

TAKE-ME-HOME

Fulcrum

VOL. 3 ISSUE 2

Ibom Air In-Flight Magazine

EXPLORE
DREAM
DISCOVER

ISSN 2992-2542



9 772992 254006

VENTO

FURNITURE

**ABUJA**

Shop L32/33,
Jabi Lake Mall, Abuja

+234 809 445 1133

LAGOS

No 79 Allen Avenue Ikeja
No 25 Glover Road Ikoyi
Festival Mall, Festac Town

Ikeja: 0809 999 0082

Ikoyi: 0909 463 1471

PORT HARCOURT

7a Azikiwe Road-
Port Harcourt
17 Peter Odili Road-
Port Harcourt

0809 781 7298

CANADA

4326 Walker Rd, Windsor,
ON N8W 3T5, Canada

+1 (519) 250-0606



www.ventofurniture.com

Akwa Ibom State first green-compliant and fully serviced residential estate

www.royalpalmvilla.ng

**OWN A
PREMIUM
PROPERTY**

— in —
**Royal Palm Villa
Uyo**
with an initial
deposit of
₦2.99M

NOW A
place
YOU CAN
TRULY CALL
HOME

+ Membership of
Ibom Icon Golf
Club



Royal Palm Villa

Uyo Capital City, Akwa Ibom State
(by Ibom Icon Hotel and Golf Resort)

CALL NOW TO SECURE YOURS

0909 7706466, 08066860954, 09134446775.

Infrastructure to be delivered includes:



Drainage



Security



Paved Roads



CCTV



Play Area



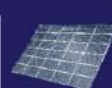
Greenery



Streetlights



Smart Home
Features



Solar Power



24/7 Power
Supply



Water
Supply



Perimeter
Fence

Houses come with...

Membership of Ibom Icon Golf Club



AIR CONDITIONER



FRIDGE



COOKER



From The CEO's Desk

Dear Valued Customers,

It gives me great pleasure to introduce another edition of Fulcrum at a time when Ibom Air is expanding out of Nigeria for the first time.

On Tuesday, 17 October 2023, we will launch our Lagos-Accra route, flying between both key West African cities twice daily, at 7 am and 4.30 pm out of Lagos and at 8 am and 5.30 pm out of Accra (on weekdays) and at 8 am and 4.30 pm from Lagos and 9 am and 5.30 pm out of Accra (on weekends). I promise all our passengers that you can expect nothing but Ibom Air's usual commitment to schedule reliability, on-time departures, and excellent service on the Lagos-Accra route. Expanding our footprint into the West African sub-region is a key milestone for Ibom Air as we grow steadily towards our

vision of becoming a world-class African regional airline! We have been preparing for this from the very beginning, ticking off important milestones along the way.

First, we obtained the coveted International Air Transport Association (IATA)'s Operational Safety Audit (IOSA) certification in March of this year. IOSA certification is the internationally recognized 'stamp' that an airline's operational and safety procedures are certified to be in line with international best practices.

Then, in July, we became a full member of IATA (IOSA certification was one of the pre-requisites for this). By joining IATA, Ibom Air gained a whole new world of cooperation opportunities in the international airline community. We intend to take full advantage of these to better serve our customers' travel needs as we expand across the African continent over the next few years. I know that times are hard in Nigeria at the moment, and we are all grappling with the challenges of living and doing business here. But I'm pleased to note that we, Nigerians, are special people. Somehow, we all find a way to keep surmounting the challenges and to keep going and even thriving.

As an airline, while grappling with our own fair share of these unique Nigerian challenges, we at Ibom Air have managed to stay focused keep going, like most Nigerians. We do this because of our unrelenting sense of hope and belief in Nigeria. We know that our country will surmount its challenges and come out the better for it as a country. Therefore, we intend to keep playing our part and remain at the forefront of the renaissance of our country. We appreciate your patronage and look forward to continuing to serve you at the highest, world-class levels always.

Meanwhile, please enjoy this edition of Fulcrum, with all the interesting travel-related and general interest stories it carries for your reading pleasure. I'm sure you'll find the contents educative, entertaining, and inspiring, as always.

Also, please visit our website at www.ibomair.com to make your bookings and avail yourselves of our suite of services.

Safe flying!
With warm and cheerful regards

Mfon Udorn
CEO

Swiss International

BELAND - OWERRI



Swiss International
BELAND - OWERRI



Swiss International
BELAND - OWERRI

Eventives
Meetings & Events

Swiss Select
Swiss International
GET TO THE POINTS

**EXPERIENCE EXTRA COMFORT
BOOK 4 NIGHTS GET 1 FREE**

Make your bookings
through our website and
choose
"Swiss Staycation"
From NGN 35,000 T&C
Apply

Swiss-Darling
Booker Loyalty Program

**"Swiss International
Beland Bernard Ballroom**

with a capacity to
accommodate up to 1,000
guests, has a tradition of
making
History for your weddings and
large events"

✉Email us at:
reservations.beland@swissinternationalhotels.com
Or call us on: +234 7056891180

Visit Our website:
www.swissinternationalhotels.com/beland-owerri

International Quality – Local Affinity



Your Adventure Begins Here !

Yes! And by here, I mean our home base, the lovely city of Uyo and indeed the whole of Akwa Ibom state, Nigeria's best-kept secret (if I dare say so myself).

Everywhere you look, you behold the beauty and the rich culture. Lovely pristine beaches, and natural wonders, not to mention the warm hospitality of the people and the splendor of her eco-tourism. the rest you would have to come and discover for yourself!

We are very excited about this edition of the magazine as it foretells the renaissance that is unfolding.

You do not want to miss the full gist of the exclusive conversation we had with the Chief Marketing Officer of the state himself, His Excellency, the Executive Governor of Akwa Ibom state, Governor Umo Bassey Eno, who inspired us all with his dream of turning the state into a tourist delight.

His passion, as he spoke, offered a glimpse into the heart and soul of each enchanting place, offering captivating insights teasing the imagination of what is to come.

I invite you to embark on a journey with us through the pages of this special edition, designed to whisk you away to delightfully dazzling destinations, bound to inspire your wanderlust, with a collection of stories and insights to ignite your imagination and guide you on your next unforgettable getaway.

So sit back, relax, and allow us to transport you to the far corners of Africa and back. As we celebrate the joy of exploration, we invite you to savor every word, every image, and every moment of this extraordinary journey.

Bon voyage and happy reading!

Annie Essienette
Managing Editor



LUXURY APARTMENTS

...experience peace



Self-catering Luxury Apartments with Modern Amenities:

 **LUXURIOUS ROOMS AND LIVING AREA**

 **FULL CCTV COVERAGE**  **MAXIMUM SECURITY**  **FREE WIFI & MANY MORE.**



 **BASUMOH STREET, OPP BASUMOH GAS,
OSONGAMA ESTATE, UYO**

For Reservation:

 www.1401apartments.com

 **09134446091, 09134446095, 09134446093, 09134446094**

 1401apartment@gmail.com  [1401apartments](https://www.instagram.com/1401apartments)



CONTENTS

ON THE COVER



EXPLORE
DREAM
DISCOVER

- Interview
- Focus on Tourism
- Flying forward

14



Paradise in the Savannah

You can understand why visitors set out into the adventurous safari of northwest Nigeria

18



Hikers Delight

There is something magical about exploring a place on foot.

30



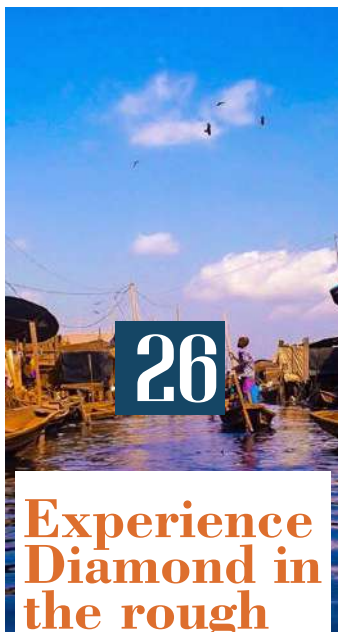
Ikogosi Warm Spring

22



Exclusive Interview with the Governor

26



Experience Diamond in the rough

Nestled in the heart of Nigeria, Makoto offers a unique blend of adventure and cultural exploration that will leave you breathless.

34



The Flower Shop

With their silky dainty petals and sweet scent in an array of sugary shades, flowers have romantic charms that are as intense

Lifestyle

- The Kidney Protection Project
- Cookies Skin
- Seafood Okra Soup

Destination

- Explore Ikogosi Warm Spring
- Hiker's delight
- Paradise in the Savannah

40

In focus

Aity Dennis award winning Gospel artist on our playlist

42

Focus on Tourism

The Gastronomy Festival, organized by the National Institute for Hospitality and tourism- NIHOTOUR, presents a unique market place between vendors

45

Special Recipe with Chef Dumsy

Some delicious cuisine you can try this summer

37

Challenges of Women over 40

48

Healthy Living with Honey

A natural sweetener, to be used as an anti-inflammatory

63

Experience The New Premium MMA2 Concierge Services

59

Flying Forward

Celebrating a mile stone of 4 successful years of flying the blue skies of Nigeria

Fulcrum
Ibom Air in-flight Magazine

MANAGING EDITOR
ANNIE ESSIENETTE

FULCRUM TEAM

EDITOR
NSIKAK AKPAN

LEAD CORRESPONDENT
PEACE BASSEY

GRAPHICS DESIGN
INYENE OKON
EDIDIIONG NDATAH
VICTOR EFFIONG

PHOTOGRAPHY
UBONG EKPO
IDARA ADIAKPAN

CONTRIBUTORS
PAUL BASSEY
ODOTITORO ESU
PROF. IFUDU ONYEKACHI
OGECHI ALABI

FOR ADVERTISEMENT AND SALE
+ 234 813 9082 703 + 234 701 7036 065
PUBLISHED BY
Demtric Global Nigeria Limited
for Ibom Air Ltd.

EDITORIAL DISCLAIMER

The content and opinion expressed in this publication are not necessarily those of Ibom Air, the editor or any other organization associated with this publication. While every care is taken to assure accuracy in preparing the magazine, the publisher and Ibom Air Limited, assume no responsibility or liability for any inaccuracies or omissions. All submitted materials can be edited amended or abridged for publication



Different Destinations, **Same Great Experience.**

At Monty Suites, we are committed to growing a family uplifting destinations, dedicated to providing unforgettable experiences and exquisite services.

✉ info@montysuites.com 🌐 www.montysuites.com



📍 37, General Edet Akpan Avenue, (Four Lanes), Uyo, Akwa Ibom State
✉ reservations.uyo@montysuites.com ☎ +234 (0) 703 809 1700



Monty Suites Calabar



📍 Northern Industrial Layout, Esuk Utan, Behind Zone 6 Police Headquarters, Murtala Mohammed Highway, Calabar, Cross River State ✉ reservations.calabar@montysuites.com ☎ +234 (0) 703 404 4047



Monty Suites Lekki



📍 Block 54A, Plot 16 Adebayo Doherty Road, Admiralty Way, Lekki Phase1, Lagos ✉ reservations.lekki@montysuites.com ☎ +234 (0) 913 444 5705





BEST LUXURY EXPERIENCE

Come and experience one of the most beautiful golf destinations in Nigeria. Tee-off on Nigeria's Premier lush green Golf Resort every weekend. The course was recognized in 2012 as Golfweek magazine's best resort courses, which was the first time a course in Africa received this prestigious award, helped no doubt by the paspalum greens, and burmana fairways, which ensure wonderful playing conditions all year round.

The course provides golfers with breathtaking views from several holes and a number of different challenges throughout its well-designed 18 holes. Boasting a par of 72 (Rating 73.5/Slope 133) and an overall length of 6361 meters it creates just the right balance to provide a memorable golfing experience for anyone lucky enough to play it.

There are also many reasons why this resort ticks all the right boxes, from the amazing array of local and continental cuisine from top chefs to cap up your staycation.

Enjoy a quiet nature-kissed ambience for your private relaxation; whatever is your fancy, you will not go wrong with this unforgettable destination.

Pick your passion, and make a booking for your romantic and family VACAY. **BUSINESS – CONFERENCE – LEISURE.**

CONTACT US

 Nwaniba Road, PMB 1200, Uyo,
Akwa Ibom State, Nigeria
 +234 8080527411
+234 7080660000
 reservations@ibomgolfresort.com

ABOUT IBOM ICON HOTEL & RESORT

IBOM ICON Hotel and Golf Resort is a breathtakingly beautiful African paradise. The resort, which is situated on 174 hectares of land in the middle of a lush palm forest, has a world-class 18-hole golf course that can compete with the best in the market.

D E S T I N A T I O N

Yankari, into the **SAFARI**

Words by Nsikak Akpan





“

*If I have ever seen
magic, it has been
in Africa.*

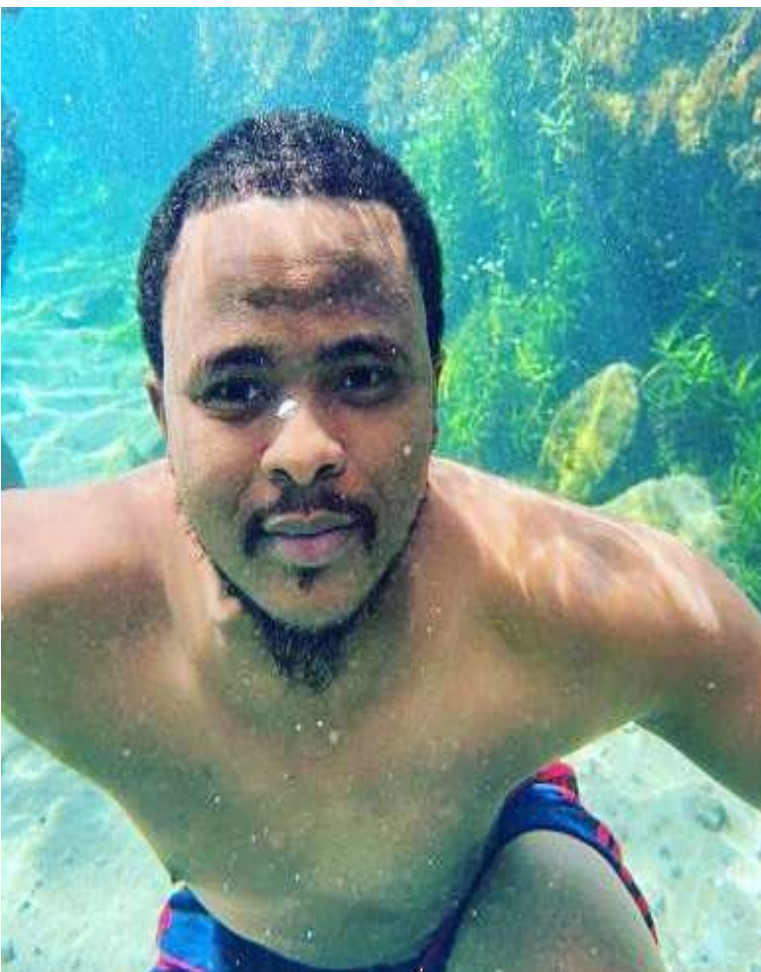
– John Hemingway

You can understand why visitors set out into the safari of northwest Nigeria. Some to catch glimpses of true African wildlife, such as can be found also in South Africa Kruger National park.

Others are for the thrill of swimming in a natural warm spring known as the Wikki Warm Spring. Located in the heart of the Yankari National Park about 42 kilometers from the main entrance of the park, Yankari is revered for spotting wildlife.

Wikki Warm Spring, the biggest of the four warm springs in Yankari, offers a unique combination of natural beauty and also holds cultural value for the people of Yankari.

From swimming in the warm waters with an estimated temperature that borders around 31° C the springs boast crystal clear waters that flow into a beautiful lake.



A tourist having a swim inside the wiki crystal clear spring



A glance of wildlife safari at the Yankari game reserve, Bauchi State

“

...there is always something new out of Africa.

- Pliny the Elder



PHOTO CREDIT: von.gov.ng



The lake is 200 meters long, 10 meters across and about two meters deep. Traversing through the lush forests, there's something for everyone at this destination. Either you're looking to relax or explore, feel free to stay in one of the many furnished chalets at the Wikki Camp. So come and explore one of Nigeria's unique tourist destinations.

MUSEUM

Yankari Museum is another attraction in the reserve. It houses trophies of wildlife parts such as skins, tusks, bones, horns & full mounts of some wildlife species of the park, taxidermy arts & hunting gears retrieved from poachers. It was declared open in 1985

Hikers Delight Ghana

Words by **Peace Bassey**



There is something special about exploring a place on foot. Not only do you get to experience things that simply wouldn't be possible if you were in a car or a plane, but walking provides an abundance of benefits for the mind, body and soul. It offers adventure while providing an opportunity to slow down and switch off; it enables you to face fears, overcome mental and physical challenges and gives you an extraordinary sense of freedom. Walking allows you to get close to

nature and appreciate the earth in all its glory, from grand geological features and iconic natural wonders, to unique wildlife you are likely to encounter on your trail..

As one of our vacation tips, we would be showcasing hiking locations across the African continent this summer. Whether you fancy a short day hike with breathtaking views or an epic adventure that can last for weeks, there are routes to suit all abilities and bucket lists. From coastal paths to rugged mountains, tropical jungles to ancient pilgrimages, check out Itineraries and essential travel information, such as when to go, how to get there, what to take and where to stay.

Discover historical places of interest, beauty spots, maps of the trails and much more. There's a whole world out there, waiting to be explored. The hardest decision you have to make is where to go first!





Mount Afadjato - Ghana

Embark on a remarkable adventure as you explore the breathtaking beauty of Mount Afadjato in Ghana. This destination offers a hiking experience like no other, where you can immerse yourself in nature's splendor and discover the wonders of this magnificent mountain.

Ghana, known for its vibrant culture and warm hospitality, welcomes travelers from around the world to indulge in its rich tourism offerings. As you lace up your hiking boots and set foot on Mount Afadjato, prepare to be captivated by its majestic landscapes and awe-inspiring vistas.

But the journey doesn't end there. Before you embark on your hike, take a moment to savor the tantalizing flavors of Ghanaian cuisine. From aromatic stews to

delectable street food, Ghana's culinary scene is sure to delight your taste buds and provide sustenance for your adventure.

When it comes to travel logistics, Ibom Airline flights conveniently connect visitors to Ghana's major cities. So whether you're coming from afar or exploring neighboring countries, getting to this remarkable destination is easier than ever before.

So why wait? Lace up your boots, pack your sense of wonder, and get ready for an unforgettable hiking experience on Mount Afadjato in Ghana. Let the beauty of nature inspire you as you embark on this exhilarating journey that will leave lasting memories etched in your heart forever.





Akosombo - Boti Waterfalls Ghana

After an early morning breakfast, you will depart from your hotel room to Boti Waterfalls in Akosombo, Ghana, where nature's beauty unfolds at every step. Ghana, known for its vibrant culture and warm hospitality, offers a unique experience for hikers. Akosombo, nestled in the eastern region of the country, is a gateway to some of the most awe-inspiring trails and landscapes.

Upon arrival, you will hike to the waterfall and also have the opportunity to hike to the Umbrella Rock, a nearby nature's wonder and the three-headed-palm tree. As

you hike towards the magnificent Boti Waterfalls. The cascading waters create a mesmerizing sight that will leave you in awe. Feel the mist on your face as you stand in front of this natural wonder, rejuvenating your mind and soul.

Whether you are an experienced hiker or someone looking for an exhilarating outdoor experience, Akosombo - Boti Waterfalls in Ghana awaits you with open arms. Let this be a chapter in your travel story that inspires others to embrace their sense of wanderlust and explore new horizons.

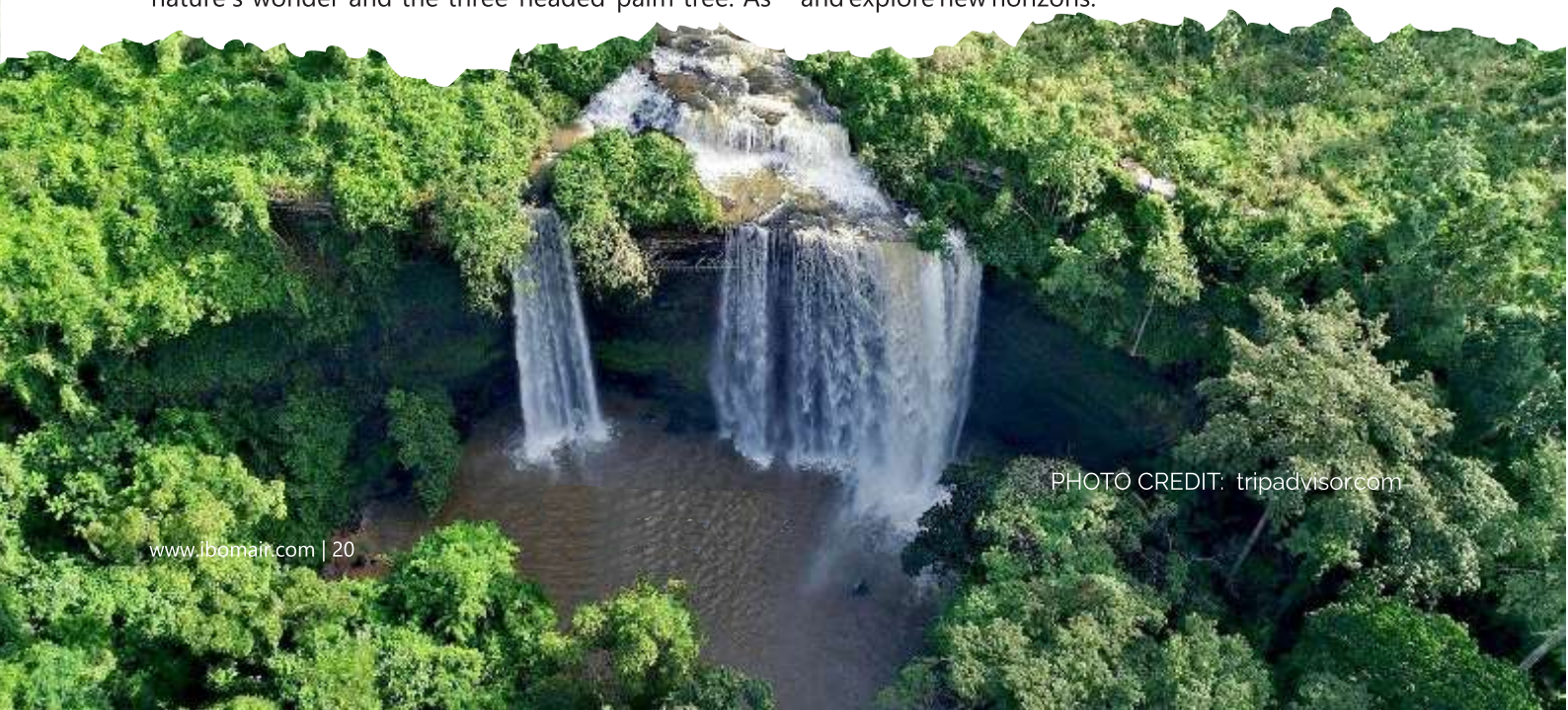


PHOTO CREDIT: tripadvisor.com

GidanKā

**Many Places.
One feeling:**

HOME



The Destination

The Destination: 20, N'Djamena Crescent, Off Aminu Kano Crescent, Abuja



ha
homeaway

HomeAway:
Plot 35, Asheik Jarma,
Jabi, Abuja

**The GLASS
RESIDENCE**

The Glass Residence:
Plot 843, Idris Ibrahim Crescent,
Jabi, Abuja



Residence

The Residence:
8, Dalhatu Maccido, Katampe
Extension, Abuja

+234 812 007 7000 | info@gidanka.com | www.gidanka.com

E X C L U S I V E I N T E R V I E W


PHOTO CREDIT: Idara Adiakpan



TOURISM IN AKWA IBOM STATE: **THE REBIRTH**

"If your actions inspire others to dream more,
learn more, do more, and become more, you are a leader."

-- **John Quincy Adams**



Akwa Ibom, located in the southern part of Nigeria, is a hidden gem and a fantastic tourist destination that offers a wide range of attractions and experiences for travelers. It is rich in natural resources, historical sites, rich vegetation and a multitude of other side attractions that makes it a tourist delight.

A diamond in the rough, the state government, under the leadership of Governor Umo Bassey Eno, as part of his developmental agenda for the state, has made tourism a major focus.

In a sit down with the Fulcrum team, he explained why he made tourism a major thrust of his administration, starting with his recent visit to some tourist locations across the state.

What can we anticipate in the aftermath of your recent tour of various tourist destinations within the state?

Following my recent visit to various tourist locations across the state, you can expect increased focus and investment in developing these destinations. We aim to enhance their infrastructure, accessibility, and overall appeal to local and international tourists. This will contribute to boosting tourism revenue, creating job opportunities, and showcasing our state's rich cultural and natural heritage.

Akwa Ibom is hugely diverse. Her Powder silica white sand beaches stretch gracefully as the longest beachfront in West Africa, with

temple-studded plains and numerous tourist locations to visit, this pristine land of promise continues to emerge as one of Nigeria's top tourist destinations.

Hidden away amidst the lush and verdant hills of Itu is the undisputed cultural capital of the Niger Delta, Akwa Ibom. Home to some of Nigeria's religious firsts, such as the enchanting Temple of the Qua Ibo church and the famous Mary Slessor missionary journey to Nigeria. Significant plans are on the way as the state government recently initiated a concise blueprint called the Arise Agenda towards developing all sectors.

Please share with us some significant expectations post-the "Ibom dialogue"

The post-Arise dialogue phase brings forth several exciting prospects. Expect collaborative efforts between various stakeholders, including the government, private sector, and local communities, to implement strategies to elevate our tourism sector. We anticipate improved infrastructure, streamlined regulations, heightened marketing campaigns, and enhanced services, all of which will lead to a more vibrant and sustainable tourism industry. To meet the growing influx of visitors. The communicate remains a working document with a clear timeline for delivery.

What are your administration plans for Ibom Air going regional?

First I would like to thank all the

people that fly Ibom Air and to urge them to keep flying Ibom Air. I fly Ibom Air, and I wish to use this medium to pay glowing tributes to the management team that has done us proud. and it is a brand we all must protect. Our administration is committed to expanding the reach of Ibom Air beyond our country's borders. We are actively exploring routes to key regional destinations. This expansion will improve connectivity and contribute to economic growth by increasing trade, tourism, and business activities between our state and neighboring regions. I know Ibom Air has a robust plan, and we are supporting them on that plan. It will be a pleasure to see us begin our regional operations that will ease the movement of people and goods within the region and promote trade and commerce among our people."

Security is a susceptible issue in tourism and, if not well handled, could deter the socio-economic benefits inherent in the sector; how can you assure visitors of their security?

Akwa Ibom owes its existence to its easily defensible location amidst the northeast's mountainous and thickly forested interior, with beautiful coastal towns overseeing the Atlantic Ocean. Without A Doubt, Akwa Ibom is one of the most secure states in the country, and more efforts from the launched Arise Agenda will be implemented.

Ensuring the safety and security of tourists is paramount—our plans security units. Additionally, we will

invest in surveillance technology, community engagement, and public awareness campaigns to create a safe environment for visitors. We aim to foster a conducive atmosphere for tourism growth by addressing security concerns.

Recently, we have created the Ministry of Internal Security and Waterways, which we intend to use as a rallying Ministry with all the security services, and then we are trying to create Ibom neighborhood watch; we have sent a bill to the house assembly to enable us to create a neighborhood watch, we have youths in each neighborhood, take responsibility for security in their neighborhood so we recognize them, they can take charge at least they can give intel to the police, they can work with the police by giving them intelligence report.

In the villages, everybody knows everybody, so when strangers come in, they know. Recently, we have acquired about fourteen-speed boats and several gunboats to combat sea pirates and top-notch security hardware to protect our citizens, thereby securing all of our waterways and shorelines.

The significance of tourism development is connected to the hospitality industry. As a professional in this sector, what are your plans to establish world-class hospitality facilities to complement the growing tourism sector.

"Well, world-class services start with everybody. It starts with all Akwa Ibomites if we want to make this a tourist state and a tourism haven, it will take all of us.

From the cab driver that picks you up at the Airport to the person who serves you coffee at the coffee shop, to the people in the market, we must be able to have a simple approach of engaging the tourist. We must be able to talk good about our state, market our state, and not talk down on our state.

Recognizing the integral role of hospitality, our administration is focused on elevating service standards.

This includes training programs to enhance customer service skills, encouraging the establishment of high-quality accommodations and dining options, and incentivizing hospitality businesses to uphold international standards. By offering world-class services, we enhance the overall tourism experience and encourage repeat visits.

As a state famed for its aquatic splendor, could you share your administration blueprint to promote water tourism?

Our blueprint for promoting water tourism involves a multi-faceted approach. This includes developing marinas, water sports facilities, and guided tours that showcase our aquatic attractions.

We will collaborate with private sector partners to offer boat cruises, fishing experiences, and water-based cultural activities. Our goal is to tap into our aquatic resources, diversify our tourism offerings, and create memorable tourist experiences.

From the old bridge of no return in Ikot Abasi to the stunning beaches of the south coast, every corner of Akwa Ibom is a picture-perfect moment waiting to be captured.



The governor speaks with passion as he rounds up this chat series with messages to citizens and intending visitors.

Our programs are people-oriented. To drive collective prosperity, we must find a way to connect the urban to the rural by empowering and creating opportunities that stem rural-urban drift. Tourism development is one way we can achieve this.



PHOTO CREDIT: Ubong Ekpo

1



The Governor Pastor Umo Eno with the Captain Ibom Icon Hotel Golf Course & The Golf Instructor

1

The Governor on a tour visit with one of the boats used in shipping slaves from Akwa-Ibom during the slave trade era.

2

The Governor boarding Ibom Air
A view of the longest beach front in West Africa located in Ibeno L.G.A

3

4



The Governor Pastor Umo Eno with the Deputy Governor Senator Akon Eyakenyi, Secretary to the State Government Prince Enobong Uwah, Honourable Commissioner for Transport Mr. Orman Esin, Honourable Commissioner for Cultural and Tourism Sir Charles Udoh, and Honorary Special Assistant to the Governor on Tourism Mrs. Ime Udo

5



*...Better to see
something once
than hear about it a
thousand times.
- Anonymous.*

Diamond in the Rough

A visit to the enthralling world of Makoko, a hidden gem awaiting exploration.

Words by **Nsikak Akpan**



Nestled in the heart of Lagos in south-west Nigeria, Makoko offers a unique blend of adventure and cultural exploration that will leave you spellbound. Be you a seasoned traveler or someone seeking a new and exciting experience, Makoko will expose you to a part of Lagos life that you never knew existed.

Makoko is rich in history and traditions. A humble fishing village built on stilts over the Lagos Lagoon, Makoko has over the years evolved into a thriving community that embraces both its past and future with open arms.

As you navigate through the maze-like waterways, you will witness the resilience and ingenuity of the local residents who have adapted to their unique environment. Their floating homes, bustling markets, and colorful canoes create an atmosphere unlike any other.

But Makoko is not just about its physical beauty; as an explorer, try connecting with its people by engaging them in meaningful conversations and you would discover people eager to share their stories and traditions of scintillating music and local food worthy of the global map.



Every corner of Makoko holds an adventure waiting to unfold. Uncover hidden treasures around every bend whilst capturing the breathtaking views from elevated viewpoints and captivating waterscape.

How to visit: From any location in Lagos, take a cab to the Makoko Fish Market located around yaba, in the mainland local government, and get out about 200 meters right by the Makoko police station. There you find a small jetty and people waiting for lifts. pay about 4000 NGN for about an hour ride through the river channel, don't forget to make a quick stop by the Chief's hut bearing a token of appreciation. He will then assign a tour guide to accompany your boat so that you can take photographs without people getting upset.

PHOTO CREDIT: smartcitiesdive.com, atlasobscura.com



**BRIGHT
FUTURE
SCHOOLS**

**ADMISSION
OPEN FOR
2023/2024**

ABOUT US

Are you looking for a school to enroll your child(ren) for the 2023/2024 academic session and beyond? Bright Future Schools (BFS) is the perfect choice. Bright Future Schools have Pre-Nursery, Nursery/Primary and College.

Hinged on the core values of spiritually, academic excellence and discipline, Bright Future Nursery/Primary school builds a total child with British and Nigerian curriculum, conducive learning environment, early years foundational stage for preschool, child centered learning, library facilities, active playground, professional teachers and activity-based learning.

Bright Future College provides quality education with spacious and ventilated classrooms, state of the art science

laboratories, ICT and audio-visual laboratories, well equipped library, standard sports facilities, well furnished hostels and dedicated teachers.

Admission into the 2023/2024 academic session is ongoing. For purchase of form(s) into Pre-Nursery, Nursery, Primary and College, please visit the school premises at 91 Osong Ama Road, Uyo. Entrance examination for the 2023/2024 school session is on Saturday 10th June and Saturday 5th August 2023.

Since you cannot prepare the future for your child, we at Bright Future Schools help prepare your child for the future. HURRY AND ENROLL NOW.

FOR ENQUIRES PLEASE CALL:

NURSERY/PRIMARY: 08163696657, 07063995619

COLLEGE: 08038837066 or 08080961332.

...quality Education for a Better Tomorrow

DiSemkpo
GIFT & ACCESSORIES

YOUR ONE STOP SHOP

FOR ALL YOUR TRAVEL NEEDS

We offer

Stationery | Food/Drinks Craft/Arts
Paintings/Wrist Watches/Clocks/Luggage
Personal Items/ Toiletries/Mobile Phones
Accessories Travel goods & Accessories



Delivery of shopping available to
anywhere in Nigeria, Africa & Overseas
at appropriate cost & freight



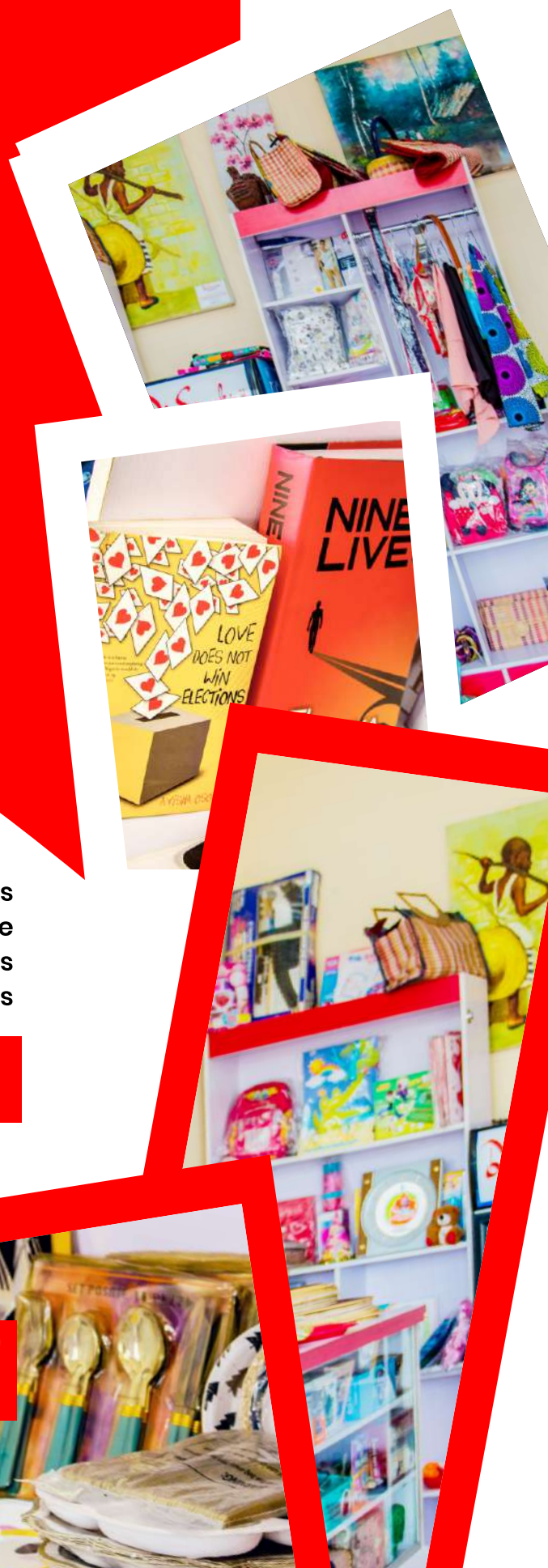
**DISEMKPO GIFT &
ACCESSORIES SHOP**

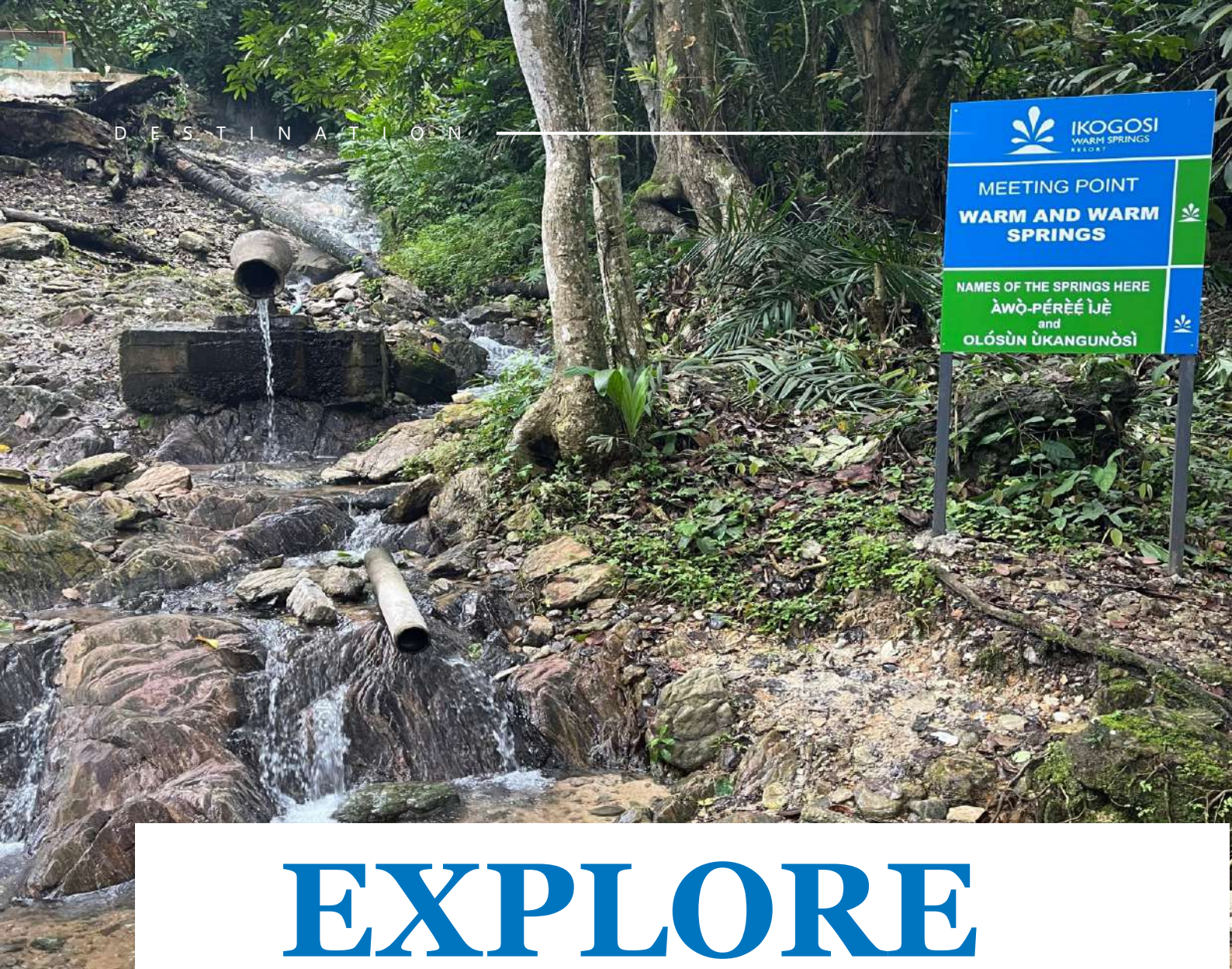
Victor Attah International Airport
Commercial Hub Akwa Ibom State

+2348029696443 | +2347063734347

www.disemkpo.com | Email: info@disemkpo.com

★★
Happy Hour Begins Here!
★★





EXPLORE

IKOGOSI WARM SPRING

Words by **Nsikak Akpan**



Welcome to the enchanting world of Ikogosi Warm Spring, where adventure and exploration awaits. Nestled in the heart of Ekiti State, Western Nigeria. This hidden gem is a true paradise for all those seeking a unique tourism experience.

Imagine immersing yourself in the soothing warmth of natural springs, surrounded by lush greenery and breathtaking landscapes. The Ikogosi Warm Spring is not just a place to visit; it's an invitation to embark on an unforgettable journey.

For the adventurous souls out there, Ikogosi offers a myriad of thrilling activities. From hiking through scenic trails to discovering hidden waterfalls, every step you take will be filled with excitement and

wonder. Get ready to push your boundaries and create memories that will last a lifetime.

But it's not just about adrenaline-pumping adventures. This destination also provides ample opportunities for relaxation and rejuvenation. Picture yourself unwinding in natural hot pools, letting go of all your worries as the warm waters wash away your stress. It's a serene oasis where you can find solace amidst nature's beauty.

So come, explore Ikogosi Warm Spring and let its charm captivate you. Embrace the spirit of adventure as you delve into its wonders and discover new horizons. Let this be a reminder that there is always something extraordinary waiting to be explored - all we have to do is take that first step.



Contact Shepherdess World travels & tours for your packaged visits to IKOGOSI Warm Springs

Tel: 07038301983

E: shepherdesstravels@gmail.com

IG: @shepherdesstravels

Web: www.shepherdesstravels.com.ng

HAVE A PIECE OF FOREVER

Eno Bassé

WWW.ENOBASSE.COM



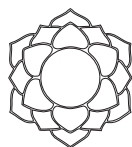
Eno Bassé Diamonds is Africa's foremost bespoke jewellery company. We are experts in designing and manufacturing timeless pieces of jewellery, crafted to perfection by our team. We also offer consultation services and appraisal of gemstones, diamonds, precious metals and other allied services with our in-house GIA Gemologist, Eyakenoabasi Bob-Hassan.

Jil Mall, 32 Wole Ariyo Street, Lekki 1, Lagos

info@enobasse.com / +2349083038076

Instagram - @eno.basse / Facebook - Eno Bassé

Eno Bassé



the Flower Shop

by Lilly's Concept

With their silky dainty petals and sweet scent in an array of sugary shades, flowers have romantic charms that are as intense as their fragrance. This summer we spent some time in the flower shop to learn more about nature's beauty. The florist Lydia (Lilly) Abayomi with over 17 years in the event and floral industry had so much to share with us from her

humble beginning in Northern Nigeria, Kaduna State where she learned to cultivate botany locally from her late mother, an avid gardener. To her success with a B.Sc in Biology from Morgan state university Baltimore Maryland USA.

A regular visit to Lilly's Flower shop which has become a home to many different types and varieties of flowers can be home for all sorts of client necessities as well. Lilly said,

'As I delved deeper into the world of floristry, I noticed a distinct need for high-quality floral arrangements. Over time, my business grew to encompass more than just event decor. I expanded my services to include floral arrangements, as I realized that there was a demand for cohesive and visually stunning designs for various occasions. By combining my passion for flowers, and event styling, I've been able to offer a comprehensive range of services



that truly complement one another”.

It's been an incredible journey for Lilly's flower shop, her creative art in the market with a unique approach to floral arrangements and event decor. she explained further about flower setup

“There is no perfect arrangement, and no two arrangements can be exactly the same. Each arrangement is beautiful in its own way, even when there are flaws is my mantra”.

There are millions and millions of flower shops around the world. But have you found one that adapts to your needs, likes, preferences, and personality? The beauty of the floral industry is seen in its growth, and with this comes the perfect flower shop for everyone out there. Sharing is

caring, so here are a few tips on how to find the flower shop for you.

1. Determine Your Style and What You Want

Keep a mental note of floral arrangement styles that you favor. Do you like something that has a modern artistic flair or something that is more rural and rustic? Look inside the flower store or at the website of the online flower shop to get a sense of the florist's style because certain florists specialize in and like working with a particular style. Lilly's style begins with some of her favorite colours which are, “Blue, black, and mustard. All three are my favorite said Lilly with her flower's choice being the lily flowers. A better way to describe our style will be couture flowers. We can create anything out of flowers”.

2. Look at the Florist's Reputation

Asking these questions is a crucial step in selecting the flower shop that fits you as a person the best. Make sure to dig deep and ask yourself: How much experience do the florists have at the flower shop? What types of warranties do the flower shop's products have? Additionally, find out how long the shop has been operating to get a sense of their level of expertise and experience.

“Lilly started the Party Shop by Lilly's Concept in 2006 which was a first of its kind in the nation's capital providing various themed décor and party items. I then went on to continue the growth of my business and started “the Showroom by Lilly's Concept”, a stunning spacious facility for hosting small events in Abuja in December 2014 and the

Flower Shop by Lillys Concept in March 2016".

3. Pay Attention to the Flower Shop's Reviews

Look up the flower shop online to see if you can locate any recent reviews from actual customers. What are others saying about that specific flower shop you like? Did other clients enjoy their experience? Ask your family and friends for recommendations as well. Before choosing, make sure the majority of the reviews are favorable and consistent in terms of quality, customer service, and flower delivery.

"A great review for us I would have to say the pop-up shop for Flower shop held in Lagos earlier in the year. Experiencing firsthand the joy and delight from people's faces just from flowers. This event also provides a wonderful opportunity for clients to review my flower concepts".

4. Take into Account the Quality, Selection, and

Freshness of Flowers Found in the Flower Shop

To choose the flower shop that best adapts to your needs and preferences, you must take into account all the previously mentioned factors, plus this one which is very important. Find out how frequently and from where a flower shop orders its flowers. Find out how long the flowers are stored, if they utilize seasonal flowers, and if they provide a quality guarantee.

"Most times our flower selection for events and decorations depends on one's personality. For me the flower which best represents my personality is the Orchid flower and Why? It's because the Orchids are understated, yet unique in their formation".

5. Take the Price Into Account

Get a price range for the flower selections you're interested in by speaking with the flower shop. Check

to see whether they have special pricing for businesses, large orders, and floral subscriptions. If you're concerned about cost, make sure the flowers or theme you choose fit within your spending limit. If not, ask the florist if there are any less expensive options available.

"I have learned that flowers are calming, refreshing and have taught me happiness. It has provided great fulfillment for me to share happiness through flowers. All these attributes come with certain prices depending on the variety of flowers a client is purchasing and the designs it would be used for. Some of the trendy floral designs are made up of a combination of flowers and gifts packaged together. All these details and the event or decoration the flowers would be used for determine the prices".

Call in for your discounts.

Address: 23 Lingu Crescent Wuse 2, Abuja Nigeria

Tell: +234 818 952 1118





CHALLENGES OF WOMEN OVER 40

...Know that you are the perfect age. Each year is special and precious, for you shall only live it once.
Be comfortable with growing older.

— Louise Hay

Words by **Ogechi Alabi**



I am a woman over forty. No one prepared me for all I am going through right now. I noticed some changes in me and I went to see the doctor. As I complained, he looked at me and asked, "How old are you again?" He proceeded to tell me the bad news, "You are perimenopausal." I had never heard the word before. How does one become menopausal at this age? Well, he was right. I am soon to join my mother in her menopausal state even though she became menopausal after 50.

What were my observations?

My body would be hot and suddenly cold which made me uncomfortable. It is called hot flushes. My period was reduced to three days instead of five. Food and I became good friends, I gained weight. My heartbeat increased. The doctor called heart palpitations. I didn't have the zeal to get up, get dressed and go out. I wasn't motivated to do anything. I forget things easily. I find it difficult to concentrate especially during meditation. I am always tired. I get angry quickly and extremely irritable. I couldn't sleep. If I fall asleep at 11 pm, I will be wide awake at 3 am until about 6 am before I fall asleep again. Have you ever heard of urine inconsistency? I am too embarrassed to explain it here. It happens when I sneeze, cough or laugh too hard. Imagine! I had an urgency to urinate. One time I peed on myself before I could get to the bathroom. I had to find a way around that. My libido dropped from 100 to almost 0.

Let's not talk about constipation

When it was getting unbearable, I sought solace amongst my peers. I posted my situation in a group of women we were all about the same age. I found it strange that I was experiencing all these problems in my forties. Was I made to be extreme? Some people would have one or two symptoms but I, Ogechi, will have most or all the symptoms simultaneously.

I wasn't alone. My friends also had the same issues. It was my post that made us share. I was a 'learner' where some of my mates were. Some hadn't had a period in months. Some of them had to have a shower every hour. The stories were scary. Why aren't we ever prepared for this? Why aren't we told at forty what to expect when transitioning to menopause? The symptoms scare the hell out of newcomers. We have no idea about the risk factors of ageing. Imagine ageing being a risk. We pray for a long life but we must always add 'in sound health' because old age comes with too many challenges. If you are experiencing the above symptoms, I will advise you to see a doctor to confirm you are transitioning with us. Also, to rule out wrong diagnoses.

WHAT AM I DOING?

Nothing much. I am trying to eat healthy (I am not 100% successful). I research, hydrate (I take a lot of water), empty my bladder in good time (in order not to embarrass myself), try to eat right (foods rich in beneficial nutrients especially fibre and protein), use herbs and spices to improve the flavour of my food, exercise (walks and a little aerobic). That's all I can remember right now. Research will help you discover what will work for you. And, please seek medical advice, I can't emphasise this less.



COME HOME TO EXTRAORDINARY

To Vento Furniture, Luxury and Comfort is the hallmark of all our products; from our High-Quality Sofa to our contemporary Dining set to our uniquely designed tables and chairs, we infuse the hallmark of quality and comfort as essential details when crafting any of our products.

Our attention to detail ensures that when you purchase a piece of furniture from Vento Furniture, it will provide superior value and comfort. Our products are designed with safety in mind as well, creating pieces that are long-lasting and safe for all family members.

We strive to ensure our customers enjoy their experience with us by providing the highest quality

product and unbeatable customer service whenever you buy a Vento Furniture Product.

Fast Delivery

Vento Furniture guarantees home delivery wherever you are in Nigeria. Terms and Conditions Apply.

Best Quality

Vento Furniture is committed to providing the best quality Furniture to its customers. All of our products are made with the highest quality materials and craftsmanship.

Free Installation

Vento Furniture guarantees free installation of your furniture after delivery.



VENTO

FURNITURE

ABUJA

Shop L32/33,
Jabi Lake Mall, Abuja

+234 809 445 1133

LAGOS

No 79 Allen Avenue Ikeja
No 25 Glover Road Ikoyi
Festival Mall, Festac Town

Ikeja: 0809 999 0082

Ikoyi: 0909 463 1471

PORT HARCOURT

7a Azikiwe Road-
Port Harcourt
17 Peter Odili Road-
Port Harcourt

0809 781 7298

CANADA

4326 Walker Rd, Windsor,
ON N8W 3T5, Canada

+1 (519) 250-0606



www.ventofurniture.com



IN FOCUS; AITY DENNIS

Igniting Soulful Melodies

In the ever-evolving landscape of Nigerian music, certain artistes stand out as beacons of talent and inspiration. Aity Dennis, an exceptional artiste, is undeniably one of those. Through her captivating music, she has etched her name into the hearts of fans, leaving an indelible mark that resonates far beyond the melodies she creates. From her transformative encounter with the Lord to her dedication to crafting soul-stirring tunes, Aity Dennis has become a revered figure in the music industry.

The Journey of a Vibrant Songstress:

Aity Dennis' journey into music began in the heart of her family, where singing was a cherished tradition. Her upbringing was reminiscent of the Von Trapp family from "The Sound of Music," with courtyard concerts and joyful melodies resonating through her home.

Yet, her path to becoming a gospel music sensation was not a conscious pursuit, but rather a divine calling that she couldn't escape. After her conversion during her university years, the pull towards gospel music became irresistible, shaping the course of her life.

The Call of Gospel Music:

Aity explains that her entry into gospel music was not a choice she actively made, but a response to a divine call. Her music journey was marked by an undeniable pull that mirrored the story of Jonah's reluctant obedience, in the Bible. Despite her concerns about

providing for her family through music, Aity felt a fire within her that compelled her to leave her career as a television producer and surrender to the call. Her unwavering faith has led her to pen over 4000 songs, each inspired by different seasons, emotions, and experiences.

The Artistry of Seasons:

Aity's creative process is deeply intertwined with the ebb and flow of life's seasons. Her songs are born from her mood, experiences, and the prompting of the Spirit of God. Each day could bring a different song, touching on themes ranging from perseverance and hope to gratitude and worship. Her repertoire spans from the uplifting "You Will Get There" to the exuberant "Amkpaidem," showing the diversity of emotions and messages she conveys through her music.

A Balancing Act of Faith and Family:

With a global ministry that takes her to various churches and events around the world, Aity has managed to maintain a delicate balance between her music career and her role as a wife and mother. Her dedication to her family is unwavering, and she carefully selects which invitations to accept to ensure she remains present in her children's lives. Aity's husband, Dr. Dennis Inyang, plays a supportive role, encouraging her pursuit of music while keeping the family unit strong.

A New Chapter:

Aity Dennis' artistic journey continues to evolve with every album release, and her latest offering, King of Kings, is a testament to her growth and artistic exploration. Crafted with care, her new release reflects Aity's unrelenting passion for creating music that transcends time, leaving a lasting impact on those who listen.



The Gastronomy Festival

Food Tourism at its Best

Words by Nsikak Akpan



The Gastronomy Festival, organized by the National Institute for Hospitality and tourism- NIHOTOUR, presents a unique marketplace between vendors and participants from Sub-Saharan Africa. This international food festival is famed and celebrated yearly by NIHOTOUR, and showcases high-quality culinary arts of Nigerian heritage, international master chefs showing off their signature cuisines, as well as popular African countries, bringing their national favorites to the world.

It was a celebration for all, as attendees got to witness a wide array of Nigerian foods and beverages exhibited by leading restaurant



...this epicurean festival gives you an unforgettable experience





franchises, local and international Chefs in culinary displays of Knife Skills, Fruit Carving, Cake Decoration, eclectic Nigerian cultural displays and many more fun side attractions. The food tasting gave participants the chance to savor meals and tasteful drinks from different cultures. In attendance was the Guinness world Record holder, Chef Hilda Baci. At the Abuja International Conference Centre, Between 16th and 17th of June 2023.





ABOUT US

Ken's Court Luxury Apartments offers an exclusive collection of two and three-bedroom apartment homes and our premium serviced facility includes : En-suite Rooms, 24/7 Security & Surveillance, Steady Power Supply, Netflix/DSTV, WiFi, Fully Fitted kitchen, Chef on demand, Regular housekeeping and an outdoor area to lounge. Nestled within a 20-minute drive from Victor Attah International Airport, a 10-minute drive to Uyo City Center and a 15-minute drive to Ibom Icon & Golf Resort, it is centrally located and therefore an ideal place for your comfort. Curated with the ultimate comfort and luxury, you will experience the very definition of 'home away from home'. It's time to relax, reconnect and renew, while taking in the sights and sounds of the hospitable City of Uyo. We hope to see you soon!



For more information call us
+2340701 474 3994



www.kenscourtapartments.com



Plot 101 Block 6, Godswill Akpabio Crescent
Shelter Afrique Estate, Uyo, Akwa Ibom State



Info@kenscourtapartments.com



YUMMY SEAFOOD Okra Soup

Words by **Obiokolo (Chef Dumsy)**



Seafood and okra, two ingredients that might not seem obvious partners, come together to create a delicious and nutritious dish that's sure to tantalize your taste buds. With the ocean's bounty and the garden's freshness, this pairing offers a unique blend of textures and flavours that's worth exploring.

Okra, also known as "lady's finger," brings a distinctive earthy flavour and a slightly slimy texture when cooked. It's a versatile vegetable that's often used to thicken stews and soups. When combined with seafood, its unique characteristics can create a harmonious balance.

The seafood element introduces a burst of oceanic flavours to the dish. You can opt for a variety of seafood such as shrimp, fish, or even crab. The delicate sweetness of seafood complements the somewhat mild taste of okra, resulting in a medley of tastes

that's both comforting and intriguing. To make this dish, start by selecting fresh okra pods that are tender and vibrant in colour.

Choose your favourite seafood combination; I am using catfish, periwinkle, shrimps and tiger prawns.

In addition, I will be using snails and kpomo (cow skin) to elevate this dish, feel free to leave it out if you don't like it.

Seafood okro Ingredients:

- Okra
- Palm oil
- Blended fresh pepper & onion
- Fresh fish (I'm using Catfish)
- Periwinkle – shell removed
- Kpomo
- Snails
- Shrimp/Prawns – shell removed
- Crayfish
- Seasoning cubes
- Salt to taste
- Uziza leaves

Procedure

Step 1: Chop the okra to the desired size.

Step 2: Heat up some palm oil in a pot. Add the blended pepper and onion puree and stir fry for about 1 minute. Season to taste, add the crayfish and leave to cook for a few minutes.

Step 3: Pour water to loosen the stock and add the Fresh fish, kpomo, pre-cooked snails, periwinkle, and shrimp prawns to the pot and allow to cook for a few minutes.

Step 4: Add the chopped okra. Stir to combine. Taste and adjust the seasoning. Add the uziza leaves and leave to simmer for 2 minutes.

Step 5: Serve with preferred swallow.

Visit us at Peace Plaza, 300 Oron Road, Uyo Akwa Ibom State.

Contact us on **08083816459, 09060830653**. Connect with us on Instagram @dessertsbydumsy



...Clothing from Cradle to College

A FASHION HUB FOR KIDS & TEENS



We stock:

Clothing and Accessories | Back To School/Dormitory Essentials
| Hardware for Babies and Kids | Toys, Books & Stationery



104 Nsikak Eduok Way,
Uyo, Akwa Ibom State



zero to 16



zero to 16



07034007521



Outdoor Barbecue Restaurant

BURGERS, GRILLS, COCKTAILS AND MORE.



@theoutback_grill



A Line, Ewet Housing
Estate, Uyo

For enquires : 0814 813 0515,
07033287574, 08063050123

Heathy Living With Honey

Words by **Peace Bassey**



But it's not just about satisfying our taste buds; raw honey brings with it an array of health benefits. Packed with antioxidants, enzymes, vitamins, and minerals, this natural sweetener can boost your immune system, soothe sore throats, aid digestion, and even promote better sleep. It's truly nature's gift for overall well-being.

So why not incorporate raw honey into your daily routine? Whether you drizzle it over your morning oatmeal or use it as a natural sweetener in your favorite recipes, you'll be nourishing your body while indulging in its delectable sweetness.

Remember to always choose raw honey for maximum health benefits as processing can strip away some of its goodness. So let the bees inspire you to embrace a healthier lifestyle by incorporating the liquid gold they create into your daily routine. Cheers to buzzing bees and vibrant living!

Welcome to the sweet world of raw honey and the buzzing bees that create it! When it comes to healthy living, nature has gifted us with a golden elixir that not only tantalizes our taste buds but also offers a plethora of health benefits. Bees, those incredible creatures,

play a vital role in producing this liquid gold. They diligently collect nectar from various flowers and transform it into different types of honey, each with its own distinct flavor profile and characteristics. From the light and delicate clover honey to the rich and robust buckwheat honey, there is a type of honey to suit every palate.





When Traditional Becomes Cool...

Our media space
keeps your brand cool

29, Abeokuta Street
Anifowoshe, Ikeja, Lagos.
T +234 1 291 8540,
+ 234 706 642 0305
E info@mediacrush.com.ng

mediacrush

Innovative Out-of-Home Advertising



Make the choice now!

Prices Starting
From **₦14.99M**

Jofame
Integrated Ltd.

PROJECT OWNER / DEVELOPER

5 BEDROOM DETACHED

Live Life Large

Each unit provides essential requirements for a contemporary family to live in style.



Comfort In Style

Built with the user's comfort as the most important consideration.

4 BEDROOM DETACHED + PENT HOUSE



4 BEDROOM DETACHED

Spacious & Practical Living

Each unit provides luxurious space for comfortable living experience.



In Tune with Nature

You will never want to miss home again.

3 BEDROOM TERRACE



2 BEDROOM TERRACE

There is no Place like Royal Palm Villa

Experience a world of Royalty.



The Luxury of Simplicity

A combination of beauty and class.

1 BEDROOM TERRACE



1 BEDROOM FLATS

Quality Meets Affordability

Luxury meets affordability.



The Luxury of Space

This unit exceeds all expectations. Satisfaction guaranteed!

1 BEDROOM STUDIO APARTMENTS



For more information call: 09097706466, 08066860954, 09134446775

or email: info@royalpalmvilla.ng | www.royalpalmvilla.ng

Project Location: Royal Palm Villa, Uyo, by Ibom Icon Hotel & Golf Resort
off Nwaniba Road, Uruan, Uyo Capital City, Akwa Ibom State.

Royal Palm Villa Uyo, Akwa Ibom state

The Epitome of Luxury Living

For people who have always desired to have a quality home in Akwa Ibom state in a serene, safe and secure environment where services work in a professionally planned layout, the arrival of Royal Palm Villa in Akwa Ibom state has brought lots of excitement and joy to the discerning investor and home seeker .

With the rapid development going on in the state and with the birthing of the Arise Agenda by His Excellency the executive governor of Akwa Ibom state, the coming of this prestigious real estate brand could have come at no better time than now.

Conceptualized as a wellness and gated residential estate, the estate will be fully serviced with planned facilities including a central water system, 24-hour electricity, fiber to home, round the clock security and CCTV, clubhouse, 5 a side football pitch, adult and children swimming pools, lawn tennis, basketball, badminton and volleyball courts. Surely fun times awaits every family in Royal Palm Villa, Uyo.

The project will also bring the first anaerobic central sewage treatment plant to Akwa Ibom state.

Certainly, this will be the best place in Akwa Ibom state to have your home where your innovative ideas and creativity will be fully maximized and expressed. A place where you can achieve your best potential in life



The project which is located in one of the most prestigious neighbourhoods in Uyo Capital city - by Ibom Icon Hotel & Golf Resort will bring the first golf simulator arena to the state and help improve golfers' professional skills which will serve to complement the Ibom Icon golf course

Royal Palm Villa Uyo is an exclusive and private enclave of family homes and serviced apartments that are smart enabled, each designed to capture the essence of luxury living. The properties boast of grand entryways, impressive finishes, and soaring ceilings that deliver an immediate sense of grandeur upon sight.

With Breathtaking architectural features of Mediterranean and Tuscan styles, the homes are designed to emphasize an outdoor lifestyle, featuring spacious balconies and terraces that offer compelling views of the surrounding sceneries.

This site is developed as a green compliant project with energy efficiency as a primary focus while utilising renewable energy and other clean sources of energy in power generation

Royal Palm villa uyo, Akwa Ibom state offers the best real estate investment opportunity that you will be eager to enjoy the fantastic returns awaiting you. This will be the first green compliant and fully serviced residential estate in Akwa Ibom State

Settle for nothing less!
Welcome to the world of distinction
Welcome to a life of longevity
Welcome to peace

Welcome to Royal Palm Villa Uyo.... the No 1 residential destination in Akwa Ibom State

RADIANT BEAUTY & CONFIDENCE

By CookieSkin®

As we age, the amount of maintenance required to keep a youthful look will increase, but getting started early is a huge advantage. Here are some insightful conversations with our skincare expert as she shares her thoughts on being beautiful with the right products this summer

What will you say beauty definition has become' because for each person it is different?

I am seeing more individualized beauty, we are seeing people who are doing the natural beauty, they are all Afro-centric, and they want to show that they affirm their identity as an African woman, then we are seeing people who are Westernized, western culture is very sophisticated. I think perfection is becoming the new idea of beauty in terms of looking your best, showing that you are confident and that you love yourself the way you are.

Is perfection realistic, or is it possible for one to look perfect?

I think you are perfect in how you say you are, so if this is how you like to look, and this is how I like to look or the next person, and you wake up and you have done your best to look that way and your daily habit makes you look that way and you maintain it. That is something maintainable, then I think that's your own perfection. Basically, why do you think that there is a little conflict between people wanting to, for instance, my definition of perfection is I like my hair and I believe as an African woman you should definitely embrace your natural girl. As an African woman, you should take off the hair on your skin, why some say you should leave the hair on your skin? So there's always this conflict between that balance of what beauty is and why you think it is that way. I think it is because people really care about what people think as you say social media personally, I don't think people are coming and saying you must look this way, am not going to apologize for being light skin, I was born light skin, there's nothing wrong with the way I look, am not going to apologize for looking thin or skinny in some people eye, this is who I am. I don't work around with a complex wondering if am being judged or not being judges, so love yourself, how you are, if you honestly are not comfortable looking the way you look, life is about evolving,



about growth, the addition of new experience and new things, so you are allowed to change, if you want to change, you have to be sure you are happy with what you are doing to yourself and you are doing it for yourself, not for somebody else.

Being a Skincare Expert 2023 is the year to Glow, there are different types of skin, and how do we know about that?

The difference in our African heritage, is that the people of color, people of melanin skin, they all have different skin tone, as you can see there is me, you,



and if we walk around, am sure we will find 5 to 8 different skin tone, and that's is strictly because of colonialism or Africans were inheritably black, very brown to black, like real black, like those, we call calamine brown.

So now most black people, like for me, I have one main shade if am in the winter month, like when I travel to England or anywhere in Europe or Switzerland, and am there for like three months, no matter what am always using shea butter on my body morning and night from head to toe, I will become more lighter than what you see right now, then in the summer month I will become dark, just because it's warmer. In Nigeria we stay indoors a lot, we don't really have activities that we do most people are hiding behind shade, but ideally most Africans can actually twist their skin tone, which is why you see a lot of toning creams, what that means is anybody with natural melanin skin can be toned, you can get 2-3 shade darker, just by the sun, and you can also get 2-3 shade lighter by staying in a super cool climate, and not

seeing or being In-front of the sun. So to maintain that fresh look, there's one thing every African man or woman basically needs to make sure your skin is hydrated, that you don't need to fry it out, now there are a lot of things that people are doing including trend and they don't have the knowledge that this actually stripe their skin of moisture, stripe the skin of the first layer and it causes excess dryness which is why so many people are suffering from eczema, they have eczema prone skin and 247, they feel their skin is dry and nothing can tone that out. The first culprit is our baby habit, we are using the wrong kind of soap and most especially the wrong kind of soap people use like the long one need to be thrown away.

Am kind of curious because someone will say you should try and scrub your body well, because of dirt, dust, smoke, and people stain on you, so please why should we avoid sponges?

No one because your skin is not a carpet, and it doesn't have a hole,

there's nothing you need to wash off, you don't need to be mean to your skin, you need to be gentle with your skin. Naturally, every soap is designed to trap the dirt and wash it off, like even if I did garden work, most gardeners are not going to get a sponge to scrub their hands, they just wash 1-2-3 times using the same soap and water and everything comes off.

So do you think is a psychological thing?

It is a psychological thing that happened all through the era of slavery and colonialism, where the black man was made to feel like he was dirty and smelling and if he didn't scrub enough, their master, we're going to say that they smell, and sting especially you going to work in the field. It is not about how hard you scrub, it is a lifestyle thing, like your diet, and what you eat that causes the body odour, so it is a lifestyle diet, and using deodorant and maybe if you shave, how much hair you have under there. So it has nothing to do with how much you scrub your skin, excessive scrub causes dryness and eczema, and it also causes hyperpigmentation which is where your arms become uneven or your face is dark or one place is darker than your body, and the soap people are using, like the liquid soap, lighting soap, standard commercial soap, foreign and non-foreign, they are cheap and they damage your skin barriers

But the alternative is your standard handmade soaps or natural soaps, basically fat and lie, with no fillers, so a lot of commercial soap has feelers and they are very dry, so that's why even if you are going to buy a commercial soap, you don't need a sponge, you are



CookieSkin Coffee and Honey Soap



going to be clean and if you must really have sponge it should be the one with a tiny rope inside, for the baby sponge should be 0.5 percentage and you can use that on yourself. If you must use commercial soap you have to throw away your sponge, like bar soap, and liquid soap, as well as just glycerin and water.

What about black soap?

I think it has become a huge trend because they don't mind getting the result that they wanted, especially black and African women including those living abroad, I can remember when I live in the States, and I bought this whole of black soap from Amazon and my sister uses to

use it, and people weren't getting the result that they wanted, they said let's go back to basic, how did our mother use to do it then, somebody marketed it and said that our mother used to use black soap. Now there's another story about black soap, black soap is acidic, but it works then, As a skin care consultant people come to my store regularly they are not satisfied with their skin because it is not popping.

What will make our skin pop?

Hydrating soap, which is basically soap that are made with lots of butters, shea butter, coco oil, olive oil, and regular oil, soap that don't stay solid are more acidic than soap that stay solid, and commercial soap that stay solid are usually made with palm kernel derivative, which is hard as a soap that you use to wash your clothes, which is super drying to your skin. If you travel to Europe you see all those round olive oil soap, very expensive, and fancy looking, those are soap that are good for you, and we also have them in Nigeria and America people making handmade soap, that are basically made with oil, the traditional way. It is expensive because the oil are expensive like America especially it is expensive to get this oil, because America doesn't make coconut oil, and they don't have coco butter, shea-butter, so they import all these things, it makes sense for them to straight all their raw materials after colonialism and make liquid soap which basically has 2 percent oil, glycerin and water.

Stay hydrated and make sure you use hydrated products.

Contact Cookies Skin

Lagos Office:

📍 Waterfront Plaza, 270 Ozumba
Mbadiwe Avenue, Eti-Osa 106104,
Lagos

☎ 08077723105, 07061789928

Abuja Office:

📍 23 Lingu Crescent, Wuse II,
Abuja, FCT

☎ 09048767781

📱 📷 cookieskin



AMENITIES & SERVICES:

- ✓ SWIMMING POOL ✓ GYM CENTRE
- ✓ SERVICE APARTMENTS (1,2,3,4, & 5 BEDROOMS)
- ✓ MINI SAFE ✓ MINI MART
- ✓ HALLS OF FOUR DIFFERENT TYPES
- ✓ GARDEN FOR EVENTS
- ✓ PASTRIES/SMALL CHOPS CENTRE
- ✓ BUFFET FOR ALL DAYS AND NIGHT AND SUNDAY SPECIAL FOR FAMILY/LOVE ONES
- ✓ BARBEQUE AND GRILL ✓ TAXI SERVICE

FOR BOOKINGS & RESERVATIONS:

📍 Plot 70-73 Unit K, Ewet Housing Estate
(opposite 4 Lanes, Uyo. Akwa Ibom State.)

☎ 09022277796
08094466550

✉ villahiltonhotels@gmail.com
🌐 www.villahiltonhotels.com

...come, Stay and have an Unforgettable Experience



Health & Wellbeing; The Kidney Protection Project

By: Prof Onyekachi Ifudu



The main job of the kidneys is to filter the blood and remove wastes. Doctors routinely order blood tests to assess how well the kidneys are carrying out this function of filtering the blood. What test your doctor orders to measure kidney function matters a lot.

Kidney failure is classified into two categories - acute and chronic. Acute kidney failure, otherwise known as acute kidney injury has an abrupt onset and is potentially reversible. It comes on suddenly, typically within a few hours or days. It may occur due to trauma to the kidneys or decreased blood flow. It can also occur due to a blockage, such as a kidney stone or enlarged prostate.

Chronic kidney disease (CKD) is a condition when kidney damage occurs gradually over a long period and can lead to permanent kidney failure. CKD progresses slowly over at least three months.

The section below reviews measurement of kidney function as it pertains to chronic kidney disease. Acute kidney injury will be discussed at a later date.

To properly appreciate the relevance of today's topic, it is important to emphasize this major fact - that CKD is a "silent disease", so most people with CKD are unaware that they have it. Symptoms typically occur when the kidneys are functioning at or below 10% to 15% of their full capacity.

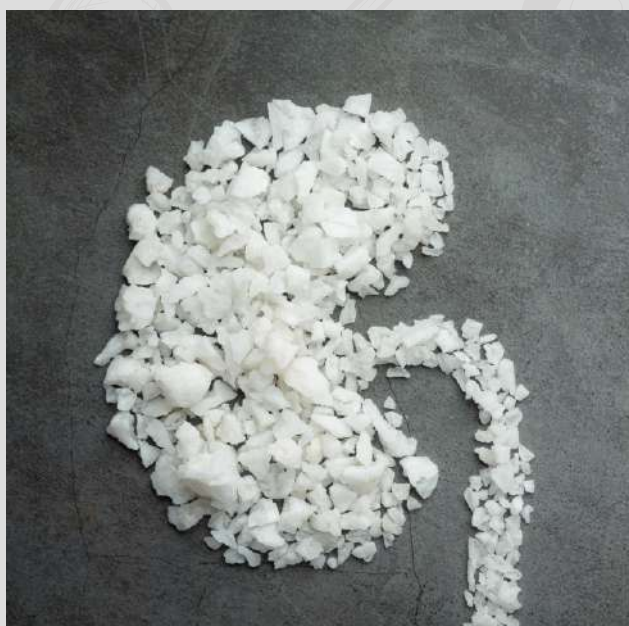
Therefore, how kidney function is measured matters a lot and literally can mean the difference between living or dying. Measuring kidney function has been a challenge in healthcare for generations. Accurate measurement of kidney function leads to early detection of CKD.

Serum creatinine – An Imperfect Measure of Kidney Function

For generations, a blood test, the serum creatinine level alone had been widely used to measure kidney function. Serum creatinine is a byproduct of muscle breakdown and also generated from dietary protein.

However, the serum creatinine level alone is an imperfect measure of kidney function because a rise in serum creatinine is observed only after significant loss of kidney function. In fact, a person with CKD will need to lose 65 to 70 percent of their kidney function before the serum creatinine begins to rise out of the "normal range". Therefore, the fact that you have a "normal" serum creatinine level does not necessarily mean you have "normal kidney function".

Consequently, when serum creatinine level alone is used to measure kidney function, CKD is usually



far advanced at the time it is detected in many patients, limiting any chances for treatment or interventions that may lead to reversal. Furthermore, because most patients who have CKD may not know they have the condition, they may be using the unadjusted dose of medications, or worse taking medications that are toxic to failing kidneys, thus resulting in more injury to the kidneys.

Understandable, for generations doctors were dissatisfied with the use of serum creatinine alone to measure kidney function, but had no viable options.

The gold standard for measuring kidney function is the “glomerular filtration rate” (GFR) which is a measure of how well the kidneys are cleaning your blood – how much blood passes through the tiny filters “glomerulus” each minute. GFR varies according to age, gender, and body size. In young adults it is approximately 120 ml/minute/1.73m² and declines in normal individuals with age. However, measuring the GFR is complex and expensive, so it is not routinely used in clinical settings.

Estimated Glomerular Filtration Rate (eGFR) – The New Way

The next best thing to the actual GFR is using the “estimated GFR” (eGFR) to measure kidney function. The eGFR is calculated using the serum creatinine level in combination with demographic factors such as, gender and age.

After studies validated eGFR as superior to serum creatinine level alone to measure kidney function about 25 years ago, many countries urged Clinical Laboratories or mandated them by legislation to calculate eGFR every time doctors order a serum creatinine level. Since a separate laboratory test is not required, including the eGFR won't increase the cost of the laboratory test. CKD might take years to develop and may go completely unnoticed. Using eGFR, CKD is classified from Stage 1 to 5, with stage 1 being early, and stage

5 also known as end-stage renal disease (ESRD) being the final stage. The stage is assigned based on the level of kidney function – irrespective of the underlying cause. Early detection allows timely application of interventions to slow progression to end-stage kidney failure and saves lives.

Benefits of using the eGFR to measure kidney function

1. Early detection of kidney failure.
2. Understanding the severity of kidney failure.
3. Detection of progression of chronic kidney disease.
4. Making decisions about diagnosis, prognosis and treatment.
5. Avoidance of drugs toxic to failing kidneys.
6. Proper adjustment of the dose of medications in persons with failing kidneys.

The kidney is the major organ that excretes drugs and toxins, and is therefore susceptible to injury from untested and unregulated products. This is particularly relevant among those who already have CKD.

Take Home Message – Serum creatinine level alone is an imperfect measure of kidney function. “Normal” serum creatinine level does not necessarily mean “normal kidney function”.

By calculating the “estimated glomerular filtration rate”(eGFR) whenever doctors request a serum creatinine level, Clinical Laboratories in Nigeria can play a gigantic role in preventing end-stage kidney failure and save lives. We applaud those Clinical Laboratories that are already reporting eGFR.



...Whenever your doctor does routine blood tests, always ask – what is my eGFR?

About the Author:

Prof. Ifudu is board-certified in Internal medicine & Nephrology/Hypertension and is an Adjunct Professor of Medicine at SUNY Downstate, Brooklyn, New York. He graduated from University of Nigeria and Harvard University & did residency training at Columbia University College of

Physicians & Surgeons, New York, and fellowship at SUNY Downstate, Brooklyn, New York. He is the author of the book “The Kidney Protection Project – A Primer for Kidney Failure Prevention in Nigeria”

Email: dodokinase@gmail.com

An African Untold Story

STYLEBYNERD

— CHINNY BON  —



W O R L D W I D E S H I P P I N G

Contact us:

Email: stylebynerd@yahoo.com

Phone: +234 817 339 9991, +234 907 201 6682

Follow us:



@stylebynerd.vx

@stylebynerd

P O R T H A R C O U R T , N I G E R I A

ACCRA!



Ibom  Air

IS HERE!

www.ibomair.com | [@ibomairlines](https://twitter.com/ibomairlines)



FLYING 4 WARD

Words By Odotitoto Esu



Ibom Air Celebrated its 4th anniversary with a first of a kind drive in cinema in Uyo themed Flying Forward. The highlight of the event was the recognition of Ibom Air's most loyal and esteemed customers - the top flyers.

Amongst the top flyers recognised were, His Excellency Udom Emmanuel, His Excellency Moses Ekpo, Her Excellency Senator Akon Eyakenyi amongst others. The event also brought together the best of Nollywood, Comedy and Music with stars like Ime Bishop, Kenny Blaq, Chidi Mokeme, Ikpa Udo, Hilda Bassey and lots more all graced the red carpet.

The celebration climaxed with the esteemed presence of the Executive governor of the state, His Excellency Umo Bassey Eno. The Governor, a Top flyer, spoke passionately about the airline's contributions to the state's economy and tourism industry.

Ibom Air's 4th anniversary celebration was a true reflection of the airline's dedication to innovation and excellence, rewarding loyalty and bringing people together.

As the curtains closed and the night drew to an end, guests departed with gratitude looking forward to the next chapter in the airline's history.







EXPERIENCE THE NEW MMA2 PREMIUM Concierge Service

A TRULY PREMIUM EXPERIENCE

IBOM AIR PREMIUM Passengers' experience just got nudged upwards as the management of Bi-Courtney, operators of the Murtala Mohamed Airport 2, have introduced a premium check-in experience.

The premium lounge offers an exclusive concierge service in an elegantly designed space. It offers an exclusive Bus service from the lounge to the aircraft amongst other benefits. Greeted by a team of

impeccably trained staff, this Lounge offers an immersive experience that redefines the beginning of a journey. This premium concierge concept aligns with Ibom Air's goal of offering differentiated experiences to its high-value customers who pay more for enhanced comfort, and convenience.

Visit the lounge today on the ground floor of MMA2, Lagos.



Ibom Air becomes IATA Member

Ibom Air has achieved a significant milestone by officially becoming a full member of the International Air Transport Association (IATA). This prestigious recognition cements Ibom Air's position as a pioneering force in the aviation industry, making it one of only three Nigerian airlines to hold IATA membership. This achievement is a testament to Ibom Air's unwavering commitment to not only meeting but also exceeding industry standards.

IATA membership offers the airline access to many benefits, including participation in a collaborative industry network, knowledge sharing, and adopting best practices. This newly forged alliance with IATA will be pivotal in facilitating Ibom Air's ambitious regional growth plans.

The inclusion of Ibom Air strengthens the IATA family, fostering greater diversity and unity among airlines worldwide, all striving to advance the global aviation industry. Furthermore, in a notable achievement from the previous year, Ibom Air was conferred with the IATA Operational Safety Audit Certificate, reaffirming the airline's commitment to maintaining high internal safety and operational standards.

With these remarkable milestones achieved in just four years of operation, the future looks promising for Ibom Air as it continues to soar to greater heights in the aviation industry.

ROYALTY

A P A R T M E N T



Over a century now, Eket, an oil wealthy coast-land stretching from the Atlantic Ocean into the Akwa Ibom mainland, has been a hub of hospitality excellence in Nigeria. In fact the city earned the accolade; 'Home for the Whites' from its culture of friendship, warmth and lush natural tourism friendly landscape which were features that enticed the expatriates into its abode,

besides the oil and gas business. Up until today, the city takes the lead in hospitality business.

Hospitality has just been redefined. Royalty Apartments is it ! It dazzles with ocean blue exuberance. Its brilliant and alluring ambience, consummate interior and excellent service team have just moved hospitality to its peak.

Contact Us

(+234) 901-330-3302 
 (+234) 814-663-0663 
 92/94 Marina Road, Eket, 
 Akwa Ibom State
 apartment@royaltygroup.com.ng 

BOOK NOW

www.royaltygroup.com.ng

SPONSORED BY:





REDEFINING TECH EDUCATION



Greetings, fellow travellers and tech enthusiasts! In the aftermath of the COVID-19 pandemic, technology has played a pivotal role in reshaping various aspects of our lives. According to recent statistics, global e-commerce sales surged by 27.6% in 2020, with the number of digital buyers reaching a staggering 2.14 billion. Moreover, remote work tools like video conferencing platform experienced a 500% increase in usage, underscoring the indispensable role of technology in the new normal.

The big question is are you prepared for the technological revolution that's shaping our world?

Netisens Tech-skill Trainings:

At the heart of this transformative wave is Netisens Tech Ltd, a dynamic tech hub nestled in Uyo. Recognizing the pivotal role of technology in the post-pandemic era, Netisens Tech has taken up the mantle of nurturing tech talent and fostering innovation. Their comprehensive skill training programs have been instrumental in equipping individuals with the tools they need to thrive in an increasingly digital world.

Our courses:

- | | |
|----------------------|-----------------------|
| 1. Web Development | 5. Python |
| 2. App Development | 6. Cybersecurity |
| 3. Digital Marketing | 7. Project Management |
| 4. Product Design | 8. Robotics/AI |

Benefits of our Trainings:

1. Expert-Led Training
2. Cutting-Edge Curriculum
3. Hands-On Practical Learning
4. Industry Connections
5. Personalized Approach
6. Project Portfolio Development
7. Career Guidance
8. Flexible Learning Options
9. Skill Diversity
10. Community Engagement
11. Internship Opportunities
12. Certification

Get in touch

**133 Atiku Abubakar Way,
Uyo, Akwa Ibom State.**

Calls, SMS, Whatsapp: +234(91)1687-5415

Website: www.netisens.com

Email: info@netisens.com

STONES AND FURNITURE HOUSE



OUR SERVICES

- Furniture
- Lighting
- Sanitary Wares
- Decorative Accessories
- Tiles



**286 Oron Road,
520102, Uyo**

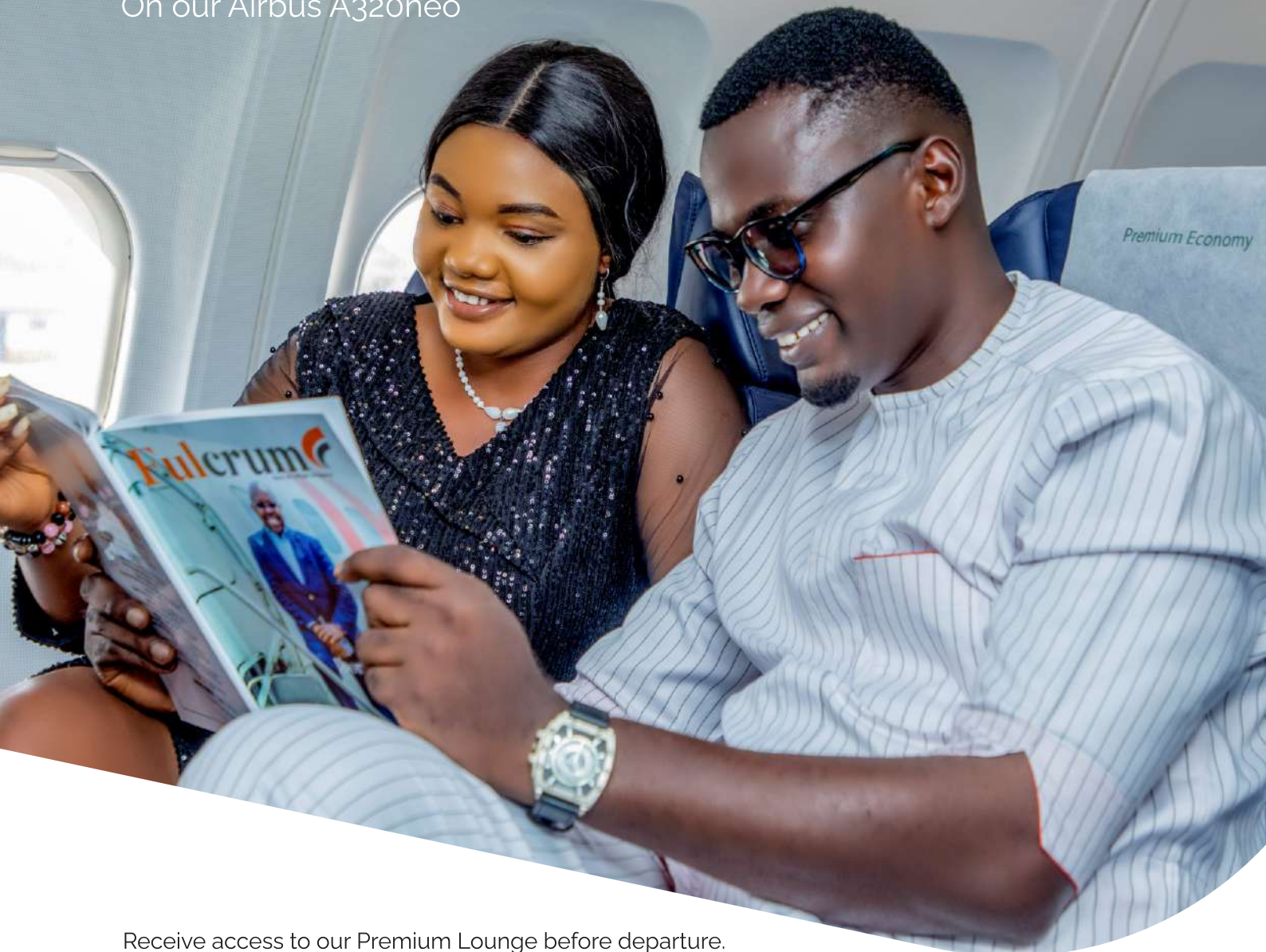


**07081473985
09060242508**



Journey in Style

On our Airbus A320neo



Receive access to our Premium Lounge before departure.
Recline and relax while enjoy reading our in-flight magazine.

It will be a rewarding moment for us to feature your reputable
brands on the pages of our In-flight Magazine.

PICK A SPACE!
ADVERTISE
WITH FULCRUM MAGAZINE

Fulcrum
Ibom Air In-Flight Magazine

enquiries@iafulcrum.com

@fulcrummagazine

+2347017036065, +2348139082703



The ARISE Agenda is a strategic development plan by the Umo Eno administration to catalyse growth in key sectors and create an enabling environment for all Akwa Ibomites to thrive.



Together, we are taking Akwa Ibom to the next level.

YAK IKA ISO ISO!

Follow Us on    @akwaibomarise