



MIDDLE EAST FUJI LLC
NEWSLETTER

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Middle East Fuji LLC- Dubai and Philippine staff with Yuzo Koike (MD- Fuji Trading Group); Ryusaku Hayashi (MD- Middle East Fuji LLC); and Miss Sabrina Ng and Itoh san both from Fuji Trading Singapore posed in front of MEF booth Sea Asia 2019

Middle East Fuji LLC Participated Sea Asia 2019 (7th Edition)

- Robilyn Bolambot

Sea Asia 2019 is considered as one of the important conference and exhibition events for maritime industry globally. This year Sea Asia 2019 - 7th Edition took place at Marina Bay Sands in Singapore from April 9-11 2019, co-organized by Seatrade and Singapore Maritime Foundation. This three-day event was participated by close to 15,000 participants, from the Shipowners, Offshore operators, Ship-managers, and procurement companies from different countries highlighting and featuring all aspects of maritime industry.

Middle East Fuji LLC reached out for this highly acclaimed event for better business opportunities considering that Singapore is one of the maritime capital and global top container ports in Asia. Along with the 440 exhibitors occupying 9088 sq.m. net space, MEF stand was built with area of 72 sq.m. that highlight company's own platform in

marine supply, machinery and engineering services. Its warm ambiance with the combination of yellow and blue stand out from the crowd representing MEF's corporate color that attracted most of the visitors and delegates.

This premier event was represented and attended by Mr. Masaharu Ono (Chairman - Fuji Trading Group); Yuzo Koike (MD- Fuji Trading Group); Fuji Trading Singapore Ms. Sabrina Ng; and MEF Dubai - Philippine Staff led by Ryusaku Hayashi (Managing Director).

Moreover, the participation of Middle East Fuji LLC in Asia's anchor and maritime exhibition event give opportunity of meeting existing customers and able to discuss their feedbacks, opened new doors for new customers, meet different manufacturers for

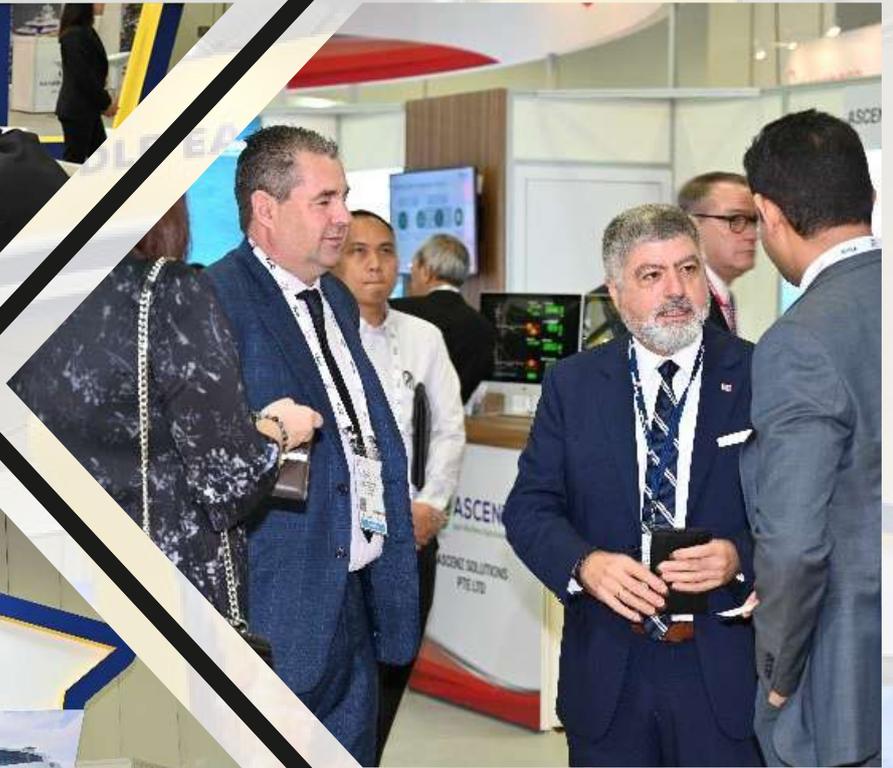
business opportunities, and able to display what Middle East Fuji as a group can offer to its customers. Being able to provide the best service and satisfaction benefiting the customers and the company.

Lastly, this event gave business opportunities and most importantly gave insights to all participants from all over the globe to tackle different concerns arising in maritime industry and together as one develops innovative solutions despite maritime fluctuating market conditions.



MEF Booth with the area of 72 square meters

Interaction with customers including ship owners, ship management companies and manufacturers



THAIFEX 2019

- Peschy



On May 28 - June 1, 2019, Koelnmesse Pte Ltd once again organized "THAIFEX – World of Food Asia 2019" at IMPACT Exhibition & Convention Center - Muang Thong Thani in Bangkok. According to the record in 2019, there were more than 2,700 exhibitors, and over 67,000 visitors from around the world.

This trade show exhibited products such as Coffee & Tea, Drink, Food Service, Food technology, Food processing & packaging equipment, Sweets & Confectionery, Meat, Frozen food, Fruits & Vegetables, Rice, Seafood, Fine food, Organic, Halal-certified products, and more.

Moreover, initial purpose of the visit is to look for gluten free products for Kobe-ya project and to visit our existing suppliers. Attending this exhibition gave us insights about food and beverage industry, innovation and food technology.

The products that interest us were organic and healthy products such as Happy Bites (Baby Rice Rusk), Coconut Rolls, Water Melon juice, Lotus tea, Organic Thai ready to eat foods items, Rice Crackers, Gluten Free & Organic Pasta, Protein Milk, Crispy seaweed chips, Butterfly Pea tea, etc.

THAIFEX-Anuga Asia 2020 will continue to focus on the Future of Food and will take place from 26-30 May 2020.

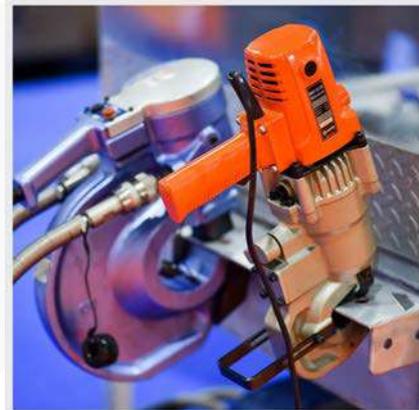




HARDWARE+TOOLS MIDDLE EAST

-Jibu Mathews

Hardware+Tools Middle East is an important business platform to find out the requirements of projects of all scales and complexities. It is our opportunity to show case our range of products, meet and establish a direct connection with buyers and to increase the efficiency of our business.



The wide range of products displayed at Hardware+Tools Middle East is divided into 4 key segments: Tools, Hardware, Construction & Building Materials, and Machine Tools & Machinery.

The 20th Edition of Hardware & Tools Middle East was held at the Dubai International Exhibition and convention center from 10 -12th of June 2019. We

as Middle East Fuji Industrial Solution Department also displayed our products in the show as a Gold sponsor. We were present at Zabeel 2 stand number E-12 in the expert zone.



WHAT IS RAMADAN?

Nina Jenny Cubar

Ramadan is a best month of our fellow Muslims as Prophet Mohammad (PBUH) revealed the Quran on the night of Laylat Qadar (Laylat al-Qadr, also known as Shab-e-Qadr, Night of Decree, Night of Measures, is and Islamic observance that marks the anniversary of the night Mohammad received the first verses of the Quran. Many Muslims devote their time to reading the Quran during this period. It last for one complete moon cycle, which usually last for 29 to 30 days. It will be announced by a moon sighting committee in Makkah, Saudi Arabia. Adult Muslims usually fast from dawn to dusk every day throughout Ramadan excluding who are ill, elderly, diabetic, pregnant, breastfeeding and children who have not reached puberty. They believe that through fasting they redirect their heart away from distractions, with its purpose being to cleanse the soul by freeing it from impurities. During this time, they need to practice self-discipline, sacrifice, generosity, charity and empathy for those less fortunate. They start fasting every morning before sunrise and ends at sunset. (Source: Gulfnews.com)

Eid Al Fitr also known as "The Feast of Breaking the Fast" and is celebrated by Muslims worldwide to mark the end of Ramadan. It takes place on the first day of the tenth month of Islamic lunar calendar. (Source: Wikipedia.org)

During this year 2019, we celebrated the Eid holiday for 6 day long. As MEF partake to this long holiday, some staff take it as a time to rest, while some take it as a chance to explore and enjoy. Let us take a sneak peek on some MEF staff on how they spent their holiday.



Mr. Shaul celebrating Eid in Singapore Embassy at Intercontinental Hotel Business bay



Mr. Jibu and family visiting Legoland.



Mr. Anoop had a quality time with his wife at Bluewaters Island.



Mr. Manoj and his friends road-tripping to Al ain



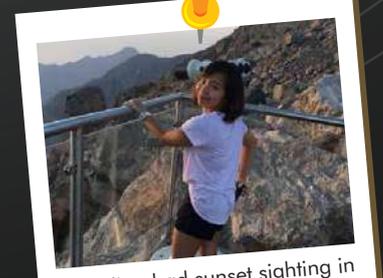
Mr. Afshine playing paintball with friends in Jabal Ali shooting club.



Mr. Basha made a pilgrimage to Makkah, Saudi Arabia.



Ms. Lorraine exploring Georgia.



Ms. Nina had sunset sighting in Jebal Jais, RAK.



MARTOR SAFETY KNIVES TRAINING

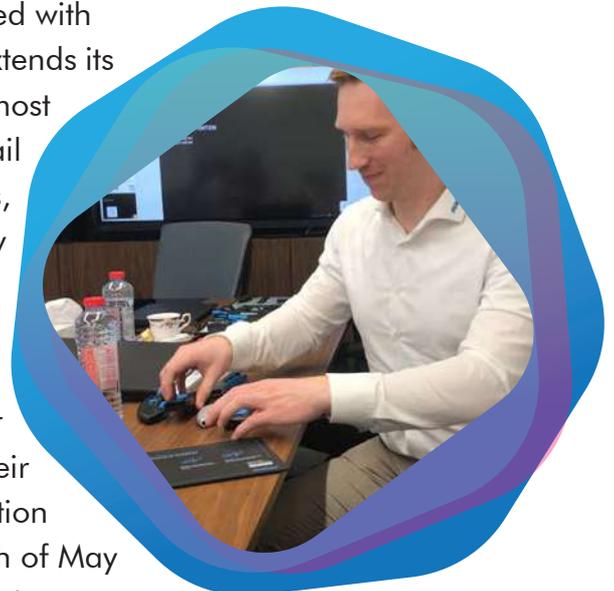
-Jibu Mathews



MARTOR is the international leading partner for safer cutting solutions. For more than 75 years, the family owned company based in Solingen has been combining quality with innovation to manufacture premium-cutting tools for industrial and professional purposes. Today, partners and dealers in more than 70 countries all over the world represent the brand MARTOR.

knives"

reliable safety technologies. Year on year, MARTOR extends its product portfolio along with specific services to offer the most comfortable and efficient cutting solutions. Large retail chains, logistic companies and automobile manufacturers, to name just a few industries, have not only professionalized their manual cutting work by using MARTOR products, they have also managed to considerably reduce the number of cut related injuries. MEF is recently appointed as the GCC distributor for Martor products and we started promoting and selling their products in the region. A detailed training and demonstration for the sale staff was arranged at MEF Head office on 28th of May 2019. Representatives from Martor Germany lead the training.



MEF Philippine Office goes to Jpark Island Resort & Waterpark Cebu for Team Building..

- Shiryl B. Garcia



Team building is often time required in an organization. It does promote better communication, unity & trust. For some, team building is like an ice breaker from the regular work. Others also may take it as new experience. But whatever it may be, MEF-Philippine Office's staff were grateful enough to have our Team Building activities and Waterpark adventure on June 8, 2019, at Jpark Island Resort and Waterpark Cebu, in celebration of our 1st year Anniversary. It was overwhelming because we were able to experience this kind of adventure, not to mention that the chosen venue is one of those 5-star resorts in the Philippines.

When we arrived at the resort, we're all fascinated by the ambiance from the spacious lobby, a one of a kind amenities and even facilities. Given also their approachable staffs & very energetic team building facilitators.



We were divided into four teams – Golden Squad, Black Pink, Blue Team, & Green Team.



Before any heart burning activities, we first had our exercise headed by the resort facilitators. It was a fun filled activity that even foreign guests of the resort joined this opening warm-up ☺.

It was then followed by an impromptu cheering chants from each team. This activity showcased our hidden singing and dancing talents, apart from creating camaraderie among the team members. These short presentations filled the ground with genuine laughter.

Group activities performed at the plain field followed. These tested our synergy and helps develop our communication, delegation, and leadership.



But the most surprising part was the group water activities at the swimming pool. We never expected to have these kind of wet games. Yet, it turned out to be the most fantastic and joyful activities of the day.



Black Pink was declared as the winning team at the end of the program. It was followed by the Golden Squad, Blue Team and lastly the Green Team. Nonetheless, everyone was happy receiving their prizes in kind.



The buffet lunch at the Abalone Restaurant of the resort was just in time to refill our burnt calories. The sumptuous International Food selections were good enough – giving us more energy on the second half of the day, when we enjoyed our free time exploring other resort facilities like wave pool, heart raising long slides, go kart, human chess, & mini golf. But these were only few of the facilities they offer. For they also have their game room like billiards, playhouses, mini-gym, and of course let's add their relaxing beach view.



Indeed, that day was truly memorable. We were able to build a stronger foundation of trust, teamwork, & friendship. But everything wouldn't be possible without the unconditional support of MEF Management and Dubai Head Office team. Truly we are very much thankful to this one of a kind experience!



EMPLOYEE OF THE QUARTER

-Tia Galanza



SHYAMKUMAR
MAINTENANCE



PEARL JADE
INDUSTRIAL SOLUTIONS



STEVE ANTHONY
WAREHOUSE



SAAD MEHMOOD
LOGISTICS

“THE ONLY WAY TO DO GREAT WORK IS TO LOVE
WHAT YOU DO.” – STEVE JOBS
LET US ALL CONGRATULATE OUR COLLEAGUES
FOR A JOB WELL!

CONGRATULATIONS FOR BEING PART OF OUR TEAM. WELCOME ABOARD!

- Tia Galanza



MR. AMALNATH WILSON
INDUSTRIAL SOLUTIONS



MR. SHIGENAGA OTA
NAVY LOGISTICS
INTERNATIONAL TRADING



MR. TOSHIAKI INOUE
MARINE SUPPLY



MR. TAYYAB YOUNAS
MAINTENANCE



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MR. AJILMON BENNY
ACCOUNTS



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LOGISTICS (WAREHOUSE)



MR. ANSON JOY DCUNHA
ACCOUNTS



MS. SHEILA MAE ALABAN
PHILIPPINES OFFICE

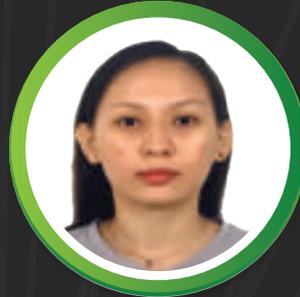
CONGRATULATIONS FOR BEING PART OF OUR TEAM. WELCOME ABOARD!



MS. JOAHNNA NESS
PHILIPPINES OFFICE



MS. JOAN ROSALIJOS
PHILIPPINES OFFICE



MS. JONABELLE PATOC
PHILIPPINES OFFICE



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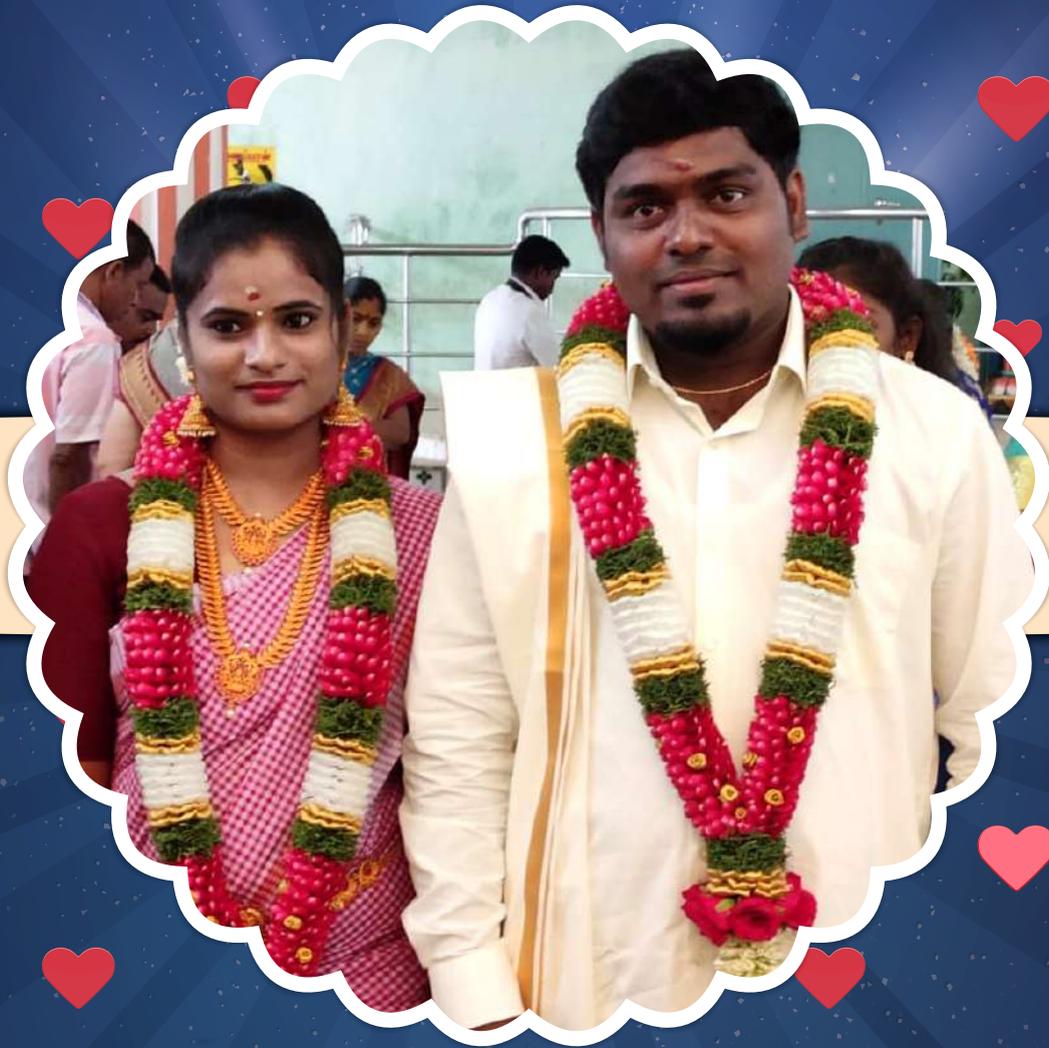
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 සාදරයෙන් පිළිගන්නවා **Aloha** ಸುಸ್ವಾಗತ ನ್ನಲವರವ
환영합니다 Welcome **ברוכים הבאים** Xush kelibsiz
 Selamat datang Bine ați venit **Hoş geldiniz** សូមស្វាគមន៍
Добро пожаловать! **എ കു അബ** أهلاً و سهلاً
 བེམས་པར་དགའ་བསུ་ལྷ། Sannu da zuwa **ようこそ** HOAN NGHÊNH
 సుస్వాగతం **خوش آمدید** Fáihte **स्वागतम्** Karibuni
 පඳාරෙ **Bienvenidos** witujeung sumping **မင်္ဂလာတုၤ**
Willkommen **ਜੀ ਆਇਆ ਨੂੰ।** **bem-vindos**

Wedding Ceremony

-Robilyn Bolambot

Mr. Sakthi Prakash

Mrs. Priya



People say, marriage is a huge painting. Thousands of colours and brush movements create own love story for each couple. Support, never-ending portion of love and admiration – these things make a perfect marriage. It is definitely a milestone in life that comes with a lot of ups and downs.

“Being deeply loved by someone gives you strength, while loving someone deeply gives you courage. There is always some madness in love. But there is also always some reason in madness. The greatest happiness of life is the conviction that we are loved; loved for ourselves, or rather, loved in spite of ourselves.”

HEALTH & WELLNESS SECTION

GLUTEN-FREE DIET: BENEFITS

A gluten-free diet is one that excludes most grains, and it is recommended for people who have celiac disease or gluten sensitivity.

What is gluten?

Gluten is a protein found in some grains, such as wheat, rye and barley. Gluten makes bread products chewy and gives them an elastic quality, so it is important to the making of baked goods.

Gluten is the only protein found in food that is completely indigestible. Its indestructible molecules can slip through the intestinal lining and cause inflammation in the intestines of people with celiac disease, according to the Mayo Clinic.

In healthy people, the inside of the small intestine is lined with finger-like projections called villi that help the body absorb nutrients. In people with celiac disease, gluten irritates the lining of the small intestine and also causes the immune system to attack the villi. Over time, the villi can be damaged or destroyed.

This often means that the body can no longer absorb enough nutrients from food. Nutrients pass through the digestive tract and are excreted with the body's waste, and the person can suffer malnutrition, according to WebMD. According to the U.S. Department of Health and Human Services, celiac disease affects about one in 141 people in the United States.

Gluten-free diet benefits

Besides celiac disease, there are other medical conditions that greatly benefit from a gluten-free diet. "Gluten intolerance ranges from gluten sensitivity (non-celiac gluten intolerance) to celiac disease," said registered dietitian nutritionist Jessica Fishman Levinson. "Non-celiac gluten intolerance could be an allergy to gluten or to other ingredients in food besides gluten, or it could even be a placebo effect, which some studies have actually showed." Eating gluten-free can also help those with a chronic gastrointestinal disorder called irritable bowel syndrome (IBS). A low FODMAP diet — which stands for Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols — is often helpful for people with IBS. Gluten-free is part of this diet.

"These are starches and sugars naturally found in certain foods or added to foods," said registered dietitian Lori Chong. "The gluten grains (wheat, rye and barley) are high FODMAP foods. They contain oligosaccharides that can be easily fermented by intestinal bacteria. This can cause bloating, cramping and/or diarrhea." IBS affects 7 to 20 percent of the adult population in the United States, according to a 2013 paper published in the journal *Gastroenterology & Hepatology*.

SOURCE: Alina Bradford, Live Science Contributor



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