



# THE FACTOR

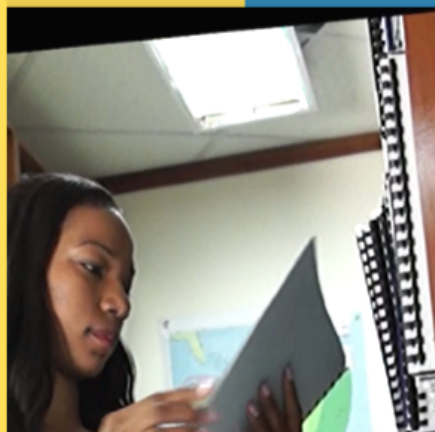
A Publication of the Office of Utilities Regulation Information Centre

apr - sept 2019

# 5

## FACTS ABOUT THE OUR INFORMATION CENTRE-

# OURIC



### **HOW MUCH DO YOU KNOW ABOUT THE OUR INFORMATION CENTRE, OURIC?**

Do you know when it was established? Do you know our tag line? Do you know our opening hours?

Below are five (5) important facts about OURIC.

On your next visit, ask the librarian about our in-house publications, including:

Tariff Decisions, Consultation Documents, Determination Notices, Quality of Service Standards and the Jamaica National Numbering Plan.

Come; Get the facts!

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## VOLUME 5 ISSUE 1



## Have you heard the term **RAMI** associated with JPS meters and wondered, what it means?

RAMI or Residential Automated Metering Infrastructure, features the installation of meters away from the customer's premises - such as in meter enclosures on electricity poles or attached to transformers. A Customer Display Unit (CDU) in the home simultaneously shows the consumption being recorded on the remote meter. The meter is read remotely by JPS using a technology called Powerline Communication (PLC). Service can also be disconnected and reconnected remotely.

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# 5 FACTS

## about the OUR Information Centre (OURIC)

*Your regional resource centre of choice for information on utilities regulation*

1.



Established  
- April 2003

2.



Opening Hours -  
Monday - Friday  
9:00 am - 4:30 pm

4.



Only resource  
of its kind in the island

3.



Thousands  
of in-house publications  
crafted by our team of experts

5.



Open to  
the public

**OURIC supports the mission of the Office of Utilities Regulation:**

*"To contribute to national development by creating an environment for the efficient delivery of utility services to the customers while ensuring that service providers have the opportunity to make a reasonable return on investment."*

### OUR SERVICES



COMPUTER/  
INTERNET



TELEPHONE  
REFERENCE



REFERENCE  
CONSULTATIONS



LOAN



PRINTING

**VISIT US  
TODAY!**

# Work-life Balance

The division of one's time and focus between working, family and self, whilst incorporating leisure activities, is how I best define work-life balance. This division eludes many of us at some point throughout our life. The average working adult spends approximately ten hours away from home each day. Increasingly, workers at every level of the organization are at risk of burnout because of a lack of balance between work demands, duties, obligations and opportunities of family, recreational and spiritual life. Adding to the mix is the gruelling demands of school for those who decide to pursue higher education, while at the same time remaining current and competitive in our respective field.

Therefore, with the work environment requiring our best effort, there might hardly be much time and energy left to go around to our family, and other important areas of life like the spiritual, physical and social dimensions. If left unchecked, this lifestyle can result in the neglected areas eventually falling apart.

Though technology plays a vital role in alleviating some aspects of the manual tasks that we have become accustomed to such as cooking, washing, cleaning among others, it can also be a hindrance. We find it challenging to live with the technology as it creates an opportunity for procrastination with so much information at our fingertips, social sites to on which to mingle and share our experiences, applications and a whole plethora of other positive – and sometimes negative - distractions.

Many would agree that organisations can help employees achieve work-life balance by instituting policies, procedures, social initiatives and expectations that enable us to pursue more balanced lives, such as flexible work schedules, schedule a lazy hour each day, and company-sponsored family inclusive events and activities offsite. Yet still, most of us will be haphazardly sieving our way through the obstacles of work and living.

We often fail to realize that trying to schedule an equal number of hours for each of your various work and personal activities is usually unrewarding and unrealistic. Additionally, the right balance for you today will probably be different for you tomorrow. The right balance for you when you are single will be different when you are married, or if you have children; when you start a new career versus when you are nearing retirement. Therefore, the best work-life balance is different for each of us because we all have different goals, priorities and ultimately lives. Similarly, my success indicators and



drivers will not be aligned with yours, as we are all uniquely wired with different motivators.

However, here are a few ways in which I believe we can improve our chance at finding that balance around work and life in and of itself.

- Put yourself first, your family and relatives second and friends and associates third. You cannot take care of someone unless you are able to take care of yourself physically, financially, mentally, spiritually etc.
- Never take home work. For emphasis, NEVER take home work. Though many find this difficult, gradually begin the practice, as this reduces tension in the home and generally allow you more time to focus on other selfish priorities.
- Limit the amount of time spent procrastinating. Approach work in a more structured and responsive manner. As the adage goes 'do not put off what you can do today until tomorrow'.
- Make an attempt to delay self-gratification. Indeed, a nice car, shoes, handbag etc would definitely make us all feel good. Instead consider delaying the pleasure by starting an investment account in a financial institution and reap the rewards later.
- Laugh. This I believe is self-explanatory, especially laughing at self, you will be amazed how laughter helps within all aspects of your life.

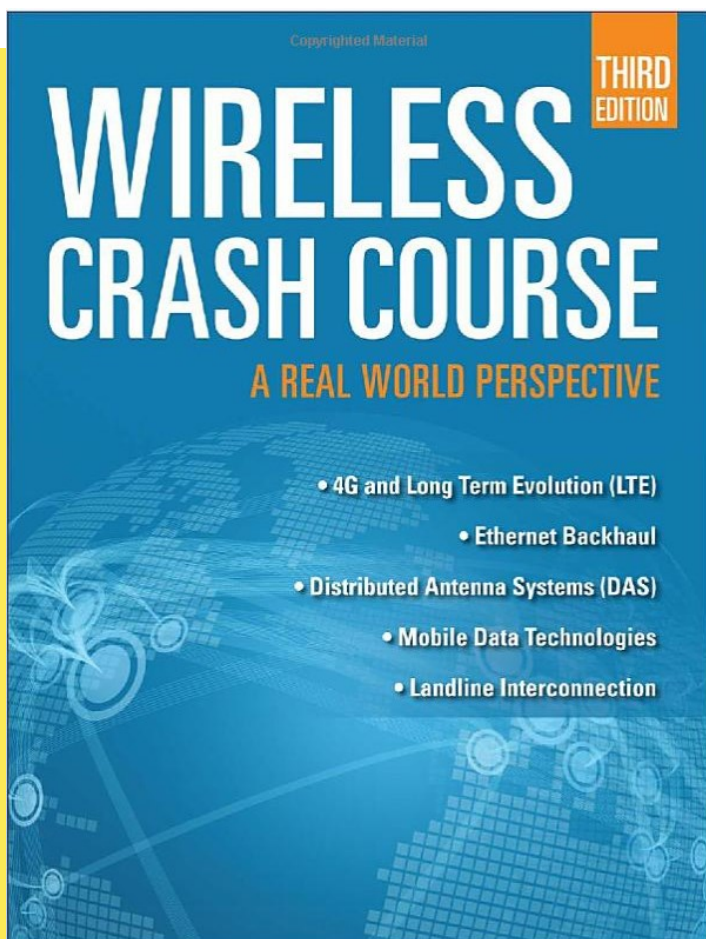
In concluding, it is my opinion that work-life balance is achieved intrinsically and not so much dependent on the extrinsic factors around us. Time management is essential. Spend your time wisely at work, so that you will have more time to do what you need to do for yourself and loved ones. Yes it is easier said than done, but no one said it cannot be done.

Adapted from the OUR Staff Newsletter - 2019 Jan - June edition



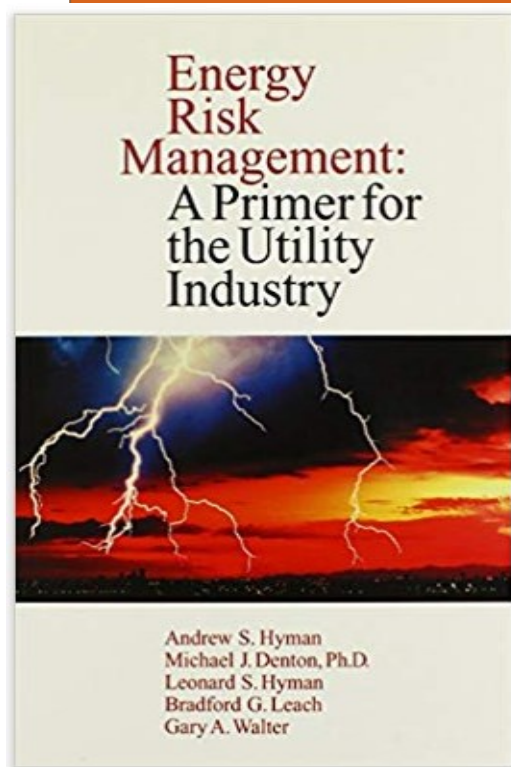
Written by Lyndon Adlam, Manager -  
Records and Information Management (RIM) Unit

# COLLECTION FEATURES



## GET A SOLID GROUNDING IN CUTTING-EDGE CELLULAR TECHNOLOGY

Gain an overall understanding of the constantly evolving spectrum of wireless technologies, devices, and standards. Completely revised throughout, *Wireless Crash Course*, Third Edition offers straightforward explanations of all aspects of cellular networks and provides clear information on cellular design and operational concepts. Learn the fundamentals of cell base stations, radio frequency (RF) technologies, microwave radio systems, and 3G and 4G / LTE technologies, and discover practical new applications and mobile data technologies. Examples, photos, and illustrations from the field are included in this practical guide.



**THIS BOOK PRESENTS A CLEAR, CONCISE INTRODUCTION TO THE BASICS OF RISK ASSESSMENT**, from identification to evaluation to management of risk. It addresses the needs of managers and boards, giving readers an understanding of the risks energy companies and utilities face, and how to manage those risks. *Energy Risk Management* includes an extensive glossary of 100+ pages in which key terms and phrases used in energy trading and securities transactions are defined and cross-notated, an invaluable reference source unto itself. Topics covered include: The Need for Risk Management, Core Risks, Risks Within the Business, and Regulation & the Government.

## SOMETHING BIG IS COMING




## WE WANT TO HEAR FROM YOU!

Drop us a line at:

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3rd Floor, PCJ Resource Centre  
36 Trafalgar Road  
Kingston 10  
Tel: 876-968-6053



 We're on the Web!  
[www.our.org.jm](http://www.our.org.jm)