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**AUG
SEP
2017**



SMOU GS ELECTED INTO ILO GOVERNING BODY

SHIPBOARD
LEARNING JOURNEY
ONBOARD MV
PARSIFAL

08

A SPLASHING
SPLENDID
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TNTA AND
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SMOU GS Elected to ILO Governing Body Calls for action to build a future with decent work

NTUC President and SMOU General Secretary Mary Liew has been elected Deputy Member of the Workers' Group of the International Labour Organization (ILO) Governing Body, to serve a second term from the period 2017 to 2020. Her election is a strong affirmation of her contribution as the voice of the workers internationally.

This took place at the 106th Session of the International Labour Conference (ILC) from 5 to 16 June in Geneva, Switzerland. The global conference was attended by Manpower Minister Lim Swee Say, who led a tripartite delegation comprising Singapore National Employers Federation (SNEF) President Dr Robert Yap, NTUC Assistant Secretary-General Patrick Tay, union leaders, employer representatives and officials from the Ministry of Manpower. SMOU Assistant Secretary Alvin Cheong also attended the ILC for the first time.

In her plenary speech made at the Conference, Ms Liew highlighted that "without a sustainable environment for our workers, it is pointless to have further debates on decent work". To increase awareness of the green jobs sector, Ms Liew pointed out that the Singapore Labour Movement is reaching out to the young before they join the workforce and re-skilling the existing workforce, through training.

Ms Liew made this salient point: "Addressing and integrating climate change challenges whilst maintaining economic viability is no easy task. It is a complex and arduous journey. Everyone has a collective responsibility to take concrete action for a better future, not tomorrow but right now."

“ I am humbled by the support of my fellow Worker Delegates electing me into the Governing Body to serve the Workers from 2017 to 2020. We will work in solidarity with the international labour movement in the coming years to support ILO in its Future of Work Agenda as the organisation celebrates its Centennial in 2019. At this ILC, we are also heartened to know that what Singapore is doing in the area of "green jobs" is also in line with ILO's Green Initiatives under the Future of Work. I believe with our strong tripartism, Singapore is well positioned to address the challenges posed by the Future of Work and share our experiences.

▼ NTUC President and SMOU General Secretary Mary Liew



Unionists from Singapore Labour Movement.



The Singapore tripartite delegates.

Lean and Sustainable Future Economy

Photo credit: International Labour Organization



Striving for sustainable development is not a choice, Manpower Minister Lim Swee Say said in his plenary speech delivered at the Conference.

Outlining Singapore's efforts in building a lean and sustainable Future Economy, Mr Lim revealed that Singapore adopts lean approaches in manpower, land-use and water, and sees being lean as an opportunity to innovate, increase productivity and achieve sustainable wage growth for all workers.

He shared with the Conference delegates that tripartite partners in Singapore are jointly spearheading the transformation of 23 business sectors, accounting for more than 80% of the nation's economy.

"We are doing our best to create new innovations in our economy, new capabilities in our enterprises, new jobs in our labour market, and new skills in our people. The outcomes can be win-win-win for our economy, enterprises and workers, but only if our economy is competitive, our society is cohesive and our development is environmentally sustainable," he said.

Singapore Team meets ILO DG Guy Ryder



Manpower Minister Lim Swee Say, NTUC President Mary Liew and SNEF President Dr Robert Yap, together with other members of the Singapore tripartite team, met ILO Deputy-General Guy Ryder for a meeting. Mr Ryder was updated on the Labour Movement's activities as well as the Future Jobs Skills and Training initiatives in Singapore.

Bilateral Meeting with FKTU

The Federation of Korean Trade Unions (FKTU) delegation to the International Labour Conference, consisting of FKTU's newly elected President Kim Ju-young, Deputy General Secretary Jung Kwang-Ho, Head External Cooperation Bureau Kwon Jae-Suk and Executive International Director Lee In-Duk, met with NTUC President Mary Liew, NTUC Assistant Secretary-General Patrick Tay, and NTUC International Affairs Department Principal Special Representative Marilyn Teo. Mr Kim expressed interest in NTUC's programmes for retired workers and ideas were shared on the re-employment policy in Singapore and the U Live community.



Safeguard Migrant Workers' Welfare

At the Committee on the Application of Standards (CAS), Workers' Delegate and Deputy Member of ILO Governing Body Mary Liew made an intervention for the welfare of migrant workers in Malaysia. Pointing out that the Committee of Experts and CAS have conducted extensive research on this matter, she voiced her support for Malaysia's Workers Group delegates to appeal to their Government to safeguard the migrant

workers' welfare and comply with the obligations assumed under the Equality of Treatment (Accident Compensation) Convention, 1925 (No. 19) (ratification: 1957).

SMOU Assistant Secretary and ITF affiliate Alvin Cheong also participated in the fruitful CAS sessions by taking part in the coordination meetings and drafting of some interventions.



High-Level Panel on Better future for Women at Work

A High-Level Panel discussion on how to shape a better future for women at work took place at the International Labour Conference's World of Work Summit.

The panel discussion addressed the main challenges women face in obtaining decent work, and what is needed to overcome such obstacles. Among the issues were work-family balance; women, men and the care economy; violence and harassment as a barrier to decent work for women; and the gender pay gap/equal pay for work of equal value.

One of the Summit's highlights was the presence of three high-level keynote speakers – Ms Marie-Louise Coleiro Preca, President of the Republic of Malta; Ms Ameenah Gurib-Fakim, President of the Republic of Mauritius; and Ms Bidya Devi Bhandari, President of the Federal Democratic Republic of Nepal. They spoke on actions they have taken as world leaders to advance gender equality in the workplace.

The panel was a helpful platform in preparing the tripartite constituents for the ILC in 2018 and 2019 discussion



International Trade Union Confederation General Secretary Sharan Burrow shares her views.

on 'Violence And Harassment Against Women And Men In The World Of Work' where possible instruments could take place during the ILO's centenary in 2019.

SMOU Assistant Secretary's First Experience at the ILC



“ Being in the CAS proved to be an eye-opening experience as I learnt about the technicalities of various Conventions, and the tripartite approach to coming up with solutions for the workers' benefits. This broadened my perspective into other industries and many problems faced by workers worldwide. I'm thankful to Sister Mary for her guidance in the ILC, the SMOU Executive Committee for the opportunity to widen my knowledge and to the ITF for the inputs and advice during the CAS meetings.

◀ SMOU Assistant Secretary Alvin Cheong



Day of the Seafarer: Seafarers Matter

25 June marked the annual Day of the Seafarer, a day which was established in 2010, with the purpose of recognising the unique contributions made by seafarers from all over the world to international seaborne trade, the global economy and society.

Singapore joins the rest of the world in showing that "Seafarers Matter", as per this year's theme set by the International Maritime Organization. The Maritime and Port Authority of Singapore (MPA), in partnership with SMOU, Singapore Organisation of Seamen and seafarer missions in Singapore, presented gift hampers to the seafarers visiting the Port of Singapore to express appreciation to all seafarers.

On 28 June, SMOU President Capt Robin Foo, Secretary Gwee Guo Duan, and National Division Manager Wilfred Thiang joined the rest in giving out the hampers to recognise seafarers' contributions and their importance to the world economy.



MPA Director (Shipping) and Director of Marine Capt Daknash Ganasen presents a hamper to a seafarer.



Going through a book that showcases Singapore's rich maritime history.

Ship Visits on Day of the Seafarer

In the true spirit of showing that our seafarers matter, and in recognition of their hard work, SMOU visited vessels that were docked in Singapore from 27 to 29 June. Led by President Capt Robin Foo, the SMOU team presented the crew with hampers sponsored by SMOU and its partners, along with the union's publication.



PIL Kota Wangi



APL Japan



The crew of Wan Hai 506 gets updates of the union activities through SeaVoices, as explained by SMOU Industrial Relations Officer Dominic Yong.



APL Le Havre

“ SMOU came aboard to send their regards and enquire after the crew’s welfare, which greatly motivated them to continue doing their best. The union is doing an admirable job of looking after seafarers’ interests.

▲ Milli Koh (3rd from right), Chief Officer of APL Le Havre

“ We spent the Day of the Seafarer having a barbeque session. SMOU’s presence reassured us that our well-being is thoroughly taken care of, and I feel secure knowing that we can always count on the union to assist us with any difficulties.

▶ Capt Kyaw Thu Ya (left), Captain of Maersk Cuanza



Captain Kyaw of Maersk Cuanza shared about his daily operations to the SMOU team.



Capt Nordin Rais (center) at the navigation bridge, coordinating with the Japanese pilot.

Shipboard Learning Journey Onboard MV Parsifal

What better way to step into the shoes of a seafarer, than to experience it live onboard?

Five SMOU representatives did just that when they embarked on a comprehensive shipboard learning journey on MV Parsifal, a Singapore-registered vessel by Wallenius Marine Singapore Pte Ltd and helmed by SMOU Executive Committee (Exco) member Capt Nordin Mohamed Rais. The learning journey saw them sailing from Masan, South Korea to Nagoya, Japan from 27 to 31 May.

During the five days, the union representatives familiarised themselves with a tour of the navigation bridge, engine room and cargo decks where they learnt about the functions and capabilities of various parts and systems as well as the roles of the officers and the captain. In addition, the staff shared with the officers on the union's welfare benefits, checked that their membership details are updated, and gathered feedback on how the union could further improve to meet members' needs.

On the training front, the officers and cadets were introduced to Wavelink Maritime Institute's Learning Management System (LMS). The crew tried and enjoyed the interactive features that would offer them a new platform for learning and discussion with other officers and trainers.

“ We are grateful to Wallenius Marine for granting such a rare and precious opportunity for the team to sail on MV Parsifal, and to Capt Nordin and his crew for treating the team like part of the big Parsifal family. It is also heartening to hear the positive feedback from our staff which attests to Wallenius’s attention to the well-being of the crew and our members.

■ SMOU General Secretary Mary Liew

By observing the deck officers, engineers and ratings going about their daily routines, the union representatives gained better knowledge of the crew's onboard responsibilities and duties. They also observed the cultural meeting, held every month, which provided a platform for the crew to come together to discuss topics pre-set by the company so that the crew can synergise and work more effectively and efficiently with each other.

In addition, the SMOU team witnessed the interaction between the captain, officers, and the Korean and Japanese pilots during pilotage. The union representatives better understood and appreciated the importance of

“ The learning journey was beneficial for both SMOU and the crew. The union was able to obtain feedback on its initiatives and view the life of a seafaring officer from a fresh perspective, while the crew had the chance to learn more about SMOU’s assistance for seafarers. It is a win-win situation for both sides and hopefully it can create better understanding for younger generations to seek a seafaring career.

▲ Capt Nordin Mohamed Rais, Captain of MV Parsifal and SMOU ExCo member

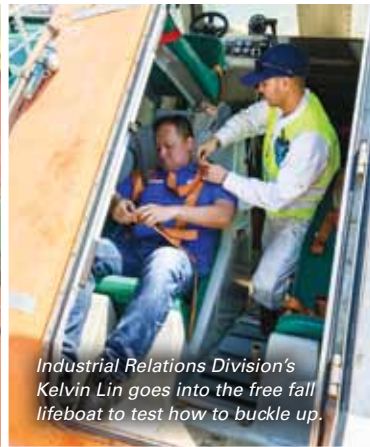
communication, proper planning and decision-making at the navigation bridge.

It wasn't all work and no play. As the SMOU team discovered, the presence of recreational facilities allowed the crew to relax and unwind by watching movies, playing darts and even exercising with gym equipment. Over basketball, karaoke and a BBQ session, the union representatives mingled and bonded with the crew.

The opportunity to witness firsthand the Parsifal crew members' professionalism, teamwork and dedication gave a newfound respect for seafarers and the work they do.



Chief Officer Neil M. Gorme having a toolbox meeting with the ratings where the day's tasks are being discussed.



Industrial Relations Division's Kelvin Lin goes into the free fall lifeboat to test how to buckle up.



Getting a glimpse of the engineers working hard to ensure that the ship engines are in tip-top condition. Second Engineer Noriel Azusano Abenir (in helmet) climbs into the crankcase to do a crankshaft deflection measurement.



The deck officers and ratings of MV Parsifal.



By observing how lashing is being tightened, the SMOU staff gained an understanding of what needs to be done to keep the cargo secure.



Chief Officer Khin Maung Myint enjoys a Facetime session with his wife, with the free wifi provided onboard for the crew.



The SMOU team joining the crew for a game of basketball.



Learning Thoughts ...

“ *Being a seafarer is tougher than it looks. Through interaction with the crew, I learnt about the importance of good communication in maintaining high morale and harmony. I shared with them about SMOU benefits and welfare, and in the process got to know more about our members.*

■ Angel Lee, Membership Services Division

“ *The crew’s resolve in overcoming challenges as a team is admirable. We have gained so much insight into the ship’s operations and safety procedures. We were also touched by the crew’s hospitality. They shared about their work, their aspirations and personal lives with us.*

■ Chen Weijia, Business Development/Projects Division, Wavelink Maritime Institute



The crew of MV Parsifal and SMOU staff.

Spotlight on a Seafaring Career

The lives of seafaring officers are back in the spotlight, following SMOU’s shipboard learning journey from 27 to 31 May on MV Parsifal.

On 11 June, local news media **Sunday Times** and **Shin Min Daily** reported on the tales and voyages of Capt Nordin Mohamed Rais, the captain of MV Parsifal. Capt Nordin, a Singaporean and SMOU Executive Committee member who joined Wallenius Lines in 1988, is the most senior among three senior Singaporean captains in the company.

As seen through Capt Nordin’s life out at sea, the responsibilities of seafaring

officers include navigation, delivering cargo and looking after the well-being of the crew.

To join the maritime sector in Singapore, candidates have to pass examinations conducted by the Maritime and Port Authority of Singapore (MPA) and clock minimum hours at sea before they can be promoted to the next level. On average, more than 10 years are needed to become a captain.

The learning journey played a pivotal role in raising awareness about a seafaring career and the maritime industry among members of the public.



To read both articles, go to <http://smou.org.sg/wps/portal/smou/home/mediacoverage>

SUC Congress

"It is important that unions continue to strengthen our relationships and work together with the government and shipping companies in the spirit of tripartism so as to create a better future for all seafarers."

SMOU General Secretary Mary Liew underscored these points in her speech to union leaders and representatives of the maritime community at the Seafarers' Union of Croatia (SUC) Congress, which took place at the Šibenik Resort Solaris on 18 and 19 May.

► SMOU leaders congratulated the new SUC General Secretary (GS) Neven Melvan (2nd from left) and expressed good wishes to outgoing GS Predrag Brazzoduro (3rd from right).



Commending them on the quality of their seafarers, Ms Liew also applauded SUC leaders for their hard work and gave encouragement for facing future challenges that technology and automation would bring.

Following her reaffirmation of SMOU's support for SUC, she presented a token of appreciation to SUC General Secretary Predrag Brazzoduro.

SUC was established in 1990 to protect the interests and rights of Croatian seafarers and boatmen, as well as maritime industry and inland navigation workers. It is dedicated to strengthening solidarity and creating fair working conditions by encouraging the implementation of the International Maritime Organization (IMO) conventions and recommendations.

In Memory of Brother Hanafi

The news of Kesatuan Pelaut Indonesia (KPI) Executive President Hanafi Rustandi passing away was received with deep sadness by SMOU.

Brother Hanafi, who also served as the Chairman of the Asia Pacific Regional Committee at International Transport Workers' Federation (ITF), was dedicated to fighting for the rights and welfare of seafarers in Indonesia and around the world. He was also strongly committed to strengthening KPI's standing within the international maritime industry.

A true unionist who fought from the front, Brother Hanafi's hard work and contributions have immeasurably improved the lives of generations of seafarers. He left behind a legacy for Indonesian seafarers, and all at SMOU and the ITF family.



“ Brother Hanafi's passing is a great loss to the maritime community. SMOU is honoured to have worked with him and the privilege of addressing him as a true friend and brother. His legacy and passion will continue to live on.

■ SMOU Emeritus General Secretary Thomas Tay

ITF Executive Board Meeting

The International Transport Workers' Federation (ITF) Management Committee and Executive Board (EB) meetings took place in London from 27 to 28 April to deliberate on several matters, which included the agenda of working towards the next ITF Congress that will be held in Singapore.

Emphasising the fundamental importance of the ITF four levers programme, the discussion revolved around key areas of work and building upon the power of transport unions.

SMOU Secretary Gwee Guo Duan, who attended the EB meeting for the first time, shared about Singapore's dynamic landscape and the nation's role as a leading financial hub. He expounded on how our trade union movement has embraced technology disruption and turned it productively to improve the safety and welfare for all workers. He mentioned the Wavelink Maritime Simulation Centre as well as SMRT's Bus Training and Evaluation Centre as examples of how the Labour Movement has adapted technology to educate workers and prepare them to be future-ready.

An increased youth engagement is expected for the next Congress to allow for interactions and deeper levels of cross-cultural understanding between

the youth from Asia Pacific and other parts of the world.

Singapore being the gateway to Asia, Gwee also shared about some preliminary ideas of Asia-themed fringe events to increase awareness of Asia and excite the senses of the delegates and participants.

The meeting was also attended by SMOU General Secretary (GS) and ITF EB member Mary Liew and Emeritus GS Thomas Tay.



SMOU Secretary Gwee Guo Duan (right most) presenting at the EB meeting.

“ We exchanged good ideas at the meeting. Although much needs to be done in the run-up to the ITF Congress, the process is an exciting one and we look forward to welcoming the affiliates to Singapore next year.

■ SMOU Secretary Gwee Guo Duan

ITF Four Levers Programme

Hubs & Corridors	Lead Companies	Activating Mass Membership	Geographic Shift
Exercising power and making connections in major locations	Building power in the world's dominant corporations	Drawing on our unique power as a global union with a mass democratic power base	Following changes to the global economy by working in important future areas

Information adapted from ITF website

Working Towards the 34th ASSM



Over 30 delegates from 17 unions comprising the 5th working group meeting on the Asian Seafarers' Summit Meeting (ASSM) came together on 25 May to discuss the updates leading up to the ASSM which will be taking place in October in Singapore.

At the meeting held at Hotel Mariners' Court Tokyo, more than 10 countries came together to actively discuss on the

matter of seafarers' welfare. SMOU leaders shared with the delegates about the programme for the upcoming ASSM.

Part of the group agenda involved setting up a working group to help abandoned seafarers, as well as a productive discussion on Asia's maritime security challenges and the different countries also updated about the various offshore medical services in cases of an emergency within the region.

Pathway to Congress – Cape Town

The Fair Practices Committee (FPC) gathering was part of the International Transport Workers' Federation (ITF) Pathway to Congress series of meetings that ran from 4 to 9 June. Held in Cape Town, South Africa, the meetings registered a participation level of about 300 trade unionists worldwide, including SMOU Emeritus General Secretary (GS) Thomas Tay and SMOU Secretary Gwee Guo Duan.

Other events included the ITF Dockers' Section, ITF Seafarers' Section and cabotage conferences that focused on building transport union strength through ITF's 4-lever plans to improve seafarers' health and well-being. There were presentations by Maersk Line Head of Fleet Technology Ole Graa Jakobsen, and World Maritime University Technical Officer Armando Graziano, where they talked about automation and the changes that the shipping industry is going through.

On the last two days, during the FPC Steering Group meeting, Mr Tay shared updates on the Korean Interim Seafarers' Steering and Monitoring And Evaluation Group (KISS ME) situation. The KISS committee was formed late last year during the reconciliation assembly between Federation of Korean Seafarers' Union and Federation of Korean Maritime Seafarers' Union.

The Pathway to Congress series will define the priorities and decisions made by the ITF on an international level, paving the way to the next ITF Congress - due to be held in Singapore in October 2018 - as part of the agenda.



(L-R) Federation of Korean Seafarers' Union President Chung Tae-Kil, Pakistan Seamen's Union GS Adam Panjiri, SMOU Emeritus GS Thomas Tay and ITF Coordinator Kim Hye Hyoung.





Challenge Your Limits, Form Friendships

Unity was the key in conquering the obstacle course held at Camp Challenge Sembawang. The bi-annual Young Mariners' Networking event brought together more than 120 students from Wavelink Maritime Institute (WMI), Singapore Maritime Academy (SMA) and Institute of Technical Education (ITE) on 17 May.

The participants fostered close bonds, support and trust through fun team-based activities such as 'Whale Watch' and 'Trolley', where teamwork is essential in order to complete the obstacles.

Highlights of the session included Young SMOU Secretary Sherry Tan's recruitment talk on the rights of seafarers and SMOU's benefits and programmes, such as the Tripartite Nautical Training Award (TNTA) and

Tripartite Engineering Training Award (TETA) schemes; and an introduction on the Tripartite Maritime Scholarship Scheme by MPA International Maritime Centre Division Manager Zhang Rui.

Through this networking event, participants established new friendships and gained a deeper appreciation of SMOU's role in helping the maritime community.

“**SMOU put in a lot of effort to organise this session for us. It's the first time I'm attending such an event which encourages the congregation of youths who are taking maritime-related studies. By putting aside our differences and thinking out of the box, we motivate and form close friendships with each other.**

► Abdul Hafiz, cadet from TETA Cohort 2

“**It was a fun activity that enabled me to get to know fellow youth studying in the maritime field. I learnt that teamwork and good communication are essential in operating a ship, and this will help me achieve my goal to be a Chief Engineer.**

◀ Beh Hongbin, SMA student





Synchronised teamwork is crucial to maintain their balance, move forward and fulfil the mission of picking up the coloured balls.

“ *The session gave me a great opportunity to learn more about the maritime industry from my peers. It is a versatile industry that offers many different career paths and it strengthens my determination to be a ship captain.*

▼ Nisrina Jantan, student at ITE, Higher Nitec in Maritime Business



The team's creativity is put to the test as they find ways to move all of their members from the starting point to the ending point, with the help of wooden beams as moveable bridges.



A group strategising ways to balance the huge platform.

A Splashing Splendid Family Day



At SMOU's Annual Family Day on 21 May, close to 2,400 SMOU members and their families, invited tripartite partners, and beneficiaries from NTUC WeCare for U combated the sweltering heat to have a great time of family bonding at Resorts World Sentosa's Adventure Cove Waterpark.

Having an exclusive one-hour early admission into the park, members came bright and early to collect their goodie bags before heading in to make full use of the park's attractions. Squeals of laughter filled the air as the participants indulged in a wide variety of thrilling water rides.

Some families also opted for a special visit to one of the waterpark's main highlights, Dolphin Island Discovery, where they could get up close and personal with the dolphins.

“ My whole family is here and we are having fun together, exploring the park and enjoying snacks along the way. The weather is great for a day in the park like this.

▲ Capt Hafizur Rahman (right), SMOU member of 11 years, with his family



“ Family holidays are usually once or twice a year so this Family Day helps to fill the in-between. The Waterpark is an ideal choice as it has play options for both young and old, while the dolphin experience is extremely educational. Union events are also highly subsidised so we will definitely show our support and join in the fun!

▲ Lim Tau Kok (right), SMOU member of 22 years, with his family

“ SMOU's Family Day goes beyond promoting family bonding. It also provides opportunities for networking and community bonding. The union has done well in organising such events for us to forge stronger ties with each other.

▼ Amit Agarwal (centre), SMOU member of 4 years, with his family



“ This is our first time here and I'm very impressed by how well the event was organised. Interacting with the dolphins has been a most amazing experience. My son Daniel loves them!

◀ Claudia Ku (back), beneficiary of NTUC WeCare, with her son Daniel



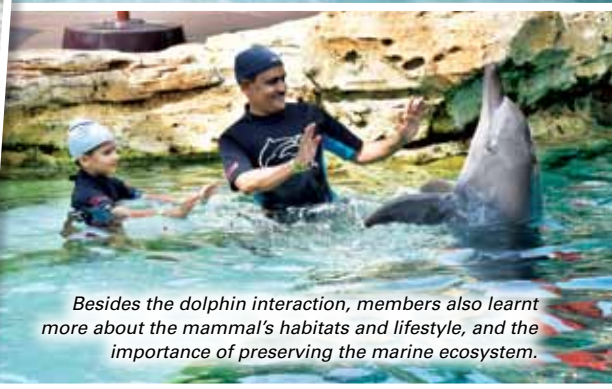
SMOU President Capt Robin Foo having a photo moment with a member and his family.



SMOU officials and invited guests from shipping companies with their families.



Watching the rays at the Ray Bay.



Besides the dolphin interaction, members also learnt more about the mammal's habitats and lifestyle, and the importance of preserving the marine ecosystem.



An SMOU family spotted in matching outfits, ready for a good time!



NTUC WeCare for U project beneficiaries after their Dolphin Island Discovery adventure.



A "Lifesaver" Kids Holiday Programme

For the first time, SMOU organised a tour at Central Fire Station on 10 June for its Kids Holiday Programme.

More than 30 SMOU members and their children got to learn more about Singapore Civil Defence Force (SCDF) and its mission as the lifesaving force, as well as the functions of the fire station.

They explored the premises, checked out fire trucks and watched a live demonstration of the use of firefighting equipment. A visit to the Civil Defence Heritage Gallery yielded information about the history of civil defence development in Singapore.

To thank the SCDF team, the children presented handmade thank-you cards to them.



“It’s our first time visiting a fire station. Besides bonding with my son, I gained a deeper appreciation and respect for our firefighters.

▶ Amit Tripathi (left), SMOU member of 8 years



Discovering the wonders of watermist technology.

“I saw in person how the firefighters do their jobs, and I enjoyed seeing the various equipment and learning about their functions.

▶ 8-year-old Amav Tripathi (right), son of Mr Tripathi

“The visit was educational as I learnt how to treat fractures, bruises and scalds at the EPC. I’m grateful for the firefighters who protect our nation every day.

▶ 11-year-old Wong Tai Ler (left), son of Mr Wong, who presented a thank-you card to the firefighter

“My son was enthusiastic about seeing the firefighters and equipment up close. The professionalism of the SCDF team is commendable.

▶ Wong Guan Chwee (right), SMOU member of 21 years



Some of the members and children took the opportunity to take a photo with the SCDF personnel.



It’s not easy to throw the heavy hose outwards in a straight line!

Remembering Our Late Members

A disciplined man who never missed a day of work and an avid reader – that was the sturdy character of the late Djafar Djamil, who had passed away due to complications in the oesophagus.

Having been a member of SMOU for 32 years, Mr Djafar was an enthusiastic participant of the union’s events and activities. SMOU President Capt Robin Foo and First Vice President Rahim Jaffar presented the NTUC GIFT (Group Term Life Insurance For Trade Union Members) payout when they visited his wife, Madam Rohanah Ahmad.



SMOU was saddened to hear about the passing of its member Pang Cheng Koh, who had succumbed to pneumonia. His family shared that the late 90-year-old Mr Pang, who had been an SMOU member for 36 years, was an active member who made it a point to attend as many union activities as possible.

Capt Foo and SMOU Treasurer Tan Hung Tat paid the family a visit and presented the SMOU Death Benefit payout to Mr Pang’s wife.

With heavy hearts, Capt Foo, Mr Rahim and Mr Tan also visited the home of the late Mr Heng Yee Koon to present his wife with the SMOU Death Benefit payout. Mr Heng, who passed away from renal failure, had been a SMOU member for 38 years.

Accepting the payout gratefully, Mrs Heng shared that her husband appreciated how SMOU had looked out for him throughout the years. One example was making special transport arrangements so he could attend the union’s Lunar New Year Luncheon in 2016.



Recreation Benefits Just Got Better!

SMOU members, good news!

You now have not one but **two** excellent accommodation choices to choose from, both at heavily subsidised rates.

The Seacare Hotel

Delight in the amenities of modern living at affordable room rates, complemented with impeccable service at The Seacare Hotel. Its strategic location near Chinatown and various facilities such as the Sky lounge, in-house restaurant and well-equipped gym make it an ideal choice for business travellers and vacationers alike.

New

Room rates start from **\$60*** for **2 nights**

Website:

<http://www.theseacarehotel.com.sg>



Room rates start from **\$50*** for **3 nights**

The D'Resort

One of Singapore's first nature-inspired resorts, the D'Resort is nestled within the lush greenery of Pasir Ris Park. Featuring an integrated experience at water park Wild Wild Wet, the 387-room resort, which is conveniently situated near Changi International Airport, is the go-to destination for vacations.

Website:

<https://www.dresort.com.sg>



* Terms & Conditions apply

Book your stay with us now! To enjoy our heavily subsidised rates, you must be a SMOU member with the following criteria:

- At least 18 years of age
- Have at least one year of continuous membership
- Paid-up membership fees for at least six months in advance, upon application

Visit the SMOU website at www.smu.org.sg for more information.

Pictures are for illustration purposes only.

Family Connection - Festive Celebration

28 October 2017 (Saturday)

Time : 6.30pm - 9.30pm

Venue : Lighthouse Bistro

Bond with your family over a sumptuous buffet spread, entertainment and exciting games at SMOU's upcoming Hari Raya Haji and Deepavali celebrations.

Look out for more details coming soon!



Programme is subject to change without prior notice.

Receive news of our latest events! Update your email address with us at booking@smou.org.sg
For more information on the above event, please visit us closer to the date at www.smou.org.sg

SMOU Union Election Notice

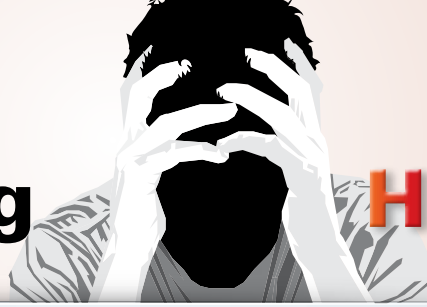
SMOU Ordinary members are reminded to update their subscription payments, to be eligible to vote before SMOU commences its union election process in October/November 2017.

Members can login to SMOU eServices on www.smou.org.sg to check on their subscription status.

For any enquiries, you may call the SMOU One Stop Service Centre at **6396 0123**.



Understanding Headaches



They are a pain to deal with – figuratively and literally.

Headache disorders are one of the most common disorders of the nervous system. World Health Organisation (WHO) estimates that almost half of the adult population have had a headache at least once within the last year, and more than 90% report a lifetime history of headache.

A headache is defined as a pain that occurs in the temples, scalp or neck. The four most common types are:

- Cluster headache
- Tension headache
- Migraine
- Sinus headache

Cluster headache has no known cause, but there may be a genetic component. They appear suddenly and are characterised by severe, debilitating pain on one side of the head, and are often accompanied by a watery eye and nasal congestion or a runny nose on the same side of the face. During an attack, people often feel restless and are unable to get comfortable; they are unlikely to lie down, as someone with a migraine might. Men are three times more likely to get cluster headaches than women. Smoking and alcohol consumption have also been identified as possible triggers.

Tension headache is one of the most common type of headaches, and is caused by muscle contractions in the head and neck regions. Symptoms include a sensation of tightness or pressure across the forehead, a dull head pain, or tenderness on the scalp, neck, and shoulder muscles. Tension headaches are associated with emotional or mental stress, anxiety, fatigue, eye strain and bad posture.

Migraine is a severe headache that produces a pounding throbbing pain, usually on just one side of the head, which can last up to three days. It is often accompanied by nausea, vomiting, and extreme sensitivity to light and sound. Warning signs known as aura may occur before or with the headache, such as seeing flashes of light, neck stiffness, increased thirst and urination, and frequent yawning. More women than men experience migraine attacks. The risk of migraine is higher with certain medical conditions such as depression, brain trauma, haemorrhages or infection, and environmental, emotional or food triggers such as weather changes, anxiety, or the consumption of alcohol and caffeine.

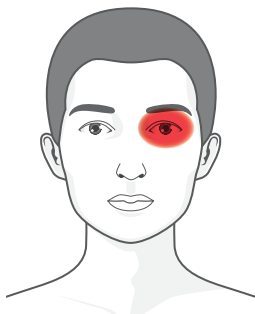
Sinus headache is usually caused by an infection and inflammation of the nasal passages. That leads to congestion and causes pain and pressure in the forehead and behind the cheekbones. It usually comes with a fever and can be diagnosed by its symptoms or the presence of pus viewed through a fibre-optic scope.

Heads Up on Headache Relief

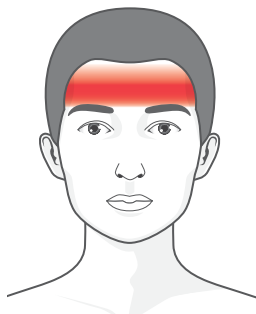
- Massage neck and temples, or put a warm cloth around the neck and base of the skull to improve blood flow and ease the pain
- Close eyes while resting in a dim, quiet place for a short period;
- Eat regular meals, and cut down on foods containing monosodium glutamate (MSG), such as canned meat
- Over-the-counter treatments, such as aspirin, ibuprofen, or acetaminophen (Tylenol), are usually sufficient to treat tension headaches
- Headaches due to sinus infection may be treated with antibiotics, as well as antihistamines or decongestants

HEADACHES

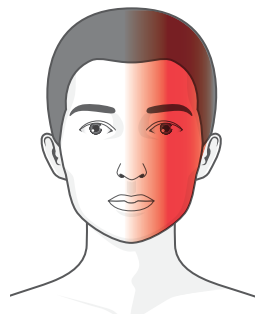
Cluster: pain is in and around one eye



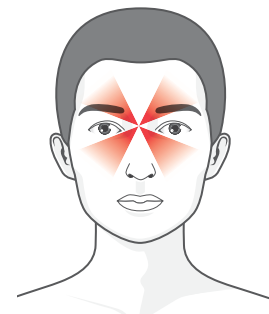
Tension: pain is like a band squeezing the head



Migraine: pain, nausea and visual changes are typical of classic form



Sinus: pain is behind browbone and/or cheekbones



It is advisable to consult a doctor if you experience a sudden and persistent headache that lasts for days or weeks, or if it happens after a head injury.

Information adapted from www.webmd.com

Impact of 3D PRINTING

If a 3D printing facility capable of producing equipment spare parts takes root in the future, the supply chain would shrink, reducing long production runs and the demand for replacement. In addition, its made-to-order nature may prompt customers to work directly with manufacturers instead of wholesalers and other middlemen, essentially cutting out a large chunk of the transport network.

It is this potential to change manufacturing, maintenance and transport that has implications for the shipping sector, where rapid turnover and substitution, instead of repair, of equipment are common. This industry is a major contributor to global transportation.

3D printing, a process that enables one to create a three-dimensional object from a digital file, can now be conducted via a wide range of synthetic materials, metals and even ceramics as technology continues to advance.

Moving into commercial 3D printing territory is still some way off. Given current technology, procuring an item is not exactly the quickest of manufacturing procedures and the current generation of printers are not designed for batch processing. Coupled with the costly price of equipment needed for 3D printing and limited availability of materials, the potential for ships to produce their own spare parts on board is hindered by the cost of installing several different printer types and the stock of new materials to cover all eventualities. The quality of these parts and safety issues also need to be factored in.

According to Lloyd's Register, which is a partner in the Rotterdam Additive Manufacturing Laboratory (RAMLAB) project that aims to develop new port activities through innovation, there is currently no standardised way of proving to manufacturers and regulators that printed products are safe.

This has not deterred corporations such as the Port of Rotterdam Authority (PRA) – another participant in the RAMLAB project – from conducting pilot projects to test spare part production using 3D equipment.

PRA's Business Developer Energy & Industry Jurjen Duintjer believes that there are two shipping-related areas which will see initial success with 3D printing: model and prototype testing, and specialist offshore equipment. The RAMLAB project could benefit from cooperation with other port authorities such as Singapore and Houston, Duintjer added.

Despite few attempts to apply 3D printing to shipping, as technology evolves, it is almost certain that more equipment makers and ship repair companies will be looking closely at the opportunities.

Information adapted from IHS Fairplay, December 2016



SPF Withdrawal Deadline Extended to 2021!

How To Collect Your Seafarers' Provident Fund (SPF)

Members are required to submit their request for SPF withdrawal with the relevant documentations:

1. Duly completed Withdrawal Form (download from www.ispf.org.sg)
2. Copy of NRIC/Passport (both old and new ones)
3. Copy of Seaman Log Book(s)/CDC
4. Copy of Bank book/statement, indicating name of the bank, member's name and member's bank account number.
5. Indicate mode of payment:
Telegraphic Transfer for members who are based overseas. (Please provide the Swift Code of the overseas (beneficiary) bank account;
 OR
Direct Funds Transfer to a Local (Singapore-based) Bank Account.
6. Provide additional documents such as Death, Birth and/or Marriage Certificate if payout is to be made in the name of the nominee/beneficiary.

Submission Channels

The duly completed Withdrawal Form and all the relevant documentation may be submitted to the SPF administrator via the available channels:

Email : spf@wavelink.com.sg

Post : Wavelink Thrift Pte Ltd, 75 Jellicoe Road #03-01 Wavelink Building, Singapore 208738

Submission Period : until 1 December 2021

No. of Claims	Amount Paid
9,680	\$14,566,000

Note

1. Charges for Telegraphic Transfer will be imposed by the bank and offset from the payout money.
2. An administrative fee of 2.8% approved by the SPF Advisory Committee shall be deducted from the SPF money due to the member before payout to the member or the member's proper claimant.

Training Calendar



2017 Wavelink Maritime Institute Short Courses Monthly Forecast (Singapore)								
Courses	Duration	Course Fee (S\$) (inclusive of GST)	Aug	Sep	Oct	Nov	Dec	
STCW Courses								
Bridge Resource Management - Application of Leadership and Teamwork Skills (Management Level)	5 Days	*\$1,605.00	21 - 25	11 - 15	09 - 13	13 - 17	11 - 15	
Engine-room Resource Management - Application of Leadership and Teamwork Skills (Management Level)	5 Days	*\$1,605.00	21 - 25	11 - 15	09 - 13	13 - 17	11 - 15	
Bridge Resource Management - Leadership and Teamwork (Operational Level)	3 Days	*\$963.00	21 - 23	11 - 13	09 - 11	13 - 15	11 - 13	
Engine-room Resource Management - Leadership and Teamwork (Operational Level)	3 Days	*\$963.00	21 - 23	11 - 13	09 - 11	13 - 15	11 - 13	
IMO Model Course 1.27 - Operational Use of ECDIS	5 Days	*\$1230.50	14 - 18	04 - 08	02 - 06	06 - 10	04 - 08	
IMO Model Course 3.19 - Ship Security Officer	2 Days	*\$642.00		26 - 27		28 - 29		
Basic Occupational Safety & Survival Training	10 Days	\$1,337.50		18 - 29		20 Nov - 01 Dec		
Proficiency in Designated Security Duties	1 Day	\$321.00		29			01	
Proficiency in Security Awareness Training	0.5 Day	\$192.60		29			01	
High Voltage Training (Operational Level)	3 Days	\$1551.50	14 - 16 21 - 23	18 - 20 25 - 27	09 - 11 23 - 25	06 - 08 13 - 15	04 - 06 18 - 20	
High Voltage Training (Management Level)	5 Days	\$2568.00	14 - 18 21 - 25	18 - 22 25 - 29	09 - 13 23 - 27	06 - 10 13 - 17	04 - 08 18 - 22	
Maritime Courses								
Type Specific ECDIS - TRANSAS <small>For other Type Specific ECDIS, please check with WMI</small>	2 Days	\$770.40	17 - 18	07 - 08	05 - 06	09 - 10	07 - 08	
Type Specific ECDIS - MARIS <small>For other Type Specific ECDIS, please check with WMI</small>	2 Days	\$770.40	Please check with WMI on available dates					
Type Specific ECDIS - Tokyo Keiki <small>For other Type Specific ECDIS, please check with WMI</small>	2 Days	\$770.40	Please check with WMI on available dates					
ECDIS Conversion - <small>Applicable for those who have done ECDIS before (2012)</small>	3 Days	\$706.20	14 - 16	04 - 06	02 - 04	06 - 08	04 - 06	
Promotion in Rank (Supervisory Level) / SOLAP - <small>Suitable for Chief Officer in the position of promotion</small>	3 Days	\$2568.00	16 - 18	20 - 22	25 - 27	22 - 24	20 - 22	
Promotion in Rank (Supervisory Level) / SELAP - <small>Suitable for Senior Engineer in the position of promotion</small>	3 Days	\$2568.00	23 - 25	13 - 15	11 - 13	15 - 17	13 - 15	
Train The Trainer (Shipboard Operations)	3 Days	\$963.00	29 - 31	18 - 20	23 - 25	20 - 22	18 - 20	
Command Navigation <small>Suitable for Senior Deck Officer</small>	3 Days	\$1,605.00	14 - 16	18 - 20	23 - 25	20 - 22	18 - 20	
Bridge Team Management	3 Days	\$1177.00	Please check with WMI on available dates					
Engine Team Management	3 Days	\$1177.00	Please check with WMI on available dates					
Promotion in Rank (Operational Level) - <small>Suitable for Junior Deck / Engineer Officer</small>	5 Days	\$1,605.00	21 - 25	11 - 15	09 - 13	13 - 17	11 - 15	
IMO Model Course 3.20 - Company Security Officer	3 Days	*\$963.00		26 - 28		28 - 30		
IMO Model Course 3.21 - Port Facility Security Officer	3 Days	*\$963.00	01 - 03		03 - 05	07 - 09		
Ship Safety Officer	2 Days	\$642.00	Please check with WMI on available dates					
ISM & ISPS Internal Auditor Course	3 Days	*\$1,284.00	02 - 04		04 - 06	08 - 10		
ISM Internal Auditor Course	2 Days	*\$695.50	02 - 03		04 - 05	08 - 09		
ISPS Internal Auditor Course	2 Days	*\$856.00	03 - 04		05 - 06	09 - 10		
Familiarisation on Operational Use of ECDIS	2 Days	\$535.00	14 - 15	04 - 05	02 - 03	06 - 07	04 - 05	

*MCF Training Grant is available for eligible participants. Please refer to www.mpa.gov.sg/mcf for information. Exclusive discount is available for valid SMOU Members. Please check with WMI for the eligible courses. Course fees and dates may be subjected to changes without prior notice. All course fees are inclusive of 7% Goods and Services Tax.

Tel: (65) 6796 9657 / 6796 9652 / 6796 9651 **Fax:** (65) 6569 3268 **Email:** courses@wavelink.com.sg

TNTA and TETA cadets

Visit Sea Asia 2017

Lessons were brought out of the classroom and to life for over 20 cadets from Tripartite Nautical Training Award (TNTA) Cohort 13 and Tripartite Engineering Training Award (TETA) Cohort 2 at the Sea Asia Conference and Exhibition on 26 April.

The 6th edition of Sea Asia, Singapore's iconic maritime mega-event which highlights Asia's pivotal role in the global shipping world, spanned three days from 25 to 27 April at the Marina Bay Convention Centre.

The cadets listened to on-site lectures conducted by TNTA Course Commandant Capt S K Menon and TETA lecturers Mr Kalyan Chatterjea and Mr Daniel Lim, and toured exhibits featuring the latest engineering equipment, navigation systems and more. Their Sea Asia trip would not be complete without visiting the Wavelink Maritime Institute booth.

Sembcorp Marine Ltd made a difference by organising a lesson for the cadets on offshore vessels, drilling platforms, floating production storage and offloading (FPSO) units and semi submersibles, as well as taking them through the operations and functions of the award-winning ballast water management system that it had developed. The combination of practical hands-on lessons and visual representations effectively enhanced the cadets' learning experience.

A big thank you to Sembcorp Marine for actively contributing to the education of the TNTA and TETA cadets and preparing them for their future jobs.



TNTA cadets at the WMI booth with SMOU President Capt Robin Foo.



▲ TETA lecturer Mr Chatterjea explains to the cadets on the working of safety relief valves for engineering systems.



◀ Learning more about the lifeboats on a vessel.

A Sembcorp Marine official shares about the offshore sector with the cadets.

New Menu Unveiled

It's what you've been waiting for!

Lighthouse Bistro's revamped menu is here, featuring a nice balance of old favourites, plus savoury and sweet additions.

That's not all. Get set to join in the fun with our social media contest.
(details on back cover)

Check it out with your family, friends and colleagues!



** Photo is for illustrative purpose only.*

20% discount* - SMOU members
15% discount* - NTUC members

* Applicable for ala carte menu only
Prices exclude GST & service charge



Follow Lighthouse Bistro



75 Jellicoe Road, Wavelink Building, #01-00, Singapore 208738 Tel: 6390 1699

www.lighthouse-sg.com

Win a Free 3-Course Meal for Two!

Share with us what's on your plate!

To celebrate the launch of Lighthouse Bistro's new menu, we're giving away two sets of a 3-course meal (worth over \$100) to three lucky winners!

To take part, simply:

1. Visit our Facebook or Instagram pages
2. Like or follow our pages
3. Snap, upload and caption a photo of any NEW MAINS with the hashtag **#mynewLHB**

The best three photos with the most creative captions win!

Contest runs from

7 August - 30 September

Terms & Conditions:

- Each participant can upload multiple posts
- For dine-in only
- Both set meals must be redeemed in one sitting
- Food items are not exchangeable
- We reserve the right to substitute items of equal or comparable value without prior notice

Asian Lobster Pasta

Each winner walks away with 2 sets of a 3-course meal:

1st Course

Prawn Bisque with Golden Prawns

2nd Course

Choice of Asian Lobster Pasta or Sous Vide Aust Rib Eye

3rd Course

Salted Caramel Chocolate Lava Cake

Drink

Choice of 1 Mocktail