

# SCOPE

1st Quarter 2024



**2** Annual PCS-Contractors HSE Meeting 2024

**4** ChemPact 2024

**5** 2024 API Inspection and Mechanical Integrity Summit



**6** Exemplary Service Award 2023

**7** OutThink OutPerform Creative Thinking Workshop

**8** Mental Wellness and EAP

**9** The Singapore Symphony Orchestra Concert 2024



**10** Movie Night 2024: Madame Web

**11** A night at Taylor Swift TS Eras Tour Singapore

**12** Trekking to Mt Rinkani, Lombok Island

**14** Employee News

## EMPLOYEE NEWS



### SCOPE EDITORIAL COMMITTEE

• Timmy Lim • Lincoln Lee • Cerine Lim • Gerald Lim • Chong Kai Xian  
• Yeo Hui Hoon • Tio Gian Leng • Koh Zhi Ming • Muhd Radi



# Annual PCS-Contractors HSE Meeting 2024



Sim Kai Sheng  
T&O

The Annual PCS-Contractors HSE meeting serves as a platform for PCS and contractors' management to review past safety performance and to re-align our common goal of achieving safe and healthy workplace. Additionally, PCS also took the opportunity to present awards to contractor companies and individuals for their effort and contribution towards the achievement of zero Lost Time Incident (LTI).

This year, the Annual PCS-Contractors HSE meeting was held on 12 January 2024 in Merbau Room and a total of 38 contractor companies participated in the event. The programme included the review of the Health, Safety & Environment (HSE) performance for 2023, as well as objectives and targets for 2024. It was a good platform for contractor representatives to engage with PCS management team and Petrochemical Complex Contractors Association's (PCCA) President on the on-going programmes.

PCS Managing Director, Mr. Hisashi Shibayama, gave the opening address and acknowledged the challenging outlook ahead. He took the opportunity to commend

and appreciate everyone's dedication as we continue to ride through the waves together. Thereafter, he also highlighted on the good HSE performance of 2023, where we crossed the 55 million hours worked without LTI on 15 May 2023 and executed PCS-I shutdown maintenance incident free. MD shared that in alignment with the Ministry of Manpower (MOM), PCS has also instituted Safety Accountability, Focus and Empowerment (SAFE) programmes, to strengthen Workplace Safety and Health (WSH) ownership sustainably. The annual gathering is an example of a SAFE measure in increasing corporate leaders' commitment. MD concluded his speech seeking the continued commitment from all contractors to maintain good HSE performance and aim for the next HSE milestone of 60 million hours worked without LTI.

Next, PCS General Manager (Plant), Er. Ng Chee Wai, reviewed the safety, market factors and plant operations in the challenging year of 2023. He drew attention to the online Top Executive WSH Programme (TEWP), which was introduced in September 2023. Under the new WSH framework, it is mandatory for the CEO or Board Director of companies in the construction, manufacturing, transport and storage, and marine industries to attend the TEWP by 1 March 2024. PCS management has shown the commitment and completed the TEWP by December 2023 and he urged contractors' management to attend the TEWP. He also emphasised the need to ensure that all works are Designed for Safety, Planned for Safety and for safety to remain the top priority for all activities regardless of the size of the job. It is essential to cultivate constant chronic unease for personal safety, process safety, environment and operations in our daily work.

Senior HSE Officer, Ms. Tan Peck Luan, was next and she shared on the HSE performance in 2023, followed by HSE achievements including PCS's achievement



Welcoming contractors to PCS



In full focus





of 19 years of no LTI safety milestone on 11 March 2023 and Singapore Chemical Industry Council Responsible Care® Leadership Award 2022 (award ceremony held on 21 April 2023). She also highlighted on the next safety performance target of 60 million hours worked without LTI, which was targeted to achieve around end 2024 or early 2025.

HSE cum Quality Control Manager, Er. Bernard Leong, presented the Responsible Care® Objectives and Targets for 2024. He highlighted the WSH 2028 Vision – “A Healthy Workforce in Safe Workplaces; A Country Renowned for Best Practices in Workplace Safety and Health” and the need to incorporate WSH 2028 strategies in programmes and activities. PCS is in a good position to achieve the strategic outcomes, given the strong safety culture and programmes that allow employees at all level to speak out and intervene with regards to safety.

The final presenter was PCCA President, Mr. Ivan Apostol. He reviewed the HSE activities for contractors in 2023 as well as the action plan for 2024. He highlighted the importance of ownership, accountability and understanding at all levels of organisation

that “safety is everybody’s responsibility” and sought the commitments from contractors’ management to achieve the set targets and objectives of PCS and PCCA.

After the presentations, Contractors Safety Set Target (CSST) awards were given to PCCA and 26 direct Contractor Companies, which achieved a 1-year LTI free record while working in PCS, among which 3 companies received additional Bonus Awards. Additionally, 7 long service awards were given to contractor site manager and HSE personnel, including those involved in administration and training activities, for their active participation in PCCA/PCC HSE activities. 18 SDM 2023 performance incentive awards were given out for the contribution to safe and successful completion of PCS SDM 2023.

Following the presentation of the awards, PCS Deputy Managing Director, Mr. Chiew Nguang Yong, gave his closing address. Using PCS-I SDM as an example, he highlighted the strong partnership between PCS and our contractors adjusting to the changing maintenance schedule to allow PCS to be more flexible and responsive to customers’ needs. He emphasised 3 focus items for 2024, which are 1) the ability to

comply with regulation, 2) strong intervention culture in PCS to speak up for safety, and 3) respectfulness towards the system and people. Thereafter, he brought up several examples where different groups had displayed their ownership of safety in PCS and concluded by showing his appreciation for everyone who have played a part in maintaining the success and competitiveness of PCS!

At the end of the meeting, a sumptuous buffet lunch was provided for all to enjoy and mingle with each other.



Lunch time conversation



Sumptuous buffet lunch



PCS Management and PCCA President at the Dialogue Session



Presentation of Safety Performance Award to PCCA



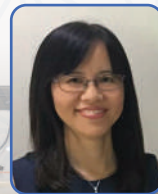
GM (P) Giving the Keynote Address



Q&A during the Dialogue Session



# WSH Leadership Convention: ChemPact 2024



Tan Peck Luan  
HSE



Group photograph of the 27 companies from the chemical industry recognised at ChemPact 2024

The second Workplace Safety and Health (WSH) Leadership Convention: ChemPact 2024, was held on 28 March 2024 at the Devan Nair Institute for Employment & Employability. Jointly organised by the Singapore Chemical Industry Council (SCIC), Association of Process Industry (ASPRI) and the WSH Council, and supported by the Ministry of Manpower (MOM), ChemPact 2024 is a platform for chemical industries leaders to come together to demonstrate proactive leadership through actionable initiatives that build WSH capabilities in their organisations.



GM(P) delivering his speech on "Partnering Towards Better WSH Performance"



PCS's commitment towards WSH



Panel discussion at the WSH Leadership Convention: ChemPact 2024



PCS also have a set of strict criteria in our evaluation and selection of contractors that include their HSE statistics, capabilities, efficiency and past performances etc. All our approved contractors are required to have a minimum bizSAFE level 3, and they are subjected to periodic evaluations at intervals of not more than 3 years.

Representatives of 27 companies from the chemical industry were invited onto the stage to sign their WSH commitment. These companies were recognised for their strong commitment towards WSH, acknowledged for setting the bar high for their WSH performance and have demanded similar WSH excellence from their contractors.

Our HSE programmes for employees and contractors include STAR (Stop And Report), BBSO (Behaviour Based Safety Observation), SOS (Speak Out for Safety), NMR (Near Miss Report) and PEPS (PCS Employees Participation Scheme). As part of our Responsible Care initiatives, PCS also carry out outreach activities regularly with our customers, suppliers, service providers and other industries to share and exchange our WSH knowledge and experience.

The convention concluded with a panel discussion moderated by Er. Lucas Ng, Chairman of Jurong Island Vision Zero Workgroup. The discussion provided valuable insights on the importance of strong leadership, collective ownership and mentorship in maintaining high WSH standards. Best practices that can be adopted by companies to promote a safe and healthy work environment were also highlighted.

**A**t the Convention, PCS GM(Plant) Er. Ng Chee Wai shared on "Partnership Towards Better WSH Performance". During his speech, GM(P) emphasised on the importance of strong partnership with our contractors, which is a key enabler for the success of our HSE programmes and good HSE performance. We have achieved 20 years without Lost Time Incident on 11 March 2024.



# 2024 API Inspection and Mechanical Integrity Summit



Rina Soh  
Engineering



Tan Hong Yeung  
Maintenance



Tiah Nam Kuan  
Maintenance

The 2024 API Inspection and Mechanical Integrity Summit was held from 23 to 25 January 2024, with a range of training courses held on 22 January 2024, a day preceding the event. This well-attended summit took place at the Henry B. Gonzalez Convention Centre in San Antonio, Texas. This is the 9<sup>th</sup> biennial conference since it first started in 2007.

The event featured over 100 expert speakers from various areas of the oil, gas, chemical and petrochemical industries sharing their critical insights on inspection and mechanical integrity. Many of the US industry giants such as ExxonMobil, Phillips 66, Chevron were present. Petronas and Shell Sabah from the Asian region also shared some papers.

This year's theme "Raising the Bar – Improving Performance and Reducing Risk" emphasised the industry's commitment to excellence and safety really struck a chord in our hearts. Mechanical integrity (MI) is one of the key elements of Process Safety Management. It is of utmost importance that all personnel involved in MI are highly trained and competent.

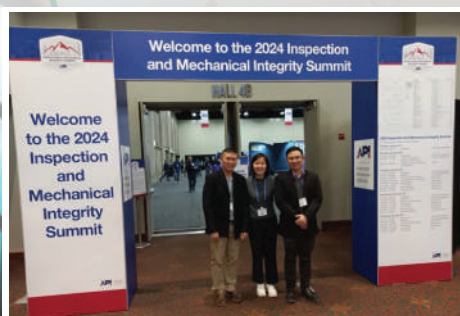
The Summit's programme featured three Industry Divisions and a Multi-Sector Division (applicable to all sectors) that run concurrently:



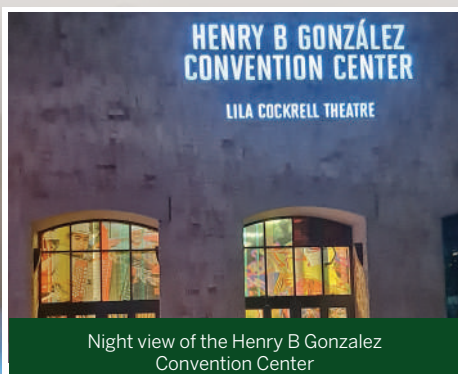
The keynote address titled "The Energy Transition... What Energy Transition?" was delivered by author, podcaster and film producer Robert Bryce. Bryce gave his take on a 100% renewable future, which will more likely complement (rather than compete with) petroleum/natural gas-based energy. He explained that although there are breakthroughs in renewable energy, the technologies have yet to mature. This suggests that the demand for oil and gas will never cease, at least for the next few decades. In addition, elemental lithium needed to power electric vehicles (EVs) are not found in abundance, and hence, it will take a draconian shift in order for the whole world to adopt EVs.

Over 300 presentations were shared during the conference. Topics included risk-based inspection strategies, asset integrity management, corrosion and materials, and advancements in inspection technologies such as drones, sensors and data analytics. In addition, there were panel discussions with MI practitioners from various sectors who shared their invaluable experiences, knowledge and insights. On the exhibition floor, participants had opportunities to be acquainted with many state-of-the-art technologies such as robotic inspection tools and drones with several add-on capabilities such as thickness measurements.

Overall, the Summit had been a great opportunity to learn from and network with the industry experts! We also had the opportunity to see many beautiful sights in San Antonio, such as the River Walk (which meanders along the banks of San Antonio River through the city centre) and the Alamo (a UNESCO World Heritage Site since 2015).



Group photo at the API Summit Exhibition  
From left: Tiah Nam Kuan, Rina Soh, Tan Hong Yeung



Night view of the Henry B Gonzalez Convention Center



Group photo (with a friend from Shell Sabah) on a boat ride along the San Antonio River Walk



Inside the Henry B Gonzalez Convention Center at the Lila Cockrell Theatre where the keynote opening event was held



# Exemplary Service Award in SWC 2023



Tng Shun Li  
T&O

PCS Safety and Health Working Committee (SWC) is mandated under the Workplace Safety and Health (WSH Committees) Regulations 2008. The committee comprises executive staff as Management Representatives and non-exempt employees as Employees' Representatives. These monthly meetings are convened to address safety, environmental, and occupational health matters, while inspections aim to identify and address unsafe acts, conditions, and general HSE concerns.



Mr Mak KH received plaque from GM(P) Er. Ng Chee Wai

In the 2023 Committee, Mr Mak Kuo Hwa from Maintenance representing PCS Union Branch and Ms Vanessa Koh Ker Suan from Purchasing, demonstrated exceptional dedication and commitment by actively addressing safety and health concerns. Achieving perfect attendance, a criterion for the "Exemplary Service Award", demands significant effort and sacrifices. Both Mr Mak and Ms Koh received commendations for their unwavering dedication during their tenure as SWC members. We hope that they will be inspiring role models for others to follow.

Mr Mak and Ms Koh were awarded certificates of appreciation, plaques and shopping voucher in recognition of their excellent contribution and dedication to SWC from GM(P) Er. Ng Chee Wai in a simple presentation ceremony held on 2 February 2024, attended by Function Managers Mr Fong Yeng Keong (PUR), Mr Chew Thiam Huat (MAI) and Mr Aswadi B Salleh, General Secretary, UWPI and Chairman of PCS Union Branch Committee. HSE Manager and SWC Chairman Er. Bernard Leong gave a short address before the award presentation by GM(P) Er. Ng Chee Wai.



Ms Vanessa Koh received plaque from GM(P) Er. Ng Chee Wai



Exemplary Service Award Plaques, Certificates and Vouchers to be presented to the recipients.



Group photo from left: Mr Aswadi B Salleh, Mr Fong Yeng Keong, Ms Vanessa Koh, GM(P) Er. Ng Chee Wai, Mr Mak Kou Hwa, Mr Chew Thiam Huat, Er. Bernard Leong





# OutThink OutPerform Creative Thinking Workshop

## Organised by PEPS Steering Committee



Chong Hon Yeng  
ITPS

A group of 21 participants consisting of PEPS Facilitators and PEPS workgroup members attended the OutThink OutPerform creative thinking workshop, held over two days from 26 to 27 February 2024 at Royal Plaza on Scotts.

### The objectives of this programme were to:



Develop a solid appreciation of the various elements of creative thinking



Identify the mental blocks that impact creative thinking and problem solving, and explore ways to overcome them



Utilise the various techniques to develop creative ideas and innovative solutions



Experience opportunities to apply the tools and techniques learned to solve problems creatively

One of the techniques taught during the workshop was “Do You See What I See?”, where participants played the role of a Dreamer, Builder and Realist. The Dreamer sees what others cannot and comes up with ideas, the Realist provides a practical point of view and the Builder is tasked as the creative ringleader who combines the perspectives of the Dreamer and the Realist to expand and refine the ideas. This perfectly captures the essence of our suggestion scheme: “Make Our Ideas Work”; where we contribute suggestions that others cannot see and thereafter, build on it practically for continuous improvement.

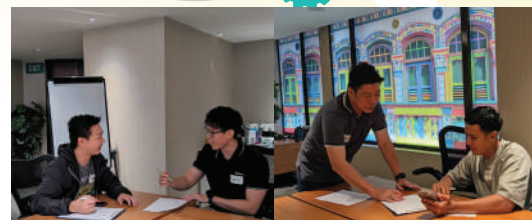
Another technique learned was “Event → Belief → Action (EBA) Thinking” that required the participants to identify a problem or issue, map out the reaction to it, change the “belief” by asking questions like “what if...?”, and write down new “actions” that will happen after the new “belief”. It reflects our scheme where a workgroup member would write down the present

status or experience (Event), propose a solution (Belief), and the expected improvement (Action).

Some feedback received for this training were:

- **Good balance of theory and application; very clear and hands-on.**
- **The programmes were fun and engaging and provided a good learning process.**
- **The trainer was effective, professional and filled with positive energy.**
- **Methodologies were taught on how to generate ideas, and techniques to elaborate on them.**
- **Able to identify the mental blocks that impact creative thinking and problem solving, and explored ways to overcome them.**

The next run of this workshop is in the pipeline, do register your interest with your function's PEPS Facilitator!



Andy Chee (Olefin-II), Sng Wei Yang (Marketing & Sales), Chan Chee Wing (Maintenance) and Mohd Musfirah Rusdi (Olefin-I) played the role of Dreamer and Builder



Ho Meng Bing (Olefin-I PEPS Facilitator) explaining the role of Dreamer, Builder and Realist



Class of 2024 (from left) – Wee Jing Ye (trainer), Soo Wing Teen, Mao Hanwen, Mohd Musfirah Rusdi, Chan Chee Wing, Muhd Ashaari, Desmond Koh, Colin Toh, Ho Meng Bing, Thamodharan, Justin Loh (partially hidden), Lim Laixing, Andy Chee, Rosmadi, Ang Rong Hua, Catherine Tan, Tan Lip Wee, Sng Wei Yang, Joline Yeah, Jason Chng, Mohd Irwan, Hairil Hakim, Chong Hon Yeng (co-ordinator)



OutThink OutPerform Workshop



# MENTAL WELLNESS

## and EAP

### Managing your Emotions: Tips for Self Care

Emotional self-care is crucial for maintaining your mental health and overall well-being. Here are some tips that you can practise, to help you take care of your emotional needs:

1

#### Acknowledge Your Emotion

Acknowledging emotions involves recognising and accepting them without judgement or denial. To do this, you can start by taking a few deep breaths and tuning in to your body. Notice any physical sensations, such as tension or a racing heart. Then, identify the emotion you are feeling and name it, such as anger, sadness, or guilt. Next, try to explore what may have triggered the emotion and how it may be affecting you. It can be helpful to write down your thoughts and feelings or talk to a trusted friend or therapist. Remember to be kind and compassionate with yourself as you acknowledge and process your emotions.



2

#### Express Your Emotions

Expressing emotions involves finding healthy ways to communicate your feelings and needs to others. One way to do this is to practise open and honest communication with those around you, such as friends, family members, or a therapist. This may involve using "I" statements to express how you feel and what you need, rather than blaming or criticising others. You can also express your emotions through creative outlets, such as writing, art, or music. It's important to find outlets that work best for you and to be patient with yourself as you learn to express your emotions in a healthy and effective way.

3

#### Practice Self-Compassion

Practising self-compassion involves treating yourself with kindness, understanding, and acceptance, especially during times of difficulty or struggle. To practise self-compassion, you can start by acknowledging and accepting your own imperfections and mistakes, and offering yourself the same support and encouragement you would give to a close friend.

You can also practise self-care by taking time to rest, recharge, and engage in activities that bring you joy and fulfilment. Remember to speak to yourself in a kind and gentle tone, and to practise forgiveness and self-love. By cultivating self-compassion, you can improve your emotional well-being, develop greater resilience, and build healthier relationships with others.



4

#### Access your Employee Assistance Program (EAP) benefits

One way of managing your emotions is talking to a psychologist or counsellor. Accessing the EAP to speak to a clinician when you are feeling overwhelmed and unable to function as usual during social, work or even when you are alone can be extremely helpful.

Conversations with clinicians can enhance emotional understanding and provide tools to address distress and promoting self-awareness. They also help identify harmful relationship patterns, such as ineffective communication or co-dependency, and offer guidance in developing healthy relationship skills. Additionally, clinicians assist in recognising and addressing negative thinking patterns, offering problem-solving techniques for personal and professional challenges, ultimately contributing to improved well-being and goal achievement.

EAP extends support beyond mental health concerns, addressing various issues such as general life, financial, or legal matters. If you're facing challenges in these areas, EAP offers a complimentary consultation referral with an expert to assist you. Seeking help in these aspects, particularly when they cause distress, can significantly alleviate stress and contribute to an improved quality of life.



Employees can directly reach out to the CEL consultants by Telephone (6338 3383) or Email ([eap@livingeffectively.com](mailto:eap@livingeffectively.com)). In the event that a face-to-face consultation is required, the CEL consultants will advise accordingly.

**Only for Emergencies**, you could dial **9721 1637** (i.e. 24/7 Psychological Crisis Helpline) for immediate EAP consultant response.

Please be assured that EAP is a private and confidential service. All information given to CEL for consultations will not be made known to PCS unless prior written consent is obtained from the employee.





# The Singapore Symphony Orchestra (SSO) Concert 2024: E.T. – The Extra Terrestrial in Concert



Tim Lim  
Maintenance  
SSRCC 2024 Chairperson

With much anticipation and eagerness, a group of colleagues and music lovers from PCS, along with their friends and family members, made their way to the Esplanade Concert Hall on 26 January 2024. We were treated to a sumptuous buffet meal complete with a wide assortment of juices and wine.

With tummies filled, we sat back and were given an interesting introduction to the concept of a symphony orchestra, what the various instruments were, the types of sounds they produced and how they were actually played by the musician. While some of us had expected to watch the movie E.T., some of us might not have been aware that John Williams, who was the composer of the music accompanying this show, had been so famous and prolific in composing a great number of different musical pieces accompanying various block buster movies, including Jaws, Star Wars and Indiana Jones!

This pre-concert talk deepened our understanding for the music and made us more appreciative and eager for the performance... and we were not disappointed. The screening of the movie became even more special as we witnessed the dedication and skill showcased by the ensemble of SSO musicians, led by an immensely energetic and charismatic conductor, who controlled the emotional delivery, volume and timing of every musical instrument perfectly, to match the pace of the movie. The beautiful blend of different sounds from all of the instruments of this live orchestra uplifted our enjoyment of the movie to a whole new level.

It was indeed a magical night as we immersed ourselves in the movie, and were transported, like the young kids flying up across the sky on their bicycles, into a world of suspended reality. When it ended, we left the concert hall, feeling as though all stress had melted away. What a therapeutic and entertaining evening!



## Feedback by other participants:

### Sharona Mogan, Legal

"Yet another successful event put together by SSRCC! This was well thought-out and would be great to see more of such events especially where we can bring our family along - my boys definitely enjoyed themselves. When work/school takes so much of time away from us - such events act as a true "coercion" to make the family spend quality time together."

Looking forward to more such family-friendly events. Thanks for all the hard heart work!"



### Hui Qin, Business Development and Planning

"Thank you and our SSRCC for organising the SSO concert event! I have enjoyed myself thoroughly as I am a fan of movies and classical music. The performance by SSO was fantastic and the entire experience was interesting - I felt the movie seemed more engaging with live film music!"

I also appreciate SSRCC's considerate efforts in having a musician to explain some background knowledge on what's an orchestra, the various instrumental families, the different types of classical music periods and music motifs, as well as some information about the composer. I think this really helps a person without any music background to appreciate the concert experience better. Thanks for also providing dinner and drinks for the event!"





# Movie Night 2024: Madame Web



Chong Kai Xian  
HR & Admin

On the last day of February 2024, 33 staff and their loved ones streamed towards JEM Cathay Cineplexes to catch the superhero film based on Marvel Comics featuring the character of Madame Web.

**N**earing the movie show time, staff eagerly presented their F&B coupons to claim their popcorn and bottled water.

Movie nights are a beloved tradition, a time to escape into another world: to laugh, to cry, to be in deep suspense, and to be thoroughly entertained. On this particular movie night, staff delved into the intriguing web of "Madame Web," a film of mystery and adventure, ready to escape reality for approximately 120 minutes.

The movie transported one on a journey through the intricate threads of Madame Web's life, exploring her origins, her struggles, and the formidable powers she commands. Those who have caught the movie witness her grappling with the weight of her abilities, torn between the desire to help and the burden of foresight.

When the movie end and reality beckons, we ponder when will be the next time we can escape reality... Thanks SSRCC!





# Experiencing the Magic:

## A Night at Taylor Swift TS ERAS TOUR SINGAPORE



Cheong Kok Liang  
Odefin II

On the evening of 4 March 2024, amidst the vibrant atmosphere of the National Stadium, I found myself immersed in an unforgettable experience at the TS ERAS TOUR SINGAPORE. As I reflected on the night, it became evident that it was not just a concert, but a transformative journey filled with euphoria and unparalleled joy.

From the moment I stepped into the stadium, the energy was palpable. The anticipation was electric, with fans from all walks of life coming together to witness a spectacle like no other. As the lights dimmed and the music filled the air, I was transported to a world of pure bliss.

The star of the show, Taylor Swift, whose name alone evokes admiration and awe, graced the stage with an undeniable presence. Her performance was nothing short of mesmerising, captivating the audience with every note sung and every move made. It was evident that she poured her heart and soul into every aspect of the show, leaving us all in awe of her talent and dedication.

For three hours, time seemed to stand still as I lost myself in the music and the moment. Each song resonated deeply, evoking emotions I never knew existed. The stadium, filled to capacity and pulsating with energy, served as the perfect backdrop for an evening of unforgettable memories.

What struck me most about the experience was not just the music, but the sense of community and connection that permeated



throughout the stadium. Strangers became friends as we sang and danced together, united by our shared love for the performer and her music.

As the final notes echoed through the stadium and the lights faded, I was left with a profound sense of gratitude and fulfillment. The TS ERAS TOUR SINGAPORE had exceeded all expectations, leaving me with memories that will last a lifetime.

Looking ahead, I can't help but feel excited at the prospect of attending future concerts. The magic of that night has left an indelible mark on my soul, igniting a passion for live music that I never knew existed. I eagerly await the opportunity to once again bask in the euphoria of a performance that transcends time and space.

In conclusion, the TS ERAS TOUR SINGAPORE was more than just a concert; it was an experience that touched the very core of my being. To anyone considering attending such an event in the future, I wholeheartedly recommend it. You won't just enjoy it – you'll love it.





# Trekking to Mt Rinjani, Lombok island: A TROPICAL PARADISE AWAITS



Lean Chin Hee  
Quality Control

This 3D2N trek from Sembalun Village to the summit of Mt Rinjani offered a captivating journey through diverse landscapes, challenging terrains, breathtaking vistas and provided us trekkers with a rare opportunity to have a profound connection with nature.



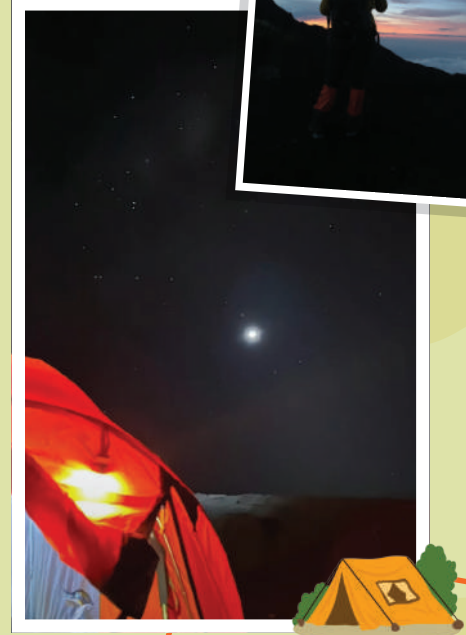
Eagerly, we set forth our journey from Sembalun Village in anticipation of the sceneries that awaited us as we slowly ascended through POS 1, POS 2 and POS 3. The trails meander through dense forests, steep slopes and rocky paths, adding an element of challenge to the trek.

The first night was spent at Crater Rim Sembalun Base camp, nestled at an elevation of 2,639m above sea level (ASL). Against the canvas of the starlit sky, we formed bonds over shared stories and the warmth of a campfire.

The journey resumed the next day in the early hours (0200hrs) as we pushed towards the summit. The moderate climb soon became a steep and difficult one as there were many loose stones (imagine slipping one step back every two steps you take!). However, as we reached the summit at 3,726m ASL at the break of dawn, we were

promptly welcomed by a breathtaking display of colours as the sun adorned the sky with shades of orange and pink. The magnificent panoramic views from the summit, stretching across the sprawling crater and beyond, serve as a rewarding culmination of our journey and evoked a sense of accomplishment and satisfaction, making every step taken during the journey truly worthwhile.

Descending to Segara Anak Crater Lake, we encountered a serene oasis cradled within the volcanic caldera. The pristine waters of the lake mirrored the surrounding peaks, providing a tranquil setting for rest and reflection. The natural hot springs offered a soothing respite for weary muscles, giving the trekkers a chance to unwind while admiring the untouched beauty of the landscape.

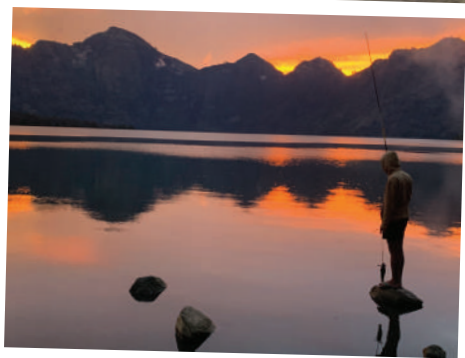






The final day was spent trekking to Torean, where we had the chance to appreciate the beauty of Lombok, as the tranquil surroundings inspires peace and serenity, in contrast to the rugged terrains in the journey earlier.

The trek from Sembalun Village to the summit of Mt Rinjani was more than just a physical challenge - it was an opportunity for personal growth, self-discovery, and forging lasting memories amidst breathtaking landscapes.





# EMPLOYEE NEWS

## NEW EMPLOYEES



### Mr Muhammad Norazmeer bin Sakdon

Technician, Olefin-II  
 Joined: 15 February 2024  
 Hobbies: Football, Gym

## LONG SERVICE

Award Recipients for  
 Jan-Mar 2024



### 30-Year

Rosmadi bin Mohamed Taib      Quality Control

### 35-Year

Sim Beng Hiang Joyce      Feedstock Procurement  
 Ng Chee Wai      GM (Plant)  
 Yew Kam Chiew      Olefin-II

### 40-Year

Lim Siew Hong      Account & Finance  
 Chee Tse Koon      Olefin-II  
 Kirk Kian Chuan      Technology & Optimization

HEARTIEST CONGRATULATIONS

## marriage

NAME	FUNCTION	SPOUSE
Chee Kah Hin	Maintenance	Ms Tan Yik Fun

## birth

NAME	FUNCTION	NEW BORN
Chin Wan Fook	Engineering	Boy
Liwaunnasri bin Jumani	Fire & Security	Boy
Dharmaraj Anbazhagan	Olefin-I	Boy
Sanjeevan s/o Bhaskaran	Olefin-II	Boy (Twins)
Muhammad Irfaan bin Azahari	Olefin-II	Boy
Tan How Chwen	Olefin-II	Boy

