

# Habagat Express

Newsletter For Balikbayans & Filipino Migrants of Denmark  
Mid-Summer Issue 1995



**Mystic Mount Banahaw on pp. 11-14**  
Save Up to 60% On Long Distance Calls. See p. 4

## Question & Answer

**Q.** *The door-to-door program in Germany allows Balikbayans to send electrical appliances, why can't we in Denmark?*

**A.** Under no circumstances that the door-to-door program allow electrical items. Many consolidators and shippers are using this program to smuggle goods. Once a box is caught containing electrical gadgets, the gadgets are confiscated or levied a fine plus import tax of 65% of the value appraised by the examiner. There is no excuse for old or used appliances.

**Q.** *My box was opened? Is TPA liable to this?*

**A.** As long as nothing was stolen. All boxes are subject for examination. Should there be any theft as claimed by the receiver, our forwarding agents will check the content based on the packing lists. It is very important to complete your packing lists - detailed if possible.

**Q.** *Why is it necessary to have a copy of passport and residence permit?*

**A.** In order to authenticate that the sender is a pensionist and a real resident of Denmark. Otherwise, examiners might think boxes are sent by the consolidators alone.



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## Christmas Packages To Sail Oct. 18 Rules On Items Remain Unchanged

Our Christmas shipment of door-to-door packages is set to leave October 18, just in time to be delivered before Christmas. The rules on items to be shipped remain unchanged - keep low on sugar and coffee, no contraband items like drugs, no weapons, no electrical appliances, no machineries and no items of commercial value and quantity. Our families will be delighted to open a balikbayan box this Christmas.

### Our Christmas Rates:

**875 kr.** for Metro Manila destination + **200 kr.** for outside Metro Manila

**825 kr.** for pensionists + **200 kr.** surcharge for outside Metro Manila

When sending 2 boxes ask for advice and special rules.

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A completed packing lists

**Important:**

Do not overload the boxes in order to avoid premature breaking, especially those that are to be delivered in the provinces. Please maintain the shape of the box. Tape all edges but do not cover the signs. Pack all breakables properly and are at your own risk.

Packages are fully-containerized to ensure extra safety in transit. Box size is uniformed as prescribed by Philippine customs (60x50x50 cm). Box is included in the price. Our efficient broker, TPA Carrier is fully accredited by Bureau of Customs. It takes five weeks sailing to Manila. It is cheaper than the postal service or any courier services. No hustles with customs official than when using a *privileged freight service.* We give special assistance in packing for pensionists and the disabled.

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## Save 45% On Phone Calls To RP

Here is one way to cut down on expensive telephone bills, especially on long distance calls to the Philippines. The callback system, introduced by Geo Tel Scandinavia, a sister company of International Geo Tel, Inc., of Colorado, USA, will only charge you 1.82 USD per minute (ca. 10 kr.), i.e. 45% cheaper than what Teledenmark asks for - 22 kr. per minute.

**How the system works:** After you are being registered in the callback system, you receive an access number and authorizations code. You use this access number to connect your phone to a satellite in the USA which will take you only 30 seconds.

A computer will instruct you what to do in English (or any language you want). It will verify your authorization code. If correct, the computer in the USA will ask you to hang up, then will call you back. Then, dial the desired number.

In case you want to call another number without going through the same procedure once again, you press # in order to remain in the system.

**Great Advantages:** \*Aside from the 45% you save, the registration and installation is free. \*There is no minimum charge per month and you don't pay MOMS as most callback companies in Denmark do. \*You only pay the 30 seconds to connect your phone to the system. \*No one can use your authorization code, unless you share it with the rest of the family. \*In case the system is not used in 60 days, it will be closed automatically. BUT it can be opened again any time you wish to except on weekends, still free of charge.

**Mode of Payment:** Billing takes 30 days to pay with an international credit card. No one can abuse your credit card as payment will be on charge-recharge basis. In the absence of a credit card, make a deposit of 100 USD or bankdraft payable to Geo-Tel Colorado.

For registration and more information,  
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**Geo Tel Scandinavia**

Fredericiagade 51, 2nd, apt 7, 1310 Copenhagen K

## Pandesal Bakers Turn To Vienerbrød

Makati - *Vienerbrød* or *danish* to the world is now produced and sold in Metro Manila. The Danish pastry is baked with raw materials, know-how and machinery that are imported from Denmark in order to maintain the genuine taste and look of vienerbrød, just the way we like it in Denmark.

The project is launched by Scandinavian Food Coproration, managed by TPA Carrier broker, Antonio Aro in a joint venture with importer-exporter Poulsen and Nielsen of Frederiksværk. Nothing is changed with regards to the looks and taste of the pastry to fit to local consumer's habit, except for some of the names which could be tongue-twisting like *snegl*, *smørkage*, *stanger*, *rumkugler*, *chokolade bolle*, etc. *Te birkes* are baked with sesame seeds because poppy seeds are prohibited in the Philippines. Thus, it yields *te sesam*.

Three former pandesal bakers underwent rigid training in baking danish pastry under the auspices of a Danish pro *vienerbrød* baker. Benny Reboron, the head baker and experienced croissant and danish baker in the country admitted that the Danish baking techniques is totally different from the adulterated Pinoy techniques. Marketing and sale of the product was at first difficult because consumers are used to the taste and looks of local danish pastry which are glazed, fruity, big and airy, chewy and sometimes heavy, said Mr. Aro who came up with the idea after his business trip in Copenhagen two years ago. Much to the horror of his Danish colleagues, he brought home to his

family a box of pastries. His family enjoyed though a day old pastry and supported his proposed project of a Danish pastry bakeshop.

After testing the product to selected respondents, middle class and up, it showed excellent response. Søren Nielsen, the Danish partner, observed the novelty of the product, its ingredients like the uncommon marzipan, and its exquisite taste that beats all the Danish pastry in the Philippines will shorten the process of the education for Filipinos to learn to eat real Danish pastry. *We are confident of the product because the recipe is tested at least 100 years in Denmark and Filipinos are number one bread consumers in Asia*, expressed Søren Nielsen who has 16 years experience trading with Asians

The bakeshop is named *Nielsen's* to sound it genuinely Danish with a subtitle of *Den Danske Bageri* to make it a piece of conversation. Naturally, the indispensable kringle logo appears on top of the name. The first production area and first outlet is located at **9790 Kamagong, SAV, Makati**. The firms planned to expand throughout Metro Manila and key cities of the Archipelago.

## Pinays Rally Against Travel Agency

Tønder - 12 Pinays rallied against ACP Rejsebureau, a travel agency that continuously deals with mail-order-brides though the operation is penalized by the Philippine government. Rally leaders Jojo Jensen and Jojo Ferrer Guldager are tired of hearing reports of unlucky and disadvantaged Filipinas from unhappy and broken marriages arranged by ACP rejserbureau. They summoned Danish authorities to help stop the merchandizing of women by *kontakbureau*s comouflaged as travel agencies. *We are not against Danes finding happiness in life in the companionship of Pinays but the mode of operations degrades women and dishonors Filipinos*, said Jojo Jensen, a pro singer who led the singing of Pinoy songs, e.g., *Ang Bayan Ko* and *Ang Dalagang Pilipina*, instead of delivering protest speeches in front of the travel agency and the ubiquitous major Danish media.

ACP Director Anders Lund Petersen has been allegedly blacklisted at the Bureau of Immigration in Manila, a Philippine Embassy official in Stockholm bared. The director admitted in a local tv program his agency has been the operating mail-order-bride scheme for the last seven years and has proved the blacklisting as balooney as he had just travelled to the Philippines in June this year. The travel agency is claimed to have arranged 6 to 700 mail order weddings since its existence.

Lund Petersen's Pinay wife, Susie was overheard to justify the exploitation as an economic redemption of poverty-stricken Filipinos. (*Her justification was also overheard among former prostitutes around former American bases in Olongapo, Ed.*)

## RP Airport Security Tightened

Manila - The US Federal Aviation Authority has pressed the Philippine government to employ more strict rules on security measures on international and domestic airports, after the authority has discovered a plan to explode American aircrafts in the Pacific by Muslims extremists.

Next time you are travelling within the Philippines, be sure to pack your toiletries, walkman, batteries, lighter, etc., in your check-in baggage in order to avoid delay and skirmishes with airport securities. It is now a common sight to see American security officers detailed in the international airports, stopping and checking anyone deemed suspicious. *It is a new kind of American imperialism*, commented a disgruntled Filipino airport official. *They can't even stop the bombing in Oklahoma, how dare they come here to order us what to do*, added another disatisfied officer.

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### News Review

## Beauty Contest Held With A Cause 458 Bulgarian Beauties Arrive

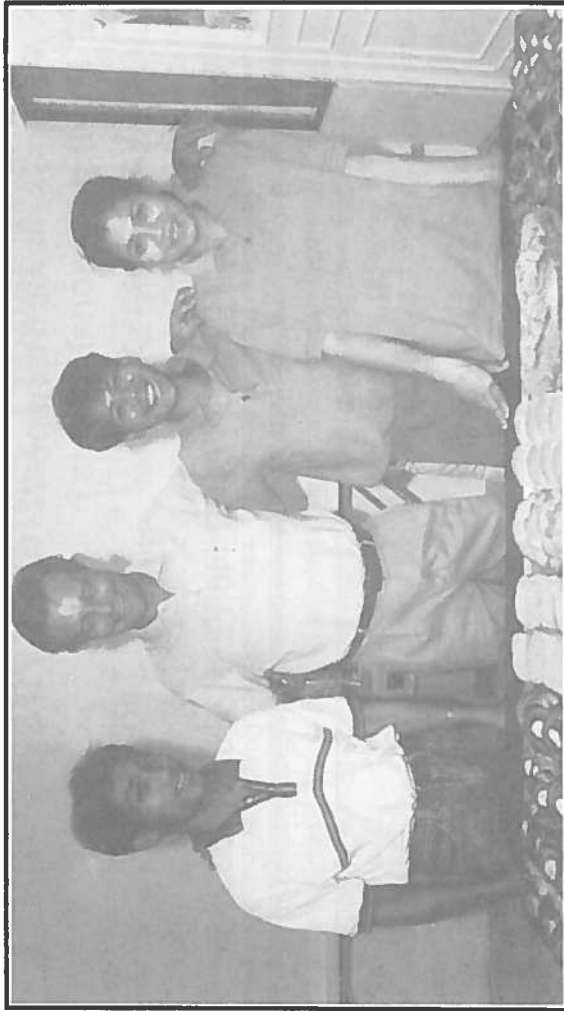
Cabanatuan City - the most commendable beauty contest ever held in the annals of beauty tilts was staged at the Central Luzon State University, last May 19, 1995 to upgrade the quality and race of the Filipino beast of burden, the *carabao*.

The contestants were judged according to the animal's size, weight, color and texture of hide, health, and beauty of horns, hoofs, tail, eyes and ears. The winners were bought from the owners by the Philippine Carabao Center, PCC for its national gene pool. The PCC, organizers of the contest, intends to hold it annually in order to inspire farmers to breed healthy and beautiful water buffalos. Indeed, it was a meat market tilt like all beauty contests but this one was different with a very good cause.

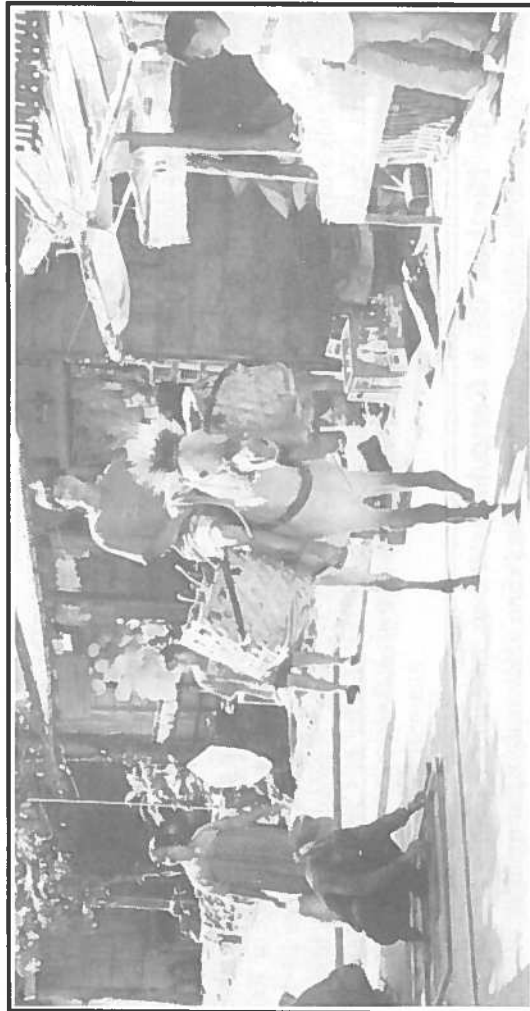
Simultaneously, 458 carabaos were imported from Bulgaria to improve the breed of the native carabaos which had been declining in size and weight. Carabaos grow to an average of 700 kilos, double the average of the native ones. A female Bulgarian buffalo produces 10-12 liters of milk a day against a native carabao's yield of 1.5-2 liters. A crossbreed gives from 4 to 8 liters a day. The Bulgarian beauties arrived at the Center in Carranglan but were disqualified to compete in the beauty contest (*due to lack of residence and nationality. Ed*)

**A Day In The Life Of A Cargador:** *Amang, maddaling hanapin ang bahay namin sa barrio San Roque ng bayan ng San Pedro. Nasa tabi kami ng tulay at may malaking puno ng mangga sa bakuran nito. Kilalang-kilala ang pamilya namin!*

**HABAGAT's Roving eye**



**After The Day's Baking:** Søren Nielsen poses with three Filipino Bakers, Imoy, Benny and Lilia, who take pride of the results of their month-long training in Danish pastry.



**Life at the Foot of the Giant:** a boy on a colt's back rides through the center of the Kinabuhayan, the lone halcyon village at the foot of Mt. Banahaw to deliver his crops of *baguio* vegetables to the local *sari-sari* store.



**Thespians & Therpsicoreans Alike:** members of the FAD Folkloric Group strike a pose to give life to one of the Filipino festival themed dioramas exhibited at Gimle in May.



**Once A Beauty, Now With A Cause:** Philippine top model and Miss Pacific-Asia of the '60's turned top woman rebel of the '70's and freedom fighter for Asian women of the 80's, Nelia Sancho Lau was here to attend the UN summit in March this year. Mrs. Sancho-Lau (left) also lobbies for the Pinay comfort women abused by the Japanese during WWII. Seen with her is her nearest kin in Denmark Cecilie Schondel.

## Fil-Danes Concert Culture Week Most Ambitious Pinoy Project Ever Staged

Amager – Parish leader Rose Jimenez and ad hoc group teamed up with Islands Brygge's cultural committee to hold culture week at Gimle last May 14-23 – the first ambitious Danish-Pinoy collaboration in the history of Filipino community in Denmark. Though the event was named *From The Pacific to Brygge*, most of the activities focused on Filipiniana and exploited talents of Filipinos.

The biggest surprise was the youths' theater presentation of the famous Filipino fable, *Ang Pagong at Ang Matsing*, staged, translated in Danish and staged by playwright Bjørn Ramussen. The play incidentally discovered the acting talents of young Pinoys, who also performed the indispensable folk dances from the Philippines, The South Seas, India and Mexico. It was a learning experience for the youths to work and perform with gusto under time pressure. The lecture-forum given by Pinoy journalist Nita Høgsholm induced discussions on the Filipino character and their mode of migration and integration in Denmark. The impressive slide presentation on the Philippines by pro photographer Torben Huus were of utmost aesthetic photography on non-touristic Filipino events and settings. Filipino cuisine served the whole week was prepared by Rod Revita who demonstrated as well some cheap, tasty and easy Filipino recipes. The workshop on the art of paper-folding conducted by 15 year old Danish-Pinoy twins, **Kenny & Andy Aarup** lured kids and adults.

The 15 dioramas themed with Philippine festivals and features of the Filipino fiesta did great impressions in all corners and floors of the Gimle building. About 35 figures were cut out of plywood because the budget for mannequins was not approved. *It turned out to be more message conveying than mannequins*, discovered Birger Hansen, chairman of Gimle Medborgerhus. The theme of the dioramas were: *Ang Bagong Taon*, *3 Feast of Sto. Nino*, *Valentines Day*, *3 Holy week sights*, *Santacruzán*, *Flores de mayo*, *Todos Los santos*, *Pashuhan*, *Canao of the Igorots* and *Hariraya Poasa* of the Muslims. Also included were *sabong*, *lechon*, *pabitiin*, *palo sebo* and an arch with colorful inscription of *Tuloy po Kayo*.

The creative Pinoys included **Benn Adriatico**, **Manny Quinto**, **Kiko Jimenez** and **Edna and Carsten Sode**. The participating thespians and thesicoareans were: **Tina Fung**, **Gina Castillo**, **Christina Jacobsen**, **Rowena Magpantay**, **Richa Sharma**, **Jade hamilton**, **Grace Vergara**, **Anne Marie Brievea**, **Charlotte Koudal**, **Lorraine Santos**, **Michelle Sode**, **Geeta Vij**, **Heidie Escandor** and **Sharon Jacobsen**. It was a showcase of integration putting into practice the Filipino *bayanihan* and national pride mixed with Danish *hygge* values. As a result: more work done, less talk, and no intrigue. The momentous collaboration triggered to new commitments in the *København Kulturby '96*.

## Mystic Mount Banahaw

*Ang huni ng ibon, aliw-iw ng batis  
Sa Bundok banahaw  
Ay inihahatid, ay inihahatid  
Ng hanging Amihan*

You are a Filipino, religious, animistic, slightly superstitious, Catholic and possess a strong desire to take your family for a pilgrimage, yet you are too poor to pay the trip to Lourds or Fatima or Garabandal or Mexico or Medjugorie. Where will you go? No need to look abroad. There is a place that provides solace both for the soul and the body and a chance to be at peace with God and oneself – the mystic Mt. Banahaw.

The extinct volcano (last recorded eruption was in 1731) has provided inspiration to various artists, home of more than 65 Christian sects that believe in Christ and Rizal, a watershed responsible for the springs, lakes, brooks and streams in its surroundings, including the river that runs through Villa Escudero, a haven for hikers and nature lovers, a laboratory for forestry students, even a place for the *anting-anting* (talisman) hunters and a clinic for faith healer patients. Pilgrims go there to fulfill a promise, recharge their amulets and get closer to nature. People with physical and psychological problems take a trip to Mt. Banahaw. All of them claimed that their health has improved and their minds are cleansed, ready to solve their problem if not having already found a solution to it.

Like most beginners, curiosity has led me to visit the area, not to prove on what I have been told but to tread a different place where the pop tourists never go. A friend who recommended it admonished,

*It induces your body and soul to assess and re-assess your life. Good for me, 'cause it saves me the costs of a holy retreat or a shrink, I thought.*

Getting there is easy. There are buses from Manila to San Pablo, the city of Laguna with seven lakes. Then take a jeepney ride right to the port of barangay Kinabuhayan. (Another way is through Barangay Dolores in Lukban, Quezon). No hotels are available but the residents are willing to share their simple homes to visitors, except during Easter. Pilgrims sleep and eat anywhere suits them. Noel Umali and the National Power Corporation (NAPOCOR) staff of Banahaw, made our visit easier. We arrived at dusk and stayed at the unfinished NAPOCOR staff house. We had candles to illuminate the house and shared our dinner packs to the staff (which increased in size from three to six people). After dinner, we had a caucus over gin and water, sharing our lifestyles in Denmark and theirs, learning a lot from each other and more about Mt. Banahaw –



the mountain itself, sects, and the residents. They told us some believe-it-or-not stories or myths and legends about the mountain, incredible experiences with faith healers and the mystic leaders and their difficult job to protect the mountain from illegal loggers, vandal pilgrims, and illegal migrants. The government does not want to increase the size of the village and wants to keep the original residents, since the government can not throw them out of the mountain. *People, nature's greatest enemy, have difficulties to see the connection of the mountain and the water supply in the surrounding provinces, explained Noel.* So our dreams of a commercial or ecological tourist project was already nipped in the bud. *But developmental projects geared to rain forests and watersheds are always welcomed,* he retorted to console us.

We took a night promenade around the vicinity to digest our food and to exercise the spirit of gin from our bodies. It was incredible to see emptied bottles of San Miguel gin and yet felt so sober. Archangel Michael must had been really around. Should I have been superstitious, I would have been horrified by the tall trees, whose trunks were luminated by the moonbeam, looking like eerie live driftwoods ready to attack us. It was breathtaking, something I never had seen before: Cricket bands, nocturnal animal sounds, a Tamarind tree filled of fireflies like a live Christmas tree, the murmurs of the creek that never sleeps, and the stars that peeped through the trees whenever the moon was covered by some rain clouds with silver linings, The cool air blended with the moonlight were rather nostalgic than romantic to me. The night took be back to my childhood when I used

through the center of Kinabuhayan. Two big blocks of Moses commandments in Tagalog welcomed guests giving impressions of holiness and sanctity of the place. It was truly peaceful and idyllic. We registered in the guest book manned by the *barangay tanod* (village constables) for purposes of monitoring guests and statistics.

Mt. Banahaw rises 2,250 meters, a geological dynamo that radiates an intense vortex of energy which attracts rain clouds that bring rain all year round to nurture the mountain. Long before Catholicism came, the mountain was already a sanctuary to those in one way or another searching for God or contact with the Divine. It gained popularity through the many reports about the cures the mountain offered. Psychics, mediums, yogists, Christians, nature lovers, ordinary citizens, scientists and tourists flocked to the area to be in oneness with nature as represented by the rocks, the forest, the water, open skies, clean air – hence being united with the Creator. God and geology indeed teamed up to create Mt. Banahaw.

This special closeness had made the people believed that Jerusalem was transferred in the area due to the warring race in the Middle East and since God is everywhere, at least Christ must have walked through Mt. Banahaw. About 300,000 people, coming from all walks of life including celebrities and movie stars take a minimum three day pilgrimage during Easter. They fast, abstain and follow the passion of Christ as designated by the *puwestos*. *It is the peak of our job, directing the traffic, advising pilgrims to bring back home their garbage and never*

*to vandalize the rocks, springs and trees, the pator* or guide informed us.

The *puwestos* are scattered in the mountain topographically classified as *ilog* (river), *bukal* (spring), *bato* (rock), *talon* (falls) *kuweba* (cave) and *taluktok* (peaks) and named after biblical figures like *Balon ng Santong Hacob, Santos Kalbaryo, Kuweba Ng Diyos Ama*, etc.. Some are close to each other and some are far-flunged which need three hours hike to reach them. In these sacred places, pilgrims performed the rites and trials (*subok*) which differ from one *puwesto* to another but the common denominator is prayer. *You have to prepare yourself, be clean in mind and spirit to be able to take the challenge of these trials and rites, advised the pator.* The most challenging are the *Husgado*, a maze of underground tunnels and the *Inang-Awa*, the supposedly spiritual center of Banahaw, a cave with a hanging rock over on its entrance. Legends say if you are not purified in spirit, the rock falls you and you won't be able to come out from the caves. There are many more *puwestos* which one has to visit in sequence with the respective prayers of purification in order to prepare oneself for the respective rites.

In *Pinaggapusan*, the rock where Christ was scourged, the traces of the rope tied around the rock are visible. None of us dared the *Pinagburulan* (burial cave of Christ), where one enters a big opening cave then come out in a smaller opening easily, if you are pure in heart. Then I took a bath at the spring, *Yapak Ni Kristo*, where one can clearly see a footprint, supposedly Christ's. At first the water was extremely cold, a reminiscence of the water in Denmark (again?). I braved the

splashing water, and after a while, I had easily spent two hours enjoying the freshness of the water that tasted of soda. Strange, that my sun induced eczema which took no effect of pills and ointment was cured at the end of the day. Perhaps, it was an incentive miracle.

We visited more *puwestos* filled with flowers, lighted candles and met pilgrims singing and praying if not doing their *panata* or sacred vows. We walked along the river stepping carefully over stones and boulders of rocks. The stream changed color, from crystal clear to ochre to muddy and back to crystal clear again.

News travel fast in Kinabuhayan. They gathered that I was hunting for talisman for a friend. While visiting one of the *puwestos*, an elderly woman approached me without any prior notice and handed me an envelop containing a written prayer, a printed prayer, scapular and rosary made of plastic. I ridiculed what she handed me and wanted to hand it back to her because I thought it could be a cheap marketing strategy. She refused any money but advised me to say those prayers and wear the religious paraphernalias. I learned later that she was one of those mystic leaders and the *pator* signaled me to keep it right away as it was a kind of talisman. I laughed even more because it didn't look

any talisman at all. Well, I got what I deserved for ridiculing other people's belief: ants attacked me in my sleep and slipped twice while trodding the stones by the river (And why only me?).

I left the place with mixed feelings: sad to leave it; felt cleansed both in mind and body; cured of a skin disease; eager to get home to tell about the place. It is true what they had told me that Mt. Banahaw is not just for pilgrims but a place for rejuvenating the body and mind. I stood by the Palo Lake of San Pablo to watch more of Mt. Banahaw at a distance. I heaved a sigh and promised to myself to come back. And how about this Denmark that kept flashing in my mind? It made me accept that this second country holds a certain place in my heart and it was time to nurture and not running from her anymore. It is about time to balance it with Philippines my Philippines. This was the therapy of Mt. Banahaw for me.

Are all these true? There is always the cliché 'benefit of the doubt'. But it happened. Isn't this what they say on those major apparition sites?

Supplementary reading: *Banahaw, Conversation With A Pilgrim To The Power Mountain* by Fr. Vitaliano Gorospe, SJ, Bookmark, Inc..

**Guess Who? Don't Sue!** Playing mahjong can be much more fun when the figures (characters) are called names after familiar characters or people, e.g.: 9 balls = Filomena (from Glostrup); 1 bird = Christofugl (from B.B.); 2 sticks = Payat (from the South); 4 sticks = kakambal ni Payat; 6 sticks = mga kapatid ni Payat; 9 sticks = familia ni Payat; 2 balls = Frederik (ask Nonnie); and 5 kar = El Upanan na kasama ni La Mesa (ask Nonnie again). Then guess who is 8 balls (a.k.a. Panapon), 1 ball (clue: from 2200) and 7 balls (clue: laging sumasabit). Anything more to add? (Next issue, Maloungisms)

## Dossier

# Saints For All Seasons

Your article *To Be Or Not To Be A Saint* has inspired us to recapitulate the different *Santos* and *Santas* with their corresponding majors of intercession and patronage. We Filipino see our deities as one whole family in heaven: where God is our father, Christ is our brother, Virgin Mary, our mother, the Saints as aunts and uncles and the angels as bodyguards. Here is what we can remember about them:

*Santa Apolonia* – mga dentista at may sakit sa ipin  
*Santa Barbara* – ilayo mo kami sa tama ng kidlat  
*Santa Lucia* – may sakit sa mata (Ilocos Sur)  
*Santa Cecilia* – sa mga kantora  
*Santa Rita de Casia* – mga abogado at sa mga impossible  
*Santa Clara* – magsayaw para bigyan ng anak (Obando)  
*San Bartolome* – mga mangagagawa ng bolo at kutsilyo (Malabon)  
*San Judas* – mga sawi at walang kasintahan (Cubao)  
*San Martin de Pores at Santa Rosa* – lahat ng klaseng sakit  
*Santa Teresita* – sa may mga hika at TB  
*San Roque* – mga nagugutom at nakagat ng aso  
*San Isidro* – mga magsasaka  
*San Juan* – manalangin ng ulan  
*San Elmo* – pag may kabag (want to hear the story?)  
*San Kristoper* – viajero at mga drayber  
*San Agustin* – sa mga estudyenteng matatalino  
*San Antonio de Padua* – sa mga nawawalan  
*Santo Tomas* – mga mapurop ang isip  
*San Blas* – pag natimikan at may sakit sa lalamunan

*San Valentino* – sa mga umiitbig at magkasintahan  
*Santo Nino* (kulay verde) – mariwasang komersiyo (Pandacan/Cebu)  
*San Pablo* – sa mga sundalo  
*San Jose* – mga karpintero at para sa maayos na pagkakamatay  
*San Patricio* – pag nakagat sa ahas  
*Virgen ng Karmel* – ilayo mo po kami sa apuy ng Purgatoryo  
*Virgen ng La Naval* – mga viajeros at namamangka (Sto. Domingo, Q.C.)  
*Virgen Ng Baclaran* – sa mga problemang walang lunas (Baclaran)  
*Virgen Ng Manaoag* – mga nawawala sa laot at sa buhay (Pangasinan)

How about these ones:

*Virgen ng Remedios* – pag magungulang at kailangan mag-remedio (Ermita)  
*San Miguel* – mga tomador  
*San Pedro* – mga sabungero  
*San Lazaro* – mga karrerista  
*San Nicolas* – siya'y si Santa Claus  
*Santa Ana* – malapit sa Paco  
*Santa Mesa* – para sa tabi po (got it?)

Blasphemous? Tell those who had introduced it and now those who tolerate it. *Ora Pro Nobis (T.Y. To Cristet and Bernie. Ilista, niyo. Ed)*



## Reserveret Postvæsenet

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**Our Cover:** *Bukal Ng Pagkabuhay* or spring of holy water is one of the main *puwestos* of Mt. Banahaw. The water tastes of soda, cool and believed to be miraculous. Photo, and all other photos in this issue, by Ed.

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### Quick Summer Pulutan: *Kilawin Ilocano Style*

**Main Ingredient:** Choose any of the ff.: 500 gr. crab meat or grilled beef fillet medium rare or 500 gr. fresh tuna (available in big fish shops). **Garnitures:** 1 small cucumber, 6 pcs. spring onions (or red onions), 2 lime fruits, 2 pcs. red and green cayenne pepper, 100 gr. ginger, ground pepper corn, 5 tablepoonfuls of vinegar, patis or salt to taste. **Preparation:** cut the meat into bite sizes, julienne the cucumber, mince the ginger, press the lime for juice, and dice the spring onions, both bulbs and crisp greens. Mix all ingredients in a bowl and chill it for half an hour, turning the mix once in a while. Make an excellent hors d'ouvre or *forret* or just plain *pulutan* with cold beer, lambrusco or dry white wine. Enjoy!

Contributed by: Lita Santos, FAD Secretary

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### Balikbayan Door-To-Door Service

Philippine Principal: TPA Carrier, 9790 Kamagong St. SAV, Makati, Metro Manila  
Copenhagen Consolidator: Benn Adriatico, Falstersvej 6, 4th, 2000 Copenhagen F  
Shipper: Scan-Shipping, Snoregade 18, 2300 Copenhagen S  
Transport: JMJ Services, Fuglebakkevej 96, 2000 Copenhagen F.

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**Habagat Express** is a newsletter for Balikbayans and door-to-door clients interspersed anything that interest the Filipinos of Denmark, printed in 500 copies by Dragør Bogtryk & Offset. Comments, recipes, literary and monetary contributions are more than welcomed. All letters and calls to the editor will be edited for brevity and clarity. Annonymous letters and calls will not be printed, however names will be withheld upon request.

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