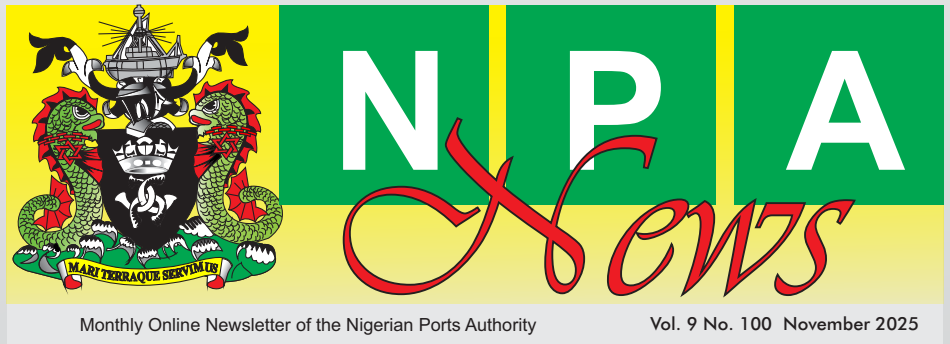


100TH EDITION



Monthly Online Newsletter of the Nigerian Ports Authority

Vol. 9 No. 100 November 2025

NPA NEWSLETTER CELEBRATES 100TH EDITION

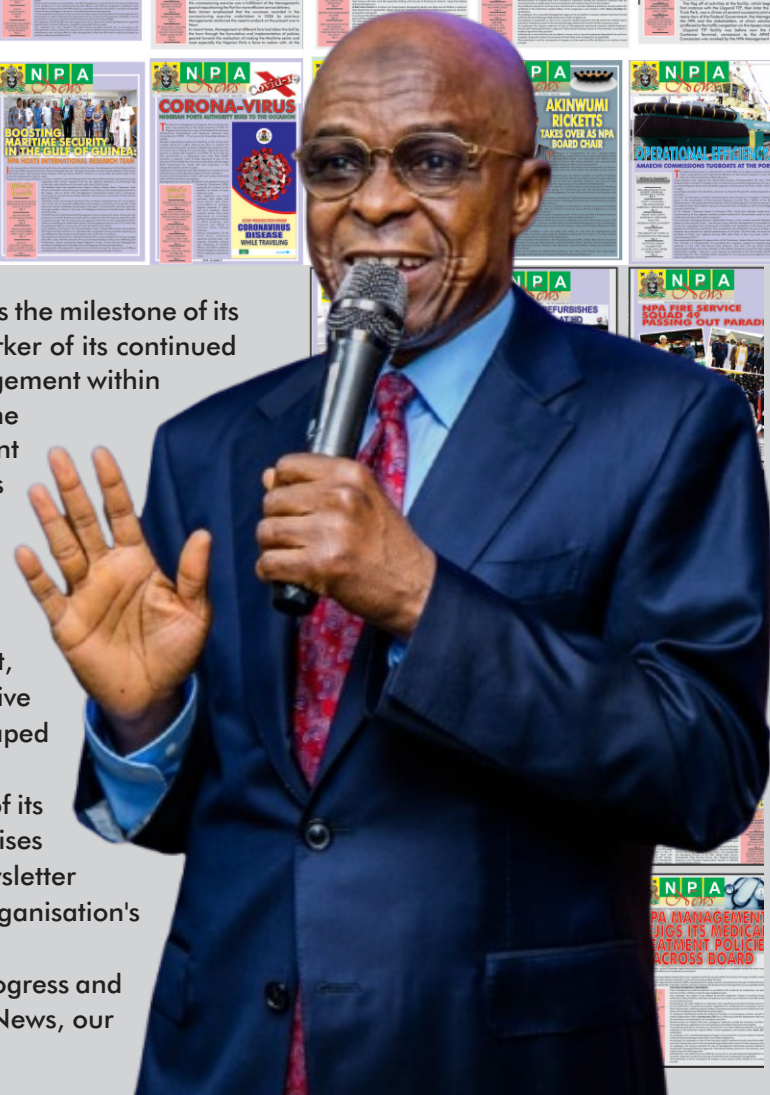


The Management of Nigerian Ports Authority (NPA) proudly announces the milestone of its 100th edition of the official newsletter, NPA News, a significant marker of its continued commitment to transparency, communication, and community engagement within the organisation. Since its inception (first edition, August 2017), the newsletter has served as a vital platform for disseminating important updates, industry news, and strategic initiatives that shape the operations and employee welfare.

The special edition highlights the evolution of the NPA's services, showcasing major projects, partnerships, and innovations that have driven the organisation's growth and commitment of its staff over the past decade. The newsletter features exclusive interviews with Management, insights into maritime terminologies, visa requirements for prospective travellers, work etiquette and the opinions of employees that have been shaped by this medium.

In celebration of this 100th edition, the NPA acknowledges the dedication of its staff and stakeholders in fostering a collaborative environment that prioritises safety, sustainability, and economic development. As the NPA Newsletter embarks on the next chapter, it remains committed to enhancing the organisation's position as a leading maritime hub in West Africa.

Join us in celebrating this achievement as we look forward to continued progress and impact in the maritime sector. Here's to the next 100 editions of the NPA News, our very own online newsletter!



“National Brand Asset Anchored on Service Excellence”



THE EDITOR'S DESK

A MESSAGE FROM OUR EDITOR



We are thrilled to announce the milestone of our 100th edition of the official NPA Newsletter! Join us in celebrating this achievement as we look forward to continued progress and impactful communication within our community.

Similarly, the dedicated staff of the (NPA) Customs Quays, under the Apapa Multipurpose Cooperative Society Limited, visited Dr Abubakar Dantsoho, Managing Director of the NPA, where he encouraged cooperative members to build meaningful relationships and actively seek opportunities for personal and professional growth.

The vox pop segment is centred on the milestone of the 100th edition of the NPANews letter, its impact on staff, and how it can be improved. Our regular feature covers topics on health and safety, work ethics.



Kingsley Ukabiala
Editor

All correspondence to be sent through: npanews@nigerianports.gov.ng

EDITORIAL

- Ikechukwu Onyemekara- Editor-In-Chief
- Ezinne Asinobi - Deputy Editor-In-Chief
- Kingsley Ukabiala - Editor
- Olubiyi Omidiji - Deputy Editor
- Benedicta Onwuemene - Reporter (Travels & Tourism)
- Albert Orem - Reporter (People & Events)
- Anas Mohammed - Reporter

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PHOTOGRAPHY

Paul I. Erakhifu



A ship in a harbor is safe, but that is not what ships are for.

Quotable Quote



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



Source: <http://www.oup.com/>

From January 15 to February 12, 1977, Nigeria hosted an extravagant international festival celebrating Africa's cultural achievements and legacies on the continent and throughout its diaspora communities. Named the Second World Black and African Festival of Arts and Culture (or Festac 77), it was modeled on Léopold Senghor's inaugural Festival Mondial des Arts Nègres (World Festival of Black Arts, or Fesman) held in Dakar in 1966 but expanded its Atlantic horizons of Africanity to include North Africa, India, Australia, and Papua New Guinea. Festac's broader vision of the Black and African world was further bolstered by Nigeria's oil boom, which generated windfall revenues that accrued to the state and underwrote a massive expansion of the public sector mirrored by the lavish scale of festival activities. Festac's major venues and events included the National Stadium with its opening and closing ceremonies; the state-of-the-art National Theatre in Lagos, with exhibits and dance-dramas linking tradition to modernity; the Lagos Lagoon featuring the canoe regattas of the riverine delta societies; and the polo fields of Kaduna in the north, celebrating the equestrian culture of the northern emirates through their ceremonial durbars.

If Festac 77 invoked the history of colonial exhibitions, pan-African congresses, Black nationalist movements, and the freedom struggles that were still unfolding on the continent, it also signaled Nigeria's emergence as an oil-rich regional and global power. Festac's significance lies less in its enduring impact than in what it reveals about the politics of festivals in postcolonial Africa.

A production of the Corporate Affairs Division Available on www.nigerianports.gov.ng and in emails of all officers/staff of NPA.



NPA CUSTOMS QUAYS STAFF ADVOCATES FOR FINANCIAL EMPOWERMENT DURING VISIT TO MD

The dedicated staff of the Nigerian Ports Authority (NPA) Customs Quays, operating under the Apapa Multipurpose Cooperative Society Limited, recently visited Dr Abubakar Dantsoho, Managing Director of the NPA. In his address, Dr Dantsoho emphasised the necessity for cooperative members to take charge of their financial futures and encouraged them to build meaningful relationships while actively seeking opportunities for personal and professional growth. He added that adopting proactive measures will secure a brighter future for members and enhance their quality of life.

This visit closely followed the cooperative's 61st Annual General Meeting (AGM) held in 2025, themed "Sustaining Cooperative Growth through Accountability, Innovation, and Member Empowerment." This theme aligns with the Lagos State Cooperative Bye-Laws as the cooperative aims to enhance its resource base through collective participation. Its mission emphasises the creation of a synergy of ideas, which will drive financial stability and address financial indiscipline

among its members, showcasing its commitment to long-term growth and sustainable practices.

During the meeting, Ambassador (Dr.) Aliyu Dahiru, President, spoke passionately, highlighting that the gathering was an opportunity to reflect on achievements and reaffirm their commitment to transparency and service. He called for collaboration with both the NPA and potential investors, stressing the need for financial support to help members navigate the challenges of securing loans from traditional banks amid high-interest rates. Reflecting on his tenure, Dahiru shared significant achievements, including growth in member savings, full retirement benefits for retirees, prompt loan support for staff training, and the introduction of a N50,000 minimum share capital to strengthen the cooperative's financial base. Overall, the visit fostered a shared vision for sustainable growth within the NPA community.

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

HEALTH & SAFETY

HEALTHY EATING FOR WEIGHT LOSS



To achieve and maintain a healthy weight, it is essential to focus on nutrient-dense foods that provide the necessary building blocks for overall health. Here are some healthy protein sources, vegetables, and fats to include in your diet:

- **Protein Sources:** Fish and seafood (such as scaly fish, tilapia, salmon, crayfish, and shrimp), plant-based proteins (like beans, legumes, and soya)
- **Vegetables:** Cucumber, spinach, tomatoes, cabbage, lettuce, broccoli, cauliflower
- **Healthy Fats:** Olive oil, coconut oil, avocado oil

Sample Weight Loss Tips

In addition to eating a balanced diet, here are some evidence-based tips to support your weight loss journey:

1. Eat a High-Protein Breakfast: Starting your day with a protein-rich meal can reduce cravings and calorie intake throughout the day.
2. Avoid Sugary Drinks and Fruit Juice: These beverages are high in calories and can hinder weight loss efforts.
3. Drink Water Before Meals: Drinking water 30 minutes before meals may support increased weight loss by 44% over 3 months.
4. Choose Weight-Loss Friendly Foods: Focus on whole, unprocessed foods that are low in calories and high in nutrients.
5. Eat Soluble Fibre: Soluble fibres can promote weight loss and improve overall health.
6. Drink Green Tea: Green tea has been shown to boost metabolism by 3-11%.
7. Base Your Diet on Whole Foods: Whole foods are healthier, more filling, and less likely to cause overeating than processed foods.
8. Eat Slowly: Eating too quickly can lead to weight gain while eating slowly can increase feelings of fullness and boost weight-reducing hormones.
9. Monitor Your Weight: Daily or regular weight checks can help you stay on track and achieve your weight loss goals.
10. Prioritize Sleep: Poor sleep is a significant risk factor for weight gain, so aim for 7-9 hours of quality sleep per night.

For effective weight control and management, aim to include protein, low-fat option, carbohydrate sources, and plenty of vegetables in each meal. This will help keep your carbohydrate intake within a healthy range (20-50 grams) and support your weight management program.

- NPA, HSE DIVISION

As your favourite online newsletter reaches its 100th edition, we would love to hear from you! How has it impacted the staff as a whole, and in what areas do you think it could be improved?

Compiled by **ALBERT OREM**

Work Hour Relaxation

VOX-POP



Congratulations on the deliberate and sustained production and delivery of this educative and versatile newsletter.

It has continuously enriched the life of the NPA workforce and pointed to Management's direction in

all areas at all times.

I would love to see a little space dedicated to ordinary people doing extraordinary things in their hidden corners of the Authority. Showcasing these will not only motivate them to do more but also serve as encouragement for others to give their best.

Keep up the good work! - **Mrs. Josephine Moltok Rtd. GM Corporate & Strategic Communications**

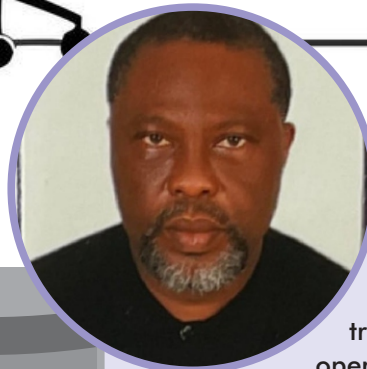
Congratulations on reaching your 100th edition! Your dedication to excellence in reporting is truly valued. Consider adding more space for feedback to capture the pulse of the reading public better. Wishing you continued success - **Odetayo Vivian, E & L R, Rivers Port Complex**



The newsletter has truly fostered a sense of community among the staff, keeping us connected and informed about each other's projects and achievements. It has encouraged collaboration and dialogue, making us feel more unified as a team.

However, there is always room for improvement. One area we could enhance is the variety of content. While the current topics are engaging, introducing more diverse themes or guest contributors could provide fresh perspectives.

Overall, the newsletter has been a fantastic resource, and with a few tweaks, it could become even more valuable for our team. Congratulations on reaching this milestone! - **Kingsley Ezeanaya, Corporate Affairs, HQ**



The NPA newsletter has served as an invaluable resource for staff over the years, offering crucial updates on trends and developments in port operations. It provides insights, no health tips, safety protocols, and sports stories related to the Authority. However, there is potential for enhancement by including discussions on information technology and the latest innovations that impact port operations. This addition would not only broaden the scope of the newsletter but also keep staff informed about the technological advancements shaping the industry. - **Olumati O. Samuel, ICT, Onne Port**

As your favourite online newsletter reaches its 100th edition, we would love to hear from you! How has it impacted the staff as a whole, and in what areas do you think it could be improved?

Compiled by **ALBERT OREM**

Work Hour Relaxation

VOX-POP



and awareness.

I suggest that more retiring mentors should be featured more to guide the new generation of staff and officers. - **Agbaye Blessing Chinedu, Safety, Delta Port**

Congratulations on the 100th edition. It has helped the Nigerian Port Authority articulate its mission statement and HSE policy through education



The newsletter has helped us feel more connected, informed, and valued as a staff community. It adds warmth to our workdays. To improve, more personal stories, staff highlights, and timely updates would make it even more supportive and meaningful for everyone. - **Ukanwanne Peace Ugochi, Employee & Labour Relations, HQ**



with developments in the system & by extension, the outside world. With this information, the productivity of the workforce is boosted because it is said that "Knowledge is power."

The Newsletter could be improved upon with the inclusion of the following

- Creation of a column for Short stories. (for relaxation and entertainment) To encourage participation, writers of the best stories could be acknowledged and a little gift/ cash given.
- A column for staff who have properties/ vehicles for sale.
- **Daniel E. Eserewan, M&RS Dept., Delta Ports**

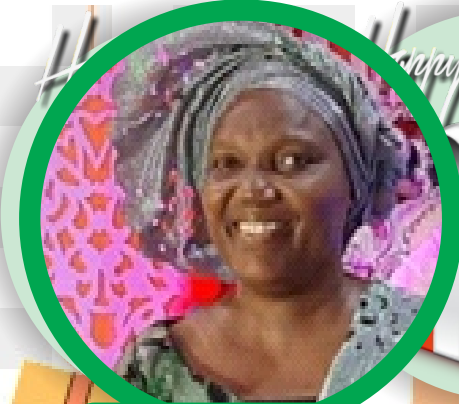
I thank Management for the production of the Newsletter. It positively affects us in the sense that it educates and enlightens the workforce. It keeps us abreast

The newsletter has been a great platform to stay informed. It has improved staff awareness and connection. Its impact could grow further with more interactive content, clearer updates and opportunities for staff contributions to make it more engaging and inclusive. - **Abdulsadiq Bakare, Admin, HQ**



Legal Officer, Delta Ports, Warri

Before joining NPA, I reviewed our newsletters. The professionalism, dedicated content clearly contributes to NPA's achievements. I'm always enthusiastic to read every edition to stay informed. - **Nwachukwu Eze,**



Omonike Awosika
Admin. Div. HQ
8th November



Mrs. Mary Okoliko
Fire Services. HQ
23rd November



Andrew Okocha
26th November
Human Resource, HQ



Adesope Oluwaseun
Security Div., LPC
21st November



Ukanwanne Peace Ugochi
November



Firimabo Bobogunga
Vessels Management, Rivers Port
22nd November



Martina Akoko
HR Rivers/Onne port
19th November



Lilian Brume
Med. Lab. Science, Delta Ports
2nd 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
Corp. & Strat. Comm. Div. HQ
10th November



NIGERIAN PORTS AUTHORITY

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



Our Port Locations:

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