



# Portside

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## LENNOX SAMPSON AKA 'HARD STYLE'- OUR YOUNG KING HOPEFUL



*Young King 2015 participant, Lennox Sampson of Mechanical Garage*

First time national Young King Calypso Monarch contestant, Mr. Lennox Sampson, is an employee in the Mechanical Garage and has been employed at the Port since 1980.

Before singing calypso, Mr. Sampson sang parang with the San Racas Parang Group from Santa Cruz. In 2008, for the first time, he entered the Port Authority's Annual Calypso competition and that's where the love for singing calypso began. He auditioned at several Calypso tents thereafter during the Calypso Caravan and last year sang in the Icons Tent alongside Cro Cro and other big names.

Like many artistes, Mr. Sampson doesn't write his own material. However, he contributes in whatever way he can. He is not in a hurry though to become a writer but chuckled "time will tell".

When asked what made him enter the Young Kings Competition, Mr. Sampson simply said the

Competition is an entry to the Calypso Monarch, and believes that anyone singing calypso will strive towards competing in the Calypso Monarch – which is the ultimate arena for a calypsonian. Upon hearing he got selected for the Young Kings Competition, he said he was elated with a huge smile on his face.

In respect to preparations for the competition, Mr. Sampson said there will be no props or backup performers just a simple, straightforward performance. He mentioned singing at the tents will help the public get a 'feel of' and familiarize them with the song, hopefully to help build its popularity.

He is motivated simply because he loves to sing regardless of the genre of music and is inspired by calypso icons like Kitchener, Sparrow, Terror and Duke.

His ultimate goal is to "be in the Savannah". Like most calypsonians, his ultimate goal is to perform at the Queen Park Savannah, on the big stage in front of the grand stand at the Calypso Monarch Finals.

For young, aspiring calypsonians, Mr. Sampson advises not to be despondent or negative, to always believe in yourselves and have confidence. He stressed that having genuine love for the art form is key and not to get caught up in the hype. "Love calypso naturally" is his wise advice.

The name of his rendition for this year's competition is "Three score and 10". Let's go out to the tents and to the Young King Competition to support our own. Good Luck to you sir...

## SAFE OPERATIONS ON PIPE BOAT – HSE REPORT



*HSE and Operations personnel in the hatch of the pipe ship*

On December 14<sup>th</sup> 2014, the MV ZHI QIANG docked at Berths 4/5 to discharge approximately 6,702 metric tons of ductile iron pipes and 3,702 packages/crates of iron fittings. Prior to the vessel's arrival, three pre-discharge meetings were held with relevant departments within PPOS and also included the vessel's agent.

The HSE objective was to safely remove ductile iron pipes and fittings from various storage areas within the vessel; onto awaiting trailer trucks for transportation. In addition, the main objective was to achieve zero accidents and or Lost Time Injury for the operation.

The methodology adopted to achieve these objectives included:

1. Review and update Lifting Plan for this operation.
2. Revise Risk Assessment.
3. Review and revise Job Safety Analysis
4. Conduct pre-shift Tool Box Meetings.
5. Ensure only trained personnel were employed for this operation.
6. Ensure adequate supervision specific for this operation.

The HSE Department is pleased to advise that the MV ZHI QIANG worked a total of 7,216 man hours with no First Aid Case or Lost Time Injury.

### **Training**

On December 17<sup>th</sup> 2014, the HSE Department in consultation with the Human Resources Department, having the foresight that there would be a shortage of trained labour for this operation; conducted training on safe work practices for the discharge of ductile iron pipes and safe rigging techniques for 23 employees. The training complied with OSHA 29 CFR 1915 and certificates are to be distributed.

After the HSE Training, 21 employees were deemed successfully trained.

### **Acknowledgements**

Special commendations must be paid to the HSE staff, Port Superintendents - Haniff Taylor, Terrance Nelson and Ancil Cambridge, Shed #4 personnel - especially Desiree Elliot, Human Resources Department, SWWTU representative Christopher Lopez and the hardworking Stevedores, Longshoremen and Transport personnel who all worked safely and efficiently.

### **CALYPSO & OLE MAS COMPETITION 2015 BRING YOUR COOLERS**



*A fun performance at last year's Calypso competition*

The annual port employees' Calypso and Ole Mas Competition takes place on **Wednesday 4<sup>th</sup> February** from 5:00pm to 10:00pm, at the Cruise Ship Complex car park. Twelve employees from Port of Spain and Scarborough have entered the calypso competition.

This year, there will NOT be a bar with drinks on sale. Instead, attendees are encouraged to BRING COOLERS and come enjoy the show. Departments can put up and bring their coolers, or individual coolers are welcome also. Departments can also have fund raisers to boost their funds, to stock their coolers, if they wish. Just stock the coolers and join the fun.

However, some bottles of water and soft drinks will be provided – free of charge.

As usual, there will be delicious snacks on sale at very subsidized prices – doubles, corn soup, souse, geera chicken and pork, and fruit chow. There will also be performances by two guest artistes – Olatunji and Ricardo Drue.

**SO GET YOUR COOLERS PACKED**, and come to the much anticipated PATT Calypso and Ole Mas Competition 2015.

### **2015 - THE YEAR OF HEALTH AND HEALTHY LIFESTYLES FOR THE PORT FAMILY**



**Employees showing their healthy form at the last Sports Day**

The PR and HSE departments have partnered to declare 2015 as **“The year of Healthy Living”** at the Port Authority of Trinidad and Tobago.

Plans are to focus on a health topic for each upcoming month. These topics will include:

- Nutrition and proper eating habits
- Healthy lifestyle changes
- Diabetes – causes, prevention, and coping with the disease

- Hypertension – causes, prevention, and coping with the disease
- Eye care and prevention of eye problems in later years
- The importance of exercise and an active lifestyle (weight control)
- Physical activity programme – walking, aerobics, sports
- Stress and depression – the effects and prevention/coping
- Sexual health and choices
- Skin care and hygiene
- The effects of drugs and alcohol on the body and quality of life
- Healthy body, healthy mind, healthy spirit

The view is that too many of us suffer unnecessarily from lifestyle diseases – which come down to the choices we make on a daily basis. The programme is primarily an educational/awareness one, and activities will also be planned for employees to get together and support each other to make healthy and positive choices.