



# Portside

Online

FEBRUARY 2015

## PORT AUTHORITY WELCOMES THE RUBY PRINCESS



The Ruby Princess in POS

The Port of Spain Cruise Ship Complex welcomed the Ruby Princess on the morning of Saturday 7<sup>th</sup> February, for a one day visit. The Ruby Princess is the largest cruise ship to visit our shores for the 2014-2015 season, bringing 2948 passengers and 1160 crew members.

The cruise shipping industry is a player in the country's diversification thrust, as entertainers, tour operators, taxi drivers, and crafts persons benefited from the ship's visit. Entertainers dressed as traditional local characters were on hand to welcome the passengers as they disembarked. There were also vendors' craft stalls on the compound, plying indigenous items. Sixty-two tour buses were present, and 1077 passengers opted to go on several tours throughout the island. Some of the tours included: Port of Spain tour and cultural show, Trinidad highlights and scenic drive, City highlights, Maracas Beach, Rainforest Adventure and Asa Wright, and Mount St. Benedict.



A vendor demonstrates the souvenir steel pan



Passengers line up to go on several tours

The Ruby Princess is part of the Princess Cruise Line out of the USA. The company's website states, "One of the best-known names in cruising, Princess Cruises first set sail in 1965 with a single ship cruising to Mexico. Today, the line has grown to become the third largest cruise line in the world, renowned for innovative ships, an array of onboard options, and an environment of exceptional customer service".

After a full day, the Ruby Princess set sail for its next port of call – Recife, Brazil.

## CARNIVAL ON THE PORT 2015



**Calypso Monarch, Lennox Sampson, receives his trophy and prize from Ag. GM/CEO Charmaine Lewis**

On Wednesday the 4<sup>th</sup> of February the Port hosted its Annual Calypso and Ole Mas Competition at the Cruise Ship Complex. The show began at 5pm with many staff, along with their friends and families, coming out with their coolers to support the 11 Calypsonians and four Ole Mas Bands that were competing.



**MC Jason Williams hypes up the crowd**

The Master of Ceremonies; Jason Williams, entertained the audience throughout the programme. The three judges at the competition were Fazad Mohammed - owner and Managing Director of Studio M 130, veteran

Nichole Duke Westfield -Regional Manager of Corporate Communications at RBC and daughter of retired port employee Oswald Duke, and Jose Gomez - Production Manager at Studio M130.

There was a variety of food ranging from free doubles; and corn soup, souse, fruit chow, geera chicken, pork and buffalo wings all sold at a very subsidized price.

The calypsonians brought their “game faces” as they performed their calypsoes like true masters of the art- and we acknowledge everyone’s participation and overall contribution to the success of the event. Lennox Sampson of Mechanical Garage took first place as the Calypso winner with his “Three Score and Ten,” a song that really highlighted our present society. He also took the special prize for Best Commentary.



**Sherwin Joseph, 2<sup>nd</sup> place calypso winner**

Sherwin Joseph of Security Department took second place with his “Overtime Slave,” dressed as a slave with shackles and chains – lamenting his need for overtime pay. Hafeez Mohammed, Marine Manager, took third place with his very funny song “Me,” insisting he was only singing about himself. He also won the Most Humorous prize. The fourth place winner was John Stephen of Labour Office with his song “Female Shepherd.”

The special prize Soca Monarch winner was Adissa Idemudia of Security Department who also placed fifth

with his song, “She Container.” Finally let’s not forget our best female winner Judy Campbell, the Executive Secretary to the Deputy CEO of the Port’s Governing Unit, with her song “Superhero” – who was the only female to showcase her skills that night.



**Ole Mas Winners, IT Department, with their portrayal**

The Ole Mas Competition was very creative with the IT Department reigning supreme with their portrayal of “We see it on TV,” where they portrayed the politics and protests in our country. The second place winner was “Basement Crew,” comprised of Tobago and Port of Spain employees who highlighted many internal issues. The third place winner was, “Calypso Tun Ole Mas”- with the IT department portraying calypso songs as mas. The fourth place winner was “Band of Angels,” from shed 10, with their mix of politics and other issues.



**Olatunji excites the Port crowd**



**The Port crew having a great time**

There were also two outstanding guest artistes: Ricardo Drew from Roy Cape who performed his hit “Vagabond,” and left no one sitting in the audience. Then Olatunji Yearwood sang “Ola” and many of his outstanding hits. The Port’s Calypso and Ole Mas competition was a “Phenomenal Show” for 2015 and we look forward to next year’s event.

Congratulations once again to all our winners!

### **A BRAND NEW STEVEDORE CALL-ON CENTER**



**Ag. GM/CEO Charmaine Lewis, center, is applauded after she cuts the ribbon**

On Saturday 20<sup>th</sup> December, an impressive and brand new Stevedore Call-On center was officially opened by the Ag. GM/CEO, Charmaine Lewis.

## PICS OF PORT CHRISTMAS 2014

We wish to share some pics from the Port Employees' Christmas Dinner and Party 2014.

### *Port Family and Friends*



The team takes a look at the interior of the building



According to Ricardo Gonzales, Ag. Divisional Manager of Operations, there are many positive outcomes of this new Centre. For example, the ability to house the men in a comfortable, relaxed atmosphere while they await call of duty is a major benefit to the employees. Mr. Gonzales stated that the comfortable accommodation should have a positive effect - starting with an increase in employee morale, which in turn would increase productivity and an all-round better worker. Hopefully in the long run the end result will be an increase in profitability for the organization. Employee satisfaction is important, as it can result in mutual benefits for both employees and the organization.

Other managers present at the Opening included: Ricardo Gonzales - Ag. Divisional Manager Operations, Betty Ann Gibbons - PR Manager, Sandra Henry - Head of Marketing, and Kelvin Harris – Technical Advisor to the Ag. GM/CEO.



## **\*\*The Year of Healthy Living for the Port Family - 2015\*\***

### **How to Avoid Lifestyle Diseases**

*(From website: [health24.com](http://health24.com))*

It is possible to significantly reduce the risk of contracting a number of diseases **by changing the way we live our lives.**

Our modern lifestyles have an impact on our health – we are more stressed, we have easy access to sugars and fats, many of us smoke cigarettes or drink alcohol, and many of us do not exercise as part of our daily routines. All of this contributes to an increased risk to our health, taking the form of very specific lifestyle diseases.

**Type 2 Diabetes** - This form of diabetes is characterized by high blood glucose and lower insulin, which, if not properly managed can result in varying complications like kidney failure, blindness and even death. Early type2 diabetes can be managed with exercise and dietary modification, but once advanced, insulin is usually prescribed.

**Early warning signs:** Frequent urination, increased thirst, increased appetite, fatigue and weight loss.

**Heart disease** - This is a blanket term for a variety of diseases affecting the heart, involving both the muscles and the vascular system, which can ultimately result in heart failure. Before surgical intervention, treatment commonly consists of giving up smoking, light exercise, low-sodium diet and other dietary changes and medication.

**Early warning signs:** Shortness of breath, leg swelling and exercise intolerance

**Metabolic syndrome** - This is a combination of conditions that together increase the risk of developing cardiovascular disease and diabetes.

**Early warning signs:** There are various differing indicators of the syndrome, but generally, raised blood fat levels, hypertension, obesity and high blood sugar, high insulin levels or insulin resistance must be present. A central factor in this syndrome is the accumulation of fat around the abdomen.

**Cancer** - Cancer is arguably the most frightening of the dread diseases, and while genetics contribute to this unregulated cell growth, there are many lifestyle contributors as well – the most significant of which is smoking.

**Early warning signs:** Cancer symptoms start at the site of the primary cancer and include swelling or bleeding, ulceration and ultimately pain (the initial swelling is often painless). Thereafter, when the cancer has spread, the lymph nodes enlarge, as can the liver and spleen.

**Stroke** - This is a disturbance in the blood supply to the brain, resulting in a rapid loss of brain function and limited mobility or facial sagging often but not always restricted to one side of the body.

**Early warning signs:** The sudden onset of numbness or weakness in the face, arm or leg, especially on one side, confusion or problems understanding, difficulty speaking, vision difficulty, dizziness, loss of balance or coordination or difficulty walking or a severe headache with no apparent cause.

## GETTING AND STAYING HEALTHY IN 2015

This is by no means an exhaustive list of the lifestyle diseases, but it does give you an indication of some of the ones you are most likely to encounter. The good news is that a great deal of your risk of contracting one of these diseases can be managed by lifestyle changes – **and you don't have to approach each disease differently; the same healthy habits apply for all.**

### *This year try to make sure that you:*

- **Exercise moderately at least:** Even a half hour's brisk walk a day is enough to improve your health and reduce your risks.
- **Eat the right foods:** Avoid fatty foods and too many carbs, eat good proteins – preferably grilled rather than fried – and not too much red meat, eat plenty fresh vegetables and a fair deal of fruit, and avoid overly processed or sugary foods.
- **Get enough sleep:** Sleep reduces stress and inflammation, helps regulate your appetite and reduces your risk for depression and heart conditions. Try to get around eight hours of sleep a night.
- **Drink enough water:** Most people don't drink as much water as they should. Although other beverages are hydrating, they introduce other substances into your body as well, which defeats the point of drinking to help flush out your system. Try for around eight glasses of water a day.
- **Reduce stress:** Stress is one of the biggest risk factors in many lifestyle diseases. While worrying about stress can generally only make you more stressed, it's a good idea to try and manage your life if you find that you are feeling overwhelmed or running on empty. Speak to a therapist or a life coach if you really can't find a way to make the changes you know you need.
- **Give up smoking:** There is no debate about the link between cancer and smoking, and there is

no healthy amount to smoke. For your good health, give it up.

- **Drink alcohol only in moderation:** Although there are varying definitions of "moderation" when it comes to alcohol, it is a good idea to drink no more than one or two drinks a day – and these daily drinks can't be rolled over to the weekend. Always drink with food and space your drinks if you are drinking more.

### **Treat existing conditions**

So many lifestyle diseases create greater risks for others – for instance there is a clear link between diabetes, heart disease and strokes. If you have one condition, take it seriously, and if you are in a high-risk group – for instance, have high blood pressure – make sure that you manage your condition.