

MMSM NEWSLETTER



Good Morning to all MMSM Seafarers!


Now is the time for you to shine!

Share your thoughts and ideas by joining us in naming our magazine! The best 5 titles will be chosen by our committee and will win a prize!

What are you waiting for? Send us an email with your entry now!

Disclaimer: All entries must be your own and free from infringement rights.



 Magsaysay MOL Ship Management, Inc., which is entrusted with the ship management business as one of the fundamental elements of the shipping industry, shall ensure the safety, welfare and continuous improvement of our onboard personnel, the safe operation of the managed ships and the protection of the environment from pollution.

We shall operate our managed vessels through the observance of the provisions of the Domestic and the International Rules and Regulations and the Guidelines established and set forth by organizations or authority related to the maritime industry.

 **FEATURED VESSEL**
RMC RIGEL
BULK CARRIER
FLAG: SINGAPORE
YEAR BUILT: 2012
G.T. 132,913
DWT: 250769 mt



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It is true that time flies very fast, indeed!

Magsaysay MOL Ship Management, Inc., aka MMSM, was incorporated on December 1, 2009 and started her commercial operations on January 1, 2010. It is a joint venture between the most prestigious manning company in the Philippines, Magsaysay, and the biggest ship owner in Japan if not in the world, Mitsui O.S.K. Lines. Basically started with only 4 ships, MMSM is now managing a total of 22 ships up and counting!



VICENTE A. PONO
PRESIDENT

I joined MMSM on December 1, 2009 as the VP-COO of the company with a goal to set -up a system that would eventually work by itself in performing a defined safe and clear cost-effective management of MOL vessels. A daunting task at the beginning yet very rewarding when the vessels started coming into the management!

When I became the President, I felt a sense of obligation to lead this Company with the same ideals that had been implanted into the organization by its partners and board of Directors. Although MMSM is considered very young, having been in the ship management industry for five years, it is defined by a desire to deliver more than just daily technical services.

After five years of hard work, patience and perseverance, we have tripled in size. Our operations span more than what was projected five years ago, thanks to the great support of the venture partners and the immeasurable team effort and ever -improving spirit of coordination between the shore and the ship staff. We provide our ship owners with not only a service, but rather with the most cost effective, quality services and technical support in the shipping industry, especially at this period of trade difficulty. Our goal has never wavered.

We work as closely as possible with all of our ship owners. We believe the owner's needs have to be considered with every service we offer.

Our seafarers' needs have always been an integral part of the thought process as we develop not just services, but also care and solutions.

This has led us to create innovative system and process that provide benefits to everyone in the continuum of operations. Our technical support, process flow and software system (Shipnet/Office 365/Cloud/BCP) are an example.

Our people are an integral part of our Company's culture and share in our vision and our ideals. We believe in leveraging the abilities of our employees and investing in them, so that they can be the best that they can be.

Our marine and technical personnel are expected to deliver knowledge as well as services. Our accounting, administration, information technology and procurement personnel understand the need to provide assistance to the vessels with the best support services they possibly can.

Thru this newsletter project, I hope you will gain a better insight into our services, get a better sense of what we are, and feel our eagerness to constantly improve. I look forward to hearing your comments and contributions in our future issues.

VAP



Featured Department



Procurement Department



Ms. Jocelyn L. Angeles
Procurement Manager

My name is Jo Angeles, I am the Procurement Manager of Magsaysay MOL Ship Management, Inc., and has been in the procurement industry since 1997.

I graduated B.S in Foreign Service major in International Law in 1981 at Lyceum of the Philippines. I was a consistent honor student and Dean's lister in my years in college.

I am happily married with three children and a proud mother to my eldest daughter who recently passed the Medical Technology board exam.

MMSM has given me additional experience, knowledge and training to increase my enthusiasm towards work. Time management between work and family is the key towards a balanced life.

Ms. Ma Kathrina A. De Leon
Procurement Officer

Hi, I am Kath De Leon, Procurement Officer of MMSM since June 2013. I graduated last 2013 with a degree in BS Business Administration major in Operations Management at Far Eastern University - Manila. I was an academic scholar for two consecutive years and I plan to take my Master's degree in Business Administration two years from now.

I was born in Manila but currently resides in Bulacan. My father is a retired Seafarer in a passenger ship; my mother is a Public School Teacher in Manila.

Working in Magsaysay MOL Ship Management, Inc. is one of my greatest privileges since it gave me an opportunity to learn and grow as an individual and a team player.



Procurement Department



Lady Roann Y. Beduya
Procurement Officer

Hi, I am Lady Beduya, Procurement Officer of MMSM since February 2014. I was a graduated from the Polytechnic University of the Philippines with a Bachelor's degree in Business Administration major in Office Management.

I am now on my second year with Magsaysay MOL Ship Management, Inc., enjoying the company of these three beautiful ladies- Ms. Jo as our mother or head of the department and my two sisters Kath and Eillen.

As a Procurement Officer, I'm looking forward for this position to become my ticket for my future. Some of my goals in life are to finish my Masteral degree before I turn 25 and settle with the man I dream to be building my life with.

Ms. Eillen Fe B. Rodiel
Procurement Officer

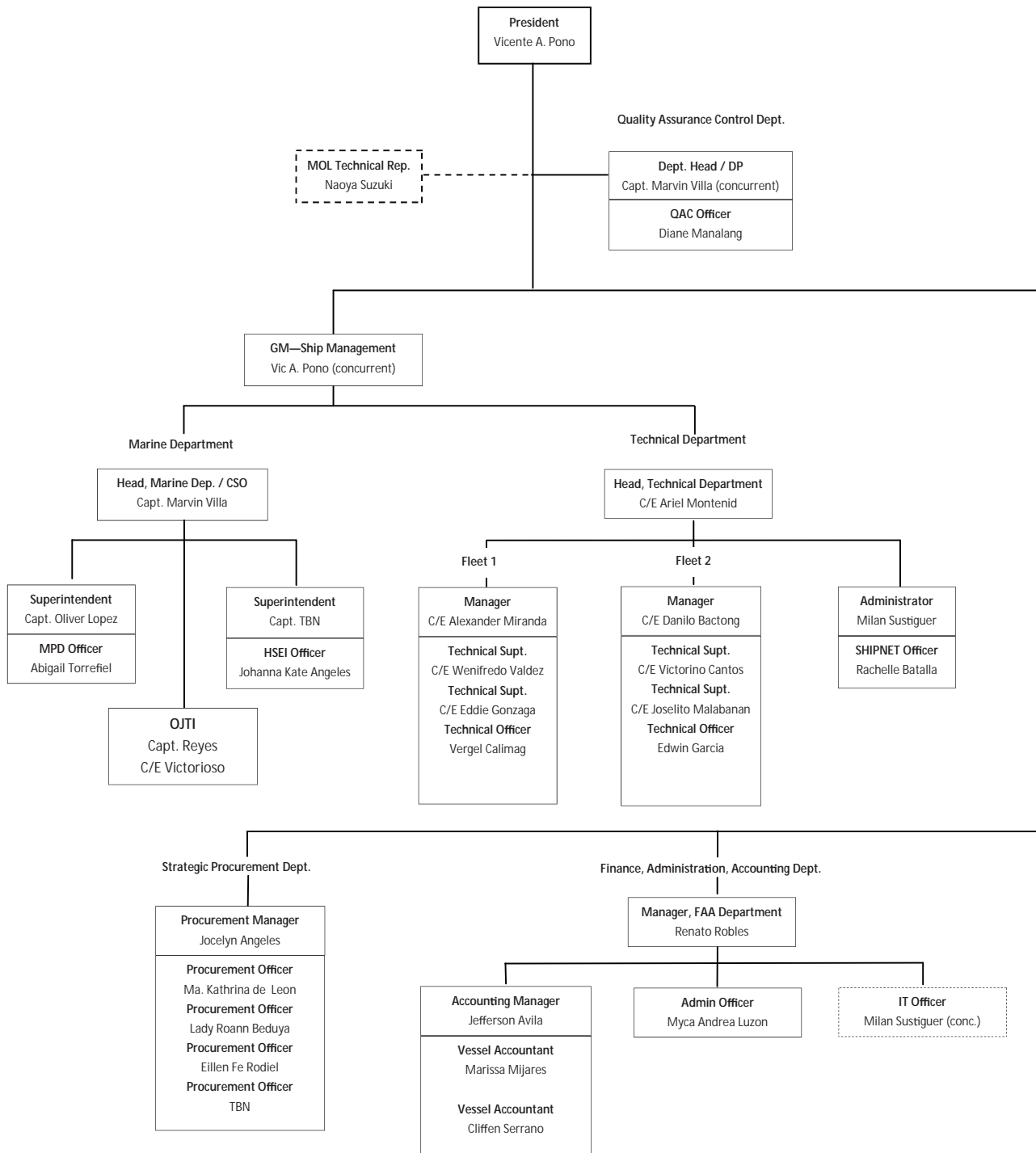
I am Eillen Fe B. Rodiel and I graduated last 2014 with the degree in B.S Business Administration major in Operations Management at Colegio de San Juan de Letran.

Being part of Magsaysay MOL Ship Management Inc. is a very challenging and interesting experience that I can be proud of. My degree in operations management gave me sufficient background in performing my tasks and responsibilities as Procurement Officer. Working in Magsaysay MOL Ship Management, Inc. is my first job and I hope it will be the last.





The Organization



MMSM Vision

MMSM will be the most favored in-house manager of MOL for dry bulk carrier vessels

MMSM Mission

We manage MOL vessels in the most cost-efficient and safe manner complying to all statutory, IMO, SOLAS, STCW and other regulatory and customer requirement achieving the MOL four-zero target – zero fatal accident, zero serious marine incident, zero oil pollution and zero cargo damage.



M.M.S.M. Activities



Marine Department holds 15th One Day Workshop

Last April 29, Marine Department spearheaded MMSM's 15th One Day Workshop for Engine and Deck Officers. The facilitators of the workshop were, Capt. Marvin Villa, Capt. Oliver Lopez, Capt. Juan Reyes, Chief Engr. Coletto Victorioso and Chief Engr. Eddie Gonzaga. The workshop aims to share extensive information about trends and updates in ship management. PSC inspection deficiencies was the focal point of the workshop.

It was attended by 27 officers from Magsaysay MOL Marine, Inc and ABOJEB. Next workshop will be on August 20, 2015.

M/V Mona Linden Visitation



MMSM Staff, Kate Angeles, Katrina De Leon and SI Wenifredo Valdez travelled to Villanueva, Cagayan De Oro last April 10 to board M/V Mona Linden. For two days, they stayed at the vessel for onboard inspection and familiarization. SI Valdez also conducted the MOL Safety Campaign Presentation to all crew.

It is of importance that all crew/seafarers are fully aware of the implications of unsafe working practices. Safety awareness of crew onboard was observed, by carrying out training sessions and regular drills pertaining to various aspects of safe working practices. This is done in order to prevent personnel injuries and unwanted accidents from arising.

Strong emphasis is observed on the proper and effective use of protective clothing and equipment for the nature of job being undertaken, irrespective of the duration the activity may take. Crew should keep in mind to never sacrifice safety and prudence. They have control over most factors that can lead to accidents and disasters. Accidents can be prevented by establishing proper routines and following them.





VESSEL'S CORNER



All Aboard, Seafarers!

This corner is for you! Feel free to share your stories, your thoughts and experiences, activities on board (i.e. painting, maintenance, drills and parties), and we will include them in our next issues! Please also include a copy of your picture so that our readers will get to know you more!

Disclaimer: All entries must be your own and free from infringement rights.



Sharing Information (Technical)



TO BE FILLED UP



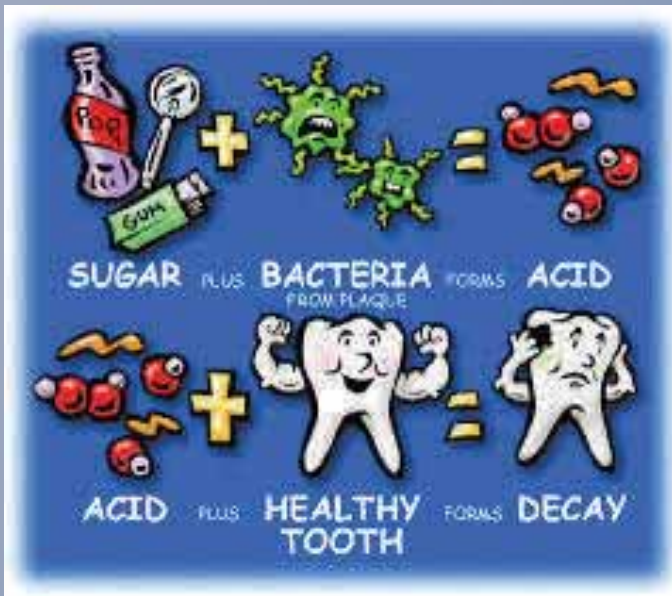
Sharing Information (Marine)



TO BE FILLED UP



Dental Hygiene



Regular dental exams not only help to decrease a person's risk of oral diseases, such as cavities and periodontal (gum) disease, but they may also help to diagnose other, sometimes life-threatening, medical conditions.

Dental Hygiene, the maintenance of the teeth and gums in healthy condition, especially by proper brushing and the removal of plaque.

Causes of Dental Problems

Tooth decay is a common disorder, second only to the common cold. It usually occurs in children and young adults but can affect any person. Tooth decay is a common cause of tooth loss in younger people.

Bacteria are normally found in your mouth. These bacteria change foods -- especially sugar and starch -- into acids. Bacteria, acid, food pieces, and saliva

combine in the mouth to form a sticky substance called plaque. Plaque sticks to the teeth. It is most common on the back molars, just above the gum line on all teeth, and at the edges of fillings.

Plaque that is not removed from the teeth turns into a substance called tartar. Plaque and tartar irritate the gums, resulting in gingivitis and periodontitis.

Plaque begins to build up on teeth within 20 minutes after eating. If it is not removed, tooth decay will begin.

The acids in plaque damage the enamel covering your teeth, and create holes in the tooth (cavities). Cavities usually do not hurt, unless they grow very large and affect nerves or cause a tooth fracture. An untreated cavity can lead to a tooth abscess. Untreated tooth decay also destroys the inside of the tooth (pulp), which leads to tooth loss.

Carbohydrates (sugars and starches) increase the risk of tooth decay. Sticky foods are more harmful than non-sticky foods because they remain on the teeth. Frequent snacking increases the time that acids are in contact with the surface of the tooth.

Prevention and Health Teaching

- Brush your teeth at least twice a day with a fluoride-containing toothpaste. Preferably, brush after each meal and especially before going to bed.
- Clean between your teeth daily with dental floss or interdental cleaners.
- Eat nutritious and balanced meals and limit snacks. Avoid carbohydrates such as candy, pretzels and chips, which can remain on the tooth surface. If sticky foods are eaten, brush your teeth soon afterwards.
- Check with your dentist about use of supplemental fluoride, which strengthens your teeth.
- Ask your dentist about dental sealants (a plastic protective coating) applied to the chewing surfaces of your back teeth (molars) to protect them from decay.
- Drink fluoridated water. At least a pint of fluoridated water each day is needed to protect children from tooth decay.
- Visit your dentist regularly for professional cleanings and oral exam.



Brush your teeth three times a day after meals for a healthy and glowing teeth!



M.M.S.M. Bulletin Board



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|---|------------------------|
| ⇒ Daily MOL Body Fit Exercise | Weekdays except Monday |
| ⇒ 5S Office Clean Up | 1st week of June |
| ⇒ Internal and External Audit | 3rd week |
| ⇒ MMSM Team Building | June 11-12 2015 |
| ⇒ ISO 14001 System Review Committee Meeting | June 18, 2015 |
| ⇒ KPI Evaluation 2nd Quarter | 1st week of July 2015 |
| ⇒ MMSM Table Top Exercises (I SPS) | July 29. 2015 |
| ⇒ MMSM 16th One Day Workshop | August 20, 2015 |



Birthday Greetings....

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|---------|-----------------|
| June 12 | Cliffen Serrano |
| June 26 | Ariel Montenid |
| June 27 | Vergel Calimag |
| July 6 | Milan Sustiguer |
| July 31 | Abby Torrefiel |

