



Middle East Fuji LLC



Newsletter 2016

SEA JAPAN 2016

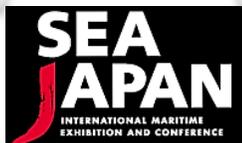
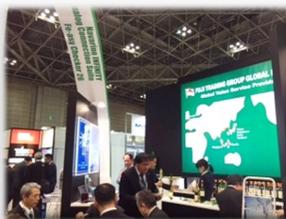
Japan's maritime industry is in full bloom. The lower yen, coupled with exceptional efficiency and high-tech designs, have made Japanese shipyards and marine equipment manufacturers among the most competitive in the world. Japanese shipping companies are investing in new tonnages that take full advantage of the very latest in fuel-efficient designs and technology.

SEA JAPAN 2016 happened on April 13-15, 2016 at Tokyo Big Sight Exhibition Center, East Halls 5 & 6, Tokyo, Japan. Reliable companies that provide outstanding products and services to high quality and loyal customers in Japan attended the event.

Mr. Saeed AlMalik (President and CEO of Middle East Fuji Group), together with Mr. Ryusaku Hayashi (Managing Director of Middle East Fuji), took part of the event. Big names from Fuji Trading Co. were also sited like Mr. Masaharu Ono (President), Mr. Yu Fukada (Managing Director), and Mr. Yuzo Koike (General Manager).

It was indeed a get together of mature, stable and reliable companies in the Japanese maritime market.

Reference: <http://www.seajapan.ne.jp/en/>



2016

Second Quarter

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How to Be Successful in Life

- See your goal
- Understand the obstacles
- Create a positive mental picture
- Clear your mind of self doubt
- Embrace the challenge
- Stay on track
- Show the world you can do it

~Ms. Sarah Jane Autor



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"Dreams are like stars.. You may never touch them, but if you follow them they will lead you to your destiny." - Anonymous

We are pleased to announce the following newest members of Middle East Fuji Group, who joined in the Second Quarter of 2016.



Prabhakara
(Logistics)



Mohammed Shafi
(Logistics)

Newest Members of MEF!



Abdul Samad
(MEFKS)



Toshitaka Sakata
(Marine Supply)



Renjith Sreekumar
(MEFKS)

7 Simple Tips to Boost Your Productivity at Work

1. Set your schedule for the next day the night before you leave the office.
2. Take a five-to-10 minute break whenever you feel mentally fatigued.
3. Reduce your multi-tasking.
4. Eliminate potential distractions.
5. Impose deadlines on yourself, and stick to them.
6. Avoid large, heavy lunches that will leave you feeling fatigued.
7. Keep your workplace clean and clear of clutter.

~Ms. Sarah Jane Autor



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"Excellence is never an accident; it is the result of high intention, sincere effort, intelligent direction, skillful execution and the vision to see obstacles as opportunities." - Anonymous

Employee of the Quarter



CHERWIN SISON
(MEF Engineering)



JOANA RUPINTA
(Provision Team)



SREEJITH VAKKAYIL
(Logistics)

3 Simple Rules in Life

1. If you do not **GO** after what you want, you'll never have it.
2. If you do not **ASK**, the answer will always be **NO**.
3. If you do not **STEP FORWARD**, you'll always be in the **SAME PLACE**.



~Ms. Sarah Jane Autor



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Emergency First Aid Training at Work

Accidents may happen anytime, but with the help of the first aider it can lessen the negative impact in terms of facing a worst case scenario. Some people are not aware how significant the first aider is, but to tell you honestly they play a vital role in terms of saving one's life.

Aside from promoting safety in our working environment, it is also important to know on how to respond in an emergency situation while someone's life is at risk. Thus, MEF organized an Emergency First Aid Training Program with the help of a safety training agency to produce an effective and reliable first aiders based on the international standards.

Eight Staff has been chosen to represent as the company's emergency responders that includes Mr. Sibi Varghese- Abu Dhabi SR, Mr. Robert Samaniego-MEFE, Mr. Eirolid Garcia- Provision Warehouse, Mr. James Kristoper Marikit- Provision New Warehouse, Mr. Sakthiprakash- New Warehouse, Mr. Chuckie Espinoza- New Warehouse, Ms. Janine Marie Jamero- Reception/Admin, Mr. Alfredo Apacible, Jr.-New Warehouse/Watchman. It was conducted in our Conference Room last 24th of May 2016. The training was covered with a written examination, oral examination and the exciting and very nerve wracking part which is the practical examination.

Here are some of the relevant topics that was discussed during the 1 day Training Seminar.

The Role/Responsibilities of the first Aider

- Preserve Life
- Prevent Condition from Worsening
- Promote Recovery
- Contacting Emergency Services
- Location
- Incident
- Number of Casualties
- Extent of Injury



Assessing an Incident (Primary Survey)

D-anger : prior to approaching the casualty, ensure the scene is safe to do so

R-esponse : check the casualty is he/she is able to respond

S-hout : if you are on your own do not leave the casualty at this stage, shout for help

A-irways : with an unresponsive casualty open the airway using head tilt-chin-lift method

Emergency First Aid Training at Work



Managing an unresponsive casualty with the help of **Cardio Pulmonary Resuscitation** or commonly known as **CPR**.

- CPR is a method of combining chest compressions with effective rescue breaths in order to artificially circulate blood and to put air into lungs.
- Cardio= 'heart' , Pulmonary='lungs' and Resuscitation= to 'revive'



What's inside the First Aid Kit?

- Conforming Bandage
- Safety Shears
- Burn Dressing
- Eye-Wash
- Foil Blanket
- Resuscitation Face Shield
- Finger Dressing
- Nitrile Gloves
- Adhesive Tape
- Wipes
- Plasters
- Eye Pads
- Triangular Bandage
- Large Dressing
- Medium Dressing
- Contents List
- Leaflet



~Ms. Janine Marie Jamero



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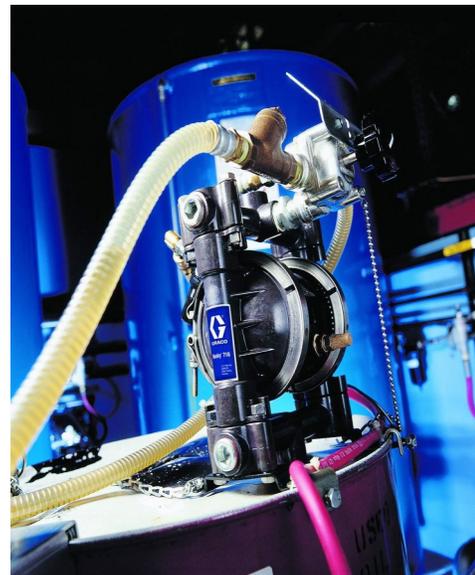
GRACO Technical Training

Founded in 1926, Graco is a world leader in fluid handling systems and components. Graco products move, measure, control, dispense and apply a wide range of fluids and viscous materials used in vehicle lubrication, commercial and industrial settings.

The company's success is based on its unwavering commitment to technical excellence, world-class manufacturing and unparalleled customer service. MEF is the distributor for Graco Husky range of products.

On 25th April, 2016, Middle East Fuji Marine Supply and Industrial Solutions team attended a technical training conducted by Graco Inc. Mr. Louis de Hillerin, from Graco Belgium, led the training. The main topic was about Basic pumping techniques, Graco AODD and EODD pumps, and Hydra clean high pressure washers.

The training was very informative and helpful from the marketing and technical point of view.



~Mr. Jibu Mathews



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Wedding Ceremony

When you think about marriage, there are two things that comes in our mind it's about finding true love and having a perfect partner. But actually marriage is a continuous work in progress. You cannot find love with just one blink of an eye and there is no such thing as perfect partner, you have to work on both ways to secure a successful married life.

Marriage is a celebration between a man and a woman bonded with love. One of our staff recently celebrated a milestone as he enters a new chapter of his life, a certain **Mr. Bryan Kurt Kilem** from Marine Supply Division (Warehouse Section) finally took a gutsy move to get married on 3rd of May 2016, with his fiancée and now his wife, **Mrs. Jovilyn Kilem**. Let's take a look some of the memorable experiences during his wedding.



~Ms. Janine Marie Jamero



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Benefits of Positive Thinking



Reference: http://www.1000ventures.com/business_guide/crosscuttings/thinking_positive.html



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