

ANTAH GROUP'S Reflections

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From the Editor's Desk

She walks in beauty, like the night
Of cloudless climes and starry skies,
And all that's best of dark and bright,
Meet in the aspect and her eyes;
Thus mellow'd to that tender light
Which heaven and gaudy day denies.

Lord Byron

Ahhhhh!.... Love poems, what will this world be like if not for LOVE POEMS... Yes, it's that month for lovers all over to express their LOVE. Valentine's Day is upon us, but do you roll your eyes and go.. Bah! Humbug! Or are you the sort who goes out to get that 'conveniently overly priced' bunch of roses (well if you are a guy, that is). I think Valentine's is sex biased, really. I mean, here is the time where women all over the world 'expect' roses and chocolates and to be wined and dined (no offence to all the gorgeous ladies out there), and us men are 'obliged' to. But, hey... no one can say NO to LOVE POEMS. Now, therefore, I think the best way to show true love is by exchanging LOVE POEMS. Well, that is just my take. In this edition, we bring you the thoughts of our staff members. It started off well, but a few calls later, I got the feeling that Valentine's frizzles to naught after marriage!

The oldest and most important festival in China is called the Spring Festival. Many people call it the Chinese New Year. No matter what you call it, it is a time of celebration for millions of Chinese people all over the world. The Spring Festival celebrates the Earth coming back to life and the beginning of plowing and planting. Because the Chinese use a lunar calendar, the date of the Spring Festival changes each year. It takes place at some time during the end of January or the beginning of February. This year it falls on February 18, 2007. Therefore, REFLECTIONS brings you some facts about the Chinese New Year, taboos and superstitions. Read what the Chinese New Year Zodiac has in store for you this year.

Now on to more familiar stories, we are back with our Royal Rendezvous and this time around we bring you our interview with Y.A.M. Tunku Dara. Get to know what keeps her going and what she says about becoming a grandmother for the very first time. OFASTITCH article brings you points on how to make time management a part of your lifestyle.

At the STOREFRONT, we have Daniel who brings you the latest products from Aturan Puncak. Grab these items whilst they last and before they hit the supermarkets.

Finally, to all our Chinese friends, REFLECTIONS wishes you a very "HAPPY NEW YEAR". If you are driving back home for the holidays, remember SAFETY FIRST.

Yours truly,

Sasidharan

Editor

GUNG HAY FAT CHOY



ROYAL RENDEZVOUS

With

Y.A.M. Tunku Dara Tunku Tan Sri Naquiah

By M.S. Sasiidharan

I have conducted several interviews with our Tunkus, but somehow this interview had my nerves acting up. I was about to interview Y.A.M Tunku Dara. Not only is she one of our Directors, she is a prominent personality of social standing, regularly featured in exclusive magazines and heads several local charities as well as International bodies such as the English Speaking Union. My nerves were eased when I was greeted with a warm smile and a friendly 'Hello' and having exchanged pleasantries, I started the interview. Here is my rendezvous with Y.A.M. Tunku Dara..

On growing up in a Royal Household and being the eldest sibling

"When it comes to being responsible for the discipline of the younger ones, I was the boss" Y.A.M said, and she looked serious too when she said it, and then she smiled. She continued to say that her two brothers (Tunku Naquiuddin and Tunku Imran) went away to boarding school and their reunion would be during school holidays, thus the 3 younger siblings to look after. I prodded a little further by asking who was the more stern, DYMM Tuanku Ampuan or DYMM Tuanku Ja'afar. "Well, my mother was the strict one, no doubt sometimes we would go crying to our father but DYMM Tuanku will step in as the disciplinarian if need be"



I went on to ask Y.A.M about duties of the womenfolk in Royal ceremonies. "We are always included in Royal ceremonies and our roles are the same, however the men play major part in these ceremonies. Negeri Sembilan has 2 titles one is Tunku Dara and the other is Tunku Puteri and we each have the function, which is to follow Tuanku Ampuan and in all royal functions we have our special seats." According to Y.A.M, the titles 'Tunku Dara' and 'Tunku Puteri' was inherited from her aunts who previously held the same. This will be inherited by the daughters of the next Yang Di Pertuan Negeri Sembilan Darul Khusus.

On striking a balance as wife, mother and soon to be grandmother

"I made sure I have my quality time with my children. Even if it meant flying all the way to England to be with them. I believe firmly in spending quality time with them"

"During my children's younger years, I made sure I had quality time with them even though I was busy with my company and social life. Later all three of my sons were off to boarding school except my daughter." In a way, she said, it was a good thing as this helped mould their behaviour. "I was glad when my youngest son went to Kolej Tuanku Ja'afar and this boarding school was good for him otherwise he'd be quick to pull one over your eyes!" She said with a warm motherly smile. She went on to say that boarding schools were stricter when it came to discipline and school work. "When they were all in England, I used to go there a lot and I made sure I have quality time with my children. Even if it meant flying all the way to England to be with them. I believe firmly in spending quality time with them." I asked her if she was looking forward to her first grandchild, "Yes, I am, and I hope to be a better grandmother than I was a mother".

On instilling values in her children

"History repeats itself, as my mother was the strong one, I tend to be like that too". She further added that even though she was the disciplinarian in the family, her children were still more scared of their father than they were of her.

"But still, if they want to have their way, they will still go to their father and he would give in"

Continues in the next page



On development of women in Malaysia

I asked Y.A.M Tunku on her thoughts about issues relating to the development of women here in Malaysia, specifically in areas like sports and politics as well as business, and compared to before, have they progressed in achieving an equal standing.

“Women in Malaysia have improved a lot, especially in sports and other areas of business, however having said that, I am still old fashioned and if I had a choice in improving one sex or the other, I would still prefer to go with the men. Men have a lot more to work for and they do not often have a choice, whilst women do. Women can choose not to work, get married and settle down.”

“Nevertheless, fairness is always important, be it in sports or in the working environment. If women have the opportunity then they should be accorded the full opportunity just as men”

“Take for example in the Arab world, football is enjoyed by both men and women, and in certain parts, women play football within the confines of the four walls, but of course men are not allowed to watch, but that is not the issue here, the fact is, these women are given the opportunity to take part in a game that they enjoy”

“One may have a supermodel like looks but if they do not have the brains, they cannot be helped!...”

“It is more so important where work is concerned, if women are working at the same level as men, then they should also receive equal salary”

“Malaysia is a country of opportunities and although equal opportunities exist, it is sad that most women do not realize this, there is still a lot more that can be done”

On what makes a person stand out

“Appearance”. She said without a moments hesitation. “Appearance is very important and it is not just what you wear, but more so on how you wear it, and secondly is when you speak. One may have supermodel like looks but if they do not have the brains, they cannot be helped!” She said with a laugh. “Social skills are also very important, you can tell a lot from the way someone sits or eats” I immediately sat up, straightened my back and tried to look graceful in her presence..!

On her plans for the future

“Well my lifestyle may not change, but as you get older its only good to slow down a little. Those days I was out every night, but these days, it would be every other night!” She added that her social life will still be there but now with a grandchild on the way, she would like to spend more time with the family and she need not travel that often either.

On the growth of the Antah Group

“We have good range of companies within the Group and the vision of our CEO is to see that each family have their share of responsibilities. The younger generation will soon have a major role to play in continuing to develop the existing companies and to bring more companies into the fold. We are doing well and moving on”

Words of Wisdom

“One should learn to work hard and play hard”. I mentioned to Y.A.M that this has been the theme throughout the other interviews as well. “Well, at the end of the day, you must be happy in what you do, and the organization must put in the effort to ensure that their employees are happy, as well as to concentrate on developing our staff via more training”

“Sometimes there may be grouses, but then again, there will not be fire without smoke, if one is unhappy, one should speak up. There’s no point in continuing to work whilst being unhappy”

All in all, this had been another wonderful experience for me personally, and on behalf of REFLECTIONS, I wish to thank Y.A.M. Tunku Dara for granting us this interview and allowing us an insight into her life and passion. Look out for our next Royal Rendezvous.



What's Valentine's?

As early as the fourth century B.C., the Romans engaged in an annual young man's rite to passage to the God Lupercus. The names of the teenage women were placed in a box and drawn at random by adolescent men; thus, a man was assigned a woman companion for the duration of the year, after which another lottery was staged. After eight hundred years of this cruel practice, the early church fathers sought to end this practice... They found an answer in Valentine, a bishop who had been martyred some two hundred years earlier.

According to church tradition St. Valentine was a priest near Rome in about the year 270 A.D. At that time the Roman Emperor Claudius II who had issued an edict forbidding marriage. This was around when the heyday of Roman empire had almost come to an end. Lack of quality administrators led to frequent civil strife. Learning declined, taxation increased, and trade slumped to a low, precarious level. And the Gauls, Slavs, Huns, Turks and Mongolians from Northern Europe and Asian increased their pressure on the empire's boundaries. The empire was grown too large to be shielded from external aggression and internal chaos with existing forces. Thus more of capable men were required to be recruited as soldiers and officers. When Claudius became the emperor, he felt that married men were more emotionally attached to their families, and thus, will not make good soldiers. So to assure quality soldiers, he banned marriage.

Valentine, a bishop, seeing the trauma of young lovers, met them in a secret place, and joined them in the sacrament of matrimony. Claudius learned of this "friend of lovers," and had him arrested. The emperor, impressed with the young priest's dignity and conviction, attempted to convert him to the roman gods, to save him from certain execution. Valentine refused to recognize Roman Gods and even attempted to convert the emperor, knowing the consequences fully. On February 24, 270, Valentine was executed.

"From your Valentine"

While Valentine was in prison awaiting his fate, he came in contact with his jailor, Asterius. The jailor had a blind daughter. Asterius requested him to heal his daughter. Through his faith he miraculously restored the sight of Asterius' daughter. Just before his execution, he asked for a pen and paper from his jailor, and signed a farewell message to her "From Your Valentine," a phrase that lived ever after.

Valentine thus became a Patron Saint, and spiritual overseer of an annual festival. The festival involved young Romans offering women they admired, and wished to court, handwritten greetings of affection on February 14. The greeting cards acquired St.Valentine's name.

The Valentine's Day card spread and is now celebrated all over the world. One of the earliest card was sent in 1415 by Charles, Duke of Orleans, to his wife while he was a prisoner in the Tower of London. The card is now preserved in the British Museum.



FOOD FOR LOVERS

Hmm! Food is always something to think about. Some think about how to prepare it, while others, what to have. It has been said that the way to a man's heart is through his stomach, while it is also a good idea if the man prepares something, like fresh fish, for his sweetheart for the special day.

Happy Valentine's Day

Potatoes Baked in Cream

(for 2 to 3 persons)

Ingredients :

4 potatoes, boiled
1/2 cups cream
1/2 tablespoons of salt pepper to taste some
fresh coriander,
finely chopped (optional)
6 tablespoons grated cheese

Preparation :

Cool the potatoes, and peel them. make thick slices.

Beat the cream slightly, and mix it with salt, pepper, and coriander. Lightly grease a baking dish with a tablespoon of oil. Rub it all over the base. Put 1/3 of the potatoes into the dish. Put 1/3 of the cream over, and then add 2 tablespoons of the cheese. Repeat the layers, ending with cheese. When you are ready to eat and/or serve, preheat the oven to 180 C , Bake the potatoes for about 20 minutes, or till the top is nicely browned

Pecan Pudding

Ingredients :

Desserts, Low-fat
1 Tablespoon Butter Or Margarine
1 Large Beaten Egg White
1/3 Cups Dark Corn Syrup
1/4 Tablespoon Vanilla
2 Tablespoon Unbleached Flour
1/8 Teaspoon Baking Powder
1/4 Cup Chopped Pecans
1 Tablespoon Powdered Sugar

Preparation :

In a 15-ounce custard cup microwave the butter or margarine, uncovered, on 100% power for 30 to 40 seconds or just till melted. Swirl the butter in the custard cup, coating sides and bottom. Pour the excess butter from the custard cup into the beaten egg. Stir in the dark corn syrup and vanilla. Stir together flour and baking powder. Stir flour mixture into egg mixture. Gently fold in chopped pecans. Pour the pecan mixture into the buttered 15-ounce custard cup. Microwave, uncovered, on 50% power for 3 to 4 minutes or till the pecan mixture is just set, rotating the custard cup a half-turn every minute. Sift a little powdered sugar atop. Serve warm with light cream, if desired.

Heavenly Valentine's Day Cheesecake

Ingredients :

Cakes, Cheesecake

2 cups Vanilla Wafers, Fine Crush
1 cups Ground Toasted Almonds
1/2 cups Butter, Melted
1/2 cups Sugar
12 oz Milk Chocolate Chips
1/2 cups Milk
1 sachets of unflavored Gelatin
16 oz Cream Cheese, Softened
1/2 cups Sour Cream
1/2 tablespoons Almond Extract
1/2 cups Heavy Cream, Whipped
1 x Garnishes *

Preparation :

* Whipped cream and chocolate shavings (optional). In large bowl, combine vanilla waver crumbs, almonds, butter and sugar; mix well. Pat firmly into 9-inch springform pan, covering bottom and 2 1/2 inches up the sides. Set aside. Melt over hot (not boiling) water milk chocolate chips; stir until smooth. Set aside. Pour milk into small saucepan; sprinkle gelatin over top. Set aside for 1 minute. Cook over low heat, stirring constantly until gelatin dissolves. Set aside. In large bowl, combine cream cheese, sour cream, and melted chocolate chips; beat until fluffy. Beat in gelatin mixture and almond extract. Fold in whipped cream. Pour into prepared pan. Chill until firm (about 3 hours). Run knife around edge of cake to separate from pan; remove rim. Garnish with whipped cream and chocolate shavings, if desired. Makes 1 9-inch Cheesecake

Cheesecake Tip: To easily cut cheesecake, take a long strand of plain dental floss, stretch it taut, and gently press it through the cake. When you reach the bottom of the cheesecake, simply pull the floss out from underneath.



What's Your Say: Valentine's Day

Ever since you stepped into my life...
All that matters is You my Valentine.

Mr. S G Toh @ Millennium Court

Well, my lovely wife is in Singapore as she is looking after our granddaughter. I will give her a call in and reassure her that the *flame is still burning*. Ladies like to be reminded now and then that the other party still has thoughts for them.

TP @ Antah Heath Lambert

My Valentine's day have always been a disaster! Ha! Ha! Ha!, I will be away in Australia with my family so I guess Valentine's Day down under for me. It doesn't mean much lah! Either I just broke up with my boyfriend or if I did have a boyfriend, they would get me the most horrible big fat pillow or horrendous chocolates. Anyway, Valentine's Day is just another corporate humbug!

Desmond Wee @ SPA

Valentine's ar? Well, I only buy my girlfriend flowers a few days after Valentine's Day.. Cheaper mar!

And the award for the Most Romantic Personality goes to....

Naveen Khanna @ APV

No Comments!



HAPPY VALENTINE'S DAY

Chinese New Year - Taboos and Superstitions:

● House Cleaning

The entire house should be cleaned before New Year's Day. On New Year's Eve, all brooms, brushes, dusters, dust pans and other cleaning equipment are put away. Sweeping or dusting should not be done on New Year's Day for fear that good fortune will be swept away. After New Year's Day, the floors may be swept. Beginning at the door, the dust and rubbish are swept to the middle of the parlor, then placed in the corners and not taken or thrown out until the fifth day. At no time should the rubbish in the corners be trampled upon. In sweeping, there is a superstition that if you sweep the dirt out over the threshold, you will sweep one of the family away. Also, to sweep the dust and dirt out of your house by the front entrance is to sweep away the good fortune and luck of the family; it must always be swept inwards and then carried out, then no harm will follow. All dirt and rubbish must be taken out the back door.

● Bringing In the New Year and Expelling the Old

Singapore celebrate Chinese New Year with a big bang with firecrackers at China Town usher by PM Lee on 15th Jan 2005 light up ceremony. Shooting off firecrackers on New Year's Eve is the Chinese way of sending out the old year and welcoming in the New Year (But too bad this activities was ban 30 year ago). On the stroke of midnight on New Year's Eve, every door in the house, and even windows, have to be open to allow the old year to go out.

● New Year Activities Set Precedents

All debts had to paid by this time. Nothing should be lent on this day, as anyone who does so will be lending all the year. Back when tinder and flint were used, no one would lend them on this day or give a light to others.

Everyone should refrain from using foul language and bad or unlucky words. Negative terms and the word "four" (Ssu), which sounds like the word for death, are not to be uttered. Death and dying are never mentioned and ghost stories are totally taboo. References to the past year are also avoided as everything should be turned toward the New Year and a new beginning.

If you cry on New Year's day, you will cry all through the year. Therefore, children are tolerated and are not spanked, even though they are mischievous

● Personal Appearance and Cleanliness

On New Year's Day, we are not suppose to wash our hair because it would mean we would have washed away good luck for the New Year. Red clothing is preferred during this festive occasion. Red is considered a bright, happy color, sure to bring the wearer a sunny and bright future. It is believed that appearance and attitude during New Year's sets the tone for the rest of the year. Children and unmarried friends, as well as close relatives are given lai see, little red envelopes with crisp one dollar bills inserted, for good fortune.

● More New Year Superstitions

For those most superstitious, before leaving the house to call on others, the Almanac should be consulted to find the best time to leave the home and the direction which is most auspicious to head out.

The first person one meets and the first words heard are significant as to what the fortunes would be for the entire year. It is a lucky sign to see or hear songbirds or red-colored birds or swallows.

It is considered unlucky to greet anyone in their bedroom so that is why everyone, even the sick, should get dressed and sit in the living room.

Do not use knives or scissors on New Year's Day as this may cut off fortune.

While many Chinese people today may not believe in these do's and don'ts, these traditions and customs are still practiced. These traditions and customs are kept because most families realize that it is these very traditions, whether believed or not, that provide continuity with the past and provide the family with an identity.



Chinese New Year: Zodiac 2007



Remember, whatever the omens portend, for better or worse, you are the final master of your own fate. These ideas are provided for your enjoyment and amusement and are not meant to take the place of your own good sense.

Wishing you and your family a year of health and prosperity! *Gung Hay Fat Choy!*

Pig : 1911, 1923, 1935, 1947, 1959, 1971, 1983, 1995, 2007

With the 2006 year of preparation behind them, those born in a pig year finally come into the full energy of their own sign. With all of the patient pig's attention to detail and hard work, the table has been set for this banquet year and pigs will enjoy sharing the feast with their family, friends and business associates. This will be a lucky year — with prosperity coming from success in business but also from unexpected money. Good fortune in 2007 is ahead for romantic adventures. A marriage for the pig this year is blessed with good omens. Family, always important to the pig, will be well taken care of and the home ruled by the pig will enjoy harmony and good fortune. Old business will be successful and new ventures will be fortunate.

Rat : 1912, 1924, 1936, 1948, 1960, 1972, 1984, 1996, 2008

The clever rat will do well to spend this year planning for the beginning of the next twelve year cycle. This cycle has been a bit difficult, but starting with the rat year in 2008, plans should start to succeed. This year of the Pig is a good time to be with friends and family who are celebrating the fullness of the year. Take care of old business and tie up loose ends that might get in the way of your coming good fortune. Enjoy vacations and hobbies this year. You will need to be well rested when your year begins.

Ox : 1913, 1925, 1937, 1949, 1961, 1973, 1985, 1997

The year of the hard working pig brings good fortune for the ox. The energy is there to get more done and this brings prosperity and success to the sturdy ox. Just remember that this is also a year of celebration. The ox should not become so busy with work that he misses the invitation to the banquet table. It is there that new opportunities will be discovered. The ox should take care to include time for romance in this year's busy work schedule.

Tiger : 1914, 1926, 1938, 1950, 1962, 1974, 1986, 1998

The wild tiger prospered in the year of the dog and the pig will not change your good fortune. Be more cautious this year. The pig invites the tiger to the party, but the guest may find it too easy to spend more than is wise — especially in the early year when the influence of the tiger sign raises the energy. The pouncing tiger must control the urge to jump and learn to walk at the pace of the steady pig. Balance between the banquet and serious business will bring success. It is not wise for the tiger to jump into business or romance decisions this year.

Rabbit : 1915, 1927, 1939, 1951, 1963, 1975, 1987, 1999

The rabbit is also a friend of the pig who likes to hop ahead. The clever rabbit will slow the pace and enjoy the friendship and steady good fortune of the year of the pig. The influence of the pig will make rabbit calmer and more ready for serious commitments. This year may add to the rabbit's family either through marriage or children. Business fortunes will be steady but not exceptional. The rabbit will be busy enjoying life and family and have less energy to spend on work.

Dragon : 1916, 1928, 1940, 1952, 1964, 1976, 1988, 2000

Dragon is very happy to see the pig. After a year of challenges by the yipping dog, the dragon is ready to sit at the banquet table and rest. The tired dragon must remember that the dog is not far away and the clouds of the dog year still dampen his fire. The pig year will bring fullness to the dragon who eats slowly. Self control does not come easily to the fierce dragon, but this year there is little energy stored after battling the dog. The wise dragon will spend resources with caution and build strength for new cycle starting with the rat year in 2008. Enjoy the quiet return to fullness and do not get frustrated at your weakness after battle with the dog all year in 2006. Your strength will return. This year plan trips and business ventures that will not need your full power. Success will come slowly. You will find many reasons for frustration with family and coworkers. It is not the fault of others that you cannot provide the energy you need this year. Control your fire breath and you will receive more assistance and find good fortune.

Chinese New Year: Zodiac 2007

Snake : 1917, 1929, 1941, 1953, 1965, 1977, 1989, 2001

The snake will find that he has not been invited to the pig's table. This year is a time of quiet for the snake to lie coiled and waiting for the rat year that will bring a new wave of good fortune. You may enjoy the company of friends and family, but successful results in business will be limited. It is not a good time to begin new ventures or to challenge decisions. Avoid conflicts — they will not bring good outcomes with the opposite pig sign ruling this year. The snake should enjoy home, food and limited travel while planning for the much better prospects coming when the opposing pig sign is no longer dominant. The rat and ox years ahead promise that this next 12 year cycle will be good to the patient snake who gathers resources and plans to move when the time is right.

Horse : 1918, 1930, 1942, 1954, 1966, 1978, 1990, 2002

The horse will be invited to the party, but may find it difficult to get there. The energy of the horse is very different than the pig. The neighboring snake, who sits alone, may try to keep the horse from the feast by hiding the invitations or slowing down the messengers. You may find your business fortunes are delayed by slow associates and misdirected or misunderstood memos. You will not win the favor of the pig with expensive gifts. Spend wisely to pace your resources to last through the coming challenges of the rat year.

Sheep / Goat : 1919, 1931, 1943, 1955, 1967, 1979, 1991, 2003

At pig's table, sheep has the seat of honored guest. Luck and good fortune in romance and business are the gifts offered to the lucky sign this year. Gifts of money may surprise the sheep. The pig smiles on family and will shower the sheep who becomes engaged or married during this year with many blessings. Sheep born in this year will receive good fortune from the banquet host. The shy sheep or one who cannot decide may miss the advantage of all the opportunities that this year brings.

Monkey : 1920, 1932, 1944, 1956, 1968, 1980, 1992, 2004

Monkey will be invited to share the fullness of the table. This year will bring good fortune in business but monkey tends to rush to finish and the pig is a slow, detail minded sign. Expect frustration and delays, but do not get discouraged. These are minor setbacks, not the ill fortune of the last two years. The rat year coming up in 2008 will allow you to enjoy the full benefits of your patient work this year. Take time out to enjoy the pleasant year, it will help you to overcome the small frustrations in business. Be prepared for travel — you may even change where you live. All will be in preparation for the good fortune which the rat will share with you in 2008.

Rooster : 1921, 1933, 1945, 1957, 1969, 1981, 1993, 2005

Rooster will be at the feast, but pig is modest and rooster enjoys strutting. Conservative pig has little patience for rooster's emotional displays. In the pig year it is best to work on compromise. The rooster will worry about his seat at the table. Don't be foolish. Stop worrying and enjoy the party. Good fortune comes to the rooster who can copy the pigs steady pace. This does not come easy to the proud rooster and you will find that success this year takes more work. Business may suffer small problems, but a steady pig approach to completing tasks and following through on plans will bring rewards.

Dog: 1910, 1922, 1934, 1946, 1958, 1970, 1982, 1994, 2006

The dog leaves the dominant energy of 2006 as the pig arrives to close the cycle. The dog will continue to enjoy good fortune, but should look inward during the pig year. The feast of the pig year will be enjoyed by the dog only if it is shared with family and friends. The dog is still full of energy and will find that this attracts new friends. Relationships that begin in this pig year may be a source of good fortune in the next 12 year cycle. Calm and relaxing activities are the best idea for the dog who wants to be prepared for the rat year of 2008.

OFASTITCH

MAKE TIME MANAGEMENT A LIFESTYLE

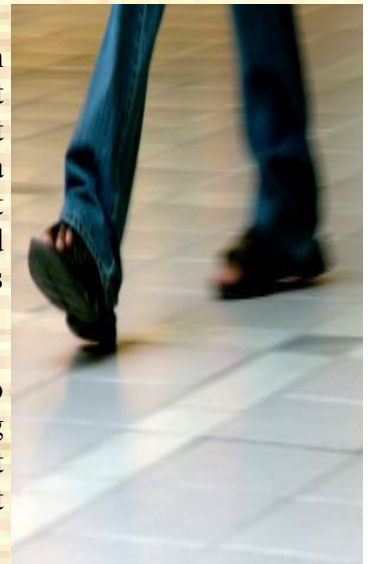
Most of us would like to accomplish more than what we are able to in a day. How many times have you felt that it would be so much easier if you only had a few more extra hours in a day to complete the various tasks that you have on your plate? And how many times have you wished that you could do with a lesser amount of stress and strain that your workload is causing you?

The thing you need to know to overcome this feeling of being over laden with work all the time is to be able to manage your time better. And the most important thing to understand is that time management is not something that you can do as and when you feel that work is getting difficult to handle. It is a lifestyle that you need to adopt and practice each and every day of your life! It is a habit that will lead you to a life where you have peace of mind, better and more efficient work churn out and more time on your hands to do the things you enjoy.

The other thing to appreciate when you start off on your journey to be able to manage your time better is to be prepared that this change that you are going to adopt in your lifestyle will take some time to internalise. It is not something that you can switch on at will. But also be aware of the fact that once this change has been made, life will be much smoother.

There are many techniques that you can adopt to help you in managing your time better and get a kick-start in this process. And the best technique to start with is to learn how to focus on the job at hand. This can be done once you have prepared a list and prioritised the tasks that you have on hand. But once you have decided to take up a particular job, don't let yourself get distracted on the way. Don't allow thoughts on other projects to mingle and disturb your thought process. Ensure that you are determined to complete the job at hand before you allow your mind to take detours into other arenas awaiting attention. Avoid taking any kind of breaks while you are at that task and ensure that you complete it before you consider a cup of coffee or a call that you need to make.

Learning the tricks of determination, concentration and discipline shall ensure that after a while you will get so used to focusing on the task that you are doing that you will not need to consciously drive out errant thoughts from entering. At this level, you can safely assume that you have learnt one of the tricks of time management that will ensure that your work gets finished on time and is far better in quality that it used to be earlier.



STOREFRONT

Greetings again from Aturan Puncak! We're bringing you yet another innovative and useful product. Most importantly of course they're cheap!



What is it?

If you enjoy taking walks in the park, I'm sure you're familiar with the phrase **"GET THOSE MUDDY FEET OFF MY FLOOR!"** being yelled at you by your wife or mother. Well with a shoe brush, you won't have to worry about that anymore. Just brush the soil off your soles and waltz right in. Our shoe brushes come in cute animal designs so they make great ornaments as well.

How much do they cost?

Shoe brushes retail for RM18.80, but Antah Group staff can purchase them at 20% off.

When and where can I order one?

Shoe brushes are available right now. Just contact Ricky at 012-3332888, Daniel at 012-9717750, or Azmira at 0193701770.

NEW!

Aturan Puncak is proud to present another high-quality product for your kitchen needs.

These airtight plastic containers not only keep your food fresh and flavourful, they look great too!

The containers come with a double TPR seal to prevent air and water from escaping. You can also regulate the airflow via an air-venting system, and keep track of expiry periods with a handy dial on the cover.

Antah Group staff can purchase them at RM21 for the square-shaped 4pc pack, and RM23 for the rectangle-shaped 3pc pack.

Contact Ricky at 012-3332888, Daniel at 012-9717750, or Azmira at 019-3701770 for orders.

Super Trolley!

And here's a home.. well, office-made advertisement depicting some interesting functions of our Super Trolley (as advertised in the August issue of Reflections).

See how strong they are? Order yours today!

Super Trolley – RM188.00 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!



Aturan Puncak is offering Antah Group employees the chance to purchase its products, at a 20% discount off retail price.

ANNOUNCEMENTS

Happy Birthday to you...

Antah Heath Lambert

1. Mohd. Hajizi – 10th February
2. Triptal – 18th February
3. Wan Amrah – 25th February

Asia-Pacific Videolab

1. KC – 13th February
2. Vik – 27th February

Granley Development & Construction

1. Dato' Goonting – 2nd February

Millennium Court

1. Noor Hafidza – 10th February

Syarikat Pesaka Antah

1. Vijayendran – 16th February

Send your comments and views to

Email: newsletter@antah.com.my

Or direct to the Editor:

Email: sasi@antah.com.my

To All Our Staff



From

ANTAH GROUP'S
Reflections

新春大吉

xīn chūn dà jí
God fortune in the New Year

