



# MMSM NSIGHTS

A PUBLICATION OF THE MAGSAYSAY MOL SHIP MANAGEMENT, INC.

## Season's Greetings

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Happy, happy Christmas, that can win us  
back to the delusions of our childish days;  
that can recall to the old man the pleasures  
of his youth; that can transport the sailor  
and the traveler, thousands of miles away,  
back to his own fire-side and quiet home!

- Charles Dickens, *The Pickwick Papers*



# message

## FROM THE PRESIDENT



**VICENTE A. PONO**

*President*

### My Dear Colleagues,

The year 2015 is coming to an end. This has been an exciting year for us in terms of challenges. As its peak, the number of our managed ships was up to 23 but was reduced to 21. This was due to recycling as response to a very poor prevailing market.

Hence, it is noteworthy how we have been of assistance to our principal. So I invite you all to take a look at what we have done to alleviate the owners' situation: we were able to achieve MOL's 4-zero target so far; we adhered to safety practice in terms of daily operations and vessel management; we did the best we can to cope-up with full compliance to regulations; we availed of the training programs that MOL laid out for us and applied the knowledge in our work stations; and we were able to maintain or improve the condition of our vessels.

Although we believe that we have done all we can, we have to be strong and firm to accept the fact that we also have several shortcomings: we encountered PSC detention and the number of deficiencies in PSC inspections increased;

we experienced an increase of repatriations due to sickness and accidents; and we faced a heightened LTI due to Lost Work Cases among other challenges.

"The Key Performance Indicator that we worked so hard to achieve and improve since 2010 was also very challenging this year!"

There were insinuations that the shortcomings were mainly because of our improper adjustment to the fast growth of the company. There could be a hint of truth in that but I, personally, did not agree.

Instead, I reflect on it some more and the saying, "there is a reason for every season" inspires me. In daily walks, there are times we are in a hurry and there are times that we take the normal pace. In short, our pacing depends on our needs and our needs in turn, are based on a purpose. We run yes, but not without a reason. And at times we stop but we stop not because of nothing.

*"For every step that we do, there is a reason. Our growth is because of our ability, capability and acceptance of responsibility."*

There is no rocket science involved in it. Whatever reason behind the shortcomings, we should never give up to pursue our conviction to perform using the best of our abilities.

Let us continue the teamwork that we have started. The slips are not permanent but only passing by. What is very important for us is to review our basics, look responsibly at our policies and procedures and continue to implement and enjoy the great teamwork with fervor and zeal.

And as we celebrate the Yuletide Season, may we ponder on the most essential point: the birth of Christ who remains as the reason for this season. Wishing us all the best of the holidays, have a joyful Christmas and a grace-filled New Year everyone!!!

## MMSM Christmas Dinner 2015 at Ibarra's

*By: Johanna Kate D. Angeles*



It's that time of year again. December has come and with it, all the joys of Christmas. But what is the real meaning of Christmas? Is it the gifts under the tree, the lights in the windows, the cards in the mail, and shouts of "Merry Christmas" to those who pass us by along the streets? Is this really Christmas?

For many people, Christmas is a time of sorrow. They don't have the extra money to buy presents for their children, family, and friends. Many are saddened at Christmas time when they think of their loved ones who will not be able to come home for various reasons. Christmas dinners may be only a wish and not a reality for some.

Yet, Christmas can be a season of great joy. It is a time of God showing His great love for us. It can be a time of healing and renewed strength. You see, Christmas is when we celebrate the birth of the Christ child. God sent His Son, Jesus, into the world to be born.

His birth brought great joy to the world. Shepherds, wise men, and angels all shared in the excitement of knowing about this great event. They knew this was no ordinary baby. At this time of the year, let us be inspired by this birth of Christ event. Because we can truly be happy at Christmas! No matter what may be happening, we know that Christ's birth gave us the joy to be God's own children.

In fact, last December 4, 2015, Magsaysay MOL Ship Management, Inc. team and families celebrated our 6<sup>th</sup> year and Christmas Dinner at Ibarra's Garden, Malate, Manila. Despite of the demands of this season, we were able to gather and unite for this very important event. The event started with an invocation from our very own, Ms. Kathrina De Leon and an opening address from our President, Mr. Vicente A. Pono. This was followed by the presentation of four departments, exciting games, and an overflowing of minor and major raffles for kids and adults!

Everyone was ecstatic and enjoyed all the fun games, food and activities. And what could be the perfect wrap up for an event like this? Yes, the videoke singing bonding of course!

## 17<sup>th</sup> One Day Workshop

By: Johanna Kate D. Angeles

On December 3, 2015, the Marine Department spearheaded the 17<sup>th</sup> One Day Workshop for Officers under our managed vessels. The said event was attended by fifty (50) officers comprised by Captains, Chief Engineers, Chief Officers and Assistant Engineers. Topics of the workshop were as follows: (1) PSC Inspection Summary Report for 2015; (2) Fresh Eye Report; (3) Near Miss Report; (4) Medical Cases (P&I); (5) Cargo Hold Cleaning; (6) Prohibited Article; (7) Flow of Communication; (8) Introduction to RTRA; (9) BBS 2<sup>nd</sup> Phase Program; (10) Gypsy Moth; (11) Finger Injury; (12) Crew Overtime Budget; (13) Repatriation Budget; (14) Good and Bad Practices Onboard; (15) Bunker Issues; and (16) Shippers Guidelines.

MMSM President Mr. Vicente A. Pono, opened the workshop with his remarks. The event proper was facilitated by the Marine Department headed by Capt. Marvin T. Villa. The officers participated well during the workshop and their queries were answered by the Superintendents.

Attendees were able to understand the importance of conducting the workshop quarterly. The open forum was identified as an important link to communication gaps between the vessels and the ship manager. It was a good venue for new trends and updates in maritime industry, as well the present plans and programs of the company to ensure safe, smooth and successful operations.



## MMSM: Won 4<sup>th</sup> Place!

By: Johanna Kate D. Angeles

We are proud to announce that our company, Magsaysay MOL Ship Management, Inc. was awarded with the 4<sup>th</sup> place in the "Share the Spirit of Safety" competition last December 10, 2015 during the 8<sup>th</sup> Annual General Meeting (AGM) for Safe Operations in MOL Headquarters at Tokyo, Japan.

MMSM was represented by no less than our president Mr. Vicente A. Pono and Capt. Marvin T. Villa our Marine Department Head/DPA/CSO who both graced the event.

Sixteen (16) participating MOL companies were required to produce a short movie or slide show which will introduce, demonstrate, illustrate, explain and share what each organization has done successfully, is currently doing or what can be done to enhance safety with other ship managers and manning companies within MOL group. MOL LNG won 1<sup>st</sup> place followed by MOLTANK (ASIA), and MOL SHIP (SINGAPORE), while MOLSHIP Tokyo placed 5<sup>th</sup>.



## Christmas 101

*By: Capt. Marvin T. Villa*

Christmas was once a moveable feast celebrated at many different times during the year. The choice of December 25, was made by Pope Julius I, in the 4th century A.D., because this coincided with the pagan rituals of Winter Solstice, or Return of the Sun. The intent was to replace the pagan celebration with the Christian one.

The abbreviation of Xmas for Christmas is not irreligious. The first letter of the word Christ in Greek is chi, which is identical to our X. Xmas was originally an ecclesiastical abbreviation that was used in tables and charts. At present the gift-giver is mostly associated to Santa Claus but the actual gift givers are different in various countries. In England it is Father Christmas, for France it is Pere Noel (Father Christmas), in Germany: Christkind (angelic messenger from Jesus) she is a beautiful fair haired girl with a shining crown of candles. Whereas in Holland it is St Nicholas, in

Italy it is La Befana (a kindly old witch), in Spain and South America they are "The Three Kings", while in Russia and some parts - Babouschka (a grandmotherly figure) in other parts it is Grandfather Frost. Lastly, Scandinavia they are from a variety of Christmas gnomes and one is called Julenisse.

The Christmas season begins at sundown on 24th December and lasts through sundown on the 5<sup>th</sup> of January. For that reason, this season is also known as the Twelve Days of Christmas.

The day after Christmas, December 26, is known as Boxing Day. It is also the holy day called The Feast of St. Stephen. Some believe the feast was named for St. Stephen, a 9th century Swedish missionary, the patron saint of horses. Neither Boxing Day or St. Stephen have anything to do with Sweden or with horses. The Stephen for whom the day is named is the one in the Bible (Acts 6-8) who was the first Christian to be martyred for his faith.

The first Christmas card was created in England on December 9, 1842. While electric Christmas tree lights were first used in 1895. The tradition of Christmas lights dates back to when Christians were persecuted for saying Mass. A simple candle in the window meant that Mass would be celebrated there that night. The idea for using electric Christmas lights came from an American, Ralph E. Morris. The new lights proved safer than the traditional candles.

The poinsettia, traditionally an American Christmas flower, originally grew in Mexico; where it was known as the "Flower of the Holy Night". It was first brought to America by Joel Poinsett in 1829.

The real St. Nicholas lived in Turkey, where he was bishop of the town of Myra, in the early 4th century. It was the Dutch who first made him into a Christmas gift-giver, and Dutch settlers brought him to America where his name eventually became the familiar Santa Claus.

## Healthy and Safe Christmas Celebration

*By: Capt. Marvin T. Villa*

Christmas means something different to every person, but for most persons this is the time to celebrate. This is a joyous season to take a step back from our busy lives and enjoy time with our loved ones and friends. This is also the time of the year to look back and thank God for all the blessings he has given us. What can be better than opening presents, having sumptuous foods & drinks and singing Christmas music?

Let's talk about safety during this holiday season. Oooops! I don't want to spoil the fun onboard but this is the gift that we want to give you. Christmas can be a stressful and depressing time for many people. You can share these tips with others too.

Based on studies by Anxiety Recovery Center in Victoria, Australia there are people who find that the Christmas spirit can be undermined by:

- Financial and time pressures
- Isolation
- Family tensions
- Reflecting on another year gone by.

### Financial and time pressures

The expense of gifts and food, the pressure of shopping and the expectations of the season can make Christmas an extremely stressful time. The source of stress often comes from the rushed holiday preparations, from buying gifts and worrying about the lack of money.

General suggestions include:

- Budget for Christmas so that you don't overspend. This may mean putting money away each week throughout the year and sticking to your shopping list.
- Do your Christmas shopping early, perhaps in November. Some people like to do their Christmas shopping gradually over the course of the year, starting with the post-Christmas sales.
- Shop online or use mail order catalogues to avoid the crowds at shopping centers.
- Consider a simpler version of Christmas lunch this year (such as a buffet where everyone brings a plate or delegate as many tasks as you can).

*Continued at page 6...*



### Continuation Isolation

Some people find themselves alone at Christmas time. This may be due to relocation to a city far from relatives, a marital break-up, or family estrangement. The emphasis on family, friends and shared good times during the 'festive season' can make these people feel depressed and unloved. Suggestions include:

- If separated by distance, keep in constant touch by phone, mail and email.
- Christmas shopping for loved ones can help you feel connected, even though you may be half a world away. Make sure you post your gifts in early December to avoid the Christmas mail rush.
- Make plans for Christmas Day. If you have no one to share the day with, consider volunteering for charity work or community such as out-reach, gift-giving, and neighborhood picnics.
- Use the strength of your feelings to change your situation. If you are estranged from loved ones, perhaps you could attempt to reconcile with relatives, old friends (if possible), or else take steps to widen your social network.
- Keep realistic expectations. If your relatives tend to fight throughout the year, they will most likely fight on Christmas Day as well.
- Appreciate that everyone is under stress to a certain degree. For example, one relative may have worked overtime to get everything done before their office closed for Christmas, and may be feeling exhausted and harried. Another may be anxious because they overspent on their credit cards. Be as understanding as you can of people's situations.
- Consider breaking up the celebrations to keep 'warring factions' apart. For example, you could see one group of relations on Christmas Eve and another on Christmas Day.
- Family members involved in after-lunch activities are less likely to get into arguments. Plan for something to do as a group after lunch if necessary.
- Use relaxation techniques, distraction and group activities to help steer around stressful situations.
- Avoid overindulging in alcohol – the reduced inhibitions could contribute to (or cause) an unnecessary argument.
- Make a conscious effort to list all the positive things you did or experienced during the year.
- If possible, mend fences. Contact those people you miss and make steps towards reconciliation.
- Appreciate that your feelings may be due to a combination of Christmas-related factors including money worries, the pressure of last-minute shopping and unrealistic expectations of festive cheer. Remind yourself that many of these negative feelings will pass once the New Year is underway.
- Remember that most New Year's Eve resolutions are unrealistic and made during times of sad reflection. This year, try to come up with positive and achievable goals for the upcoming 12 months.

### Family tensions

All families experience tension to some degree. Part of the reason why Christmas time can be so stressful is the unrealistic expectation of coming together as a happy family on this one day of the year. Suggestions include:

### Looking back without joy

The close of another year often prompts people to reflect on their achievements – or disappointments – over the previous 12 months. Some people mourn the loss of another year of their lives. Suggestions include:

Lastly, DON'T overindulge in food and alcohol. Studies in the United States show that the peak of heart diseases occurs during the Christmas season, particularly four to five days after Christmas Day. While the usual Christmas staples like lechon (roast suckling pig), ham and fried chicken cannot be avoided, at least 30 percent of the food served must consist of fruits and vegetables. Some of the healthy dishes that can be served during the holiday festivities are steamed fish, baked instead of fried chicken, and a vegetable garden salad with vinaigrette, according to the health experts. And skip the mayonnaise please.

Here's to hoping that you find happiness, peace and good will this holiday season and throughout the coming New Year. May the holidays bring you new inspiration and joy.

## K-U-R-E-N-A-I Christmas is **Real** Christmas

By: Master & Crew, MV KURENAI



Scholars were unsure exactly when Christians first began celebrating the Nativity of Christ. However, most historians believed that Christmas originated in the 4th century as a Christian substitute for pagan celebrations of the winter solstice. Nevertheless, whatever the history of Christmas may be, one thing is for sure, it is an annual festivity by Christians all around the world, in celebration of the birth of our Lord, Jesus Christ.

When you are a seafarer and you are onboard a sailing ship, celebration of this important occasion is very different than the traditional way. We may have the Christmas tree and all other decorations onboard, yet it is still different when you are celebrating this time of the year with our family. Lots of smiles may be seen on every photograph that we show or post on the social media, when we open the gifts that we have wrapped for ourselves, but still, inside of everyone's heart, we are longing for our loved ones.

By practicing and spreading the following seven virtues that we believe every good Christian should possess, we are indeed celebrating the true spirit of Christmas.

**K**indness. By behaving in a way that we always show compassion towards others, giving consideration to the feelings of one another, and acting selflessly, this is one of the best virtues a good Christian should have.

**U**nderstanding. Recognizing somebody's character and situation is never easy, especially when your world is confined on a floating ship. However, practicing this virtue builds a strong camaraderie, and surely we have this.

**R**esiliency. Many problems come and go on everyone's life. These problems are often termed as storms which devastate a person from within, and we are no different from them. But we are able to recover quickly from such setbacks as we believe that our Lord will never leave us.

**E**quality. All of us are God's children and we are created equal, thus, everyone has his own rights and respecting such is treating that person equally. Onboard this vessel, we treat everyone fairly with respect so as no rights will be violated.

**N**obility. Everyone is unique on our way but still, we manage to work as a team because we know the virtue of nobility, and nobility or excellent moral character promotes peace, and peace is a key ingredient to have a harmonious relationship onboard.

**A**ppreciation. Simple act of gratitude makes a big difference. By giving thanks to every blessing that we received, or to every help our colleague did to us, it brings the sense of appreciation on everything, no matter how big or small the thing may be.

**I**ntegrity. "Honesty is the best policy", as the saying goes. A good Christian is always candid, even if others will not or others cannot. Same rule applies to a good seafarer. No matter how far we are, we remain faithful to our loved ones.

This time of the year, everyone is expected to have festive-like parties or celebrations, but for us, truth to be told, we will be in port. That means, we will be working on Christmas Day, however, it is not a reason to be sad. In fact, it is a reminder that we are fortunate enough to have work even on this time of the year. Many people are seeking jobs and failed to have one even on normal days. That alone is something to be thankful for. A simple dinner with Christmas songs playing, chit-chat and gift opening will do for a celebration. No alcoholic drinks will be served neither prolonged night hours to have everybody well-rested and of course, for safety reasons since we will be navigating the coast to call a port for bunkering the next day.

KURENAI, our vessel's name, is Japanese word which means crimson or red. And red is the color of love. And Christmas is all about love as it is its true spirit. As the onboard saying goes "Paskong KURENAI ay Paskong Tunay" (KURENAI Christmas is a real Christmas).

We all wish a Merry KURENAI Christmas and a Prosperous New Year to everyone!!!



## A Christmas Plan on Board

*By: Master & Crew, MV JP MAGENTA*

December is a month that symbolizes peace, hope and unity. This is a month where we celebrate the birth of our Lord Jesus Christ, a month for Christmas.

Crews on JP MAGENTA were all excited as days pass by. As a full crew vessel, we agreed to celebrate Christmas in a traditional way. The preparations such as setting up of Christmas decorations were made through efforts and coordination of second officer, third engineer and selected crew. They gathered all the previous Christmas decors and trimmed the four corners of the Officers Recreation Room. Some of the decors were already torn but they were able to manage and pulled out their creativity and fixed it.

Our main goal is to make our Christmas celebration close to its traditions. Accordingly, our 3<sup>rd</sup> Officer, 2<sup>nd</sup> Engineer and the rest of the crew were assigned to plan and prepare a program. The highlight of course is the traditional surprise numbers. The aura of excitement can already be seen on our faces as we exchanged ideas on how to pull out the best celebration on board. The sequence of planning for the program is arranged well from invocation, games (prizes are also included but not revealed) up to the exchanging of gifts.

A talent in every Filipino is very natural. To make the celebration lively, the Chief Officer and the 1<sup>st</sup> Engineer decided to divide the crew into groups to showcase a presentation of talents. The acts will be kept as secret and can only be shown on Christmas Eve. With these plans, our Christmas Party will be a blast! The crew will enjoy the Christmas as if we are celebrating it with our own families.

Christmas party will not be complete without delicious food with different varieties on the table. Our chief cook with his team is appointed with the task. He will surely plan a menu that everyone will enjoy.

We do not need a luxurious Christmas party on board as long as we celebrate it with joy in the spirit of love and harmony. A Blessed Christmas and a Prosperous New Year to all...





## My Very First Christmas @ Sea

*By: D/C Acebu, MV CENTAURUS DREAM*

As the days grow colder and as the chilling winter season approaches, the ambiance on board M/V Centaurus Dream grows warmer. It is no surprise because the season brings along the heat of excitement for the Christmas celebration.

I can already sense the merry and cherry Christmas aura every time I enter the crew recreation room. By each passing week, a new hint is added to the approaching season.

First thing that came out was the prismatic and bedazzling Christmas lights which brought out the color in the room. A week after, the festive "banderitas" were spotted adding a merry spark to the venue. Then few days passed and the Christmas wall decorations were neatly placed all around the walls transforming the once plain walls into an appealing and welcoming ambiance of happiness.

Given all these efforts, there was one thing I surely anticipate: the Christmas tree. Nothing gives a more affirming sense of the holiday than the most important symbol of hope and joy. The Christmas tree we prepared was in full blood with its decorative Christmas balls and synchronizing lights.

But wait, the physical set-up was just the tip of the iceberg. A well thought out program was already in store for the upcoming activity, weeks before the celebration. The program we prepared is sure to bring out the shenanigans and laughter from the mature and competent professionals manning our ship. Some rumors that I overheard from an officer insinuated that the event would be a costume party and that games would have anyone catching their breaths from all the laughter. Unique and exciting prizes also await the game winners. Just thinking about how matured men would wear ridiculous costumes is enough to drive my curiosity and anticipate a fun-filled event.

Given such preparations, everyone is bound to burn a lot of energy. But what I could not fail to mention is the Christmas "salo-salo". Surely delicious and mouth-watering cuisines and desserts are part of the celebration. Since an allotted amount of provisions have already been set aside for this event, I won't be surprised if the all-time Pinoy favorite "lechon baboy" will be served.

This would be my first time spending my Christmas away from home but I am sure, this won't be the last!



## Being Home Aboard for Christmas

*By: Master & Crew, MV LAMBERT MARU*



Christmas can still be joyfully celebrated away from home. This is impossible you may think. But aboard MV LAMBERT MARU, we will rock this year's yuletide season with a style.

As early as the 3<sup>rd</sup> week of November, the fire of the Christmas spirit ignited as each corner was adorned with different hues of decorations. The aura of Christmas was made perfect as we wake up with jolly Christmas tunes.

Sumptuous Christmas dishes are to be served at exactly twelve midnight. In order to set the mood just like home, the menu for that dinner will be special Filipino dishes such as lechon baboy, patatim and more.

Surely, it's a perfect time to be a child once again. Variety of games that brings out the child in us is set to make the celebration livelier. Among them will be "Minute to Win It", "Beer Pong" and many more.

There's so much to look forward to as our natural talents will be showcased to entertain ourselves such as singing, dancing and carolling. Of course, prizes and gifts will likely to surprise us all to make this holiday merrier than we have ever imagined.

As a final note we would like to say that amidst the cosmetic recovery of our ship, we will set aside our brushes and paints to celebrate this holiday. Yours be the warmth of love and blessings of prosperity. Have a Merry Christmas and Happy New Year to all."



## A Christmas Preparation

*By: Master & Crew, MV WHITE KINGDOM*

Christmas is a season of hope and prosperity. But most of all it is a season of love. That is why it is an event perfectly spent with family, relatives and friends. Here at MV White Kingdom, we are enthusiastic to capture the spirit of Christmas because we know that as one family, we can capture the joy that it never fails to bring. And that joy will carry our hearts closer to our loved ones.

We started the Christmas preparations by adorning our crew recreation room with Christmas tree and other wonderful decors. We all had fun and everyone cooperated and helped in setting up the warmth of Christmas with the use of Christmas lights and other colorful stuff.

We plan to gather on Christmas midnight with our own Noche Buena. The program will be filled with fun games, exciting raffle prizes and the traditional exchange of gifts. With all this set, we know that Christmas will be spent closer to each other and would make us feel closer to our homes too!

We wish you all a Christmas rich in love and a New Year of great blessings!





## Christmas Preparations Onboard

*By: Master & Crew, MV BRILLIANT ADVANCE*



It is this time of the year when we, Christians celebrate the birth of Jesus Christ. Christmas is a very special time and it is usually spent with our families and loved ones. During these days seafarers usually long for our families, loves ones and friends the most. Although we cannot go back home at this time to feel the authentic "Paskong Pinoy", the Christmas gathering and party that we are preparing will help lessen the homesickness for many of us at sea.

The plan is to make the Christmas celebration memorable. Accordingly, we adorned our Officer's Lounge with colorful trimmings. Plans were already set for the Christmas celebration. Christmas party will be filled with many activities like games, singing Christmas carols and dancing on Christmas eve. Together we will prepare our Christmas dishes. We will also make sure to have phone cards available because we seafarers will be very busy calling our families back home to hear messages of hope and happiness during the season.

Christmas onboard the ship especially if it is your first may be challenging. However, we think that our combined efforts to make it special, fun, and meaningful will bring forth an ambiance of love, an ambiance of joy, an ambiance of home.

We wish you all a blessed Christmas and a wonderful New Year!



## Puto Bumbong

Source: <http://www.pinoyrecipe.net/filipino-puto-bumbong-recipe/#ixzz3v0zb1T19>

**Puto Bumbong Recipe** is traditionally made from a special variety of heirloom sticky or glutinous rice called *pirurutong* which has a distinctly purple color, soaked in salted water and dried overnight and then poured into *bumbong* or bamboo tubes and then steamed until done or steam rises out of the bamboo tubes. It is served topped with butter or margarine and shredded coconut mixed with sugar.

It is the most sought after *kakanin* delicacies at Christmas time. During the *simbang gabi* or the Christmas Eve mass, people would line up to their favorite stalls outside the church just to have a taste of this favorite *Pinoy kakanin*.

### Ingredients:

- 1 pack (400 grams) glutinous rice flour
- 2 packs (115 grams) purple yam powder
- 2 1/2 cups of water
- brown sugar or mascuvado (raw sugar)
- banana leaves
- grated coconut

### Utensils:

- knife
- muslin cloth
- sifter or strainer
- 2 pcs bamboo tube (*bumbong*)
- steamer for making *puto*



### How to cook:

- Prepare steamer with enough water for steaming.
- In a large bowl, combine purple yam powder and glutinous rice flour, mix together until well combined.
- Gradually add enough water to the rice flour to make a dough. Knead until smooth.
- Pinch off about 2 tablespoons of the dough, and using your hands, make a ball and roll into a round and long shape, about 4 to 5 inches in long.
- Spread margarine or butter in a heat proof plate and layered the dough, steam for 3-4 minutes or until done.
- Apply margarine or butter then roll in shredded coconut and serve with muscovado sugar.

**Tip:** Onboard ship, you can also make your own version by using a clean stainless tube as replacement for the bamboo tube.

## Home Sweet Home

By: Milan Rafael D. Sustiguer



There is no place like home. Celebrating the holidays with family and friends is incomparable. As T. Monson says "Oh, there's no place like home for the holidays, cause no matter how far away you roam if you want to be happy in a million ways for the holidays, you can't beat home sweet home".

Let us center on Christ as we celebrate this season so that even with our busy work, laughter can rule over our loads. Actually, we have already experienced the power of Christ's joy among ourselves here at MMSM. Despite of some issues towards our managed vessels, we are able to find time to mingle and share some jokes. Listening to punch lines from SI Eddie Gonzaga and Mr. Edwin Garcia coupled with the father-daughter tandem of Ms. Rachelle Bataalla and SI Malabana lightens the mood and never fails to make everyone alive.

Exhausted from work which is made more challenging by two to four hours heavy traffic but in the end, nothing can beat home as you see your family. This gives us strength and enthusiasm to face another day. Let us be inspired by the real message of this season as we spread love and continue to build a home rooted in Jesus whose birth we celebrate once again! Merry Christmas everyone and a prosperous New Year to all...



## The Twelve Days of Christmas

Source: Fr. Calvin Goodwin, FSSP, Nebraska



The song, "The Twelve Days of Christmas" is an English Christmas carol. From 1558 until 1829, Roman Catholics in England were not permitted to practice their faith openly. Someone during that era wrote this carol as a catechism song for young Catholics. It has two levels of meaning: the surface meaning plus a hidden meaning known only to members of the Church. Each element in the carol has a code word for a religious reality which the children could remember.

According to Ann Ball in her book, HANDBOOK OF CATHOLIC SACRAMENTALS:

The partridge in the pear tree represents Jesus because that bird is willing to sacrifice its life if necessary to protect its young by feigning injury to draw away predators. The two turtle doves were the Old and New Testa-

ments. The three French hens stood for faith, hope, and love. The four calling birds were the four gospels of Matthew, Mark, Luke, and John. The five golden rings represented the first five books of the Old Testament, which describe man's fall into sin and the great love of God in sending a Savior. The six geese a-laying stood for the six days of creation. Seven swans a-swimming represented the sevenfold gifts of the Holy Spirit----Prophecy, Serving, Teaching, Exhortation, Contribution, Leadership, and Mercy. The eight maids a-milking were the eight beatitudes. Nine ladies dancing were the nine fruits of the Holy Spirit----Charity, Joy, Peace, Patience, Kindness, Mildness, Fidelity, Modesty, and Contineny. The ten lords a-leaping were the Ten Commandments. The eleven pipers piping stood for the eleven faithful Apostles. The twelve drummers drumming symbolized the twelve points of belief in The Apostles' Creed.

## How to Have a Green Christmas?

By: Johanna Kate D. Angeles



According to Andy Williams, it's "the most wonderful time of the year." But unless it is a Green Christmas you are having, it is also the most wasteful, consumer-driven and with all the one-time-use wrapping paper and fuel spent travelling and shipping presents and energy used light up trees and houses. Below are the tips to help you re-evaluate your choices this holiday season:

### (1) Gift Ideas

Use sustainable wrapping materials. Organic cotton, silk and wood are natural, renewable materials. Also use greeting cards received last year or any other recycled materials to make gift tags.

Buy local. Support your community and local economy by shopping locally made lessen the impact of transportation to greenhouse emissions and global warming.

Give battery-free gifts. Discarded batteries are environmental hazards. Try to purchase toys and games that are fun and educational.

Give handmade or homemade items. Not all gifts have to be store-bought. You can give more while spending less by giving gifts that are personal and unique.

### (2) Decorating Ideas

Choose durable ornaments. Prefer wood, metal or cloth over plastic or thin glass when buying ornaments.

Use energy-efficient LED lighting. LED lights can help you save up to 90% on power costs compared to regular holiday lights and will last longer than the traditional bulbs.

Utilize timers. Plug all your Christmas lights into a timer that automatically turns off all the lights for you.



### (3) Christmas Dinner Ideas:

Refrain from using disposables. Disposable wares could later add up to earth's waste, so bring out the fine china, utensils and cloth napkins.

Food scraps can be composted or be given to animals to reduce any potential waste.

Clean green. Wash only full loads of dishes, cloth napkins and table cloths.

Source: HSES Environment Tips during Christmas Holidays



I'm Dreaming of  
a  
GREEN  
Christmas



## Christmas Jokes

By: <http://boyslife.org/features/24222/25-days-of-funny-christmas-jokes/>



### Rudolph

One night a Viking named Rudolph the Red was looking out the window when he said, "It's going to rain."

His wife asked, "How do you know?"

"Because Rudolph the Red knows rain, dear."



### Snowman

**Chris:** What do snowmen like to do on the weekend?

**Chrissy:** What?

**Chris:** Chill out.



### Sheep

**Colton:** How does a sheep say "Merry Christmas"?

**Tammi:** How?

**Colton:** "Fleece Navidad!".



### Dexter

**Josh:** Knock, knock!

**Samantha:** Who's there?

**Josh:** Dexter.

**Samantha:** Dexter, who?

**Josh:** Dexter halls with boughs of holly.

## Christmas Prayer for Seafarers

In this celebration of the birth of Christ our Lord, you have given us the greatest gift of all. Your excessive love which at times our limited mind cannot understand is made clear by your Son's coming. Your most beloved child born for us made visible one important reality of a God who is with us.

Father, reflecting on the birth of your Son for us to be provided with no less than a savior, we remember those who work at sea. We acknowledge that they work hard in order to provide for our needs. We recognize that they are sometimes in danger and their long absences often involve sacrifices and self-giving.

Lord Jesus, may this Christmas strengthen their faith in a love that provides what is essential. May your birth bring real joy to their hearts recognizing that your grace overflows. May their families be united and be a constant source of inspiration for their determination to carry out their service.

Happy birthday Lord Jesus, our dear Savior. AMEN



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**MAGSAYSAY MOL SHIP MANAGEMENT, INC.**

5/F Magsaysay Bldg. 520 T.M. Kalaw St.  
Ermita, Manila, Philippines 1000  
Tel: +63 2 526 9696 loc. 9524  
Mobile: +63 917 883 9831  
Fax: +63 2 522 0847