

Maiden Issue
April-June 2014

Byahe Na!

Magazine published for



Ano ka Hilo?!

**25 Things to do
this summer**

**Malunggay
Cheese Pimiento**

**Road to
Batangas**



**Happy Riding &
Happy Reading**



FerrySafe.

FerryFast.

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

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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: "Where did you spend your summer vacation?"

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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Welcome Summer! Time to travel!

Every Pinoy loves to travel and enjoy summer. One of my favorite summer destinations is Boracay – we go there very often with my wife and kids.

Recently, I also had an enjoyable tour of Bicol with my fellow Rotarians on board Philtranco's Executive Coach.

Just like you, we all want to travel safely and comfortably to our destinations. And that's our commitment at JAM, FastCat and Philtranco. I want every single Filipino to travel safely and reach every single island of our archipelagic country. We would like to provide land and sea transport services in a professional, excellent, yet fun way at great value. It is our aim to make the lives of the Filipino better by providing superior choices.

Safe Travel. Service Excellence.

Our commitment is to provide a sea and road-worthy transport system to the public. We are currently upgrading our fleet by launching 10 brand new, internationally classed and certified, Catamaran vessels and 150 brand new Daewoo and Nissan Diesel buses. Once completed this year, we will have the youngest fleet in the industry, capable of providing a safer, more comfortable and seamless travel experience. Additionally, these units are fuel efficient, resulting to operating cost reduction and savings thus making our fare rate competitive.

Fun travel experience! By way of added entertainment on board, we've published a mini-mag -- "Byahe Na!" and it's free for you! It's our way of keeping connected with our passengers. We want to share the milestones of the 3 companies with you and make you proud to be our passengers just as we are happy to bring you to and from your destinations --- making us a part of your memorable summer happenings.

Dennise C. Trajano

Chief Executive Officer-
JAM Liner, Inc.
Philtranco Service
Enterprises, Inc.

Board of Director-
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ARCHIPELAGO PHILIPPINE FERRIES CORPORATION

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Philtranco

SINCE 1914

Byaheng masaya, serbisyong subok na!



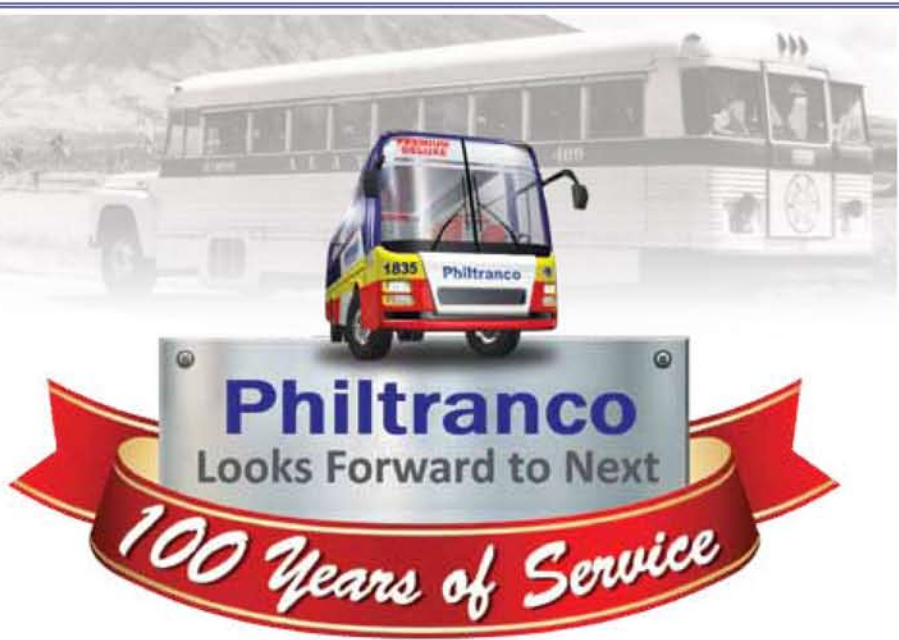
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Philtranco was established in 1914 by two Americans, Albert Louis Ammen and Max Blouse who together formed Al Ammen Transport Company or ALATCO. This year marks its 100th year of serving the Filipino bus passenger.

The company is the first bus operator in the Philippines – as well as in Asia, reflecting an era when the country was the most advanced in the region.

It is, without a doubt, one of the country's most recognizable – and loved – heritage brands, fully committed to providing each traveller its company vision of "Byaheng Masaya, Serbisyong Subok Na."

In the Seventies, the company likewise pioneered service to the Eastern Visayas and by the early Eighties had also expanded into ferry operations.

By 1986 it had unveiled the country's first-ever archipelago-wide transport network, that connected Luzon, Visayas and Mindanao. At that

time, cargo truck and air-conditioned bus service were also added as enhancements to its routes.

It owns or operates six major passenger terminals in Cubao, Pasay, Daet, Iriga, Tacloban and Davao.

In the last quarter of 2013, Philtranco was taken over by new management.

Today, a hundred years since it rolled out its first bus, Philtranco continues to service the Southern Tagalog, Bicol, Eastern Visayas, and Mindanao regions through a growing fleet of 250 buses.





Nancy Reyes Lumen

It's Green But It's Not A Joke...

Nakalbo ko na yata lahat ng Malunggay trees sa aming neighborhood...that's because I keep making dishes using this very powerful, healthy, superfood---Moringa oleifera a.k.a. Malunggay.

Yes, bow na bow ako sa Malunggay such that we (2 Chef friends: Day Salonga and Mon Urbano and me) decided to do a little cookbook about it and guess what! --- it is a best seller in National Book Store. Hindi nakapagtataka na maraming interested sa Malunggay and how to cook it. Not only because it is really a healthy ingredient, but also because it is in one's backyard---ready to be harvested and cooked and enjoyed at the dining table. It's an almost free food, you just have to reach out to your kitchen window...and even if you buy it from the palengke -- at Php5.00 per bundle (naka rubber band). It is still cheaper than other gulays.

Alam ko na may mga iba diyan hindi nila type to eat anything that's dark green---naku, talo sila! Dark green leafy vegetables are SO RICH in vitamins. Malunggay is a living source of Vitamins A (can prevent blindness) and C (many more times than an orange). It contains more calcium than milk and 2X as much protein.

Natikman niyo na ba ang fresh malunggay leaves? Mapait na may hint of tamis sa end taste. At kapag binasa ang mga dahon, nag-re-repel ng tubig! So, cooking Malunggay has to be learned...to get the complete nutrition from it. Heto ang isang madaling recipe for you to try. Serve this to your friends as a snack...and see if they will start enjoying "green stuff".

"Cheese Pimiento M"

(recipe copied with permission from the authors / from p. 11 "The Malunggay Book")

- 1 C grated cheddar cheese
- 1 C evap
- ½ C fresh malunggay leaves, chopped very finely
- ¼ C canned pimiento, drained
- ¼ C mayonnaise
- 2 tsp lemon juice
- Rock salt and crushed peppercorn, to taste

Mix all ingredients together. Combine till smooth. Taste and adjust seasonings.

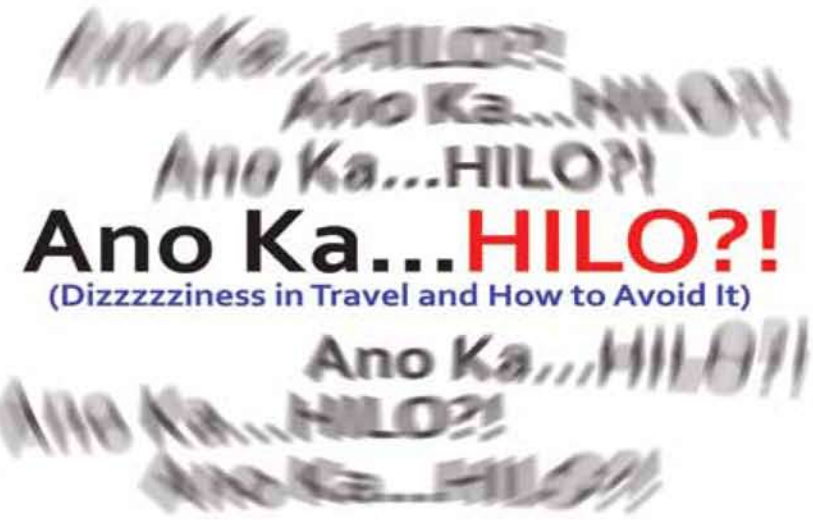
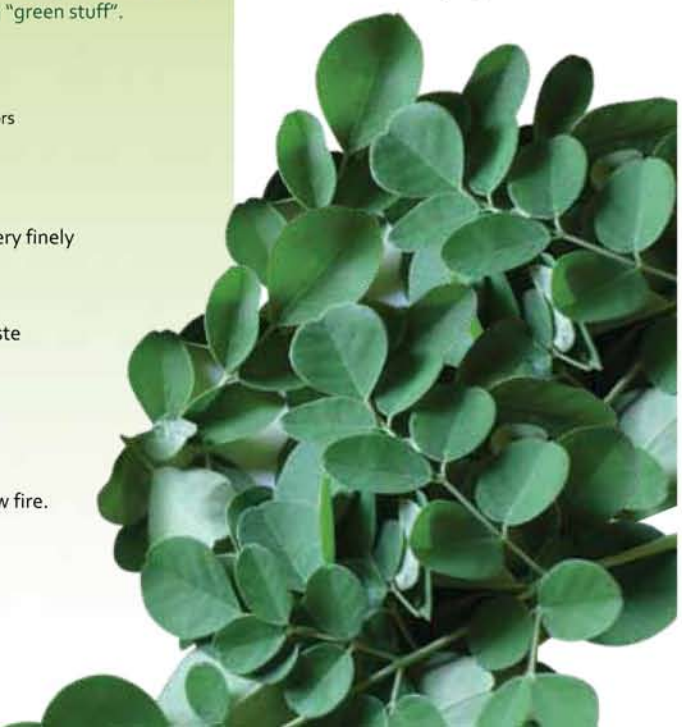
You can also do this: Mix all ingredients in a saucepan over low fire. Stir continuously until combined and thick. Season. Serve with crackers or other breads.

BONUS:

I wrote a song on Malunggay, so try to sing it pag wala kayong ginagawa sa buhay... or, habang kinakalbo ninyo yung Malunggay tree ng neighbor niyo---sing this loud and clear!

THE MALUNG-GAY SONG
(sung to the tune of "Magtanim ay Di Biro" also known as "Planting Rice")

*Malunggay is mahusay
Magaling itong gulay
Masustansiya't makulay
Yan ang sabi ni Inay
Malunggay Malunggay
Malunggay is mahusay
Malung-gay Malung-gay
Cook and eat it everyday!*



One of the unpleasant ways of riding is when one is dizzy. It can either be a case of car-sickness, air-sickness or sea-sickness. Instead of enjoying the sights and the comfort of the ride, you're in a state of light-headedness...take note, hindi ito yung feeling "in love" ... it's more like malapit ka nang mag-"faint", or feeling woozy, want to vomit (?), miserable and uncomfortable. Hilo ka ba ?

Some possible causes of dizziness are: pregnancy, allergies, colds and flu, you lack air (masikip ba yung pants mo? Belt mo?), anxiety or stress, or had too much tobacco or alcohol (hangover) or drugs. It could also be from hunger or thirst, too much caffeine or too much salt, brain freeze (pag nakakain ka ng super lamig---sakit ulo and hilo), or you have ear infection such that your inner ear is not balanced.

Dizziness is related to another symptom and a worse case at that -- it's called vertigo. But this usually occurs in older people. In vertigo your surroundings look like they're moving when they're really not. It's just your inner dizziness that's causing it. For those who suffer from these two discomforts, there are many solutions---just hope that many of these will work for you.

- Focus your eyes on one spot only, yung malayong tingnan.
- Concentrate on your breathing, Get some air... fresh air.
- Dapat feeling safe ka sa surroundings mo -- bawal mag-panic!
- Rub your hands together -- learn to feel calm and able to move
- Yung friend ko said when she was a kid and got dizzy her mother would tell her to bend down so her head will touch her knees: this really works! It will bring blood to the head since a drop in blood flow to the head can cause hilo.
- Move slowly, sit up straight, don't change positions quickly, don't rise up quickly and avoid looking up and down.
- Avoid repetitive movements, if you can, do the EPLEY Exercise---lie back, turn your head 45 degrees towards the affected ear and hold for 1-2 minutes.
- Drink lots of water and include foods rich in vitamins and minerals.
- When it comes to food: here are useful / effective foods -- ginger (is a cure-all herb), eat something like a bar of chocolate or a banana, celery juice, honey-cider vinegar drink, ginkgo biloba...but don't over eat!
- Wear flat shoes, rest before you board, avoid bright blinding lights from the TV, laptop, cellphone or cars.
- If you believe in magnets, put some at the back of your head. Leave it there for 20-30 mins. The magnets might be able to move the crystals trapped in your inner ear.
- Last but not least---when all else fails...sige na nga: take a motion sickness medicine.

OKAY KA NA BA? HILO KA PA? HINDI NA!



Isa sa pinakamasayang "Things We Did last Summer" ay mag-Byahe. Pero naman... mabigat din sa balsa , diba? (Ang sagot ko diyan ay: HINDI! Hindi mabigat sa balsa if you know how to budget your money so you can make byahe.)

Feeling Rich... on a "Cute" budget

Feeling rich ka sa byahe kahit "cute" yung budget mo (I mean, cute, as in maliit – he he) if you consider some of the suggestions by my traveling friends. They travel a lot – by backpack and they get to see a LOT of places, eat and enjoy their trip on a practical budget. Heto ang some "tricks" to remember:

Travel as a group. The more the "many-er"...mas enjoy, mas matipid kasi share-share kayo sa maraming bagay like ordering food family style, riding as a group para makakuha ng promos and discounts. Of course dapat JAM or FastCat or Philtranco...para feel safe and comfortable.

Do not bring ALL your money in one trip. Kung ang destination nyo ay may mga ATM, okay for you to carry just enough for every stop and then ATM as needed. WHY? For one thing, para hindi ka ma-tempt to overspend...and also for security ... in case mawalan ka. Php 500.00 is a good amount.

Make sure you bring small change...and be very very careful about giving your money. In the dark, the Php 100.00 bill and Php 1,000.00 bill might look the same because of their close colors.

Travel light. Overweight luggage costs a lot and sayang naman yung ibabayad mo --- it can be used for other things like shopping or food trip.

BYOW – bring your own water. **BYOB** – bring your own baon.

Many times when you get to a tourist destination, the shops on the main roads have a higher price...**mag-explore sa back street shops** at baka sakaling merong lower priced outlets.

Instead of tipping with cash, **why not tip them with things you can make ahead like:** small necklaces or keychains...or Bible sayings nicely written on a card...or cookies ...

Bring extra bags para hindi ka na mangangailangan bumili ng extra luggage if you buy a lot of things. Folding bags are very practical.

Walk, if you can...to save on transpo. If you're in a group, it's nicer to walk together---you won't feel as tired than if you were walking alone. Walk and enjoy the sceneries.

If you need lodging for the night, why stay in an expensive hotel when you can all share a family room? O di kaya...a 3-star hotel will be okay na as long as it is in a clean and safe location. Most of the time you will be out and just need the room to sleep...**so think about saving on hotel money.**

Wear Dry-Fit clothing---you can easily wash this in the hotel faucet and it will dry quickly and can be ready to wear again...you can save on laundry and luggage space.

Most important of all--- **plan your trip well.** Research about your destination, ask about the best places to eat on a budget, where to shop, where to stay. Planning your trip long before you go will save you a LOT of time, effort and money...be practical and down-to-earth when you travel. Know the rules and culture of the place, even some of the pedestrian laws...to be safe when you are on foot...learn and save good money as you discover another good reason to travel again and again!

19TH San Pablo City COCO FESTIVAL

HISTORY OF COCO FESTIVAL

The COCO Festival was conceived by a group of individuals from private and government sectors who advocated and committed themselves in developing and promoting arts and culture in San Pablo City. To date, it has come to be an annual weeklong festival, celebrated every second week of January. The fiesta is the showcase of the rich cultural heritage and natural attractions of the city which draws spectators to visit and the reason balikbayans yearn to come home.



COCO FESTIVAL AWARDS AND CITATION

For its efforts in promoting and increasing tourist visit, the COCO Festival was cited with awards for its success such as:

Plaque of Recognition and Application for San Pablo City's support in promoting the rich arts and culture of Laguna through the successful and meaningful celebration of the world-famous Coco Festival from the Provincial Government of Laguna, March 11, 2010

2012 Nominee for GAWAD PAMANA NG LAHI- Department of Interior and Local Government (DILG)

Hall of Famer Best Tourism Event in the Philippines 2010 to 2012 (Festival Category- City Level) awarded by the Association of Tourism Officers of the Philippines (ATOP/ Department of Tourism (DOT)

First Runner-up Best Tourism Oriented Local Government Unit Awarded by the Association of Tourism Officers of the Philippines (ATOP)/ Department of Tourism (DOT)

FIESTA EVENTS

- Shooting Competition
- Munting Lakan at Mutya
- Coco Trade Fair
- Coco Cookfest
- Ms. Gay Cocofest
- Fun Run
- Accounting Quiz Bowl
- Amazing Race
- Coco Star
- Battle of the Bands
- Coco Carnival Queen
- On-the-spot Coco Art Contest
- Banda Siklaban
- City Government Night (Fireworks Display)



MAIN ATTRACTION

- Biggest Buko Pie
- Float Parade
- Annual Street Dancing Competition



DON'T MISS THE NEXT FIESTA!

The cool month of January is ideal for outdoor fiestas specially for balikbayans. No wonder the COCO Festival is sure to continue through the years as one of the main annual events of San Pablo. Discover the delights of the city, meet up with the locals, dine on their special delicacies, and shop for their arts and crafts. Be a tourist in your own country---you don't know how beautiful our countryside is until you take a ride and GO!



FastCat Maiden Voyage

"Hangad po namin na makapagbigay ng mas mabuti at mas ligtas na alternatibong pamamaraan sa paglalakbay sa ating kapwa Pilipino". – Christopher S. Pastrana, Chairman – Archipelago Philippine Ferries Corporation (APFC).



Inilunsad ang soft launch ng FastCat M1 kasabay ng ika-58 na kaarawan ni Oriental Mindoro Governor, Alfonso Umali Jr. noong April 29, 2013 sa seaport ng Calapan. Nakidalo sa nasabing pagdiriwang ang mga opisyal ng APFC na tagapamahala ng FastCat na sina Christopher S. Pastrana - Chairman, Leo Peter Paul K. Gonzales - President, Dennise C. Trajano - Board Member, at ilang kawani at opisyal ng Batangas at Mindoro.

"Napakaswerte ng Oriental Mindoro at lahat po ito ay nangyayari, kaya magdasal po tayo parepareho at makakaasa po tayo sa napakagandang serbisyo nitong FastCat," taos pusong pasasalamat ni Governor Umali Jr.

Matapos ang soft launch at blessing ng barko, matagumpay na naglayag sa unang pagkakataon ang FastCat M1 sa karagatan ng Batangas patungong Calapan, Oriental Mindoro noong August 2, 2013. Kasama sa maiden voyage ang Presidente ng APFC na si Leo Peter Paul K. Gonzales para siguraduhing FerrySafe, FerryFast, at FerryConvenient ang byahe ng mga unang pasaherong sumakay sa nasabing barko.

Ang FastCat ay dinisenyo ng Sea Transport Solutions ng Australia, ang nangungunang designer ng mid-speed catamaran vessels sa buong mundo. Ito ay certified at classed ng American Bureau of Shipping (ABS) at pasado sa latest international safety rules and regulations kaya makasisiguro ang mga pasahero ay *FerrySafe*.

FerryFast ang byahe sa FastCat dahil ito'y isang Catamaran vessel na may dalawang hulls at umaandar sa average speed na 16.5 knots na pinapatakbo ng apat na internationally-classed ABS-certified Yanmar engines (kumpara sa ibang RORO vessel na may isang engine lamang).

Siguradong *FerryConvenient* ang byahe dahil sa ito ay brand new at fully air-conditioned ang business class. At higit sa lahat, bukod sa mababang presyo ng pamasaha, handog ng FastCat ang dekalidad na serbisyo sa bawat pasahero.

After 45 years

In the Driver's Seat towards World-Class Customer Service



Definitely one of the top bus companies on the Southern Tagalog route, JAM Liner is firmly in the Captain's chair in delivering high-quality transportation to the millions of passengers that have made it a defining success story.

In time to mark its 45th year in the business, JAM Liner has taken top-to-bottom initiatives in enhancing its fleet of buses, passenger terminals and most importantly, the professionalism of its customer service.

TRAINED PROFESSIONALS

"At JAM Liner, we recognize that the first customer interaction with us is on board, with our drivers and conductors. In fact, to make it clear that our staff is a cut above the rest, they are titled "Bus Captains" and "Bus Attendants", trained in the same way that flight crews are on airlines," says Christine B. Guevarra, Vice - President for Marketing. JAM Liner also kicked off a series of year-round training seminars and workshops aimed at creating a new attitude among its on-board crew, ranging from the basics of good grooming and courtesy to cultural overviews to enhance the over-all passenger experience.



POSITIVE PASSENGER RESPONSE

More and more commuters through Laguna, Batangas, and Quezon have discovered the unique JAM experience: "Fun at masaya ang mga byahe namin sa JAM kasi bukod sa mabilis, eh madaling kausap yung mga crew ng mga bus. Madalas pa nga eh naka-ngiti." "Salamat JAM sa paghatid sa amin ng ligtas sa mga byahe namin pa-Lucena man o pa-Batangas."

INTELLIGENT BUSES

An additional fleet of buses has been rolled out, featuring dedicated electrical outlets for each set of seats. A GPS system monitors each JAM Bus Captain's route and driving speed in real time, ensuring safe arrivals at all destinations. Inside the cabin, passengers can enjoy free WiFi services connecting them to the internet and a whole world of entertainment, via four widescreen TVs on board each bus. JAM Liner's advanced electronic ticketing system also provides instant trip information, while regular voice-overs provide destination announcements.



STATE-OF-THE-ART TERMINALS

The flagship JAM Buendia Terminal has been totally refurbished, and now features a convenience store, an air-conditioned waiting room equipped with WiFi, and with comfortable, ergonomic seating; clean restrooms with eco-friendly waterless urinals; and a customer-assistance counter manned with trained personnel.

"We'd like to thank our passengers, our Bus Captains and Attendants, and all our partners and stakeholders, for making JAM Liner truly, "JAMpacked sa Serbisyo, JAMpacked sa Saya," smiled Ms. Guevarra. "For our frequent travellers on JAM, we launched the "JAMMERS" loyalty card last April 2013. It's just another way of saying thank-you to all our passengers."

25 Things to Do This Summer

- Learn to swim, dive, scuba.
- Learn to drive professionally.
- Sail to a nearby island or better yet, take a trip with FastCat or Philtranco.
- Visit a far-off relative. Bring pasalubong.
- Assemble a kite. Fly it.
- Enroll in a baking class like making empanadas or cupcakes. BIZNEZ op ito!
- Or enroll in a cooking class and then hold a gourmet dinner for your loved ones after you've finished the course.
- Help clean up the debris along the seashore or kung kaya ng nostrils mo---yung sa Manila Bay.
- Learn 3 new songs – then practice in front of a mirror.
- Make your own iced tea formula.
- Take a food trip to Batangas – bulalo, ginataan, inihaw... the best way to go is ride JAM.
- Take photos of interesting signs and places (tama na ang selfie...for now.)
- Collect Php10.00 coins...and start saving.
- Go to an Ukay Ukay, get a nice backpack. Why buy when you can U-Kay?!
- Start a novel or short story about your fave topic.
- Bring your lunch box everywhere you go. Help save the earth by one less styrofoam box!
- Work for cash...great idea!
- Work for food...great idea too!
- Work for clothes...WOW!
- Summer jobs like telemarketing can also train you for future BZNEZ.
- Go on a 1-day fast and retreat---food for the soul.
- Treat yourself and a friend to a lazy-boy relaxed movie at the Director's Club . Free popcorn pa. Sleep ka pa if the movie is boring.
- SPA....what're you waiting for?
- Play a new sport – volleyball? badminton? Or ride a bike?
- Join fun runs for a cause. That's about 500 calories for you.



ENJOY! Some people are unhappy because they depend on so many things to make them busy and happy. We should all learn to INVENT HAPPINESS!

Testimonials

The best proof of good service and commitment of a company for its passengers is from the passengers themselves. Here are some passengers who are glad to share their testimonials with us.



Rolan Jubilo
Batangas City

From FASTCAT:

"November 09, 2013 (Sun) pauwi ako sa lugar ng kaibigan ko sa Naujan, Oriental Mindoro upang maki-pyesta. Ang plano ko po talagang sakyang barko mula sa Batangas City Pier patungo sa Calapan City Pier ay ang isang kumpanya ng malalaking Roro tulad ng nakagawian ko kapag umuwi ako sa isla ng Mindoro. Pagdating ko po sa Pier ng Batangas, agad pong bumungad sa akin ang nakarampang barko ng FASTCAT. "Wow, bago! Pero baka mahal ang fare, lalo't may bagahe pa akong dala", sabi ko sa sarili ko.

"Pero sa pagnanasang maranasan na makasakay sa bagong barkong ito, nagtungo ako sa ticket booth ng FASTCAT. Nagulat ako nang malaman kong "afford na afford" ko naman pala ang pamasahat at halos isang oras at kalahati lamang ang byahe kumpara sa nakasanayan kong 3 oras na byahe sa dagat. Agad po akong bumili ng ticket - Business Class pa nga!. Dito rin po sa ticket booth ng FASTCAT nagsimula ang hindi ko makakalimutang paglalakbay, dahil naramdaman ko agad ang pagiging magalang sa mga pasahero ng mga staff nito, maging ang mga Crew ng FASTCAT.

"Kaya mula noon na-build ang tiwala ko sa FASTCAT. Mula ng pagsakay at pagbaba ko sa FASTCAT, feeling ko V.I.P ako!! Ferry Safe, Ferry Fast at Ferry Convenient! Long live FASTCAT!"



Aikee
Pateros

From JAM:

Si Aikee ay isang talent coordinator at involved din sa production research. In other words, may pagka show biz ang career niya. Patapos pa lang siya ng Mass Com ngunit busy na siya sa kanyang work. In fact he often commutes to San Pablo, Laguna, Lucena and Batangas when he has a show.

He has been a regular rider of JAM since he first learned about it from friends and kamag-anaks. 2010 pa!. "Kapag may mga outing kami sa Batangas, sa Buendia terminal ng JAM ang meeting place namin. Dahil lahat naman kaming magbabarkada alam namin kung gaano kaganda ang serbisyo na ibinibigay ng JAM sa mga pasaherong tulad namin."

Ang mga features ng JAM na na-enjoy ni Aikee ay yung digital media connections. Ang comment ni Aikee: "The cool thing is meron syang wifi na sobrang bilis specially yung outlet so kapag lowbatt ako pwede ako magcharge ng phone and gadgets na dala ko. Sobrang laking tulong non. At enjoy yung mga shows na pinapalabas ng ICM (Inquirer Catalyst Media) sa JAM". At sa service naman, ang masasabi ni Aikee ay "Very convenient, so relaxing and organized especially yung drivers and conductors-astig nung uniform, very presentable and approachable sila." May hahanapin pa bang ibang services si Aikee from his fave transit? Ang sinabi niya "I think wala na. Sa JAM wala ka ng hahanapin pang iba. Tunay na JAMpack sa serbisyo, JAMpack sa saya dito sa JAM liner!"



Elaine Padayao
Bicol

From PHILTRANCO:

Nursing student Elaine Padayao takes the Philtranco Bus from Manila to Bicol and back at least 2 or 3 times in a year. She learned about PHILTRANCO bus service from her kabarkadas and kamag-anaks. What she likes about the service are what most of the passengers comment: "...maganda ang serbisyo ...ligtas at malinis...maingat (ang mga driver) magmaneho." She said she will definitely recommend Philtranco to her friends and acquaintances. When asked what she could add to its current list of services on board, she said "Kailangan lang nila ipagpatuloy ang ligtas na byahe at i-maintain ang kalinisan. Palaging dapat isipin ng mga taga-Philtranco ang aming kaligtasan pati na ang mga bagahe namin."

Pls. Pass...

If you're enjoying this Mini Mag, then continue reading and if you see anything worth sharing with others...Please pass.

Sari-saring non-related topics dito which I'm passing to you...there's trivia, prayer, jokes, bullets of kung anu-ano, etc. So it's your turn to pass it...please!

(Anti-Nosebleed pick up lines):

Uh hi...is this seat taken? May I sit beside you?
Did you know...? You don't? Okay, I'll tell you...
It's summer already, mainit na talaga ang panahon...I'M YOUR FAN...
Where are you going? Me, I'm going to _____.

- Going to Batangas. Sama ka?
- Ang sarap ng ride, no? Galing ng service nila...
- Hilo ka ba? Here, put your head on my shoulder...
- Miss...February ka ba? Kasi kulang ka ng date...
- Care for some gum? Hati tayo...

SMART TIPS FOR BAKASYON-ISTAS

- Bring some gum or candies to munch or chew in between trips
- Hair dryer is very practical to bring.
- Free shower caps from hotels – very useful! Use them to cover dirty shoes
- To prevent spills: place a small plastic wrap in every bottle before putting the cap back on.
- Pack ziplocks, tape, rubber bands...always needed in a trip
- Scared of akyat-bahay gangs? While you're away, ask your neighbor to park his extra car in your driveway so robbers will think someone's home.
- Get used to wearing a belt bag so that you can also be hands-free
- Don't forget your map, tickets, contact lists and numbers. Keep 2 copies
- Emergency medicines might come in handy---hope not, though.

7 WONDERFUL SAYINGS OF MASTER CHENG YEN (TZU CHI)

1. "If everyone can be frugal and cherish blessings, poverty will not exist."
2. "We can reduce carbon emissions by reducing our wants."
3. "A vegetarian diet is not only good for our health, but also good for the Earth."
4. "A person who litters discards a blessing; a person who picks up litter gains a blessing."
5. "Those who find excuses for themselves will never improve."
6. "Listen attentively and speak thoughtfully."
7. "Disasters serve to awaken people's awareness."

PRAYER FOR PROTECTION (Psalm 121 from the Holy Bible)

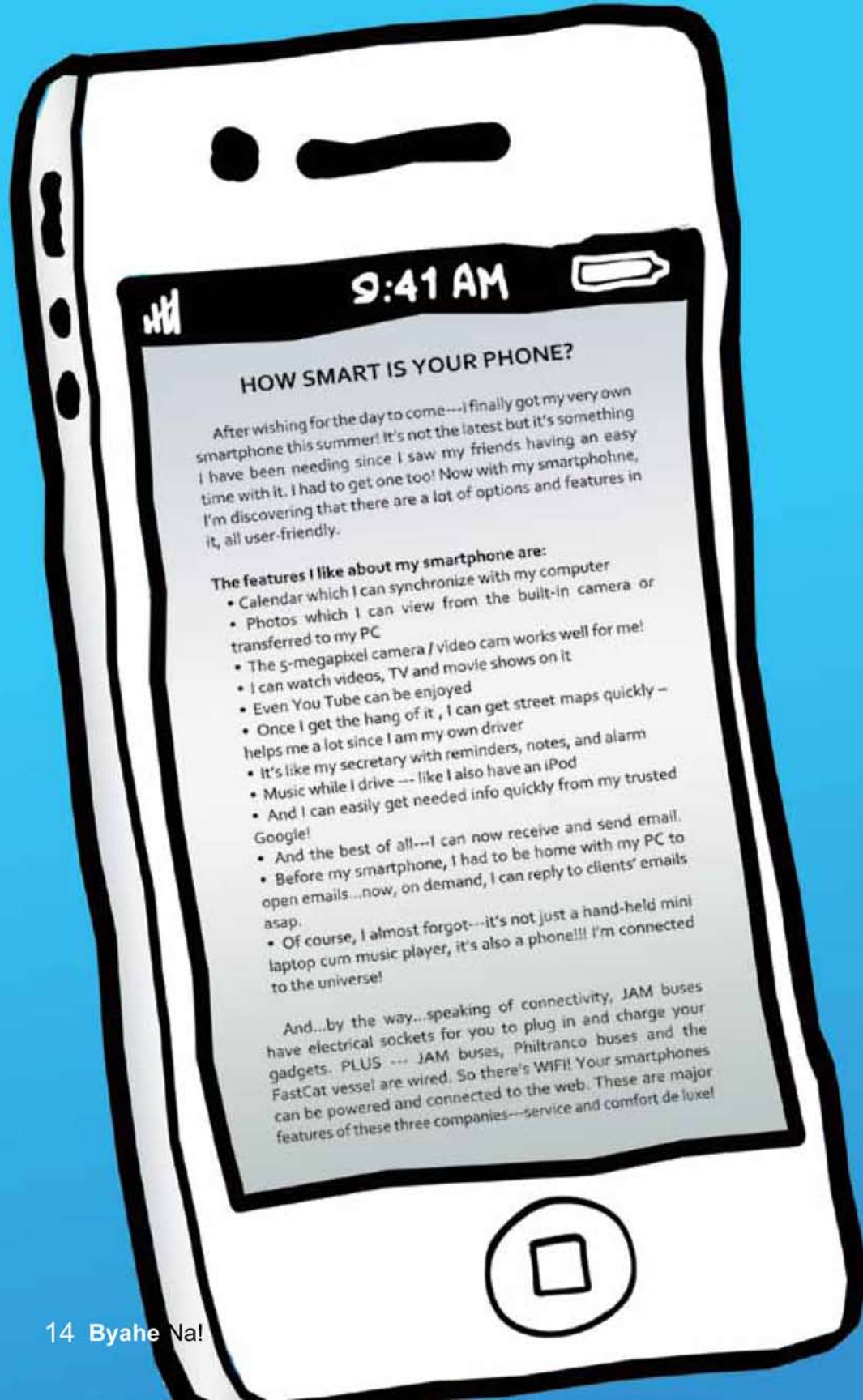
"I look to the hills, where will I find help?
It will come from the Lord,
Who created the heavens and the earth.
The Lord is your protection
And He won't go to sleep or let you stumble
The Protector of Israel doesn't doze or ever get drowsy.
There at your right side to shade you from the sun
You won't be harmed by the sun during the day
Or by the moon at night.
The Lord will protect you
And keep you safe from all dangers
The Lord will protect you
Now and always, wherever you go."

BEST PASALUBONGS:

- Giant siopao – don't forget the sauce
- Good reading materials
- Wholesome DVDs or latest music on CDs
- Japanese snacks: candies, chips, cookies
- Baked loaves like Malunggay Bread, Focaccia, Ensaymada, Cheese Roll
- Bottled dips, salsa, sauces for chips, pastas, and crackers
- Candies: Chocolates, Sugar-free Mints

HOW ELSE TO SAY ... "MAMÂ...PARA!"

- HEY STOP NA!
- Officer...can you kinda make para first.
- Stop na U...down na me.
- Prrrrt! Or Pssst! Or Tak tak make noise with your tongue pressed against your ngala ngala.
- Babay na po!
- Sa kanto lang, pre..or Sa kanto lang Boss
- Bayad po...para na.



JAM TAYO!

Lyrics by Jett Pangan

Intro : E/A - E/G#m - E/C#m - EB (3 x)
E/A - E/G#m - E/C#m - EB - D

VERSE I
E/A - E/G#m - E/C#m - EB
E/A - E/G#m - E/C#m - EB - D
F#m - A - B

Sakay na!
Naghihintay sa 'yo
LIGAYA ng paglalakbay
At mga ngiting kasabay

VERSE II
Halina!
GINHAWA ay damhin
MAASAHAN mong ika'y
LIGTAS at MASAYANG darating

REFRAIN
Sa 'yong patutunguhan
Tara na

CHORUS
E - F#m - G#m - A (3x)
E - F#m - G#m - A - D

JAM TAYO
JAMPACKED SA SERBISYO
JAMPACKED SA SAYA

JAM TAYO, JAM TAYO
Jam tayo
Jam tayo
Jam tayo

VERSE III
Sige na!
Sundan ang mga pangarap
Habulin ang kinabukasan
Kami ang KAAGAPAY mo

Halina!
GINHAWA ay damhin
MAASAHAN mong ika'y
LIGTAS at MASAYANG darating

REFRAIN
Sa 'yong patutunguhan
Tara na

Repeat CHORUS 4x
Jam tayo
Jam tayo
Jam tayo

JAMmers
C L U B

Sali na!



At mag-enjoy ng
JAMPacked
na benepisyo!

REQUIREMENTS

CUBAO & BUENDIA TERMINAL

- a) Twenty (20) used bus ride tickets with JAM Liner, Inc., regardless of destination or date.
- b) Filled up application form.*
- c) One (1) 1x1 picture (for applicants at Cubao Terminal only).

*The application forms are available at the terminal and can be downloaded from our website and fanpage.

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Road to Batangas



Just for starters, Batangas is a first class province, it is also the site of the 2nd largest international seaport of the country – the Batangas Seaport Terminal --- right where FastCat is also docked. Batangas City is where one can take the ferry to reach Mindoro, Tablas, Romblon, etc. By land, the STAR Tollway is an impressive expanse that makes touring it easier and more convenient.

And of course, how can any Pinoy not know "Ate Vi" who is governing the province so admirably that it's progress has come by leaps and bounds --- commerce is busy and the prospects are good.



The good thing about Batangas is it is not that far from Manila, making it an ideal local wanderlust tourist destination for hitting the beaches or scaling Mt. Makulot. Along the way to Batangas, there are enough sights to fill up one's memory stick with images of colorful houses (called "Italian Villages" because these are residences of OFWs who worked in Italy); beach fronts, lomi (noodle) stalls lining the streets alongside suman and buko pie vendors. And don't forget Taal Volcano and the heritage town of Taal belong to this province. But there's more...

It was written that Batangueños are regarded as Super-Tagalogs! I learned something: this province has the most number of doctors in the whole country. No wonder whenever we hear of a town fiesta being held in a Batangas district the

roll call is an "unli" directory of Dr. / Dra. In fact, born Batangueños love to celebrate founding days and fiestas, reunions, all dressed to the nines in an elegant setting by the town plaza. The society of the province is affluent. Savor the heritage dishes of Batangas cuisine.

Here are some of the favorite dishes/ foods in Batangas: Bulalo ; Kalderetang Kambing o Baka; Sinaing na Tulingan; Lomi; Adobong Dilaw; Tawilis ; Bagoong Balayan by which you can make a local Caesar Salad dressing in place of the anchovies in the recipe (Talaga!!!); Coffee; Lambanog (colored pa nga---ala eh!); roadside Goto; Soup #5; Tapang Taal served with Tablea Tsokolate; Lechon (dressed up and paraded in June); good beef meat; and fattened Tilapia; the Maliputo and pineapples.

The province is also distinguished for its intricate embroidery on the Barong Tagalog and forging of Balisong. Finery, love for music and the arts, culinary cuisine and luxury are characteristics of their way of life. To wit, here are just some famous Batangueños you might know: Ate Vi; Ogie Alcasid; Ryan Cayabyab; Chef Myrna Segismundo; Mario Katigbak, the Kalaws; Laurel Family (Cocoy, Franco, Denise, Doy and Celia Diaz); and of course my foodie idol: Nora Daza. As Nora would claim about her fellow-kababayans: "Galing-Galing!"



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FIRST TRIP	LAST TRIP	FIRST TRIP	LAST TRIP		FIRST TRIP	LAST TRIP	FIRST TRIP	LAST TRIP
4:30AM	10:00PM	4:15AM	10:30PM	BALIBAGO	4:30AM	10:00PM	4:30AM	10:00PM
12:40AM	11:00PM	12:00AM	10:00PM	BATANGAS	2:45AM	11:00PM	2:30AM	10:00PM
5:20AM	11:00PM	--	--	BINAN/CARMONA	4:20AM	7:30AM	--	--
6:00AM	10:00PM	4:15AM	10:30PM	CABUYAO	5:00AM	7:30PM	5:00AM	7:30PM
4:00AM	8:00PM	4:15AM	7:30PM	LEMERY	3:00AM	8:00PM	2:30AM	7:30PM
5:20AM	10:00PM	5:00AM	9:00PM	LIPA	4:30AM	9:00PM	4:15AM	7:30PM
12:40AM	11:00PM	12:30AM	11:00PM	LUCENA	3:40AM	11:00PM	3:50AM	11:00PM
1 TRIP ONLY	4:30AM	--	--	PAVILLION	6:00AM	8:00AM	--	--

Tara na,
JAM tayo!

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