

NAESS SHIPPING PHILIPPINES, INC.



Greetings from NSPI!

October – November 2011
Issue no. 06

5th F.A.M.E. Fun Run, Go Marino Go! Healthy Body Healthy Mind

NAESS Shipping Philippines joined the 5th FAME Fun Run held 1st October 2011 at the IMAX parking area, SM Mall of Asia, Pasay City, part of celebrating the Maritime Week, participated by different maritime organizations.



3K Finishers



Team NAESS

5:00 in the morning participants gathered at the IMAX parking area for registration and preparation. The event started with a word of prayer and the singing of the National Anthem. Participants of each leg (3K, 5K and 10K) started the run at 6:00 am. First six (3 male and 3 female) to finish for each leg were given awards.



Runners on Go signal.



Each participant were provided with a PAMAS sunvisor, Jersey from FAME and NSPI T-shirt custom-made for the event.

Bulacan Relief Operation



The van used by NSPI to deliver the goods to the flood victims. Courtesy of Seaman's Hospital.

Due to the typhoons that hit the country many provinces in the Philippines were affected especially in the northern part. Many people are suffering from hunger, no electricity, sicknesses and

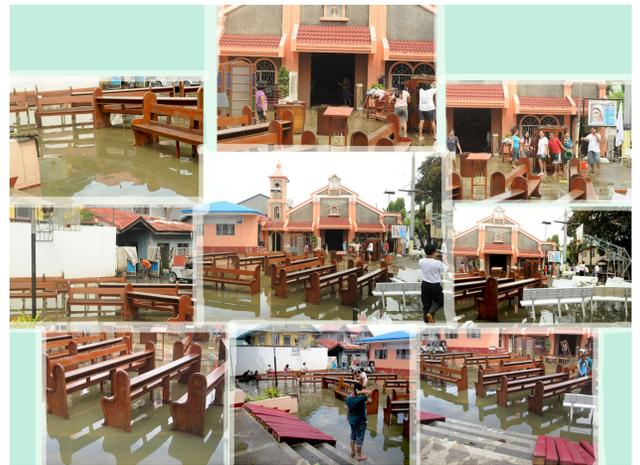
millions of properties were lost due to floods caused by these typhoons.

In response, NSPI employees conducted a relief operation last 6th October 2011, in two most affected towns namely Calumpit and Hagonoy, in partnership with Vice Mayor Rachel S. Oca M.D. and their women's group and Jardin de Dasmariñas.

6:30 am, representatives from NAESS Shipping left for Bulacan having relief goods for about 200 individuals. They reached Calumpit at about 10 in the morning where they met with Vice Mayor Rachel and her team. The teams started packing more relief goods, which included rice, toiletries, canned goods, biscuits, water, flash lights and medicines.

Upon arriving at the affected area, the relief operation started and people swarmed our vehicle. The team was able to accommodate a good number of families in the area. The area for the operation was just supposed to be Calumpit but the team decided to go to Hagonoy, another hard hit area, to give out the rest of the packed goods to the people there.

It has been a week since the two typhoons and there are still flooded places with no electricity. People are still cleaning their houses of mud, trying to save whatever it is that could still be saved. Appliances and furniture are scattered outside the houses, some of their pets are still on the roof, and many have acquired skin diseases due to the filthy flood water. The ruins left by typhoon Pedring and Quiel are still very visible.



Sto. Niño Church, Calumpit, Bulacan



Canyugan Sitio II, Calumpit, Bulacan



Hagonoy, Bulacan



These were some of the sceneries on the way to Hagonoy



With Bulacan Governor, **Wilhelmino M. Sy-Alvarado**

Some of the goods initially packed for the flood victims.



It was such an experience for everyone in the team especially to those who have done it for the first time. It is a different feeling when you go out there, immerse yourself, and see the whole thing as compared to just watching it on the news. It is also an experience to take part -even in the simplest way- seeing the faces of these people who are so happy with what they received to survive for a day or two and with the hope to still go on with life despite the dreadful situation. It doesn't really matter how small or how big your gifts are as long as it comes from your heart, it'll surely make a difference!

This outreach to Calumpit and Hagonoy is just the start. There are still a lot of places that needs help. We hope that you would partner with us in our future activities of reaching out to the unfortunate ones. Together we all can make a difference!



NSPI representatives with Pandi Vice Mayor **Rachel S. Oca** and the Parish Priest of **Sto. Niño Quasi Parish Calumpit, Bulacan**



The team with Bulacan Vice Governor **Daniel Fernando**



With **Mr. Felix V. Ople**, Board Member, 1st Congressional District, Bulacan

“Age is an issue of mind over matter. If you don't mind, it doesn't matter”
~Mark Twain~
(n__n)

**HAPPY
BIRTHDAY
Mr. G!!!**

Mr. G's Birthday Celebration



The Executive Vice President of Naess Shipping Philippines turned another year wiser last 15 October 2011. He celebrated his birthday with his Naess family on the 17th October at the 4th Floor of Naess Office.



Mr. G's Birthday celebration with NAESS Family and some guests, enjoying the delicious food from Yellow Cab Pizza.

Trainings



Last 12 October **PDOS** was held at the 4th floor Training Room of NAESS office with a total of 15 attendees; and on 16 November, there were a total of 15 attendees.

13th October, the **Anti-Piracy Course** was conducted with six (6) participants.

17th October the **Environmental Awareness**

Course was conducted with three (3) attendees and a total of six (6) attendees on 8 November 2011;

And last 18 - 19 and 26 - 27 October 2011, **Risk Assessment Management and Accidental/ Incident Investigation (RMAI)** was held with six (6) SNS officers in attendance per batch.

All three in-house courses was held at the ground floor Training Room by Capt. Marnaldo Aviso.

Enercon was also held 11 November 2011 by C/E Manzano with a total of 3 attendees.



On 14-18 November 2011 **KOTC Training** was conducted by C/E William Blewitt and Capt. Leon Aranha at the 4th floor Training Room having a total of 39 attendees (17 from NAESS and 22 from PASCOR).

Lubrication Course was also conducted by Dr. Bosch last 25 November 2011 with a total of 25 attendees.



For more photos visit:
www.naessphil.multiply.com



Celebrating 31 Years of God's Goodness

In celebration of its 31st Anniversary, NAESS Shipping Philippines decided to do it differently by sharing it with kids of less fortunate families, 17th November 2011 at NAESS grounds.

The committee in charge of its social responsibility orchestrated the whole event in cooperation with NSPI office personnel, Zone Chairman in Malate area, Pinoy Pamilya Foundation and Chef's Den Institute.

The event started with a mass of thanksgiving by Father Rorie, followed by an Opening Remarks by NSPI President, Mr. Pedro Miguel Oca.

NSPI, with its goal to not

only feed these children physically and emotionally but also spiritually, invited the Pinoy Pamilya Foundation (PPF) who prepared various games that entertained not only the kids but the staff as well as they assist the participating children in each games. The PPF has also prepared an upbeat song with a message about the goodness of God to everyone, to teach the kids. A two-minute film showing on The Good Samaritan was also prepared, where children were taught about the goodness of God and His Word.

The kids then enjoyed the food that was served, pre-

pared by Chef's Den Institute. Give-away items were then distributed to the children towards the end of the event.

The whole event was physically exhausting with the weather conditions and all but seeing how happy these kids were during the whole event, with the prizes they have received and the entertainment that was given them,... priceless!

We would like to thank everyone for all the efforts and support that contributed to the event's success.

Together, we ALL can make a difference!

Happy 31st Anniversary, NAESS!

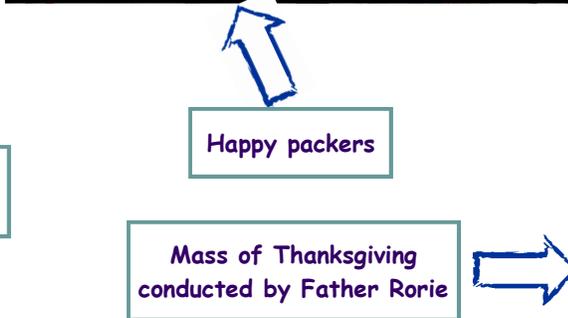
"You have not lived today until you have done something for someone that cannot pay you back"
~ John Bunyan~



Chef's Den preparing the food.



Happy packers



Mass of Thanksgiving conducted by Father Rorie



NSPI President, Mr. Pedro Miguel Oca for the Opening Remarks





Registration Committee



Giving gifts



Kids enjoying the food



NSPI personnel



Program proper

The Unsung Heroes



22 November 2011, The Veterans Memorial Medical Center (VMMC) Operation Lifeline recognized and honored its blood donors at the Valdes Hall of Veterans Hospital.

NAESS Shipping was one of those whom they have given

awards of recognition from the blood letting that we did a few months back, represented by the Executive Vice-President, Mr. Victor T. Gomez, Jr. who received the award, along with other institutions; Air Force Special Services Group, Philippine Army, Manila Health Department, Medical Trends and Technologies, Inc. to name a few.

The VMMC Operation Lifeline invited one of the known

Broadcast Personalities in the Philippines to be the Guest of Honor and Speaker for the event, Ms. Bernadette Sembrano-Aguinaldo, who shared an inspirational message of how she became a regular blood donor.



“It is a never-ending chain of life. And it all starts with that anxious moment...”

~ Bernadette Sembrano-Aguinaldo~

Office Personnel Movement

The following changes in the company organization took effect in the last two months:

In the Admin Division:

Ms. Janet Andrada is now the Accounting Supervisor; **Ms. Imelda Dela Cruz** was promoted to Admin Super-

visor with **Mr. Joefel Año** as the Admin Assistant.

In the Operations Division:

Ms. Lena Castillo is now the Crewing Manager handling all RMS vessels with **Ms. Melba Sta. Ana** as the Crewing Supervisor; and **C/E Ramil Nacional** is now the

Crewing Manager for all SNS vessels with **Mr. Hertz Buenavista** as the Crewing Supervisor.

NSPI would like to welcome **Mr. Tony Dy**, the new IT Supervisor, and **Ms. Joyce Reyes**, the new Recruitment Personnel.

NSPI's NEW FACES



Joyce Anne Reyes

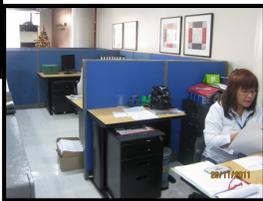


Antonio Dy

The **HR and the Legal Department** was moved to the 2nd floor while the **Recruitment Section** together with the **new Crewing Section** for Domestic Trade was moved to the former HR/Legal office.



The new HRMD office



Recruitment Office



The new Legal office



Domestic Fleet Crewing Section



Provident Fund Awarding

Elect. Antonio Mendez was awarded his Provident Fund last 23 November 2011, sailing with SNS for 19 years. The award was presented by SNS officials, Ms. Daniela Poetsch, DPA/CSO and Mr. Winfried Sack, Crew Manager during their visit last 22 - 23 November 2011.



Mr. Sack presenting the cheque

Elect. Mendez with Ms. Poetsch and Mr. Sack



Elect. Mendez with SNS and NSPI Officials

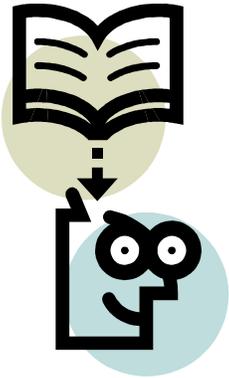
PAMAS 30th Anniversary



Naess Shipping Philippines attended the 30th anniversary of the Philippine Association of Maritime Agencies and Ship Managers (PAMAS), to which Mr. Oca is also the President, it was held last 25 November 2011 at Magsaysay Building.

Our Ms. Maricel won 3rd prize in the PAMAS Got Talent contest, performed "Grown-up Christmas List" by Kelly Clarkson





Mind Exercise

Answers to the puzzles from the previous issue:

Puzzle 1: *there were only three persons on the boat: the son, the father and the Grandfather so there were two fathers (the father & the Grandfather) and two sons (the son & the father). ;)*

Puzzle 2: *the guard got fired for sleeping on post.*

Now try answering the next puzzles: the first one is quite tricky but really easy. Answers will be revealed on next issue. ;)

Puzzle 1

The judge is the father of the son of the criminal. Who is the criminal?

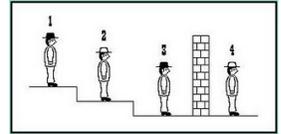
Puzzle 2

Four prisoners are caught and are to be punished. The judge allows them to be freed if they can solve a puzzle. If they do not, they will be hanged. They all agree.

The four prisoners are lined up on some steps (shown below). They are all facing in the same direction. A wall separates the fourth prisoner from the other three.

The prisoners are wearing hats. They are told that there are two white hats and two black hats. The men initially don't know what colour hat they are wearing. They are told to shout out the color of the hat that they are wearing as soon as they know for certain what colour it is.

They are not allowed to turn round or move. They are not allowed to talk to each other. They are not allowed to take their hats off. Who is the first person to shout out and why?



Something to keep

Joel Osteen's Your Best Life Now: A Book Review

The book is all about how to live your best life now. Joel Osteen, the author of the book gives us seven (7) steps to living at our full potential.

He said in his book that we must make the most of the present moment and thereby enhance our future. Today is the only day we have. We can't do anything about the past and we don't know what the future holds. But we can live at our full potential right now! What a catchy start!

The first step to living your best life now is to **enlarge your vision**. He says that we have to conceive it on the inside before we're ever going to receive it on the outside. If you don't think you can have something good, then you never will. The battle is on your mind! As long as you can't imagine it, then it's not going to happen. We must start looking at life through eyes of faith. You need to envision your success.

The next step is to **develop a healthy self image**. How you see yourself and how you feel about yourself will have a tremendous impact on how far you would go in life. Joel Osteen says, you will never rise above the image you have of yourself in your own mind. Understand your value, become what you believe and be happy with who you are.



The third step is to **discover the power of your thoughts and words**. You need to choose the right thoughts. So much of success and failure in life begins in our minds. Reprogram your mental computer. Speak life-changing words. Your words can either make or break you. You must stop talking about the problem and start talking about the solution. Speak a blessing.

The fourth step is to **let go of the past**. We have to let go of emotional wounds. Don't let the past determine your future. You can't do anything about it but you can choose how you will face what's in front of you. Don't let bitterness take root. Defeat disappointments. Quit wasting your time trying to figure out something that you can't change.

The fifth step is to **find strength through adversity**. Get up on the inside. Keep on standing firm! Choose to stand in faith even if you'll have to stand your whole life. Trust God's timing. It's going to happen, and the good news is, it's not going to be one second late.

The sixth step is to **live to give**. Learn to be a giver and not a taker. Focus on being a blessing. If it's not meeting a need, turn it into a seed! Show God's mercy and kindness. Keep your heart of compassion open. Reach out.

The last step is to **choose to be happy!** Your best life starts now. Being unhappy won't change anything for the better. Being negative and sour isn't going to improve anything either. Quit worrying about how everything is going to turn out. Live one day at a time.

Aiming for Total Principal Satisfaction!