



# COCOBOD *News*

A publication of Ghana Cocoa Board December, 2019



COCOBOD INTRODUCES

**COCOA MANAGEMENT SYSTEM**





# REASONS TO CONSUME Cocoa



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|---|---|
| <b>01</b> Provides the most powerful dietary antioxidants | Has Aphrodisiac effect <b>06</b>                                      |
| <b>02</b> Reduces blood pressure                          | Prevents stroke by improving blood circulation <b>07</b>              |
| <b>03</b> Delays physical signs of ageing                 | Fights stress <b>08</b>   |
| <b>04</b> Fights dental decay.                            | Minimizes discomfort/pain associated with menstrual periods <b>09</b> |
| <b>05</b> Rich dietary iron which helps to fight anemia.  | Protects blood vessels. <b>10</b>                                     |
|   | Boosts sense of well-being. <b>11</b>                                 |

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# COCOBOD INTRODUCES COCOA MANAGEMENT SYSTEM (CMS)

Ghana Cocoa Board (COCOBOD) has introduced a new software, Cocoa Management System (CMS), to enhance the Board's operations. The integrated cocoa farmer database project includes the development of a software data system, a census of all cocoa farmers in Ghana, as well as, mapping of all farms.

As part of the project, COCOBOD will also undertake a sensitization for farmers to understand how the new system will operate.



The system will be useful for cost-effective policy implementation and the delivery of major interventions in the cocoa sector. The CMS will collect data on every transaction within the industry with regard to cocoa purchases, input sales, the delivery of subsidies to farmers and the clocking of all extension officers for all-farm visits.

It will allow for the continuous tracking of all such transactions and support cashless payments within the industry, linking various electronic wallets together to ensure quick payments.

The full implementation of the project as planned will ensure that for the first time, there will be an accurate record of the land size, geographic locations, population and record of cocoa farms



and farmers in Ghana.

Real-time capturing and monitoring of transactions among stakeholders



will also be made possible, such as the monitoring of the activities of LBCs and other private service providers, as well as, the monitoring of compliance with CRIG/EPA guidelines for handling COCOBOD approved fertilizers and agrochemicals.

According to COCOBOD, the system would replace its open-market general subsidy on cocoa inputs with personalized subsidy to only cocoa farmers and their co-operatives. This is to ensure that approved and subsidized fertilizers and agrochemicals actually reach the intended end-users, and to curb smuggling.

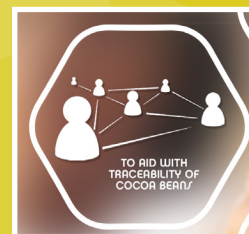


and for that matter farming, might have been perceived as old-fashioned over the years, but the good news is that it has been evolving from the known low-tech approaches to modern and hi-tech methods. Scientists, farmers and policy makers have worked hand-in-hand to infuse modern technologies into the farming process.

Currently, Ghana's cocoa industry is in the midst of profound transformation following the introduction of innovative Productivity Enhancement Programmes (PEPs) all aimed at ensuring a more sustainable cocoa economy. The Hand Pollination, Mass Pruning, Cocoa Rehabilitation, Irrigation, CODAPEC and Hi-Tech Programmes have become common expressions in

Ghana's cocoa fraternity. There is no doubt that the CMS will be a catalyst for the smooth implementation of these PEPs.

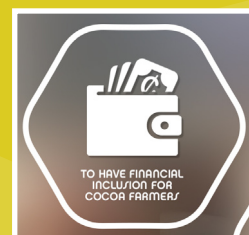
Looking at, and more importantly, discussing the CMS as a part of the technological revolution of Ghana's cocoa industry, we will not be far from the truth if we assert that every actor on the cocoa value chain is a potential beneficiary of the system.



Aside from researchers, farmers, input suppliers, Licensed Buying Companies, staff of COCOBOD and its subsidiaries, as well as, members of civil society organizations who have been earmarked to directly benefit from the system, the CMS has the potential to ignite the curiosity and passion of the youth, the next generation of cocoa farmers, into the farming business.

In fact, it is already happening in many regions across the country, where farmer cooperatives and associations are using apps and other inexpensive technologies to improve profits and elevate the image of members from peasants to professionals.

COCOBOD News wishes to appeal to all and sundry to give the implementation team and staff the necessary cooperation as they roll out the CMS.



It is our hope that by the end of the current crop season, the CMS will become fully operational for the benefit of the cocoa industry in particular and Ghana as a whole.





# GOVERNMENT INCREASES COCOA PRODUCER PRICE BY 8.42%

Ghanaian cocoa farmers will be paid GH¢ 515.00 for a bag of 64kg of cocoa for the 2019/20 main crop cocoa season.

The price, an equivalent of GH¢ 8,249.00 per tonne is the farm-gate price to be paid by Licensed Buying Companies (LBCs) to all cocoa farmers with effect from October 2019.

Dr. Gyiele Nurah, the Minister of State in-charge of Food & Agriculture

announced the new producer price at a durbar to climax the 2019 Cocoa Day Celebration at Sunyani in the Bono Region.

Dr Nurah said the decision to increase the producer price from GH¢ 475.00 to GH¢ 515.00, representing an 8.42% rise, was necessary to help Ghanaian cocoa farmers enjoy the fruits of their labour and their efforts at sustaining the cocoa sector.

According to him, the government increased the price amidst unstable price levels on the world market in fulfilment of its commitment to supporting cocoa farmers to improve upon their living conditions. He urged cocoa farmers to adopt best practices for increased yields.

Hon Joseph Boahen Aidoo, the Chief Executive of Ghana Cocoa Board (COCOBOD), in a brief message lauded cocoa farmers for adopting the numerous Productivity Enhancement Programmes (PEPs) rolled out by his outfit over the past 3 years.

Hon. Aidoo encouraged farmers to continue to implement the programs and price-guard initiatives to enable them enjoy the benefits of the new price increase to the fullest.

He said COCOBOD would embark on the construction of model basic schools in remote communities in an effort to curb child labour in cocoa communities and called on farmers to avoid encroaching on forest land and stop the use of harmful weedicides.

There were solidarity messages from the leadership of the Cocoa Coffee Shea Nut Farmers Association (COCOSHE), Women in Cocoa and Chocolate (WINCC) and the Board of Directors of COCOBOD who urged farmers to rally behind COCOBOD in its efforts to increase productivity and sustain the cocoa industry.





# COCOBOD SEALS DEAL ON **USD 1.3 BILLION** COCOA SYNDICATED LOAN AGREEMENT FOR 2019/20 COCOA PURCHASES



The Ghana Cocoa Board (COCOBOD) has completed a USD 1.3 billion cocoa syndicated loan agreement (receivables-backed trade finance facility) for the purchase of cocoa beans from local farmers during the 2019/2020 crop season.

The agreement, which was oversubscribed, is with twenty-four (24) participating banks, led by MUFG Bank Limited, Rabobank, Natixis, Societe General, NedBank Limited and Ghana International Bank.

The facility 'will guarantee that Ghanaian cocoa farmers are promptly and fairly paid for the fruits of their labour', said the Chief Executive of COCOBOD, Hon Joseph Boahen Aidoo, in his address at the agreement-signing ceremony (13 September 2019) in Paris, France.

He said the impact of the loan facility will be felt not just within the rural economies of cocoa producing communities but will also contribute to the government's larger developmental efforts.

'It contributes to the sustenance of the incomes of over 800,000 farmer families and the empowerment of their

livelihoods.

Participating banks should see themselves, therefore, as making a contribution towards improving the economy and thereby, supporting the government in its developmental efforts."

Hon Aidoo touted the consistently prompt loan repayment track record of COCOBOD as a major factor for the confidence the international financial system has in the Ghanaian cocoa sector leading to the oversubscription of the loan facility.

'It must be put on record that repayment of the 2016/2017 facility was scheduled to be completed by end of August 2017. However, the Ghana Cocoa Board was able to finish repayment by end of July 2017. Similarly, the 2018/2019 facility was fully repaid in July 2019 ahead of the scheduled date of August 2019. I am, therefore, not surprised that the 2019/2020 facility was oversubscribed."

He, however, credited Ghanaian cocoa farmers with the resilience which in turn empowers COCOBOD to faithfully honour its obligations to the banks. 'Our ability to repay the loans in time

reflects the resilience of our farmers in adhering to the proven production and quality standards which Ghana's cocoa sector is well known for."

It is for this reason that COCOBOD wants to achieve a sustainable and thriving cocoa industry which provides certainty and reliability with respect to the income streams of cocoa farmers and in which every farmer feels happy.

The joint effort by Ghana and Côte d'Ivoire in achieving a new price mechanism which carries a Living Income Differential (LID) of USD400 per tonne of cocoa beans, and COCOBOD's vigorous pursuit of Productivity Enhancement Programs (PEPS) for the transformation and sustainability of the cocoa industry in Ghana are steps towards achieving the stated goals.

Hon Aidoo urged the consortium of banks for this year's loan facility to keep alive the tradition of supporting cocoa farming communities with projects to improve the livelihoods.

During the 2011/2012 syndication process, he said, an anaesthetic machine and a borehole were provided for the Tetteh Quarshie Memorial Hospital in Mampong-Akwapim in the Eastern Region. The following year, a six-unit classroom block was constructed for the Ofoase cocoa community near Agona Swedru in the Central Region of Ghana with an amount of USD67,500.

'I am pleased to inform you that since the commissioning of the school block in September 2013, smiles have been brought on the faces of the beneficiary children who were hitherto attending classes in dilapidated classrooms," he said.

At the ceremony were representatives from the twenty-four (24) participating banks who signed the agreement on behalf of their respective institutions.



# COCOBOD DONATES TO ATEWASE COMMUNITY



The Deputy Chief Executive in charge of Agronomy and Quality Control, of Ghana Cocoa Board, (COCOBOD) Dr. Emmanuel Agyemang Dwomoh has reiterated COCOBOD's commitment to work to improve the academic performance of wards of cocoa farmers in the cocoa growing communities in the country.

Dr. Dwomoh disclosed this at a ceremony at Atebase in the Eastern Region where he presented stationaries and solar lights on behalf of Management of COCOBOD to the residents of the community.

According to him, COCOBOD as part of its Corporate Social Responsibility, has been implementing various activities to support the inhabitants of cocoa- growing communities.

'Key among these have been the provision of educational infrastructure and other support services to improve upon the academic performance of the wards of cocoa farmers', he said.

According to Dr. Dwomoh, the presentation of the items was not out of place because children are the future leaders of the country and the development of every nation depends greatly on the

provision of solid foundation for its younger citizens.

'The provision of educational logistics are key to the attainment of quality performance, and we are happy to support the aspirations of the pupils of Atebase with solar light, books, clothing, footwear and stationary to facilitate teaching and learning.', he stressed.

Dr. Dwomoh charged the teachers to put the items to good use to enable the children put up their best performance during their final exams as they compete with their counterparts in the big cities.

Nana Frimpong Siaw II, Chief of Atebase community, who received the items on behalf of the people thanked COCOBOD for the support and appealed for the provision of new classroom block for the pupils of Atebase Junior High School.

He noted that the absence of electricity was a major challenge confronting the residents in the community and was optimistic that the solar lights donated would help to improve the educational needs of their wards.





# COCOBOD, GENERTEC SIGN AGREEMENT TO ESTABLISH PROCESSING FACTORY



the company already has some foothold in the Ghanaian cocoa sector spanning some 15 years. However, the establishment of the cocoa processing plant commences a new model of corporation between Ghana and China.

The Ghana Cocoa Board (COCOBOD) has signed an agreement with the China General Technology (Group) Holding (Genertec) for the establishment of a cocoa processing factory in Ghana.

The factory, which will be located at Sefwi-Wiawso in the Western Region, will be operated by COCOBOD and Genertec through a Public Private Partnership (PPP) programme.

Implementation of the plan for the construction of the cocoa processing factory will involve the China International Development Operating Agency, with funding from the China Development Bank (CDB) and the Sino-African Fund.

The project holds great potential to contribute significantly to the improvement of the Ghanaian economy, and particularly, for the local economy of the Sefwi-Wiawso area, said the Chief Executive of COCOBOD, Hon Joseph Boahen Aidoo, in his address to the Chinese delegation led by the Ambassador to Ghana, Mr Shi Ting Wang. The signing ceremony took place at the Cocoa House in Accra.

The project, Hon. Aidoo added, also has the potential to grant Ghana access to the huge Chinese market of well over a billion people. There lies a unique opportunity to reach several-million consumers of cocoa made and processed in Ghana.

This is a project that is going to benefit both countries, it is going to be of mutual benefit; a win-win situation. Ghana will benefit and of course, China will as well benefit."

Hon. Aidoo said the project would also aid in COCOBOD's drive towards increasing local consumption and more importantly, it fits into the agenda of the present government, that Ghana should increase its share of the USD\$ 100 billion global cocoa industry through value addition to cocoa beans.

"It is a matter of taking a bigger part of the global cocoa value chain, worth over USD\$ 100 billion annually. Once the comprehensive feasibility studies are completed, we are looking forward to the commencement of the project", Hon. Aidoo added.

On his part, Mr Zhou Mingchun, the Vice President of Genertec said

Although, China has invested in other sectors of Ghana, they are yet looking for other opportunities where the two countries can cooperate for mutual profit and a deepening of relations.

"We regard Ghana as the regional hub", Mr Zhou Mingchun added. "We believe that our portfolio in Ghana is not yet enough, so basically we are looking forward to expanding our investment here in Ghana and that is why we are here today."

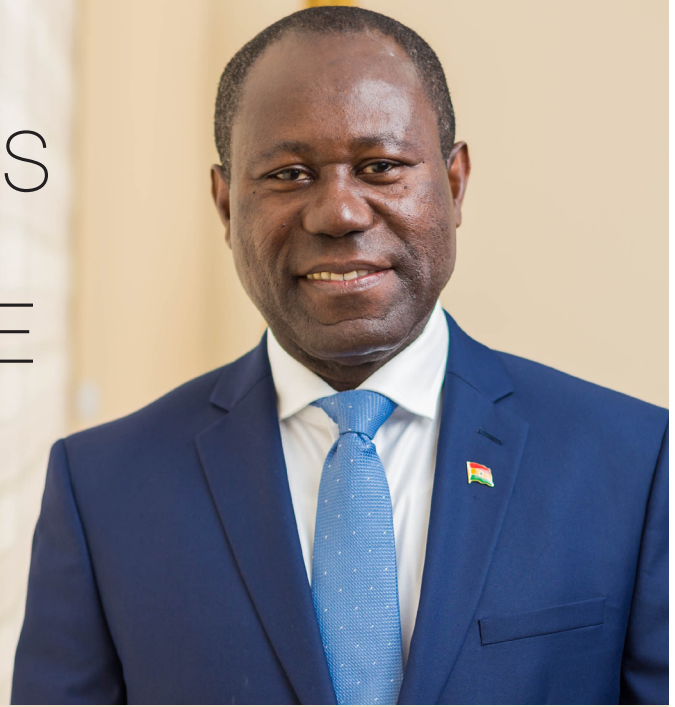
The Chairman of the Board of Directors of COCOBOD, Mr. Hackman Owusu Agyeman, was grateful for the co-operation and was hopeful that the project would commence in due time to achieve the objective of expanding the consumption of cocoa in the country.

He was positive that the mutual relationship between the two countries would be further strengthened.





# FAILING TO PAY COCOA PRODUCERS A DECENT INCOME WILL COLLAPSE THE INDUSTRY - **HON JOSEPH BOAHEN AIDOO**



The Chief Executive of Ghana Cocoa Board (COCOBOD), Hon Joseph Boahen Aidoo has cautioned that failure to pay cocoa farmers a decent income will lead to the collapse of the global cocoa industry.

The persistent inactivity of the international cocoa industry in elevating the concerns of cocoa farmers from producing countries to a high priority, meriting immediate resolution, posed an existential threat to the global cocoa trade.

Although, other aspects of the international cocoa value chain have over the decades been strengthened, reformed and made more sophisticated, farmers have remained as vulnerable as always. Cocoa farmers are vulnerable to market fluctuations, which weaken their returns and increase their production risks.

The COCOBOD Chief Executive made these observations while addressing a meeting with European Chocolate makers in Lisbon, Portugal. He was speaking on the introduction of the Living Income Differential (LID), which is a key component of the new cocoa price mechanism to be implemented by Ghana and Côte d'Ivoire, starting from the 2020/2021 crop season.

"In fact, all of us will agree that the cocoa farmer in our part of the world, that is, in Ghana and Côte d'Ivoire, is the fulcrum of the cocoa value chain, yet this farmer is also the most vulnerable", he said.

"In various fora, including ICCO meetings, it became very clear to everybody that for us to have a sustainable and thriving cocoa industry, all of us will have to find a living income for the cocoa farmer. A decent income for the cocoa farmer. And price is a major factor in determining this living income or a decent income."

Hon Aidoo is of the view that, the introduction of LID couldn't wait, since farmers in the two countries, Ghana and Côte d'Ivoire, were already beginning to abandon cocoa farms for other cash crop farming.

"Therefore, Ghana and Côte d'Ivoire had to take the bull by the horn and try and see how best we can get a price that will enable the farmer remain in operation. A price that will also keep the farmer and his household in good maintenance and also get the farmer the right margin from his/her investment."

A Living Income Differential (LID) of USD \$400 per tonne will be applied to all categories of cocoa beans from Ghana and Cote d'Ivoire starting from the 2020/2021 crop season when the two countries begin to apply a new price mechanism for the sale of cocoa at USD\$ 2,600 per tonne.

As part of the roadmap for the implementation of the floor price mechanism, the two countries have agreed that farmers in both countries will be guaranteed a minimum price of 70% of the floor price of USD\$ 2,600 per

tonne. This minimum producer price will be legislated in both countries.

When the achieved average Gross FOB price at the end of the Cocoa Season is between the minimum price level of USD\$2,600 and USD\$ 2,900, farmers will be entitled to bonus payments.

Stabilisation fund accounts will be established under the cocoa initiative of both countries with provisions made in a charter – two accounts will be set up, one for each country, within a Secretariat in Accra, Ghana. Any extra value above USD\$3,000 of the Achieved Weighted Average, which is determined at the end of each fiscal year, will be placed in these accounts.

The only reason for the disbursement of funds from that stabilisation funds will be for the sole purpose of supporting the Achieved Weighted Average if it falls below USD\$2,200, so that farmers can still be paid that USD\$2,600 per tonne amount.

"We are doing this to ensure that our farmers remain in business and then also to be able to manage their farms well and responsibly, so that, we all meet the objective of having a sustainable cocoa industry", Hon Aidoo assure the gathering of European chocolate makers.

Finally, he charged them to explore emerging markets and introduce innovative products in order to expand international consumption.

# COCOBOD secures **\$600 million Loan** Facility to revamp Cocoa Sector

COCOBOD has secured a USD \$600 million syndicated loan facility with the African Development Bank and Credit Suisse Group AG to finance key components of the organisation's Productivity Enhancement Programmes - (PEPs).

The signing ceremony took place on the sidelines of the 2nd Edition of the Africa Investment Forum, on Tuesday, 12th November, 2019, in Johannesburg, South Africa, a ceremony witnessed by the President of the Republic, Nana Addo Dankwa Akufo-Addo.

It would be recalled that, in 2017, discussions first took place between President Akufo-Addo, and Dr. Akinwumi Adesina, President of the African Development Bank, regarding the urgent need for the transformation of Ghana's cocoa sector.

These discussions, and subsequent follow up meetings, culminated in the signing ceremony, which will ensure that COCOBOD implements production, warehousing and processing interventions, with the ultimate aim of boosting farmers' incomes, and adding value to Ghana's cocoa beans.

In delivering this facility, the African Development Bank has acted as the mandated, lead arranger with a tranche of USD\$ 250 million, and Credit Suisse arranging the commercial tranche of up to \$350 million, with ICBC acting as joint underwriter.

In his remarks, President Akufo-Addo thanked the African Development Bank and Credit Suisse for their support for Ghana's bid to enhance her infrastructure in the cocoa industry.

With Ghana and Cote d'Ivoire responsible for 65% of the world's output of cocoa, and with the global chocolate industry worth some \$100 billion industry, the President noted

that it is not right that the farmers, whose labour and toil, are responsible for growing the cocoa, get only some \$6 billion for their effort.

'Very fortunately for me, the Ivorian leader, Alassane Ouattara, had the same point of view as myself. We found out that we have a mutual assessment of what was the reality, and the need for us to do something about this arithmetic, and change the dynamics of the industry for our farmers,' he said.

That is why the production and marketing policies of Ghana and Cote d'Ivoire, i.e. COCOBOD and Conseil du Café-Cacao, through the Strategic Partnership, have merged their production and marketing policies, and are now entering the market at a certain basic floor price in order to increase the earnings of our farmers.

At the same time, he noted it is critical to find a mechanism to scale up the value chain production of Ghanaian cocoa farmers and the industry, 'and that where AfDB came in, and led the process together with Credit Suisse, and put this package together that will enable us undertake the process of transformation, and scaling up the value chain with warehousing and processing facilities.'

President Akufo-Addo was confident that, the end result would be a considerable enhancement of the incomes of cocoa farmers.





# CREDIT SUISSE AND ICBC LONDON VISIT COCOBOD



A delegation of foreign bankers from Credit Suisse and ICBC London has visited Ghana Cocoa Board (COCOBOD) on a follow up meeting in relation to the recently signed US\$600 million medium term facility in Johannesburg, South Africa . The agreement was spearheaded by the African Development Bank (AfDB) with Credit Suisse and the Industrial and Commercial Bank of China (ICBC) London as undertakers of the loan syndication.

The delegation was met by management of COCOBOD, led by Mr. Ray Ankrah, Deputy Chief Executive in Charge of Finance and Administration where the bankers were briefed on the operational activities of COCOBOD.

The delegation also visited some cocoa farms in Tetekasum and Potroase,

both in Suhum and Tafo districts of the Eastern Region respectively to gain firsthand knowledge on the pre-harvest function of cocoa production in Ghana with particular interest in hand pollination and other COCOBOD Productivity Enhancement Programmes (PEPs), which would mostly be financed by the loan.

Briefing the delegation on their field visit to the Eastern Region, Dr. Emmanuel Nii Tackie-Otoo, Deputy Executive Director of the Cocoa Health and Extension Division (CHED) emphasized the relevance of the PEPs in enhancing cocoa production in Ghana. He said the reduction of insect population led to the introduction of the artificial Hand Pollination which involved a manual cross-pollination of both male and female cocoa cherelles with the aim of producing more pods on a cocoa tree.

‘Usually a cocoa tree produces on average about twelve pods. But with the introduction of the artificial hand pollination , cocoa trees now produce up to 300 pods at a time’, he stated.

Mr. Nicholas Larbi the cocoa farmer whose farm was visited at Potroase commended COCOBOD for introducing the intervention, adding that since its inception, the Hand Pollination Programme had led to significant increase in yield on his twelve year old farm, seeing an increase from 10 bags to about 30 bags of cocoa beans produced on the average.

The delegation also visited the Cocoa Processing Company and COCOBOD’s Dzatabu Warehouse both in Tema to extend discussions on financing proceeds of the loan to some key operations of the facilities.



# WORK STARTS ON BENCHEMA JUNCTION TO ADJOAFUA COCOA ROAD; VEEP CUTS SOD

The construction of the 38 - kilometer stretch of cocoa road from Benchema Junction to Adjoafua, in the Western North Region, is expected to commence promptly, following a ceremony which was organized for the Vice President, Dr. Mahamudu Bawumia, to cut the sod for work to begin.

The construction of the road is in fulfilment of a promise the President, H.E. Nana Addo Dankwa Akufo-Addo, made to the chiefs and people of the region during a familiarization tour of that region in 2016.

The Benchema Junction to Adjoafua cocoa road is the main road which directly connects over 13 major cocoa communities in the Western North Region. The new construction work is wholly funded by the Ghana Cocoa Board (COCOBOD), under its Cocoa Roads Project with supervision from the Ministry of Roads and Highways and the Ghana Highways Authority.

At the sod-cutting ceremony held at Elluokrom to hand over the project to Amandi Investment Ltd, the Vice President, Dr. Mahamudu Bawumia said the construction of the road will open up the region and address problems associated with the carting of foodstuff and cocoa from the farm gate to buying centres.

It was imperative for the contract to be awarded to a competent contractor, he said, adding that he was confident Amandi Investment Ltd is indeed the right construction firm for the road project.

The Chief Executive of COCOBOD, Hon. Joseph Boahen Aidoo, in a statement at the sod-cutting ceremony said the Benchema Adjoafua road is very critical to the operations of COCOBOD. He added that over 50% of cocoa from the Western North Region comes from communities along that stretch of the road.

‘our records from our quality control outfit showed that about 50% of cocoa produced in the Western North Region came from eight quality control company operational areas which are along that stretch of road’, Hon. Aidoo disclosed.

He further stated that the construction of the road will go a long way to support the Board’s on-going Productivity Enhancement Programmes (PEPs) which were already yielding massive results in the region as over 7,500 hectares of diseased cocoa farms had been treated and replanted in the Western North Region.

‘...it is with pride that I wish to inform you that the cocoa farms rehabilitation programme is making significant progress ...and when the road is finally put to good shape and the rehabilitated farms begin to produce cocoa, transporting the cocoa beans will be done without any difficulties.’



Hon Aidoo charged the contractor to expedite work on the road to meet the deadline, so, that the long-awaited expectations of the people will be met as their living condition gets better.

The Minister of Roads and Highways, Hon. Kwesi Amoako Atta called on the chiefs and people of the region to support the contractor to work diligently during the 28th month’s period.

‘I know that the with road construction, there may be issues from the construction activities which may create some difficulties for the communities around the catchment area; but please help the contractor to make progress at each stage till the work is finally done’, he implored.

Present at the ceremony were Directors from the Ministry of Roads & Highways, the Ghana Highways Authority, the Bia West District Assembly and some traditional rulers from the Sefwi Wiawso Traditional area.





# A JOURNEY THROUGH THE **FINE FLAVOUR LAB** OF THE COCOA RESEARCH INSTITUTE OF GHANA

By Benjamin Teye Larweh

Ghana's cocoa industry has made significant progress over the years. The implementation of innovative policies and programmes, coupled with the commitment of staff, farmers and other actors on the cocoa value chain has ensured that the industry continues to remain relevant in both national and international socio-economic discourse.

One important institution that has played very significant roles in the success story of the cocoa sector is the Cocoa Research Institute of Ghana (CRIG). The Institute was established in June 1938 at Tafo in the Eastern Region of Ghana to investigate problems of pests and diseases in order to sustain production in the Eastern Region.

Over the years, CRIG's mandate has been significantly widened to meet emerging challenges including investigating soil fertility and agricultural practices (with a view to increasing yield), research into coffee, kola, shea, cashew and quite recently, research into development of by-products of cocoa and other mandated crops. The objective of the last mentioned mandate is to diversify utilisation of cocoa and generate additional income for farmers.

Another significant but little known activity which is currently being undertaken by CRIG is the 'Flavour Project'. Mr. Stephen Yaw Opoku, Head of the Flavour Laboratory at CRIG, citing several scientific studies (CRIG cocoa manual, 2010; Magi et al., 2012; Afoakwa et al., 2008; Owusu, 2010), mentioned that the key criteria for assessing cocoa quality by buyers and manufacturers are its purity and wholesomeness, yield of cocoa nibs, uniformity, flavour and functional potential.

But the most important quality



indicator is the amount and type of flavour compounds that the cocoa has. He said flavour is therefore central to acceptability of cocoa beans and cocoa products such as chocolate and consequently, contributes significantly to determining the quality.

It is for this reason that the Flavour Project has been instituted to pilot the cultivation of fine flavour cocoa by farmers. The piloting is the first of its kind in Western and Central Africa.

Through a WCF/USAID African Cocoa Initiative (WCF/USAID/ACI) Phase 1 sub-grant Ghana Quality Innovations Project implemented by CRIG, a State of the Art cocoa flavour laboratory has been established at Tafo. The lab, situated at the premises of

CRIG, is currently evaluating the flavour potential of some newly developed cocoa hybrids that could be recommended for planting by farmers. A sensory evaluation panel has also been trained and certified to carry out cocoa sensory evaluation and bean quality assessment.

Currently, in addition to Ghana, only Madagascar produces fine flavour cocoa. Again, the establishment of the flavour lab has facilitated the introduction of flavour evaluation into the research done at the Institute. Previously, cocoa beans were shipped to Europe and the United States of America for flavour evaluation.

The Flavour Project is initiating the screening of CRIG's gene bank (more

than 1000 accessions) to profile and document their flavour diversity. This would greatly help in breeding of specific flavours.

According to Mr. Opoku, it is known all over the world that Ghana produces the best quality cocoa, unique and with diversified flavours, but there still exists the potential to develop more varieties with unique and desirable flavours that could be introduced into the chocolate world. Farmers are however only cultivating a handful of these varieties.

Following the establishment of the lab and provision of very essential logistics through the World Cocoa Foundation, there was the need to build the capacity of all stakeholders on the cocoa value chain. Thus more than 1089 staff of the Cocoa Health and Extension Division and Quality Control Company Ltd were trained in 2019. The staff would eventually be required to train farmers on the effect of post-harvest practices on flavour development.

The training programmes have been more experiential, and farmers are allowed to taste variety of chocolate produced from diseased pods, over-ripe pods, under-fermented pods, over-fermented pods as well as well fermented pods. The experiential training method has been very effective because farmers can easily perceive the flavour defects due to the wrong post-harvest practices they undertake on their produce.

This innovation developed by CRIG is happening nowhere else in the world and if efforts are made to reach all cocoa farmers with this kind of experiential training, farmers will significantly change their post-harvest handling practices, and the overall effect will be improved cocoa beans quality, improved cocoa flavours and increased premium for Ghana's cocoa both in the local and international markets.



Mr. Opoku observed that instead of waiting for CRIG to visit their farms, farmers who have benefited from the training now voluntarily send their beans to the lab for testing. "In fact some of them end up going back home with chocolate produced with their cocoa beans. Sometimes, the training team randomly picks samples of beans produced with Good Agronomic Practices (GAPs), prepares chocolate and liquor with the samples and sends them back to the farmers", he joyfully added.

There is however a challenge. The installed capacity of the chocolate machine is not large enough to mass produce for CHED to use for the training programmes across the cocoa regions. But there is still hope for expansion.

Eleven (11) different chocolate types (dark, milk and other flavours including coconut, mint, coffee, pineapple, vanilla ginger and caramel) are currently manufactured in the Flavour Lab.

It has been observed throughout our sojourn at the lab that, indeed Ghana has chalked many "firsts" in the African cocoa fraternity.

**a.** First cocoa sensory evaluation laboratory in Africa.

**b.** The only country in Africa to have a team of certified sensory evaluators.

**c.** Ghana is represented on the ICCO Ad hoc panel on fine/flavour cocoa.

**d.** Ghana is the only African country to be represented on the shadow Technical Committee of the Cocoa of Excellence programme.

With the introduction of the Living Income Differential (LID) pricing mechanism which is already yielding positive results, everything must be done to jealously guard the premium quality cocoa that Ghana has produced over the years. There is no doubt the Flavour Project is key to sustaining and significantly improving upon this achievement.

Therefore from the research scientist, the cocoa farmer, the field officer who interacts daily with farmers, the purchasing clerk who buys cocoa beans from our farmers, the quality control expert who determines the suitability of the cocoa bean for the market and other essential actors on the cocoa value chain, let us all remember that every single action we take with the cocoa bean has an effect (positive or negative) on the chocolate flavour that is produced.

If you want to test the flavour quality of your cocoa bean from any part of the cocoa growing regions in Ghana, it is possible to do so. Just locate the flavour lab at CRIG, Tafo through your District Cocoa Officer with samples of your produce. Mr. Stephen Yaw Opoku and his able team are ever ready to attend to you.

As for me, I have already submitted samples from Nobi and I am patiently awaiting the outcome.





# COCOBOD MANAGEMENT DISCUSSES CMS WITH REGIONAL CHIEF FARMERS

The Management of Ghana Cocoa Board (COCOBOD) and Regional Chief Farmers of Ghana Cocoa Coffee Sheanut Farmer Association (COCOSHE) have conferred to discuss a new software known as Cocoa Management System (CMS) which seeks to establish accurate data on all cocoa farmers in the country.

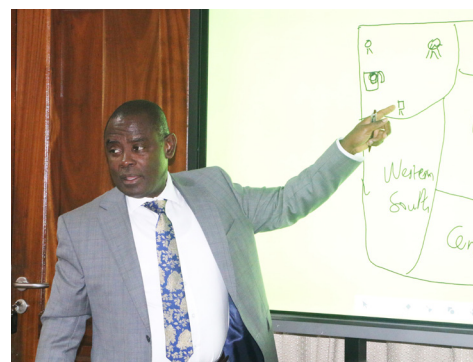
Briefing the Farmers, Dr. Emmanuel

A. Opoku, Deputy Chief Executive in-charge of Operations called on farmers to support the implementation of the programme by sensitizing cocoa farmers in their respective regions and districts ahead of a national sensitization exercise expected to start soon.

Dr. Emmanuel informed the farmers

that a team of experts would be deployed to cocoa communities as surveyors and data enumerators and urged them to support the registration exercise for maximum impact.

The Volta Regional Chief Farmer, Togbe V.K Batse made an appeal to Management to ensure effective publicity to ensure its success. Nana Johnson Mensah, Western Regional Chief Farmer and Member of the Board of Directors of COCOBOD implored his colleague farmers across the cocoa regions to rally behind the project for its successful implementation.



## DEPUTY WESTERN NORTH REGIONAL MINISTER URGES FARMERS TO EMBRACE COCOBOD'S PRODUCTIVITY ENHANCEMENT PROGRAMMES

Hon. Alex Tetteh, Deputy Western North Regional Minister has appealed to farmers in the Region to embrace the various Productivity Enhancement Programmes (PEPs) to facilitate sustainable cocoa production and enhanced livelihood.

Hon. Tetteh made the appeal on the side of a workshop organized by COCOBOD to sensitize Chief farmers in the Region on a new Cocoa Management System (CMS) being introduced into the operations of Ghana's cocoa industry.

According to him, the Cocoa Swollen Shoot Virus Disease (CSSVD) is having a devastating impact on cocoa production in the Western North. He therefore urged the farmers to embrace the Cocoa Rehabilitation Program in order to revive the Region's fortunes.

'Oil cannot be compared with cocoa because it is irreplaceable in the soil.

Cocoa can however be replanted when the farm becomes unproductive', he said.

The Deputy Minister assured the farmers of Government's commitment to implement policies that will help increase productivity, sustain the cocoa business and improve their livelihoods. 'All that is required of you is to

cooperate with COCOBOD Officials with regards to the implementation of the PEPs and also adhere to Good Agronomic Practices (GAPs)', he added.

The Cocoa Management System is aimed at providing a comprehensive database of farmers and their farms as well as all concerned stakeholders





# CMS Implementation team sensitizes Regional Staff and District Chief Farmers



The Cocoa Management System (CMS) implementation team, led by Mr. Arnold Mensa-Bonsu, Deputy Director of Scholarship has embarked on a tour of the cocoa regions to sensitize Regional Managers and district officers of COCOBOD as well as district chief farmers on the project implementation of the CMS. These categories of people are considered "key" to a successful implementation of the CMS.



> 7. Farmers must not provide wrong information for registration.

> 8. Farmers must not register on behalf of other farmers.

> 9. The project is a COCOBOD project so everything possible must be done to delineate it from politics to avoid farmer apathy.



Other members of the team included Mr. Farouk Nyame - Cartography Manager, CHED, Mr. Michael Amoah - Research Manager, COCOBOD, Mr. Kwame Osei-Owusu- Deputy IT Manager, Mr. Benjamin Teye Larweh - Principal Public Affairs Officer, COCOBOD, Mr. Attah Boateng - Senior Cartography Manager, CHED and Ms Pokua Osei- Acheampong - Administrative Officer, COCOBOD .The Head of Technology at Digital Innova was also part of the team.



The meetings were held separately for the staff and district chief farmers in each of the seven cocoa regions visited. At the meetings, the team introduced the CMS to the audience, the rationale behind its implementation, mode of implementation and the role of staff and chief farmers in the roll out and implementation of the project. The Head of Technology at Digital Innova then did a detailed presentation on the software and how it would work.

## THE REGISTRATION PROCESS

1. 200 surveyors are being employed to measure every farmer's farm and issue them with a chit.
2. The farmer will then show the chit at the registration centre. 300 enumerators are also been employed to do the registration and issue ID cards immediately.
3. The surveyors will arrive in each a region a month ahead of the enumerators.



## KEY MESSAGES DELIVERED TO THE AUDIENCE

- > 1. The CMS is aimed at providing a comprehensive database of farmers and their farms as well as concerned stakeholders on the cocoa value chain.
- > 2. It will involve registration of ALL cocoa farmers.
- > 3. It will link all farmers and their farms will be mapped for farm management.
- > 4. All licensed Buying Companies, Purchasing Clerks and their societies will be registered.
- > 5. The registration is free and farmers will be provided with ID cards.
- > 6. No farmer should register more than once.

4. Community Extension Agents (CEAs) will be in the communities to take care of farmers who may not be able to register during the main registration and also do updates on farmers' records as and when the need arises.

The project which is expected be rolled out in January, 2019 in the Western South Region will be completed before the end of the current crop season.





# COCOBOD AWARDS COCOA, COFFEE FARMERS & SHEA PICKERS AT THE 35TH NATIONAL FARMERS DAY CELEBRATION

The Ministry of Food and Agriculture (MoFA), Ghana Cocoa Board (COCOBOD) and partner stakeholders have over the years been recognizing Ghana's hardworking farmers for their tremendous contributions to the country's growth and development.

The 2019 (35th) edition of the National Farmers' Day Celebration held under the theme "Enhancing Small Scale Agriculture towards Agribusiness Development" was one such occasion.

COCOBOD honoured its cherished cocoa and coffee farmers as well as shea pickers at the District, Regional and National levels.

**We profile, below, the National award winners for the 2019:**



## MR. ERNEST SARKODIE

**(NATIONAL BEST COCOA FARMER)**

Mr. Ernest Sarkodie is a 47 year old Cocoa Farmer at Baniekrom in the Sankore District of the Ahafo Region. He has six (6) children.

Mr. Sarkodie has separate cocoa farms located at Baniekrom, Mensakrom, Okyerekrom, Dunkwakrom and Agyeman, all cocoa communities in the Sankore District. Altogether, his farms measure 79.9 hectares.

In addition to his main occupation of being a cocoa farmer, he is also into alternative livelihoods activities such as cultivation of cocoyam, oil palm, plantain and cassava farms. Again, he is a poultry and livestock farmer.

Mr. Ernest Sarkodie was first recognized for his effort in 2013 when he emerged the Asunafo District Best Cocoa Farmer and subsequently the Brong Ahafo Regional Best Cocoa Farmer in 2015.

He took home and brand new Toyota Hilux Automatic Double Cabin pick-up, one motorised slasher, one motorised spraying machine, two set of protective clothing, twenty litres insecticide, three hundred sachets of fungicide, Plague, assorted cocoa products and a certificate.

**Mr. Sarkodie takes over from Mr. Charles Gyamfi who won the 2018 edition.**





## MADAM LETICIA YANKEY

**(MOST ENTERPRISING FEMALE COCOA FARMER)**

Madam Leticia Ama Kowoa Yankey Madam Yankey is the 2019 National Most Enterprising Female Cocoa Farmer. She is a 45 year old cocoa farmer who lives at Asikuma in the Dunkwa District of the Western South Region.

She has four (4) separate hybrid cocoa farms located at Asikuma and Achiase in the Dunkwa District with a total farm size of 15.07 hectares. Aside cocoa farming, Leticia has livestock, fowls, and engages in additional livelihood activities.

As part of her social responsibility within her community, Madam Yankey



over the years has been championing women involvement in cocoa farming in the Western South Cocoa Region. Leticia is married with children.

She received a plaque and a Toyota Truck, one motorised slasher, one motorised spraying machine, two set of protective clothing, ten litres insecticide, ten sachets of fungicide, Plaque, assorted cocoa products and a certificate.



## MR. RICHARD ADDAE

**(PROMISING YOUNG COCOA FARMER)**

Mr. Richard Addae is a 35-year old farmer at Damoakrom in the Boiso District of the Western North Region.

Mr. Richard Addae acquired his land through inheritance and started managing it in the year 2008. His cocoa farm covers an area of 4.75 hectares. He also has maize, plantain, cassava and rice farms.

In addition to his farming activities, he has a fish and snail farm and also owns a rice mill which provides additional income for the family.

He took home a plaque, a Tricycle and Toyota Truck, one motorised slasher, one motorised spraying machine, two set of protective clothing, ten litres insecticide, ten sachets of fungicide, Plaque, assorted cocoa products and a certificate.

Mr. Richard Addae is happily married with 7 children.



## MR. GOMINA ZAKARIA

**(2019 NATIONAL BEST COFFEE FARMER)**

Mr. Gomina Zakaria is a 64-year old farmer at Likpe Bala in the Hohoe District in the Volta Region.

Mr. Zakaria Gomina took home one tricycle, one motorised slasher, one motorised spraying machine, two set of protective clothing, ten litres insecticide, ten sachets of fungicide, assorted cocoa products and a certificate.



## AYISHATU DIGLITOU

**(2019 NATIONAL BEST SHEANUT PICKER)**

Madam Ayishatu Diglitou is a 47year old farmer in the Kong, Sissala East District in the Upper West Region.

She took home one motorised slasher, Four hand gloves, two set of protective clothing, two torchlights with batteries, one wellington boots, assorted cocoa products and a certificate.



# 2019 COCOA DAY IN PICTURES









# COHOSSA New Executives Inducted

Eight newly elected executives of Cocoa House Senior Staff Association (COHOSSA) have been inducted into office at a brief ceremony in Accra.

Speaking at the inaugural Ceremony held at the Cocoa House, the Deputy Chief Executive in charge of Agronomy and Quality Control Dr. Emmanuel Agyemang Dwomoh in a speech read on his behalf noted that as the mouth piece of the Senior Staff, the executives are expected to take into consideration the interest of the larger association and ensure that COHOSSA impacts positively on the cocoa industry.

He charged them to be proactive in the discharge of their duties stressing that, 'there would be tough times but your ability to act promptly and decisively defines the sort of leader that you are'.

The COHOSSA Chairman, Mr. Prince Rockson affirmed the executive's readiness to collaborate with Management to ensure the Board's policies for staff are clearly interpreted and executed to promote the general welfare of all staff devoid of discrimination.

He further appealed to management to assist the association to acquire a piece of land to establish a COHOSSA Demonstration Farm at Sefwi Wiawso



in the Western North Cocoa region which will be solely managed by COHOSSA to promote the youth in cocoa cultivation programme.

'We will continue the good works of our predecessors and ensure the implementation of sound policies to the benefit of all', he added.

The Director of Human Resource and Solicitor Secretary, Mr. Francis Akwasi O'Poku praised the outgoing executives

for establishing and maintaining a smooth relationship between staff and management while congratulating the newly elected executives on their victory and assured them of management's continued support.

Mr. Opoku noted that management has approved of COHOSSA's decision to unionize and hinted that an official ceremony would be organized for management to ratify the document.

Senior Public Affairs Manager, Mr. Stephen Bofo on his part charged the newly elected executives to play an active role in protecting the image of the company.

The newly inducted executives include; Mr. Prince Rockson, Chairman, Micheal Nkansah, Vice Chairman, Mr. Clement Gyamfi Secretary and Ms. Thelma Gifty Akpa-Mensah.

The rest are Assistant Secretary, Mr. Benedict Agyekum, Financial Secretary, Ms. Alberta Asante- Larbi, Assistant Financial Secretary, Mr. Ahmed Salim Issahaque, Social Secretary, Mr. Emmanuel Osei, Assistant Social Secretary and Mr. Joseph Tuffor, Club House Manager.



# CHEDSSA Elects New Executives

Members of the CHED Senior Staff Association have elected new executives to man the affairs of the association for the next two years.

We bring you profiles of the newly elected executives:

## National Chairman



The newly elected CHEDSSA Chairman is Mr. Seidu Abu. He holds a Bachelor of Science Degree in Agriculture (Crop Science) from the University of Ghana and a Master's degree in Agriculture and Development from the University of Reading, England.

He was employed in 2014 and worked at the CHED Head office for 4 years after which he was transferred to the Western North region where he serves currently as the Regional Extension Officer.

Mr. Abu is married with two children and enjoys reading during his free time.

## Vice Chair



Regina Bakoma, CHEDSSA Vice Chair, holds a Bachelor of Science degree in Operations and project Management from GIMPA and a Project Management Profesional (PMP).

She worked at the CHED Head office as a project officer, Boinso and Oyoko Districts as a Technical Officer and currently at Koforidua regional office as a Monitoring and Evaluation Officer. She also in charge of the

implementation of the Productivity Enhancement Programmes (PEPs) and a member of the national gender desk.

## National Secretary



Patrick Owiredu, the newly elected CHEDSSA National Secretary, holds a Bachelor of Science Degree in Agriculture (Agricultural Economics, Agribusiness & Extension) from the Kwame Nkrumah University of Science and Technology (KNUST).

He was employed in 2010 and worked at Nyakrom District and as District Extension Coordinator for 5 years. He is currently the District Cocoa Officer.

Patrick Owiredu is also a Certified International Master Trainer for Cocoa and other Agricultural value Chain. He is married and blessed with a baby boy. He enjoys playing football and reading during his free time.

## National Financial Secretary



Adelaide Pokua Acheampong is the current National Financial Secretary of CHEDSSA.

She holds a Bachelor of Science degree in Accounting from the University of Professional Studies, Accra (UPSA) and MBA (Finance) from Coventry University, London.

She was employed in 2014 and worked at the Eastern Regional Office,

Koforidua for four (4) years as an Audit Officer. She is currently stationed at the Bunso Cocoa College as Audit Officer.

## Organizer



Rex Asamoah Twum is the current CHEDSSA Organizer. He holds a Bachelor of Science Degree in Agriculture (Crop Science option) and a finalist (MPhil. Post Harvest Technology, KNUST). Rex who was employed at CHED in February, 2015 and stationed at Bibiani is former Regional Organizer (Channel IV).

He has held the position of District Extension Coordinator (DEC) at Bibiani since February, 2016.

## National Assistant Secretary



Michael Okoampa- Agyemang is the current National Assistant Secretary of CHEDSSA and immediate past CHEDSSA National Organizer.

Since his employment in 2012, he has worked as District Extension Coordinator at Sefwi Akontombra and District Cocoa Officer at Suaman Dadieso, all in the Western North Region.

He is currently the District Cocoa Officer at New Abirem in the Eastern Region.

He holds a Bachelor of Science degree in Agriculture from KNUST.

He is married with two (2) children.



# MRS. VICTORIA HODGSON

## RETIREES

Mrs. Victoria Hodgson, Administrative Officer of Procurement Department has retired from COCOBOD after 37 years of meritorious service to the cocoa industry.

She joined the Board on 1st September, 1982 at the Produce Department for 1 year and also at the Human Resource Department for 1 year. Thereafter she was transferred to the Scholarship Department where she worked for 21 years and finally at the Procurement Department for 14 years before finally exciting the Board.

Mrs. Hodgson was full of praise to



Management and staff of the Board for their good working relationship especially her colleagues at the Scholarship and

Procurement Departments. She said their friendly attitude made working in the the two Departments very easy. She expressed her appreciation to Management and Staff for their support.

At a send-off party in her honour, Director of Procurement, Dr. Mrs Agness Owusu-Ansah said that ever since she met Mrs. Hodgson, she had always been cheerful and full of smiles and she wondered whether she ever got angry. She praised her for her hard work and exhibition of the God-fearing spirit in her. Dr. Owusu-Ansah advised Staffs to emulate her affable and cheerful character and make sure each exits peacefully as her.

Deputy Director Human Resource Mr. Randolph Adei congratulated her on her successful retirement and wished her well in her future endeavours. He emphasised that the doors of the Board were opened to her always. Mr. Adei advised the staff not to hesitate to help the retired members whenever they call for assistance in the office.

# ERIC KENNETH AGBE

## RETIREES



Mr. Eric Kenneth Agbe, Manager of the COCOBOD Regional office at Hohoe in the Volta Region has retired from the Board after working for almost four decades.

Mr. Agbe joined the Board as a Produce Examiner at the then Produce Inspection Division, now Quality Control Limited (QCC) on 24th March, 1960. He contributed immensely to the HR Department of the company, especially the record management system. After working for more than two decades in QCC, he was later transferred to Cocoa Clinic, CRIG and finally Main Board at Hohoe where he served as the Regional Administrator.

At a brief send-off party held in Mr. Agbe's Honour, Mr. E.K.B Gyebi, Manager for QCC, Hohoe thanked him for his contributions

to the growth of the cocoa industry.

According to him, the first time he encountered Mr. Agbe was at the HR Department in QCC where he was scheduled to attend an interview. He also elaborated on the painstaking effort Mr. Agbe took to couch him before his interview.

Mr. Gyebi advised all staff not to be quick to criticize and judge their bosses but to work with a forgiving spirit. 'Sometimes you

will not understand why your boss behaves in a certain way. When you are up there what you see is not the same as what you see when you are down so don't be quick to condemn people who are in positions of authority" he said.

Mr. Arnold Bonsu, Director, Scholarship who was also present at the event commended Mr. Agbe for his meritorious service to the Board. He added that he was personally impressed with his in-depth knowledge of all the various operational activities of COCOBOD.

Mr. Delali Amaxame, Deputy Intelligent Manager on behalf of the staff wished Mr. Agbe a healthy retirement. The staff presented to him a citation to show their appreciation to him for impacting their

lives in various ways.

Mr. Agbe, in his remarks, urged all staff to respect one another in the discharge of their duties, adding that 'COCOBOD is a small place, you may never know where you will find yourself one day'.



# Mr. Alphonse Caleb-Dov

## RETIREES

At the same event, Mr. Alphonse Caleb-Dov, a Security Guard who has also retired after serving the Board for over a decade was recognized for his contribution in safeguarding lives and properties of the Board in the Volta Region.

Mr. Caleb-Doe was full of gratitude after he received a Citation in his honour.



## IN 2019 SALON DU CHOCOLAT

The 2019 edition of Salon Du Chocolat, the world's largest chocolate event was held in Porte De Versailles-Paris, France. The 5-day chocolate event opened on the 30th October, 2019 with glitz and glamour. The 2019 edition which marked the 25th anniversary of the fair was dedicated to cocoa and chocolate makers across the world.

A delegation of cocoa industry players within the Ghanaian cocoa fraternity, led by industry regulator, Ghana Cocoa Board (COCOBOD) fully represented Ghana at the fair. COCOBOD and other institutions including the Ghana Export Promotion Authority (GEPA), Ghana Investment Promotion Center (GIPC) and cocoa processors/manufacturers have participated in the event over the years to exhibit and explore investment opportunities within the cocoa value chain, especially in the areas of processing and consumption.

Ms. Jane Yeboah, Public Affairs Manager of COCOBOD who led the team noted that the fair presented a good opportunity for Ghana as one of the leading producers and

exporter of cocoa beans to market itself at such an event.

'This is a very important fair. Considering the number of investors, chocolate makers and various cocoa producers here, it is imperative to work and attract foreign investors to establish the necessary relationships since it is one of the most promising markets for chocolate worldwide', she added.

Ms. Yeboah said that the exhibition would afford chocolatiers, exhibitors and the opportunity to communicate with the Ghana delegation and exchange ideas which would eventually be in the best interest of Ghana's cocoa industry.

In addition to Ghana Cocoa Board, the Ghana delegation for 2019 comprised officials from the GIPC, GEPA and a chocolatier, Sweet Hub Confectionary.

The 2019 exhibition hosted over two hundred and thirty (230) exhibitors from more than sixty (60) countries and attracted buyers and professionals from the international market with about 100,000 visitors.



international spotlight on the work of cocoa farmers, and the diversity of cocoa around the world.

The Cocoa of Excellence (CoEx) Programme, a biennial event, spearheaded by Bioversity International (now the Alliance of Bioversity International and CIAT) and Salon du Chocolat recognize quality, flavour and diversity of cocoa according to their origin.

Cocoa diversity is vital for production, as it provides the different flavours, resistance to pests and diseases, and resilience in climate changes. Providing incentives for safeguarding cocoa diversity to farmers and national organizations ensures a portfolio of options remain available for the future.

'The most remarkable evolution of the Cocoa of Excellence Programme is the enthusiasm of the cocoa producing countries to participate in greater numbers every edition. We started this great adventure in 2009 with 20 countries and today we have 55 countries and hope that at the next Edition in 2021 we will reach 70', said Brigitte Laliberté, Cocoa of Excellence Programme Coordinator, Alliance of Bioversity International and CIAT.

Brigitte Laliberté added, 'we are entering a new era for cacao that makes us discover all the potential and the pleasures that its genetic diversity, its environment, its culture, and the know-how of all these women and men that grow cocoa and upon which their prosperity depends'.

In a conversation with Mr Korboe soon after the ceremony, the Professional Accountant dedicated his award to Ghana Cocoa and COCOBOD. 'Ghana Cocoa is the ultimate winner alongside COCOBOD and its research wing, the Cocoa Research Institute of Ghana as well as the Cocoa Health and Extension Division', he said.

## SAMUEL TETTEH KORBOE WINS INTERNATIONAL COCOA AWARDS



A Ghanaian cocoa farmer, Mr. Samuel Tetteh-Korboe from Nobi in the Tafo Cocoa District of the Eastern Region has won the 2019 International Cocoa Awards at a ceremony in Paris, France.

Mr. Korboe was named among five winners from the Africa and Indian Ocean region, and twenty globally.

In a press release from Paris, organizers of the Cocoa of Excellence awards said 50 entrants were shortlisted for the 2019 Edition of the International Cocoa Awards, following a selection and evaluation process involving 223 cocoa samples submitted from 55 cocoa-producing countries.

Three cocoa farmers from Ghana made the shortlist, namely Augustine Blay and Joseph Jongmaatey both of Elubo in the Western Region and Samuel Tetteh-Korboe of Akyem-Tafo Nobi in the Eastern Region.

The world winners were celebrated at the Salon du Chocolat, Paris, shining the



# From Tetteh Quarshie to the World – Ghana's Cocoa Narrative

By Benjamin Teye Larweh



Cocoa beans, from which cocoa products are derived, come from the cocoa tree, which is the species *Theobroma cacao*. The genus *Theobroma*, from which the cocoa tree species comes, originated millions of years ago in South America, to the east of the Andes. However, despite the numerous literature on the origin of the genus *Theobroma*, the

birthplace of *Theobroma cacao* is not so certain and there is no consensus on where cocoa originated.

There are scientific claims for the origin of the cocoa tree in several areas in Central and South America. These areas are: The upper Amazon region, The upper Orinoco region of north east

Colombia and north west Venezuela, The Andean foothills of north west Colombia, Central America, from southern Mexico to Guatemala. Other studies give the Lacandon forest of Chiapas in Mexico and the Usumacinta river area on the borders of Mexico and Guatemala as the source of cacao.

Whether by natural dispersal or carriage, the widely accepted phenomenon is that cocoa (*cacao*) spread through northern South America and Central America, eventually splitting into two sub-species, criollo cacao in Central America and forastero cacao in South America.

Historians believe the Olmecs first discovered that the cocoa fruit was edible (1500-400 BC) and were almost certainly the first humans to consume chocolate, originally in the form of a drink. Over time, the Mayans (600 BC) and Aztecs (400 AD) developed successful methods for cultivating cocoa as well.

When the Spanish Conquistadors arrived in the New World and began the process of invading, colonizing, and ultimately destroying the native cultures, they also discovered the value of the local cacao crop as early as 1502.

They however did not appreciate its awesome potential value until Hernando Cortez drank it with the Aztec emperor Montezuma, and brought it back to the Spanish court in 1528 along with the equipment necessary for brewing the drink.

In the late 17th century, as cocoa drinking spread across Europe, French, English, and Dutch plantations were also established in the West Indies and South America. Cocoa Plantation subsequently spread across other parts of the world including Ghana.

Two nouns have consistently appeared





broken beans and fragments, and the beans must be seasonably uniform in size (devoid of admixture).

In order to ensure the continuous supply of cocoa to feed the local and international cocoa markets, COCOBOD has introduced Productivity Enhancement Programmes (PEPs) which are aimed at increasing productivity, making cocoa farming more lucrative and improving the livelihood of cocoa farmers. The introduction of the Hand Pollination Programme, the Mass Pruning Programme, National Cocoa Rehabilitation Programme, Cocoa Diseases and Pest Control Programme and other interventions are clear indications of government's resolve to ensure the sustainability of the cocoa industry and preserve the legacy of Tetteh Quarshie.

It can be said by way of conclusion that even though Tetteh Quarshie was not able to witness Ghana's first official export of two bags of cocoa in 1893 as he died on Christmas Day, December 25, 1892, his contribution to Ghana and by extension, world cocoa, will forever live on. In honour of his contribution to the above, various memorials in Ghana have been set up in the name of Tetteh Quarshie, namely the Tetteh Farm at Mampong in the Eastern Region, Tetteh Quarshie Memorial Hospital, Tetteh Quarshie Art market, Tetteh Quarshie Interchange and the Tetteh Quarshie House in Achimota.

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synonymously in Ghana's academic, agricultural and socio-economic literature – Tetteh Quarshie and Cocoa. Every Ghanaian who has had some basic form of education must have come across the symbiotic relation that has existed between Tetteh Quarshie and Ghana's cocoa since the last quarter of the 19th century.

The available records indicate that Dutch missionaries planted cocoa in the coastal areas of the then Gold Coast as early as 1815, whilst in 1857 Basel missionaries also planted cocoa at Aburi. However, these did not result in the spread of cocoa cultivation in the country until 1879 when Tetteh Quarshie, a native of Osu, Accra, who had travelled to Fernando Po and worked there as a blacksmith, returned in 1879 with Amelonado cocoa pods and established a farm at Akwapim Mampong in the Eastern Region.

Farmers bought pods from his farm to plant and cultivation spread from the Akwapim area to other parts of the country. The crop would soon assume the role of the leading export crop and foreign exchange earner for the country.

Since its introduction, cocoa from Ghana has not only played a very important role in the socio-economic development of the country, but the world chocolate industry as a whole. Currently the world's second exporter of cocoa, Ghana has consistently supplied the world with an average of 850,000 tonnes of cocoa since 2010. All leading chocolate manufacturers around the globe source their cocoa beans (directly or indirectly) from Ghana.

Cocoa has been the main source of income for almost 2 million Ghanaians across the cocoa value chain. The commodity brings in more than \$2 billion United States Dollars in foreign exchange annually. In addition to these, income from cocoa has been used to support education, health, road construction and provision of other social amenities across Ghana.

Ghana's cocoa industry regulator, Ghana Cocoa Board, has over the years initiated and implemented sound policies that have not only facilitated sustainable production but also ensured the production of premium quality cocoa beans. The standard against which all cocoa is measured throughout the world is that of Ghana's cocoa due to its high theobromine and flavonoids content. This makes Ghana's cocoa the best cocoa for high quality chocolates.

The International Cocoa Standards (ICS) obliges cocoa of merchantable quality to be fermented, meticulously dried, free from smoky beans, abnormal or foreign odour and any indication of adulteration. Also, it must be reasonably free from living insects,







# LIFE RETURNS TO ABANDONED VILLAGES AFTER COCOA FARM REHABILITATION PROGRAMME

Cocoa farmers who were forced some two years ago by the ravaging impact of the Cocoa Swollen Shoot Virus Disease (CSSVD) to desert their farms and hamlets in parts of the Western North Cocoa Region are beginning to return to their villages to resume farming.

This trend of farmer-returns is being attributed, in the accounts of the returning farmers themselves, to the effectiveness of the Cocoa Rehabilitation Programme by the Ghana Cocoa Board (COCOBOD) in restoring their lands back to arable states, suited once more for cocoa farming.

Nana Samuel K. Tabiri, one such returnee farmer, said after more than thirty years of cocoa farming at Pillar 34, a community near the Ghana-Cote d'Ivoire border, he had to leave his community because his farm was devastated by the CSSVD.

"I lost everything to the cocoa disease," he recounted. "Initially, I did not know that my farm was affected by CSSVD until my yield dropped to less than a bag during a crop year, then I realized there was nothing to live on."

"But when later I was informed that COCOBOD had cut and replanted my diseased farm, I came back to see it and was happy to come back to stay on the rehabilitated farm again. They have also taken me as a member of the weeding gang in my own farm area and they are paying me every month," he expressed happily.

Nana Tabiri's account of the life-altering impact of the disease on his livelihood isn't much different from that of another farmer, also at Pillar 34,

Madam Georgina Pommah, who is now full of gratitude for the intervention of the government and COCOBOD.

"I am just thankful to COCOBOD for restoring my farm, my yield dropped to only two bags a year when the CSSVD invaded my farm a couple of years ago", she said.

COCOBOD's Cocoa Rehabilitation Programme involves the removal of cocoa trees from hundreds of thousands of hectares of farmland affected by the CSSVD, ridding the farmlands of any trace of the disease and then replanting with improved cocoa crop strains. The government bears the full cost of the exercise and provides compensation to both the affected farmers and their landowners.

Mr. Kwame Owusu-Ansah, the Western North Regional Manager of the Cocoa Health & Extension Division (CHED) of COCOBOD, said his outfit noticed as the rehabilitation exercise progressed, that migrant farmers in the region, many of who moved to the Brong Ahafo Cocoa Region gradually returned to farm again on their rehabilitated farms.

"Several of them left their hamlets because they could not harvest anything from their affected farms. Their livelihoods were totally wiped off and they felt their continuous staying

in the communities was not relevant", he said.

Mr. Owusu-Ansah said his outfit has been running a sensitization campaigns to encourage farmers who left their homes and farms to come back.

Regrettably, the Western North Region, which hitherto produced a third of the national cocoa output, gradually lost its pole position in cocoa production due to the devastation caused to farms by the CSSVD.

Last year, COCOBOD and the government commenced a process to seriously tackle the menace through the cutting of diseased farms in the region and rehabilitating them under a well-designed scheme that provides adequate compensation to farmers, and their farm owners.

Some 230,000 hectares of CSSVD infected farms in the Western Region are being tackled in phases, in an effort to restore the region's feat as the hub of cocoa production in the country in the next 5 years.

The progress of the Rehabilitation Programme has so far been very remarkable and with cocoa farmers returning to their rehabilitated farms in the Essam, Adabokrom, Juaboso, Bekwai and Enchi Districts where the rehabilitation is on course, it looks clearly that spring is being re-born under the bright steps of the government and COCOBOD.

In the next few years, yields from these farms will support the attainment and maintenance of over a million metric tonnes of cocoa production in Ghana.





# COCOA PROCESSING COMPANY CUTS SOD FOR **BIOMASS POWER PLANT PROJECT**

The Cocoa Processing Company Limited (CPC) has cut sod for the installation of a heat and power generation plant at its premises at Tema Industrial Area.

The power project is a move to ensure uninterrupted supply of power to the facility to enable them meet production orders and targets.

Speaking on behalf of His Excellency, Nana Addo Dankwa Akufo-Addo the President of the Republic of Ghana, the Minister of Food and Agriculture, Dr. Owusu Afriyie Akoto commended Cocoa Processing Company for the initiative and said it would generate employment as well as revenue and aid in the resolution of the company's energy problems.

The Managing Director of CPC, Nana

Agyenim Boateng, explained that the biomass project will reduce the cost of energy for both electricity and heat for boilers to about \$210,000 or an average of \$2.25 million a year adding that the company is spending more on energy ranging between \$500,000 and \$570,000 a month.

Nana Agyenim Boateng I, further addressed a number of challenges CPC is currently facing with major focus on high cost of utilities. He disclosed that the biomass technology is widely being used in countries like Austria, Thailand and Japan and Ghana signing onto it makes her the fourth to use this technology. He also observed that, cocoa pods would form part of the raw materials for the production of the energy and stated that the move would help boost economic growth. 'The

collection of the cocoa pods will create employment" he added.

The Board Chairman of CPC, Mr. Kweku Owusu-Baah said the power project would be a collaboration with four development partners; GP Green Energy of India, Captive Energy, Horus Energia of Poland and The State Bank of Poland. The collaboration, according to him will also include three local partners; The Energy Commission, ADB Bank and Standard Chartered Bank.

The CPC also used the event as a platform to introduce 19 new product lines namely; TQ premium dark chocolate 90% cocoa, Choco delight (chocolate and cashew nut), Heritage, 10 grams sachet of All time and Royale, and others onto the market ahead of the Christmas festivities.

## **"ACCIDENT BIG OR SMALL, AVOID THEM ALL" AN OCCUPATIONAL HEALTH AND SAFETY EDUCATION IN THE EASTERN REGION**



BY ZANETOR APETORGBOR

The Deputy Disaster Manager of Ghana Cocoa Board, Mr. Edward Amoah Odame, has urged staff of Cocoa Research Institute of Ghana (CRIG) to make safety a moral responsibility. Mr. Odame made the remarks during a training session at Tafo in the Eastern Region.

The departmental training organized by CRIG was aimed at advancing knowledge and educating the staff on health hazards and the necessary precautions to maintain a healthy and accident-free working environment.

Over 30 participants were trained on the effective usage of fire extinguishers by applying the PASS principle which stands for Pull, Aim, Squeeze and

Sweep. Mr. Odame also made a demonstration to the staff on how to use a jute sack to fight common fires and added that Life Safety, Incident Stabilization and Property Protection (LIP) principle should be adhered to in case of emergencies. He counseled staff to be vigilant and more conscious of harmful occurrences at both office and home.

'In a case of a fire outbreak, stay calm, do not rush nor use the elevator, locate the nearest and safest exit to prevent any kind of injury", he said. 'Safety is a shared responsibility and do not learn safety through an accident", he added.

Mr. Odame urged the workers to be each other's keeper, ensuring good housekeeping, reporting or addressing potential health hazards and even near misses. He recommended the need for an assembly point and develop an evacuation plan to aid external accident fighters identify the need for rescue.



# A DAY IN THE LIFE OF A GHANAIAN COCOA FARMER

By Abigail Ahorgba

Back in the Primary School and even the Junior High School days, our teachers would occasionally ask us about our preferred professions for the future. The usual suspects were, Doctor, Nurse, Accountant, Lawyer, Businessman and the likes. None of us, in our wildest dream would mention 'a farmer'.

Even though we were children, we could still understand that a good profession was one that could earn you the necessary living income and dignity to be able to live a fulfilling life. Farming was, and is still not considered one of them.

Clearly, in our part of the world, right from infancy, 'farming' is perceived as a poverty-stricken profession solely preserved for illiterate and less privileged in society. In view of this stereotype about farming, our societies have managed to bring up people whose career preferences are anything but farming.

The reality, however is that, farmers play a major role in society; they feed us, some of them warm us and all are custodians of the landscape and nature. Being the oldest professionals on the face of the planet, farmers have demonstrated responsibilities and commitments that go way beyond their farms, crops and livestock, with many playing vital roles in their communities and societies.

There is a cocoa slogan in the Akan language which literally translates 'the entire nation will starve if the farmer stays at home'. This adage is an exact demonstration of the importance of farmers in the socio-economic growth of Ghana. In Ghana, majority of the citizens are farmers, with those in the cocoa fraternity constituting significant majority. Cocoa is estimated to generate more than 2 million United States dollars annually to boost the economy. Aside from cocoa cultivation, these farmers are also involved in food crop and livestock farming in an effort to ensure that the more than 30 million Ghanaians do not go hungry.



But what do these farmers do on daily basis? To what extent do they sacrifice their comfort and happiness to sustain the farming business? To find answers to these and many other questions concerning cocoa farming, we decided to spend a day with Mr. Friko Kwadzo Biom, a cocoa farmer at Fankyekor in the Papaase cocoa District in the Oti Region (Volta Cocoa Region) and can say without hesitation that 'dedication' is one word that best describes the cocoa

farmer. It is a fact that a few other professionals understand sacrifice, patriotism and patience more than the Ghanaian cocoa farmer.

Mr. Biom is 68 years old. He has 10-acre matured and 4-acre newly cultivated cocoa farms. He also has cassava, plantain, cocoyam, maize, yam and other food crop plantations. He began his cocoa farming more than 50 years ago and has never looked back since.



On this particular day, the team got to Fankyekor at 7am after a two-hour drive from Hohoe. He was already up from bed, ready to receive us. According to him, he wakes up at 5:30am every day, sometimes with hesitation due to tiredness carried over from the previous day's work. He had already attended to his mandatory morning duties including sharpening his cutlass and putting the necessary logistics together for the day's activities before we arrived. So at exactly 7:30am, we set off to the farm. Mr. Biom joined the team from Hohoe in a pickup vehicle and the wife rode on the family motor cycle with two farmhands. According to him, going to the farm on the motorbike takes about 5 to 8 minutes from his residence. On days when they have to walk, the journey takes them about 30 minutes. The family hardly takes breakfast at home.

Upon reaching the farm, Mr. Biom took us round to witness what he had already told us on phone – the nature of his farm, size, state of the other food crops being cultivated, etc. He was emphatic that he planned not to do any major activity that day and rather tell us what every day is to him as a farmer. 'I begin the day's work depending on the required activity for the day. This usually ranges from weeding, cutting down parasitic trees, planting seedlings, harvesting, breaking pods, fermenting or working on the other food crops', he said softly. According to him, he never forgets to pray to commit

the day into the hands of his maker before beginning to work.

Whatever he decides to do, he does it with all his might. His wife and farmhands are always ready to offer their best to ensure the achievements of daily targets. Mr. Biom and his family work in the rain and in the sun to ensure that they have something to boast of during harvest time.

At midday his wife stops working to prepare lunch in a small mud house built in the middle of the farm. The meal is prepared with everything God has blessed him with from his farm. Enough food is prepared for Mr. Biom and all his farmhands. After lunch, they all rest for a while under a shady tree before resuming work.

As work progresses, the sun also travels slowly in a quest to set below the horizon and give way to the cooling of the earth. This is the only time that Mr. Biom and his team will wrap up their day's work and leave for their humble abode.

At home, Mr. Biom takes his supper, usually something light. Sometimes after supper he visits family and friends, listens to the evening news on his radio or chats with his wife for a while before finally going to bed at about 8:00pm. He always sleeps with full gratitude because YET ANOTHER DAY IS DONE.

According to him, all days might look

the same because of how routine things are done in his household, but the best days are those days that he enters his farm to meet a sight of fresh and healthy looking cocoa pods ready for harvesting.

Through hard work and dedication, Mr Friko Biom has educated all ten of his children and his last child is currently at the University of Professional Studies, Accra. He has also built a five bedroom apartment at his hometown and contributed to the construction of a church in the Fankyekor community. He was also a major sponsor of the construction and opening of a Basic School in the community.

Having spent a day with Mr. Biom was enough to imagine what this man, together with the other millions of illustrious farmers go through on daily basis to ensure that there is enough food on the table of every Ghanaian and also ensure adequate production of cocoa to sustain the economy. Our farmers need to be applauded and appreciated.

Each day, they go into the fields to see what is growing and what remains to be done. But it is always the same thing: nothing is growing, everything needs to be done. Our societies' perception and attitude to farming seem to suggest that farmers sow their seed on soil guaranteed by poverty to fail. But their complaints are less and they persevere till the end. For they know that at the end of the tunnel, there is a respite.

I conclude by siding with W.D. Ehrhart's who wrote in his famous 'The Farmer' from Beautiful Wreckage that 'a farmer of dreams knows how to pretend. A farmer of dreams knows what it means to be patient'.

Farmers are awesome. Farming should rank high on our list of admired professions because they provide one of the most basic needs for the survival of the human race, food.

Our teachers have a very popular slogan 'If you can read this, thank the teacher'. I think our farmers deserve one more beautiful slogan added to their endless list of slogans- 'If you have eaten today, bless the farmer'. Do you have any other slogan in mind?

#### Reference

W. D. Ehrhart, 'The Farmer' from *Beautiful Wreckage*. Copyright © 1999 by W. D. Ehrhart.





# COCOBOD LADIES CLUB NEW EXECUTIVES ASSUME OFFICE

New Executives of the COCOBOD Ladies Club have been sworn in at a colourful ceremony at Cocoa House in Accra with a charge to uphold the core values of the Club. Present at the ceremony were some Management members and Leadership of Ladies Clubs of Division and Subsidiaries of COCOBOD.

In her farewell statement, the outgoing President of the Club, Mrs. Sabina Wereko, was grateful to all members for their support and contributions towards the success of every policy and programme implemented during her tenure.

Mrs. Wereko added that such support should be extended to the newly elected executives to enable them move the activities of the club to greater heights. 'I am hopeful that, just as you have backed me and my team, you will give same support to the new executives and work hand in hand with them to achieve set goals,' she added.

The Director of Human Resource and Solicitor Secretary, Mr. Francis Akwasi Opoku, who administered the oath of office, emphasized the need for team work among the executives and advised them to stay focus in order to take strategic decisions for the collective interest of all members. He implored them to seek for advice where necessary to move the Club forward.

'Leadership comes with sacrifice and therefore my doors are always opened for suggestions, discussions and advice on the implementation of decisions to support the ladies', he said.

The new President, Ms. Sethlina Opoku-Amankwah on behalf of her colleagues, extended appreciation to members of the Club for the confidence reposed in them and pledged to work assiduously to promote the interest of ladies in COCOBOD. She, however called for unity of purpose among the executives to collectively address problems facing the Club.

Ms. Sethlina Opoku-Amankwah further noted the need for ladies to build their capacities through further studies to

make them effective in their respective Divisions/Subsidiaries. She called on all to support the celebration of the 2020 National Chocolate Day.

'Chocolate day is ahead of us and it a Red Day, let us all support the celebration', she appealed.

Meanwhile, the new Executives include Mrs. Sethlina Opoku-Amankwah President, Janet Abena Acquah 1st Vice and Ms. Pearl M. Gawu 2nd Vice President.





# COCOBOD LADIES CLUB NEW EXECUTIVES



- ▶ **1. President**  
Sethlina Opoku Amankwah - (Public Affairs)
- ▶ **2. 1st Vice President**  
Janet Abena Acquah - (Medical Dept.)
- ▶ **3. 2nd Vice President**  
Pearl Mawuli Gawu - (Public Affairs)
- ▶ **4. Secretary**  
Margarete Esi Nai - (Procurement)
- ▶ **5. Assistant Secretary**  
Maame Fosua Ampofo - (Medical Dept.)
- ▶ **6. Financial Secretary**  
Joyce Owusuwaa Afrifa - (Finance Dept.)
- ▶ **7. Treasurer**  
Eunice Ansong - (Finance Dept.)
- ▶ **8. Organizing Secretary**  
Eunice Asante Sarpong - (Special Services)
- ▶ **9. Asst. Organizing Secretary**  
Edith Adams - (Medical, Lab Tech Unit)
- ▶ **10. Porter**  
Afishah Diabor - (Medical, Records)
- ▶ **11. Chaplin**  
Gracelyn Afumwaa Annang - (Public Affairs)



# A HEALTHY LIFESTYLE IS IN VOGUE

Dr. Kojo Cobba Essel

“Those who think they have not time for bodily exercise will sooner or later have to find time for illness” – Edward Stanley, December 1873

I have already attended a couple of Christmas Concerts but I certainly can't feel Christmas in the air even though some decorations are already up. Where are the Christmas Carols? The airwaves should be blasting them all day. I am sure many people are waiting for January 1st to dive into New Year Resolutions. Yes it is a good thing to start on a day that is easy to remember but it needs not be January 1st. Let us get started with critical information that when followed will impact positively on whatever our health goals may be. Never before has a Healthy Lifestyle been so fashionable.

Every point listed is crucial, read it, digest it and certainly make a point to change your life appropriately with the information.

**1.** Lack of exercise increases the risk of developing heart disease by 150%. At least start walking today.

**2.** Reduce your salt and fat intake and increase your fruit and vegetable portions to improve your heart health.

**3.** Sometimes the first time you will know you have high blood pressure is when you have a STROKE .....make it a point to check your blood pressure within the next 24hours and then at least twice a year even if you do not have high blood pressure.

**4.** If you are a Diabetic, talk to your doctor about protecting your kidneys and checking your lipids (cholesterol) periodically. Have your eyes examined by an Eye Specialist at

least once a year.

**5.** If you are over 40 years (Male) and you have never had your Prostate screened, have it DONE immediately!

**6.** If you have back pain, DO NOT stay in bed beyond 72 hours.....some movement may be beneficial. If you are unable to get out of bed, then you need to SEE a doctor IMMEDIATELY.

**7.** Obesity predisposes you to most of the FATAL FIVE (5):

- Heart Disease
- Diabetes
- Cancer
- Stroke
- Lung Disease

**9.** Your risk of developing Type 2 Diabetes is increased if:

- You have diabetics in your family
- You are overweight
- You lead a sedentary life (limited activity)
- You are over 40 years old

If you have never tested for diabetes (by checking your blood sugar) make sure you do this within one week.

**10.** Weight bearing (includes walking and strength training exercises) exercises and calcium-rich foods or calcium supplements will reduce your risk of developing Osteoporosis, (loss of bone mass) which can lead to fractures that may change your life for ever

**11.** Breast Cancer is the second commonest cancer among women in Ghana. It accounts for 15% of all cancers and 40 % of female cancers in Ghana

**12.** Majority of breast cancer patients in Ghana are between the ages of 40-49 years.

**13.** A total of one woman is diagnosed of breast cancer worldwide every three (3) minutes.

By the time you finish reading this article; about five (5) women would have been diagnosed of breast cancer. How alarming! It is worth noting that men are NOT 'exempted' from breast cancer. We are also at risk.

My advise to you is simple – Woman and Man know thy breast in the interest of breast health.

AS ALWAYS LAUGH OFTEN, ENSURE HYGIENE, WALK AND PRAY EVERYDAY AND REMEMBER IT'S A PRICELESS GIFT TO KNOW YOUR NUMBERS (blood sugar, blood pressure, blood cholesterol, BMI)

Dr. Kojo Cobba Essel  
Health Essentials Ltd/Mobissel/St. Andrews Clinic  
(www.healthessentialsgh.com)

\*Dr. Essel is a medical doctor, holds an MBA and is ISSA certified in exercise therapy, fitness nutrition and corrective exercise.

Thought for the week – 'A Healthy Lifestyle is in Vogue; adapted from my book Unravelling The Essentials of Health & Wealth. Join us for a launch date on Saturday 21st December 2019 from 4pm to 7pm at the Coconut Grove Regency Hotel. "

## References:

1. *Citifmonline*
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# Ultimate Christian Ministry Benefits From Sensitization on Health Benefits of Cocoa Consumption

The Chief Pharmacist of Cocoa Clinic in Accra, Dr. Edward O. Amporful has urged members of the Ultimate Christian Ministry in particular and Ghanaians as a whole to make it a habit of consuming more cocoa to benefit from its numerous health and nutritional values.

Dr. Amporful made these remarks when he addressed members of the Ministry at the Du Bois Center in Accra. According to him, Ghana's cocoa is of premium quality which is used to measure the standard of cocoa produced from other countries, hence the need for it to be consumed in all forms.

Dr. Amporful added that raw cocoa or dark chocolate contains polyphenols which are very essential for the proper functioning of the body. According to him, regular cocoa consumption can reduce fatigue, improve sexual ability;

reduce high blood pressure, among others.

He further advised on the need for children to consume cocoa since it also helps in building their cognitive ability and boost their confidence in class.

Dr. Edward Amporful disclosed that, COCOBOD was collaborating with Government through the School Feeding Program to provide free cocoa drinks to pupils in basic schools across the country.

Rev. Dr. Emmanuel Ahia Clottey, Head Pastor of Ultimate Christian Ministry and the Executive Director of the Seed Production Division (SPD) of COCOBOD stated that, Cocoa is the bedrock of Ghana's economy in view of its significant contribution towards the development of the economy.

He implored the congregation to consume more cocoa and enjoy good health.





# COCOA FARMING MADE EASY AS COCOBOD TAKES DELIVERY OF 100,000 MOTORISED SLASHERS & PRUNERS



Cocoa farming in Ghana will soon become less laborious for farmers as the Ghana Cocoa Board (COCOBOD) takes delivery of some 100,000 pieces of motorised slashers which will be distributed to cocoa farmers across the country, through their farmer cooperatives.

The introduction of the dual-purposed Sharp Power 4T Motorised pruners and slashers for use on cocoa farms is crucial for the substantial reduction of the drudgery and discomfort farmers go through in managing their farms.

This assurance was given by Dr.

Emmanuel Agyemang Dwomoh, the Deputy Chief Executive of COCOBOD in charge of Agronomy & Quality Control, at the opening of a 2-day demonstrative 'trainer-of-trainees' workshop organized by the Cocoa Health & Extension Division (CHED) of COCOBOD at the Bunso Cocoa College in the Eastern Region.

Addressing the over 200 participants, made up of Regional Managers, District and Regional Extension Coordinators drawn from all the cocoa regions, Dr. Agyemang Dwomoh described pruning as a crucial agronomic and productivity enhancement activity that must be

given all the needed attention to boost yields.

He added that COCOBOD had banned the use of weedicides in cocoa farming and introduced motorised slashers as a better alternative to weeds control.

Explaining further, he said the machines could be used for clearing weeds, as well as, cutting unwanted branches on cocoa trees without difficulty, adding that, the slashers are easy to use and can clear a hectare of land within 2 hours.

"About 14% of areas marked for pruning was achieved last year but this year, the target is to ensure 100% pruning of all farms" aided by the motorised slashers, he added.

The workshop for the field staff forms part of COCOBOD's efforts at equipping its staff with the needed knowhow on the appropriate use of the slashers and pruners ahead of the start of the Mass Pruning Exercise scheduled for February this year.

Dr. Dwomoh urged the participants to ensure that they train the end-users properly to prevent frequent machine breakdowns.

"Since you, our staff at CHED, interface with farmers regularly, management is fully relying on you for the success of this good initiative", he told the workshop participants.







## MAKEUP OR NO MAKEUP TO WORK

For the average woman in today's contemporary society, makeup has almost become a necessity. Makeup is any cosmetic applied to the face to enhance one's facial looks. Foundation, mascara, eye shadow and blush among others are but a few of makeup types.

Today's corporate women tend to be more enthused about wearing makeup to work; many of them never want to leave the house without wearing makeup. There are however some corporate women who are totally against the wearing of makeup to work. They think makeup to work is absolutely unnecessary.

The question one may ask is with this argument, 'Is it necessary at all to wear makeup to work?'

In this edition of the COCOBOD Newsletter, we shall be discussing perceptions of a typical corporate woman at Cocoa House with respect to makeup or no makeup to work. Respondents who were mainly females were randomly interviewed and the following are their responses:

1. I have a tired face and tired eye bags. Therefore I wear makeup to cover it up. Again, it makes me look good, attractive and it boosts my confidence
2. It's a personal preference as makeup enhances my beauty
3. I use the eyebrow pencil. This is because I used to have bushy eyebrows but ageing has ripped it off.
4. I don't wear makeup to work. I feel it's unnecessary in my field of work.
5. I won't say the wearing of makeup is time wasting, neither is it unprofessional. Wearing of makeup enhances one's appearance which is a good impression.

6. Makeup would only be unprofessional if touch ups are done on desk. But a lady can always go to the washroom to freshen up.

7. Light makeup can never be time wasting and unprofessional.

8. Wearing of makeup is not unprofessional but I think it wastes time as hours could be spent on just applying it.

9. Wearing of makeup doesn't portray competency, it has nothing to do with one's capabilities but I would say it gives a very good impression as first impressions do count. Makeup is a bonus.

10. Makeup can never portray competency or proficiency, it can never tell if you are good at what you do but makeup can boost confidence.

11. Makeup is a physical enhancement which deals with the outward appearance and has nothing to do with the brains..11. Makeup is a physical enhancement which deals with the outward appearance and has nothing to do with the brains.

12. I am good at what I do and I don't wear makeup so makeup can never portray competency or proficiency at work.

13. I would encourage women to wear makeup but it should be moderate.

14. I would encourage women to wear makeup but it should be subtle. It should be a cooperate makeup that suits the environment.

15. I would encourage the wearing of makeup but makeup should be classy and simple.

16. I would encourage the wearing of makeup if it's a requirement in your field of work such as airline companies if otherwise I don't think it's really necessary.

17. When the wearing of makeup becomes a distraction that is concentrating too much on your makeup rather than your tasks is not the best.

18. When makeup becomes too loud and doesn't suit the cooperate environment, I would definitely discourage it.

19. When makeup tends to scare people away. Too much of makeup is bad and makes one look like a corpse.

20. I'm not a fan of makeup but totally discouraging it will be hypocrisy. Some cooperate women do look nice in their makeup. I would only discourage it if the wearing of makeup to work is done without moderation.

Ladies, opinions they say are like onions or noses. Views expressed here do not reflect the views of COCOBOD Newsletter. The best way to stay true to yourself and look beautiful is to have your natural face. However, in your quest to use makeup, let's observe the following among others:

1. Seek advice from a dermatologist on your skin
2. Read and internalize precautions on makeup products
3. Makeup should not be exaggerated
4. Choose the right shade for your skin

BY: AUGUSTA ADOBEA ADU





AD 1957

FREEDOM AND JUSTICE



*over  
70 years*

PROVIDING  
PREMIUM QUALITY  
COCOA

Cocoa from Ghana enjoys high premium on world commodities

From beverages to skin care, Ghana's cocoa has become the world's favourite ingredient for most cocoa based products, especially chocolate