

SCOPE

3rd Quarter 2016
MCI(P)012/01/2016



HOLISTIC APPROACH TO HSE ACTIVITIES FOR SHUTDOWN MAINTENANCE Pg 2-3



RESPONSIBLE CARE COMMUNITY OUTREACH BRIEFING SESSION Pg 4



RESPONSIBLE CARE: Product Stewardship Employee Training Programme Pg 5



THAT TOTALLY AWESOME RETRO EVENING! Pg 6-7



FOUNDATIONS OF PROCESS SAFETY Pg 8
(Process Safety Boot Camp 2016)



AICHE SINGAPORE LOCAL SECTION AWARDS 2016 Pg 9



AGP'S FRANK APPROACH TO CANCER SCREENING Pg 10-11



LONG SERVICE Award Pg 11



An Adventure to the Ancient City of the Incas in **Peru** and **Bolivia** Pg 12

HOLISTIC APPROACH TO HSE ACTIVITIES FOR SHUTDOWN MAINTENANCE 2016



Lim Kian Huat - MAI

In continuation of the Complex HSE Campaign 2016 theme, "Start Safe, Work Safe, and Be Home Safe", PCS rolled out a series of HSE activities way before the commencement of Shutdown Maintenance (SDM) 2016. SDM 2016 was not only for PCS-II plants but also include No. 2 Butadiene Plant (2BD) in PCS-I area.

With holistic approach to HSE activities, and with the participation of both employees and contractors, once again we achieved excellent Health, Safety and Environment (HSE) performance throughout SDM. We achieved zero recordable incidents for the second time in SDM.

Prior to the SDM, kick off meetings, Complex Safety Induction Training (CSIT) for all SDM workers, small group briefings for trade specific scaffold erectors, insulation workers, crane operators and hydro jet workers were conducted. Safety, Security, logistic and SDM work procedure briefings were also conducted for contractors and PCS supervisory staff.

Oil cut was effected on 14 July 2016 which was followed by the first day of hot work on the 19 July 2016 after plant operators carried out de-inventory and hydrocarbon freeing of the plants.

With cross functional team work between PCS and Contractors, a comprehensive HSE program was established to ensure positive safety behaviours, adequate supervision and high HSE and work standards were supported by PCS Staff throughout the 21 days of hot work (19 July to 8 August). Many equipment were dismantled, inspected, cleaned, renewed, re-assembled, tested and commissioned to the required specification.

Throughout the hot work period, morning and evening SDM meetings amongst PCS and Contractors' site managers were held to ensure that all maintenance activities were co-ordinated and carried out safely and as scheduled. Daily Tool Box Meeting (TBM), weekly mass TBM, High Intensity Behaviour Trust Observation (HIBTO), Daily HSE patrols, meetings, weekly Management HSE walk, strange eyes patrol, BBS role models award, spot the safe workers and safety quizzes were some of the intensified HSE activities conducted.

One of PCS shareholders, QSPS's representatives Ms Lim Hon Ing, Mr Leslie Lim and Ms Tan Wang Tiang participated in the SDM Management HSE Walk on 28 July 2016 together with PCS MD Mr Akira Yonemura, DMD Mr Lim Wee Chiong and GMP Mr Lucas Ng. We appreciated their time, positive comments, constructive and valuable feedback from their observations during the site visit despite their busy schedule.

Upon SDM mechanical completion, the plant was handed back from Maintenance to Operation staff during the last evening meeting on 8 August 2016, the last day of the 21-day Hot Work Period.

An appreciation dinner was organized to thank all the SDM Contractors, Suppliers, Vendors and Staff on 12 August 2016.

**SDM 2016
HSE Walk
on 28 July 2016**



QSPS Ms Lim Hon Ing, Mr Leslie Lim and Ms Tan Wang Tiang at the SDM Centre with PCS MD Mr A Yonemura and DMD Mr Lim Wee Chiong.



PCS Management and SDM Contractor Site Managers from Hiap Seng, Mun Siong, PEC, SKS, STK and MCO with QSPS visitors during the HSE walk.



GMP Mr Lucas Ng with the participants at SDM Village.

**SDM 2016
Mass TBM
on 27 July 2016**



Group photo with the SDM BBS Role Model Award recipients.

**SDM 2016
Mass TBM
on 3 August 2016**



A group photo with the SDM BBS Role Model Award recipients.

**SDM 2016
HSE Walk
on 4 August 2016**



Taking a closer look of an equipment under overhaul at the compressor house.

**SDM 2016
Safe &
Exemplary
Workers**



3 workers from Mun Siong commended for their positive action in detection of emergency situation on hydrogen line to SRC on 4 August. They were each presented a commendation certificate and shopping vouchers by GMP Mr Lucas Ng.

**SDM 2016
Daily and
Weekly HSE
Committee**



Members of the SDM 2016 Weekly HSE Committee.



Members of the SDM 2016 Daily HSE Committee.



Maintenance Manager Mr Chew Thiam Huat handing back the plant to Ole-II Manager Mr Leonard Chong.



Maintenance Manager Mr Chew Thiam Huat handing back 2BD Plant to Ole-I Manager Mr Tan Henry.

**SDM 2016
Closing
Ceremony
on 8 August 2016**



A group photo with PCS staff and the SDM contractors award recipients.

**SDM 2016
Appreciation
Dinner for
Contractors
on 12 Aug 2016**



SDM Contractors staff and PCS staff enjoying the dinner.

RESPONSIBLE CARE COMMUNITY OUTREACH BRIEFING SESSION ON 1 JULY 2016



Marcus Chia - MAI



Concern for health, safety and the environment is a vital part of the company's business policy. PCS actively promotes the guiding principles and practices of Responsible Care® by sharing its experiences with the neighbouring community under the Community Awareness and Emergency Response (CAER) code.

It was my honor to be given opportunity to be the emcee for the planned turnaround of PCS-II plants on Jurong Island. It gave me the opportunity to understand more about PCS social and community outreach policy with regards to promoting awareness on our Shutdown Maintenance activities.

Turnaround or Shutdown Maintenance (SDM) for PCS-II plants commenced on 14 June and lasted for 35 days until 18 August 2016.

The SDM briefing session was conducted on 1 July at the Chevrons. This was the second time it was held outside of Jurong Island at a more convenient location for our guests.

In his opening speech to cordially welcome his guests, Mr Lucas Ng, General Manager (Plant) emphasized that: *"As a signatory to Responsible Care®, PCS has a long-standing commitment to the protection of people and the environment. We believe in safety and health excellence, environmental stewardship, and high ethical standards. These key elements are fundamental to the responsible operation of our business. This briefing session is part*



of our proactive Responsible Care® outreach programme to our neighbourhood community prior to the commencement of our SDM."

It was explained in the presentation that SDM is infrequent, but essential in a typical petrochemical plant lifecycle. The purpose is to clean, inspect and improve operating equipment to ensure plant safety and integrity, maximize energy efficiency and reliability.

It was clarified by Mr Lucas Ng and the team of presenters (comprising of PCS Technology & Optimization Manager, Health & Safety Environment Manager and HR & Admin Manager) that there would be periods of bright night sky at the beginning and end of the SDM periods. This phenomenon occurs due to flaring of gases as part of the oil-cut and start-up procedures respectively, through a tall elevated stack. The burning of gases is both a safety and environmental procedure to ensure the gases are safely removed at elevated position without causing any environmental impact.

In view of high volume activities during a short period, it was expected that there would be increased traffic flow along Ayer Rajah Expressway and roads leading to Jurong Island and congestion at Jurong Island Checkpoint.

In a bid to tackle and mitigate those traffic congestions, PCS had staggered working hours, provided more pick-up/drop-off points, stationed road marshals along Ayer Merbau Road to guide road traffic and constructed a temporary car park for more parking facilities. JTC was kept informed of the situation and has been closely monitoring and taken necessary measures to ease any traffic congestion at Jurong Island Checkpoint especially during the morning peak hours.

Lastly PCS stressed that it places great emphasis on process safety. Process safety incident is of low occurrence but high consequence, in contrast to occupational (personal) safety incident, which is of high occurrence with relatively lower consequence



Returning to the outreach event for the second time, were the representatives and grass-root leaders from the Jurong and West Coast GRCs. This reflected the continuous support and a steadfast connection between PCS and the neighboring grass-root constituencies. In addition, some of these participants requested PCS to provide posters to paste at their residents HDB notice boards. What a wonderful rapport PCS had garnered through these series of outreach events over the years!

The whole event was wrapped up with a lively Q&A session. Lastly, PCS thanked all its guests for their presence and hoped to see them again in future events.

RESPONSIBLE CARE: Product Stewardship Employee Training Programme



Joyce Lee - M/S

On 16 September 2016 at Training Room T12, 37 PCS employees found out how product loading to ships and road tankers are carried out. Besides learning (or refresher training, for some technical folks) about the GHS (Globally Harmonized System of Classification and Labeling of Chemicals), the 16 formats in the SDS (Safety Data Sheets) were also drilled into our minds.

In his opening speech, GM (Plant) Mr Lucas Ng emphasized the usefulness of training for competency development of all PCS employees.

This is the 2nd Employee Training Programme carried out by PRODUCT STEWARDSHIP for the Management Practice of educating and training employees on the proper handling, recycling, use and disposal of products and known product uses. The Product Stewardship Training Programme first started in Oct 2015 for 31 commercial colleagues. Topics include:

- Product characteristics (focus on Propylene, Benzene, Toluene and Xylene)
- Potential hazards, Risk management
- Waste Disposal
- GHS/SDS Training and case study
- Storage and transportation (focus on BD tanker loading and ship loading operations)

The training programme is generally well-received and participants remarked that it helps to broaden their knowledge of PCS' products and creates awareness on



Participants at the 2nd Product Stewardship Employee Training Programme.

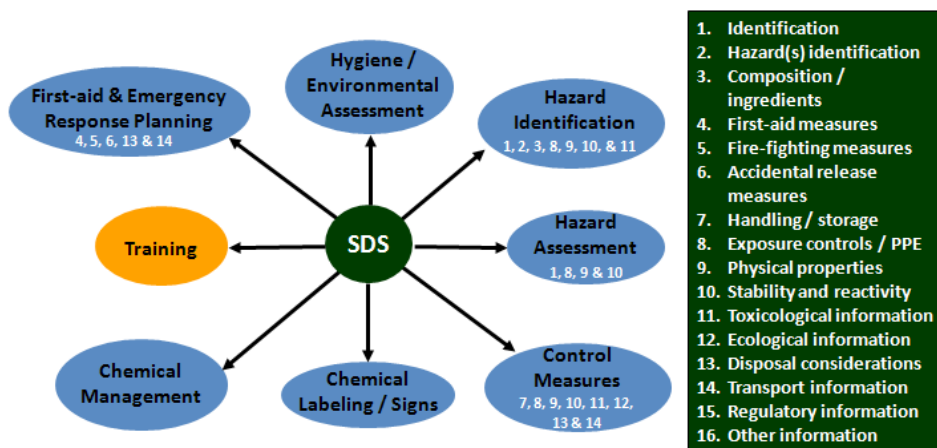


One of the trainers, Mr Foo Suan Kim of T&O, introducing the six codes of PCS Responsible Care.



Co-operation from other functions is crucial to the success of the training, especially the support of dedicated trainers from T&O, OLE I and HSE functions.

Summary of Use of Safety data sheet



Safety Data Sheets – a useful guide for all.

the potential hazards in our products and manufacturing process. It also gives a good insight to our product transportation and berth operations. Employees then have a better understanding of what Responsible Care entails and PCS's commitment to practise and promote Responsible Care.

Going forward, PRODUCT STEWARDSHIP aims to update the training materials regularly and conduct the training programme once or twice a year, for all PCS employees eventually.

If you have yet to attend the session, do watch out for it in 2017!

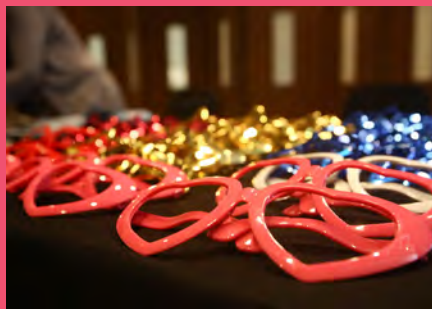
THAT TOTALLY AWESOME RETRO EVENING!



Grace Ow - M / S

The excitement was palpable as the crowd streamed in for this year's D&D, fully decked out for this year's retro theme.

The long-awaited night began with the reception. It was a sight to behold as everyone mingled not only as colleagues but also as long-time friends. There was also plenty of entertainment. Whilst a magician roved around wowing everyone with his tricks, a photo booth was set up for everyone to take photos to remember the night by. There was also a temporary tattoo booth and retro accessories for guests to add the finishing touch to their respective costumes.



Mr Magician and his entertained guests



Dinner began with an opening speech by Mr Quek, this year's SSRCC Chairman, recounting the activities organised for the year. Managing Director, Mr Yonemura, followed up with a speech to thank everyone for their hard work and wish everyone an enjoyable and well-deserved night of fun. In keeping with the company's commitment to giving back to the community, MD Mr Yonemura presented a donation cheque to the Community Chest of Singapore. In appreciation, Ms Heng Li Lang, Director of Community Chest of Singapore presented a gift designed by Teck Mong, one of the beneficiary of Community Chest. Certainly, it was a meaningful gift which now has a place in the company's office.



The night's entertainment was left to the good hands of James the emcee who had 'volunteers' go up on stage to perform several items just as dinner was served. Throughout the night, games were played, pitting employees and guests against each other. It was really entertaining watching everyone letting their hair down and showing their fun side. We now know who has a pineapple-pen-apple-pen!



A toast to good friends and a great team!



James, touched by the heartfelt declaration of love



Mentalist, Ferris Yao mindreading the audience..



Mr Mentalist, sir, can we have NEXT month's numbers?



Mr Unbelievable, taking the stage

Jai Wahab & Friends serenaded us with songs from crowd favourites like 'American Pie' and 'Goodbye, Yellow Brick Road'. In each of the three sets they performed, it was as though we were transported back in time to the days of the Eagles and John Denver, and the likes. During their last set, some employees were invited up on stage to perform. Amazing, really, the talent we have in PCS!



Jai Wahab & Friends with a guest star!

Injecting mysticism into the night was Mentalist Ferris Yao who somehow managed to predict the numbers chosen by 6 random people (I am still not certain how he did it. Please let tell me if you know!). In addition, Ferris managed through hypnosis, to cause someone to lose his ability to read! HOW DID HE DO IT? His performance was certainly intriguing and fascinating.

And well, what would a D&D event be without prizes for its best dressed participants? In a fun departure from the usual, it was decided this year that prizes would be awarded to the best dressed table.

Adding to the festive spirit was the lucky draw segment. DMD Mr Lim Wee Chiong picked out the 6th to 32nd winners. As excitement and enthusiasm built up, MD Mr Yonemura picked out the top 5 prizes and one special draw winners. Congratulations to all winners!

But of course, these prizes were bonuses to an evening that was already filled with fun and familiar tunes that had many reminiscing the good old days. Spending time with people who started off as colleagues and over the years became family is a blessing that surely no prize could beat.



Best dressed table on stage for their... award?



The SSRCC committee looking dapper!

'Totally awesome retro evening', indeed.

FOUNDATIONS OF PROCESS SAFETY (Process Safety Boot Camp 2016)



Dominic Chee
T&O, Plant Services

The 4th run of the Process Safety Boot Camp was held from 13~16 September 2016 at the ParkRoyal Hotel at Kitchener Road.

The Foundations of Process Safety course, frequently referred to as Process Safety Boot Camp, was developed by the American Institute of Chemical Engineers (AIChE) for the Center of Chemical Process Safety (CCPS), especially for companies looking to train key personnel in process safety. The first three runs of the course in 2013, 2014 and 2015 have seen up to seventy-six participants trained in the knowledge and skills to improve process safety.

Although comprising mainly PCS employees, some participants came from downstream companies of the Singapore Petrochemical Complex (SPC) and invited guests of learning institutions.

This year, a total of twenty-seven participants attended the camp; nineteen from PCS, two from the Petrochemical Complex Contractors Association (PCCA), two from Mitsui Elastomers Singapore Pte Ltd (MELS), two lecturers from Temasek Polytechnic and the Institute of Technical Education respectively.

This year's camp also marked the first time that contractors from PCCA have come aboard to be trained, in joint collaboration with PCS to raise overall awareness of process safety for the Singapore Petrochemical Complex.



Mr Lucas Ng (GMP) delivering his opening address

Once again, the 4-day camp was ably led by the expert trainers from CCPS, Mr Byron Sun and Mr John Murphy. These trainers brought with them a wealth of knowledge, experience and know-how in the realms of process safety and conducted the boot camp successfully, and reinforced the training material with many interesting case studies and videos of past incidents.

Over the last four years, the Process Safety Boot Camp has been a regular feature in PCS' efforts to bring her staff up to speed on the fundamentals of Process Safety. Already a fifth run is planned for in 2017.



"It is with great appreciation for the PCS Management and organizing team for allowing me as a contractor to join in the "Process Safety Boot Camp". I want to say thank you for the opportunity you have given me."

"The Process Safety Boot Camp is both meaningful and educational as it has widened my knowledge of safety, giving me new ways to understand safety in different dimensions. Normally as a contractor our focus is mainly on occupational safety but with Process Safety, we are looking more than what we can see. Process Safety has widened my views and my ways to look at safety. This knowledge and experience that I gained from the boot camp is definitely worth sharing with my fellow contractors, staff, and workers."

*Feedback from
Apostol Ivan Lee (PCCA)*



"I would like to thank PCS for allowing me to attend the Process Safety Boot Camp which I had gain deeper understanding of each of the 20 Risk Based Process Safety Elements that they are needed and how to manage them effectively in my organization."

*Feedback from
Mohammed Hassan Bin Abdul Satar (PCCA)*



Happy participants of Process Safety Boot Camp 2016



Trainer Byron Sun and John Murphy with GMP



Participant Gey Cheng Tat presenting his case



Participant Chong Hon Yeng shares his ideas

AICHE SINGAPORE LOCAL SECTION AWARDS 2016



Foo Suan Kim
- T&O



Ho Yeow Hsing
- T&O



Benjamin Tan
- T&O

The 15th International Conference on Sustainable Energy Technologies (SET2016) took place in Singapore from 19th to 22nd July 2016, hosted by the National University of Singapore (NUS) in collaboration with the World Society of Sustainable Energy Technologies (WSSET), American Institute of Chemical Engineers Singapore Local Section (AIChE-SLS) and Campus for Research Excellence and Technological Enterprise program.

campaigns for the purpose of combating climate change. The need for the formulation of sound policies and management of energy supply and demand cannot be understated.

Other PCS staff Ms Ng Chai Ling and Mr Guo Kang Hui also contributed to the conference by giving two presentations titled "Challenges in using sea water as a cooling medium in heat exchangers" and "Convection Tube Cleaning for Fired Heaters' Efficiency Improvement" respectively which showcased how PCS actually improved its energy efficiency within the petrochemical complex providing further view points from the industry.

AIChE-SLS Awards 2016 was held on 20th July 2016 in conjunction with the conferences. This award aims to recognize individuals and groups who excel in the field of Chemical Engineering, so as to continue to encourage the local community to advance Chemical Engineering knowledge and uphold professional ethics. Various members of PCS were the winners of the AIChE-SLS Awards.



Award for Industry (Group)



Presentation of award by AIChE-SLS President

SET2016 was held in parallel with another conference, the 8th Global Chinese Chemical Engineers Symposium (GCCES2016) at the same venue.

SET2016 is a multi-disciplinary, peer-reviewed international conference on sustainable energy sources and technologies. The meeting aims to provide a platform to gather scientists, industrialists and politicians around the world for the exchange of latest technical information, the dissemination of high quality research results, the presentation of recent advances and new developments in the area of sustainable energy, and the debate and shaping of future directions and priorities for better environment, sustainable development and energy security.

Corporate Strategy". In the last four decades, energy efficiency improvement arose because of need to conserve energy due to high crude prices. Today, climate change caused by already accelerated emission of greenhouse gases into the atmosphere would be aggravated by a combination of low crude prices and abundance of supply. Therefore, corporations should start energy efficiency

PCS GM (P) was selected as one of the winners of the Industry Award (Individual) while a PCS Group of four members (Ms Ng Chai Ling, Mr Benjamin Tan, Mr Foo Suan Kim and Mr Ho Yeow Hsing) was also selected as a winner under the Industry (Group) category. The Industry (Group) award to PCS Group was presented by PCS GM (P), in his capacity as the AIChE-SLS President.

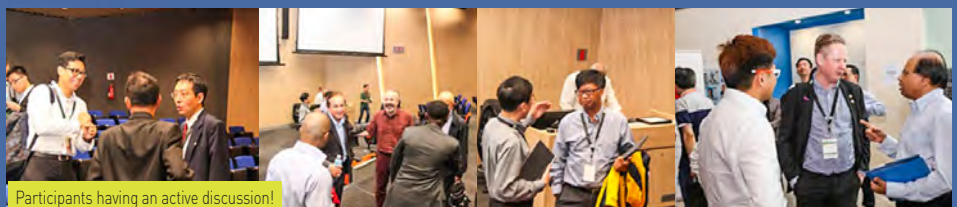


Classroom presentation



Poster presentation

PCS General Manager (GM) of Plant, Mr Lucas Ng Hong Kiang being the President of the AIChE-SLS, participated in SET 2016 and gave a presentation on energy efficiency. The title of the presentation is "Placing Energy Efficiency at the Forefront of



Participants having an active discussion!

A GP'S FRANK APPROACH TO CANCER SCREENING



Dr Kwong Seh Meng
Dy Medical Director
Fullerton Healthcare Group

The mere mention of "cancer" puts many people at unease. This is perfectly normal from a very basic notion of self-preservation. But it is also this response that sabotages millions of people around the world from trying to make practical sense of cancer. The first response commonly elicits denial and "fight or flight" responses (scolding the messenger or running away) which hamper the understanding of how to approach cancer and how to do effective screening. Many feel that they are helpless to prevent cancer.

The number of people being diagnosed with cancer is increasing over the years. From 11,441 in 2010, it has increased each year (11,743, 12,312, 12,785) to 13,241 in 2014.

The truth is that an integrated approach to cancer works better. This is based on **a) information of cancer incidence, b) cancer deaths, c) risk factors for cancer and d) effective screening tools.**

- a) Cancer incidence: A third of us will contract some form of cancer in our lifetime. 30% occurs before retirement – 70% occurs after 65 years of age.

Top 10 Cancers for Men by Incidence (%)		Top 10 Cancers for Women by Incidence (%)	
Colorectal	17.1	<u>Breast</u>	29.2
Lung	15.1	Colorectal	13.3
<u>Prostate</u>	12.4	Lung	7.6
<u>Liver</u>	7.6	Uterine	6.6
Lymphoma	6.8	Ovarian	5.5
Skin, including melanoma	5.8	Lymphoid	4.5
<u>Stomach</u>	4.8	Skin	4.3
Nasopharynx	3.7	Thyroid	3.7
Kidneys and Urinary System	3.6	<u>Stomach</u>	3.5
Myeloid (Bone Marrow)	3.2	<u>Cervical</u>	3.1

* Cancers in **bold** have an effective screening tool to PREVENT cancer. Cancers in underlined italics have an accepted test to enable early detection

- b) Cancer deaths:

Top 10 Cancers deaths for Men (%)		Top 10 Cancers deaths for Women (%)	
Lung	27.1	Breast	17.6
Colon	13.8	Lung	16.5
Liver	12.6	Colon	15.2
Stomach	6.3	Liver	6.4
Pancreas	5.3	Stomach	5.9
Prostate	5.3	Pancreas	5.8
Nasopharynx	4.1	Ovary	5.2
Lymphomas	3.2	Cervix	3.1
Kidney and other Urinary	2.9	Lymphoma	2.5
Leukaemias	2.7	Leukaemias	2.5

Cancer deaths paint a more "outcome" based picture which reflects how aggressive a cancer is, and the strengths of our healthcare system.

For example, prostate cancer for men and uterine cancer for women are within the top four in incidence, but are farther down the list in terms of cancer death. More people die "with", or "ever had" prostate and uterine cancer, than "of" the cancer itself.

We also know that certain cancers are more lethal than others.

Here are the 5 year age-adjusted survival rates ASR (2008-2012) of the common cancers arranged from most lethal to the least: the top 4 common cancers are highlighted.

	Male	Female
Pancreas	5.4	7.0
Lung	11.0	16.2
Liver	21.1	21.2
Stomach	26.8	25.6
Leukaemia	47.5	43.2
Lymphoma	49.6-54.3	58.6 – 59.1
Skin	56.8	42.8
Colon	60.3	59.2
Kidney	61.0	57.2 – 61.6
Bladder	67.6	57.2 – 61.6
Rectum	57.1	63.6
Ovary		41.9
Nose		60.4
Cervix		60.7
Nasopharynx	58.5	
Larynx	58.9	
Testis	74.4	
Prostate	88.5	
Uterus		72.4
Breast		79.5

You can see that the more lethal cancers are still Lung and Liver, whereas Colon, Prostate and Breast have good 5 year survivals.

Where prostate and breast cancer patients have good survival rates (most patients would not die of prostate cancer), patients with breast cancer have good survival beyond 5-10 years, but in reality most would still have a recurrence 20 plus years later. This explains why breast cancer is still the top major cause of cancer death.

When detected early and treated well, cancers of the breast, prostate and colon become more like a chronic disease that needs regular surveillance.

- c) Risk factors for cancer: **Smoking** and **obesity** account for the top 2 causes of early death. They affect lifespan not only by causing early heart attacks and strokes but also a higher incidence of many common and lethal cancers. This explains why at every yearly screening, our emphasis is on avoiding weight gain and trying to quit smoking.

Lack of exercise further contributes to another 14 cancers. Regular exercise (every 3 days) is still the best supplement that you can take, much better than a multivitamin.

- d) Effective screening tools: Cancer is a good candidate for screening because of its severity. The cancer must be common enough (see Table A), and treatment in the early stages must be more effective than treatment in the later stages.

Continued to page 11

Screening for Pancreas, Lung and Liver is not effective for the general population. Liver cancer screening is effective only for carriers of hepatitis B and C as the lifetime incidence in this population is above 70%.

What is effective for the general population will be:

For Men:

Colonoscopy from 50 (colon), yearly Prostate Specific Antigen from 55 (prostate).

For Women:

Colonoscopy from 50 (colon), mammograms yearly from 40 to 50 then 2 yearly (breast), Pap smear 3 yearly (cervical cancer).

- 1) For those with a family history of cancer, appropriate screening for yourself (if any) should take place 10 years before the age of diagnosis in the immediate family member.
- 2) For Chinese or Indians with previous history of gastritis, it is important not to delay an oesophagogastrosocopy (OGD) if symptoms of dyspepsia continue as it can also mean early stomach cancer.

What about the rest of the cancers? Beyond colon, prostate and breast cancer, many of the cancers are low incidence, highly lethal (lifespan less than 6 months), or have no screening tool. By sticking to the above screening recommendations, you have prepared and done as best as you could. Every other cancer then becomes a lottery.

Even with the above information, the best course of action when we do contract cancer is to **speak to a trusted health professional who can give you another perspective**. And you must remember that although doctors can lay out a course of action for you, they are not the ones living through the cancer. You can and may still choose what you deem best.

Case in point, I still remember my university professor who taught about liver cancer – when he contracted liver cancer himself, he opted for neither surgery nor chemotherapy, resigned from office, embraced palliative care early and went quietly 3 months later surrounded by loved ones.

For decades, the private health industry has depended on excessive fear-mongering to generate hospital visits. Select cancers are chosen and awareness drives are done for certain periods of the year. I sincerely hope that at the end of the article I have helped some to be less anxious about cancer, or at the very least, be more open to discussion and not be led on a wild-goose chase in future.

EMPLOYEE NEWS

LONG SERVICE

Presentation on 21 October 2016



From left: Foo Siang Tien (GMC) & Fong Yeng Keong



From left: Masri bin Mahat, Ong Kok Siong, Lee Hock Chye, Lucas Ng (GMP), Chua Eng Seng, Quek Soo Hong & Venuanathan Machap

10 Years

Mr Masri bin Mahat QC

15 Years

Mr Lee Hock Chye T&O

20 Years

Mr Ong Kok Siong Ole II

Mr Venuanathan Machao QC

25 Years

Mr Fong Yeng Keong PUR

35 Years

Mr Chua Eng Seng HSE

Mr Quek Soo Hong Ole I

Mr Mohd Razali b Ole II

Hussain



NEW EMPLOYEES



Mr Mohamed Yusri bin Yusoff
Technician, Olefin I
Joined 1 August 2016
Hobbies: Soccer



Mr Muhammad Alfian bin Ibrahim
Leading Fireman, Fire & Security
Joined 1 September 2016
Hobbies: Jogging, Gym

HEARTIEST CONGRATULATIONS

marriage



NAME	FUNCTION	SPOUSE
Mr Ngai Jia Ming	T&O	Ms Ong Shu Ying
Ms Sarimah bte Sulaiman	PUR	Mr Muhd Syukran bin Zainal Abidin

births



NAME	FUNCTION	NEW BORN
Mr Azman bin Sulaiman	Ole I	Twins (Girls)
Mr Pan Zijia	Ole II	Boy
Mr Alfian bin Zolkipli	F&S	Twins (Boy & Girl)

An Adventure to the Ancient City of the Incas in **Peru & Bolivia**



Annie Tan – M / S



Machu Picchu is a spectacle beyond words and I was totally awed by the splendor and blown away by the experience; simply captivating



Uyuni Salt Lake (it is dry in winter) in Bolivia is the world's largest salt flat at 12,000 sq km and highest at 3,810m (120 m deep in salt). It was formed as a result of transformations between several prehistoric lakes. There is such an abundance of salt that 50kg of salt costs only US\$2!



Feeling on top of the world at Huayna Picchu Peak (2,700m); it was an exhilarating climb to catch the bird's eye view of Machu Picchu on the left.

Immersion into the diverse and colourful historical, cultural and social backdrop of Peru was enlightening to say the least; food was unexpectedly delectable and people were friendly and hospitable and sceneries were breathtaking.

My trip to Peru and Bolivia took a long time to plan; it is a long way from home – a 25 hours flight to South America. It was initially a group of 6 but ended with only 2 brave souls as the zika virus epidemic escalated in South America. With courage and zest, we finally took off and embarked on an emancipating journey into the ancient world of the Incas.



A glimpse of the treacherous trail to Huayna Picchu Peak.



These are the beautiful people of Chincero in Sacred Valley. As you can see, they are still very traditional and simple but very happy and contented.



Pisac market in Sacred Valley – these girls were singing as we took this picture.

Acclimatisation is a crucial consideration for this travel; we gradually made our way up from 1,500m to 4,000m above sea level. Thankfully we did not suffer from any altitude sickness although we witnessed some along the way.

Machu Picchu is the iconic attraction of Peru. It is a 15th century Inca Citadel situated on a mountain ridge 2,430m above sea level. The Inca Empire arose from the highlands of Peru sometime in early 13th century. Its last stronghold was conquered by the Spanish in 1572. Peru regained independence in 1821 and today Peruvians speak Spanish and Quechua (their native language – I found it thought provoking; in comparison, Singaporeans are already losing our dialects in one century) and also adopted the Roman Catholic Religion from the Spanish mixed with Inca worship of the gods of nature.



Uros Islands on Lake Titicaca which is the highest lake in the world standing at 3,812m and stretching 8,372 sq km from Peru to Bolivia. Due to the harsh living conditions on these floating islands, only 3000 inhabitants remain today.



Ever seen a salted hotel? The pillar, chairs, tables, floor are all made of salt.



Isla Incahuasi; a hilly and rocky outcrop of land; it hosts gigantic cacti and unusual and fragile coral like structures and deposits.