NAESS SHIPPING PHILIPPINES, INC.

August – September 2011

Issue no. 05

Greetings from NSPI!

NSPI supports ISFC

Naess Shipping Philippines supported the 1st International Seafarers Family Convention (ISFC) which was held last 4-5 August 2011 at the PICC Forum Hall with the theme: *"The Bonds of Families, the Success of the World"*.

The event was spearheaded by the Gig and The Amazing Sampaguita Foundation, Inc. (GASFI) (a foundation established by Ms. Marrisa Oca) in partnership with the Marino World (a bimonthly publication for the Maritime industry).

NSPI prepared giveaway items which included the NSPI environmental bag, NSPI Tee shirts and NSPI brochures.

Day1 with Mr. Tony, Ms. Joyce, Capt. Torres, Mr. Gomez and AUB representative

NSPI representatives with Mr. Oca, Mr. Gomez and Capt. Torres

The convention was also supported by different organizations both local and international and media partners. The event was a tribute for the support of families to their seafaring loved ones who have put the country into the map of the maritime world.

NSPI staff visited the event

The catchy entrance to the hall. Sponsors and participating Organizations written on each cargo box

NSPI Officers & Staff with C/E De Guzman

The tarpaulin displayed in the booth featuring C/O Letigio and his family

SNS Officers' Meeting Batch 2

NSPI, together with our principal, believe that motivation is essential to every person, last 19 August 2011, NSPI Managers had the second session on motivation for officers sailing under SNS.

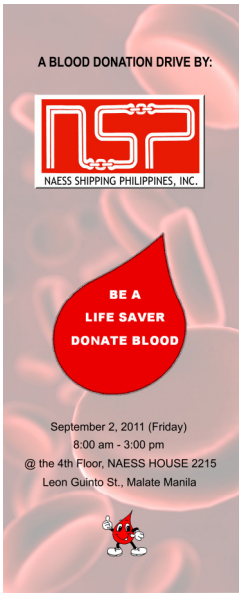
The officers responded with open minds proactively participating and suggesting ideas that could promote or increase the motivation of crewmembers on board the vessel.

It had been a productive meeting having 13 officers, both senior and junior, attending and whole-heartedly participating thus, making the event a success.

The officers were then treated to a sumptuous lunch at Café Adriatico Malate, Manila.

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

Touching lives



As part of promotion, a tarpaulin was displayed at the lobby days

As part of NSPI's social responsibility and activity, a committee was formed, spearheaded by Capt. Mar Aviso and Ms. Lena Castillo.

The formation of the committee is basically designed to help communities or institutions that require assistance in times of need.

In view of the voluminous number of individuals who are suffering from dengue, the committee agreed to do Bloodletting Campaign for its pilot project suggested by Ms. Esther Santos, held last 2nd September 2011 at the 4th Floor of NAESS office.

The theme of the project was *"Dugo ko, alay ko sayo".* The project was participated in by IMAJ-PJMCC cadets, crew from Kapitan Felix Oca, some of NSPI seafarers, NSPI, NAVIS office personnel and also trainees from MICOMAR.

The bloodletting was conducted by medical representatives from the Veterans Hospital, who were also the recipient institution of the campaign.

The event...

"Be a life saver, donate blood"

The event started with the registration and assessment of participants. Each participants was given a form to fill out, underwent physical examination-in order to assess if they are qualified to donate blood before blood extraction.

There were more or less about a hundred participants who whole-heartedly responded to this cause.

Snacks of the participants were provided by the recipient institution to which NSPI added some "Balut" (fertilized egg embryo), a food that is -in Filipino culture- believed to give strength.

The committee was able to collect a total of 58 vials of blood for Veterans Hospital. It may be just a small portion compared to the growing number of individuals needing it but it didn't stop Naess from contributing in its own special way.

NSPI is grateful to everyone who participated. Together, we, all can make a difference!

NSPI committee members with Mr. Oca, some of the participants and Veterans Hospital representatives

NSPI committee members (in white uniform) and staff.

The participants including some of our seafarers: AB Perasol (SNS) and Stwd Sy (KOTC)

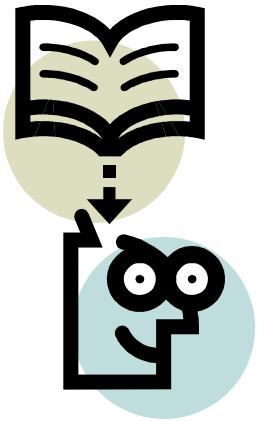
Maritime Week Celebration

"The Seafarer" at Roxas Boulevard, Manila. Photo: Philippine Star

26 September - 01 October 2011, the Philippines celebrated Maritime Week with the theme: Piracy Orchestrating the Response - which was adopted after the theme of the International Maritime Organizations (IMO) celebration of the 2011 World Maritime Day.

On 25th September a wreath-laying ceremony was held at the Seaman's Monument lead by AMOSUP located at the Roxas boulevard boardwalk near Raja Sulayman Park, Malate, Manila.

Mind Exercise



Answers to the puzzles from the previous issue:

Puzzle 1:

I am the beginning of the end. You can see me twice a week but not in a day. Once a year but not in a month. What am I?

Answer: the letter "E"

Puzzle 2:

A husband was driving his expecting wife to the hospital one snowy night when in the middle of nowhere suddenly the car broke down. The husband went out for help and told his wife to lock the doors and not to let strangers come in. so she did as he told. After an hour, the husband was back and saw his wife unconscious . The doors were locked. Not a window was broken but there's blood on her clothes and a stranger in the car. How did it happened?

Answer: no one got in the car. The wife gave birth so there's blood on her clothes and the stranger was the baby.

Now try answering the next 2 puzzles. *Answers will be revealed on next issue.*

Puzzle 1

There are two fathers and two sons on the boat. Each person caught one fish. None of the fish were thrown back. Three (3) fishes were caught. How is it possible?

Puzzle 2

One night, during his watch, a security guard had a dream, that his boss was on a business trip and his plane crashed. Troubled, he told his boss about it and the boss cancelled his trip. True enough, the plane that he was supposed to be in crashed. He called in the security guard, thanked him gave him money and fired him. Why did the boss fired the guard?

Something to keep

How to Climb Mountains

(*An excerpt from Paulo Coelho's Like the Flowing River*)

Choose the mountain you want to climb

Don't be influenced by what other people say: 'that one's prettier' or 'that one looks easier'. You are going to put a lot of energy and enthusiasm into achieving your objective, and you are the only person responsible for your choice, so be quite sure about what you are doing.

Find out how to reach the mountain

Often you can see the mountain in the distance - beautiful, interesting, full of challenges. However, when you try to reach it, what happens? It's surrounded by roads; forests lie between you and your objective; and what seems clear on the map is far more complicated in reality. So you must try all the paths and tracks until, one day, you find yourself before the peak you intend to climb.

Learn from someone who has been there before

However unique you may think you are, there is always someone who has had the same dream before, and who will have left signs behind that will make the climb less arduous: the best place to attach a rope, trodden paths, branches broken off to make it easier to pass. It is your climb and it is your responsibility too, but never forget that other people's experiences are always helpful.

Dangers, seen from close to, are controllable

When you start to climb the mountain of your dreams, pay attention to what is around you. There are, of course, precipices. There are almost imperceptible cracks. There are stones polished so smooth by rain and wind that they have become as slippery as ice. But if you know where you are putting your foot, you will see any traps and be able to avoid them.

The landscape changes, so make the most of it

You must, naturally, always keep in mind your objective-reaching the top. However, as you climb, the view changes, and there is nothing wrong with stopping now and then to enjoy the vista. With each metre you climb, you can see a little further, so take time to discover things you have never noticed before.

Respect your body

You will only manage to climb a mountain if you give your body the care it deserves. You have all the time that life gives you, so do not demand too much from your body. If you walk too quickly, you will grow tired and give up half way. if you walk too slowly, night might fall and you will get lost. Enjoy the landscape, drink the cool spring water, and eat the fruit that Nature so generously offers you, but keep walking.

Respect your soul

Don't keep repeating, 'I'm going to do it.' Your soul knows this already. What it needs to do is to use this long walk in order to grow, to reach out as far as the horizon, to touch the sky. Obsession will not help you in the search for your goal, and will end up spoiling the pleasure of the climb. On the other hand, don't keep repeating 'It's harder than I thought,' because that will sap your inner strength.

Be prepared to go the extra mile

The distance to the top of the mountain is always greater than you think. There is bound to come a moment when what seemed close is still very far away. But since you are prepared to go still further, this should not be a problem.

Be joyful when you reach the top

Cry, clap your hands, shout out loud that you made it; let the wind (because it is always windy up there) purify your mind, cool your hot, weary feet, open your eyes, blow the dust out of your heart. What was once only a dream, a distant vision, is now part of your life. You made it, and that is good.

Make a promise

Now that you have discovered a strength you did not even know you had, tell yourself that you will use it for the rest of your days; promise yourself, too, to discover another mountain and set off on a new adventure.

Tell your story

Yes, tell your story. Be an example to others. Tell everyone that it's possible, and then others will find the courage to climb their own mountains.