

The Lake Asphalt **BULLETIN****Business News****Lake Asphalt welcomes New Line Minister**

We were excited to welcome the Honourable Jearlean John, Minister of Works & Infrastructure, for her first official visit to Lake Asphalt in her new role.

Acting Chief Executive Officer Swedaka Matthews and our Strategic Leadership Team hosted the Minister and her delegation — including Deputy Permanent Secretary Ronald Alfred, P.U.R.E. Unit Programme Coordinator Hayden Phillips, and other Ministry representatives.

The visit's agenda included an introductory meeting and presentation which highlighted from our operations to our ongoing projects and future plans. The visit also informed how Lake Asphalt's products can help pave Trinidad & Tobago's main roads, highways, and essential infrastructure, while making an impact worldwide.

The Honourable Minister took the opportunity to sign our seventy-three year old visitors book to commemorate her visit and she was presented with asphalt artwork created from our flagship product TLA.

We look forward to working together as we continue paving the way through out the world!



Minister signing 73-year old visitors book

Lake Asphalt offers condolences to Ghana

Acting Chief Executive Officer, Swedaka Matthews signs the Book of Condolence at the Residence of the Charge' d' Affaires in Woodbrook Port of Spain.

The High Commission of the Republic of Ghana invited Heads of Diplomatic Missions, International Organisations and Consulate Generals to sign the Book of Condolence following the tragic loss of Government Officials and Military Personnel in a helicopter crash on 6th August, 2025 in Ghana.





Business News



LAKE ASPHALT WELCOMES COUNSELLOR ZHANG

We recently welcomed and hosted the newly appointed Counsellor of the Chinese Embassy in Trinidad and Tobago -Ms Zhang Zhihong along with Ms. Xu Shuyu, Third Secretary and Mr. Hu Jiayu, Third Secretary.

During the meeting Lake Asphalt and the Chinese Embassy both committed to rekindling Lake Asphalt's long standing relationship with the People's Republic of China via new exports with a focus on the down stream product line - TLA Coatings Range of Products.

Following the meeting the Counsellor and Third Secretaries were taken on a tour of the Pitch Lake which the Counsellor described as a national treasure. TLA, the flagship product of Lake Asphalt has been used on many projects throughout the world and over seventy projects in China. Among the most notable are the Third Beijing Ring Road, the roads leading to the iconic Beijing National Stadium—known as the "Bird's Nest"—built for the 2008 Olympics, and most recently, the Hong Kong–Zhuhai–Macau Bridge, the world's longest sea crossing and open-sea fixed link.



From left to right: Mr Hu. Jiayu, Mr. Swedaka Matthews, Ms. Zhang Zhihong & Ms. Xu Shuyu



Corporate Communications Coordinator, Marsha Marchan invites Counsellor Zhang Zhihong to sign Lake Asphalt's visitors book

Minister of Trade, Investment and Tourism hosts Lake Asphalt



From left: Dr. Colin Neil Gosine MP, Mr. Swedaka Matthews, Senator the Honourable Satyakama Maharaj and Ms. Ayana Bertrand

Senator the Honourable Satyakama Maharaj, Minister of Trade, Investment and Tourism hosted a visit with Mr. Swedaka Matthews, CEO (Ag) and Ms. Ayana Bertrand, Manager Finance at the Ministry's Port of Spain headquarters. Dr. Colin Neil Gosine MP, Parliamentary Secretary in the Ministry was also in attendance

The meeting featured cordial discussions on a range of key issues including opportunities to enhance trade facilitation. This engagement is part of the Ministry's continued efforts to strengthen collaboration with key stakeholders and to facilitate inclusive dialogue as it works to drive sustainable trade and foster economic growth in Trinidad and Tobago.



STABILIZE | OPTIMIZE | TRANSFORM

The Lake Asphalt BULLETIN

Marketing and Business Development

TRADE AND INVESTMENT CONVENTION (TIC) 2025



DAY 1



Paving The Way Throughout The World



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Trade and Investment Convention
17th-19th July 2025
CENTRE OF EXCELLENCE, MACOYA, TRINIDAD & TOBAGO
868-675-TTMA | TICSales@TTMA.COM | TTMA.COM/TIC

DAY 2





STABILIZE | OPTIMIZE | TRANSFORM



Trade and Investment Convention 17th-19th July 2025

CENTRE OF EXCELLENCE, MACOYA, TRINIDAD & TOBAGO

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DAY 3





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Corporate Social Responsibility



Pitch Lake Tour

*Autism Services of Trinidad,
South Support Group*





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Corporate Social Responsibility



School Pitch Lake Tours



St Phillips Government Primary School



Windermere Private School



San Francique Presbyterian Primary School



Bien Venue Presbyterian Primary School





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Corporate Social Responsibility



Unified Health Sector Workers Union Pop up and Career Fair 2025

Lake Asphalt



Corp Comm & H.R.



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MEDICAL DEPARTMENT

BLOOD DRIVE





HSE

See It, Report It, Prevent It....

SPOT THE HAZARD CHALLENGE WINNER



Join us as we congratulate **Ms. Antoinette Williams** (Welder currently attached to Engineering and Facilities), for successfully identifying all twelve (12) hazards during the Spot the Hazard Challenge activity within an outstanding 37 sec.

“Every report counts: we
are building a safer
future.”

A hazard reported, a hazard prevented can
save a lifetime of pain.

Contact Us:
HSE Site Office: 735-6362
Email: hse@trinidadlakeasphalt.com



Tips & Tricks To Take Proper Care Of Tyres

Regular Tyre Checks

Check Tyre Depth
and Pressure

Clean & Tidy Tyres



Wheel Alignment & Rotation

Check Tread Wear Indicator

Carry Spare Tyre



Pause for a cause and test your knowledge in ASPHALT TRIVIA



What is the primary use of asphalt in civil engineering?

(A) Building construction

(B) Bridge construction

(C) Road construction

(D) Tunnel construction

What is the main component in Hot mix asphalt?

(A) Bitumen

(B) Cement

(C) Sand

(D) Gravel

Why is aggregate used in asphalt mixtures?

(A) To increase friction

(B) To provide structure and strength

(C) To enhance colour

(D) To reduce cost

Which department is responsible for the quality assurance of Lake Asphalt's products?

(A) Engineering

(B) Health Safety & Environment

(C) Procurement & Logistics

(D) Research & Technical Services

Which Industry is Lake Asphalt primarily engaged in?

(A) Construction

(B) Mining

(C) Drilling

(D) Environmental

What property of asphalt allows it to be reshaped and reused?

(A) Thermoplastic

(B) Elastic

(C) Magnetic

(D) Piezoelectric

Currently, which country is Lake Asphalt's #1 customer?

(A) China

(B) Germany

(C) Brazil

(D) Nigeria

What is the primary method for compacting asphalt during road construction?

(A) Roller compaction

(B) Static compaction

(C) Vibratory compaction

(D) Impact compaction

Which of the following is NOT a Lake Asphalt product?

(A) Bituminous Black paint

(B) Sealant

(C) Automotive coolant

(D) Pipe Guard



Team P&L gives back



Procurement and Logistics staff from left: Donna Ramlokhon (OJT) Kathy Ann Martin, Richard Charles, Dave Boodram, Annette Scott, Brian London, Jade Ramjohn & Melanie Mitchell-Mansano

Staff of the Procurement and Logistics Department embarked on a “Back to School” Book Drive during the July, August vacation. Their combined donation from staff members was able to assist fifteen (15) students from the La Brea community with stationery and personal items to aid them on their journey towards educational excellence.

“Yuh Voice. Yuh Vibes. Yuh Victory!”



Acting CEO Swedaka Matthews (middle) and Kenny Phillips CEO WACK Radio with winners of the WACK Karaoke Competition 2025

Acting CEO Swedaka Matthews distributes prizes at the finals of the WACK Karaoke Competition, 2025.

Described as a dynamic cultural competition, the event attracted hundreds of talented performers. The competition was broadcasted live on WACK 90.1 FM & WACK TV, viewed by audiences across Trinidad & Tobago and the Caribbean diaspora.

We value your suggestions!!



We are pleased to announce the placement of Suggestions boxes, at Human Resources, Medical and Police post #2 so put your pen to paper and make your suggestions to improve our systems and procedures as we seek to **Stabilize | Optimize | Transform**

“Paving the Way Throughout The World”

With Deepest Sympathy



- Raphael Samuel on the passing of his Relative
- Yvette Marshall-Belgrave on the passing of her Father
- Beverly Flemming-Harris & Vernon Flemming on the passing of their Father
- Janel Frederick on the passing of her Mother- Marsha Thomas-Frederick (Former Team Leader Human Resources)
- Family, Relatives and Friends of our retired colleague Michael Williams



Information Sharing Session



At the recently held Information Sharing session, Acting CEO Swedaka Matthews took the opportunity to disseminate information to employees regarding the company's current financial position and other relevant information.

Mr. Matthews in his Address relayed the message that we must "Chart our own Destiny."

He encouraged employees to continue to sharpen their skills and learn about the organisation so that they can be an active part of the journey as we move from Stabilisation to Optimisation and then on to Transformation.

The Session ended with an open forum where employees were able to ask questions and express concerns.

Mr. Matthews was supported by members of the Management team who fielded the questions in their respective areas.



Health Capsule

6 COMMON CAUSES OF SNORING



Anatomy Causes

1 Deviated Septum



A deviated septum can block airflow, making nasal breathing harder.

2 Low Soft Palate & Large Tonsils



Enlarged tonsils and a low soft palate narrow the airway, resulting in snoring.

3 Large Tongue



A large tongue can reduce the airflow space and increase the risk of obstruction.

Lifestyle Causes

4 Alcohol



Alcohol relaxes the throat muscles and restricts airflow.

5 Smoking



Smoking inflames the upper airway increasing the risk of snoring.

6 Medications



Certain medications relax the throat muscles causing an airway obstruction.

3 Tips to Stop Snoring

1 Maintain a Healthy Weight



2 Sleep on Your Side



3 Clear Your Nasal Passages



www.sleep-test.co.uk

What Causes Snoring?

Snoring happens when air is prevented from flowing freely through the nose and throat due to a physical obstruction, this causes tissue vibration, creating the snoring sound.

The causes of snoring can differ from person to person, depending on their anatomy and lifestyle.

If you have suddenly started snoring when you never have before, this new development of snoring can be due to loss of muscle tone which is normal as we age.

Some other factors that could affect your risk of chronic snoring include increased alcohol consumption, sedatives, antidepressants and allergic rhinitis.

Other common reasons why people snore include:

LET'S GET SOCIAL

We are on social media



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

This Lake Asphalt e-bulletin is a production of the Corporate Communications Unit.

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