...NOT IN THISDAY STYLE? THEN YOU’RE NOT IN STYLE

KEMI DASILVA-IBRU
A WARRIOR FOR WOMEN

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When Kemi DaSilva Ibru started WARIF (Women at Risk International Foundation), it was in response to the high incidence of sexual violence, rape and human trafficking among young girls and women across Nigeria. Today, she speaks to Konye Chelsea Nwabogor, sharing insights into WARIF’S journey so far, the devastating collective impact of gender-based violence, and the ongoing 16 Days of Activism against Gender-Based Violence.

EDITOR'S LETTER

Let's Unite.

It’s an almost regular occurrence to log into social media daily and be met with stories surrounding violence against women. From domestic violence, sexual harassment, rape, societal harassment and molestation and even incest. The forms are endless. Sadly, we have experienced this for so long that we have somewhat become desensitised towards it. What’s even more disheartening is that these incidents have no age limits. While it is true that these abuses cut across both sexes, it is safe to agree that in our country, women are predominantly the victims.

To be candid, violence against women and girls is not new. History has shown that women and girls have always faced this dilemma, mainly because of our traditional norms that largely support male dominance. Let’s not also forget the patriarchal interpretations within our various faiths, which typically preach endurance. The unfortunate part is that it seemingly is an endless cycle. Every child that witnesses domestic violence perpetrated against either parent or guardian is a potential abuser, and every partner that is violated in a marriage holds high chances of also meting out violence on another person. Where does it end, if ever it will? It may sound obvious, but Gender-Based Violence is a genuine health crisis. It negatively affects women’s physical health, including sexual and reproductive health, as well as mental or psychological health — with consequences that include posttraumatic stress disorder, anxiety, and depression.

It’s not enough to just speak about it. We need to ask ourselves what we can do as human beings to take steps to stem this crisis, as well as chart out a collective vision as to what kind of Nigeria — and world — we want.

Kudos to women like my cover personality Kemi DaSilva Ibru who have taken it upon themselves to create a platform that strives to defend, protect and provide for women and girls faced with violent situations. And thank you to the men who are getting involved in the conversation and supporting via words and actions.

Last week, the 16 Days of Activism against Gender-Based Violence kicked off on 25 November. It is an annual international campaign that marks the International Day for the Elimination of Violence against Women, and it runs until 10 December, which marks the International Human Rights Day. It is used as an organising strategy by individuals and organisations worldwide to call for the prevention and elimination of violence against women and girls. This year’s theme is “UNITE! Activism to end violence against women and girls.” I want to use this opportunity to invite everyone to play their role in ending violence against women and girls. Let’s all show support and solidarity; together, we can make the world safer for women.

Love.

Konye
The Executive Chairman of GreenLife Pharmaceuticals Ltd, Dr. Obiora Anthony Chukwuka and his lovely wife, Mrs. Obiageli hosts family members, friends, business associates and pharmaceuticals personalities to a memorable wedding reception of their daughter.

The wedding started with holy solemnization at the Catholic Church of Assumption, Falomo in Ikoyi, Lagos. The memorable reception took place at The Monarch Event Center, Ikate-Elegushi, Lekki-Expressway.

All guests in attendance are treated to some sumptuous delicacies and assorted champagnes of luxury.

These are some of the guests captured by our camera.
Premium single malt scotch whisky, Glenfiddich officially launched its Time Reimagined Collection in Nigeria through a high-level multisensory stakeholder event held recently at Ikoyi, Lagos. This remarkable collection of aged and exclusive single-malt whiskies represents the ultimate expression of time and is the pinnacle of Glenfiddich’s signature distillery style.

The Time Reimagined Collection consists of three extraordinary single malt whiskies that each capture a moment in time. These whiskies have matured over decades, developing a richness and depth of flavor that is rarely encountered.

Hosted by the Global Brand Ambassador Ashvin Joshi and Eku Edewor, the launch event was an immersive dining experience bringing to life an articulation of time, gloriously bridging the past with the present. Through the night, guests were treated to a 3-course dinner carefully curated by Cordon Bleu Firenze trained chef, Chef Benedict. The meals were paired with tastings of the 30- and 40-year-old whiskies whilst being thrilled with musical performances from Made Kuti, Femi Kuti and a hologram performance by music legend Fela Kuti. The Blues Project and DJ Baggio also serenaded guests with musical classics.

Ijeoma Uboson was born in England on December 2, 1972, as the second child and daughter of Edna and Eric Uboson. She began her education at the estate nursery and primary school as a nursery school student and completed her primary education at Corona School in Gbagada, Lagos. After the completion of her primary education at Corona, she attended Federal Government College Shagamu and Federal Government College Ondo for her junior secondary and senior secondary schooling, respectively, and went straight to the University of Lagos but only attended the school for a year because of the incessant ASUU strike and moved to England, where she graduated from the University of Bath as a pharmacist.

Ijeoma worked as a pharmacist in the UK for three years, but her love for fashion steered her to follow her passion for buying and selling designer shoes, clothes, bags, and much more. Ijeoma started her entrepreneurial journey in her university days, when she travelled to the United States to buy and sell designer shirts to her friends. She then moved back to Nigeria and started buying and selling and later opened up her stores, Kontessa Motivo, Arsenal Ventures, and Nara Camikie Nigeria. Today, Ijeoma’s entrepreneurial journey has seen her grow in leaps and bounds, and she is now one of the most successful fashion and merchandise retailers that deal in high-end brands of clothes, shoes, jewelry, and gift items.

She has a happy marriage with successful media mogul, Chris Uboson, and they are blessed with three wonderful children.

Today we wish this woman, wonderfully made by God a Happy 50th Birthday.
HOW TO CHOOSE THE RIGHT LIP GLOSS.

Hey girls, it looks like the Lip gloss is back, and we are totally here for it. Armed with an array of colours and many other juicy possibilities, a good lip gloss adds light to your lips, making them appear instantly plumper; plus, it’s more forgiving than lipstick – in many ways. They are great for the colour-shy as applying one coat gives a more sheer effect whilst offering a subtle hint of colour and shine. On picking the perfect shade and shine, we spoke to Abuja-based celebrity makeup artist Mmeka Ronald Chinedu, also known as RONALDTHE7TH, who recently released a fantastic lipgloss collection as part of his Premium beauty brand The7th Beauty. The7th Beauty is a high-end beauty brand with innovative formulas and artistry tools crafted for beauty lovers, professional makeup artists, and enthusiasts. So back to the topic, how do you choose the right lip gloss? Here’s his little guide to help you get started.

What’s your preference - Glossy or Matte?

How do you like your lip gloss – shiny, glossy, or matte? If you’re like most people, you probably want both! But which one would look best on you?

Glossy lip glosses are more moisturizing and give your lips a lustrous sheen. They’re also easier to apply and look better on most skin tones. However, they can leave your lips feeling oily and shiny for hours after application. A matte lip gloss, on the other hand, has a matte finish and is less moisturizing. As a result, they’re less likely to feather or flake, but they may be harder to apply since they offer less coverage.

Know what complements your skin.

First, pick a colour that’s close to your natural lip shade. To achieve a more subtle look, choose a lighter shade. For a more dramatic effect, go with a darker colour.

Lip glosses come in many colours, ranging from sheer, delicate pastels to deep, rich ones. Getting the right shade may take a few tries, but once you get it, you’ll feel transformed in no time.

Lastly, don’t forget sun protection.

With a lip gloss that offers SPF, your lips will be healthy and happy! When ultraviolet rays are most intense, protecting your lips against the sun’s harmful rays is important.

One coat of lip gloss with SPF will keep your lips lookin’ fresh. Choose one that has at least 15 SPF.

COME WIND, HAIL OR TEMPESTS

Its name says it all. The Explorer was inspired by those who first summited the Earth’s highest peaks. Like them, it is able to endure these most strenuous conditions. However sober and smart this watch may be, it is precisely the tool these adventurers need. Amidst the chaos of the unknown, what men and women require is reliability and above all, simplicity. Nothing reassuring, efficient and instantly legible, to ground them even if nothing else around or within them does. This watch embodies just that. An unrelenting teller of time, come wind, hail or tempests, that will see one’s own adventure to its pinnacle. The Explorer.

#Perpetual

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With the alarming statistics of 1 in 3 women being survivors of sexual violence globally and 1 in 4 before the age of 18 in Nigeria, it became very clear and apparent that many women and girls are mistreated and marginalised in countries across the world.

What is special about having this interview with you at this time is that you are one of those whom I recognise as being very passionate about issues surrounding violence against women. How did you get started, and what did you set out to achieve when you launched WARIF?

As a specialist obstetrician, gynaecologist, and public health physician for over 20 years, my patient population is strictly women and girls. I have worked on three continents over this period and have witnessed first-hand the atrocities perpetrated against girls and women, many of whom I have had to attend to. With the alarming statistics of 1 in 3 women being survivors of sexual violence globally and 1 in 4 before the age of 18 in Nigeria, it became very clear and apparent that many women and girls are mistreated and marginalised in countries across the world. The prevalence of gender-based violence across communities I worked in was pervasive, with significant adverse health and social impact on the girls and women who resided there. I found this unacceptable, and I was determined to do all I could to change this narrative.

A gap was also evident with the inadequate availability of much-needed services within the health care system and the judicial system to protect survivors and encourage them to seek justice against their perpetrators. There was a need for a survivor-centred framework that was fully holistic with improved and more readily available essential services to tackle the issue successfully. The Women at Risk International Foundation, WARIF, is a non-profit organisation that was established in 2016 to address this high incidence in Nigeria and fill that gap.

We have achieved measured success and have become recognised as one of the foremost anti-sexual violence organisations in Nigeria today through the successful design and implementation of a three-pillared strategy, referred to as the “WARIF Approach.”

In Health, this is through the provision of free post-incident care at the WARIF Rape Crisis Centre - medical care, psychosocial support to survivors of rape and sexual violence, as well as social welfare services are offered. We also embark on impactful initiatives through community service engagements in rural areas and educational programs for adolescent girls and boys.

We have also made available the first online classroom on the prevention of campus sexual violence in tertiary institutions in Nigeria. I believe that part of the problem is that violence against women and girls feels insurmountable; it’s almost as if we’ve become desensitised to it. What are its root causes?

Society plays a significant role in the prevalence of gender-based violence and the desensitisation and rape culture that ensues. This is partly due to the patriarchy and subjugation of women that play out in the country and the cul-
tural norms practiced across all six geopolitical zones that encourage violence against women and girls, with survivors shamed and blamed in a culture of silence and stigmatisation. These negative practices contribute to the desensitisation that becomes apparent with young women and girls socialised in environments of abuse from a very young age. The perpetuation of these various forms of abuse continues by perpetrators with impunity and without any accountability, moving from one generation to the next.

What are the most common forms of gender-based violence in Nigeria?

- Statistically, based on the data collected and analysed by the WARIF organisation and confirmed by national and global data, adolescent girls are the most vulnerable age group exposed to forms of violence. The forms of violence are typically multiple and varied from child sexual abuse at a much younger age - the youngest aged to 12 months- to early forced child marriages, rape, sexual assault, and harassment in schools and her community as well as physical acts of violence such as domestic violence, female genital mutilation, and female circumcision.

Let’s talk about women in rural areas. How does WARIF get across to them, and what are their biggest challenges regarding these issues?

- 74% of the population of Nigeria resides in rural areas, so a larger proportion of young girls and women are at risk in these communities. Following this, at WARIF, community-based programs are implemented to successfully tackle the issue of rape and sexual violence in these grassroots communities. A major obstacle, however, is the trust issues that many of these close-knit communities have, especially from ‘outside’ help and assistance. The Gatekeeper’s project is a community-based project that was launched in 2017 and was designed to tackle this obstacle by identifying resident community stakeholders who hold key roles and spheres of influence and who can raise awareness, change the narrative and prevent cases of abuse.

Has WARIF had any luck in reaching out to secondary and tertiary school students on the prevention of sexual violence and abuse?

- School-related programs under our Education Pillar have been designed and implemented as a preventative measure, both in secondary and tertiary institutions and have been very successful. The WARIF Educational School Program aims to empower adolescent school girls and provide much-needed knowledge on the appropriate responses and prevention of sexual violence. Almost 4000 girls have participated from across the country. The boys’ equivalent program - the Boys Conversation Café Program, has mentioned 2000 adolescent schoolboys on the appropriate equitable behaviour towards young girls and women. In tertiary institutions, almost 10,000 students from over 106 universities have been through the first-ever online Prevention of Campus Sexual Violence Program in Nigeria.

- It has been said that men must be more proactive in the fight of sexual violence against women. How important do you think it is for men to campaign just as actively as women?

- The involvement of men and boys in successfully tackling gender-based violence is imperative. They are helping to break the cycle of violence against women by being protectors, not perpetrators. With the prevalent stereotypes and biases in many communities and cultures, it is important to encourage young men and boys to be role models, protectors, and advocates for gender equality. The role of men in preventing violence against women is crucial, and we must encourage them to be active participants in the fight against gender-based violence.

What are the most common forms of gender-based violence in Nigeria?

- In a country like Nigeria, 49.2% are women, with 40% under 24. 25% of the population will experience at least one violent sexual encounter. 60% under 24. 25% of the population will experience at least one violent sexual encounter.

- What’s the 16 Days of Activism against Gender-Based Violence about, and how can people join the cause? Do you feel this campaign holds any significance and relevance in today’s society?

- The 16 Days of Activism is a globally recognised annual campaign that starts on November 25, the International Day for the Elimination of Violence against Women, until International Human Rights Day on December 10. The campaign is supported by the United Nations and encourages everyone, including all civil society organisations, non-governmental organisations, and individuals from the private and public sectors over this period, to get involved in issues addressing violence against women and girls. Each year a theme is announced, and this year the theme was ‘UNITE! Act now to end violence against women & girls. To raise awareness against Gender-based Violence, you can join in protecting women’s rights, amplifying the work being carried out in support of this, creating platforms and empowering survivors to speak out. 

- At WARIF, to commemorate the 16 Days of Activism, the 2022 ‘WARIF No Tolerance March’ was held for the fourth consecutive year. WARIF has led this campaign annually on the first Saturday of December to advocate for zero tolerance to rape and sexual and gender-based violence. The No Tolerance Campaign raises awareness by bringing together individuals, organisations, and public figures to lend their voices in the fight against sexual and gender-based violence through marches in different cities worldwide. Last year, it was held in five cities across five continents - Lagos, New York, London, Sydney, and Cape Town, with over 1,500 men and women participating in Lagos alone. This year we have also expanded to another city, Addis Ababa. On a personal note, you are constantly surrounded by these very depressing experiences? How do you stay detached and protect your mental health?

- The 16 Days of Activism is an annual campaign that I am surrounded by the daily honors that women and girls are forced to endure in at-risk environments. However, I choose to see it as being surrounded by the transformational changes in the lives of the many disenfranchised women and children who may not ordinarily have access to this essential care. I feel privileged to be able to offer my medical background through this organisation WARIF. The women and girls who visit the Centre are reassured about their safety, and with the proper medical attention and counseling, the healing process begins, and it is a joy to behold. Women are taking back their power, and girls are owning their spaces and becoming empowered. They return each month with new confidence to the group sessions and share their stories with others, encouraging each other. We have even had a few join us as volunteers, and some are becoming full-time advocates against Gender-Based Violence. I don’t detach myself from this, but rather, I embrace this responsibility, and I am galvanised by it, ensuring one does more and leaves no one behind.

What needs to be done to make sexual violence a less preva- lent topic in Nigeria?

- We are all a part of making this world a better place, and it is our responsibility to contribute towards creating a safer environment for all. The first step is awareness. Educating people about the different forms of gender-based violence and the consequences it has on individuals and society as a whole is crucial. It is important to encourage open discussions and conversations about these issues, as well as providing support and resources for survivors.

Where do you see WARIF in the next five years?

- We are a very patriarchal country where the subjugation of women and children who may not ordinarily have access to this essential care. I feel privileged to be able to offer my medical background through this organisation WARIF. The women and girls who visit the Centre are reassured about their safety, and with the proper medical attention and counseling, the healing process begins, and it is a joy to behold. Women are taking back their power, and girls are owning their spaces and becoming empowered. They return each month with new confidence to the group sessions and share their stories with others, encouraging each other. We have even had a few join us as volunteers, and some are becoming full-time advocates against Gender-Based Violence. I don’t detach myself from this, but rather, I embrace this responsibility, and I am galvanised by it, ensuring one does more and leaves no one behind.

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As every girl and woman deserves to live in a society free of gen- der-based violence, we must treat each other with dignity and respect and offer equal opportunities. We must start with a collective responsibility and attitude of leaving no one behind in smaller ecosystems like families, schools, churches, and larger environments.

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WIZKID REVEALS ALBUM NEW ALBUM TITLE.

A day before Balogun, known as Wizkid, has hinted at his next studio album title. The Grammy award-winning artiste who recently released his fifth studio album titled MILLE (More Love, Less Ego) revealed that plans for his next studio album are in the works.

He mentioned the title of his upcoming album on his Instagram story with a post that read, “New Album “SeiLess”! The movie star also posted on social media for the first time in months, sharing a photo of herself in a blue Tiffiny Amber dress, looking as graceful and regal as ever. Genevieve had earlier in the year sparked concerns some days after she deleted all her Instagram posts and unfollowed her colleagues on the platform. She had since been largely absent from the social media and Hollywood events scene.

GENEVIEVE NNAJi MAKES FIRST PUBLIC APPEARANCE IN MONTHS WITH A SPEECH AT ICANEXWKND2022

Genevieve Nnaji has made her first public appearance in months at the 2022 edition of Creative Africa Nexus Weekend (ICANEX WKND) in Abidjan, Cote d’Ivoire, where she delivered a speech on how to drive the expansion of Africa’s creative and cultural industries. The movie star also posted on social media for the first time in months, sharing a photo of herself in a blue Tiffiny Amber dress, looking as graceful and regal as ever. Genevieve had earlier in the year sparked concerns some days after her birthday in May when she deleted all her Instagram posts and unfollowed her colleagues on the platform. She had since been largely absent from the social media and Hollywood events scene.

DAVID ADJAYE IS THE 5TH ARCHITECT APPOINTED TO BRITAIN’S ORDER OF MERIT

David Adjaye has achieved yet another accolade after being named as one of the six new Order of Merit appointments announced and selected by Queen Elizabeth II shortly before her death.

Adjaye is one of five architects on the list, joining Basil Spence, Norman Foster, Giles Gilbert Scott, and Edwin Lutyens. The Order was created during the reign of King Edward VI and is meant to “honour exceptional distinction” in areas such as science, medicine, culture and the arts in the UK and Commonwealth realms.”

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FEDERAL GOVERNMENT APPROVES 14-DAY PATERNITY LEAVE

The Federal Government has approved 14-day paternity leave for serving male officers whose spouse delivers a baby. In a circular, the head of Civil Service of the Federation, Folasade Yemi-Esan, said the leave would take effect from November 25, 2022.

“Government has also approved Paternity Leave for serving male officers whose spouse delivers a baby. The period of the leave shall be fourteen working days. The leave shall not be more than once in two years and for a maximum of four children,” she added.

TEMs WINS BET SOUL TRAIN AWARD

Tems has won the Best New Act award at the 2022 Soul Train Awards. The award sees Tems as the first winner in this category that hails from Africa. The singing sensation was nominated for the award alongside fellow Nigerians Olay and Fireboy.

Sammie Okposo is Dead

Recently, the Nigerian entertainment industry lost yet prominent gospel singer Sammie Okposo to the cold hands of death. According to his management, he died in his sleep. Okposo began his music career as a soundtrack producer for Hollywood in 1992. He later started the Sammie Okposo Praise Party, a platform he used to train upcoming gospel artists. He released his first album, Addicted, in 2004. Some of his evergreen songs include “Nwii Wela,” a traditional track he rendered in pidgin, “Nlaa Praase,” “Jump and Shout,” Jehovah I (Baba).
LANRE DA SILVA AJAYI

When Lanre da Silva Ajayi launched her eponymous label in 2005, it was immediately understood that the designer’s directions for her line included couture, ready-to-wear, jewellery and exceptional hairpieces. Each collection she released often embodied metallic fabrics, lace and African patterns, referencing a time long ago when luxury reigned supreme. Over the years, she has evolved and stayed consistent with the re-interpretation and modernization of traditional styles by simply creating breathtaking designs that are a viable mash of the old and new.

We can’t get enough of every “artistic imagery” that she releases, hence the reason why we are speaking with her on the release of her latest Renaissance collection, delving into all the important details regarding the design.

Interview by Charles Díaz Etx

What inspired the Renaissance collection? This SS23 “Renaissance collection” is a vibrant celebration of timeless femininity. Inspired by the 18th century, I wanted to juxtapose history with recent times through the context of clothes. I have always been drawn to bold fashion, striking colourways, masterpiece structures and how women can be empowered by the clothes they choose to wear. There are no limitations, and nothing is out of bounds as the collection pushes through time and sheds light on the precarious boundary between history and the present day, bringing to the forefront what beauty, power, and feminity in the age truly means.

What was the creative process like? It was a fun process, actually. I wanted to revamp, releasing and reworking. I asked my team about the collection that had a piece for everyone in the SS23 collection, couture, casuals, and for all budgets. You know, fabrics are another way of expressing yourself as a designer. As an expert professional standpoint, inspiration from a while ago. I keep going and they eventually got on the same page and how I want it executed. Training my staff is a continuous and relentless determination for me to get the best out of them. Below is a breakdown, and with this collection, it was no exception. As usual, there was a lot of back and forth before the staff fully grasped my vision to bring it to life. To help minimize the issue, I engage the workers forth before the staff fully grasped my vision to bring it to life. To help minimize the issue, I engage the workers continuously during regular working hours. Trial and error are inevitable; continuous training and corrections are done, and with further guidance, they eventually get on the same page as me. And the work moved swiftly from there.

How long did it take to complete this design? I don’t usually put a time frame on the collection, I never do for any of my collections actually. It’s always an ongoing process for me when I am designing. Sometimes, it might be an inspiration from a smile ago. I have going until I am completely satisfied.

Any challenges while producing? From an expert professional standpoint, as the Creative Director, there’s always a need to make it worse for people in your space. It’s already really hard out there—no need to make it worse for people in your space. It’s already really hard out there—no need to make it worse for people in your space. It’s already really hard out there—no need to make it worse for people in your space.

What's your process for fabric selection like? You know, fabrics are another way of expressing yourself as a designer. As you can see from my designs, I love fabrics. The richer, the better. I pick my fabrics based on the design I want to execute at any given time: texture and colour, both extremely important. However, I love Chantilly lace. Colourful, bold prints are also exquisite and beautiful.

What's your greatest strength as a fashion designer? I am a people person with excellent communication skills. This goes a long way with the business side of fashion. This has helped me build more relationships that have been converted to a wide range of clients over time. I will say it is true when they say business is all about relationships. It makes a huge difference.

How do you stay up to date on the latest fashion trends? I follow up with global fashion weeks to learn about upcoming trends and runway collections. What ethics are important for fashion designers to thrive? That's simple. Always ensure that the working environment for the staff is conducive and that fair wages are payable. That's simple. Always ensure that the working environment for the staff is conducive and that fair wages are payable.

Tell me about your greatest achievement as a fashion designer? In my humble opinion, my greatest achievement to date is that I am still a force to be reckoned with in the fashion industry. Trust me, building these relationships within and outside the industry isn’t been easy. I believe this is partly what has gotten me to where I am today. This is my 17th year in the fashion industry, and it has been quite the journey, I am thankful to God for the many accomplishments and accolades I have received through the years and to my loyal customers for their continuous patronage.
The Art of Wellness

As the season changes, there is no time like the present to take back control of our health. The future of longevity and wellness are fully entwined with your physical and mental health, but let’s face it - with so many opinions and “fake news”, it can be challenging to navigate the wellness world. With more than 20 years in the healthcare industry, let me help guide you as we delve deeper into The Art of Wellness, particularly the Science of Sleep.

The sleep revolution is finally receiving the attention it deserves, as sleep has been considered “wasted minutes” for centuries. Research suggests that insufficient sleep can contribute to chronic diseases like obesity, cardiovascular disease and diabetes. If that wasn’t enough to get your attention, lack of sleep has also been linked with depression, other mood disorders and reduced cognitive performance. Remember that prevention is always better than cure.

Ultimately, as with every aspect of health, we are all different; the 10hrs a night your cousin needs may be far too long for you or your lifestyle. But what is clear is that a good nighttime routine, away from mobiles, TVs and electronics, combined with movement, nutrition and a restful environment are all pivotal.

The Joy of Sleep

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