

Illuminate

An OHC Shipmanagement Publication

Oct-Dec 2018 Issue 1

OHC Shipmanagement Pte Ltd



This is the inaugural issue of our company newsletter. It serves as a regular update of some highlights and news happening in our OHC family, as well as an avenue to share some useful articles on Health, Safety, Security and the Environment (HSSE), and our community with you.

The title of our newsletter, '***Illuminate***', which means to light up, is pertinent to what we always strive to achieve. Light provides vision and warmth. We take pride in who we are and what we do, committed to our core values with a vision to be a leading ship-management company for oil tankers, and to provide cost-effective ship management services without compromising safety and quality to our clients. We bring our best to our work every single day.

HSSE is a significant part of our lives. As we continue to strive for zero incidents and zero downtime onboard our vessels and amidst our work, we must not forget the importance of keeping safe and healthy at all times, so that we can go home to our loved ones. Some safety case files or training scenarios will be highlighted in this newsletter, and in this issue, we have a health article on Stress Management which provides more insights on how we may cope with the daily demands of our lives.

As you may know, OHC Shipmanagement Pte Ltd was incorporated in August 2010, which makes us eight years old this year. We have awarded a total seven five-year Service Awards to our crew members. In OHC Shipmanagement, all employees are provided with equal opportunities, and hard work, innovation and loyalty are always appreciated and rewarded.

I hope you will enjoy reading this newsletter, do feel free to provide feedback, inputs and suggestions for this newsletter. I wish all good health.

Regards,

Linus Lee
Managing Director

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*Participate in our
OHC Family Photo Contest!
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Drilling for Safety

In our bid to attain the highest safety standards through training and continual improvements to achieve zero incidents and zero spills, OHC's fleet of managed vessels conduct drills onboard frequently as a form of emergency preparedness and response.

In September, the crew onboard vessel **NOC 9** carried out its fire drill and oil spill drill with camaraderie and success.



A typical training session during one of its safety meetings and sharing session such as demonstration of the accurate way of wearing an immersion suit and life jacket.



Coping with Stress

If you often feel frazzled and overwhelmed, it is time to take action to bring your emotional and physical health back on track.

How Do I Identify Sources of Stress in My Life

Stress management starts with identifying what causes the stress in your life.



How Can I Deal with Stress

There are many effective ways to manage and cope with stress, but all require change. You can either change the situation or change how you react to it. When deciding which option to choose, it is helpful to think of the four As: **Avoid, Alter, Adapt** and **Accept**.

Avoid unnecessary stress

Not all stress can be avoided. Certain situations must be addressed, or it could impact your health and quality of life.

But you may be surprised that there are quite a lot of stressors in your life that you can eliminate:

- Learn how to say “no”
- Avoid people who stress you out
- Take control of your environment
- Avoid hot-button topics
- Pare down your to-do list

Alter the stressor

If you are unable to avoid a stressful situation, try to alter it. Often, this involves changing the way you communicate and operate in your daily life:

- Express your feelings instead of bottling them up
- Be willing to compromise
- Be more assertive
- Manage your time better

Adapt to the stressor

If you are unable to change the stressor, try changing an aspect of yourself. Adapt to stressful situations and regain your sense of control by changing your expectations and attitude:

However, it may not be obvious where your true sources of stress lie, and all too easy to overlook your own stress-inducing thoughts, feelings, and behaviours.

Common external sources of stress:

1. Major changes in life
 - Work pressures
 - Relationship difficulties
 - Financial problems
 - Being too busy
2. Common internal sources of stress
 - Inability to accept uncertainty
 - Pessimism
 - Negative self-talk
 - Unrealistic expectations
 - Perfectionism
 - Lack of assertiveness

- Reframe problems
- Look at the big picture
- Adjust your standards
- Focus on the positive

Accept the things you cannot change

There are events in life that you cannot change or prevent, such as the loss of a loved one or an economic recession. In such cases, the best way to cope with stress is to accept things as they are.

Acceptance may be difficult at first. But in the long run, it is easier than railing at a situation that you cannot change:

- Do not try to control the uncontrollable
- Look for the upside
- Share your feelings
- Learn to forgive

The Top 3 Ways to Relax and Recharge

Make time for fun and relaxation

You will be able to handle life's stressors better as they come.

Take charge of your life

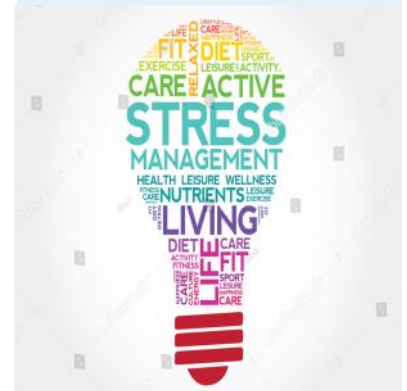
Be it your thoughts, emotions, schedule, environment, or the way you deal with problems, the key is to be the one in charge.

Find balance in work, leisure and relationships

This will provide you the resilience to hold up under pressure and meet challenges head on.

What is Stress?

Bills to pay. Deadlines to meet. Frustrations or anxiety with people. Juggling the demands of work and parenthood. Stress is an inevitable part of our lives. And life is full of potential sources of stress. But stress is not always bad. In small doses, it can help you perform under pressure and motivate you to do your best. However, when you are constantly running in emergency mode, your mind and body pay the price.



Article extracted with permission from:
<https://www.samhealth.org.sg/understanding-mental-health/what-is-mental-wellness/coping-with-stress/#stress-tips>

Shipshape



Docking and Conversion of COMO

The 4,120dwt fuel oil tanker underwent conversion to a gas oil tanker, including renewal, repair and overhaul works from June to July 2018.

Its main engines were overhauled, and two auxiliary engines and all auxiliary pumps were replaced. All of its HFO tanks and pipelines were cleaned and modified to MGO accordingly.

This two-week docking and annual survey were completed on time on target without any significant observations.





Conversion of **NOC 7** and **NOC 8**

Our managed vessel, **NOC 7** (ex-*CHELSEA II*) underwent a successful major conversion job from June to September 2018.

NOC 7 went on her way to carry out her first successful discharge operations immediately after sea trials in early October 2018.

Owned by NSL Oilchem Waste Management Pte Ltd, the vessel was converted from a bunker tanker to a slop tanker carrying oil with flash point of less than 60 degrees.



NOC 8 (ex-*SWANSEA*), the sister vessel to **NOC 7**, also underwent the same conversion process and was put into full operation by end of August 2018.





Fadli Siregar (centre) with Neo BH, Crewing Manager, and Kinki Lee, Crewing Executive, of OHC Shipmanagement

Thumbs up for great work done! Ramli (left) with Tan LM, Technical Superintendent of OHC Shipmanagement



Sajan Chacko, Technical Superintendent of OHC Shipmanagement, presented the Award to Herman (left)



OHC Five Year Service Awards

At OHC Shipmanagement, our People are our most valuable assets. We recognise every employee as a part of our big family, working hand-in-hand towards providing business excellence and added value for our owners.

As the Company powers on to another productive year, we sincerely thank these gentlemen for their 5 years of excellent service and contributions to the Company:

Congratulations! Keep up with the great work!



Turman (in blue shirt), congratulated by the team at OHC Shipmanagement office



Akib (right), received his Award from Mya Soe, Head of Technical, OHC



Supriyanto (left) was presented the Service Award by HSSE & Training Manager, Capt John Kizhakethil of OHC Shipmanagement



Kamaludin (right), received his 5-year Service Award from MD Linus Lee

Well Wishes

We wish all of our following crew and staff well on their **birthdays** that fall between October and December 2018!

May happiness, peace and good health follow always.

October

Badrul Ulum	BAYAN
Turman Hutagaol	BAYAN
Mangadar Hutabalian	BAYAN
Min Zaw	BAYAN
Pandriadi	COMO
Suyanto	COMO
Nurwadi	EVER BRIGHT
Fahrizal	EVER BRIGHT
Supriyadi	EVER BRAVE
Abdu Somad	ES ASPIRE
Arifuddin	NOC 9
Mario Fransisko Pandey	OPHELIA
Liber Timang	OPHELIA
Fredy Paino	SUPERNOVA

November

Richard Bawole	BAYAN
Feki Talendo	COMO
Muhammad Naufal	NOC 8
Nyi Nyi Sein Tun	ES ASPIRE
Romli	EVER BEST
Anggiat Jhon Edward Manik	EVER BRAVE
Adam	NOC 8
Nurhatim	NOC 7
Akhmad Faishal	OPHELIA
Saiful Sahbudin	OCEAN PIONEER
Moejiono	OCEAN PIONEER
Sapto Purnomo	SUPERNOVA

December

Rahmiyanto Yudha Pratama	BAYAN
Yudasro Maksum	COMO
Sentosa Harahap	COMO
Ricky Andhika	COMO
Myint Khaing	ES ASPIRE
Nyan Moe	ES ASPIRE
Aung Naing Min	ES APIRE
Rusdi Bin Baini	EVER BEST
Risdianto Dedy Piter	EVER BESY
Dendy Sudi Sunarso	OPHELIA
Harianja Tarigan	NOC 9
Bilaluddin	NOC 9
Zendi Gesa	SUPERNOVA

Welcoming into our OHC family, Mosie Anggraeni Ang - HSSE and Training Executive, who joined us in September 2018!

OHC Family Photo Contest

Let your creative juices flow, put your photography skills to the test and you may be rewarded! We are calling for submissions of **original, high-resolution photos** taken onboard or related to our fleet of managed vessels.

Photo entries may portray any of the following themes:

- Safety at work
- Teamwork
- Operations
- Leisure activities

All photos should be submitted via the internal communication channel, 'OHC Family', or by email to grace.lee@ohcgroup.com.sg.

Selected winning entries will be featured in the subsequent issue(s) of **Illuminate** newsletter. Entries will be judged on based on creativity, originality and visual/emotional impact of the photo. Winner(s) of each month will stand to win attractive shopping vouchers!



Powered by a Can-do Spirit

Donning a modest yet confident demeanour, Feki Talendo is characterised by his enthusiasm and a positive attitude in taking on new tasks and challenges, not just at his workplace, but in his life too.

The 34-year old Chief Officer from Manado, Indonesia sets high standards for himself.

After his high school education, he took on several jobs, before taking up a self-sponsored three-year Professional Degree in Nautical Studies from the *Akademi Maritim Nasional Jakarta Raya* (Indonesia), where two full years were spent in College and one year on-the-job training onboard vessels managed by OHC Shipmanagement. He moved up the ranks steadily over the years.

As part of his work today, Feki prepares the required SIRE¹ paperwork and makes arrangements for the managed vessels as assigned, before stringent PRE-SIRE inspections by OHC's Superintendents.

This is in addition to assisting the Masters of the various vessels on other day-to-day ship matters. And he tries his best to ensure minimal issues are encountered prior to and during each inspection.

When asked about the challenges faced at the workplace, Feki shares, "Naturally, everyone has different sets of expectations and levels of understanding of what is required for a job, but we come together as a team each time to smoothen out these differences, and arrive at a common understanding of the vessel's priorities and requirements.

"Take time to rest no matter how busy work is, always put your well-being first and then work becomes easy to manage. Don't give up!"

- Feki Talendo, Chief Officer

"Only then we can overcome our differences to achieve efficiency and the best results for the crew and the vessel. We make it happen."

Feki believes that with the company protocols in place, it is about changing mindsets of the teams, inspiring them and responding positively to obtain shared goals.

He too, gets his inspirations from reading books relating to leadership and self-improvement, like John C Maxwell's '*Be All You Can Be*'.

"John Maxwell wrote, '*What makes a person extraordinary is purpose – the consuming desire to accomplish something in life.*' We must manage ourselves to become better constantly, be it our character, skills or mindsets," added Feki.

"Take time to rest no matter how busy work is, always put your well-being first and then work becomes easy to manage. Don't give up!"

Well, Feki is not about to do so, as he has plans to continue with another Professional Certificate of Competency (COC) under the Indonesian Ministry of Transportation, to upgrade himself as part of his self-development and career progression.

Such is the 'Can-do' spirit.



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