

April-June 2015

Byahe Na!

Magazine published for



Happy Anniversary!
Byahe Na!
Turns **1**



- **Lady in a Man's Job**
- **"Tara na Bay sa Legazpi, Albay!"**
- **A Love Letter to Mr. Pogi**
- **A "Twisted" Pancit**
- **JAM & Philtranco:
New Routes**

**Happy Riding!
Happy Reading!**

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The Power to Surprise

Byahe Na!

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For the next issue of Byahe Na! we're inviting you to be in our Feedbox. Share with us your answers to: "What's your most memorable travel story?"

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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We have always aimed for excellence in our service offers - transporting passengers and goods and connecting Luzon, Visayas and Mindanao... thus making Philtranco what it is now. Dubbed as the "Bus ng Bayan" and known to have popularized the "Byaheng Pinoy", Philtranco will always be synonymous with Reliability, Convenience and Fun.

Maraming mga panibagong travel trends for this year gaya ng mga sumusunod:

- Pahasayan sa serbisyo ang magiging uri ng kumpetisyon ng mga bus operators upang makaakit ng dagdag na bilang ng pasahero.
- Madaragdagan ang bilang ng mga byahe sa mga pangunahing syudad sa Bicol at Visayas sanhi ng "Bus Rationalization Program" ng LTFRB.
- Lalo pang ma-eengganyo na bumyahe ang mga manlalakbay dahil sa pagpapaunlad ng turismo sa bansa.
- Magkakakulangan sa bilang ng bus sa mga panahon ng peak season dahil lalo pang lalaki ang bilang ng mga mananakay sa ganitong panahon.
- Ang paggamit ng "social media" gaya ng Facebook sa pagpapahusay ng serbisyo sa pasahero ay lalo pang magiging mas mahalaga especially in terms of communication.

Knowing the trends to come, what can people expect from Philtranco for this year?

Philtranco will be more aggressive with the aim of regaining market leadership. There will be additional routes to ply in the Bicol region, more schedules to be opened in the Visayas and Mindanao area and new buses coming this year. We shall be leveling up our facilities and passenger service in the entire Philtranco network.

We look forward to serving 100 more years, a commitment we believe we will continue to offer for our passengers.

"Ito ang Byaheng Masaya, Serbisyonag Subok Na". Philtranco, the bus of choice.



Mr. Rodelio I. Domingo
Vice President - Operations
Philtranco



**On time padala,
sa presyong abot-kaya**



Philtranco is Asia's very first bus company and is the first operator with a truly nationwide coverage.

Now, things are much simpler with Philtranco's all-new special "PhilKargo" service. It's perfect for gifts, merchandise deliveries and packages for business or family.



Targeted at households as well as businesses in Bicol, Samar, Iloilo, Leyte, Surigao and Davao, PhilKargo offers fast, safe and efficient cargo deliveries of the bulkiest items at very affordable rates. Boxes, letters, cash and all kinds of packages are accepted. For large volume clients, PhilKargo deploys a unique "Kargo Bus" for deliveries of up to two tons.

Routes include:

Daet, Naga, Iriga, Legazpi, Sorsogon, Bulusan, Irosin, Pilar, Calbayog, Catbalogan, Tacloban, Ormoc, Maasin, Surigao, Cagayan de Oro, San Francisco, Tagum and Davao.



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Long trip tips by Tupperware®

Long rides—either by land, air, or sea— can be both exciting and challenging. By challenging, we mean dealing with all the waiting and counting of hours before you arrive at your destination. Just prepare to enjoy and make the most out of it by turning your long trips into something worthwhile with these practical know-hows:

Know before you go.

Travelling somewhere far and even foreign can also mean a lot of familiarizing and research. Few days before your trip, get a scoop of the usual and alternative routes, travel time, tolls, and even points of accessibility so you can chill when some things won't go your way.



Aside from bringing your own baon, you better bring your own bottle too! Keeping yourself hydrated helps you stay refreshed, especially for trips under the scorching sun. And with this, you might want to bring a Tupperware® eco bottle! What's cool with these eco bottles is that they are made of safe, non-toxic, food-grade materials that are safe and intended for multiple use. These bottles come in different colors and sizes (310mL, 500mL, 750mL, and 1L).



Bring your own baon.

Most often, if you are heading out by land, buses do one or two stopovers. But in some cases, a change of plans cause them to cut the pit stops short. To ensure that you don't skip a meal, it's best to bring your own munchies and ensure you pack them in durable and fun containers. Tupperware® recently launched their newest line of Square Rounds that can help stack your food easily and with style! Tupperware® Square Rounds have virtually airtight seals that keep food fresh and flavorful. They also come in two sizes—small and medium—and four funky colors: Pink Punch, Orange Peel, Lime Aid, and Grape Fizz.

Find ways to bust boredom.

As you pack your things for the trip, bring some things that will save you from the agony of long travels. Each person has their own way to get themselves out of boredom—it may be through reading books, e-books, playing games, or what have you. Go ahead and make the most out of it.

Capture the moment.

Remember that travel time can be fun time more than just sleeping through it! Document your ride by taking photos (and even selfies) and making your own hashtags! Consider these and you'll make every trip count!

About Tupperware® Brands

Tupperware Brands is the authorized distributor of some of the world's prestigious brands including Tupperware, Colour Collection, Ivana, White Result, Baby Care Plus, and Kids Plus. For your questions and inquiries on how to be a dealer, log on to www.tupperwarebrands.ph, email us at questions@Tupperware.ph or call the hotline number 867-2222. Like us on Facebook at <http://fb.me/tupperwarebrandsph>.



THE COSMETIC WONDERS OF COCONUT OIL

By NRL

Vanity is now just another lifestyle trait! No wonder the cosmetic industry is HUGE!!! And it's not just women who are the customers, but men as well. It used to be that vanity was frowned upon because it was considered egotistic... but with the influence of media, commercials and the internet, everyone wants to look good, be young and look like a celebrity!

If we try to count the number of facial cosmetics sold in stores, we might run out of paper! There's just too many... both natural or chemical-based. Of course Byahe Na! would want to share the natural side of cosmetics and for this feature – let's zoom in on coconut oil.

Yes, you've read it right – coconut oil – langis ng niyog... available and easy to get, and in our coconut country – we will never run out of it. Just remember that our Lolas had the wisdom of using coconut oil for many reasons and as a cosmetic, there are so many uses. Ang galing! Promise!

I personally swear that coconut oil (virgin or not) is good for the body. For what uses? Let's count:

As hair conditioner. Massage coconut oil into your scalp before shampooing. Leave on for an hour or more. Then shampoo and use conditioner as usual. Result: silkier hair/healthier scalp.

As a gentle facial / moisturizer ingredient. Just dab a little on your face and massage lightly, especially in the dry areas. Leave on for a while then just get a warm towel and wipe it off. Your skin will feel rejuvenated and silky soft.

As a deodorant. I learned this from a good friend and instead of the chemical-based deodorants – coconut oil, when rubbed on the armpits, between the toes and in other sensitive and sweaty areas, works like a daylong deodorant that is effective. Since it is natural, the body absorbs it easily. Coconut oil

works on bacteria in the body that is produced by sweat, body oils, etc. Result: no body odor the whole day!

As a skin wound medicine. When I have a cut or a burn, I run to my bottle of coconut oil and gently rub the wound. At first there seems no effect but after several times of rubbing gently, the wound starts to close and pain subsides. Result: it is easier to dress and clean the wound after coconut oil is applied.

As a cure for ringworm, an-an, galis or itching skin diseases. Daily rubbing of coconut oil in the affected area will kill the bacteria slowly... it is also good to use against fungus (like athlete's foot, psoriasis and even dandruff).

As a relief for sunburn. Apply on affected areas after sun exposure. When the skin is sensitive, be sure to be gentle when you rub coconut oil. Good also for diaper rashes.

As a makeup remover. Heavy makeup, especially in the eye area is hard to remove. Wrinkles can appear earlier in life when you always have to remove eye makeup with chemicals. Use either petroleum jelly or better – coconut oil to remove make up.

What are you waiting for? Look for those extra virgin coconut oils in groceries, drugstores or cosmetic shops. It is becoming a popular cosmetic item that now, it is easier to find. The cost of a bottle is much less than buying a signature cosmetic which may or may not be effective. So try out one of nature's gifts for our body wellness --- coconut oil comes from the Tree of Life – a true gift from our Creator.



May is the Merry Month of Fruits and Fiestas

We all look forward to the merry month of May. Why? Because it is the time for fiestas, the Santa Cruzan and many kinds of fruits in bloom. It is also during May that families go on vacation, out of town and to the beach.

May is for mangoes (ripe or green). And if it's green mangoes, the most expensive kind is also the tiniest – the Pajo (pahu or pahutan). It is that fragrant little green mango of a special variety. Parang freshly crushed peppercorn ang aroma. At ang lasa --- pait-asim, parang olives, at expensive! Sa grocery, it's around Php 400 per kilo or more. Ilang araw lamang ang paghinog nitong Pajo... tapos, wala na. It's because special variety of mango ito. Parang Macapuno kung baga, versus plain buko.

How to enjoy Pajo: split in half, lengthwise. In a sterilized glass jar, combine water and salt. Put the split Pajo pieces in the jar and

keep in the ref. Enjoy with bagoong, as a salad, with fried fish, or by itself with some sugar and salt. SAARRRAAP na, sosyal pa!

Other fruits of the season (April-May-June) are: duhat (dapat shake sa asin), siniguelas (masarap kung ilagay muna sa ref bago kainin... at eat the balat also, high fiber!), anonas, casuy (go to Antipolo May fiesta), mangosteen, pakwan, melon, granada (wag itapon, baka pumutok – haha!), balimbing (naku! marami nito tuwing eleksyon), kamachile (prutas na type ng mga Lola natin), makopa, at ang mga everyday fruits: papaya, pinya at saging.

- Kung sa fiestas naman, may mga popular dates and places during May. Of course, before that ay ang Holy Week at sa last two weeks ng April - Pista'y Dayat sa Lingayen, Pangasinan. Thanksgiving for harvest and good fishing. May misa at fluvial parade.
- Pagdating ng May, heto na ang mga fiesta, mostly dedicated to Pasasalamat, sa Harvest ng Tanim, at iba pa.
- May 14 - Carabao Festival ng Rizal at sa Pulilan. Pinapaluhod ang mga kalabaw sa harap ng simbahan.
- May 15 – Pahiya sa Sariaya, Lucban, Tayabas at Quezon. Ang mga houses ay decorated with colorful Kiping (rice kropek), mga prutas at gulay. Inuman ng Lambanog, kainan ng Pancit Habhab at Lucban Longganisa. Sa hapon, may misa at parada.
- May 17-19 – Sayawan sa Obando alay sa mga Santo: San Pascual, Baylon, Sta. Clarang (Pinung-Pino) at Nuestra Señora de Salambao. Mga kinasal na nangangarap magka-anak or nagpapasalamat sa pagka-buntis ay sumasayaw sa Obando.
- May 30 – “Tapusan sa Kawit”, alay sa Birhen, parade ng mga beauties at parade ng mga Bangka.
- Tayo na sa Antipolo!!! Sa buwan ng Mayo--- suman, kasuy, kakanin. Kung kakayanin, mag-hike on foot from Manila up to Antipolo.
- Santa Cruzan – parada ng mga fully-gowned, beautiful and handsome participants tuwing Linggo ng buwan ng Mayo. Kahit simula na ng tag-ulan, apir pa rin ang mga beauty at pogi.

Kahit anong month, basta't fiesta, tandaan: Always be ready, bring an umbrella, head cover, change of shoes or slippers. If the fiesta parade starts at 4pm and ends at night (lalu na kung may inuman), it is better to stay overnight. Magdala ng gift para sa host ninyo. Bring your cameras, selfie sticks, cash, backpack at water. Make sure alam nyo ang mga cellphone numbers ng isa't isa. Mag-enjoy at keep safe.

A “TWISTED” PANCIT

By The Adobo Queen

Pistahan equals pancitan! Ang pancit ay ang pinaka-popular na kainin sa mga pistahan dahil: gusto ng lahat, madaling lutuin, hindi masakit sa budget kahit pang-maramihan at maraming klaseng pancit ang pagpipilian.

Dahil maraming klaseng pancit – why not invent your own and be unique? Or, give the ordinary Pancit Bihon/Canton a twist para maiba at maging interesting pa.

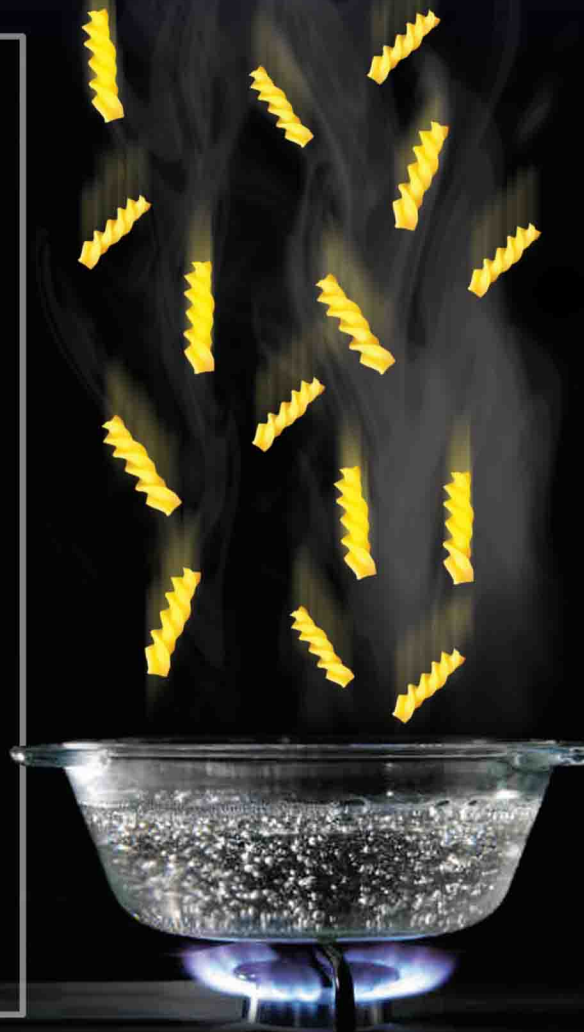
The most important ingredient in cooking pancit is the broth. Dito nagkakatalo ang sarap, lasa at linamnam (na tinatawag na “umami”). Ang umami ay ang lasang malinamnam like meat broth, shiitake mushrooms, egg yolk, parmesan cheese, super-hinog na kamatis na manamis-namis... to have a different and interesting kind of broth, why not try different flavors? It’s fun to experiment!!

Make your broth to cook the pancit, then choose whatever toppings you want. Try any of these:

- For 5 C water, add 3 beef cubes, 2 beaten egg yolks and 1 egg white while stirring as the broth is boiling, then season with salt and pepper.
- In 3 C cold water, add 3 pcs. dried shiitake mushrooms and let the mushroom get soft in the water (about 30 minutes). Boil till mushrooms are very soft, then slice them finely. You can either add cream or some oyster sauce, or just as is. Add a drop of sesame seed oil, if you want a Chinese taste.
- Boil 3 C water, add 3 chicken cubes and 1 tbsp. powdered milk (or 2 tbsp. evap). Bring to a boil and add fresh corn kernels.

When you have your malinamnam broth, you can easily add it to sotanghon or bihon or canton, or try the fat Korean glass noodles (for Chap Chae, its available in supermarkets). To cook tasty pancit, use the broth you chose and when boiling, slowly add in the pancit and lower the heat. Do not overcook the pancit – dapat just right, al dente! When the pancit is cooked, be sure to drain, but SAVE the broth in case you need to refresh the noodles.

Toppings? So many choices: sisig, chopped vegetables, shredded bistek na baka with green onion leaves, Chinese Macao Chorizo, Pork Mahu, fried tokwa, boiled shrimps, blanched broccoli, fried garlic or hard-boiled egg... Uuhmmmm... nakaka-gutom!!!!!!!



Having fun in your Summer Jobs



Anak:

'Nay, pwede ba kaming mag-Legazpi ng mga ka-klase ko?

Why not?! Sige, kelan at paano kayo pupunta? Saan kayo titira?



Anak:

Eh, sana sa Holy Week, sasakay kami ng bus. Maghahanap kami ng bed and board. (lumalapit sa Nanay, nag-lalambing...) Aaah...'Nay, my beautiful 'Nay, pahingi naman ng baon.



Anak:

'Nay naman, bitin yan. 5 days kami d'on. Share-share kami sa gastos.

Ha! Wala sa budget natin 'yan. Pagbabaon ko na lang kayo ng kanin at adobo. Yun naman pala, share-share kayo, bakit humihingi ka pa ng baon? Kanin at adobo na nga ang uulamin nyo.



Anak:

'Nay, salamat po sa foods, pero paano naman yung city tour namin? ATV adventure sa Mayon, yung rent sa 4 wheel drive na sasakyan? Yung snacks namin, pamasaha, pati pala yung bed and board namin. Bitin po yung pera ko, Nay.

Anak, matanda ka na, kung kaya mong magbakasyon kasama ng barkada, kaya mo ring mag-ipon ng pang gastos mo. Mag-summer job ka kaya?



Anak:

Opo nga no?! Tama ka 'Nay, may panahon pa para maka-ipon. Deal tayo 'Nay. Kung maka-ipon ako ng 500 pesos, tapatan mo ng 500 din, okey po ba? (Sabay halik at mano sa Nanay)...

Deal. Apir!



Nanay:



Nanay:



Nanay:



Nanay:



Nanay:

Typical scenario ito kapag malapit na ang summer break. If you're smart, you should prepare early, plan your time and of course, save up for the expenses. Summer jobs are the best way to earn your vacation money. Two weeks of summer job could be a good start. And together with a summer job – look for things around you (your house, the neighborhood, your relatives' places, etc.) to make money with like selling tins, dyaryo, plastic bottles, old clothes and shoes, old magazines/books/paper, bottles and things that the junk shop will buy.

As for summer jobs, look at the possible job fairs in the malls, or apply as a group if there is a big project, or take two summer jobs – early in the day and another one late at night. Here are some suggestions that could pay well:

- Offer to paint a house or parts of it.
- Offer to be a messenger or delivery boy/girl – using a bike and wearing a helmet.
- If you know any golfer, offer to be a caddy or for tennis – a ball boy.

- Offer to clean a swimming pool or a fish pond.
- Join a movie crew and work as all around.
- Be a “roadie” for a band – tagabuhat ng mga instrument, amps, sumasama sa mga gig.
- Be a valet, if you know how to take care of a señorito.
- Be a teaching assistant, help check papers or watch during exams.
- Magbenta ng adobo ni Nanay (could be a start of your food business). Why not cater food for a children's party? Pati entertainment, kayo na rin (clown, human statue, photographer, magician, dancer or comedian).
- Mag-igib ng tubig or sell water.

If you really want to earn well – then study how to do some advanced jobs. Google about the jobs and how to do it well. Do not consider a summer job as a job – but enjoy doing it so that the hours of work will seem short! And even better if your barkada will work together. Sama-sama sa trabaho, sama-sama sa fun! And don't forget to remind Nanay tungkol sa “deal” nyo!

JAM-PHILTRANCO AND CLICKBUS PARTNERSHIP

Bago matapos ang 2014, isang partnership ang ginanap sa Pasay noong Dec. 16 sa pagitan ng JAM/Philtranco at ClickBus. Kasama sa contract signing ang President ng JAM at Philtranco na si Mr. Dennise C. Trajano at VP for Marketing, Ms. Christine B. Guevarra. Nandun din ang representatives ng ClickBus na sina Mr. Michael Ngo Dee, Managing Director at Mr. Thomas Von Mossner, Business Development Manager.



Ang ClickBus ay isa sa pinakamalaking online bus ticket platform sa mundo. August 2013 ng ito ay itinayo na ngayon ay present sa Brazil, Mexico, Thailand, Germany, Poland, Turkey, Pakistan at ang Pilipinas. Globally, ang kompanya ay nagbebenta ng halos 60,000 tickets kada buwan. Sa Asia, ang ClickBus ay nakatanggap ng investments mula sa Asia Pacific Internet Group (APIG). Founded by Rocket Internet in 2014, APIG's mission is to promote innovation and entrepreneurship throughout Asia and the Pacific at para suportahan ang development of a vibrant online culture. Ngayon, mas madali at mas convenient ang pagbili ng bus ticket.

Simply book and buy your tickets with just a few clicks!



Visit
www.clickbus.com.ph
to start your travel!



TRANSPORT SERVICE PAPAL VISIT

Nakibahagi ang JAM at Philtranco bilang transport service para sa Madrigal Singers na kumanta sa Papal Mass sa Quirino Grandstand noong Jan. 18, 2015.



A LOVE LETTER TO MR POGI FROM A SECRET ADMIRER...

♥ To the handsome man I'm falling in love with: ♥

Hindi ko na matiis... re-reveal ko na yung secret ko: Crush kita to death!!! Every time I see you walk along Ayala Ave. during lunch break, I want to go near you and give you sampaguita--- idol kung baga... with flying kiss! I dream of you and me on a date, sinusubuan kita ng pancit, tapos eye to eye tayong magtititigan the whole night... walang tulugan! Haaay!!!

♥ Love youuuuuu, tsup tsup, mwah... lab yuuuuu, from Dante by day--- Dainty by night. ♥

Hello Byehe Na! Readers- if you're a guy and you want to feel Pogi... and you want to be noticed by your looks (like the guy who "Dainty" loves...) here are important grooming tips for you. It is important that men take the effort to look good. Looking good leads to feeling good. Feeling good is already part of becoming a success.

It's also important to look good as a sign of respect for others. If you want to be respected, you should look respectable, trim, clean, with a smile on your face and a neat look. Looking good means you get a better chance for a job, a promotion, for a TV commercial role, for meeting the right girls or for being given the second look.

Okay, here are ten good tips to follow. Ready ka na ba to be Mr. Pogi of the Year?

Haircut – Clean haircut. Kahit ponytail, okay lang, basta't nakasuklay. And of course, na-shampoo and/or conditioner. Kung walang hair or thin ang hair mo – why not try going bald? Usong naman yan.

Nose hairs – Clean up. Use a special scissor when trimming some nose hair to prevent accidents. Same for ear hair, neck or sa forehead.

Nails – Dapat walang dirt under the nails. Trim neatly... have a manicure if possible.

Feet – Healthy feet – no athlete's foot, no foot odors (see article on Coconut Oil - p.4), change your socks daily, trim toe nails... okay, have a pedicure na rin.

Teeth and mouth – Floss your teeth as often as you can, keep teeth white by regular brushing (or once in a while use baking soda as toothpaste to whiten teeth), if your teeth are not in good condition, go to the dentist. Avoid smoking which stains the teeth yellow. After eating, clean mouth so there's no leftover food - check yourself in the mirror. Drink water before meeting someone so that your saliva is fresh, not stale.

Breath – Smoking, tooth decays, eating garlic, onions, sweets, coffee, etc., can stay in your mouth and smell in your breath. Watch out! Just before meeting someone, you can chew gum but best if you can brush your teeth and gargle mouth wash.

Face – STOP touching your face with your hands... wash with a soap that your skin feels good with. Do not hold pimples, etc. See a dermatologist, if you have skin problems. Your face is the largest part of your cosmetic concern... it's not how handsome you are (or are not)... it's in how clean-faced you look.

Deodorants – Good advise to use coconut oil (see article on Coconut Oil - p.4). There is no substitute for a daily bath. If you keep making naspu-naspu lang, your body oils (libag) will gather before you know it... there will be a black line on your neck... hahaha!!!

If you have clammy hands (yung parating pawis at malagkit), keep a handkerchief and use it before you shake anybody's hands. The worst thing a lady finds in a dance instructor is if he has wet (pasmado) hands.

Posture: Straight body means good discipline. Slouching means weak and lazy. Dragging your feet on the floor when you walk – lazy bum. Stomach in!!! Stay in good shape. If you think you're overweight, you probably are – don't be in denial. Start dieting and exercising ASAP! Avoid soda, rice, sweets and you'll have a good start.

These tips are important in creating the "new you". Just don't forget that after you make yourself look and feel good, you have to dress right. Just study men's magazines and ask advise from good dressers... invest in 3-4 good clothes... and even if you buy in Ukay-Ukay places – be sure to have the item altered if needed para hindi mukhang Ukay-Ukay but rather mukhang from U.K.

After your pa-Pogi make-over...here's what you'll read about you...

Hi Mr Good-Lookin'... I saw you the other day and you look so successful and professional! Keep it up! All my girl friends were giving you a second, third look... your friend, Secret!

THE ABC'S OF IMPORTANT PINOY VALUES

In the workplace or the home, if you want a smooth relationship to prosper, be sure to have personal values within you. We, as Pinoys are very sociable people. This can work for good or bad, can be cause for reward or abuse. It is good to develop these values as you mature... and at the same time to share, teach and achieve these goals in pursuit of success.

Just keep in mind that a good person has a set of values that make him/her worthy of success, happiness, smooth relations, and most of all, pleasing to God. There are so many, many values to think about, but here are good ones to start with:

- A** is for **Accountability**
be responsible/transparent to the people you deal with.
- B** is for **Beauty**
beauty starts from within, learn to smile from the heart.
- C** is for **Commitment**
stick to what you promised and committed.
- D** is for **Discipline**
make a decision to be disciplined/have self control.
- E** is for **Excellence**
wag "okay lang"... do your best... ALWAYS!
- F** is for **Friendship**
why do you need enemies when friends are nicer to have?
- G** is for **Gentleness**
speak softly, be polite to others, be a gentleman/woman.
- H** is for **Humor**
in all circumstances good or not good, find humor in it.
- I** is for **Integrity**
self respect can't be bought, it is earned, it is not for sale.
- J** is for **Justice**
do unto others as you do unto yourself.
- K** is for **Knowledge**
fear of the Lord is the beginning of wisdom.
- L** is for **Loyalty**
let others trust you by being loyal to them and their beliefs.
- M** is for **Meaning**
whatever you do has to have meaning in your life.
- N** is for **Nature**
be environmentally friendly, love and respect Mother Nature.
- O** is for **the Other**
don't be selfish – think of the other.
- P** is for **Practicality**
think how to do things better in less steps.
- Q** is for **Quality**
your work has to be top of the line/ not "just-just".
- R** is for **Resourcefulness**
necessity is a trigger to be resourceful.
- S** is for **Service**
a key to leadership is being a servant.
- T** is for **Teamwork**
working together can accomplish much, much more.
- U** is for **Unity**
work as one – one goal.
- V** is for **Variety**
don't be boring / think of other ways to "fly a kite".
- W** is for **Wholesomeness**
not rude, not bastos, nice without being corny.
- X** **Y** **Z** is for **all of the above!**
Just Do It!



NEW BIKE MADNESS: THE CYCLO CROSS

By Joey Espinueva

Ang Cyclo Cross ay nagmula sa France noong 1900 at inspired ni Daniel Gousseau ang extreme sport na ito pati na rin ang mga sinaunang Cyclo Cross races noong 1902. Ang mga sumunod na races after France ay naging popular din sa Belgium, Switzerland, Luxemburg, Spain at Italy mula 1902 -1930. Hanggang ngayon ang Cyclo Cross ay sikat sa US, Australia at United Kingdom.

Ito ay isang klaseng bike na sa unang tingin ay kamukha ng Road Bike, pero ito ay maaring gamitin sa trails o sa dirt road. Ang Road Bike ay ginagamit naman sa mga asphalt or cemented roads lamang.

Ano ang pagkakaiba ng Road Bike sa Cyclo Cross Bike?

Ang karera ng Road Bike ay ginagawa sa kalye or a point to point race— unahan sa finish line kaya speed ang pinaka-importante. Ang karera naman sa Cyclo Cross ay mas may "time element". Kalimitan ang mga races nito ay may oras from 30 minutes to 1 hour. Kailangan umikot ang bikers sa race track na halo-halong terrain— mud, sand, gravel, dirt at may kasama pang steps kung saan kinakailangang buhatin ang bike at takbuhin hanggang makatawid.

Ano naman ang parts ng Road Bikes kumpara sa Cyclo Cross?

Let's start with the frame. Ang frame ng Road Bike is usually made of carbon fiber, titanium, steel and aluminum para ito ay mas magaan. Mas nakayuko ang riding position nito para mas aerodynamic. Ang Road Bike ay may narrow Slick tires 700c x 23-25c kaya ito ay makinis para mas mabilis ang takbo sa kalye. Ito ay gumagamit din ng V-brakes dahil ito ay isa sa pinakamagaan na preno na pwedeng ilagay. Sa Cyclo Cross naman, ang frame ay upright at di masyadong naka yuko ang rider. Gawa din

Mahilig ba kayong pumadyak? Alam nyo ba na usong-uso ngayon sa mga taong active sa sports o mahilig sa outdoors ang cycling o biking? Naglabasan din ngayon ang ibat-ibang klase ng bikes depende sa gamit nito, tulad ng Mountain Bikes, Road Bikes, Folding Bikes at Fixie Bikes, atbp. Pero naringin nyo na ba ang bike na Cyclo Cross?

sa carbon fiber, titanium, steel and aluminum alloy pero mas pinatibay dahil ito ay sa dirt road ginagamit. Ang isang malaking pagkakaiba din ng Cyclo Cross ay medyo mataba ang mga gulong nito --- 700c x 30-38c, at gumagamit ng Knobby tires para may kapit sa lupa. Isa pang difference ay ang paggamit ng disc brakes dahil sa trail ay kadalasang maalikabok at maputik. That's why it needs brakes that are strong, all weather and heavy duty, para umulan o umaraw, siguradong titigil ka.

Kahit sino, kayang mag-Cyclo Cross. As long as kaya mong sakyan ang smallest size na frame pwedeng pwede ka na! Kailangan mo din ng the usual gear— helmet, cycling jersey, mountain bike shoes with cleats for clipless pedals and most important of all, drinking water.

Mahal ba mag-Cyclo Cross? These bikes range from Php25,000 to Php160,000 depende sa brand kagaya ng Ininer, Trek, Giant, etc. at sa mga components na kasama. It's really up to you kung ano ang kaya ng bulsa.

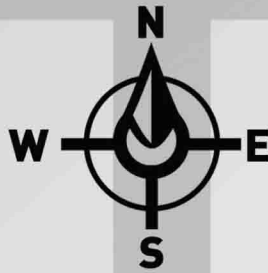
Maraming benefits ang cycling or biking! Hindi lang ito magandang cardio vascular activity, mabilis din maka-burn ng calories and unwanted fats! Kung mahilig ka sa matatabang pagkain kagaya ng crispy pata, bulalo, lechon, etc., ang cycling ay nakakatulong sa pag burn ng mga di ka nais-nais na fats. Nakakagutom naman! Pero syempre eat in moderation for maximum effect. Advisable din magpa-check up muna sa doctor para sure ka na pwede ka sa ganitong exercise.

So, kung naghahanap ka ng bagong bike, why not try ang bagong "in" sa Pinas—Cyclo Cross! "In na In" ka na...healthy and strong pa!

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The city of Legazpi is the capital of the Province of Albay and is said to be the 'Gateway to the Bicol Region' because of its accessibility and complete land, air, rail, and sea transportation facilities.

It is famous worldwide because of its beautiful natural scenery, at syempre number 1 na dyan ang perfect cone-shape ng Mayon Volcano na considered as one of the top natural wonders of the world. Kung type mo ang mag-road trip, mag-selfie, mamangha at i-enjoy ang beauty ni Mother Nature... Legazpi is the place to be!

Tara na Bay sa LEGAZPI, ALBAY!

By Jemarie Lomotos

Alam nyo ba na ang province of Albay, because of its volcanic origins, is home to beaches with distinct black sands of the deepest ebony color? Ang black sand nito ay produkto ng ilang milyong taon na natural erosion kaya nadurog ang mga mighty volcanic rocks at naging fine-textured sand. Kaya kung successful ang iyong Balik-Alindog 2015 Program (this is a lifestyle trend where you aim to lose weight after all the holiday overeating and gained pounds. It's like setting a goal to be sexy/fit again for the summer) then, irampa na ang iyong beach body sa nag gagandahang karagatan ng Tiwi, Sto. Domingo, Bacaycay, San Miguel at Rapu-Rapu.

Para naman sa mahilig sa extreme sports or travel activities, you can go mountain biking and trekking sa Base Camp ng Mayon. Make sure to warm up your thighs before you traverse terrains with varying degrees of difficulty, from thick forests, to grasslands with razor-sharp talahib, to dangerous rocks and boulders. Also, try the ATV Adventure at Mayon's lava front. Riding on an ATV (All Terrain Vehicle, a 4X4 wheel drive) can take you on extreme rides across rocky roads, mountain trails and river courses.

Don't miss the chance to visit Albay's historical sites such as the Cagsawa Ruins and the Cathedral of St. Gregory the Great (Albay Cathedral), and know more about their history at the Legazpi City Museum and Magayon Art Gallery.

To complete your Albay getaway, satisfy your taste buds with a feast of spicy Bicolano delicacies. Try their authentic and mouth-watering Bicol Express, laing, pinangat and sili-flavored ice cream. And hey! Don't forget to grab some abaca products, pili nuts and key chains for pasalubong!

So are you ready to explore, have fun and be cool at Bicol? Yayain na ang buong pamilya at barkada dahil sa halagang Php 795.30 at 9 to 10 hours na byahe mula Pasay ay nasa Legazpi ka na (Daily trips: 10:00AM and 7:45PM). Paano? Simple lang! Sakay na sa Philtranco para sa "Byaheng Masaya, Serbisyon Subok na!"



In the last decades, the woman labor force increased due to economic needs. Sa panahon ngayon, kailangan "double income" upang maka-maintain ng quality of life. So, in a family, the father is the bread winner and the mother becomes a support to the bread winner--- often times by working or having a livelihood. Okay naman itong ganitong lifestyle for as long as harmonious ang relationship sa tahanan at nagtutulungan with moral support for each other.

LADY IN A MAN'S JOB



Sa ibang Asian countries, na-shock ako to see women doing construction work. Sa Shell naman sa Texas, mga lady engineers pumupunta sa oil rig in the middle of the ocean. WOW!!! Woman power to the max. Mayroon na ring lady taxi drivers, and now the latest in women labor enablement--- lady bus drivers. Take note, hindi minivan, hindi taxi or sedan--- passenger BUS!!!

At Philtranco and JAM Liner, the management decided to hire lady drivers on the premise that they are careful, caring for passengers and just as efficient as men drivers. Here is one lady driver of Philtranco who can attest to this with her personal story on why, how she became a good example of a lady bus driver. Let's read it from Gina M. Purificacion. She is 46 years old, with a family. Her husband, Joel, taught her the basics of driving. They have 3 children: Kevin, Kim and Kaye.

Q: Bakit mo naisip maging bus driver? Di ba't man's job ito? A: As long as may determinasyon ka walang problema malaki or maliit yung menamaneho, lalaki man or babae.

Q: How did you learn to drive professionally and how long? A: My husband taught me how to drive. 9 years na po akong nagda-drive. Sa maliit na sasakyan matagal na pero sa bus po, 2 to 3 years ago na rin.

Q: Ano ang sabi ng mga kapamilya mo sa unique mong job? A: Astig daw at kahit po sa mga friends ko proud daw sila... yun lang.

Q: Kilos lalaki ka na rin ba? or lady like pa rin? Kasi hindi birong maging lady sa man's world, alam mo na. A: Minsan po siguro kilos lalaki kasi hindi pwede yung pabagal-bagal, pero syempre babaeng babae pa rin.

Q: Do you use makeup to make yourself look more feminine on the wheel? A: Yes po! (Naka-pink lipstick pa!)

Q: Ano ang reaction ng mga passengers kapag nakita nilang lady bus driver ang may hawak nang manibela? A: Well, sa umpisa po, andun yung duda nila sa lady driver, if safe ba sila. So, I do my very best na magtiwala sila sakin.

Q: What do you do kapag nasa mega-traffic ka? A: I set in my mind -- stay cool and sometimes sound tripping, if there's heavy traffic.

Q: Ano ang pinakamalayang destination na na-drive mo (bus)? A: Pasay to Dau, Pampanga po.

Q: Ano sa mga bus routes ang favorite mo? A: EDSA, iba't ibang klaseng sasakyan po ang nakakasabay ko, malaki, maliit, mabilis, mabagal, at kung ano ano pa.

Q: May sports or hobby ka ba to make you strong for work? A: Dancing everyday po, to make my body flexible during my working time.

Q: Will you encourage more ladies to be bus drivers? A: Opo, para magkaroon sila ng trabaho.

Q: Ano ang advise mo sa mga ladies na gustong gayahin ang trabaho mo? A: Gawin po nilang maayos yung trabaho nila at ayusin ang pakikisama sa kapwa driver at empleyado.

Q: Siguro naman you start and end your job with a prayer... A: Opo. I say, "Lord, thank you po for making me safe everyday."

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