

SULWARE CMS 3.0

Managing your website has never been easier!

Introduction

SULWARE CMS V3.0 is a Content Management System developed by Sulware Ltd. It's core purpose is to put control of core site content into the hands of your business team and free up any dependency on expensive external web development agencies.

SULWARE CMS V3.0 uses a highly intuitive in page editing system whose core strengths are its ease of use and power.

A Working Case Study (www.tfallon.com)

The site below is an existing Sulware client sites who have agreed to allow us use their site as a case study for the purposes of this white-paper.

www.tfallon.com is a personal training website managed by a Dublin based fitness studio. When they came to Sulware they didn't have any web presence and needed a high quality website that would be impactful, content rich, and easy to maintain.

The first step we took was to let our graphic designers come up with two core templates: A homepage template and a secondary single column based page template. After a number of workshop sessions with our designers and the client, the client eventually signed off on a design which was then given to the developers for coding.

The following two shots show the homepage and a typical secondary page.



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- [programmes](#)
- [contact us](#)
- [online personal trainer](#)
- [store](#)



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It's not who you are that holds you back,
It's what you think you are not!

Health & wellbeing are you wealth,
start living NOW!!!

You are here: [home](#)

Fitness Matters Personal Training & Pilates Studio

At fitness matters our primary goal is to enhance your quality of life and well-being by achieving your goals with realistic training programmes.
Fitness Matters is a private personal Training & Pilates studio specialising in individual and small group sessions...

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Corporate Health Consultancy

Many people in the workplace suffer stress & postural imbalances. This can lead to negative results in your work force.
Increase your profit margins by participating in one of our custom made programmes for your company, enhancing...

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About Us



Our Team

Established since 2004, Tara Fallon is the owner and director of Fitness Matters Studio...
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What People Say

Shinning happy people! Here's what they say...
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Whats New

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Programmes



Group training



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Online personal trainer

[members login](#)

The Members Area will be live shortly. In the meantime...

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Every month tfallon.com will give you an exercise of the month for FREE!!!

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About Us

"Quote goes here..."

You are here: [home](#) > [about us](#) > [the team](#)

- [the team](#)
- [testimonials](#)
- [what's new](#)

About Us

Tara has worked in the Fitness Industry for the past 10 years. Her experience and academic achievements are nationally and internationally recognised. Tara has worked as a Personal Trainer & exercise specialist at David Lloyd Rriverview, Iveagh Fitness Club Christchurch, Régimes Personal training Studio, Peak Performance Personal Training Studio Sydney & Fitness First Melbourne.

Tara setup Fitness M a t t e r s Personal Training & Pilates Studio(tfallon.com) in 2004 to provide clients with excellence in personal training, pilates, post-rehab and small group training programmes. Tara wanted to bring her expertise to another level by training AND educating all her clients.

Her educational training began in 1996. Tara holds a degree in Leisure Management & a Diploma in Neuromuscular therapy. Tara believes education is wealth, and has continued to educate herself on the new developments in the fitness world. She has spent the last two years learning from experts in the states, ie Paul Chek (scientific core training), Maureen Hagan (functional training) & Sherri Betz (Pilates Training for osteoporosis). Along with training under Renee Peuzzo a Master Stott trainer from Stott Pilates institute in Toronto, Tara is a fully certified in Pilates mat-work, Pilates on the ball, foam roller & circle, pre & post natal Pilates, rehabilitation & special populations.

Outside of the studio Tara runs Corporate Health Expo,s & Health seminars.

From 2002-05 she Tutored at the NTC (National Training Centre) www.ntc.ie.

What to expect from tfallon.com

- On time & committed
- Realistic Training programmes
- Goals & outcomes
- No specialised equipment
- Simplistic approach
- Lifestyle analysis
- Expertise & professionalism
- Up to date information/exercise
- And most of all FUN

At Fitness M a t t e r s, our primary goal is to enhance your quality of life and

Wellbeing by achieving your goals with realistic training programmes.

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The templates were then integrated into a new website instance of the SULWARE CMS V3.0 and put onto our test server.

Once in test environment the client could see their site as per the template design. Initially only the home page and initial high level set of pages are in place. From here on in, the client started to build up the site using the SULWARE CMS product with minimum input from the development team.

The client was given a slightly different admin web address off their main test site web address, (typically something like <http://www.mysite.com/admin/logon>). This brought them to the following logon screen:



The image shows a screenshot of the 'Administration Logon' screen. The page has a purple header with the 'sulware' logo on the right. The main content area is white and contains the following elements:

- The title 'Administration Logon' centered at the top of the form area.
- A 'User Name:' label followed by a text input field.
- A 'Password:' label followed by a text input field.
- A black 'Logon' button positioned below the password field.
- A footer at the bottom right corner of the page that reads 'Sulware CMS V3.0 - © Sulware Ltd. 2009 - 2010'.

After logon, the user is automatically brought back to the original homepage. However, this time the view is slightly altered.

Page Administration Options

sulware
Sulware CMS 3.0

Last Updated by: admin Last Date Updated: 03/11/2010 11:11:02 Locked by: Log Off

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Live life to the full!

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About Us

edit Our Team Established since 2004, Tara Fallon is the owner and director of Fitness Matters Studio...	edit What People Say Shinning happy people! Here's what they say... MORE	edit Whats New For the latest news and events from tfallon.com... MORE	edit Latest News Sign up for regular email information on health & wellbeing, nutrition and top tips... MORE
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Programmes

[edit](#)

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 Online personal trainer	members login The Members Area will be live shortly. In the meantime... NEW USERS REGISTER HERE	exercise library Download tfallon.com library of exercise images... MORE	exercise of the month Every month tfallon.com will give you an exercise of the month for FREE!!! MORE
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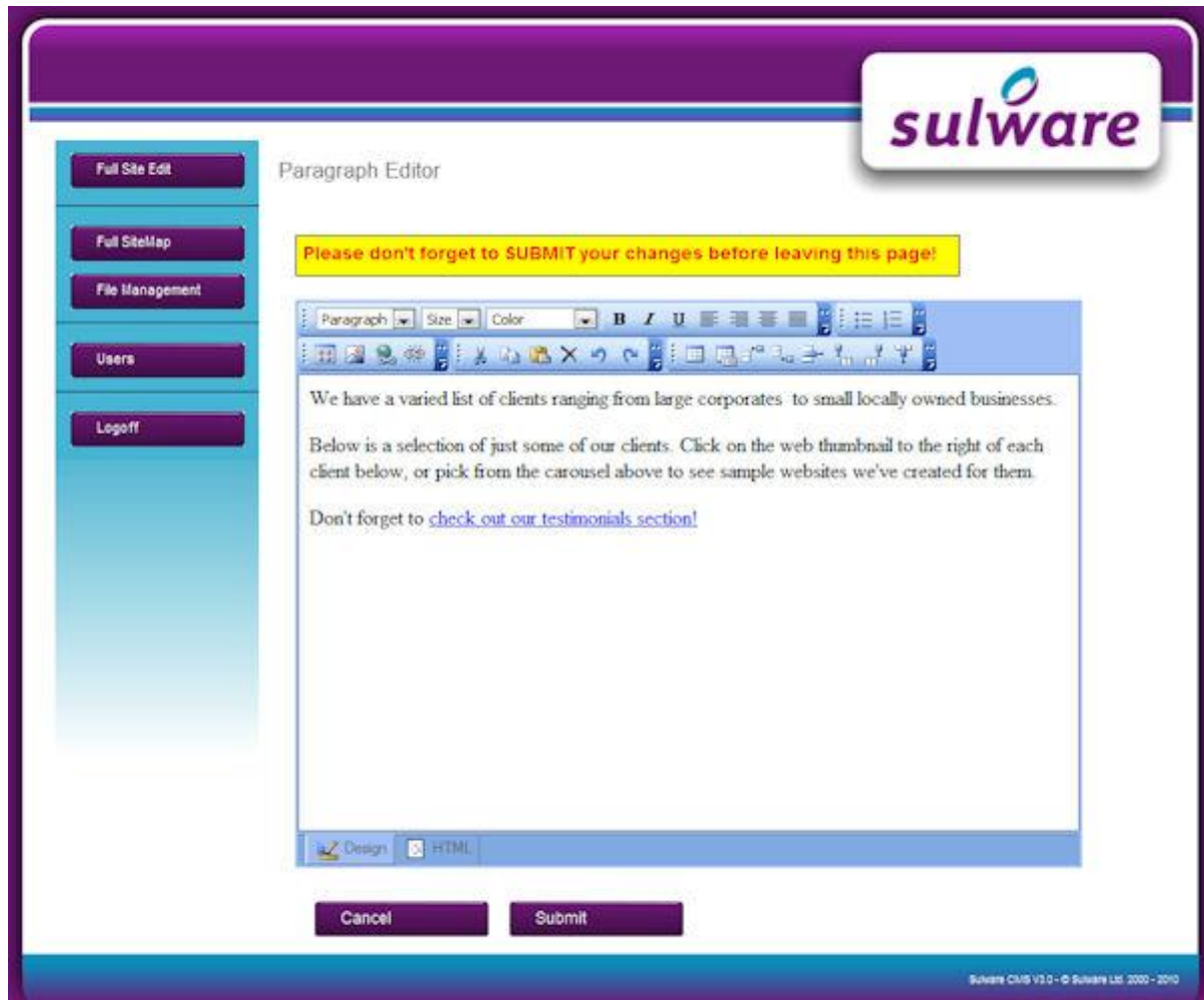
powered by Sulware

The homepage now contains a number of additional buttons and options scattered throughout the page.

Along the top of the page is the main SULWARE CMS menu bar. This give access to the following functions: "Edit Page", "Add Page", "Delete Page", "Preview Page", "Publish Page", "File Manager", "Console Menu" and "Log off". These are looked at later in this document.

Throughout the page are various edit boxes besides various paragraphs. Each paragraph on the page with an edit button beside it can be changed through the content management system.

On editing a paragraph, the following screen is shown:



This screen allows the user to edit information relating to the paragraph in question. The core editor is very similar to a typical word processor screen. They can either free edit in Design mode OR enter pure HTML if they need to via this control. They can also upload images, insert tables, create links, all at the touch of a button. Once they're finished editing and hit submit the page updates with that information immediately. It really is that simple!

By using the controls in the main SULWARE CMS options bar at the top of every page the user can edit or add new pages. On hitting these buttons they get brought to the following page editor screen:



The screenshot shows the 'Page Editor' interface. On the left is a sidebar with buttons: 'Full Site Edit', 'Full Sitemap', 'File Management', 'Users', and 'Logoff'. The main content area is titled 'Page Editor' and contains the following fields and controls:

- Template: main template (dropdown)
- Page Name: client_list (text input)
- Menu Name: clients (text input) with a note: 'leave blank if no menu required'
- Page Title: clients (text input)
- List Template: -- no list chosen -- (dropdown)
- Sequence No: 30 (text input)
- Appear on Sitemap:
- Keywords: AIG, UCC, KBC, KBC Ireland, IAFP, IIBA, Maryborough Hotel (text area)
- Description: Check out our list of high profile clients (text area)
- Track Page:
- Buttons: Cancel, Submit

At the bottom right of the interface, it says 'Sulware CMS V3.0 - © Sulware Ltd. 2000 - 2010'.

This screen shows high level information about the existing or new page that they wish to add to the site, including:

1. Template info (a drop down with various templates as provided. In tfallon.coms case there were two templates, a homepage template, and a singleColumn template, but this can vary from client to client).
2. Page Name, Menu Name (how it appears in the menu system), the page title, keywords and description all used for SEO.
3. The “Appear on sitemap” checkbox, when clicked, will automatically include this page in the sitemap that appears on the website. The sitemap is automatically updated in accordance to how the site is edited by the users. If this checkbox is blanked, then the page will not appear on the sitemap.
4. A “Track Page” checkbox which is used to integrate the page with the SEO tracking system, (by default this is google analytics but can be tailored to suit a clients desired analyser), and Published, which when unchecked will NOT show the page on the site.

If we look at the typical second page template, we'll see how the menu system works.

Page Administration Options


Edit Page


Add Page


Delete Page


Preview Page


Publish Page


File Manager


Console Menu


Sulware CMS 3.0

Last Updated by: admin
Last Date Updated: 03/11/2010 11:11:02
Locked by:

Log Off



- [about us](#)
- [programmes](#)
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edit



About Us

"Quote goes here..."

You are here: [home](#) > [about us](#) > [the team](#)

- [the team](#)
- [testimonials](#)
- [what's new](#)

edit

About Us

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The menu system along the left hand side reflects whatever new pages the user adds in. In the above screen shot under the About Us section of the site there are three sub sections, “the Team”, “testimonials” and “what’s new”. The user can add pages to this section by hitting the “Add Page” button in the Options bar at the top of the screen.

When they do this, the page editor comes up and they put in the details of the new page and hit submit. Then they’ll be brought back to the above page and their new page will be accessible via a new menu item in the left hand side menu bar automatically. Nesting menu options is also fully supported. In this way the site content can be rapidly built up to whatever requirements the client may have, by just navigating to any page, adding new pages, or deleting pages.

This file management system is accessible via the “File Manager” button in the options bar at the top of each page. Basically this screen allows the user to upload specific reference files as they need, such as word documents, pdf’s, powerpoint presentations, etc. Once uploaded, the files then are instantly accessible within the site.



File Manager

- Use this screen to add reference files to the website.
- Allowed file types are: Text, Office files, PDF files, image files and FLV (Flash) files.
- To use any file in your pages, just copy the “WebLink Text” you need into your pages, (or for FLV files click the view/edit link and copy the code there to your target page)

All

Type	Logical Name	Filename	Date Added	Web Link	
Image	kbc website	kbc_web.gif	06/10/2009	./_files/kbc_web.gif	delete
Image	AIG Web	aig_web.gif	06/10/2009	./_files/aig_web.gif	delete
Image	bookthat web	bookthat_web.gif	06/10/2009	./_files/bookthat_web.gif	delete
Image	ft web	ft_web.gif	06/10/2009	./_files/ft_web.gif	delete
Image	iapf Web	iapf_web.gif	06/10/2009	./_files/iapf_web.gif	delete
Image	mary web	mary_web.gif	06/10/2009	./_files/mary_web.gif	delete
Image	tf web	tf_Web.gif	06/10/2009	./_files/tf_Web.gif	delete
Image	trinity web	trinity_web.gif	06/10/2009	./_files/trinity_web.gif	delete
Image	ucc web	ucc_web.gif	06/10/2009	./_files/ucc_web.gif	delete
Image	urent web	urent_web.gif	06/10/2009	./_files/urent_web.gif	delete
Image	bos signature	my signature_small.gif	07/10/2009	./_files/my signature_small.gif	delete
Image	cwps screenshot	cwps.gif	03/11/2010	./_files/cwps.gif	delete
Image	my hotel website	myhotel.gif	03/11/2010	./_files/myhotel.gif	delete
Image	o2 website	o2.gif	03/11/2010	./_files/o2.gif	delete
Image	star systems website	star_systems.gif	03/11/2010	./_files/star_systems.gif	delete

[Add new file](#)

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The above screen shows a number of various files that have been uploaded by the user.

User Administration & User Roles

Access to the administration console is secured by user id and password. Users are managed by a super user in the system and are edited using the following admin screen:



This screen lists all current users in the system. The super user can edit any account or add/delete accounts.

There are three different user roles in the system:

Editor

Publisher

Super User

The Editor user will have access to all content and be able to change content in admin mode as outlined earlier in this document. They'll be able add, edit and delete where required throughout the website. HOWEVER, they will not be able to push these changes directly to the live website. Their changes will ONLY be visible in admin mode. In order to publish their changes to the live website they will need to get a Publisher user.

The Publisher user, like the Editor user can modify all site content. However, unlike an editor user, they have the power to publish site content directly to the live website. Every page that's edited in admin mode, but not yet published, has a publish button at the top of it. This publish button is **ONLY** available to publisher users. When the button is clicked the contents on that particular page are immediately published to the live website.

In this way site administration can be tightly controlled. Several editor users may exist but only one site publisher whose job it is to review the submitted changes and make the changes live when deemed fit.

Finally the Super user can do everything the above two users can do but have the additional user account management functionality available to them. Only Super users can modify user accounts.

The Template System.

The Template system adopted is extremely straight forward to build and use.

Typically templates are just normal HTML pages containing standard CSS code for layout as normal. The only core difference is that wherever the user needs to put in content that they want under content managed control they just use a special HTML tag to tell the system that this chunk of the page is reserved for the system.

Below is a typical piece of template code:

```
<html>
<body>

<h1>A header</h1>

<p>

Some un editable intro text

</p>

    <div id="sub_page_header">
    <CMS:paragraphsCMS id="uPanell" runat="server"></CMS:paragraphsCMS>

    </div>

<p>

Some more static text

</p>

<div id="moreDynamicContent">

    <CMS:paragraphsCMS id="uPanel2" runat="server"></CMS:paragraphsCMS>

</div>

</body>
</html>
```

The above code shows a HTML template with some static typical html tags. Note though the two `<CMS:paragraphsCMS>` based custom tags. These tell the system that these areas of the site are reserved for the CMS. These will automatically be handled by the system and the end user will have full editable access to those areas.

Layout and design around these can be completely controlled by standard CSS methods.

Final Thoughts

This document has hopefully given you a good overview of how Sulware CMS V3.0 works. We've strived to make the CMS as easy to use as possible yet maintaining all the flexibility and control that most site owners need to manage the content on a day to day basis.

One of the key advantages we have with our CMS over other providers is that as the owners and creators of the CMS modifying the product for specific client requirements is a relatively straight forward task. The above outlined functionality is what we consider to cover core generic site content maintenance tasks, however it's not unusual and usually quite common for clients to request very specific additional functions which we can easily design create and integrate into the core CMS. These could be functions such as very specific Event management, online stores, (again we have our own product there), integration with third party legacy systems, client membership management, etc. The list is endless and only restricted by your own imagination.

Appendix A: The Technology

SULWARE CMS 3.0 is a .NET V2.0 + based product. Any .NET2.0 or greater based system (Windows Server, VISTA, IIS 5.0+ etc) will be able to run it. The backend database is MS SQL Server, but can be modified if desired by the client. We endeavour to insure the use of industry standard and industry leading technologies. Sulware CMS can easily be transported to any compliant Microsoft .NET2.0+/SQL Server based infrastructure (currently one of the most popular world wide server platforms available).

Appendix B: Security

Security is of paramount concern at Sulware.

As standard:

1. All admin functionality is behind a 128 bit security certificate, installed on the client site.
2. Access to the admin area is controlled by application logon ids and passwords which are easily controlled and configured by the client.
3. All data input is parsed and any hazardous characters stripped prior to persisting to the database.
4. .NET client side hazardous filtering is in place throughout the application
5. Two different database accounts are used by SULWARE CMS based websites. When normal users visit the site, the database is accessed using a database user with READ ONLY rights to the required tables. Any additional client specific data that is required is treated on a case by case basis, but write access to the database at all times is highly restricted. In admin mode, protected by the 128 bit SSL) a different database account is used with full read write access permissions.
6. Admin access can be locked down by IP address if required, (and is strongly recommended).
7. Controlled client FTP access (locked by IP address) is available if required.

Contact Us...

To arrange a demonstration or to talk to one of our sales team please don't hesitate to contact us:

web: www.sulware.com

phone: 00353 1 204 3932 (Ireland)

0044 20 8144 2879 (UK)