



# PAAM

*Gettings you involved!*

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

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The PAAM 31<sup>st</sup> AGM was successfully held on 17<sup>th</sup> April, 2016 at 2.15 pm at Crystal Crown Hotel, Lorong Utara A, 46200 Petaling Jaya, Selangor. A total of 27 members attended the general meeting.

The AGM was chaired by President Yang Chor Leong (Year 2014-2016) who informed members of the structural changes in HIDA as well as the future programs Japan HIDA had intended to collaborate with PAAM. He also highlighted that PAAM would be the host for the FOSAAS Convention in 2017.

Minutes of the 30<sup>th</sup> Annual General Meeting, the Annual Report for 2015 as well as the Audited Accounts for 2015 were duly passed.

On the proposal by the 2014-2016 Central Committee to purchase an asset for the use of members, after much deliberation, the general meeting passed a resolution proposed by Mr. Tan Teng Ek that "the next CCM produce a working paper with details of the proposed property to be purchased and other details relating to its use and financing for the consideration of a General Meeting."

Submitted by :  
Ms Valerie Cheong



## 31<sup>st</sup> Annual General Meeting



The following members of the Central Committee for 2016 - 2018 were duly elected:

Name	Position
A Aziz Youp Kamaruddin	President
Tan Teng Ek	Vice President
Cheong Lye Foon (Valerie)	Hon General Secretary
Yap Choon Ming	Hon Asst.General Secretary
How Chee Seng	Hon Treasurer
Mohd Ghazali Abu Bakar	Hon Asst. Treasurer
Lee Hock Leong	Committee member
Siao Kent Wah	Committee member
Gerald Lawrence Vethanayagam	Committee member
Khor Kai Tong	Committee member
Subramaniam Narayanam	Committee member
Rajandaran Subramaniam	Committee member
Yang Chor Leong	Committee member



Left to Right: Tan Teng Ek, A Aziz Youp Kamaruddin, Cheong Lye Foon, How Chee Seng, Yap Choon Ming

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# The President's Message



Dear Members,

Welcome to this issue of our Newsletter.

I would like to specially thank all members who came for our Annual General Meeting, and took part in the election of the new Central Committee Members

(CCM). You have chosen a combination of new members (to provide more innovative ideas) and old members (to provide continuity).

One of your CCM decisions was to re-activate our Newsletter (which has been missing for a quite a while). This takes a fair bit of effort, but we will gradually get to publication of the Newsletter on a regular basis. Our Newsletter is a good communication channel between all members. In this regard, I would certainly look forward to you giving us your kind suggestions and comments on how we should proceed with our activities. Your kind feedback would be invaluable.

Our major activity this year is the 'international' Pre-FOSAAS (Federation of South-east Asia AOTS Alumni Societies) Meeting on 29<sup>th</sup> September 2016. PAAM being now the FOSAAS Chair, will use the meeting to get ideas on how best to organize the FOSAAS Meeting (proposed for 2017). The Pre-FOSAAS Meeting will provide us inputs on how to better prepare for a more productive interaction, and result-oriented resolutions at the 2017 FOSAAS Meeting.

I hope that you enjoy this issue of your Newsletter.

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

President  
A Aziz Youp Kamaruddin



*Participants in discussion at pre-FOSAAS meet.*



*Pre-FOSAAS: 29 Sept 2016 @ Summit Hotel, Subang, Malaysia.*

## NOTICE



# *Fellowship Lunch*

— Date to be confirmed —



## Getting To Know Your CCM:

# Encik Mohd Ghazali Bin Abu Bakar



Encik Mohd Ghazali bin Abu Bakar born in Changi, Singapore on 25<sup>th</sup> March 1961, is the 6<sup>th</sup> child in a family of 12. The father, Encik Abu Bakar bin Ali, who is now 91 years old, was a retiree of the British Army in Singapore. Encik Abu Bakar came back to Kg Baru, Kuala Jemapoh in Kuala Pilah Negeri Sembilan to start a small home bakery business to support his big family. Encik Mohd Ghazali gained

experience and knowledge via helping his father and his other siblings in his early childhood years.



Encik Mohd Ghazali was educated at Tuanku Muhammad School in Kuala Pilah, Negeri Sembilan, later went to MARA Institute of Technology (now known as UiTM) and completed his Diploma in Building there. After graduation, he worked as a quantity surveyor in Paremba Berhad for 3 years. He left to continue his father's business and took up a baking and bakery industry study at Cranfield Institute of Technology in the United Kingdom. Whilst working, he pursued a degree at a local university. His business registered as Perusahaan Azan SdnBhd is in Kuala Pilah, Negeri Sembilan produces bakery products such as breads, cakes, buns and also the main product, rusks, under the brand "Azan". "Azan" rusks can be found in major hypermarkets throughout Malaysian Peninsula.

Apart from the bakery business, in the 1990s, Encik Mohd Ghazali also ventured into another business as electronic product assembly subcontractor for various Japanese brand such as Sony, JVC, Sharp and etc. for almost 15 years. Encik Mohd Ghazali joined AOTS in 1994 and has been a member since after undergoing courses conducted by AOTS in 1994 and 2004 in Nagoya and Tokyo, respectively.

## Embassy of Japan...

# Visit to PAAM office



PAAM President Aziz Y Kamaruddin and Mr Sosuke Tanaka from Embassy of Japan.

Mr Sosuke Tanaka, Commercial Attache at the Japan Embassy in Malaysia, paid a courtesy visit to PAAM on the morning of 3<sup>rd</sup> August 2016. In attendance was the PAAM President and Ms Lim, office administrator, who had an interesting and fruitful discussion with Sosuke-san. The main item of discussion was on the possibility of PAAM assisting Japanese companies with connections to Malaysian industry. Sosuke-san also kindly shared how he and his university colleagues designed an environment-friendly very light plane, powered by Sosuke-san himself (by pedaling/cycling).

# Donation Of Computers

PAAM recently gave away some obsolete IT equipment that were taking up space in the store and office. Mr Yap Choon Ming, Asst Hon Secretary, who is a member of Tzu Chi handled the project with the collection and giveaway. With the assistance of a fellow member from the Tzu Chi Association, the old computers were taken back to the member's workshop. The computers were then checked and where usable, the computers were loaded with softwares.

These units were later donated to several hardcore poor families screened by the Tzu Chi Foundation.

Members of Tzu Chi will follow up and monitor the progress, give help and guidance to the respective beneficiaries of the old computers.



Yap Choon Ming

Mr Yap Choon Ming and some members from Tzu Chi group took the opportunity to capture some photos with the families who were obviously very pleased with their 'gift' from PAAM.

## Beneficiaries of refurbished computers...





Visit:

# HIDA Yangon Office Opening



*Ribbon cutting ceremony by the VVIPs*

## HIDA PREPARING TO HELP JAPANESE COMPANIES TO PARTICIPATE IN MYANMAR'S ECONOMY

With the opening up of the Myanmar's economy to the world, many Japanese companies are expected to go into Myanmar in a big way to trade and to invest.

In preparation for the expected deluge of Japanese investments into Myanmar, HIDA started an office on 1 October 2015 and eight months later, on 10 June 2016 the HIDA Yangon Office was officially launched with a lot of fanfare.

- Article contributed by Mr Tan Teng Ek -



*Mr Tan Teng Ek posing a question during a talk entitled "The Current Situation and Prospective View of Myanmar" by Ms. Khine Khine Nwe, the Vice President of MHAA and the Joint Secretary General UMFCI*

The Inauguration Ceremony was attended by about 140 guests, graced by Myanmar Minister of Industry, HE Mr. Khin Maung Cho and the Japanese Ambassador to Myanmar, HE Mr. Tateshi Higuchi and witnessed by Mr. Kazuo Kaneko, the President of HIDA.

Representatives from the other AOTS Alumni Associations were also present. Malaysia was represented by our Vice-President, Mr Tan Teng Ek.

## Japanese Language Class

### - AEON CO (M) Bhd



*Aeon graduates with sensei Misako Matsunoshita*



*Left to Right : Nurulaini, Salmy Belyna, Pauline Ong, Mohd Amirul, Goh Wei Chin, Fadhil Mohd, Nita Futiesya, Siti Aminah, Fathin Alifah*

AEON started Basic I from 13 April 2016 and completed their Intermediate I level on 19 July 2016. Total of 9 staff selected for this intensive course by AEON Co (M) Bhd and sensei Misako Matsunoshita was involved in the training.

At time of print, the staff left for a 6 months training stint in Osaka. All had looked forward to this phase of their work life. PAAM thanked the management of AEON for giving PAAM the opportunity to be part of their overseas training programme.

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

## The Japanese Yen (¥) (Enman - Full of ¥ - is to be satisfied and harmonious)

The currency of Japan is called the yen (¥) which literally meaning “circle” or “round object”. Before the introduction of the currency yen (¥), the Japanese used to circulate an old currency called Sen. But Sen was a rather unstable Edo Period currency. So the Meiji government then decided to introduce the yen (¥) which was equivalent to 100 Sen.

The circular yen coins actually have 6 denominations ie 1, 5, 10, 50, 100 and 500 yen. But because 1 yen coin and 5 yen coins are of such low value, nowadays, these 2 types of yen coins are hardly in circulation. The 500-yen coin is the newest and largest-in-value coin in Japan. Nowadays, to have a 500 yen coin in your palm is to be holding RM20 in your hand! If you take a closer look at the 500-yen coin, you will find that it is special in that it has tiny letters hidden throughout the tails side, spelling N-I-P-P-O-N in 0.2mm letters.

When I was first in Japan in 1986, the yen (¥) was hovering around RM1.60 – RM1.70. At this rate of exchange, Malaysian Ringgit already seemed to be so weak and it was expensive for us Malaysian trainees to stay in Japan. A hair cut would cost us around RM150 to RM200 and a bowl of ramen was about RM10.00, compared to the RM1.20 noodle soup in KL at that time.

But today, the yen (¥) is about 4 to the Malaysian Ringgit! Alas, it would seem that Japan is the last country for us to visit and to spend our shrinking Ringgit. Imagine a bowl of ramen



Yen coins

costing something like RM40 and a decent Japanese meal of tempura and tea would go for about RM70 to RM100 in Japan. The average monthly salary of the Japan factory operator maybe between RM8,000 – RM10,000. However, even with this seemingly “high” wages, the average Japanese worker still needs his meals in the factory and living quarters to be substantially subsidized by his company!

Despite the high cost of living in Japan, the Japanese still hopes for the humble yen to soften the impact of high inflation in their country. They have a word ENMAN (円満) which comprises two other words ie yen (their currency) and man (meaning fullness). ENMAN means to be satisfied or to be in harmony. Hopefully when the good times come back to Japan, everybody will be fully satisfied and in harmony..... Enman .....mada desu ne! (not yet!).

## ABK & AOTS Alumni Association (Thailand)

### 50<sup>th</sup> Anniversary Celebration



Group photo with President, AAT President, Mrs Somsri Junhasavasdikul and other delegates from the region.

On February 19, 2016 - ABK & AOTS Alumni Association (Thailand) celebrated their 50<sup>th</sup> Anniversary in Bangkok. Theme for the evening was Vivid Memorable Past & Smart Bright Future.

Representatives from PAAM at this function was past President, Mr Yang Chor Leong together with CCM Mr Khor Kai Tong.





## Obesity is at Epidemic Levels?

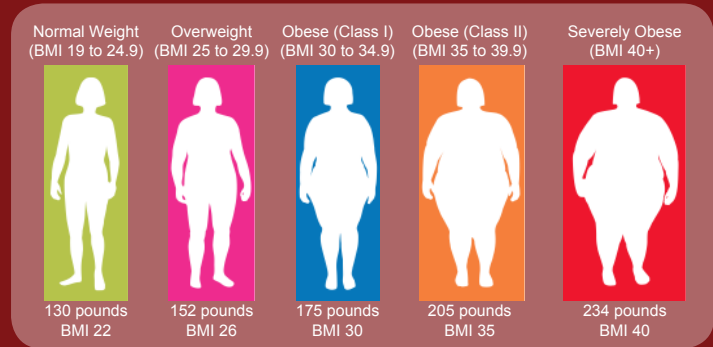
By A Aziz Y Kamaruddin (Nutritional Medicine Practitioner)

Thirty nine per cent (39%) of adults in the world are overweight or obese. There are now forty one (41) million overweight/obese children who are under 5 years old. And Malaysia is the most overweight/obese country among the South East Asian countries (44.2% compared to 10.2% for Vietnam).

Obese people show similar symptoms as those who are stressed. These symptoms include breathlessness, difficulty in sleeping, feeling tired, tummy fat (the most dangerous type of fat which can cause cancer and diabetes), and high cholesterol (increases heart attack and stroke risk). Some obese people also suffer from lack of self-confidence.

The top 5 ways you can gain fat are:

1. Wrong food choices  
(especially the Standard American Diet)
2. Lack of fibre  
(from fruits and vegetables)
3. Sedentary Life-style  
(too much TV and even smart handphones)
4. Hormonal imbalance  
(from environmental toxins, poor diet, and stress)
5. Sleep deprivation  
(which causes cravings for carbohydrates)



(sources from ETHICON.com)

**We will provide tips on how to eat to reduce body fat in the next article. Stay tuned!**

## Rakugo Performance

### at the Japanese Ambassador's Residence

A Rakugo performance by Ms Diane Kichijitsu who is a British resident in Japan for 20 years was held at the residence of His Excellency Ambassador of Japan, Dr. Makio Miyagawa. Invitation was extended to PAAM Central Committee. Two of PAAM CCM attended the Rakugo - a Japanese traditional art of comic storytelling, usually performed by a single person playing many roles on 25<sup>th</sup> July 2016.

*His Excellency Dr Makio Miyawa, Ms Dina Kichijitsu with Valerie Cheong and Gerard Lawrence from PAAM*



## Management / Technical Courses At HIDA

Programme Name	Dates	Venue
Enhanced Production Management	Nov 14 - 19, 2016	KKC
Seminar on Family Business Mgmt for ASEAN	Jan 23 - 27, 2017	KKC
The Program on Information and Communication Technology in Emerging Market Economies (PICT)	Nov 23 - 6 Dec, 2016	TKC
The Program on Business Innovation - Learning through the Practical Workshop - (PBI)	Jan 17 - 26, 2017	TKC
The Training Course on Solving Human & Organizational Problems (SHOP)	Jan 18 - 31, 2017	KKC
The Program for Quality Problem Solving (PQPS)	Feb 20 - Mar 3, 2017	TKC
The Program for Japanese Corporate Management (PJCM)	Feb 15 - 28, 2017	KKC

Full set of application/documents etc can be obtained from HIDA's website :  
[www.Hidajapan.or.jp/En/IKUSEI/Application/html](http://www.Hidajapan.or.jp/En/IKUSEI/Application/html)

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

HIDA

GHC Global Business  
Internship Program

Toward Global Human Connectivity

Recruitment of  
Host Organizations  
for Japanese Interns

We are looking for local companies and / or public entities which help us create "Global Human Resources" by providing practical work experience for Japanese Interns.

# HIDA Visiting Malaysian Companies

## For Internship Program

In connection with the GHC Global Business Internship Program, HIDA personnel visited Malaysia twice this year. Mr Yasuaki Wiragai from HIDA Research Institute visited Malaysia in March 2016 and in June, Hisahi Kanda and Yoshito Nishimaki san visited several organisations for about 3 days based on this same mission to explore further possibility of finding host organisations for future Japanese interns.

HIDA hosted a dinner at the Holiday Villa and the CCM joined in to meet up with the two Managers who exchanged some info on HIDA's new management and their activities.

## Visit To 2 Factories By HIDA

HIDA personnel accompanied by Hon General Secretary, Ms Valerie Cheong visited Kulitkraft Sdn Bhd 20 June. They were greeted by Encik Abdul Samad Ibrahim – CCO who is a member of PAAM. Encik Abdul Samad gave a short introduction of his company and its activities. This was later followed with a short tour of the factory.

In the afternoon, the delegation met up with Mr Shreeyash Patankar - Asst Manager R & D at Henikwon Corporation Sdn Bhd.

The visitors from HIDA were pleased with the opportunity to visit the 2 factories in Malaysia.



*Back row: Gerard Lawrence, Rajandaran Subramaniam, Siao Kent Wah, Tan Teng Ek, Yap Choon Ming, Lee Hock Leong. Sitting: Valerie Cheong, Y Nishimaki, H Kanda, Aziz Youp Kamaruddin.*



*Standing left to right : Y Nishimaki, H Kanda, Valerie Cheong, Aziz Youp Kamaruddin, Tan Teng Ek, Rajandaran Subramaniam, Yap Choon Ming, Gerard Lawrence.*

### Visit Kulitkraft Sdn Bhd



*Encik Abdul Samad Ibrahim, COO of Kulitkraft Sdn Bhd together with PAAM Gen. Secretary, Ms Valerie Cheong on a tour of his factory.*



*A section of Kulitkraft Sdn. Bhd.*

### Visit Henikwon Corporation Sdn. Bhd.



*Mr Hisashi Kanda with Managers from Henikwon Corp Sdn Bhd*



*Staff at work at Henikwon Corp Sdn Bhd*