



# The Anchor

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BLUE MANILA INC.  
GIVES  
LOVE  
on  
Christmas



Christmas is a beautiful celebration of love, of sharing, of kindness.

Thanks to our BMI Marinos, spouses & families; BMI Employees and to all who contributed to this year's outreach program, through your donations in cash, in kind and your time.

Through your kindness, we were able to distribute food, rice, medical, personal hygiene, grooming supplies, cleaning aids, used clothings, etc. for the elderly, the orphaned and the abandoned children.

Special thanks to this year's BMI Outreach Team headed by Sarah de Leon and Meliza Gutierrez; BMI Kids Lucy Arcellana and Marvin Millar, Mrs. Emy Detarro (wife of Olr Albet Detarro on board the Pugnax) and Emy Arana, who cooked the sumptuous "Adobo" for our beneficiaries early dinner.

Our beneficiaries were truly delighted and grateful not only for the above goods, but more so for the time spent with them, the warm hugs, the laughter and stories shared in this wonderful Christmas afternoon of December 13, 2018.

We wish everyone especially our BMI Marinos out in the sea longing to be with their loved ones, a blessed Christmas and a Healthy, Prosperous New year.

F. Arcellana







## WHY IT'S MORE FUN IN THE PHILIPPINES : The Beauty of Sagada



Overlooking Rice Terraces of Sagada



Kiltepan sunrise view ( Sea of clouds)



Pongas Falls

Aside from Summer, December is also the season to travel around the beautiful Island of the Philippines. Since we only have two seasons, wet and dry season. December is one of the best time to travel because it's not that crowded unlike summer, plus the weather is just enough to enjoy the sun. Let me guide you to travel to Sagada, Mountain Province.

Sagada is a town in the Cordillera Mountains, within the Philippines' Mountain Province. Echo Valley's hanging coffins are displayed high on cliffs, while centuries-old coffins are stacked in burial sites like Lumiang Cave. The nearby Sumaguig Cave has unusual limestone formations. To the north, Bomod-ok Falls has a natural swimming pool. Rice terraces are carved into the area's surrounding mountainsides.

You will simply enjoy the beauty of nature, lush green mountains, cool pine-scented air, first-class food, addictive local coffee, picturesque rice terraces, refreshing waterfalls, more adventure activities to enjoy and be amazed at how rich in indigenous culture the Igorots of Sagada.

You can travel to Sagada as a backpacker and a budget travel over the weekend. A quick escape from a busy city life.

If you want to experience Sagada's cool climate, best time to visit is from November to February (wet season) when temperatures can drop to as low as 4 degrees Celsius. Dry season in Sagada is from March to May, so it can be hot and dusty. The rainy season in the Philippines starts from June to October. Check the weather updates before proceeding, especially during off-peak season.

After 12 hrs travel by bus or 10hrs travel by private vehicle from Manila, normally you will leave Manila at night and arrive Sagada in the morning. A whole day of activities awaits you in Sagada. Be sure that your legs are ready and fit to enjoy the different activities in Sagada. You can choose to hike in a lush green surroundings, gaze the beautiful sunrise, spelunking in a massive cave and cave connection, Swim under a cold water-falls, rock climbing, Orange picking, leisurely stroll around town, try all the excellent local eateries, and a must try local coffee, tea and lemon pie and other flavor of Sagada.

At the end of the trip, I can say in the local language, Sagada.. *Sagad sa pagod, Sagad sa ganda. Sagada, a tire-some trip, but full of beauty. Come, and experience the wonders of Sagada.*

G. Balais

Photo credit : [sagada-igorot.com](http://sagada-igorot.com)



Sumaguig Cave



Eco Valley, Hanging Coffin



Cave Connection, Sumaguig and Lumiang Cave



Local Coffee Shop



Local Restaurant



Orange picking (Sagada Oranges)



Native way of Cooking Chicken(Pinikpikan)





## Health is Wealth

### 3 Eating Habits That Make a Big Impact on Health



Habits may not be easy to change, but changing even just a few can be an effective way of developing a healthier lifestyle. If you need a place to start, here are three eating habits that will improve your health the most.

#### 1. Eat veggies at every meal

Many people think veggies are good for you because they have very few calories, but its



#### Eat Spinach & Be Healthy



more about what veggies have than what they don't.

Veggies are high in fiber which helps maintain healthy levels of cholesterol and blood glucose. Vegetables are also where we find necessary vitamins and minerals to keep our body functioning like it should. For example, potassium (found in foods including spinach) helps maintain healthy blood pressure and vitamin A helps maintain healthy bones, skin and eyes.

A diet high in vegetable intake can decrease your risk of many chronic health conditions and increase the length of your life. Diseases such as atherosclerosis and cancer are caused/exacerbated by what's called oxidative damage. We can manage the amount of oxidative damage by consuming antioxidants like vitamin C (found in bell peppers and broccoli), vitamin E (found in kale and swiss chard), and zinc (found in green beans and brussels sprouts), so eat up!



Here are just a few easy ways to add vegetables into your meals:

- Add spinach to eggs in the morning
  - Add diced tomatoes into pasta sauce
- Add a side salad for lunch or dinner

#### 2. Swap sugar-sweetened beverages for water

Regular consumption of sugar-sweetened beverages (SSB) is associated with over



25% greater risk of developing type 2 diabetes, 20% greater risk of having a heart attack, decreased bone health and 75% higher risk of developing gout.

Consumption of these high calorie, low nutrient drinks are a major cause of weight gain and obesity. In addition, individuals who habitually drink SSBs have overall poor diet quality (intake of fiber, vitamins and minerals).

Some health swaps include:

- Black coffee + milk instead of dessert-in-a-cup drinks
- Lemon in-used water instead of lemonade

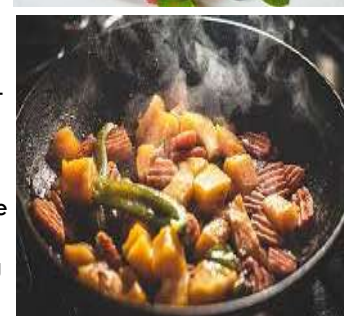


- Unsweetened iced tea instead of sweetened iced tea
- A piece of whole fruit instead of fruit juice/punch



#### 3. Cook!

It may seem overwhelming to start preparing breakfast or cooking dinner, but just like going to the drive-through, it can become a habit. Studies show that those who spend more time preparing food have better eating habits overall. If you're thinking you don't have the time, you'd be surprised to know it doesn't always have to take a lot of time. Preparing meals is a cornerstone of a healthy life. If you make the time to cook now, you're giving yourself the gift of a longer and healthier life!







## MV DEO GLORIA



I am C/Mate Marlou Dela Cruz and I like to thank this opportunity to share my job experience as a seaman.

Wayback in March 2001, I was assigned as a Cadet on a cargo vessel. In 2003, I was given a new contract as an Ordinary Seaman. In this same vessel, I was promoted to Able Seaman. I sailed a total of 28 months on this vessel. In 2005, I had the opportunity to join my first Dredger vessel, owned by a Dutch company.

I am currently on board the Trailing Suction Hopper Dredger (TSHD), the "DEO GLORIA".

I have been serving on board this vessel as a Chief Mate since 2014.

Dredging involves removing debris from navigational waters and fairways that impedes the safe passage of merchant ships maneuvering in and out the port.

Dredging the harbors deepens the area, to avoid risk of grounding for docking vessels.

Working on board a Dredging vessel is different than on a cargo vessel. It needs a lot of skills in handling pumps, positioning dredge pipes and maneuvering the vessel while dredging in close proximity where there are ships alongside the harbor.

## MV PUGNAX



Bsn Crispin Hamoy and AB Mellando Apostol doing ship maintenance on MV Pugnax at Scheveningen Anchorage Area, Rotterdam.





## COOKIE CORNER



**Paring of main course and side dishes is very important**

**sometimes I prepare:**

\*Indonesian Rice meal mini buffet

\*European and western cuisine

\*Euro/Western/Asian fusion

every 2x a month i prepared 6 courses

**example of my menu**

**Appetizer:** prosciutto with melon wraps, smoked salmon and eel and shrimp with lemon horseradish, & whisky cocktail sauce, liver pate with crackers and Brie cheese

**Soup:** Creamy Dutch Mustard soup, with smoked bacon and onion leeks

**Salad:** Greek salad with feta cheese

**Main course:** Surf and Turf ( 4.0cm thickness Fillet mignon beef tenderloin wrap in bacon cook on very hot pan grill, season with love and cook to perfection & Ebi fry Tempura, and king prawn skewers serve on grill tomato on a cocktail and demi glaze sauce, Steamed Broccoli with white cheese cheddar and Parmesan bechamel sauce

**Dessert:** chocolate Brownies with walnut and special whip cream drizzle on very creamy chocolate ganache top with caramel shards, serve with vanilla ice cream with Roasted Almonds on top

**Digestive non alcoholic aperitif:** freshly squeeze mixed of citrus fruits, lemon and orange and apple and kiwi juice

coffee and Tea

*i would liked to share some of my recipe*

**Chocolate brownies and Boerencake** for chocolate brownies

Ingredients:

1/2 cup vegetable oil

1 cup sugar

1 tsp vanilla extract

2 large eggs

1/4 tsp baking powder

1/3 cup cocoa powder

1/4 tsp salt

1/2 cup flour

procedure:

just mix all ingredients wet and dry put on a baking pan

baked on a preheated oven 350F or 180c for 20min

**Boerencake:**

**Ingredients:**

300g Butter

300g sugar

6eggs

300g flour

3tsp baking powder

1tsp salt

**Procedure:**

just mix all ingredients in a bowl, pour the mix in a buttered rectangular bread tin

baked approximate 60min at preheated oven 160c check the cake with stick in the middle and it comes dry its means okay.



C/Ck Sandy Booc, 36 yrs old. A BMI crew in good standing since 2017 and a regular C/Ck on board our Red Box manned vessels.

## LIVELIHOOD



**A Family Affair**

The recently concluded Livelihood Seminar entitled "**Sushi Making and No-Bake Desserts Preparation**" last November 15, 2018 on our 35th Anniversary week was also a Family Day. The seminar was attended by some of our Cooks on vacation and their wives and wives of our crew on board, with their kids in tow. Two families even brought their grandchildren with them. It was indeed a day of fun and learning.

There was also a two (2) hour talk on Financial Literacy entitled "Matuto ng Tamang Pag-iipon" (Learn the right way to Save) as a response to the clamor of our seafarers to offer Financial Literacy Education to our crew and their dependents.

T. Millar





## MV UAL TEXAS

## CREW AT WORK



We are the crew on board of the Motor vessel "UAL TEXAS", flying the Netherlands flag, managed by Nescos Shipping of the Netherlands, built in 2014 at Hoogezand, the Netherlands at the best shipyard in The Netherlands, the Royal Bodewes Shipyards, a more than excellent yard with more than 200 years of history of building the very best vessels. This vessel is chartered to Universal Africa Lines. Normally we load each voyage or at Europe at ports like Antwerp, Aberdeen and Rouen or at Houston, Texas, U.S.A. , general cargo and containers with destination -West Africa. At West Africa we visit ports like Dakar, Abidjan, Takoradi, Tema, Malabo, Luba, Douala, Onne, Lagos, Luanda, Lobito and many more West African ports.

Our crew is only 10 altogether and demanding really hard work from everybody on board. At the same time we are really blessed with a more than excellent team at Nescos Shipping at Hoogezand, the Netherlands, this team is always there to assist us to run the very best vessel.

The M/V "UAL TEXAS" is only 5 years old and in excellent condition, during the months of June and July 2018 we visited the Damen Shipyard at Flushing the Netherlands for our 5 yearly drydocking and now our

MV "UAL TEXAS" is in excellent shape for the next scheduled drydocking about 5 years from now. Our vessel is even already equipped with a modern ballast water treatment system and the whole crew has access to the Wifi system on board which is really a pleasure to communicate with our loved ones at home. Also our food on board is always excellent.

The "UAL TEXAS" is a very modern vessel with a De Groot Crossbow helping to prevent pitching, loss of speed and cargo damage during bad weather, we also have 2 deck cranes each one with a capacity of 80 metric tons.

All of us on board are really happy and proud to work on board of this beautiful and super well managed vessel.

With very best regards from this very beautiful and very nice vessel

Captain Arie Bijl and crew

