

NSL *Link*

Issue 23

Jan 2018



**Being
a Good
Corporate
Citizen**

A Note from Our **Executive Director**



Dear Colleagues

Wishing you and your family a Blessed New Year! 2017 had been very challenging for the NSL Group. Thanks to your dedications and hard work, we have overcome the difficult year relatively unscathed. The sharp downturn in the construction sector in Singapore and Malaysia, and the fire in NOC's fixation plant had severely impacted the Group's performance. As we usher in 2018, I believe that the worse is now behind us, and we should face the New Year with renewed optimism and greater vigour.

“
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In this issue, you can read about NSL's commitments to corporate social responsibilities in our three focus areas of: caring for the community and our employees, the environment, and supporting the local arts and cultural scenes.

We continue to care for the community through donations to charitable organisations such as the Melrose Home and Muscular Dystrophy Association Singapore (MDAS). Other than monetary support, our staff had also actively engaged the children in Melrose Home with various programmes. In the case of MDAS, we collaborated with their members to design our year-end electronic greeting cards and corporate calendars.

During the year, we continued to invest in our people, providing staff training for supervisors and senior management, to better equip them for their fast evolving roles. Town hall meetings were also conducted in the Group to enhance feedback, communication, and engagement with staff. Comprehensive safety trainings and toolbox meetings were also carried out to step up our efforts in creating a robust safety culture.

Both NSL OilChem Waste Management and NSL Chemicals have business activities that contribute to environmental sustainability. These businesses recycle waste into useful products. In addition, Eastern Pretech is the first precaster in Singapore to be awarded the BCA Green Mark for 45 types of concrete mixes and also Singapore Environment Council's Green Label for these products.

NSL has been a long standing sponsor of the Singapore Symphony Orchestra. Last year, in line with our objective to promote classical music to the communities-at-large, we also supported the China Philharmonic Orchestra and Paloma So Concert in Singapore.

Going forward, I would like to encourage all of you to continue contributing your time and effort to support NSL CSR programmes. Let us continue to do good; contribute to the communities and protect our environment, for the enjoyment and benefit of our future generations.

Dr Low Chin Nam

Being a Good Corporate Citizen

While achieving business goals are important, NSL believes that we need to make a positive impact on the community, environment and all stakeholders. We will continue to strengthen our sense of stewardship to the community and our future generations.



Melrose Home beneficiaries visit Raffles Marina



Arts & Community

With over 2,000 employees worldwide, NSL aims to be an organisation that cares for the society and its employees. NSL and its Group of companies have supported various corporate social responsibility (CSR) initiatives, benefitting the young, disabled and the elderly.



In 2017, the NSL Group and employees raised \$20,000 for our long-time beneficiary, Melrose Home in Singapore. This amount will go to the children's meals in the home. The NSL Sports & Recreation Club (SRC) also organized a day-trip to Raffles Marina (RM) for a group of children, where the children had a chance to catch a sight of how a marina looks like.

Since 2009, NSL has supported the Muscular Dystrophy Association Singapore (MDAS), and engaged their member's service to create festive e-cards and desk-calendars on an annual basis. This partnership has empowered the MDAS members'

sense of self-worth and helped them to secure financial independence.

NSL has been actively supporting the local arts and cultural scene. In November 2017, we sponsored \$50,000 to the China Philharmonic Orchestra & Paloma So at the Esplanade Concert Hall, Singapore.

The Group has also been actively supporting the Singapore Symphony Orchestra (SSO) as postage sponsor.

Our subsidiary, NSL OilChem Waste Management (NOCWM) also demonstrated the spirit of giving back. In November 2017, NOCWM provided the students from Hua

Yi Secondary School career talks and collaborated a job-shadowing programme, where they had a glimpse of how a waste management business works and the various career opportunities.

RM reaches out to Sailability Singapore, a non-profit, volunteer-based organisation run by Singapore Disability Sports Council (SDSC). Co-organised by RM and Singapore Management University, the Western Circuit Sailing Regatta is held annually to raise funds for disabled sailors. In 2017, a charity auction raised a total of \$8,582.50. These proceeds will go to SDSC to support their sailing activities.

People

Employees make the core of NSL, and we continue to enhance the capabilities of the current talent and attracting the right people. Promoting a holistic lifestyle, NSL SRC organises activities that strengthen bonds and enhance work-life balance. They also organise a series of “NSL Games”, where subsidiaries in Singapore vie for the prestigious trophy. Through the years, employees are also encouraged to participate via outdoor activities to self-defence course and even baking workshops.

Safety remains the top priority at NSL Group with the Safety Committee reinforcing a robust safety culture through tool box meetings and comprehensive trainings. The team has arranged for a Safety Photo Competition which takes place at Group level (More details on Page 26). Staff are encouraged to participate and show their support towards a safe work environment.



Environment

For the first time in August 2017, NSL facilitated an electronic-waste (e-waste) recycling campaign for the group of companies in Singapore. During the week's campaign, employees contributed a total of 1,119kg of e-waste, which will be disposed appropriately or even be recycled.

At NOCWM, the essence of its business is to create a sustainable environment, and reduce pollution through technologies. NOCWM participated in two initiatives with Yangzheng Primary School – holding an environmental awareness talk and being part of a seed-planting recycling programme where 100

preschool children were taught how to recycle a toilet roll into a seed-holder.

RM continues to pledge to the Planetary Coral Reef Foundation (PCRF) that holds various marine conservation projects in Southeast Asia. A two-day regatta is held annually to raise proceeds for this foundation to restore fisheries and promote reef preservation.

NSL sustainability efforts' are focused to protect our environment through our business and products, thus making a positive impact to the communities around us.

Photo Credits: Biospherefoundation.org



NSL Reports Loss in 3Q2017

- Group Turnover increased 3% to \$80.8 million
- Weak performance of Precast & PBU division and business interruption to the fixation plant in the Environmental Service division led to Loss before tax of \$3.4 million

Financial Highlights (Continuing Operations)	The Group					
	Quarter ended 30 September			9 months ended 30 September		
	2017 S\$'000	2016 S\$'000 (restated)	Change %	2017 S\$'000	2016 S\$'000 (restated)	Change %
Group Turnover	80,816	78,669	3	250,439	246,501	2
Group (Loss)/Profit Before Tax	(3,358)	540	n/m	325	10,865	(97)
Group (Loss)/Profit Attributable to Shareholders	(2,692)	(552)	388	876	6,749	(87)
Earnings Per Share (cents)	(0.72)	(0.15)	380	0.23	1.81	(87)

NSL Group turnover increased 3% from \$78.7 million in 3Q2016 to \$80.8 million in 3Q2017. This was mainly attributable to the higher revenue from its Environmental Services division's newly acquired subsidiary in the fuel management service business and recycled fuel oil (RFO).

Turnover of the Precast & Prefabricated Bathroom Unit (PBU) division in 3Q2017 declined 15% mainly as a result of low plant loading and delays in precast projects in Singapore, Malaysia and Dubai. Average selling prices in Singapore remained weak due to intense competition in the light of the contraction in the private sector market. However, revenue from its PBU operation in Finland was higher underpinned by healthy demand for PBUs in Finland and Sweden.

Weak performance by the Precast & PBU division and the business interruption to the fixation plant in Environmental Services division led to a Loss before tax of \$3.4 million in 3Q2017 as compared to the Profit before tax of \$0.5 million in 3Q2016. Precast & PBU division suffered a loss of \$0.9 million due

to a significant shrinkage in project loading in Singapore, Malaysia and Dubai, compounded by lower selling prices. The division's PBU business in Finland continued to perform satisfactorily. Environmental Services Division recorded a Loss before tax of \$1.6 million in 3Q2017 due mainly to the fire incident in March 2017 which disrupted its waste treatment business for which its business interruption insurance claims have yet to be recognized. The loss incurred by the waste treatment business was partially mitigated by improved performance of the division's restructured RFO business on the back of higher volume and price.

After taking into account income tax and non-controlling interests, the Group reported a Loss attributable to equity holders of \$2.7 million in 3Q2017 compared to \$0.6 million in 3Q2016.

Group turnover in 9M2017 was \$250.4 million, 2% higher than the \$246.5 million achieved in 9M2016. Group Profit before tax fell from \$10.9 million in 9M2016 to \$0.3 million in 9M2017 mainly as a result of weak performance by the Precast & PBU division.

Outlook

The Precast business as a whole is expected to remain challenging. Singapore and Malaysia Precast would continue to face intense competition adversely impacting selling price. Dubai operation has healthy order book subject to risk of project delay. The division's PBU business in Finland is likely to continue to perform satisfactorily.

In the Environmental Services division, business outlook for RFO business should continue to improve with the business restructuring. However, the performance of the division's waste management services would remain weak for at least another quarter as full operation is not expected to resume before December 2017. Nonetheless, the division has adequate insurance coverage for property damaged and loss from business interruption impacted by the fire incident. The construction of the division's organic wastewater treatment facility in Tuas has commenced and is on schedule for completion by end of 2018.

Overall Group result in FY2017 is expected to be significantly below that of FY2016.

NSL Continues to Give Back

Caring For The Ocean

NSL worked hand in hand with Clementi Primary School for a Corporate Social Responsibility Project. A wall mural was created in September 2017 to educate the young generation on caring for the ocean and marine life thriving in it. Other than a facelift project for the recycling corner in their school, the colourful mural also displayed five simple areas that the students can practice to protect marine life.

Clementi Primary School also showcased relevant reading materials and educational videos during recess, making it a cosy and interactive corner for the primary school students. This project was also submitted for the 'Environment Challenge For Schools' jointly organised by Clean and Green Singapore and National Environment Agency.



Career Insights to Information Technology

Every year, Yangzheng Primary School organises a career day for its Primary 6 students after their leaving examinations. On 10 October, working executives from organisations such as Central Narcotics Bureau and Singapore Press Holdings were invited. Representing NSL Ltd, Mr Eric Poh spoke about his career as an IT Engineer, and the attributes needed to take on the role. He shared about the career options in the IT industry, and elaborated on current trends such as 'Internet of Things' and 'Data Analytics'. He told the students that embarking on a IT career has many possibilities and potential, and that 'passion and interest will be the main contributing factor to success.'



Mr Poh, IT Engineer at NSL Ltd was invited to share his perspectives on IT engineering.

NSL OilChem Waste Management **Engages the Community**

In the months of September to November 2017, NSL OilChem Waste Management (NOCWM) embarked on several corporate social responsibility initiatives with Yangzheng Primary School and Hua Yi Secondary School.



▲ *Mr Young provided insights to a sales & marketing job to some 250 students.*

Career Insights to Sales & Marketing

On 25 October, NOCWM Sales & Marketing Senior Manager, Mr Young Ying gave a career talk at Hua Yi Secondary School. Speaking to the Secondary 2 cohort, he shared what sparked off his interest in the waste management industry. Other than informing the students about the qualifications required to be a sales & marketing specialists, he also revealed some special projects - including how his team collected 18 tons of dead fish in 2015, due to a plankton bloom in Singapore.

In his closing message, he encouraged the students to excel in their studies, and to choose a job that they love, so that they will 'never have to work a day in their life'.

Student-shadowing Programme

Collaborating with Hua Yi Secondary School for the third year, 11 Secondary 3 students were invited to NOCWM for a student-shadowing programme on 7 November. It was the first time hosting this programme, which aims to provide the students an opportunity to experience the working world.

The visit started with a presentation of the business's overview by Mr Jeffrey Fung, CEO of NOCWM. He gave insights on the different positions and qualifications required in the company. He also shared how NOCWM's business pursues environment sustainability.

Thereafter, Mr Teo Wee Kian, Plant Manager and Mr Lee Chin Huat, Environmental Safety & Health Manager brought the students for a bird's-eye view of the operations. The students were then grouped into four various departments to shadow their mentors.



Quality Control

Led by Mr Kim Hyeong Kyu, Quality Control Assistant Manager, the students were briefed on the different apparatus in the lab. From understanding theories of different pH meters to distillation processes and centrifuge (oil and water separation), the students experienced teachings out of the school's textbooks.

"The variety of equipment in this lab is far more than what our school has. I was particularly curious about the fuel-air ratio mixture. Today, I was able to experience a real-life work scenario," shared Ye Tingkai, who is keen to be a researcher.



Plant Operations

For the students attached to Mr Teo, a safety briefing was conducted before entering the plant. They were briefed and showed the entire process, from receiving the oily slop, and treating it before the end-product gets exported.



Environmental Safety & Health

Mr Lee emphasized on the importance of work safety culture and how one could prevent accidents at home or at work. He also presented how the department inspects and evaluates the environment, equipment and processes to ensure safety compliance.

The students were taught how to use a fire extinguisher too. I never knew how to use a fire extinguisher and I noted the important steps to take to 'fight a fire'," said Ong Min Jee, who enjoys doing chemistry.



Operations Planning and Customer Service

Led by Ms Linda Lim, Operations Planning and Customer Service Manager, the students had a good overview of different roles of the company. They had a chance to view NOCWM's fleets, and toured the project store and workshop.

The students were reminded that every role in the company is important. They were also encouraged to find ways to solve the impossible, and be accountable for the work that they do.

All in all, it was a positive experience for the students and they had a better understanding on how a waste management business functions.

NOCWM Spread the Word on Sustainability

A part from engaging the community, NOCWM also partnered with Yangzheng Primary School in two environment initiatives.

Environmental Awareness Talk



On 20 September 2017, Mr Jeffrey Fung, CEO of NOCWM shared some insights on their waste management business and how the company actively plays a part in maintaining a green and sustainable environment.

Speaking to some 200 students, he emphasized the importance of protecting the environment while leveraging on technologies. The students were impressed by the videos that showcased NOCWM's heavy-weight shredder machines and de-slopping machines that separate sludge from waste oil.



It was an interactive session as the students were also encouraged to identify environmental challenges in recent years.

Seed Planting Recycling Programme



As part of the school's initiative to educate the community on waste minimization, a seed planting activity was carried out on 5 October 2017 for the preschool children from neighbouring kindergartens.

13 volunteers from NOCWM were invited as chaperones, and they partnered closely with the Primary 5 students to guide the young children who were aged 4 to 6 years.

With 185 students and 112 preschool children, they toured the school's eco garden to learn about different plants and fruits. Instilling the importance of recycling, the chaperones and Primary 5 students demonstrated how to transform waste into useful products – in this case, using toilet rolls as seed-holders.

It was a fulfilling three-hour programme, and the preschool children had a chance to bring their seedlings back to their respective preschools to create their own garden. We truly hope that they have been inspired to reduce, reuse and recycle!



Raffles Marina Supports CSR

Supporting Sailability via WCSR

Since 1997, RM has been actively involved in Corporate Social Responsibility (CSR) by supporting Sailability Singapore annually through Western Circuit Sailing Regatta (WCSR). In August 2017, two activities were organised in addition to the charity auction – a recycling drive and a car wash.

At the silent auction, RM received two sculptures, courtesy of Art Porters. On top of these charity movements, SMU students, in a bid to care for the environment and ocean, organised a recycling project during the three-day

sailing event. This was a global campaign run by the United Nations which aims to reduce water pollution.

With an overwhelming support from the sailors, a total sum of \$8,582.50 was raised.



Children from Melrose Home Visit RM

RM hosted 14 children aged 6 to 12 years from the Melrose Home, one of NSL's long term beneficiary for lunch and a tour of the Club on 6 September 2017.

Children were shown around the Clubhouse and toured its facilities. They had the chance to view the yachts docked at the lagoon up close – which was a first-time experience for many of them. The group also took a stroll to the end of the breakwater to view RM's iconic lighthouse. The three-hour tour wrapped up with the children being treated to lunch at Marina Bistro.



REEFgatta in support of PCRF

RM organised an annual two-day regatta in March 2017 to support the Planetary Coral Reef Foundation (PCRF). All proceeds raised from this regatta are contributed to the organization to help fund their marine conservation activities and projects.

The PCRF was founded in 1991 to address the coral reef crisis, some of their primary projects in South East Asia includes the sea turtle protection, restoration of fisheries and reef preservation in Indonesia – Anambas Islands and Bali.

Farewell Lunch for Mr Oo Soon Hee

A farewell lunch was organised for Mr Oo Soon Hee who retired from his position as Adviser to the Executive Committee of NSL Ltd with effect from 1 October 2017 by Dr Low Chin Nam, Executive Director of NSL Ltd. Mr Oo was previously Executive Director of NSL Ltd from 1 February 2011 to 31 July 2016.

Held on 29 September, the luncheon commenced with a speech by Dr Low who thanked Mr Oo for his guidance for the past six years. A farewell speech by Mr Oo followed suit.

This event was held in the attendance of CEOs and colleagues from our headquarters and subsidiaries.

Here's wishing Mr Oo all the best for his future endeavours!



*Let's
Collaborate
Online!*

 Skype for Business

In October 2017, the NSL Information Technology (IT) department implemented the Skype for Business for employees in NSL Ltd. Skype for Business is a unified platform that enables instant messaging, audio and video conferencing. It encourages a seamless collaboration with your colleagues – you can even host an online meeting at the comfort of your desk.

In December 2017, a selected group of employees at NSL OilChem Waste Management has experienced this new way of communication. In the year ahead, NSL IT will garner feedback and implement Skype for Business in phases.

Eastern Pretech Awarded Contract of Raffles Girls School's New Campus

By Yong Chiang Boon

Eastern Pretech Singapore is proud to have been awarded the tender for the construction of Raffles Girls' School's new 6 ha campus at 321 Braddell Road. The campus will be located opposite Raffles Institution and is estimated to be ready by the end of 2019.

Some of the features of the school will be an indoor performing arts centre for its art programmes and outdoor learning spaces where students would be able to immerse in the flora and fauna around the campus.

Precast concrete elements consisting of columns, beams, planks, walls, staircases and hollow-core slabs will be supplied for a total volume of 7,330m³.

Delivery of the precast concrete components will commence in Jan to Aug 2018.



Eastern Pretech Malaysia Updates

EPM Clinches Significant SP Setia Project

By Lee Mun Sam



The project's main contractor BGMC Corporation Sdn Bhd had awarded the supply and delivery of precast components to EPM for the recent most sought-after property in Kuala Lumpur, Setia Sky Seputeh.

This freehold resort-themed residence which is developed by SP Setia Berhad Group, Malaysia's leading property developer is located in a prime area and is a stone's throw away from Mid Valley City. The condominium features 290 spacious units with 4 to 6 units per floor designed with a private lift lobby ensuring privacy for its residents.

A total of 25,000m² of hollow-core slabs will be supplied and delivery of the precast components is expected to commence in December 2017.

Updates on IKEA projects

First Precast Column Installed at IKEA Penang



EPM is proud to announce the commencement of installation works for their fourth IKEA Project located at Batu Kawan, Penang. The first precast column was installed on 3 November 2017 with over one third of the precast components cast at EPM's plants located in Beranang, Selangor and Sungai Petani, Kedah. This IKEA branch is slated to be opened for operation in January 2019.

DPC Clinches **Significant Contracts**

By Henrik Jensen

Dwight School & Brighton College, Dubai



DPC secured the project for the construction of a new school and college consisting of four buildings. The design, production and erection of these full precast load bearing structures will consist of columns, beams, walls, stairs, hollow-core slabs and solid slabs.

Reinforced concrete totalling 5,950m³ and 4,500m³ of hollow-core slabs will be used. The production and erection commenced in August 2017 and is due for completion in February 2018.

Expo 2020, Opportunity District

After 3 mock-up buildings were successfully executed, DPC was awarded the contract for EXPO 2020, Opportunity District. DPC will design, produce and erect cladding panels and associated works like grouting and sealant.

The project consists of 9,200m² of high-end coloured architectural cladding panels on 33 individual buildings of 2 and 3 storey height. The panels will have different patterns built into them, casting different shadows as the sun rises and sets. The cladding panels are designed in a way that they can be removed after the exhibition. Re-arrangement will be carried out to connect some of the individual buildings to bigger overall buildings which will then be leased out as offices.



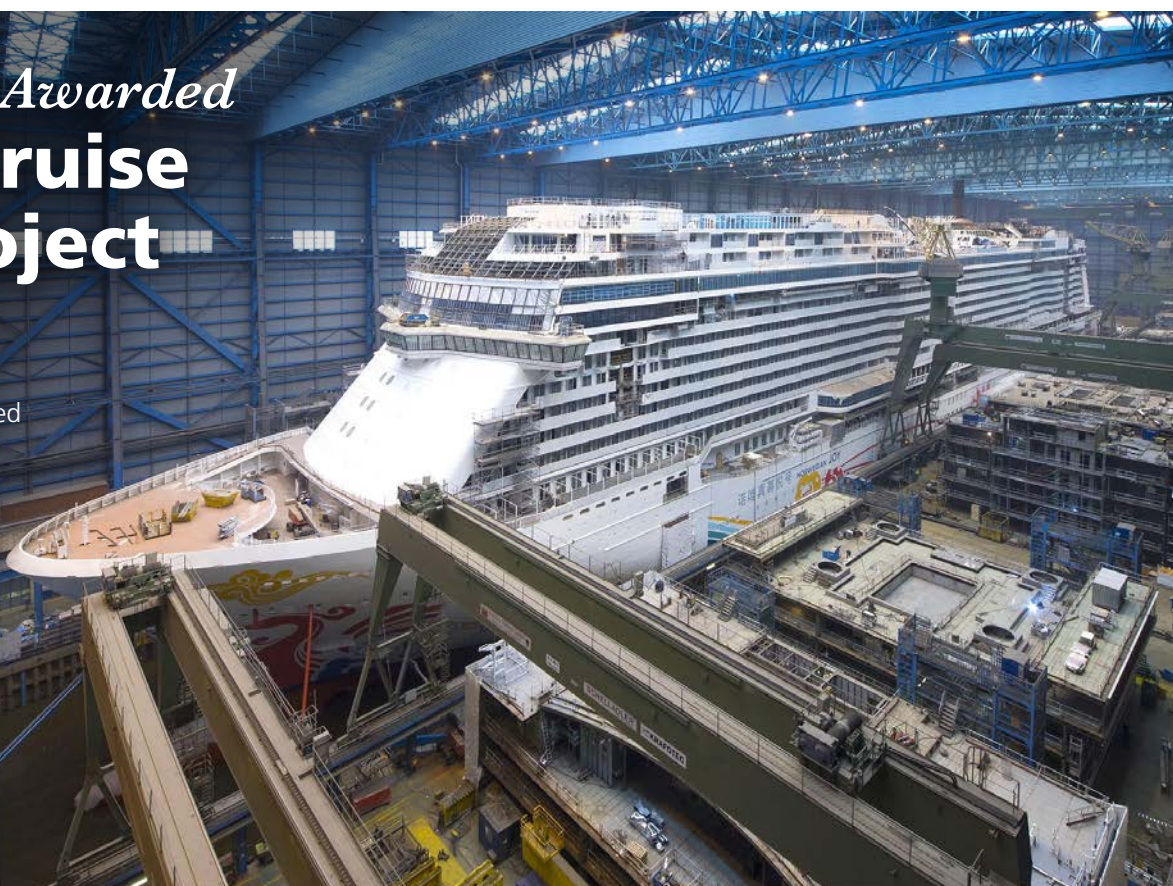
Production is expected to start in January 2018 after which erection will commence in February 2018. The project is due for completion in September 2018.

Parmarine Awarded **Major Cruise Ship Project**

By Jussi Raunio

Parmarine was awarded a major cruise ship project by a leading cruise ship yard in Europe.

17,000 units of A-60 fire doors will be delivered to the cruise ships and the project is expected to be completed by 2020.



EPM Golf Challenge 2017

By Lee Mun Sam

Eastern Pretech Malaysia (EPM) organised a golf get-together with its customers and stakeholders on 28 October 2017. The tournament was held at Staffield Gold Resort, close to the Beranang Factory in Selangor, Malaysia.

A total of 70 golfers took part, comprising of government officials, consultants, customers, long term vendors and representatives from Eastern Pretech Management including Debbie Tan, Group CEO, Matti Mikkola, CEO of EPM and fellow colleagues LP Tang, James Ng and Lee Mun Sam.

Mr Abdul Rahman from JKR (Malaysian Public Works Department) was declared the winner based on Peoria Gameplay and Mr Liang from Shimizu Corporation was the gross score winner.



MBAM One Build Exhibition

By Lee Mun Sam



EPM took part in the Master Builders Association Malaysia (MBAM) One Build exhibition from 2 to 4 November 2017 at the renowned Kuala Lumpur Convention Centre. This 3-day highly anticipated annual event is a strategic partnership between MBAM and One International Exhibitions and had the attendance of thousands of visitors from the construction industry.

Through this platform, EPM was able to showcase its products and services, forge new relationships with industry players by exchanging ideas and learning about latest innovations. The exhibition experience was enhanced with a conference that addressed issues faced by the leading industry players.

DPC Celebrates!

By Ibrahim Kutty

DPC's Annual Sports Day

Dubai Precast LLC (DPC) held its Annual Sports Day for workers on 10 August 2017 at United Pro Sports. The event was inaugurated by Mr Henrik B Jensen, Country Director with a welcome speech by Mr Ove Pedersen, Senior Operations Manager.

Attended by hundreds of workers, the day was filled with various indoor sports activities and fun filled games to recognize their efforts rendered to the company.

Staff was impressed by the refreshing indoor games and actively participated

and cheered for one another. Cash awards were presented to 45 workers to recognize their 10 years of service. This segment was followed by a prize presentation ceremony and lucky draw. Greater bonds and team spirit was built at the end of the day.



Staff Annual Party

DPC held its Staff Annual Party on 17 August at Roda Al Murooj Hotel, located next to Dubai Mall. The function was presided by Mr Jensen, Mr Aniruddha Banerjee, Chief Finance Officer and Mr Pedersen along with other Heads of Departments.

This year's party saw employees showcasing their talents. The night was filled with lots of entertaining programmes and laughter.

Appreciation speeches were delivered to 19 employees who had served the company for more than 10 years, taking into account DPC's 11 years of existence.

Many staff commented that overall this was one of the best annual parties compared to previous years.

DPC's HR Department would like to thank all of its committee members for their efforts to make both events memorable.

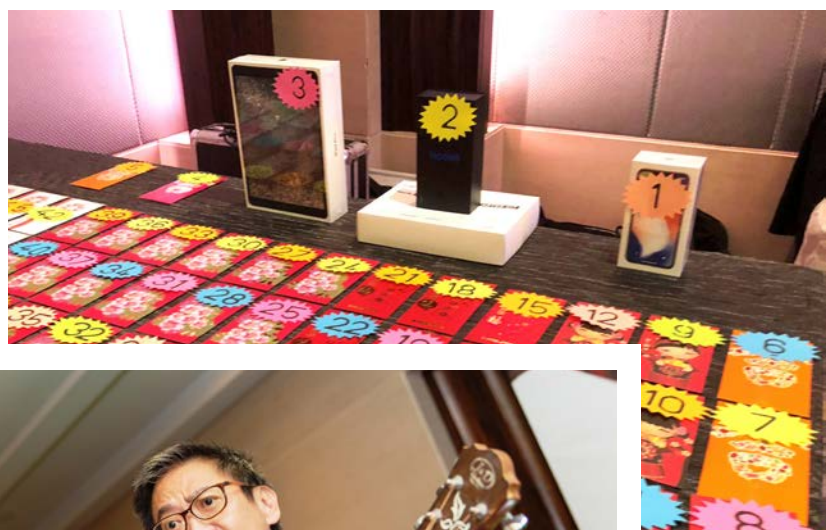


Who's got Talent?



On 9 December 2017, 100 employees from NSL Ltd and Eastern Pretech Singapore attended the annual dinner and dance at Carlton Hotel, Singapore. After Dr Low Chin Nam, NSL Executive Director's appreciation speech, everyone congratulated three recipients from Eastern Pretech Singapore who received their 10-year long-service awards. Congratulations to Mr Lim Siew Howe, Country Head of Singapore, Mr Nelton Tan, IT Assistant Manager and Mr M Rosman B Omar, Maintenance Engineer!

Themed "Talent Night", spontaneous employees sang their hearts aloud and showed good camaraderie. It was a great delight to see Dr Low, Ms Debbie Tan, Group CEO of Eastern Pretech and Dr See Soo Loi, CEO of NSL Chemicals spontaneously interacting with all employees. The night concluded with the highly-anticipated lucky draw and an energetic mass dance in the ballroom.





SRC

Highlights

During the last quarter of 2017, NSL's Sports and Recreation Club (SRC) organised various interesting activities for our staff which encouraged teamwork and bonding across the subsidiaries. Let's take a look at some of the popular classes and outdoor activities!

Self-defense Class *12 and 19 September*

Staff attended the two-day self-defense class at KAPAP Academy, which taught them to master Brazilian Jiu-Jitsu moves and techniques that could be executed by anyone should they meet with an unexpected mishap. The two hours class provided hands-on training on punches, arm locks, weapon handling and suspicious body languages that one could look out for when a stranger approaches.



Log Cake Workshop *3 October*

Christmas arrived early at NSL! Staff at NSL Group had fun learning how to bake a Swiss roll, which was later turned into a beautiful log cake complete with chocolate ganache, whipped cream and other decorations. The workshop was interactive with easy to understand recipe and techniques.



Bowling Competition

28 October

About 40 staff participated at the year-end bowling competition which took place at Civil Service Club Bukit Batok on 28 October 2017. After the event, everyone enjoyed a buffet lunch at the bistro located within the bowling alley. EPS emerged as the highest scorers with an overall score of 1705. Congratulations to all winners!



Laser Tag

10 November

The most popular activity of the year that is eagerly looked forward to by many of our staff – Laser Tag! 50 staff took part in this activity at Home Team NS Bukit Batok on 10 November 2017. Filled with lots of laughter, screams and adrenaline pumping running and chasing, the event proved to be a time for staff to relax and bond after work, while getting to know their fellow colleagues from other subsidiaries.



Movie Event: Justice League

25 November

180 staff and their loved ones watched Justice League on 25 November at Golden Village City Square. The movie event served as a good platform for staff and their family members to know one another better during the meet up.





STOP THE ACT! SNAP AND SEND IT.

We want you to be our EYES.

If you spot any unsafe act that will risk the safety of our colleagues or company's assets, please STOP IT immediately!

SNAP a picture or video of the safety incident and elaborate on what could have happened if you did not stop the unsafe act.



Worth \$270

Xiaomi Redmi 4X LTE-DS 32GB (Gold) with Accessories Bundle (Soft Case, Selfie Stick and Portable Power Bank)



LG Pocket Printer PD239 and 2 boxes of sticker photo paper



Seagate Backup Plus Ultra Slim 2.5" ITB Portable Drive

CRITERIA

The unsafe act must be related to our colleagues or company's assets.

The Corporate Safety Committee will select the winning entries based on the seriousness of the unsafe act/condition or risk, and its safety/business impact to individuals and/or the company.

PRIZES

- 1st Prize – Xiaomi Redmi 4X LTE-DS 32GB (Gold) with Accessories Bundle (Soft Case, Selfie Stick and Portable Power Bank)
- 2nd Prize – LG Pocket Printer PD239 and 2 boxes of sticker photo paper
- 3rd Prize – Seagate Backup Plus Ultra Slim 2.5" ITB Portable Drive
- 4th Prize – Sony Headphones MDR ZX310 (Blue)
- 5th Prize – Scuderia Ferrari 5000mAh Portable Charger

Winning photographs or screen shots of the video will be published in the April issue of NSLink.

SUBMISSION DETAILS

1. Include your name, title, department and a brief background (not more than 50 words) to explain the act, your involvement if any, in your submission to **Robert Lim**, Vice-President of Safety and Risk Management at **robert.lim@nsl.com.sg** or WhatsApp/WeChat at **+6596505282** by **22 Jan 2018**.
2. Inform Robert if you wish to remain anonymous, and your personal details will not be disclosed to the Corporate Safety Committee.

TERMS AND CONDITIONS

1. Corporate Safety Committee members and Safety officers/coordinators from subsidiaries are not allowed to participate in this contest.
2. By submitting an image or video for the competition, the participant will be regarded as having granted NSL Corporate Communications the rights of use.
3. Safety incidents must be real and not premeditated, staged, simulated or exaggerated.
4. Photos or videos which fail to adhere to the terms and conditions will be rejected.

Flu Relief and Prevention: **Three Diet Tips**

By Ms Ong Chengsi

Three diet tips to relief and prevent flu, as shared by Ms Ong Chengsi, Senior Dietitian from the Nutrition and Dietetics at KK Women's and Children's Hospital (KKH).



Answers by Ms Ong Chengsi, Senior Dietitian, Nutrition and Dietetics, KK Women's and Children's Hospital (KKH), a member of the SingHealth group.

Diet tips to relieve and prevent flu: ask the specialist

Do supplements, especially vitamin C, have proven effects against the flu?

Some studies have shown that vitamin C supplements may help in recovering from the flu faster, but have no significant effect in preventing the flu. As for zinc and echinacea, two popular supplements for flu relief and prevention, current studies show variable results. By following nutrition guidelines, most children should be able to meet the

Recommended Dietary Allowances of vitamins and minerals through food, so there might not be any added benefit in giving supplements. Over-supplementation can also put a child at risk for vitamin or nutrient toxicity, so do not exceed the recommended dose of any supplement.

What are some useful dietary tips when a child is down with the flu?

A child's appetite may decrease when down with the flu, so encourage him or her to have small, frequent and well-balanced meals. Ensure that the child is getting sufficient fluid through water, soup and other non-caffeinated drinks. Avoid caffeinated drinks like cola drinks and tea as these have a diuretic effect and can make the child lose more fluids. Also make sure that the food

is properly prepared or well-cooked. There may also be some truth in the age-old remedy of giving chicken soup, as chicken soup may have anti-inflammatory and anti-congestive effects, thus helping to relieve cold and flu symptoms.

So are there some foods or fruits that can help boost the immune system against flu?

There are no proven foods to take or avoid that can prevent one from catching the flu. A well-balanced diet for the individual's age (refer to the Health Promotion Board's recommendations) will provide antioxidants like vitamins A, C, E, beta-carotene and zinc, which can help boost immunity to fight infections. In addition, foods like garlic and mushrooms may also help the immune function.

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