PLNL
Point Lisas Nitrogen Limited

Pipeline Newsletter

1st Edition 2019



Special Feature Inside



Front Cover—Board Members from Koch together with PLNL President and team members join the ship's Captain aboard the Clipper Orion at SPN2

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Clipper Orion unberthed by NEC tugs. Cargo load of 38,400MT

Special Feature



Remembering a Fallen 'PLNL' Soldier
Anthony (Mitch) Mitchell

By Operations Manager, Nevia Maraj

I knew Anthony Mitchell (Mitch as he is affectionately called) since 1995 when we joined the Trinidad and Tobago Methanol Company' Operations department. Then, as faith would have it, our paths crossed again when we both joined Point Lisas Nitrogen Company (PLNL) IN 1997 - again in the Operations department.

Mitch was a strategic thinker, brilliant, innovative and creative. As such, he contributed significantly to the development of the Operations team. He always spoke his mind and gave his honest feedback - whether you liked it or not. This was his way of getting persons to learn and become better at their job.

I know he is in a better place now, without illness and pain, but we will miss him terribly. His departure has put a dent in our OPERATIONS TEAM.

These are some of the sentiments expressed by his colleagues from each shift:

A Shift:

We the members of A shift would like to say that Mitch was a guy who loved sports and believed in doing a job to the best of his ability. He was a man of passion and purpose when it came to family life and work. One of Mitch's sayings was "There is only one way to do something, the right way!"

B Shift:

Every one of us who knew Mitch and worked alongside him will remember him for his commitment to the job. Some of us will especially remember him for his calmness during plant upsets. Giving instructions whilst remaining calm throughout. He was an individual of neutral character. He had a strong belief towards integrity, was poised with a wealth of job knowledge, had a limitless passion for job safety and unconditional love for his children"

-Condolences to his family and loved ones

C Shift:

Only when we understand others perception of us, can we look within, and see perceived flaws that can be improved to become a better person.

Rest in peace our dear friend.

D Shift:

To the Family and friends of A. Mitchell, we the members of D shift offer our sincerest condolences. He was with us through a lot of the ups and downs, his raw truth and wealth of knowledge will be missed.

Lynette (Operations AA) and Members of he daylight crew –

Mitch always took the time to say hello, share his views and of course make a joke. The daylights you spent with us will definitely be missed. Rest in peace – we all love you.

Like a true soldier, Anthony 'Mitch' Mitchell fought his battle valiantly until the day of his passing on May 23rd, 2019. Gone but never forgotten.

Rest In Peace Mitch!

PRESIDENT'S PAGE



We cannot spell S_ccess without "U""

As we come to the end of the second quarter of 2019 it is a good time to reflect on the significant dry season conditions we experienced for 2019. During this period, we witnessed the "drying up" of trees and vegetation particularly our grass and shrubs to the extent that a lot of grassy areas now look brown rather than the lush green colour we are accustomed too. Interestingly amidst the large swaths of brown there are still some plants which have maintained their green appearance even during this dry season. It is clear, that these plants continue to look green and healthy because of their deep roots whilst those of the smaller, less deep rooted variety, have dried up and await the rains to spring back to life.

As we contemplate this withering of some plants during difficult times and the continued growth and green appearance of the deep rooted ones during the same difficult conditions, there are obvious personal life lessons to be unearthed and learnings for our organisation as well. It is in this context that we must consider what it means to be a deep rooted organisation/company.

Currently there are huge changes in the worldwide natural gas industry that includes more abundant and cheaper natural gas supplies in/from North America and other parts of the world. Whilst quite conversely, the local natural gas industry has experienced reduced natural gas supplies and higher sales prices, which makes for difficult conditions and requires "deep rooted" companies to survive.

PLNL must be one of those "deep rooted" companies! As a "deep rooted" Company, employees at PLNL must stay true to our **values** which includes, exhibiting safe behaviours; adhering to policies and procedures; treating each other with respect even when we may have differences of opinions; collaborating within our teams and across departments to ensure world class safe and reliable operations and being good at what we do to the extent that we begin to find ways to improve and innovate our work processes.

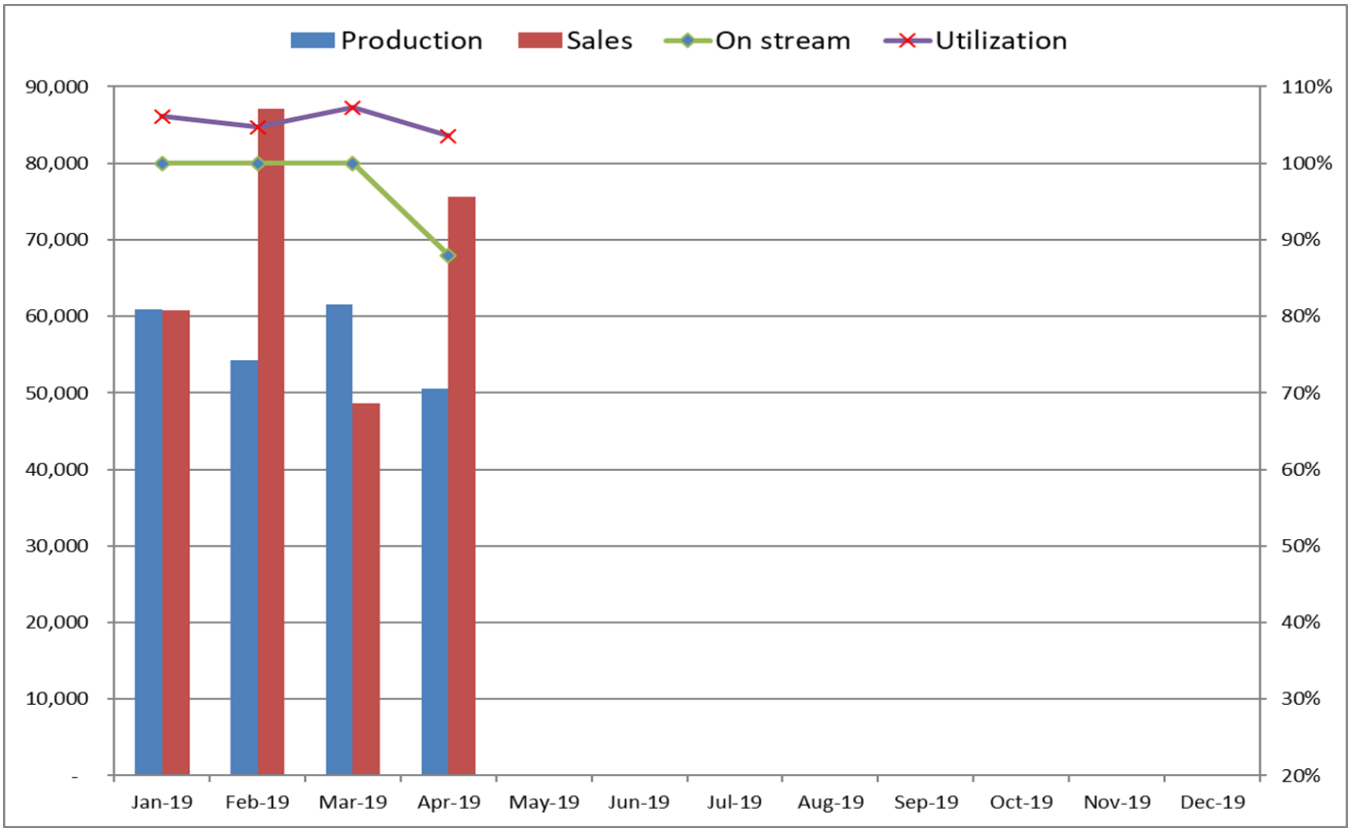
What's more, is that as an organisation, we derive great benefit from "deep rooted" practices and behaviours in that, they become engrained in us and what we do each day and sure enough – because of our deep roots – we are able to stay green and keep growing during difficult times.

I commit to being a deep rooted PLNL employee and team member, what about you?

Remember… "We cannot spell S_ccess without "U"".

Fitzroy Harewood

PLANT PRODUCTION STATISTICS— (JAN — APRIL, 2019)



Unplanned Outage

Even as planning for our Annual Family Day, and, more importantly the upcoming TAR 2020, the Plant experienced an outage on April 29th which caused operations on the Plant to come to a halt. This decision resulted in all maintenance activities in the ISBL area being stopped at 12 noon on Monday May 1st. The shut down of the Plant which was expected to last approximately 4 days involved plant depressurization, cool down and clean-up of systems to allow maintenance works to begin so that the Plant could be brought back on schedule in the shortest possible time.

Due to the outage, the TAR 2020 Scope freeze date was extended to May 17th, 2019 to allow TAR planners to capture any new developments identified during the shutdown and start up phases that may be incorporated into the planning schedule.

The Plant start-up began on May 4th, 2019 and product to storage was achieved at 2:30 a.m.

Thank you Operations team, your efficient efforts are appreciated.

Kind regards,

Fitzroy H.

FITZROY BECKETT *(employee extraordinaire)* Retires May 2019

by Yvette Barrington-Thomas



Mr. Beckett or just plain Beckett are the names that he is called daily but, to many of us, more so the ladies, he is fondly called Becky or Becks.

For this article we will refer to him as Beckett.

Beckett joined PLNL as a contractor in August 1995 seconded by SIS. He was later added on contract to the PLNL Team as a Plant Attendant, a responsibility he has taken very seriously as with all his other duties. The general consensus of most employees throughout the Plant has been that since he joined PLNL, his excellent performance and his very 'big personality ' has not diminished one bit. Some even say after all these years that his great performance on the job as the first Plant Attendant cannot yet be compared to— *what an exceptional employee!*

Beckett's position in the company was later changed from Plant Attendant to Courier. As the Company's Courier, he has operated in the same vein; ensuring that he goes above and beyond his assigned duties. In fact, he has provided such an excellent service to the organization that he easily gained the confidence of many members of staff and visitors alike. Over the years, he has maintained healthy relationships, always being so very comfortable in his skin to throw in his two-cents worth on all issues.

Beckett's daily interface with employees and visitors has been very interesting throughout the years. Trainees and employees never get away with lacking or lapsing in manners. He would stop anyone in their tracks if, for one reason or another, they forgot to say good morning or good afternoon. He would immediately say to them —*'but you doh know to say good morning—good morning*!" and, of course one felt the need to comply. In many cases this interaction changed your day but definitely improved your manners. Notably, in responding to calls on his phone at any time of the day he would say—'good afternoon', confusing the daylight out of those on the other side of the line causing them to fumble and laugh loudly.

Over the years, Beckett prided himself on his adept ability to get employees to accept the fact that a smile can change your day. Daily he encourages employees, visitors and strangers alike to smile and be happy. No one gets away with a serious or sad countenance. He would say *' "oh gosh put ah smile on your face nah".* He himself lived by those words of wisdom.

What is most interesting about Beckett is the fact that over the years he became familiar with everyone's job and could very accurately remind you when you needed to do a particular task and, like many other administrative personnel, we could never thank him enough for these reminders that saved us many times.

Beckett has been instrumental in ensuring the success of every family day held at PLNL. Together, 'Becks' and I have worked closely and successfully on this event since 2008. Sadly, the upcoming family day event on May 19th will be our last and it has been a bitter-sweet planning period. His ability to take charge and his great common-sense approach has kept high stress levels at an all time low. Whenever required, he literally took the reign and allowed focus to be placed on a successful end product—*what a friend!*

Dear to his heart is his love for his faith and, while he never forced it down your throat, his passion and love for his God has always been evident in the way he treats people. Over the years he has constantly reminded us, his close friends, to lead simple lives and not be too caught up in the 'material' realm – *what wisdom!*

Interestingly, despite the fact that Beckett retires on May 17th, 2019 he has remained energetic and available. He may be one of, if not the only employee, who has never submitted a sick leave certificate to the organization.—yes, he has never taken sick leave throughout his tenure! As Courier, he has been on the road constantly and consistently, day and night when called upon to do so and we thank God for keeping him safe from harm or injury all these years.

Beckett's personality has not changed nor diminished over the years. He is not one who is impressed with 'high offices' nor superficiality. To him, it really does not matter who you are or the office you hold—what matters is your honesty, integrity and your ability to be 'real'. His charm extends outside of PLNL. He is the only person that I know who has the ability to convince a worker in a Government office to willingly assist and also part with their personal contact number!

Beckett developed beneficial friendships and was fortunate to have persons, again mainly ladies, go out of their way to assist him with a smile. I guess they were attracted to his own genuine nature and his infectious laugh! Really, when you think of it, these very meaningful relationships benefitted PLNL as the special treatment that was meted out to him was not for his personal gain.



This man makes himself known everywhere—north or south, nook or cranny; he had no qualms about approaching anyone, anywhere about anything!

Over the years Beckett has been entrusted with very confidential information, yet his reliability and trustworthiness has never been compromised. At no time throughout his tenure has he caused his good name or the reputable name of the Company to fall into disrepute. He is a man who stands on sound principle—*what a man of integrity!*

As retirement approaches, it is almost normal for most persons to give less of themselves—not so with Fitzroy Beckett, he continues to perform his duties exceptionally, with alacrity and fervour, as though his approaching retirement is not at all in sight —*what commitment!*

Beckett, Becky, Becks as you are so fondly called, you will be missed. It is difficult to imagine what our work life at PLNL will be without you. You have been a co-worker, a friend, a confidante to many and an employee extraordinaire. Your example has impacted the lives of so many during your tenure at PLNL. While we don't want to see you go, you deserve to enjoy this period of your life and, for this reason, and this reason only, we accept that you have earned the right to retire. However, I pity all of us who now have to remember the things that you so easily reminded us of. We're also sorry for the organization or person who comes on board to fill your role—some big shoes to fill!

Fitzroy, you are the epitome of a hu*man extraordinaire!* So, in a verse from my personal poem to you, we wish you bon voyage and a wonderful and exciting retirement journey.

Dearest Becky we thank God for your wonderful legacy
and the impact you've made on your peers personally
Now, as you proceed on your retirement journey
Remember you will always and forever be ;
and I speak on behalf of many, many, many
including Yvette, Lynette, Janelle, Denise, and Annie
Our forever friend Becky!

memories don't leave like people do....























PLNL's "Getting to know you" – The Finance Department

Article by Reshma Ramai

The Finance Department in any organization can be defined as the gate keepers of the company's wallet, ensuring integrity and compliance in all aspects of the company's operations.

Our department is one of the smaller ones at PLNL – comprising Finance Manager, *Sharik Khan,* Accountant – *Tara Lakhan*, Assistant Accountants – *Ann Marie Ramsundar* and *Reshma Ramai* and Accounting Assistant *Kaloutie Bissoon-Teekeram.*

A little about us…..

***Sharik Khan* joined PLNL in 2012 in the position of Accountant. Over the years, he has swiftly progressed through the ranks to Finance Manager. Prior to joining, he was responsible for auditing PLNL in his role as an external auditor. As a result, he quickly gained quite a comprehensive understanding of our process and practices. In his free time away from PLNL he enjoys travel, cooking and being quite the all-round gentleman. There are some employees at PLNL who swear that his pelau is near impossible to beat. Then again he is the man to issue the money!**

Our newest member, *Tara Lakhan*, joined us in 2018 as Accountant having previously worked at several other companies on the Point Lisas Estate. She has since proven her mettle, being quite a fast learner and an asset to the department. Famed for her culinary skill, she made a brave attempt at the recent curry duck competition held by the Swadingos Sports Club. Unfortunately, things did not work out as planned, but she has vowed to return next time bigger and better than ever and may even win—if the Curry Duck Crew allows!

We proudly boast that we hold one of the longest standing employees of PLNL – *Ann Marie Ramsundar Radhay,* Assistant Accountant, who has been with us since 1997 and possesses a vast and intimate wealth of experience and knowledge of PLNL, its operations, trials and tribulations over its twenty-plus years of existence. A simple question of "remember when" could easily regurgitate abundant memories of times gone by and more often than not, the facts, hilarity and frustration that accompanied them.

***Reshma Ramai , (recently promoted to Assistant Accountant)* and *Kaloutie Bissoon-Teekeram: Accounting* Assistant, have been keepers of Records, Filers of Files and Guardians of All Things Payroll and paperwork. When the going gets tough, the tough gets buried under the mountains of processing and day to day transactions that ironically help in the greater picture of keeping PLNL steady and functioning. Reshma has been with us for six years while Kaloutie has been with us for five, both having amassed quite a few years' experience on the Point Lisas Estate and related industries.**

A little history, and what next?

The Finance Department hasn't been without its share of challenges being a severely understaffed department in the past. Through persistence and lots of hard work, the department kept going steadily and finally in 2019, we are fully manned. From here, we hope to maintain the momentum and ensure that all our functions are conducted in a timely manner and that all relevant information is precise and readily available to our end users. After all, the very basis of all great decision-making lies on accurate and concise material in real time .

Having functioned as we have, our tiny unit has evolved into a family – we are our brothers' and sisters' keepers, we take care of each other, we agree, we disagree and we agree to disagree, we get things done, and we get them done right (most of the time...lol). Despite the various trials in years gone by, we look optimistically towards all things to come, secure in the knowledge that we have the capability to work as a unified element for and on behalf of PLNL.



Inset: (top) Tara, Ann Marie, Kaloutie bottom: Sharik and Reshma


the hike is on.....
Employees & friends enjoy a Swadingos Adventure
Saturday 15th June,
we take you to
PARIA
FALLS
a vibe of relaxation with your
best buddies and nature.

WE DID IT!

One Million Manhours (*without an LTA*) Achievement

WE DID IT!

Congratulatory e-mail from HSSE Chairman

HSSE Chairman, Darryl Roberts expressed his congratulations to employees on behalf of the HSSE Committee members in a short e-mail to staff which read,

" On behalf of the committee members and myself I take this opportunity to thank all for their continued diligence and high regard for working safely as we look forward to celebrating two million man hours."



HSSE Chairman, D. Roberts

Congrats from the Board of Directors

The Board of Directors also sent their congratulations on our achievement of One Million nan-hours without a Lost Time accident. This achievement which was met on February 11th 2019 has definitely made us a very proud team.

Mr Mc Grane, Chairman of the Board in his congratulatory message stated that this achievement is something that we should be very proud of. He however cautioned that we must not allow 'pride to turn into complacency'. We also may have already heard or read the proverb that says *'pride commeth before a fall"* so it is imperative that we always stay focused and humble even while attaining our accolades.

In his wisdom. Mr Mc Grane suggested that with continued vigilance supported by an even greater focus our plant operations will remain consistent, efficient and reliable.

Thank you to the Board for their vote of confidence!

Student Plant Tours



Two Plant Tours were hosted by PLNL during this quarter. In attendance were two groups of students from The University of Trinidad & Tobago (UTT) and The British Academy of Port of Spain who visited on April 13th and 14th respectively.

The lectures on PLNL's plant operations were held in our Canteen and conducted by our able Operations Supervisor, Ghe Hercules who also facilitated the plant tour.

Ghe took the opportunity to familiarize the students with our operational activities and answer all the questions asked that would allow the students to be further motivated and enlightened.



Students of UTT, Point Lisas



Students of The British Academy

The Operations Team continues to make themselves accessible to conduct educational tours for schools and students who are completing a course of study in process plant operations and engineering .

The students were all treated to light refreshments and small tokens before boarding their diesel-driven buses. Hopefully some of them will join the PLNL Family—some day!

We salute you Operations Team.

INFORMATION CORNER

WELCOME ***to our newbies….***



Nicholas Sirju

During this quarter we were joined by five professionals , namely,

- ◊ **Nicholas Surju,** ***Materials Assistant***
- ◊ ***Karen Peters, Compliance Officer***
- ◊ ***Kiran Rampat , Mechanical Engineer***
- ◊ ***Cindi Nandlal, HSSE Manager***
- ◊ ***Gerald Mollineau, Mechanical Engineer III***



Karen Peters

We welcome them to the PLNL family and look forward to the positive impact on the organization with their talents, both professionally and personally.



Gerald Mollineau



Cindi Nandlal



Kiran Rampat

Here's wishing you all a long and rewarding tenure at PLNL.

⇒ **Four new PLIAP Apprentices joined us on April 5th, 2019 . They report to the M&R Manager, Vijay Latchmansingh for all their assignments.**

⇒ **On May 1st, 2019 eight (6) new PLNL Trainees were on boarded and exposed to three full days of orientation. Their Classroom training commenced on May 8th conducted by one of our able Assistant Operations Supervisor I, Ghe Hercules. Ghe has a definite passion for 'training' and is excited about being given this opportunity.**

Onboarded were:

Chandani Lall, Selena, Seelochan, Colin Coldero, Matthew Ganga, Nicholas Ramoutar, Teeanna Dipchan

"When you get to do what you love—you no longer work a day in your life" *Ghe Hercules*

Promotion

Reshma Ramai was promoted from the position of Accounting Assistant. She is now one of two Assistant Accountants in the Finance Department!

Retirement Wishes

Fitzroy Beckett, Courier, retires on May 17th, 2019.Thank you Fitzroy for your contribution over the years and for great memories.

Happy Birthday Greetings

Happy birthday greetings are extended to all those who celebrated birthdays within this quarter

Congratulations

Hearty congratulations is extended to Plant Operator Renaldo Pariag and his spouse who welcomed their first baby, *Ethan*, on February 8th, 2019

Condolences

We express our deepest sympathy to employees who lost loved ones during this quarter

Ann Marie Ramsundar– Radhay *(spouse)*

Carlyle Ramsundar *(father)*

Robin Ramoutar *(father)*

Karen Peters *(father)*

Yvette Barrington-Thomas *(sister)*

We remember Anthony Mitchell's family, especially his three beautiful children and the rest of his family circle in our prayers.

Rest in peace Mitch.

R.I.P.

OUR ACTIVITIES





SWADINGOS









Cricket in motion
pics by Marrisa

LOOK OUT FOR THE NEWLY ESTABLISHED

'GRATITUDE BOARD '



Lynette receives her gift from 'Mooj' on behalf of the Operations Team (a voucher for curry duck perhaps?)



We celebrated Down Syndrome Day with our colourful socks



EGGcellent!

EASTER EGG HUNT

Easter Egg Hunt hosted by our Corporate ladies Denise & Yvette on Holy Thursday.

Winners: E&I , Consolation: Admin Bldg

Yvette I must say the East
er Egg Hunt provided some
excitement in our buildi
It was a good team buildir
session. Janelle Parris

Most cool activity held thus far. Loved it, look forward to more team builders.
Ghe Hercules

PLNL's Corporate Communications Department – "Positively Projecting PLNL"

What is CorpComm's role in the organization?

We play a key role in how our shareholders, employees and the general public perceive the company. It is our responsibility to ensure that PLNL and its leaders are always prepared for media interviews. We develop messages to deliver to our stakeholders and suggest new initiatives to keep the company on the cutting edge of communication.

Public Relations

It's all about the relationships built along the way. This makes Public Relations another important function of corporate communications. It involves building public perception of a brand and keeping it a favourable one. Pieces of communication in this area include newsletters, brochures, social media content and editorials. Anything created for the public can be seen as examples of public relations. Other examples include maintaining the company website and social media platforms as well as responding to emails that are sent requesting information pertaining to the company.

Media Relations

Another function of the corporate communications department and perhaps the one that CorpComm professionals are best known for. Media relations work includes writing and distributing of advertisements and press releases and responding to media inquiries. We oversee all planning for news conferences, including selecting the site for an event, arranging banners and other graphics to be displayed at the event, preparing press kits of information to distribute to the media and preparing executives to speak at news conferences.

Media relations also involves arranging for company spokespersons to appear on local television and radio programs when necessary or at the request of printed and electronic media houses. We monitor newspapers, television news broadcasts and other outlets to see what the media is saying about PLNL and devise strategies to address misinformation.

CSR or Responsible Citizenship—as we call it

Building relationships with the public and other external stakeholders is another function of Corporate Communications.
Duties in this area include producing newsletters, brochures and other printed and branded materials designed for the general public.

We respond directly to calls and emails from persons with questions about our company's plans or activities. We partner with our community to assist them in instances of need, to improve infrastructure and develop sustainable projects to improve their lives. We arrange for speakers from the company to make presentations at the local Chambers' meetings, to local community groups and facilitate group tours, mainly from educational institutions, of the company's operations.

Advising in Crisis Communication

In the event of a chemical spill or emission, an explosion, an accidental death on the facility, violence or protests in the workplace, layoff announcements and allegations of company wrongdoing, etc., that could threaten public safety or the company's reputation, we become the adviser to the President and other senior leaders in managing the crisis and managing reputational risks, this involves communicating corrective messages through the right channels that will yield a positive result with minimal backlash.

We work with our HSSE professionals and other employees throughout the organization to develop crisis communication plans before disaster strikes.

A crisis may also require us to work with lawyers, government regulators, political officials, external emergency response personnel and communications staff from other companies in our environment when developing crisis messages and above all we are committed to ensuring that our employees are informed every step of the way.

Internal Employee Communications

In addition to conveying company messages to external audiences, we are responsible for designing printed publications and writing emails to announce company news and advise senior leaders on how to improve relationships with staff to achieve our business objectives and gain support for the company's initiatives.

Our responsibility to our internal customer— the employee

Within our own backyard, we continue to value our niche as a unique brand with a unique style. We are currently focusing on social sustainability as it relates to our employees and looking at ways to creatively enhance job satisfaction and give us all work life enjoyment.

Internal Employee Communications

What is CorpComm's role in the organization…….*Cont'd*

In addition to conveying company messages to external audiences, we are responsible for designing printed publications and for e-mail content that announces company news. We are also involved in advising senior leaders on ways to improve relationships with staff to achieve our business objectives and gain buy-in for the company's initiatives.

"We are currently focusing on social sustainability as it relates to our employees and looking at ways to creatively enhance job satisfaction and give us all work life enjoyment."

D. Heywood

PLNL families take advantage of work life enjoyment at Harrys Waterpark during Family Fun day 2019



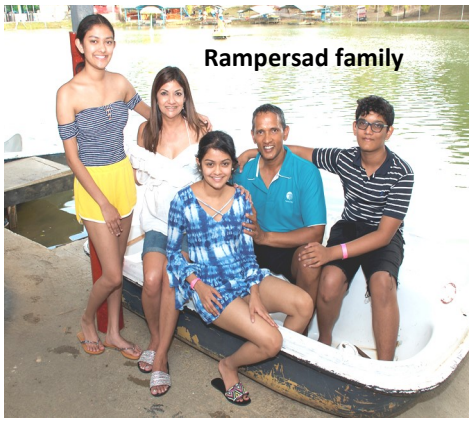




Barrington family











Other beautiful PLN families and at Family Fun Day 2019





Fitzroy Harewood, President





























Human Resources Involvement

Article by Giselle Jaggassar-Charles, HRG



Live Well, Work Well
Journey to Wellness

Wellness… it's a term that we hear frequently, but how many of us actually take proactive steps to be well, to get well and/or to maintain our wellness. Wellness has been defined as **"an active process of becoming aware of and making choices toward a healthy and fulfilling life. Wellness is more than being free from illness, it is a dynamic process of change and growth."** A major goal of worksite wellness in particular, is to make the work environment more supportive of healthy behaviours like healthy eating, being physically active, managing stress and boosting positive human connection and relationships.

Even as steps towards "living well" seem to be easily accessible to us, it is usually easier said than done. Our past behaviours and lifestyle choices usually influence the decisions we make in the present and future. We may choose to purchase fast food rather than prepare a healthy meal at home or we may prefer to watch television rather than hit the gym only because it seems easier. Some may even choose to smoke as a way to relax or calm nerves in a stressful situation. In truth and in fact, choosing to live a healthier lifestyle becomes less expensive in the long run if we **think of wellness as a journey** rather than as a project or a sprint.

It should therefore come as no surprise that one of the key components of the healthier lifestyle (with emphasis on the "lifestyle") is the need for consistency above all else. Consistency in exercising, consistency in eating well and consistency in taking proactive measures to reduce stress. As we move into the second half of 2019 remember that **it's the small consistent changes that will have the greatest effect.**

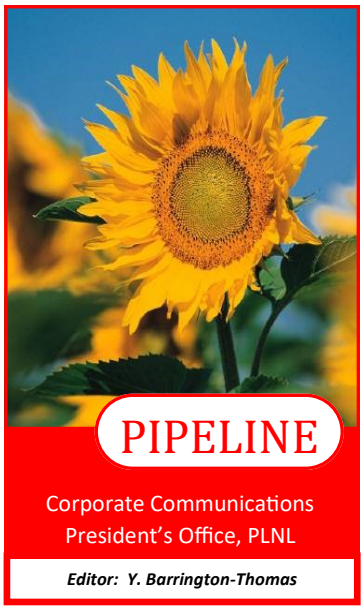
Over the years , PLNL has encouraged employees to embrace healthier lifestyles by offering access to annual preventative medicals and monthly onsite nurse and dietitian visits; by encouraging participation at numerous company sponsored events and providing wellness centered workshops and discussions. In 2018, PLNL sponsored an Employee and Community Health Fair, supported healthier eating habits through its Canteen offerings and initiated another "Biggest Loser" Campaign in 2018 to encourage our employees to live a healthier lifestyle. In 2019, the Swadingos Sports Club continues to create opportunities for fitness through its football, cricket, hiking and cross fit activities. The Company also hosted representatives from our insurance provider Beacon in March and will again do so in June of this year to explain our medical benefits.

However, it is sobering to notice warning signs, such the upward trend in the utilization of the employee medical benefits and prevalence of correctable issues like high BMI's and elevated blood pressure in our Occupational Health Assessments. To date only 7% of our employee base have utilized the preventative medical benefit for 2019.

We encourage you to take small steps to be more proactive about health & wellness of yourself and your family. Take the extra half an hour after work to use the gym or the treadmill, become accountable not only to yourself but to a fitness buddy for motivation. Prepare your meals at home. Limit your sweets and salt intake. Join the conversations that the Company offers through its providers to become more knowledgeable about things that can affect your health and call our Human Resource Department to schedule your annual preventative medical.

The list of changes that we can make is by no means exhaustive, so we encourage you to find one "small" thing you can do each month, consistently on your journey to wellness. PLNL will continue to support our employees in our drive to live well and work well through a variety of proactive measures, but we need your help to encourage and sustain these healthier habits to make a positive impact on us all.

https://shcs.ucdavis.edu/wellness/what-is-wellness



Special thanks to Corporate Communications Lead, D.Heywood

and all employees who contributed to this edition of our Pipeline Newsletter

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