

# SCOPE

2nd Quarter 2016  
MCI(P)012/01/2016

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# COMPLEX HSE CAMPAIGN 2016



Ng Chai Ling - T&O



## COMMITTEE MEMBERS

Ng Chai Ling PCS	Lilian Wu DSPL
Eric Tan PCS	Jerry Tan DSPL
A John PCS	Sendy Ganes EMPL
Dennis Tan CPSC	Gan Wei Lee MELS
Charles Tan DOW	Jimmy Yeo SEPL
Azman Bin Isnin DOW	Tony Cheah TPC

Complex HSE Campaign is held annually, with the primary objective of creating and elevating Health, Safety and Environment (HSE) awareness among employees and contractors.

Year 2016 is a special year for PCS. Not only are we the organizing company, it also marks the 30th anniversary of this campaign, with PCS being the organizing company of the first Complex HSE Campaign back in 1986 (the Complex came into being in 1984). In addition, Complex II is also planning a major shutdown maintenance (SDM) in July/August, hence making this event extra-special and meaningful.

The opening ceremony took place on 5 May 2016 (11:00AM to 12:30PM) at PCS Fire Engine Bay. The turnout was overwhelming with more than 300 Complex staff, Contractors and senior management of the Complex companies.



Managing Director, Mr Yonemura giving an opening address



Guest of Honour, Dr Gan Siok Lin giving her keynote address



Skit "Safety in Action: Role Play Session" by PCC



Attendees were then treated to an entertaining skit "Safety in Action: Role Play Session" by talented actors enlisted from the Petrochemical Complex Contractors Association. Vendor QMT Industrial and Safety Pte Ltd also gave an action-packed demonstration on working at height, titled "Gotcha Rescue Demo".

The day started with an introduction by the Master of Ceremonies, Jiaquan, who reminded everyone on the theme for this year's campaign: **Start Safe, Work Safe, and Be Home Safe**. PCS Managing Director, Mr. Akira Yonemura, then gave an opening address and reminded us of the challenges ahead – upcoming shutdown maintenance within a challenging schedule and project works setting, and risks posed by new contractors and new workers unaccustomed to our safety and health culture.



Wheel of Fortune



Handing out of freebies by vendor QMT

Keeping in mind the objectives of the campaign while keeping the event lively and fun-filled, the committee specially designed three safety games where each participant collect stamps to earn a chance to spin the gigantic Wheel of Fortune. The wheel generated tremendous interest from participants, where screams and laughter were frequently heard from ardent participants eager to win the big prize of \$20 NTUC vouchers.

Guest of Honour, Dr Gan Siok Lin, took the stage to give a keynote address. She highlighted the importance of having the Vision Zero mindset, to identify all potential hazards, especially hazards related to organizational and human factors. She also called for all companies to adopt the Total Workplace Safety and Health (Total WSH) approach, for holistic risk management.



## OTHER ACTIVITIES PLANNED DURING THE 3 WEEK LONG CAMPAIGN:

- 6 May – Distribution of souvenirs (double wall stainless steel vacuum food flask)
- 9 May – Bulletin #1 on Confined Space
- 10 May – "Guess the Weight of PPE" Contest
- 12 May – Talk on Colorectal Cancer @ TPC Training Room
- 16 May – Bulletin #2 on Forklifts + Bulletin Quiz
- 17 May – Distribution of Health Bars
- 19 May – Process Safety Talk @ PCS Merbau Room by Marsh
- 26 May – Closing Ceremony @ TPC Training Room



Presentation of Token of Appreciation



Cake Cutting Ceremony



# NATIONAL WSH CAMPAIGN 2016



Bernard Leong  
HSE

The annual National Workplace Safety and Health (WSH) Campaign sets the stage for the WSH Council's WSH outreach efforts for the year.



PCS flag flying high at the Start line



This year's Campaign was launched on 17 April 2016 at Gardens by the Bay East and started with a 3.5 km fun walk which highlighted the six steps on embarking the Vision Zero journey. In his address, Minister for Manpower, Mr Lim Swee Say, asked "Are we all doing our best today? Unfortunately, the answer is NO. We have made some good progress, but our efforts so far are not good enough. We are not even half way through 2016, yet already 26 workers have lost their lives. This is eight more than the same period last year, an increase of 40%!".

"Employers must want to do their best not because of a fear of enforcement by MOM, but because preventing all injuries is the right thing to do, and the responsible way of running their business."

PCS was represented by a team made up of employees and PCCA representatives (Presco Scaffolding & Services Pte Ltd, Singapore Takada Industries Pte Ltd and Vindes Engineering Pte Ltd), forging the image of joint collaboration and partnership in securing safety and health in our workplace.

Let's move forward together to prevent all injuries so that all our workers can go home safe and healthy.

Group photo with Minister for Manpower, Mr Lim Swee Say



**Prevent all injuries.**  
*Go home safe and healthy.*

**VISION ZERO**

- Step 1**  
Make a **COMMITMENT**
- Step 2**  
SET A **GOAL**
- Step 3**  
**COMMUNICATE** the goal
- Step 4**  
**IDENTIFY** WSH CHALLENGES
- Step 5**  
**FIND** SOLUTIONS
- Step 6**  
**REVIEW & MONITOR** PROGRESS

# FinD for a Safe & Smooth SDM 2016



Chong Hon Yeng  
T&O Plant Services



FinD promotion banners at strategic locations and plant area



temporary facilities (i.e. scaffold, temporary pipe, firebox, lifting crane, generator, water jet equipment) that are set up for SDM 2016.

Every employee is given a t-shirt. Fronting the t-shirt is the theme "FinD for a safe & smooth SDM 2016", with key words relating to plant reliability activities, such as "stop, look, listen", "stop normalization of deviations", "corrosion under insulation (CUI)" and many others. Banners were put-up at strategic locations in different parts of the plant to heighten awareness.

Find activity is an ongoing journey with no time line. Efforts and commitments from every employee are still the key elements for a safe, smooth and successful SDM 2016.



FinD promotion t-shirt design, with key words relating to plant reliability

The Find scheme is an integral part of PCS' plant reliability activities. Find encourages employees to keep a look out in plant operations to detect abnormalities, defects, deficiencies or hazards and take corrective measures. This is in line with the 3P approach (preventive, proactive, predictive) to avert potential failure.

Under this scheme, numerous events that impact plant reliability have been uncovered (please refer to article below). For Complex II SDM 2016, employees are reminded to conduct Find in greater detail meeting the theme objective [FinD for a Safe & Smooth SDM]. Also, on the list is stepping up Find activity in the plant to spot hazards posed by

## Swift Response to Emergency in PCS-II Main Substation



Tio Gian Leng  
T&O (Plant Services)



On 18 April 2016 at 1214 hrs, fault alarms on an Electrical Supply Annunciator panel sounded in Central Control Centre indicating electrical faults on a motor-transformer. Utilities fieldman Mr Chandrasuriyan responded immediately to check for equipment faults in PCS-II Main Substation. He discovered smoke coming out from a 2SE control panel in the Substation and reported immediately to Day Supervisor Mr Tan Koon Jui in Olefin-II Staff Office. Despite his lunch break, Mr Tan went down to the Substation immediately and confirmed that smoke was coming out from the back doors of the electrical control panel for a compressor. Without hesitation, he took a CO2 fire extinguisher to snuff out a potential incident. The affected panel was then isolated, repaired with corrective

measures taken to resume the compressor operation shortly after the incident.

The swift response of both fieldman Mr Chandrasuriyan and Day Supervisor Mr Tan Koon Jui demonstrated a strong commitment to sustain plant reliability and smooth operation in responding to abnormal plant situations safely. This is in line with the 3P approach emphasized in the Find objectives - Preventive, Proactive and Predictive. Their collective efforts prevented a potential serious incident which could damage nearby critical electrical equipment and also avert a potential risk to 2SE plant.

A Cat-A Find Award (GMP) was awarded to Mr Tan Koon Jui & Mr Chandrasuriyan for their good work.

# NATURE WALK THROUGH MACRITCHIE/BUKIT TIMAH NATURE RESERVE ON 16 APRIL 2016



Ismail b Jaafar  
Ote-1



A good lunch of briyani awaited in the unwanted company of macaques, prying upon our inattentiveness.



To some degree, it was a tough call for some to complete the walk, especially for those who cannot even recall when was the last time they actually did any serious exercise; and those who had serious doubts about their ability to peel themselves off from bed on a Saturday morning. The epic battle between motivated self and always-lethargic self. A sort of tug-of-war between the comfort of the large, plush bed and the energizing hum of a good exercise.

**S**aturday morning, 16th April and the slightly humid air drifting in through the bedroom's window stirred me. Within moments, I knew there would not be any falling back to sleep. The night's rest was definitely over. The grey subdued light outside the window reminded me of the weatherman's forecast for the day - overcast and rain for the entire weekend. Discouraging.

Thereafter, we made our way through the uneven terrain, bumped, jolted and schlepped at times, amidst the lush greenery and incessant shrieks of cicadas.

8.30 a.m., Venus Drive car park. The morning started fairly well. Apart from a dash of apologetic late arrivals, all but one of thirty-five staff, along with their families, came brimming with enthusiasm and champing at the bit to begin the 11km walk from MacRitchie to Bukit Timah Nature Reserve. The last time we did a similar walk was some four years ago. It's been a long cold winter since. Time to get our groove back and do something good for ourselves.

The stretch along Rifle Range Road was a little challenging for us. Fortunately, we took a short detour through the Kampong trail where the thick foliage offered us an umbrage sufficed to alleviate the rising heat. This was the final stretch that took us almost an hour before we reached our end point. We completed the walk in a little more than three hours.

I felt everyone did themselves proud as they sat to gather their thoughts at the end of the walk. They beavered away just to prove their initial doubts wrong. Physically moist with perspiration, introspectively swarmed in gladness. Well done. And the weatherman was wrong again, unsurprisingly.

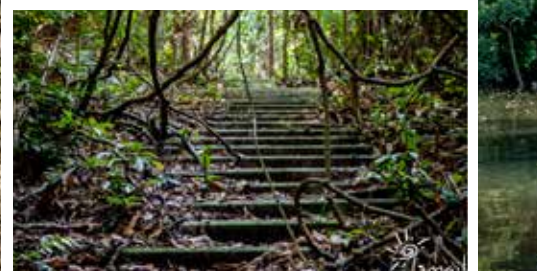
When you have two good options, always go with the one that scares you the most. That is the one that is going to help you grow.

A starter kit of isotonic drink, cereal bar and banana, packed in a brightly-coloured carrier bag with flowery motif was distributed to everyone. After a short briefing, and slightly before 9.00 a.m., we began our walk.



We had our first break at the Rangers' station some fifty minutes later, before making the steep climb to the Tree Top Walk. Macaques were everywhere to give us their warm welcome. Some cameras were still snapping away even after we left the hanging bridge.





## Of hedgerow, thicket and cobblestone and a delightful light bucket



Ismail b Jaafar Ole-I

*“To me, photography is an art of observation. It’s about finding something interesting in an ordinary place. I’ve found it has little to do with the things you see and everything to do with the way you see them” – Elliott Erwitt.*

**W**hen I took up photography eleven years ago, all I had was a low-priced, second-hand film camera. The plasticky feel screamed its budget pricepoint.

Fast-forward four years later, an indulgence in a gullible spree had me dug deeper into my shallow pocket and landed myself with a decent entry-level DSLR camera. It was an instinctive purchase. Keeping up with technological advances had its benefits at some point. Shooting had become so snappy that the only two considerable factors left in the equation were moment and creativity.

On the flip side, simplicity has its less colourful side. By any stretch, it often stymies one’s ability to transcend new ideas and creative imagination. A frustrating patch some new photographers usually square off when personal expectation is met with personal disappointment.

I had my unexpected break when a privately-funded nature society invited me to assist them with a book project. Working on this “flora and fauna” assignment beneficially exposed me to the forest trails and the amazing indigenous inhabitants of the nature reserves. Traversing the Woodcutters’, Fisherman’s, Butterflies’

and Mandai trails among some others, while lugging my camera with extensive accessories, had become a habit of necessity.

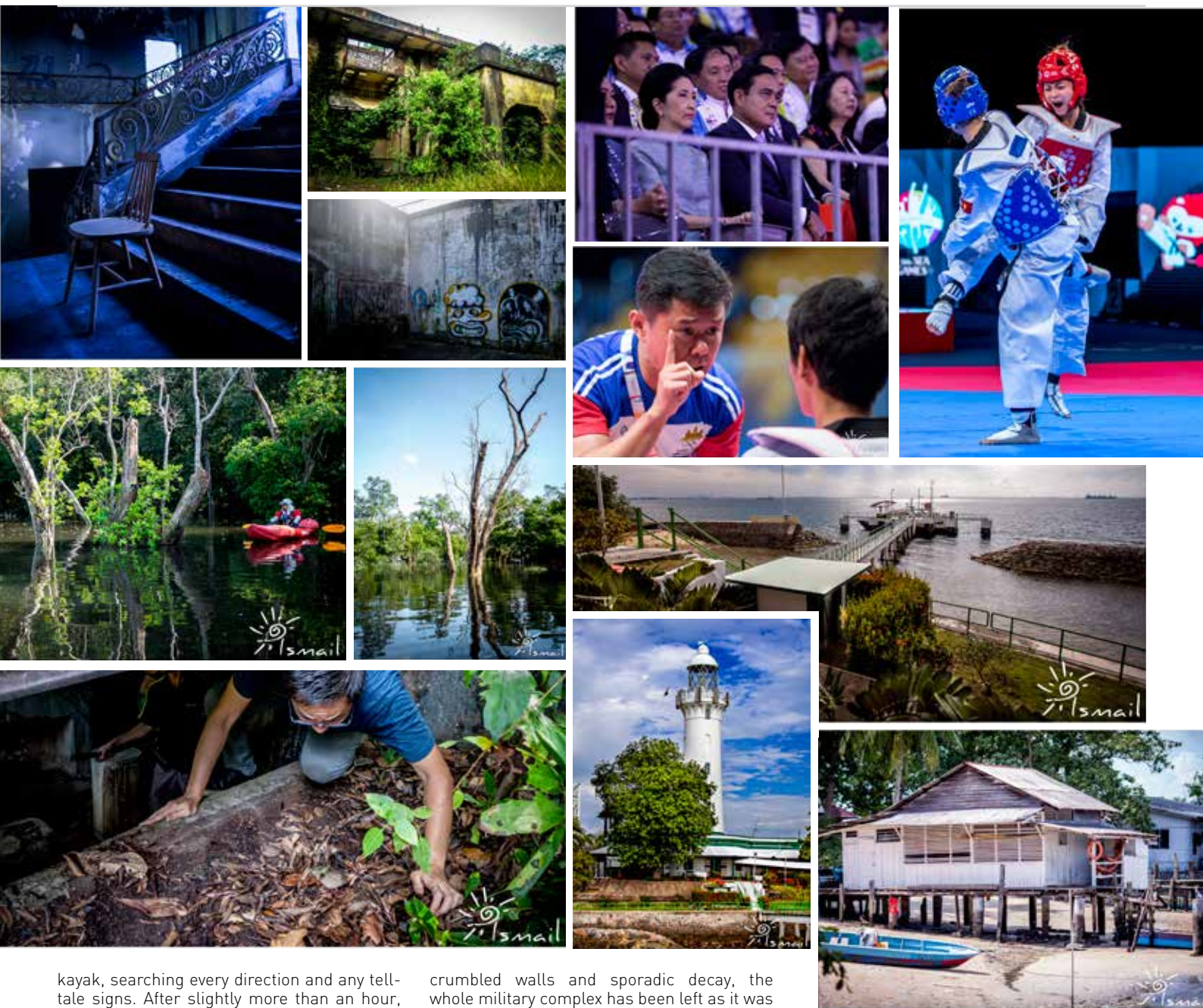
The sweetener was the open and vast greenery, the tall trees and the opulent mysteries beyond the thickets; the chaotic undergrowth shrouded within the glistening foliage and timid creatures stretching to an impish peer from unreachable inches. A token of all that and a sum of waterlogged grounds and muddy patches, deadfalls and vines with thorns that latch onto clothing, it was essentially the perfect melting pot for an adrenaline-rich adventure. I was smitten by the charms and the secrets that the forest holds. Totally head-over-heels with nature photography and trekking the trails was necessarily indispensable.

Beyond the jungles, I was a photojournalist for an urban exploration team that in some small measures, steered with a dash of paranormal inquest. Within the darkness and thick vegetation of the MacRitchie forest, it led me to the discovery of the vestige remains of an ancient Shinto shrine. The Syonan Jinja, built by some 20,000 British and Australian POWs back in 1942 under the watchful eyes of the Japanese Imperial Army, was a sight to behold even till this day, or what is left of it. It was the

largest Shinto shrine outside Japan at that time. Lieutenant-General Yamashita must be beaming with animated pride when the shrine was officially opened on 15 February 1943. Sadly, before their surrender, the Japanese army burnt the shrine to the ground for fear of its desecration by the returning British forces. In 2002, the ground was designated as a historical site by the National Heritage Board.

Hidden across Dempsey Hill, nestled within lines of large trees and thick hedges, the now-notorious Woodneuk House still stands alone, iconically. A century-old mansion, abandoned for decades and severely dilapidated by the passage of time which lacks only half-sunken trestles to complete an otherwise spooky outline. A night’s exploration gave nothing but bats, an owl, more bats and a couple of indiscernible nocturnal beings peering from sure distance.

In August 2014, I chanced upon an expedition partly supported by a local institution, to map out the entire breadth of Kampong Lorong Fatimah, a coastal village which fell to pieces in 1990. We knew one part of the village was pulled down to make way for the ICA department extension project. It was the other part that stirred us immensely. We went into the waters of Mandai rivers paddling



kayak, searching every direction and any tell-tale signs. After slightly more than an hour, something from underneath caught our eyes. Remains of the village was right under us, completely submerged in the water, thriving with marine life. The plunderous presence reminded me of Samuel Coleridge's Rime of the Ancient Mariner :

*Day after day, day after day  
We stuck, no breath no motion  
As idle as a painted ship  
Upon a painted ocean  
Water, water everywhere  
And all the boards did shrink  
Water, water everywhere  
Nor any drop to drink*

That drew an enchanted image of what the village was like three decades ago and a poignant token of what it left us with that subdued morning.

The height of my urban exploration probably came when Mediacorps' Channel News Asia extended an invitation to work hand-in-hand with them on a documentary about pre-World War II British military forts in Singapore. We led the broadcasting crew to one abandoned and derelict army base sprawling atop a hill. Apart from the missing guns, broken paths,

crumbled walls and sporadic decay, the whole military complex has been left as it was since the last allied soldier surrendered to the Japanese. Still visible on the walls were the last despairing messages, scribbled 74 years ago, by utterly demoralised soldiers hours before they gave themselves up to their captors. We toddled from one tunnel to another, one pillbox to the other during the filming. The episode was aired last September.

In last year SEA Games, I was enlisted as one of the official sport photographers. It was up-close and personal with some of the sports' celebrities and VIPs, from Singapore and the region. Despite poor lighting condition in some of the venues, really tight deadlines and coming to a head with the Press constantly, it has been a blast.

Of late, I have leaned more toward portraiture, working in a team strictly on project basis with a couple of production houses. I had the privilege of learning and working with some of the region's best. And earlier this year, I was given the very rare opportunity to photograph the works of Don Cristobal, one of the region's finest fashion designers.

There is the well-entrenched, pre-conceived idea that Singapore is sterile and boring,

completely bereft of any material worth capturing photographically. Granted, there are a handful of interesting places with interesting subjects. All it takes is just a little effort to scratch the surface.

Trace along a couple of Singapore's exuberant tropical nature trails with their overgrown orchard, patches of rare ferns and marshland, improvised footpaths and bridges all strung like a treasure trail for nature lovers, photographers and hikers alike. Soak up the exhilarating and nourishing ambience especially when the sky transforms from clear blue to golden orange and deepens at dusk. The kaleidoscopic evening light that filters through the leaves rarely comes as serendipitous as this.

And a stretch just a quarter mile away from the sandy beach of East Coast is one of the few mesmerising spots suited for an evening stroll with a camera in hand. The lights are magnanimously alluring. Not generally bright yet suffice to illuminate features that perfectly orchestrate everything towards a visual treat of beauty, both of nature and the creative minds of man.

# DBS Marina Regatta 2016



Aaron Lau – MAI PCS Dragon Boat Team Captain

**I**s the most highly anticipated competition on the dragon boat calendar in Singapore – DBSMR the biggest watersports festival by the bay – returns with bold new

experiences on and off-water. Taking place over two weekends on 28-29 May and 4-5 June in the heart of Singapore’s financial district, the event will once more see the region’s top dragon boating teams battle it out beneath the iconic Marina Bay skyline.

Organised in partnership with the Singapore Dragon Boat Association (SDBA), this year

dragon boat competition have drew 92 teams and more than 2500 athletes from the region to compete on the waters of Marina Bay.

PCS dragon boat team participated once again in this Nation-wide competition since the last participation in 2013 for more race exposure and most importantly team bonding among fellow rowers and supporters.



As expected, all the big teams such as Exxon, DBS, OCBC, Keppel, etc were there together with many other corporate teams vying for the Champion in the 200m Corporate Open. This year there were also many teams that were new to us, such as Team Mushu of Hong Kong Disney Land, GIC, Team POSB and many more who were also very competitive.

The team did well by coming in 2<sup>nd</sup> in the heats but missed out by split seconds to qualify for direct semis under the top 12 placing.



will emerge stronger during the next race. Beside the adrenalin rush that we had, this race helped us to identify our strengths and weaknesses individually and as a team, which are important. Therefore, PCS Spitfire’s, let’s all train harder and achieve better results in the next DBS Marina Regatta.

Last but not least, the PCS dragonboat team will like to send our utmost gratitude to our supporters who were present at the race.

Despite throwing everything we had in the repe-charge, the team came in 4th that knocked us out from the semis.

At the end of the day, dragon boat rowing is part of a continuous improvement process. Although we were beaten, I am confident we

P.S. PCS Dragon Boat Team wishes everyone a safe and successful SDM 2016.



# "TGIF" SSO CONCERT 2016

## – Bizet's Carmen



Jaslyn Peh – FSP

PCS colleagues adjourned to the Esplanade Concert Hall on 22 April after a hard day at work. Initially hesitant to sign up for event as Orchestra music is usually not my cup of tea, I am so glad that I finally decided to step out of my comfort zone. From the dinner buffet to the Spanish Dance introduction followed by the amazing SSO performance. I thoroughly enjoyed myself that night.

**U**pon arrival at the concert hall, we were first led to a private corner where we were treated to a delectable spread of Dim Sum/ Western food/ dessert to feed our hungry stomachs. The Spanish dance performance that followed shortly was a wonderful induction for the night's music extravaganza. The quintet introduced us to the evolvement of Flamenco dance, an art that originated from Andalusia Spain, involving singing, dance and the guitar simultaneously, as well as rhythmic punctuation (by hand-claps and other methods). The first dancer portrayed the early Flamenco dance moves from the 18th century, which was purely vocal and accompanied only by rhythmical clapping of hands. The next two dancers displayed the Flamenco dance during its Golden Age in 1869-1910. Accompanied by guitar melody, the dance moves were starkly more



1<sup>ST</sup> Dancer



2<sup>ND</sup> Dancer



3<sup>RD</sup> Dancer

zesty and dynamic. What I find particularly impressive was the rhythmic stomping of the feet according to the fast-paced beat, and the

usage of the folding fan that flapped so fast that my camera was unable to capture even a single clear shot.



The highlight of the night was definitely the performance by SSO, where Maestro Lan Shui conductor the concert version of Bizet's famous opera which depicted the controversial story of seduction and tragedy between Carmen and Jose. As PCS is a corporate donor to SSO, we were allocated front-row seats with direct, unblocked views of the musical. Our seats were so strategic that we could witness first-hand the marvellous performance by Christine

Rice who sang the title role of Carmen. She was not just vocally compelling but conveyed through facial inflexions and body language a potent image of Carmen's alluring and sensuous femininity. The male lead, Don Jose, casting Andrea Care as her troublesome and jealous lover also put up a glorious performance. I was swept away by the tangible chemistry between Carmen and Jose. The SSO also did a wonderful job as the orchestra music fused perfectly with

the melodious vocals of the opera singers. Even though the opera was concluded with a tragic ending, the audience was clearly impressed by the captivating performance as they applauded in standing ovation when the conductor and singers walked in for the final credits. Their impeccable performance has shed a whole new light on orchestra music to me.



**Dr Kwong Seh Meng**  
Dy Medical Director  
Fullerton Healthcare Group



### Awareness

Stress is the reaction people have to excessive pressures or other types of demand placed upon them. If we do not tackle stress correctly, it leads to anxiety and depression.

Sources of stress are categorised into External and Internal sources;

**A: External sources may be short, sudden or brief events, or they may long term and last for months.**

These are mostly out of our immediate control, but leave you with less mental energy to successfully deal with large amounts of stress when it hits. Examples of external sources of stress comprise our:

- Physical Environment
- Social Interaction
- Organisation / Work Structure
- Major Life Events
- Daily Hassles

Your external stresses take away or sap your mental energies to deal effectively with daily challenges.

**B: Internal sources of stress, which we can choose to mitigate on our own are:**

- Lifestyle choices (Sleep, smoking, alcohol)
- Negative versus Positive Self-Talk
- Mind traps
- Personality traits (Neuroticism, Perfectionism)

We need to remind ourselves that stress can have a positive effect, spurring motivation and awareness, providing the stimulation to cope with challenging situations. Everyone is different – we think and react to the same stress in different ways. There is no single level of stress that is optimal for all people.

- Most of the negative stress we experience is self-generated.
- We create most of our own upsets.
- We can also turn those upsets around.

### Strategies to Deal with Stress

When you suddenly feel stressed:

1. Count to 10.
2. Take Deep Breaths – 3-5 times
3. Walk Away from the Stressful Situation first – say you will handle it later
4. Take time to go for a walk (Distraction)



When you have done so, take some time to think back about your stressful situation and manage it with ABCs:

**A = AWARENESS** (I am undergoing stress because my own processes are overwhelmed, or not working correctly)

**B = BALANCE** (There needs to be more positive stress than negative ones)

**C = CONTROL/ CHANGE** (What can I do to improve this?)

### What You Can Do:

1. Ventilation – tell someone you trust
2. Humour – Laugh it off! – The funniest comedians take the worst situations and make it funny!



3. Diversion/ Distraction – Do something you enjoy that gives you peace or good sleep.
4. Diet – remember to eat in correct proportions and avoid excessive carbohydrates or caffeine.
5. Exercise – running, swimming, or doing circuit training will take your mind off negative emotions and give you more “feel-good” hormones to help you manage how to react to stress.
6. Sleep – Always aim for 6-8 hours of sleep to feel rested and recharged. Avoid sleeping too much as well.
7. Religion – all religions preach mindfulness and tolerance via kindness. Choose your favourite passages, or favourite religious activities that give you a sense of purpose. Give thanks to others around you and be kind to others who may need your help.

### Short Mental Exercise

Write down (on a loose sheet of paper) what is bothering you

and the reasons why. Do this for 3 consecutive days. By forcing yourself to think critically and putting pen to paper, new viewpoints may emerge that may not have been possible if you had chosen to make an emotional decision.



After 3 days, throw away the pieces of paper. It is not worth holding on to old thoughts that cause you grief when you have already managed the situation.

**Summary:** To manage your own stress and achieve happiness in life, remember that it is a combination of “pleasure” and “purpose” over time. Each one must be balanced well. However, if you find that despite all this, you are still suffering from too much stress and experiencing insomnia in the middle of the night for more than 2 weeks, do speak to a health professional.

# SELF DRIVE SUMMER VACATION IN NEW ZEALAND

In recent years, New Zealand has fast become a favourite travel destination among many Lord of the Rings' fans, thanks to the success of the award-winning trilogy. However the Middle Earth is not only well known for its beautiful scenery, but it also possesses many other attractions that travelers will definitely get to enjoy.



**Tan Peck Luan - T&O**

**D**ue to the vastness of its terrain, it is almost impossible to get around the country without your own transport. With this in mind, we embarked on a self-drive 16-day tour around the country last December, with a total entourage of 17 people in tow, ages ranging from 8 to 68 years, in a grand total of 4 vehicles.

Continued to page 12

## LONG SERVICE

Presentation on 5 & 14 July 2016



### 5 Years

Mr Hari Rueban Manogaran	Olefin II
Mr Alfian b Zolkipli	Fire & Security
Ms Sarimah bte Sulaiman	Purchasing

### 10 Years

Mr Chan Kah Wai	Olefin II
Mr Tiah Nam Kuan	Maintenance
Mr Masri bin Mahat	Quality Control

### 20 Years

Mr Lim Beng Yew	Olefin I
Mr Chen Jie	Olefin II
Ms Yeo Hui Hoon	Engineering

### 25 Years

Mr Chew Hon Cheng	Maintenance
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### 30 Years

Mr Yong Tet Joong	Account & Finance
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From left : Chan Kah Wai, Chen Jie, Lim Beng Yew, Lucas Ng, Yeo Hui Hoon, Tiah Nam Kuan, Chew Hon Cheng & Hari Rueban Manogaran.



From left : Yong Tet Joong, Foo Siang Tien & Sarimah bte Sulaiman

## NEW EMPLOYEES



**Mr Jumali bin Anwar**

Leading Fireman, Fire & Security  
Joined 3 June 2016  
Hobbies : Mountain Biking,  
Jogging, Soccer



**Mr Liwaunnasri bin Jumani**

Leading Fireman, Fire & Security  
Joined 3 June 2016  
Hobbies : Bowling, Soccer, Cycling



**Mr Muhammad Qairawani bin Ismail**

Leading Fireman, Fire & Security  
Joined 1 July 2016  
Hobbies : Soccer, Badminton,  
Roller Blading



**Mr Gary Ong Yan Hui**

Fire & Security Officer,  
Fire & Security  
Joined 1 July 2016  
Hobbies : Swimming, Running,  
Soccer



**Ms Cynthia Lee Ai Leng**

Senior Legal Counsel, Legal  
Joined 1 July 2016  
Hobbies : Zumba, Swimming,  
Charity Work



**Mr Nah Chong Poh**

Supervisor, Maintenance  
Joined 1 July 2016  
Hobbies : Jogging, Swimming,  
Travelling



**Mr Hew Fen Tian**

Supervisor, Maintenance  
Joined 1 July 2016  
Hobbies : Jogging



**Mr Azri Hairi bin Affendi**

Technician, Olefin I  
Joined 1 July 2016  
Hobbies : Rugby



**Mr Khalid bin Kahar**

Technician, Olefin I  
Joined 1 July 2016  
Hobbies : Surfing, Fishing



**Mr Puvinthan s/o Santhan**

Technician, Olefin I  
Joined 1 July 2016  
Hobbies : Floorball, Football

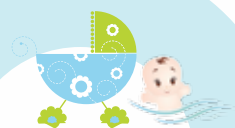
## HEARTIEST CONGRATULATIONS

# marriage



NAME	FUNCTION	SPOUSE
Mr Kew Jia Ming	Business Development & Planning	Ms Chan Guan Yee
Ms Angela Ter Kai Sin	Marketing/Sales	Mr Zhuo Junjie

# births



NAME	FUNCTION	NEW BORN
Guo Kang Hui	Technology & Optimization	Girl
Noor Mohammed Azrul b Ahmad	Fire & Security	Boy
Mazlan bin Hamid	Fire & Security	Boy

**SELF DRIVE SUMMER VACATION IN NEW ZEALAND**



was really fun to be high up amongst the treetops, taking in the surrounding lake and mountains from very unique angles, depending on your own flexibility and confidence levels. You can even turn upside down if you wish!

Other adrenalin-simulating activities in Queenstown that some of us tried included water rafting, sky-diving, and canon-swinging. If you are wondering what the latter meant, it was simply an activity which you launched yourself from the world's highest cliff, 109m over the famous Shotover River. Sounds easy right? Don't forget to give it a go the next time you visit Queenstown!



**AUCKLAND**

Our first stop was to Auckland, which is situated in the North Island, and known to be the largest and most populous urban area in the country. There, we visited the iconic Sky Tower, where we get to experience a 360 degree spectacular view of the city from the observation deck. But the highlight was certainly the see-through glass panel floor that gave you a straight drop-down view to the ground 180 metres below. Certainly not for the faint-hearted!

**ROTORUA**

At Rotorua, we visited the Hell's Gate Geothermal Reserve, where we got to see a large variety of geothermal features. It can be quite unnerving to walk past the steaming fumaroles and pools of boiling mud. As I was not game enough to try the full body mud massage and facial, I decided to opt for the milder mud foot bath instead. Not too sure whether my feet got any smoother after that, but it certainly felt much warmer! Another place not to be missed was the Te Puia cultural centre, where we not only got to witness the indigenous Maori people's way of life, but also to savour the traditional Maori cuisine.

**AKAROA**

Eager to view the world's smallest and rarest Hector's dolphins, we set out on a cruise out on Akaroa Harbour. We were certainly not disappointed when we spotted many dolphins swimming beneath the water surface, despite the absence of those breath-taking dolphin jumps that we see so frequently at water theme parks stage shows. We also managed to spot other sea mammals eg. seals in their natural habitats.



**CHRISTCHURCH**

The last leg of our trip was Christchurch, the city which was rocked by a series of earthquakes from years 2010-2012. Many stark reminders of the disaster were still present, with some parts of the city (eg the Cathedral square) still not rebuilt after being damaged. Once again, we were reminded of how lucky we are to be residing in a quake-free country.

Here, a must-do activity would be the traditional tram ride around the city. It brought us to the award-winning Christchurch Botanic Gardens, which featured one of the finest collection of exotic and native plants found in New Zealand. And for the urban kids who had not climbed a tree in their entire lives, numerous large trees here which had "climb-friendly" trunks offered them an opportunity to monkey around.



Other places that we visited but not mentioned here included the Franz Josef glacier, Cromwell farmers market, Waitomo glow-worm caves, Cherry farm, Kiwi park etc ... but there are simply too many to be put in a single article. Overall it had been a fun and rewarding trip for the entire extended family, plus the challenges of managing the logistics of travelling in such a large group. It was a family-bonding journey that each of us treasured, leaving many fond memories for the old and young alike. This was not our first trip together, and certainly will not be the last... looking forward to the next one!!

**QUEENSTOWN**

After spending 5 days on the North Island, an internal flight brought us to the South Island of New Zealand, landing us in Queenstown. Here we decided to bring out our inner adventurous streak to try something more exciting. At the Queenstown Skyline, we started off with a mild chairlift ride up to Bob's peak first, followed by a gravity-driven luge ride downhill. It was a fun-filled family orientated activity that the kids certainly enjoyed.

Next we got to experience what it felt like to be Tarzan by joining the Ziptrek ecotour, where we were harnessed to personal ziplines (not unlike the work-at-height safety harnesses in our industry) and "flew" through the forest. It



Snells Beach - on the way to Warkworth.



Alpaca wool shearing at Cromwelllavendar farm



Hot spring geyser at Hells' gate



Upside-down stunt on the ziptrek