

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

SAMIUDRA

ISSUE

01

19 / 20



FRESH
NEW
LOOK



Contents

6



22



28

- FRONTline**
- **03** A New Spin to Samudra
 - **06** Keeping the Kampong Spirit Alive
-
- IR Diaries**
- **08** To the Rescue of Brightoil Lion Crew
 - **10** Ride the Tide, Shape the Future
 - **11** 2nd Capital Link Singapore Maritime Forum
 - **12** Learning Visit to Down Under
 - **13** FKSU Strengthens Ties with SOS
-
- TrainUP SkillUP**
- **14** SQRT 59 and SQCT 60 - Quality Maritime Ratings Here and Beyond
-
- SEACARE Focus**
- **20** Club@52 Turns 18
 - **22** Find Your One Chulove
 - **24** Seacare Hospitality Looks to Bournemouth
 - **26** Seacare Manpower Connects Jobseekers
 - **28** Ambassadors of Care Cheer Up Malay Residents of Jalan Kukoh
 - **30** The First 2 Cooks Enhancement Trainings Onboard Oxalis Vessels
-
- What's UP**
- **16** Diet and Nutrition
 - **18** Rethink, Redesign, Refocus on Membership
 - **31** Attention All SOS SPF Members

MCI (P) 101/05/2019



A NEW SPIN TO SAMUDRA

Samudra has a breath of new life and a brand new look!

At a time when many print publications are shuttering their physical editions, Samudra is bucking the trend. Better still, the SOS magazine, which has been around since 1980 is future-ready. We are doing both print and digital!



“There is something personal about having a physical copy. Putting the union’s heartbeat into the hands of our members means everything to us. We want to tell all our members, especially our more senior members, that we remember them. Just because we are moving forward does not mean we are leaving behind any members.”

SOS General Secretary Daniel Tan

Since the first issue of Samudra, the magazine has been the voice of seafarers and SOS. From bread and butter issues to social events; from international labour news to local prime stories, the publication has sought to keep the members informed.

“Samudra is the focal point where dialogues take place – in print and soon, online. It is recognisable and will remain relevant and personal to all its members in both medium of communication,” said Brother Daniel.

The magazine has also carried different masthead designs, paper material and sizes. In this newly revamped Samudra, the size and layout is distinctively different.



1980

1993

1996

1996

1997

1998

1999

2004

2017

“As more organisations choose to offer news only online, the presence of the hardcopy of Samudra will be more pronounced and prominent. For us, meeting our members’ needs drive our decision,” he added.

The online version of Samudra will reach out to the younger readers as well as our foreign members. News can be released faster and in bite size not only through the online Samudra but also social media platforms like Facebook.

SOS has also revamped their website recently so that members can access to a host of information, application forms and more.

Samudra is not the only way where SOS and Seacare reach out to its audience. The many face-to-face encounters, such as the regular Members Night, festive celebrations, family day, maritime related events, talks and courses, have enabled the leaders and members to stay in touch and in tune with each other.

▲ Samudra means ‘Ocean’ in Sanskrit, a word which seamen attach fond memories and special significance to.



“Family is about connections. SOS will go all out to reach out in any way possible so that our members, both young and old, will always feel connected to the Union.”

SOS President Mohamad Abu Bakar

“While we work on helping our older members embrace digitalisation, we first have to engage them and not let the disruption widen the gap of communication.”

Vice Chair of SOS Research and Corporate Communications Shena Foo



“The Samudra revamp is timely. We are always evolving and trying new ways. It’s good to have fresh ideas.”

SOS Alternate Exco Member Hong Sian Beng

“We now have the best of both worlds – print version of Samudra, and soon, online. Both mediums have their strengths and it’s good to tap on that.”

Admin Secretary of SOS Research and Corporate Communications Eugene Guo



“Samudra is like a meeting place; linking members to the Union. Members like looking at the event photos. During our home visits, some members will show us articles they cut out from Samudra for safe keeping.”

SOS Exco Member Mohamed Idris Mohamed Ibrahim



KEEPING THE KAMPONG SPIRIT ALIVE

The SOS Hari Raya Celebration is more than just a joyous celebration of forgiveness, fellowship and food. It has always been about coming together as a big family – keeping the SOS kampung spirit alive!

The SOS family extended beyond its members to include those in need and in the community, by sharing the joy of Hari Raya with 80 residents from Darul Ihsan Orphanage, Jamiyah Home for the Aged, AWWA Community Home for Senior Citizens and Ramakrishna Mission Boys' Home.

Held at the Raffles City Convention Centre on 14 June 2019, the SOS Hari Raya Aidilfitri Celebration had SOS Advisor Zulkifli Mohammed as the Guest-of-Honour.



Pre-event activities such as instant photo booth, ketupat keychain-making and goli game got everyone into the raya mood. A host of variety show entertainment was lined up for the enjoyment of all.

Fauzie Laily (singer/actor from MediaCorp Channel 5 & Suria channels) stirred the crowd's involvement by getting them on stage for games, laughter and prizes. SOS members were wowed by the melodic voices of Ainul Yaqin (Winner of Juara Mic Junior 2018) and Rahilah Rashun (Top 6 in Akademi Fantasia 2016). The comedic comments of social media influencers Lepak One Korner, had everyone in stitches. The traditional dance performances tempted the audience to move along with them.



Not to miss out on the lucky draw prizes, members were attentive during the drawing of numbers, to stand a chance to win mobile phones, household appliances and F&B vouchers.

The beneficiaries from the welfare homes were specially thankful for receiving green packets worth \$50 each, presented by Mr Zulkifli Mohammed who was accompanied by SOS President Mohamad Abu Bakar and General

Secretary Daniel Tan. They left the event feeling grateful for being able to share in the celebration.

SOS has not forgotten about the community. In fact, three weeks before the event, a group of volunteers from SOS and Seacare went around the Jalan Kukoh neighbourhood to spread the festive spirit with some 100 households. The visit from volunteers brought smiles to the residents and kept the 'kampong' spirit alive.





TO THE RESCUE OF BRIGHTOIL LION CREW



An appeal for help was made to the union to assist the crew members of Brightoil Lion in recovering their wages since the 107,518 dwt 2010-built Aframax was detained on 27 December 2018.

The Singapore Seafarers' Unions (SMOU and SOS) acted promptly to help 14 seafarers onboard the arrested tanker Brightoil Lion to claim their unpaid wages which amounted to a total sum of USD175,636.

For the seafarers onboard Brightoil Lion, the unions were able to help claim their wages on the grounds of the MLC 2006 Financial Security requirements which state that shipowners are liable for repatriation of crew, essential needs such as food, accommodation and medical care and up to four months' outstanding contractual wages and entitlements in the event of abandonment.



SOS President Mohamad Abu Bakar said: "I am relieved that our seafarers were protected under the financial security requirements to claim what was rightfully owed to them. Thankfully, the company was able to sell the vessel and with the proceeds of the sale, settle its liabilities. The seafarers can finally return home and close this episode behind them."

It's moments like these when the union's work of fighting for the rights of seafarers can be clearly seen and appreciated.



SINGAPORE
maritimeweek®

The Singapore Maritime Week

RIDE THE TIDE, SHAPE THE FUTURE

The Singapore Maritime Week (SMW), driven by the Maritime and Port Authority of Singapore, gathered the international maritime community for a week of flagship conferences, dialogues, exhibitions and social events in celebration of all things maritime, from 6 to 14 April 2019.

This year's SMW theme was "Driving Connectivity, Innovation and Talent".

In his opening address at the Marina Square Central Atrium, Coordinating Minister for Infrastructure and Minister for Transport Khaw Boon Wan said: **"Shipping industry is being disrupted by digital revolution and business transformation. Political pressures brought about by globalisation and income inequality add immense challenges. What will the shipping industry be like in 20 years' time? Who will be the new mega players? What about the incumbents? How could policy makers facilitate orderly transformation? How should workers prepare themselves for the future?"**

SMW gathers the thought leaders in the maritime industry to share insights on these issues, so that we can all seize new opportunities. Together, we can ride the tide and shape the future."

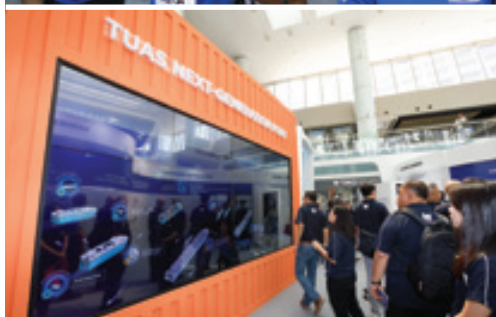
One of the highlights of the SMW was the Amazing Maritime Challenge which attracted over 900 participants. The event held on 7 April was aimed at raising awareness regarding different aspects of the maritime industry. The teams were given the freedom to venture into various game stations situated in key landmarks in Singapore maritime industry.

▲ Minister for Transport Khaw Boon Wan at the official opening of the Singapore Maritime Week. SOS President Mohamad Abu Bakar was among the guests who declared the event opened.

Photo credit: MPA



Photo credit: MPA



2ND CAPITAL LINK SINGAPORE MARITIME FORUM



Photo credit: MPA

The 2nd Capital Link Singapore Maritime Forum reprised its aim to highlight the significant role of Singapore as the gateway to Asia and global shipping markets.

Held at the Westin Stamford on 8 April 2019, the maritime forum discussed the developments and trends in the energy, commodities, various shipping sectors, global financial and capital markets, as well as issues pertaining to regulatory developments, technical and competitive positioning and Singapore as a maritime hub.

SOS and Seacare supported the global forum by sponsoring the event's lunch where networking and conversations flowed.

The programme featured a 'live' interview with Ms Tan Beng Tee, Assistant Chief Executive (Development), MPA, on "Singapore – A Leading Global Maritime Hub – Vision for the Future".

Other hot issues covered included the discussion on introduction of the 2020 low sulphur cap, digitalisation & innovation, the much talked about Greater Bay area incorporating the Guangdong province, Hong Kong, Zhuhai and Macau, and the topic on industry consolidation.



Photo credit: MPA



LEARNING VISIT TO DOWN UNDER

To enhance the learning experience of how overseas unions are serving their members, a team of 11 SOS officials headed to Australia to visit the Sydney branch of Maritime Union of Australia (MUA).

Organised by the SOS Leadership Development Committee (LDC), the learning visit on 10 to 11 April 2019 provided added opportunity for SOS and MUA to build deeper connections.

The SOS delegation, led by SOS General Secretary Daniel Tan, was all ears during the dialogue that took place at MUA's Sydney office. The insightful conversations centered on MUA's recent work priorities, challenges and its efforts in providing protection, welfare and benefits to its members.

Grateful for the warm hospitality, a token of appreciation was presented to MUA Deputy National Secretary Will Tracey. Highlights of the learning experience included the visit to one of Australia's largest container terminal, Port Botany, and the Mission to Seafarers' Centre.



▲ SOS delegation dropped by the Mission to Seafarers' Centre to see how the Mission Australia cares for seafarers from around the world.

▼ Eye-opening tour of Port Botany.



FKSU STRENGTHENS TIES WITH SOS

SOS welcomed the Federation of Korean Seafarers' Union (FKSU) when the 10-member delegation arrived in Singapore for an official visit on 28 May 2019.

Led by Mr Chung Tae Kil, FKSU President, the Korean delegation was warmly received by SOS Emeritus General Secretary Kam Soon Huat and General Secretary Daniel Tan. SOS Assistant Secretary and Industrial Relations Manager Chen Chuanyi and IR Executive Alan Kor were also present in the meeting with SMOU officials.

At the Wavelink Building, the Singapore seafarer unions shared with FKSU the development of the maritime industry in Singapore, the tripartite partners' efforts in training workers to be ready for future jobs and the building of Tuas Mega port. During the dialogue, FKSU spoke about the current trends in the shipping industry and the challenges faced by the Union.

The exchange programme deepened the unions' mutual understanding on seafarers' policies and further strengthened cooperation to improve the lives and welfare of seafarers.

SOS, being the local host, brought FKSU delegation to the Gardens by the Bay, Marina Bay Sands Skypark and Singapore Mariners' Club at Maritime House.

▲ FKSU President and Korean delegation sending greetings.



▲ Showing FKSU's gratitude to the Singapore unions' warm hospitality, Mr Chung presented a memento to SOS.

▼ Working together for seafarers' welfare.



Photo credits: SMOU



▲ SQRT trainees giving the thumbs up at their graduation.

SQRT 59 AND SQCT 60 - QUALITY MARITIME RATINGS HERE AND BEYOND

All thanks to the Seacare Maritime Training Scheme (SMTS), a cohort of 20 maritime ratings has trained and upskilled themselves so that they can work proficiently, efficiently and safely onboard.

Hitting its 59th intake, the SMTS Seacare Quality Rating Training (SQRT) course offered by Singapore (Nantong) International Maritime Institute (SNIMI) is known to equip Chinese national ratings with Maritime English proficiency so that they can work confidently onboard.

Held at JiangSu Vocational & Technical Shipping College (formerly known as Nantong Shipping College), the course which ran from 6 to 31 May 2019 was sponsored by SOS to add value to its Collective Bargaining Agreement (CBA) companies.

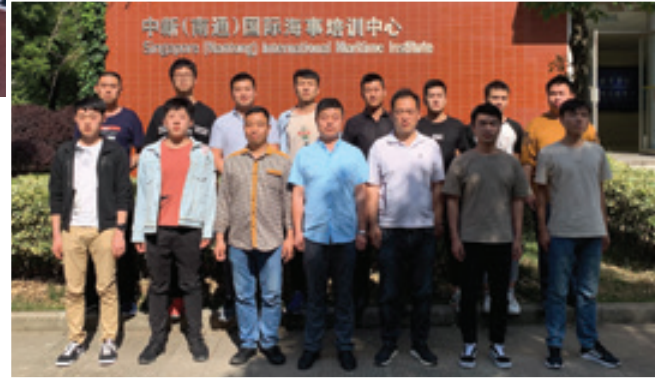
For four weeks, SNIMI engaged the ratings through discussions, games, activities and workshops. Part of the curriculum of the SQRT training required the students to learn about fire fighting, safety onboard, discipline, team work, personal protective equipment, basic understanding of personal hygiene, fundamental international regulations and more.

According to SNIMI Assistant Manager Zhang Dapeng, most of the trainees were matured students who had a slight disadvantage of taking a longer time to pick up new knowledge. However, their good attitude and willingness to study hard made up for the lack.



▲ Military training to instil discipline and teamwork.

▼ "They have improved a lot especially in their vocabulary and pronunciation," said Mr Zhang Dapeng of his trainees.



▼ SQCT graduates ready for a career at sea.



The 60th batch of 15 maritime rating cooks, underwent the SMTS Seacare Quality Cooks Training (SQCT) which ran concurrently with SQRT.

SNIMI trainer Lilith said with confidence that her students from SQCT course have been equipped with the basic knowledge that will allow them to be able to work onboard a vessel. The training environment and the duration of the course allowed the ratings to immerse in the learning of the language and establish strong camaraderie.

Another SNIMI trainer Qian Tingling credited the students for being resourceful in their learning journey. The students downloaded educational apps and electronic dictionary to enhance their learning.

Equipped with the necessary skills and newfound confidence, the students are all set to work onboard with a multi-national crew.

▲ SQRT trainees found their maritime English proficiency improved by leaps and bounds. The knowledge will come in useful when working on board.



The effective management of food intake and nutrition are both key to good health.

Most often people refer to the term 'diet' when they attempt to lose weight. Because of this, the word diet has come to be defined as a denial of favourite foods. However, diet implies the use of specific intake of nutrition for health or weight-management reasons. People choose all sorts of diets: vegetarian, vegan, low carbohydrate, high protein, etc.

By contrast, nutrition is eating as it relates to dietary needs. Good nutrition emphasises a diet that provides a complete source of all the vitamins, minerals, nutrients, and calories the body needs for healthy functioning. Healthy diets generally include an abundance of fruits and vegetables, lean proteins, low (but not no) fat and healthy oils, and grains.

A healthy diet should provide us with the right amount of energy (calories or kilojoules), from foods and drinks to maintain energy balance. Energy balance is the difference between your energy input—or the number of calories that you put into your body - and your energy output, or the number of calories you burn each day. Maintaining a healthy weight is really important for health.

What is the best nutritional diet?

The **Pritikin diet** is a low-fat, high-fibre diet which forms part of the “Pritikin Programme for Diet and Exercise”, a lifestyle regimen originally created by Nathan Pritikin.

It focuses on a wide variety of whole (unprocessed) or minimally processed foods. “GO” Foods on the Pritikin diet include:

- Fruits
- Vegetables
- Whole Grains like whole-wheat bread, brown rice, whole-wheat pasta, and oatmeal.
- Starchy Vegetables like potatoes, corn, and yams
- Legumes such as beans (like black beans, pinto beans, and garbanzo beans); peas; and lentils
- Lean Calcium-Rich Foods such as non-fat dairy milk, non-fat yogurt, and fortified soymilk
- Fish (a rich source of omega-3-fatty acids)
- Lean Sources of Protein (very low in saturated fat) such as skinless white poultry; lean red meat like bison and venison; and plant sources of protein, such as legumes and soy-based foods like tofu and edamame (soybeans)

How can we improve nutrition and diet?

Improve your diet in 7 ways

1. Keep track of how much you eat and don't eat more than you expend.
2. Eat a wide variety of food every day.
3. Base your diet on cereals and whole grains.
4. Increase fruit and vegetable consumption.
5. Meet calcium requirements to ensure healthy teeth and bones.
6. Reduce fat, salt and sugar intake.
7. Drink plenty of water.

What nutrients do we need for a balanced diet?

7 essential nutrients your body needs

- Water
- Carbohydrates
- Protein-Amino acids
- Fat
- Vitamins
- Minerals
- Omega-3 fatty acids

Why eating healthy is better than dieting?

There are much healthier ways to manage weight rather than following a fad diet. We lose weight by eating fewer calories than our bodies burn. A large decrease in your calorie intake can be harmful to your body. Try small dietary changes.



How does nutrition affect obesity?

Obesity is generally caused by eating too much and moving too little. If you consume high amounts of energy, particularly fat and sugars, but don't burn off the energy through exercise and physical activity, much of the surplus energy will be stored by the body as fat.

What's the healthiest way to eat?

6 simple ways to smarter, healthier eating

1. Ditch whole milk. Not only does this reduce saturated fat in your diet, it shaves off calories.
2. Harness the power of nuts (and seeds).
3. Taste food before you salt it.
4. Pack lunch once a week.
5. Eat five (or more) servings of vegetables and fruits a day.
6. Plan meals that are delightful, delicious and healthy.

What is the healthiest diet you can eat?

Top 9 Healthiest Foods to Eat to Lose Weight and Feel Great

- Fish
- Eggs
- Vegetables
- Fruit
- Nuts and Seeds
- Tubers
- Fats and Oils. Supplement your diet with some healthy fats and oils, such as olive oil and fish oil.
- High-Fat Dairy. High-fat dairy products include cheese, cream, butter and full-fat yogurt.



RETHINK, REDESIGN, REFOCUS ON MEMBERSHIP

At this year's NTUC Membership Seminar held in Bandung on 10 to 13 April 2019, union leaders put their heads together to build up membership.

SOS Exco Member Brother David Sim, joined the 100-member delegation consisting of union representatives from 46 unions, for four days of learning, discussions and brainstorming. The objective was to co-create breakthroughs in recruiting, relationship-building and retaining members.

NTUC was able to secure learning visits to start-ups in Bandung, such as Block 71 Innovation Factory and Bandung Digital Valley (BDV). These start-ups exemplified adaptability and smart use of technology to open up new business models which offered good learning opportunities for the union delegates. Inspired by the visits, the following day's agenda was a full day seminar, which led members through workshops and discussions, delving into membership issues. Truly the seminar helped everyone to rethink, redesign and refocus, toward a bigger, stronger membership in the labour movement.





SEACAREFocus

SEACAREFocus



CLUB@52 TURNS 18

Since 2001, Club@52 has been serving SOS / Seacare members and the maritime community. Managed by Seacare i-Connecz Pte Ltd, Club@52 also operates as a pub. It has over the years built a pool of loyal patrons. Conceived as a club that creates the avenue to relax and chill, it has become the favourite hangout place for shipping companies, unions and co-operatives for anniversaries celebrations, parties, team buildings and corporate events.





On 17 May 2019, Club@52 marked its 18th Anniversary with a special birthday bash. There was a hive of activity as 170 guests came to celebrate the occasion. All the guests were greeted with a special anniversary door gift. Liz Low and Jennifer Lee provided entertainment for the night as guests enjoyed a sumptuous buffet spread. The highlight was a cake cutting ceremony by Seacare Directors and diehard supporters of Club@52.



FIND YOUR ONE CHULOVE

If you're like any typical Singaporean food lover, you would know that churros, a famous Spanish fried dough fritter, is enjoying second wind in the snack scene.

Creating a storm in the churros scene is Chulove Café, the latest place that gratifies anyone who craves for a heavenly churro fix. In Chulove Café, churros are made fresh to order according to an authentic Spanish recipe specially crafted by a Michelin Star Spanish chef in Singapore. And because it's handmade with love, they confidently say that you will fall in love with their churros at first bite!

Love at first bite

The family friendly cafe concept combines people's passion for churros and coffee, and serves a memorable dining experience for both the young and the old.

Chulove's glorious golden fritters are fried to crispy perfection. They come in various sizes – standard-sized Classic Churros with a dip of your choice; a wide variety of flavoured Long Churros and Mini Churros that come with dark chocolate sauce and caramelised cookie sauce.





Flavours for the long churros include crowd favourites like Almond, Strawberry Cheesecake, Peanuts and Rainbow Sprinkles. For the more adventurous, there are unique flavours like Coconut and Pistachio to choose from.

Made from scratch in-house from premium ingredients imported directly from Spain and Italy, Chulove has taken this classic Spanish treat and made it to an all-day snack.

Since opening its outlet at Clementi Mall, this franchise store of Blu Ventures Holdings Pte Ltd, which Seacare Foundation Pte Ltd has a 20% stake in, is creating a whole new churro experience and brand awareness with its cozy, family friendly café concept. Besides churros, in the menu are muffins, croissants and gourmet coffee. The bright ambience of the café makes it the perfect place for private functions such as birthdays and company events.

“When Chulove Café at Clementi opened for business on 1 May this year, we totally sold out both our hot and cold churros.

“Though our customers are predominantly young, we are seeing new converts. Parents and grandparents are lapping up our Chulove churros,” said Mr Aiden Liao, Operations Manager, Chulove Café @Clementi.

Find your churros fix today. Find your one Chulove at The Clementi Mall, #01-05, 8am to 9.30pm daily.



SEACARE HOSPITALITY LOOKS

After reaching the 10 hotels milestone in the United Kingdom with the the acquisition of two hotels - the Ivy Bush Royal Hotel in Carmarthen, Wales and the Best Western Station Hotel in Dumfries, Seacare Hospitality portfolio continues to grow.

Seacare Hospitality kicks off FY 19/20 by setting its eyes on acquiring the Best Western Hotel Royale in Bournemouth.

Bournemouth is a seaside resort on the southern coast of England. The lovely Dorset coastal town is home to numerous festival events throughout the year, and one of UK's biggest tourist attractions. Its known for its stunning sandy beaches that stretch for 7 miles, Victorian architecture and buzzing nightlife in areas such as the Triangle.

As if that isn't enough, to the east there's the New Forest National Park; and to the west there's the famous Jurassic Coast. There are plenty of other man-made attractions too.

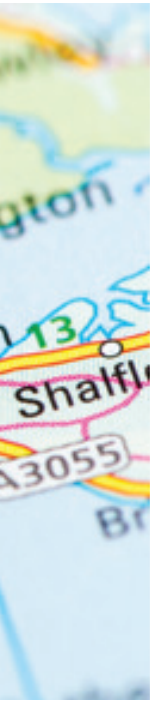
Places to stay in Bournemouth don't come any better situated than the Best Western Hotel



Royale. Perched on the East Cliff in Bournemouth town centre, it's just a 5-minute walk to the shops, restaurants, nightclubs and beach - so it's never far from where all the action is.

There's so much to offer at the Best Western Hotel Royale in Bournemouth. The 4 star hotel has 70 bedroom suites which have been designed with guests' pleasure in mind.

The Best Western Hotel Royale has its own sheltered gardens, where guests can enjoy the sea air. There's more room for relaxation in the



modern leisure club, which boasts a large and airy indoor heated swimming pool.

Deliciously fresh food are on the menu at the Best Western Hotel Royale brasserie Royale Grill Room. A wide selection of flexible conference and meeting facilities suitable for all types of business events can be found here.

TO BOURNEMOUTH



The acquisition will be carried out as a joint venture between a consortium of Seacare Group of Companies comprising of Seacare Hospitality (UK) Limited, Seacare i-Connecz Pte Ltd and Seacare Enviromental Pte Ltd, and its partner, CH Holdings Ltd.

Subject to further due dilligence, the acquisition is expected to be completed before the third quarter of this year.

“We are excited to be establishing a presence in one of the most popular seaside resort town in UK. With 70 bedroom suites, the Hotel Royale will be a strategic fit to our UK portfolio of hotels, providing a good mix of 3 and 4 star hotels targeting different market segments. Together with our ever-popular Crown Spa Hotel in Scarborough, the Hotel Royale will be another popular choice amongst leisure travellers.”

Mr Lim Chye Teen, Director of Seacare Hospitality (UK) Limited



SEACARE MANPOWER

April & May 2019 Jobfairs Islandwide

For the past 2 months, Seacare Manpower Services, was seen in action, finding the right workers for its client in job fairs all over Singapore.



During the month of April 2019, close to 200 members of the public showed interest at the Project Success job fair held at Pasir Ris Elias Community Club on 10 April. Seacare Manpower was on a mission to recruit jobseekers to be recommended to their clients.



Seacare Manpower Services' booth at another job fair organised by Employment and Employability Institute @ e2i Central, HDB Hub Bizthree, on 17 April and the Bishan Community Club on 23 April, generated a positive reception, with some 166 jobseekers turning up.



CONNECTS JOBSEEKERS

Part of Workforce Singapore's Careers Connect network, Careers Connect On-the-Go (CCOTG) travels to heartlands island-wide to bring career coaching, advisory services and job search preparatory workshops closer to Singaporeans at no cost. Residents at Chong Pang received one-to-one career coaching, gained useful job search tips from the on-site mini workshops and received job referrals from curated community job listing in early May 2019, when CCOTG was deployed to Chong Pang. Seacare Manpower collaborated with CCOTG for this deployment to conduct walk-in interviews for their clients. At the end of the five-day deployment, 36 jobseekers were interviewed.



Assuming the role of bridging employment gaps between its client and jobseekers, Seacare Manpower headed to Yew Tee Community Club to participate at e2i community job fair on 28 May 2019. At the job fair, some 94 interested candidates were interviewed to assess their suitability.





AMBASSADORS OF CARE CHEER UP

An army of caring volunteers rose up to the occasion during the Hari Raya season.

On 24 May 2019, 60 volunteers made up of SOS and Seacare leaders and staff and Jalan Kukoh Resident Committee Chairperson and members, set aside time to extend care to 100 needy Malay residents of Jalan Kukoh.

“What’s special this year is that we have carefully thought of a practical shopping cart, and filled it with Hari Raya Puasa goodies including pre-packed prawns and squids, to be distributed during the visits. The Hari Raya package includes a green packet containing \$60 cash gift,” said Organising chair Kathryn Ang.

After breaking fast with the Muslim volunteers at Club@52, 10 teams carrying shopping carts of goodies and green packets set off to visit the residents at their homes, spanning across nine blocks of rental flats.

For the volunteers, knowing that they have made a difference in the lives of the some 100 beneficiaries made their day.





▲ Our beneficiary is a single mother with her 13 year old daughter who has been staying in the two room flat for 12 years.

MALAY RESIDENTS OF JALAN KUKOH



▲ The volunteers' warmth brought joy to our beneficiary who has five children and works as a cook in the school canteen.

◀ With 6 children and 5 grandchildren to look after, our beneficiary who takes home \$500 from the part time cleaning job is more than happy to receive the gift from SOS and Seacare.

THE FIRST 2 COOKS ENHANCEMENT TRAININGS ONBOARD OXALIS VESSELS

Following the first on-site cooks training onboard tanker vessel Oxalis Peony, owned by Oxalis Shipping Co Pte Ltd, Seacare Thrift Pte Ltd (STPL) conducted its Cooks Enhancement Training onboard the Oxalis Jasmine, on 12 April 2019.

The training was aimed at improving the cook's skills in the preparation of food under Muslim dietary laws (halal), in baking and pastry-making. Besides focusing on the cook's culinary competency, STPL trainer Maximillian also taught on galley hygiene, maintenance of ration stores and provided recommendations for galley equipment.

In an practical way, by observing the cook performing his daily task of food preparation and cooking for the crew, Max was able to point out the areas for improvement and provide immediate and workable solutions. Being at the heart of the work environment meant that STPL could view the actual galley and provision store, and be able to provide real advice specific to the vessel's set up.

The second training drew the attention of curious crew members who were available to join in the training session. They benefited so much from the course.



Based on the recommendations of STPL, Oxalis Shipping added new kitchen tools and electrical appliances to all four vessels they are operating, to enable more baking. Having the enhanced facilities allowed STPL to demonstrate baking to expand the menu in the vessel. The session boosted the crews' morale as they could see that their employer cares for the enhancement of their skills and welfare.

A happy and trained Chef Udin Sanin was grateful - **“Pak Max is a very good teacher, giving me advice on cooking, hygiene and stock keeping. I am also happy to learn good tips on galley managing. Chef re-training for cooks like me helps refresh our knowledge and competency. Thank you, Pak Max.”**



ATTENTION



seACare
Seacare Thrift Pte Ltd

ALL SOS Seafarers' Provident Fund (SPF) Members!

With the termination of the SPF Scheme, all SOS SPF members can come forward to apply for withdrawal from their SPF account. Deadline for submission of Withdrawal Form and Supporting Documents are to reach SOS Singapore Office by:

31 AUGUST 2021

All applications received after the above date **WILL NOT BE PROCESSED NOR ENTERTAINED.**

Withdrawal Application Form is available at www.ispf.org.sg
You may also contact us at:

Singapore

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***NOTE: SPF IS NOT APPLICABLE FOR SAILING PERIOD AFTER 30 JUNE 2012**



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