



# PAAM Newsletter

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A pose before boarding the coach for the daytrip to Kg Sg Hj Dorani

## ONE-DAY OUTING AT KAMPUNG SG HAJI DORANI IN SABAK BERNAM

Recorded by: Tuan Hj Hakim

PAAM successfully organised a day trip to Kampung Hj Dorani, Sabak Bernam on Sunday 26 May 2013. The sky was perfect when 23 of our members and their families started off from PAAM's office.

The 1hr 40min journey saw us making our first stop was at a factory producing coconut jelly, trade name "Natadi Coco", followed by a stop at another factory producing a variety of kampong crackers. Unfortunately it was a non-working Sunday and we were not able to see the actual making of the crackers. We were rewarded with an invite to take a bite or "eat all you can" with a wide array of crackers manufactured in the factory. It was indeed a feast of crackers for all of us and the sweet cool syrup did help us to eat a little bit more. The visit found many of us buying packets after packets of crackers and coconuts jelly and other goodies to share with our loved ones at home.

Arriving at Haji Dorani at 11:00am, we were greeted with a typical Malay kampong home environment with vast stretches of padi fields. There was even a big pond where fresh water fishes were bred for you to catch with your bare hands! Changing into our comfortable casual attires, we were ready to experience a day of Malaysian kampong's life.

The first activity was how to produce your own batik drawing. It was back to school for me and a new experience, as the last time I worked on coloring with a brush was during my SPM exam and that was almost 45 yrs ago. Yet I have never tried batik painting. With some tutoring from the in-house coach, we were all given credit for a good job done and we were happy to take our master pieces home as a memento.

The second activity was removing to the husk of the padi using a traditional wooden mortar and a pounder. It required some skill and not raw strength because a heavy blow will turn the padi into powder. Everyone of us experienced it and was followed by discarding of the padi husk through a process called "menampi padi" another traditional method using a tray made from rattan.

We break for lunch and a short rest before the afternoon activities. Lunch was kampong menu of kuah lemak nanas, fried fish, fresh vegetables and sambal belachan. It was cili-padi hot but the growling stomach was not complaining. I must admit that it was a good kampong lunch.

After the short rest, we were showed the

*Continue on page 4*





## THE PRESIDENT'S MESSAGE

Time passes by so quickly – we are now past mid 2013! Very soon it will be end of 2013 and we will be then ushering in 2014.

The first half year of 2013 had been a fairly busy six-months for PAAM as we tried to convene our 28th AGM on 28 April 2013 with an interesting talk on Income Tax issues prior to the said AGM. This talk was facilitated by Mr. Kularaj K. Kulathungam, a Director of KR Tax Consultants Sdn. Bhd.

Unfortunately we could not proceed with the said 28th AGM as there was no quorum.

A few weeks later, on 19 May 2013 we convened the adjourned 28th AGM at Sunway Lagoon Club. Even though we could not achieve a quorum, the adjourned AGM proceeded as planned, as allowed by the constitution.

Later in the day, Mr Stephen Wong, one of our PAAM members, shared his thoughts on how to enhance oneself through visual, auditory and kinesthetic modes. His one-hour talk was entitled: Effective interaction through visual, auditory

and kinesthetic capability. Interactive and captivating, Mr Wong's talk saw him fielding many interesting questions from the floor.

The Social Committee, on a fine Sunday morning on 26 May 2013, organized a day trip to Kampung Sg Hj Dorani, Sabak Bernam, Selangor. A total of 24 members and their family members participated in this outing which saw a lot of outdoor activities being organized for the group. We visited a keropok making factory, another factory producing coconut jelly, rice fields, did our own batik painting and kite-making, etc, etc.

You can read all the various reports on these activities in the next few pages.

Well Ramadan month is around the corner. On behalf of the Central Committee members, I would like to extend to all our members and supporters "Selamat Berpuasa" and then "Selamat Hari Raya Idulfitri".

Warmest regards.

Tan Teng Ek, President



## GETTING TO KNOW YOUR CENTRAL COMMITTEE: LOKMAN BIN HUSSEIN

Lokman bin Hussein resides in Klang and works as a Safety & Health Manager for Kossan Group of Companies. Married with 5 children, he is registered with Department of Occupational Safety & Health (DOSH) as the competent Safety & Health Officer (SHO). He holds a Diploma in Occupational Safety & Health from University Teknologi Malaysia (UTM) and Bachelor Degree in HRM from Wilmington Advance University.

He had served as a committee member in Majlis Negara bagi Keselamatan & Kesihatan Pekerjaan (MNKKP) under Ministry of Human Resources and also sits in SIRIM Technical Committee (TC) on Safety of Machinery as Committee member. In 2008 he was Chairman of FMM Klang Committee. He was elected as CCM since 2012.

## PREFER TO READ ON THE GO?

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



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

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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](http://www.aots.org) or ring office at 03-77262863 for a copy of the form to be forwarded to you via email.



# PAAM'S 28TH ANNUAL GENERAL MEETING

The 28th AGM of PAAM was held in PAAM's office at 52A Jalan 22/25 Damansara Jaya on 28th April 2013. However due to no quorum, it was adjourned to the 19th of May, 2013. Based on members' feedback who were present on 28th April, 2013 it was indicated to the Central Committee that members would prefer to hold the AGM at an avenue outside PAAM premises. The Committee after some deliberations in their subsequent board meeting, decided to hold the adjourned AGM at Sunway Lagoon Club.

The adjourned AGM was convened on 19th May 2013 at 2.00pm. A buffet lunch was served prior to the said adjourned AGM. Despite holding the adjourned AGM outside PAAM's premises as suggested by members in the earlier AGM convened on 28th April 2013, at 2.00pm on the AGM day, there was again no quorum with only 22 members present. However

as permitted by PAAM's constitution, the meeting proceeded as specified in the Agenda ie passing of minutes of previous AGM and EGM, approval of the Annual Report for 2012 and audited accounts for 2012.

Amongst some suggestions raised from the floor were : PAAM Constitution should be dated to ensure that the latest version is used and printing costs should be cut down by confining black and white hardcopies of the newsletters for members and keeping colour copies for circulation to important agencies such as HIDA, Japan Embassy etc.

There being no other matters, the meeting adjourned at 3 pm followed by a short talk that was facilitated by Mr Stephen Wong, PAAM member who delivered an interesting subject – Effective interaction through visual, auditory and kinesthetic capability.



Central Committee Members during adjourned AGM at the Sunway Lagoon Club. L-R : Khairudin Ishak, Yang Chor Leong (V President), Yap Choon Ming, (Gen Secretary), Tan Teng Ek (President), How Chee Seng (Asst Treasurer), Lokman Hussein (Central Committee Member), Mohd Hakim (Central Committee Member).



\*28th April 2013 – Members in a light moment with Mr Tan Teng Ek (President)





The calm and serene kampong, with miles of green padi fields that meet our eyes



One for the album before heading for home with a bagful of memories and good time spent

## TALK ON: INCOME TAX RESPONSIBILITIES - GETTING PREPARED FOR TAX AUDITS & TAX INVESTIGATION

By Mr Kularaj K. Kulathungam

As one of the many activities to benefit members, PAAM organised a free talk on taxation entitled INCOME TAX RESPONSIBILITIES – GETTING PREPARED FOR TAX AUDITS & TAX INVESTIGATION on Sunday 28 April 2013. Facilitated by Mr. Kularaj K. Kulathungam, a Director of KR Tax Consultants Sdn. Bhd. - a firm specializing in income tax advisory and consultancy and a former senior officer in the Inland Revenue Department, the interesting talk touched on the following issues:

- (a) Recognition and declaration of income chargeable to income tax,
- (b) Difficulties in determining if a receipt is of an income character,
- (c) Understanding the law in respect of deduction of expenditure,
- (d) Understanding the methodology of tax



Mr Kularaj engaged in a discussion with 2 members before his talk on Tax responsibility

*audits and tax investigations carried on by the Inland Revenue Board Malaysia (IRB),*

- (e) Major issues and risks related to tax audits and investigations faced by taxpayers, and*
- (f) Rights and responsibilities of taxpayers.*

The session was so lively and interactive with members present eagerly posing pertinent questions on taxation and procedures that the 1 ½ hour talk seemed to be too short for all present. We thank Mr. Kularaj for his most enthralling talk.

simplest way of making a kite. Everybody made their own kite and was running around the house compound and the narrow bank of the padi field, trying to fly their kites. Some kites managed to fly but some did not but most of them took their kites home, perhaps to fly them later.

The final activity catching fish in the padi field using a traditional method called "gagau ikan". How it was done I do not know because the hot afternoon breeze and a pillow provided by the Host was a perfect combination for a good afternoon nap. When I woke up, the adults and the kids in wet their clothing carrying fishes that they caught in the Padi field.

Their smiles and giggles told the whole world what a wonderful time they had, which I dearly missed when I traded the fun for a short nap.

4.00 pm was time to bid "goodbye" to our Hosts and thanking them for the wonderful time we spent which we will cherish for a long time. After a cup of "tea-O bujang" and "cha kuey", we huddled together for a parting group photograph, before boarding the bus for home. I continued my nap throughout the journey home and only woke up when we reached PAAM office in Damansara Jaya at 7:00pm. It was a day well spent and for most of all it was another nice opportunity to get to know one another on a personal basis. It is the Organisers' hope that more PAAM members will join us for another PAAM Family Outing sometime in the very near future.



## COURTESY VISIT TO HIDA JAPAN

BY LEE HOCK LEONG

On 23 May 2013 Lee Hock Leong and his wife Shirley, who were travelling in Japan, took the opportunity to visit the HIDA (Overseas Human Resources and Industry Development Association) Research Institute Head Office in Tokyo. They were well received by the Secretary General, Mr Yuji Shimo-Osawa, Researchers from Global Strategy Group, Masami Tada and Kaori Saito. Also present at the meeting was Miki Ikenaga, a Researcher from the Research & Project Planning Group.

Mr Yuji Shimo-Osawa, the Secretary General was very serious on the HIDA Global Interface Japan Initiatives and was very pleased with the response from FOSAAS Malaysia, SAFAAS Kerala, Dhaka, Chittagong and Sri Lanka, FELAAS Mexico City and Peru, and EFAAS Romania and Turkey.

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

Mr Lee Hock Leong, wife Shirley posing with staff from HIDA

## 9TH AFRO-ASIAN ENTREPRENEURS PROGRAM (AAEP) 2013

6th - 13th October 2013

The forthcoming 9th AAEP will be held on 6th till 13th October 2013.

Our sincere appreciation to the support rendered by all the Alumni Associations in the region, without which such program would not have been able to carry out over the past decade.

The objectives of this yearly program are:

- 1) To enable participants to be exposed to the latest management practices of Malaysian enterprises and from other experts
- 2) To upgrade managerial skills of executives and senior managers of manufacturing enterprises to plan and control activities of their enterprises more efficiently
- 3) To provide opportunities for the participants of the program to exchange views and experiences among themselves as well as with Malaysian enterprises.



AAEP HIGHLIGHTS  
LECTURES; FACTORY VISIT; CULTURAL EXCHANGE  
VISIT TO TOURIST ATTRACTION & FELLOWSHIP



- 4) To provide opportunities to create attractive business network with the SMEs

The program lasts for 6 days with lectures and discussions focussing on Total Quality Management; Supply Chain Management and Entrepreneurial Skills etc.

The program includes visits and study tours to some successful manufacturing companies in the Klang Valley.

Cultural exchange and visits to tourist attractions during the weekends are

value-added activities that will round up the entire program.

There are great potential of business networking and learning from each other and also to have better understand on entrepreneurship from different region and also in taking up pointers of successful business model from the program.

It is hoped that we can continue to provide a platform for sharing and making AAEP a great success

CL Yang  
Organizing Chairman





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

## ONEGAI SHIMASU (IF YOU COULD PLEASE.....)

When the Japanese wants a favour from you, he will politely say "ONEGAI SHIMASU". For example, if they want the door to be open, they will say "Doa o akete kudasai. ONEGAI SHIMASU" (please open the door. If you could please do that).

Sometimes through their body language, their wish is already known, for example, when they hand over some fruits to be weighed and wrapped, they will just say "ONEGAI SHIMASU" to the shop assistant. Or if you wish to buy 3 tickets, you can just hand over your money to the ticket seller and just say

"San nin, ONEGAI SHIMASU".

It is also common for the Japanese to say "Yoroshiku ONEGAI SHIMASU....." which means I seek your favour to have this done.....

In fund-raising campaigns, the Japanese may use children to shout in the public places "ONEGAI SHIMASU, ONEGAI SHIMASU ..... (please do us a favour).

It is therefore safe to use the phrase "ONEGAI SHIMASU" as a polite expression when talking to a Japanese.



## IN-HOUSE JAPANESE LANGUAGE TRAINING

In April this year, 9 staff members from AEON (Co) Bhd embarked on a journey to learn the Japanese language.

On July 9, they completed their Intermediate 1 having successfully attained Basic Levels 1 and 2 earlier in May 2013. These staff will be seconded to their Host company in Japan for a period of 6 months as part of their personal career development.

Their happy faces say it all. 2 thumbs up for a great group of students and PAAM would like to wish them all success for their future.



## REDUCING STRESS (OR DEPRESSION) BY EXERCISING, AND BEING IN THE SUN

BY MR AZIZ YOUNG KAMARUDDIN | azizyoup@hotmail.com

It appears that when You EXERCISE, it is as good as taking anti-depressants.

Studies in which people exercised 30 to 60 minutes for three to five times a week, showed they had a drop of 5 points in their HRS (Hamilton Rating Scale of Depression) ...

...This was DOUBLE what You would expect anti-depressants to do!

SUNLIGHT has fuller spectrum lighting (versus normal room lighting) ...

This increases the 'FEEL GOOD' neurotransmitter 'serotonin'.

So ... time for You to get off the lazy couch, and go for a brisk walk in the sun?

Article source: <https://www.facebook.com/Health4beauty>



# UPCOMING ACTIVITIES



## HIPPO HOMESTAY IN JAPAN

BY MOHD HAKIM

PAAM will be organising a Homestay program in Japan during the school holidays in May, 2014. We have yet to finalise the venue, which will be either Osaka, Nagoya or Tokyo. This program is designed not only for school going students but also for healthy adult of all ages. Please refer to PAAM Newsletter, October 2012 issue, an article written by Haji Mohd Hakim, 62 years old, on his 9 day Homestay experience in Japan.

In 2012 the exchange rate of Japanese Yen to Malaysian Ringgit went up as high as 4 times as such, the cost then was RM3900.00/pax inclusive of air ticket and insurance. Now that the exchange rate has dropped, the Organiser will make the necessary adjustment which we will let you know later.

The Host Families in Japan have the experience of hosting Muslim participants and meal will be specially prepared for the Muslim needs.

Although it is still early, we need to know the number of serious participants in order to proceed with the arrangement of Host Families in Japan.

For further details, feel free to call our Office, tel. no. 03 7726 2863.

If you wish to speak to Haji Mohd Hakim then call 019 694 2972 or e-mail [mohdhakim90@yahoo.com](mailto:mohdhakim90@yahoo.com).



## 2013 TANABATA\* FESTIVAL IN KUALA LUMPUR

4th PAAM Annual Program. Jointly Organized by PAAM and Japanese Embassy

Invitation to Participate:

Venue: PAAM office

Damansara Jaya

Date: August 18th, 2013

Sunday, 10am – 1pm

Among Activities are:

*Kimono Dressing*

*Origami Teaching*

*Tanaka Wishes*

*Story Telling*

*Others ...*

Please bring your kids along

*\*Tanabata Festival is an annual event in Japan marking the reunion of the 2 stars, Orihime (Vega) and Hikoboshi (Altair). It is believed that there were two stars who were very much in love but separated by the Milky Way and only to be allowed to meet only once a year.*

## 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.





# TEA TALK: 'USING V.A.K. MODES FOR EFFECTIVE INTERACTION, COMMUNICATION TO ACHIEVE SUCCESS.'

BY MR STEPHEN WONG

Emotional Intelligence has numerous definitions. Basically, it is concerned with some dimensions of our intelligence that is responsible for our ability to manage ourselves and our relationships with those around us.

While our intellectual ability, IQ (Intelligent Quotient) drives success for us, our emotional intellect, EQ (Emotional Quotient) drives our success to the next level. We need our intellect to achieve our objectives. However, we need emotional intelligence to help us build stronger relationships with others, which is much needed to enable success at work, career and personal goals. It is 'success' and not just 'achievement' that we must aim for. We can achieve just by our IQ. For excellence and success, we need our EQ to do so. Achievement is judged by ourselves, while excellence and success is judged by others.

Our ability to identify, understand, use and manage emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges, and defuse conflict lies in our emotional intelligence.

There are five core aspects of EQ, namely:

- (1) Self-Awareness & Self-Control  
*The ability for intimate and accurate knowledge of one's self and one's emotions*  
*The ability for being in control of one's emotions*
- (2) Connection and Empathy  
*The ability to see things from another's viewpoint*
- (3) Social Acceptance  
*The ability to build genuine relationships and bond with others*
- (4) Personal Leadership  
*The ability to inspire and lead others in the desired direction*
- (5) Personal Vision  
*The ability to set direction and vision guided by personal philosophy, communication and articulation*

This talk focused on communication – a tool necessary to achieve any and all of the five aspects of EQ because:

- *The ability to communicate well allows us to interact with others and thus achieve success*
- *Unconsciously, people interact in three different modes, i.e., visually, audibly and kinesthetically*
- *Different persons have different preference in their use of these three interactive modes*

## Interactive Modes of Communication

Interactive communication modes exhibited by an individual is his/her preference and is usually inherent in that person. For example, one person might prefer to use his/her visual, auditory

and kinesthetic modes in that order, while another might use auditory, kinesthetic and visual modes in that order. There is no better or worse in each order of interactive mode used. It is just a preference.

Being aware of our mode of interaction enables us to achieve greater success with ourselves and with others. Knowing the preferred modes of those around us enable us to communicate better with them.

An individual who has a preferred mode of visual, auditory and kinesthetic tends to utilize his visual ability most of the time (termed 'Primary mode'), his auditory ability in his daily nominal interaction with others (termed 'Secondary mode') and his kinesthetic ability being lowest (termed 'Tertiary mode') is seldom used or not at all.

The three modes are explained as follows:

**Primary mode:** Our primary mode is the mode we use to interpret and communicate with the people around us. We probably use this mode the most, particularly when we are solving problem or in stressful situations.

**Secondary mode:** Our secondary mode is the mode we use in everyday conversation and interaction, in combination with our primary mode.

**Tertiary mode:** Our tertiary mode is the mode we may not use at all or as much as the other two modes in our normal conversation and interaction. In fact, it often remains in the unconscious or sub-conscious level.

## Interpretations:

*Visual: a visual person is likely to say "I see", "that looks ok", "I've got the pictual".*

*Auditory: an auditory person is likely to say "I hear you", "that sounds ok", "I've got what you've said".*

*Kinesthetic: a kinesthetic person is likely to say "I've got it", "that feels ok", "I've got what you mean".*

- Each individual seems to be most comfortable in using one or two of these systems of interactive modes.
- Some of us believe, however, that if an individual could learn to communicate in all three modes or systems, he/she could establish more rapport and trust with those whose primary systems differ from his/her own.
- Increased ability to use all three systems lead to increased effectiveness in communication and interactions with others.

Finally, we hope you would make use of your V.A.K. to achieve greater success, harmony, fulfillment and peace in life.

*Note: The Language system diagnostic instrument by Cresencio Torres was used for the participants.*