

October-December 2016

Byahe Na!

Magazine published for



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The Many Benefits of Traveling

**Commuter Safety & Protection:
A Major Concern**

**I Have Php 100...
What Christmas Gift Can I Make?**

30 DU30 3VIAS

Counting Your Calories

**Happy Riding!
Happy Reading!**





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Byahe Na!

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Complete the sentence and get a surprise gift from JAM, FastCat and Philtranco!
This year, I want to travel to because _____.
Send to: www.facebook.com/JamLiner

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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HAPPY HOLIDAYS TO THE READERS OF BYAHE NA.

With joy and sincerity, we thank all the loyal passengers of JAM / Philtranco for trusting us always through our 48 / 102 years of success. We fully commit to the high quality of service we give you. In this light, we have developed three work habits which, I believe, contributed to our success: 1) Morning Prayer for God's guidance and blessing before starting with work. 2) Punctuality and diligence at work. It means setting an example to follow, for work efficiency. 3) Continuous learning and firmness for a competent, disciplined and dedicated work force.

To further improve the business of JAM/ Philtranco, we are engaged in the following initiatives based on the above-mentioned practices. For efficiency in operations, systems and procedures are streamlined and supported by internal controls and periodic review. Cross-training of personnel is conducted to avoid functional paralysis such that leaves or absences will not affect operational efficiency. Lastly, we put importance in value and spiritual formation. We hold 30-minute Morning Prayer services wherein we invoke the name of the Lord God Almighty, sing songs of praise and worship to our Lord God, and share and reflect on Bible verses. By this devotion, we hope to be well-balanced physically, mentally, emotionally, and spiritually-empowered by God.

What then can you, our passengers, expect from us in 2017? We will acquire additional brand new buses, complete with GPS and other devices. Also, we will have some brand new, high quality, low-floor Euro5 buses to operate within Metro Manila plus new luxury buses (with comfort rooms) for certain Pasay to Bicol routes.

As the year's end approaches, let me once again assert our commitment to continue to work hard and strengthen our workforce to better provide the distinctively excellent public transport service you deserve. It is our firm belief that with God on top and God being with us always, nothing can hinder us to succeed in all our good endeavours. (Philippians 4:13 ... "I can do all things thru Christ who strengthens me"). To God be the glory... CHRIST is the reason for CHRISTmas.



Regina L. Macailing, CPA
Vice President-Finance
JAM and Philtranco

THE MANY BENEFITS OF TRAVELING



This is one advise I have to those who are in love, falling in love, going steady, thinking of getting married... those in relationships for the moment or the long haul---TRAVEL FIRST BEFORE YOU JUMP INTO MARRIAGE! There are many reasons why I say this and believe me, it is from experiences of me and friends who were enlightened about the benefits of seeing the world first before committing to a new way of life.



Why travel? How? With whom? Where? When?

Before you plan to go around the world – travel around your country first. There are day trips (called “wanderlust” and there are longer trips. The Philippines has so many, many beautiful destinations- beaches, mountains and metros.

Eventually, you can target to go Asia-hopping and enjoy the different culinary scenes. Visit Europe, the Americas, and Middle East. African destinations can also be interesting. Travel is KNOWLEDGE!

So why travel before you commit to a lifelong relationship? Because then you still have less family obligations and have **MORE TIME**. Additionally, travel will widen and broaden your horizons and here are some more plus points:

- >>You will see a different world and learn from it in many ways.
- >>You will be able to evaluate your life from outside looking in.
- >>The things you will learn from your trip cannot be learned from books!
- >>It is nice to discover places (on your own or with friends). You will be exposed to new kinds of cultures – culinary, history, and demographics (the people).
- >>You might have chances to land a job or a project! WOW! Galing!
- >>Your collection of photos, diary entries, and souvenirs will be precious memories.
- >>You can be more confident and wiser because of the experiences you’ve gained.
- >>Your friends zone will expand.
- >>Share about our country – you can be an “ambassador” at large.
- >>You can gather new ideas from your travels that might be useful for travel agents, other travelers or even the Dept. of Tourism!
- >>Traveling out of your comfort zone can also make you appreciate your own home and discover yourself... when you see other cultures.
- >>You become a citizen of the world--- and this is how travel transforms you! - NRL

2 **Byahe Na!**

THANK YOU FOR CHOOSING US ABOVE ALL ELSE!

PHILIPPINE PROPERTY AWARDS 2016

“Best Commercial Development (Philippines)”

“Best Retail Development”

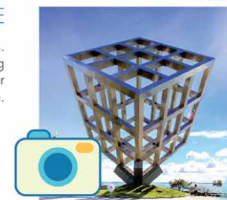
“Best Retail Architectural Design”



PLACES TO SEE AT SM SEASIDE

THE CUBE

The icon for group shots. Take a photo of the gang in front of the 21 x 21 meter sculptural piece.



ICE SKATING RINK

Glide on ice at Cebu’s world-class and only ice-skating rink, whether you want to score an ice hockey goal, execute a triple axel or aspire to be an Olympian.



SPIRAL STAIRCASES

Take a selfie at each of the 4 whimsical color-coded staircases to prove you’ve circled the mall!



THE CINEMAS

You haven’t watched movies this way in Cebu! Choose from lounging in cushy recliners at the Director’s Club or ogling at the Large Screen Cinema that’s 30% bigger than other screens. Live shows and concerts come to life at Centerstage for movies and the performing arts. Bring everyone! All the theatres are PWD-friendly.



BOWLING

Yes, there’s a 16-lane state of the art bowling center and more! Sing to your heart’s content at 3 KTV Rooms, shoot some balls at the Billiards Nook and snack while having fun with friends and family.



FOOD COURT

You’ve never seen a Food Court like this. Food from around the world, a view of the Seaside Tower and out of this world ceiling décor.



THE UNPARALLELED VIEW

Gawk at the wide expanse of the blue sea and its surroundings from different places inside the mall and at the open air Sky Park with its lush greens and cool breezes.



CHAPEL OF PEDRO CALUNGSOD

Spend a prayerful while at the 100-wall Chapel of Pedro Calungsod, perfect to start a day of mulling or as a last stop before heading home.



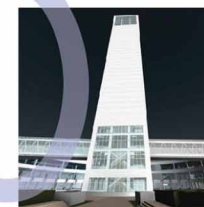
PLAYGROUND

Bring the kids to frolic at the fun Playground at the Sky Park.



THE SM SEASIDE TOWER

To be completed soon, The SM Seaside Tower is already a sight to behold.



Cor. Cebu South Coastal Road and Mambaling Extension, South Road Properties, Cebu City

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A country's development runs on wheels. Commuter rights, safety, and protection are important concerns of the public. Byahe Na! interviewed the President of the National Center for Commuter Safety & Protection, Mrs. Elvira Y. Medina, on her office's programs and policies. The Ligtas Patrol Program was also discussed.

Q: Which provinces are of the most concern for safety and protection of commuters?

A: We have focused our attention on the major cities such as NCR, DAGUPAN, SAN FERNANDO, LAGUNA, CAVITE, CEBU AND DAVAO since these are the places where population concentration is great and commuters are increasing exponentially.

Q: Speaking of commuters – what means of transportation are covered ?

A: Our program covers land, sea, air and rail transport.

Q: Does the Center possess police / legislative powers?

A: No police / legislative powers because the Center is mainly for research and policy recommendation. But we do have the program called LIGTAS PATROL which is our Mass Organization tasked to be the "eyes" of government agencies involved in commuter activities.

Q: Please explain the major duties of Ligtas Patrol.

A: Ligtas Patrol is a monitoring group which reports anomalies to the proper government agencies. It's members are commuters --- students, yuppies, even drivers.

Q: Is this a volunteer group?

A: Yes, it is a volunteer group. In cooperation with the Red Cross, we have trained at least 2,000 members to become certified First Responders.

Q: How can one be a member of Ligtas Patrol?

A: Simply log on to facebook/ligtaspatal.

Q: What are the top 3 causes of car accidents and what are your top 3 plans to reduce car accidents?

A: Based on research by WHO, 60% of accidents are caused by human factor (Driver). The 40% are due to either the condition of the vehicles and/ or condition of the roads or other factors. Since 2010, we have been conducting sessions for drivers entitled, "DRIVE FOR LIFE". It is mainly to address proper behaviour and management of road rage, coupled with a First Responders' training by Red Cross. JAM was one of our first clients. To this date, we have trained almost 7,000 drivers and conductors on "DRIVE FOR LIFE" and 2,000 for Red Cross.

Q: On a personal note, we heard that you have a wide range of interests and skills like marketing, press and PR relations, networks in tourism and hospitality, HR training... even launching ballroom dancing events! How do you relax after a day's work of traffic, road rage and other challenges?

A: I swim and do creative writing.

Q: As a closing remark, what is your message to the commuting public - traffic victims, or driving violators?

A: Life is precious. It's the only valuable thing in the world that cannot be restored nor replaced. Drive as if the Lord is at your back seat --- then, you will be safe.

Mrs. Elvira Y. Medina
President
National Center for Commuter
Safety & Protection



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Amihan Bus Line: Travel like Showbiz Royalty

Travel like showbiz royalty on Amihan's fleet of business class buses to Legazpi, Tabaco, Naga, and Daet, all in the Bicol region. The Amihan Bus Line features not just state-of-the-art Daewoo buses for the ultimate smooth ride, but also plush interiors, featuring roomy, imported reclining seats with leg rests of not more than 2 seats on either side of the aisle. A modular comfort room is also on board.



Top of the pampering list is a dedicated stewardess on each Amihan Executive Coach. Experience travel as if you were on a private jet as your stewardess meets and greets you as you board, guides you to your seat, and assists you with your hand-carry baggage. The Amihan stewardess will also tidy up after each trip and make sure that no belongings are left behind.



Other handy trip provisions include neck pillows, blankets, and eye masks to make your trip even more comfy. You may also pre-order your favorite snacks or meals and baggage will be tagged like in airline trips. Air-conditioning, daytime running lamps, plus hi-tech audio and video systems ensure you will have an enjoyable, relaxing ride.

To make sure you can plan your departure and arrival times, the Amihan Bus Line will feature either express (non-stop) runs or limited one-stop runs. Each executive coach will leave at an appointed time and arrive at the terminal at the specified time. (No more waiting for buses to fill up, no more guess-work as to your travel time.)

Safety is also a priority on the Amihan Bus Line, so each bus is equipped with an automatic speed limiter, set for no more than 100 kph.

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0917-508-9724 or 27

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CORPORATE NEWS BOARD



Philtranco's 102 years anniversary celebration was held in the city of Iriga, Camarines Sur last July 6, 2016.

It was attended by its management team, business partners and the Philtranco retirees.



Thanks to all the volunteers, with the full support of the local government, dental specialists and Philtranco management, the dental mission was made possible.



ALL PACKED-UP. Medicines, check... Food, check... Water, check... Give-aways, check... Sound system, check. Thanks to JAM Liner for bringing them to the site.



ALL SMILES AFTER A HARD DAY'S ACTIVITY. Kudos to the organizers and sponsors. It was tough, yet rewarding.



TEAMWORK WORKS. Unloading is faster when several hands are doing the same thing.



LECTURE ON CERVICAL CANCER. More than forty (40) housewives became aware of their personal health and well-being.



SINGLE LINE, PLEASE. When everyone is interested with safety, surely the lecture will become a box-office hit.



Who would have thought that we could gather more than 200 children to party with Ronald McDonald.

I HAVE PHP 100.00 WHAT CHRISTMAS GIFT CAN I MAKE?

YES and Opo!!! Christmas is here! Napakabilis ng panahon. Ready na ba tayo with our food gifts, hand made goodies to give away? When it comes to food – any gift is welcome because it means prosperity, love and sharing. The people who give and those who receive are both blessed. Here are a few ideas to make you excited to experiment on them. You'll never know if it can become an instant hit or a bestseller in your business. Basahin at piliin then, subukan. Kaya nyo yan! Maligayang, masaganang Pasko sa ating lahat!

GREAT IDEAS FOR CHRISTMAS GOODIES:

Fruitcake Bibingka – just buy the bibingka mix, add glazed fruits, nuts and meron ka nang Fruitcake Bibingka!

Crostini from Pandesal – get old Pandesal, slice very thinly, spread with butter and bake on low temperature. Pack in nice bags and label it “Crostini” for dips, spreads, or just by itself.



Peanut Butter Cookies – usong-uso ang peanut butter, mura pa! Why not get a recipe for Peanut Butter Cookies and sell it?

Leche Flan – walang kamatayang Leche Flan --- what if gumamit kayo ng food colors para maiba naman ang presentation? Try using the Blue Ternate flower to make it green. You can buy this flower sa weekend markets – sa mga fresh herbs section.



Vegetarian Embotido – Vegetable dishes are trendy now. Pang-kontra sa lahat na kakainin sa Pasko (hamon, lechon, sweets, etc., OMG!!!) – have a gulay break! Blanch and chop vegetables, combine with soft tofu then shape into embotido ... wagi!!!

Baked Cherried Ham – buy Ham slices, and “cook” it with bottled cherry liquid to make it sweet and reddish. Then roll with some cheese. You have an elegant food gift bigla!



Your Own Mint Yema- make your own yema. Pwedeng condensed milk, or milk powder, egg yolk, a little flour if needed...bahala ka sa recipe, marami sa Google – but put a twist! Add mint flavoring para Mint Yema.



Blue Rice Biko – may dagdag pa akong gamit ng Blue Ternate flower – how about making biko but cook it with the flower and the rice will turn blue – eh di may Blue Biko ka na! Just remember – when you are cooking the rice be sure to add the flower together with the rice at the start – sa malamig na tubig. Pag nilagay ninyo yung flower sa mainit hindi magiging blue.



Tinola Flan – Do you have a llanera or green papaya shell? Okay, cook your Tinola soup, add cream to make it tastier. Cool the soup. Shred the chicken and mince the papaya. Add the sili leaves later. Now, get the cooled soup and stir in beaten egg. 1 beaten egg for every 2 cups soup. Place the meat and papaya in a llanera or papaya shell (ungkatin yung palaman, i-blanch ng bahagya... it will be your serving “bowl”), pour the soup-egg mix and then bake or steam till the soup becomes like a flan. Meron ka ng Tinola Flan!



MY TOP BACOLOD FOOD DELIGHTS!

By Carmen Joan V. Algara

On your next visit to Bacolod let this be your food guide. Having lived in Bacolod all my life, I've eaten through the old-time restaurants as well as new ones. Tara! Food trip na!

Bob's at B. S. Aquino Drive—from the time our parents were teens to now, when my own children are teens, Bob's is iconic in the history and celebrations of Bacolod. It has witnessed thousands of family feasts bringing joy and fond memories! We always come back for the comfort food -- *Pork & Chicken Sate, the Mongolian Buffet, Cheesy Potato* – a hit among kids, *Sizzling Steaks, Bob's Magnifique Sandwich, Pancit Luglug* and *Chicken Mandarin Salad*. The current menu has much more to offer. And keep a copy of the placemat too – it shows the menu of 1965, when BOB's was established.

Roli's at La Salle Avenue and Lopue's East – another oldie favorite for their famous *Chicken Sandwich*. I also enjoy their *Bijon Malabon* and *Pancit Molo*. The original restaurant was in the downtown area, Plaza Mart San Juan Street. Roli's is where we can take out *Napoleones, the popular puff pastry* glazed and filled with a creamy filling.

Pepe's at Hi-Strip 4, Circumferential Road – Pepe's first opened at Piazza Sorrento at Lacson Street and it's where Yuppies hang out, even on weeknights. You would usually bump into somebody you know at Pepe's. The best sellers are *Pesto Chicken, Lamb Stew, Beef Salpicao*, their version of *Green Salad* and their wide array of cocktail drinks. No worries, your kids can come with you at Pepe's, it's a place where families can wine and dine together.

21 Restaurant at 21st Lacson Street –started in a corner of a house as a take-out counter of Batchoy. Back then, we would bring our food containers and take out 5 orders of *Batchoy*, and have it for merienda. Now it has evolved into one of our best restaurants still maintaining the “homey” feel. Batchoy is served from 3pm to 6pm. Pair Batchoy with *Fresh Lumpia* and desserts! It is at 21 Restaurant that I first discovered Crablets and Quequiro (Ke-ki-ro), a fish cooked Sinigang Style.

The Pastry Shop (Lacson St.) at Bob's Restaurant and Café Bob's was built to complement their menus upon the demand of their customers who wanted dessert to end the meal.

Inaka at 21st Lacson Street – This is the Japanese Restaurant and like Bob's and 21 Restaurant, Inaka is 100% Bacolod-born! My favorites are *Sukiyaki, Misono, Tempura, Sashimi* and the *Makis*. Their *Mango Juice* is the best counterpoint after a hearty Japanese meal! Through these years, some of the waiters that have served us are still there!

Felicias at 6th and Lacson Street. They serve a wide selection of desserts but many love their ensaymada with local hot choco and the super creamy Lengua de Gato.

Calea on Lacson Street – Bacolod is known for the most delicious pastries that locals and tourists would not miss. After all, this is *Sugarlandia!* It's hard to make a choice from the Chocolate Cake, Mousse, Sans Rival and Cheesecakes. Calea has branched from a small shop to a 100-seater. It started as a dessert place behind Lourdes Centre.

Jaimie's Café in Circumferential Road, Homesite – quite new in Bacolod. It was an old house that got converted to be a contemporary dining place. Our kids love their Fruit Teas and Milk Teas. We have brought guests there and they are as delighted as we are. Our favorites are *Pepperoni & Sausage Pizza*, their *HUGE Bacon Cheeseburger, Lengua Estofado, Baby Back Ribs, Sausage* and *Sardines Pasta*, and *Filletto Steak*.

Manokan Country at The Reclamation Area – a popular landmark in Bacolod. Before Manokan Country, vendors selling Chicken Inasal were stationed in the streets of Rizal, Cuadra and Gatuslao across Bacolod's Public Plaza. Then the government constructed Manokan Country, and placed the vendors where folks could enjoy Chicken Inasal anytime of the day. This specialty will always be the Bacoleños favorite comfort food. Mind you, each stall has their own unique Inasal marinade.

In Bacolod, whatever diet you are on... leave it home. Bacolod is the city where you can discover and enjoy lots of places in every street, in every corner because we Bacoleños LOVE to eat!



30 DU30 3VIAS

Nakahigit 100 days na si President DU30, napakarami nang pangyayari sa ating bayan at gobyerno since umupo siya. At ang mga promise niya ay nakikita nating natutupad. Everyday we read the papers, we see something new happening --- some are painful to read about (but part of the cleansing period) and a lot give us hope that this country can still be saved from drugs, corruption, and lack of nationalism.

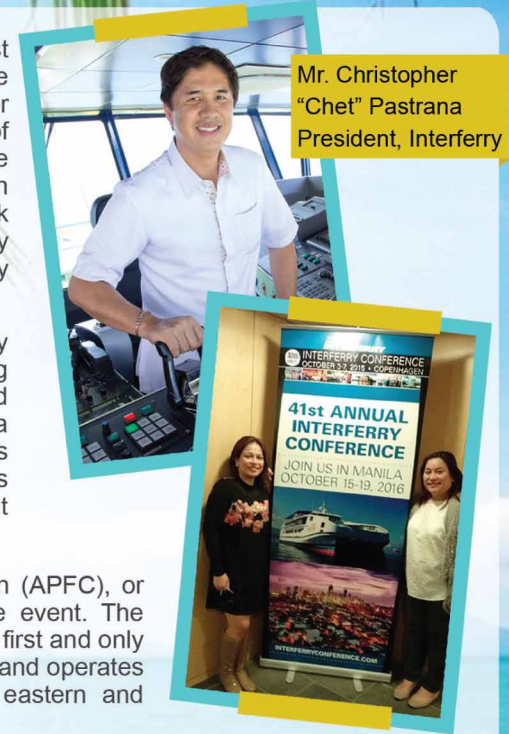
President DU30 was voted by the majority – won by a landslide which means the people have truly elected someone they want to run the country. Who is this man who is offering his life in service of us Pinoys? Who is he – loved by so many, hated by a few? Here are some 30 3Vias about the Man of the Year (and for the next 6 years!!!)

1. Birthday: March 28. He turned 71 this year. He is Aries in zodiac. Born to lead. Dangerously driven – daring for a cause.
2. Finished Law in San Beda, some schooling also in Ateneo.
3. 1st politician from Mindanao to become President of the Philippines.
4. 1st City Mayor to jump from Mayoral position to the highest position in the land.
5. Won by a landslide vote.
6. His simple request for a Pinoy Merienda in SONA – Monggo with Tinapa, Lumpiang Ubod, at Pandesal with Kesong Puti.
7. "Matutulog na lang ako"--- when asked what he will do on his birthday.
8. His quote: "All change is hard, messy in the middle, and so beautiful in the end."
9. The Duterte family is originally from Cebu then moved to Davao.
10. Likes to wear plaid shirts, jeans, Marikina boots. Keeps 1-2 buttons open in his Barong, folds his long sleeved polo shirts.
11. When he wore jeans with his Barong – people started to call it "Ma-wrong Tagalog"!
12. He can be a cuddly Lolo to his grand kids.
13. Has a soft heart for kids, the olds, the poor, the abused, and men friends and can be a flirt with girls (joking only... for the sake of media).
14. One apo, named Stingray (son of Inday Sara) has the same birthday as his Lolo.
15. Makes it a point to attend wakes of fallen men in uniform.
16. When in Davao, enjoys a plateful of crispy Adobo Flaked Karabaw meat at Sana's in Davao City.
17. His mantra for the country: *disiplina at malasakit.*

18. DU30 when he was still Mayor of Davao was the first to respond and send a relief team to Yolanda--- without fanfare / without asking for money / without press mileage... but CNN saw him there ahead of other relief teams.
19. At the opening of SM Davao, the management was expecting that some public officials would go to them asking for favors... some did but DU30 was not the kind to show up for this petty thing. When they asked him if he wants a favor – he said YES, that you employ many from Davao. That's all he asked for!
20. There is word that he has 2 girlfriends, 1 ex wife, 1 common-law wife. Totoo kaya?
21. At times, suffers from migraine, spinal pains, etc. Mga ka-Byahe Na friends – let's always pray for his health and safety!
22. Was a practicing lawyer / Fiscalizer / Prosecutor before becoming Vice- Mayor, Mayor, Congressman
23. Rides motorcycles as a hobby – a Harley Davidson among a few other models.
24. Soon after he was proclaimed President – he was put on the cover of TIME Magazine and was titled as "The Punisher".
25. Did you notice that he has the same haircut as FPJ, and sometimes walks like FPJ, has some features like FPJ? Is this the FPJ Panday Magic alive in DU30?
26. Invented the word: "shabulized". Hahaha--- napakasakit, Kuya Rody!
27. Doesn't like wang-wang, so he takes the helicopter or rides commercial planes.
28. He is a very articulate writer, speaker... and says it well in his Davao accent.
29. HE HATES DRUGS and CORRUPTION among other things.
30. He keeps old friends close by like Secretary Yasay of whom he joked fondly by saying, he appointed him in Foreign Service because he speaks English well.
31. DU30 – DU31 – I'm 4DU30 – I'm 4DU32 – I'm 4DU30 pa rin – DU34, ever

41st Annual **INTERFERRY** Conference to be held in Manila

The Philippines is the second largest archipelagic country in the world, therefore relying heavily on sea transportation for passenger travel and delivery of commodities. As a leader in the maritime industry, the country continues its efforts in strengthening and broadening its network and relations within the ferry industry by hosting the 41st Annual InterFerry Conference.



Mr. Christopher "Chet" Pastrana
President, Interferry

Organized by InterFerry, the highly respected international shipping association, the 2016 conference is slated for October 15 to 19 at the Sofitel Manila Plaza, Manila Bay. Expected delegates include association members, business leaders, and ferry operators from different countries.

Archipelago Philippine Ferries Corporation (APFC), or FastCat acts as a major sponsor of the event. The company owns and operates the country's first and only catamaran Roll-on/Roll-off (RoRo) ferries, and operates modernized ports and terminals in the eastern and western Philippine sea route.

According to FastCat Chief Executive Officer and current InterFerry President Chet Pastrana, the conference serves as a good opportunity for the local industry to build stronger relations and share best practices with some of the top practitioners from around the globe.

"Our challenge is to manage the convergence of the best companies from the East and the West, facilitate a meaningful conference and provide an unforgettable experience to all the delegates."

InterFerry represents the ferry industry of over 38 countries. Its main function is to facilitate networking and cooperation within the industry through a friendly atmosphere by means of the Annual Conference. FastCat became a member in 2010, and in 2015, FastCat CEO Chet Pastrana was appointed as President of InterFerry. This is the second time the annual conference will be hosted by the Philippines, the first was held in Cebu back in 1999.

For more information, log on to FastCat at <http://www.fastcat.com.ph/>, call (632) 842-9341, or visit Unit 5B, 5/F UNIOIL Center Building, Commerce Avenue corner Acacia Avenue, Madrigal Business Park, Brgy. Ayala Alabang, Muntinlupa City. Official website of Interferry: <http://www.interferry.com/>, official website of the Interferry Conference: <http://www.interferryconference.com/>

1-2-3- MAY SOUP KA NA!



Nancy Reyes Lumen

From Leftovers >>>



Many times, it pays to bring a Tupperware to a small party like your prayer meeting, ladies gathering, baby shower, Pot Luck Party or Class Reunion. Of course, one will not do this at a buffet or formal dinner or wedding party--- jologs naman yong magbabalot ng food while wearing a formal outfit. (Lalo na kung naka long gown or barong... ay... nakakahiya... kilala ko ba sya?)

I observed that in many parties, madalas may tirang gulay at mashed potatoes or rice. Well, kapatid... here's a quick way to make use of these leftovers.

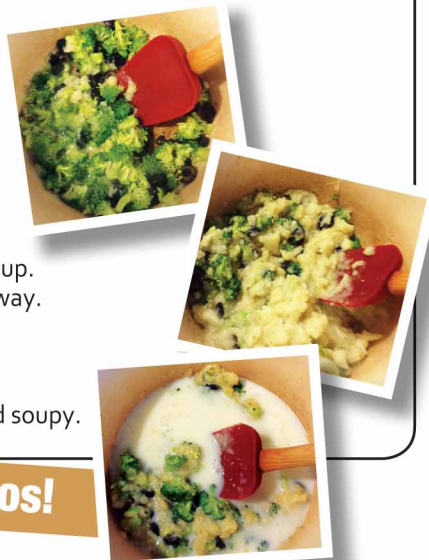
Recipe:

1 Cup of mashed potatoes (kahit may garlic flavor or other flavors... okay pa rin) or Rice (kahit fried rice, java rice, brown or red rice... basta leftover rice!)

Broccoli at iba pang kasamang veggies or meats (just be sure to cut the broccoli and meats into small pieces, smaller than bite size)

1 C chicken broth
½ C fresh milk or sour cream

- Boil the chicken broth and add the broccoli group.
- Add in the mashed potatoes or the rice right away.
- Bring to a boil.
- Add the milk or sour cream.
- Taste, adjust seasonings, if you want.
- No need to thicken the soup – enjoy it light and soupy.



Tapos and ayos!



TRAVEL FAST AND EASY WITH KABAYAN HOTEL, JAM, PHILTRANCO AND FASTCAT



Travel fast and easy, thanks to a brand-new alliance between JAM Liner, Philtranco, FastCat and Kabayan Hotel.

Firstly, passengers arriving at the Manila airport can hop on the exclusive Kabayan Hotel bus to take them directly to the Philtranco main terminal on EDSA or to the Kabayan hotel to rest before onward travel.

Passengers can thus move seamlessly from Philtranco or JAM Liner to FastCat's high-tech ferries that network the islands.

Passengers on the way to the airport from either the Philtranco or JAM Liner terminals can also take the Kabayan Hotel bus free of charge. (No need to flag a cab or make an extra commute.)

Kabayan Hotel has accommodations for any number of guests, from singles, doubles, team rooms for 3 and even dormitory set-ups for up to 6 persons, making travel as a family, business group, or as a barkada fun and economical.

Secondly, all passengers of JAM Liner, Philtranco and FastCat can simply present their used tickets to get special discounts at the hotel. Philtranco is the nation's first truly national bus line while JAM Liner is one of the most preferred ways to travel the Southern Tagalog region. Fastcat, operates brand new Roll-On-Roll-Off Catamaran vessels that connects the Philippine islands.

Both Kabayan Hotel and Philtranco are conveniently located at the EDSA station of the LRT, making inner-city travel that much more convenient.



FastCat EVP, Mary Ann Pastrana, Was Lone Filipino Presenter at International Ferry Conference

The second annual Ferry Safety and Technology Conference took place last June 2 and 3 at the Pier A Harbor Point in Manhattan, New York. Mary Ann Pastrana, EVP of FastCat, was the only Filipino presenter at the conference.

Through the Ferry Safety and Technology Conference, members of the world's maritime community – ferry operators, city planners, vessel designers, weather experts – convened to share their expertise and thoughts on ferry safety. The conference tackled hot topics in the industry such as training and e-learning, information and communication management, marine weather detection and crowd counting. For the two-day conference, expanded programs and hands-on demonstrations were also held with speakers from around the globe.

**Executive Vice President
of Archipelago Philippine
Ferries Corporation
(FastCat),
Mary Ann Pastrana**

After hearing of her inspiring talk delivered during the International Maritime Organization (IMO) conference, together with Marina and Women in Maritime, the organizers were happy to learn about the modernization efforts of FastCat. Pastrana was then invited by the organizers to talk about more of their plans and strategies.

It was a great opportunity for Pastrana to share FastCat's plans for development with regards to fleet modernization, and crew training. She presented to the international audience of maritime experts why Filipino seafarers are the best in the industry.

The FastCat EVP also talked about initiatives to strongly implement curriculums that would continuously equip graduates with much needed knowledge and skills to become globally competitive workers. Included in her presentation are plans of better servicing their fleets through an eco-friendly shipyard facility that can also be used for crew training. Pastrana focused on efforts that lead to why and how the Philippines is the manning capital of the world through *FastCat's FerrySafe, FerryFast, and FerryConvenient* ways.

The Ferry Safety and Technology Conference is organized by the Worldwide Ferry Safety Association, an international non-profit organization based in New York City. The organization works in partnership with Interferry and the International Maritime Organization (IMO) to develop cost-effective safety training programs for ferry crews. As a believer in innovative ideas, they also sponsor international student design competitions for safe and affordable ferries. The Ferry Safety Association also commissions student research on topics that are critical to improving the effectiveness of their efforts in developing and promoting safe and sustainable ferry travel and practices.

COUNTING YOUR CALORIES

There are 3 numbers to remember about calories :

- 1 gram protein (meats) = 4 calories
- 1 gram carbohydrate = 4 calories
- 1 gram fat = 8 calories.

Obvious ba na ang "fats" ay pinaka-"calorific". Ang ibig sabihin nito ay ganito. Kung ang Lechon Kawali ay may 50 grams ng taba, that will be 400 calories, yung sa taba pa lang. OMGulay! – buti yata gulay na lang!



Kung masanay tayo sa pag-measure ng kakainin natin, maaring ma-control yung diet plan natin at we can succeed to lose weight. Kasama ng dieting by lessening calories ay ang exercise. Kung mapagsabay natin ang calorie counting at exercise – panalo!!!

Here are some calorie counts of common ingredients we use :

- Peeled ½ avocado – 167
- 2 strips crispy bacon – 96
- 1 medium banana – 85
- 1 white slice bread – 62
- 1 tablespoon butter – 100 (fats ito!, pero ang sarap!)
- Cheese in 1/3 of a 14-inch pizza – 185
- 10 medium potato chips – 115
- 1 tablespoon mayo – 101
- ½ cup white rice, cooked – 82
- Coffee or tea, plain – 0! (dapat ito na lang kaya ang ulamin natin!!!)
- 1 large egg – 88
- 2 tablespoons chocolate bar – 150
- 1 tablespoon catsup – 18
- 2 stalks (8 inches long) celery – 10 lang!
- Chicken – boneless, dark meat 100 gms - 400
- Chicken – boneless, white meat 100 gms – 400
- 1 cup beef noodle – 70
- 1 tablespoon soy sauce – 8
- ½ cup cooked spaghetti- 83
- 1 tablespoon white sugar – 45
- 1 tablespoon vinegar – 2 (o...ito na lang ang gawin nating softdrinks!)
- 3 tablespoons Parmesan cheese – 60
- 1 cup softdrink or cola soda – 95



And there's more! Here are activities which use up calories:

Reading, writing, computer, call center work, eating, watching TV etc., listening to music, sewing, playing cards, light office work usually seated = 80-100 calories / hour

Food preps, washing dishes, dusting, light hand laundry, ironing, walking slowly, grooming body, rapid typing, office work while standing = 110-160 calories / hour

Making the beds, mop-scrub-sweeping, polishing or waxing the car, laundry in washing machine, light gardening, walking moderately fast= 170-240 calories / hour

Heavy scrubbing, waxing, heavy hand laundry, hanging out clothes, stripping beds, walking fast, bowling, golf, gardening = 250-350 calories / hour

Swimming, playing tennis, Zumba, dancing, skiing, biking, playing football = 350 or more calories / hour

Well, ka-pasahero... whatcha waiting for... pagbayaran mo na yung kinain mong Lechon Kawali--- start running... TAKBO!

BEBE LOVE



HOW TO KEEP BABY SAFE IN YOUR HOME

NAKU PO! Cute man ang mga baby kapag naka first baby step na --- ngunit ito rin ang sanhi ng posibleng accidents sa loob ng bahay. Bakit? Kasi si baby, kapag marunong nang maglakad, lahat ng magapangan o maabot ay hahawakan, hihilahin, isusubo o pag-lalaruan. Dapat i-childproof ang home.

Mommy and Daddy ready na ba kayong harapin ang walk-athon ni baby sa loob ng bahay? Heto ang mga tips upang gawing safe ang home for BEBE...

- Itago ng mabuti ang mga armas (baril o bala) at mga sharp objects.
- Ang mga bote ng chemicals that look like vitamin bottles ni Bebe ay dapat i-label at itago ng mabuti.
- Put a portable gate to keep Bebe away from the kitchen specially when you are cooking.
- Tie up electric cords and place small appliances away from the counters edge para hindi maabot ni Bebe.
- When cooking, pull out the knobs from the stove para hindi mabuksan, and if possible sa back burners ka magluto – para malayo sa makulit na Bebe.
- Wag nang ipilit gamitin ang mga gamit/toys na sira at baka makasugat pa.
- Ang duyan o crib ay dapat malayo sa kurtina, o mga wall hangings at kung maari, may mattress sa sahig.
- Avoid high cabinets or book cases na maaring mabuwal. Ang mga heavy furniture na ito ay dapat naka pako sa pader.
- Huwag ipasok si Bebe sa bahay hanggat may amoy pa ng pintura.
- Para hindi ma-lock in si Bebe, i-masking tape yung lock ng banyo o kuwarto.
- Never allow Bebe to walk in the garage specially when cars are backing up.

**“Come to Mommy... oops!
baby be careful... oops!
don't touch that... oops!
don't go there... oooops!”**

- Kung may riding toys like small bike, horse, car, etc. make a tall flag and ikabit sa likod nito – this can be seen by others na mayroong dumadaan .
- NEVER LEAVE BEBE WHILE IN THE BATH TUB to avoid drowning. Also stick strips on the tub to prevent slips.
- Mount TV/ DVD players well to prevent falling on Bebe.
- Block live outlets. Phone chargers should be removed when not in use because the wires are “live”.
- Mayroong bang puwang sa sofa, mesa, tulugan, ni Bebe? Maaring maipit o mahulog doon si Bebe kung mayroon.
- Mag-planchar na lang kung si Bebe ay nag-mememe na.
- Plastic bags – ay hindi laruan.
- Mga kanto ng furnitures na matulis – lagyan ng padding.
- Ban smoking in the house... please!

Always bless your Bebe with a prayer for safety and that angels will always be around them.

16 **Byahe Na!**



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*Sa Maynila, may kasabayan ka
sa pakikipagsapalaran.*



Mahirap ang lagay ng nakikipagsapalarang tulad ni Arnel. Buo man ang loob mo, di maaalis na marami kang tanong, at may alinlangan dahil sa budget. Naiintindihan ng Kabayan mo yan.

Kaya laking tuwa ni Arnel sa supportant natanggap niya mula sa Kabayan Hotel. Bukod sa napakalapit nito sa MRT at LRT, may kakaibang accommodations na abot-kaya pa. Tulad ng Kapsule Bed na tamang-tama sa budget. Ang pagkain, masarap at affordable. Ang staff, sobrang matulongin. May OFW Help Desk pang malaking tulong sa nagsisimula pa lang na tulad niya.

Saan ka man probinsyang galing, Kabayan, tandaan na basta't nasa Maynila ka, makakaasa ka... kasabayan mo kami.



Kasabayan mo kami.