

July-September 2015

# Byahe Na!

Magazine published for



- *Sa Bora ba Tayo?... Gora!*
- *What Does it Take to be a Vessel Captain?*
- *Run While You Can. Run for Your (Healthy) Life.*
- *In Case of Emergency... Redi ba Kayo?*
- *Here's How to Cook the Best Adobo...*

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10:00PM	01:00AM

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Departure	Arrival
02:00AM	05:00AM
02:00PM	05:00PM

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

Calapan - Batangas	
Departure	Arrival
06:30AM	08:00AM
08:30AM	10:00AM
12:00PM	01:30PM
02:30PM	04:00PM
05:00PM	06:30PM
07:30PM	09:00PM
11:00PM	12:30AM
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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 favorite travel destination in the Visayas? and Why?"

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

Back in the 90's, our young family, while traveling to Calbayog, Samar, first experienced riding the ferry boats crossing from Matnog to Allen. It was definitely an adventure that sadly included long lines and disorganized ports, dirty comfort rooms at the port and at the vessel – which later resulted to my being hospitalized for Urinary Tract Infection after hours of holding my pee instead of suffering the smell of the toilet.

As fate would have it, my husband got into the ferry business and we never forgot that first experience of exploring the Philippine Islands via sea. It inspired us to make the necessary changes and to provide the best for a Ferry Safe, Ferry Fast and Ferry Convenient travel for all passengers!

By now, we would have fielded more brand new FastCat vessels to connect most of the Philippine Islands. Later, we plan to add more connections unto our neighboring Southeast Asian Countries.

Our hope is that each and every passenger will have a wonderful experience on board our vessel as we commit to give you the best service you deserve!

We are happy to share with you that our work has been recognized by several Government Agencies namely:

- The Maritime Industry Authority (Marina), for our efforts in pioneering the Domestic Shipping Modernization Program
- The Philippine Ports Authority of Calapan, Mindoro, for providing a new vessel to serve the route
- The Bureau of Quarantine, for having the Cleanest Vessel in Batangas for 2014
- The Local Government of the Municipality of Bulalacao, Mindoro, for being the first shipping company to provide a world class vessel that will connect them to other islands. It is a significant contribution to the infrastructure project that shall provide access to wider business opportunities, tourism growth, increased farm output and a better transportation system for the localities.

Moreover, many international organizations in the Maritime Industry are taking notice of our efforts and are very pleased that we have set the bar to be at par with international standards.

We are grateful and we will continue to count on your support by making FastCat your vessel of choice!

In order to ensure that we continue to give you the best, we would appreciate it if you would give us feedback via our Facebook and Twitter pages or the customer survey forms available at the vessel.

Have a Ferry Nice Trip!

**Mary Ann Ibuna Pastrana**  
EVP – Treasurer  
Archipelago Philippine Ferries Corporation





# “SA BORA BA TAYO?... GORA!”

By: JEM LOMOTOS

Boracay is a beach paradise located in the province of Aklan and because of its pure-white sand beach, has come to be a top travel destination of beach lovers worldwide. Sikat na place to hang-out ito lalo na sa mga local at foreign tourists! Bongga di ba? Kung kasama sa bucket list mo ang rumampa sa Bora, well... let me make you realize this dream vacation and promise, it will be more exciting. Hop in and read...

## SEAMLESS TRAVEL

Last April 1, 2015, FastCat introduced its new route which connects Luzon and Western Visayas; the Bulalacao – Caticlan (vice versa) route. Together with JAM and Philtranco bus lines, more travelers can now experience "seamless travel". Dahil sa pagbubukas ng bagong rutang ito, mas easy to access na sa lahat ng bakasyonista, turista at maging sa business sector ang probinsya ng Aklan at mga kalapit na bayan nito. Plus... chance nyo na rin ito para i-try ang brand new Catamaran vessel ng FastCat na certified at compliant sa international standards kaya garantisadong "FerrySafe, FerryFast at FerryConvenient" ang byahe nyo. Ayos di ba?  
O' sya, simulan na natin ang road trip!

## 1st leg:

From Pasay, take a Philtranco bus going to Iloilo (don't forget to tell the ticket seller na hanggang Caticlan ka lang, also book your trip ahead of time para hassle-free). **You can book ahead by contacting (02) 851-8077 to 78.** The total fare is P1,038. There are daily trips: 11:00 am and 11:30 am. From Philtranco Pasay Terminal you will travel to Batangas Port for 2 to 2 1/2 hours. While on board, eat your favorite snack or listen to your favorite music. Just make sure na hindi agad malolowbat ang phone, Ipod, Ipad or camera mo dahil maraming picture-perfect sceneries along the way.

## 2nd leg:

Pagdating sa Batangas Port, the attendant will ask you to go down from the bus para sa 1 1/2 hour sailing trip to Calapan Port via FastCat. While on board, take selfies and groupies para may remembrance or why not make new friends. May madadaanan kayong islets na super-picturesque, pang background habang pumo-pose at ume-emote kayo sa camera! May pang profile picture at cover photo ka na agad!

Going on a vacation takes lots of planning and preparation, from where to go, how much to budget, to booking your tickets and accommodation ahead of time and listing what to bring. Pero kung frequent reader ka ng **Byahe Na!** magazine, siguradong kering-keri mo na yan dahil sa mga helpful travel tips and ideas nito. Kung feel mo ng isabuhay ang mga natutunan mo sa aming mga previous articles, tara na!

## 3rd leg:

From Calapan Port, you'll have another 4-hour land trip to Bulalacao Port, Oriental Mindoro. Update your social media with your "ATM" (At The Moment) photo, read the Bible, chit chat with your friends or take a nap while on the road para balik energy at di masyadong haggard sa byahe.

## 4th leg:

Pagdating sa Bulalacao Port, sasakay ulit kayo ng FastCat to Caticlan Jetty Port, Aklan and it will take 3 hours of a "Ferry Safe, Ferry Fast and Ferry Convenient" ride. Enjoy the sea breeze and breathe deeply to gain lung power.

## 5th leg:

Mula sa Caticlan Jetty Port, marami ng mga passenger boats na matatagpuan dito papuntang Boracay. (Estimated cost: Boat Ticket – P25-30, Terminal Fee – P100, Environmental Fee – P75). Travel time is 20 minutes, kaya i-ready mo na ang iyong camera at sarili (lalo na ang bikini) dahil ilang kumbot lang ay nasa Bora ka na! Astig di ba? Nakapag-roadtrip ka na, nafulfill mo pa ang dream mo na makapunta sa Bora sa murang halaga. 'Ika nga nila, "Its not about the destination, its about the journey to get there".

**Kaya, what are you waiting for? Ayain na ang buong pamilya at i-text para sa isang bonggang reunion and Gora na sa Bora!**

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Every journey is an adventure, whether it is for commercial trade, exploration, tourism, sports or transport of passengers from one destination to another. It takes confidence in one's expertise to sail the seas. This is the everyday job of **Captain Roderick Fajilan Fetalvero**, 30 years old, who hails from Batangas City where he finished his BS in Marine Transportation at the Lyceum of the Philippines University.

## WHAT DOES IT TAKE TO BE A VESSEL CAPTAIN?

**Byeha Na (BN): How did you get to be a vessel Captain?**

**Answer (A):** At 22 years old, I passed my board exam for deck officers but I started sailing just a month after my 20th birthday. It was my first ship assignment as Deck Cadet at the M/V MOL Thames, a 276 meter-long container ship. After that, I set a goal to become a vessel Captain, focused and pushed myself hard until I reached it. Of course, it's not simply doing my chores right, but doing them with all my heart. There were challenges and mistakes I learned from - which further improved my character, skills and abilities. I never gave up. Thank God, later in my career, I was promoted on board by my Senior Officers at FastCat.

**BN: What's the largest vessel you ever sailed?**

**A:** M/V MOL Progress, a 294 meter-long and 40 meter wide container ship, 74,071 GRT, 25 knots service speed and a 6,000 TEU capacity (I was still an Able Bodied Seaman on board). The ship carried 6,000 twenty-foot containers.

**BN: ...and the longest route you sailed?**

**A:** From Jeddah, Saudi Arabia to Singapore -- took almost 2 weeks to arrive.

**BN: Can you give us a peek into your personal life?**

**A:** My beautiful wife is Ailine May Caibigan-Fetalvero. She's a Branch Manager of USSC Service Store in Lemery, Batangas. Ailine is 7 months pregnant with our first baby girl. I'm so excited to become a Dad.

I enjoy Basketball. It's a team sport, just like being on board a FastCat vessel. We're a team of well-trained, competent crew members capable of delivering a Ferry Safe, Ferry Fast and Ferry Convenient trip to every passenger. As for my free time, it's watching movies, surfing the internet for the latest news and information and I like Anime.

**BN: In your sailing trips, what destination did you enjoy most?**

**A:** Singapore. It's a small country with many tourist destinations and lots of Filipinos so you'll never get lost there.

**BN: What do you like most in your job?**

**A:** I can travel the world for free, visit exciting places for free. Here in FastCat, I can travel all over the Philippines for free... haha!

**BN: Name your top safety policies.**

1. Safety First.
2. Use common sense. If a situation feels strange or unsafe, act accordingly by removing yourself from the situation.
3. Think Protection- Personal Protective Equipments (PPE's) are there to be used.

**BN: Give us your 5 important work ethics / values needed in your position of responsibility.**

1. Dedication and love for your work
2. Character and Self-Discipline
3. Conscientiousness
4. Cooperation and Teamwork
5. Never do a half way job, always do your best. Serve 150% on every job assigned to you. A good, honest job might not pay off each time, but at the end of the day you will have pride in what and how you did it.

**BN: How do you prepare for a trip?**

**A:** I get enough rest and sleep, wake up early, take a shower, I iron my clothes and prepare my things... put some wax on my hair and look in the mirror and say, "Ang gwapo mo talaga! Humanda kayo Araneta"! ha ha ha!

Everyday, I ask for guidance and peace of mind. "Lord, thank you for this wonderful day. Bless and guide us throughout our journey. Give us strength and presence of mind so we can take our passengers safely to our destination. Amen".

**BN: What is your advice to would-be vessel Captains?**

**A:** They should know their goals and focus on them, never give up, always strive to be the best, even in little things. Always put your feet on the ground, stay humble. Challenges are there to help you improve and hone your skills further. Conquer them.

**And as my friend Spiderman says... "Great power comes with great responsibilities", so be prepared. Bon Voyage in your journey to becoming a future Captain of FastCat. And don't forget to have a Ferry Safe, Ferry Fast and Ferry Convenient trip all the time, Ciao!**



**For Franchise Inquiries:**

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**Napansin ko may "pouch" ako - sa tiyan, as in bilbil... at ito ay caused by long sitting while driving sa traffic (grrr, katas pala ng traffic ang bilbil ko!) and for others who are working at an office desk, same problem.**

**No time to exercise, work out or diet?** This is a cause of fatigue, stress, and being overweight. But if you are creative enough, you can keep a good figure even if your desk job keeps you away from active exercise. Here are some simple exercises you can do (in secret--- hindi halata... wag ka lang hihingal ng malakas!). I gave each exercise a "title" so it's easy to remember (see related article on How to Memorize at p.12). Pa-cute yung ibang "titles" so I know you'll enjoy doing these exercises and sharing them with others. During lunch break or coffee break or even while working, some of these exercises are doable.

**O'... let's start. 1, 2, 3, 4, 5, 6, 7, 8...8, 7, 6, 5, 4, 3, 2, 1.**

Exercise #1:  
**KISS THE CEILING** – neck stretches- look up the ceiling, look down at the floor.

Exercise #2:  
**MAKE FACES** – open eyes wide, stretch eyebrows, stretch mouth - open/close.

Exercise #3:  
**OO-HINDI** – rotate head clockwise, slowly... then counter clockwise, side to side, then up and down.

Exercise #4:  
**ME NAMAN!** – stretch the arms as high as you can... right, then left, then together.

Exercise #5:  
**YES TEACHER** – sit straight in your chair for 10 minutes, breathe deeply. Make this a habit.

Exercise #6:  
**KUYAKOY TO THE MAX** – stretch the legs forward, shake, shake, shake, then bend and stretch again... repeat.

**BONUS EXERCISE: "SELFIE"** - Embrace yourself as tight as you can... release... repeat the embrace. Do this when you can't sleep or when you're tired, when you feel cold or when you feel stressed out. Nakaka-relax ito...PROMISE! (NRL)

Exercise #7:  
**SQUEEZE THE CALAMANSI** – Imagine na nakaupo ka sa calamansi, squeeze with your butt... squeeze... squeeze. This is good for your reproductive system.

Exercise #8:  
**EWAN KO-EWAN KO** – shoulder rolls forward and backward then up and down.

Exercise #9:  
**OOH-AHH-OOH** – Hold your breath (OOH), stomach in... stomach out (AHH). Repeat.

Exercise #10:  
**KALOKA** – just laugh as loud as you can. Laugh and laugh and laugh till you get tired. If you don't want to be mistaken as "Sisa", laugh on your pillow para walang noise.

**REPEAT ALL THE EXERCISES AT LEAST 16X**

# Do It Yourself (DIY) Tips & Tricks

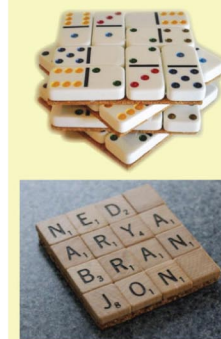
Decorate your house like a pro! Be a DIY genius with these quick tips & tricks.

Fill in your missing tile grout with the help of an epoxy clay adhesive.



Save kitchen space and keep your paper towels within reach by sticking a tissue box holder on the cabinet door using an instant glue.

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# RUN WHILE YOU CAN RUN FOR YOUR (HEALTHY) LIFE

By: Chef Miguel De Alba

**I decided to start running** in 2008 because my wife, Cabelle, and I took out a loan from the bank. One of the requirements was an extensive medical exam and since we needed the money and the bank's approval, I decided to get back into shape by running since this is the easiest sport to get into. I was in my late 30's and I wished I had done it sooner. They say you're never too young or too old to get fit, but my advice is to get fit NOW than later. Many of us say, Oh but I don't have time or I don't have money to buy shoes. Time? We all have time. It is just a question of how you use it. If we analyze all the things we do in a day and cut out the non-essential stuff like indulging in social media, gossip, reality TV, telenovelas, we will realize that we do have the time. Will it really matter if you don't log into Facebook for a day?

The first step into getting healthy is to decide that you want to be healthy. So how do you start? In the case of running, you need to do the following steps.

**Step 1:** Invest in a good pair of running gear: shoes, a dry fit top and shorts. A good pair of shoes will last you at least 2-3 years, depending on how often you use them. The cost ranges from P3,500 – P5,000. If you divide this cost with the number of times you will use them in a year, say 200 days out of 365, it comes out to as low as P17.50/day. Junk food probably costs more!

For running clothes, you will probably spend about P2,000 for a good set of tops and shorts. However, since you will use them over and over, the cost becomes minimal and you will definitely thank yourself for making the investment.

**Step 2:** Set goals. What is your fitness goal? To lose weight. To strengthen your heart/chest/lungs/knees. To look younger. All of these can be achieved with running. Begin with something achievable. You can start with 15 mins. for 2 or 3X a week. Set the time. Choose a slot that is convenient for you: before breakfast, during lunch break, after work or early evening. You can even join a fun run so that you will commit to train for the race.

Chef Miguel de Alba spends his non-cooking times by running. Up very early in the day with his wife Cabelle and daughter Maya, they indulge in their favorite sport that provides them their adrenalin kick for the day! Chef "Migs" has already broken his own record of running 147 kms. after 3 years of recovering from a near-fatal hit and run accident while he was training for the Bataan Run. He is a living example of how running can be incorporated in one's daily life, no matter how busy it is. NRL

**Step 3:** GO. Get up. Get out. Get moving. You can start interval exercises. You can even just do brisk walking on your first day. The most important thing is to GO. For beginners, do intervals of walking and running. For example, 3 mins. of walking, 2 mins. of jogging. You can set your interval depending on your pace. Next thing you'll know, you're running for 15 mins. straight without even knowing it.

**Now, where can you run?** You can run around Filinvest-Alabang, Ayala Triangle - Makati, Bonifacio Global City, Ultra - Pasig, QC Circle, UP Academic Oval, Camp Aguinaldo, Amoranto Stadium, Marikina Sports Complex or along the river banks, Quirino Grandstand, Roxas Boulevard and Mall of Asia grounds. Most of these places are free and relatively safe, but bear in mind that you still have to be extra careful when you run. Always watch and be observant of your surroundings. If you are listening to music, make sure you can still hear vehicles around you. Keep valuables at home but have some loose change with you.

Running is not a very technical sport. Just listen to your heart and body and hydrate often. It is an easy, inexpensive sport but the rewards are truly priceless. Come... run with me!



Run habang kaya mo pa. There are a million reasons to start running and all you need to do is to choose one. The benefits are endless. Getting fit and healthy extends your life and improves its quality. Run while you can.



## CUSTOMER TESTIMONIALS

**Ron Henderson** reviewed Fast Cat - 5★  
21 July 2014

I am a frequent traveler on the Philippine RoRo system. I had the opportunity recently to board the FastCat in Calapan to Batangas and I was extremely satisfied, more so than any of the other RoRo lines I have traveled. The professionalism and pleasantness of the crew, the order of assigned seating for Business Class, and the care in which the deck crew secured our car, was excellent. The Bridge crew was well trained and the bridge contained all the latest Navigational equipment, complete with GPS and weather radar. The ride was smooth and fast! We saved 30 minutes on this route that I travel regularly. I certainly hope that, this company increases its fleet to serve more ports in the Philippine Islands, as from now on - I will always choose FASTCAT.  
Ron Henderson - worldwide traveler, working in the Middle East and Asia, residing in the Philippines

**Julie Pagal** reviewed Fast Cat - 5★  
13 December 2014

My first time with FastCat yesterday and I can't help to compare with **CENSORED** & **CENSORED**. FastCat is clean, safe and very convenient. I am now recommending this to my other relatives who is going to Iloilo via roro this month. Such a good experience riding in a vessel like this. Keep it up!

**Rem Tolentino** reviewed Fast Cat - 5★  
April 15

The best. Future looks bright. Looking forward to connecting the whole archipelago, hence the name of the company - and even beyond that would be stellar.

**Nads Vega Cordis** reviewed Philtranco - 5★  
7 November 2014

You drove me off my beloved region as a young innocent country kid, decade passed you brought me back, allowed me to feel the bliss of the life in the outskirts and mist along the trip had I yearned. For an unexplainable reason, your existence shaped me. Till the next roadtrip. Kudos!

**Ofeila Caracena Malayo** reviewed Philtranco - 4★  
21 March

I just love it! Ever since I'm a kid, me & my mother rides PHILTRANCO buses... "Isang pamana mula sa aking INA"... Minsan nakakinis pero isipin pa po ba natin ang inis? Kung tayo naman ay SAFE na naihatid???

**Helen Cubillas Villaflo Cordova** reviewed Philtranco - 4★  
22 January 2014

Philtranco is like a boyfriend na ang hirap makalimutan... always in my heart and in my soul... I really love Philtranco so much...

**Julius Concepcion Clave** reviewed JAM Liner, Inc. - 5★  
November 7, 2014

Feeling secured ang trip with JAM liner. sa uulitin XD

**Joseph Allanigue** reviewed JAM Liner, Inc. - 5★  
Aug 23, 2014 8:58pm

I want to say thank you kay conductor Jay Sanchez ng JAM 205 unit 1235. Naiwan ko kasi yung sukli ko yesterday. Pumunta ako agad sa bus terminal kaso wala na yung sinakyan ko. Pero nasa dispatcher pala yung sukli ko, na binigay naman. Whether out of duty or pure honesty, I am glad to have JAM as my preferred liner. People like him makes a difference. Thanks na rin sa sumagot ng text ko sa hotline, he even called me to check.

**Prince Ramos** reviewed JAM Liner, Inc. - 5★  
August 17, 2014

Mababait na driver, madaling pakisamahang at modern terminal

**Please send us your feedback:**

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- [/PhiltrancoOfficial](#)



# "IN CASE OF EMERGENCY" ... Redi Ba Kayo?



Typhoons, tsunami, fires, storm surges, earthquakes, a volcanic eruption and other disasters have been happening more often than before. Global warming or whatever the reason, dapat prepared tayo for emergencies, and able to protect ourselves and loved ones. Isa sa important tip during emergencies is: 1st-be sure you yourself are safe otherwise you will not be able to help others. Just like sa airlines – be the first to wear the oxygen mask before helping others, lalo na sa mga bata kasi kung ikaw ay hindi makakahinga, pati sila hindi mo na ma-aasikaso.

Before any emergency or before typhoon season, dapat mag-meeting kayo ng pamilya and discuss important plans. Every family member must be responsible for one another and there must be a specific plan where to go, what to do, who to call, what to take along, etc. Have a route to take, an alternate route to take and a Plan B. Also develop a group whistle or shout para you can know where each one is by your group sound. You should be able to evacuate within 15 minutes when there is danger.

**For floods, surges, typhoons** – if you have to stay home, be sure yung mga bintana at bubong ay maayos . If you'll evacuate – here are some tips:

1. Store valuables in plastic tubs. One of the best for sealing valuables safely is Tupperware because it seals things well and it will float on flood waters.
2. Shut off the main circuit breaker, i-angat ang aircon sa mataas na lugar.
3. Itago ang mga expensive stuff sa cabinet at i-lock if you can't bring them with you.
4. DO NOT DRIVE TO WHERE THE DISASTER IS...TURN BACK!
5. Just before leaving the house, shut off gas line, remove the regulator hose, unplug small appliances, empty the ref and freezer. Turn off lights/water. Lock house, take pets with you.

### Be prepared:

1. House: cut branches that will hit your house, remove leaves from gutters and alulod. Check all locks, windows and doors. Always have a bag of rope or straw for tying things, canvass, sharp knife, gloves, trash bags, folded cartons, masking tape and EPOXY glue. Also, Tupperware, not just for food storage but for many other things you need to be sealed. Keep individual latest photos of family members and pets in case you have to locate them. If possible, laminate copies of docs and photos for easy reach, storage and protection.

2. Sa office – back up files that are important and protect computers from damage. Make sure EXITS are safe to use at any time. Put notes on elevators not to be used. Provide directionals in clear big bold letters. Pay your employees before allowing them to leave work so they can also prepare their household. Keep cash and blank checks handy.

3. For those who need care: elderly, handicapped persons - Pin an ID on them with address or cp number. Provide backpack for their meds, diapers,

warm clothing, water and some cash. For pets, put on a collar with ID, leash, bag for their poop, paper towels.

4. Transpo – fuel-in your vehicle, spare tire must be okay, brake and gear fluids, arrange for a parking space on high ground if you need to leave your vehicle, spare car key, car docs and your driver's license. Invest in a good bike that's easy to use by anyone.
5. If there's still time, pack and wrap your "treasures" like jewelry, paintings, collections and store in a safe locked place.

**IMPORTANT CONTACTS:** in your home, community and work: landline numbers, all family cp's including that of the neighbors and your own househelp, home owners, clubhouse, office, school plus cp of security office or the usual security guards you know by name, nearest hospital or local emergency clinic (at times this is better than a hospital), your bank's phone number, out of town contacts – relatives, etc.

**Packing LIST:** 7 days food and drink supply - 1 gallon water per person, chargers, extension cords, flashlight and extra batteries, first aid kit. Sanitation and hygiene needs: wet towels, paper towels, toilet paper and diapers. Kitchen needs: gas canister and portable cooker, can opener, scissors, a good knife wrapped safely, some bowls. CASH, extra clothing and blankets, sleeping bags, neck pillows, matches, all important docs, photos, inventory of your house things, prescriptions, credit cards and latest electric/water/phone bills, CD or photocopies of birth certificates, passports, marriage certificates, land titles, bank certs, meds, eyeglass and a spare, contact lens solution, hearing aid, hearing aid batteries, baby food, diapers, pacifiers, pet cage, leashes, shot records, food for each pet, MAP–road and highways, tire repair kit, booster cables, flares, early warning device for the road, white distress flag, toys and games for the kids, address and numbers of contacts, local and outside the area and a good powerful whistle.

*In any disaster, the human spirit becomes more alert and the survival instinct is heightened. Some are ready to help others, some are helpless. Being prepared is the best defense against PANIC. And in all disasters that will cause fear of the unknown, turn to God, pray and put your FAITH in His power and might.*



## Flash Report!



Isang espesyal na pagkakataon ang naganap noong April 01, 2015 sa pagbisita ni Pres. Benigno "Noynoy" S. Aquino, III sa JAM Cubao Terminal at FastCat sa Batangas port. Ito ay para personal niyang masubukan ang makabagong teknolohiyang gamit ng JAM, kagaya ng Global Positioning System (GPS) at masakyan ang brand new RoRo vessel ng FastCat.





Fluorine (F) atomic #  
 hurricane (Beaufort scale)  
 $\rho$  of H<sub>2</sub>O (g/cm<sup>3</sup> at 4°C)  $\approx$  background radiation of space (K)  
 $\approx$  diameter of 2 $\lambda$  (in  $\beta$ ;  $\oplus = 1\beta$ )  
 $\approx$  sp. gr. Fe<sup>2+</sup> Fe<sub>2</sub><sup>3+</sup> O<sub>4</sub>  
 $\lambda$  of human body heat (in  $\mu$ m)  
 # of bases in DNA

# YES, KAILANGAN MONG I-MEMORIZE 'YAN!

Kahit ano pa ang sabihin ng mga pilosopo ("Hindi mo na kailangan mag-memorize o mag-isip...i-Google mo na lang!"), memorization is a key to knowledge. Walang matutulong ang calculator, computer, IPAD or other gadgets if you want to increase brain power. You have to exercise it yourself and improving your memory is one of the best things you can do for your own good. Young or old – we all need to memorize things: names, numbers, addresses, formulas, history dates, recipes, Bible verses, poems, accounts, etc. So come in... close the door, turn off all your gadgets and let's start from the very beginning... a very good place to start... tra la la!

### How to Memorize:

These are GOOD techniques to practice...

- Word association games – associate the text with colors, a vision or a special word that will be the trigger for you to remember.
- Write it down or recite it aloud 21 times or 2X a day without kodigo.
- Record or listen to it 21 times.
- Find words that can rhyme with it – parang song lyrics ("In March 16, 15 hundred 21, the Philippines was discovered by Magellan...").
- Make abbreviations.
- Form a sentence or word from the first letters (this is called a mnemonic) ex: HHWWILWTOIL: Holding hands while walking in Luneta with the one I love.
- Outline a long text, then cut into sections. Add a color code or word code per section.
- Translate it in Tagalog, then back to English. This will help you understand what you are trying to memorize.
- Memorize in a certain order: from hardest to easiest or vice versa.
- Make a story of what you are memorizing.
- Also know the W's: who, why, what, when and where.
- Say it in your own words first then remember key words.
- Highlight keywords / make cue cards (not kodigo!).
- And do not over exert your brain--- baka mahilo ka na dyan! Once in a while rest, take a breather, chill. You can even take a nap so that your brain will rest and retain things better.
- Avoid cramming--- that's the worst way to memorize.

### How to be a Teacher's Pet:

Aside from studying well, doing homework, memorizing what you have to, here are a few more tips on how to be a good student: Memorize nyo ito, okay?

- Come early to school. Be punctual.
- Make sure your bag is in order. Sharpen pencils, cover your notebooks.
- Practice cleanliness – tidy uniform, shiny shoes, clean fingers and nails, hair, teeth and face, etc.
- Recite standing up. Raise your hands properly. Sit straight. Don't slouch.
- When you meet teachers, politely greet them. If you are wearing a cap, remove first before greeting. Call them with respect, like "Mam/Sir".
- Always use "please", and of course, "OPO".
- Avoid gossiping, backbiting, making sumbong about others and lying. Be nice to your classmates. Share your baon, if you have extra.
- Sit with a good disciplined classmate.
- Read a lot – not just your lessons. Read newspapers, novels, poetry, essays, etc.
- Volunteer.

I'm sure if you practice these good traits, you will become a good example to your classmates and your teacher will be happy you are his/her student. It's alright if at times you have a wrong answer. You do not have to be perfect. Just be sincere and friendly and be a happy student and you will succeed in life. God bless you!



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**Ms. Rosalyn De Guzman**  
 FastCat HR Assistant  
[fastcathr@gmail.com](mailto:fastcathr@gmail.com)



Hi Adobo lovers! Just like you and me, there are about 99 million Pinoy's who know the word "Adobo"... who savor the taste, aroma and texture of it - any style: Adobong Manok, Adobong Baboy or CPA (Chicken Pork Adobo), Adobong tuyo o' masarsa, Adobong Puti, Adobong may Toyo, Adobo sa Gata...

## SABI NI ADOBO QUEEN...

"Here's how to COOK the BEST ADOBO!"

Adobo is the Ulam ng Bayan, the Pinoy's favorite comfort food, everyday food, fiesta food and every household has its own special version. Everyone LOVES to eat adobo anytime, anywhere. Be it in Luneta, sa airport (last meal before leaving for Saudi), at a party, in a buffet, sa kasal sa probinsya, sa beach, sa Baguio, Bicol, Laguna, sa birthday blowout, sa dorm, sa gym, sa bible study, sa sariling kusina (nakataas pa ang paa sa bangko at kamayan style ang kain). Talaga naman- ADOBO should be the national dish of the Philippines, di ba mga kababayan?

Ito ang ulam na "strike anywhere"... parang Pinoy. Practical na baon pang long trip kasi it will not spoil because of the rock salt and the vinegar at saka, madaling gawin, easy to buy ang ingredients, at hindi kailangang i-refrigerate or i-cooler while traveling. In fact kahit malamig ang Adobo, basta't steaming hot ang kanin- tapos na ang gutom!

Whenever I ask people what's their Adobo recipe they usually say: "Simple lang... baboy, bawang, suka, asin, paminta at laurel. Tapos lutuin mo ng matagal hanggang magmantika, yun lang!" And I say, "Yun lang... eh, naglalaway na me sa kwento mo pa lang". Super sarap talaga ang Adobo. I'll have it anytime (rice please, at mantika ng Adobo please).



## Well, here's my share of Adobo tips to those who still want to level up their recipes. Ilabas na ang kaldero at sianse. Ready?... Set... Go!

🔥 Marinate the meats overnight sa suka and if you want, toyo. Add the paminta, laurel leaf and a little bit of brown sugar. Do not add the crushed bawang and rock salt yet... sa kinabukasan na 'yon. Why not the bawang? Kasi, pag nakababad ng matagal ang bawang sa suka, nawawala ang lasa ng bawang.

🔥 30 minutes before cooking, add the crushed garlic.

🔥 Add the rock salt sa middle or near the end of cooking or kung malapit ng lumambot ang meats. If you add the salt sa umpisa, matagal bago lumambot ang karne.



**ADOBO at IBA PA:** Adobo Salad Dressing (adobo powder and sour cream); Adobo Mayo; Adobo Sandwich or Omelet; Adobosilog; Adobo Flying Saucer Sandwich; Adobo Rice; Adobo Sushi; Adobo Empanada; Adobo Chicken Wings; Adobo Flakes; Adobo Roll; Adobo Lechon Belly; Adobo All-Purpose Sauce, Adobo Olive Oil with Garlic.

🔥 If the vinegar is too strong, add a little water in the marinade.

🔥 Best pork cuts: casim, pigue with skin, liempo. Cut into big cubes para hindi madurog during long slow cooking.

🔥 To cook - Technique #1: boil altogether then lower the heat and cook till magmantika yung meats and wala ng amoy yung suka (about 30-45 minutes per kilo of meat, with 1/2 C sukang puti)

🔥 Technique #2: Brown the meats in some oil. Then pour the sauce and cook till tender. Cook on lowest heat.

🔥 Technique #3: Boil water, then add the marinated meats. Then when boiling again, add the sauce and slow cook till meats are tender.

🔥 For chicken: brine the chicken first or rub with rock salt, then wash. Keep the skin para masarap. If they don't like the skin, remove only after the Adobo is cooked.

🔥 How to level up your adobo: add smoked paprika powder to the marinade; add oyster sauce when cooking; add some sesame oil and hard-boiled egg; add bagoong or rinsed black beans; add milk, grated cheese or gata. You can also add vegetables like sitaw, kamatis, gabi, labanos, eggplants and potatoes. Add chillis!

# "LUYANG DILAW TO THE RESCUE!"

by: NANCY REYES LUMEN

Kung baga superpower movie ito, ang Luyang Dilaw a.k.a. Turmeric ay isang super spice that can make your body strong against sickness... especially cancer. Imagine that--- isang munting kapamilya ng luya (ginger or rhizone family) na ginagamit as food coloring, nilalagay sa curry dishes or sa suam, sa ginataan... ay medicina rin. At hindi basta-basta--- it is one of the most powerful natural resources that can combat cancer and other major illnesses like Arthritis and Alzheimer's Disease. Ang sabi ng mga medical research ang Turmeric ay may component called **Curcumin** at ito ang "secret weapon" ng Turmeric. **Curcumin**, when absorbed by the body, can enter the smallest cell membranes for fast acting prevention.

You can take Curcumin in tablet form or plant a lot of Turmeric in pots and harvest that, make tea and the Curcumin will be absorbed by the body. Turmeric powder is available in both pharmacies and groceries... even in palengke and spice stores. Here are some healthy benefits we can get from Curcumin:

- Happy, high mood because it promotes the "happy" enzyme dopamine and promotes healthy brain chemicals.
- Improved appetite
- Blood flows better
- If blood flow is good, you get good skin and female reproductive health
- Eye and skin health
- Healthy liver because **Curcumin** can detox the liver of toxins
- Healthy nerves – good response to stress
- Maintains your normal cholesterol and blood sugar levels
- Healthy digestion so that cells can combat the free radicals
- Helps wounds heal faster
- Regulates body metabolism – helps you keep your bilbil from forming. (Oks na oks 'to sa akin!)



As for preventions, Curcumin can fight against the worst enemies of our bodies: cancer cells. It prevents cancer cells from spreading if used at the right, early time. Here are some more preventive benefits of Curcumin:

- Prevents a lot of viruses from developing into a major disease. Kung hindi kaya ng Vitamins C and D, kaya ng **Curcumin**. It has been tested to be effective against the development of SARS and is now being researched for AIDS.
- Prevents you from getting tired, dizzy and weak if you have not slept for more than 24 hours--- okay ka pa rin--- gising na gising sa lamayan! (This is good for Call Center workers)
- It fights pain of joints from Arthritis so that you don't need steroids. Mga sakit ng kasukuhan --- alis d'yan!
- Reduces painful and harsh side effects of chemo and helps prevent further damage to good cells.
- Ito ay powerful anti-oxidant against free radicals or mga potential sicknesses in the body – ang "oxidation" ay masama--- parang ito ay kalawang ng body natin kailangang labanan (anti-) ng Curcumin
- Good for the immune system specially for those recovering from cancer
- Prevents brain deterioration as in Alzheimer's Disease.
- It is anti-bacterial and works as an antiseptic.

## THINGS TO DO/REMEMBER ABOUT CURCUMIN:

Plant Turmeric (Luyang Dilaw) in your house. Its very easy. Drink lots of tea from Turmeric powder EVERYDAY, as much as you can. Cook with it.

If your family has a history of cancer, all members should add Turmeric / **Curcumin** in their diet.

Kahit anong amount of Turmeric you take is not bad for the body. Walang overdose. Dapat nga madami ang consumption nito kasi its hard for the body to absorb it. Use it with warm water— lasang lupa nga ang Turmeric powder--- magtiis kayo!

**Babala:** **Curcumin** can cause you to stay awake for a long time – so don't take it before going to sleep. It can reduce (not cause, just reduce) fertility.

Punta na sa palengke... buy na ng Luyang Dilaw. Magtanim na NOW!



# SAMA-SAMA / SAYA-SAYA!



In the last 3 decades, the modern “family” unit changed a bit. Of course andyan yung usual family – Tatay, Nanay and mga anak plus maybe some other relatives. Then there is the single parent family, singles, live-ins or a group of friends. Whatever the arrangement– the word “family” stands for togetherness, a common bond, a close relationship, being somehow related or living together. When a group like this gets together for a reason – sana the main reason is to have FUN! FUN! FUN! SAMA-SAMA SA SAYA!

Here are some activities that can be done by close “family” groups which are good for closer relationships, healing, bonding or plain celebration of life! Some can be costly, others not. Dapat lang – we should take a break from the stressful day to day living so that we keep a healthy mind and happy attitude. Kahit anong panahon (but mostly summer or end of the year) there’s no better time than SOON!!! NOW NA!

Look up these activities and check the ones you want to do with your loved ones.

#### Once a year activities:

- Family retreat – take a spiritual break , pray as one.
- Family vacation - set the date when most can make it, like during holidays – go on a cruise or island trip with everybody. Swim with the Butandings in Sorsogon.
- Celebrate your own special Thanksgiving Day – it can coincide with birthdays or anniversaries, Mothers’ Day or Fathers’ Day, etc. Don’t time it with the usual calendar holidays... dapat another date para more reasons to get together.
- Have a yearly portrait sitting or video shoot (para may updates, especially if there are newborns) . When you are older and you view the past photos, you’ll get a good feeling.
- Extreme sports (but with safety measures), like bungee jumping, scuba diving, zipline or mountain climbing.
- Go on a picnic. Families should take turns to host and take care of the menu and games. Color coded ang T-shirts according to 1st generation to the last generation.
- Annual cooking contest with Market Basket and mystery ingredients.

#### Monthly or weekly:

- Story-telling time by Lolo and Lola – “Nung bata pa kami... isang centimo lang ang ice cream...” / “Puro talahib ang paligid...” / “Panahon ng Peacetime at GI Joe... veteran ako!” / “Gusto niyo bang malaman kung paano ko niligawan ang Lola ninyo?”
- Take a train ride or ferry ride with FastCat, or in a Matorco along Luneta.
- Go fishing (sa likod ng Folk Arts).
- Take the kids on an educational trip to the palengke – so they’ll know about different ingredients, seafoods, meats, etc.
- Walking tour of old Manila or a small town in the province or in Chinatown.

#### Other activities:

- Start to make your family tree from the great-great grandparents to the present generation!
- Hold a recital – Ang Talentadong Pamilya... Bow!
- Sit down for a letter writing session – to give to Lolo and Lola or to sibs abroad, complete with selfies. Best letter gets a prize.

**Sabi nga** – there’s no reason for one to be always sad and lonely. Sayang ang oras! Invent happiness! Masdan nato ang mga bata--- kahit patpat, lata, tsinelas, carton, kumot or papel, nakaka-isip sila ng laro!

16 **Byahe Na!**

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