



COMMITMENT

FOCUS

INTEGRITY

CEO DAVIES TEO – **FIT & FABULOUS**

A health and wellness conscious person, our CEO Mr. Davies Teo has placed much importance in staying fit and trim since quitting smoking one and a half years ago. A fairly heavy smoker for a long time, he was determined to stop when he realized that the real damage of second hand smoking could be suffered by his wife and two fast growing daughters. For many years, Mr. Davies Teo tried all sorts of ways to quit smoking but bad habits are hard to eradicate until he discovered “Muay Thai” boxing exercise which helped to instill a deep sense of self discipline. Here we share his story which was captured in “The Straits Times” on Monday, 8 July 2019 under Body & Mind - FIT & FABULOUS.

A heavy smoker, Mr. Davies Teo was trying to find ways to keep fit and healthy for the longest time. Over the years, he tried jogging, swimming, cycling and other forms of exercise with his family to keep in shape and the family together, but the interest level sizzled out often too quickly. There was no one sport that could fascinate the entire family, until he was introduced to MUAY THAI, the traditional Thai boxing art. MUAY THAI quickly becomes their magical formula for family bonding and healthy pursuit.

Since young, Mr. Davies Teo has always been interested in Chinese martial arts, Taekwondo and similar forms of combat exercise. At the age of 41, he joined Muay Thai class and was immediately hooked. Initially, his family was not convinced that this is the sport for them too, where they could do things together. Mr. Teo finally managed to persuade his two daughters and his wife to try out the sport. To his surprise, they all love it and the family has been going for Muay Thai lessons and exercise 3 – 4 times a week since.

Sharon, Mr. Davies Teo’s wife, managed to drop 6 KG off her weight. And Davies managed to quit smoking completely during the second year of his Muay Thai training, something which he has been trying to do for 20 years without success. His 2 daughters, Vernice’s and Karyin’s fitness on their school report book is now outstanding and apart from Muay Thai, the little girls have obtained Gold for their competitive swimming as well.

Recently, Mr. Davies Teo managed to sign up weight lifting PT class for his 66 year old father Mr. Victor Teo at the same fitness centre. Trying to bring the family together and turn sports into a family pastime, he has now also roped in his elder sister, Shirley Teo to practice Muay Thai. This sport turned family passion has help bring the family closer together and derive plenty of health benefits, family bliss and happiness.

THE STRAITS TIMES

D4 | life | mind & body

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Fit&Fab

Kicking his way to fitness

Regular muay thai training helped Mr Davies Teo quit smoking

Fitness routine

Monday	1hr muay thai
Tuesday	Rest
Wednesday	1hr muay thai
Thursday	1hr jog
Friday	1hr muay thai
Saturday	Rest
Sunday	1hr weight training

BioRx

DAVIES TEO is a 66-year-old former heavy smoker who has managed to quit smoking completely after two years of Muay Thai training. He is now a fitness enthusiast and has helped his wife and two daughters become more active. He has also started training his father and sister in Muay Thai.

Joyce Teo

What is your secret to looking fit and healthy?
I stay active, do cardio, strength and know how to do it properly.

How important is it for you to keep up with your fitness routine?
I would feel restless and very uneasy if I have to miss my training.

Has there ever been a time when you were not fit and healthy?
Yes, when I was in my 30s, I was stressed regularly as I was too preoccupied with my work and family commitments. I was not smoking that part of my life.

What are the three most important things in your life?
My family, health and career.

What is the most extreme thing you have done in the name of healthy living?
I quit smoking a year ago. That was a real test of my mental strength. I did it, my family and I are proud of it. My family, especially my two young daughters, should not suffer the consequences of second-hand smoke.

How do you manage to stay fit and healthy?
I used to smoke a pack of cigarettes a day. I picked up the habit when I started working and to get up and the stress from work. I was also quite shy to put pressure on

myself of my older colleagues were heavy smokers. I tried to quit several times after my first child was born. But no matter how hard I tried, I failed.

How has your active lifestyle helped you in your family and fitness?
In more than one way, equally. It has helped me to lose weight, gain a good level of self-discipline and determination. I can now go on a run without a hiccup. I finally found the willpower to quit smoking.

What is your diet like?
I do not restrict my calories as I love to eat. However, I would not be food that is too oily or too salty. I choose food with less sugar as much as possible.

What are your indulgences?
I love to eat durian, steak, crab and lobster. I also love to eat seafood. I am a fan of a good glass of wine.

How do you maintain a healthy work-life balance?
I am in the office from 9am to 5pm to do my job. I have enough time to exercise, my work. It allows me to be a better father and a better husband. I am also a fan of a good glass of wine.

What is your favourite and least favourite part of your body?
My favourite part are my legs and the one I love most would be my feet.

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OUR 2020 CALENDAR PEOPLE

"Putting a Face to a Name"

As E-TECH prepares to celebrate 30 years in the M&E business in 2020 with pomp and pageantry, we are producing a Desk Top Calendar to mark the occasion.

E-TECH has attained some degree of foothold in Singapore and it would be useful to have our very own calendar as a year-end give-away.

To add commercial value to the Calendar, 26 of our E-TECH staff (Male and female) are featured as "models" to promote our M&E service range in the building maintenance and rejuvenation trade. The Calendar will be distributed to customers, business partners, staff and suppliers. Staff featured in the Calendar will get a sense of company identity and pride. To put a name to a face, customers will be excited to see our Managers, Team Leaders, Project Coordinators, Executives and Technicians featured in the calendar and remember the E-TECH brand name better.

The table-top calendar is an excellent form of publicity and advertisement as it will be used throughout the year, and placed in a prominent space in the office or home. Featured in the calendar are the images of our Staff superimposed onto a photograph of our different service segments. Elements of Singapore's ethnic groups' festive celebrations and service introductory write-ups are also incorporated.



E-TECH CLEANING SERVICES FLYER

Cleaning is a newly established Division within E-TECH, the result of clients' cleaning needs and extension of our value chain. This new development enlarges our total service portfolio, allowing E-TECH to truly provide an integrated "One-stop" service to all our clients.

We will also pioneer new cleaning and maintenance programs to satisfy changing trends of industry-driven needs. New manpower and financial investments will be made to beef up our cleaning operations in areas involving equipment, machinery, technology and training.



E-TECH's new High Pressure Jetting equipment will be an added advantage for our cleaning services where chokes and blockages in awkward drainage systems and heavily constrained areas of buildings can easily be resolved to enhance the buildings' operational efficiency.

Leveraging on the strength of E-TECH Group, our Cleaning Services will take on more challenges in the fast-evolving business environment of Singapore where businesses are conducted in a wide variety of buildings and installations. Going beyond our current scope of brick & mortar clientele, we will cater to companies specializing in Meetings, Incentive Tours, Conventions & Events (MICE), Government Installations, Industrial & Commercial Hubs, and Mixed Developments.

In preparation for the development of this new business sector, a special 6-page marketing flyer was produced to publicize and promote our cleaning services.

CELEBRATING OUR



E-Tech
BUILDING SERVICES PTE LTD



CELEBRATING OUR 30 YEARS

E-TECH Marks 3 decades of Corporate History

E-TECH was established in 1990 and come 2020, our company will mark our 30 years of history in the M&E and building maintenance trade. As E-TECH's 30th anniversary draws closer, we have started looking at ideas to celebrate the company's auspicious milestone.

Amongst the key ideas are plans to organize celebratory events and produce commemorative items to remind us of the arduous journey in taking E-TECH from a small and humble company with only 3 men to a mighty 150 workforce today. Our 30th anniversary celebration will distinctly differentiate us as "coming of age" and ready to take on more business challenges.

E-TECH would not be what it is today without the support of our clients, business partners, contractors, suppliers and our employees so our line up of activities will no doubt involve these important groups of people. More announcements will be made as we move along but we like to share with you our E-TECH 30th Anniversary Logo at this point in time. Look out for our exciting news in the next issue of "E-TIMES".

E-TECH NEW CORPORATE ADVERTISEMENT

E-TECH Management is fully aware that it is important to manifest our branding efforts through a structured and well devised Brand Marketing/communications program which includes, amongst others, Brand building and awareness campaigns, Advertising & promotion activities, National public relations and corporate affairs and Direct Marketing.

To re-affirm our company's presence and visibility, E=TECH consciously conceptualizes, plans, implements, monitors and control the development, utilization and documentation of our brand identity. All branding activities (from marketing presentations, advertising, to business visits and joint promotions) are coordinated for successful implementation. Our latest marketing initiative is E-TECH new Advertisement which highlights our 30 years of M&E business.



E-TECH Building Services Pte Ltd commenced operations in 1990 and grew from a modest building service company into a full fledged and integrated Mechanical & Electrical engineering service provider whose services range from all aspects of M&E work for residential & commercial buildings and industrial installations. Powered by more than 150 full time employees, our team is experienced in identifying and applying effective solutions and applications, helping to accelerate clients' growth potential. At the root of our state-of-the-art prowess is our capability in handling special, high-end projects and niche-market mechanical & engineering contracts of all sizes and scale.



Unequaled Technocracy – Our Distinctive Hallmark

At E-TECH, we totally recognize the importance of professional ethics and integrity in our business pursuits. As a system integrator, we collaborate with the choicest technology partners whose products/services can be leveraged with our M&E expertise and knowledge to add value to our service chain. Individually, we are able to take on mega projects or form a consortium with our strategic partners and manage turnkey contracts offering the complete spectrum of consulting, engineering, manufacturing, product and system integration, commissioning and customer care.

INDUSTRY RECOGNITION

E-TECH is proud and privileged to be honoured as an emerging business luminary who continuously stay on the forefront of M&E service innovation and excellence by receiving numerous industry awards and recognitions.



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E-Tech
BUILDING SERVICES PTE LTD

E-TECH BUILDING SERVICES PTE LTD
CORPORATE HEADQUARTERS
1 Gallang Way 2A #03-01 Communications Techno Centre
Singapore 347493

Tel : +65 6781 3233 E-mail : enquiry@e-tech.com.sg
Fax : +65 6781 2833 Website : www.e-tech.com.sg

COMMITMENT FOCUS INTEGRITY

E-Tech
BUILDING SERVICES PTE LTD

1 Gallang Way 2A #03-01 Communications Techno Centre Singapore 347495
Tel : +65 6781 3233 E-mail : enquiry@e-tech.com.sg
Fax : +65 6781 2833 Website : www.e-tech.com.sg

COMMITMENT FOCUS INTEGRITY

E-TECH APPOINTED **Panasonic** **LED LIGHTING DEALER**

Building Brand Personality with Business Partner

E-TECH works closely with all clients and business partners (Hardware and technology partners) to ensure smooth service delivery. In addition, the company also places great importance in net-working with the business community.

In our latest efforts to ensure that our clients' needs are met with professional counsel, speed and sincere commitment, we have partnered an internationally well known brand to provide a higher level of service excellence.

Recently, E-TECH inked an agreement with Technology & Household Appliances giant, **PANASONIC** to be their **Dealer** for their special **LED Ceiling lighting system**. E-TECH leverages on their strength and work closely together on a mutually beneficial basis. A showroom with Panasonic LED Lighting products will be set up shortly in E-TECH Headquarters.

Commercial Ceiling Light



Compact and simple design
Significantly compact in comparison with conventional models.
Slim design for the ceiling to create a neat space.



conventional model a071 → new model a055

Wide variety of model types and color temperatures are available for various kinds of spaces.

INTRODUCING **OUR TEAM** **OF DIRECTOR/MANAGERS**

Thanks to the unfailing support from our loyal clients, many of whom have been with us for many years, E-TECH is now able to grow our management team to cope with the increase in projects awarded.

Our family members are experienced industry players who have garnered invaluable experience before and after joining E-TECH. We are fairly confident that with our strengthened force of friendly and dedicated Managers, we will be in an even more dynamic position to serve our customers better.



CALVIN CHUA

*Director of Special Projects /
Head of Cleaning Services*

With more than 25 years of managerial experience in business development, marketing and operations for local & international organizations, Calvin Chua is a veteran in transforming non-performing companies to profitability. His core competencies and areas of specialization include people management across varied cultural environs at multiple levels, retail & sales strategy development, concept execution and brand management, amongst others. A graduate of University of London with a Bachelor of Science degree in Management Studies, Calvin has also worked overseas in China and Vietnam. Major companies he worked for include IKEA Asia Pacific, Courts (Singapore), Kuok Oils and Grains, LANDEX (Singapore), Uchino International, etc.

Lee Chin King is a long-time employee of E-TECH with more than 15 years working experience in the air-conditioning business. A Malaysian, "King" as he is popularly known, embarked on his M&E career soon after arrival in Singapore and specialized in air conditioning repair and installation works. Today, he leads a team of air con technicians and handles major projects ranging from simple maintenance & repair services to providing the whole spectrum of consultancy, installation/replacement of entire air con system, fabrication, technology integration, project management, testing and commissioning.



LEE CHIN KING

Manager, Air Conditioning Division



ANTHONY CHEANG
Manager, Plumbing Division

42 years old, Anthony Cheang is a mild natured but diligent Manager who always places customers first. A graduate of Ngee Ann Polytechnic with a Diploma in Electronics Technology, his commitment to his job speaks volume of his positive attitude in his service delivery. An ex-army personnel where he served in the Republic of Singapore Navy for 8 years shaped his personality and leadership qualities. In his present role in E-TECH, Anthony handles a team of technicians in the Plumbing & Sanitary Division and is responsible for sales development, project coordination and smooth customer service delivery. His hobbies include travelling and reading.

A dynamic and fast-paced Manager, Raymond joined E-TECH after acquiring nearly 20 years of extensive “hands-on” experience in the M&E and Facility Management business fraternity. Prior to becoming a member of E-TECH family, Raymond was Strata Executive with Savills Property Management. His project management skills and coordination capabilities were honed at major employers like Chan Kok Hong Property Consultants, Capital International Asset Management, Pan Pacific Investment, amongst others. Raymond’s early exposure to various major contracts places him in a vantage position in serving E-TECH clients today with specific M&E and building maintenance needs. Raymond holds a NTC-2 from ITE Singapore.



RAYMOND TAN
*Manager, Integrated Facilities Maintenance
(Projects)*



JENSON LUO
Manager, Business Development

Armed with a Bachelor of Commerce from SMA School of Management and Diploma in Electrical & Electronics Engineering from Singapore Polytechnic, Jenson has garnered more than a decade of working experience in sales, marketing, advertising and customers/hospitality service. He spent the last 10 years as a flight attendant with Jetstar International based in Melbourne, Australia where his work brings him to major cities in Australia, Vietnam, China and Indonesia, amongst others. As Manager of Business Development in E-TECH, his role is to expand the company’s customer outreach, develop new sales portfolios and contract listing management.

A father of two young daughters, Sam Chak joined E-TECH in April 2019 and assimilated into his role very quickly due to his vast exposure to major M&E projects in his previous companies. His familiarity with contracts coordination, quotation preparation, site inspection, and project coordination & management is very much in line with E-TECH’s scope of business offerings. A “hands-on” Manager and a valuable asset to the company, Sam is able to make immediate contributions to E-TECH’s expansion plans and develop strong client relationships. He attended Anderson Junior College and Institute of Technical Education Singapore (ITE), earning NTC3 & NTC2.



SAM CHAK
Manager, I.D. Projects



A Filipino with a Bachelor of Science Degree in Industrial Technology (Major in Electricity) from Don Mariano Marcos State University, Michael is another long serving employee of E-TECH, having clocked 11 years of continuous service with the company. On graduation, Michael worked for 3 years in the field of Semiconductor at Texas Instruments, Baguio City, Philippines. He joined E-TECH in March 2008 as a Technician and have gone through various job training at clients' sites, garnering extensive industry experience which places him well in his role in the Integrated Facilities Maintenance Division.

MICHAEL

ALMONTE KARGANILLA

Assistant Manager, Integrated Facilities Maintenance (Projects)

Hailing from India, "Siva" (as he is commonly known in the company) arrived in Singapore to carve a career for himself more than 8 years ago. He joined E-TECH as a Technician and worked his way up to his present position. To supplement his industry knowledge and skill set, he attended several trade-related courses in between work in Singapore. E-TECH Management recognize his dedication and groom him for more important roles in recent years. A humble and hard-working employee, Siva is well liked by clients and colleagues alike.



**JANARTHANAN
SIVASAKTHIVEL**

Assistant Technical Manager, Electrical Division

E-TECH "JUMBOSALE"

As Company bonding is always actively encouraged in E-TECH, we often organize social and interactive activities to encourage team building spirits amongst staff members. On a recent Saturday afternoon, a "Jumbo sale" was organized in the company's headquarters where new and pre-loved adult and children clothing were put on sale for a fraction of its original retail price.



The response was surprisingly overwhelming and the merchandise was snapped up within the first one hour. More than a thousand dollars of goods were sold and many happy staff members went home laden with huge bagsful of beautiful attire.



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CORPORATE HEADQUARTERS

1 Kallang Way 2A #08-01 Communications Techno Centre
Singapore 347495

Tel : +65 6781 3233 E-mail : enquiry@e-tech.com.sg
Fax : +65 6781 2833 Website : www.e-tech.com.sg

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