

# With love, from Edo

Koyo!! [Benin] Obokhian!! [Esan] Abeeri [Afemai]



5TH EDITION



*Thanksgiving Edition*

**NOVEMBER 2023**





# PUBLISHER'S SCRIPT



## *Halloween, Felabration & Thanksgiving*

October is the beginning of the last quarter of the year and, in our view, the most interesting and fascinating period. We say this because it is the time of year when we celebrate the most. Some of these festivities are global, whilst others are local. Since culture transcends geographical boundaries and our audience cuts across demographic lines (i.e., all age brackets), this edition is designed for you to end this year in fun and felabration.

In 2023, we consistently emphasized the rising appeal of Afrobeat music in the global music space. We have featured a few of Nigeria's rising stars and their universal recognition. In this edition, we are taking a much more granular look at how this quarter's celebrations, festivities, and cultural events will impact you, especially those of you living in Atlanta, Houston, Maryland, and New York City. We know that you all had scary fun during Halloween with your mind-blowing costumes. Now it's time to plan your trip and turkey recipes for Thanksgiving.



In Nigeria, we have the felabration festival, where we salute the late Afrobeat king Fela Anikulapo Kuti. If you think you have seen it all, just wait till we reveal a jam-packed schedule of December events in Benin City, Uyo, and Lagos. From fashion shows to concerts, Christmas carols, and sports events.

In one of the articles, we share our thoughts on alternative medicine, especially bone-mending and orthopedic healing. It is a fascinating medical discipline that some people interpret as metaphysics, but it is actually an extension of Herbal Therapy.

Piqued your interest yet? This edition of With Love, from Edo, provides an exciting array of articles that will keep your interest sustained.

## *One more thing !*

In our December (X-mas) edition, watch out for the super prizes that await the winner of the quiz. You can't afford to miss out on this unique opportunity!

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## Thanksgiving Celebration

What's better than breaking your diet for a day and indulging in delicious food, hanging out with your loved ones, and giving thanks for all the blessings in your life? Nothing, that's what! That's why "Thanksgiving" is such a great holiday, especially for Nigerians in the diaspora (particularly in America and Canada), who get to celebrate their culture and heritage while also honouring the history of the land they live in.

It became an official holiday in 1863, when President Abraham Lincoln declared it a National Day of Thanksgiving. Since then, every president has followed suit, and the last Thursday of November has been reserved for this special occasion.

In past centuries, Thanksgiving used to be a religious holiday, but over time it became more secular and inclusive and harvest oriented as people moved to the cities and away from their families. Now, anyone can join in the feast, no matter where they come from or what they believe in. Thanksgiving is a time to share, be grateful for what we have, and occasionally include some jokes. So do not be surprised when, sitting at a Thanksgiving dinner, you hear someone shout, "What kind of outfit did the scarecrow choose for the big feast? He went with a har-vest, of course!"

The traditional fare of the Thanksgiving meal typically includes turkey, bread stuffing, potatoes, cranberries, and pumpkin pies, but trust Nigerians to add a bit more spice to it. Instead of or in addition to turkey, they could cook peppered chicken, jollof rice, egusi soup, pounded yam, salad or moi moi, which reflect the diversity and richness of the Nigerian cuisine, and also serve as a reminder of their roots and identity. Of course, the food tastes better when you're sampling as a guest.

Additionally, in line with the spirit of Thanksgiving, many Nigerians in America and Canada celebrate Thanksgiving by spending time with family, Nigerian friends, or neighbors to share their food and culture with them, creating a cross-cultural exchange and friendship. For those who do not have family in the foreign country, they often opt to send money, goods, or messages to their relatives and friends in Nigeria, expressing their love and appreciation. These acts of generosity and kindness demonstrate their gratitude for the opportunities and blessings they have received.

In conclusion, Thanksgiving is a wonderful holiday that celebrates gratitude, diversity, and community. It is also a chance for Nigerians in the diaspora to showcase their amazing food and culture and to connect with foreign indigenes. Thanksgiving is not just about eating but also about laughing, learning, and loving. So next time you're invited to a Nigerian Thanksgiving, don't be shy to try some Nigerian jollof rice (rumored to be the best in Africa) or egusi soup, and don't forget to bring your own jokes.

# THANKSGIVING



## Alternative Medicine

### Versatility of Orthopedic & Psychiatric Therapy



A growing trend in healthcare practices is the concept of dual intervention, where patients seek both traditional and specialized treatments. This approach acknowledges the value of alternative medicine alongside conventional medical measures, giving individuals a broader range of options for addressing their health concerns.

In Edo, as in many other regions of Nigeria, a specific group of traditional caregivers hold a unique place in society. These caregivers are none other than the Traditional Bone Setters (TBS), who has a rich history of treating orthopaedic issues through traditional methods. The bone setters specialize in addressing bone fractures, joint pain, and musculoskeletal problems using a blend of herbal remedies, massage, and manual bone-setting techniques.

This ancient practice, often passed down through generations, has been a lifeline in regions with limited access to modern medical care. Their reputation for efficacy and affordability, combined with the fear of amputation or surgery associated with Western medicine, has made them a preferred choice for many.

What sets traditional bone setters apart is not just their skill but also the cultural belief among Africans that diseases and accidents often have spiritual components that need to be addressed alongside medical treatment.

The spiritual belief is also one of the reasons the Association of Lunatic Healers (Edo State) was established in 1985. They adopt a tradition-based approach to the treatment of lunacy and insanity, accounting for the spiritual aspect.

A 2016 report from the Nigerian Medicine Journal revealed that one in every four Nigerians suffered from a mental disorder, while additionally, an estimated 1.86 million Nigerians suffer from Schizophrenia, a severe mental disorder characterized by disruptions in reality perception.

However, the country faces a shortage of mental health facilities, with only around 250 psychiatrists available, making access to conventional professionals a costly challenge.

The association of lunatic healers consists of trained practitioners, some of whom inherited the profession

from their fathers and grandfathers. Their leaders are often highly educated, some even holding professional qualifications, particularly in herbal medicine, as the use of herbs is an essential part of their practice for curing lunacy.

Other alternative approaches to the curing of insanity, popular in Nigeria and Africa as a whole are religious, magical, and supernatural healings. Voodoo, which involves divination, animal sacrifice, conjuring, and herbalism, is one approach. Additionally, the practice of appeasing the "Orisas" and ancestral spirits through cleansings, baths, herbs, or rituals is common practice. Various religious institutions also conduct practices related to spiritual warfare as a cure for insanity.

For traditional practitioners, witnessing their patients recover and lead healthy lives is an unforgettable and fulfilling experience. These alternative and traditional healing practices not only offer unique methods of addressing health issues but also serve as a means to preserve indigenous knowledge and cultures. Respecting and preserving these cultural values is vital in today's fast-changing society.

#### DID YOU KNOW??



1 Thanksgiving is the biggest travel day of the year.

2 TBS (Traditional Bone Setter) services are well preserved as a family practice, and training is by apprenticeship. These services are also most sought after 'alternative' health service, especially in developing countries.

3 The Oba Market is one of the oldest and largest markets in Edo State, known for its wide range of goods, including foodstuffs, clothing, jewelry, and traditional artifacts.





## The Market Place Is for More Than Haggling

Market places serve many purposes in traditional African societies. According to CIEE Legon, “in many open-air markets in West Africa, bargaining is a big part of the buying and selling culture”. Also, as bizarre as it may sound, there is a myth that suggests that a mad man who enters a market place in some African societies becomes incurable.

Markets have always held a unique place in the fabric of society. They are not just spaces for buying and selling goods; they serve as vibrant hubs for social interactions, cultural exchange, and community cohesion. William Easterly once said that the wonder of markets is that they reconcile the choices of myriad individuals.” This holds true across the globe, especially in Africa, where there is a rich tapestry of traditions and practices that highlight the market's pivotal role in shaping social dynamics.

In Africa, markets, especially informal ones, are a vital part of the economy, providing livelihoods, goods, and services to millions of people across the continent. These markets come in various forms, from bustling urban bazaars to remote rural gatherings, and each type plays a distinct role in shaping the social life of the communities they serve. They include open markets, neighborhood stores, kiosks, roadside food sellers, and street hawkers.

African markets are vibrant melting pots of culture. For example, the Oba Market in Benin City is one of the most historic markets in Nigeria, with over 200 years of existence. This market has produced a lot of historic icons whose stories have helped shape the social ideology of the people of Edo over the years. Emotan, the famous market woman who helped Oba Ewuare reclaim the throne of Benin and pioneered the first daycare in Benin City, is one of such people. Also, the Oba market is home to several music and dance troupes that perform at various festivals throughout the year, keeping the beauty of African art alive.

Markets also play a significant role in rituals and sacrifices that vary across different African cultures and religions. In other cultures, markets are not directly involved in rituals and sacrifices but may serve as a place to purchase items needed for the rituals.

In certain parts of the country, people born on market days are given special names. Eg: Okafor, meaning a male child born on Afor day. Afor is one of the four market days of the Igbo four-day week.

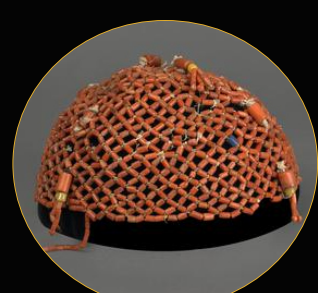
Markets are also used as platforms for celebration, especially during religious or cultural occasions. For instance, during the Osun festival, there are rallies across different markets in Osun State where festivities take place and people celebrate together. Also, during Ramadan or Christmas, the dynamics of markets change to accommodate these festive periods.


Another aspect of markets that is rarely given attention is the matrilineal and patrilineal relationships: Markets reflect the gender dynamics and power relations in African society. In some markets, women dominate certain trades or sectors, such as food, clothing, or cosmetics. In other markets, men dominate certain trades or sectors, such as butchery or transport.

Markets are also sources of social safety nets. Some traders provide assistance or relief to their fellow traders or customers who face difficulties or hardships, such as illnesses, injury, loss, or poverty. They may offer financial aid (personal assistance or monthly contributions), material goods, moral support, or referrals to other sources of help.

Political mobilization is also a key function of markets in African countries, especially Nigeria. In Nigeria, it is not unusual to see politicians organizing political rallies in major markets across the country and even going as far as seeking endorsement from market leaders (e.g., Iyaloja or Mother of the Market) during election campaigns. There is a popular belief that markets have some of the strongest pressure groups and rumor peddlers, and this can be very instrumental to politicians during periods of campaigning; hence, the crucial position of the marketplace in political mobilization.

In conclusion, markets are where economic livelihoods, cultural diversity, social networks, and community celebrations intersect, making them essential to the social well-being of every community. While modern challenges are transforming these markets, they remain vital to the heart and soul of African societies.



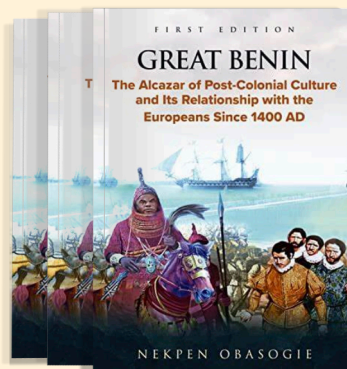


# 02

## of Edo's Renown Authors

### From Benin to the World: Edo State's Remarkable Writers

Edo State has been a cradle of artistic expression and intellectual creativity. Join us as we embark on a literary journey to explore remarkable authors who have not only painted the landscapes of Edo State with their words but have also enriched the global literary scene with their unique voices and stories.



**Lady Nekpen Obasogie:** a celebrated writer hailing from Edo State based in Canada, has made a profound impact with her literary contributions. Her award-winning book, *"Great Benin: The Alcazar of Post-Colonial Culture,"* delves into the rich history and enduring bond between the Benin Empire and Europe. Lady Nekpen Obasogie's promotion of African cultural heritage through her creativity and writing is seen in her best-selling work, *"The Life of Princess Adesuwa,"* which brings Benin folk stories to global audiences. She is also the founder of Edo Language Day, which is celebrated on August 13th every year.



**Prof. Omo Omoruyi:** He was a professor of political science at the University of Benin and the intellectual bone behind most of Babangida's policies and initiatives, as he was very versed in the political history of Nigeria and Africa. His intellectual prowess was not limited to policy formulation but extended to a remarkable body of written work. Prof. Omoruyi came to the national limelight after he wrote *"The Tale of June 12: The Betrayal of the Democratic Rights of Nigerians"* in 1993, a book chronicling an account of the annulment of the June 12, 1993 presidential polls won by the late M. K. O. Abiola as well as significant players in the cancellation of polls and Babangida's exit from power. He also wrote *From Khaki to Agbada, Disillusioned Democrat: Reflections on My Public Life in Nigeria,* and *Mallam Aminu Kano and the Legacy of Grassroots Politics in Nigeria.* Upon his death in 2013 after battling cancer for a few years, it was said that the nation had lost one of the best and most fertile minds in politics and academia.







# Who Needs the Oscars When There is Edofest?

When Nollywood was conceptualized, it was considered to be a long shot in its aspiration to overtake Bollywood back in the 1980's.

No one could have guessed that Nollywood would have out performed the prolific Indian movie industry in terms of viewership and revenue growth.

On October 15th 2023, the Edo Creative Hub, which is the organizer of ESIFF (Edo State International Film Festival), hosted a classy gathering of stakeholders, celebrities and stars to an industry mixer cocktail event at Eko Hotel & Suites, V/I, Lagos.

The film festival screens premieres of international and national feature films, short films and documentaries on social issues. The 2022 debut event was a huge success during which 1,150 movies were submitted from 96 countries, with 12 masterclass sessions and over 3,820 festival attendees.

This year, ESIFF 2.0 (the second edition of the state's film festival), with the theme "OUR OWN FESTIVAL", will be held from the 30th of November to the 2nd of December 2023, in Benin City. Movies will be screened at 5 different locations across the city.

Edo State is a hub for the film industry, owing to its versatile locations, welcoming communities and vibrant art scenes. The ESIFF is an organized effort to attract cultural tourists or consumers in addition to the film professionals; buyers, filmmakers, and actors.

Event tourism is one of the fastest growing segments of the tourism industry. The film festival, strongly supported by the state government, is one of the channels through which Edo State reinforces its commitment to providing the necessary infrastructure to bolster its tourism sector. Governor Godwin Obaseki reiterated the state's vision of becoming a global leader in the fast growing movie universe. He also unveiled a prize purse of \$35,000 for the upcoming festival.

The 2023 edition has already attracted over 3,000 film submissions from 126 countries, with the most entries coming from Nigeria, Iran, India, the United States, and Brazil.

Don't miss it!

#ESIFF2023

@victoruwaifocreativehub

With Ronya Man (Actress || Producer || Acting Coach - Nollywood)



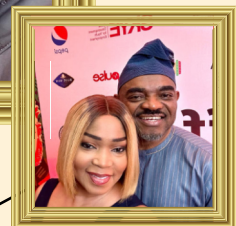
With Norbert Young (Nigerian Actor || Film Maker)



With Violet Okosun (Executive Director of Edo Creative Hub) and Ibrahim Suleiman (2023 Ambassador ESIFF Edo State International Film Festival 2.0)



With Emeka Rollas (President, Actors Guild of Nigeria)



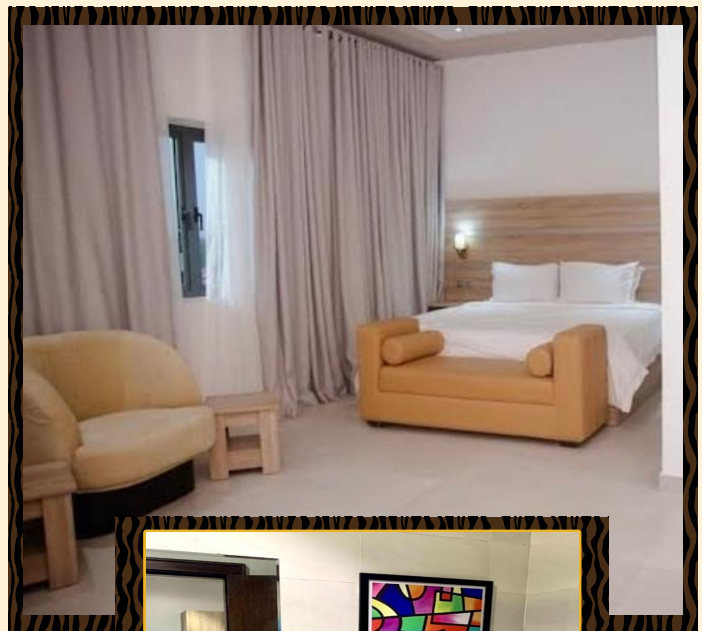
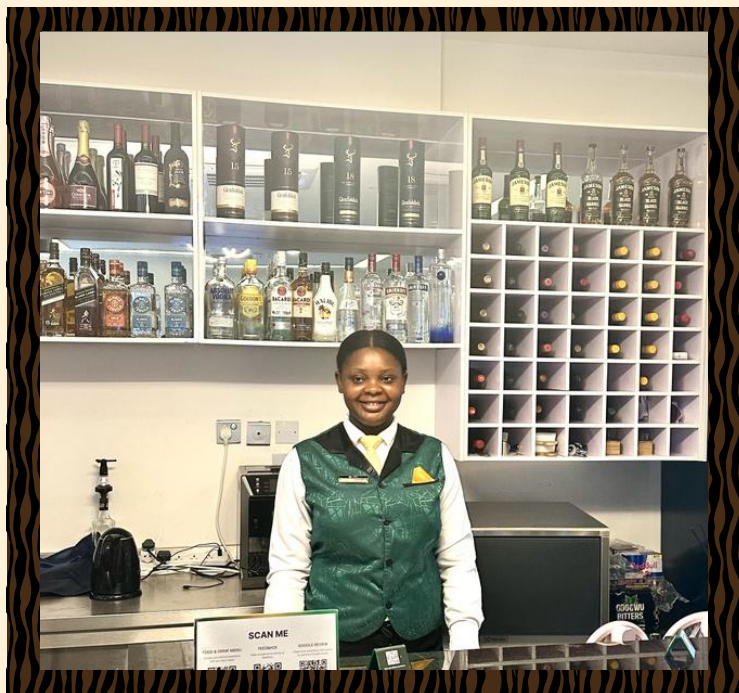


# Are You a Stickler for Luxury?



## Unveiling a brand of the future

- ✓ Oti Hotel and Spa is a six-story, sixty-six room luxury hotel located at 22 Benin Sapele Road. It is eleven minutes away from the Benin City Airport.



### Highlights

- ✓ 100 - guest capacity conference room
- ✓ Exquisite local and international cuisine
- ✓ 2 restaurants, 2 bars/lounges
- ✓ A good selection of clean and spacious rooms
- ✓ Spacious rooftop with breathtaking views of the city

*Visit Benin. Stay at Oti Hotel and Spa.*





## Sights & Sounds



✓ The Okomu National Park was established in order to protect the region's natural ecosystem and biodiversity. It is also home to an endangered specie of white bearded (mona) monkeys.

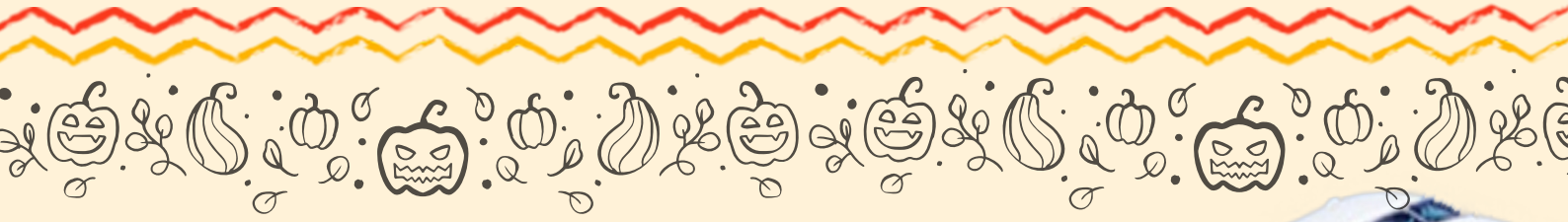


Arakhuan via Udo Ovia Southwest  
Local Government Edo State, Benin  
City 300271 Nigeria

**Established in 1935**







# What's New !!!



**IBOM**  
AIR  
LINES



Ibmom Air has joined the league of Nigerian airlines with an international footprint. It has commenced flights between Murtala Mohammed Airport in Lagos and Kotoka International Airport in Accra. It operates a frequency of two daily flights.

The inaugural flight for this route took off on Tuesday 17th October 2023.

**We look forward to Ibmom Air operating into Benin airport soon.**

ORIGIN	DESTINATION	DEPARTURE	ARRIVAL	DAYS
LAGOS	ACCRA	7:00AM	7:00AM	MON-FRI
LAGOS	ACCRA	4:30PM	4:30PM	MON-FRI
ACCRA	LAGOS	8:00AM	10:00AM	MON-FRI
ACCRA	LAGOS	5:30PM	7:30PM	MON-FRI

**REMEMBER!!! SUPER PRIZES TO BE WON IN THE NEXT EDITION**



## ENTERTAINMENT

- 1 What materials are used for bone setting in Edo?
- 2 The first market in Benin kingdom was called?
- 3 Which Edo state author is also a professor of African studies at Harvard University?

## WORD PUZZLE FROM THIS EDITION



BANDAGES	WOODEN	TRADITIONAL	
FAMILY	BONE	WRITERS	SPLINT
OGISO	MARKET	BOOKS	TURKEY
THANKSGIVING	PSYCHIATRY	MEDICINE	

## EVENTS

### Ukpe

November  
Divine Worship

### Igue

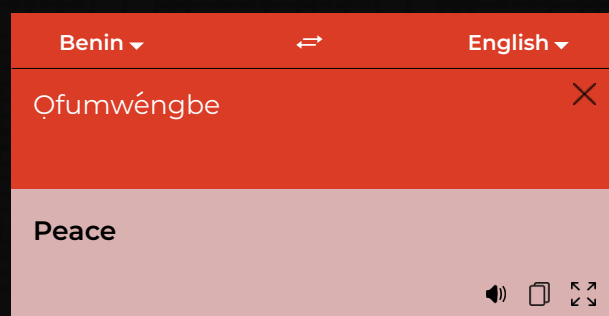
December  
Peace and Prosperity

### Out-Unuani

December  
Age-grade Initiation



## LINGO



### **Important Notice**

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