anagement of the Nigerian Ports Authority, NPA led by the Managing Director, Mohammed Bello Koko recently honored its personnel who have served the Organization meritoriously for twenty (20) years.

The event tagged 'Year 2022 Long Service / Merit Award Ceremony was held at the prestigious Eko Hotel, Victoria Island, Lagos.

The Managing Director, NPA in his welcome address said that, the day was set aside by the management to

honor the Organization's most cherished employees who have kept faith with the Authority over the last decades in the Long Service Category and those who have exceeded expectations and accomplished uncommon feats in the Merit Category respectively.

According to him, having event and making it colorful is derives from the management determination to showcase the premium it places on her employees whose unrelenting commitment and contributions are responsible for the growing fortunes of the Authority.

He maintained that the unprecedented performance in revenue generated and remitted to the Consolidated Revenue Fund of the Federation in the last two years is rooted in the dedication, determination, diligence and discipline of the awardees.

Mohammed Bello- Koko reiterated that NPA's drive towards attaining a 100% Occupational Health and Safety for the employees which has resulted in the International Organization for Standardization (ISO) Certification of Onne and Calabar Ports is very germane, noting that the Authority will not rest on its laurels until the other ports whose Certification process is at its conclusive stages are achieved.

He re- emphasized that management will continue to strive to improve the openness of relationship between her and its employees as both synergize toward a collective effort requires in bringing the lofty aspirations for the Nigerian Ports Authority.

No fewer than 387 staff bagged Long Service Awards, out of which 11 emerged as the Best Employees of the Year 2022 in the Merit Category, seven (7) got special recognition Awards. Delta Port, Warri and Tin Can Island Ports, Lagos received the Best Port Managers Award, while the Cleanest Port Award went to Onne Port, Rivers State.

NPA REWARDS EMPLOYEES

AFTER 20YRS OF MERITORIOUS SERVICE



Monthly Online Newsletter of the Nigerian Ports Authority

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he Managing Director, NPA Mohammed Bello Koko has said that the unprecedented performance in revenue generated and remitted to the Consolidated Revenue Fund of the Federation in the last two years is rooted in the dedication, determination, diligence and discipline of the NPA employees.

We also celebrate all our Special Recognition Award winners at the just concluded Long Service Award Ceremony.

On our Vox pop page, we present the feedbacks from a randomly selected staff of NPA on how they intend to improve productivity in the new year.

Others are from our regulars like: Birthdays, Health & Safety, and the Serialization of the Freedom of Information Act. Enjoy the reading.

> **Kingsley Ukabiala** Editor

EDITORIAL

Josephine Moltok Sarah K. Ballah Kingsley Ukabiala

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

PRODUCTION TEAM: Olusola Akosile

Olubiyi Omidiji Friday Eze Ebere Alaezi-Offia Anas Mohammed

- Graphics/Production Supervisor
- Senior Staff Writter
- Reporter (People & Events)
- Reporter (Travels & Tourism)
- Reporter

SECRETARIAT:

Gbenga Soyomi (Secretary) Bidemi Agboola Ali Garba Hassan

Editorial Contributor: 'Sola Adesanwo Photo Contributors: Paul I. Erakhiful

production of the Corporate and Strategic Communications Division Available on www.nigerianports.gov.ng and in emails of all officers/staff of NPA. All correspondence to be sent through:npanews@nigerianports.gov.

@niaerianports.aov.na

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



THE RICH BUILD THEIR OWN SHIP. THE POOR WAIT FOR THEIR SHIP TO COME IN.

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



THE LAST COLONIAL GOVERNOR GENERAL SIR JAMES ROBERTSON WAVING TO THE CROWD AT APAPA PORT BEFORE HIS DEPARTURE AND IS BEING SEEN OFF BY THE PRIME MINISTER, SIR ABUBAKAR TAFAWA BALEWA AND NPA GENERAL MANAGER - 1960



he management of Nigerian Ports Authority, NPA recently celebrated about eighteen (18) of her employees and three (3) Ports for excellent performance and achievement during the recently held Long Service Award.

Some were Awarded as Best Employees of the year, while others were given Special Recognition Award for various achievement on the job. The Award cut across various Directorates and Port Locations.

Nelson Ovbude of Delta Port, Warri and Jubril Buba of Tin Can Island Port respectively emerged as the Best Port Managers of the Year, while Onne Port was recognized as the Cleanest Port.

These are the l	list of the	recipients:
DECT EMPLOY		

BESTEMPLOTEES OF THE TEAK			
MD's Directorate	-	Ocheme Benjamin	
ED, F & A Directorate	-	Hadi Alimu	
ED, M & O Directorate	-	Ibrahim Olanrewaju Lukman	
ED, E & TS' Directorate	-	Engr. Awotabe Emmanuel Ako	
Abuja Liaison Office	-	Okorafor Bright Chimezie	
Calabar Port	-	Gbefa O. George	
Lagos Port Complex	-	Dunga Danladi	
Onne Port, PH	-	Asuquo Effiom Ime	
Rivers Port, PH	-	Mercy Charles Choko	
Tin Can Island Port	-	Chukwu Micheal Onuabuchi	
Delta Ports	-	Yusuf U. Sule	



SPECIAL RECOGNITION AWARDS

Dedication & Commitment to Delivery of Assignments-Mrs. Ugo Madubike (GM, PPP)Honesty & Integrity-Sodipe Felicia Funmilayo (Snr. Mgr. HR OPS)Passion for the Job-Balogun Hassan Kadiri (Snr. Mgr. Poll. Control)

Outstanding Performance

Contribution to the Maritime Sector

Excellence Performance in Examination

Excellence Performance in Examination

Excellence Performance in Examination -We serve you the faces of some of the Award winners. Ahmad M. Umar (GM, HR. chairman Niposa) Late Otumba Kunle Folarin (post humus) Fadahunsi Tope (Snr. Category) Egbeyon Friday (Jnr. Category.

The Nigerian Ports Authority Online Publication Team say a big congratulations to the entire recipients.



Monthly Online Newsletter of the Nigerian Ports Authority





ear Brother

Long ago, my great, grand dad Told me how his brothers Were ferried across seven- seas. Many, he said became Dinner on shark's table Long after brother, Their acts remind You of yester- years, The field the masters provided Is still of contours at your end. My great, grand dad said You are like a warriorking Who dwelled in the tropics and the savannah, The duiker, whose skin all adore, Like a fleet- footed gazelle, Winner in all contests, Mother of all races! Your golden crown Stolen decades ago, Shall return with diamond and coral beads. Brother, my watch whispers It's past midnight, My pen yawns for ink, My eyes heavy for sleep Till I feed my pen, When your golden morrow Shall come. I remain your Soulmate. Extract from MUSINGS OF A QUESTER





LAW OF THE FEDERATION OF NIGERIA (FOI ACT)

2 Where an application is transferred under subsection (1), the application shall be deemed to have been made to the public institution to which it was transferred on the day the public institution received it. 3 For the purpose of subsection (1), a public institution has "a greater interest" in information if-

(a) the information was originally produced in or for the institution; or
(b) in the case of information not originally produced in or for the public institution, the institution was the first public institution to receive the information

6 The public institution may extend the time limit set out in Section 5 or Section 6 in respect of an application for a time not exceeding 7 days if –

The application is for a large number of records and meeting the original time limit would unreasonably interfere with the operations of the public institution; or Consultations are necessary to comply with the application that cannot reasonably be completed within the original time limit, by giving notice of the extension stating whether the extension falls under the circumstances set out in this section, which notice shall contain a statement that the applicant has a right to have the decision to extend the limit reviewed by the Court. 7 (1) Where the government or public

institution refuses to give access to a record or information applied for under this Act, or a part thereof, the institution shall state in the notice given to the applicant the grounds for the refusal, the specific provision of this Act that it relates to and that the applicant has a right to challenge the decision refusing access and have it reviewed by a Court.

(2) A notification of denial of any application for information or records shall state the names, designation and signature, of each person responsible for the denial of such application. (3) The government or public institution shall be required to indicate under subsection (1) of this Section whether the information or record exists. (4) Where the government or public institution fails to give access to information or record applied for under this Act or part thereof within the limit set out in this Act, the institution shall, for the purpose of this Act, be deemed to have refused to give access. (5) Where a case of wrongful denial of access is established, the defaulting

officer or institution commits an offence and is liable on conviction to a fine of N500,000.

8 Fees shall be limited to standard charges for document duplication and Fees transcription where necessary. 9 (1) Every government or public institution shall ensure that it keeps every information or record about the institution's operations, personnel, activities and other relevant or related information or records.

(2) Every government or public institution shall ensure the proper organization and maintenance of all information or record in its custody, in a manner that facilitates public access to such information or record under this Act.

10 It is a criminal offence punishable on conviction by the Court with a minimum of 1-year imprisonment for any officer or head of any government or public institution to which this Act applies to willfully destroy any records kept in his custody or attempt to doctor or otherwise alter same before they are released to any person, entity or community applying for it. TO BE CONTINUED.





ish and seafood: especially scaly fish, tilapia, salmon, crayfish, croaker, Titus, and shrimp.

Plant-based proteins: beans, legumes, and soya.

SAMPLE OF VEGETABLES ARE:

Cucumber, Spinach, Tomatoes, Cabbage, Lettuce, Broccoli, Cauliflower.

SAMPLE OF HEALTHY FATS:

Olive oil, Coconut oil, Avocado oil. Subsequent paragraph summarises the key steps to adopt for weight loss:

SAMPLE WEIGHT LOSS TIPS

1. Eat high protein breakfast. Eating a high protein breakfast could reduce cravings and calorie intake throughout the day.

2. Avoid sugary drinks and fruit juice. These are among the most fattening things you can put into your body.

3. Drink water before meals. One study showed that drinking water a half hour before meals increased weight loss by 44% over 3 months.

4. Choose weight-loss friendly foods. Some foods are better for weight loss than others.

5. Eat soluble fiber. Studies show that soluble fibers may promote weight loss.6. Drink green tea as they boost metabolism by 3-11%.

7. Base diets on natural whole foods. They are healthier, more filling, and much less likely to cause overeating than processed foods.

8. Adopt a slow eating habit. Eating quickly can lead to weight gain over time, while eating slowly makes you feel more full and boosts weight-reducing hormones.

9. Daily weight check. Studies show that people who weigh themselves every day are much more likely to lose weight and keep it off for a long time. 10. Good quality sleep-Sleep is important for many reasons, and poor sleep is one of the biggest risk factors for weight gain.

SUMMARY

For effective weight control and Management, each meal will need to contain protein sources, low fat and carbohydrate sources and plenty of vegetables. Doing this will generally put the individual in a carbohydrate range of 20-50 grams approximately. Consequently, it will support the weight management programme.



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



s the New Year 2023 begins with every enthusiasm, we try to sample the opinions of our employees on their preparedness and how to improve their productivity on their job in the new year. These are the responses we got from the randomly selected employees.

RELAXANT

s a procurement Officer, firstly, I will endeavor to maintain punctuality. Secondly, I will strictly follow procurement timelines in order to achieve value for money in line with Public Procurement Act (PPA 2007). In doing this with my colleagues in 2023, it will help management achieve above 80% of her budget performance.



D

will like to improve on time management, considering the day to day task assigned to me within the Authority. At the moment, the tasks have been a bit over whelming. I will plan in order of priority and taking into consideration of my deadlines.



Ibrahim Kashim Imam Public Private Partnership, HQ

Othman Mahmud ICT, Abuja Liaison Office Nwafor M. C Procurement, HQ

will put in my best to ensure that departmental needs are timely met especially as it relate to providing speedy maintenance of available systems in various offices. I will equally endeavor to indulge myself in a selfdevelopment programme that will enhance my productivity. I will put in my best to ensure that the target of the Division is met.



Patrick Samuel Harbors, HQ very new year connotes a fresh start and re- identifying open opportunities. The under mentioned methods are the process I will imbibe: A. TRAINING: I would encourage my superior to enroll me and my colleagues in training programme that will expose us to various fields of work as it relates to our job. B. TARGET TIMELINES: Target timeline should be allocated to every jobs assigned to any officers of the Authority as this will boost prompt response to all assigned duties.

ohammed Bello Koko Bequeaths a Legacy of Improved Welfare in NPA.

The Staff and Officers of Nigerian Ports Authority, NPA is full of appreciation to the Board and Management of NPA, especially the Managing Director, Mohammed Bello Koko who made history with the Improvement of Staff welfare.

Recall that the Salaries of the employees has not been upwardly reviewed since 2008, culminating to over fifteen years of stagnation.

When the Mohammed Bello Koko led Management came on board, they set out with all tenacity to upwardly review the salary with the strong support and backing of the Honorable Ministers of Transportation, Labor & Employment as well as the Secretary to the Federal Government of the Federation, the necessary approvals were secured for immediate implementation.

STOP DRESS

The Managing Director, NPA who spoke during the just concluded Long Service Award ceremony in Lagos thanked the Federal Government for the increment in staff salaries. He reiterated that improving Human Capital Resources has been one of the overiding objectives of the Management of NPA.





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NIGERIAN PORTS AUTHORITY

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



Rivers Port, Port-Harcourt Basket House, P.M.B. 5043 Port-Harcourt - Rivers State Email Address: riversinfo@nigerianports.gov.ng

Calabar Port Complex, Calabar New Calabar Port Complex P.M.B 1014 Calabar, Cross-River State Email Address: calabarinfo@nigerianports.gov.ng **Tin Can Island Port** P.M.B. 1201, Apapa, Lagos *Email Address:* tcipinfo@nigerianports.org

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

Onne Port Complex, Onne Onne Port Complex, PMB 6199 Onne Rivers State Email Address: onneinfo@nigerianports.gov.ng

www.nigerianports.gov.ng

the all the state

info@nigerianports.org

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