

*As a Serial  
Entrepreneur,  
I love problems*

- Chidi Nwaogu

*Africa's best kept  
secrets; Mount  
Nyiragongo DRC  
and Lake Retba,  
Senegal*

*Meet Precious  
Oladokun of  
the Dream Girl  
Global fame*

# ZUKANE MBUIH

MY DREAM OF A GREENER AFRICA

NOVEMBER 2020 ISSUE





“

*Nowadays, brain drain is not a big problem, as was the case before. Boundaries have shifted; the world has been more globalized and interconnected*





# PREVIOUS EDITIONS



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06

EDITORIAL

10

MEET PRECIOUS  
OLADOKUN OF THE  
DREAM GIRL GLOBAL  
FAME

20

BEHOLD THE FEMALE  
HEALTH PRACTITIONER  
TURNED PENCIL ARTIST

26

ZUKANE MBUIH

37

AFRICAN SAVING THE  
LIVES OF BABIES WITH  
A MOBILE APP

08

AFRICA IS A CONTINENT  
OF OPPURTUNITIES AND  
NOT PROBLEMS

*Chidi Nwaogu*

14

MATCHING YOUR  
DRESSING TO YOUR  
PERSONALITY

*Oyewunmi Tolulope*

22

WHOLE FARM PLANNING

*Ife's Indulgence Int'l  
Services*

34

CORPORATE WORLD  
- TIME MANAGEMENT

*Tomisin Awogbami*



# EDITORIAL REVIEW

The unprecedented year 2020 in recent history, has been very challenging yet fulfilling, in many beautiful ways than one.

Challenges from the novel Covid-19 pandemic disease the world over, to fire outbreaks in Africa, and to Youth agitations in Nigeria over genuine causes and deserving requests that bothers on governance. Fulfilling because, the proffered solutions to these challenges are already yielding good results. It is our prayers that African leaders will brace up to the reality of our challenges and implement workable ideas, for the greater good and commonwealth of our Ecosystem.

Having said that, our patriotic optimism and unflinching faith still holds very strong, and convincing, that the Africa and Nigeria of our dream is possible and achievable.

Our Cover Personality for the issue, Zukane Mbuih is a Social Entrepreneur, Policy Analyst, and International Development Professional. Mbuih's passion for climate change, drives a positive change towards

mainstreaming rural areas of Cameroon and promoting Excellence (through resilience) among African Youths. He was named among 100 most influential person in Cameroon. His interview on the dream of a greener Africa, is a must read.

Nigerian Precious Oladokun's result of passion, consistency and visibility eventually paid off. She is very passionate about gender equality and empowerment of young people. Her challenging yet very interesting journey will blow you away. She expounded on her brain child, Dream Girl Global, an initiative that has mentored 20 girls across Nigeria and India.

Chidi Nwaogu's thoughts on Africa and Ife Adeniyi's Agribusiness approach on Farm Planning are a whole lot to be considered.

In this issue, we also featured some of Africa's best kept secrets at DRC and Senegal, for adventure travel and corporate afrotourism.

The beautiful injection of features on Fashion tips, Arts, Corporate World and Time Management this time coming, is just worth the while.

... and many more, FIND OUT.

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# Africa is a Continent of Opportunities and Not Problems:

Our attitude towards life depends on the position from which we are seeing things.

When you are on a busy road, you hear cars honking, drivers yelling, loud music playing, people screaming over the phone, and friends chitchatting in groups and laughing. There is just too much chaos around you, that you fail to appreciate the true beauty of life.

But then, take a flight





“

*Our attitude towards life depends on the position from which we are seeing things.*

some feet above that same busy road, and you hear silence, and you see beauty. You are observing the same busy road, but you are seeing something completely different from someone who's on the ground. That's how different, people who complain about situations and people who fix them, see the world.

As a serial Entrepreneur, I love problems. I love seeing problems around me because I react to problems in a different

way. Many people see problems as challenges, and so they complain about them. But I see problems as opportunities, and so I go ahead and fix them.

When you are drafting an investor pitch deck, there's always a page for your 'problem statement', which is usually one of the first pages. This means that for one to create something amazing, they have to first identify a problem and then solve it. This simply means that to an Entrepreneur, a problem is an

opportunity to create something amazing and not an avenue to complain and place the blame on a failed government.

Africa is a continent with so many problems, which only translates that "Africa is a continent with so many opportunities".

It depends on the angle you are looking at the problems. I choose to look at our problems from a positive angle. You too should.

**BY:**  
**CHIDI NWAOGU**  
**SERIAL TECH**  
**ENTREPRENEUR/SOFTWARE**  
**DEVELOPER**



A portrait of Precious Oladokun, a woman with voluminous, curly dark hair, smiling and looking slightly to the right. She is wearing a blue and white floral patterned jacket. The background is a bright, slightly overcast sky with some green foliage visible on the left side.

MEET

# PRECIOUS OLADOKUN

**Question:** Who is Precious Oladokun and what does she represent?

**Answer:** I am the founder of Dream Girl Global; a non-profit organization that seeks to empower young girls as a contribution to the fifth sustainable development goal, currently in operation

in Nigeria and India. I am currently pursuing a career in Law, and a Bar Candidate at the Lagos Campus of the Nigerian Law School.

What do I represent? I represent passion, hope, and resilience. I found these out through the way I live my life, how I affect people, my perception





*All great things are built through the currency of time.*

of life, and by what I aspire to be and do.

**Question:** You are the youngest person and first Nigerian on the International Board, and a World Expansion Partner at URIJI, how did you achieve this?

**Answer:** This was achieved primarily as a result of my passion,

consistency and visibility.

**Question:** What are your core values and what drives you?

**Answer:** My core values are diligence, consistency, patience, and humility.

My passion drives me. I am so passionate about the Law, gender equality, and empowerment of young people. I would like to also note that it is not what we do once in a while that shapes our lives. It's what we do consistently and passionately.

**Question:** You have been privileged to serve as intern at various firms while in school, kindly share with us some of the benefits?

**Answer:** The benefits of interning while in school are immeasurable. One major benefit of interning is that one gains practical as opposed to theoretical

knowledge. They are both important, and it is necessary to understand both ends of the spectrum.

However, practical knowledge gives the best exposure to learning, and can often lead to a deeper understanding of a concept through the act of personal experience. Also, internships help boost a person's network exponentially especially if such person takes advantage of the opportunities that present themselves.

**Question:** How can you describe your journey so far?

**Answer:** My journey so far has been interesting and challenging. Notwithstanding, my passion keeps me going.

**Question:** You have mentioned having an NGO, how did Dream Girl Global come to be?

**Answer:** Dream Girl





Global came to be as a result of my passion for equality of the sexes, and the urgent need to empower young girls. Also, Dream Girl Global is a product of amazing team members who have been dedicated, and passion driven since our commencement.

**Question:** In just 5 months of its existence, Dream Girl Global initiated a mentorship project for 20 girls from Nigeria and India, share details with us.

**Answer:** In just five

months, we were able to successfully mentor 20 girls across Nigeria and India. We matched 20 professionals with various industries and companies around the world, at the pilot phase of our Mentorship project. Some of these industries and companies include White and Case, Deloitte, KPMG, The World Bank, London Consulting, Rand Merchant Bank, Helium Health, and many others. The project lasted for about two

months, and during the process, the selected girls were thoroughly mentored and educated on their preferred career paths, in a bid to give them excellent career head starts. The major phase of the Mentorship project is slated to start in January, and we are very excited about it.

**Question:** What are your future aspirations?

**Answer:** Personally, my life purpose is not just to be happy, but to be productive, to be useful,



and to have the world become positively different because I lived. This is why activism will never cease to be part of my future as long as things are not done orderly in the society. Also, I intend practicing as a transactional lawyer. Besides these, I have many other aspirations which time will tell for itself.

**Question:** what advise do you have for the present day youth in Africa?

**Answer:** I would advise the present day youth in Africa to be consistent, diligent, and patient. Build things, watch them grow, and never rush. All great things are built through the currency of time.

**Question:** Where can your enthusiasts find you?

**Answer:** LinkedIn-  
Precious Oladokun

**Instagram:**  
Precious.oladokun







## *Matching your dressing to your personality:*

**T**he cloth we wrap our bodies with, has the potential to tell our own personal story, because they portray to the world how we think and feel. They also reflect our mood and suit our actions; serving as a connection between body and mind.

Besides wearing clothes to discard nudity, an important aspect of our dressing also lies in matching it to our personality.

Who we are on the inside is our personality projects, while what we wear on the outside is our Dressing.

Here are a few tips that will help us match our dressing to our personality.



# Tip One

## GET TO KNOW YOURSELF:

**I**t is essential to understand who we really are and what we love, to be able to match our dressing with our personality. Our values, interests, temperaments, strengths and life goals are essential in this discovery, and we should in our own way interpret it into a style of dressing that portrays it in good light of fashion.



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# Tip Two

## LET IT GO

**K**nowing who we really are, learn to let go of trends that are trying to label and put us in box.

However, while trends can serve as a convenient frame for our attempts to discover our personal style, they should never be regarded as rules we must strictly obey.

So, when you want to wear floral with stripes? Just Go ahead!

“Whenever you feel good and beautiful in something, it shouldn’t be a fashion, no-no; as far as it doesn’t contradict the very essence of fashion, which is your dress being for beauty, covering and protection...”



[www.popsugar.com](http://www.popsugar.com)



IG: @styleconnoisseur



@magdiva



# Tip Three

## PUT THAT LOOK TO TEST

We often can't know if something works for us or not unless we try it out. So, the key is: Put that look to test and don't be afraid to take risks until you finally find 'the one' for you. We all had our different experimental phases while growing up, so maturing into the look that suits our personality shouldn't be a tough task to handle.



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# Tip Four

## GET INSPIRED BY SOMEONE ELSE

**I**nspiration doesn't mean stealing someone else's style. Rather, it means that we have the utmost respect for that person and are willing to identify yourself with some of their personality traits, simply because we see it match ours. So, look around and find that style icon you love and portray a similar personality as you, and then create your unique look via getting inspired by them.



IG: @magdivas



IG: @aladukeh



IG: @asoebibella



IG: @tybello



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*In the end, matching your  
dressing to your personality  
all comes down to one thing:  
trust your instincts.*

*Own your style, Be  
Authentic, Stay True to  
Yourself and Embrace  
Fashion, not as a label,  
but as a way to express  
yourself.*

*By: Oyetunmi Tolulope*



## BEHOLD THE FEMALE HEALTH PRACTITIONER TURNED PENCIL ARTIST:

**C**hiamaka Linda Ogu hails from Onuimo Local Government Area of Imo state.

She is a graduate of Public Health Technology from the Federal University of Technology Owerri, Imo State.

She loves drawing, watching movies and

reading novel. Besides being a pencil artist, She is also a budding full-stack developer.

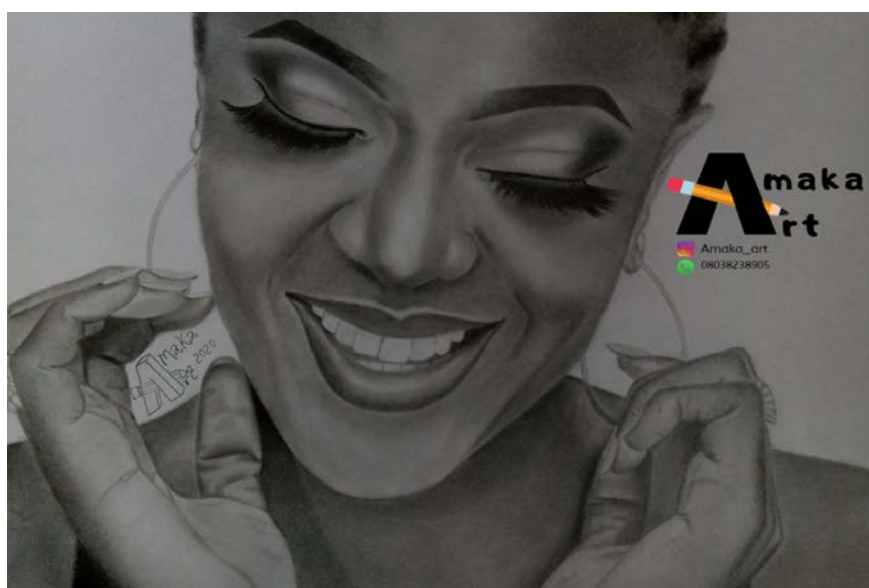
She always loved to draw, right from her primary school days.

Her mum got her a birthday gift when she was much younger, a suitcase filled with different coloring materials and

Teletubbies images to color and replicate. That fueled her passion For art.

Up until her finals in the university, She only drew biology diagrams and little sketches of cartoons. During her 3 months industrial training, she picked up pencil, which eventually paid off.





One thing that motivates her is the Perfectionist attitude, she believes that “what is worth doing is worth doing well”.

In the world of art, she admires Kelvin Okafor.

She is a female health practitioner turned PENCIL ARTIST, and can not wait to show

the world, the awesome stuff she is made of.

We dare say you should take us seriously when we pull Chiamaka and say she is the artist for the future. Check her works out and remember her name.





# WHOLE FARM





# M PLANNING

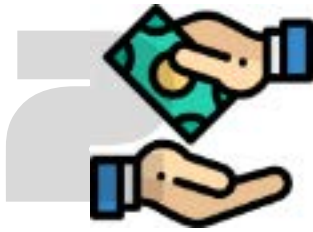
The growing popularity of investment strategies incorporating ESG (Environmental, Social and Governance) criteria, is one of investment's biggest trends. More investors want to invest in a sustainable way and a way that makes positive impacts, hence it is essential that Agribusinesses consider 'Whole Farm Planning' Reference: Fortune Newsletter "Going Green" April 15, 2019.

Here are some of the key factors you need to take into consideration, when it comes to WHOLE FARM PLANNING



## **GOALS VISION AND MISSION STATEMENT**

Your Goals, Vision, Mission statement, your ideal farm, quality of life, personnel management, reward systems etc are very key to planning. Your Vision must encompass your Inclusion, Sustainability, Water Conservation and Sustainability plans.



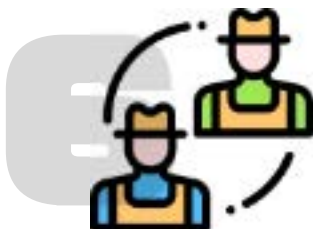
## **FINANCE**

What is the plan to raise capital for the business? What's the financial projection for the next 10 years?



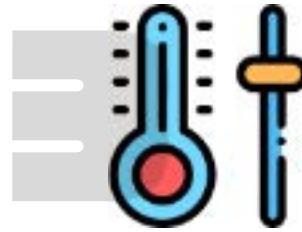
## **DEFINING THE FARM ENVIRONMENT**

These involve some questions like, what market is available to you? What is your market entry plan?



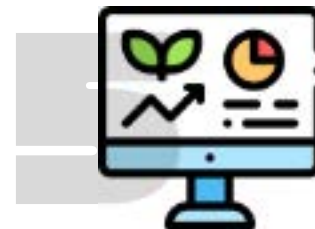
## **MANAGERIAL PLAN**

This helps you to evaluate yourself and know the area of the business you want to develop but lack the skills, time and interest to do, what task do you enjoy doing yourself? This will help you to delegate duties for a successful operation of the business. What roles will women perform on your farm?



## **KEY PERFORMANCE INDICATOR (KPI)**

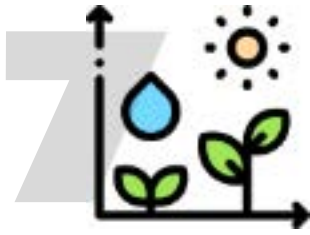
These are simply measures used to evaluate the success of the organization. It is used to improve productivity.



## **CONDUCTING A SWOT ANALYSIS**

A SWOT analysis can help you identify obstacle and advantages of your farm or potential ventures. It helps in understanding what you can control, where risks are, where improvement is needed and what direction is best for your business.





### **EXPANSION PLANS AND CONTINUITY**

How do you plan to be adaptable to technology? Are your plans flexible enough to accommodate the future? How can you be more energy sufficient? Have you considered alternative source such as solar, wind or bioenergy? It's important that farms evolved to companies for effective value chain development.



### **FARM RISKS AND CRISIS**

What are your plans of mitigating against risk and crisis? The best way to mitigate against farm risks and crisis is by insuring your farm.

IN CONCLUSION, due to all the process involved in starting up an Agribusiness, the major themes that attract people to the concept of WHOLE FARM PLANNING are the opportunity to coordinate regulations, to promote Conversation and Water quality production, to integrate Economics with Environmental concerns, to promote sustainable agriculture, and to include quality of life as a consideration in farming decisions.

**BY: IFE'S INDULGENCE INT'L  
SERVICES (CERTIFIED  
AGRIBUSINESS CONSULTING FIRM  
AND 'TRANS-GENERATIONAL  
AGRIBUSINESSES SUSTAINABLE  
FARM ESTATES').**

# ZUKANE MBUTHI





# MY DREAM OF A GREENER AFRICA

**Z**ukane Mbuih is a social entrepreneur, policy analyst, and international development professional. He served in various capacities in the university of Dschang-Cameroon since 2009 (lectureship, students' welfare coordination, community management and was the pioneer focal person of the Dschang University Foundation). Mbuih is the CEO and founder of the multi-award-winning social enterprise

ICAD ENTERPRISE. The

mandate of ICAD

ENTERPRISE is promoting sustainability, specifically the promotion of SDs 4, 7, 11, and 13. Mbuih also serves as the head of programs, North and Central Africa in DevGRAD, which is a Euro-African professional network providing an enterprise platform for African Diaspora and other African stakeholders. He is a co-founder of the African Network of Youth

Policy Experts (AfriNYPE), a Pan-African think-tank on youth policies, operating in all 54 African countries. Mbuih is a 2015 UNESCO-MARS researchers awardee. During the 2017 edition of the Tony Elumelu Entrepreneurship Grant, Mbuih was selected and later mentored nine other young persons into the program. He is an alumnus of two world-class leadership programs - the Young African Leaders Initiative (YALI) of the US- State Department, and the Atlantic Dialogues Emerging Leaders Program (ADEL) of the Policy Center for the New South – Morocco. Mbuih's passion for climate change drives a positive change towards mainstreaming rural areas in Cameroon's implementation of the Intended Nationally Determined Contributions (INDCs) of the Paris agreement. He is a Ph.D candidate and is currently in the USA to pursue the Project Management Professional (PMP) certification. Mbuih was named among 100 most influential person in Cameroon in the social entrepreneurship category by INSPIRE MAGAZINE in 2019.

A black and white portrait of Zukane Mbuih, a man with short dark hair and a goatee, wearing a patterned sweater over a collared shirt. The background is a light, textured grey.

### Who is Zukane Mbuih to the Youth community in Cameroon in particular and African at large?

To begin with, I am a trained Senior Youth Worker. I graduated from the National Institute of Youth and Sports in 2009 and was sent to the Directorate of Students' Welfare in the 3rd largest University in Cameroon, where I coordinated extra-curricular activities to over 30,000 students (Youths). Furthermore, ICAD Enterprise incubates young persons passionate about sustainable development, specifically climate change, waste management, and sustainable agriculture. For over ten years today, I have offered pro bono consultancy and guidance to over 36 Cameroonian youth organizations. I assist them in

creating and managing their organizations, helping them with project writing, developing business plans, and fundraising. I am tempted to say I am the 'official' mentor to most young Cameroonians, selected for the YALI Regional Leadership Program.

At the continental level, under the canopy of AfriNYPE, I am piloting a project to build the first-ever pan-African youth policy labs, which will federate youth policies in all 54 African countries. I am a member of



President Paul Kagame's Youth connect movement and often assist in policy development.

**As a Co-Founder of the African Network of Youth Policy Experts (AfriNYPE), a pan-African think-tank on youth policies, you lead a project on deterring illegal migration from Africa to Europe and the US. How much success have you recorded and how can the brain-drain challenges Africa currently faces be addressed?**

Nowadays, brain drain is not a big problem, as was the case before. Boundaries have shifted; the world has been more globalized and interconnected. In 2019 alone, remittances worth \$707 billion flew into low- and middle-income countries. Secondly, we have more returnees than in yesteryears, which in most cases have promoted development in their respective countries, albeit the fact that their brains were being drained. What is of significant concern is the act of indulging in perilous and illegal migration towards the unknown; meanwhile, the real 'Eldorado' is in the motherland - Africa. Our mandate in AfriNYPE is to develop consolidated youth-led institutions, mainstreaming youth policies in national decision-making instances, and promote resilience among youths. As a think-tank, we were quick to apprehend that the superlative way to deter illegal

migration and brain waste is shoving youth agendas into national policies. We have determined in AfriNYPE that brain drain and illegal migration should be treated in Africa, not elsewhere.

**Through the DevGRAD project, you have greatly committed to building a strong connection with local organizations and partners using funding opportunities and information dissemination. How has this been able to sell a robust Africa positively to the rest of the world?**

To my greatest surprise, the tentacles of DevGRAD have impinged into all the nooks and crannies of Africa within a very short notice. DevGRAD is grounded on pure professionalism and is the most prominent diaspora network, working solely for Africa. The network has seduced a vast array of renowned institutions, including the EU-commission and the ACP. Most important is the vivacious role the network plays in disseminating information and opportunities to African-based organizations.

**At ICAD Enterprise, you "Inspire greener communities by giving meaning to wastes". What are the tools you employ and how much success has been recorded thus far?**

Our principal tool is 'youth power.' Young people in ICAD are the

*If African youths unite their efforts, they can take over the entire continent, from politics, society, development to any other decision-making instance you can think of.*

driving force of the organization. ICAD has over 150 volunteers and a consolidated team of 25 members. Still, in line with human capital, we have earned the endorsement of all stakeholders. We use advocacy and hands-on tools and techniques to inspire greener communities. With the Waste for Development (W4D) project, we offer trash bins to student hostels for free, where we prompt them to segregate wastes, which ease the work of recyclers as they are served with already sorted wastes. We also trade photocopies with plastics, permitting underprivileged students to pay their photocopies with plastics. We continuously provide training on waste management, sustainable agriculture, and business.

As for the success recorded so far, when you enter the town of Dschang, the trees beautifying the streets are the legacy of ICAD. We sell construction pavements at a giveaway price to people in the community. More than 56 households have benefited, and our backlog has more than 150 pending

beneficiaries.

**You are an international development practitioner with over ten years of qualifying work experience in Public policy and Environmental sustainability (climate change). What have you contributed towards building a safe Ecosystem/Climate?**

I co-authored a chapter in the 2018 edition of the Atlantic Currents of the Policy Center for the New South, where I worked on "**Re-balancing the North-South discussion on Climate Change**". Besides this scientific publication, I am leading an advocacy to include local actors in defining the Intended Nationally Determined Contribution (INDC) of Cameroon. I have mobilized local, national, and international resources and realized impactful projects in over 21 localities in Cameroon. I coordinated the 'Green Culture Project', ' which led to the planting of over 11000 trees around sacred forests.

**What can you do to get more Youth Consultation in Climate Change Policy Development in your country, Cameroon?**

Awareness is the keyword. Cameroon has all the institutions and mechanisms, and what is left is just for young people to grasp the various opportunities available. A participatory



and bottom-up approach will easily mobilize youths at the lower strata, quickly impacting the national climate change policy. We are in the process of writing a motion to the ministers of basic and secondary education in Cameroon for climate change to be included in the curriculum of primary and secondary schools. It is shocking that even in universities, only students studying Geography, Environmental studies, and Earth science are aware of climate change.

This policy gap is at the origin of the limited



participation of young people in climate change policies. I have been working with the national youth council, some youth-led CSOs, and the Ministry of Environment and Youth Affairs to create a youths' task force to be consulted when determining climate change policies.

**Tell us more about Nationally Determined Contributions (INDCs), that requires each country of the world to communicate their Post-2020 Climate Action and what your country is doing about this?**

Permit me take us back to the 1997 Kyoto Protocol, which was the most prominent climate protocol. The protocol was grounded on a 'positive discriminatory approach,' engendering a leeway to a Common but Differentiated Responsibilities. This protocol aimed at reducing greenhouse emissions by 5% between 2008-2012 against a 1990 baseline, thus, regulating the anthropocentric actions of the developed world (North), while approving a sectorial reduction in emissions in the global South. This protocol ended up creating a divide as some countries considered to be countries of the global South eventually became heavy polluters, so there was a need for a structural change, that is why the Paris Agreement was adopted to bridge the North-South divide.

Each party to the Paris convention

on climate change will have to submit national pledges in a five-year interval (article 4 (9)) based on their Intended Nationally Determined Contribution (INDC). The Paris agreement established a system of mandatory national reporting on emission by sources and removals of Greenhouse Gases (GHG) by carbon sinks, thus, promoting transparency, accountability, peer monitoring, and cooperation in updating and enhancing their pledges (article 14(3)), and enabling and environmental dialogue.

Cameroon is partisan to most climate change agreements, except for the Doha round of the Kyoto Protocol (2012-2020), which Cameroon did not ratify, probably because they foresaw the Paris Agreement. Cameroon is partisan to the Paris Agreement and was among the earliest countries to submit their INDC in 2015. Cameroon's pledge was to reduce GHG emissions by 32% in 2035, through climate financing, capacity building, and technology transfers. The take-home message is that Cameroon has one of the lowest carbon footprints.

**What in your own opinion are the barriers to Youth Development in Africa? What are your concerns too?**

The main barriers to youth development in Africa are the

youths themselves. Africa is the youngest continent, with youths making three-quarters of the population. If African youths unite their efforts, they can take over the entire continent, from politics, society, development to any other decision-making instance you can think of. I wonder how many African youths have read the African Youth Charter? I also ponder if African youths knew that 2009-2018 was the decade of the youths? I also wonder how many youths in Africa have read the 76 articles in the 24 pages of the Agenda 2063; meanwhile, they are the agenda's upholders.

**What's your strongest drive for the future? Has there been times strong oppositions to such drive that makes you feel like throwing in the towel, what do you advocate as an encouragement to achieving your vision, especially for Africa?**

When I look into the eyes of my two years old daughter – Van-Bella, I reminisce on the words of Gro Harlem Brundtland, who cautioned us that '*development should meet the needs of the present without compromising the ability of future generations to meet theirs.*' Those are my drives. I don't want to fail Van-Bella and any other African child. This mindset shoved me into Non-Governmental activities, and later social entrepreneurship with a special focus on Climate Change. I dream of a greener Africa, a disaster-



free Africa, and I know we shall get there.

I don't specifically feel any direct opposition to my drive because my vision is more significant than any firewall. However, I have received a lot of support from the Dschang council, the local administration, the Ministry of Environment (who just issued ICAD a recycling license), and almost all local stakeholders. Concerning DevGRAD and AfriNYPE, we are on the right footing to create an everlasting impact on the entire continent.

**Besides being pathetically optimistic and wishfully thinking, do you, (like a select-few Africans) also hold a strong and convincing belief that the Africa of our dream is possible and achievable and why?**

Oh yes! We have the brains, the strength, the skills, the resources, and so many of us. Africa is the cradle of civilization; Africa is the epicenter of the 2011 'social revolution'. Africa is the motherland.

We shall get there because we are blessed. Just look around you... milk and honey everywhere.

**11. Where can your Enthusiasts find you?**



# CORPORATE WORLD --TIME MANAGEMENT

**S**ometimes, we look at TIME as something we have control over. "It is my time" we say, but it is never ours. 'Cos if it were to be, we'd always have our own supplies of time without being caught unawares by its expiration or deadline.

Actually, this is the irony. We are ruled by TIME, because it tells us the "when" of our existence. And if we don't get this memo early enough, we might lose out on some very important moments of our lives. But this is the good news, Time gives you a job offer, "be its manager for your own good!" The one job we all get to take with a fearless and stern boss that's never kind or lenient. No bias, no favoritism, no incentive, no addition, no double checks. All you get is 24 hours at the end of each day. But how you

are able to manage this 24 hours positively or negatively is your remuneration at the end of the day.

According to Carla Crutsinger, she termed TIME MANAGEMENT as an EFFECTIVE PROCESS of Setting goals, Prioritizing goals,

Deciding how much time to allocate to specific task, Adjusting plans as they come, Revisiting the goals and prioritizing regularly, Observing results.

So, let us take each point and explain further.





## 1. Setting Goals:

This is a major component of personal development and management. You should know what you want to do, stuff you want to achieve, your objectives. You should know the "why" and "how" of your existence. You are not on that job for no reason, set working goals for yourself and abide by it. This will help you put your life in structure, help you manage your time well and be productive.

## 2. Prioritizing Goals:

For every life goals, there are some that are weightier than the other. Economics speak about scale of preference, putting your needs before your wants. In time management, you put the weightier goals first then others follow. Know yourself and understand the phase you are in, then you'd know which of your goals need utmost attention and which needs your divided

attention.

## 3. Deciding how much time to allocate to specific task:

Asides putting an indefinite time on your goals (long term goals and short term goals), you should put a definite time on it. Some goals are time bound, so remember; Tick says the clock, what you have to do, DO QUICK.

## 4. Adjusting plans as they come:

As you move on in your walk to fame and influence, some things that are not in your plans might drop on your laps by accident, it is solely dependent on you to either take it or not. The plans are good

but they're not to make you rigid. This right here tests your level of adaptability, flexibility and spontaneity.

## 5. Revisiting the goals and prioritizing regularly:

As you move on in life, your long term goals will snowball into short terms goals. However, you shouldn't stop



planning, you should always have goals and more goals till you die. When it seems like you are losing it, go back to the drawing board, re-strategise, take few breaks, so as to be sure you are on track.

## **6. Observing Results:**

Sometimes, sit still and then measure your wins, your journey, your strength, effort and everything you've put into working. This will help you know if you did good with managing your time or you didn't. Simply put this point as "self evaluation" in respect

to time management and excellence.

Being in the corporate world demand a whole lot from you, and you need to be ready physically, mentally, psychologically and health wise. Reasons being that, the corporate world means heavy workload, strict deadlines and immense pressure.

However, you need to watch it so you don't overdo it. Don't pursue your goals with your eyes closed and brain shut. Pursue with your brain alert and your mind alert. Always

remember that you are infallible but never dwell on that fact. Allow yourself take deep breathes sometimes and then ease off. It is never over until it is over.

Although I might not have mentioned TIME a thousand times in this article, but I hope you got the memo. The more commitment you put into managing your time effectively, the more rewards you get and the less regrets you'd have.

**WRITTEN BY:**  
**TOMISIN AWOGBAMI**







LAVA DURING THE DAY

## ***Mount Nyiragongo, DRC***

**M**ount Nyiragongo is World's largest lava lake. It is an active stratovolcano with an elevation of 3,470 m (11,380 ft) in the Virunga Mountains associated with the Albertine Rift. It is located inside Virunga National Park, in the Democratic Republic of the Congo, about 20 km (12 miles) north of the town of Goma and Lake Kivu and just west of the border with Rwanda.


The main crater is about two kilometres wide and usually contains a lava lake. The crater presently has two distinct cooled lava benches within the crater walls – one at about 3,175 m (10,417 ft) and a lower one at about 2,975 m (9,760 ft).

Nyiragongo's lava lake has, at times, been the most voluminous known lava lake in recent

history. Nyiragongo and nearby Nyamuragira are together responsible for 40% of Africa's historical volcanic eruptions.

Getting to the summit of the mountain would involve a five-hour, five-mile hike.

The volcano partly overlaps with two older volcanoes, Baratu and Shاهرu, and is also surrounded by hundreds of small volcanic cinder cones from flank eruptions. The lava emitted in eruptions at Nyiragongo is often unusually fluid.



LAVA LAKE AT NIGHT

Nyiragongo's lavas are made of melilite nephelinite, an alkali-rich type of volcanic rock whose unusual chemical composition may be a factor in the unusual fluidity of the lavas there. Whereas most lava flows move rather slowly and rarely pose a danger to human life, Nyiragongo's lava flows may race downhill at up to 100 km/h (60 mph). This is because of the extremely low silica content (the lava is mafic).

Not much is known about how long the volcano has been erupting, but since 1882, it has erupted at least 34 times, including many periods where activity was contin-

uous for years at a time, often in the form of a churning lava lake in the crater.

The existence of the lava lake had been questioned for some time but was not scientifically confirmed until 1948. At that time, it was measured at nearly 120,000 square metres (1,300,000 sq ft)

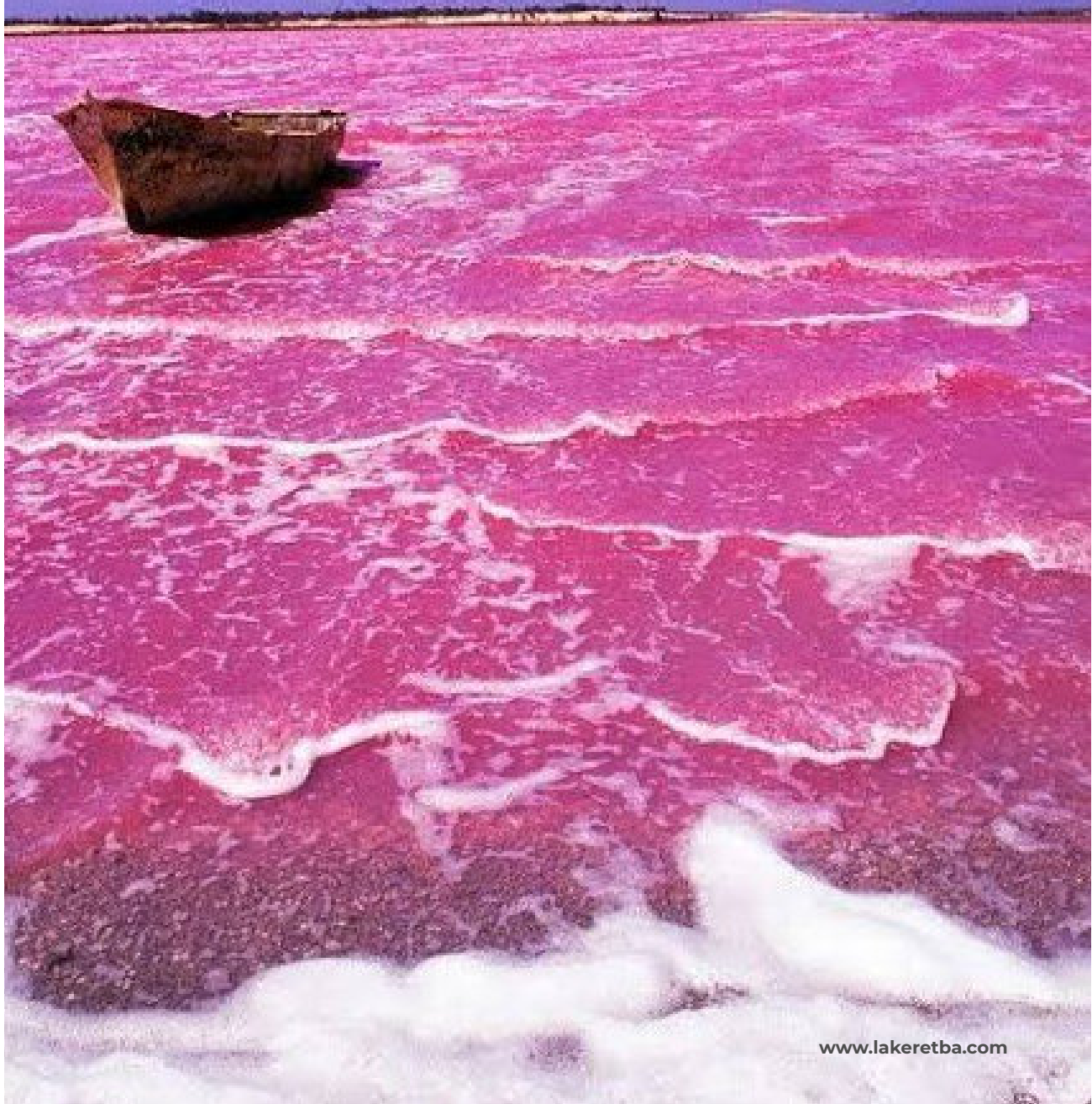
The lava lake activity continued through 2010.

As of June 2010, the lake is mostly confined within a broad, steep-sided cinder cone (roughly 18 m (60 ft) high by 180 m (600 ft) wide) on the crater floor. Mount Nyisarasongo last erupted in 2016.

**Photo Credit - [www.neverendingfootsteps.com](http://www.neverendingfootsteps.com)**



# Lake Retba, Senegal



[www.lakeretba.com](http://www.lakeretba.com)

***Less than an hour away from the capital city of Senegal, there is an unusual lake that will surely catch the unsuspecting visitor's eye because of its unusual, yet vivid pink colour.***

Lac Rose - meaning Pink Lake, lies north of the Cap Vert peninsula of Senegal, some 30 km (18 miles) north-east of the capital, Dakar, in north-west Africa.

The lake is separated from the Atlantic Ocean only by a narrow corridor of dunes and is named for its pink waters, caused by *Dunaliella salina* algae. The algae produce a red pigment to assist in absorbing light, which provides energy to create ATP.

The color is particularly visible during the dry season (from November to June) and is less visible during the rainy season (July to October). Magenta coloured samphire bushes flourish in the white sandbanks, and the dunes are terra-cotta-coloured.



[www.pinterest.com](http://www.pinterest.com)

Lake Retba is under consideration by UNESCO as a World Heritage Site. The lake is known for its high salt content, up to 40% in some areas, which is mainly due to the ingress of seawater and its subsequent evaporation.

Like the Dead Sea, the lake is sufficiently buoyant, that people can float easily.

Salt is exported across the region by up to 3,000 collectors, men and women from all over Western Africa, who work 6–7 hours a day, and protect their skin with *beurre de Karité* (shea butter), an emollient produced from Shea nuts which helps avoid tissue damage.

The salt is used by Senegalese fishermen to preserve fish, a component of many traditional recipes including the national dish, a fish, and a rice meal called *thieboudienne*.

Fish in the lake have adapted to its high salt content by evolving ways to pump out extra salt and keep their water levels balanced.

The fish are approximately four times smaller than those living in a normal environment, as a result of saltwater fish dwarfism.

The lake was often the finish-





ing point of the Dakar Rally before the rally moved to South America in 2009. The lake is only 3 square kilometers big (about 1,1 square miles) and there is no major town developed along its shores.

When visiting the lake, you will be amazed by the contrast of the mountains of salt-packed up next to the lake's shore, the pink color of the lake's water, and the gold dunes on the other side of the Lac Rose.



www.afrotourism.com

The *Dunaliella salina* bacteria which gives the lake its distinct color is completely harmless to humans and swimming in the lake is possible. Locals who work on extracting salt from the lake use shea butter obtained from the shea nut tree.

# *African Saving the Lives of Babies, with a Mobile App*

Dr. Emmanuel Owobu is a Medical Doctor, Social Entrepreneur, mhealth Consultant and a Commonwealth Scholarship recipient.

He was awarded the United Nations Online volunteer award for 2013 with the Delta Women Team as well as a Commonwealth Youth Development Awardee for his works in rural communities in Nigeria. He is currently a Msc. student at the University of Edinburgh studying Global eHealth.

He bagged his bachelor's degree in

Medicine and Surgery from the University of Benin.

Owobu is a lover of new technology and a firm advocate of using technology to solve every day social issues. After witnessing a young mother's tragic loss of her infant child due to a lack of basic medical advice, he developed a mobile application that provides the much-needed parenting guidance.

**What inspired your**

**founding MOBicure?**

Well, to be honest I love kids. I always wanted to be a pediatrician but seeing babies die from preventable causes was really hard to swallow. I wanted to reach millions of babies with life-saving solution. My co-founder and I shared the same inspiration, and we decided to develop the OMOMI platform to address the problems of maternal and child health mortality in Nigeria and Africa as a whole.





Interesting! Your parenting app is saving the lives of babies. Tell us more about this.

The app is called OMOMI and it's currently on the Google Play Store and on the web at <http://www.omomiapp.com>

OMOMI (meaning 'my child') is a mobile health tool that consists of a mobile app, a website and an SMS service. It enables parents and expectant parents do three basic things:

Monitor their health and that of their children from pregnancy through

childbirth till their children turn 5 years of age.

Provide access to timely, relevant and specific maternal, child and reproductive health information.

Provide access to medical expertise in real-time.

Our product is built to educate and encourage women to be active participants in their own health.

**Wow! This is becoming interesting. Who are your influences?**

Not to sound proud, but I really don't have personal influences.

Sure, I look up to people but I try to make sure that I inspire myself every day.

Growing up, my biggest influences were my Dad, uncle and elder siblings. But now, I let the society inspire me. Everything I see or read about inspires me, even the little kid who recently got featured on Forbes for being a millionaire by reviewing toys on YouTube.

So, in summary my biggest influences are you all; everybody, every day, big small, rich and poor. Provided you are doing something positive, I get inspired to do even

more in life. You can say I'm competitive and self-motivated that way.

### **What did you do for babies in Dubai? You have been listed for EXPO 2020.**

Well, I didn't do it for the babies in Dubai actually. I was recognized in Dubai for the works of OMOMI in Nigeria. That recognition comes with a \$100,000 grant funding and participation at the world Expo2020 in Dubai.

### **So far, has the experience been rewarding? If so, what plans do you have for the future in social entrepreneurship?**

It's been fulfilling. To be honest, from where we started from as a company to this point, it's been great progress. I hope to keep breaking boundaries and solving all form of social issues in Nigeria and Africa as a whole.

### **What is the Theory of Problem-solving – MOBIcure as a case**

### **study?**

Here's a simple quote:

"Every time you build a brand for the sake of fame, recognition, or simply due to a lack of knowledge, you create more work for you and your team."

In problem solving, you have to ask yourself series of questions and there's the popular 5W's and an H method, but I won't be using that because honestly, I didn't use them when I decided to build OMOMI.

First, I asked myself, WHY AM I DOING THIS?

To become the next tech genius? To show up on social media and say, "I'm also an entrepreneur"? To be rich? To be a societal influencer? Or to save lives? I found my answers amidst these questions and more. So simple: Know why you are doing what you are doing. It's essential because it's the fuel that drives your passion.

Next was, IS THIS PROBLEM WORTH SOLVING? If yes, what are people doing already to solve it? We did a lot of research into existing solutions, both technology-based and traditional means. Next, was to find out what the biggest problems with maternal and child health in Nigeria were. During the course of our research, we discovered there were lot of problems; lack of access to quality healthcare, poor health facilities and infrastructure, poor health education, low health insurance coverage, etc.

We found our niche in preventable health, behavior changes and access to medical expertise. People approach us, asking different questions which falls into other categories of problems of maternal and child health care, but we politely tell them that's not our focus. Because, once you try to solve anything, you'll end up





WHO Childhood Survival Strategy by using research from our medical notes. Yes, we supported it with so many standardized information from WHO handbooks and guidelines, but the initial idea was from a 60 leaves class note. So, don't always think research must be Google, Google Scholar or Wikipedia. Your simple jottings or notes could have an idea that can change the world. Keep an open mind.

So in summary, know why you are solving the problem, find out if it's a problem worth

solving, know what you are solving and what is already being done (both traditionally and technologically), and research the cause of the problem. In the myriad of the causes, 'choose your problem' and focus on it and finally keep an open mind to where your ideas can come from and be flexible in your solutions.

THANK YOU!

solving nothing and creating even bigger problems.

Once we learnt what the current problems were and what we have identified as our focus as an organization, we decided to find out how to solve it. We already knew we wanted to use mobile technology but didn't know how. Again, our research into what had already been done gave

us a clue as to what solution to put out there and also, our medical background helped a lot in the research. Our solution was using the one of the topics we were taught in medical school. Taking that information, which was already being deployed globally but as a traditional method.

We built the first App Globally to cover all the

# ABDULALEEM ANJOLAOLUWA ADEMOLA-OSINUGA

## ABOUT THE BOOK

The book is recommended for all ages. With the current trends in Africa, I have expounded many things yet to unfold in Africa. This book covers some past, present and upcoming events of the continent. The story of Africa is huge, and yes the potentials thereof, as unravelled in this book. I hope it gives us a clearer and better understanding of Africa. So help us God

## ABOUT THE AUTHOR

Abdulaleem Anjolaoluwa Ademola-Osinuga is the Founder/CEO of Inspired Leadership Group. He is involved with diverse activities globally. Anjola Ademola-Osinuga is the Executive Director of Future Nigeria & Co-founder of Depaperz. He has sat on different boards with the aim of addressing different problems that borders on Africa. He was born on the 25th April 2002 to the family of Engr. M.K & Barr.(Mrs) Ademola-Osinuga. He is an Award-winning chap with experience spanning over 6 years in different fields. He is very dedicated and focused towards making his mark and leaving his legacy within 5000 days.



ABDULALEEM ANJOLAOLUWA  
ADEMOLA-OSINUGA

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