

# AINT LUCIA AIR AND SEA PORTS AUTHORITY



### More than air and sea... SLASPA is about you and me

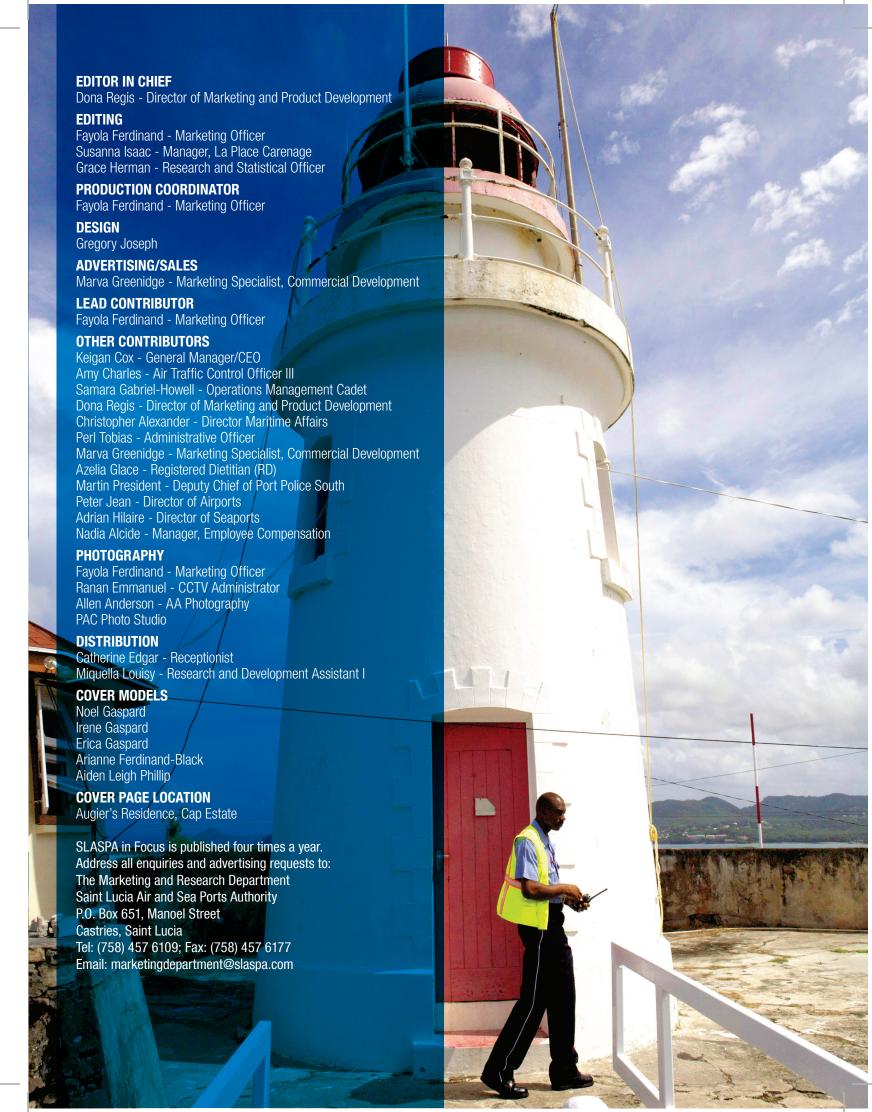
- We are more than the thousands of planes we clear for landing, the countless containers we clear at the docks, the mega cruise ships we help berth or the numerous advancements we have made in our operations so they are greener and more efficient.
- At the end of the day, Saint Lucia Air and Sea Ports Authority is all about you, our fellow Saint Lucians and our shared community. From sunrise to sunset, we invest time, labor, and support to help our nation grow from strength to strength.



SLASPA

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s a child, the end of year Holidays was always something I looked forward to, even as an adult as I sit here preparing the last issue of SLASPA in Focus for 2014, I can clearly remember the feeling of Christmas. Every Christmas have a discussion with my parents about the time we should be going to bed, always bargaining for extra time to stay up in the hopes of seeing 'Santa'. Of course, they would up on Christmas morning, it was like a brand new crisp day. The skies seemed bluer than the day before, the air fresher and cleaner, the "Snow on the Mountain" flowers brighter and prettier. Often we woke up to the smell of pine from the Christmas tree we selected from the Forestry, fresh baked ham and cinnamon, new curtains hung in the windows and eggnog was waiting for us! We knew the Holidays were

This time of year is and friends get together to the owners and operators of Saint Lucia's airports and importation of goods to the island and the exportation of goods to countries around the world. We also facilitate the movement of people via aircraft, ferry's, yachts and cruise vessels. SLASPA facilitates the importation of food in time for Sunday lunch or for that special fruit cake and flowers to decorate the table, which come via air stoves which are shipped come through via sea cargo.

In addition, SLASPA facilitates the berthing of the ferries and landing planes safely which are carrying friends and relatives. For our family and friends who can't make it here, the care packages we put together with love and tenderness are exported

through one of the ports managed by SLASPA. Through the efficient management of the ports, SLASPA makes it possible for you to receive your goods and for friends and family to return to Saint Lucia for the Holidays.

I hope you enjoy this last issue of SLASPA In Focus for 2014. The SLASPA In Focus Team would like to thank you our readers, advertisers, customers and stakeholders for journeying with us this year and we hope you come onboard with us for 2015! Season's Greetings from all of us at SLASPA.

Fayola Ferdinand
Marketing Officer



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# BRINGING FAMILIES TOGETHER FOR THE HOLIDAYS! By Fayola Ferdinand Marketing Officer The end of year holiday season is especially busy at SLASPA. There

busy at SLASPA. There is always a flurry of activity at SLASPA's facilities during the month of December. Forklifts whizzing around in the shed collecting barrels from the shelf and placing them in the examination areas, friends and family gathered at the airports, ferry terminal and marinas to meet and greet loved ones and people bussling to the stores at La Place Carenage Shopping Mall to purchase presents from the plethora of stores that offer many gift ideas. Like the family on the cover of this issue, most Saint Lucians are expecting their personal effects and loved ones for the Holidays and SLASPA ensures the facilitation of goods and passengers at the various facilities.

Over 85% of the goods used in Saint Lucia are imported into the island and cleared through one of SLASPA's ports. A significant amount of these goods are de-stuffed from the containers and stored in Cargo Shed 6 in Port Castries. For instance, the clothes, gifts and the wrapping paper in our cover photo all came into the island through one of the ports of entry managed by SLASPA. Many of the goods are personal effects



including toys, nuts, clothes, snacks, curtains and bed sheets to make homes look bright and festive coming in via the seaport.

More often than not, when the holiday season and SLASPA are thought of, it is with regards to the 20 and 40 foot containers stocked with barrels, boxes and pallets of goodies that we can't wait to get. But SLASPA also facilitates the movement of passengers such as family members and returning nationals coming back for a holiday and visitors who want a break from the cold. Grandparents who are coming from England and cannot wait to sink their teeth into some West Indian black cake, or a cousin who has been away

at school for too long and is eagerly anticipating going to the biggest party for the season to hear the West Indian music they have been missing and not to mention the aunts and uncles who want the local rum and coconut water as soon as they step off the flight.

These loved ones come through Hewanorra International Airport (HIA) or George F. L. Charles Airport (GFLC). Typically, in December there is an increase in flights at the airports, for instance, in July of this year on Saturdays and Sundays - which are the airport's busiest days - Hewanorra International Airport handled nine weekly flights, in December the airport will welcome over thirteen weekly flights on a

Sunday, some of which are special charters to Saint Lucia. So Grandma and Grandpa could very well be on one of those flights with candy for the grandchildren and cashews for the adults.

Last year December, according to Embarkation/ Disembarkation cards obtained from the Immigration Department and St. Lucia Tourist Board, a total of over 6,000 passengers who came to the island were residents. So, when next you see a plane flying overhead, just think... this could be your loved one coming back to surprise you.

So from SLASPA, welcome home Granny and Gramps, Uncle, Aunty and Cousin! Nice to have you back!



#### SEASON'S GREETINGS FROM SLASPA'S GENERAL MANAGER

The holiday season is almost here and it is a time to be festive with our family, loved ones and friends. As we get ready to wind down, relax and celebrate, I would just like us to pause and reflect on the year and in my case the recent six months. This moment of reflection will help us to see how far we have come and on the journey ahead in order to realize and complete the objectives established for 2015. Achieving success in 2015, would require embracing the success of 2014 and addressing any shortcomings or weaknesses identified.

2014 has been a productive and successful year in many respects. SLASPA have acquired new equipment in support of service delivery, redeveloped our website, automated a number of services, launched the Less Than Container Load Initiative, which will aid in

trade facilitation in the Region and hosted major regional seminars where we were able to network and strengthen key industry partnerships. We have also reinstituted quarterly meetings with stakeholders and industry partners which aid in the solidfying these relationships and exploring mutually beneficial opportunities. As a team, we are moving ahead with business objectives which seek to embrace ease of doing business and trade. These initiatives will be launched in 2015 and is expected to reposition SLASPA as a performance driven organisation with a focus on efficiency and customer service.

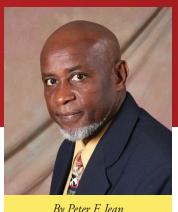
I would like to take this opportunity to thank our stakeholders, partners and customers for their continued support throughout the year. We are committed to continue of you in support of ensuring that we not only meet, but exceed your expectations and that SLASPA continues to provide exceptional quality service to support your business endeavors.

To my Team and Council Members, I wish you and yours a safe and joyous holiday season and a prosperous New Year. I extend warm wishes and a heartfelt thank you to all the employees who will be engaged in service delivery at our Air and Sea Ports on Christmas and New Year's Day, as well as, the Holidays. Our thoughts will be with you as you ensure that we conduct the business of the Authority in support of serving the Nation.

Season's Greetings and all the best for 2015

Keigan Cox General Manager





By Peter F. Jean Director of Airports

The year 2014 was eventful in the two Airport Communities in Saint Lucia. There were many highs and a few challenges. We operate in a time of constraints but we were grateful to see buoyancy and growth at Hewanorra Internationl Airport. George F.L. Charles Airport continues to face challenges, but as a team we remain undaunted and committed to the effort of continuously exploring bounce back opportunities for enhancing GFLCA.

The Development of Air Traffic Services has been a focal point this year. To date we have three Personnel pursuing Basic

# CHRISTMAS MESSAGE FROM THE DIRECTOR OF AIRPORTS

ATC Training in Trinidad, and we have employed personnel at the Aeronautical Services Unit to ensure full operational coverage. SLASPA has been engaged this year in the procurement of radio/ telecommunications and recording equipment for the airports and a new Very High Frequency/ Distance Measuring Equipment (VOR/DME) for HIA. To top it off, SLASPA partnered with The St.Lucia Air Traffic Controllers Association (SLATCA) the successful hosting of the 25th Americas Regional Meeting of the International Federation of Air Traffic Controllers Associations (IFATCA) from the October 29 to 31, 2014.

This is a year we have lost a stalwart to retirement, namely Mr. Michael Lee, the former Manager - Air Traffic Services, who will remain in our memories, and sadly another passed on suddenly, our friend and colleague, Air Traffic Control Officer, Hamilton Stapleton. May he rest in perfect peace. Again, he holds a special place in our hearts.

The Airport is an extended community/ family. Its core function is to facilitate Aircraft, passenger and cargo movement. The Air Traffic Services Team ensures the safe and orderly movement of the Air Traffic. The Airport Management - Commercial's Team ensures that the entire plant runs smoothly through coordination with its partners. The Engineering Dept., Ports Police, Information Services, Administration, Accounts, Marketing, Audit, Personnel, Legal, Corporate and others at SLASPA, all provide the essential support system towards a seamless operation. When we all work together, great things happen. The

year 2014 was no exception. Your support, diligence and dedication as team players keep me focused and motivated.

So, it is with the utmost gratitude, goodwill and pleasure that I express my appreciation to all the staff based at both airports in St.Lucia, for another productive and cooperative year ahead. These sentiments are also extended to all the staff of the Support Services from SLASPA and other partnering entities that contribute to making our endeavours fruitful. Do have a wonderful, sharing and safe Christmas celebration. May the New Year bring prosperity, purpose and positivity to you and your families.

The aforementioned expressions of goodwill are also extended to the Council and Senior Management Team of SLASPA. Best Wishes

#### HEWANORRA INTERNATIONAL AIRPORT REDEVELOPMENT PROJECT

he International
Finance Corporation
(IFC), a member of the
World Bank Group, has been
chosen as the lead advisor to
assist the Saint Lucia Air and
Sea Ports Authority (SLASPA)
and the Government of Saint
Lucia in structuring a publicprivate partnership for the
redevelopment and operation
of the Hewanorra International
Airport.

Well-structured publicprivate partnerships agreements between governments and firms to provide infrastructure and public services, leverage the expertise and capital of the private sector to enhance the quality and efficiency of the public sector.

As part of its mandate, IFC has completed a detailed technical, legal and financial analysis of the airport, a

comprehensive due diligence report and recommended a transaction structure. IFC will also assist in conducting a transparent and competitive bidding process to identify a qualified private sector partner for the sustainable development of the Hewanorra International Airport under a public-private partnership. Under this model an experienced private company will finance

and operate the airport for a specified period of time under the oversight of SLASPA, who will retain regulatory oversight, ownership and equally share in the revenues.

SLASPA and the Government of Saint Lucia are reviewing the IFC's evaluation and recommendation and we are confident that a decision on the way forward will be concluded in the New Year.





By Adrian Hilaire Director of Seaports

s 2014 draws to a close, let us reflect on how we, collectively, worked to overcome the many challenges we faced throughout this year. Such challenges include, but are not limited to, equipment availability at both ports, significant reduction in transshipment activity at Port Vieux Fort, port holing of the container yard, human resource limitations, increased customer demands for higher service quality, increased requirement to be more efficient to achieve cost reductions, and the need to meet the accommodation requirements of the ever

# CHRISTMAS MESSAGE FROM THE DIRECTOR OF SEAPORTS

increasing size of cruise vessels.

Some of our major accomplishments in response to the identified challenges above are as follows:

- For Port Castries, procurement of a new reachstacker, commitment from our Council to concrete the surface of the container yard and increase our cruise vessel berthing capacity, increase the number of crane operators from 2 to 3 and reachstacker operators, from 3 to 5, and advanced plans to achieve the required customer demands for higher efficiency and lower costs.
- For Port Vieux Fort, the procurement of a new ship-to-shore crane and straddle carrier, promising plans to increase the level

of transshipment activity, ongoing training of three persons as ship-to-shore crane operators, and

By far, the most noticeable accomplishment was the launch of the Less than Container Load (LCL) Initiative. This initiative is designed to reduce the cost associated with the shipment of containerized goods between Saint Lucia, our CARICOM member states, and the French islands of Martinique and Guadeloupe. It also creates an opportunity for local business enterprises to boost sales and expand into regional markets and allows for predictability in the pricing of port services.

It was through your dedicated team efforts and steadfast loyalty to the Authority that we were able to achieve these successes. For

that, we thank you immensely.

During this season of

Christmas let us continue to be each other's keeper, and exhibit the true spirit of Christmas.

As we strive in the coming years to reposition the Authority as a customer centric and efficiency driven organisation, may we always remember that together we can achieve and together we can succeed. Let us therefore move into 2015 as a team with renewed vigour and enthusiasm, to face whatever challenges and changes the New Year may present. It is in our collective interest to always be willing to make the requisite sacrifices to realize our goals.

For this holiday season, I take this opportunity to extend my warm wishes for Christmas and New Year to all employees and their family members.

### SEASONS GREETING FROM HUMAN RESOURCES



By Nadia Alcide Manager, Employee Compensation

ear Team,
Another year
will soon come to
an end which means that it's
Christmas time again. This is a
jolly time that most if not all of
us love. To all the employees of
the Authority, I would like to
wish you a peaceful and joyous
Christmas. Let us not forget or
lose track of the real reason why
we celebrate Christmas; it's all
because a Savior was born to

save us

We have had a year filled with changes and we continued to work together to ensure continuity within our respective departments and sections. As we continue our journey as a team at the Authority, let us all resolve to remain highly productive as we enter 2015 and beyond.

The Holidays can be a lonely time for some so I would

like us all to be compassionate and kindhearted to everyone's feelings and respect them. This time of the year has always been a time for giving, sharing and expressions of goodwill. Let us do so from the heart, as a little can go a long way for someone in need.

Have a safe, blessed and spirit filled Christmas and a productive New Year ■





ort Castries is poised to welcome over 685,000 cruise passengers and over 375 cruise ships for the upcoming 2014/2015 Cruise Season, which is an increase from the previous year. The Port, which has been ranked in the top 50 ports by Cruise Insight The Global Cruise Market Magazine three years in a row, is no stranger to these numbers and is well prepared to

receive the lines and passengers calling on Saint Lucia's shores. Over the years, there has been a slight dip in numbers, but the upcoming season seems to be better than previous.

A number of cruise lines are returning including Carnival cruise Lines, Royal Caribbean International, P&O Cruises, Celebrity Cruises, Windstar and MSC cruise lines which has contributed to the increase in numbers this season. In addition, there is also an increase in calls from MSC, Holland America, Thompson and Oceana Cruise Lines. Back on the itinerary this year after over an eight year hiatus is Disney Cruise lines, which will be making approximately five calls to the island for 2014/2015.

"Saint Lucia has become one of the best performing

cruise destinations in the Caribbean and this is no accident. We continue to work with our industry partners to ensure that passengers and crew receive the warmest welcome at Port Castries and continuously promote the Port and Saint Lucia as the ideal cruise destination," stated Ms. Dona Regis, Director of Marketing and Product Development.

For a copy of the 2014/2015 cruise schedule, visit www.slaspa.com, or one can be obtained from SLASPA's Headquarters for ECD\$25.00 plus VAT

#### CUSTOMER SERVICE CORNER

## Giathe Beason

is the season to be jolly fa la la la, la la la... this simple song really says it all, as I cannot think of a better union than christmas and customer service. Whatever your beliefs, Christmas is a wonderful time of year and for those of us who are blessed with the opportunity to serve and cater to the needs of people, it is all about giving, serving, sharing good cheer and helping others.

Through this feature, I have been fortunate to share my thoughts on customer service throughout the year. In this issue of Customer Service Corner my advice is simple... make it a wonderful Christmas for yourself and every customer you encounter. Give thought to what you say, greet your customers with an extra special smile and make eye contact, open the door for a customer whose hands

are occupied, go the extra mile to help, give a genuine compliment, say thank you to customers for using your service or visiting your facility.

Remember it is really the season to be jolly so love who you are, love your family, friends, neighbours and coworkers. Think of what you do and how that will change another person's Christmas. You can make the difference in your Christmas and that of your customers.

Happy Holidays!

Dona Regis, Director of Marketing and Product Development



# HELPFUL AIRPORT & SEAPORT TIPS THIS HOLIDAY SEASON

he Airports and Seaports Divisions have put together some helpful tips when visiting the facilities this Season. More tips can be found in Security Bulletin on page 19.

Here are a few tips to keep in mind prior to coming to the airports to pick up passengers:

- Before you leave for the airport, please check the status of your party's flight. To do so you can visit www.slaspa.com to see the status of all flights.
- When at Hewanorra International Airport, please use the designated parking lot for a minimum fee of \$3.00/ hour or \$15/day, as the curb side is only for quick pick up and drop off.
- When at George F. L.
  Charles Airport, please
  note that parking is
  restricted in the areas
  outside the airport so use
  designated parking areas.

Here are a few tips to remember when visiting Cargo Shed 6 to pick up personal effects:

- Before you come to the port, please ensure that you have received all of your documents from your agent;
- No more than two (2) persons will be allowed to come onto the port compound per transaction to conduct the removal of packages;
- Please remember to walk with photo ID e.g. your National ID card, Passport or Driver's License
- Children under 12 years will not be allowed on the port compound;
- Please observe all signs and instructions on the port compound e.g. designated parking areas, exits and waiting areas;
- You are responsible for the security of your goods and personal effects at all times.

SLASPA has also developed a Guidebook with step-by-step instructions on clearing goods at the seaports, for a copy, visit www.slaspa.com



Aircraft parked at Hewanorra International Airport







# HOLIDAYS AT THE PORTS, FACILITATING THE RECEIPT OF GOODS... DESTINATION: YOUR HOME

ith the Holiday Season here, many of you are expecting barrels filled with food, curtains, tools and toys etc. Not to mention, awaiting that call from your preferred shipping agent informing you that your brand new refrigerator has arrived and the paint you wanted mixed just right to match those perfect curtains is available for pick-up! But have you ever wondered how your goods get from their point of origin to your house? Well wonder no

When you purchase goods overseas either physically or online, they are shipped to a warehouse in preparation for shipping. Upon arrival at the shed your goods are then issued and tagged with a "Document Receipt Number", which allows the agent to

uniquely identify them. If your shipment is complete, it is placed in a container to be shipped on the next available vessel, unless specified by you. However, if your shipment is incomplete, most warehouses will hold all your cargo until your package is ready to ship. In the case of vehicles or heavy equipment, they must remain on the port for approximately 36 hours for security checks to be completed. Sometimes there are delays at the point of origin, depending on how much cargo is available to fill the container to be shipped. During the Holiday Season, containers are filled more quickly than during the slower periods and shipping could take at least two days.

Once the containers with your goods are shipped, the local agent will then notify you of the arrival date of your package. On confirmation of shipment, information is sent via a special program to the local ship agent who can then track your goods via that program. An Original Bill of Lading (a document showing transit information and title of goods), will be prepared by your agent and be given to you or your financial institution in the case of larger shipments.

And here is where you come in. As soon as your goods have arrived, you will be notified by your agent to come in to collect your Bill of Lading, Bill of Sight and Out of Charge Note and pay any charges incurred. With documents in hand, you can now proceed to SLASPA/ Customs at Port Castries or Port Vieux Fort for the collection of your goods

When you purchase goods overseas, either physically or online, these goods are shipped to a warehouse in preparation for shipping.



# OFF GO THOSE GREETING CARDS AND CARE By Fayola Ferdinand, Marketing Officer PACKAGES

ost cargo coming into Saint Lucia comes through one of the two seaports. However, the airports in Saint Lucia are both home to an air cargo shed each and these sheds are bustling with activity during the holiday season as well. In recent years, SLASPA has noticed an increase in the

Air Cargo shed at Hewanorra International Airport. Yes... you read correctly, barrels and personal effects also come into the island through air cargo. Amerijet, which is the largest air cargo carrier coming to Saint Lucia brings in an assortment of air cargo, that now includes more barrels. Passenger aircraft also bring in cargo to the island, but it is much less than a dedicated



cargo aircraft. Located on the eastern side of the terminal building, the air cargo shed in Vieux Fort handles over 1.4million kg of cargo a year.

The air cargo shed at George F. L. Charles Airport handles approximately 1.3million kg of cargo with the main air cargo carriers being FedEx, UPS, DHL and LIAT. FedEx and DHL both have 10 feeder flights a week that

services neighbouring islands like Grenada, St. Vincent,
Martinique and Dominica
while FedEx and UPS have 5
direct flights to Puerto Rico on
a weekly basis. So the Season's
Greetings cards, letters and care
packages that you our readers
receive and possibly send out to
loved ones far and wide could
be on the next air cargo carrier
flying overhead

#### **CONTAINERS AND THE HOLIDAYS**

By Fayola Ferdinand, Marketing Officer

number of barrels and personal

effects coming in through the

hat frenzy! Pickup container, place container on port... repeat times 35! And that's just in one hour!

SLASPA has three crane operators who have the enormous task of operating the "Blue Boy" LHM Mobile Harbour Crane at Port Castries. While in a group conversation, someone mentioned "how does the crane and its operators tie into La Place Carenage? What is the connection between what they do at the port and the services offered at La Place Carenage?" Well, I will endeavor to shed some light on the connection between crane operators and shopping in Saint Lucia.

Picture this...it is December 13th, a holiday in Saint Lucia and you have dusted and cleaned every nook and cranny of your house. You feel a

sense of euphoria knowing you ordered some paint from your hardware store and you also just clicked submit order on the nicest lamp shade and curtains that will match your living room set, which you will receive via your internet shopping delivery service. In addition, you saw a lovely item at La Place Carenage that you will be going to pick up soon. How are those goods coming into the country? These items will come into the country via the seaports (even some of the items ordered through your internet shopping delivery service), and this is where the crane operators come into play.

Mr. Noel Gaspard, Mr. Jerome Modeste and Mr. Martis Phillip, who are the only three Crane Operators at Port Castries, often work round the clock to ensure that containers are offloaded from the vessels and ready to be destuffed for customers to receive their goods



SLASPA's Highly Skilled and Qualified Equipment Operators

in a timely manner. Tie this in to La Place Carenage and the wider populace, if these gentlemen don't come to work, containers don't get off loaded and goods are not processed for customer pick-up and delivery.

It takes perfect hand and eye coordination sitting 23 meters above the ground in the cabin of the crane, looking down to move containers from the vessels to shore and to pick up a container that is sometimes stacked four containers high

on the port (which is higher than eye level) and place it precisely on the truck waiting to transport the cargo.

To put things into perspective, without our crane and equipment operators, you might not be purchasing items at La Place Carenage, painting your house and hanging the curtains in your living room, as they may have come in a container that one of these skilled men moved off of a vessel





f the crane or reachstackers weren't working, there would probably be a delay in you receiving your goods in time for the holidays. Thankfully at SLASPA, there is a team of dedicated men who are efficiently supervised that can handle the tasks of preventative and breakdown maintenance of equipment. SLASPA's technical team is a group of multi-skilled technical professionals that diagnose faults of both mechanical or electrical/electronic, as well as air conditioning in nature. This team is comprised of Curtis Augustin, Claudius Louis, Dwayne Joseph, Enos Matty, Martin Alexander, Hilano Plummer, Andre Edward, Kim David, Shirlan JnBaptiste, Remy Blanchard and the more

than capable garage assistants, Damian Walters and Sabinus Alexander.

These highly skilled technicians and apprentices handle all preventive and breakdown maintenance of the equipment including routine maintenance,

Port Police patrol boats, repairs to the crane, changing of tires and general maintenance.

Their ability to fix the reachstackers, boats and crane is facilitated by their increased competence on a training plan based on the needs of the Department, which is

SLASPA has developed its engineering expertise to the point where assistance is provided to Caribbean islands.

reprogramming and installation of control modules on equipment, installation of navigational equipment, preventative maintenance on standby generators, routine maintenance of the Pilot and implemented on a yearly basis. As testimony to the value of their training, SLASPA's Engineering Team set a world record for changing the hoisting cables on the Liebherr Harbour Mobile Crane and troubleshot

a problem on the crane which the technicians from Liebherr weren't able to do.

SLASPA has developed its engineering expertise to the point where assistance is provided to Caribbean islands. One such example is Dominica, which has benefited from the expertise of a technician in repairing one of its reachstackers. Engineering assistance and support has also been granted to sister port authorities in Antigua and St. Vincent.

The members of the Engineering department provide vital behind the scenes support to the organisation which enables SLASPA in becoming a fine tuned port that enables you to receive your goods on time!





# FACILITATING THE RECEIPT OF GOODS... MARINE PILOTING AND LIGHTHOUSE KEEPING TO PORT POLICING

ne of the final factors of you getting your goods on time, safely and securely are the Pilots who berth the vessels, the lighthouse keepers who constantly monitor the vessels location and the Port Police who secure the port.

#### **MARINE PILOTING**

Piloting... and no we're not talking about airplane piloting, but marine piloting. SLASPA has a complement of five (5) Marine Pilots who have over 50 years of experience. Guy Bousquet, Lazarene Justin, Nichalan Myers and Kwen James who are all Senior Pilots in Castries and Patrick Lindsay in Vieux Fort with Damaze 'Skippy' Joseph and Stanislus Jeremy who are Pilot Boat Captains, and Oliviere Cadet, Chief Pilot, all have vital roles to play in bringing in the vessels safely into port. A Marine Pilot is someone who maneuvers large ships in restricted waterways so as to ensure the safe passage of these vessels. In the case of Saint Lucia, Pilots operate in and around the harbour Ports of Castries, Vieux-Fort, Roseau and Culde-Sac. Saint Lucia's Marine Pilots take the helm of the large cargo and cruise vessels coming into Port as the Ship's captain

isn't used to navigating the local ports and waterways. Therefore, it is essential that the Marine Pilots board the vessels to guide them safely into port.

These pilots navigate vessels into the harbour safely, coordinate ship movements based on the estimated time of arrival, estimated time of departure and the scheduled cargo working times, board and

Vigie and Moule a Chique Lighthouses, also play a vital role in facilitating air and sea borne traffic to and from the island. Their duties entail contacting incoming vessels to confirm their arrival times, contacting the local marine pilots who have to meet and navigate those ships into the harbour as well as alerting the tug boats if a ship requires

SLASPA's diligent and dedicated Marine Pilots, Lighthouse Keepers and Port Police Officers ensure that the vessels come into Port safely and that you and your goods are secure while on the Port compound.

manoeuvre ships in a timely and safe manner. To sum it all up, they ensure that the vessels are berthed safely in port so that your cargo can be discharged.

#### LIGHTHOUSE KEEPING

The Lighthouse Keepers namely William Damaze, Gabriel St Martin, Eric James and Aron Florius located at tug assistance for berthing or departure and they also communicate with the Air Traffic Control Tower at the Airports to coordinate the arrival and departure of vessels and aircraft. Without the interface of the Lighthouse Keepers the vessel captains and aircraft pilots would not know when it is safe to come into

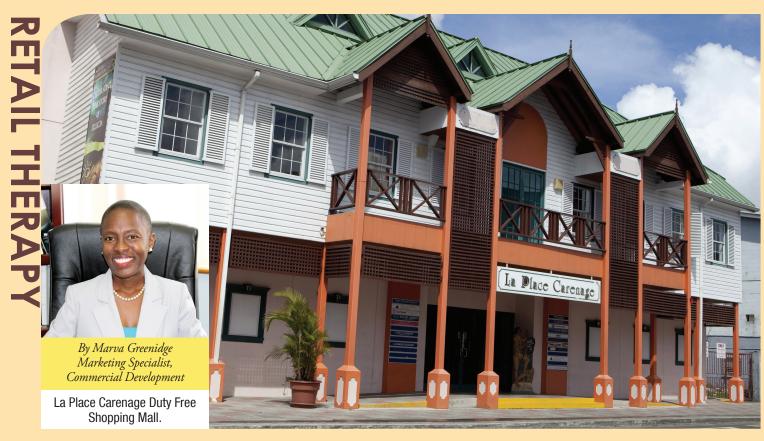
the harbour and also land the planes.

#### **PORT POLICING**

An all-important department is SLASPA's Port Police Department. The Port Police Division, connected to the Royal St. Lucia Police Force, comprises about 160 fully trained male and female officers with powers to arrest and prosecute. The division is also charged with inspection of the freight containers where your goods are being imported in, arriving and leaving the port. All seals and documents are rigorously checked before containers are allowed to continue through the port. SLASPA's Port Police Division also control all of the port access points with a view to protecting visitors and goods on the Port.

Security at SLASPA's two seaports meet requirements set by the International Ship and Port Facility (ISPS) code, covering security regulations for vessels and facilities. SLASPA is fully ISPS compliant and remains vigilant in ensuring safety and security meets the highest levels at Port Castries and Port Vieux Fort





# ESPECIALLY SPECIAL FOR THE SEASON AT LA PLACE CARENAGE

ow! Can you believe an entire year has passed? It's December again and we are planning to celebrate with family, friends and loved ones. A celebration would not be complete without the icing on the cake namely great gifts. The tenants of La Place Carenage have once again come on board to offer "Affordable Luxuries" to all shoppers.

Our friends at Harry Edwards would like you to experience their Pandora Jewelry Holiday Collection for an array of charms and gift sets for that special lady. Not forgetting the men, available are new arrivals of Michael Kors, Fossil and Guess, time pieces.

Del Sol and Cariloha shops are offering 10% off for local customers who make a purchase. Del Sol carries colour change items while Cariloha, Bamboo Apparel which make great Christmas gifts for children and adults.

Now that you have purchased all your gifts, the restaurants invite you to eat and save. Caribbean Pirates is offering Christmas and New Year's Day dining for couples for only EC\$150 which includes a complimentary glass of wine. Shawama Deli Plus Restaurant welcomes you this festive season to enjoy a great meal while relaxing and taking in the view of Port Castries. You, our valued customers, are presented with rewards cards on your first meal and discount and gifts on repeat

So there you have it; great savings, great discounts, great gifts and "Affordable Luxuries" at La Place Carenage this Christmas.

Doors open at 9:00 a.m. Mondays to Saturday and on Sundays and Public Holidays whenever there is a vessel berthed at La Place Carenage. For more information, please give us a call at 457-6110

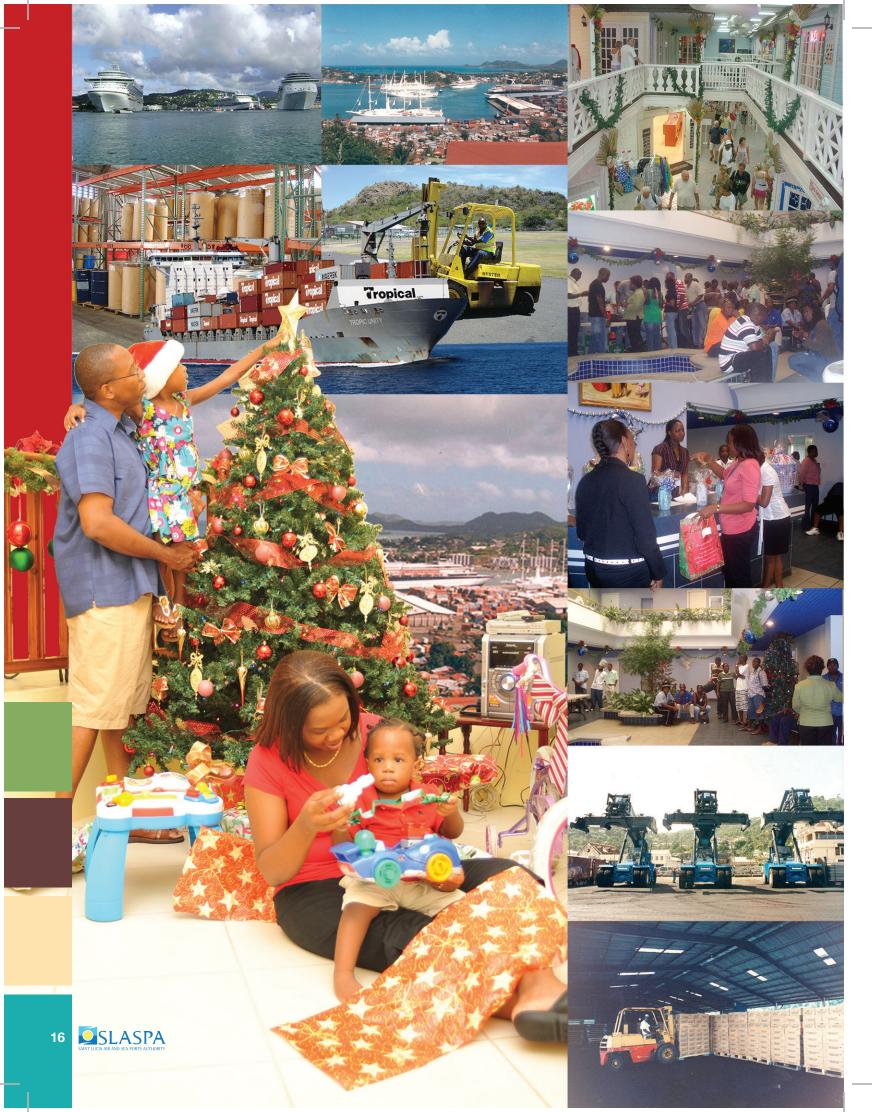
All specials are while stocks last.







T: 1-758- 457-6110 Email: marketingdepartment@slaspa.com www.carenagemall.com



Christmas at the Porta THROUGH THE YEARS



# Manager Control of the Control of th

By Christopher Alexander, Director of Maritime Affairs

his time of year, we see an increase in the number of boat cruises. Therefore, The Division of Maritime Affairs has put together some pertinent guidelines for Owners, Boatmasters and Captains of Sunset & Evening Cruises and Local boat rides. The following safety considerations have been formulated to enhance Boating Safety Standards in the expanding Shipping Industry. The information provided aims to pre-empt boating incidents or casualties; with particular reference to the Shipping Act Cap 13.27. and the Saint Lucia Air and Seaports (SLASPA) Seaports Regulations. In addition, there are other National Legislations which will impact upon the operations of these activities.

COMMUNICATIONS-(VHF):- Applicable to Sunset and Day rides

All vessels departing a
Port of call for the purposes
of Sunset/Evening excursions/
Daytime Local Boat rides
MUST notify the Lighthouse
of the following:

- 1. The number of passengers and crew on board;
- 2. The Estimated Time of Arrival (ETA) back to port

This information is important as it can be utilized

by the Police Marine Unit (PMU) in the event of a Search and Rescue (SAR) operation. In that regard, the master must ensure the numbers given are accurate to ensure accountability.

The Lighthouse may alert the PMU to the presence of vessels conducting such rides. When a vessel's ETA will be or has been delayed, the master should alert the lighthouse keeper; who will then inform the relevant authorities including the PMU if necessary.

SECURITY: - Sunset and Day rides

The Master is responsible for ensuring that a passenger head count is carried out priorto departure from a port and upon return. In the case of vessels that are at anchorage e.g. AnseCochon and Soufriere, after the anchor has been raised a headcount must be conducted to ensure that all passengers and crew are accounted for.

ANCHOR WATCH/ SWIMMERS - Sunset and Day rides

Upon anchoring the vessel, the master MUST ensure there is a crew member designated to conduct Anchor Watch to ensure the vessel is not drifting or dragging its anchor. The crew should also be on the lookout for swimmers/bathers in the water.

SAFETY EQUIPMENT -Safety of Life at Sea (SOLAS) All Personal Flotation
Devices (PFD's)/Life Jackets;
must be equipped with
LIGHTS and whistles to
enhance recoverability of
persons from the water in
cases of emergency. In the
absence of the required lights,
REFLECTIVE TAPE will
be considered as a temporary
measure.

At least one of the vessel's life rings MUST have a light attached to the end of the sixty feet (60) throw line; depending on passenger capacity, an additional line may be required.

EXCESS PASSENGERS -Sunset and Day rides(Shipping Act Section 273)

Where a passenger ship exceeds the number of passengers allowed by the Passenger Ship Safety Certificate, the Owner or Master has committed an offence and the document is no longer valid, which can affect the insurance documents.

We at SLASPA want to ensure that everyone is operating within the law and these helpful tips are provided for the safety of passengers, crew and property on such pleasure rides. For more information, a booklet is available from the Division of Maritime Affairs or call 457-6151.

Happy Holidays from the Division of Maritime Affairs!





The festive season is nearing once again and we must prepare for the huge crowds, long queues and all the associated issues. The Saint Lucia Air and Sea Ports Authority have always been willing and eager to provide the necessary tips to make your visit to our facilities memorable; this time around is no exception.

Doing business in a busy place with a massive amount of people who are all trying to get the same stuff out of the way can be quite daunting but there are particular behaviors that can ensure quite a bit of ease, satisfaction and peace of mind.

Our air and sea ports at Christmas time have always attracted considerable human interaction and so we urge our visitors to ensure that the following general and specific tips are observed:

#### **SEAPORT SIDE:**

- Ensure that your documents (Bill of Lading, Bill of Sight and Out of Charge Note) are collected early enough from your agent before your arrival at the Port.
- Ensure that you keep sufficient cash or other form of meeting the charges associated with your

transactions.

- Park your vehicle in the appropriate place. The Port Police are always at your service for advice and direction where procedures and acceptable behaviors are concerned.
- You will first be directed to the office of Customs and Excise Department and from there you will be advised accordingly.

#### AIRPORT SIDE:

Travel by air has attracted quite a bit of changes of late, almost all of which are attributed to security. Without proper planning, travelling by air can be pretty frustrating.

- At the planning stages of your travel check that your passport and Visas are valid before actually securing a booking.
- Ensure that you are involved in packing your own luggage and you are aware of what you are carrying; be mindful of luggage weight restrictions, as well as the presence of prohibited items when packing for your journey. Liquids in excess of the 100ml requirement must be packed in your checked baggage and not your

- carry-on. Properly labeled medicines may be exempted.
- If travelling along with persons with disabilities or medical conditions, inform the airlines as these cases may require special arrangements.
- Before leaving your house for the airport, ensure that your flight is not delayed or cancelled and that you have your Passport, a pen and everything else you will need. It is advisable that these items are put together the day before your travel date. Double check your luggage and ensure that you left nothing behind.
- Afford yourself sufficient time to deal with traffic, as well as, any other vehicular issues and still get to the airport on time. Remember that checking time for International flights is three hours before departure.
- On arrival at the airport, park your vehicle in the appropriate place. The Port Police and our Customer Service Personnel are always at your service for advice and direction where procedures and acceptable behaviors are concerned.

- Check-in with your airline early to afford sufficient time for security processes.
- If you are travelling with large sums of money or any dutiable items with which you expect to return to St. Lucia, ensure that you declare same with the Customs and Excise Department or else you may be required to pay duty on these items on your return.
- Present yourself for security processing early so you can find time to shop for gifts and other items before departure. Ensure that you do not leave any items at security before proceeding.
- Ensure that your personal items are under your care at all times and do not accept packages that will not allow you to ascertain what is inside.
- While at the airport, report any suspicious items or activities to the Port Police.

We do hope that these tips will assist you in experiencing anseamless journey and a joyous festive season with friends and family.

Happy Holidays from the Port Police Division! ■





### ROAST

#### For Turkey Brine:

6 quarts water (24 cups) 3 onions chopped

3 1/2 cups kosher or sea salt / to your taste

4 cups sugar / to your taste

2 tablespoons cracked

peppercorns

7-8 cloves garlic

5 bay leaves, crumbled coarsely

#### For Roasting:

1 16 to 18 pound turkey 1 tablespoon dried rosemary, crumbled

2 teaspoons ground sage 2 teaspoons dried thyme, crumbled

1 1/2 teaspoons salt

1 1/2 teaspoons pepper

kosher salt

1 stick butter, melted garlic powder paprika

1 can broth, for basting (optional)

#### **METHOD**

#### How to Brine:

Wash and dry a container which is large enough to hold the turkey you will be placing in the brine.

Prepare brine by combining ingredients and stirringuntil all of the sugar and salt are dissolved.

Remove giblets, neck, etc. from inside turkey and refrigerate to use later on for making gravy, stuffing, or broth. Wash turkey well, inside and out.

Prepare sufficient brine to submerge turkey entirely. Recipe may be doubled, if required or halved.

Add the turkey to the container. Keep the turkey cold (35°F or below). This can be accomplished by keeping the container with the turkey in the refrigerator.

When ready to roast the turkey, remove from brine and rinse thoroughly in cold water. Pat dry with a clean towel.

#### For Roasting:

Brush the top of the turkey generously with melted butter, and sprinkle with garlic powder, salt and pepper, and paprika.

Roast turkey, uncovered, at 375°F, basting frequently with melted butter and turkey or chicken broth, or pan juices. After 1 hour, baste and sprinkle with seasonings again, then make a tent with aluminum foil and cover breast loosely. Reduce heat to 325°F and continue roasting for another hour, basting occasionally.

Uncover breast and continue roasting until an instant-read thermometer inserted in the thickest portion of the thigh registers 165°F (be careful not to allow the thermometer to hit a bone or the reading will be false). This will take about 90 to 110 minutes longer, depending upon the size of the turkey and the oven being used.

When turkey is golden brown and done, allow it to sit for 20 minutes to rest before carving. Transfer turkey to a serving platter. Reserve the pan drippings for gravy.



Last year, I
provided you
with only a
dessert recipe,
this year, I have
put together
recipes for
a delicious
Holiday Lunch. I
hope you enjoy!





#### GIBLET GRAVY

Giblets
2-3 celery stalks
2-3 bay leaves
1 onion
3-4 garlic cloves
salt
pepper
all purpose flour
turkey/chicken bouillon or
soup base
1 cup mushrooms, sliced
5-7 sage leaves, minced
pan drippings

#### **METHOD**

Simmer giblets with a few stalks of celery and several bay leaves, an onion and 3-4 cloves garlic in a medium saucepan. Season with salt and pepper, to taste and simmer, reducing volume until broth is flavorful. Thicken with all-purpose flour to desired thickness. Add Turkey or chicken bouillon or soup base, if desired, and 1 cup thinly sliced mushrooms. Stir in 5-7 leaves fresh sage, minced or 1/2 teaspoon rubbed sage. When turkey is done, add some of the pan drippings to this gravy, pouring off excess fat first.



#### HOLIDAY HAM

1 smoked ham 1 20-ounce can pineapple slices, juice reserved 15 to 20 whole cloves 1 small jar maraschino cherries 3/4 cup packed light brown sugar 2 tablespoons yellow mustard

#### **DIRECTIONS**

Preheat the oven as directed on the ham package and follow the instructions for baking the ham. Remove the ham from the oven about 30 minutes before the end of the warming time.

Decoratively arrange the pineapple slices on top of the ham, securing them with whole cloves, if using, or toothpicks. Place a cherry in the center of each pineapple ring and secure with a clove or toothpick.

In a small bowl, combine the brown sugar, mustard and just enough of the reserved pineapple juice to make a thick glaze. Spoon the glaze over the ham and bake for the remaining 30 minutes. Remove the ham from the oven, transfer to a cutting board and carve.



#### STUFFED EGGPLANT

2 large eggplants

1/4 cup extra-virgin olive oil,
divided

1 pound ground beef

1 onion, diced

1 red pepper, diced

6 cloves garlic, minced

1 cup freshly chopped parsley
leaves

1/2 cup freshly chopped basil
leaves, chopped

1/2 cup chives, finely chopped

2 cups grated cheese, divided

1/4 cup bread crumbs

1 egg

2 chopped tomatoes

#### DIRECTIONS

Preheat oven to 350 degrees F.

Cut the eggplants in half and scoop out the center, leaving enough meat inside the skin so that it holds its shape when baked. Boil the scooped-out center part until very soft, about 10 to 12 minutes.

Meanwhile, in a medium sauté pan, heat half the olive oil over medium heat. Add half of the chopped seasoning and sauté. Season the beef with salt and pepper. Add the seasoned ground beef to the pan and sauté until all of its liquid is evaporated and the beef begins to brown slightly. Let cool briefly and chop the cooked beef so that there are no longer chunks of meat. In another medium sauté

pan over medium heat add the remaining olive oil and sauté the remaining seasoning together.

In a bowl mix together the cooked eggplant, vegetables, cooked beef, seasoning, 1 cup of the cheese, bread crumbs, and the egg.

Fill the scooped-out eggplant halves with this mixture, dividing it evenly among the 4 halves.

Top with chopped tomatoes and the remaining cheese, season with salt and pepper, place on an oiled oven tray or baking dish, and bake for 50 minutes in preheated oven. Let cool briefly, slice widthwise and serve.







### HONEY GINGER CARROTS

1 1/2 tablespoons honey 2 tablespoons butter 1 tablespoon extra-virgin olive oil 1/2 teaspoon salt 3 cloves garlic 1 lb. baby carrots 1-1 1/2 tablespoons fresh ginger, finely minced

#### **METHOD**

In a heavy bottom skillet (don't use non-stick for this recipe), melt 1 tablespoon butter with oil. Add baby carrots and sauté over medium high heat, stirring often.

Add salt, whole peeled garlic cloves and ginger when the carrots have become lightly browned. Continue to sauté, watching that the carrots don't scorch but continue until they take on a roasted but not black color. Do not allow garlic to burn - once it has toasted, crush it into the oil/butter with a fork, and push any remaining bits to the side of the pan away from the heat.

Stir in honey and remaining butter, mixing until the butter has melted. Season to taste with salt and pepper before serving.



#### TIA MARIA CHEESECAKE

3 oz. butter (hot melted)
14 chocolate digestive biscuits
(finely crushed)
For the cheesecake
4 8oz bars cream cheese (full
fat, such as Philadelphia)
1 cup sugar
2 teaspoons vanilla extract
3 tablespoons Tia Maria
4 large eggs
For the topping
Chocolate ganache
12 Ferrero Rocher chocolates
(unwrapped)

For the biscuit crust

#### **METHOD**

- 1. Heat oven to 180C. Line the base of a 25cm springform tin with baking parchment.
- 2. Blend butter and biscuit crumbs. Press onto the base of the tin, bake for 10 mins,

then cool.

- 3. Increase the oven temperature to 240C.
- 4. Beat the cheese and sugar with an electric whisk until smooth, then whisk in vanilla, Tia Maria, and eggs.
- 5. Pour in the mixture and smooth. Bake for 55 mins undisturbed, in a water bath. If the cake looks set, give it a gentle shake, if the top wobbles, leave for an additional five minutes, repeat this process until the cake is done.
- 6. Let cool for one hour, then refrigerate for 6 hours.
- 7. Pour the ganache over chilled cheesecake and smooth, add the Ferrero rocher chocolates to the top and chill.

### CHOCOLATE GANACHE

8 oz.semi-sweet chocolate (chopped or chips) 2 tbsp. unsalted butter 2/3 cup heavy cream 1 tsp. vanilla

#### **METHOD**

- 1. Heat the butter and cream until butter is melted and tiny bubbles have formed along the edges of the pan (about 2 mins).
- 2. Remove the pan from the heat and add the chocolate and the vanilla. Whisk until chocolate is melted and mixture is smooth.
- 3. Let the ganache cool slightly (about 10 -15 mines) and use right away.



## **HOW TO EAT HEALTHY**

By Azelia Glace, MS RD

o it's that time again when Christmas music fills the airwayes, when you are hustling and bustling to find the right Christmas present for those you love and when of course you are gearing up for the plethora of home cooked and event based meals you will be invited to partake in.

Aunty Sally's Lunch, John's Drink-Up, Susan's Brunch, Cousin Barry's Christmas & Birthday Extravaganza, your best friend's annual holiday season beach bash, your significant other's surprise reservations for dinner at your favourite hotel...Let's not be naïve - food for the holiday season is a BIG DEAL!

The right question is how do you manage to eat healthy for the holidays with all these options? The answer is being SMART about it and I can help you out with this.

Here's your **SMART** holiday eating guide

#### MALLER MEAT **PORTIONS**

Stewed pork, ham, beef, fish, turkey, baked chicken, curried goat and the list goes on. We can't deny it; meat plays a significant part of our holiday menu, and in some cases it is the main focus. However, excessive meat portions are not the healthiest and over time can open the door to chronic disease including heart disease. Most importantly the type of meat - lean versus high fat and the mode of preparation grilled or steamed versus fried

makes a significant difference. If you have multiple locations to go to, ensure that your meat portion takes up less than one quarter of your plate and choose leaner meat options like steamed fish, grilled pork chops and baked chicken. So ultimately take a 'taste' of the meats and don't let it be the featuring food group on your

#### A ORE VEGGIES

You can't go wrong with vegetables. In fact, when you partake in a buffet, start plating your veggies first, so that these power-packed foods take up the most space on your plate. Vegetables provide you with a host of benefits including substances to boost your immune system (vitamins, minerals & phytochemicals), water and fiber which helps you feel fuller faster and will enable you to control your portions better. If you are designated to bring vegetables to an event, make the presentation colourful, attractive (cut them in interesting shapes and sizes) and tasty (don't be afraid to season with garlic and onions or mix fruit into the raw salads) to appeal to others.

#### **DJUST YOUR** ALCOHOL

Alcohol is another entity which tends to have a starring role in our holiday festivities, but overconsumption can be disastrous to your health and the livelihood of others. Let's first recognize the recommendations for alcohol.

Women are advised to consume no more than 1 serving or 1 drink of alcohol daily and men are advised to consume no more than 2 servings or 2 drinks daily. 1 serving or drink is equivalent to 5 oz. of wine, 1 ½ oz. of hard liquor, or one 12 oz. beer. Alcohol alters your motor skills, cognition and judgment, and long term can affect your liver, brain, heart, pancreas, immune system and predispose you to certain cancers. In addition, alcohol provides more calories per gram than meats and starchy foods so one drink can provide you with anywhere from 100 to 160 calories, and cocktails provide even more. These excess alcohol calories are stored as fat! Ultimately if you choose consume alcohol, do so responsibly but always remember there are 'virgin' options.

#### **DEDUCED FAT & SALT** OPTIONS

Sometimes if you are not the one preparing the dishes it is hard to control the fat and salt content of a meal option, but the reality is lower fat and lower salt meal options are key especially in this day and age where high cholesterol levels, diabetes and high blood pressure are rampant in our society! Also, let's face it, these options are simply healthier. So if you will be preparing a dish or know anyone who will be, please share this tip with them. Dishes can become healthier by simply altering ingredients - recipes which call for milk, cheese and butter, use low fat

and skimmed options; use whole wheat or whole grain options in breads, flour, pasta and rice, or mix some in; put sauces on the side instead of cooking the food item in the sauce; use cooking sprays to cut back on oil use; use fresh options more than packaged or tinned options, but if you must use a tinned or packaged option (such as tuna, ketchup and so on ) ensure that it is has less than 300 mg of sodium or says 'low salt'; throw out the Maggi cubes and use fresh seasonings and some Mrs. Dash which is a salt free seasoning ideal for people with high blood pressure.

#### **PAILOR YOUR EATING** LOCATIONS

This tip is simple, if you are invited to 6 locations on Christmas day or Christmas holiday, and you feel obligated to make an appearance at all of them, don't feel obligated to eat at each one though. Choose 1 or 2 specific events where you will eat SMART and the others simply have a beverage and a good laugh!

Here's to a SMART healthy holiday season!

#### **ABOUT THE AUTHOR**

Azelia Glace is a Registered Dietitian (RD) licensed in the US by the Academy of Nutrition & Dietetics formerly known as the American Dietetic Association. She has completed a pre-med Honors Undergraduate Degree in Biochemistry which she received from Fairleigh Dickinson University in NJ, followed by a second undergraduate degree in Nutrition & Food Science with a concentration in Medical Dietetics from Montclair State University also in New Jersey. Remaining at Montclair, she then pursued a Masters in Nutrition & Food Science with a concentration in Nutrition Education and in the last year of her Masters simultaneously completed an internship accredited by the Academy followed by the state exam needed to attain the RD license.





#### Verse 1

Early one morning, everybody celebrating
Plenty joy and plenty laughter, fill de atmosphere
People come from everywhere, singing in good cheer - oh wou ho
Is de birth of de world savior so they have no fear - oh wou ho
I hearing plenty noise coming from everywhere
Is de song of de Christmas bell ringing in de air, ah hearing

#### Chorus

Ping Pong, ping pong, p ting p ting pong

- Sing it
Everybody celebrating its Christmas morning
Ping Pong, ping pong, p ting p ting pong

- Sing It
Mazmi annou celebrew noel la ki wevi
Bring de sorrel, bring de turkey,

-Bring it, Bring it (Repeat)
Bring de whiskey and de ham for me

-Ham for me
Bring de ginger wine,
Bring everything tasting fine

- Tasting fine
Mos so van wosi
That is Christmas in my country

#### Verse 2

That's the time of year, when everybody appear Bringing gifts and plenty loving, for everyone to share You got to have love in your heart, before celebration starts Hatred and bad behavior, Christmas aren't for that On the streets we serenading morning till evening Music from de Christmas bell ringing in my head And I hearing

#### Chorus

#### Verse 3

All over de country, everybody in unity
If you see de congregation throughout de nation
Everybody feeling merry, such a joy to see
De young and de old together, feting all over
All about people eating, drinking till their belly burst
Rhythm from de Christmas bell, everyone could tell
And I hearing

#### Chorus

Ping Pong, ping pong, p ting p ting pong
Everybody celebrating its Christmas morning
Ping Pong, ping pong, p ting p ting pong
Mazmi annou celebrew noel la ki wevi
Bring de sorrel, bring de turkey,
Bring de whiskey and de ham for me
Bring de ginger wine,
Bring everything tasting fine
Mos so van wosi
Sa say noel aun Ste Lisi

#### Repeat Chorus

Ping Pong, ping pong, p ting p ting pong Ping Pong, ping pong, p ting p ting pong Ping Pong, ping pong, p ting p ting pong Ping Pong, ping pong, p ting p ting pong

#### BOARDING PASS

Carry-on luggage is limited to one carryon bag plus one personal item (1+1). Personal items include laptops, purses, small backpacks, briefcases, or camera cases. Remember, 1+1.



When coming to the port to clear a consignment, remember that only two persons are allowed on the port compound; this includes the driver of the vehicle who will carry your goods off the port compound





