

Stay Safe During an Earthquake

If an earthquake happens, protect yourself right away:

- If you are in a car, pull over and stop. Set your parking brake.
- If you are in bed, turn face down and cover your head and neck with a pillow.
- If you are outdoors, stay outdoors and away from buildings.
- If you are inside, stay and do not run outside and avoid doorways.

1. Drop

Wherever you are, drop down to your hands and knees and hold onto something sturdy. If you are using a wheelchair or walker with a seat, make sure your wheels are locked and remain seated until the shaking stops.

2. Cover

Cover your head and neck with your arms. If a sturdy table or desk is nearby, crawl underneath it for shelter. If no shelter is nearby, crawl next to an interior wall (away from windows). Crawl only if you can reach better cover without going through an area with more

debris. Stay on your knees or bent over to protect vital organs.

3. Hold On

If you are under a table or desk, hold on with one hand and be ready to move with it, if it moves. If seated and unable to drop to the floor, bend forward, cover your head with your arms and hold on to your neck with both hands.

Stay Safe After

- Once the shake has stopped, go outside and quickly move away from buildings and powerlines to an open area.
- If you are in an area that may experi-



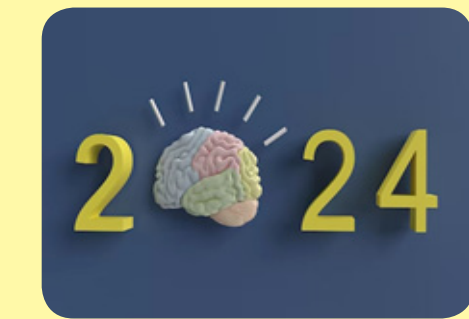
ence tsunamis, go inland or to higher ground immediately after the shaking stops.



EAP Corner 26 Days In.....What's Next?

There are always suggestions being offered for ways to approach a new year. Normally, there are the self-improvement resolutions, advice that focuses on gratitude and self-compassion, etc. What will happen if we ignore them all or give ourselves a break? Can we give our brains a break? Let us look at the "busyness" of our brains:

A thinking brain manages problem solving, organization, emotional regulation, critical thinking, making decisions and plays a dominate role in our lives. It is the part of the brain that seems more logical than emotional. **Survival brain** instinctively reacts with flight, fight, or freeze which is seen during times of crisis, chaos, or trauma. When there is insufficient time for the thinking brain to process the information and respond the survival brain kicks in, reacting quickly and im-



pulsively to maintain self-preservation. **Foggy brain** lacks focus. We may find it harder to finish an activity. There may be changes in our memory. We may suffer from fatigue in both mind and body or find ourselves reacting more emotional than usual. We may be acting more impulsively – spending excessively, eating more, or engaging in activities that are not healthy for us.

For 2024 instead of creating resolutions/benchmarks that can be stressful and pressuring, can we try not to figure everything out or make everything work? Let us set simple, achievable and healthy goals:

- Enjoy our relationships.
- Reach out to a friend or family member/s, share a laugh/ cry.
- Get enough sleep.
- Dress up and show up in the mornings.
- Discover simple things that will make us happy and do them.

LET'S LIVE, LAUGH AND ENJOY 2024!

CALL EAP: 876-551-9796

Editor - Donna Marie Brooks . Associate Editor - Nadene Newsome. Sub Editors - Phillip Biggs. Errol Davy. Jermaine Foster . Jermaine Saunders.

Contributors this Issue - Michelle Hodges, Natalie Sparkes, Juline Asquith, Alicia Marshalleck-Hendricks, Leighton Campbell.

Halse Hall - May Pen - Clarendon - Jamaica . Phone: (876) 986-2561 . Website: <http://www.jamalco.com>

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Employee News



It is often said that everyone has more potential than they think, but they will never know until they keep challenging themselves and pushing beyond self-imposed limits. Laboratory Analyst at Jamalco, **Cedric Francis...**

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EHS Review

@ January 26, 2024

	Plan	Actual
Recordable Injury	0	0
First Aid Injury	0	3
Non Compliance	0	0
Spills to Soil	0	0

Production Review

@ January 26, 2024

	Plan	Actual
Digester tpd	3152	3092
Calciner tpd	3154	3048
Digester Yield gpl	93.7	92.1

Follow Us On



Boiler 5 Back in Operation



Boiler #5

Boiler #5 which was recently commissioned into service has already been tested at 70% of capacity and performing well.

Powerhouse Superintendent **Leighton Campbell** says based on the testing that has been done the organization is satisfied with the performance of the unit. He indicated, however, that the

team is still conducting improvements on the Pressure Reducing System valve as there are limitations on the routing of the steam. "On completion of this exercise, the unit will be tested at maximum capacity and we are hoping to have this done by mid-February."

The refurbished boiler is extremely critical to the refinery's efficient operations, and the organization should realize huge cost savings when it is fully operational since it will reduce the use of the less efficient low-pressure packaged boilers. Boilers #5 will also improve steam availability and stability for the operations going forward.

The boiler is currently powered by heavy fuel oil (HFO) only and this will be the case until Boiler #4 is returned to service in April 2024 as a dual-fired (HFO or Gas) unit. Once boiler #4 is commissioned into service, boiler #5 will be taken out of service and will be reconfigured to be dual-fired as well. When this is done, the Plant will be gen-

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Largest Oil Vessel Docks at Rocky Point Port

In December, Jamalco's Rocky Point Port achieved a key milestone with the arrival of its largest oil vessel ever at the facility. The oil tanker, Nave Cetus, discharged around 220,300 barrels of oil at the Port. The ship measures roughly 228 meters in length.

The Port's loading arm reaches a maximum height of 41 feet, and its dock has a length of 231.6 meters. Due to limited space to accommodate the huge vessel, Jamalco sought the assistance of Petrojam to safely dock the ship without causing any damage. A hose of 8 inches in diameter



The oil tanker, Nave Cetus, docked at the Rocky Point Port.

and 30 inches in length was installed on the vessel, allowing for easy docking and

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Workplace Safety Resolutions for the New Year



As the new year begins, many people will make personal resolutions pertaining to their safety and well-being. Are you making similar resolutions for your daily activities at work? The start of the new year is a good time to refocus priorities on the importance of safety.

- Perform a safety assessment. This might include a review of accidents and near-miss reports from the previous year which can expose areas for improvement. Once these areas are identified, discuss them with your co-workers.
- Encourage co-workers to participate in maintaining a safe work environment and report all hazards and near-miss incidents. It is also important that supervisors recognize and praise employees for safe behaviour.



- Make sure you are fit for work before you start your shift.
- Ensure you can focus on your work and the task at hand.
- Take the time to make sure all necessary safeguards are in place.
- Look out for your co-workers.
- Be prepared to stop work if there are hazards that need to be addressed.

Remember, safety is everyone's responsibility. Having sound workplace safety goals for the new year puts us a step closer to ensuring a safe workplace for 2024.

No Risk is Worth Your Life!

Boiler 5 Back in Operation

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erating more than enough steam to power the operations. It will also have the flexibility to use the most economical fuel.

Boilers #4 and #5 were among the many equipment that were seriously damaged during the devastating August 2021 fire.



Jamalcoans Unite in Praise for 2024



The Praise and Worship team at the Praise and Worship Service held recently; (l-r) Security Officer, **Kurlan Burke**, Senior Process Engineer, **Machell Henry**, Administrative Officer, **Venecia Harris**, Rebuild Coordinator, **Michael Mitchell** and Contractor Process Operator, **Roy Reid**.

Dozens of Jamalco employees united to give thanks for 2023 and to seek God's divine guidance and intervention in 2024 during a Praise and Worship

Service held under the theme, "Asking God's Divine Direction and Protection" at the refinery recently.

The Jamalcoans in attendance were kept on their feet with a lively and soulful praise and worship session, supported by a talented music band called SBS Sound Pro and moderator of the proceedings, Senior Process Engineer, **Machell Henry**. The praise and worship session was followed by a brief exhortation by Production & Maintenance Manager (Extraction), **Mendez Lynch** and several prayers. The intercessory prayers were offered by **Neslie Wright** who led off with a prayer for the Safety and Security of Jamalco. This was fol-

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Largest Container Vessel Docks at Rocky Point Port

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successful emptying of the vessel.

Managing Director, **Austin Mooney** says this accomplishment serves as a clear indication of the future direction for the Rocky Point Port, and demonstrates that at Jamalco, we are capable of overcoming seemingly insurmountable challenges. Mr. Mooney also praised the Port Maintenance and Production teams for their diligent efforts and cooperation with the Petrojam team, which resulted in the successful unloading of an essential commodity.



The oil ship while docked at the Rocky Point Port recently

In June 2011, the Port accommodated the Anni Selmer, the largest alumina vessel to be loaded at the facility.

Jamalco Strengthens Earthquake Preparedness in Schools



A student at Hayes Primary School demonstrates the drop, cover and hold procedure during the earthquake awareness exercise at the institution.

Jamalco organized a series of earthquake sensitization sessions with principals, teachers and students, as part of National Earthquake Awareness Month being commemorated during January. This is being done as the Office of Disaster Preparedness and Emergency Management (ODPEM) launched a month of activities to raise awareness under the theme, 'Drop, Cover, Hold, Earthquake Readiness Is Within Our Control.'

The presentations and drills conducted in schools were intended to enhance knowledge and preparedness, and the ability to evacuate safely in the event of an earthquake.

Parish Disaster Coordinator for Clarendon, **Eleanor Coombs-Waite**, collaborated with Jamalco in delivering the message that "earthquakes have no season, they can occur at any time and wherever we are, and we can experience this phenomenon.

Over 1000 students from



Students of the Frankfield Primary School gather at the school's earthquake assembly point while Senior Community Relations Officer, **Errol Davy** and principal of the school, **Tori Carty**, gives a debrief of the exercise.

Schools in Jamalco's operational areas in Clarendon and Manchester benefited, from the exercises. Some of the Schools that were involved include-Hayes Primary, Watsonton Primary, Frankfield Primary, Mitchell Town Primary and Infant Schools. Earthquake response drills were organized and students responded to the drills by doing the drop, cover and hold procedure, similar to how they would respond in a real earthquake event.

At the Hayes Primary School, the students were told about the secondary hazards emanating from earthquakes, such as a fire, by District Officer **Rayon Davis** and Acting Corporal



Acting Corporal **Lance Dawkins**, Fire Prevention Officer at the May Pen Fire Department demonstrate how to stand in a doorway during earthquake events at the Hayes Primary School.



Senior Community Relations Officer, **Errol Davy** speaking to students on earthquake preparedness at the Frankfield Primary School.

continued support and partnership, while commending the Jamalco CROs for this great initiative.

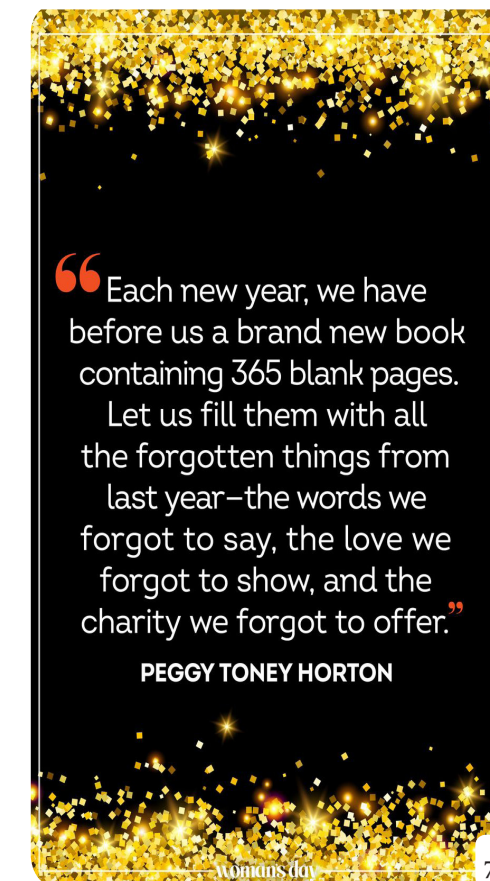
Richmond Park Primary School and Brixton Hill Primary School will also be visited this month for other earthquake awareness sessions.

Lance Dawkins, Fire Prevention Officers, while **Mrs. Coombs-Waite** reminded them of the importance of evacuating to the schools assembly point.

Senior Community Relations Officer, **Errol Davy**, who coordinated the activities at the Frankfield Primary School, outlined the reason behind the initiative. "In light of the recent earthquake events, it is important that our children who are in school for approximately seven hours each day, are reminded on how to respond if an earthquake occurs to minimise any negative impact," he explained.

At the Mile Gully Primary School, Community Relations Officer, **Jermaine Foster**, ensured that students were aware of their vulnerability to earthquakes. Working in partnership with principal, **Mrs. Heiley Salabie-Knight**, students received preparedness and safety information. Mr. Foster explained that students from the institution are now able to respond correctly to earthquakes and are better educated to take the information home to their parents and guardians.

Mrs. Salabie-Knight expressed gratitude to Jamalco for the



“Each new year, we have before us a brand new book containing 365 blank pages. Let us fill them with all the forgotten things from last year—the words we forgot to say, the love we forgot to show, and the charity we forgot to offer.”

PEGGY TONEY HORTON

Jamalcoans Unite in Praise for 2024

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Jamalcoans at the Praise and Worship Service held recently.

lowed by **Wayne Davis** who prayed for the well-being of Jamalcoans. **Richard Lord** prayed for the business and economic situation of the company, **Barrington Walters** for Jamalco's Partners and its leadership, former employee **Joseph Preddie** prayed for the company's Production, Mining and the Port operations while **Michael Mitchell** prayed for the Support Services and **Diana Tomlin-Whittick** prayed for our country Jamaica.

Corporate Services Manager, **Donna Marie Brooks** brought greetings on behalf of Managing Director, **Austin Mooney** expounded on the importance of seeking God's guidance,

direction and protection. "As we seek God's divine protection, it is essential for us to approach him with humility, sincerity and a willingness to surrender our own plans to His perfect will," she said. Ms. Brooks added that in seeking God's wise counsel, we should position ourselves to hear his voice and discern his leading in our lives.

In his sermonette, General Field Mechanic, (Digestion) **Paul Phillips**, gave thanks for 2023 and entreated the holy spirit to guide us through 2024. Citing Daniel 4, he called on Jamalcoans to amend their ways and draw close to God. "We are God's stewards, and we



Procurement Superintendent, **Diana Tomlin-Whittick** (l) and Rebuild Coordinator, **Michael Mitchell** in a prayerful mood at the Praise and Worship Service.



General Field Mechanic, (Digestion) **Paul Phillips** delivering the sermonette.

must follow His lead if we want to be successful," Mr. Phillips stated.

He also reminded Jamalcoans that despite the circumstances that they might find themselves in at the organization, they should change their mindset and give thanks to God while continually asking and seeking God's divine direction.

Technical Manager, **Marlon Crosdale** offered the closing prayer, which was focused on the importance of Jamalcoans faithfully discharging their duties for the success of the organization.

Critical Calciner Repairs Completed

The Cooler Tube Bundle and the Electrostatic Precipitator (ESP) were recently taken out of service for critical repairs. The two units are essential to the production of quality alumina at the refinery. The repairs became necessary because of the high alumina discharge temperature from the cooler which was caused by restricted tubes in the tube bundles of the heat exchanger. This resulted in a reduced oil flow rate in Unit 1 Calciner.

Production and Maintenance Manager, Recovery, **Alicia Marshall-leck-Hendricks** says the alumina must be cooled before it is transferred from the cooler to the conveyor belt to prevent the belt and skirting from burning and becoming damaged. "The cooler uses four U-tube tube bundles each with 120 tubes. Approximately 38% of the total cooler tubes were restricted with bundle having 60% of its tubes constrained."

The challenges with the Calciner were compounded as the north side wall plates of the third field on the Electrostatic Precipitator (ESP) had severely deteriorated and developed leaks in several areas. "With these challenges, it was difficult for the unit to maintain the required temperature in the ESP and eliminate moisture. This situation impacted the condition of the Calciner stack and created a potential for dust emission. The condition persisted for a long time



The newly installed tube bundles

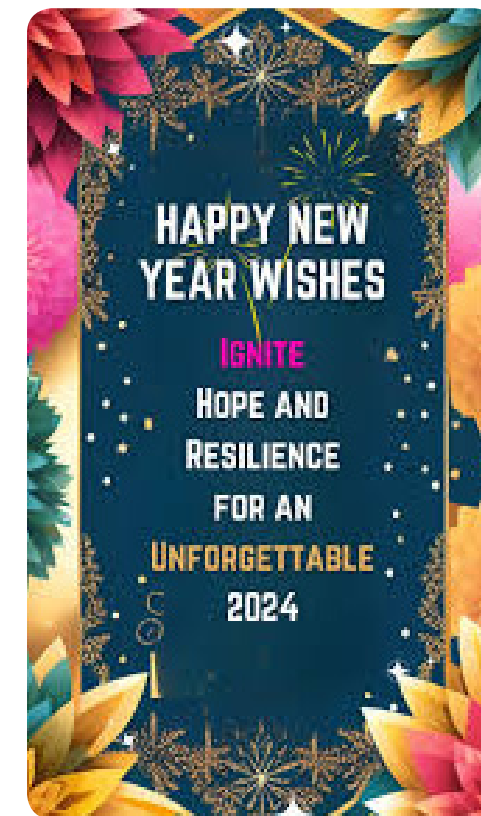
with many planned and unplanned hours invested in maintaining the unit's reliability while meeting alumina shipment obligations," Mr. Marshall-leck noted.

"A single Calciner can produce approximately 1300 tons of alumina daily and removing a unit from service derails the Refinery's production capacity by 33%. Therefore, the renewal of the cooler tube bundles was critical to the completion of the project and the functioning of the calciner," Mrs. Marshall-leck-Hendricks added.

The repair work was completed within 6.46 days and without any safety incidents. The calciner was returned to service ahead of schedule and time with a gain of 31.5 hours.

Mrs. Marshall-leck-Hendricks

has heaped commendations on the dedicated Jamalco and contractor teams who worked through the challenges and executed the tasks ahead of the planned timeframe.



In the Spotlight - Cedric Francis Health and Fitness Enthusiast

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Cedric at a training session at the Jamalco Sports Club

race event in February will be the largest race that I have ever participated in, and I am training to complete it in less than 17 minutes," he states confidently. To do this, Cedric knows that he has the full support of his wife, Samantha and young sons, Cedric Jr. and Joel who are following in their father's footsteps and running in races at their schools.

"My wish is for all Jamalcoans to get moving and adopt a healthy lifestyle which includes watching their diet. They must not allow anything to demotivate them in their health and fitness journey. I will remain consistent and keep moving as I want to be an example to my peers, that when they are healthy physically, it can equate to a healthy mind and improved performance at work," he explains.

As the Sagcor Sigma 5k race event approaches and all Jamalcoans get energized to support the race that



A young Cedric

will contribute to healthcare for children in Jamaica, we will all be watching and cheering on **Cedric Francis** as he takes his fitness to the next level.

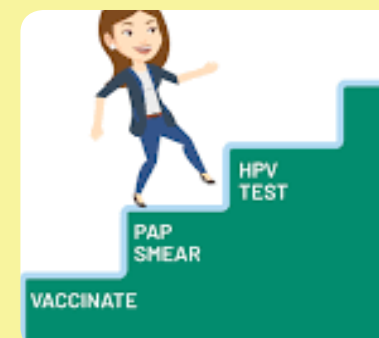
Jamalcoans Urged to Manage Cervical Health

January is being observed as Cervical Health Awareness Month globally and an online presentation was organized to encourage Jamalcoans to learn more about cervical health and cervical cancer prevention and take steps to help eliminate this preventable cancer.

The presentation was facilitated by Dr. Vincent Williams, Consultant Gynaecologist and Obstetrician at the May Pen Hospital, and he began by reiterating that cervical cancer is totally preventable and no one should be impacted by the disease if they do regular screening at least once per year.

Dr. Williamson explained that cervical cancer is a very common cancer globally with over 400,000 Jamaicans diagnosed and close to 250,000 dying from the disease annually. He also advised that much younger women are presenting with the disease which was not normally the trend.

Cervical Cancer is linked to



the Human Papilloma Virus (HPV) and is normally transmitted through sexual activity. "Education and screening methods are extremely effective in curtailing the disease," Dr. Williamson explained. Screening is normally conducted through a Pap Smear tests. The pap smear test is highly effective at identifying precancerous changes on the cervix and an annual test is recommended for all women over 21 years old, regardless of sexual history.

Dr. Williamson also introduced

the importance of being immunised as a prevention tool and outlined the three types of vaccinations that are offered to women and girls while explaining that "the vaccine gives the body a safe way to build immune system awareness of some HPV strains. This means the body has an easier time clearing out those strains of the virus if a person catches them later." The HPV vaccine does not replace the Pap Smear test, he cautioned.

There are many treatment options available to women who find abnormal or precancerous cells on the cervix, and they are all available in Jamaica. Some symptoms of cervical cancer are vaginal bleeding during and after sex, between periods or after menopause; pelvic pain; or pain and bleeding during sex.

The team was also encouraged to be very consistent and vigilant about their routine healthcare and screenings.

Digestion Maintenance Department Gives Love to the Less Fortunate

The Digestion Maintenance Department showed love to the less fortunate last Christmas when they assembled and distributed eight gift baskets to them. After identifying the beneficiaries “we came together and discussed how we could display our love to those in need. Our team believes that Christmas is not just for celebrating but also for giving love to others,” General Field Mechanic, **Marlene Thomas** explained.

The team members decided to



A resident of Love Lane in May Pen, with her gift which was handed over to her by General Field Mechanic, **Marlene Thomas**.



General Field Mechanic, **Wellesley Lynch** presents a gift basket to a needy resident from Lionel Town.

create a donation box in the Department where they deposited their items of food provided by Jamalco during their overtime shift work. Several members also procured grocery items, such as flour, sugar, corned beef, milk, etc. These items were then used to prepare the eight gift baskets.

According to Marlene, “we recognize that many persons in communities close to us are in great need so we focused our attention on those who might be in

greater need than us - all the residents who received the items were very grateful and we intend to continue this assistance especially with residents with whom we visited and who are in need of further assistance.”

The residents who benefited were from the communities of Frankfield, Love Lane, Cornpeice Settlement and Lionel Town in Clarendon.



General Field Mechanic, **Wrenville Anderson** hands over a gift basket to a needy resident in Frankfield.

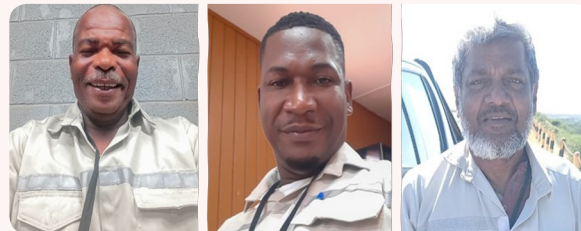
Employee of the Month



Congratulations to Powerhouse Employee of the Month for December 2023, **Marcel Parchment**. Here, he collects a token from Staff Production Engineer, **Natalie Curtis**. Marcel is a member of the Operations team and he went above the call of duty while assisting with the restoration and preparation for the lighting of Boiler #5. Well done Marcel and keep up the excellent work.

Commendations

The leadership of the RSA Department commends Production Systems Operators, **Roy Ball**, **Rayon Ellis** and **Percival Stanley** for the instrumental role they played in investigating the cause of low packing water flow to the #3 underflow pump and for taking the initiative to change the packing water check valve on the #3 packing water pump at the C10 Paste Thickener. A failure of this critical pack-



(L-r) **Roy Ball**, **Rayon Ellis** and **Percival Stanley**

ing water pump would have resulted in the loss of operations of the paste thickener. Well Done!

The leadership of the Calcination Department hosted and celebrated members of the Department for outstanding work done to maintain stability, safety and efficiency within the Department during 2023. During an internal staff awards ceremony, the team members from the operation and support areas were awarded with tokens of appreciation and certificates by the department leaders, **Alicia Marshall-Hendricks** and **Omar Morrison**.



Members of the Calcination Department partaking of the lunch provided at the Department's special employee awards function.

In the Spotlight - Cedric Francis Health and Fitness Enthusiast

It is often said that everyone has more potential than they think, but they will never know until they keep challenging themselves and pushing beyond self-imposed limits. Laboratory Analyst at Jamalco, **Cedric Francis** aims to maximize his health and fitness by constantly stretching to the next level and challenging himself physically by running.



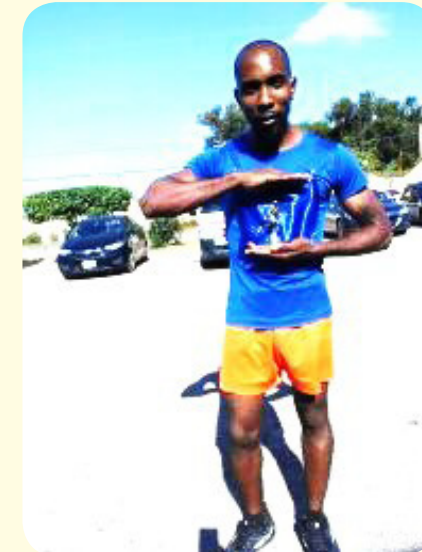
Cedric Francis

Cedric does not dispute the fact that his love for running could be a genetic thing as he was told by his mother that he started walking at six months old “I have come to realize that this is a trend in my family as most of the babies begin walking from 6-7 months and my grandmother was still jogging every day at age 70,” he explains enthusiastically.

His gift for long distance running began at 24 years old while employed to Windalco. “A co-worker saw me cycling and invited me to the High Mountain 5k run/walk in Manchester”. Without training I was placed 7th out of approxi-

was curtailed for some 10 years as I lived more than 20 miles from the institution.” This did not stop him, Cedric was running whenever he felt like it, doing races and training distances of 9-16 kilometers.

After a while, Cedric told himself that he was just not good enough or going to get as fast as the runners who were winning the races. “I stopped running for about 10 years, I would sit



Cedric poses with his trophy after winning his first 5k at Denbigh Primary School in 2019.



Cedric's trophy after winning his first 5k.

level and since joining Jamalco, has stretched himself by running from his home in Sandy Bay, about 12 kilometers from Jamalco to work for about 5 months. This activity he explains, has changed his body and given him the energy to perform his duties with excellence. “Running creates a deep communication with my body, I can actually know when I am not physically well and can implement the necessary dietary and physical changes to perform at maximum capacity,” he explains.

Cedric currently partici-

and compare my performance to the other top long distance runners in Jamaica and tell myself that it was impossible to do well in running. I became so demotivated,” he explained.

Switching his studies to the Church Teachers College was a good move for him mentally, as the Track Coach saw him jogging and invited him to represent the School in the Cross Country races. He was also not happy with how his body felt and looked, so he accepted the invitation and placed second in his first long distance race for the institution. The death of his father around the same time was also a major challenge for him, but “I discovered that my training and running schedule did a lot to take away the negative and low feelings that I was having back then,” he stated.

Gaining confidence is his abilities, Cedric stopped comparing himself with others and is using his own internal drive as the motivator to keep active. “It is important to me that my body is in perfect health, and running helps me to achieve that as well as forces me to hydrate and watch my diet,” he explains. He is constantly challenging his fitness



Cedric with his wife, **Samantha** and sons, **Cedric Jrn.** and **Joel**.

pates in as many 5k races as possible. In 2023, he was placed in the top 10 in 2 of the 3 races he participated in. He placed 6th out of 1335 runners, in the University of the West Indies 5k, and 4th out of over 200 participants in the Manchester High School 5k. Working the night shift at Jamalco has placed a dent in his running schedule, but Cedric at 40 years old will not allow anything to get him off track. “The upcoming Sagcor Sigma 5k