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THE PIPELINE NEWSLETTER

Roberto Mantellini, President - PLNL

Interview with Roberto Mantellini, President Point Lisas Nitrogen Limited



Tell me something about yourself that most people in PLNL may not know?

Sometime ago I took flying lessons and became licensed as a private pilot. I flew smaller planes like the Cessna, in Venezuela, for a while. When I made my maiden flight and alighted from the plane, I was greeted by a group of pilots who threw oil on me (some sort of initiation). It took me a week to get the oil out of my hair, my ears etc.

I cannot say why I chose to learn to fly but having done so, I learnt a lot about the mechanics of how those small planes stay up in the air. The Chinese have a saying: "I'd rather be on the ground wanting to fly, than be flying and wanting to be on the ground." I'm a person who likes being on the ground.

What would you like to tell us about your family members?

Well, my closest family members are Yeritza, my wife, and my kids. I'm glad that most of the people at PLNL have met them on different occasions. They are people-minded like I am. They are also a happy bunch. I miss them a lot but the separation is also good because being apart means that when we get together we can appreciate each other a lot more.

What are your impressions of Trinidad and Tobago so far? (this being your first experience in this country).

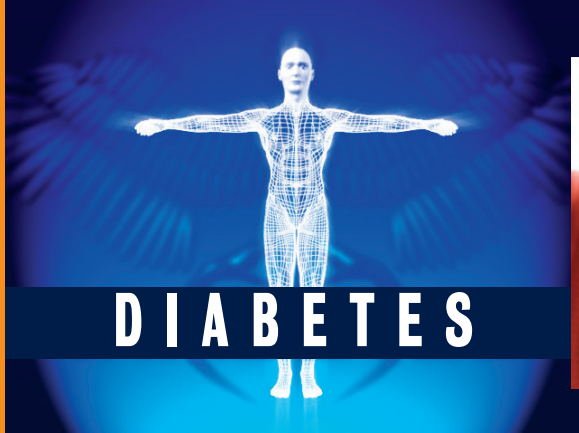
It's been quite an experience, Trinidad and Tobago is a beautiful country with many things to do, places to visit etc. I find the people to

be kind, respectful and disciplined. However, I find they are very critical of themselves. I enjoy T&T a lot; the country, towns, relationships and especially the parties.

How different do you find living in T&T from Venezuela?

Geographically, T&T and Venezuela are very similar, on the same continent just a few miles away. The entire population of T&T is about half of the city of Valencia where I lived. T&T is less stressful, less traffic, the pace is a lot slower than in Valencia and overall a different rhythm altogether.

cont on page 8



Recently, we have been inundated in the press with headlines that scream: “Trinidad 5th in Diabetes in the World”, “Trinidad a Sweet Nation”, “Diabetes the #2 Killer in Trinidad”. The question is “What are we going to do about it?”

The statistical data on diabetes in Trinidad is quite alarming:

Trinidad & Tobago has the most persons per capita with diabetes in the Western Hemisphere.

Trinidad is 5th in the world in diabetes per capita.

One in every four hospital admissions is attributable to diabetes and its complications.

It is the second most common cause of death in T & T and adults with diabetes have a risk factor for heart disease and stroke 2-4 times higher than those without.

It is the leading cause of blindness in T & T.

50% of persons with lower limb amputations have these because of diabetes and 20% are likely to die within 2 years of such a procedure.

Mild to severe periodontal disease exists in about 33% of diabetics.

Because of advances in medicine, a person suffering from diabetes can live well and not suffer some of the more serious complications if he follows some simple medical advice regarding diet, exercise, blood sugar monitoring and the use of medication. You no longer have to die prematurely because of diabetes, as some of our forebears may have.

So what is diabetes? It is the body's inability to effectively utilize blood glucose – its main source of fuel.

Glucose comes from two major sources: the food you consume, and your liver. Glucose is absorbed by the body during digestion, aided by the action of insulin, which is secreted by the pancreas. It is insulin which allows the cells of the body to absorb glucose. The liver acts as a glucose storage and manufacturing centre in the body. When the level of insulin in the bloodstream is high (e.g. after a meal), the liver absorbs glucose, to release it as glycogen when needed later.

In an individual with diabetes, this process does not work properly, and glucose builds up in the bloodstream instead of being transported to the liver for storage. This occurs for either or both of the following reasons: the pancreas is producing insufficient or no insulin or the cells in the body are not responding properly to the insulin produced.

The two most common forms of diabetes are Type 1 and Type 2. Type 1 develops when the pancreas makes little or no insulin, and is more frequently found in juveniles. It may also exist at birth.

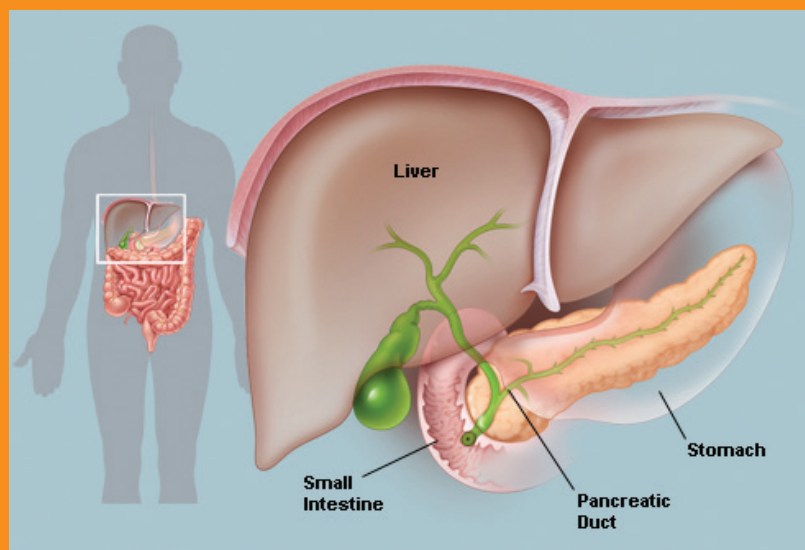
Type 2 is more common and may be referred to as adult-onset diabetes. With this type, the body becomes resistant to the insulin produced by the pancreas, so that it cannot properly utilize glucose as fuel. This excess glucose then accumulates in the bloodstream.

Certain risk factors have been identified for Type 2 diabetes, which is prevalent in Trinidad & Tobago. These are as follows:

Family History – Research seems to indicate that there is a genetic link to diabetes. Check your family history, and if there is a tendency to develop the condition, please get tested often.

Weight – Being overweight or obese is one of the most common factors for diabetes, particularly if you are an apple shape (the weight is concentrated around your waist). Keep a healthy weight.

Inactivity – The risk of developing diabetes increases with increased inactivity. Being active helps control your weight, improves circulation, utilizes sugar as energy and increases the sensitivity of your body to the effects of insulin. So, shake a leg – walk, dance, cycle, swim, whatever!



“Because of advances in medicine, a person suffering from diabetes can live well and not suffer”



Age – There is an increased tendency to develop diabetes as you age, especially after age 45, but part of the reason may also be due to loss of muscle mass and increased inactivity as you age.

Ethnicity – Persons of Asian and African descent are 3-5 times more likely to develop diabetes than their Caucasian counterparts, and are also more likely to suffer from complications such as renal (kidney) failure.

So, what are the warning signs of diabetes?

Excessive thirst – do you need to wake up at night for a drink of water?

Frequent urination – do you need to get up frequently at night to go to the bathroom?

Constant Hunger – a deep seated gnawing feeling that is not easily appeased.

Weight Loss/Weight Gain – different individuals respond differently.

Blurred Vision – if it gets to this stage, see a doctor urgently. You may risk vision loss.

Slow Healing wounds.

Tingling in the hands and feet.

If you experience a combination of these symptoms, please see a doctor.

Many times, your doctor will perform a quick test at his office, lancing your finger and testing a drop of blood. While this is a quick and easy method for checking your blood sugar, it is

better if you have a fasting blood sugar test. The one most commonly used is the glucose tolerance test. For this test, you are required to fast for eight hours. A sample is drawn, and a concentrated sugary drink is administered. Another sample is drawn after two hours.

From these results, the doctor is able to ascertain your **HbA1C profile**, which simply gives your average blood sugar level for a three-month period. It is not easy to fake this one – it is very revealing.

So what do the results mean?

Under 100 mg/dL (HbA1C 5 and under)	- normal
100-125 mg/dL (HbA1C 5.1 – 5.6)	- pre-diabetic*
126 mg/dL (higher value HbA1C)	- diabetic

mg/dL : (milligrams of glucose per decilitre of blood)

*A pre-diabetic state means that there is a very great risk of developing diabetes. More recent developments, however, are tending to blur the distinction between pre-diabetes (borderline) and diabetes, recommending instead that pre-diabetic levels be treated as with diabetes, since a large percentage of such individuals later develop the condition, anyway.

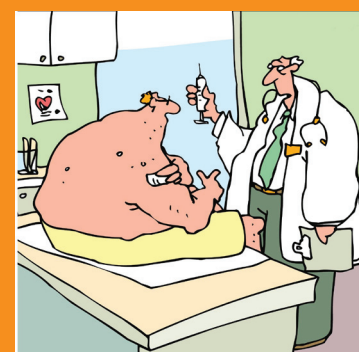
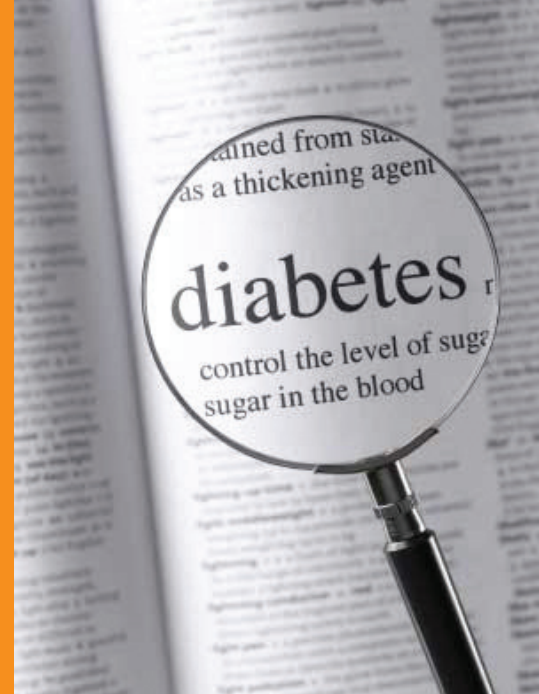
After your diagnosis, your doctor may prescribe a regimen of diet, exercise (including weight loss) and medication to attempt to bring the condition under control.

In our next feature, we will examine what you can do to keep your diabetes in check in addition to the recommendations made by your doctor.

References:

Mayo Clinic – *The Essential Diabetes Book*

The Diabetes Epidemic in Trinidad & Tobago – *Kenwyn Nicholls (M.D./M.P.H.)*



“It wasn’t really insulin. You don’t have diabetes yet. It was just a warning shot.”

PLNL PLANT UPDATE

PLNL MILESTONE: On March 22nd 2012 Point Lisas Nitrogen Limited celebrates 376 days of the plant's continuous running. The plant lost one hour's production on June 27th 2011 due to an instrument problem; however, no running equipment went offline. Production was stopped for one hour due to low reaction/temperature in the ammonia converter.



Civil work in progress for the foundation where the new ammonia converter, built in Italy, will be sited.

Extensive excavation was required for this major ammonia converter project. Sections of the fire water system, oily water system and drainage had to be re-routed.



Major milestone achievement successful completion of the final foundation for the new ammonia converter.



On site fabrication shop, created by DATSU, where all the piping spool pieces will be fabricated, welded, x-rayed and stress relieved before being installed for the new ammonia converter.



Large quantities of materials sited for the cooling tower repairs. This project is carded to be completed in June, 2012.

New car park facility which will accommodate up to 140 vehicles.



RECOGNITION PROGRAMME

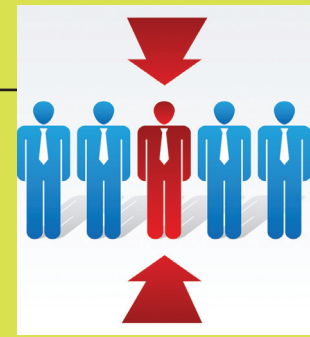
by Desmond Benjamin

We are getting closer and closer to D-Day... the launch of PLNL's Recognition Programme. Hopefully, by the time the first newsletter is out - The Pipe Line News Letter - this programme will already be in the history books.

This programme incorporates the core values of PLNL and seeks to recognise and reward our employees for excellence in the areas of innovation, collaboration and of course safety, health and environmental performance. This extensive project is a direct result of some of the challenges posed to us by those employees who requested that we have a programme that would motivate and encourage them to reach for new and higher levels of thinking and performance.

The programme is in itself a testimony of the perseverance of our own staff. They stuck to the task in spite of the normal demands of work and other commitments and without their dedication the development of this programme would have been all but impossible. In this regard I would like to salute the efforts of the following:

- Chandprakash Ramsamooj
- Andy Ramdhan
- Jason Bheekoo
- Nandani Neeranjan-Sobie
- Charmaine Parris
- Roberto Mantellini
- Desmond Benjamin
- Alyssa Rostant
- Larry Somar



I would like to remind everyone that this is our recognition programme and we must care and nurture it for the development and growth of all our staff members. Respect is one of our Company's core values. This requires that we value each other and recognise that each one of us is important. Without a doubt this value casts a foundation for any recognition programme and once we make our value system a part of our daily lives we will be well on our way. ■

Chandprakash Andy Jason Nandani Charmaine Roberto Desmond Alyssa Larry

REMEMBER WHEN...



L to R in picture: Nevina Maraj, Terrence Dos Santos, Adrian De Gannes, Allan Cayenne and Ashton Eligon.

A much smaller and younger Operations crew of PLNL employees who are still with us today except for Ashton Eligon who left us for greener pastures overseas. Later, he returned to T&T to open his own training company.

The picture above was taken in 1997 or 1998 when family members were invited to tour the plant. Afterwards, everyone was invited to a get-together where the families were refreshed while they 'limed' with each other. ■

MUSIC LITERACY



The Literacy lecturer, Ms Carol Premchand seated. Students from Siparia look on and Learn.

The Diatonic Education Committee launched its Music Literacy Programme in February 2012. This was FREE to the Siparia community.

The programme was open to everyone in Siparia, not only to Diatonic members. The response was very encouraging as thirty (30) students, a mix of youths and adults, enrolled for the classes which are held weekly at the La Divina Parish Hall.

The literacy lecturer, Ms. Carol Premchand, and sponsor, PLNL, are key players in bringing this initiative to fruition. ■

SWADINGOS CORNER

The 2012 Swadingos hiking season started with a scenic hike to Chaguaramas on Sunday 3rd March 2012. The hike was spearheaded by Mr. Nevia Maraj and was enjoyed by all who attended.

Upcoming Swadingos Events

29th April 2012 Swadingos 2nd Annual 5k run/fun walk at 6am



Errol Rampersad at the "Bamboo Cathedral", Chaguaramas.



HSE LUNCHEON 2012



On February 10, 2012 PLNL hosted its annual HSE Luncheon in which another safe year, January to December 2011 without a lost time accident, was celebrated. The guest speaker for the function was Mr. Richard Gopie, a T&TEC ex-employee, who spoke of his actual accident and lessons learnt from this experience. PLNL employees found his heartfelt sharing to be very inspiring and one which many said they'll never forget. Members of the audience were particularly impressed by his acceptance of personal responsibility (no blame-game) regarding the accident and also his decision to use this as a life lesson that could be spread to anyone else who wishes to listen to his message.

PLNL also noted with pride, the achievement of working 625,000 man-hours to that date without a lost-time accident.

WELCOME ABOARD



On February 27, 2012 PLNL welcomed a group of sixteen (16) trainees into the Operations, Maintenance and MIS Departments, for a two-year period including a period of training in the classroom.



UP CLOSE & PERSONAL WITH PLNL EMPLOYEES

Sheldon Samsoundar (SS)

What is your happiest moment?

SS: The day I found out I got First Class Honours from UWI. UWI was fun but I was real glad when it was over.

AA: Anytime spent with my nephew.

What is your secret fear?

SS: Natural Gas running out and I have to find a different job. I really don't have any other talents. I doh feel I could dig drains, mix concrete or fix cars.

AA: It's a fear I'd rather keep secret.

Which living person do you admire the most and why?

SS: Dennis Bergkamp. He was a footballer from Holland who played for Arsenal. He is my hero since I was 11. That explains my Holland and Arsenal tattoos. He was a football genius.

AA: No one in particular.

What is your greatest extravagance?

SS: You would think is food ent? But I always spend real money on expensive clothes and none could fit me now.

AA: Chocolates.

What is your pet peeve?

SS: When people say "Doh worry bout dat nah boy". It is my job to worry about everything. I don't trust people when they say that and it really annoys me.

AA: Nastiness.

What do you get most complimented about?

SS: My ability to lose weight quickly.

AA: Persistence to accomplish what's important to me.

What quality do you like most in women/men?

SS: I like girls who are able to laugh at jokes. Once a girl could understand and appreciate the kind of jokes that fellas crack, they real cool with me. Most girls just roll up their eyes when fellas joking around.

AA: Respect and fairness.

What was your most embarrassing moment?

SS: Can't really think of anything. I guess that's embarrassing.

AA: Ha! I'm not going to mention that one 'cause it's embarrassing.

What was the first thing you did this morning?

SS: Wake up. After that..... Played with my dog named "doggy".

AA: Speak to God.

What are your hobbies?

SS: Everybody knows I'm a football freak and a movie buff. But I love watching TV whole weekend. I can always find something to watch.

AA: Any active sport eg: running, jogging, hiking, football, cricket, netball etc.

What is your favorite food?

SS: Anything that is cooked. But I really like broccoli. I could eat broccoli and barbeque sauce alone.

AA: Cheesecake.

What do you consider your most cherished virtue?

SS: Fairness. I believe that everyone should be treated equally. So if I treat one person badly, I will treat everyone badly.

AA: Devotion to my friends.

What trait do you deplore in others?

SS: Cheapness. I can't understand people who work for so much money and still move like they working URP.

AA: Dishonesty and nastiness.

When was the last time you cried?

SS: Well my moomy eh beat me dis year, as yet. So it was probably last week when I saw the new Avengers Movie preview. My pores raise and tears come to my eyes.

AA: Yesterday.



Arlene Ayers (AA)

How do you deal with stress?

SS: Sleep it off.

AA: Go back to a happy thought.

Where do you see yourself in 5 years?

SS: Relaxing in my new house that is about to be built. As a manager at PLNL (hint hint). Most likely still looking for a gyul.

AA: In my own home.

What is the most important lesson life has taught you?

SS: Good things come to people who work hard. (or at least who parents have real money).

AA: Don't try to please anyone; you'll be constantly disappointed if you do.

What is your current state of mind?

SS: I am always worrying about something. I think it is the OCD in me. I am always over-analysing every situation.

AA: Anxious.

If you had one wish which you alone can benefit from, what would it be?

SS: I wish I could travel to the future to a time when space travel is easy as a plane ride. I also wish I was a Jedi.

AA: If I benefit, I'm pretty sure someone else will.

What place would you like to visit before you die?

SS: Holland of course, the best country in the world. I love that country.

AA: Japan.



Interview with Roberto Mantellini, President Point Lisas Nitrogen Limited

What do you like most about working at PLNL?

The challenges - I love challenges since I have a very competitive nature. Some of the things that have been unearthed since I came have been tremendous; it has taken a while for me to understand and try to solve them. There is a lot still to be done but I think we're on the right track.

Is there any downside to this experience thus far?

I find that even though it is a small organisation there are anchors that prevent it from moving at a faster pace. There are roadblocks, obstacles in the way that slow down the processes sometimes but these are not bad as it forces you to stop and think about what you're doing.

In terms of the Company's vision, what do you see as your role in making PLNL "the preferred employer?"

One of the most important challenges that I have to face, we all face at PLNL, is to move this Company from where it is to where we become "the preferred employer". There's a lot to be done. In the process of identifying all that needs to be done to feel that we accomplish that as a vision in a short space of time, we will continue to work until we get there.

What do you hope to accomplish during your tenure with this Company both at a personal and business level?

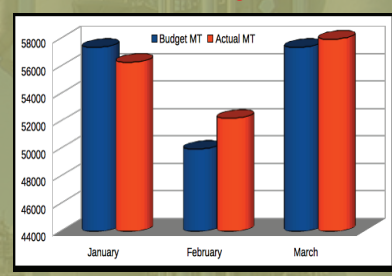
Personally, my goal is that everywhere I go and every activity I develop I will leave an indelible footprint; in the changes, the attitude, the way that I work I hope to leave a footprint that everyone will continue to follow. I hope that the business will improve from how I met it when I arrived.

Closing Comments:

One of the most important things we have done was to develop the vision, mission and values for the Company. I would like everyone

in PLNL to share in and accept these values as their own, not only at work but also at home, with their family, friends and acquaintances. If we include this in our lives wherever we go, whatever we do, we would have no problem living it out at PLNL.

(379 continuous days production)



Jan-Mar 2012 - Ammonia Production 166,552 metric tonnes.
Jan-Mar 2012 - Ammonia shipments - 185,652 metric tonnes.

THE PIPELINE NEWSLETTER

P.O. BAG 38, Couva Post Office, North Caspian Drive, Point Lisas Industrial Estate (North), Point Lisas, COUVA.

PLNL EDITORIAL TEAM

- Dave Francois Jr.
- Ann Marie Ramsundar-Radhay
- Janelle Parris
- Charmaine Parris

ACSR CORNER



Roberto Mantellini (left) and Keith Byer (right), Manager/Director of Diatonic Pan Institute



Roberto Mantellini (left) and Ms. Carlene Pooran of Habitat for Humanity T&T (right)

Ms. Carlene Pooran receives a cheque from Mr. Roberto Mantellini, for the projects carded for 2012, in keeping with the current partnering arrangement between the two organisations.

This relationship started in 2006 when the Board of PLNL agreed to sponsor the construction of two (2) houses per year in each of the fenceline communities. However, because of difficulties experienced by home-owners to secure deeds to their land, it was later decided that rather than build, homes will be repaired/completed. This also allowed more needy families to benefit from the arrangement.

This partnership also enables employees and their families to provide 'sweat equity', that is, volunteering of their time and talent to assist in the renovation of these homes.



Mr. Roberto Mantellini, President of PLNL presents a cheque to Mr. Keith Byer, Manager/Director of Diatonic Pan Institute for sponsorship of their Music Literacy Programme which started in February 2012. Participants will sit grade 1 Trinity School of Music examination in May 2012 and can ultimately progress to grade 8 by 2014.

This exercise is one of Diatonic's social intervention programmes planned for this year.