



# PAAM

*Getting you involved!*

PERSATUAN ALUMNI AOTS MALAYSIA  
N E W S L E T T E R

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Group photo of delegates from the Alumni Societies of Vietnam, Thailand, Philippines, Myanmar, Indonesia, ABK/AOTS Penang and Malaysia



PAAM committee members having lunch with representatives from Penang



The participants from HIDA Myanmar Alumni Association and some members at lunch in Summit Hotel

## Pre-FOSAAS (Federation Of South-east Asia AOTS Alumni Societies) Meeting on 29<sup>th</sup> September 2016



Delegates from seven (7) countries attended the Meeting. The number of delegates was a really unexpected but pleasant surprise. Countries represented were Indonesia, Japan (through the HIDA Regional Representative based in Jakarta), Malaysia (host), Myanmar, Philippines, Thailand, and Vietnam.

It was a solid 4-hour afternoon Meeting. The energy was very high, coming especially from the Philippines



President Aziz Kamaruddin giving a welcome speech



Speeches from some presidents and representative from HIDA. (L to R): President, ABK & AOTS Thailand, Mr Suchai Pongpakpien, President, Philcultaros, Mr Dan Rayo and Mr. Hayato Tanaka

delegation. This enthusiasm quickly spread to the other delegates, and there was full participation by everyone. Many good ideas were thus exchanged during the brain-storming session, which will help to improve the next FOSAAS Meeting, tentatively scheduled for October 2017.

On behalf of PAAM, I wish to thank all the foreign delegates who made the pre-FOSAAS Meeting an enjoyable and (at the same time) successful event.

(more event photos in page 3)



29 members participated in a brain storming session for new ideas and proposals

## The President's Message

Dear Members,



Welcome to this issue of our Newsletter.

I wish all of you a Happy New Year for 2017, and Gong Xi Fa Cai for the coming Chinese New Year!

We are happy and very much encouraged that HIDA Japan provided some kind and positive feedback on our previous Newsletter. If you as a PAAM member have any feedback (e.g. suggestions on how to improve the Newsletter), it will be gratefully acknowledged. Perhaps a small token of appreciation will be given for such feedback?

We successfully completed the 'international' Pre-FOSAAS (Federation of South-east Asia AOTS Alumni Societies) Meeting on 29th September 2016. There was a lot of positive energy and passion (especially from the Philippines delegation). Many good suggestions on how to improve the FOSAAS Meeting was received from all the participants. A big Thank You to all the foreign delegates. Thank You also to our Central Committee Members who participated and kindly helped with the logistics of the Meeting.

Your Central Committee Members are always thinking of activities for you, but your kind feedback will certainly help us to better plan and organize.

Please enjoy this issue of your Newsletter.

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

President  
A Aziz Youp Kamaruddin

**HAPPY NEW YEAR FOR 2017 & GONG XI FA CAI**



## AGM ANNOUNCEMENT

**ANNUAL  
GENERAL  
MEETING**

*The 32<sup>nd</sup> Annual General Meeting  
will be held on 23<sup>rd</sup> April 2017.  
Venue and date to be confirmed.*



## Getting To Know CCM Member- **Rajandaran Subramaniam**



Mr. Rajandaran Subramaniam is 53 years old and is married with 4 children. He is a life member with PAAM/AOTS and comes from Teluk Intan, Perak. He is an ex-trainee from the Amada School Japan under the AOTS scholarships program.

Mr. Subramaniam used to work with OYL R&D Center Sdn. Bhd. now known as Daikin R&D Center Sdn. Bhd. for about 21 years as its R&D Supervisor. Later he left the company and setup a Marine HVAC & Refrigeration company called EUROMARINE ENGINEERING SDN BHD. In Euromarine Engineering, he is currently the Managing Director and is involved in handling Oil & Gas sector in HVAC projects in Malaysia & Singapore & Indonesia.



### **Networking Dinner After The Pre-FOSAAS**

(Federation Of South-east Asia AOTS Alumni Societies)

**Meeting on 29<sup>th</sup>  
September 2016**



# Karangkraf Visit



On 23rd November afternoon, a group of 22 pax comprising the President and some CCM members, family members and friends visited Karangkraf Media in Shah Alam.

Encik Hashim Anang - Special Task Manager of Kumpulan Media Karangkraf presented a brief history on its beginnings. Karangkraft was started

in 1978 by Dato Hussamuddin Bin Hj Yaacob in a shop and 38 years later, it has grown to become an influential media organization in Malaysia. It is currently located on a 12-acre industrial site in Shah Alam and has approx. 1400 employees. The media group prints novels, books of various genres, magazines and Sinar Harian, one of the fastest growing newspapers being distributed to about 6 states in Malaysia. Besides that they print books for colleges and schools in dual languages - Bahasa Malaysia and English. As for commercial printing for consumers, catalogues and brochures for leading outlets like GIANT, TESCO and AEON are also included. Karangkraf do cater for small volume printing like name cards, calendar and invitation cards.

Kumpulan Media Karangkraf, is the parent company to the group's 4 core businesses :

- Grup Majalah
- Grup Sinar
- Grup Buku Karangkraf
- Grup Percetakan

Encik Hashim informed the visitors that there is a small mosque erected inside Karangkraft Media premises and it is open to all Muslims in the area for prayers. Karangkraf Education Fund as part of their CSR, is managed with a financial aid for Private Higher Educational Institutions (IPTs), providing financial aid and scholarships. A number of scholarship is offered every year to eligible students.

Karangkraft also provide Internship Programme under a structured and robust programme for undergraduate students.

The visitors were taken on a brief tour of the publishing house. Near the main lobby, a bookshop is seen. From the main office, the tour proceeded to view the creative corners, production sites, media room, innovation and studio and some staff interacted with the visitors sharing some aspects of their work.

Light refreshments were served after the tour in the canteen area. The visit to Karangkraf had given an insight to the visitors on the operations of one of the leading publishing companies in the media industry, their contribution to the public and some knowledge about printing process. All visitors left around 4.30 pm and everyone received a complimentary copy of a magazine to take back and read.



PAAM (AOTS) would like to record their thanks to the management of Karangkraf Media for making the industrial visit possible.

Report by CCM : Subramaniam Narayanan



2<sup>nd</sup> row, 4<sup>th</sup> from right: Encik Hashim Anang with group from PAAM.



Karangkraf Mall



Souvenir and bookshop



Hall of awards



Left to Right: President Aziz Kamaruddin, Nur Sabrina and Adam Khaliq



## Health Article

# Obesity is at Epidemic Levels -The Solution?



In the previous issue, we identified the 5 Top Ways You Can Gain Fat.

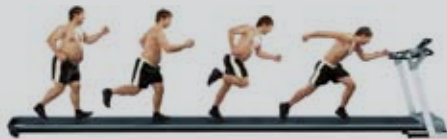
Now we provide you  
**5 Tips On How To Reduce Fat**  
that you have gained:



1. **REDUCE** foods that are high in **REFINED CARBOHYDRATES** (e.g. white bread and noodles), and **SUGAR** (all canned/packaged carbonated/soft drinks, cakes and pastries)
2. **AVOID** unhealthy vegetable oils (e.g. corn oil, sunflower oil, soya oil) and **TRANS-FATS** (margarine, hydrogenated oils and re-cycled oils [used many times in frying])
3. Eat a **RAINBOW** of **COLOURED VEGETABLES** because they have high fiber, are low in calories, and contain a broad range of vitamins and minerals for optimal metabolism
4. Eat lots of **PROTEIN** from **PLANTS** such as beans (e.g. chickpeas or kacang kuda), nuts (e.g. almonds and Brazil nuts), sunflower seeds, pumpkin seeds, lentils and broccoli
5. Eat healthy **OMEGA-3 FATS** which come from anchovy (ikan bilis), sardines, mackerel, hazelnuts, walnuts, and also medium chain triglycerides (MCTs) from **VIRGIN COCONUT OIL**



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!

## Fellowship Lunch



Standing (L to R) : How Chee Seng, Siao Kent Wah, Mohd Ghazali Abu Bakar and wife, Mr & Mrs Gan Boon Ting, Mr & Mrs Khor Khai Tong, Ms Valerie Cheong, Mr Gan Siong Heng, Mr Rajandaran Subramaniam  
Seating: Mr Tan Teng Ek (left), Mrs Siao Kent Wah (end right) and daughters.

PAAM's Fellowship Lunch was held successfully at the WARISAN CAFE, Royale Chulan, Kuala Lumpur on 27<sup>th</sup> November, 2016

It was a great opportunity for all supporters and members of PAAM together with their respective family to mingle and exchange news and updates on PAAM's activities. Some senior members were also present. All twenty-two (22) people who attended enjoyed themselves.

PAAM and the organizing committee would like to express their sincere appreciation to everyone who had contributed in one way or another towards making the event a success. It will always be our hope to look forward for more members to participate in our next event.



Encik Mohd Ghazali Abu Bakar with wife, Encik Aziz Kamaruddin & Ms Valerie Cheong



L to R : Mr & Mrs Jerry Lee, Encik Aziz Kamaruddin and wife



Encik Aziz Kamaruddin and family

# Japanese Article



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

## GOMEN-NASAI ( I'm sorry) ごめんなさい。

The Japanese society is a very polite and civil people. Their daily conversations are always sprinkled with expressions of apology. Words like “sumimasen” (Pardon me), “Onegai shimasu” (Please...) are used liberally.

Another expression of apology that you can very often hear in conversations among the Japanese is “Gomen-kudasai” (Excuse me or I beg your pardon). Sometimes, after a lengthy discussion, the Japanese would say “dewa Gomen-kudasai” which can implicitly mean “I leave the matters/issues at your hand, please assist on your part”.

“Gomen-kudasai”, being a long expression of apology, is often used by the woman folks. You know, the Japanese



woman folks are expected to be respectful and refined in their language. So in their language they don't take short cuts and use compressed words. Often the Japanese would shorten “Gomen-kudasai” to “Gomen nasai”. But for the Japanese man folks, “Gomen nasai” is still too long and often they would shorten it to just “Gomen”.

Whatever it is - “Gomen-kudasai”, “Gomen nasai”, “Gomen” and “sumimasen”, they all mean the same - Excuse me.

As for me it is always safer to just use “sumimasen”. Without fail, the Japanese would respond and most likely say “Daijoubu, daijoubu” (Don't worry, don't worry!) or “Dozo...” (Please go ahead...)

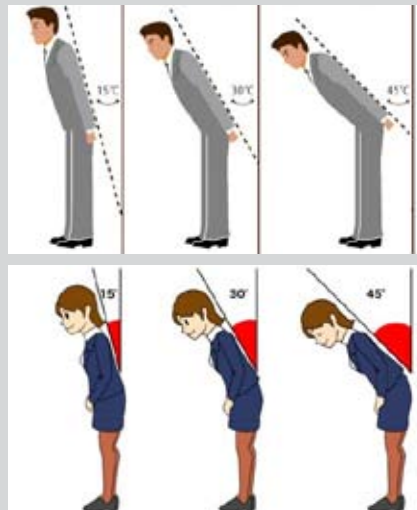
## JAPANESE BOWING

Sometimes we see in the movies very funny scenes of a Westerner meeting the typical Japanese for the first time. As the Japanese bows to show his respect, the Westerner will also bow. But the funny side is that the bowing exercise seems to be endless as the Westerner returns a bow. The endless bowing will only end when the Westerner stops bowing. In the Japanese custom, they will always return your bow out of respect for you. The bowing will only stop when you, as his respected guest, stop your bowing.

The lower the bows of the Japanese the more respect he is according to the other party. If you give a very low bow and maintain that bow at a longer period, say for 5 seconds, it conveys the deep respect you have for the other person.

Japanese bowings can be informal as when two friends meet, they give each other a fifteen-degree-angle bow or just tilt over one's head. In a business meeting environment or in some social functions, bows are normally formal. The Japanese would lean forward to a greater angle of about thirty degrees. For very formal bows, the angle of bows is deeper. Often if it is a bow of apology, the angle of bow is deeper and the bow is maintained far longer than normal.

Eshaku (会釈) Keirei (敬礼) Saikeirei (最敬礼)



(Sources from Mundo-Nipo.com)



**Calling all 15-20 year old young adults!!**

## HIDA Experience Japan Program Fiscal Year 2016 27 March - 2 April, 2017

This 7 days program is a price-worthy packaged program containing basic Japanese lessons and extracurricular activities (e.g. Japanese culture experience and company visit) during a safe and comfortable stay at a HIDA's training center

Please email [paam@aots.org](mailto:paam@aots.org) or call 03 - 7726 2863 for more info



## HIDA Management Programmes/NGC Seminars

Programme Name	Dates	Venue	Deadline
HIDA - Experience Japan Program	27 Mar - 2 Apr 2017	TKC	31 Jan 2017
Advanced Production System Seminar February	21 - 25 February 2017	KKC	Open
X552 Seminar on Amoeba Management	13 - 17 March 2017	KKC	Open
EPQM The HIDA Executive Program on Quality Management By Dr. KANO	17 - 25 May 2017	TKC	Open

Interested applicants for HIDA programmes to submit applications direct to Persatuan Alumni AOTS Malaysia - **10 working days** before closing date.

## PAAM'S Japanese Language Classes

Renesas Semiconductor KL Sdn Bhd, which is located in Telok Panglima Garang, had recently engaged PAAM to conduct inhouse intensive Japanese Language conversation training sessions for 3 of their staff who would be undergoing a 3-month familiarization programme in their Headquarters in Japan.

This 40 hours Japanese Language programme was specially tailor-made for Renesas Semiconductor KL Sdn Bhd. Classes began on 26<sup>th</sup> September 2016 and completed by 26<sup>th</sup> October 2016 in time for the trainees to leave for Japan. The class was facilitated by one of our Japanese Language teachers, sensei Misako M, native speaking teacher.

On 1<sup>st</sup> December 2016, PAAM started another Japanese Language training programme covering Basic and Intermediate levels for 2 Engineers from Denso Malaysia, a Japanese company located in Bangi. The two engineers will leave for Japan sometime end March 2017 to undergo a 12 months training programme with their Nagoya Office in Japan. PAAM's main task was to prepare them to read, write and speak the Japanese language in order that they may begin their training stint without any difficulty, as the training would be conducted solely in the Japanese language. The last Japanese Language class is expected to finish sometime in mid March 2017.



Md Ruhaizat Sapar, Mohd Zanari Abd Ghani and Elizabeth Hendroff from Renesas Semiconductor and sensei Misako (Right)



Denso Malaysia Engineers Khairul Izani Yusop, and Mohd Aminuddin Zulkifli, with sensei Misako.

## Emperor's Birthday Reception in Kuala Lumpur

On 7<sup>th</sup> December, His Excellency Ambassador of Japan, Dr Makio Miyagawa hosted the Emperor's Birthday Reception at his residence in Kuala Lumpur. About 500 plus guests joined in the celebration.

In conjunction with this occasion, both President, Encik Aziz Y Kamaruddin and CCM Mr Yang Chor Leong attended the auspicious event.

*Dr Makio Miyagawa posing with some VIP guests.  
Photo by courtesy of Embassy of Japan, KL.*



# HIDA Internship Program In Malaysia

As reported in our last issue of PAAM Newsletter, during the last two-three years, HIDA had started an internship program. Working with AOTS Alumni Societies in Asia, HIDA would emplace young Japanese professionals in local Asian companies for a short period of one to three months. The idea was to expose these young Japanese professionals to the different business/work cultures in these indigenous Asian companies. This HIDA Internship program has been very successful in Thailand, India and the Philippines, having run this program for the last two years.

Early 2016, a team of HIDA Managers visited PAAM to explore the possibility of repeating this Internship Program in Malaysia. Resulting from the numerous visits and discussions between PAAM and HIDA, the program kicked off with the emplacement of two young Japanese professionals from Hitachi Japan ie Kimura-san and Kudo-san in two local Malaysian companies.

Kimura-san, a young IT professional from Hitachi Japan was emplaced as Intern in Silverlake Processing Services Sdn Bhd in Petaling Jaya for a period of 3 months.

Another young Japanese IT professional also from Hitachi Japan, Kudo-san was emplaced as Intern

in Twistcode Sdn Bhd in Cyberjaya for a period of 1 month.

A third Japanese professional, Fujii-san would be coming to Malaysia sometime in January 2017 to work as Intern in Henikwon Sdn Bhd, a strong corporate supporter of PAAM.

If your company would like to consider some of these young Japanese for Internship, please contact our PAAM office and we will try and match up suitable young Japanese Interns for you. Thank you!



PAAM Vice President Mr Tan Teng Ek having dinner with Kimura-san, an Intern from Hitachi Japan on Friday 21st Oct 2106



One of our Committee members, Mr Siao Kent Wah visiting Kudo-san on 29 Nov 2016 at SilverLake office.

## Visits to PAAM Office by Tanaka-san

(HIDA Representative, Jakarta Regional Office)

The first visit by Tanaka-san was a courtesy call on the PAAM President on 30<sup>th</sup> September 2016. A general discussion on topics of mutual interest to HIDA and PAAM was held.



President Aziz Kamaruddin in discussion with Mr. Tanaka on right.



Mr. Tanaka in white shirt and CCM members in PAAM office



The second visit by Tanaka-san was on the evening of 14 December 2016. Since PAAM's CCM Meeting was also being held that evening, Tanaka-san took the opportunity to brief on the latest projects that HIDA is undertaking (such as the Internship project and the Monodzukuri School project).