

July-September 2017

Byahe Na!

Magazine published for



**GRAB A COPY!
IT'S FREE**

Destination:

Samar

Make Your Own Travel Diary

Special Coverage:

Behind the Scenes of a Tourism Video

**Traveling with
Seniors and PWDs**

Pasalubong Checklist

**Happy Riding!
Happy Reading!**



**ANTIQUÉ • DAET • DAVAO • ILOILO • IRIGA • LEGAZPI
MINDORO • NAGA • TACLOBAN • CAGAYAN DE ORO
SUBIC/OLONGAPO • MANILA • PAMPANGA**

Byahe Na!

Table of Contents

- 2 Our Samar Summer Adventure
- 4 Travel Tips
- 5 Make Your Own Travel Diary
- 6 Safe and Sure Food Trips
- 7 Pasalubong: Checklist of a Smart Buyer
- 8-9 Behind The Scenes
- 10 Cabbage, Repolyo Unplugged
- 11 Brrr... ANG LAMIG!
Whooo... ANG INIT!
- 12 T-L-C While Traveling
with Seniors and PWDs
- 14 FastCat Happy Passengers
- 16 Mommy... I Love You!

Complete the sentence and get a surprise gift from JAM, FastCat and Philtranco!

Have you ever been to Dapitan, Zamboanga Del Norte? Share with us your travel experience!

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.

The EDITORIAL TEAM is composed of :

Christine B. Guevarra
Executive Editor

Joanne Maris A. Solito
Roy San Juan
Menchie Lubang
Writers

Alvin Cariño
Graphic and Layout Artist

Joie Taylo
Abi Beratio
Graphic Artists

Nancy Reyes Lumen
Editorial Consultant

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

The head office is at EDSA corner Apelo Cruz Street, Pasay City, Metro Manila, 1300
Telephone number: (02) 851-8081
ISSN no.: 2362-762X

SEAMLESS CONNECTIVITY



Richard Aristotle S. Rosales
Executive Vice President
JAM/Philtranco group

These days, it is no wonder the world has gotten "smaller" due to connectivity. The fast pace of telecommunications network has quickened and re-tooled the working society. To move from point A to point B has never been more challenging than now - because of the value we put on time and productivity. The good news is that our country's progress is slowly being manifested in the Duterte administration specially in the economy sector.

How does JAM Liner and Philtranco come into the equation of nation-building? It is, by all means, the objective of our companies to provide the best service to our commuters and transport them to and from work, safely and comfortably. After all, our working society compose the muscle of the nation.

Our companies also address the lighter side of everyday life - that of developing the appreciation for local tourism by providing safe and comfortable travel to numerous destinations by land or by sea. Byahe Na! Magazine has taken the efforts to showcase the tourist spots that fit both young and old adventurers, to make their travels fun-filled and worth sharing on FB, Twitter and Instagram. This is the fun side of connectivity!

On this note, I would like to leave our readers with a list of values which I myself have learned through years of work - that of being level-headed specially in times of crisis, being driven and seeing goals to the end, staying focused and always aspiring for more and better ways. I take these values to my workplace knowing that our companies do the same.

With the upcoming rainy season, JAM, Philtranco and its partner, FastCat assures the safe travels to its passengers. We continue to train drivers and personnel to take extra precaution in arriving at their destinations. We remain proactive with the younger market who are wired and have the wanderer's drive to tour and discover new places. We are in the process of modernizing our facilities, and expanding our electronic ticketing services, plus equipping our systems with GPS and speed monitoring. It continues to be a busy and exciting year for us in this era of seamless connectivity in the field of transportation where JAM, Philtranco and FastCat play a huge role.

Cheers to the readers of Byahe Na! Magazine!

Our Samar Summer Adventure

By Maita de la Rama

Samar is in the Eastern Visayas region and it is the third biggest island in the Philippines. This region is more popularly known for the San Juanico Bridge (the longest bridge in the country) which connects Samar to Leyte. Our trip to Samar was an adventure trip --- one that other local tourists should discover too.

Some friends and I began our journey at the Philtranco Pasay terminal. Upon boarding our bus, we were very impressed with its facilities --- comfortable seats doubled as recliners with adequate leg room. The staff were accommodating and sleek and stylish in their uniforms. It was going to be a 12-hour ride, but we were comfortable. We reached the province of Matnog, Sorsogon and from there we began our FastCat trip.

We were lucky to meet Capt. Frido Lomugdang manning the Bridge with its hi-tech navigational equipment. The FastCat crew accommodated all our needs politely and in a professional manner. In fact, it was obvious to us that passenger safety was their number one priority. There was also a snack bar offering several food choices including a local Zamboanga favorite - bottled Dipolog sardines, just right for pasalubong.

Lola Rosa Inn

Finally we arrived in Samar where we stayed at a quaint boutique hotel called Lola Rosa located in the town of Calbiga. Lola Rosa is the 1930's ancestral home of the Quimbo Family. It was remodeled with tourist-friendly amenities. The bathrooms were clean and newly tiled. The rooms were spacious. What added charm to the place was the original Narra flooring and several family heirlooms and collections on display.

Dalupiri Island

From the Victoria pier, we took a 30-minute motor boat ride to the Dalupiri Island. I can understand why the island is and will surely become a popular tourist destination. The waters are pristine clear and the beaches are unpoluted. Several resorts provide overnight accommodations.

Lulugayan Falls

The panoramic Lulugayan Falls has been dubbed by tourists as the Mini Niagara of the Philippines. The fun part of this leg is the 40-minute "habal-habal" or sturdy motorcycle ride to the falls plus the scenic trek leading to the falls --- a good 15-20 minutes of exercise.



Rutchel Eatery

After our visit to the falls, lunch was at Rutchel Eatery. This is 100% a must try for its "best native Chicken Tinola". We enjoyed that soup - well deserved after our half-day adventure!



Local Delicacies

Samar is known for its chocolate-flavored version of Moron - a sticky rice delicacy (suman). We also enjoyed "Tamalalos" - pork liempo with a thick nutty sauce wrapped in banana leaves and "Binagol", steamed "talyan" root (a root crop similar to taro or gabi) in a coconut shell. It is flavored with coconut milk, and condensed milk, then wrapped and tied in banana leaves. Ummm comfort food!



It may seem to city folks that Samar is so far to visit. Well... not anymore. Philtranco and FastCat enabled us to travel well and enjoy our vacation. Aside from being able to bond with friends, we were happy that we had the chance to travel to this island and to discover new places. Samar as a destination is definitely a keeper!

Thank you Philtranco and Fastcat for making travel around the Philippines accessible, comfortable and enjoyable.

Byahe Na!

STAY ENERGIZED ON THE ROAD WITH COBRA!



ASC Ref. No. A099P070116C

  cobra energy drink



TRAVEL TIPS

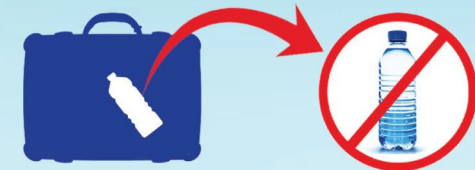
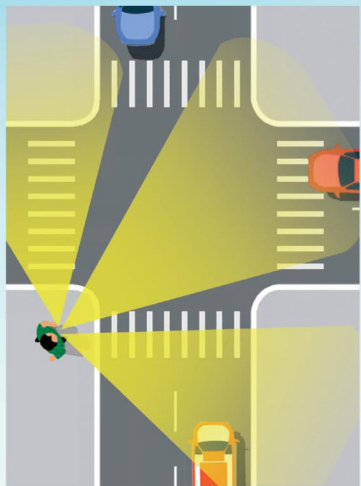
1

NO SMOKING. Observe no smoking signs. Maging sensitive sa mga tao sa kapaligiran para hindi nila malanghap ang second-hand smoke.



2

STOP. LOOK. LISTEN. Bago tumawid, huminto muna, makinig sa kapaligiran at tumingin palagi sa kaliwa, kanan at harap para maka iwas sa aksidente.



3

Kapag nagbabahe, iwasang magdala ng mga liquids dahil pwede itong matapon at mabasa ang inyong mga kagamitan at ang mga kasama nitong bagahe sa baggage compartment ng bus o barko.

4

Pumara sa tamang lugar. Ugaliing bumaba at sumakay sa designated areas para hindi makasagabal sa traffic.



5

Follow the motorcycle lane. Huwag pong pa ekis-ekis sa daan. Sundin ang motorcycle lanes na nakatakda for everybody's safety.

Not everyone will have the chance to be in the exotic places where you've been. But you surely want to share the trip, the details, the scenes, even try to evoke the same feelings you had when seeing a beautiful sunset, or munching on a local delicacy or laughing your heart out with friends ... so, share those hugot moments...

MAKE YOUR OWN TRAVEL DIARY



How can you treasure the memories of a good trip?

Who to share to: family, friends, colleagues, those planning to visit the same destination ... social media!

How to write it – dapat detailed para hindi boring, so put a lot of names of people, places, and describe colors, textures, sounds, aromas, even feelings, tastes ... try not to write all English kung hindi mo style yon (baka ma-nosebleed ka lang!) Taglish pa more! If you use a language where you're confident, mas masayang basahin yung kuwento mo.

When to write: Asap! Para walang makawala na precious memories.

Others: Kung nosebleed ka for the right words --- why not draw it? or attach pictures and doodle on them.

O, heto pa ang ibang tips:

- Collect autographs, photos, leaves, dried flowers, wrappers, drawings, but DO NOT BRING HOME SAND, SHELLS, ANIMALS, PLANTS ... and for flowers – ask permission muna before picking or offer to buy.
- To make your scrap book or travel diary – you can gather different kinds of papers (glue them, 'wag i-staple, okay?), different colored pens and paints, magazine cut outs and fabric scraps. Make sure your materials are waterproof.
- Do not make it look like a store-bought work, dapat uniquely your style.
- Videos – why not? Chance mo na mag try-out as a travel show host ... sing, dance, jump, wacky, p-cute --- go go go!
- Make sure you have back up files and at least 2 or 3 USB files of your travelogue.
- Photos - make the extra effort to put captions on each and every photo because in time, you might forget kung sino-sino sila ... put dates and even time for added detail.
- And important – so that you do not have a boring travelogue – wag puro selfie mo. Make group photos, group travelogues (tulong-tulong kayo) and then print some pages for your parents to read kasi baka secret yung ibang nasa diary.
- Attach your travelogue to a song that will make you remember your experiences in that song. When you're much older that song will still ring in your heart.

Just remember: the value of your memories is priceless, timeless and worth keeping for a lifetime. Be sure to keep your travelogues for many, many years because when you reach 60+, you'll want to re-live those adventures ... (pati yung mga secrets ... sssshhh!).



SAFE & SURE FOOD TRIPS

The best thing about traveling is getting to savor the local delicacies: mga kakanin, buro, ginataan, suman, pinangat, mga pancit, longganisa, coconut concoctions, fruit juices, fresh fruits, lumpia and breads. Ang daming ma-didiscover na sweets and savories on the road to your destination. It's fun! But wait, there's more ...

ENJOY FOOD TRIPS (Without Getting Upset Stomach)

Fiesta, blow-out, kasalan sa probinsya, boot camp, etc., full blast "lamon" to-the-bones ang mga kainan moments dyan ... and it's hard to resist eating everything. However, there are some things to watch for as you eat your way through the regions you visit. Watch out for your gut health! Consider these situations which may affect the status of the dishes served to you: The hot humid temperature of the place (nakakulob ba yung mga foods?). What is the water source? Malinis ba ang pagkahugas ng mga dishes? What about the bathrooms? Where does the trash go? Are there animals around? Are the dishes covered and protected from flies? How about the cooks? Are they aware of safety and sanitation? You can check these without being mistaken as "maarte, or snob or masyadong pihikan..." just do your checking quietly and discreetly so as not to insult the hosts.

Remember these additional guidelines:

- Bring a lactobacilli drink and take this before you eat anything. It helps balance the food inside specially acids from sweets and fatty foods.
- Bring/drink bottled or boiled water.
- Bring a bimpo and keep it moist to wash up your hands and face. Alcohol is also good.
- Do not gulp water during a long trip – take small sips so you don't have to always need a restroom.
- Bring soda crackers – pampatawid gutom. And before eating any fresh (?) seafood like talaba, mussels, fish ... eat some bread to coat your stomach just in case. BABALA: If you happen to bite into seafood that has OFF taste or smell – "wag nang mahiya. Spit it out in a polite way, save yourself from a BAD case of upset stomach (you know what I mean...).
- Give the foods a good close look (pero kung maari lang, do not go around smelling the food unless you do it as a compliment!). Check underneath cakes, breads, baka there's amag --- this can make you sick.

- Iwas sa tagayan --- sharing one glass of alcoholic drink, and for that matter – 'wag ka naman magpaka-tipsy!
- On a very hot day and if you are having a dinner treat check the gata or milk-based creamy dishes that these are still good because gata-based dishes don't usually last through the day. Also thick tomato-based sauces. If you see small bubbles slowly rising in the middle of the pot or on the sides, better check that it is not panis (many times several people will dip their own spoons in the pot which can cause spoilage).
- We know that fellow Pinoy's are so gracious in serving guests who visit and they mean well --- but they may not always be in control of the foods donated or given by others... so stay on the cautious side rather than suffer diarrhea, food poisoning or upset stomach.

You can be polite while being careful of what you will eat. If in doubt, or if you really cannot eat much anymore just be polite to say:

- "Naku po ... busog na busog kami ... can we just take home?"
- "Naku po ... sorry nagda-diet pa ako ..."
- "Naku po ... pinagbawalan ako sa sugars (fats, carbs, laman loob or creamy foods)."
- "Naku po ... napakasarap sana but I get gout from eating laman loob."

Lesson to learn: the art of being discreet to your hosts will put them at ease. Be thankful, helpful and if the Lola or Tita will force you to eat something you're not familiar with, take a small bite. You will be a favorite guest if you just know how to eat smart and be polite.

"O ... hija/hijo, heto, tikman mo itong dinuguan ... atsaka ito ... o, caldereta galing sa kapitbahay ... naku-dapat malasahan mo itong pancit ... tagay naman diyan, mga kapatid!"

PASALUBONG



CHECKLIST OF A SMART BUYER

By Nancy Reyes Lumen

Next to memories of a good trip, Pinoy's will always bring home pasalubongs! It is a compulsion, not just a habit, kasi ugali nating mag-uwi ng goodies to loved ones. Ugali na rin ng loved ones to ask: "Uwi ka ng pasalubong, ha?". Maraming kinds of pasalubongs – simple ones when you're just on your way home – pancit, banana cue, turon o lechong manok. But let's talk about tourism pasalubongs!

Now that tourism is on top gear – the local markets and specialty stores can make good income from selling their homemade/homegrown delicacies. This is one of the best ways our economy can grow!

How can you bring home the best pasalubongs? Aside from budget concerns, there are many ways to check out the goods – be a smart buyer!

- ✓ If you have a good "feel" of the product, check if the weight is right. For fruits, you can always go for a second weight check. Some wet markets already have the public weighing scale. This is also important for seafood. Here's a tip: when buying fruits, look for those that are heavy for their size --- it means it is still fresh and sweet.
- ✓ For vegetables – check for holes or worms (specially in eggplants) but if they say it is organic and you truly believe, then don't mind if there are some "residents" in the produce.
- ✓ Are the goods homemade? Baka naman hindi pala homemade ... so read the labels. Check expiry date. And there are goods which don't expire like honey, coffee, dried spices, water, salt, sugar, tea ... pwede pa rin bilhin!
- ✓ Usually when you are in a bus and there are vendors – some get away with old stock goods (kasi wala nang till-we-meet-again) so be wary it is not food-on-the-run. When I bought suman, it was already hard as rubber – luma na! Gutom na gutom pa naman ako!
- ✓ When you're holding a pack of goods, check the bottom – baka puro crumbs na lang (potato or camote chips, cookies, biscocho, kropeck, chicharon at iba pa).
- ✓ Check for "residents" like langgam, flies, paa ng insects ... or human hair!
- ✓ Kung frozen goods – did it melt before and was frozen again? Wala na sa porma? or else mga processed meats na frozen – dapat walang freezer burn or baka color green na!
- ✓ Kung selyado ang product, check that the seal is not opened – baka meron nang bumukas.
- ✓ And for canned goods – bulging cans are BAD! It might already have e-coli bacteria which can kill. IWASAN! Also those with kalawang.

Marami pang ibang precautions when buying pasalubongs ... syempre naman dapat okay yung handog natin sa loved ones when we get back from the trip. And when they're enjoying your pasalubong – sabayan mo na ng mga kwento tungkol sa trip mo – pasalubong din yon!



Direk Roxy in action



A dose of Vitamin Sea in Samar!

BEHIND THE SCENES

JAMC **FastCat** **Philtranco**
The Marketing & Production Team set out to complete a tourism video of Samar and Bicol as travel destinations of Philtranco and FastCat. This is to promote travel across the Philippines. More videos to come!



The Samar Style team en route to Lulugayan Falls



Welcome to Legazpi, the city of fun and adventure



Sunset... camera, action, propose!



Bonding with the locals



Daraga Church



#CagsawaRuins
#PerfectConeMayonVolcano



Separanx with the best travel team. #SeparationAnxiety



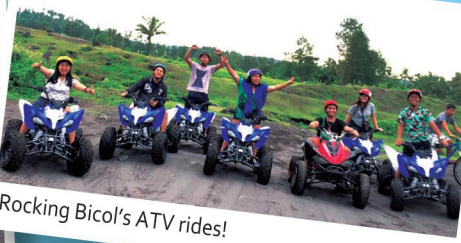
Shoot briefing with the entire team.



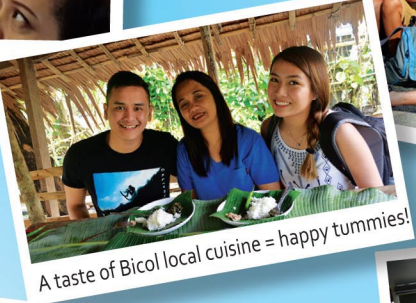
The entire production team



San Juanico Bridge



Rocking Bicol's ATV rides!



A taste of Bicol local cuisine = happy tummies!



Ms. Pinky styling the talents



The traffic controller behind the scenes



Safety101 with FastCat's Stewardess



Groupie... it's #ferryfun in Samar!



With FastCat's #ferryfriendly crew!

Cabbage, Repolyo Unplugged

By Nancy Reyes Lumen

Wow sarap!

Corned beef and cabbage... my favorite!



This dish is one of the favorite comfort foods of all ages. The rich flavor of corned beef is balanced by the neutralizing flavor of cabbage. We often take cabbage for granted. Wala lang ... basta kasama ito sa guisadong gulay, nilaga, pochero or fresh salad, lumpia or pancit. At sa ibang cuisine – may kimchi, sauerkraut at coleslaw. Russia has the largest population of cabbage eaters, followed by Belgium, Netherlands, then Spain and then America. Napaka “everyday” ang repolyo sa buong mundo ... dapat kilalanin at alamin natin ang mga benefits ng gulay na ito.



Now that food budgets have to be carefully planned, ang repolyo ay magaling na choice sa weekly menu. Malaki ang yield ng repolyo lalo na kung pinong-pino ang slice ... naai-stretch ang budget natin basta't may repolyo sa ulam.

When choosing a good cabbage, here are some tips: Piliin yung matulis ang ulo – ang tawag sa palengke ng ganitong repolyo ay “Scorpio”. Ang variety nito ay mas maputi, mas malambot pati yung gitna kaya walang tapon. Kung sa size naman, piliin yung mabigat. And make sure very fresh ang cabbage at bawat dahon ay malinis na malinis before eating or cooking.

Ang pamilyang repolyo ay malawak like Chinese cabbage, broccoli, cauliflower, red cabbage, purple cabbage, Brussel sprouts. At kung sa nutrition ang pag-uusapan, cabbage is rich in Vitamins K and C and has lots of fiber. Di ko akalain

napakaraming health benefits and medicinal uses ang cabbage. Good as laxative because of high fiber (pero may disadvantage rin ito – ang cabbage mabaho mag-produce ng “gas” sa katawan). It is a cooling vegetable – nagpapalamig ng katawan. Kung sa yin yang, ito ay “yin”. In fact, eating cabbage daw prevents sunstroke. Dapat madalas nating kainin ang repolyo kapag summer. Mahusay ang cabbage leaves at cabbage juice sa pag-gamot ng pigma, kulugo, pneumonia at ulcers.

Merong “weird” benefits ang cabbage na di natin pa alam --- ang cabbage ay nakaka-prevent ng pagkalasing dahil malakas ang nutrients nito na kontra sa alcohol. Sa Egypt, kumakain sila ng cabbage bago uminom ng alak so they do not get drunk. And last but not least – noong unang panahon sa ancient Rome, may paniwala na preventive medicine for women – dapat daw ay maligo ang babae sa urine ng isang taong madalas kumakain ng cabbage. Dahil cool ang cabbage sa katawan, may ginhawa sa katawan na mainitin.

Cooking tips for cabbage: be sure fresh as possible ang cabbage, cook right away. Remember, the longer you cook cabbage, the stronger the smell and the harder to digest. Corned beef and cabbage please ... extra rice, extra repolyo na rin po!

Naka-experience na ba kayong too hot or too cold ang place and you had no control of the temperature?

Halimbawa: sa airplane, train or bus, terminal, office, call center, church, party, classroom, meeting, hospital, sinehan at iba pa. Many reasons for the temperature but you have to be the one to adjust because you are not the only person in that situation. Some may enjoy the cold or prefer hot.



Merong mainitin ang katawan, meron ding supercool. Iba-iba tayo. The best thing to do is to be prepared.

In taking a bus ride, it is always the best practice to keep the bus cold. This is good for relaxing and staying comfortable in your seat. Helps you sleep too. For those who easily feel cold, here are some ways to keep warm: bring a small blanket or soft towel (this will also double as a neck pillow when rolled), leggings or double socks to wear if it gets cold for you. Bring a ski cap to cover your head. Wear jacket that’s long enough. But one of the best ways I learned from passengers is to bring a Malong. This serves as a blanket and covers the whole body from head to toe.

Take deep breaths and if available a hot drink like tea or just warm water. If you can move about – then do some exercise to heat up your body. BUT DO NOT SWEAT! You know why? Kasi pag nagpawis kayo, at natuyo yung pawis nyo – para kang nagtapal ng basang bimbo sa likod mo. And oo nga pala body heat of your seatmate (kung kasama mo) will also help. In survival situations, two people share their body heat to keep warm.

Yung mga mainitin naman, here’s how you can keep cool: first is not to move around too much para hindi uminit yung katawan. But if you can sweat it off (like with hot soup, a tea drink or sweat by exercise basta

make sure tuyo ang likod ng pawis), your body temperature will become a little cooler because of the sweat that released hot air from your body. Chill --- but avoid ice creams and sweet food. The high calories of these foods will just make you feel hotter after an hour. Better take light, watery juices, iced water or tea. Wear light clothes (cotton is the best) and always bring a small cloth towel to cool your neck, forehead and batok. Tie your hair so air can circulate around your neck. Of course a mini fan will help you a lot or elbow powered pamaypay. Important to know: do not stand or sleep directly in front of an electric fan – this is a bad habit kasi your skin pores will stay closed and not “breathe”. If you have been doing this since you were small, notice if your hands are sweaty. The best way to use an electric fan is to bounce the air from a wall – wag naka direkta sa iyo.

Next time, bring your own pampa-init or pampa-lamig baons so that you have a comfortable ride. Remember – iba-iba ang body heat level natin. Try to determine what is yours and choose your seatmate -- in case maging zero degrees ang lamig. UUUy!





While Traveling with SENIORS and PWDs

By Nancy Reyes Lumen

As they say, 100 years old is the new 70! Because of medical and healthcare advances, the age of old people got “younger”. The Bible said that we humans have 3 scores and 10 years (that’s 20X3+10=70) and to live beyond that is a bonus. Did you know that retirees, senior citizens compose one of the biggest travel demographics all over the world?

If you are in the transport and tourism business – this is good news because old people would eventually need to travel with companions to give them care. Let me put it this way: “The more the many-er!” If you happen to be one of these traveling companions, here are some practical guidelines on how to make your vacation pleasant and smooth-sailing. Remember these letters - TLC: tender, loving care.

Before going anywhere, research if the destination has a ramp, elevator, has user-friendly facilities for seniors and wheelchair-bound PWDs. Avoid old houses without ramps, with high stairs (forget it! Change venue, please...) NOTE: All FastCat vessels have an elevator for seniors and PWD plus a toilet exclusive for their use.

Call the destination that you will be going there. It won’t cost you anything to try, and hopefully they will expect you with readiness.

As for parking space, get as close to the entrance as possible. Go as advance party to check the interiors: aircon too cold, not cold), tables (too high, too low, too tight), exits, restroom and passageways. How far is the restroom?

Before alighting, check that the person is neat-looking, hair, make up and clothes in order. Show them a mirror so they can check themselves. Elderly folks should not look scary to others – they should look pleasant. How about a reddish lipstick for Lolas?

Check their aids (walking cane, eyeglasses, hearing aids, wheelchair, magnifying glass, cellphone, camera, etc.).

Always have the following items with you and prepare two sets always – one for carrying around and another for back up: tissue, medicines, wet ones, alcohol or cologne, water, extra diaper, mirror, small towel, a shawl, wallet with small change, senior card and other important documents.

When with other people: motion to them if seniors are hard of hearing, keep bratty kids away except to greet them and make “mano”, try to announce the names of the people approaching them because they might not remember who is who.

At the venue, if cold: keep away from direct fans or aircons, have a shawl for them and also a throw (small blanket) for their knees. If hot, use a hand fan and seat them in a cool space. Check on them – baka pinawisan na yung likod!

For their worn jewelry: take a photo of them wearing it (in case it gets lost in the venue, you can easily show the photo to those who are helping look for it.).

Keep a few hundred pesos in their wallet to give them a sense of spending power but keep credit cards and big cash with you. Try not to attract others about their money, lest they get bombarded ... unless they enjoy being surrounded by a crowd. As much as possible, do not let them give away cash on a whim. It will send a dangerous signal to the public-at-large.

Do not embarrass an elder by making them blow their nose in public (like a kid), or wiping saliva in front of others (do it discreetly). Take them to a quiet corner, if need be.

At the restroom, be sure to neatly and properly dispose of soiled items (diapers

specially). Do not leave a mess even if the special restroom is exclusive to elders and PWDs. Clean up after using the toilets.

Be sure to be friendly with the staff in the venue. You might need their help, to entertain the elders, carry them, wait on them ... of course, it is best to leave a fat tip for their service.

Take photos of them and of others then when at home, show these to engage their memory.

Give reassuring hugs or pats in the back to make them feel cozy, seat them with others who would enjoy their company and not ignore them.

TLC: Letters that can spell the difference between being loved and being ignored.



SERVING DAILY

www.jam.com.ph
f JamLiner



**BALIBAGO • BATANGAS • BIÑAN • BUENDIA • CABUYAO
CUBAO • LEMERY • LIPA • LUCENA • TURBINA**

JAM LINER, INC.
EDSA corner Apelo Cruz Street, Pasay City, Metro Manila, 1300 | MAIN: (02) 854-3735 HOTLINE: 0917-526-0008

FastCat Happy Passengers

FerrySafe. FerryFast. FerryConvenient.

Had a great Fastcat ride! Thanks for this privilege!
Melissa

Thank You so much!
Had a grand time!!!
Bayig layak

We had so much fun in travelling in Fast Cat ferry!
The semi and technical personnel are very hospitable and professional!
Thank you so much! Maam
Thank you so much.

Looking forward to meet you!
Caribe

A wonderful experience because of your kindness.
Mingrae

Mission Accomplished!
Thanks to you... and the FASTCAT amazing crew!
Capt, & the port operators!
Xmas Baybe
LBAI

Maraming, maraming salamat po at muna pawa to Fast Cat! We are planning on our next trip with you...
Celeste

Congratulations to the Archipelago...
May your contribution to the Nautical Highway go a long way for the development of the nation
thanks,
Mary Jean

Thank you for a Fast and Safe travel with Fast Cat. We truly enjoyed the hospitality of the crew!
Mildred

We had a wonderful time thanks to you + to Fastcat!
We enjoyed our Calapan Adventure!
Arlene

Thank You!

Thank you very much! we enjoyed the crew and they were very helpful!
Cele

JAM JOB WELL DONE

Bus captains, attendants and other support teams were given citations by the Management for their exemplary performance, honesty and service excellence to the riding public. The monthly program is a special initiative of Mr. Fernando V. Alejandrino, VP for Operations.
(December 01, 2016 - April 07, 2017)



Bus Attendant Felix Caraan, Bus Captains Ryan Polan & Noben Alibadbarin, Bus Attendants Jerome Bilog, Bobby Llana and Sandy Abalos



Bus Attendants Jonathan Reyes, Jeffrey Aquino, Mercury Mayor, Jolar Datu and Ruel Lozano



Bus Attendant Dennis Dudas



Bus Attendants James Gomez & Jerry Cuyo and Bus Captain Ramil Sandico



Bus Captain Joseph Comia



Brian Bagalacsa - Bus Attendant of the Quarter
Eulogio Bonganay - Bus Captain of the Quarter

Mommy... I Love You!

By Kheryss Gacuma



I'm a mom of a 2-year old boy, Kyle. Each time I see other moms taking care of more than one child my kid's age, I just can't help but be amazed. How do they keep up? Sure, keeping track of these tykes can be fun --- yes, it makes us happy, but let's admit it, these little balls of energy can also drive you crazy! They can wear you out the whole day from displaying tantrums to unannounced pooping (oops!), to messy eating plus leaving a trail of toys. It's a battle of wits with me and this tiny soldier of mine who can weaken me with just a cooing word of "Mommy...".

It may sound as if I'm complaining, I sure am not. There is a different sense of fulfillment and joy in being a Mom and I can't deny that my heart totally melts when I get a sweet kiss or a hug or when they say I LOVE YOU back. My batteries get fully charged from these. There are no tricks to being a happy Mom or having a happy toddler around, but, here are some fun tips I can share from experience:

Toddlers are the cutest most adorable little people and it's so much fun to watch them play, watch them play, make faces, laugh, tumble and rumble, mimicking grown-ups, etc., etc. --- BUT, here's the catch: watching them being their cute selves is far from watching over them!



1 Whenever my son empties the contents of his toy box, I let him play with them. And when he's done, we both play "shoot/basketball style" to put them all back in the box. It's fun and it teaches him to clean up after playing.

2 When we're out, like a day at the mall, I see to it that I pack extra clothes and shorts. Even if you think you won't need them where you're going, it's better to be prepared.

3 I don't believe in spanking when dealing with tantrums. It only makes your child think that using force when dealing with something is ok. It's better to distract them away from their present disposition. It works! Children this age are easily distracted. Just be creative in finding a different activity or object of attention.

4 Let's be honest: electronic gadgets like tablets and "apps" are a big help when it comes to distracting our little ones. I always make sure I have good educational apps installed in my phone or tablet and nursery rhyme videos for my son to watch. BUT... let's also be responsible in limiting the time they spend on these things. Nothing works better than talking or singing to them to calm them down.

5 Let them run or move freely, with a watchful eye, of course. At this age, children should be allowed to explore their little world. It will enhance their problem-solving skills. It will also develop independence and self-confidence. Let them get down by themselves or open a box of candy with their own hands.

There are many more ways to enjoy being a Mom with growing toddlers. All Moms like us who are with them in these significant years deserve a pat in the back because it is not as easy as it is fun. Pat... pat... pat!!! There! Have a super day to the SUPERMOMS out there!



We are in need of:

- Port Cashiers
- Vessel Inspectors
- Accounting Assistants
- Port Assistants
- Mechanics
- Technical Engineers
- Audit Assistants
- Welders
- Aircon Technicians
- Tellers



ARCHIPELAGO PHILIPPINE FERRIES CORPORATION
6th Floor UniOil Center Building, Acacia cor. Commerce Avenue,
Madrigal Business Park, Ayala Alabang, Muntinlupa City,
Philippines 1780 TEL No.: (632) 842-9341

PLEASE SEND YOUR RESUME
WITH UPDATED PHOTO TO:
Kit Vesorio
FastCat Crewing Officer
kitvesorio@gmail.com

JAM WE'RE HIRING Philtranco

• BUS CAPTAINS (DRIVER)

- Male or Female
- High School Graduate
- 5 years driving experience
- Passenger bus or truck
- National Certificate III for Driving
- TESDA NCIII Passer
- Professional Driver's License
- Restriction - 123

• BUS DRIVER/CONDUCTOR

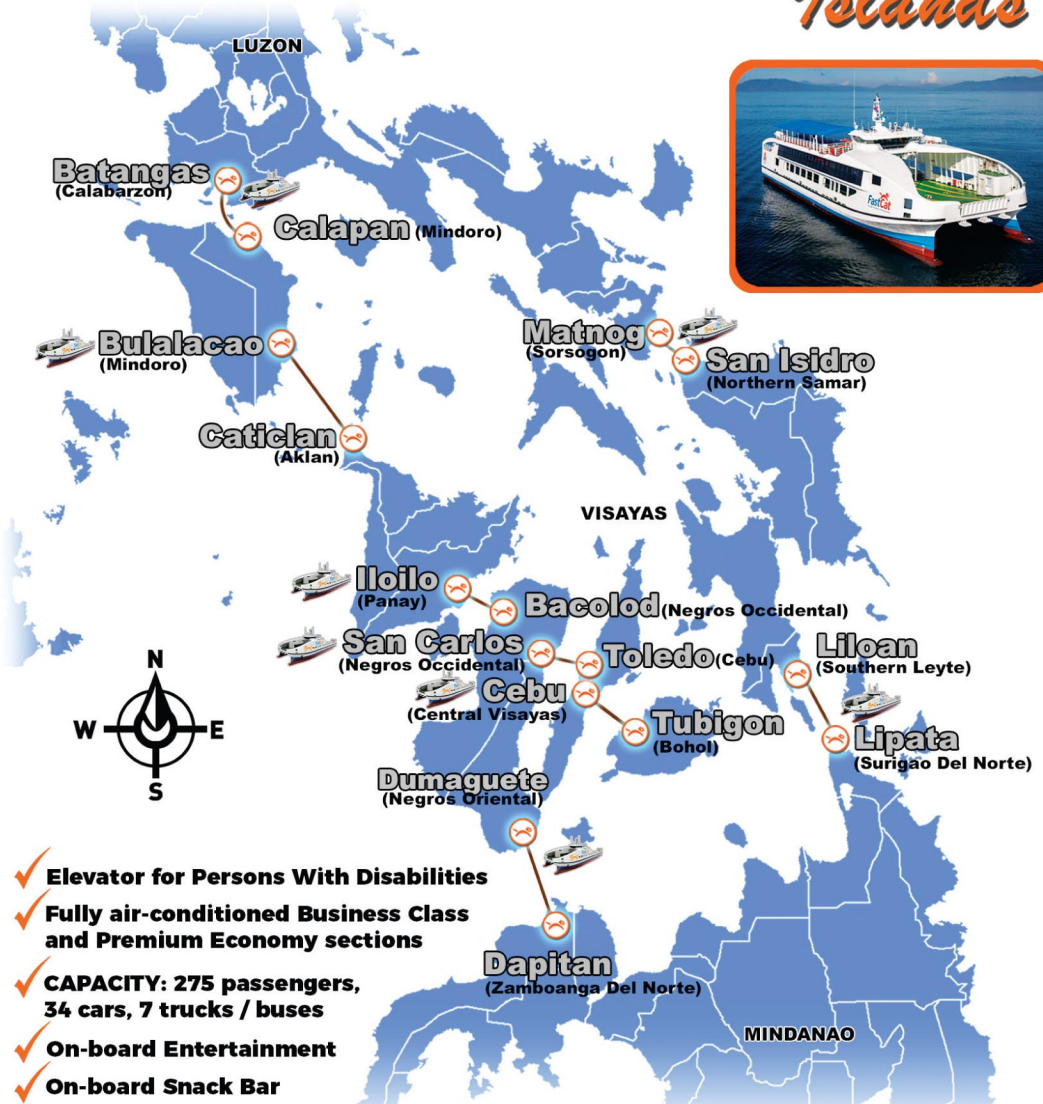
- Male or Female
- 5'3 in height
- High School Graduate
- 5 years driving experience
- Passenger bus or truck
- National Certificate III for Driving
- TESDA NCIII Passer
- Professional Driver's License
- Restriction - 123
- With a Conductor's License

• BUS ATTENDANTS (CONDUCTOR)

- Male or Female
- High School Graduate
- With a Conductor's License

JAM LINER, INC.
PHILTRANCO SERVICE ENTERPRISES, INC.
EDSA Corner Apelo Cruz Street, Pasay City,
Metro Manila, 1300
Contact No.: 0917-627-4895
Email: recruitment@jam.com.ph

Connecting the Philippine Islands



- ✓ Elevator for Persons With Disabilities
- ✓ Fully air-conditioned Business Class and Premium Economy sections
- ✓ CAPACITY: 275 passengers, 34 cars, 7 trucks / buses
- ✓ On-board Entertainment
- ✓ On-board Snack Bar

www.fastcat.com.ph
Customer Service: (632) 816 - 1183