

The Planters'

INAUGURAL ISSUE, APR – JUN 2016

A publication by Tradewinds Plantation Berhad

Fear of God | Integrity | Professionalism | Prudence | Continuous Improvement



Turning Over a
New Leaf / pg5.

“Hard work is fun,
and the experience is
priceless,” says Raja
Azlan / pg16.

Switch to a
healthier cooking
oil / pg21.



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EDITOR'S NOTE

On behalf of the Editorial team, we are delighted to announce the inaugural publication of TPB's newsletter "The Planters". After TPB's Transformation Programme was conducted last year at the Albukhary International University, it was becoming clear that an organisation with such determination needed help with echoing its vision and mission to each of its valuable contributors, the employees. We think this would be the ideal vehicle to capture the diverse and vibrant stories of TPB community and decided that the newsletter should be published every two to three months.

Now, with much gratitude, we would like to thank our writers for throwing in on us and to you, our first readers, for making it all real. If you have any feedback, interested to contribute an article or if you have any event you'd like to announce or to be featured here, do drop us an email at corpcom@tpb.com.my.

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CEO's Foreword

Dearest Colleagues,

Welcome to the first issue of "The Planters"
It has been a challenging year for Tradewinds Plantation Berhad, as we navigate the company through global economic slump and depressed commodity prices. Nevertheless, we are comforted that our production had increased tremendously, to levels never seen before in the history of the Company. We are seeing the fruits of the Transformation Program, which had breathed new life into the Company. We had seen the formation of plantations operations, which has been divided into Peninsular Malaysia and East Malaysia. With these formations, we strive to achieve operational excellence through capable leaders that have been tasked to achieve our goals.

2015 also proved to be a defining year for the Company. With only a few days left towards reaching the year-end, we were triumphant, having breached 20 mt/ha of FFB production for the first time ever in our history. This is proof of your hard work and dedication

And at the dawn of the new year, a new department was born – Corporate Communications. It is our dream and our vision to get TPB talking about things that matter – our industry, our country, our people, our common hopes and dreams, share stories of triumphs and comfort and support when we need it. Universally, we are the same as we breathe the same air, we understand joy and sorrow and we all want a better future for

our children and ourselves. We want to be part of something greater than ourselves. It does not matter whether you are the CEO or a harvester, we are a family. And family needs to communicate to bond and be strong.

Indeed, there is so much more to do to become "the global leader in integrated agribusiness" but we shall not give up and will continue to make more significant progresses in 2016. With the Communications department as our additional family member, they could provide us the extra support to turn our ambitions into a reality.

Our TPB (Togetherness Plan for Bonding) for TPB (Tradewinds Plantation Berhad) is new but our goals are bold and exciting. Watch out for changes to come because we want to get to know you better. Allow us to share your story with the rest of us because each and every one of us is a major component of the bigger picture.

As we step into 2016, we hope you will continue to strive in continuing our mission with renewed strength to achieve our visions. With that, we look forward to seeing more of you soon!

Warmest Regards,

Thomas Ong



Turning Over a New Leaf

Transformations for Tradewinds Plantation
Berhad and Mardec Berhad

The Transformation Program took place on 4-14 June 2015 in Albukhary International University, Alor Setar, Kedah.

- **BUSINESS TRANSFORMATION:** A process of profound and radical change that orients an organisation in a new direction and takes it to an entirely different level of effectiveness. (Source: BusinessDictionary.com)
- With every passing second, the Company continues to surge ahead in its business transformation roadmap which was laid out in early 2015 towards becoming “the global leader in integrated agribusiness”, guided by five core values; Lean and mean is the new way of doing things, lean in team structure and expenditure, mean in productivity and upholding integrity.
- In June 2015, to spark the drive towards transformation amongst the operations personnel, the company held a ten-day TPB Culture Transformation Conference in Albukhary International University which was attended by all Heads of Strategic Business

Unit, Estate Managers and Assistant Managers.

- In a move to empower the operations team and sustain the momentum of transformation, July 2015 saw the Company's plantation operations divided into East Malaysia and Peninsular Malaysia regions, each headed by a Director of Plantation and supported by a team of Senior Vice Presidents and Vice Presidents.



NO.	PARTICIPANTS	NO OF PAX	DATE
1.	Managers	85	04 (Thursday) – 06 (Saturday) June 2015
2.	Assistant Managers	109	06 (Saturday) – 08 (Monday) June 2015
3.	Assistant Managers	109	12 (Friday) – 14 (Sunday) June 2015



The workshop aims to:

- **Shape the working culture back to basics**
- **Drive TPB to greater heights**
- **Steer transformation towards one vision**
- **Address the importance of speed and precision in project execution**
- **Boost team spirit**
- **Emphasize the accountability and responsibility amongst employees**
- **Strive towards making TPB an excellent organisation, second to none**

The workshop was coordinated by our very own Transformation Committee who were made up of Head of Departments, Advisors, Directors of Plantation and the CEO.



A conference of Transformation Program was held from 11-13 September 2015 at Mardec head office to cascade down the transformation program initiatives to the management of Mardec rubber processing and rubber manufacturing factories, the key driver and enabler of Mardec's transformation initiatives. It was also aimed at strengthening employee relations with Mardec.

Attended by General Managers, Managers and Assistant Managers, the program encouraged participants to take part in contributing fresh ideas on how to drive Mardec to the next level.

In order to achieve an effective transformation, the company also needs a strong and committed top team as they are a valuable asset to the organisation.

Highlights by CEO, Dato' Dr Thomas Ong:

- **Mardec is soon to be #1 quality rubber producer in the world**
- **Mardec must control the upstream sector**
- **Mardec is to have a complete supply chain from upstream to consumer**
- **Mardec is to strengthen employee relations with the company**
- **Mardec must embark upon the charitable journey of Albukhary Foundation**

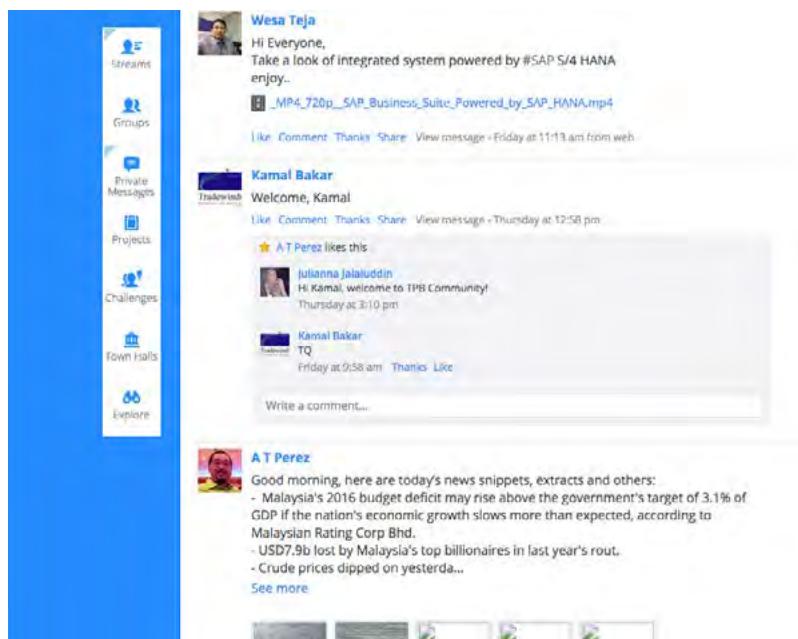
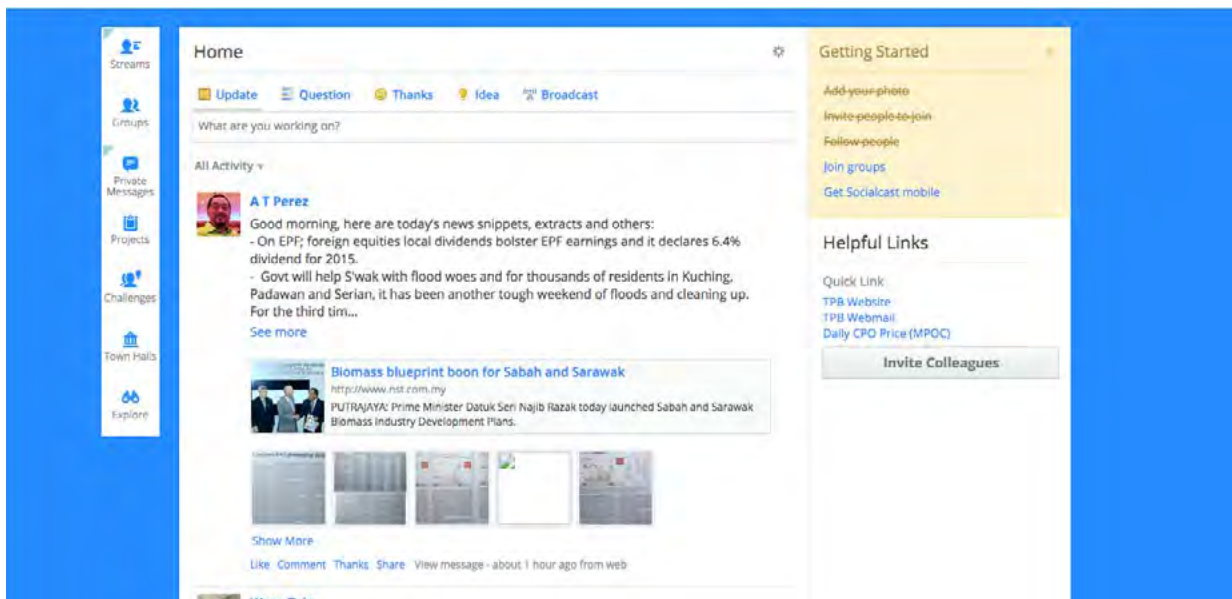


TPB Community

The interactive social site was officially launched on 12th August 2015.

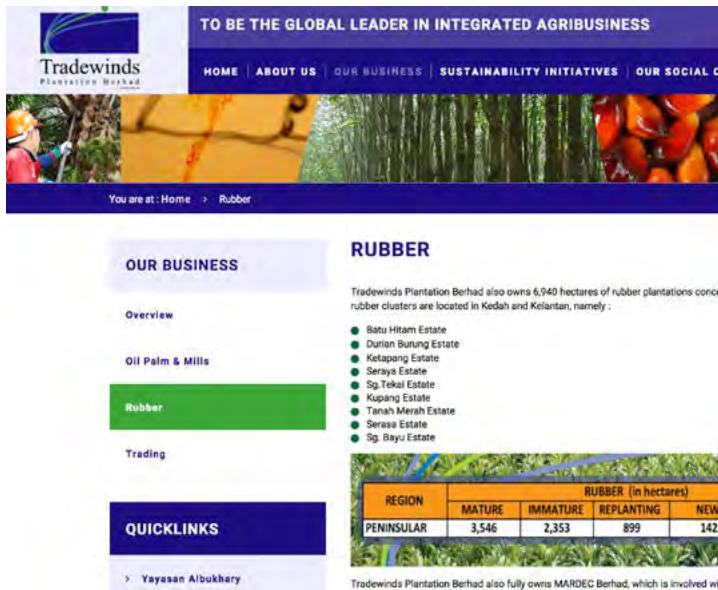
The objective for this enterprise network is to provide employees with a platform to communicate, collaborate, inform and improve productivity within the organisation. It also allows staff to stay connected amongst each other across geographical boundaries in a click of an instant.

Among the features available in the TPB Community are project management capabilities that allow the team to track deliverables, actions items and timelines; private messaging which will allow users to send secure, instant messages to individuals or groups created within the community; platforms for ideas generation and engaging employees; as well as mobile apps in iOS and Android, giving users instant access anytime and anywhere to the TPB Community.



If you have not been registered into the community, you may notify the Corporate Communications department at corpcom@tpb.com.my.

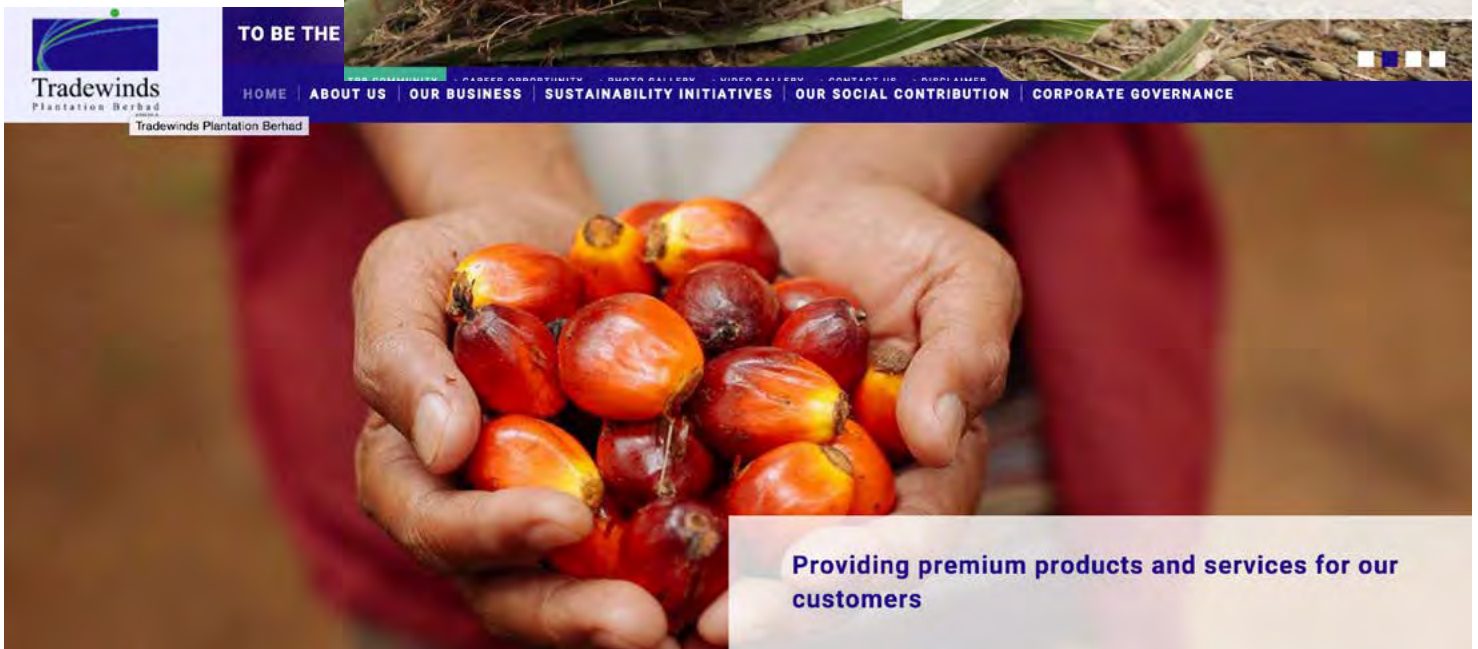
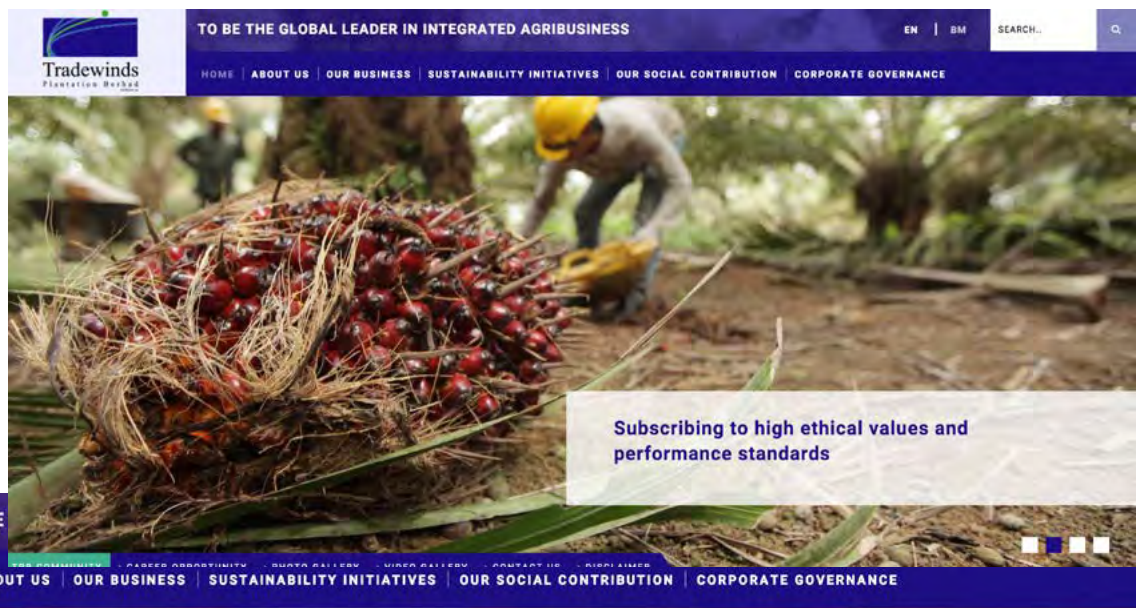
New Interface



We are pleased to announce the launch of our brand new website on 12th August 2015! This product is the result of hard work by our management team and website developer.

Our goal with this new site is to provide reliable information to the public on what Tradewinds Plantation Berhad does and why we do what we do. Among others, we will also be adding new industry research articles on regular basis and post career opportunities as they become available.

The new website is fresh, more interactive and informative. And it is also available in Bahasa Malaysia and English. We welcome any feedback and you may email us at twsplnt@tpb.com.my.



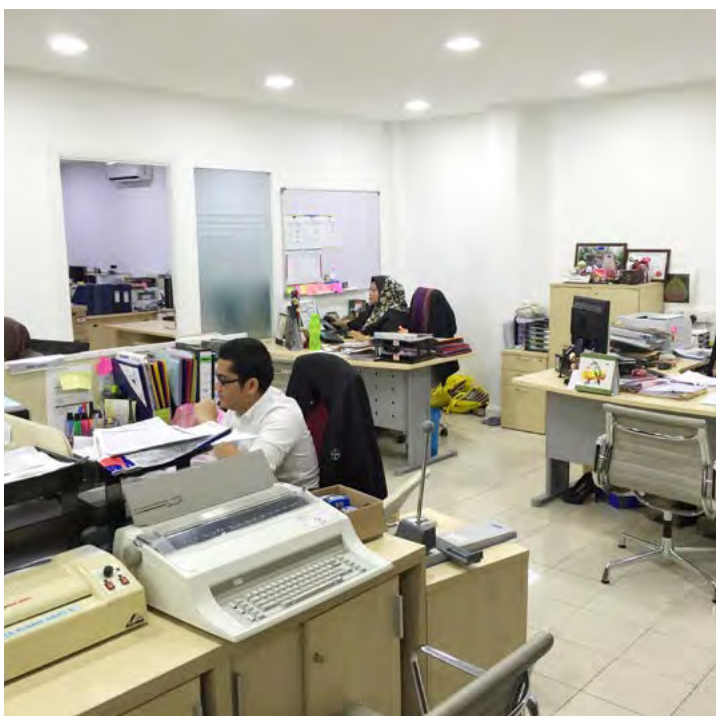
Getting a Fresh Start: Moving to a New Place

The previous office was located at Jalan Kerja Ayer Lama in Ampang from April 2014 till August 2015. Having all furniture and documents moved to a new location, which is Jalan Pahang Barat, Kuala Lumpur, was a lot of work. Each division only had one day to pack up everything to have it all moved to a new premise the next day, while unloading them just a day after. Despite the short amount of time, it was worth it.

The relocation exercise was not just about loading and unloading the files and furniture, but we pack up along a new motivation. As the organisation is in the midst of transforming its working culture, the relocation gives us a new look and feel to how we do business.

The move involved nearly 100 employees from all departments. The first group to move from Jalan Kerja Ayer Lama office were departments of Human Resources, Foreign Labour Centre, and CEO's Office where they resumed operation on July 27, 2015. Followed by Finance, Marketing, Project & Contract Management, Procurement & Special Projects, and the server room. They resumed

operation on August 17, 2015. A week later the Legal and Secretarial, Information Technology, Internal Audit, and Engineering started to move in. The new office address is available on the website www.tpb.com.my.



Extension Number

TPB Tel: 03-42897888 (Operator Assistant: 7877)			
Name	Ext.	Name	Ext.
CEO		HR & Admin (Fax No.03-40310690)	
YBhg. Dato' Dr. Thomas Ong	7880	Norfaizah binti Ahmad	7869
Rafidah binti Mustapah	7881	Jalina binti Khalid (Mardec)	7946
CFO's Office		Natrah Binti Yahya (Mardec)	7846
Razidan bin Ghazalli	7800	Anita binti Mazlan	7870
Sakina binti Mohamed Yahya	7820	Melissa Malani	7867
CEO's Office		Siti Dzabedah binti Ahmad	7871
Liew Voon Kheong	7950	Vacant	7872
Raja Azlan bin Raja Sulaiman	7985	Rohana binti Mamat	7873
Abdul Hadi bin Mohamad Yusoff	7934	Salwana binti Aris	7877
Nazaruddin bin Yahya	7879	Azman bin Omar	7947
Kamarul bin Amirudin	7851	Norizah binti Tambi	7878
Zuraidah binti Kassim	7840	Engineering	
Wan Afwani binti Wan Nazimuddin	7983	Kamil Hamzah bin Ismail	7889
Zarina binti Arshad	7868	Mohd Fahmi Abdul Razak	7890
Julianna binti Jalaluddin	7926	Vacant	7981
Mechanisation		Mohd Khairil bin Ismail	7891
Muhammad Muzakkil bin Jusoh	7852	Ety Norazila binti Mohd Johar @ Mohamad	7984
Security		Procurement	
Mazli bin Muhammad	7843	Ahmad Zaidi bin Ismail	7833
Finance		Athirah Najwa binti Azhari	7918
Lee Wen Giat	7801	Vacant	7916
Badlishah bin Abdul Rahim	7802	Project & Contract Management	
Hajjah Norainee bte Omar	7803	Zabidah binti Othman	7919
Liliwati binti Abdul Jalil	7804	Gunasekaran a/l Subramaniam	7921
Azman bin Aziz	7805	Nurmala binti Mazlan	7922
Tengku Yasimah bt Tengku Ibrahim	7812	Nurul Asma' binti Mat Udin	7920
Mahpus bin Hj. Jawadi	7809	IT	
Mohd Naguib bin Khalid	7810	Wong Oi Ching	7967
Khairuladi Asrizal	7807	Chew Say Siong	7965
Salihamzul Rizal bin Mohd Sallehudin	7815	Lo Swee Loong	7966
Darviza Hasnor binti Hasib	7819	Zulkipli b. Basir	7969
Suriani binti Ismail	7824	Norhayati binti Abidin	7978
Ayzee binti Zainal	7821	Ahmad Gharib bin Mohmd	7975
Norlaili binti Darus	7808	Faredah binti Mohammad	7972
Sarah binti Mohd Noor	7813	Muhamad Fahmy bin Kamarudin	7971
Aiman Syahmi bin Mohamad Nazri	7811	Muhammad Ibnu Fahmi bin Ismail	7817
Vacant	7826	Marketing	
Izatul Azawiyah binti Ani	7827	Lee Wai Ming	7887
Special Project		Masthura binti Rajudin	7898
Adnan Teh	012-3251215	Mohd Rizal bin Taha	7897
Rahul Ramachandran	012-7958175	PMAC Office's	
Business Planning		Vacant	7927
Teh Su-Ching	012-3910226	Nordin bin Omar	7928
Chan Qi Yang	016-6523057	Hidney bin Wahid	7929
Muhammad Norhasyraf Hamzah	012-2755015	Siti Aisyah binti Sulaiman	7930
Corporate Planning		Raw Material Procurement	
Mohd Nazim bin Basiron	012-7083589	Wong Shi How	012-8135393
Mohd Fadzly bin Engan	013-3947134	Gregory Douglas Anak German	016-8834362
Alfredo T. Perez	019-8525258	Mohd Edzuan Omar	012-3455651
Legal & Secretarial		Richard Choon How Chia	019-8832051
Zainal Rashid bin Ab Rahman	7944	Ng Kok Lean	019-4158132
Zeenath Begum binti Mohamed Mastan	7942	M Suresh A/L Murgan	012-2905540
Marina binti Mat Zain	7941	Property Division	
Task Force		Derek Cheng Mooi Soong	012-2071311
Arumugam Vyapuri Pillay	010-9801567	Datuk Lim Edin Nom	019-3186868
K.Chandrasekaran	016-5345452	Hashim bin Hassan	019-3229146
Pun Kam Chong	011-17618663	Ramlan bin Tahir	013-7738770
Ng Khen Wah	019-5750313	Ahmad Zaki bin Hawari	019-2733566
Vacant	7855	Tan Swee Tek	012-6508096
Advisor		Ahmad Zaed Bin Saleh Hamdi	019-225 7324
Kenneth KK Tan	012-3939990	Foreign Labour Centre	
SAP		Hasbullah bin Hassan	012-5227542
Wesa Aria Teja	011-12790721	Ismadi bin Ismail	019-8844418
Ruben Andreas	011-23562009	Saparuddin bin Mustapa	019-8332478
Logistics			
Alexander Nicholas Xavier	7848		
Ahmad Hizam Abdul Hamid	7857		

Updated as at 04/04/2016

A close-up photograph of several green rose leaves. The leaves are covered in numerous small, clear water droplets of varying sizes. The leaves have serrated edges and prominent veins. The background is dark, making the green leaves and water droplets stand out.

RECREATIONAL ACTIVITIES



As the saying goes...

"All work and no play makes Jack a dull boy".

This expression means that people need time off from working, which without it, they will become bored and lack of interest and enthusiasm. So we don't want that to happen to us, now do we? To make working environment and bonding more fun, TPB Headquarters will be organising several activities throughout the year. And start it off, we had our first outing to climb up Bukit Tabur in Taman Melawati, Kuala Lumpur.

The trip was help on January 23rd, 2016 joined by more or less a dozen of its staff and staff of Albukhary Foundation as well as four of their scholars from Asia Pacific University. Hiking started at 5 o'clock in the morning from the west side and we reached the peak around half past 6, which was just the right time to catch the sunrise. Climbing up was undeniably challenging because of the steep and rocky terrain.

Bukit Tabur is a hill located in Taman Melawati and is part of the Klang Gates Quartz Ridge. It is less than 500 metres above sea level. We had the opportunity to enjoy breakfast prepared by our colleague, HRA Senior Manager Zarina Arshad while immersing in the spectacular view of the morning sun glistening over Kuala Lumpur and the Klang Gates Dam, truly breathtaking!

We then started to climb down at 8.a.m. and reach the bottom slightly after 9 a.m.. And by that time, everyone started to look for a second breakfast to refuel our energy for the rest of the day.

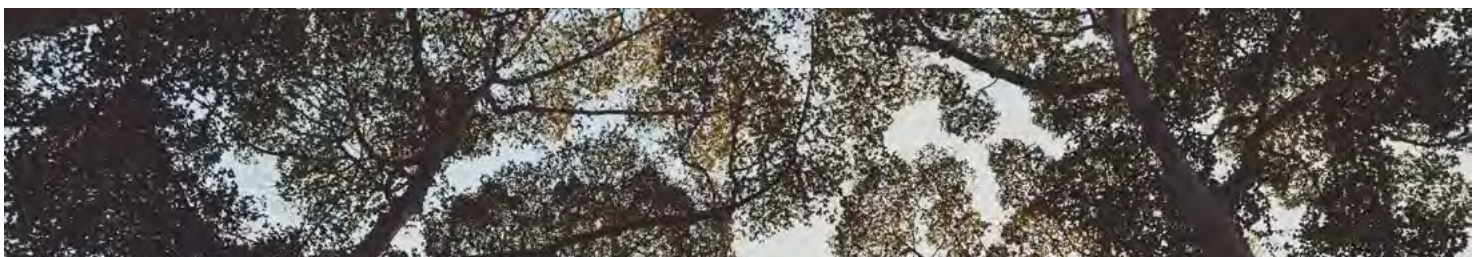
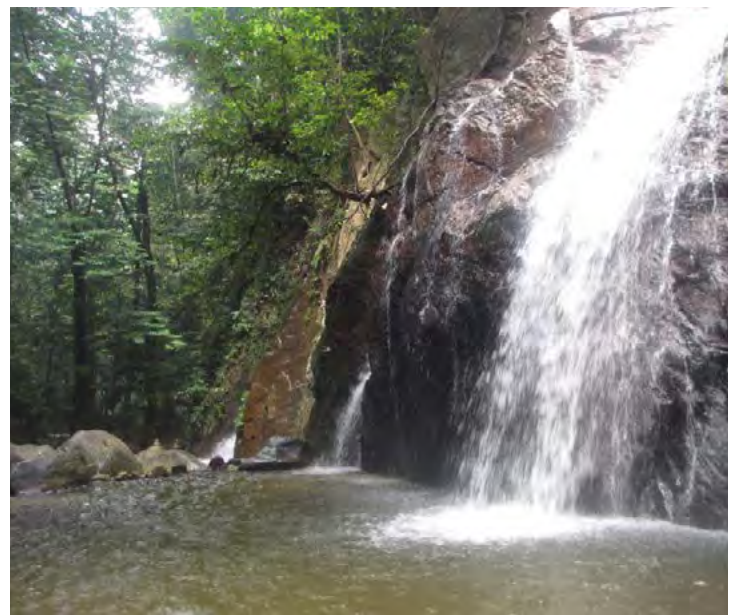




Nature Outing at Sungai Pisang , Gombak, Selangor

On August 19th, 2015, a weekend outing to Sungai Pisang was jointly-initiated by Petal Tree Sdn Bhd and TPB, and it was also joined by staff of Albukhary Foundation. The program was coordinated by the organising team of Sg Pisang where they had prepared food and beverages, barbeque settings and activity schedule.

The outing started off with a one-hour jungle trekking and followed by abseiling. The day ends with a heavenly barbeque meals and wind down by splashing into the chilling water from the waterfall.



PET PROGRAM

Special Announcement

On behalf of Human Resources and Corporate Communications department, we are proud to present to you our latest project, PET Program!

PET is the acronym for Perks for Employees of TPB. The name was decided after a recent review from 400 staff. Being part of a big group such as the Albukhary Group, we are able to take this opportunity to run series of benefits in collaboration with our sister companies and all of our associated companies.



Beginning March 1st, 2016, two goodies were launched under the program:

Bernas rice at special price: The order form has been made available in the Corporate Communications Group in TPB Community. For PMAC, EMAC and Head Office, you may contact your respective offices for more information.

Spine and joint care: In partner with Spine & Joint (S&J) Specialists Clinic, a group of chiropractors (spine and joint specialist) and physiotherapists will provide spine and joint care at a discounted price throughout 14 clinics nationwide. Please note that TPB has **pay and claim** arrangement with S&J.

To start off, S&J shall extend a free spinal screening to you and your eligible family members. For now, you are required to get a **letter from HR** identifying you as an employee prior to your visit to the clinic until a staff card is issued. However, in order to qualify for the free screening, your presence is needed when accompanying your family member.

As part of our continuous awareness on spine and joint care, talks will be held quarterly by the S&J chiropractors and physiotherapists about keeping our spine and joints healthy. On top of that, they will also share tips on how to avoid neck strain while working at a computer and avoid other most computer-related injuries.

We encourage all staff to join us for the talks. Invitations will be sent out from time to time.

A Program by

Human Resource and Corporate Communications



One on One

TRUE BLUE RUBBER MAN

Raja Azlan Raja Sulaiman is one of the few capable men that get to experience the daunting tasks of developing a rubber estate from the start. According to him, land development is the toughest part of his career as opening up the land area for the purpose of cultivating rubber would involve a lot of work e.g. land clearing, biomass management and disposal, earthworks, planting and re-planting. **But that's the fun part", he said. "The experience is priceless"**

En Raja Azlan has been involved in the plantation industry for 36 years. Over three decades of journey in the industry has earned him wide range of knowledge, not just in oil palm but rubber industry too.

Here's a chronology of his career path.

Johor Tenggara Oil Palm, JTOP

- 1979: started his career as a staff at a rubber nursery in Penawar Rubber Estate, Johor and involved in land development
- 1981: Sg Kachur Estate, Johor for phase two of land development oil palm estate.
- 1990: Ulu Papan Estate, Johor as Assistant Manager in charge of Rubber Division.
- 1998: Pelangi Estate, Johor as Assistant Manager during TPB's takeover from KLK Berhad.
- 2000: Sg Relai Estate, Kelantan as Assistant Manager.
- 2004: Ulu Papan Estate, Johor for re-planting of oil palm as Senior Assistant Manager and promoted to Acting Manager in October 2008.
- 2005: JTOP and TPB merged
- 2009: Sg Tekai Estate, Kedah as Manager.
- 2016 till current: TPB Headquarter as Manager of Task Force at CEO's Office

The father of five always has his heart in the plantation industry. Since he was a young adult, he



Raja Azlan Raja Sulaiman | Manager, Task Force, CEO's Office

would grow his own vegetables at home. And when he was working at the estates, he would grow vegetables like water spinach, bitter melon and bok choy in his backyard of half an acre.

When he was in the midst of opening up a new land at Penawar Rubber Estate in 1979 (re-planted with oil palm in 2000), En Raja recalls his experience when he has to build a makeshift shelter to stay temporarily while the land is being developed. It was in that very moment where his mind, body and soul were truly tested to get through challenging times.

"It was hard enough to get a shut-eye during rain," he said. "Let alone when there's flood, me and my team would be stranded in the estate up to two weeks, or at least till the water subsided, because there was no possible way to get in or out of the area due to uncharted road." Therefore, he added, they would stock up on rice, cans of sardines and eggs as much as possible. There were also several occasions of elephant attacks.

During free time, En Raja loves to go fishing, especially in deep water. At other times, he would be invited to be a guest speaker for one of RISDA's programs and being a part-time lecturer at Kolej RISDA to teach a subject related to high-tech exploitation of rubber.

Achievements

- **Recipient of Best Employee Award from Johor Tenggara Oil Palm (1989, 1990)**
- **Recipient of National Production Council 3-Star Gold Award (1990, 1991, 1992)**
- **Recipient of Best Rubber Production (Sg Tekai Estate) from RISDA (2014)**

STARTED CAREER IN LADANG SISEK SINCE BEFORE THE TAKEOVER BY TRADEWINDS



**Mohd Fadzil Mohd Don | Field Conductor,
Ladang Sisek Estate**

En Fadzil has been involved in the oil palm plantation industry for over 30 years. He started his career in 1984 when he decided to join Johor Tenggara Oil Palm (JTOP) at Ladang Pertanian JTOP Sisek in Johor as a worker.

Sisek Estate, before it was developed into a beautiful oil palm plantation as you witness now, was used for cattle farming in which they had thousands of cows, while at the same time cultivating oil palm occupying roughly 200 hectares of land where only about 4 people were operating the estate.

After nearly four years of hard work and dedication, En Fadzil got promoted to be a mandor. During those years, he not only had to manage the oil palm plantation, but the cattle farm as well before the merger of Tradewinds Plantation Berhad and JTOP in 1995 to fully develop the land for oil palm cultivation. Being loyal to the company and committed to his job for several more years have earned him another promotion, to be a Field Conductor.

Throughout his three decades of experience, he has undoubtedly gained a lot of knowledge about the operation, but there is only one thing that he cherishes the most.

“No matter where we work we must always put our hearts into it and be persistent in what we do. This is very important. For example, in the estate, we must manage it like it is our own. We must care for it because it is our responsibility as a worker. If every time I conduct spot-checks around the plantation I stumble upon even a single loose fruit, there were several times the loose fruits were in the ditch, without a second thought I would go and pick it up. Why, because I didn't want it to go to waste. **We have to be honest in what we do, only then will it be blessed”.**

Tn Hj Fadzli, whose wife is also working in Sisek Estate as a clerk, has 6 children aged between 9 and 24 years old.



Inspirational Quotes From The World's Greatest Minds

100
BRILLIANT BUSINESS MINDS
And What They Said



Jack Ma

Founder, Alibaba Group

"Never give up. Today is hard, tomorrow will be worse, but the day after tomorrow will be sunshine."

100
BRILLIANT BUSINESS MINDS
And What They Said



Howard Schultz

Chairman & CEO, Starbucks

"Success is best when it's shared."

100
BRILLIANT BUSINESS MINDS
And What They Said



Bill Gates

Founder, Microsoft

"Your most unhappy customers are your greatest source of learning."

100
BRILLIANT BUSINESS MINDS
And What They Said



Mark Zuckerberg

Founder, Facebook

"Building a mission and building a business go hand in hand."

100
BRILLIANT BUSINESS MINDS
And What They Said



William Harley
Co-founder, Harley Davidson

"Life offers few guarantees, but generally the harder and longer you work, the more likely you will succeed."

100
BRILLIANT BUSINESS MINDS
And What They Said



Steve Jobs
Founder, Apple

"Innovation distinguishes between a leader and a follower."

100
BRILLIANT BUSINESS MINDS
And What They Said



Coco Chanel
Founder, Chanel

"Success is often achieved by those who don't know that failure is inevitable."

100
BRILLIANT BUSINESS MINDS
And What They Said



Anita Roddick
Founder, The Body Shop

"I want to work for a company that contributes to and is part of the community. I want something not just to invest in. I want something to believe in."

The new Dietary Guidelines: 5 steps to make healthy eating easier

The U.S. government's new Dietary Guidelines encourage us to make better decisions at the grocery store and while eating out. "Making small changes in food choices can add up to big health benefits and prevent diet-related chronic diseases," the announcement read. **Including Malaysian certified sustainable palm oil in your diet is one of those small changes which can make a big difference.** Unlike most oils, it's packed with nutrients and incredibly versatile. Palm oil makes healthy eating easy.

The Guidelines state that a healthy eating pattern includes fruits, vegetables, proteins, dairy, grains and oils. They also recommend these five strategies:

1. Follow a healthy eating pattern across the lifespan. "All food and beverage choices matter." Make sure your toddler's crackers, your teen's PB and J and your husband's energy bar contribute to their health, not their waistline.
2. Focus on variety, nutrient density and amount. "To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in the recommended amount." Some experts suggest replacing some of your current cooking oil with nutrient-rich Malaysian certified sustainable palm oil. It's nature's richest source of vitamin E tocotrienols. Red palm oil also has 15 times more carotenoids than carrots.
3. Limit calories from added sugars and saturated fat, and reduce sodium intake. Nutrition labels may be changing to help us become smarter shoppers, such as requiring the declaration of added sugars and removing the outdated calories from fat information. The guidelines also suggest limiting trans fats, the heart-harming ingredient the FDA is working to ban. As they reformulate products, many food manufacturers are turning to naturally trans-fat free Malaysian certified sustainable palm oil.
4. Shift to healthier food and beverage choices.

"Consider cultural and personal preferences to make these shifts easier to accomplish and maintain." The Guidelines don't insist you 'eat this, not that'. They recognize that you have interests and values. Non-GMO and sustainably produced Malaysian certified sustainable palm oil aligns with our nation's growing interest in natural foods. Like to grill? Palm oil is a smart choice for high-temperature cooking because it doesn't break down into harmful aldehydes.

5. Support healthy eating patterns for all. "Everyone has a role in helping to create and support healthy eating patterns in multiple settings nationwide, from home to school to work to communities." Now that you know about Malaysian sustainable palm oil, spread the word about this healthy cooking oil.



Make 2016 the year you switch to a healthier cooking oil



by Chef Gerard Viverito

If you want to make better nutritional choices in the new year, you are in good company. Living a healthier lifestyle is one of the most common New Year's resolutions. When I appeared on Oregon's KUIK radio, I shared simple ways you can accomplish this goal, such as switching to a healthier cooking oil. **Malaysian certified sustainable palm oil is a favorite because it has more nutrients than more commonly used cooking oils.** It also aligns with another goal of mine, caring for our planet.

Some edible oils are harmful

In 2015, the Food and Drug Administration issued an order limiting trans fats from processed foods. This is great news, since this factory-made fat is bad for your cardiovascular system. Unfortunately, the FDA has given food manufacturers until 2018 to update their recipes. It also currently allows food producers to claim a product is trans fat-free, even if it contains up to 0.5 grams of trans fat per serving. You must read labels to ensure your foods are free of this harmful ingredient. Avoid products which contain partially hydrogenated oils, the primary source of trans fats.

Choose oils which benefit your health

There are many cooking oils on the market. Some have limited nutritional value. Choose oils which support your health. Olive oil is heart-healthy. Other

healthier cooking oils include avocado oil, almond oil and Malaysian certified sustainable palm oil. I learned about palm oil when I lived in Southeast Asia. This orange-red oil looks similar to carrot juice. It's rich in beta carotene and brain- and skin-supporting vitamin E tocotrienols. It's also non-GMO and naturally trans fat-free. This is why palm oil is increasingly being used as a wholesome substitute for hydrogenated oils.

Consider the planet when making food choices. Whether your shop at a big-box store or a farmer's market, think about how your food choices affect the planet. For example, a chicken raised on organic feed is less taxing on the planet, because of reduced pesticide and herbicide use. Perennial food crops, such as Malaysian sustainable palm oil, are better for the planet. Oil palm plantations are also incredibly land-efficient. Per acre of land, oil palm produces 11 times more oil than soybean, and seven times more than canola.

Source www.palmoilhealth.org

STIMULATES LOCAL ECONOMIES

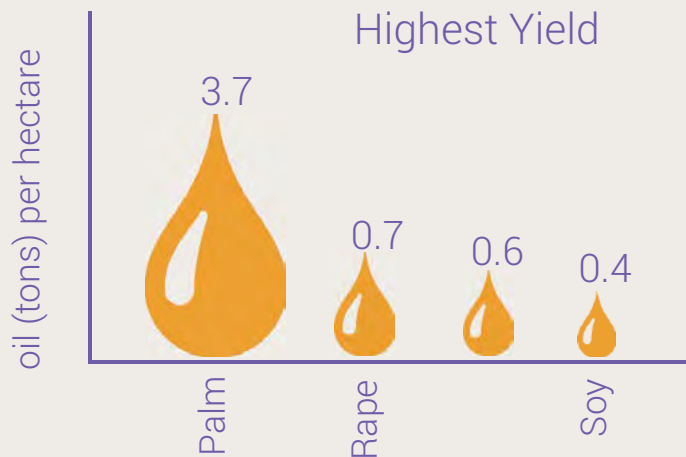


Palm fruit grows best around the equator

Palm oil creates jobs: 1 worker per 8ha

Indonesia & Malaysia provide **85%** of the world production

A HIGHLY EFFICIENT CROP



THE PALM

THE MOST WIDELY USED VE

Each palm fruit contains 30-35% oil

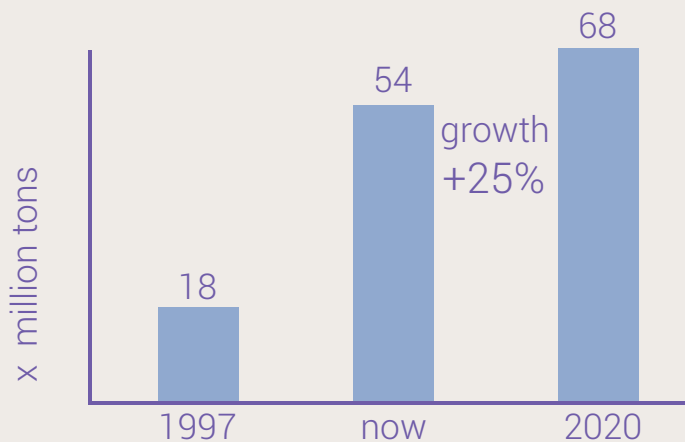


From the fruit of a palm tree

Fruit is harvested every 10 days



WORLD DEMAND PALM OIL



European Palm Oil Alliance

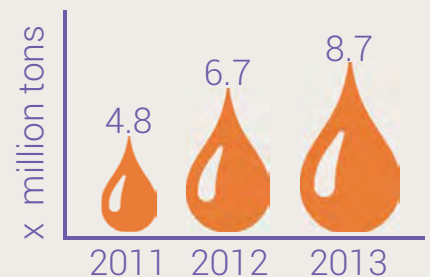


SUSTAINABLE

No cultivation in primary forests

Low pesticides usage

Annual sustainable production



creating a balanced view on palm oil and food | www.poa.europa.eu

OIL STORY

VEGETABLE OIL IN THE WORLD!

From a tropical climate



A palm tree produces 40 kg of oil every year

Use in food dates back 10,000 years



A VERSATILE INGREDIENT



Neutral taste & smell



Smooth creamy texture



Crispness & crunch



Long shelf life



Good cooking properties



Excellent mouth feel

NUTRITIONAL ASPECTS



50% unsaturated fatty acids



50% saturated fatty acids

alternative to trans fat



TFA



PALM

PRODUCTION



Education for boys and girls

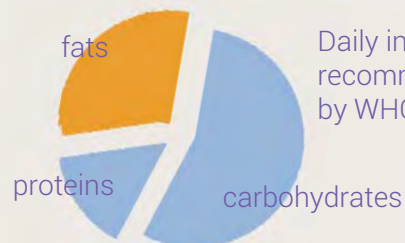


Environmental and social responsibility for future generations

WE NEED FAT EVERY DAY



Part of a healthy diet



Daily intake recommended by WHO



A D
E
K

- fat-soluble vitamins
- hormones
- building block cells
- energy
- insulation

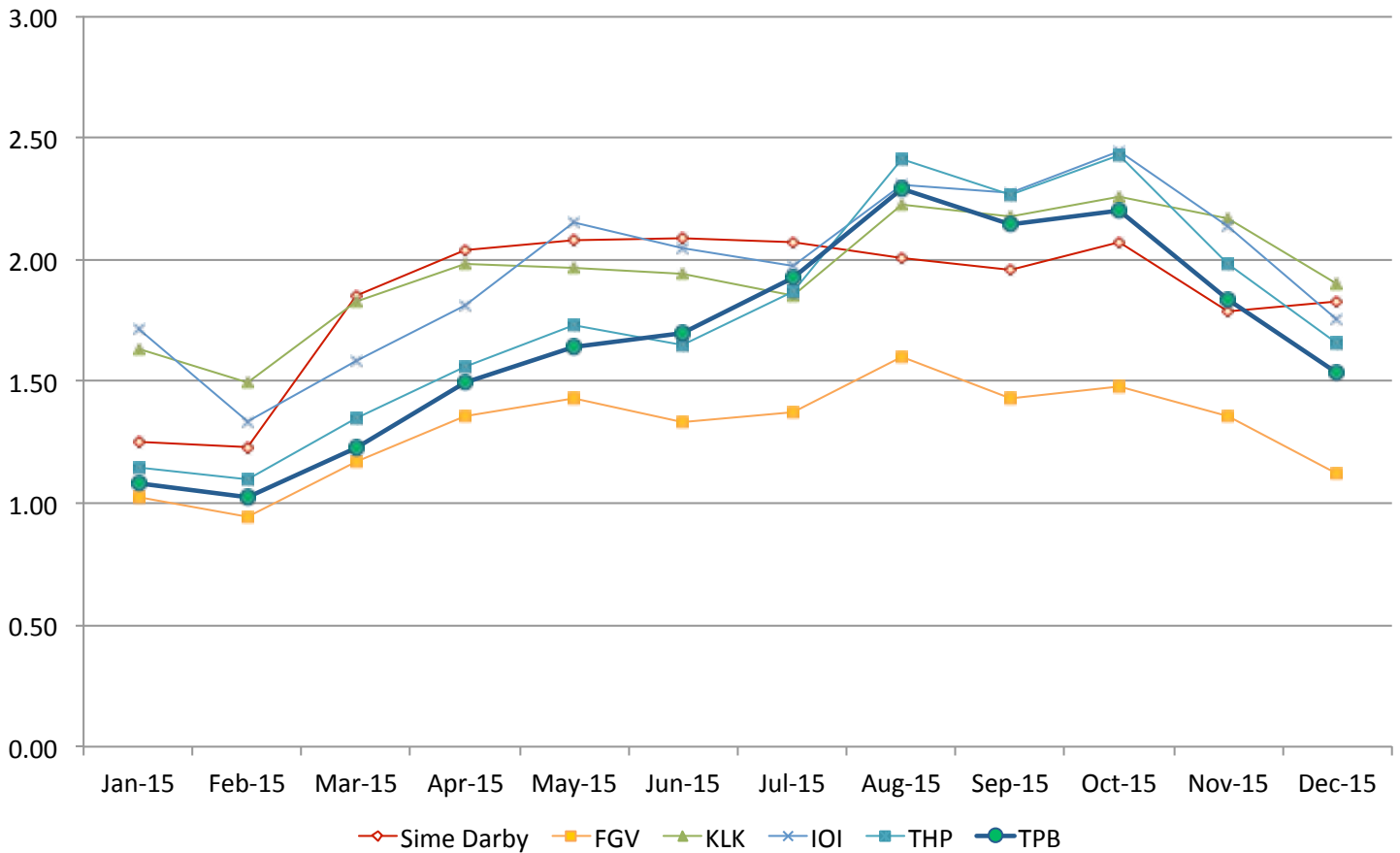
For scientific references:



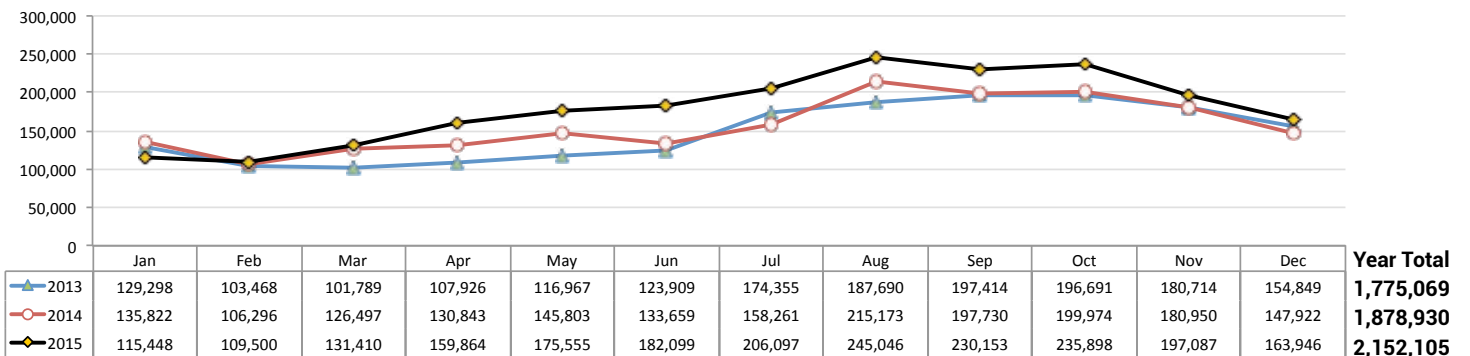
© EPOA Rights reserved, 2014



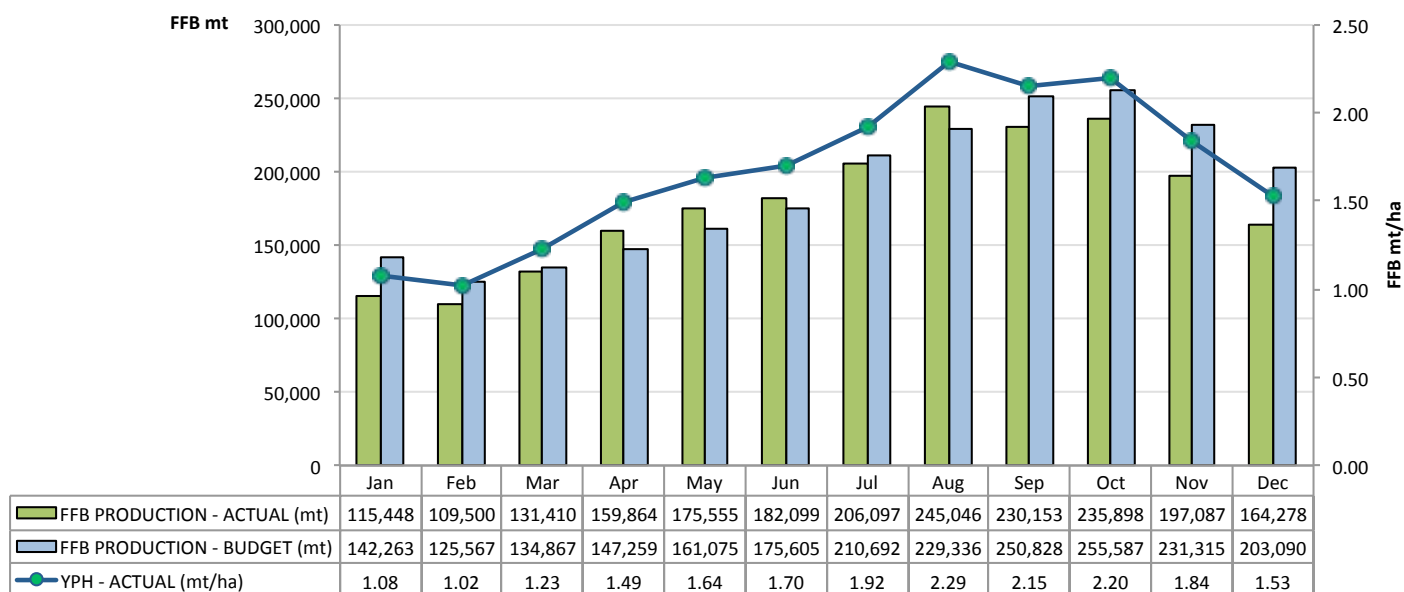
TPB OP Yield Performance vs Other Malaysian Players (mt/ha)



MoM TPB Group Production (mt) 2013-2015



TPB OP Performance 2015



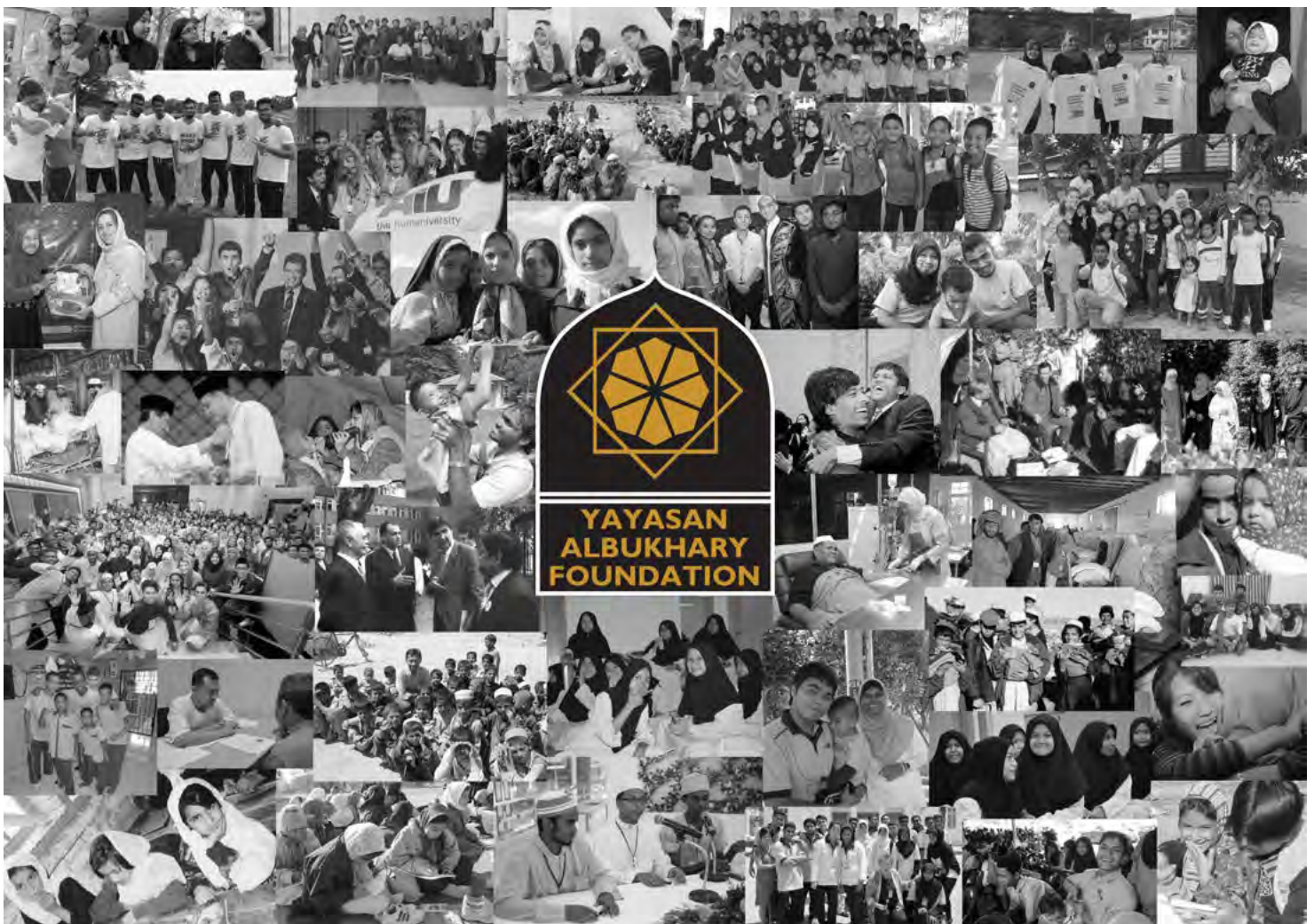
East Malaysia		
YTD Dec 2015	Mt	mt/ha
Mature area	72,592 ha	
Mature	1,456,727	20.07
Scout	9,886	0.14
Mature + Scout	1,466,613	20.20
2015 Budget	1,517,415	20.64
Var. (Unit)	(50,802)	(0.44)
Var. (%)	(3.35)	(2.13)

TPB Group		
YTD Dec 2015	Mt	mt/ha
Mature area	107,162 ha	
Mature	2,152,436	20.09
Scout	15,068	0.14
Mature + Scout	2,167,504	20.23
2015 Budget	2,267,482	20.95
Var. (Unit)	(99,978)	(0.72)
Var. (%)	(4.41)	(3.44)

Peninsular Malaysia		
YTD Dec 2015	Mt	mt/ha
Mature area	34,570 ha	
Mature	695,709	20.12
Scout	5,183	0.15
Mature + Scout	700,891	20.27
2015 Budget	750,067	21.61
Var. (Unit)	(49,176)	(1.34)
Var. (%)	(6.56)	(6.20)



Albukhary Foundation will be celebrating its 20th anniversary of its existence in 2016. It has grown from strength to strength since it was established in 1996 where in the early years, its initiatives were solely focused on Malaysia with programmes aimed at eradicating poverty and fostering racial harmony. As the business of its founder grew, the Foundation also expanded its presence in the international arena. The Foundation's projects span over four great landmasses: Asia, Europe, Africa and Australia, proving that charity and commerce can move in tandem for the greater good of all.



Albukhary Foundation is a private charity of Malaysian businessman Tan Sri Syed Mokhtar Albukhary. It was founded to give form and structure to his charitable activities that date back to the day he established his first company in 1974. The foundation was raised on the Muslim values of Taqwa and Ehsan, which mean faith and compassion respectively. It encourages continuous effort towards having an equitable order in society in which the philanthropist made charity the cornerstone of his business.

Albukhary Foundation is funded by Syed Mokhtar's personal income derived from his three commercial flagships, Tradewinds Group being one of them. The foundation is one of the CSR pillars of companies in which Syed Mokhtar is a substantial shareholder, and it received contribution from them.



READ PROGRAMME

Read Programme is a nationwide movement to inculcate reading habit among primary school students in Malaysia for English Language. The programme, among others, is also to improve their proficiency in English by enhancing their ability to understand and communicate using the language confidently.

Launched in March 2015, Albukhary Foundation initiated the programme to tackle the problem among most young Malaysians as it is proven through a research (International Journal of Research in Social Science, Vol. 3, 2014) that Malaysians are poor readers in which most are students who only read books for examinations rather than for knowledge and pleasure.

Read Programme is aimed at primary school students between the age of 7 and 12 and classes are held once a week. There are two programme cycles in a year and each cycle will consist of 12 sessions. There are four stages throughout the whole programme: Alphabet Level, Words Level, Paragraph Level and Storytelling Level.

The students are assigned to a 1-hour-30-minute reading time that are inclusive of three methods: mentor reads to students, mentor reads together with students, and students read to mentor. For every 5 children, 1 mentor will be appointed to facilitate and guide their reading.

During the pilot stage, Read Alor Setar saw a 74% success rate out of their total participants whereas Muadzam Shah has 78% success rate which allows the students to advance to the next level. Meanwhile the Malacca is yet to produce any result as the program is on going.





ROHINGYA EDUCATION CENTRE (REC)

A total of 120 Rohingya children have been successfully enrolled into Rohingya Education Centre at Kuantan, Pahang in May 2015 as the first intake. The centre, which was launched by Albukhary Foundation, is a collaboration between the foundation and United Nations High Commissioner for Refugees (UNHCR) Malaysia together with its implementing partner Future Global Network (FGN) Wadah.

The centre provides essential education opportunity for the Rohingya children living in the outskirts of Kuantan. The location was chosen as it fits their need of having access to education closer to their home. The education module adheres to the curriculum as per Malaysian Education Ministry's recognized syllabus.

HAJJ PILGRIMAGE SPONSORSHIP

Hajj Pilgrimage Sponsorship is one of the earliest initiatives that date back to the year when the foundation was established, which was 1996. Albukhary Foundation has been working closely with the Prime Minister's Office and Lembaga Tabung Haji (LTH) with the assistance from Muslim Welfare Organisation of Malaysia (PERKIM) and Orang Asli Affair Department (JAKOA). The sponsorship is organized to assist poor Muslims realize their life-long desire to perform the fifth pillar of Islam. As of 2015, a total of 897 pilgrims have been sponsored to fulfil the obligation.





KHIDMAT VAN JENAZAH - ALBUKHARY CARE

Khidmat Van Jenazah under the Albukhary Care initiative was launched in September 2015. It is a scheme that provides hearse transportation service for poor urban and rural Malaysians who cannot afford the cost. This type of service has very limited number of provider and can be quite costly. Hence, it is established to cater to the growing need within the Muslim community for inter-qariah and inter-state hearse transportation service. Beneficiary of this programme are largely comprised of working class, young and old, who live in urban areas. They have migrated to capital city, state or federal, for better economic opportunity and have since taken up residence. The scheme is available in Kedah, Penang, Perak, Kuala Lumpur, Negeri Sembilan, Malacca, Johor and Pahang.

EVENT SPONSORSHIP MALAYSIAN OPEN, KUALA LUMPUR ATP TENNIS 2015

Albukhary Foundation was one of the official sponsors of Malaysia Open Kuala Lumpur 2015, ATP 250 World Tour which was held at Stadium Putra, Bukit Jalil from September 26 till October 4 with some of the best names in men's international tennis stars such as Richard Gasquet, David Ferrer and Grigor Dimitrov going head to head with each other. Top seed Ferrer clinched his 25th title after beating fellow Spaniard Feliciano Lopez. While in men's double final, Treat Huey of the Philippines and Finnish Henri Kontinen won their second consecutive tournament as a pair after outplaying top seeds Raven Klaasen of South Africa and American Rajeev Ram.

MINISTRY OF TOURISM & CULTURE, MALAYSIA WELCOMES

MALAYSIAN OPEN KUALA LUMPUR 2015
PUTRA STADIUM, BUKIT JALIL Sep 26 - Oct 4

ATP 250 WORLD TOUR

Feliciano Lopez (ESP) *The Locker* | Richard Gasquet (FRA) *The Priority* | David Ferrer (ESP) *The Intense* | Grigor Dimitrov (BUL) *The Dream* | Nick Kyrgies (AUS) *The King of King*

500 ATP TOURNAMENT SHIRTS TO GIVE AWAY TO PAID TICKET HOLDERS DAILY - WED TO SUN!
For Information, Hospitality And Tickets: 03-9222 8811

www.MalaysianOpenTennis.com

An IWC Event



AIIS FIRST DAY OF SCHOOL 2016

The AiU-Irsyad International School first day of school took place on Monday, 4th January 2016.

A total number of 19 students for the first cohort registered and started their classes eagerly on that day. Out of 19, four students successfully received full scholarships from Albukhary Foundation throughout their studies at AIIS.

Congratulations to all of them, the future leaders of the world!



WORLD KIDNEY DAY

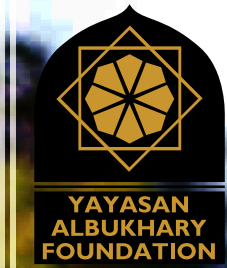
Albukhary Foundation organised World Kidney Day on March 25-26, 2016 at Souq Albukhary, Alor Setar, Kedah.

In conjunction with the event, campaigns for kidney care for children were held to increase the awareness in tandem with this year's theme "Kidney Disease and Children". It is imperative to give early exposure especially to parents on the importance of health care and prevention of kidney disease from childhood as children too are susceptible to having kidney-related diseases.

The event received an encouraging response from the public, more than 800 participants for both days where a lineup of activities were held including the most anticipating Kidney Walk, health talk and health screening, sports competition, performance by Asrama Albukhary, car boot sales, and blood drive.



The Kedah state World Kidney Day was officiated by Deputy State Health Director Dr Harif Fadzilah Bin Che Hashim.



The Albukhary Scholarship Programme

Explore your opportunity with us



Application is now open

▶ For application form, eligibility criteria, scholarship info and contact details, visit www.albukharyfoundation.org

Or contact +6012 9281 876

Making a Difference



DID YOU KNOW?

More Oxygen to the Air

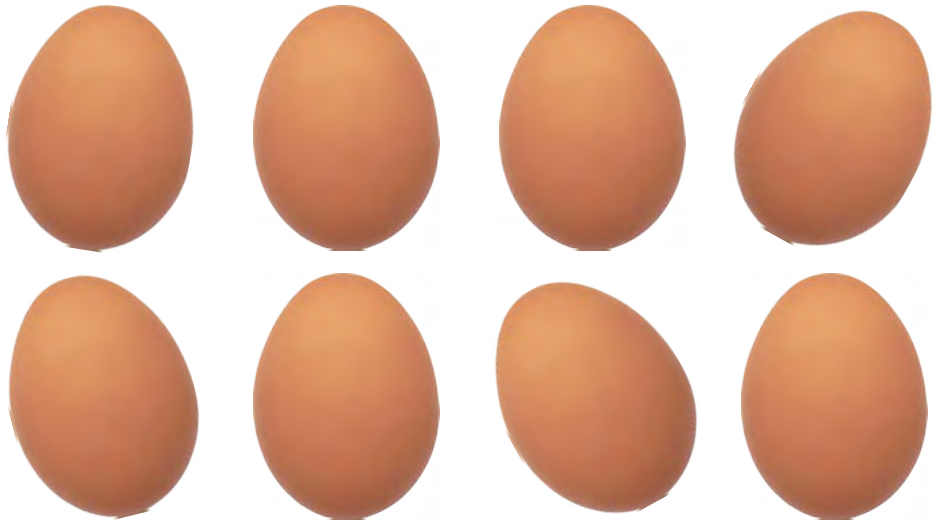
Oil palm trees are unique in a way that they have higher leaf area index that allows them to have better photosynthetic efficiency. This results in the palm trees to produce more oxygen to the air and absorb more carbon dioxide from the atmosphere. A study has shown that an oil palm tree has a leaf area index of 5.6 which is comparable to that of the rainforests.

Alleviating Global Warming

An oil palm plantation with its perennial green cover and closed canopy displays the main features of a tropical rainforest. It is also a more efficient carbon sink than a tropical rainforest and helps absorb greenhouse gases. A study has shown that an oil palm plantation assimilates 44.0 tonnes of dry matter per hectare per year compared to 25.7 tonnes of dry matter per hectare per year a rainforest assimilates.

Interestingly, dry matter production remains high throughout the entire 25-year economic life cycle of oil palm trees. In Malaysia, oil palm is grown on about 56% of agricultural land, occupying some 11.75% of the country's total land areas. However, the current areas under oil palm plantations are within the limit of the allocated hectares permitted under the National Agricultural Plan 3 (NAP 3) 2000-2010.

BRAIN TEASER



- There are 8 eggs in total. 7 of them are good eggs and they weigh the same.
- While the other one is a bad egg that weighs slightly less.
- You are given a weighing scale that looks like this.




- You can use this weighing scale twice.
- How do you identify the bad egg?

Submit your answer to corpcom@tpb.com.my by **April 30, 2016**. The winner will be announced in the next issue.

The person with the right answer will be rewarded with

RM20 cash!





“If something is important enough you should try, even if the probable outcome is failure.”

-Elon Musk_Tesla CEO

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