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REFLECTIONS EDITORIAL

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From the Editor's Desk

In a blink of an eye, we are on to our 4th edition and **REFLECTIONS** newsletter continues to grow. We have received words of encouragement, congratulations and useful ideas from all levels within the Antah Group. September will see our Muslim brothers and sisters observing the Holy month of Ramadan, hence the theme for this month's edition and Pn. Arfah has graciously written a short yet poignantly wonderful poem for **REFLECTIONS** on the subject.

Mr. Murali or fondly known as Jie, is our popular personality of the month. Based in Millennium Court, find out what makes this man sit up and go vroooooom! Hold your breath as *IT's Useful* section brings you *IrfanView*, *KLite Codec Pack* and *Babel Fish*. Read on to find out what they are and how you can use them.

Plenty of activities both in and out of the office and we have captured them here for you. Daniel brings you his pundit views on Futsal League Malaysia's much awaited Antah Futsal League and the 8 teams competing for the coveted FLM Trophy. Making the headlines and beaming with pride is our team from DirectHere, find out what they have been up to. The Antah Recreational Club Games kicked off with Carom and Bowling and you can look out for more as ARC prepares for a grand 25th Anniversary Celebration. Want to know why humour is necessary for a happy, healthy life? Turn to *OFASTITCH* and learn to use the *CHIP*.

We introduce a new regular column called *Royal Rendezvous*. It is a column initiated by us to bring you closer to the Royal Family and the **REFLECTIONS' Roving Reporters**, Daniel and I, went knocking on Y.A.M. Tunku Dato' Seri Nadzaruddin's door and we bring you his views on life, passion and things that matters most.

It was a joyous occasion tinged with sadness as we bid 'Farewell' to our lovely Group Communications Manager, Santha Chitty. Joyous as she is now retired, sad as we will miss her bubbly, friendly and very approachable personality. The occasion was a Retirement High Tea Party held at the ART Centre, Wisma Antah. Santha has served the Group for well over 30 years and it was truly an honour to have so many of us there to celebrate her dedication and wish her all the best, and yes, who can forget the sumptuous spread! We took some snapshots and share them here with you.

*"Don't be dismayed at goodbyes,
a farewell is necessary
before you can meet again
and meeting again,
after moments or lifetimes,
is certain for those who are friends."
- Richard Bach*

Well, I bid you adieu for now.

M.S. Sasidharan
Editor of the Month

Ramadhan to me is the month of REFLECTIONS ...

*Time to reflect on whether
you have given your best in
everything that you've done,
And time to be a better Muslim
and person in the days to come,
The theme for the month will be
in the forgiving and the joy of
giving,
Reflecting on why this life is
worth living.*

- ARFAH ABU BAKAR

ROYAL RENDEZVOUS

With

Y.A.M. Tunku Dato' Seri Nadzaruddin Ibni Tuanku Ja'afar

Executive Director of Syarikat Pesaka Antah Sdn Bhd

By M.S. Sasidharan and Daniel Pang

Y.A.M. Tunku graciously agreed to our request to feature him in this brand new column. Our nerves were quickly put at ease as he welcomed us into his newly refurbished office for a light hearted interview. We bring you our rendezvous with Y.A.M. Tunku...

On growing up in the Royal household...

Y.A.M. Tunku had his early education at the St. Paul's primary school up to Standard 6 and went on to King George V although he was there only up to Form 2. He completed his studies in the UK at the Cheltenham College before gaining a degree in mathematics for Business from Middlesex University, England.

"I had a normal education and there were no special favours as I still got smacked on the hand for not doing schoolwork."

There were plenty of Royal duties as well and Y.A.M. Tunku was already attending Investiture ceremonies at the Palace when he was 9 or 10 years old.

On being pampered or bullied...

Y.A.M. Tunku had his fair share of being bullied by his siblings. For example, whilst on a holiday in Alexandria when he was 4 or 5 years old, he was sitting by the beach when a big wave hit and the rest of them were watching him to see how he would react, or the time in UK when he was dared to walk on a window ledge of the apartment they were staying in.

"And then there were times when they would flick my ears when no one was watching"

On life...

"Life is short, so it is important to enjoy what you do. Between the ages of 20 and 30 life is all about learning and grappling with ideas of work, trying to find ones passion. From 30 onwards, you start to set your mind on doing things that you enjoy".

Y.A.M. Tunku's passion in achieving goals in life is apparent from this short interview as he spoke about making a mark and gaining a place on the 'map of achievements'. He put it rather poignantly by referring to an analogy of driving from Kuala Lumpur to Johor Bharu. "You will have to drive past Seremban, then Malacca etc. before reaching JB. These are milestones. Just as one has to achieve such milestones in life, one has to go through various phases.

... I still got smacked on the hand for not doing schoolwork...

He further stated that having established Futsal League Malaysia, promoting the game was one of the milestones he is aiming to achieve as there is a lot of room for improvement in Malaysia where football is concerned.

"We must develop and nurture talents starting at the grass-root level."

On his marriage and children...

They met as part of a social group and soon met often before eventually going out on dates. Y.A.M. Tunku is wed to Y.M. Tunku Mimi and they are blessed with three lovely children, two boys aged 7 and 5 and a beautiful daughter who will turn 3 this month.

"They are the best thing that has happened to me and it is truly amazing to see them grow. I will encourage them to follow their dreams and what they are passionate about, at the same time will encourage them to focus also on things that will provide them with financial security"



ROYAL RENDEZVOUS continued from previous page

On hobbies and sports...

We were amazed at the number of sports that Y.A.M Tunku was involved in and the list seemed never ending. He had played sports such as squash, tennis, badminton, football, rugby, hockey and fives and also tried kickboxing, jet skiing, scuba diving, skiing and amazingly, ultra-light flying! He even formed a rock band when he was in his 30s, and learned bass guitar, even though he did not consider himself to be 'musically talented'. The band played gigs at the Hard Rock Café, private parties and for friends' birthdays.

On work and business and future of Antah Group...

Y.A.M. Tunku's philosophy is, to find businesses that can grow to be global in nature. The Group's businesses today have a potential of growing locally as well as worldwide as long as we have the know-how and strength of management to push them through.

"We must become a multibillion dollar business eventually"

Words of Wisdom...

We were taken on a journey into one man's passion for work and the desire to live life to the fullest and to achieve his goals. As a parting thought, Y.A.M. Tunku encourages us with these words of wisdom;

"You must live life to the fullest.

Now is the time to do it and you must do it while you are young.

As long as you give your best in everything you do, no matter what others say, you know you have given it your best."

*"You must live life to the fullest.
Now is the time to do it and you must do it while you are young.
As long as you give your best in everything you do, no matter what others say, you know you have given it your best."*

A MILESTONE FOR DIRECTHERE

Kudos to DirectHere! The team comprising Sattar Mohamed, Stephen Tong, Mazlan Mohd Ibrahim, Sudhakar, Jed Nathaniel David and Koh Chuan Yong achieved a remarkable milestone on Saturday 19th August 2006, when the website they created for Universiti Malaya's CITRA (Centre for Industrial Training and Relations), was officially launched by Y.A.M. Tunku Dato' Seri Nadzaruddin Ibni Tuanku Ja'afar at the University's Dewan Tunku Canselor. Among the VIPs attending the event were the University's Chairman of the Board of Directors, Y. Bhg. Tan Sri Datuk Dr. Arshad Ayub and the Director of CITRA, Professor Dr. Marohaini Yusoff.

CITRA was formed to create industry-university collaboration providing students with easier entry into industrial preparation programs and training placements as required by their respective courses of study.

The website created by DirectHere Sdn. Bhd. will enable students to register for industrial training courses, seminars and workshops online, generating time and cost savings for both the Centre and students, thus effectively eliminating any need to manually process applications or print brochures and fliers.

Attended by over 3000 students, the event was a resounding success as never before had a CITRA event been so well attended. Congratulations once again to DirectHere Sdn. Bhd.

To visit this website, please go to www.directhere.com/citra





G. MURALI

This month's **On The Lighter Side** honour goes to our very own Mr. Tall, Dark and (arguably) Handsome Dude, Mr. **G. Murali**. Known to most of us as Jie, this affable person also goes with other names; Mr. Fixit, Mr. Information, and one regular caller even insists his name is *Mr. Jim Laly!* Whatever name he goes by, believe me, they are all good names. Our Mr. Nice Guy is also a loving and devoted husband as well as a doting father to his two kids. Just check out his handphone – you'll see pictures of his two kids on the screen instead of Angelina Jolie et al.

1. What's your stress reliever?

Being with my wonderful wife and taking care of my two kids.

2. Three words to describe yourself:

- a. Family
- b. Loyalty
- c. Helpful

3. Jessica Alba or Aishwarya Rai?

My Wife.

4. Any Big Boys' Toys?

My dream bike Honda CBR 600RR.



5. What scares you?

War and people who are dishonest.

6. Pet peeves?

Conceited and insincere people.

7. Can't live without?

My wife and two children.

8. What's your favourite line?

Be happy in whatever you do and always give your best.

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

equality for all and a world with fewer discriminations.

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

stop war and make the world a peaceful and harmonious place to live in.

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

my wife and kids.

12. Titanic is ...

my wife's nickname for me.

13. You will never see me...

going down with the Titanic!!

14. If I were Superman,

I would build an island for all crooks. Drop them off and watch the fun 'Survivor' style.

15. Draw yourself having fun



ANTAH FUTSAL LEAGUE (AFL)

Having received enthusiastic backing from Antah Group companies, the inaugural FLM Antah Futsal League kicked off on the 10th of August. We saw the return of teams from the old FLM Ladder Games as well as some new faces.

The league is into its 3rd week now and has been providing spectators with some action-packed games that were full of suspense. The highly coveted league trophy is what makes the teams extremely competitive and nobody wants to let it out of their sights.

Here is the lowdown on all the teams:

SPA Rovers

Sponsor: Syarikat Pesaka Antah

The team from the parent company is the youngest, with an average age of 24. The team is newly formed, yet despite their lack of experience, they will look to make up for it with fighting spirit and determination.

Tijaz Tigers

Sponsor: Tijaz Corporation

Highly regarded as the best team in the league, the Tigers are a compact, cohesive unit of skilful individual players. Competitive and aggressive, the Tigers are clearly the team to beat.

Jimah Red Lightning

Sponsor: Jimah O&M

Formerly known as the 8 Wonders, the Red Lightning is a young and dangerous team whose teamwork and flair make them strong contenders for the title.

APV Zombies

Sponsor: Asia-Pacific Videolab

A relatively young team, the Zombies have good individual players but tend to struggle to operate as a unit. Not title contenders but they will certainly put up a good fight against anyone who gets in their way.

AHL Whitesnakes

Sponsor: Antah Heath Lambert

The ageing Whitesnakes make up for their lack of youthfulness and pace by playing with strength and intelligence. Renowned for their sportsmanship, the Whitesnakes will look to leave a strong impression in the league.

Real MC

Sponsor: Pasak Kukuh Development (Millennium Court)

A deadly blend of youth and experience, Real are definitely contenders for the title. Their players are skilful and lightning-quick, so opponents should be extremely wary of their counter-attacking style.

AHG Titans

Sponsor: Antah Healthcare Group

A solid team of futsal veterans, the Titans have an abundance of experienced players to draw upon. With the largest crowd of vocal supporters constantly cheering them on, the Titans are clearly one of the league's dark horses for the title.

Metro Melco

Sponsor: Antah Melco

Another team of newcomers, Metro are calm and tricky opponents. They are a little lightweight in defence but certainly potent in attack, so teams should not take them lightly.



League games are played every **Thursday from 7 – 9pm at Sports City PJ**. Everyone is encouraged to come and support their teams, and add to the atmosphere. For more details on how to get there, contact *Daniel Pang at 012 971 7750*.

Snazzy Snapshots

It's not all about work, work and more work here in Antah Group as you can well see from the many snazzy snapshots from paparazzi photographer. We will try to bring you pictures of people in the Group at their best. Now, now! It may not be the glitz and glamour of Hollywood-Bollywood, nevertheless, armed with a digital camera, we are here to bring you, YOU in your best! SMILE! (Click! Click!)

Here are some snappy snippets taken during Santha Chitty's Retirement High Tea Party, our Antah Futsal League players in action, the recent ARC Bowling competition at 1-U Bowl as well as the recent Paintball Challenge held at the Eagle Ranch in Port Dickson and organised by Paintball United.



Humor on the job – Strategies for Success

Dave had a good job in an orange juice factory, but he got canned. He just couldn't concentrate.

OK, that may not be the funniest joke in the world, but humor on the job may be more important than you think. Believe it or not, laughter can bring people together, make them more creative, and even improve their health. Therefore this month, my focus is on FUN. Let me enlighten you on 'The Humor **CHIP**'.

Making the **CONNECTION**- Humor exists all around us. Just read E-mails, look at bulletin boards, or listen carefully to what the boss has to say. Humor can build rapport between workers and create a positive, relaxed atmosphere where people feel trusted. Trust can increase teamwork and productivity on the job, as well as make the office a much more pleasant place in which to work.

Rachel studied long and hard to become a doctor until she found that she just didn't have any patients.

HEALTH in Humor—'Laughter Is The Best Medicine' and this is true indeed. It reduces tension, lowers blood pressure, and creates all sorts of other good stuff. Medical studies confirm that laughter can achieve blood pressure benefits, allows lungs to work more efficiently, and release a wide range of natural chemicals that relieve pain and improve body's functions.

Doug was hired to clear brush last summer, but he couldn't back it. Then they gave him the axe.

Finding **INSPIRATION**-- Why not add a bit of "the creativity spark" before you start meetings etc? Create the spark by letting groups have fun. Sometimes they act out silly stories or play games. Humor and creativity are alike in that they ask us to look at the world in different ways. When we lower our inhibitions and take risks, we can develop truly exciting ideas and creative solutions to problems.

Maria was working her way through school to become a baker, but she ran out of dough.

Keeping it in **PERSPECTIVE**—I studied to become a lawyer but now make my living working with the Antah Group and here I am writing about the importance of humor. It is only apt that I write about lawyers and laughter!

What could I possibly tell lawyers about laughter? Many lawyers take themselves much too seriously, and they get themselves into trouble. Ego gets in the way of doing a good job. Instead of thinking about what's best for the client, they take action to make themselves look brilliant. If I had continued on to become a lawyer after graduation, perhaps I would not have as many 'funny-bones' left in me as I do now!

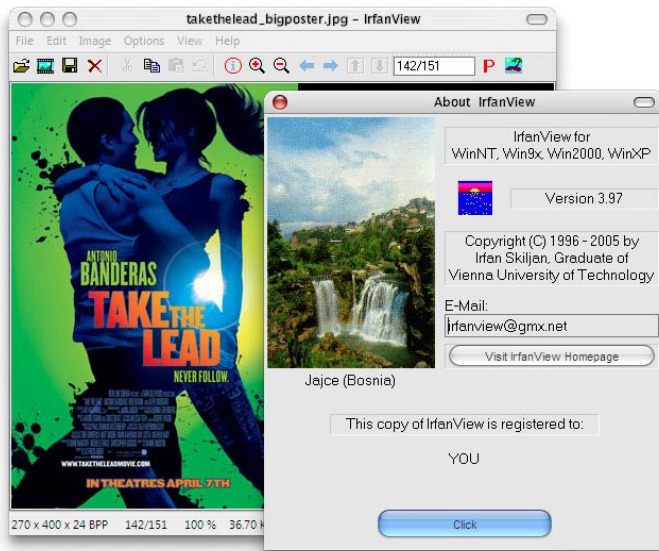
Humor, particularly is the ability to laugh at yourself, and has a way of reminding us that we're really not as important as we sometimes think. In the end, the best advice is to remember not to take yourself too seriously.

Always laugh at yourself first. The key is to take yourself less seriously, but take your career more seriously. Laugh at yourself. Make a mistake. Laugh it off. Move on. We need people at all levels who can think creatively. The ability to laugh and have fun means that you can look at things differently. Try to make laughter a regular part of your work. It's more than just funny business. It's good for everyone. So go on and put that humor **CHIP** in you today!

Jose thought he wanted to be a plumber, but in the end he found it too draining.

Alexa really wanted to be a hairstylist, but she couldn't cut it.

Rick couldn't make it as a shoe salesperson. You see, he just didn't fit in.



Life's already hectic with our daily tasks so why burden ourselves with little annoyances like problems emailing large image files, not being able to listen to a media file or understanding a foreign language.

Below are 2 software I've installed in ALL pcs I've used and the last is the only website I've used for translation purposes.

IRFANVIEW

You've got image files of your newborn baby but most of them are dark. How do you fix that to make it brighter? And forget about emailing the whole 30-odd collection as they are bigger than most emailboxes allow.

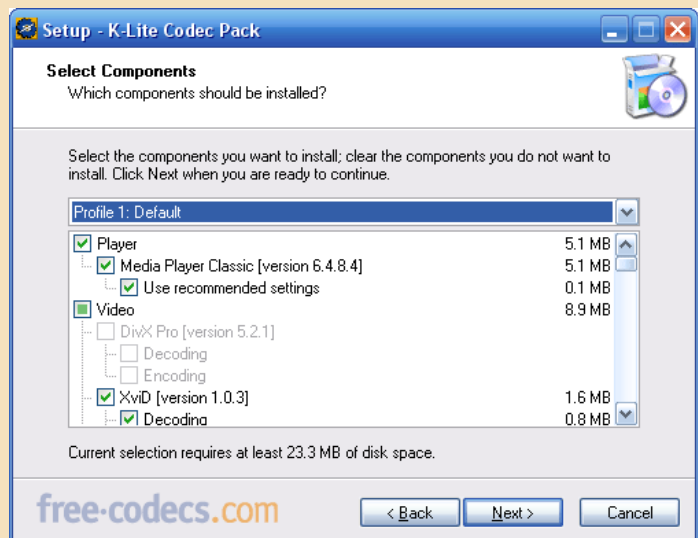
Enter IrfanView; this image viewer can view almost all image formats - regular or thumbnails, make 'artistic' adjustments to your images, resize images, and save them in a format most people are comfortable with.

<http://www.irfanview.com/>

K-LITE MEGA CODEC PACK

K-Lite Codec Pack is a collection of codecs and related tools. Codec is short for Compressor-Decompressor. Codecs are needed for encoding and decoding (playing) audio and video. It is designed as a user-friendly solution for playing all your video files. You should be able to play all the popular movie formats and even some rare formats. Yes, you can even play Quicktime and Realmedia files *without* having to install those software or plugins. Best of all, this codec pack is regularly updated bringing to you the latest codecs.

http://www.codecguide.com/about_mega.htm



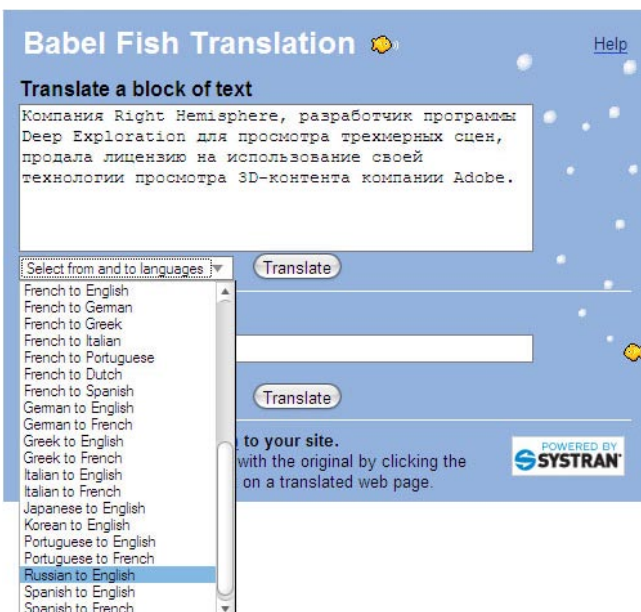
BABEL FISH TRANSLATION

<http://babelfish.altavista.com>

Someone sends you an email with this line of text: **Компания Right Hemisphere, разработчик программы Deep Exploration для просмотра трехмерных сцен, продала лицензию на использование своей технологии просмотра 3D-контента компании Adobe.** Sure you understand a few of the English words but the rest is surely Greek (or Russian in this case!) to most of you. So what do you do?

Easy; surf to <http://babelfish.altavista.com/>.

Paste in the foreign text, select the *from and to language* from the drop-down menu, click the **TRANSLATE** button and googledygoock is now English... kinda.



Adieu Santha Chitty

The Reflections team would like to extend their best wishes to Ms. Santha Chitty who has recently retired after serving the Antah Group for more than 30 years. We hope she enjoys good fortune with all her future endeavours. We will miss you!



MC Nite Market

In case you missed the recent MC Nite Market that was held again in August, don't fret. This event will be held at Millennium Court on the first Wednesday of every month. So be sure to mark it down on your calendar. Happy Shopping!

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!*

Antah Recreational Club Games

The ARC Games have kicked off, starting with the Carom competition. There were 8 contenders for the men's trophy, and just 2 for the women's. More competitions have been planned including bowling, scrabble, table tennis, pool and darts. Apart from sports, karaoke enthusiasts can look forward to the ARC Karaoke Idol Competition as well.

Winners will receive their awards at the ARC's Annual Dinner and Dance and this year it will be extra special with ARC celebrating its Silver Anniversary. Stay tuned for more announcements on game schedules and other ARC activities.

Mandarin Classes

Nimen hao! Our dear laoshi Elvin Kong is holding Mandarin Classes at SPA after work every Tuesday and Wednesday. Registrations are now closed, but keep an eye out for any updates.

BIRTHDAYS

Antah Heath Lambert

Hasnizan – 15th September
Faizal - 17th September

Asia-Pacific Videolab

Wai San – 22nd September
Zauyah – 30th September

DirectHere

Mazlan – 2nd September
Vivian – 7th September
Sattar – 22nd September

Granley Development & Construction

Tunku Myra – 28th September

Syarikat Pesaka Antah

Sasi – 1st September
KK Choo – 10th September

Tijaz Corporation

Tengku AI – 3rd September

GOODBYES

Norhayati bt Yusof - SPA

HELLOS

Raezleen bt Roslan

Accounts Officer - SPA

APOLOGIES

Oops! We apologise to Ms Molly Yap for getting her Birthday wrong in our August Edition.

REFLECTIONS welcomes editorial and image submissions to newsletter@antah.com.my

Need our past issues?
Download them from
<http://www.antah.com.my/spa/spareflections.cfm>