

# SCOPE

1st Quarter 2016  
MCI(P)012/01/2016



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# NAPHTHA IMPORT FACILITIES PROJECT –

# GROUND BREAKING Ceremony



Charlie Chua  
- Engineering



Stage platform.



MC welcomed PCS MD, Distinguished Guests, Colleagues and Contractors.



PCS MD Mr Yonemura delivered the opening address.



JGC MD Mr Tsutomu thanked PCS for the project and pledges to complete it successfully within budget and schedule.

In early 2015, Naphtha Import Facilities (NIF) Project was taking shape in the midst of a very competitive petrochemical industry. With strong support from our Board and shareholders and the culmination of the efforts of all, this project finally took off.

**P**CS has marked another milestone in expanding its Naphtha storage tank facilities, including a new liquid berth with an auspicious Ground Breaking Ceremony held on 22 March 2016. The event was graced by VIPs from EDB Executive Director Mr Damian Chan, PCS Director Mr Hisashi Shibayama (Sumitomo Chemical Co. Ltd), PCS Director Mr Leslie Lim (Shell Eastern Petroleum Pte Ltd), Ms Lim Hon Ing (Shell Eastern Petroleum Pte Ltd), JTC Deputy Director Ms Cindy Koh, JGC MD Mr Tsutomu Terashima and HSL CEO Mr Charles Quek.

PCS Managing Director Mr Akira Yonemura, in his opening address reiterated, *"It is timely for us to embark on this project against a*

*backdrop of a very competitive petrochemical industry. NIF Project is a major strategic investment to ensure PCS continues to remain competitive and continues to be relevant in this industry."*

JGC Singapore PL and HSL Constructor PL (a Joint Venture group) was awarded the EPC (Engineering, Procurement and Construction) contract for the NIF Project. After detailed engineering work and governmental authorities' approval, commencement of construction began.

This project is targeted to achieve mechanical completion by 14 September 2017 and commercial operations towards later part of that year.



Commencement of ground breaking ceremony was jointly led by PCS MD Mr Yonemura, DMD Mr Lim Wee Chiong, EDB Executive Director Mr Damian Chan, JTC Deputy Director Ms Cindy Koh, JGC MD Mr Tsutomu and HSL CEO Mr Charles Quek.



PCS GMP Mr Lucas leading his elite Project Team Members.



PCS MD Mr Yonemura, GMC Mr Foo Siang Tien, Accounts & Finance Manager Ms Lilian Lee and Distinguished guests.



PCS Management Team and Guests.



PCS NIF construction partners... JGC-HSL JV Team.

# Annual PCS / Contractors HSE Meeting FOR 2016



A John - HSE

**H**olding this annual meeting is one way PCS demonstrates how safety is integrated into our corporate culture and philosophy that "we are all about safety". Everyone from senior management to the front line workers is engaged and proactive in supporting a safe and healthy workplace and sending every worker home safe and healthy every day. Our efforts include high-visibility in workplace safety and health, worker vigilance and empowerment through our three pillars of safety engagement – Speak Out for Safety (SOS), Stop And Report (STAR) and Behaviour Based Safety Observation (BBSO). This year's annual PCS-Contractors' HSE meeting was held on 21 January 2016 with some new faces who would be participating in Shutdown Maintenance (SDM) 2016 attended the meeting.

PCS MD, in his keynote address, mentioned our achievements of Five-Zero score; and hoped to see that we continue to sustain our good HSE performance which includes:

- **Zero LTI, Zero Recordable Case, Zero Environmental Incident, Zero Hazardous Exposure and Zero Process Safety Incident**
- **Combined PCS Employees and Contractors Set Target, below the set target of  $\leq 1.4$**
- **30 million hours worked without LTI achieved on 21 January 2015**
- **Silver award in the WSH Performance Awards 2015**

He highlighted several major challenges that we would be facing together – SDM 2016 and the Naphtha Import Facilities Project. He mentioned that PCS are committed to working with all contractors to achieve our shared goal, a healthy and safe work environment.

GM (Plant) Mr Lucas Ng started his address by informing the audiences, that 2015 was of particular significance to PCS as we operated the two ethylene plants safely, smoothly and continuously at full load after 2014. Even though we encountered minor mechanical issues, we managed to overcome those issues safely. This would not have been possible without the contributions from Contractors. On behalf of PCS Management, he thanked all contractors who have contributed one way or the other to the successes of PCS all these years.

On Workplace Safety and Health, Occupational Safety, he mentioned that many fatal incidents occurred in Singapore last year 2015 as published in the WSH Bulletin by the Workplace and Health Council. Those incidents could have been prevented should the basic procedures were followed with proper precautionary measures taken.

On Process Safety, he highlighted several sad and disturbing incidents that occurred in the recent past which were nearer to us such as: the massive explosion in hazmat warehouse of Tianjin, China on 13 August 2015, fire broke out at Shell's Pulau Bukom Manufacturing Site on 21 August 2015 during their turnaround and the laboratory explosion at Leeden National Oxygen facilities at Tanjong Kling on morning of 12 October 2015. We must learn the lessons and strengthen our process safety so that similar incidents should not happen here.

GM(Plant) highlighted that we are equally responsible to take care of the environment for our future generations. Pollution to air (global warming, climate change), water and soil, and minimising waste are our concern. PCS is conscious of the issue of climate change, and has been working together with the relevant authorities on how to reduce the carbon footprint by improving the efficiency of our facilities with practical methods.

He reiterated we must keep safety in mind right from the planning stage and to ensure that all work are Designed for Safety, Planned



MD Mr A Yonemura: "Let us keep our guards up, remain focused on our work, and never be complacent."



GM (P) Mr Lucas Ng: "Incidents could happen when it is least expected, especially when the work practices are very routine."



HSE Manager Mr Bernard Leong delivering the HSE Objectives & Targets for 2016.



PCC Chairman Mr A Ivan reviewed Contractors HSE Performance for 2015 & Action Plan for 2016.



DMD Mr Lim WC "It is important to be passionate about safety".

for Safety. "Never treat workers' feedback as small and irrelevant, always review them for workplace safety improvement or enhancement" and sought the continual support and co-operation from all Contractors in sustaining PCS HSE performance.

In his closing speech, DMD Mr Lim Wee Chiong remarked that it is important to be passionate about safety. Beyond just complying with rules and regulations, how we feel and respond to our daily challenges in such hazardous environments go a long way in ensuring safe outcomes. Inevitably, mistakes made by others are beyond our control and we must constantly be on guard against any unforeseen hazards. The meeting ended with all guests treated to a sumptuous lunch.



A total of 29 Contractors Companies' attended the meeting.

# 1<sup>st</sup> Mass Tool Box Meeting Year

# 2016



Lim Kian Huat  
- MAI



PCS GMP Mr Lucas Ng addressing the 500 participants on 6 January.



Group photo with the Safe Workers & BBS Role Model Award recipients.

In his opening address, PCS GMP Mr Lucas Ng wished everyone a Safe, Happy, Healthy and Fulfilling Year 2016. He thanked everyone for the hard work and contribution to zero Lost Time Injury (LTI) and zero Total Recordable Case for year 2015.

PCS achieved a combined PCS Employees and Contractors 30 million hours worked without a lost time injury on 21 January 2015. We had operated our two ethylene plants safely, smoothly and continuously at full load. He thanked all contractors who had contributed to the successes of PCS all these years. With all the achievements, our challenge now is striving to achieve the next milestone of 35 million hours worked without LTI.

GMP shared the 7 occupational safety incidents fatality cases reported by WSH Council Bulletins published in the last 5 months of 2015. These incidents could have

been prevented should basic procedures be followed with proper precautionary measures taken. The nature of those fatal incidents were of common causes such as slip and fall, trapped between guard rail and concrete ledge during scissor lift operation, struck by fallen reinforcement bar links during lifting operation, fall from height and strangled by web sling while rigging load. We must learn from lessons of these incidents.

He also shared on three process safety incidents that had happened in the recent past. The fire and explosion in hazmat warehouse of Tianjin, China on 13 August 2015,

fire incident at Shell's Pulau Bukom on 21 August 2015 and laboratory explosion at Leedon National Oxygen on 12 October 2015. Lessons must be learnt and shared to all staff and workers. He reminded all that process safety incidents are of low frequency but with serious consequences. We must get back to basics – carry out risk assessment, provide mitigation measures and carry out KYT (Kiken Yochi Training 危険予知訓練 in Japanese - Hazards Prediction Training), or in-situ risk assessment (iRA).

Looking ahead, he noted that year 2016 will be another challenging year for all of us. We will have two major projects – Naphtha Import Facilities and Shutdown Maintenance (SDM) for PCS-II facilities.

In closing, he emphasized the importance of following rules and regulations at work. He re-iterates that PCS treats all contractors with fairness, respect and decency, and PCS continues to provide healthy, safe and secure work place for all workforces.

## Chinese New Year Gathering 2016

PCS GMP Mr Lucas wishing everyone a blessed Chinese New Year.

About 700 staff & workers participated in the annual festive lunch gathering.

To welcome the auspicious Monkey Year, PCS Contractors HSE Committee (PCC) and Maintenance held the combined Lunch Gathering on 26 January 2016 at PCC Rest Shelter. About 700 PCS Employees and Contractors get together to toss the raw fish salad, enjoy the New Year delicacies and to share a catered lunch. They also wished one another a Blessed Monkey Lunar Year filled with good health, prosperity and a SAFE year ahead.

## 1<sup>st</sup> Quarterly Dialogue Session with Contractors Workers



Active participation from the SDM 2016 contractors.



From L-R: PCC Ivan, DMD Lim Wee Chiong, MD A. Yonemura and GMP Lucas Ng during the Q&A.

About 220 staff and workers attended the 1<sup>st</sup> Quarterly Dialogue Session on 10 March 2016 at Merbau Room.

In his opening address, PCS MD Mr Akira Yonemura thanked Contractor Workers, Contractor Management and PCS Staff for their attendance. Their presence reflected the interest and efforts to jointly preserve health and safety in our work place.

Referring to the twin challenges from the coming Shutdown Maintenance for PCS-II

facilities and the Naphtha Import Facilities Project, he emphasized that safety remain the first consideration in the planning stage. He reminded all that the expected influx of many workers with various behaviour, mindset and skills would present different potential hazards. Each work can form a sequence and affect each other if not properly managed.

MD introduced a concept similar to the "fire triangle" (Fuel, Air and Heat) versus the "safety triangle" (Operations, Maintenance and Contractors). In the former, removal of

one element eliminates the risk. In the latter, removal of one element will put the workforce at risk. MD reminded us that we have three core health and safety culture driving programmes – Speak Out for Safety (SOS), Stop and Report (STAR) and Behaviour Based Safety (BBS). He urged everyone to join our hands in mentoring and guiding new contractor companies and workers, intensified BBS observations, ramping up near miss reporting and around-the-clock safety supervision and walkabout.

In closing, MD was confident that together we could continue our excellent health and safety performance if we maintained a lookout for one another through our BBS and SOS programmes, intervene in unsafe situations and to follow safety rules and procedures with absolute discipline.

During Q&A session with PCS Management, a contractor raised his concern of actual practice in intervention of unsafe conditions and unsafe acts. PCS Management assured all contractors that the three core driving programmes in PCS empower all employees and contractors alike to intervene / report any unsafe condition and unsafe act promptly for corrective measures.

# PCS In-House HazMat RESPONSIBLE CARE® Initiative



Foo Suan Kim  
- TNO



Group photo by all the participants after a site visit.



Trainer thinking very hard about some of the questions asked by the participants.



Velu (F&S Officer) conducting the class room training.



Active exchanges of opinions from the participants!



PCS trainer capturing the FULL attention of the participants!

Dangerous or hazardous goods are solids, liquids, or gases that can harm people, other living organisms, property or the environment. In Singapore they are commonly known as hazardous materials or HazMat.

**S**ingapore is an island of about 620 square kilometres in area. The average population density in Singapore is about 4,000 people per square kilometres. Such a high population density makes it imperative for hazardous substances to be controlled so that public exposure to accidental release, if not avoided, is minimized. As a form of transport control, all containers used for bulk chemical transportations must be designed, manufactured and tested in accordance to internationally acceptable standards. All drivers must also be trained in the handling of accidental spills and have attended the HazMat Driver course conducted by the SCDF's Civil Defence Academy or Singapore Port Institute (PSA Institute). Drivers renewing their Hazardous Material Transport Driver Permit (HTDP) are required to attend the HazMat Driver's Course once every 2 years.

For drivers working in the Singapore Petrochemical Complex (SPC), they have to attend the PCS In-House HazMat course conducted by PCS Fire & Security. For drivers engaged by PCS, the attendance of In-House HazMat is compulsory. The purpose of the course is to allow participants to be aware of possible hazards in our complex.

As part of Responsible Care® capacity building efforts by PCS, the invitation to its In-House HazMat course was extended to companies outside of SPC. These companies could signal their interest via Singapore Chemical Industry Council (SCIC) where PCS is an active member.

An overwhelming response of 15 participants from 9 different companies attended the course on 22 February 2016. The course

included both theoretical lessons (such as, legal requirements on storage and transportation, site requirement on chemical loading/unloading, transportation safety etc) as well as practical lessons on leak mitigation techniques.

The participants had an informative learning afternoon in PCS and gave positive feedback regarding the In-House HazMat course. Some of the feedback received after the course is listed below:

*"It has been a great exposure for Celeste and me. We are grateful for the knowledge shared by the friendly staff, your good self for organizing and the officer who drove us around."* - Miss Stacy Quek, Damco Logistics

The course ended at around 4 PM as per schedule and the participants left the training grounds thereafter.

# PCS Family Day

on 10 January 2016



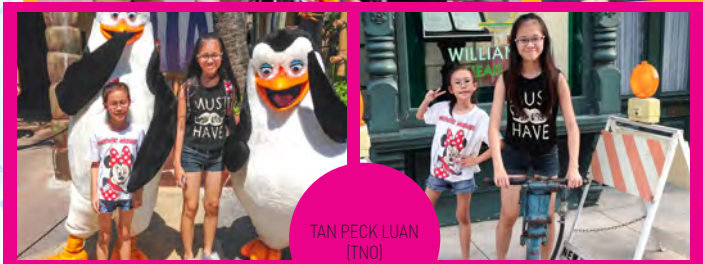
Chong Hon Yeng  
- TNO Plant Services

Alas! The sky had cleared for PCS Family Day. Originally slated for 20 September 2015, the event had to be postponed due to a prolonged spell of haze that affected Singapore from late June to end of October last year. After much deliberation by the organizing committee, the Family Day was rescheduled to 10 January 2016.

A full day of fun awaited about 500 staff and family members, who started streaming to the event hall from as early as 9am. All came dressed in their Sunday best – in vibrant colours; full of life and energy. A notable stand out was a family of four who came in wearing the same outfits of red and blue strips – a brilliant show of family in unity! An air of joyfulness can be felt in the huge event hall when staff, family



HO YEOW HSING  
(TNO)



TAN PECK LUAN  
(TNO)



LEONARD CHONG  
(OLE II)



CHONG HON YENG  
(TNO)





members and friends mingled with each others. The day was kicked off with a professional Emcee, connecting the audience with fun, games and laughter. One highlight was an impromptu dance performance by four members of Olefin-II, which was amusing and hilarious. The finale for the morning was the much anticipated lucky draw, when our MD Mr Yonemura was invited on stage to give away the top prizes. All good things came to an end before midday. More fun and thrills awaits them at Universal Studios for the rest of the day!



# Exercise is MEDICINE:

Motivation – “But how do I sustain it?”



Dr Kwong Seh Meng  
Deputy Head,  
Medical Operations  
Fullerton Healthcare Group

There is overwhelming scientific evidence that supports the positive effect between regular (every 72h) physical activity and health. Only the very foolish and stubborn will deny this benefit to our health. But why can't some of us exercise regularly, or even more? Why is it so hard to put words into action?

**I** believe the answer has something to do again with what the doctor knows and doesn't know, and what the lay person doesn't know as well.

- i. What the Doctor Knows: We know the above benefits of exercise in detail. We pass licensing exams with this knowledge.
- ii. What the Doctor Doesn't Know: We mostly don't know how to prescribe exercise in a concise way – either we give the wrong exercise, or we simply forget that exercise has many different variants. We also have not been trained well to motivate our patients to continue exercise or to make exercise relevant to their lives.
- iii. What the Lay Person Doesn't Know: Exercise can be done anywhere, in small amounts, the effect is cumulative, and most people don't need a gym – they need to find an exercise that works for them that they love, and can build upon. For example, I will confess that I hardly “exercise” – I get mine demonstrating them in the clinic or with friends, and whenever I am not moving – even in my car seat!



oblique push-ups. They are low-risk. **Push-ups against the wall** – Aim to do 50 a day, wherever you are, whenever. The trick is to keep the body straight, and do the exercises slowly, and avoid breath-holding. Increase when comfortable.

**If you are a weekend “athlete”**: If you play team sports, look up the most common injuries for the sport and do the exercise that prevents such injuries on days you don't play the sport. You can look up **YouTube** videos that target the muscles highlighted in **bold**.

- a. Soccer – strengthen the **inner thigh muscles** and work on calf stretches to reduce knee injuries
- b. Swimming and Cycling – **Core exercises** are very important to keep the body straight and aerodynamic
- c. Badminton – Lunges make up a huge proportion of the game and you may need to balance the **hamstring muscles**.
- d. Long Distance Running – the knees must be balanced well - exercises to make sure the **VMO muscle** (vastus medialis obliquus) is not weak, will reduce asymmetric wear and tear.



**We are only human, and we are not immune to being lazy with our diet and exercise** – thus it is

good to always check our weight – keep the weighing scale in/ just outside the bathroom, or in the bedroom. Do not buy a weighing machine to only keep it in your storeroom! The weight gain will remind you about the correct diet and exercise, and weight loss will hopefully encourage you to keep at it! The list is not exhaustive and certainly, please check with a doctor who is preferably EIMS-certified (Exercise is Medicine) or has a good grounding in sports physiology.

Don't forget to warm up, cool down and stretch. These all have a purpose. Last but not least, avoid asking obese doctors regarding effective exercise regimes! I admit I have gained 4kg over the festive season – but I will lose it in these 3 months! Stay tuned for common exercises that I prescribe. They may work for some, but if it doesn't work for you, please ask me!

## How do I start exercise sustainably?

**If you are not exercising at all**: Check with a doctor what exercises are suitable. Start with one exercise movement that is easy to do, anywhere. I commonly advise people to do



Table 1: Overall health benefits of physical activity\*

Strong Evidence (reduction %)	Moderate to Strong Evidence	Moderate Evidence
Lower risk of early death (20%)	Better functional health	Lower risk of hip fracture
Lower risk of heart disease (40%)	Reduced abdominal obesity	Lower risk of lung cancer
Lower risk of stroke (27%)	Weight maintenance after weight loss	Lower risk of endometrial cancer
Lower risk of high blood pressure (40%)	Better cognitive function (for older adults)	Increased bone density
Lower risk of type 2 diabetes (58%)		Improved sleep quality
Lower risk of Alzheimer's (40%)		
Lower risk of colon cancer (60%)		
Lower risk of breast cancer (50%)		
Prevention of weight gain		
Weight loss		
Improved Cardiorespiratory fitness		
Prevention of Falls		
Reduced Depression		

\*The above may look haphazard, but the unifying factor is reduced weight and increased reserve leading to less illness and better social functioning.

Table 2: Exercise for common chronic diseases

Chronic Disease	Type of exercise	Intensity/ Duration/ Frequency
Hypertension	Aerobic	Moderate Intensity / 30 - 40 min / at least 3-4 times a week, if not daily.
Diabetes	a) Resistance –based. <i>To muscle near-fatigue. Avoid physical exhaustion.</i> b) Aerobic exercises every day for 10 min.	Moderate to High/ Interval exercise/ every 72 hours.
Ischaemic Heart Disease	Gentle resistance with increasing duration as tolerated.	Only start exercise after gaining approval from the doctor. Moderate/ 30 minutes/ Minimally 5 days a week



# PCS Bowling

## Tournament 2016



Grace Ow - M / S

Held on 27 February 2016, the PCS' annual bowling tournament saw over 60 bowlers lining up to vie for the much coveted top individual and team award. Everyone was in great spirits, (probably hoping this would be their year to win), as they geared up for this year's event. The next few hours were filled with cheers and excitement, with each participant looking to score a strike at every turn. After an exhilarating morning, the scores were tabulated and the team from Olefin I emerged champions with the highest combined score, securing the MD's Challenge Trophy yet again, though not without facing stiff competition from the other functions! Maybe next year we will be seeing a different result for the winner of the top function!

Once again, congratulations to all winners! The committee looks forward to seeing everyone again at the next event!



Defending Team Champion, Olefin I, with Mr Yonemura.



Let me show you how to get a "Strike"!



High Score- William Wong.



Top Individual- Alex Aw.



See you next year!

# Climb On..



Shukri Ali - F&S

Enthusiastic staff and family members of PCS were treated to a delightful session of rock climbing in Climb Central, Kallang Wave Mall on 31 October 2015 organised by SSRCC for the 2nd occasion since 2014. Being the tallest indoor air-conditioned sport climbing venue in Singapore, Climb Central has approximately 1,000 square meters of climbing wall space which will delight our potential Spiderman candidates to be.



Getting Ready for the CLIMB.



Climbers aiming to the Climax.

Prior to the climb, participants of the rock climbing were briefed on the safety regulations and precautions, learning the basics of climbing for beginners, special belaying devices, or devices to help to hold the ropes for participants and useful climbing tips to enhance the climbing activity.

surrounding crowds and by-passers with family members, clapping and encouraging them to complete the climb.

"Tough time don't last, Tough man do.." exclaimed Mr Ahmad Khalid from F&S who are accompanied by his family members in the event.

Rock climbing is a physically and mentally demanding sport which tested our participants' strength, endurance, agility and balance along with mental control. Our climbers exhibited these qualities while attempting the climb with the objective of reaching to the top. Throughout the climb, our climbers are being cheered on by the

The event was a memorable and fun session filled with copious sweat, treating everyone to reach a common goal through a high level of concentration and determination while fostering continuous learning, rekindling ties in PCS and enjoying the experience of rock climbing.



A deserving chill and relax session with our loved ones after the climb.

# PCS INDUSTRIAL VISIT AND CAREER PRESENTATION @ NUS CAMPUS WITH NUS CHEMICAL ENGINEERING STUDENTS



Jessica Tan – TNO

PCS was invited by the NUS Chemical Engineering Students Society (ChESS) to make career presentations for chemical engineering under-graduates over two (2) occasions on 25 February 2016 at PCS and on 23 March 2016 at NUS campus. Both sessions provided opportunities for the under-graduates to learn more about working in the petrochemical industry such as in PCS through a visit to PCS and interactions with staff from TNO and HRA.



Group photo at PCS iconic molecule – 1<sup>st</sup> session.

The sessions were informal and light-hearted sharing of first-hand accounts from TNO engineers on the joy and challenges posed by the nature of a career in chemical engineering.

Both sessions started with a corporate video which presented the key role of PCS as an upstream company of the Singapore Petrochemical Complex. Subsequently, fellow TNO engineers gave a good overview on the PCS manufacturing processes and shared many personal insights on the job

scope and challenges of a chemical engineer. The presentations proved very useful to the under-graduates; they gained a greater understanding of the diversified products of PCS manufactured from primarily naphtha feedstock and could better appreciate how the job functions of a chemical

engineer can be challenging yet fulfilling.

One topic in particular, “Why I choose to work in PCS”, portrayed a highly enthusiastic side of many engineers and managers.

During the 1st session where PCS played host, the undergraduates were also given a guided-bus tour around the Singapore Petrochemical Complex with a stop-over in CCC. Olefin-II Manager, Mr Leonard Chong took the opportunity to explain in more details of Olefin-II manufacturing operation which is

controlled by the state-of-the-art Distributed Control System (DCS).

During the Question and Answer sessions on matters related to career development, Mr Lincoln Lee had shared with the undergraduates on the attractive benefits and work-life balance in PCS. He summed it up with the 3 “P”s – Plant, People, Pay, which differentiated PCS from other companies. The 3 “P”s emphasized on the safety and reliability of the plant, high quality and valued employees as well as market competitive pay.

In total about 50 undergraduates benefited from the interaction sessions. The undergraduates showed a keen interest in the petrochemical industry, and had many questions, even technical ones, for PCS staff. It was also evident from the short networking and refreshment sessions, that the undergraduates found PCS staff to be very approachable and enthusiastic in sharing their experiences.

Looking back, it was an enjoyable experience to be able to share personalized stories and interact with undergraduates who were genuinely interested in the industry and company. It was especially rewarding for many fellow colleagues who are NUS alumni and were happy to return to their alma mater. Personally, it brought back fond memories when I used to attend similar events as an undergraduate. Kudos to all who made this a meaningful and memorable event.



Group photo at NUS Central Library – 2<sup>nd</sup> session.

## NYJC Career, Education & Scholarships Fair

on 17 February 2016



Tan Guan Aun – HRA



Appreciating the speakers for opening young minds to engineering / hse process safety careers.



Lucas Ng attracting students to a Career in Engineering.

In conjunction with the National Engineers Day 2016, Nanyang Junior College (NYJC) invited industry representatives to their Career, Education and Scholarships Fair on 17 February 2016. The Institution of Engineers Singapore (IES) roped in industry practitioners to share with the students on engineering careers, prospects and expectations to about 100 students that day. PCS GM Plant, Lucas

Ng, spoke on “Engineering Your Future” together with other speakers from Singapore Chemical Industry Council Limited and Institution of Occupational Safety & Health (Singapore Branch).

According to NYJC, quite certainly, these contacts “will get students to think about the different career options but more importantly,

to give them a realistic picture of the demands of the job market and job satisfaction can be obtained through less conventional routes.” Injecting industry professionals in career presentations is an excellent way to introduce students to career options which will have an impact on their choice of university programmes/career later in their lives.

# Fishing Trip JojoRakit



On 28 March 2016, a much anticipated event which was long overdue finally happens! PCS SSRCC organized a 2 days fishing trip for the staff. I recalled that the last kelong trip we had was 3 years ago. This time we were all geared up for the JOJO RAKIT KELONG, which is close to the Johor River.

The organizer of JOJO RAKIT KELONG arranged for 2 mini buses to pick us up in Singapore. However, we still missed the 12 noon ferry because of the held up at Malaysia Custom checkpoint. The next ferry was scheduled to leave the jetty only at 2pm. We were hungry then and so the bus driver detoured and brought us to Old Johor town, a QUIET resting place to let us indulge in "ABC Stout" with Malay rojak. Oops... I am not referring to "ABC Extra Stout" beer but Air Batu Campur (ice kacang). This is a yummy dessert that everyone should try. After our light refreshments, we continued our journey back to the kelong jetty. We had our lunch on shore and took the next ferry to the kelong.

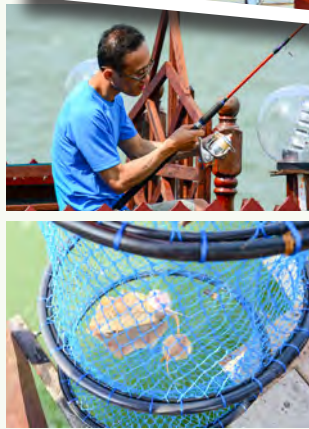
Upon arrival at the kelong, we quickly settled down and check-in to our rooms. Like all true fishing enthusiasts, we eagerly pulled out our

fishing rod just like the legendary King Arthur sword being pulled out from the stone. After all, our dusty rods had been put on standby for 3 solid years and the time has come to shine again.

Surprisingly, food was never in short supply at the kelong. For our afternoon tea, we were served delicious goreng pisang and sweet potatoes and waffles. And dinner was served in seafood BBQ style. We gathered around and everyone was talking and you could hear laughter everywhere. Yes, real human interaction was back again because there was no wifi on the kelong. Back in the city, we hardly have an opportunity to have a good heart to heart talk with your loved ones and friends where everyone is so engrossed and engaged in their own world of -busy surfing Facebook, WhatsApp or Instagram.



Pauline Lim - ANF



After our BBQ, some of them went for karaoke while others continued to focus on getting their prize catch of the day. Razak, Zufir and Maarof entertained the group with their talented singing vocals till 11.30 pm. At the stroke of midnight, Razak caught a stingray. Miraculously, the stingray gave birth to 2 life baby stingrays. It was a proud moment for Razak and others congratulated him of his catch!

The next morning, we continue to fish till 11am before we wrapped up everything and headed back to the shore. Lunch was served at Kedai Masakan kampung Ibrahim. This is a very popular makan place. Why? This is because this place is famous for its Otak Otak. A lot of us bought them by the cartons to bring back to Singapore to share with our loved ones. The lunch was very yummy. Even though our stomach could hardly intake any more food, die hard durians lovers will never pass this opportunity to have a durian feast before we leave Malaysia.

By late afternoon, we have returned to Singapore. Our committee has once again organized a wonderful and memorable trip for the staff. This one night stay at the kelong has given us NOT only the opportunity to slow down and relax momentarily from our fast paced of life. But most important of all, it has helped to revive the very basic human skills in all of us - how to interact with each other without internet.

## EXEMPLARY SERVICE IN SWC



A John - HSE

The Safety and Health Working Committee (SWC) is an important Committee. It is also mandated under the Workplace Safety and Health Act. Among its functions are to inspect the workplace, discuss safety and health issues and promote safe conduct of work. In the 2015 Committee, a member stood out from the rest. Mr Chow Yew Chong, of

Olefin-II, exhibited remarkable dedication and commitment in the Committee by voicing out safety and health concerns.

On 11 March 2016, a simple commendation ceremony was held in Olefin-II CCC to honour Mr Chow. GM(P) Mr Lucas Ng presented a plaque to him, in recognition of his exemplary

service in the Committee and for his full attendance in SWC activities during his tenure as SWC member last year. It takes effort and personal sacrifices to attain the perfect attendance. We commend Mr Chow Yew Chong for his dedication in service. We hope for him to be an example for others to emulate.



GM(P) Mr Lucas Ng presenting the plaque to Mr Chow Yew Chong.



Group photo with Function Manager Mr Leonard Chong, Mr Loh KL (SV) and Mr Tan KJ (Focal point).

## LONG SERVICE

Presentation on 5 April 2016



### 20 Years

Chang Poh Keng	OLE I
Hj Muhammad Farhad bin Hashim	OLE I
Munir bin Mohd Basni	OLE II
Noorharrison bin Amsah	OLE II
Sie Yew See	OLE II
Cheryl Phua	MAI

### 35 Years

Eileen Hum	BD&P
Vincent Woo	HR & Admin



From left : Munir bin Mohd Basni, Sie Yew See, Lucas Ng, Cheryl Phua & Noorharrison bin Amsah.

HEARTIEST CONGRATULATIONS

# marriage



NAME	FUNCTION	SPOUSE
Choy Chee Hao	OLE I	Pang Sha Lee
Chuang Ka Leong	OLE II	Lim Li Jun
Hari Rueban Manogaran	OLE II	Shalini d/o Mathivanan



From left : Vincent Woo, Foo Siang Tien & Eileen Hum.

# Biggest weight percentage loss wins



Tok Ai Tee - QC

### What is the motivating factor?

The thought of losing weight never crossed my mind until recently. By chance, someone passed me an article that reads "Quality of life, not appearance, is the real reason to consider losing weight." This article really strikes a chord in me. It states that if you love yourself, lose some weight and do not let obesity prevent you from enjoying life. This is so true and so with the support of my colleagues, I have embarked on my weight loss journey.

- Lost 2.4 kg in 2 months. While this is not a great achievement, I hope to continue with this momentum for further weight loss.

### How you lose it?

I am not a fan of sports, so the best that I can do for now is to go for some light exercises and more importantly adjust my diet. I still bring on snacks but less frequent than before.

### What is your typical meal for breakfast, lunch and dinner?

For breakfast and lunch, I go for lighter meals such as noodles, porridges and breads. For dinner, I eat normally.



### Announcement of Results

#### 1<sup>st</sup> Place:

Lilian Tang, PUR  
weight loss **4.4 kg**

#### 2<sup>nd</sup> Place:

Johnny Lim, HRA  
weight loss **5.6 kg**

#### 3<sup>rd</sup> Place:

Pauline Lim, ANF  
weight loss **3.15 kg**

### How do you stay on track?

To keep on track, I monitor my weight closely and adjust my diet whenever there is sign of weight rebound.

### What advice do you give?

Lose weight to improve your quality of life.