

February + March 2005

samudra

Rooting for a Great Year of the Rooster!



February + March 2005

samudra

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contents

Industrial Relations

- 9** Asian Seafarers' Summit Meeting
NASCO Meeting in Tokyo
- 10** We all need SECURITY



Features

- 3** First Union to Offer Free Health Screening
- 7** GS Shares The Latest Buzz in SOS
- 15** NTUC Launches SkillsSave



Seacare

- 22** Something to Crow About!
- 24** Seacare sign MOU with New Indonesian Co-op
- 25** Vietnamese Co-operatives Explore Opportunities
- 26** IP Talk - About Being Original



Welfare and Social Activities

- 11** Dropping In To Keep In Touch
- 12** Hey, Hey, Let's Lo Hei!
- 17** Social Calendar 2005/2006
- 18** Rollin' Rollin'!
- 19** Getting to Know....
- 20** Members' Corner



Members

- 16** Music Makes Me Happy!



Training

- 14** Brain Workout!

First Union to Offer Free Health Screening



When SOS announced that under the special medical scheme, Seacare Medical Scheme (SMS), SOS qualified local members will enjoy one free health screening once every four years at the Seacare Maritime Medical Centre (SMMC), SOS Member Mr Chua Ming Chai and his family were the first to applaud the good news.

SOS recognizes that health screening is about proactive health maintenance and that early detection is invaluable. Health screening also increases the chance that the build up of silent killers like cancer can be stopped earlier on.

It's about quality of life. The whole idea of the Scheme for our local members is aimed at helping them, where possible, to avoid potentially disabling problems in the future such as heart disease, stroke, osteoporosis and cancer, said

Mr Leow Ching Chuan, SOS General Secretary.





In an interview with Samudra, Captain Chong Chee Eng, Chairman of Singapore Maritime Employers' Federation said: **The fact that SOS is the first and only Union that offers this welfare benefit speaks volume of the Union's concern and determination to offer the best to its members. I applaud the Union as well as the Shipping Companies that supported the Scheme in investing in the health of the seafaring community. I encourage more shipping companies to come onboard to support this very worthy benefit.**

Under the Component A of the SMS, a Qualified SOS Local Member is entitled to receive one free health screening per term of office of four years. For the current term of office ending March 2008, the scheme will take effect from 1 May 2005. The benefit is not transferable.

A Qualified SOS Local Member would be an Ordinary and Participating Local Member who is a paid up member in the month of the health screening appointment. All Associate for Life, Cadre and Founder Members are automatically eligible.

The basic health screening package covers Consultation and Complete Physical Examination, Biophysical Measurement, Office Tests, Imaging Studies, Urinalysis, Full Blood Count and Lipid, Liver, Hepatitis, Kidney, Endocrine, Bone & Joint, Veneral Profile as well as a Medical Review.

The SMS is conceived for the purpose of providing its local and foreign members with medical benefits and shipping management staff with free healthcare talks. While Component A is strictly for local SOS members, the Component B of the SMS targets SOS foreign members and/or their dependents who will enjoy medical related services at overseas affiliated clinics of the SMMC. Component C is for management staff of shipping companies that participate in the SMS. They are eligible to attend talks conducted by the Seacare Maritime Medical Centre Pte Ltd at no cost.

Getting Ready For A Health Screen

The free health screening is available from Mondays to Fridays (except Public Holidays) at:

Seacare Maritime Medical Centre Pte Ltd (SMMC)

165 Tanjong Pagar Road
#04-19 The Amara
Singapore 088539
Tel: (65) 6222 7728
Fax: (65) 6224 6387
Email: seacare@pacific.net.sg

The following procedures are to be adhered for appointment booking:



Step 1: Contact the SOS Welfare Division at 6379 5670 or 6379 5671 for health screening appointment and verification of eligibility status.

The booking of appointment will be on a first-come-first-served basis up to a maximum of 3 qualified members per day. A member must pay up his subscriptions before he can enjoy this benefit.

I'm the sole breadwinner, so it's important to know if I'm in the pink of health. If there's anything wrong with me, I want to know in the earliest possible time. So I will definitely go for the free health screening at SMMC.

- Mr Chua Ming Chai



My wife is very pleased that SOS provides this benefit. Honestly, not many of us have the extra cash to go for health screening though we all know that it's important.

- Mr Muhammad Pakki



Health screening is not cheap. My monthly income as a cab driver is unstable and I can barely cover my family's expenses. So, I really feel the pinch. The SMS is definitely money saving. It may save our life too!

- Mr Kiam Long Jong



Step 2: To collect the following from the SOS Welfare Division not less than 2 days before the appointment date:

- i) Application Form for Health Screening Benefit
- ii) Pre-Health Screening Instruction and Medical Containers

Step 3: To report at SMMC at 9am on the appointment date with the following:

- i) NRIC and SOS Membership Card
- ii) Application Form for Health Screening Benefit (with Part 1 & 2 of the form duly completed)
- iii) Medical Containers

Step 4: To report at SMMC for medical review on date scheduled by SMMC.

For cancellation or request for change of appointment date, a minimum of 3 working days notice is to be given to the SOS Welfare Division.

Please note:

If the health screening indicates a need for follow-up treatment and/or medication, such treatment and/or medication shall be absolutely and entirely at the member's discretion and his own expenses.

SMS Scheme For Local Members
Health Screening Package @ SMMC

	Item Description	Remarks
Medical Consultation	Detailed Consultation and Complete Physical Examination	
Biophysical Measurement	Height/Weight/Eyesight BMI	
Office Tests	Electrocardiogram (ECG)	To detect rhythm disorders and coronary artery disease
Imaging Studies	Chest X-ray	For detection of lung pathology
Lipid Profile	Total Cholesterol	For prevention of coronary artery disease for both men & women above 50s.
	HDL Cholesterol	
	Total Cholesterol / HDL ratio	
	LDL Cholesterol	
	Triglyceride	
Liver Profile	Total Protein	Analysis of liver function. Detect liver disease including hepatitis & cancer
	Albumin	
	Globulin	
	Total Bilirubin	
	ALP	
	SGOT	
	SGPT	
Hepatitis Profile	GGT	To detect Hep B virus and state of immunity.
	Hepatitis Bs Ag	
Kidney Profile	Hepatitis Bs Ab	Analysis of kidney function.
	Sodium	
	Potassium	
	Chloride	
	Urea	
Endocrine Profile	Creatinine	Study of endocrine abnormalities like diabetes & thyrotoxicosis
	Glucose	
Bone & Joint Profile	Free T4	Analysis of common bone disorders including gout
	Calcium	
	Phosphate	
Veneral Profile	Uric Acid	Detect exposure to venereal disease
Urinalysis	VDRL	Analysis of urine
Full Blood Count	Urine FEME	Complete blood analysis
	Haemoglobin	
	Red Blood Count	
	White Blood Count	
	Platelet count	
	Hb Indices	
	Blood Film	
Medical Review	Blood Group	
	Interpretation of results & Recommendations	

GS Shares The Latest Buzz in SOS

The free health screening offered by SOS to the local members created a buzz in the General Secretary Dialogue session held on 18 March 2005 at the Multipurpose Hall, Seacare Building.

The members were delighted at the news. Once again, the Union showed their concern for the members in a practical

and yet ingenious way. Mr Leow pointed out during the dialogue session that health screening allows members to understand their current health condition.



SOS can offer free health screening to its local members because we have our own medical centre, said Union Chief Mr Leow Ching Chuan as a matter-of-fact. Other medical centres may charge you around \$350 for the series of tests we offer in the health screening package. But because you're a SOS member, you don't have to pay a cent.

During the dialogue session, he covered in-depth the workplans for the year April 2005 to March 2006, the result of an intensive brain storming session participated by the Executive Committee and Standing Committee members and staff in the Philippines earlier this year. The members listened in rapt attention as the General Secretary unveiled the aims and targets of each of the committee -

- ◆ Industrial Relations
- ◆ Seafarers Provident Fund
- ◆ Membership and Organising
- ◆ Welfare and Community Services
- ◆ International Relations
- ◆ Training & Skills Development
- ◆ Publications & Corporate Development
- ◆ Information Technology
- ◆ Finance & Investment



On the development of both SOS and Seacare, Mr Leow pointed out that both entities are growing. Seacare's turnover hit S\$25 million with S\$1 million profit before tax while SOS membership continues to rise and targets to hit 12,500 members by 2006.

"Both Union and Co-operative are growing simultaneously. In fact, Seacare has become a successful model. It is not a case of one growing at the expense of the other or one entity suffering from neglect because of the emphasis on the other. The SOS staff multi-task and are able to have a clear balance of their responsibilities," assured Mr Leow.

To the suggestion of one of the delegates, Mr Leow responded that the Union would carry out a survey on the number of retired seamen who are keen to work in the harbour craft sector. If the number is

substantial, the Union will submit a proposal to the Maritime and Port Authority of Singapore. If the number is small, the Union will work on an individual case to case basis with the purpose of getting a job for the members.

Two other main points were highlighted by Mr Leow in the dialogue. One is the importance of training and employability as well as NTUC's proposed SkillsSave Scheme. The other is that members' feedback, suggestions and participation are always welcome. "We hold the GS Dialogue session between the annual workshop planning session and staff workshop is because we want to seek your views and comments on our workplans. My door is always open. Come, share with me your suggestions and thoughts," Mr Leow invited.

Asian Seafarers' Summit Meeting



The 22nd Asian Seafarers' Summit Meeting was held on 28 February 2005 in Tokyo, Japan. It re-affirmed the Asian Seafarers' Affiliates' support of the agreed ITF/ISF interpretation of the ILO recommended minimum wage for non-domiciled seafarers on board genuine national flag ships.

In its final draft stage before submission for adoption by the High Level Tripartite Working Group meeting on April 2005, the consolidated convention for maritime labour standard in ILO was fully endorsed by Asian affiliates. This convention will ultimately safeguard seafarers' rights.

The summit assembled some 19 seafarers' unions from 13 countries, SOS was represented by General Secretary, Mr Leow Ching Chuan and Vice President, Mr Mohd Idris B Mohd Ibrahim.

NASCO Meeting in Tokyo

The 15th NASCO meeting was held in Tokyo, Japan on 1st March 2005. International Bargaining Forum (IBF), NIS-Collective Bargaining Agreements and evaluation of NASCO Benchmark were at the top of the agenda.

A breakdown on nationalities employed on NIS and Norwegian owned FOC vessels was also presented during the session.

We All Need S-E-C-U-R-I-T-Y



Port security was given the limelight in the three day workshop organised by the International Labour Organization (ILO) Sectoral Activities Department in collaboration with the International Maritime Organization (IMO) and ST Education & Training Pte Ltd of Singapore.

Through lectures, discussion and practical group work, leading exponents from the ILO, IMO and other leading maritime security experts expounded on the ILO-IMO Code of Practice on Security in Ports (2004).

Held from 21 to 23 March 2005 in Singapore, the workshop gave the participants like SOS Vice President Mr Mohamed Idris the opportunity to interact with the experts and receive practical guidance on how to improve port security through the implementation of the provisions of the ILO-IMO Code of Practice on Security in Ports (2004).

The ILO-IMO Code of Practice on Security Plans (2004) offers guidelines to maximize the effectiveness of security measures through systematic drills, exercises, tests and audits of security procedures in order to identify and correct areas of non-compliance, failures and weaknesses. At the workshop, topics covered also included security policy, physical security of the port,

security awareness and training, confidentiality and non-disclosure of information, the port security assessment and plan.

At the end of the training programme, the participants were equipped to

- describe the ILO-IMO Code of Practice on Security in Ports (2004) and its link with the IMO ISPS Code and with the ILO Seafarers' Identity Documents Convention (Revised), 2003 (No. 185);
- analyse the institutional and organisational arrangements necessary for the implementation of the ILO-IMO Code of Practice on Security in Ports (2004);
- identify roles and responsibilities of governments, employers and workers in the implementation of the ILO-IMO Code of Practice on Security in Ports;
- undertake a port security assessment and describe the format and content of a port security plan;
- provide general advice to their organisations on the implementation of the ILO-IMO Code of Practice on Security in Ports (2004).



Seafarers often spend long periods at sea away from their loved ones. Hence, when a ship calls into port, one of the first things on their minds when coming ashore is to head for the nearest place where they can make a phone call to their loved ones, and to catch up on the latest news.

With the growing emphasis on security measures within port areas, seafarers may find it harder to obtain shore leave or to leave the port area for their shopping and communication needs. In recognition of this new development, the Maritime and Port Authority of Singapore (MPA) together with the various seafarer missions in Singapore, has set up a drop-in centre for seafarers. It is located at the Finger Pier Building within the port area. The seafarers can phone home, access the Internet, read the newspapers and relax in the drop-in centre without going out of the port area.

The drop-in centre is located at #01-02 Finger Pier Building, 20 Prince Edward Road, Singapore 079213 and is easily accessible by the port shuttle bus service. The centre operates on Mondays to Fridays from 10.00 am to 6.00 pm.

Since it started operation, the centre has seen an increase in the numbers of visiting seafarers. Many of them serve on ships which are only alongside for a

Dropping In To Keep In Touch



few hours, and do not have the time to leave the port. The drop-in centre provides a place for them to call their families and friends, and to relax for a while.



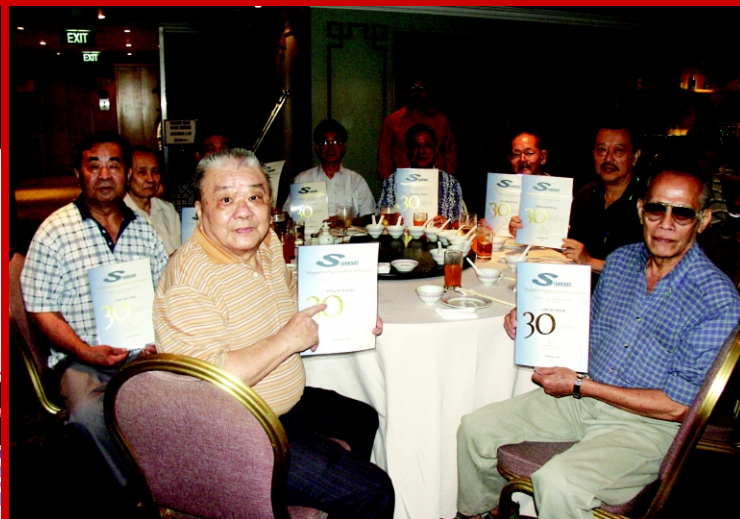
The drop-in centre also signifies a first-time joint project between the MPA and the seafarer missions in Singapore - The Danish Seamen's Church, International Lutheran Seafarers' Mission, Norwegian Seamen's Mission, Stella Maris Catholic Seamen's Mission, Swedish Church Abroad and The Mission To Seafarers.

Hey, Hey, Let's Lo Hei!



May the Year of the Rooster see more opportunities for businesses so that the economy will grow and there will be more job opportunities. May it be a year where we pursue our dreams and aspirations and hopefully we look back and say that the Year of the Rooster is indeed a good year. I wish everyone better luck and prosperity!

As Mr Lim Swee Say, NTUC Deputy Secretary-General, Minister, Prime Minister's Office and Second Minister for National Development offered one good wish after another in his off-the-cuff speech made at the SOS/Seacare Hong Bao Presentation and Lunar New Year Celebration, the crowd nodded appreciatively and in full agreement.



There were more cheers and smiles when the Guest-of-Honour together with the leaders of SOS and Seacare, walked round the theatre and extended handshakes of warm greetings and hongbao (red packets) to retired seamen and residents from four charitable welfare homes.



SOS and Seacare had agreed right from the beginning that by jointly hosting the Hong Bao Presentation and Lunar New Year Celebration, they could do more for the people in need of help than if they were to do so separately, said SOS President Mr Tan Jing Bock at the start of the event which took place on 16 February 2005.



And helped they did as close to S\$32,150 worth of Hong Bao were presented to the 265 SOS Associates for Life and Cadre Members, 6 MPA retired seamen and 101 residents from four charitable welfare homes ie Asian Women's Welfare Association, Ling Kwang Home for Senior Citizens, Jamiyah Home for the Aged and Sree Narayana Mission Home for the Aged Sick. The former seamen each received a hongbao of S\$100 while the welfare home residents each received S\$50. All had a wonderful meal and entertainment befitting of an auspicious and grand event.

Another group of guests who would not forget their encounter with Mr Lim was the SOS Long Membership Awards recipients - 17 of whom were appreciated for their 30-year Long Membership while 13 for the 15-year Long Membership with the Union.



Brain Workout

Take the Brainteaser and find out how much or little you know about Personal Safety, Social Responsibility and First Aid.

TRUE OR FALSE?

- 1 Slip, trips and falls account for the highest rate of accidents onboard ship.
- 2 Lifting 10kg of weight incorrectly puts 240kg pressure on the lower back.
- 3 An enclosed space is any area that is designed for continuous occupancy.
- 4 The more oxygen the air in the confined space has, the safer it is.
- 5 Log-out is a term used to describe signing-out from duty onboard.
- 6 NID is partial or severe hearing loss due to prolonged exposure to excessive noise.
- 7 Going for a cold shower will reduce stress level.
- 8 Muscle cramps should be left alone.
- 9 If a person is in shock from head injury, lie the patient down and elevate the legs to assist blood flow.
- 10 CPR is to be performed with 4 cycles of 15 compressions and 2 mouth-to-mouth respirations.
- 11 Heimlich Manoeuvre is another name used to describe a chest thrust used on a choking patient.
- 12 Apply the "non-touch technique" when dealing with minor burns and scalds.

Check your scores below. More often than not, your score reveals just how much more you need to know to meet your job demands.



SOS has been organising Personal Safety & Social Responsibility [PSSR] and Elementary First Aid [EFA] courses for its members, with appointed trainers from the Singapore Maritime Academy [SMA]. So far, a total of 217 members have already signed-up for these sponsored courses, which form part of the requirements in obtaining the Basic Training Certificate [BST], a minimum standard of training for all sea-going seafarers who are expected to comply with the Standards of Training, Certification and Watchkeeping [STCW95] set out by International Maritime Organization [IMO].



Whatever your scores, if you have not signed-up, take the brainy step. Register now! Call **Mariana Angel 6379 5671** or email angel_mariana@seacare.com.sg. [Dates of courses will be confirmed when a minimum number of 20 participants are met.]

Score your quiz:

1. T 2. T 3. F 4. T 5. F 6. T 7. F 8. F 9. F 10. T 11. F 12. T

What your score means: 0-5 [bird brain] ; 6-10 [banal brain]; 11-12 [brawn brain]

NTUC Launches SkillsSave

Workers should develop a habit of continuous training, and not wait for their employers to send them for training.

"The workers should look after himself. He should not hold onto the outmoded thinking that his employer will plan and chart his future," Mr Lim Boon Heng, NTUC Secretary-General, said this at the launch of the NTUC's SkillsSave Scheme on 29 March 2005.

The Scheme allows workers to set up a portable learning account that they can tap on, even as they move from one job to another. Workers too have the chance to decide how the money will be used, choosing from a list of approved programmes. The purpose of the scheme is to encourage the individual to take responsibility for his own upgrading and to make continuous learning a habit," Mr Lim said.

"What we have put in place is a structure and the financial support to get started. What is crucial is for an account holder to use this account for learning," Mr Lim said.



The workers should look after himself. He should not hold onto the outmoded thinking that his employer will plan and chart his future.

- Mr Lim Boon Heng, NTUC Secretary-General

Three NTUC co-operatives - Income, Childcare and FairPrice - have adopted the pilot programmes. Each month, participating workers deposit a fixed sum of money into a portable personal account, with their respective co-operatives topping it up at the same time. The combined contribution from the two parties ranges between \$96 and \$200 per year. The Singapore Labour Foundation matches the sum, capping it at \$250 per year for five years.

The individual learning account can also be used together with other existing training schemes like the Skills Development Fund, NTUC Education & Training Fund and other subsidy schemes administered by the Government, CDCc and self-help organisations.

For more information, please visit www.ntuc.org or call 6213 8008.

Music Makes Me H-A-P-P-Y!

Calling all music lovers! Simply present your NTUC Card today to enjoy great discounts!

50% off

Tickets to 3 Singapore Chinese Orchestra Shows

The 70-strong Singapore Chinese Orchestra (SCO) is Singapore's only professional Chinese orchestra. The SCO is the proud resident orchestra of the 2001 refurbished Singapore Conference Hall with an 882-seat concert hall. It performs under the baton of Music Director Tsung Yeh.

To Mother

Saturday, 7 May 2005, 8 pm

Sunday, 8 May 2005, 3 pm

Singapore Conference Hall

Conductor Quek Ling Kiong

Tickets \$40, \$25, \$20, \$15*, \$11*

Give your mom a musical Mother's Day treat. Singapore's best-loved veteran singer, Poon Sow Keng, makes yet another concert comeback in this musical celebration of Mother's Day with familiar hits of yesteryears. Tickets \$40, \$25, \$20, \$15*, \$11*



The New Frontier

Sunday, 4 September 2005, 8 pm

Singapore Conference Hall

Conductor Tsung Yeh

Tickets \$20, \$16*, \$11*

Fancy listening to Mozart's Turkish March, Vaughan William's Greensleeves and Saint-Saens' Rondo Capriccioso (in the erhu)? Get a taste of Music Director Tsung Yeh's experimental introduction to the Chinese orchestral genre, tailor-made for listeners more attuned to western



symphonic repertoire. Selections from Tang Jianping's "Hou Tu", Lin Yue Pei's "Insect Word", Singapore composer Ho Chee Kong's "Night Of Electric Winds" and other surprises will also be given the limelight.

Nine Girls Band

Saturday, 26 November 2005, 8 pm

Singapore Conference Hall

Tickets \$20, \$16*, \$11*

Singapore's answer to China's 12 Girls' Band comes in the magic number, "9" - or the nine youthful doyennes of their musical fields - Yu Jia (pipa), Zhang Rong Hui (zhongruan, the Chinese banjo), Ou Jian Qing (yangqin, dulcimer), Foong Cui Shan (zhongruan), Xu Wen Jing (gaohu), She Ling (erhu), Wong Meng Yee (double bass), Li Hua (cello) and Xu Hui (guzheng, percussion). Find out if they sound as good as they look!



Show your NTUC card at any SISTIC outlet now when you purchase the above tickets!

* Concession Ticket Price

It's Magic!

Ever wonder what goes behind the card tricks and more? Pick up useful tricks and tips from the veteran master magician, Mr Robin Chew, who has more than 20 years of performing experience. Robin is a Magic and Gambling Consultant in MediaCorp Studio and an advisor to the most notable Chinese drama, "The Unbeatables". He is also a member of the International Brotherhood of Magicians (U.S.A) from 1981 to 2004. In addition, he is a regular trainer with People's Association (LifeSkills & LifeStyle).

Course Details

Course duration: 2 months (Total: 8 sessions, @ 2 hours x 1 session per week)

Level: Beginner Course, 42 tricks + one test (6 tricks @ 7 sessions)

Age of learners: From 11 - 80

Cost fee: \$170 for union members, \$400 for non members

* Minimum group size to start a class: 20 pax

For any queries, please visit the webpage at <http://www.magicartschool.com>, or submit your queries to magicartschool@hotmail.com.

To register, please submit your name, age, I/C and contact details directly via email at magicartschool@hotmail.com. Kindly indicate if you are a union member.

* Commencement of classes is subjected to a minimum group size. Venue and timing will be confirmed later. Please visit <http://www.magicartschool.com> for more information.

Social Calendar of 2005/2006

23 April 2005 Housewives Gathering Session

13 May 2005 Visit to Welfare Homes

8 - 12 June / 15 - 19 June 2005 Family Outing (Overseas)

30 July 2005 Durian Trip to West Malaysia

19 August 2005 Tombola Night



3 September 2005 Study Grants Presentation (1)

10 September 2005 Study Grants Presentation (2)

18 September 2005 World Maritime Day Celebration

2 October 2005 Children's Party



4 November 2005
Deepavali Celebration

11 November 2005
Hari Raya Celebration



21 December 2005 Visit to Welfare Homes

7 February 2006 (Tentative)
SOS / Seacare Hong Bao Presentation
& Lunar New Year Celebration
Long Membership Token Presentation



17 March 2006 Dialogue with General Secretary

Rollin' Rollin'!



Roll out the numbers! Held at Club@52 on 19 March 2005, the exhilarated members could hardly hold back their excitement as the winning numbers were being called out. More than 130 eager beavers turned up to be part of the game of Tombola and they were not disappointed indeed. Amidst the excited shouting, three winners emerged and walked away with goodie bags. As for the near-misses, they were equally contented to enjoy the karaoke and buffet dinner.

Once again, participants were left gripping the edge of their seats when the final lucky draw kicked off. Prizes included NTUC Fairprice vouchers and the top prize was worth \$110!



Getting to Know

...Wendy Neo



For Wendy Neo, giving up her work and staying home to be a homemaker was a natural choice, but not an easy decision. More than 10 years later, the decision to leave her comfort zone and return to the workforce was once again a difficult one.

"I loved my job, but when my boys came along, it became necessary to consider their well-being above all else," said Wendy. However, not one to idle, Wendy kept up with her love for work by taking on part-time or flexible jobs that didn't interfere with her family time.

Forty-one year old Wendy is now a full-fledged staff with Seacare Manpower since February 2005, having converted from doing part-time work. She had joined Seacare as a part-time staff in August 2004.

"My sons are grown up now, and they have school and their own social circles to be busy with, it got on my nerves to be doing nothing at home. I feel so aimless, and life can get really routine and monotonous. Also, I think it will do me good to learn to be independent, rather than simply waiting for my hubby and children to come home," she reasoned.

So far, she is finding it manageable, both at work and at home. Apart from her colleagues who helped her along and the friendly environment at Seacare, she has found new confidence in herself. She is glad to be challenged and entrusted with more responsibilities than before.

Her husband was worried initially that she may find it tough to cope with a full-day job again. His worries were unfounded. Wendy was determined to make the best of the opportunity given to her. In fact, she took it upon herself to pick up Microsoft Office application skills. "I remembered the days when I would watch and learn the functions that my sons used on the computer, after which I would practise by myself. I needed to upgrade myself too!" she laughed.

...Lena Abu Bakar



At twenty-five, Lena Abu Bakar is already a seasoned clinical assistant in the medical workforce. She is glad to be in this line and loves every minute of her job. Apart from registering patients and answering enquiries, it may come as a surprise to some that Lena helps out with bio-physics tests too. These

include taking height and weight measurements, testing eye-sight for patients!

She recalls the time when she followed a doctor on board a passenger ship to respond to a call and ended up bringing the patient back to SMMC. **This is where we are different from other clinics. I think it's great that we provide such service to seamen, otherwise it may prove hard for them to seek medical attention, especially at unearthly hours.**

Having joined SMMC only last December, Lena is already enjoying her stint at SMMC. She counts on the relentless assistance of her colleagues, the friendly patients she comes across and certainly does not regret coming to SMMC.

The gutsy and bubbly Lena relishes meeting many patients, most of whom are foreigners, some even hailing from countries like Greece. And because of this, she faces communication challenges with some patients, for they do not speak English. "I never thought I had to resort to singing the birthday song to a particular patient in trying to get him to tell me his date of birth!" She laughs heartily.

Mother of a two-year-old daughter, she is now waiting to move to a new flat with her twenty-eight year old husband. With her mother's help, she finds it easier to manage and cope with her job and family life. The vivacious Lena has no lack of suitors still, even at work. In fact, a patient had once presented her with a rose, only to be disappointed. "Well, he didn't know that I was married already!"

Members' Corner

Talking 'bout My Girl...

Congratulations, Mr and Mrs Chua Kek Lek, on the birth of their baby girl on 3 March 2005!



Saying "I do"

Our heartiest congratulations

going out to
Mr and Mrs Ahmad Osman,
who were happily wedded on
19 February 2005.

Is your birthday approaching? Well, Happy Birthday to you! We at SOS understand that members are always sailing around and may have difficulty receiving their birthday card and the token gift of \$15 KFC voucher from SOS. For your convenience, members may contact the Welfare Division before your sailing date if you wish to receive your gift in advance.

You may contact
Ms Mariana Angel at
6379 5671; or email angel_mariana@seacare.com.sg.



Seacare Focus



LNy Lunch with Senior Citizens

Something to Cro

Seeing the elderly milling around the round tables and peering into their goodie bags with delight was good enough reason for the host, Seacare, to organise the annual Lunar New Year Lunch cum Hong Bao Presentation for the senior citizens living in the Jalan Kukoh Housing estate.

This year's Seacare Lunar New Year Gathering 2005 was held on 18 February 2005 at Club@52. Chairman of Seacare Holdings Mr Kong Mun Kwong was invited as the Special Guest.



Said sixty-eight year old Madam Wu Han Zhu (second from right) with zest: I never miss attending this Lunar New Year Lunch hosted by Seacare since four years ago. This is the time we old folks break away from the monotony of life and enjoy a good get-together with our friends! I mean, how often do you get to savour great food, enjoy great entertainment and still get a red packet at the end of it all?

Indeed, as part of the NTUC family of organisations, Seacare fully subscribes to the social objective of caring for and sharing with Singaporeans who are in need of help. Chairman of Seacare Co-operative Ltd, Mr Leow Ching Chuan believed: This is an opportunity for the senior citizens of Jalan Kukoh to share in the joy of celebrating the Lunar New Year. In the same spirit, the presentation of the 'Ang Paos' is a token expression of our appreciation for their past contributions to the Singapore Community.



w About!

Agreeing, Mr Seow Chin Chia, an RC Member, said: Seacare really takes such wonderful care of the old folks. It's not just about fulfilling their social obligations. They are doing so much more that they take it upon themselves to make the old folks happy. Look at how they never fail to host the Lunar New Year Lunch annually... Nobody does it better than them! Seventy-two year old Mr Seow is a senior citizen himself but enjoys bustling around the old folks to make them happy. When I see them enjoying themselves, I feel glad too.



The old folks were excited to be served sumptuous food fare such as shark's fin, steamed fish, and they got the chance to "lo hei" too, a must at every Chinese New Year celebrations. They were entertained by the performance put up by Marcus Chin Productions and clapped along to veteran singer Mr Wang Qing Yan and Mr Marcus Chin himself belting out the old folks' all-time favourite songs. Even Seacare Co-operative Director Mr David Sim and Seacare TradeLink Director Mr Anthony Chan were roped in to perform some of their best songs for the elderly.

The highlight of the Lunar New Year Lunch was no doubt the lucky draw, which the old folks were awaiting eagerly for. Twenty lucky old folks received their lucky draw prizes, a multi-purpose cooker, from Deputy Chairman of Seacare Co-operative, Mr Lee Van Chong.

Exclaimed Mr Tng Shui Fa: I had been lucky last year and I'm looking forward to win something this year again. Although he didn't win this time round, he was not disappointed. I had a great time today! The food is great and the entertainment is wonderful. It's alright, there will always be another opportunity. I'm already looking forward to next year's Lunar New Year Lunch!



Seacare signs MOU with New Indonesian Co-op

Seven top leaders of Kesatuan Pelaut Indonesia (KPI) arrived in Singapore on 15 February 2005 and returned home two days later with a Memorandum of Understanding signed between its Koperasi Pelaut Jasa Segara (KPJS) and Seacare Co-operative Ltd.

The Indonesian Seafarers' Union is in the process of establishing KPJS, a cooperative institution movement. Thus, the signing of the MOU with Seacare is timely and fitting.

The MOU not only signifies the strong desire by Seacare and KPJS to enhance existing good ties and foster closer partnership, it also provides a framework to further strengthen collaboration and facilities cooperation in fields of mutual interest.



“Such cooperation will surely bring about mutual benefits for the welfare of the members of both parties,” commented Seacare Chairman Mr Leow Ching Chuan.



The MOU was endorsed by Mr Leow and Mr Hanafi Rustandi, KPI Chairman on 16 February 2005. Also present in the signing ceremony which was held in the Seacare Building were:

From KPI : Mr H Mochamad Ma'ruf, Treasurer, Kopeljasa
Mr Thulik Soekiran, Vice Chairman, Kopeljasa
Mr Abdul Muis Mahdi, Secretary, Kopeljasa
Mr Dewa Nyoman Budiasa, Chairman, Bali Branch Office
Mr Tonny Pangaribuan, Chairman, HAL Unit
Mr Jonny Muliadi, Business Section of Kopeljasa

From Seacare and SOS : Mr Lee Van Chong, Chairman, Seacare Manpower Services Pte Ltd
Dr Chia Yih Woei, CEO, Seacare Maritime Medical Centre Pte Ltd
Mr Tan Jing Bock, President, SOS
Mr David Sim, Director, Seacare Co-operative Ltd
Mr Abdul Kader, Deputy Chairman, Seacare Environmental Pte Ltd
Mr Mohd Idris, Director, Seacare Co-operative Ltd

Ten months ago, a 12-member delegation from the Ho Chi Minh City Co-operative Alliance (HCA) led by HCA President Ms Hoang Thi Khanh had fruitful discussion with Seacare on the development and growth of the co-operative movement in Vietnam.

The HCA leader and Member of Standing Committee of Vietnam Cooperative Alliance (VCA) returned on 8 March 2005 with her colleagues, and also leaders of Dai Thanh Transport and Merchandized Stevedore Co-operative, to further explore the possibility of collaboration.

HCA is a social-economic organisation established by co-operatives and co-operative unions. One of its roles is to help mobilize, develop and support the cooperative economy



Vietnamese Co-operatives Explore Opportunities



and cooperatives in Vietnam. The Alliance actively participates in the strategizing and developmental programme of the cooperative economy and its affiliated cooperatives.

The Dai Thanh Transport and Merchandized Stevedore Co-operative has a team of more than 400 workers who, besides engaging in transport and stevedoring services, also offers packaging as well as purchasing, selling and

processing of various types of industrial scraps. The fast growing co-operative is seeking for potential business tie-ups with overseas co-operatives such as Seacare to further explore new avenues for growth and development.

The members of the Vietnamese delegation who visited Seacare were

- Ms Hoang Thi Khanh, President of Ho Chi Minh City's Co-operative Alliance (HCA)
- Ms Huynh Kim Hoang, Vice President of HCA cum Director of Co-operative Consulting Centre (CCC)
- Mr Phan Thanh Tung, Vice Director of Co-operative Consulting Centre (CCC)
- Mr Truong Gia Quynh, Director of Dai Thanh Co-operative
- Mr Nguyen Ngoc Hai, Vice Director of Dai Thanh Co-operative and
- Mr Tran Trung Hieu, Manager of Personnel Dept of Dai Thanh Co-operative.

IP Talk - About Being Original



Wondering if you are infringing on any copyright laws when you download and reproduce electronic materials from the internet or whether you will get a hefty fine for downloading music files? These were just some of the many questions answered when a seminar on Intellectual Property (IP) was held recently on 24 February 2005, at Seacare Building.

Attracting some 48 participants, the relevant topic was part of a series of Training Programmes intended to enlarge knowledge, enrich skills and enhance career prospects of staff members of SOS/Seacare.

During the two-hour session, the expert on IP and media law Mr Poh (LL.B Hons NUS) who also lectures at the School of Info-Communications Technology, Singapore Polytechnic, gave a broad overview of IP laws in Singapore, with a special focus on copyright law. Its relevance to individuals and corporations have been all the more significant especially with the greater emphasis and changes to IP protection and enforcement since 1 January 2005.

With all that knowledge, insight and experience gathered at the seminar, there is one thing participants knew better ie Be Original.



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