

VISION:

Raquel Pawnshop INSIDER is the most effective instrument where the company, employees and customers can communicate.

MISSION:

Raquel Pawnshop INSIDER's mission is to maintain the company's culture through the enhancement of its image and to create awareness in the pawning industry by advocating its unique tagline, "Palagay ang Loob Ko!"

RAQUEL PAWNSHOP CONGRATULATES WINNERS OF 25th ANNIVERSARY RAFFLE PROMO

by: Maridel A. Merle

Part of the year-long celebration of its 25th Anniversary, Raquel Pawnshop launched a promo entitled "Ika-25 Anibersaryo Pamaskong Handog Raffle Promo" in October last year. Customers who pawned their item from October 1 to December 31, 2011 with a minimum principal amount of two thousand pesos (P2,000.00) had the chance to get 1 raffle ticket or more for the succeeding two thousand pesos (P2,000.00) in the principal amount.

Thousands of raffle entries were collected from Raquel Pawnshop branches nationwide for the grand draw which was held last January 14, 2012 at Raquel Pawnshop Merchan Branch, ... continue on page 2



RAQUEL PAWNSHOP AWARDS ITS FIRST SCHOLARSHIP

by: Monico C. Cornejo Jr.

Raquel Pawnshop, Inc. awards its first scholarship to Ms. Jane Kathlyn A. Cabriga, the daughter of Mr. Luisito O. Cabriga from General Services Department (GSD).

Ms. Cabriga will start pursuing her career at Southern Luzon Polytechnic University (SLSU) in Lucban, Quezon with a course of Bachelor of Science in Business Administration

(BSBA) this 1st semester which will start on June 2012.

For Ms. Cabriga to maintain her scholarship, she has to have a general weighted average (GWA) of 85.00% or its equivalent.

Raquel Pawnshop grants scholarship to an incoming college freshman who is a son or daughter of their qualified employees.

RAQUEL PAWNSHOP FACILITATES CAREER ORIENTATIONS FOR YOUNG PROFESSIONALS

by: Cheylene D. Lopez and Mhiles D. Acabado



Ms. Myla Acabado, HR Supervisor, as she facilitates during seminar entitled "Linking People, Strategy, and Performance to Effectiveness: Aligning Human Resource Towards Corporate Competitiveness" in SLSU, Lucban, Quezon.

With the goal of fostering positive relationships within the communities in which it operates, Raquel Pawnshop conducted numerous Career Orientation Seminars to different Colleges and Universities in Quezon Province which was spearheaded by the Human Resources Department (HRD). This is to address appropriately the need of the students in strengthening the quality of business knowledge and to prepare these young professionals to be globally competitive.

The company has also sponsored ...
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RAQUEL PAWNSHOP CONGRATULATES WINNERS OF 25th ANNIVERSARY RAFFLE PROMO

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Lucena City. The program was organized by Raquel Pawnshop Marketing Department headed by VP for Marketing, Ms. May Raquel R. Lacuesta. Gracing the event with their presence were Raquel Pawnshop Corporate Treasurer, Ms. Rosita L. Raquel; VP for Acquired Properties, Ms. Recilda R. Pontioso; and VP for Management Services, Ms. Audry L. Papiña. Department of Trade and Industry (DTI) representative, Ms. Graciela C. Ledesma, was also there for the verification of winners.

Raquel Pawnshop congratulates the winners of the 25th Anniversary Promo!

AREA A (Batangas, Cavite, Laguna)



Nenita Asistores
Bacoor, Cavite
1st Prize - Samsung Laptop



Flor Avenido
Alaminos, Laguna
2nd Prize - Washing Machine



Jeannie Sales
Naic, Cavite
3rd Prize - Wow Videoke

Area A consolation prize winners are: Ma. Lourdes Deacost of Sta. Rosa, Laguna won a 4th Prize -Samsung Digital camera; Ma.Teresa Manalo of Rosario Batangas won a Stand Fan; Joseph Galang of Gen. Trias Cavite, won a Nokia Cellphone 1616; Julie Tumbaga of Siniloan, Laguna won a blender; and Susana Ybasco of Cabuyao, Laguna won an Oven Toaster.

AREA B (Quezon)



Dionisia Marquez
Atimonan, Quezon
1st Prize - Samsung Laptop



Nikka Cabrera
Mauban, Quezon
2nd Prize - Washing Machine



Melchor La Peña
Lopez, Quezon
3rd Prize - Wow Karaoke

Area B consolation prize winners are: Carmelita Laude of Gumaca, Quezon, won a 4th Prize - Samsung Digital Camera; Melinda Manuel of Atimonan, Quezon won a Stand Fan; Arlen Diala of Atimonan, Quezon won a Nokia Cellphone 1616; Reagan Alcantara of Tiaong, Quezon won a Rice Cooker; and Marissa Gualvez of Gumaca, Quezon won a Blender.

AREA C (Manila, Rizal, Central Luzon)



Ferlita Talavera
Apalit, Pampanga
1st Prize - Samsung Laptop



Carriza Cabrera
Tanay, Rizal
2nd Prize - Washing Machine



Jonalyn Reyta
Tanay, Rizal
3rd Prize -Wow Karaoke

Area C consolation prize winners are: Gloria Amino of Tanay Rizal won a 4th Prize - Samsung Digital Camera; Rita Dela Cuest of Angono Rizal won a Stand Fan; Mercedes De Belen of Commonwealth, Q.C. won a Nokia Cellphone 1616; Gavin Baylon of Angono Rizal won a Blender; and Johanna Diaz of San Mateo Rizal won an Oven Toaster.

Building a Culture of Excellence and Productivity

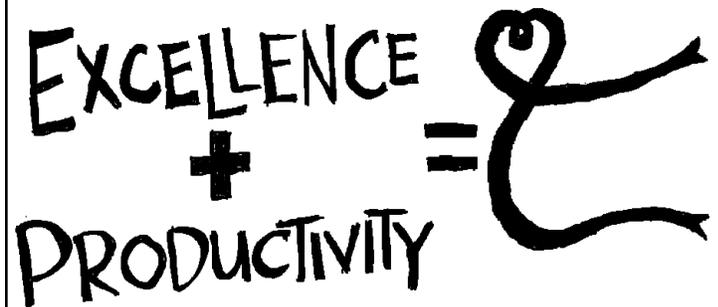
When we think of multi-national companies we always wonder what secrets they have to reach that far. What make them last for decades or longer? Do they also experience downfall? For sure, many of us have so many questions in mind on how they maintain to be on top. Certainly, there are many reasons how they get there and one is by creating a culture of excellence and productivity.

Achieving a culture of excellence and productivity in a company or organization requires a lot of hard work and experimentation even if it means rebuilding the company goals to achieve its desired success. According to Ralph Marston (www.thinkexist.com), excellence is not a skill but an attitude. This was supported by Parthasarathy Rengaswami (www.ezinearticles.com) who defines excellence as the values or beliefs that will guide the actions and decisions of employees and its management. A company with good culture has employees with mutual respect, sharing common goals, contributing to each other's growth and assuming responsibilities. Good behavior of employees generates goodwill and loyalty of customers.

Productivity concept as defined by newproductivity.org refers to the current year's sales to expense ratio over the previous year's sales to expense ratio. Many businesses are trying hard to be competitive in the market. They think of strategies and make improvements in productivity levels. To be able to improve productivity, a company should make various researches and analyses, smart investments, productive risks, innovation and originality. Workforce must also be improved by giving them safe and friendly work environment, providing trainings to enhance their knowledge and skills and giving them salary increase, incentives and/or benefits that will give them happiness and satisfaction on their respective jobs, consequently they will deliver a quality output.

Productivity and excellence are really interconnected. It is not just about producing quantity of products or services but producing with superior quality. It is not just about maintaining its profitability to let the organization stay but branding your organization with Integrity. It is not about what you get but the things you give for you to be recognized by them. It is not about what you can do but what you need to do to make them feel that they belong. Most of all, it is not just about business but a devotion of providing a superior quality products and services to the prosperity of the people and surrounding communities.

Indeed, a company that works excellently and productively will achieve the sweetest victory and Raquel Pawnshop is about to taste it.



MESSAGE FROM THE BOARD

Dear Readers of INSIDER,

It is my great pleasure to greet you as Vice President for Marketing of Raquel Pawnshop, Inc. I hope you enjoyed the wonderful first semester of 2012 as much as I did. First of all, I would like to thank the INSIDER staff for this invitation to give a message on their 12th issue. Congratulations for another job well done!

This year, the Marketing Department is vigorous in creating unique and exciting programs which is now being enjoyed by our patrons from Raquel Pawnshop branches nationwide. Aside from the existing services that we have in Raquel Pawnshop, we also have plenty of promos that are intended for our customers in pawning, money transfer and money changer. And I am grateful to the warm and positive responses of our valued customers to these unique offers from heart month, pawn for discount, and now the pawn pick and win promo. These programs are just some of the many programs that we prepared for year 2012 so watch out for more surprises because we will surely give you the best offer.

As we achieve a culture of excellence and productivity, the Marketing Department pledge to give you the most welcoming and the most festive pawnshop that you never experience before while keeping your trust and confidence to us, because our priority is for you to constantly feel the comfort and pleasure in your everyday visit at Raquel Pawnshop for you to always utter "**Palagay ang Loob Ko!**"

Maraming salamat at mabuhay tayong lahat!

Sincerely,
MRRL

Accident Insurance Claim Reaches to 22

by: Arjay P. Dañez

For the period of 2011-2012, 8 more insurance claims were added making the total number of claims to 22 since the additional service was offered in 2007. Accident Insurance Plan provides assistance for Accidental Death, Permanent Total Disability, Permanent Partial Disability and Unprovoked Murder and Assault Coverage with certain policies and guidelines to all insured customers. Among the claimants include Ms. Maritess Antiquiera, daughter of an insured customer in GMA Cavite and Mrs. Estrella Valdivia, mother of the insured customer from Binangonan Branch who both received P150,000. Ms. Michelle Selorio, daughter of a customer in Calauan Branch received P60,000.

Mr. Domingo de Borja, father of a customer from Angono Branch; Ms. Josephine Estremos, wife of a Raquel Pawnshop customer in Muntinlupa Branch; Mr. Delfin Calazara, father of a customer from Siniloan Branch and Mrs. Marisol Mercado, wife of the insured customer from Zamora Branch claimed P30,000 each while Mr. Emerson Macaraig, an insured customer from Rosario Batangas received P25,000.

Testimonies from the claimants express gratitude because such product/service offered by the company proves to be of great financial help to them.



Ms. Maritess Antiquiera, one of the recent insurance claimants, as she receives a check worth P150,000.00 from GMA Cavite Branch Personnel.



Mrs. Estrella Valdivia, insurance claimant, as she receives a check worth of P150,000.00 from Binangonan Branch Personnel.

Raquel Pawnshop Facilitates Career Orientations for Young Professionals

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several seminars focusing on preparation and introduction of students to the world of work and has offered students a chance to identify their own potentials in order to develop an effective strategy to realize and achieve their goals after finishing their chosen course.

The program started in January at Southern Luzon State University (SLSU), Lucban Quezon with its theme as "Facing the World of Industry: A Preparation for Young Professionals". Participants of the seminar were students taking up BS Industrial Technology and AB Psychology, facilitated by Ms. Myla D. Acabado, HR Supervisor.

The success of the first venture was followed by a series of seminars in March. In the same institution, SLSU, another seminar was facilitated by Ms. Acabado with "Linking People, Strategy, and Performance to Effectiveness: Aligning Human Resource Towards Corporate Competitiveness" as its theme. This was attended by students taking up BS Business Administration Major in Human Resource Development Management. A seminar in "Pointers in Making Impressive Documents for Job Application and Winning a Job Interview" was also facilitated by Ms. Acabado at CVE College, Pagbilao Quezon and at St. Anne College, Lucena City which was attended by students from

various courses.

In April, Mr. Michael E. Arcaya, OIC HR Head, facilitated the "Pre - Employment Seminar" at Polytechnic University of the Philippines, Lopez Quezon in partnership with Department of Labor and Employment, attended by all the graduating students of the institution.

Every seminar, Ms. Cheyene D. Lopez, HR Staff, also took the opportunity to introduce Raquel Pawnshop, its products and services, employee benefits and career opportunities at the company to all participants.

Truly, the company has fulfilled one of its missions, quoted as – "... enabling us to contribute to the prosperity of our people and our surrounding communities."



Mr. Michael Arcaya, OIC HR Head, receives a plaque of recognition as he facilitated the Pre-Employment Seminar in Polytechnic University of the Philippines, Lopez, Quezon.

2012 Summer Outing: Green Team as Champ; Yellow Team Pulls out a Surprise

by: Monico C. Cornejo Jr.

One of the teasers that heightened the seemingly excited employees to attend this year's company outing. Dubbed with 2012 theme, "Salu-Salo, Sama-sama Dahil sa Raquel Pawnshop, Tayo ay lisa", the company had its 2012 Summer Outing at La Luz Beach Resort, Laiya, San Juan, Batangas last April 22, 2012.

Employees of Raquel Pawnshop from Luzon, Visayas and Mindanao arrived at the venue bursting with so much anticipation – to have fun under the sun!

Set with fun-filled activities, all teams compete elbow-to-elbow, wit against wit, and pride for pride. When all the dust settled, the Radiant Remittance "Green"

Team emerged as the overall champion on top of the three other teams – the Groovy Gadgets "Red" Team, the Dazzling Diamonds "White" Team and the Gorgeous Gold "Yellow" Team.

After the traditional parade of colors, there was a team cheer. Red Team showcased will and power, White Team was all about grittiness and agility, while Green Team on poise and grace. But the greatest surprises of all belonged to Yellow Team - it's

all about guts. Accentuated with round foldable yellow fan, team members entered in two lines forming 2 circles in opposite directions that awed the audience. But it was just the start. To the delight of everyone, team members continued cheering using Tropical Depression's "Kapayapaan", and exiting with a shout Kulay Dilaw! Kulay Dilaw! Ang init! Ang init!

The fun did not end there. After the morning snacks, employees enjoyed the longest free time. Some seized the opportunity to catch up with friends and former branch mates. Others enjoyed snorkeling under the clear water while some chose

for a boat ride. A group of employees played beach volleyball while some boys wrestled each other in the floating platform. Some others just opted to be idle, mesmerized by the scenic views, while some dozed off in the cabanas until sumptuous lunch was served.

To close the day, a very important and inspiring message was given by the President prompting the employees to look forward on the following day.



© Claire Ra

Loyalty Awardees

by: Mary Grace S. Martinez

As Raquel Pawnshop Inc. continues to recognize and value employees who have dedicated their continuous service to the company, this particular portion of the RPI Insider is given to them to share some of their encouraging thoughts as well as their memorable experiences.



Marlon T. Alcoreza, Area Officer

“As years go by I learned many things in this company, the management gave me an opportunity to explore my skills and to be a part of their expanding organization. Thanks also to Ma’am Malou, because I learned from her how to be a good leader. And my heartfelt gratitude to Raquel Pawnshop because I found here the woman I loved most and my inspiration, Ms. Ann Rosavher Malinao.”

Rowena P. Sagaya, Vault Custodian

“Hindi lahat ng kagustuhan natin ay makukuha sa isang kompanya sapagkat ito ay nagmumula sa ating sarili. Makita mo lang na may mga ngiti sa labi ang bawat “customer” sa tuwing lalabas ng branch, masasabi mong kuntento ka na at naging bahagi ka ng kanilang kagalakan. Maraming salamat po sa tulong at tiwala ng mga kapwa empleyado at mga namumuno sa Raquel Pawnshop.”



Myla D. Acabado, HR Supervisor



“Maraming nakilalang mga bagong kaibigan at karanasan. Habang ang kompanya ay patuloy na lumalago ay patuloy ko ring naramdaman ang pagyabong ng aking propesyon. Naniniwala ako na ang tagumpay ng isang empleyado ay hindi lang nakasalalay sa suportang ibinigay ng kompanya kundi sa kanyang kakayahang paunlarin at tulongan ang kanyang sarili. Hindi lang nasusukat sa haba ng taon ng paglilingkod sa isang kompanya ang loyalty ng isang empleyado kundi sa panahong inilagi mo sa kompanya ay nakapag iwan ka ng isang magandang halimbawa at makabuluhang gawain. Maraming salamat Ate Raquel sa tiwala at pagkakataong ibinigay ninyo sa akin.”

Rene M. Binata, Area Officer

“Palagay ang loob” is the word that describes my feeling within the past five years of my stay here in the company. Working here brought me a lot of blessings and even heart-wrenching experiences. We can all use a little motivation and inspiration from time to time to help us navigate the small and large hurdles that we encounter on our journey. “You cannot be successful if you never encountered failure.”



Anicia E. Edresa, Accounting Staff



“Nagpapasalamat po ako ng buong puso sa lahat ng tulong na binigay sa akin o pinag kaloob ng Raquel Pawnshop upang makaabot ako ng 5 taon sa serbisyo.”

Donnabelle A. Ibañez, Area Officer

“The opportunities and experiences took a big part in my development and growth as a person. Thank you so much. Hope to spend more years with you.”



Mylene A. Nosquial, Vault Custodian



“Nais kong ipaabot ang aking pasasalamat sa ating kompanya dahil sa walang-sawa nilang pagbigay ng suporta sa mga empleyadong katulad ko sa loob ng limang taon. Masayahin, at palakaibigan ang mga empleyado rito at higit sa lahat nagbibigay sila ng mga programang nagbibigay kaalaman sa mga empleyado upang maging kapaki-pakinabang at maging competitive.”

Joni B. Rama, Treasury Officer

“Para sa aking mga kasamahan dito sa kumpanya, sana ay tumbasan natin ng honesty, hardwork at dedication ang tiwalang ipinagkaloob sa atin ng Management sapagkat ito ang magiging dahilan upang makamit natin ang ninanais na tagumpay.”



Loyalty Awardees



Sherly H. Cacaindin, Appraiser

"I'm very thankful and honored to be one of the loyalty awardees of Raquel Pawnshop. 5 years of service is a great learning experience for me, I can say that the company continuously trust and believes in me not only in my knowledge and abilities but also on how can I contribute on the success and progress of our company."

Cherry Marie A. Lapitan, Appraiser

"Malaki ang naitulong sa akin ng Raquel Pawnshop in terms of financial at social, I met a lot of good people here in the company. Thank you to all our bosses for being so nice and understanding to everyone."



Ma. Giovanne G. Alvarez, Vault Custodian

"Noong ako'y nagsisimula pa lang bilang "Management Trainee", natutuhan ko ang dalawang bagay, ang makisama at magpahalaga. Makisama sa lahat ng taong nakakasalamuha ko, sa ating mga customers, maging sa aking kapwa empleyado. Magpahalaga sa lahat ng aspeto lalong-lalo na sa aking trabaho. Sa mga namumuno sa ating kompanya, kayo po ang naging daan para mahubog po kaming mga empleyado bilang isang maayos na indibidwal. Maraming salamat po."

Melvin F. Anenias, Appraiser

"Sa limang taon ko po na pamamalagi at pagbibigay serbisyo sa Raquel Pawnshop ako po ay may tatlong bagay na lubos na pinagpapasalamat. Unang-una, nabigyan ako ng magandang trabaho. Pangalawa ay napalawak ko ang aking kaalaman sa pakikipagkapwa tao. At pangatlo, dahil dito nabuhay muli ang aking puso at sumigla dahil kay Mina Dolor na muling nagpa-ibig sa'kin at muling nagbigay kahulugan sa aking buhay."



Lielzel L. Bautista, Appraiser

"Natatawa na lng po akong isipin na ang dating walang alam ngayon ay isa na po ako sa mga nagtuturo sa mga Management Trainees ng kumpanya upang magbahagi ng aking natutunan. Masaya po ako sa trabahong aking pinili at umabot ako ng limang taon bilang isang Kapamilya, Kapuso At Kapatid ng Raquel Pawnshop. Maraming Salamat po sa inyo."

Ana Chemelyn P. Naz, Help Desk Assistant

"Five years have gone so fast and being a part of RPI for those years has been a roller coaster ride. There is the thrill of meeting new people, the excitement of learning new things; but there is also the fleeting solitude when someone left or when things didn't turn out my way. I learned that there are things not really meant to be. I will always be grateful for the opportunity the company had given me. I will always treasure the friendship and wonderful memories I have gained with my stay in the company."



Rosalyn P. Santos, Appraiser

"I am glad that for ten years I'm still serving Raquel Pawnshop and hoping to serve for another ten years or more. Serving Raquel Pawnshop is equivalent to a service to a growing community, it also provides a great help for my family. I will be forever grateful to the management. More power!"

Maribel M. Canales, Area Manager

"Maraming salamat po sa patuloy na pagtitiwala na ibinibigay sa akin ng Raquel Pawnshop. Kaya po hanggang ngayon nandito pa ako sa kumpanya, dahil masaya ako sa ginagawa ko sa tulong na rin po ng ating mga Boss, aking mga kasamahan sa trabaho at higit sa lahat sa mga branches na nakasama at makakasama ko pa. I'm happy to work with you."



Raquel Pawnshop would like to extend its deepest gratitude for all your accomplishments these past years. Turning challenges into successes become possible with loyal employees like you.




2012 SUMMER
"Salu-salo, sana
Raquel Pawnshop
La Luz Beach Resort, L
April



MAGIC ng FORWARDED MESSAGE

Ni: Anonymous

“WORKAHOLIC”, yan ang tawag sa akin sa opisina. Madalas kasi akong nag-overtime sa trabaho at palaging late na kung umuwi ng bahay, katulad ngayong mga sandaling ito na nandito pa rin ako sa opisina habang ang iba ay umuwi na.

Habang naghihintay ako sa pinabili kong hapunan, naisipan kong i-open muna ang aking e-mail at tumambad sa akin ang sandamakmak na mga forwarded messages mula sa ilang mga kaibigan. **Ayoko sa forwarded e-mail messages. Pampuno lang ‘yan ng inbox. ‘Pag nakakita ako ng forwarded message, trash agad ‘yan,** ngunit may isang mensahe na may pamagat na “SA AKING PAGTANDA” -SULAT ni NANAY at TATAY ang naisip kong basahin. Isa itong akda ni Fr. Ariel Robles kaya naisip ko tulad lang din ito ng iba na puro mga “life defining messages” ngunit magkaganon man, dahil na rin napukaw ang aking interes ay napagpasyahan kong ituloy na lang ang pagbabasa at ito nga ang nilalaman ng mensahe:

Sa aking pagtanda, unawain mo sana ako at pagpasensyahan.

Kapag dala ng kalabuan ng mata ay nakabasag ako ng pinggan o nakatapon ng sabaw sa hapag kainan, huwag mo sana akong kagalitan. Maramdamin ang isang matanda. Nagse-self-pity ako sa tuwing sisigawan mo ako.

Kapag mahina na ang tenga ko at hindi ko maintindihan ang sinasabi mo, huwag mo naman sana akong sabihan ng “binge!” pakililit nalang ang sinabi mo o pakisulat nalang. Pasensya ka na, anak, matanda na talaga ako.

Kapag mahina na tuhod ko, pagtiyagaan mo sana akong tulungang tumayo, katulad ng pag-aalalay ko sa iyo noong nag-aaral ka pa lamang lumakad.

Pagpasensyahan mo sana ako kung ako man ay nagiging makulit at paulit ulit na parang sirang plaka. Basta pakinggan mo nalang ako. Huwag mo sana akong pagtatawanan o pagsasawaang pakinggan. Natatandaan mo anak noong bata ka pa? Kapag gusto mo ng lobo, paulit-ulit mo ‘yong sasabihin, maghapon kang mangu-ngulit hangga’t hindi mo nakukuha ang gusto mo. Pinagtiyagaan ko ang kakulitan mo.

Pagpasensyahan mo na rin sana ang aking amoy. Amoy matanda, amoy lupa. Huwag mo sana akong pilinging maligo. Mahina na ang katawan ko. Madaling magkasakit kapag nalamigan, huwag mo sana akong pandirihan. Natatandaan mo noong bata ka pa? Pinagtiyagaan kitang habulin sa ilalim ng kama kapag ayaw mong maligo.

Pagpasensyahan mo sana kung madalas, ako’y masungit, dala na marahil ito ng katandaan. Pagtanda mo, maiintindihan mo rin.

Kapag may konti kang panahon, magkwentuhan naman tayo, kahit sandali lang. Inip na ako sa bahay, maghapon nag-iisa. Walang kausap. Alam kong busy ka sa trabaho, subalit nais kong malaman mo na sabik na sabik na akong makakwentuhan ka, kahit alam kong hindi ka interesado sa mga kwento ko. Natatandaan mo anak, noong bata ka pa? Pinagtiyagaan kong pakinggan at intindihin ang pautal-utal mong kwento tungkol sa iyong teddy bear.

At kapag dumating ang sandali na ako’y magkakasakit at maratay sa banig ng karamdaman, huwag mo sana akong pagsawaan alagaan. Pagpasensyahan mo na sana kung ako man ay maihi o madumi sa higaan, pagtiyagaan mo sana akong alagaan sa

mga huling sandali ng aking buhay. Tutal hindi na naman ako magtatagal.

Kapag dumating ang sandali ng aking pagpanaw, hawakan mo sana ang aking kamay at bigyan mo ako ng lakas ng loob na harapin ang kamatayan.

At huwag kang mag-alala, kapag kaharap ko na ang Diyos na lumikha, ibubulong ko sa kanya na pagapalain ka sana ... dahil naging mapagmahal ka sa iyong ama’t ina...

Pagkatapos kong mabasa ang liham, naalala ko na halos tatlong buwan na pala akong “workaholic”. Masyado nang gabi kung umuwi ako ng bahay at sa umaga naman maagap rin akong umaalis. Wala nang pagkakataon upang magkipagkwentuhan kina nanay at tatay. Hindi ko man lang sila makasabay kahit sa almusal man lamang. Nang minsang nagkasakit si tatay, hindi ko man lang siya nadalaw at naalagaan sa ospital may trabaho kasi ako noon kaya si nanay lang ang kanyang kasama.

Kapag weekend at holidays mas pinipili kong magbakasyon kasama ang aking mga kaibigan kaysa makipag-bonding at makipagkwentuhan sa kanila, hindi ko na nga maalala kung kailan kami huling namasyal nang magkakasama.

Tila may kirot akong naramdaman sa aking puso. Naalala ko ang ilang mahahalagang yugto ng aking buhay at sa lahat ng iyon laging naroon sina nanay at tatay na nakaagapay. Kabahagi sila sa bawat tagumpay na aking nakakamtan at sila ang aking sandalan sa panahon ng kabiguan. Masaya man o malungkot, matiyaga at walang pagod silang nakikinig sa aking mga kwento. Puyat man si nanay, maaga pa rin siyang gigising sa umaga upang ipaghanda kami ng almusal, hindi siya pumapayag na papasok kami sa eskwela ng hindi kumakain ng almusal.

Noong minsang nagkasakit ako at nadala sa ospital, ilang gabing hindi nakatulog ng maayos si nanay sa pag-aalaga sa akin, ganun din si tatay na kahit pagod galing sa trabaho ay dinadalaw pa rin ako sa ospital upang kumustahin at alagaan.

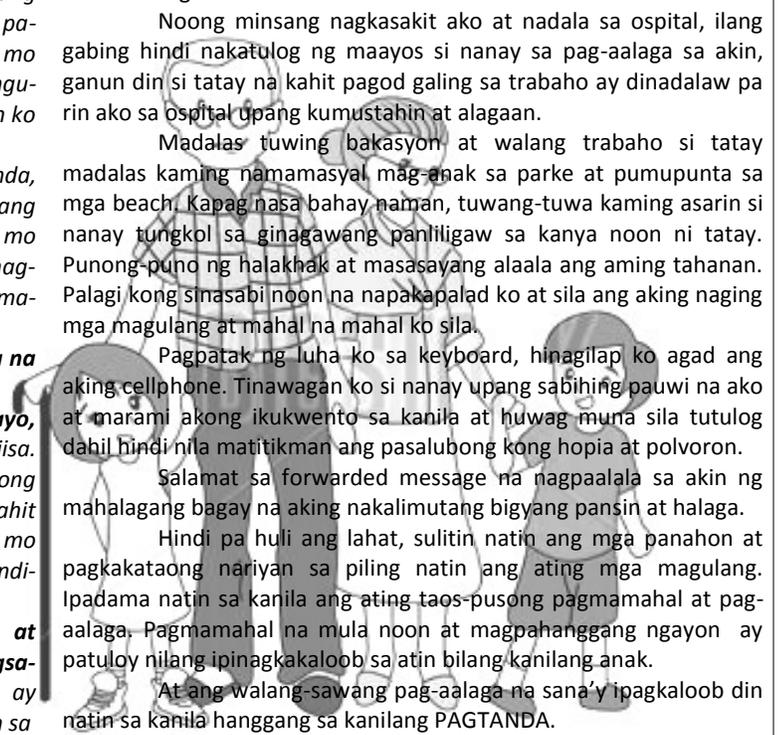
Madalas tuwing bakasyon at walang trabaho si tatay madalas kaming namamasyal mag-anak sa parke at pumupunta sa mga beach. Kapag nasa bahay naman, tuwang-tuwa kaming asarin si nanay tungkol sa ginagawang panililigaw sa kanya noon ni tatay. Punong-puno ng halakhak at masasayang alaala ang aming tahanan. Palagi kong sinasabi noon na napakapalad ko at sila ang aking naging mga magulang at mahal na mahal ko sila.

Pagpatak ng luha ko sa keyboard, hinagilap ko agad ang aking cellphone. Tinawagan ko si nanay upang sabihing pauwi na ako at marami akong ikukwento sa kanila at huwag muna sila tutulog dahil hindi nila matitikman ang pasalubong kong hopia at polvoron.

Salamat sa forwarded message na nagpaalala sa akin ng mahalagang bagay na aking nakalimutang bigyang pansin at halaga.

Hindi pa huli ang lahat, sulitin natin ang mga panahon at pagkakataong nariyan sa piling natin ang ating mga magulang. Ipadama natin sa kanila ang ating taos-pusong pagmamahal at pag-aalaga. Pagmamahal na mula noon at magpahanggang ngayon ay patuloy nilang ipinagkakaloob sa atin bilang kanilang anak.

At ang walang-sawang pag-aalaga na sana’y ipagkaloob din natin sa kanila hanggang sa kanilang PAGTANDA.



A WALK TO REMEMBER

By: Monico C. Cornejo Jr.

Kamay ni Hesus has been a famous destination among the devotees, religious, and even road trippers during Holy Week. Among the believers, visiting the place on such occasion is spiritually rewarding and cleansing. For tourists, the place, the elevation is simply breathtaking. Hundreds of thousands of people from different places across the country endure the traffic and the long congested line just to reach the place.

But reaching Kamay ni Hesus in Lucban from Diver-sion Road, Lucena by foot is a different story. This was our quest with some of my officemates and some other thousand people from all walks of life last Holy Thursday. "Walkers" as what I coined to us, went on different batches and on different time. We opted to start our journey at about 10:00 pm with some other groups.

This one was a walk to remember literally, figuratively and practically.

Though I have been living in Lucena City for more than 15 years, this was my first time to join such activity. At first, I had some apprehensions in joining, such that I was not certain if I could make it that far and the safety along the way. But I second thought, it would be worth a try, in the first place, "may pahingahan naman, at maraming mga kasabay".

Literally, it was a walk to remember. A five-hour walk in a long, winding, downhill and uphill road is hard to forget. What about the aching knees and hips, the worn out soles of running shoes and the exhaustion experienced? To add on the woes, it took us about 2 hours of walk (again?!) from the Kamay ni Hesus to the nearest station of public transport just to go back to Lucena. A whopping 7 hours of total walk just to complete the trip!

This is figuratively and practically a walk to remember as well. After "surviving" the experience, these were some of the insights I realized.

Be prepared, but not too prepared

Knowing that we'll start to walk at 10:00 pm, I had my dinner at about half an hour before 10. I opted to eat late thinking that it would be better but it backfired. It was even more difficult to walk while you are still full.

Even though I was aware that it was a walk, I still brought some non-essentials – flash disks and chargers, and some other office related paraphernalia. Where would I use my flash disks while walking? Did I really need a charger along the way? Where will I possibly plug it? As a result, it just added weight on my bag.

Using a mailman's bag instead of a backpack which is usually used in hiking, I just thought the weight of my bag is just tolerable. But along the way, it was just too heavy to carry.



In an anticipation of thirst, I brought a frozen bottle of enough water wrapped in a bath towel and it worked a miracle. During the entire walk, I had a steady supply of cold water. It really quenched my thirst along the way.

As a reflection, it is really good to be prepared but not too prepared. Over preparation might work against you, giving you more damages than benefits. Before packing, think which among the things you will specifically need. In such activity, "go light" is more practical.

Image is Nothing

During the walk, it was pitch dark night. Even then, I made a conscious effort on what to wear. I could have brought a non-signature back pack but opted to bring my mailman's bag. I could have used my basketball shoes which is lighter but chose my running shoes. I could have worn lighter maong jeans but preferred the newer and thicker one and I had the option to wear a dry fit shirt but chose a cotton shirt that eventually sipped my sweat making me feel "heavier". These were some of the choices I made just for the image I want to project with my peers. But the real question is does it really count? Did my officemates even recognize and appreciate what I wore?

Sometimes, we have this tendency that we want to be appreciated even at our own expense. Too ironic but most of the time, it happens. It is true.

In such occasion, projected image was virtually nothing. In real life, it is better to be you. You will really be happy and contented if you project who really you are.

Walk, not run

In the first few minutes of our quest to reach the destination, we were full of vigor and zest. We did not want to be outrun. To outdone others, there were few moments that we run instead of what initially agreed upon – walk with fun. Yes, we may have overtaken others but it also took us some price. We got easily exhausted. A no-no for a long journey.

This realization is also applicable in real life. Sometimes, we have the tendency to be impatient with what we are doing. We rush up on things and we look for short cuts, even if we are aware that it has to be done in a slow and deliberate manner. As a result, we might got frustrated and worn out.

After that humbling experience, I appreciated even more the value of patience and perseverance. Be patient and eventually you will be rewarded.

Time and time again, that walk to Kamay ni Hesus is a walk to remember!

KEEP GOING, THOUGH IT RAINS!

by: Mhiles D. Acabado

After suffering from sweating heat, rainy season has officially begun. For children, this is the best time to get wet under the rain and make splashes all around. For students and people who are on – the – go, they may get disappointed because they can't go on to the usual activities they do especially if they are not the type of person who carries umbrella or raincoat with them (just like me). So we usually cross the rain even if we get wet just to move on.

"Ah-chooo!" and "Haaa-ching!" We commonly heard it from those people who got cough and flu. Such diseases spread easily and bacteria that causes diseases also develops fast. So what preventions should we do to avoid getting sick during the rainy season? Here are some practical advices to prevent illness in the rainy season:

1. **Prepare Your Rain Gear** – The most effective way not to get sick during the rainy season is to wear rain gear. The primary components of rain gear are the umbrella, rain coat or hooded jacket and waterproof shoes. If you have a complete set of rain-repulsing items, your chances of getting sick totally decreases.
2. **Load Up on Vitamin C** – Vitamin C, as a cure for the common cold, is still being debated upon by medical researchers. What it really does is reduce the severity of the cold's symptoms, making them tolerable. With a healthy supply of vitamin C in your body, your antibodies will repulse the cold virus faster.
3. **Cut Down on Smoking** – Smoking brings temporary relief during cool rainy days since each puff brings a small amount of heat to the body. Unfortunately, cigarette smoke weakens a person's respiratory system, which is the usual problem area when you're soaked in rain water. You should stop or at least minimize smoking during rainy days so you can withstand drizzles better.
4. **Take a Shower When You Get Soaked by Rain** – At first glance, this suggestion seems far-fetched. If you think about it clearly, taking a shower right after getting drenched by rain actually makes sense. Diseases develop when your body experiences a drastic change in temperature.
5. **The Convenience Store** – Rain showers tend to surprise people, especially those who are unprepared. Everyone will run to the nearest covered area to take shelter. In your case, you can be a bit more selective and head straight to the nearest convenience store or mini mart. Those establishments often have rain gear and medicine for colds and flu.
6. **Sweat Out the Symptoms** – Before a flu develops, you will feel your body weaken and your mind clouded. You can stop those symptoms from developing into a full-fledged fever by sweating. Of course, the best form of sweating is through exercise. You can jog around the area of your home when you start to feel cold and do some indoor exercises.
7. **Hot Soup** – Consuming a bowl of hot soup is healthy, especially during the monsoon months. Its temperature will give your body some warmth that will help you withstand rain and the cold

monsoon breeze longer. For people soaked in rain water, soup provides instant relief since its warm base clears up phlegm in the nasal cavities and general throat area.

8. **Clean Hands** – According to medical researchers, the best way to contract the common cold is by having dirty hands. We use our hands in almost every activity so the cold virus can easily enter our bodies at any time. To keep yourself safe, clean your hands regularly and always bring a hand sanitizer.

9. **Drain Your Sickness Away** – Drinking water is an indirect form of prevention and sometimes treatment to all sorts of illnesses. Water also cleanses the body as it washes away germs and bacteria through your excretory systems. The "eight glasses a day" rule isn't really necessary. You should just drink to your heart's content daily.

10. **Limit Your Alcohol** – Maintained hydration is an effective way of preventing and dealing with the harsh biological effects of rain. Sometimes drinking water or eating soup is not enough. You should limit your alcohol intake since it is known to dehydrate your body and weaken your immune system.

11. **Don't Touch Your Face** – Aside from getting drenched, a common way to transmit the cold virus is by touching your face or putting your hands close to your face. The usual entry point of the virus is through your facial organs. Clearly, you must avoid placing your hands anywhere near your face or the faces of other people during the monsoon months.

12. **Eat Vegetables** – According to some medical researchers, vegetables that contain phytochemicals work better than vitamin C. They are more efficient in pacifying the symptoms of colds and flu. Eating a good dose of vegetables also lessens your recovery time from those illnesses. Vegetables are also rich in vitamin A that makes your eyes healthier.

13. **Throw Up** – Notice how vomiting makes you feel better whenever you're tipsy or when you have a hangover. Remarkably, it has the same effect on colds and fever. If you feel heavy after getting drenched by rain, you can force yourself to vomit. The act of vomiting forces phlegm and germs to exit from your body. You will suddenly feel better and lighter right after.

Getting sick during the rainy season is a frequent occurrence. You must always stay protected. Remember, taking a sick leave for a few days may cost you your much awaited promotion or a passing grade at the end of the school term.

Every season should be enjoyed to the fullest. The above tips can save you from many problems related to rainy season. You need not be alarmed and you can still enjoy all the activities you usually do even if it rains without any problem.

Have a happy and healthy rainy season!

(Reference: <http://lifehackery.com/2008/09/10/health-6/>)

Carrot and Tuna Lumpia

by: *Mhiles D. Acabado*

This recipe was taught by our Aunt when we celebrated the Lenten Season together sometime in 2010. The kids were not really into eating vegetables that's why our Aunt suggested that we cook Lumpia which is a "block buster" every time we prepare this dish using carrot and tuna. For health conscious, this affordable and easy – to – cook recipe can also be prepared not only for Lenten Season but even for all occasions.

Ingredients:

- 1 pc medium sized egg
- 1 can tuna flakes in oil
- 2 pcs medium sized carrots
- 20 pcs lumpia wrapper
- 1 pc onion
- 4 cloves garlic
- cooking oil
- salt
- pepper



Directions:

1. Peel the carrots, onion and garlic then grate in a bowl.
2. Drain the tuna to separate the oil and mix with the grated ingredients.
3. Put the egg in the mixture.
4. Put a salt and pepper to taste (adjust to your taste) and mix all the ingredients.
5. Wrap the mixture (adjust to preferred size) in the lumpia wrapper.
6. Heat oil and fry the wrapped lumpia.

Ensaladang Tagalog

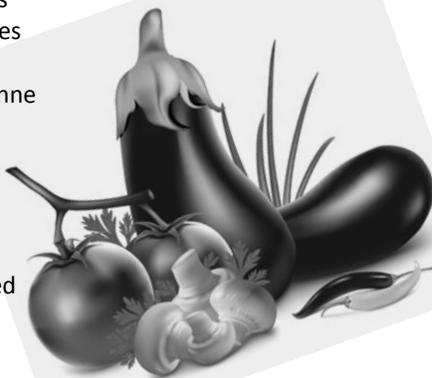
Source: <http://lutongpinoy.info/ensaladang-tagalog/>

Ingredients:

- 1 cup kangkong leaves
- 1 cup malunggay leaves
- 2 tomatoes, sliced
- 1 singkamas, cut julienne
- 1 cucumber, sliced
- Chopped kinchay

French Dressing:

- 1 cup corn oil
- 1/4 cup vinegar
- 1 clove garlic, crushed
- 1 tsp. mustard
- 1 tbsp. lemon juice
- 1 tsp. sugar
- Dash of Worcestershire sauce



Ensaladang Talong Procedure:

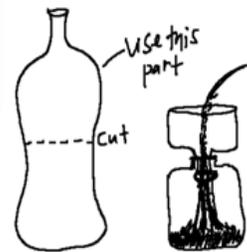
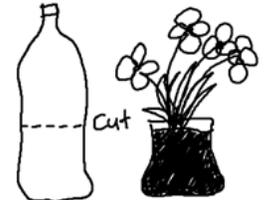
Steam the kangkong and malunggay leaves then cool and keep in the refrigerator. Combine the tomatoes, singkamas, cucumber and steamed leaves. Combine all the ingredients for the french dressing then pour cover the salad. Toss to coat then chill. Before serving, top with chopped kinchay.

5 WAYS TO RECYCLE A SODA BOTTLE

by: *Ana Chemelyn Naz*

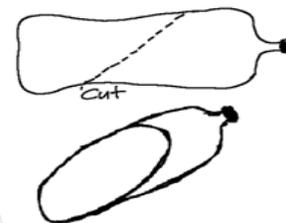
According to a study conducted by safebottles.co.nz, each person uses an average of 168 plastic bottles per year and it will take 700 years before a plastic bottle starts to decompose. So here are some creative and fun ways to make a plastic bottle useful while waiting for those hundred years.

1. Flower Pot - Cut the upper-half of the bottle. The bottom part will serve as the pot. Don't forget to make 3 holes on its base.



2. Funnel - For this part we can use the half upper-part of a plastic bottle and remove the bottle cap. It can be used in transferring rice to containers with small rims.

3. Vase - Cut the top part of the bottle and the remaining will serve as our vase. For the creative ones, you can paint your desired design on the vase for more fun look.



4. Rice Scooper - This one is tricky, you will need to cut diagonally on the middle of the bottle. Keep the cap on when using.

5. Trinket Organizer - We will need 4 bottles. Measure 2 inches from the bottom of the bottles, mark it then cut. You can also design the little compartments.



So next time you have your favorite soda, save that plastic bottle. Have fun improvising while saving our Mother Earth. Enjoy!

Search the Branches of RPI

by: Ana Chemelyn Naz

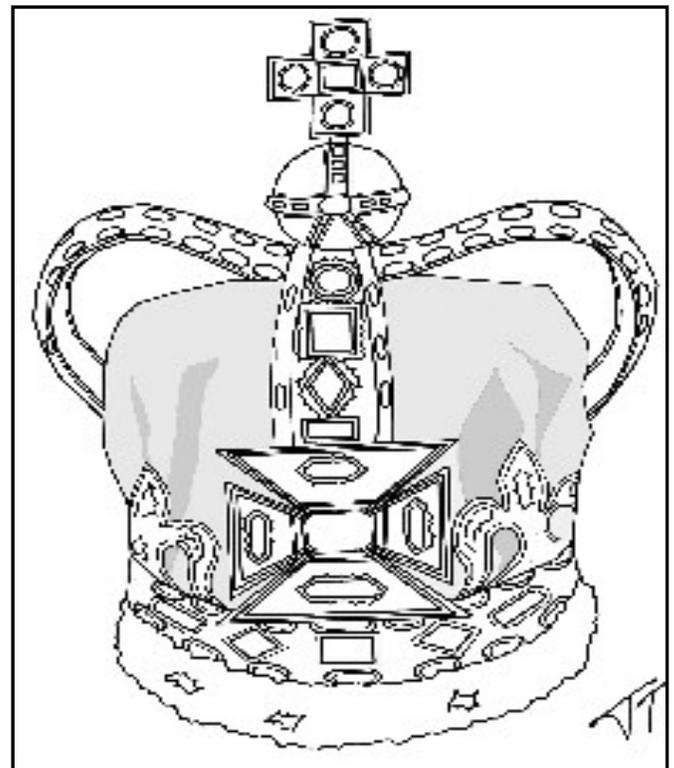
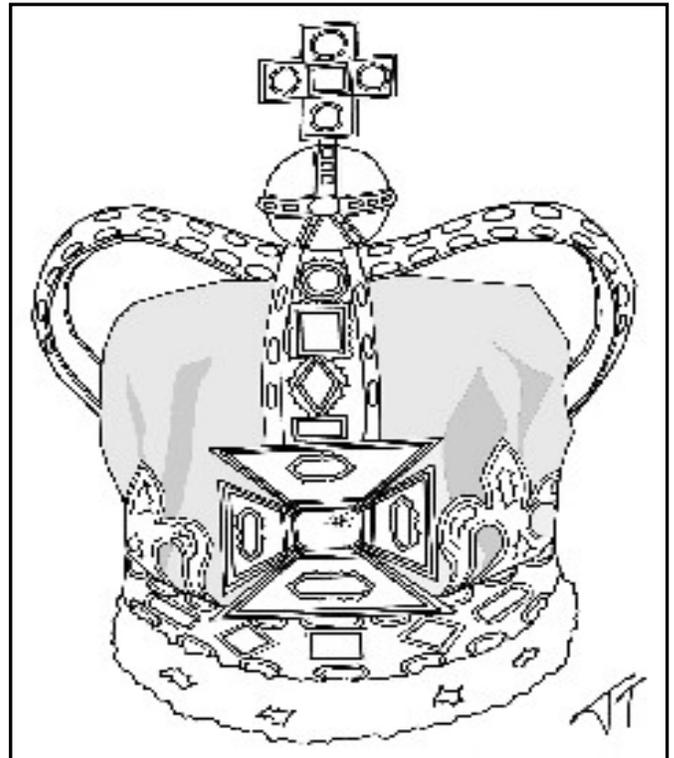
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|------------|-----------|----------------|----------|
| Candelaria | Makati | Malolos | Atimonan |
| Alaminos | Naic | Cainta | Sta Rosa |
| Mauban | Lucena | Caloocan | GMA |
| Butuan | San Pablo | Cagayan de Oro | Taytay |
| Lapu-Lapu | Angono | Muntinlupa | Lucban |

Spot the Difference

Source: <http://www.free-for-kids.com>

The two crowns below look identical but there are 7 differences. Try to find them all.



PICK-UP 101

Compiled by: Ana Chemelyn Naz

May Band Aid ka ba?
Kasi nasugatan ako nang nahulog ako sa 'yo.



Witch ka ba?
Kasi you cast me under your spell.



Pwede na ba kitang tubusin?
Ang laki na kasi ng interest ko sa 'yo eh!



Nakakatakot di ba ang multo?
Pero mas nakakatakot kapag nawala ka sa buhay ko.

Noong minahal kita, talo mo pa ang traffic sa EDSA.
I CANT MOVE ON!



Para kang test paper, Nauubos ang oras ko kakatitig lang sa 'yo.



Teddy bear ka ba?
Kasi ang sarap mong yakapin.



Avengers ka ba?
Ikaw kasi ang kailangan ng MUNDO ko.

Para kang Oatmeal, Kasi you're good for my heart.



Aanhin pa ang gravity?
Kung lagi akong nahuhulog sa'yo.



Taga-Raquel ka ba?
Kasi "PALAGAY ANG LOOB KO SAYO."



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We are a dynamic company in the Philippines providing superior quality products and services that will improve the lives of our customers and consumers. Consequently, we will be rewarded with their continued patronage, reasonable profits and best value for our shareholders, enabling us to contribute to the prosperity of our people and our surrounding communities.

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- Customer Service Excellence
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Raquel Pawnshop INSIDER is the official publication of Raquel Pawnshop, Inc. published semi-annually for its members and for the general public. Please feel free to send your comments and/or suggestions to 142-A Merchan Street, Lucena City or visit our website at www.raquelpawnshop.com

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Qualifications:

- Female
- 20-24 years old
- Graduate of any 4-year course
- With or without experience
- With good oral and written communication skills
- Computer literate

Company Driver

Qualifications:

- Male
- At least high school Graduate
- Has Professional Driver's License
- At least 3 years experience as driver
- Familiar with streets and areas in Metro Manila and CALABARZON
- Non Smoker

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