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NEWS

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NPA TO ENGAGE WORLD CLASS FACILITATORS AT ITS NEW TRAINING CENTRE

The NPA Managing Director, Mohammed Bello Koko, has promised that high calibre resources personalities would be engaged to facilitate training programmes at the NPA Training Institute, Apapa Dockyard.

Bello Koko who made the assertion recently added that machinery had already been set in motion to partner with professionals from the World Maritime University, The Nigerian Navy Hydrographic Department, Nigerian Institute of Marine and Oceanography Research, and other research and learning institutions to achieve this.

Similarly, The MD added that the training facilities which have been upgraded to the highest level possible, will also be open for usage by sisters organisations within the Maritime industry.



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In her bid to ensure the Authority's workforce is well trained and retrained the management of the organization has promised to engage world class facilitators from recognised institutions across the world. Details of this story is in this edition.

On our One-on-One page in this edition, we feature the amiable and quintessential General Manager of the Corporate and Strategic Communications Division.

The Health and Safety Column this time around looked at the dangers and the effects of the pollution of the ocean and the possible preventions.

This bumper edition is well packaged for your lunch time enjoyment.

'Sola Adesanwo
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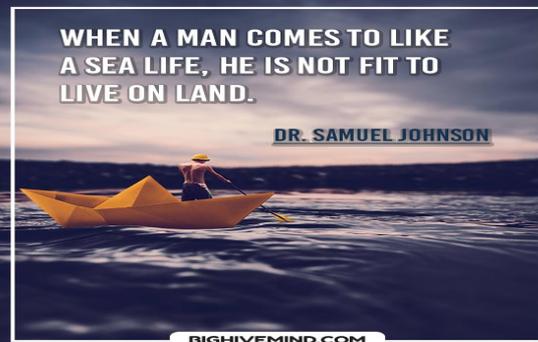
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Contributions are welcome from members of staff. You can send high resolution photographs of your social events like birthdays, marriages, burials, etc.



OUR VISION: TO BE THE MARITIME LOGISTICS HUB FOR SUSTAINABLE PORT SERVICES IN AFRICA



FROM THE ARCHIVES

FIGHTING FOR NIGERIA'S INDEPENDENCE:

Dr Nnamdi Azikiwe and Ahmed Mahmud Saad Zungur in London.

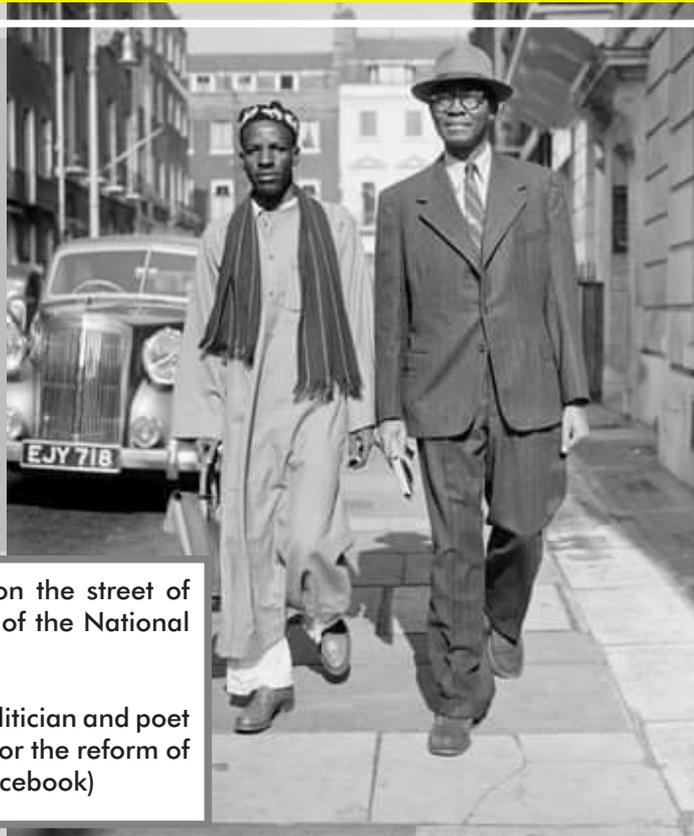
Date: 03-10-1949

Dr Nnamdi Azikiwe (Known as Dr Zik), the man who refuses to give up his fight for independence, is in London again to campaign for home rule for Nigeria, the west African country that has been under British rule since 1866.

Dr Zik, 45, six foot tall, is firm in his belief if goes on as planned the visit in 1947 would be his last visit to the Colonial Office, advocating for the Independence of his home country.

PICTURE SHOWS:- Dr NNAMDI AZIKIWE (Dr ZIK) walking on the street of London with Ahmed Mahmud Saad Zungur, federal secretary of the National Council of Nigeria and the Cameroons.

Ahmed Mahmud Saad Zungur (1915 - 1958) was a Nigerian politician and poet who was among the early scholars in Northern Nigeria to call for the reform of society through education during colonial rule. - Igbo History (Facebook)



1 ON 1

THE DIVISION HAS CHANGED NAMES SEVERAL TIMES BUT THEORY AND PRACTICE REMAIN THE SAME

- CHIEF IBRAHIM NASIRU, GM C&SC

CAN WE MEET?

My name is Chief Ibrahim Nasiru, I am the General Manager Corporate and Strategic Communications, Nigerian Ports Authority.

WHAT ARE YOUR DREAMS FOR THIS NEW ASSIGNMENT?

The things that I would like the division to have is a kind of advice that most officers here should be proactive. They should think ahead rather than waiting for something to happen. They should think ahead of time, It's just like a development plan. In Nigeria, we use to have five years ten years' development plan. So, we inculcate that plan ahead of whatever that will take place or happen. As if we are projecting into the failure. That is how I want the division to be.

HOW WILL YOU ADVISE UPCOMING PROFESSIONALS?

My advice to the young professionals is that they should have that thinking that if you come as a Public Relations person you have to project your image as a PR person because you are selling the reputation of the industry you are in.

HOW WILL YOU DESCRIBE THE STATE OF C&SC NOW?

Well, that brings us down memory lane. When we came in, in the 80s, I remember we used to be in room 9, that is where you start as a PR man. Anybody that comes here and has not been to public affairs you no our name has transformed to different names from Public Affairs. When I came in, it was Public Affairs, it transformed to Public Relations then it went to Corporate affairs and now Corporate and Strategic Communications.



Maybe, they may change it again but I think it's just a matter of semantics. We grew from a sizable number, we were just thirty personnel at that time. Now I think we have more than 60 and above, I think, we are one of the least division in NPA and things have not really changed because what we do is still the same thing we do. It is only name that have changed but our theories and practices are still the same. We take care of the image of the industry and we protect the image, that is just basically what we do.

WILL YOU LIKE TO ADD ANY OTHER INFORMATION TO THIS?

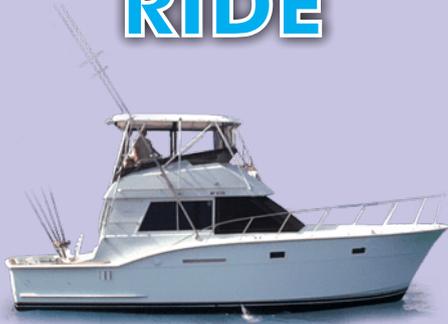
It's just in a form of maybe an advice to our teaming youths that have came into the division. They should be weary of what they do. They should learn and concentrate on what they do and they should learn on the job. Yes, there are a lot of people that do not really have the background of journalism but they just find themselves here, sometimes, it's not your discipline that brings you here, so, what people should do is learn wherever you find yourself and learn from your peers and be able to suggest ideas to your boss

if you have any.

WHAT IS YOUR PHILOSOPHY OF LIFE?

Well, simply live and let live, forgive and do not keep people in your mind. I feel free with whoever I work with, no hard feeling, so that's how I think I have been living successfully with people. One thing I know is, why worry if your worry does not solve your problems instead it adds. So, if anything happens, just take it like that and let it go. So you should take life easy, easy does it.

**THE BOAT
RIDE**



Like the fiery lava

Tumbling down the
mountain peak
Wave today is at its crest
North and South wind
wrestle for boat
And my bum develops
needle like bumps

Giant barracuda popped
up smiling
Glides gleefully on the
channel
While we sweat profusely
like
Sprinting horse on a race
track

Pilot in hoarse tune
" One more hour to the
quays"
Still the wave, box us left
and right
My tummy rumbles
Worms soldier my belly,
protest this far flung
journey
Aches for home made
steamy steak

The journey on this rickety
boat
is eternity and my limbs
are numb
As I clutch eternally to my
life jacket
This trip is topsy turvey
My heart now lives in my
mouth.

Extract from MUSINGS OF A QUESTER

Less than 200mg/dl (<5.3mmol/L) =
Good and well desired

200-239mg/dl (5.3- 6.3mmol/L) =
Borderline

240mg/dl and above (>5.3mmol/L) = High
risk

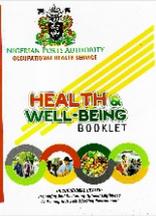
SOURCE OF CHOLESTROL

Cholesterol is obtained from food intake.

**PREVENTION STRATEGIES AGAINST
EXCESSIVE CHOLESTEROL**

- **Adopt Healthy Eating:** (1) Limit foods high in saturated fat. Saturated fats come from animal products (such as cheese, fatty meats, and dairy desserts) and tropical oils (such as palm oil). Foods high in saturated fat are likely endowed with high cholesterol. So, choose foods that are low in saturated fat, trans fat, sodium (salt), and added sugars. These foods include lean meats, seafood's; fat-free or low-fat milk, cheese, and yogurt; whole grains, lots of vegetables (Cabbage, Cucumber, Lettuce, Carrot).
(2) Eat foods naturally high in fibre, such as oatmeal, beans (black or kidney and others) and unsaturated fats like avocados. Also, vegetable oil (e.g. olive oil, and those derived from nuts) are recommended. These food items may help prevent and manage high levels of low-density lipoprotein (LDL, or "bad") cholesterol and triglycerides while increasing high-density (HDL, or "good") cholesterol level.
- **Maintaining a Healthy Weight:** Overweight and obesity raise levels of LDL ("bad") cholesterol. Excess body fat affects how the body deploys cholesterol thus slowing down the body's ability to remove LDL cholesterol from the bloodstream. Consequently, concerned individuals are exposed to a series of chronic health risks including heart diseases and stroke.
- **Indulge in Physical Activity:** (1) Physical activity can help to maintain a healthy weight and lower

**HEALTH &
WELL-BEING
CLASSIFICATION OF
CHOLESTEROL READINGS**



| | DESIRABLE | BORDERLINE HIGH | HIGH |
|-------------------|---------------|-----------------|----------------|
| Total Cholesterol | Less than 200 | 200 - 239 | 240 and higher |
| LDL Cholesterol | Less than 130 | 130 - 159 | 160 and higher |
| HDL Cholesterol | 50 and higher | 40 - 49 | Less than 40 |
| Triglycerides | Less than 200 | 200 - 399 | 400 and higher |

cholesterol and blood pressure levels.

(2) A minimum amount of 2 hours and 30 minutes of moderate – intensity exercise is recommended every week. Examples of such include brisk walking and bicycling.

(3) Conscious efforts need to be made (daily) to ensure involvement of physical activities as part of an individual's routine. For instance, using staircase instead of the elevator, or parking a little farther away from office or to stores, or following commercial vehicles and alighting 1-2 bus/stops from area of residence.

(4) Working while standing up for about 5mins every hour.

- **Quit Smoking:** Tobacco use can lead to dependence and serious health problems including developments of Hypercholesterolemia. Smoking damages blood vessels, speeds up the hardening of the arteries, and greatly increases the risk of developing heart diseases. Hence, the only solution is to never smoke. If you are already smoking, it is high time to quit.
Quitting smoking is hard, it may take time but it is never late to start the process. The use of nicotine replacement therapy could help whilst following health expert's advice.
- **Control the use of Alcohol:** Alcohol intakes especially excessive consumption indirectly impacts on and leads to high cholesterol levels in blood.
 - Avoid drinking too much alcohol.

Health and Safety

OCEAN POLLUTION: EFFECTS AND PREVENTION



Oceans, which account for 70 percent of the surface of our planet, play a pivotal role in the health of our planet and those who inhabit it. Unfortunately, our oceans are polluted. According to the [National Oceanic and Atmospheric Administration](#), billions of pounds of trash and other pollutants enter our oceans every year.

The monumental impacts of this are far-reaching. What are the various causes of ocean pollution, its effects and the steps we can take to combat it?

Causes of Ocean Pollution

There are many causes of ocean pollution. Of all the facts, there is one constant: most pollution in our oceans begins on land and is caused by humans. Here are some of the major causes of marine pollution:

1. Nonpoint source pollution (Runoff)

Nonpoint source pollution comes from a variety of different locations and sources. The result of this is runoff, which occurs when rain or snow moves pollutants from the ground into the ocean. For instance, after a heavy rainstorm, water flows off roads into the ocean, taking oil left on streets from cars with it.

2. Intentional discharge

Manufacturing plants in some areas of the world release toxic waste into the ocean, including mercury. While it's intentionally being released into the sea, sewage also contributes to ocean pollution, as well as plastic products. According to [Ocean Conservancy](#), eight million metric tons of plastic goes into our oceans every year.

3. Oil spills

Ships are major contributors to ocean pollution, especially when crude oil spills occur. Crude oil lasts for years in the ocean and is difficult to clean up.

4. Littering

Atmospheric pollution, which refers to objects carried by the wind to the ocean, is a big problem. Items such as plastic bags and Styrofoam containers become suspended in the water and don't decompose.

5. Ocean mining

Deep-sea ocean mining causes pollution and disruption at the lowest levels of the ocean. Drilling for substances such as cobalt, zinc, silver, gold and copper creates harmful sulfide deposits deep in the ocean.

WHAT ARE THE EFFECTS OF OCEAN POLLUTION?

Ocean pollution has many consequences that directly and indirectly affect marine life, as well as humans. Here are some of the most common effects of ocean pollution:

A. Harmful to marine animals
Sea animals are common victims of ocean pollution. Oil spills, for instance, will ensnare and suffocate marine animals by permeating their gills. When the oil gets into seabird feathers, they may not be able to fly or feed their young. Animals that aren't killed by crude oil may suffer from cancer, behavioural changes and become unable to reproduce.

Marine animals also mistake small plastic debris for food or become entangled in or strangled by plastic bags and discarded fishing nets. Animals most vulnerable to harm from plastic debris in the ocean include dolphins, fish, sharks, turtles, seabirds and crabs.

B. Depletion of oxygen in seawater

As excess debris in the ocean slowly degrades over many years it uses oxygen to do so, resulting in less O₂ in the ocean. Low levels of oxygen in the ocean lead to the death of ocean animals such as penguins, dolphins, whales and sharks.

Excess nitrogen and phosphorus in seawater also cause oxygen depletion. When a great deal of oxygen depletion occurs in an area of the ocean, it can become a dead zone where no marine life can survive.

C. A threat to human health

Pollutants in the ocean make their way back to humans. Small organisms ingest toxins and are eaten by larger predators, many of which are seafood that we eventually eat. When the toxins in contaminated animals get deposited in human tissue, it can lead to long-term health conditions, cancer and birth defects.

OCEAN POLLUTION SOLUTIONS

Given the long-term, disastrous effects of ocean pollution, anything we can do to avoid contaminating our seas is a good idea. Here are some ocean pollution solutions that can make a big difference.

I. Reduce chemical fertilizer use

Excess chemical fertilizer eventually makes its way into the oceans. Choose organic fertilizers, which tend to be lower in nutrients, and use them at half strength or half as often as suggested.

II. Opt for reusable bottles and utensils

Throw-away plastic bottles and utensils, including straws, are massive ocean polluters. Rather than contributing to the threat to marine life, opt for reusable bottles and utensils.

III. Hold a clean-up

Organize a social distancing clean-up at the beach or a nearby park. The more trash you pick up and properly dispose of, the less waste goes into our oceans.

IV. Properly dispose of plastics and trash

One of the simplest ways to reduce ocean pollution is to properly dispose of plastics and other [recyclable materials](#), so they don't end up in the ocean. In outdoor spaces, such as beaches and parks, dispose of trash in a secure receptacle or take it home with you.

- Texas Disposal Systems (TDS)

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

WORK HOUR RELAXATION

VOX-POP

WITH THE PROTRACTION IN ASUU STRIKE, GOVERNMENT IS CONTEMPLATING BANNING THE GROUP, WHAT IS YOUR OPINION ON THIS?



My opinion is they shouldn't ban it, it's another means of passing and passing information to others.

TUKUR MUSA
PERFORMANCE DEPARTMENT, HQ

It is embarrassing and disheartening that this kind of statement should be allowed and still dragging on. It shows the insensitivity of the government. This is most uncalled for, parents should come together and challenge the government for keeping their children at home for too long. and why this lukewarm nature of government officials persists, it is because their children are not part of those striking universities, because most of their children are either in university abroad or private university (ies)



UWEH ALPHONSO JOHNSON
C&SC., HQ

The Federal Government plan or intention to ban ASUU will not do any good to the nation. It is like going from frying pan to fire. In my humble opinion, it is always better to jaw – jaw than war – war. If the protraction between the FG & ASUU s prolonged further, it will be the innocent Nigerian students that will suffer from my very point of view the protraction is an inappropriate cause of action that might result in worsening the plight of our educational system. A stitch in time saves nine, a quick intervention is needed instead of tilting towards banning ASUU.



FRIDAY EZE
C&SC, HQ

FEEDBACK

FEEDBACK:

Dear Readers,
To serve you better, kindly feed us back with your opinion, suggestions and criticisms.
Hoping to hear from you soon.

- Editor.

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ALWAYS WEAR YOUR MASK

THE PANDEMIC IS NOT OVER YET

Message from: 



Edward Kabir
25th September
ABUJA LIAISON OFFICE



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28th September
ICT DIV, HQ



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Omowunmi Olayokun
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Oje Elijah
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**Nwafor Marcellus
Chinatu**
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NIGERIAN PORTS AUTHORITY

To be the *Maritime Logistic Hub*
for *sustainable Port Services*
in *Africa*



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