

August 2024

PCC

CHEM NEWS

Newsletter of the PCC Rokita Capital Group and affiliated companies

Summer Edition



Product portal
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PCC GROUP RECOMMENDS

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Exol

SULFOROKAnol L385/IT

TIPA Laureth Sulfate, Propylene Glycol

SULFOROKAnol L385/IT is an efficient emulsifier and cleaning agent used in formulations of anhydrous, highly concentrated **bath and shower cosmetics** with high oil contents.

PCC CHEM NEWS

**Editorial Team
contact details**

Editor:

Beata Krok
tel. +48 571 229 167, e-mail: biuletyn@pcc.eu
ul. Sienkiewicza 4, 56-120 Brzeg Dolny

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Sales Session 2024 PCC Exol

The next edition of the Exol Sales Session 2024 Let's Grow POLLUKS/EOS is behind us! What was happening in Sierpc? Summary of Sales Session 2024. This year, more than seventy experts from sales, purchasing, production and Product Management of PCC EXOL SA met to exchange knowledge and experience on different markets and product groups.

On 21-23 May, the invited guests visited picturesque Sierpc, located in the Masovian Voivodeship. The choice of location was not accidental, as the theme of the conference was to discuss the new investment being made in Brzeg Dolny and Plock. With this in mind, Sales Session 2024 had the slogan - "Let's Grow! POLLUKS/EOS". During the event, we heard more than 16 presentations from the market, among others: Cosmetics & Detergents, Paints & Varnishes, Lubricants, Ceramics and many more. Mr President brought us into perspective on the challenges and strategies that lie

ahead for the next few years. We also listened to what is new in the areas of Regulations, Marketing and R&D. One of the items on the agenda was a tour of the latest EOS installation in Plock a few days before its opening.

We would like to thank all our guests for their attendance, perfectly prepared materials and dynamic discussions.

Kamila Piech-Sokolowska
Marketing Manager
PCC Exol

Three-day *UTECH Europe* exhibition in the Netherlands

This year's UTECH Europe took place on 23-25 April 2024 at MECC Maastricht in the Netherlands. Organised by Crain Communications Global Polymer Group in collaboration with Urethanes Technology International, the three-day exhibition and conference is the place where the global polyurethanes industry comes together.

How does this year's conference look in numbers?

UTECH EUROPE is undoubtedly an opportunity for visitors to network with top exhibitors from across the polyurethane industry, discover new ways to increase productivity, learn about new products and the latest equipment, and learn from industry leaders at the conference.

Some **statistics** about the event created for the powerful polyurethane industry. UTECH EUROPE, is:

- more than **14,000** metres of exhibition space,
- **220** exhibitors from **93** countries,
- more than **10,000** visitors.

All the major players in the polyurethane industry were present at this year's UTECH Europe. Of course, the **PCC Group showed up too!** We represented the company with almost 30 staff members. Our 102 m² stand, prepared especially for UTECH Europe according to an individual, original design, attracted attention with its simplicity and clean form.

We received **many positive comments** for them from trade fair organisers, our partners and customers. At the event, we presented our full product portfolio of polyethers, polyesters, pre-

polymers, polyurethane systems, flame retardants and specialised additives.

Our products are mainly used **in the furniture, construction and automotive industries** for the production of various types of flexible and rigid foams, sandwich panels, one-component foams (OCF) and CASE applications. We offer market-based solutions as well as tailor-made products in line with global sustainability trends. For those interested, we had samples demonstrating the use of our products.



Talks, meetings and expertise

We had many industry meetings at the stand. Hopefully, these will also result in new contracts. Our regular customers and companies looking for new partners for internal development visited. The meetings were attended by sales and technical support staff, making it much easier to answer industry questions.

The UTECH Europe conference is three days of presentations. The main topics discussed were sustainability and the application of product innovation to meet customer needs. The latest developments in raw materials, polyurethane systems, processing equipment and production technology were presented. As

the PCC Group, we participated in the conference. We look forward to putting the knowledge we have gained into practice during our daily work. **UTECH Europe was an intense time for all of us!** We are now starting to plan the next edition of UTECH Europe 2027. Let's meet there!



Magdalena Jaroszewska
Marketing Coordinator
PCC ROKITA



IN-COSMETICS Global 2024 in Paris is behind us!

One of the most important fairs bringing together Personal Care professionals took place in the French capital on 16-18 April. This international event hosts thousands of manufacturers, suppliers, and various visitors related to the cosmetics industry every year. This year, our company was again able to participate.

This is our third PCC Exol – we have strengthened our position in the cosmetics industry.

PCC Exol had the pleasure of having its stand in the main hall of the Paris Expo Porte de Versailles for the third time. Leading market players were among those present at the event. By participating as an exhibitor, our company has strengthened its position as a manufacturer of raw materials and ingredients for the cosmetics sector.

This year, we promoted cosmetic lines with formulations from a series developed by our R&D department: Sun Care,

Natural Cosmetics and Emollients. Bath oils with flower petals and sun protection products enjoyed much interest. All the formulations available at our stand can be found in the Formulation Book available in the Multimedia Library or in our Formulation Zone on the PCC Group Product Portal.

Time filled with talks and fruitful meetings.

In-Cosmetics is also an opportunity to talk to our partners and customers. During the intensive three-day event, PCC Exol employees held a number of fruitful meetings.

The fair was also a great opportunity to exchange specialist knowledge, gain new information on current trends and innovations. During In-Cosmetics Global 2024, there was no shortage of educational blocks such as: Technical Seminar Series, Formulation Lab®, The Sustainability Zone or the Marketing Trends Zone. As a result, we returned from Paris richer in further valuable experience.

Aleksandra Longosz-Nicpoń
Marketing Specialist
PCC EXOL

Climate on the horizon: *PCC Rokita goes for the ESG*

In the December newsletter, we addressed the topic of climate change and human impact on the environment. Today, we will focus on the practical steps that companies are taking to rise to the challenge of tackling climate change.

We are entering the world of the ESG, where caring for the environment, the community and proper governance become not only a goal, but also a duty. Although not every company is fully committed to these measures, there are steps that can be taken even at a minimum level.

We will take a look at how PCC Rokita is adapting to the new reporting rules to ensure a better future for us all.

What is the ESG?

ESG, or **Environmental, Social & Governance**, are three key areas that are playing an increasingly important role in an organisation's operations. But what is it actually about? Here are the explanations:

- **Environmental** covers the organisation's impact on the environment, including greenhouse gas emissions, water and energy use, and natural resource management. These are also initiatives related to renewable energy sources, the circular economy or biodiversity.

- **Social** addresses issues such as employee rights, health and safety, diversity and inclusion, relations with the local community and the company's impact on the supply chain.

- **Governance** is the way in which an organisation is managed and governed, taking into account transparency, integrity and accountability of management.



ESG Reports - what should we know about them?

Reports of this type may have different names: sustainability report, CSR report, ESG report, etc. To date, these documents have mainly focused on **health, safety and philanthropy**. Companies show different sustainability ratios using different measurement methodologies. The European Union has decided to engage in this process and oblige companies to apply consistent rules. This will ensure that the performance of individual companies is comparable. From 2025, the following European Union directives will come into force: CSRD (Corporate Sustainability Reporting Directive) and ESRS (European Sustainability Reporting Standards). They will require large companies, including PCC Rokita, to publish detailed sustainability reports in line with certain standards.

Why is the ESG important?

More and more companies are choosing to implement sustainability practices. Here are the most important reasons for these decisions:

- **Growing investor and customer expectations** – investors and customers are increasingly paying attention to how companies act on environmental, social and corporate governance issues. Companies that adopt good ESG practices gain a competitive advantage and attract more capital and customers.
- **Climate change and regulatory pressures** – climate change and increasingly stringent environmental regulations are forcing companies to take action to protect the environment. Companies with good ESG practices are better equipped to deal with these challenges.
- **Improved reputation and image** – companies with good ESG practices are seen as more responsible and credible. This can lead to an improved reputation for the company and a stronger relationship with its stakeholders.
- **Increased efficiency and savings** – implementing the ESG practices can lead to increased operational efficiency for the company and reduced costs. For example, companies can save energy and water by implementing more efficient technological solutions.



The future belongs to the actions of responsible companies!

Transition to a low-carbon and sustainable economy is inevitable. Companies that prioritise the ESG now will be better prepared for the challenges in the near future to then gain a competitive advantage.

Aware of these challenges, PCC Rokita consistently implements its sustainable development strategy, building a better future for itself, its stakeholders, and our planet.

The future of the ESG: challenges and opportunities for companies

The importance of the ESG **will grow in the coming years**. Investors and customers will increasingly pay attention to how companies act on environmental, social and corporate governance issues. Governments around the world are introducing increasingly stringent regulations on sustainability issues. Companies will have to comply with these regulations to avoid penalties and other negative con-

sequences. Companies are also expected to be increasingly transparent about their ESG activities. They will have to report regularly on their impact on the environment and practices used.

There will undoubtedly be additional costs involved in implementing the ESG practices. Companies will often invest in new technologies, **implement new**

processes and hire additional staff. The ESG issues are complex and can be difficult to manage. Some of the biggest concerns include the difficulty of identifying and measuring one's impact on the environment and implementing effective measures to improve performance.



Implementation of the ESG in business practice is associated with the following advantages:

• **Improved reputation** – companies that follow good ESG practices can improve their reputation and image. Ultimately, this will have the effect of increasing the trust and loyalty of investors, customers and employees.

• **Increased profits** – in the long term, applying good ESG practices can lead to increased company profits. This can include, for example, saving energy and water, reducing waste disposal costs and improving employee productivity. Companies can also gain market value

through better perception by investors and customers, who increasingly prefer sustainable and socially responsible organisations.

• **Attracting and retaining the best talent** – nowadays, where employees increasingly appreciate ethics and values, companies with strong ESG practices can attract the best talent. Employees want to be part of an organisation that makes a positive impact on the world and the community, which in turn can lead to greater engagement and loyalty.

• **Innovation and long-term growth** – companies that implement the ESG practices are often more innovative and willing to explore new technologies and processes. This can lead to the discovery of new business opportunities and long-term growth.

• **Risk reduction** – the ESG practices can help identify and manage climate change, regulatory and reputational risks. Companies that are proactive in these areas can avoid costly mistakes and scandals.

Development in line with the ESG trend

Faced with the challenges of climate change and rising social expectations, the ESG is becoming not only a moral imperative, but also a strategic one. By engaging in the ESG practices, PCC Rokita not only contributes to building a sustainable future, but also opens the door

to new opportunities and innovations. Together, we can shape a world where business goes hand in hand with responsibility for our planet and its inhabitants. May this year witness our shared commitment to creating a better tomorrow!



Paulina Polityło
ESG Manager
PCC Rokita



Cortisol

- not as scary after all

Is stress a bad thing? After all, it helps us in many situations. It mobilises, improves concentration and is also a drive for action. There is a reason why nature has equipped humans with stress hormones for defence and survival. Find out what to know about cortisol and when its effects start to be destructive to your body and how to neutralise the excess.

When does stress have a negative effect on the human body?

By being in a constant state of readiness, stress causes long-term tension in the body. It is blamed for the blockage in the flow of energy, the supply of essential nutrients and oxygen to the body's cells. Stress also reduces the body's ability to

remove metabolic products. In summary, living under tension leads, colloquially speaking, to the "rubbish" of our body. It acts similarly to poison. So stress itself is not so harmful, although CHRONIC stress has a destructive effect.

The optimal way to cope with stress is to systematically relax through, among other things, a healing massage for body, mind and soul, and that is what this article is about.



My way to Lomi Lomi massage - from stress to relaxation

Ever since I was a child I have loved movement and, enthralled by films such as *Enter the Dragon*, *Lionheart* and *Karate Kid*, I dreamt of training in martial arts. Whatever I missed out on in my youth, I have more than fulfilled my dream in my adult years. My “love affair” with Martial Arts started with Kick Boxing while still at university, then briefly with Kung-Fu, and because everything is in constant motion and change (myself included), I ended up with Tai Chi, QiGong, and in between I had a few “dates” with Iaido, the Japanese art of sword drawing.

For those dreaming but still doubting whether it's something for them, I can say from experience that martial arts has supported me in developing: discipline, perseverance, patience, courage, stepping out of my comfort zone, concentration and attentiveness, acceptance of defeat and the ability to let go, respect for a sparring partner, timing, managing my vital and mental energy and feeling and seeing the energy (don't worry, it has nothing to do with x-ray) of others and the world in general.

And because there are no coincidences in life, these resources support me in dealing with life's challenges, both good and bad, but most importantly today, they translate into the quality of massa-

ges and other treatments that have become my hobby.

This is because my current passion is working with the body, mind and spirit using tools derived from traditional teachings such as ancient Ayurveda, Traditional Chinese Medicine, Hawaiian Huna and folk medicine, to name a few. I began my work with the body in a slightly different way than that known to “western man” by practising yoga and meditation, deepening my knowledge during postgraduate studies in “Holistic Human Capital Management” organised by the Opole University of Technology and the Nirmala Institute of Yoga and Ayurveda. I love giving the Hawaiian Lomi Lomi Nui massage, but also perform other treatments, mainly based on ancient traditional teachings.

And this includes, among others:

- TUI NA meridian massage derived from Traditional Chinese Medicine,
- body massage using Japanese Shiatsu techniques,
- R.E.S.E.T. - kinesiological temporomandibular joint relaxation procedure,
- reiki and Klimuszko's Tibetan massage, which aim to harmonise the flow of vital energy,
- lomi therapeutic face, neck, nape and head massage.

I incorporate elements of herbalism, aromatherapy and sound therapy, Ayurvedic acupressure (Marma therapy) into treatments where needed. I also follow the student track of the WATSU®, which means I am exploring massage performed in water with Shiatsu elements. Combining my hobbies of horsemanship and massage therapy, I also completed a course in equine anatomy and massage. I can suggest how to massage scars yourself after treatments or injuries to negate their negative impact on health and aesthetics.

And I do this all “after hours”, because on a normal day I am the (not at all) serious Quality Assurance Coordinator at PCC Rokita SA, where, apart from my professional tasks, I “torment” employees with the principles of operation of the vagus nerve, the importance of rest and regeneration and other wellbeing tips so that they live and work simply well and effectively.

In our parts, massage is customarily seen as something special and, for some, even luxurious. Hawaiians, on the other hand, regard massage as a natural hygiene of life, and not just hygiene for the body, but also for the mind and the spirit. And it was their philosophy of life that captivated me.

What are the benefits of massage?

My first connotation is “FREEDOM in one's body”, understood as a response to release from limitations such as tension, stagnation, blockages resulting from injury, trauma, strain, overtraining, sudden or chronic stress (physical or emotional).

The body being in harmony has the potential to direct itself towards improved health.

The modality of bodywork that I practice is aimed at dissolving tensions in the body and mind, thereby restoring the body's natural capacity for regeneration and self-healing. All my previous teachers of both martial arts and massage strongly emphasised that **true strength and health come from relaxing the body and mind.**

Only in a relaxed body and mind can the life energy, known in various cultures as Qi (read: chi), Ki, Mana, Prana, flow freely, providing the body with natural self-healing and regeneration capacities and immense power.

According to traditional ancient teachings, true strength does not come from overdeveloped muscles, but from the proper management of vital energy by, among other things, removing tensions in the body that result from, for example, chronic stress. Massage also optimally satisfies the basic need for touch, which is salutary for every living being.

Touch is the first and most important of the senses developed prenatally and the first through which humans become aware of their surroundings. Studies confirm that skin-to-skin contact reduces mortality among premature babies by 20 percent. In addition, human touch releases oxytocin known as the “bonding hormone” or “love hormone”. Under its influence, blood pressure decreases and the parasympathetic nervous system responsible for slowing down the heart rate, breathing, pulse etc. is activated.

Enjoy a massage regularly to neutralise the effects of stress!

Did you know that when you hug, skin receptors are stimulated, and when the hug is stronger, this process also involves the deep proprioceptors, which are located in tendons and muscles? These miracle helpers transmit a signal to our brain, where an avalanche of beneficial substances is released. In summary, regular touch reduces the negative effects of stress, makes people happy and lets them enjoy better physical and mental health and better relationships with others.

Magdalena Pietrus-Borowiak
Quality Assurance Coordinator
PCC Rokita





Planting trees with the *Miękinia Forest Inspectorate*

In April, a group of PCC employees from the Public Aid Department, Marketing, R&D, Company Rescue Service, BD and the Organisation Department travelled to the Miękinia Forest Inspectorate to take part in a forest planting event. Despite bad weather, we enthusiastically planted hundreds of trees. The joint commitment has created a new piece of forest that will grow for many years to come. The proper course of the action was supervised by employees of the Miękinia Forest Inspectorate, who were keen to share their knowledge on planting techniques, the importance of sustainable forest management and its impact on the ecosystem.

In addition to volunteers from the PCC Group, the event was also attended by employees of other companies in the area of the Miękinia Forest Inspectorate, students and teachers from primary schools as well as local residents.

Together, we formed a close-knit team that worked for the environment with a smile on our faces. The community forest planting campaign was a great opportunity to promote environmental attitudes, explore knowledge and integrate. Thank you to the Miękinia Forest Inspectorate for this opportunity!

Julita Kita
Senior R&D Specialist
PCC Rokita

Open days at PCC Intermodal - short summary

Do you know how intermodal works? How do cranes perform train-to-truck transshipments? How many trains per day does the terminal handle, and how many car substitutions are there?

On 23 May at Frankfurt an der Ode Terminal and on 26 June at the Gliwice Terminal, we organised Open Days and invited customers, employees, subcontractors, students, local authorities and anyone else who was curious about the specifications of our work at the terminals.



How does intermodal work?

There was no shortage of attractions during this year's Open Days. In addition to expert knowledge and learning about the specifics of our work, it was possible to have your photo taken against the overhead crane, get on a truck or a squid. In Gliwice, we additionally organised a cruise on the Gliwice Canal, so that we could also see the terminal's handling from the water. Those interested asked how many containers are housed in the yard, and how many people work at PCC Intermodal. These, and many other questions, were answered during this special time. Anyone who was curious about how we operate got first-hand information from employees who were keen to talk about the specifics and uniqueness of the company.



Industry and culinary attractions

We also had visitors who didn't ask any questions - **they were breathless at the sight of our locomotives** and wanted to be photographed against their background :) They are true railway enthusiasts! Refreshments awaited everyone: barbecued sausages, delicious skewers, and sour soup. However, the biggest culinary hit was the metre-long bread with lard baked in Słubice. We would like to thank all our visitors very much for coming, these were new and very inspiring meetings. See you at future events.





Environmentally friendly means of transport at PCC Intermodal

Why swap public transport or a private car for a bicycle? Leszek Bierski, an auditor of rolling stock at the Gliwice terminal, has been working with us and has been developing the intermodal industry, which moves cargo from road to rail, for 19 years. In 2023 alone, customers using our services reduced CO₂ production by more than 351,000 tonnes. Mr Leszek, by swapping his car for a bicycle and travelling to work on one of his many vehicles, contributes to a reduction of around 15 kg of CO₂ into the atmosphere every day. Why else choose environmentally friendly modes of transport?

Bicycles – design, construction and travel

Mr Leszek has been a fan of bicycles and muscle-powered vehicles for years. However, due to his rather unusual hobby, Mr Leszek does not ride regular bicyc

les. This is because every day he moves around on a recumbent bicycle, which he designs and constructs himself. More than 46 such two-tracks have already left his workshop. His bicycles resemble motorbikes. He himself refers to them as “bicycle-bikes”. Typically, such a marvel takes more than 2 months to build and about 30 days to create the design.

A bicycle journey around Poland

Mr Leszek even took a trip around Poland on such an unusual vehicle – which took more than a month. Every time people see him on his invention, they are surprised and disbelieving that it is a bicycle. However, the vehicle's designer himself ensures that it is powered solely by muscle power, and that the dummy engine or fuel tank are cleverly concealed luggage compartments. The ride itself, contrary to appearances, is very comfortable and the vehicle can reach speeds of up to 40 km/h on a straight stretch. Mr Leszek infects everyone aro

und him with his passion and encourages people to switch to bicycles – he does this so effectively that on 17 May, during the international day of commuting by bicycle, the highest number of employees took part in this action in Gliwice.

Self-service bicycle stations in Gliwice from PCC Intermodal

The PCC Intermodal team also warmly recommends everyone to switch from car to bicycle. For their health and out of concern for the environment and the reduction of CO₂ emissions into the atmosphere. And if your bicycle breaks down or you need to have your wheel inflated, we are ready to help you – at our terminals in Brzeg Dolny, Gliwice and near the office in Gdynia. This is where we have set up self-service bicycle stations. We operate under the principle: **Be safe. Be green. Be like intermodal.**

Katarzyna Uklejewska-Krawczyk
PCC Intermodal

Safe Parents OHS Competition

On the occasion of International Children's Day, the OHS Team organised an art competition aimed at the children of PCC Group employees. The idea was to promote safety rules among the youngest children and their parents. The free form of creativity provided ample room for manoeuvre – participants were limited only by the size of an A4 sheet of paper, and their imagination. The competition entries were created under the theme “Safe Parents”. The esteemed jury paid attention to criteria such as the reference of the work to the title, originality and aesthetic qualities. More than 70 unique pieces of artwork depicting parents be-

ing “safe” at work and even during their daily commute were submitted to the secretariat of the OHS Office.

Six works were awarded in two age groups, three in each. Each participant was presented with a friendly teddy bear in a PCC safety uniform, named Fuse by the little ones. We publish the winning works below.

Congratulations to all the parents of such artistically talented and creative children!

Beata Krok

Organisation Department Coordinator
PCC Rokita

KONKURS BEZPIECZNI RODZICE

WYNIKI KONKURSU:

KATEGORIA do 7 lat

I miejsce - Zosia Paś, 7 lat (Emilia Luchowska-Paś)

II miejsce - Jaś Poźniak, 6 lat (Joanna Poźniak - PCC Rokita)

III miejsce - Hania Topolnicka, 7 lat (Magdalena Topolnicka - LabAnalytika)

KATEGORIA powyżej 7 lat

I miejsce - Zuzia Ciżdziel, 8 lat (Anna Potocka-Coździel - Kosmet)

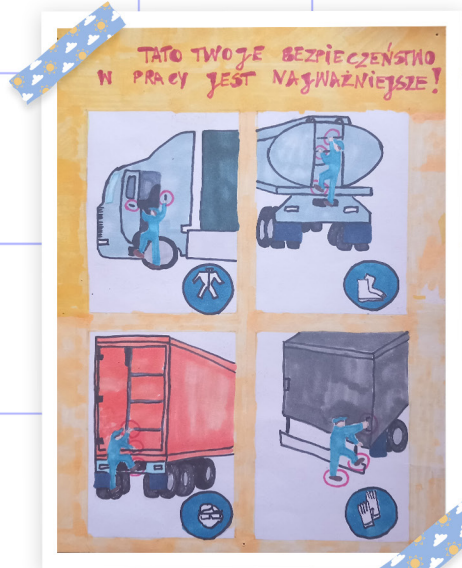
II miejsce - Matylda Kardyś, 10 lat (Magdalena Kardyś - CWB Partner)

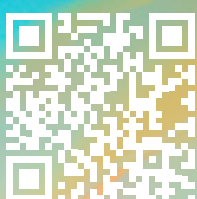
III miejsce - Borys Komorek, 12 lat (Kamila Komorek - CBW Partner)

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GRATULUJEMY !







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