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13TH FOSAAS CONVENTION 20TH OCT 2017



The Presidential Meeting was scheduled to start at 2.00 p.m. but was postponed to 3.00 p.m. because most of the nine (9) overseas Official Representatives were held up at the Kuala Lumpur Airport. A total of 10 out of 12 Official Representatives were present.

The first part of the Meeting was a Briefing by AOTS Representatives on the present challenges being faced by AOTS, and how the various Alumni Societies can work with Japan to ensure cooperation in the field of Human Development, for everyone's mutual benefit.

The second session was on 'Identifying the Causes for Lack of Action with respect to previous FOSAAS Resolutions'.

The third session was a discussion on topics for the Brainstorming Session on the actual Convention Day (21st October), so as to come out with the Kuala Lumpur Declaration

By A Aziz Y Kamaruddin



The President's Message



Your Persatuan Alumni AOTS Malaysia (PAAM) successfully hosted the 13th FOSAAS (Federation of Southeast Asia Alumni Societies) Convention from 20th - 22nd October 2017.

We record our thanks to AOTS Japan who provided excellent cooperation, and were represented by 7 of their staff, ably led by Ichikawa-san. We also thank all the participants, who very actively deliberated (oftentimes with lots of passion!) during the discussion and brain-storming sessions.

I would like to thank all the Central Committee Members (CCM) for their kind support and assistance towards the success of the FOSAAS Convention. Our two ladies (Lim-san and Valerie-san) put in a lot of dedication and hard work, behind the scenes. Rajandran-san and Gerard-san kindly volunteered to provide a Welcome Service at the Airport on 20th October – they were standing at the airport the whole day! Ghazali-san kindly provided a goodie bag (of his factory's products) for all the FOSAAS participants.

One of the strategies to increase communication amongst FOSAAS individual members was the creation of a FOSAAS 2017 Facebook page. Please kindly provide your personal Facebook page/identity to the office, so that we can include you as a member of that FOSAAS 2017 page.

Our PAAM Nite Dinner was successfully held on 11 November 2017. This was quite an achievement, because we have not held a Dinner on such a scale for a couple of years. Subramaniam-san undertook, almost single-handedly, the Herculean job of organizing the PAAM Nite Dinner. Members and their families who attended appeared to enjoy the Dinner, especially the Lucky Draw! Based on this successful experience, I believe the 2018 Dinner will be more greatly anticipated, by those who attended this year.

We have tentatively planned for our Annual General Meeting (AGM) to be on Sunday, 22nd April 2018. Please block this date, so that you can have the opportunity to personally provide your kind inputs (towards further improving our PAAM activities).

Wishing you and your family the Best of Health and Happiness!

President
A Aziz Youp Kamaruddin

Central Committee Members 2016 - 2018

President

Aziz. Youp Kamaruddin

Vice President

Tan Teng Ek

Hon Gen Secretary

Cheong Lye Foon
Valerie

Hon Treasurer

How Chee Seng

Asst Hon Gen. Secretary

Yap Choon Ming

Asst Hon Treasurer

Mohd Ghazali bin Abu Bakar

COMMITTEE

Khor Kai Tong

Subramaniam Narayanan

Gerard Lawrence

Rajandaran Subramaniam

Siao Kent Wah

Yang Chor Leong



HAPPY NEW YEAR & HAPPY CHINESE NEW YEAR





13TH FOSAAS CONVENTION: 21ST - 22ND Oct 2017

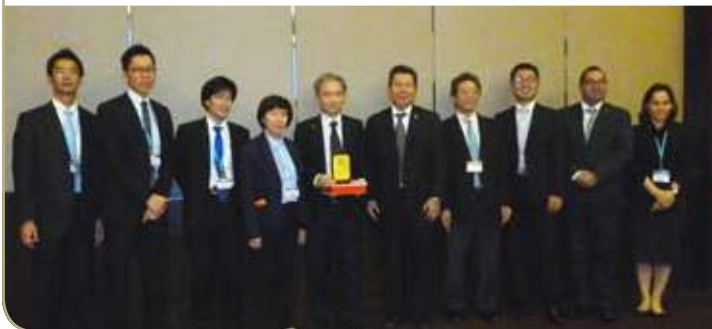


The Convention proper was on 21st October 2017. Participants were from AOTS (7 representatives from various offices - Japan, Thailand, Myanmar and Indonesia), Myanmar (5), Indonesia (6), Vietnam (3), Philippines (2), Thailand (5), Singapore (1) and Malaysia (15).



After the Country Presentations, a brain-storming session was held so as to come out with the 13th FOSAAS Convention Resolutions. It was a very participative and fruitful session, with many ideas being hotly and passionately discussed.

After the Convention (which ended at 7.00 p.m.), everyone adjourned for Dinner at The Trace Restaurant on the 40th Floor of The Elements Hotel.



13TH FOSAAS CONVENTION - 22ND Oct 2017



Dinner at The Trace Restaurant after the convention



Day 3 was a whole-day affair (9.00a.m. to 9.00p.m.) Industrial and Cultural Visit.

The Industrial Visit was to the world-famous manufacturer of Pewter products (formerly known as Selangor Pewter, but now known as Royal Selangor).

It was then followed with a visit to the Batu Caves Indian Temples Complex.

After lunch, participants visited the Malaysian Handicraft Center. This was followed by a visit to the Malaysian Administrative Capital of Putrajaya.

After Putrajaya, participants went to the Kuala Lumpur City Center (KLCC) for some last minute shopping.

The finale for the day was Dinner with a Cultural Show Performance at Taman Tasik Titiwangsa.

By A Aziz Y Kamaruddin





Health Article

Green Tea: Anti-Cancer Drink?



The first time that I drank Green Tea was when I attended the AOTS Management Training Program on Quality Management at Yokohama Kenshu Center in 1992. It was only after 7 years of that first taste, that I learned that Green Tea is full of **anti-oxidants** (200 times more powerful than vitamin E) and is also **anti-cancer!**

It has been found that Japanese smokers who drank Green Tea **lowered** their risk of **Lung Cancer** by 45%. This explains why the Green Tea-drinking Japanese had the highest smoking rates, but the lowest Lung Cancer rates in the developed world. Another Japanese study showed that those who drank more than 10 cups of Green Tea a day decreased their risk of Gastric Cancer significantly.



In a study of of Japanese women who had Breast

Tumors that had not yet spread (metastasized), those who consumed 3 cups of Green Tea daily had 57% fewer relapses than those who drank only 1 cup.

In men with **Prostate Tumors**, **5 cups** of Green Tea daily **reduced** the risk that their cancer would progress to an advanced stage by 50%.



Green Tea also acts as a **detoxifier** for the body - eliminating cancerous toxins more rapidly.

Japanese Green Teas appear to be richer in anti-cancer compounds (especially **EGCG** - epigallocatechin gallate); thus you may want to choose them for maximum preventive effect.

When preparing a Green Tea drink, allow for an **8-to 10-minute brewing time**, which allows adequate extraction of the catechins (anti-cancer compounds). Always drink freshly brewed tea, and space out your daily cups equally.



By A Aziz Y Kamaruddin
(Nutritional Medicine Practitioner)

Consult a Nutritional Medicine Practitioner when you need professional advice.

Wishing You and Your Family
the Best of Health!

Announcement



Articles for Newsletter

To make your newsletter more interesting, we would like to appeal for interesting articles from members. Your articles can be on any topic but should not be too technical. We would appreciate articles that are original and will make an interesting read, between 100 to 200 words. As a token of appreciation, PAAM will send you cash vouchers for articles that are published in PAAM Newsletters.



Japanese Language Teacher - Vacancy

WANTED – PAAM is looking for a free lance Japanese Language teacher who can teach small groups preferably in the evenings in clients' office premises. The person we are looking for must have teaching experience and must be able to speak the language fluently, if he/she is not a native speaker. Must have own transport. Interested – please write in to paam@aots.org for further details etc.

PAAM NITE 2017



This year we organised a PAAM Nite Dinner on 11th November 2017. at the Holiday Inn Glenmarie, Shah Alam.

The dinner kicked off at 7.30pm with Words of Welcome from the Organising Chairman, and followed by the President's Speech.

The response was good, and it was more than we had expected. We hope to organise the event again in 2018.

It was a fantastic opportunity to catch-up with old and new friends. Some of us renewed lost relationships, built over many years as members of PAAM. The cordial and friendly atmosphere of the Dinner reflected much of the great traditions of PAAM. It allowed all those present to enjoy an excellent dinner, in the company of many friends.



Our distinguished VIP guests Dato & Datin Lim Fung Chee, and Dato Nik Mohd Kamil Nik Daud made the night even more memorable. The audience was entertained with Cultural Shows performed by a primary school, Sekolah kebangsaan PJ and dance performance by Miss Hanusha Nagendra Rao / Miss Sakthi Ravindran from a school in Shah Alam.



Datin Lim with lucky prize winner



Datuk Lim Fung Chee (2nd from left) together with ALEPS representative and PAAM CCM President and committee member.

The evening was a great success because everyone enjoyed themselves with the dinner, with lots of lucky draw prizes, in addition to the entertaining cultural show and the joy of meeting up with 'long-lost' old friends.

By Subramaniam Narayanan





Half-Day Training on **Kaizen & Problem-Solving Techniques**



PAAM conducted another free Half-Day Training on 16 November 2017 entitled “Kaizen & Problem-Solving Techniques”. Although it was at short notice, 8 (out of 11 who pre-registered) attended. Upon completion, two (2) of them applied, and paid, to be our members.

Since PAAM is now a (re-)Registered Training Provider effective September 2017, we plan to conduct public and in-house (in companies) training programmes in 2018. In addition to providing Human Resource Development programs for the good of society, we hope it can also generate additional income for PAAM.

A Nominal Fee shall be charged for Half-Day or Full-Day programmes if held at PAAM Building to: a) popularize new courses/programmes, before marketing them as public and also as in-house programs. b) promote our Association, and c) increase PAAM's memberships. Free Half-Day or Short Talks may still be held periodically, to promote 'newer title' programmes.

We look forward to PAAM members who have the “Train-The-Trainer (TTT)” Certification from the Human Resources Development Fund (HRDF), to kindly contact PAAM's office, so that you can offer your specialized training expertise. It will certainly enhance PAAM's training goals and activities. So far, PAAM has registered three (3) such Certified Trainers.



By Gerard Lawrence

VISIT FROM AOTS JAPAN



Yumi Nomoto and Miki Ikenaga, both from the Business Promotion Group of AOTS Japan, made a courtesy visit to PAAM Office on 12 December 2017. They had a brief meeting with our office staff (Ms Lim) regarding the internship program.

Both ladies had earlier visited one of the companies which will be taking in new interns for 2018.

Miki Ikenaga (left) and Yumi Nomoto (Right)– ladies from Business Promotion Group/ Global Connectivity Dept, AOTS Japan

Emperor of Japan's Birthday Celebration

Mr. Yang Chor Leong attended the Emperor of Japan's Birthday Celebration on 7th December at the Japanese Ambassador's Residence. It was a grand occasion with more than 500 guests.



*HE Ambassador of Japan
Dr Makio Miyagawa (right) with Mr Yang Chor Leong*

MEETING-UP WITH JAPANESE INTERN

Nagata-san has completed his Internship Training with Suria Resorts Management.

During his Internship program he was posted to Suria-Hot-Spring Resorts at Bentong, Pahang and Johor Bahru, Johor. He returned safely to Japan on 9 Dec 2017.

Mr. Rajandaran had a Lunch-Meeting with Nagata-san at Japanese restaurant Kampachi, in Subang Jaya, Selangor.



NEW GLOBAL COOPERATION (NGC) Seminars 2018

Code	Name	Date	Venue
X552-2	Seminar on Amoeba Management	Jan. 22 - 26	KKC
X506-13	Enhanced Production Management — for attaining “TPS CERTIFICATE”—	Feb. 5 - 10	Chubu Office (CKC)
X537-5	Seminar on Family Business Management	Jan. 23 - 27	KKC
New! EPQM (X500-5)	Executive Program on Quality Management by Dr. Kano	May. 6 - 24	TKC
New! X555-2	Seminar on Management Revolutions Started with 5S	Mar. 5 - 9	TKC

Visit : www.hidajapan.or.jp for update on NGC Seminars 2018.

IN MEMORIAM

It is with deep sadness that we report that our past President, Tuan Haji Badaruddin bin Mohd Ariff, passed away on 20 May 2017, at age 84. He leaves behind Saifuddin bin Badaruddin, Hazudin bin Badaruddin, and Norhayati bte Badaruddin.

He had a deep love for our Alumni Society, and had always keenly followed our Alumni Society's activities and development. Some of you may not be aware that one of his proposals – the creation of a 'Life Member' category – was adopted and successfully incorporated into our Constitution.

He was always grateful for the excellent training that he had received in Japan; and frequently (when given the opportunity) expressed his admiration of Japanese Management techniques, and Japanese culture.

The late Tuan Haji was a real gentleman. We extend our deepest condolences to his family.