



## From The Editor's Desk



**Nkechi Ali-Balogun**  
President, COFFHA

It's another edition of COFFHAScope, a newsletter of the Committee of Friends for Humanity, COFFHA, a non-profit charitable organization, helping humanity through various empowerments and social interventions for over 28 years running. A lot has happened in the past six months from visiting the in-patients of Lagos State University Teaching Hospital (LASUTH) to assist in defraying hospital bills to distributing Christmas gifts to the less privileged.

It was all a fun Christmas for us all, unfortunately we lost one of our husbands to the cold hands of death.

We continue to celebrate our donors who keep giving tirelessly for our numerous projects. We also start our series on COFFHA Drivers highlighting the profiles of the selfless women behind COFFHA.

The COFFHA Food Day is fast approaching and we are excited all about it.

Mother Teresa once said that 'If you can't feed a hundred people, then just feed one'

There is so many mouths to feed and we are calling to you to join us. Remember the whole essence of life is our service to humanity.

*Join us and together, we can add meaning and essence to lives around us.*

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# COFFHA PROJECTS AND REPORTS ON ACTIVITIES

## The Empowerment & skill Acquisition Centre:



Chief (Mrs.) Carolyn Akum Ufere  
Chairman, Building Committee



Iyom Christy Ray-Okoye  
Chairman,  
COFFHA HELPING HANDS INITIATIVE

As summed up in our mission- COFFHA's main task is to serve individuals and families in the poorest communities in the society. The empowerment and skill acquisition center is part of our plans to move them out of hopelessness to a life of meaningful existence. The project is of utmost importance to COFFHA; we will like to use this medium to solicit for donations from well-meaning Nigerians to support the initiative.



Pharm. Ngozi Obikili  
Vice President, COFFHA  
Vice Chair, CHHI

## COFFHA HELPING HANDS INITIATIVE (CHHI)

We were at the Lagos University Teaching Hospital (LASUTH) on the 28th November, 2021 to put smile on the faces of in-patient. With the disbursement of #500,000.00, we were able to pay hospital bills for 25 patients. The event was witnessed by the chairman of the working committee ably supported by the vice president and other notable members of COFFHA. This is to show how important this projects is to us, there are so many people in Nigeria hospital today that need your help and as little as your #1,000.00 can make huge different, we are looking forward to do it again during Easter and we are trusting you once again to come to the aid of the helpless Nigerians. Never again as this project becomes to grow bigger shall it be said that a patient died in the hospital for not being able to pay a bill of #1,000.00. "No, not under our watch".



All donations should be forwarded to the COFFHA Helping Hands Initiative (CHHI)'s account details provided below:

**Account name:** COFFHA Helping Hands Initiative (CHHI)  
**Bank name:** Guaranty Trust Bank Plc (GTB)  
**Account no.:** 0626484551

The initiative is open to the general public, members of the association and their relatives and it is expected to kick off before the end of September 2021.



# COFFHA ANNUAL FOOD DAY

We responded to the Covid-19 crisis by providing food for the needy, the jobless, children, youth's the aged, and even the street urchins (Area Boys) at the National Stadium, Surulere Local Government in Lagos State on Saturday March 27, 2021 and it was such a memorable day. This initiative is an ongoing one and which hopefully will come up during Easter period. We are calling on all well-meaning Nigerians to join us to feed the bellies of the hungry; we hope that this will help to enhance the work of the Government towards providing peace in our neighborhood. Remember it is said that a hungry man is an angry man, join us to reduce the number of angry men in our neighborhood

Our COFFHA annual food day will be coming up in March of 2022.

Looking to partner with us, please call: for more details.

'If you can't feed a hundred people, then just feed one'

- Mother Theresa



## OUR BIRTHDAY CELEBRANTS (JULY TO DECEMBER)



Lady Chizoba Ezeama,  
13 October



Chief Carol Ufere,  
27 October



Lady Ijeoma Onyeri,  
11 November



Dr. Maria Onyia,  
5 December



Iyom Christy Ray-Okoye,  
13 December



Lady Gloria Okeke,  
18 December



Chief Obiageli Anubi,  
30 December

## Kitchen Hacks That Work

Some of these tips have been known to make you look like a magician in the kitchen. Here are some simple kitchen hacks we never knew about:

- Prevent bubbling over with a wooden spoon: if any of your pots are boiling over, quickly place a wooden spoon across the rim. That will settle the frothy bubbles and prevent more over boiling.
- Heat a dish towel in the microwave to get rid of fish smell: after grilling fish in your multi-purpose microwave, it may leave behind a fish odour, which becomes unpleasant if left for long. Put some dish soap on your dish rag, heat the rag itself for a few minutes. Leave the rag in the microwave for about half an hour. Return to the rag and wipe the walls of the microwave down, you will be free of that fishy microwave smell.
- To get a small squeeze of lemon or lime without having to cut into the entire fruit, simply insert a toothpick, into one end of the fruit and squeeze juice from this hole. Reinsert the toothpick and store in the fridge to help it last longer.

## COFFHA DRIVERS:

these are the women who have been conferred with the duty to move COFFHA to the next level. They are women of grace, virtue and wisdom. They are women who have professional dominance in their various chosen career and excellent entrepreneurs with a heart for humanity. They have decided to use their voice and resources to lift the down trodden in their community and state at large. Meet our founding members:

## HEALTH TIPS

Our health focus in this quarter is the plant- Garlic. For thousands of years garlic is believed to have medicinal properties and have been medically confirmed by science. I know a lot of us will run away from the smell of garlic especially when you sit beside someone that eats garlic. It may interest you to know that garlic is one of those plants that we can refer to as a life- safer. This perennial plant is one of the best herbs around the world and it serves many purposes either on condiments or as a medicine.

### BENEFITS OF GARLIC

- 1.The active components in garlic reduces blood pressure
- 2.It improves your cholesterol level which in turn lowers the risk of heart disease.
- 3.Garlic contains anti-oxidants that may help prevent
- 4.It helps to detoxify heavy metals in the body.
- 5.It may improve bone health.
- 6.With garlic supplements, athletic performance can be enhanced.

### HOW TO GET RID OF GARLIC SMELL

- 1.The easiest way to get rid of the smell of garlic is:
- 2.Eat some apples
- 3.Brush and flush your mouth immediately
- 4.Use chlorine dioxide, use essential oil
- 5.Also dip your hands in lemon juice mixture and warm water
- 6.Stay hydrated, you can get some cleaners in pharmacy
- 7.Chew chewing gum.
- 8.
- 9.When next you shop, make sure you have a bag full of garlic.

# COFFHashionese

Chunk the idea that as you get older your fashion options are limited. Older just means more creativity. The following are must haves:

- Choose quality over quantity
- Opt for fun prints and mix with solids for a balanced look
- Choose minimalist but statement making accessories
- A line skirts are must haves
- Try wearing jeggins for casual outfits.



## SUN SETS AT DAWN



Engr. (Sir) Ike Obi , Utuagbaigwe 111  
6 October, 2021.

On behalf of every member of the Committee of Friends for Humanity, COFFHA, we write to commiserate with our woman of worth, Lady Uche Obi and the entire Obi family on the passing of Engr. (Sir) Ike Obi , Utuagbaigwe III on 6 October, 2021. Ike was a warm, friendly, amiable, gentle man to the core, with a heart of peace and for people. Ike may have lived a very short life but he left a legacy of giving, hard work and tenacity. He has been described by many who know him as jolly good fellow, quick-witted with an infectious smile. He will be sorely missed.

To our dear sister Lady Uche, it is our prayer that God will grant you and your family the fortitude to bear this great loss. It is true that mourning Sir Ike was the very least in our hearts for 2021 or even in the next twenty years but God knows best and in His infinite mercy will fill the vacuum that his passing has caused and guide you, your children and the entire family all through this difficult time. May the soul of Sir Ike, rest in perfect peace, amen. Once again please accept our heartfelt condolences.

Nkechi Ali-Balogun  
President, COFFHA

Prof. Chinyere Ezeaka  
General Secretary



Chief (Mrs) Carolyn Akum Ufere is a Maritime and Human Resources professional. She has over 3 decades of global experience in the diverse fields of maritime, logistics, transport and administration in the maritime and port sector, leading multicultural and multilingual teams across Africa and with a strong professional network. She is currently a Maritime Consultant and CEO of Lynette Consults Ltd, a company providing maritime consulting services and HR practitioners. Carol has a Master's in Public Administration from the University of Lagos, a BA in History from the University of Benin and professional certifications from various prestigious schools including Harvard Business School, Oxford Advanced Leaders Program, Global Maritime & Transportation School and United States Maritime Academy.

## Slack Jaw

A very old couple went to see the doctor and they're complaining of being too forgetful. The doctor then advised that they should be writing down things they want to do as they remember. Then one evening while they were watching the television the wife expressed a wish that she would have loved to take some ice cream. The husband offered to go to the kitchen to get it for her, then the wife said after him you better write it down so you don't forget. The man retorted but I'm only going to the kitchen and the wife said okay. After some minutes the man came back with a plate of omelette and eggs and the wife said you should have listen to me and written down what I asked you to get for me. The man a bit confused asked said but I got you what you wanted and and the woman replied no you forgot the toast.