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MOT!ON

ISSUE 15-JUL/AUG/SEPT 2016

DRIVING SUSTAINABLE PRACTICES AT PENGERANG, JOHOR

NOSTALGIC
CHILDHOOD
GAMES

SAY NO TO
POST-HOLIDAY
BLUES

A publication by



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Aerial view of ongoing works at Pengerang Integrated Petroleum Complex

Forging Ahead With WCT

We would love to hear from you.

Email us at corporate.affairs@wct.my

We are heading into the third quarter of the year and we are excited to share what we have been up to at WCT. On our Cover Story, we share about WCT's involvement with the infrastructure and building related works at the Pengerang Integrated Petroleum Complex (PIPC) in Johor as well as the importance of maintaining good Health, Safety, Security and Environment (HSSE) standards at the construction site.

If you are a 70s or 80s child, you should head right on to our Focus pages where we share some nostalgic games that will definitely bring back those good memories. Traditional games such as Gasing, Batu Seremban and Congkak are in the limelight and we hope this feature will encourage you to introduce these games to the younger generation.

For those of you who are planning for a holiday or just got back from one, we have some interesting tips on how to beat the post holiday blues in our Lifestyle section. It is always nice to have a refreshing break, so enjoy your holidays to the fullest and come home refreshed!

Till we meet again in the next issue!

FIRST CONTRACT OF 2016

31 Mar 2016

WCT was awarded its first contract of 2016 by Mass Rapid Transit Corporation Sdn. Bhd. (MRT Corp) to redevelop the Taman Keramat police quarters in Bandar Ulu Kelang, Gombak, Selangor.

The contract is worth RM134.0 million and the scope of work includes demolishing the existing two blocks of five-storey buildings, the design and building of a new 20-storey police quarters which consists of 300 units of Police Quarters Class F and five-storey carpark, surau, a multi-purpose hall, shops, laundry and a kindergarten. WCT will also be in charge of the landscaping, pedestrian linkage, security fencing as well as put in place built-ins and signage.



WCT Land at the PIPDA 2016



WCT LAND AT THE PIPDA 2016

1 Apr 2016

It was a proud night for WCT Land Sdn. Bhd. when they were awarded the Top 10 Developers Award at the Property Insight Prestigious Developers Awards (PIPDA) 2016 as this award seals WCT's position as a notable developer in Malaysia.

Held at the Shangri-La Hotel, Kuala Lumpur, Mr Choe Kai Keong received the award from Datuk Halimah Mohammad Sadique, Deputy Minister of Urban Wellbeing, Housing and Local Government. The Senior Management as well as the Sales and Marketing team of WCT Land also attended the award dinner.



WCT Land Wins Two APPA Awards

WCT LAND WINS TWO APPA AWARDS

8 Apr 2016

WCT Land Sdn. Bhd. were announced winners for two prestigious awards at the Asia Pacific Property Award (APPA) 2016 - 2017. Held at the Shangri-La Hotel, Kuala Lumpur, WCT took home the 5-star – Best Residential Development Malaysia and Highly Commended – Architecture Multiple Residence Malaysia for the d'Laman Greenville, Klang development.

This year is WCT's second year at the awards. It had previously won the Highly Commended – Residential High-rise Architecture Malaysia for The Azure Residences Paradigm PJ in 2015.

MIMMA FEVER AT PARADIGM MALL Apr & May 2016

Shoppers and supporters were gathered at the Upper Atrium, Level UG in Paradigm Mall PJ to witness the exciting Malaysian Invasion Mixed Martial Arts 4 (MIMMA) Ladder Match and Quarterfinals. Now in its fourth year, the MIMMA has become one of the most anticipated events held at the mall. The winner of the final tournament will walk away with the largest prize money ever which stands at RM150,000.



MIMMA Fever at Paradigm Mall



Exclusive Preview of the Waltz Residences

EXCLUSIVE PREVIEW OF THE WALTZ RESIDENCES Apr & May 2016

WCT employees, VIPs, business associates and property registrants were invited to an exclusive show unit preview at WCT Sales Gallery (Kuala Lumpur) to be one of the first to invest in WCT's latest high-rise residences - Waltz Residences.

The privileged crowd were the first to view the first phase of the Paradigm Garden City, the 63-acre mega 4-in-1 integrated development in OUG, KL. The freehold development includes a retail mall, a modern corporate office tower, retail offices, a hotel and luxury residences.



PREMIÈRE HOTEL'S RAMADAN BUFFET PREVIEW 25 Apr 2016

About 20 media representatives from various media outlets; food bloggers and Première Hotel's key corporate supporters were invited to the hotel's "Kembara Desa" Ramadan Buffet Preview. The event aimed to promote the Ramadan Buffet which ran from 6 June to 3 July 2016.

The buffet features a myriad of delectable spread from Peninsular Malaysia such as *Limpa Rendang Tok Wan Kuala Kurau*, *Udang Galah Percik Kelantan*, *Ketam Goreng Berlada Tanjung Malim* just to name a few. The buffet was set in a special 'Balik Kampung' ambiance with 11 live action hawker stalls serving up delicacies from around Malaysia as well as a large variety of local desserts.



Première Hotel's Ramadan Buffet Preview

GETTING A TASTE OF PARADIGM 25 Apr – 22 May 2016

Foodies were delighted when Paradigm Mall PJ unveiled their annual F&B campaign, Taste of Paradigm. The 28-day campaign featured a special Watsons' gift redemption programme, lucky draw and Instagram contest when shoppers dine in the mall.

Watsons' card holders also enjoyed special dining privileges at participating F&B outlets in Paradigm Mall PJ.



Getting a Taste of Paradigm

WCT & CIMB Equities Research Hosts TRX Site Visit



WCT & CIMB EQUITIES RESEARCH HOSTS TRX SITE VISIT 26 Apr 2016

A group of 30 domestic fund managers and investors visited the Tun Razak Exchange (TRX) construction site where WCT was cumulatively awarded RM1 billion worth of infrastructure works at the site in 2013 and 2015.

The site visit gave the attendees a good ground view of the work in progress at TRX. WCT's Executive Director, Mr Kenny Wong Yik Kae and Project Director Mr Lim Swee Hock also gave an introduction and briefing of the project.

GATEWAY@KLIA2 SECOND YEAR ANNIVERSARY CELEBRATIONS

1 – 22 May 2016

gateway@klia2 celebrated their second anniversary with interesting activities and promotions for shoppers. The activities include free voucher booklets, limited edition Sticky candy jars, Instagram contest and a bazaar.

Those who participated in the Instagram contest used the mall's colourful decorations as well as props to make their Instagram posts even more interesting.



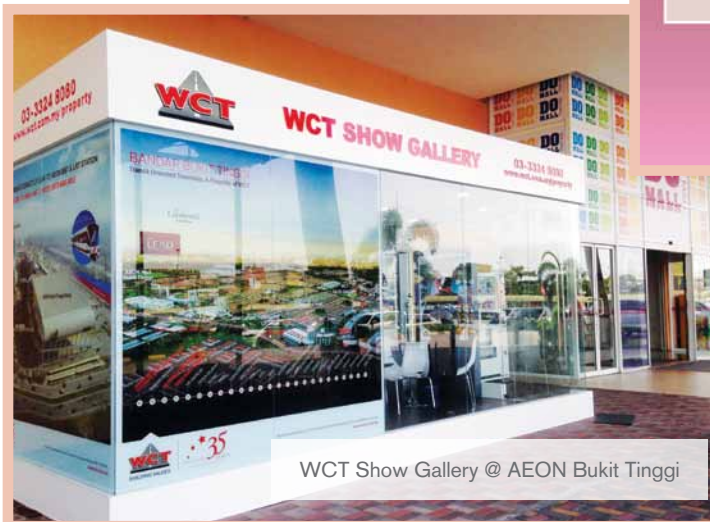
gateway@klia2 Second Year Anniversary Celebrations

STAR ATTRACTION AT PENSONIC EVENT

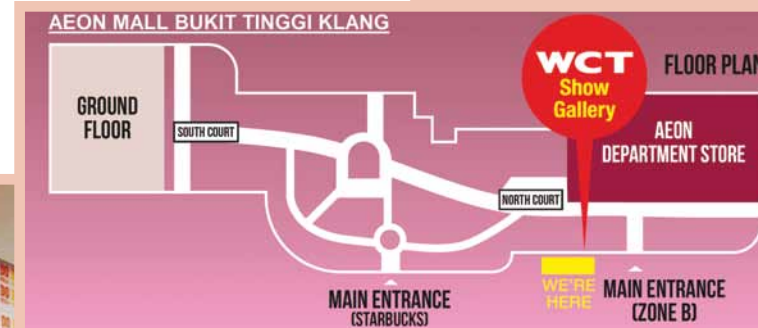
14 May 2016

Shoppers and fans of TVB artistes Lai Lok Yi and Sharon Chan flocked to the Pensonic Sticky Rice Dumpling Charity Event which was held at the Concourse Square, Level CC of Paradigm Mall PJ. At the event, the TVB artistes made dumplings under the guidance of an appointed chef and these dumplings were then auctioned off from RM50. The proceeds from the sale of the dumplings were donated to charity.

To add to the excitement of the event, five pairs of participants were also selected by Pensonic to participate in the dumpling cooking class. The best participants were then selected to be on stage to meet the TVB artistes.



WCT Show Gallery @ AEON Bukit Tinggi



WCT SHOW GALLERY @ AEON BUKIT TINGGI

14 May 2016

In an effort to promote WCT's exclusive property development projects in Bukit Tinggi, Klang – namely The Lead Residences, d'Laman Greenville and Rumah Selangorku projects, a new 200 square feet WCT Show Gallery is now open at the Ground Floor of WCT's maiden shopping mall, AEON Bukit Tinggi, Klang South, Selangor.

Situated at the Main Entrance of Zone B or North Court of the mall, the show gallery's opening hours are from 12pm to 8pm daily, including public holidays. To contact the show gallery for more information, please call 03-3324 8080.



Star Attraction at Pensonic Event



PARADIGM MALL HOSTS BADMINTON CHAMPIONSHIP 26 May 2016

Paradigm Mall PJ recently played host to the finale of the inaugural 100PLUS Badminton Team Championship 2016. Held at the Upper Atrium, Level UG of Paradigm Mall PJ, it was the first badminton event held in a shopping mall.

Prior to the Finals, a total of 73 teams of social badminton players competed at the preliminary rounds conducted at Pioneer Badminton Centre in Sri Petaling. Each team consisted of six players and two reserve players. The teams competed in the Men's Doubles 1 & 2 as well as the Mixed Doubles Categories.

Winner of the championship, Suntex Sports walked away with RM20,000 cash and branded badminton equipment and an all-expense paid trip to Brazil to watch the Rio Olympic Games badminton matches. The event was graced by the king of Badminton, Dato' Lee Chong Wei, two-time Olympic Games silver medallist.



Paradigm Mall Hosts
Badminton Championship

WCT'S FIFTH AGM 27 May 2016

A total of 100 shareholders attended WCT's fifth Annual General Meeting (AGM) that was held at Première Hotel, Klang. The AGM saw all 10 proposed resolutions passed by shareholders, in particular the 2015 Audited Financial Statements and the declaration of final single tier cash dividend of 2.0 sen per ordinary share of RM0.50 each in respect of the financial year ended 31 December 2015.



WCT's Fifth AGM



High Street Fashion at gateway@klia2

HIGH STREET FASHION AT GATEWAY@KLIA2 2 June 2016

Fashionistas were in for a treat when fashion giant H&M opened their doors at gateway@klia2. This 11,300 square feet store is open from 7am till 11pm daily; making it possible for travellers and shoppers to get their fashion fix at gateway@klia2.

During the launch, a lucky draw session was held and three winners walked away with RM500, RM200 and RM100 vouchers respectively while the first 200 lucky customers were treated to shopping vouchers and H&M giveaways. The launch was made merrier with a dance performance by the H&M staff and the official ribbon cutting ceremony was graced by the area and store managers of H&M Malaysia.

A QCLASSIC AWARD WIN 31 May 2016

The Construction Industry Development Board (CIDB) awarded WCT with the High QCLASSIC Achievement Award for the Ministry of International Trade and Industry (MITI) building project at the QCLASSIC Excellence Awards 2016. The QCLASSIC (Quality Assessment System in Construction) is a scoring system that measures and evaluates the workmanship quality of a building construction work based on Construction Industry Standards (CIS 7:2006). The scores given are calculated by assessments carried out through first time site inspections. Construction works that are rectified after an assessment will not be re-assessed to encourage contractors to "Do Things Right the First Time and Every Time".



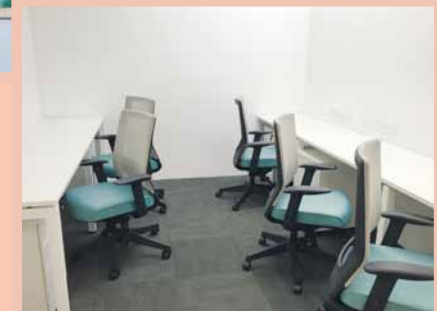
A QCLASSIC Award Win



Ascent Incubation Centre (AIC) Unveiled



ASCENT INCUBATION CENTRE (AIC) UNVEILED May 2016



WCT is proud to unveil the AIC, an MSC Status Accredited Incubator located within the Grade A Corporate Tower of The Ascent, Paradigm PJ. Covering a total floor area of 2,136 square feet, the AIC comprises of 10 mini offices ranging between 70 square feet to 120 square feet. These mini offices are complemented by a meeting room, discussion room, pantry and a reception counter with receptionist services during office hours.

The AIC is aimed at technology-based start-up companies and SMEs who will benefit from The Ascent, Paradigm PJ's prestigious business address as their official registered and mailing address. These office spaces are also fully fitted and furnished with office equipments like printers, photocopiers and fax machines that are available at a special in-house rate. The AIC is also equipped with intelligent security system which includes a CCTV, smart card access and visitor management system.



RECOGNITIONS CORNER

Every issue, we dedicate this section in appreciating the efforts and experiences of our staff.

FRIENDLY BOWLING TOURNAMENT

12 May 2016

Staff of Première Hotel, Klang participated in a friendly bowling tournament held at Ole Ole Superbowl Shah Alam. This bowling tournament aimed to give the staff an opportunity to bond as well as to promote a healthier lifestyle and encourage teamwork among all hotel associates.

A total of eight teams participated in this tournament and each team consisted of two female and two male members. Members of Team 8, Suparmaniam, Harry, Azli and Khairul Azhar scored an impressive 1606 points and emerged as the champion of this tournament.



CELEBRATING APRIL BIRTHDAYS!

19 May 2016

Five employees of Première Hotel, Klang celebrated their big day in style at the hotel's monthly birthday celebrations. Those present were treated to light refreshments and the highlight of the event were the cake cutting ceremony as well as the presentation of the birthday gifts to the birthday babies. Ten Department Heads were also present at this merry event.



GATEWAY@KLIA2 TURNS 2 19 May 2016

The hard work and commitment of the staff of gateway@klia2 did not go unnoticed as a celebration in conjunction with gateway@klia2's second anniversary was held at gateway@klia2's Management Office.

WCT Mall's General Manager, Mr Vincent Chong was present to give an opening speech. The celebration's highlights were a cake cutting ceremony, Selfie/Wefie Contest prize giving ceremony, games as well as a lucky draw session.



gateway@klia2 Turns 2



Ping Pong Mania at gateway@klia2

PING PONG MANIA AT GATEWAY@KLIA2 23 & 24 May 2016

A table tennis tournament was held at the Loading Bay, Level 1 of gateway@klia2. This fun tournament had two categories which were the Men's Doubles and Mixed Doubles. The Men's Doubles participants played in round-robin format with 15 points for two sets while the Mixed Doubles were played in league format with 21 points for two sets.

This tournament was organised to give employees from different departments and business units an opportunity to bond before the start of the Ramadan month. Following the tournament, the announcement of results and prize presentation were held at the staff briefing session on 31 May 2016 by Mr Vincent Chong, General Manager and Mr Tian Keng Swee, Centre Manager.

Results

Men's Doubles Category

Champion
Nasaruddin & Zaeri (Maintenance Department)

1st runner up
Joseph & Saharuddin (Car Park Department)

2nd runner up
Madani (Transportation Hub Department)
& Saufi (Security Department)

Mixed Doubles Category

Champion
Afiq (Housekeeping Department)
& Ruzana (HR & Admin Department)

1st runner up
Nazrul (Finance Department) & Mandiyana
(Transportation Hub Department)

2nd runner up
Syed (HR & Admin Department)
& Ayu (HR & Admin Department)



WCT SUPPORTS LOCAL ARTISTS

Apr – Sept 2016

Art lovers can visit The Ascent, Paradigm Petaling Jaya from now till September 2016 to pledge their support for the local art scene. In conjunction with WCT Holdings Berhad's 35th Anniversary, a special art display by Sireh Pinang Art Colony is now being showcased at the lobby of The Ascent.

The Sireh Pinang Art Colony is an organisation representing a group of talented local artists and the paintings will be refreshed every alternate month. All proceeds from the artworks sold will go to the respective artists.



WCT Supports Local Artists

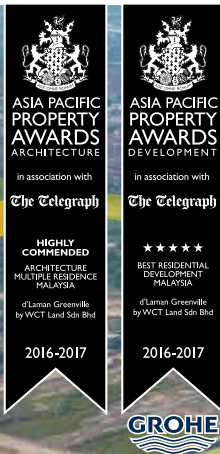


Première Hotel Gives the Gift of Life

PREMIÈRE HOTEL GIVES THE GIFT OF LIFE

20 May 2016

Première Hotel, Klang collaborated with Hospital Tengku Ampuan Rahimah Klang to organise its annual blood donation drive at Studio 6, Première Hotel. A total of 23 selfless staff did their part and gave the gift of life by donating their precious blood.



**BANDAR
BUKIT TINGGI**
A Flagship Township of **WCT**



LRT3 - Station 22
Tesco Bukit Tinggi

LRT3 - Station 23
Aeon Bukit Tinggi



FREEHOLD



From West Port

KESAS Highway
d'LAMAN Retail Centre

Main Entrance

From Kuala Lumpur

To West Port/ Klang

To KESAS/ SKVE HIGHWAYS

To d'Laman Greenville Main Entrance



Future Commercial
Development
(22 Acres of Land)

LRT3 - Station 25
Johan Setia (Bandar Parklands)
1.4 km from d'Laman Greenville

- d'Laman Greenville Facilities**
1. Guard House
 2. Club House
 3. Central Park
 4. Scenic Pond
 5. Children's Playground
 6. Linear Park - West
 7. Linear Park - East
 8. Perimeter Fencing with CCTV Surveillance



RESORT-STYLE LIVING IN A TRANSIT ORIENTED TOWNSHIP

d'Laman Greenville is an award-winning architectural gem that consists of 266 luxuriously pristine Bungalows and Semi-Detached abodes exclusively embedded among a 9-acre landscaped haven of 20 plant species. This verdant greenery adorn the East and West

Gardens and the Nature Walk, a 2-km length of uninterrupted green pedestrian pathway overlooking the 3-acre Scenic Pond and the other resort-style facilities including the Lake Edge Shelter, Floating Plaza and Sky Gazing Terrace.

For Investment Opportunity: **+(603) 3324 3255** | **www.lamangreenville.com**

Another Prestigious Development by:



Developed by:

Atlanta Villa Sdn Bhd (875001-H)
(A member of WCT Holdings Berhad)
No. 63, Lorong Batu Nilam 1A, Bandar Bukit Tinggi
41200 Klang, Selangor Darul Ehsan, Malaysia
Tel: +(603) 3324 3255 Fax: +(603) 3323 1217 Email: enquiries.wctland@wct.my
www.wct.com.my/property

Developers License: 13492-1/05-2017/01695/L, Validity Period: 08/05/2016-07/05/2017, Advertisement & Sale Permit: 13492-1/05-2017/01695/PJ, Validity Period: 08/05/2016-07/05/2017, Approval Authority: Majlis Perbandaran Klang, Building Plan Approval Number: Phase 1: () dlm MPK/BGN-600-4/1/101/2013; Phase 2: () dlm MPK/BGN-600-4/1/103/2013; Phase 3: () dlm MPK/BGN-600-4/1/106/2013; Phase 4: () dlm MPK/BGN-600-4/1/106/2013, Land Encumbrances: Free from Encumbrances, Tenure of Land: Freehold, Total Units: 266, Phase 1: Semi-D: 72 units; Bungalow: 14 units; Phase 2: Semi-D: 36 units; Bungalow: 24 units; Phase 3: Semi-D: 32 units; Bungalow: 21 units; Phase 4: Semi-D: 34 units; Bungalow: 33 units, Expected Completion: May-2017, Selling Price: Phase 1: Semi-D: RM1,275,000 (Min) - RM1,665,700 (Max); Bungalow: RM2,280,000 (Min) - RM2,801,700 (Max); Phase 2: Semi-D: RM1,442,000 (Min) - RM1,795,000 (Max); Bungalow: RM2,721,000 (Min) - RM3,404,000 (Max); Phase 3: Semi-D: RM1,616,000 (Min) - RM2,019,000 (Max); Bungalow: RM2,797,000 (Min) - RM3,105,000 (Max); Phase 4: Semi-D: RM1,810,000 (Min) - RM2,230,000 (Max); Bungalow: RM2,479,000 (Min) - RM3,428,000 (Max), Bumiputera Discount: 7%, Restriction in Interest: Nil, Property Type: Semi-D & Bungalow.



Driving Sustainable Practices at Pengerang, Johor

In the past 35 years, WCT (“the Group”) has successfully established a strong and solid reputation in the Engineering and Construction sector bagging numerous big-scale projects. One of the Group’s on-going Engineering and Construction projects is the Pengerang Integrated Petroleum Complex (PIPC) where it was awarded RM1.2 billion worth of infrastructure contracts to date.

The PIPC is an oil and gas project that is located in Pengerang, Johor Malaysia. This project sits on a single plot measuring an impressive 20,000 acres and it is one of the largest investments in the Pengerang district. Strategically located 111km by road from Johor Bahru, the capital city of Johor; the site is also within the Johor Port limit and is approximately seven kilometres from Singapore International Boundary. The PIPC will house refineries, naphtha crackers, petrochemical plants and liquefied natural gas (LNG) import terminal and a regasification plant.¹

The PIPC is also home to PETRONAS’ largest investment in Malaysia. The PETRONAS RAPID Pengerang Site is worth RM60 billion and it is the second mega-project within the PIPC. WCT Group focuses on the infrastructure-related works which include earthworks, piling works, roadworks as well as construction of blast proof buildings.²

Source of information:

¹ www.mprc.gov.my/our-businesses/pengerang-integrated-petroleum-complex-pipc

² www.petronas.com.my/our-business/downstream/OKP/Pages/PIPC.aspx



MALAYSIA

ISKANDAR MALAYSIA

PENGERANG

SINGAPORE



Road works - laying of binder course

Common Construction Access and Permanent Roads (Package P20C1)

Worth: RM341.9 million

Contract Awarded Date: 18 July 2014

Contract Awarded By: Petronas Refinery and Petrochemical Corporation Sdn. Bhd.

Scope of Work:

Soil Investigation Works, Piling Works, Road Works, Bridge Works, Box Culvert Works, Drainage Works and Maintenance Works.



Installation of box culvert's lid



Excavation of pipe rack foundation area

Procurement, Construction and Commissioning (PCC) of Civil & Infrastructure Works at Petchem Interconnecting and 6900 Area (Package 14-0302) and Petchem Interconnecting South Area (Package 14-0303) for Utilities, Interconnecting and Offside (UIO)

Worth: RM267 million

Contract Awarded Date: 26 October 2015

Contract Awarded By: PRPC Utilities and Facilities Sdn. Bhd., a subsidiary of PETRONAS.

Scope of Work:

Earthworks, Piling Works, Concrete Works, Storm Water Drainage System, Road and Paving, Miscellaneous Works, Underground Piping and Earthing Works.



Piling works in progress

Package 14-1702 consists of the engineering, procurement, construction and commissioning of 16 electrical substations, 4 field auxiliary rooms, 5 operator shelter buildings and 1 local building. Out of these 26 buildings, 12 are blast proof buildings with 5kpa – 14kpa blast pressure to ensure the safety of the occupants in the event of an emergency. Therefore, the Health-Safety and Environment Design aspects play a crucial role in this project. This includes compliance with proper construction and installation of the fire protection or fire-fighting tools, the availability of emergency response systems, escape routes and safety signage as well as fire and blast rated design for the building works.



Foundation works in progress

Engineering, Procurement, Construction and Commissioning (EPCC) of Substations (275kV, 33kV, 11kV), Field Auxiliary Rooms, Operator Shelter Buildings and Local Control Building
(Package 14-1702)

Worth: RM316 million
Contract Awarded Date: 5 November 2015
Contract Awarded By: PRPC Utilities and Facilities Sdn. Bhd., a subsidiary of PETRONAS.

Scope of Work:
Earthworks, Environmental Protection of the Site and to the Surroundings, Piling and Foundation Works, Architectural Works, Building Structural Works – Blast Proof Building, Building Service Works, Health- Safety and Environment Design, Civil Works/External Works, Architectural 3D Model.

Procurement, Construction and Commissioning (PCC) of Civil and Infrastructure Works at Storm Drain Central Area
(Package 14-0401)

Worth: RM323 million
Contract Awarded Date: 14 December 2015
Contract Awarded By: PRPC Utilities and Facilities Sdn. Bhd., a subsidiary of PETRONAS.

Scope of Work:
Phased Demolition and Restoration Works, Excavation and Backfilling Works, Storm Drainage Works, Piling Works, Roads and Paving Works, Underground Piping Works, Concrete Works, Structural Works, Electrical and Instrumentation Works.



Excavation of pipe loops

Storm Drain Central Area
Package 14-0401 mainly involves infrastructure works on the construction of pipe racks, sleepers and drainage systems. The team is looking at concrete work spanning approximately 200,000 m³.



Removal of rock surcharge



Safety signage at the construction site

Safety Is King

Safety is paramount at all of WCT's construction sites and therefore the team practices stringent Health, Safety, Security and Environment (HSSE) Standards. This is especially true for the PETRONAS RAPID Pengerang Site where the Zero Tolerance (ZeTo) Rules are applied and all workers on site are required to follow. The ZeTo Rules features an Induction Programme with Defensive Driving Training, Daily Inspection of Equipments and Machinery, Daily Mass Tool safety briefing and Emergency Response Plan training to name a few. All workers involved in the projects are required to go through programmes and briefings before starting work and those handling machinery must have a license to do so.

The standards also require workers on site to comply with Weekly Site Walk to fulfil the Weekly Safety Performance checklist that includes inspection of cleanliness, behaviour, vehicle conditions and etc. Workers also attend Emergency Response Plan training, Riot Drills as well as Fire Drills. They are also required to receive First Aid training.

Apart from HSSE standards, the team also maintains Quality Assurance/ Quality Control Standards to ensure construction activities are conducted in a planned and systematic manner to fulfil quality requirements. This is done through scheduled inspections and testing at various construction stages.

The WCT Standards

The Group does not only prioritise the quality of the work done as safety is also a main concern for all who are involved in their projects. With this strong commitment to quality and safety, the Group has gained a favourable reputation as a responsible company to work for and to work with.

The Group has set a standard of excellence and a great track record in their years of being in the industry. The Group pledges to uphold the quality of their work and to continue building the future.

ZeTo Rules

- Work with a valid work permit (PTW) required by the job.
- Verify energy isolation before starting work.
- Obtain authorisation before overriding or disabling safety critical equipment.
- Obtain authorisation before entering a confined space.
- Protect yourself against a fall when working at height.
- Use the correct personal protective equipment (PPE) when handling hazardous chemicals.
- Obtain authorisation before excavation or entering a trench.
- Do not position yourself under a suspended load.
- Do not smoke outside designated areas or bring potential ignition sources into process area without authorisation.
- Do not use your mobile phone/walkie-talkie while driving, follow the speed limit and use your seat belt.



Safety briefing for all workers



Nostalgic Childhood Games

Gasing

Gasing or top spinning is still played till today but in the yesteryears, gasing or tops were usually made by hand. Children take pieces of wood and sculpt them into shape.¹ Tops can also be made from hard fruit, iron or lead.² A string is then wrapped around the top from the bottom towards the middle.³ The top is then hurled to the ground and if done correctly, some tops can even spin for as long as two hours!

This game of skill is usually played after the rice harvest in Kelantan and Terengganu.²

How it's played

There are two ways to play the game of top. One tests the endurance of the spin while the other game has an objective to knock down the opponent's spinning top with your own.⁴

1. Draw a large circle on the ground for both versions.

2. For endurance spin, the player throws the top into the circle and the longest spinning top wins.

3. For the other game, the player tries to strike the opponent's top out of the circle. The player who manages to do so, wins the game.

If you are a 70s or 80s child, you would remember fondly the days when the air was fresh and the days were filled with games played together with your neighbours. In conjunction with Malaysia Day, we share some traditional games that were all the rage when you were a kid.

Source of information:

¹ www.terengganutourism.com/traditional_games.htm

² www.traditionalgamescct.blogspot.my/2013_03_01_archive.html

³ www.go2homestay.com/the-games-we-used-to-play/

⁴ www.nkhhoo.com/2011/08/01/games-played-by-malaysian-children-when-there-was-no-tv-and-computer-games/

Congkak

Congkak is a game traditionally played by girls. The *congkak* set can come in the form of an intricately carved wooden board with seven pits on each side and a Home pit on the long end. One can play *congkak* using seeds from the Saga tree, shells or even pebbles. *Congkak* is played by two players sitting face to face with a *congkak* set placed in the middle. Each of the seven pits is filled with seven seeds.¹

The game was likely introduced to Southeast Asia by Indian or Arab traders in the 15th century and is believed to have spread through merchants via Melaka. In the early days, it was thought that this game was for the royalty but later it spread to the general population of the kingdom.²

How it's played

1. The first player chooses to take all the seeds from one pit and place these seeds one at a time in every pit including the player's own Home pit. Seeds will not be placed in opponent's Home.
2. If the last seed is placed in the player's Home, the player will be granted another turn.
3. If it lands on a pit with seeds, the player will scoop the seeds in the pit and continue distributing them, but if it lands on an empty pit on the player's own side of the set, the player will capture the seeds on the opponent's pit and place all of them in their own Home.
4. The player will be forfeited from the game if the seed lands on an empty pit on the opponent's side of the set.
5. The game will carry on until all the pits on one side are empty. The player with the most seeds in their Home pit wins.

Tarik Upih Pinang

This nostalgic game is simple with minimal props but you can get many hours of fun from this game. By just using palm or pinang tree fronds, one player sits on the frond and the other pulls the frond. *Tarik* means to pull and *Upih Pinang* refers to the pinang tree fronds.³



Source of Image:

'anoTher UpiH' by Yana Harmila Haron available at <https://www.flickr.com/photos/21615700@N02/3210600877> under a Creative Commons Attribution 2.0. Full terms at <http://creativecommons.org/licenses/by/2.0>.

How it's played

Each team consists of two players; one sits on the frond and the other pulls the frond. The objective of this game is to race the other team to the finish line. The team who reaches the finishing line first wins the game.

Source of information:

- ¹ www.traditionalgamesinmalaysia.blogspot.my/p/types-of-games.html
- ² <https://en.wikipedia.org/wiki/Congkak>
- ³ www.nkkhoo.com/2014/10/29/malaysia-traditional-game-pulling-palm-fronds-tarik-upeh-in-malay/



Batu Seremban

This game tests the player's agility and eye and hand coordination. Usually played by girls, *Batu Seremban* or Five Stones consists of five small bags filled with sand, rice, seeds or even five pebbles. The game starts off easy and gets progressively difficult with every stage.¹

How it's played

1. Throw all five stones onto the ground. For the first stage, throw one stone into the air and pick up another from the ground. Catch the stone in the air before it falls back onto the ground. Place the stone aside and repeat until all stones are picked up.
2. For the second stage, repeat but pick up two stones at a time.
3. For the third stage, pick up three stones and one.

4. For the fourth stage, the player holds all the stones in his hands and throws one in the air. He then places the remaining stones on the floor and catches the stone in the air. The player then throws one stone in the air and collect the remaining ones on the floor in one sweep.
5. For the final stage, the opponent picks a stone for the player to pick up. The player must remove the stone without touching the rest, throw it in the air and collect all the remaining ones on the floor in one clean sweep.

Editor's Note:

There are a few variations of this game. For a video tutorial on how to play the game, visit www.youtube.com/watch?v=0XC-P57sS0c

Guli

Guli, or marbles is a game of strategy in which players aim to strike opponent's marbles out of a circle drawn on the ground. All you need for the game is a bag of marbles. Marbles that roll out of the circle are for the player to keep as a winning reward. Part of the fun is to collect different brightly coloured marbles from different players!²

How it's played

1. Draw a circle on the ground and each player sets the same amount of marbles in the circle.
2. Each player takes their turn to try to strike these marbles out of the circle.
3. Marbles that roll out of the circle is the player's to keep.

Source of information:

¹ www.traditionalgamesinmalaysia.blogspot.my/p/types-of-games.html

² www.nkkhoo.com/2011/08/01/games-played-by-malaysian-children-when-there-was-no-tv-and-computer-games/





Ketingting

Ketingting, also known as hopscotch is a game where children would draw numbered boxes in the shape of a cross on a flat surface using chalk. The topmost box of the cross is called the 'Home' and the objective of this game is to reach 'Home' and back to the starting point without stepping on boxes with a marker or *gundu*. This game tests the player's balancing and jumping skills.

This game is said to date back to the Roman Empire where Roman soldiers used the game to help hone their strength, agility and resilience. The game eventually evolved into Hopscotch, or *Ketingting*.¹

How it's played

1. The first player will have to throw their *gundu* onto the first box. If the player misses the box or if it lands on the line, their turn will be void and the next player takes their turn.
2. The player then hops on one leg on each box except for the box with the *gundus*.
3. The player can only land on both feet when the player lands on the last box known as 'Home'. The player then turns around to return to base, hopping over boxes containing *gundus*.
4. The next player then takes their turn. As the game progresses, the player must aim their *gundu* at the next number, doing so until it reaches the 'home' box. The first player to do so wins the game.

Lompat Getah

Back in the day, every 'It' girl in school has a set of '*getah*' or skipping rope made from colourful rubber bands in her bag. This game tests the player's agility and acrobatic skills. Players are divided into two teams and the team who finishes the stages first will win.²

How it's played³

1. Two players from the opponent's team will hold each end of the skipping rope. For the first stage, the rope is placed on the floor and the player must cross over the rope without touching it.
2. At the second stage, the rope is placed at the opponent's knee height and the player must jump over without touching the rope.
3. For the third stage, the rope is placed at waist height and the player must jump over the rope.
4. The rope is then placed at shoulder height for the fourth stage.
5. For the final stage, the player must jump over the height of a chosen opponent. If a player fails at any stage, the opponent will get a turn and the first team to complete a set wins the game.

Editor's Note: There are also many variations of the game. Some will play the game with more levels, it's entirely up to the players to determine the levels.

Source of information:

¹ www.go2homestay.com/the-games-we-used-to-play/

² www.nkkhoo.com/2011/08/01/games-played-by-malaysian-children-when-there-was-no-tv-and-computer-games/

³ https://ms.wikipedia.org/wiki/Lompat_getah

A woman with long brown hair, wearing a straw hat and a white short-sleeved top, is walking down a set of stairs. She is carrying a red suitcase and a black bag. The background is a bright, sunny outdoor setting.

Say No To Post-Holiday Blues

The start of any holiday is always the best feeling but coming back home to reality after a long and fun holiday may just give you a touch of melancholy. Instead of dragging your feet back to your usual routine, why not feel great that you are back to work recharged and refreshed?¹

Here are some ways you can get out of that post-holiday funk and right back into the grind!

Source of information:

¹ www.traveller.com.au/how-to-beat-the-postholiday-blues-1qd0v

Meet A Friend



If you have been away for long, plan to meet a friend right after you get home! Your laundry can wait a little. By catching up and sharing your travel stories, you may be able to relive some of your travel memories while taking your time to ease into your 'new' environment.

Meeting up with a friend can also pull you back to reality and help you get back to familiar grounds. Catch up on gossips and hear what has been happening while you were away! Meet at your favourite café or have that Nasi Lemak you have been craving while you were away.¹



Stay Paced



If you are coming back from a relaxing beach holiday, it's a good idea to come home over the weekend so you have a day or two to get back into the grind. Coming home and hitting the ground running after a relaxing holiday may make you wish for an 'after holiday' holiday! It is how you ease back into your normal routine that matters.

Likewise, if you have been waking up early in the morning to catch flights and buses during your holidays, it is a good idea to keep busy in the first few days post holidays to work off some of that accumulated energy. Going to the gym is a great way to take your mind off the blues and exercising also releases dopamine, a neurotransmitter in the brain that is necessary for feelings of happiness and pleasure!²

Source of information:


¹ www.leaveyourdailyhell.com/2012/03/16/depression-after-travel/

² www.mindbodygreen.com/0-10798/6-reasons-why-exercise-makes-you-happy.html


Make A List

If you have been away for more than a week, there will be things that need to be done. Instead of moaning about going home, why not make a to-do list while waiting for your connecting flight? This will give you a head start of things that need to be done and you should be able to ease back into your daily routine easily.¹


Here are some things to consider:-




Skim through your emails – Do not wait till you are back in the office to go through your emails. Skim through and delete irrelevant spam mails and mark emails that are important. Now you can calmly walk into the office and prioritise urgent tasks first. This is sure to keep your post-holiday glow a little longer.



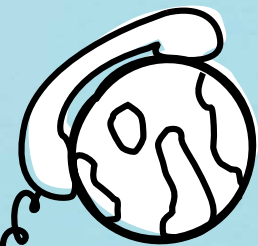
Make a list of things to unpack – From sorting out your laundry to unpacking souvenirs and separating them out according to recipients, getting chores done and your luggage bags out of the way quickly will help you ease back into your routine.²



Save your photos
– Make copies of your photo now! These memories are priceless and you may regret not making this a priority if anything happens to your memory card!



Check credit card bills and statements – Find out how much you have spent and owe so you can avoid paying late fees or interest incurred. It is important to check your statements in case of any unauthorised transactions.



Turn off or cancel your roaming package for your mobile – If not, you may be slapped with a hefty phone bill!

Source of information:

¹ www.independenttraveler.com/travel-tips/troubleshooting/10-things-to-do-when-you-get-home-from-a-trip

² www.mywomenstuff.com/2010/06/travel-tip-unpack-as-soon-as-you-get-home/

Plan Next

Your Trip

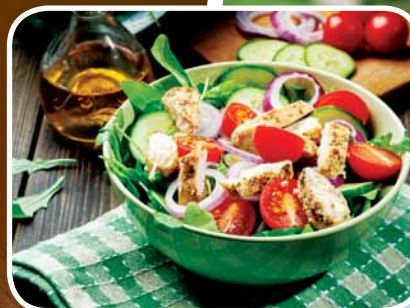
Feeling inspired to explore a new destination while on holiday? Get over your jet lags and fatigue and start planning your next one! Making new plans or goals can help psych yourself up till the next trip. Not only these goals can help you stay focused, they can also motivate you to work harder and earn more money for the trip.¹

Apart from snagging cheap flights and accommodation, planning your next holiday earlier will give you something to look forward to as well as less time to feel melancholic about ending your holiday! According to experts, even thinking about and planning the trip can give as much pleasure as doing them.²

Source of information:

¹ www.leaveyourdailyhell.com/2012/03/16/depression-after-travel/

² www.traveller.com.au/how-to-beat-the-postholiday-blues-1qd0v



Take Care Of Yourself

With the change of routine and weather, it is easy to fall sick after a holiday.³ Coming home and falling sick is not the best feeling. With the late nights, early mornings and over-indulgence on food, it is easy for your body to break down so remember to load up on your multi-vitamins even when on holiday!

It is also important to stay hydrated as the air in the airplanes is dry and can lead to dehydration, so take plain water instead of caffeine-loaded sodas or coffee. If you are crossing time zones, make sure to take an extra day off from work to give your body some rest.⁴

Source of information:

³ www.traveller.com.au/how-to-beat-the-postholiday-blues-1qd0v

⁴ www.independenttraveler.com/travel-tips/troubleshooting/10-things-to-do-when-you-get-home-from-a-trip



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