



Activities of the Week

“December Birthday Party”

Birthday Party for staff of Supreme Trading Company is celebrated happily in every month. Birthday Party for December borns was held on 22nd December. Attendants spoke for good wishes and December borns gave mindfulness speech. Then all attendants were singing together birthday wish song with clapping, putting out candles and cutting birthday cake for equal share. December borns were received presents for remembrance. All staffs were fed well with food arrangements.





Inside Story Highlight

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Yangon Stock Exchange opens

Myanmar's first official stock exchange, the Yangon Stock Exchange (YSX), opened on December 9 with six listed companies, although shares will not be traded until next year, officials say. Dr Maung Maung Thein, deputy finance minister and chairman of the Securities and Exchange Commission of Myanmar (SECM), said that the listed companies will begin trading in March when securities companies are operational. The listed companies include First Myanmar Investment Co Ltd, Myanmar Citizen Bank, Myanmar Agribusiness Public Co Ltd, Thilawa SEZ Holdings Limited, First Private Bank and Great Hor Kham. The six were selected from nine candidate companies. The YSX is jointly owned by the state-owned Myanma Economic Bank, with a 51 percent stake, Daiwa Institute of Research with 30.5 percent and the Japan Exchange Group with the remaining 18.5 percent. At the opening, the SECM did not announce the list of selected underwriters, dealers, brokers and investment advisors.

Ref: Thuraswiss News



US Sanctions Update

"Permitted transactions include trade financing, payment of port fees, and payment of shipping and handling charges."

The Department of Treasury's Office of Foreign Assets Control ("OFAC") issued General Licence 20 (the "**Licence**") on 7 December 2015. The Licence authorises certain transactions ordinarily incident to an export to or from Myanmar of goods, technology, or non-financial services provided that the export is not to, from, or on behalf of a person whose property is blocked. Prior to the Licence, these exports may have been subject to U.S. sanctions if they were routed through ports such as the Asia World Port, toll roads, or airports in which a Specially Designated National had an in-terest. Permitted transactions include trade financing, payment of port fees, and payment of shipping and handling charges.

The Licence was issued on 7 December 2015 and is valid for a period of 6 months, i.e. till 7 June 2016. Furthermore, subject to certain requirements, U.S. financial institutions, as defined in 31 C.F.R. § 537.320, are now authorized to engage in all transactions necessary to unblock and return transactions blocked on or after April 1 2015 that would have qualified as authorized had they been engaged in the abovementioned permitted transactions under the Li-cense.

According to a statement issued by OFAC, the Licence is aimed at solving problems connected to the use of critical infrastructure. Prior to the Licence exports would have been subject to US sanctions if they transited Myanmar infra-structure owned by any person who was a Specially Designated National or any person whose interests in property were blocked pursuant to US sanctions.

ADB loan supports upgrade of Yangon 230 kV transmission network

The Asian Development Bank (ADB) is providing an \$80 million loan to upgrade Yangon's electricity transmission ring line system to 230 kilovolts (kV) which will benefit more than one million customers according to an ADB statement on 24 November.

"The aging and overloaded transmission network requires urgent improvements to provide stable and ample supplies of power to support the country's economic growth targets and poverty reduction objectives," said Bui Duy Thanh, senior energy economist at ADB's Southeast Asia Department. "Yangon plays a central role as an economic hub for the country and this assistance will help the government ensure reliable power supplies are provided to the city and surrounding areas."

The Power Transmission Improvement Project will upgrade the Thida-Thaketa-Kyaikasan transmission ring lines to 230 kV from 66 kV and construct two new substations at South Okkalapa and West University. This will complete the critical 230 kV ring for Yangon straddling the substations of Ahlone, Thida, Thaketa, South Okkalapa, Hlawga, MyangTagar, West University, Hlaing Thayar and back to Ahlone. The work will complement associated upgrades being done by the Myanmar Electric Power Enterprise.

Myanmar's economy is expected to grow at around 7.8% per year over the next decade and to meet the rising demand for power, estimated at over 9% annually through to 2030, the government needs to develop new generation sources and to expand and strengthen the transmission and distribution networks. The government has drawn up a development masterplan to meet its energy goals, and ADB has been supporting the government through infrastructure upgrades, regulatory development and institutional capacity building.

To complement ADB's concessional loan, the government will provide counterpart support of \$3.3 million equivalent, covering administration costs, environmental and social safeguard measures, and the construction of access roads and staff housing in substation areas. The project will run for over 3 years with an expected completion date of June 2019.



Inside Story Highlight

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Comfortable Work Place

When we say personal mastery, it can be said as professionalism. To say as a professional, it should be in accordance the following facts.

1. Doing his work proudly and willingly.
2. Taking responsibility
3. Doing work by estimations in advance (without waiting other's advice)
4. Having willingness to do all necessary works for completion
5. Helping other staffs without obsession of his particular work
6. Always looking for possible ways to attain successful work
7. Always willing to learn about his career
8. Listening and accepting other staffs' voices and wishes
9. Understanding to colleagues
10. Doing team works together
11. Having complete self confidence
12. Having honesty, loyalty and reliability
13. Patience to criticism., etc.

Inside Story Highlight

"If we say professionalism, it will include proud of own work, will to do qualified work, willing to concentrate and works upon needs of customers; willing to help and to do work with dignity and to take action social responsibility and dutifulness "

If we say professionalism, it will include proud of own work, willing to do qualified work, works upon needs of customers with concentration; willing to help and to do work with dignity, to take action social responsibility as well as dutifulness.

Ref: Min Khaung (EMPA – 8)

Getting it right is another task-focused intent that influences behavior. Have you ever sought to avoid a mistake by doing everything possible to prevent it from happening? When getting it right is your highest priority, you slow things down enough to see the details. You probably take a good, long look before leaping—if you ever leap at all. You may avoid taking any action because you feel unsure about what might happen as a result.

When the intent to get it right becomes thwarted or threatened, everything around this person begins to seem haphazard and careless. To add insult to injury, people seem to address these concerns with increasingly fuzzy terms. *When sufficient intensity is reached, the result is increasingly pessimistic and perfectionist behavior.* The Whiner, the No Person, and the Nothing Person all exemplify this behavior.

"Everything is wrong." This, of course, serves only to drive everybody else crazy—and the deteriorating situation provokes further whining"

The Whiner. In our imperfect world, the Whiner believes that he or she is powerless to create change. Burdened and overwhelmed by all the uncertainty around what can go wrong, Whiners abandon all thought of solutions. Instead, as the feeling of hopelessness increases, they focus on any problems that can be used as evidence for their massive generalization. They begin to whine, "Nothing is right.

Everything is wrong." This, of course, serves only to drive everybody else crazy—and the deteriorating situation provokes further whining.

The No Person. Unlike the Whiner, the No Person does not feel helpless in the face of things going wrong. Instead, the No Person becomes hopeless. Certain that what is wrong will never be set right. No People have no inhibition about letting others know how they feel. "Forget it, we tried that. It didn't work then, it won't work now, and you're kidding yourself if anyone tells you different. Give up and save yourself from wasted effort on a lost cause." This attitudinal black hole pulls others into the No Person's personal pit of despair.

The Nothing Person. When events fail to measure up to the standard of perfection, some people get so totally frustrated that they withdraw completely. There may be one last shot at the powers that be for failing to get it right: “Fine! Do it your way. Don’t come crying to me if it doesn’t work out!” From that point on they say—and do—nothing.

"This can express itself as the whining of the Whiner, the negativity of the No Person, or the silent withdrawal of the Nothing Person"

The key points:

Understand that behaviors are sometimes driven by the intent to get it right: Again, this isn’t necessarily bad or inappropriate. In fact, it may be exactly what the situation calls for.

Know the dynamics of the intent to get it right: People concentrate on avoiding mistakes and slow down to pay more attention to all of the details. They may not take action because of concerns about the consequences. They may find fault with others for not caring enough.

Recognize that the intent to get it right can lead to perfectionist behaviors: This can express itself as the whining of the Whiner, the negativity of the No Person, or the silent withdrawal of the Nothing Person. But what they all have in common is their sureness that nothing works out positively.

“When getting it right is your highest priority, you will likely slow things down enough to see the details You may even refuse to take action because of a particular doubt about the consequences.”

Ref: Dealing with Difficult People by Dr. Rick Brinkman and Dr. Rick Kirschner



CENTRAL BANK OF MYANMAR

Reference Exchange Rate

23-12-2015

Country	Currency	Value	Rate
 United State Dollar	USD	1/-=K	1,311.0
 Euro	EUR	1/-=K	1,435.5
 Singapore Dollar	SGD	1/-=K	934.13
 Pound Sterling	GBP	1/-=K	1,943.8
 Swiss Franc	CHF	1/-=K	1,327.3
 Japanese Yen	JPY	100/-=K	1,083.6
 Australian Dollar	AUD	1/-=K	948.45
 Bangladesh Taka	BDT	1/-=K	16.774
 Brazilian Real	BRL	1/-=K	327.48
 Brunei Dollar	BND	1/-=K	933.89

It's a story about how people of imagination stand on one another's shoulders. From the ground to the balloon to the man in the balloon to the man on the moon. Yes. Some of us are ground crew – holding lines, building fires, dreaming dreams, letting go, watching the upward flight. Others of us are bound for the sky and far edges of things. That's in the story, too.

Now Let me tell you about Larry Walters, my hero. Walters is truck driver, thirty-three years old. He is sitting in his lawn chair in his backyard, wishing he could fly. For as long as he could remember, he wanted to go up. To be able to just rise right up in the air and see for a long way.

Inside Story Highlight

"a couple of hundred feet over his neighborhood, he shot up eleven thousand feet, right through the approach corridor to the Los Angeles International Airport"

The time, money, education, and opportunity to be a pilot were not his. Hang gliding was too dangerous, and any good place for gliding was too far away. So he spent a lot of summer afternoons sitting in his backyard in his ordinary old aluminum lawn chair—the kind with the webbing and rivets. Just like the one you've got in your backyard.

The next chapter in this story is carried by the newspapers and television. There's old Larry Walters up in the air over Los Angeles. Flying at last. Really getting UP there. Still sitting in his aluminum lawn chair, but it's hooked on to forty-five helium-filled surplus weather balloons.

Larry has a parachute on, a CB radio, a six-pack of beer, some peanut butter and jelly sandwiches, and a BB gun to pop some of the balloons to come down. And instead of being just a couple of hundred feet over his neighborhood, he shot up eleven thousand feet, right through the approach corridor to the Los Angeles International Airport.

Inside Story Highlight

"The human race sits in its chair. On the one hand is the message that the human situation is hopeless. And the Larry Walters of the earth soar upward knowing anything is possible"

Walters is a taciturn man. When asked by the press why he did it, he said: "You can't just sit there." When asked if he was scared, he answered: "Wonderfully so." When asked if he would do it again, he said: "Nope." And asked if he was glad that he did it, he grinned from ear to ear and said: "Oh, yes."

The human race sits in its chair. On the one hand is the message that says there's nothing left to do. And the Larry Walters of the earth are busy typing balloons to their chairs, directed by dreams and imagination to do their thing.

The human race sits in its chair. On the one hand is the message that the human situation is hopeless. And the Larry Walters of the earth soar upward knowing anything is possible, sending back the message from eleven thousand feet: "I did it, I really did it. I'm FLYING!"

It's the spirit here that counts. The time may be long, the vehicle may be strange or unexpected. But if the dream is held close to the heart, and imagination is applied to what there is close at hand, everything is still possible.

But wait! Some cynic from the edge of the crowd insists that human beings still can't really fly. Not like birds, anyway. True. But somewhere in some little garage, some maniac with a gleam in his eye is scarfing vitamins and mineral supplements, and practicing flapping his arms faster and faster.

Ref: All I really need to know I learned from kindergarten