

January-March 2018

# Byahe Na!

Magazine published for



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Let's Get to Know  
**Biñan**

Travel Light,  
**Byahe na Tayo!**

**Tubigon:  
Linking Adventures in Bohol**

**New Eating Habits = New Food Business**

My Letter to the  
**GRADUATES**



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## Byahe Na!

Table of Contents

- 2 Let's Get to Know Biñan
- 3 Travel Tips
- 4 Travel Light, Byahe na Tayo!
- 5 Tubigon: Linking Adventures in Bohol
- 6 Letter from the Senior Citizens of Calapan
- 8 Ilonggo Words to Help you Get by Lagang ta!
- 9 My Letter to the Graduates
- 11 New Eating Habits = New Food Business
- 13 PSSST! Your (good/bad) Manners are Showing
- 15 Living Alone

Did you enjoy your ride with us?  
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and get a surprise gift from  
JAM, Philtranco and FastCat.



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**Jose U. Aguilo**  
Operations Manager for  
Route Management  
JAM Liner, Inc.

It has been an exciting year for JAM Liner, Inc. Throughout the organization, people have been working hard on transformation projects that will enhance the safety and convenience of our passengers.

Everything we do at **JAM Liner** is designed to make the customer experience better. Our goal is to get people where they need to go, comfortably and on-time, as public transportation is becoming more and more important to the vitality of our region and we are proud of the role we play in the communities we serve.

With the decisions we've made this year, the strategy we've put in place, the organization we've built, the skilled talent we have, the unwavering trust reposed in us by our passengers, we believe we are well-positioned to emerge successfully through the tough period ahead.

To my fellow workers in **JAM Liner**, let us stay committed to the values of good work ethics: to lead by example, to remain optimistic and positive in facing challenges, to be determined and focused on professionalism and success in each our roles and corporate endeavours.

To all our valued customers, I wish you and your families **good health, a prosperous New Year** and I thank you for your valuable support to **JAM, FastCat & Philtranco**. We look forward to your patronage in 2018 as we continue to pursue our mission of creating a better and safe transportation for the riding public.

If you are our regular passenger, **thank you**.  
If you're new at **JAM, FastCat & Philtranco**,  
**we welcome you aboard!**



# Let's Get to Know Biñan

By Kheryss Gacuma

It's not a matter of just passing through Biñan on the way to farther destinations. Stop by Biñan and you will discover that there are more things to appreciate on top of the famed Puto Biñan.



To start with, there's the historical significance of Biñan. It was invaded a month after the Spaniards took over Manila. Biñan was also our hero Jose Rizal's first formal place of education. In fact, you can visit the Alberto Mansion. It's a 200-year old ruin of a mansion where he spent his elementary school days. This once sleepy town is a site of ancestral homes built by mestizo traders in the pre-war era.



Among the many versions on the origin of the province's name, one is, it came from the word binyagan, a baptismal place. Spanish friars said mass upon landing on shore coming from Taytay and they baptised natives during the mass.

People in Biñan celebrate the Puto Latik Festival every Feb. 5th. The festival is celebrated to commemorate the province's liberation from the Japanese. Its local delicacy, Puto, is a spongy rice cake delicacy with various toppings depending on the makers. Some have cheese, some have salted egg, some are sprinkled with sesame seeds. Along side the Puto is the rich meaty-like Latik (solidified proteins rendered from long boiling of coconut cream).



Modern Biñan has a booming economy as well. You can come and buy handmade shoes, bags and hats in Brgy. Malaban and Brgy. Platero. These products are distributed in Manila and Marikina as part of the People's Livelihood Program.



Biñan is so near that a day's visit with lunch in one of the local eateries and halo-halo for merienda would suffice and you can enjoy being a tourist in this quaint locality.

If you want to go for a day trip to Biñan, you can take JAM Liner from JAM Buendia Terminal (2124 Taft Avenue, Pasay City) at P 52.00 only. The trip leaves as early as 4:30am until 10:00pm.

Experience the city life of Biñan!  
Byahe Na!



# TRAVEL TIPS

1

Bring a scarf. It can be used as a face mask, eye cover, sun protection, item holder and a lot more.



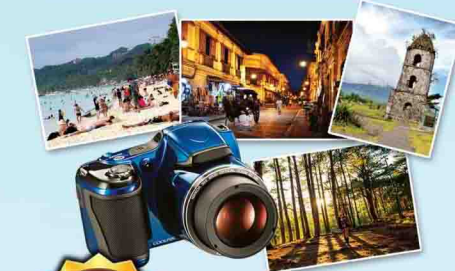
2

Know the weather of the place you are visiting so you can bring the right clothes or gears.



3

Take a lot of photos. It's the best way to remember your trip and experiences.



4

Try the local food. Don't be afraid to explore.



5

Learn a few words from the dialect of your destination. It will help you a lot when communicating with the locals.





# Travel Light, Byahe na Tayo!

By Carmen Joan V. Algara

This excitement is coupled with the tedious planning of packing your clothes, shoes, toiletries, accessories and camera... for some they want to bring everything, "just in case"! And so your mind and heart are battling what to bring and what you can live without during the trip.

So here are some suggestions on how to travel light and bring all the essentials that you will need when traveling. Then, enjoy that dream vacation!

▶▶ First things first, your travel papers and tickets. Nowadays, you can just show your ticket from your mobile phone when you check in, but, that's just air travel. How about if you will travel by sea or by land? You need to secure this in your hand carried travel bag. Or if it's just one bag, make sure to store it in a pocket or compartment where you can get it right away when needed. Photocopy your travel papers and secure them.

▶▶ That wallet of yours? You may want to trim it down to what you only need to bring with you while traveling. Just bring an identification card with complete information. How many cards (ATM, debit or credit) do you need? Make sure you have ample cash for those cash expenses, like terminal fees. When you have determined this, bring a smaller wallet for traveling.

▶▶ Planning the clothes you are going to bring will depend on how many days you are going to travel. If you have an itinerary, you will have an idea already what your days will be like. Bring versatile clothing. Jeans can be reworn. So all you need are shirts to pair it with. Bring sneakers or walking shoes that can be used also if you want to dress up your jeans.

▶▶ If you have hotel bookings, no need to bring towels, they are already provided for in your room. Also toiletries like soap and shampoo. But if you must bring your own toiletries, you may want to use small refillable bottles. Make sure you store

these in a small bag and tape them. A small soap and toothpaste kit will do. You can just buy more when you run out in a grocery. Estimate your products that by the time you get home, you have used it up already; this will lighten your load.

▶▶ Ladies, bring only basic make-up products such as face powder, lip color, lip balm and one cheek color and you are ready to go!

▶▶ Mommies, make sure you have a small pack of first aid kit and medicines.

▶▶ Your luggage also has weight, choose one that is light and easy to carry. If you will use a duffel bag, it should have a shoulder strap to free your hands. Your travel bag should also be securely locked.

▶▶ Nowadays, mobile phones are camera equipped. It's a handy way of taking photos to preserve those travel memories. It only needs a charger and a storage card to store all your photos.

Packing light gives you more convenience when you travel. You carry less weight and less things and it's easy to re-pack when going to your next destination. We always want to have everything with us, but while traveling we don't need to get tied down with our bags and luggages. We want to enjoy the places that we will visit and make memories. So travel light and **Byahe Na tayo!**

## Tubigon: Linking Adventures in Bohol



With over 7,600 islands to explore, there's a need for an efficient form of transportation that can easily connect the Metro to remote areas in Visayas and Mindanao. This has been at the core of FastCat's vision, the most modern and professionally-run vessel company in the Philippines, which has established operations in parts of the country that are usually inaccessible or have no other means of transportation.

What started as an aspiration to connect a country divided by thousands of islands, has become a full business operation with a fleet of 10 brand-new double-hulled catamarans that not only provide a convenient form of transportation but a safe and superior service that Filipinos deserve.

FastCat is on track to connect the Philippine archipelago through their routes, which span from Batangas to Calapan (Mindoro), Bulalacao (Mindoro) to Caticlan (Aklan), Matnog (Sorsogon) to San Isidro (Northern Samar), Iloilo (Panay) to Bacolod (Negros Occidental), San Carlos (Negros Occidental) to Toledo (Cebu), Liloan (Southern Leyte) to Lipata (Surigao del Norte), Dumaguete (Negros Oriental) to Dapitan (Zamboanga del Norte).

With their new route plying Cebu (Central Visayas) to Tubigon (Bohol), it will only take an hour and a half to go from Cebu's sandy beaches to Bohol's scenic countryside. From Tubigon, travelers can go to different tourist destinations in the province like the Blood Compact Monument in Tagbilaran, floating restaurants along the Loboc River, the Chocolate Hills in Carmen and Panglao's white beaches.

The company has also partnered with Philtranco and JAM Liner, who will station their buses at FastCat's ports to give passengers and businesses a smooth land and sea conveyance.



### Safe, Fast and Convenient

FastCat can accommodate 275 passengers, 34 cars, and 7 trucks/ buses. These ROROs' are equipped with television sets, airconditioned spaces, a snack bar, and a luggage area for the comfort of passengers. These also cater to the needs of the PWDs and Senior Citizens with wheelchair storage and elevators exclusive for them. These ROROs' run at an average speed of 15 knots, powered by four internationally-classed and ABS-certified Yanmar engines.

Typical shipping containers usually take between 12 to 14 days to reach their destination. In comparison, FastCat ROROs' take only 22 to 24 hours from Manila to Cebu, making it an efficient way to transport goods in a FerrySafe, FerryFast and FerryConvenient way.



If that is not impressive enough, FastCat is expecting the arrival of 20 more of these secure and internationally-classed vessels. With this in mind, they are eagerly making future plans to connect Bohol to Leyte and Bohol to Camiguin and all the way to Cagayan de Oro.

To know more about their routes, schedules and fares, visit: [www.fastcat.com.ph](http://www.fastcat.com.ph), [www.jam.com.ph](http://www.jam.com.ph) and [www.philtranco.net](http://www.philtranco.net).



August 16, 2017

Ms. CHRISTINE B. GUEVARRA  
Executive Editor, Byahe Na! Magazine

Dear Editor;

Greetings of Peace!

In behalf of the national Federation of Senior Citizens Association of the Philippines (FSCAP) Inc., I would like to extend our thanks and appreciation for featuring and giving importance to senior citizens and persons with disabilities (PWD's) in your July-September 2017 issue written by Ms. Nancy Reyes Lumen.

The tips and reminders you have mentioned in the article will really help our seniors and PWD's particularly their companion in order to enjoy their vacations. (My wife and I are both 76 years old and we are thankful to our lord and proud that we can still travel with ease without companion)

Last August 15, 2017, after attending the activity in Camp Crane being a member of the MiMaRoPa Region 4-B PNP Regional Advisory Council (RAC), and meeting with Senior Citizens Party List Representatives and congressional hearing on Cheap Medicine Act both in the House of Representatives, I boarded JAM bus in Kamuning, Quezon City station.

The bus was half full. I was seated 4 seats from the first row. I heard the conductor requesting the young man occupying the seat reserved for senior citizens and persons with disability to please vacate and take the seat at the back to accommodate a senior citizen who I also agree needs the seat.

I am a frequent traveler taking most of the time JAM bus if available and this is my first time to see this kind and courteous conductor. Since the bus is not yet full and leaving, I have time to talk to both the driver and conductor to congratulate and express my thanks and appreciation.

Wishing you have many employees like them. More power and good luck!

Very truly yours,

**OSCAR E. RICAFLANCA**  
Secretary General – FSCAP



Renato Ganan- Driver  
Danilo Santos- Conductor



One of the UNA nominees availing the elevator while the crew assisted with a wheelchair courtesy of FastCat.



FastCat crew mopping the deck after short drizzle minutes before docking at the Port of Batangas.



# JAM JOB WELL DONE



**Congratulations to all the awardees for your outstanding performance and commitment in providing excellent customer service! (July to September 2017)**



**Bus Captains of the Quarter: Troadio Collo & Mario Cuyba**



**Bus Attendant of the Quarter: Larry Magsombol**



**Honesty & Integrity Awardee: B.C. Jury Delfino & B.A. Sonny Payla**



**Honesty & Integrity Awardee: Security Officer Bonimar Espiloy**



**Honesty & Integrity Awardee: Bus Attendant Reno Pancho**



## Ilonggo words to help you get by

# Lagaw ta!

By Betsy Gazo

As soon as you get to the shores of Iloilo, what reaches your ear is the delightful singsong-y quality of the Ilonggo language called Hiligaynon. Used interchangeably with "Ilonggo" which refers to the people and the culture, Hiligaynon is also spoken in Guimaras and in most parts of Negros Occidental.

Travelers will want to memorize some Hiligaynon words and phrases to enable them to get around. First, greeting the locals with a "**Maayong aga**" (good morning), "**Maayong ugto**" (good noon), "**Maayong hapon**" (good afternoon), or "**Maayong gab-i**" (good evening) will break the ice. Say it with a yuhom (smile) and you will melt their tagipusoon (heart).

It is best to be armed with standard phrases such as "**Tag-pila 'ni?**" (How much is this?) and "**Tag-pila 'na?**" (How much is that?). If the price is not right, look shocked and say, "**Ay! Kamahal gali?**" though I doubt if anyone could complain about the prices in this part of the country. If you're shocked over the low prices, try not to exclaim, "**Ay, kabarato!**" (Oh, how cheap!) so as not to spoil the locals.

"**Diin di ang...?**" (Where is...?) can take you places such as the banyo, the simbahan, the bangko, ospital, botica, etc. As you can see, the Ilonggos have terms that are understood by fellow Filipinos from other regions. Try not to get confused, though, because "**asawa**" only refers to the wife; husband is "**bana**". "**Pating**" means "**dove**"; "**bulong**" means medicine; "**patis**" can refer to soy sauce; "**sugat**" is the Tagalog "**sundo**".

To avoid confusion, universal English terms will suffice. After all, how do you translate "**sale**" and "**mall**"? "**Makadto ako sa mall.**" (I am going to the mall.) Better still, "**Makadto ako anay sa bangko kay may sale sa mall.**"

By now, one is aware that many Hiligaynon words are Spanish-derived, so, dining at restaurants will be a breeze. Just be armed with descriptions such as "**namit**" (delicious), "**ma-asin**" (salty), "**malas-ay**" (bland), "**maaslum**" (sour), "**matig-a**" (tough or hard), or "**mabugnaw**" (cool, and to describe food that has gone cold). Any request to the waitperson must be accompanied by "**palihog**" (please) for courtesy. "**Palihog, isli sang mainit nga kan-on.**" (Please replace with rice that's hot.) Yet, remember, in any service-oriented establishment, a yuhom halin sa

tagipusoon (a smile from the heart) is best matched with a good tip.

For those times when a yuhom is not enough, express pleasure with words such as "**Kanami**" (How nice!), "**kasadya**" (How fun!), "**katahum**" (How beautiful!), "**Katinlo**" (How clean!), "**Katigas**" (How cool!), "**Kadako**" (How big!) until you get fed up or your mood changes to "**Kalaw-ay**" (How ugly!), "**Kasubo**" (How sad.), "**Kahigko**" (How dirty.), "**Kabuki**" (How kitschy.) "**Kaluluoy**" (How pitiful.), "**Kagamay**" (How small.) or "**Kasabad**" (How bothersome or inconvenient) and add an exasperated "**ah**" for good measure. "**Kasabad ah!**" can mean annoyance when said curtly and with a scowl. But accompanied with a flirty tone and a yuhom can mean "I find that cute but I'm playing coy."

Try not to play coy in any of your visits – the Ilonggos are no shrinking tapulangas (gumamelas). In case an Ilonggo catches your eye, drop a line such as, "**Kaguapa bala sa imo.**" (You are so pretty.) Or, try the old-fashioned approach "**Miss, puede kapangilala?**" (Miss, may I get to know you?) Modern Visayan lasses might find the latter too country boy but this is a more decent move than being fresh with "**Pahaluka ko, 'day.**" (Let me kiss you, girl.) as a decades-old Hiligaynon ditty goes. "**'Day**" is short for "**Inday**" and "**To**" is for "**Toto**", its male counterpart. What's funny is that when our friends in Manila call their helpers "**Inday**", the helpers in the Visayas call their mistresses "**Inday**" and their masters "**Toto**". Inday and Toto can be used to call the attention of a stranger. For older ones, "**Manong**" and "**Manang**" can apply. For the ordinary man or woman on the street, Hiligaynon speakers say "**Tiyoy**" or "**Tiyay**". Yet, depending on the social class, "**Sir**" and "**Ma'am**" can prevent an icy stare from going your way from an offended tiyoy or tiyay especially if the Southern gent and lady are actually hacenderos in disguise.

So there, lagaw na kay kabalo ka na mag Ilonggo!

## MY LETTER TO THE GRADUATES

(from Your "Lola" Nancy)

Dear Grads,

**Congratulations!** You have now entered a new rite of passage. From hereon, you will be expected to use your long years of education to further heights. Are you ready? Is your mind set on your goals? And as to your goals, are they the right ones...? Anu-ano ba yung goals? High salary, quick money, promotion in 6 months, company car, travel, cash in the bank, credit card budget... all the above are good to dream about. But let's not forget the realities of this world.



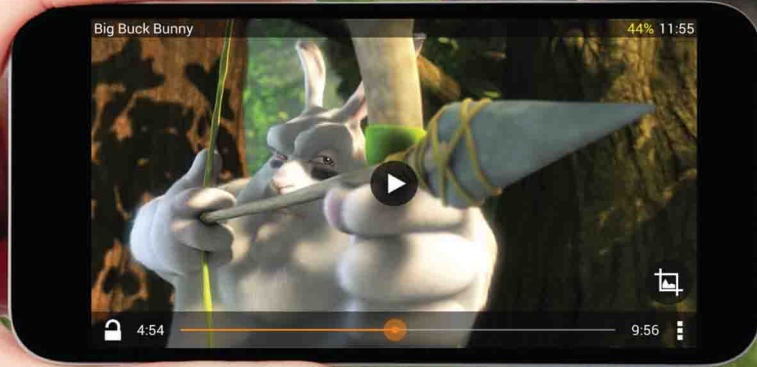
Well, when I was a fresh graduate I was ready to become a "MANAGER"! manager of anything... basta "manager"... high salary, high position, with staff, and making decisions, my own office, etc. Unfortunately, hindi pala ganon. As I approached my future employers I was made to realize that I had to start from the bottom... as in! My "Manager" attitude was bashed. I started with a low salary, much lower than what I expected. The staff I met were 10-20 years older than me and even if they were not college grads like me, I was humbled by what they knew and their acquired skills. But na lang they accepted me into their fold. From thereon, my journey from being a fresh grad with perfumed dreams became more real as I settled into my working lifestyle.

**I am sharing this so that your eyes will open to realities. When you step into the corporate or business world consider the following:**

- What can I contribute to the company?
- What are my work hours? Can I do two jobs at a time (like a weekend job or work from home + work in an establishment)?
- Do I have plans for abroad? If so, work here for a good 3 years in training yourself for global professionalism.

- How much cash do I have now that will help me enhance myself to be more presentable --- do not overspend on your make-overs... the best is to have a clean look, simple attire, and a sincere smile. Less is more.
- It's not about the latest MacAir, Cellphone or new shoes or flashy car—it's all about what you are made of within you – a solid person with no insecurities and no ego problems.
- Take note – there will always be someone better than you, so just give your best... always. You are as good as your last job / project / assignment.
- Prioritize: God first, family next before work. Keep a God-centered relationship with Him... it really works specially in difficult situations.
- Give more than what's expected, ask less of what you want... go to work 15 minutes earlier, and leave later. It will be a good show in your payroll and time card.
- Lastly, (pero ang dami ko pa sanang gustong idagdag) enjoy your work. If you are not happy where you are, quit. Move on. You have to LOVE your work like "family" and enjoy it like play.

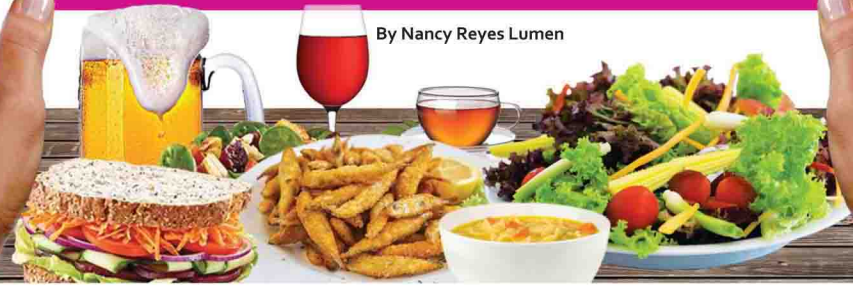
**O hayan... go with the blessings of the Byahe Na Team... and inspire us!**



Enjoy THOUSANDS of  
**MOVIES,  
TV SHOWS,  
MUSIC, GAMES**  
and more on your own  
mobile device while in  
the bus.  
**NO INTERNET NEEDED**

## New Eating Habits = New Food Business

By Nancy Reyes Lumen



**Tuwing New Year nag-e-evaluate tayo ng mga changes in our lifestyles – mga pa-usong trends at yung mga hindi na uso. Napakabilis ng takbo ng panahon! Trapik na lang ang hindi pa rin nagbabago.**

Okay na okay kung sasakay ka sa fast-paced life lalung-lalo na kung may food and drinks business kayo. But wait, is there more? YES NA YES! Dapat nating aralin ang mga pagbabago sa larangan ng culinary lifestyles... I mean, eating and drinking habits ng customers. Ano ba ito? These are the good, bad, pretty and ugly new changes in how we eat now, drink (and be merry!) and how we spend for it.

**Para mag-succeed sa food and beverage business, dapat alamin ang new trends and changes sa eating/ drinking habits ng general public – pati na rin ng seniors, teenagers, young adults, call center agents, middle agers and millennials.**

- Weekend meals together. Hindi na daily meals pero may effort to be together once a week as a family or group.
- Breakfast on the road – hindi na sa bahay dahil male-late sa work, thanks to traffic! Coffee mugs with cover ang dala-dala habang humahabol sa public transpo.
- Hindi na 6am/12noon/6pm ang oras ng kainan kundi kung kailan gutumin, depende sa work. Maari ding kumain 6 X a day ng small meals.
- Call Center Agents' dinner: 6am, with beer. Parang beer garden hours at 6 am... usually ma-aanghang na food with ice cold drinks to stay awake at work.
- At least one member of a group or family is on a certain kind of diet – mga popular na diets ngayon ay ketonic, South Beach pa rin or one-meal-a-day.
- Flavored drinks or sparkling water. At maraming hindi na umiinom ng tap water.
- Bread vs. rice, at kung bread man – whole wheat or gluten-free. At kung rice naman, brown rice.
- Less meats, more veggies, less carbs and no rice (no starches).
- One-dish meals ranging from Php25.00 to Php100.00.
- Multi-tasking machines: juicer na, blender pa; turbo cooker na, air fryer pa; steamer na, rice cooker pa.
- Silicone utensils... end of plastic na kaya? Biodegradable plates... kuno (many make false claims!).

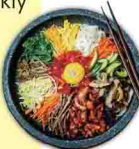
- New restaurant themes: molecular, home-cooked, glocal, diet, zero-calorie, Mediterranean pa rin, all desserts or soup and salad.
- Food Packaging: bio, green, paper bag, plastic labo, limited plastics, foil – bihira nang gamitin.
- Gustong mag pa-deliver na lang ng food.

**Ito ang general taste profile natin sa Asia (maraming "counterflow" from millennial profiles):**

- Less **sweet**. "It's not so sweet, I like it!" (the young ones though still like a lot of sweets and fried crunchy foods).
- More **sour** (due to vitamins and medicinal intakes).
- More **bitter**: caffeine from soda, coffee, tea and wine.
- Generally as **salty** as before. But, less salty for others, especially the seniors.
- **Umami** – The Japanese taste experience. Gusto ito ng mga millennials at lalo na kung colorful ang food presentation--- good enough to Instagram!!!

**So... 10 new food business ideas:**

- Food delivery
- Diet foods but delivered daily, not weekly
- Food supplements
- Medicinal, health or anti-cancer foods
- Desserts
- Soup, salad or sandwich (no rice)
- Korean pa rin ang wagi!
- Anything na dumaaan sa luto sa uling
- Coffee
- Foods cooked in front of you.



# CORPORATE CLIPBOARD

# PSSST! YOUR (GOOD/BAD) MANNERS ARE SHOWING

By Nancy Reyes Lumen

Because of social media, we are exposed to the public now more than ever. Kulang na lang pati sa bathroom closet we can be exposed, but think again...YES! It is possible. If you're the "praning" type, you can never really feel safe from the public eye. So here's my advice... always watch your manners. Make it a habit to be polite or courteous to all. Don't be selective. Be well-mannered to all and mindful of others. Develop this trait as a second nature.

Here are some situations where / when you can practice good manners (this goes for both males and females in whatever job they are holding).

In the first place, don't use that expression PSSST! (My bad!)

### In public bathrooms avoid the following:

- Sumingit if there is a line
- Leaving your falling hair, blowing your nose, spitting, washing dishes or worse, washing your feet in the sink
- Wasting water
- In the toilet – using your cellphone while there is a long waiting line, not flushing, talking too loud, talking bad about other people or staring at other people, specially PWD's



### Sa Food Court:

- Clean up after your food and trash
- Do not use extra chair just for your things specially when there are not enough chairs
- When you are with someone, avoid using your cellphone
- Do not spit out your food or make ugly sounds that will make others lose their appetite.
- Avoid getting a lot of sauces when you only need a little
- Conserve water, napkins, and other amenities.
- When you are with a househelp – let them have some dignity of what to eat, not the "tira-tira" from your plate
- Ask permission before sharing a table
- Stop staring at others.



### On the road:

- Always cross on pedestrian lanes
- As a driver – don't always blast the car horn specially when the green light turns on (parang minamadali mo yung nasa harapang sasakyan!) - Big muscle cars – wag mang-bully ng mga maliit na cars
- If you drive slowly, stay on the right lane and don't swerve.
- Give a thumbs up when another driver gives you space to advance. Why not salute or thumbs up public workers on the road too.
- Avoid driving over water puddles at baka may mabasa kang pedestrian
- Never ever honk your horn at people walking on the streets. Let PWD's, seniors, pregnant women and kids cross safely
- For drivers, AVOID LEAVING CAR ON IDLE WITH AIRCON ON, sayang ang gas
- Yung mga cars, jeepneys with loud bass music – this is outlawed, BAWAL PO.
- Mga security guards – when you are assisting a client car to back up, be polite when asking the cars on the road to let the client back up fully... and pag tapos na, be sure to salute or thank the cars who let you back up.



### In the Malls avoid doing the following:

- Walking counter flow, talking aloud, horseplay specially in escalators or too much public display of affection
- Spitting-littering-shouting, running needlessly (kung nagmamadali ka, say "Excuse me, po...")
- Say "THANK YOU" to utility workers and give the respect that is due to them
- Don't walk while texting
- Look and smile when connecting with others

Haaaay, napakaraming good manners to observe...

We need more space for this... PSSST!!! PARA!!! (Ay... sorry po!)



May 22, 2017 - A Gateway to Calapan Experience Blogger's Tour



July 13, 2017 - Tubigon: Linking Adventures in Bohol



August 25 & September 29, 2017 - FPIP MyParkFest in Sto. Tomas, Batangas



September 08, 2017 - Honda Road Safety Campaign in FPIP Sto. Tomas, Batangas



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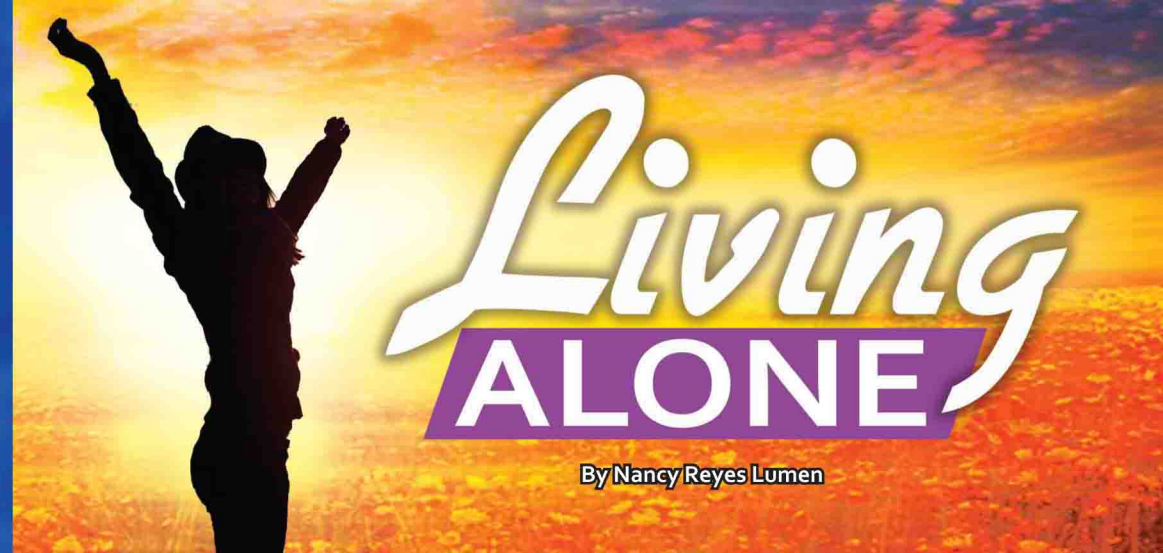


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# Living ALONE

By Nancy Reyes Lumen

Living alone for almost a year now has changed me into a Ms. McGyver – Jackie of all trades and more. Name it, I have attempted it: plumbing, carpentry, painting, gardening, climbing up my roof to clear it of fallen leaves or doing some electrical works. It was tiring at first but after getting used to the grind slowly, it has become a habit – a good habit.

Now, living alone while my husband is in the US, I can properly give some practical advise to those who plan to live alone--- alone, but not lonely. Here are some life lessons as well as security lessons to consider:

Be kind to your neighbors – they can be the closest people who can help you.

Best not to have pets... just stick to plants and gardening.

Hire a live-out helper to clean up, defrost your freezers, clean the ref, etc. on your days off.

Have 3 secret hiding places for your house keys.

Always keep a stash of cash somewhere, at least 5,000.00 Php.

Pay a neighbor's kasambahay to open and close your front lights everyday... (of course if you can trust her) .

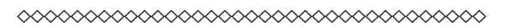
In case of emergency – practice how to navigate your ways to the flashlight, keys, lights, electric circuit box, etc. in total darkness.

Keep a radio, music on – just so you can feel some other form of energy in your home.

It would be a good idea to offer your home to your Bible group or classmates – often invite guests so that your house does not “stagnate” or else some of your rooms will start to get moldy.

Know the garbage pick up days --- nobody will do it for yourself except you!

In handling garbage – put wet trash in a plastic bag and seal well if garbage day is not yet soon.



Changing lifestyles in this modern age have seen more people living alone rather than living with their parents. Househelp is getting more difficult to hire, and entrust completely... unlike decades ago when you could leave your kids, your home in their care.



(Get a garbage bin that is big, has a tight cover that will not be upturned and scattered by cats, dogs, or other pests.)

Memorize important numbers --- even your own! (Some people don't know their own numbers) Have a Prepper bag – Google more about this.

Keep a can opener handy beside canned goods. Pray for your safety and ask for God's league of angels to protect you. Prayer is power. Bless your home in thanksgiving each day.

*PS: There are more tips but we just don't have enough space--- how about you? Can you share some tips for those who live alone?*

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Start the year right. Be smart. Ask and explore.

With airfreight a bit expensive and sea freight too slow, is there a middle way to send cargoes?



What can be a better way to start a year than by looking back, re-evaluating our life choices, and finding ways to better our lives? For those faced with the task of sending and delivering products, personal effects, raw materials, or gifts, we ask "what options do we have to improve our office logistics and delivery practice? How can we best send our packages to friends and relatives in the provinces?"

Our options used to be boxed into two: send packages via air or sea freight - a choice between spending so much or waiting too long. But it's 2018! There has to be a better way! As we celebrate the start of the year, let's look for a smarter and reliable way to accomplish this task.

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*The cargo bus system is way faster than loose cargo sea freight but more affordable than air freight.*

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