

October-December 2015

Byahe Na!

Magazine published for



- **From Konduktor to Bus Captain**
- **JAM and Philtranco Level Up with Mission Impossible-style Bus Trackers**
- **Swimming is (also) Slimming**
- **All I Want for Christmas...**
- **Do you Want to Live to a 100 Years Old?**



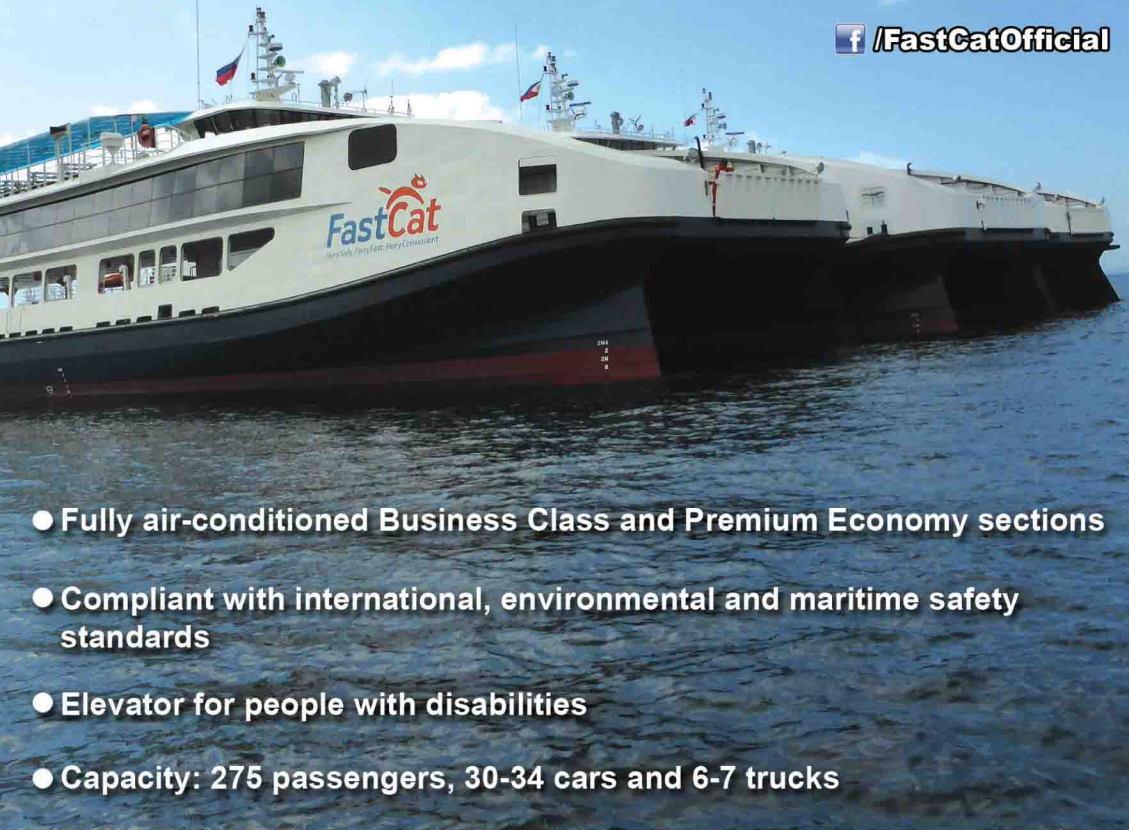
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11:00AM	12:30PM
02:30PM	04:00PM
05:00PM	06:30PM
08:30PM	10:00PM
12:00AM	01:30AM
01:30AM	03:00AM

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12:00PM	01:30PM
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For the next issue of Byahe Na! we're inviting you to be in our Feedback. Share with us your answers to :

What's your extra ordinary wish 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.

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KAAGAPAY SA BYAHE... FOR ALL SEASONS

We, at JAM Liner, know that Christmas season is a time to be with family and friends. This is why we shall do our best to bring you to your hometown safe and sound. Each year, our Christmas wish is to be the best bus line service – to be the people's KAAGAPAY SA BYAHE, 365 days, 24/7... not just for the holidays but everyday!

Ang public transport bus ay hindi ordinaryong sasakyan. This is a special carrier, bringing people to their destinations as they commute day to day to earn a living. It is a public service that involves big responsibilities. Numbers of people travel to and from the provinces to Metro Manila for many reasons: to commute to school, work, business, to tour the city or the suburbs or to visit family and relatives.

Araw-araw, mapapatunayan natin na ang public buses ay nagsisilbing kaagapay ng masa para sa layunin ng kanilang buhay, nang maipagpatuloy ang kanilang pangarap at kinabukasan, at higit sa lahat para makabalik ng ligtas sa kanilang mga minamahal sa buhay. Kasama nyo kami at commitment namin ito sa inyo.

The Operations Team of JAM Liner is systematically creating plans in order to – 1. provide adequate bus dispatching for every terminal, 2. ensure the safety & security of all on board, and 3. continuously improve our customer service levels.

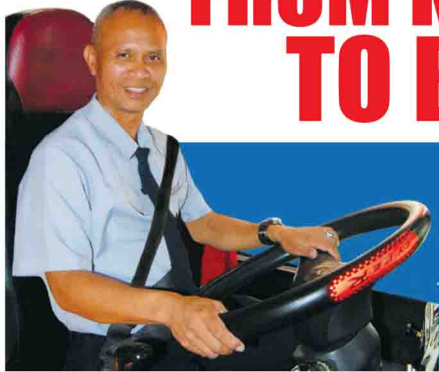
In the face of a tight economic situation, the investments in improving bus operations are indeed very costly. Nevertheless, it will not deter us from increasing our transport fleet. This year, we have provided additional 15 buses, and coming up are 30 more buses before the end of 2015 – all these to serve our Southern "Byaheros".

In addition, as part of our efforts to improve, we upgraded our information system by establishing JAM Hotline or JAM Care, where you can send your SMS or connect with our team. Call us! Your inputs are valuable. These will help us understand and evaluate the quality of our service and address our passengers' expectations. It is our aim to continue providing excellent customer service to our commuters.

As we end the year, JAM Liner wishes everyone a blessed Christmas and New Year. Maraming Salamat po sa patuloy na pagtangkilik at pagtitiwala.



Fernando V. Alejandrino
Vice President – Operations
JAM Liner, Inc.



FROM KONDUKTOR TO BUS CAPTAIN...

Si Eulogio Bonganay ay 50 years old at katutubong Roxas City. Ang kanyang maybahay ay si Anely at sila ay may 2 anak: si Christian at Ronald Ace. Ano ba ang day-to-day "adventures" ni Captain Eulogio as he takes his JAM Bus on the road? 15 years of service na siya sa JAM--- marahil ay marami tayong malalaman tungkol sa buhay ng isang Bus Captain.

Byahe Na (BN): Saan at paano ka natutong mag-drive ng public utility bus? Gaano na katagal?
Answer (A): Ang una ko po talagang trabaho ay Konduktor. Habang ako ay nangungunduktor ay nag-aral din po ako na magmaneho ng bus. Year 2000 po ako nagsimulang mag-drive ng bus.

BN: What part of your job do you like most?

A: Marami po akong nakakahalubilo lalo na ang mga suki ng JAM at masaya po ako dahil nakakaserbisyo ako sa karamihan.

BN: Para sa inyo, ano ang ibig sabihin ng public service.

A: Kapag naihatid ko po ang mga pasahero sa lugar na kanilang pupuntahan, pakiramdam ko nakatulong na rin ako sa mga tao at sa bayan.

BN: Ano ang pinaka-challenging sa inyong trabaho at bakit?

A: Mahirap gumising sa umaga, pero kapag gising na, ok na ok na rin, ready to work na.

BN: How do you maintain a "cool" attitude pag traffic?

A: Sanay na ako sa ganung sitwasyon, nirelax ko lang po ang aking sarili. Iniisip ko na lang ang safety ng mga pasahero, kaya kailangang cool ang ulo lagi.

BN: How do you prepare to go to work everyday?

A: Pag gising ko po sa umaga ay nagdarasal ako na sana ay gabayan ako ng ating Panginoon sa aking pagmamaneho sa araw-araw. Of course, kakain po ng almusal at maliligo bago pumasok para kaaya-aya naman sa mga pasahero.

BN: Ang safety motto ko ay...

A: "Slowly but surely"

BN: How do you make sure your passengers are safe with your driving (example, huwag ibababa ang pasahero sa gitna ng daan, maintain speed limit, huwag bigla-biglang mag-preno, atbp.)

A: Syempre bago bumiyahé pinapa-check-up ko muna ang aking bus kung walang diperensya para sa kaligtasan namin ng mga pasahero at kailangan din ng tamang disiplina sa pagmamaneho. Ina-apply ko po lahat nang aking natutunan sa aming training sa JAM.

BN: Katas ba ng trabaho mo ang pag-aaral ng mga anak mo?

A: Opo, syempre. Dahil sa trabaho ko ay napag-aaral ko ang aking mga anak, at nasusuportahan ko ang aking pamilya.

BN: Favorite lunch meal... where do you usually take a break for your meals?

A: Depende po kung saan ako abutin dahil lagi naman po akong nasa byahe, sa tanghalian madalas kong kinakain ay gulay, pero sa almusal naman paborito ko po talaga ay tuyo.

BN: Ano ang message mo sa kapwa bus drivers?

A: Mahalin nila ang kanilang trabaho, at maging mabait at magalang lalo na sa mga pasahero.

BN: Ano ang inyong Christmas wish?

A: Na gumanda pa lalo ang takbo ng JAM para na rin sa kinabukasan ng aking pamilya dahil dito ako kumukuha ng aming ikinabubuhay. At para din sa mga kasamahan ko sa trabaho.

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GOOD MANNERS & RIGHT CONDUCT FOR PASSENGERS

Day in, day out we commute to work, home and other places. It's so nice to be seated with someone pleasant and polite, who respects your space – nakaka-relax. Let's learn some good manners --- of being a polite passenger and seatmate. Ituro ito sa mga kasamahan para hapin-hapi tayong lahat sa byahe. Kaya natin ito. A polite society is a progressive society.

Ikaw ba'y OKEY na seatmate sa byahe?



MGA DO's and DON'Ts:

- Read and follow the signages posted inside the bus or vessel. One of these is relating to Senior Citizens, Pregnant Women or those na may kasamang bata and Persons with Disability (PWD). Don't ignore it. Give way, be considerate and keep the seats available for them.
- Put your baggage only within your space and make sure it does not block the passageways.
- Kung malayo ang byahe mo, stay by the window seat para hindi mahirapang bumaba ang malalapit lang ang destinasyon.
- OK rin to say thank you to the driver as you are leaving. Or acknowledge the staff also when they welcome or greet you. Hindi lamang po sa bus or vessel, kahit saan... sa malls, restaurants at iba pa, para everybody happy.
- It is good to use the word "PO" when talking to others. When others hear you, they might also learn to do the same thing.
- Give a nod or a smile to your seatmate – but be sure that your belongings are within your space --- bags and valuables close to your body. DO NOT BE A SOURCE OF TEMPTATION by being careless about your belongings.
- Prepare your payment ahead – keep in a place that's easy to get (like a side pocket or a coin purse). Do not open your wallet to show all your cash. As much as possible, pay exact amount.
- If you are a Senior Citizen or PWD or have other privileges, it is important to always have your proper ID's in your possession. Having a privilege has responsibilities too. The staff needs to verify your identification – it is part of their duty.
- Keep your noise to yourself. This means, yung Ipad or Ipad mo, plugged only to yourself. Lower the volume of any noisy gadgets. Also do not talk aloud when you're on the cellphone... SSSSHHHHH!
- DO NOT LITTER: itago sa balsa ang mga basura until you find a trash can.
- If you have a cough or colds – cover your mouth, wear a mask to protect yourself and to protect others from you.
- One armrest belongs to your seat, the other belongs to your seatmate. Wag angkinin ang arm rest ng seatmate.
- When you're seated, do not make "kuyakoy" or cross-legs that will take up space.
- When reading a book or a newspaper, be sure you do not stretch your arms too wide and take up space.
- Try to avoid liquids (drink before you board) – kasi baka tumapon while in motion.
- Do not ride if you're drunk or in a very bad fighting mood– mag-chill ka muna so that you do not offend others.

Hay naku --- marami pang pointers na dapat natin praktisin as a passenger – the most important is this: be aware that you have another person beside you who has the same rights as you do, who is also paying for the space and who also wants to feel good and relaxed while riding beside you.

Wish talaga natin that all of us commuters can be friendly, safe and secure while commuting so that we reach our destination with a smile! Happy travel!



Segregating Trash

BASURA MO, BASURA NG BAYAN!

One of the best acts you can do for everyone is to be a good "basurero". Manage your trash, waste and throwables and you will benefit your street, subdivision, barangay, city, province and country. YES!

What does this mean? It means that the more people there are, the more trash there will be (solid and liquid) and the less space to throw it. So what will happen? Eventually we will be breathing, eating or living trash! Contamination of our soil, water and air will be all over --- we will probably live like rats.

In some countries, Solid Waste Management and Handling is already a law. It means separating DRY from WET trash and putting them into specific categories (Please see photo as a guide. I took it from the grounds of the **Center for Culinary Arts** in Katipunan. Its president, **Ms. Annie P. Guerrero** is very active in the **Zero Waste Movement** and she walks her talk!).

Here is a simple guide to follow:

Biodegradable Wastes (Nabubulok) are those that can decompose in a small amount of time without polluting the environment: vegetable and fruit trimmings (food waste), flowers, garden leaves, wood shavings and paper.

Non-Biodegradable Wastes (Hindi Nabubulok) are those that can't be broken down easily by natural process: plastics, glass, metals, styrofoams, silicon-based materials, tires and tin cans.



If you are convinced that the time to start segregating is NOW, here's how you can start:

- Begin in your own house. Separate wet from dry and biodegradable from non-biodegradable.
- Use several bins where you can throw assorted trash.
- When throwing tin cans, wash off the sediments first.
- Have some soil kept in a sack to cover pet waste when you put it in the waste can. It also keeps insects and rats away... even the odor!
- Sell the ones you can make some money from like: glass bottles, metal, cans, paper or plastics.
- If possible, flatten the items to make more space.
- Train the household (young and old) until segregating trash becomes a habit.
- Walk your talk. Be a good example especially to the young generation. Take time to explain to them the relevance of segregating trash.










THE PEOPLE BEHIND ZERO-WASTE MOVEMENT--- Let's thank these proactive citizens for their effort and let's commit to their movement. It was founded on the ideals of **Dr. Metodio Palaypay**, a practitioner of medicine and a resident doctor at the UP Health Services. He initiated a movement to eliminate waste through sensible management and practical recycling in 1969 in his neighborhood at Leveriza, Pasay City. In 1978, this movement became the "**Zero Waste Recycling Movement of the Philippines Foundation, Inc.**" with him as **Chairman** and **Mrs. Luz Sabas**, co-founder, as **President**. **NRL**

"It can flatten your stomach while you're having fun in the water!"

SWIMMING IS (ALSO) SLIMMING

This sport is usually required as a P.E. subject in college like in the University of the Philippines. Many of us got our first encounter with swimming this way or perhaps some of you learned to swim during the hot summer days. Modern parents now take their kids to swimming classes. Even infants can be taught to swim--- after all, when we were in our mother's womb, we were already "swimming" in her water bag!

If you have not yet learned to swim, it's about time you did. Learning this sport cannot be unlearned, it will forever be your asset and might be a saving factor for your health and wellness too. Here's why:








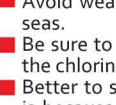
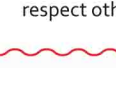
-  It is a low impact sport because you are just in the water, but builds up good endurance.
-  It is a good way to de-stress and a good source of adrenalin (if you exercise thoroughly) – helps develop stronger heart and lung power.
-  It works and tones all major muscles with little stress.
-  It burns fats/calories --- as much as 500-700 calories an hour. go to 550 calories in 30 minutes... IF... you really work out your strokes like freestyle or butterfly or the slowest, breast stroke.
-  It can help flatten your stomach and helps you develop muscle memory to pull your muscles in.
-  It is a FUN sport – okay for all ages – from kids to seniors... and you can swim at your own pace.
-  It is a form of "resistance exercise". Your body has to resist water pressure, so while doing it, you exert effort and burn calories.
-  It is as good as other sports that make you lose weight. For 30 minutes: breast stroke = 367 calories, cycling = 240 calories and running = 300 calories.
-  It can help one heal from injuries while immersed in water – which is a soft medium. Being in water has a soothing effect on the body.

WHAT YOU NEED FOR SWIMMING:

A swimsuit that can keep your body warm yet comfortable (not so tight, not so loose), goggles, ear plugs if you are prone to ear infections and water to drink – you have to stay hydrated because swimming can be an intense exercise to do. Keep drinking water (but get out of the pool if you have to make "wiwi", please lang!!!).



SAFETY GUIDELINES:

-  If you don't swim – learn to. It starts with breathing exercises.
-  Do not swim in deep waters (like in lakes or where the bottom is soft earth).
-  Avoid murky waters.
-  Do the buddy system when swimming in open seas.
-  Do not over exert yourself by swimming out to the deep end unless you are sure you can swim back.
-  No horseplay in the pool – someone might drown.
-  Avoid wearing shiny things that might attract other fishes if you're in open seas.
-  Be sure to moisturize your face, skin and hair after swimming – wash off all the chlorine!
-  Better to swim in warm water rather than cold. One reason why it's better is because you tend to eat more after swimming in cold water. Be sure to respect other swimmers "space".

Corporate News Board



JAM Liner, Inc. and SM inked an agreement to provide High Quality Public Transport System in Cebu City

Last July 3, 2015, a signing of agreement was held at SM Prime Holdings, Inc. (SMPHI) on the High Quality Public Transport System (HQPTS) project in Cebu City. This is the first Bus Rapid Transit (BRT) system in the country where low entry buses and specially designed platforms will be used. It will traverse within the South Road Properties (SRP) from Talisay to Lapu Lapu Cities via Cebu and Mandauw with designated stops and time intervals making travel more efficient. The project will be operated by Metro Rapid Transit Service Inc. (MRTSI), a joint venture between JAM Liner, Inc. and SM Group of Companies. It promises to offer utmost comfort and safety among commuters before 2015 ends.

From left to right: Mr. Christopher Bautista- CFO, SM Mall Group, Ms. Kate and Ms. Kim Gardiola, Ms. Marissa Fernan – VP & Special Assistant to the President, Mr. Rico Villaluna – GM, MRTSI, Ms. Sherry Tuvilla - Regional Manager, SM Visayas, Mr. Richard Rosales – Mktg. Director, Philkargo, Mr. Rey Altre - Managing Partner, DMD, Mr. Bienvenido Santos – Vice-Chairman, JAM/Philtranco Group, Atty. Joseph Omar Castillo - PJS Law, Engr. Dennise Trajano - President JAM Liner, Inc, Mr. Jeffrey Lim - Chairman, MRTSI, Engr. Edwin Gardiola- Chairman -JAM/Philtranco Group
Sitting : Engr. Danilo Trajano, Mr. Hans Sy - President, SMPHI

Philtranco 101st Year Anniversary

Philtranco celebrates 101 years in service with a thanksgiving mass and blessing of new buses.



FastCat on its way to Kudat Malaysia



Archipelago Philippine Ferries Corporation signed a memorandum of understanding with Total Megalink Sdn Bhd, a company based in Kota Kinabalu to have a two-way trade between Kudat and Puerto Princesa. The signing ceremony of Total Megalink Sdn Bhd by its Chairman, Datuk Amir Kahar Tun Datu Hj Mustapha and Christopher S. Pastrana, Chairman of Archipelago Ferries Corporation was witnessed by Dato' Freddie Sua, Engr. Edwin L. Gardiola and Bienvenido S. Santos.

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Nancy Reyes Lumen

Mini Happy Holidays Relleno

I'm going to make Chicken Relleno (stuffed, boneless chicken) with a twist. I will make it a mini version, good for one serving each, but just as delicious, juicy and perfect for the holidays.

The usual Chicken Relleno would be from a big chicken like 3 kilos in size, yielding a heavy piece of rolled, stuffed meat --- good for about 8-10 servings. Whenever someone wants to get a slice for a snack, they have to take out the whole Relleno, unwrap and slice it, then rewrap it --- very tiring! Now I prefer to make 250 - 350 gram sizes that will make my gift giving easier and more convenient to eat. Why? Because it is individually portioned already – a kilo of chicken will be equivalent to 4 servings. Try my recipe, and don't be afraid to make your own adjustments to it.

YOU WILL NEED:

- 1 kilo chicken, deboned, quartered
- 4 tbsp. soy sauce
- 2 tbsp. freshly squeezed calamansi juice (combine soy sauce and calamansi juice and marinate the chicken in it for about 30 mins.)

Stuffing:

- 3/4 kilo ground pork (giniling)
- 1 small pack raisins
- 2 tbsp. pickle relish
- 2 tbsp. pickle relish liquid
- 2 tsp. mustard
- 2 tbsp. banana ketchup
- 1 pc. spanish chorizo, chopped
- 1 small can pimientos, chopped
- 1 small can vienna sausage, chopped
- Rock salt and pepper, to taste



- You can also add: cheese, olives or green peas as extenders
- You will need some kitchen string and olive oil

Combine stuffing in a stainless steel bowl and knead well with your hands. Itampal sa sides ng bowl para maging "firm" yung mixture.

Flatten the chicken pieces skin side down using a rubber malette or the back of a knife, hanggang lumapad (ingatan lang na hindi mabutas yung skin). Put as much stuffing as you can and then baliktarin yung "Relleno" at itali like a ball (or a pin cushion). Ilatag sa baking sheet greased with some oil (para hindi dumikit).

Heat the oven at 350 F and then bake them skin side up for about 30-45 minutes. When done, cool, then chill.

To pack as a gift - wrap in clear plastic, then in white paper and lastly, in orange or red cellophane. Be sure to keep chilled before giving.

All I Want for Christmas...

Aside from world peace, health, wealth, safety from disasters, Christmas bonus, promotion, raise, and all the universal wishes that everyone prays for, what do you want for Christmas? Think like a kid --- wish for something you could buy or receive as a gift, and then you'll feel like a child again. It's free to dream --- and who knows, someone just might grant you your wish.

Menchie Lubang
(Marketing Manager)

"My husband to surprise me with a Tag Heuer ladies watch as a Christmas present."

Roy San Juan
(Marketing Assistant)

"Wish ko sana this Christmas ay maipasyal ko ang aking family sa Enchanted Kingdom, makakain sa isang eat-all-you-can na restaurant at makapag-overnight stay sa isang hotel sa Tagaytay para magkaroon kami ng "UBE" as in, Ultimate Bonding Experience ng family ko ngayong Pasko."

Claire Aguinaldo
(Purchasing Manager)

"The best gift I want is the completeness of my family this Christmas. Kaya sana anak ko ang Daddy nila dahil sobra na namin syang miss."

Marlyn
(Accounting Staff)

"My wish for Christmas is to travel to Hong Kong with my family for a vacation."

Ely Balbuena
(Bus Captain)

"Wish ko this Christmas ay makabili ako ng sasakyan para may magamit kami na service ng family ko."

Elay Nariz
(IT Staff)

"Sana ay ibigay na ni JRR sa akin ang kanyang matamis na "oo" ngayong Pasko, at sana ay magkaroon ako ng GC worth P10K para mai-date ko sa isang restaurant at maipasyal sa isang romantic na place sa Tagaytay."

Joie Taylo
(Graphic Artist)

"Sana makuha ko na ang driver's license ko this year para maipag-drive ko ang family ko on our days-off. At para payagan na din ako i-drive ang aming sasakyan. Hihhi."

Byahe Na! Team

Nancy Reyes Lumen

"For this Christmas, I want a simple easy-to-ride bike so I can exercise and go around town without gasoline, traffic and toll fees... and I want with it a nice helmet, jersey outfit and top of the line Nike sneakers. I want to lose weight while enjoying my ride! And if I can dream some more – I want a brick oven so I can make bread, roast beef, lechon, pizza, apple pie, casseroles and baked adobo."



Arthur Ribon
(Utility Personnel)

"Ang wish ko ngayong Christmas ay manalo ako sa lotto para makabili ako ng bahay para sa pamilya ko, para makasama ko na ang aking magulang sa probinsya na matagal ko ng hindi nakakasama at makumpleto kami ngayong Pasko."

A Story of Love



THE RUINS

Photos & Text by: Renzi M. Juarez

Hands down, The Ruins is, nowadays, the most photographed and must-see place in Talisay City, Negros Occidental. Roughly a 15-minute drive from Bacolod Banago Port, and bordering between the city of Bacolod and Talisay, it is advised that one should take time to visit this historical piece of architecture in Negros that has a lot to tell about love and romance.

The Ruins is called the Taj Majal of the Philippines, similar to India's mausoleum that was built by Shah Jahan in memory of his wife Mumtaz Mahal. The Ruins is now a grand skeletal showcase of what is left of Don Mariano Lacson's ancestral mansion that he built after the death of his wife Maria Braga. Thus, one can see moldings of Mariano and Maria's initials, letter M, on the large columns of the Italianate structure. Built in the early 1900's, this was the largest residential structure ever built in the island of Negros. The A-grade cement used to construct the mansion not only gave the façade an almost smooth marble-finish, but it prevented the structure from totally being burnt down to ashes when it was set on



fire by the Philippine guerilla forces in order to prevent the Japanese from using it as its headquarters during the World War II.

The best time to visit The Ruins is late afternoon when the sunset touches the structure with a golden glow. Stay a bit until early evening and you'll feel a more romantic vibe when the lights are up and Nat King Cole's baritone love songs are being played from across the café. You will surely feel that after past a century, love is all around.

Step into the grandeur of The Ruins and be transported at a time when love spoke of true romance. For the romantics, like many of us – this visit will soon be made possible once FastCat begins to ply the Bacolod-Iloilo route and that means more interesting sites in Negros and Panay will now also be accessible.



10 Byahe Na!



JOIN US!

We are in need of:

- Tax Incentive Coordinator / Audit Officer
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- Risk & Insurance Manager
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- Teller / Collection Representatives
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PLEASE SEND YOUR RESUME WITH UPDATED PHOTO TO:

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

ARCHIPELAGO PHILIPPINE FERRIES CORPORATION
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Philippines 1780 **TEL No.:** (632) 842-9341



WE'RE HIRING!

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

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



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- Operations Support •

QUALIFICATIONS

- Male or Female, from mid 20's to mid 30's
- At least high school graduate
- Fit to work
- With a pleasant personality & good moral character
- Familiar with smart mobile phone operation
- Willing to undergo further training
- Excellent knowledge in Metro Manila's primary and secondary roads

REQUIREMENTS

- Valid Professional Driver's License
- 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 2x2 photo



JAM and Philtranco **Level Up** with **Mission Impossible-style Bus Trackers**

A remote tracker is the key to unlock the fast-paced mystery in the latest “Mission Impossible: Rogue Nation”. But you don’t have to be a super-agent like Tom Cruise’s Ethan Hunt to get all the benefits of a state-of-the-art global positioning system (GPS)* — simply hop on a JAM or Philtranco bus.

JAM Liner, Southern Luzon’s favourite bus line to points in Laguna, Batangas and Quezon, was one of the pioneers of the GPS tracker, which has been monitoring bus and driver performance since 2011.

The Land Transportation Franchising and Regulatory Board (LTFRB) has recently mandated that all buses be fitted with GPS systems.

This quarter, JAM levels up with an all-new system by the international leader Tramigo. It will also be installed in sister-company Philtranco line to monitor the buses’ Pan-Philippine routes, making both lines among the most modern and reliable in the country today.

The Tramigo works by using up to 1,000 actual landmarks (and not hard-to-read geographical coordinates) to track the combined fleet of over 500 buses.

Passengers are now even more assured of faster, safer, detour-free service: The JAM and Philtranco GPS features speed alarms in real-time to head office if drivers exceed the

programmed speed limit. It also monitors instances of harsh braking, that either show or can lead to accidents.

In addition, an “idle alarm”, which sends signals if the engine is running when the vehicle is not moving, will be able to monitor fuel efficiency.

Thanks to a revolutionary feature called “geo-fencing”, a border alarm will also be sent to headquarters if the vehicles stray from a pre-determined route or destination.

The high-tech system will further increase passenger safety, enhance driver performance and decrease fuel costs.

*What is GPS?

The **Global Positioning System (GPS)** is a space-based navigation system that provides location and time information in all weather conditions, anywhere on or near the Earth where there is an unobstructed line of sight to four or more GPS satellites.

Source: https://en.wikipedia.org/wiki/Global_Positioning_System

Kaya siguro ang tawagan ng mga sweethearts at nagmamahalan ay “Honey”, because it is truly sweet and also good for the heart! There are so many benefits from this natural wonder food produced by bees. It is really a God-given food that in the old times they believed it was the food of the gods.

HONEY... 10 REASONS WHY I LOVE YOU!

(Health and Wellness Benefits of Honey)

The Philippines has rich sources of honey of different grades, qualities, purity... of course meron ding mga “fake honey”. You will know the quality of the honey by the effects it has on your health. Here are reasons to take honey:

- Take honey for coughs / sore throat. It is an anti-oxidant and combats sore throat because it coats the irritated areas and helps stop coughs. If you are a singer, bring along a bottle of water with 1 tablespoon of honey and sip this when your throat gets dry. 2 teaspoons of honey in warm water or juice will silence a cough. 2 teaspoons of honey plus lemon or calamansi juice in warm water will relieve colds. 2 teaspoons of honey with freshly squeezed ginger juice is the best antidote to sore throat.

- Honey was the GREEK remedy for constipation. 1 ½ tablespoons is good enough to relieve constipation within 10 hours or 1-3 tablespoons honey in warm water.

- Beat insomnia with honey! 1-2 tablespoons taken 1 hour before sleeping brings out the “secret weapon” of honey --- glucose, which is a relaxing ingredient in the body chemistry.

- MEDI-HONEY – the miracle ointment! This is a natural dressing for wounds and burns that was used by the US Military in the Iraq War. It is a strong antibiotic against strong bacteria and prevents infection.

- Honey mouthwash – prevents bad breath. Mix a pinch of cinnamon with 1 teaspoon of honey in hot water. Cool then gargle.

- Cleopatra and also Queen Anne’s beauty secret: Honey! It is a natural humectant. This is a compound that helps retain skin moisture. Here’s the beauty recipe: ¼ cup oatmeal + ½ cup water. Microwave for 2 minutes. Cool till warm but not hot. Stir in ¼ cup honey and blend. Make this a face mask and leave it on for 12 minutes. Rinse with cool, not cold water.

- Choose honey over sugar and help prevent heart attack. Honey keeps cholesterol from oxidizing and this will help stop the plaque-making process that hardens the arteries.

- Honey can boost the immune system from allergies. Take honey as a habit and in time, some allergies may not affect you anymore. But be sure to get farm-fresh honey that still has pollen.

- Honey is a natural protection from food poisoning. Kansas State University discovered that treating foods with dark wildflower honey and tea extract disseminates bacteria in food and preserves it for a long time.

- Honey gives long life to baked products, sauces, dressings, meat stuffing because it fights bacteria and molds.

- Local sources of honey: Our country is rich in honey production. In the Southern regions, good quality honey comes from Quezon, Laguna, Mindoro, and Palawan.

There are more benefits of honey – our ancestors could not be wrong in making it their favorite health food. We can adopt a honey habit as long as we do not overdo our consumption because remember, honey still is sugar and it has calories. One more reminder for parents (very important!), never give honey to infants under 1 year old because doctors say it could put them at risk of botulism.

Sabi nga ng wisest man who lived, King Solomon: “Eat honey because it is good.”

SERVING DAILY

MANILA - ILOILO



TERMINAL	DEPARTURE
CUBAO	9:00 AM
PASAY	11:00 AM

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Main Office: (632) 842-9341
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Calapan: (043) 288-8121
Bulalacao: (0919) 4678042
Caticlan: (0915) 2146540

Batangas - Calapan	
Departure	Arrival
06:00AM	07:30AM
09:00AM	10:30AM
11:00AM	12:30PM
02:30PM	04:00PM
05:00PM	06:30PM
08:30PM	10:00PM
12:00AM	01:30AM
01:30AM	03:00AM

Calapan - Batangas	
Departure	Arrival
06:30AM	08:00AM
08:30AM	10:00AM
12:00PM	01:30PM
02:30PM	04:00PM
05:00PM	06:30PM
07:30PM	09:00PM
11:00PM	12:30AM
02:30AM	04:00AM

Bulalacao - Caticlan	
Departure	Arrival
10:00AM	01:00PM
10:00PM	01:00AM

Caticlan - Bulalacao	
Departure	Arrival
02:00AM	05:00AM
02:00PM	05:00PM

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Yes, there are still healthy people who live up to a 100 years old and beyond like in Japan, Greece, Italy and California. And in the Bible, people lived hundreds of years. There must be some kind of secret to long life.

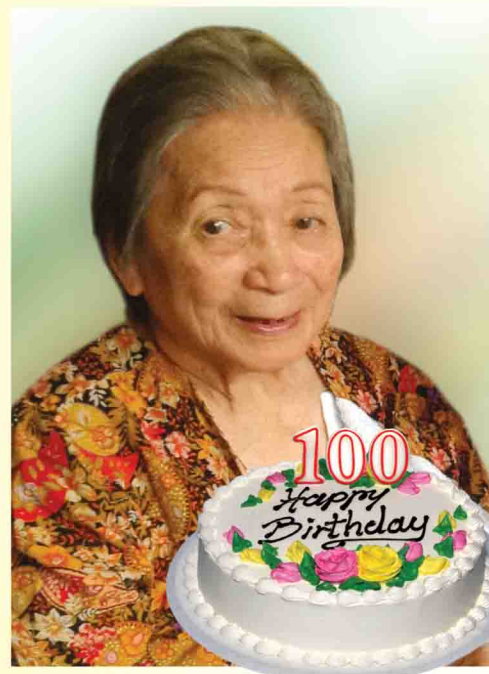
In this article by Dr. David Kuhn, he talks about 9 ways to the secret of longevity (long life). He based it on his own book "Blue Zone" which is about factors they observed in old-living people's way of life. These folks grew up in a farm or near one and lived a farmer's life. Another factor is that they had a clear purpose in life.



DO YOU WANT TO LIVE TO A 100 YEARS OLD?

Here are 9 ways to a "Blue Zone" long life:

- 1. Be physically active:** be in sports, move a lot, stay outdoors a lot, stretch your body, just don't strain it – rather, just enjoy it.
- 2. Have a reason for living:** invent one if you must. Serve others, have healthy emotions and give thanks.
- 3. Rest from stress:** quality time to rest is good. Take siestas. Wake up early and enjoy the sun, then rest on a hot afternoon.
- 4. Eat properly:** take balanced meals, control the amount you eat, drink lots of water, stop eating when you are 80% full because the 20% is already an emotional need to get full.
- 5. Eat real good food and raw as much as possible:** veggies, greens, fruits, beans, nuts and grains. Quit on sugar, dairy, meats and genetically modified foods.
- 6. Enjoy red wine:** drinking 1-2 glasses a day is okay and enjoy it with loved ones.
- 7. Embrace peace, faith, and LOVE.** As they say, love God first and love your neighbor as yourself. Promote sharing of faith experiences and a spiritual base with prayer. Shower your children with love and your life partner too.
- 8. Learn from the elders:** Listen to their advice, "they've been there, done that". Also, honor your parents – it has a promise of long life.
- 9. Share healthy ways with your friends and family:** keep a healthy company. Join art or hobby groups. Sing, dance, go to reunions...



Here is a photo of a lady who just turned 100... does she look a year older than 80? Not at all! She's ready to celebrate more birthdays!

Rosa Guevarra - Agustin, August 30, 1915
 (Favorite food? LAHAT!)

Why Smoke ... when the air is Fresh and Free?

POGI and GANDA POINTS!!!

- You save money (reward yourself for the amount you saved from buying cigarettes)
- You gain respect of parents, family and possibly, employers
- Smell better than if you smelled like cigarette smoke
- Hopefully, no bad breath
- You develop a health-conscious wholesome circle of friends
- You'll avoid contracting Chronic Obstructive Pulmonary Disease (COPD) which happens to 20% of smokers. What is COPD? In short: "I can't get enough air".
- You become a role model to your peers and more so to your kids
- Nothing to quit --- because it is HARD TO QUIT SMOKING!

MEGA POINTS!

- Smoking can be an expensive addiction and it's hard to stop.
- It has been said a million times: smoking can cause cancer and other diseases, and even death not just of yourself but sufferers of second hand smoke.
- If smoking does bad damage OUTSIDE of your body, think of the damage it does INSIDE your body.
- Your body will slow down because you'll be less if not totally un-athletic.
- You will be charged a higher insurance premium.
- Possibly faster mental decline and shorter length of quality of life.
- You'll never hear the end of concerned people telling you to quit smoking while you can... be thankful to them, otherwise if no one ever warns you to stop - how many friends do you really have?

HOW TO QUIT:

- Stay away from fellow smokers. Instead get a buddy to help you quit.
- Take on an active sport, enroll ka sa gym. Handle stress another way - have a massage, do yoga, work-out or swim.
- Check out your life insurance --- and be convinced to stop smoking.
- Smell your breath, look at your yellow teeth --- naku, not so good!
- Do not go near smoking areas. Avoid alcohol for a week or try to stay home instead of doing gimmicks.
- Pray that you will lose your desire to smoke. Join a prayer group.
- Set a reasonable deadline to quit and get a witness to log this date.
- Set a BIG REWARD for yourself (to be dispensed by a trusted friend) once you get to quit, even if only partially. At least that's a start.
- Read about second hand smoke... think of children getting sick because of it. Also read on cancer, emphysema, bronchitis, asthma complication, inflamed lungs, etc.
- Clean your house, remove ashtrays and cigarette butts.
- Take scissors and cut the cigarettes in half.
- Eat lots of fruits and vegetables, lessen your coffee, tea, soda or hard drinks.
- You can try medicines, patches or supplements but best if you can eat natural foods.
- If and when you have a cold or are sick - smoke yourself sicker --- it will really make you miserable and you'll promise yourself never to smoke again.
- MAKE A DECISION TO STOP SMOKING -- ONLY YOU CAN STOP YOURSELF FROM SMOKING. Forget about the e-cigarette... they are lesser evils but evil pa rin!



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 Jampacked sa sayal!*

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