



COCOBOD *News*

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THE NATIONAL COCOA CONSUMPTION CAMPAIGN: ALL HANDS ON DECK



REASONS TO CONSUME Cocoa



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

THE NATIONAL COCOA CONSUMPTION CAMPAIGN: WHY ALL HANDS ON DECK

Ghana is known all over the world as the leading producer of premium quality cocoa. This enviable niche has placed the country in a good position as a business destination among the cocoa producing fraternity. Over the years, successive administrations have made significant efforts to promote local consumption of cocoa. However, statistics show that per capita consumption of cocoa in Ghana is just about 0.5 kilogrammes. This is very low compared to the per capita average of 8-10 kilogrammes that countries in Europe and America consume per year.

Currently almost 80% of cocoa produced annually is exported in raw form. Government has announced its intention to implement policies that will ensure that at least 50% of Ghana's cocoa beans are processed locally and consumed. A national cocoa consumption campaign has thereafter been intensified to get all Ghanaians on board across the country.

A check by COCOBOD News reveals four significant incidents that has in recent past happened and which provide enough reason for all hands to be on deck to ensure that Ghana joins the league of major cocoa consuming countries in the world.

■ H. E. Nana Addo Dankwa Akufo - Addo, President of the Republic of Ghana launched the National Cocoa Consumption Campaign during the 2017 Cocoa Day Celebration in Kumasi.

■ The Asantehene, Otumfour Osei Tutu II has accepted to be the Cocoa Consumption Ambassador.

■ The Minister of Food and Agriculture, Hon. Dr. Owusu Afriyie Akoto has announced that cocoa drinks will be added to the School Feeding Programme.

■ COCOBOD has re-constituted the National Committee for the Promotion of Cocoa Consumption to drive the consumption campaign through various initiatives and programmes.

As a nation with more than 800,000 tonnes annual cocoa production capacity, it is unfortunate that we consume less and therefore fail to fully benefit from the listless health and nutritional benefits of the Golden Pod.

The following quote from www.medicinehunter.com is worth mentioning at this point:

"Cocoa, one of nature's many miracles, is in fact the great super-food that many people seek. Cocoa makes other so-called super-fruits pale in comparison. Cocoa is a titan of health benefits, the likes of which humanity has never known. It is the profound medicine that scientists and

researchers toil to discover. If cocoa were a pharmaceutical drug, it would be hailed as the greatest medicine of all time, and its discoverer would reap the Nobel prize in Medicine. Cocoa is all of that. Cocoa is right out in the open, more protective than any other food, and more powerful than any medicine ever devised".

In this vein, COCOBOD is vigorously intensify campaign to create awareness of these health and nutritional properties of cocoa in an effort to inculcate its consumption among the citizenry. It is a fact that if the objectives of this campaign are achieved, every single Ghanaian will benefit from the health, nutritional and socio-economic effects of consuming cocoa daily.

Increased cocoa consumption will improve people's health thereby reducing the number of time we visit the hospital; this will directly reduce the health bills of the country.

Again, increased local consumption also means reduction in the quantity of raw beans exported to foreign buyers. As dictated by the law of demand and supply, limited supply of raw beans will positively affect prices of the produce on the foreign market. While this will automatically result in increased farm gate prices for our gallant farmers, government's foreign exchange revenue is also bound to increase significantly.

All actors on the cocoa value chain including farmers, input suppliers, Licensed Buying Companies, processors, handmade chocolatiers, major distributors and petty traders are just but a few of the various



categories of people and institutions who stand to gain from this initiative.

While lauding government and COCOBOD for this consumption campaign, we wish to implore all Ghanaians to join the train. The truth is that not much effort is required to attain a significant per capita consumption level in two to five years' time. It only requires individual decisions from all 27 million Ghanaians to consume a cup of cocoa at least, once a day and we shall make fantastic progress towards sustaining our cocoa industry.

While the issue of cost has been identified as one major hindrance to this drive, it is imperative to point

out that the cost of curing the numerous diseases that cocoa consumption prevents far outweighs what would have been spent daily consuming natural cocoa.

Try and visit a Mart, Provision Shop or Cocoa Shop; pick up a cocoa product, especially the natural cocoa powder and consume daily for a healthy life.

It is in this regard that COCOBOD



News wishes to once again invite all Ghanaians to join the National Cocoa Consumption Campaign to enable us benefit fully from the nation's premium cash crop.

It has been said time and again that 'Cocoa is Ghana and Ghana is Cocoa'. Let us take advantage of this miracle crop to make our nation prosperous for a healthy nation is, without doubt, a wealthy nation.

GHANA COCOA BOARD SIGNS \$1.3 LOAN FACILITY TO FINANCE COCOA PURCHASES FOR THE 2018/19 CROP SEASON

Ghana Cocoa Board (COCOBOD) has successfully signed a USD\$1.3 billion syndicated loan facility with a consortium of 21 banks, including Barclays Bank Ghana, Stanbic bank Ghana as well as Societe General to finance cocoa purchases for the 2018/19 crop season.

The annual pre-export Receivables Backed Trade Finance Facility which was signed in Amsterdam, Netherlands, attracted an interest of about 2.5 percent. This is because the libor rate which is the rate at which banks lend among themselves for September was estimated at 1.91 percent plus 6 basis points or 0.6 percent. The loan is expected to be repaid in eleven (11) months.

For 26 years now, COCOBOD has consistently taken the off-shore facility to ensure prompt payment of cocoa purchased from farmers at the farm gate levels. COCOBOD has never defaulted in repaying the facility since its inception.

In an interview with the media after the signing ceremony in Amsterdam, Chief Executive of COCOBOD, Hon. Joseph Boahen Aidoo said the Board had forecast to purchase about 900,000 metric tonnes for the 2018/2019 crop season.

He said the productivity enhancement

programmes being implemented by management were yielding results, adding that for the just ended crop season (2017/18), Ghana's total production output was 903,000 metric tonnes.

Hon. Aidoo said the facility was oversubscribed by more than US\$500 million but COCOBOD decided to opt for USD\$1.3 billion which, he believed, would be sufficient for the purchase of cocoa beans and other related costs for the next crop season.

'When you syndicate, you collateralize cocoa for whatever amount you take.

So when the price of cocoa is going down, you will be giving up more cocoa. Since world market price continues to fall, we need to tread cautiously...that is why we always go in for a manageable amount based on research by the Monitoring and Research Department of COCOBOD," he said.

“The Board had forecast to purchase about 900,000 metric tonnes for the 2018/2019 crop season”

The first draw down of USD\$ 600 million hit the Bank of Ghana's account in the first week of October, 2018, timely enough to kick-start the 2018/19 crop season.



GHANA-COTE D'IVOIRE HOLD JOINT INVESTORS FORUM

The governments of Ghana and Cote d'Ivoire with support from the African Development Bank have held a one-day Cocoa Investors Forum in Accra. The Forum brought together a number of international financial and cocoa processing institutions, to share ideas on how to mobilize resources to improve upon the fortunes of the cocoa industry.

Participants at the Forum discussed ways of attracting private investments into the cocoa sectors of both countries. The two countries contribute more than 60 percent of the global cocoa but earn around \$5 billion out of an estimated \$110 billion accrued from the global cocoa market because both countries mostly sell raw cocoa beans to the world market.

Addressing the opening ceremony of the Forum, the Senior Minister, Hon. Yaw Osafo Marfo, encouraged the Governments of both countries to strategize in a collective effort to control cocoa prices on the world

market to enable them reap the full benefits of trading in cocoa. Citing the Organization of Petroleum Exporting Countries (OPEC) as an example, Hon. Osafo Marfo said the collective influence of OPEC members has helped, to a large extent, in regulating the oil industry.

"The two countries should certainly have influence on the cocoa prices globally; we should have the OPEC type in the cocoa industry", he added. He called for the adoption of a strategy that would control quantities of cocoa for the export market at a time.

"Now we are all talking about improving production. But the flipside is when cocoa production goes up, the price falls, but you need to also improve the production. So it is now up to us to strategize the release of this commodity on the market, we are in the boat together. We either float or sink", he said.

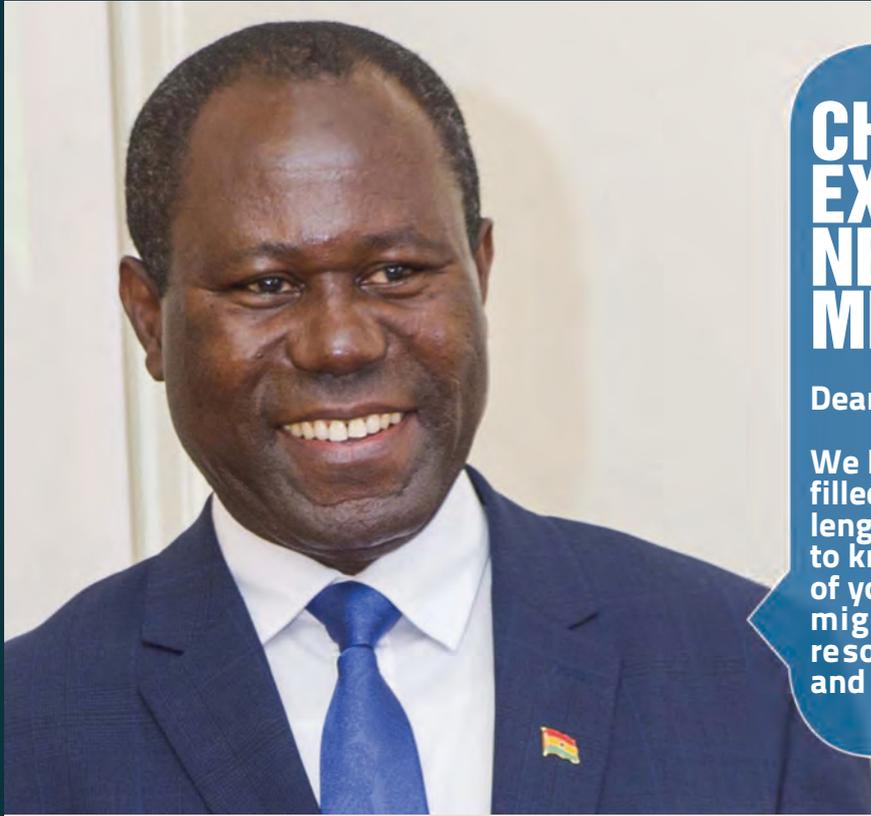
Dr. Owusu Afriyie Akoto, Minister of Food and Agriculture, delivering the

keynote address for the occasion, explained that improvements in the welfare of farmers across both countries would require adherent to good agronomic practices, implementation of productivity enhancement programmes, sustainable domestic and global prices, among others.

He disclosed that Ghana earns about \$2.5 billion from cocoa annually even though the global market is worth over \$100 billion. He stressed the need to increase domestic value-addition to enable Ghana to maximize its gains from world cocoa business.

Chief Executive Officer (CEO) of Ghana Investment Promotion Centre (GIPC), Mr. Yoofi Grant on his part, stressed the need for both nations to add value to their cocoa to establish dominance in the world market. Mr. Yoofi further described Ghana as a good investment destination and called on prospective investors to do business in the country.





CHIEF EXECUTIVE'S NEW YEAR MESSAGE TO STAFF

Dear Colleagues,

We have come through a year that was filled with both successes and challenges. How encouraging it has been to know that we can still count on all of you regardless of the challenges we might have faced in our collective resolve to enhance the cocoa; coffee and shea sub-sectors.

We have come through a year that was filled with both successes and challenges. How encouraging it has been to know that we can still count on all of you regardless of the challenges we might have faced in our collective resolve to enhance the cocoa; coffee and shea sub-sectors.

On behalf of the Board of Directors and Management of Ghana Cocoa Board (COCOBOD), I want to thank everyone for your invaluable contributions throughout the 2017/18 crop year. I must admit that working with you the past 2 years has been a pleasure. My team and I appreciate your loyalty, dedication and hard work which, have culminated into the strides and gains we have achieved in the cocoa industry over the years.

I doff my hat to all our gallant farmers especially, those who distinguished themselves in the cocoa, coffee and shea nut sectors to receive various awards during the 34th National Farmer's Day Celebration held at Tamale, Northern Region. We also wish to thank our numerous stakeholders, who have rallied behind us during this two-year period of continuous fall in world prices of cocoa. In the face of these challenges, there is ample evidence that we are achieving the target we have set for ourselves to transform the cocoa sector. Our focus and strategy to assist our cocoa farmers with Productivity Enhancement Programmes (PEPs) geared towards increasing farm productivity is yielding positive results.

Obviously, we have had some complaints from our farmers across the cocoa regions regarding the implementation of the Hand Pollination, Subsidized Fertilizer, Mass Pruning, Mass Spraying, and Rehabilitation Programmes, among others. Going forward, let us work collectively to address these concerns. We, as Management, will continue to equip our field staff with the needed logistics to effectively plan the various schedules for efficient implementation of the on-going interventions of the Board in 2019, and this means more work ahead. While there is much work to be done, and there may be further challenges ahead as we intensify our interventions, I am happy we are ending 2018 stronger and more focused because the future of the cocoa; coffee and shea sub-sectors looks bright.

Let me reiterate that government and COCOBOD see bright prospects in our quest towards domesticating the shea plant. It is worthy to note that efforts at shortening the gestation period of the shea plant to three years have been successful and this, coupled with plans to establish a shea plantation at Bole in 2019, will lead greatly to changing the economic situation in the three regions of the North.

I am happy to disclose that our ambitious desire to ensure at least 50% local processing of our cocoa is also making progress. Currently, we have been able to achieve domestic processing of about 300,000mt of cocoa, a 19% jump from the 252,000mt previous fig-

ure, bringing to 34%, the total volume of annual cocoa output (averaging 900,000mt) that is processed locally. I wish to encourage you once again to continue to make cocoa part of your meal to maximize its health and nutritional benefits. Again, I would like to remind you that cocoa products are still the best gift you can ever give to a loved one this festive occasion. Consume more cocoa this festive season for a healthy life.

Finally, my dear colleagues, let us be resolute in our journey towards a sustainable cocoa economy. Our job is to continue to focus intently on what we can control: providing our farmers and stakeholders with the best services and most comprehensive solutions to the challenges of the industry. I have such great confidence in the future of the cocoa industry because our PEPs are yielding great results.

Once again, I appreciate your great work this year. Please enjoy some well-deserved rest with your families and friends during this holiday season and let us get right back in 2019 with renewed commitment to work more efficiently and effectively.

We wish you the Best of the Season and a Prosperous New Year.

HON JOSEPH BOAHEN AIDOO
CHIEF EXECUTIVE OF GHANA COCOA BOARD

COCOBOD TO SET UP NEW COCOA PROCESSING FACTORY IN THE WESTERN REGION

Ghana Cocoa Board (COCOBOD) will soon establish a 60million dollar Cocoa Processing Factory at Sefwi Wiawso in the Western Region of Ghana. This follows a partnership agreement between COCOBOD and the Government of China.

Chief Executive of COCOBOD, Hon. Joseph Boahen Aidoo announced this to journalists during a meeting with a Chinese delegation in Accra.

The delegation were in the country to conduct feasibility studies at the proposed site in Sefwi Wiawso where the factory will be built.

According to the Chief Executive, the establishment of the cocoa processing factory will boost the fortunes of the cocoa sector. He explained that China is awarding a grant of \$35 million with the Government of Ghana providing funds for the remaining \$25million. He further stated that, the

establishment of the factory is very significant as there is a rising consumption pattern of chocolate in the Asian countries, particularly India and China. 'The factory will run through the entire production course, that is from production of butter, liquor and down to the tertiary level which is the production of chocolate and related products.

Hon. Aidoo said, China's decision to partner with Ghana to put up the factory is a major step in realizing Ghana's objective of expanding the scope of cocoa consumption.

Ghana, he noted has over 450,000 metric tons installed capacity but functionally only about 250,000 metric tons is being processed, saying 'we envisage to increase cocoa production in Ghana and in anticipation of this increase, we will certainly need more factories. The Sefwi Wiawso factory is therefore very timely.'

On his part, the Economic and Commercial Counsellor at the Chinese Embassy, Mr. Chai Zhijing recounted the long standing relations between Ghana and China in terms of trade and finance.

According to him, the trade for a total volume of import and export commodities between Ghana and China was \$6.6 billion last year with China's export at \$4.8 billion and the import from Ghana at around \$1.8 billion.

He said, the team is currently undertaking feasibility studies and would work out the details for the Chinese Government for the project to commence. He was hopeful the project will boost China's consumption of cocoa from Ghana.

The Chinese as part of the visit also toured some cocoa growing communities.



COCOA RECIPE CONTEST

I am sure you might have eaten banku, jollof, waakye, or fufu made from the traditional ingredients. But the recent cocoa recipe contest organized by COCOBOD for families, individuals, friends and other amateur nutritionists gave quite a new outlook and taste for the banku, jollof, waakye and the shito you already know due to the inclusion of yet another ingredient; natural cocoa powder.

At the Forecourt of the State house, Accra, it was such a delight to witness, corn dough, rice, shito, cassava and plantain being cooked with Royale to produce one of the best taste and aromatic dish you ever have tasted before.

It was all joy to see enthusiastic families and individuals prepare sumptuous Tetteh Quarshie special jollof with cocoa butter instead of oil, Royale natural cocoa powder for jollof rice by the Kua Pa Kooko. A special pancake was also prepared with corn flour, cocoa butter and Royale as the major ingredients.

A group of people from Kua pa kooko

prepared cocoa fufu with cocoa light soup, cocoa nkatekonto, cocoa banku with cocoa okro soup and cocoa ginger drink. A student from the Food and Nutrition from the Accra University College also prepared Tetteh Quarshie special jollof, cocoa eba with cocoa okro stew while two ladies from the Cocoa Health and Extension Division (CHED) went continental with their recipe as they prepared cocoa fruit salad, cocoa popcorn, and cocoa ice cream.

The competition ended with the team from Kua Pa Kooko emerging the winner with their delicious cocoa fufu with cocoa light soup, cocoa nkatekonto, cocoa banku with cocoa okro soup and cocoa ginger drink; a mixed bag of traditional dishes prepared with natural cocoa powder. Prizes were awarded to all participants with the winner taking home a special package of cocoa products.

Addressing the gathering shortly after the programme, Mr Noah K Amenyah, Senior Public Affairs Manager of Ghana Cocoa Board and a member of the 2018 Cocoa Day Planning Committee congratulated the participants on their creativity and urged them to explore other several means they could use cocoa to produce food for sale. According to him, the inclusion of natural cocoa in dishes will help to fight against numerous health challenges associated with bad eating habits. Mr. Amenyah urged all to consume more cocoa for a healthy life.



BANKERS SCHOOLED ON RATIONALE BEHIND GHANA'S PREMIUM COCOA

The Deputy Executive Director of the Cocoa Health & Extension Division (CHED) of Ghana Cocoa Board, Rev. Dr. Emmanuel Ahia Clottey has explained that good fermentation, sun drying and adherence to good agronomic practices by Ghanaian cocoa farmers are the driving force behind the premium quality cocoa produced in Ghana.

Rev. Ahia Clottey further stated that cocoa farmers in Ghana regularly

receive extension services from staff of CHED to equip them to approach cocoa farming more professionally.

Rev. Ahia Clottey gave these explanations when representatives of both local and international syndicated banks embarked on a day's tour of some selected cocoa farms in the Eastern Region.

The tour, was part of COCOBOD's presentation of various programmes and activities to sensitize the bankers to appreciate COCOBOD's efforts at

improving upon the fortunes of the cocoa sector.

The bankers visited the Tetteh Quarshie and Jubilee Farms at Mampong, a cocoa Plantation at Akwatia kwaso near Adawso, the Bonsu Cocoa farm Irrigation Project, a pollinated cocoa farm and the Cocoa Research Institute of Ghana (CRIG). At each location, staff of the Board walked the representatives through issues of cocoa production and addressed some questions and concerns raised.

KNOW YOUR NEW DEPUTY CHIEF EXECUTIVES

His Excellency the President, Nana Addo Dankwa Akufo-Addo, pursuant to Section 12 (2) of the Ghana Cocoa Board Act, 1984 (PNDC L. 81) (as amended) appointed Mr. Ray Ankrah, Dr. Emmanuel Agyemang Dwomoh and Mr Emmanuel Opoku as Deputy Chief Executives in charge of Finance and Administration (F&A), Agronomy & Quality Control (A&QC) and Operations (OPs) respectively, effective 1st October, 2018.



**MR.
RAY ANKRAH**
DCE (F&A)

Mr. Ray Ankrah brings to the Ghana Cocoa Board (COCOBOD), several years of solid technical knowledge and skills in Strategic Financial Management with vast experience in both the private and public sectors. He is a member of the Chartered Accountants of Ghana and a Fellow of the UK Chartered Institute of Management and Accountants. He is also a member of the Board of Directors of GCB Bank limited and Chairman of the Board of Directors of the Ghana Insurance Commission.



**DR.
EMMANUEL
AGYEMANG
DWOMOH**
DCE (A&QC)

Dr. Emmanuel Agyemang Dwomoh is an Entomologist who has worked with Ghana Cocoa Board for 21 years. By dint of hard work, he held senior management positions at the Research, Monitoring and Evaluation Department of Ghana Cocoa Board, the Quality Control Company limited and the Seed Production Division.

Until his appointment as the Deputy Chief Executive in charge of Agronomy & Quality Control, he was the Acting Executive Director of the Cocoa Research Institute of Ghana (CRIG) - a position he held shortly before his current appointment.



**MR.
EMMANUEL
OPOKU**
DCE (OPs)

Mr. Emmanuel Opoku has 27 years' working experience at Ghana Cocoa Board. He was the Director of Research Monitoring and Evaluation of Ghana Cocoa Board. He was later appointed the Executive Director of the Cocoa Health & Extension Division where he chaired the Oversight Committee on cocoa farm irrigation programme and also worked to ensure the effective implementation of other Productivity Enhancement Programmes (PEPs) rolled out by COCOBOD.



Ghana and Cote D'Ivoire Launch CSSVD Control Programme

Ghana and Cote D'Ivoire have launched a joint action to step up efforts at fighting the Cocoa Swollen Shoot Virus Disease (CSSVD) Control Programme at Pilla 34 and Manzanouan, both border towns in the Western North Cocoa Region.

The exercise would require the farmers to cut down their cocoa trees for new ones to be planted with the modernised technology that is being introduced by government.

Speaking at the launch, the Chief Executive of Ghana Cocoa Board (COCOBOD), Joseph Boahen Aidoo disclosed that about 40% of Ghana's cocoa tree stock was unproductive posing serious economic threat to cocoa farmers and the country as a whole saying, "We are pleading on you the farmers to allow us cut down all the affected cocoa trees to plant new seedlings".

According to him, out of the affected trees, 17% is diseased while 23 % is moribund and over age.

Hon. Boahen Aidoo further said the Western and Eastern regions are so far the most endemic regions accounting for approximately 68% infection rate making the situation very alarming and require aggressive steps to control the spread of the disease in cocoa farms.

According to the Chief Executive, the decision by the previous administration to let cocoa farmers cut and treat their

diseased farms some years ago did very little in combating the menace thereby contributing to the extensive outbreak of the virus, which required a complete felling of the trees for new ones to be planted.

"When the trees are infected and you plant the young seedlings under it, the entire plantation would be affected. Since the disease is spread by air, when all farmers cut their trees and one refuses to, all the others would be affected since the air will spread it across the other farms" He pointed out.

The former Western Regional Minister also explained that the Western Region, which is so far the leading producer of cocoa must not be left to the mercy of the CSSVD, and announced that a new scheme of the programme will provide incentive package for farmers and landlords during the implementation to enable them cope with the loss suffered during the exercise.

He further said staff of COCOBOD have been trained with requisite expertise to treat identified farms and are going to start cutting 10,000 hectares of 680,000 hectares of infected farms. According to him, plans were far advanced to source for funding support from the AfDB to extend the coverage of the programme.

Hon. Aidoo was optimistic that cocoa farmers will support extension officers to assist them treat their farms as the improved method they are introducing

will increase yield.

"During my tour in the Brong Ahafo, we were able to count 897 cherelles on one cocoa plant due to the modernized form of planting we have introduced", he said.

Hon. Boahen Aidoo said Ghana has collaborated with Cote D'Ivoire to fight the disease because the two countries which control about 60% of the global cocoa stock have in recent times stepped up efforts to cooperate in the areas of technical and joint actions to promote sustainable cocoa economy as a major step to protect the fortunes of the cash crop.

The Director General of the Le Conseil du Cafe and Cacao CCC, M. Kone Ibrahima speaking on behalf of the Ivorian government and cocoa farmers lauded the joint initiative and said the cooperation was necessary to sustain the industry.

He added that about 100,000 hectares of infected farms in Cote D'Ivoire will be cut and treated and called on the security personnel, farmers and all and sundry to help in the control of CSSVD which has become a cross border issue affecting cocoa production in both countries.

A joint demonstration exercise on the CSSVD control processes was done by trained operators from both countries on two different infected farms to symbolize the official launch by both countries.



GHANA PARTICIPATES IN MAIDEN MADRID INTERNATIONAL CHOCOLATE FAIR

Players in Ghana's cocoa industry, led by the Ghana Cocoa Board (COCOBOD), participated in the maiden Madrid International Chocolate Fair held from 14th to 16th September, 2018 at the La Galleria del Cristal, Cibeles Palace in Madrid, Spain.

The fair was aimed at giving cocoa producers, processors, the culinary fraternity and consumers a unique opportunity to interact and explore various avenues that serve their mutual interest.

Officials from Ghana Cocoa Board and its subsidiaries (Public Affairs, CRIG, QCC and CMC), Cocoa Processing Company (CPC), Niche Cocoa Ltd and the Ghana Export Promotion Authority

(GEPA) represented Ghana at the Fair. The delegation was led by Dr. Emmanuel Agyemang Dwomoh, Deputy Chief Executive in charge of Agronomy and Quality Control.

Prior to the opening of the fair, the team paid a courtesy call on Ghana's Ambassador to the Kingdom of Spain, H.E Elizabeth Adjei and the Embassy staff. The Ambassador observed that trade and bilateral relations are growing and that a fair of such international nature provided an excellent opportunity for Ghana to explore its trade potentials.

She said cocoa is the main export commodity for Ghana and since most of the audience were consumers who knew little or nothing about cocoa, the team must take advantage of the event to market Ghana and its premium quality cocoa to the world, especially the Spanish market.

Dr. Emmanuel Agyemang Dwomoh expressed his appreciation to the Ambassador and her team for the supportive role they played in

facilitating Ghana's participation in the Fair.

He was optimistic that the outcome of the Salon del Chocolate would largely benefit the Ghanaian Cocoa Industry. At the fair, visitors patronised Ghana's booth throughout the event mainly to taste or buy the various cocoa products from CRIG, CPC and Niche.

The booth was decorated with a design of the cocoa value chain and artworks from CPC and Niche. A mini cocoa village which was made up of an artificial cocoa farm, cocoa drying mat with cocoa beans on it, natural cocoa pods and the various cocoa products on display at the stands made Ghana's booth the centre of attraction at the Fair.

Stand officials took their turns to educate visitors on Ghana's cocoa in a bid to attract investment into the country. Officials from GEPA were also at the Fair to woo Spanish chocolatiers to consider Ghana as the best destination for quality cocoa beans and products.

SOLIDARIDAD AND COCOBOD LAUNCH GHANA CHAPTER OF WOMEN IN COCOA AND CHOCOLATE NETWORK

Solidaridad in collaboration with Ghana Cocoa Board (COCOBOD) has launched the Ghana chapter of Women in Cocoa and Chocolate Network (WINCC) as part of efforts to decentralize the activities of the network.

The WINCC, with presence in a number of countries, hopes to connect women through events and online networking, learning and experience, and to inspire women to take up leadership roles, while encouraging the youth to go into cocoa production.

The launch, on the theme ‘Cocoa consumption: business and health’, is to facilitate connection between women in the cocoa value chain and enable them to share knowledge in the cocoa sector, across different levels of influence and functional areas.

Speaking at the ceremony, Solidaridad West Africa Ghana’s representative, Suzan Yemidi, noted that the initiative is also to connect and engage women throughout the cocoa and chocolate chain, to share, create and achieve more, inspiring them to increase their sphere of influence and take and lead, and contribute to a more sustainable value chain.

Giving reasons why Solidaridad attaches interest to women’s plights, she said: ‘Solidaridad has Women in Cocoa and Chocolate at heart, because women and girls have more challenges that impede their active participation in the sector.

‘We believe that by building the right partnership under this agenda, we will increase the fortunes (socially,

economically and professionally) of Women in Cocoa and Chocolate and inspire them to achieve more.’

Nana Ama Dokuaa Asiamah, Deputy Minister of Information said women play an important role in contributing to the socio-economic development of the country, but having an arm solely responsible for the development and advancement of women in cocoa in the cocoa and chocolate industry was one remarkable feat all should be proud of and be committed especially to its growth, and sustainability.

She said whiles WINCC aims at engaging, connecting and inspiring women through the whole cocoa and chocolate supply chain, members of the association should be supported to advance the development of women’s right, and their human resource capabilities enhanced.

This she said would equip them with the needed and requisite knowledge, and enable them take up key leadership roles in the society and also help mitigate the gender inequalities and disparities that has to a greater extent characterized the society.

Nana Dokuaa said women cocoa farmers were central to the sustainability of the cocoa supply chain and cocoa growing communities, saying although too often unrecognized and undervalued; women’s labour makes significant contributions to the quantity and quality of cocoa produced ‘The transformative, structural solutions and corporation on supporting women cocoa farmers is a critical step for the global cocoa sector to create a future

that doesn’t only survive but also prospers.’ She noted.

Dr. Agnes Naadu Owusu Ansah, Director of Audit at COCOBOD, said in Ghana about 25 percent of cocoa farmers were women, but in most cases do not have control over their own income and earnings, and this goes a long way to affect the situations of their families especially children.

She said the rationale for paying attention to women empowerment in the cocoa industry was engraved in a body of empirical proof that demonstrates the ways in which women were essential in ensuring cocoa productivity and food securities in families.

‘To empower women, COCOBOD has opened up to private stakeholders whose vision is to ensure equity and equality in the industry, saying COCOBOD values women in the supply chain and has been working hard at getting more women in decision making roles.’

She entreated women cocoa farmers to make a change that matters in the sector in their own localities to improve the economy of the country and to be motivated to take responsibility of luring more women farmers to start their own farms and become prominent cocoa farmers.

There were some women representatives from Mondelez International, Barry Callebaut Ghana, Sidalco Group of Companies, and Akyemansa Women Cocoa Farmers Association.





COCOA FARMERS RECEIVE INTERNATIONAL RECOGNITION



The Chief Executive of Ghana Cocoa Board (COCOBOD) Hon. Joseph Boahen Aidoo has presented an amount of GH¢5,000 each to three cocoa farmers who emerged as winners at the 2017 edition of the Cocoa of Excellence and International Cocoa Awards in Paris, France.

The farmers, Mr Simon Marfo from Santaso in the Ellebelle District of the Western Region, Mr John Kofi Asiamah, from Akim Kukurantumi in the Eastern Region and Mr Noah Obeng, Ntrikrom, Ahafo Ano South District in the Ashanti Region were awarded for quality and flavour.

The award ceremony was organized by the Bioversity International and Event International in partnership with some chocolate manufacturers at the Salon du Chocolate, held in Paris from October 28 to November 1, 2017.

The event brought together leading sensory evaluation experts in the chocolate industry to evaluate, recognise and reward cocoa farmers

with exceptional and unique flavours, while bringing know-how, market opportunities and incentives for safeguarding cocoa diversity to farming communities and national organisations globally.

Speaking at the ceremony to present the awards to farmers, Hon. Joseph Boahen Aidoo explained that, Ghana was among the 40 countries that entered the competition in 2017 and among the three countries permitted to submit the highest number of samples out of the 160 samples that entered the competition.

He said key criteria for the assessment of cocoa quality include yield of cocoa nibs and flavour quality, which were mainly attained through the use of improved varieties of cocoa and proper post-harvest practices.

According to the Hon. Aidoo, the event created a platform for Ghana and others to be recognised internationally as producers of cocoa with exceptional and diverse quality.

‘We are very proud of these hardworking farmers and we want to use this token award, together with what the international body has given, to serve as motivation to other cocoa farmers’, he stated.

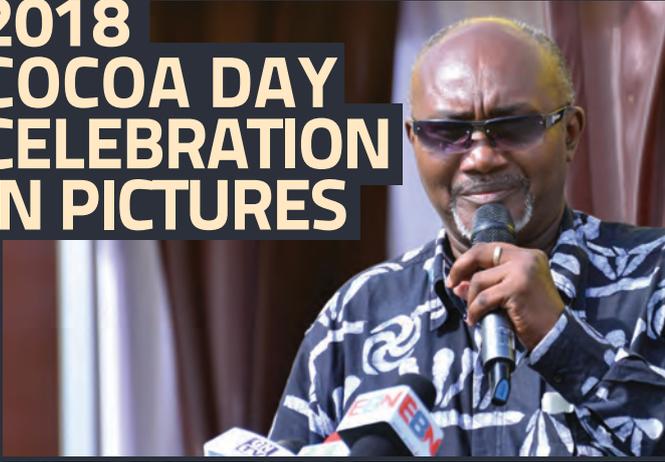
Hon. Aidoo used the opportunity to encourage cocoa farmers to continue to create the awareness on the need to maintain good flavour and give off their best by maintaining the quality of cocoa through good fermentation.

He later presented certificates to the award winners in recognition of their contributions to the cocoa industry.

Mr. John Kofi Asiamah on behalf of the awardees thanked organisers and COCOBOD for the honour done them and pledged to pay attention to the advice given by Extension Officers to improve upon their yields.

Ghana’s participation in the international event dates back to 2011.

2018 COCOA DAY CELEBRATION IN PICTURES





GHANAIS URGED TO CONSUME MORE COCOA FOR A HEALTHIER LIFE



Ghanaians have been urged to consume more cocoa to enable them take advantage of its health benefits for a healthier life. Mr Benjamin Larweh, Snr. Public Affairs Officer of the Ghana Cocoa Board (COCOBOD) made this call during a health screening exercise organized for residents of Jamestown in the Odododiodio Constituency.

The Exercise, which was facilitated by the Office of the Ga Mantse in collaboration with Quickpharm, a pharmaceutical company based in Accra, was aimed at providing basic health services to residents of the area.

Addressing the participants on behalf of COCOBOD, Mr. Larweh said cocoa

has numerous health and nutritional benefits and should be consumed regularly. He bemoaned the high patronage of soft drinks and other products which end up affecting good health and called on all to be cautious.

Mr. Larweh further said cocoa contains Polyphenols, Theobromine (plant derived compounds) and Minerals which are important in overall human health and body function. He said these compounds in cocoa help to improve blood circulation, lower blood pressure, prevent heart-related diseases, improve insulin resistance in diabetic patients, improve cognitive function/brain health and reduce bad cholesterol, among others.

According to him, consuming cocoa

also minimizes menstrual pain, delays physical signs of ageing and boosts sexual performance both in men and women. He therefore urged them to make cocoa consumption a habit to ensure healthy life.

‘I want to emphasise that it is more beneficial to take the unsweetened cocoa since that has higher concentration of flavonoids and can give you maximum health benefits’, he added.

He urged the residents to consume cocoa at least twice a day with an emphasis on the need to see cocoa as food and not medicine.

PRINCE CHARLES VISITS COCOA FARM IN THE ASHANTI REGION



As part of his four-day tour of Ghana, the Prince of Wales, Prince Charles paid a working visit to a cocoa farm at Kona in the Sekyere South District of the Ashanti Region.

Prince Charles used the visit to experience sustainable cocoa farming practices in Ghana. The Prince had the opportunity to experience the cocoa value at first-hand – from the acquisition of seeds to harvesting.

The host farmer, Agyen Brefo, a 42-year-old mixed cropper, had the rare opportunity of his farm being selected for the visit due to the sustainable manner in which he goes about his farming.

Agyen Brefo is one of the 400,000 farmers nationwide who have benefitted from various training programs on Good Agronomic Practices (GAPs) organized by Kuapa Kokoo.

Mr. Brefo, after taking his guests around the farm urged the youth not to think that farming is only for the poor, aged and uneducated people.

He said rather than moving to urban centres to seek for non-existent jobs, the youth should move into farming – given how lucrative it is, and that they should take over from aging cocoa farmers.

MEIJI TRAINS CHOCOLATE MAKERS

Meiji, one of the largest high-quality chocolate manufacturers in Japan has organised a chocolate training programme for inhabitants in the Wassa Akropong District in the Western Region. The company believes that the move will help build their capacity and also meet the needs of the fast-growing segment of professional users of chocolate in Ghana.

Meiji has been sourcing traceable cocoa beans from Wassa Akropong district in the Western Region of Ghana for close

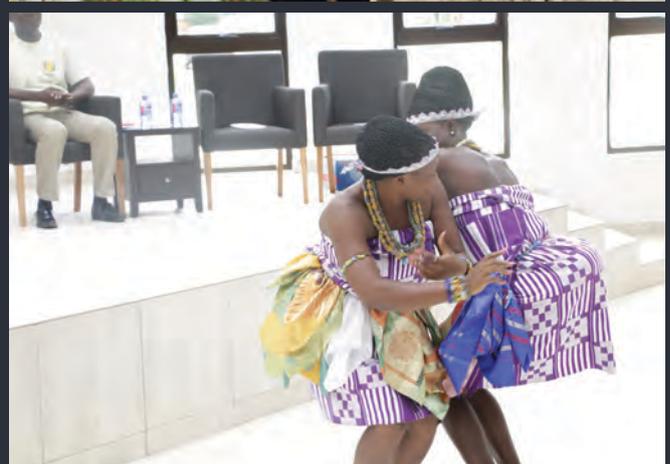
to 10 years. Over the years, Meiji has undertaken many activities aimed at getting closer to the communities where beans are sourced.

The training, which was in collaboration with ITOCHU Corporation, ECOM Agrotrade Limited, and Sustainable Management Services was held for some students in Ataase Primary School. The students were taught how to make chocolate from bean to bar using indigenous processes, materials, and ingredients sourced from Ghana. The students roasted dried beans

over coal pots, deshelled by hand, and grinded nibs using earthenware bowls and wooden grinders (asanka and tapoli). Cocoa butter, sugar and powdered milk were added whilst grinding. After that, the paste was solidified by cooling to form chocolate.

In all, over twenty students participated in the training programme. The students were very fascinated about the chocolate making process and were impressed that they could make chocolate on their own using indigenous resources.

COSSA WEEK CELEBRATION 2018 IN PICTURES





COCOBOD TRAINS FARMER CO-OPERATIVES



The Rector of the Bunso Cocoa College, Mr Thomas Kwame Osei has reiterated Ghana Cocoa Board's (COCOBOD) commitment to provide cocoa farmers with the requisite knowledge and training to help them develop their competences.

He said the rationale is to move beyond providing technical assistance to farmers by also equipping them with the necessary knowledge to help boost their income and improve their standard of living.

Mr. Osei was addressing cocoa farmers at the end of a three week co-operative business school training held at the Bunso Cocoa College in the Eastern region.

He further mentioned that COCOBOD, through the Cocoa Health and Extension Division (CHED) is ready to provide knowledge to business oriented farmers. 'We will ensure that we provide you with the appropriate training to improve your lives, and I can

assure you that more of such training programmes will be organised for farmers in due course", he emphasized.

Participants at the training were selected from co-operative business groups across the cocoa growing communities. In all, over 300 cocoa farmers were equipped with knowledge and skills in the development of business plan, establishment of business services for farmers, financial and strategic management, formal framework of co-operatives in Ghana and administration of the group.

The farmers were also taken through the power of negotiation and advocacy, cultivating the habit of savings, attracting capital for farm investments and other inputs for sustainable development as well as provision of technical, business, marketing and social services.

The Technical Manager in charge of extension at CHED, Mr. William Mintah Wiafe pledged his outfit's commitment

to providing knowledge and support to cocoa farmers not only to ensure a sustainable cocoa economy but also to empower them to enhance their livelihoods.

He said that COCOBOD would continue to deepen farmers' understanding in the rudiments of co-operatives under the Co-operative Business School, and strengthen such groups in the establishment and provision of services to its members. 'We will continue to monitor the activities of farmers through our extension coordinators to ensure that the training is put to good use", he added.

The farmers were grateful to COCOBOD for the opportunity and promised to practice what they had learnt to ensure a sustainable cocoa economy.

The training, which is an annual event, is a collaborative effort between CHED and GIZ/Sustainable Smallholder Agribusiness Programme (GIZ/SSAB).



COCOBOD CHIEF EXECUTIVE PAYS HISTORIC VISIT TO COCOSHE EXECUTIVES



The Chief Executive of Ghana Cocoa Board (COCOBOD), Hon. Joseph Boahen Aidoo met with the Executives of the Cocoa Coffee and Shea Nut Farmers Association (COCOSHE) at their Office in Accra to discuss areas of mutual support towards sustainable cocoa production in the country.

Welcoming Hon. Boahen Aidoo and his entourage, the National President of COCOSHE, Alhaji Bukari Alhassan described the visit as historic because, according to him, Hon. Boahen Aidoo is the first-ever Chief Executive of COCOBOD to visit them at their head office. Alhaji Bukari was full of praise for the gesture and called on his Regional Executives to support the numerous productivity enhancement programmes being implemented by the new administration of the Board.

‘We have seen the effect of the pollination programme you asked farmers to do on their farms and we think it should be supported by all,’ he added.

Alhaji Alhassan Bukari further commended the Chief Executive and his team for introducing the Subsidized Fertilizer Programme back into cocoa operations. According to him, the exercise has helped to sustain the association’s input shops across the country adding that the programme was far better than the erstwhile free fertilizer programme which only stifled their input association and

cocoa production in general.

Addressing the farmers, Hon. Joseph Boahen Aidoo implored the leadership of COCOSHE to do even better to educate farmers to take up cocoa farming as a business. He encouraged cocoa farmers to plough back into their farming operations, profits realized from bumper harvests triggered by the combined effects of the Productivity Enhancement Programmes (PEPs) implemented by COCOBOD. According to him, the move will help farmers expand their farms and increase their incomes as well.

Hon. Boahen Aidoo also used the opportunity to explain the dynamics of the world market prices of cocoa and said as at June 2016, cocoa price was about USD\$3,100 but had since been falling. He added that as at the beginning of September 2018, it had dropped to around USD\$2,100.

Describing the situation as a difficult one, Hon. Aidoo said the best way to insulate Ghanaian cocoa farmers against the effects of price volatility is to encourage them to adopt the COCOBOD’s PEPs to increase their yield per acre to at least 1000kg.

Hon. Boahen Aidoo urged farmers to adopt simple technologies in controlling pests and weeds on their farms instead of applying weedicides which end up destroying the structure of the soil.



COCOBOD OPENS SHEA OFFICE IN TAMALE

Ghana Cocoa Board has opened an Office for the Shea Unit at Tamale in the Northern Region of Ghana. The Office is to serve as an operational secretariat to develop the Shea industry through the supply chain in Ghana in the areas of research, extension, and plantation.

The opening of the Shea office is in line with the road map to get a Shea Development Board for the shea sector to superintend over its affairs in the country.

In a short ceremony, Hon. Joseph Boahen Aidoo, Chief Executive of Ghana Cocoa Board, disclosed that Government is keen on developing the sector in the country because of its enormous benefits to the economy and livelihoods of the people in the

northern part of Ghana.

According to him, as part of Government's effort to develop the sector, COCOBOD has put together a strategic document which has been submitted to the Board of Directors of COCOBOD for consideration. 'Once it is approved, it will go through the sector minister and approval from parliament' he stated.

Hon. Aidoo added that COCOBOD would sponsor PHD students to do research into the shea industry to help in coming up with ways to reduce the gestation period of the shea tree from 15 year period to as low as 18 months.

'It is not enough to pick the shea fruits for export but we need to develop the downstream sector of the industry

and go further and take advantage of the value of the industry".

In a speech read on his behalf, the Chief Executive Officer of the Northern Development Authority (NDA), Alhaji Abdel-Majeed Haroun reiterated the Authority's commitment to work closely with COCOBOD to develop the sector.

He called on all to help preserve the shea tree and desist from felling of Shea trees.

The paramount Chief of Tuluwe Traditional Area, Tuluwura Bonya, expressed gratitude to COCOBOD for opening the secretariat and called on stakeholders to collaborate with COCOBOD to sustain it.





COCOA MARKETING COMPANY STAFF TASKED TO GIVE OFF THEIR BEST

The Ag. Managing Director of Cocoa Marketing Company Limited (CMC), Dr. Kwame Mensah Aborampah has tasked staff of the company to give off their best in the discharge of their duties.

Dr. Aborampah made the call when he inaugurated the newly elected executives of CMC Senior Staff

Association at Cocoa House in Accra. He implored the new leadership of the association to fulfill the promises they outlined during their campaign period. 'Work hard to achieve your goals especially the welfare of staff for the benefit of the company and the cocoa industry', he added.

The newly elected Chairman Mr. Anas Abdul Mumuni in his keynote

address thanked the members of the association for choosing them to steer their affairs. He reiterated his commitment to seek staff welfare and improve working conditions.

'We the new executives will liaise with management to create a conducive work environment for staff to deliver', he said.

COCOA PRODUCERS MEET OVER CURRENT CHALLENGES IN THE COCOA INDUSTRY

The Chief Executive of Ghana Cocoa Board (COCOBOD), Hon Boahen Aidoo has stated that the current low world cocoa price of \$2,100 per tonne, falling from a high of \$3,100 within 10 months raises great concerns not only for producers but also to consumers in the long run.

According to him, the cocoa industry across the world and especially in West Africa are facing difficult times and this requires that those countries join forces to surmount the challenges.

Hon Aidoo made this assertion at a three-day regional meeting organised by the German Cooperation (GIZ) on sustainable small-holder agribusinesses (SSAB) in the cocoa sector in Accra.

Ghana Cocoa Board's partnership with GIZ began in 2010 with the aim of providing innovative services and ideas to cocoa farmers through field extension staff.

The first programme involved the training of master trainers in farmer Business School, who, in turn, trained district cocoa officers, community extension agents who are to train cocoa producers.

Speaking on his behalf, the former Deputy Chief Executive in charge of Agronomy and Quality Control, Yaw Adu Ampomah noted that existing challenges in the industry such as pest and diseases, land tenure systems, lack of access to loan from banks cut

across the sub-region, meant that regional collaborations were required to tackle those challenges. He described the partnership between the GIZ and the Ghana Cocoa Board over the years as a major boost to the country's cocoa sector.

'To reach farmers with a good message to embrace diversification, strategies will demand an effective extension service and corporation between neighbouring countries such that cocoa farmers are able to access information and technologies across borders,' he noted.

Mrs. Verena Wiesner, Head of Cooperation, German Embassy emphasised that sustainability could be achieved through the sharing of experiences and best practices between the countries.

The former Executive Director of Cocoa Health and Extension Division (CHED), Mr. Emmanuel Opoku called on Financial Institutions to facilitate farmers' access to loans as a boost to cocoa production.

Participants for the 2018 programme were drawn from Ghana, Togo, Cote d'Ivoire, Nigeria and Cameroon.

REMEMBER, SAFETY IS A SHARED RESPONSIBILITY. EVERYONE HAS A ROLE TO PLAY.



SAFETY SLOGANS

SAFER YOU; SAFER ME
ACCIDENT BIG OR SMALL; AVOID THEM ALL
ABC; ALWAYS BE CAREFUL
IF YOU THINK SAFETY IS EXPENSIVE; TRY ACCIDENT
DO NOT LEARN SAFETY THROUGH ACCIDENT; IT MAY BE TOO LATE



THE L.I.P. PRINCIPLE IN EMERGENCY RESPONSE

LIFE SAFETY
INCIDENT STABILIZATION
PROPERTY PROTECTION



WHY THE NEED FOR AN EMERGENCY EVACUATION PLAN?

PRE-PLANNING AND REHEARSAL ARE EFFECTIVE WAYS TO ENSURE THAT BUILDING OCCUPANTS RECOGNIZE THE EVACUATION ALARM AND KNOW HOW TO RESPOND.

PRACTICING AN EVACUATION DURING A NON-EMERGENCY DRILL PROVIDES TRAINING THAT WILL BE VALUABLE IN AN EMERGENCY SITUATION.



COCOA, FOOD OF THE GODS

●● Did you know that Cocoa is a Medicinal Plant, a sacred plant, a Hot Plant, and a Psychoactive Plant?

●● Did you know Cocoa (*Theobroma cacao*) means Food of the Gods?

●● Did you know that the Aztecs regarded cocoa as a sacred plant, and they valued cocoa beans as currency?

●● Did you know that Cacao trees bear cocoa pods that jut out directly from the trunk?

●● Did you know that chocolates can vary as widely in flavour and aroma as do wines?

●● Did you know that of all foods known, cocoa has the highest antioxidant polyphenol content, and provides the greatest cardio-protection?

●● Did you know that even small amounts of cocoa can reduce cholesterol in the blood, and can lower blood pressure?

There is much to share with you about cocoa but let us enjoy the following famous quotes about the health and nutritional prowess of the cocoa bean:

"Cocoa is the single healthiest food in the world. It smokes all the other superfoods." - Chris Kilham, *The Dr. Oz Show*

After water, cocoa is the single healthiest substance you can put in your mouth. It can easily replace a number of psychiatric drugs for mood, plus it produces the same chemistry in the brain that occurs when we fall in love." - Chris Kilham

"Cocoa and chocolate have emerged as health superstars. This odd turn of events is of course thrilling to cocoa and chocolate lovers." - Chris Kilham, *Fox News*

"Sometime around 1000 B.C. the Maya, whose civilization flourished from the Yucatan Peninsula to the Pacific coast of Guatemala, are believed to have cultivated the cacao tree for the very first time. The Maya so highly valued cacao, they used cocoa beans as currency, and to pay taxes. From the very onset of its use, cocoa was assigned high status." - Chris Kilham, *Fox News*

"Whatever your previous notions of cocoa may have been, you will be surprised by what you learn here. For cocoa, an agent of sensual delight and nourishment since antiquity, is the mightiest of protective, health-imbuing agents. It literally has the power to transform medicine, and to save millions of lives." - Chris Kilham

"Cocoa, the food of the gods and the electuary of lovers, has captivated humanity with its exotic flavor and sensuous mouth feel. Well done, bravo! Cocoa is the heroic delight, the preferred food of children and poets alike. The world would be a poorer place if

not for heavenly cocoa!" - Chris Kilham

Though *Theobroma cacao* surely originated from South America, the tree is now cultivated in virtually every tropical area in the world. This widespread distribution is testimony to the popularity of the tree and the heavenly fruit from which chocolate is made." - Chris Kilham

"And so it came to pass that cacao was one of the essential materials used by the god of all gods to create human beings. And as is only right for a plant of such importance to our very being, cacao was held in the utmost esteem from that day onward." - Chris Kilham

"While there are a great many agents in nature which boost libido and enhance sexual function, chocolate alone actually promotes the brain chemistry of being in love." - Chris Kilham, *Fox News*

"What got me turned onto the Kuna in the first place was twenty years of Harvard University studies showing that the Kuna have among the lowest rates of cardiovascular disease in the world, even though they're poor, have lousy sanitation and hygiene, no access to medicine... and yet, they have this remarkably low incident of heart attack, stroke, and high blood pressure: and they consume four to five cups of cocoa a piece, every single day. - Chris Kilham, *ABC Good Morning America*

**Source: <http://www.medicinehunter.com/Cocoa>
Compiled by: Benjamin Larweh**

Professor Frederick Kwaku Addai, a renowned researcher and head of Anatomy Department, University of Ghana Medical School, Korle-Bu Campus, has revealed that the daily intake of natural cocoa as beverage has the ability to prevent clinical malaria in about 99% of people.

According to him, this finding was first hypothesised, evidenced and reported in Ghana through an in-depth research into cocoa and its health benefits.

Prof. Addai made this revelation when he delivered a lecture on the Health and Nutritional Benefits of Cocoa as part of activities marking the Cocoa Senior Staff Association's (COSSA) Week Celebration at the Economics Department of the University of Ghana, Legon. The lecture was under the theme: 'Increasing Cocoa Consumption among Ghanaians; the Role of COSSA as Ambassadors.

Professor Addai in his lecture, said most of the diseases that affect humans are the production of excessive antioxidants in the body adding that cocoa has one of the highest antioxidants - flavonoid compared to any natural fruit or vegetable known to possess such qualities.

DAILY CONSUMPTION OF COCOA PREVENTS MALARIA

'Nowhere else has nature compressed much storage of the most valuable nutrients in such a small place like the cocoa seed', he noted.

He further explained that consumption of cocoa is not a curative measure against diseases but rather a preventive approach against various diseases that affect humans and therefore should be taken daily.

Professor Addai again observed that for a person to have the full benefits of cocoa, cocoa should be taken in its natural form without any additives stating that the addition of milk to cocoa binds its antioxidant properties thereby inhibiting the absorbing of its good benefits.

Hon Joseph Boahen Aidoo, Chief Executive of Ghana Cocoa Board (COCOBOD) in his statement, bemoaned the fact that the country loses over one billion dollars annually because it only exports cocoa in its raw form and called on all to consume

more cocoa.

'so that we can position ourselves to dictate the price of cocoa on the world market', he emphasized.

Hon Aidoo however, expressed worry about the average age of Ghanaian cocoa farmers which he said is 54 years, and noted that the sustainability of the cocoa industry could be threatened if young people do not go into cocoa farming. He used the opportunity to advise the youth to venture into cocoa farming as a business.

For his part, Professor Samuel Adjei-Mensah, Provost of College of Humanities University of Ghana, Legon and Chairman for the occasion said he was committed to supporting the development of the cocoa industry by propagating the enormous health benefits of cocoa to all and sundry.

He emphasised the need for Ghanaians to consume cocoa produced locally and charged COSSA to lead the way.

COCOA MARKETING COMPANY CELEBRATES WORLD HEALTH AND SAFETY DAY

_By Joe Obeng Yeboah

As part of the activities marking this year's World Health and Safety Day, Cocoa Marketing Company (Gh) Limited has organized work place health and safety talks for staff across its operational areas of Tema, Takoradi and Kumasi.

The high point of the series of talks was at the Head Office, Cocoa House, Accra.

The theme for the occasion was 'Generation, Safe and Healthy to Improve the Safety and Health of Workers'.

Opening the programme in Accra, the Acting Managing Director of Cocoa Marketing Company, Dr. Kwame

Mensah Aborampah noted that the work place environment, if not kept clean, could give rise to stress, which could culminate in disease. He advised staff of CMC to embark on activities that would insulate them from avoidable diseases.

'Health and safety awareness is important in both our homes and offices, we must therefore take such issues seriously in order not to put ourselves in danger in our operational areas and in our homes', he added.

A health, safety and an environmental expert, Mr. John Mensah, noted that many people have been killed in their homes as well as their offices because they failed to adhere to practical

health and safety measures, adding that health and safety issues have to be taken practically and seriously.

On managing safety at work places and homes, he advised top Management as well as guardians to critically observe health and safety rules.

He added that health and safety issues must be imbibed as a culture by all, advising CMC Management to put in place procedures for identifying work place hazards so as to reduce accidents.

'Safer you, safer me; Accident, big or small, avoid them all; If you think safety (prevention) is expensive, try accident', he concluded.

HABITS THAT WILL LEAD TO PERSONAL FINANCIAL FREEDOM

By Fafa Awuku

A. HAVE A FINANCIAL GOAL

If you want to achieve financial freedom, it is not just about broadcasting it. You need to draw your short to medium term and long term financial goals. Write down your sources of income and what you can do to improve on it to achieve the financial freedom you desire.

You need to know your expenditure pattern and also make provisions for likely future expenditures. It's important you prioritise your personal financial goal and know how long to save towards it: this will help you know how much to save towards it. Over time, you need to review progress made and continue to refine your plans if you are not meeting your set targets.

B. DRAW A BUDGET

Prepare a yearly budget and break it down to quarterly, monthly and if possible weekly budget. You need to make a list of all your sources of income. Also, you need to list your expenses. Break your expenditure into fixed and variable. The fixed expenses remain unchanged irrespective of your level of income and the variable expenses changes (but you can give a best estimate of how much you spend on a monthly basis). Examples of variable expenses are groceries, clothing etc and that of fixed expenses are utilities, rent, daily fees for school children.

Circumstances change, our priorities shift, we change jobs but we should make sure that we stick to the plan. Make sure you stick to temptation and avoid the temptation to splurge

C. IGNORE THE JONESES

The Bible re-iterates that we should be wise as a serpent and also not covert. (Luke 12:15). We need to live within our means without trying to live a lifestyle like that of a neighbour/colleague/friend. A neighbour/colleague/friend source of income may be different from yours and the effect of trying to live like that neighbour/colleague/friend can be disastrous. You may end up using all your salary to pay creditors when your salary is paid.

D. CREATE AUTOMATIC SAVINGS

In this age of technology, there is the tendency

to easily withdraw your entire salary when you receive a prompt from your bank. You can issue a standing order with your bank to make a monthly withdrawal into a savings account. It's not enough having the savings account, you need to send this accumulated savings into an investment fund which will earn a compounding interest which is better than the latter where you enjoy a simple interest and you will be impressed how much would have accumulated over a long period.

E. CONTINUOUS EDUCATION ON TAX AND LAW

There is a need for you to constantly abreast yourself with the tax laws; this helps you to know how much you will pay when you make purchases at certain places. Example, if you are fond of buying items from the Mall where you will be issued with a VAT receipt, you might equally buy the same item at a shop which does not charge VAT. Also if you operate various current Accounts, you might want to convert some into savings in order to avoid certain bank charges that accrue on these accounts. When the National Budget is read, listen to the amendments made to know if it affects your purchasing power.

There are also tax relief granted by the government under the IRS Act 2000(Act 592). Individuals and employees need to have knowledge on them in order to assess the benefits in it for them.

F. LIVE A HEALTHY LIFESTYLE

Though God is the one that gives us long life, we need to live right in order to enjoy the full benefit of the life wished for us.

There is the need to eat well and right, exercise effectively and avoid lifestyles that can lead to various sicknesses in future. Your ability to do these will ensure that you don't use your savings to take care of yourself in future.

G. MONETISE YOUR PASSION

In this global world, you can't just do one job and achieve financial freedom. The Bible STATES IN Matthew 25, of a master giving talents to his servants when he was undertaking a long journey.

The talents were given in measures of five,

two and one.

This points to the fact that, God has given us special abilities that can be utilised to improve upon our finances.

You may have been schooled in a particular field of discipline and may be an authority in that field, however your ability to identify the talents that come to you naturally can go a long way to bring you extra income than what you were trained to be professionally.

Example, you can be a trained medical doctor but have a natural flair to cook, you can start with cooking for your friends, colleagues, church members etc a t a fee and overtime, as you get recommendations, you keep improving this talent with skill training and wooww you will be at the top.

H. OTHER ESSENTIALS

It is important you buy in bulk. The advantage of such purchases is that, it makes you enjoy certain discounts which intends gives you some savings.

Do well and negotiate when you buy goods & services. There is always the tendency not to negotiate prices downwards doing purchases but it does a great deal to save money for other purchases.

Outright payments on transactions are cheaper than buying on credit and other hire purchase agreements which you will end up paying about 3 times the cost of the item.

In conclusion, a goal without a plan is just a wish and the best day to start planning is today because every journey begins with taking the first step. Though the above elaborated points are not exhaustive, I believe it will go a long way to help you start the journey into financial freedom. If you already know about the above points, this will be an avenue to revise the part that you are not doing right.

If you fail to plan, you plan to fail. A decision taken today will determine the outcome of your future and your future self will thank you for the great decision.

AKONTOMBRA COCOA FARMERS HOLD RALLY

The Akontombra Cocoa District of Ghana Cocoa Board (COCOBOD) has held a rally for farmers to embrace government's new policy direction for the cocoa sector.

Mr. Samuel Amponsah, Regional Manager of CHED, in an address at Kramokrom in Akontombra implored farmers to firmly accept the programme which seeks to rid the cocoa sector off unproductive cocoa trees to boost production. He hinted that farmers would be paid compensation for cutting down their moribund and diseased cocoa trees.

Apart from being supplied with free hybrid seedlings for replanting, plantain suckers and economic shade trees would be provided to farmers as part of the Forest Investment Programme (FIP). 'You have to take advantage of the rehabilitation programme and put your cocoa farms in good shape' he added.

On his part the Western North Regional Chief Farmer, Nana Nicholas Cobbina said, cocoa farmers should do their work devoid of politics. He promised farmers that his outfit would liaise with COCOBOD to combat mistletoe attacks on cocoa farms.

The Akontombra District Chief Executive, Mr. Yawson Asamoah entreated farmers to work towards achieving the one million metric tonnes and beyond.

The farmers shared their concerns on the formation of spraying gangs for the free mass cocoa spraying exercise, expansion of the hand pollination programme and construction of roads to connect cocoa producing areas.

The well attended programme brought together over 800 farmers.

NYINAHIN DISTRICT HOLDS MAIDEN FARMERS RALLY

Cocoa farmers in the country have been tasked to work hard to increase Ghana's cocoa production in order to help boost the country's economic development whilst ensuring a sustainable cocoa economy.

Mr. Albert Akomaning, Ashanti Regional Manager of the Cocoa Health and Extension Division (CHED), gave the advice in a speech delivered on his behalf by Mr. Geoffery Sam, the Ashanti Regional Extension Officer of CHED during a farmers' rally at Nyinahin in the Ashanti region. The rally was to educate and update

the farmers on some policies and interventions by COCOBOD.

Mr. Akomaning used the occasion to educate cocoa farmers on some current interventions such as the mass pruning exercise, pilot irrigation scheme, the re-launching of the cocoa mass spraying exercise which are currently ongoing.

He also disclosed the hand pollination exercise has the tendency of yielding 100-150 pods tree, and called on the farmers to strictly adhere to it to help increase yields.

Joseph Osei Hamlet, the assembly member for Atwima Mponua in his address, reiterated government's continuous support to make agriculture attractive to Ghanaians, and create more jobs especially in cocoa growing areas.

Nana Oti Buadua, the Akwamuhene of Nyinahin commended COCOBOD for its initiative of organizing such rallies to constantly dialogue with the farmers. He was optimistic that such programmes will help famers to work hard and improve their yields.

AMCOFA EXECUTIVES CONFER WITH COCOBOD MANAGEMENT ON COCOA SUSTAINABILITY



The Executives of Assinman Young Cocoa Farmers' Association have met with some Management members of Ghana Cocoa Board (COCOBOD) and discussed pertinent issues on cocoa sustainability.

The newly elected Chairman of the Association, Mr. Theophilus Tamakloe, who led a 14-member delegation to COCOBOD, disclosed that the Association currently has about 9,725



members with each farmer cultivating at least 5 acres of cocoa with yield per acre of about 7 bags.

Mr. Tamakloe added that the total acreage of the Association is estimated at 48,625 and further expressed worry that the Association was constraint due to lack of basic support services in the fertilizer and chemicals programmes. He requested COCOBOD to liaise with the leadership of the Association to plan ways of collaboration to ensure that the subsidized fertilizers and chemicals become available to the association's members.

Speaking on behalf of the Chief Executive, Dr. Ofori Frimpong, then Director, CODAPEC was appreciative of their visit and assured them of the necessary support. He encouraged them to use only COCOBOD approved fertilizers and chemicals for maximum impact. Dr. Frimpong urged the association to put their request in writing and submit for further action.

Rev. Dr. Emmanuel Ahia Clottey, then Deputy Executive Director, Cocoa Health & Extension Division hinted of the Board's plans to exit from most of its freebies to cocoa farmers. According to him, CHED would intensify its farmer-business school programmes with emphasis on cocoa farming as a business. He advised AMCOFA to consider seeking bank-guarantees in their quest for fertilizers to be allocated to them for distribution to their members.

Mr. Noah K. Amenyah, then Senior Public Affairs Manager urged the farmers to take cocoa farming as a business.

Meanwhile, the Assinman Young Cocoa Farmers Association (AMCOFA) is a youth-in-Cocoa Farming Association in the Central Region inaugurated in 2014 with farmers located mainly at Assin Sienchem, Assin Akropong, Assin Ayinabirem, Assin Kushia Assin Nuanua and Twifo Atimokwa.



COCOBOD HONOURS 2017 BEST COCOA EXTENSION AGENT

The Chief Executive of Ghana Cocoa Board (COCOBOD), Hon. Joseph Boahen Aidoo has presented keys to a brand new motor cycle to Mr. Vincent Yeboah, a Community Extension Agent (CEA) responsible for Asankragwa District of the Western South Cocoa region for emerging as the 2017 National Best Community Extension Agent.

The motor cycle was awarded to Mr. Vincent Yeboah in recognition of his extremely hard work to advance the fortunes of the cocoa industry.

Hon. Aidoo praised Mr. Yeboah for his good work. 'This motorbike should aid you in the discharge of your duties and serve as an encouragement for your other colleagues', he added.

Mr. Yeboah oversees 18 cocoa farming communities comprising 900 farmers who have benefitted from Farmer Business School programmes and extension services. He has also organized the farmers into various cooperative groups who are engaged in alternative livelihood programmes on aquaculture-fish farming, bee rearing and ginger cultivation.

As a means of ensuring good agronomic practices (GAPs), Mr. Yeboah created and trained two pruning gangs of five members each, based at Yirase and Wassa Dunkwa who are currently helping farmers keep their farms in good condition.

Mr. Yeboah has influenced the work of a vast number of cocoa farmers

using 16 Local Cocoa Facilitators (LCFs) within the catchment communities.

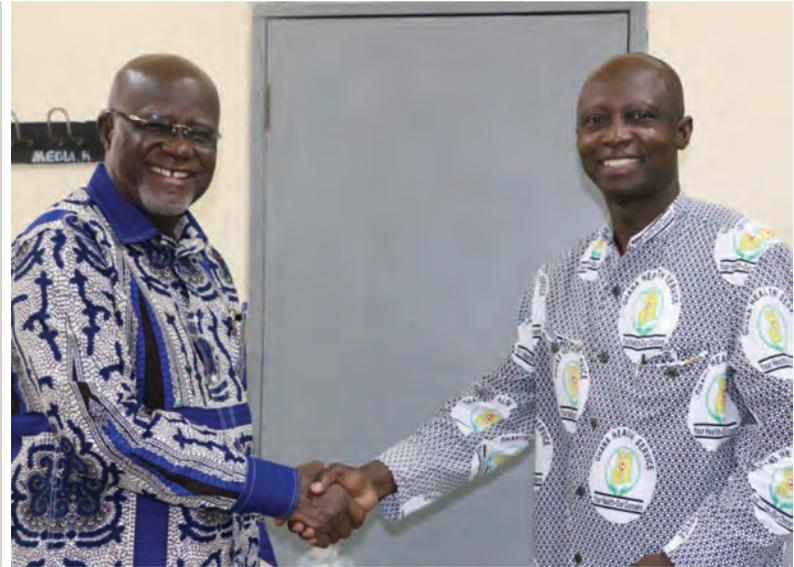
It was under his supervision that the 2016 Best District farmer, Mr. Kwadwo Daplah, 2017 Best District farmer, Nana Kwaku Nu and the 2017 Western South Regional Enterprising Cocoa Farmer, Mr. Kwame Amoah were all selected.

Mr. Vincent Yeboah the proud winner of the maiden edition of the National Best Community Extension Agent award (2017), is a 32 year old Principal Technical Assistant (Extension) who has worked with CHED for eight years in the Asankragwa District of the Western South Cocoa Region. He is married with two children.





COCOBOD TO ASSIST TETTEH QUARSHIE MEMORIAL HOSPITAL



The Chairman of the Board of Directors of Ghana Cocoa Board (COCOBOD), Hon. Hackman Owusu - Agyemang, has hinted that COCOBOD is instituting measures to ensure that the Tetteh Quarshie Memorial Hospital at Akuapem Mampong in the Eastern Region is given the necessary support to facilitate quality health service delivery.

The COCOBOD Chair stated that, the honour given to Tetteh Quarshie by building the hospital should be sustained.

He stated this when he led a three-member committee set up by the Board of Directors to pay a familiarization visit to the facility.

The committee members included; Nana Adwoa Dokua, Hon. Carlos Ahenkorah, Deputy Minister of Trade

and Industry and Mr. Francis Akwasi Opoku, Solicitor Secretary to the Board. Hon. Owusu Agyemang suggested that the Tetteh Quarshie Hospital should collaborate with the Centre for Scientific Research into Plant Medicine also at Akuapem Mampong and the Cocoa Clinics to find lasting solutions to some health challenges in the region and beyond.

'We are committed to giving the hospital a facelift to enable it cater for the increasing health demands within the catchment area and also handle emergencies', he said.

Dr. Albert Benneh, the Medical Superintendent in-Charge of the hospital expressed gratitude for the steps being taken by COCOBOD to salvage the plight of the memorial hospital and thanked the committee for the visit.

Present at the meeting were officials from the Eastern Regional Health Directorate, the Mampong Nana Otu Dartey III and his entourage and the Municipal Chief Executive of Akuapem North, Hon. Dennis Aboagye.

The committee members also toured the hospital facilities and interacted with staff, out patients and those on admission.

The Tetteh Quarshie Memorial Hospital, which was established in February 1961 was a 150 bed capacity and offers various health services including, cervical cancer screening, palliative and geriatric care.

The committee later toured the Jubilee farm reception centre also at Akuapem Mampong to inspect the state of affairs of the project.

RETIREES

MR. ERIC KWAME ADJEI RETIRES

The Executive Director of the Seed Production Division, Mr. Eric Kwame Adjei has retired from active service after 27 years of dedicated service to the cocoa industry.

Mr. Kwame Adjei joined the then Cocoa Services Division (Ghana Cocoa Board) in 1990 as a Cocoa Officer in charge of the then Cocoa Swollen Shoot Virus Disease Control Project at the Kade District. By dint of hard work, he rose through the ranks and became the Deputy Executive Director (Ops) of the Cocoa Health & Extension Division (CHED) in 2014. Mr. Kwame Adjei was later appointed the Acting Executive Director of the Seed Production Division (SPD) in 2017.

At a ceremony held in his honour on the

executive floor of SPD, Management and Staff joined his family and friends to mark the end of his 27 years working life with Ghana Cocoa Board.

Addressing the gathering, Mrs. Caroline Addy-Lamptey, Deputy Human Resource Manager of SPD commended Mr. Adjei for his good work and excellent interpersonal relationship with all staff. The Managing Director for the Quality Control Company Limited, Dr. I.Y. Opoku said 'Mr. Kwame Adjei left behind legacies at both CHED and SPD'. He was hopeful that all the good projects and initiatives being implemented by Mr. Adjei would be continued by his successor. There were solidarity messages from the staff of the General Agricultural Workers Union

(GAWU) and other individuals and groups within the COCOBOB fraternity.

A citation, alongside other gifts was later presented to him in recognition of his meritorious service towards the growth of the cocoa industry. In his brief remarks, Mr. Eric Kwame Adjei thanked God for his protection over the years. He was also full of appreciation to Management and Staff for their co-operation and support over the years and implored, especially the young staff to work assiduously towards the sustenance of the cocoa industry.

Mr. Kwame Adjei, together with some friends, danced to his favorite songs as they enjoyed some drinks and sumptuous food.

MRS. VERONICA ESHUN RETIRES

Mrs. Veronica Eshun, Deputy Matron of the Cocoa Clinic, Accra has retired from active service. Her retirement marks an end to 27 years of meritorious and dedicated service to the cocoa industry in particular and the general public as a whole.

In an interview with COCOBOD News, Mrs Eshun narrated how she had to brave the odds to acquire higher education in an era where a woman's role was supposed to be in the 'kitchen.'

From Ola Secondary School where she had her Secondary Education from 1972-1977, Veronica believed that the sky and beyond should be her limit. With her love for humanity, Auntie Vero, as she was known in the

COCOBOD fraternity, got enrolled at the Korle Bu Nursing Training School in 1979 and completed in 1982. She topped up with Diploma in Midwifery at the same institution from 1983-1984 after which she served in the same institution as a nurse from 1984-1988.

After joining Cocoa Board in 1991 as a staff nurse, Mrs. Eshun's exhibition of dexterity earned her a scholarship to study Ophthalmic Nursing in 2001. She was adjudged 'Best Nurse' in 2004 by Kwame Sarpong, Former Chief Executive of COCOBOD.

With her desire to broaden her knowledge in her career, Mrs. Eshun enrolled at the University of Ghana for a Degree in Nursing where she

graduated in 2008. She also obtained MPHIL in Guidance and Counselling in 2015 from the Methodist University.

Her tenacity and knack for quality moved her through the ranks to become the Deputy Matron of the Cocoa Clinic in 2014, a position she held till she retired from active service in May, 2018.

"Nursing is a noble profession which needs to be approached with all seriousness and professionalism", Mrs. Eshun affirmed.

Mrs. Veronica Eshun believes that nursing should be given the needed attention in the country because it plays a major role in the delivery of quality health care in the country.



_By Abigail Ahorgba, Hohoe

THE NATIONAL COCOA CONSUMPTION CAMPAIGN: VOLTA REGION IN PERSPECTIVE

Ghana's history and culture cannot be chronicled without the mention of cocoa. The expression 'Ghana is cocoa and cocoa is Ghana' did not come by accident, it is because of the significant role that cocoa (*Theobroma cacao*) has played in the socio-economic development of the country.

The crop has over the years, generated significant revenue, aiding the country's development and most importantly poverty alleviation. According to Kolavalli and Vigneria (2011), more than 700,000 smallholder farm families across the tropical belt of Ghana depend on cocoa for their livelihood. This number could be up by now considering the teaming number of youth who have embraced cocoa farming following the implementation of the Youth in Cocoa Programme.

On the average, Ghana's annual cocoa production has hovered around 800,000 metric tonnes. Available statistics however indicate that only 8-20% of this production output is processed domestically. Meanwhile, aside from the huge financial gains that Ghana stands to gain through local processing, there are numerous health and nutritional benefits of cocoa consumption. As food, cocoa is an excellent source of essential food nutrients.

Renowned anatomist and researcher, Prof. F. K. Addai, during a public lecture recently held at the University of Ghana announced that apart from the earlier known unending list of cardiovascular and other diseases that cocoa consumption prevents, natural cocoa also prevents malaria.

It is against the backdrop of these social, economic and health benefits of cocoa that the government has decided to boost its local processing and consumption. Currently COCOBOD is at the forefront of a massive national campaign to promote cocoa consumption in Ghana. The aim of this campaign is to create awareness of the health

and nutritional benefits of cocoa and promote its consumption among Ghanaians. This article seeks to explore the prospects of the national cocoa consumption campaign with the Volta Region in perspective.

The Volta Region is one of Ghana's ten administrative regions with a vast land of cocoa farms. Once upon a time, it was the second largest producer of cocoa in Ghana; making it a major cocoa region. Sadly, due to incidents of draughts, bush fires and other factors, the region is today the least contributor to Ghana's annual cocoa production output.

In our effort to raise the region's current production levels through the various productivity enhancement programs (PEPs) being implemented by COCOBOD, there is the need to also intensify the cocoa consumption campaign in the region. This will not only improve the health of residents in the region but also build an entrepreneurial sector that will offer an opportunity for future generations.

In my attempt to find out people's awareness of the cocoa consumption campaign and knowledge of the numerous health and nutritional benefits of cocoa, a survey was conducted in the three cocoa districts (Hohoe/Kpeve, Jasikan and Dodi Papase) within the region. The outcome of the survey indicates that majority of residents are not aware of the campaign. This is understandable because the campaign is still at its initial stages following its launch by the President, H.E Nana Addo Dankwa Akufo-Addo in Kumasi last year.

Majority of the respondents are aware of some health and nutritional benefits of cocoa. 96% of them said they consume cocoa at least once a week. The two most popular cocoa products identified by the respondents were milo and chocolate. Only a few respondents mentioned the natural cocoa powder (Royale

and Brown Gold). Even though they are aware that cocoa has health and nutritional benefits, many of them don't know exactly what these benefits are. An effort to educate the respondents on some health and nutritional benefits of cocoa during the survey showed an enthusiastic group of people who were ready to explore what cocoa could do to improve their health status.

It is important to emphasize that the prospects of cocoa consumption in the Volta Region are high. There is much enthusiasm within the populace to take in more cocoa products. There will be the need for more education on these health benefits through various platforms. It is worth mentioning that if a day's training seminar on health benefits of cocoa could be held for all staff of COCOBOD and its divisions and subsidiaries in the region, it will be a very excellent start.

These staff will not only begin to consume more cocoa, but also educate residents in the region on the reasons to consume more cocoa. Extension staff as well as officers in charge of the Farmer Business School (FBS) must be encouraged to add education on the health benefits of cocoa to their engagements with farmers. The education could be extended to churches, schools and other recognized civil society organizations in the region through radio sensitization programmes. Licensed buying companies (LBCs) operating in the region can give out a bottle of natural cocoa as a reward to any farmer who sells some specific number of bags of cocoa to them. This will help motivate farmers to increase their production output and also desist from smuggling the produce to neighbouring Togo.

One observation made during the survey was the unavailability of more cocoa products, especially the Natural Cocoa Powder in many shops across the region. There is therefore an opportunity for entrepreneurs interested in distribution of cocoa products to take advantage of this and extend their marketing activities to the region.

The National Cocoa Consumption Campaign is laudable. Let all and sundry come on board to ensure its success. *Theobroma Cacao* (food of the gods), is now food of humans, and with the determination of Government and COCOBOD to ensure it is accepted as daily diet by every household in Ghana, the cocoa industry in particular, and Ghana as a whole will be on the verge of health and economic take off. The Volta Region has already purchased its ticket for the flight.

IS IT SMART TO EXERCISE WHILE ILL?

Many of us may find it difficult to believe it, but there are people with flesh and blood who do not make any excuses to avoid exercising. I certainly wish I was in this unique category.

These exercise addicts and some professional athletes who think missing an exercise session will spell doom to their dreams will call you at the first glim of light to find out if it's okay for them to exercise.

My rule of thumb is; exercise should make you better so avoid if it will worsen your state. Also if you have an illness that could be infective such as a common cold kindly do others a favour and exercise outdoors.

We are aware that moderate intensity exercise increases ones immunity and helps ward off viral illnesses including the common cold but once you have the infection I doubt that spending a lifetime in the gym or outdoors jogging will make a difference. Sometimes what you need is some rest instead of puffing, sneezing, coughing and barely being able to drag oneself through an exercise session.

Dominique Groom in her article does a great job of summarizing instances where one may go ahead and exercise as well as those that are a total no go area and I refer to a number of them here.

1. SAFE TO WORK OUT

a. When symptoms are above the neck such as sneezing, sore throat, runny nose, tearing eyes, itching throat and ears

2. NOT SAFE TO WORK OUT

a. Symptoms below the neck such as severe chest pain, chest pain associated with breathing, coughing, body aches, shallow breaths, diarrhoea, vomiting, fever, malaria etc.

3. DEFINITELY AVOID WORKING OUT

a. An acute asthmatic attack is definitely no time to flex your muscles or put your heart and lungs in overdrive.

b. Finally DO NOT exercise if your healthcare professional asks you to take time off based on your health condition.

Whenever in doubt ask a professional whether it's safe to exercise. ALWAYS REMEMBER that 'exercise was made for man and not man for exercise.' You have to stay safe to be

able to exercise. Sometimes taking a short break will help you heal faster so that you can return to your 'addiction' sooner.

Now to my friends who are always looking for a new innovative Exercise Excuse, let us do ourselves a favour and spend more time exercising instead of being at peace with our beds or couch.

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

Thought for the week – 'For heart health you need to relax and have fun as well; schedule time for leisure, laugh often, learn to breathe deeply and maybe get a pet.'

References:

- ISSA Newsletter; 'Should your client exercise while sick?' by Dominique Groom. Certified ISSA Trainer.

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

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

Join me and the La-Palm Royal Beach Hotel Healthy Lifestyle Team on the last Saturday of every month at 6am prompt to exercise and share ideas on staying healthy.



12 Provides energy and vitality

13 Boosts fertility in both sexes.

14 Inhibits dangerous clot formation within blood vessels.

15 Affords anti-cancer and cancer-prevention properties.

16 Promotes cleansing and detoxification of the body.

17 Minimizes worrisome changes that accompany menopause

Improves memory and general brain functions.

Promotes nourishment/health of brain cells.

Supplies many essential dietary minerals.

Offers healthy levels of dietary fiber.

18

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21

An initiative of NCPCC-COCOBOD
Endorsed by Prof. F.K. Addai
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