

# Portfolio





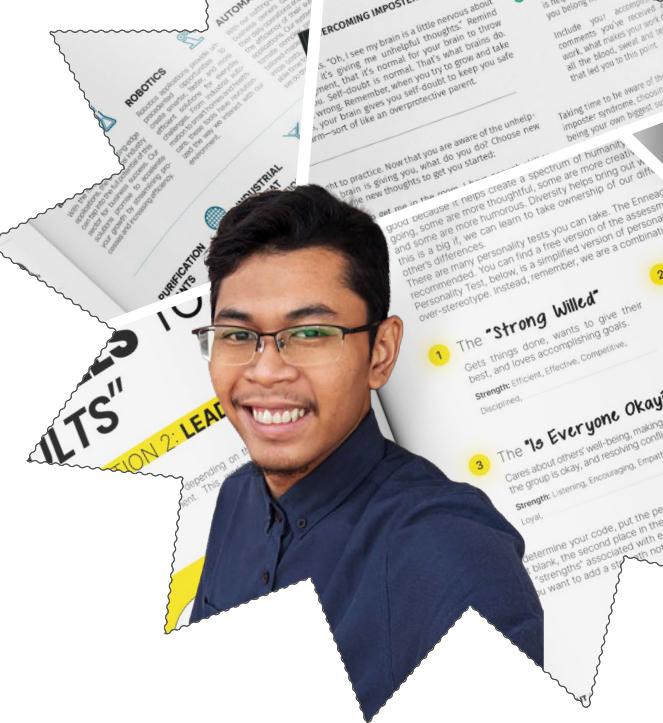
My name is,

# Arif C.

Arif Cendekiawan, also go by the name Necra

b. Blitar, 13 Desember 1999

I'm a creative individual with a deep passion for design, art, and technology. With 6+ years of experience in the general graphic design field and 2+ years specializing in Editorial Design, collaborating with diverse clients and projects globally. I describe my works as a minimal, classy and simple but aesthetically appealing. I really like playing around with typography, composition, and sometime unique lines and shapes. I still continuously learning, expressing myself creatively, and staying current with trends.



## EDUCATION

• Aug 2018 - Aug 2022

### ***Universitas Brawijaya***

#### Desain Komunikasi Visual

Successfully graduated with **3.73**/4.00 GPA (Cumlaude)

## EXPERIENCE

• Aug 2020 - presents

### ***Layout Designer***

#### Self Employed/Freelance

Designing booklet/magazine/  
publishing, formatting and layouting.

• Aug 2021 - Dec 2021

### ***3D Illustrator***

#### Slab! Design

Creating 3D Illustrations, Icons,  
and Asset Designs

## SKILL

### ***Editorial Design*** · Adobe InDesign

Document/publishing design, formatting, layouting.

### ***Advertising Design*** · Adobe Illustrator

Promotional design, digital/print campaign/ads, etc.

### ***Photo Editing*** · Adobe Photoshop

Digital imaging, retouch/enhancing, manipulation.

## CERTIFICATION

2021

### ***Junior Graphic Designer***

Badan Nasional Sertifikasi Profesi (BNSP)

2022

### ***Microsoft Office Desktop Application***

Trust Training Partners

# MAGAZINE/ BOOKLET/ PUBLICATION DESIGN

-44-  
Uruguay  
1982

... your brain train. That's what drives normal. When you try to grow an extreme brain, you self-doubt to keep your brain gives you self-protective parent -sort of like an overprotective parent.

With thoughts your  
life will give you.

200

**CHEMICAL INDUSTRY**

With the help of  
applicators, we  
can too help the  
sector for the  
solutions.

the business to  
growth by increasing  
sales and profits.

1000 B.C.

# OWN IT Workbook

2023

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**A LEADER'S JOURNEY**

## "FROM CHARACTER TO SKILLS TO RESULTS"

**SECTION 1: CHARACTER**

**CHARACTER TRAITS**

Mark an X next to every character trait that comes naturally to you or not. List someone you know and a character from a story as your role model for that trait.

TRAITS	NATURAL	STRUGGLE	FRIEND MODEL	CHARACTER ROLE MODEL
courageous				
loyal				
generous				
honest				
kind				
sincere				
self-controlled				
peaceful				
patient				
determined				
permitted				
open-minded				
Tar				
nonpossessive				
optimistic				
wise				

**M**ost people, when asked, can list 10+ traits they think make a good leader. Why? Because they are the ones who looks character not only on the outside but the person inside. They sacrifice themselves for the greater good, and work towards a leadership objective.

- They choose feelings over character.
- They choose popularity over character.
- They choose fear over character.

Character measures the soul of a person while protecting you from the world of yourself.

The heart matters most because the hands and feet lead to the heart more than the head. Success is measured by the heart. If the heart is full of good, the heart is full of good character. If the heart is full of right, even better.

Like a tree, the soul of character supports our growth in life. Without good roots, stems such as greed, pride, egotism, hubris, and anger can become toxic.

So, express yourself to people of character, do small daily actions to build character, read books to grow your character, and always get back up when you fall.

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**BUILDING CHARACTER**

**BRAINSTORM BUBBLE**

Surround yourself with people of character. (List 3 people who make you better and why)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Read books about great character. (Give 3 books to Lead by Example: Brown, No Excuses by Brendon Burchard, The 7 Habits of Highly Effective People by Stephen R. Covey, The 48 Laws of Power by Robert Greene, Travels with Myself by M. Scott Peck, and How to Win Friends and Influence People by Dale Carnegie.)

Practise character daily. (Share 3 ways to practice daily and how it makes you feel. (Explain, Reflect, Extra))

Stand back or when you fall. (Explain, Reflect, Extra)

How do we build character?

After daily practice and reflection, take time to reflect on what you have learned and yesterday, and show respect to someone else (to you).

Character cannot be developed in a mold and must only through experience and trial and suffering can one learn to be strong. (Share vision, character, ambition, inspired, and success definition)

Full Heart

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**What is the Difference Between Empathy, Compassion, and Kindness?**

- Empathy is seeing to understand someone else's feelings.
- Compassion is having the desire to help.
- Kindness is the act of caring, friendly, or being generous.

Love = empathy + compassion + kindness

"Our love is living, and love starts with an apology, moves to compassion, and ends with kindness." - Dr. Wayne Dyer. "The more love you give, the more you receive. If the love is real, it will bring you closer to the person you care about. The more love you give, the greater the act of love is. Draw a heart on the spectrum below to indicate your current ability to love others."

My current ability to love others

for myself  
only if they deserve it  
hour roll  
burden in my spirit world

**Loving Wisely**

What happens if you have love but not wisdom?

Are there situations in which we try to be kind, but we make things worse because we helped ourselves? Can you give an example?

How do we love others wisely?

The best and most beautiful things in the world cannot be seen or even touched; they must be felt with the heart.

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**ORGANIZING**

Being organized increases clarity and effectiveness. The exercise below helps prioritize what needs to be done before they get distractible by the noise.

**The Eisenhower Box**

URGENT	IMPORTANT	DEAL WITH	DEFER, WAIT	NOT IMPORTANT
Dependable tasks	Meeting with clients	Call with clients	Call with clients	Open sales
Marketing	Writing reports	Writing reports	Writing reports	Unnecessary emails
Customer service	Answering emails	Answering emails	Answering emails	Unnecessary calls

**Additional Tip:** Keep the Eisenhower Box in a visible place so you and your team stay organized, focused, and productive.

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**LEADERSHIP SKILLS (100% complete)**

**PERSONALITIES**

It's important to remember that it's not always what you say, it's how you say it. The part of our brain that controls the way we speak is the same part of the brain that tells us to relax. So, if you're feeling nervous, just take a deep breath and remember that you're going to be great.

When you're nervous, it's normal to feel like you're not doing enough. Try to focus on the things you're doing well, and don't worry about the things you're not doing so well.

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**LEADERSHIP SKILLS (100% complete)**

**WHAT DO YOU WANT**

**my community**

more	less
exc. peace	exc. crime
more	less
exc. inclusion	exc. division
more	less
exc. joy	exc. stress
more	less

**my school**

more	less
exc. inclusion	exc. division
more	less
exc. clarity	exc. confusion
more	less

**my home**

more	less
exc. joy	exc. stress
more	less
exc. clarity	exc. confusion
more	less

**myself**

more	less
exc. respect	exc. self
more	less
exc. clarity	exc. confusion
more	less

**Full Heart: Filled with...**

- 
- I want to
- 
- I want to
- I want to
- I want to
- I want to

**Level Head: Focused on...**

- 
- I want to
- 
- I want to
- I want to
- I want to
- I want to

**Open Hands: Ready to...**

- 
- I want to
- 
- I want to
- I want to
- I want to
- I want to

**RESULTS**

**LEADER'S JOURNEY**

## "FROM CHARACTER TO SKILLS TO RESULTS"

**SECTION 3: RESULTS**

**BRAINSTORM BUBBLE**

1. Utilize positive body language

A. Smile and keep your eyes open.  
B. Use good posture  
C. Make eye contact  
D. Make eye contact

2. Utilize re-affirming feedback

A. Listen with your ears and voice  
B. Ask questions  
C. "What did you think?"  
D. "What do you want to receive my question?"

3. Manage emotions

practical solutions, and understanding that emotions are valid. You can always know respect to each other.

4. Find common ground

by finding what you both

**3 LESSONS I LEARNED FROM THE OWN IT STUDENT LEADERSHIP CONFERENCE**

1. Why I'm here
2. What I do best
3. Why I'm here



# The Art of Serenity: Navigating Anger With Grace

2023

@scout5812 · fiverr.com



My second Anger Management project was a self-help book. I wanted to create something that would help people navigate their anger in a more peaceful and graceful way. I focused on the concept of "anger with grace" and how it can be used to bring about positive change and healing.

**3. Understand your feelings:** Express why you are feeling angry. Remember that feeling angry is a natural response to the negative emotions affected by your environment.

**4. Practice empathy:** Try to see things from the other person's perspective. This is about demonstrating that you care for them and are trying to understand their own struggle and challenges.

**5. Set boundaries:** It's important to let go of any unrealistic expectations you have of others. If you're a single mom, a stay-at-home dad, or a friend, remember that it's OK to say no and hold onto your boundaries and self-respect.

**6. Express your feelings:** Find a healthy outlet for your anger. Whether it's talking to a trusted friend, family member, or counselor, expressing your anger through writing, drawing, or verbalizing your emotions can help release tension and stress.

**7. Practice forgiveness:** Forgiveness doesn't mean forgetting or condoning someone's behavior. Instead, it means letting go of negative emotions and moving forward without holding grudges.

**8. Focus on self-care:** Engage in activities that promote physical and emotional well-being. Take care of your physical and emotional health, exercise regularly, eat healthy foods, get enough sleep, practice mindfulness, and take time for relaxation.

**9. Set boundaries:** It's necessary to establish clear boundaries with the people in your life, including your family members, your boss, and your coworkers. This helps protect your personal space and ensures that others respect your boundaries.

**10. Let time heal your anger:** Understanding that healing takes time. Be patient with yourself and allow time for your anger to subside. It's important to remember that it's normal to feel angry at times, but it's also important to know when it's appropriate to let go of your anger.

**The importance:** Take a moment to reflect on the times when you feel angry. There is something else you can do. Overcoming anger with grace means finding ways to manage your anger that are positive and productive. They may speak more about your needs and wants than your anger.

**Modeling easygoing and calm individuals:** When you are looking on the above ideas, there is something else you can do. Overcoming anger with grace means finding ways to manage your anger that are positive and productive. They may speak more about your needs and wants than your anger.

By actively working on these steps, you can begin to gain control over your anger and reduce its impact on your relationships and daily life.

**6. Requests can bypass aggression:** Requests can affect your job performance, especially if you're a leader. However, they can also be helpful in avoiding being aggressive. For example, instead of yelling, "Give me that report now!" you could say, "I'd appreciate it if you could give me a little bit of time to review it before I give you a heads up." This shows that you care about your team's work and want to be a good leader.

**7. Get rid of negative energy:** Negative energy can be contagious. When you're around someone who is negative, it's easy to feel drained and less motivated. To combat this, try to surround yourself with positive people who inspire you and make you feel good. For example, if you're feeling angry, try spending time with a friend who always has a positive attitude and can help you shift your focus away from negative thoughts.

**8. At what level of consciousness is anger?** By addressing the issue directly, seeking constructive solutions, and expressing emotions in a healthy way, you can move towards better manage challenges and manage your anger more effectively. This is a key part of the "anger with grace" approach.

**Conclusion:** Overall, navigating anger with grace requires a commitment to self-awareness, emotional intelligence, and a willingness to let go of old patterns and embrace new ones. By doing so, you can transform your relationship with anger and find a path to greater peace and serenity.

**Signs of the need for anger management:**

- 1. Use positive self-talk:** Remind yourself that getting angry is not the best way to handle situations. Instead, focus on positive affirmations like "You can handle this" or "You're stronger than this."
- 2. Practice relaxation:** Practice relaxation techniques such as breathing exercises, progressive muscle relaxation, or guided imagery to help reduce tension and calm your mind.
- 3. Express yourself:** If you need to, address the situation or discuss your feelings with a trusted friend or family member. This can help you to express how you feel and gain support from others.
- 4. Seek support:** Talk to someone you trust, such as a friend, family member, or therapist, about your anger issues. They can provide a positive way to build healthy relationships and offer guidance on how to manage your anger more effectively.
- 5. Physical symptoms:** Some people experience physical symptoms when they are angry, such as a racing heart, sweating, or tension in their muscles. These symptoms can be a sign that you are experiencing anger.
- 6. Difficultly controlling your anger:** If you find it difficult to control your anger or if your anger affects your relationships, it's a sign that you may need to seek professional help.
- 7. Problems with relationships:** If you frequently argue with your partner, friends, or family members, it may be a sign that you have anger issues that need to be addressed.
- 8. Frequent arguing:** If you find yourself frequently arguing with your partner, friends, or family members, it may be a sign that you have anger issues that need to be addressed.

**Why are you easily triggered to become angry?**

It's important to note that these beliefs are not necessarily accurate or helpful. Recognizing and challenging these beliefs can help you develop more effective ways of managing anger.

**1. Irrational expectations:** Believing that everything should always go your way or that you deserve to be treated fairly. Your experiences can lead to these irrational beliefs, which can then affect your interactions with others.

**2. Personalization:** Taking everything personally and believing that others are always out to get you. This can lead to anger and resentment towards others.

**3. Perfectionism:** Holding extremely high standards for yourself and believing that you must always be perfect. This can lead to anger and frustration when you don't meet these standards.

**4. Control:** Believing that you must have control over every aspect of your life. This can lead to anger when others or circumstances interfere with your goals.

**5. Victim mentality:** Assuming a failed fate or being a victim of circumstances. This can lead to anger when things don't go as expected.

**6. Use positive self-talk:** Remind yourself that getting angry is not the best way to handle situations. Instead, focus on positive affirmations like "You can handle this" or "You're stronger than this."

**7. Practice relaxation:** Practice relaxation techniques such as breathing exercises, progressive muscle relaxation, or guided imagery to help reduce tension and calm your mind.

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**14. Why are you easily triggered to become angry?**



# THE ART OF SERENITY: NAVIGATING ANGER *with* GRACE

— DR. CLARE ALBRIGHT, CLINICAL PSYCHOLOGIST

## A PRACTICAL GUIDE

*What research says  
about managing anger  
successfully?*



If you're looking to manage your anger more effectively, research findings might be helpful. Two key findings:

Cognitive behavioral therapy (CBT) can be an effective treatment for anger management. Research has shown that CBT, a type of therapy that focuses on identifying and changing negative thought patterns, can be an effective treatment for managing anger. CBT can help individuals learn to identify triggers for their anger, develop new coping skills, and reframe negative thoughts in a more positive way.

Mindfulness practices can help reduce anger and stress. Research has also shown that practicing mindfulness, such as through meditation or deep breathing exercises, can help reduce feelings of anger and stress. Mindfulness practices can help individuals learn to be more

present in the moment, regulate their emotions more effectively, and develop a greater sense of self-awareness.

Remember, everyone's journey with managing their anger will be different and what works for one person may not work for another. It's important to be patient and persistent in finding strategies that work for you, and seeking support from a mental health professional can be a helpful step in that process.

## Mindfulness techniques for mana- ging anger successfully

You have absorbed the reasons for your anger and the role of anger management. If you're looking for mindfulness techniques to help manage your anger, here are five techniques that might be helpful:

**1. Deep breathing:** Taking deep breaths can help regulate your emotions and bring your attention to the present moment. Try inhaling for four counts, holding your breath for four counts, and exhaling for four counts, repeating as needed.

**2. Body scan:** A body scan is a mindfulness practice that involves focusing your attention on different parts of your body, starting from your feet and working your way

up to your head. This can help you come more aware of physical sensations and release tension in your body.

**3. Visual imagery:** Visualization techniques, such as imagining a calm scene or visualizing yourself letting go of anger, can help shift your focus away from negative thoughts and emotions.

**4. Mindful walking:** Mindful walking involves paying attention to each step you take, the feeling of your feet on the ground, and your surroundings. This can help you become more present in the moment and reduce feelings of anger and stress.

**5. Loving-kindness meditation:** Loving-kindness meditation involves sending well-wishes and positive thoughts to yourself and others. This can help cultivate feelings of compassion and empathy, which can in turn help reduce feelings of anger and resentment.

Remember, mindfulness techniques can be helpful tools for managing anger, but they are not a substitute for seeking support from a mental health professional. If you're struggling with managing your anger, don't hesitate to reach out for help.





Journeying Through Cyber-Energy and Digital Dreams

# SterlinCity

DIARY



9 781234 567897

11<sup>th</sup> March 2020

## ENVISIONING THE BRAND: PAVING THE WAY FROM DAY ONE

VIDEOPHOTOGRAPHER MONIKA |PHOTOGRAPHER ZEK.SNAPS

LOCATION

# Kings Cross

13:00 pm - 15:00 pm

DANCE



MELANIE MODEL/ACTRESS

ANTHONY ALI COMEDIAN

CHRISTY Q MODEL/ACTRESS

The shoot took place at the beginning of March 2020, during a time when the world was becoming increasingly aware of the emerging COVID pandemic. The streets were already starting to become deserted, and I couldn't help but question the rapidity and relentlessness of the situation.

Despite the circumstances, my very first video shoot turned out to be a great success. Everyone involved acted professionally, and the results spoke for themselves. I made sure to pay each person in cash, expressing my gratitude by including a small letter of appreciation along with the payment. This gesture of appreciation would become a recurring practice throughout my journey, as it represents our identity and sets us apart from others.



MONIKA VIDEOPHOTOGRAPHER

As the world seemed to be on the brink of chaos, I felt like I was just beginning to truly live. I realized that as long as my heart kept beating, it was never too late to pursue my purpose. It was time to start the next chapter, and I was ready for it.

Facing difficulties in securing dates with established photographers, I decided to switch things up and started working with new, young talents who were eager to learn and collaborate on our project as photographers and videographers.

# KA International Post

2021-2022

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**PEOPLE / Spotlight / Mika Tofukuji**

**SPOTLIGHT**

## Mika Tofukuji

I was born and raised in a little town called Gatsuyoshi, Kofu in Yamanashi prefecture. We grow lots of fruits, especially grapes. If you've ever traveled to Yamanashi by Chuo line train, you might have seen the vineyard along the line that line the train tracks. Yamanashi has lots of mountainous areas there is an oxym joke for sure. I grew up in a small town so I'd kindly warn you not to tell it because nobody laughs), and sunlight and apparently the climate is also optimal for growing grapes.

However, Kofu is a basin of land like Kyoto. It gets off extremely hot in summer and cold in winter. You feel as if you were a steamed dumpling, but on the other hand, there's a saying here that you might sound like it's not the best place to grow grapes. Actually, Yamanashi used to grow vegetables and rice a long time ago. But one day at the end of the Edo period, the local people are cooperative and Gatsuyoshi people, they came to an agreement to grow grapes as a town business. Everybody started building grape trellises from then on and the town became well-known. That was about sixty years ago.

3

**PEOPLE SPOTLIGHT Mika Tofukuji**

**PEOPLE STORIES Alison Bell**  
*(Bragging on About Today)*

**WELLNESS Ayu Nemoto**  
*A Personalized First Aid Kit*

**BOOKS Andrew Chandler Nudge**

**KA INTERNATIONAL POST**

MARCH ISSUE 2021

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MARCH ISSUE 2021

**PEOPLE SPOTLIGHT Clementine Nutall**

**PEOPLE STORIES Dominic Shelton**  
*Chef*

**WELLNESS Ayu Nemoto**  
*Your Physical Space Is Your Mental Space*

**MEDIA**  
Tom Coughlin, Coughlin Charlie Mackesy

**PEOPLE / Spotlight / Clementine Nutall**

**SPOTLIGHT**

## Clementine

# KA INTERNATIONAL POST



**KA**  
INTERNATIONA

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JULY ISSUE 2021

## Kate Ikuma

Let's Go Ibaraki!  
(茨城に行きましょう。)



When I first moved to Japan, I was placed in the middle of nowhere in Japan's lowest-ranked prefecture: Ibaraki (茨城). When some of my friends found out where I lived, they would say, "Oh, Ibaraki? Is that like Chernobyl?" Three years later and I do not regret one part of that experience because it is one that can never be replaced or recreated. In many English travel books, only a quarter of a page is dedicated to Ibaraki. It is a place that most people have never heard of. Ibaraki is a fantastical place with many hidden gems. Today, I am going to show you why.

Everyone told me the best way to get around Ibaraki is by car—which is true, easier. But I lived there years in the country without a car and was just fine. If you are not a fan of driving, there are many ways to get around Ibaraki. The easiest option in the countryside: Google Maps or Apple Maps have a tendency to lead you down dark, narrow country roads with cliffs on one side and mountains on the other; so be aware of the terrain. If you are looking for a more paved road, local towns and locals tend to take these roads fast and treat one-lane country roads as two-lanes. A lot of the places I'll show you today have no major highways to them, just minor roads with great views.



Now let's leave Ibaraki and head on the un-beaten track north. There's one game in town when it comes to traveling to the darkest northwest: Ibaraki via public transportation: the JR Sutogun Line. This train runs from Mito to Utsunomiya, only four cars at most. Since it is a single, countryside track train, it only comes about once an hour, so I highly recommend getting a seat reservation when planning your trip. Among the Sutogun line's charmingly analog features is its limited Suica card. You will need to buy a ticket and pay for a physical ticket; if your Japanese is more hindrance than help, then the easiest option is to exit at Mito Station and walk across the tracks to the station. If your Japanese is functional, you can switch straight onto the Sutogun train at Mito Station, and ask one of the many staff members for a seat reservation and your suica card before reaching your desired stop.

# Clementine Nuttall

Adventures in Materials

## Section One: Japan and Material Culture

Japan has an extraordinary ability to connect material to culture, and respect for tradition is woven through so much that we see every day—the pottery, the ceramics, the rice, paper, tea, timber, lacquer, clay, earth. A curiosity about these materials motivates the people who spend their days honoring the beauty of everyday objects. I have been drawn to Japan's material culture since I visited three times, helped along by research scholarships to study the art, tools, and techniques unique to Japan—and on the last, did not return home.



During conversations in the tea room we talked about how to care for those historic spaces, seeking justification for our interventions and a rationale to keep the building standing. Fundamentally short: All buildings that have lain in the same place for hundreds of years deserve the contributions of successive generations—and part of the reason why they read as beautiful is thanks to their patination, layers, variations and flaws.

2 KA International Post

## Section Two: Kintsugi and Material Cycle

My background is in the crafts, working in art and architectural conservation. I trained in carving and then worked in the studio of a woodcarver, and many old buildings in the South of England, like the Chapel of St. Edmund at the University of Oxford University. We rarely had a dull day, at Westminster Abbey, I helped to repair the massive stone tomb of a long forgotten monk, at Windsor Castle I designed a new canopy for a statue that had moved beyond recognition, at 10 Downing Street I fashioned a replacement for the Queen's bust after the Prime Minister didn't take a tumble when delivering his morning address.



These discussions about conservation philosophy are what led me to think through the Japanese art of repairing broken ceramics and gold. A traditional kintsugi master takes a broken ceramic vessel—and does, indeed, or small pieces to pieces—and glues them back together with lacquer to transform it through repair. It is this process of cutting, drying, and heating and when pasted back together using lacquer and rice glue, before additional layers of lacquer are applied to the surface, and a mallet is applied to the join. Finally, a microtemper of gold is dotted along the surface, and the piece is fired again. This technique and history is noted in the tea ceremony, the teaching of Sen no Rikyu and the development of the tea ceremony in the west during the 16th century.

To learn more, I joined the Department of Ceramics Lecture at Tohoku University of the Arts in 2007. The lecture had to be given from beneath the bark of the mountainous maple—swinging so slowly from the scars scratched across the surface that it may yield only 300° in a year. It is not rare to cross my workspace, over the last four years I have used the traditional Japanese technique of kintsugi to repair broken ceramics and strands grommed from the tail of a cat. We used burning tools made from the rubber teeth of sea urchins and polishing compound, corn powdered stones, and a brush made from the spine from a deer's eye, and an effervescent pattern expecting pearls; only to receive a handful of indistinct beetles shell. I came to Japan a vegan; I'm afraid I'm far from it anymore! I politely turned down whale bone, but damn near lost my cool at elephant tusks.

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PEOPLE / Spotlight / Kate Ikuma

## SPOTLIGHT

## Kate Ikuma

Let's Go Ibaraki!  
(茨城に行きましょう。)

PEOPLE / Spotlight / Kate Ikuma



Let's start with two of Ibaraki's most popular places, which you might already know. One is, Katsuragi-en (葛生園) located in Katsuragi, Mito City. It is one of the great three gardens (the other two being Kenrokuen in Kanazawa, Ishikawa prefecture, and Kairaku-en in Mito, Ibaraki prefecture). The best time to go is plum blossom season (mid-February to mid-March), when there are 300 plum trees in a variety of colors. You can pack a picnic and sit on the Johnson line slopes right at a special stop right in front of the park, and it's even only 10 minutes away from a very nice blue coffee shop. The second spot is Hitachi Seaside Park (ひたちなまこ公園), it's expansive and offers a great view on the sea, but if you're not much of a walker you can always rent a bike to get around.

Its main attractions change each season, but I absolutely recommend going in spring, when the park is carpeted with blue nephomia. The fields and fields of this beautiful flower make it a great place to go, though you're in the middle of the ocean. During this time the calls also play blue coffee when you drive down the coast, so it's a great place to go. However, I do not recommend driving to either of these spots in peak season as traffic is a nightmare and parking is crazy. Both are accessible by train and bus, and in peak season a multitude of signs and people will tell you where to go.

PEOPLE  
SPOTLIGHT  
**Kate Ikuma**  
Author  
(38-1174-2-1)

PEOPLE  
EVENTS  
**Winter Writing Competition**  
April 15

## MARCH ISSUE, 2022

# KA INTERNATIONAL POST

MARCH ISSUE, 2022

WELLNESS  
Join Novelist & Author  
Find Your Comfort  
Through Self-Regulation

FITNESS  
Jamie Cheung & Karen Mitsuhashi  
Reducing Your  
Workout Preparation



Just as a warning before we start, the more you go the more insane English becomes. I recommend having some basic knowledge (read *hiragana* and *katakana*) to go on this adventure. At any rate, just be prepared to get into more mountainous areas. There are many trails in Japan where drivers do live in northern Ibaraki, there aren't many. And if you look a certain way or dress a certain way, you will get stared at, pointed at, or yelled at. But people aren't doing this to see if you're weird, they are doing it out of naïveté and curiosity. Students will probably stare at you to see if you are their A.D.



If you've picked a ツツジ train with no conductor, then you'll need to speak to the station master before getting off the train at the next stop. Now that you know all that, sit back, relax and enjoy the ride. When I lived here, the Sugini ride to work was one of my favorite rides. It passes through small email villages, and in the fall you'll be able to see the leaves changing color, while in winter the mountains are sometimes covered with snow.



MARCH 2022

**PEOPLE**  
Glen Rose  
A House Divided  
Glen Rose  
A House Divided  
Glen Rose  
A House Divided  
Glen Rose  
A House Divided

**WELLNESS**  
How to Stay Healthy  
What Does Your Foundation for Success Look Like?

**FITNESS**  
Jenna Hwang  
Office-Friendly Stretches for Quick Relief

**KAIS LIFE**  
Summer Camp Information  
A Look at KAIS, KA's International School

**MAY ISSUE, 2022**

# KA INTERNATIONAL POST

**MAY ISSUE, 2022**

**Wellness** What Does Your Foundation for Success Look Like?

**Wellness** What Does Your Foundation for Success Look Like?

**What Can You Do to Be Someone Else's Safety Net?**

Children are dependent on the trusted adults around them to meet their needs. This puts a different kind of pressure on parents and teachers alike.

- What can you do as a teacher or staff if you see inequality in one of your students?
- How do you know when it's actually time to say something?

There is such a thing as too late. If you notice any change or irregularity in your child's behavior, trust yourself to notice and report it to your manager as soon as possible. See guidelines in the KAIS Child Protection Policy and Sexual Harassment Policy for more details.

**Connecting with a Trusted Health Service Provider**

Thanks to the wisdom of the KA community, we have a growing list of health professionals who can speak English in and around Tokyo.

Whether it is for regular checkups or for a health concern you have been putting off, there is undoubtedly a needed level of comfort in knowing that you can speak to a health professional in a language you feel comfortable in.

Finding a primary care doctor or a *kaikanbuake* (family doctor) is key in setting up a family medical history. If you have been born and raised in Japan like me in Tokyo or you've been here for over 10 years, having a primary care doctor could mean that they can give you the right combination of medication you need for specific conditions. If you are moving to Japan, make sure to have a letter from your current doctor that can be faxed by the referral letter they write. They can help you keep track of your recurring needs and act as an extra set of professional eyes to catch any irregularities.

Even if you already have a general health provider, it is important to have an internal doctor or the general practitioners you would want to build trust with.

Are you set up with a trusted doctor? Please submit a response to the "English-Speaking Service Providers" questionnaire on the dashboard and share with us! Your experience could be the lifeline that a colleague needs now or in the future.

**20 KA International Post**

# Omme Gears - Gearboxes & Gear

2023

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COVER + CONTENT  
LAYOUT DESIGN



3 | Omme Gears and Gearbox 2023

## WHAT WE DO

"We design and manufacture cycloidal and planetary gearboxes and both standard and customized gears, to give reliability and flexibility to your projects"

Annual items produced: 9000 | Average order value: 20 pcs | New prototypes per year: 12 | Percentage of product on time delivery: 0.23% | One-time delivery: 80% | Reorder delivery: 95% | Export quota: 75%

## EXPORT ORIENTED COMPANY

In 2015, Omme began a journey made up of very specific stages aimed at gradually increasing turnover by focusing almost exclusively on exports.

Eight years ago the company achieved 29% of its turnover abroad, in particular towards foreign markets. In 2019, after eight years of effort, in 2020 exports reached 75%.

An important acceleration then followed from the start of 2020, due to the closure of borders caused by the participation in the Hanover fair, but even before that by the spread of the worldwide pandemic. The use of LinkedIn has become an indispensable tool with enormous potential.

**CONFAPI** **ANIA** **INET** **ZIGQ**

ommeGears

6 | Omme Gears and Gearbox | 10

## Let's talk about your next custom project.

**DO YOU HAVE A PROTOTYPE?**  
We follow designs and prototyping based on your specific needs, starting from what we are able to design, from the size and engineering of single parts to simple or complex machines.

**YOU DON'T HAVE THE PROTOTYPE?**  
We do everything for you for the same price as the production, without any atmospheric surcharges. This way you can see the reliability of our products.

We are here to empower companies with unique competitive advantages, to stay ahead of competitors and maximize productivity.

[sales@omme.net](mailto:sales@omme.net)  
+39 071 918409

7 | Omme Gears and Gearbox

## WHAT WE DO

Omme Gears is the only European Company that provides the double technology of cycloidal and planetary. One provider for all your necessities.

### Gearboxes

Discover the complete range of Omme cycloidal and planetary gearboxes for various applications in different sectors, such as centrifugal separators, food processing, pharmaceutical, petrochemical, automation, etc. Our products are characterized by reliability over time and reduced downtime from our staff.

**SPEEDREDUCTION** **CENTRIFUGAL PRECISION** **GEARING**

### Gears

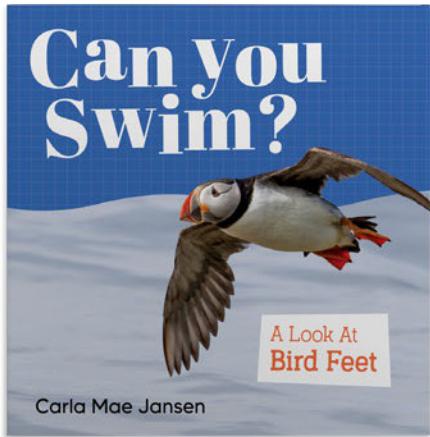
Discover our complete range of gears, for various application sectors, such as centrifugal separators, food and pharmaceutical, chemical and automation industries, with high reliability over time and reduced downtime from our staff.

# Can You Swim?

2022

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COVER + CONTENT  
LAYOUT DESIGN





**About the Author**

Carla Mae Jansen is the award-winning author of *A Dinosaur Made Me Sneezee*, *Dinner Made Me Spill*, and dozens of other books and articles. Before writing, she taught high school science and received plants from the Clemens Shell in garden centers. She now watches birds and counts turtles with her husband, their five children, and their dog in Virginia. You can write to her at Carla@TurtleTrackPublishing.com.

Check out these other books by Carla Mae Jansen:

*A Dinosaur Made Me Sneezee*  
*When Will Cicada Sing?*  
*Who Needs a Volcano?*

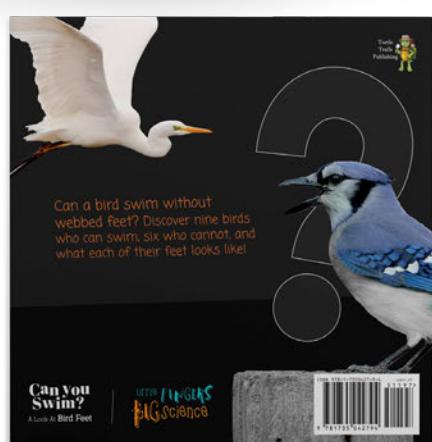
For my favorite bird-watching buddies! May you always find joy in learning something new!

**Can you Swim?**  
A Look At Bird Feet

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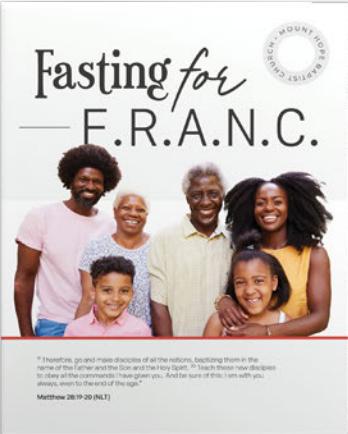
Turtle  
Track  
Publishing



# ***MBHC - Fasting for F.R.A.N.C***

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## COVER + CONTENT LAYOUT/FORMATTING DESIGN



**Diabetics** 

Foods To Enjoy

- 1. **ALL VEGETABLES**: beans, legumes, whole grains, root vegetables, all fruits, raw vegetables.
- 2. **ALL WHOLE GRAINS**: amaranth, barley, buckwheat, corn, farro, millet, quinoa, whole grains, whole wheat tortillas, whole grain breads.
- 3. **ALL NUTS & SEEDS**: almonds, cashews, macadamia nuts, peanuts, pistachios, sunflower seeds, walnuts, seeds, some seeds, sunflower seeds, hemp seeds.
- 4. **ALL LEGUMES**: chickpeas, black beans, black-eyed peas, cannellini beans, kidney beans, lima beans, navy beans, pinto beans, red beans, split peas, white beans.
- 5. **ALL NUTRITIONAL YEAST**: nutritional yeast, cheese, vegan BEFACHEE, soups, dips, spreads, dressings.
- 6. **OTHER**: unprocessed primal oils, extra virgin olive oil, expeller-pressed, cold-pressed, organic, unrefined, unseeded natural flours, raw products, artifacts.

*\*Remember to select foods on the low end of the glycemic index chart for preprepared meals. If you are not sure what the numbers are on related sugars, chemicals, or preservatives.*

Foods To Avoid

1. **ALL MEAT & ANIMAL PRODUCTS**
2. **ALL DAIRY PRODUCTS**: butter, cheese, cream, milk, goat's milk.
3. **ALL SWEETENERS**: agave nectar, artificial sweeteners, brown sugar, corn syrup, honey, maple syrup, molasses, raw sugar.
4. **ALL LEAVENED BREAD & YEAST**: all breads and baked goods, except for whole grain breads.
5. **ALL REFINED OR PROCESSED FOOD PRODUCTS**: all oils & flavorings, chemicals, food additives, preservatives, MSG, salt, sugar.
6. **ALL FRIED FOODS**
7. **ALL SOLID FARTS**: candy, chocolates, and cherries.
8. **BEVERAGES**: alcohol, carbonated drinks, coffee, energy drinks, herbal tea.

**LOW GI FOODS (20-49)**

BREAKFAST CEREALS:	
All Bran	Oat Bran
Cooked Oats	Quaker Oats
Flaxseed	Whole Wheat

**HIGH GI FOODS (50-69)**

BREAKFAST CEREALS:	
Bran Flakes	Instant Oats
Bran Flakes	Muesli
Cooked Oats	Shredded Wheat

**FRUITS AND FRUIT JUICES:**

Fruit	
Apples	Apple Juice
Avocados	Apricot
Blueberries	Blueberry
Cantaloupe	Cherries
Cantaloupe	Citrus
Cantaloupe	Cranberries
Peaches	Creamy
Pineapple	Dragonfruit
Tomatoes	Fruit Punch
Tomatoes	Grapes
Tomatoes	Guava
Tomatoes	Juice
Tomatoes	Lychee
Tomatoes	Mango
Tomatoes	Orange
Tomatoes	Pineapple
Tomatoes	Strawberries
Tomatoes	Tomato juice

**FRUITS AND FRUIT JUICES:**

Juice	
Apples	Apple juice
Bananas	Banana juice
Blueberries	Blueberry juice
Cantaloupe	Cantaloupe juice
Cantaloupe	Creamy juice
Cantaloupe	Cranberry juice
Peaches	Peach juice
Pineapple	Pineapple juice
Tomatoes	Tomato juice

**EATING FOR FRANC**





### Foods To Avoid

- 1. ALL MEAT & ANIMAL PRODUCTS** - bacon, beef eggs, fish, lamb, poultry, veal, and any sausages (casing)
  - 2. ALL PLANT BASED MEATS** - butter, cream, cream cheese, milk and yogurt
  - 3. ALL DAIRY PRODUCT** - animal products, Regnud, Yeast, etc.
  - 4. ALL SWEETNERS** - agave, artificial sweeteners, brown rice syrup, cane juice, Honey, molasses, raw sugar, turbinado, diabeto, and sugar
  - 5. ALL LEAVENED BREAD & YEAST** - baked goods and bread (contain yeast and/or baking powder)
  - 6. ALL DEEP FRIED FOODS** - chips, french fries and potato chips
  - 7. ALL SOLID FATS** - lard, margarine and shortening
  - 8. BEVERAGES** - alcohol (cathartene), diuretic, coffee, energy drink, and herbal tea

Daniel Fast / For Kids -

## Things To Do Every Day

34

The purpose of our Fast is to grow closer to our Lord and Savior, Jesus Christ. It is important to give up some of the tasty foods we like to eat, and to spend time talking to the Lord.

EAT LOTS OF THIS

- |   |         |           |              |
|---|---------|-----------|--------------|
| - FRUIT: Bananas, Oranges, Apples and More                | - Sugar | - Soda    | - Cakes      |
| - VEGETABLES: Carrots, Cucumbers, Broccoli and More       | - Meat  | - Beer    | - Endive     |
| - WHOLE GRAINS: Brown Rice, Quinoa and Whole Wheat Pastas | - Milk  | - Cookies | - Dressing   |
| - LEGUMES: Beans and Peas                                 | - Eggs  | - Muffins | - White      |
| - DRINK/WATER!!!  | - Bread | - Gandy   | - French     |
|   | - Candy | - Juices  | - softdrinks |

# Lexique de 365 Prénoms Kamites

2022

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COVER LAYOUT DESIGN



# Interviews Mit Klassikstars

2022-2023

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COVER + CONTENT  
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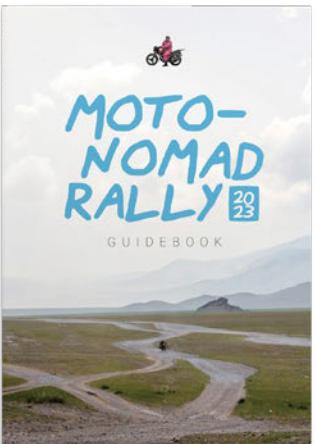
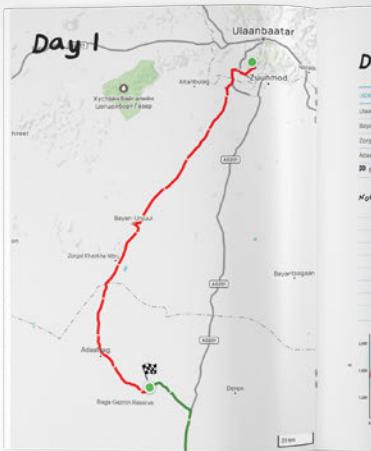


# MotoNomad Rally 2023 Guidebook

2023

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COVER + CONTENT  
LAYOUT DESIGN

**How did you get started with it?**

**Q:** At what point did you get into a business?

**A:** After selling out of the Chinese greeting cards I had sold, I had other clients creating more cards for me. After selling them, I had other clients asking if I had Black clients creating more cards for them. I was honored to start creating for them. I was honored to start creating for them.

**Q:** How do you define success?

**A:** Success is something that can't be measured. It's usually a feeling. It's something that you feel.

You can say the right thing about  
nobody will listen. You've got to  
make people feel it in their gut.  
If you don't feel it, nothing will happen."

The whiteboard contains handwritten text organized into two main columns separated by a vertical line.

**Left Column (Top):**

- 1. **Med:** Likes to give their polishing goals. Competitive.
- 2. **W:** Enjoys having fun, socializing, others, and making people feel good.

**Right Column (Top):**

- 1. **Dup:** Enjoys details, deeper issues, strength: reflecting, problem-solving.
- 2. **OKAY!:** Enjoys making sure things are okay.

**Bottom Left:** A large yellow circle containing the number "4".

**Bottom Right:** A large yellow circle containing the number "2".

**Everyone**

- Promoting others' well-being, making up others' and resolving conflicts
- Being okay, and encouraging, empathizing
- Listening, Encouraging, Empathizing
- Determining your code, put the personality number you most associate with in the second blank, and so on. All
- Blank, the second place in each personality type above.
- Strengths' associated with each listed.
- Strengths' associated with each listed.
- To add a strength not listed.

**my code**

# Portfolio

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