

Issue 1
13/14

SAMUDRA

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

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GETTING SEAFARERS MLC 2006 READY





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SOS-SWIRE CBA COVERS VESSELS IN THE OIL AND GAS INDUSTRY



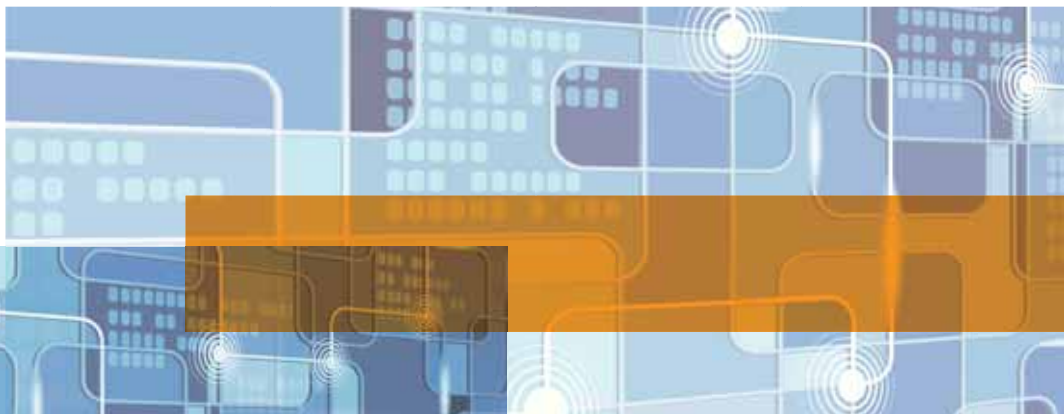
A Collective Bargaining Agreement was jointly signed by Swire Pacific Offshore Operations (SPO) - and its associate company Anscor Swire Ship Management - with the Singapore Organisation of Seamen (SOS); Singapore Maritime Officers' Union (SMOU); and Associated Marine Officers' and Seamen's Union of the Philippines (AMOSUP) on 5 June 2013.

The two-year agreement with the three unions, which covers all seafarers on board singapore registered vessels engaged in the Oil and Gas Industry, meets all aspects of the MLC convention and demonstrates Swire Pacific Offshore's commitment to align itself with the ILO recommendations for collective bargaining.

Among those present on the day of the historical signing were Mr Neil Glenn, Managing Director and Mr Colin Payne, Human Resources Director (Swire Pacific

Offshore Operations); Mr Percy Hee, General Manager, Swire Pacific Ship Management; Mr Kam Soon Huat, General Secretary and Mr Mohamad Abu Bakar, Vice President, Mr Chen Chuanyi, IRO (SOS); Capt Robin Foo, President, Mr Thomas Tay, General Secretary and Mr Daylen Tan (SMOU); Dr Conrado F. OCA, President (AMOSUP) and Mr Giles A Heimann, Chief Executive Officer (IMEC).

Swire Pacific Ship Management (SPSM), the direct manning arm of SPO, is headquartered in Singapore and draws on a register of over 1,600 officers and ratings from around the world. It has a shareholding in Anscor Swire Ship Management, a joint venture based in Manila that provides Filipino manning services to Swire's marine interests.



CHANGE OF SOS LEADERS FOR THE TERM 2011-2015

Changes to the composition of the SOS Office Bearers and Executive Committee (ExCo) have been made with effect from 1 July 2013. This is in line with the National Trades Union Congress 3-Flow union leadership development and renewal framework.

Mr Lee Van Chong has relinquished his post as Treasurer of the Union, a position he has held since 1976. To continue to tap on his long and extensive experience in the management and conduct of the business and affairs of the Union, Mr Lee has been co-opted as an Ordinary Member of the ExCo until the next election.

Assistant Treasurer of the Union Mr Sim Hor Pheng has been appointed to fill the vacated post of Treasurer. The other consequential change is Mr Loh Suan Hin, an Ordinary ExCo member, has been appointed to the newly vacated post of Assistant Treasurer.

Arising from the above changes, set out in the facing page is an updated list of SOS Office Bearers and Executive Committee for the term 2011 to 2015.

"It has been a great honour serving our members alongside my fellow leaders. I believe the Union will continue to soar to greater heights and I count it a privilege to be part of the making of SOS these past 37 years." – Mr Lee Van Chong, immediate past Treasurer of SOS, now an Ordinary Member of the ExCo



"As the new Treasurer of SOS, I certainly have big shoes to fill. I look forward to tapping on the extensive expertise and experience of Brother Van Chong." – Mr Sim Hor Pheng, newly appointed Treasurer



"In my new capacity as Assistant Treasurer, I hope to uphold corporate governance and fulfill my responsibility diligently. I eagerly anticipate learning from Brother Van Chong." – Mr Loh Suan Hin, newly appointed Assistant Treasurer



SINGAPORE ORGANISATION OF SEAMEN OFFICE BEARERS AND EXECUTIVE COMMITTEE FOR THE TERM 2011-2015

Advisors	Lim Boon Heng Grace Fu Hai Yien Arthur Fong Jen Zulkifli Bin Mohammed
Executive Advisor	Leow Ching Chuan
President	Mohamed Idris Bin Mohamed Ibrahim
Vice Presidents	Bon Sheun Ping Mohamad Bin Abu Bakar
General Secretary	Kam Soon Huat
Executive Secretary	Daniel Tan Keng Hui
Assistant Secretaries	See Boon Kwang Shoo Weng Leong
Treasurer	Sim Hor Pheng
Assistant Treasurer	Loh Suan Hin
Ordinary Committee Members	Lee Van Chong Raj Moham Lim Thizi Chee Norani Bin Md Rais Michael Tham Siang Hock Shena Foo Jee Hwee
Alternate Committee Members	Mohammad Bin Kodrasono Kamis Bin Hussain Tan Beng Kiat Lim Eng Seng Ho Yew Chun Chung Keng Meng
Trustees	Leow Peng Kui Nazarudin Bin Nandok Ow Kee Heng
Internal Auditors	Tang Teng Lung Raja Mohd Said Bin Raja Mohd Shafik

As at 1st July 2013

MAY DAY RALLY 2013

NTUC Secretary-General Mr Lim Swee Say gives his address at the Labour Movement's May Day celebration, committing efforts to tackle the widening income gap and strengthening the Singaporean core in every sector of the economy.

The Labour Movement (LM) celebrated May Day 2013 with the gathering of union leaders, key representatives from the National Trades Union Congress (NTUC) Social Enterprises, NTUC communities and staff, as well as tripartite partners at Downtown East. On 1 May 2013, they reaffirmed the LM's commitment to **Value Every Job, Value Every Worker, and Value Every Member**, and to the LM2015 vision of striving towards Better Jobs for All.

Mr Lim delivered the opening address at the May Day Rally 2013, reiterating the LM's commitment to working on building a more inclusive workforce to work towards giving Singaporeans better jobs with better pay, and better work-life balance. He outlined three key thrusts to achieve this outcome:

Companies need to be Cheaper, Better, and Faster (CBF) to be more productive and competitive

Mr Lim encouraged companies to work towards attaining sustainable competitive advantage in challenging times, as being cheaper, better, and faster (CBF) is even more crucial in today's context, seeing how Singapore companies cannot afford to be left behind.

Jobs need to be Easier, Smarter, and Safer (ESS) for workers

He pointed out that as companies strive towards being cheaper, better, and faster, it should not be at the expense of workers' welfare. To ensure that workers' job are easier, smarter, and safer, business should learn how to make smarter use of technology, innovation, capital and know how to be more "future-ready" than competitors.

We need to Value Every Worker

Due to the lack of a big domestic market, the Singapore economy is affected by the weakening global demand from time to time. Even so, the bigger challenge is about being able



to produce enough due to a shortage of manpower. Mr Lim pointed out that Singapore, as an inclusive workforce, must also become more productive and innovative to break the bottleneck of supply. Given the tight manpower situation, it is ever-more important to value every worker regardless of age, gender, qualification, background, and physical condition.

"There is no guarantee that we will always succeed but we cannot afford to get it wrong. Otherwise, our growth will be slower and we will also suffer the pains of higher unemployment, lower employment rates and even stagnation of wages."

Mr Lim expressed confidence in upgrading the skills and jobs of all workers, and eventually living a better life for all. He reinforced Singapore's strong tripartite spirit, which he believes will bring Singapore through times where other countries have failed.



TARGETED PROGRAMMES, BETTER JOBS FOR ALL

Speaking at the May Day Rally 2013, Prime Minister Lee Hsien Loong assured that the Government is determined and working towards improving the lives and jobs of workers.

PM Lee went on to mention about the many targeted programmes that aim to help workers across all levels, from older to low-wage workers to PMEs (Professionals, Managers and Executives). He went on to note the Government's incorporation of the Progressive Wage Model (PWM), an initiative by the Labour Movement, for the cleaning sector, and will go on to do so for the security industry as well. PM Lee pointed out that NTUC is working with more companies to roll out the PWM in 12 industry sectors.

However, he stressed that the country cannot depend on the Government alone to thrive through the current economic situation. Companies should value their workers and play their part in nurturing a strong Singaporean core. As businesses share fruits of success with their workers and the community and strengthen social compact, workers must value their jobs, continue upgrading themselves and adapt to changing conditions. Unions can help their members adjust to this new landscape, and work with employers to upgrade their businesses, jobs, and wages.

"Together, we must uphold tripartism, and keep it our lasting competitive advantage," said PM Lee.

PM Lee closed his address by expressing his confidence of Singapore success in restructuring its economy, as the country's well-educated and productive workforce is one of the world's best, and is a benefit so long as the workforce stays competitive.

"Singapore's international standing is high, both in Asia and in the developed world. We must maintain this confidence and reputation, to continue attracting investments and creating good jobs for our people. Let us work together to keep Singapore a land of opportunity and an inclusive society for many years to come."

"I wish all Singaporeans a Happy May Day!" – Prime Minister Lee Hsien Loong at May Day Rally 2013

MARITIME UNIONISTS DEVELOP REGIONAL STRATEGY WITH ITF

8TH ITF ASIA PACIFIC REGIONAL CONFERENCE – BUILDING STRONGER TRANSPORT UNIONS IN THE REGION

Crucial for discussing regional issues and solutions, the International Transport Workers' Federation (ITF) holds regional conferences once every four years. This year, the 8th ITF Asia Pacific Regional Conference (APRC) took place in Hong Kong from 13 to 17 May 2013. SOS General Secretary Mr Kam Soon Huat, Vice-President Mr Mohamad Abu Bakar, and Executive Committee member Mr Loh Suan Hin attended the conference to discuss matters concerning maritime workers with some 258 fellow unionists from 24 countries.

During the conference, the affiliates delved into ways to strengthen ITF's effectiveness and presence in Asia-Pacific, the trade union movement as a whole in the region, and the organisation and mobilisation of workers internationally in the face of global economic slowdown. The main challenge faced by unions in the Asia-Pacific region is the diversities of the economies and cultures, coupled with the key roles played by its major cargo hubs and corridors in world trade. As unions struggle to deal with basic trade union rights issues, the ITF aids them in developing a regional strategy to help unions grow and deal with complexities.

The main outcome of the conference was the agreement to escalate organising over the next four years across the industrial sections in strategic hubs, corridors, key transportation companies and the supply chains of global retailers. Adopted resolutions included the mitigation of global corporations' control over the vertical supply chain markets within which transport workers operate, and the improvement of workers' employment conditions and safety standards. Delegates also reiterated an urgent resolution on Global Warming and Climate Change.



At the closing of the convention, affiliates showed their strong support for the resolution to organise and build a stronger transport union base for the ITF, and closer cooperation among unions, in the Asia Pacific region.

Expressing satisfaction and confidence at the end of the conference, Mr Mahendra Sharma, ITF Asia Pacific Regional Secretary, said, "We have firm goals set for the next four years. We will try to integrate regional priorities and strategies within the ITF's global programmes and priorities, including in the planning, strategies and programmes of the industrial sections."

The conference re-elected Mr Hanafi Rustandi from Indonesia as Asia Pacific Regional Chair for the next four years and elected three Vice Chairs. Delegates paid tribute to the contribution of retiring ITF General Secretary Mr David Cockcroft and welcomed Mr Stephen Cotton as acting General Secretary.

WOMEN TRANSPORT WORKERS: END THE VIOLENCE

The ITF Asia Pacific Women's Conference held on 11 and 12 May 2013 pursued a strong objective – to stop violence against women transport workers. With the attendance of SOS Executive Committee member, Ms Shena Foo, the women's department held their own meeting at the ITF APRC to update on the women's activities and to discuss on how to improve women's participation and work conditions in their workplaces and unions.

Close to 40 women representatives had an in-depth discussion on solutions to provide better working conditions by highlighting examples of incidents suffered by women transport workers. One delegate from India brought up the case of a woman bus inspector who was badly beaten by two passengers; and cabin crew members spoke about the sexual

harassment they encountered onboard aircrafts. To continue building a team of women trade union leaders and maximising their global strength, a panel discussion was held to explore the topic – 'Increasing Women's Voice in Decision Making & Leadership – Who Needs to Change, Women or Unions?'

At the end of their meeting, the resolution adopted was to have a minimum of 30 per cent of women participants in all ITF meetings.

Dedicated to organising women in transport, the ITF's women's department supports ITF affiliated unions in fighting the impact of the economic crisis on women transport workers and to organise young and informal workers and women in non-union workplaces.



MORE WORKPLAN PROGRAMMES FOR YOUNG TRANSPORT WORKERS

Another important segment of the ITF APRC was the meeting of young transport workers, who are continually making efforts to get more transport workers below the age of 35 to get involved with the trade union movement. Assistant Director from SOS, Ms Sharon Li, attended the meeting on 16 May 2013 along with 16 other young workers, representing a total of 10 countries from the Asia-Pacific region.

The young transport workers were updated on the activities of young workers, such as the formulation of the

work programme, and the sort of work carried out at their conferences and meetings; doling out future workplans. Another agenda of the young workers' meeting was to have an open discussion on ways and strategies to organise the unorganised young workers.

The meeting ended with young transport workers agreeing to adopt the resolution to develop creative strategies for engaging youth, through mentoring and the usage of social media to engage.

SOS HELPS C WHALE CREW

The union once again does what it does best – protecting the welfare and interest of seafarers, this time, by recovering unpaid wages on behalf of crew members from C Whale.

For more than three months, the crew of the Very Large Crude Carrier (VLCC) tanker, which is part of Nobu Su's Today Makes Tomorrow (TMT) fleet, and managed by NOS Ship Management, did not receive their wages.

The crew members brought their plight up to the union, who swiftly moved into action to help the affected seafarers. On 1 March 2013, after C Whale was arrested, SOS Vice-President Mr Mohamad Abu Bakar and SMOU IR officers, together with the International Lutheran Seafarers' Mission (ILSM) immediately boarded the vessel to aid the stranded seafarers.

A warrant was signed by the crew members for the payment of all outstanding wages including repatriation costs. An immediate and practical help provided was the issuance of cell phone top-up cards, so that the seafarers could reinstate communication with their loved ones. Mr Mohamad Abu Bakar, together with Rev Christian Schmidt and Mr David See from ILSM handed out cell phone top-up cards to the seafarers who came from India, Pakistan, Myanmar, and Russia.

The arrest eventually led to the paying out of owed wages, totalling approximately US\$42,000 to the ratings, and more than US\$250,000 to the rest of the crew members of C Whale.



SMS BENEFITS EXTENDED TO LOCAL MEMBERS



SOS local membership has its health privileges.

Since April 2008 to March 2013, 830 health screenings and 756 eye examinations have been conducted for members and their dependants. These health benefits are offered at no cost to qualified local members and one of their dependants under the Seacare Medical Scheme (SMS).

The SMS has extended its free health screenings and eye examination benefits for another year, from 1 April 2013 to 31 March 2014 to local members with enhanced benefits.

1. One dependant per member will get to enjoy one health screening and one eye examination, subject to terms and conditions.
2. Superior health screening package that includes cancer markers
 - *The Cancer Markers tests are for common types of cancer, colon and stomach, liver, prostate (for men), and ovarian (for women).*
3. Special discount of up to **30 per cent** for branded sunglasses, spectacle frames and ophthalmic lenses at the NOOCC in-house eye-wear dispensary unit. *(Terms & conditions by NOOCC apply)*

Appointment booking for the benefits is now open. Please call **Ms Halimah at 63795671** or **Ms Clarissa at 63795672** from the SOS Membership and Welfare Services Division to book an appointment.

To know more about SMS, please refer to Page 31.

A GOOD WORK OUT AT INTERNATIONAL SPORTSWEEK FOR SEAFARERS



“Going forward, we will continue to invest in our seafarers given the critical role they play in the growth of the Singapore maritime industry. The Singapore Government will continue to work with the industry, unions and seafarers’ missions to safeguard and promote the interests and well-being of all seafarers.”

– A/P Muhammad Faishal Ibrahim,
Parliamentary Secretary, Ministry of Transport



More than 1,000 participated in the International Sportsweek for Seafarers; among them were 35 SOS members.

Organised by the Maritime and Port Authority of Singapore, the annual event is a highlight for local and foreign seafarers who look forward to having a good, healthy time taking part in the various sporting events such as soccer, basketball and tug-of-war; making new friends; and renewing old ties.

Held from 10 to 13 April 2013, the SOS team made their presence known when they received three awards:

Third Place in 1,500m race

Won by Mr Jeffrey Chew

Third Place in Shot Putt (Open)

Won by Mr Noraini Rais

Runner-Up in Tug-of-War





TRAINING COOKS TO COMPLY WITH MLC 2006



With the ratification of the International Labour Organisation's Maritime Labour Convention (MLC) 2006, shipping companies are required to adhere to meeting minimum standards of food and catering, among other conditions.

To equip seafarers with the competency and versatility that complies with the MLC 2006's requirement for a ship's cook, SOS has, through Seacare Thrift Pte Ltd, created a curriculum that is recognised by the Maritime and Port Authority of Singapore (MPA) and has been stepping up their training.

Since March 2013 to early June, eight training sessions have been carried out in the Philippines, Indonesia and China as well as in Singapore in our Seacare Building, and onboard the vessels.

The trainers Mr Maximillian Theodore, a certified trainer with Seacare Thrift, and Mr See Boon Kwang, an experienced cook, has been giving useful tips to the participants whose designations range from Galley Boy and Second Cooks to Chief Cooks. Sponsored by CBA companies such as PIL, Ocean Tankers, Gardline, APL, these cooks from different countries and of different races have been attentively learning from the experts who teach on topics such as catering health and safety, basic cooking techniques, sanitary food practices, hygiene and first aid.

The participants can pour through a certified cooks' training handbook, powerpoint slides, videos, quizzes and more to get themselves prepared for the test at the end of the two to three-day course. They are required to answer 60 out of 80 questions in the test correctly; or, it is back to class for them.

Thumbs Up from the Participants

"The training is good. I learnt a lot about food safety and safety in the galley"

"We learn about the important aspects of safety in the galley, the preparation of food and the possible dangers of a negligence of food hygiene."

"I go home with a lot more information about what a cook needs to know, the procedures and requirements. I wasn't aware of that in the past."

"The trainers are warm and patient and the materials are helpful."

"I am now aware of how important it is to keep food clean and safe for consumption for the crew onboard."

"Fun and easy to understand. The trainers covered all question about how to work safely in the galley."



"During training, many of these cooks realised that there were details that they missed out before, things like hygiene, food safety and personal safety which could have significant impact on their health. After I shared my past experience on similar situations with the participants, they expressed their appreciation. With the correct information and attitude, they come to understand that the ship may not necessarily be a dangerous place to work; it can also be a friendly place if you are equipped with the necessary information."

– Mr Maximillian Theodore, Certified Trainer for Cooks' Training





FOOD AND PERSONAL HYGIENE AS REQUIRED

AN EXTRACT FROM THE COOK'S TRAINING HANDBOOK

Without a doubt, quality food is always held in high regards in the food and beverage industry; and is the most important criteria in determining the success of a food and catering business.

For modern consumers, quality food incorporates not only the external components like the appearance, texture or flavor, but also significant to an extent, the internal components such as the nutritional values, freshness and hygiene compliance.

Because consumers today are better educated, they are acutely aware of the dangers of consuming contaminated food – which can result in severe food-borne illness such as diarrhea, vomiting, food poisoning and even death. In order to protect the health and safety of consumers, many health authorities have since set stringent hygiene standards and guidelines for Food & Beverage outlets and the chefs and kitchen helpers under their employment.

On-or offshore, it is a legal requirement to provide food that is safe for human consumption; there have been criminal charges of food outbreak brought against organisations for contaminated food or unsafe food practices.

Offshore, a similar set of standards for food and personal hygiene administers shipowners and the ships'

cooks, in the preparation of food for the seafarers working onboard ships.

The ILO Maritime Labour Convention (MLC) 2006, which will come into force on 20 August 2013, regulates that the food that is served to seafarers must meet a minimum standard in terms of hygiene, nutritional value, quantity and variety.

To ensure that ships comply with the minimum required standards for food hygiene and safety, ship's cooks are required to complete a training course recognised by a competent authority, which covers: practical cookery, food and personal hygiene, food storage, stock control, and environmental protection and catering health and safety.

A food handler, working onshore or onboard a ship, is bounded by the legal and moral commitment to practise good food hygiene and quality – which will uphold the reputation of the organisation and the confidence of the consumer.

Here are some pointers for food and personal hygiene extracted from the SOS Certified Cook's Training Course for new and existing ships' cooks.



Food & Personal Hygiene

Food handlers shall wash their hands thoroughly with soap:

- Before starting work
- After visiting the toilet
- After coughing or sneezing into the hands or handkerchief
- After handling raw meat

Food handlers must remember to:

- Wipe table before starting work
- Wear an apron
- Wear a hair net if you have long hair
- Wear disposable gloves before handling cooked food
- Remove all jewellery as bacteria can thrive under your rings, watches and bracelets and contaminate the food.
- Use only clean equipments
- Use colour-coded cutting boards for handling different food (e.g. red for raw meat, green for vegetables and fruits, yellow for cooked meat, brown for bakery & dairy).
- Clean up any food spill immediately



The SOS Certified Cook's Training Course is a shore-based and on-board training that complies with the requirements of MLC 2006 and is recognised by the Maritime and Port Authority of Singapore (MPA).

For information and enquiries, email to thrift@seacare.com.sg

CELEBRATING AND NURTURING WOMEN AT INTERNATIONAL WOMEN'S DAY



Women are becoming increasingly instrumental to the development of economic, social, political and technological areas in the world today. The gender agenda gains momentum as women all over the world celebrate International Women's Day.

In Singapore, the International Women's Day was celebrated carnival style on 2 March 2013 at Downtown East. The NTUC Women's Development Secretariat (WDS) held a celebration with NTUC President Ms Diana Chia as the Guest-of-Honour, and Special Guests consisting of NTUC Secretary-General Mr Lim Swee Say, Speaker of Parliament Madam Halimah Yacob, and NTUC Assistant Secretary-General Ms Cham Hui Fong. The celebration themed, "It's Time N.O.W! – Nurture Our Women", was also attended by members of the NTUC Women's Committee from SOS, Ms Shena Foo, and Ms Sharon Li.

The NTUC WDS aimed to reinforce its support to empower women to become leaders and lead more meaningful lives through Work, Live and Play. At the celebration, a job fair, jointly organised with NTUC's e2i (Employment and Employability Institute), was held for some 800 job seekers present, offering more than 1,000



job vacancies from 17 different employers. Of these, 10 employers offered job vacancies with some form of flexi-work arrangements. NTUC Unions will work with NTUC WDS to take on a pro-active strategy to promote a pro-family environment at work. NTUC President Ms Diana Chia shared, ***"To further push for a pro-family culture in the workplace, the trade unions will be setting up Family Chapters to work with the family life ambassadors of companies. Today, we see 11 unions already committed to the setting up of chapters and they would be championing this cause of promoting a pro-family environment at work."***

The women participants got to enjoy three workshops related to women issues on wellness and health. To top it off, all participants joined invited guests for a 'funzercise' and mass walk.

SOS TAKES LEAD IN FIFTH PHASE OF NTUC WDS KIDSREAD PROGRAMME



"I will definitely take part in the KidsRead programme again! It is a fantastic experience engaging with the children and imparting knowledge as they are very keen to learn. This programme will definitely help them in the long run." – Ms Priscilla Han, Manager, Membership & Services



Extending its reach beyond women, the NTUC Women's Development Secretariat (WDS) launched a reading programme in 2011 for children, to aid them in developing a love for reading and gradually improve their reading ability.

Led by Deputy Chief Operating Officer Ms Shena Foo, the volunteers from SOS Membership & Welfare Services - Manager, Ms Priscilla Han, Senior Executives, Ms Halimahtul Saa'diah Bte Mohamed Sadon and Ms Clarissa Lim, and ex-staff, Mr Colin Chia - helped out with the development of the programme.

The sessions conducted by the SOS entourage had the children playing games such as 'What's in the Box' and 'Far Far Away'; participating in fruit tasting; engaging in group/individual reading and enrichment activities.

YOUNG TRANSPORT WORKERS MEET IN BERLIN



The youth arm of the International Transport Workers' Federation (ITF) had its Committee meeting in Berlin, Germany, over two days on 20 and 21 May 2013. Crucial to continue organising young transport workers all over the world, the Committee Members, who come from different transport sections and regions, shared updates on the activities that were carried out. SOS Assistant Director

Ms Sharon Li was part of the meeting which also discussed the Committee's future work programmes.

ITF Acting General Secretary, Mr Stephen Cotton, stepped into the Young Transport Workers' Committee meeting to share his views of the work of Young Workers in the ITF.

"The Committee was delighted that the Mr Stephen Cotton was able to meet us and to learn that he fully supports the work of the Young Transport Workers Committee." – Ms Sharon Li, SOS Assistant Director

NEW EXECUTIVE JOINS THE SOS FAMILY

The SOS Schemes Administration & Organising Division is proud to introduce and welcome our new family member, Evelyn Yeo. Evelyn recounted the days when she worked with SOS as a temporary staff during her university term break. The experience she gained and the opportunity she was given as a temporary staff made such a good impression on her that she decided to return as a permanent staff, upon her graduation.

She shares about her hopes and aspirations.

"I hope...

... to be equipped with the necessary skills and knowledge to advance in my career, and be able to excel in a position that holds more responsibility."



... with my dedication and enthusiasm at work I am able to help contribute to SOS' growth. With my strong cooperation and team spirit, I can increase the productivity of Scheme Administration Division and serve our members better."

... to give my best to serve the members of the union. I appreciate the opportunities that SOS has given me. My career aspirations with SOS would be to justify the faith bestowed upon me by my Managers and Directors through service excellence. I also look forward to forging a stronger relationship with SOS members and my colleagues."

A NIGHT OF ENTERTAINMENT AT CLUB@52

When it comes to having a whale of a time, you can count on SOS members. Some 128 members gathered at Club@52 on 6 April 2013, for the SOS Members' Night 2013, for a fun-filled evening among friends, old and new.



Never known to be shy of the spotlight, members let their hair down as they mingled and enjoyed a scrumptious buffet dinner. The programme included games that quizzed members on their general knowledge and a dance-off battle



on stage. The entertainment show had members in stitches all the way. The night of entertainment ended with Lucky draw, where members walked away with NTUC FairPrice vouchers and Ashworth Boston Bags, presented by SOS ExCo members Mr Lim Thizi Chee and Mr Mohammad Bin Kodrasono.



SEACAREFOCUS

SEACAREFOCUS

SEACAREFOCUS

SEACAREFOCUS



THE GROWING COMMANDING PRESENCE OF SMMC



"It all started with wanting to do good – to meet the wide ranging, time sensitive medical needs of local and foreign seafarers. When Seacare Maritime Medical Centre (SMMC) was set up in 2008, it was all hands on deck. It did not take long before SMMC flourished and commanded presence in the medical industry." - Dr Chia Yih Woei, SMMC CEO & Chief Resident Doctor

In the last five years, SMMC's turnover has grown from \$3 million to \$5 million, and the medical centre now boasts a 2,000 square feet premises located in Amara Corporate Tower, furnished with its own state-of-the-art digital imaging equipment for x-ray and ultrasound diagnosis.

The seafarer-dedicated medical centre offers a full range of healthcare services, which includes 24-hour emergency medical service, ship call consultation, medical repatriation, vaccination and travel advisories and more.

"Falling sick can be a distressing matter for seafarers especially if they find themselves in a foreign land. SMMC is able to position itself as a 'home away from home' for seafarers at such times of need," said Dr Chia Yih Woei, SMMC Chief Executive Officer and Chief Resident Doctor.

"We also have a family of Seacare companies, offering services from transportation to accommodation, joining us in providing the best care for the seafarers."

Supported by a staff strength of 12, the SMMC went beyond its initial calling and broadened its network of clientele to include corporate clients from other industries after its listing in the Alliance Healthcare medical panel. More and more office consultations are carried out and non-maritime personnel started knocking on SMMC's door to receive premium care.

The professional reputation of SMMC opened more doors. In March 2013, the Centre received accreditation from the Oil & Gas UK, the leading representative for the whole industry which provides employment for some 440,000 people across the United Kingdom. SMMC's medical services are now extended to seafarers working offshore in the oil and gas industry whenever they call at Singapore.

"We have intimate knowledge of the unique healthcare needs of seafarers. Coming from the union and co-operative background, taking care of seafarers is deeply ingrained in every member of the SMMC team. And the industry recognised that," Dr Chia highlighted.

Spreading its wings wherever the seafarers are has brought SMMC out of Singapore. With Seacare Medical Scheme (SMS) fully in place, SMMC has the responsibility to oversee a growing network of SMS-certified clinics in Jakarta, Shanghai and different parts of the Philippines.

These 19 affiliates play a pertinent role in ensuring that seafarers get sufficient healthcare attention when the vessels they are on call at selected ports in the region. Each clinic is carefully chosen based on SMMC's list of strict selection criterion such as recognition by a national body and passing a stringent audit. The SMMC has seen instances of clinics being rejected or losing the affiliation to SMS when they do not meet the minimum requirements, an accurate testament to wanting to provide the best for our seafarers.

"Because of our maritime roots and professional reputation, shipping companies trust us to advise them on medical issues such as mandatory vaccinations and health checks for their seafarers. With shorter port stay and restricted port access, SMMC services become all the more appreciated and needed," said Dr Chia.

As one of the pioneers in providing healthcare services for seafarers, SMMC aims to maintain itself on the forefront of medical breakthroughs, setting the bar in the healthcare of seafarers, and other maritime healthcare-related issues. More than that, SMMC has set its sight on gaining more market share in the general healthcare industry and moving into sectors such as dentistry and pharmaceutical.

Let's just say, all that started well is working out really well.



SMMC AND MMSPL PARTICIPATE IN SEA ASIA 2013



Sea Asia, the leading maritime exhibition and conference in Singapore that showcases the international and regional maritime industries, was officially opened by Singapore's Deputy Prime Minister and Minister for Finance, Mr Tharman Shanmugaratnam on 9 April 2013.

Speaking to more than 600 senior shipping executives at the opening ceremony, DPM Tharman said the challenges global shipping now faced, including tonnage overcapacity and depressed freight rates, were likely to persist in the months ahead and this implied





continuing uncertainty. He also spoke about Singapore's continuing efforts to be a leading International Maritime Centre and said: "Singapore has benefitted from Asia's growing role in world shipping. Our maritime ecosystem is a key pillar of our economy, contributing about 7% to our GDP. We are home to about 130 international shipping groups and 5,000 maritime companies employing over 170,000 people."

This year, some 13,000 visitors from 68 countries attended the three-day event at the Marina Bay Sands Expo and Convention Centre. Occupying 16,950 sqm of gross space, the event was joined by local and overseas maritime and shipping businesses which showcased their cutting-edge innovation and services catered to the maritime industry.

Seacare Maritime Medical Centre Pte Ltd (SMMC) and Magnum Marine Services Pte Ltd (MMSPL) were among the 385 exhibitors that hail from 36 countries, including China, Holland, Japan, Korea, Norway, Panama, Qatar, Singapore and the United Kingdom.

The two companies under the Seacare Group warmly received local and foreign visitors who dropped by at their booth, showcasing their range of services and handed out brochures.

SMMC and its affiliated clinics across Southeast Asia provides a range of maritime healthcare services and affiliated medical services for seafarers in countries such as Singapore,

Philippines and China. These maritime specific healthcare services include pre-employment medical examination, crew hospitalisation management and Imaging facilities including x-ray and ultrasound.

Known as the crown jewel of Singapore's Maritime Week, the next Sea Asia will take place on April 21 to 23 in Singapore in 2015, according to co-organisers Seatrade and the Singapore Maritime Foundation (SMF).



LEARNING FIRST AID

Becoming a first aider is more than just acquiring a certificate. It means learning a fundamental skill that could make the difference in saving someone's life.

Fifty-five Seacare staff from 37 schools equipped themselves with this valuable skill when they attended a First Aid Awareness Talk organised by Seacare Manpower Services Pte Ltd on 20 March 2013. As part of Seacare Manpower's effort to serve organisations better, the free talk, conducted by Mr Koh Kok Weng from the Singapore Red Cross Society was aimed at equipping Seacare staff with the relevant skills to enhance their productivity so that they could better serve their employers.

For six hours, the participants, who also included Seacare Manpower staff, learnt the importance of first aid and what to do during an emergency situation. After having seen demonstrations on cardiopulmonary resuscitation (CPR), Heimlich Manoeuvre and various methods of bandaging, participants were asked to perform the procedures. The hands-on sessions allowed attendees to practise in pairs for greater learning.

Trainees who attended the first aid course, will no longer feel helpless should an emergency situation occur in their workplace. They felt more confident in their role at work and at home and believed it has added to their personal development. A hugely rewarding skills training and truly a life saver!

We congratulate the following participants for acquiring Life Saving and First Aid skills.

BEDOK GREEN PRI SCH	TAN BENG KWAN GREGORY
BEDOK NORTH SEC SCH	KOK QWE LAN
BOON LAY GARDEN PRI SCH	BUVARAJ S/O PACKIRISAMY
CHANGKAT PRI SCH	TAY SUAN ZEE
COMMONWEALTH SEC SCH	LAILA BEEVI BTE MOHAMED HUSSAIN
	PETER DURAIRAJ BHARAT SENTHIL VIJAYA RATNA
DUNEARN SEC SCH	NG POH CHUAN
DUNMAN HIGH SCH	CHOW CHEE KUEN CYNTHIA
	KOH SWEE YING CHRISTINA
	SEAH HAR SONG
DUNMAN HIGH SCH HOSTEL	HO FONG HAR
FUHUA PRI SCH	SUHANAH BINTE HAMZAH
HENRY PARK PRI SCH	ANANTHAKASI ROSELINE KUMUDHA
KUO CHUAN PRESBYTERIAN SEC SCH	SHAH KOON SENG HENRY
MAHA BODHI SCH	CHEW CHIN LEONG JIMMY
	LUM MEI FUN SHERON
	ONG KIM YIAN
MARYMOUNT CONVENT SCH	LIM SIOK ENG
MAYFLOWER PRI SCH	FOO SAY MENG
	LIM CHUAN HOY
	MARIA SIRON MANY
	JULIANA BINTE AB KADIR
	NORRA BINTI A. RAHMAN
	OW CHOY CHEE
	TAN GEK LENG
MILLENNIA INSTITUTE	SALMAH BINTE SAAT
MONTFORT JUNIOR SCH	LALITHA D/O THANGAVELLU
MSF, RPRSD CFPB	LAW NAN DI BENEDICT

MSF, RPRSD FCPW	LING WAH TIANG
MSF, RPRSD PROGRAMME BRANCH	NG LI PIN
MSF, RPRSD PSB	LAU LAY YEN
OUTRAM SEC SCH	EMIR HAMZA BIN ALI
PAYA LEBAR METHODIST GIRLS' SCHOOL (PRI)	LEE GEOK CHING SERENE
PIONEER PRI SCH	KOH BEE GEOK
SENG KANG PRI SCH	SIM KWAI KIU ROSALIND
SIGLAP SEC SCH	HALUS BINTE SAIDI
SPRINGFIELD SEC SCH	LIM SIEW BEE
ST JOSEPH INSTITUTION JUNIOR	CHAI YONG SENG
	LOW HO PENG
	TANG YOKE CHAN
SWISS COTTAGE SEC SCH	JAMILA BINTE SAIM
TAO NAN SCH	CHIA KWEE WAH
TECK GHEE PRI SCH	KOH LAY CHOO
	SIM BEE HUAT
TELOK KURAU PRI SCH	ASIAH BINTE HADI
	CHAN SOCK FANG JULIE
	JURIAH BT M YUSOF
TEMASEK JUNIOR COLLEGE	YEO PEI LING
VICTORIA JUNIOR COLLEGE	ANG SIEW LAN REBECCA
WEST GROVE PRI SCH	AMIRTHAM D/O KANDASAMY
	SRI SUHARTY BINTE MOHD SHAH
	WEMALA KUMMARI D/O CHINNASAMY
WEST VIEW PRI SCH	ELI ERMA BINTI YATIM
XINMIN SEC SCH	TAN AH SIEW
YEW TEE PRI SCH	AISHAMAL D/O ABDUL RAZAK





SEACARE RETURNS REFRESHED FROM ACLC

A timely insight into the unique challenges of the co-operatives sector in Singapore and the rest of the world, is what makes the Annual Co-operative Leaders' Conference (ACLC) such an insightful event to look forward to each year.



This year's conference, held on 30 May – 1 June 2013 in Bangkok, Thailand, attracted over 120 delegates from 30 co-operatives from Singapore. Among the delegates that attended this high-level, multi-discipline conference were Seacare representatives Mr Raja Mohd Said B Raja Mohd Shafik, Mr Abdul Rahim B Mohd, Ms Shena Foo, Ms Jacquelyn Lam, Ms Kathryn Ang, and Ms Desiree Chan.

During the three-day conference, high-ranking and distinguished chairs and speakers such as Mr Karl Chong, the Founder of Beeconomic and CEO of Groupon Singapore; Mr C V Nathan, Chairman, Singapore Amalgamated Services Co-operative Organisation Ltd (SASCO); Chef Benny Se Teo,

founder of Eighteen Chefs; Colonel Yazid Bin Abdullah CEO, Co-operative of Singapore Civil Defence Force Employees (COSEM); Mr Chua Poon Guan, Honorary Treasurer, Singapore Teacher's Co-operative Society Ltd; and Mr Wong Chee Meng, Chief Financial Officer, Ya Kun International Pte Ltd addressed cutting edge insights and solutions for the co-operative sector. On top of this, the congress also provided a group discussion and presentation session.

The conference programme offered a rich choice of session formats and networking opportunities aimed at highlighting excellence, promoting dialogue and stimulating the exchange of experiences.



One of the unique highlights of ACLC was the setting up of a live Social Media desk, which reported the events in real-time. This proved quite popular with participants with postings made on Facebook, Twitter and Google+.

Officially opened by Mr Chan Tee Seng, Executive Chairman of the Singapore National Co-operative Federation (SNCF), the level of insights gained by Seacare delegates during the talks, discussions and presentations resulted in them returning refreshed and recharged to build a stronger, sustainable and resilient co-operative.

ICT TRAINING EQUIPS STAFF TO FACE CHALLENGES

A good way to appreciate Information Communications Technology (ICT) is to consider all the uses of digital technology that already exist to help individuals, businesses and organisations use information.

ICT is concerned with the storage, retrieval, manipulation, transmission or receipt of digital data. It is also concerned with the way these different uses can work with one another. Some 20 ICT personnel of Seacare Manpower attended its annual Information Communications Technology (ICT) training on 22 March 2013, with the purpose of equipping themselves with the skills to keep up with the fast paced development of technology and the challenges it presents.

Conducted by Mr Paul Cheong, Senior Manager of the ICT Division, Seacare Manpower Services Pte Ltd, the training prepared ICT personnel to face the swift changes in supporting ICT environments and to meet its demand. Assisted by Mr Tay Cheng Yong, Assistant Manager of the ICT Division, the equipping session will help increase productivity, particularly in the area of schools' administration, and teaching and learning activities.



Seacare Caters To Your Healthcare Needs

Back in 2005, the Seacare Medical Scheme (SMS) for SOS local members was introduced, providing qualified members with free health screening at the Seacare Maritime Medical Centre (SMMC).

From its centralised location in busy Tanjong Pagar, the SMMC has catered to the healthcare needs of seafarers and SOS members who went through its well-equipped clinic. Since then, the SMS has been enhanced to include more benefits and coverage, such as comprehensive eye examination at the New Optometry and Ocular Care Centre (NOOCC).

To qualify for benefits under the SMS:

- 1) Ordinary member, Participating local member, Participating staff must be a paid up member in the month of health screening/eye examination appointment.
- 2) All Associate for Life, Cadre and Founder Member are deemed Qualified SOS Local Member.

One dependant per Qualified SOS Local Member shall be eligible.

- For single member, dependant refers to mother or father
- For married member, dependant refers to legitimate spouse



Health Screening at the SMMC

- Consultation and Complete Physical Examination
- Biophysical Measurement
- Office tests
- Imaging Studies
- Lipid Profile
- Liver Profile
- Hepatitis Profile
- Kidney Profile
- Endocrine Profile
- Bone & Joint Profile
- Veneral Profile
- Urinalysis
- Full Blood Count
- Cancer Markers
- Medical Review



Comprehensive Eye Examination at the NOOCC

- Visual acuity assessment
- Pupil assessment
- Central visual field screening
- Intra-ocular pressure assessment
- Slit lamp biomicroscopy
- Fundus photography
- Binocular vision assessment
- Colour vision assessment
- Keratometry
- Refractive status assessment
- Ophthalmoscopy
- Summary report



The benefits are subject to the following conditions:

- 1) Qualified SOS Local Member and one dependant are entitled to one free health screening each and one free eye examination each from 1 April 2013 to 31 March 2014.
- 2) Any unconsumed entitlement for the stated validity period is not allowed to be carried forward to the following period.
- 3) The benefits are strictly not exchangeable for cash or transferable.
- 4) Member's marital status shall be based on date of screening/examination.
- 5) For eye examination, dependant may include a sibling or child below 18 years old.

The basic health screening is available from Mondays to Saturdays from 9am to 12pm (closed on Sunday & Public Holidays) at:
Seacare Maritime Medical Centre Pte Ltd 100 Tras Street #18-02/03, The Amara Corporate Tower, Singapore 088539

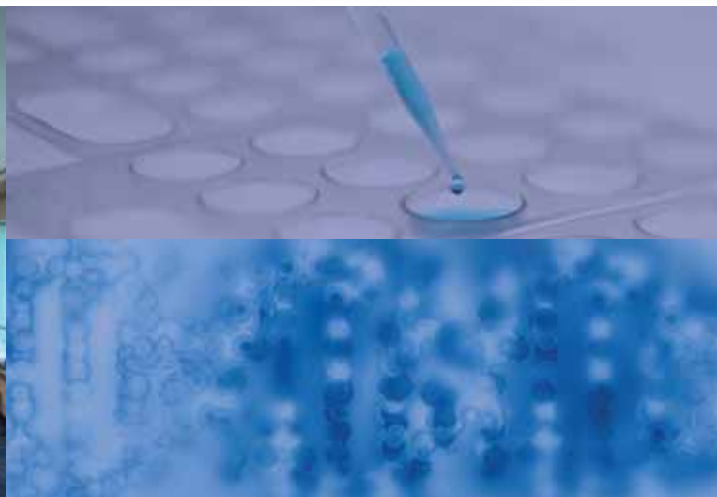
The Comprehensive Eye Examination is available from Mondays to Saturdays from 9am to 6pm (closed on Sunday & Public Holidays) at:
New Optometry & Ocular Care Centre 190 Changi Road, B1-01 MDIS Building, Singapore 419974

For enquiries or booking of appointment, please call SOS Membership & Welfare Services Division at 6379 5671 or 6379 5672.

SMMC Brings You Quality Medical Services

Our Maritime Healthcare Services

- Office Consultation and Ship Call Consultation
- Medical Referral and Crew Hospitalisation Management
- Digital Imaging Facilities including X-ray and Ultrasounds
- Pre-employment Medical Examination for Seamen
- Vaccination and Travel Advisories
- Medical evacuation of sick crew from ship to shore
- Medical repatriation of crew to home country
- Dental services
- Medical specialist services



SMMC Singapore

100 Tras Street
#18-02/03
The Amara Corporate Tower
Singapore 079027
Tel: (65) 6222 7728
(65) 6222 2961
Fax: (65) 6224 6387

SMMC Shanghai

Room 509, Apollo Building
No. 1440 Middle YanAn Rd,
Shanghai
Tel: (86-21) 6133 1878
Fax: (86-21) 6133 1879

SMMC Affiliated Clinics

Indonesia

SMMC/Klinik Baruna
Jln. Cikini Raya
No. 60 R/S Jakarta 10330
Tel: (62-21) 391 8730
Fax: (62-21) 315 1065

SMMC/PT. Indosehat 2003 Clinic
(6 branches),
Jl. Cilincing Raya No. 74,
North Jakarta
Tel: (62-21) 441 1281

Singapore

New Optometry & Ocular
Care Centre
190 Changi Road
#B1-01, MDIS Building
Singapore 419974
Tel: (65) 6471 1771

Shanghai

Seacare@Shanghai
10F, No. 2 Building, No. 259
Xi Kang Rd, Shanghai
Tel: (86-21) 3222 0949
Fax: (86-21) 6289 2983

Philippines

SMMC/Micah Medical Clinic and
Diagnostic Laboratory
3rd Floor Marc Building, 1971 Taft
Avenue, Malate, Manila, Philippines
Tel: (63-2) 536 5289/536 5900
Fax: (63-2) 536 5280

SMMC/Galenus Clinic Inc.
3rd Floor, Ferguson Park
Tower, M.H. Del Pilar cor. A
Flores St. Ermita,
Manila 1000, Philippines
Tel: (63-2) 528 4185
Fax : (63-2) 536 9716

SMMC/Ilano's Medical &
Dental Clinic
Ilano Bldg I, units 4,5 and 6,
Nueno Avenue,
Imus Cavite, Philippines
Fax: (63-46) 471 3428/ 471 5051

SMMC/Gillamacs Diagnostic &
Medical Laboratories Inc.
169 Sandangko St.
Cebu City
6000 Philippines
Tel: (63-32) 418 4090/91

SMMC/Medicus Diagnostic
Center & Medical Clinics
(5 branches)
G/5th Floors,
Benigno Aquino Avenue,
Mandurriao, Iloilo City
Telefax : (63-33) 508 6365

Buhangin Medical Clinic and
Diagnostic Center (BMCDC)
Door 2 Gimenez Building
Km.5 Buhangin Proper
Davao City
Tel: (63-82) 3016814/2862267/2410925