 100,000,000 out of which IW got NOK 1

million over a three-year period. Women and girls matter. So we called our project: A Life in Dignity.

### **PARTNERS:**

The butts I mentioned earlier were concerning partners in Ethiopia. In IW we do not have clubs between Egypt and Kenya. So we couldn't use our own organization. Finally, I came up with Norwegian Mission Society, which focuses very much on health. The Mekane Yesus, an Evangelical church, is their partner in the Western Wollega region close to the border of the Sudan. For follow-up of this and other projects a representative from NMS is present in Addis-Ababa. Earlier IW Norway had been working at a project with NMS for 25 successful years to build and maintain a leper hospital in Madagascar.

### **IN BEGI:**

We began our project by building a house, it was actually nearly ready, so we had a flying start. It contains three big rooms: one office for the manager, one room for the women on their way to hospital, and one room for the women who have returned after surgery in Addis Ababa for reintegration with a normal society. Behind this house two similar houses have been built, one for food and the other for hygiene. The next thing on our project was a car to use on the long distance to the Hamlin Fistula Hospital, a Toyota, big enough to transport five adults, the male driver, the female manager of our project and three fistula women. This tough kind of pickup also had room for staying overnight if the fistula women were not admitted into a hotel because of the smell. The affected women came, and they still do, to the Synod, regardless of religion, Muslim and Christian alike. The car is also used for getting local women to hospital for delivery if a caesarean is needed. At present Begi has enough donors so that the house is kept in order and women in need is transport to Addis. The car is another matter, the main road is not exactly a motorway.

### **IN BODJI**

The closest synod to Begi is Bodji. The local bishop and his staff wanted to take part in this new healing of women, too. We started a paralleled project with the TV campaign one. I am not only surprised by how much IW members contribute financially, but also deeply moved by both their commitment and their loyalty to the chosen project. We voted for it democratically, of course. Our collected money from our own members were given to search for fistula women in Bodji first. By now we had fistula 1 and 2. Teaching about the

root causes of fistula is vital. Men are taught by women in both synods, each with a bishop wanting the best for women. Some women have been hiding from society for twenty years. They experience that life has been given back to them. Begi and Bodji are situated approx. 700 km from Addis. Parts of the new road to Addis were built several years ago. Because of the lack of roads, it was easy to hide for a fistula woman, so mapping has been a problem.

#### OUR PROJECT AT PRESENT:

We have been present in Western Wollega for nearly six years through our partners. Twice I have had the opportunity of visiting our projects, in the autumns of 2006 and 2008. The two doctors Hamlin, Catherine and Reginald, gynaecologists from Australia and New Zealand came to Addis to work for a year in 1959. They saw the need for help, they started their hospital known among doctors all over the world, and they are educated surgeons with their method. Doctors are still coming. Only Dr. Catherine is alive today, but not on duty. The treatment at the hospital is free, because it has a lot of rich donors. The women in need of an operation is more vulnerable, though. How to get there? Who is to pay the fare? This is where we can help. And we do. The injuries from Fistula have caused some women unable to walk. They have to go through a physiotherapy programme to learn how to walk again. This has to be done before the actual operation as it is vital to be able to move about after a surgery.

What about the less than 10% who is not healed? Some can stay at Desta Mender just outside Addis. They live in houses with 10 women in each and are treated medically, work the vegetable garden and deal with the farm animals. The newest addition of Desta Mender is the Midwifery School. Inner Wheel Norway has paid for four midwife students. This year they have their degrees and they are off to their homes districts, two to Begi and two to Bodji where they will open up small midwife units. In order to prevent fistula, it is important that medical help during pregnancy is available. So far we haven't decided to send another four to the midwifery school. Personally I think this is a good investment for the future. A midwife can tell whether a woman is in need of a caesarean operation or not. There will be less fistula patients. Therefore this knowledge will be beneficial to whole societies and women in particular. We have not so far decided to end this lifegiving project.

Parallel without fistula project in Bodji Inner Wheel Norway gives the entrance fee of 10% over a three-year period to a women empowerment project. The state of Norway's

development programme pays the lacking 90%. A good deal, so to speak! This programme also includes information for men, never too late to learn, also for them! The percentage of FGM has been reduced in this area. There is a film about four fistula women on Utube called 'A Walk to Beautiful...' with both a long and short version. You will never forget or regret watching it! 'Be a Friend' also in need!

I wish you all a healthy life and Thank You for listening!

## **Florence Ngozi Okwudili**

### **Building a stronger Community. Moving beyond our Moral Belief System Women leading the way**

Virtue ethics believe that something important is missing in modern ethical theories that focus on what we ought to do. They believe that we should be equally concerned, or even centrally concerned, with the question of what character traits we ought to develop in ourselves. Although, we may be known as expert on what we ought to do, it is obvious that we sometimes devote little attention to the question of who ought to be as a person. It seems that something has gone seriously wrong with our approach to ethics of the world.

According to virtue ethicist, these kind of problems can be avoided if we start not with a set of rules or theories, but by developing worthy character traits in ourselves. This process requires experience, thought, and effort, but it leads to a depth of moral wisdom that cannot be acquired simply by learning a theory or by following a set of abstract rules. With moral wisdom comes the ability to make the right decisions in morally puzzling situations and the ability to flourish as a human being – to live a good, sane healthy life and have a meaningful human relationship. If we approach one moral lives in this manner, our character, motivation, emotional responses and actions will form a coherent package that is informed by the moral wisdom we have acquired.

Intellectual virtue enables us to think rationally, whereas, moral virtues enables us to handle our desires and emotion rationally. Practical wisdom is an intellectual virtue, but it is needed for the exercise of every moral virtue. To exercise a moral virtue, we must find the means between the two extremes of defect and excess. E.g. courage is the means between cowardice and rashness and justice is the means between suffering injustice and doing injustices. There are no rules or formulas for finding the mean, and we cannot determine where the mean is to be found independent of the circumstance in which it occurs. Moral virtues are acquired habitual action and practice. According to Aristotle, the natural outcome of exercising a moral virtue is a right action, if we cultivate the right action in the situations, we ourselves, then will naturally perform right actions in the situations we encounter.

How then can we as Women in Nigeria begin to apply Virtue Ethics in relationship to our family, society and in our work place – while focusing on forming a stronger voice.

I will be exploring some belief systems that helps us form the person we are and how our actions can be determined by combining our moral belief systems with practical wisdom, moving past these belief and helping to build a stronger community that is not only governed by morality, but by what is right.



**BUNMI LAWSON, MBA, FCA**

**Managing Director/CEO**

**ACCION Microfinance Bank Limited**

**Lagos, Nigeria**

Mrs. Bunmi Lawson is the pioneer Managing Director/Chief Executive Officer of ACCION Microfinance Bank Limited. ACCION prides itself as a model microfinance bank with unique and well research products and services to delight its customers. ACCION Microfinance Bank led by Bunmi Lawson commenced operation in May 2007 with one branch and 18 staff and has today grown to over 60,000 customers serviced with 12 branches and over 200 staff members. ACCION MFB has disbursed over N9bn to date in loans and has total assets of over N1.8bn. Its shareholders are ACCION Investments, CitiBank, Ecobank, International Finance Corporation, SME Partnership I & II and Zenith Bank.

Prior to joining ACCION, Bunmi was the Executive Director of FATE Foundation Ltd/Gte, a leading business development service provider, a co-owner and Executive Director of VLA Lawrence & Associate, a leading Human Resources services organization and has over 24 years post graduate experience in finance, insurance, marketing and auditing.

Mrs. Lawson holds a Masters Degree in Business Administration from the IESE Business School, University of Navarra and is an alumnus of the Lagos Business School. She is a fellow of the Institute of Chartered Accountants of Nigeria and a member of the Technical Research and Public Policy Committee of ICAN. She has attended several courses both locally and internationally at renowned institutions including Harvard Business School, INSEAD and the Boulder Institute for Microfinance and successfully completed the CBN/CIBN Microfinance Certification Programme. She has presented several lectures locally and internationally in Microfinance and other areas of capacity building for small scale industries and young entrepreneurs, SME Financing as well as been part of special workgroups on various topics bothering on several aspects of the Nigerian economy.

She is a mother with 2 lovely children.

**FEDERAL MINISTRY OF  
ENVIRONMENT  
LAGOS ZONAL OFFICE**

**FLOOD PREVENTION**

**AND CONTROL**

A PAPER DELIVERED BY

**ENGINEER A. I. ADEFULE**

DEPUTY DIRECTOR

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MANAGEMENT DEPARTMENT

# FLOOD PREVENTION AND CONTROL

OUTLINE

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CAUSES OF FLOODING

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## INTRODUCTION

The first incident of flood in the history of man was recorded in the Bible and Quran

Genesis 7<sup>11-12</sup> reads:

“In the six hundred year of Noah’s life, on the seventeenth day of the second month – on that day all the fountains of the great deep burst forth and the flood gates of the heaven were opened. And rain fell on the earth forty days and forty nights.”

This incident was caused by two natural disasters namely:

Eruption of massive reservoirs of subterranean waters caused by the earthquakes and tidal waves.

Torrential rains that fell for 40days.

The result of this universal flooding was the greatest global catastrophe recorded in human history. All living creatures died, both floral and fauna, except Noah and his household and other animal in the ark.

The cause of this flooding was manmade – this sins of men, which brought the natural disaster unto the earth. This means that flooding can be disastrous especially when human negligence sets in.

## **DEFINITION**

Flood is any abnormal high water stage of flow over land from a stream, flood way, lake or coastal area that results in significant detrimental effects.

Flood is a large or great quantity of water covering a dry land, as a result of natural or man made causes.

## **TYPES OF FLOOD**

OCEAN SURGE – When the ocean overflows to the land

RIVERINE FLOOD – When water bodies overflow their banks to dry land.

Urban flood – When flood control infrastructures cannot support the population

FLASH FLOOD – When there are cloud bursts especially in the desert regions.

Dam burst – When dams fail or overflow their boundary.

## **CAUSES OF FLOODING**

Flood can be caused by inadequate drainage of low-lying areas. Others are high intensity rainfall of long duration, silted channels, urbanization, deforestation, climatic change and human activities. All these can be grouped under two headings – Natural and man made.

### **NATURAL CAUSES OF FLOODING**

Nature of Topography: Flat land surface accumulate and retains water, while slope surface aids run off and water flow.

Climate:

- (a) High intensity of rainfall causes flooding
- (b) Global warming causes sea rise resulting in flooding
- (c) Tidal wave affects sea level causing flooding
- (d) Sea surge causes back flow of sea water into the drainage channels

**Water Table** – High water table or high level of underground water aids flooding during rainfall.

**Texture of Soil** – Low soil permeability encourages retention of water, such as in clay soil areas.

**Water Bodies** – Proximity or contiguity of water bodies such as seas, oceans, lakes, big rivers etc. aids flooding in such areas, especially during heavy rain fall or snow.

## **MAN MADE CAUSES OF FLOODING**

**Agricultural Activities** – Deforestation, bush burning, overgrazing and other bad agricultural practices aid floods in exposing top soil.

**Population Explosion** – Population pressure as a result of urbanization exerts the existing facilities and makes them inefficient, thereby causing flooding.

**Lack of Coordination in Urban Planning and Development** – engineering activities such as construction of roads, drainages and other physical structures and installations if not well coordinated and executed cause flooding, as they can block the flow of channel water or collapse of flood control measures.

## **FLOODING CAUSED BY WASTE DUMPING**

**Level of Awareness and Education:** Poor level of awareness or lack of education of the general public always leads to carefree attitude, abuse and willful damage of flood control facilities. The citizens pay dearly for this during rainfall.

**Sinful Nature of Man:** The first incident of flooding was as a result of man's sins, disobedience to God and lack of love to our neighbours. Man is yet to desist from these sinful acts, and this is the cause of disasters leading to flooding all.

## **EFFECTS OF FLOODING**

Floods inundate properties and endanger lives, prevent the economic use of lands for agriculture and urban purposes.

The effects of flood include:

### **ROADS AND DRAINAGES**

Flood affects roads and drainages in many ways:

Flood causes road wearing which results to failure of roads surfacing materials including the base and sub-base materials used for road construction.

Flood causes traffic congestion, increases traffic load per unit time, when vehicles move slowly on the road and this also leads to loss of economic time.

Flood causes sedimentation on road ways, from debris and sand deposited by flood water. This causes silting and blockage of drains, thereby increasing flooding.

### **BUILDING STRUCTURE**

Flood has negative effect on buildings.

It increases consolidation settlement in buildings which may cause foundation failure or total collapse.

Flood causes water rise by capillary and weakens block walls or buildings.

Flood damages properties and render people homeless.

### **AVIATION INDUSTRY**

Flooding affects aviation industry adversely.

It creates extra hydrostatic pressure on the surface of runways.

It creates slippery surface for landing and take off.

Flood causes failure of rigid pavement runways.

It affects aviation control installations.

### **FARM AND AGRICULTURAL PRODUCTS**

Agricultural activities are affected by floods.

Flood washes away fertile layers of soil and ridges required for bounty harvest.

Flood damages products ready for harvesting

Stagnant water kills plants and exposes tubers to damages

Flood affects farm structures and endangers livestock.

## **TELECOM, ELECTRICITY AND OTHER INSTALLATIONS**

Flood disrupts installations meant to provide services for the citizenry.

Flood can pull down installations which can be a high level risk to human beings.

It can affect the normal working condition of these installations.

## **HUMAN HAZARD**

Flood pressure can sweep children and even adults away.

It may drown human beings or cause injury and permanent disability.

Water is a conductor of electric current, therefore flood may cause electrocuting or death.

## **RECENT FLOOD DISASTERS IN NIGERIA**

**As a result of overflow of River Niger, torrential rainfall and** release of water from Lagdo Dam in Cameroon all the communities along River Niger and Benue were affected by flooding.

In Kogi state, the release of water from Kainji and Jebba dams affected Lokoja, Koton karfi, Idah and Dekinalo local government areas. 5000 homes were submerged by the flood. Lokoja-Abuja expressway areas was divided into two by the flood, preventing free access to the nation's capital.

In Edo State 370,000 persons in over 20 communities were rendered homeless. Estako Central, Estako East and Estako South East local government areas were affected due to over flow of River Niger.

In Anambra State, Ogbaru Local government area lost 750 hectare of rice and yam farm land to flood. Four communities were submerged in Ayamelum Anambra West local government.

In Niger state, 14 local government areas were affected as a result of overflow of River Niger.

In Anambra State between 15-18 people were killed due to overflow of River Benue.

In Cross River State 49 communities in seven local government areas of Yala, Ogoja, Ikom, Obubra, Abi, Biase and Odukpam lost yam, cassava, vegetable, cocoyam, melon and other cash crop farms to flood due to water from Lagdo Dam.

In Kano State numerous communities were submerged as a result of Warawa Dam collapse.

In Kaduna State thousands of residents in Kaduna metropolis were displaced by flood from Kaduna River.

In Benue state 25,000 people were displaced by flood arising from overflow of Benue River.

In Lagos ocean surge killed at least 10 residents of Kuramo Beach.

The list is endless, floods are here with us as a result of climate change, heavy rainfall and non sustainable human activities and development.

## **FLOOD PREVENTION**

Since we are resident in Lagos State, it is good to know and be aware of the climatic and prevalent flood conditions. Lagos is located in the equatorial zone and therefore experiences two seasons of rainfall of eight to ten months of rain in a year.

Total annual rainfall in Lagos exceeds 1,750mm, flooding occurs when heavy rainfall exceeds 100mm per day which is more prevalent in the months of April and July due to the effect of global climate change (formally it was between June and July). To prevent flooding in Lagos State, residents must be aware of the peculiar nature of the environment and be able to take necessary precautions.

### **TIDE AND RISE IN SEA LEVEL**

Lagos is a coastal state, surrounded by water bodies. The level of the sea and the lagoon is a major factor that determines flooding in Lagos.

Tide is the gravitational effect of the sun and moon on the earth. The moon and the sun created gravitational forces and these forces set water of ocean basins in motion. This motion resulted in rise and fall of sea level, it is more prevalent in September to October.

### **STORM SURGES**

Storm surges are seasonal and occur between April to May and August to September when the sea level increases.

During high tide and storm surges, sea and lagoon water rise and this causes flooding of Lagos streets, because of proximity to these water bodies. Lagosians needs to be aware of these phenomena and plan for flood free Lagos.

### **SOLID WASTE**

Lagos is a metropolitan state with high population, and the quantity of solid waste generated is also high. Many drainage and channels are usually blocked due to indiscriminate dumping of solid wastes. This is a very poor hygiene and bad attitude by Lagosians.

**Everyone is guilty:-** those who eat snacks in the bus or along the road and throws the rappers on the streets, those who patronize truck pushers to dispose their domestic wastes, those who personally dump their wastes on the ground or drainages, those who refused to participate in the sanitation exercise by clearing the drainage in front of their houses.

## **TOPOGRAPHY OF LAGOS STATE**

A large part of Lagos state is low lying in comprising to the sea level therefore high gradient or slope meant for water to flow in the construction of drainage channels is difficult to achieve. Even with these minimum achievable gradients, the people of Lagos still reverse this with sediments and solid waste deposits thrown into the channels. This is why most drainages in Lagos are not flowing, thereby causing flooding at every rainfall.

Constant de-silting and clearing of the drainages around our houses is very necessary.

### **CHANNEL BLOCKING**

Channel obstruction by buildings, make shift stalls and other structures are common in Lagos State. These blockages restrict storm water flow, resulting in flooding.

Yielding of right way to drainage is of utmost importance in combating flood in Lagos State. It is therefore essential to demolish such structures that are blocking free flow of drainage channels.

### **BUILDING CONSTRUCTION**

Most people who construct houses in Lagos State fail to take cognizance of the low level of the land. Many built without giving enough allowance for road level, eventually when road is constructed, the road level will be higher than the building foundation thereby causing flooding in such buildings.

Also, many people build on loose soil land or swamp without appropriate foundation type and such buildings do sink, causing flooding of the buildings. In building construction professionals that are accredited by COREN should be patronized.

### **FLOOD PREVENTION CON'T**

**FLOOD FORECASTING AND MODELLING:** - Flood can be reduced by flood forecasting. Forecasting is done through keeping accurate long term records of hydrological data. By this forecast adequate planning and control measures can be put in place to mitigate or reduce the effect of flooding.

**PUBLIC ENLIGHTMENT/AWARENESS:** - Ignorance cause regret, failure and damages. These affect both the economy and human well being. Awareness campaigns are therefore necessary. This should be done continuously.

### **FLOOD CONTROL MEASURES**

There are several methods of reducing flood or putting it under control. However, every method needs continuous maintenance, therefore may be very expensive.

#### **FLOOD ENGINEERING CONTROL MEASURES INCLUDE:**

**RETENTION PONDS:** - Diverting flood to specific areas to prevent flooding.

**CHANNELISATION OR RE-SECTIONING:-** This is widening and deepening of existing channels for maximum discharge proficiency.

**RE-ALIGNMENT OR STRAIGHTENING:** - Removal of meanders and re-routing a channel to create direct path for water flow.

#### **FLOOD ENGINEERING CONTROL MEASURES CONTD.**

**EMBANKMENT OR LEVEES:** - Artificial extension of bank bed along streams and flood plains to increase channel capacity.

**LINED CHANNELS OR FLOOD WALLS:** - This is a concrete base and wall used to stabilize channels, to aid smooth flow of water and prevent collapse of the surrounding earth.

#### **FLOOD ENGINEERING CONTROL MEASURES CONT.**

**CULVERTS:** - This is a channel routed underground. Structures can be built on it.

**CHECK DAMS AND RESERVOIRS:** - Dams and reservoirs can be used to reduce the effect of flooding along the path of flow.

**DRAINAGES:** - There are two types of drainages – primary and the secondary. The structures help to deflood the road and the environment.

**DIVERSION CHANNELS:-** These are flood relief structures to reduce flood risk in urban areas.

#### **CONCLUSION**

Flood prevention and control depend largely on the awareness of the people, good hygiene, proper disposal of wastes, construction of houses using proper foundation and height, construction of flood control facilities and constant clearing and maintenance of drainages and flood channels.

Flood forecast and warning should be followed by the citizens. When evacuation is necessary this must be done according to the rules and instructions.

## **CONCLUSION CONTD.**

The laws of Nature must be followed obedience to God is a way to get out of disasters. God created the Universe, and only Him can control absolutely the elements – Water, Air, Fire and Earth which are the agents of all natural and man made disasters.

Our future is in our hands, man can only achieve his destiny if he lives rightly within the laws of God. It is then that His mercy and protection can be accorded man and his environment.

## **FEDERAL GOVERNMENT INVENTION**

To prevent and mitigate the effect of flooding in the country the federal government have put in place some measures.

1. The flood forecasting Management and Control Division of the Federal Ministry of Environment have embarked on flood early warning systems in the last four years. Hydrological data are downloaded from World Wide Web.

These include rainfall, humidity, pressure, wind direction, wind speed data etc. These data are synthesized using a model, thereby forecasting where flood is likely to occur five days ahead.

Initially this system was forecasting for 72 cities but now it has been upgraded to 400 cities all over the country. Alert for flood warning are sent to the affected states and the local government.

Also information on flood alerts are sent to National Television Authority (NTA), News Agency of Nigeria (NAN), other print and electronic media. For example, the floods that occurred in Plateau, Oyo and Katsina states were forecasted and alerts were sent to these states.

2. The Federal Ministry of Water Resources in charge of Dams is increasing the number of dams and upgrading the existing dams all over the country.

Construction of Kashimbilla multipurpose dam across river Katsina-Ala in Taraba state is ongoing. This is to cover 100km upstream to avert flooding that may occur from the collapse of Lake Nyos Dam in the Cameroun. The states in Nigeria under the threat of this impending collapse are Adamawa, Akwa-Ibom, Cross-River, Taraba, Benue and Kogi along River Benue.

3. Dasin Hausa Dam, a buffer dam of 1.4k long, 40m deep and containing 16 cubic liters of water has been designed to contain water from the River Basins as a result of release of Lagdo Dam in Cameroun.

This dam is designed apart from flood control, for irrigation of 150,000 farmland and to raise 20,000 tons of fish annually.

More dams are being proposed to support the existing dams in a bid to contain flood water as a result of heavy rainfall.

4. The Federal Government through the Federal Ministry of Environment, Erosion, Flood and Coastal Zone Management Department have constructed over the years flood control drainages and canals in all over the states of the federation, in a bid to prevent and control flood. This initiative is still on going.
5. The president, Dr. Goodluck Jonathan has allocated 17.6billion Naira to states affected by flood and agencies tackling disasters. 13.3billion Naira for affected states and 4.3billion to the agencies.

Also Flood Relief and Rehabilitation Committee was established by Mr. President, to raise funds in support of government efforts to provide relief for victims of floods across the country, and to advise the government on the judicious utilization of the funds raised. The committee is to be headed by Mr. Aliko Dangote, with Mr. Olisa Agbakoba, Dr. Mike Adenuga and others.

THE STATES WERE CATEGORIZED INTO FOUR GROUPS NAMELY:

- A. Category A: Oyo, Kogi, Benue, Plateau, Adamawa, Delta, Bayelsa and Anambra States to receive 500 million Naira each.
- B. Category B: Jigawa, Kano, Bauchi, Kaduna, Niger, Nasarawa, Taraba, Cross River, Edo, Lagos, and Imo State to receive 400 million Naira each.
- C. Category C: Kwara, Katsina, Gombe, Ogun, Ondo, Ebonyi, Abia, and River States to receive 300 million Naira each.
- D. Category D: Sokoto, Kebbi, Zamfara, Yobe, Enugu, Ekiti, Osun, Akwa-Ibom, Bornu and the Federal Capital Territory to receive 250 million each.

The Committee is to operate from the office of the Secretary to the Government of the Federation. The committee has been empowered to co-opt persons and organizations that may be useful in carrying out its assignment.

### **EFFECT ON FLOOD ON WOMEN**

Flood leads to wide spread of displacements, casualties and disease outbreak due to poor sanitation especially during rainfall.

Loved ones are killed by flood and this affects women mostly. Some as a result became widows, loosing their bread winners, while some lose their children. During flood, homes are destroyed,

properties lost and this makes women homeless and lose their life long savings thereby increasing poverty.

Farmlands and farm products were lost to floods impoverishing the family and having untold hardship on women and children due to loss of livelihood.

Cash crops were washed away by floods causing food scarcity and high cost of living. The pressure is also directed on women who have to feed their families on additional cost. The impact of unusually high flooding across Nigeria have wreaked havoc in huge portions.

From Anambra to Jigawa, Bauchi to Plateau, Benue to Kaduna, Kogi to Cross River, Imo to Akwa Ibom, Ebonyi to Edo, Delta to Taraba and Oyo to Lagos Many Nigerians have suddenly become refugees in their native land, and to flooding.

#### Committee Members

A. WELCOME PARTY COMMITTEE

Venue: PNR Titi Ismail Residence

B. WELCOME COMMITTEE

Victoria Ikogwe

Adebisi Adenuga

C. REGISTRATION AND FINANCE

Iyabo Arogundade

Rose Ezeadikwa

D. HALL AND SITTING ARRANGEMENT

#### 9TH NOVEMBER

Moni Gbadegesin

Faith Okpara

#### 10TH NOVEMBER

Dorothy Isele

Yemisi Adekola

Chinwe Okah

PDC Nike Ajadi and Zainab Ikheloa

To coordinate B, C, D

**E. HOTEL AND ENTERTAINMENT**

PDC Bridget Adebayo and IPDC Shekoni

**F. AWARDS**

PDC Bridget Adebayo

**G. PHOTOGRAPHY FUNKE SHINABA**

**H. HEAD OF FINANCE PDC NIKE AJADI**

Joe Ebo

**I. PRESS & PUBLICITY**

Wemimo Olasanya

**J. COLLATION OF LECTURE PAPERS AND PRINTING**

PBD Yemisi Alatisé Coordinator WfA Seminar

**K. TIME KEEPER – PP 'YINKA ONAMUTI**

**L. VOTE OF THANKS**

Deputy National Rep/Vice President NGB Ify Ndefo

**M. ANNOUNCEMENT OF THE VENUE FOR THE NEXT SEMINAR**

National Representative/ President Grace Adekoya

## REGISTERED MEMBERS IN DISTRICT 911

<b>Names</b>	<b>Club</b>
1. PBD Alatise Yemisi	Lagos
2. PDC Nike Ajadi	Onigbongbo
3. PDC (Dr) Sowande Abimbola	Surulere
4. Mrs. Lanre Da Costa	Lagos
5. Mrs. Ronke Solomon	Isolo
6. Mrs. Adedugbe Julie	Gbagada
7. PNR Remi Omotosho	Matori
8. DC Taiwo Adisa	Opebi
9. Mrs. Isele Dorothy	Gowon Estate
10. PDC Zainab Ikheloa	Gowon Estate
11. Mrs. Wemimo Olasanya	Mushin
12. Mrs. Gbemi Rufai	Ogba
13. Mrs. Oluwatoyin Towobola	Lagos
14. Mrs. Yinka Onamuti	Ikeja South
15. PDC Bridget Adebayo	Onigbongbo
16. Mrs. Victoria Ikogwe	Ijanikin
17. Mrs. Moni Gbadegesin	Satellite Town
18. PDC Selina Olanrewaju	Satellite Town
19. PNR Titiola Ismail	Yaba
20. Mrs. Josephine Ebo	Okota
21. Mrs. Funke Shinaba	Oregun
22. Mrs. Adebisi Adenuga	Gbagada South
23. Mrs. Bimbo Shoga	Gbagada
24. Mrs. Yinka Ayanwale	Isolo
25. Mrs. Faith Okpara	Gowon Estate
26. PDC Karin Uwaje	Anthony Village
27. PNR Doyin Otuyalo	Ilupeju
28. IPDC Julie Shekoni	Ilupeju
29. PDC Funmi Ajose	Akowonjo
30. Iyabo Eubota	Gowon Estate
31. Lanre Olomofe-Kufeji	Onigbongbo
32. IPNR Doyin Abiodun-Oredein	Gbagada
33. Mrs. Chidinma Ashimole	Lagos
34. Mrs. Sumbo Osunbayo	Matori

35. Mrs. Magdalene Adegoke	Mushin
36. PDC Joke Koukoyi	Ilupeju
37. Charter President Deji Alakija	Lagos

### **Registered Members in District 913**

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5. PDC Bose Tayo	Ibadan
6. Dr (Mrs) Ola Adeseun	Garki
7. Mrs. Tola Adeseun	Garki
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20. PBD Olufunmilayo Adeshina	Ibadan
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23. Mrs. Faith Chiejina	Garki
24. Mrs. Rose Ken Nwuogbo	Garki
25. PDC Funmi Ogunsi	Osogbo
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- |                           |           |
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| 4. Mrs. Chinwe Okah       | Abakaliki |
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| 17. Ebele Ada Ugama       | Abakaliki |

### **COTONOU D.909**

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| 2. Fahima SALIFOU:              | Past Gouverneur IW Cotonou Espoir           |
| 3. Marie-Paule GUIDIBI:         | Immédiate Past Gouverneur IW Cotonou        |
| 4. Isabelle MEGBLETO:           | Présidente 2012-2013 IW Cotonou             |
| 5. Elvire NOUGBODOHOUE:         | Présidente 2012-2013 IW Cotonou Espoir      |
| 6. Jeanne HINSON YOVO:          | Past Présidente IW Cotonou Espoir           |
| 7. Rufine AGOSSOU:              | IW Cotonou                                  |
| 8. Perpétue DOMINGO:            | Past Présidente IW Cotonou Espoir           |
| 9. Elisabeth DOUVI:             | Immédiate Past Présidente IW Cotonou Espoir |
| 10. Alice AÏHOUNZONON TCHIBOZO: | IW Cotonou                                  |

### **FINLAND**

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| 1. PNR Hannele Karhunen | Inner Wheel Club of Espoo Tapiola – Finland District 142 |
|-------------------------|--|

2. Ritva Jäätelä

Inner Wheel Club of Espoo Tapiola – Finland District 142

**UNIDENTIFIED** – (Self, Bidy Ekoh, Chinwe, Olasumbo (N10,000), Adisa, Lambe)

**THANK YOU ALL**

**GOD BLESS**



## **LUISA VINCIGUERRA**

**Luisa Vinciguerra** graduated in Pedagogia (Facoltà di Magistero of the University of Turin). From 1993 she has been member of the Inner Wheel, where she has covered the years, various duties including President of the National Council of the Italian Inner Wheel in the year 2005-2006. She founded, in the year 1996, the Inner Wheel Literary Prize of Europe, of which she is President. Currently she is the Responsible of International Relations in the long-term International Project (2008/2013) Women for Europe – The Role of Inner Wheel of the Luisa Bruni Naples Club (District 210), editing also the Acts of the Conference of the same name in November 2008. She

has been Chairman on International Colloquy “Women for Europe – the Role of Inner Wheel, towards Europe 2020”, held in Turin on November 2011 (IIW Women for the World, is the extension of Catherine Refabert, IIW President 2011-2012). From 2009 Luisa Vinciguerra is a member of the Rotary Global history Fellowship. She published “THE INNER WHEEL SPIRIT” in September 2010.

### **YOUR COLOUR IS GREEN**

#### **WOMEN IN THE GREEN ECONOMY.**

#### **ROLE AND PROMOTION STRATEGIES OF INNER WHEEL**

**(In the theme: Role of Women in Environmental Protection – Strengthen).**

#### **1. ENVIRONMENTAL PROTECTION & GREEN ECONOMY**

A lot of studies of women and environment have shown that women and significant actors in natural resource management and they are major contributors to environment rehabilitation and conservation. In addressing some key environmental problems, women play a dominant role. Women through their roles as farmers and as collectors of water and firewood, have a close connection with their local environment and often suffer most directly from environmental problems.

Women play an important role in environmental management and progress, full participation is therefore essential to achieve sustainable development. Women play an important role in green economy too.

The vital role of women in creating a green economy has been highlighted at the United Nations Conference on Sustainable Development, held in Brazil in last June, because women are a key part of the search of sustainability and eradication of poverty and women's contributions are essential for environmental management, food production and social production, as well as the transition to a green economy.

This is especially true in rural areas, where women take the lead in climate change adaptation and mitigation activities in farming work. But their rights and their contribution to development continue to be negated.

One definition of the term green economy comes from the United Nations Environmental Program (UNEP): "A green economy is one that results in improved human well-being and social equity, while significantly reducing environmental risks and ecological scarcities".

People also talk about the triple bottom line, which implies an economy that is environmentally sustainable, socially just, and locally rooted. And they use the terms green economy and sustainable economy as the same concept. In a world that remains predominantly male-driven, patriarchal and capitalistic, there is much talk about women spearheading the drive for a green economy. The Women and the Green Economy (WAGE) campaign was launched in December 2010 at the 16th United Nations Framework Convention on Climate Change (UNFCCC) in Cancun, Mexico, to promote female leadership to create a sustainable green economy and alleviate climate change.

## **2. GREEN ECONOMY AND STRUCTURAL TRANSFORMATION IN AFRICA**

A key challenge facing the African continent today and for many years to come relates to the impact of climate changes and the transition to a green economy. While Africa is the least responsible for the climate change challenges the world is facing, it is still the most vulnerable to the impact of the changing climate.

A green economy may offer considerable opportunities for mobilizing resources towards a low-emission, climate-resilient development pathway. However, the combination of tackling poverty, accelerating growth and development, and addressing climate change, is likely to involve trade-offs and policy choices between mutually supportive, but equally important priorities toward the improvement of welfare and quality of life for Africa's citizen. This will entail an increase in food, energy and water consumption. Policies and investments to sustain and enhance natural capital assets – the soils, forests and fisheries on which many poor communities depend for their livelihoods – can be instrumental. At the same time, the economic system needs

to develop to enable Africa to improve its terms of trade and increase its productive activities. The pathway to a green economy will require the mobilization of new financial resources from public and private sources.

This implies a realignment of policy goals and priorities and related allocation of capital, while addressing the immediate and pressing development concerns and short-run poverty alleviation objectives.

To create the Green Economy in Africa will be fundamental goals:

- Human Development and Human Capital Development: education; health; poverty reduction; women's and men's empowerment.
- Active role of the State in the Natural Resource Management; Biofuels; Food Security and Sustainable Agriculture
- Active role of the private sector in the promotion of green technology
- Green investment and Financing: domestic resource mobilization, sustainable energy and energy efficiency, both in the public and private sector.
- Energy Issues in Green Economy: production and efficiency, links to technological innovation and industrial transformation.
- Industrial policies to control the industrial pollution, green industrialization processes and strategies.
- Sustainable Agriculture: land use in agricultural production, environmental goods and services, forestry, as well as environmental issues, among others.
- Mobilization of resources, organizations and institutions of meaningful policies to enhance structural transformation on Africa.

What remains problematic, however, is how objectives of a green economy and sustainable development are to be achieved. One of the key challenges in African countries is the gap between policy and implementation of sustainable development, the Millennium Development Goals and other such globally driven initiatives. A central question is, therefore: what needs to be done in order for local economies and societies to realize mutual objectives of investing in natural capital, decarbonizing the economy and creating green jobs? Of major concern is how green economy policies and proposals can stimulate growth and development in rural areas and improve rural livelihoods. For the rural poor (and particularly women) to cope with environmental degradation and to reduce their vulnerabilities, they need to access capital assets, energy, good infrastructure, community support and functional institutions.

### **3. GENDER IN THE GREEN ECONOMY**

Women, gender and equality – still a wide gap. While women's environmental contributions offer an incentive for a thorough analysis of gender, there is a broader perspective as well. Gender equality is essential for countries' economies and sustainable development is not possible with equity. In fact, it is a prerequisite for any action aimed at improving people's quality of life. This implies that gender equality and equity are not only a question of fundamental human rights and social justice, but are also instrumental, and a precondition, for environmental conversation, sustainable development and human security.

In the absence of appropriate social policies, the green economy may exacerbate existing gender inequities to the detriment of overall sustainability.

As workers, women are being excluded from the green economy due to gender-segregated employment patterns and discrimination.

As consumers, women are more likely than men to buy eco-friendly products but they have limited purchasing power.

As citizens, women are crucial to good governance in the green economy but have little influence because very few women hold management positions in both public and private sectors.

Essential conditions for the development of green economy with the women contribution are: water, energy, land, transportation.

## 1. Water

Water and sanitation are essential for women's economic development. A large number of the world's people live without access to clean water or basic sanitation. Due to gender roles, it is women and girls who are often most affected by lack of water, as in many countries they are primarily responsible for obtaining and transporting water for daily use. Women and girls travel many kilometers and spend much of their time securing essential water supplies, and their task becomes more difficult as rivers and lakes become polluted and ecosystems degraded. Lack of safe water and sanitation limits women's development possibilities. Privatization of water resources – in particular water sources, rivers and lakes – can have a disproportionately damaging impact on women who have less economic power and access to income from formal employment.

## 2. Energy

Green energy policies must incorporate a gender perspective. According to the African Development Bank, most of the 2.5 billion people using traditional biomass for household energy live in Africa. African women play a major role in the collection and management of biomass fuel such as fuel wood, dung and agricultural residues for household use. Access to modern energy in rural and poor urban areas leads to improved health services, clean water and sanitation, better education, efficient transportation and a more profitable informal sector. All of these directly benefit women. Gender-equitable energy policies, legislation and investments could effectively boost women's opportunities for economic and social empowerment and their ability to contribute to the green economy.

### 3. Land – Agriculture

Property rights for women are still not recognized and respected. Women need secure land, property and resource rights. In many countries, women produce close to 80% of the food, but own only 1% of the land. The significance of the livestock sector and its socio-economic importance to African women cannot be over emphasized.

### 4. Transportation

Access to affordable transportation is limited to women in Africa. Changing demographic and land-use pattern have made the distance to fields, water and fuel wood sources greater, increasing travel times to these sources. Transport planning tends to underestimate the economic and social value of women's time, as well as the economic benefits.

To promote the implementation of these conditions, green economy policy therefore needs to consider also poverty reduction and women empowerment, through the following mix of strategies:

1. Link pro-poor policies such as land reform, rural development and social support to the overall green economic policy;
2. Address women's empowerment and gender equity issues by ensuring that women and men have equal access to resources such as land, technology information, extension services and decision making;
3. Ensure benefits accruing from the processing and sale of products are extended to both men and women equally;
4. Provide opportunities for livelihood diversification beyond agriculture;
5. Protect the rights of both men and women in green projects;
6. Ensure access to markets for products from green economic initiatives;

7. Ensure access to skills development of both men and women participants in green projects;
8. Improve participation and decision making by all stakeholders including beneficiaries of green projects;
9. Ensure long term provision of solar energy to poor rural communities at affordable prices;
10. Incorporate communities into green economy plans and programs.

Market based approaches that emphasize economic growth have tended to exploit and marginalize women in both developed and developing countries in their roles as workers, consumers and citizens. For green growth strategies to succeed, equity issues must be fully addressed. The income gap between rich and poor is widening both within and between countries, and women make up the majority of the world's poorest citizens (UNRISD 2010). The green economy offers a possibility for a more equitable sharing of revenue between men and women, capital and labour, and rich and poor countries. But governments must act to close gender gaps that threaten to make the green economy as equitable as its forerunners. Green economy approaches that emphasize women as workers in green jobs, consumers of green products and citizens for green governance will provide for long-term sustainability.

#### **4. INNER WHEEL WOMEN'S VISION & ACTION FOR AN EQUITABLE AND SUSTAINABLE WORLD**

Social equity, gender equality and environmental justice must form the heart of sustainable development. And women play an essential role in this process development. Worldwide women are contributing to society's wellbeing, prosperity, economy and development. However they often do not have a voice in decision making process. These inequalities especially affect women and children, who make up the majority of those living in poverty.

*International Inner Wheel is sensible to these issues*

Inner Wheel Women's vision & action are for:

Gender equality in all spheres of our societies: education, employment, ownership and control over resources, access to justice, political representation, institutional decision-making, care giving and household and community management.

Respect for human rights and social justice: building societies based on sustainable livelihoods and environmental security, and fair distribution of the earth's natural and economic resources.

Environmental conservation and protection of human health: creating societies which function within earth's ability to support life and human livelihoods, preventing disruptive climatic changes as well as pollution and contamination of ecosystems and human settlements. A world where women's livelihoods are not irreversibly harmed by environmentally destructive economic activities.

Green economy in the context of sustainable development and poverty eradication.

*Inner Wheel Women are protagonists in their own region... today, here, in Africa.*

Inner Wheel could suggest policies that would assure a fuller role for women, including putting female empowerment at the center of development assistance programs that aim to promote the green economy in developing countries; mandating business to adopt family-friendly practices to increase women's participation in green jobs; giving women special skills to work in the green economy; and enacting quotas to get more women onto corporate boards and in top-level management position in industry and government to increase their influence over the shape of the green economy.

Collaborating with UN WOMEN,

Inner Wheel could have assistance and empowerment programs for the women, in order to promote gender equality and spread the right actions in the social and economic spheres.

The Inner Wheel can do a great deal in this context. The Inner Wheel has a ROLE.

I'm convinced that the "social grid" Inner Wheel should seriously TAKE ACTION and DEVOTE ATTENTION to these issues, which concern women in their respective countries.

Now, here in Africa.

But our project, IIW WOMEN FOR THE WORLD, would like to reach all the countries.

The Inner Wheel must become more aware, and then, transmit their renewed awareness through Club or District initiatives, as a cultural service.

The Inner Wheel must always be active, as a Service Club, within the Africa, next to all the other NGOs (Organizations and female associations) which represent the world of women and which can bring an extra value to the development of programs to women, in a broad and dedicated sense.

The information campaigns and sensitization actions are some of the activities which Inner Wheel, united with other organizations committed in the sector, should promote in order to achieve the Project's objectives. Our Association, in fact, can play an important role in Africa with all the kind of Communication online and offline, education and training dedicated to the women, to reach a better awareness.

Members are precious human resources. Not only are they constantly committed to service, but they can, with their associated efforts, get involved and make their mark in a concrete way in the social processes of the community in which they operate. The work of Inner Wheel is in fact also a work involving relationships, to help to understand and promote awareness and promotion of Women.

The challenge is immense but feasible. It is not, and will not be easy. However, I am hopeful that there will be a concrete, positive final outcome; a positive outcome which will be determine – also in large measure – by the same evolution which our Association will have and how we Inner Wheel Women, will know how to commit ourselves in that sense, both within the Association and also towards other Women beyond our Association.

Luisa Vinciguerra

A special thanks to my friend Oluyemisi Alatise, Past Board Director and Committee Chairman, which has allowed me to be present in this important occasion.

**GENERAL SECRETARY AND TRANSLATOR** – PDC Phebean Alade and Lanre Olomofe-Kufeji

**COMMITTEE**

**REGISTRATION** PDC Zainab Ikheloa, PDC Funmi Ajose, IPNR Doyin Abiodun-Oredein

**COMMUNIQUE** Secretaries of all sections, Phebean, Florence, Hanelle, Yemisi

**FINANCE** PDC Nike Ajadi, Joe Ebo, Oluwatoyin Towobola

Hotel and Tours & Dinner – **IPDC Julie Shekoni and PDC Bridget Adebayo**

11th November 2012

Tours: Inner Wheel Projects and other Planned places.

**OYASAF Art House, Maryland Roundtable meeting with all secretaries to sections, Yemisi, Hannelle, Adekoya, Phebean, Magdalene, Funmi, Adisa, Bimbo and Habibah**

Secretary Adenike Bamasaiye

**Plot 24, Jerry Iriabe Street, Lekki Phase 1 by 4.00pm**

**12th November 2012 Visit to Lagos State House of Assembly – Presentation of Communiqué**

### **Rose Ihuoma Anorlu MBChB**

**FMCOG, MRCOG, FWACS, MPH** studied Medicine at the University of Ghana, Legon, Ghana and had her specialist training in Obstetrics and Gynaecology at the Lagos University Teaching Hospital and the Birmingham Maternity Hospital and Birmingham & Midlands Hospital for Women, UK. She is currently a Professor of Obstetrics and Gynaecology, University of Lagos and a Consultant Gynaecology Lagos University Teaching Hospital. She is head of Oncology & Pathology Studies Unit, Department of Obstetrics & Gynaecology Lagos University Teaching Hospital – she has great interest in gynaecological cancers especially cervical cancer.

She is currently a Council member of the International Gynaecological Cancer Society representing Europe, Middle East and Africa; Co-ordinator of National Cancer Awareness Programme in South-West Nigeria and member of National Cervical Cancer Control Committee. She is also of Sub-Saharan Africa Cervical Cancer Working Group. Between October 2007 and October 2009 she was Vice-President African Organisation for Research and Training in Cancer representing West African sub-region.

Dr Anorlu is involved in a lot of community work outside her busy academic activities, she has trained many healthcare workers across Nigeria in low cost methods in cervical cancer prevention. She helped in setting up the Cervical Cancer Prevention Unit of the St. Kizito Primary Healthcare Centre in Lekki, Lagos. She has been offering yearly free cervical cancer screening services to women at the Catholic Chaplaincy Centre, LUTH, since 2005. She gives talks on radio and television in Nigeria on cervical cancer prevention, treatment and the burden of the disease.

She has presented many papers at many national and international conferences and has many academic publications.

### **UTERINE FIBROID**

**Rose Ihuoma Anorlu (MBChB, FMCOG, MRCOG, FWACS, MPH)**

**Professor/Consultant Obstetrician/Gynaecologist**

## WHAT IS FIBROID?

It is the most non cancerous tumour (abnormal growth) of the uterus (womb). It is found in about 20% of all women. It is more common in African women. Fibroid is not a cancer. Fibroids can be in the wall of the womb, outside the womb and inside the cavity of the womb.

Generally the cause of fibroid is not known. But the following have been suggested: (a) genetic runs in family in 40% of cases (b) effect of female hormone (oestrogen). There are however factors that increase risk of having fibroids. These include nulliparity (no having given birth before), obesity, being a black African, and high levels of oestrogens (hyperoestrogenic state). The following may reduce the risk of having fibroid: high parity (having given birth many times) and smoking. Fibroids usually shrink in size after menopause.

### What are the signs and symptoms of fibroids?

In majority of cases (75%) of fibroids, there are no symptoms. Symptoms of fibroids include heavy menstrual loss, long duration of menstrual loss, bleeding in between menses and painful menstruation. Some large fibroids can cause passing urine at frequent intervals or inability to pass urine and constipation.

Fibroids can also cause anaemia, miscarriage, lower abdominal pain and inability to get pregnant.

### What are tests done to detect fibroids?

Ultrasound scan. This can detect fibroid in most cases. Hysteroscopy (use of a telescope to look inside the uterus-womb) to detect fibroids inside the womb.

### Treatment of fibroids

Fibroid do not usually- require treatment except when they are large and can be felt in the abdomen by you or your doctor can feel it in your abdomen, or they are causing heavy bleeding, pain, anaemia, infertility and or pressing the rectum or bladder.

Please note there is nothing like treating fibroid by dissolving of fibroids or passing out of fibroid through the vagina.

Treatment of fibroid is usually by surgery (operation). There are two common operations (i) removing the fibroids (myomectomy) or (ii) removal of the uterus (hysterectomy). These operations can be done by opening the abdomen or through the pinhole surgery (use a laparoscope). Also fibroids inside the womb can be removed using a hysteroscope. Other

methods of treating fibroids include burning the fibroids with laser, cutting off the blood supply of the fibroid(embolectomy) thereby starving it and causing it to shrink. Please note:

- a. Myomectomy (fibroid operation) does not cause fibroids to grow.
- b. It is only removal of the uterus/womb that give permanent cure for fibroids.

## **DRUG TREATMENT**

There are drugs available to get fibroids to shrink but they do not cure them, they make;

- (i) Fibroids shrink so that operation can be easy.
- (ii) Help to reduce pain
- (iii) Reduce menstrual bleeding and
- (iv) In peri-menopausal women as an alternative surgery while waiting for fibroids to shrink after menopause.

## **Summary**

Fibroid is a common tumour in women more common in the black race.

The cause is not known but there are risk factors that are associated with fibroid.

Treatment is by surgery and drugs.

Drugs reduce symptoms – do not cure fibroids

Fibroids may recur after myomectomy. It is NOT myomectomy that causes myomectomy to grow.

Hysterectomy offers complete cure of fibroids

Do not accept to put corrosive in your vagina in the name of curing fibroids.

## **CERVICAL CANCER**

**ROSE IHUOMA ANORLU**

**Professor/Consultant Gynaecologist**

**College of Medicine University of Lagos**

Cervical cancer is a preventable and curable cancer. Preventable by cervical cancer screening and by a vaccine. It is curable if it is detected in an early stage. Every two minutes a woman dies of cervical cancer. Over 500,000 new cases are reported each year, 85% are from developing

countries. In Nigeria the age specific incidence is 30/100,000 and 57% of patients who got the disease in 2008 died in it. Women with cervical cancer die about 18 years earlier, it has a pre-cancer stage, which takes about 10-15years to develop into cancer. The pre-cancer stage can be detected by screening and treated with a cure rate of more than 95% cervical cancer in Nigeria.

It is the commonest genital cancer in women in Nigeria.

In Northern Nigeria it is the commonest cancer in women, in the south it is second to breast cancer. Cervical cancer is an important cause of death in women aged 45-65years in Nigeria. The age adjusted incident rate of 30.7/100,000 is a gross-underestimate.

### **WHAT CAUSES CERVICAL CANCER?**

Human papilloma virus (HPV) infection is a necessary cause of cervical cancer. HPV must be in the cervix for cervical cancer to develop. No HPV no cervical cancer. But HPV alone cannot cause cervical cancer – other conditions must be present. Young age at sexual debut, high number of vaginal deliveries, smoking (current) long term use of oral contraceptives and sexually transmitted infections increase the chance of HPV infection developing into cervical cancer. There are about 40 HPV types. 70% of all cervical cancers are caused by HPV types 16 and 18.

### **HOW DO YOU CONTACT HUMAN PAPILLOMA VIRUS?**

HPV is passed from one person to another during skin-to-skin or mucosa to mucosa contact. HPV can be spread during sex – including vaginal intercourse, anal intercourse, and even during oral sex.

### **WHO IS AT RISK OF HPV INFECTION?**

Any woman who is sexually active is at risk of HPV infection. Having sexual intercourse very early age-before 20years, having multiple sexual partners and having sex with a man with multiple sexual partners all increase risk of HPV infection.

### **WHY IS CERVICAL CANCER SO COMMON IN NIGERIA?**

Most of the factors necessary to promote ability of HPV cause cervical cancer are very common in Nigeria. These are early age of marriage, early age of sexual debut, having many vaginal deliveries, sexually transmitted infections and HIV. Poverty has also contributed to the high incidence of this cancer in Nigeria.

### **WHAT ARE THE SIGNS/SYMPTOMS OF CERVICAL CANCER?**

Abnormal vaginal bleeding. The bleeding may take the form of (1) Irregular vaginal bleeding (2) bleeding in between menses (3) bleeding after intercourse (4) bleeding after menopause vaginal discharge. This is watery and smelly. Late stage Signs/Symptoms: these include severe pain in abdomen, back and legs; swollen legs; diarrhoea and constipation, bloody urine and passage of urine and faeces through vagina.

### **HOW IS CERVICAL CANCER TREATED?**

Cervical cancer can be treated by surgery if detected early. It can also be treated by radiotherapy/chemotherapy. Many cervical cancer patients in Nigeria present late so radiotherapy becomes the preferred option. There are only 5 radiotherapy machines in Nigeria for a population of 167 million people. This is grossly inadequate. World Health Organization recommends 4 machines per 10million people. In the USA there are about 12 machines to 1million people. It costs N120,000.00 to get radiotherapy treatment in public hospitals in Nigeria.

The other forms of treatment is palliative care for very late and advanced cases. Palliative care is poorly developed in Nigeria. There are very few hospices in the country. Health care workers trained in the management of the terminally ill few.

### **HOW IS CERVICAL CANCER PREVENTED?**

Health education to avoid the risk factors mentioned above. This is not very effective. Cervical cancer can be prevented by a vaccine (HPV vaccine). This vaccine prevents HPV infection. HPV causes cervical cancer, and a vaccine to prevent HPV infection will eventually prevent cervical cancer. The vaccine is best given to girls before they become sexually active, usually 9-13 years. However, any women of any age can take the vaccine but it not cost-effective.

Cervical cancer can be prevented by screening. This detects the pre-cancer stage (before the cancer forms). The pre-cancer is treated and this prevents the cancer from developing. The tests for screening including Pap test, visual inspection with acetic acid/Lugol's iodine (VIA/VILI) and HPV testing.

### **CONCLUSION**

Cervical cancer is the most common genital cancer in Nigeria. Many women in Nigeria who have the disease present in the advanced stage of the disease. The disease is caused by HPV. It is a preventable cancer. There is a need to increase awareness of this cancer. The government, healthcare personnel, civil society groups, community leaders, non-governmental organizations and well-meaning Nigerians should all be involved in preventing this preventable cancer.

KEYNOTE ADDRESS DELIVERED AT THE WOMEN FOR AFRICA:

THE ROLE OF INNER WHEEL CONFERENCE HELD AT SHERATON HOTELS & TOWERS AT LAGOS  
NIGERIA, NOVEMBER 2012

BY BOARD DIRECTOR DR BAKKY NGOZI ADIRIKA

PROTOCOL:

May I, on behalf of International Inner Wheel, welcome all of you warmly to this programme. I most heartily congratulate Nigeria for putting such an event in place. I sincerely thank all the people that have worked tirelessly towards the success of this conference. It was said by my Rotarian friend PDG Ben Aghazu that the pain exerted in service is equal to the joy experienced at its success. May you all savour the joy and fulfilment that accompany success after hard work.

We are all happy to have participants from far and near. We welcome especially members of other service clubs, civil society, guest speakers and indeed Inner Wheel sisters from other countries and continents. I am personally enthused at amity and camaraderie already in the air. They tell so much about human ability to manage differences through understanding and tolerance.

Inner Wheel is an organization of more than hundred thousand women jointly and personally value friendship and encourage this value of friendship by giving pure and limitless service and love in order to build and foster international understanding. Inner Wheel as an Association is altruistic, non profit making and is closely networked. The members share a burning desire to turn the world around for the better, using personal and group skills, endowments, talents and resources to achieve this goal in such a way that no member lives in vain. Though evident in more than 103 countries, spanning all the continents of the world, an Inner Wheel Club, wherever it is located, is kept attuned to the objects of true friendship, service and fostering of international understanding through the toiling of the individual members.

Several structural, material and human resources have been developed and put to use by Inner Wheel Clubs. Uncountable educational materials, health needs, psychological and physical needs have been met. Empowerment programmes, entrepreneurial trainings, gift items, peace initiatives, nurture and security skills have been developed and provided to those that need them. Inner Wheel is doing more than can be recounted in two sentences. We do not even have the time to talk about those activities in detail now but people are doing good turns, changing lives positively and these are what matter.

This conference tagged Women for Africa, the role of Inner Wheel is an effort to keep faith, not just with the wonderful works. Inner Wheel is doing in Africa particularly, but also to assert the African Woman and her desire to affect her world positively. Who is the African Woman? She is

dainty, resolute, dark skinned, graceful, rational, compassionate, emphatic, empathic, hardworking, futuristic, friendly firm, gentle, adult African female, who not only believes she has something good to offer the world, but is also poised to make her impact felt. She is concerned about her environment, the creation, sustenance and extension of all that is good within it. She can ably combine her natural role of procreation and care of the home front with some professional skills she may have acquired to accentuate her significance. She can intertwine and solicit the cultural, economic, political, social and moral systems for the development of new strategies and roles that may inspire and challenge status quo towards higher values, methods and principles.

Here we are, in this very place, coming perhaps, from different backgrounds, yet, in spite of difference in age, colour, build, belief systems and what have you, we share a vision and we also desire to partner in the efforts to have the vision realized; that is why we have gathered.

Experts will address specific areas and interests. The African woman and indeed everyone here, use Inner Wheel foray and programmes to become proactive. It is high time we began everything with the end in mind, priorities may be re-ordered, in line with mutual benefits, everyone seeking to understand before demanding to be understood. Care must be taken to sharpen all arsenals at the disposal, as special efforts are being made to synergize. This is a real market place for the Africa who is ready to involve and take her place in the necessary march forward.

Welcome and please gather all that you can. Working together, we can make a remarkable difference by 202.

Thank you for listening

Dr Bakky Ngozi Adirika

Board Director, IIW, 2012-2013