

NSLink

Issue 6 October 2013



BUSINESS EXCELLENCE THROUGH TECHNOLOGY INNOVATION AND WORK IMPROVEMENT



A NOTE FROM OUR EXECUTIVE DIRECTOR

Dear colleagues

In all businesses, it is vital to manage our resources well to achieve superior performance and business excellence.

Business excellence can be achieved through developing and improving management practices.

Instilling business excellence helps create a framework – a roadmap for our businesses' journeys. It also helps to identify gaps and take actions to improve overall business performance and create longer term competitive advantage.

I would like to identify the following four key areas of business excellence:

1. Technology innovation and work improvements
2. Compliance
3. Results orientation and Customer-Centric Excellence
4. Valuing People, Partners and Environment

In this issue, we would be focusing on the first point - achieving technology innovation and work improvements. A series of technology innovation to work improvements adopted are featured in this issue.

Construction Products business's arm in Hong Kong (Eastern Pretech Hong Kong) constantly develops a series of rapid

hardening concrete repair products which caters to different application needs. The Environmental Services Division made work improvements to their lube re-refining plant, which helps save some S\$25k to S\$30k every month. They have

"These technology innovation and work improvements, big or small, will create a longer term competitive advantage."

also launched a new range of motor-oils to cater to different types of cars. Find out more in the following pages.

Engineering Division, on the other hand, has come up with an employee suggestion scheme. This scheme encourages staff to contribute their thoughts and ideas to enhance productivity and work improvements to benefit the company.

Chemicals Division continues to develop technical know-how and explore business expansion in waste recycling.

Raffles Marina has also made small, but significant improvements to daily operations. One of which is to replace the present manual procedure to measure the level of fuel with computerised meter-readings.

At the end of the day, improvements can be made through constant self-evaluation; and never assuming the current method of doing things is the best or only way. After all, these technology innovation and work

improvements, big or small, will create a longer term competitive advantage.

In the meantime, the editorial team has heard you! This issue has a new feature for employees to showcase

what they do at work. It is often too difficult to keep up with everyone with a vast business across several sectors and regions. With this, you get to read about the different scopes of work that keeps the business going.

I hope you enjoy it.

Oo Soon Hee



SECOND QUARTER RESULTS

NSL Group achieved a higher turnover, however profit before tax fell 28%.

Turnover increased 20% from S\$105.1m in 2Q2012 to S\$126.3m in 2Q2013. The higher turnover was mainly due to higher revenue growth achieved by the Construction Products Division.

Group profit before tax however fell 28% to S\$8.8m from S\$12.3m due to lower performance from the Chemicals Division as a result of significantly lower prices of BST's key products and lower performance from Environmental Services Division, partially mitigated by improved profit before tax performance from the Construction Products Division.

The Group reported an exceptional loss of S\$2.3m in this quarter, mainly from translation loss upon the liquidation of a subsidiary and repayment of quasi-equity loans from a subsidiary. However, since the translation loss has already been accounted for directly in other comprehensive income in the past, it would have no further impact on the net asset value of the Group.

After taking into account exceptional items and income tax expenses, profit attributable to shareholders decreased 66% to S\$4.4m.



	THE GROUP					
	Quarter ended 30 June			6 months ended 30 June		
	2013 S\$'000	2012 S\$'000	Change %	2013 S\$'000	2012 S\$'000	Change %
Group Turnover	126,262	105,118	20	239,231	200,639	19
Group Profit Before Tax (excluding exceptional items)	8,848	12,273	(28)	23,818	31,353	(24)
Profit Attributable to Shareholders	4,421	12,962	(66)	18,942	30,686	(38)
Earnings Per Share	1.18	3.47	(66)	5.07	8.21	(38)

Feature

Construction Products

UPDATES IN EPS

Easter Pretech Singapore (EPS) is pleased to share its key on-going projects, ranging from school hostels to medical hubs.



9-Story Medical Technology Hub
located at Jalan Tukang

Main Contractor :

Newcon Builders Pte Ltd

Precast Element :

Hollow-core Slab, 27,000 m²



33-Story Skyline Condominium
located at Angullia Road

Main Contractor :

Kajima Oversea Asia Pte Ltd

Precast Elements :

Column, Beam, Lift Wall, Planter Box,
Bay window, Household Shelter, Plank,
Staircase Wall, Refuse Chute and
Staircase



Main Contractor :

Kajima Oversea Asia Pte Ltd

Precast Elements :

Wall, Staircase and Planter box



NTU Residential Hall 17 & 18
located at Nanyang Crescent

Main Contractor :

Santarli & Zheng Keng JV

Precast Elements :

Hollow-core Slab, Plank,
Staircase, Column and Beam

PINEWOOD STUDIO PROJECT

To those who have watched James Bond and Superman movies, the studio that have played host to these films will be operational soon in Johor, Malaysia.



Computerised view of the Pinewood Iskandar Malaysia Studios

Working together with the main contractor, Sunway Construction Sdn Bhd, Eastern Pretech Malaysia (EPM) is proud to be associated with this prestigious one-of-its-kind project in Malaysia.

The complex, a collaboration between Khazanah Nasional Bhd and Pinewood Shepperton of the UK, will be the region's largest independent integrated studio facility.

The RM400m Pinewood Iskandar Malaysia Studios is slated to be completed in May 2014 on a 20 hectare land. This will be a significant milestone in film-making for Malaysia and for South-East Asia.

Pinewood Studios Malaysia comprises of 100,000 square feet of film stages, 24,000 square feet of post-production services, workshops, offices, outdoor filming with 30 acres of natural forest and water filming tanks.

Value Engineering



Initially, this project was designed as a steel structure with high thermal and acoustic properties given the nature and function of this building. At that point of time, EPM gave an alternative proposal to convert the conforming steel structure into precast concrete system.

One of the key technical requirements of the structure is to design to suit to the stringent specifications. In addition to provide a buildability design, the film studio requires the structure to be sound-proof to avoid minimal outdoor disturbances during filming.

Another challenge was to fabricate over 20 metres tall columns (a height of a four storey building) from the ground floor all the way to the roof, with several precast walls "slotted" in between the columns.



Execution of Precast Works

A short time frame was given to EPM to fabricate these elements. In six months, casting was done in our Seelong Plant and supported by EPM's Beranang Plant. All design works were done at our Kuala Lumpur office, personally supervised by our very own Mr Tang Lai Peng, the General Manager of EPM.

The project is nearly completed, will all major structure erected. So look out for the next James Bond film – as it may be shot in a production building that is designed by us!

A RECORD PRODUCTION OUTPUT



An interior of the Seelong Plant in Malaysia

EMIX Plasters & Mortars plant in Seelong, Malaysia achieved a unprecedented record production output of 37,400mt (in 1H 2013) or 6,200mt per month.

With the close working collaboration and tight integration between both Malaysia and Singapore EMIX colleagues, Seelong plant output efficiency achieved 155% of plant's rated design capacity (4,000mt per month).

Continuing efforts to further optimise production processes and sustained efficiency remains a key priority for the company.

Since the plant's inception in early 2012, a variety of sand-based EMIX products and selected specialty products are now currently produced in Seelong.

Majority of the EMIX products from Seelong is directly shipped to meet Singapore's market needs.



EMIX packages ready to be shipped

ICONIC PROJECT WAS SECURED WITH SALES STRATEGY OF PRE-SALE AND MARKETING SPECIFICATIONS

Eastern Gotech Hong Kong (EGHK) recently secured Greenview Villa, the first estate to be sold under “My Home Purchase Plan”, an iconic project with contract sum over HKD 13 million.

“My Home Purchase Plan” is one of the innovative housing initiatives introduced by Hong Kong Chief Executive in 2010. This plan enables eligible citizens to purchase homes through “rent-and-buy” and provides assistance to sandwich class home-buyers.

During the early stages, EGHK spent tremendous hard work and efforts on marketing the specifications to architects (see the chart on the next page for detailed sales strategy). The team also proposed using Easi Render Plus – a higher end product that has better performance – to replace the traditional render. EGHK promotes quality products, and avoids competition based on prices.

EGHK’s efforts were also paid off when the team also successfully introduced two new products, Stone Fix 686 and Stone Sealer, to this project – a breakthrough in this sector!

Greenview Villa is expected to be completed by 2015. EGHK will strive towards giving their best service and products!



Computerised drawing of Greenview Villa



Greenview Villa in the works



A buffet lunch was arranged to thank the team’s efforts in securing this project and to celebrate staff birthdays’ in July.

Feature

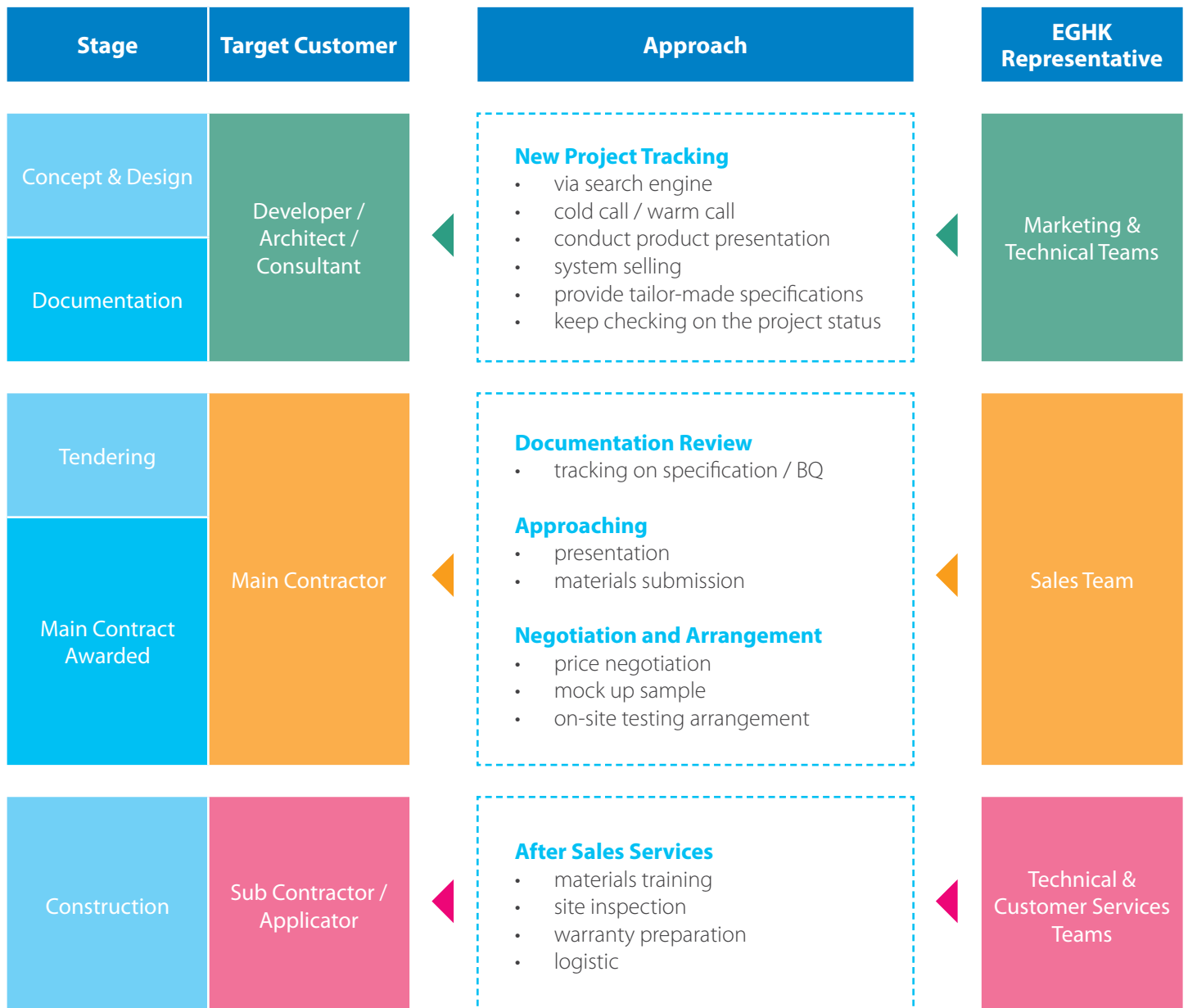
Construction Products

(continued)

For this project, the E.MIX full system will be adopted. It includes the following:

- E.MIX Render & Screed System
- E.MIX Skim Coat Plastering System
- E.MIX Waterproofing System
- E.MIX Tile Fixing & Grout System

EGHK shares their detailed sales strategy which helped them to clinch this iconic Greenview Villa Project.



E.MIX RAPIFAST – A GOOD HELPER FOR MAINTENANCE WORKS!

Traditional concrete repair works may produce a large amount of repair wastage and a long down-time to fix, which will not be feasible during emergencies. These factors inevitably inconvenience occupants and users.

To address these issues and concerns, Eastern Pretech Hong Kong (EPHK) developed a series of rapid hardening concrete repair products which caters to different application needs.

The following is one of the project references where EPHK provided the E.MIX rapid hardening concrete repair and tiling system (E.MIX Rapifast CS and E.MIX Stone Fix 686), to restore a large floor area in one of the busiest metro station exit in Shanghai, China.

From the inspection, the EPHK team found a large area of tiles de-formed and de-bonded from the floor substrate, and water spillage was found at the grout joints. After analysing the site situation and client's requirement on a short down-time, the team used product E.MIX Rapifast CS, a product with excellent waterproofing performance, followed by E.MIX Stone Fix 686 for floor tile fixing.

The deformations of tiles are caused by long-term immersion of moisture and alkaline solution. The E.MIX Stone Fix 686 is a high adhesion strength tile adhesive with fast setting feature which can minimise contact with excess moisture and alkaline solution.

The floor restore works was completed within 24 hours, providing great satisfaction to the customer.

Before



The floor tiles deformed and de-bonded from the floor substrate.



Signs of water spillage at grout areas

After

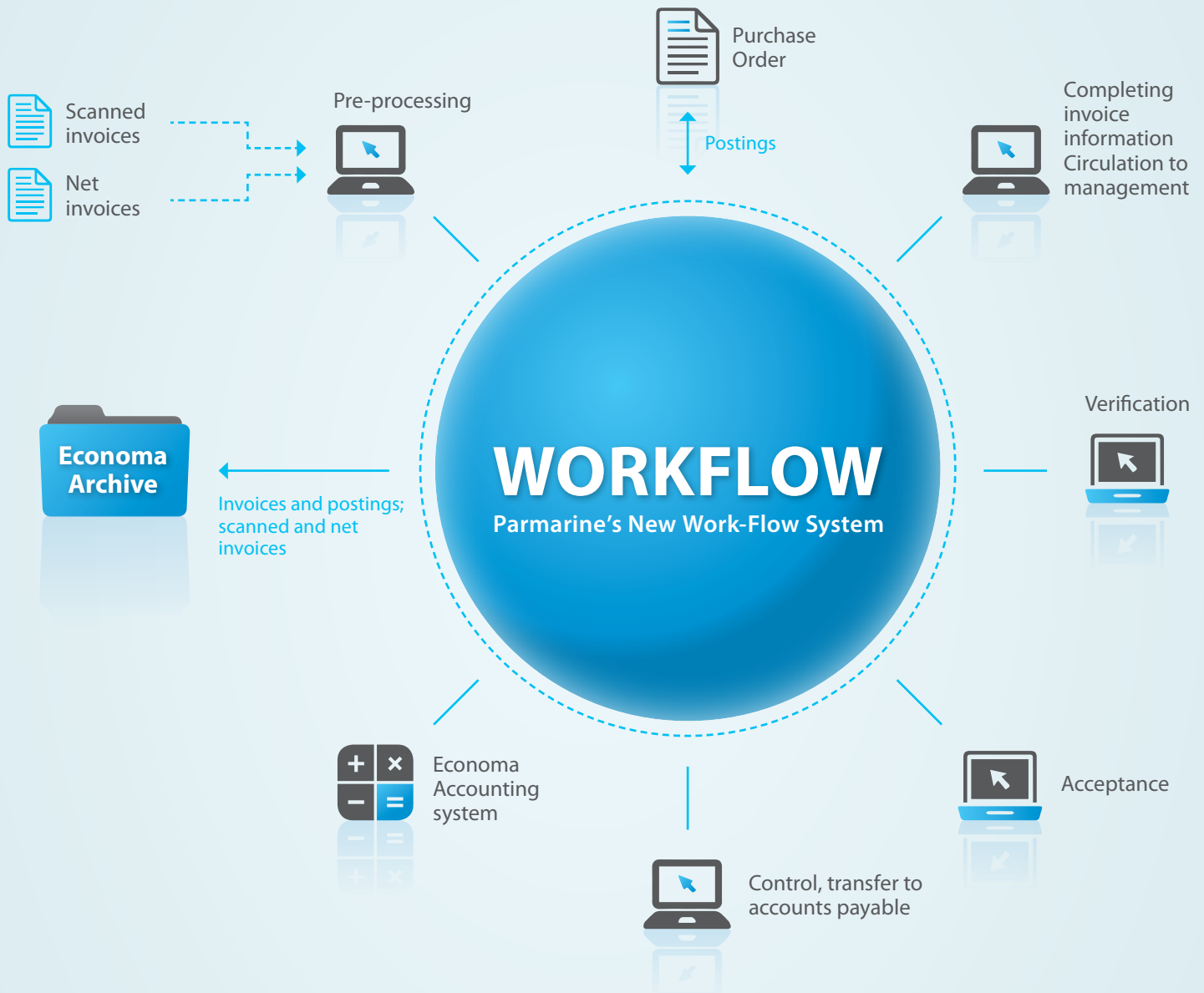


Restored Floor Area

Feature

Construction Products

PARMARINE STREAMLINES INVOICE HANDLING



Enhancing efficiency and effectiveness, Parmarine will be introducing a new electronic work-flow system provided by its financial system operator, Aditro.

In this new work-flow, the organisation will send and receive all invoices electronically. The need for manual work in processing invoices will significantly decrease. Manual stamping, signing approvals and printing out invoices will be a thing in the past. In the near future,

all these operations will be carried out by a web-based user interface.

This system will answer to customer's growing demand for electronic invoices and will increase the level of efficiency.

WORK IMPROVEMENTS AND DEVELOPMENTS

NSL OilChem Services (NOCS) shares on some work improvements and new developments within the Group.

Slop processing plant – tank monitoring system



Manually measuring oil level is no easy feat!

In the past, the plant operators had to manually measure the oil level in the oil tanks by climbing to the top of the tanks and lowering a gauging tape. Such manual gauging is physically taxing and could be hazardous as it involves workers climbing up the oil tanks which are as high as 8 to 11 metres several times a day.

To enhance reliability of the data and safety for the operators, a remote tank level monitoring system was installed to replace existing manual tank level gauging method in May 2013. Tank heights and oil volumes can now be shown online in real-time while historical data can also be extracted from this tank monitoring system.

Lube Re-refining Plant



Newly installed diesel firing boiler helps to save cost

There were also several improvements made to the lubricant re-refining plant that recovers high quality base oil from used lubricants.

In May 2013, NOCS replaced the two existing electrical heaters to a diesel firing boiler with three-way control valve and temperature controllers. This helps to save about S\$25k to S\$30k monthly on heating cost (based on current running capacity and diesel price).



Cooling tower that reduces overall operating cost

In August 2013, the plant's chillers were also replaced with a cooling tower, resulting in further reduction of the plant's operating cost. In addition, the lubricant polishing plant is currently undergoing an expansion to double its polishing capacity.

Moving forward, more improvements can be expected at NOCS, such as an enhancement of the security system. It includes the installation of an in-house weighbridge, closed-circuit television (CCTV) coverage and a personnel identification system to monitor the movement of personnel within NOCS' compound.

Feature

Environmental Services

NEW RANGE OF MOTOR-OILS

NOCS is proud to announce that they have developed and launched a new range of motor oils specially formulated to cater to different types of cars.



Liquid Gold SYN-FLO - three types of fully synthetic motor oils to suit each vehicle's individual characteristics

Since its launch, Liquid Gold has received compliments from consumers. Wheels Asia, Singapore's top-selling automotive magazine, recently put Liquid Gold Syn-Flo RS 15W50 motor oil to the ultimate test, and was won over by its sleek performance and "the oil's ability under extreme pressure". It was concluded that "quality local automotive lubricants (ie: Liquid Gold) do exist without wallet burning prices". Read the article [here](#).

Mr Jeffrey Fung, Chief Executive Officer of NOCS shares, "Engineers and everyday users today are very savvy consumers. They know that they do not always need to pay premium prices to get premium quality. They can get the same assurance by buying an equivalent product in the same range from a reliable manufacturer."

Liquid Gold SYN-FLO product range features excellent cold-start and anti-oxidation capabilities for quick engine protection, instant acceleration response, engine cleanliness and excellent fuel economy.



Liquid Gold is manufactured in Singapore

Liquid Gold lubricants are manufactured under ISO quality standards, using only top-grade base oil, additives and proven formulations that exceed international standards and OEM specifications of API, BMW, Mercedes, Volkswagen and Porsche.

Liquid Gold SYN-FLO motor oils are available at car servicing workshops island-wide. Visit <http://www.liquidgold.com.sg/where-to-buy/> for a list of Liquid Gold's authorised workshops and distribution points.

Liquid Gold Products

Every car is designed with unique characteristics and performance requirements that no one single motor oil can fulfill. Hence, Liquid Gold SYN-FLO is developed in three grades to cater to each needs:

SYN-FLO FS – 0W40;

Technology Leading Class

SYN-FLO FS meets OEM specifications of BMW, Mercedes, Audi and Volkswagen. It is developed for the latest engine technologies including NA, Turbo, direct injection and hybrid cars. It delivers ultimate cold start and anti-oxidation capabilities, ultra-fast engine protection, instant acceleration response, engine cleanliness and outstanding fuel economy.

SYN-FLO RS – 15W50;

Sports Utility Class

SYN-FLO RS motor oil delivers ultimate engine wear protection, excellent oil temperature and pressure control, high heat resistance and oil durability to meet the extreme requirements in high running temperature, high RPM and high horsepower cars. Appropriate for turbocharged, supercharged and NA competition and modified cars, SUVs, MPVs and 4x4s.

SYN-FLO LS – 5W40;

Prestige Class

SYN-FLO LS delivers superior engine efficiency for smooth acceleration, good pick-up and engine quietness and also addresses environmental emission requirements and minimises oil lost. Appropriate for modern Continental, Japanese and Korean passenger cars and meets OEM lubrication specifications of BMW, Mercedes, Volkswagen, Audi and Porsche.

EMPLOYEE SUGGESTION SCHEME

ChangShu RAM Engineering (CSR) has adopted an “employee suggestion box” to collect suggestions and ideas from staff.

A small, locked box usually mounted on a wall is found in most chained restaurants to encourage customers to provide suggestions and ideas.

Positive feedback can be a powerful tool for organisational improvement. On 25 July 2013, CSR adopted the similar concept to collect suggestions and ideas from employees of all levels.

Employees are encouraged to contribute their thoughts and views to the top management. These ideas can be relevant to working environment, safety, productivity, employees’ welfare or even a spreader design.



A board to publicise accredited ideas

Senior management will review submissions and ideas and those that help improve workflow, productivity or benefit the company will be selected. Accredited ideas will be publicised on the Company’s notice board. The staff (whose suggestion was selected) will be appraised and rewarded in form of bonus; based on practicality and constructiveness of the idea.

One of the examples CSR has awarded recently is the suggestion to remove excessive and unused round bars on spreaders.

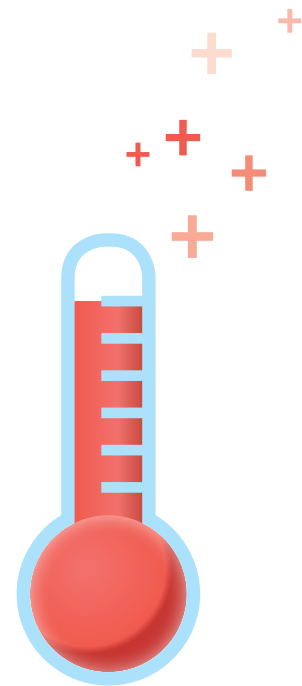
To certain extent, the bonus and monies may just come in secondary. The primary importance of this scheme is to keep the communication channel with staff open. This not only improves staffs’ morale but also help in the overall productivity of the company.

BEATING THE HEAT WAVES

A municipal meteorological station in Shanghai recently rewritten its record of 140 years. However, it is not some moment of glory. The city had no choice but to issue another red high temperature alert in this summer season. Adjacent cities including Changshu are inevitably in the heat zone where temperature during noon can easily hit the 37 degree celsius mark.

Heat-stress can lead to heat rash, mild fatigue, heat exhaustion and heat stroke, which can be serious or even fatal.

With great concerns of employees during this period, the Management of ChangShu RAM Engineering (CSR) deployed an employee to participate in heat-stress fighting courses conducted by local authorities. After the course, a series of initiatives were implemented to combat the heat. They are:



Education on heat-stress

Employees are educated on the early warning signs of heat-stress and its early symptoms. They are aware of the precaution measures to take before a serious problem develops. Supervisors are also reminded to watch up for signs of heat-stress among their co-workers and take necessary actions immediately.

Tea to keep the cool

Chrysanthemum and wheat tea that helps chase away the “heat” is supplied freely for all employees’ consumption everyday.



Tea to quench employees’ thirst

Extra fans at work

Additional fans at workstations are in placed to ensure that the heat does not get too over-bearing for employees.



Extra fans are allocated at workstations

More breaks

Long and continuous work interval is strictly prohibited. This allows better rejuvenation of staffs especially those working at the workshops. Additionally, staffs are granted a special heat-stress time-allowance.

It is vital that all employees’ health is well look after during these year to year summer seasons. Keep yourselves hydrated!

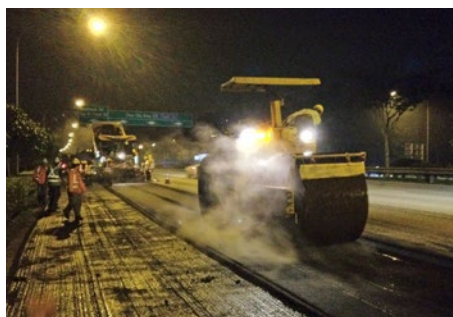
SPURRING TECHNOLOGIES INNOVATION IN NSC

NSL Chemicals (NSC) continues to develop technical know-how and explore business expansion in waste recycling.

The material to recycle can be solid or liquid as recycling is part of the Chemicals Group business expansion and development direction. Examples to date are steel slag recycling and carbide sludge reutilisation.

New Mixes for Road-Making

Over the last two years, NSC worked with Land Transport Authority and National University of Singapore to develop a low noise mix for expressways in Singapore. The monitoring is still on-going. The results to date are positive. A paper was presented in July this year in Taiwan during the 8th International Conference on Road & Airfield Pavement Technology.



Road-making in the process



Comparison of New Mixes, against S\$1 coin

Carbide Sludge Processing System

NSC has been collecting carbide sludge to process into value added product in the past few years. In order to further improve on the process, a sludge processing system was developed which enables better processing efficiency and consistency. The commissioning of the system is still in progress.



Commissioning in progress

Feature

Chemicals

(continued)



The new prototype was installed and commissioned this year

Recycling Projects through Innovation

In addition, funding support from one of the statutory boards has helped NSC to develop a prototype for various recycling projects. Since the new prototype was installed and commissioned this year, the team managed to work on a few projects which help spur the technology innovation within the NSC businesses.

One of the solid-recycling projects is the Mill Scale Reutilisation. It is based

on the idea of reducing iron oxide into iron, with self-sufficed reduction energy when the product is charged into an Electric Arc Furnace.

A formulation was developed in the laboratory and a workable product is produced using the prototype mentioned. A trial is being planned which will be conducted with one of the Electric Arc Furnace in the region.

Another solid-recycling project is the Stabilisation of Soft Clay into a useful product. Currently, the team is working on using the product for value-added application such as land reclaimed material.



Modified and solidified soft clay



Reduced Iron

NEW ENERGY WAREHOUSE

NSL Chemicals (NSC) erected a warehouse at Ipoh, Malaysia plant to store solid fuel such as coal and petroleum coke.

Due to the rising costs of liquid fuel, NSL Chemicals decided to switch to solid fuel for the calcination process.

Unlike liquid fuel which can be stored in tanks, solid fuel such as coal and petroleum coke (petcoke) comes in loose bulk form, which is stockpiled in an open area. Such method of storage comes with its own problems, such as being blown off by wind and washed off by rain.

These incremental losses have a significant effect on operating costs.

To reduce such losses, the management approved plans to erect a warehouse to stockpile the petcoke. In addition to reducing losses, the warehouse also shelters the petcoke from rain and keeps it dry. This results in savings for downstream processing such as drying and grinding of the petcoke.

A new conveying system from the new warehouse to the current feeding hopper reduces handling costs involved in getting the petcoke from the stockyard to the grinding plant.

Before



After



WORK IMPROVEMENTS

Raffles Marina (RML) considers and implements technology innovation and work improvement in two distinct ways.

Small, but significant improvements to daily operations

These improvements tend to be tweaks and adjustments. They come about by never assuming that the current way of doing things is either the best or only way. These improvements can also come about through constant self-evaluation and a willingness to take calculated risks and being prepared to occasionally get things wrong.

Some examples of small but significant innovations and improvements are:

Permanent Buffet Lines at Marina Bistro

In the past, buffet lines were set on every Wednesday, for Thursday and Friday buffets. The change has resulted to better staff management and service delivery, especially during this period where it is challenging to recruit serving staff.

New Operating Hours at Indian Kitchen

Indian Kitchen has stopped operations from 3pm to 6pm after reviewing that the Indian Menu sales is low during this period. This allows staff to have sufficient rest to prepare for the dinner operations and also reduce food wastage.

Fire Safety Drill Without Notice

In the past, fire safety drills were pre-announced and staff are fully prepared for them. RML started unannounced fire safety drills to test the preparedness of staff during an emergency. Briefings were held with staff to ensure they understand how to react during a fire emergency. The unannounced fire drills were successfully carried out.



RML employees showcase readiness in an unannounced fire drill

Computerised Meter-Reading Fuel Tank

There are plans to install computerised meter-reading instead of the present manual procedure where staff uses a measuring stick to determine the level/balance of fuel. The tanks are located outdoors. Not only will the new system be more accurate but can also be accessed anytime, rain or shine. The process if implemented will be more efficient and make better use of manpower.



(Left) Present process: Staff using a measuring stick to determine the level of fuel outdoors.

Continuous review of company's operations

RML adopted the Productivity & Innovation Credit (PIC) offered by the Government through Inland Revenue Authority of Singapore (IRAS) to fund automation initiatives. Apart from the computerised meter reading of fuel tanks, RML also upgraded employees' old desktops that were as old as 5 years and above. They are also planning to look into its present accounting system, ACCPAC to integrate with the other systems in the Club.

All these initiatives help improve work processes, making it more efficient and effective.

Bigger Projects, Bolder Ways to Improve

The second part is when we are looking at bigger projects and capital investments. These times provide the opportunity to look for new technology, product and systems that offer bigger and bolder ways to improve.

This process is built into the development stage of projects and its value is tested by running simulations and tests to provide the best possible picture on just how any particular change that can benefit the business.

The scope can be as diverse as modernising kitchen equipment, utility management systems, new point of sale and ordering systems, better commodity rotation systems, job sharing, in-room guest check out facilities, among other areas.

NSL FAMILY GETS TOGETHER!



An enthusiastic crowd on a Sunday morning!

Some 580 employees of NSL and its local subsidiaries and their family members spent an enjoyable Sunday morning at the Siloso Beach, Sentosa on 8 September 2013.

Organised by NSL Sports & Recreation Club (SRC), NSL Executive Director, Mr Oo Soon Hee officiated the family day event with the sounding of the air horn.

Everyone was entertained with the array of activities! Stages performances such as the Snake Charmer, Comedy Ventriloquist and Magic Show delighted the mass audience while the younger ones were pre-occupied with carnival games, winning small knick-knacks along the way.

Telematches were also held, including the likes of tug-of-war! Participants also took part in the treasure hunt to find the keys to open boxes on stage to win prizes.

Lunch was served and the Family Day ended on a high note with the lucky draw. Congratulations to all winners!

Thereafter, many of the participants proceeded to S.E.A Aquarium – the world's largest aquarium at Resorts World Sentosa for a free and easy tour in the afternoon.

Below are some pictures of all the happy memories!



Say cheese!



Entertaining ventriloquist delighting the audience

People

Staff Bulletin

(continued)



Left to Right: Ms Debbie Tan, Mr Oo Soon Hee, Mr Jeffrey Fung



"Though we're small in size, we are strong as one!"



What's family day without carnival games!



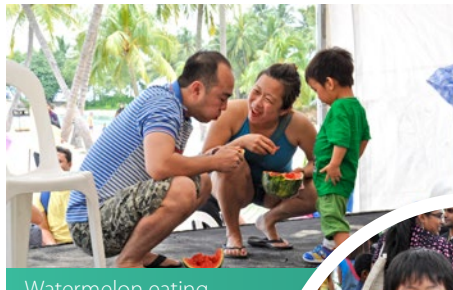
Both senior and young had a good dose of fun!



Who has the strongest pair of lungs?



What "big mouth" you have!



Watermelon eating contest for families



Hurry! Transfer the chairs!



SRC Committee who made Family Day a success! (Not in this photo: Ivy Sim and Samuel Lee)



A snapshot with the balloon sculpturer



Photobooth Fun!



Congratulations to our lucky draw winner!

ADDING A SPARKLE TO LIFE!

While Eastern Pretech Malaysia (EPM) employees had a bowling good time, they did not forget about the unfortunate. In the months of June and July, EPM organised three events for employees to take a break and also extend a helping hand to those in need!

A Bowling Good Time

On 9 June 2013, EPM's Sports Welfare and Recreation Club (SWRC) held its first sporting event for the year. A bowling tournament was organised for some 30 employees. Participants were divided in teams of 3 to 4 people.

Sounds of the balls rolling through

the lanes, hitting the pins, and cheers heard; everyone had a really good time! After two rounds of games, the team consisting of Nick, Oliver and Zulkefli was announced the winning team! SWRC also awarded Zulkefli and Norazlina the best male and female player respectively. Congratulations to all!



Our bowling participants!

People

Staff Bulletin

Lending a Helping Hand

SWRC made a visit to 'IQ 70 plus' in Jalan Gasing, Petaling Jaya on 22 June 2013. IQ 70 plus is a non-profit organisation that houses 30 to 40 mentally-challenged people from 3 to 40 years old. The Intelligence Quotient (IQ) for a normal healthy person is about 100, whereas a mentally-challenged individual has an IQ below 70.

The group was warmly received by all the children. Together, they spent some quality time with the younger ones through games. The children were treated to a feast of Kentucky Fried Chicken for lunch, much to their delight! In support of the home, a cheque of RM 1,330 from EPM for the IQ 70 plus home was presented to Mr Eric, the person-in-charge.



Treated to a KFC lunch!



SWRC made a cheque presentation at Asrama Anak - Anak Yatim Darul Taqwa

SWRC also made a visit to an orphanage, Asrama Anak – Anak Yatim Darul Taqwa to spread and share some of their love to the children on 5 July 2013. The orphanage is a safe sanctuary for some 20 to 30 children, ages between three to 18 years old. The group was brought around the home and also met up with some of the children. A cheque of RM 1,350 was given to Puan Ustazah Siti in support of the home.

Through these involvements, EPM and EMIX colleagues hope to have given these disadvantaged children a sense of hope that they are not alone.

WE'RE WALKING ON SUNSHINE!



Employees enjoying an afternoon out together!

On 16 August 2013, a hot Friday afternoon, more than 100 staff from various subsidiaries in NSL Group participated in the annual Walk & Run 2013 at Woodlands Waterfront Park.

Organised by Sports & Recreation Club (SRC), everyone was given a goodie bag each, filled with simple refreshments. Thereafter, a 30-minute mass workout was held by an instructor. All participants were actively engaged to the tune of zumba music. After that, the "walkers" and "runners" teams were separated to enjoy the activities ahead!



Let's move it, move it!

The walkers team took the chance to explore the costal park, walking along the 1.5km long water promenade. They chatted with each other while soaking in the panoramic views of the park and the Straits of Johor, Malaysia at the ex-naval jetty.



Enjoying the company of one another

Four separate running activities were held: Men Individual Run (3km) (Category 1, for below 40 years old) and Category 2 (for above 40 years old), Ladies Individual Run (2km) and Relay (5x200m). A total of 26 runners and 7 teams (five relay runners in each team) of relay runners participated.



"We're nearly there!"

After perspiring buckets, the winners were announced! Mr Jeffrey Fung, Chief Executive Officer of NSL OilChem Services (NOCS) presented the awards (shopping vouchers) to all winners. The day ended with a group picture to commemorate the event.



NOCS Relay Team Champions, together with Mr Fung (third from left)

Congratulations to all Winners!

3KM Run - Men Individual Run
(Category 1 - Less than 40 Years Old)
Champion / Jimmy Leow / NOCS

3KM Run - Men Individual Run
(Category 2 - More than 40 Years Old)
Champion / Daniel Chong Kwee Yeen / NOCS
2KM Run - Ladies Individual Run
Champion / Hong Yiyong / NSC

5 x 200M Relay Run
Champion / NOCS Team 1 /
Khairul / Chen Yong Zhi / Tan Yun /
Teo Kian Bin / Veera

ELECTRICAL SAFETY

Electricity is a useful form of energy, and it plays an important role in our daily lives. However, if not used correctly, it can be a safety hazard.



Overloaded sockets will cause detrimental effects

Common electrical hazards

Electrical hazards may result from unsafe electrical appliances or cables, unsafe practices or external conditions. Some common electrical hazards are listed below.

- Defective electrical equipment
- Damaged electrical cords
- Exposed wires
- Overloaded circuits, plugs or portable socket outlets
- Wet or damp conditions

Effects of electrical hazards

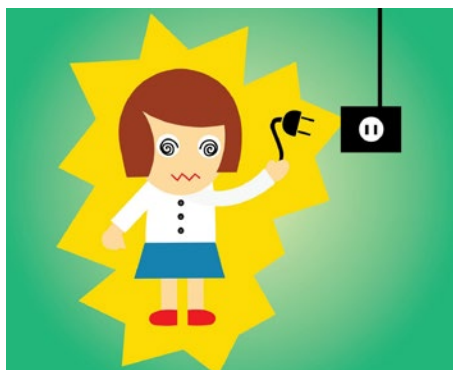


Electrical sparks may cause a fire at home

Electrical hazards may lead to physical injuries such:

- Electric shocks
- Electrocutation
- Electric burns
- The electrical sparks may also cause a fire.

Tips to keep yourself safe!



Don't be a victim of electric shocks!

Here are some simple things that you can do to keep you and your family members safe.

Purchase household goods with the SAFETY mark.

In Singapore, SPRING manages the Singapore Consumer Protection (Safety Requirements) Registration Scheme (CPS). The scheme requires 45 categories of household goods to meet specific safety standards before the goods are given the SAFETY mark and be sold in Singapore.



Beware of faulty electrical appliances.

Do not use electrical appliances or accessories if its external casing is defective or wires are exposed. Send it for repair by an authorised person or dispose it.

Do not overload wall sockets or portable socket outlets. Overloading increases fire risk.

Wall sockets have a rated current of 13A while portable socket outlets may have current ratings of 13A or 10A. If an adaptor is used, do not plug in too many appliances that may together exceed the current ratings. In general, high powered appliances like oven and electric kettle require more current while mobile phone charger requires lesser current.

Engage qualified electricians.

For installation or modification to electrical wiring at home, always engage an EMA Licensed Electrical Worker to do the work. More details are available at Energy Market Authority (EMA) website at <http://elise.ema.gov.sg>

Use electrical appliances appropriately.

Never use electrical appliances or accessories intended for indoor use outdoors.

5 SUPER FOODS FOR GREAT SKIN

Source: Health Xchange Editor, with expert input from the Department of Nutrition and Dietetics at KK Women's and Children's Hospital (KKH).

To get great skin, few things are more important than having a well-balanced diet that includes a wide variety of fruits and vegetables as well as adequate fluid. That being said, some foods do have special skin-enhancing properties.

We asked Ang Bixia, dietitian at the Department of Nutrition and Dietetics, KK Women's and Children's Hospital (KKH), for recommendations. Here are the top super foods you should consider adding to your diet to get the best skin ever.

Top Super Foods You Should Consider

Cherries and berries

Cherries and berries, such as blueberries, strawberries, raspberries and blackberries, are amongst the highest antioxidant-containing fruits. Antioxidants help to prevent premature skin ageing by reducing the damaging effects of free radicals. Free radicals are toxins produced by the body or found in the environment. Excessive amounts of free radicals result in cell damage, and over time hasten the skin ageing process.



Oily fish

Oily fishes such as tuna, salmon and sardines are rich in essential fatty acids. These essential fatty acids help to repair cell membranes, thereby supporting skin's elasticity. The presence of essential fatty acids also aids in the production of collagen. As the key component of connective tissue, collagen promotes healthy and resilient skin.

Should you go straight for collagen-rich foods? This is controversial, says Ang. To date, no strong evidence has shown that collagen-rich foods, such as gelatin, shark fin or chicken feet, have additional benefits in promoting beautiful skin, compared to protein-rich foods, such as meat. That's because collagen is broken down into amino acids in the body, just like protein.

Avocado

Avocado is a fruit rich in vitamin C and vitamin E. Both these vitamins are known for their antioxidant properties. In particular, vitamin C helps to reduce skin inflammation and to optimise the production of collagen. This in turn improves skin tone and reduces wrinkles.

Don't be put off by the avocado's high fat content. It mostly consists of mono-unsaturated fatty acids, which help in reducing "bad" cholesterol.

Apart from direct food consumption, you can consider using skin products containing avocado oil extract, which have also been shown to promote skin hydration, elasticity and smoothness.

Tomato

Lycopene, another powerful antioxidant, gives tomatoes their bright red colour. Studies have found that lycopene can protect the skin against the sun's harmful UV rays, a major cause of wrinkles. Unlike most fruits that are best eaten raw to minimise nutrient loss, tomatoes acquire their maximum antioxidant effect when exposed to heat during cooking.

Tomatoes are also high in beta-carotene. In the body, beta-carotene is converted to vitamin A, which plays a key role in skin regulation.

Green tea

Fluid is important in keeping cells well hydrated. Good hydration helps nutrients and vitamins to penetrate cells and, conversely, toxins to be flushed out of the body. The usual recommendation is to drink at least 8 cups of fluid per day. The fluid should ideally be low in calories, with no added sugar, to avoid unnecessary weight gain.

Apart from water, an excellent option is green tea. Recently, studies have shown that green tea can promote good skin, thanks to its antioxidant and anti-inflammatory effects.

Some of these antioxidants, called polyphenols, have well-documented benefits with regard to sun protection.

Don't forget that ultimately, a well-balanced diet is the key to healthy and glowing skin.

Article contributed by the Dept of Nutrition and Dietetics at:



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TIPS TO PREVENT BACK PAIN AT THE WORKPLACE

Source: Health Xchange Editor, with expertise from SGH and CGH.

An ounce of prevention is worth a pound of cure: This old saying holds true when it comes to office ergonomics. Poor office ergonomics can bring about many health problems, such as a constant backache, sore wrists, stiff neck and shoulders, or the dreaded carpal tunnel syndrome.

A lack of understanding of ergonomics can even ultimately put you at risk of paralysis. "We are seeing more desk-bound workers with slipped disc and bone spurs who require surgery. Almost half the patients who come for cervical surgery do so because they are at risk for paralysis," says Associate Professor Tan Seang Beng, head of the Orthopaedic Surgery Department at Singapore General Hospital.

While it is important for your workstation to be ergonomically set up, you must also do your part by adopting the best ergonomic behaviour. Follow these tips provided by the team of physiotherapists and occupational therapists at Changi General Hospital (CGH).

Improve your sitting posture

Good posture will ensure your spine, disks and muscles incur minimal stress. "When you slouch, it adds 50 per cent body weight pressure on your disks," says Angel Lok, senior physiotherapist at CGH.

A good tip? Make sure you're sitting on your sitting bones, not on your tail bone. Also going by the fancy name of "ischial tuberosities", the sitting bones are the bones you can feel if you sit on the palm of your hands. If you can easily alternate lifting your left and right buttocks, then your sitting posture is probably correct.

Move every hour

You must get up and move every hour, says Aine Cribbin, physiotherapist at CGH. Among the many benefits – a decrease in muscle tension, an improved posture and better circulation.

Walk and talk to your colleagues instead of sending them an email. Stretch it out at the photocopying machine or at any other "stretch-friendly area". Take alternate phone calls standing up. Take the stairs, unless you have knee problems.

Moving around and stretching a bit can also increase your body temperature slightly – a marked advantage when the office feels like a fridge. "Working in an office with extreme cold temperatures can lead to increased muscle tension and hunched shoulders, as you huddle to keep warm", says Ms Cribbin.



Mind your wrists

Don't rest your wrists or forearms against the edge of your table. Over the long term, this habit can compress the nerves and lead to carpal tunnel syndrome. Hold the mouse lightly. When keying, try to keep your wrists straight and use minimal force.

And never, ever cradle the phone between the shoulder and the ear. This bad work habit can lead to displaced disks requiring surgery.

Save those peepers

Guarding against eye strain is also an ergonomically savvy move. Follow the 20-20-20 rule: Every 20 minutes, look 20 feet away for 20 seconds.

Don't wait until it's too late

Don't dismiss any pain or discomfort you feel in your fingers, hand, wrist, forearm or elbow. If you suspect you might be experiencing repetitive stress injury due to ergonomic issues, consult an occupational therapist.

Article contributed by the Department of Orthopaedic Surgery at:



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PAVED IN GOLD

The Wheels Asia team put leading industrial group NSL OilChem's Liquid Gold Syn-Flo RS 15W50 engine lubricant to the ultimate test, by pouring it into our demo, tracked prepped Subaru Impreza WRX before unleashing it out onto the streets as well as taking part in a couple of Kallang Carpark Rally style sprints.

WWith the advent of reduced emissions, many car manufacturers are turning to forced-induction as a means to give drivers added performance minus the hazardous carbon monoxide output. Hence we are seeing all manner of vehicles now packed with a turbocharger, a supercharger or even both.

But did you know, unlike regular naturally aspirated engines, these forced induced power plants require additional care and specially developed lubricants to protect their internals from the increased pressures which they have to undergo during operation. In the case of the Wheels Asia Subaru, any engine lubricant with a viscosity level lower than 50 would do more harm than good.

Of course there are many of these so-called dedicated engine lubricants on the market



which all claim to be specially developed for various types of performance engines, but unfortunately these oils though provide high performance often come at a premium price.

But this playing field could well see a new shake-up, from a surprising local contender that promises comparable great performance at greater value!

The recently launched LIQUID GOLD SYN-FLO RS 15W50 motor oil, produced by reputable local industrial group NSL OilChem, comes with some impressive credentials and specifications to match the established market leaders. Syn-Flo RS is a 100% fully synthetic motor oil with PAO and Ester, enhanced with advanced friction reduction additives.

It's special formula is designed for high horsepower, high rpm, high running temperature modern passenger cars with turbochargers, direct injection and diesels (without DPF) and is positioned for competition and modified cars, SUVs, MPVs and 4x4s.

Syn-Flo RS promises to deliver outstanding

engine protection in severe high heat, high stress conditions and superior thermal stability and oxidation resistance for extended oil change intervals.

Well talk is easy, the Wheels Asia Subaru test challenge will separate the men from the boys.

THE TEST

After the Syn-Flo RS oil change on the Subaru, I fired up the engine and immediately noticed that the rough idling sound was significantly quieter, as Syn-Flo RS immediately went to work protecting the engine's internals – hence the softer engine idling drone. The engine generally felt alot livelier with throttle response being almost immediate. I also did notice that acceleration was even faster now, this despite the Subaru's oil being only changed about 3 weeks ago and covering only about 2000km before the oil was changed out for Syn-Flo RS.

But what really surprised me was the oil's ability under extreme pressure. Typically, most oils I tried on the Subaru should typically start to hit temperatures of 95 – 105 degrees when I drive the vehicle hard. But with the Syn-Flo RS, oil temperature maintained at a steady 75-85 degrees no matter how I thrashed the car and how long the session lasted. Truly impressive.

And unlike some race-blended oils which degrade within 2000km (most oils would start to degrade around the 3000-4000km mark), Syn-Flo RS as of this article has already covered 5000km and I still can't detect any signs of degradation – typical signs would

be rougher engine note while revving and an unwillingness to rev when you throttle.

So there you have it, proof that high quality local automotive lubricants do exist without wallet burning prices, this is the new benchmark for motoring oil in my book. quality local automotive lubricants do exist without wallet burning prices, this is the new benchmark for motoring oil in my book. ✱

The above servicing was done at DTP Auto Servicing Pte Ltd located at 1 Soon Lee St, #02-47/48, Pioneer Centre, S'pore 627605 Tel: 6744 3282

For more information and a full list of all other Liquid Gold Authorised Workshops and distribution points, please visit www.liquidgold.com.sg

