



The Anchor

July—December 2016

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NATIONAL CERTIFICATE III (Ship's Cooks) / NC III

MLC 2006 Update: National Certificate III (Ships' Cooks)

The MLC, 2006, is a global legal instrument generally considered to be the "fourth pillar" of the international regulatory regime for quality shipping, complementing the key instruments of the International Maritime Organization (IMO), namely the International Convention for the Safety of Life at Sea, 1974 (the "SOLAS Convention"), as amended, the International Convention on Standards of Training, Certification and Watchkeeping for Seafarers, 1978 (the "STCW Convention"), as amended, and the International Convention for the Prevention of Pollution from Ships, 1973, as amended by the Protocol of 1978 (the "MARPOL Convention").

Ships' Cooks Certification

The **Technical Education and Skills Development Authority** abbreviated as **TESDA**, is an agency of the Philippine government under the Department of Labor and Employment. It is the country's designated authority tasked to implement and ensure the adoption of the ILO Guidelines for the Training of Ships' Cooks.

Its tasks includes the regulation, development and approval of the training course for Cooks. It also

regulate and approve training institutions "to ensure that the level of instruction in the core competencies required from ships' cooks is adequate to give the seafarers the skills they need to safely prepare nutritious and appropriate food during the voyage."

It is also the sole body that will provide the certificate or other form of documentary evidence, granted either directly by the competent authority or subject to its control, by an approved training school.

Ships' Catering NC III (Ships' Cooks)

To completely conform to the requirements of the MLC 2006 in relation to the ILO Guidelines for the Training of Ships' Cooks, TESDA's Training Regulation (TR) for Ships' Catering NC III (Ships' Cooks) was reviewed by the Maritime Expert Panel to conform with the Standard A.3.2 — Food and Catering Paragraph 3 of MLC 2006 which states that "Shipowners shall ensure that seafarers who are engaged as ships' cooks are trained, qualified and found competent for the position in accordance with requirements set out in the laws and regulations of the Member concerned, and Paragraph 4 stipulates the requirements of this Standard to include a completion of training course approved or

recognized by the competent authority, which covers practical cookery, food and personal hygiene, food storage, stock control, and environmental protection and catering health and safety".

The review resulted in the consolidation of previous TR's; The Training Regulations for Ship's Catering Services NC II and Ship's Catering Services NC III to form the new TR for Ships' Catering NC III (Ships' Cooks).

Two core competencies were added from the existing to the new TR; (1) Supervise/Administer galley area; manage galley operations including both the procurement of supplies and practical food production and (2) Prepare nutritionally- and health-balanced calendar menu; that is to serve proper quantities of quality, nutritious food and fulfill hygiene requirements.

All Ships' Cook working onboard ship must be certified on Ships' Catering NC III (Ships' Cook) by January 01, 2017.

Credits: Tesda/MLC/CIRCULAR 011-2015, ILO Guidelines on the training of ships' cooks,

By: Dindo Bautista

MY VOICE, MY CHOICE

The Philippine Presidential Elections 2016

The May 9, 2016 Philippine Presidential Election day was a much awaited event, for this is the day where many Filipinos decide to vote for a Leader who can steer our country to a better future.

I am proud to have this mark on my finger.

In my birthplace of Pampanga where I am a registered voter and the province which produced 2 Presidents (Diosdado Macapagal from 1961-1965 and Gloria Macapagal Arroyo from 2001-2010) and the first Filipino Cardinal Rufino J. Santos and home to the former US Clark Air Base (now Clark Free Port Zone) and the Clark International Airport, election day was generally peaceful but very guarded due to the high tension between 2 leading candidates for the Mayoralty post.

The candidates were siblings, an ex Mayor (older brother) and the incumbent Mayor (younger sister)

Though politically at odds and aiming to obtain the votes of the majority in his/her favor, both however were strongly unified in their advocacy for a 100% Illegal Drugs Free Town.

On the other hand, Poll watchers/inspectors in our precinct can be highly commended for carrying their mandated job effectively by patiently assisting the Voters to find their precinct numbers, etc. The Counting Machines worked well and did not experience

any breakdown at all unlike in other Polling precincts.

I knew then that my candidate for the President will not win as seen from his/her unpopular ratings in the surveys leading to Election Day.

I gave my treasured vote to my candidate anyway because I believed he/she deserved it. I did not regret and I am even proud to have exercised my independent right to vote for the one I believed in without anybody questioning me why?

For the popular, winning elected candidate, President Duterte and the other elected Officials, we look forward to the positive changes in our country and I, among the other 100 million Filipinos, hope for the best!



By: Gladys Sibbaluca

The Philippine Presidential Elections 2016

Summer is Fun in the Philippines.

The 2016 Presidential Elections held in the summer month of May has also brought more awareness about the electoral process to all Filipinos.

This is the first Presidential election participated by candidates representing not only Luzon but also from the major islands of Visayas and Mindanao. This is also the first time that the electorates were given opportunities to know their candidates better not just once but 3 times through the Presidential Debates held in 3 different occasions.

What was clearly manifested is the observance of democracy in this country.

Every Filipino was given their right to choose whom he wants to become President regardless of identity/background, be it a question: on ill-gotten wealth; on moral uprightness, on citizenship; on leadership or a question on health. The bottom line question is: who can lead to provide solutions to poverty and unemployment; worsening traffic, mass transport system, graft & corruption, shortage in food supply and the effects of climate change in an archipelago beset by at least 20 typhoons annually.

By: Billy Javier

WHY IT'S MORE FUN IN THE PHILIPPINES : CORON, PALAWAN



Mt. Tapyas



Stairway to Mt. Tapyas Peak



Maquinit Hot Spring (Photo Credit : Harry Balais)



Kayangan Lake



Kayangan Lake bird's eye view



Twin Lagoons

The town of Coron is one of the four municipalities of the Calamian group, and is the second northernmost municipality of Palawan. The Calamianes Islands in the north of the province include Busuanga, Coron, Calauit, Culion and Sangat, Palawan. It covers the southern half of the island of **Busuanga**, and includes the off-shore island of Coron. This island of the Tagbanua Tribe has steep limestone cliffs, white sand beaches, and seven mountain lakes. The **Kayangan Lake** is a Hall of Fame Awardee for the Cleanest and Greenest Inland Body of Water in the Philippines.

Coron is one of the beautiful places that I've visited and would like to visit again someday. I can still remember the white island sand bar, Limestone islets and cliffs, picturesque landscape, amazing marine life, interesting underwater, the trekking experience and the hot spring massage after trekking is rejuvenating.

One of my favorite places is the **Kayangan Lake**, a wooden stairway leads from the entrance to a small cave that provides breathtaking view of the cove. This is the most photographed spot in Coron. From the cave, the trail goes down to a wooden walkway of the lake. You will be awed by the beauty of the lake. You can see the Limestone under clear tortoise water kind of castle under water. Be careful though as the underwater rocks around the lake are sharp.

From the lake let us go to Marine Park at the Siete Pecados where amazing marine life under the sea with different kinds of colorful fishes of its kind. This shallow reef is ideal for snorkeling and has some islets. The water is shallow at about 3 to 5 meters (9 to 15 feet) and is crystal clear. Siete Pecados means "Seven Sins". The legend has it that seven sisters went swimming against their mother's will. All of them drowned. Later, seven islands appeared.

Island hopping in a serene and peaceful white sand beach on a crystal clear sea water is really a wonderful time to have fun under the sun. Let me introduce to you some of the paradise Islands in Coron.

MALCAPULYA

The actual beach consists of a long stretch of white powdery sand and I could see why people would immediately make the comparison with the world renowned "Boracay". The shallow water stretched for a few meters out into the sea and was totally baby blue in color save for the darker blue that represented the patches of moss / seaweed growing in certain parts of the beach. Actually, this baby blue / dark blue contrast made for a fantastic view when seen from a higher point. It was fortunate that the island actually has a viewing deck situated in a rocky outcrop on the beach. Here,

we were able to get a dramatic vantage point of the island and the shallow waters surrounding it. It was a dreamlike scene that seemed to have come from a painting. Nowhere else had I seen the colors so vivid against the sun.

BANANA ISLAND

About 1.5 hours boat ride from Coron town lies Banana Island also known as Dicalabuan Island. It features a beautiful beach covered with fine white sand. The water is clear and if you swim out a bit from the shore you can enjoy excellent snorkelling.

MT. TAPYAS –2nd tallest peak in Coron

The local government already made a series of concrete steps for convenience so no hardcore mountain climbing skills needed. But then, climbing 742 steps of this mountain is very easy if you have a pair of strong legs. According to the locals, It was called Mt. Tapyas (in English "chipped", "trimmed", or "cut") because one side of the mountain was literally chipped when American forces came in the Philippines. The mountain was used by the Japanese forces as a military camp so the Americans bombed the mountain and chipped a part of it.

There are also many resting areas and picnic tables along the way so climbing is not that hard. It is best to climb this mountain early in the morning or late in the afternoon to see the sun setting at Coron Bay. At the top of it you can see a huge cross in the Mountain and enjoy the view of Coron Island. After a tiring climb and trembling legs, let's dip in the Maquinit Hot Spring.

MAQUINIT HOTSPRING

Maquinit is one of the very few saltwater hot springs in the world. Located along the southern coast of Busuanga Island, it is one 30-minute tricycle ride away from the town proper of Coron along a rough, curvy road. It is said that the water gets heated by a volcano and springs up into the two-tiered circular pool. Its rough walls are built from stacks of rocks and its floors strewn with pebbles — not very friendly to the soles at first touch but adds a more natural feel, as if the surrounding mangrove forest and the adjacent beach are not enough.

Locals recommend best to enjoy the hot springs is after a tiring trek to the summit of Mt. Tapyas, where you can enjoy the warm water that relaxes your muscles and gives you a good night sleep after.

Come on, lets travel ! and explore the beautiful Island of Coron in Palawan. My next plan... maybe a few years from now.. to visit Calauit Island, Palawan.

By: Gjing Balais

HEALTH IS WEALTH: URIC ACID SYMPTOMS

Uric Acid Symptoms

Uric acid is a naturally-occurring waste product in the body. Uric acid is caused by the breakdown of the chemical purine, which is always present in the body and in some foods. Normally, uric acid is carried by the blood and filtered by the kidneys, then becomes waste product that exits in your urine. However, uric acid levels can rise if the kidneys don't get rid of it naturally, or if the body produces too much of it. This is called **hyperuricemia**.

When you have excess uric acid in your body, you can experience some uncomfortable or unpleasant symptoms. There are many causes of uric acid buildup, and several ways to treat the problem.

Excess Uric Acid Causes

Your doctor might check for uric acid buildup if you start to exhibit symptoms. When you are tested for uric acid, these are the ranges you should expect to see. If you are within these ranges, then the problem is probably not uric acid:

People Group	Normal Uric Acid Range
Men	3.1-7.0 mg/dL
Women	2.4-6.0 mg/dL
Children	2.0-5.5 mg/dL

If your uric acid measurements are high, there could be many reasons for that. Some of the most common factors include drinking too much alcohol, taking diuretic medications or immune-suppressing drugs, or an overload of niacin or vitamin B-3. If you are obese, suffer from an underactive thyroid or renal insufficiency or have psoriasis, you might also face problems with uric acid.

More serious causes can include a diet rich in purine, genetics, kidney problems or kidney failure, or tumor lysis syndrome (a blood disorder caused by certain cancers or cancer treatments).

Excess Uric Acid Symptoms

When you are dealing with uric acid symptoms, the discomfort can be significant. Here are the most common signs of a uric acid problem:

1. Gout

This is caused by uric acid accumulation in the blood, which can lead to the formation of small sharp crystals. These crystals can lead to pain in joints and surrounding tissues, including the feet, ankles, knees and hands. The pain can be sharp and intense.

There are many remedies for gout, and most of them are easy to incorporate into your daily life:

- **Eat Fruits and Vegetables.** Foods that are low in purines can help flush out the uric acid. Eat plenty of fruits and vegetables, but avoid mushrooms, asparagus and cauliflower, as they have high levels of purine.

- **Eat Cherries.** Cherries have been shown to have anti-inflammatory properties, as well as being an antioxidant. A cup at each meal has been shown to reduce gout.

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- **Drink Lots of Water.** The more water you drink, the more the uric acid is diluted. Experts recommend at least two liters a day.

2. Kidney Stones

High levels of uric acid can lead to small stone-like deposits in the kidneys. These are then passed down to the bladder, where they cause intense pain that comes and goes. This pain is not relieved until the kidney stones pass through the urethra.

The best remedies for kidney stones are preventative. These can include:



Drink much more water, until your urine runs clear

- **Eat foods low in salt and animal proteins** Take care with taking calcium supplements, as these can make kidney stones worse.

3. Kidney Failure

Kidney failure is just what it sounds like: The kidneys no longer function as well when it comes time to eliminate wastes. The result can be several painful and annoying symptoms, including uric acid buildup in the blood.



Remedies for kidney failure focus greatly on what you choose to eat. Avoid foods with salt and high levels of protein, as these both make your kidneys work harder. You should also avoid

foods that have high levels of potassium, such as bananas or potatoes. Instead, choose low-potassium foods.

4. Uric Acid Crystals

The symptoms of uric acid can be found throughout the body, depending upon where uric acid crystals lodge. Though this is often in the joints and especially in the feet, it can be almost anywhere, and that can lead to localized pain in that area. If you are dealing with significant pain in one area of your body, talk to your doctor about it. You might be diagnosed with high uric acid levels.



When to see a doctor

High levels of uric acid can be very frightening, especially when uric acid symptoms set in. If you have the following conditions, get to the emergency room immediately.

- If you are dealing with localized pain that is red and inflamed, especially if it is in a toe or finger, which might be a sign of uric acid buildup
- If you experience bleeding that doesn't stop after a few minutes
- Rapid heartbeat or new rashes on the skin, especially in conjunction with starting new medications.

If you are feeling chest pain or chest discomfort, as well as shortness of breath

1 More Excess Uric Acid Remedies

2 When you are trying to rid your body of high uric acid, there are a few ways proven to work. It starts with what you put into your body.

1. Avoid Foods High in Purine. Cutting out foods that contain high levels of purine can naturally lower your uric acid levels. According to the American Medical Association, foods such as anchovies, sardines in oil, fish roes, herring, yeast, organ meat such as liver or kidneys, and meat extracts such as consommés and gravies, should all be avoided. Also stay clear of legumes, mushrooms, spinach, asparagus, cauliflower and alcoholic beverages, especially beer.

Things You Should Do. Talk to your doctor about the medications you are taking, any symptoms that are troubling and your health history, including things like diabetes or high blood pressure. If uric acid symptoms are present, follow your doctor's instructions for care and take medications exactly as directed.

Sources:

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By : L.enie Dalisay

CREW AT WORK

My Abis Story

First of all, I would like to express my deepest gratitude to BLUE MANILA INC. for inviting and encouraging me to write this article for the purpose of sharing my experiences and moments of learning while I work with the company

Let me introduce myself. I am Reynald Navida Mirador. I was born on September 22, 1989 in Pogoruc, Burgos, Pangasinan Phils. where I am presently residing. I am 25 years old. I finished my Bachelor of Science in Marine Transportation at the Pangasinan Merchant Marine Academy 2009. I completed my on the job-training (OJT) with Aboitiz Jebsen. I served on an interisland passenger vessel as a trainee where I gained shipboard experience which encouraged me to pursue my seafaring career. After my graduation, I boarded a domestic cargo vessel for 9 months as a Cadet, after 1 month I was promoted to Ordinary Seaman and then to Able Seaman. After almost one year of sailing on an interisland ship, I was fortunately given the opportunity to be employed by Blue Manila Inc. on 17.08.10 on board their manned vessel, ABIS BELFAST, under their principal, GLOBAL Crewmanagement and owned by ABIS Shipping. I can attest then that shipowner, ABIS is a fast growing company because in just 5 years, their fleet of 4 vessels in 2010 grew to 21 as of present and actively rendering services to the different countries worldwide. In my five years of service with GLOBAL-ABIS, I have gained a lot of experiences which encouraged me to work harder and sacrifice more not only for my own interest, but primarily to fulfill the mission of my crewing agency and our principals and that is to render good service to our customers who have entrusted to us the delivery of their goods. Within the last five years, I was able to serve on five different GLOBAL-ABIS vessels as an Able Seaman. In February 2015, BMI-GLOBAL-ABIS helped fulfill my dream and finally promoted me to 3rd Off / 2nd Off. I consider this as one of the greatest blessings of the Almighty God. This Officer position inspired me to be more determined and enthusiastic to fulfill my duties and responsibilities and made me more convinced to continue my dedication and commitment in accomplishing the tasks that are entrusted under my care. I am personally grateful to the company for providing all these things to me and now I am looking forward to join more Abis ships in the future.

To all aspiring seafarers, I do hope that this article will also serve a source of inspiration to all of you. Our job as seamen is not that easy. In fact, I consider it as a very tough one. Our profession is one I consider as difficult and challenging. Why do I say this? Firstly, because there are a lot of sacrifices that we have to take like leaving our respective families behind to be able provide a good /better life for them. Secondly, we have to forsake the life that we are used to have when we are not yet in the profession to serve other people. It is in this connection that I would like to seriously advise you that when you are already on board, take your job seriously and responsibly. Do not abuse yourselves because if that happens, there is a big tendency that you cannot carry out your tasks and assignments safely and effectively. We should develop in ourselves the values of patience, care for your well being and time and resource management because at the end of the day inside the ship, the only one whom you can lean on apart from God of course is yourself.

Before I end this letter, please allow me to thank the following companies and its people for they are very instrumental to my success as a seafarer: BLUE MANILA INC., GLOBAL CREW MANAGEMENT and ABIS SHIPPING for the trust and for believing in my potentials. I likewise would like to thank my colleagues from the time I started up to the present since they were the ones

who have given me and are continuously giving me encouragement and pieces of advice every time I fall short of knowledge and skills in doing my job. **THANK YOU VERY MUCH. MAY GOD BLESS YOU MORE WITH EVERY GOOD THING IN LIFE.**



2nd Officer REYNALD NAVIDA MIRADOR on board the MV Abis Belfast



Abis Belfast met with Abis Esbjerg crew, AB Efen Limoso, AB Rogelio Ubas, AB Joselito Nualla, 2/O Gil Bartolome, AB Glen Martin Sta Teresa & AB/Ck June Mullet in Harlingen –June 2015

LIVELIHOOD: BUSINESS IN SAUSAGE MAKING

Livelihood Seminar

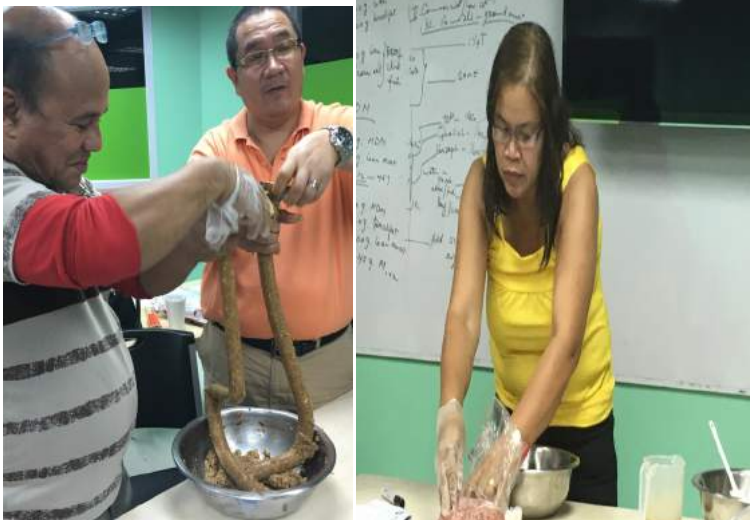
Blue Manila, Inc.'s livelihood program is now on its eighth year. The program is aimed to benefit BMI's crew's dependents by educating them on the ways and means to be able to help our seafarers in augmenting the family's income.

For this year BMI, in partnership with Ultima Entrepinoy Forum Center, a pioneer in providing technical knowledge and skills to aspiring entrepreneurs in food and non-food businesses, has offered "Business in Sausage Making" seminar last May 12, 2016 at the BMI training room. This is a continuation of the "Basic and Advance Meat Processing Seminar" conducted also in May of last year.

It was interesting to note that our list of participants included husbands and wives, and some of our Chief Cooks on vacation.

The one day seminar tackled the basic knowledge in sausage making as well as the commercial aspects of selling the products. Among the popular variants of local sausages the participants prepared were Lucban Longganisa, Ilocos Longganisa and Cebu Longganisa. They were also taught how to make international sausages like Canton Sausage, Pepperoni, Hungarian Sausage and German Sausage.

It was a whole day of learning which the attendees enthusiastically participated in. At the end of the day, the participants went home bringing with them not just a sample of what they have prepared, but a new knowledge which could serve as the foundation of their possible endeavor towards entrepreneurship. After all Filipinos are natural entrepreneurs by nature when given the right technical guidance and skills and support.



By: Tess Millar

COOKY'S DELIGHT



SUSHI AND MAKI

Ingredients:

Sushi and Maki

Sushi – is hand roll

Maki – is Bamboo Roll

Ingredients: (For Sushi Rice Sauce)

½ Cup Vinegar

½ Cup Sugar

3 Teaspoon Salt

6 cups of rice (Japanese/Jasmine Rice)

Mix all together to dissolve sugar and salt

Step 1: Cook 6 cups of rice you can use Japanese Rice or Jasmine Rice

Step 2: Mix all together the mixtures in mixing bowl and stir until the texture of rice become sticky and cool down. The mixture of step 1 and Step 2 is called Sushi Rice.

To make Sushi – 2 inches sliced Salmon. 15 grams Sushi Rice.

Place the sliced Salmon over Sushi Rice and turn about 5 times by using finger to form Sushi

To make Maki – ½ sheet of Japanese seaweed

250 grams Sushi Rice

20 grams Cucumber

Spread sushi Rice over Japanese seaweed and place cucumber in the middle and roll using Bamboo Sushi Kit.



C/Ck Cirilo Macalandag is BMI crew in good standing since 2001 having sailed on our manned General Cargo, Multi Purpose, Passenger/Ferry vessel and chemical tankers.

C/Ck Macalandag is presently on board the Red Zed I. He would like to share with the readers a famous recipe in Japan, How to make a Sushi and Maki.

COURTESY VISIT

MV FJELL

January 30, 2016—Mariveles, Bataan



MV Fjell in Mariveles, Bataan



Together with CM Bautista, Tes Millar and Sarah de Leon, I was assigned to pay Courtesy Visit to the MV Fjell last 30.01.16 at the MARiveles Anchorage in Bataan.

Being the youngest and one of the newest member of Team BMI, I consider this opportunity such a great privilege not only for 1) the chance to see up close for the first time one of our manned vessels, a heavy transport at that but more so the 2) chance to interact with our Filipino crew and their Captain and Officers while at work and their visiting families and most importantly the 3) over-all learning experience I will gain..

We arrived at Mariveles Pier at 1000 hours, took a launch service and while approaching the vessel, we witnessed the crew's ongoing "Free Fall Lifeboat" drill. I experienced how it is to climb up the Pilot ladder. We were warmly welcomed on Pilot Station by Capt. Jan Schouten and some Filipino crew led by Olr Edivedes Halina. We were then invited by Capt. Schouten to the Bridge where we had a short introduction by the Dutch Officer and Engineers and later enjoyed the coffee and banana cake

prepared and baked by the C/Cook Carlos Prietas.

After our short meeting on the bridge, the Dutch 3/0 and Olr Halina toured us around the Accomodation, Recreation, Mess Hall, Galley and Engine Room and briefed us on the different deck and engine equipments/machineries.

Captain Schouten, his Officers and crew hosted a Barbecue lunch with lots of other dishes and desserts.

We enjoyed grilling our own barbecue while interacting with the Officers and Crew who were all so accommodating and talking with their visiting families.

We left the vessel at around 1400 hrs.

Seeing a huge vessel up close and be able to embark even just for a couple of hours with all the discoveries; lessons learned; relationships fostered, it was one overwhelming and a gratifying experience..... and that waking up at 3:00 am; the 6 hour long trip including our meal break and the heavy traffic that day was all worth it.

By: Meliza Gutierrez

MY VOICE, MY CHOICE

The Philippine Presidential Elections 2016

On election day, May 09,2016, I woke up very early to prepare for my long travel from my residence in Taytay, Rizal to my designated Voting Precinct in **MALABON**, Metro Manila.

I was born, raised and lived in **Malabon**.

Besides home to the famous "Pancit Malabon"; the Malabon zoo; a number of heritage houses; the **400 year old San Bartolome Church** and industrial yards of: sugar refinery, patis making, cigar making,candle production, fishing and llang-ilang trees flower extract production from where the distilled perfume is exported, **MALABON** is one of the most densely populated cities in Metro Manila. Its low-lying, flat terrain makes it prone to frequent flooding, especially during high tides, heavy rains and when river and dams overflow. Floodings have worsened over the years forcing me and my family to relocate to Taytay, Rizal almost 12 years ago.

I decided not to transfer my Voting Precinct to exercise my freedom and right to vote because then I also have a reason and chance to meet my old time friends, neighbors and relatives in Malabon.

I am a registered voter No. 29 in the long list belonging to Precint 89 A of Brgy. Ibaba located in Santiago Syjuco Memorial School, Malabon City (my Alma Mater in Grade School)

When I arrived at the Voting Precinct at 9:00 hours, I thought I was lucky because there was no huge crowd queuing in our Polling room. However, I also found out that the VCM (Voters Counting Machine) stopped operating for almost 30 minutes already and was just waiting for a replacement unit from the COMELEC (Commission on Elections).

Thanks GOD I need not wait any longer because after 10 minutes of trying to feed the machine by the BEI (Board of Election Inspector), the VCM worked again. Indeed I was lucky to be among the first 5 in our precinct who fulfilled her DUTY TO VOTE.

Election Day in Malabon was generally peaceful. I encourage my fellow countrymen to pray for all our elected Officials in our government that they may perform their mandated duties in helping solve the numerous problems of our country including the perennial flooding in my native **Malabon**.
God Bless.

By: Cecil Cardenio



Spanish soldiers and Filipinos in the Spanish army with two Filipino Prisoners of War at Malabon, with **San Bartolome Church** at the Background. c1898. - simoun (photo credit: Arnaldo Dumindin)



San Bartolome Church today
Photo credit: sanjosenyonggala.blogspot.com