

January-March 2016

Byahe Na!

Magazine published for



- Travel-Hugot 101: Finding Love and Moving on sa Sorsogon
- Dear Candidate
- My FastCat Experience
- New Year...New Business
- Help... I want to De-stress!!!

Happy Riding!
Happy Reading!

HAPPY
NEW YEAR!



NEW ROUTE LILOAN - LIPATA (Leyte) (Surigao)

Liloan: 0998 881 0746

Lipata: 0998 881 0747



Daily Trip Schedules

BATANGAS DEPARTURE	CALAPAN DEPARTURE	MATNOG DEPARTURE	SAN ISIDRO DEPARTURE	LILOAN DEPARTURE	LIPATA DEPARTURE	ILOILO DEPARTURE	BACOLOD DEPARTURE	BULALACAO DEPARTURE	CATICLAN DEPARTURE
01:30 AM	06:30 AM	03:00 AM	06:00 AM	04:00 AM	12:00 AM	08:00 AM	05:00 AM	10:00 AM	03:00 AM
06:00 AM	08:30 AM								
09:00 AM	12:00 PM	09:00 AM	12:00 PM	12:00 PM	08:00 AM	02:00 PM	11:00 AM	10:00 PM	03:00 PM
11:00 AM	02:30 PM								
02:30 PM	05:00 PM	03:00 PM	06:00 PM	08:00 PM	04:00 PM	08:00 PM	05:00 PM	10:00 PM	03:00 PM
05:00 PM	07:30 PM								
08:30 PM	11:00 PM	09:00 PM	12:00 AM	08:00 PM	04:00 PM	08:00 PM	05:00 PM	10:00 PM	03:00 PM
Travel Time: 1 1/2 Hours		Travel Time: 1 1/2 Hours		Travel Time: 2 Hours		Travel Time: 1 1/2 Hours		Travel Time: 3 Hours	

- Fully air-conditioned Business Class and Premium Economy sections
- Elevator for people with disabilities

- Compliant with international, environmental and maritime safety standards
- Capacity: 275 passengers, 34 cars and 7 trucks

Batangas: (0998) 845 3284
 Calapan: (0998) 845 3285
 Bulalacao: (0998) 845 3286
 Caticlan: (0998) 845 3305
 Iloilo: (0998) 845 3287
 Bacolod: (0998) 845 3288
 Matnog: (0998) 845 3324
 San Isidro: (0998) 845 3321

ARCHIPELAGO PHILIPPINE FERRIES CORPORATION

Unit 5B, 5th Floor, UNIOIL Center Building, Commerce Avenue corner Acacia Avenue, Madrigal Business Park, Brgy. Ayala Alabang, Muntinlupa City, 1780, Main Office Tel No.: (632) 842 9341 www.fastcat.com.ph



Table of Contents

- Travel-Hugot 101: Finding Love and Moving on sa Sorsogon
- Dear Candidate
- My FastCat Experience
- New Year...New Business
- Checklist for a Good Travel Photography
- A Very Tasty Bread Pudding
- Help... I want to De-stress!!! (The Real Meaning of De-stressing)
- Sleep na me... Please!
- Room Space to the Max!

For the next issue of Byahe Na! we're inviting you to be in our Feedbox. Share with us your answers to :

What travel destinations are in your bucket list for 2016?

Be a part of our magazine by sending articles, suggestions, testimonials or feedback and connect with us at marketing@jam.com.ph or jamliner.marketing@gmail.com.

The EDITORIAL TEAM is composed of :

Christine B. Guevarra
Executive Editor

Lizza Nakpil
Guest Writer

Jemarie Camba
Roy San Juan
Menchie Lubang
Writers

Alvin Cariño
Graphic and Layout Artist

Joie Taylo
Ace Pangan
Graphic Artists

Nancy Reyes Lumen
Editorial Consultant

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

The head office is at EDSA corner Apelo Cruz Street, Pasay City, Metro Manila, 1300
 Telephone number: (02) 851-8081
 ISSN no.: 2362-762X

15 years of being with Philtranco has gained me more wisdom that will "fuel" my next 15 years. The start of the year is always a good time to assess one's achievements in work as well as in life. It is also the time to correct shortcomings that needs change. Goals and plans for the future are geared for success and with a positive outlook, these can be met.

The New Year holds promise for the Bus transport industry. The foresight for 2016, in relation to Philtranco, is positive. Once LTRFB implements the Rationalization Program of the Bus industry, Philtranco will benefit from its various policies, regulations and procedures, especially in the elimination of "colorum" transports.

To support the growing need of the market and increase its coverage, Philtranco will also infuse bigger investments by adding more fleet and trained drivers. Yes, Philtranco's commitment is to lead the fleet towards a more efficient service that is customer-oriented.

I am confident that for the next coming years, Philtranco will be a major contributor to the progress of our nation. Let us believe in this endeavor and work towards a progressive future.

Happy New Year to our commuters and readers of Byahe Na. This year, may you be blessed with quality time with your loved ones.



Amador A. Condong
Senior Vice President-Finance
PHILTRANCO



Unforgettable Memories



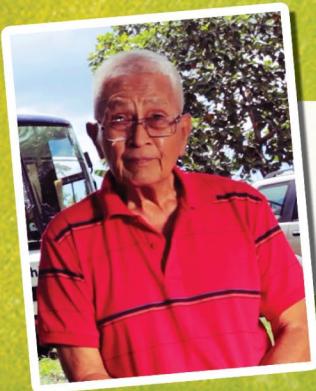
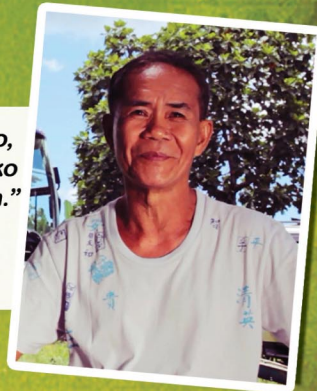
"Ang Philtranco ay mahalagang bagay sa akin dahil dito ko nakita na pwedeng mabuhay ang pamilya basta tapat ka lang sa trabaho.

Ang pinakamagandang alaala ko sa Philtranco ay, dito ko nabuhay ang mga anak ko. Hanggang ngayon, ang Philtranco ay di ko makakalimutan."

Mr. David Bisuna
Retired Line Inspector

"Maasahan talaga ang Philtranco. Dahil ang mga anak ko, dyan ko napagtapos ng pagaaral. Kaya nagpapasalamat ako sa Philtranco at sa management, simula noon hanggang ngayon."

Mr. Domingo Orbon
Retired Mechanic



"Ang sahod ko sa Philtranco ang pinang-gastos ko sa pamilya, nakapag-pagawa ako ng bahay, napag-aral ko ang anak ko at natulungan ko ang mga kapatid ko."

Mr. Simplicio P. Nueva
Retired Command Post Supervisor

"Ito ay kasiyahan ko hanggang sa makapag-retire ako na ang buhay ko ay inilaan ko sa Philtranco. Maligayang-maligaya ako sa Philtranco dahil dyan nakatapos ang mga anak ko sa tulong ng asawa ko at ng kumpanya. At ngayon ako ay nakapag-negosyo dahil sa Philtranco."

Mrs. Maria Luz Vargas Pardines
Retired Cashier



CUSTOMER TESTIMONIALS



Gina Ebia They are all friendly and approachable.
Unlike · Reply · Message · 1



Eshim Llagas - 5★
Thanks to JAM LINER INC. for the FREE RIDE back and forth yesterday as a gift for my BIRTHDAY!!! Thank you JAM!



Paul Magpantay - 5★
Good service in Cubao & free wifi and charging port.
Like · Comment



Renjed'z Jabel Odencio - 5★
Safe trip travel all over the Philippines.
Like · Comment



Francis Adrian Gumalin - 5★
Very good PHILTRANCO!!! You're the best among the rest!!!



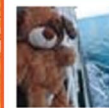
Paulo Roy Bellen - 5★
Philtranco is the best public utility bus going to Bicol. Two thumbs up. 😊
Like · Comment



John Earl Maraviles - 5★
I love FastCat very clean, beautiful, safe and fast. I love FastCat, next vacation ulit.
Like · Comment



Mark Michael Mangalus - 4★
Sana naman mag expand route sa VisMin po and more improvement pa, salamat.
Like · Comment



Mar Cii - 5★
Very convenient, friendly crew, it's really the best! I travelled from Caticlan to Bulalacao. It's really fast. #fastcat
Like · Comment

PLEASE SEND US YOUR FEEDBACK:

www.jam.com.ph

/JamLiner

www.philtranco.net

/PhiltrancoOfficial

www.fastcat.com.ph

/FastCatOfficial

2016 na, kumusta ang puso mo? Gaano man kalamig ang Pasko at Bagong Taon mo, tiyak mas lalamig yan ngayong Pebrero (Aray ko beh!). Pero please, tigilan mo na ang pagluluksa dahil tapos na ang Undas, di ba sabi mo nga eh 'walang forever?' kaya hindi pwedeng forever yang kalungkutan mo. Huwag ka ng maging bitter dahil I have a better idea na siguradong magugustuhan mo! Excited ka na ba?! Let's explore, find love and move on sa Sorsogon! Game?!

Travel-Hugot 101: Finding Love and Moving on sa Sorsogon

By: JEM CAMBA



Bago ang lahat, ihanda mo muna ang gamit mo. Dalhin mo lahat ng sa tingin mo eh kakailanganin mo, pero wag mo ng isama yang feelings mo sa kanya. Kung sanay kang mag-travel with your friends or (ex) lover, why not try travelling alone?

Travelling alone is a great opportunity to meet people, reduce stress and increase self-awareness. Step out of your comfort zone, face the world with a different perspective, and put the 'U' in fUN!

So here's how it goes: **Book your trip with Philtranco** (Tel.: 851-8077 to 78 / 0917-860-4418). They have daily schedules from Pasay to Sorsogon at 10:00 am, 4:00 pm and 6:30 pm. Fare rate is P874.50. Travel time is approximately 13 hours, palitan mo na ang playlist mo with masasayang kanta, good vibes lang dapat because this is going to be a long and fun ride! So sit back, relax, and prepare yourself for a new level of adventure because Sorsogon has a lot in store for you.

Swim with the Whale Sharks of Donsol

Sorsogon has always been associated with the Whale Sharks or the Butanding. Ihanda mo na ang sarili mo sa iyong face-to-face encounter with the Whale Shark! Huwag kang matakot dahil panandalian lang yan (gaya ng pag-ibig nya sa'yo). Enjoy the moment at 'wag kalimutang magdala ng underwater camera at magpapiicture para naman ma-share mo sa lahat ang iyong adventure and realization that there are plenty more fish in the sea.

Surf Like a Pro in Gubat Bay

Don't forget your rash guard and swimwear because Gubat Bay is now becoming known to be the 'surfing haven' of Sorsogon. Its sandy beach is a perfect spot to learn how to surf. Learn to ride the waves one step at a time! And remember what Jonatan Martensson said, "Feelings are much like waves, we can't stop them but we can choose which one to surf."

Dip into the Cold and Hot Springs of Irosin

Gusto mo bang balikan ang init ng pagmamahal nya o gusto mong alalahanin kung gaano sya ka-cold sayo? Pwes! 'Wag kang mag-alala dahil sagot ka ng Cold and Hot Springs ng Irosin! Irosin sits at the base of Mt. Bulusan which is why it is blessed with natural springs.

Fall in love with Bayugin Falls, Bulusan

Believe in 'love at first sight' and be captivated with the enchanting and magical scenery of Bayugin Falls. The falls is surrounded by relatively dense forest and the 20-minute hike is definitely worth-it (di gaya ng ex mo), so embrace Mother Nature and enjoy your stay here.

Go Island Hopping in Matnog

Because being fabulous is the best revenge, take a selfie and show-off your beach body while hopping-in to the beautiful beaches of Tikling Island and Subic Beach! Escape from stress and be mesmerized with their white sand beaches (yep! that's a perfect way to fix a broken heart!). Still haven't found your fish yet? Take a side trip to Juag Fish Sanctuary where you'll get to swim and feed the aquatic animals.

Extend Your Adventure to Samar

From Matnog, you are just two hours away to Samar so why not extend your adventure? FastCat recently started their operations for Matnog-San Isidro route which makes it easier for everyone to travel all the way from Luzon to Eastern Visayas. Sail away from your worries and fears and try their FerrySafe, FerryFast and FerryConvenient trip now!

What are you waiting for? Tigilan na ang drama at simulan na ang lakwatsa! Life is a journey so make the most out of it, and travel brings power and love back to your life.

DEAR CANDIDATE,



After being in a long line for my new voter's ID, I just realized that I have the duty to choose a candidate wisely. Are you worthy of my vote?

Are you a good parent? How about your own parents, are they honorable folks? Your children --- spoiled or honorable?

Are you honest and true? Who can attest to this aside from your family and friends? May mga pending legal cases ka ba? Malinis ba ang iyong track record? No extra marital issues?

What's your IQ? EQ? Would your own teachers endorse you? Were you an aktibista o lakwachero/ra? Student leader? Team worker? Honor student?

Matagal ka na ba sa politics? Nag umpisa ka ba sa mababa o sa Senado na kaagad?

Who is God to you? Do you have a spiritual life of prayer? Do you think you're going to heaven when you die? Why?

Among national issues ang importante sayo? Unemployment? Education? Taxation? Public health? Corruption? Safety and security? Environmental protection? Higit sa lahat, ano kaya ang mga solution mo sa mga issues na ito?

How many languages/local dialects do you speak? Do you write your own speeches? What books do you read? How active are you in cyberspace? Marami ka bang likes sa FB Fan Page mo? O puro NEGA ang comments sa'yo?

In your manner of talking – can you be both forceful and effective without being tactless? May laman ba ang mga sinasabi mo? Naiintindihan ba ng mga tao? Kaya mo bang panindigan ang mga binitawan mong mga salita?

Do you know the laws of the land? Sige nga, whats on Article 8, Section 5 of the constitution? Hahaha.

How do you play up to media? Are you a press darling? Napipikon ka ba if there's a bad write up about you? How do you deal with slander, scandal or dirt thrown at you?

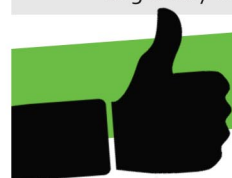
Personal life: Do you have a temper or are you a cool dude? Have you ever beaten up someone? Do you have firearms at home? Bodyguards? Do you drive your own car? Does your car have wang-wang? Have you ever ridden a bus or jeep? Lined up? Do you cook (they say that people who like to cook have social skills)? Do you know the important dates to remember like spouse's birthday or anniversary? Have you ever eaten with your hands (not for pa-cute but for real)? Do you pay the right taxes? Define service...

How healthy are you? Have you ever been sick of something major?

Do you have vices? Do you smoke, drink alcohol or gamble? Do you do drugs? Are you protecting a drug lord?

Mahilig ka bang mag kawang-gawa? Ano na ba ang nagawa mo para sa karamihan? Natuwa naman ba ang madla? Guminhawa naman ba ang buhay nila?

Let me check your answers and I'll give you a report card. Intro pa lang yun... marami pa akong tanong. hahaha. See you in May!



My FastCat Experience

Photos & text by: RMJ



When I was a kid, I used to look forward to weekend trips to Iloilo City, Bacolod's next island neighbor in the Visayan Seas. My parents usually booked us a family room in Hotel Del Rio or River Queen Hotel. The consummating activity would be shopping at SM Shoemart. Yes, that's how we call it way back then when Bacolod did not have its own SM yet. Those were fond memories of the late 70's and early 80's.

The only bittersweet part of those childhood trips, however, was the 2-hour boat ride from across the islands. The sweet part of the trip was that it felt like we were on a cruise. We rode a really huge white ship just like in the movies. We would hang around in the dining room of the boat (either Princess of Negros or Don Vicente) and order food like we were in a restaurant. And then one could either laze around the rattan chairs on the open-air deck or stand by the boat's railings when it gets to the part of passing by Siete Pecados Islands. Imagine a Jack and Rose scene in the Titanic with their windswept hair and dreamy look. The bane, for me, was when the seas got rough. All the glory of the dining experience would end up in the barf bag. My only wish then was for a shorter boat trip to minimize my agony when I got seasick.

Just three months ago, the first and only modern catamaran (Roll-On-Roll-Off) RORO started operating in Western Visayas. It docks at the Banago, Bacolod Port and in Iloilo River Wharf. Being an adult now who needs to travel to Panay for business, I wished for our islands to have a commercial RORO operator that is fast, clean, modern, convenient, and one that can make me bring my car and do business across the island in just one day. True to its name, FastCat became my fast business solution. In modern times everything has to be done fast.

I tried it last November when I had to attend to business meetings from the Eastern to the Western side of Panay. I brought my car and it was parked in a clean space aboard the vessel along with the other cars and trucks while I went

up and took my seat in the fully air-conditioned passenger deck. Boat stewards demonstrated how to don a lifejacket like it was being done when you ride a commercial airplane. A spic-and-span canteen sells food and drinks. A widescreen TV shows movies onboard. I munched on light snacks, watched a movie, and after quite some time, we were docking in Iloilo. That was fast, alright. It's just what we need in business.

Taking the trip back from Iloilo to Bacolod was a different experience. I had the opportunity to sit beside the Captain at the bridge and witness how the boat was navigated from the time we left Iloilo to the time we docked in Bacolod. He and his chief mate showed me all the controls in one huge panel board. They gave me a very warm accommodation. Most of all, I was amazed at how the boat was "driven" with one hand using a simple joystick that looked exactly like a child's toy. To top it all, this sea craft had a mini open-type elevator that can reel an elderly or a person on a wheelchair from the ground deck to the passenger deck. One couldn't ask for more.

On my next trip to Iloilo, I'll make sure it's for leisure. I'll bring my car again and take the FastCat. I'll probably try to book in the same hotel where my parents used to bring us siblings and I'll visit the old SM Shoemart to relive fun memories of my childhood. Something from this memory was missing from my last trip though. I did not see any vendor at the port selling the traditional "mais nga tinanok" (boiled corn) that Iloilo is known for. It used to be a "must-bring" pasalubong. Now, that's something to look forward to in my next FastCat trip.



CORPORATE NEWS BOARD



FASTCAT NEW ROUTES!

FastCat started its operation in Bacolod (Banago) and Iloilo (Lapuz River Wharf) last September 25, 2015.

On Nov. 1, 2015, FastCat travelled the route of Matnog (Sorsogon) and San Isidro (Samar) for the first time.

OPLAN LIGTAS BIYAHE 2015

Buong galak na sinalubong ng JAM & Philtranco management sina DOTC Sec. Jun Abaya at LTRFB Chairman Atty. Wilson Ginez sa Philtranco Pasay Terminal bilang bahagi ng kanilang "Oplan Ligtas Biyaha" project noong Oct 29, 2015.



JAM & PHILTRANCO CERTIFIED DRUG-FREE WORKPLACE

Bilang suporta sa LTRFB at DOTC sa kanilang "Drug-Free Workplace Campaign" ang JAM Liner at Philtranco, in partnership with Drugcheck Philippines Inc., ay nag-conduct ng testing noong first and fourth quarter of 2015 upang siguraduhin na drug free ang mga Bus Captains at Attendants para sa safety ng mga pasahero.



FIRST BATCH OF 100 NEW PHILTRANCO BUSES

Last October 2015, dumating sa Philtranco Pasay Terminal ang first batch of 100 new Deluxe buses ng Philtranco upang maghatid serbisyo sa iba't ibang panig ng Pilipinas. Byahe na para ma-experience ang byaheng masaya, serbisyong subok na!



1000 NEW YEAR... NEW BUSINESS 1000

Bagong taon, bagong hanapbuhay. Marami sa atin ay may big hopes and dreams for 2016. Kung may failures sa nakaraan – forget! Kung may success, grow! As our country progresses and becomes global, many new doors have opened for new products and services. Ang mga smart OFW's naghahanap ng mapopondohang business for their families here. If you're focused on building a successful business but have little capital, then use your own personal "powers" (talents, connections or collections) to get started. Here are some suggested "new" businesses:

Got an extra room? Got a nice, spacious garden? Rent it out. Small parties, meetings, intimate weddings, TV shoots or Tupperware parties --- they need private spaces. But be sure you have good parking available and your neighbors will allow your customers to park all over the street. Rent your place also to travelers, bed and breakfast style. Mag paregister ka lang sa mga travel portals sa internet. More earnings, global pa ang customers mo.

Build a home or community business center – start with your neighbors who need office work services. Provide photocopy, printing, typing, encoding and scanning services. May mga households na hindi pa rin hi-tech.

Put up a small test kitchen or food photography studio in your community and get the small restos and food outlets to have their food photos done. You can style the dishes, take the shots and print for their signages or menu book. If you know how to do recipes – you can standardize them, test for taste and test new ingredients for them.

Weekly ukay-ukay or garage sale. You can manage other people's garage sales and get commission. For extra income, charge for delivery of big items. Repair, repaint old broken things and resell. Do it like "eBay" and help them sell their stuff.

Redesign old jewelry – fake or real. Be sure to sign a receipt for real jewelry and first thing to do is to take a photo (close up). You need some instruments that watch repair shops have, also a solder, and if you can do this well, you can even design new jewelry using "used materials" from the junk shop, motor shop or electrical shop (example, copper wires for bracelets).

Charge a fee for room or house organizing. Messy areas need help, but some people can't do it because of lack of time. Take inventory of the items, take photos and then propose a floor plan and where to store things. This will take several days of work – so charge a daily rate.

If you are good in make-up or hair styling, you can start with your friends but charge them for your services. The best time would be during proms, grad balls, photo sessions and dates. Offer an affordable fee. Even Lola's or moms will be happy to hire you for simple make-up.

Are you ready to be the next successful business person? Alam nyo ba na si Steve Jobs, ang co-founder ng "Apple, Inc." ay nag umpisa lamang sa pag gawa ng computers sa GARAHE? Ayan, don't be afraid to spread your wings and fly... Best of luck to you!



So you have the top of the line, world-class, latest edition camera on your hands and you've got a mole on your foot (which means you want to travel)...before you set out on your photo shoot adventure, here are some reminders to make your trip practical, hassle-free and successful.

Do you have a good eye? If so, then start your travel photo album for us to see. And here's something helpful from Byahe Na--- this serves as a checklist before you step out the door... to the wide world.

- ✓ Extra batteries and USB's, chargers and cords
- ✓ Camera case or protective coverings
- ✓ Travel papers, visa and permits
- ✓ Did you Google about the travel site? Study the map and remember landmarks.
- ✓ Contact names and numbers per destination
- ✓ What are you wearing? Comfy or weather-proof clothes?
- ✓ Always check the weather report.
- ✓ Before you take the shot, always ask permission.
- ✓ Train physically for endurance and speed
- ✓ Camera lights, umbrella, tripod and other accessories
- ✓ Valid identification cards
- ✓ Some people might want to be paid for posing, so always have cash with you or small items as give-aways.
- ✓ Plan your shots: What effects to use?
- ✓ Timing? Distance?
- ✓ Bring a gauze or white material to act as light diffuser
- ✓ Learn some common phrases of the country's language
- ✓ If feasible, travel with a buddy.

Some qualities needed by a good travel photographer:

- Being friendly and showing a smiling face makes it easier to deal with subjects
- Be alert, speedy and agile to move body from tiring positions
- Good eye for color, texture and composition
- Good sense of humor
- Good sense of space
- Patience for that great shot!
- Love for beauty, nature and life
- Has a romantic side in one's personality

Travel the Visayas with
 **Philtranco** SINCE 1914

and

FastCat

Known as "The City of Smiles" and the capital of Negros Occidental, Bacolod is an easy trip via Philtranco and FastCat. Philtranco is the country's first-ever truly national bus operator that offers not just accessible destinations to the Visayas and beyond, but is also safe and convenient.

Pack as many pasalubongs and souvenirs (coming and going) as you want, with Philtranco's affordable luggage allowance that permits you to load large and odd-sized padala for very reasonable fees. You can be assured that you will be traveling with your baggage all the way to your destination.

Philtranco's sensible routes also allow you to be dropped practically at your doorstep (no additional costs nor hidden fees for transport from the airport or other city-centre terminals).

Now, there is also an easy way to travel from Iloilo to sister city Bacolod, it only takes 1 1/2 hours of travel time via FastCat, which operates the country's most modern fleet of ferries. FastCat can accommodate 275 passengers, 34 cars and 7 trucks/buses and operates daily to and from Bacolod and Iloilo.



To know more about our destinations, please visit:
www.philtranco.net
www.fastcat.com.ph

Call us at:
(632) 851-8077 to 79
(632) 842-9341



JAM  **WE'RE HIRING!**

- Bus Captains (Driver)
- Bus Attendants (Conductor)
- Lady Bus Captains (Driver)
- Lady Bus Captain Scholars (Free Training)

- Customer Service Supervisor
- Customer Service Assistants
 - College graduate
 - With at least 5 yrs. supervisory experience/ 3 yrs. experience as a customer service assistant from a reputable call center/ BPO company



Please send your resume with latest photo to:
Ms. Jasmine Rose S. Riosa
 HR Associate
 Contact No.: 0917-627-4895
 Email: recruitment@jam.com.ph



Tel: 02 810 8000
 Mobile: 0918 810 8000

EARN AS MUCH AS
PHP 24,000/month

Be a **PARTNER-DRIVER!**

QUALIFICATIONS

- Male, mid 20's to late 30's
- At least High School graduate
- With pleasing personality
- Familiar with smart mobile phone operation
- Can drive both manual and automatic cars
- Willing to undergo further training
- Familiar with Metro Manila routes and nearby provinces

REQUIREMENTS

- Professional Driver's License (OR and Card)
- NBI Clearance issued not more than six (6) months prior to submission & MMDA Clearance issued not more than 10 days prior to submission
- Medical & Drug Test Certificate
- Resume with updated 2x2 photo


 FerrySafe. FerryFast. FerryConvenient.

JOIN US!
 We are in need of:

- Safety Coordinator
- I.T. Supervisor
- H.R. Assistant
- Engineering Assistant
- Technical Superintendent
- System & Network Administrator

- Application Developer
- Electronics Technician
- Marine Electrician
- Welder / Fitter
- Area Technical Engineer
- Legal Staff

ARCHIPELAGO PHILIPPINE FERRIES CORPORATION
 Unit 5B 5/F Unioil Centre Building, Acacia cor. Commerce Avenue,
 Madrigal Business Park, Ayala Alabang, Muntinlupa City,
 Philippines 1780 **TEL No.: (632) 842-9341**

PLEASE SEND YOUR RESUME
 WITH UPDATED PHOTO TO:

Ms. Rosalyn De Guzman
 FastCat HR Assistant
fastcathr@gmail.com



A VERY TASTY BREAD PUDDING



Nancy Reyes Lumen

My new favorite snack bread is the "Tasty". It is soft, smells nice, and when I'm eating it – comfort food. This treat is one of my fave childhood food memories --- every slice with thick coat of butter and then sugar...I could eat it everyday.

Now that "Tasty" is back in the shelves, let's make Tasty Pudding. It is so easy, you'll feel good you did it!

- 1 pack Tasty bread, slice off the brown sides, set aside.
- 1 whole bar soft butter (preferably salted)
- 3/4 C sugar
- 2 egg yolks
- 2 C fresh milk (can also be chocolate milk, or strawberry milk)
- Pinch of salt
- 1/4 C or more brandy or rum



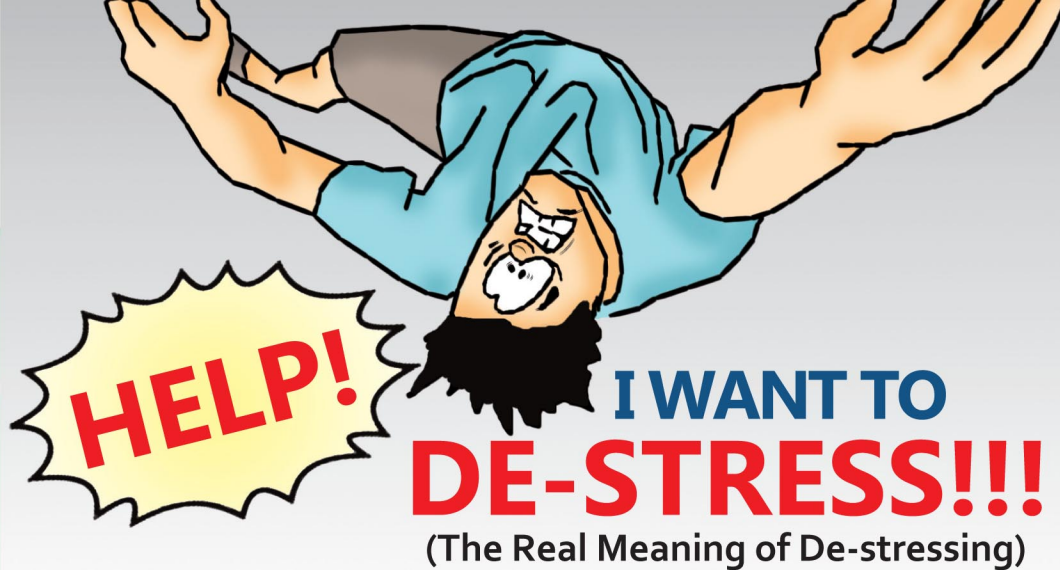
TIPS PA MORE!

Making this bread pudding is a good way to start the year – specially if you have excess ingredients from the holidays. Here are some more tips to make the Tasty Pudding flavorful:

- After slicing the sides out of the bread, cut each slice into a triangle.
- Butter the bread all over, as thick as you want and arrange the slices upright in a buttered baking dish. The pointed tip of the triangle must be up.
- In a bowl, combine the sugar, egg yolks, milk and salt. Be sure to whisk the egg yolks till blended (like leche flan)
- Add rum or brandy and blend
- Pour the batter over the arranged triangles.
- Bake in a 350F - degree oven or toaster oven for about 20 minutes.
- As for the brown sides of the Tasty...keep in the ref and use it for breadcrumbs.

- Add Parmesan Cheese all over.
- If you used Chocolate milk, then add chunks of chocolate candy and incorporate into the batter.
- Take out the sugar in the recipe, instead use savory sauces like pizza sauce, cheese sauce or adobo sauce...
- Of course, the usual cinnamon or nutmeg seasoning are also good.
- Use brown sugar for a heavier taste.
- For a very thick pudding, use full cream milk or all-purpose cream.
- Add in apples, cherries or peaches.

Do this at home with the kids. They will get a good dose of self-confidence once they get to do this pudding and the holiday feelings and cheers will be all over your kitchen!



The worst thing to feel at any time is STRESS. Alam nating lahat yung consequences nito, from simple headache to cancer. Modern lifestyles can be stressful if we try to live up to what the media dictates as "beautiful, sexy, smart, rich or famous". Puro ego-centric pursuits! If you are a society victim of this kind of social pressure – then you are probably nursing stress. So, do the opposite: DE-STRESS yourself mentally, physically, financially, socially, emotionally and spiritually.

The easiest state to start with is financial – manage your resources well. **SAVE** instead of spending. Prioritize your expenses but be sure to leave some for your own enjoyment. Pay up your utang, even drop by drop or offer to pay in ex-deal. Just get rid of the burden of owing money. **BUT---** don't dare borrow money to pay for money you borrowed, you will just sink deeper in debt.

The social, emotional and spiritual ways to start de-stressing have to do with yourself first – how do you perceive yourself? Do you have low self-esteem? Or maybe you're too "bilib sa sarili"? Take some personality tests (many magazines have it but choose the sensible ones to take). Once you feel you know yourself – your good and bad sides, then release the bad ones by enjoying your being.

Here are some ways:

- Join or have a spa party with classmates or family members
- Have a cleansing diet
- Go to a mountain top and pray there
- Create-cook-design
- Join a medical mission
- Sleeeeeeep!
- Sing-dance-sweat
- Go on a retreat... pray hard
- Work on an adult coloring book
- Have a change of scenery (get un-plugged from your gadgets)
- Engage in "deep listening". This is not just in terms of communication with others, but also listening to ourselves and to life in general. This occurs when your mind is quiet, when it is without distractions, judgments, interpretations or conclusions.

Physical de-stressing can be done in several ways, so many books and talks offer good solutions. Choose one that you can do and enjoy doing like – an easy diet (to lose or gain weight), dance exercise, do walking or hiking, make sure to sweat daily, good massage also helps, have a facial, new hairdo, sleep early (don't go out at night for 2 weeks), eat only till 6pm, drink lots of water or go vegetarian for a week.

Mental stress can only be solved if you can control your own mind. First, ask someone to assess your situation (a sister/brother, best friend, soulmate, spouse or boss) because you might be so confused with your situation that you don't really know what's up. Once you've heard their opinion, then **MAKE A DECISION TO CHANGE HOW YOU THINK.** That's it! It's as simple as it gets... there's no other way but decide to change. Once you **FULLY** agree that you need a change of thinking pattern – then write it down and read it as many times in a day as a reminder. it's actually training yourself to think right.

Many times, de-stressing is not dealing with yourself directly but opening your heart to things outside your comfort zone. Share yourself to the world, be sociable. More importantly, make God the center of your life and help spread the good news! Try it!



Philkargo Changes the Game

Established in 2002, the company quickly became a force to be reckoned with in the bus terminal-to-terminal cargo service. Utilizing the excess space in the underbelly of buses, it was able to convert this idle capacity into a revenue-generating stream. The company harnessed the already-popular “padala system” widely accepted and used in the bus industry by putting up a professionalized method of cargo-handling. Thus, PhilKargo was born.

**EDSA corner Apelo Cruz Street,
Pasay City, Metro Manila, 1300**

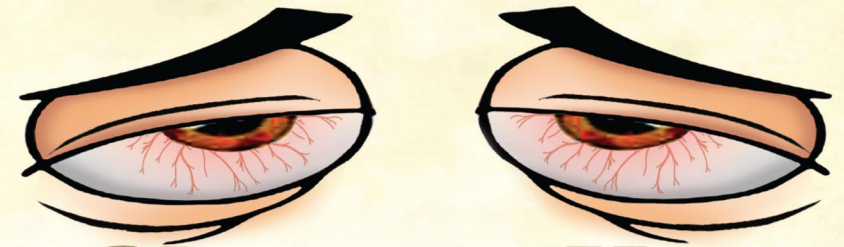


**PASAY: (02) 853-3222
CUBAO: (02) 722-7567**

www.philkargo.com.ph



One of the toughest situations to be in is
when you cannot get yourself to sleep.



Sleep na Mezzzzz Please!

There are a dozen or more reasons for this – can be psychological, physical or spiritual. Watching horror movies causes you to lose sleep and it's a form of torture, di ba? Mahirap mawalan ng tulog – tossing and turning in bed, sakit ulo, init ulo, aburido the whole day, and it is also dangerous when one is driving or commuting---in other words – lack of sleep is not a healthy and safe thing!

Many solutions or cures are presented to get sleep. But first, what are the causes? Worry and stress, anemia (lack of blood in the system), and other sickness, incontinence (wee-wee ng wee-wee) at night. It could also be caused by hunger, thirst, pain, caffeine, nicotine, pills, drugs, and also from overeating like having a bloated stomach. So many causes in this modern world that even young ones suffer from it. On the other hand there's the fear of “bangungot” specially in men who are drunk and have eaten food that is heavy to digest at night. Patay kang bata ka!

Cures can be medical, psychological, mental, physical or by miracles! Some insomniacs will drink medicines to induce drowsiness or sleep. Others resort to alcohol, drugs, hypnosis or yoga. Exercises for sleeping can help. Here are a few suggestions on how to get yourself to sleep. We're not saying they will all work for you---so don't worry...just read and if one of the suggestions is doable for you – then JUST DO IT!

- Light exercises to get you tired but not too exhausted that your adrenalin will wake you up.
- A good massage to relax your muscles.
- Prayer time to shoo away the worries (this really takes practice but believe me, it works!) Just make a firm decision that when a bad thought comes to mind, say a short prayer.
- When you're in bed, tell your body to go to sleep – starting from your toes up to your head...
- Good relaxing music.
- Avoid watching horror or over-emotional scenes
- Read the Bible---Sometimes it makes people sleepy but at least you get one or two good thoughts from it.
- Learn to shut off your brain.
- Put off your mobile gadgets --- FAR AWAY from bed.
- Some kinds of teas/tisanes or any warm drink that you're used to can help.
- As for natural ingredients – one of the best and simplest fruits to help you sleep is....a Banana!

GO BANANAS!



Bananas have a natural hormone called melatonin which helps to regulate the biorhythm for sleeping. Bananas are good carbs, about 93%. Studies have shown that eating carbs before sleeping helps you fall asleep quickly. But warning to those who eat lots of pancit (carbs ito!) before sleeping, specially if one is drunk... because it might cause the deadly “bangungot”.

Other foods that contain natural melatonin are cherries. But syempre, mahal na fruit ito---and the bottled ones are not good. Nevertheless, if you have the chance, grab a handful of fresh cherries and enjoy them before bed time. The melatonin content will promote restful sleep. It can even help one to overcome jetlag or graveyard shift time changes.

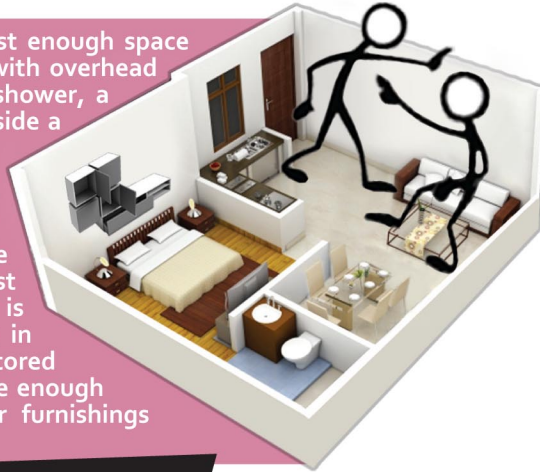
One of the more important things to remember when you finally get that good sleep is this: after your sleep and you're awake – say a prayer of thanks that you did not sleep for eternity. Thank God for waking you up!

Room Space to the MAX!

Napansin ba ninyo ang napakaraming condo complexes being built all over the metropolis? Most of these units are owned by Balikbayans and OFW's. Some condo units are big...but most of the high rise complexes are "size-challenged", as in, some are as tiny as 18 square meters. That's just enough for one bed and bathroom!

Many of these tiny condo units have just enough space for you to have a 1x1 sqm kitchenette with overhead cabinets, a really tight bathroom with shower, a small desk space and clothes cabinet beside a single bed. Yun lang!

Well, knowing how Filipinos are when they have their own space – they will fill it up to the max...all the possible space that's available. Be conscious of the most important fact about your place – it is VERTICAL SPACE so you have to keep in mind that the things you add to it can be stored or kept vertically because you don't have enough horizontal space. In other words, your furnishings must be stackable!



Manage space without suffocating your room! Here are practical tips from Byahe Na!

- First, get rid of things you have not touched, used or seen in the last 2 years (collected magazines, useless gifts, old clothes and shoes, gadgets, etc.).
- Measure your room, draw it on tracing paper with the existing or planned furniture like bed, desk, TV console, dining table, ref, sofa, etc. Based on your drawing, plan what else you can add to the room.
- For appliances – buy one that is multi-functional like a rice cooker that can cook soup, stir-fry, deep-fry (but it's not practical to fry in a small unit), cook everything just by itself. Get a microwave – if you don't cook. Just heat up frozen foods.
- Do you really plan to cook in your small space? If so, buy an induction cooker – uses more electricity but is flameless and cooks food quicker.
- Buy a good cooler that is stackable. You'll need this not just for outdoors but also if you buy extra food and it can't fit in the ref, you can keep it chilled in your cooler with lots of ice – parang ref extension.
- For storing food – invest in Tupperware goods that can be stacked one on top of the other. Food grade plastic bags are also okay and will keep extra food in less space.
- Folding bed or sofa bed. Get the ones with storage space underneath to keep your linens, towels, etc.
- Sort out your clothes for the dry and wet seasons. Keep the ones you will not yet wear in suitcases and place shoes in stackable racks.
- Your work table or desk can double as your dining table.
- Bathroom – get a rack that can fit over the toilet, store soaps and cleaning things behind the toilet bowl, buy hooks for towels and use a small rack for drying things you washed.
- Your door can also hold things if you place hooks for your car keys, mail, bags, jacket, etc.

Owning your own space is everyone's dream. It feels good to be in a place where you are your own King or Queen, no matter how small.



www.jam.com.ph
f JamLiner

SERVING DAILY

- BALIBAGO • BATANGAS • BIÑAN • BUENDIA • CABUYAO
- CUBAO • LEMERY • LIPA • LUCENA • TURBINA



KABAYAN HOTEL

www.kabayanhotel.com.ph

Tel: (02) 702 2700 to 04 | Mobile: 0917 702 2700

347 EDSA, Pasay City, 1300, Philippines



kabayanhotel



**SPECIAL DISCOUNTS
FOR EARLY BOOKINGS**



**NEAR BACLARAN
CHURCH (1.3km),
SM MOA (2.4km),
RIZAL PARK (7.9km)**



**A FEW STEPS FROM
MRT/LRT STATION**



**NEAR T4 AIRPORT
(2.3km), DFA,
BUS TERMINALS**

“A gem in Metro Manila”

- kenoytugado, London, United Kingdom



“Nice hotel for family and business trips”

- slazenger552, Davao City, Philippines

“Exceptional quality for a bargain hotel”

- JDLaBash, Austintown, Ohio