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NOA HAILS GOLDEN EAGLETS' WORLD CUP VICTORY



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NATIONAL ORIENTATION AGENCY

THE DIRECTOR GENERAL'S VISION



It is a fact of history that man is the motif force of every development process, which means that man should lead development rather than be led by it. The attainment of national goals is therefore inextricably tied to the quality of a nation's human capital base, the core values it holds so dear to chest and the attitudes that proceed from such values. This underscores the all-time need to cultivate a well cultured, sufficiently enlightened, positively orientated and adequately mobilized citizenry, whose thinking and conduct is anchored on our nation's core aspirations.

Arising from this dire need, I was determined at my appointment by his Excellency; Mr. President, to evolve creative ways of making NOA a more proactive, knowledge-based and activity-driven agency in order to create optimum impact towards the fulfilment of its mandate. With the cooperation of the hardworking staff of the Agency, the following strategies have been put in place to better reposition NOA.

NOA's Corporate Social Responsibility (CSR) Unit: This Unit will work to harness resources to boost the Agency's activities. It will also provide a platform for public/private partnership towards the attainment of the NOA mandate.

NOA's Citizens Responsibility Scheme: This is designed as an engaging platform for service at the community and neighbourhood level. This scheme will be integrated with the WAI Brigade Programme of NOA. It will provide the activity vanguard for mobilization, sensitization and participatory cooperative activities in the over 8,500 wards and units in the country. Through this medium, it shall be made easier for the public and social institutions to channel resources for community uplifting using the volunteer scheme.

The Do the Right Thing: Transform Nigeria Charge: This campaign is intended to urge all Nigerians everywhere to do the right thing always. It is a national value re-orientation campaign that seeks to create a deliberate consciousness in Nigerians and a national call to do what is right. It is the beginning of a new effort that will daily remind Nigerians of the need to be a part of the development of our father land. It is not a slogan but a charge. The **"DO THE RIGHT THING"** campaign will be built on the following trajectory: Be Disciplined, Be Honest, Be Patriotic, which ultimately summarize the campaign.

Indeed, there is no gainsaying in the fact that NOA is poised not only for self-transformation but also for national transformation through adequate re-orientation. But if it must succeed in its drive to transform Nigeria, it needs the cooperation of all relevant stakeholders including religious and traditional leaders, politicians, MDAs, civil servants, the media, private sector operators and indeed, all Nigerians.

The success of NOA in its mandate of general attitude re-orientation among Nigerians as well as serving as a go-between for government and the people on government policies, programmes and activities is the success of Nigerians, especially the masses. Therefore, Let us all join hands together with NOA to DO THE RIGHT THING AND TRANSFORM NIGERIA.

ADDRESS

National Headquarters
Block B, Old Federal Secretariat Complex
Area 1, Garki, Abuja
admin@noa.gov.ng
+234 (0) 9-8733900
+234 (0) 9-8733907
www.noa.gov.ng,
www.transformation.gov.ng



NOA PRESENTS PROGRESS REPORT ON FOI TO DGD

By Aisha Ali

The National Orientation Agency (NOA) has submitted a progress report on the Freedom of Information (FOI) Acts sensitization strategy to the United Nations Development Programme (UNDP)'s Democratic Governance for Development (DGD) Project II in Abuja.

The DGD funded the sensitization under the partnership between it and the NOA, which began a year ago.

Presenting the report, the Director-General of the Agency, Mr. Mike Omeri lauded the support of the DGD, saying such intervention had bridged the gap between government and the people.

Omeri further explained that the intervention by the DGD had supported production of translated versions of FOI Acts into three (3) major Nigerian languages, adding that the Agency is planning to translate the Acts into other Nigerian languages for wider access and understanding.

"DGD's investment in the Agency's campaign will go a long way to helping Nigerians share their destiny. This was an important activity because it bridged the gap between government and the people," Omeri stressed.

Receiving the report, the UNDP Country Director, Dr. Mourtarda Dame applauded the Agency for "playing by the rules and regulations" of the DGD project II, saying that the Agency had exhibited "professionalism" in the execution of the project sponsored by UNDP.

Explaining how the sensitization campaign was carried out, Director, Planning, Research and Statistics of the Agency, Mr. Bonat Tagwai said the Agency trained its 2,233 Chief Orientation and Mobilization Officers (COMOs) to carry out the job, adding that responses from the grassroots would be analysed and submitted to the UNDP soon.

On his part, Prof. Sam Egwu of the UNDP hailed the partnership and said it was not

"accidental" but rather help to deepen democracy in Nigeria. Egwu also noted that the report was comprehensive and productive while affirming that the "strategic partnership" with the Agency would be sustained.

NOA HAILS GOLDEN EAGLETS' WORLD CUP VICTORY

By Favour Orji

The Director-General, National Orientation Agency (NOA), Mr. Mike Omeri has congratulated the Golden Eaglets of Nigeria for making the nation proud by winning the 2013 FIFA Under-17 World Cup in the United Arab Emirates (UAE).

Mr. Omeri said the Eaglets' journey to victory in the tournament reflected the resilience, tenacity and can-do spirit of Nigerians. He therefore commended the coaching crew for instilling in the team the discipline, courage and other positive values needed to lift the Under-17 World Cup trophy for the 4th time.

"The Eaglets have once again shown to the world that quality of Nigerians that believe in the best, work for the best and attain the best in every field of endeavour. Their 3-0 victory over the Mexicans in the finals is a testimony to the fact that if we all do the right thing in our different corners, we can transform our great country Nigeria for the better", said Omeri.

The NOA Director-General also commended Nigerians for their unity, dedication and patriotism in supporting and cheering the Golden Eaglets throughout the tournament, urging

Nigerians to replicate these virtues in all areas of our national life as they continue to work together to build greater strength and respect for Nigeria in the comity of nations.

STAFF PROFILE



NAME: Agboola, Gbenga Emmanuel

STATE OF ORIGIN: Ekiti State

HOME TOWN: Igbole-Ekiti

LGA: Ido-Osi LGA

MARITAL STATUS: Married

NO OF CHILDREN: 3 daughters

DESIGNATION: Head of Transportation Section

YEARS IN SERVICE: 21 years. Started with MAMSER in 1989

BEST FOOD: Akpu with vegetable soup or bitter leaf.

HOBBIES: Reading, playing volley ball and watching classical movies.

EXPERIENCE IN THE AGENCY: Initially, there were 2 people in charge of vehicle maintenance but today since the commencement of administration of the Director-General, Mr Mike Omeri, there are more personnel on the job. We have had 22 pickups, 10 jeeps and four new buses within a short period of 18 months he assumed duties.





WHAT IS HYPERTENSION AND HOW CAN IT BE PREVENTED?

Hypertension, also referred to as high blood pressure, is a condition in which the arteries have persistently elevated blood pressure. Every time the human heart beats, it pumps blood to the whole body through the arteries. Blood pressure is the force of blood pushing up against the blood vessel walls. The higher the pressure the harder the heart has to pump.

Hypertension can lead to damaged organs, as well as several illnesses, such as renal failure (kidney failure), aneurysm, heart failure, stroke, or heart attack. Researchers from UC Davis reported in the Journal of the American Academy of Neurology that high blood pressure during middle age may raise the risk of cognitive decline later in life.

The normal level for blood pressure is below 120/80, where 120 represents the systolic measurement (peak pressure in the arteries) and 80 represents the diastolic measurement (minimum pressure in the arteries). Blood pressure between 120/80 and 139/89 is called prehypertension (to denote increased risk of hypertension), and a blood pressure of 140/90 or above is considered hypertension.

Hypertension may be classified as essential or secondary. Essential hypertension is the term for high blood pressure with unknown cause. It accounts for about 95% of cases. Secondary hypertension is the term for high blood pressure with a known direct cause, such as kidney disease, tumours, or birth control pills.

Causes of Hypertension

Though the exact causes of hypertension are usually unknown, there are several factors that have been highly associated with the condition. These include:

- Smoking
- Obesity or being overweight
- Being obese/overweight as a child - a research team at the Indiana University School of Medicine found that obese/overweight children are much more likely to suffer from hypertension during adulthood.
- Diabetes
- Sedentary (much sitting and little physical exercise) lifestyle
- Lack of physical activity
- High levels of salt intake (sodium sensitivity).
- Insufficient calcium, potassium, and magnesium consumption
- Vitamin D deficiency
- High levels of alcohol consumption
- Stress
- Aging
- Medicines such as birth control pills
- Genetics and a family history of hypertension
- Chronic kidney disease

- Adrenal and thyroid problems or tumours

Symptoms of Hypertension

There is no guarantee that a person with hypertension will present any symptoms of the condition. Many people actually do not know that they have high blood pressure, and this ignorance can last for years. For this reason, it is advisable to undergo periodic blood pressure screenings even when no symptoms are present. Extremely high blood pressure may lead to some symptoms, however, and these include:

- Severe headaches
- Fatigue or confusion
- Dizziness
- Nausea
- Problems with vision
- Chest pains
- Breathing problems
- Irregular heartbeat
- Blood in the urine

Diagnosing Hypertension



Hypertension may be diagnosed by a health professional who measures blood pressure with a device called a **sphygmomanometer** - the device with the arm cuff, dial, pump, and valve. The systolic and diastolic numbers will be recorded and compared to a chart of values. If the pressure is greater than 140/90, you will be considered to have hypertension.

A high blood pressure measurement, however, may be spurious or the result of stress at the time of the exam. In order to perform a more thorough diagnosis, physicians usually conduct a physical exam and ask for the medical history of you and your family. Doctors will need to know if you have any of the risk factors for hypertension, such as smoking, high cholesterol or diabetes.

If hypertension seems reasonable, tests such as **electrocardiograms (EKG)** and **echocardiograms** will be used in order to measure electrical activity of the heart and to assess the physical structure of the heart. Additional blood tests will also be required to identify possible causes of secondary hypertension and to measure renal function, electrolyte levels, sugar levels, and cholesterol levels.

Treating Hypertension

The main goal of treatment for hypertension is to lower blood pressure to less than 140/90 -

or even lower in some groups such as people with diabetes, and people with chronic kidney diseases. Treating hypertension is important for reducing the risk of stroke, heart attack, and heart failure.

High blood pressure may be treated medically, by changing lifestyle factors, or a combination of the two. Important lifestyle changes include losing weight, quitting smoking, eating a healthful diet, reducing sodium intake, exercising regularly, and limiting alcohol consumption.

Medical options to treat hypertension include several classes of drugs. ACE inhibitors, ARB drugs, beta-blockers, diuretics, calcium channel blockers, alpha-blockers, and peripheral vasodilators are the primary drugs used in treatment. These medications may be used alone or in combination, and some are only used in combination. In addition, some of these drugs are preferred to others depending on the characteristics of the patient (diabetic, pregnant, etc.). If blood pressure is successfully lowered, it is wise to have frequent check-ups and to take preventive measures to avoid a relapse of hypertension.

Beetroot Juice - A research team from Queen Mary, University of London, wrote in the journal Hypertension that a cup of beetroot juice each day can reduce blood pressure in hypertensive patients. The researchers started off examining what the impact of consuming nitrates might be on laboratory rats, and then confirmed their findings with 15 volunteer humans, all with hypertension.

The following foods are high in nitrates:

- Beetroot
- Fennel
- Cabbage
- Lettuce
- Radishes
- Carrots

Increasing one's intake of vegetables with a high dietary nitrate content, such as green leafy vegetables or beetroot, might be a lifestyle approach that one could easily employ to improve cardiovascular health.

Preventing Hypertension

Hypertension can best be prevented by adjusting your lifestyle so that proper diet and exercise are key components. It is important to maintain a healthy weight, reduce salt intake, reduce alcohol intake, and reduce stress.

In order to prevent damage to critical organs and conditions such as stroke, heart attack, and kidney failure that may be caused by high blood pressure, it is important to screen, diagnose, treat, and control hypertension in its earliest stages. This can also be accomplished by increasing public awareness and increasing the frequency of screenings for the condition.

Culled from *medicalnewstoday.com*



NOA RECEIVES AWARD FOR PROMOTING PEACE

By Abdul Sa'ad

Efforts aimed at promoting peace and good governance by the National Orientation Agency (NOA) have been recognized by the Youth for Peace and Good Leadership Initiative International, a non-governmental organization with an International Award for Innovative Excellence in the Pursuit of Peace.

The award came at the 2013 Peace and Leadership Award and Launching of Centre for Peace, Conflict Resolution and Youth Leadership Development in recognition of the Agency's consistent programmes and events that promote peace and good governance in the country.

Receiving the award, the Director-General of the Agency, Mr. Mike Omeri who was represented by the Deputy Director, Orientation and Peace Education, Ms Ify Okoye thanked the organizers of the event, describing them as "partners in the peace project". She said the award would give the Agency "more thirst" to evolve programmes towards achieving the "ultimate" goal of ensuring peaceful co-existence amongst Nigerians.

"This is a noble idea by the organizers of the event. We appreciate your recognition and efforts to assist governments in achieving peace and promoting good governance," said Okoye.

Speaking at the event, the President/Founder of the NGO, Dr. Simon Dolly said the activities of the Agency (NOA) caught his NGO's attention as a promoter of peace and good leadership. He said further that NOA and his NGO shared the same vision, and worked on the same wave length to achieve the "onerous task" of ensuring that peace remains a reference point in our country.

NOA STAKEHOLDERS IN JOS COMMEND PRESIDENT JONATHAN

By David Ofurum

The panellists at the Stakeholders Conversation of the Mid Term Report of the government holding in Jos has commended President Goodluck Jonathan for making effort to take his policies and activities to the grassroots through the National Orientation Agency. The panel further commended the Agency's approach to value re-orientation and communication of government policies. The event which took place at the Treasures Inn's Conference Centre, Rayfield, Jos scored President Jonathan high in most of the key areas of the economy including health, education, tourism, electricity, sports and human empowerment.

The Director-General of the Agency, Mr. Mike Omeri had in his welcome address said it is imperative to seek the fact and figures on the activities of government to correct "falsehood often peddled by mischief makers whose stock in trade is to ridicule every government and portray our nation in a bad light." "...this administration sets out to embark on its journey to change the trajectory of our country's development through the fundamentals as elucidated in the Transformation Agenda," Omeri stressed.

While declaring the session open, the Director of Session, Sir Joseph Ari assured the audience that the country is marching forward to a promised land, adding that in the cause of the journey, it is normal to encounter some challenges. He said further that MTR conversation by NOA ahead of national confab "favoured" by President Jonathan would further affirm the commitment of his administration to engage in dialogue to resolve lingering issues.

Ari also commended the Agency "for taking bold step to organize the

platform to allow Nigerians at grassroots level to vent their opinion on key areas of our nation, while hailing DG NOA for initiating various inter-face fora aimed at bridging gap; and report pulse of the nation to the government." The forum provided opportunity to various Nigerians to engage the panellists and stakeholders and asked questions in diverse areas of our national life. Panellists were drawn from major sectors to discuss achievements recorded by President Jonathan's administration mid-way to his term.

Other participants at the one-day conversation included the Plateau State Governor, Mr. Jonah Jang, represented by Hon. David Jang Zoyong, representatives of Ministers of Mines and Steel Development, Health, Power and Sports Development. Others include President, Nigerian Medical Association, Dr. Meshak Daniel, representative of Commissioner for Information, Plateau State, Mr. Haris Dawurung, NOA Plateau State Director, Mr. Musa Chantuu, and NOA Director, PRS, Barr. Bonat Tagwai.

Laugh It Out

1. BOY: I have been to London before.

Girl: It is a lie!

BOY: It is a true. In fact, I saw that it was bigger than England.

2. SON: Dad made me give up my seat on a bus for a lady when we were travelling last night.

MUM: Well, your dad made you to **Do the Right Thing**. It is good to respect grown-ups.

SON: But mum, I was sitting on dad's lap.

3. TEACHER: What is a lie?

STUDENT: It is an abomination before God but a very present help in time of trouble.

Henry O. Obisesan



PHOTO NEWS

NOA STAKEHOLDERS' CONVERSATION ON THE MID-TERM REPORT OF MR. PRESIDENT, JOS SESSION



(Right) Director-General, National Orientation Agency (NOA) Mr. Mike Omeri sharing a joke with the Representative of Hon. Minister of Mines and Steel, Prof. Ibrahim A. Madugu at the one day Stakeholders' Conversation on the Mid-Term Report of President Goodluck Jonathan held in Jos, Plateau State on Friday 4th October, 2013.

(Left – Right) Representative of Plateau State Governor, Mr. David Zoyong Jang; Representative of Hon. Minister of Mines and Steel, Prof. Ibrahim A. Madugu; Director-General, National Orientation Agency (NOA), Mr. Mike Omeri and the Representative of Chairman/Minister, National Sports Commission, Barrister Gregory Iyegun at the one day Stakeholders' Conversation on the Mid-Term Report of President Goodluck Jonathan held in Jos, Plateau State on Friday 4th October, 2013.



Cross sections of resource fellows



Cross sections of participants at the event



NOA PRESENTS REPORT OF GRASSROOT PUBLIC SENSITIZATION ON FOI ACT TO DEMOCRATIC GOVERNANCE FOR DEVELOPMENT OF THE UNDP.



(Left) Director-General, National Orientation Agency (NOA) Mr. Mike Omeri handing over the Report of the Grassroots Public Sensitization of FOI Act to (Right) Project Director, Democratic Governance for Development (DGD) of the UNDP, Dr. Mourrada Deme in Abuja on Friday 24th October at the UNDP Office.



Director-General, National Orientation Agency (NOA) Mr. Mike Omeri; Project Director, Democratic Governance for Development (DGD) of the UNDP, Dr. Mourrada Deme and Governance Team Leader (UNDP), Prof. Sam Egwu applauding at the presentation of Report of the Grassroots Public Sensitization of FOI Act to DGD office of UNDP in Abuja on Friday 24th October at the UNDP Office.

OVERSIGHT FUNCTION OF HOUSE COMMITTEE ON ORIENTATION TO NOA



(Left) Chairman, House Committee on Orientation, Hon. Buba Jubril in a parley with the Director-General, National Orientation Agency (NOA) Mike Omeri during the oversight function of House Committee on Orientation to the Corporate Headquarters of NOA, in Abuja on Thursday 24th October, 2013.



Director-General, National Orientation Agency (NOA) Mike Omeri and Hon. Yakubu Dogara during the oversight function of House Committee on Orientation to the Corporate Headquarters of NOA, in Abuja on Thursday 24th October, 2013.



Cross section of members of House Committee on Orientation during their oversight function to NOA Corporate Headquarters in Abuja on Thursday 24th October, 2013.



SEND FORTH ORGANIZED BY NOA FOR BARR. ORURUO SAMUEL UDODIRIM, THE IMMEDIATE PAST EXECUTIVE DIRECTOR, ADMINISTRATION AND HUMAN RESOURCES MANAGEMENT, NOA HEADQUARTERS, ABUJA



(Right) The Director-General National Orientation Agency (NOA) Mr. Mike Omeri and Out going Executive Director, Barr. Oruruo Samuel Udodirim during a send forth organized for the latter on 4th November, 2013



(Center) The Director-General National Orientation Agency (NOA) Mr. Mike Omeri and Out going Executive Director, Barr. Oruruo Samuel Udodirim posed with management staff of the Agency during a send forth organized for the latter on 4th November, 2013



The Director-General, National Orientation Agency (NOA) Mr. Mike Omeri and Out going Executive Director, Barr. Oruruo Samuel Udodirim in a group photograph with departmental staff of the Agency during a send forth organized for Barr. Udodirim on 4th November, 2013.



NOA TAKES NATIONAL SYMBOLS CAMPAIGN TO SCHOOLS

By Abdul Sa'ad

The effort by the National Orientation Agency (NOA) to promote patriotism among Nigerians and understanding of the country's national symbols have informed its decision to take the campaign to secondary schools across the country.

Speaking at the event. *Patriotism and the Need to Uphold our National Symbols* held in Lokoja, Kogi State, the Director-General of the Agency, Mr. Mike Omeri, who was represented by the Director Political and

Civic Education, Afam Anene said the motive of the campaign was to "catch the pupils young" and inculcate virtues of patriotism through promoting the national symbols of Nigeria

"A nation with patriotic citizens prospers; and the national symbols are clear identification of our nationhood. Our National Flag, National Anthem, National Pledge, Coats of Arm define corporate existence" said Anene.

Contributing, the Kogi State Commissioner for Education, Hon.

Grace Elabio, who was represented by Mr. Adamu Sa'ad, commended the Agency for organizing the programme, adding that it was imperative to inculcate the teachings of our core values in our youths. Sa'ad stressed further that teachers and students would learn some 'positive lessons from the exercise.

The Agency had staged similar exercise in the FCT and Nasarawa State while it plans to replicate same in other parts of the country.



STATES AND LOCAL GOVERNMENTS SHOULD HONOUR STATUTORY OBLIGATIONS TO NOA – DG

The National Orientation Agency (NOA) has decried the non-fulfilment of statutory funding obligation to the Agency by States and Local Governments as contained in the NOA Act, stressing that this has continuously denied the Agency the funding it needs to carry out its mandate.

Speaking during an oversight visit by the House Committee on Information and National Orientation, the NOA Director-General, Mr. Mike Omeri said the NOA enabling law mandates the Federal, State and Local Governments to jointly fund the Agency, but regretted that since the end of military rule in Nigeria, only the Federal Government has been fulfilling its

responsibility to NOA in this regard.

Mr. Omeri therefore urged the committee to intervene in appealing to the Federal Ministry of Finance as well as the State and Local Governments to release funds to the Agency as provided for by both the 2013 Appropriation Act and the NOA Act.

In his response, the Chairman, House Committee on Information and National Orientation, Hon. Umar Buba Jibril noted that despite the short fall in the release of budgetary allocations to the Agency, NOA had successfully carried out several programmes across the country including public

By Onuoha Helen

sensitization on the Freedom of Information Act, Stakeholders Conversation on the Mid-term Report of government and the variants of its **Do the Right Thing** campaign. He however called on the Federal Ministry of Finance to expeditiously release all outstanding Capital votes to NOA and to generally step up their performance so as to in turn enhance the 2013 Budget performance.

Hon. Jibril also admonished the Agency to immediately commence intense voter education ahead of the 2015 elections and to embark on long term planning of the nation's orientation while prioritizing its programmes.

ORURUO BOWS OUT OF NOA

Barr. Oruruo Samuel Udodirim hails from Nkanu – West Local Government Area of Enugu State. He attended Anambra State University of Technology (Now Enugu State University of Technology) and obtained Bachelor of Education in Administration/Political Science. He also obtained Bachelor of Law (LL.B) from Nnamdi Azikiwe University, Awka and attended Nigerian Law School, Lagos where he was called to the Nigerian Bar, and obtained Barrister at

By Henry O. Obisesan

Law (BL). He further obtained Master of Public Administration (MPA) from Nnamdi Azikiwe University, Awka. He is a season Lawyer and Administrator. He was the immediate past Executive Director, Administration and Human Resources Management, National Orientation Agency Headquarters, Abuja; a position he held for eight years. He is greatly missed by colleagues, associates and members of staff of the Agency.

Wisdom Nuggets

"In my early days in school, I had no shoes, no school bags. I carried my books in my hands"

President Goodluck E. Jonathan

"I was raped at the age of 9"

Oprah Winfrey

"I didn't even complete my university education"

Bill Gates

"In my childhood days, I stitched shoes"

Abraham Lincoln

"I struggled academically throughout elementary school"

Dr Ben Carson

"I used to serve tea at a shop to support my football training"

Lionel Messi

"I used to sleep on the floor in friends' rooms, returning Coke bottles for food, money, and getting weekly free meals at a local temple"

Steve Jobs

"My teachers used to call me a failure"

PM Tony Blair

Though we pass through many difficulties, we should not give up because Life is not about what you couldn't do so far, it's about what you can do SO FAR, NEVER GIVE UP! After all it's not all about the first step but the last step which shows how best we've run the race. Remember that you are the only excuse for your failure!

Be inspired, don't be despaired NEVER GIVE UP ON YOURSELF!!!!

Compiled by Henry O. Obisesan



(Left) Dr. Lawrence Martins, Director of Administration and Human Resources Management receiving a hand over note from outgoing Executive Director of the department, Barr. Oruruo Samuel Udodirim during a send forth organized by NOA for the latter on 4th November, 2013



DO THE RIGHT THING: WORK ETHICS

By Ezema Innocencia

Over the years, Nigerians have a perception towards government work that civil servants are sluggish at work. It is popularly said that *government work no bi my papa work*; a statement that is used in justifying unethical behaviour and indiscipline at work. As civil servants, there is a great need to develop attitudinal change towards government work and show to people that *government work no bi for lazy people*. There is a need to re-orientate ourselves and Nigerians at large on the proper attitude of work ethics in public organizations. National Orientation Agency has taken a lead in campaigning against unethical behaviours and indiscipline at work through its **Do the Right Thing** campaign. It has been able to identify that part of the factors that is hindering our progress as a nation is unethical behaviour and indiscipline at work. In other words, if we need to transform Nigeria, there is a need to develop good work ethics and discipline.



A work ethic is defined as a set of values based on the ideas of hard work and discipline. This is based on habits, persistence, focus, do-it-now and do-it-right. Building a reliable work ethic means training yourself to follow these values. It also means training yourself so that work becomes automatic instead of struggling for constructing habits. Here are some steps for building those habits.

1. **Forming the Persistence Habit:** The first part of a reliable work ethic is persistence. If you quickly burn out after only a short period of work or you can't stay focused on a task for long, you lack persistence. Building persistence is like building endurance for a race, slowly training yourself to work harder for longer period of time.
2. **Forming the Focus Habit**
 - i. **Time Box** – Give yourself 60 – 90 minutes to work on a particular task. During that time you can't rest or engage in any distractions.
 - ii. **Accelerate** – It can take anywhere from 10 – 30 minutes to build up concentrated focus. Give yourself time to accelerate into a focused state.
 - iii. **Cut Distraction** – practise the habit of turning off all outside noise, phones, email, Facebook, BBM, Twitter, Whatsapp and visitors should be shut out while trying to focus.

3. **Forming the "Do-it-now" Habit** – don't let yourself procrastinate. Having a strong work ethic means having the phrase "do it now" as a constant hum in the background. Time for leisure is fine, but if you are trying to work make sure the only thing you are doing is work. Don't let yourself procrastinate when you still have an unfinished to-do list.
4. **Forming the "Do-it-right" Habit** – the final aspect of getting things done is doing them properly. Sloppy work, hastily finishing things or spending too little time working out details leads to poor quality. If you are not going to do something properly, it is probably a good idea not to do it at all.

Government/public organizations need a good work ethics. This includes being prepared to go the extra mile to get things done, creating a work environment where great teamwork can be flourished and having the capacity to encourage the best performance standards from your fellow workers. Workers are engulfed in negative work tendencies, characterised by such factors as corruption, lateness to duty, lack of dedication to duty, high level of insubordination, indiscipline, high level of absenteeism and dereliction of duty which hinder efficient service delivery and in turn bring about low productivity. This manifestation has produced a sense of exclusion that has sought expression in what has been considered to be widespread dissatisfaction and disaffection in the entire system.

All staff of the public organizations shall practice the following factors that create a strong do the right thing: work ethics.

- **Discipline:** Perform with full discipline by practising true values, as well as taking actions in accordance with existing rules and regulations.
- **Credibility:** Demonstrate excellent credibility in performing duties and

responsibilities.

- **Spirit of Cooperation:** Work in the spirit of cooperation by assisting one another.
- **Skill and Competency:** Strive to acquire knowledge in order to enhance skill and competency, and to achieve excellence in performing duties and responsibilities.

• **Office Harmony:** Maintain work environment that is orderly, clean and harmonious.

- **Dress:** Dress in smart and polite attire in accordance with the approved dress code.
- **Balance Life:** Practice a healthy and balance life by allocating sufficient time for work, rest, recreation and spiritual obligation.
- **Behaviour:** Have an attitude that demonstrates politeness, respect and forgiveness among one another.
- **Openness:** Receptive to views, suggestions, criticisms and ideas from other members of the departments or the public with an open and positive mind.
- **Value Time:** Use work time as work time not personal time. Skilful in planning, utilizing and achieving the desired outputs.
- **Punctuality:** The employees should show up every day and on time.
- **Honest:** Employees with strong ethics refrain from lying or cheating to make others look bad with the hope of making themselves appear smarter.
- **Refrain from Gossip:** An employee with good work ethics will refuse to engage in gossip or even listen to it. This will encourage others to mind their own business or else address the person or situation head-on so that assumptions and bad mouthing can stop. Doing so helps keep moral up.

Work ethics is very important in a work place in order to achieve optimum productivity and efficiency.



EXPLORE NIGERIA

OBUDU MOUNTAIN RESORT: A TOURIST HAVEN

Obudu Mountain Resort is located in Obanliku Local Government Area of Cross River State, Nigeria. The resort has a helipad for access by air. At the base of the hills on which the ranch is located lies a newly built world-class water park with state-of-the-art swimming facilities and water slides for children, teens and adults.

The hilltop (cattle ranch) is about 11km of winded road from the base and can be accessed by either the cable-car or the road. The ranch has numerous pleasant mountain-area and country-side views.

Obudu is one of the finest and most magnificent tourist destinations in the world today. Deep in the tropical rain forest of Cross River State, presents an area of idyllic tranquillity and an enchanting scenery.

Indeed, it is a tourist haven with its inviting natural endowment to be explored. Obudu has increasingly become popular amongst tourists, adventurers and event planners from all around Nigeria and Africa as a whole.

With over 160 accommodation categories, made up of standard rooms, executive rooms, huts and chalets to a presidential apartment, amidst its extreme eco-tourism potentials, there's more than enough space for other activities.

Driving to the resort can be quite exhilarating, especially the last ten kilometres of winding road with its 22 bends, including the famous Devil's Elbow halfway along.

In 2005 a state-of-the-art cable-car was built with 34 cars, each carrying eight people and covering a distance of four kilometres up through the clouds offering inspiring and dramatic vistas of green rolling hills.

FEATURES

Obudu holds its annual mountain race in November for more energetic people with a cash prize attracting competitors from across Nigeria and internationally.

Although, Obudu welcomes visitors all year round; the much best time to visit is October to February, when the flowers are in bloom, the sky is clear and the air is cool. This is ideal weather for trekking over the high ground and enjoy the extensive views that stretch out across the plateau.

This is an African Sun resort, so expect the comfort and top-class service, which the group is famous for. Visitors can take the advantage of the fully equipped gym and flood-lit tennis courts (there is also a squash court and 9-hole golf course), before relaxing at the terrace restaurant complete with blazing log fire.

This may be tropical Nigeria, but remember you are at the top of a mountain!

Cable Car: this is the biggest attraction at Obudu and it runs from the entrance of the resort at the bottom of the mountain up to the ranch resort at the summit.

It is claimed to be the world's longest cable car system.

Water Park: an ideal spot for tourists to take a dip in the cool and crystal clear waters. Here you experience the thrill of state-of-the-art water slides, or the relaxing effects of the Jacuzzi.

African huts: there are 10 each with two apartments which gives the ranch the look and feel of being in the Safari.

Beehive Nature Resort: This nature reserve is home to 250 different species of migratory birds that have been observed at the ranch at different times throughout the year.

Tourists can trek on the 60km canopy walkway built in the form of a ladder tree house unhindered, for breath-taking view.

Tourists will be amazed at the extraordinary diversity of canopy life and breath-taking view from such height.

Other facilities at Obudu Mountain Resort include: Golf Course, Hotel, Waterfall, Cattle Ranch, etc. Explore Nigeria; visit Obudu Mountain Resort.

