



NPA

EXPORTS

Monthly Online Newsletter of the Nigerian Ports Authority

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ONE-ON-ONE

WHEN YOU KNOW YOUR JOB WELL,
YOU DON'T NEED A GODFATHER.

- MUSA SHEHU YARO
GM SERVICOM.

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VOX-POP

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RECENTLY WON THE MARITIME CUP,
BEATING NIGERIAN NAVY TEAM IN THE
FINALS, WOULD YOU SAY THIS IS A
TRUE REFLECTION OF HOW GOOD NPA
IS IN SPORTING ACTIVITIES.

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In its efforts to ensure that export bound cargoes arrive the Nigerian Ports seamlessly, the Managing Director Mohammed Bello Koko launched the First Export Processing Terminal in Lagos recently.

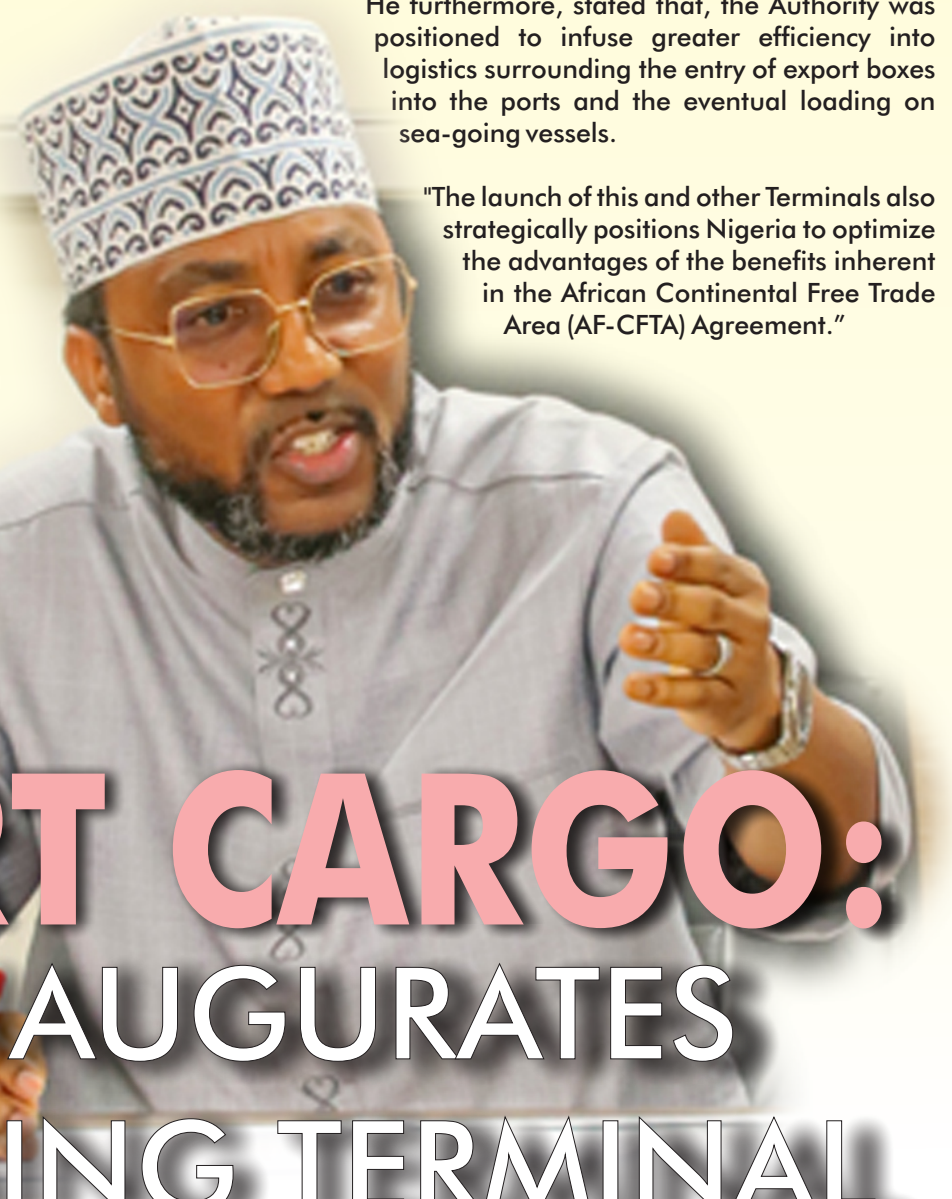
The Managing Director said the commissioning of the Diamond Star EPT which is the first of the 10 licensed Terminals to be commissioned by the NPA is to make Nigeria optimize the advantages of the benefits inherent in the African Continental Free Trade (AFCTA) Agreement.

Adding that the need for the EPTs is underscored by limitations of current Port facilities in the Lagos Area operating beyond their "As built capacity for cargo handling".

Bello Koko also said the initiatives signpost the NPA's commitment to implementation of the National Action Plan on Agro-Export and the FG's desire to diversify the national economy from oil to non-oil export.

He furthermore, stated that, the Authority was positioned to infuse greater efficiency into logistics surrounding the entry of export boxes into the ports and the eventual loading on sea-going vessels.

"The launch of this and other Terminals also strategically positions Nigeria to optimize the advantages of the benefits inherent in the African Continental Free Trade Area (AF-CFTA) Agreement."



EXPORT CARGO: NPA INAUGURATES PROCESSING TERMINAL



The Managing Director of NPA, Mohammed Bello Koko has commissioned the first Export Processing Terminal (EPT) in Lagos recently, read the full story in this edition.

The General Manager SERVICOM, Musa Shehu Yaro is our guest on the One - on - One column this month.

He admonished younger officers to be committed to service of the organisation rather than seek enjoyment all the times.

Other regulars like the Birthday, Vox Pop and Health and Safety have all been added to enrich this edition of our inhouse newsletter.

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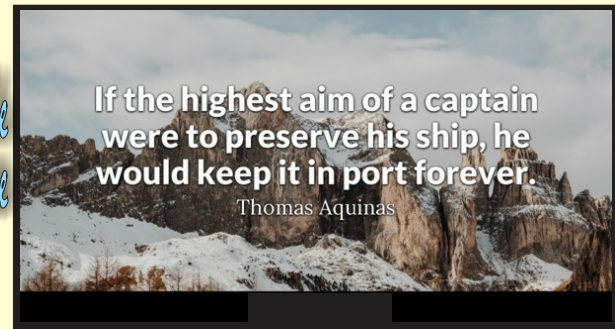
Contributions are welcome from members of staff.

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



If the highest aim of a captain
were to preserve his ship, he
would keep it in port forever.

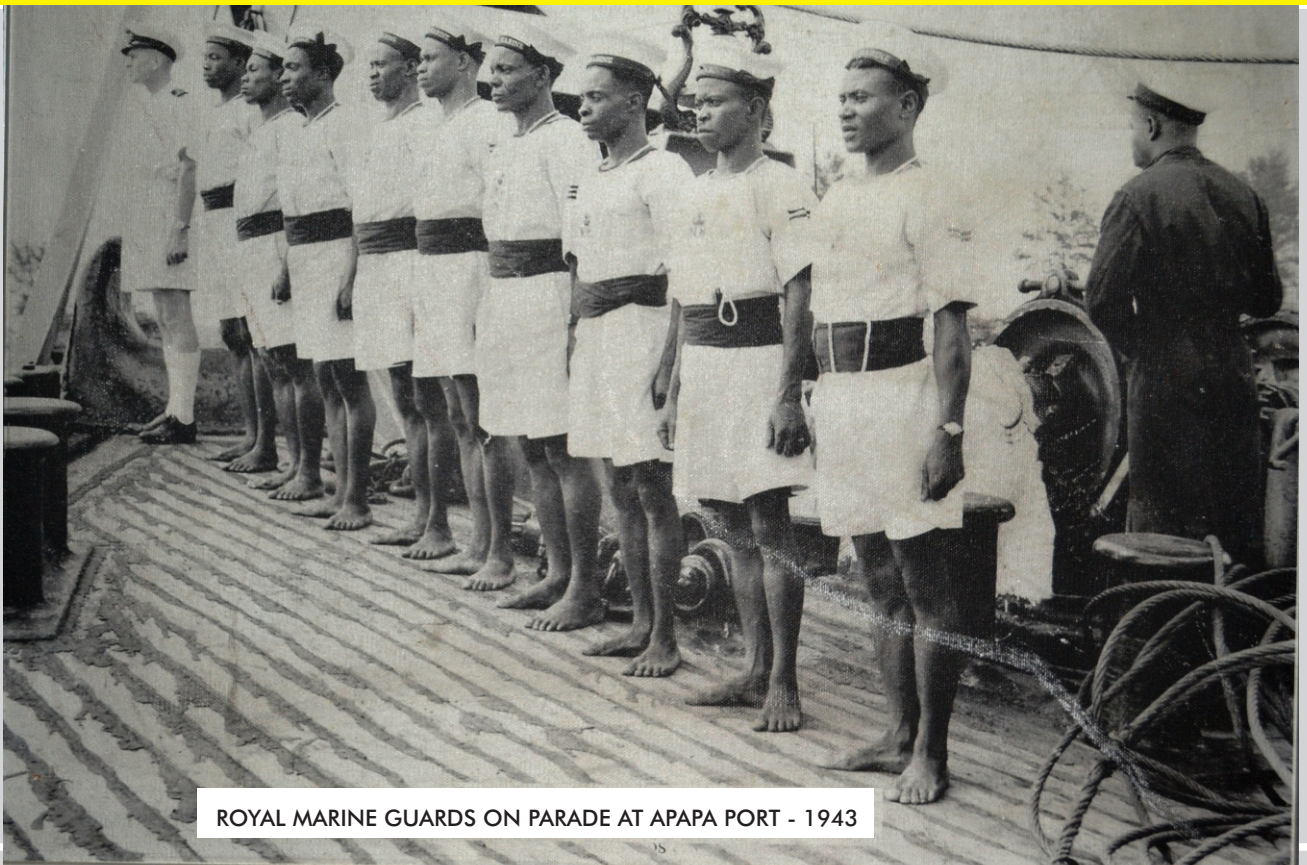
Thomas Aquinas



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



FROM THE
ARCHIVE



ROYAL MARINE GUARDS ON PARADE AT APAPA PORT - 1943

1st ON 1st

EFFICIENCY MAKES YOU GROW ON YOUR JOB

- Musa Shehu Yaro, GM SERVICOM

Can we meet you sir, your introduction sir?

My names are Musa Shehu Yaro, as at today the General Manager SERVICOM, Nigerian Ports Authority.

We are aware that you served earlier in several departments but your last assignment was in Procurement so, what dream do you have for this place sir?

Like everyone knows, SERVICOM Division is the first contact of every customer that have business to do with the Nigerian Ports Authority, the dream is to ensure that all our customers are happy with the reception that we provide for them and to respond to customer complaints, so this is the vision and mission statement of the division sort of.

We know that you're an highly experienced officer in the organization, and you have been in the system for many years, therefore you're in a good position to advice upcoming professionals, what will be your advice for young up coming officers?

Young up coming officers should look at service rather than enjoyment, what I mean here is that when you know your job, your expertise will stand to be your God father however, when you don't know what you're doing it's like you are virtually useless, adding no value to the change in the Authority and wherever you even go it is certainly going to affect you, so I think people should just be up and doing in terms of what they are being assigned to

do, and doing it diligently with professionalism. I think that's the best advice I can give.

Do you have any other information you want to add to this, especially maybe something like your last posting before now or any other information you know can benefit young up coming officers?

Yeah, I have so much to say in that regards, well this is my own personal view based on the number of experiences that I have had working for the Authority, first, I see that we take the service that we render as something that will be generating money for government, yes it should be so, I'm not saying no, but I think we need to look at it more in other perspective to see the Authority as an enterprise rather than a revenue generating organization because that's why most of our infrastructures are decaying, we don't plough back to maintain those infrastructures. We are meant to believe we are just a revenue generating organization, we are not like Custom, which would just charge 35% per vehicle and that's all, but we, for any provisional bill raised. Services must have been rendered before we earn it. So it's money that we are deemed to have earned but it's not truly ours, and whatever you plough back is going into Treasury Single Account and we can't bring it out, because that becomes revenue. Let us see ourselves as business concern then we can be able to move forward, I give the case of Ethiopian Airline, when the government hands off and they let them be like an enterprise, they are now the one coming to take Air Nigeria as a Principal Technical Partner, why? It is because



their own government has allowed Ethiopian Airline to function effectively, from their revenue they plough back for expansion, but ours is like we are waiting, we believe that we're revenue generating, we're not. We should be a business concern, we earn money we should develop the country. Take the case of 7.5% of the Port Development Charges, nothing has been given to NPA, so you find a lot of all these infrastructure are decaying, sorry I have to say this, because NPA is my dream, my hope, my life, and even at the grave my name will be referred to as an ex NPA staff.

Finally what is your philosophy of life?

Living has to do with sincerity, if you want to succeed in this life, those who tend to religion will tell you to be faithful, people must explore the path of truth, sincerity, your conscience is there to tell you whether you are right or wrong because whatever you do to yourself is just yourself, but when you're truthful to some others it will reflect on everybody, so I think people should be truthful in terms of their responsibilities, and my philosophy of life is being truthful.

The Corn Men

It's another market season

Where political brides are displayed on show-glasses

In Benin City With "Mouth organ"

They sing lullaby to the hungry,
Trudging the street gleefully.

Out of school hawkers
Long to be part of the CORNference
As hunger tremor their bellies
But these biceps twitching,
Eye-blazing bouncers
Make hawkers, hunger hang on.

Like butterfly, their appearance which drips nectar and honey soon evaporates with
The screeching of their jaguar
Leaving bewildered market women
Powdered head-to-toe.

Like the chameleon they
Switch black for white
These politicians are
Super con-men

Extract from MUSINGS OF A QUESTER

MANAGEMENT OF OBESITY

There is no single solution to the obesity epidemic. It's a complex problem and there has to be a multifaceted approach to finding a solution, including the need for organisations and individuals to work together and create an enabling environment that supports healthy lifestyles.

Some dieticians noted that it is common to lose up to 10 pounds (4.5kg) sometimes more in the first week of dietary adjustment. One study in healthy women with obesity reported that a very low fat diet for short-term weight loss. Research suggests that a low carbohydrate diet can reduce appetite, which may make an individual eat fewer calories without thinking about it or feeling hungry. This weight loss includes both body and water weight. Put simply, reducing carbohydrates can lead to quick, easy weight loss.

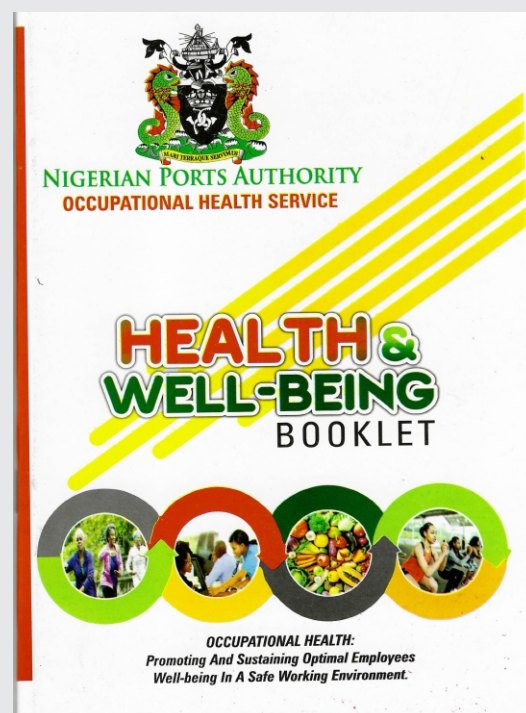
The following highlights strategies for losing weight.

1) Cut back on carbohydrate Consumption

The most important part is to cut back on sugar and starches, or carbohydrates. When this is done, the hunger level goes down, and generally, the person ends up eaten significantly fewer calories. Instead of burning carbohydrates for energy, the body now starts burning stored fat for energy. Additionally, cutting carbohydrates lowers insulin levels, the kidneys to shed excess sodium and water. This reduces bloating and unnecessary water weight.

2) Increase consumption of protein and vegetables

Ordinarily, each meal should include a high amount of protein and vegetables with reduced quantities of carbohydrates and fat. Also, a diet based mostly on lean



protein sources and vegetables contains all the fibre, vitamins, and minerals needed to be healthy. Eating plenty of protein may boost calorie expenditure by 80-100 calories per day. High protein diet can also reduce cravings and obsessive thoughts about food by 60%, reduce the desire to snack late at night by half, and make one to feel full. In a study, people on higher protein diet ate fewer calories per day compared with those who did not. Hence, when it comes to losing weight, protein is found to be vital in the process.

Overall, not more than two meals per day are preferred. If hungry in the afternoon for instance, vegetable salads (no cream required) is advised. Following this meal regime, the carbohydrate intake is estimable to be down by 20-50 per day approximately.

Health and Safety

8 TYPES OF FIREFIGHTING EQUIPMENT YOU NEED FOR HOME FIRE SAFETY

CONTINUED FROM LAST EDITION

Have you made your home a cent percent fire safety using appropriate firefighting equipment? How do you monitor and maintain your home fire safety?

4. FIRE HOSE

The fire hose is a long tube that holds out a powerful water stream that throws and extinguishes large-size fires. The standard length of the hose is 100 ft or 30.48 meters. The fire hose is kept in a reel that makes it super easy to quickly roll the hose and opening fast to attempt for quick firefighting operation.

5. FIRE HYDRANTS

A fire hydrant is used as a water pump installed in a place that is highly convenient for connecting firefighters tapping into a water supply. It is an active component and the best part of efficient firefighting for protecting the home estate. It has several alternative names such as fire pump, fireplug, or simply called 'pump'.

6. FLAMEZORB

A Flamezorb is a chemical that adequately suppresses fire flames. It helps to disappear the fire using sand, but it is far superior to sand in firefighting. This equipment goes with a firefighting bucket. A bucket used takes 10 liters of Flamezorb. It is best to use on flammable liquid overflows.

7. FIRE BUCKETS

The Fire buckets are traditionally famous and remarkable for firefighting. You might fill it with Flamezorb, fire sand, or simple water to fight the initial fire. A smart-red bucket written "fire" is not only firefighting equipment.

Rather it reminds big message to the spectators – be aware of fire hazards. It recalls what to do while fire happens. So, symbolic fire buckets could give you a message always to stay safe with fire elements members deal with every day.

8. FIRE BLANKETS

The Fire blankets are another significant firefighting suppressor that can eliminate small fires in the early stage. It is a very important piece of equipment for home fire safety. It is so cost-effective approach to early fire. If you didn't yet keep up ones, you might own a set of kitchen blankets. The comprehensive sizes of blankets are available to keep the uncertain fire occurrence out of concern.

Swapanly (House Safety & Security)



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

WORK HOUR RELAXATION

VOX-POP

The NPA FC aka "KOKO MARINES" Recently won the Maritime Cup, beating Nigerian Navy team in the finals, would you say this is a true reflection of how good NPA is in sporting activities.

I would concur in the affirmative with the followings fact: firstly, it attests to the resiliency and resourcefulness of the never say die spirit of the sportsmen and women of NPA secondly, it is a reflection of the modest investments made by management in recent time which is simply yielding dividends

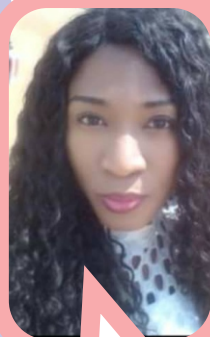


Benjamin T. Humbe
Dept. Operations, HQ

Definitely, it's a true reflection of how good we are, considering the fact that the management allowed 2 training days in a week for its sportsmen to keep fit and be in shape for sporting competitions. So yeah, I agree that it's a true reaction of how good the NPA team are.



Kiapi Abdul
Engineering, TCIP



Chichi Amos
Dept. Engineering, TCIP

There is no gainsaying the fact that NPA has very competent Sports men and women that do not relent in efforts put in towards a victorious outcome at every sporting event. Our coaches as well are seasoned and make decisions and changes where necessary.



Akhabue Deborah
Medical, LPC

Yes, this is the true reflection of the tenacity, resilience, and team spirit displayed by the players, they are equally fit, having received the support of the management who have a passion for the organization as well as the teaming sports family to thrive and meet international standards in sports.

Let me start by appreciating the organisers of this year's tournament for successful hosting the event.

There is an adage which says and I quote " Hard work and determination achieve success" NPA Koko Marines is a true reference of that, with constant hard work, resilience, determination and discipline, they were able to show case a high level of technical and tactical ability over the Navy FC team, as a result winning the competition. This shows a true reflection of good football display, professionalism and capacity of NPA in sporting activities.

Once again, congratulations to NPA Koko Marines, Champions 2022



Rotimi Holms
Safety, TCIP

Definitely, it's a true reflection of how good the NPA/team is with its dedication, team spirit oneness and hard work put together by the sporting family under the leadership and organization by NIPOSA. As a matter of fact, NPA team won the maritime cup through hard work and commitment from every member of the team most especially through the immense support of the management. Our records are there to show even in FEPSGA It was a well-deserved victory.....We are Champion of Maritime Cup again. Up Koko Marines, Up NPA.



Nwosu Henry
Audit, TCIP



Josephine Moltok
Administration Division
1st November

Mrs. Funmilayo Olotu,
Port Manager, LPC
12th November

Zainab Kwande
Servicom Div. HQ
12th November

Engr. Ferdinand Azi
Safety Dept. Calabar Port
11th November

Omonike Awosika
Admin. Div. HQ
8th November

Adesope Oluwaseun
Security Div., LPC
21st November

Mrs. Mary Okoliko
Fire Services. TCIP
23rd November

Sylvester Egede
Traffic Dept., Rivers Port
5th November

Martina Akoko
HR Rivers/Onne port
19th November

Lilian Brume
Med. Lab. Science, Delta Ports
2nd November

Mrs. Priscilla Maduka
Audit Div. HQ
27th November

Firimabo Bobogunga
Vessels Management, Rivers Port
22nd November

Joyce Umar
HQ, HR Ops.
9th November

Omodayo Taiwo
HQ, Engineering
4th November

Shedrach Edison
TCIP, Fire Service
11th November

Akaninyene Brendan
Security Dept., Calabar Port
4th Nov

Makanjuola B. Teslim
Traffic Dept. Rivers Port
24th November

Kingsley Ezeanaya
Md's Office, HQ
10th November

Mrs. Ebun Aijjala
Corp. & Strat. Comm.Div. HQ
11th November



NIGERIAN PORTS AUTHORITY

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



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