



# Living #TheNewNormal

We, at Carmelray, welcome the changes brought about by the New Normal. We strive to be ready to the responsibility of adapting and evolving as we continue to be committed to the communities we serve and to each other's well being and success.

The COVID-19 pandemic has changed and will continue to change the world as well as our work life, home life and daily living. Going back to the way we were before COVID-19 is not really an option. The challenge, and perhaps the opportunity is now to start the process of re-thinking about the New Normal.

If you are looking forward to coming out of lockdown and returning to the old normal, think again. The current situation is

tragic, heart-breaking and filled with fear and anxiety. However, there are thin silver linings if you look for them.

This is actually our chance to reinvent and create a better world where we can all work, rest and play in the new normal. We cannot re-write the chapters of history already past, but we can learn from them, evolve and adapt. The new normal may even be a better normal, certainly a different normal.

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## CARMELRAY 2021 VEHICLE STICKER RENEWAL

The Carmelray Estate Management Group (EMG) will start processing applications for the 2021 vehicle stickers. As part of our contactless approach to streamline the process, vehicles with 2020 Carmelray stickers will receive an email notice from EMG by mid July. Please respond to confirm your intent to renew.

New applications shall be processed starting mid-August 2021.

Send inquiries to  
[2021vehiclesticker@carmelray.com](mailto:2021vehiclesticker@carmelray.com)



# ALIGNING OUR CORPORATE VALUES TO THE NEW NORMAL

The current pandemic crisis has made it difficult and challenging for businesses globally. No company is spared from hard times that sometimes, beliefs and values are compromised.

The Carmelray Group’s corporate values lay the foundation of principles in everything we do. These core values are permanent that sets the tone for our brand of unity, strength and resiliency. We may not be able to control the effects brought about by the pandemic, but we can control how

we respond to them and how we move forward through them.

As we usher in to the New Normal, we are all the more committed to live and breathe what these values stand for. We are committed to adapt, evolve and espouse new measures in order to protect and safeguard the industrial, residential and commercial communities we serve.

One thing is certain. Our values will prevail.

## The Carmelray Group Corporate Values

<p><b>CUSTOMER CENTRIC</b></p> <p>The customer’s happiness is our priority</p> 	<p><b>ACCOUNTABILITY</b></p> <p>We, individually and as a team, assume responsibility for the result of our actions and commitments.</p> 	<p><b>RESPECT</b></p> <p>We respect one another as individuals, valuing human dignity.</p> 
<p><b>EXCELLENCE</b></p> <p>We strive for excellence everything we do. This shows in the quality of our relationships, work and services</p> 	<p><b>TEAMWORK</b></p> <p>We believe in working together as team and communicating with clarity and effectiveness to bring out the best in us.</p> 	<p><b>PEOPLE DEVELOPMENT</b></p> <p>We endeavor to develop people to their full potential as it relates to personal and corporate goals.</p> 
<p><b>INTEGRITY</b></p> <p>We hold ourselves to the highest ethical standards in all our actions.</p> 	<p><b>INNOVATION</b></p> <p>We have a passion for learning and continuous improvement.</p> 	<p><b>COMMUNITY &amp; COUNTRY</b></p> <p>The care and value we add to the community and country is our legacy.</p> 



**WE SENSE THAT “NORMAL” IS NOT COMING BACK, THAT WE ARE BEING BORN INTO A NEW NORMAL: A NEW KIND OF SOCIETY, A NEW RELATIONSHIP TO THE EARTH, A NEW EXPERIENCE OF BEING HUMAN.**

**- CHARLES EISENSTEIN**

# GRAND BAGSAKAN AT THE JUNCTION

The Department of Trade and Industry-Bureau of Domestic Trade Promotion (DTI-BDTP) partnered with Carmelray Industrial Corporation for the first Bagsakan event outside the National Capital Region (NCR) this year.

Previously, the Bagsakan Special Project started as an initiative at the onset of the pandemic to sell fresh fruits from the postponed National Food Fair, ensure the continuous supply of food to NCR, and help restore the livelihoods of micro, small, and medium enterprises (MSMEs). The DTI-BDTP and DTI Region 2, in partnership with Mayani, an online platform for ordering fresh produce and other local products at low prices, have been supporting 600 farmers across Luzon. Fresh produce and other products were available for pick up and walk in purchases.

Safety protocols and physical distancing were strictly observed for everyone's protection.



On the opening day, the officials of DTI-BDTP were present headed by DTI Region 4A Director Ms. Marilou Quinco-Toledo, representatives from the Laguna Chamber of Commerce and the Carmelray Group's Managing Director Maria Rosario Yulo-Ng with CIP1 Estate Director Ver Lorenzo.



The Grand Bagsakan was held from June 10-12, accommodating resellers from around the area to cater to the the Carmelray and neighboring communities. Various fresh produce were available such as vegetables, fresh and dried seafood, health products and snacks, non-food products such as native crafts, kitchen rugs and items made from hopsack, buri and canvass.



**The next Grand Bagsakan event will be held at The Junction on July 15, 16 & 17.**

# HAVE YOU BEEN VACCINATED?

Fully understanding the risks vs. benefits will help you and your loved ones make the best decision for yourselves regarding the COVID-19 vaccine.

The vaccination may cause some mild side effects, including pain, redness or swelling where the shot was administered, fever, fatigue, headache, muscle pain, chills, or joint pain. But these are minor and outweighed by the many benefits of the COVID-19 vaccine.

Your health is a top priority. Consider these benefits for your safety and protection.

## What are the benefits of getting the



### PREVENTION FROM GETTING VERY ILL

Based on what we know about vaccines for other diseases and early data from clinical trials, experts believe that getting a COVID-19 vaccine may also help you from getting seriously ill even if you do get COVID-19.

### PROTECT OTHERS

Getting vaccinated yourself may also protect people around you, particularly people at increased risk for severe illness from COVID-19.

### PREPARE FOR THE UNKNOWN

COVID-19 can have serious, life-threatening complications, and there is no way to know how COVID-19 will affect you. If you get sick, you could spread the disease to friends, family and others around you.

### BOOST YOUR IMMUNE SYSTEM

Wearing masks, social distancing, and washing your hands helps reduce your chance of being exposed to the virus or spreading it to others, but these measures are not enough. Vaccines will work with your immune system so it will be ready to fight the virus if you are exposed.

### STOP THE SPREAD

Stopping a pandemic requires using all the tools we have available to achieve herd immunity.

## KNOW YOUR COVID-19 VACCINES

Data as of 02 June 2021



	Pfizer BioNTech	Oxford AstraZeneca	Sinovac CoronaVac	Gamaleya Sputnik V	Janssen	Bharat BioTech	Moderna	Novavax
<b>Technology Platform</b>	mRNA	Viral Vector (non-replicating)	Inactivated Virus	Viral Vector (non-replicating)	Viral Vector (non-replicating)	Inactivated Virus	mRNA	Protein Subunit
<b>Philippine FDA EUA Approval [A]</b>	January 14, 2021 May 31, 2021 (Expanded EUA to include 12-15 y/o)	January 28, 2021	February 22, 2021	March 19, 2021	April 19, 2021	April 19, 2021	May 5, 2021	N/A (No EUA application yet)
<b>Age Group Covered by PH FDA EUA Approval</b>	12 y/o and above	18 y/o and above	18 y/o and above	18 y/o and above	18 y/o and above	18 y/o and above	18 y/o and above	N/A (No EUA application yet)
<b>Dose and Frequency</b>	2 doses, 21 days apart [A]	2 doses, 4-12 weeks apart [A]	2 doses, 28 days apart [A]	2 doses, 3 weeks apart [A]	1 dose [A]	2 doses, 28 days apart [A]	2 doses, 28 days apart [B]	2 doses, 21 days apart [C]
<b>Storage Requirements</b>	-80 to -60°C [A]	2 to 8°C [I]	2 to 8°C [A]	-18°C and below (frozen solution) [A]	2 to 3°C (3 months) [A]	2 to 8°C [A]	-25 to -15°C 2 to 8°C (30 days) [E]	2 to 8°C [H]
<b>Vaccine Efficacy Based on Phase III Clinical Trial (CT)</b>	95% against symptomatic COVID-19 (CT done for 16 y/o and above) 100% against symptomatic COVID-19 (CT done for 12 to 15 y/o) [A] [B]	70.4% against symptomatic COVID-19 [A] [B] 100% against severe COVID-19 [B]	51% overall VE against symptomatic COVID-19 100% against severe COVID-19 and hospitalization [D]	91.6% against symptomatic COVID-19 [B] 100% against moderate or severe cases [B]	66.1-66.9% against confirmed moderate to severe/critical COVID-19 ~77%-85% against severe COVID-19 [J]	80.5% against PCR-confirmed symptomatic COVID-19 [E] 100% against severe COVID-19 [B]	94.1% against symptomatic COVID-19 [B] 100% against severe COVID-19 [B]	awaiting official Phase III Interim Journal Publication
<b>Common Adverse Events Reported Observed in Phase III CT</b>	• short-term, mild-to-moderate pain at the injection site, • fatigue, headache [B]	• injection site pain and tenderness • fatigue, headache, feverishness, myalgia [B]	• local lymphadenopathy at the injection site, • allergic reaction that may be caused by any component of the vaccine • convulsion (with or without fever) [I]	• pain on injection site, hyperthermia, swelling [B] • headache, asthenia, muscle/joint pain, malaise, sore throat, diarrhea, rhinorrhea, loss of appetite, pain in the oropharynx, nasal congestion, colds, sneezing, cough [B]	• injection site pain, redness, swelling • tiredness, headache, muscle pain, chills, fever, nausea [C]	• headache • fatigue • fever • body ache • abdominal pain • nausea • vomiting [E]	• pain/erythema/swelling on injection site, axillary lymphadenopathy [B] • fever, headache, fatigue, myalgia, arthralgia, nausea, vomiting, chills [B]	awaiting official Phase III Interim Journal Publication

References: [A] FDA Philippines EUA Approval [B] Publication in Journals for Phase III Interim Results [C] WHO Landscape and Tracker of COVID-19 Candidate Vaccines [D] WHO Interim recommendations for EUA [E] Submission to FDA EUA Application [F] Clinicaltrials.gov [G] Center for Disease Control and Prevention [H] Publication in Journals for Phase I and/or Phase 2 CT results [I] FDA Published Product Information Materials [J] US FDA Published Vaccine Fact Sheets



# ALL HEALTH VACCINATION SERVICE FOR THE CARMELRAY COMMUNITY



## SPREAD HOPE FOR COVID

Let's do our part and get vaccinated!

Avail our COVID 19 Vaccination  
Management Program!

Our program includes:

- a. Pre- Registration
- b. Initial Screening / assesment
- c. Scheduled company counseling /  
Education & Introduction to the  
specific vaccine
- d. Vaccine administration
- e. Management adverse events  
following immunization (AEFI)
- f. Medical transport to nearest  
hospital on the day of vaccination,  
If needed for severe AEFI
- g. Medical advice / consult for adverse  
events following immunization (AEFI)
- h. Electronic vaccination records
- i. Vaccine storage for vaccine requiring  
range of 2 - 8C

For more details, you may reach us at



(049) 808 3850 |  
(0926) 071 3670



admin@allhealth.care |  
saz.allhealth@gmail.com



All Health Carmelray, The Strip at The Junction,  
Carmelray Industrial Park 1, Canlubang, Calamba City,  
Laguna

# NEW DORM HOMES AT CARMELRAY 2



A new three-story structure was just completed by Carmelray 2 Inc. This is Carmel DORMS, an exclusive dormitory for the women transient workers at Carmelray Industrial Park II in Calamba, Laguna. With the convenience of proximity location to their respective work places, Carmel DORMS aims to provide a safe and decent living quarters for approximately 400 workers. There will be Five Clusters to house 108 rooms.

Each room/unit will have its own toilet and bath, 2-sets of bunk beds, with proper lighting and good ventilation. Common facilities include a laundry, dishwashing, ironing, and dining areas. Security and health protocol will be established and implemented accordingly.

Carmel DORMS was built in accordance with the Housing Standards ensuring structural safety, with reasonable levels of decency, hygiene and comfort. Carmel DORMS will be ready for occupancy by September 2021.



# CIP1 ENHANCES WATER SUPPLY

Carmelray Industrial Park’s Deep Well Number 1 has recently been upgraded. This initiative was carefully planned to improve the water supply with long term efficiency for the growing Carmelray industrial community. Major installations include a new deep well pump, new cistern, new pump house and booster pumps that will be formally inaugurated in July 2021.





Special Promo for Carmelray Locator Diners for July 2021 at La Kusina Express

Gotoh Philippines Corporation  
Rizal Commercial Banking Corporation (RCBC)

Dualtech Training Center Foundation Inc.

NYK FIL Maritime E-Training Inc/ NYK-TDG Maritime Academy

Belmondo Italia

Akagi Gomu Philippines Corporation

Philippines Spring Water Resources Inc.

Quality Corrugated Box Manufacturing Corporation

Sarimonde Foods Corporation

Shindengen Philippines Corporation

Toshiba Information Equipment Philippines Inc.

Multiflex RNC Philippines Inc.

San Sebastian College Recoletos

Architekton

- Selected diners must present 1 valid company ID to avail 10% Discount
- Discount may not be in conjunction with other promotions and discounts
- Discount Not valid on event reservations

# LA KUSINA EXPRESS AT THE JUNCTION

APPETIZER	
SISIG	235
TOKWAT BABOY	210
DINAKDAKAN	270
SIZZLING GAMBAS	339
SIZZLING SPICY TOFU	185
SIZZLING SQUID	275
CALAMARES	270
CHEESY BEEF NACHOS	360
SPICY CHICKEN WINGS	270
FRENCH FRIES (TRUFFLE/REG)	240
REGULAR FRIES	180
ONION RINGS	195
STREET FOOD SAMPLER	185
HUNGARIAN SAUSAGE	390
CRISPY CHICKEN SKIN	150
CHICKEN WINGS (PARMESAN / BUFFALO)	270
CHICHARON BULAKLAK	150
CLASSIC CHEESE STICKS	150
MUSHROOM AJILLO	150
SIZZLING BALUT	150

FOR SHARING	
<b>PORK</b>	
CRISPY DINUGUAN	330
PAKSIW NA	350
LECHON KAWALI	200
BICOL EXPRESS	330
POCHERO	330
CRISPY PATA (1.5KG)	1150
KARE-KARE	340
LUMPIANG SHANGHAI	200
SINIGANG NA LIEMPO	330
GRILLED PORK BELLY	265
<b>BEEF</b>	
BEEF SALPICAO	350
BULALO SOUP	475
SIZZLING BULALO	450
BEEF PAPAITAN	400
<b>SEAFOOD</b>	
BANGUS ALA POBRE	380
GRILLED SQUID	350
SINIGANG NA HIPON	485
<b>CHICKEN</b>	
FLAMING CHICKEN	330
TINOLANG MANOK	320
LA KUSINA FRIED	500
CHICKEN (WHOLE)	
<b>VEGETABLES</b>	
GISING GISING	240
VEGETARIAN CURRY	240
PINAKBET	250
GINATAANG LANGKA WITH TINAPA FLAKES	230

ON THE GRILL	
TUNA PANGA	120/100g
SALMON BELLY	320

SANDWICHES	
GRILLED CHICKEN SANDWICH	270
BLT SANDWICH	250
TUNA MELT SANDWICH	220
CHEESEBURGER	270
BEEF SHAWARMA	220
CLUBHOUSE SANDWICH	220

RICE BOWLS	
KARE-KARE	190
SHANGHAI	150
SWEET & SOUR PORK	190
CHICKEN INASAL	250
SALISBURY STEAK	255
BEEF PARES	200
PORK BINAGOONGAN	190

DESSERT	
KAMOTE FRITTERS	100
LECHE FLAN (WHOLE)	150
LECHE FLAN (HALF)	120
HALO-HALO REGULAR	120
HALO-HALO SPECIAL	160
MAIS CON HIELO	75
SABA CON HIELO	85

BRUNCH BOWLS	
DANGGITSILOG	150
PUSITSILOG	165
LONGSILOG	185
TOCILOG	185
CORNEDBEEFSILOG	185
BACONSILOG	225
PORKCHOPSILOG	250
CHAMPORADO	200

NOODLES & PIZZA	
PINOY STYLE SPAGHETTI	225
CARBONARA	235
PANSIT BAM-I	265
PANSIT CANTON	220
PANSIT BIHON	220
ALL MEAT PIZZA	440
PIZZA MARGHERITA	380

OTHERS	
PLAIN RICE (PLATTER/CUP)	175/35
GARLIC RICE (PLATTER/CUP)	200/45
BAGOONG RICE (PLATTER/CUP)	200/45
ALIGUE RICE (CUP)	75
CHAO FAN RICE PLATTER	220

ADDITIONAL P10 FOR TAKE-OUT AND PICK-UP ORDERS

**Dine In-Take Out-Reservations**  
**(0919)878-3642 (0935)859-2553**

2021

# The Mills

## COUNTRY CLUB

In response to the drastic shift the COVID-19 pandemic has led us toward, The Mills has continued to build a safe and inviting environment for all our members and guests. Here at The Mills, we have created multiple sports events such as our new tennis program and swimming promotion, all of which are non-contact activities. Members and guests who wish to join these programs are welcome to register by contacting us through our landline, mobile, or our social media accounts. Another event that has been added to our list is a Fresh Market by Market Titos & Titas. Here, guests can purchase anything from fresh vegetables, bottled jams, and even packed coffee grounds.



**SUPER SWIM PROMOC  
AT THE MILLS!**

**Book 3 Slots & Get 1 Free!**

Promo runs from  
JUNE 17-JULY 17

For Reservations and Inquiries,  
DM us on FB or IG

Or call us at 0939-365-1724 /  
0945-268-2937

CountryClub  @TheMillsClub



**MEMBERSHIP DISCOUNT**

Present your membership ID and avail of the discount for a minimum purchase of Php 250 and maximum of Php 900 at the Red Ribbon (Mall branch)

**Membership Promo with:**

Armada For Men

WORLD BALANCE

**TO OUR VALUED MEMBERS,**

Use the special promo code sent to your email and enjoy the perks with a minimum purchase of php1,800!

WHERE WE WANT TO BE

# Special Promos!

Other promotions that are currently ongoing are our Buffalo's freebie, World Balance discounts, and Red Ribbon partnership. You may check out our official Instagram account @Themillscountryclub to stay posted on our upcoming promos which will be announced in the near future. Become a member of The Mills Country Club today so that you can benefit from our valuable deals and freebies!

**Buffalo's** WHERE IS THERE?

**EXCLUSIVE FREEBIE**

Get **FREE CHILI N' CHEESE NACHOS** with an order of any Grand Slam bundles upon presentation of your TMCCI membership & employee ID.

June 21, 2021 to June 30, 2022

JUAN DELA CRUZ  
Regular Member  
MEMBERSHIP NO. 28340

### Contact Details

- ☎ 0945 268 2937 or 0939 365 1724
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# HERE COME THE RAINS AGAIN

The rainy season may have its charms-cooler weather, the reason to wear jackets and the magnified pleasure to have coffee to a bowl of hot soup.

But it has dangers as well, primarily in the form of diseases like the common cough or cold, flu, dengue or other infectious bacteria or viruses that become active due to high humidity brought about by the repeated spells of rain. Here are simple tips for safety:

## HEALTHY TIPS DURING THE RAINY SEASON

- Drink plenty of water
- Exercise regularly
- Increase eating Vitamin C rich foods
- Load up on vegetables
- Adopt proper hygiene standards
- Avoid eating unhealthy food
- Get plenty of rest
- Avoid getting wet
- Stay away from crowded places

## COMMUTER'S GUIDE TO RAINY DAYS

- Bring extra slippers or rain boots
- Always bring an umbrella or raincoat
- Keep your mobile phone charged
- Avoid the rush hour
- Have an extra set of clothes ready
- Be wary of slippery surface
- Have your first aid kit ready
- Be updated on weather and emergency hotlines
- Stay on high ground

# SAFETY DRIVING TIPS DURING THE RAINY SEASON

## 1. DRIVE SLOW

Maintain the Distance and keep an even rev. Pull over if your visibility is too limited.



## 2. DE-FOG GLASSES

Use the defrost mode with AC On in fresh air mode to clear the windscreen of condensation.



## 3. CHECK THE WINDSHIELD WIPERS

Have perfect working wipers since you entirely depend on them for road visibility.



## 4. CHECK THE TIRES

Wheels must be in good shape with enough tread depth and properly aligned to avoid skidding.



## 5. CHECK THE CAR LIGHTS

You need all the vehicle lamps in well illuminating condition on rainy days for better visibility.



## 6. CHECK YOUR BRAKES

Slippery road surface effectively increases the breaking distance. Have well functioning brakes.



## 7. CHECK FOR ANTI-RUST COATING



## 8. MUST HAVE IN YOUR CAR

Seat cover and Mats, Tool Kit with necessary handy tools, flashlight or torch and a First Aid Kit.





### **Boost your Immunity:**

The first step you need to take is boosting your immunity. Most of the diseases and infections occur in rainy season due to the lack of immunity. Also, as a result of the excessive moisture in the atmosphere, you will be prone to cough, cold and fever. To stay protected, you can try some home remedies like adding garlic to soup and adding ginger to tea.

### **Eat Bitter Vegetables:**

This one is also an essential tip, as the experts suggest. In some culture, eating vegetables like bitter gourd is a part of the tradition particularly in the rainy season. There are multiple benefits that you get from such vegetables and therefore, you need to include the same in your daily meals.

### **Drink Boiled or Bottled**

**Water:** Multiple diseases may occur in the rainy season due to the contaminated water. Hence, ensure that you drink only clean and safe drinking water. Boiling water at home can be the best way to get rid of such diseases. An alternative is to stock up on bottled water to prevent any stomach ailments.

### **Consume Dairy Products:**

During the rainy season, milk can cause indigestion and as an alternative, you can choose other dairy products like cottage cheese, fresh yoghurt, and buttermilk. These products will help in improving the digestion and keeping you healthy.

### **Include Herbal Teas:**

We all know the several benefits of these teas. Now, it is time to switch to the herbal teas instead of the normal one to ensure better health. Boosting your immunity and appetite are the two instant results that you will notice after a couple of days.

### **Be Careful while Choosing**

**Fruits:** Eating all fruits is a good habit as you get full nourishment with multiple nutrients sourced from each. However, in rainy season, it is good to avoid specific fruits like watermelon. Instead, you can include fruits like pears, mangoes, apples and pomegranate in your diet.

### **Stay Away from Spicy Food:**

If you crave for the spicy foods, monsoon is the time when you need to restrict yourself from having it. It is the time when

you may get skin allergies and irritation due to such foods. Instead, you can include healthy soups and warm foods that are low or medium spicy.

### **Avoid Stagnant Water:**

The stagnant water from the rain can cause severe diseases and therefore, you need to avoid it. Try to throw away the water inside the unused tank, water cooler, and the flower pots. Keeping the water surfaces clean and dry will provide you with immense benefit.

### **Use Mosquito Repellent:**

Insects grow rapidly during the rainy season and these cause major health problems. Mosquito repellents are a must during this time along with some other hacks like room freshener, mild detergent, and perfumes.

### **Carry Umbrella and**

**Raincoats:** Whenever you go out, try to carry an umbrella or a rain coat or the both, when required during the rainy season. Keeping yourself dry, fresh, and clean is the best way to avoid the diseases like cold, cough, flu and fever.

*Reference: maydensupport.co.uk*



**FROM UPWARDS TO ONWARDS.**

**CALL 0917-155-ROCK**

**ROCKWELL** // *Horizontals*

**ROCKWELL SOUTH**  
**AT**  
**CARMELRAY**  
**CANLUBANG, LAGUNA**

**DHSUD LS No. 034833**

DHSUD ENCR AA-R4A-120220-0139  
Brgy Canlubang, Calamba City, Laguna

ASC Ref No: R046N011921RS

Completion for Land Development: December, 2021

Watch out for the next Linkages issue in September 2021