



The Lake Asphalt BULLETIN



International Relations

Re-establishing ties and forging new ones!

In the last quarter we focused on the process of re-establishing our multi-lateral relationships.

We have rekindled old partnerships and established some new ones as well. Visits were made to Guatemala and Guyana and here at home we were host to the People's Republic of China and CUPET of Cuba as we continue...



"Paving the Way Throughout the world!"



Ambassador Fang Qiu and other Diplomats visited Lake Asphalt and were taken on a tour of the Pitch Lake and Plant facilities.





The Lake Asphalt BULLETIN

Marketing and Business Development

PAVING THE WAY

Chairman Mr. Neil Mohammed and Acting Chief Executive Office Mr. Swedaka Matthews on an official visit to Guatemala.



Guatemala



Representatives of CUPET Petroleo, Cuba's #1 Oil company and Representative of ExporTT pay an official visit to Lake Asphalt.



Paving The Way Throughout The World



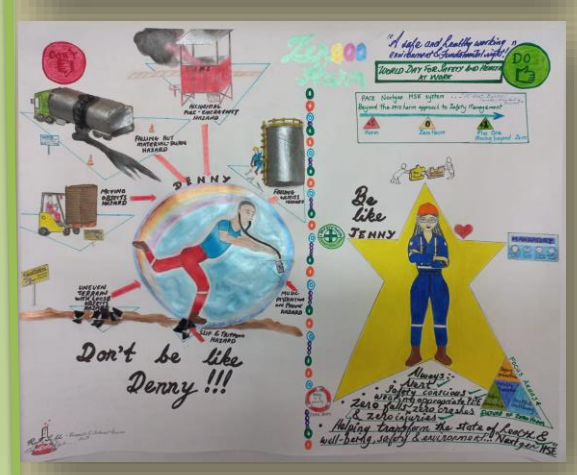
Guyana

Manager Marketing and Business Development – Mr, Nigel Minors and Team Leader Caribbean Asphalt Products (CAPs) Mrs Shivaun Alexander-Powder on an official visit to Guyana

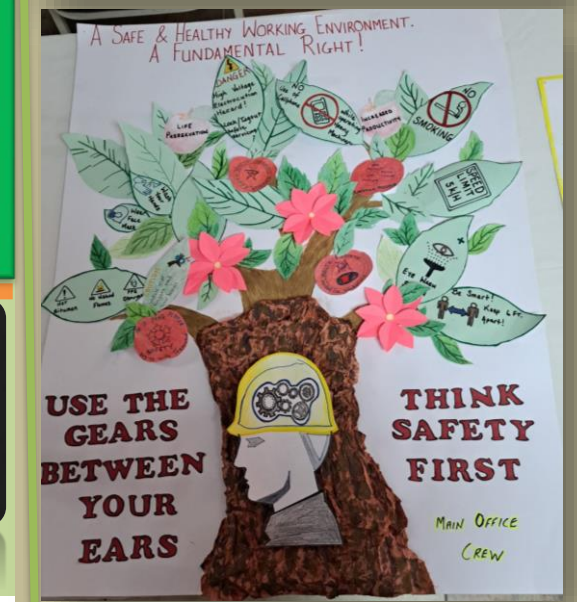
Tobago



Tobago Gas Energy Group visits Lake Asphalt.

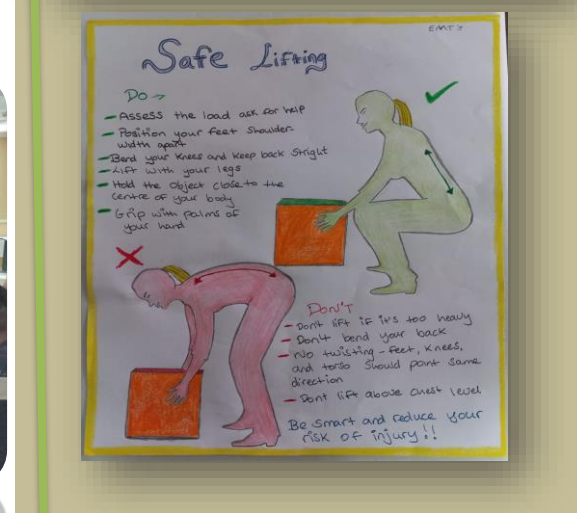


HSE Calypso Monarch 2023
Annette Scott with Mr. Joey Rivers



The Emergency Response Team (ERT) hosted a two-day workshop at the Human Resources Centre. Key personnel were trained in the following areas:

- Introductory Workshop in Incident Command Systems
- Formal Training in Incident Command Systems





Health Safety and Environment





C CORPORATE S SOCIAL R RESPONSIBILITY

Lake Asphalt Sports Club



Highlights of the Sports Club's Seed and Seedlings Initiative and Interdepartmental competition.



Seeds & Seedlings

Seeds and Seedlings Distribution Initiative

Seeds and Seedlings Distribution Initiative



EXCELLENCE IS NEVER AN ACCIDENT IT IS THE RESULT OF HIGH INTENTION, SINCERE EFFORT, INTELLIGENT

DIRECTION, SKILLFUL EXECUTION AND THE VISION TO SEE THE OBSTACLES AS OPPORTUNITIES.

ARISTOTLE

Congratulations!

Global voice for women!

We congratulate our Corporate Communications Coordinator, Ms. Marsha Marchan on her appointment to the Soroptimist International Esperance Executive Committee 2023-2025 and wish her every success in her new role!

The name Soroptimist was coined from the Latin soror meaning sister, and optima meaning best. Soroptimist is perhaps best interpreted as 'the best for women'.

Founded in Oakland, California, in 1921, there are over 3000 Clubs flourishing throughout the world, Soroptimists continue to strive as a women's organisation to achieve 'the best for women' in every sphere of their lives.

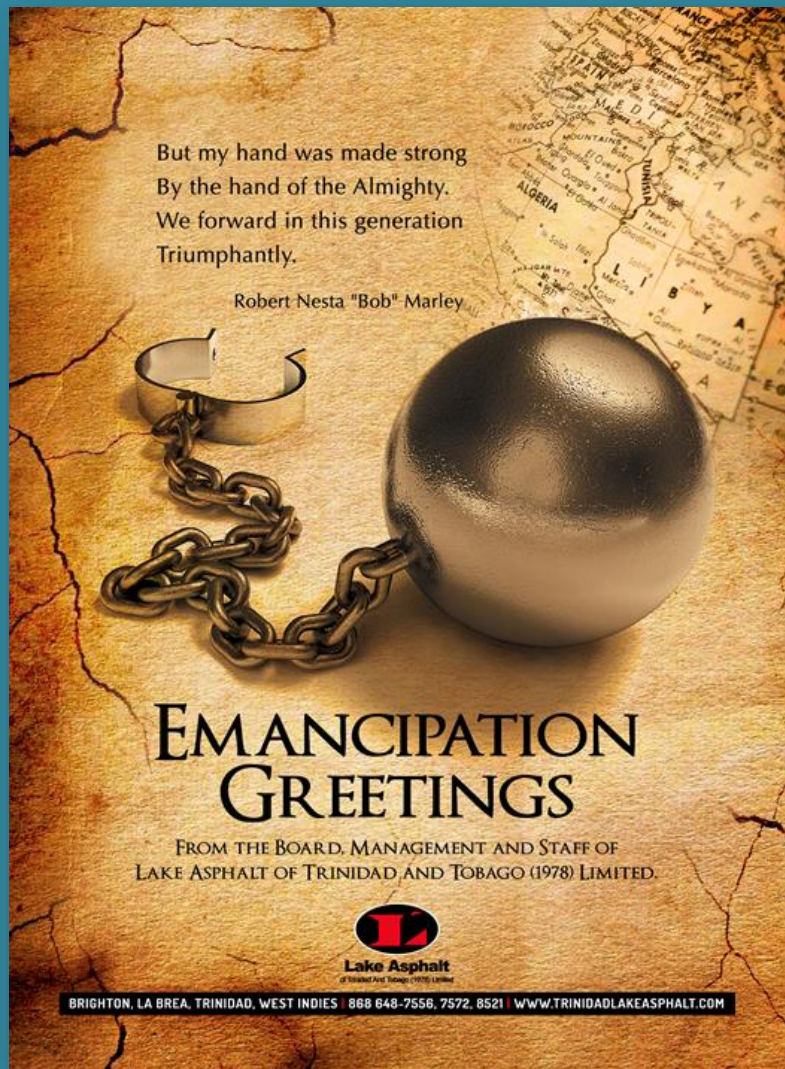


Soroptimist International Esperance Executive Committee 2023-2025

Labour Day 2023 Message

The Chairman and members of the Board of Directors, the Acting Chief Executive Officer and the Management of Lake Asphalt of Trinidad and Tobago (1978) Limited (Lake Asphalt), wish to recognise and congratulate the Executive and members of the Contractors and General Workers Trade Union (C&GWTU) and the Estate Police Association (EPA) on the occasion of Labour Day 2023.

We join with you in tribute to the social and economic contributions of labour leaders and celebration of the achievement of workers not just in our Organisation but throughout Trinidad and Tobago.



But my hand was made strong
By the hand of the Almighty.
We forward in this generation
Triumphantly.

Robert Nesta "Bob" Marley

EMANCIPATION GREETINGS

FROM THE BOARD, MANAGEMENT AND STAFF OF LAKE ASPHALT OF TRINIDAD AND TOBAGO (1978) LIMITED.



Lake Asphalt
of Trinidad and Tobago (1978) Limited

BRIGHTON, LA BREA, TRINIDAD, WEST INDIES | 868 648-7556, 7572, 8521 | WWW.TRINIDADLAKEASPHALT.COM

LET'S GET SOCIAL

We are on social



Get notified of all our latest posts, we invite everyone to visit, follow, like and share!

We would love to hear from you
send your contributions, comments, feedback/reviews to the Corporate Communications Department today!

Gone but not forgotten

Remembering
our Late Director

Mr. Anthony Mc David

FOR THE LOVE OF COUNTRY

In Remembrance of
Mr. Anthony Mc David

Our deepest condolences for the loss of our Director, Mr. Anthony Mc David. To us, he will be remembered for his invaluable contributions made at Lake Asphalt of Trinidad and Tobago (1978) Limited.

Our thoughts and prayers are with his family and friends during this difficult time.

From: The Board of Directors, Chief Executive Officer (Ag), Management and Staff.



Lake Asphalt
of Trinidad and Tobago (1978) Limited



*Our
Deepest
Condolences*

Cyril & Bertille Hunte-
on the passing of their relative Mr. Dougal Hunte

Patrice Richardson- On the passing of her Father

Ruben Francis -On the passing of his brother

Allan Roberts - Our past colleague (production Department)

A heartfelt thanks for all you do
National Nurses week

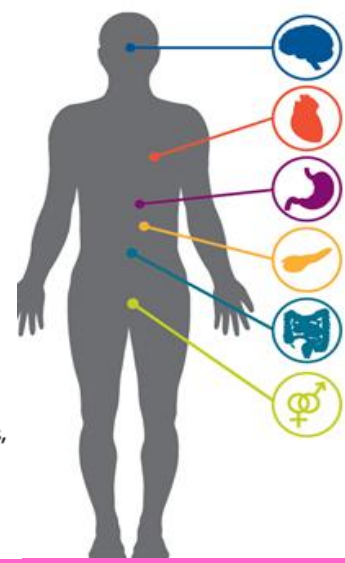


Heart felt thank you to our Staff Nurse Victoria Brizan for her dedication and care to us all over the years, Nurse's Week is just one opportunity to show you just how much we love and appreciate you and all that you do!



Effects of Stress on the Body

- Brain and Nerves:** Headaches, feelings of despair, lack of energy, sadness, nervousness, anger, irritability, trouble concentrating, memory problems, difficulty sleeping, mental health disorders (anxiety, panic attacks, depression, etc.)
- Heart:** Faster heartbeat or palpitations, rise in blood pressure, increased risk of high cholesterol and heart attack
- Stomach:** Nausea, stomach ache, heartburn, weight gain, increased or decreased appetite
- Pancreas:** Increased risk of diabetes
- Intestines:** Diarrhea, constipation and other digestive problems
- Reproductive Organs:** For women-irregular or painful periods, reduced sexual desire. For men-impotence, low sperm production, reduced sexual desire
- Other:** Acne and other skin problems, muscle aches and tension, increased risk for low bone density and weakened immune system (making it harder to fight off or recover from illnesses)



03/08/2022

MONKEYPOX: WHAT YOU NEED TO KNOW

An outbreak of monkeypox is occurring in many countries:

- WHO has declared a public health emergency of international concern.
- Monkeypox is preventable. Most people recover fully, but some people can get seriously ill.
- Symptoms can be uncomfortable and painful.
- While monkeypox can affect anyone, most cases in this outbreak are among men who have sex with men
- What we know about the outbreak is changing fast - we are learning more every day

Symptoms of monkeypox often include:

- Rash on face, hands, feet, body, perianal area or genitals
- Rash in mouth, throat, eyes, vagina and anus
- Fever
- Swollen lymph nodes
- Headaches
- Muscle and back aches
- Low energy
- Painful swelling inside your rectum (proctitis)
- Pain or difficulty when urinating

You can catch monkeypox through close contact with someone who has symptoms including:

- Skin-to-skin (e.g., touching, anal and vaginal sex)
- Face-to-face (e.g., talking, singing, breathing)
- Mouth-to-skin (e.g., oral sex)
- Mouth-to-mouth (e.g., kissing)
- From contaminated bedding, towels, clothing, surfaces or objects

Protect yourself from monkeypox:

- If someone you know is diagnosed with or has suspected monkeypox, avoid close contact with them
- Know the symptoms and check yourself regularly
- If you have symptoms, seek health advice and self-isolate while you wait to get tested
- Get vaccinated if it is available to you
- Follow advice to reduce the risk of infection if you live with someone who has monkeypox

Monkeypox can spread through sex:

- People who have sex with multiple or new partners are most at risk
- Check yourself regularly for symptoms and ask partners to let you do the same
- If monkeypox is impacting your community, you can reduce your risk by reducing your number of sexual partners, waiting for a while before having sex with any new partners or taking a break from sex
- Have open, non-judgmental conversations. Swap contact details with sexual partners and agree to let each other know if you develop symptoms
- Condoms will prevent some STIs. They may also reduce your risk of exposure to monkeypox, but they will not prevent you becoming infected through close physical contact

If you think you have monkeypox:

- Get advice from a health worker
- Get tested
- Isolate at home if your health worker recommends you do so
- Take care of your rash, physical and mental health
- Protect others by avoiding close contact with them
- If you are sharing a house with others while isolating, stay in separate rooms, frequently clean hands, clean/disinfect objects and surfaces often and open windows
- Avoid contact with your pets

Stigmatising people because of a disease is never ok. Anyone can get or pass on monkeypox. Together, we can end this outbreak.







Emancipation Day



All dressed up in traditional African wear to commemorate Emancipation Day 2023!



A look back at the parade of officers in celebration of 58 years as a Department. The Estate Police Department is now 70 years old!

From left (Team Leader Human Resources – Ms Marsha Thomas-Frederick, CEO Mr Swedaka Matthews, Consultant Mr Neil Derrick bidding Performance Management Specialist Mrs Judy Phillip farewell as she proceeds on her retirement.

