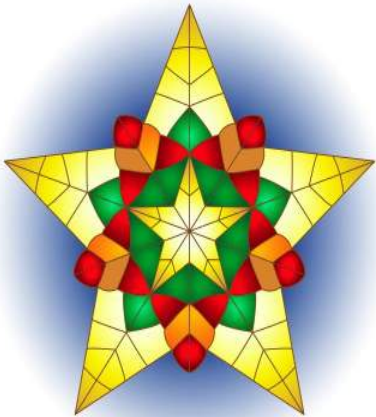




The Anchor

January—June 2018

Volume 5 Issue 8



Time flies so quickly indeed. 2017 is almost over. Another yearlong challenge in shipping was overcome. Though this challenge affected the livelihood of some, it was also still an opportunity to employ countless seafarers; who in turn supported a number of Filipino families and dependents and provided the latter with means to buy and sell goods, products, skills and services, education & technology, etc.

For our organization, it was another opportunity to be of service to our Principals, our “Marinos” and our government.

And so, the wheels of the global economy is still turning to all our benefit.

Reflecting, 2017 is still another year of blessings and we offer these and give thanks to the Lord Jesus Christ in celebration of his birth.

Thanks to all our “Marinos” specially those serving on-board this holiday season away from their loved-ones; their families ; to our valued Principals who continue to provide employment ; to our office employees, contact partners , friends in the industry

I wish you all a blessed and Merry Christmas; Good Health, Good Will, Safety, Peace and Prosperity for 2018.

At the same time, we remember and offer our prayers to our fellow countrymen who lost their lives in the recent Tropical storms: Kai-Tak & Tembin; the fire, road, other accidents that claimed another dozens of lives, all happened a few days before Christmas and to the “Marinos” who lost their lives in the line of duty at sea. We sympathize with those they left behind and wish for them God’s grace, peace, strength and recovery.

To displaced seafarers affected by the downturn in shipping, we wish you Good Luck, perseverance and success.

As a befitting tribute to the vital role each and every “Marino” plays on board who humbly contributes in strengthening the maritime transport industry, hailed as the “Backbone of the Global economy” , please have a peek at our “Marino’s” Life on Board.

By: F. Arcellana



Sa BMI, Bawat Marino Importante

WHY IT'S MORE FUN IN THE PHILIPPINES : PAHIYAS IN QUEZON



Every 15th of May, local and foreign tourists flocked to Lucban, a picturesque quiet town about 4 hours South of Manila, to experience a tradition which dates back hundreds of years ago, the *Pahiyas Festival*, celebrated to honor the patron saint of the farmers. My family once had the chance to attend the Pahiyas Festival and witness the fiesta colors of summer. Walking is the best way to get around because the procession route is closed off to vehicles. But who would mind walking around amidst the festive atmosphere along the way?

The Pahiyas Festival draws crowds of tourists yearly because it happens to be one of the most colorful festivals celebrated in the country. It made the town of Lucban a must see destination for those who would like to explore the rich culture and tradition of the Philippines. Lucban is situated at the foot of the mystic Mt. Banahaw, a mountain considered by many as a "Holy mountain" and is popular among pilgrims and mountain climbers. The town is considered as the summer capital of Quezon Province because of its cool climate.

The festival started as a ritual for the local residents to honor their animist Gods for their bountiful harvest, believing that by doing this, they would be given a more bountiful year ahead. When the Spaniards came, they introduced variations to the festivities to make it adapt to the Catholic practices. The Spanish friars introduced San Isidro Labrador (Saint Isidore) to the natives and shifted the natives' devotion from the animist gods to the Christian God whilst continuing the tradition of thanksgiving and prayers for more abundant harvests to come.

Over the years, the creativeness and ingenuity of the Filipinos came out, the Lucban townspeople started hanging their harvests on their windows and later on, the entire façade of their houses along the procession route. The townspeople use local produce and painstakingly prepare the decorations many weeks in advance for the festival.

Each household tries to outdo each other in a friendly competition as they vie for the top honor of recognizing their creativity. They showcase their bountiful harvest of vegetables, fruits, flowers and local handicrafts like colorful hats, bags, placemats, among others. One iconic Pahiyas decoration is the "KIPING" a leaf-shaped rice wafer made from ground rice flour shaped using a local leaf called "cabal" and radiantly colored in various happy colors turning it into a mesmerizing cascade of colors. The kipings are adorned and strung together to form all sorts of shapes, from chandeliers to huge flowers.

The competition is not only about the prize. It's about the fun and the honor of preserving the centuries old tradition of creating a colorful showcase of the year's harvests intricately designed to create a feast for the eyes.

The Pahiyas festival usually starts around the morning of May 15 every year with a mass in its beautiful centuries old Lucban Church. Then the procession of the image of San Isidro followed, each year passing by a certain area chosen to be the route of the Pahiyas. Houses in this area are decorated and each house would compete for the Grand Pahiyas Prize. It is believed that the houses along the route of the procession will be especially favored with bountiful harvest in the coming year. The procession route changes each year so

that other houses may have a chance of participating in the festival. Giant papier-mâché effigies are also paraded around town with a lively brass band, colorful floats loaded with crops, horse and carabao riding farmers, and beautiful maidens wearing beautiful gowns made of indigenous materials adding to the lovely fiesta atmosphere. The local government usually sponsors free pansit habhab and gives out free helpings to everyone joining the revelry. Eating, drinking and merry making last throughout the day.

When the day turns into night, the entire town transforms into a Christmas Village in the middle of May. Indeed a picture perfect backdrop for those who loves to click their cameras. The brightest and the most beautifully decorated houses win the top award, The festival will conclude with the so called "Kalas". It's when the locals will start to bring down the decorations and look forward to another bountiful year ahead.

Where Else to Go and What Else to Do

For the religious, the trip to Lucban will not be complete without visiting the Kamay ni Hesus Shrine (Hand of Jesus Shrine). It is a 5-hectare shrine a few minutes away from the town proper of Lucban. It is considered a pilgrimage site for everyone who wants to repent, give thanks and pray for healing. Situated at the slopes of Mt. Banahaw, the Shrine features what would be the biggest Christ the Redeemer statue (50 feet) in Northern Hemisphere and second only to the Christ the Redeemer statue in Rio de Janeiro in Brazil. It sits on top of a hill with life-size figures depicting the 14 Stations of the Cross. Pilgrims would need to climb around 300 steps to reach the top. Healing masses are celebrated regularly by the known healing priest, Rev. Father Joey Fallar.

For those who love to try the culinary offering of Lucban, Pansit Habhab is the queen of all Lucban dishes – a tasty noodle dish that is made from egg noodles that are sautéed with vegetables, pork, pork liver, and shrimps and is wrapped and eaten on banana leaves without using spoon and fork.

Another important Lucban culinary tradition is the Hardinera – Lucban's version of meatloaf. Lucban longganisa (Philippine-style sausages), is another must try for those who wants a taste of these famous flavorful sausage which originated in Lucban.



Photo credit : <http://www.bluedreamer27.com/the-colorful-festival-of-pahiyas-pahiyas-festival-2017-of-lucban/>
<http://www.tourism-philippines.com/lucban>

By: T. Millar

Health is Wealth

Chest Pain

Chest pain is often associated with the heart and can be a frightening symptom.

Although this discomfort may be warning from your heart and must be handled correctly, there are many other causes of chest pain that are less serious and easier to treat. Knowing the different types of pain can help you make safer decisions and get faster relief. **All chest pain should be taken seriously.**

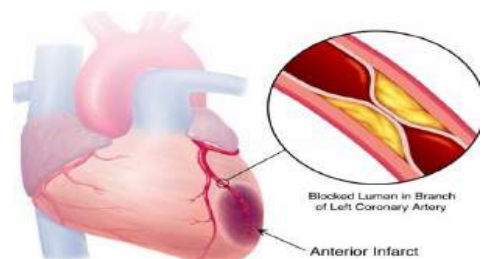


Heart Pain

Sharp pain from the heart may be caused by an infection in the outer lining (pericarditis), or inner lining (endocarditis). This often follows an infection in another part of the body. Palpitations can cause sudden, brief jabs of pain, usually in the left side of the chest.

Angina pectoris is a warning that the heart muscle is not getting enough oxygen. Anginal pain is a tightness, squeezing or feeling of pressure over the front of the chest. It may also be felt up in the throat and jaws or down one or both arms. It usually comes on with exertion, stress or overeating and lasts less than 15 minutes. **Any angina means that the heart is in trouble; pain does not have to be severe to be serious.**

Heart Attack



Chest pain that is crushing, squeezing or increasing in pressure may be a warning of heart attack, known as *myocardial infarction*. The pain is like angina, and may not be severe, but it continues for more than 15 minutes and not eased with rest. It is often

accompanied by nausea, sweating, dizziness, shortness of breath and feeling of doom or danger. The symptoms are caused by a complete blocked coronary artery which stops blood flow to a part of the heart muscle.

Chest Wall Pain

The chest wall includes skin, muscles, ligaments, ribs and rib cartilage.



Pain can be caused by infection, inflammation, bruises, strains, sprains and broken ribs. Chest wall pain is usually sharp or knife-like and limited to a small area. It often comes and goes for days; touching, bending, stretching, coughing or taking a deep breath may cause the pain to start or increase.

Non-Heart Pain



Anxiety is a common cause of chest pain. It may be sharp jab or dull pressure and it is often located in the left chest area. Pain from *hyperventilation* (excessive rapid breathing) often causes or comes with anxiety.

Chest pain can be from the lungs, pleura (the thin membranes that cover the lungs), esophagus, diaphragm or several of the organs in the upper abdomen. Pain from the lungs and pleura is similar to chest wall pain and frequently followed a cold or flu-like illness. Lung diseases like pneumonia, blood clots and asthma may produce chest pain.

If discomfort is caused by the esophagus or the stomach, there may be an acid taste in the mouth and a burning feeling in the chest that improves with eating.

Prevention

There are many causes of chest pain, and prevention is not possible for all of them. However, good health habits decrease your risk of illness and improve your chances of quick, full recovery.

Maintain normal body weight



Follow a low-fat, well-balanced diet



Exercise regularly



If you smoke, start steps to kick the habit



Have a regular check-ups to help detect any health problems early



Learn about any chronic illness you have and follow your doctor's advice



Learn about stress and stress management



References: CTA Economic Benefit Trust

By: L. Dalisay

Control of Drugs and Alcohol Onboard Ship

Accidents and Near-misses can happen anytime on maritime vessels, in ports, and even in offshore installations. As we learn onboard safety and injury/accident prevention, it is necessary to know what is meant by the word RISK. That in achieving Safety, the overall RISKS to ship's crew, third parties, its property and the environment should be AS LOW AS REASONABLY POSSIBLE. Thus the ALARP principle. Achieving the ALARP principle is greatly affected if the crew, personnel or workers performing specific tasks or operation is under the influence. That the probability of committing a human error is very high which can lead to serious or disastrous consequences.

There are far too many examples of maritime accidents in which blame can be put on drug or alcohol use. In the case of the Exxon Valdez oil spill in 1989, for instance, it is suspected that the captain of this large oil tanker have been drinking alcohol prior to the vessels grounding. Although it was subsequently proven that he is sober during the event, question has always remained as was the belief of some that alcohol consumption and the accident are linked, which lead to be one of the worst environmental disasters.

More recently, in 2007, another ship's captain was blamed for an oil spill because of being under the influence. The pilot operating the *Cosco Busan* between San Francisco and Oakland in the San Francisco Bay ran the oil tanker into the Bay Bridge. This resulted into a significant spill of heavy fuel oil into the bay. The pilot was later found to have been using prescription drugs that impaired his ability to use the electronic navigation system and radar and this directly led to the crash with the bridge.

One of the most tragic examples of a maritime crash involving drugs or alcohol occurred in 2003 when the Staten Island Ferry did not slow down as it approached the dock in Manhattan. It was the first crash in the ferry's 98-year history of going back and forth between the two New York City islands. More than 70 people were hurt in the crash, and eleven people were killed. Later the ferry's captain operating it at the time was found to have been using Tylenol PM and tramadol, a prescription painkiller. The combination of substances led to the captain losing consciousness as the ferry approached the dock. He was eventually sentenced to 18 months in prison.

Being under the influence of drugs or alcohol means being impaired. Alcohol increases Gamma-Aminobutyric acid (GABA) activity which controls the time it takes a person to respond to a certain situation. This is a major issue because as GABA activity increases, brain activity slows down. That means it slows down the central nervous system. The normal functioning of the brain becomes delayed. Alcohol also affects how a person processes information, hand-eye coordination, and the ability

to make sound decisions. Drugs can affect a person in a number of different ways, depending on the drug. Both prescription drugs and illegal drugs have the ability to affect judgment, memory, motor skills, visual acuity, ability to concentrate, reaction time, and other factors that impair a person's ability to operate machinery, a vehicle, or a seagoing vessel.



The Company Drug & Alcohol Policy

"12.1 Owners undertake that they have, and shall maintain for the duration of this Charter, a policy on Drugs and Alcohol Abuse applicable to the Vessel (the "D & A Policy") that meets or exceeds the standards in the OCIMF Guidelines for the Control of Drugs and Alcohol Onboard Ship 1995 as amended from time to time."

BPTIME3 Time Charterparty

Shipping companies should have a clearly written policy on drug and alcohol abuse that is easily understood by seafarers as well as shore-based staff. In order to enforce their policy, companies should have rules of conduct and controls in place, with the objective that no seafarer will navigate a ship or operate its onboard equipment whilst impaired by drugs or alcohol. It is recommended that seafarers be subject to testing and screening for drugs and alcohol abuse by means of a combined program of un-announced testing and routine medical examination. The frequency of this un-announced testing should be sufficient so as to serve as an effective deterrent to such abuse.

<https://www.maritimeinjurycenter.com/accidents-and-injuries/drug-alcohol-related/>

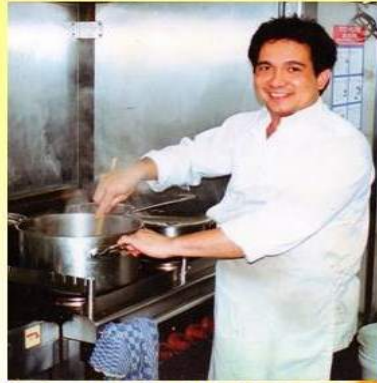
<http://www.professionalmariner.com>

<https://www.ocimf.org>

By: F. Bautista



MOUSSAKA



Chief Cook ERNAN DELA CRUZ



LEMON CAKE

INGREDIENTS:

- 1kg. Ground Beef
- 30 ml Olive Oil
- 1 pc. Onion
- 5 Cloves Garlic
- 500 grams whole peeled tomatoes
- 1 table spoon tomato paste
- ½ cup red wine
- 30 grams Parsley
- Pinch cinnamon powder
- ½ cup salt and pepper
- 1 kilo eggplant
- 1 kilo potatoes

PROCEDURE:

1. Sauté onions, garlic in olive oil until translucent. Add the ground beef and cook until browned (about 15 minutes)
2. Add tomato paste and season the mixture with salt and pepper, cook for another 5 minutes
3. Pour the red wine and bring to boil, and then lower the heat and simmer until mixture is dry
4. Meanwhile, boil the potatoes for about 5-10 minutes. Set aside.
5. Deep-fry the potatoes and egg plant in vegetable oil. Drain and set aside.



INGREDIENTS:

- 1 ¾ Cups cake flour
- ½ Cup sugar
- 1 Tbsp. baking powder
- ½ Cup corn oil
- ½ Cup water
- 1 Tsp. lemon extract
- 1 Pc of lemon
- 7 Pcs egg yolks
- 7 pcs egg white
- ¾ cup sugar
- ¼ tsp cream of tartar

PROCEDURE:

1. Preheat oven to 350 F
2. Grease 17-19 mammon molds generously with butter. Set aside. (or using a paper cups, no need to grease with butter)
3. Sift cake flour, 1/2 cup sugar and baking powder 3x. Transfer in the bowl of the mixer and add corn oil, egg yolks, water and lemon extract. Stir until smooth.
4. In a separate bowl, beat egg whites, 3/4 cup sugar and cream of tartar until stiff but not dry. Fold into the yolk mixture. Divide batter onto the prepared molds.
5. Bake for 25 to 30 minutes or until done.
6. Cool slightly on wire racks. Brush with softened butter then sprinkle top with sugar.



C/Ck Ernán Dela Cruz, married and proud father of 2, is a BMI crew in good standing since 2004 having sailed on our manned General Cargo, Bulk, Multipurpose and Chemical Tanker vessels. Ck dela Cruz is presently on board the CFL Prospect since November 14, 2017.

CREW AT WORK

FROM CADET TO ELECTRICIAN

I am a licensed Electronics and Communications Engineer since 2007. Prior to my maritime career, I was managing our computer business in the province. Though I found it challenging, my heart desired for a more rewarding income commensurate to my skills and passion.

A few years later, I opened the door for another career opportunity which is being a Mariner. It was at first a big decision to make and I considered my parents' advise.

Finally in Jan 2010, Blue Manila Inc. accepted my application. I had mixed feelings of excitement and nervousness and stories of hardships & fulfillment, loneliness and joy because for every journey on board I meet new friends where we always treat each other like a family.

My first assignment on board was as Engine Cadet. It was one of the most unforgettable chapters of my life. I diligently and patiently accomplished all the tasks that were given to me like cleaning of machines, repairing mechanical and electrical devices, maintaining cleanliness of engine room, etc.

Being a cadet was not as simple as what others may think, it was truly a challenging and a laborious job.

As soon as I finish my first contract, I underwent further studies earning me my Electrician and later my Electro-Technical Officer licenses. Every contract provides more meaningful challenges in the work where I gain additional knowledge made me love what I am doing and continuously advocating the patience in the work, dedication, and loyalty that will make you achieve what your heart desires.

Thanks to Global Crewmanagement for welcoming me on board your manned vessels as a Cadet and until now where I am serving as an Electrician.



Electrician Neptune Ursus Obmerga

CREW AT WORK

