

NEWSLETTER

ICAN PRESIDENT VISITS OAU, STRENGTHENS TIES WITH UNIVERSITY AND TEACHING HOSPITAL

The 60th President of ICAN, Chief Davidson Chizuo Stephen Alaribe, FCA, alongside executives of the newly inaugurated ICAN Ife and District Society, recently visited Obafemi Awolowo University (OAU), Ile-Ife, to strengthen collaboration between the Institute and the university.

During a meeting with Vice-Chancellor, Prof. Adebayo Simeon Bamire, Chief Alaribe highlighted the vital role accountants play in economic growth, transparency, and accountability. He commended OAU for employing over 60 Chartered Accountants and encouraged the university to engage more professionals to enhance its financial systems.

In response, Prof. Bamire praised ICAN members for their outstanding contributions and expressed his desire for OAU to become a hub for promoting ICAN's objectives.

The President also visited Prof. John A. Okeniyi, Chief Medical Director of Obafemi Awolowo University Teaching Hospital (OAUTH), who lauded ICAN members within the hospital for their professionalism and impact. Prof. Okeniyi acknowledged their contributions and proposed a strategic partnership between OAUTH and ICAN.

Both visits underscored ICAN's commitment to strengthening professional excellence and fostering partnerships that drive institutional growth.

Chief Alaribe expressed gratitude for the warm reception and assured both institutions of ICAN's continued support.



The Vice Chancellor, Obafemi Awolowo University, Ife, Prof. Adedayo Bamire welcoming the Diamond President to the university.

RCE'S CORNER



Lanre Olasunkammi, Ph.D, FCA
Registrar/Chief Executive

In recent times, our Institute has been on an impressive path of growth, marked by the establishment of new chapters and district societies. Since assuming office, the 60th President, Chief Davidson Chizuo Alaribe, FCA, has spearheaded the inauguration of 14 district societies and three chapters—expanding ICAN's footprint both locally and internationally. Notably, two of these districts are based abroad, while 12 are in Nigeria.

Last week, this momentum continued as the Diamond President inaugurated a new district in Ife and engaged with key stakeholders across the country. ICAN remains committed to taking accountancy to the grassroots, ensuring the profession reaches every corner of society. This vision will drive our initiatives for the foreseeable future.

Navigating Challenges in a Dynamic Environment

We operate in an evolving economic landscape, where government policies and technological advancements are reshaping the professional world. As accountants, we are trained to adapt and excel in the face of these challenges. While the demands on our members continue to shift, our Institute remains steadfast, leveraging over 60 years of experience to guide our journey forward.

Reinventing ICAN and the Future of Accountancy

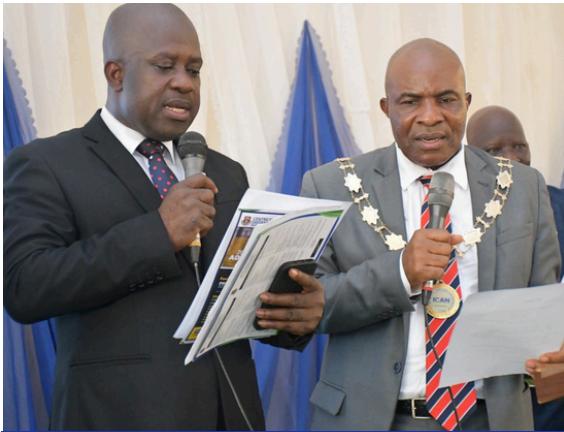
Our current goal is to reinvent ICAN and redefine accountancy to meet the demands of an ever-changing world. This is no small feat. ICAN is already a leader in the profession, and maintaining that leadership requires continuous improvement. With a competitive landscape and growing expectations, innovation and adaptability will be key to securing our future.

A Call for Collaboration and Continuous Improvement

We deeply appreciate the feedback we have received from members regarding new initiatives and improvements. Your input is invaluable, and we encourage you to continue sharing your suggestions. Building a stronger ICAN is a collective effort, and every member has a role to play.

Together, let's shape the future of our Institute and uphold the excellence that defines ICAN.

ICAN NEW DISTRICT SOCIETY COMES ON STREAM IN IFE



Chief Michael Bada, taking the oath of office as the pioneer Chairman of ICAN Ife and District



ICAN President, council members, Dignitaries and Executives of Ife and District Society after inauguration.

The Institute of Chartered Accountants of Nigeria (ICAN), led by its Diamond President, Chief Davidson Chizuke Stephen Alaribe, FCA, officially inaugurated the ICAN Ife & District Society on Wednesday, February 12, 2025. The event, held in Ile-Ife, Osun State, also saw the investiture of Chief Abimbola Michael Bada as the pioneer Chairman.

The establishment of this new district underscores ICAN's commitment to fostering the growth of the accounting profession, creating a platform for networking, knowledge-sharing, and professional development among members.

Speaking at the event, Chief Alaribe emphasized that the formation of the Ife & District Society reflects ICAN's dedication to upholding professional excellence. "This district will serve as a hub where accountants in this region can collaborate, exchange ideas, and drive the profession forward," he said.

He also encouraged members to uphold the highest ethical standards and professionalism, reinforcing ICAN's mission of integrity and excellence.

In his inaugural address, Chief Bada assured members of his commitment to strengthening partnerships with professional bodies, regulatory agencies, and stakeholders to advance the interests of members and contribute to national economic growth.

With the creation of the Ife & District Society, ICAN continues to expand its reach, empowering accountants and reinforcing its leadership in the profession.

ICAN EXPLORES PARTNERSHIP WITH OANDO ENERGY

The Institute of Chartered Accountants of Nigeria (ICAN) is strengthening ties with key industry players to advance professional excellence. As part of this effort, a delegation led by ICAN's Diamond President, Chief Davidson Chizuke Alaribe, FCA, paid a courtesy visit to Oando Energy Resources Nigeria Limited at its Port Harcourt office to explore partnership opportunities.

During the visit, Chief Alaribe emphasized the importance of continuous professional development in driving innovation and efficiency in the oil and gas sector. With a significant number of Chartered Accountants working at Oando, he proposed a collaboration on specialized training, workshops, and conferences to enhance skills and uphold industry standards.



ICAN President, Chief DCS Alaribe (3rd from left) and Engr. Solomon Agba (4th from left), General Manager, Oando; ICAN Council Member, Mr. Abiodun Adeedeji, FCA (3rd from right), with other management staff of Oando Energy Resources Nigeria Limited during the President's courtesy visit to the energy concern.

Welcoming the initiative, Engr. Solomon Agba, General Manager of District Management at Oando Energy, reaffirmed the company's commitment to employee development. He commended ICAN's dedication to promoting accountability and professionalism, noting that such a partnership would further strengthen these values within the industry. The visit coincided with the inauguration of ICAN's Ikwerre & District and Obio/Akpor & District Societies, marking an important step in expanding professional networks in Rivers State.

This potential collaboration between ICAN and Oando Energy promises to drive continuous learning, industry best practices, and career growth for accounting professionals in the energy sector.

HEALTH TIP: EXERCISE, FITNESS AND WELL-BEING

Regular exercise is one of the best ways to maintain good health and improve overall well-being. A 40-year study involving 17,000 men found that even moderate exercise—just one to two hours per week, burning about 500 calories—reduced death rates by 15 to 20 percent compared to those who remained inactive. Those who exercised vigorously, burning 2,000 calories weekly, had an even lower mortality rate—one-third less than their sedentary counterparts.

Engaging in regular physical activity reduces the risk of high blood pressure, heart disease, and even certain cancers. It also helps combat obesity, stress, anxiety, and depression, while boosting self-esteem and mental clarity. Exercise enhances physical endurance, strengthens the immune system, and even slows the aging process. A physically fit body is not only more resilient against illnesses but also recovers faster when it does get sick.

The ideal exercise routine depends on individual goals. For general fitness, most health experts recommend at least 20 to 30 minutes of exercise, three times a week. Exercises generally fall into three categories:

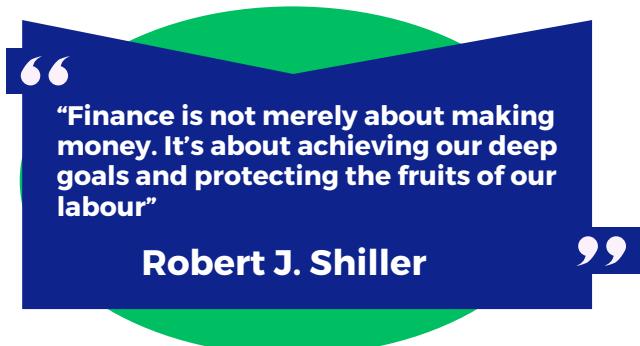
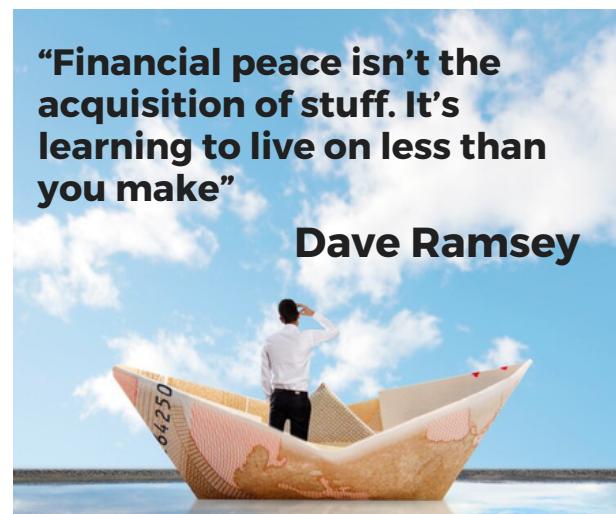
1. Aerobic Exercise – Improves heart health and endurance by increasing heart rate and breathing. Examples include brisk walking, running, swimming, cycling, rope skipping, and aerobic dancing.

2. Strength Training – Builds muscle, increases endurance, and improves posture using weights, resistance machines, or bodyweight exercises like push-ups and sit-ups.

3. Flexibility and Recreational Activities – Stretching, callisthenics, and sports like tennis, skating, and racquetball help maintain agility, coordination, and overall physical conditioning.

The key to maintaining a fitness routine is finding an activity you enjoy. Whether it's jogging in the park, dancing, or playing a sport, consistency is more important than intensity. Pick an exercise you love, stick with it, and reap the lifelong benefits of a healthier, happier you!

WORDS ON MARBLE



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