



ISSUE: 23 (January, 2023)

New Year Greetings from ED CRIN



A New Year presents an opportunity to set loftier goals and search for unfinished tasks. It is a time of refining the strategies to surpass previous year's outcomes! This means more work and persistence

are required to get the desired outcomes. A New Year is a new beginning for a new dawn in life. It is time to start the New Year by letting go of all the bad and disheartening memories from the previous year.

The New Year is the new beginning of new ventures and new projects. Let us continue to grow and shine. Let us overcome all the challenges with courage. Let us set and achieve better results this year in CRIN. Let us work together to overcome any obstacles that may arise and have a fantastic year together. We are no good when we are alone, but when we are united, we are unstoppable!

May all our hard work and endeavors pay us with glory and happiness. May 2023 bring brighter future. Wishing you and your family a wonderful beautiful year.

Happy New Year!

Christmas Carol Held in CRIN

In appreciation of the manifold mercies of God, the Institute held carol on December 20, 2022. The landmark event heralded the return of peace after a protracted period of unrest. The ED CRIN, Dr. Patrick Adebola, who was ably represented by Dr. Agbeniyi, the Director of Training, was full of gratitude for the restoration of peaceful coexistence in the Institute. He reminisced on the occasion



which was an annual event during his days as staff, but was truncated by internal wrangling. The solemn

occasion attracted the rank and file of staff and natives to the Institute community. The ambience was soul lifting as choral groups from the community as well as other talented music ministers literally translated the mammoth gathering to celestial plane with their sonorous renditions.



Music Ministrations at the event





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Cross section of the mammoth crowd

World AIDS Day: ED CRIN Calls for Healthy Dieting



The Executive Director (ED), Cocoa Research Institute of Nigeria (CRIN), Dr. Patrick Adebola, has stated that healthy nutrition is necessary for building stronger immune system against infections and diseases. This he said as he joins the rest of the world to commemorate the day set aside,

globally, to remember one of the most dreaded infectious diseases in history, Acquired Immune Deficiency Syndrome (AIDS). This is a chronic stage of the Human Immunodeficiency Virus (HIV), when the patient's resistance to diseases has been broken by the virus, making such a fellow vulnerable to all manner of illnesses.

In a chat with CEOAFRICA's correspondent, the ED CRIN advised that adequate and balanced diet is capable of enabling the body to fight most diseases that lead to death today. According to him, many Nigerians are yet to appreciate the importance of good food that comes from Agriculture. He noted that one of the reasons people still get to the chronic stage of the HIV, in addition to inconsistent medication, is lack of healthy diet.

"It is disheartening that many Nigerians do not appreciate our natural foods. Those natural nutrients they detest, in trying to appear civilized, are capable of boosting their immune system against many infectious diseases. While it is well-understood that some people with HIV, who get to the chronic stage, experience that because of their low attention to medication, some also face the situation on account of diet. The earlier we return to farm and appreciate our local foods the better for all of us," he said. Natural foods have answers to many health questions in the world today as opined by Dr. Adebola.

Meanwhile, every December 1 is dedicated to celebrating World AIDS Day. The idea is to solidarise with people infected and affected by the virus, as the world seeks to end the menace of the virus soon.

<https://www.ceoafrika.com/newsdetails.php?tabnews=91473>





Cocoa Flavour Quality Assessment

The Institute is organising Cocoa flavour quality assessment of farmers' produce in Nigeria. The ongoing event, which commenced in December 14, 2022, is taking place in the Flavour Quality Laboratory (FQL) of the Institute. The exercise is geared towards showcasing the cocoa of farmers in Nigeria in the ongoing Cocoa of Excellence Global Award. It is the first of its kind as Nigeria has never participated in the meet in the past. The award ranges from Gold to bronze. In keeping with the modus operandi of the global assessors, farmers that fall within the first 50 best are singled out by the chocolate farmers for patronage at higher price. The panellists, chaired by Dr. Festus Olasupo, was composed of Scientists, Agricultural Superintendents and Laboratory Technologists.



Panel Analysis of Quality Assessment



Flavour Quality Training Session



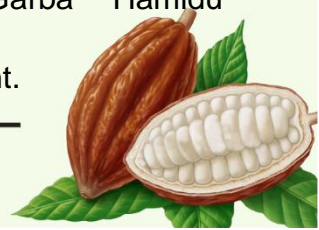
The Flavour Tasting session

ARC� News

WCAPHCE Holds Its 2022 Congress and Exhibition



The West and Central Africa Post-harvest Congress and Exhibition (WCAPHCE) held her 2022 Congress and Exhibition at NICON Luxury Hotel, Abuja from 28th November to 2nd December, 2022. The Executive Secretary (ES), ARC� and Chairman, Central Planning Committee of the 2nd edition of (WCAPHCE-2022) Prof. Garba Hamidu Sharubutu mni, welcomed the participants to this year's event.





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The WCAPHCE-2022 was organized by the Centre for Food Technology and Research (CEFTR), Benue State University in collaboration with the Agricultural Research Council of Nigeria. The Theme of the event was: “Upscaling and Promotion of Africa Indigenous Foods (AIF) to Global Standards through Effective Research in Production, Processing, Storage and Utilizations”.

Declaring the WCAPHCE-22 opened, the Hon. Minister of Agriculture and Rural Development, Dr Mohammad Mahmood Abubakar, represented by Engr. Haruna Suleiman, the Director of Food and Strategic Reserve of the Ministry, revealed that the Nigerian government is expected to earn ₦18 billion from the 2019 concessions of 19 silos. He informed the participants that various efforts have been made by the Federal Government to reduce post-harvest losses which farmers, especially those in the rural areas, suffer year-round. Such efforts include provision of storage facilities, grain aggregation centres, and equipment that can add value to farm produce. The Vice Chancellor of Benue State University, Prof. Tor Lorapuu stated that “the essence of the program was to rally stakeholders to collectively work towards ensuring the production of indigenous food and reducing post-harvest losses”.



The ES ARCEN at the exhibition stand

ES Meets with NCAM and some Colleges

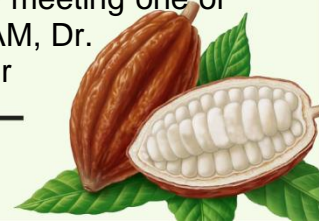


In what was considered as an epoch making event, the ES of ARCEN Prof. Garba Hamidu Sharubutu mni formally hosted the National

Center for Agricultural Mechanization (NCAM) and the five Colleges that just came under the Council's supervision namely FECOLAT Owerri and Kuru, Federal Cooperative Colleges Kaduna, Ibadan and Oji-River to a meeting at the Council's Board room on 6 December, 2022. The highlights of the meeting dwelt mainly on the proposed budget, which the ES said may have to be looked into for adjustments based on priority lists. The ES noted in his remarks that there are two new individuals in the meeting one of whom is the acting ED of NCAM, Dr. Abdulganiyu Kamal. He further



The ES admiring items on display





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stressed that the NCAM Act has been repealed and established under the ARCN amended Act and as such, the conversion committee will soon visit them in order to seek for approval for their proper conversion. Furthermore, according to the ES, "there is the need to draw from the Act and then give them a mandate which will be endorsed by the Hon. Minister".

The second issue, according to the ES, is that the Provost of FECOLAT Kuru has been asked to stand aside, while a former Provost and former director in the FMARD has been asked to stand in and try to see if the place can be set in line with the required academic standards. Prof. Sharubutu further disclosed that staff was deployed based on the existing approval of the Hon. Minister with the backing of the amended Act. The other issue is the announcement that the Hon. Minister has finally approved the next batch of conversion that were submitted to him which includes FECOLAT Owerri, and Federal Cooperative Colleges in Oji-River and Ibadan.



The ES with the Executives from NCAM and Colleges



Health News

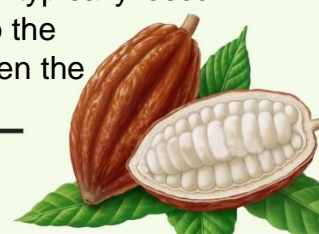
Peptic Ulcer Disease – Mrs. Bosede Famaye



Peptic ulcers are sores found in the lining of the esophagus that can cause moderate to severe burning pain. There are a few types of peptic ulcers: Gastric ulcers that occur inside of the stomach; Esophageal ulcers that

occur within the oesophagus and Duodenal ulcers that occur inside the upper portion of the small intestine. Peptic ulcers can be caused by a variety of factors. Though many believe ulcers can be caused by spicy foods or stressful jobs, this is simply a myth. Peptic ulcers are actually caused by bacteria called *Helicobacter pylori* found in the mucous layer that protects the tissues that line the stomach and small intestine. The bacteria can cause inflammation of the stomach's inner layer, resulting in an ulcer. *Helicobacter pylori* has been found to be passed from one person to person or through food and water. Some pain relievers including aspirin and ibuprofen can irritate or inflame the lining of the stomach and small intestine resulting in ulcer; medications used to treat osteoporosis called bisphosphonates and potassium supplement can lead to ulcers; smoking and drinking alcohol can make one's body more prone to developing ulcers by irritating the stomach and decreasing the immunity.

The signs and symptoms of peptic ulcers include burning pain, which often aggravated by stomach acid coming in contact with the ulcerated area. The pain can typically occur anywhere from the navel up to the breast bone, it feels worse when the





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stomach is empty; it worsens at night but can get relieved temporarily by eating certain foods that buffer stomach acid or by taking an acid-reducing medication. Less often, ulcers may cause severe signs or symptoms like the vomiting of black or red blood, faint feeling, indigestion, chest pain, dark blood in stools, bloating or belching, unexplained weight loss, heartburn, appetite changes and feeling of fullness.

In conducting diagnosis, Endoscopy procedure is one of the procedures adopted; whereby doctors insert an endoscope through the throat into the stomach to look for abnormalities. Others are *H. pylori* tests which is a urea breath test, blood or stool test and Imaging tests such as X-rays and CT scans to detect ulcers.

Though ulcers can sometimes heal on their own, one should not ignore the warning signs. Without the right treatment, ulcers can lead to serious health problems such as bleeding, perforation - a hole through the wall of the stomach, gastric outlet obstruction (from swelling or scarring) that blocks the passage away from the stomach to the small intestine, bleeding ulcer could be treated during endoscopy with the use clamp or cauterization (burning tissue) to seal off and stop the bleeding. As a precaution, one should avoid any foods that makes symptoms worse and antacids which quickly weakens or neutralize stomach acid to ease the symptoms.

As a preventive measure, one should talk to the Doctor about alternatives to NSAID medications (like acetaminophen) to relieve pain, and take it with a meal; quit smoking; drink alcohol and caffeine in moderation, if at all. Never involve yourself in self medications without the doctors' prescription. Always observe a healthy lifestyle.

Staff of the Month: Mr Taiwo Akanni Olayinka



Mr Taiwo Akanni Olayinka was born on February 25, 1970 in Orile Owu, Osun State. He attended Army Children School, Kakuri Kaduna in 1979 and Government College

Kaduna in 1986. He also attended Kwara State College of Technology for his advanced level (A level) studies in 1989. In pursuance of higher studies, he attended Ahmadu Bello University, Zaria and bagged Bachelor of Agriculture (B. Agric.) in 1994. In 2003/2004 session he obtained Master of Science (M.Sc.) in Agriculture at the University of Ibadan. Mr. Olayinka joined the service of CRIN in September 2010 as Research Officer 1 and rose to the rank of Principal Research Officer (PRO) in 2016. He is a member of the Agricultural Extension Society on Nigeria and the Agricultural Economics Society of Nigeria. He has attended quite a number of research and IT training. He is happily married with children.





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January Birthday Galore

Hearty birthday celebrations to the members of staff that will be celebrating their birthdays this month. Wishing you all the very best in your life endeavours. Congratulations!



Adepoju Odunola Adedayo	1-Jan
Alade Gboyega	1-Jan
Agomu Ogeyin	1-Jan
Ehimika Ketu	1-Jan
David Omoha	1-Jan
Gbadamosi Mufutau Ayobami	1-Jan
Manasseh B. Andriya	1-Jan
Nifu Yahaya	1-Jan
Ogunsanya Florence Olusola	1-Jan
Olaosebikan Agnes Olayinka	1-Jan
Oyewole Olaoluwa	1-Jan
Salaudeen Adedayo	1-Jan
Saminu Hamisu A.	1-Jan
Biliaminu Agbeniga	2-Jan
Chibou Oluchi	2-Jan
Obloh Roland Sunday	2-Jan
Oladipupo Kayode David	3-Jan
Hammed Isimot Abimbola	4-Jan
Kuforiji Emmanuel Olawale	4-Jan
Okonkwo Temitayo Omodele	4-Jan
Enodunwenbe Anthony Iserihie	5-Jan
Ogenyi Simon	5-Jan
Opalua Pius	5-Jan
Quadri Bisiriyu Adekunle	5-Jan
Ayiba Patience Takon	6-Jan
Ogbechie Christopher John	6-Jan
Adeigbe Yemisi Tosin	7-Jan

Ganiyu Abu O.	7-Jan
Matthew Samuel	8-Jan
Olaoye Atinuke Moriamo	8-Jan
Olawore Olutunde Sola	8-Jan
Egwumah Luggard	9-Jan
Adebiyi Oluwabukayomi S.	10-Jan
Adeyanju Stephen Adebiyi	10-Jan
Babalola Mosudi	10-Jan
Orimogunje Alex	10-Jan
Azoquo Echeng Isong	11-Jan
Edibo Gabriel Ojodale	11-Jan
Jayeola Christiana Olayinka	11-Jan
Okojie Peter	11-Jan
Lawal Bose Janet	12-Jan
Oyebanjo Ayeyemi Omogbemi	12-Jan
Guma Joshua	14-Jan
Muritala Waheed	14-Jan
Ogunlusi Olayemi	14-Jan
Ahmed Sajoh Buba	15-Jan
Akinade Kazeem	15-Jan
Echa Godwin Idagu	15-Jan
Orisajo Samuel Bukola	15-Jan
Oseghe Florence Jesughe	15-Jan
Oyebanjo Toyosi Oladele	15-Jan
Unubi Attah Jeremiah	15-Jan
Adio Stephen Olukunle	17-Jan
Egbe Moses	17-Jan
Olulowo Oluwatoyin Patience	17-Jan
Somосу Olusola Atinuke	17-Jan
Adesanya Kehinde A.	18-Jan
Faniyi Jimoh Abiola	19-Jan
Numfor Peter	19-Jan
Olaleye Oludele Olusesan	19-Jan
Ogbechie Margaret Otibho	21-Jan
Oguntoyey Kazeem	21-Jan
Ajayi Francis Abidemi	22-Jan
Tijani Akeem	24-Jan
Ajekigbe Oluwafemi	25-Jan
Olaleye Bidemi	25-Jan
Oyeneye Julius	25-Jan
Adeniyi Amudat Titilayo	26-Jan
Atoyebi Oluwatoyin	26-Jan
Okorue Fredrick Friday	26-Jan





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Oseghale Godday	26-Jan
Animba Micheal	28-Jan
Oyedotun Toyin	28-Jan
Musa Suebat	29-Jan
Ojo John Olarewaju	30-Jan
Aboribo Roy Ochuko	31-Jan
Amwe Habu Audu	31-Jan



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