



# NPA NEWS

Monthly Newsletter of the Nigerian Ports Authority

Vol. 1 No.8 March, 2018

## SERVICE DELIVERY:

### NPA WORKFORCE RECEIVE MORALE BOOST, TAKE DELIVERY OF NEW OPERATIONAL VEHICLES

#### What's Inside

**KADCCIMA 2018:**  
NPA Emerges 2nd  
Runner-up on Award  
Merit List  
Pg. - 3

**PMAWCA:**  
"We shall adopt modern  
techniques towards  
improved Port efficiency"  
- MD NPA  
Pg. - 3

**CAPACITY BUILDING  
FOR NPA LAWYERS:**  
Hadiza Plays Host To  
Nigerian Maritime  
Law Association  
Executive  
Pg. - 4

**OUR HEALTH &  
WELLBEING:**  
The Body Needs Water  
Pg. - 5

**NPA Commissions Signal  
Station At The Calabar  
Port.**  
Pg. - 7



**T**he Management of the Nigerian Ports Authority [NPA] had in its maiden Town Hall Meeting held in Lagos informed the Workforce of its determination at maximizing the huge potentials in the Organisation towards operational efficiency.

In fulfilment of this promise, it recently took delivery of **19** Pool vehicles, **16** Security vehicles, **8** Coaster Buses and **3** Ambulances for operational convenience. The items have since been branded with the Organization's logo.

Findings by our reporter revealed that the vehicles have been distributed accordingly across the Port locations to facilitate smooth implementation of the Management's thrust at increasing revenue generation as well as enhance service delivery.





In this month's edition, we bring you report on strategic initiatives of the Management aimed at improving operational efficiency and enhancing service delivery geared towards promoting the **Ease of Doing Business** in Nigeria.

In actualizing the Management promise of promoting seamless Port operations, about 46 operational vehicles were procured and distributed across the Port locations.

We also report NPA's participation at the 39th Kaduna International Trade Fair tagged KADCCIMA 2018. Hearty news as the organisers recognised the contributions of the organisation at the event.

The Managing Director of the NPA, Hadiza Bala Usman continues to be recognized by the corporate world. She was given an award by the Management of Daar Communications Ltd, owners of African Independent Television (AIT) for her positive contributions to the growth of the Maritime sub sector as well as her Transparency agenda.

Our **Health and Wellbeing** segment looks at the benefits of Water to our body. The writer explains that water serves as a regulator and a transporter of nutrients across the body.

These are other juicy stories are also packaged for your reading pleasure.

Happy reading.

Catherine N. Ude  
Editor

#### EDITORIAL

Goje Abdullahi Aliyu - Editor-In-Chief

Nasiru Ibrahim - Deputy Editor-In-Chief

Ude Catherine - Editor

#### Production Team:

Olusola Akosile - Production Manager

Olubiyi Omidiji - Reporter

Ebunola Ajijala - Analysis/Intelligence

Ebere Alaezi-Offia - Protocol

Ali Garba Hassan - Secretary

Production of Corporate and Strategic Communications Division  
Available on [www.nigerianports.gov.ng](http://www.nigerianports.gov.ng) and in emails of all officers/staff of NPA.

Contributions to be sent through: [npanews@nigerianports.org](mailto:npanews@nigerianports.org)

Photo Credits: Friday Eze and Paul I. Erakhifu

Contributions are welcome from members of staff.

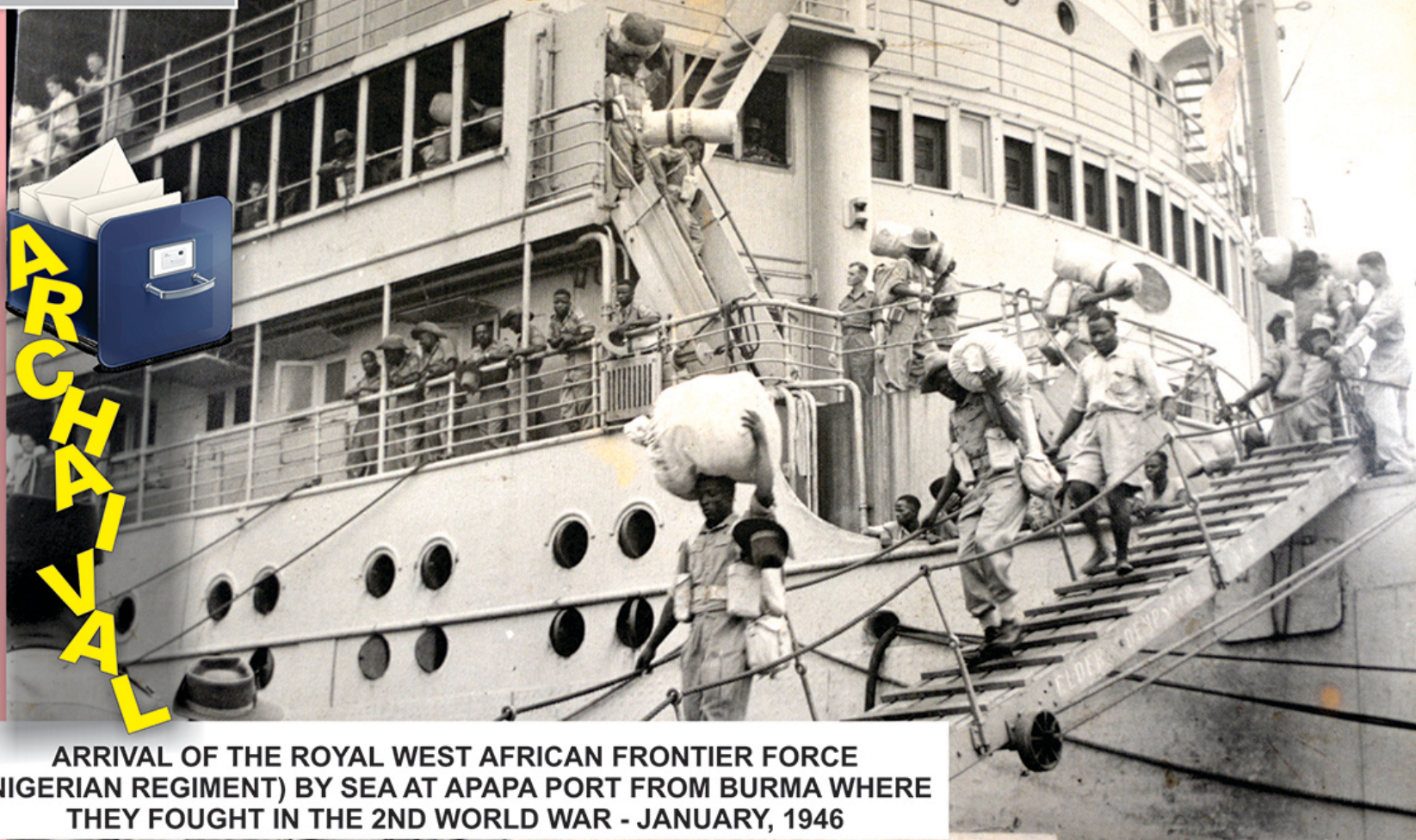
You can send high resolution photographs of your social events like birthdays.

#### NPA News Quote

Our Great Lakes, harbors, ports, and rivers provide not only vital resources for us to live, but an entire maritime way of life for so many people. The least we can do is protect it, and the way of life it provides for so many.

Candice S Miller

#### Archival



ARRIVAL OF THE ROYAL WEST AFRICAN FRONTIER FORCE (NIGERIAN REGIMENT) BY SEA AT APAPA PORT FROM BURMA WHERE THEY FOUGHT IN THE 2ND WORLD WAR - JANUARY, 1946



# KADCCIMA 2018: NPA EMERGES 2ND RUNNER-UP ON AWARD MERIT LIST

By Friday Eze

The Nigerian Ports Authority (NPA) emerged the second runner-up on the merit award list at the just concluded 39th Kaduna Chamber of Commerce, Industry, Mines and Agriculture International trade fair.

Kaduna State Governor, Mallam Nasir El-Rufai while making his brief remark at the fair informed investors and the general public present that the fair was one of the most important business calendar of the State Government.

According to him, it would provide an avenue for the promotion of local products as well as create a window for International collaboration with the local investors.

The Governor used the opportunity to applaud the contributions of the Management of the NPA during the fair.

The award which was received by Alhaji Sadiq Abubakar a Senior Manager with the Organization (NPA) on behalf of the Management according to the Governor, was well deserved.



**Mr. Sadiq Abubakar Representing Nigerian Ports Authority receiving an Award of Excellence from His Excellency Nasiru Ahmad El-Rufai, Kaduna State Governor during 39th Kaduna International Trade Fair.**



**B**eautiful magazine, so colourful.

Well done.

**Mrs. Ngozi Obikili**  
AGM, Health & Safety

**G**reat job you are doing.

Officers and Staff are being informed of the happenings. Information is power. Thanks for availing me the series. I appreciate.

**Dr. Sunny Oby Maduka**  
Retiree (Former Principal Manager Audit).

## WE SHALL ADOPT TECHNOLOGY TOWARDS IMPROVED PORT EFFICIENCY

- MD, NPA



**The Managing Director of the Nigerian Ports Authority (NPA), Hadiza Bala Usman (4<sup>th</sup> from right), the Managing Director, Int'l Association of Ports and Harbours (IAPH), Patrick Verhoeven (5<sup>th</sup> from right), and other Stakeholders during the PMAWCA Technical Committee Meetings (FES & ALA) in Lagos.**

The Managing Director of the Nigerian Ports Authority [NPA] Hadiza Bala Usman has assured Maritime Stakeholders that the NPA Management would ensure the use of modern technology that would sharpen and redirect the Maritime Industry within the continent in line with International best practices. She further solicited for improved synergy amongst member nations "to serve as a vehicle for the

actualization of the dreams of the African Union [AU] as well as the objectives of New Partnership for African Development [NEPAD]" Hadiza made these remarks during the opening ceremony of the just concluded 39th Technical Committee meetings of the Port Management Association of West and Central Africa [PMAWCA] held at the Oriental Hotel, Victoria Island, Lagos recently. Members of both Committees namely the Administrative and Legal Affairs [ALA] and the

Finance and Economic Studies [FES] applauded the increase in the payment of membership dues by member countries, increase in trade relations through the Single Window and the appointment of members into International Organizations amongst others.

The Committees agreed to reconvene in February, 2019 in Gabon Libreville for the next edition to be hosted by the Gabon Ports Authority [OPRAG].



**The Managing Director of the Nigerian Ports Authority (NPA), Hadiza Bala Usman (right), the Managing Director, Int'l Association of Ports and Harbours (IAPH), Patrick Verhoeven (middle), and the Secretary General, Port Management Association of West and Central Africa (PMAWCA), Michael Luguje during the PMAWCA Technical Committee Meetings (FES & ALA) in Lagos.**





Chief M. K. Ajayi  
15th March  
G. M., Agura Hotel, Abuja



Funmilayo Kalejaiye  
6th March  
Snr. Manager, Commercial



Saad Adams  
31st March  
Principal Manager PPP



Kehinde Sogunwa  
22nd March  
Security Dept. HQ, Marina



Joy Itama Iroriteraye  
24th March  
Servicom Dept. HQ, Marina



Ukabiala Kingsley Orji  
27th March  
Prin. Mgr. C&SC HQ, Marina



Abdul Chindaya  
15th March  
HR, HQ, Marina.



Lola Yetunde Bishopton  
31st March  
Snr. Mgr. Training, Onne Port



Rosemary Oyeani  
15th March  
Manager Civil, HQ Marina



Minabere Joshua  
23rd March  
Manager PPP, HQ, Marina



Comrade Yau Adamu  
15th March  
President, Senior Staff Association of statutory Corporation And Govt. Companies (SSASCGOC)



Bukola Imafidon  
21st March  
Board, HQ, Marina

## WINBIZ...

### HADIZA URGES WOMEN TO BE INVOLVED IN ACTIVE POLITICS



**T**he Managing Director of NPA Hadiza Bala Usman has urged Women in Nigeria to take up leadership positions in view of their numerical strength.

The MD made this call during a paper presentation tagged "Equity and Inclusiveness, Panacea to National Development" at the 2018 Women in Management, Business and Public Service [WINBIZ] Master Class in Lagos recently.

## CAPACITY BUILDING FOR NPA LAWYERS

### HADIZA PLAYS HOST TO NIGERIAN MARITIME LAW ASSOCIATION EXECUTIVES



**T**he Executive Members of the Nigerian Maritime Law Association led by its President Chidi Ilogu [SAN] recently played an official visit to the Managing Director of the Nigerian Ports Authority [NPA] Hadiza Bala Usman.

The visit was aimed at improving on already existing synergy in the area of capacity building for NPA lawyers and the provision of logistic support on pending cases in various courts across the country.

## HADIZA DECORATED FOR EXCELLENCE



**T**he Managing Director of Nigerian Ports Authority (NPA), Hadiza Bala Usman was recently decorated with another award for Outstanding Leadership in Public Sector Governance at the DAAR Communications Award ceremony held at the Ladi Kwali Hall, Sheraton Hotel, Abuja.

The award according to the Organizers was in recognition of her determination at repositioning the Maritime sub-sector since assumption of office.

Hadiza was eulogized for her efforts at improving the revenue generation and synergy with major stakeholders as well as blocking of revenue leakages and corruption across board.





By Ngozi Obikili

## THE BODY NEEDS WATER

**W**ater is the essence of human life. Our bodies are made up of 60 – 70% of water. Blood is mostly water while the muscles, lungs and brain contain a lot of water. The body needs water to regulate body temperature, and to provide the means for nutrients to travel to all body organs. Water transports oxygen to cells, removes waste and protects joints and organs. Drinking plenty of fluids at least six 8-fluid ounce glasses a day, is essential for good health. It will help avoid fluid retention and keep your body's waste disposal system - the liver, kidneys, lungs, digestive system, lymphatic system and skin - to function efficiently. Water flushes out toxic materials, reduces bloating, helps keep the skin clear and is essential for a successful detoxification.

The body needs water to function. Without water, the body will be dehydrated. Dehydration is a condition that occurs when the loss of body fluids, mostly water, exceeds water intake. Symptoms range from mild to life threatening, infants and young children are mostly at risk, and the elderly.

### Benefits of drinking water

To avoid dehydration - Dehydration saps energy and makes one tired. If you are thirsty, you are already dehydrated, and this can lead to fatigue, dizziness, muscle weakness & pains.

Reduces signs of Ageing - Hydrating the body cells reduces wrinkles and signs of ageing.

To avoid Headache - Dehydration is a common cause of headache.

Improves digestion - To digest food properly, we need a good amount of water. Water helps to deal with stomach acid problems, and water combined with fibre prevents constipation.

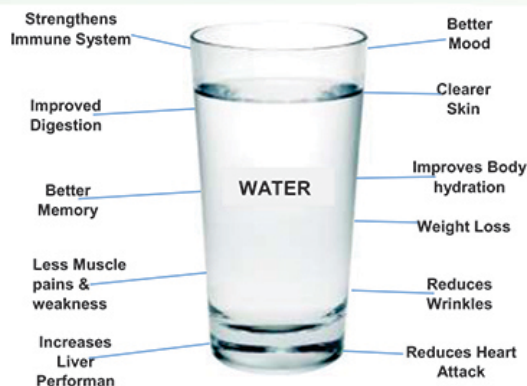
Detoxification of the body - Water cleanses the system and helps to flush out toxins and waste products from the system.

Improves Memory - Water improves brain performance and reduces "burn-out."

Improves Mood - Hydration gives a better state of mind, good feeling and happy disposition.

Strengthens Immune system - Drinking a healthy amount of water has also been found to reduce the risk of cancers such as colon cancer by 45%, bladder cancer by 50% and breast cancer.

Reduction in the Risk of Heart Attack -



Drinking lots of water could lower your risk of a heart attack. Studies show that those who drink more than 5 glasses of water a day, are 41% less likely to have a heart attack.

Increases Liver performance

Increases Weight loss - Water replaces high calorie drinks like Sodas with a drink that doesn't have any calorie content. It is a great appetite suppressant.

For healthy and clearer skin - Drinking water can clear up the skin making it look young and fresh.

Drink water only between meals

Drink water throughout the day, reducing the intake in the hours leading up to bedtime to reduce night urination. Drinking water or fluids with meals or less than half an hour before or after meals, should be discouraged because it dilutes the digestive enzymes in the stomach, making them less effective. This inhibits and slows the digestive process. A quick and efficient digestive system is needed for optimal health and vitality.

Drinking water at the correct time maximizes its effectiveness in the human body.

2 glasses of water after waking up - helps activate internal organs

1 glass of water 30 mins before a meal - helps digestion

1 glass of water before taking a bath - helps lower blood pressure

1 glass of water before going to bed - avoids stroke or heart attack

Water taken between meals aids digestion. It provides the necessary lubrication to keep the bowels moving smoothly, aids the absorption of nutrients and elimination of wastes by keeping the blood from getting too thick and moving slowly.

Finally, sip your water - drink water in little quantities at a time so that the digestive system is not overloaded. Sip water all through the day to hydrate the cells.

# NPA

## COMMISSIONS SIGNAL STATION AT THE CALABAR PORT

In its bid to reposition the ports for efficient service delivery especially in the area of ship traffic, the Managing Director of NPA, commissioned a Signal Station at the Calabar Port recently.

See pictures below;



The Port Manager of Calabar Port, Mrs. Olufunmilayo Olotu explaining some points of interest to the representative of the Managing Director, Executive Director, Engineering and Technical Services, Prof Idris Abubakar and other top Management Staff.



Representative of the MD, ED Engineering and Technical Services, Prof Idris Abubakar cut the tape signalling the commissioning of the Signal Station. He is flanked by the Port Manager of Calabar Port Mrs. Olufunmilayo Olotu and other top Management Staff.



# WORK HOUR RELAXATION

## Vox Pop

### What are your plans towards Retirement?



**I**t is something I am looking forward to because it gives me the opportunity to do so many things with my life which I had hitherto not been able to do. I believe people should not be unduly worried about retirement, but rather they should prepare for it because we all came into the system one day and will definitely exit one day so as to give opportunities to another younger generation of Nigerians to serve.

**Engr. Peter Obinomen**  
GM PPP, HQ, Marina



**M**y plan for retirement is to key into agriculture which remains an untapped sector to explore. For example I am into small scale fishery and poultry, so on retirement, I will be able to go into it full time by the grace of God.

**Mrs. Esther Bitrus Maicibi**  
SGDO (Welfare)  
Abuja Liaison Office



I give God all the glory for a peaceful retirement. My plans are to invest part of my money on treasury bills, do some petty business with the rest and serve God with the rest of my life.

**Fatimo Ayomagbemi**  
ACGDO Training Dept, HQ, Marina.



**T**he under-listed are the envisaged and possible plans towards my retirement:

- To vigorously improve on my academic pedigree.
  - To reintegrate with my kindred, after several years of disintegration as occasioned by official sojourning of meritorious service to my father land.
  - To ensure that I remain active at least within a period of ten (10) years, after retirement, in order to keep a balanced and healthy condition as well as fulfilling the biblical injunction.
  - To contribute my quota to human capacity building and sustainable community development, through my remedial and vocational education programme for rural dwellers.
- God bless Nigerian Ports Authority, and keep the unity of the Federal Republic of Nigeria.

**Abraham A. Uangbaoje**  
Manager, Employee & Labour Relations  
Employee & Labour Relations Dept.  
Rivers Port, Port Harcourt.



**M**y career has been challenging and rewarding. I have done my best on the job and I have been rewarded in kind and in friendship.

I have been privileged to be part of this team for 26 years and I have achieved some successes that I can be proud of. I am moving closer to my retirement in which am looking forward to my new career as a business entrepreneur and also looking forward to having the time to pursue my dreams in education.

I believe that this great company (Nigerian Ports Authority) will continue to grow and prosper. I trust that each one of you will be happy and fulfilled here.

**Olayokun Omowunmi**  
Security Dept., HQ, Marina



**T**he followings are some of my plans towards retirement from service:

- In order to still be financially independent, I would want to be an Event Planner and also have a Hair Salon. These are businesses I have passion for and presently have knowledge about and would want to go into it full-time after retirement.
- To be involved in family gatherings, be around friends (No room for isolation to prevent ageing and depression). Ensure regular medical checkups. To be involved in recreational activities in order to keep fit. Ensure I spend WISELY. Thank you.

**Olajide Olaide Mojisola**  
Snr. Accountant, LPC



**T**o me, it's very good for one to have a plan in future. You start saving for retirement from the very day you received your appointment letter.

**Oluremi Zeinab**  
Manager,Accounts, HQ, Marina



# 5 Reasons why working late doesn't equate productivity

Whether it's due to a busy schedule, serious workload or simply the expectations of your employer, working late is one of the top factors in the ongoing conflict between work and the rest of your life. Even if you LOVE your job, which I can imagine many people reading this do, there are a number of reasons why you should be leaving on time. Check out the top 5 reasons why working late does not equate productivity.



## Attractive Darling

**Wife:** I'm already 55, but one of your friends thinks I am very beautiful.

**Husband:** I am sure it is Steven.

**Wife:** But how did you know? – asks the woman in astonishment.

**Husband:** He always deals in leftovers.

## Please reduce your stress.

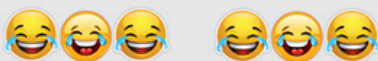
People are really overworking these days!!!

An Okada man worked till 11:50pm last night, on getting home he decided to take a bath. He suddenly ran out naked shouting.

Ghost! Ghost!! Ghost!!!.....

Narrating his story, he said he has poured water on his head about 5 times and the water was not touching his head.

On hearing this, his neighbours rushed out only to discover that the man did not remove His helmet before having his bath.



## **1) You need to recharge your batteries**

People often think that working late signifies that you're working hard. This is not always true, in fact, sometimes it can signal quite the opposite! Often, a shorter working day means you're more focused on the tasks you need to complete, leaving distractions at the door. Working long, laborious days will decrease your attention span, making it hard to concentrate and reduce your productivity overall. It's also easy to fall into the cycle where you stay late in the evening, meaning the next day you're tired and less productive, so you have to stay late again in order to complete the day's tasks. This can be a dangerous routine to fall into. Basically, we're all human and no matter how much you love your job, you NEED a life outside of it and leaving work at a sensible hour can be a good way to start.

## **2) Staying late is actually bad for your health**

This is definitely one to tell the boss: staying late is actually very bad for your overall health. A recent study has shown that those who work late in the office have an increased risk of having a heart attack or stroke. Feeling well-rested can boost your immune system, take care of your mental health, reduce the risk of diabetes – the list goes on. Making sure you're well-rested will boost your productivity during your (shorter) working hours. Working late can also make you feel resentful towards your work, which is not good for your mental health or your productivity.

## **3) You should be able to complete your tasks within your working hours**

Your set hours are your set hours for a reason.

If you find yourself staying late again and again simply because you've not completed your workload, it might be time to discuss with your colleagues/boss/manager about the current distribution of work and responsibilities. You should be able to complete everything within your given period of time, and if your current set up isn't working for you, change it.

## **4) Staying late isn't going to help you reach your long term goals**

Take a step back and consider your priorities. What's the 'true north' that you're working towards? If you know that your overtime isn't helping you reach these goals, or is even halting your plans, it's time to stop. It doesn't matter whether your priorities lie with your work or your personal life, staying late at work isn't going to help develop either of those.

## **5) Extended hours doesn't equal extended productivity**

Let's quickly take a look at a country where there is most definitely mutual respect between employer and employee: Sweden! Swedes are well known for their easy going approach to work and their take on the school system, and let's not forget meatballs. Only around 1% of the workforce in Sweden work more than 50 hours a week. Swedes have 25 vacation days (usually more when working at a large company!) and are very rarely in the office after 5pm. Productivity remains high despite the shorter hours and additional holiday.



*...the world within our reach...*



001/GrapiosUnitNPA/017

With an increased port operational efficiency, decreased port cost and decreased financial burden on government,

**Nigerian Ports**, becoming the Hub of International Trade and Freight in West and Central Africa.

**Our Port Locations:**

**Lagos Port Complex, Apapa**  
P.M.B. 1021 Apapa Lagos  
Email Address:  
a.aisha@nigerianports.org  
lpcinfo@nigerianports.org

**Tin Can Island Port**  
P.M.B. 1201, Apapa, Lagos  
Email Address:  
tcipinfo@nigerianports.org

**Rivers Port, Port-Harcourt**  
Basket House, P.M.B. 5043  
Port-Harcourt -Rivers State  
Email Address:  
riversinfo@nigerianports.org  
g.abubakar@nigerianports.org

**Delta Ports, Warri**  
P.M.B. 1054, Warri  
Delta State  
Email Address:  
deltainfo@nigerianports.org

**Calabar Port Complex, Calabar**  
New Calabar Port Complex  
P.M.B 1014 Calabar,  
Cross-River State  
Email Address:  
calabarinfo@nigerianports.org  
o.olotu@nigerianports.org

**Onne Port Complex, Onne**  
Onne Port Complex,  
PMB 6199 Onne  
Rivers State  
Email Address:  
onneinfo@nigerianports.org  
l.alhassan@nigerianports.org

**Nigerian Ports Authority**

*... To be the Leading Port in Africa...*

[www.nigerianports.gov.ng](http://www.nigerianports.gov.ng)

[info@nigerianports.org](mailto:info@nigerianports.org)