



The Anchor

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eRegistration

MyPOEA

eRegistration

The e-Registration is POEA's online registration facility on the net. This online registration is open to all Filipino applicants aspiring for overseas employment. Once an applicant is registered, he/she is bound by the terms and conditions of the site. Applicants can update, check and print their profile anytime.

Username (Email Address)

Password

Login

Don't have an account? [Sign up Here!](#)
Forgot Your Password? [Click Here](#)

POEA e-Registration

On its [Advisory No. 016, Series of 2018](#), the Philippine Overseas Employment Administration (POEA) addressed all licensed manning and land-based recruitment agencies that the new e-contracts processing is fully implemented and mandatory beginning May 2, 2018.

In this connection, manning agencies, in particular, are urging seafarers bound to work on board ocean going vessels to comply with the POEA's new e-Registration by creating their online accounts.

The e-Registration is POEA's online registration system on the net. This is open to all Filipino applicants aspiring for overseas employment. Once an applicant is registered, he/she is bound by the terms and conditions of the site. Applicants can update, check and print their profile anytime.

All seafarers are now required to register to have and update their data on their online account. Manning agencies cannot process the contract of the crew if he has not yet registered in the POEA online services. With this new mandatory requirement, Blue Manila, Inc. assists our seafarers by providing within our office premises dedicated computers and internet services and assisted by BMI staff, for this purpose.



Seafarer's e-mail address and password are important to get started with the POEA e-registration. You can access the POEA e-services anywhere anytime as long as you have an internet connection. Just click the link: <https://eservices.poea.gov.ph/Home> and a user friendly instruction will guide you to process and get started with the e-registration. Just read and follow the instruction and it will guide you to the end. Seafarers will receive a registration number which will be their permanent registration numbers and which they will use whenever they process documents in the POEA.

Take note, according to the POEA user manual, registration users who have entered the correct email but wrong password for more than five attempts will result to locking of their e-Registration account.

Likewise, Seafarer cannot make multiple e-Registration accounts. Only one (1) e-Registration account per seafarer is acceptable by the new system.

If the seafarer encounters any technical error, they are advised to consult their respective manning agencies or the POEA or they can visit the POEA-ICT office.

References: www.eservices.poea.gov.ph and *POEA User manual*

By: K. Robion

Blue Manila, Inc successfully passed the ISO audit for the new ISO standard and was certified by TUV Rheinland for ISO 9001:2015 for Sea Manning Services.

Certificate

Standard **ISO 9001:2015**

Certificate Registr. No. 01 100 1734717

Certificate Holder:



Blue Manila, Inc.
Unit A and B 9th Floor Belvedere Tower,
15 San Miguel Avenue, Ortigas Center Pasig City,
1600 Philippines

Scope:

Sea Manning Services

Proof has been furnished by means of an audit that the requirements of ISO 9001:2015 are met.

Validity:

The certificate is valid from 2018-06-07 until 2021-06-06.

2018-06-07

TUV Rheinland Cert GmbH
Alte Grafen Stein - 51105 Köln

www.tuv.com



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WHY IT'S MORE FUN IN THE PHILIPPINES : FLORES DE MAYO



Filipinos love FIESTAS. FIESTAS are celebrated all-year round all over the country, especially in the summer months. May is one of the merriest and beautiful month of the year. It is the season of colorful festivals.

Flores de Mayo (Flowers of May) or the Santacruzán is one such festival. Stop and smell the flowers.... But during the month of May, in the tropical islands of the Philippines, we don't have to stop -- the fragrance of flowers floats in the air. When the rains begin to pour after a long dry spell, flowers magically bloom overnight. And being predominantly Catholic, the Filipinos celebrate the beneficial rains by giving praise to the Blessed Virgin Mary. The townfolk gather the colorful flowers to decorate the Parish Church altars and aisles. They bundle the blooms in exotic arrangements for the many different festivities all together referred to as the "Flores De Mayo" (Flowers of May). Many towns celebrate Flores De Mayo with the community congregating in the afternoons to pray the rosary, offer flowers to the Virgin Mary, and share homemade delicacies and snacks. Children and adults wearing their Sunday best sing and dance to welcome the rains that will water the new crops.

Santacruzán is held annually in the warm month of May and is considered to be the "Queen of Filipino Festivals". Beautiful town belles are selected to participate in this colorful pageant parade. The stars are selected not for their looks alone, but for their embodiment of traditional feminine qualities. It is a week-long street pageant in almost every town; from the dirt road barrio to the metropolis honoring beautiful Philippine maidens and their handsome escorts under the hand-carried bamboo arc's decorated by fragrant native flowers.

The Santacruzán also known as Sagala is a ritual pageant held on the last day of the Flores de Mayo. It is a religious-historical beauty pageant held in many cities, towns, and even in small communities throughout the Philippines during the month of May. The pageant depicts the finding of the True Cross by Queen Helena, mother of Constantine the Great. Young ladies, often called reynas ("queens"), are chosen to represent biblical figures and other traditional or allegorical figures from religious and national history. The reynas, dressed in their finery and bearing attributes, walk through the town escorted by young men or boys. The Reyna Elena, representing Saint Helena, is the last and grandest; she bears a cross or crucifix as she is escorted by a young boy playing Constantine. All participants walk under arches festooned with flowers or other decorations connoting bounty. Many movie and television personalities participate in the events and are featured in major santacruzán. Normally the parade was backed by brass band playing, and a choir singing dios te salve which is the Spanish version of Hail Mary.

I have experienced to be part of santacruzán when I was 14 years old and I realized that being part of the parade was not that easy. It was bit tiring as we have to walk slowly in the middle of the street wearing gown and heels. However, I can say that it was an amazing experience to be one of the "Reynas" and I would still be honored to participate in the future.

In my home town, every month of May almost all barangays are preparing to parade their most beautiful ladies in their best traditional gowns. As early as March organizers are already persuading their bet in preparation of the upcoming event. Some even invite local TV personalities to make their Santacruzán really grand and talk of the town. Truly, Santacruzán became part of the Kapampangan tradition and I hope that the next generation will still continue this tradition.



Photo credit to : Marielle Aquino ; philippinestravelsite.com; primer.com.ph;
<http://astig-gid.blogspot.com>

References: www.philippinecountry.com; https://en.wikipedia.org/wiki/Flores_de_Mayo

Health is Wealth



Major depression is potentially life-threatening physical and mental illness.

The classic symptoms are a hopeless mood and loss of pleasure in activities that used to be enjoyable. Major depression can be triggered by severe life stresses including the death of a loved one, divorce, serious financial difficulty, chronic illness and chemical dependency—particularly on alcohol or cocaine.

Limited periods of sadness and grief are normal experience for everyone. However, the inability to recover from these episodes signals the likelihood of a potential problem for which you will want to seek some level of care.

While anyone can suffer from depression, individuals at higher risk include, women, older adults and those who have a parent with a major mental illness. Women are at higher risk because pregnancy and postpartum changes can cause depression. In elderly, poor health, social isolation, poverty and grief are factors.

While chronic illness of any sort can cause depression, some illnesses seem to have depression as one of their symptoms. These include systemic lupus erythematosus and Parkinson's disease.

Certain medications, including some used to treat high blood pressure and Parkinson's disease, also can cause depression.

Unfortunately, despite gains in the past few years, as stigma is still attached to undergoing or seeking treatment for mental illness. Some people may avoid acknowledging their depression to avoid this stigma.

Other common signs of depression include:

Note Your Symptoms

- * Unintentional weight loss or gain
- * Abnormal sleeping patterns
- * Fatigue Feelings of worthlessness
- * Excessive or inappropriate feelings of guilt
- * Decreased ability to concentrate
- * Recurrent thoughts of death or suicide
- * A suicide attempt

- * Withdrawal
- * Irritability, anxiety, sadness

Helpful Tips to Overcome Depression:

1. Get enough sleep.

Too much tiredness—physically and mentally—is one of the factors that contribute to feeling negative emotions. Notice how you easily get irritated and pre-occupied when you are sleep deprived. If possible, aim to get 7 to 8 hours of sleep a day. This will help you make sound judgments on everything coming your way.

2. Be physically active.

Engaging in physical activities can help your body produce more endorphin, a chemical that is usually associated with pain relief and pleasure. The more physically active you are, the happier you become and the lesser pain you feel (in case you are hurting inside). That is why it is advisable that you exercise regularly. It is not necessary to work out in the gym. Running, brisk walking, or Zumba will do. You can also involve yourself in a particular sport like badminton or basketball.

3. Indulge in chocolate.

Chocolate is the most popular comfort food. It is proven effective in cheering a sad person up, because it releases happy hormones in the body.

4. Paint the walls yellow.

If you are prone to depression, painting your room yellow is highly recommended. If this is not possible, maybe you can at least use yellow curtains. Yellow wallpapers will also do. In color psychology, yellow is associated with happiness and cheerfulness.

5. Keep your place organized.

A messy mind can also contribute to depression. When your office is cluttered or your house is chaotic, it can cause frustration. As you see the mix-ups, you would feel that there are many things that should have been done, but you have not done them. It creates a sense of incompetence and irresponsibility. Guilt-complex happens, and soon your self-esteem is affected.

6. Adopt a hobby.

Instead of thinking about your problems and failures, do something more worthwhile with your vacant time. Find a hobby that can preoccupy your mind.

7. Laugh yourself out.

Laughter is the best medicine, they say. There is a truth to this especially when your problem is sadness. You better hang out with funny friends and

enjoy with them.

8. Dream happy dreams.

Have you ever noticed that whenever you had bad dreams, you would wake up unhappy and less energetic? On the contrary, if you had good dreams, you would get up lively and sunny.

9. Surround yourself with loved ones.

The best depression therapy is love—loving and being loved. Do not hesitate to reveal your situation to your family or loved ones. Their support can strengthen your will to overcome whatever you are going through. Knowing that you are loved and being surrounded by people who care for you will make you feel secure. Also, doing things to make them feel your love can revive your sense of purpose.



10. Nourish your spirit.

Many depression patients have recovered because of their faith in God. You probably do not believe that there is a supreme being who created everything. Start walking on the path of your spiritual journey. Seek your Creator and His purpose for your life. Listen to people who encountered breakthroughs and miracles through prayers. Then, try talking to God yourself. He will hear you, so you can tell Him everything you feel. Have faith and believe in the miracle of prayer. Join a support group who will guide you in your spiritual walk.



Seek emergency care if you have serious thoughts of suicide, with or without a specific plan, or if you have made a suicide attempt. If someone you know has threatened suicide, take those threats seriously. Call The Philippines' FIRST depression and suicide prevention hotline (02) 804-4673 or encourage the person to seek help.

References: CTA The CareWise Guide by NEA ;
Primaltherapy.com

By: L. Dalisay

STCW UPDATE

The Maritime Industry Authority (MARINA) has held last May 25, 2018 another forum dubbed “Usapang STCW” (STCW Talk) at the Philippine International Convention Center (PICC). Part of the program is the launching of the STCW-SIBR Online Appointment System and Mobile APPS. It is part of its effort to be at pace with technology and automation that is fast growing in the maritime industry.

The system will allow seafarers and other stakeholder’s automated access so that will provide an easier and more convenient way to transact with MARINA by undergoing necessary process that is accessible anywhere in the world.

According to Atty. Vera Joy Ban-eg, the user friendly interface plus the great features it offers is a product of Marina attending to seafarers with the objective to bring ease to what was once an everyday struggle of every seafarer to be certified and for every institution to be compliant.

It offers real time feedback for incomplete requirements and one can check and setup available slots for appointment.

The event which was also attended by the Maritime Ambassador of the International Maritime Organization (IMO) Carlos C. Salinas was spear-headed by the new administrator, Rey Leonardo B. Guerrero who also took the opportunity to announce his plans for Marina by naming his 14-Point Priority Agenda for 2018. Some of which are:

Re-Engineering and updating of the Contents of the Marina website.

Completion of the draft 10-Year Maritime Industry Development Program (MIDP);

Compliance with the Audit Findings of the European Maritime Safety Agency (EMSA) on the Philippine Maritime Education, Training and Certification System;

Assessment on the Implementation of Republic Act. No. 9295 otherwise known as “The Domestic Shipping Development Act of 2004”;

Completion of the draft Revised Philippine Merchant Marine Rules and Regulations;

Completion of the Marina Quality Procedures covering all major services at the Marina Central Service Units in preparation for the eventual implementation of the Marina Integrated Management System;

Completion of the draft Philippine Fishing Vessels Rule and Regulations;

Preparation for the Philippine Audit under the IMO Member State Audit Scheme (IMSAS) in 2021;

Implementation of Regulatory Reforms to ease doing business in the maritime industry and expanded anti-red tape act of 2017;

Accelerated filling up of vacant plantilla positions;

Proposal for new Organizational structure of the Marina;

Strengthened and substantial Philippine participation in international meetings and conferences, where Marina participants should have them prepared and cleared positions, interventions and papers before allowing them to travel; Validation by the Civil Service Commission of Marina’s implementation of the strategic performance management system; and 14. Revival of the Marina Performance Governance System (PGS).

By: F. Bautista

VISIT TO MV INDUSTRIAL MERCHANT



Visit by BMI staff and crew’s families to the MV Industrial Merchant during her call at the Port of Batangas, 26.07.18.

To the Master, Officers and Crew—Thank you for welcoming us on board and wish you all safe navigation to your next destination.

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COOKIE CORNER

Golubtsi – Cabbage Rolls



Ingredients

- 1-2 cabbage heads (1 large cabbage head - 3.5 lbs or 2 smaller cabbage heads- 1½ lbs each)
- 3 lbs ground meat (beef, pork, turkey, chicken)
- ½ - ¾ cup uncooked rice, slightly undercooked to the package instructions
- 1½ - 2 Tablespoons butter or oil
- 3 onions, finely chopped
- 3 carrots, shredded
- 2 celery stalks
- ½ cup water, for meat mixture
- 3 cups tomato sauce or tomato ragu
- 1 - 1½ cups reserved cabbage water
- salt, ground black pepper
- fresh herbs (dill, parsley)

Instructions

1. Cut out the core from the head(s) of cabbage. Submerge the whole thing in a pot of salted water. Bring it to a boil and cook until the outer leaves are tender but not mushy. They will pull away easily from the cabbage. You want the leaves to be pliable enough to work with but not falling apart. Take apart the whole cabbage, peeling/separating each of the cabbage leaves as soon as it's soft enough to peel away from the cabbage head. Save the water.
2. When the cabbage is cool enough to handle, cut off the hard rib on each leaf with a paring knife and discard.
3. At the very center of the cabbage, the leaves will be too small to use. Chop up that cabbage very finely and add about ⅓-½ cup to the meat mixture. Coarsely chop the rest of the cabbage that you won't use to roll into golubtsi and set aside. You can use it to line the bottom of the pot or to cover up the cabbage rolls.
4. Cook the rice according to the package instructions, leaving the rice slightly underdone, drain and set aside to cool.
5. Meanwhile, make the meat mixture. Heat the butter or oil in a skillet and add the onions. Season with salt and ground black pepper. Cook until the onions are tender. Add the carrots and celery, season with salt and ground black pepper and cook for about 5-7 minutes, until all the vegetables are tender. ⅓ of the vegetables will be for the meat mixture, so cool them slightly, just until they are warm. The other ⅔ of the vegetables will be for the sauce, so leave them in the skillet and add the tomato sauce or tomato ragu to the skillet, heating it through for about 5 minutes.
6. Mix the ground meat, mixture, finely minced cabbage, rice, ½ cup water, ⅓ of the sautéed onions, carrots and celery, 2½ teaspoons of salt, and 1 teaspoon ground black pepper. If the meat mixture feels very stiff, add a little bit more water. The meat mixture should be soft but stay together. If it feels very stiff, the cabbage rolls will be dry.
7. For the smaller cabbage leaves, take a small portion of the meat mixture and place it in the center of a

cabbage leaf. Fold the side edges over the meat. Starting from the folded over cabbage leaf closest to you, roll up the cabbage leaf over the meat to form a roll.

8. For the larger cabbage leaves, cut the leaf in half, removing the tough center rib. Place a small amount of meat mixture into the center of the meat, rolling it up into a triangular/cone shape.

9. Repeat with the rest of the meat and cabbage. I often use the same meat mixture and fill some bell peppers with it too and cook the stuffed peppers along with the cabbage rolls. The bell peppers give a great flavor to the cabbage rolls too.

10. Spread some of the tomato and vegetable sauce on the bottom of the pot and add some of the coarsely chopped cabbage. Place the cabbage rolls in a tight, single layer over the sauce. Continue layering the cabbage rolls into the pot. Pour the rest of the tomato and vegetable sauce over the cabbage rolls. Pour about 1 - 1½ cups of the reserved cabbage water over the cabbage rolls and the sauce. Bring everything to a boil then reduce the heat to a simmer and cook, covered, for about 1 hour on the stovetop. You can also cook the cabbage rolls in the oven, at 350 degrees Fahrenheit, for about 1½ hours.

Garnish with fresh herbs and serve with sour cream.



C/Ck Ryan Angeles, 29 Yrs old. A BMI crew in good standing since 2009 having sailed on our manned Multipurpose carrier, Container, Tug boat, Multicat, Semi-submersible vessel and Dynamic Positioning Support vessel. He successfully completed another contract on board of the MV Silda and signed-off last 22 May 18

LIVELIHOOD

Blue Manila, Inc.'s Livelihood Seminar offering for the first half of 2018 was geared towards Health and Wellness using alternative preventive medicine.

Last May 30, 2018, a Therapeutic Massage and Reflexology Seminar was conducted at the Blue Manila, Inc.'s In-House Training Room by the husband and wife team of Licensed Physical Therapists and accredited Tesda NC III trainers and evaluators: Mr. Carlito and Mrs. Juanita Ely. The positive response from the first batch of participants and the clamor to conduct another session from interested participants resulted to a second seminar on June 20, 2018.

Participants composed of crew, crew's wives, kids and some BMI office staff learned the basic concepts and hands-on techniques of therapeutic massage and reflexology which could be a source of additional income for those who would pursue further training on this field and become NCIII certified massage and reflexology practitioners.

For our crew who are exposed to heavy work load and stress while on board causing back and joint pains which are the common causes of repatriation, the seminar has taught them the emergency remedies they can apply on themselves and to their crewmates while on board.

Reflexology is widely known to stimulate nerve function, increase energy, boost circulation, induce a deep state of relaxation, and eliminate toxins from the body. Moreover, it helps stimulate the central nervous system, prevent migraines, and treat urinary tract conditions. This type of massage speeds up recovery after an injury or surgery, reduces sleep disorders, and relieves depression and pain.

At the end of the seminar, the participants welcomed the additional knowledge, new ideas for business and most importantly, the new friendship they have formed with each other.

Therapeutic Massage and Reflexology Seminar



By: T. Millar

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CREW AT WORK



Crew on board MV Nordstroom with AB Nelson Ramozo, AB Richard Del Fiero.



AB Cecilio Samson of MV Westborg painting hatch cover.

Leisure on an Arctic Carrier

Since I began sailing as a cadet in 1992 I have been working with Filipino crew and officers. My first company was Stolt-Nielsen, a Norwegian tanker company. A few decades later I am still working with Filipino seafarers, which isn't strange, since Filipinos form part of crews on many vessels all around the globe. As the republic of the Philippines consist of more than 7000 islands I can imagine they are strongly connected to the sea. Presently I am captain of the Audax, an Arctic Heavy Transport vessel of Red Box Energy Services. Most of the officers are Dutch, but some hold a Russian or

British passport. The rest of the crew is Filipino. It is a pleasure to work with them, since they are usually skillful, motivated and good team-players. The latter is important, especially in a harsh environment like the Arctic. In the winter of 2016-2017 we battled our way through the ice and eternal darkness of the Northern Sea Route. A good atmosphere on board is vital to be able to cope with this challenging environment. Exercising, playing sports and making music together are some examples of keeping the spirit high.

Henk Oenema, Captain MV Audax



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