

# 3<sup>rd</sup> edition is here!

Brimming full  
of exciting and refreshing  
CDC community news  
and happenings.

In this issue, we focus on  
two awards recently won;

**‘Malaysia’s Prominent Information  
Technology Company’  
-Anugerah Merdeka**

**‘BEST TELECENTRE INITIATIVE  
OF THE YEAR’-eWorld 2012.**

So what are you waiting for?  
Take a breather and flip through our pages!



#### BRC Snapshot

70% of Suppliers found that  
ePerolehan enhances the  
security of Government  
procurement.

Do send us any materials to:  
[cdc.news@commercedc.com.my](mailto:cdc.news@commercedc.com.my)



## EDITOR'S NOTE

CDC eBytes 3rd edition is here!  
Brimming full of exciting CDC  
community news and happenings.

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Executive Chairman

#### Editor-In-Chief:

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Hi and welcome to another issue of our eBytes. It's been a while since the last issue but fret not; we have bumped the number of pages for your reading pleasure.

Apart from the normal department updates, we have also included lots of tips and advices on how to cope with our daily grind. We believe that working in a fast pace environment such as ours, all of us need some good guides on how to stay physically and mentally fit at all times.

You will find in the Lifestyle section of this eBytes, you will find tips on how to avoid straining ourselves from looking too much at the computer screen. And to those who like to travel, we have included the 'do's' and 'don'ts' while on the move.

For the ladies; yes we have not forgotten what the ladies love; we have fashion tips. This time we feature the trends to look for that are hot currently.

We also went around our colleagues to hear what they say about a very sticky issue — the Medical Certificate or MC. Our friends at GM, CSM gave their views and we publish them here to let all of us know what they really think of 'sick leave'.

All in all we feel that there is much to enjoy in this issue of our eBytes. We the CDC workforce were involved in various activities and functions; be it CDC specific as well as for ePerolehan.

It is heartening that both our organisations are well gelled together, strongly bonded in working towards a common goal. We happily played, celebrated and worked together countless times, as shown through the pages of this issue of eBytes.

It is the spirit that we need to nurture and keep so that both ePerolehan Unit and CDC could prosper in whatever endeavour we faced together.

With that note, I wish you all a happy reading and Cheerio!

See you in the next issue...  
Lilian Ang



Valuable





## A New Dimension!

**We are honoured to be recognised as 'Malaysia's Prominent Information Technology Company' in the 3rd Malaysia Independence Award / Anugerah Merdeka**

It is the motivation for us as we embark on strengthening our brand along with compelling growth drivers that will transform us into a global powerhouse in public sector e-Procurement.

***We thank our customers, board of directors, employees, stakeholders and partners for their support towards realizing our bold vision.***

A company under



commercedotcom



# CDC is 'Malaysia's Prominent Information Technology Company'

**CDCeBytes**  
Bringing you the latest updates

SCA UPDATE

Petaling Jaya, 3 September – Commerce Dot Com Sdn. Bhd. (CDCSB), the solutions provider for the Malaysian Government electronic procurement system, ePerolehan has been awarded as 'Malaysia's Prominent Information Technology Company' at the 3rd Malaysia Independence Award 1957 @ Anugerah Merdeka. The award gala dinner held on Sunday, 2 September was conferred by the co-organisers Branding and Franchise Magazine, SME Global Centre and CEO Club Malaysia.

Commemorating Malaysia's 55th Merdeka celebration, the award is in recognition of CDCSBs longstanding achievements in the development of the Malaysian Government electronic procurement project for the past 12 years and the company's contribution in propelling the information technology sector for the nation. The ePerolehan is one of the leading flagship application used by the Government in its electronic government initiative, it spearheaded usage of electronic commerce not only among corporations but also ordinary business people.

The second award garnered by CDCSB after winning the 'Best Telecentre Initiative of the Year' award at the eWorld Awards 2012, New Delhi, India in June recently, is another shining evidence that CDCSB is working hard towards making ePerolehan more widespread among businesses dealing with the Government. It is also an on-going effort to position the



*"We are thrilled to receive the award as the company is currently in full gear to tap on the latest best of breed technology in order to make ePerolehan future-proof and at the same time for the company to seek new opportunities globally".*

ePerolehan project as an exemplary model of a large-scale ICT development in the public sector.

According to CDCSB Executive Chairman, Syed Azmin Syed Nor, the award symbolises the company's unwavering commitments and resilience in enduring many challenges during the early phase of the project. The success of the project was dedicated to its continuous product development and unique change management support for the communities. He stressed that the company has so far contributed in the development of approximately 350 local talents and has worked with more than 180 local project partners throughout the project implementation.

In addition, Syed Azmin also noted that CDCSB, after 12 years of hard work, his company is ready to initiate the next generation of the ePerolehan system. The new version electronic procurement system is going to be a more robust and versatile application that will propel the nation's electronic commerce to greater heights.

The award was conferred by the Yang di-Pertua Negeri of Melaka, Tun Datuk Seri Utama Mohd Khalil Yaakob at Grand Dorsett Subang Hotel. Representing CDCSB that evening to receive the award was Senior Vice President of the company, Muzafar Kamal Shahaluddin. The award ceremony was attended by more than 120 guests.





# ePerolehan Impresses Even China

**CDCeBytes**  
Bringing you the latest updates

SCA UPDATE



Although China is more advanced in terms of e-commerce and other online trade applications, delegates from the Beijing Municipality were still impressed with ePerolehan. To them, the locally designed and built application has some attributes that really set it apart from other systems.

The most important, according to the head of the eight member delegation, Zhu Yan, the most impressive element in the system to them is the direct payment to supplier feature.

"We never thought of paying our suppliers directly into their bank accounts through our system. This feature is simply brilliant, we are truly impressed by ePerolehan," the Deputy Secretary General Beijing Municipal People's Government said after being briefed by ePerolehan Unit and Commerce Dot Com Sdn Bhd (CDC).

He further added that the feature is not only economically effective but saves time as well.

"We never thought of paying our suppliers directly into their bank accounts through our system. This feature is simply brilliant, we are truly impressed by ePerolehan," **Zhu Yan, Deputy Secretary General Beijing Municipal People's Government**



The delegates visited ePerolehan Unit on Wednesday, 13 June to compare various electronic procurement and electronic government initiatives implemented by Malaysia. Their visit to the unit was hosted by Electronic Procurement Project Director, Ministry of Finance, Dato' Shukor Ibrahim, accompanied by his deputy, Puan Nor'aini Abdul Razak, and other officials from the unit. After Dato' Shukor's welcoming address, Nursyafina Mohd Yusoff of ePerolehan Unit gave an introduction on the system and its policies. She was followed by Lee Ming Ming of Technology, CDC who eloquently described the workings of the system to the delegates in Mandarin.

The session at ePerolehan Unit was a lively affair as the delegates were clearly interested on how ePerolehan really works and were asking questions after questions. They also compared notes with ePerolehan and CDC on their own system in Beijing. It was clearly a very informative event, not only to the visitors but also to both ePerolehan Unit and CDC respectively. It was also a nice consolation that even a big municipality like Beijing with a population of 20 million people has found features in the ePerolehan system that are really impressive.





## Malaysia Slogan Competition

CDCeBytes  
Bringing you the latest updates!

SCA UPDATE

### Contest Winner

Heartiest congratulations to En. Nor Irifhan B. Nor Azman for winning the eP 1 Malaysia Slogan Contest. The winner took home RM1,500 for his creativity and here is the winning slogan :

**1eP** medium  
perolehan  
strategik



@cdc  
*market  
corner*



Do you have something lying around that you want to offload? If the answer is yes, we are laying an avenue for you to let go of the stuff. This Market Corner is not only restricted to items/stuff, it is also open to services such as baking, photography and videography.

So, for those who are interested, please email your name, contact number, item description as well as the picture of the item to :

[cdc.news@commercedc.com.my](mailto:cdc.news@commercedc.com.my)





# ePerolehan Unit/ CDC Berbuka Puasa

**CDCeBytes**  
Bringing you the latest updates!

SCA UPDATE



The berbuka puasa held at Bayou Coffee House, Kelab Komuniti Taman Tasek Cyberjaya was a jovial affair for those attended the do. Simple, yet merry, it attracted 150 ePerolehan Unit and CDC staff on 2 August 2012 for a hearty spread of berbuka buffet.

Jointly organised by ePerolehan Unit and CDC, not only the berbuka puasa attracted ordinary staff but also top echelons of both organisations. The two top men; the Electronic Procurement Project Director, Ministry of Finance, Dato' Abd Shukor Ibrahim and CDC Chairman, Tuan Syed Azmin Syed Nor were also present, making the do merrier.



The buffet spread consists of three main themes, namely; local, western and northern Indian dishes that really suited the taste buds.



The food looked delicious and was quickly snapped up by those at the berbuka puasa. Fortunately, the coffee house operator quickly replenished the empty chaffing dishes so food is enough for second and third servings by everyone. Before the breaking of fast, a simple farewell ceremony was conducted for five ePerolehan Unit staff who were posted to other Government departments or agencies, or taken extended unpaid leave. Among them were Nurshafina Mohd Yusoff who is following her husband to Saudi Arabia and Adawiyah Ahdan who is furthering her studies.



So cordial was the atmosphere during the berbuka puasa that some stayed back to continue chatting until later in the evening.





# Something to ponder upon...

**The universe has no favourites:**

Your success and happiness depend on natural laws and principles, and how you use them.

**Your life is a reflection of your beliefs:**

When you change your deepest beliefs about the world, your life changes accordingly.

**The moment you get too attached to things, people, money...you screw it up!**

The challenge of life is to appreciate everything and attach yourself to nothing.

**Follow your heart:**

Your mission in life is not to be without problems-your mission is to get EXCITED!



# CDCeBytes

Bringing you the latest update!



SCA UPDATE

It was indeed a happy day for all of us during our Happy Day at Kelab Komuniti Taman Tasek Cyberjaya on Saturday. Not only we strengthen our bond with our colleagues, but also spent a jolly quality time with our families as well on that day.

Happy faces were seen right from the start of the day at 8am that began with an aerobic session conducted by our very own qualified instructor, Ayuni of Finance. She led a sequence of exercises that excites us all that lasted approximately 20 minutes.

Free flow of food was served right from the beginning of registration until the end of the day.



The atmosphere was very jubilant as we played games or just rested and relaxed; taking a much needed break from our busy daily schedule and soak in the serene and calming atmosphere of the park. The shady and breezy environs were really invigorating and refreshing although the sun was shining brightly.

Children were seen frolicking and playing happily on the grounds and some; like their parents took comfort in the hammocks hanging among the trees. It was a sight to behold.

We thank the committees involved in organising the Happy Day as they had worked hard to make the day a joyful and memorable one for all of us. Kudos for the good job done!

The yardstick to the success of the Happy Day was of course, the smiles that radiate from our faces after the day ended, although we wished it could have been a bit longer. Like all good things, it has to end sometime and we cherished the memory of what a fine day it was. Hope to see you all on another Happy Day next year!





# Suara eP is online!

**CDCeBytes**  
Bringing you the latest updates!

SCA UPDATE



## Portal Rasmi Perolehan Kerajaan Malaysia



KERAJAAN

PEMBEKAL

MENGENAI eP

PRODUK & PERKHIDMATAN

MUAT TURUN

BANTUAN



Log Masuk  
Sistem ePerolehan



Pendaftaran  
Pembekal/Pe

Latar Belakang MSC

Kerajaan Elektronik

ePerolehan

Piagam Pelanggan

Pekeliling

**Suara eP**

Video Gallery

Statistik Sistem eP



Pendaftaran  
Medium Akses



Akses Maklumat  
Pembekal



Log Masuk  
eCat

Statistik

Hit Paparan Kandungan : 1048023

Muat Turun: 54323



**Makluman Tender/  
Sebutharga/eBidding**

→ Notis Pembatalan eBidding  
Sebutharga Membekal, Mer  
Membuat Konfigurasi,...

→ Ralat Sebut Harga Bagi Mer  
Memasang, Menguji Dan M  
Komputer Riba...

→ Perubahan Tawaran Kewangan T174  
( Y0204120504120050 )

tan Atas Talian (dari 1 Jan 2012 sehingga 31 Ogos 2012)

Kontrak Kementerian: 155,709

Sebut Harga: 2,40

eBidding: 606

Tender: 578



→ So

→ No

→ Per

Per

Not

Tel

To all Suara eP magazine fans, not only can you get the magazine in printed form, it's also now available online at the ePerolehan website.

Please take a look to know the latest updates on eP-CDC staff events and activities. Visit

<http://home.eperolehan.com.my/v2/index.php/bm/mengenai-ep/suara-ep>

to get your dose of Suara eP anywhere, anytime.



# PM Visits Melaka ePC

CDCeBytes  
Bringing you the latest updates!

eP CENTRE

It was a historic day for Commerce Dot Com Sdn Bhd and ePerolehan when Datuk Seri Najib Tun Abd Razak visited the ePC at Melaka Urban Transformation Centre (UTC), Jalan Hang Tuah on Saturday, 23 June recently.

After officially launching the Melaka UTC earlier, he made a tour of the facilities housed in the building. Knowing the PM's tight schedule, his visit to the ePC was a pleasant surprise for all.

Despite the brief moment he was at the ePC, it was a memorable for all the staffs manning the centre. The PM even took the time to ask whether our system is already online when he was there.

As for Mohd Firdaus Tonnar, his meeting with the country's number one leader was like a dream. "We expected he would drop by our office, but I still couldn't believe I shook hands with the PM," Firdaus who is from ePC PJ and on attachment to Melaka ePC said.



"We expected he would drop by our office, but I still couldn't believe I shook hands with the PM," mohd firdaus tonnan , ePC



Earlier on, the Melaka ePC staff comprising Firdaus, Syful Faizi Shahabuddin and Noor Aliff Abd Wahid made the necessary preparations for the PM's visit. They decorated the office to make it more presentable for the VVIP visitor.

Also present during the PM's visit to Melaka ePC was ePC Vice President Rozhan Yahya. On the same day CDC also supported the Ministry of Finance (MoF) and ePerolehan Unit in running a booth at the carnival organised in conjunction with the Melaka UTC launch at the same location.



# Strategically located ePCs at UTCs Show Encouraging Performance

**CDCeBytes**  
Bringing you the latest updates!

eP CENTRE

Supporting the Government's call for the peoples' better access to its services, CDCSB have opened up eP Centres (ePC) at Urban Transformation Centres (UTC). Beginning with the one in Melaka that became operational last June, more are in the pipeline at major cities around the country.

So far, the ePC at UTC Melaka have shown encouraging performance by making nearly 10 per cent jump in profit (equivalent to RM53,391) in its first two months of operations. ePC Vice President, Rozhan Yahya said the success was driven by the publics' visit to the UTC after working hours.

This is due to the 12 hour daily operations beginning 9 am until 9 pm, seven days a week with three staff manning the centre at all times. On top of that, it is fully equipped for customers to access the ePerolehan system on site.

On 10 September, the second ePC at UTC was operational, this time at Pudu Sentral, Kuala Lumpur. It too has attracted quite a number of transactions so far, judging by the amount of suppliers registering at the centre.

Future plans foresee that each state that has a UTC will locate two ePC each.

"We see the need to have ePC at UTC to fulfil our target to open up 35 ePC throughout the NextGen eP programme. We give priority to locate ePC at UTC to speed up the growth and to date we have 14 ePC throughout the country".

"By the end of the year we could have 19 ePC operational," said Rozhan when met at his office.

He further added around October, new ePC earmarked for operations are in Sandakan, Miri and Johor Bharu (relocation).



En. Rozhan Yahya  
Vice President, ePC

"By the end of the year  
we could have 19 ePC  
operational,"



# Kuching & Kota Kinabalu PTJ Briefing

**CDCeBytes**  
Bringing you the latest updates

CSM UPDATE

## Sarawak saw RM213 million worth of Ministry Contract transactions in F1 of 2012

In the first half of the year, Sarawak saw 15,426 Ministry Contract transactions via ePerolehan worth RM212.89 million. At the same time, the whole nation went through 111,963 Ministry Contract transactions valued at RM3.464 billion. So far, the Ministry of Health topped all ministries in the state in terms of procurement.

The figures were revealed by Federal Finance Officer, Sarawak Federal Treasury, Datu Hajjah Jabitah Monseri while opening the briefing session on the upgrade of Ministry Contract module, procurement planning in ePerolehan and new Category Code for government procurement via the ePerolehan system. She also said that the Treasury encourages all federal ministries and its agencies in Sarawak to use ePerolehan extensively.

"We at Sarawak Federal Procurement Board feel more comfortable if PTJs do their procurement through ePerolehan because all details are already in there. This simplifies our job in shortlisting a minimum of three participants; while the rest is up to the agencies concerned to decide," Datu Jabitah said.

Some 500 participants from more than 230 Responsibility Centres (Pusat Tanggung Jawab - PTJ) around the state attended the two-day event that began on 9 July. The briefing was organised by ePerolehan Unit, Ministry of Finance, Sarawak Federal Treasury and supported by CDC was held at the Taxation Academy of the Inland Revenue Board, Jalan Tabuan, Kuching. Speakers on the awareness programme include En. Yahya Hazly Adam (on Ministry Contract module), En. Nor Irphan Nor Azman (on Procurement Plan) from ePerolehan Unit, as well as En. Ismail Muhamed (on new Category Code) of Company Registration Unit of the Ministry of Finance.



"We at Sarawak Federal Procurement Board feel more comfortable if PTJs do their procurement through ePerolehan because all details are already in there. This simplifies our job in shortlisting a minimum of three participants; while the rest is up to the agencies concerned to decide,"

-Datu Hajjah Jabitah Monseri, Federal Finance Officer, Sarawak Federal Treasury.

Pn. Salanizah Abd Salam, Pn. Che Wan Nahzatusyima Che Wan Wahab and En. Mohd Fariz Kamaruddin of CDC, touched on the guidelines of migrating to the revamped version of the Ministry Contract module.

The team from Ministry of Finance was headed by Pn. Norsiah Mohamad of ePerolehan Unit, while CDC was led by En. Mohd Afandi Baba, Vice President of CSM.

On 10 July, the teams converged at Kota Kinabalu to organise the same awareness programme to PTJs in Sabah. The event was officiated by Sabah Federal Treasury, Senior Assistant Director, Abdulk Rahman Hamidi Abdul Rashid on behalf of the Federal Finance Officer, Sabah Federal Treasury, Datuk Yusof Haji Sarangit. More than 250 participants from all over the state attended the briefing that includes all federal ministries and their agencies.



# Extensive menu cheers GM, CSM Aidilfitri do

**CDCeBytes**  
Bringing you the latest updates!

CSM UPDATE

The Aidilfitri do by GM, CSM saw a very extensive menu served, the exact number of sumptuous dishes made available on that day was 30, indeed no small amount by any standard. Not only was the event attended by the department's staff but also by ePerolehan top echelons and staff.

Interestingly, the 7 September event saw all the dishes were prepared by the GM staff themselves. Divided into 12 groups, they cooked different kinds of food to add to the variety.

The initiative clearly strengthens the bond among the staff, especially during the auspicious Aidilfitri.

The do was an invaluable opportunity to congregate as our GM colleagues are normally on the field and spend little time together. It was made even sweeter by the presence of Electronic Procurement Project Director Y.Bhg Dato' Abd Shukor Ibrahim together with his staff and CDC Senior Vice President Norhisah Md. Nor.



Dato' Abd Shukor Ibrahim  
Electronic Procurement Project Director



Norhisah Md. Nor  
CDC Senior Vice President



# JAMUAN Raya Aidilfitri

**CDC**eBytes  
Bringing you the latest updates!

CSM UPDATE





# Samsung Galaxy Note II



## Samsung Galaxy Note 2: Review

Samsung's Galaxy Note 2 functions as both a phone and a tablet, but does the combo actually work or is it suffering from an identity crisis?

## Samsung Galaxy Note 2: Build

- \* 5.5 inch screen
- \* Light like Galaxy S3
- \* New and Improved S pen stylus

## Samsung Galaxy Note 2: Features

- \* Quad core 1.6 Ghz chip to power the bigger screen and Android Jelly Bean 4.1.
- \* The S Pen allows you to hover over icons to get more info on apps or content.
- \* Impressive 8 megapixel camera

## Samsung Galaxy Note 2: Screen

- \* 1280 x 720 pixel Super HD AMOLED 5.5 inches screen

## Samsung Galaxy Note 2: Performance

The Galaxy Note 2 is a real powerhouse - the features demand power and the Galaxy Note 2 packs a real punch.

We haven't tested the battery life just yet but if Samsung can offer a iPhone 4S level of performance, the Galaxy Note 2 could easily make further inroads into the business market.

## Samsung Galaxy Note 2: Verdict

If your pocket can cope with the size and the price tag, the Galaxy Note 2 is an Android dream - easily surpassing the Galaxy S3. While some may laugh, the original Galaxy Note was a brave step that showed originality from Samsung and even inspired rival smartphones from LG.

There's no denying that the Galaxy Note 2 is a niche smartphone for show-offs and Android fanboys but, personally, we're in that camp and think the Galaxy Note 2 is an original piece of fun in an increasingly confused and copycat smartphone market.



# Travel Do's and Don'ts



## DO -- Go With the Flow

Whether you're going abroad or traveling locally, you'll quickly realize that they do things differently than they do back home. Knowing the culture of where you're going and what to expect can greatly enhance the experience. Be prepared that you won't be able to speed up the pace of Mexico or slow down the pace of New York. It is precisely these differences that make travel such an enlightening and rewarding experience. So, if a taxi driver seems impatient, or the services incredibly slow, what does it matter--you're in a wonderful place--enjoy!

## DO -- Know What Baggage is Allowed

You don't want to be in a situation that postpones (or prohibits) your boarding a flight, or results in having to leave something behind. Unfortunately, the allowances and charges for baggage are constantly changing. Knowing what to expect ahead of time, will help you start your trip on the right foot.

**Liquids:** You can bring some liquids on board with restrictions.

**For other items:** If you are not sure about something, check the airline's website. It provides item by item details of what you are allowed to carry-on; what you are allowed to put in checked baggage; and what you cannot bring aboard in any baggage.



## DON'T -- Over Plan

It's good to have an idea of what you want to see and do, but leave yourself some room for pleasant surprises. If you happen to discover that there is a carnival going on, or you fall in love with a villa in Langkawi, don't be afraid to modify your plans to include them. After all, your goal is to enjoy the experience as much as possible. If you find something you'd love to do, but didn't plan on--do it! Chances are it will be the most memorable part of your trip.

## DON'T -- Over Pack

Easier said than done, but a heavy bag of items you never use can put a damper on your trip especially if you're planning on staying at different locations





# Evolution

of our ten ringgit note

Here's a look at how our ten ringgit note has changed over the years:

## FIRST SERIES (1967–1983)

### Motif:

Bank Negara issued its first local currency notes in 1967, signed by the Governor of BNM, Tun Ismail bin Mohamed Ali. The motif of the first series notes was simple; featuring a geometrical design. The official Bahasa Malaysia spelling system was introduced on Aug 16, 1972 thus changing the word 'Sa-Puloh' to 'Sepuluh'.

### Obverse:

The first DYMM Yang di-Pertuan Agong, Tuanku Abdul Rahman ibni Tuanku Muhammad (top picture).

### Reverse:

Bank Negara Logo, the 'Kijang Emas'.



## SECOND SERIES (1982–1998)

### Motif:

The basic design took inspiration from decorations, word engravings, traditional Malaysian handicrafts and vegetation found in several places, including Sabah and Sarawak. The banknotes were smaller for ease of handling and storage.

### Obverse:

The DYMM Yang di-Pertuan Agong is encircled by patterns of vegetation, wood carvings and traditional handicrafts. The background shows mat-weaving patterns, songket, wau, needlework and batik.

### Reverse:

The second series displays important landmarks and buildings in the capital city. The building featured on this ten ringgit note is the Old Kuala Lumpur Railway Station.



### THIRD SERIES (1996–2000)

#### Motif:

The notes were issued with designs in the spirit of Wawasan 2020, depicting the country's rapid economic development and achievements.

#### Obverse:

The DYMM Yang di-Pertuan Agong is surrounded by geometrical patterns.

#### Reverse:

The Putra LRT train, Malaysia Airlines Boeing 777 aircraft and MISC ship.



### FOURTH SERIES (2012)



#### Motif:

The latest series uses elements that distinctively define our country's diverse culture, heritage and nature. The banknotes highlight our arts, crafts, natural wonders, flora and fauna, economy and tradition.

#### Obverse:

The DYMM Yang di-Pertuan Agong, national flower hibiscus and songket.

#### Reverse:

Showcasing Malaysia's lush tropical jungle, the Rafflesia (also world's largest flower) became the new motif on our RM10 note. The Rafflesia Azlanii species was first discovered in the Royal Belum Forest Reserve of the state of Perak in 2003.

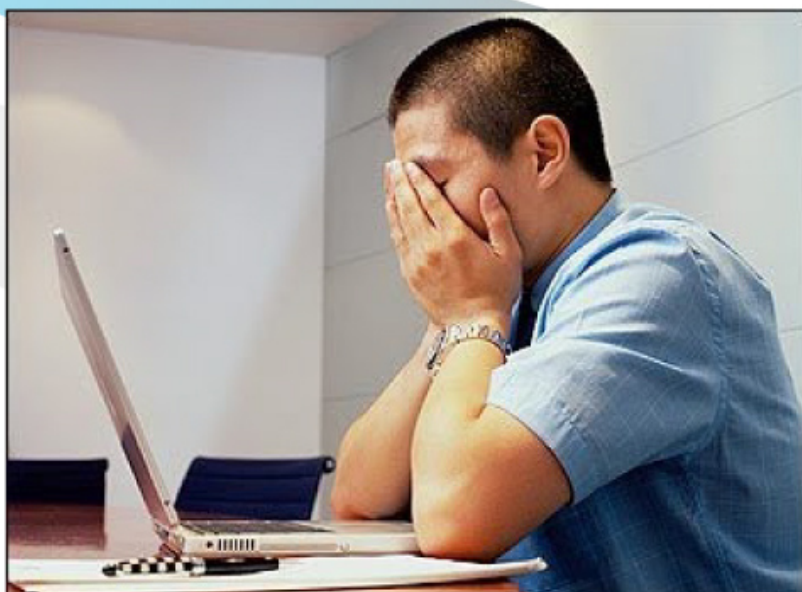




# Computer Eye Strain

With so many of us using computers at work, computer eye strain has become a major job-related complaint. Studies show that eye strain and other bothersome visual symptoms occur in 50 to 90 percent of computer workers. These problems can range from physical fatigue, decreased productivity and increased numbers of work errors, to minor annoyances like eye twitching.

Here are 10 easy steps you can take to reduce your risk of computer eye strain and other common symptoms of computer vision syndrome (CVS):



## 10 Steps for Relief

1. Get a comprehensive eye exam
2. Use proper lighting
3. Upgrade your display
4. Minimize glare
5. Adjust your computer display settings
6. Blink more often
7. Exercise your eyes
8. Take frequent breaks
9. Modify your workstation
10. Consider computer eyewear



## New Look Interior for Wisma Commerce Dot Com Completed



Renovations for the interior of Wisma Commerce Dot Com were completed in July. Undertaken by Puncak Hartanah Inteltek Sdn Bhd (PHISB), the last being the work done for the space on the first floor.

Beside general renovation works, the job also involved other infrastructure fittings such as WiFi and Close Circuit Television (CCTV) system cameras. The first floor is occupied by Puncak Tegap Sdn Bhd (PTSB) workforce.

"Renovations at the first floor follow the same design as the fourth and other floors in the building. However, the layout depends on our customers' requirements," said PHISB Manager, Mustapha Sulaiman.

The renovations project; done in stages; began at the sixth floor in 2010.

Currently, PHISB is also responsible for renovation works at Masjid Albukhary, Jalan Hang Tuah, Kuala Lumpur, and ePerolehan Centres across the country.

In terms of maintenance and security, Mustapha said PHI has tidied up its scheduled maintenance on air-conditioning, fire alarm system along with wiring report from the charge man.

"As for air-conditioner maintenance, we had just serviced the compressor and we will monitor it on a monthly basis. Meanwhile, we always make sure the fire alarm system is functioning properly at all times and upgraded from time to time," added the Manager.

Although PHISB consists of a small team, with a minimal workforce, as a company within Puncak Semangat, PHISB is actively supporting and directly involved with recreational activities conducted by the group. Some of its employees are playing for Puncak Semangat in futsal and gave full support during CDC Happy Day.



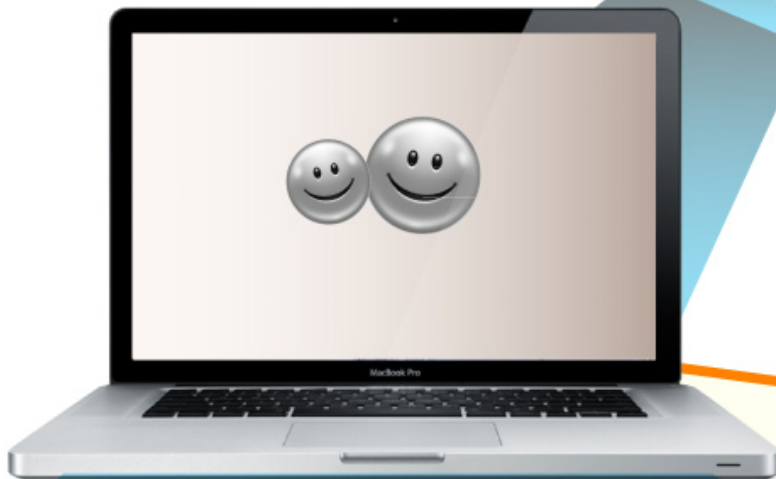
*"Renovations at the first floor follow the same design as the fourth and other floors in the building. However, the layout depends on our customers' requirements,"*

**Mustapha Sulaiman, Manager.**



# Top 6

reasons  
why computers  
must be female



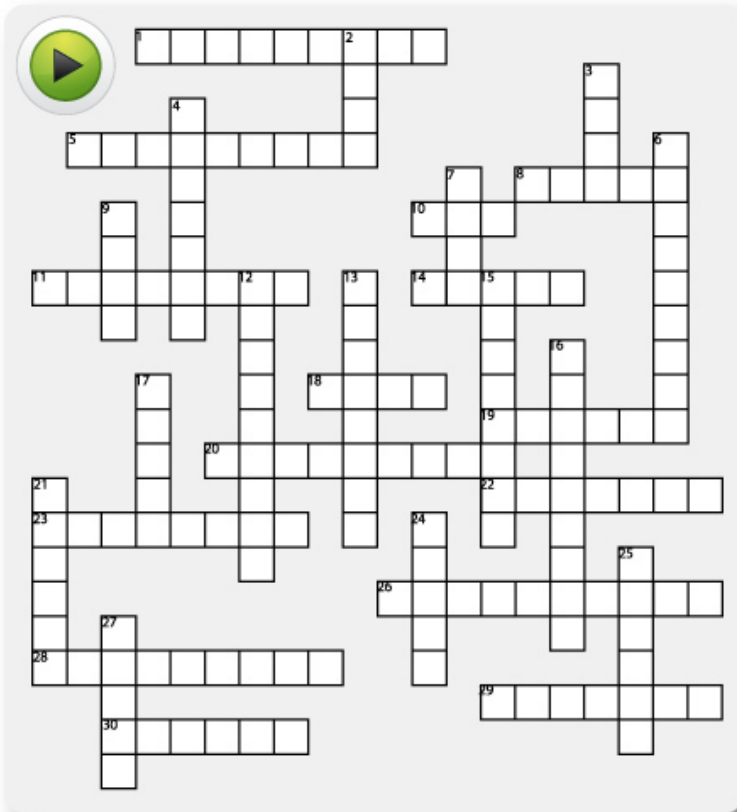
6. As soon as you have one, a better one is just around the corner.
5. No one but the creator understands the internal logic.
4. Even your smallest mistakes are immediately committed to memory for future reference.
3. The native language used to communicate with other computers is incomprehensible to everyone else.
2. The message "Bad Command or File Name" is about as informative as "If you don't know why I'm mad at you, then I'm certainly not going to tell you".

## THE NUMBER ONE REASON COMPUTERS ARE FEMALE:

1. As soon as you make a commitment to one, you find yourself spending half of your paycheck on accessories for it.

## Crossword puzzle: Let's Eat

### Leisure



# SURPRISE GIFT TO BE WON!

Be the first 10 people to submit their correct Crossword puzzle answers to us via email at

**[cdc.news@commercedc.com.my](mailto:cdc.news@commercedc.com.my)**

with their details (full name, department and contact number) will receive a surprise gift from us.

## HURRY NOW!

### ACROSS

1. Ground beef patty in a bun
5. Another name for drinks
8. Large fruit with fuzzy skin and a solid pit
10. Meat from a hog's thigh
11. Frozen dairy delight (2wds.)
14. Food grilled on skewers
18. It grows on a cob
19. Small, flat baked sweet snack
20. Green nut
22. Fresh green salad vegetable
23. What French fries are made from
26. Pickled cabbage
28. String-shaped pasta
29. Dried grapes
30. Acorn and butternut are varieties of this

### DOWN

2. They're good scrambled, fried or boiled
3. Fish used for salads, casseroles and sandwiches
4. Final course
6. Smooth, sweet brown food made from cacao
7. Devil's food or angel food
9. Purple root vegetable
12. Also known as a "starter"
13. Refreshing citrus drink
15. Edible green flower head eaten as a vegetable
16. Dessert with strawberries and biscuits
17. Baked dough topped with cheese and more
21. They're used for cider, sauce and pies
24. Sauce made with meat juices
25. A bulb with strong odor and flavor used in cooking
27. Spicy tomato dip





# Top fashion trends for 2012

2012 is all about bright colors and bold prints. So, it's right time to ditch the dark clothes and go for something colorful and trendy. For 2012, women fashion trends feature dazzling prints, eye-popping colors, and overall, new styles.

The 2012 fashion trends for women includes bright neons, statement making necklace, floral pieces and much more. These fashion trends are chic, bold and extremely wearable. So, check out what's hot in fashions trends 2012 that you can add to your look.

### Bright Printed Dress Trend:

### Color Block Trend:



### Statement Necklace Trend:



### Neon Color Trend:





# Top fashion trends for 2012

Floral Jeans Trend:



Colored Jeans Trend:



Maxi Dress Trend:



Colorful Blazer Trend:





# How to deal with office gossip

# GOSSIP

Psst...psst



Gossip is as old as communications and no workplace is immune from it. This article discusses some of the ways in which you can deal with and challenge a culture of workplace gossiping.

### Know what gossip is.

Friendly office banter and gossip are worlds apart. But how do you tell the difference? Consider the following:

**Discussion:** A friendly office discussion that talks about others keeps the references to other people general, friendly and supportive. The speaker is not obsessed with picking holes in another person's character but is merely imparting information about what another person or people have done in a matter-of-fact way, to further an objective, work-related conversation and to enlighten the listener about office relevant information;

**Gossip:** Gossip tends to be talk that gains attention for the speaker. The speaker will often adopt a confidential tone and is using the information about somebody else to be the centre of attention and will impart the details in a way that tries to undermine the credibility or likability of another person.

The details may be given with moralising undertones and character assassination may be the top of the gossipers agenda. Often you are told more personal details than you care to know about. The motivations behind gossip include attention-seeking, self-inflation, exaggeration and a me-versus-them mentality;

**Grapevine gossip:** This is gossip pertaining to general change occurring within a workplace. Someone started it and now it is running about like wildfire. Usually this happens in an uncertain environment and is fuelled by fear, poor communications from management levels and wild guesses by staff. It is less personal than gossip attacking another person but is as equally damaging and demoralising.

- Don't take office gossip to heart.
- Arm yourself with the facts.
- Assess the context.
- Address workplace change gossip with speed, supportiveness and honesty.
- Challenge a personal gossip directly.
- Don't participate in office gossip.
- Make it company policy to discourage gossip



what  
say  
you

CDCeBytes  
Bringing you the latest update!

CHILL OUT

Medical certificate (MC)?  
Hear what our colleagues say about it.  
Let **ZOOOOMMMMM in...!!!**



Syima Wahab

I only accept MC when I'm really ill and at time when my children are not well. That said, we should not abuse MC because our salary may not be berkat.



Afandi Baba

I don't like MC even if I really need it. For me, I'm not comfortable when people know I'm sick.



Amir Shahrul Nizam Adnan

I view MC on the positive side. In my view it is important when we have an emergency, furthermore, we don't know when we could fall ill. But, just don't simply take advantage of MC.



Siti Fatimah Harun

If the MC is genuine, then it's all well and good, so use it at the appropriate time.



Mohd Fariz Kamaruddin

There's no denying that some people take advantage of MC. realize that some people take advantage on it. But this department (GM) we always take it positively; because we know everyone here works a lot on the field.



Nurul Ain Nabilah Abd Hamid

Sometimes I wonder those who took MC on Fridays, are they really sick? But on hindsight, those who seldom get MC but call for MC, they could be really ill then...



Nur Zamzila Adanan

Sick leave is for recuperation, so if I'm not really ill I don't accept them. I think there's no need for us to take MC for some minor ailment.



# Cat Lovers

## HIGHFIVE



REO



IVY

Cats make good companion when one is lonely. This sentiment is shared between Nurul Atika Rani of ePerolehan Centre and Mohd Najeeb Nasir of Strategy and Corporate Affairs after taking up felines as pets since last year.

Mohd Najeeb had felinophobia or an irrational fear of cats when he was a child, but everything changed when he saw his friend's pet Maine Coon. The animal was so adorable; it piqued his interest and stirred the desire to keep them.

Since then, Mohd Najeeb now has two cats; one is a female Chinchilla named Ivy and a male Somali or Fox Cat named Reo aged about eight and ten months respectively. He spends more than RM300 a month for his pets' upkeep.

Now, he is impatiently waiting for them to have the first litter of kittens because he wants to see how they would look like having different breeds for parents. However, he has to be patient a while longer as both his cats are not ready for breeding yet.

Mohd Najeeb shares tips on keeping cats of certain breeds:

- Cats need to be bathed every fortnightly
- Cats need to be caressed at 20 minutes daily
- Ensure cats receive both dry and moist food (for a balanced diet, Mohd Najeeb mixed both type of food together to serve his cats)

The situation is a bit different with Nurul Atika or Ika who has six normal cats. Her concern for a feline in gestation started her interest in taking the creature as a pet at home.

She set aside about RM100 monthly for cat food and practices no special care for her animal friends. According to Ika, she lets her cats roam free because she feels it's unnatural for cats to remain cooped up indoors.

Ika is also happy that none of her pets experience any chronic ailments, however, after nearly two years of having cats, only two are left. She believes the four were either lost their way or catnapped by other people.

"To me cats can be the companion to pour our feelings to. There are facts indicating that cats are used as therapy on older people to prevent depression. "I don't neuter my cats because I prefer them to live their life as normal cats do," Ika said.

The hobby of taking cats as pets also caught the attention of her family members particularly her sister.

Ika's way of keeping her cats:

- Bathe them only once a month
- Do not restrict their lives



TWIN



BITE

TWIN