



Monthly Online Newsletter of the Nigerian Ports Authority

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VOX POP:

THESE DAYS THERE IS SO MUCH PRESSURE AND STRESS, AT WORK PLACE, THE HOME, EVEN ON THE ROAD. HOW EXACTLY DO YOU RELAX AND FIGHT OFF STRESS? - Pg. 6 he Federal Government has commenced steps toward the full takeoff of its new maritime security initiative, the Integrated National Security and Waterways Protection Infrastructure, also called the Deep Blue Project,

which is geared towards elimination of all forms of insecurity on the nation's waters as well as in the Gulf of Guinea region.

This is sequel to the receipt of well over 85 per cent of the maritime assets needed for the project, especially with the arrival of two Special Mission Vessels DB Lagos and DB Abuja. It had before now taken delivery of unmanned aerial vehicles, and interceptor boats and armoured vehicles. The first phase of the assets was the establishment of the C4i Centre. These maritime assets are for the monitoring of the waters while the land assets would secure the coastal areas.

Funded fully by the Nigerian Maritime Administration and Safety Agency NIMASA, with HLSI International as technical partners, the Deep Blue Project has three main components, namely, intelligence gathering, which led to the establishment of the C4i surveillance system; response capability, which led to the acquisition of maritime security assets; and training of personnel to patrol Nigeria's territorial waters and Exclusive Economic Zone.

The C4i centre serves as the central nervous centre for the Deep Blue Project for intelligence gathering and analysis, which had since started operation. It was however gathered that the air assets meant to build reconnaissance capability including Special Mission Aircraft and helicopters are yet to arrive.



ith the arrival of most of the maritime security assets under the Integrated National Security and Waterways Protection Infrastructure, also called the Deep Blue Project, including the Communication, Computers, and Intelligence Centre (C4i Centre), the Federal Government is certain that the growing incidences of piracy and other maritime crimes not only Nigeria's waters but also across the Gulf of Guinea region will be solved.

The Honourable Minister of Transport, Rt. Hon. Rotimi Amaechi has also expressed the desire of the government for the Lekki Deep Seaport to commence operations before the end of the first quarter of 2022. Details well outlined in this edition.

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Contributions are welcome from members of staff. You can send high resolution photographs of your social events like birthdays.



Archaival THE FIRST 5 FEMALE JUDGES IN NIGERIA



he photo was taken in Lagos at a Judges Conference in 1980

L-R: Dulcie Ethel Adunola Oguntoye, Roseline Omotosho, Modupe Omo-Eboh, Atinuke Ige and Aloma Mukhtar.

Late Justice Modupe Omo-Eboh(neeAkingbein)was called to Bar in March 14, 1953. She became the first female High Court Judge in Nigeria on November 10, 1969. Oguntoye was the 2nd to become a Judge, Mukhtar the 3rd, Ige the 4th and Omotosho the 5th

Aloma Mukhtar was the First female Chief Justice of Nigeria. First female justice of the Supreme Court of Nigeria. First female justice of the Court of Appeal of Nigeria. First female judge of the High Court in Kano State judiciary

First female lawyer from Northern Nigeria.

Photo source: Oguntoye Family





Continued from page 1

DEEP BLUE PROJECT TO COMMENCE OPERATIONS 2022

The Minister while speaking with stakeholders and maritime press in Lagos recently said: "Every other thing has arrived the country and we hope to receive the helicopters by the first quarter of next year"

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Stakeholders believe that these latest moves by the government are a right step in the right direction to rid the country's waters of all forms of maritime crimes.

Another segment of the project is the enactment of the Suppression of Piracy and other Maritime Offences SPOMO Act 2019, signed into law by President Muhammadu Buhari to serve as a legal framework for prosecution of maritime offenders. The Act made Nigeria the first country in the West and Central African Sub-Region to have a separate law against piracy and other maritime crimes.

It would be recalled that the Federal Government in 2017 approved \$195million maritime security contract to an Israeli firm, HLS Integrated Limited to enable the country fight maritime crimes on her waters and beyond.

Meanwhile, the Minister of Transportation, Rt. Hon. Rotimi Amaechi, has directed the legal department of the ministry to conclude all paper works on the agreement with the Lekki Port LFTZ Enterprise Ltd, with a view to ensuring the full

view to ensuring the full commencement of operations of the port in the first quarter of 2022. The minister gave the directive recently during a monitoring visit to the Lekki Deep Sea Port Project in Lagos. He disclosed that the agreement to commission the port in 2022 took place in Singapore, wondering why the construction company was would set 2023 as scheduled date for its takeoff.

3. **NPA**



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Fifty Eight!

h e a n c i e n t kidnappers are here again at slavery they forage the jungle plucked men like mango Bristain is here again.

Today its digitally kidnapping in a grand queenly jet they pluck the brightest men of medical nobility offered rotten apple as free visa to render our nation prostrate.

Fifty eight doctors

icing on a steamy cake if they are desperate for men we'll donate a trillion jobless Puppies.

Regurgitate all stolen artifacts in your cozy vaults which like honey attracts Tourists and Forex don't pontificate to me when your stench oozes kidnappers are here again.





he management of the Nigerian Ports Authority have handed over an 18 hectares parcel of land an area adjacent to Snake Island in Lagos. The Managing Director Hadiza Bala Usman who was represented by the General Manager Land and Estate Administration Yusuf Ahmed appealed to the Navy to take good care of the

environment by maintaining it promptly and ensuring high level security around the facility. Rear Admiral Tanko Pani who signed on behalf of the Navy assured that the environment would be made a top priority in the area of maintenance and security, adding that intruders would not be allowed near the property.

All necessary and formal documents were signed and exchanged accordingly.



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orkplace safety is very important for each and every employee in the industry because all the workers desire to work in a safe and protected atmosphere. Health and safety is the key factor for all the industries in order to promote the wellness of both employees and employers.



RULES FOR

WORKPLACE

SAFET







1. **Be aware of the surroundings:** There are many employees who don't bother about their surrounding hazards. But, it is important to ensure your co-employees working environment is safe.

2. **Reduce workplace stress**: Most of the employees are not fit and healthy because of their busy schedule, long working hours, job pressure and conflicts occur with co-workers or with the boss.

3. **Use tools appropriately:** Take appropriate precautions while using machinery or any other tool, instead of taking any shortcuts. Taking shortcuts is one of the biggest reasons behind workplace accident.

4. **Make emergency exits easily accessible:** In case there is an emergency, you will need quick access to the exits.

5. Update Your Supervisor about the unsafe conditions: It is important that you keep updating your supervisor about the hazards or risks likely to occur at workplace.

6. **Use mechanical assistance:** Whenever, you want to carry or lift up some heavy equipment use a conveyor belt, crank or forklift to avoid risks involved that can lead to some muscle displacement.

7. **Stay Alert:** There are many employees who usually compromise or ignore the alerts of advance warning and due to this, a number of workplace injuries or fatalities occur.

8. **Reduce Workplace Environment Stress:** Stress to any employee or to any co-worker, can lead into depression and into concentration problems.

9. Wear the right safety equipment: It is essential that you wear the right protection equipment during your work.

10. **Sit in a proper posture:** If you have a sitting job keep your posture correct, while working on a desk keep your shoulders in line and straight back to avoid any spine problem.

For more information, visit: <u>https://bastionsafe.com/</u>



WORK HOUR RELAXATION

THESE DAYS THERE IS SO MUCH PRESSURE AND STRESS, AT WORK PLACE, THE HOME, EVEN ON THE ROAD. HOW EXACTLY DO YOU RELAX AND FIGHT OFF STRESS?

relax by having a good sleep, watch TV, read books, play with my family, visit friends ; we sit out discuss to catch up lost times, go swimming or play badminton, and engage in some spiritual activities.



INNOCENT OGBUEHI HR DEPARTMENT ONNE PORT COMPLEX he human body from time to time requires attention in order that it functions most efficiently. Pressure, stress and related issues are problems to a healthy body. However, individuals carry out a lot of activities geared toward greater efficient performance of our being. Through relaxation, workout exercise, watching of my favourite television programme which is soccer, I burn off pressure, stress coupled with eating healthy.





or me everything begins with having the right attitude. One of such attitudes is always having a joyful spirit no matter what you are going through. Bitterness, anger, murmuring has a way of adding more stress to your already stressed up system. Another thing i do is to have sufficient sleeping time. One more thing you can't do without is Water. Make a bottle of water your companion wherever you go, because water has a way of strengthening and rejuvenating your entire system.

CHIJIOKE K. UKADIKE, PHD C&SC DEPT, CALABAR PORT

ne thing that always helped me keep calm, relax, and fight stress is having my own sacred space at home. Not only did my sacred space help me de-

stress, release tension, and rejuvenate, it has really done wonders in making me achieve meaningful things in my life. It clears my mind and makes way for the energy and creativity I needed to get things done.



NAJEEB DIKKO TRAFFIC DEPARTMENT RIVERS PORT COMPLEX

G ratitude helps relieve stress by focusing your thoughts on what's positive in your life. Learn to say no, being selective about what you take on and saying no to things that will unnecessarily add to your load reduces stress level. (2) Listen to the music you enjoy most have a very relaxing effect on the body, it can induced the relaxation response by helping lower blood pressure and heart rate as well fight off stress. Laughing also relieves your stress response.

SHEBA OLANREWAJU PERFORMANCE MANAGEMENT DEPT; LPC

> ADEEKO AREOLA H SERVICOM DEPT., RIVERS PORT.



xercise has been one of the major aspect of me fighting off stress especially is a city like Lagos. It might seem contradictory, but putting physical stress on my body through exercise can relieve mental stress. In exercising it lowers my body stress body stress hormones. It also helps release endorphins, which are chemicals that improve my mood and act as natural painkiller. Exercise also improve my

sleep quality, which can be negatively affect by stress and anxiety. When is exercise regularly, I may feel more competent and confident in my body, which in turn promote mental health.

SUZY UWALAKA PROCUREMENT DEPARTMENT, HQ

e can actually fight off stress by relaxing our mind and body and prioritizing our schedule for the day in order to balance our work, family and individual life. We must follow these tips; Eating well balanced meals, keeping a positive altitude, spend time with friends and family Exercising and listening to music is another soothing remedies for stress.

MRS E. GODWIN-OTTI AUDIT DEPT ONNE PORT COMPLEX



o fight off stress, I acknowledge God in everything I do. Also, I stopped making financial commitments. I refused to buy things on credit before the month ends. Those things I am believing God for after prayers, I decide not worry about them anymore. These are the few ways I relax and fight off stress.

MONDAY O. OSHIEMI C&SC, DEPT. ONNE PORT COMPLEX

keep the pressure off by trying to relax and watch some movies and as such, relaxes me and adjust my mind to go to sleep.

Secondly, I have built myself to isolate the problem and subconsciously let my mind come to a solution and in that way, my body is not stressed up.



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7.



We believe **TIME** is of more value than money.

With quick turn round time of vessels which is evident in our increased port operational efficiency, coupled with decreased port cost, the **Nigerian Ports Authority** is living to expectation in its mission at delivering Efficient Port Service in a Safe, Secure and Customer-friendly Environment.

- Efficiency - Customer Satisfaction - Safety & Security - Innovation -

Our Port Locations:

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