



the **LINK**



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PCS Nitrogen Trinidad Limited is a subsidiary of Potash Corporation of Saskatchewan Inc. (PotashCorp).

PotashCorp is the world's largest fertilizer company by capacity, producing the three primary crop nutrients: potash (K), nitrogen (N) and phosphate (P).

As the world's leading potash producer by capacity, we are responsible for nearly one-fifth of global capacity through our Canadian operations. To enhance our global footprint, we also have investments in four potash-related businesses in South America, the Middle East and Asia.

With operations and business interests in seven countries, PotashCorp is an international enterprise and a key player in the growing challenge to feed the world.

PCS Nitrogen Trinidad is located on the Point Lisas Industrial Estate and operates four (4) ammonia plants and one (1) urea plant.

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Imprint

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Cover Photo: Poui trees in bloom at PCS Nitrogen, with the O3 Plant in the background

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Managing Director's MESSAGE

Across the globe, business is facing challenges. It is a tumultuous time for us all but, it is also an opportunity to showcase our strengths, and to build our resilience.

We have to think deeply about the realities of our business and search for more creative solutions, by engaging the talent of all our employees. We do so, knowing our most important duty is to work safely. We must never allow our daily challenges to distract us from safely completing the task at hand. There is nothing more important than the health and safety of our people.

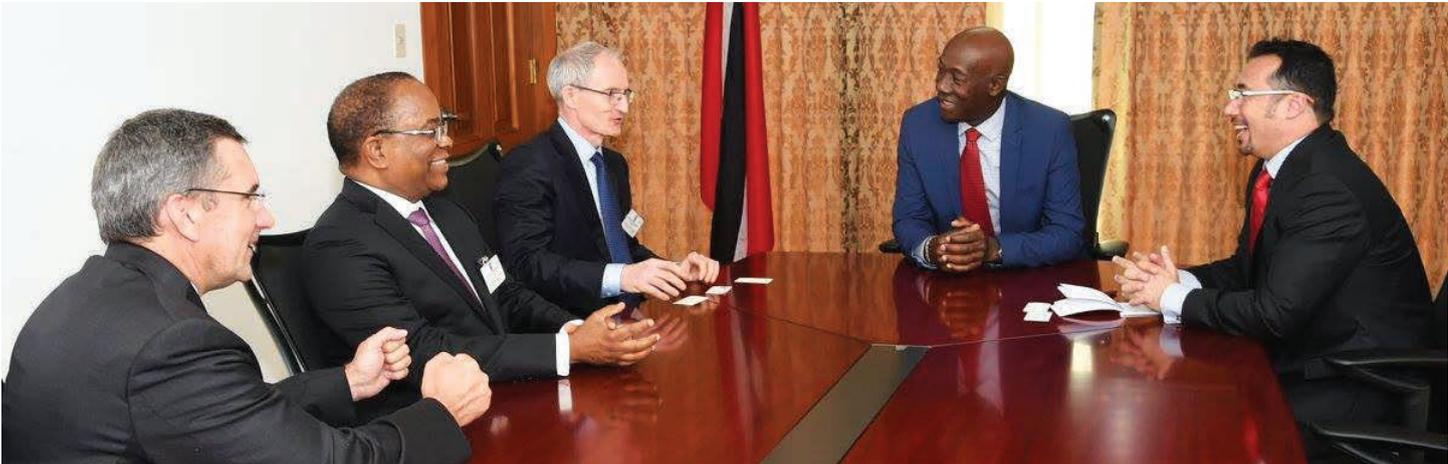
In this issue, you will see evidence of our exemplary and dynamic safety programs, built on the shoulders of the enthusiastic men and women of PCS. They continue to channel their collective energies to the goal of ensuring everyone returns safely to their families at the end of each workday.

PCS Nitrogen Trinidad remains a significant part of the world's largest integrated fertilizer company. The recent visit by our President and CEO, Jochen Tilk, highlighted the importance of our Trinidad site to PotashCorp's global standing. He was impressed not only by the standard of our local operations, but by our continuing contributions to the strengthening of local communities through agriculture, sport, education, health and culture.

We move ahead, knowing that our business is good business, there will always be demand for our products. We feed the world. These may be trying times, but giving our best everyday at work and in our communities, will ensure that we are the ones holding the flashlight at the end of the tunnel.

Ian E. Welch,
Managing Director,
PCS Nitrogen Trinidad Limited

President & CEO of PotashCorp visits Trinidad



Prime Minister, Dr. Keith Rowley chats with (from left) Raef Sully, President of PCS Nitrogen and Phosphate at PotashCorp; Ian E. Welch, Managing Director of PCS Nitrogen Trinidad; Chief Executive Officer of PotashCorp, Jochen Tilk and Stuart Young; Minister in the Office of the Attorney General and Legal Affairs and Minister in the Office of the Prime Minister. (Source: Office of the Prime Minister of Trinidad & Tobago)

President & CEO, Jochen Tilk, visited Trinidad during April 05–07, together with Raef Sully, President of Nitrogen & Phosphate. During his talks with employees, he took the opportunity to emphasize that our most important duty is to diligently maintain safe practices each and every day. He reiterated that we must never be distracted by external factors, but always have the discipline to act and work safely, regardless of events happening around us. Mr. Tilk was impressed with the standards at the Trinidad site, and reminded employees of the significance of the Trinidad operations to the success of PotashCorp.

Meetings were also held with external stakeholders, including the Prime Minister of the Republic of Trinidad & Tobago, The Honourable Dr. Keith Rowley. Mr. Tilk also visited the PCS Silver Stars panyard and met with several pannists who delivered an energetic performance, much to his delight.

SHE 2016 Monthly Recognition Awardees

Our monthly Safety recognition system reinforces desired behaviors and seeks to maintain enthusiasm, increase participation and show appreciation to individuals, groups or the entire organization for their contributions to the safety and cost containment process. Our safety recognition program is about valuing employees' efforts and having respect for who they are and what they do to continue to add meaning and value to our Safety culture.

Congratulations to our awardees.



January
Aaron Churaman demonstrated great leadership on the 04 Plant Emergency Generator.

Aaron led the risk assessment, development of procedures and supervision of persons working on the Emergency Generator installation. He exhibited due care and safety diligence, working closely with the SHE department on all aspects of the project.

February
The HR & Wellness Teams visited the control rooms and facilitated one-on-one interactive sessions on pertinent SHE, Wellness and other matters. "Lunch and Learn" sessions were conducted by the Plant Occupational Health Nurse and a Wellness Centre Representative, on healthy lifestyles and issues such as Zika and H1N1 awareness and prevention strategies, and heart and liver diseases. The HR sessions focused on matters needing attention and championing from an HR perspective.



March
Beverlie-Ann Wharwood coordinated the Logistics & Planning of all the March 2016 Safety Leadership Coaching Sessions for our site, and also arranged the

Progress of the PSM On-Line Modules, which will be used for staff training. In March she continued to provide monthly Management updates and focus area recommendations for overall site 2016 safety training. She was also recognized at the SHE Summit 2016, by Corporate & other Plant Site peers for her role in the Trinidad's site successful leading trend in Safety Training for 2016.

PotashCorp SHE Spring 2016 Summit



PotashCorp as an organization, maintains the highest of standards when it comes to Safety. Each year there are two Safety Summits held in the United States, when representatives from all sites in Canada, the US and Trinidad & Tobago come together to talk Safety and related topics. Our Managing Director, Ian E. Welch, and ten (10) employees from Trinidad attended from March 16 – 17, 2016.

Safety starts at the top. CEO & President of PotashCorp, Jochen Tilk, opened the Summit. His remarks described ten (10) important steps all of us can take in order to help PotashCorp become one of the safest resource companies in the world:

- Open the lines of communication
- Learn from past events
- Overcome physical and emotional barriers to safety
- Develop and execute our programs
- Overcome stagnation
- Overcome distractions
- Meet our social responsibilities
- Turn our messages into action
- Make a personal commitment to safety
- Embrace our goal of seeing PotashCorp become one of the Safest Resource Companies in the world

The Keynote Speaker was Captain David Marquet, a former nuclear submarine commander. He inspired attendees to create leaders at every level within the organization.

The Key Safety, Health and Environment initiatives outlined were:

- **Looking for "SIF in the Routine"** - Sites will conduct systematic reviews of everyday tasks, to uncover potential dangers that could lead to a serious injury or fatality (SIF).
- **Safety Leadership** - Front-line leaders will continue to learn how to communicate more thoughtfully in order to encourage their crews to embody safety.
- **Total Worker Health** - Employees will learn about this initiative in 2016 and a new website for employees will launch later this year.
- **New Environmental Strategy** - This will focus on legal requirements, best practices, culture and stakeholder relationships.

Together, let us embrace and put into practice the key learnings and shared lessons from the SHE Spring 2016 Summit, so that we can achieve a stellar SHE 2016 performance.

Site Safety Leadership Update



Safety Leadership Coaching

One quote that resonates with our site **Safety Leadership Coach, Ramsingh Boodoosingh**, which prompted him to apply for his current position is *“Nobody cares how much you know until they know how much you care”*.

The role of the Safety Leadership Coach is to equip leaders with the tools and skills necessary to engage employees in their daily discussions and coaching, in order to identify and mitigate hazards, thereby ensuring that PotashCorp continues to be world Class in Safety.

Although the program is intended for all site leaders, safety professionals and frontline supervisors, it eventually filters throughout all levels of the workplace and encourages each worker to take personal responsibility for his or her safety and empowers everyone as safety leaders.

There are currently eight (8) Safety Leadership coaches throughout the corporation; three (3) in the Nitrogen Division, three (3) in the Potash division and two (2) in the Phosphate Division.

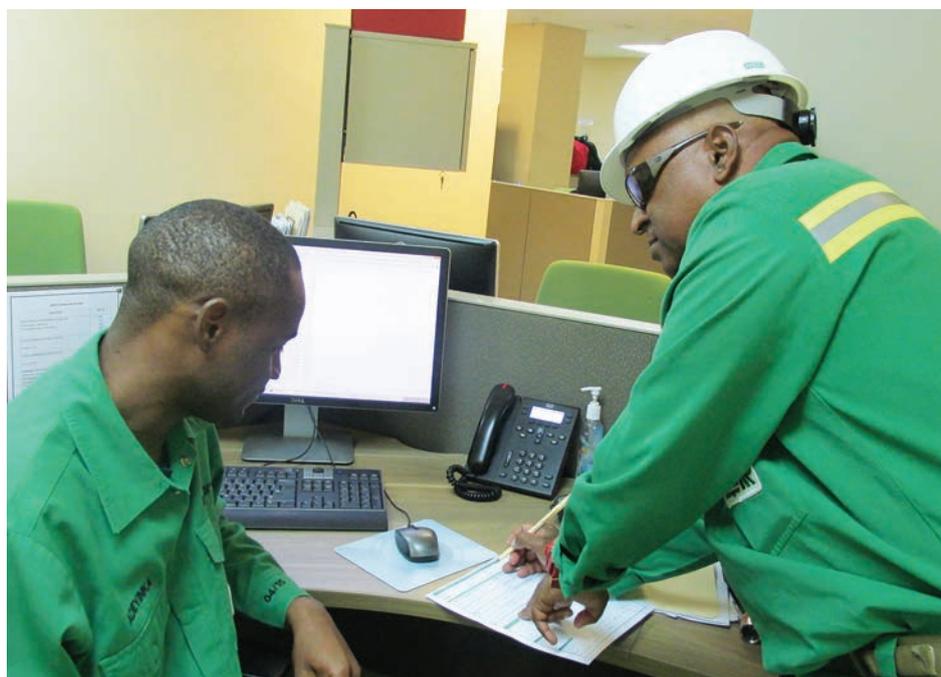
The classroom sessions are very interactive and some of the modules covered include; World Class Safety and Cultivating a Mature Safety Culture, Being a Great Leader and the Different Styles of Leadership, Key Coaching Behaviours, Safety

Engagement and the Importance of Mind-set Matters, the JHA Process and Generating Safety Conversations using the Card as a Platform, Coaching Skills and Effective Listening skills.

Sessions are also done where those who have been trained are shadowed by a Safety Leadership Coach during

their normal routine, and feedback and coaching is given at the end of the session.

As we strive to become one of the safest resource companies in the world by the third quarter of 2018, Safety Leadership Coaching will play an integral role in getting us there.



Coaching Session at PCS



PotashCorp Safety Topic Cards

The PotashCorp “*Safety Topic Cards*” were launched at the Fall 2015 SHE Summit in October 2015. These safety topic cards come in a yellow deck pack and each card highlights a pertinent safety theme on one side, while the other side describes key learnings and knowledge points.

In December 2015, Corporate distributed cards to the various sites and Trinidad was first off the blocks to place orders for our Front Line Supervisors, Executive Management Team, Managers and Manufacturing Team.

To date, the Safety Topic Cards are successfully being used at toolbox meetings, safety contacts and general safety discussions.

The picture above shows the UREA Shift D Crew led by Jeffrey Pariag, using the safety topic card as part of their ‘safety huddle’. The topic discussed that night was “*Signs – what do they really mean*”. The safety topic card generated healthy discussions among the group, and even included a contractor who came into the Control Room for a Permit, and decided to stay to be part of the “*safety huddle*”. **Kudos to UREA Shift D for a great safety moment!**



Bicycle Safety

In order to eliminate bicycle accidents and injuries, the SHE Department would like to encourage all our bicycle riders to practice the following:

- Ensure your safety hard hat fits properly and is secured with a chin strap that meets the ANSI Safety Standard for safety hard hats.
- Increase your visibility to drivers by ensuring that reflective markings or tape are on your approved plant site clothing or equipment.
- Observe the same rules as vehicle operators. This includes obeying traffic signs, riding in the same direction as traffic and operating at a safe speed that will allow you to safely stop if necessary.
- Ride defensively. Reduce speed and be prepared to stop when approaching intersections, cross-walks, and other hazards.
- Only ride a bicycle on paved or vehicular roadways or in parking lots.

CYBER Update



CYBER Facilitator's Safety Message

Do we come to work thinking that we are going to be injured? The answer to that is a definite *NO!* At the end of each day we all want to safely return to our families.

But guess what... hazards in our offices or Plants can manifest from low to high risk, so there is a need to always keep our guard in ensuring we don't become a statistic: first aid, recordable or lost time.

Approaches must be implemented in our jobs and in our life styles, and are listed below in five simple steps:

- 1 We need to do what is right, no matter what
- 2 We need to keep on track, not allowing distractions to derail us
- 3 We need to look out for each other and pause the job when imminent dangers are present
- 4 Once hazards are present we need to remove or control them immediately, notwithstanding it maybe a low risk
- 5 We need to reassess those controls structurally by using the "Structured Pause"

Having a positive attitude is imperative and following ALL safety rules and procedures will ensure that we continue to demonstrate our safety leadership. The one quote I would like to share is that *"the link between safety and our leadership is to make them want to work safe and not because they have to, as this will build a strong safety culture"*.

Paul Affonso, CYBER Facilitator

N&P Facilitators Skills Workshop 2016



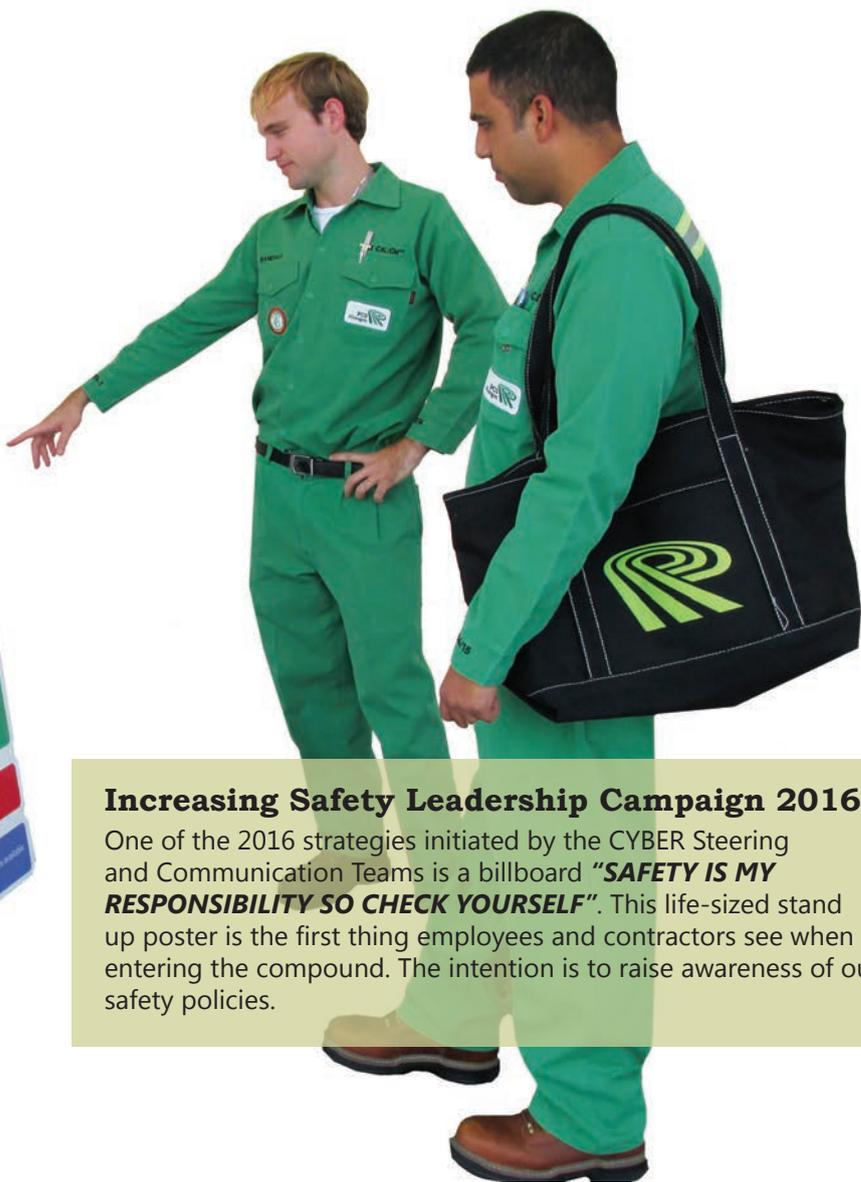
CYBER Team, L-R: Paul Affonso and Keron Williams at PotashCorp, White Springs, FL

From February 29 to March 04, 2016, the PotashCorp N&P Facilitator's Skills Workshop was hosted at the PotashCorp Employees' Centre in White Springs FL.

The Trinidad site was represented by Paul Affonso, CYBER Facilitator, and Keron Williams, CYBER Steering Team Member.

Some key highlights from the workshop included:

- Opening Remarks from PotashCorp, Phosphate White Springs' General Manager, Bill Donohue, and SHE Manager, Marlon Goseine
- An interactive and insightful session on developing sustainable coaching with Debra Strong, Leadership Consultant, Debra Strong & Associates Inc. - which explored:
 - ◊ Developing positive Safety Cultures
 - ◊ Four (4) C's Coaching Model
 - ◊ Coaching Strategies to promote healthy interaction between Coaches and Coachees
 - ◊ Questions Coaches can use when mentoring Coachees
- Discussion on the various sites' Best Practices and Challenges within their Processes
- Review of the Sustainability Index Score Card with Gary Hamilton, Manager of Safety Systems Nitrogen and Phosphate, PotashCorp
- S.I.F. in the Routine Presentation with Larry Simmons, Senior Director of Serious Injuries and Fatality Prevention, PotashCorp
- Progress on the Data Sheet Alignment



Increasing Safety Leadership Campaign 2016

One of the 2016 strategies initiated by the CYBER Steering and Communication Teams is a billboard **“SAFETY IS MY RESPONSIBILITY SO CHECK YOURSELF”**. This life-sized stand up poster is the first thing employees and contractors see when entering the compound. The intention is to raise awareness of our safety policies.

EMPLOYEE UPDATES

Ramchand Ramkissoon, Shift Supervisor on the 03 Plant, retired on March 03, 2016, after 35 years of service to the Company.

Ramkey, as he is fondly called, is known as an *‘outside the box’* thinker and a straightforward individual. He is always willing to innovate and discover solutions to issues on the Plant, and encourages his peers and subordinates to do likewise. He has always taken a keen interest in the development of the technicians under his stewardship, often going beyond what was required of him as a Supervisor.

He has also been an avid member of the 03 Cricket team. We thank Ramchand for his years of dedication, and though he will be missed, we know that he is set to enjoy a most rewarding retirement.



Ramchand (centre), with team members

Best Wishes on your Retirement

Celebrating Easter



PCS Nitrogen Trinidad fosters an all inclusive culture. We take pride in celebrating our many religious and cultural observances throughout the year, together as the PCS Family.

On March 23, 2016, Gail Mitchell, HR Officer, spearheaded our Easter Program at the Employees' Centre. The event was well attended by employees, contractors and guests of all denominations.



Fruit Trees in the Backyard Garden

"When you eat a fruit, think of the person who planted the tree"
Vietnamese proverb

Growing fruit trees in your backyard garden can be challenging, but rewarding. In addition to the numerous nutritional benefits associated with fruits, these trees work to actively remove carbon dioxide from the atmosphere and "sequester" or store it in their woody stems.

Location within the Garden

All fruit trees require maximum exposure to full sunlight, ensuring optimal photosynthesis with the resultant good yields and high quality fruits. Trees must therefore be located in open spaces within the backyard if they are to be productive.

Because of their rooting systems, fruit trees must be situated a minimum of 5 metres away from structures (buildings, fences, septic tanks, drains). Fruit trees such as Cashew or Almond should be avoided around backyards because of their vigorous root system, which extend beyond a tree's drip circle.

Soil Management

Generally, local fruit trees can tolerate a wide range of soil types. Citrus and Avocado must have free draining soils in order to grow and produce properly, whereas Guava and Mango will tolerate wide variations in soil types and environments.

Buying Fruit Trees

Always choose healthy looking plants with an obvious upright growth. The plants must be free of visible pests and diseases, and the roots must be well developed, yet not be exposed through the growing bag or container. You may request from the supplier information concerning the growing habit of the particular tree, including the height, spread, bearing times and any possible pest and disease challenges.

Choosing Fruit Trees

There are several fruit types ideally suited for the backyard. Remember that fruit trees take at least three years before fruits are produced. Some fruit plants include:

Fruit Plants (height)	Examples
Tall (10+ meters / 30+ feet)	Sapodilla, Long and Starch Mango, Breadfruit, Chataigne, Tamarind
Medium (5-10 meters / 15-30 feet)	Julie Mango, Orange, Grapefruit, Guava, Soursop, Sugar Apple, Plum
Medium to Short (less than 5 meters)	Lime, Lemon, Five Fingers
Spreading (5-10 meters / 15-30 feet)	Cashew, Almond, Plum
Palms (5-10 meters / 15-30 feet)	Pewa, Coconut
Vines	Barbadeen, Passion Fruit

Propagation

A fruit tree consists of two main parts. Firstly, the scion, which is above ground and is usually propagated by being grafted or budded onto the second or underground part called the rootstock. Such propagated trees will carry the same characteristics and fruits as the mother plant, including dwarfing features, and earlier bearing habit.

Within the first three years, remember to remove any flowers. This allows the tree to better grow and develop, rather than forcing the tree to put its energy into producing fruits. You must also pay special attention to newly planted trees and always remove any rootstock growth which can overpower the scion.

Generally, fruit trees grown from seeds do not always have the same features as the mother plant, usually takes "forever to bear" and sometimes do not produce fruits.

Planting

- Dig a cube-shaped hole 45–60 cm, and place this soil at the side of hole. Add about one construction bucket of well rotted manure (horse, poultry, or cow) or compost to the dugout soil and mix this soil with the manure.
- Remove the grow bag / container with minimum disturbance to the young plant. Place the root-ball just below the surface of the hole, adding the soil mixture firmly around the root ball. Add water, if required, to settle the soil, and to kick-start the growth of the plant.

Watering / Irrigation

- Throughout the life of the plant, the rooted area must be kept moist. Plants which are under stress as a result of excessive water or drought conditions may drop their flowers, leaves and fruits.

Mulch

- Mulching with well rotted manure, wood chips, or a composted material helps to retain the moisture around the roots, reduces the weeds around the plants, and improves the soil structure within this area.
- Always keep the mulch 20-30 cm away from the trunk of the tree. Remember, the mulch holds moisture and a wet stem is one of the major causes of stem-rot of fruit trees.

Pests and Diseases

- Fruit trees and their fruits are affected by a wide range of pests and diseases. You should take fresh samples of any diseased part/s of the plant or fruit, place the sample in a zip-locked bag and carry it to your nearest Extension Division for proper identification and possible control measures.

Fertilizing Fruit Trees

The amount of fertilizer will depend on several interrelated factors including; age and size of the tree, fruit type, bearing season, and time of the year. Do remember to place the fertilizer in a band around the drip circle i.e., the area just under the outermost branches of the tree.

A general guide is as follows:

Age of Tree (yrs)	Application Rate per Plant	Fertilizer type (an example)	Onset of Rains June / July	End of rainy season: late Nov - mid Dec
1	120 gms (4 ozs)	High N: High P: Low K	One application	One application
2	240 gms (8 ozs)	High N: High P: Low K	One application	One application
3	0.45 kg (1 lb)	High N: High P: Low K	One application	One application
4	0.90 kg (2 lbs)	Low N: Low P: High K	½ application	½ application
5-10	1.8 kg (4 lbs)	Low N: Low P: High K	½ application	½ application

Harvesting

Generally, most fruit trees begin to bear fruit in about 3-5 years from grafted / budded plants, whereas harvesting ranges from 4-5 months after flowering.

Fruits do not exhibit further ripening after picking, and maturity indices may include change in colour, juice content and "sweetness" or total sugars.

Observation and experience remain the best indicators of fruit maturity. You may leave the fruit on the tree until it reaches almost full maturity. Other signs to determine when a fruit is mature or ready to pick include:

- **Color:** This is a good indicator of maturity but it varies with fruit type. For example, Avocadoes change from a shiny to a dull green color whereas the Soursop changes from dark green to yellowish green in color.
- **Size:** Based on the fruit and the variety, size is the best indicator of maturity.
- **Fruit Removal:** Easy hand removal of the fruit pedicle from the stem is an ideal determinant of maturity.

Carbon Sequestration

Fruit trees play an important role in the reduction of carbon dioxide from the atmosphere, through a process called carbon sequestration, which is the net removal of carbon dioxide from the atmosphere into long lived carbon pools.

Trees absorb carbon dioxide during photosynthesis, using it to form the trunk, branches, leaves and fruits, while producing and releasing oxygen into the environment during this process.

Since many fruit trees are long lived, greater amounts of carbon will be sequestered in the woody trunks and branches. Below-ground dead wood, litter, and soil organic matter are also the major carbon pools in any backyard ecosystem.



Celebrating our **Panoramic of Musicians**

PCS Nitrogen has been the sponsor of the PCS Silver Stars since 2010, and we are proud of their continuous achievements, performing for both local and international audiences. Every year, pannists from other countries come to perform with this family oriented band. Here are some of the reasons they come to Trinidad and why they play with the PCS Silver Stars.



Yuki Nakano (pictured left)
Yokohama City, Japan

I first started playing the pan when I attended Senzoku University, majoring in percussion. I play tenor mostly, but I can also play double seconds, cello, and bass. I love the instrument and its sound. After learning of the steelpan programme at Northern Illinois University, I decided to attend in order to pursue my steelpan career.

The purpose of my first visit to Trinidad was to experience the steelpan culture. However, now when I go, I don't just go for steelpan; but I also go

to meet my pan friends, eat Trinidadian foods, listen to calypso and experience carnival.

In 2009, I played with Silver Stars. It was my first Panorama and we won in the large band category which was very exciting. I returned in 2010 to perform with them and we won again. I also played with them in 2011, 2014, and 2016. These were great experiences for me and I am happy to be part of the PCS Silver Stars family.



PCS Silver Stars arranger Liam Teague



PCS Nitrogen extends our heartfelt sympathy to the family and friends of Asami Nagakiya. (pictured left)

Brett Morris

Excerpts taken from his *Panorama 2016: an Inside Experience* interview with percussion magazine *Rhythm Scene*, April 2016

Earlier this year, I had the incredible opportunity of performing in one of the biggest competitions in steelpan music: Panorama! Having studied steelpan for several years at Truman State University, I jumped at the invitation to travel to Trinidad for a month to perform with the PCS Nitrogen Silver Stars.

I found the atmosphere of this ensemble to be particularly welcoming. The interaction between players was very open and relaxed. Players would dance and feed off one another's energy; you could see and feel the camaraderie!

Former PCS Silver Stars leader and arranger Edwin Pouchet had the motto of "Win, lose, or draw they will always remember Silver Stars." I firmly believe that the band lives up to those words, and I will always remember this wonderful experience. Locals love the steelpan and treat it with the utmost respect, and they helped me feel what it is like to be proud of an instrument.

Marcus Rattler (pictured right)
Kansas City, Missouri

In an interview with the Trinidad Guardian, Marcus indicated that he was invited to play with the PCS Silver Stars by arranger, Liam Teague. Marcus expressed his love for the pan and a desire to learn more about Trinidad and Tobago's culture by immersing himself in Carnival.

While in Trinidad, he mastered his performance technique, "playing the pan accurately, but with less effort, and knowing a piece so well that you can do it blindfolded while jumping around on stage without thinking about where your hands are going."

Marcus also articulated that "pan is a family culture and when you are with the PCS Silver Stars, you are treated as such."



PCS Games



The Annual St Helena/ Cunupia Zonal Games, better known as the PCS Games, was held on March 01, 2016, at the Mannie Ramjohn Stadium.

PCS Nitrogen Trinidad has been the proud sponsor of these games for over 30 years. We acknowledge the critical role of our youth in our nation's future and we are deeply committed to their empowerment, by presenting them with numerous opportunities to showcase their talents. We applaud the teamwork, focus and dedication that were displayed by all students at this year's games and congratulate all participants for giving their best.

Human Resource Officer, Alec Purcell, was there to deliver Greetings on behalf of the Company and to present medals to some of the winning athletes.





L-R Gary Ribiero, Principal with students as Julia Gomes, Human Resource Manager, PCS Nitrogen, presents contribution to Mrs Mylene Seemungal, Head of Science Department

PCS Nitrogen supports the Pursuit of Excellence at Presentation College, Chaguanas

The foundation of our nation is the education of our young people. Thriving communities are built on the shoulders of healthy, productive and well prepared youth.

PCS Nitrogen is therefore pleased to support Presentation College, Chaguanas, in its efforts to build and equip the best quality science laboratories for its students, as we look forward to their continuing successes and contributions to nation building.

Presentation College, Chaguanas, is the alma mater of many of our employees and their children, and we are proud of this association.



UWI World Of Work 2016

Nirvaan Soogrim engaging UWI students

The University of the West Indies World of Work 2016 (WOW 2016) recruitment and career fair was held on April 07 and 08, 2016.

PCS Nitrogen Trinidad was represented by Alec Purcell, HR Officer; Reynelle Charles, HR Assistant; Nirvaan Soogrim, Senior Chemical Engineer; Effrem Lyons, Mechanical Engineer; and Hemraj Ramsarran, E&I Engineer.

The first day of WOW 2016 was specifically geared towards vacation employment. Well over three hundred (300) students visited the UWI Sports & Physical Education Centre and converged on the PCS Nitrogen Trinidad Career Fair booth in search of employment opportunities. Our employee representatives fielded questions, collected resumes and promoted various PCS sustainability initiatives on the day.

Day 2 of the fair facilitated final year students from varying disciplines. Our representatives assisted over four hundred (400) students who visited the PCS booth to submit resumes, enquire about life at PCS, get career guidance and acquire a realistic job preview.

The UWI World Of Work 2016 Career and Recruitment Fair continues to provide PCS Nitrogen Trinidad with a qualified pool of applicants and an outlet to build the organization's brand as an Employer of Choice.



*Team PCS at the Career Fair
L-R: Alec Purcell, Effrem Lyons,
Reynelle Charles and Nirvaan Soogrim*



Hemraj Ramsarran provides guidance to students

Site Visits

During the first quarter, 2016, PCS Nitrogen and the PCS Model Farm and Agricultural Resource Centre hosted site visits from several schools. The visits included site tours, information sessions and practical demonstrations, geared towards moulding the minds of our future leaders, and also providing knowledge and awareness of our Company, its operations and safety culture.



On March 11, 2016, students from Fatima College visited and toured our site. The visit was facilitated by Rhett Akong, Chemical Engineer (below), who was pleased to host his alma mater.





On February 12, 2016, students from St. Joseph's Convent, St. Joseph visited. Their tour included a Lab demonstration by Keron Bethel (pictured below).



COMMUNITY OUTREACH



On March 23, 2016, 21 primary students and 2 teachers from Bryn Mawr School, Petit Valley, visited the PCS Model Farm.



On February 18, 2016, students from the UWI Chemical Engineering program visited. Their tour included a session with Riaz Enightoola, Chemical Engineering Specialist.



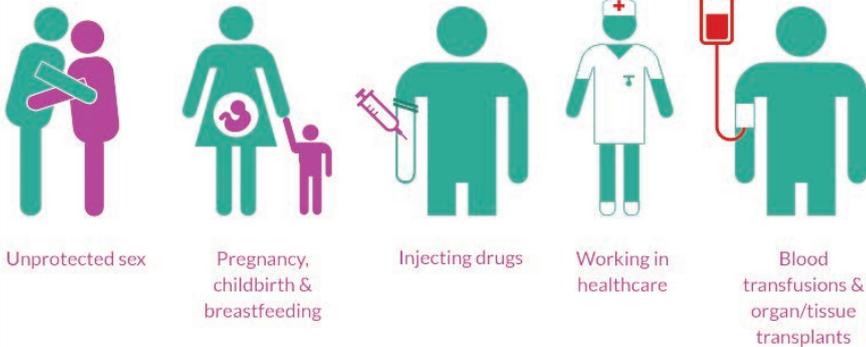
On March 03, 2016, students from Bishop's High School, Tobago, visited. They were welcomed by our Managing Director, Ian E. Welch, who is also a former pupil and head boy.

HIV/AIDS Know the Facts



The basic facts about HIV remain unchanged and it is important to understand its transmission and eliminate myths that are still questioned even after twenty five years.

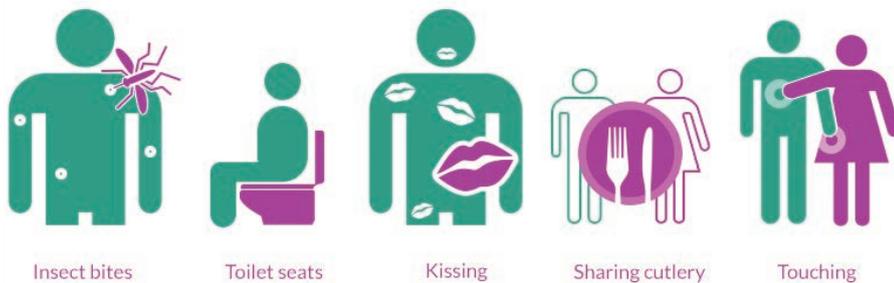
YOU CAN GET HIV VIA...



HIV enters the body through open cuts, sores, or breaks in the skin, through mucous membranes, or through direct injection, via:

- Sexual contact with an infected person.
- Sharing needles and syringes, with someone who is infected.
- Babies born to HIV-positive women can be infected before or during birth, or through breastfeeding after birth.
- Healthcare professionals have been infected with HIV in the workplace, usually after being stuck with needles or sharp objects containing HIV-infected blood.
- Transmission via donated blood or blood clotting factors. However, this is now very rare in countries where blood is screened for HIV antibodies.

HIV IS NOT TRANSMITTED BY...



Common myths about how HIV is spread:

- **Surfaces** - HIV cannot be transmitted by contact with toilet seats, eating utensils, musical instruments, hugs or handshakes.
- **Air** - Breathing the same air as someone living with HIV does not transmit HIV. Coughing, sneezing or spitting cannot transmit HIV.
- **Kissing** - Saliva contains very small amounts of HIV so the risk is negligible unless both partners have large open sores in their mouths or bleeding gums.
- **Insect bites** - Insects such as mosquitoes don't transmit HIV because they do not inject blood when they bite.
- **Sterile needles** - Sterilised or new needles and syringes are safe from HIV transmission.
- **Water** - HIV cannot survive in water, so you cannot contract HIV in swimming pools, baths or shower areas.

olunteer
#NDOC2016 #LIVEUNITED
GIVE. ADVOCATE. VOLUNTEER.
LIVE UNITED
United Way
TRINIDAD & TOBAGO
Be a part of the
**United Way
National Day of
Caring 2016**
Sunday May 22nd

Love in Motion

"Life's most urgent question is: What are you doing for others?" – Martin Luther King Jr.

The United Way National Day of Caring (NDOC) seeks to engage the largest number of persons across the country in a one day Community Volunteer Engagement initiative. The event is scheduled for May 22, 2016, and all participating companies aim to create awareness of the vast potential for improving the living conditions within our communities.

This year we are taking our spirit of volunteerism to Curepe as we embark on another exciting and fulfilling project. Our chosen institution is Amica House, a charitable organisation which houses and takes care of displaced girls. One of the main objectives of the home is to ensure that these young girls are given a proper opportunity to learn academically and prepare themselves socially for life ahead as an adult.

We are excited to contribute to the home and its charges by beautifying their grounds and updating their play park.

So let's put our Love in Motion on May 22! To volunteer, please contact Reynelle Charles.



Getting to the Heart of the Matter



Dr Ronald Henry, Consultant Cardiologist, recipient of the Silver Chaconia Medal and Medical Director of the Advanced Cardiovascular Institute Limited, was invited to our site on March 04, 2016. His presentation addressed health concerns in our society, including heart disease and its risk factors, namely diabetes, hypertension, obesity and smoking. He mentioned, *"in Trinidad, diabetes is prevalent and heart disease will occur if not managed with medication and control of cholesterol levels."*

Additionally, varying stages of heart disease and conditions were highlighted using graphics that brought home the reality of the illness. He also stressed, *"symptoms can range from mild and combined to severe and referred, and should be checked and not dismissed, as each stage of heart disease can vary and have significant and permanent injury to the heart. Treatment options and procedures that are available have been offered with success when received in a timely manner and patients can have a restored wellbeing and improved quality of life."*

Dr Henry's message was invaluable, and highlighted what we can do to sustain optimum health and prevent heart disease, which continues to have the highest incidence world-wide, including in Trinidad and Tobago.



Dr Ronald Henry



Let's Get PHYSICAL!

Why Is Physical Activity Important?

Regular physical activity can produce long term health benefits. People of all ages, sizes, shapes and abilities can benefit from being physically active. The more physical activity you do, the greater the health benefits.

1

Being physically active can help you:

- Increase your chances of living longer
- Feel better about yourself
- Decrease your chances of depression
- Sleep well at night
- Move around more easily
- Have stronger muscles and bones
- Maintain or get to a healthy weight
- Meet new people, make friends and have fun!

2

When you are not physically active, you are more likely to:

- Get heart disease
- Be susceptible to type 2 Diabetes
- Have high blood pressure
- Have high cholesterol
- Have a stroke

3

Physical activity and nutrition work together for better health. Being active increases the amount of calories burned. As people age, their metabolism slows, so maintaining energy balance requires burning more calories than you consume.

Some types of physical activity are especially beneficial:

Muscle-strengthening activities include activities like push-ups and lifting weights. It is important to work all the different parts of the body – your legs, hips, back, chest, stomach, shoulders, and arms.

Aerobic activities increase your lung capacity and make your heart stronger. Aerobic activities can be moderate or vigorous in their intensity. Vigorous activities take more effort than moderate ones. For moderate activities, you can talk while you do them, but you can't sing. For vigorous activities, you can only say a few words without stopping to catch your breath.

Bone-strengthening activities like jumping, are especially important for children and adolescents. These activities produce a force on the bones that promotes bone growth and strength.

Balance and stretching activities enhance physical stability and flexibility, which reduces risk of injuries. Examples are gentle stretching, dancing, yoga, martial arts, and tai chi.

The PCS Wellness Team is always here to assist you with achieving your health and wellness goals. Please contact us at the Centre so we can start the journey to a healthier you.



What is **Mobile Malware**?

Mobile Threat Definitions



MALWARE

Apps that steal user data, commit financial fraud, and/or negatively impact device performance.

Malware includes threats such as viruses, trojans, worms, spyware, and ransomware.



CHARGEWARE

Apps that charge users for content or services without clear notification or the opportunity to provide informed consent.



ADWARE

Apps that serve obtrusive ads that interfere with standard mobile operating experiences and/or collect excessive personal data that exceeds standard advertising practices.

We all know that viruses can attack your computer, but what about the viruses aimed at your mobile devices? Malicious software aimed at mobile devices, known as mobile malware, is on the rise, yet two thirds of smartphone owners don't even realize their device could be infected.

The growing popularity of smartphones and tablets has attracted the attention of cybercriminals, who see an opportunity to get their hands on your sensitive information, or just do harm. With this in mind, there are now a number of threats designed to infiltrate and do damage to mobile platforms.

Many of these threats are similar to computer malware, but there are others that are unique to mobile devices. For example, you could accidentally download a malicious application that accesses your personal information and sends it to a cybercriminal. Or, you could download a dangerous app that dials premium-rate numbers from your phone, leaving you with expensive charges on your mobile bill. Other malicious programs can potentially alter your phone's functionality, rendering it useless. You may also receive text messages or voicemails from seemingly legitimate companies, asking for personal information.

If you encounter any of these mobile security threats, the risks are clear; you could lose your money, your identity, and your private information, and, if your device ceases to function, you could also lose all the data saved on it, including personal photos, contacts and emails. That's why it's important to take steps to protect yourself from mobile malware.

Here are a few tips to ensure that your information and your device stay safe:

- Only download applications from a reputable app store, and read other users' reviews before you download an app to make sure that it is safe.
- Before downloading an app, read through its privacy policy to make sure that it will not share your personal information.
- Regularly review your mobile statements to check for any suspicious charges. If you do see charges you have not made, contact your service provider immediately.
- Only browse and download applications using a secure wireless network.
- Never respond to text or voicemail with personal information.
- When browsing the internet, always double-check that the domain name of the site you are visiting is legitimate.

- Never click on a link in an email, social networking site or message from someone you do not know.
- Use an antivirus which provides mobile antivirus, antimalware and safe search protection.
- Enable the option in the antivirus app or use the built in software, to locate your phone in the case of loss, remotely lock and wipe the information you have stored on it, and restore your data.

Source: http://home.mcafee.com/advicecenter/?id=ad_ms_wimm&tctst=1

