

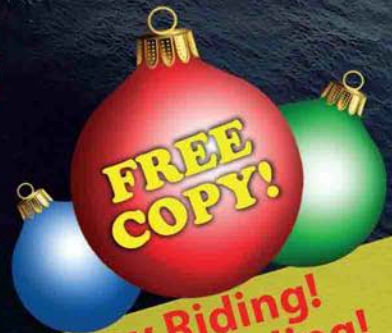
October-December 2014

Byaha Na!

Magazine published for



- **FastCat M1 Plus One!**
- **Destination Iriga**
- **Food as Medicine**
- **How to Earn an Extra Php 5,000 for the Coming Holidays**



**Happy Riding!
Happy Reading!
Happy Holidays!**

SERVING DAILY



DESTINATION

SCHEDULE

TERMINAL

DAU
MABALACAT

FIRST TRIP - 6:30 AM
LAST TRIP - 8:30 PM

PHILTRANCO PASAY
EDSA corner Apelo Cruz Street,
Pasay City, Metro Manila

FIRST TRIP - 4:00 AM
LAST TRIP - 9:30 PM

JAM CUBAO
831 EDSA, Kamuning,
Brgy. Sacred Heart,
Quezon City

DAU : 0927-432-4818

PASAY : 02-8518077-79

CUBAO : 02-9901289 / 0917-508-9727



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Byahe Na!

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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 New Year's resolution?"**

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

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ISSN no.: 2362-762X

AT YOUR SERVICE... HAPPY HOLIDAYS!



At this time of the year, when all festivities and family gatherings are happening, our management would like to take part in it by providing a seamless travel experience to the riding public, such that it will make their trip a comfortable and memorable one. We are at your service...

Sa palapit na Araw ng mga Patay, Pasko at Bagong Taon ang grupong Archipelago, JAM at Philtranco ay handang magbigay nang mas mahusay na service sa mga kababayan natin. These holidays are traditional Filipino observances that involve family reunions and celebrations. Mostly, it involves traveling to visit loved ones and observe these feasts together. We are there with you---all the way!

Sa Araw ng mga Patay --- May ibang nagsasaya't nagkakatahan, at syempre, maraming kainan at kwentuhan ng mga ala-ala tungkol sa mga yumaon na. Talagang tradisyong Pinoy!

Sa Araw ng Pasko at Bisperas nito --- Sa mga Pinoy na nagtatrabaho sa malalayong bayan, sila din ay naghahandang maka-uwi at makisalo sa pamilya at mga matalik na kaibigan. Oktubre pa lamang, ang iba ay nagtatayo na ng "Christmas Tree".

Sa Bagong Taon --- Karamihan ay pumupunta sa simbahan para magpasalamat sa Diyos sa taong nagdaan. Pag sapit ng hating-gabi ay para nang gyera sa lakas ng paputok at dami ng usok. Isang tradisyon ito kasama ng paghanda ng Medya Noche.

Dahil sa tradition ng mga holidays na ito ---handa kaming magsilbi sa inyong paglalakbay, pagbisita sa mga kamag-anak at pagdalo sa mga reunion sa pamamagitan ng mahusay na transportation services.

Kaya good news! Since this September, ang mga "kapatid na barko" ng FastCat M1 at M2 ay nagsidating na! These are FastCats M3, M5 at M6. It means that all 5 FastCat vessels can meet the huge demand of travelers' needs for the holiday season. In addition, with Philtranco and FastCat services combined, the route of Manila to Bacolod will now become a possibility.

More to come before New Year 2015!

Before 2014 ends, 5 more FastCat vessels (M7, M8, M9, M10, M11) are also expected to arrive and these will be dedicated to the Manila-Mindanao routes.

With these 10 FastCat vessels, our companies would have fully completed the goal to connect the major islands, and make these routes ideal travel and tourist destinations. The connections will involve the Eastern Nautical Highway and the Western "Strong Republic" Nautical Highway. Whether by land or by sea, by bus or cargo, all travel will be seamless, comfortable, convenient and true to the promise of service at its best.

Bus riding passengers will be able to buy a single ticket from their home city/town straight to their destination via Philtranco and FastCat, thus making long haul travel more convenient. Cargo carriers can also enjoy one-stop purchase of waybills. All our ferry schedules are meticulously planned so that once the bus or truck arrives at the next connecting port, a FastCat will be ready and waiting, therefore making their traveling time shorter and faster.

Together let's look forward to a progressive, travel-friendly year to come! Many reasons to celebrate God's blessings upon us.

Mr. Peter K. Gonzales
President
Archipelago Philippine Ferries Corporation

FastCat M1 plus One!

Noong nakaraang Abril libu-libong mga pasahero ang dumagsa sa mga daungan at terminal ng mga pampublikong sasakyan sa iba't ibang panig ng bansa kasabay ng pagsimula ng tag-init at bakasyon sa eskwela.

Ang Mindoro at Batangas ay dalawa sa mga dinarayong lalawigan dito sa Pilipinas dahil hindi kalayaan ang distansya nila mula sa Maynila at sa mga nag-gagandahang white sand beaches nito na perfect na destinasyon tuwing bakasyon kasama ang buong pamilya o barkada.

Kasabay ng buhos ng mga bakayunista sa pier ng Batangas at Calapan, perfect na perfect din ang pagdating ng bagong barko ng Archipelago Philippine Ferries Corporation (APFC) para ihatid ang mga kababayan natin. Tama! Dumating na ang FastCat M2 na kasabay ni FastCat M1 na maghahatid ng FerrySafe, FerryFast, at FerryConvenient na serbisyo sa bawat byaherong Pilipino.

Tulad ng FastCat M1 ang FastCat M2 ay dinisenyo rin ng Sea Transport Solutions ng Australia, isa sa magagaling na designer ng mid-speed catamaran vessels sa buong mundo. Bawat byahe ay siguradong FerrySafe dahil ito ay certified at classed ng American Bureau of Shipping (ABS) at pasado sa latest international safety rules and regulations. FerryFast din na makakarating sa kanilang destinasyon ang bawat pasahero ng FastCat M2 dahil ito'y isang Catamaran vessel na may two hulls at umaandar sa average speed na 16.5 knots at pinapatakbo ng apat na international-classed ABS-certified

Yanmar engines. Higit sa lahat, FerryConvenient ang bawat byahe sa FastCat dahil bukod sa mababang presyo ng pamasaha at dekalidad na serbisyo, nadagdagan na rin ang trip schedules nito.

"To make a positive contribution to the economic vitality of the Philippines by providing a safe, reliable and comfortable ferry transportation system compliant with international standards." Ito ang pangunahing misyon ng APFC. Ang pagdating ng FastCat M2 ay isang hakbang sa kanilang pagkamit ng layuning ito at asahan pa ang mas pinalawak na serbisyong hatid ng FastCat sa pagdating ng mga susunod na vessels. More vessels = More trips!

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

TEL NO.: (632) 842-9341 to 42

How to Pack an Overnight Bag

Every time there's a need for me to pack a bag for an overnight stay – I always end up forgetting something. When I get to the destination – it's either I forgot to pack an extra blouse or my pajamas or an extra pair of shoes. There's no one to blame but myself --- since I do not make the time to intelligently and practically plan how to pack my bag. Now that this article is being done --- I'm crossing my fingers that I will be able to master the skill of packing a bag. - NRL

REMINDERS:

- ▶ Make a list of what to bring. The list can be good for one night or for a few days, just make several columns for the number of days. Pack at least a day before departure.
- ▶ Be sure to measure your bag if it fits as carry-on or check-in baggage.
- ▶ Have packing tape and weighing scale ready.
- ▶ When it's the rainy season, most of the garments I bring are dry-fit. In case I get rained over, my clothes will dry faster.
- ▶ If I have to be in formal or executive wear then I bring a hanger and/or a garment bag. But usually the formal wear I bring is polyester and can't be wrinkled. In any case, I have cash ready to pay for a dry clean or laundry service.
- ▶ I bring shoes with medium heels or flats and if I have to walk a lot, I wear sneakers and thick socks.
- ▶ One pair of denim will do with several shirts since denims are sturdy and acceptable as casual wear.
- ▶ I make sure all my clothes have pockets... if not, I bring with me a short waist apron with pockets or a vest to carry all my reach-in needs like papers, tickets, keys, IDs, small change or cellphone.
- ▶ Pack your personal grooming liquids in small containers plus put these in a plastic zipper bag to prevent spillage, just in case.

PACKING LIST:

2 pairs of undergarments per day/ pair of socks per day/ toiletries
 Disposable slippers for use in the shower
 Some plastic zipper bags/paper bags
 Chargers/ universal adaptor for all gadgets
 Packing materials
 1 pair denim
 Several tops
 Night wear
 Sneakers / walking shoes
 Clear folder for documents, pen markers, highlighters
 A nice book – Bible verses – small notebook
 A small towel
 Neck pillow
 Wet wipes / tissue
 Snacks like candies or cookies
 Medicines
 Make up kit / hair kit
 Laundry soap if you want to wash and re-use your clothes
 Good music



LAST NOTE: The key to being a practical bag-packer is to PLAN .

Mag-imagine kayo what your day will be like in your destination. Check out with friends what you can share as a group. If you are a group – there will be 1 extra bag for all your shared items: food, canned good, sports equipment, etc.

AND MOST IMPORTANT OF ALL: Do not get too stressed about being detailed and perfect in your trip – ENJOY yourself and learn to adjust to any situation...

HAPPY TRIP! (Pasalubong ko...)



Destination Iriga: Home to the First Bus Company in the Philippines

Iriga is in the Bicol region and to date – it is now a tourist destination --- with a new convention center, beach resorts and new as well as renovated hotels. There are still active springs and waterfalls in the outskirts of the city, making it a good place to take a vacation. Take the adventure and discover the people, places and foods of Iriga.

Tanong: Is it easy to travel to Iriga by land?

Sagot: It is easy to travel and reach Iriga because of the facilities and bus service of Philtranco which plies there daily. Travel time is estimated at twelve (12) hours.



IRIGA EATS

Once in Iriga, seek out the local Bicolano foods...and be ready to "chili" up! The new public market can be a good start for foodies who want to discover local goodies: fresh fat tilapia from Lake Buhi and Lake Bato are favorites. Seafood and

dried fish, especially the thick daings made from big Lapu-lapu's or swordfish and other game fish are prized delicacies – sought by gourmets.

Dishes cooked in gabi leaves and chili in coconut milk come in different ways of serving: there is the Pinangat, Bicol Express and the Laing--- take your pick of the level of chili-hotness you can take. Also, coconut milk-based cakes or kakanins made from rice, cassava and bananas come in different flavors, colors and textures. Don't forget to bring home all kinds of pili nut creations too!

At night, the streets become food streets... pork and beef barbecue are the most popular eats, specially dunked in the local Irigueno-style atsara. If you miss fast-food, there are several chain outlets around...plus some local ones like MCM, Mayee's and D'Nadals.

IRIGA SIGHT:

You will not miss a grand view of Mt. Iriga, used to be known as Mt. Asog. It is now extinct --- the last eruption was in 1614 in which Lake Buhi was formed as a crater. As early as now, plan your trip to Iriga via Philtranco. The city fiesta falls on June 13...but if you get a craving for chili-hot pinangat on steamed rice with fried dried swordfish belly and Iriga atsara---go now na!!!

DESTINATION	TYPE	TIME	FARE
Pasay to Iriga	NAC (non air-conditioned)	6:00 PM 7:30 PM	550.00 Php
	Air-conditioned	9:00 AM 8:00 PM	730.00 Php

Going back to Manila, at the Iriga terminal, one may take Philtranco buses coming from Legazpi, Sorsogon, Tacloban and even those from Mindanao.

Aba! Take note--- mayroong interesting tidbit of Philippine transportation history about Iriga. This city is the home of the first bus company in our country! In 1914, a former GI named Albert L. Ammen put up a bus company which he named A.L. Ammen Transport Co., Inc. or ALATCO. He owned a converted 2-cylinder Grawbosky truck. This bus was the first to roll out with passengers and travel across the land.

Trivia: The truck (not yet called "bus") was probably one of 200 models by the Reliance Motor Co. The trucks had 22 horse-powered engines and could take in 12 passengers---but I can imagine that in Iriga – it would have been ridden by no less than 2 dozen riders.

The first route to be traveled was Iriga-Naga. Due to the big demand of passengers, more buses were added to the fleet and more routes plotted. Riders could go as far as CamSur, CamNorte, Albay and Sorsogon. In many ways, ALATCO opened the doors of Iriga and other Bicol stops to modern progress.

Cadet & Ratings Educational Assistance Program

Hangarin ng Archipelago Philippine Ferries Corporation (APFC) na magbigay ng FerrySafe, FerryFast at FerryConvenient trip sa mga Pilipino via FastCat, kaya inilunsad nito ang isang Scholarship Program sa pamamahala ng Scorpio Transport and Manning Services Inc. (STMSI). Layunin ng Cadet & Ratings Educational Assistance Program (CREAP) na alalayan ang mga kadeteng Pilipino sa kanilang Seamanship Review and Examination sa pamamagitan ng financial assistance. Ito rin ay para hikayatin ang mga mag-aaral na makamit ang kanilang pangarap na maging matagumpay na mandaragat at masigurado na may sapat na supply ng mga seafarers ang ating bansa.

Dalawang ma-swerteng mag-aaral mula sa Isabela College of Arts and Technology ang biniyayaan ng magandang oportunidad na ito noong May 21, 2014. Piniirmahan nina **John Rey Bazar** at **Ariel dela Cruz** ang kanilang kontrata sa presensya ni **Mrs. Mary Ann I. Pastrana**, President & GM ng STMSI, at **Mr. Peter K. Gonzales**, President & CEO ng APFC.



Sila ay sasailalim sa training at review lessons ng Cebu Gems - Innovation and Career Dev't Center Inc. para maging handa sa kanilang examination. Kapag matagumpay na naipasa ang pagsusulit, magkakaroon sila ng pribilehiyong makapagtrabaho sa mga barko ng FastCat na naglalayag sa iba't ibang parte ng bansa.

Be a part of the program and call (632) 807-8061 loc 14.



More Filipinos can now enjoy a faster, hassle-free land travel as PinoyTravel, the country's premier online and mobile bus ticketing service expands its reach through a partnership with two of the largest bus companies in the country. **PinoyTravel** recently signed an agreement with Philtranco, servicing Luzon, Visayas, and Mindanao, and JAM Liner, the choice bus transport in the Manila-Southern Luzon route. Passengers can now book their bus trips online or via mobile for the following provinces without having to go physically to the bus terminals: Camarines Norte/Sur, Albay, Sorsogon, Iloilo, Samar, Leyte, Surigao del Norte, Agusan del Norte/Sur, Misamis Oriental, Compostela Valley, Davao del Norte/Sur, Pampanga, Laguna, Batangas, and Lucena. For a complete list of bus companies and travel destinations offered by PinoyTravel, please visit www.pinoytravel.com.ph or download the **PinoyTravel** app from the Google Playstore for free.

FOOD AS MEDICINE



Nancy Reyes Lumen

What does food have to do with our body system aside from keeping us alive? Food – the right ones – can actually provide us a healthy body, not just food and drinks but “foodaceuticals”! Believe it or not – food can act as the pharmaceuticals our body needs to prevent sickness or actually heal us. **How does this work?** Every time we eat and drink, we change our body’s chemistry --- for better or for worse.

In my opinion, a nutritional and balanced diet is more effective in preventing common diseases than drugs or medical care. When God created us, He supplied our bodies with its own healing powers--- for child bearing, old age, infancy, etc.. We started out as vegetarians in this planet, thus the herbs, plants and vegetation served as food and medicine in those pre-fast-food-convenience food days! Hindi uso yung bacteria, viruses or damaged cells at the start of man’s creation.

CHOOSE WHAT YOU EAT – 10 WAYS TO FOODACEUTICALS:

1. **Add healthy foods** first to your daily diet before eliminating the unhealthy ones para hindi ka feeling deprived. When you feel better with the healthy foods, take out the “bad ones” one by one.
2. **Eat a handful** (isang dakot lang) **of fruits and vegetables a day.**
3. **Eat fish & seaweeds** – great iodine source for healthy thyroid function and other organs, quicker healing, good for breast and prostate health.
4. Less breads, pasta, potatoes, cereals, chips (these can spike our blood sugar) – **more beans, legumes, lentils, seeds, nuts, and steamed whole grains** (high fiber, vitamins and minerals).
5. **Meatless Mondays** – less meat, eggs, poultry in a week (kung 3 days in a week – ok na ok).
6. **Fats are not all bad**--- just limit the intake. Fats help your body absorb fat-soluble vitamins. Olive oil, canola oil are healthy antioxidant oils. Omega 3 and 6 are essential oils for our immune system.
7. **Mag-enjoy ng fermented foods / ionized drinks.** Learn to like kimchi, buro, yogurt, probiotics, pickled vegetables, chutneys, kefir, and drink kangen (alkaline) water. Panlaban sa pollution, bacteria, pesticides, heavy metal contaminants sa ating paligid .
8. **Add spices and herbs to food.** Herbs help in digestion and boost metabolism. They have anti-inflammatory, antioxidant and anti-infection benefits. ROSEMARY promotes good blood circulation. GINGER eases arthritis pain, indigestion, nausea, and reduces mucus in the sinuses and lungs. TURMERIC is also anti-pain and a possible prevention for Alzheimer. ½ tsp. CINNAMON a day can lower blood sugar and cholesterol – especially for type 2 diabetics.
9. **Do not take away the enjoyment of food** – decide and make a change of mind to get into a healthy diet without feeling “kawawa”.
10. **Eat slowly, chew more.** Don’t do other things while eating (like texting...!). Good music while eating, good company and good topics. Have family or friends bonding time during meals. Enjoy and discover new foods, and new flavors – be a foodie.

And each time you have food on your table – **put your hands together and say a prayer of thanks.**



"Ask Natin si Doc"

EMMA CONCEPCION MIRANDA, MD
Clinic Schedule: M-W-F, 12pm - 6pm
Room 209, Medicine Building

Holidays are always celebrated with food. Enjoy yourself but be aware of the pitfalls of overeating which may lead to complications like diabetes. Thanks to Dra. Emma, yung mga tanong natin about diabetes ay nasagot – at lumiwanag sa ating kaalaman.

What are the causes of diabetes?

We are living at a time when diabetes mellitus could almost be considered a disease of economic progress leading to a lifestyle of CALORIC ABUNDANCE and one that is SEDENTARY (with no or irregular physical activity).

If my parents are diabetic, am I likely to inherit the disease?

Yes! Very strong familial predisposition. If you have a strong family history of diabetes, have yourself screened as early as age 20. Also have an Oral Glucose Tolerance Test (OGTT) done, a test where glucose is given and blood sample is taken afterwards to determine how quickly it is cleared from the blood. If you are overweight, try to lose some pounds. Eating healthy foods and doing regular exercise are important to avoid diabetes.

What are the early warning signs of diabetes? In adults? In children?

Most of the time, there are no early warning signs. Patients may also develop symptoms like polyuria (increased frequency of urination, which may wake you up at night -nocturnal), polydipsia (increased water intake because of thirst) and polyphagia (eating a lot, but still not gaining weight). Sometimes patients may also notice ants crowding the toilet bowl (on their urine).

In children, signs can be pure dehydration and weight loss.

From these symptoms mentioned above, the patient may possibly lose consciousness.

Can you suggest a diabetes preventive diet for the holidays?

Holidays do present a challenge to diabetics because they are given sweets as gifts. Most are also invited to parties and more likely the catered foods are tempting. A diabetic should always remember that they are on a RESTRICTED DIET. For example, if you crave for a doughnut, then you have to give up your one (1) cup of rice for that day. Also, don’t forget to exercise regularly.

Can you take natural foods which can prevent diabetes? Can honey cause diabetes?

Honey does not cause diabetes. Pure honey in moderate amount can be incorporated in one’s diet. Although regular blood sugar checks should be done to know if your sugar level goes high with an extra serving of honey.

Healthy food choices prevent obesity which is a risk factor for diabetes. Eat lots of vegetables and around 3-4 servings of fruits in a day. Replace white rice with brown rice. Limit red meat and avoid processed foods. Lastly, avoid sugary drinks and drink lots of water instead.

*Cheers to a long,
healthy and happy life!*



WHO'S SCARED OF THE JOB INTERVIEW??!!

If the word "job interview" scares you – then it means you feel incapable of getting the job or you are cuddling fears and negative thoughts about it. RELAKS!!! Hindi pa nangyayari – thinking like a loser ka na!

So many people, especially young graduates, have the fear of interviews, auditions, and they sometimes fail to realize their full potential (talents, aptitudes, accomplishments, etc.) to be hired for the job. They may be right or they're just insecure or just plain scared...

Reality check muna tayo:

- Do you like the job you're applying for or it is only because you need a job?
- Did you apply for other kinds of jobs?
- Do you think you can meet the requirements of the job?
- Are you there for the money, the glamour of it, or it is a step closer to your dreams?
- Is the job site near or far from your residency?
- Are you relying on a backer to get this job?
- Are you applying because your friends are there or are applying too?
- If you do not get the job, do you have a plan B?

Based on your answers, you can tell yourself to pursue the interview (or not) and prepare yourself physically, mentally, emotionally and spiritually for it.

Some practical DO's and DON'Ts to consider:

- **Look good, feel good.** Don't be over nor underdressed. Best to wear comfortable clothes.
- **Smell good** - perfume not too overpowering, check for body odor/breath and take a shower before the interview. Don't smoke, avoid eating raw onions or garlic, brush your teeth before going and gargle well.
- **Speak in a clear medium voice.** Do not modulate nor whisper, relax and talk as if you're in a conversation with the interviewer. Do not start by saying "I'm so nervous, Sir, Mam" --- Naku, goodbye ka!
- **Keep a real smile on** as often as you can without being "plastic".
- **DO NOT LIE about anything.** Avoid touching your face or body parts while talking. Those who are lying about something tend to touch their face, especially the nose.
- **Avoid using "kanto or too cool" expressions** while being interviewed, it's a sign of disrespect. Also, avoid slouching and twitching your feet, legs or hands.
- **Arrive 15 minutes ahead** so you can relax and say a prayer to calm you.
- **Bring drinking water (not soda or hard drink).** Be sure you have eaten before the interview --- but not acidic foods that will make your tummy hyper-acidic.
- **Stay focused on the person interviewing you** and put your phones on silent mode or better turn them off.
- **Show confidence.** Do not purse your lips like you're ina-api or kawawa.

There are so many Do's and Don'ts to remember – just make sure you are prepared not a day before the interview but at least 2 weeks before the date.

DUE DILIGENCE:

- Research on the company, the products and services they offer and their advocacies. More often than not, you will be asked what you know and like about them.
- Have a copy of your resume, arrange your documents in a clear book, and prepare extra info they might be interested in such as: societies you joined in school or your community, travels, books you've read, disaster relief volunteerism, extra talents like, dancing, musical instruments played, painting or computer skills.
- Make a video of yourself talking (check your voice quality/command of the language) and study your mannerisms, change them if needed.
- Make a list of questions to ask the interviewer in advance.
- Lastly, on the day before, say a prayer for guidance, reassurance and humility and ask a prayer partner to be with you in doing this. If the job is meant for you – it will be given to you.

JOB OPENINGS



- Terminal Manager
- Terminal Assistant
- Teller / Purser
- Port Officer & Assistant
- Chief Security & Safety Officer

Contact us:
shore.recruitment@fastcat.com.ph
 Tel No.:(02) 842 9341-42



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- Engine Officers
- Maritime Training Officers

Contact us:
crewing@fastcat.com.ph
 Tel No.:(02) 807 4037



PAYING FORWARD

Last year, in November, Archipelago Philippine Ferries Corporation, joined by sister companies JAM Liner, and Philtranco; contributed buses, trucks, and ferries for the use of a mercy medical mission organized by the Philippine General Hospital (PGH) alongside several doctors from TV5.

They traveled for four (4) days until they reached their destination in Palo, Leyte, one of the hardest-hit towns by typhoon Yolanda.

Heading the mission was Dr. Eric Talens from PGH. The relief contingent brought in medicines, mats, canvas for tents, mosquito nets, hygiene kits, clothes as well as canned goods.



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THE IRONMAN



A TRIATHLON ICON

Ambition nyo rin ba na maging triathlete just like the IRONMAN? Like many of us, when we watch a triathlon event we get energized and want to start our own exercises to be strong like them --- feeling athlete na rin!!! But most of us know that it takes a super athlete to be able to excel in swimming, cycling, running – the three sports / disciplines involved in a triathlon competition.

Triathlon Trivia

- ▶ One needs a LOT of training for this. Even if you know you are good in all 3 sports, you still have to be physically fit and medically checked. Unfortunately even after a medical clearance, some have died in trying to complete the triathlon.
- ▶ The word triathlon in a sports event was first used in September 25, 1974. Napakatagal na palang ginagawa itong triathlon – mga Lolo natin --- alam na pala ito.
- ▶ Sa French sports event nag-emerge ang Triathlon. In fact, the French word used was "les trois sports" as early as the 1920's.
- ▶ The first modern long-distance triathlon was held in Hawaii and they called it the Hawaiian Ironman Triathlon. Swimming was 3.9 km., cycling was 180 km. and marathon for 42 km. Carry nyo bang gawin ito?
- ▶ The world's first IRONMAN is Gordon Haller who completed in 11 hrs, 46 mins. and 58 seconds.



- ▶ Here is the symbolic icon of the Olympic Triathlon and it was presented in the first Triathlon Olympics in Sydney Australia in 2000.
- ▶ Tatlong violations na binibigyan ng penalty sa event: littering, NOT putting on helmet before mounting the bike and unsportsmanlike behavior.
- ▶ Oldest living Triathlete – Albert Gilbert of UK at age 90 was confirmed the oldest in the year 2011.
- ▶ The record holder of the Ironman World Championship is from Australia – named Craig Alexander. He won the title in years 2008, 2009 and 2011.
- ▶ Brigette McMahon of Switzerland was the first woman to win a gold medal at the Triathlon Olympics.

Last but not least --- a good estimate of how many calories you will lose if you do a triathlon??? Make a guess...!

It's 1,572 calories!!! That's about the calorie needs of a normal person for a whole day.

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Wish Ko Lang...

Dear Santa (kung bagets ka pa), or Ninong-Ninang, Ate, Kuya, Mom, Dad, BFF, or kung sino man ang feeling mo na makikinig sa Wish Mo...

Malapit na ang gift-giving season. Each one of us has a wish of what to receive or buy for ourselves at the end of the year. Parang reward for good works or a happy close to the old year and a nice welcome for the new... kaya heto na ang wish list ng Byahe Na! readers... may ma-daragdag pa ba kayo sa list na ito? Go Go Go!!!

Bicycle, DSLR camera, new cellphone, Ipad or Ipad, teddy bear or iba't-ibang stuffed dolls na pwedeng i-hug, branded T-shirt and jeans, a food processor-blender, coffee maker, branded sneakers, backpack, DVD player, loom bands, crafts kit, books, subscription to a fave magazine, CASH!!!, a bank account with start-up savings (kahit small amount lang), selfie stick, G-Shock...

Christmas ham, queso de bola, imported butter (delata from Spain), chorizos, fruitcake, grapes, apples, oranges, chocolate candies, the best coffee beans, turkey (dapat roasted na para eat agad, complete with sidings), castanas, lechon belly, lechon de leche, sari-saring cupcakes with cream cheese frosting, butter cookies, whole cakes, good wines and brandy...

Mga pahabol – super hirit wish list:

A motorbike, airplane ticket, aircon, Gift Certificates to a fine dine restaurant or di kaya, "eat-all-you-can" for the whole family, short cooking or photography course, free enrollment sa sports clinic or better yet free tuition fee, a US or Euro visa, a huge LED TV, free liposuction or face lift, makeup makeover, for seniors – executive check-up in a 5-star hospital!, a townhouse!, life and non-life insurance and trust fund, a bedroom or kitchen showcase, Cable TV connection and yes, WIFI (unlimited)!

Ma-dramang wish list – (mga wish na hindi material pero sana matupad) : a God-sent partner in life; a true family reunion with balikbayan relatives, etc.; healing of a sickness; a Biblical-based spiritual renewal of loved ones; family trip out of the country (or kahit out of town sa 5-star resort); a healing of the family tree session; a vacation from work – quiet time to sleep, relax, and enjoy a stress-free week or todo na to, one month no-work with pay!

Hey there! Wake up na... bakit naka-smile ka pero tulog ka... were you dreaming?!



How To Earn An Extra **Php 5,000.00** for the *COMING HOLIDAYS:*

All of us need some extra cash for these coming months not just for gimmick-an but also to buy gifts for loved ones. But of course, whatever is in our pockets is never enough--- so as early as now--- go and look for odd jobs or things to do, sell, create that will turn your talents into extra money.

Be creative --- and also get ideas from friends on how to make that Php5,000 (or more- syempre and why not?!) come true.

Here are **Byahe Na!** suggestions:

- Make loom bands or other crafts, sell by the dozen
- Do the money challenge (or paluwagan. Save Php100 + per day till December 1)
- Do gift wrapping or boxing services for stores or relatives who have businesses to give to clients.
- Make personalized T-shirts, hats, aprons or stationery
- Gift delivery, food delivery
- Watch or wash somebody else's car
- Teach a group of senior citizens to use the Ipad or their cellphones or computers
- Walk their pets – dogs, cats, clean their cages
- Sell cans, paper bags, bottles
- Dance or sing for a talent show or those selling karaoke machines
- Messengerial services
- Encode articles, manuscripts
- Clean or mow the lawn
- Be a wheelchair pusher for persons with disabilities
- Do errands for a whole day, be someone's gofer for a day's pay
- Make your own cookies, sell in nice boxes
- Volunteer in Church for free food – that way you save your baon money
- Learn to set up Christmas lights , decors, parols
- Baby sit, grandparents sit, house sit
- Do your own ukay-ukay with your old clothes and shoes
- Take food photos and write articles for a magazine
- Do the grocery or wet-market purchases for someone
- Be a driver for short or long trips (you need a professional driver's license)
- Make your own paper gift bags (use old magazines with glossy pages) and learn to fold it right. Just dismantle a brown paper bag and cut the pattern.

- Learn to make cupcakes or cookies for giveaways.
- Go house to house collect newspapers and sell it for cash.
- Take photos of family members and make your own frames using natural materials (old wood, wires, dried leaves, rope, etc.)
- Start sewing! Embroider face towels with initials or embroider on baseball caps. Put your design – personalize it. Hand paint old canvas shoes.
- Collect old perfume bottles and make your own concoction of "cologne" – use alcohol as a base then add perfume essences. Try the ones that have the aroma of fruits or spices. Nice!
- Select quaint Bible verses and look for inspirational photos (preferably from the family album) and make your own calendar.
- Buy old tattered bags from ukay-ukay and cut out the leather and make friendster bracelets.
- Buy overripe mangoes, make into jam (add butter and sugar and cook till thick) and bottle it. This will keep till gift giving time.
- Buy seeds of fruit trees or herbs and start growing them till they are big enough by Christmas time.
- Craft name tags for friends who love their pets...or make a cookie shaped like a bone.
- Mini fruitcakes! Combine a recipe for banana cake and add some of the glazed fruits. Bake as muffins.
- If you buy a tin of olive oil, decant these into fancy bottles, add garlic, shallots, or fresh herbs into it. It will look classy as a gift to sell.
- Make your own version of sinamak and bottle it! Then sell it with a big bag of fish crackers.
- Join a bazaar and sell the things/food you do best.
- Prayers written out like a check is a real nice gift for those who have almost everything in life... they do appreciate such hand made things.
- Gather used paper and make into memo pads.
- Make personalized rubber stamps with the initials of your friends.
- Make a nice baked pudding and sell with caramel-rum glaze. Just keep gathering the trimmings of breads, store in the freezer till ready to make as pudding.
- Repack goodies, chips, little gift tokens for kids and then make a huge cellophane bag to put them in... like Santa Claus' see-through sack of goodies.
- Make a CD of the best-loved karaoke songs for your friends so that they don't have to always look at the song book for reference.
- Print names with designs on sticker paper and give as personalized tags.
- Cut nice colorful fancy ribbons of different colors and designs and weave or braid together and make this part of the luggage tag or ID tag for your friends.
- Buy paper being discarded by printing press (they sell these) and cut neatly into wrapping paper. Then put your stamp design all over and use it as your personalized wrapping paper.

We know you have more ideas... all you need to do is to WANT TO DO those things and earn extra. Remember that some of the world's biggest zillionaires started from the bottom and worked their way up. One of their advice is: try to do the jobs that other people don't want to do and they'll pay you for it.

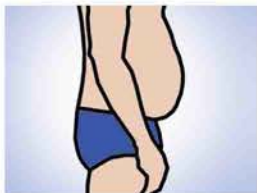
GOOD ADVICE: The community you are in is a good place to start – let people know you want to earn Php5,000 extra and you'll be surprised how some of them will be happy to help you out. Family and elders are a good customer base because they can afford to pay for services and they are not as mobile as you can be.

On the other hand, do not be too money greedy as well--- find time to write heartfelt letters to your parents or loved ones and mail them... not email. The old folks still treasure handwritten letters that they receive the old traditional way... give love before, on and after Christmas Day.

It is an admirable thing to want to work and earn through your own efforts. The sense of accomplishment is priceless!

Panahon Na Para Magsaya At... **MAG-DETOX DRINK!**

In our 3rd **Byahe Na!** edition --- the months of October, November and December are covered. Aside from being the favorite "ber months" of everyone – it is also the season when we tend to eat and drink a lot more because of so many festivities.



October – merong Oktoberfest – for beer drinking, deli meats, and lots of sing-along, tagayan and barkada nights. It is also the double – 10 month (10-10-2014) considered lucky by the Chinese so there's more food and eating in panciterias, noodle houses, or just eating Chinese food with family and friends.



November – time for family picnics to the cemeteries/ memorial parks. Aside from family, meron pang mausoleum-hopping to see friends who are picnic-king in the same memorial parks. And of course, November is the time we have to get the fruitcakes and other baked goods ready for give-aways! Food pa rin!!!



December – the culminating feast of the year which doesn't end in December 31 but continues to January 01, 2015, hanggang Three Kings! Walang patid na feasting and celebrating and reunions... kumpleto sa buffets, noche buenas or dawn mass breakfasts, exchange gifts na puro food, company parties, group parties – naku!!! 10,000 calories mahigit ang posibleng ma-gain natin in this holiday and CHRISTmas season.

So, in order to keep our bodies from accumulating fats and sugars, here's a DETOX DRINK that I learned from Tupperware that will help us keep a "flat tummy" during our eating frenzy! Try and make this at home and make it your everyday drink. Chill it in a Tupperware Eco-bottle and bring to work or wherever you will be during the day's activities.

DETOX DRINK RECIPE:

In a 1-liter (4 Cups) Eco-bottle (by Tupperware) or other water containers, add in:
 ¼ slice of a medium cucumber (keep the skin on and remove the seeds if you want
 ½ lemon, sliced with the skin on – just remove the seeds
 1 small piece of ginger (or more, if you like ginger), crushed or minced
 Several fresh mint leaves.
 Fill the bottle with water.
 Chill overnight and use it as your daily drink.
 Cucumber is cooling to the body.
 Lemon makes the water alkaline.
 Ginger refreshes your body and improves metabolism.
 Mint refreshes your taste buds and also cools the body.



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BEFORE YOU STEP UP LEVEL UP YOUR ADULT TIBAY!

Bagong hire ka man o matagal na sa work mo, dapat ang mindset, always step-up and give your best para mabilis umangat. Pero bago ka magpakabibo, build your tibay with these easy tips:

1 EXERCISE 3 TO 5 TIMES A WEEK, 30-60 MINS PER SESSION.
You can do running, dancing, or walking. Pwede ding sports like swimming, badminton, or basketball. They build your endurance para di ka madaling mapagod. Pwede ka ding mag-weight training para mapatibay naman ang muscles at lumakas ang katawan.

2 SLEEP AT LEAST 8 HOURS EVERY NIGHT
It is during night time sleep kung saan nag-re-repair ang mga cells and tissues na na-overwork during daytime. Kaya pag nagpuyat ka, you feel weak and slow mag-isip. Kaya, kaysa mag-overtime, work smarter, faster, and manage your time very well.

3 EAT FOODS THAT ARE RICH IN VITAMINS & MINERALS
Pagdating sa meals, mas marami dapat ang food na rich sa vitamins and minerals. For a busy adult like you, pinaka-importante ay yung adult level nutrients tulad ng Calcium, Iron, Zinc, and different kinds of vitamins.

4 CHOOSE HEALTHY DRINKS
Kahit sa pag-inom, go for beverages na makakadagdag sa 'yong pangmatagalang tibay at lakas. Like BEAR BRAND ADULT PLUS. Check the label and you'll see that it's a good source of Adult Lakas nutrients: High Calcium, Vitamins B1, B2, and B6; and Adult Tibay nutrients: Vitamin C, Iron, and Zinc.

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