

the crystal CHRONICLE



A YEAR IN REVIEW

Message from the

President

*"It is a breeze to smile when life rolls along like a sweet song;
but the man worthwhile is the man who smiles when everything goes dead wrong."*



Yes, it has not been easy. But here we are. Standing, smiling and facing the challenges 2021 has brought our way. We close this year with a smile on our face not just because of the 5 new Principals added to our family, X vessels added to our fleet and about X new employments provided to our fellow Filipinos but also because of our growing trust and love within the Crystal family Community.

To all our Crystals and their families, our Seafarers and their families, our Principals and their families, MARAMING SALAMAT sa tiwala at pagmamahal. THANK YOU SO MUCH for the trust and love.

May all of you Be Happy, Be Peaceful and Be Liberated. Metta to all.

Love in me,
Emily

2021

8th IAC BLACK *and* WHITE Gala



One of the most anticipated Crystal IEAC annual events kickstarted the year 2021 with blacks and whites as Crystal IEAC commemorated its 8th IAC Gala Night last 28 January 2021 at The 4th.

The annual IAC Gala Night is a tribute to one of Crystal's eminent founders, Captain Inocencio Crisostomo, as a celebration of his life and legacy that gave birth to then Crystal Shipping Inc., and now Crystal IEAC.

Fashion, laughter and family love, not to mention good food and refreshments, filled the (almost full) day of celebration starting with corporate company pictorials. The highlight of the celebration kicked off with a heart-warming production number from Crystal Aspirants Joshua Pajanostan, Nery Rose Lagunay and Kyle Bianca Aquino. It was a breath-taking moment when the program showcased the exciting line-up of 2021 company activities that tickled the fancy of everyone. The Crystals were in awe of the seemingly unique format of this year's Gala Night plus the very creative digital presentations of the company highlights of the year 2020.

It was a proud moment as Crystal recognized Purong Kristals (Pamela Jane Raguine, Beth Alcantara and Anna Sanchez) as the overall winner of the 5C presentation followed by the distribution of Crystal Book 1 to the true-blue Crystals. A deafening cheer filled the Gala venue with the level-up presentations of the company and unit-wide OKRs. One of the most prominent events of 2020 was wrapped up with the announcement of PGD Winners including Mark Rence Miguel for Mind and Body category, Pamela Judith Garrote for the Spirit category and Allyson Azarcon for the Financial category. The annual Gala night is not complete without giving the spotlight to Crystal's Loyalty Awardees. This year, Annaliza Sanchez, Sidney Cruz and Reginenald Caracta became the exemplars of Crystal's prestigious award. The awarding of the Captain Inocencio Crisostomo Award equivalent to the WOW service award was bagged by Crystal Sunshine, Shielyn Dela Cruz.

Before the closing of the program, an exciting reveal spearheaded by the Chief Impactor herself, Emily Crisostomo, unfolded before the eyes of all Crystals as she formally introduced her CEO successor, Lead, IT, Mark Rence Miguel.

THE BIGGEST LOSER



The **Personal Growth Declaration** or PGD, for years has become a household team for term for the Crystal IEAC community that only its Crystals understand.

The program challenges all Crystals for an all-out fitness journey that basically aims to achieve a healthy body. A whopping set of prizes awaits the winner (or winners) of Crystal's Biggest Loser.

The Black Team is composed of Beth Alcantara, Imelda Moises, Regionald Caracta, Joy Pradanos, Nery Lagunay, Arvin Trinidad, Melba Lorenzo, Checket Basada, Joshua Pajanostan, Sari Enriquez, Jenevab Lozada, Calvin Dela Cruz, Romel Dalisay, Jenny Cueto Pam Garrote, Jelyn Macalalad and Ruffa Abante with Mark Rence Miguel as its resident Coach while the white team has Belle Lopez, Sheanne Estrella, Christian Caracta, Jet Bale, Anna Sanchez, Shallom Edillo, Kat Latderos, Kyle Aquino, Jom Alfante, Pam Raguine, Tony Lescano, Shielyn Dela Cruz, and Jashen Azarcon with Allyson Azarcon as thier resident Coach.

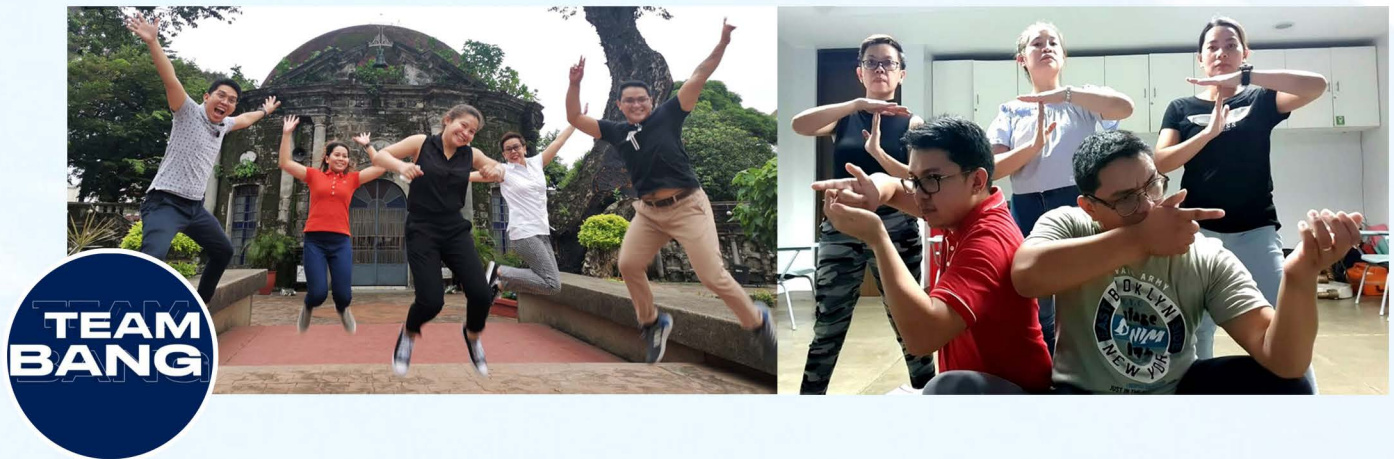


30 DAY PGD CHALLENGE

The winner for the first part of Crystal's **"The Biggest Loser"** was announced last 30 June 2021 alongside with the birthday bash of the Chief Impactor held at the Crisostomo's residence at Quezon City. The real-tight competition hailed Kyle Bianca Aquino and Joan Mae Alfante as winners for the Women's Division while Miguel Quilantang, and Regionald Caracta bagged the coveted title for Men's Division.



BHASIMBAS TEAM



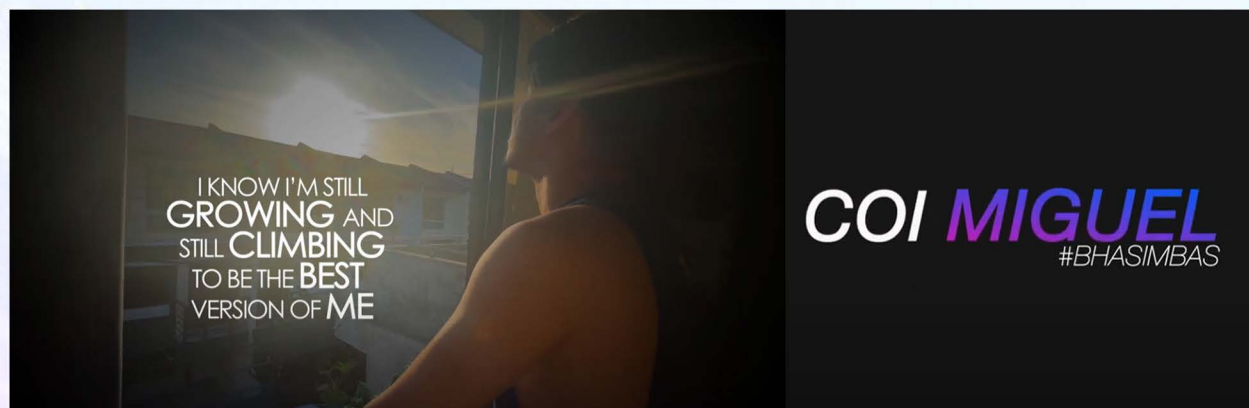
Crystal IEAC launched its new healthy culture last October 2021, called **BHASIMBAS** which stands for Be Healthy And Strong In Mind, Body And Spirit. It is the evolution of the successful segment Crystal Biggest Loser that ended last June 30, 2021.

The aim of this Challenge is to Be Inspiring and Be Perspiring, which it also includes team creativity at the end of the Road for a 10 minute #BHASIMBAS journey video.

BHASIMBAS Teams are: SHESHAKAME - Be YOUUnique (Sheanne, Shallom, Melba & Kath), Hype-Five (Josh, Imelda, Lilibeth, Calvin & Nery), Team Living LAARJ (Lou, Anna, Rommel & Jona), and the Grand Champion for this Year's BHASIMBAS 2021 - TEAM BANG Regie, Jeny, Shielyn, Belle and Christian. It was another successful event for Crystal IEAC and our Chief Impactor Emily Crisostomo for the last quarter of 2021.

It was a roller coaster journey for each team. Everyone produced amazing work in sending a message to always be healthy in Mind, Body & Spirit.

BHASIMBAS INDIVIDUAL



Alongside the launching of the **BHASIMBAS TEAM** was also the launch of our **BHASIMBAS INDIVIDUAL** category.

The Individual Challenge category focus was one's personal fitness journey. Each contender's 3-minute video showcased his story which included the challenges he has overcome and his triumphs, which led to his achievement of a healthy mind, healthy body and healthy spirit.

The BHASIMBAS Individual Grand Champion for this Year was Mark Rence Miguel, our Lead, Innovator.

It was not an easy journey for Mark, who, in 2019 was Diagnosed with Crohn's Disease. As I quote, "My Body & Physique Drastically Dropped. I even lost some of my hair, to the point that I felt UGLY, MISERABLE & WEAK. But I NEVER GAVE UP".

Each one of us has silent battles but he remained focused, changing his perspective in life. "I know I'm still growing and still climbing to be the Best Version of ME".

There is HOPE.



Crystal proudly announces one of its highlights for the year 2021, their partnership with **Bridgemans Services Group LP!**

Bridgemans is known for providing its clients with floating accommodations also known as "floatels" around the world and also providing "full-service workforce accommodation vessels that offer extraordinarily high standards of accommodations and food services, as a means of assisting resource companies to attract and retain workforces in remote regions." One of its floatels currently accommodates the people who are part of the ongoing New Manila International Airport in the Philippines! How cool is that?

Looking at the pictures of the people who are now a part of this ongoing project, Crystal is very happy and honored. Once again we are given the opportunity to fulfill our purpose to continue delivering Happyness not just outside the country but even in our home, the Philippines.



Crystal

CALENDAR 2021

JANUARY

8TH IAC GALA



Crystal

CALENDAR 2021

F E B R U A R Y

8TH IAC GALA

M A R C H

8TH IAC GALA



Crystal

CALENDAR 2021

A P R I L

8TH IAC GALA

M A Y

8TH IAC GALA

Crystal

CALENDAR 2021



JUNE

8TH IAC GALA

JULY

8TH IAC GALA



Crystal

CALENDAR 2021

AUGUST

8TH IAC GALA



SEPTEMBER

8TH IAC GALA



Crystal

CALENDAR 2021

OCTOBER

**SQUID GAMES
JET SEND OFF
MOVIE NIGHT**



NOVEMBER

**SARI SEND OFF
BRIDGEMAN**



Crystal

CALENDAR 2021

DECEMBER

8TH IAC GALA



GOOD ~~BAD~~ HABITS, ~~HABITS~~

Article by: James Clear

Bad habits interrupt your life and prevent you from accomplishing your goals. They jeopardize your health — both mentally and physically. And they waste your time and energy.

So why do we still do them? And most importantly, is there anything you can do about it?

What causes bad habits?

Most of your bad habits are caused by two things...

Stress and boredom.

Most of the time, bad habits are simply a way of dealing with stress and boredom. Everything from biting your nails to overspending on a shopping spree to drinking every weekend to wasting time on the internet can be a simple response to stress and boredom. But it doesn't have to be that way. You can teach yourself new and healthy ways to deal with stress and boredom, which you can then substitute in place of your bad habits.

You don't eliminate a bad habit, you replace it.

All of the habits that you have right now — good or bad — are in your life for a reason. In some way, these behaviors provide a benefit to you, even if they are bad for you in other ways.

For example, opening your email inbox as soon as you turn on your computer might make you feel connected. At the same time looking at all of those emails destroys your productivity, divides your attention, and overwhelms you with stress. But, it prevents you from feeling like you're “missing out” ... and so you do it again.

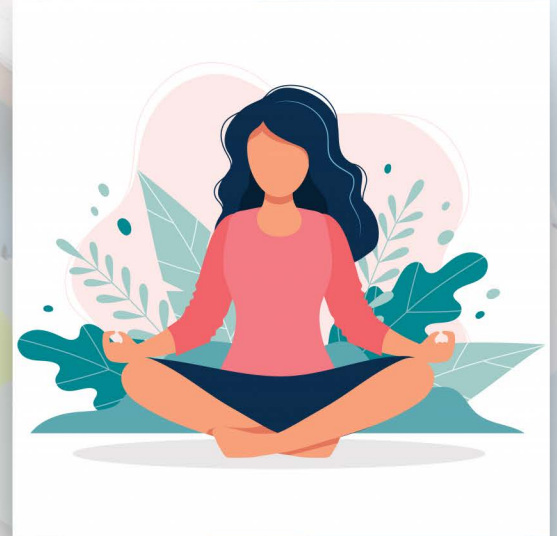
Because bad habits provide some type of benefit in your life, it's very difficult to simply eliminate them. (This is why simplistic advice like “just stop doing it” rarely works.)

Instead, you need to replace a bad habit with a new habit that provides a similar benefit. In other words, bad habits address certain needs in your life. And for that reason, it's better to replace your bad habits with a healthier behavior that addresses that same need. If you expect yourself to simply cut out bad habits without replacing them, then you'll have certain needs that will be unmet and it's going to be hard to stick to a routine of “just don't do it” for very long.

How to break a bad habit

Here are some additional ideas for breaking your bad habits and thinking about the process in a new way.

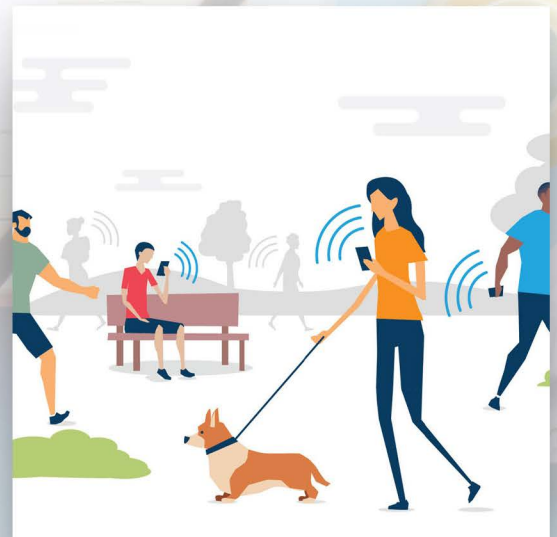
Choose a substitute for your bad habit. You need to have a plan ahead of time for how you will respond when you face the stress or boredom that prompts your bad habit. What are you going to do when you get the urge to smoke? (Example: breathing exercises instead.) What are you going to do when Facebook is calling to you to procrastinate? (Example: write one sentence for work.) Whatever it is and whatever you're dealing with, you need to have a plan for what you will do instead of your bad habit.



Cut out as many triggers as possible. If you smoke when you drink, then don't go to the bar. If you eat cookies when they are in the house, then throw them all away. If the first thing you do when you sit on the couch is pick up the TV remote, then hide the remote in a closet in a different room. Make it easier on yourself to break bad habits by avoiding the things that cause them.

Join forces with somebody. How often do you try to diet in private? Or maybe you "quit smoking" ... but you kept it to yourself? (That way no one will see you fail, right?)

Instead, pair up with someone and quit together. The two of you can hold each other accountable and celebrate your victories together. Knowing that someone else expects you to be better is a powerful motivator.



Surround yourself with people who live the way you want to live. You don't need to ditch your old friends, but don't underestimate the power of finding some new ones.

Visualize yourself succeeding. See yourself throwing away the cigarettes or buying healthy food or waking up early. Whatever the bad habit is that you are looking to break, visualize yourself crushing it, smiling, and enjoying your success. See yourself building a new identity.

You don't need to be someone else, you just need to return to the old you. So often we think that to break bad habits, we need to become an entirely new person. The truth is that you already have it in you to be someone without your bad habits. In fact, it's very unlikely that you had these bad habits all of your life. You don't need to quit smoking, you just need to return to being a non-smoker. You don't need to transform into a healthy person, you just need to return to being healthy. Even if it was years ago, you have already lived without this bad habit, which means you can most definitely do it again.

Use the word “but” to overcome negative self-talk. One thing about battling bad habits is that it's easy to judge yourself for not acting better. Every time you slip up or make a mistake, it's easy to tell yourself how much you suck.

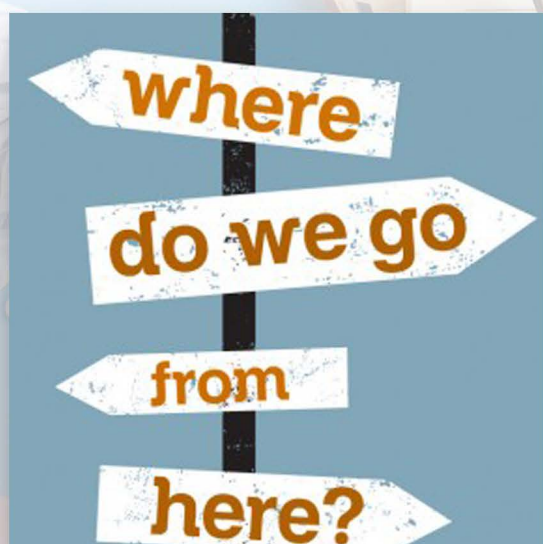
Whenever that happens, finish the sentence with “but”...

*“I’m fat and out of shape, **but** I could be in shape a few months from now.”*

*“I’m stupid and nobody respects me, **but** I’m working to develop a valuable skill.”*

*“I’m a failure, **but** everybody fails sometimes.”*

Plan for failure. We all slip up every now and then.



Where to go from here

If you're looking for the first step to breaking bad habits, I'd suggest starting with awareness.

It's easy to get caught up in how you *feel* about your bad habits. You can make yourself feel guilty or spend your time dreaming about how you wish things were ... but these thoughts take you away from what's actually happening.

Instead, it's awareness that will show you how to actually make change.

- When does your bad habit actually happen?
- How many times do you do it each day?
- Where are you?
- Who are you with?
- What triggers the behavior and causes it to start?

Simply tracking these issues will make you more aware of the behavior and give you dozens of ideas for stopping it.

Breaking bad habits takes time and effort, but mostly it takes perseverance. Most people who end up breaking bad habits try and fail multiple times before they make it work. You might not have success right away, but that doesn't mean you can't have it at all.

WHAT TO LOOK FORWARD FOR 2022

PANDEMIC

1. Full vaccine eligibility for all ages gets closer

Vaccines have been instrumental in protecting people from COVID. As 2021 comes to a close, at least one type of vaccine is available for anyone 5 years and older. But there's still one age group that hasn't been authorized to get a vaccine from any manufacturer: Young children ages 4 and under. But protection for this age group is likely coming in 2022. Pfizer said it expects to have clinical trial data available for kids ages 2-5 by the end of the year and for kids between 6 months and 2 years by March of 2022, bringing an FDA authorization and full vaccine eligibility one step closer.

WORLD NEWS

2. Year of the Tiger

On Feb. 1, Many communities worldwide will celebrate the Lunar New Year and the Year of the Tiger. People born in the Year of the Tiger are assertive, courageous leaders, according to the Victoria and Albert Museum.

3. The Queen's Jubilee

Feb. 6, 2022 marks Queen Elizabeth II's 70th year as monarch. To celebrate, the royals are hosting a year-long Platinum Jubilee event. A concert from Buckingham Palace, a horse race, parades and other celebrations are planned as part of the celebration during the first weekend of June.

SPORTS

5. The Olympics are back again

It wasn't long ago we were watching the Summer games in Tokyo that got pushed back a year, due to COVID-19. Now less than a year later, the Winter Games will take place in Beijing in February 2022.

6. A jam-pack Super Bowl half-time show

Not only will the 2022 Super Bowl in Los Angeles coincide with the Olympics, but hip-hop and rap fans will also be treated to a star-studded halftime show lineup. Dr. Dre, Snoop Dogg, Eminem, Mary J. Blige and Kendrick Lamar will all be making appearances.

7. The World Cup

Soccer fans worldwide can look forward to the men's World Cup in November and December 2022. Teams will be competing in Qatar, but qualifying competitions have already started. The U.S. Men's National Team, currently ranked 12th in the world, will play qualifying matches in January, February and March, in hopes of landing a spot in the World Cup.

4. Double total lunar eclipses

Two total lunar eclipses, also known as "blood moons," will be visible in the U.S. and other continents on May 16 and Nov. 22. The next total lunar eclipse won't happen until 2025.

TECHNOLOGY

8. Suicide hotline will become more accessible

The Federal Communications Commission last summer voted to require phone companies to support the 988 number for people to call to reach an existing suicide-prevention hotline. Recognizing that texting is critical to Americans, particularly young people and those who are deaf, have hearing loss or speech disabilities, the commission has since voted to require a texting option as well. Phone companies have until July 2022 to implement the 988 number for both calling and texting.

ENTERTAINMENT

11. Highly-anticipates movies

Film lovers have some exciting new remakes and sequel flicks to look forward to in 2022 including a "Top Gun" reprise called "Top Gun: Maverick," "Knives Out 2," "Black Panther: Wakanda Forever" and "The Batman" starring Robert Pattinson.

12. Top musicians announce tours

Live music continues to pick up steam with upcoming tours from hot artists like The Backstreet Boys, Justin Bieber, The Week-end, Elton John, Olivia Rodrigo and Billie Eilish.

13. Broadway in full swing

After pandemic shutdowns, fans of the theater can look forward to a robust 2022 Broadway season with shows like "MJ" featuring the music of Michael Jackson, "Plaza Suite" which stars real-life couple Matthew Broderick and Sarah Jessica Parker and a revival of "The Music Man" featuring Hugh Jackman.

9. New advances in environmentally-friendly electric cars

As demand for environmentally-friendly cars grow, auto makers are rolling out more electric (and futuristic) trucks, like the Electric Ford F-150 Lightning, the Tesla Cybertruck and newcomer Rivian's R1T.

10. Cheaper iPhone repairs

In 2022, Apple will be premiering its Self Service Repair program, which will allow customers to fix newer iPhones themselves, through a website which will sell replacement parts. A repair manual will help guide DIY-ers.

14. New TV for fantasy lovers

If you love fantasy television series, there's a lot to look forward to in 2022. Look out for a "Lord of the Rings" reboot series, "Game of Thrones" prequel "House of the Dragon," three "Star Wars" spinoffs-- "Obi-Wan Kenobi," "Rangers of the New Republic" and "Andor," and a live-action remake of "Avatar: The Last Airbender."

15. Series finales for beloved shows

It can be hard to say goodbye to a beloved TV show, but there's nothing more satisfying than tying up loose plot points. Fans of "This is Us," "Better Call Saul," "Ozark" and "Dead to Me" can anticipate some closure as those series end in 2022.

16. Highly anticipates new albums

Hit artists like Dolly Parton, Jason Aldean, Kid Cudi, Saweetie, Weezer, The Lumineers and Arctic Monkeys will be dropping albums in 2022.

17. Hot new Las Vegas residencies

Sin City tourists can catch intimate performances from popular performers like Adele and John Legend. Both have announced residencies for 2022 in Las Vegas.

18. Museum of Broadway

Visitors should plan on getting to Broadway early this summer because the first permanent museum dedicated to Broadway will open in the heart of Times Square in the summer of 2022.

19. New kid's programming

Youngsters will enjoy an upcoming "Moana" show, a sequel to the 2007 film "Enchanted" called "Disenchanted," and a "Zootopia" series.

20. Interesting celebrity books

Performers Viola Davis, Janelle Monáe and Dolly Parton will be releasing books in the new year. Davis will publish a memoir called "Finding Me," Monáe's book "The Memory Librarian: And Other Stories of Dirty Computer" will explore themes from her album "Dirty Computer," and Parton's publication will be a novel called "Run, Rose, Run," co-written with bestselling thriller author James Patterson.

21. Big anniversaries for some on-screen favorites

Two pop culture classics will celebrate 50 years on-screen: Fan-favorite game show "The Price is Right," and cinematic masterpiece "The Godfather." Both premiered in 1972.

22. Classic musicians up for GRAMMYs

Cheer on classic artists and GRAMMY nominees like ABBA, Tony Bennett, Willie Nelson, Dolly Parton, Paul McCartney and AC/DC. The award show will take place on Jan. 31.

Author: Megan Yoder

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REPUBLIC OF THE PHILIPPINES
MARITIME INDUSTRY AUTHORITY



MARINA ADVISORY

**ALL SHIPPING COMPANIES,
MANNING AGENCIES, SHIPOWNERS,
SEAFARERS AND ALL CONCERNED**

SUBJECT:

**RULES ON THE IMPLEMENTATION OF THE
OVERSEAS SHIPPING SERVICE INFORMATION
AND MONITORING SYSTEM (OSSIMS)**

Pursuant to Presidential Decree (PD) No. 474, Executive Order No. 125/125-A, in compliance with RA No. 9485 otherwise known as "The Anti-Red Tape Act of 2007," as amended by RA No. 11032 otherwise known as "The Ease of Doing Business and Efficient Government Service Delivery Act of 2018," and guided by RA No. 10173 otherwise known as the "Data Privacy Act of 2012", the following guidelines are hereby adopted and promulgated:

I. OBJECTIVES

This Circular aims:

1. To provide rules and guidelines for online filing of Overseas Shipping Service (OSS)-related applications and to prescribe a digital platform to reduce processing time, streamline processes and requirements for shipping companies, other maritime enterprises, and classification societies;
2. To ensure monitoring of records such as, but not limited to, the Register of Philippine Overseas Fleet, and records, liens, mortgages and encumbrances, accreditation of shipping companies and other maritime enterprises, payments or withholding taxes on bareboat charters.

MARITIME UPDATES 2021

3. Enhanced online services paving for contactless transactions from application to release of statutory certificates and documents;
4. To provide real time status update and tracking of applications through web portal; and
5. To provide real time verification of issued certificates

II. COVERAGE

This Circular shall apply to classification societies applying for accreditation under MARINA Circular No. 2018-01, shipping companies and other maritime enterprises governed by MARINA Circular No. 181 and 186 and its subsequent amendments, applying for the issuance of certificates and permits sanctioned under relevant MARINA Circulars for OSS-related applications.

III. DEFINITION OF TERMS

For purposes of this Circular, the following terms are understood to mean:

1. Administration refers to the Maritime Industry Authority (MARINA);
2. Collection partner refers to the agent authorized by the Administration through a valid and subsisting Memorandum of Agreement to receive payments from OSSIMS applicants;

MARITIME UPDATES 2021

3. Electronic Certificate (e-Cert) is an official document containing information or the representation of information, data, figures, symbols or other modes of written expression, described or however represented, by which a right is established or an obligation extinguished, or by which a fact may be proved and affirmed, which is receive, recorded, transmitted, stored, processed, retrieved or produced electronically;

4. Electronic Signature (e-Sig) refers to any distinctive mark, characteristic and/or sound in electronic form, representing the identity of a person and attached to or logically associated with the electronic data message or electronic document or any methodology or procedures employed or adopted by a person and executed or adopted by such person with the intention of authenticating or approving an electronic data message or electronic document;

5. Memorandum of Agreement is a document executed by and between the Administration and collection partners relative to the implementation of the OSSIMS;

6. OSSIMS (Overseas Shipping Service Information and Monitoring System) is an information and monitoring system which provides the online platform, including online filing, for Overseas Shipping Service-related applications;

7. Stakeholders refer to the accredited/recognized shipping companies pursuant to MARINA Circular No. 181, and other maritime related enterprises under MARINA Circular No. 186, and their subsequent amendments, as well as other shipping companies, classification societies availing of OSS-related applications through OSSIMS.