



2023

QUARTERLY NEWSLETTER



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FROM THE EDITOR

You are welcome to the third quarter edition of your ICSAN E-Newsletter for the year 2023. This edition once again brings you a number of items for your education, information and delight.

We have the regular sections like the News Corner which purveys important news about the Institute's activities, Membership section which contains useful information for members and the Photos Section featuring numerous photographs of recent events in the Institute.

The Health and Lifestyle Section also gives useful tips on an important health issue that should be of concern to virtually all readers, viz, the cogent benefits accruable from walking as health and fitness exercise, while Corporate Governance News Section completes the array of delightful items what makes the edition a worthy read.

Happy reading!

NEWS SECTION



Experts list Corporate Governance as recipe for good Corporate performance at ICSAN Conference



L-R: Vice-President of ICSAN, Mrs. Utob Ukanah, FCIS; the President, Mrs. Funmi Ekundayo, FCIS; the Keynote Speaker, Mr. Azue Ighodalo and a former President of ICSAN, Mr. Bode Ayeku, FCIS as Mr. Ighodalo was about to be presented with plaque during the 2023 ICSAN Annual Conference, which held in MUSON Centre, Lagos, on September 21st, 2023.

An array of experts on governance has prescribed adherence to the ethics of Corporate Governance as a recipe for good corporate performance and good administration in the public sector.

This consensus was reached at the 47th Annual Conference of the Institute of Chartered Secretaries and Administrators (ICSAN) which held in Lagos on Thursday, September 21st, 2023.

The Conference which had the theme, “Sound Governance as cursor to a thriving economy: A case for Inclusiveness.” attracted prominent governance experts across many sectors of the Nigerian economy.

The Chairman of the Occasion was the Founding Partner, Banwo and Ighodalo, Mr. Asue Ighodalo, while the The Keynote Speaker, was Prof. Enase Okonedo of the Lagos Business School.

Other speakers included Executive Director, Human Resources and Corporate Services, Total Energies Marketing Nigeria Plc. Mrs. Bunmi Popoola-Mordi, and Vice-Chancellor of Afe Babalola University, Ado-Ekiti, of Professor Smaranda Olarinde (who was duly represented at the Conference) In his Keynote address, Mr. Azue Ighodalo underscored the importance of corporate Governance as the recipe of robust and vibrant economy.

He said “ In an enabling environment, corporate governance which must include diversity in all forms will always guaranty excellent company performance and in the aggregate, it will guarantee a thriving national economy. That is, the work you do in each of your respective companies is what should build a thriving Nigeria”

Ighodalo further urged Nigerians to work in synergy to lay the foundations of a thriving, stressing that government alone could not take the nation to the promise land without the collaboration of all and sundry. He added that the nation must learn how to give merit its pride of place in the scheme of things. He said “We have for a very long time been called the comatose giant of Africa. We should shed that image. We must achieve our full potentials. We have over the years abandoned the faithful implementation of our development plans, we abandoned meritocracy, hardwork, creative work, efficiency, justice, the rule of law and sound governance practices at all levels.

“At the private sector, rather than force government to reset, we have held on to the coattails of which ever government was in power. We do not shift government’s mind or thinking, so it is business as usual.

“Members of ICSAN train for governance, you practice governance, you provide competence, the integrity level in ICSAN is very high, the discipline level is high but I think you have underestimated your own capacity and your role in this economy and country. Too many of us here pay attention to Abuja, I keep saying it, and Abuja is not the answer to Nigeria’s problem.”

In his welcome address, the President and Chairman of the Governing Council of the Institute, Mrs. FunmiEkundayo, FCIS, “underscored the importance of inclusiveness in governance.

she said “In Corporate Governance, Inclusiveness comes in different dimensions. It entails having diversity in relation to composition of the board; it also involves recognition of the rights and privileges of minority shareholders as well as those of employees with due emphasis placed on governance principles such as participation, transparency and accountability.

“In public governance, Inclusiveness means every discernible segment is allowed representation, accommodated and duly held entitled to all the rights, privileges and claims given to others as an integral part of the larger whole. It means governance is not discriminatory but all-engaging and institutions, processes, policies, and services are accessible, accountable and responsive to all members of society.

“Inclusiveness breeds merit in the sense that it allows you to recruit the best from a wide range of available options. Whereas Exclusivity promotes mediocrity by shrinking the gamut of viable alternatives, and artificially limiting the space to the detriment of merits.”

All the experts were unanimous that with adherence to good governance, most of the problems we are facing now, like rising debts, inflation and other economic challenges which had continued to plague despite the country’s vast resources could have been avoided.

ICSAN inaugurates Sectoral Groups to facilitate growth, aid Nigerian economy



L-R: Council Member, Mr. Hassan, FCIS; Vice-President, Mrs. Uto Ukapanh, FCIS; President, Mrs. Funmi Ekundayo, FCIS and the Hon. Treasurer, Mr. Francis Olawale, FCIS during the inauguration of the ICSAN Sectoral Groups at the Institute Secretariat, Alausa, Lagos on September 19th, 2023.

The president and Chairman of the Governing Council of ICSAN, Mrs. Funmi Ekundayo, FCIS, on September 19, 2023 inaugurated various groups of the Institute members into several groups of like-minded professionals, called Sectoral Groups.

These groups were meant to empower the Institute, through procedural re-engineering and overhauling of her internal mechanism to boost her efficiency, and visibility.

Addressing the members at the inauguration, the President stated the rationale behind the conception of the group She said, "So, we want to leverage on our intellectual capital by organizing our members into focused, vibrant and efficient groups to enable them contribute more effectively to the Institute's growth and the nation's development at large.

"The rationale behind this inauguration is to constitute our diverse members from various callings into effective, pragmatic and efficient cells which we operate as parts of the organic whole in the collective pursuits of our mission and vision.

"The various sectoral groups we are launching today are Academia Sector, Insurance and Pension Sector,, Energy Sector, Built Industry Sector, Digital Economy Sector, Logistics Sector, Maritime Sector, Media and Creative Sector, Manufacturing Sector, Not-for-Profit Sector and Public and Allied Institutions Sector.

"ICSAN Sectoral Groups are by conception, the platform where members can access sector-specific information, resources and opportunities, peer-to-peer knowledge sharing to engender membership inclusivity.

“We feel that our Members should be pooled into different sector-focused groups with platforms created for them to function and promote the Institute in their various sectors.”

The Chairmen of the two of the groups, Mr. Seyi Abiodun, FCIS, (Digital Economy Sector) and Mrs. Marylin Eze, FCIS (Energy Sector) spoke in representative capacity to thank the President and the Institute at large for the inauguration.

They promised to work hard to ensure the realization of the objectives of the creation of their groups.

ICSAN Walk for Life heralds 2023 Annual Conference



Some of the participants at the ICSAN 2023 Walk for Life which held on Saturday, September 16, 2023. The President, Mrs. Funmi Ekundayo, FCIS, is third from right.

The Institute wrapped up series of her 2023 pre-conference activities with a befitting Walk for Life which held on Saturday, September 16, 2023.

The event was well-attended despite the heavy downpour which started several hours before the takeoff.

The actual walk of about 3km distance was preceded with Aerobics and Dance session held in the premises of the Institute Secretariat, Alausa, and a brief health talk between. Free T- shirts were given to all participants

Apart from the President and her Vice, some of the Institute's bigwigs who participated at the event, included Council members, Mrs Lynda Onefeli FCIS, Mrs Benny Shadare FCIS and the Hon. Treasurer Mr. Francis Olawale FCIS.

In her speech the President, Mrs. Funmi Ekundayo, FCIS, who outlined the importance of physical exercise as a benevolent practice both for fitness and health, thanked profusely all the participants, both members and non-members, for coming out en masse

The same sentiment was re-echoed by the Vice-President, Mrs Uto Ukpanah, FCIS, who gave the vote of thanks.

Undaunted by the rain, members also used the opportunity to network and socialise. ICSAN's partner for the occasion, Promasidor Nigeria, that served free hot drinks to the delight of the participants.

This year's version of the Walk for Life was unique for the fact that Institute chapters in Ibadan, Abuja, Port Harcourt, Benin, Edo, and Akwa Ibom also simultaneously held their own version of the event.

ICSAN confers 13 with Fellowship, 6 Honourary Fellowship



L-R: Vice-President, Mrs. Uto Ukanah, FCIS; President, Mrs. Funmi Ekundayo, FCIS; Treasurer, Mr. Francis Olawale, FCIS; and the Immediate Past President, Mr. Taiwo Owokallade, FCIS during the Institute 2023 Fellowship Induction and Award Dinner which on September 22nd, 2023 at the MUSON Centre, Onikan, Lagos.

The Institute conferred her most prestigious cadre of Fellowship with 13 members while 6 other distinguished governance professionals were conferred with Honourary fellowship at the ICSAN 2023 Fellowship induction and Award Dinner which held on Friday September 22nd, at the MUSON Centre, Lagos.

Apart from the conferment of Fellowship, the Institute gave award to some deserving personalities in recognition of their contribution on governance both at the private and public sectors.

The six distinguished Nigerians who were conferred with the Fellowship of the Institute are the Former Chairman, Board of Nigerian National Petroleum Corporation, Senator Margery Okadigbo,; Former Head of Civil Service, Akwa Ibom state, Mrs. Ekerenbong Umoh,; Executive Secretary, Financial Reporting Council of Nigeria Ambassador Shuaibu Adamu Ahmed, Director-General, National Institute for Legislative and Democratic Studies, Prof Abubakar O. Sulaiman,; Registrar-General Corporate Affairs Commission, Alhaji Garba Abubakar; and the Chairman, Ibom Power Company, Uyo, Akwa Ibom State, Engr. Etido Inyang

The ICSAN Chartered Secretary Award of the year was given to Barrister Musa Muhammed, ACIS whose nomination for the award based on the acclaimed services he had rendered to the Institute particularly in Kaduna and its environs over the years.

The Award for Excellence in Corporate Governance (Individual Category) is classified into two, viz the Public and the Private Sector. The one for the Public Sector was bestowed on Senate President Godswill Obot Akpabio, CON, while the one for the Private Sector was given to two individuals, viz Yeye Aare Modupe Afe Babalola FSM, FNIMN for contribution on Education, and Mrs. Folashade Noimot Okoya, for contribution to Business.

ICSAN Award for Excellence in Corporate Governance (Corporate Category) was given to Zenith Bank Plc.

In her speech, the President of the Institute, advised the new Fellows on the tasks and responsibilities that devolve on them. She said “My advice for all the Fellowship Inductees today is that, although Fellowship is the topmost cadre of membership of the Institute, this does not mean once you get the Fellowship you have got to your destination; it does not mean you have known everything you have to know or learn everything you have to learn.

“Rather I will enjoin all our new Fellows of today to construe their induction into the Fellowship of the Institute as the beginning of a new chapter in their professional career. I will want you to see your elevation today as a call to higher responsibilities.

“You must therefore continue to learn and strive for excellence. So you must take advantage of our numerous programmes and events which are held all year-round.

The president also gave rationale behind the conferment of honourary award, she said “Since few years ago when we started giving annual awards in different categories to individuals and corporations who achieved superlative performance in the field of governance and public administration, we have made it a yearly affair.

This in itself has fetched for the Institute additional accolades as an Institute that does not only preach governance principles but which also bestows recognition on governance icons and avatars of good leadership in appreciation of their laudable deeds.

The credibility and integrity of the awards has been solidified by the sheer force of merits of individuals and organisation (s) we choose every year for the awards.”



MEMBERSHIP — CORNER —

(I) Reminder on payment of 2023 Membership Annual Due

This is to remind all members that the 2023 subscription has become due since January 1st, 2023. Payment of annual due is a primary obligation of every member. It is not too late to make your payment.

Members who have defaulted in the past are also encouraged to clear all their arrears and thus be entitled to enjoy all the benefits of up-to-date active members.

Payment can be made into any of the ICSAN Bank Accounts:

First Bank: 2003620643

GTBank: 0168087715

The following are the subscription fees for the various categories of members:

Fellows: N15,000

Associates: N10,000

Graduates: N7,500

Benefits of payment of annual subscription include but not limited to:

(i) Group Life Assurance Scheme; and

(ii) Membership card.

(iii) Member who have Chartered Secretaries firm also have the opportunities to publicize the name of their firms in the Institute's annual Magazine.

After payment, kindly scan the evidence of payment, your passport photograph in JPEG format and details of your next-of-kin (Name, Residential Address, Business Address, GSM, E-mail address, and relationship) if you are yet to do so to: membership@icsan.org

For further enquiries, please contact:

Tunji on 08090661937,

Ojiji on 08090662202 or send an e-mail to membership@icsan.org

2. Who to contact for your diverse inquiries at the Institute

To receive prompt attention for your inquiries in diverse issues at the Institute, please call the following persons:

All ICSAN Trainings: Mike on 08023117969

Education: Yinka on 08065897280

Membership: Ojiji on 08023783043

Practice licence: Kayode on 08032147720

ICSAN Internship: Kayode on 08032147720

3. ICSAN Practice Licence

The Institute hereby calls on members from Associate upward to apply for the ICSAN Practice Licence. The Licence which enables you to work as Public Practitioners meaning you will be able to set up your own firm and offer secretarial service to corporate organisations and members of the public.

This may be the opportunity you have been waiting for to start your own firm as a Chartered Secretary in Public Practice. Apply now!

The cost of Application for Practice Licence is ₦15,000. Download the Application from the Download Section of the Institute's website www.icsan.org

See the requirement for the Institute's Practice Licence below.

REQUIREMENTS FOR THE ICSAN PRACTICE LICENCE

1. Completed Application Form for the Practice Licence
2. Detailed CV of the Applicant
3. Photocopy of the ACIS OR FCIS Grade Membership
4. Evidence of Working Experience (pre or post)
5. Proof of payment of Annual Subscription
6. Proof of payment of the Licence Fee (₦15,000)
7. Letter of Recommendation from Applicant's Employer/Fellow of ICSAN
8. Two Passport photographs.

(4) Application for the ICSAN Governance Practitioners Trainee Scheme

Dear Esteemed Member,

This is to inform all interested Graduates/Associates of the Institute that application for participation in the ICSAN Governance Practitioners Trainee Scheme is still being accepted as the Institute prepares to send out next batch of Interns to corporate Engaging Entities.

The ICSAN Governance Practitioners Trainee Scheme is an initiative under which Graduates of our Institute are posted to reputable corporate organisations for a period of six months, during which they will be exposed to practical side of the training they have undergone with ICSAN.

The objective of the Scheme is to give the Graduates of the Institute the opportunity to acquire hands-on experience in Corporate Governance, Compliance, Share Registration and Company Secretarial Practice and other allied practical fields in reputable organisations in Nigeria.

This will not only enrich the participants' in terms of skills and competencies and boost their employment opportunity but also equip those who want to set up their own firms with the requisite basic knowledge and confidence to do so.

This Interested Applicants should download the Application Form from the "Download Section" of the Institute's website. They should then fill it and attach a passport size-photograph and scan it alongside their curriculum vitae to ketefe@icsan.org copying both foyedeji@icsan.org.

The Application Form can be accessed in the “Download Section” of the ICSAN website.
Thank you

Ms Oladunni Ogunsulire, FCIS
Deputy Registrar (Academics)/Head of Secretariat

(5) OTHER RELATED INFORMATION

Dear members,
Please note the following information.

Membership Number and Fellowship Medallion

Members of the Institute are enjoined to know their membership number as it would be used during the functions of the Institute. Members would have to mention their membership number before they ask questions or make suggestions at the functions of the Institute.

Furthermore, all Fellows attending any formal event of the Institute should always wear their Fellowship medallion. This would entitle them to be accorded all the privileges due to Fellows of the Institute at such events. Kindly note that having in your possession your Membership card of the Institute indicating you are a Fellow is not the same thing as wearing your Fellowship medallion and will not entitle you to the privileges of a Fellow.

PHOTOS SECTION



ICSAN 2023 ANNUAL CONFERENCE (Sept 21, 2023)



The President and Chairman of the Governing Council of ICSAN, Mrs. Funmi Ekundayo, FCIS, delivering her welcome address at the 2023 ICSAN Annual Conference which held at the MUSON Centre, Lagos on February 21st 2023. On the high table were the Representative of a co-Speaker, (the Vice-Chancellor of the Afe Babalola University, Ado-Ekiti, Prof.Smaranda Olarinde), Dr. Ifeoluwa Olubiyi; one of the Honourary Fellowship Awardees, Mrs.Ekerebong Umoh; and the Head of Secretariat, ICSAN, Ms. Oladunni Ogunsulire, FCIS.



The President in the course of her speech



A former President of ICSAN, Mr. Hakeem Ogunniran, FCIS, presenting plaque to the Keynote Speaker, Prof. Enase Okonedo, FCA while the Vice-President, Mrs. Uto Ukpanah; President, Mrs. Funmi Ekundayo, FCIS; and the Head of Secretariat, Ms Oladunni Ogunsulire, FCIS look on admiringly.



The Treasurer, Mr. Francis Olawale, FCIS, addressing the audience.



The Moderator, Mrs. Nkechi Anyimiah, FCIS, addressing calling on the next Speaker among the high table dignitaries.



Historic! The Chairman of the Occasion, Mr. Azue Ighodalo, launching the new ICSAN magazine, "The Governance Professional" at the Conference.



Dignitaries posing proudly with the new ICSAN magazine



A former ICSAN President, Mr. Bode Ayeku, FCIS, presenting a plaque to the Chairman of the Occasion, Mr. Asue Ighodalo.



A Speaker, Mr. Uaboi Agbebaku, FCIS, smiles as he holds his plaque to the delight of the President and co-dignitaries. Standing to Mr. Agbebaku's left is a Council member, Mr. Babatunde Pelewura, FCIS.



Chairman of the Dinner Session, Mrs. Omobola Johnson delivering her speech.



The Conference Chairman, Mr. Azue Oghodalo, proudly displaying his plaque as he is flanked on either side by the dignitaries.



A Council member, Mr. Amos Aniedi, FCIS, presenting a plaque to a Speaker, Mrs. Bunmi Popoola-Mordi, FCIS, while the President, her Vice and the Head of Secretariat watch with delight.



Mrs. Bunmi Popoola-Mordi proudly displaying her plaque.



L-R: Assistant Manager, (IT), Ms. Julie Basse; Head of Secretariat, Ms. Oladunni Ogunsulire, FCIS; Treasurer, Mr. Francis Olawale, FCIS; Account Officer, Ms. Jemilah Abdurashheed; and Head of Research, Kayode Ketefe, FCIS, at the Conference.



L-R: Head of Secretariat, Ms. Oladunni Ogunsulire, FCIS; Treasurer, Mr. Francis Olawale, FCIS; Account Officer, Jemilah Abdurashheed; Head of Research, Kayode Ketefe, FCIS; and the Assistant Registrar (Membership) at the Conference.

2023 FELLOWSHIP INDUCTION AND AWARD DINNER (September 22nd, 2023)



An Honourary Fellowship Awardee, Mrs. Ekerebong Umoh, receiving her plaque from a Council Member, Mrs. Lynda Onefeli, FCIS.



L-R: Council Member, Mrs. Ronke Opajobi, FCIS; Immediate Past President, Mr. Taiwo Owokallade, FCIS and his wife and a Council Member, Mrs. Marylin Eze, FCIS at the Dinner.



The former and the current Chairman of Oyo State Chapter of ICSAN, Mr. Samosn Ilori, FCIS and Mrs. Seyi Abiodun, FCIS.



L-R: Council members, Mrs. Marilyn Ezech, FCIS, Mr. Amos Aniedi, FCIS and Mrs. Nkechi Onyenso, FCIS



Some of the dignitaries at the dinner.



A group photograph of some of the new Fellows.



All hail the new Fellows!



L-R: Treasurer, Mr. Francis Olawale, FCIS; Immediate Past President, Mr. Taiwo Owokalade, FCIS; and a former President, Mr. Hakeem Ogunniran, FCIS at the dinner.



Dignitaries standing to the recite national anthem.



A cross section of dignitaries.



Another cross section of participants



The President, Mrs. Funmi Ekundayo, FCIS, appreciating some of the guests, second to her left is the Vice-President, Mrs. Uto Ukpanah, FCIS.



New Fellows shortly after their conferment with the ICSAN highest cadre of membership.



A Council Member, Mr. Amos Aniedi, flanked on either side by some of the new Fellows.



Former Chairman of Oyo State Chapter, Mr. Seyi Abiodun, FCIS and the current Vice Chairman of the Chapter, Mrs. Faouziah Oluokun, ACIS.



The President leading the procession precedent to the Fellowship conferment.



The Vice-President, Mrs. Uto Ukpanah, FCIS; Treasurer, Mr. Francis Olawale, FCIS and the Immediate Past President, Mr. Taiwo Owokallade, FCIS in the procession.



L-R: Council members, Mrs. Marilyn Ezeh, FCIS, Lady Cheta Nwabuike, FCIS and Mrs. Lynda Oneferi, FCIS.



The Vice-President, Mrs. Uto Ukpanah, FCIS; President, Mrs. Funmi Ekundayo, FCIS; Treasurer, Mr. Francis Olawale, FCIS; Chairman of the Publicity and Advocacy Committee, Mrs. Nkechi Onyenso, FCIS; and Head of Secretariat, Ms. Oladunni Ogunsulire, FCIS, during the Press Conference that heralds the ICSAN 2023 Annual Conference, which was held at the Institute Secretariat on August 9, 2023.



L-R: Council members, Mr. Babatunde Pelewura, FCIS and Mr. Dele Togunde, FCIS, together with the Vice-President, President, Treasurer, Chairman of the Publicity and Advocacy Committee and the Head of Secretariat.



The President, flanked on either side by the Vice President and the Treasurer, responding to the questions from the media.



A cross section of the participants at the media parley, the journalists facing the ICSAN delegation.



The journalists noting the points as the ICSAN President addresses them on diverse issues ranging from the 2023 ICSAN Annual Conference and some of issues of national importance.



The President in a tete-a-tete with a royal father.

**VISITATION TO BABS FAFUNWA MILLENIUM SECONDARY SCHOOL
ON CSR PROJECT (September 13th, 2023)**



The Vice-President of ICSAN, Mrs. Uto Ukpanah, FCIS, addressing the staff and students of Babb Fafunwa Millennium Secondary School, Ojodu, Lagos, during the ICSAN's Corporate Social Project (CSR) project of book donation to the School on September 13th, 2023.



"We are very pleased to donate these books" says the ICSAN Vice- President Mrs. Ukpanah, as the teachers listen attentively with obvious sense of gratitude.



ICSAN delegation led by Mrs. Ukpanah, the staff and students of Babs Fafunwa Millennium School pose with some of the donated textbooks.

INAUGURATION OF SECTORAL GROUPS (September 19th, 2023)



A deserved applause goes to the President as she inaugurates the ICSAN Sectoral Groups on September 19th, 2023 at the Institute Secretariat Alausa, Ikeja, Lagos.



L-R: Head of Secretariat, Ms. Oladunni Ogunsulire, FCIS; Vice-President, Mrs. Uto Ukanah, FCIS; the President, Mrs. Funmi Ekundayo, FCIS; and the Treasurer, Mr. Francis Olawale, FCIS at the inauguration.



Head of Research, Mr. Kayode Ketefe, FCIS; Head of Secretariat, Ms. Oladunni Ogunsulire, FCIS; President, Mrs. Funmi Ekundayo, FCIS; Treasurer, Mr. Francis Olawale, FCIS and a Council Member, Mr. Dele Togunde, FCIS.

ICSAN WALK FOR LIFE (National Secretariat Lagos) September 16, 2023



Some of the participants at the ICSAN walk for life which held on September 16th, 2023 as part of the ICSAN 2023 pre-Annual Conference activities at the Institute Secretariat, Alausa, Ikeja, Lagos State.



President and senior members of the Institute getting ready for action



Some of the participants in a group picture.



Pre-walk aerobics going on!



During the Health talk preceding the Walk for Life



Walk for life begins!



Participants in full swing.



Participants undaunted by the heavy downpour



Still in the course of the walk



Walk for life in session



The participants taking a group photograph in the Secretariat premises, Alausa, Ikeja.



The President, Mrs. Funmi Ekundayo, FCIS leading the dance after a successful Walk for Life.

ICSAN WALK FOR LIFE (Abuja Chapter)



Participants at the Walk for life organised by the Abuja Chapter just before the walk starts.



The Chairman of the Abuja Chapter of ICSAN, Mr.Adebisi Adeniyi, ACIS, addressing the Press before the walk for life commences.



Participants digging it out with pleasure



Some of the participants at the Walk for Life organised by the Rivers State Chapter of ICSAN.

ICSAN WALK FOR LIFE (Edo State/Delta State Chapter)



The participants at the Walk for Life organised by the Edo/Delta States Chapter of ICSAN commencing the walk with glee.

ICSAN WALK FOR LIFE (Akwa Ibom State Chapter)



The participants at the Walk for Life organised by the Akwa Ibom State Chapter of ICSAN embarking on the walk.



In the full throttle of the walk



© Akwa Ibom State Ministry of Information

The participants gather in front of Akwa Ibom State Ministry of Education for a group photograph.

COUNCIL RETREAT 2023 (SEPTEMBER 29TH-30TH, 2023)



President addressing the gathering during the 2023 Council Retreat which held between September 29th and 30th, 2023 at the Amber Residence Hotel, Ikeja GRA, Lagos.



The Chairman of Kaduna Chapter of ICSAN, Alhaji Habibu Tijjani, ACIS exchanging handshakes with the principal officers shortly after his well-received presentation.



Participants at the Retreat in a group picture on the final day.

HEALTH & LIFESTYLE



The President and Chairman of the Governing Council of ICSAN, Mrs. Funmi Ekundayo, FCIS, leading the participants at the 2023 ICSAN Walk for Life which held in Lagos on Saturday September 16th, 2023. (Similar exercises were held in all ICSAN Chapters in different states across the country)

It will be recalled that the Institute held a Walk-For- Life exercise as one of the Pre-Conference activities on September 16th, 2023 to herald this year's Annual Conference.

The exercise was anchored on the Institute's firm belief that the basic foundations of meaningful existence is a sound health since it is only a healthy individual that can enjoy life and make contribute to the socioeconomic development of his or her society.

Specifically, walking as a form physical exertion has a lot of well-documented benefits. For instance, it increases cardiovascular and pulmonary fitness. (This in popular parlance means it helps our heart and lung to function more effectively); it reduces risk of heart disease and stroke; it helps in management of conditions such as hypertension (high blood pressure), high cholesterol, joint and muscular pain as well as diabetes. Walking as a form of exercise also gives us stronger bones as well as improving balance, physical and mental coordination.

In this edition of the Health and Lifestyle, we offer for your reading pleasure below ten benefits of walking culled from a credible online source on health matters,

Heathline:

TEN BENEFITS OF WALKING

Walking can offer numerous health benefits to people of all ages and fitness levels. It may also help prevent certain diseases and even prolong your life.

Walking is free to do and easy to fit into your daily routine. All you need to start walking is a sturdy pair of walking shoes.

1. Burn calories

Walking can help you burn calories. Burning calories can help you maintain or lose weight.

Your actual calorie burn will depend on several factors, including:

- walking speed
- distance covered
- terrain (you'll burn more calories walking uphill than you'll burn on a flat surface)
- your weight

You can determine your actual calorie burn through a calorie calculator. For a general estimate, you can also refer to this chart.

2. Strengthen the heart

Walking at least 30 minutes Trusted Source a day, five days a week can reduce your risk for coronary heart disease by about 19 percent Trusted Source. And your risk may reduce even more when you increase the duration or distance you walk per day.

3. Can help lower your blood sugar

Taking a short walk after eating may help lower your blood sugar.

A small study found that taking a 15-minute walk three times a day (after breakfast, lunch, and dinner) improved blood sugar levels more than taking a 45-minute walk at another point during the day.

More research is needed to confirm these findings, though.

Consider making a post-meal walk a regular part of your routine. It can also help you fit exercise in throughout the day.

4. Eases joint pain

Walking can help protect the joints, including your knees and hips. That's because it helps lubricate and strengthen the muscles that support the joints.

Walking may also provide benefits for people living with arthritis, such as reducing pain. And walking 5 to 6 miles a week may also help prevent arthritis.

5. Boosts immune function

Walking may reduce your risk for developing a cold or the flu.

One study tracked 1,000 adults during flu season. Those who walked at a moderate pace for 30 to 45 minutes a day had 43 percent fewer sick days and fewer upper respiratory tract infections overall.

Their symptoms were also lessened if they did get sick. That was compared to adults in the study who were sedentary.

Try to get in a daily walk to experience these benefits. If you live in a cold climate, you can try to walk on a treadmill or around an indoor mall.

06. Boost your energy

Going for a walk when you're tired may be a more effective energy boost than grabbing a cup of coffee.

Walking increases oxygen flow through the body. It can also increase levels of cortisol, epinephrine, and norepinephrine. Those are the hormones that help elevate energy levels.

7. Improve your mood

Walking can help your mental health. Studies^{Trusted Source} show it can help reduce anxiety, depression, and a negative mood. It can also boost self-esteem and reduce symptoms of social withdrawal.

To experience these benefits, aim for 30 minutes of brisk walking or other moderate intensity exercise three days a week. You can also break it up into three 10-minute walks.

8. Extend your life

Walking at a faster pace could extend your life. Researchers found that walking at an average pace compared to a slow pace resulted in a 20 percent reduced risk of overall death.

But walking at a brisk or fast pace (at least 4 miles per hour) reduced the risk by 24 percent. The study looked at the association of walking at a faster pace with factors like overall causes of death, cardiovascular disease, and death from cancer.

9. Tone your legs

Walking can strengthen the muscles in your legs. To build up more strength, walk in a hilly area or on a treadmill with an incline. Or find routes with stairs.

Also trade off walking with other cross-training activities like cycling or jogging. You can also perform resistance exercises like squats, lunges, and leg curls to further tone and strengthen your leg muscles.

10. Creative thinking

Walking may help clear your head and help you think creatively.

A study that included four experiments compared people trying to think of new ideas while they were walking or sitting. Researchers found participants did better while walking, particularly while walking outdoors.

The researchers concluded that walking opens up a free flow of ideas and is a simple way to increase creativity and get physical activity at the same time.

Try to initiate a walking meeting with your colleagues the next time you're stuck on a problem at work.

Tips for staying safe while walking

To ensure your safety while walking, follow these tips:

- Walk in areas designated for pedestrians. Look for well-lit areas if possible.
- If you walk in the evening or early morning hours, wear a reflective vest or light so cars can see you.
- Wear sturdy shoes with good heel and arch support.
- Wear loose, comfortable clothing.
- Drink plenty of water before and after your walk to stay hydrated.
- Wear sunscreen to prevent sunburn, even on cloudy days.



CORPORATE GOVERNANCE NEWS

CBN's top officials on tightrope as special investigation peaks

For deputy governors of the Central Bank of Nigeria (CBN), including the Acting Governor, Folashodun Shonubi, as well as the majority of the directors, the odds against them keep increasing by the day as the confidence crisis reaches a watershed moment this week.

While the nominees for replacement of the embattled suspended governor, Godwin Emefiele, and his four deputies, will face the crucial and statutory Senate screening, the old guards will be further grilled at the Department of State Security (DSS), from where the team of investigators operates, to determine their extent of connivance in the financial abuse estimated at several trillions of naira, The Guardian has been informed.

The investigative team, multiple sources have revealed, has subjected all the deputy governors and the majority of the directors to lifestyle audits to determine the extent to which they have enriched themselves in the course of their assignments.

While the audit is not proof of their culpability in the alleged frauds, a source said

From early August till date, almost all the deputy governors and several directors have honoured invitations to the DSS facility multiple times. The Guardian was informed that the Acting Governor has been interrogated four times in recent weeks, a reason President Bola Tinubu resolved to replace the entire leadership team.

The President was said to have been advised that “incessant invitations of regulators for a probe have negative consequences for confidence building”, hence last week’s nomination of Olayemi Micheal Cardoso to replace Emefiele.

For the positions of deputy governors, the President also nominated Emem Nnana Usoro, Muhammad Sani Abdullahi Dattijo, Philip Ikeazor and Dr Bala Bello.

The nominees are said to have been briefed on the urgent need to stabilise the financial system with a clear mandate to fix the foreign exchange crisis and inflation rate to achieve price stability.

*Culled From Guardian newspaper @ CBN's top officials on tightrope as special investigation peaks
— Business — The Guardian Nigeria News – Nigeria and World News*

We 'll tackle forex shortage, Cardoso assures investors

Months after the Nigeria Customs Service Act (NCSA) 2023 was assented to by ex-President Muhammadu Buhari, the legislation has again been rejected by stakeholders who claim their inputs were not accommodated in the final draft.

The NCS Act, which they said comes with clauses that hinder import, export, manufacturing as well as other international trade procedures and practices, was rejected four times by the presidency before it was signed.

Despite the controversies surrounding the legislation, it was signed into law on April 20, 2023. This has compelled the National Council of Managing Directors of Licensed Customs Agents (NCMDLCA) to petition President Bola Tinubu over what they call “illegal passage”.

In a 36-page petition sent to the president with a copy made available to The Guardian, the president of NCMDLCA, Lucky Amiwero, said the act is in conflict with other government agencies' functions and contravenes international best practices on global trade procedures and practices. Amiwero said that the defective act was rejected several times by Buhari in 2013, 2016 and two other times due to the flawed clauses it contained that are detrimental to trade. He said the piece of legislation was not subjected to stakeholders' engagement with the Senate, who are waiting to rectify the defects noticed in the House of Representatives public hearing and other controversies.

Culled From Guardian newspaper @ Stakeholders kick against NCS Act, say law contradicts int'l trade practice | The Guardian Nigeria News - Nigeria and World News

\$19.5 billion investment pledged to Nigeria at UNGA

Former President of the All Nigerian-American Congress (ANAC), Amina Temitope Ajayi, has through her firm, Silicon Valley Nigerian Economic Development Inc. (SVNED), attracted over \$19.4 billion pledged investment to Nigeria on the sideline of the United National General Assembly (UNGA) in New York.

In a joint statement from the partners released yesterday after the signing of the memorandum of understanding, three investors, namely CITCO Global Holdings, Global Expansion AXIATel, and Allen Le & Partners International Vietnam all pledged to invest \$5 billion, \$3.2 billion, and \$11.2 billion respectively in the development of various sectors of Nigeria's economy.

The sectors include tourism, aviation, technology, telecommunications, agriculture, entertainment, sports and energy industries.

The partnership is projected to also improve the country's strained economy while creating employment opportunities for the youth.

Speaking about the partnership, Ajayi who is the Chief Executive Officer of SVNED, said the economic summit in New York provided an opportunity to amplify the need for additional support for the United Nations Sustainable Development Goals (SDGs).

She said SDG Eight prioritises sustained inclusive and sustainable economic growth as well as productive employment and decent work for all.

"It also speaks to goal nine, which supports the need to build resilient infrastructure, promote inclusive and sustainable industrialisation and foster innovation," she said.

According to her, the investment also promotes SDG 17, which talks about strengthening the means of implementation and revitalising the Global Partnership for Sustainable Development.

Speaking on the investment, the representative of Global Expansion AXIATel, Morgan Martinez, said the firm would be bringing a \$3.2 billion investment to Nigeria, while at the same time developing the tourism, aviation, technology, telecommunications, agriculture, entertainment, sports and energy industries.

Also speaking, the President and Chief Executive Officer of Allen Le & Partners International Vietnam, Kingsley Onyeocha, pledged to invest up to \$11.2 billion in the areas of eco-friendly transportation including electric vehicle assembly plant and batteries plant, 2:1 solar megawatt agric project, mining and affordable housing projects.

Culled From Guardian newspaper @ \$19.5 billion investment pledged to Nigeria at UNGA — Business — The Guardian Nigeria News - Nigeria and World News

US SEC Charges Former Pareteum Executives with Accounting and Disclosure Fraud

Washington D.C., Sept. 28, 2023 —

The Securities and Exchange Commission today announced charges against the former Chief Financial Officer, Edward O'Donnell, and the former Chief Commercial Officer, Victor Bozzo, of New York-based telecommunications company Pareteum Corp. for engaging in fraudulent revenue recognition practices. The SEC also announced settled charges against Pareteum's former Controller, Stanley Stefanski, for his role in the scheme. Pareteum previously settled to accounting and disclosure fraud charges filed by the SEC in 2021 and filed for bankruptcy in 2022.

According to the SEC's complaint, from at least 2018 through mid-2019, Bozzo, O'Donnell, and Stefanski engaged in a fraudulent scheme to recognize revenue from Pareteum customers' non-binding purchase orders for SIM card services, despite knowing that the customers had not committed to paying for the services unless they were able to sell the services to downstream consumers.

The SEC's complaint also alleges that, because of these executives' misconduct, Pareteum improperly recognized revenue for the purchase orders before the SIM cards were shipped to the customers. This improper revenue recognition scheme allowed Pareteum to materially overstate its revenue by \$12 million – or 60 percent – for fiscal year 2018 and by \$27 million – or 91 percent – for the first and second quarters of 2019 combined in its financial statements filed with the SEC.

"As alleged in our complaint, Pareteum's executives artificially inflated Pareteum's revenue numbers to create the illusion of robust revenue growth," said Scott A. Thompson, the Associate Director of Enforcement for the SEC's Philadelphia Regional Office. "Investors should be able to trust public companies to issue truthful and accurate financial statements, and we will hold accountable any executives who abuse that trust and defraud investors."

The SEC's complaint, filed in the U.S. District Court for the Southern District of New York, charges Bozzo and O'Donnell with violating the antifraud provisions and other provisions of the federal securities laws and seeks injunctive relief, disgorgement and prejudgment interest, civil penalties, and officer and director bars against Bozzo and O'Donnell. The complaint also seeks to order O'Donnell to reimburse Pareteum certain compensation pursuant to Section 304 of the Sarbanes-Oxley Act of 2002.

Culled from Securities and Exchange Commission @ SEC.gov | SEC Charges Former Pareteum Executives with Accounting and Disclosure Fraud

Three-quarters of firms globally are not ready for new ESG rules, KPMG finds

LONDON, Sept 26 (Reuters) - Three-quarters of companies globally are not ready to have their environmental, social and governance (ESG) data audited externally months before new regulations kick in, according to a new report from KPMG published on Tuesday.

Stricter European Union, U.S. and global rules are being introduced, mostly in time for the 2024 reporting season, to replace a patchwork of voluntary private sector practices for listed companies to make climate-related disclosures.

Regulators say external auditing of sustainability-related data - while not as extensive as financial auditing - is crucial for giving investors information free of misleading environmental claims, known as greenwashing.

The EU rules will require disclosures be audited while countries adopting the International Sustainability Standards Board's reporting requirements can also demand external checking.

Yet of 750 companies surveyed by KPMG, only 25% feel they are sufficiently prepared.

"Being ESG assurance ready means identifying the relevant regulatory framework and having the right metrics with robust systems, processes, controls and governance for collecting and managing the data," said Larry Bradley, KPMG's Global Head of Audit.

KPMG's ESG Assurance Maturity Index assessed the views of executives and board members across industries, regions and different firm sizes to measure companies' preparedness.

Just over half of companies surveyed currently get some level of external auditing of their ESG disclosures, but of those only 14% are obtaining reasonable assurance and 16% limited assurance for all of their ESG disclosures as new rules will require, according to KPMG's research.

"Now there will be regulatory and assurance requirements to report accurate information, which raises the bar on controls and processes as well as qualitative statements that will need to be made around the data," Mike Shannon, Global Head of ESG Assurance at KPMG, said.

Larger companies are better prepared for auditing than smaller firms, KPMG found, while among countries France, Japan and the United States came out on top, with Brazil and China ranked worst.

Culled from Reuters @ Three-quarters of firms globally are not ready for new ESG rules, KPMG finds | Reuters

