

KOMPETENSI BAHASA



PUSAT PEMAJUAN
KOMPETENSI BAHASA (CALC)
CENTRE FOR THE ADVANCEMENT OF LANGUAGE COMPETENCE (CALC)
قوسٲ فٲما؁وان كوٲٲٲنسي بهاس

BULETIN TERKINI KEGIATAN CALC, UPM

ISU 11 / JAN - JUN 2023

Many of us know Madam Iza Dura Abdul Manan as the Director of CALC and language teacher, but I believe not many know her background. Nonetheless, thanks to the Kompetensi Bahasa Newsletter, I now have the chance to interview our very own 'Iron lady'. Below is the interview and some responses are edited for better clarity.

**Assalamualaikum
Madam Iza Dura.
Walaikumussalam.**

**Hi Madam Iza Dura.
Thank you for giving me
the opportunity to
interview you. How are
you?**
I am fine, Alhamdulillah.

An Exclusive Interview with Madam Iza Dura Abdul Manan

By Othman Abdul Kareem



Madam Iza, where exactly are you from?

I am from Machang, Kelantan. I was born in Kota Bharu and raised in Machang Kelantan.

My father is a Kelantanese, but my mother is from Perlis.

Could you tell me a little bit about your background?

I grew up and went to school in Kelantan, moved to Kuala Lumpur in 1975, and studied in Convent Bukit Nanas until SPM. After SPM, I was in UITM where I did a Diploma in Science. Then I continued my education in Bachelor of Education (Hons)

in USM majoring in Biology and English. Later, I was posted to a school in Georgetown, and I taught English and Biology.

How did you end up in UPM?

I started working in UPM on 27 July 1990 at the Language Department in the Faculty of Education. I think at that time, the Unit Coordinator was Dr Malachi Edwin while the Head of Department was the late Dr Jamali. I was a teacher there since 1990, and in 1996 I got promoted and was attached with the UPM Matriculation Centre. I was there for four years, then the ministry decided to close the Matriculation Centre at the university, so I was posted to FMBK in the year 2000.

If you could sum up your experience in UPM in 3 words, what would they be?

Interesting: When I first joined UPM, I taught undergraduate students for the first 6 years. Then from 1996 to 2000, I taught the matriculation students. After that, I taught the undergraduate and postgraduate students.

Fun: I was a fellow for 16 years in Kolej Canselor. After that, I was a college principal for 11 years in Kolej 11 and Kolej Canselor. I had to plan the activities for the students and had to monitor their development, so that was the fun part.

Memorable: I get to meet all kinds of people. Like you Othman, I too have worked as an emcee over the years. I have emceed for the Royalty, Prime Minister, and people from all walks of life. As a result, I met all kinds of people and students, so these were memorable moments for me. I also learned a lot from many people including my students.

You have come a long way in your career. What are the keys to your success?

Number one, you must be yourself and do not follow what others are doing. Also, do not have cliques at the office. You may

know some colleagues very well, but when it comes to work and friendship, they are a different thing. Finally, never be afraid to ask. Always ask. But of course, there is an art of asking. If you do not know, you have to learn from those who know.

In your opinion, what are the characteristics of a good leader?

Number one is to know your staff. Be approachable, I always have this 'open-door' policy, but you need to be strict and firm when it is time to be firm. You can be my friend, but if you have done something wrong, I have to address it. You also need to be knowledgeable. You can't always say that I do not know this and that. You must find out. As I said earlier, you should not be shy to ask questions.

I believe everyone in CALC wants to get to know you better, so could I also ask some personal questions?

Yes.

Which do you prefer, *Teh Tarik* or Starbucks Coffee?

Neither. I love local coffee.

What is the most adventurous thing that you have done in your life?

I was surprised when I was chosen as the recipient of the JICA Scholarship from Japan. The process was quite tedious. First, I had to write an essay on Look East Policy, then attend an interview in JPA, and finally attend a 1-month orientation session. However, this experience was different from what I have gone through before as I had to sing to an audience, something that I have never done before. Also, before I went to Japan, I was a shy person and generally kept things to myself. In Japan, I had the chance to meet many people from Asean

countries and South Africa. Hence, I would encourage everyone to engage in this kind of programme as it is not only adventurous but also a life-changing experience. For instance, it has turned me into an extrovert.

What are your two favorite movie genres?

I like psychological thrillers because I want to know what motivates people to act the way they do. For instance, I have watched Dahmer. I like comedies and mysteries too.

Which do you prefer, being a language teacher in CALC or in a school?

I prefer teaching young adults as I find it challenging to get them to learn something new.

What is your favourite holiday- road trip, cruise, camping, or tour?

Road trips. I don't like scheduled trips when it comes to holidays.

Your two favourite actors are?

Local- P. Ramlee. International- I like the characters in Lord of the Rings, specifically the actor who played the character Aragorn.

What makes you happy Mdm Iza?

I am happy when I am with my family.

Any bucket list that you would like to share?

I would like to see the Aurora Borealis (Northern Lights) in Iceland someday.

Is it better to dream or to be realistic?

Be realistic. Over exposure to social media has caused the current generation to always compete. Some people believe everything they see on social media, and they don't believe in hard work. Hence,

these people believe they can always fall back on their parents when they quit a job. This is unlike those days when the people of my generation had to earn a living once we had graduated.

Is there anything that you wished you had done while working in UPM?

I wished I had pursued my postgraduate degree. I started it a long time ago, but I did not continue due to some personal reasons.

What are the two things that you will miss about CALC?

I will miss being with all of you and I will miss teaching.

How would you like to be remembered amongst the CALC staff?

As 'Kak Iza' and as someone who is always approachable.

What are your future plans?

I plan to serve my community as I was approached by someone from a surau near my home to conduct English classes. I find it sad that many kids are still weak in the English language especially those who are from the lower income family.

Any advice for CALC staff?

One, you have to enjoy what you do. Remember working at a job you love is more fulfilling, productive, and important than money. Two, if you are not sure about certain things, don't ask the wrong people, go straight to the expert, and ask. Three, sometimes if you don't get what you want, you have to sit back and reflect on what you have done and not done. Four, respect the leader or superior even if you don't like the person. Five, many CALC staff have lots of ideas, but they do not know how to

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channel the ideas, so improving their skillset is important. Six, showing initiative will make or break your career, so do the right thing without someone telling you to do it. Seven, if you are still young, strive for the highest qualification that you can get. Never stop learning and always seek opportunities to enhance your skills. Finally, share your knowledge with others as it is good to give back.

Looks like we are running out of time. Thank you Mdm Iza, for the impromptu interview, and I wish you the best in your future endeavors. I'm quite sure everybody in CALC is looking forward to reading this interview.

Thank you, Othman. You are welcome.

(MDM IZA DURA ABDUL MANAN WILL RETIRE AS THE FOURTH DIRECTOR OF CALC EFFECTIVE SEPTEMBER 2023.)

Special Feature 1

An Exclusive Interview
with Madam Iza Dura
Abdul Manan

By Othman Abdul Kareem

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TAHNIAH ATAS KENAIKAN PANGKAT BAGI TAHUN 2023

UCAPAN TAHNIAH ATAS KENAIKAN PANGKAT SECARA FLEKSI



PN. FAUZIAH HANIM AHMAD SHAARI
(Gred D648 ke D652)



PN. HASLIZA ARIS
(Gred D648 ke D652)



CIK HASWINI NARAYANASAMY
(Gred D644 ke D648)



PN. NURUL FAEZAH HAMZAH
(Gred D644 ke D648)



EN. OTHMAN ABDUL KAREEM
(Gred D644 ke D648)



PN. SURIATI ABD WAHAB
(Gred N19 ke N22)

UNIT KELESTARIAN HIJAU:

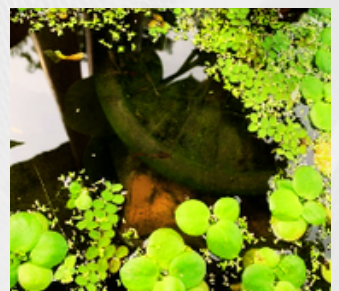
CALC HERBS AND SPICE GARDEN

OLEH AHMAD RUSIDY ROSLY



Reputasi Universiti Putra Malaysia sebagai universiti kampus hijau di Malaysia sudah tidak asing lagi terutamanya apabila UPM telah diiktiraf oleh pelbagai organisasi dari dalam dan luar negara sebagai salah sebuah universiti peneraju kampus hijau. Oleh yang demikian, Unit Kelestarian Hijau Pusat Pemajuan Kompetensi Bahasa (CALC) mengambil peluang ini untuk turut serta dalam inisiatif kampus hijau yang dianjurkan dengan mewujudkan CALC Herbs & Spice Garden di pusat ini. Spesies tumbuhan herba tempatan seperti sambung nyawa, kembang telang, camangi, ketumbar jawa, garuda dan lain-lain yang ditanam di taman herba ini boleh digunakan bagi tujuan perubatan, aromatherapi, dan kosmetik, termasuk sebagai ulam dan rempah.

Unit Kelestarian Hijau berharap dengan adanya taman herba ini, warga CALC dapat menjadikan taman ini sebagai tempat untuk menghilangkan lelah dan tekanan bekerja selain dapat turut serta dalam aktiviti bercucuk-tanam sebagai aktiviti rekreasi. Oleh yang demikian, warga CALC dijemput untuk melawat dan meluangkan masa di taman ini untuk rehatkan diri dan minda.



Min aina anta? Min aina anti?

"Awak berasal dari mana?"

Oleh Ahmad Zainan Md Khudzari

Ketika bersua kenal dan berbual dengan seseorang yang baru dikenali, pertanyaan tentang negara asal adalah antara perkara yang akan disentuh dan ditanya. Sebelum kita membincangkan berkaitan tatabahasa, mari kita lihat senarai nama negara berikut dahulu. Kemudian anda boleh mencari terjemahan perkataan kepada bahasa Inggeris atau Malaysia. Cuba sebut dan bunyikannya. Dalam banyak keadaan, ianya serupa dengan perkataan dan kosa kata yang anda sudah tahu.

Bahasa Arab	Sebutan	Bahasa Melayu
مِصْر	[Misr]	Mesir
أَمْرِيكََا	[Amrica]	Amerika Syarikat
إِيْرَان	[Iran]	Iran
فَرَنْسَا	[Faransa]	Perancis
أَلْمَانِيَا	[Almanya]	Jerman
الصِّيْن	[As-shiin]	China
أَلْهِنْد	[Al-Hind]	India
مَالِيْزِيَا	[Malizia]	Malaysia
أُسْتْرَالِيَا	[Usturalya]	Australia
أَلْأُرْدُن	[Al-Urdun]	Jordan

Apabila anda ingin memperkenalkan diri anda, anda boleh menyebut "Saya dari (Amerika)" Ana min Amrika atau "Saya warganegara Amerika" Ana Amriki/yyah (m/f).



Bagi kebanyakan negara tersebut, terdapat kaedah yang biasa digunakan untuk menyatakan asal negara diri, iaitu penambahan huruf 'ya' sebutannya [i] untuk lelaki dan 'ya' beserta 'ta' marbutah sebutannya [iyyah] untuk perempuan diletakkan pada akhir perkataan.

Dalam Bahasa Arab, ia melibatkan tatabahasa berkait dengan Sistem Gender. Oleh yang demikian, setiap perkataan terutamanya kata nama akan dibezakan sama ada maskulin dan feminin. Sebagai contoh, lelaki Mesir ialah Masri dan wanita Mesir ialah Masriyyah.

Terdapat 3 langkah menukar nama negara kepada kewarganegaraan.

1) Sekiranya nama negara itu mempunyai huruf 'Alif lam' di hadapan. Maka huruf tersebut akan dikeluarkan. Contoh, السودان menjadi As-Sudan

2) Seterusnya, sekiranya nama negara tersebut berakhir dengan huruf 'alif', 'ya' dan 'alif' atau 'ta'. Huruf-huruf ini akan dikeluarkan.

contoh فرنسا - ماليزيا Faransa - Maaliziia

3) Kemudian masukkan akhiran adjektif nisba iaitu 'ya' bagi maskulin dan 'ya' beserta 'ta' marbutah bagi feminin.

Berikut jadual perubahan perkataan tersebut :

Nama negara	Sebutan	Perubahan (Maskulin – Feminin)
مِصْر	[Misr]	مِصْرِي مِصْرِيَّة Misri – Misriyyah
أَمْرِيكََا	[Amrica]	أَمْرِيكِي أَمْرِيكِيَّة Amriki – Amrikiyyah
إِيْرَان	[Iran]	إِيْرَانِي إِيْرَانِيَّة Irani – Iraniyyah
مَالِيْزِيَا	[Malizia]	مَالِيْزِي مَالِيْزِيَّة Malazi – Maliziyyah
أَلْأُرْدُن	[Al-Urdun]	أُرْدُنِي أُرْدُنِيَّة Urduni – Urduniyyah

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ETIKA MASYARAKAT DI SEPANYOL

OLEH DR AZLINA MOHD SERA'AI

Setiap bahasa memiliki budaya, amalan dan cara hidupnya yang tersendiri. Kadangkala, perkara yang kelihatan biasa atau sopan kepada anda boleh ditafsirkan sebagai pelik atau biadap di negara lain. Begitu juga dengan sebaliknya, sesuatu yang anda rasa kurang sopan mungkin kelihatan biasa kepada orang lain. Dalam bahasa Sepanyol etika dipanggil 'protocolo' atau 'etiqueta'. Jom kenali beberapa perkara utama yang kurang sopan dilakukan di negara Sepanyol.

1. Membuat bunyi ketika menyedut atau menghirup makanan atau minuman serta sendawa



- Walaupun kelakuan ini mungkin dilihat sebagai perkara biasa di Malaysia, ia tidak pernah dilakukan oleh masyarakat Sepanyol.
- Kelakuan ini dianggap kurang sopan kerana ia sama seperti membuang angin (kentut) di khalayak ramai.

2. Menyentuh buah-buahan di pasar/kedai terbuka

- Pada kebiasannya, sebelum seseorang membeli buah-buahan di sesebuah kedai atau pasar, mereka akan memilih untuk mengetahui keadaan buah tersebut. Hal ini berlaku di Malaysia dan tidak di negara Sepanyol.
- Jika seorang pelanggan memegang atau menyentuh buah yang ingin dibelinya, sudah tentu dia akan dimarahi oleh tuan punya kedai dengan perkataan 'No lo toques' (Jangan sentuhnya).



3. Membeli-belah pada waktu tengahari



- Seeloknya elakkan pergi membeli-belah di antara pukul 1 petang sehingga 4 petang atau 5 petang. Kebanyakan kedai dan perniagaan kecil akan ditutup pada waktu tengah hari, kerana pekedai akan menikmati tidur sebentar (budaya yang diambil dari orang Islam) yang singkat selepas makan tengah hari.
- Namun, pada hari ini ia tidak dilakukan oleh semua masyarakat di negara Sepanyol disebabkan lebih mementingkan tanggungjawab dalam pekerjaan. Oleh itu, setiap individu yang melawat negara Sepanyol tidak terkejut dan tidak sepatutnya marah dengan perkara ini dan menganggapnya sebagai gangguan.

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OPEN MIC SESSION (INNER VOICE) AT READ@CALC: A SHARING SESSION TO REMEMBER

By Natasha Putri Ab Hadi

Read@CALC has organised a unique event called 'Open Mic Session [Inner Voice]' on 13 January 2023.

WHAT WAS THE EVENT ABOUT?

The event aimed to provide a platform for CALC staff to express their opinions and share their latest readings with their colleagues. It also aimed to encourage interactions among the staff and foster a positive and supportive working environment.

WHY WAS IT A UNIQUE EVENT?

The Inner Voice Open Mic Session was unique because it was the first of its kind in CALC and it provided a chance for the staff to learn from each other.

WHO WERE THE PRESENTERS?

Eight staff presented in the event: Natasha Putri Binti Ab Hadi, Aliff Fairus Bin Nor Mohamad, Jackson Wong Kok Ming, Wan Fakhrul Syakirin Bin Wan Abd Aziz, Othman Bin Abdul Kareem, Nur Hazimah Binti Nor Hashim, Ahmad Farhan Bin Mohamed Hamdan, and Mohamad Ariff Bin Ahmad Zainuddin.

WHERE AND WHEN DID IT TAKE PLACE?

The event took place at the Reading Corner of Read@CALC, which was a comfortable spot for presenters to express themselves. The session was held on 13 January 2023 from 3pm to 5pm.

HOW DID THE EVENT GO?

The event was a great success with presenters sharing their thoughts and knowledge on a range of topics. Pn. Irda Hidayah Ishak who emceed the sharing session, kept it lively and engaging. Meanwhile, Pn. Fauziah Hanim Ahmad Shaari, the Deputy Director of CALC officiated the event and she expressed her support and appreciation for it.

Some of the interesting sharing sessions included 'Staying in South Korea' by Ahmad Farhan, who shared his experiences as an expat living in South Korea; 'Compendium of Poems' by Jackson who shared his favourite collection of poems, and 'Why am I so tired?' by Nur Hazimah who shared an article on how to tackle fatigue.

Overall, the Open Mic Session [Inner Voice] at Read@CALC was a great success as it provided a platform for CALC staff to interact and express their opinions. It was a memorable event that was well-received by all participants.



Junior English Camp (JEC) @ CALC, UPM

By Nooraishah Zul-Qarnain & Nur Nabilah Mohd Samsudin



Participants with teachers in CALC



JEC's Closing Ceremony



Swimming lessons in UPM Swimming Complex



Golf lessons in Uniputra Golf Club Driving Range



Visit to the Farm Fresh@UPM

The Language Extension Unit from the Centre for the Advancement of Language Competence (CALC) in UPM has organised a Junior English Camp (JEC) for 23 young learners from South Korea aged between 7 to 14 years old. The objective of the camp was to provide English language classes to participants through fun learning activities.

JEC was held from 16 January 2023 to 10 February 2023. The one-month programme was packed with a lot of exciting English language in-class activities as well as outdoor activities. On the first day of the camp, participants had to take a placement test to determine their language proficiency level. They were then placed into 3 separate groups based on their proficiency level - basic, intermediate, and advance groups. Participants then attended

English classes from 9 am until 3.30 pm daily followed by golf lessons in Uniputra Golf Club Driving Range and swimming lessons in UPM Swimming Complex from 4pm to 5pm.

Besides that, participants also had the opportunity to visit interesting places around Universiti Putra Malaysia such as Beryl's Chocolate Factory, Farm Fresh@UPM and G2G Animal Farm. Overall, the programme was a success as participants had lots of fun while learning English. They departed from CALC for their home country with good memories and valuable lessons. CALC hopes to organise more of these language camps to foster international ties and to remain as one of the most renowned language centres in Malaysia.

Inbound Mobility Programme with Nakhon Ratchasima Rajabhat University (NRRU), Thailand

BY NUR SHEILA ABD RAHMAN

An inbound mobility programme with Nakhon Ratchasima Rajabhat University, Thailand was successfully organised by the English Division of the Centre for the Advancement of Language Competence (CALC) from 1 March 2023 to 30 March 2023.

A total of 10 students participated in this programme. Throughout their one month stay, the students attended intensive classes on Academic Writing Skills (LPE 2501) and completed English Language Activity (LAX 2014 - Travelogue).

The students' lessons began at 9.00am and finished at 5.00pm every day. They were taught by seven teachers who took turn to teach LPE 2501 and one teacher assisted them with LAX 2014. They were also required to complete the writing portfolio during their stay here.

Besides attending classes, the students visited Malacca and Putrajaya. According to them, Putrajaya has many beautiful parks; consequently, they went to Putrajaya twice during their stay here.

Additionally, CALC managed to arrange a batik painting session for them at the Kuala Lumpur Craft Complex where they learned how to apply batik wax on textile designs and later painted it with different coloured dyes. They also visited the Craft Museum which exhibited the many processes of producing different types of crafts such as traditional copperware, keris, shadow puppets and others. They also tried playing traditional games such as congkak and batu seremban.

It is hoped that by attending the Inbound Mobility programme, the students would be able to improve their Academic Writing Skills and learn more of the different cultures and traditions in Malaysia.

TRE FOR THE ADVANCEMENT
NGUAGE COMPETENCE (CALC)





CALC EXHIBITION @ POSTGRADUATE BRIEFING AND OATH TAKING CEREMONY 2023

By Heidi Yasmine Mamat Hamidi

The Centre for the Advancement of Language Competence (CALC) along with the School of Graduate Studies (SGS), UPM Housing and Placement Division, Sultan Abdul Samad Library, and the Centre for Management of Waqf, Zakat and Endowment (WAZAN) have participated in an exhibition which was part of the Briefing and Oath-taking Ceremony for the new intake of postgraduate students.

This ceremony was officiated by the Deputy Vice-Chancellor (Academic & International), YBhg. Prof. Dr. Ismi Arif Ismail and was held at the Pusat Kebudayaan & Kesenian Sultan Salahuddin Abdul Aziz Shah (PKKSSAAS) on 14 March 2023. The University Management Committee, Faculty Deans, Institute Directors, Putra Graduate Association (PGA), Student Representative Council (MPP), UPM International Student Association (UPMISA) and Peer Support Group (PSG) as well as other departments

were also present to deliver briefings on matters pertaining to postgraduate academic affairs.

During the exhibition, CALC seized the opportunity to reach out to new postgraduate students and had promoted some of the services offered by the Centre. These services included the Postgraduate Intensive English (PIE) programme, free academic writing consultations provided by the CALC Academic Writing Support Unit (AWSU), and the editing and translation services offered by the CALC Editing and Translation Services Unit (ET).

CALC's exhibition booth garnered considerable interests from both local and international postgraduate students who were offered a door gift and informative brochures detailing the services promoted during the exhibition. It is hoped that these services will facilitate the newly enrolled postgraduate students in their academic pursuits.

PROGRAM PENGAGIHAN BUBUR LAMBUK PERCUMA CALC 2023

OLEH AHMAD RUSIDY ROSLY



Kerjasama antara warga kerja di Pusat Pemajuan Kompetensi Bahasa (CALC) telah berjaya mengagihkan sebanyak 600 bekas bubur lambuk sebagai juadah berbuka puasa kepada komuniti setempat di sekitar Universiti Putra Malaysia kampus Serdang sempena program Pengagihan Bubur Lambuk Percuma CALC anjuran Kelab Kebajikan Pusat Pemajuan Kompetensi Bahasa (WeCALC) pada 7 April 2023 yang lalu.



Program Pengagihan Bubur Lambuk Percuma CALC ini telah julungkali diadakan tahun ini bagi meraikan ketibaan dan menghidupkan bulan Ramadan yang mulia ini. Program ini juga diadakan sebagai suatu acara keramaian dalam usaha memupuk semangat kekitaan dan juga kerjasama dalam kalangan staf CALC melalui aktiviti gotong-royong menyediakan dan mengagihkan bubur lambuk.

Seramai 56 orang staf Pusat Pemajuan Kompetensi Bahasa, Universiti Putra Malaysia yang terdiri daripada guru-guru bahasa dan juga staf pentadbiran telah terlibat dalam program ini dan diberikan tugas-tugas seperti membeli barang keperluan, memasak, menyediakan bahan, membungkus dan pelbagai lagi tugas lain.

Sesi agihan telah dijalankan selepas solat Jumaat di lima tempat iaitu tempat menunggu bas Fakulti Bahasa Moden dan Komunikasi, tempat menunggu bas Dewan Besar PKKSSAAS, Dewan Makan Putra, stesen MRT UPM Serdang dan pintu 9 UPM. Selain itu, pihak WeCALC juga turut menyumbang 60 bekas bubur lambuk kepada pelajar-pelajar Maahad Tahfiz Darul Azhar, Serdang.





PERTANDINGAN GLOBAL LINGUA e-POSTER 2023

Oleh: Jittima Jehmong

Seiring dengan hasrat yang terkandung dalam Pelan Pembangunan Pendidikan Tinggi 2015-2025 dan aspirasi Dato' Naib Canselor Universiti Putra Malaysia (UPM) bagi melahirkan graduan yang berupaya menguasai bahasa tambahan dan mendepani cabaran masa hadapan maka, Bahagian Kemahiran Bahasa Melayu dan Bahasa Global (BMBG) mengambil inisiatif menganjurkan Pertandingan Global Lingua e-Poster 2023 yang melibatkan Bahasa Melayu dan Bahasa Global yang ditawarkan di Pusat Pemajuan Kompetensi Bahasa (CALC), UPM.

Pertandingan ini dianjurkan secara dalam talian bermula dari 5 April hingga 5 Mei 2023. Pelajar yang berminat boleh menyertai pertandingan ini dengan cara mendapatkan maklumat melalui pengajar masing-masing.

Acara yang dipertandingkan telah mengetengahkan tema yang bertajuk 'Makanan Tradisional' dengan tujuan untuk memperkenalkan keunikan dan budaya makanan di Malaysia serta meningkatkan motivasi dan minat pelajar terhadap pembelajaran Bahasa Global. Usaha ini juga untuk membina kemahiran pelajar menguasai dan menerokai kemajuan aplikasi dalam teknologi maklumat.

Penilaian e-Poster adalah berdasarkan kepada kreativiti dan maklumat yang disampaikan dengan cara paling menarik, menyeluruh dan penggunaan bahasa yang betul. Pemenang e-Poster dipilih mengikut kriteria yang dibincangkan dan setiap bahasa memilih seorang peserta terbaik untuk dinobatkan sebagai pemenang.



Secara keseluruhan, jawatankuasa penganjur menerima 170 penyertaan dari pelajar yang terdiri dari kepelbagaian bahasa yang ditawarkan oleh BMBG. Namun, pada peringkat akhir hanya 37 penyertaan sahaja tersenarai dalam senarai pendek untuk mencari pemenang dalam setiap bahasa. Bahasa yang dipertandingkan ialah Bahasa Arab, Cina, Jepun, Jerman, Korea, Melayu, Myanmar, Perancis, Sepanyol, Thai dan Turki. Juri yang berpengalaman dari Sekolah Masjid Tanah (Integrasi) telah dijemput menjadi juri di peringkat akhir untuk memilih penyertaan terbaik bagi mencari juara terpilih.

Pemenang memperoleh hadiah wang tunai sebanyak RM100, sijil penyertaan dan sijil penghargaan dari pihak CALC. Secara keseluruhannya, pertandingan ini telah berjaya menarik minat ramai pelajar UPM dan secara tidak langsung telah meningkatkan imej CALC sekaligus menyokong usaha UPM dalam misinya melahirkan watak graduan yang cemerlang dari semua aspek. Pihak CALC memandang baik dan akan meneruskan pertandingan ini pada masa hadapan.

CALC INTERNAL AUDIT 2023



By Choong Yin Lai and Ooi Bee Lee

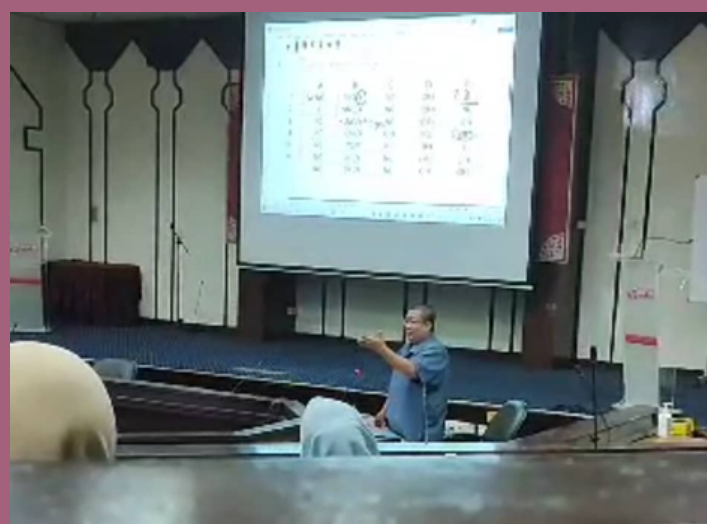
CALC's internal audit for the year 2023 took place from 31 May to 2 June 2023.

A team consisting of 14 internal auditors, along with a guest Chief Auditor, successfully conducted the 3-day internal audit. The audit primarily took place in Bilik Anjung Kirana and was led by Puan Noraihan Noordin, an esteemed officer from Putra International Centre (I-PUTRA). Notably, 5 out of the 14 CALC auditors were newly appointed, adding fresh perspectives to the audit process.

The audit covered various scopes, specifically on the core areas of Teaching & Learning, Administration, and Processes within CALC.

To ensure the internal auditors were well-equipped and prepared to carry out their responsibilities effectively, a comprehensive auditor course was organised on 11 and 12 May 2023. The course aimed to provide support to both existing and newly appointed auditors, empowering them with the latest knowledge and skills in the field of auditing.

The course was conducted by En. Ridzuan bin Muhammad, a seasoned trainer from INOKREATIF Q. A total of 41 participants from various faculties and centres within UPM attended the course, reflecting the strong interest and commitment to enhancing auditing capabilities within the organisation.



KURSUS ASAS BAHASA GLOBAL (THAI) SIRI 1/2023

Oleh: Jittima Jehmong

Bahagian Siasatan Jenayah Maritim telah berkolaborasi dengan unit Pengembangan Bahasa di Pusat Pemajuan Kompetensi Bahasa (CALC), UPM untuk menganjurkan Kursus Asas Bahasa Global (Thai) Siri 1/2023 selama dua minggu kepada 17 pegawai Agensi Maritim dari seluruh Malaysia. Objektif kursus bertujuan untuk melahirkan jurubahasa Thai yang kompeten dan mampan dalam kalangan pegawai yang terlibat. Selain itu kursus ini berperanan untuk memperkukuhkan serta mempertingkatkan keberkesanan dan kualiti siasatan bagi menangani cabaran kes yang melibatkan tangkapan warganegara asing.

Kursus ini diadakan pada 29 Mei – 09 Jun 2023 dari pukul 8.30 pagi hingga 4.30 petang bertempat di Institut Latihan Perumahan & Kerajaan Tempatan (I-KPKT) Bukit Tinggi, Bentong Pahang.

Kursus ini meliputi topik mengenal dan menyebut huruf konsonan dan vokal Bahasa Thai, menulis dan membaca Bahasa Thai dengan betul dan lancar. Selain itu, terdapat topik komunikasi asas dalam bahasa Thai menggunakan ungkapan dalam kehidupan seharian. Di akhir kursus ini para pegawai Maritim turut menjalani ujian penulisan, pendengaran, percakapan dan bacaan bagi menguji dan mengetahui tahap penguasaan mereka.

Secara keseluruhannya, kursus ini telah berjaya mencapai objektif penganjurannya kerana penglibatan peserta sangat aktif dalam semua aktiviti yang diadakan. Kolaborasi ini akan diteruskan dengan sesi lanjutan untuk saringan peserta keperingkat seterusnya. Semoga usaha ini dapat meningkatkan imej CALC sebagai salah satu usaha membantu negara untuk menangani jenayah antarabangsa.



PERTANDINGAN GLOBAL LINGUA

SPELLING BEE SIRI III, 2023:

BAHASA DIANYAM, BUDAYA DISULAM

Oleh Noor Hidayah Ismail



Program ini telah disempurnakan oleh Yang Berbahagia Dr. Sanimah Hussin merangkap Ketua Bahagian Kemahiran Bahasa Melayu dan Bahasa Global (BMBG) dengan keterlibatan peserta yang mendaftar kursus bahasa Jerman dan bahasa Turki. Keunikan penganjuran Pertandingan GLSB Siri Ketiga ini hanya melibatkan 2 bahasa sahaja iaitu bahasa Jerman dan bahasa Turki. Hal ini demikian untuk melengkapkan keseluruhan penglibatan semua bahasa yang ditawarkan di Pusat Pemajuan Kompetensi Bahasa (CALC) tanpa pengecualian. Terdahulu, kedua-dua bahasa ini tidak mengambil bahagian dalam penyertaan GLSB pada siri pertama dan siri kedua kerana terlibat dengan aktiviti lain yang dianjurkan di universiti. Biarpun penglibatan hanya 2 bahasa sahaja dengan mempertaruhkan 9 orang peserta setiap bahasa, program tetap meriah dengan mendapat sambutan dari semua pihak.

Kejayaan 2 orang pelajar yang berjaya meraih gelaran juara mewakili bahasa Jerman dan bahasa Turki dalam Pertandingan Global Lingua Spelling Bee (GLSB) Siri Ketiga, 2023 mendapat pujian ramai pihak termasuk guru, penonton dan rakan peserta lain. Hal ini demikian kerana acara yang dipertandingkan pada 9 Jun 2023 itu menyaksikan kehebatan para peserta bersaing untuk mengeja perkataan dengan sebutan yang betul dan jelas. Ini membuktikan bahawa pelajar UPM telah menyahut seruan dan aspirasi Dato' Naib Canselor Universiti Putra Malaysia (UPM) dalam Pelan Pembangunan Pendidikan Tinggi 2015-2025 untuk melahirkan graduan yang berupaya menguasai bahasa tambahan dan mendepani cabaran masa hadapan. Tahniah diucapkan kepada semua para peserta yang menyertai.



Penganjuran program ini juga adalah salah satu platform kepada pelajar, bukan sahaja mempelajari bahasa asing sebagai nilai tambah pengetahuan mereka, malah sedikit sebanyak pelajar dapat mempraktikkan budaya sesuatu bahasa yang dipelajari melalui pertuturan dan kefasihan sebutan. Menurut salah seorang juri jemputan iaitu Encik Mustafa Cesmeci dari Kuala Lumpur Yunus Emre Enstitüsü, beliau kagum dengan pelajar UPM yang boleh menyebut perkataan bahasa Turki dengan intonansi dan lenggok yang hampir sama dengan penutur jati. Sedikit sebanyak menyumbang kepada satu persaingan sengit kepada pihak juri untuk menentukan siapakah yang paling layak dinobatkan sebagai juara.

Pemenang bagi penganjuran program ini membawa pulang piala, wang tunai dan sijil penyertaan. Aktiviti ini mendapat sokongan penuh dari pihak CALC kerana CALC sentiasa menyokong apa sahaja aktiviti yang melibatkan kompetensi bahasa dan program ini akan diteruskan lagi pada masa hadapan.

SEPARATION

By Hasliza Aris

A short six weeks' vacation with my family had finally come to an end. Early that morning, my sister, Haslina, my brother-in-law, Nik Hussein, and their only child, Farhan, came, waking me up to get ready for my 10 o'clock flight. Mom busied herself in the kitchen, preparing for breakfast as well as packing some fried chicken and noodles in case I got hungry in Japan, where I would have a layover for a night. Finally, we were ready at 8 am. Then my parents and I took a couple of pictures with me in my graduation costume just to recreate the magic of graduation. Mom and Dad didn't get to see me on my graduation day last May, much as they had wanted to. Money and time prevented it.

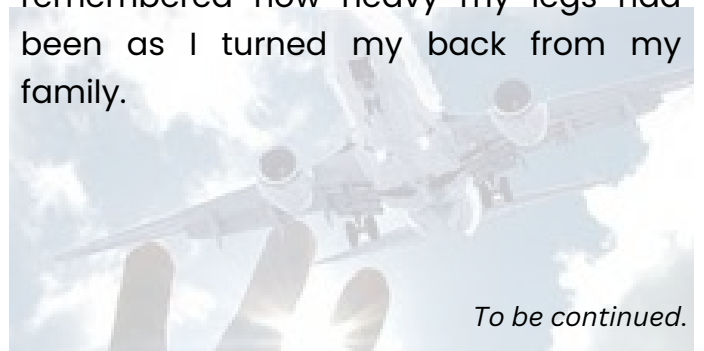
I kissed my 15-day-old nephew goodbye. There he was, sleeping so soundly, getting used to the new environment after nine months in his mother's womb comforted by her soothing heartbeat.

The highway had a lot of traffic—an unusual scene, delaying my arrival at the airport, as if reluctant to let me leave the country. It was not until 9:30am when we finally reached the airport. My younger brother's clumsiness in carrying my baggage to the counter got on my

nerves. I knew that the tension showed on my face when I said to him, "Why don't you hurry up? You are always so slow!" The rest of the family appeared solemn and sad for a reason well understood. Very soon we were going to be separated, thousands of miles away from each other.

The announcement that passengers should board the plane was made three times before I could finally make that one step that would lead me away from home for another two years. Hugs and kisses preceded the departure. Words of advice from Mom and forced smiles from other family members were among the memories that accompanied me as I made rapid paces towards the plane.

With eyes closed, I sat exhausted on the plane. It didn't take any effort for my mind to drift back to the scenes of my departure just minutes ago. I regretted scolding my brother, Hazan, for a fault that was not his, a fault I saw only because I was so tensed. Anger coursed through my veins for not being able to handle stress in those critical and precious moments. I wished I had wings so I could fly to him and apologise. I also remembered how heavy my legs had been as I turned my back from my family.



To be continued.

Suddenly I remembered Mom who rushed towards me for a final hug earlier on. Even though Mom and I had always been close, this was one of the most touching moments in my life. I fought back the tears that rushed into my eyes and busied myself reading the 'Gold Wing' magazine placed on my lap, but I ended up staring at the magazine, page after page. I knew that my family was still at the airport waiting to see the plane take off successfully.

The plane finally took off. "Goodbye Mom, Dad, everyone. I'll miss you, and I will always cherish the fond and loving memories that we shared for the rest of my life."

The plane had to make two stops before it reached Narita International Airport, Tokyo. At the first stop, passengers were allowed to stay on board during the one-hour layover at Chiang Kai Shek Airport, Taiwan. However, upon arriving at Kai Tak International Airport, Hong Kong, for security reasons, the passengers had to leave the plane for an hour.

"I'm going to Narita. Do I have to take my belongings out?" I asked a flight attendant.

"No, just your personal belongings like your passport and your ticket. You'll have to leave the plane soon because everyone is already out."

"What's your name?"

"Liz," I answered while hurriedly walking out.

Usually, I would spend this time shopping at the souvenir shops as it is said that the merchandises at Kai Tak Airport are sold at a comparatively reasonable price. This time; however, I sat lazily at the waiting lounge—a mistake I shouldn't have made. Soon, the memories of my family came flooding back. I was overwhelmed. I couldn't hold back my tears. Somehow, I did not feel embarrassed, so the tears rolled down my cheeks. I thought that the tears conveyed something very special about the bond between my family and me. I felt so much better then, as if the tears had the power to remove the sadness away.

After lunch was served, I lay down holding my sister's teddy bear tenderly, as if it was my sister. A while later, the flight attendant, Abigail, an Arab descendant, purposely took the teddy bear away with the hope that she could start up a conversation with me. I enjoyed having her as company. After all, I had always wanted to know what a flight attendant was like as a person. Within three hours, we were like two old buddies, talking and giggling happily; that, what was to come was beyond our expectations.



To be continued.

Finally, we arrived at Narita. I invited Abigail to have dinner with me. The fried chicken and noodles Mom had packed earlier were still good and Abigail and I ate them ravenously. Except for minor changes, the hotel room looked exactly like it had, a little over four years ago when I first spent a restless night suffering from the first separation from my family. Coming from a protective family and at only 17, the thought of travelling alone so far away had scared me at first. Now that I was older, I realised that the pain of separation was something that I had to bear. However, it was worse this time around, as so many things had transpired at home during the course of my brief stay there. A week before I was to return to the United States, Grandma Norbani passed away.

Please don't go back to the States. Do your master's degree here," Mom had said sadly just a few days back. Her words shocked me as Mom had always supported my going overseas and is proud of me. Then suddenly something struck my mind. How had I failed to notice the agony Mom felt? Still grieving over her mother's death, she was now confronted with a soon-to-be-absent daughter. Three days after Grandmother's death, Mom had been terribly ill. "What if Mom passed away?" the child in me asked. Mom didn't speak much. Every now and then her eyes were fixed, glued to the wall, her face blank and wooden. I

wanted to reach out to her, to feel the pain with her, but I knew the pain was solely hers. She was experiencing a crushing loneliness, an episode I have always lived through while I was away from my loved ones. Tears stung my eyes.

"Liz, are you okay?" Abigail's voice awakened me from my reverie.

Immersed in my own thoughts, I had forgotten her presence. Hoping to share the burden, she urged me to voice out my feelings.


"I know how much it hurts, she said. "But you are lucky. You still have your parents. I have nobody. Both my parents have passed away."

A lesson well learned. To my surprise, I am not the only one suffering from the pain of separation. In fact, my mother, Abigail, and I have all suffered from loneliness and isolation at some points in our life. During such time, I often felt totally cut off from other human beings as no amount of sharing can ease the excruciating pain within.



EMBRACE FAILURE, VICTORY SHINES

BY NUR HAZIMAH NOR HASHIM



Elevate yourself and continue to pursue,
Move forward and onward to the new you,
Brighter days are waiting for you to preview,
Rise above, embrace a greater avenue,
Acknowledge the lessons, profound and true,
Celebrate each small success attained by you,
Even if others fail to comprehend your worth value.

From within, find your inner strength and let it grow,
Accept the falls, no matter the blow,
Initially the pain hurts, but with time they'll turn into rainbow,
Leaving scars that your life journeys can bestow,
Undeniably, they fuel your spirit to outgrow,
Realising your dreams, reaching every goal,
Embrace failure's lessons and let the victory unfold.

Valuable lessons learned, wisdom emphasised,
Improvements and criticism willingly compromised,
Chances of success, steadily rise,
Tales of triumph you symbolise with pride,
Open your arms to all enterprises,
Realms of victory, celebrate with memories,
You do you as greatness will be realised.

So let them talk, their words won't define,
Honour your victory, let your light shine,
Indeed, it's undeniably true for you to confine,
No need to argue, your worth is fine,
Embrace the lessons failure outlines,
Success will come as IT'S divine.



The experience of living and working in South Korea as an expat teacher

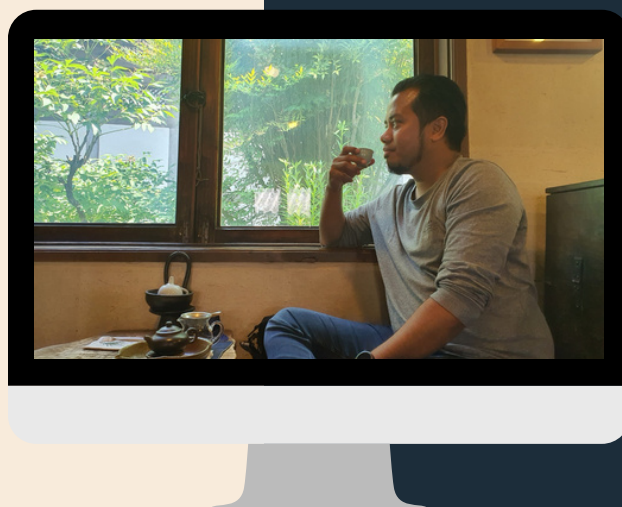
By Ahmad Farhan Mohamed Hamdan

I have always wanted to travel overseas at any given opportunity, but teaching and staying there as an expat is another dream altogether. Hence, I was grateful when the opportunity came knocking. It turns out that I was selected by CALC to teach English courses at Jeonbuk National University (JBNU) from April until August 2022. Consequently, I grabbed the opportunity, did the necessary and flew to South Korea. While travelling to JBNU, I discovered that this prestigious university is located in Jeonju, South Korea and is a 2-hour drive from Seoul.



While I was there, I was entrusted to teach speaking and writing courses. My students not only encompassed undergraduates, and recent graduates, but also working adults and retirees. In fact, this was an open class for anyone who was interested to learn English, and to my surprise some of these subjects were free of charge. Besides teaching, I was involved with the university's mobility programme, where students from Malaysia would come over to Jeonbuk University to continue their education for one or two semesters. However, these students only arrived in Jeonbuk somewhere in July. One of my duties included creating awareness on the Malaysian culture such as the many types of foods, and the dos and don'ts in Malaysia.

The people I met in Jeonbuk National University were very polite and kind so I was grateful to them. Generally, I find the Koreans to be very helpful, albeit the language barrier as most Koreans considered English to be a foreign language. For instance, some of the Koreans that I met, spent a lot of their time to help me feel welcome, and some of my students even took me around South Korea. I was also lucky to be exposed with their culture and their customs. Moreover, the Koreans that I met were also very generous. I received many gifts from my students, such as varsity jackets, free tours, and a Starbuck tumbler to name a few.



To be continued.

The places that I visited in South Korea were simply amazing. Seoul and Busan are of course the main attractions for tourists. Places such as Itaewon, Myeong-Dong, Haeunde Beach are just some of the places that I would recommend anyone to visit. Visiting the Demilitarized Zone (DMZ) in Paju is another memorable trip. I also managed to visit places which were mostly known to locals such as Hwaeomsa Temple in Gurye, Tapsa Temple in Jinan, Seodong Park in Buyeo and many more.

As for the foods, I find the Halal foods in Jeonju to be quite limited, so I usually just cooked in the studio apartment provided to me by the university. However, I was lucky to be able to taste some of the main dishes that South Korea has to offer. Tteokbokki, Spicy Cold Noodle, Bibimbap and Malatang were just some of the foods that I tried. Of course, there were more Halal food options when I went to Busan or Seoul.

All in all, the trip to Jeonbuk National University was an experience that I will never forget. This is because teaching in South Korea has indeed given me a different perspective on teaching. Also, staying there has made me a more matured person, as I had to handle many different situations. Thank you UPM and CALC for this wonderful opportunity. After a taste of South Korea, I now look forward to my next overseas adventure come what may!





FAST X – The Beginning of the End

BY NOR HAFIZAH ANWARDEEN

Back in 2021, the ninth sequel of the Fast Saga, F9, opened to a lukewarm review. Despite the hard-hitting action sequences and the signature family motto, the movie fell short as the storyline was below par. With that, critics felt that the 20-year-old Fast franchise may have lost its bite. If you are having some reservations whether to watch the tenth instalment, you can shove your apprehension aside because this film is simply mind blowing.

For instance, at the very beginning of the film itself, you are greeted by a room of familiar faces, and that sets the tone, a nostalgic tone. Additionally, you are introduced to new faces such as Rita Moreno's Abuelita, Brie Larson's Tess Nobody and other star-studded faces. Another brilliant addition to the Fast mix is none other than Dante Reyes who is immaculately portrayed by Jason Momoa. The Toretto family may have been the 'Star'

of the franchise thus far, but Jason's portrayal as the deliciously cunning, vicious, and formidable antagonist, Dante – is hands down the STAR in Fast X. Introducing Dante into the mix was a creative genius and this has brought the franchise to a whole new level of greatness. Hence, 'all eyes on Momoa' is a reasonable tagline.

Also, if you are wondering if Fast X can deliver fresh gravity defying stunt scenes filled with



insane amount of tyre actions, you are up for a treat. Being the first of a 3-part Finale, Fast X not only reminds you of that rush, adrenaline and excitement you had back in 2001 where Dominic and Brian raced on the streets, but also of the heartwarming bond they forged that night – where it all began. To top it off, with an ever-expanding number of cast members consisting of many A-listers, the storyline could have easily derailed. Instead, every character, every scene and every heart-pumping tyre-action are weaved beautifully into 141 minutes of pure engagement. Further, keep your eyes peeled for a special cameo by Meadow Walker, the daughter of none other than the Fast legend himself, the late Paul Walker. Last but not least, there is a post-credit scene worth waiting for, which marks a beautiful beginning of the end.

KETAWA UBAT STRESS

Oleh Noor Hidayah Ismail

Definisi stress menurut Kementerian Kesihatan Malaysia ialah sebagai satu desakan atau tekanan yang dihadapi oleh individu berikutan tekanan daripada sesuatu peristiwa samaada kisah silam atau peristiwa semasa. Hal ini memberi kesan kepada emosi mahupun fizikal.

Stress satu simptom yang boleh memudaratkan kesihatan dan anda perlu tangannya dengan segera. Terdapat pelbagai kaedah untuk mengatasi masalah stress seperti melakukan aktiviti senaman, pengambilan supplemen, menghidu bau-bauan dari essential oil dan sebagainya.

Terdapat satu cara yang mudah, murah dan berkesan iaitu dengan hanya ketawa. Tahukah anda bahawa hanya dengan ketawa boleh melepaskan endorphin yang meningkatkan kualiti mood dan menurunkan tahap hormon stress penyebab kortisol dan adrenalin. Dengan erti kata lain, ketawa seakan-akan menipu sistem saraf anda untuk membuat anda rasa bahagia.

Sudah tentu anda memerlukan tempat, kawan-kawan dan juga persekitaran untuk membuatkan anda ketawa. Cari kawan-kawan yang anda rasa selesa dan boleh bergurau dengan anda. Dicapai juga dengan menonton program-program komedi melalui kaca televisyen, pautan Youtube atau sosial media semasa untuk buat anda ketawa.

Sukar untuk seseorang berasa gelisah semasa ketawa. Ketawa sangat bagus untuk kesihatan kerana ia membantu menghilangkan stress. Dalam jangka masa panjang, ketawa juga dapat meningkatkan sistem imun dan mood anda.

Jangan ketawa berterusan. Bahaya juga pada pandangan orang nanti. Sekian.

Rujukan

https://web.upm.edu.my/berita/2019/terapi_ketawa_mampu_turunkan_tahap_stres_dalam_diri-47801

<https://cariblogger.com/cara-menangani-stress/>

<https://thediagnosa.com/16-cara-mudah-hilangkan-stress-dan-rasa-gelisah/>

LAUGHTER IS THE BEST MEDICINE

BY SANGEETHA PALPANABAN

A boy asks his father, "Dad, are bugs good to eat?" "That's disgusting. Don't talk about things like that over dinner," the dad replies. After dinner the father asks, "Now, son, what did you want to ask me?" "Oh, nothing," the boy says. "There was a bug in your soup, but now it's gone."

A woman gets on a bus with her baby. The bus driver says, "That's the ugliest baby that I've ever seen. Ugh!" The woman goes to the rear of the bus and sits down, fuming. She says to a man next to her, "The driver just insulted me!" The man says, "You go right up there and tell him off – go ahead, I'll hold your monkey for you."

What do you call security guards working outside Samsung shops?

A: Guardians of the Galaxy.

How come oysters never donate to charity? A: Because they are shellfish.

A woman was taking an afternoon nap. When she woke up, she told her husband, "I just dreamed that you gave me a pearl necklace. What do you think it means?" "You'll know tonight," he said. That evening, the man came home with a small package and gave it to his wife. Delighted, she opened it to find a book titled "The Meaning of Dreams."

Adapted from Jokes. (n.d.). Laugh Factory.

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



PANTUN TEKA-TEKI BAHASA MELAYU

Oleh Nur Aimie Nabila Fauzi

Si anak kecil banyaklah ulah
Ditabur sekoi menjadi baja
Dalam buah banyaklah buah
Buah apa yang digelar raja?

Jual tembaga beli suasa
Buat dipakai nak dara sunti
Tahun berlalu berganti masa
Apa yang tak turun terus mendaki?

Nampak bunga di tepi jalanan
Petik sekuntum dibawa bersama
Banyaklah nama banyaklah gelaran
Haiwan apa penguasa di rimba?

Kalau berkenan anak Pak Brahim
Datanglah merisik membuat tanda
Masuk suku digelar Adat Berkedim
Adat diamal di negeri yang mana?

Jauh berlayar ke Kuala Muda
Singgah sebentar di Inderagiri
Kata dipatri menjadi petanda
Apakah perkara yang sering dimungkir?

Negeri Sembilan, Janji
'durian', 'harimau',
: udamur

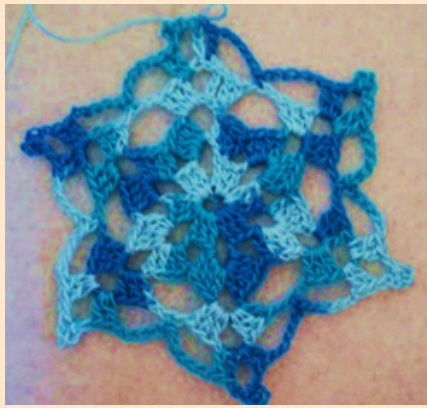
Sudoku

			4		1			
		9		8				7
8		2		6				
1	5		9			3		
			8		7			4
		7					2	
	9				5			
6			1				5	
5			7	4	2			

Answer given in page 29

Taken from
Free Printable Sudoku Puzzles. (n.d.).
Puzzles.ca. <https://www.puzzles.ca/sudoku/>





A star pattern from a book – crochet pattern



A handbag for an aunt-bag base bought from Shopee and crochet from the base up



A knitted top with multi-colored yarn bought from Spotlight.

The Hobbyist: Crochet and Knitting

By Choong Yin Lai

My interest and the journey into the world of thread and needles began a long time ago when a kind teacher showed me and my classmates some interesting stitches during my primary school years.

This has led me to save my lunch money, so I could buy some threads, needles, and basic crochet books. Next, I learned the basic crochet stitches voraciously through diagrams from the books that I purchased. Hence, my knowledge of crochet is basically self-taught and most of the books that I had learned from had diagrams in them. This also means that in the past I could not read the patterns found in western books where words and abbreviations were used.

Over the years, I have also tried cross stitch and embroidery; however, they never held my interest. After a gap of 20 odd years, I picked up crochet and knitting once again. I find crochet to be much easier now and have slowly learned the terminologies and the written stitch patterns associated with crochet. However, I still prefer the patterns or designs in diagram forms.

Based on a friend's suggestion, I have signed up for 'Now we can learn basic stitches of crochet or knitting' via YouTube where you can learn how to make gifts for family and friends which include shawls, baby blankets, head bands, tops, cardigans, etc.

Before the Movement Control Order (MCO), I usually bought crochet or knitting yarns from local craft shops, but in the past few years I got yarn and needle supplies from Spotlight which delivers their products to my doorstep. Now I have other options such as buying from local and overseas suppliers via Shopee.

In my opinion, if you want to get far with this hobby you must experiment with different stitches and patterns as well as different types of yarns. Knitting and crochet have helped me to relax, and I have found them to be very rewarding hobbies. Since I carry out my crochet or knitting projects while watching television, I tend to multitask. The best thing about crochet and knitting is that you can start a crochet or knitting project, leave it and pick it up again, anytime you like as there are no deadlines for this hobby. Hence, the limitations or pressures of this hobby comes from within as you set the bar and deadlines for it.

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QUOTE OF THE DAY

*"Your time is limited,
so don't waste it living
someone else's life" -
Steve Jobs*

Sudoku (Answer)

3	6	5	4	7	1	9	8	2
4	1	9	2	8	3	5	6	7
8	7	2	5	6	9	4	3	1
1	5	8	9	2	4	3	7	6
2	3	6	8	5	7	1	9	4
9	4	7	3	1	6	8	2	5
7	9	1	6	3	5	2	4	8
6	2	4	1	9	8	7	5	3
5	8	3	7	4	2	6	1	9

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