

NEWSLETTER



A ceremony of ex gratia payment to 22 farmers, who were flood victims and got losses, was held at U Do, Yangon region, Agricultural and Animal Husbandry Hall, on 26th January 2016, at 1:30 pm. The ceremony was attended by authorized persons from SGC, officers from YCDC, Agriculture Dept, Survey and Land Records, Local Administrators, NLD & USDP party members and farmers working on Supreme Development Company's Land, Supreme made ex gratia payment to 22 farmers, as donation for losses under previous flood who were working JV with SDC on the Supreme's Land.



Kaladan ‘key’ to India-Myanmar ties

A major infrastructure project that would connect two key seaports in India and Myanmar is crucial to economic ties between the two countries, according to a senior business figure in Myanmar. U Win Aung, president of the Union of Myanmar Federation of Chambers of Commerce and Industry (UMFCCI), said that Myanmar is anxious for the completion of the Kaladan multi-modal transport project, which will connect the Indian port of Calcutta with Sittwe, Rakhine State when completed. According to Indian reports, U Win Aung said the completion of the project would make economic ties between the two countries “meaningful.” He added that Myanmar is also keen for India to participate in the growth of the country’s energy sector, particularly in renewable energy. U Than Win, director of Myanmar Kyaukphyu SEZ Holding Public Co Ltd, also spoke of the Kaladan project’s importance, saying that the company contracted to build the Sittwe port as part of the project is close to completion. Although the project was initially expected to be completed by November 2014, according to the latest estimates it will be completed this year. The Indian news report said the project will also be important to India, in terms of providing an alternative route for goods from India’s North-East and also help “counterbalance China’s growing influence in Myanmar.”

Kerry logistics to operate inland ports

Hong Kong company Kerry Logistics has been awarded a contract to operate two inland ports in Myanmar. The company’s subsidiary, KLN Singapore, signed the contract with the Ministry of Rail Transportation to construct and operate the ports at Yangon and Mandalay, according to a local report, and will work along with local company Resources Group Logistics (RGL) on the projects. KLN and RGL will have separate shares but an equal amount in the Yangon port, which is located at Ywarthargyi. KLN will own a “slightly larger share” at the Mandalay site, the report said. KLN will make an initial investment of US\$ 20 million, with an eventual total of US\$ 42 million, while RGL will invest US\$ 39 million and hire China Communications Constructions as an advisor, the report said. The project is expected to be completed by December 2017. The tender was opened in 2014, with 11 companies applying.

JFE Engineering receives orders for garbage incineration plan

JFE Engineering announced that it received an order from Yangon City to build Myanmar’s first garbage incineration power plant. The project will be part of the Japan–Myanmar greenhouse gas credit system and applied towards Japan’s greenhouse gas reduction targets.

The plant is targeted for completion by 2017. It will burn 60 tons of garbage per day and generate 5,200 MWh/year of electricity. Yangon puts 1,500 tons of garbage in landfills every day.

■ Outline of Facility

1.Project:	Yangon Waste to Energy Plant Project
2.Client:	Yangon City, Republic of the Union of Myanmar
3.Scope of Works:	Engineering and Procurement and Construction of the Plant
4.Capacity:	60 tons/day x 1 unit
5.Location:	Shwe Pyi Thar Industrial Zone, Yangon City, Myanmar
6.Power Generation:	700kW



Rewarding Moments



In this week, we celebrated three rewarding ceremony consecutively in 29th of January. Initially, birthday Party for January borns was held. Attendants spoke for good wishes and January 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. January borns were received presents for remembrance.

After that, we made long service award ceremony, seven Long Service staffs are received prizes respectively. Awarded staffs also gave thankful speech.

Finally, for the happiness of staffs, celebration of prize awards for photos taken in the last Ngwe Saung trip was held. In the celebration photogenic Award, Most Stylish Guy and Girl Awards Natural Beauty Award and Snap Shot prizes are awarded. There after company treated all staffs with foods.



Are you an Optimist? If not, You can be



Positive thinking is a lot more than blind faith—power over people’s lives is awesome. Optimists are better than pessimists in almost every aspect of life, often achieving more and enjoying greater social success. Optimistic people are less susceptible to depression and physical ills. Says psychology professor Martin E. P. Seligman, “There’s evidence that optimism bolsters the immune system”, and pessimism are habits we learn as children, and our parents are our role models. When a water pipe broke out and flooded your new home, did your father lament, “Why did I pick such a lousy house?” Or did he declare, “Our contract guaranteed everything would be in perfect condition, so I’ll have the builder fix the plumbing and replacing the damage”?

“Optimism is a habitual way of explaining setbacks to yourself.” Says Seligman. Here’s how it works:

- The pessimist believes bad events stem from permanent conditions. “I failed the math quiz because I don’t have a head for numbers.” And

good events from temporary ones “My husband brought me flowers because he had a good day at work”. The optimist, however, attributes failure to temporary causes “I failed the test because I didn’t pay attention” and favorable situations to enduring causes “He brought me flowers because he loves me.

- The pessimist allows a disappointment in one area of his life to pervade the rest. Say he’s laid off from work. The pessimist not only feels bad about losing his job, but he also starts to worry that his marriage is in trouble and his kids are out of control. The optimist doesn’t let one setback contaminate his whole life. So at the moment I don’t have a job. he thinks “ My wife and I have still close, and my kids are doing well at school.
- When things go wrong, pessimists blame themselves. If another driver dents your parked car, you chide yourself for parking in a “stupid” spot. The optimist ascribes such trouble to a flock or looks for a new approach –“ Next time I’ll park where there are fewer cars.”

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Here's a four- step program to help you think positively:

CHALLENGE NEGATIVE IDEAS

Suppose you are late getting to work. Rather than berating yourself "I'm always late", keep yourself appraisal accurate. Try to remember when you were last late. Was it yesterday? No, eight weeks ago. Are you late because you lazed in bed? No, your teenager emptied the car's tank last night, so you had to stop for gasoline.

Imagine the worst case scenarios but then picture the best." I'm going to get fired." you moan. Not likely. Maybe the boss gets caught in traffic and arrives even later than you. Next, envision the most likely scenario: the boss scowls as you scurry to your desk- embarrassing, but far from fatal.

Finally, look for the solution. Work through lunch, or leave the house ten minutes earlier to allow for unforeseen delays.

"Think of failure as the result of a faulty strategy, not some character flaw." Says Seligman." Then, instead of feeling helpless, you can take action."

REHEARSE BEING A WINNER

"In experiments, people who imagine themselves succeeding outperform those who expect to fail." explains psychology professor David Myers.

Suppose you were recently divorced. A friend arranges a dinner party to which she also invited an eligible man. The pessimist in you moans, "He won't be interested in me". Now ask yourself what the optimist would do. Put on that black dress friends say is so flattering? Do it.

GIVE YOURSELF CREDIT

Acknowledge past successes. Analyze the good things that happen to you as a result of your own efforts. Your vacation photos were superb not because the camera was designed for dummies, but because you're skilled at lighting and composition.

SET GOALS

Hopefulness, says psychologist C.R. Snyder." requires both willpower and way power- the means to achieve your goals." Choose those goals wisely and make sure they are your own. If your father dreamed you'd take over the family hardware store but you love books more, you'll be happier as a librarian."

Be specific. Vague plans" to do more for the community" have less chance of succeeding than do vows to volunteer once a week at a soup kitchen. Break down large goals into smaller ones to keep from being paralyzed by the enormousness of your task.

"with each interim goal you reach," says Snyder," you'll see progress. You'll feel energized and excited about what's to come." And that's the mark- and the power- of an optimist.

Willing to Pay the Price

Opportunity is a bird that never perches.

~Claude McDonald

When my wife Maryanne and I were building our Greenspoint Mall hair salon 13 years ago, a Vietnamese fellow would stop by each day to sell us doughnuts. He spoke hardly any English, but he was always friendly, and through smiles and sign language we got to know each other. His name was Le Van Vu.

During the day Le worked in a bakery and at night he and his wife listened to audiotapes to learn English. I later learned that they slept on sacks full of sawdust on the floor of the back room of the bakery.

In Vietnam the Van Vu family was one of the wealthiest in Southeast Asia. They owned almost one-third of North Vietnam, including huge holdings in industry and real estate. However, after his father was brutally murdered, Le moved to South Vietnam with his mother, where he went to school and eventually became a lawyer.

Like his father before him, Le prospered. He saw an opportunity to construct buildings to accommodate the ever-expanding American presence in South Vietnam and soon became one of the most successful builders in the country.

On a trip to the North, however, Le was captured by the North Vietnamese and thrown into prison for three years. He escaped by killing five soldiers and made his way back to South Vietnam where he was arrested again. The South Vietnamese government had assumed he was a “plant” from the North.

After serving time in prison, Le got out and started a fishing company, eventually becoming the largest canner in South Vietnam.

When Le learned that the U.S. troops and embassy personnel were about to pull out of his country, he made a life-changing decision.

He took all of the gold he had hoarded, loaded it aboard one of his fishing vessels and sailed with his wife out to the American ships in the harbor. He then exchanged all his riches for safe passage out of Vietnam to the Philippines, where he and his wife were taken into a refugee camp.

After gaining access to the president of the Philippines, Le convinced him to make one of his boats available for fishing and Le was back in business again. Before he left the Philippines two years later en route for America (his ultimate dream), Le had successfully developed the entire fishing industry in the Philippines.

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But en route to America, Le became distraught and depressed about having to start over again with nothing. His wife tells of how she found him near the railing of the ship, about to jump overboard. "Le," she told him, "if you do jump, whatever will become of me? We've been together for so long and through so much. We can do this together." It was all the encouragement that Le Van Vu needed.

When he and his wife arrived in Houston in 1972, they were flat broke and spoke no English. In Vietnam, family takes care of family, and Le and his wife found themselves ensconced in the back room of his cousin's bakery in the Greenspoint Mall. We were building our salon just a couple of hundred feet away.

Now, as they say, here comes the "message" part of this story: Le's cousin offered both Le and his wife jobs in the bakery. After taxes, Le would take home \$175 per week, his wife \$125. Their total annual income, in other words, was \$15,600. Further, his cousin offered to sell them the bakery whenever they could come up with a \$30,000 down payment. The cousin would finance the remainder with a note for \$90,000.

Here's what Le and his wife did:

Even with a weekly income of \$300, they decided to continue to live in the back room. They kept clean by taking sponge baths for two years in the mall's restrooms. For two years their diet consisted almost entirely of bakery goods. Each year, for two years, they lived on a total, that's right, a total of \$600, saving \$30,000 for the down payment.

Le later explained his reasoning, "If we got ourselves an apartment, which we could afford on \$300 per week, we'd have to pay the rent. Then, of course, we'd have to buy furniture. Then we'd have to have transportation to and from work, so that meant we'd have to buy a car. Then we'd have to buy gasoline for the car as well as insurance. Then we'd probably want to go places in the car, so that meant we'd need to buy clothes and toiletries. So I knew that if we got that apartment, we'd never get our \$30,000 together."


Now, if you think you've heard everything about Le, let me tell you, there's more: After he and his wife had saved the \$30,000 and bought the bakery, Le once again sat down with his wife for a serious chat. They still owed \$90,000 to his cousin, he said, and as difficult as the past two years had been, they had to remain living in that back room for one more year.

I'm proud to tell you that in one year, my friend and mentor Le Van Vu and his wife, saving virtually every nickel of profit from the business, paid off the \$90,000 note, and in just three years, owned an extremely profitable business free and clear.

Then, and only then, the Van Vus went out and got their first apartment. To this day, they continue to save on a regular basis, live on an extremely small percentage of their income, and, of course, always pay cash for any of their purchases.











Do you think that Le Van Vu is a millionaire today? I am happy to tell you, many times over.

Ref: John McCormack



CENTRAL BANK OF MYANMAR

Reference Exchange Rate 03-02-2016

Country	Currency	Value	Rate
 United State Dollar	USD	1/-=K	1,289.0
 Euro	EUR	1/-=K	1,408.5
 Singapore Dollar	SGD	1/-=K	900.83
 Pound Sterling	GBP	1/-=K	1,855.9
 Swiss Franc	CHF	1/-=K	1,264.9
 Japanese Yen	JPY	100/-=K	1,076.3
 Australian Dollar	AUD	1/-=K	904.82
 Bangladesh Taka	BDT	1/-=K	16.388
 Brazilian Real	BRL	1/-=K	324.20
 Brunei Dollar	BND	1/-=K	901.02

Gold Price Today



World Gold - 1127 USD/Oz
 Myanmar Gold - 765,000 Kyats