

SAMUDRA

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

MCI (P) 162/08/2015





SAMUDRA

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FACELIFT FOR SEAFARERS' TRAINING PROGRAMMES



In line with building the Singapore Core, SOS is working together with the Maritime and Port Authority of Singapore (MPA) and other stakeholders to revamp courses which will aid in the training of Singaporeans who aspire to become seafarers.

Currently, the MPA and SOS provide training grants for individual or existing seafarers to undergo training, upgrading and re-training to enable them to qualify for the seafaring jobs, to remain relevant with the changing work environment and to meet the latest regulatory requirements.

SOS also collaborates with employers who are shipping companies to place qualified Singaporean seafarers working onboard vessels covered by the Collective Bargaining Agreements.

Recognising that not all trained seafarers would continue to serve onboard vessels, SOS and MPA are upgrading the existing training programmes to equip Singaporean seafarers with fundamental skills and knowledge that can be applied to jobs beyond the maritime scope.

A good example is the "Seafaring Cook Place-and-Train Programme" where trainees trained and certified by the Shatec Institutes Pte Ltd can qualify as Cooks to serve on board vessels. The same culinary skill sets could alternatively be used to apply for jobs in the food and beverages industry.

To encourage more Singaporeans to take up seafaring jobs, other initiatives and incentives are being explored. Stay tuned for more details in upcoming issues of Samudra!





MORE FOREIGN SEAMEN SEEK HELP OVER WAGE WOES

The issue of foreign seafarers' salaries being delayed is back in the spotlight, with the number of such complaints rising.

Records from the SOS Industrial Relations Division show that some 40 cases of grievances were received from last September to April 2016.

The figure saw a jump of approximately 25 per cent, compared to the same period a year ago.

Most cases were filed by foreign-flagged registered vessels, said its IR officers, who work closely with the International Transport Workers' Federation (ITF) to investigate complaints.

SOS President Mohamad Abu Bakar, who visits seafaring members on board weekly, has seen all sorts of complaints involving various breaches of employment agreements, with the most common being unpaid wages. There have been cases where crew salaries were owed for as long as four months.

"Some employers repeatedly defer the crew's salaries. As a result, the crew members continue working without receiving payment for months. Seafarers play a crucial role in facilitating world trade and keeping the global economy afloat, yet their well-being is often overlooked," he remarked.

According to Mr Mohamad, some US\$415,000 of unpaid wages has been recovered for seafarers since the beginning of this year. The figure could be higher if one takes into consideration ships that are anchored beyond Singapore's territorial waters and its judicial rights, he added.



It is important for us to be mindful of the issues that plague seafarers on board. They contribute to the maritime industry at the expense of their lives, and they deserve to be recognised for that. SOS will do our utmost to ensure that their basic rights as employees are met, which includes the timely payment of wages.

– SOS General Secretary Kam Soon Huat



Cause of complaints

Singapore has one of the busiest maritime ports in the world. Data released by MPA showed that there are some 1000 vessels in its ports at any one time. This capacity is expected to surge when all port activities shift to Tuas in 2027.

Unsurprisingly, the high traffic flow has led to a greater number of ships being detained. Thanks to the transparency and efficiency of Singapore's legal system, the arrested ships can be swiftly sold and the proceeds promptly distributed among the crew. Unpaid wages and claims therefore tend to be settled quickly, Mr Mohamad noted.

As for the increase in number of cases where seafarers are not paid on time, the sluggish trade growth could be an indirect cause. The volatility of oil prices has slowed down global trade and inevitably affected the growth of the shipping industry, he observed.

Other concerns

Fellow IR officer Maximillian Theodore agreed, but said unpaid wages were not necessarily the only factors that troubled seafarers.

"Although the crew members may not openly tell you, the truth is they have other challenges to worry about, such as piracy, heavy storms, and worst of all, losing their jobs," said Maximillian.



"Ships, especially the older ones, can be detained up to weeks, if they are found to be lacking in safety standards and facilities that do not comply with the MLC or STCW. We often see cases of faulty life-saving equipment or missing crew certificates."

"This is why we always remind them of their rights to speak up if they witness any procedures being breached. We are doing all we can to encourage them and clarify their doubts during our regular ship visits," he added.

"They know they can always turn to us for help, advice or support at any time."



SOLIDARITY CELEBRATED AT MUA



When the Maritime Union of Australia (MUA) held its 2016 Quadrennial National Conference, SOS together with other ITF affiliates from the United States of America, Hong Kong, Philippines, India, Indonesia, Norway, New Zealand, Papua New Guinea, Singapore, Korea and Germany, in an act of international solidarity, showed up to display their support.

Bringing greetings from Singapore were SOS General Secretary Kam Soon Huat, Executive Secretary Daniel Tan and Assistant Treasurer Sharon Li.

One of the highlights of the conference, which was held from 28 February to 4 March 2016 at Gold Coast, Australia, was the Women, Youth and Aboriginal and Torres Strait Islander National Conference which Sharon participated.

Sharon, who is also the Co-Chair of the ITF Youth Committee and ITF Executive Board member, was a panelist on the “Youth Movement Around The World”. In her address, she congratulated the MUA Youth Committee on its achievements. Drawing from the Singapore experience, she highlighted the outreach efforts to involve young workers in the labour movement and efforts to enhance the skills of the workforce during economic downturns.

At the main conference, ITF President Paddy Crumlin articulated the need to build union power and influence while ITF General Secretary Stephen Cotton touched on the engagement of global and regional transport unions. Other topics covered at the conference included international solidarity, global union strategy and campaigning to win.

“We need a substantial voice and capacity to influence and this can best be done by teaming up with unions with the capacity, history and determination to fight for workers’ rights like the CFMEU (Construction, Forestry, Mining and Energy Union) in Australia and the Maritime International Federation and ITF in our region and the wider world,” Mr Crumlin highlighted in his message.

Inspired by the enthusiasm, experiences and energy displayed by the MUA delegates, the foreign delegates left the conference all pumped up to do more for unionism in their home countries.

MUA Quadrennial National Conference ended with a memorable Gala Dinner hosted by MUA.

CO-FUNDING HELPING FOR STCW AND CoC REVALIDATION COURSES



Four actively sailing seafarers - 58-year-old Jacob Nainan, 54-year-old Saidi Sidik, 53-year-old Kamaruddin Abdul Rahman and 48-year-old Mohamed Salleh Mohammed - can attest to the benefits of the SOS Training Grant. With the exception of Jacob, who is a chief cook, the rest are bosuns.

Jacob took a three-day refresher course on Basic First Aid On Board Ship, while the rest enrolled in a nine-day refresher course on Basic Tanker Training. Using the training grant, they were able to offset the costs of their STCW courses.

Saidi, who plans to take the Emergency Occupational Safety and Survival Training Course (EOSST) next, pointed out the importance of the refresher courses:

in order for the vessel to pass port state inspection, the crew needs to provide documentary evidence that they have met the criteria of the STCW Manila Amendments.

Due to this requirement to take mandatory STCW courses in order to continue sailing, the members were immensely grateful for the financial help provided by SOS.

To minimise the financial burden resulting from the revalidation exercise, the Maritime and Port Authority of Singapore (MPA) provides Maritime Cluster Fund – Manpower Development (MCF-MD) to help co-fund local seafarers (Singapore Citizens and Singapore PRs) to attend STCW courses required to revalidate their Singapore issued CoCs.

The general guidelines of MCF-MD support:

- **Eligibility:** All Singapore Citizens and Singapore PRs on self-sponsorship or company-sponsorship holding Singapore-issued CoCs
- **Validity of scheme covers:**
 - i. All revalidation courses conducted and completed by 31 December 2016; and
 - ii. Retrospective funding support for locals who have completed the CoCs revalidation courses from 25 June 2014 onwards
- **Supportable courses:** List of mandatory CoCs revalidation course types approved by MPA and as listed in Shipping Circular No. 10 of 2014; and performed in Training institutes, in Singapore
- **Co-funding level from MCF-MD:** 70% co-funding support of qualifying course fees.

For MCF-MD support, see Annex A in:

http://www.mpa.gov.sg/sites/circulars_and_notices/pdfs/shipping_circulars/sc_no_24_of_2015.pdf

ADDITIONAL COURSES UNDER SCHEDULE 2

Course Provider	CoC Revalidation Courses	Fund
Singapore First Aid Training Centre*	<ol style="list-style-type: none"> 1. Medical First Aid On Board Ship – Refresher STCW 2010 Section A-VI/4, Paragraph 1 Fee: \$535.00 (inclusive of GST) for 2 days This course is for seafarers who want to renew their Medical First Aid on Board Ship Certification, in accordance with STCW 2010 Table A-VI/4-1. 2. Medical Care On Board Ship – Refresher STCW 2010 Section A-II/4, Paragraph 2.2 Fee: \$642.00 (inclusive of GST) for 2 days This course is for seafarers who want to renew their Medical Care on Board Ship Certification, in accordance with STCW 2010 Table A-VI/4-2. It is mandatory for those holding a master CoC or the position of Chief Mate. 	Maritime Cluster Fund – Manpower Development (MCF-MD) + MPA Grant

*Recognised by MPA and compliant with STCW.

Visit www.sosea.org.sg/t-abouttraining.html for more information on courses under Training Schedules 2 and 3, and the Important Notes (pt. 3 and 4) under the revised Grant Application procedures.

Both STCW courses aim to equip participants with the competence to take efficient action in the event of accidents or illnesses on board.

Covering topics like toxicological hazards and hypothermia, the Medical First Aid On Board Ship Refresher course will enable participants to apply immediate first aid.

The Medical Care On Board Ship Refresher course ensures that participants can provide effective medical care to the sick and injured as they remain on board.



YOUTHS COME TOGETHER AS ONE



An objective to build and sustain strong relationships attracted some 55 unionists from Young NTUC and various affiliated unions together to attend the annual Young NTUC Workplan Seminar which took place on 11 and 12 March 2016 at D'Resort at Downtown East.

SOS Assistant Treasurer Sharon Li and Assistant Manager Halimahtul Saa'diah Mohamed Sadon were among the participants ready to roll up their sleeves and do their part in making the seminar a rousing success.

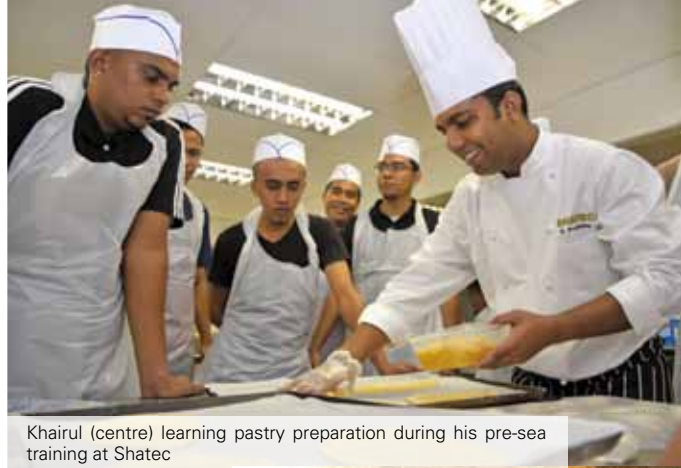
During the group conversation, the young unionists jumped at the chance to make a difference by engaging in thought-provoking discussions on the problems faced by the elderly, children with special needs, and ex-convicts. Never losing their enthusiasm, they reflected on the current workplan and contributed innovative ideas for improvement.

Icebreakers and the opportunity to inspire each other with real life stories fostered closer bonds between the youths, while the Servant Leadership Training spurred them to work on their strengths as future leaders.

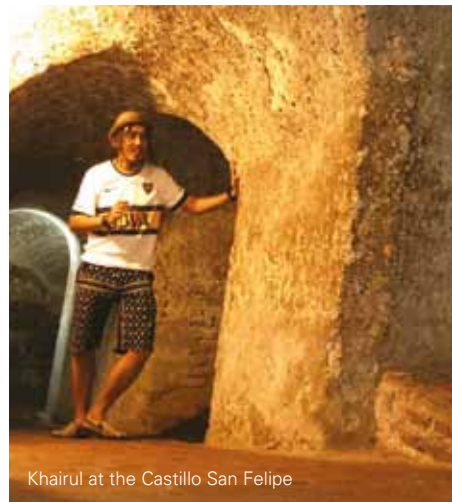
Having expanded their social circle and gained a deeper understanding of Young NTUC's vision, the participants went home motivated to turn their thoughts into actions.



SOS Assistant Treasurer Sharon Li (left) and Assistant Manager Halimahtul Saa'diah Mohamed Sadon



Khairul (centre) learning pastry preparation during his pre-sea training at Shatec



Khairul at the Castillo San Felipe

SOS MEMBER SPOTLIGHT

One of the youngest seafaring members to join the SOS family is Ship's Cook Khairul Adha Jaffar, 27, who came on board on 23 January last year. Having undergone the Seafaring Cook Place-and-Train Programme, he spends his days whipping up meals for his fellow seamen. SOS speaks with him to find out how seafaring has changed his life for the better.

Which company are you working for?

I'm with Wallenius Marine Singapore.

What do you enjoy most about being a seafarer?

Getting to travel the world and to leave Singapore's busy and hectic lifestyle behind is a wonderful feeling. Each place I've visited has its own unique culture. In addition, I was able to befriend people from different cultures who have different perspectives about life. This has made my job memorable.

Can you share with us some of your adventures or interesting places you have visited?

Well, one place that caught my eye was Castillo San Felipe de Barajas. It's an old castle and colonial fortress built by the Spaniards. Located on the Hill of San Lázaro in Cartagena, Colombia, this strategic position allows the people in the castle to monitor movement on land and at sea, and prepare for incoming threats.

How did your friends react to you working onboard?

They were very surprised. Most of them said things such as 'Oh really, you sure?' I guess they have no idea what it's like.

During your travels, you must have come across scenic views. Is there anything that you've seen which most of your friends haven't?

Oh yes! One fine example would be shining stars blanketing the beautiful night sky – a scene that is hard to come by in Singapore since it is too brightly lit even at night. I believe that out there, countless unforgettable encounters await me.

How has seafaring influenced your lifestyle or character?

I am now a much calmer person. I must have something to do with the sea which makes you steady and collected. What an irony!

Was the training prior to setting sail useful?

Yes, it helped to prepare me in advance. The lessons I picked up from Certified Cooks Training – one of the modules under the Seafaring Cook Place-and-Train Programme – gave me a better idea of what to expect and the actions to take in an emergency.

What is the worst climate condition you had to operate under?

I have been sailing around the entire South America. Thankfully, there is none so far because the weather here has been very calm. But if the ship ever runs into trouble, I know what to do!

FREE HEALTH SCREENING & EYE EXAM BENEFIT EXTENDED





Good news! SOS has extended the complimentary Basic Health Screening and Eye Examination by another year, starting from 1 April 2016.

Eligible local members and their dependants can continue to enjoy health screening and eye examination to identify and prevent potential health risks. Members are encouraged to get themselves screened even if they feel perfectly healthy.

Please call SOS Membership and Welfare Services at 6379 5671/ 672/689 to check your eligibility and make an appointment*.

Stay healthy!

** Available on a first-come-first-served basis.*

	
Health Screening	Eye Examination
Consultation and Complete Physical Examination	Visual acuity assessment
Biophysical Measurement	Binocular vision assessment
Office tests	Pupil assessment
Imaging Studies Lipid Profile	Colour vision assessment
Liver Profile	Central visual field screening
Hepatitis Profile	Keratometry
Kidney Profile	Intra-ocular pressure assessment
Endocrine Profile	Refractive status assessment
Bone & Joint Profile	Slit lamp biomicroscopy
Venereal Profile	Ophthalmoscopy
Urinalysis	Fundus photography
Full Blood Count	
3 Cancer Markers	
Medical Review	



WOMEN: THE NEXT ENGINE OF GROWTH

More women are assuming directorship on the boards of Singapore Exchange (SGX)-listed companies. The number jumped to 479 in 2015, up from 448 in 2014, according to the Diversity Action Committee (DAC). It noted that over the last three years, the percentage of women directors on the boards of SGX-listed companies had risen from 8 to 9.5 per cent.

The Media industry registered the biggest jump, with women making up 21 per cent of its directorial board. But their presence in the transport industry (namely, Air Freight and Logistics, Road and Rail, Airlines, Transportation Infrastructure, and Marine) stagnated at 11 per cent in both 2014 and 2015.

The number is slightly higher in unions, where women comprised about 26.3 per cent of the 1,319 ExCo union leaders in Singapore in 2015, according to statistics from the NTUC LDIS.

“It is nevertheless encouraging to see more capable women assuming greater responsibilities at work,” said Ms Shena Foo, Assistant Secretary of SOS and Chairperson of its Women’s and Youth Committee.

“They are a source of inspiration for many who wish to take on weightier roles at work while juggling family commitments,” she added.

“We are seeing more women representation in different enterprises. I believe women are capable of providing diverse perspectives and solutions, which can help organisations tackle different challenges and adapt to the ever-changing business environment.”

Numbers still Low

Despite the improvement, DAC said that women’s representation on company boards still fell below the market average of 9.5 per cent in many industries, even in those where women form a majority of customers.

Regionally, Singapore trails behind other Asian countries such as Malaysia (10.2 per cent), Hong Kong (11.8 per cent), India (12.9 per cent) and China (13.2 per cent) in terms of women directorship – though it is ahead of Japan, which aims to hike the employment of new mothers, after the birth of their first child, to 55 per cent by the year 2020.

According to Speaker of Parliament and Adviser to DAC Halimah Yacob, the percentage of women directors in Singapore increases by less than 0.5 per cent on a yearly basis.

“At this rate, it will take too long for Singapore companies to reap the benefits of women’s participation at the top decision making levels of companies,” she said.

More Women in Workforce

On the plus side, the Singapore Labour Force Survey 2015 showed a positive trend for women's participation in the workforce.

The employment rate for women between 25 to 64 years old hit 71.8 per cent, which is a 9 per cent jump compared to almost a decade ago, while the unemployment rate for women stabilised at 2.9 per cent for the past two years.

Ms Foo attributed part of the uptrend to ongoing efforts by local trade unions in pushing for a pro-family culture in the workplace.

"The setting up of Family Chapters and the commitment from unions to champion the cause of promoting a pro-family environment at work has been well-received so far," she said, adding that more can be done to encourage women's re-entry or retention in the workforce.

Reasons for Not Working

The survey also showed that almost 90 per cent of women in the prime-working age group of 25 to 29 years old are employed, a contrast to lower figures registered for other age groups of 35 to 39 years old (82 per cent) and 40 to 44 yrs old (79 per cent).

Among the 67,000 non-working women, a majority cited family commitments, such as housework and caring for children and relatives, as their main reasons for not working.

Flexible Work Options

"A mindset change is needed not just among women, but across the whole of society. We want strong labour force participation from women to be a social norm," said Ms Grace Fu, Minister for Culture, Community and Youth.

Speaking at the 2016 International Women's Day Celebration: "Breaking Boundaries, Challenging Confines" Conference Dinner, Ms Fu highlighted the need for developing women-friendly HR practices and work policies to encourage



the hiring of back-to-work mums and to nurture them for leadership positions.

Singapore's Economic Future

While the importance of keeping women in the workplace cannot be over-emphasised, Ms Fu stated that their participation is not merely an issue of gender equality, but an urgent need to sustain Singapore's economic future.

"...By 2030, the number (of citizens) that is exiting (the workforce) will be about 260,000 and the number that is entering is about 171,000. So if you are running a business that will tell you that in about 10 years' time you'll have a problem with workforce," she said.

"And more importantly, if you look deeper into the numbers, you'll know that the workers that are leaving the workplace are those that are aged 65 or so. Their education profile, their skill sets will be different from those that are entering – two generations of workers, completely different education, exposure and aspirations," she explained.

In adapting to the demographic shift, Ms Fu stressed the need for employers to attract jobs that appeal to the younger workforce as it would affect not only the quantity but also the quality and the nature of jobs.

"It's therefore a priority that we find ways to raise women's labour force participation rates. Women can be the next engine of growth."



EMPOWERING WOMEN DIGITALLY



(From left) Jullienne Low, Mariana Amad, Miko Neo, Seri Suriyani and Shena Foo



Beyond Face-to-Face: Empowering Women via Social Networks' - that was the theme for the dialogue session held on International Women's Day this year. Organised by the NTUC Women's Development Secretariat on 5 March 2016 at the NTUC Auditorium, this came as a timely reminder in light of the world becoming more IT savvy.

The SOS representatives at the event were Shena Foo, Mariana Amad, Seri Suriyani, Jullienne Low and Miko Neo.

With women empowerment in mind, NTUC Secretary-General (SG)

Chan Chun Sing, President Mary Liew and other speakers came together to trade ideas on how to establish and strengthen local and global ties through the effective use of technology. It was a dynamic discussion that stemmed from the surge of women breaking the glass ceiling by securing higher and better positions at work.

Ms Wong Su-Yen, CEO of Human Capital Leadership Institute, shared her experience of leading the corporate board as a woman representative, while Ms Eirliani Abdul Rahman, the Co-Founder and Executive Director of Youths, Adult Survivors & Kin In Need, emphasised the efficiency of using social media tools like Youtube to spread awareness about child sexual abuse and the ways in which children can be protected. Expanding on the topic of social media, Digital Marketing Expert Ryan Lim, a Principal Consultant and Founder of QED Consulting, explored methods to boost company presence and influence.

Besides learning about building strong networking groups, the event provided an opportunity to celebrate the progress and achievements of women at work and in life. The time spent networking and connecting with fellow women leaders and activists also brought much cheer and encouragement to the womenfolk.



It's the first time I've attended an event related to women empowerment in a face-to-face setting. It is definitely a good chance to mingle with fellow female unionists. I get to hear some fresh thinking and new ideas from the presenters, which is beneficial for continual personal and professional self-improvement.

- Jullienne Low, Admin Secretary, SOS Women & Youth Committee

The dialogue session with NTUC SG Chan Chun Sing was very engaging and informative. I was intrigued by the point that he raised about 'Gender Equality' on how women should not be expected to benchmark against men. Instead, women should set their own standards.

- Seri Suriyani, Deputy Admin Secretary, SOS Women & Youth Committee

STRONG WOMEN, STRONG UNIONS

As International Women's Day rolled around on 8 March 2016, the International Transport Workers' Federation (ITF) called upon its fellow unions to "inform, inspire and support" social, economic and political accomplishments of women by sharing success stories regarding the fight for women workers' rights.

For the ITF family, the International Women's Day is about helping to secure rights for women, and raise their visibility and participation in the union movement and the transport industry.

Here are some successful stories on tackling workplace issues for women transport workers, improving gender balance in the workplace or increasing the role of women in union leadership and industrial disputes from the unions around the world:

Argentina

The CCUOMM (Centro de Capitanes de Ultramar y Oficiales de la Marina Mercante) achieved its objective of getting the National Nautical School to enrol women back in 1993. Several accomplishments for women workers have since followed the victory, including the establishment of a Collective Bargaining Agreement which allows the appointment of female captains and officers and protects women's labour rights.

In the event of pregnancy under the new regulations, women have the right to disembark vessels and are entitled to 165 days of maternity leave and 45 days of breastfeeding leave with 20 per cent more pay than if they were onboard. They also get 45 days of leave in the event of miscarriage.

Today, the Labour Affairs secretary is female and a larger number of women hold decision-making posts in the union.



At Toronto Pearson International Airport



Women from the Turkish transport workers' union TÜMTİS

Turkey

As part of this year's International Women's Day celebrations, women from the transport workers' union TÜMTİS (Türkiye Motorlu Tasit İşçileri Sendikası) stood in solidarity with their fellow sisters from DHL (Dalsey, Hillblom & Lynn) Express in Latin America by penning messages declaring their support. This was following a widespread media coverage on the poor treatment of DHL workers in Panama, Chile and Colombia.

Canada

Unifor (Union for Canada) stepped forward with several favourable reports, such as supporting a bill for paid leave of victims of domestic violence and pumping up awareness of the gender wage gap by drawing attention to the high representation of women in low-paying occupations. Factors attributed to these wins include staff education, increased publicity and successfully reaching a negotiation with employers. Currently, the union's executive board has achieved gender parity.

To generate public support for decent airport jobs, Unifor launched the campaign "Fight for \$15 & Fairness at YYZ" at the Toronto Airport on 8 March 2016. This was also to protest against employers' practice of contract flipping that leaves workers – most of them women – with lower pay and little to no benefits.

Let's continue to stand together and fight for justice and equality.



SOS MEMBERS' NIGHT (TOMBOLA)

Rounds of heart-stopping Tombola, catchy 90's soft rock and a Nanyang-styled buffet spread brought the clubbing experience at Club@52 to a whole new level on 9 April 2016.

The SOS Members' Night kept the crowd of 130 active and former seamen delightfully busy as they rendezvoused and partied their evening away with beer, grilled lamb and Tombola - a game of luck akin to Bingo in which winners are chosen by a combination of numbers pulled out of a revolving drum.

Popular among the members, Tombola was reminiscent of their seafaring lives. Three sessions of the game, even with live bands and mini games as intermissions, did not seem quite enough for the boisterous players, who cheekily called out "Roll the drum again!" after the final round. Hilarious jokes by the host cracked them up.

ExCo members Mohammad Kodrasono, Loh Suan Hin and Ho Yew Chun gave out FairPrice shopping vouchers and mystery prizes to members with the winning tickets.





Never too shy to exhibit their fun and wild sides, some members showed off their killer moves on the dance floor. Others grooved and sang along to the live music on stage.

A lucky draw at the end of the evening got everyone revved up. Prizes, ranging from an Ogawa Lunex Touch Neck massager to a Novita air purifier, were presented to 20 winners by ExCo members Bon Sheun Ping and Mohamed Idris Mohamed Ibrahim.

Everyone experienced a joyous and rewarding get-together that evening!



SOS SOCIAL & WELFARE ACTIVITIES FOR FY 2016/2017

(MEMBERS RELATED EVENTS)



9 April • SOS Members' Night
(Tombola)



4 June • SOS Fruits Outing



15 July • SOS Hari Raya Celebration



27 August • SOS Members' Night



22 September • SOS Members' Night in Manila



28 September • SOS World Maritime Day Celebration
cum Seacare Annual General Meeting



8 October • SOS/Seacare Study Grant Presentation Ceremony



5 November • SOS/Seacare Deepavali Celebration



11 November • SOS/Seacare Reception in China



1 December • SOS 45th / Seacare 22nd Anniversaries Celebration



13 January • SOS/Seacare New Year Reception in Manila



1 February • Hong Bao Presentation / LNY Celebration / Long Membership Token



18 March • SOS Members' Night

Health Advisory On **Zika Virus**



The International Transport Workers' Federation (ITF) has issued an information factsheet in a bid to help seafarers around the world protect themselves from the Zika virus.

The Zika virus, caused by the bite of an infected *Aedes* mosquito, is currently circulating in Africa, the Americas, Asia and the Pacific. There have also been reported cases of the virus being spread through blood transfusion and sexual contact.

The health risk is higher to seafarers because they are in transit a lot of the time and there are a number of major trade routes passing through areas impacted by the Zika virus. Particularly dangerous for women who are pregnant or planning to become pregnant, the virus has been linked to genetic birth defects, with no specific treatment or vaccine currently available.

Follow the advice of ITF if you're on board a ship travelling to countries affected by the current outbreak of the Zika virus disease.

SYMPTOMS

- ⚠ The incubation period (the time from exposure to symptoms) of the Zika virus is a few days.
- ⚠ Common symptoms are:
 - Fever
 - Skin rashes
 - Conjunctivitis (red eyes)
 - Muscle and joint pain
 - Tiredness
 - Headache
- ⚠ They are usually mild and last 2 to 7 days.
- ⚠ Alert the ship's master or medical officer if you develop the symptoms described.

TREATMENT

- ⚠ There is no specific treatment or vaccine for the Zika virus.
- ⚠ If you get infected, take plenty of rest and drink enough fluids to prevent dehydration.
- ⚠ Try treating pain and fever with common medicines.
- ⚠ If your symptoms worsen, alert the ship's master and seek medical care and advice from the ship's medical officer.

PREVENTION

- ⚠ The best method is to minimize the chance of mosquito bites when docked or ashore in one of the affected countries by:
 - Using insect repellent.
 - Wearing clothes (preferably light-coloured) that cover as much of the body as possible.
 - Using physical barriers such as closed doors and windows, and mosquito nets.
 - Emptying, cleaning or covering containers that hold water to prevent mosquito breeding.
- ⚠ During outbreaks, health authorities may advise that spraying of insecticides be carried out.
- ⚠ The ITF will continue to monitor the situation and keep inspectors and seafarers up-to-date with developments as and when appropriate. Keep yourself updated by visiting the WHO website at www.who.int/emergencies/zika-virus/en/.



SEACAREFOCUS

SEACAREFOCUS

SEACAREFOCUS

SEACAREFOCUS





Diamagnetic therapy in progress

First of its kind in Singapore, the CTU-Mega 18 diamagnetic device from Italy is a revolutionary approach to pain management, and treatment will be available right here at Seacare Maritime Medical Centre Pte Ltd (SMMC).

The CTU-Mega 18 diamagnetic machine is widely used in pain management clinics, rehabilitation and physiotherapy centres in Europe, and is known for its unique technology in controlling and managing pain.

It generates high intensity magnetic fields that accelerate molecules away from the magnetic field. Unlike a traditional magnetic therapy or electrical therapy, diamagnetic therapy stimulates the inherent properties of water, which is a major

SINGAPORE'S FIRST EVER DIAMAGNETIC DEVICE FOR PAIN MANAGEMENT IN SMMC



Ms Kathryn Ang, Senior Manager (Medical Cluster) and Dr Chia Yih Woei

component of our body cellular system. It helps to accelerate tissue repair by moving cellular liquids from inflamed tissues to drain off through the lymphatic system. It also stimulates cells allowing deeper penetration or absorption of topical medication.

Dr Chia Yih Woei, Chief Executive Officer of SMMC, first heard about the diamagnetic equipment when he visited rehab centres in Malaysia. During his recce trip, he discovered that the diamagnetic technology for pain management was not available in Singapore.

Although there are other modalities in the market for pain management, they lack the cellular stimulation ability that CTU-Mega 18 possesses.

Impressed by the device's capabilities and effectiveness at relieving pain, SMMC decided to include this form of treatment as part of its services.

Dr Chia shared his thoughts, "Diamagnetic therapy will be an in-house service that SMMC hopes to provide for SOS members. This additional service is certainly a benefit for seafarers."

SMMC also hopes to offer this treatment as an option to older patients, many of whom come with arthritic conditions. This comes in handy at a time when the number of aging citizens is on the rise.



A large proportion of seafarers profile do suffer from musculoskeletal injury, aches and pains, due to the occupational hazard of manual labour inherent in their jobs.

– SMMC CEO Chia Yih Woei

There were traditionally 3 approaches to pain management...until now. Diamagnetic Therapy is a better alternative to drugs, surgery, physiotherapy, chiropractic or acupuncture.

– Senior Manager (Medical Cluster) Kathryn Ang

Furthermore, it works on various conditions like back pain, ankle or wrist sprains, sports injuries and chronic degenerative illnesses, which means a large percentage of Singapore's population will benefit from the treatment.

It's good to know SMMC has a way to maintain one's quality of life.

MASTERING THE ART OF SAVING LIVES



Seacare Manpower Services' First Aid Awareness Talk was back by popular demand for a third time on 11 March 2016.

Enlisting the expertise of Emergencies First Aid & Rescue Pte Ltd to conduct the talk, Seacare Manpower Services hoped to equip participants with the necessary skills to prepare for Disaster Management.

Feedback from the participants was highly positive, with 31 staff from various schools turning up for the five-hour session. Led by instructors Billy Lim and Zhelter, the training took place at the Institute for Adult Learning.

Trainees sat through an introductory lecture on the basic principles and practices of first aid and the application of said practices during an emergency situation, during which they got acquainted with the guidelines established by the Singapore National Resuscitation Council.

It wasn't all head knowledge. The talk built up to a climactic moment as the instructors gave a live demonstration of first aid procedures such as the Heimlich Maneuver and Cardio-Pulmonary Resuscitation, covering a comprehensive scope of health conditions that ranged from breathing difficulties like conscious choking to heart attacks.

The trainees also learned the proper procedures for tending to patients who were bleeding, had fractures or burn injuries, or were rendered unconscious by stroke, trauma or epilepsy.

No longer will they be helpless witnesses to accidents in the workforce. The trainees left ready to be saviors of lives using their newfound skills!



Participants of First Aid Awareness Talk with trainers Billy Lim and Zhelter

■ Workshop Title: **First Aid Awareness Talk** ■ Date: **11 Mar 2016**

Participants who have completed the workshop:

Dunman High Sch Hostel	Ho Fong Har
Xingnan Pri Sch	Nuurul-Hudaa Binte Abdullah
Mayflower Sec Sch	Rajeswari Kumaran
Frontier Pri Sch	Jumlah Binte Sumonor
Dunman High	Ong Siew Kim
Dunearn Sec Sch	Asliyah Binte Jumadi
Swiss Cottage Sec Sch	Jamila Binte Saim
Millennia Institute	Salmah Binte Saat
Victoria Sch	Kok Mei Hui
Dunearn Sec Sch	Norsiah Binti Setat
Guangyang Pri Sch	Tan Ah Oon
	Mac Bridget Pereira
Ministry of Home Affairs, Singapore Prison Service	Muhammad Ilias Bin Mohd Hassan
Evergreen Sec Sch	Lim Hui Kiang
Westwood Sec Sch	Roziah Bte Ahmadi

Fuchun Primary Sch	Quek Chay Huang
	Suriyati Binte Latif
Bartley Sec Sch	Mariam Binte Abdullah
West Grove Pri Sch	Tan Poh Heok Veronica
East View Sec Sch	Chan Sai Ling
Anchor Green Pri Sch	Gwee Lily
Dunman High Sch	Koh Swee Ying Christina
Blangah Rise Pri	Lissy Kozhikottu
Si Ling Sec SCH	Kamisah Binte Zainon
Methodist Girls' Sch (Pri)	Tan Poh Neo Jennie
	Subaidah Bte Motea
Seacare Manpower Services	Siow Chin Chin Evelyn
Ang Mo Kio Sec Sch	Mok Chek Jong
	Tan Kah Ing
Yio Chu Kang Sec Sch	Meenakshi Sundaram Srisudha
St Gabriel's Sec Sch	Linda Lim



Students from Bendemeer Secondary School, together with staff from Seacare and SNCF, at their learning trip to Seacare Co-operative



LEARNING THE SEACARE WAY

It was an exciting time for the students of Bendemeer Secondary School. Accompanied by teachers, the 26 students visited The Seacare Hotel on 3 February 2016 in a field trip to the co-operative owned hotel.

During the three hour learning journey organised by the Singapore National Co-operative Federation (SNCF), the students learnt about the skill sets, attitudes and values needed to succeed in the hospitality industry, as well as obstacles they might face and the career prospects.

Inspiring the students with the Seacare story, Seacare Assistant Group Executive Officer Shena Foo engaged the students with her presentation on the history and milestones of the Co-operative and how it developed to where it is today.

The Seacare Hotel General Manager Francis Choo and his team followed up with a sharing session on staff grooming standards and the importance of customer service skills. The students seized the opportunity to clear their doubts on issues



Learning the professional way to make the bed



Students posed questions about the hotel's daily operational duties

like part-time employability and the challenges posed by difficult guests during the lively Q&A session.

The highlight of the visit was the exploration of the Seacare Hotel and its divisions and operational departments. As part of the tour, the students had a brief but unforgettable involvement as chambermaids during their hands-on sessions. They not only picked up useful tips on maintaining the cleanliness of hotel rooms but also learned a valuable lesson about teamwork. After their learning visit, they had an enjoyable buffet at the hotel's lounge, Club@52.

It was an enriching and fruitful day for the students.



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About CTU- Mega 18 Diamagnetic Device

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- Alleviates conditions such as
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 - Sports Injuries
 - Rheumatic and inflammatory diseases
 - Golfer's / Tennis Elbow
 - Osteoarthritis

This non-invasive device is available right here at Seacare Maritime Medical Centre Pte Ltd (SMMC).

Diamagnetic Therapy® is what you need to soothe that pain.

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