



NPA

50th EDITION

IN THIS EDITION

Monthly Online Newsletter of the Nigerian Ports Authority

Vol. 5 No. 50 September, 2021

NPA AND UK BORDER FORCE AGREE ON PORT SECURITY AND TRADE FACILITATION

The Nigerian Ports Authority (NPA) is set to partner with the United Kingdom Border Force on Port Security and Facilitation of movement of persons and goods at all Seaports in the country.

The collaboration between both countries would cover areas such as Security, intelligence gathering, joint operation and most importantly curb the illegal movement of persons, an action deemed harmful to investment within the Port environment.

Mohammed Bello-Koko, acting Managing Director of NPA, represented by the Executive Director, Marine and Operations Hon. Onari Brown while receiving the UK Border Force Regional Operations Manager for West Africa, Kris Hawks at the Corporate Headquarters, Marina stated that the initiative was a good one which was necessary for the growth and development of the nation's Seaports. According to him, it would not only assist in curbing the challenges facing the sub sector but eventually assist in enhancing capacity development, acquisition and deployment of resources which are critically related to Maritime Security and Safety.

Many observers have applauded the NPA Management on this development. They are of the view that this arrangement would allow for increase in investment and most importantly reposition the Nigerian Maritime Sector in line with International best practice.

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From the Editorial Suites

50th EDITION



In her effort at furthering trade facilitation and improved security at the ports, Nigerian Ports Authority has come to an agreement with the UK Border agency to collaborate towards improved international relations.

The General Manager, Corporate and Strategic Planning gave an insight into the workings of his Division.

Also in this 50th edition, Serialization changes gear and look at how sleep helps us to attain optimal performances in our daily activities.

Poetry Corner highlights the essence of the **Time Bird** among several regulars.

Enjoy this edition.

'Sola Adesanwo
Editor

EDITORIAL

Olaseni Alakija
Ibrahim Nasiru

- Editor-In-Chief
- Deputy Editor-In-Chief

'Sola Adesanwo

- Editor

PRODUCTION TEAM:

Olusola Akosile

- Production Manager

Olubiyi Omidiji

- Senior Staff Writer

Ebunola Ajiola

- Reporter (People & Events)

Ebere Alaezi-Offia

- Reporter (Travels & Tourism)

SECRETARIAT:

Gbenga Soyomi (Secretary)

Bidemi Agboola

Ali Garba Hassan

Faith Loveday (NYSC) - Graphics Assistant

Editorial Contributor: Kingsley Ukabiala

Photo Contributors: Friday Eze and Paul I. Erakhiful

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Contributions to be sent through: npanews@nigerianports.gov.ng

Contributions are welcome from members of staff.

You can send high resolution photographs of your social events like birthdays, marriages, burials, etc.

NPA NewsQuote



Thought
is the wind,
knowledge
the sail, and
mankind
the vessel.

August Hare



FROM THE
ARCHIVE

Former Head of State Gen. Yakubu Gowon Test Drive the first car (PAN 1) from the Peugeot Automobile Nigeria (PAN) plant, Kakuri, Kaduna in 1974/75.

Source: Mohammed Tukur Facebook Photos.



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WE GATHER, ANALYSE DATA NEEDED FOR MANAGEMENT CRITICAL DECISIONS - GM C&SP

Can we meet you sir?

My name is Elisha Benedict Usoro. I am presently the General Manager of the Corporate and Strategic Planning division.

Thank you very much sir. Can you give us a brief insight into the workings of the C&SP DIV.?

I would like to first of all say that the Corporate and Strategic Planning division is a hub of data and information of the NPA. We work along all the Departments and Divisions in Nigerian Ports Authority, we gather operational data from them, analyse the data and as well process the data to information that is needed by management for critical decision making. The Corporate and Strategic Planning has two departments, one is the Research and Statistics departments while the

other is Planning and Monitoring department. On a monthly basis, we obtain a statistical report based on gathered operational data from the Ports which we process and analyse. At the end of the quarter we will produce a quarterly report and at the end of the year we produce the main report which is called Annual Report and Accounts of Nigerian Ports Authority.

What is your advice to the upcoming professionals?

First of all, you must show focus, you must show commitment and diligence, in fact for upcoming professionals, you must be computer

literate so that you can use the available package to analyse and process our data in a very seamless manner.

How long have you been in this division and how would you describe your experience?

You see I give glory to God and I thank the management of Nigerian Ports Authority to have found me worthy to be posted to the Corporate and Strategic Planning. My natural profession is the Hydrographic survey and as one was growing in the line of management it fell on me that I should come to this division as the General Manager. 3 years ago, I was here as an Assistant General Manager and was posted out to serve in another division and last year in August I was posted back to C&SP as GM, I was the first A.G.M Research and Statistics and today by the grace of God, I am the General Manager in charge of Research and Statistics and Planning and Monitoring division. It's been a very worthwhile venture to be the head of Corporate and Strategic Planning. I have a bigger picture of the authority because we link up with every Division and Departments, understand their activities and also the data we get from them we analyse. It has established how much contribution they have made to make Nigerian Ports Authority what it is today and what it will be tomorrow.

What do you want to be remembered for when you leave this division?

In terms of human capacity, I want to be remembered for encouraging and driving the process to ensure that the personnel in the C&SP divisions are adequately trained.

What is your philosophy of life?

All thing happens together for good to them that love God. I believe that God has been my guarding light in my life and as a person the need to be honest in what you do is important and also straight forwardness and trusting God.

POETRY

with 'Sola Adesanwo

THE TIME BIRD



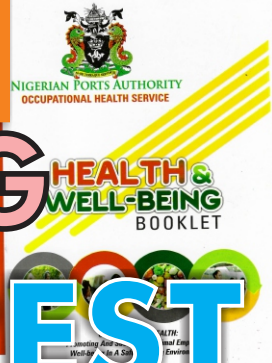
O h,
faithful
companion!

you stood daily
like Gibraltar
constantly
chiming,
clanging and
cackling
in those yore
years
when the purse
was too lean
to fetch a watch
daily your clarion
calls
gave me arrival
edge
as constant as
the oriental sun.

Comrade, you
still today
clanged even by
my window;
you are my
eloquent
testimony of a
true companion.

SERIALIZATION FOR INSIGHT

HEALTH & WELL-BEING



SLEEP AND REST WHAT YOU NEED TO KNOW



Sleep plays a vital role in the achievement of good health and well-being throughout an individual's life. Getting enough quality sleep at the right times is crucial to well-being. Also, having good and adequate sleep helps protect and promote good physical and mental safety and quality of life.

An individual's feeling while awake depends in part on what happens while the person was asleep. Good sleep supports healthy brain function and maintains a worthy level of physical health.

The damage from sleep deficiency can occur suddenly (like a car crash), or cause a negative effect over time. For example, a sleep deficit could raise the risk of some chronic health problem. Similarly, it could impact negatively gets along with others on a day to day basis.

BENEFITS OF A GOOD NIGHT SLEEP

- . Promotes a healthy heart
- . Assists by reducing the risk of developing cancer
- . Nullifies or reduces stress
- . Decreases body inflammation
- . Promotes alertness for subsequent daily activities
- . Improves memory
- . Supports focused attention, good decision making, and helps individuals to be creative.

SLEEP PROCESSES

Countless factor play a role in preparing the body to fall asleep and wake up. There is an internal "body clock" that controls an individual's wakefulness and sleepiness.

The body clock typically has 24- hour repeating rhythm (called the circadian rhythm). Two processes interact to control this rhythm.

The first is a pressure to sleep that builds with every

hour of wakefulness. This drive for sleep reaches a peak in the evening, when most people fall asleep.

A compound called adenosine seems to be one factor linked to this drive for sleep. While one is awake, the level of this compound signals a shift toward sleep. With sleep, the level of adenosine is broken down.

A second process involves the internal body clock. This clock is in synchrony with certain cues in the environment. These include light, darkness, and other cues that help determine when one feels awake or drowsy. For example, light signals received through eyes tell a special area in the brain that it is daytime. This brain section helps align the body clock with periods of the day and night.

The body releases chemicals in a daily rhythm, which the body clock controls. When it gets dark, the body releases a hormone called melatonin. Melatonin signals the body that it's time to prepare for sleep, and it helps the individual feel drowsy.

The amount of melatonin in the bloodstream peaks as the evening comes. Researchers believe this peak is an important part of preparation for sleep. Exposure to bright artificial light (TV screen, computer screen, or very bright alarm clock) in the late evening can disrupt this process, making it hard to fall asleep. As the sun rises, the body releases cortisol. This hormone naturally prepares the body for wakefulness.

The rhythm and timing of the body clock changes with age. People also need more sleep early than later on in life. The patterns and types of sleep also change as people mature.

Health and Safety

SAFETY TIPS FOR PEDESTRIANS



A high proportion of vehicle incidents involve people who have no direct control over the vehicle such as pedestrians.

On August 8, 2021 a fatal accident occurred at Semi'nbio area on the Lagos-Ibadan Expressway involving a Toyota Corolla Car, Reg No: FKJ 02 Dv that claimed a life and Three (3) pedestrians.

Pedestrian safety is very important. Teaching children the basics of pedestrian safety may help avoid serious injury or death caused by an accident.

Thus for the safety of a pedestrians:

Be Safe and Be Seen: Make yourself visible to drivers

Wear bright colours during the day and reflective tape at night

Carry a flashlight when walking at night.

Cross the street in a well-lit area at night.

Stand clear of buses, hedges, parked cars, or other obstacles before crossing so drivers can see you.

Be Smart and Alert: Avoid dangerous behaviours

Always walk on the sidewalk. If there is no sidewalk, walk facing traffic.

Stay sober; walking while impaired increases your chance of being struck.

Don't assume vehicles will stop. Make eye contact with drivers, don't just look at the vehicle. If a driver is on a cell phone, he or she may not be paying enough attention to drive safely.

Don't rely solely on pedestrian signals. Look before you cross the road.

Be alert to engine noise or backup lights on cars when in parking lots and near on-street parking spaces.

Be Careful at Crossings: Look before you step

Cross streets at marked crosswalks or intersections, if possible.

Obey traffic signals such as WALK/DON'T WALK signs.

Look left, right, and left again before crossing a street.

Watch for turning vehicles. Make sure the driver sees you and will stop for you.

Look across ALL lanes you must cross and visually clear each lane before proceeding. Even if one motorist stops, do not presume drivers in other lanes can see you and will stop for you.

Don't wear headphones or talk on a cell phone while crossing.

Also,

Obey all signs and signals

Only cross streets at designated areas

Watch for cars that are turning or backing up

Avoid drugs and alcohol if you plan to go walking

Do not assume other drivers see you or will stop when they should. Walk defensively.

Don't jaywalk

Use pedestrian crossings to cross the road

Before crossing the road look both sides to make sure there aren't any vehicles

While on road do not text, play or hear music. Avoid distractions as much as possible

When you're with children try to make sure they are not walking by the side of the road. Always maintain 3 feet distance from the road

Do not enter "No Pedestrians" zones.

Do not walk beside a moving vehicle.

Do not approach a moving vehicle. Wait until the driver acknowledges your presence.

Never walk behind a reversing vehicle. Remember vehicles can have blind spots.

Remember that different vehicles have different stopping distances. Respect them.

- US Department of Transportation (Highway Safety Research Center)

REMEMBER:

Night doubles traffic troubles

Road safety is a state of mind, accident is an absence of mind

Don't be the driving force behind traffic accidents

Road sense is the offspring of courtesy and the parent of safety

By Engr. Dafe T. S. Prin. Manager, Safety

WORK HOUR RELAXATION

VOX-POP

LOOKING AT THE TERRIBLE EFFECT OF THE ECONOMY ON EVERY AREA OF OUR LIVES TODAY; CAN YOUR TAKE HOME PAY, STILL TAKE YOU HOME?

Food, shelter, power, health, education, security are under threat, due to the harsh economic situation in the country. Our take home pay, only take us quarter-way home. We work for money but our money doesn't work for us.



UCHECHI E. BASSEY, E & LR, Calabar Port

Considering the terrible state of our economy, the cost of living has gone beyond the reach of the populace. Every areas of the life of people have been badly affected.

Prices of commodities and services have gone up sporadically while the salary and wages are static. These have affected the workers in areas like Education, feeding, health and other things. The effects of these on salary is negative, the salary can not last beyond five days of the month. Therefore, the take home pay cannot take us home.



OLADUNJOYE RUFUS OLANIYI, C & S P, HQ



Salary has never been enough anytime. It becomes worst now that we are facing a terrible economy since the great depression. To cushion the effects of this hard time one must add a side "hustle" as a second stream of income to mitigate the effects of the present day economic environment.

EKPO IKON, Security Dept. Delta Ports, Warri



ADEGBITE J.A., C & S P, HQ

To me, the answer is a capital "NO". This is because, after deduction of taxes, insurance and other relevant ones have been made, one is left with minimal amount which can not meet basic needs like feeding, accommodation, e.t.c. because of present economic situation.



ETORTI, EDWARD ELEMI, Account Dept., Rivers Port

AKINSANYA LUCY, C&SC, HQ



The situation of the country is bad that I often wonder how I manage my salary myself. As an African and a salary earner I always stretch out funds to other family members and friends, right now I can't even afford some things I need for myself not to talk of others. Presently, I go to market to buy things, I still do not know if the money got missing on the way or I cannot explain how the things I use to buy cheap are now very expensive.

Stagflation has put pressure on exchange rate. Given the high import consumption content with the attendant effect on general prices of goods and services, the real income of an average salary earner has taken a downward trend, thereby reducing the purchasing power.

As part of the way forward, government must necessarily rejig the economy in a robust reform that will expand our foreign exchange earnings so as to improve our exchange rate regime. Equally government must be thinking seriously of economic diversification to reduce dependency on oil as a major source of foreign exchange. In the short term, management may help to make salary adjustment in order to reflate the purchasing power of workers and make life easier.



Top notch pagination.

The NPANews is a capsulation of relevant and informative news contents presented in a refreshing and visually pleasing format for readers.

- **Omolola Amusa, Senior Manager, C&SC, HQ**

Contributions to be sent to the **Editor (ADESANWO)** on 08033299528 and/or npanews@nigerianports.gov.ng

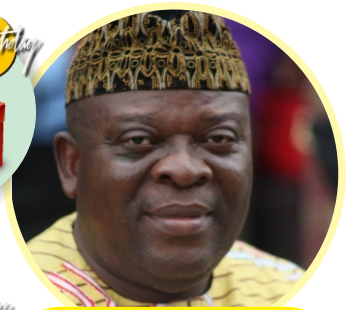
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Edward Kabir
25TH September
 ABUJA LIAISON OFFICE



Edosomwam Anthony
28th September
 SUPERANNUATION DIV, HQ



Elisha B. Usoro
5th September
 C&SP DIVISION, HQ



Mohammed Kolo
26TH September
 AUDIT DIVISION, HQ



Lilian Abi-Bassey
11th September
 AUDIT DIV. HQ



Gladys Olubunmi Odebunmi
14th September
 TRAINING DEPT, HQ



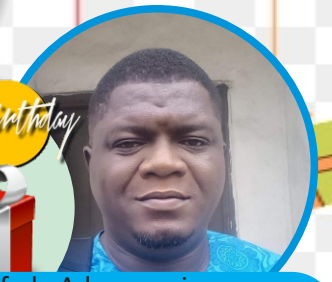
Mercy Ihenacho
12th September
 LEGAL SERVICES DEPT. HQ



Effiong Asanam
25th September
 DOCKYARD



Abdullahi Yahaya Bawa
13th September
 AUDIT DIVISION, HQ



Onifade Adewunmi
12th September
 TRAINING DEPT, DELTA PORT



Umma Nasir Yahaya
8th September
 C&SC DIVISION, SPL



Omowunmi Olayokun
21st September
 SECURITY DIVISION, TIN CAN



Oje Elijah
30th September
 HR OPERATIONS



Ngozi Nne Obichere
24th September
 HR OPERATIONS, HQ



Josephine Effiong
15th September
 AUDIT DIVISION, LPC



Abolarin J. Sade
29th September
 TRAINING DEPARTMENT, HQ



Ebere Alazi-Offia
7th September
 C&SC DIVISION, HQ



Adeleye Olanrewaju
7th September
 C&SC DIVISION, HQ

...the world within our reach...



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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.asha@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
i.alhassan@nigerianports.org

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www.nigerianports.gov.ng

info@nigerianports.org