

SCOPE

4th Quarter 2016
MCI(P)008/01/2017

5,000,000 hours worked
ZERO Lost Time Incident
Together WE add up to ZERO

YOU
for Working Safely

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2016 PERFORMANCE REVIEW & MANAGEMENT DIRECTIONS FOR 2017



Mr. A. Yonemura
Managing Director

REVIEW OF 2016

2016 has been another rewarding year for PCS as we managed to reap the merits of the improved margins provided in the market place. Crude oil prices and naphtha were low but volatile while product prices, particularly ethylene remained high due to the strong demand. Propylene prices however, were weak due to oversupply situation but butadiene rebounded. With the help of our diversified sales portfolio, stable and high operating load together with optimal feedstocks, we achieved another good year in our financial performance despite the tepid global economic environment.

We successfully completed the 5th SDM of PCS II plant and started on schedule but had to, unfortunately, take a pit stop again in September to correct the leaking seal oil of one of the compressors to avoid any emergency shutdown and damage to equipment. We added additional hardware to control fouling in our No. 2 BD plant so as to sustain high plant load and we processed more C4's to reap the merits of higher C4 margins by maximizing butadiene production. We continuously strive to improve product yields and efficiency of our plants through investments in replacement, revamps and making operational improvements.

We reached another milestone in 2016 in our HSE journey by achieving 35 million work-hours without lost time incident for PCS employees and contractors. We were conferred the Workplace Safety and Health Performance (Silver) Award 2016 by WSH Council. As a Responsible Care Leader, we actively supported SCIC in organizing sharing sessions related to awareness in the six codes of responsible care management practices including process safety.

“ We were conferred the Workplace Safety and Health Performance (Silver) Award 2016 by WSH Council ”

DIRECTIONS FOR 2017

With modest growth expected in global GDP amidst a slowing Chinese economy and political uncertainty in the West, petrochemical demand growth is expected to be less robust than in 2016. Crude oil is however likely to strengthen and naphtha though weak, will trend up with crude. On the petrochemical supply front, more ethylene capacities are expected to come on-stream, but mainly in the 2nd half of the year whilst more on-purpose propylene capacities, particularly in China, continue to be added. Butadiene, on the other hand, will have limited capacity additions. The record product margins achieved this year is thus unlikely to continue next year, with butadiene likely being the exception. But, overall margins are still expected to be good. We thus need to continue to work closely together, be nimble and respond to the changing market conditions by making the best use of our assets to capture all the available product margins.

Another challenge next year is the safe and successful implementation of our Naphtha Import Facilities Project within budget and on schedule. As for our plants' facilities, besides modifications for improved product yield and efficiency, we need to continue with our efforts of rejuvenating our aging assets to maintain integrity and reliability through HAZOP as well as learning from plant incidents elsewhere. As we have crossed

the 35 million work-hours mark without LTI, maintaining our high standards of HSE and sustaining good safety performance is going to be more challenging and we need to go back to basics in order not to fall into the complacency trap.

For 2017, the key focus areas are:

(i) Good Health, Safety and Environmental performance

Strive to keep good HSE performance and aim to reach next safety milestone of 40 million work-hours without LTI

(ii) Achieving budgeted profit

Strive to achieve our budget by:

- ensuring safe, smooth and stable operation;
- optimizing feedstock purchases;
- responding nimbly to changing market conditions and customers' operations; and
- keeping cash cost within 1st Quartile of Solomon's unit operating index.

(iii) Safe and successful implementation of Naphtha Import Facilities Project and other Projects

Last but not least, we must continue to conduct our business and operations ethically, professionally and with integrity.

35 MILLION HOURS WORKED WITHOUT LTI COMMEMORATION CEREMONY AND 4TH QUARTERLY PCS CONTRACTORS DIALOGUE SESSION 2016



Lim Kian Huat
MAI

About 700 PCS and Contractors' management, staff and workers were gathered at the maintenance contractors workers rest shelter on 24 November 2016 to celebrate our 35 Million hours worked without Lost Time Incident (LTI) achieved on 18 August 2016.



GMP Mr Lucas with 11 Long service award recipients

In his opening address, PCS MD Mr Akira Yonemura reminded everyone that this achievement is the result of PCS partnering with our contractors to transform and mould our work culture based on commitment to teamwork to ensure the safety and health of our workforce.



MD Mr Akira Yonemura opening address

PCS MD also presented the 35 Million hours worked without LTI commemorative plaques to the Petrochemical Complex Contractors Association (PCCA) and 25 Contractor companies.

PCS GMP Mr Lucas Ng reminded that safety can only be achieved with the combined effort and collaboration of everyone in the Operations, Maintenance and Contractors group that formed our safety triangle. As



Question and answer session in progress



PCC Chairman Mr Ivan presenting the commemorative bag to MD Mr Akira Yonemura



PCS Management with PCCA President Mr Low Wee Chiang and PCC Chairman Mr Ivan Apostol



DMD Mr Lim Wee Chiong closing address

of 9 Oct 2016, Ministry of Manpower (MOM) reported that 55 people had died at work this year. In 2015, the fatality rate was 1.9 per 100,000 workers with 66 fatalities. Though the fatality rate for the Manufacturing sector is relatively lower compared with the highest rate in the Construction sector, he reminded us that there are many lessons to be learnt as we faced similar hazards such as falling from height, struck by falling object, crane incidents, vehicle related incidents etc. For process safety, PCS continue to engage professional trainers for training on Hazard and Operability (HAZOP) study, Layer of

Protection Analysis (LOPA) and Process Safety Boot Camp to level up our staff and contractors on process safety competency.

PCS management noted the core group of HSE personnel from PCCA and PCS Contractors HSE Committee (PCC) who had worked alongside PCS for many years. Eleven Contractor HSE Site Managers and Safety Co-ordinators were identified for the long service HSE Personnel Awards. They had served actively between 5 and 11 years with PCS, PCCA and PCC. The awards were presented by PCS GMP Mr Lucas Ng. There

was a Question and Answer session with active participation of contractors following the speech.

After the session, PCS DMD Mr Lim Wee Chiong gave the closing address. He thanked the HSE personnel from PCS and PCC and reminded the gathering on the attributes of team work and chronic unease which required everyone to be vigilant to resist complacency as we continued our excellent HSE journey. The event ended with a resounding safety cheer and all participants proceed to enjoy the buffet lunch provided.

PEPS Dialogue Session 2016 on 15 Nov 2016



Chong Hon Yeng
Plant Services, T&O

The PEPS Dialogue Session, an annual event organized by T&O Plant Services, provides a platform for PEPS working groups to showcase their improvement ideas, good operational and HSE practices. It is also to give recognition to outstanding suggestions that add values to our Company.

Opening the session was GMP Mr Lucas Ng's address. He thanked the PEPS Steering Committee, PEPS Facilitators, PEPS group leaders and members for their great effort in promoting and administering PEPS and FIND schemes. He reiterated the relevance of FIND, as evident in the SDM 2016 and cited the items picked up by the contractors for corrective actions helped to prevent incidents from occurring or escalating.

GMP stressed: "PCS's ability to be productive and innovative is important for our competitiveness. This is especially so as we are facing competition from regional petrochemical plants with our aging plants and an aging workforce. In this aspect, we have to explore ideas to continuously improve in all aspects, including effective documentation in view of our rich experience

and knowledge of our long service employees for the next generation."

"Innovation does not have to be rocket-science, but we must be willing to relook at how things are done and how we can do it better, faster and cheaper but still safe and reliable. Productivity is a long haul, a marathon without a finishing line, an endless journey. However, so long as we have confidence and keep working at it together as a team, we will stay ahead in the race", he said.

GMP closed his speech urging all to strive with continuous efforts to maintain plants and facility reliability and integrity for sustaining safe, stable and reliable operations. Continue to do things better than yesterday's, and "make our ideas work".

Share Your Ideas, Learn from Others



Congratulations to Olefin-I "The Optimizer" for winning the GOLD Award in Team Excellence Assessment 2016



Mr Leonard Chong receiving PEPS MD Award from MD Mr A Yonemura



Q&A session chaired by GMP, Ms Lee W C and Mr Francis Tan



Q&A session



On 21 Aug 2016, MEISEI Foreman Rajith saw liquid dripping from 2F-120 pipe and quickly informed a Fieldman. The leaking liquid was naphtha, which could have caught fire as it was near to the furnace floor burners. He received GMP Award for his Find.



On 22 Aug 2016, MEISEI Foreman Sunilkumar spotted a fire near 2T-440 and immediately informed CCC. The fire was from a check valve gland packing and was put-off by a fire extinguisher. He received M1 award for his Find.

14 topics were shared by presenters from various functions. At the end of the dialogue session, each received a token from GMP.



Tan Kay Chuan - F&S



Tan Keng Huat - Biz Group



Sargunan Gunaseelan - Olefin-I



Masri Bin Mahat - QC



Kelvin Teo - Ole-II



Too Eng Soon - Maintenance



Md Sirajuddin - Olefin-I



Ong Kok Siong - Olefin-II



Mohd Amin - HRA



Rosmadi Taib - QC



Noryazid Bin Yahya - Olefin-II



Lim Teik Hong - Olefin-I



Daniel Puah - Maintenance



Albert Ang - F&S



Make Our Ideas Work

JOINT OUTREACH TO INDONESIA

by PRODUCT STEWARDSHIP and DISTRIBUTION CODES



Joyce Lee
Mktg & Sales



Our Outreach team (clockwise from top left): Tham Kwang Ong/HSE, Foo Suan Kim/TNO, Alfian Bin Zolkipli/F&S, Ishak Bin Ismail/OLE 1, Keith Jhee/M&S, Joyce Lee/M&S.



Group photo with our gracious hosts at Dovechem Maspion Terminal PT.



Group photo with Mr Husen Kurniawan/GM HSE & Terminal (left) and Mr Hari Mulyanto/Terminal Manager (3rd from right) in Merak.

On 18 October 2016, six of us from various PCS functions met at Changi Airport to embark on our 4-day/3-night Outreach programme in Indonesia. The Outreach is an initiative of **Product Stewardship (PDS)** and **Distribution (DIST)** codes' annual visit to our Toluene and Xylene distributors.

The Outreach is part of PDS' **Responsible Care Management Practice No.11** (for Distributors/Logistics Service Providers) as we strive to provide feedback to our distributors and operators of facilities (that store or handle our chemicals in transit) on their safety procedures, storage and handling of products. As DIST code is involved in the sharing of expertise in handling and storage of chemical, it is integrated in scope with PDS. Thus, the Outreach is a joint effort between PDS and DIST.

The onsite Outreach was first started in 2008 and during each Outreach we visited 3 to 4 companies. Typically, we spend three hours at each company to observe their operations. An evaluation report with suggestions for improvements was sent to the company as a form of feedback after the Outreach.

Our first stop was **Gresik**, located 55 km from Surabaya airport, on the Indonesian island of Java. This was our first visit to **Dovechem Maspion Terminal PT**, we were surprised to be driven for the last 30 minutes on a bumpy, narrow strip of reclaimed land to a modern terminal. The bulk liquid chemical storage facility also has three jetties equipped for larger ships. A quick check on the Google map confirmed that we were in fact somewhere in the middle of the sea!



Mr Iwan/SHEQ Manager of PT Mulya (right), giving us a comprehensive briefing of their in-house safety procedures.

On day 2, we took a domestic flight from Surabaya to Jakarta and immediately set off to **Kapuk** to visit **PT Mulya Adhi Paramita** (a subsidiary of ChemStationAsia). It was a welcoming sight to see packets of delicious Nasi Langgi (or nasi lemak) prepared for us before we began our meeting. Kapuk is sited on the outskirts of thriving Jakarta and we witnessed tight warehousing space, bad traffic congestion and residents practically living next to chemical storage tanks.

Day 3 saw us on our longest road ride – 110 km from Jakarta to **Merak** to visit **PT Polychem Lindo's** bulk tank terminal. Merak is a city and seaport in Cilegon, Banten, on the northwestern tip of Java. Having heard horror stories of the 3 hour journey ride, we were fortunate to have a relatively smooth ride, albeit bumpy at times. We also realised how fortunate Singaporeans are after our

business partners told us that it is the norm to commute to Merak on a daily or weekly basis for work. The terminal and its tanker loading bay is located over 9 hectares of land, which has a "resort" feel due to the abundance of space, a refreshing change from Jakarta.

After a fruitful exchange, we moved to **PT Indochemical Citra Kimia's** distribution warehouse in **Tangerang**. We witnessed the traffic controllers at work, monitoring the fleet of 200 plus vehicles via real time GPS tracking. We also learnt that the Merak-Gresik vehicle route is most popular with the drivers as they are entitled to overnight pit stops in towns along the way, thus they would have a "second home/wife" away from home.

In all, we visited four places and observed loading/unloading of Toluene/Xylene to vehicles and drumming activities. We learnt about our distributors' safety policies, commitment to Safety, Occupational Health & Environment protection, fire-fighting and ERP practices. We have a better understanding of their operations. We emphasized to our



The Outreach team observing tanker loading operations at PT Polychem Lindo terminal at Merak.

distributors that the visit was not an "audit" but an Outreach with no "fault finding" mission, the end objective was to mutually benefit from the sharing. We were indeed grateful for their warm reception and frank sharing. A detailed report will be presented to the RC Committee in tandem with our follow-up with our distributors.

My personal thought from the Outreach was that our products do travel far and wide, and pass through many hands. Thus, it is all the more important for safe handling along the way, and we as a producer should do our part to help in any way we can. Although Indonesia is a fast growing economy, Bahasa Indonesia, instead of English, is still the predominant language used. We did encounter some language barriers communicating with the locals, thus it was a good thing that we put together a multi-racial team from PCS!

ChemEx 2016



Foo Suan Kim
T&O



Jessica Tan
T&O



Group photo at the C2 molecule!

The Chemical Industry Experience (ChemEx) 2016 was held on 15th October 2016 in Jurong Island at Oasis @ Sakra. The purpose of ChemEx is to gather representative companies who are part of Singapore Chemical Industry Council Limited, SCIC, to give an introduction to graduating students from all levels, what the chemical industry is about and the prospects of working in this industry. There are two parts to the event; the first would be an introduction at the respective representative company, and the second would be at Oasis where the students can visit different company booths. PCS is proud to be an active participant for this annual event.

This year, PCS hosted almost 40 students from Singapore Polytechnic. The group was first welcomed with a reception before being given an introduction to PCS by HRA. It was a pleasant surprise when one student shared of his previous experience as an intern in PCS and was glad to have the opportunity to be back again. This was followed by presentations of personal experiences by 2 process engineers from T&O which gave the students greater insight into the daily roles and challenges of an engineer and the benefits of working in PCS. Subsequently, the students

were given a bus tour around the complex before they gathered together with the other student groups at Oasis @ Sakra.

At Oasis, there were company booths set up where students could have greater interaction with different company representatives. There were also mass games which helped make the atmosphere livelier and provided greater understanding and appreciation of the chemical industry in Singapore. This year, PCS organised a lucky draw where two lucky winners only needed to get all correct answers on the PCS quiz, and would stand to win an iPad Air and an iPad Mini. This drew a huge



Well done PCS team!



Ambassador hard at work!

crowd to the PCS booth, which helped to raise the profile of PCS and facilitated a platform for students to know more about PCS and its role in the industry.

In general, there was positive feedback from the students and teachers, who gained greater awareness of the companies and the chemical industry. It also provided a platform for the academic institutions to partner with companies on a deeper level. For the PCS team who had been working in front and behind the scenes, it was a fulfilling experience to witness the success of ChemEx 2016. The success of ChemEx 2016 is due to the joint effort from the various participating institutions, SCIC and the companies in the industry. PCS looks forward to participate in this event again next year.



Students listening attentively while the process engineers do some sharing of experience.



Students enjoying the reception and posing for the camera!

INTERNATIONAL EXPOSITION ON TEAM EXCELLENCE (IETEX) 2016 INDUSTRIAL VISIT TO PCS



Tio Gian Leng
Plant Service, T&O

MINISTRY OF MANPOWER'S MAJOR HAZARDS DEPARTMENT ENGAGEMENT VISIT



Bernard Leong
HSE



The IETEX Industrial Visit is an annual event organised by the Singapore Productivity Association. It is held on the third day of IETEX, during which the participants will embark on learning visits to organisations to learn the Best Practices.

PCS hosted this event for IETEX 2016 for the first time. A total of 21 visitors from the Civil Aviation Authority of Singapore (CAAS), Yokogawa Electric Asia Pte Ltd, Housing & Development Board, MINDEF, Public Utilities Board and iTaukei Land Trust Board of Fiji visited PCS on 28 September 2016.

The industrial visit began with visitors assembling at HarbourFront Centre, where they took a bus to Jurong Island. The program included PCS Corporate video show, sharing of QCC activities in PCS, commemorative photo-taking and ended off with a plant tour of the Petrochemical Complex.

Upon arrival at PCS Admin Building at 9.30 am, visitors were greeted by the staff from Plant Services, T&O and were led to T-12 for a briefing. PCS shared about PEPS and Find schemes, as well as the promotion activities with the visitors. It was highlighted that close team work, target setting, learning from others, rewards, training and communication are tools used by PCS to encourage active participation of suggestion schemes.



PCS Employee Participation Scheme (PEPS)



The Ministry of Manpower (MOM) announced on 9 March 2015 that Singapore will introduce a Safety Case regime for Major Hazard Installations (MHIs). While the likelihood of a major accident is low for MHIs, the complex operating environment and large volumes of highly hazardous chemicals mean that any accident can potentially result in catastrophic consequences.

The core feature of the Workplace Safety and Health (MHI) Regulations is the Safety Case Regime. Under the Safety Case Regime, MHIs are expected to:

- ✓ take on greater responsibilities
- ✓ proactively identify and manage Safety Health and Environment (SHE) risks through integration of all SHE protocols
- ✓ demonstrate to regulators that their risks are as low as reasonably practicable



MOM requested for a site visit to familiarise some of their new staff on operational and process safety aspects, as well as to engage the company on its preparations and challenges for the Safety Case Regime.

Six MOM officers visited PCS on 28 November 2016 for a discussion and site visit, led by GM(Plant) Mr Lucas Ng HK.

PCS was notified by MOM on 30 December 2016 that our facility is considered a Major Hazard Installation. Management has formed a Safety Case Steering Committee to develop the framework and prepare the Safety Case, with assistance from a consultant in the development of Quantitative Risk Assessment.

SG SECURE SSWG Counter-Terrorism Seminar for the Chemical Industry



Gary Ong
Fire & Security

Mr Lucas Ng, General Manager (Plant) of Petrochemical Corporation of Singapore (Private) Limited (PCS) was invited as the first speaker for SG SECURE SSWG Counter-Terrorism Seminar which was jointly organised by Singapore Chemical Industries Council (SCIC) and various Government agencies. The seminar was held on 1st of November 2016 at ITE College Central, graced by GOH Mr Patrick Tay, Member of Parliament for West Coast GRC, Mr Lucas Ng spoke to a crowd of more than 250 participants from the various chemical industries.

In his address, Mr Lucas Ng stressed the importance of security in chemical industries, explaining the necessities, benefits and dangers of chemicals. He reminded that such chemicals can be used for terrorism if landed in wrong hands. He further expounded the various security challenges throughout the business chain and also shared some good practices of PCS. For instance, in this current world of "Internet of Things", process computers are isolated from internet to prevent hacking that may lead to catastrophic process safety incident.



Picture Source: <https://www.hometeam.sg>

Mr Lucas Ng encouraged the workforce to be vigilant against any unusual activities or extreme behaviors from staff and workers. He also supported equipping the workforce with knowledge of CPR, IFAS (Improved First Aid Skill) and Run-Hide-Tell which are beneficial and necessary as publicised by the Government agencies. Adding on, he shared

that supervisory, safety and security staff should always promote security awareness by maintaining a constant sense of vulnerability.

In his closing speech, Mr Lucas Ng concluded that together with relevant Government agencies, it is also the owner's responsibility to ensure a safe and secure workplace.

SATAY RIDE - CYCLING

On 14th October 2016, some 40 employees and family gathered at the East Coast Park for an evening of scenic cycling from East Coast Park to Marina Barrage. Some rookie cyclists like myself got our rental bicycles from the nearby bicycle kiosk while the seasoned ones came well attired, with their own bicycles.



Francis Tan
T&O

Before setting off, the experienced cyclists led by Faizal gave us some safety tips, which included reminders to keep to the left and to give way to runners and pedestrians. These seasoned out-riders also fanned themselves out, making sure to be in front and behind the PCS cyclists so that we will stay together.



The ride was easy with some stops for toilet breaks and breath-taking views of Singapore Flyer, Conservatories of Gardens By the Bay and Marina Bay Sands. After some 40 minutes of work out, we were all thrilled to have arrived at our destination with the vast still waters of Marina Barrage opened in front of us.



Fire and Safety Security in the big bicycle

Heading back, we passed by some fantastic restaurants and eateries that have sprung up following a fresh make-over of East Coast Park.

Our lovely evening ended with a bonding together over satay and local delicacies of grilled tiger prawns, ota and corn. The SSRCC hopes that this Satay Ride will go some way to encourage some of us to join the car-lite society.



Aerial shot with our bicycles



Group photo with MBS in the back ground

GMP's Challenge

Inter-function Competition

12th
November
2016

Trophy



Ismail b Jaafar
Ole-I



A group shot that cemented the spirit of camaraderie and friendship among the functions.

The ominously grey morning at the break of dawn, with considerable promise of showers and bad hair day, was a little depressing but in an unexpected twist, the skies swiftly brightened with wispy clouds and warm soothing breeze. With such promising day, this year's Futsal tournament also promised to be just as exhilarating if not better than last year's. Held for the second time at the SportsPlanet @ East Coast pitch, seven teams with a total of 55 players vied for the new GMP's Challenge trophy. It was never a moment lost when every player was up and ready long before the official kick-off time.



First runner-up Ole-I 1.1 team. They will come back stronger and harder in the next tournament.

Team Ole-I, ostentatious trophy hopefuls since the Jurassic period, had a mixed-bag of young and the not-so-young. In a fast game of Futsal, some of the players could certainly use a fairy godmother and put their complete faith on pixie dust. Team Fire & Security, often the swashbuckling and robust breed with good footballing techniques and tactics, never ceased to attempt yet again to grab the trophy from under the feet of the perennial winner.

Team T&O were the neutral lot, the gentleman lot. Their moves were swift and well-measured. It was rumoured that these guys had scientific calculators in their back pockets throughout their games. Only 2.0mm error margin allowable in their passing and mathematically, a quarter fraction lesser in their attempted shots at goal.

In the first contest, two of the strongest teams were pitted against each other. Ole-I finest against Ole-II's, each seeking for blood. At the end of the highly intense pairing, it ended with a draw. The pace did not slow down. Successive matches were comparably energized with respective supporters stood by their teams. Exchanges of friendly swipes, so much peppered with elvish humour and



Still the unbeaten Champion and deserving winner. Ole-II 'A' team stood proud with second runner-up, Ole-II 'B' team.

juvenile howls just for the giggles, fuelled the carnival mood further.

After as many gruelling matches played and the last came to the final whistle, it was clear the runaway winner for this year competition went to Ole-II 'A' team despite stiff challenge from Ole-I '1.1' team. Time and again, they have proven that they are and will be the team to beat. Ole-I '1.1' and Ole-II 'B' teams came in second and third respectively. During his short speech before the presentation of prizes, GMP Mr Lucas Ng agreed that such

competition foster good team building among employees.

SSRCC extends its appreciation to all participants, and the loyal supporters for making their way to the pitch. And the presence of the managers especially, both on and off the field, simply pulled everything together. And not the least, a special thanks to Mr Mohd Yusri (Ole-I) for putting everything together, including the scrumptious meal, and made this year competition a successful one yet.

Wine Appreciation @ Praelum Wine Bistro 2016



Grace Ow
Mktg & Sales



Head sommelier, Gerald, giving us an introduction to wine etiquette and appreciation, as the night began.



Happy faces all around! Cheers to an even better 2017!



The five wines we had during this event. Take a look at that magnum bottle in the middle. It makes the other bottles look small next to it!

with hints of baked apples, yellow pear and vanilla. This paired very well with the halibut, which was prepared with buttermilk, herb and chilli batter.

Moving on to the reds for the night, we started off with a wine from the Rhone Valley in France. The 2013 Yves Cuilleron Crozes-Hermitage syrah based wine is refreshing with a touch of spice that was very palatable, paired with the honeyed baby back ribs. The last wine for the night was the 2014 Château La Tour De By which was accompanied by braised beef cheeks and forest mushrooms. This 12 year old Bordeaux was served from a magnum bottle which is known to be optimum for aging. A magnum bottle is 1.5 litres in capacity, twice the size of a standard wine bottle. Magnums of wine are said to age better and taste consistently better than when matured in standard sized bottles. The science behind it is that the larger bottle size reduces the proportion of exposed wine to unexposed wine significantly, which results in prolonged maturation (through oxidation), allowing the wine to develop greater and more complex flavours. So, consider getting a magnum bottle the next time you have an event! Twice the amount AND better tasting wine!

Coming to the end of the night, a sweet tangy dessert of lime pie was served, rounding up the wonderful evening of fun and laughter. It was certainly a time of catching up and a great way to end the week!

This year's wine appreciation was held at Praelum Wine Bistro, one of the highly rated wine bars in Singapore. The head sommelier, Gerald, led us through each of the wines, allowing us to appreciate and better understand the taste of each one and the corresponding food pairing.

We started off the evening with the *Ruinart "R" Champagne* which is from the first champagne house in the world. It is a chardonnay driven champagne, giving a taste of apples, crushed flowers and lovely acidity to open the evening. One interesting fact to remember is that, contrary to popular belief that champagne should always be served in a flute, many sommeliers actually prefer serving champagne in a wine glass. Although the flute showcases the bubbles that rise from the bottom of the glass, making champagne delightful to look at, the narrow glass does not allow the wine to 'breathe' – a concern similar to that of other wine. With the wider wine glass, the champagne is able to 'breathe', allowing for the aromas to escape for better taste and appreciation. Technical reasons aside, drinking champagne from a wine glass was also regarded as an acknowledgement that champagne is too, a wine.

Following the champagne was a sauvignon blanc from the Loire valley in France – the 2014 Alain Cailbourdin Pouilly Fumé. This wine can be described to have a very aromatic finish and (for the discerning palate), a taste of grapefruit, gooseberries and a hint of green bell peppers. At this point, we were already on the second dish of the night – grilled chicken accompanied by chipotle, mango and pepper relish. The first on the menu was a tarte flambée, that I personally felt went well with both the champagne and the sauvignon blanc.

The third wine on the list was a 2014 vintage chardonnay from the Domaine Leflaive estate, an established and distinguished chardonnay producer from Burgundy, France. *The Mâcon-Verzé* is known for its intense and full flavour,



Jasmine Loh
Marketing Manager
The Wok People
Pte Ltd

PCS Healthy Lifestyle & Awareness Week 2016

28 November – 2 December

In line with Health Promotion Board's on-going nationwide *Let's Beat Diabetes* campaign efforts, we themed our recently-concluded, annual Healthy Lifestyle & Awareness Week as **"Life's Sweeter with Less Sugar"**, and showcased useful information on Diabetes through the reading exhibit at the cafeteria.

During the weeklong campaign held from 28 November to 2 December, The Wok People (TWP) served up daily healthy specials such as Braised Duck with Brown Rice & Tau Kwa; Grilled Fish with Lemon Butter Sauce; Macaroni with Chicken Breast in Fish Stock just to name a few, with complimentary fruits and healthy snacks.

The cafeteria also welcomed some popular healthy vendors during lunch hours, which brought in affordable



Continued to page 11

LONG SERVICE

Presentation on 6 January 2017



5 Years

Mr Amzah bin Abdul Rahim	F&S
Mr Koh Kok Eng	QC

10 Years

Mr Pan Zijia	Ole-II
--------------	--------

20 Years

Mr Rasid bin Mohamed	Ole-II
Mr Wong Chee Yin	QC
Ms Mow Jiun Yih	MAI



From Left : Amzah bin Abdul Rahim, Mow Jiun Yih, Lucas Ng (GMP), Wong Chee Yin & Koh Kok Eng

NEW EMPLOYEES



Mr Muhammad Norazmeer bin Sakdon
Technician, Olefin II
Joined 7 October 2016
Hobbies: Football, Gym



Mr Muhammad Ashaari bin Basri
Technician, Olefin II
Joined 7 October 2016
Hobbies: Marathon, Swimming



Mr Abdul Raimi bin Abdul Rahim
Technician, Olefin II
Joined 7 October 2016
Hobbies: Soccer, Running



Mr Lim Jun Ming Alvin
Technician, Olefin I
Joined 2 November 2016
Hobbies: Swimming, Jogging



Mr Mohammad Huzaini bin Mohammad
Technician, Olefin I
Joined 2 November 2016
Hobbies: Travelling, Soccer



Mr Phang Bixi Yazid
Technician, Olefin I
Joined 2 November 2016
Hobbies: Swimming



Mr Shawn s/o Somo
Technician, Olefin I
Joined 2 November 2016
Hobbies: Soccer, Music



Mr Muhammad Nur Ikhsan bin Ali Zainalabidin
Technician, Olefin I
Joined 2 November 2016
Hobbies: Paintball, Fishing



Mr Muhammad Haikal bin Masri
Technician, Olefin I
Joined 2 November 2016
Hobbies: Soccer, Bowling

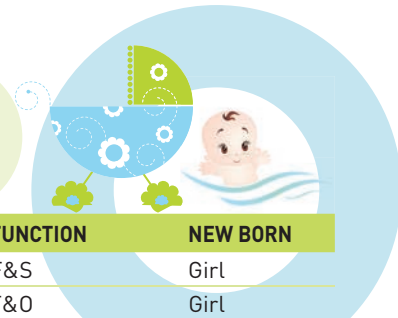
HEARTIEST CONGRATULATIONS

marriage



NAME	FUNCTION	SPOUSE
Chan Kah Wai	Ole-II	Ong Shu Ying

births



NAME	FUNCTION	NEW BORN
Shukri bin Ali Alragi Bafadal	F&S	Girl
Ee Boon Siong	T&O	Girl

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health supplements, dried fruits & nuts, healthy cakes and bread, magnesium oil, and more!

Adding on to these tasty treats were the afternoon programmes that packed a punch; highlights included the much-anticipated Health Talk by a certified Nutritionist who shared about Diabetes prevention, Fitness Class conducted by an experienced certified instructor, and a Healthy Cooking Class where a certified Nutritionist demonstrated an easy-to-cook healthy recipe using Quinoa and Mushrooms.

We hope you have found the healthy tips and information useful! Let's work towards maintaining a healthy lifestyle in 2017.

New Zealand Escapade



Jaslyn Peh - FSP

New Zealand's stunning landscapes captivated movie fans around the world as the unbilled star of the hugely successful The Lord of the Rings film trilogy. After spending 18 days touring the South Island of New Zealand on a 3000km roadtrip, I am absolutely convinced that the Middle Earth has one of the most spectacular landscapes.



Fairlie and Lake Tekapo – Alpaca Farm and Star Gazing

The first destination that our rented Toyota Camry brought us to was the Alpaca Farm at Fairlie. Run by an old couple, they welcomed us warmly as we stepped into the old-school gift shop filled with products manufactured from Alpaca fibre, such as sweaters, hats, gloves and socks. Our guide brought along a container filled with alpaca feed as he led us into the farm. Once we stepped across the fence, the alpacas swarmed us enthusiastically, clearly famished and looking for food! They came in all sorts of colors, from white, grey, brown to black ones. Some of them were intentionally groomed with longer fur growing at the top of their heads and are just so adorable! Luckily it is prohibited to bring alpacas back to Singapore, otherwise I would not have been able to resist their charm and may end up bringing one back to keep as a pet!

We then proceed to Lake Tekapo for star gazing. Being surrounded by mountains which kept the low cloud away, Lake Tekapo is so clear and unspoiled by light pollution that it is ranked as one of the best spots in the world for stargazing. We were so mesmerized by the sky full of glittering stars that we stood by the lake for a whole 30 min to take in the view, despite being underdressed for the cold.

Abel Tasman National Park – Seals Kayaking

Abel Tasman National Park located at the top of the South Island combines golden sandy beaches, fascinating rocky outcrops (mainly granite but with a scattering of limestone and marble) and the rich, unmodified estuaries. We booked a 6 hours long kayaking trip which included a boat cruise into Tonga Island Marine Reserve, as we kayaked from Onetahuti Beach to Bark Bay to Tonga Island Seal Colony, where we were able to view the antics of the resident Fur Seal Colony up close.



Mount Cook – Hiking

We embarked on a 3.5 hrs hike along the Hooker Valley Track in Mt Cook National Park. Picturesque icebergs, glaciers and majestic mountains had us reaching for our camera at every turn. The track was mostly flat and well formed, leading us up the Hooker Valley, along the Hooker River and ending at the glacier lake, where we caught amazing views of Mount Cook. Definitely a must-do in NZ!



Blenheim – Wine Tour

Marlborough, Blenheim boasts many world-class vineyards and wineries. Marlborough wines are known for its vibrant crisp and herbaceous characters. About 59% of the grapes are sauvignon blanc. Pinot noir (15 %) and chardonnay (13 %) are the other main wine styles. I learnt so much about the distinctive taste of different types of wine as we hopped from one winery to the other, visiting a total of 5 wineries (ie, Cloudy Bay, Villa Maria, Allan Scott, Brancott Estate, and Nautilus). My favourite has got to be Riesling for white wine and Shiraz for red. I really enjoy the sweetness of Riesling and the powerfully full-bodied flavour of Shiraz.



Fox Glacier – Helicopter Hiking (aka Heli-hike)

Heli-hiking combines a breathtaking scenic helicopter flight with a guided tour atop the glacier. We were aware that Heli-hiking is weather dependent, as operations are restricted by wind, and visibility for helicopter landings. Therefore, we were extremely thankful that our heli-hike

proceeded as per plan, even though it was raining heavily just hours before our departure.

Our helicopter brought us to a spectacular part of the Fox Glacier, amid blue ice and towering formations. We fitted crampons on our boots for traction and practised walking on ice for a bit, with the aid of a balancing pole, before earning enough courage to explore the glacier further. We followed in the footsteps of our guide, as he pointed out the areas where we can't go, the geography of the place, and how the caves were formed. We even managed to locate an ice cave and crawled through to emerge on the other side! The glacier is, without a doubt, one of the most stunning views I've ever seen. And the best part is there is nothing to pollute it. The air is clear and clean, the water dripping from the walls of the cave is as pure as you'll ever get.



Queenstown – White Water Rafting, Paragliding and Bungee Jumping

Queenstown is dubbed the adventure town of NZ. We also did our fair share of extreme sports there, from Paragliding to White Water Rafting and Bungee Jumping. (though only one out of 4 of us had the courage to try Bungee Jumping :D)

