

ONBOARD



Port of Milford Haven
Celebrating 60 Years 1958 – 2018
Autumn 2018 | Issue 8
News from the Port of Milford Haven

Third Generation Port

Over 60 years, one family maps how times have changed at the UK's biggest energy port.



Guiding lights

The Port's complex electronic net keeping ships and sailors safe



Property Magnet

Say hello to the woman attracting a buzz to Milford Waterfront



Local oil

The refinery that's as Pembrokeshire as early potatoes



Get out!

How a Pembrokeshire charity uses the outdoors to improve mental health

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FROM THE CHIEF EXECUTIVE



We gather lots of views from visitors, and many say that what they love about the Waterway and coast of Pembrokeshire is that it's at the end of the line, remote from the big cities, peaceful and unspoilt.

But are we really at the end? If you consider every single evolutionary moment in Pembrokeshire's economic history, each has come ashore in the Haven and its impact has been felt well in the hinterlands of West Wales and beyond. In other words, our great Waterway is at the beginning of the line. Highlights include agriculture (Norman and Flemish settlers sailed in, attracted by the fertile lands along the estuary), fishing, shipbuilding and, of course, energy.

For onward transport to inland markets, each trading leap forward has been met with necessary improvements to the landward links. Roads and rails, pipelines, cables and power lines have been built, connecting the Port to the rest of the nation.

It's no surprise this Port is still a principal UK trading gateway. Ship miles are the most environmentally friendly form of transport with a lower cost per tonne of cargo moved than any other form. And global logistics chains in vital energy fuels target Milford Haven precisely because of its depth of water.

As we look warily ahead into the post Brexit world, we can't predict what the next revolution will be for Pembrokeshire, but long experience tells us it will involve that critical

connection we possess between land and sea. Without clear forward vision, without the right level and focus of investment in road and rail networks, we harm our ability not only to be ready for the next big thing, but even to cope with the current growth of tourism, commuting and road freight. The A477 for example, is a vital road that links tourists to our busiest hotspots all along the South coast of our county. It carries freight to and from South Wales' busiest ferry port. It also moves busy people, commuting between its main commercial hubs at Milford Haven and Pembroke Dock and in and out of the county, making Pembrokeshire work.

Quite simply, this road is the artery within the most economically productive and populous part of our county and oxygenates industry around the Waterway and beyond. Once we leave the EU, it will become a key land bridge for European import and export between Ireland and the trading bloc's mainland. It urgently needs to be the main focus for investment for the sake of the Pembrokeshire economy.

The Port's own ability to invest in the local economy is constrained by our own revenues. We are gradually diversifying our business with developments at Pembroke Port and Milford Waterfront. But we are still vulnerable to global energy trade movements. Fewer LNG shipments again this year have made an impact on our revenues. We are looking at ways to grow the Port, and by extension the local economy, irrespective of the vagaries of the energy trade. Looking ahead, we all need to focus on developing a local economy that is resilient and that brings greater security for people lucky enough to live in this wonderful county.

Andy Jones Interim Chief Executive

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Editor: Adrian Lort-Phillips, The Message
Photography: Owen Howells, Derek Phillips
Design: Rockpool Design
Print: Monddi

Port of Milford Haven
Gorsewood Drive, Milford Haven,
Pembrokeshire SA73 3EP
01646 696100
communications@mhpa.co.uk
www.mhpa.co.uk
@mh_port
PortofMilfordHaven

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Feedback

You can keep up to date with what's happening at the Port of Milford Haven on social media, as well as in the news. Not only do we welcome feedback, we encourage it.

If you would like a letter to be published in OnBoard please write or email using the details provided. We cannot guarantee every letter will be printed but will respond either way.

Contact us...

01646 696100
communications@mhpa.co.uk
www.mhpa.co.uk
@mh_port
PortofMilfordHaven



Port role welcomed amid economic doubts

↑ The Port's annual consultative meeting gives all stakeholders the chance to question the Senior Management Team and the Board directly about Port matters..

The impact of the Port on day-to-day life, and its influence on Pembrokeshire's economy appears to be felt more keenly and further afield than previously recorded, according to the latest annual survey conducted on behalf of the Port of Milford Haven.

A recurring theme, reflecting the economic uncertainty felt in Pembrokeshire at the moment, was a call by 90% of respondents for the Port to continue to play a leading role in promoting and supporting new business opportunities on the Waterway. Respondents also put forward a broad range of suggestions for how the Port should be investing in a way that attracts new trade and investment and supports communities and local interest groups.

Nearly a third of respondents motivated to take part came from inland areas away from the traditional port communities.

Other shifts in public perception include a further swing behind the Port's strategy to promote renewable energy industry in Pembrokeshire, with an 8% increase in support (to 83%).

Freight up on 2017

Freight passing through Pembroke Dock Ferry Terminal is up on last year. The cumulative number of freight units passing through South Wales' busiest port climbed by 3,000 from where it was in 2017, despite a slow start to this year caused by severe weather.

"Every piece of freight passing through here represents trade, jobs and economic vitality for Pembroke Dock," said the Port's Director of Quayside Operations, Natalie Britton. "Trade is always a good indicator of the relative health of the economies of both Ireland and the UK, so busy ports are good news for our nation too."

Port eyes new markets for Pembroke Dock

The team at Pembroke Port is calling on regional businesses who need to move products in bulk, to consider sea routes to access their marketplace. Natalie Britton, Director of Quayside Operations at the Port, is opening up a collaborative exercise with businesses across West Wales to highlight the potential benefits of using shipping.

"What we are saying is, if businesses think it might work for them, we can help them run through the numbers," said Natalie. So-called coaster transport can be incredibly efficient and could open up markets that might seem unrealistic using conventional networks.

"You only have to look at local quarry company GD Harries, who were able to supply stone to the new Hinkley Point Nuclear Power Station site in Somerset because they could move the giant rock armour by water," said Natalie. "We believe there's potential for many other businesses to benefit from the fact they are close to a busy and highly capable port, and our message is, whether it's loose product such as biomass or aggregate, bulky or heavy equipment, there may be ways we can help."

The team is also looking at whether smaller containerised services could operate from Pembroke Port. To find out more, call 01646 696631

↓ Think outside the rocks – Pembroke Port is calling on businesses to think about moving more cargo by water. Credit: Owen Howells



Tours take off

Hundreds of visitors to Milford Haven have been getting up close to some of the world's finest coastline and wildlife thanks to new boat tours running out of Milford Marina.

Boosted by some fine early summer weather, the Port of Milford Haven's Discover Coast and Cleddau service has made a flying start, taking photography and wildlife excursions out to the coastline and heritage and explorer tours along the Waterway.

The high-speed rib, which can seat up to 11 passengers inside, operates from Milford Marina's Mackerel Stage. Bookings can be made online at milfordwaterfront.co.uk

↓ *Passengers of the Discover Coast and Cleddau have been getting up close to some world class coastline and wildlife.*

Liveaboards on the rise

A life at sea may not be for everyone, but the number of people living aboard their boats at berth at Milford Marina is on the rise.

There are now nineteen floating homes, or liveaboards, at the marina, where couples and families live all year around. Kellie and Oli are the latest people to take up residence on their sailing yacht Auriga.

"We were previously unhappy renting a house, paying a lot of bills" said Kellie. "We eventually had the brainwave of combining our hobby with our home."

"Oli's work as an air traffic controller means he faces a commute every day, but Pembrokeshire is a lovely place and the Haven offers excellent sailing so it's worth it for us," explained Kellie. "There are cafes, restaurants, bars and supermarkets within walking distance. We also never have to mow the lawn; the ocean is our garden!"

Marina manager, Melanie Durney, said it's great to have more people living there. "We get a real sense of community because of people like Kellie and Oli. It's also good for security having them around all the time."

"It makes perfect sense when you realise you have public transport, supermarkets, banks, a post office, doctors and dentists and so on, right on your doorstep," added Melanie. "Then there's the lifestyle, with some of the best shops, cafes and restaurants right here at Milford Waterfront as well."

For full details of berthing and boatyard options visit www.milfordmarina.com, or call 01646 696312.

→ *Liveaboards Oli and Kellie have documented their first six months living aboard their yacht at Milford Marina on Instagram ([sailing_uncharted](https://www.instagram.com/sailing_uncharted)).*



THE PORT

Third Generation Port

The Milford Haven Conservancy Board was created by an Act of Parliament sixty years ago this year.

Since then, thousands of Pembrokeshire families have made a living in and around the oil and gas business. But one family embodies more than most, both the deep impact that the Conservancy Act has had on this area, and the constant evolution that the Port and the people who live here undergo in order to continue working and to attract investment, jobs and prosperity on the Waterway and beyond. Their roles may all have been different, reflecting changing times, but the Furlongs were there at the start and remain there to this day. Their story is the story of the Port.

← The three generations of the Port. Laura Coombe, Nancy Furlong and Alan Furlong reminisce over 60 years being part of the Port of Milford Haven's family

“The Port needed to be leaner... waiting for tankers to turn up wasn't enough”

Alan Furlong, former Director of Safety and HR



ACT I - The Story of John

↑ *A man in his element – John Furlong (right) with the then Secretary of State for Wales, George Thomas out on the Waterway.*

Milford Haven was the place "where fish comes from". Everyone knew that. In 1948, more than 34,000 tonnes of fish were landed here, much of the catch finding its way to the finest restaurants in London. However, ten years on, in 1958, a shade over 16,000 tonnes of fish were landed and the numbers would keep on falling. (By 1978, just 5,500 tonnes would be landed.)

What this meant for Milford Haven and surrounding communities was a rapid change of fortunes. Where once every day was a payday, for many families tied to a labour-intensive fishing industry, the future looked uncertain to say the least. John Furlong saw the writing on the wall. As a local fisherman, his was a hard life and a very dangerous one. Without regular reward, increasingly the risks looked to outweigh any benefits.

Fortunately for John and his wife Nancy, a new industry was taking root in their back yard and it needed experienced seamen. Thanks to the arrival of oil, the Haven Waterway would see unprecedented numbers of ships come and go, serving the refineries that were being built here. Hundreds of mariners would be needed to crew surveyors, dredgers, tugs and pilot boats and to keep the river moving safely. And to oversee this ballooning commerce, the Conservancy Act of 1958 was passed, creating the Milford Haven Conservancy Board. John became one of the first seamen to be taken on, crewing the launches that would ferry pilots to and from the new giants of the sea that were arriving in Milford Haven.

"I was a lot happier with him being on the launches," remembers Nancy of her husband, who died in 2013. "Oil was the best thing that ever happened here. Were it not for oil there would have been no jobs. And I was a lot more worried about him when he was fishing!"

John rose through the ranks from seaman to coxswain. A steady, well paid job for him and a strong community in which to live, helped to build a secure future for John and Nancy's family. A new generation was being raised around the Waterway, supported by the energy industry.



ACT II - The Story of Alan

↑ *New Direction – Alan Furlong (standing, centre) with fellow directors at the Port's 100th board meeting.*

Alan Furlong was born in Haverfordwest. Educated in St Francis RC School and Milford Central School, he ended up at Neyland Technical College. He was one of a new generation of students being armed with trades and professions fit for the industries that had flourished in Pembrokeshire in the sixties.

"I could see the way opportunities were developing with both the power station and refineries and decided that was the direction I wanted to go in," recalls Alan. "I was one of three from my circle at school who went on to college, apprenticeship and into either refining or power generation."

After an apprenticeship at Pembroke Power Station, he left the county to become a safety engineer at nuclear power stations in Lancashire and North Wales. But the urge to return home was strong, and when Alan saw a chance to play a leading role at the Port that had shaped his own childhood, he came back to Pembrokeshire to take the job of director of HR and Safety.

At that time, the Port was having to face the reality that a future with fewer refineries was inevitable. North Sea oil, making land at refineries in the north and east of the UK, changed the economics.

"As directors we knew the Port needed to be leaner, more strategic as a business. Waiting for tankers to turn up wasn't enough. We saw the total reliance on oil as a source of revenue was something that we needed to move away from."

The Port invested profits onshore, developing its property portfolio and expanding its capabilities in Pembroke Port. But, in what would be its most fruitful exercise, it took stock of what the Waterway had to offer so that it could then attract new energy customers.

What was clear was that Pembrokeshire now had a highly capable, professional and modern port and, thanks to the oil industry, the Waterway was awash with talented employees, contractors and world-class engineering firms. So by 2002, when sites were being sought to land a new energy supply, LNG, for the UK, Milford Haven already had its stall laid out.

"There's no question that the Port being a world class facility made it the first choice as the location for two LNG terminals," says Alan. "And the fresh investment and new revenue the LNG industry brought helped secure jobs and prosperity for the next generation."



ACT III - The Story of Laura

↑ *From sea to land - Laura Coombe swapped boats for horses*

Alan's daughter Laura was born in Haverfordwest in 1982. She studied at Milford Comprehensive before going on to Pembrokeshire College.

She was among the first of the Port's 21st Century intake, the generation that will in all likelihood see renewables overtake carbon-based fuels as the principal source of energy for the UK. More significantly however, while her brother Jamie followed the family's maritime heritage becoming a merchant sailor, she broke ranks and turned inland. She was born of the Waterway, but she would not be part of its day to day functions.

While she recognises that her family's sixty-year link with the Port has made her what she is today ("Grandad's job gave my own father a much more privileged upbringing than he may have otherwise received" she says), she sees the future being very different.

"I feel the rich history, the way in which the Port's function has evolved over the years, is very much reflected in the lives of the people like my family. We have all lived through, and shaped the transition from fishing, to energy, to the new destination tourism, which I see being a key part of the future of the Port."

Laura has eschewed boats for ponies. ("I'm not really one for sailing, I'm afraid, but I love horses! My parents say I was galloping around like a horse the moment I could walk") Her non-working life is consumed by land-based enjoyment. When she's not working in Accounts at the Port, she and her business partner run their company 'PAT Ponies', that offers community therapy and wellbeing sessions using ponies. She sees the value that Pembrokeshire's outdoors, its coast and countryside have for visitors, and sees the Port's strategy to enhance the area as a destination as a natural next step, with its heritage – her heritage – at its heart.

"I would be keen to see the historical memories of the Waterway's past play a key role in the future developments of the Port, a story of where we have been, moving forward - to what we have become. People love that, and it adds a rich layer to what is an already wonderful place to visit."

Get involved

So many people have special memories of the Port. We have set up a Facebook page "Port of Milford Haven's 60th Anniversary" where you can share memories and find out more about the wonderful people who helped shape the Waterway we know today.

My job? It's the bomb!

Honest to God, I have the best job, without question!

The Port's Director of Property and Tourism, Clare Stowell is leading the charge to build a vibrant visitor economy in Milford Haven. With all the energy and passion that's a must for the role, even a World War II bomb scare doesn't break her stride. "I feel like Christmas has come early," laughs Clare Stowell, Director of Property and Tourism at the Port of Milford Haven. She's just climbed up on a huge articulated lorry, still warm from its journey over from Holland. On the back is one of four brand new so-called floatel cabins that have since been craned into the marina at Milford Waterfront.

"For me, these cabins are a real sign of big things starting to happen here. It's so exciting!" she says. By this point she's clambered over the deck and through the open the door of the cabin. Noises of approval echo back through the doorway as she explores.

Clare Stowell has a lot of energy. She is madly in love with the job she does, and it shows. She is the face of the Port of Milford Haven's extensive property portfolio. Her daily tasks see her greeting cruise ship passengers, dealing with tenants and wooing the right businesses to locate into any vacant offices, shops and other premises she has on her books. She has some unusual challenges. A few weeks ago, she learned there was a bomb on the building site of the Costa Coffee Drive-Thru being built nearby. It turned out to be a practice bomb, but you never like to assume.

→ Ambassadorial - Clare is leading the campaign to build a strong visitor based economy in Milford Haven and training 'ambassadors' to make the town an even more welcoming place to visit.



It was bombs that brought Clare here in the first place. Her father grew up in South West London and was evacuated here in the war. He fell in love with the area and eventually moved his precision engineering business here and brought his wife and children along. That was a time when the oil industry was an even bigger economic force in Milford Haven. But, with all three north shore refineries gone, the town and surrounding communities have seen tougher times. Clare is now playing

a leading role in building a new visitor economy here and oversees the team that's making Milford Waterfront a vibrant destination.

"For me it's all about selling," says the former estate agent. "Yes, I have all the stats you could need for any of my properties, but it's not just about the square footage. There's such an exciting vision here at Milford Waterfront that makes it a great sell to anyone wanting to set up their business here."

← "It's like Christmas!" Clare takes delivery of four 'floatel' cabins that will be offering unique hotel stay experiences on the marina from 2019.

And evidence is all around of her team's focused approach in bringing the right vibe to the Waterfront. From the stylish Aussie restaurant Coco's by the Fish Docks, to the latest arrival Impasto Pizza Bar that overlooks the marina, there's not only a feel of quality, but a collective sense of rising anticipation among the retailers, restaurateurs and café owners that Milford Haven is up and coming.

"Honest to God, I have the best job, without question," says Clare, a serious look on her face. "I have a great team, a great portfolio and the excitement of building an amazing tourism destination. What's not to love!?"



CUSTOMER NEWS

META gets physical

Plans are taking shape to develop a series of test areas for marine energy devices in and around the Milford Haven Waterway.

Marine Energy Wales, the agency playing a leading role in selling Wales' capabilities as a global pioneer and base for development of marine renewable technologies, is starting the consenting process for several sites where testing is planned to take place.

The sites include areas in East Pickard Bay, Dale Roads and near Warrior Jetty, as well as other locations in and around Pembroke Port.

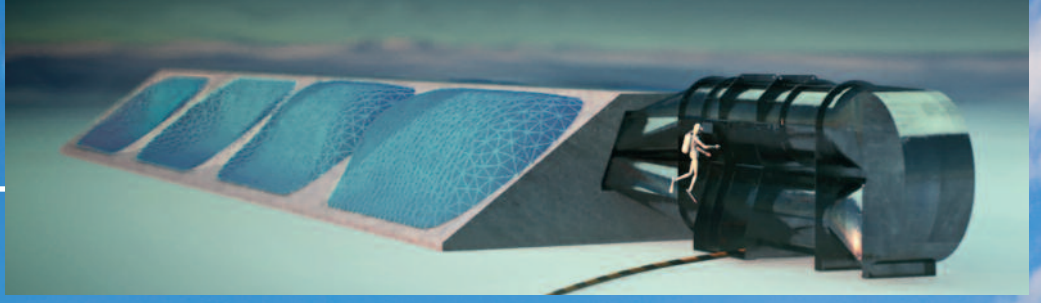
Jess Hooper, Project Manager for the Marine Energy Test Areas (META) project said that, in many cases, once the test devices are deployed it will be hard to tell anything is happening. "META is providing sites for both wave and tidal device testing. It may well be that apart from a few marker and mooring buoys, you won't know it's there. However, crucially we will be able to say to developers that all the environmental and navigational consents will have been covered, so they can just turn up and test!"

META is one of the four pillar projects of Pembroke Dock Marine, a City Deal initiative led by the Port of Milford Haven. It was recently awarded £1.9 million funding through the European Regional Development Fund and Coastal Communities Fund. "There is a lot of excitement about this along the waterway," said Jess.

"Projects such as META and the wider Pembroke Dock Marine initiative, will attract developers and bring investment. That will help to develop the area and supply chain into a marine energy hub, which is great for local jobs."

Interested individuals and those wishing to find out more about the project should check out the Marine Energy Wales website, (www.marineenergywales.co.uk) where details of public exhibitions will be made available.

↓ *The Haven Waterway provides perfect test waters for wave and tidal energy devices. Credit: Marine Energy Pembrokeshire*



£10m funding boost for wave energy firm

↑ *"The membrane-style wave energy convertor is capable of generating large amounts of electricity, according to developers Bombora Wave Power."*

Bombora Wave Power, the Australian marine energy company based in Pembroke Port, has been awarded £10.3m of EU funding to develop and test a wave energy convertor off the coast of Pembrokeshire.

Bombora will now press ahead with the design and testing of their fully-submerged membrane-style wave energy convertor which they say is capable of generating large amounts of electricity.

The £15m project is expected to create up

to 20 skilled jobs in the area. This latest EU funding allocation follows substantial EU and Welsh Government investment in Wales' marine energy industry, including a testing zone in Pembrokeshire (see META news). Bombora Wave Power Europe's Managing Director, Sam Leighton said "We are looking forward to making rapid progress with the 1.5 Megawatt trial project. Bombora is very grateful to secure this support package. Since setting up our European headquarters in Pembrokeshire last year we have been working with local suppliers and have quickly grown our talented team to work on this exciting new project."

Taste of Naples on the Waterfront

A genuine slice of Naples has arrived at Milford Waterfront with the opening of Impasto Pizza Bar. Owned by local couple Michael Turpin and Loren Mulholland, the new eatery takes inspiration from Michael's Naples-born mum.

"This has been a plan of ours for a long time and we are delighted to be here on the Waterfront," said Michael. "It's become such a food hub, with great cafes and restaurants all along here."

Michael says he's been developing the perfect pizza for years and wants them to remain faithful to the pizzas he's had in his mum's home city of Naples, the birthplace of the popular fast food meal.

"Pizzas should be cooked at a really high temperature (close to 500°C) so they are only in for about ninety seconds!" he explained. "We have no plans to do takeaway yet because this type of pizza needs to be eaten straight out of the oven. But we will see how it goes."

Impasto will be open from 12 - 9pm, Wednesdays to Sundays.



↑ *Mamma knows best! - Italian mum Anna's influence helps Michael and his partner Loren bring authentic Neapolitan flavours to Milford Waterfront*



Refined Excellence

Once there were four refineries in Pembrokeshire. Today there are only six in the whole of the UK. Luckily for Pembrokeshire, we have one of the most capable refineries in the business.

“During a planned shutdown, we had a call from the First Minister asking what had happened to the Welsh economy!”

Stephen Thornton

It is hard to quantify the economic impact that the arrival of oil has had on Pembrokeshire over the last 60 years. There are sums that can be done, of course. Total wages paid into the local economy, business rates, contracts to local companies and so on, total £76m per year. But what about the immeasurable value of inward migration of talent, the emergence of an entire supply chain of world-class businesses, sponsorship, community engagement, pension spend?

54 years since it opened, Pembroke Refinery is by far the largest single private sector employment site in Pembrokeshire, and it has underpinned the local economy through each one of those six decades. In fact, it's fundamental to the economy of Wales.

“Valero is responsible for 30% of Welsh economic exports,” said Stephen Thornton, public affairs manager at the Pembroke Refinery. That is a staggering figure which would cause severe headache for our national economy were it to disappear tomorrow.

“We had a planned shutdown a few years ago,” Stephen continued. “We'd forgotten to warn the Welsh Government and it wasn't long before we had a call from the First Minister asking what had happened to the Welsh economy!”

The Pembroke Refinery has had four owners: Regent, Texaco, Chevron and Valero. It is a thriving business because of the consistent and careful investment made by each of its stewards. It employs more than 500 staff and there can be another 700 contractors on site on any given day. In short, the refinery has touched the lives of thousands of families in the region.

“It may sound like a cliché, but we are standing on the shoulders of giants,” said Stephen. “The depth of commitment each company has made within this area, the investment, the outreach in education and charitable work, has been enormous. And you now have three generations of families with deep connections to this refinery.”

That commitment continues. Earlier this year, Valero purchased the storage tank depot on the north shore of the Haven, from SemLogistics, giving them an extra 8.5m barrels of holding capacity. Then in March, they announced work would commence on a £127m cogeneration plant that will provide the refinery with all the electricity it requires.

“When we start to generate our own power, we will effectively go off-grid and free up capacity locally”, explained Stephen. This is important for

Pembrokeshire, as that spare capacity in grid connections out of the county will be available for marine renewable energy companies looking to develop technologies down here that will generate and export power.

Ed Tomp, General Manager of Valero's Pembroke Refinery, epitomises the way the company has embraced and has been embraced by the region. The softly-spoken American is completely embedded in

Pembrokeshire life, and has led from the front with the culture of community engagement and volunteering. Yet, he has brought with him the US refining company's astute business sense, crucial in a very competitive industry.

“What we have here is a very complex, very clever kitchen,” explained Ed. “We have the ability to refine bespoke fuel types to short order.



← A family business - Up to three generations of employees have served at Pembroke Refinery over the past half century.



← General Manager Ed Tomp explains fractionating to the Duchess of Cambridge during the royal couple's visit to Valero for the 50th anniversary celebrations.



↑ Yasemin's ambition to train as an actor was made possible by support from Valero.

Valero plays a big role in the community, just as Texaco and Chevron did before them. As well as fielding an impressive force of volunteers, the company has been helping budding actors in Pembrokeshire who may not be able to fund expensive training, to get on the road to drama school and beyond.

Yasemin Ozdemir (pictured) is an exceptional young actor. Each year the Royal Welsh College of Music & Drama accepts just 20 students onto its highly regarded drama course from 1,200 applicants from Wales, the UK and across the globe. These are some of the future acting greats who will make their way onto stage and screen and perhaps become household names.

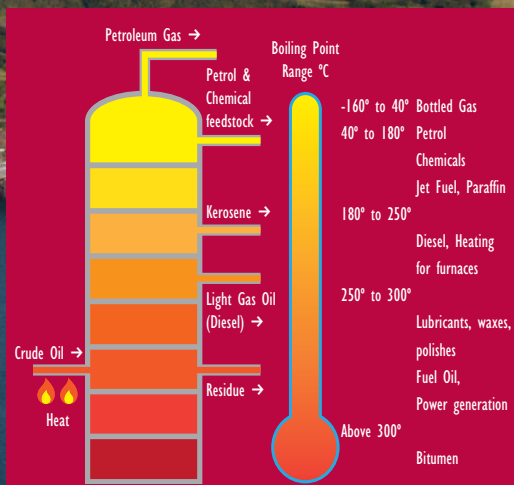
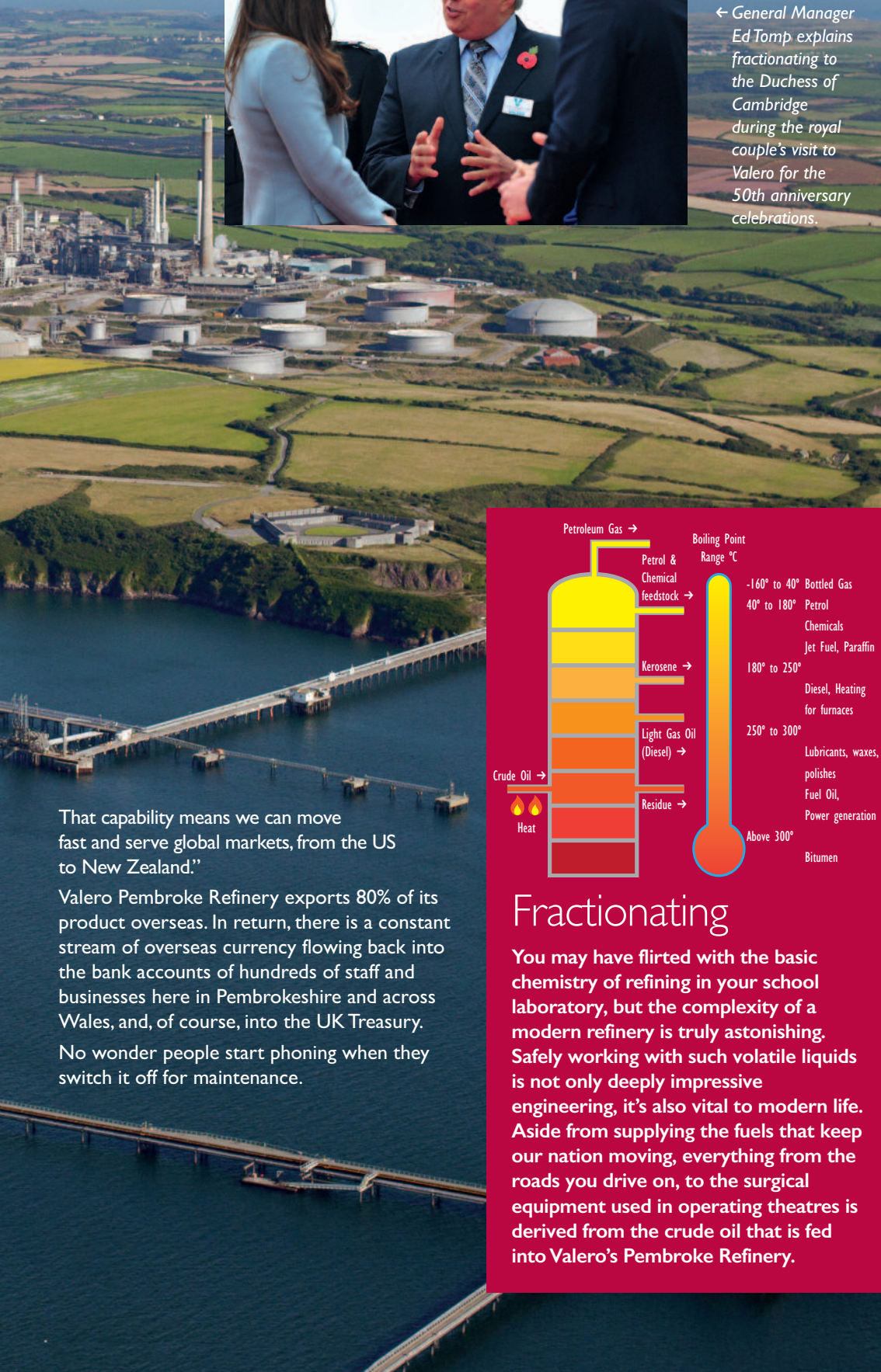
The West Wales Young Actors Studio is an innovative outreach programme run by the Royal Welsh College and part funded by Valero Pembroke Refinery. Andrew Healy is the College's Development Manager.

"In 2012, we commissioned research into the drama training provision in Wales and this told us there was a lack of pathways for young performers to progress to Drama School," he explained. Whilst some students could afford to travel to Cardiff for the training they needed, the College wanted that opportunity to be available in different regions of Wales, supported by bursaries and outreach to ensure any aspiring actor, regardless of their background or means, could develop to their full potential. Valero stepped in and the West Wales Young Actors Studio was born.

Pembrokeshire College offered their theatre for the workshops and, since 2013, around 90 students have won bursaries to join the studio.

"It's amazing to be studying here at the College," said Yasemin. "Before the West Wales Young Actors Studio was set up, there weren't opportunities like this available in Pembrokeshire and it's great that people who want to have a career in theatre and film now have the chance to follow their dreams."

"This type of one to one tuition is very expensive," Andrew added. "It would be impossible for us to deliver our training in Pembrokeshire without Valero making such a sustained commitment. It's been invaluable."



Fractionating

You may have flirted with the basic chemistry of refining in your school laboratory, but the complexity of a modern refinery is truly astonishing. Safely working with such volatile liquids is not only deeply impressive engineering, it's also vital to modern life. Aside from supplying the fuels that keep our nation moving, everything from the roads you drive on, to the surgical equipment used in operating theatres is derived from the crude oil that is fed into Valero's Pembroke Refinery.

That capability means we can move fast and serve global markets, from the US to New Zealand."

Valero Pembroke Refinery exports 80% of its product overseas. In return, there is a constant stream of overseas currency flowing back into the bank accounts of hundreds of staff and businesses here in Pembrokeshire and across Wales, and, of course, into the UK Treasury.

No wonder people start phoning when they switch it off for maintenance.

PORT CHARITABLE UPDATE

Walking out of the prison inside

Most of us will have felt the effects of depression, the statistics insist. It might be a loss of confidence, anxiety, an overwhelming desire to be alone... Whatever the triggers, in extremis our minds have the power to create a prison for us. In the second part of our look at the extraordinary work done by Mind Pembrokeshire, we look at how something as simple as a walk in the countryside is helping to set sufferers free.

"Maybe this time when you eat a blackberry, you could look like you're enjoying it!"

It's a brilliant afternoon by the millpond at Carew Castle and the Onboard photographer is getting shots of the Mind Pembrokeshire Walking Group on their day out in the countryside.

There are a few blackberries left over in the brambles by the path, but most are left over for good reason. Lisa hands Elizabeth another and she pops it in her mouth. She puts on a brave face, but it's clear this one is no tastier.

There's a workable metaphor here for the challenges that mental health presents. Life is not always sweet. There are some really bad days. Making it look like you're coping, that you're ok, is what you try to do. The comments from friends and colleagues ("Smile! It's not all doom and gloom you know?", "Cheer up! It may never happen!") make no difference. Things are bad because, well, life is just bad right now.

Justin used to feel like that all the time. He never used to leave his home. He wouldn't socialise. "I was too nervous," he said simply. Eventually his father persuaded him to walk in to Mind Pembrokeshire's Haverfordwest centre. "They were welcoming straight away," Justin recalls. "Over four years, they've brought me out of my shell," he says. "They even send me out on my own on errands!"

Mind runs a range of therapy sessions, counselling, music, games and more. Yet, one of the most powerful tools used is the great outdoors.

"We've been running this for two years," says Sara Walters. "Thanks to the Pembrokeshire Coast National Park's Walkability project, we've been taking groups to some of the most inspiring parts of Pembrokeshire, and let nature work its magic!"

And the power of the coastlines, of woodlands, historic sites such as Carew Castle and Pentre Ifan, have helped transform the wellbeing of people like Alf too.

"Health problems got me down to the point I tried to commit suicide," says Alf. "They came and took me away and it was all the police could do to stop me jumping out the car and off the bridge."

Alf spent some time at Bro Cerwyn mental health clinic. "Yes, they give you a couple of pills... But then I walked into Mind. Doing this," he says, sweeping his arm around him, "going up into the hills, it's been great. It makes me feel happy. If Mind didn't exist I don't know what I'd do," he adds.

Others in the group have gathered around and are listening to him. They all nod and agree that, without 'Mind', there'd be nowhere else to go.

For Sara, someone experienced in working with people with mental health issues, the walks provide some of her favourite moments.

"There's no cost for these walks," she explains. You can just book your space and come along."



↑ Life is like a bush of blackberries - Lisa leaves Elizabeth (L) in charge of quality control.

Science steps in where "it just makes me feel good" isn't reason enough. "There's plenty of evidence that getting out, getting exercise boosts serotonin [the so-called "good mood" chemical] levels," says Sara. "Sunshine increases vitamin D levels too. So, this is a great way to feel better, make friends and have fun."

"I sometimes run ahead on the walks, so I can look back and see peoples' faces," she says, laughing. "You can see it really makes a difference and that is so rewarding."

For more information, go to www.mindpembrokeshire.org.uk or visit [mindpembrokeshire](#) on Facebook.

↓ The National Park's Walk Leader Paul Casson delivers a history lesson at Carew Castle.



↑ Walking boosts the "good mood" chemical Seratonin, says Mind Pembrokeshire's Sara Walters (extreme right).

It was all the police could do to stop me jumping out the car and off the bridge Alf.

COMMUNITY FUND NEWS

Every year, organisations around Pembrokeshire apply for thousands of pounds from the Port of Milford Haven's Community Fund. During 2017 the community fund awarded almost £30,000 to 102 community groups and projects. Here's a round-up of some of the projects that have benefitted in 2018.

To apply for funding, complete an online application form at www.mhpa.co.uk/community-fund

Scholars give the Port food for thought



↑ Chris Martin, Chair at the Port of Milford Haven joined by the scholars of 2018 (L to R) Rhiannon Morgan, Isabelle Hughes and Rebecca Foster.

The winners of the Port of Milford Haven's annual Scholarship Scheme have completed summer work placements and headed back to their studies.

Rhiannon Morgan, Rebecca Foster, Elizabeth Jenkins and Isabelle Hughes all received £1,500 as well as the chance to get some hands-on work experience, undertaking projects at the Port of Milford Haven, related to their subject areas and interests.

Chairman of the Port of Milford Haven, Chris Martin said he was impressed with the standard of work produced by the students. "The presentations were very thorough, and it was clear the scholars found the placements to be of great benefit. Ofcourse we benefitted too. Some of their observations were really thought-provoking and I look forward to exploring some of the suggestions made with my colleagues."

The 2018/19 Scholarship Scheme application closing date is November 11th. Applications can be submitted online at www.mhpa.co.uk/scholarships.



↑ Pennar students show off their new bike helmets.

Friends of Pennar Community School

The Port of Milford Haven helped fund an ambitious project that will ensure every student at Pennar Community School has a properly fitting bike helmet.

Friends of Pennar School successfully approached the Port and others for funding and have managed to ensure that all 200 students now have the right headgear.



↑ Sara Aicken, from the Port of Milford Haven, met with manager Peter Arnold (left) and the team at Plant Dewi

Plant Dewi

The Pembroke Dock-based centre, Plant Dewi received funding from the Port towards new furniture.

Plant Dewi provides support for a range of groups including men who are socially isolated and young parents who aren't in education, employment or training.



↑ Emma Hutchings, PR and Communications Assistant at the Port, with members of Pembroke Dock RFC Under 9s team in their new tour hoodies.

Pembroke Dock Harlequins RFC Under 9s

Players from Pembroke Dock Harlequins RFC Under 9s team were able to show off their new tour kit, funded by the Port of Milford Haven, when they took part in the first ever Ospreys Challenge this year.

Fifteen team members travelled to Pencoed Rugby Club to participate in the 'Ospreys in the Community' miTour Festival during the Easter holidays. The group represented their club and Pembrokeshire alongside 750 others from over 60 Welsh and English clubs.



↑ Emma Hutchings (standing 3rd from left) with students and members of Penrhyn VC School and their new barbecue

Penrhyn Church In Wales VC School PTA

The PTA of newly opened Penrhyn VC School, that incorporates the former village schools of Orielson, Angle and Stackpole, has been able to buy a new barbecue thanks to a donation from the Port of Milford Haven.

The kit will enable the PTA to cater at outdoor fundraisers, at which they raise the money to buy resources that enhance life and learning for students at the school.

SAFETY BRIEFING

Safe Waters

60 Years Ago, the Port of Milford Haven was created under the Conservancy Act 1958, to maintain, improve, protect and regulate navigation in this beautiful Welsh Waterway. Now the largest energy port in the UK, it is always investing in new technologies to help mariners navigate safely.

Over six decades, the Port of Milford Haven has developed an intricate and advanced safety support system for boats and visiting ships. Technology has transformed the Port's capability to shepherd, warn and inform shipping. Nowadays, ships can ply their trade in conditions that would have headed sailors back to sea in days gone by.

The Port now handles some of the world's maritime giants. VLCCs, crude carriers of over 250,000 tonnes deadweight, call in to the Valero refinery. There are regular visits by the LNG Q-Max liquefied natural gas

carriers, measuring over a third of a kilometre long.

"Entering the port can have its challenges," explains Mike Ryan, Harbourmaster at the Port of Milford Haven. "There are strong tides across the entrance to the harbour and, in stormy weather from the south west, ships can experience heavy and violent seas."

Key to the Port of Milford Haven's approach is the recognition that this busy waterway is very much a shared space. "Everything is for everyone," says Mike of the range of navigation aids maintained by the Port. "We try to balance the sometimes conflicting needs of river users. But no matter who is out there we need to ensure they can see what they trust and know they can always trust what they see."



↑ All equipment takes a beating in stormy weather. The Mid Channel Mark gets pummelled by waves as high as 16m.

← The Watwick transit beacon guides ships into the west channel at Milford Haven. Towering 169ft over St Ann's Head it also boasts great views of the world-famous Pembrokeshire Coast National Park.



↑ Every bit of equipment needs regular maintenance. Here electrician Matthew Jones scales the 50m Watwick Tower to check the equipment.

The navigation aids that the Port of Milford Haven staff work to keep live 24/7 range from compact handheld GPS systems to the monolithic leading lights at the Heads (the Watwick transit tower (pictured) stands taller than the tallest lighthouse in the UK at 169ft). In all, there are dozens of markers, buoys and on-land structures maintained by the Port that are invaluable aids to all users of the Waterway.

Electrician Matthew Jones regularly climbs the towers to make repairs and replacements to critical equipment. "The first time I came up here I was a bit nervous," he says as he climbs through a trap door 80 metres above the calm seas on a beautiful January morning. "I still get nervous every time I come up," he adds, a little breathlessly. Matthew and the rest of the engineering team are often pitted against the brutal Atlantic storms that take a heavy toll on equipment.

"We are always looking at ways to increase resilience of our kit," explains Luke Mason, the engineer in charge of maintaining navigation aids. "I think people see buoys bobbing on the sea and think they're indestructible. Far from it. In February 2014, nearly every buoy at the port entrance was put out of commission," he adds. During the storm, giant waves dumped tonnes of water on the steel superstructures, crushing them like cardboard and extinguishing these vital navigation aids.

It's time to celebrate the Waterway's Naval history

Pembrokeshire's links with the UK's naval past are numerous. Yet, step inland and away from the shoreline of the Waterway and you are hard pressed to see or hear many accounts of its role amidst some of the most important moments in the nation's (and, by extension, the world's) maritime story.

We have plenty to celebrate, however, and much with which to attract heritage-hungry visitors. There are so many highlights, from the Haven's defensive role deterring papal-blessed Armadas in Tudor times, to its central place in sustaining the critical Battle of the Atlantic in World War II. Perhaps one of the most important reasons to pull together this history, is to celebrate the craft and toil of thousands of Pembrokeshire men and women who were employed here.

Over more than one century, during which Britannia did actually rule the waves, 263 Royal Navy ships were built in Pembroke dockyard, more than 200 of them warships. 5 royal yachts were also launched here. The Admiralty's need to defend this strategic port led to the construction of giant forts and fortified barracks all along the river. It's hard to imagine that any family living close to the Waterway would not have been involved in the industry that sprung up over this period.

There is now a plan to pull together these maritime stories and attract more visitors to hear them. It is being launched in a new partnership between the Port of Milford Haven, local heritage groups and the National Museum of the Royal Navy.

from warship building to coastal defence.

Tim Ash, Director of Partnerships at The National Museum of the Royal Navy, is fronting the collaboration with the Port of Milford Haven. "The Waterway has many powerful links with the Navy and the UK's maritime heritage. One of our most treasured vessels, HMS Warrior 1860 (the Royal Navy's first iron-clad warship) sat in Llanion Cove for many years before being restored. She now sits next to HMS Victory in Portsmouth. We are looking forward to linking Milford Haven's heritage with our work elsewhere and to advise on new stories and activities that can be created," said Tim.

Property and Tourism Director at the Port, Clare Stowell welcomed the collaboration. "Organisations such as the Pembroke Dock Heritage Centre and the West Wales Maritime Heritage Centre have been instrumental in collecting much of the area's history together," she said. "Working with the National Museum is really going to help us promote the Waterway's attractions more widely. We have so many jewels here and such a fascinating series of stories to tell," she added.

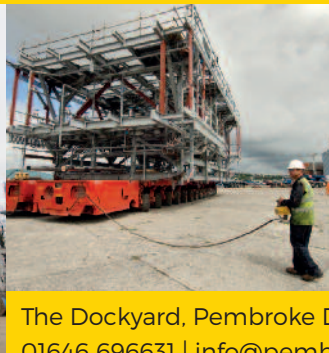
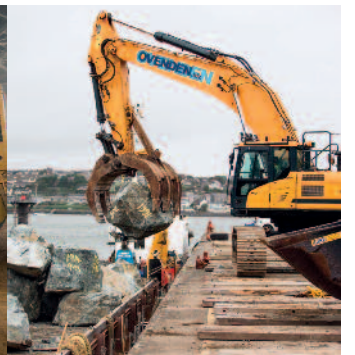
With guidance from the Navy's world-renowned historical guardians, the partners will draw together, and find new ways of telling, the comprehensive story of everything

← The hulk of HMS Warrior (the first iron clad warship) was towed away from Llanion Cove in 1979 to be fully restored. Credit: Warrior Preservation Trust.



Pembroke Port

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Win a Christmas Present Bundle with Milford Waterfront

Christmas is a perfect time to **eat, shop and enjoy** at Milford Waterfront. And, you could be eating, shopping and enjoying yourself a whole lot more with the prizes on offer in this **fantastically festive free prize draw!**

We have had a selection of prizes kindly donated by the independent businesses, as well as some added extras, which means the total value of the prize is over £600!

For your chance to win all of the prizes below in time for Christmas, make sure you enter by **16th December 2018!**

Good luck!

All of the items listed below will go to one lucky winner:

Polaroid Snap Instant Camera
Boat trip for 4 with Discover Coast & Cleddau Boat Trips
Family ticket to Pinocchio at the Torch Theatre
One hour's bowling for 6 at Phoenix Bowl
£50 voucher for Martha's Vineyard
£40 voucher for COCO's Restaurant

£30 voucher for The Olive Tree
£30 voucher for Boobaloo Boutique
£20 voucher for Image by Vanessa
£15 voucher for In House Crafts
£15 voucher for The Scoop Ice Cream Parlour

2 course meal for 2 at The Lounge
Sunday lunch for 2 at Spinnaker Café
Organic aromatherapy toiletries from Fields Lodge Bed & Breakfast
Christmas cushion from My Little Treasures

Beauty Scents candle from Pebbles
Breakfast for 2 at The Crow's Nest
2 mugs from St Brides Bay Clothing
Box of handmade chocolates from Trwffl
The Real Food Cook Book from Healthaspire

Visit www.milfordwaterfront.co.uk/onboard18 to enter



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* Terms and conditions: The free prize draw is promoted by Milford Waterfront (which is part of Milford Haven Port Authority). Entries close on Sunday 16th December at 23:59. The winner will be drawn at random and notified by email, and must respond within 24 hours, or the prize will be redrawn. Prizes are subject to availability and all information is correct at time of going to print. No cash value, and no correspondence will be entered into. Milford Waterfront's decision is final.