



The Anchor

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It was such an honor and privilege to welcome Mr. Dirk Verhoeven and Ms. Caroline Vis, COO and Head, Human Resource respectively of Red Box Energy Services to this year's Get Together with BMI-RBES crew and their families. It is an occasion that our RBES crew on vacation looks forward to.

On April 4, 2019, we organized a luncheon Get-Together with our crew on vacation and their families at the Niu by Vikings at the Podium, which is located in close proximity to our office.

It was a good chance for our Principal to inform our crew on company updates.

Most importantly it was a fruitful and productive afternoon spent interacting with our crew and their families, fostering relationships.

As what Ms. Caroline has said, "it was a beautiful day spent with beautiful people".

See you all again next year!

F. Arcellana



WHY IT'S MORE FUN IN THE PHILIPPINES : Manila Bay Sunset



Manila Bay is famous for its magnificent sunset. A breathtaking scenery of a sunset turning the sea and the skies into gold is a spectacular view to witness. Sitting in the breakwater or just walking around the bay walk waiting for this beautiful view is a must see when you are in Manila. It was awesome to see the golden sun in its full glory while descending down the Manila Bay horizon.

Sunset views are amazing, romantic, and relaxing or simply just enjoy the beauty of nature feeling grateful of how God bless us with this wonderful scenery. One of the best spots to watch the sun kisses the sea at Manila Bay.

There are a lot of people strolling around in the afternoon or simply sitting in the break water waiting to gaze at the beautiful sunset.

Strolling along Roxas Boulevard to capture the different views of the sunset at Manila bay, including the people and notable landmarks near the area. I feel nostalgia during the old times when Filipino families used to go around the Luneta Park during weekends and Holidays whether they go for a picnic, play or simply enjoy walking around.

There are a lot of activities you can do jogging, group yoga, exercise and dancing too. Others are just relaxing waiting for the sunset.

This is also a place for some lovers. They find it romantic dating while enjoying the beauty of the sunset.

So the next time you're in Manila, don't forget to witness the stunning sunset at Manila Bay.

G. Balais



Photo Credit to: Victorino Q. Abrugar FAQ.ph

Health is Wealth

Mental Health Awareness



Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems.

Mental health problems are common but help is available. People with mental health problems can get better and many recover completely.

Early Warning Signs

Not sure if you or someone you know is living with mental health problems? Experiencing one or more of the following feelings or behaviors can be an early warning sign of a problem:

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories you can't get out of your head
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others

Inability to perform daily tasks like taking care of your kids or getting to work or school.



Anxiety presents itself in many different ways...



Steps to cope with stigma



/ 'stigmə / noun

a mark of disgrace associated with a particular circumstance, quality, or person.

"the stigma of having gone to prison will always be with me"

synonyms: **shame, disgrace, dishonor;**

1. Strengthen your faith, to guide and enlighten you. Pray pray and pray.
2. Family Support to give you strength and comfort.
3. Get treatment. You may be reluctant to admit you need treatment.
4. Don't let stigma create self-doubt and shame. Stigma doesn't just come from others.
5. Don't isolate yourself. Be part of a group.
6. Don't equate yourself with your **illness**. Its okay not to be Okay.
7. Join a support group and make friends.
8. Get help at school or even at work place.
9. Speak out against stigma.



Reference: [Mental health.gov](http://MentalHealth.gov); www.MentalHealthFirstAid.org

L. Dalisay

CREW AT WORK

MV UNIVERSAL DURBAN



At the Master's station, among the crew of MV Universal Durban (Bsn Richard Suelo, OS Manuel Inoc Jr., OS Rogelio Maitem Jr., Olr Edmond Arediano, & C/Ck Adriano Requiem Jr.,) preparing for fire drill.

FV KLEINE JAN



AB Raymond Cairo and AB Ricardo Mancio doing Engine maintenance cleaning and painting on board FV Kleine Jan.

BMI IN-HOUSE TRAINING :

Maritime Safety and Environmental Protection Seminar conducted last 17 July 2019



Sa BMI, Bawat Marino Importante

COOKIE CORNER



Beef and Onion Stew / Stifado

Stifado is a Greek version of beef stew made with wine, onions and a ... Crumbled feta cheese.

Stifado is a hearty stew that is especially good in cool weather.

I want to share you dish I prepared on board.

Ingredients:

- 3 tbsp. vegetable oil
- 2 lb. beef chuck or top round, cut into 2-inch cubes
- 3 cups thinly sliced onions
- 2 cloves garlic, finely chopped
- 1 6-oz. can tomato paste
- 1 cup water
- 1/4 cup red-wine vinegar
- 1/2 tsp. salt
- 1/8 tsp. pepper
- 1/4 tsp. cinnamon
- 1 bay leaf
- 1 cup crumble feta cheese

Preparation Instructions:

1. In a Dutch oven, heat oil over medium-high heat until it begins to sizzle.
2. Add meat and brown on all sides. When browned, carefully remove meat with a

spatula or a slotted spoon and set aside.

3. Put onions and garlic in the Dutch oven and cook until lightly browned.
4. Return meat to the Dutch oven. Add tomato paste, beef broth, water, vinegar, salt, pepper, cinnamon, and bay leaf. Mix well.
5. Cover Dutch oven and turn heat to low. Simmer stew about 3 to 4 hours, or until the meat is very tender. Stir every 15 minutes to prevent meat from sticking to the Dutch Oven. The Sauce will come very thick, almost like jam.
6. Remove bay leaf and serve.

* To vary this savory dish, add 1 cup crumbled feta cheese before serving.

Roasted Pork / Schweinebraten



Boneless pork shoulder roast is a classic dish in Bavarian cuisine. ... In direct translation from German Schweinebraten means pork roast or roasted pork.

Ingredients:

- 1 2-3lb. Rolled pork loin
- 1 tsp. salt
- 1/2 tsp. pepper
- 1/2 tsp. garlic powder, or 2 cloves garlic, peeled and crushed
- 1/2 tsp. dried thyme
- 1 bay leaf
- 2 medium onions, peeled and chopped
- 2 cups water

Preparation Instructions

1. Preheat oven to 325°F. Rub pork with salt, pepper, garlic, thyme, and crumbled bay leaf.
2. Place pork with the fat side up on rack in shallow roasting pan. If you have a meat thermometer, insert it so tip is in center of thickest part of meat. Thermometer should not touch fat or bone. Surround meat with onions.
3. Roast 33 to 38 minutes per pound, or until meat thermometer registers 165°F.
4. Remove roast from oven. Add water and place a loose tent of heavy-duty aluminum foil over roast. Let stand 15 to 20 minutes, or until meat thermometer registers 170°F.



C/Ck Vener Dionela, 42 yrs old, married and a father of two. He is BMI crew since 2012 having sailed on our manned General Cargo and Heavy Cargo Multipurpose vessels. He successfully completed another contract on board MV Morgenstond I and signed off last 30 March 2019.

Medical and Dental Mission

WISTA Medical and Dental Mission at St Charles Borromeo Convent / Retreat House in Silang, Cavite on April 13th, 2019



Almost 300 indigent residents of Silang Cavite, benefitted from the free medical and dental mission conducted at Saint Charles Borromeo Convent / Retreat House in Silang Cavite on a hot, sunny morning of April 13th, 2019.

The BMI team gathered at the office as early as 0530 hrs. to participate in this activity. It was like a company outing-cum-bonding moment for all of us, sharing stories and catching up on our family life on the way to the venue.

The medical and dental mission is a project of the Women's International Shipping and Trading Association or WISTA Philippines headed by Atty. Imelda Barcelona to which our President and General Manager, Ms. Francis Arcellana, is a proud member.

The first medical and dental mission was held in 2017 where 150 locals from 3 barangays were given medical attention. The mission was such a success that WISTA thought of staging another medical mission.

BMI management did not give a second thought to participate in this project as part of the annual outreach program and corporate social responsibility.

This year, 13th April 2019 was the suggested date given by the CB Sister as it falls on a Saturday before Lent and timely as the medical attention of Silang residents has multiplied since 2017 to about 300 indigents located in 6 barangays.

WISTA wasted no time in tapping its members and friends in the industry to support the event. AMOSUP provided the family medical specialist, 2 doctors, 3 dentists and nurses. Medicines were bought from cash donations,

solicitations and pledges. The CB Sisters handled the registration of the patients and took care of the food and venue, i.e. the use of the multipurpose hall, rooms and the mess hall. Three manning agencies including Blue Manila Inc., provided the manpower logistics. There were volunteers from the community as well.

The all-female BMI team came with a heart, full of sincerity and the spirit to give.

Ms. Lenie, a registered nurse and medical volunteer, and Ms. Miriam took turns in taking the blood pressure of the patients.

Ms. Diane recorded the BP readings and interviewed the patients.

Ms. Meliza attended to the dental patients.

The rest of the team, Ms. Medy, Ms. Tess, Ms. Gjing, Ms. Gale and Ms. Gladys manned the pharmacy station to dispense vitamins and various medicines to the children, adults and the elderly. Ms. Francis made sure the patients were properly attended to and vitamins/medicines were given

it was time to spread love and express solidarity among the residents, the CB sisters and friends from the manning industry.

One can sense that the collective effort of the organizers and the participants in the half-day activity eased the health burden of the Silang residents.

The bonding we had earlier in the van felt good but seeing the smiling faces of the parents and children leaving the St. Charles Borromeo Retreat House felt even better.

With the success of this undertaking, BMI may welcome the idea of staging its own charitable activity and spearhead a medical and dental mission in the future

D. Alcantara

