

Issue 6  
18/19

# SAMUDRA

A bi-monthly Publication of the Singapore Organisation of Seamen and Seacare Co-operative Limited

MCI (P) 052/06/2018



MAY DAY AWARDS 2019  
Comrade of Labour  
for SOS Leader



Issue 6  
18/19



# Contents SAMUDRA

## Features

- 03 May Day Rally
- 05 Comrade of Labour Award - Congratulations, Brother David Sim
- 06 A Glimpse into the Future at SOS Workshop

## Training & Skills Development

- 27 SNIMI & NTSC Wins Vocational Training Achievement Award
- 28 First Cooks Enhancement Training Onboard

## Women & Youth

- 13 Young NTUC Workplan Seminar

## International & Industrial Relations

- 08 MUA CFMEU West Coast Conference 2019 – One Strong Union
- 09 Seacare Drop-in Centre Gets Better, Faster Connection
- 12 NTUC WSH Committee Learns From Sydney

## Seacare Focus

- 20 Getting Co-operators to Forge Ahead As One
- 22 Olé Yolé
- 24 Presenting Sloane Residences
- 29 Seacare Manpower Recruits Jobseekers
- 30 Life Saving Skills Receives Thumbs Up
- 31 NOOCC Eye Centre

## Membership & Welfare

- 10 Things You Can Do Because You Saved
- 14 SOS / Seacare Calendar of Events
- 16 SOS Members Catch the Disco Fever
- 17 Eye-identifying Eye Health Risk
- 18 Seacare Medical Scheme (SMS) Benefits for FY 2019/2020  
New Accounts Exec On-board



▲▼ Photos from Ng Chee Meng's post.

## MAY DAY RALLY EVERY WORKER MATTERS

In his first May Day Rally speech, NTUC Secretary-General Ng Chee Meng gave a timely assurance that the Labour Movement will continue to work to champion the interests of workers and help them achieve better wages, welfare and work prospects”.

“Let us always put workers at the heart of everything we do — take action, innovate, train. So that they can be more ready, relevant, resilient for the future economy.”

Mr Ng was speaking to more than 1,600 Labour Movement leaders and tripartite partners who

attended the May Day Rally on 1 May 2019. Prime Minister Lee Hsien Loong, Senior Minister Tharman Shanmugaratnam, Deputy Prime Minister Heng Swee Keat, Emeritus Senior Minister Goh Chok Tong and Manpower Minister Josephine Teo were among the LM supporters who attended the event held at the D’Marquee in Downtown East.

In his speech, Mr Ng stressed that the senior workers matters — their growth and their own personal lives.

“We are all ageing and with workers able to contribute, that



would mean much more productive and competitive if we can get them to be trained and be productive and be partners for businesses.”

“If our workers are able to change their mindset, then we can have a much higher rate of success and a faster way of grasping our country’s transformation.”

Mr Ng also spoke about the three As – acceptance of technology, adoption of technology in the fastest way, and the actualisation of technology. With the three As, “business can have profits – will mean better businesses. And better businesses will translate into better wages, welfare and work prospects for our workers,” he said.

This year marks the 50th anniversary of its Modernization Seminar held in 1969. The pivotal seminar transformed the LM climate from one that was combative to collaborative, placing importance on tripartism. The seminar was also important because it brought about the birth of NTUC social enterprises that addressed some of the welfare concerns of the workers.



## May Day Rally DPM Heng Swee Keat pledges commitment to workers

The Labour Movement can be assured that the PAP will never abandon the working man and woman.

“NTUC backs the PAP because the PAP is pro-people. It has kept faith with the unions. And the PAP treasures its relationship with the NTUC because the NTUC is pro-worker.”

In his maiden May Day Rally speech, Deputy Prime Minister and Finance Minister Heng Swee Kiat gave the strong affirmation to the labour movement that the close symbiotic

relationship between the PAP and the NTUC, “which underpins our unique and precious brand of tripartism, will continue into the 4G and beyond”.

“In Malay, there is the saying: “Bersatu teguh, bercerai roboh!” United we stand, divided we fall. Truly, the PAP and NTUC have gone through thick and thin together over almost 60 years,” Mr Heng said.

“The NTUC and the PAP have always been committed to uplifting all our workers. We are committed to do this because we believe we are all in this together...We must leave no one behind.”

Mr Heng highlighted that supporting senior employment is something close to the hearts of the 4G leadership. “This is why the Government is strengthening support for our seniors to earn more, save

more, and have greater peace of mind in retirement. This support includes higher Workfare payouts, Additional Extra Interest for older CPF members, and the extension of the Special Employment Credit to end-2020.”

“The tripartite partners have agreed to raise the Retirement and Re-employment Ages, so that more workers can stay in the workforce if they choose to,” he said.

“My generation of leaders is ready to take up the baton and carry forth the mission to create a brighter future for all Singaporeans. We are confident of achieving our mission. Building on our partnerships, we will take NTUC, our workers and Singapore to the next level, just like our predecessors did in 1969. There is still so much we can achieve together. Brothers and Sisters, we are not done building Singapore.”



#EveryWorkerMatters



Photo from Ng Chee Meng's post.



## *Comrade of Labour Award* **Congratulations, Brother David Sim**

SOS congratulates our Executive Committee member David Sim Hor Pheng who received the Comrade of Labour Award.

Brother David received the award from NTUC Secretary-General Ng Chee Meng at the May Day Awards presentation held on 3 May 2019 at the University Cultural Centre in Kent Ridge. He was among the 117 unionists, workers, company leaders and public servants who were recognised for their efforts in improving workers' lives.

Receiving the labour movement's Medal of Honour for his contributions to Singapore's workforce and tripartism was Minister for Transport Mr Khaw Boon Wan.

### *About Brother David Sim*

A strong advocate for seafarers' well-being, Brother David has been a SOS member since 1980. He later joined SOS as a Welfare Officer and was elected into the SOS Executive Committee in 1982. He was later appointed as Assistant Secretary in 1988 and Assistant Treasurer in 1998. Hor Pheng also served as Treasurer from 2013 to 2018 before stepping down to become an Executive Committee Member, a position he continues to hold to date.

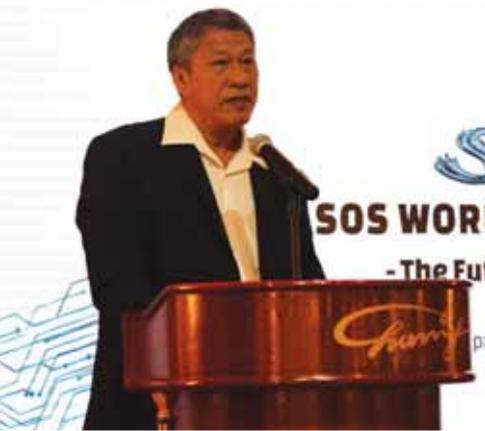
Besides union work, Brother David was actively involved in the founding of Seacare Co-operative Limited in 1994 and he has been serving as the Treasurer of the Co-operative since 2013. At the NTUC level, Brother David has served in the following capacities: Member, NTUC Organising Service Sector Committee; Vice Chairman, NTUC Club Advisory Committee, Celebrations; Member, NTUC Club Advisory Committee, Scarlet City; and Member, NTUC Employment and Employability Committee.

# A GLIMPSE INTO THE FUTURE AT SOS WORKSHOP



Participants of the SOS Workshop 2019.

SOS President Mohamad Abu Bakar highlighted that - “the workshop allows us to engage in conversations and deepen our knowledge of the transformation plans.”



SOS set their sights on the future of work at the SOS Workshop in Zhuhai, China.

From 29 March to 1 April 2019, a total of 67 participants from SOS, comprising ExCo, committee members and staff, congregated to learn and share on their views on the future of work and to identify ways to support and educate SOS members on the possible changes affecting their work.

Through sharing and group discussions, participants were engaged

at length on maritime industry developments. Staff and committee members were kept abreast on the developments and effects of Industry 4.0 and the Internet of Things (IoT), with a focus on the maritime sector. Through the sharing by guest speaker Mr Thomas Ting, Deputy Director, Research & Technology & Industry Development Division, Maritime and Port Authority of Singapore (MPA), participants had a better understanding of how MPA and other companies are embracing the challenges. The Industry Transformation Map (ITM) and the future of work was presented to identify new job positions within the sector and any skills gap in view of the future of work. Participants were also given an overview of what to expect in the next-generation Tuas Terminal and developments on the automation front.

The workshop met its objectives by laying the groundwork to embrace change. This would allow SOS to understand the future of work, so it can better prepare itself to help members cope with change.

Questions were fielded by participants to the panel consisting of Mr Thomas Ting, SOS Emeritus General Secretary Kam Soon Huat and General Secretary Daniel Tan.





Mr Thomas Ting, MPA, sharing his knowledge with the group.



Staff (left) and committee members (below) raising questions on the future of work during the panel discussion.



Ending the workshop on a high note.



# MUA CFMEU WEST COAST CONFERENCE 2019 - ONE STRONG UNION

The Maritime Union of Australia (MUA) and the Construction, Forestry, Mining and Energy Unions (CFMEU) have merged to become one “Super Union”.

To commemorate the historic merger, the MUA-CFMEU hosted the West Coast Conference 2019 with the theme, “One Strong Union” held on 26 February to 1 March 2019 at Fremantle and Perth, Australia.

The watershed conference opened with the Flags of Unity, Bagpiper and Guard of Honour march-in. This was followed by opening addresses by Christy Cain (MUA West Coast Branch Secretary

& MUA National President) and Mick Buchan (CFMEU WA Branch Secretary). Other CFMEU and MUA leaders and Australian Labour Party Politician also went on stage to give their rousing speeches.

The Conference, which ended with a Gala Dinner, provided a good platform for MUA and CFMEU members to engage in vigorous debate and discussion about their future. International trade union leaders were also invited to share their insights and celebrate the solidarity.

SOS General Secretary Daniel Tan and Executive Secretary Sharon

Li joined International Transport Workers’ Federation General Secretary Stephen Cotton, Regional Secretary ITF Asia Pacific Jose R Lamug and Dockers’ Section Enrico Tortolano to stand in solidarity at the conference.

Leaders from international unions such as International Longshore and Warehouse Union, International Longshoremen’s Association, Building and Wood Workers International, Norwegian Seafarers Union, Maritime Union of New Zealand, National Union of Rail, Maritime and Transport Workers and more were also present at the West Coast Conference.



# SEACARE DROP-IN CENTRE GETS BETTER, FASTER CONNECTION

The communication facilities at the Seacare Drop-in Centre for International Seafarers @ Pasir Panjang Terminal has gone for an upgrade and renewal.

Four personal computers were upgraded with Windows 10 operating system. The computers have also been installed with Microsoft Office desktop applications and protected with the latest antivirus software.

Seafarers will get to use the computer facilities for longer than an hour without time restriction. Not only are the computers upgraded the fibre broadband speed have been increased from 60Mbps to 200 Mbps, allowing internet access via computer or Wi-Fi, to be even faster.

The upgrades of the computer facilities and softwares are just part of the continuing efforts by SOS to create a safe haven for seafarers. This is on top of the free on-demand shuttle service from designated bus stops within the port to the Seacare Drop-In Centre for seafarers calling at PSA Pasir Panjang Terminal in Singapore.



# THINGS YOU CAN DO BECAUSE YOU SAVED

To all SOS members who serve onboard vessels covered by SOS Collective Agreement before 2012, the Seafarers' Provident Fund (SPF) Scheme had been terminated on 30 June 2012.

Since its termination, a Scheme of Administration (SOA) governing the administration and distribution of the SPF funds was drawn up to provide a clear and transparent mechanism for the dissolution and distribution of the SPF funds. Seacare Thrift Pte Ltd (STPL) was the appointed Manager for the SOA and commenced refunding to members from January 2013.

In June 2017, SOS decided to extend the SPF Scheme of Administration (SOA) for two years. The extended draw down date - 30 September 2021.

In order to have time to meet the draw down date, SOS members are encouraged to submit their SPF withdrawal application, latest by **31 August 2021**.

As of March 2019, more than 11,000 members have successfully withdrawn their funds, totalling more than \$15 million.

All members under the SPF scheme are urged to withdraw their savings before the draw down date.

“

After withdrawing my SPF, I was able to use some of it for my children's education. It really eased the financial burden for me at the right time.

– Mohamed Salleh Mohamed”

“

I am happy to receive my SPF fund. It is money that I will save for a rainy day.

– Valle Allan Amado Castro”

“

At that time, I was considering to set up a business. The SPF came in handy as seed money for my business venture.

– Mirador Jimmy Amarillo”

“  
My savings will provide a cushion for me if I should have unexpected expenses pop up.  
”

– Ali Sodikin

“  
I am thankful that the timing was just perfect for me, to use some of the funds for the renovation of my house, and for home improvement projects.  
”

– Kadam Mandar Ramchandra

“  
SPF helped me and my family a lot, in terms of financial needs especially this Christmas season.  
”

– Talain Frederick Flores

## Withdraw your SPF today

Withdrawal application form is available at [www.ispf.org.sg](http://www.ispf.org.sg) & [www.sosea.org.sg](http://www.sosea.org.sg)

For enquiries and assistance on withdrawal application and certification of supporting documents, please approach Seacare representative offices nearest to you.

### Singapore

#### Seacare Thrift Pte Ltd

52 Chin Swee Road  
#08-00 Seacare Building  
Singapore 169875  
Tel: +65 6379 5666  
Fax: +65 6836 3976  
[thrift@seacare.com.sg](mailto:thrift@seacare.com.sg)

### Philippines

#### LSA Consultancy and Management Services Inc

Unit 515 5th floor, S&L Building 1  
1500 Roxas Boulevard  
Ermita, Manila 1000, Philippines  
Tel: +63 2 521 6839  
Fax: +63 2 521 7170  
[phils@seacare.com.sg](mailto:phils@seacare.com.sg)

### China

#### Singhai Marine Services (Shanghai) Co Ltd

Building 4, 600 Min Sheng Road  
Pudong District  
Shanghai, China 200135  
[liuliang@singhai.com](mailto:liuliang@singhai.com)

#### Singhai Marine Services (Wuhan) Co Ltd

HePing Avenue, Wuchang District,  
#19-25, Kanjiang Building, Shui An  
International, Wuhan, China 430000  
Tel: +86 27 59902035  
Fax: +86 27 59902036  
[liuliang@singhai.com](mailto:liuliang@singhai.com)

### Indonesia

#### c/o Kesatuan Pelaut Indonesia (KPI)

Jalan Cikini Raya 58 AA/BB  
Jakarta Pusat 10330  
Tel: +62 21 314 1495  
Fax: +62 21 314 1491  
[ppkpi@indosat.net.id](mailto:ppkpi@indosat.net.id)

# NTUC WSH COMMITTEE LEARNS FROM SYDNEY

A study trip to learn more about Workplace Safety and Health (WSH) efforts, led NTUC WSH Committee to Sydney, Australia from 25-28 March 2019.

SOS President Mohamad Abu Bakar and ExCo member Bon Sheun Ping, was among the team, who benefited from the mission to learn more about the WSH efforts of Australian unions, the WSH regulatory framework in Australia, and how their Return-To-Work Programme have helped injured workers. Thanks to our counterparts from the Australian Council of Trade Unions, as well as the regulators from Comcare Australia and academic Dr Joanna Naismith from The University of Newcastle who completed her PhD on Return-To-Work initiatives. The Australians are in the midst of reviewing their WSH framework and

some of their key recommendations include introducing Industrial Manslaughter for workplace fatality cases, increasing WSH penalties and eliminating insurance for penalties/fines.

To understand better about best practices across different industries, the WSH Committee were given access to establishments such as Sofitel Sydney Darling Harbour (Accor Hotels Group), Transit Systems, Workplace Training Centre and Lendlease International Headquarters.

At Sofitel Sydney, the delegation had a glimpse into what drives their 'Positive Hospitality' initiatives.

At Transit System, the entourage learnt how the bus operator provides safe, reliable

and convenient passage to the 340 million passengers it serves annually.

The WSH Committee discovered through their visit to Workplace Training Centre, how Singapore can further enhance training in WSH to make it more productive and realistic.

At Lendlease International Headquarters, the visitors learnt about forward-thinking best practices that safeguard workers' safety and health, particularly in the construction industry.

Overall, the learning journey helped the WSH committee to consolidate their findings on WSH efforts in Australia, so that they can apply some of these tried and tested initiatives.



# YOUNG NTUC WORKPLAN SEMINAR



Sister Sharon was part of the YNTUC team in Manila.



**M**abuhay! Young NTUC leaders chose Manila, Philippines to be the place to build consensus and to align youth leaders towards Young NTUC workplan. The Young NTUC Workplan Seminar held on 21-24 March 2019 rallied 51 youth representatives from over 40 affiliate unions in Manila. SOS was represented by Young SOS leader, who is also Executive Secretary (ES) Sharon Li.

Here are just some of the highlights.

## Learning Journeys to various industries

The first day kickstarted with a visit to Surbana Jurong Group – Global Design Centre (GDC) and Global Shared Services (GSS).

Surbana Jurong Group is the largest Asia-based urban and infrastructure consulting firm with a workforce of over 14,500 employees across more than 130 offices in 40 countries, and driven by progressive thinking and creative ideas. It's iconic project in Philippines is the New Clark

City, touted as the first “smart, green, disaster-resilient city”, expected to be completed in 2021.

SMEC- Global Design Centre (GDC) and Global Shared Services (GSS) is a member of the Surbana Jurong Group. SMEC is consistently recognised for technical excellence and design innovation by the world's leading engineering bodies. Its iconic project in Philippines is the North-South Commuter Railway (NSCR) Project, where SMEC join venture with Oriental Consultants Global Company Limited, to manage and supervise the construction of the project in the Philippines.

On Day 2, the energetic bunch of youth activists visited SENTRO, a union that represent at least 80,000 members in the private, public and informal sectors, including migrant workers, women and the youth. A presentation on how SENTRO organises young people, and its various initiatives/ support programmes targeted at youth was shared. The leaders also shared how SENTRO is working with the



government and workplaces to ensure that workers remain relevant, in the face of new technologies.

The visitors were then split into groups to visit Makati Medical Centre and Barangay Pasong Putik.

On the third day, the participants were split into four groups to pit against each other in an amazing race style game in Makati City. Teams were required to work together to complete the tasks at each checkpoint. Many experienced taking a Jeepney for the first time. The ultimate outcome of the race wasn't so much the win, but it bonded the youth team members.

# SOS/SEACARE

**MAY 2019 TO MARCH 2020**

**JUN**  
2019

Hari Raya Celebration



**JUL**  
2019

Fruits Day



**AUG**  
2019

Members' Night & Community Project



**SEP**  
2019

World Maritime Day Celebration



**OCT**  
2019

Study Grant Presentation Ceremony & Members' Night in Manila



# CALENDAR OF EVENTS

**NOV**  
2019

Deepavali Celebration & Family Outing



**DEC**  
2019

Members' Night



**JAN**  
2020

Hong Bao Presentation & LNY Celebration



**FEB**  
2020

Family Day in Manila



**MAR**  
2020

Members' Night



\*Please note that the calendar of events are subjected to changes.

# SOS MEMBERS CATCH THE DISCO FEVER



Preceding the SOS Members' Nite party held at the Club@52 on 16 March 2019, a sharing session on the Lasting Power of Attorney (LPA) was facilitated by Premierwills Custody Services Pte Ltd at the Maritime Hall. Some 50 attendees learnt what separates LPA from will planning. The talk was well received, given that the topic was of particular relevance to older members. The session helped members to think about appointing a trusted and competent person to act on their behalf in the event of a loss of mental capacity.



Having had an informative session, SOS members converged at the Club@52 for a disco night themed after Saturday Night Fever. Recalling the disco era, party snacks such as buffalo wings, mini pizza, mini burgers and root beer float were in the dinner menu. A total of 143 SOS members caught the disco fever, as they played games, sang and danced to live music, were entertained by a live band and stand-up comedian. The fever pitch party ended with the giving out of Lucky Draw prizes. There were over 50 game prizes handed out. With so many gifts to give away, everyone had a good chance for a win.



SOS members enjoying the evening over good food and entertainment.





# EYE-IDENTIFYING EYE HEALTH RISK

## Who is at risk of developing eye disease?

As we get older, our risk of developing eye disease increases. However, there are other factors that may also contribute to the elevated risk.



**Myopia (short-sightedness)** occurs when the eye is longer than normal or has a cornea that is too steep. As a result, light rays focus in front of the retina instead of on it. Near objects may appear clear, but distant objects will appear blurry. If shortsightedness progresses to a more advanced level of high myopia, it increases the risk for eye diseases such as glaucoma, cataracts and retinal detachment. Glaucoma is a group of diseases that damage the optic nerve, which carries signals from the retina to the brain. Each of these conditions can cause vision loss. Cataract is the clouding of eye's lens. Retinal detachment happens when the retina is pulled away from the back of the eye.



### Symptoms

A high myope should be aware of these symptoms that may be indicative of a retinal tear/detachment. Be sure to see an eye specialist immediately if you experience any of these symptoms:

- a sudden increase in floaters - small dots, specks, strings or clouds moving in the field of vision.
- see flashes of light, lightning streaks or the sensation of seeing "stars".
- see a shadow or a curtain descending from the top of the eye or across from the side.



### Caution

The high risk of eye diseases, especially retinal detachment means that any activity involving sudden and head movements is discouraged such as contact sports eg boxing, rugby, soccer, bungee jumps, or rollercoaster rides.



**High Blood Pressure** can lead to hypertensive retinopathy, a condition caused by high blood pressure damaging blood vessels in the retina. Most people do not notice symptoms until late in the disease. Symptoms include double vision, dim vision, vision loss, or headaches. Potential effects include:

- Changes in the blood vessel thickness
- Swelling of the macula (the most sensitive part of the eye)
- Bleeding in the eye



**Diabetes** affects the integrity of the blood vessels, including those in your eyes if it is poorly controlled. These can lead to:

- Weakened and leaky blood vessels
- The growth of abnormal new blood vessels
- Swelling of the macula
- Increased risk of glaucoma and cataracts



**High Cholesterol** may cause a buildup of deposits within the blood vessels in the body. This can occur also in your eyes. Sometimes a small deposit may breakaway and travel along the blood stream, blocking a small blood vessel in the eye, which may then affect your vision in that region.



**Ageing.** As you get older, the risk for these eye conditions will increase.

- Cataract is the thickening and yellowing of the eye's lens, affecting clear vision. As cataracts develop, your vision starts to get affected. This is managed with cataract surgery.
- Age-related macular degeneration is the wear and tear of retinal cells, causing vision to decline over time.

To determine if these factors are creating vision problems for you, schedule regular eye health assessments for early intervention!

**Tap on your SMS eye care benefit today, at NOOCC Eye Centre. (refer to the inner back cover of Samudra)**

*Credit: The information herein is provided by NOOCC Eye Centre.*



# SEACARE MEDICAL SCHEME (SMS) BENEFITS FOR FY 2019/2020

With an awareness of the importance of its members' health, the SMS has been reviewed for the next financial year.

Come **1 April 2019 to 31 March 2020**, qualified SOS local members are eligible for the following benefits:

- **Reimbursement Benefit** of up to S\$100 per member for cost relating to eye examination, medication and/or treatment from any Singapore licensed healthcare establishment such as eye centre, clinic or hospital.
- **One Complimentary Superior Health Screening Package** per member. This includes test for lung function and cancer markers, at Seacare Maritime Medical Centre (SMMC). **The complimentary health screening package will be extended to a parent/spouse of the qualified local member.**

For terms and conditions, details of benefits, and reimbursement procedure, kindly contact SOS Membership & Welfare Services Division (level 5).

Please book your appointment for the health screening with:

**Mr Brandon : 6379 5658**

**Ms Halimah : 6379 5671**

**Ms Evelyn : 6379 5672**

We encourage you to utilise these benefits that have been specially arranged, as we continue to improve and add value to your membership benefits.

Members who have not updated your membership payment status are advised to connect with SOS Membership & Welfare Services Division.

## NEW ACCOUNTS EXEC ON-BOARD

There's a new accounts executive in SOS Finance & Investment Division. Meet Ms Catherine Lim, who became part of the family of SOS, since March 2019. Armed with the skills and experience in accounting, Catherine is fitting in well into the work culture. This being her first experience working with a maritime organisation, she is keen to know more about the regional and international maritime industry. Sharing about her aspirations, she said - **"I hope to continue to learn new accounting skills and practices, undergo training in different aspects of accounting and to broaden my expertise. I hope to contribute to the organisation and learn from my seniors to achieve their level of excellence as I grow with SOS."**





SEACAREFOCUS

SEACAREFOCUS

SEACAREFOCUS

SEACAREFOCUS





# GETTING CO-OPERATORS TO FORGE AHEAD AS ONE

## ANNUAL CO-OPERATIVE LEADERS' CONFERENCE 2019

Twelve officials from Seacare Co-operative Ltd participated in the Annual Co-operative Leaders' Conference (ACLC) 2019, held in Ho Chi Minh, Vietnam, from 6 to 9 April 2019. ACLC is a yearly event organised by the Singapore National Co-operative Federation (SNCF) for the purpose of encouraging dialogue and fostering better relationships among co-operatives and affiliates.

In light of a rapidly progressing technology, the ACLC focused on a theme of **'Forging Ahead as One'**, which aims to evolve a collaborative culture among the co-operatives to take on greater transformation and creativeness towards an innovative future.

The conference kickstarted with SNCF Chairman Kwek Kok Kwong, sharing his vision how the co-op movement has to evolve to embrace a collaborative culture in order to grow and transform.

Prof Jack Sim, Founder, World Toilet Organisation, drew attention



to issues that are culturally taboo, and how to not be afraid to talk about them for the purpose of finding solutions. Mr Tng Ah Yiam, Deputy CEO and Head of Products, NTUC FairPrice Co-operative, dealt on the topic of motivating team members and how to energise team members to perform at their highest level. Mr Nguyen Anh Duc, Board Member and Deputy CEO, Saigon Co-op, spoke about change. The art of communicating one's personal branding was brought into greater light

Deputy Head of Seacare HR & Lifestyle cluster Evelyn Siow receiving a token of appreciation.



by Mr Andrew Chow, Media Strategist & Enneagram Coach. The delegates had opportunities to explore collaborations during the breakout session. Ms Evelyn Siow, Deputy Head of Seacare HR & Lifestyle Cluster shared on the services that Seacare Manpower Services Pte Ltd and Seacare i-Connecz Pte Ltd, are providing that meet the needs of the market. SNCF scholar Low Choon Chye shared from a youth perspective how to engage the younger generation.

A field trip to FairPrice-Saigon Co-opXtra Plus Store gave participants insight into a successful collaboration between FairPrice and Saigon Co-op. The hypercash retail format offers wide range of products and services found in hypermarkets and also caters to B2B customers by selling products in bulk. There are close to 50,000 types of products sourced from Vietnam and around the world.

The ACLC not only provided an avenue for the exchange of ideas and strategies, but also renewed the delegates' determination to keep doing the good work and to do it excellently.



# OLÉ YOLÉ

With Singapore’s year-round summer heat, there’s almost nothing better than grabbing cold treats such as froyo (frozen yogurts) to help you cool down. That’s the most sensible thing to do. Olé Yolé!

The only question is, have you heard of Yolé?

Yolé, a made-in-Spain product is the **tastiest frozen yogurt in the market.**

**The Yolé flavour** is a recognisable taste that is available in 10 countries worldwide;

**Top quality raw materials** that form the base of our flavour originates from the same factory, ensuring the same high quality in our tubs;

**Low calories** - utilisation of safe and natural, calorie-free sugar substitute has allowed us to reduce significantly the amount of calories;

**Adapted flavours** - with a great base flavour and nutritional values, the possibilities of future flavours are endless.

Before you jump to a conclusion that “tasty = unhealthy”, Yolé proves itself to be the **healthiest frozen dessert** in the world.

Here’s how the nutritional value of a 100g of natural flavour Yolé stacks up against another brand:

	Natural flavour Yolé	Plain flavour (another brand)
Calorie content	73 kcal	204 kcal
Saturated fat	1.9g	7.2g
Total fat	2.3g	10.1g
Sugar carbohydrates	12.1g	20.5g
Total carbohydrates	13.8g	23.3g
Protein	4g	4.9g



Yolé concepts and products are solely distributed by Yolé Distribution Services Pte Ltd (YDSPL), a subsidiary of Blu Ventures Holdings Pte Ltd, which Seacare Foundation Pte Ltd has a stake in. As the appointed sole distributor in Singapore, Yolé natural flavoured froyo tubs (500ml and 100ml) are now available at major supermarket chains island-wide such as Dairy Farm Group, Sheng Siong and FairPrice. The presence of Yolé froyo is fast expanding with a growing appetite of healthier diet choice. It's finding its way into food and beverage (f&b) businesses such as hotels and restaurants.

Yolé is continuously developing its range of products in order to cater to a wide variety of markets worldwide. Through its R&D laboratory in Spain, it's developing innovative product lines.

By Q3 of this year, YDSPL would be flooding the Singapore market with its no-sugar frozen Yolé fruity flavours.



Discerning consumers, young and old, will surely find these innovative no-sugar yet great tasting froyo just around the corner. We say it again – “Olé Yolé!”



# PRESENTING SLOANE RESIDENCES

**S**eachare Property Development Pte Ltd (SDPL), together with TSky Development Pte Ltd (a joint venture platform established by Tiong Seng Holdings Limited and Ocean Sky International Limited) and Progen Holdings Limited successfully acquired the site formerly known as Sloane Court Hotel and a small adjoining plot at 17 Balmoral Road on 24 November 2017 through their Joint Venture (JV) company – TSky Balmoral Pte Ltd.

Since its acquisition, TSky Balmoral has developed the iconic site into **Sloane Residences**.



Designed by Ong & Ong Architects, an award-winning, multi-disciplinary consultancy firm, the design of Sloane Residences embraces the tapestry of the local area of Balmoral and delivers a series of dramatic sky terraces, landscaped courts, gardens and balconies in a unique and visually stunning manner.

Sloane Residences is a sculptural addition to the prime district 10. Occupying a unique linear site, the development takes advantage of innovative site-planning techniques to create this elevated “green plateau” – green communal landscape decks which houses the main swimming pool, communal recreational and dining facilities, upon which the singular elegant residential tower sits on.

Fundamentally, the main design emphasises on the **flowing energy, light and airiness of a modern abode**. The simplicity of the various plans, the distinctiveness of the architectural elements and the material palette of concrete, steel, glass and timber will offer a perfect canvas for urban dwellers to create individual worlds that will reflect their own urban lifestyle and tastes.

In essence, Sloane Residences projects itself as a trendy, savvy and contemporary lifestyle pad with great emphasis and opportunities for quality living that will appeal to the urban nomadic sophisticates as well as the young family household clientele.

Reaching 12 storeys, Sloane Residences contains 52 unique apartments, each intricately designed and crafted. From the opulent imported finishes and materials to the premium selection of Valcucine (Italy) kitchen cabinet, V-Zug kitchen appliances,



Blending modernity and luxury. Residents can unwind in privacy within the residences or revel in the bright lights of the big city. Sloane Residences is a secret vibrant enclave in the heart of town.





Residents can immerse in the cool infinity lap pool or unwind on the reflective pond against the beautiful ambient lights. There are also garden walks to do an evening stroll after dinner or to relax by the lounges at the sundeck.

Liebherr (Germany) – wine chiller, as well as Grohe (Germany) bathroom fittings, you can be assured of the perfect home for your family.

The exclusive residential development hopes to be all ready for sales launch in 2Q 2019.

▼ The grand entrance of the development will lead you to the wonderfully manicured landscapes within the pristine estate. Sloane Residences will feature a plethora of breathtaking facilities that will be the envy of the town.



▲ The exclusive residential development puts together a series of luxury habitats for modern and quality high-rise living. The key essence of the design is an attractive concept of living that combines the benefits and amenities of modern interior living with the pleasures of outdoor tropical city living.



All units are intricately designed and crafted. From the opulent imported finishes and materials to the premium selection of kitchen appliances, as well as bathroom fittings, you can be assured of the perfect home for your family.



## 中新(南通)国际海事培训中心 Singapore (Nantong) International Maritime Institute



# SNIMI & NTSC WINS VOCATIONAL TRAINING ACHIEVEMENT AWARD

The Singapore (Nantong) International Maritime Institute (SNIMI) and Nantong Shipping College (NTSC), was awarded the Vocational Training Achievement First Class, at the National Teaching Achievement Award 2018. The national award is currently the highest-level award for institutions in the field of education in China.

The award which SNIMI and NTSC received was based on their project, Institute – Overseas Enterprises Collaborating. The project took SNIMI as the case study model and investigated on aspects such as international training mode, training systems, facilitation, training of trainers, social service, and overseas employment. It was an initiative idea of Professor Shi Zhubin of NTSC.



SNIMI and NTSC was awarded for their achievements in solving problems of vocational education: lack of international path of vocational maritime education, difficulties in the import of advanced resources and localisation, shortage of international trainers, and limited job openings. It

provided an adoptable and effective way of cultivating international maritime talents, and can be applied widely to vocational education.

Congratulations SNIMI and NTSC for getting First Class!

# FIRST COOKS ENHANCEMENT TRAINING ONBOARD

For the first time, cooks training was brought on-site – onboard a ship!

Seacare Thrift Pte Ltd (STPL) conducted its first Cooks Enhancement Training onboard the Oxalis Peony, a tanker vessel owned by Oxalis Shipping Co Pte Ltd, on 8 March 2019.

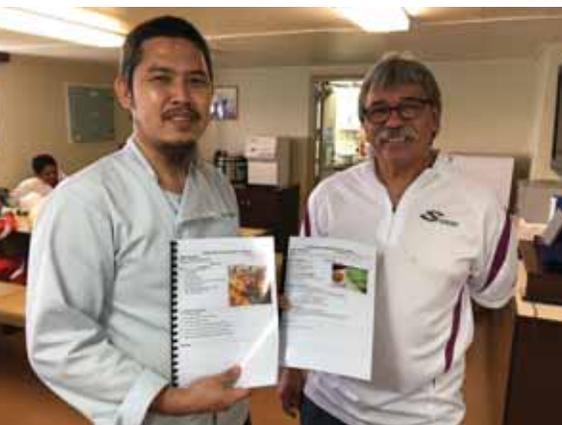
The objective of the training was to improve the cook's culinary skills. This included learning to prepare food under Muslim dietary laws (halal), baking and pastry-making. STPL trainer also taught on galley hygiene, maintenance of ration stores and provided recommendations for galley equipment.

The benefit of the cooks training onboard allowed STPL to assess the actual environment and provide the appropriate advice specific to the vessel's setup.

The onboard training programme was well received. Oxalis Shipping Company's Crewing Manager, Captain Johnny Sim said: **"The Chef Enhancement Training by Seacare Thrift is great! Our chefs have benefitted immensely from the training. The practical guidance and tips provided by a well-known chef, Mr Maximillian has uplifted the morale of our crew members. Our company will continue to provide our crews with good and nutritious food that are well prepared. Thanks Seacare Thrift!"**



Trainer Maximillian demonstrates pastry-making onboard.



# SEACARE MANPOWER RECRUITS JOBSEEKERS

From Seacare Building to various e2i Job Fairs, our job hunter team from Seacare Manpower goes all out islandwide to hunt for jobseekers that match positions in Ministry of Education HQ, Ministry of Education Schools, Ministries and Statutory Boards. This is what Seacare Manpower does dilligently at the job fairs. Its recruitment officers get jobseekers to fill up application forms, and follows up with a pre-interview to assess their suitability, before making recommendations to their clients. The role that Seacare Manpower takes bridges the employment gaps between employers and jobseekers.

Many of the jobseekers were pleased with their pre-interview session which was short, sharp and sweet.

E2i Mini Job fair @e2i Central on 22 February 2019, recruited 96 jobseekers.



E2i Job Fair@ Tampines Changkat Community Club on 22 March 2019, recruited 100 jobseekers.



# LIFE SAVING SKILLS RECEIVES THUMBS UP



Summing up her experience at the First Aid for Children training, Mdm Pitrawati Amin says, “**First aid can mean the difference between life and death**”. The part-time Admin and Reception officer from Raffles Girls’ Primary School, is one of the 28 participants from 18 schools who attended the full-day workshop that aims to create a pool of competent first aiders.



As part of Seacare Manpower’s ongoing effort to serve organisations better, the equipping session, conducted by Mr Raymond Lim from Emergencies First Aid & Rescue, was aimed at equipping Seacare Manpower staff with the relevant skills so that they could better serve their employers when the need arises.

Trainees who attended the first aid course, were given a boost in confidence when dealing with emergency situations in their workplace. Providing health and safety and first-aid training will help cut down potential risks in the workplace and ensures employees are appropriately equipped to handle emergencies. It is an important skill that can save lives!

The course was a good refresher for me as I have attended first aid courses in the past. It is definitely a must skill to have for everyone.  
 – Mr Tony Tan Yee Jiet, Operations Safety Executive, CHIJ Our Lady Queen of Peace



I found the course very informative. We learnt important skills like how to handle patients in different scenarios during an emergency. Many of the old wives’ tale were debunked, such as putting a spoon in the mouth if someone has a fit.”  
 – Ms Rabbiatun Fazriah Mislan, Lab Resource Support Executive, Westwood Primary School

I found this course useful and relevant as I am working in a primary school environment.  
 – Mr Kong Weng Fong, Science Lab Technician, Pei Hwa Presbyterian Primary School



## First Aid For Children

1	Canberra Pri School	Lim Jin Nee	15	Methodist Girls’ School (Primary)	Lindy Lim
2	Changkat Primary School	Rohaidah Binte Basri	16	Northland Primary School	Noraine Binti Md Amin
3	CHIJ Our Lady Queen of Peace	Tan Yee Jiet Tony	17	Pei Hwa Presbyterian Primary School	Kong Weng Fong
4	Concord Primary School	Suzana Binte Sedek	18	Raffles Girls’ Primary School	Pitrawati Bte Amin
5	Concord Primary School	Anita Masip	19	Raffles Girls’ Primary School	Zee Siew Ling
6	Evergreen Secondary School	Lim Hui Kiang	20	Seacare Manpower Services Pte Ltd	Sulena Supaat
7	Fuhua Primary School	Hasnah Binte Mohd Said	21	Seacare Manpower Services Pte Ltd	Phua Sze Lu
8	Greendale Primary School	Zeenat Begum Binte Shamsuddin	22	Seacare Manpower Services Pte Ltd	Fatimah Bte Mahmood
9	Greenridge Primary School	Lim Lay Choo	23	Seacare Manpower Services Pte Ltd	Goh Zhi Yi Priscilla
10	Greenridge Primary School	Tan Hong Geok	24	Seacare Manpower Services Pte Ltd	Toh Sor Hong Claudia
11	Greenridge Primary School	Willisena Bte Ahmad	25	Seacare Manpower Services Pte Ltd	Nurul Shadrina Binte Jumain
12	Kranji Secondary School	Theeba D/O Packrisamy	26	St Margaret’s Primary School	Nur Hidayah Binte Johari
13	Lakeside Primary School	Tan Yan Tin	27	Westwood Primary School	Rabbiatun Fazriah Binte Mislan
14	Mayflower Secondary School	Faridah Binte Samsudin	28	White Sands Primary School	Sayani Binte Ahamad



**NOOCC EYE CENTRE**  
Since 2005

**190 Changi Road,  
#B1-01 MDIS  
Building, (S) 419974**

**6471 1771**

**Opening Hrs: 9am-6pm  
Mon to Sat  
(Closed PH & Sun)**

**[www.noocc.com](http://www.noocc.com)**

**[patientcare@noocc.com](mailto:patientcare@noocc.com)**

## **At NOOCC Eye Centre, we provide you with the holistic eye care that you need.**

Regular comprehensive eye examinations are essential to **monitor** your visual health and seek **prompt intervention**. A **healthy visual system** is necessary to carry out your daily tasks. It enhances your **work performance and productivity** as well as **personal safety**.

### **What is involved?**

- 1. *Checking your eye power in detail***
- 2. *Assessing your eye coordination***
- 3. *Examining your eye health***

Until 31 March 2020, SOS local members are eligible for a special rate at **\$100/- per pax, subject to 7% GST. (U.P. \$166)** for a comprehensive eye exam. Family members will enjoy the same package **at their own expense**. It comes with a management plan & clinical report. **A Special Discount of \$59 per pax with GST.**

# Yolé



THE YOLÉ FLAVOR



TOP QUALITY RAW  
INGREDIENTS



LOW CALORIES



THE BEST TASTE OF  
ITALY AND SPAIN



**CALORIES:** 73 cal



**FATS:** 1.5 g of which  
saturated fat: 1.3 g



**CARBOHYDRATES:** 11 g  
of which sugars: 9.8 g



**PROTEINS:** 3.8 g

[www.yoleicecream.com](http://www.yoleicecream.com)



#yoleicecream