

October-December 2017

Byahe Na!

Magazine published for



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Bohol, I'm Almost There

**Travels with a Millennial:
Hip Terms to Know**

**A Place Like Home
in Sta. Rosa**

**Reasons to Discover the
Philippines on a FastCat**

Christmas Vacation Destinations

**HAPPY
HOLIDAYS!**



**ANTIQUÉ • DAET • DAVAO • ILOILO • IRIGA • LEGAZPI
MINDORO • NAGA • TACLOBAN • CAGAYAN DE ORO
SUBIC/OLONGAPO • MANILA • PAMPANGA**

Byahe Na!

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and get a surprise gift from
JAM, Philtranco and FastCat



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Byahe Na! is a quarterly publication of JAM, FastCat and Philtranco and is distributed free to its passengers.

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ISSN no.: 2362-762X



Alejandro G. Ingente
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The good news of the year is that travelers of land and sea have never had it better! Service and safety of passengers has come to fore in the shipping industry. I have been in this field for the past 37 years now and it excites me that travel has come to be a lifestyle and not just a means to go from point A to B.

With this in mind, we at FastCat need to constantly monitor and update our safety practices... and that is my job. The safety of the vessel, crew, passengers and cargo are in my top priority because it is also the main concern of the company. There is NO COMPROMISE to safety. Safety is expensive but accidents are more expensive.

Thus, we train every personnel on board and equip them fully to be competent to handle untoward scenarios on board. I cascade to them my own personal work style wherein I look at a problem as an opportunity, making sure I am a problem solver and not a complainer. In anything I do, I try to always do my best.

The enjoyment of a FastCat passenger is what energizes me at work to make sure we deliver reliable services, implement safety measures at all times and sustain competency to meet passenger demands.

Just as I enjoy traveling with my family to the countryside, viewing green sceneries, I know every passenger on board would enjoy the nautical twilight that comes with the sunset and sunrise on the horizon. It is a spiritual experience I wish we all can have. This is my wish for you these holidays in your vacations: quality time with loved ones and beautiful sunsets and sunrises.



Bohol, I'm Almost There!

By Kheryss Gacuma

Bohol, a region in the Philippines is one stop that's hot on my travel bucket list. I have never been there but I have read a lot of stories, viewed fascinating pictures and heard enticing commentaries from my friends who got the chance to visit this island. Here are the main attractions in Bohol that I'm looking forward to see:

The Loboc River, also known as the Emerald River. They say one can take a cruise in this green river on a floating restaurant. It's like hitting two birds with one stone--- exploring the scenery and tasting the local cuisine. Plus I'd like to learn gems of Bohol culture from its music and dance as well as its history. This tour is only P450 for the taking.



The Tarsiers, in their natural habitat, of course. These rare species of primates (one of the tiniest in the world) are one of the main attractions of Bohol. Pay P50 to enter the Tarsier Sanctuary. Tarsiers eat bugs. One known caveat to curious visitors is that they commit suicide from trauma of being touched or from loud noises. They are also nocturnal animals. So when we get the chance to observe a Tarsier, make it a point not to touch them or scare them.

The Chocolate Hills. Based on my "Google" search, these hills are green during the rainy season and turn brown in the dry season. Too bad the hills aren't edible chocolates--- mint chocolate in rainy season, regular chocolate in dry season--- LOL. There are 1,268 hills carved by nature. Ahhh, before one can reach the Chocolate Hills there is another attraction. It is the man-made forest called Bilar's. The trees in this forest were planted in the 60's. It is one of the largest restoration projects in our country's history. For the nature and scenery lovers, have your P50 ready to see the hills.



Panglao Beaches - everyone says it's worth the trip! OK, we will have to travel from Bohol City to reach these white sand beaches. As I learned from the internet, Panglao has pristine dive spots and coral reefs. They say that while in Panglao Island, you can also take a side trip to Hinagdanan Cave. It's a cave that has an underground lagoon with stalagmites and stalactites-- the perfect tourist destination for adventurers.



How to get to Bohol - since I'm from Bacolod, based on Google maps, it will take me and my family 2 and a half hours to drive to San Carlos, Negros Occidental. Then we'll take the FastCat Ferry for an hour to Toledo, Cebu. From there it's a drive of 2 hours to Cebu Pier 3 for another FastCat RORO experience. In 1 hour and 30 minutes we will have reached Tubigon, Bohol. That's it! After an interesting sightseeing trip of more or less 8-9 hours including traffic and a few stopovers, we will already be in Bohol Island!

I'm imagining pictures of my Bohol trip. It gets me so excited to think I'll be in this beautiful island that my friends have been gushing about. Now it's my turn!

Packing my bags now... including that of my kiddos and hubby!



I'm putting a big check mark and a smiley on my bucket list.

Travels with a Millennial:

Hip Terms to Know

By Celene Ann M. Villon

Time for a vocabulary update, fam!

Char

Sepanx

No chill

Millennials have greatly changed the way we travel, to be grouped with them is a good way to uncover one's inner wanderlust.

From budget traveling to Do-It-Yourself traveling, the Generation Y peeps are great planners when it comes to discovering and seeing the world in its own breathtaking glory, without breaking one's bank and wallet along the way.

While it's exciting to travel with these budget-savvy and adventure-loving thrill seekers, it's important to be aware of certain trending terms they commonly use.

Check out these new travel-related words to get the conversation going and on point:

Drawing

Used when planning for a new travel but unsure if it can push through due to time and budget concerns. "Puro plano, hanggang drawing na lang ba tayo?"

Cancelled

Used when a certain person backs out last minute or referring to a trend that's no longer popular. "Wag na natin isama si Mike next time, laging nagba-back out. Mike is cancelled." "Skinny jeans are cancelled."

No chill

Used when a certain person is on a roll when doing something. "Si Miko no chill! Travel lang nang travel!"

Luh

Shortened form for "hala siya". "Luh si Bea nagsosolo na naman."

Dat

A more shortened form for "that". "Dat GoPro though."

Sepanx

Short for "separation anxiety". Used when leaving a place you've been attached to. "Pauwi na kami. Sepanx :("

On point / On fleek

Used when something is done in a correct way. "On point 'yung summer dress ni Lea. Nagbe-blend with the beach!" "Ganda naman ng hairstyle mo, on fleek!"

#blessed

Used when receiving blessings, sometimes used to humblebrag on social media. "Got the newest iPhone, #blessed!"

Squad

Used for a group of friends. "Traveling to Bicol with the best squad."

Adulthood

The word used for growing up and facing the hard realities of adulthood. "Expert ako sa pagba-budget for travels, pero pagdating sa adulthood 'di ako marunong :("

Goals

It means what it is. "Cebu-Bohol backpacking trip is goals!"

Shookt

A dramatic term for "shook". Used for a surprising event. "Guys, shookt ako kay Johnny. Binayaran buffet course natin, 1k each 'yun!"

G!

Shortened form for "let's go!" "Guys, Samar this weekend? G!"

No Filter

Used when no filters are present. "Sobrang ganda sa Palawan! No filter lahat ng photos ko pero ang ganda pa rin ng output!"

Char / Charot

Expression used when someone's kidding. "Nag-file me ng VL a day before. Syempre char lang 'yun di in-approve leave ko :("

Kebs

Short for "carry lang". "Sorry guys 'di ako makakasama bukas, masama pakiramdam ko. Kebs lang, gurl!"

Push!

Used to motivate someone to go for something. "Girl, push mo na 'yung Batanes next month. Life is short!"

YAAS

A more dramatic term for "yes!". "Lunch tayo, libre ko. YAAS!"

Lit

Used when an event is nothing short of amazing or spectacular. "Nakapunta ka na ba ng Laboracay? It's very lit!"

Fam

Short for "family". Used when referring to friends or family members. "Don't worry, I got you fam!"

Notable mentions:

BRB (Be Right Back)

TBH (To Be Honest)

FC (Feeling Close)

JK (Joke)

FOMO (Fear of Missing Out)

TFW (That Feel When)

TBT (Throwback Thursday)

And the list goes on and on! These are just some of the basic terms you need to know when around Millennials. If you need a Part II, just hit us up. The squad is ready to give you more terms to know!

G! Push na travel natin Besh!
#Squadgoals



TRAVEL TIPS

1

Palaging alamin kung saan ang "EXIT", so you will know where to go in case of emergency.



2



Bring a valid identification card or ID always. Check mo na rin ang expiry date once in a while para hindi maabala sa oras na hiningi ito.

3



Be time conscious and come earlier than scheduled, lalo na pag may appointment.

4

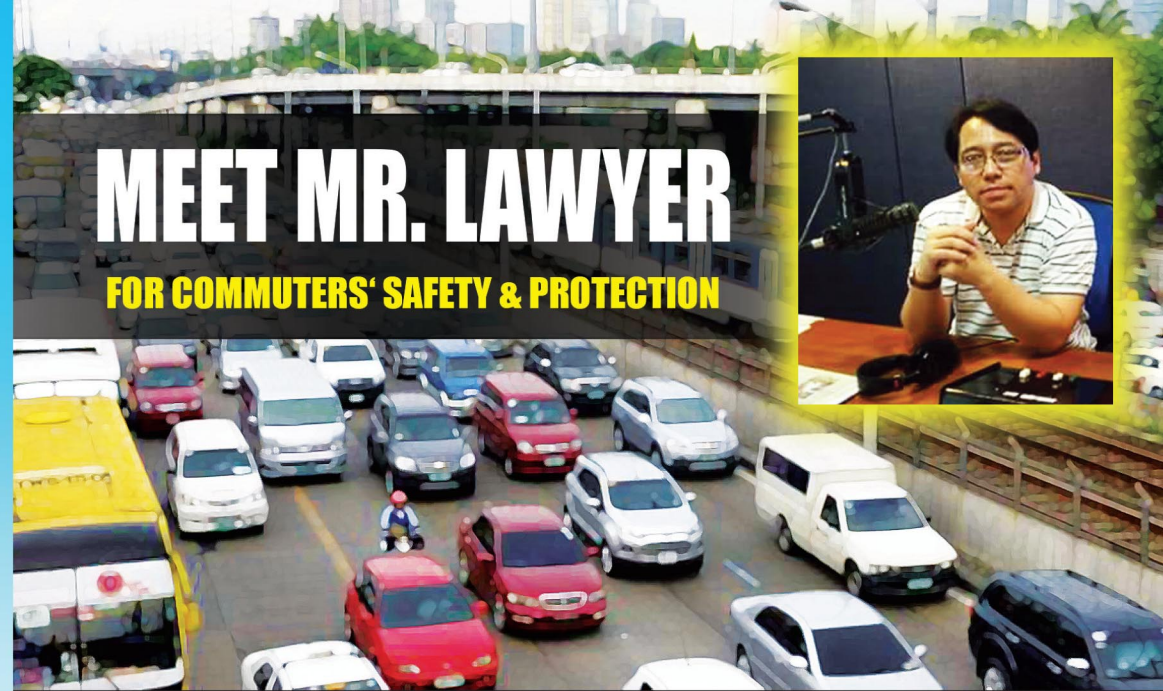


Travel light. Dalhin lamang ang mga importante na gamit. Mas comfortable na ang byahe mo, wala ka pang excess baggage fees.

5



Bring loose change or barya para hindi hassle lalo na pag may kailangang bayaran.



MEET MR. LAWYER FOR COMMUTERS' SAFETY & PROTECTION

Byahe Na! held an interview with **Atty. Ariel Enrile Inton** as former LTFRB Board Member and now **Head of Lawyers for Commuters' Safety & Protection (LCSP)**. After his term at LTFRB, he continued to serve the commuting public by providing free legal assistance through his office together with a few lawyer friends and volunteers.

What form of assistance do you give?

We give free legal assistance for commuters whose rights are violated while in public transport, yung mga na-refuse sumakay, na aksidente, na sexual harassment, etc.

What are the top basic rights of commuters?

Right to a safe, convenient and efficient journey, no discrimination, right to a just and fair "fare". But the commuter must also respect the driver and other passengers.

Who compose your group?

About 20 lawyers and a hundred plus non-lawyer volunteers. The core group are Attorneys Raji Mendoza, Anel Antero, Vj Topacio, Daniel Adeva, Ton Cabrera, Niño Casimiro and Rolando Sibal. In Cebu and Iloilo – Attys. Rosel Alfar and Jom Lamparero.

How can a commuter claim against a public transport in case of injury?

All passengers onboard are insured with the mandated Personal Passenger Accident Insurance. They get benefits on the insurance policy. A case can also be filed against the operator for additional financial assistance.

How can commuters reach you?

Through social media: our website and Facebook account (Lawyers for Commuters Safety and Protection). Just message us. The media can also refer cases to us. The only criteria for a case is: cause of action.

What are the privileges of Senior Citizens?

20% discount on fares and specially allocated seats.

In case of need, please contact the following:

0917-8174748 – Atty. Ariel Inton
0905-6944465 – Alexis Tarca
0917-8295982 – Valentino Vijandre

Palapit na ang 2018... puro Lechong Manok na lang ba ang ilalapag natin sa handaan? Habang hindi pa mataas ang presyo ng manok, buy na ng Jumbo sized chickens at gawing Hamon! Ito ang "hamon" ko sa inyong Byahe Na! readers na mahilig magluto.

JUMBO CHICKEN HAM

By Nancy Reyes Lumen



Madali lang naman... parang nag-tocino kayo pero buong manok ito! Pwedeng-pwede ipang negosyo! As long as kumpleto ang mga gamit at ingredients – go na! Ang first step ay "brining" – ibinababad ang manok sa solution of water, rock salt and white sugar. After that, injection of curing solution na. Then after a few days – Chicken Ham na! Maligayang Manok!!!

For every 1 Kilo of Chicken :

- Brining solution = 16 parts water, 1 part rock salt and 1 part white sugar.
- Immerse the chicken in this solution for about 8 hours – while in a cool place.
- Drain out marinade. Rinse and pat dry.

Curing Solution:

- ½ tsp. pink salt or salitre
- 1-2 Tbsp. anisado wine
- 1-2 Tbsp. sugar syrup
- 1 tablet ascorbic acid (durugin sa sugar syrup)



Use a curing syringe or syringe na malaki ang butas. Combine lahat ng ingredients at i-inject ito sa mga makakapal na parte ng manok (thighs, breast and drumstick)

- Kung walang syringe, ibabad ang manok sa curing solution for 2-3 days inside the refrigerator in a covered bowl (multiply curing solution x 4)
- Wash very well. Pat Dry.
- Cook in pineapple juice, peppercorns, laurel, coriander seeds or leaves.
- Check kung luto na. Cool and chill .
- Before giving away, cover well with Cling wrap and red cellophane pag i-reregal na.
- Napaka swerte naman nung makakatanggap nyan!

Madie and David Valencia hit on a good idea for travelers and picnikers of Sta. Rosa. They saw the need, they took the challenge and now they have Madie's Place, a successful homegrown Bed & Breakfast place.



A Place like Home in Sta. Rosa

What made you think of starting this business?

M&D: "We were driving home late night when we noticed groups of people from Enchanted Kingdom, waiting for public transport to take them home mostly in far places, and they are mostly families with children who are already tired. It occurred to us then that if only there is a decent family-friendly and budget-friendly place to stay overnight in Santa Rosa, then some of them would opt to stay and commute home in the morning. This is what prompted us to start Madie's Place Bed & Breakfast."



It's been 3 plus years now and business is good, guests are happy. In fact, Madie says customers post photos of themselves and say that they enjoyed their stay. It is because the husband and wife team makes sure that the place feels like home. They treat guests as family friends who visit them. Pretty soon, the guests who check in as guests check out as friends... and moreso, they stay connected on Facebook--- or drop in for a visit.

In the course of operating a Bed & Breakfast place, they know the amenities would not be of "hotel-level" so they make up for it by being honest and open to would-be guests and make good to manage their expectations. This core value that they adopted in Madie's Place is based on their belief that if it is not good for us owners, then, it will not be good for the guests and staff. So with that – they keep improving their services and make efforts to maintain the friendly, homey atmosphere even if their guests are only on a short stay.



The best complements that reach Madie's Place is when guests leave with a smile or hugs--- as if a family reunion just wound up!

Address: Lot-46, Atis St., Blk.-21, Ph-1A, San Lorenzo, Santa Rosa, Laguna
Contact Number: 09063809495 / (049) 5084454
www.facebook.com/madiesplace

Reasons to Discover the Philippines on a



When members of the House of Representatives, led by Speaker of the House Pantaleon Alvarez and Majority Leader Rodolfo Fariñas, went around the country last March to inspect not just the tourism facilities but also the road networks and condition, port facilities, accessibility of traders and farmers, and safety of passengers and users as part of its oversight functions, the lawmakers took the scenic route, covering over 3,000 kilometers in 10 days from Manila to Batangas, Calapan, Bulalacao, Caticlan, Boracay, Kalibo, Iloilo, Bacolod, Dumaguete, Dapitan, Dakak, Aurora, Cagayan de Oro, Malaybalay, Davao, Samal Island, Butuan, Surigao del Norte, Liloan, Tacloban, Legazpi, and Quezon Province, via the roll-on, roll-off (RORO) ferries of FastCat.

While one of the objectives of the trip, according to Rep. Fariñas, was “to experience the mode of travel of the ordinary traveler and inspect the seaworthiness of the ROROs and the roadworthiness of the highways and bridges along the Nautical Highway,” the Majority Floor Leader certainly made the most of this extensive inter-island journey. Together with his colleagues, he checked out various road conditions on his motorcycle, posed for posterity shots at the iconic San Juanico Bridge before entering Leyte from Samar, and braved Asia’s longest zip line in Dahilayan, Bukidnon. “The things I do to promote domestic tourism!” quipped Fariñas on his Instagram account.



For FastCat President Christopher Pastrana, there’s no better way to see the Philippines. Aircraft may get you to your destination faster, but “with an efficient land and sea transportation network, you can explore the beauty of the Philippines in 7-10 days,” he says. “Before spending time and money traveling to other countries, visit the Philippines first: there’s so much to see and do here, and you get to know your fellow Filipinos from the countryside and help the local economy in the process.”

Since its incorporation in 2002, Archipelago Philippine Ferries Corporation, or FastCat, has made it its mission to connect the Philippines’ 7,107 islands and its neighboring countries through a safe, fast, convenient, and world-class ferry transport system for passengers and cargo. Meanwhile, its alliance with bus companies JAM Liner (which plies the Manila-Laguna-Batangas-Quezon route) and Philtranco (which traverses Manila to Pampanga, Bicol, and parts of the Visayas and Mindanao) provides a seamless travel experience, as well as an enriching one. “You get to immerse yourself in certain areas during stopovers, and discover things you would not have seen or known if you were on a plane,” says Pastrana.

Need more reason to discover the Philippines on a FastCat? There’s a lot: It has a growing list of routes. For now, thrill seekers can map out their forthcoming adventures through FastCat’s ferry routes in Batangas-Calapan (Mindoro), Bulalacao (Mindoro)-Caticlan (Aklan), Matnog (Sorsogon)-San Isidro (Samar), Bacolod-Iloilo, Liloan (Leyte)-Lipata (Surigao), Dumaguete (Negros Oriental)-Dapitan (Zamboanga del Norte), San Carlos (Negros Occidental)-Toledo (Cebu), and Cebu-Tubigon (Bohol).

More routes will be added to the roster, as Pastrana aims to cover all the bases of the archipelago, from its northernmost tip to its southernmost tip, he says. This means routes that connect Luzon to Babuyan Islands and Batanes, and Zamboanga, Jolo, and Basilan to Pagadian. And it doesn’t end there: by 2020, FastCat targets operations in at least 30 ports, as well as regional routes to Kudat, Malaysia by 2018.

It maintains an international-standard fleet of ferries. Specifically designed to suit the country’s unique weather and sea conditions, FastCat’s fleet of Ropax (roll-on, roll-off passenger) vessels was introduced during an aggressive re-fleeting program in 2010. At present, the company operates with 10 ferries; 2 will be brought in this year, and an additional 18 or a total of 30 vessels by 2020. FastCat is looking beyond 2020 by connecting the Philippines, both by land and sea with more buses from JAM & Philtranco and FastCat vessels.

A picture of modernity, comfort, and stability, the FastCat ferry features a fully air-conditioned business class and premium economy sections and open-air economy section for 275 passengers. A spacious car deck accommodates up to 34 cars and 7 trucks and buses, and a snack bar comes with a wide variety of food and drinks to keep everyone on board satisfied before docking.

It’s safe. Such modernized modes of sea transport have somehow eased the stigma attached to traveling by boat. News of tragedies involving old, decrepit, and overloaded wooden hull vessels leaving the port during bad weather have made many swear off ships for good—but not enough to affect business. According to the FastCat president, sea travel is up by 5 percent annually. “People should just know that there are better options available,” he says. The summer months from March to June are ideal for travel, he adds, as the sea is calmer.

As for the recent spate of travel advisories, cautioning locals and foreigners from visiting parts of the Philippines that are high on insurgents’ lists, Pastrana recently traveled to Palawan to inspect its port and was encouraged by what he saw. “There were so many international tourists,” he recounts. “Some of them were planning to take the ferry from Bulalacao to Boracay—that’s our route, and they learned about it through word of mouth.”

Bottom line: Exercise caution, but don’t allow others to get in the way of your plans, too. “We should not be ‘hostaged’ by these people,” says Pastrana of threats. “We should not let them stop our goals and dreams.”

That’s exactly what FastCat’s loyal patrons—middle-income families from the provinces who have goods to transport or bear gifts for their relatives and next-of-kin—have been doing for years. “Nakakataba ng puso,” says Pastrana with a smile as he recounts the testimonials of everyday folks who rely on the efficiency and speed of his vessels, “to know that people choose to ride your ferry because they feel safer and more comfortable in it.”



PLEASANT COMFORTS OF



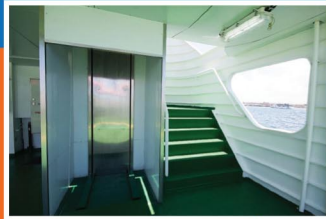
By Jaja Andal, a Happy Passenger!



My journey to Mindoro:

I've been to my mother's childhood town only thrice in my life... and my memory is the far, far, far away travel and a scary & uncomfortable ride from Batangas Pier to Calapan.

But word was that sea travel has changed, that RORO service has improved. Our ride back to Manila was comfortable and pleasant – that is why I am happy to write about it.



Elevator for PWD



◀ Chef Jaja Andal

The reason for our trip to Mindoro was because my Lola Pina Dy died and us relatives had to go and pay respects. We were dreading the ordeal of traveling based on past unpleasant experiences. My Dad suggested FastCat. Now I know why he chose FastCat: it's new & fast and you will feel safe because of the new innovative design of the boat. It's well organized!

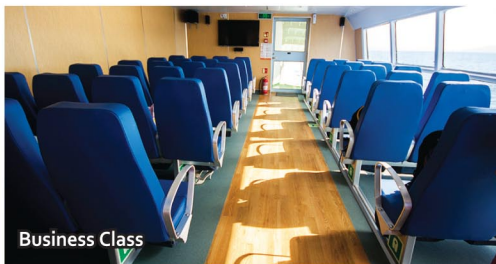
As soon as we paid and checked in our cars, I was parking our van inside the boat and the crew was guiding us and later, leading my folks and me up to the cabins. I had certain concerns – my Mom is partly disabled from a stroke but she told me not to worry because there is an elevator. Wow! FastCat provides easy access for those in wheelchairs unlike other ROROs like the one we rode in Calapan.

As I entered the cabin, I was impressed by the passenger seats. It's like traveling abroad. The crew even briefed us what to do in case of emergency, just like what stewards do on board a plane. The aircon is cool and the place is very clean. Plus there is a food shop. The restroom? Clean!

You'll enjoy the sea breeze and the view at the top deck. I was there and felt so free and relaxed – inspired to travel by sea again. As for prices? We compared costs and it came out that FastCat is lower in price and faster in its trip (1.5 hours for the Batangas-Calapan route).

What could be better?

With this new discovery, take my advice and buy your ticket to a fantastic, pleasant, smooth high-class yet affordable fare. Put the island-hopping adventure in your bucket list and maybe, we will cross paths!



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10 **Byahe Na!**



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PUBLIC HEALTH GUIDELINES

Dra. Teresa Bitanga Valeros, NMD, PhD, is a health and wellness practitioner. She reads medical records before treating her patients with natural foods. In addition, she is "OC" (Obsessive Compulsive) when it comes to safety from harmful germs that are in our surroundings. Here are some of her very useful tips to remember, specially in this holiday time when making "beso-beso" is very common.

- Don't eat or drink after anyone.
- Wash your hands often when shopping.
- Never sit on public toilets. Use caution in public restrooms' doorknobs.
- Don't lay your purse or packages on the floor.
- Use straws whenever possible.
- Avoid public hot tubs / baths.
- Manicurists – take caution with cuts from manicures or pedicures
- Barbers using razors – be careful because cuts can spread virus.
- Use caution with tattooing.
- Avoid used make-ups in demo areas of the mall.
- Wash all vegetables and fruits.
- Do not swim in public swimming pools and hot tubs if you have open wounds or sores.
- Be extra careful with ear piercing, needles, and other sharp instruments for cutting, it might carry AIDs virus.
- Keep your distance from people with colds or cough.



People prone to contamination:

Dentists
Doctors
Nurses
Lab Technicians
Paramedics
Eye professionals

Chambermaids in hotels
Barbers
Manicurists
Anyone cleaning trash – dirt, specially wet trash
Those who do tattoo and ear piercing

People who work in bath houses and Gyms – where there are excess sweating
Waitresses
Dishwashers

JAM JOB WELL DONE

Another batch of Bus captains, attendants and other support teams were given citations by the Management for their exemplary performance, honesty and service excellence to the riding public. (April to June 2017)



Bus Attendant Arvin Asias, B.A. Pablo Mayor, Bus Captain John Lagsit, B.A. Eduardo Buban and B.A. Danilo Santos



Bus Attendant Monardo Ariola, B.A. Reynaldo Recona, B.A. Mark Paulo Pusiquit, Bus Captain Randell Martinez, B.A. Sheila Arandia, B.A. Menandro Poblete, B.C. Rolando Andaya, B.A. Ronilo San Lorenzo, B.A. Rafael Santos and B.A. Melchor Atienza



Bus Attendant Vlademir Mercadero, B.A. Celedonie Namang, Bus Captain Sarmiento Espetero and B.A. Antonio Lumaghan Jr.



Security Officer Agabo Narombaba III



Bus Captain Randell Martinez



Bus Attendant Rafael Santos



**Left Photo: Rolando Andaya - Bus Captain of the Quarter
Right Photo: Menandro Poblete - Bus Attendant of the Quarter**

Bacolod City Public Market: A Subculture Hub

By Betsy Gazo



When in Bacolod, it's a must to hit the public Central Market located downtown. Markets are microcosms of society, the pulse of local culture in a capsule... noisy, smelly, crowded, disorganized, and hot. You will love it! All your senses will be uplifted.

The cacophony of sounds is almost musical! Vendors asking, "Ano aton?" (What's ours?) is of a distinctive lilting Ilonggo tone. "Day, banig?", "Batwan?". Knocking sounds from knives hitting chopping boards, or the constant whirring of coffee grinders, or of sewing machines at the tailors' row spell childlike wonders. What else can one experience in the market? Clothes altered while you wait, window shop at the handicrafts section. The busy basketry-cum-souvenirs area greets you with the redolence of the forest captured in wood, rattan, nito vine, pandan, and bamboo. How lovely are the handiworks --- how low the prices! When the crowd is dense, watch out for overhung baskets woven in the caves of Calatrava, and be careful not to trip over clay pots, brooms, abaca ropes, and farm implements stacked along the narrow side aisles. With some digging into, you might unearth old-fashioned clothespins (kimpit) which are hard to find these days.

Aromas that waft in the market air are pleasant. The pungency of dried seafood along the Gatuslao side blends under the earthy scent of rice displayed in their sacks. Muscovado sugar would have smelled like fermented honey had it not been in plastic bags... but take some with you for healthy baking at home.

If the weather is too warm for comfort – fight heat with heat! Order a cup of black coffee for P10 per and pick some bites that will go with it. There are also vendors selling native delicacies such as suman (sticky rice cooked in brown sugar), suman latik (sticky rice topped with candied coconut strips), ibos (sticky rice cooked in coconut fronds), inday-inday, baye-baye, and bicho-bicho. The last three are really meant to be said twice so don't scrimp on the words or you'll get a blank look.

After coffee and Ilonggo goodies, amble farther along. Nearby are stalls displaying folk medicines forged by the Aetas in the mountains and caves of Negros. There's sure to be a cure for bughat (relapse after childbirth), body aches, fever and other ailments. Believers buy fixes for supernatural problems. Do you need protection for your newborn? Want to ward off jealousy? Invite luck for your business? Warn you of any witches in the vicinity? The array of bottles,

barks, stones, leaves, and crystals just might work for you.

In the next block along the Luzuriaga side are the manohilots who massage tired bones and muscles. Using age-old techniques, these women are the go-to healers for a cough that never goes away, or a chronic fever. But for victims of a vengeful spirit, relief by Susan, a manohilot, could be the cure. She does her "clinic" by the Locsin side. Susan will do luy-a luy-a for those she thinks need it. By practice, manohilots have no fixed fee for what they do. If you insist on paying, tuck the cash straight into her purse. Manohilots will not touch money after treatment.

And there's more... The Bonifacio side of the 1950's public market has leather craftsmen who still do the artisanal trade of fashioning belts, repairing worn-out bag straps, and changing soles by hand. The quality of their handiwork is excellent and prices are reasonable.

The foodie in you should not miss buying a pack of Negros sea salt. These are usually sourced in the south of Bacolod (Bago or Pulupandan) and can be produced only about five months of the year when the days are dry and sunny. These beautiful crystals are the result of seawater pumped into their beds by windmills and left to dry in the sun. It is not a sin to buy plenty of asin for you are taking with you the sea, the sun, and the labor of Negrense hands.

The Bacolod City Central Market is a cornucopia of local delights from the guinamos (shrimp paste) to flavor our vegetable stew (laswa), to the baubles sold at small trinket stalls, to shellcraft for Mama's pasalubong. Check out the betelnut chewing pack: a smear of lime paste, a chunk of betelnut, and a wad of tobacco enclosed in a cone of betel leaf. Yes, betelnut chewing is still alive in these parts.

Let your senses and curiosity lead you to more sights, sounds and textures of this funky, folksy and unpretentious side of Negrense and go home with a chunk of the subculture to enrich your Bacolod experience.



JAMpacked laughter on board

BEHIND THE SCENES

Team #JAMazing Behind the Scenes: Everyday Laguna
May 18, 2017 -- first of team #JAMazing's many adventures around the Philippines. We did some exploring to find the many things you can do around Laguna: from food tripping to nature hopping, there's more to Laguna. Here's a sneak peek of our #JAMazingLaguna escape.



Splashing the day away at Bato Springs Resort



Pasulyap-sulyap sa Sulyap Gallery Cafe with the coolest bus Captain and Attendant!



Behind the perfect shot is a lot of takes and camera angles



Wrapping up the day's shoot with the JAMpacked groufie!



Capturing a moment of silence at Sto. Nino de Cebu Church



Madie's Place is the perfect place to be: Cozy & Lovely!



Having a magical time at Enchanted Kingdom



Rain or shine the shoot must go on!



Lake Pandin parin with the entire "Everyday Laguna" crew!

CHRISTMAS VACATION DESTINATIONS



Families have the best times being together – and holidays are the best reasons to plan getaways and vacations where each member of the family will have a role to play. Some families have the tradition of going out of town during the long Christmas season – food trips, shopping, cultural tours, entertainment and sightseeing are in the agenda. The plans have to be good enough for the olds as well as teens and of course the youngsters. Take note: the word family now has taken on a new meaning. It has extended to immediate members or extended families with relatives or adoptive families... or intimate groups like friends, Bible care groups, close business partners, etc.

Lots of places, destinations have the whole family in mind with a complete program that will benefit all ages within one place. Here are some of those places that promise to make precious vacation times worth traveling to:

- Baguio, of course... or a shorter course, Subic. Rent a house with a kitchen and do a lot of home cooking with each batch (divide the group into batches) doing a specialty dish.
- How about the beach – a change of climate from cold city December air to warm, sunny, breezy shores of Bohol beaches or Boracay or surfing in newfound spots, or even as close to Manila like Pico de Loro. Rent a private beach house.
- If you're from the province – then have a change of mood by staying in the city – use a time-share condo, go food shopping like crazy, watch open air concerts or listen to carolers.
- It might also be the ideal time for a family healing retreat. Invite a Pastor / Priest or any spiritual leader who is close to the family. Have a whole day of retreat, then share a humble meal.

- Go back to your roots – partake in the province fiesta. So many happenings (like the Pampanga Lantern Parade... or even just the UP Lantern Parade) are in the offering! Eat in the fields, picnic on local foods, go fishing or hunting, or vegetable picking. Join a public dance, play baseball or volleyball with your old friends who you hadn't seen in years or organize batch reunions and relive good old memories.

- Kids will enjoy a Petting Zoo visit or a theme park.
- For the studious one of the group or those who want to keep learning – public library or museums, or literary seminars or workshops. Poetry reading or art classes.

- Watch a musical, a play or an opera. Take cooking lessons, or crafts... or gardening.

Christmas time is a precious time and must be spent well. Don't just stay home – make yourselves at home in the bigger setting – there's a whole planet to reach and love--- it might lead you to an encounter with God who is the Creator of everything. Because that's what Christmas is all about – finding the time to realize you are as valuable as the time you spend.

Merry Christmas and see you around!

PAANO MAKAKATIPID SA BAKASYON?

Narito ang 5 tips na makakatulong sa 'yo!

TIP 1: MAG-BOOK NANG MAS MAAGA

Higit na mas mura ang iyong gagastusin kung maaga ang iyong pag-book ng mga kailangan sa bakasyon gaya ng hotel o resort at ticket sa byahe. Iwas hassle pa ito sa 'yo dahil mas marami kang pagpipilian at 'di ka magagahol sa oras. Sabi nga nila, daig ng maagap ang masikap.

TIP 3: MAG-PAY AT HOTEL, NO CREDIT CARD NEEDED

Madalas na kailangan ng credit card kapag online ang transaksyon, ngunit Sa **TravelBook.ph**, mayroong **Pay at Hotel, No Credit Card Needed** payment option, kung saan pwedeng mag-book o magpa-reserve ng hotel o resort na walang down payment o reservation fee. Ang full amount ay babayaran na lamang sa araw ng check-in.

TIP 5: MAG-BOOK NG ACTIVITIES, TOURS, AT TRANSFERS ONLINE

Katulad ng mga hotel at resort, mas mura rin ang rates ng mga activities, tours, at transfers sa **TravelBook.ph**! Hindi ka na mahihirapan sa pag-book ng mga ticket sa Manila Ocean Park, Trampoline Park, at Zoobic Safari, at mga tour package sa Coron at Boracay.

TIP 2: MAG-BOOK SA ONLINE TRAVEL AGENT (OTA)

Siguradong malaki ang iyong matitipid kung gagawin ang pag-book sa isang Online Travel Agency o OTA. Ang mga OTA gaya ng **TravelBook.ph** ay nagbibigay ng mas murang rate sa mga hotel at resort. Mas mabilis rin ang transaksyon dahil online ang pag-book gamit ang computer o smartphone.

TIP 4: GUMAMIT NG REWARD POINTS

Ang mga OTA ay kadalasang nagbibigay ng Reward Points na pwedeng gamitin upang makakuha ng discount sa iyong susunod na booking. Sa **TravelBook.ph**, ang Reward Points ay katumbas ng limang porsyento (5%) ng iyong gagastusin. Halimbawa, kung gagastos ka ng P2,000 sa pag-book ng hotel, P100 agad ang iyong makukuhang Reward Points na maaari mong magamit upang makakuha ng P100 na discount sa susunod mong hotel booking.



Para sa mga murang hotel, resort, at tours, mag-book at mag-register na sa nangungunang Online Travel Agency sa Pilipinas, **TravelBook.ph**!

Visit our website at www.travelbook.ph

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