



PAAM Newsletter

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AAEP participants with the Organising Committee members

9th AAEP: 7-12 October 2013

Recently PAAM organized its 9th AAEP (Afro Asian Entrepreneur Program), held from 7th till 12th October 2013 at the International Youth Center, Kuala Lumpur.

The funding for this program was approved under the "World Network of Friendship" – WNF which means that overseas participants in this program would be given a certain subsidy paid out of this Fund.

Only 4 participants attended this program, due to some last minute withdrawals by participants from Egypt and Sudan who were affected by the adverse political unrest in their region.

As a responsible host Alumni, not wanting to disappoint those who had planned for this long awaited program, we decided to go ahead with the event. Notwithstanding the last minute withdrawals, we managed to complete the program successfully.

The participants from Egypt were: Mr Gaber Ibrahim and Ms Riham Kabbani, from Sudan: Mr Elsadig Ibrahim and from Thailand: Ms Maliwan Dejaritt.

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Chairman - Victor L.T Hii
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Sabah Branch
Secretary - Andrew Ng
sabah_paam@yahoo.com



THE PRESIDENT'S MESSAGE

In this issue of the PAAM Newsletter, we would like to report to you three events that we recently conducted ie 2013 Tanabata celebration, tea talk on NLP and PAAM's 9th Afro-Asian Entrepreneur Program.

Our 2013 Tanabata celebration kicked off with about 70 members attending, including three representatives from the Embassy of Japan, Kuala Lumpur, two from the Japanese International School, Jalan Subang and also the President of Technological Association of Malaysia (TAM) himself. The occasion was graced by Mr & Mrs Akira Sato and Mr Tomokazu Nozaki of the Embassy of Japan, Mr Akio Kato & Ms Tomoko of Japanese International School, and Dato Ir Fong Tian Yong, the President of Technological Association of Malaysia (TAM).

The Tanabata celebration included a video presentation on Tanabata, origami-learning session and Japanese bento lunch for everybody. All in all, it was a morning of learning and fun for all the attendees.

PAAM also organized a tea talk on NLP – Deeper Communication on 28 August 2013. Facilitated by Mr Santa Kinoshita, a Japanese expert currently based in Jakarta, Indonesia, the talk focused on how to improve one's communication via Neuro Linguistic Programming.

PAAM recently concluded our 9th Afro-Asian Entrepreneur Program which was held from 7th to 12 October 2013 at the International Youth Center, Kuala Lumpur. This year saw the number of participants from Middle Eastern countries greatly reduced because of the last minute withdrawal by our friends from Egypt and Sudan which experienced some social unrest. Notwithstanding the participant number, the feedbacks received was that it was a good program. Perhaps we might have to revamp the program content to make it more current and relevant.

In the pipeline is a social outing to be held sometime in December 2013. Your Social Sub-Committee headed by Mr Siao Kent Wah is planning a day trip to Felda Residence Hot Springs Resort on 15th December 2013. A heavily subsidized activity, we hope that this outing will bond our members together. So please be on a look-out for our notice to you.

With Christmas being about 2 months away, may I take this opportunity to wish in advance to one and all our readers "A very happy and blessed Christmas!"

Warmest regards.

Tan Teng Ek
President



AOTS or The Association for Overseas Technical Scholarships is a Japanese agency, jointly supported by Japan METI and the industry, is entrusted with the task of developing human resources in the third world. It has trained over 8000 Malaysians over the last 3 decades. AOTS is now renamed as HIDA.

All AOTS ex-trainees are entitled to be admitted as a member of the Persatuan Alumni AOTS Malaysia (PAAM) which is the alumni association for all who have participated in AOTS training programs or even events conducted locally by PAAM.

To be a member all you need to do is to fill up a membership application form and submit it to the Secretariat office. There are 3 categories of membership ie life member, ordinary member and corporate membership

PAAM Head Office KL
No. 52A Jalan SS22/25
Damansara Jaya
47400 Petaling Jaya, Selangor
Tel: 03-7726 2863
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PAAM is now in the process of trying to get all data concerning personal particulars of members updated into their database. To ensure that all correspondences from PAAM including PAAM newsletters, mails regarding scholarships and activities, etc can reach you, it is vitally important that PAAM have your latest contact details.

Please download form from www.aots.org or ring office at 03-77262863 for a copy of the form to be forwarded to you via email.

PREFER TO READ ON THE GO?

Checkout the Mobile PAAM Newsletter here.
<http://bit.ly/AOTS72>

For the latest Management Training Programs In Japan log on :

<http://www.hidajapan.or.jp/en/ikusei/management/course.html>



Lunch time with AAEP participants



Hi! We attended the AAEP program.



TQM lecturer En Abd Aziz fielding a question from a participant

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We thank Ms Miho Furuhashi from HIDA-Indonesia office for coming to this AAEP as our special guest, to witness the opening ceremony.

The 6 Day program includes lectures and discussion focusing on Total Quality Management, Entrepreneurial Skills and Strategic Supply Chain Management.

We also thank Sumitomo Electric and Denso Malaysia for hosting the factory visits. Participants were indeed very impressed with the management of these companies. The cultural show at the welcoming dinner and sight seeing during the weekends provided an insight of our Malaysian hospitality.

This program also provided great opportunities for business networking, learning from each other and also to have better understanding on entrepreneurship from different regions.

Our sincere thanks and appreciation to the support rendered by all the Alumni Societies in the region, the organizing committee and staff for making this program a success.



CL YANG



USEFUL INFO YOU MUST KNOW ABOUT CARDIO PULMONARY RESUSCITATION (CPR)

BY LOKMAN HUSSEIN

D - DANGER

- To check for DANGER and assess DANGER around the scene
- Apply personal protection equipment (PPE)

R - RESPONSE

- Shout and tap victim - if no response
- Call for help
- Handphone - 112
- Public - 999

C - COMPRESSION

- If no sign of life, start to do chest compression. (Start CPR)
- Give 30 chest compressions

A - Airways

- Ensure that airways are open

B - Breaths

- Give two (2) breaths to the victim

CONTINUE TO DO CPR UNTIL.....

1. CASUALTY STARTS BREATHING or
 2. HELP ARRIVES (Replaced by someone) or
 3. AMBULANCE ARRIVED or
 4. AFTER 3 SETS OF CPR or
 5. YOU ARE TIRED or
 6. AED - Automated External Defibrillator arrived.
- When AED arrived, continue with AED.

This info is to be used as a free guide and an informational resource, but it cannot replace real training on CPR or first aid. Please try to attend a CPR training course in your community and become a competent First Aider qualified to help save a life.



Mr Santa delivering his tea talk on NLP

TEA TALK : DEEPER COMMUNICATION THROUGH NLP (NEURO LINGUISTIC PROGRAMMING)

BY MR SANTA KINOSHITA

On 28 August 2013, through the good office of HIDA, PAAM organised a half day tea talk entitled Deeper Communication through NLP (Neuro Linguistic Programming). It was facilitated by Mr Santa Kinoshita, an NLP expert very well-known in Japan. The tea talk attracted a total of 16 participants of our committee members and associates.

Briefly, NLP is a person-to-person interaction technology which can be only be learned through first hand experiences and real life interaction. NLP can be used to improve and enhance communication/people skills of our employees. It will also help us to discover our hidden potentials and harness our hidden strength, helping us to get rid of self-limiting beliefs and unwanted habits that may create problems in our life.

Mr Santa Kinoshita has been actively conducting this NLP programme in Jakarta AOTS Alumni Society.

The discussion revolved around HIDA's plans for embarking on strategically collaborative alliances with AOTS Alumni Societies for the success of the initiatives.



Audience for NLP tea talk in meditative mood

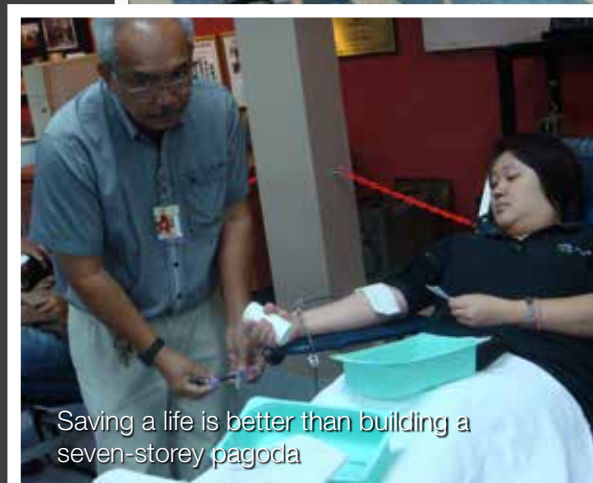
SARAWAK BRANCH ACTIVITY

The Persatuan Alumni AOTS Malaysia (PAAM) Sarawak Branch together with Yung Kong Group, Kho Clan Association, Youth & Woman had successfully organized a blood donation campaign at YKGI Holdings Berhad, Kuching Sarawak on 2 July 2013. The objective of this campaign is to encourage colleagues and members of the associations to join effort to help save lives. We have a total of 51 donors.

The organizer Mr Henry Hii said "Saving a life is better than building a seven-storey pagoda".



Bro, that pint of blood you give may not be much, but it means a lot to the one receiving it!!



Saving a life is better than building a seven-storey pagoda



It's in your blood to help save a life!

www.aots.org



HOW TO GET RID OF THE POISONS IN YOUR BODY

BY MR AZIZ YOUP KAMARUDDIN | azizyoup@hotmail.com

Toxins (Poisons) in your body are almost impossible to avoid in this modern age. You get them through industrial pollutants, pesticides, sewage, medications and other chemicals (household sprays, hair sprays, cosmetics) in your daily lives. You get them from the air that you breathe, or the food and water that you consume.

However, your body has built-in detoxification systems. You help them work better by fueling them with nutrients, and taking the following simple steps.

1. Eat organic fruits and vegetables.

This will reduce pesticide accumulation.

2. Eat cruciferous vegetables.

These are also known as the anti-cancer vegetables. They include broccoli, cauliflower, cabbage and Brussels sprouts. The sulfur in them, assists the liver to detox any poisons in your body.

3. Eat foods high in methionine (an amino acid)

Therefore eat eggs, sesame seeds, Brazil nuts and fish. Methionine helps the liver and other cells to remove waste products.

4. Take at least 2 liters (8 glasses) of water.

Water hydrates, as well as removes waste (through the kidneys).

5. Exercise every day.

The largest organ in the body is the skin, and the sweat from exercising helps toxins to leave the body.

(Reference: <https://www.facebook.com/Health4beauty>)



Below is a regular column by Mr T E Tan on the various interesting peculiarities of the Japanese language.

AH! SO DESUKA? (OH! IS THAT SO?)

If you interact with the Japanese long enough, you will not help but observe their frequent use of this expression “Ah! So desuka?”, which means “Oh! Is that so?”

When the Japanese uses this expression, he is saying, either “I understand what you are saying” or “Wow, that’s something new to me.”

When you are in a business negotiation and if you hear your Japanese counterpart frequently using “Ah! So desuka?” while nodding his head, you can be quite sure that your negotiation is progressing well for you. Sometimes, though not often, a handful of Japanese may be

using this expression as a matter of habit. In such a situation, he might be saying “Ah! So desuka?” to deflect commitment on his part, probably because he is not sure whether he can agree to what others are saying. In such a situation, it is quite difficult to read the Japanese’s mind to determine exactly what he means or where he stands in your conversation.

When you come across such a tricky situation, immediately after your Japanese counterpart says “Ah! So desuka?”, it is best to just confirm the truth of what you have just said by saying “Hai, so desu” (Yes, it is true).



UPCOMING ACTIVITIES



DAY TRIP TO FELDA RESIDENCE HOT SPRINGS

Organising chairman:
Siao Keng Wah

Date :
15 December 2013

Time :
7 am – 4.30 pm

Visit :
Day trip to Felda Residence Hot Springs –
Sungkai, Perak

Activities :
Open cold and hot pool swimming
Reflexology, nature walk, eggs boiling

Fees :
Adults – RM 52
Children aged 4 yrs ~ 11 yrs – RM 42
Price inclusive of entrance ticket, lunch
and tea.

If you are keen to join in this trip, please
contact PAAM office tel: 03-7726 2863
to register your interest.



**Interested in
learning
Japanese?**

IN-HOUSE OR PUBLIC JAPANESE LANGUAGE TRAINING

Whether your company is interested to run in-house training courses on Japanese language or you wish to attend our public Japanese training, we have Japanese classes at various levels.

Please call our Secretariat 03-77262863 for details

UPDATE YOUR MEMBERSHIP

PAAM is now in the process of trying to get all data concerning personal particulars of members updated into their database. To ensure that all correspondences from PAAM including PAAM newsletters, mails regarding scholarships and activities, etc. can reach you, it is vitally important that PAAM have your latest contact details.

Please use the attached form for your personal update and fax /email or despatch it to PAAM'S office to ensure your particulars are kept up to date in PAAM's database

Email : paam@aots.org

Fax : 03-77282348



PERSATUAN ALUMNI AOTS MALAYSIA (PAAM)

R.O.S Reg No: 3720/85 (Selangor)

JAPAN-Malaysia Technology Centre (JAMTEC)

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Tel: 03-7726 2863

Fax: 03-7728 2348

Email: paam@aots.org

Website: www.aots.org

MEMBERSHIP UPDATE FORM

MEMBERSHIP: LIFE ORDINARY ASSOCIATE AFFILIATE

TITLE:

NAME:

ADDRESS:

COMPANY:

PHONE NO.: FAX NO.

MOBILE NO.: EMAIL:

POSITION

Please provide suggestion on how PAAM can improve for the members benefit:

.....
.....

Please suggest how you can contribute to PAAM (eg: Social / Training / Sports etc)

.....
.....

Any other comment:

.....
.....
.....

Email/fax/post paam@aots.org
03-77282348
52A Jalan SS22/25 Damansara Jaya, 47400

TANABATA 2013

Tanabata literally means “ Evening of the Seventh “ is a Japanese star festival.

It celebrates the meeting of the deities Orihime and Hikoboshi.

According to legend, the Milky Way separates these lovers, and they are allowed to meet only once a year on the seventh day of the seventh lunar month calendar.

The festival gained widespread popularity in Japan but it is hardly known in Malaysia.

AOTS Alumni Association of Malaysia started to jointly promote this celebration with the Embassy of Japan in Malaysia way back in year 2009. It used to be held at the Japan Club, Kuala Lumpur. It was also held in Kuching-Sarawak at one of our Alumni branches, attracting over 200 visitors.

For this year 2013, Tanabata celebration was held at our very own PAAM building. The event, which attracted over 70 people, was officiated by the representative from The Embassy of Japan in Malaysia, Mr Akira Sato and his spouse and Mr Narioka from the embassy. We also had guests from The Japan International School Kuala Lumpur, Mr Kato and Ms Tomoko as well as Dato Fung and Ir Yam representing the Technological Association of Malaysia (TAM).

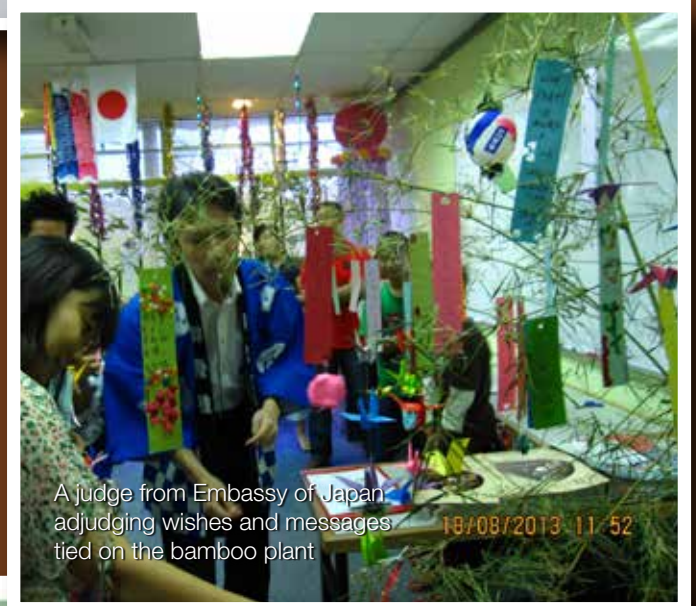
On behalf of the organizing committee, I would like to thank all those who had contributed directly or indirectly towards the success of the Tanabata event.

I believe everyone have had a good time and enjoyed the event, with hand on the folding of origami and writing wishes on the decorated bamboo plants. The Japanese food (O bento) was served to one and all present.

We want to thank Mr. KT Khor for providing some home-made Japanese food and the sound system which he brought from his home, to En. Hakim, Mr Siao and Mr How for putting up the decorations and making sure the celebration run smoothly. To Mr Yap also thanks for the IT support for the video presentation. Last but not least to Ms Lim, our Administrator, for the good event coordination and all the behind-the-scene work.



A message from the Japanese Ambassador, delivered by his representative Mr Narioka



A judge from Embassy of Japan adjudging wishes and messages tied on the bamboo plant



Part of the 2013 Tanabata crowd