



The Anchor

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Essentials of Trainings

Preparing for STCW 2010 compliance is not an easy matter, but it is important to note that competence is an important factor in the safe and efficient operation of a ship. Ever since the birth of STCW, it has undergone several changes or amendments all for the purpose of improving the competence of our seafarers and quality of shipping as a whole.

Reactions to the amended regulations are varied, but surprisingly majority of our seafarers are very much willing to comply. There are several reasons for others to delay training, but overall, the need to complete STCW 2010 documentation still persists. To consider training as one of the means to achieve competence is very evident in the STCW. It is vital for any seafarer who aims for success and progress.

Training as a process to acquire needed skills required to attain specific goals is what we see as essential here in Blue Manila, Inc. With our In-House Training Facility we are able to supplement our seafarers training needs that will improve the performance and thereby lead to many things that are

beneficial to both the seafarer and the company.

Training Courses such as ISM Refresher, MARPOL 73/78 Course, Security Awareness, Anti Piracy Awareness Course, PDOS (Pre-Departure Orientation Seminar) supplements their knowledge necessary for everyday's ship controlling operations. Such courses enable the trainees to learn how to function within the shipboard organization in terms of overall safety, security, human relations and protection of the marine environment.

Other courses like the personal Injury Prevention and Health and Safety Awareness Course is also conducted regularly in Blue Manila, Inc. Both courses focus on hazard identification and risk reduction and it is sufficient to say that it satisfies MLC 2006 requirements Occupational Health and Safety.

Overall, we are glad to share with you BMI's goal of providing adequately trained seafarer's who are able to perform and be consistent in dispensing their duties.

By: F. Bautista III

Special points of interest:

- ◆ Essentials of Trainings
- ◆ Family Matters
- ◆ Livelihood Seminars
- ◆ Ebola Virus
- ◆ Visit to Industrial Merchant
- ◆ Crew at Work - MV Andrea, MV Corona
- ◆ Cooky's Delight - Featuring Chief Cook Morabe

"Excellence is never an accident. It is always the result of high intention, sincere effort, and intelligent execution; it represents the wise choice of many alternatives – choice, not chance, determines your destiny." - Aristotle



In-House training work shop



Health Awareness training



Listening intently to the instruction for the activity



Hands on activity in the In-house training

PRINCIPAL'S VISIT

As from the 8th of June until the 16th of June 2013, Annemieke Wenke and Iris Gruppen, both Crew Managers from The Netherlands, visited Blue Manila, Inc. office, on behalf of Global Crew Management. In this article, they will briefly share their experiences with you.

Dear Readers,

We (Annemieke Wenke & Iris Gruppen) have the pleasure to inform you about our visit to the beautiful country, The Philippines in June 2013. For us, this is a great honor.

The Main purpose of our visit to the Philippines was to visit the office and staff of Blue Manila Inc. (our colleagues) and to interview seafarers. For us, it was really nice to meet our colleagues in real life in Manila and to have interviews with our Filipino crewmembers face to face, in their own environment instead of on board the vessel.

During our stay in The Philippines, we had a quite busy schedule, as we would like to see everything in just one week time. Impossible, of course, but we tried to do our best to see and learn as much as possible. With a lot of help and support from our kind colleagues from Blue Manila we succeeded to make a large number of visits, such as the following:

- * POEA
- * Dutch Embassy
- * Training Center
- * Cooks Training Center

* Crane-drive institute

Besides above mentioned visits, we were also invited to come for snorkeling to Batangas, to visit some traditional Filipino markets with traditional Filipino food, to go for shopping in the Mall of Asia (what we as women of course really like) and even to ride though the city by a calesa!

To be short, we spent an amazing time. During our stay, we learned a lot. Not only about the way seafarers get trained or about the way the Dutch Embassy issues their Schengen Visa, but especially the culture of the people in The Philippines. This knowledge will help us perform a better job in the future from our side, as per our opinion, it's really important to understand each others culture and habits in order to really understand each other in a good way and to work together in the best way. Of course we all know the book 'Understanding the Filipino Seaman', written by Tomas D. Andres, which taught us a lot as well, but for us, this visit to The Philippines explained more to us than any book could have done.

We herewith would like to thank everyone who made this visit possible. In particular, we would like to thank mam Francis Arcellana for all opportunities and support we got from her during our stay.

With kind regards,

Annemieke Wenke and Iris Gruppen



A Visit to Intramuros, Manila. Philippine Cultural Heritage.



Blue Manila Family together with Ms. Irish Gruppen & Ms. Annemieke Wenke of Global Crewmanagement BV

Health is Wealth

IMEC CIRCULAR 14 (38)

URGENT COMMUNICATION ON THE RISK OF THE EBOLA VIRUS

ITF, IMEC and ICS-ISF have been in communication regarding the serious nature of the outbreak of the Ebola virus in West Africa. As such, we have agreed that strong recommendations should be made to our members with vessels calling into countries which have been impacted by the virus. Members are asked to consider these recommendations internally and pass such on to their vessels as a matter of some urgency:

1. The master must ensure that the crew are aware of the risks, how the virus can be spread and how to mitigate the risk.
2. The ISPS requirements on ensuring that unauthorised personnel do not board the vessel should be strictly enforced throughout the duration of the vessel being in port.
3. The master should give careful consideration to granting any shore leave whilst in impacted ports.
4. The shipowner/operator should avoid making crew changes in the ports of an affected country.
5. After departure the crew should be aware of the symptoms and report any occurring symptoms immediately to the person in charge of medical care.

The following information, produced by the World Health Organisation, may assist in the education of on-board personnel:

Ebola is introduced into the human population through close contact with the blood, secretions, organs or other bodily fluids of infected animals. In Africa, infection has been documented through the handling of infected chimpanzees, gorillas, fruit bats, monkeys, forest antelope and porcupines found ill or dead or in the rainforest.

Ebola then spreads in the community through human-to-human transmission, with infection resulting from direct contact (through broken skin or mucous membranes) with the blood, secretions, organs or other bodily fluids of infected people, and indirect contact with environments contaminated with such fluids. Burial ceremonies in which mourners have direct contact with the body of the deceased person can also play a role in the transmission of Ebola. Men who have recovered from the disease can still transmit the virus through their semen for up to 7 weeks after recovery from illness.

Ebola is not spread through the air.

Health-care workers have frequently been infected while treating patients with suspected or confirmed EVD. This has occurred through close contact with patients when infection control precautions are not strictly practiced.

Among workers in contact with monkeys or pigs infected with Reston ebola virus, several infections have been documented in people who were clinically asymptomatic. Thus, RESTV appears less ca-

pable of causing disease in humans than other Ebola species.

However, the only available evidence comes from healthy adult males. It would be premature to extrapolate the health effects of the virus to all population groups, such as immuno-compromised persons, persons with underlying medical conditions, pregnant women and children. More studies of RESTV are needed before definitive conclusions can be drawn about the pathogenicity and virulence of this virus in humans.

Signs and symptoms : EVD is a severe acute viral illness often characterized by the sudden onset of fever, intense weakness, muscle pain, headache and sore throat. This is followed by vomiting, diarrhoea, rash, impaired kidney and liver function, and in some cases, both internal and external bleeding. Laboratory findings include low white blood cell and platelet counts and elevated liver enzymes.

People are infectious as long as their blood and secretions contain the virus. Ebola virus was isolated from semen 61 days after onset of illness in a man who was infected in a laboratory.

The incubation period, that is the time interval from infection with the virus to onset of symptoms, is 2 to 21 days.

Further information on the virus may be found at the following link: <http://www.who.int/mediacentre/> Source: IMEC

Editorial: The Anchor

Since the release of our 1st issue, I would like to share with our readers the following updates:

1. Blue Manila obtained its renewed **POEA & MLC license** last February 14, 2014 after passing the Audit and Inspection process as well as complying with all requirements of the POEA. Two of the mandatory requirements were the participation of all BMI Officers and Employees in the POEA's Continuing Agency Education Program (CAEP) for Management Level; and for the Operations & Technical Level and the Pre-Licensing Orientation Seminar for Executive Level.

The above seminars were envisioned and are being implemented by the POEA as interventions to further professionalize and improve the technical capabilities and moral values of Officers and staff to better manage, and operate the agency and ensure the deployment of secured and gainfully employed workers. It shall also serve as a venue for regular dialogues and updates on overseas employment programs and shall include topics of The Overseas Employment Program, Ethical Recruitment and Best Recruitment Practices, Values Formation and Spiritual Upliftment and Corporate Social Responsibility. (POEA Memo Cir No. 03, Series of 2010)

Our POEA & MLC license is valid as from February 6, 2014 till February 5, 2018.

2. We successfully passed our ISO Re-certification Audit held last March 26, 2014 and was consequently issued a renewed **ISO Certificate** valid till March 31, 2015.

3. Conducted among its employees a **Training Workshop for Prospective Internal Auditors** based on ISO 19011:2011

4. More than 50% of the crew who won in our **29th & 30th Anniversary Training Raffle** Draws have claimed their Training Gift Certificates by enrolling in various STCW 2010 Trainings with accredited Training Providers. We call on our other crew who have not claimed their prizes yet to take advantage of the free /sponsored STCW 2010 trainings.

5. We were again privileged to pay Courtesy visit to our manned vessel, the Industrial Merchant during her call to the South Harbor, Manila.

The vessel discharged ex-Fenit cargo (parts of big container LIEBHERR crane, incl. HL & oversized pcs).

6. Crew Management System (BMES) Upgrade to Poseidon.

After 10 years of usage, BMI's crew management software "BMES" (Blue Manila Engine Solution) will finally be upgraded to "Poseidon", engine RED's latest version of a fully comprehensive web crew management system.

With this version, BMI will now be able to manage fleet crew rotations visually with Poseidon's Crew Planning Module while at the same time monitor documentary qualifications of the candidates.

Allotment personnel could approve allotment processing for different dates for different vessels under the same principal. They would also be allowed to set different currency adjustments depending on the bank rate of the date they processed the allotment. These are only a few of the improvement engine RED has done with all the feedbacks they got from all their maritime clients.

The project is due to start August 11, 2014 and will take about 50 +/- 10 working days to finish.

With the "Poseidon", we look forward to be of better service to our Principals, our crew and industry partners.

For more inquiries on this web crew management software, please call +63 2 914 3668 or email PeterChu@engineREDsolutions.com.

Engine Red Solutions has been our long time IT partner since 2004.

We also acknowledge with the thanks:

1. Capt. Bernt Gienkey of IC Shipmanagement for sharing IMEC Circular (14) 38 about the Ebola Virus, a very relevant, timely and useful information not only for the benefit of the seafaring but for the global community.
2. Annemieke Wenke and Iris Gruppen of Global Crewmanagement for sharing their experiences & impressions to our readers about their first ever visit to the Philippines.
3. C/Ck Reynaldo Morabe for sharing his recipes and preparing sumptuous meals always to the delight of his Officers and crew on board.

Prior to his seafaring career as Cook which started in 1988, Ck Morabe was happy to be selling Fish and seafood products at the Farmers Market in Cubao to support his family. He was also part time cooking for the Mormon Church.

A proud father of 3 and 7 grandchildren, Cook Morabe at 65 yrs old has been sailing on various CFL vessels since 2008.

4. AB-3M Enmar Baes- is a graduate of the Philippine Merchant Marine Academy Batch 2013 and served previously as Deck Cadet on board our manned container vessel, MV Surinam River. Mr. Baes was one of the privileged recipients of BMI's Cadet training sponsorship.

We encourage all our crew to be part of "The Anchor" by sharing your photos, accounts of work and life on board, poems, etc.

F. Arcellana

Knowledge is Power

April & May 2014-Another batch of our crew's dependents joined us in our annual Summer Livelihood Seminars and they were eagerly happy to learn new things.

We have conducted the following:

1. Doormat & Pot holder Making (hand made) - May 7, 2014
2. Perfume Making - May 21, 2014
3. Preparing for Emergencies at Home - May 21, 2014

- Identification of Common Home Emergencies.
- Causes of Emergencies
- Establishing Control Measures
- Information Dissemination

These **livelihood** seminars helped the Seafarer's dependents to develop and enhance their creativity and business opportunities in small scales. They also can do these at home for personal use. After attending the seminars, the Seafarer's dependents are inspired to put up their own businesses.

One excited husband was proud to inform us that his wife is now making a serious business of Pot holders and Doormats. Affordable perfumes made by our participants are now selling for office employees & students among other patrons.

We see the need to reach out to our crew's dependents particularly those who are residing in the provinces. A study is being undertaken to hold a Livelihood seminar outside of our office premise for Summer 2015.

By: G. Balais



Finished Products of the Perfume Making Livelihood Seminar

Reaching Out...

IT IS IN GIVING THAT WE RECEIVE (ST. FRANCIS OF ASSISI)

Our Company is not spared by the global crisis that strikes the maritime industry worldwide. Despite this however, Blue Manila organized 3 teams from among its Officers & Staff, to visit and reach out to the :

1. Cancer Stricken children of the PGH Pediatric Ward – 14.05.14
2. Homeless and Abandoned Children of the Founding Home in Marikina— 23.04.14
3. Lualhati ng Maynila Home for the Aged—29.05.14

For the simple joy it brings to our less fortunate brethren, we hope to continuously carry on our Annual Outreach Programs whether it be in times of plenty or in want.

For this, we count on the continuous support and trust of our Principals and crew.

His infinite wisdom, knows that we need and it is by being faithful to Him that He will restore and give back to us.

“ Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you.” (Luke 6:38 The Bible, NIV)

By: M. Espina & M. Chan



Ms. Medy Chan giving snacks and distributing clothing to the homeless and abandoned children of the Foundling Home.

Family Matters

Maintaining a close family relationship... from a distance

For a seafarer, there is always the loneliness of being away from his wife and children for an average of 9 months a year and not being able to monitor the changes as well as share the experiences of his spouse and children and miss important family milestones. For the wife of a seafarer, there is the burden of being the sole parent and managing the home alone, not to mention managing the family's finances. This is doubly hard for a wife who needs to balance work and parenting duties alone.

These situations make it challenging for both the husband and wife to keep the family intact and maintain a closer relationship with all the members of the family.

It is thus very important for communication to be open and constant. Make use of all available means of communications; phone calls, text messaging, emails, voice and web chats and yes.. the good old snail mail. We are very lucky that nowadays, we have the technology and available social



Ms. Gladys Sibbaluca & Ms. Gale Falces with the homeless Seniors in a joyful dance number



Ms. Cecil Cardenio distributing education materials and snacks to Pediatric Cancer Patients at Philippine General Hospital.

media that can help strengthen a long distance family relationship.

The relationship between spouse should be kept alive. Husbands should actively participate in bringing up the children, even if they are far away. Husbands and wives should continue with nurturing, disciplining and guiding their children in their growing up years. The children must also be aware of the situation of the family and understand their roles, responsibilities and duties. Having a supportive partner and children is very important for a seafarer to keep him inspired and strong in facing adversities. Each member of the family should always exert effort in showing how they value their loved ones despite of the distance that keeps them apart. Take advantage of vacation time to be with the family and share precious moments and activities together, which will help strengthen the family bond.

Most importantly, remember that any family can only survive the challenges they will face in life if they hold on to God and let Him be the center of their family relationship.

By: T. Millar

COURTESY VISIT

MV INDUSTRIAL MERCHANT February 5, 2014 - Manila, Philippines



The MV Industrial Merchant berthed in Pier 3 of the Manila South Harbor on February 4, 2014 to discharge parts of a big container LIEBHERR Crane, under the command of Capt. Volodymyr Bagatchenko. The Captain personally welcomed Capt. Jose Mangabat, C/M Fernando Bautista and myself when we came to visit the vessel on February 5, 2014. He gladly accommodated us for a brief meeting on the bridge and gave us a tour of the nice lady "Industrial Merchant" which made her maiden voyage in November 2013.

There were about seven Filipinos on board headed by C/E Germancio Dis-
trito. This made the "Manila Call" something to look forward to for the crew and their families who were given the chance by CFL to visit on board.



After the meeting with Capt. Bagatchenko, we were allowed to meet some of the Filipino crew who were too glad to see the Blue Manila personnel on board. C/Ck Morable proudly toured us around the galley and entertainment area of the vessel where some more Christmas decors are still on display as a remembrance of the very first Christmas Party celebrated on board under Captain Martin Remeus. The next day, February 6, 2014, our President/Gen. Manager, Ms. Francis Arcellana and Recruitment Officer, Jimmel Balidiong paid courtesy visit to Captain Bagatchenko his Officers and Crew.

From Manila, the MV Industrial Merchant proceeded to Balamban, Cebu and later on to Batangas to continue discharging the crane parts.

By: T. Millar

COOKY'S DELIGHT



C/Ck Reynaldo Morabe preparing food for the Officers & Crew on board MV Industrial More.



Clean and organized food preparation on board.

Fish Emblanco

Ingredients:

- 2 Kgs Lapu-Lapu
- ½ Kg Tomato (cut into ring)
- ¼ Kg Onion (cut into ring)
- 3 Pcs Red Bell Pepper (Sliced in Julian cut)
- 1 Kg Potato (sliced into ¼ thick)
- 4 Stick celery (1 inch cut)
- ¼ Cup cooking oil
- Spring Onion (cut into small pieces)
- Salt
- 1 tsp Ajinomoto
- 2 Ltrs Water

Procedure:

Boil water with tomatoes, onions and celery in 10 mins. Add potatoes & simmer for additional 10 mins. Add fish in serving pieces, red bell peppers, cooking oil, salt and ajinomoto to taste. Cook for additional 10-15 mins. Then, garnish with spring onions. Serve with plain rice.

Pork Saté

Ingredients:

- 2 Kgs Pork tenderloin (cut into cubes)
- ½ tbs Black pepper (ground)
- ½ Nutmeg powder
- 1 whole Garlic (crushed)
- ½ cup Soya sauce
- 2 tbs Worsceister sauce
- ½ cup Tomato Catsup
- ½ tbs Ajinomoto
- 1 tbs Sugar

Procedure:

Marinate all the ingredients in 1 hour
Put into BBQ stick and fry in a pan. Serve with fried rice and peanut sauce.

Peanut Sauce

Ingredients:

- 4 tbsp (full) Peanut Butter
- 1 tbsp Sambal Olek
- ½ tsp sweet paprika
- ¼ tsp Nutmeg powder
- 2 tbs Ketchupmanis
- 1 tbsp Tomato Catsup
- 1 cup Fresh milk

Procedure:

Mix all ingredients in a bowl
Cook in low temperature until thickens

CREW AT WORK

I am a new Officer-in-Charge (OIC-NW) of Blue Manila Inc. (BMI) last year and have been assigned on-board MV Andrea an AB/3rd Mate. The ship is a 2409GT Multipurpose Dry Cargo Carrier of the Vandam Shipping bound internationally. The team is composed of six crew members on-board. We have the Captain, Chief Officer/ Marine Officer (MarOff), Able Seaman (AB)/3rd Mate, Bosun, AB/Cook, and AB. My watch duty schedule as an AB/3rd Mate is decided by the Captain because it is the first time to have one for the group boarding his ship. As a crew of this ship, I was given different tasks and responsibilities. Aside from watch keeping duties, I am also doing deck works and maintenance of the vessel. There are also some engine duties included and taught by our Chief Officer, because he is also the Engineer of the ship or called MarOff (Marine Officer) and these were part of his job and expertise, which I found very interest-

ing. As a newly assigned Officer-in Charge, it is my first time to tackle different tasks on my own. With this, I am always eager and excited to apply all the things that I have learned from my previous ship. It always fascinates me that I can finally apply all those on the job trainings and seminars I attended into action. Moreover, it always benefits me to learn new things and to have a continuous education wherein I gain additional knowledge through experiences which I can apply in different occasions and proceedings. I believe that having a chance to meet and exchange ideas with the people here in our current ship helps me to be knowledgeable enough and hasten my skills to pursue the career of my choice and expertise.

I am thankful to The Vandam Shipping & Global Crew Management BV for giving me this opportunity to be one of their crew members and part of this team. I appreciate all the things that you have

provided to me, especially in this job offer.

Of course and most especially to my company, Blue Manila Inc. (BMI), who made all this possible. I am thankful to them for always helping and always willing to give opportunities to all seafarers. Thank you for always finding ways and giving chance to newly licensed Officer-in-Charge to pursue our dreams. I truly appreciate all the good things that you have provided me and brought me as part of your corporation. I believe that my skills and experience will make me an ideal Officer-in-Charge and a Captain in the future. Now, I can easily adapt myself to any work environment and doing my best for it. I bring enthusiasm and attention to detail to any job I do. Thank you.

By: AB-3rd Mate Enmar Rabanes Baes –

MV Andrea



"BMI Crew" performing Maintenance work on board container vessel, the MV Corona while underway to Cartagena , Colombia. MV Corona is owned by Fisser & v. Doornum, a shipping company founded in Emden, Germany in 1879. IC Shipmanagement Ltd., with office in Limassol, Cyprus and a member of the Fisser Group, is Crewmanager of the MV Corona."



AB/3M Enmar Baes, Bsn Isagani Medina, AB Pablito Tongol, & AB/Ck Allan Bernabe managed to pose for a smile after a hard days, work on board. The MV Andrea.

LITERARY CORNER

A Seafarer's Prayer



*O Lord, stand near me as I stand
my watch. Keep me alert, as the
safety of my shipmates depends
on me. Help me to see the
beauty of your creation as I sail
your vast oceans. Keep me
faithful to those I leave behind,
and bless them while I am away.
Protect us from all of the perils
at sea. Calm the waves and hush
the wind. Bring me safely home
to my family and friends. Help
me to keep you with my heart.*

*Bless me, Lord.
Amen.*