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## From the Editor's Desk

**W**e're into round 3, and the **Reflections** newsletter is packed with more than ever before. It's the month of our country's proclamation of independence, and naturally, Merdeka will be the theme for this month's edition. Discover how the meaning of Merdeka varies between different individuals in the **Antah Group**.

As always, we've got our popular personality of the month column. APV is the destination this time and the lovely Azura is featured. Find out what's behind that winning smile. Also, if you've a presentation in need of a jazzing up, the *IT's Useful* section will teach you how to install some cool fonts.

There have been a number of high-profile activities going on recently, not least the **Seremban Half-Marathon**. I truly regret that I wasn't able to be there for the run but Sasi's article will fill in the blanks for the unlucky ones who missed out on what was clearly a pretty fun day.

There was also the annual **MC Street Party** which was held in conjunction with the World Cup. Once again, it was an outstanding job by the team at MC whose teamwork and support of each other contribute a great deal to the success of their activities.

Corporate sporting events offer employees a chance to socialize and compete in fun, relaxed environments. There are a few exciting ones coming your way. The new **FLM Antah Futsal League** is launching in August and it promises to be a thrilling season. Let's not forget the **Table Tennis competition** which will allow everyone to showcase their hidden talents for this underrated but very fun game.

And finally, be sure to check out this month's *OFASTITCH* article '**Fire & Ice**', which talks about how to manage STRESS. If that article isn't useful for the modern-day worker, I don't know what is.

Well, i've prattled on long enough. Onward!

### Daniel Pang

Editor of the Month



Seremban Half-Marathon pg.3

## On The Lighter Side

By Vivian Chung

**G**RACING On the Lighter Side of Reflections' August issue is Ms. Azura Adnan - the vibrant and chic receptionist of Asia Pacific Videolab. She's 'the voice' of APV for 2 years now and loves her stress-free job. What most people don't know about Ms. Azura is that she's good at drawing and is a self-confessed shopaholic! See if you can catch her at her regular haunts like Midvalley and KLCC.



**1. What's your stress reliever?**

*Laughing ... Shopping ... Sleeping ...*

**2. Three words to describe yourself:**

- a. cheerful*
- b. indulgent*
- c. friendly*

**3. Brad Pitt or Jehan Miskin?**

*Brad Pitt – good looking, charismatic, loving and charitable*

**4. Any Big Girls' Toys?**

*My green car ... hehehe ...*

**5. What scares you?**

*The Future ... what I imagine may not happen in reality ...*

**6. Pet peeves?**

*...Cockroaches...  
...People talking while chewing food...Hye! Eat first la...*

**7. Can't live without?**

*Family and friends ...*

**8. What's your favourite line?**

*"Takde maknanya!"*

**9. 5 years from now, I wish ...**

*I could have my own house, my dream car, and my own family*

**10. I wish I had the answers to ...**

*...be a MILLIONAIRE like Donald Trump...huhuuu...*

**11. I can't say 'NO' to ...**

*My destiny ...*

**12. Titanic is a ...**

*big ship! And a movie ...*

**13. You will never see me ...**

*as a clown ...*

**14. If I were Superman ...**

*I'll try to find another girl besides Lois Lane ... haha!*

**15. Draw yourself having fun**



## Events

By M.S. Sasidharan

### Seremban Half-Marathon

**WARNING: Participation in the Seremban Half Marathon can be FUN!**

Seremban town was alive and buzzing with excitement when Azrin and I reached at about 6.20 in the morning. We waved our VIP car sticker and managed to park inside the Dewan Bandaraya itself. Murali was already waiting for us with our T-shirts and numbers. We were later joined by Mr. Anthony, Mr. George and Irfan from Raden Technologies and Aizuddin, our Management Trainee. All of us were mentally prepared to conquer the 3 kilometers in the VIP run.

A little while later, Y.A.M. Tunku Naquiyuddin Ibni Tuanku Ja'afar arrived, accompanied by Y.M. Tunku Mohd Alauddin and the first batch of runners started off the 19th Seremban Half Marathon. It was fun to watch the enthusiasm that permeated the air that morning especially among the school children who turned up in the hundreds. The highlight of the day definitely had to be the Corporate Fun Run. The participants from Antah Healthcare turned up in colorful sarongs and beautifully decorated flower hats (although I had no idea why some had candle sticks on them!) Antah Heath Lambert did a little football World Cup themed performance and delighted the crowd with their dance that came complete with exploding confetti filled batons.

This was followed by APV who turned up in prison gear and chains led by a baseball bat wielding warden. APV's skit was hilarious as one 'prisoner' at a time was questioned as to their crimes that ranged from 'Ibu Ayam' to 'Along from Cheras' and a 'Mat salleh who overstayed his welcome'.

It was a delightful morning with all of us having fun, not to mention the run (or walking in my case!). At the end of the day, we adjourned to the nearby Indian restaurant for some well deserved *thosais* and *roti canais* and finished just in time to watch HRH Tuanku Ja'afar's motorcade arriving. As soon as Their Majesties settled at the Royal enclosure, the emcee invited everyone to join him in singing 'Happy Birthday' to HRH Tuanku Ja'afar.

Azrin and I left a short while later, feeling tired yet happy for taking part in this celebration. Now that is a Sunday well spent!



## Events

By Jushairikawati and Daniel Pang

### REVOLUTIONZ MC STREET PARTY '06

DATE : 09th JULY 2006, SUNDAY

VENUE : MILLENNIUM COURT

The Revolutionz MC Street Party 06 was a smashing success due to the enthusiastic participation of the residents and the delightful shows by the performers.

The objective of the party was to create a better relationship between the staff and residents and to show MC's appreciation for all of them. Thankfully all that was achieved and everyone had a really great time throughout.

As you can see from the photos, a fun array of activities were organized for the party. In conjunction with the World Cup, MC held a Street Soccer Tournament. A wholehearted response from the residents was achieved, which really highlighted the passion for soccer among the residents. The tournament turned out to be very competitive as well as exciting. There was also wild dancing all through the night, with music provided by an excellent band.

The icing on the cake was the World Cup Final on a GIANT screen, which gave cause for further celebrations by the Italy fans at the end.

There will be more exciting activities happening at Millennium Court in the coming months. 'The Hostel with a Difference' is really stepping up its game, so stay tuned and be sure to get involved.



## IT's Useful

By Mazlan M. Ibrahim

# INSTALLING FONTS IN A WINDOWS SYSTEM



**OpenType** fonts work with Windows XP and Windows 2000.



**TrueType** fonts work with all versions of the Windows operating system.



To use **PostScript Type 1** fonts, you need to install Adobe Type Manager (ATM) or ATM Deluxe. If you are running Windows XP or 2000, you do not need to install ATM since it is part of the operating system already.

After installing fonts, you may need to restart an application or reselect the printer in the application to make the fonts appear in the font list.

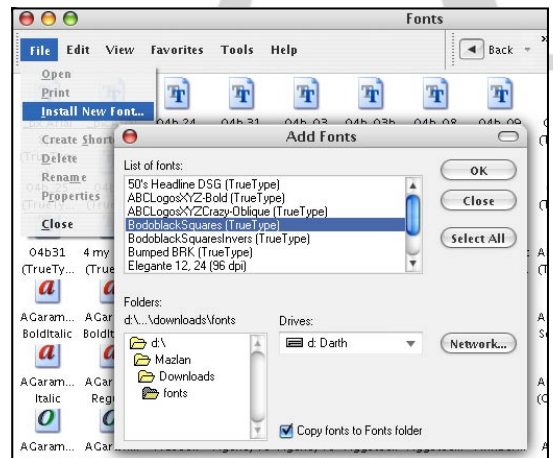
### FONT INSTALLATION PROCEDURE

1. Choose **Start > Control Panel**  
**Note:** In Win 98/ME/2000, choose **Start > Settings > Control Panel**.
2. Double-click the **Fonts** folder.
3. Choose **File > Install New Font**.
4. Locate and select the fonts you want to install. To select more than one font, hold down the CTRL key and click each font.
6. To copy the fonts to the **Fonts** folder, make sure the **Copy fonts to the Fonts folder** check box is selected.  
**Note:** If installing fonts from a floppy disk or a CD-ROM, you should make sure this check box is selected. Otherwise, to use the fonts in your applications, you must always keep the disk in the disk drive.
7. Click **OK** to install the fonts.

We recommend installing only one format — OpenType, TrueType, or PostScript — of a font. Installing two or more formats of the same font may cause problems when you try to use, view, or print the font.

There is a known bug in Windows if you have exactly 3600 fonts installed. Running any text-related program (Microsoft Office, WordPad etc) will crash the system.

Do yourself a favor and avoid activating or installing too many fonts. Just use Microsoft Word as an example. When you open the font drop down list, you are generating previews for EVERY activated font. This uses up your computer's system memory and processing resources thus resulting in things slowing down considerably.



To get started, we recommend that you visit <http://www.dafont.com> to download some very good freeware fonts.



### Fire and Ice – Tips on Stress Management

**If** there's one metaphor to describe an effective manager, it will be fire and ice. Fire because the position itself is synonymous to a hot seat. You'll get your arse burned out by simultaneous pressure and relentless beating from disdainful subordinates and delusional superiors. Ice, because to outwit and survive this jungle feat, you'll have to play it cool. No bling-blings or oversized jerseys of Eminem please! Stick to your corporate suit, but keep your poise and composure intact. Even if harassed and almost crazed, learn to hide your tension behind the covers and sizzle with unperturbed confidence. That's also a secret used to win the Miss Universe. For decades, these ladies have almost made us believe that swimsuits match high heels. It's utterly absurd, but as always we regard it as elegance. Back stage, they must be raging like wildcats. In front of the camera, they make it seem like they're so pure, appearing to love each other so much when they are actually wishing each other bad luck. As a manager, you won't be competing for love or friendship, but respect. That comes when you make it seem like things are under control and you know what to do.

Most of the time, I come up with stupid ideas. Better to have something to say than nothing at all! and it's 99% effective (well at least most of the time anyway!). Nobody wants to see a deflated ego and plummeting confidence level especially when an office crisis breaks out. That would be an awful sight. Give them something to believe in, or else they'll scoot out like pigeons. Management isn't all about the glamour of planning and goals setting. The filth comes right in and that's when you need to contain the situation at hand and fill the crack before it blows out.

Stress is a natural thing in life. We can experience it anywhere and at any time. The workplace is one environment in which stress level is high. Deadlines, increased workloads, malfunctioning computers, office equipment, and workplace conflicts are some of the office events that bring a lot of stress. Too much stress can result in poor physical health and low work performance.

When under a lot of stress, try these tricks to relieve the tension. Tap your feet on the floor, breathe deeply and count back from 10. Don't let stress crack you up; as soon as it does you'll be caught in a wild goose chase. Think, and solutions will dawn on you like the breeze after heat.

Another method to reduce your stress is through imagery. This refers to the utilization of mind and imagination to relax your body in times of heavy stress. Experts believe that this is one potent strategy which can dramatically inhibit the debilitating effects of stress to our body.

With imagery, you replace actual experience with scenes from your imagination. Your body reacts to these mental scenes almost as if they are real, soothing you down and letting adrenaline diffuse. To rest and relax with mental visualization, think of a warm, relaxing and pleasing place, and delight in it with your imagination. You will then suddenly feel relaxed and sense that the level of anxiety in your body is reduced.

**Brain cells create ideas. Stress kills brain cells. Stress is not a good idea...**

**- Richard Saunders**

## Storefront

By Daniel Pang



## Aturan Puncak

If you've never heard of **Aturan Puncak**, which I'm sure is the case with many of you, then read on, because it will be worth your while.

**Aturan Puncak** is a trading company that was set up in 2006 by Y.A.M. Tunku Dato' Seri Nadzaruddin Ibni Tuanku Ja'afar and Mr. Ricky Chong to import items from China for sale to *Carrefour* and other hyper / supermarkets in the region.

Choosing to focus first on ceramic wares and gardening items, **Aturan Puncak** signed a contract with *Carrefour* in June and will be supplying said items to them on a regular basis. **Aturan Puncak** aims to expand with the aim of bringing in a wider range of unique products and covering a bigger range of stores.

**Aturan Puncak** would like to offer Antah Group employees the chance to purchase its products, at a 20% discount off retail price. This represents a good opportunity for you to pick up something useful for your home and support a company within the group at the same time.

Here are the first items for sale, along with descriptions, prices and pictures:-

### Candy Tray 10pc – RM39.90 Retail

A lovely candy tray for the festive season! Impress your guests with a touch of elegance.

### Candy Tray 12pc – RM49.90 Retail

This beautiful gold candy tray features a rotating frame, and is perfect for adding class to your home this festive season.

### Coil Hose EVA 25m – RM39.90 Retail

Time to get rid of your current garden hose and pick up one of these neat and nifty coil garden hoses. It features 8 spray functions and a retractable coil which allows for neat and tidy storage. You can even attach a car wash brush to the hose if you like to accessorise. Please note that **Aturan Puncak** will only be selling the Blue and Green variants.

### Super Trolley – RM198.00 Retail

The Super Trolley is a must-have for any home. It functions as a step ladder, a flatbed cart, a hand truck, and a dolly. It's amazingly lightweight and folds up for easy storage. Be one of the first in Malaysia to own one!

For information on products or purchasing, please contact the following:-

**Ricky Chong**

Tel: (03) 2710 1133  
Mobile: (012) 333 2888

**Daniel Pang**

Tel: (03) 2710 1133  
Mobile: (012) 971 7750

**Belinda**

Tel: (03) 2710 1133



### Merdeka to me is...

... more than just the celebration of independence. Merdeka symbolises everything our forefathers strove for- the love of this country. It signifies unity within our people, no matter how different we are in terms of race and religion. As a united and diversified entity, Merdeka represents our nation as a peace-loving country and in these times of war, our unity should serve as an example to the rest of the world.

**Tengku Aslahuddin Ja'afar bin Tengku Azlan**  
Tijaz Corporation

... a time for celebration since my kid sister was born on Merdeka Day. Ever since she was born, my sister and I have celebrated our birthdays together as mine falls one day later. Happy Birthday sis! And HAPPY INDEPENDENCE DAY MALAYSIA!!!

**Sasidharan**  
FLM

... having the choice to chart one's own destiny.

**Arfah Abu Bakar**  
Antah Heath Lambert

... a day that I am free from work, free to sleep as much as I can, and free to do whatever else I want to do.

**Mazlan Mohd Ibrahim**  
Directhere

... a colossal nationwide party and EVERYONE is on the guest list.

**Daniel Pang**  
SPA

... a time to reflect on the past, to cherish the present, to look forward to the future, and to sleep and be free of all worries besides what's on TV and what's for food...

**Vivian Chung**  
Directhere

... freedom and freedom is exemption from an obligation. Hence power to do "anything" we desire.

Question is, are we really? free that is, to do anything.. just about anything? We know the answer, "HELL NO!!"

There are so many things to consider in our attempt to do anything without obligations.. to be free that is.

Answer to this? Like when making a decision, there is no wrong or right answer. It is what we thought was best at that point in time.

Therefore if our conscience is clear when we take action, then we are free to do what our heart desires.

To me, we need to be "free of ourselves first" - our greed, our nasty thoughts, our jealousy, our negative attributes. Most importantly, free our mind.

Then perhaps we can really really say.. "We are free."

As one of my all time jazz favourites Aretha Franklin belts out.. "Free your mind.. the rest will follow."

**Zai Johari**  
APV

... a time to reflect on peace in the country. And I love having the day off!

**Suhanawaty bt Dzakaria**  
SPA

... a wonderful holiday and a time to rest and relax with my children.

**Chua Siew Hoe**  
Antah Holdings Bhd

... a day to enjoy peace in Malaysia. I'm very proud of my country because we are free from terrorists.

**Norhayati bt Yusof**  
SPA

## Announcements

### Birthdays

#### Antah Heath Lambert

1. Azman bin Ahmad - 1st August
2. Abu Bakar bin Abdul Jabar - 5th August

#### Asia-Pacific Videolab

1. Mohd Safuan bin Mohd Sofian - 25th August
2. Mohd Rithaudeen bin Hussin - 7th August
3. Ali bin Ahmad - 25th August
4. Michael John Van der Elst - 29th August
5. Yahya bin Aziz - 22nd August
6. Mohd Shah Kassim - 18th August
7. Baidrul Hisham bin Ismail - 28th August
8. Nazri bin Bakar - 6th August

#### Directhere

1. Jed Nathaniel David - 27th August

#### Syarikat Pesaka Antah

1. Zulkifli bin Othman - 7th August
2. Yap Yoke Cheng - 12th August
3. Anthony Lakshmi Narayanan - 20th August

### CONGRATULATIONS! Datuk Zulkifli Ibrahim

The Reflections Team would like to extend our heartiest "Congratulations" to **Datuk Zulkifli Ibrahim** of *Jimah Energy Ventures Sdn. Bhd* on being conferred the **Darjah Datuk Setia Negeri Sembilan** by **Duli Yang Maha Mulia Yang Dipertuan Besar Negeri Sembilan Tuanku Ja'afar Ibni Almarhum Tuanku Abdul Rahman** recently on His Majesty's 84th Birthday.

REFLECTIONS welcomes editorial and image submissions to [newsletter@antah.com.my](mailto:newsletter@antah.com.my)

### The Antah Recreation Club Annual Dinner and Dance

The Antah Recreation Club Annual Dinner and Dance will be held on **Friday 24th November 2006** and this year it is our *25th Anniversary Celebration!*

As part of the celebration, we invite you to participate in the following competitions:

- |                 |             |
|-----------------|-------------|
| 1. Table Tennis | 5. Karaoke  |
| 2. Darts        | 6. Scrabble |
| 3. Carom        | 7. Bowling  |
| 4. Pool         | 8. Golf     |

Please kindly e-mail your name and company to [sasi@antah.com.my](mailto:sasi@antah.com.my) to get your Entry forms. Prizes will be given at the Dinner. Closing date for registration is **15th September 2006**.

### Futsal League

Brace yourselves people, the Antah Futsal League is reborn and its better than ever before! There will be 8 fantastic teams competing for the title of league champion. So if you like playing futsal, go ahead and check with all teams involved to see if there are any places left. Otherwise, just come along for a great time!

### SUDOKU FUN

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9.

	6		1	4		5		
		8	3		5	6		
2								1
8			4	7				6
		6				3		
7			9	1				4
5								2
		7	2		6	9		
	4		5		8		7	

Solution:

3	4	2	5	9	8	1	7	6
3	1	7	2	4	6	9	8	5
5	8	9	7	1	3	4	6	2
7	3	6	9	6	1	8	2	4
4	9	6	8	5	2	3	1	7
8	2	1	4	3	7	5	9	6
2	5	4	6	8	9	7	3	1
1	7	8	3	2	5	6	4	9
9	6	3	1	7	4	2	5	8