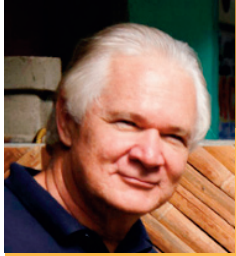




OUR PEOPLE

16 CYLINDERS

APEX GOLD PEAK



Colin's Commentary

"Speak out courageously about your good ideas and concerns - don't hide your light under the bushel." From the Walang Lokohan Charter

I have lived and worked in many countries and with people from many of the world's cultures. If a sociologist were to ask me "what is a common trait among all the people I have met?" I would readily answer: "There are many of us who hide our light under a bushel" (a bushel is a basket). This means we are frightened to share our ideas with others. Is this culture relative to us? Probably. I have been told that, in the Philippines, many are not willing to share their ideas because it is seen as being conceited, arrogant and bragging. The Vietnamese are the same but they have never been encouraged to speak their minds because they are used to getting orders from higher authority without any form of consultation.

APEX and its communities have a vast pool of great ideas but I realise a lot of these ideas are hidden under the basket, or under the bed. This is one reason why we came up with a competition to find the best technical papers from our people. I know many of you have great ideas that will help solve the challenges of future success in our operations. I listen to fresh and often wild ideas; Albert Einstein was known for his wild ideas but his "out of this world" ideas have benefitted mankind.

We should all remember that:

- ◆ First, there are no crazy ideas.
- ◆ Second, ideas kept to ourselves are a waste until they are brought out in the open. For all we know, these ideas will make a big difference to the community we live in.



As we go along, I hope to receive fresh ideas from all of you. Let your ideas be the shining lights of this company and our community. Drop me an e-mail, send me a note, talk to me when I am on site. Moving the company forward is not only the management's game, THIS is OUR GAME.

(Binisaya)

"Sulti nga wala'y kahadluk bahin sa imo'ng mga maayo'ng ideya ug mga kalabutan ug ayaw itago ang imo'ng kaalam." Gikan sa Walang Lokohan Charter

Nakapuyo ug nakatrabaho ako sa ubang nasod ug nakahimamat ug mga tao gikan sa lahi-lahi nga kultura ani nga kalibutan. Kung ang usa ka sociologist mangutana sa ako "Unsa ang kasagaran nga kinaiya sa mga tao nga imong nakahimamat?" Ang akong tubag mao ni "Daghan sa ato ang nagatago sa ilang kahayag ilalom sa basket" Kani nagpasabot nga kita mahadluk muambit sa atong mga huna-huna sa uban. Kani ba nga kultura nga kabanay nato? Malagmit. Adunay nakasugilon ka nako, sa Pilipinas, daghan ang dili muhatag sa ilang mga ideya tungod kay sila nahadluk nga matawag nga hambugero ug arogante. Mao pud ang mga Vietnamese, ang kalahian lang kay sila wala niagi ug pagdasig sa pag-istorya sa ilang huna-huna kay sila naanad nga suguon lang sa ilang mga kadagkuan nga walay bisan unsa'ng konsultasyon.

Ang APEX ug ang iyang kumunidad daghan ug mga nindot ug maayong mga ideya pero akong na-amguhan nga kadaghanan ani nga mga ideya nakatago lang ilalum sa basket o ilalum sa katre. Mao ni ang rason ngano nga naay gipahitabo nga kumpetisyon para makuha ang pinakamaayo nga technical papers gikan sa atong mga tao. Ako nakabalo nga kamo aduna'y mga tinaguan nga mga maayong ideya nga makatabang sa malampuson'g pagsulbad sa mga umaabot nga hagit sa atong operasyon. Ako nagapaminaw sa mga presko ug usahay mga panagsaon nga mga ideya; Sama ni Albert Einstein nga bantugan tungod sa iyang mga panagsaon nga ideya pero kining mga "out of this world" niya nga ideya napahimuslan sa mga katawhan.

Kini ang atong kanunay nga timan-an:

- ◆ Una, walay mga pataka nga ideya.
- ◆ Ikaduha, ang mga ideya nga ato lang giugom magpabilin nga walay pulos gawas lang kung ato kining ihanyag. Wala ta kabalo, kani diay nga mga ideya makahimo ug dakong kausaban sa atong kumunidad.

Sa atong pagpadayon, ako naghinaut nga makadawat ug mga presko'ng ideya gikan sa inyo. Ipasundayag ang inyong mga huna-huna arun kini mahimong kahayag aning atong kompanya ug atong kumunidad. Padal-i ko ug email o sulat ba kaha karun, pakighinabi sa ako kung naa ko sa site. Ang kalampusan sa kompanya dili lamang gimuhaton sa management, ato kining gimuhaton.

I am a Doer, NOT a talker.

Engr. Val B. Bongalos, Jr. - AMCI's NEW VPO-RM

• Atty. Connie G. Del Rio

Si Engr. Val B. Bongalos, Jr. ang bag-o nga VPO-RM sa Apex Mines nagsaysay sa iyang mga kaagi sa minahan pinaagi sa usa ka interview. Si Sir Val nagadasig ug nagadani sa tanan taga-Apex nga magkugi para sa Vision sa kompanya, para sa atong tanan, sa atong pamilya, sa mga stakeholders ug sa mga sunod pa nga henerasyon.



Engr. Valeriano B. Bongalos, Jr. is a man of few words and possesses an abundance of years of mining experiences and achievements.

Having more than thirty years of exposure in the mining industry, of which twenty eight years was spent in operation/management of vein type underground mines, is enough evidence that this man is a witness to a lot of different events in the history of many mining companies.

The challenge that he is facing at APEX is how to lead the company to its optimum production being the Vice President for Operations and Resident Manager.

A year before Engr. Bongalos was invited to join APEX, he was the Mine Manager of Phuoc Son Gold Company Ltd. in Quang Nam, Vietnam from 2006-2009. He left the greenfield Vietnam gold operation to spend more quality time with his family and had plans of retiring from mining work.

His mining career was spent in various mining companies such as Ban Phuc Nickel Mines in Hanoi, Vietnam (2006), Lepanto Consolidated Mining Company in Mankayan, Benguet (1999-2001), San Roque Multipurpose Dam Project (1998), Base Metals Minerals Resources Corporation in Masara, Maco, Compostela Valley (former Apex Mining Operator) 1996-1997, Ground Specialist Inc. in Mankayan, Benguet (1994-1995), Al Dhary International Group in Tabuk, Saudi Arabia (1993-1994), Benguet Corporation in Itogon, Benguet (1984-1992) (1978-1980), Zambia Consolidated Copper Mines in Nchanga Division, Zambia, Central Africa (1980-1983), Argonaut Mineral Exploration (1975-1977) and Long Beach Mining Corporation (1973-1974).

He opted to join APEX, having known the current management for some time and their track record in the field of mining.

The position offered is very challenging to him knowing that APEX have so much potential resources to explore and produce gold from its vein rich tenement. After all, he had been around the area during the operating agreement with Base Metal Resources Corporation more than a decade ago.

Having lived and brought up in a mine, he was aware that this business is where his life is. To retire, despite an offer to join another mining operation and meet new comrades, friends and challenges, would have been a disappointment.

Last May 12, 2010, he joined APEX guided by his personal vision and to accomplish the initial challenge to help optimize the production and be one of the beacon towards teamwork building among peers and employees. He believes this can be achieved, as the company is managed by competent team leaders and supportive stakeholders.

Val (he prefers to be called by his nickname) wants to encourage his teammates to focus and aim for the company's vision, for our sake, our families, our stakeholders and our future generation. Let's do it. Let's walk the talk.

TOGETHER, LET'S MAKE IT HAPPEN!

APEX MINES JOINS MINECON 2010

• Roy T. Maningo



Ang Apex Mines niapil sa duha ka adlaw nga MINECON nga giorganisar sa PSEM - usa ka grupo sa mga Mining Engineers sa Pilipinas. Kini gipahitabo didto sa Insular Hotel sa Davao niadtong Hunyo 9 hantud 11. Usa kini ka importante nga panagtapok kay aning higayuna maghatag ug mga update/impormasyon ang mga kadagkuan sa lain-laing kompaya bahin sa ilang operasyon sa minahan sa tibuok Pilipinas.

MINECON is a bi-annual event organized by the Philippine Society of Mining Engineers (PSEM). It aims to bring together in one venue the country's leading mining entities to discuss business opportunities, latest mineral production processes and cutting edge technology that reduces carbon footprint and its impact on mining productivity.

Apex Mines was one of the platinum sponsors of the 2010 MINECON held at Waterfront Insular Hotel, Davao City on June 9 to 11 with the theme "Philippine Mining: New Vision. Moving Forward."

The three-day convention was attended by various mining industries, stakeholders, mining service providers, investors and mining engineers throughout the country. It started with a golf tournament followed by an opening of exhibits where APEX had a booth, and a welcome cocktail later at night. Days 1 and 2 were utilized for the Presentation of Technical Papers and Updates of Mining Engineering Law and Philippine Mineral Reporting Code, respectively. Ms. Emy Fabro, APEX Mines' VP for Administration made a comprehensive presentation about the new management and its vision. She emphasized that "As a team effort, Apex has developed its vision in a form that can be instantly recognized, is totally unique and can be owned by all its employees and stakeholders." Furthermore she stressed how the new management boosts the morale of the employees which resulted to 16-cylinder performance.

The conference was ended by an open forum and a message from Engr. Arsenio K. Sebial, Jr., President of the Philippine Society of Mining Engineers.

On the other hand, Apex Mines is looking forward to join the PMSEA Convention in Baguio and to participate in first aid, hand mucking, hand drilling, fire fighting and tug of peace competitions. Our APEX Emergency Rescue team was also invited to do a demonstration on Mine Rescue in November this year.



Apex Searches Next Batch Of Scholars

• Jerry Ellaga



Photo by: Manny Gadong

It seems just like yesterday that some high school students applied for educational scholarship when the New Apex Management was just starting its Annual Social Development & Management Program (ASDMP). Four years later, APEX Mines is proud to announce that two of the scholars have graduated with a Bachelor's Degree through the Scholarship Program under ASDMP. Since then, APEX Mines has never faltered in its aim to help deserving students achieve their dreams through free, quality education.

The search for the next batch of scholars from the impact barangays commenced during the 2nd Scholarship Examination last May 14, 2010. It was held at the Community Relations Department Office under the supervision of the ComRel staff. There are four slots for non-IP students and three for IP students.

The chosen students will enjoy full scholarship for the whole course of their education. In return, students are expected to get higher grades and to give their best effort in their studies. Apex Mines wants to give these students from the impact barangays the fighting chance as they face life's challenges.

ENVIRONMENTAL SERVICES TO BE OUTSOURCED

• Danilo G. Regis



Ang Apex Mines nagapangita ug mga grupo o indibidwal gikan sa upat ka impact barangays nga interesado mubaligya o mu-supply ug mga similya sa kahoy. Ang Apex Mines muayuda pinaagi sa paghatag ug libre'ng mga kaalam sa pagpatubo sa mga klase-klaseng similya sa kahoy ug human ipakontra usab sa kompanya ang reforestation o rehabilitation sa mining tenements.

Apex Mines is looking for an individual or group from the four impact barangays that can supply the seedlings requirement on the reforestation/rehabilitation projects and for donation to the community. The interested party is encouraged to establish a nursery for seedling propagation on different tree plantation species, indigenous species and fruit trees. The technical personnel from the company will provide free technical services on how to raise seedlings. A seedling supply contract will be provided. Each seedling delivered to the company will be paid based on prevailing local seedling price.

On the other hand, planting activity will also be contracted out to the interested individual or group within the community. All reforestation activity, from site preparation, planting and protection maintenance will also be contracted out. The technical personnel from the company will provide free technical services on how to establish a tree plantation. All activities rendered will be paid by the company on a per seedling basis after the audit inspection has been conducted. A plantation contract will also be provided.

The Community Relations Department of the company will visit the area to inform and organize the community, while the Environment Department will assist on the technical aspect on tree planting and raising of seedlings.

This program will give additional income to the community. At the same time, additional knowledge in seed raising and plantation establishment will be acquired, while environmental protection within the surrounding community will be enhanced.

APEX CELEBRATES EARTH DAY 2010

• PerJulie Brigole



Earth Day is a milestone for the Filipino people in its vigilance against global climate change. More and more Filipinos are becoming aware of the carbon emitting equipment and materials and its effects in the environment. Manila and some cities in the Philippines are already using environment friendly renewable energy like biogas fuel in public utility jeepneys and taxis. Caring for Mother Earth has become one of the priorities.

In the sunny morning of April 22 - Earth Day 2010, Apex employees headed by Mr. Danny Regis - Environment Manager together with Ms. Emy Fabro - VP-Administration, Ms. Rose Padilla - Special Projects Manager, Retired Col. Roy Ibañez - Security Manager, Dra. Roxane Lim, OJTs and SPES grantees lined-up at the foot of the slope fronting L4 Office - Brgy. Teresa to plant as many trees as possible in celebration of the Earth Day. All were busy climbing hills, grabbing and planting seedlings while enjoying the breath of fresh air under the blue sky. Prior to this event, Apex Mines has also participated in Earth Hour 2010 wherein the energy consumption was reduced for an hour to be part in saving of 611 MW of electricity all over the Philippines.

SAFETY R UND THE CLOCK

CRASH HELMETS, ISSUED

• PerJulie Brigole



The price of motorcycle is becoming cheaper by the day, causing Filipinos to flock to the nearest motorcycle dealerships. It's becoming a fad where everybody wants to have their own set of wheels to BORA-BORA along Masara Road and to RANG-RANG in the highways of Mawab.

It's not really a bad thing for as long as the driver is responsible and has appropriate licenses. But due to the rapid influx of motorcycles in our country, one can easily cross paths with rookie drivers who are less than safety-conscious. The number of vehicular accidents in the Philippines today is so alarming that every time you watch the evening news there's always an accident involving motorcycles.

Many APEX employees now use motorcycles as their means of daily transport, in and out of the company premises. In this regard, the APEX Management has issued crash helmets to motorcycling employees. This is reinforced by strictly implementing the policy of wearing crash helmets, which applies to drivers as well as passengers.

The company is again reminding everybody to be careful 24 hours a day, seven days a week, 365 days a year. Be safe and enjoy life! Wear your crash helmets.

Ang kompanya nagapahinumdom sa tanan nga mag-amping sa kanunay. Sa mga motorista sa APEX, kinahanglan nga gamiton ang mga gipanghatag nga mga crash helmet pinaagi sa pagsul-ob ani samtang nagamotor aron maproteksyonan ang ulo sa tanang oras.

FOOD & MEAT PROCESSING SEMINAR

• Melchor Nanagad

The Women's Federation has recently invited a Technical Professor from TESDA-DNAS to conduct a training on Food and Meat Processing as part of their projects from the given capital budget to start their own livelihood programs.



Photo by: JERRY ELLAGA

Niadlong Marso 6, gipang apud-apud ang dies mil pesos kada grupo aron mamahimong capital sa livelihood projects dinhi sa upat ka barangay nga gipahitabo sa Masara gym. Ang mga lideres sa pederasyon ug mga opisyaes sa baranggay nga inubanan sa Apex Mines ComRel Department nagpahitabo ug duha ka adlaw nga Seminar Workshop didto sa Manaklay Beach Resort niadtong April 13-14, 2010. Kini giapilan sa mga lideres sa matag grupo sa naorganisa nga Council of Women.

Ang grupo mi imbita ug taga TESDA-DNAS technical professor para sa paghatag ug aktual nga training sa Food & Meat Processing nga mamahimong tinugdanan sa mga sumusunod nga livelihood projects pinaagi sa pagproseso ug nagkalain-laing mga pagkaon sama sa chorezo, tocino ug uban ba. Sulod sa pirmero nga adlaw naghimu ug plano ang mga lideres ug 3 ka tuig nga plano sa pagpalambo. Ang 3-year Development Plan mamahimu nga gabayan sa lideres ug miembro diha sa ilang pagpalambo sa livelihood projects diha sa ilang matag-usa ka katilingban.

Sa pagpalambo, isa sa mga proseso ang pagkonsulta sa matag grupo bahin sa nahiunang proyekto nga kung diin nagapunting diha sa pagpadaku sa livelihood programs. Ang maong panagtapok naka dani sa grupo diha sa paglatid sa mga gimbuhatan. Ang mga naunang tumong mao ang mga sumusunod: Una, ang mapadayunong edukasyon diha sa pagpalambo sa livelihood progam; Ikaduha, makanunayong pag-monitor sa nahaunang proyekto nga kini gisugdan sa Apex Mines; Ikatulo, pagpangita ug dugang capital para mapalambo ang mga naunang proyekto uban sa ayuda sa Apex Mines, VP-Administration, ComRel Department ug uban pang ahensya sa gobyerno ug NGOs.

Human sa maong seminar adunay mga regular meeting nga gihimo ug pagahimuon sa matag grupo aron sa pag monitor ug pagsunod sa dugang pang mga katikaran didto mismo sa ilang taga-tagsa ka katilingban. Sir Mike, Jerry, Tata - ComRel Department - Thank you so much! God bless!

NEW METHOD OF COFFEE PROPAGATION INTRODUCED

• Barangay Council and BTCEL Group



Photo by: JERRY ELLAGA

APEX Mines, together with Nestlé Philippines, encouraged farmers to revive coffee farming in impact barangays through training. Nestlé Philippines demonstrated the technological advances in coffee production.

ayuda sa Apex Mines mipahitabo gayud ug usa ka-adlaw nga seminar sa Baranggay Masara, Teresa, Mainit ug Tagbaros. Kay napaduol ug unay na ang lugar, daghan ang nalipay ug nakaapil sa maong Seminar ug sila gelecturan gidayon sa mga Coffee Production Expert sa Nestlé.

Aron makita ang aktual nga mga pamaagi o teknolohiya sa pagpananum sa kape, ang mga nakaapil sa seminar diha sa baranggay mao ang nahimung delegado para sa Nestlé Tour didto sa ilang Demonstration Farm sa Tagum. Sa bulan Abril ug Mayo 2010, kada Sabado adunay 30 ka mag-uuma ang niadto sa Nestlé aron makita sa gihisgutan ang aktual nga demonstrasyon. Ang tour nahuman niadtong Mayo 8, 2010. Sa pagkakarong ang pipila ka mga delegado ang nangandam na sa ilang luna samtang nagpaabot sa semilya sa kape gikan sa Nestlé. Nangingkamot ang grupo uban sa ComRel Dept sa Apex Mines nga masugdan ang pagpananum sa kape karong Hunyo. To Apex Mines, thank you so much for the support & guidance, most specially to ComRel Staff.

Nahimugsu ang mga plano sa mga delegado human sa 3-day seminar Workshop niadtong Marso 2-4, 2010 sa Demonstration Farm sa Nestlé Philippines - Tagum City. Tungod ang kadaghanan sa mag-uuma dili diha-diha dayon makalugsong sa Tagum, ang mga lideres nakadesisyon nga ang mga eksperto na lang ang hangyuon nga mubisita sa matag baranggay. Tungod sa pag-uyon sa Coffee Expert sa Nestlé Philippines ug

APEXMINES FASTENS BELT FOR PMSEA

• Roy T. Maningo

Bisan ug halayo pa ang PMSEA, ang Apex Mines nagsugod na ug pangandam aron makuha ang mga bulawanong kupa para sa kumpetisyon sa first aid, hand mucking, hand drilling, fire fighting ug tug of peace nga ipahitabo didto sa syudad sa Baguio karong bulan sa Nobyembre.



Quite far from the expected schedule of PMSEA where Apex Mines is set to join the First Aid competition and Exhibition on Mine Rescue in Baguio, the preparation for the event is now in full swing.

For the first time, Apexmines will be joining the First Aid Competition along with the other participating mining companies all over the Philippines during the PMSEA convention on November 18-20 in Baguio City. As part of preparation, Safety Department sought the help of the Red Cross Trainers to select the best from their top students during the Examination/Screening conducted last June 21-22 at Apex Training Center. At least nineteen individuals responded to the call.

The screening was in the form of written exam which measures level of knowledge of the participants on the aspect of First Aid. The practical exam measures the participant's skills in applying the methods of bandaging, immobilization and carrying or handling patients. From nineteen, an initial of 12 persons will be selected and will be joined by ERT to undergo a rigorous training for the whole month of July. The 12 will be trimmed to 8 by August and again they will be training with the ERT.

Final selection of the 8 member Team shall be done before September and it may depend on who would best qualify. Thus, there is no fix number as to who will come from ERT or from the 2nd Team. The very best will be chosen. As proposed, the Team Captains, together with Engr. Hambert Natoplag was sent to Manila on July 5-9 for the First Aid Training. At least 20 persons will comprise the whole team, ie, First Aid Team - 8, Mine Rescue Team - 8, Hand Drilling -2, Hand Mucking-1 and Fire Fighting -1.

To our APEX team, good luck and may you bring home the golden cup.

PINAKAUNANG MANSAKA TRIBAL DAY, GISAULOG

• Mansaka Tribal Chieftain



Photo by: Manny Gadong Researched by: Jerry Ellaga

Mansaka tribes merrily celebrated their first ever Tribal Day last March 27, 2010 at Brgy. Teresa, Maco, ComVal Province bearing the theme "Kaimonan aw Pabal-long ng mga Tipanud"(The Gathering and Merriment of the Mansaka Tribe).

Ilangang boran ng Abril petsa 27 tuig 2010, yanagkuro yang mga Mangkatikadong nang upat na ka baranggay antak magbaraw nang madatong na permiro na kabibowan nang alaw nga mansaka na inangon disadtong baranggay. Yang tema "Kaimonan aw Pabal-long ng mga Tipanud" pyagakayan na dato Teresa yani inangon, kayan aon pagpangandam sang madatong na kabibowan ng mansaka aw yangandam sang mga gawbukonon antak mabaroy yang pyagalaong na mga inangonon.

Aw nangaong boran nang Marso 27,2010 iinang yang pyagalaong na kabibowan nang tribu, yani na kabibowan/pyapasiugda nang APEX MINES CO., INC - ComRel Department, yang mga mangkatikadong ng tribu disining upat na barangay yagapal-long nang DYAWOT, SUMPIT, BOSOG, TOKLO, LUKATAN, BUNGOT, TRIBAL DANCE yang panagsayaw nang tribung mansaka, BASKETBALL yang mga Kausgan, VOLLEYBALL yang mga kawbayan, yani na mga pabal-long aon mga mangkatadong na kyanarigan antak makahimo sang karinaw na pabal-long.

Pagkatapos nang mga pabal-long pyagabarawan nilan na, pagkagabila aon inangon na pag -atag na pyakimadyaw aw sini yang yadaog aw pyangatagan yang mga otaw ng mga yagadumara nang kanilan premyo, akto nang pyagalaong na programa yadaorog yang Vice President aw Resident Manager nang Apex Mines na si Engr. Fernando Agustin aw yang taga ComRel na mga mangkatikadong, Marinaw yang yamaimo na kabibowan ng tribu na mansaka yani yang paagi ng panagsambook ng mga Mansaka. Madyaw yang pagkaimo nang mga mangkatadong. Kamayo tibo madaig na saramat! Comrel staff asta mabuhay yang Tribung Mansaka! Thank you very much Apex Mines.

THE GOOD SAMARITAN

• Rogelio R. Patol



It was a cold early morning of a regular busy day. And punctual as I am, I was ahead of the group of employees waiting to board the bus for work. While waiting, I took a stick of cigarette from my pocket when a familiar young man approached and gestured his finger on his lips asking, "do you have a cigarette?" It was 5:50 a.m. and the cool breeze of air sends shiver to my spine. While we were talking about politics and puffing cigarette... *BLAGGGG...!!! SCREEETCH...!!!* A collision! *Bangga Bay! Tara!* We

rushed to the place of the collision located at Makulay-Jollibee-PS Bank junction. We were shouting at the driver of the water carrying truck to stop; we ran and stopped at the intersection. I was shocked to see that there was no driver, huh! Wait a minute, the driver was in the front passenger seat while his head and half of his body hanged at the broken windshield and blood oozing like a half opened faucet from his mouth.

The young man shouted to our companion, "Mao!!! Biraha ng pwertahan diha!!!" Mao pulled the door but it did not budge, so he rushed towards the driver's door and forced it to open... *BAY!!! TABANGAN TA NI BAY, MABUHI PA NI SYA, TABANGAN NATO!* (Bay! We must help him, he could still survive, we should help him!) the young man shouted. I believe the person repeated such words for many times while I was dialling to contact the PNP personnel. Mao, the young man, and the companion of the driver, pulled altogether the driver to rush off to the nearby hospital while others just observed...remained observers the whole time.

Rushing to Bishop Regan Hospital, the young man accompanied the victim. After almost 6 minutes or so, the young man got back in front of the Land Bank building. I asked him, "Brod, kumusta na ang pasyente? Tua brod, ginatabang, murag 50-50". As we boarded the bus going for work, I looked towards Mr. Joel Penido, the young man whom I was describing. With great humility, I was very much thankful that he applied his training as an ERT member of APEX Mines. Back at the office, Joel and I were having a little chit-chat when he noticed that he had a different key in his pocket. He must have put it in during the commotion earlier that day. We were guessing it could be the victim's key. He said "I will go back to the hospital after work and return this key." Indeed the key belonged to the driver of the van, and yes the victim survived! The rescued driver told him, "Bay! Ikaw jud akong Guardian Angel." (Bay! You really are my Guardian Angel!)

Hearing all of this from Joel, I'm so thankful to God and truly am proud to belong to this company where GOOD SAMARITANS still exist.

HEALTH BUZZ

• Dra. Roxane Lim



10 TIPS FOR EASY WEIGHT LOSS

1. Find out how many calories you need and how many lbs to lose.

BMR (Basal Metabolic Rate) - The rate at which heat is produced by an individual in a resting state and is measured in kilo calories [kcal]

a. Body Weight [lb] x 15 + (moderate activity [mins/day] x 3.5)

If you wish to lose weight, it will be Target = BMR - 500 kcal

For instance, you weigh 140 lb and you perform 20 mins of moderate activity every day. BMR of this example = (140 x 15) + (20 x 3.5) = 2100 + 70 = 2170 kcal.

BMR minus 500kcal; it would be 2,170 - 500 = 1670 kcal. Therefore 1,670 kcal is the target in this example to losing 1 lb per week.

b. Based on Height

To simplify, Actual Body Weight less Ideal body weight = Excess Weight to be divided by 6-8 months.

Example: IBW of Height 5'2" is 120 lbs therefore 150 lbs - 120 lbs= 30 lbs divided by 6 mos= 5 lbs/month to be lost or 1.25 lbs/week

2. Eat at least 5 servings of fruits and vegetables per day.

Fruits and vegetables are packed with beneficial fibers, vitamins and antioxidants.

3. Watch for Portion Size.

You do not need to finish and clean off the plate every time you order in a restaurant.

4. Do not Skip Meals.

Eating small frequent meals help to balance your calorie intake throughout the day.

5. Go for wholesome fresh foods.

Packaged and convenient foods are often higher in sodium and fat content.

6. Don't be overly-restrictive.

Everyone has his or her favorite treats. Having a small treat once in a while can be rewarding to your weight loss experience. Cutting too much of your favorite treats usually lead to an early relapse.

7. Understand Food Claims and Labels.

Always read the nutrition label on the packaging.

8. Watch for the sugary drinks

Juices, soda, cream & sugar in your coffee or tea all add up. Opt for drinking at least 8 glasses of water a day.

9. Keep a food journal.

Keeping a food journal helps you pin point your eating pattern and will enable you to easily modify it.

10. Exercise period.

Most authorities recommend 30 - 60 minutes of physical activity a day to stay healthy. Also try adding weight-bearing exercises at least 2 times a week. This will help burn some of the unwanted calories.

Join the briskwalking/jogging every 4:30 to 6:00 in the morning from Salakot to Skullguard bridges. Participate the dance/exercise aerobics, treadmill, barbel/dumbell weights and sit-ups every 4:30 to 6:30 in the afternoon at Training /Fitness Gym.

Enjoy the Weight Reduction Program Contest from April to October 2010 .

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Jerry Ellaga MJ Villamor
Mansaka IP Chieftain Brgy. Council and BTCEL Group

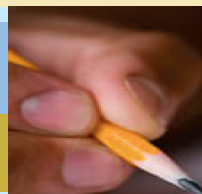
Proofreader : Roy Maningo

Letters to the Editor

Sulat para sa Editor

Be a contributor. We are encouraging everyone to submit articles in whatever language you are comfortable with. It would also be good if you could provide photos. Send your articles to Emelita.Fabro@apexmining.com or for articles coming from the community, to any member of the COMREL Group.

Kami naga dani sa tanan nga musalmot ug musumite ug mga artikulo sa bisan unsa nga lingguwahe nga imong naandan. Ug mas maayo kung kani ubanan ug mga hulagway. Ipadala ang inyong mga artikulo sa Emelita.Fabro@apexmining.com ug ipasa sa grupo sa COMREL kung ang artikulo gikan sa komunidad.



Geo and MetE OJTs Present Research Studies

• Benmarc Josef Negre



Lifted Carbon Analysis and HCN Concentration Monitoring within CIL Tank Area by Alexes Jann P. Agudera; **"Oxygen Consumption of Sandy Samples"** by Ma. Lourdes D. Licup; **"Oxygen Uptake Rate Test on Maligaya Samples"** by Michael Romney I. Prado; and **"Carbon Activity Test"** by Jansen Gemao.

The event was attended by our department managers, namely: Mrs. Emelita Fabro (VP-Admin), Engr. Raul Bongolan (Mill Division Manager), Engr. Robert Wagtingan (Mine Division Manager) and Ms. Emma Arcilla (Geology Dept., OIC), who evaluated the performance of the students. Also present were Engr. Ana Rica B. Palconit, Engr. Benmarc Josef S. Negre, Mr. Abner Padrique, Engr. Maria Rica Xtra Arguel and Mr. Roy Maningo, who mentored the trainees throughout the entire two-month on-the-job training program.

At least 13 Geology and Metallurgical Engineering senior students from UP-Diliman, MSU-IIT, NORSU and USEP - Davao presented their research studies at the Admin conference room last May 27.

The program showcased studies from the fields of Geology and Metallurgy. The collaborative research studies on Geology were **"Semi-Detailed Geological Mapping Report at Malumon Creek"** by Vincent T. Baring, Abigail Love B. Catacutan, Beejay S. Gaitera and Capter John M. Tubo; and **"General Geology of Malumon Creek with New Insights on Travertine"** by Kristine Ang, Christi Lourence Concepcion, Nestor Gohol and Kristal Jade Villarias. Meanwhile, the individually-authored studies on Metallurgy were **"Flocculant Assessment By Settling Rate Tests"** and **"Grinding Circuit Evaluation"** by Camille Castillo; **"Surface and Air**



PILFERAGE, why do people play this game?

• Rogelio R. Patol

Droves of applicants, most commonly college graduates from different fields of study, apply in establishments, left and right, here and there. This is a common scenario in the cities. I've been there and done that. I used to work in an office with below minimum wage which is supposedly PHP250.00-PHP265.00 per day. Yes, I've been there...

Now, I'm here in Apex Mines and you know what? I've learned that workers here receive more pay than workers in Tagum and Davao City. This excludes rice bonuses, meal allowances and other perks, yet some people are still dissatisfied.

Then reports come in: the welding machine is lost, as well as the copper wires. The welding machine alone is worth PHP 100,000. This amount can employ ten employees for a month, or five employees for two months. Losses such as this have caused many companies to cease their operations and close down. Theft and pilferage are very serious issues.

Maybe, the worker's reason to commit pilferage is poverty. But poverty is not really what studies surfaced as the reason. The reason for such commission is living above the expected income for the day, 5-6 results to Over-dropped (OD) salary, cellphone loads, last two digits bet and etc.

I've heard someone said before: "Oh that food is so yummy but I won't eat it!" asked why and the reply is "if I am going to eat it, my tongue will try to find it and what happens if I keep on longing to taste such? My income is not enough to buy that food!" and I got his point. Another overheard was that "Brod, pila imong taya gabie?" and replied "P150.00 lagi brod, pusoy na pud..." It is amazing how then can they afford to have such gambling bets despite the fact that their income per day is PHP 300, minus tax, SSS, Philhealth and Pag-ibig premiums. "Unya akoa ning mentinon, dolehon nako ang pusta, syaro'g di mogawas unyang gabii!" Ouch! Tukod na lang tag tulda ani.



Studies show that the reasons for pilferage are pay-cuts, lay-offs and retrenchments. The management, despite being affected by the global financial crisis, is still standing and have not needed to implement lay-offs or retrenchments, for which we must be thankful.

Let's talk about the welding machine. The portable welding machine is very useful during maintenance and repair in operation. Now that it's lost, should the company buy another one at once, only for it to get stolen again by careless and callous individuals? No, money will still need to be allocated for a new welding machine. This

will depend on how much money the operation is able to generate, which is also dependent on the operational maintenance hampered by the loss. Losses due to theft could mean (huwag po sana) that rice bonuses will be stopped, allowance will be cut off, employee may be laid off, and hiring, frozen (maybe the applicant is your son or daughter).

Now, think! Is securing of properties a plain security job? If your answer is yes, think again! It could mean one lost job. It could mean your job.

Ang pagbuntug sa pagpangawat usa ka hagit sa tanan kay kung kini pasagdan nato sama ra nga atong gikulob ang atong mga kaldero, mga anak gipaundang sa eskwela ug pamilya gipasagdan ta.

YOUNG ONES UNITED FOR JESUS CHRIST (YOU-JC)

• Nicanor Calamba



Around 200 young people from different churches along Masara Lines gathered together for the 5th Inter-Faith Youth Fellowship held at Barangay Tagbaros Gym, Maco, Compostela Valley Province last May 25, 2010. The theme was "Meet the Challenge Together with the Lord". The foundation text is found in Philippians 3:14, which reads, "I can do all things through Christ who strengthens me."

Mikabat ug dos syentos ka mga batan-on nga gikan sa nagkalain-lain simbahan ning linya sa Masara ang nagkatigum para sa ika-lima nga Inter-faith Youth Fellowship. Gisaulog kini sa Barangay Tagbaros Gym, Maco, Compostela Valley Province niadtong Mayo 25, 2010 uban sa tema nga "Meet the Challenge Together with the Lord" ug ang pundasyon nga mao ang sulat nga mabasa sa libro sa Philippians 3:14 nga naga-ingon, "I Can Do All Things Through Christ Who Strengthens Me".

Ang nahisgutan nga fellowship pagasugdan unta sa eksaktong alas-singko sa hapon apan nadelatar kini tungod sa hilabing kakasog nga ulan sa taknang alas 6:00 hantud alas 7:30 sa gabii. Kaluoy sa Diyos, niundang kani mga alas 7:45 ug nagmalampusan nga nasugdan ang serbisyo.

Excited ang tanan nga ipahitabo ang aktibidad nga malampuson bisan pa nga nibunok pag-ayo ang ulan anang gabhiuna. Ug tinuod, ang seremonya nagmalampuson ug nahuman sa 11:30 ang takna sa kagab-ihon. Mapasalamaton kaayo ang mga opisyalis sa YOU-JC diha sa walay puas nga suporta sa Apex Mines. Ang moral ug pinansyal hasta pud ang trasportasyon nga suporta sa kompanya nakatabang ug daku para magmalampuson ang ika-lima nga Inter-faith Youth Fellowship sa kumonidad sa Masara.

SUMMER YOUTH CAMP 2010 GIPAHITABO!

• Mary Jane D. Villamor

The Quasi-parish of Immaculate Conception - Brgy. Elizalde and its youth community together with the Community Relations Department of APEX Mines successfully realized one of the biggest youth gathering in Masara lines - The 2nd Summer Youth Camp 2010.

Summer time mao ang panahon nga ang mga kabatan-unan kasagaran anaa lang sa ilang panimalay human sa napulo ka bulan nga pagtungha sa eskwelahan. Ang DYA sa Immaculate Conception Quasi-parish nagpahitabo sa ilang **2nd Summer Youth Camp** nga adunay tema nga **"Nagkahiusang mga kabatan-onan diha sa Kristohanong Katilingban"** didto sa Elizalde.

Kini gitambongan sa usa ka gatos ug nobenta (190) ka mga rehistradong miembro ga GKK nga sakop sa quasi-parish. Duha ka adlaw ang gipahitabong summer youth camp ug ang unang adlaw mao ang **Seminar and Workshop** nga gihatag ni Rev. Fr. Dominic Librea nga kasamtangang na assign sa Dapecol, Panabo City.

Pagkahapon gipahitabo ang indoor ug outdoor games ug pagka gabii adunay pasundayag nga **Solidarity Night** diin gipakita sa mga kabatan-unan ang ilang talento sa ilang pagsayaw. Dugang ani ang **Search for Mr. & Ms. SYC 2010** nga diin giapilan sa napulo nga mga partisipante.



Ang ika 2 ka adlaw mao ang symposium nga gihatag sa Apex Mines nga girepresentahan nila Mr. Jerry Ellaga ug Manny Gadong nga nag hatag ug lecture sa Environmental Awareness ug Apex Mines Community Development Programs and Accomplishments. Ang nisunod mao ang Championship sa indoor ug outdoor games. Gitapos ang SYC pinaagi sa mubo nga programa alang sa awarding sa nagkampeon. Nakuha ang 6th place sa Center 6, 5th sa Center 4, 4th sa Center 2, 3rd sa Center 3, 2nd sa Center 5 ug ang Center 1 mao ang nahimong Overall Champion.

Matud pa ni Rev. Fr. Marcelito I. Maglana, ang Quasi-parish Administrator, gihimo ang maong aktibidadis sa mga kabatan-unan dili lamang aron makita ang mga nagkadaiyang talento sa aspeto sa mental ug pisikal apan labaw sa tanan sa spiritual. Apil pud niini ang pakabana sa ilang mga katungdanan diha sa katilingban nga ilang gisakupan ug ang pag-atiman sa kinaiyahan.

Daku kayo ang pasalamat sa mga pundok sa kabatan-unan nga gipanguluhan ni Jorely Posas (Parish Youth Coordinator) nga kini nahimong posible tungod sa dakung suporta sa Apex Mines pinaagi sa ComRel Department nga mao ang major sponsor sa maong kalihukan. Sa pikas nga bahin, ang katilingban sa Elizalde maoy nag abe-abi ug nagpasilong sa ilang panimalay panahon sa kagabhion sa mga delegado nga nitambong. Sa mga kabatan-unan nga mitambong ug sa mga nihikay ug mitutok sa ilang mga obligasyon, sa parish staff, Rev. Fr. Maglana nga naghatag ug ug inspirasyon ug ilabi na sa atong Labaw'ng Makakagahum nga maoy hinungdan sa maong okasyon.

Kanatong tanan God bless!