



Middle East Fuji LLC

QUALITY.RELIABILITY.INTEGRITY

MEF 22nd Foundation Day 2015

In a day when tradition and history has been made, we look back to numerous years in building and developing the company that leads to where it is now.

As we celebrate for another year of success we continue to establish a strong bond of relationship towards the association. Thus, on December 14, 2015, we celebrated this year's foundation day with a sweet touch of inspirational message from our very own President & CEO Mr. Saeed Almalik, acknowledging the hard work and dedication to all employees that has been a huge part of the company's success. Aside from the President's heartwarming message, the staff also enjoyed the variety and delicious cakes that was sponsored by the management.

The essence of the foundation day is not about how are we going to celebrate it, but it's how we value the celebration that makes it more memorable.

~Janine Jamero

congratulations!



"Hearty congratulations on your 22nd anniversary of your company's foundation.

Looking back half year ago, I had a valuable time visiting MEF as well as villa in Djibouti. Seeing your staff members working, I was convinced that MEF will continue to grow and develop by your powerful and reliable staff members.

We hope you will have time to appreciate each other's effort and we send you our best wishes for the winter season!"

*Sincerely yours,
M. Ono, President
Fuji Trading Co., Ltd*



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MEF Christmas Party 2015

One of the most popular singers said in his song, "It's the most wonderful time of the year", clearly he's referring to ... voila ... Christmas time. It is the time of the year when people get together and rejoice, exchanging of gifts, eating traditional dishes during Christmas times and many more. In an organization, a Christmas party is being held yearly. Consequently, Middle East Fuji LLC had decided to organize one for all the staff. The venue of the party was in the warehouse on December 18, 2015. Prior to that, office staff helped hand in hand in the preparation of the venue. Everybody's excited most especially our newly hires.

The party progressed around 11:30 A.M which was led by our ever energetic emcees, Ms. Princess and Mr. Joseph. The staff participants were divided into 5 teams namely Blue Team, Green Team, Orange Team, Red Team and Yellow Team. Each team had performed a cheering sing and dance competition. It was really fun.

Games were also provided for all. What amazed us most were the liveliness and the always-on-the-go response of the participants. The team hailed as the overall champion was the Orange Team, followed by the Red team and the Blue Team, respectively.

Our Christmas Party was deemed a success. We are looking forward for the next Christmas party!

~Tia Trisky Mae Galanza



**MEF Santa Claus ...
Kuya Sagar**



"It's the most wonderful time of the year. It is the time of the year when people get together and rejoice, exchanging of gifts, eating traditional dishes during Christmas times and many more"



MEF Christmas Tree



MEF Christmas Party 2015

Cheers to Teamwork
and Camaraderie !!!

2nd



1st

3rd



4th



5th



MEF-DAPE Staff Dinner at Kempinski

MEF-DAPE Project Team celebrate 6 months of successful operation



Djibouti, Africa- MEF-DAPE Team celebrate six months of on-going thriving operation since it took over as a new contractor securing the catering and facility project management for Japan Maritime Self-Defense Force.

Despite all the impediments ever since it started its operation on the 1st of April this year, the team remains vigorous in meeting the needs and requirements to attain the company's objective in providing quality service and customer satisfaction.

Capping up the celebration was a sumptuous buffet meal dinner with chilling drinks in Kempinski Palace Hotel, Djibouti.

The company dinner was attended by Managing Director Ryusaku Hayashi and Assistant General Manager Biji Joseph, along with the dynamic project staff under facility and catering team.

Mr. Hayashi in his opening speech expresses his commendation to the team for realizing the first six months without major turmoil.

The project is currently headed by Norimitsu Hanaoka as Overall Project Manager.

~Pearl Jade G. Bello

"MEF-DAPE Project Team celebrate 6 months of successful operation"



Seatrade Offshore Marine & Workboats Middle East

Seatrade Offshore Marine & Workboats Middle East is one of the largest events in the Marine & Offshore Industry. Their 5th edition was held at Abu Dhabi National Exhibition center from 5th to 7th of October 2015.

The event saw 5,175 attendees from 62 countries take part in the 3 day exhibition and conference, which represented a 4% increase in numbers from the previous chapter in 2013 and 15% increase in countries represented. In addition, 220 exhibiting companies representing 30 countries took part - a 4% increase in exhibitors and 20% increase in countries represented. The exhibition took place over 4,251sqm net space - a 10% growth since 2013.

MEF also exhibited at stand number F10 and we could meet existing and potential new customers in the show. Many forums and sessions related to opportunities and challenges in the current Maritime industry were also held as a part of the exhibition.

~Jibu Mathews



“Seatrade Offshore Marine & Workboats Middle East is one of the largest events in the Marine & Offshore Industry”



5 - 7 October 2015
 Abu Dhabi National Exhibition Centre
 United Arab Emirates

Automatic External Defibrillator (AED)



An automated external defibrillator (AED) is a portable electronic device that automatically diagnoses the life threatening cardiac arrhythmias of ventricular fibrillation and ventricular tachycardia in a patient and is able to treat them through defibrillation, the application of electrical therapy which stops the arrhythmia, allowing the heart to reestablish an effective rhythm.

With simple audio and visual commands, AEDs are designed to be simple to use for the layperson, and the use of AEDs is taught in many first aid, certified first responder and basic life support (BLS) level cardiopulmonary resuscitation (CPR) classes.

Automated external defibrillators are generally either held by trained personnel who will attend events or are public access units which can be found in places including corporate and government offices, shopping centers, airports, airplanes, restaurants, casinos, hotels, sports stadium, schools and universities, community centers, fitness centers, health clubs, theme parks, workplaces and any other location where people may congregate.

The location of a public access AED should take into account where large groups of people gather, regardless of age or activity. Children as well as adults may fall victim to sudden cardiac arrest (SCA).

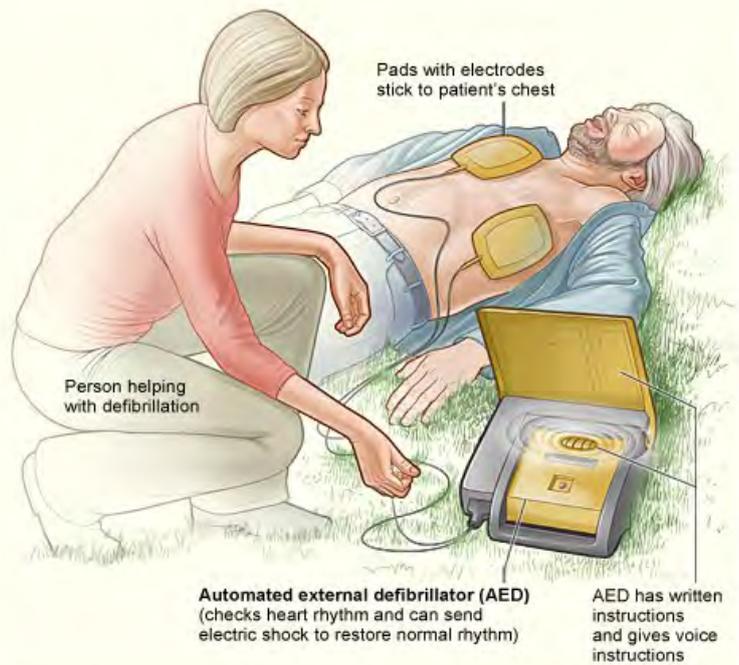
In order to make them highly visible, public access AEDs are often brightly colored, and are mounted in protective cases near the entrance of a building. In September 2008, the International Liaison Committee on Resuscitation issued a 'universal AED sign' to be adopted throughout the world to indicate the presence of an AED (shown as below).



“With simple audio and visual commands, AEDs are designed to be simple to use for the layperson, and the use of AEDs is taught in many first aid, certified first responder and basic life support (BLS)”

In the office, our automated external defibrillator (AED) will be placed in the Reception area for easy access during an emergency situation.

A demonstration video was presented during the morning meeting for everyone’s awareness. To view the demonstration vide again, please click here: [AED Demonstration Video](#).



The image shows a typical setup using an automated external defibrillator (AED). The AED has step-by-step instructions and voice prompts that enable an untrained bystander to correctly use the machine.

~Melanie Jane Tarrosa

Fourth Quarter Best MCs

Public speaking is the process or act of performing a presentation focused around an individual directly speaking to a live audience in a structured, deliberate manner in order to inform, influence, or entertain them. Public speaking is commonly understood as the formal, face-to-face talking of a single person to a group of listeners.

Wherever public speaking is applied, it surely entails a lot of courage to be able to face an audience with confidence and conviction.

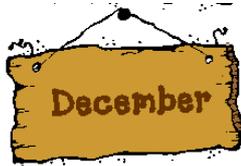
We salute our 4th Quarter Best Masters of Ceremony! Well done!

~Melanie Jane Tarrosa



Arlene, Melanie, Grace T., Romar, Dileep

Cyrstal, Biji, Joana, Anthony F, Joseph, Subin



Kiran Kumar, Churwyn, Kathir, Beverly, Shahad, Melissa



Welcome



MEF Welcomes New Staff

A dream does not become reality through magic; it takes SWEAT, DETERMINATION and HARD WORK!

MEF family truly has grown as we welcome aboard new employees.

Welcome to Middle East Fuji LLC!!!

~Sarah Jane Autor



SAKTHIPRAKASH
(MARINE SUPPLY)



AHAMED BASHA
(MARINE SUPPLY)



PARTHIBAN
(MEF-E)



SUBRAMANIAN
(MARINE SUPPLY)



SYLESH
(MARINE SUPPLY)



YAZIR
(MARINE SUPPLY)



SIVAPRASAD
(MEFKS)



SREEJITH
(MARINE SUPPLY)



MANIKANTHAN
(MARINE SUPPLY)



BEVERLY
(MARINE SUPPLY)



CATHLEEN
(MARINE SUPPLY)



CRISTINE
(MARINE SUPPLY)



MERICIEL
(MARINE SUPPLY)



SHIRYL
(MARINE SUPPLY)



ROBILYN
(MARINE SUPPLY)



CHUCKIE
(MARINE SUPPLY)



CHRUWYN
(MARINE SUPPLY)



EIROLD
(MARINE SUPPLY)



JAMES
(MARINE SUPPLY)



PLARIDEL
(MARINE SUPPLY)

Employee of the Quarter

It takes 50% of hard work and dedication; and 50% of working attitude and behavior to be MEF's best employee.

Middle East Fuji proudly presents the following staff who have shown exemplary performance for the last quarter of 2015.

~Sarah Jane Autor

You did it!
Congratulations



Nelia Delvo



Crystal Tuico



Jeffrey Umali

QUALITY
means doing it
right when
no one is looking.

Henry Ford
@ThankYouDiva.com



ABILITY IS WHAT YOU'RE CAPABLE OF DOING.
MOTIVATION DETERMINES WHAT YOU DO.
ATTITUDE DETERMINES HOW WELL YOU DO IT.
- LOU HOLTZ WWW.VERYBESTQUOTES.COM

Wedding of the Quarter



Marriage is the intimate union and equal partnership of a man and a woman. It is both a natural institution and a sacred union because it is rooted in the divine plan of creation.

One of our colleagues finally “tied the knot”. Yes! Ms. Ishama got married on December 23, 2015 in Sri Lanka with her fiancée and now husband Mr. Kasun Chinthaka. We wish them nothing but the best. Here’s a sneak peek during the wedding ceremonies.

Congratulations Mr. & Mrs. Chinthaka!

~Tia Trisky Mae Galanza



“Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.”

~Lao Tzu

“There is no more lovely, friendly, and charming relationship, communion or company than a good marriage.”

~Martin Luther



Baby's Corner

A New born baby is always special for all parents. They are God's gift that must be treasured and loved, a beginning of new things, hope and a dream of possibilities. For some parents (or perhaps all parents) a baby is a miracle sent from heaven that can possibly change their perspective in life.

They maybe little and vulnerable but they can bring a huge and positive impact to everyone and probably can change our lives forever.

~Janine Jamero

ba·by
(noun)

a little bit of *heaven*
sent down to earth

Baby
Shuaib

(Mohammad Shahad)



www.clippaper.com

*"Before you were born,
we dreamed of you,
we imagined you,
we prayed for you.
Now that you are here,
we hope for you,
we love you,
we thank God for you."*



Baby
Hodaka

(Norimitsu Hanaoka)



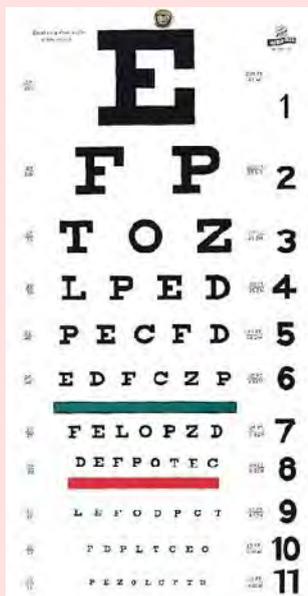
The Greatest Gift!

Health Corner: Exercises for Great Eyesight



“My eyes are my favorite part of me; not for how they look, but for how they see.”

~Frau Feuerameise



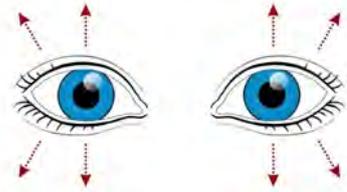
We use our eyes almost every single moment of our lives from the moment we wake up, during the entire working day until we close them for a peaceful slumber.

There is a great chance for us to strain our eyes from computer radiation or even from the sun's UV rays.

Deliberately exercising your eyes is one of those simple things that very few people do, but which can help immeasurably to maintain great vision.

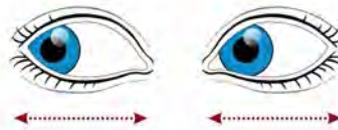
Here are ten such exercises which will take you no more than ten minutes to do. Give them a try - we can't emphasize how useful they are! Click here for the [full article](#).

1. Blink for two minutes. This exercise helps to regulate blood circulation inside your eyes.



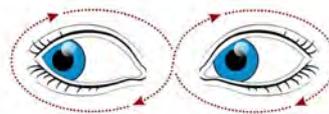
2. Rotate your head in a circular motion while staring ahead. First from right to left, then up to down. This increases the blood circulation in your eyes.

3. Look to your right, then slowly move you gaze left. Then do the same thing in the opposite direction.



4. Close your eyes and relax. Darkness is believed to help strengthen the photoreceptor cells in your eyes, which in turn can help maintain clear vision.

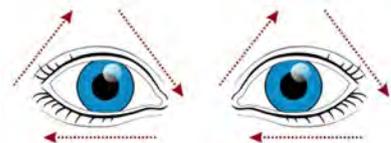
5. Move your gaze in various different directions. Look right to left, up and then down; turn your eyes in circular motion; draw a figure eight.



6. Close your eyes tight for three to five seconds, then open them. Do this seven times. This helps to relax your eye muscles and increases blood circulation to your eyes.

7. Lightly push against your temples with your fingers. Maintain this pressure for around two seconds. Repeat four to five times. This improves the flow of intraocular fluid.

8. Keeping your eyes open, draw simple geometric figures with your gaze. Then move on to more complicated shapes.



9. Close your eyes and slowly move your eyeballs up and down. Repeat this five to ten times.

10. Stand near a window and focus on a point very close to your face (a mark on the glass, for example). Then focus your gaze on something far away out the window (A house, a tree). Repeat this exercise ten times.

~Source: [Bright Side Article](#)

Good Posture at Work

It is common to sit a minimum of eight hours a day and a majority of that behind a computer. Most neck and back pain are not related to a specific injury, but rather from spending many hours at their desk which usually involves using a computer. Sitting for extended periods of time can lead to a variety of health issues, including fatigue, muscle and joint pain.

Do you spend a lot of time behind a desk? If so, make sure your chair and work station are set up to fit you properly and influence good posture. Here are a few tips to help get you started:

MONITOR POSITION: You should be able to sit straight in front of your computer and not have to turn from side to side to access it. The top half of the monitor should be in line with your eye height.

DISTANCE FROM MONITOR: Keep your arms and elbows close to your body and parallel to the floor. You should not have to reach forward to use your keyboard. (Tip: try sitting about 18 inches from your computer screen).

NECK: People who spend a lot of time on the phone often complain of neck pain. If you find yourself cradling your phone between your shoulder and chin so you can type and talk at the same time, switch to a headset or use a speaker phone. Also, be careful to not protrude your neck forward while looking at the computer screen. (Tip: Try keeping your ear in line with your shoulder)

SHOULDERS: Keep your shoulders down and relaxed.

BACK: Sit with your back pushed to the back of the chair with some form of lower back support between you and the chair back.

ELBOWS and WRISTS: While typing, elbows should be at a 90-degree angle from your body, and your wrists and hands should be in a straight line. Make sure not to place stress on your wrists – keep them in a neutral position, not arched or bent. (Tip: Have the keyboard and mouse near each other and at the same height as your elbows).

LEGS: When you're sitting, your hips/thighs should be parallel to the ground or a little higher than your knees. Also, you don't want the end of chair hitting the back of your knees—make sure to leave a little gap.



FEET: Feet should touch the ground and lay flat on the floor. Sitting cross-legged or on one leg can lead to slouching. (Tip: if your feet cannot touch the floor, try using a footrest or box.)



“Sitting for extended periods of time can lead to a variety of health issues”



Avoid Lower Back Pain

~Source: [Emory Healthcare Article](#)

Year-End General Cleaning



"The clean person is not the one that runs away from dirt but one who takes the time and effort to tidy-up a dirty environment"

~Abdulkabir Olatunji

It has always been a tradition in Middle East Fuji to conduct the year-end cleaning every December. For this year, we had a 2-day general cleaning to make sure that all areas have been covered. The cleaning days were scheduled on 30th & 31st December commencing from 2:00 in the afternoon until 6:00 in the evening.

Starting the new year is not just referring to us leaving back our previous year but also for us to start a fresh and new beginning with clean hearts and clear minds. MEF believes that cleaning the office environment is one way of welcoming new opportunities and good fortune.

We mostly spend our time in the office 5-6 days a week. Let's help keep it clean!

~Melanie Jane Tarrosa



TEAM UP to
CLEAN UP



MEF-DAPE Christmas Staff Dinner

Djibouti, Africa- That delightful feeling when you hear chant that takes you back to your childhood days reminiscing Santa Claus, Mr. Snowman, Christmas tree, mistletoe, Rudolf, stockings hang in the living room, gifts under the tree and the colorful lights. Plus, that cool breeze in the night that serenely rub your cheeks.

As Andy Williams describe in his famous song, "It's the most wonderful time of the year."

You definitely know what I am referring to, it's Christmas!

It is an annual festivity that commemorates the birth of Jesus Christ. It is a season of loving and sharing.

People all over the world have diverse ways of celebrating this religious and cultural festivity but its true spirit remains universal- love.

What could be more fun than celebrating it with a dinner, chilled drinks and karaoke?

We, at MEF-DAPE Project Team, are sending our warmest greetings of a joyful Christmas and prosperous New Year to everyone!

~Pearl Jade G. Bello



*"Reminiscing Santa Claus,
Mr. Snowman, tree,
mistletoe, Rudolf,
stockings hang in the
living room,
gifts under the tree and
the colorful lights"*



New Year, New Life!

Certainly, age does not matter when it comes to the excitement that Birthdays bring! There is always that "child" in us that brings the eagerness and enjoyment.

Before the year will end, Middle East Fuji celebrated the gift of life of the birthday celebrators for the month of November and December.

According to Catherine Pulsifer, **"A birthday is a time to reflect on the year gone by, but to also set your goals for the upcoming year."**

Cheers to another year of life and may all your dreams & aspirations come true!



~Melanie Jane Tarrosa



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