

BPA FILE

SEPTEMBER, 2023

GREEN IN FOCUS - SUSTAINING OUR FUTURE

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EDITORIAL TEAM



AKUA SAKYI
Editor-In-chief



MAWULI FUI KWADZOVIA



ANDREW GYAWU-MENSAH



ADRIANA APPIAH-NKANSAH



LYDIA ADU GYAMFI



OUR MISSION

To support socio-economic development through the utilization of natural resources for energy generation in a safe, reliable and cost-efficient manner.

OUR VISION

To be the leader in the renewable energy industry in the sub-region.

OUR CORE VALUES

Safety
Innovation
Trust
Teamwork
Integrity
Commitment



Bui Power Authority



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CEO'S MESSAGE

Our commitment to sustainable energy solutions is unwavering and we have made substantial progress in harnessing the potential of renewable energy sources in Quarter 3. Our ongoing initiatives in solar hold great promise and align perfectly with our mission to support socio-economic development through the utilization of natural resources for energy generation in a safe, reliable, and cost-efficient manner.

I am thrilled to share with you a remarkable milestone that marks another defining moment in the history of Bui Power Authority; the completion of the 5MWp Floating Solar Project at the Bui Generating Station. A special mention should be made of our Board Chairman Hon. Kwasi Ameyaw Cheremeh, who has been very instrumental and with whose full backing has brought this project to fruition.

The realization of this project not only redefines our capabilities but also sets a groundbreaking precedent in the West African sub-region. The 5MWp Floating Solar Project is the first of its kind in this region and represents a convergence of cutting-edge technology, environmental consciousness, and operational excellence.

The successful completion of the 5MWp Floating Solar Project is a testament to the collaborative spirit, dedication, and resourcefulness of every individual within the BPA family. It reaffirms our belief that through innovation and commitment to the core values of the Authority, we can drive change that goes beyond the boundaries of our organization.

Owing to the successful installation of the 5MWp Floating Solar Project, we have immediate plans to install an additional 10MWp Floating Solar. This project will be done 100% by BPA engineers and technicians based on their local construction expertise and this additional 10MWp Floating Solar will be completed in 12 months.



We have also begun construction of the 50MW Solar PV Farm in Yendi, and this is scheduled to be completed within a period of 13 months. Upon completion, the project will include a 5km transmission line enabling the vast improvement of electricity distribution in the Northern part of Ghana.

Our relationship with the communities we serve is fundamental to our success. I am pleased to report that our Corporate Social Responsibility projects, have made a great impact while fostering stronger ties and promoting sustainable development in the regions surrounding our operations.

These accomplishments would not be possible without the dedication, resilience, and passion that each member of the BPA family brings to the table. I am proud of your commitment to our mission, and I look forward to our continued collaboration in driving Bui Power Authority to even greater heights.

Let us continue to harness our potential, driving progress with a shared vision and determination.

Warm regards

Hon. Samuel Kofi Ahiave DZAMESI

BUI POWER AUTHORITY CELEBRATES GREEN GHANA DAY 2023 - By Chrisentus Kuunifaa (OHSE) & Yaa Sarpomaa (CA)

The Bui Power Authority on the 9th of June 2023 commemorated the Green Ghana Day, with tree planting exercises at the Bui Generating Station (BGS) in Bui, in the Bono Region. This was in accordance with the launch of the Green Ghana Day 2023 by the Ministry of Lands and Natural Resources under the theme “**Our Forests, our Health**”.

The Minister of Lands and Natural Resources, Hon. Samuel Abu Jinapor in his speech at the launch in Accra announced the theme to signify the importance of forests to lives and to remind residents of the many health-related benefits derived from forests. He indicated the government's expectation of continuous support since its inception in 2021. He used the opportunity to appeal to all Ghanaians and residents of Ghana, traditional and religious leaders, professionals as well as civil society organizations, members of the diplomatic corps, and development partners, to support the Ministry to make this year's Green Ghana Day a success.

In a speech read on behalf of the CEO of Bui Power Authority Hon. Samuel Kofi Dzamesi by the Director of Estates, Mr. Wumbilla Salifu to mark the day at the Bui Generating Station, he emphasized that the importance of forests to the planet cannot be underestimated. This is in line with the United Nations Sustainable Development Goals enjoining us in Target 15.2 to “**promote the implementation of sustainable management of all types of forests, halt deforestation, restore degraded forests and substantially increase afforestation and reforestation globally.**”

Considering this, as Renewable Energy Leaders in Ghana and the Sub-region, the Bui Power Authority is conscious of the impact of climate change on hydropower generation and its renewable energy drive and is therefore committed to relentlessly establishing forest cover through its flagship '**Forest Resource Enhancement Program (FREP)**' at the Bui and Tsatsadu catchment areas, in the Bono and Volta Regions respectively, in order to reduce the threats to its operations.

As part of this commitment, the Authority with the help of the Ghana National Service deployed to the Bui Generating Station during the year 2022/2023 has curbed the recurrent bushfire menace within the catchment area.

This year, a target of ten million (10,000,000) trees is set to be planted across the country. Of the nationwide target, a total number of eleven thousand, seven hundred and sixty- three (11, 763) seedlings of different tree species (Mahogany, Teak, Acacia, Gmelina, and Bamboo) were received by the Authority from the Forestry Services Division which was planted and would be nurtured.

The Green Ghana Day, an initiative by the government, under the auspices of the Ministry of Lands and Natural Resources has been celebrated annually for 3 consecutive years since its inception in 2021. It is part of an aggressive national afforestation and reforestation program to restore the country's lost forest cover and to contribute to the global effort to mitigate climate change.

The initiative is also to create national awareness of the necessity of collective action towards the restoration of degraded landscapes in the country and to inculcate the values of planting and nurturing trees and their associated benefits amongst the youth.



BPA CEO, HON. SAMUEL KOFI AHIAVE DZAMESI PARTICIPATES IN A MEDIA ROUND-TABLE ORGANIZED BY HUAWEI

The Chief Executive Officer of Bui Power Authority, Hon. Samuel Kofi Ahiave Dzamesi on Wednesday, 14th June, 2023, participated in a media roundtable organized by Huawei Technologies at the Fiesta Royal Hotel in Accra.

The Vice President, of the Global Corporate Communications Department, at Huawei, Mr. Edison Xie said, "The partnership between Huawei and Bui Power Authority (BPA) is a combination of two strengths. Huawei's eLTE solution installed at Bui Dam exemplifies how information communication technologies can optimize operations and enhance efficiency."

The broadband private network provides wireless coverage across the entire Bui Generating Station, enabling real-time communication between the control rooms and the on-site workforce, therefore improving response times to maintenance requests and emergencies.

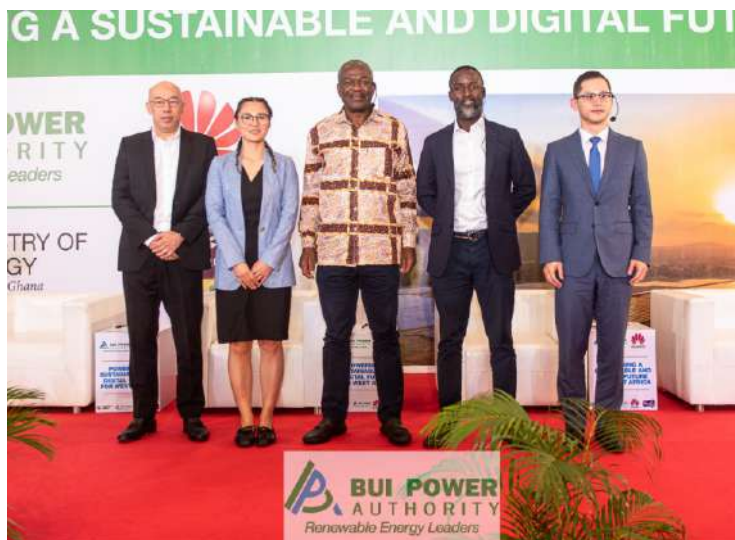


On his part the CEO of Bui Power Authority, Hon. Samuel Kofi Ahiave Dzamesi said, " to augment Ghana's hydro generation, BPA has embarked on landmark initiatives which include the 250 MWp Solar Project, out of which 50MWp have already been developed and connected to the National Interconnected Transmission System. " I am glad to say, that the Bui Solar Park, uses the Huawei inverters and battery system, the first of its kind to be deployed in Africa" he added.

In a speech read on behalf of the Minister for Energy, Dr. Matthew Opoku Prempeh by the Technical Advisor to the Minister, Mr. Kwabena Tandoh, he praised the collaboration between BPA & and Huawei. He further stated the deployment of Solar Plants within the Bui enclave demonstrates the success of the government's strategy in developing renewable sources and utilizing next-generation systems to provide stable access and supply of electricity for all Ghanaians.

The theme for the event **" Powering the Sustainable Digital Future for West Africa "** seeks to project Ghana as she stands out among other African countries in the provision of access to electricity.







BUI POWER AUTHORITY LEADS THE WAY FOR FLOATING SOLAR INSTALLATION IN THE WEST AFRICAN SUB-REGION - By Adriana Serwaa Appiah-Nkansah (CA)

In June 2023, Bui Power Authority (BPA), accomplished another significant achievement with the successful completion of the installation of a groundbreaking 5 Megawatt Floating Solar Facility at its Bui Generating Station in the Bono Region.

This project is the first of its kind in the West African sub-region and involves deploying photovoltaic modules on water infrastructures, optimizing land usage, and improving module efficiency. By occupying approximately 8.5 acres of space on the Bui water reservoir, this 5MWp installation achieves the same power production that would have required 19.35 acres of land, resulting in over 50% of land space saving.

The bi-focal solar panels used in this project ensure the absorption of solar radiation from both sides of the panels thereby increasing the energy output by 19%. Another unique benefit of the floating solar system is the cooling effect of the water on the panel temperature resulting in higher performance efficiency.

The floating solar system avoids the need to cut down trees as in the case of the land-based solar system there by reducing the need for extensive deforestation. Additionally, these panels create a favorable environment for fish spawning underneath, promoting fingerling production, and supporting aquatic ecosystems.

The completion of this floating solar installation is a testament to BPA's unwavering commitment as a leader in renewable energy. This project also contributes to delivering on the promise in our National Energy plan to increase the penetration of renewable energy by 10% by 2030.

The 5 Megawatt Floating Solar plant forms part of the successful implementation of the Bui Hydro-Solar Hybrid (HSH) system, a significant milestone for Ghana within the West African sub-region.



This innovative system in addition to the already existing 50MWp land-based solar farm is the largest farm so far in Ghana. The combined generation from 404MW hydro plant and 55MWp solar plants further advances the region's renewable energy capabilities.

Electricity generation from solar is intermittent and to ensure that the national grid system is not interrupted by the fluctuations from the solar farms, a state-of-the-art 10MWh Battery Energy Storage System (BESS) has been installed to provide backup power and mitigate the intermittencies associated with solar generation. This advanced technology, commonly utilized in renewable energy systems, ensures a stable power frequency to the grid during the hybridization process, further enhancing the system's reliability.

The success of the Bui HSH project showcases the immense potential of clean energy to drive economic development, improve livelihoods, and combat climate change in Africa.





A DEEP DIVE INTO MY JOURNEY: INSIGHTS FROM MY CONVERSATION WITH DCEO (EOT), EMMANUEL TANDOH – By Mawuli Fui Kwadzovia (CA)



1. Tell us about yourself.

I hail from the bustling town of Sekondi-Takoradi. My secondary educational journey commenced at Ghana Secondary Technical School (GSTS), where I secured Ordinary and Advanced Level Certificates. Fueled by my passion for Engineering, I pursued a Bachelor of Science degree in Engineering at Kwame Nkrumah University of Science and Technology (KNUST). To broaden my expertise, I later pursued an Executive Master of Business Administration (EMBA) degree, specializing in Finance, at the University of Ghana Business School, Legon.

2. What are some of the lessons you learnt at GSTS?

My years at GSTS were formative, instilling values of discipline and effective time management. The football field taught me the significance of discipline – At GSTS, the field is at the center of the school, but you would be surprised not to see a single footpath on the turf. A winning mentality took root, driving me to excel as a top athlete in inter-school competitions. Balancing roles as a school prefect, cadet commander, and prominent athlete shaped my character and taught me the essence of discipline amidst fame.

3. What major skill do you think everyone should possess?

Planning has become my cornerstone. I believe in acting ahead of time – "make hay whilst the sun shines." This philosophy underscores my mastery in operations management, project coordination, turnaround strategies, and holistic performance improvement.

4. What motivates Emmanuel Tandoh?

Empowering individuals to fulfill their potential brings me immense joy. As a people-centric person, I wholeheartedly invest in mentoring and development. Throughout my 25-year career, adding value to others has remained my guiding principle because it's all about PEOPLE.

5. Have you always wanted to be an Engineer?

Although I initially aspired to join the military after sixth form, destiny had a different plan. My inclination for the Cadet Corp at GSTS hinted at my leadership calling. My father advised me to pursue higher education before military service, guiding me toward a Bachelor of Science in Engineering. This decision charted my course toward becoming the engineer I am today.

6. What is the one thing you have learned from the various places you have worked that we can learn from?

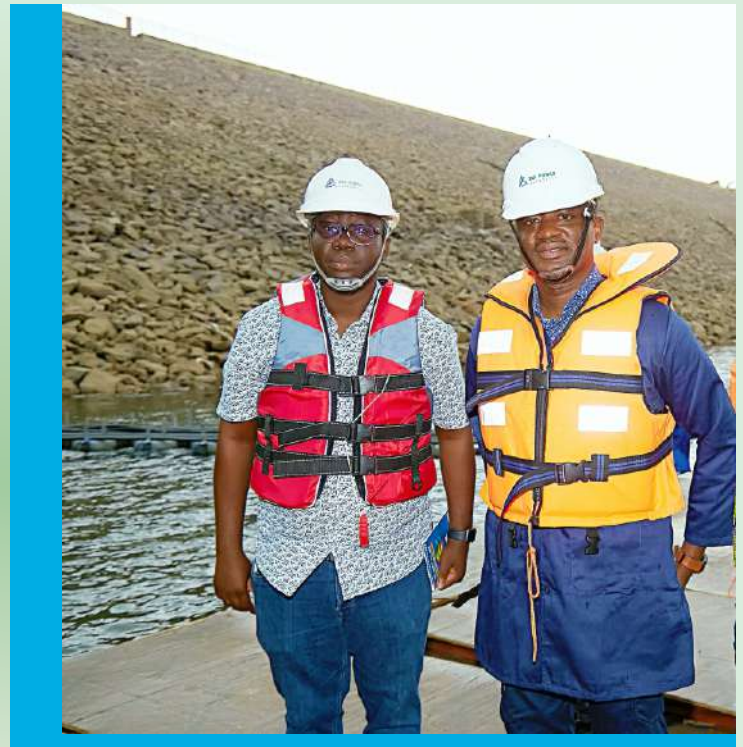
My time at the Nestle Headquarters in Switzerland was a lesson in embracing curiosity. My Swiss colleagues valued asking as a means of learning, in contrast with the Ghanaian perspective. I advocate for a culture of inquiry, as asking fosters ongoing learning.

7. Favorite sports?

Athletics was my passion during my school days. At KNUST, I dominated the 100m and 200m sprints in my final year. What made my success so sweet was that I overcame a fellow athlete who was part of Ghana's team at the Sydney Olympics that same year. Notably, my long-jump skills soared, securing third place in the National senior division with a remarkable 7.1-meter leap. I also love football. I love Arsenal.

8. I saw you disc jockeying during our last foodie Friday, where did you learn that craft?

When I was in KNUST, I did some disc jockeying in Katanga. Back in the day, we had a radio station in the hall called Contatto Radio,



which was widely regarded as the greatest radio station in Ghana at the time. There, I learnt how to play and mix many types of music. The likes of, lovers' rock and root reggae, slows (cools), old school, and country music. Because various genres of music are played in every home in Tadi, where I grew up, I developed a passion for music. My father enjoyed and played country music, so I grew up listening to it.

9. What were your impressions prior to joining BPA and what are your impressions now?

My entry into Bui Power Authority unveiled a realm of efficiency akin to the private sector. The Authority's operation mirrored multinational corporations, emphasizing the calibre of its staff. However, I observed an opportunity for growth – a need to create more alignment across departments.

In the symphony of my journey, I emerge as a conductor of discipline, mentorship, and ceaseless curiosity. My story encapsulates the relentless pursuit of excellence, guided by experiences that highlight the importance of planning, empathy, and the power of asking the right questions.

BPA PROMOTES QUALITY HEALTH DELIVERY AT BANDA

The Chief Executive Officer of Bui Power Authority, Hon. Samuel Kofi Ahiave Dzamesi on Wednesday, 21st June 2023, commissioned an office block for the Banda Health Directorate in the Banda district.

The newly built office block fully funded by the Authority was a request made by the Banda Health Directorate over a year ago.

The office block will promote quality healthcare delivery and make the operations of the health directorate in the district more efficient.

Hon. Dzamesi, in his speech, emphasized the need for a good maintenance culture for the edifice and the Authority's readiness to assist when called upon.

The colorful event was graced by Hon. Ahmed Ibrahim (MP, Banda), Hon. Emmanuel Akone (DCE, Banda), Hon. Mary Konneh (Fmr. DCE Banda), the Bono Regional Director of Health Services, Dr. Kofi Amo-Kodied, the Banda District Health Director, Simon Adams, Gyasehene of Banda Traditional Council, Nana Yaw Sienyunor, Regent of the Banda Traditional Council, Okogyebour Bankoadi, Kabrono Traditional Authority led by the Gyasehene, Nana Abdulai Wahao and some Directors and staff from the Bui Power Authority.



BPA RISK MANAGEMENT POLICY AND PLAN ADOPTED – By William Gyimah-Boakye (PMED)

At the 57th Ordinary Meeting of the Members of the Bui Power Authority (BPA) Board held on Thursday, February 20, 2020, Members approved The Risk Management Policy and Plan to be adopted by all stakeholders.

Risk management is fundamental to organizational control and a critical part of providing sound Corporate Governance. The establishment of an effective Enterprise-wide Risk Management System is a key responsibility of management and the board, which are responsible for adopting a holistic approach to the identification of organizational risks, creating controls to mitigate those risks and monitoring and reviewing the identified risks and controls. They should ensure that risk management is integrated into the organization, both at the Strategic and Operational levels.

As part of efforts to further embed the Risk Culture, The Authority organized a one-day Risk Awareness Training for the entire staff on the 20th of June 2023. This was followed by four days of training on “Risk Identification, Ranking and Mitigation for Risk Champions, Risk Coordinators and Risk Owners with the intention to build the capacity of staff from the 22nd to 23rd and 26th to 27th June 2023.



The training commenced with an opening by the Assistant Manager, HR, Mrs. Bridget Asante-Addai, who explained the purpose of the training and why participants needed to take it very seriously.

The Deputy Director, Planning, Monitoring and Evaluation Department, Mr. Maxmillian Acquah reemphasized the importance of the training and the fact that it was approved by Executive Management as a way of championing the risk management culture, practices, and systems which will benefit BPA immensely and also meet its stakeholders' interest.

The purpose of this training was to equip participants with the skills and competencies to identify, rank, and mitigate risk. It was intended to help Risk Champions, Risk Coordinators, and Risk Owners become more proficient by expanding their knowledge of Risks, identification, and mitigation.

The objectives of ISO 31000 training included improved risk management practices, compliance with international standards and regulations, and improved stakeholder confidence. The training participants included staff members drawn from the various departments of BPA.

By providing employees with the skills and knowledge necessary to effectively implement ISO 31000, Bui Power Authority can protect its reputation by meeting regulatory requirements, focusing on what can affect strategic goals, reducing the likelihood of legal action or fines, and supporting overall business objectives.



DE-MYSTIFYING TECHNOLOGY -By Fafali Kofi Sedudzi Kpogli (IT)



“Fear of the unknown is the greatest fear of all.” –

Yvon Chouinard. Well, Yvon was right all along when making this statement at the time.

Technology, a simple but ever-growing word, always finds itself at the center of chaos or a beautiful discovery.

From the dawn of time, we have discovered life-changing moments that set other chains of events in progress, Archimedes had his Eureka moment, and Albert Einstein finally hit on the core idea underlying his famous theory

of relativity one night after months of intense mathematical exercises, that was his Eureka moment. but my question really is “WHY IS TECHNOLOGY SO SCARY?” Technology is, as I might define it, a sacred mixture of people's dreams, frustrations, aspirations, and sometimes pain. It is through these that all find the inspiration to grow and build. These feelings spawn a beautiful cocktail of all the gadgets and useful technology we find at our disposal today.

What I am really saying is that technology defines some and technology guides others, but technology shouldn't always be that mysterious deity only the “priest” can understand.

Ones and zeros do look confusing to an ordinary eye, but when you look closely, you will realize the beating heart behind all that chaos or possibly a single individual hoping to be understood through the expression of the very beautiful but complex pattern.

Why am I here? You might ask, well, I am here just to make tech a friend, and through my eyes, you might not only fully understand, but also harness the power of technology on a whim.

Walk with me and the IT unit while we show you how beautiful the world of tech looks; we do hope you stay after just a glimpse.

LEGAL NUGGETS - By Legal Unit

ARREST

As lawyers, some of the most frequently asked questions we receive are questions concerning arrest. In this article, we will provide some answers to questions we often receive regarding arrest.

What exactly is arrest?

Arrest is the official process by which law enforcement officials take a person into custody. It entails the restriction of a person's freedom and movement due to their suspected criminal involvement.

Why are people arrested?

The purpose of arrest is to maintain order, enforce the law and assure public safety. In that sense, a person should only be arrested if their arrest prevents the commission of a crime or will aid in the investigation of such a crime.

Are the Police allowed to manhandle an arrested person?

No!

A person arrested shall not be subjected to more restraint than is necessary to prevent their escape.

Must there be a warrant before an arrest is lawful?

A person may be arrested with or without a warrant.

Who can effect an arrest?

A Police Officer and a Private Person have the power to cause the arrest of another person.

However, the power given to a Private Person to effect arrest is limited. A Private Person may effect arrest (without a warrant) where in their presence, a person commits any offence involving the use of force or violence, any offence whereby bodily harm is caused to any person, any offence in the nature of stealing or fraud, any offence involving injury to public property, or any offence involving injury to property owned by, or in the lawful care or custody of, that private person.

How is an arrest effected?

A Police Officer or any other person effecting an arrest shall touch or confine the body of the person to be arrested unless there is a submission to the custody verbally or by conduct.

The person effecting an arrest must inform the person being arrested why they are being arrested in a language they understand.

What rights does an arrested person have?

Right to Remain Silent: the arrested individual has the right to refuse to respond to any questions that are asked of them by the Police Officer as anything they say can be used against them in Court.

Right to a Lawyer: Every person who has been arrested has the right to speak with a lawyer about their case. If they cannot afford a lawyer, the state may provide them with legal aid.

Right to Fair and Speedy Trial: An individual who has been arrested has the right to a trial within a reasonable amount of time as well as the right to have a trial that is fair. This avoids indefinite detention without due process.

What happens after a person is arrested?

A Police Officer or any Person who exercises the power to arrest in accordance with the law, with or without a warrant, is required to transport the arrested person promptly to a police station or other location authorized by law to receive the arrested person.



How long can an arrested person be detained?

A person arrested shall not be detained more than forty-eight hours (48 hours) after the arrest.

At what point is a person arraigned before a court?

An arrested person may be arraigned before a court within 48 hours after the arrest.

If a suspect is detained for more than forty-eight hours over the weekend without any malice on the part of the arresting officers, efforts should be made to arraign the suspect on Monday otherwise such arrest will be deemed as unconstitutional.

What makes an arrest unlawful?

An arrest is unlawful when it doesn't follow due procedure established by law, violates an individual's constitutional right, or lacks proper justification.

Does arrest relate to only criminal matters?

Yes!

Arrests predominantly pertain to criminal matters.

What should I do if I'm ever arrested?

Do not hesitate to provide your name and residential address to the arresting officer as this is required by law.

The arresting officer is entitled to search your person or space so do not resist.

Always remember to keep calm and call your lawyer.

Will the BPA legal Unit come to the defense of a Staff when arrested?

Generally, NO!

However, when an employee is arrested in the course of his/her employment or in the fulfillment of an assigned duty, the Legal Unit may defend the Staff upon management approval.

Some Take home Tips on Road Traffic Regulation:

Can one be arrested for not possessing a driver's license?

YES!

The law requires anyone driving a motor vehicle to have a valid license. However, if you have a license and did not carry it, a police officer may give you 24 hours to report to the nearest police station with your license. There is this notion that you can present a photocopy of your driver's license when asked to show your license. It is mandatory to always carry your original driver's license when moving your car. (LI 2180, R 47(1))

Can one be arrested for driving a car with tinted glasses?

It depends!

Driving a car with tinted glass in Ghana is not an offense in Ghana. However, there are restrictions to the use of tinted glasses. It only becomes illegal when you go beyond what the law permits you to do. According to regulations 67 of LI 2180, you can use tinted glass on your car, however, the windscreen and the front door windows should not be tinted. Additionally, where you are allowed to use tinted glass, the tint should not be less than 70% to allow passengers to see and be seen. If the tint goes beyond the stipulated level or you tint at unauthorized places on your car, you may be arrested



BPA COMMISSIONS A 20-SEATER TOILET FACILITY AND MECHANIZED BOREHOLE IN TSIIVEME

On 14th July 2023, Bui Power Authority (BPA) commissioned a 20-seater water closet toilet facility equipped with a mechanized borehole in Tsiaveme, as part of its Corporate Social Responsibility initiatives. The project which was fully funded and commissioned by BPA aims at contributing to the Sustainable Development Goals (SDGs), specifically SDG 6, to ensure access to clean water and sanitation for all.

Speaking at the commissioning ceremony, Hon. Samuel Kofi Ahiave Dzamesi, CEO of Bui Power Authority, emphasized the significance of the project in addressing the challenges of open defecation and inadequate sanitation facilities within the Tsiaveme community, which is situated in the Ketu North Municipality.

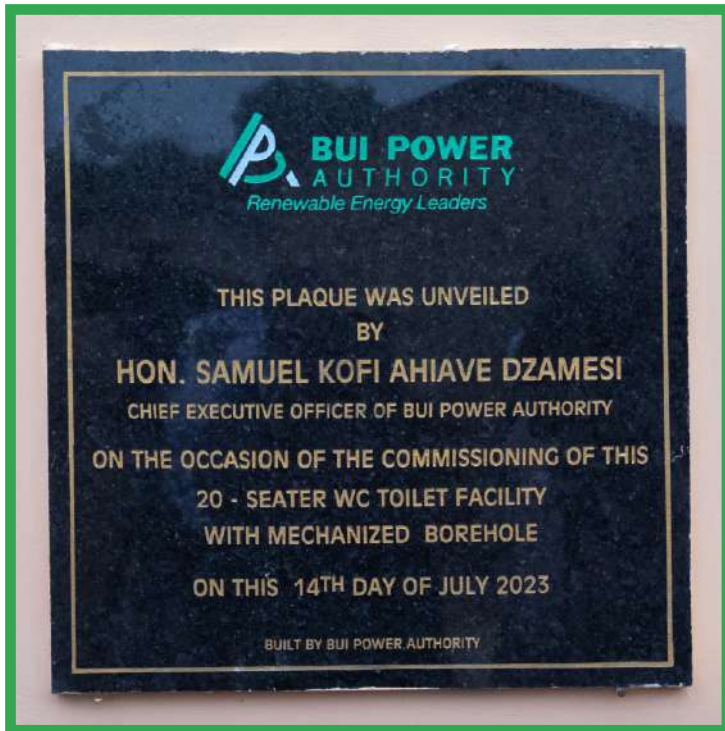
The facility designed with separate sections for male and female users, is equipped with water closet toilets and wash-hand basins. Additionally, the male section features urinal bowls with wash-hand basins, while the female section includes essential amenities for the comfort and convenience of its users.

A noteworthy feature of the facility is the provision of an accessible toilet to cater to the needs of individuals with disabilities, ensuring inclusivity and equal access to sanitation facilities.

Hon. Dzamesi emphasized the importance of maintaining the facility to ensure its durability and effective functioning.

The commissioning of this water closet toilet facility with a mechanized borehole represents Bui Power Authority's commitment to making a positive impact in the communities it serves, while contributing to national and global goals of sustainable development and improved sanitation access.





HEALTHY LIVING PRESSURE OFF: THE PATH TO BLOOD PRESSURE REDUCTION

One effective dietary approach is the Dietary Approaches to Stop Hypertension (DASH) plan, developed by the US National Institutes of Health. DASH focuses on reducing blood pressure without relying solely on medication. It encourages a diet abundant in fruits, vegetables, whole grains, fish, poultry, nuts, legumes, and low-fat dairy while reducing salt and sugar intake. This plan eliminates desserts, sweetened beverages, fats, red meats, and processed meats.

Fruits and vegetables, being high in potassium, magnesium, and fiber, while low in sodium, play a crucial role in the fight against high blood pressure. To combat hypertension effectively, consider the following top tips:

Reduce Sodium Intake: Our bodies require sodium for maintaining body fluids and nerve activity, but excessive salt intake is common. Be mindful of hidden sodium in foods like bread, breakfast cereals, soups, and biscuits. Aim to limit sodium intake to less than 2,300 milligrams per day.

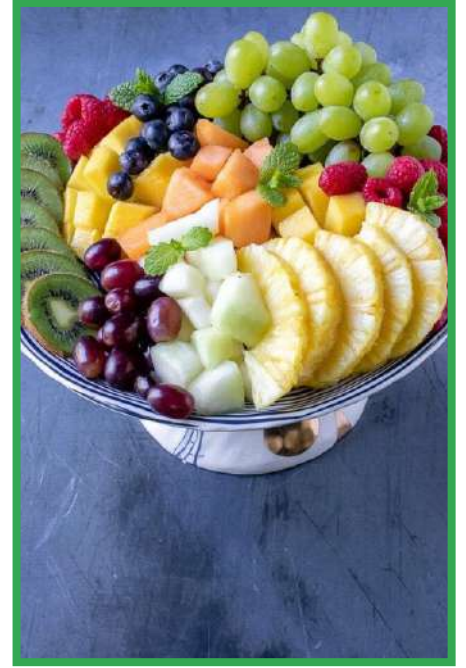
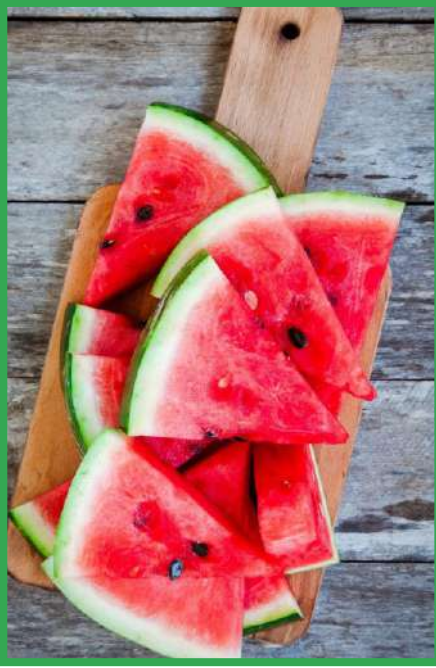
Boost Potassium: Include potassium-rich foods such as beans, potatoes, avocados, and bananas in your diet. These can counteract the effects of sodium on blood pressure.

Cut Down on Processed Foods: Minimize adding salt to your meals and opt for natural herbs and spices instead.

Be Intentional: Read food labels and choose low-sodium alternatives. Foods with a high salt content have more than 1.5g per 100g serving.

By following these dietary recommendations and embracing a DASH-inspired eating plan, we can take proactive steps to manage and improve our blood pressure levels while promoting overall our heart health..





Recipe Corner

POWER-PACKED OVERNIGHT OATS WITH BERRIES AND NUTS

Ingredients:

1/2 cup rolled oats.
 1 cup unsweetened almond milk or low-fat milk
 1 tablespoon chia seeds
 1/2 teaspoon pure vanilla extract
 1/2 cup mixed berries (blueberries, strawberries, raspberries)
 1 tablespoon chopped nuts (walnuts, almonds, or pistachios)
 1 tablespoon pure maple syrup or honey (optional, for added sweetness)

Instructions:

1. In a jar or airtight container, combine the rolled oats, unsweetened almond milk (or low-fat milk), chia seeds, and pure vanilla extract.
2. Stir well to ensure all ingredients are evenly mixed.
3. Cover the jar or container and refrigerate overnight to allow the oats and chia seeds to soak and soften.
4. In the morning, take out the jar from the refrigerator and give it a good stir.
5. Top the overnight oats with mixed berries and chopped nuts.
6. If you prefer a touch of sweetness, drizzle pure maple syrup or honey over the oats.
7. Enjoy your power-packed and heart-healthy breakfast!

Why this breakfast recipe is beneficial for blood pressure reduction:

Rollled oats are a good source of soluble fiber, which may help lower blood pressure by promoting a healthy cardiovascular system.

Chia seeds are rich in omega-3 fatty acids and fiber, contributing to blood pressure regulation and heart health.

Berries are also loaded with antioxidants, particularly anthocyanins, which have been associated with reduced blood pressure levels and improved heart function.

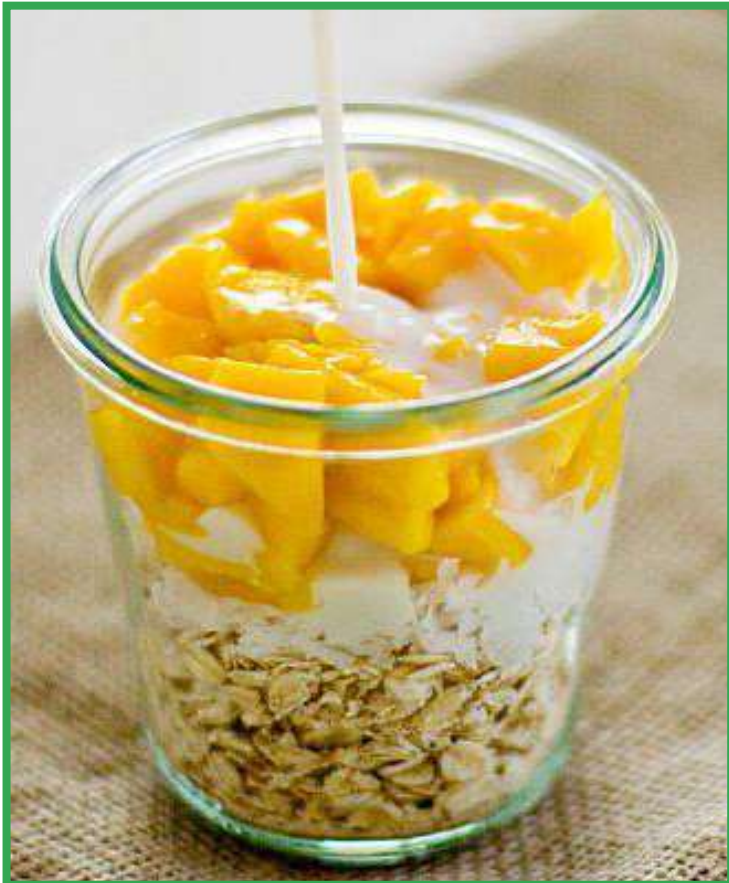
Nuts are a great source of healthy fats, fiber, and minerals like potassium and magnesium, all of which support blood pressure management.

Unsweetened almond milk or low-fat milk provides calcium and vitamin D, contributing to overall heart health.



Pure maple syrup or honey can add natural sweetness without causing rapid spikes in blood sugar levels, making them suitable alternatives to refined sugars.

By starting your day with this delicious and nutrient-packed Power-Packed Overnight Oats with Berries and Nuts, you nourish your body with heart-healthy ingredients that can contribute to blood pressure reduction and overall cardiovascular well-being



UNRAVEL THE POWER OF SUSTAINABILITY

C E U Q W K S A F W V Y L W U G U W I N D A N D
 W O I C A R B O N D I O X I D E P O Q L Y T T R
 O F C D G Z U Q H Y D R O E L E C T R I C U S N
 S R E E G E A R E P A I R H V L J K L I R M R Z
 O A C B B G O K P K H E O U A A M I M B O U I U
 L P E R Q G T R X O T I S N G B P I I P Z F Z O
 A X Y F L D V C V X B E O Z I N Y N B I U C N F
 R S J Q B C L A L N S I X O C T E A A Y B L O N
 M Q B I O M A S S S T W M G I K T C R K E E N P
 G E S R E U S E E A E T Z C O Y E L R C C A X R
 Z I G L Z A D N T L T C I C U U Z P A K U N H E
 V V S A Z Y R I B R T R Y U M R Z T G I D E L T
 H N V H Y A V A D S T C N K V U R G E C E N W H
 O B W J H A W I Q C Q Z Q O U I V D I T R E V I
 G R B Y R E H S E D J T M F O J I A A O Z R X N
 R E K G N U S L J A U C Q V O Z T T L F A G L K
 R R V E M S E A B M P Y R Z L L E X C G X Y G B
 Q O R N X C Y S O Y K E S Z O F B V H M W T L D
 X H I V Y Z W R B F S P T V A T S G L N M N Y V
 A S A U X O B Z Z E O Y O E L C Y C E R H L C C
 V F S H U K F X R R W T F S I R Z I V B G H O E
 J F P U U I R Y C C O D U G P Z I L A D I T G J
 G O B M N G E T Z H K H R O T A R E N E G Z F M
 Y V Y O W L C N P C O I K H T H M E D D Y H J F

barrage biomass Carbon dioxide clean energy crops dam
 electricity generator gravitational harnesses hydroelectric offshore phot
 ovoltaic recycle reduce renewable repair reservoir rethink reuse sol
 ar tidal turbine wind

PICTURES OF LEVEL A MAINTENANCE WORKS ON UNIT #2







THE CEO HONORED AT THE THINK ENERGY SDGs AWARDS



Hon. Samuel Kofi Dzamesi was bestowed with a prestigious recognition during the inaugural Think Energy SDGs Awards ceremony. He was honored with this recognition for his commitment to advancing the United Nations' 2030 Agenda for Sustainable Development Goals, solidifying his position as one of the most influential leaders in Africa.

The Think Energy SDGs Awards is a highly esteemed international honors designed to acknowledge and commend the collaborative efforts of corporate and academic institutions in their quest for global leadership in addressing Sustainable Development Goals (SDGs) 4, 7, 13, 14, and 17.

The event served as a platform to recognize outstanding leadership and also served as a moment to commemorate the President of Ghana, His Excellency, Nana Addo Dankwa Akufo-Addo's recent appointment as co-chair of the Emeritus Group of SDG Advocates by UN Secretary General Antonio Guterres. This appointment acknowledges the President's commendable endeavors in advancing the Sustainable Development Goals (SDGs) at a global level.

The prestigious award ceremony took place at the La Palm Royal Beach Hotel on June 30, 2023.

Bui Power Authority emerged as the recipient of six prestigious awards at the Health, Environment, Safety, and Security Awards. The event, which took place in Accra on Friday, June 23, 2023, recognized the exceptional efforts and achievements of organizations.

Bui Power Authority was honored with the following distinguished awards:

1. Sustainability and Operational Excellence Award
2. The Leading Company in Fire Safety and Security Management Practices
3. The HESS Team of the Year for 2023.
4. The HESS Company of the Year 2023.
5. The HESS Personality of the Year 2023 award: Mr. Chrisentus B. Kuunifaa, Deputy Director, OHSE.
6. The HESS Leadership in Sustainability and Environmental Stewardship Award: Hon. Samuel Kofi Dzamesi, Chief Executive Officer (CEO).

The HESS Award is a prestigious annual event that aims to identify and publicly acknowledge companies and individuals who have demonstrated outstanding performance, leadership, and innovative practices in the areas of Health, Safety, and Security (HESS) for their employees and stakeholders, as well as their commitment to environmental protection.

In a statement to the media, Mr. Kuunifaa, on behalf the CEO, emphasized that the awards received serve as evidence of the Authority's strong leadership and unwavering dedication to Health, Environment, Safety, and Security (HESS) matters across all aspects of our operations.

THE BUI POWER AUTHORITY HONORED WITH SIX PRESTIGIOUS AWARDS AT THE HESS AWARDS



BUI POWER AUTHORITY WINS ENERGY COMPANY OF THE YEAR AT THE GHANA WEST AFRICAN BUSINESS EXCELLENCE AWARDS 2023



The Ghana-West Africa Business Excellence Awards, in its 6th edition, recognized and celebrated exceptional companies and individuals from diverse sectors of the business industry in Ghana and other West African countries.

The awards event serves as a platform to recognize individuals and companies that have made significant contributions to the growth and advancement of the business sector over a period. It also recognizes institutions that cultivate a culture of excellence in innovation, enterprise, and endeavor. Based on all of these criteria, the Bui Power Authority was awarded as the Energy Company of the Year (Power).

In attendance at the ceremony held in Accra, was HRM Nana Safo Boakye III, the Palestinian Ambassador to Ghana, Abdal Fatah Ahmed Khalil, the Peruvian Ambassador to Ghana, Abel Antonio Cárdenas Tuppia, prominent media personalities, a representation from the Bui Power Authority, among several others.

In his address, HRM Nana Safo Boakye III, the chairman of the awarding board, expressed his sincere congratulations to all the recipients. He offered reassurance to entrepreneurs, innovators, and business leaders, emphasizing their dedication to creating a favorable environment for their enterprises to flourish not just in Ghana, but throughout the entire West Africa region. He highlighted the significance of these enterprises making efforts to become essential participants in the globalized digital economy and establishing a strong international presence for their businesses.



BPA TO PARTNER KNUST, UENR AND BERLIN TECHNICAL UNIVERSITY FOR PROFESSIONALS EDUCATION FOR RENEWABLE ENERGIES IN GHANA (PROREG).

The Energy Commission has organized the Northern and Southern Zonal Competitions of Senior High Schools Renewable Energy Challenge (SHS RE Challenge) in Kumasi. The fourth edition of the SHS RE Challenge, on the theme, "Mechanized Small-Scale Agriculture Using Renewable Energy Technologies" saw 125 schools from 16 regions competing for the finals to be held in the Greater Accra Region on 17th October 2023.

Addressing the gathering at the Southern Zonal Competition of the Challenge on Monday, August 14, 2023, the Chief Executive of Officer of Bui Power Authority (BPA), Hon. Samuel Kofi Ahiave Dzamesi represented by Mr. Wisdom Ahiataku-Togobo, Director, Renewable, BPA said, " BPA is a leading institution in renewable energy in the West African sub-region".

According to Hon. Dzamesi, BPA in addition to its Hydro-Solar- Hybridization operations, is collaborating with a private company using simple renewable energy technologies to establish a seven thousand (7,000) hectares sugar plantation within the Bui enclave, which when completed will be the largest in the west African sub-region.

Recognizing that Cashew is a major cash crop in Bono, Savannah and the Northern parts of Ghana, Bui Power Authority is partnering with another private company to construct a cashew processing plant where renewable energy technologies will be deployed to process and add value to the cashew for export, Hon. Dzamesi further added.

The Authority is also collaborating with the Berlin Technical University, the Kwame Nkrumah University of Science and Technology, Kumasi, and the University of Energy and Natural Resources, Sunyani to provide the practical knowhow as was done in Germany to build the needed capacity through Professional Education for Renewable Energies in Ghana (ProREG) program. BPA will take a leading role by availing its RE facilities for lecturers and students pursuing programs in renewable energy for academic research and development purposes.



The Southern Zonal Competition saw Sogakofe Secondary School, emerging as winner with 87.7%, followed by Yaa Asantewaa Girls' SHS with 81% and Mfantseman Girls' SHS with 77.8%.

Mr. Agyarko, Director of Renewable Energy and Energy Efficiency at the Energy Commission applauded BPA for its continuous support of the Challenge over the years.





THE HR TEAM AT BUI POWER AUTHORITY HONORED AT THE NATIONAL GOVERNANCE AND BUSINESS EXCELLENCE AWARDS

Madam Mary Nyarko, the HR and Natural Resource Deputy Director of the Bui Power Authority, has been recognized as one of the Top 20 Influential HR Business Leaders in Ghana. This prestigious acknowledgment was bestowed upon her at the 3rd edition of the National Governance and Business Leadership Awards. This honor was to recognize her exceptional commitment and achievements in the field of HR in Ghana, with a particular focus on the Energy Sector.

On the same evening, the Human Resource Team of Bui Power Authority was honored with the prestigious title of HR Team of the Year (Renewable Energy). This esteemed recognition serves as a testament to the team's exceptional contributions in the field of HR and their unwavering dedication to achieving excellence.

The National Governance & Business Leadership Awards is an esteemed awards program created by the Governance & Business Boardroom. It is designed to recognize and honor exceptional corporate governance, exemplary leadership, economic empowerment, and job creation in Ghana. This C-level high-impact initiative aims to champion and celebrate the positive contributions made in these areas.

The program acknowledges and celebrates outstanding CEOs, board chairs, procurement leaders, HR leaders, business executives, companies, and organizations that demonstrate excellence in their respective fields.

The ceremony for this year was held on Friday, August 4th at the La-Palm Royal Beach Hotel in Accra. The theme of the ceremony was "Transformational Leadership: Passion, Vision, and Strategic."

Madam Mary Nyarko was accompanied by Madam Akua Sakyi, Mr. Wisdom Togobo, Mr. Chrisentus Kuunifaa and Mr. Derek Akompi to receive the awards.





BPA GOES BACK TO THE 90'S



BPA TOPS CHESS AT THE ENERGY GAMES

Bui Power Authority joined sector agencies to participate in the Energy Games which was organized by the Ministry of energy and held at the VRA Clubhouse Complex in Akuse on Friday, August 18, 2023.

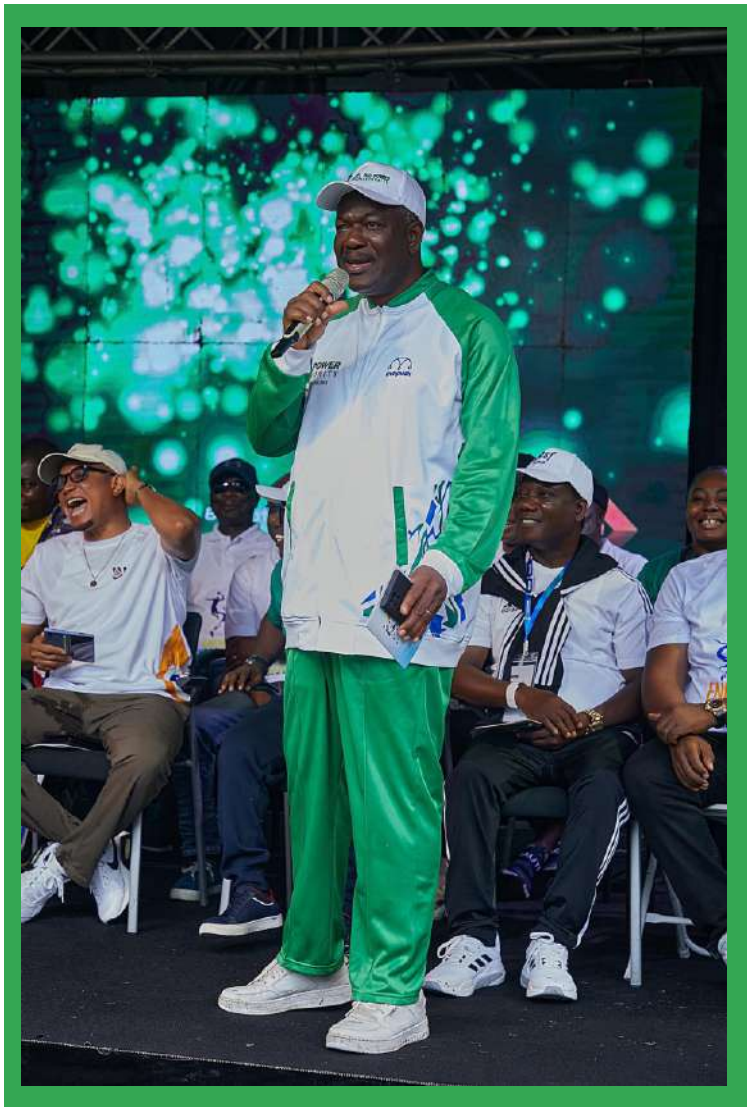
The games, held on the theme: “**Sustainable Energy, Our Goal!**” saw participants drawn from 18 agencies under the Ministry of Energy.

Led by the Chief Executive Officer, Hon. Samuel Kofi Dzamesi, Bui Power Authority made a strong representation in various sporting disciplines including volleyball, lawn tennis, table tennis, football, tug of peace, and chess, amongst other indoor games.

Mr. Kwesi Ohene-Bamfo, (Manager, IT) represented Bui Power Authority in the Chess Competition and emerged as the overall winner, taking a gold medal for BPA. Congratulations Mr. Ohene-Bamfo for making BPA proud.

The Energy Games gave staff members the opportunity to fraternize and network with colleagues from the various energy sector agencies.















BPA WINS 3 AWARDS AT THE SOLAR QUARTER BUSINESS MEET AND AWARDS

Bui Power Authority continues to gain recognition for its big strides in the Renewable Energy Space. On Thursday, September 15, 2023, the Business Meet Ghana, in collaboration with the Renewable Energy Association, organized a conference and awards program at the Holiday Inn Hotel where the Authority was received three prestigious awards.

The Solar Quarter Business Meet Ghana Awards 2023' is an event that aims to acknowledge and celebrate exceptional leaders who have demonstrated remarkable success through their visionary thinking, strategic planning, ethical practices, and significant contributions to the advancement of Ghana's solar industry. The Business Meet Awards are bestowed upon individuals who have demonstrated exceptional performance, surpassed their peers, and solidified their status as esteemed leaders within their respective industries.

The event comprised three distinct components. The opening session included a panel discussion consisting of distinguished individuals, including Mr. Wisdom Togobo (Bui Power Authority), Mr. Kwame Jantuah (CEO of Africa Energy Consortium Ltd.), along with other notable figures in the renewable energy sector. The panel participated in a thorough discussion, exploring different facets such as the most recent regulatory frameworks, technological advancements, emerging business trends, and market projections for the future.

The primary focus of the second session was to gain a comprehensive understanding of the latest developments in project models, finance, and cutting-edge storage technology within the renewable energy industry.

Finally, the concluding segment of the event showcased the Solar Quarter Awards, where the Authority emerged victorious in three categories, namely:

1. The Solar Company of the Year Award - Developer
2. Solar Project of the year: Floating Solar
3. CEO of the year: Hon. Samuel Kofi Dzamesi





BPA INTERNAL AUDIT TEAMS WINS BEST INTERNAL AUDIT UNIT (SOE) CATEGORY

The Internal Audit Unit of the Bui Power Authority, headed by Ms. Victoria Tabbicca, has been adjudged as the Best Internal Audit Unit (State-Owned Enterprise) at the 2023 Annual Internal Audit Conference.

The Annual Internal Audit Conference, which was on the theme, "20 Years of Internal Audit Practice in Ghana: Achievements, Challenges, and Way Forward," was organized by the Internal Audit Agency at the Auditorium of the University of Professional Studies (UPSA). The event portrayed the remarkable journey of internal audit practice in Ghana over the past two decades.

The IAA conference, held over a span of two days from September 14th to 15th, 2023, was attended by ministers, development partners, heads of institutions, stakeholders of the IAA and internal auditors from all sixteen regions of the country.


The Senior Presidential Special Advisor, Hon. Yaw Osafo-Mafo, who was the special guest of honour, congratulated all individuals and institutions who received awards. He expressed confidence in the ability of internal auditors and urged them to uphold fiscal discipline. He further charged internal auditors to continue providing unbiased and objective view, independent from the operations they evaluate and report to the highest level in the organization.

Congratulations again to the BPA Internal Audit Unit for achieving this remarkable feat.





Energy Quote



“We continue to prioritize the development and promotion of renewable energy to diversify Ghana’s energy mix in order to move the country towards net zero emission by 2070”

— Dr. Matthew Opoku Prempeh (MP),
Minister for Energy.