



The Anchor

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Gratitude in Photos- 2019



AB Ryan Tomas working aloft



Visit to the Morgenstond II-South Harbor, Manila 27.09.19



As we celebrate the Holiday season, end 2019 and welcome 2020, let us all remember the many blessings and opportunities that came our way. One such blessing we all can relate to is the gift of employment.

GRATITUDE is reflected in each of the accompanying photos.

Our **GRATITUDE** to all our Principals, our BMI Marinos on board & ashore, ex BMI Marinos, contact partners, employees and our respective families who have all been part of our journey and most importantly to the little child "Jesus" whose **"GIFT OF LIFE"** we celebrate this Christmas.

Wishing everyone a blessed and Merry Christmas; Good Health, Good Will, Peace & Prosperity in 2020.

Lesson on Gratitude.

If you woke up this morning with more health than illness, you are more blessed than the million who will not survive the week...

If you have food in your refrigerator, clothes on your back, a roof over your head and a place to sleep, you are richer than 75 percent of the world....

If you have money in the bank or in your wallet, you are among the top 80 percent of the world's wealthy...

If you hold up your head with a smile on your face and are truly thankful, you are blessed

Because the majority can, but most do not.

Life is not about complaining. Life is about thousands of other reasons to be grateful & happy.

Author: Unknown

F. Arcellana



Crew releasing butterflies during BMI's 36th anniversary-20.11.19

Health is Wealth

7 Ways to avoid Holiday Weight Gain

New Year. But, as we all know, excess pounds don't disappear along with the decorations. And nobody wants to start the new year in the hole, body-wise.



Turns out, there's no need to. "You can have fun without throwing away your healthy habits," says Elisa Zied, RD, author of *Nutrition at Your Fingertips*. Check out these 7 rules for a no-gain season. You can indulge and still wake up the same size (or less!) come New Year's Day.

1. Start Your Day With A Bang.

Exercising in the morning can help ensure better behavior all day long, according to a study published in the journal *Medicine and Science in Sports and Exercise*. Using brain scans, researchers found that when women worked out in the a.m., they not only moved more the rest of the day, but they also responded less to pictures of tempting food compared with



the days they didn't do a morning workout. The upshot: fewer cravings for high-fat fare.

2. **Avoid Banking Calories.** Cutting back all day so you can indulge at an event that night only sets you up for a pig-out. Why? You're freaking starving! "It's easy to get out of control when you're faced with high calorie choices," says Tanya Zuckerbrot, RD, author of *The Miracle Carb Diet*. Be sure to eat your three squares and a couple of snacks. Aim for lots of fruits and veggies, whole grains, and lean protein.



3. **Avoid Leftovers.** Have the night of your life, then send guests home with food-filled containers. "It's the leftovers that do you in," says Lauren Slayton, RD, founder of Foodtrainers in New York City. Repeat after us: "Out of sight, out of mind".



4. **Eat Your H2O.** Instead of trying to down eight glasses of water (near impossible when you're busy), have a green salad with a drizzle of balsamic vinaigrette and a few slices of avocado. "These water-rich foods help keep you hydrated, so that everything moves through your system faster," Zied says.



5. **Brew Up A Pot of Peppermint Tea.** Research shows peppermint can help calm stomach muscles and reduce gas. Not a fan? Try chamomile, suggests Bonnie Taub-Dix, RD, author of *Read It Before You Eat It*.



6. **Chew Slowly.** When your to-do list is never-ending, it's hard to make yourself downshift, even at mealtime. But eating fast is a quick recipe for an expanded waistline. Taking time to chew your food slowly helps reduce calorie intake and prevent weight gain.

7. **Get Plenty of Potassium.** This nutrient counterbalances sodium, so you retain less water, Zuckerbrot explains. Our favorite potassium possibilities: bananas, papayas, kiwis, strawberries, and cantaloupe. Or serve up some asparagus or dandelion greens to get the bonus of a natural diuretic.



Source: health.com & www.healthyoptions.com.ph/newsdigest

G. Balais

CREW AT WORK : SEAFARING-HARDWORK'S PRIZE



Every job is a blessing, no matter how big or small, high-paying or low income ,exciting or not, it does not really matter for as long as it is decent and fulfilling.

Sometimes we only think about the negative things of our job but there are many blessings we can get if we work hard and learn to value it. My job as a seafarer, for one, has never been an easy work; and in the world, it is one of the most unique and challenging professions.

Others may see our job as critical, laborious and risky, these are all right. But dangerous as it is, I have always considered it as one of my life's best endeavors because of some reasons. One is, because of my job, I was able to afford for our basic needs. It had provided a roof over our heads, food on the table, clothes on our backs and leisure to enjoy. Another reason is, working hard makes us feel good.

There's a true pride in seeing the results of our hard works, in knowing that we've made a difference. Furthermore, my work created

bond with my shipmates ; it is always seem enjoyable and fun when we work together and doing our best makes us feel like we are capable and skilled to accomplish even greater things.

Meanwhile, I would like to take this privilege to express my gratitude to Global Seatrade and to Blue Manila Inc for the work opportunity given to us. It has been a pleasure working with you all.

There is not a single easy job in this world, every job is a form of hard work, and the only difference is one's point of view towards a profession. All work is an opportunity to develop one's personality. Remember that having a job is one way to support one's family, and means of helping in the improvement of the society.

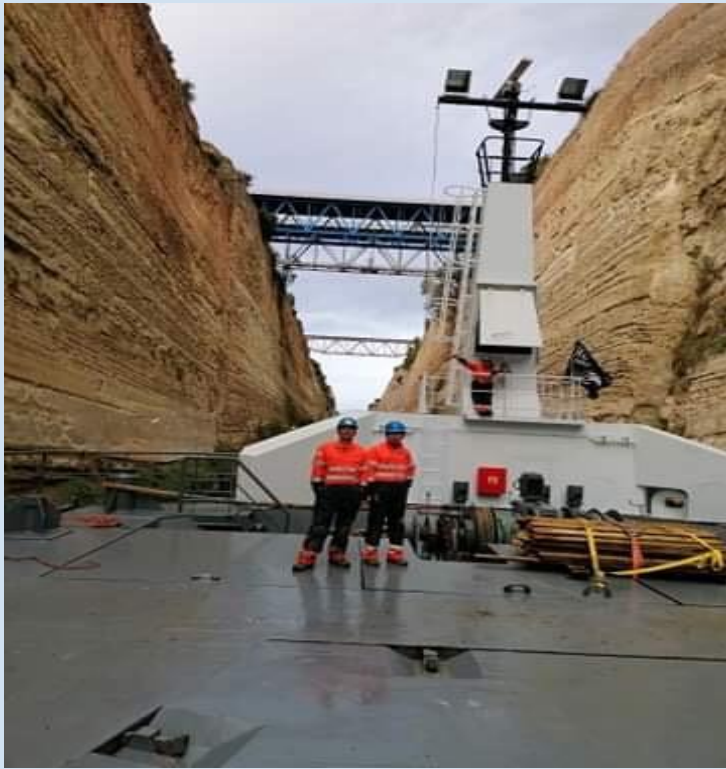
I am always proud and thankful with my job i have today. It is indeed one of my greatest blessing!

AB Ryan Tomas
On board MV Atlantic



CREW AT WORK

MV ARCTIC ROCK



Marine Officer Harold Schaap, 3/O Lende Buctuan, AB Julius Cabañero and AB Jair Refugio

04.12.2019-arriving from Kymassj, Greece

The crew on board the Arctic Rock which is being towed on their way to Taranto, Italy in a 1 1/2 hour passage, along the Corinthian Canal, Greece.

The Corinthian Canal or Corinth connects the Gulf of Corinth with the Saronic Gulf in the Aegean Sea. It cuts through the narrow Isthmus of Corinth and separates the Peloponnese from the Greek mainland, arguably making the peninsula an island. The canal was dug through the Isthmus at sea level and has no locks.

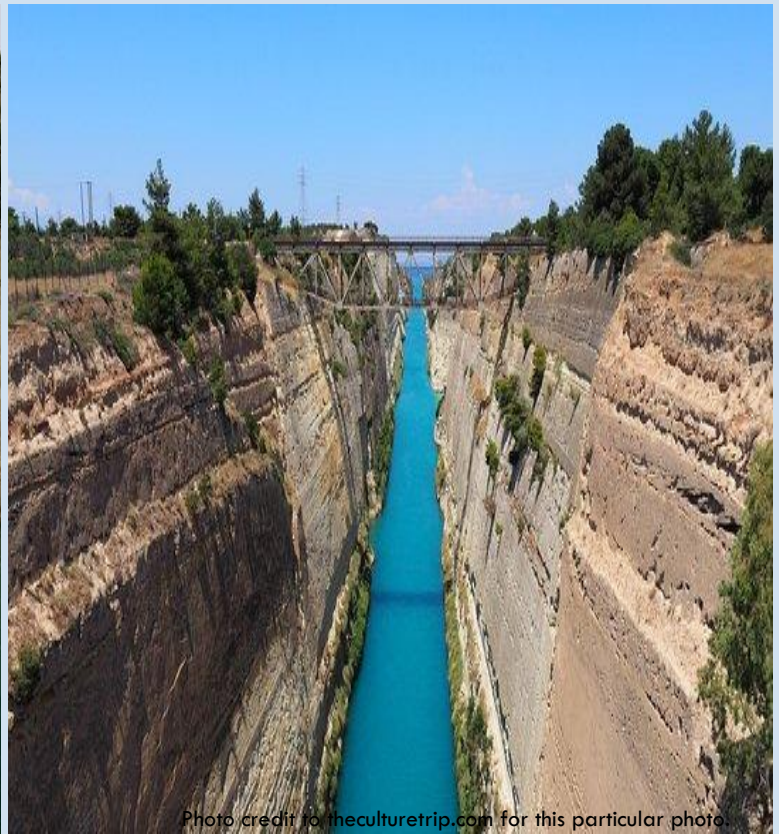


Photo credit to theculturetrip.com for this particular photo.

COURTESY VISIT

VISIT TO THE MORGENSTOND II

South Harbor, Manila, Philippines

27.09.19



Like crew changes effected outside of the Philippines, I find it challenging to organize crew changes done in our country. In addition to the normal immigration formalities for signing-on and signing-off crew and coordination with the agent and principals, we also organize the visit of the crew's families.

After all the hard work though, a very fruitful day will pay you back.

September 27, 2019 at around 9:00am we, the BMI Staff, joining crew and families assembled at the South Harbor, Pier 15's landing pilot to wait for our turn to board the launch boat that will bring us to the vessel MV Morgenstond II which is in Anchorage. We arrived at the vessel at 1245 hours.



- Fathers were eagerly anticipating the arrival of their families on board.
- Family members who have waited for this rare chance to be with their loved ones were also very excited to spend a precious hour or 2 to be with their husband, father, son, our crew
- Other crew whose families were not able to come and visit them due to distance, were still happy seeing familiar faces.
- Joining crew were smiling and greeting their colleagues.
- Off-signers can't wait to return to their cabins to freshen up,

prepare to disembark the vessel and head home to their families

I had this opportunity to tour around the deck, forecastle, cargo area, cabin, the bridge, see the crane up-close which only experienced crew must operate; huge containers which are loaded with special cargoes, the kitchen, and off course the mess hall J .

As we all waited for 3-4 hours at the pier without breakfast before arriving at the Morgenstond II, everybody was looking forward to taste the very sumptuous meal that C/Ck Vener Dionela prepared.

Double thumbs up for our C/CK Dionela for the very delicious and presentable meal he cooked for us.



Of everything I saw on board the vessel, this mooring winch/rope caught my attention the most. The mooring winch, a device that is used for securing a ship to the berth.

I heard so much about these huge rope from various crew from different types of vessels, it's purpose and uses on board and on the other hand how it can endanger one's life in just a blink of an eye when these huge rope snaps.

Thanks to the management who always strictly enforces Crew's safety protocols.

Cont.... Page 6.

Morgenstod II cont.... from page 5

Parting time..

At the end of our limited time on board the Morgenstond II and while on board the launch boat that will bring us back to shore, I had these thoughts ...

The Fathers who cherished spending short but precious time with their loved ones will miss them even more.

At the same time, the families who can't stop waving goodbye to their loved ones, with tears in their eyes and heavy heart but with gratitude for the chance of being with their "Padre de Pamilya" at the same time.

Stories were shared, precious moments will be remembered as they all go to sleep.

All of our crew on board whose smiles slowly fade away as they bid their goodbyes while they start another voyage away from home and family.

Off-signers who are excited to go home and enjoy their vacation time with their families.



Capturing this shot of the vast horizon taken from the vessel, I can empathize with the nostalgia our crew feels being away from their families but as I zoom it in, I saw the familiar place where we came from.

Just like how the seafarers zoom in the days, weeks and months from their contracts to finally reunite with their families.

Life of a seaman is not easy, nothing is easy indeed. With perseverance though and the right goal in mind, good and supportive colleagues on-board, efficient management and for the sake of their loved ones, it's all worth the sacrifices and hard work, not to mention the perks of exploring the other side of the world for free!

We would like to extend our deepest thanks to Capt. Oleksiy Shunkin, for allowing us to board his beautiful vessel, Morgenstond II.

The Officers and crew for welcoming us on-board and most especially to Global Crewmanagement and Drent Beheer B.V.

All the Best!
Gladys Sibbaluca

