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The Ag. ED & Mrs. T. Otuonye presenting CRIN developed products to the Minister; Chief Audu Ogbeh and the Minister of State Hon., Heineken Lokpobire

COCOA RESEARCH INSTITUTE OF NIGERIA KLM 14, IJEBU-ODE ROAD, IDI AYUNRE. IBADAN. CRIN Ag. ED: Courtesy Visits in the Month of March 2016



Some members of the Management of CRIN led by Ag. ED in a group photograph with the Minister of Agric and the Minister of State for Agric. From left; Mr. Onigbinde, Dr. Ogunwolu, Dr. Ibiremo, Hon. Heineken Lokpobiri, Dr. Mrs Okelana, Chief Audu Ogbeh, Dr. Oduwole, Mrs Otuonye, Mrs Adeyemo and Mr Onatunde-Onanuga

The Ag. ED and some of her Management team on three different occasions paid courtesy visits to the Hon. Minister of Agriculture and Rural Development; Hon. Chief Audu Ogbeh, the Permanent Secretary, Federal Ministry of Agriculture and Rural Development, and the Executive Secretary of Agricultural Research Council (ARCN). The purpose of the visits was to submit progress report on the peaceful cohabitation of the Management and workers, progress made so far and constraints in achieving the objectives of the Institute in line with the change programe of the Federal Government.

The Minister promised full support of the Federal government in achieving the Institute's goals. Also, assurance was given on reinstating 91 sacked workers and payment of 572 workers whose salaries were denied. However, the Hon. Minister encouraged the Institute to work assiduously to bring cocoa back to its former 2^{nd} position in the World Market.

Adapted from The Nation, April 3, 2016



The Federal Government has set a new target to beat Ghana and Ivory Coast in terms of cocoa exports. The Minister of Agriculture and Rural Development, Chief Audu Ogbeh, stated at the

weekend during a meeting with officials of Cocoa Research Institute of Nigeria (CRIN), in Abuja that the ministry has already developed new cocoa breeds capable of beating the two nations.

"Nigeria needs to surpass Ghana and Ivory Coast. Ivory Coast is targeting 2 million tons now. Ghana is a bit lower than a million. We are battling at 250, 000 tonnes and Cocoa can grow in at least 23 states. What happened to us? Oil and Gas," Ogbe said.

However, the Minister instructed the Ag. Executive Director of the Cocoa Research Institute of Nigeria (CRIN), Dr. Mrs. Feyisara Okelana to prepare intensive implementation plan to ensure government achieves the new target. The Minister, who said oil and gas cannot create 1 million jobs for unemployed Nigerians, disclosed that the agriculture sector could engage about 20 million people, across the entire agricultural value chain.

He wondered why the country still lags behind two African nations, despite enormous potentials to grow cocoa in 23 states across the nation.

Ogbeh emphasized, "Nigeria needs CRIN badly." He added that the research Institute should also design a roadmap to restore coffee plantation.

"There is no future in imports. We will find money to support you. When you produce, package it like every other package."

According to him, the global market for coffee trade is about \$70 billion while \$5 billion of the market share could go to the local farmers as profit.

On the 572 staff members of the Institute that were denied of their salaries and the 91 sacked by the Institute's former Management, the Minister directed the ministry's Director of Human Resources, Mrs. Bunmi Shobowale to rectify the payment issues as well as work with CRIN to reabsorb the staff.

VISION

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CRIN AND COMMUNITIES - SERVICING THE NATION

SUB STATIONS

CRIN established 6 substations in order to disseminate research findings and to get closer to the stakeholders throughout the country. Each substation was established for specific CRIN mandate crops. The substations are; Owena in Ondo State which focuses on Cocoa, Kola and Robusta coffee research, and its outstation in Onisere (Ondo State) also caters for Cocoa. Uhonmora in Edo State caters for Cocoa in marginal forest area. Ochaja in Kogi State being the largest Cashew Producing State in Nigeria emphasizes on Cashew research, while its outstation in Acharu (Kogi State) focuses on Kola research. Ibeku in Abia State deals with Cocoa and its outstation in Ugbenu (Anambra State) is into Cashew research. Ajassor in Cross-River State focuses on Cocoa and Kola, while its outstation in Okondi handles Robusta coffee research. Kusuku-Mambilla in Taraba State caters for Arabica coffee and Tea research. Its outstation in Mayo-Selbe focuses on Cocoa and Robusta coffee.

ADVANCES IN RESEARCH - CASHEW

Cashew is a commodity crop of international recognition for its health benefits, foreign exchange earnings and environmental benefits. Cashew is a hardy crop which survives where most other tree crops cannot thrive. CRIN had over the years made laudable contributions to the research on cashew viz: Germplasm collections, maintenance of field gene banks in its formations, and identification characterization of materials. hybridization for improved yield, establishment of soil and foliar critical levels for cashew, development of control measures for pests and diseases of the crop, development an array of recipes from the cashew apple and nuts and development of cottage processing machines.

CRIN & ADOPTED VILLAGES/SCHOOLS Unagboe, E. O. Head Extension Section

Reduction of poverty in Nigeria is one of the fundamental challenges confronting the Nigerian government. In its contribution towards ameliorating the poverty challenge, the Agricultural Research Council of Nigeria (ARCN) initiated the concept of adopted villages and schools in 2009 for all National Agricultural Research Institutes (NARIs).

Cocoa Research Institute of Nigeria (CRIN) commenced by adopting two villages (Aba-Agbo and Olubi) and two schools (Prospect High School, Abanla and Mamu community comprehensive High School, Mamu). Agricultural Research Outreach Center (AROC) was established in the villages and schools.

Objectives

- To transfer CRIN developed technologies to farmers and students
- To empower resource poor farmers
- To enhance job and self-employment opportunities for youth and women
- To augment sustainable natural resource management efforts of the communities

CRIN Technologies disseminated

Some of the technologies disseminated include cocoa liquid and bar soap using cocoa pod husk (CPH), management of insect pests and diseases, attributes of new cocoa hybrids, CRIN TC1-8, cocoa pod husk organic fertilizer, demonstration of cashew nut size (jumbo and medium size)

ACHIEVEMENTS

- Increase in farmers' awareness of new CRIN technologies and practices
- Availability of improved cocoa hybrid to farmers
- Utilization of Good Agricultural Practices (GAP) technologies by farmers
- Increase in farmers' income
- Youth encourage in agriculture
- Formation of multi-purpose farmers' cooperative society



Dr. O. S. Dbiremo: Ass. Director Ag. Head, Cashew/Kola Department.

Stress Management

Stress is a physical, mental or emotional factor that causes bodily or mental tension. Any individual or event causing stress is referred to as a stressor. It can come from any event or thought that makes one feel frustrated, angry or nervous. The body's stress reaction causes one to become ready for action in the shortest period of time.

There are positive and negative types of stress. Stress can also be external (from the environment, psychological or social situations) or internal such as illness. Stress can also be acute, which goes away quickly, or chronic, which lasts for a longer period of time such as financial problem or unhappy marriage. Any type of stress that goes on for weeks or months is chronic stress. One can become used to chronic stress that the person ceases to see it as a problem. If stress is not managed, it can lead to health problems.

The causes of stress are different from individual to individual. One could have stress from good challenges as well as bad ones.

Some common sources of stress include:

Money problems to meet daily expenses, getting married or divorced, having serious illness, marital problems, pregnancy or birth of a new baby, children behaviour at home, injury or illness of any family member, academic performance of children and loss of money from stock market

The workplace is also a constant source of stress for individuals.

Working overtime and on holidays, the support you receive from your boss, colleagues and juniors, meeting up with deadlines demands of the job could be sources of stress. Same goes for interpersonal relationship with colleagues, control at training staff, to production of new publications issues like harassment, Failure of getting promotion and sexual molestation could also constitute stress.

Following are some of the signs of stress:

Frequent headaches, forgetfulness, frequent body aches & pains, lack of energy, stiff neck or chest pain, body weakness, lack of concentration, sexual problems, insomnia or excessive sleeping, use of alcohol or drug to relax and weight loss in spite of adequate food intake.

Stress can cause or influence the course of medical conditions such as high blood pressure, depression, poorly controlled diabetes, irritable bowel syndrome, etc.

Complete prevention of stress is neither possible nor desirable because stress is an inevitable part of life. Specific strategies for stress prevention vary widely from person to person depending on the nature and number of the stressors in an individual's life and the amount of control he or she has over these factors. The best form of prevention appears to be parental modelling of healthy attitudes and behaviours within the family. While stress is something we all deal with in our daily lives, it is how it is managed that is important. We need to have focused thinking, control our anger, maintain calmness in stressful situations, have positive attitude towards life and exercise regularly. We should also ensure harmony towards self and others, listen to good music and make time out to relax. All these will relieve stress remarkably.



Dr. B. Oluyole attending to a Patient at CRIN Staff Clinic

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The wedding bells ranged on 19th March, 2016 when Mr. Bello Babajide took Miss Racheal Ukaoha to Altar at Sango, Otta Ogun State. CRIN Staff celebrated with them.



Mr. & Mrs Babajide Bello









Association of Agricultural Technologists of Nigeria (AATON), CRIN elects new officers CRIN (from right in the pix above):

fight in the pix above),	
Mr Odedele Samson	_
Mr Goddy Osaghale	-
Mrs Babalola Eunice	-
Mr Enosegbe Kelly	_
Mrs Falusi Loveth	-
Mr. Iyadunni Kolawole	-
Mr. Oyeladun Kehinde	-

Chairman V. Chairman Secretary Asst. Sec Treasurer Finance Sec. P R O

It was also a joyful day on March 26, 2016 at Seventh day Adventist Church Ede Osun State, were CRIN Staff celebrated with Mr & Mrs Femi Oladipupo (Admin). We wish them happy married life.



Mr. & Mrs Femi Oladipupo

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Staff at Sango Otta at Mr. Bello's wedding Wise Saying

The illiterate of 21st century will not be those who cannot read and write, but those who cannot learn, unlearn, and relearn.

Alvin Toffler