

Issue 3  
16/17

# SAMUDRA

A bi-monthly Publication of the Singapore Organisation of Seamen and Seacare Co-operative Limited

MCI (P) 162/08/2015



Celebrating  
Mid-Autumn Festival With A  
*Personal Touch*





## SAMUDRA

### Features

- 03 Bringing Mid-Autumn Festival to the Doorsteps
- 09 Seacare Mooncakes for Seafarers Onboard

### Training & Skills Development

- 10 SQRT and SQCT Training Completed
- 17 SOS & Seacare Anniversary Dinner  
What's Happening: SOS Study Grant Presentation Ceremony
- 18 Special Corporate Discount on Cornery Popcorn

### Membership & Welfare

- 11 8 Nights of Free Stay under the Seacare Sailors' Home Scheme
- 14 Understanding Eye Care at NOOCC
- 15 Preventing Diabetic Eye Disease
- 16 Teeing Off in Red and White
- 17 Collection Of SOS Year End Gift 2016

### International & Industrial Relations

- 06 World Maritime Day 2016 Message
- 07 Comrades, Unite
- 08 Making New Connections at the Maritime Roundtable

### Women & Youth

- 12 SOS Celebrates National Day with AWWA Residents  
The First Unusual Labour Movement's NDOC
- 13 Women Unite at Workplan Seminar

### Seacare Focus

- 20 Seacare Story Inspires Co-operators
- 22 Seacare Co-operative Stays Resilient
- 23 Seacare Hospitality Strengthens Presence in the UK
- 24 Successful Seacare Manpower Recruitment Drive
- 26 Incentive Travel for Hard Work



# BRINGING MID-AUTUMN FESTIVAL TO THE DOORSTEPS

## *COMMUNITY PROJECTS*



**F**or the first time, SOS brought the Mid-Autumn Festival celebration to the homes of the Jalan Kukoh residents – a welcome change from previous years which saw the festival celebrated at Club@52.

About 100 staff and members of SOS and Seacare Co-operative Ltd personally brought 500 boxes of mooncakes by The Seacare Hotel to the doorsteps of low-income residents of Jalan Kukoh on 9 September 2016.



Seacare Deputy Chief Executive Officer Shena Foo (first row, second from left) and Jalan Kukoh RC's Vice-Chairperson Yeo Gek Nai (in green) with volunteers under Block 2 of Jalan Kukoh Estate







Volunteers from SOS and Seacare



SOS Vice President Lim Thizhi Chee delivering Seacare mooncakes to the doorstep of an elderly resident



A resident gratefully receiving Seacare mooncakes from SOS volunteers

Joined by eight Jalan Kukoh Residents' Committee (RC) members, including Vice Chairperson Yeo Gek Nai; People's Association (PA) volunteer Francis Fan; and four Singapore National Co-operative Federation (SNCF) representatives, the SOS/Seacare team covered the 500 households within 12 blocks of flats – the largest distribution of mooncakes in Jalan Kukoh to date.







I don't think many of us really understand the situation of the less privileged. Bringing the mooncakes directly to their homes is the least we can do, and I feel proud to be a part of Seacare. On my own, I can't accomplish much, but as a group we can do more and do better.

– Benjamin Chow, Seacare Hospitality Executive

It was the first time I took part in this activity. Seeing the bright smiles on their faces when they answered the door was such a wonderful experience! I'm reminded of how the smallest gesture can make a huge impact on others' lives.

– Seri Suriyani, SOS Executive

What I like about the event is the joint effort put in by the various participating organisations - Seacare, SOS, SNCF and RC - to make the Mid-Autumn Festival a special occasion for the residents of Jalan Kukoh. The activity was also a meaningful way for us to give back to society.

– Alan Kor, SOS Industrial Relations Executive

I am happy to play my part in spreading the joy of the Mid-Autumn Festival to the residents. We had an unforgettable chat with one such resident, who was grateful for the mooncakes and glad that we could lend him a listening ear.

– Serene Lee, Seacare Manpower Services Manager

## LUNCHEON FOR JALAN KUKOH RESIDENTS



Since 2002, SOS and Seacare Co-operative have been hosting festive activities annually at Club@52 for the Jalan Kukoh residents as part of the organisations' Corporate Social Responsibility. More recently, 120 low-income residents were invited to a luncheon specially prepared for them at The Seacare Hotel's restaurant in August this year.

Hong bao presentation to all attendees and Sheng Siong vouchers for 20 lucky draw winners ensured that everyone left with smiles.





# WORLD MARITIME DAY 2016 MESSAGE



**H**undreds of thousands of people across the world commemorated the International Maritime Organization (IMO) World Maritime Day by acknowledging that “shipping is Indispensable to the world”.

It is reported that according to the United Nations Conference on Trade and Development (UNCTAD), around 80 per cent of global trade by volume and over 70 per cent of global trade by value are carried by sea and are handled by ports worldwide. The world fleet is registered in over 150 nations and manned by more than a million seafarers of virtually every nationality. IMO highlighted that “without shipping the import and export of goods on the scale necessary to sustain the modern world would not be possible”.

This year’s theme, “Shipping: Indispensable to the world”, acknowledged the maritime industry’s contributions to the global economy and highlights the relevance of IMO’s role as the global regulatory body for international shipping.

“Ships have never been so technically advanced, so sophisticated, never carried so much cargo, never been safer and never been so environment-friendly as they are today. It is thanks to this global fleet and global workforce of over one million seafarers that the import and export of goods on the scale necessary to sustain the modern world can take place,” said IMO Secretary-General Kitack Lim.

As part of the celebration, on 29 September, maritime training institutes and shipping organisations took to social media to share their #WorldMaritimeDay stories of an industry that, “in terms of efficiency, safety, environmental impact and its contribution to global trade is unmatched by any other transport sector; the story of shipping – which is, truly, indispensable to the world”.

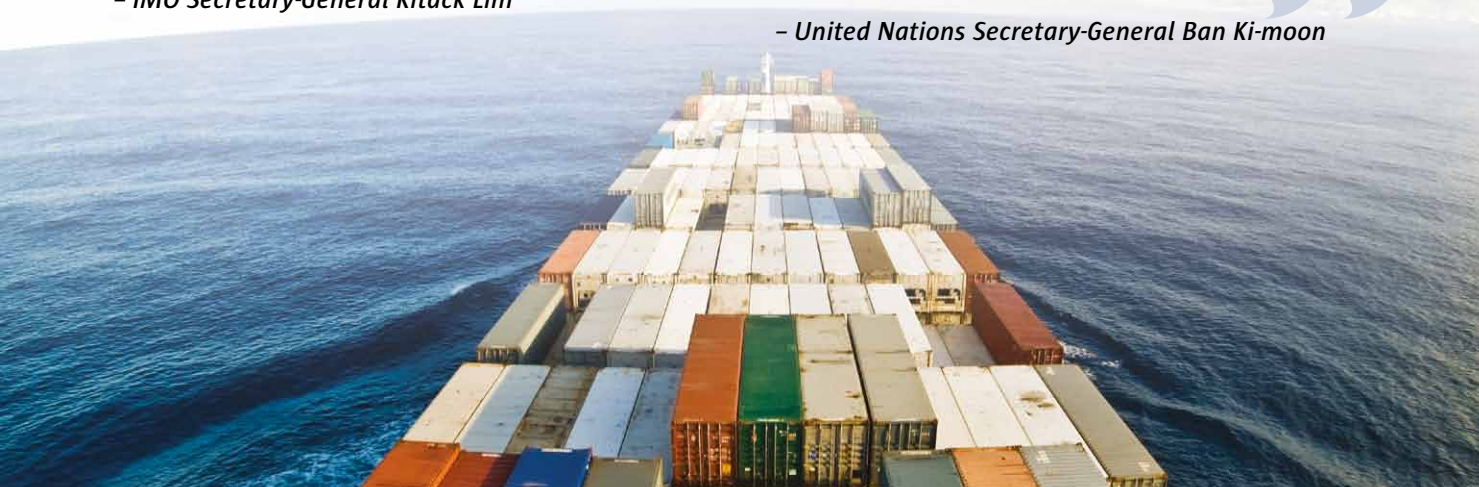


Shipping is set to remain central to world economic growth as we make the inevitable transition towards an era of clean and sustainable development.

– *IMO Secretary-General Kitack Lim*

Maritime transport is the backbone of global trade and the global economy. The jobs and livelihoods of billions of people in the developing world, and standards of living in the industrialized and developed world, depend on ships and shipping.

– *United Nations Secretary-General Ban Ki-moon*



## COMRADES, UNITE

SOS hosted a meeting for the Federation of Korean Seafarers' Unions (FKSU) and the Federation of Korean Maritime Seafarers' Unions (KMSU) at the Seacare Maritime Hall on 13 and 14 September 2016, which concluded with the formation of the new Korean Interim Seafarers' Steering (KISS) committee. Also present were officers from All-Japan Seamen's Union (JSU), Associated Marine Officers' and Seamen's Union of the Philippines (AMOSUP), Kesatuan Pelaut Indonesia (KPI) and Singapore Maritime Officers' Union (SMOU).







# MAKING NEW CONNECTIONS AT THE MARITIME ROUNDTABLE



The Maritime Roundtable (MRT), a conference that is organised by International Transport Workers' Federation (ITF), serves as a good platform for union leaders to learn how to strengthen their unions through campaigns.

This year's conference, which ran from 20 to 23 September in Montreal, Canada, attracted about 200 delegates worldwide. Representing SOS at the MRT were Assistant Treasurer Sharon Li and Schemes Administration Division Manager Shirley Lai.

Kicking off the event with the message "The future of the ITF is you", ITF General Secretary Stephen Cotton rallied the participants to stand up for the rights of maritime workers. "Young activists, women activists – we'll be at the forefront, fighting for the kind of industries and futures that we want to see," he said.

Through the MRT, I have learnt more about ITF and met many people from local and overseas maritime unions. It was enlightening to hear real-life stories about how other unions protected the interests of their members and workers, and used communication tools to engage new and existing members. The conference inspired us to approach obstacles from a new perspective.

– Shirley Lai

As part of the conference, participants were briefed on ITF's flags of convenience campaigns and the role and responsibilities of ITF Inspectors, and examined case studies on ITF's international assistance to seafarers and dockers. Through sharing sessions, they gained insight into the campaigns launched by other unions around the world and obtained a deeper appreciation of the importance of the maritime sector.

SOS took the lead at one of the fringe meetings, and facilitated the discussion on Young Transport Workers and the union movement.







SOS Officers distributing foldable duffel bags to members on board



IR officers Alan Kor and Maximillian Theodore loading up duffelbags and boxes of Seacare Hotel mooncakes before their routine ship visiting

## SEACARE MOONCAKES FOR SEAFARERS ONBOARD



Seafarers onboard were in for a special treat this Mid-Autumn Festival. Along with the usual foldable duffel bags, they were also given an additional gift of The Seacare Hotel's signature mooncakes when SOS team carried out their weekly vessel visits in the months of August and September.

"We want to express our gratitude to our members for their support and give them lots of happy memories during this festive celebration, regardless of their race or nationality," SOS President Mohamad Abu Bakar said.

He added, "It was a timely gift for Chinese seafarers in particular. According to Chinese custom, mooncakes are eaten during the Mid-Autumn Festival under a full moon as they symbolize family reunion, prosperity and happiness."

The seafarers, most of whom came from regional countries such as Malaysia, India and the Philippines, received the Union's gesture of appreciation with open arms and wide smiles.





## SQRT AND SQCT TRAINING COMPLETED

From 29 August to 23 September 2016, 34 pre-seafaring trainees honed their English speaking skills by attending training programmes conducted by Singapore (Nantong) International Maritime Institute (SNIMI) in Nantong, China.

The 18 trainees who enrolled into the Seacare Quality Rating Training (SQRT) course, and the other 16 trainees who went through the Seacare Quality Cook Training (SQCT) course, became the 42th and 43th batches to graduate.

Their quick-wittedness and enthusiasm to learn did not go unnoticed by the trainers. "They learn easily and are keen to start work on board," SQRT trainer Pan Xiaoqi observed.

"Although some of them are hesitant to speak in a language they seldom use, basic communication is definitely not a problem. They will be able to understand seafarers of other nationalities, and vice versa," SQCT trainer Qian Weirong said.

In recognition of the need to facilitate communication between crew members of multinational crews, SOS has been sponsoring seafarers for both programmes, which teach basic English to participants and enhance their technical knowledge of working on board ships.





## 8 NIGHTS OF FREE STAY UNDER THE SEACARE SAILORS' HOME SCHEME

The Seacare Sailors' Home Scheme (SSS) has been enhanced! Starting from 1 November 2016, SOS members and participating members from shipping companies that have Collective Bargaining Agreements with SOS can enjoy **8 Nights\*** of fully subsidised accommodation (Standard Room, inclusive of daily breakfast for two), up from 5 nights per year, at any of these hotels:

- ❶ The Seacare Hotel, Singapore
- ❷ Citin Seacare Pudu Hotel, Kuala Lumpur
- ❸ Big Sleep Hotel in Cardiff, United Kingdom
- ❹ Big Sleep Hotel in Cheltenham, United Kingdom
- ❺ Big Sleep Hotel in Eastbourne, United Kingdom
- ❻ The Victoria Hotel in Manchester, United Kingdom
- ❼ The Columba Hotel in Inverness, United Kingdom
- ❽ Best Western Plus Milton Hotel in Leeds, United Kingdom

Refer to outer back cover for illustrations.



For hotel bookings and eligibility, please contact SOS Membership Services Division at **6379 5666** or email [sosea@seacare.com.sg](mailto:sosea@seacare.com.sg)

**\* Terms and conditions apply:**

- Reservations must be made at least **14 days in advance** at level 5 of the SOS office at 52 Chin Swee Road, Seacare Building, Singapore 169875.
- Members can still enjoy the additional 5 complimentary nights at the Seacare Sailors' Home in Manila.



# SOS CELEBRATES NATIONAL DAY WITH AWWA RESIDENTS



SOS President Mohamad Abu Bakar (centre) celebrating on stage the birthdays of AWWA residents who were born in the month of August, in conjunction with Singapore's 51<sup>st</sup> birthday celebration



SOS GS Kam Soon Huat presenting the lucky draw hamper to a winner



Resident receiving a painted tattoo from SOS Youth volunteer Seri Suriyani



Nothing made SOS happier than seeing heart-warming smiles on the faces of AWWA's senior residents, as they celebrated National Day together at Club@52 on 10 August 2016.

Guided by union Executive Committee members and youth volunteers, about 50 seniors from the community-based organisation sang oldies, showed off their dance moves sportingly, and played traditional kampong games

that brought back fond memories. In addition to a joyous birthday cake-cutting ceremony for seven seniors born in August, special goodie bags were presented to everyone. Five lucky seniors also walked away with lucky draw hampers.

The celebration, which was arranged by SOS's Youth Committee, formed part of the Young NTUC U Heart 2016 initiative to rally union members for a social cause this National Day.

## THE FIRST UNUSUAL LABOUR MOVEMENT'S NDOC

For the very first time, over 2,000 representatives from affiliated unions and tripartite companies joined the Unusual Labour Movement's National Day Observance Ceremony 2016 (NDOC) at the Big Box on 16 August 2016.

At the NDOC, NTUC President Mary Liew and Secretary-General Chan Chun Sing emphasised the significance of maintaining and improving the quality of the relationships within and beyond the Labour Movement.

The NTUC-organised event marked Singapore's 51st birthday, as well as the Labour Movement's growing strength. Attendees sang National Day songs and networked amongst 24 booths set up by NTUC Membership partners and various associated organisations like NTUC social enterprises.





# WOMEN UNITE AT WORKPLAN SEMINAR

**T**hought-provoking suggestions on how the Labour Movement could increase its number of female leaders and stay relevant to the changing needs of women in the workforce were aired by 49 women representatives from 29 unions.

The unionists – including SOS officers Mariana Amad and Halimahtul Saa'diah Mohamed Sadon – were participating in the NTUC Women's Committee Workplan Discussion and Teambuilding, an annual seminar that revolves focuses on women empowerment and leadership. This year, it was held on 26 August.

Some ideas that were discussed revolved around the Labour Movement expanding its services and collaborating with new partners. As part of the agenda, the unionists also toured the offices of NTUC FairPrice Hub and went on a learning visit to the Warehouse Club to discover more about existing women-related work initiatives.



SOS Membership & Welfare Services Assistant Manager, Halimahtul Saa'diah Mohamed Sadon



SOS Membership & Welfare Services Manager, Mariana Amad





# UNDERSTANDING EYE CARE AT NOOCC



**E**ye care was the topic of the day during the educational visit to New Optometry and Ocular Care Centre (NOOCC) on 20 August 2016.

Organised by SOS Membership & Welfare Services Division, the visit involved a talk by the NOOCC officers on the importance of eye care and a closer look at cataracts, a degenerative condition in which the eye's lens become cloudy and results in poor vision. The participants, comprising union members and dependants, learnt about the causes and symptoms of the disease, picked up generic tips on how to improve eye health and won prizes in eye quizzes.

Hands-on learning came in the form of trying on special glasses that simulated the vision of cataract sufferers. They also toured around the Vision Care Learning Hub and its facilities.



## Eye Facts and Figures

- According to recent studies, about 80% of Singaporeans aged 60 and above have some form of cataracts.
- In the young, cataracts can either be present at birth or develop as a result of injury.
- Prolonged ultra-violet light exposure, long-term use of medications such as steroids, and certain illnesses like diabetes can contribute to cataract development.
- Symptoms include blurry vision, increasing short-sightedness in adults, poor vision even in bright light and colours appearing dull.



# PREVENTING DIABETIC EYE DISEASES

**D**iabetes, characterised by the inability to digest glucose or sugar properly, puts one at a greater risk of developing eye diseases, including diabetic retinopathy, glaucoma and cataracts. High blood sugar levels may cause blurry vision by affecting the shape of your eyes' lens, which goes back to normal once your blood sugar level stabilizes.

## Tips to preserve your vision:

1. Get a comprehensive eye examination from your ophthalmologist at least once a year
2. Control your blood sugar level by watching what you eat
3. Maintain healthy blood pressure and cholesterol levels
4. Quit smoking
5. Exercise regularly

## HEALTHY FOOD FOR HEALTHY EYES

Protecting your eyes starts with your diet. Load up on the following foods to keep impaired vision and blindness at bay!

### Carrots, sweet potatoes, yams, apricots and pumpkins

- Contain beta-carotene, a form of vitamin A
- Allow the retina and other parts of the eye to function smoothly
- Prevent night blindness by enabling the eyes to see in places with low levels of light

### Citrus fruits (e.g. oranges, grapefruits and lemons) and berries

- Are good sources of vitamin C
- Reduce the risk of developing macular degeneration and cataracts



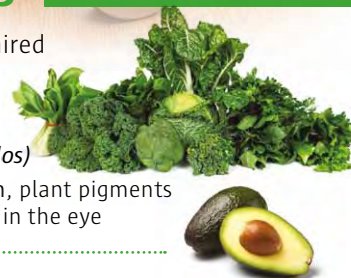
### Fatty fish (e.g. tuna, salmon, mackerel, anchovies and trout)

- Are rich in omega-3 fatty acids, which are found in the retina
- Support healthy vision by modulating the inflammation that may cause dry eye syndrome



### Dark leafy greens (e.g. spinach, kale, peas, broccolis and avocados)

- Contain lutein and zeaxanthin, plant pigments that can prevent cell damage in the eye



### Eggs

- Are full of lutein and vitamin A
- Promote normal eye functions

### Beans (e.g. chickpeas, kidney beans and lentils)

- Have zinc, a vitamin that facilitates the release of vitamin A from the liver to be used in eye tissues
- Zinc deficiency can cause macular degeneration



### Green and black tea

- Possess catechins, which give them their anti-inflammatory and antioxidant properties. Black tea has a lower amount than green tea
- Antioxidants help to lower risk of macular degeneration and cataracts







# TEEING OFF IN RED AND WHITE



From left: SOS GS Kam Soon Huat, NTUC ASG Patrick Tay and SOS President Mohamad Abu Bakar

**T**hey turned up smartly decked in red and white, all prepared to enjoy the first-rate golfing experience.

About 110 maritime industry affiliates, government agencies, union leaders and Seacare associates were at Tanah Merah Country Club Garden Course on 5 August 2016 for the annual SOS/Seacare Networking Golf Tournament. This year's tournament was one with a difference. Participants were encouraged to come in national colours to celebrate the nation's 51st birthday and many did just that.

The tee-off by special guest Mr Patrick Tay, NTUC Assistant Secretary-General and Member of Parliament for West Coast GRC, ushered in a time of forging new friendships and reaffirmation of existing relations over an enjoyable game of golf.

Besides trophies, winners of the golfing tournament also received shopping vouchers. And thanks to the generous sponsors, all the golfers and dinner guests went home with a prize. The sumptuous dinner, free flow of drinks and great entertainment rounded off the enjoyable evening.

From the feedback, many are looking forward to the next golfing experience organised by SOS and Seacare.





Look out for the  
coverage of both events  
in our next issue!



## WHAT'S HAPPENING: SOS STUDY GRANT PRESENTATION CEREMONY

Set up more than 20 years ago, the SOS Study Grant encourages members' children to continue their primary, secondary and tertiary education by reducing their families' financial burden.

All applications are evaluated by the SOS Study Grant Selection Committee, and recipients are selected based on their academic achievements. The number of applications received and the budget available for that year are also taken into consideration. The Committee will review the selection criteria to ensure it is in line with the changing education landscape.

"Our selection criteria go beyond academic performance. We try to reach out to more beneficiaries by giving the grant to as many deserving recipients as possible. This echoes our union's vision to 'Care, Share & Grow' with our members," said Mr David Sim, Chairman of the Selection Committee.

This year, the SOS Study Grant presentation ceremony took place at NTUC Building, One Marina Boulevard (OMB) on 8 October 2016.

## Collection of SOS Year End Gift 2016

The Year End Gift is a **HappyCall Alumite "Hi-Pure Ceramic" Die-Cast Stock Pot.**

You / any of your family members (with valid identification card) may collect it from **14 November 2016 onwards**, at our office at Level 5, Seacare Building, at the following timing:

**9.00 am to 5.30 pm (Mon to Fri)**  
**9.00 am to 12.30 pm (Sat)**

*There will be no collection on Sunday and Public Holidays. All gifts must be collected by **31 March 2017** or while stocks last.*

*For queries, please contact **Ms Mariana** at 6379 5689, **Ms Evelyn** at 6379 5672 or **Ms Halimah** at 6379 5671.*





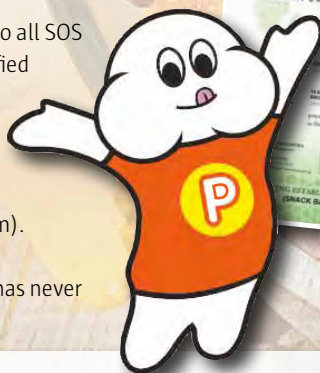
# SPECIAL CORPORATE DISCOUNT ON CORNERLY POPCORN

Calling all Gourmet Popcorn fans!

Cornery is offering a Special Corporate Discount to all SOS members to celebrate its achievement as the only Halal certified Gourmet Popcorn Manufacturer and Retailer in Singapore.

Drop by Cornery – the Popcorn Gallery @ Far East Plaza today and grab an eye-popping range of candied and savoury popcorn (also available online at [www.cornery.com](http://www.cornery.com)).

Satisfying your popcorn craving has never been easier!



## Popular Flavours\*!

### Candied Flavours:

- Caramel
- Chocolate
- Coffee
- Rainbow
- Butterscotch
- Palm Sugar
- Sugar-crusted Wasabi
- Sugar-crusted White Cheese

### Savoury Flavours:

- Cajun
- Kimchi
- Buttersalt
- Tom Yum
- Cheddar Cheese
- White Cheese
- Seaweed
- Wasabi
- Sour Cream and Onion



\* Terms and conditions apply:

- Flash **SOS membership card** to enjoy **20% off** purchases at Cornery's outlet.
- Flash **SOS membership card** to enjoy **25% off** bulk purchases (above \$200).
- Enjoy 20% off popcorn purchases on Cornery online store ([www.cornery.com](http://www.cornery.com)) by entering the coupon code **"CM003SEA"**.
- Offer is valid till 31 October 2017.

**Cornery – The Popcorn Gallery @ Far East Plaza**  
14 Scotts Road #01-37 Singapore 228213  
Tel: (65) 6884 6458





SEACARE FOCUS

SEACARE FOCUS

SEACARE FOCUS







The Seacare hosts with the delegation consisting of representatives from AUPE General Services Co-operative; Co-operative of SCDF Employee Limited; Educare Co-operative Limited; Industrial & Services Co-operative Society Ltd (ISCOS); Jurong Shipyard Multi-Purpose Co-operative Society Ltd; Methodist Co-operative Society Ltd; NTUC LearningHub; Premier Security Co-operative Limited; Runninghour Co-operative; Silver Caregivers Co-operative Ltd; SNCF and Singapore Professional Employees Co-operative

## SEACARE STORY INSPIRES CO-OPERATORS



Seacare management team presenting an overview of Seacare's business clusters

When it comes to supporting the initiatives of Singapore National Co-operative Federation (SNCF), Seacare Co-operative Ltd goes all out.

On 8 September 2016, Seacare played host to a 40 member delegation from the SNCF Service Sector and NTUC Co-operative Sector. As part of the SNCF's efforts to 'Getting to Know Your Co-operative Better', the trip to Seacare gave the co-operative leaders a deeper understanding of the ethos and activities of Seacare.

The visitors came from co-operatives that provide its members with services ranging from senior care to food catering; from environmental and security services to travel and welfare services. It was a family gathering of sorts as the co-operative leaders spoke a common language and were inspired by a set of shared co-operative principles.



Co-operators mingling over light refreshments at The Seacare Hotel's Sky Lounge







Seacare Co-operative Executive Chairman Mr Leow Ching Chuan led the Seacare team in pointing out the heartbeat of the Co-operative which was set up 22 years ago. The Seacare management team took turns to highlight the different clusters of Seacare group of companies and took on questions from the floor. The visitors were inspired by the growth of Seacare and how the humble co-operative is always evolving, staying viable and maintaining financial sustainability. Areas of collaboration were explored with much enthusiasm.

A guided tour of The Seacare Hotel and refreshments at the Hotel's Sky Lounge wrapped up the fruitful dialogue which aimed at strengthening the understanding of the Co-operative Movement in Singapore.





# SEACARE CO-OPERATIVE STAYS RESILIENT



Panel Directors (from left): Mr Lee Van Chong (Deputy Chairman), Mr Leow Ching Chuan (Executive Chairman), Ms Yip Moh Wah and Mr Mohamed Idris Mohamed Ibrahim

“The audacity to dream big and think different is built on the foundation of trust and unwavering support from our founder, members, and those who continue to believe in us from the outset. As we progress into the rapidly evolving economy, our key measure of success should not only be a question of how much we can collectively achieve, but how well we can adapt to these changes, in order to harness the infinite possibilities that the future presents.”

Seacare Executive Chairman Leow Ching Chuan highlighted this in his Seacare Annual General Meeting (AGM) report. Held on 28 September 2016 at the Maritime Hall, the 22nd AGM spelled hope and signaled the Co-operative’s heart is still in the right place in the midst of the rapidly changing business environment and economic uncertainty.

To adapt swiftly to changes to stay relevant, Seacare regrouped its new and existing companies under different clusters and realigned the business strategies and processes as the Group “embraces the infinite possibilities of tomorrow”. The new clusters are Hospitality Cluster, Property & Environmental Cluster, HR & Lifestyle Cluster, Medical & Maritime Cluster and Investment Cluster.

“We stayed resilient by spotting hidden opportunities in crises – we continually fine-tune our business strategies, forge prospective partnerships and identify new markets – while adding value for our shareholders and fulfilling our social mission,” Mr Leow pointed out.

The Seacare members who were present at the AGM, all of whom are SOS members, cheered when Seacare Deputy Chief Executive Officer Shena Foo announced the Co-operative’s decision to extend its complimentary hotel stays for members by another year under the Seacare Sailor’s Home Scheme which covers all six newly acquired hotels in the UK, including the Best Western Milford Plus Hotel in Leeds. From 1 November 2016 onwards, the duration of the complimentary hotel stays would also increase from 5 to 8 days per calendar year.

At the co-operative level, Seacare places a strong priority on supporting other service co-operatives in Singapore. Seacare became an institutional member of the newly formed Silver Caregivers Co-operative Ltd in December 2015. This is in addition to Seacare’s institutional memberships in The Silver Horizon Travel Co-operatives in 2012 and the Educare Co-operative Ltd in 2004.

The AGM ended with a buffet lunch at Club@52; a celebration held in conjunction with the World Maritime Day 2016.



Seacare Directors (from left): Capt. Billy Lee, Mr Mohamad Abu Bakar, Mr David Shoo, Mr Daniel Tan, Mr Goh Yeow Tin and Mr David Sim



The following were elected/re-elected as Members of the Board of Directors of Seacare Co-operative Ltd for a new 3-year term.

Front row, from left: Ms Yip Moh Wah, Mr Leow Ching Chuan, Mr Goh Yeow Tin, Mr Lee Van Chong.

Back row, from left: Ms Shena Foo, Mr David Sim, Mr Mohamad Abu Bakar, Capt Billy Lee. (Not in photo: Mr Kam Soon Huat)







# SEACARE HOSPITALITY STRENGTHENS PRESENCE IN THE UK

**B**est Western Plus Milford Hotel became the sixth and latest acquisition of Seacare Hospitality Pte Ltd, further strengthening the presence of the Co-operative and Singapore in the United Kingdom. The September 2016 buyout came after Seacare's acquisition of the Columba Hotel in Scotland, Inverness in May this year.

Located midway between Leeds and York, the conveniently located Best Western Plus Milford Hotel has 46 well-appointed, air-conditioned rooms fitted with ensuite bathrooms featuring underfloor heating and anti-fog heated mirrors. The hotel has achieved a Tripadvisor Certificate of Excellence for the last six years and is ranked number 2 out of all hotels in Leeds. Guests can tuck into Yorkshire cuisine at the Watermill Restaurant & Bar within the hotel's premises or take a leisurely ten-minute drive to the nearby Xscape indoor ski and entertainment centre.

"Our latest hotel acquisition further improves our geographic connectivity in the UK and offers a greater choice to our guests in terms of destinations and lifestyle preferences. We are pleased with Compass Hospitality's performance in our five hotels in Cardiff, Cheltenham, Eastbourne, Manchester and Inverness, and we are confident that our hotel in Leeds will do well too," Seacare Hospitality's CEO Lim Chye Teen said.

For more information on Best Western Plus Milford Hotel, please view details at [www.bw-milfordhotel.co.uk](http://www.bw-milfordhotel.co.uk) or [www.bestwestern.co.uk](http://www.bestwestern.co.uk)





# SUCCESSFUL SEACARE MANPOWER RECRUITMENT DRIVE



Seacare Manpower Services participating in a recruitment drive, in collaboration with Mendaki Sense

Seacare Manpower Services participated in a recruitment drive at JobHub@Rivervale on 20 September 2016, as part of the latter's grassroots initiative to facilitate employment assistance to the heartland.

Its booth generated an overwhelming turnout of 85 job jobseekers within 3 hours; most of these applicants were women, who had signed up for temporary and contract positions.

According to Seacare Manpower Services Director Sulena Supaat, who kicked off the drive with the help of four fellow colleagues, the number of middle-age women applicants have steadily increased in recent years as more have started to re-enter the workforce.

"One of the reasons more stay-at-home mothers are opting to return to work after devoting their time and energy to raise their children could be the increasing recognition of women and their roles and contribution to the workplace and to our society," she said.

Ms Sulena's view mirrored a recent employment survey by Mastercard, which noted Singaporean women's increased participation in the workforce. The survey ranked them sixth overall in Asian Pacific in terms of employment, outperforming their peers in Asia in closing the gender workplace and pay gap over the last decade.

The report, however, highlighted that women's ability to meet the traditional roles as wives and mothers have become increasingly testing due to the rising cost of living in Singapore. It noted that women are re-entering the workforce to supplement household income and expenses while juggling their roles as mothers and caretakers.







Seacare Manpower Services staff at the recruitment drive at Rivervale

“The ease and affordability of hiring foreign domestic helpers irrespective of the class of the household (rich, middle class or lower income) plays a crucial role in supporting married women’s return to the workforce,” it said.

Seacare Manpower Services actively collaborates with agencies and community partners – the Community Development Councils, Singapore National Co-operative Federation, NTUC’s Employment and Employability Institute (e2i), Project Success, Chinese Development Assistance Council, Mendaki Sense and JobHub – to hold recruitment drives in the heartlands. It also organises its own recruitment drives at MRT stations and in FairPrice supermarkets.

It strives to match suitable jobs to the less privileged such as the retrenched, retirees and housewives in workplaces that include schools, government agencies and libraries island-wide.

To find out more about Seacare Manpower Services’s jobs and services, visit  
<http://www.seacaremanpower.com/> or [www.facebook.com/SeacareManpower](https://www.facebook.com/SeacareManpower)  
 Tel: 6379 5632 • Email: [placement@seacaremanpower.com](mailto:placement@seacaremanpower.com)





# INCENTIVE TRAVEL FOR HARD WORK

**W**ork hard, play hard! This is a concept that the staff of Seacare Manpower Services are familiar with. Through the company's incentive travel programme, their diligence and efforts are rewarded with regular travel trips and retreats.

On 25 July 2016, Seacare Manpower Service's NTUC membership recruitment team of 10 staff who had exceeded their fiscal target flew to Hat Yai for a three-day company-sponsored retreat. The organisation had also, in the past, funded short overseas trips to popular tourist destinations such as Perth, Hong Kong and Bangkok.

"We usually choose places with accessible transportation, lots of attractions, shopping opportunities and good safety records to celebrate our staff's success," explained Ms Sulena Supaat, Director of Seacare Manpower Services.

"Incentive travel is an excellent platform for showing our appreciation. Many long-lasting friendships have been formed during these overseas trips."







# Looking for a **Job?**

## Job Vacancies

- Teacher Aide/Assistant
- Receptionist cum Admin Assistant
- Admin Assistant
- Admin Executive
- Administration Manager
- Accounts Clerk
- AV/IT Technical Assistant
- ICT Executive
- Librarian/Library Assistant
- Science Laboratory Assistant
- Operations Manager
- Office Attendant
- Home Economics Attendant
- Laboratory Attendant

*Others...*



**Call: 6379 5632**

**Monday – Friday 9.00am – 5.00pm**  
**Saturday 9.00am – 12.30pm**



Email resume to:  
**placement@seacaremanpower.com**



**Seacare Manpower Services Pte Ltd**

EA Lic No: 95C4455

52 Chin Swee Road  
#06-00 Seacare Building  
Singapore 169875



Website: [www.seacaremanpower.com](http://www.seacaremanpower.com)

Facebook.com/SeacareManpower

Seacare Manpower Services

A **Contractor**  
of **Vital**



- Seacare Manpower Services Pte Ltd is one of the biggest and most reputable suppliers of manpower in Singapore. It is one of the appointed Contractors for Vital, a department under the Ministry of Finance (MOF).
- Its clientele includes:
  - Ministry of Education (MOE)
  - Ministry of Manpower (MOM)
  - Ministry of Home Affairs (MHA)
  - Ministry of Trade and Industry (MTI)
  - Prime Minister's Office (PMO)
  - Singapore Polytechnic





Whether in cosmopolitan Singapore,  
historic Kuala Lumpur,  
or the scenic cities across the United Kingdom,

# THE SEACARE HOSPITALITY GROUP OF 8 HOTELS

provides travellers with well-appointed rooms and suites  
and the opportunity to experience  
incredible destinations and create lasting memories!



**THE SEACARE HOTEL**  
SINGAPORE



**BEST WESTERN PLUS  
MILFORD HOTEL**  
LEEDS, UK



**COLUMBA HOTEL**  
INVERNESS, SCOTLAND



**CITIN SEACARE HOTEL**  
KUALA LUMPUR, MALAYSIA



**VICTORIA HOTEL**  
MANCHESTER, UK



**THE BIG SLEEP HOTEL**  
CARDIFF, UK



**THE BIG SLEEP HOTEL**  
EASTBOURNE, UK



**THE BIG SLEEP HOTEL**  
CHELTENHAM, UK

**seAcare**

Seacare Hospitality Pte. Ltd.

Seacare Building #09-00  
Singapore 169875

Tel: 65 6379 5655

Fax: 65 6734 5525

[www.seacare.com.sg](http://www.seacare.com.sg)