

# THE **FLOTILLA** MAGAZINE

**Kidnapping:**  
Eliminating it  
in Nigeria

**Ebola**  
a security threat

**Saving our Heritage**

**Afrobeat: Nigeria's Gift To The World**

#28  
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February 2015

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# From the editor

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A big 'Thank you' for all your comments and suggestions on our previous edition (issue #27), we have listened and have decided on rebranding our magazine. As you may have noticed on the cover the name Hiroshima Flotilla has been changed. Henceforth the magazine will be known as **The Flotilla**.

As many of you rightly pointed the name 'Hiroshima Flotilla' left an impression of some kind of gazette made by Hiroshima city Government or something of that sort and although we had other reasons for naming our magazine, we do not want to confuse our readers hence the change. I appreciate your comments and as always please keep them coming to help us serve you better. Hontoni arigato gozaimasu!

A lot has happened in the last year and I can almost hear you muttering 'phew' :) what with endless months of media saturation on MH370, and all the conspiracy theories, the pings which led to a search that yielded not even a strand of evidence of the triple seven airliner, not to mention MH 17 shot down in Ukraine, the Ukraine internal troubles, Oscar Pistorius murder trial still fresh in our memories, the sunken Ferry in South Korea and the terrible death toll, the depressing yet endless Boko Haram insurgency in Nigeria amidst the World Economic Forum in Abuja and the upward review of Nigeria as the largest economy in Africa. I dare say our hearts go out to the relatives of the victims MH370 & MH17, the families of the young Korean children and for the innocent young girls who have been abducted by this Monster extremist group Boko Haram simply because of their desire to be 'Educated' our prayer is that these innocent victims be found and returned to their families. It's been almost a year since their disappearance. There is also the issue of Ebola virus disease which is still a huge public health problem in West Africa with a death toll above Three thousand (3,000) according to WHO

In the backdrop of all of the issues mentioned we will strive to tell a different side of the African story devoid of all rancor and controversies it is our believe that as developing economies the African continent is resilient and will eventually rise above distractions such as diseases,

bad governance, Boko Haram, even Ebola for that matter. These are symptoms of the change or renaissance that is enveloping Africa. We've taken time to give our readers updates regarding the Ebola virus disease as well as a Government's response to the devastating disease and I believe this will help enlighten us on efforts to contain and totally eliminate this 'Deadly disease' note also that as at the 22nd of September 2014 WHO declared that Nigeria and Senegal have successfully contained the virus and now with the efforts of the world Liberia, Guinea and Sierra Leone are containing Ebola. Japan quickly contained Dengue fever which reared its head again after Almost seventy years!

There is also the issue of the plight of street kids all over Africa and the developing economies National Association of Seadogs (NAS) is partnering with many international organizations and individuals to provide a health and positive environment for these kids in the initiative known as the 'street kids initiative' in which hopefully the WHO will dedicate a special day for this noble cause and in the next edition we will reporting in detail regarding progress. Let me use this opportunity to solicit your support to help give these kids hope and confidence and above all a bright future.

We appreciate Mr. Emmanuel Ukpe of the embassy of Nigeria, who has kindly contributed articles in this edition, Dr. Simon Bennett Okolo's piece on Ebola is very detailed and enlightening. To our Japanese audience we promise to have more Japanese content soon to enable us better communicate our news and views. We look forward to your wonderful comments as always :) Happy reading.

*Stanny Ogar*

# Saving our Heritage

## Part 1

by Obudupikin

**W**e owe it to ourselves to preserve what's left of our culture for posterity as I sit here I look back to just 20 years ago and I'm alarmed at the speed with which my language and heritage are being battered almost to extinction and I'm inclined to take action as my dear father Mr. Jeremiah A. Ogar (Bette Pre-Colonial history 1800 - present. 1978) who so rightly foresaw this predicament prompting the documentation and chronicling of the Bette history and culture along with Mr. Jeremiah Adie and in recent times quite a few gentlemen of the Bette-Bendi extraction including Dr. Joseph A Ushie, Dr. Udida Undiandeye to mention a few.

First of all let me delve into a brief history of the Bette/ Bendi people of Cross River State Nigeria for the purpose of this write up I will classify the Bette/Bendi people and others in this area broadly as "Obudu people"

Nestled in the plains of the beautiful vistas of the savanna and shielded by the beautiful undulating mountains of Ulanga-Utanga in the east and the U'kwelugbudu to the west Ukpanya and the hills of Obang. Obudu is blessed with green vegetation and lucky to be located close to and shielded by the Okwangwo forest a pristine rainforest that stretches into the republic of Cameroun

an advantage that has aided in making Cross River State an Eco tourism destination of the world comparable to the Amazon and other such destinations. Before I digress, let me note that the Obudu people are a very peace loving lot with minds as tranquil and beautiful as their landscape but historically the people of Obudu were great warriors who never lost any wars for many generations a testimony our Tiv neighbors are quick to testify to but that is a story for an-other time.

In modern times the Obudu people have turned out to be one of the biggest source of the great intellect and manpower that permeates the entire Cross River State civil service and the academic institutions around the world a feat that is almost impossible to believe considering that Obudu local government of Cross River State is



the smallest in terms of land mass and population (one million people) the warrior spirit and a de-termination to succeed in all endeavors has put the Obudu people on a pedestal of success beyond all odds. Why am I going on about the greatness of the Obudu people? I guess because it will help put in proper perspective the plight of the Bette diaspora

### **Bette/Bendi: The language of our ancestors**

It is important to note that Cross River State is one of the smallest states in Nigeria but interestingly has one of the largest stretches or proliferation of languages and dialects. To give you an idea, in an area of 300 kilometers there are over twenty languages spoken most of them not even closely related. However Obudu, Obanliku, Bekwara and Boki local governments are very closely related, linguistically they are dialects of what could be

***“Kids and young adults in my native Obudu now communicate with each other mostly in English language, Pidgin English and probably Hausa or any other major Nigerian language.”***

referred to as semi Bantu group of languages

What is interesting is that in the 21st century globalization the Bette language like many dying languages are being impacted by the proliferation of social media and the predominance of the use of the English language which has become the Latin of the modern age. To my utter shock and dismay in the last couple of years I found that kids and young adults in my native Obudu now communicate with each other mostly in English language, Pidgin English and probably Hausa or any other major Nigerian language. As much as this is an

advantage the down side, I think is that unbeknownst to them they relegate the Bette language to the background and sincerely as it turns out most youngsters 20 years and younger can no longer speak a complete sentence in Bette and when I had the pleasure of visiting my hometown I found to my dismay that youngsters now find it trendy to address elders in English or some derogatory fashion such as “what’s up Gee!” Or “how u dey?” Or “bros what’s up?” Or even worse “what’s up nigga?” Again the influence of western or Hollywood movies has a partial blame for this but most of all in a country like Nigeria where the Hausas, Yorubas and Ibo’s are the largest ethnic groups not to mention other tribes such as the Ishekiris, Igala, Tivs, Effik & Ibibio to mention just a few. Effectively putting the Bette language amongst the minority of minority ethnic groups.

At another level lets for a moment look at how the above factors stack up against the Bette diaspora on a much larger scale by examining the factor of ‘Godfatherism’ in the Nigerian political scenario which to a large extent places the Obudu people in a difficult position where to get a federal job is not only difficult but almost impossible as very often because of their minority status it’s not easy to have a ‘God father’ to lunch them into a



great career with the federal civil service or the private sector of the Economy in spite of the wealth of experience and educational qualification. It’s no news that in Ni-geria jobs or opportunities aren’t often acquired through merit. So faced with chronic unemployment the Bette young graduates like their counterparts from other parts of the country have to seek greener pastures elsewhere in the Europe, America, Asia and pretty much anywhere else where they could eke out a living in what is now referred to as brain drain. In my opinion this is Also where the dilemma of the Bette diaspora my-self included, who after many years of sojourn abroad and in most cases involved in interracial marriages, are faced

with the difficult choice of having to speak English or some foreign languages to kids as the primary means of communication which in itself is not a bad thing, but because like in this unique circumstance where I’m the only Bet-te speaking individual in all of Japan, Although not an excuse, presents a big chal-enge to teaching the kids Bette language because of busy work schedules (often all day) barely enough time to catch up with the children or when possible just for two hours before bedtime. Let’s face it when can these kids learn to speak Bette and Eng-lish and Japanese when there’s barely three hours in a day to effectively spend time with them?

Despite attempts to travel home to Obudu every other year to have them interact with and familiarize themselves with their African roots it’s not enough simply because the vacations typically last for only two weeks and for the most part very stressful from the jet lags to the sleepless nights one spends catching up with friends and family and so on.

*(In the next edition of The-Flotilla I will be continuing the 2nd segment of this story and attempt to look at ways to rescue the Bette language and culture from apparent death feel free to send your contribution or comments to [comments@the-flotilla.com](mailto:comments@the-flotilla.com))*

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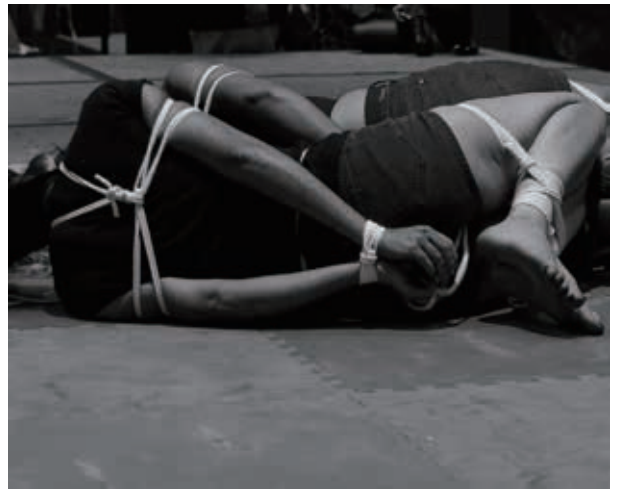
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# Kidnapping: Can it be Eliminated in the Case of Nigeria?

by Ejike E. Okpa II

In earlier views I expressed on the subject of security and its relationship to economic development, I opined that no nation can claim to be prospering when crime is done at will and its law enforcement not equipped or committed to minimizing the occurrences. Lawlessness in Nigeria is seen as a right of those that want to do what they want as there is a hardly consequence for bad behavior or conduct in the nation; all being equal and considered. When elected and appointed officials often do as they wish and use the instrument of state to propagate and perpetuate conducts unbecoming, common criminals join the ranks even if it's in 'underworld' capacity.

Since the inception of present civilian rule in Nigeria hinging time frame from 1999: Kidnapping, a criminal vice that was highly unheard of during the military has become an industry on its own. Accusations and allegations that those in power use this nefarious act to intimidate political enemies and instill fear so no one questions their conducts may not go without some truth. But again, family members of elected and appointed officers have also been victims. The whole country or a good part of it especially the southern states have experienced kidnappings such that there is siege mentality. For foreigners, especially those working in the oil sector, it has led to increased cost of their presence in Nigeria. While Nigeria has the lowest cost per barrel as per oil production, it incidentally has the highest operating cost as a ratio of revenue to operating expense. The implication, Nigeria spends more than its counterpart oil producing countries on security as a



charge on revenue; in turn lowering net benefit to the national treasury. For those that track loose and weak security facilities in developing countries that rely on foreign technical support, for every one kidnapping incident there is a reaction of 2% - 5% increase in the cost of doing business in that country. That added cost lowers the net benefit; on the other hand, Nigeria is always losing money.

Whatever are the reasons for the existence of kidnapping, it is time both the leadership and the led commit to nipping it. It signals bad image for Nigeria and makes cost of doing business and living expensive. The question, can Nigeria rally to deal with kidnapping? Yes, they can and should. Then how does the nation leadership go about nipping kidnapping?

There are several ways to deal with kidnapping, as it is a crime committed with the criminal demanding ransom in order to release one kidnapped. Nigerians must separate kidnapping of a family member who fakes their own kidnapping to extort money from a family member. That is a family matter, and however they end up with it; it is their own cup of tea. However, kidnapping occasioned by criminals calls for tougher approach.

***“It signals bad image for Nigeria and makes cost of doing business and living expensive. The question, can Nigeria rally to deal with kidnapping? Yes, they can and should.”***

Since ransom demand is made via phone call or letter or in-person demand, it is a no-brainer that committed law enforcement and alert public can nail kidnappers. But the question again goes back to Nigeria law enforcement agencies. Are they trustworthy on their job? If the accusations and allegations points to a law enforcement

that colludes with criminals, no amount of sophistication and public involvement will nip the act. Criminals in any form are not ghosts. They are persons known to the communities they operate and they have beneficiaries. What dents criminal enterprise is committed public that sees how damaging such acts affects their quality of life and decide **Enough Is Enough**. In the case of Nigeria, **Enough is Never Enough** as conducts are often permitted and allowed to go unchecked such that they become a tradition. But assuming there is commitment to nail kidnapers, here are some suggested approaches.

1. **Phone Companies**, every operating phone company in Nigeria must have picture identification of each subscriber and finger print, and each number assigned linked to a particular address or village. Every subscriber must sign an affidavit saying they are purchasing the phone for their use and not for someone else, all these done at the point of obtaining a phone. Even though this will be hard because many Nigerians have no address but again, they do not all live on the street, it has to be required. Violation should trigger heavy fine on the phone company or cause to lose licensure.
2. **Nigeria Police** to have tracer capacity to track any call that makes ransom demand such that through use of GPS, the area of the criminal can be zeroed in and reinforcement assigned to the area. The way it works, once a ransom demand is made, the victim family informs the police so they have the phone called linked to the tracer to begin tracking.
3. **Financial institutions** with the aid of Central Bank to develop certain features with indelible ink markers and currency electronic devices emitting signals once the money is delivered. It may have a 24-48 hour timer that goes off after the release of the victim. Some US law enforcement have developed similar device to help curtail bank robberies.
4. **Community organizations** such as NAS to develop collaborative pact with Nigerian law enforcement to assist in Community Policing partnership to boost efforts to curtail kidnappings. This sort of partnership and or assistance to be done after training of selected individuals who obtained basic understanding how to track and trace criminal elements. The danger is that there are likelihood of infiltration and leaking of vital

*“No nation is crime proof. What makes a difference is when a large population frowns at criminal elements and activities and commits to fight its occurrence.”*

information. No nation is crime proof. What makes a difference is when a large population frowns at criminal elements and activities and commits to fight its occurrence. If in Nigeria, there is no trust with the police, policing is weakened and criminals get free pass.

5. **Increased budget allocation** for law enforcement: It is no gain saying the obvious; Nigeria Police has the lowest resources per capita of nations its size. Nigerian police hardly have \$1b in annual operating budget and even at that, very little in terms of crime fighting equipment and tools are available. Many Nigeria Police personnel do not know how to use crime maps to locate criminals and many of its rank and file can hardly describe a crime scene to aid in identifying what happened. In developed nations, communities assist the police and law enforcement agents obtain added resources to contain crime. In Dallas, the city budget of nearly \$3b, almost 45% of that goes to public safety which is police and fire and rescue departments. For a city of 1.3m people, its budget is bigger than that of Nigerian police, a country of 160 million people; do the math. Public safety budget in developed nations for local governments constitute the highest single expense of their budget. While crimes do occur in US for instance, at least one gets a sense that something will be done.
6. **State by state public safety endowment fund** to be encouraged and duly established as additional resource to assist the police in fighting crime. While availability of money alone does not guarantee success, its lack aids in continued success of criminal elements. This is an innovative approach to fighting crime in given areas in collaboration and partnership with communities and law enforcement. As a supplement to each state's police command, there is need for **Citizens Police Council – CPC** of very trustworthy residents;

they must have physical presence in the state. To endow the fund in each state, every resident of voting age separated by those who live in urban and rural areas to pay at least N500 each year for no more than 3 years. Businesses in that state pay maybe N5000, depending on their size. Here is how it works; assuming 1m eligible residents of a state or based on percentage of the state population, say 25% as eligible. That throws off N500m and businesses contribute another N500m, for a total of N1b annually, and must only be used in that state. The community organizations manned by credible citizens whose memberships are made public with request to challenge inclusion of anyone considered unfit. CPC collaborates with the state police command on weekly basis to review crime stats and allocate resource to fight crime. All deliberations made available to the public. The Police Commissioner must appear before the organization to make a case for allocation from the fund and match their authorized budget to the fund's resources. This is very complicated to establish especially in a community or nation where membership in certain organization may arrogate undue powers to some. But when done, it boosts policing resources even going to entrench sense of investment with the police command.

Nigerians cannot afford to have detached sense on matters such as public safety, something that affects their standard of living and unduly curtails enjoyment of life. When the communities commit to exposing criminal elements and do so in unbiased manner, there is no doubt crime goes down and criminals get chased. One may never have a crime-free country, but certain crimes such as kidnapping can be fought to successful conclusion. Any nation that takes its law enforcement roles for granted and or neglects the crimes that affects living, will never develop to one of repute. Sense of fear and siege due to crime unduly limits economic growth.

*(Ejike E Okpa II, is a Dallas resident and graduate of Dallas Police and alumni of Dallas FBI CA programs, with combined hours totaling more than 60 hours. He participates in many leadership programs dealing with law enforcement and their role in a community. In 2000, he wrote a community policing initiative that was presented to then Nigeria Inspector General of Police Tafa Balogun).*

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# Nigerian Graduates

## As Best All Round Student From Tokai University

**A** Nigerian student of Electrical/Electronic Engineering, Mr. Ufot Ufot Ekong, emerged the best all round graduating student at the spring semester graduation (convocation) ceremony of Tokai University (Shonan Campus) held on Friday, 18th September, 2014. Mr. Ekong, 24, won the best engineering student award in the Faculty of Engineering in the undergraduate category, as well as the University President's prestigious award for the best all-round student.

The Chancellor of the University, Professor Takano Jiro, and the Vice-chancellor, Professor Kiyoshi Yamada took turn to present the University degree certificates to the 440 graduands at the spring graduation ceremony, while the President of the University, Professor Matsumae Tatsuro, exclusively presented his special award to Mr. Ufot Ekong at the colourful ceremony. The University President's award to Mr. Ekong was preceded by the rendition of a special anthem in his honour by the university orchestra band, which added a soothing atmosphere to the solemn ceremony.



Mr. Ufot U. Ekong and Mr. Emmanuel Ukpe

On the whole, 440 students bagged degree certificates in the various categories comprising 392 undergraduates, 30 Master's and 18 PhD. Among the PhD graduates were two Africans from the Republic of Cameroon. The ceremony was attended by the University management and academic staff, students and guests, including members of the diplomatic corps, notably the Ambassador of the Republic of Cameroon to Japan, H.E. Dr Pierre Ndzengue and the representative of the Ambassador of the Federal Republic of Nigeria to Japan, H.E. Godwin N. Agbo, Mr. Emmanuel Ukpe (Minister), family members and other well-wishers of the graduands, as well as members of the press.

Mr. Ufot Ekong, a multi-talented Nigerian youth, including artistry in music, specializing in Saxophone, distinguished himself from the onset of his enrolment in Tokai University (Shonan Campus) when he won the Japanese language best student award. Since then, Mr.

*“Mr. Ekong was able to build an electric car, “eco”, which drives on charged battery within an appreciable distance.”*





Ekong, who is a self-sponsored student, combining work with studies, proceeded to winning many other awards in the University, altogether numbering about six.

Mr. Ekong's specialty is in power electronics, which formed the basis of his final project on "power electronics in electrical vehicles". Mr. Ekong was able to build an electric car, "eco", which drives on charged battery within an appreciable distance. According to his lecturer and project supervisor, Professor Masayuki Morimoto, Mr. Ekong's excellent scholarship at the undergraduate level was a pride to the department and the faculty of engineering of the university as a whole.

It is also noteworthy that Mr Ufot Ekong enrolled immediately to commence a Master's degree programme in "Electrical/Electronic Systems Engineering" in the

Department of Electrical & Electronic Engineering of the same Tokai University (Shonan Campus), where he also hopes to complete with distinction.

Mr. Ekong's feat, beyond making Nigeria and the entire Africa proud, is also instructive in a particular sense. It is a proof that given the right environment, with determination and hard work, an African could distinguish himself/herself in any field, anywhere in the world, cultural and linguistic barriers notwithstanding. This is indeed a worthy inspiration for other Nigerian and African youths in Japan and beyond.

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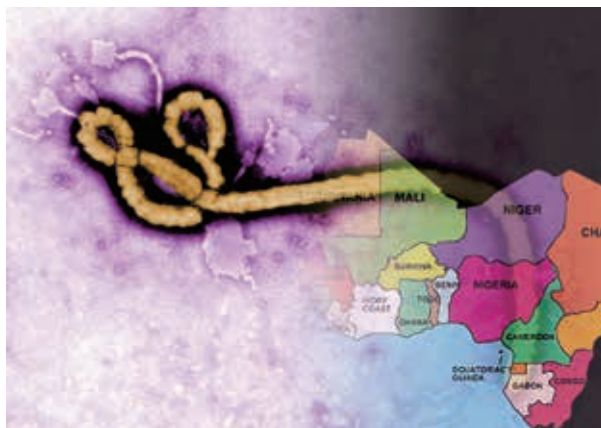
# Ebola Virus Disease

## EVD as a security threat in West Africa

by Dr. Okolo Ben Simon

The emergence and spread of HIV/AIDS in the 1980s took the world by storm. For decades, the international community continued to treat the HIV/AIDS epidemic strictly as a health issue. However, towards the end of the 1990s and early in the current millennium, scholars and analysts started to draw the link between HIV/AIDS and security. The change in understanding of security in the late 1990s was partly responsible for this paradigm shift. No longer was security viewed from the traditional prism of strategic/territorial security, but the understanding was broadened to include issues of human security. These include, but not limited to economic security, food security, health security, environmental security, personal security, community security, and political security, collectively referred to as human security.

West Africa is presently facing an outbreak of the Ebola virus disease (EVD). While the virus was first discovered in 1976, it was considered localized to the Democratic Republic of Congo (Former Zaire) and the Sudan. The origin of the virus has been traced to fruit bats, monkeys, chimpanzees and forest antelopes found ill or dead. It is known to spread from animal to human and from human to human, through body contact, and especially through the exchange of body fluids including sweat. What makes the disease so deadly is not just that there has been no known cure (fatality occurs between 50 – 90% of the time), but the fact that it leads to death within a few days of its manifestation. This current outbreak of the virus, which started in Gueckedou in southern Guinea, West Africa in March 2014 is believed to have killed as at the time of writing, between 800 – 900 persons depending on the source of statistics, in mainly Guinea, Liberia and Sierra Leone, three adjoining countries, and recently in Nigeria. The number of deaths, therefore, makes it the deadliest outbreak of the disease in its almost 40 years history. Before the advent of the current outbreak, its first appearance in West Africa was in Tai Forest, Coté d’Ivoire, where a scientist became infected after conducting an autopsy on a wild chimpanzee in 1994. The scientist was later



treated in Switzerland. There were no further infections since then in West Africa.

While previous infections in east and central Africa were contained and did not spread to other countries, the case with West Africa is different. This raises a lot of concerns, especially given the mobility of goods and services in the sub-region. The quick spread within the Mano River region (Guinea, Sierra Leone and Liberia),

***“Following the outbreak of the disease in Guinea, ECOWAS declared the situation as a serious threat to regional security.”***

speaks to the geographical link of health issues. The forests of Gueckedou in Guinea shares borders with Sierra Leone and Liberia. One could, therefore, argue that the vector that caused this particular outbreak could have been located in the forests of Gueckedou, southern Guinea. The disease’s debut in Nigeria recently, has raised a lot of concerns especially with the ease the American, Patrick Sawyer traveled through Liberia while transiting two other countries to Nigeria. This has shown that Ebola is no longer just a rural oriented disease, but one with global health and security implication.

Given the fragile nature of states in West Africa, what does this present outbreak portend to the security of the region? Put differently, what are the security implications of the present outbreak in West Africa? What should the Economic Commission of West African States (ECOWAS) do to avert the security nightmare?

Following the outbreak of the disease in Guinea, ECOWAS declared the situation as “a serious threat to

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regional security.” The Council of Ministers mandated the ECOWAS Commission to take appropriate action in stemming the spread of the disease. The recognition of EVD as a security threat at such an early stage is very commendable and speaks to the realization that, public health issues cannot be categorized only as matters of health concern. The fragility of states in West Africa is a serious cause for concern. The three states that have been most hit, have been undergoing reconstruction at different levels of governance, following the civil wars that wracked mostly Sierra Leone and Liberia in the early 1990s. Their capacity to deal with the disease, therefore, can be said to be non-existent. In fact, it can be argued that there is no country in West Africa that has the capacity to respond to the Ebola threat. This could be partly as a result of the non- manifestation of the virus in the sub-region before now, or mostly as a result of the low level of medical infrastructure that exists in the sub- region.

With reports that the disease has killed many health workers, the tendency is that most hospitals and health workers, may be reluctant to admit and treat patients with ailments as minute as common cold. The implication of this line of predictable action is that, more people who are infected with the virus may seek alternative

***“Subsistence farming being a major sector of the economy of the sub region will definitely be affected, threatening food security.”***

cure, and giving the nature of such alternative curative Centers in West Africa, the infection will spread and may even mutate into other different strands. Where there is serious epidemic of the virus in the sub region, this could definitely affect its economic output. Subsistence farming being a major sector of the economy of the sub region will definitely be affected, threatening food security. The Director General of World Health Organization, Margaret Chan alluded to this where she stated, “If the situation [Ebola outbreak] continues to deteriorate, the consequences can be catastrophic in terms of loss of lives but also severe socio-economic disruption and a high risk of spread to other countries.”

Secondly, with most of the countries under threat being aid recipients, both in terms of funds and staff, the natural tendency is that the aid agencies will scale down their operations in the countries, thereby leaving a development cum security gap in whatever project area they were providing assistance. This will heighten an already existing security threat in those countries.

For instance, the U.S. Peace Corps has withdrawn about 340 volunteers from Liberia, Sierra Leone and Guinea. Samaritans Purse, where two of its American medical personnel, Dr Kent Brantly and Nurse Nancy Writebol have been infected, has also evacuated about 60 international staff from Liberia. Equally, WaterAid has suspended its operations in the affected region.

Thirdly, with six West African countries going to the Polls in 2015, it is expected that electioneering campaign would take off soonest, especially for those countries holding theirs in the first part of the year. These include Cape Verde, Nigeria and Togo. Coté d’Ivoire, Guinea and Burkina Faso come in the later half of the year. If there is massive panic resulting from the spread of the disease, it would affect the ability of political parties to reach out to the voting public, as many may shun large public gatherings, this, despite the fact that Ebola is not an airborne virus. Invariably, if the virus scare persists, it would also affect the turnout at the elections.

Of very serious concern, is that West Africa is a security fragile sub- region. With its decades of military rule starting from the 1960s, and petering out in the late 1990s; and civil wars that almost enveloped the sub region following the end of cold war, the fragility is very pronounced. The fragility was, therefore, a fertile ground for terrorism to take roots.

The threat posed by the Al Qaeda in the Maghreb (AQIM) and the dreaded Boko Haram insurgents, with respect to the threat of the Ebola disease, need to be factored

in. While AQIM’s operations in mainly the Maghreb region has almost been contained, especially with the near

return of peace in Mali, Boko Haram has been waxing stronger, with threats to spreading its grip on the sub region. Boko Haram’s recent increase in the use of female suicide bombers in Nigeria, some as young as ten years, is a serious cause for concern. This concern stems from the knowledge that some terrorist organizations, and even some countries had in the past, invested in biological weapons. Not only is Ebola a highly contagious infectious disease, the virus, which causes it, has the potential to be used as a bioweapon. If, discounting the risks involved, a terrorist organization like Boko Haram were to get hold of the pathogens of Ebola, it may deploy it as a bioweapon against the state of Nigeria, and may use that potential to threaten other states in the sub region.

Given the security challenge posed by the outbreak of the disease, ECOWAS need to do the following:

- It should at the onset, articulate a common health/



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security policy protocol that will be applied across board.

- A state of emergency should be declared on the issue.
- It should constitute its sub regional team of medical and pharmaceutical researchers, to work on securing a cure for the disease.
- There is the need to limit travels in the sub region to only very essential ones.
- Proper screening of passengers that have shown signs of Ebola symptoms should be done both at departure and entry points.
- Proper non invasive technology to this effect can be applied, as that employed at some international airports during the H1N1 Swine Flu epidemic.
- Isolation Facilities should be set up in the countries that have reported incidences of the disease.
- Medical personnel should be constantly trained on the right protocol to handling and managing infected patients.
- The government of states should provide adequate funding to their health ministries to properly equip such Isolation Centres
- Governments should embark on very massive enlightenment campaign to educate people, especially those in the rural villages on the dangers of certain practices that could lead to the spread of the virus.
- There is the need to closely monitor the victims of the virus to avoid Boko Haram from harvesting the pathogen from them.
- The ECOWAS sub region needs the intervention of the international community, as this particular threat has shown that it can defy borders. The expertise at the disposal of the international community must be brought to bear in fighting this virus and
- The international community, together with the Big Pharmaceuticals, need to put more effort into getting a cure for the deadly virus. This might be one situation where public safety should trump profit making.

It is hoped that the international community and the ECOWAS Commission, would treat this outbreak with the urgency it deserves, as the case of Mr Patrick Sawyer has shown, that the disease has the potential to travel across international borders.

*(Dr. Okolo is the Executive Director, African Centre for Human Security, Peace and Sustainable Development - AFRISDEV)*

# HUMOR CORNER



## Machine

In Japan they invented a machine that catches thieves They took it out to different countries for a test.  
In USA in 30 minutes, it caught 20 thieves  
UK , in 30 minutes, it caught 500 thieves  
Spain , in 20 minutes it caught 25 thieves  
Ghana , in 10 minutes it caught 6,000 thieves  
Uganda in 7 minutes it caught 20,000 thieves  
In Nigeria , in 5 minutes the machine was stolen.

## Dog Attack

A man in USA sees a dog attacking a lady. He kicks the dog & it dies.

Newspaper report:

“Local hero saves lady from dog”

Man says “I’m not American.”

Media report is changed:

“Foreign hero saves lady from dog.”

Man says “actually I am Pakistani.”

Next day “Headlines”:

“MUSLIM TERRORIST KILLS INNOCENT DOG!”...

## A Man’s Heaven and Hell

HEAVEN

American Salary

German Car

Chinese Food

Indian Wife

HELL

American Wife

German Food

Chinese Car

Indian Salary

## What’s the difference between-

1. Girl Friend
2. Lover
3. Wife

SIMPLE-

1. Prepaid
2. Postpaid
3. Life Long

# AFROBEAT: NIGERIA'S GIFT TO THE WORLD

by Stanny Ogar

**A**frobeat is a music genre that combines the traditional Yoruba music, Jazz, Highlife, Funk and chanted vocals fused with percussion. This music variety was popularized by the legendary multi-instrumentalist and band leader Fela Anikolapo Kuti in the 1970's, who is also credited with naming his style of music as "Afrobeat" after returning from a tour of US with his band then named Kola Lobitos. The band was renamed Nigeria 70, Africa 70, Egypt 80, respectively as his career and popularity grew

Apart from revolutionizing music style with his Afrobeat music, Fela Kuti took this music to the world and turned it into the most recognized genre in the world and throughout his career he rolled out hit after hit with such signature songs as "Lady", "Zombie", "ITT (international thief thief)", "Teacher don't teach me nonsense", to mention but a few.

Afrobeat music can be described as songs of resistance to put it quite simply but beyond that it's a form of music that fuses a complex mix of influences of jazz,

***"Afrobeat music is a form of music that fuses a complex mix of influences of jazz, funk, highlife (a popular form of West African urban music)"***

funk, highlife (a popular form of West African urban music started in Ghana in the early pre-independence days) layered with rich Yoruba folk song and drumming styles. The genius in Fela Anikolapo Kuti is that he was able to seamlessly blend these great forms of music in a way that the world responded resoundingly to the vibes and the popular lyrics of "fight against corruption and social ills that still bedevil a great many nations to this



day, especially in Nigeria.

Before Fela's death on the 2nd of August 1997 Afrobeat had started witnessing an emergence of Young musicians adopting and injecting other flavors into this musical genre, amongst them are bands such as Osibisa, Kola Ogunkoya, Cymande, Alarinwo. Other notable modern Afrobeat bands and musicians include the famous Tony Allen, Femi Kuti, Seun Kuti, Dele Sosimi, Lagbaja, etc. This brings me to the explosion of Afrobeat bands beyond the shores of Nigeria and west Africa; such bands are Kokolo, a New York City Afrobeat group; Ariya Astrobeat Arkestra, a 10-piece cosmic Afrobeat collective based in Leeds, UK; AfroDizz, an eight-piece band based in Montreal Canada; Antibalas, Brooklyn New York- based multiracial Afrobeat orchestra; the Chicago Afrobeat project, etc

Kingdom Afrocks, Flying The Afrobeat Flag In Asia And Around The World.

The history, influence and love for the Afrobeat music cannot be overstated. The constitution and formation of the bands and artists noted above are not surprising considering that they are a mix of Nigerian born artists.



Kingdom Afrocks band members

Some of them are former musicians in either Fela Kuti's band or Femi Kuti's band or people who witnessed and experienced Fela's music during his active touring days in Europe and America. However, on a personal note nothing prepared me for the surprise and awe I felt when I witnessed a Japanese based Afrobeat band known as Kingdom Afrocks. It is a group of young Japanese musicians whose interpretation of Afrobeat is as pure and unblemished as their charming personalities. A relatively young Afrobeat band of eight very talented members formed in Tokyo in September 2006 may not be very well known around the world yet, but I can say for sure that this band will go places from the magic I experienced watching them jam in Omotesando here in Tokyo with the legendary Tony Allen, a former Fela Kuti drummer for over a decade and an accomplished Afrobeat musician. The band is amazing, staying true to the basic style of classic Afrobeat a-la Fela Kuti with a subtle influence and fusion of Brazilian, Latin American, and rock rhythms and influences. I owe a debt of gratitude to a gentleman known as Mr. Paul Tripcony a Briton whom I met at the African Festival in Yokohama and have since become friends for alerting me to the existence of this awesome band led by Mr. Leo Nanjo (bassist). In the next edition we will be bringing you a full interview with this band and their take on 'why Afrobeat?' and what their vision is with this musical style.

To say the truth I am pleasantly surprised that in Japan, there could emerge such a talented Afrobeat group such as Kingdom Afrocks. It is observed that though their style shows a strong influence of the big Taiko drums in



Leo Nanjo, Tony Allen and Keichi Tamaka

the Japanese culture, they are actually more open to the huge rhythms, beats and fast pace of the Gbedu, Akuba, the talking drum and other drums ensemble that make up the Afrobeat style. I guess as the saying goes, "music speaks a very universal language". Their shows are always sold out and the audience very responsive and interactive. It is amazing to me the depth of understanding of the Afrobeat music that these guys have and if you are a lover of Afrobeat as I am, you will soon get lost in the labyrinth of the Kingdom Afrocks' magical rendition of 'the-underground-spiritual-game'.

I tend to agree with the band's website that "Co-recording and performing live with the legendary drummer Tony Allen, who supported the founding era of Afrobeat with Fela Kuti, made Kingdom Afrocks the No.1 Afrobeat band, both in name and reality.

The band has established their own style of music that incorporates jazz, Brazilian, Latin and rock into Afrobeat.

They have performed at various outdoor music festivals in Japan, including Fuji Rock Festival and Sunset Live, and at events such as Tokyo Jazz Circuit and Gilles Peterson presents Worldwide Showcase.

In recent years, the band has frequently been contacted from overseas, which led them to perform at "Okayafrica", hosted by QuestLove from The Roots and co-star with Giles Peterson and Francois. K, making Kingdom Afrocks one of the most featured world class bands in Japan.

The band's performance at the Fuji Rock Festival 2012 after the release of the album "SanSanNaNa" on 27 June 2012, and the national album release tour has fascinated the crowd and further raised the band's profile. No doubt, Kingdom Afrocks is one of the hottest bands to check out!"

# Obstructive Sleep Apnoea

by Dr. Charles Meribole

Obstructive Sleep Apnoea (OSA) involves repeated episodes of airway obstruction during sleep, due to relaxation of the tongue and airway-muscles. OSA is commonly associated with snoring.

Unfortunately in some localities/belief systems snoring is associated with affluence.

Common symptoms of OSA are snoring, waking unrefreshed, daytime tiredness, and waking during the night choking or gasping for air. However, many patients are unaware that they have the condition, or do not realise that it is severe

Patients with OSA have about a 7 fold higher risk of death and heart disease, regardless of the severity of the disease, age or history of heart problems. This risk is eliminated by correct treatment.

Below is a true story.

## Morbidly obese boy's death sparks inquest

- AN INQUEST in Newcastle Coroner's Court is examining the role a number of doctors and health professionals may have played in the death of a morbidly obese 10 year old boy.
- The child was rushed to John Hunter Hospital on 17 September 2010, before he died 12 days later.
- He suffered from a serious hypoxic brain injury, the inquest heard.
- The child had suffered from sleep apnoea from a number of years.
- His obesity contributed to his breathing difficulties, which ultimately led to his death, the inquest heard.
- The inquest is examining what role the child's parents played as well as the NSW Department of Family and Community Services, the hospital and the NSW Department of Education and Training.
- The child was brought to the attention of doctors about four years before his death.
- He had a history of breathing difficulties and chest problems.
- His parents were provided with equipment and advice to address his sleep apnoea.
- At the age of seven the boy weighed almost 50kg and had a body mass index of 30.

- He weighed about 70kg by the age of nine.
- Despite a dietitian providing his parents with a weight management plan in 2007, the boy put on another 6kg in the six weeks after he left John Hunter Children's Hospital.
- The child was the subject of four "risk of harm" reviews conducted by the Department of Family and Community Services between 2008 and 2010, but on each occasion the department decided to close those reviews and pursue the needs of other children who were deemed to be at greater risk of harm.



Risk factors for having OSA include having a narrow airway or a large tongue, obesity and consuming alcohol at night (especially if the amount is large)

OSA treatment depends on the individual and the severity of the condition. For moderate and severe OSA, the best treatment is usually CPAP – Continuous Positive Airway Pressure. For milder forms of the condition, more conservative treatment interventions may be appropriate. OSA is diagnosed by having a full, overnight diagnostic sleep study. This allows a Specialist in Sleep Medicine to recommend the most appropriate treatment.

## Introduction

Patients with OSA experience repetitive episodes of partial or complete occlusion of the upper-airway during sleep. OSA sufferers usually snore, and may wake up gasping or choking. However, many people with OSA are unaware of any disturbance of their sleep. OSA is a common cause of excessive daytime tiredness, fatigue and poor concentration.



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- **OROSANYE ORPHANAGE BENIN:** Setup Creative Play and ICT-LRR. **Outstanding: Books, computers, games and more toys.**
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- **NAPTIP UYO:** Library/ICT Room project at design and planning level. **Required: Books, computers, printer, scanner, software and games.**

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- **GIVE A TOY:** educational, construction, physical activity/dexterity toys are preferred. Toys for children with learning disability will be most appreciated. This especially needed at St. Anne's Catholic Orphanage, Warri.
- **GIVE A GAME:** puzzles, board games, hand-held games. Preference for more educative and interactive games should be for ages 2 - 15 years.
- **VOLUNTEER:** Volunteer your time and skills for the learning and training aspect of the initiative. ICT training, vocational training, music, English/mathematics coaching. Even teach a child to play chess or scrabble.
- **COLLABORATE:** Spread the word about this project. Link up individuals or organisation to support this initiative. Encourage others to take up educational and creative projects for orphanages and street children centres. **Nominate a well-run orphanage for the two available NAS Creative Play Room/ICT-LRR projects. Your recommendation may become one of our beneficiaries.**

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Obstructive sleep apnoea has detrimental effects on sleep-quality and health, and increases the risk of obesity, high blood pressure, stroke, heart attack, type-2 diabetes, depression, impotence, mood disorders, and motor vehicle and industrial accidents.

### Risk Factors

Some of the known risk factors for obstructive sleep apnoea include:

- Obesity (especially obesity around the abdomen and neck) – but remember, OSA can also occur in people who are not overweight or obese.
- Large neck circumference (>43cm for men and >40cm for women).
- Age over 65 years (although OSA affects individuals of all ages, including children and adolescents).
- Family history of OSA or sleep-disordered breathing.
- Certain facial abnormalities, including a high, narrow, elongated, soft palate, a small chin, an abnormal bite and a small jaw.
- Cigarette smoking and excessive alcohol consumption.
- Medications, especially sedatives at night.

***“OSA is a known cause of sudden death at night time.***

***Patients with sleep apnoea are 4 to 9 times more likely to be involved in a motor vehicle accident.”***

When to investigate in the primary care setting, the following groups should be considered for a sleep study. Loud noisy snoring loud noisy snoring defined as noise sufficiently loud enough to cause disruption to another person's sleep on a regular basis. Snoring is associated with greater divorce rates – no small matter when one considers the value of the family unit in terms of cost effective delivery of housing, education and health care. Patients with any of the following snoring habits should be referred for assessment by a sleep physician:

- Sufficient to disturb partner more than three nights per week
- Audible in other rooms
- Occurs despite alcohol abstinence
- Occurs in lateral sleep position



### Signs and Symptoms

The signs and symptoms of OSA are wide and varied. Some OSA sufferers do not exhibit all of the symptoms, however they will usually experience one or more of the following:

- Snoring
- Episodes of gasping, snorting or choking during sleep
- Excessive daytime sleepiness, fatigue or lethargy
- Lack of energy and endurance
- Falling asleep or needing to have a nap during the day
- Disturbed or restless sleep (OSA sometimes causes insomnia)
- Poor memory and concentration
- Morning headaches
- Dry mouth or sore throat upon waking
- Irritability, depression, anxiety, mood and behaviour changes (including ADHD in children)
- Increased frequency of urination during the night
- Rapid weight gain or difficulty in losing weight

### Statistics

The prevalence of obstructive sleep apnoea is probably increasing due to the 'obesity epidemic'. Despite this, a large proportion of people with OSA remain undiagnosed and untreated.

**OSA is a known cause of sudden death at night time.** Patients with sleep apnoea are 4 to 9 times more likely to be involved in a motor vehicle accident.

### Obstructive Sleep Apnoea (OSA) and Your Health

The continuous cycle of breathing cessation and arousal from sleep that occurs in patients with OSA results in poor sleep-quality, excessive daytime tiredness, and contributes to a large number of other health problems, including:

- Obesity - excessive daytime tiredness and metabolic changes that occur in patients with sleep

apnoea make it particularly difficult to lose weight, sometimes as a result of secondary tiredness, poor motivation and depression.

- Cardiovascular disease - through a variety of complex mechanisms, OSA may contribute to high blood pressure, stroke, heart attack, heart failure, cardiac rhythm disturbances (especially intermittent atrial fibrillation), and night-time angina attacks. These risks can be significantly improved by successful treatment of OSA.
- Diabetes and insulin resistance - patients with diabetes and OSA can frequently improve their diabetic control if their OSA is correctly treated. Many patients with OSA (even those without diabetes) have impaired glucose tolerance and increased glucose levels.
- Insomnia - patients with OSA experience recurrent awakenings, which can contribute significantly to insomnia (difficulty in initiating and maintaining sleep)
- Cognitive function and quality of life – prolonged periods of poor sleep and sleep-deprivation in OSA sufferers can lead to depression, anxiety, lack of motivation, impaired memory and concentration, mood and behavioural changes. OSA sufferers who are excessively sleepy during the day are also at high risk of motor vehicle accidents. Daytime tiredness can also affect study, work performance and personal relationships.
- Penile erectile dysfunction can occur in males with untreated OSA. Reduced sexual drive also occurs in both men and women with this condition.
- Sleep apnoea affects families. Snoring can keep a bed partner awake and sometimes people in other parts of the house. Some partners try to stay awake to make sure that the person with sleep apnoea starts breathing again every time that they stop. Lack of sleep may make people who are living with sleep apnoea more grumpy and irritable. Sleep apnoea is a problem not only for the person with it, but also other family members.

*Dr. Charles Meribole is a Medical educator/trainer and specialist Family physician in Australia. The concluding part of this article will be in the next edition.*



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This is just the turner but can be used with any SkyPerfecTV dish. Used and in good condition. Pickup or chakubarai. Contact me; [deff4u@gmail.com](mailto:deff4u@gmail.com)



## FREE GIVEAWAY

Dell E197FP 19-inch Flat Panel Monitor. Resolution: 1028 x 1024, Dot Pitch: 0.294 mm, Response Time: 8 ms, Input: VGA. Used but in good condition. Pickup or chakubarai. Pics available. [deff4u@gmail.com](mailto:deff4u@gmail.com)

Send your Classified(s) to us; [classified@the-flotilla.com](mailto:classified@the-flotilla.com)

# Flotilla Pics Diary



Nigeria 54th Independence celebration by Embassy of Nigerian Japan



1. Nigerian Ambassador to Japan, Hon. Godwin N. Agbo cutting the independence day anniversary cake with his wife and other dignitaries.
2. Hon. Godwin N. Agbo, Nigerian Ambassador to Japan and his wife.
3. Leaders of different Nigerian associations in Japan.
4. Some members of the diplomatic corps.
5. Embassy staff with some guests.
6. Cameroonian Ambassador to Japan, Ambassador Pierre Ndzengue



Send your images to; [snaps@the-flotilla.com](mailto:snaps@the-flotilla.com)



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