

PREMIERE ERA NEWSLETTER

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**INTERNATIONAL
WOMEN'S DAY**



8

MARCH

MARCH

" A STRONG WOMAN STANDS UP FOR HERSELF

A STRONGER WOMAN STANDS UP FOR EVERYONE ELSE "

HAPPY INTERNATIONAL WOMEN'S DAY FROM US AT

PREMIERE | logistics

NEWS AND ANALYSIS

FREIGHT SHIPPING PRICES SINK ON OVERSUPPLY, CHINA SLOWDOWN

Freight shipping prices have plummeted to a historic low, fuelled by a long-standing problem of too many ships and lower demand from China, but experts cautioned against seeing it as a warning on the global economy.

There have never been more commodities transported by sea, but the sector has been plagued with a surplus of ships ordered in good times, while China has put further downward pressure on rates.

Since then, the market has been hoping for a recovery that has been slow to materialize.

And every tentative upturn has led to increased orders from shipyards, mainly in China and Japan, perpetuating the problem.

China is the world's second biggest economy after the United States and the largest consumer of coal and iron ore, making the shipping industry highly dependent on Chinese demand



Chinese coal imports fell sharply in 2014 owing to the increased use of hydropower

LONDON TRADE IS BOOMING



PORT OF LONDON

Cargo trade at port terminals on the River Thames grew 3% or 1.3 million tonnes (3%) says the Port of London Authority. The figure included a 7.4% rise in containers and trailers to 16.2 million tonnes; aggregates and cement went up 10.1% to 9.7 million tonnes; and other non-fuel cargoes up 7% to 6.7 million tonnes – with increases in metals, cereal and other goods.

The growth reflects key investment decisions by port operators, as well as the wider economic upturn. This investment includes the continued development of the London Gateway container port; strong investment at the Port of Tilbury including at their London Distribution Park; FM Conway reopening Imperial Wharf at Gravesend for bitumen; and Stolt Neilsen also expanding its Thames operations.”

Indian Airports has plans for domestic cargo network



Airports Authority of India (AAI) plans to enter the domestic cargo market by using redundant passenger terminals at regional airports.

It says that, with the opening-up of the Indian economy, there has been “tremendous growth” in air cargo at airports throughout the country and that there is scope for considerable further growth if basic cargo facilities are created at second tier cities in India which can feed larger gateways on a hub and spoke basis.

It planned to create common-user domestic cargo and courier terminals after carrying out “minor modifications”, pointing out that these facilities already have land- and air-side access.

AAI manages international air cargo terminals at Chennai, Kolkata, Coimbatore, Amritsar, Guwahati, Lucknow, Trichy and Mangalore airports.

It is responsible for domestic cargo handling at Port Blair, Lucknow and Jaipur along with joint venture-managed air cargo complexes at Delhi, Mumbai, Bengaluru, Hyderabad, Cochin and Nagpu.

AUSTRALIA AIMS TO REGAIN SHARE IN SOUTHEAST ASIAN WHEAT MARKET -INDUSTRY SOURCE

Australia is looking to boost its wheat exports to Southeast Asia, after losing some of its market share there as flour millers from the region shifted to high-protein Canadian and U.S. grain, a senior industry official said.

The world's No.4 wheat exporter has seen buyers in countries such as Indonesia, Vietnam and Malaysia – typically its stronghold – opt for other suppliers as its overseas sales shrank on lower prime hard wheat output and more local demand.

U.S. wheat values, already down around 15 percent this year on bulging supplies, could come under further pressure if Australia succeeds in winning back its Southeast Asian buyers.

“It is not aggressive defense mechanism ... it is about trying to find a way to strengthen the relationship between Australia and the Southeast Asian market.”



HEALTH TALK



- FREE TIPS

Let's take a sneak peak at these stress-management tips

1. A good way to start for many people is to eliminate artificial stress reducers, like alcohol or smoking, which are detrimental to our health and beauty and only temporarily alleviate our stress symptoms

2. Eat a well-balanced diet which includes plenty of fruit and vegetables, as well as foods which are high in complex carbohydrates. An ideal diet also has moderate amounts of protein while remaining low in fat.

3. Avoid excessive amounts of caffeine (coffee, black/red tea, soft drinks with caffeine, etc.) which could increase your anxiety and even cause palpitations. Don't drink coffee after 6pm

ELIMINATING
stress to have
a healthier,
happier and
more
energetic
YOU!

5. Go outdoors whenever possible. A little sunshine and activity can do you a world of good and enhance your outlook on life.

4. Exercise is one of the best ways to reduce stress and improve overall quality of life. Walk or do whatever exercise you feel comfortable with. You may prefer to join a fitness club. Be sure to exercise regularly.



And more Tips...

6. Think positive. For each negative thought you have, try to counter it with something positive. Always look for that silver lining

7. Learn to manage your time well. Time management is essential when you have to juggle numerous projects or roles. Always give yourself sufficient time to accomplish your tasks.

8. When you are facing an unpleasant situation, take a deep breathe and count to 10 before saying or doing anything. Taking a deliberate pause can have a calming effect, and allow you extra time to reassess the situation before taking possibly regrettable actions on impulse.

9. Practise deep-breathing exercises. Imagine your stomach is a balloon, and inhale deeply and slowly, inflating that balloon. As you slowly exhale, think of the word "relax" and let it permeate your entire being, from head to your feet. Let your stress be "released" from your feet.

10. Adopt good sleep habits. Make sure you go to bed and wake up at about the same time every day. Avoid very stimulating games and take a warm shower before bedtime to relax.

