

PETRONNews

THE DIGITAL ISSUE

STRONGER TOGETHER



A Heart for Service (Part 1)



Finding Calm in Chaos

How to Beat Stress
During Challenging
Times



One with the Nation

Petron's Efforts to
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and Gratitude from
our Communities



Remember January, February & March

Keep up with
Petron's Events
from January to
March 2020!

Welcome back!

In this issue of PETRONEWS, we look back at how eventful and life-changing the beginning of 2020 has been. Indeed, it wasn't easy, but we have to gear up and get ready because this year is proving to be just as busy.

The past weeks prove that Petron will always be resilient to changes and challenges. Just as Petron had survived decades painted with tales of war, changing administrations, economic downturn, and countless other misadventures, we will always rise up empowered by even the most modest successes. There is always a brighter side!

With everything that has happened in the last three months, the start of the year seems like a lifetime ago. This jam-packed beginning means that there is much to be done and much hard work to recognize. But let us not allow the recent events to keep us from seeing 2020 as chance to get a fresh start. Take a breather. Reorganize and set your priorities. These small things will come in handy as we brace ourselves for what's ahead.

May the contents of this issue inspire you to live out the coming months with hope and enthusiasm.

Let us overcome these challenges together!

Maget

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The PETRONews Catalog

The PETRONews Issues in One Accessible Library

PETRONews has always been a reflection of our ability to innovate, changing in terms of form, content, and approach throughout the years. But consistent in every issue are stories of people, events, and milestones that make us Petron.

In this catalog, you will be able to access previous PETRONews Issues and look back at the colorful stories that painted the previous years.

Enjoy the digital issues and stay tuned for the completion of the printed copies in the catalog!

A HEART FOR SERVICE

This pandemic has caused countless new restrictions that we never thought we would need. A lot of us find ourselves working in the confines of our home and going out to buy basic needs only when absolutely necessary. However, there are some Petron employees who continue to work in-site and are striving to deliver the same world-class products and services that the company is known for. Here are their stories.

This is the first of the collection of stories from our own frontliners here at Petron. Watch out for the next issue for more stories of hard work and perseverance amidst difficult times.



MARK NAGKAION
Retail Sales Executive,
LPG South Luzon

"This pandemic is taking away our sense of normalcy and routine. Thankfully, I am part of a team that has been a steady support system. We encourage each other and check on each other's well-being while continuously trying to reach our targets and goals. With the help of programs and mobile applications, I am able to communicate not only with the dealers but also my own team.

Following government mandate as well as showing compassion for our fellow countrymen will help us get to a better situation. This new normal means making adjustments so as we go through this new chapter, we must be patient with ourselves and each other."

"The biggest challenge is staying safe and healthy amid the risk of exposure. I always wear face mask, observe social distancing, and use rubbing alcohol to disinfect. Another challenge is the earlier cut-off time. Focusing on the task at hand ensures that our deliverables are properly accomplished despite the shorter working hours allotted.

Our individual contribution is to always observe proper hygiene and other health protocols and continue these practices even after the pandemic. Prevention is better than cure."



CHRISTELLE JORNADAL
Accountant, General Accounting

"We are all facing the frightening possibility of being infected with COVID 19. I am assigned at LPG Operations, and we deal with customers directly. I take extra precautions to make sure than when I go home, my family will be kept safe, especially my two little girls. In spite these worries, I make sure to wake up every day with a positive mindset, pray, and strictly follow protocols.

The best thing we can do is to follow proper health and safety guidelines from authorities, especially in our workplace, where the company has also instituted its own safety measures."



REYMUND ORIDA
*LPG Technician,
Mandaue Terminal*



JERICO DANO
*Sales Executive,
L&G South Luzon*

"Functioning as an ASE in this time remains a constant challenge. Despite this, we make sure all orders will be served while ensuring the safety and security of my distributor's lube personnel. Overcoming any challenges results victory! Kasabay Sa Laban. Walang Iwanan.

We will be able to get through this through "Malasakit"—the core value of our mother company. I can do my part to help the county heal by exemplifying the value of malasakit on everything I do. I will also abide with regulations and extend help to people in my own little ways."

"The biggest challenge currently is Personal Touch with our dealers. Since visits are very limited, I make sure that I get in touch with them from time to time at least through calls, emails and SMS to ensure concerns, issues and needs are covered.

The company already plays a huge part in helping the country heal from COVID19, one is by distributing alcohols and masks. Aside from that, we'll just have to obey and follow the country's leaders. That's the only thing we can do right now. Stay at home as much as possible as this is the only way to really flatten the curve."



LUIGI ARBOLEDA
Area Sales Executive, Batangas



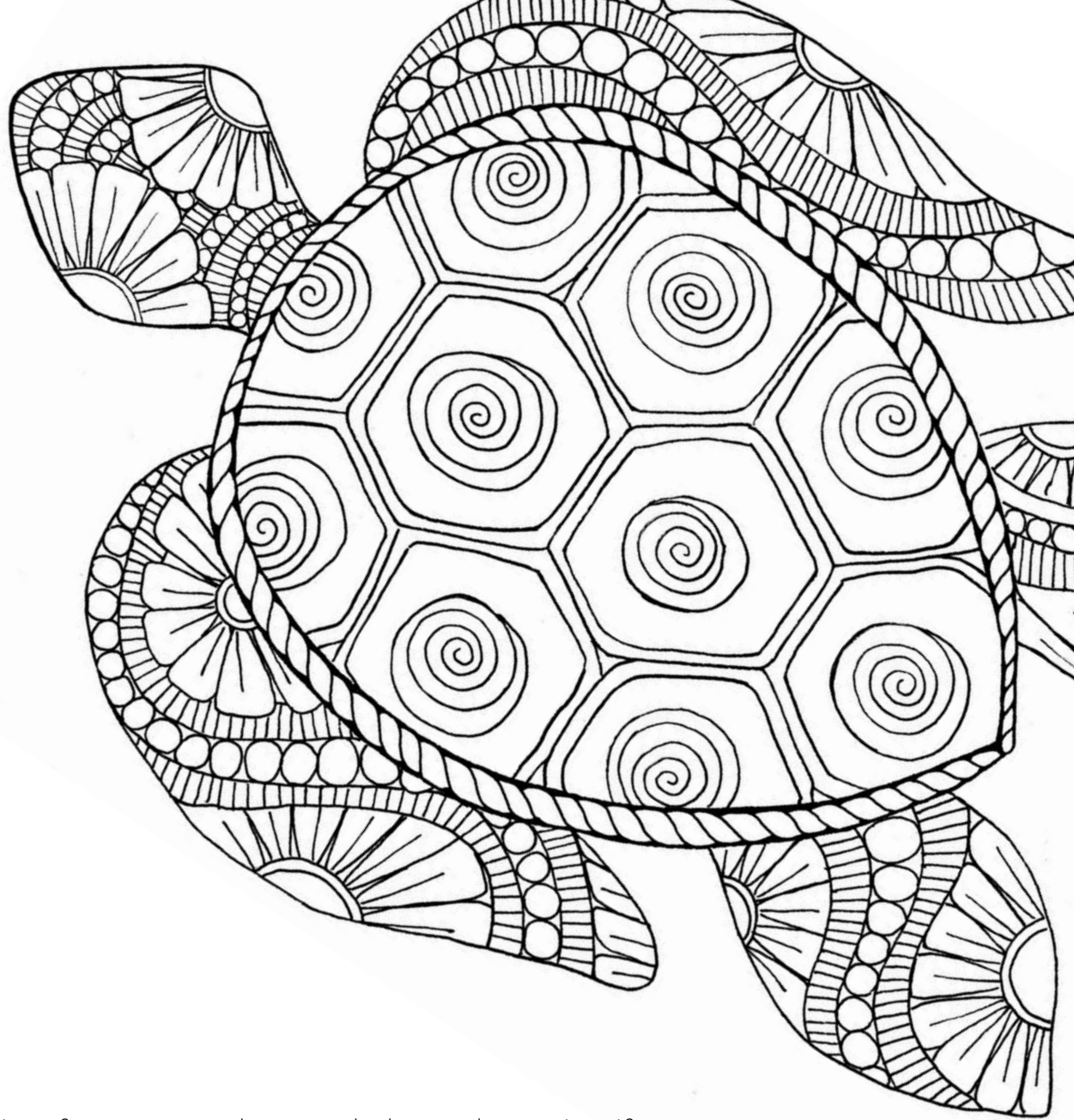
FINDING CALM IN CHAOS

How to Beat Stress during Challenging Times

By Pauline Ducay

In the past few months, we have been going through one crisis after the other. Now more than ever, we are vulnerable to the many internal and external pressures that come with both personal and collective struggles. How do we know if we are under a lot of stress? What do we do about it?

Oxford dictionary defines stress as “a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances,” and it is not necessarily negative. Stress can be a helpful reminder for our body, a trigger to our biological “fight or flight” response during compromising situations. In small doses, stress can motivate efficiency and performance in a person. But too much of everything can be dangerous. When stress is experienced on a regular basis, it can lead to chronic stress and eventually contribute to psychological effects such as burnout and serious mental health issues.



Below is a list of symptoms that can help us determine if we are already under stress:

COGNITIVE SYMPTOMS

Memory problems
Inability to concentrate
Poor judgment
Seeing only the negative
Anxious or racing thoughts
Constant worrying

PHYSICAL SYMPTOMS


Aches and pains
Diarrhea or constipation
Nausea, dizziness
Chest pain, rapid heart rate

EMOTIONAL SYMPTOMS


Depression or general unhappiness
Anxiety and agitation
Moodiness, irritability, or anger
Feeling overwhelmed
Loneliness and isolation
Other mental or emotional health problems
Loss of sex drive
Frequent colds or flu

BEHAVIORAL SYMPTOMS

Eating more or less
Sleeping too much or too little
Withdrawing from others
Procrastinating or neglecting responsibilities
Using alcohol, cigarettes, or drugs to relax
Nervous habits (e.g. nail biting, pacing)



As stress can manifest in all aspects of our well-being, it is better to integrate stress-busting measures into our lifestyle than opt for a quick fix. Below are a few tips from the American Psychological Association on how to manage stress.

1. Track your stressors. Once upon a time when there was neither Twitter nor Facebook, people resorted to journaling for their thoughts and feelings. Being able to record snippets of your day can help identify a pattern in your stressors and determine the most effective way to handle them.
 2. Develop healthy responses. The textbook rules in keeping a healthy lifestyle are exercising, getting enough sleep, and limiting stimulating activities (ie. Use of mobile phone or computer). And healthy isn't limited to signing up at the gym and eating only a thousand calories per day. It could also mean going back to a childhood hobby, reading a good book, going to concerts, or learning a new sport. Counter the negative with something positive.
 3. Establish boundaries. Work-life balance works differently among people. Set realistic deadlines and stick to them. When you establish clear boundaries, it can help reduce the stress of juggling work with personal tasks.
 4. Take time to recharge. Just like our mobile phones or laptops, our body needs to constantly recharge. Unplug yourself from work every once in a while. There are seven days a week and it wouldn't hurt to take two days of downtime and leisure. Remember that taking a break is part of being productive and recovering from stress helps us function more efficiently.
 5. Learn how to relax. There are several methods to relax such as meditation, deep breathing exercises and mindfulness (a skill that eliminates judgment while being immersed in one's surroundings and being fully aware of where we are and what one is doing.) With practice, you can learn how to focus on a single activity. This will not only promote wellness at work, but this can be applied in your daily life as well.
- 



ONE WITH THE NATION

Petron's Efforts to Help the Country Heal

As a company, we have always been committed to fueling hope in our communities. This is a significant part of our efforts towards nation-building and how it's always been since Petron was established more than 86 years ago. Now that the whole country is gripped with new challenges brought about by COVID-19, Petron immediately responded and extended help to hospitals, frontliners, and our own fenceline communities.

Fueling the Most Important Journeys

We continue to operate so that medical professionals, police and military personnel, other private and public employees, and essential goods are still able to get to their destinations.

We continue to assist frontline workers in their journeys. We distributed pre-loaded Petron Value Cards (PVCs) to medical personnel in different hospitals around Metro Manila.

In addition, PVC cardholders are now able to donate their points through our PVC Donation Drive. The points donated will be used to provide necessary aid to our medical frontliners.

Our Families in the Fencelines

The well-being of our partner communities matter to us. Relief packs consisting of canned goods and rice were distributed to our Tulong Aral ng Petron (TAP) families nationwide with the help of our TAP coordinators. High school scholars were also provided with cash assistance.

Taking Care of Our Own

Meanwhile, we continue to implement strict health and safety measures at all our facilities.

At our service stations, personnel were provided with masks and alcohol. Our dealers also remained committed to extending help to communities around them, with their own efforts to distribute relief packages.

Petron is one with the country in making sure that each and every Filipino is taken care of, especially in the face of crisis.



HOPE FROM THE ASHES

Relief Operations for the Victims of the Taal Volcano Eruption

For decades, Taal Volcano has been the backdrop of countless moments shared with loved ones. A world-famous tourist destination, the volcano is surrounded by vibrant communities. And while these towns and cities like Tagaytay, Taal, and Talisay have become a temporary respite for many, they are also home to hundreds of thousands of residents who depend on the volcano's unique biodiversity and breathtaking view for a living.

However, being so close to a volcano was bound to come with some dangers. Taal Volcano erupted last January 12 after years of slumber, disrupting the hustle and bustle of the weekend. Most of Batangas and some areas of neighboring provinces were covered in ash overnight which forced people in the most affected areas to be evacuated to neighboring towns.

In the perfect demonstration of the Filipino's compassion, people took to helping them almost instantly. Donation drives and rescue missions were mobilized and soon enough the evacuation centers were brimming with basic necessities for the evacuees.





Through the generous donations of its employees, Petron was also able to aid the people of Batangas. Donations such as food items (canned goods, biscuits, etc.), toiletries, clothes, and beddings came pouring in and were promptly delivered to the Municipality of San Luis where as much as 5,000 families were taking shelter. Petron Gasul cylinders, stoves, gallons of water, and basic medicine from Petron were likewise distributed in the evacuation centers.

A candid observation about human nature is that the worst times often bring out the best in us. Calamities like this hit hard, but they also draw out all the values that we once thought were dormant. More than the items that we were able to give, our prayers, cooperation, compassion, and immediate action mattered most to those in need. Thank you for all your efforts!

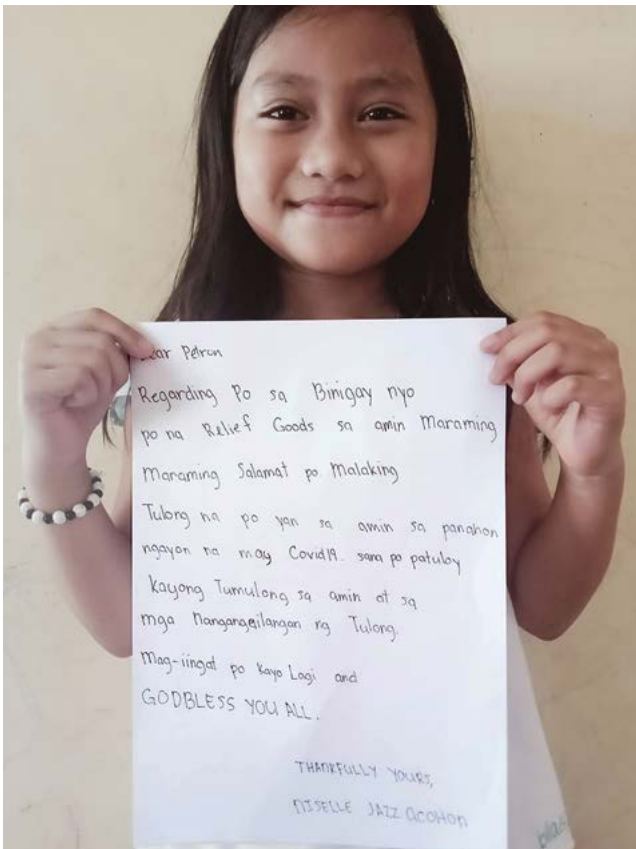


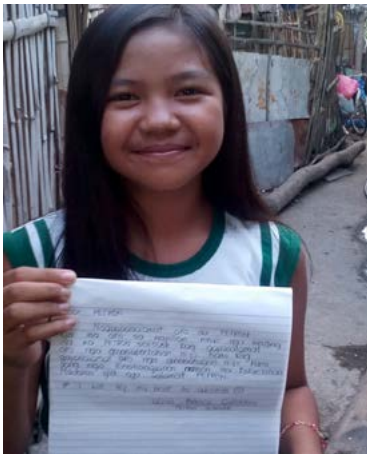
HAND IN HAND

Messages of Hope and Gratitude from our Communities

Our communities are part of the Petron family. Thus, we try our best to extend as much help as we can when crisis hits.

We are sharing with you messages of gratitude from our Tulong Aral ng Petron (TAP) scholars - their response to Petron's relief assistance. May these give us hope and fill us with motivation so that we never grow tired of lending a helping hand.





Dear: PETRON

Nagpapasalamat ako sa PETRON nga isa ako sa napilian ninyo nga maging isa ka PETRON SCHOLAR kag gapasalamat ako nga ginasuportahan ninyo kami kag gapasalamat ako nga ginahatagan ninyo kami sang mga kinahanglanan namin sa Eskwelahan Madamo gid nga Salamat PETRON.

I will try my best to success 😊

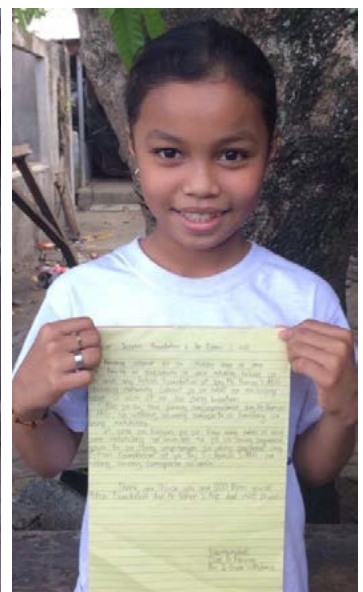
Dear Petron Foundation & Mr Ramon S. ANG

Maraming salamat po sa ibinigay ninyo sa amin at Patuloy na pagsuporta sa amin. malaking tulong po sa amin ang Petron Foundation at kay Mr. Ramon S. ANG. Maraming-maraming salamat po sa lahat na matulong ninyo sa akin at sa iba pang kabataan.

Ako po ay taos pusong nagpapasalamat kay Mr. Ramon S. ANG, na walang sawang sumuporta at tumulong sa aming mahihirap at sana po bigyan pa po kayo nang lakas ni lord para makatulong sa amin. lalo na po sa aming pag-aaral gawin ko po itong inspirasyon sa aking pag-aaral ang Petron Foundation at sa kay Sir. Ramon S. ANG na walang sawang sumuporta sa amin.

Thank you, Thank you and GOD Bless you all
Petron Foundation And Mr. Ramon S. Ang And more power.

Nagmamahal,
Cliff D. Maricay
Bes. II Grade Villalave



WHAT GIVES YOU STRENGTH?

These are hard times. On top of our many responsibilities, we worry about the well-being of our colleagues, our loved ones, ourselves, and the state of our country and other nations around the globe. In such difficult times, what gives you strength?

Send us your answers through email (mhdecastro@petron.com) and be featured on the next PETRONews Issue!

Answers may be 3-5 sentences long. Please send them in with a clear solo picture/selfie! You may send your responses until the end of June.

REMEMBER

JANUARY, FEBRUARY & MARCH

KEEP UP WITH PETRON'S EVENTS FROM JANUARY TO MARCH 2020!

JANUARY



DRIVE FOR JOY PROMO (JAN. 1-31)

Customers enjoyed discounts on gasoline, engine oils, and their favorite Jollibee treats with the Drive for Joy! The promo ran until January 31, 2020, with redemptions valid until March 31, 2020.

FUEL WISE STICKERING EVENTS (JAN. 15, 16, 19, 24)

Our limited-edition Fuel Wise stickers made a comeback in Cebu (Jan. 15), Aklan (Jan. 16), Negros Occidental (Jan. 19), and Iloilo (Jan. 24) for another stickering event. Our customers are going to love the perks of their new Fuel Wise stickers!



CHINESE NEW YEAR PROMO (JAN. 25-26)

We celebrated the Chinese New Year in good spirits with our Chinese New Year Promo. Customers who gassed up earned additional loyalty points in their Petron Value Card.

AMAZING WEEKEND TREAT

Customers scored a free toy car with every single-receipt purchase of Php1000 of any Petron Fuel. The surprises just kept coming!



FEBRUARY



FUEL WISE STICKERING EVENTS (FEB. 6 & FEB. 20)

Motorists got to experience Fuel Wise through our stickering events in Butuan and Agusan (Feb. 6), and Ilocos Norte (February 20).

AMAZING MIDWEEK TREAT (FEB. 11-13)

We wanted to make sure that hump days aren't a drag with our Amazing Midweek Treat! Motorists who gassed up at our service stations won limited-edition desk collectibles at participating stations nationwide.



PAGANI HYPER CAR DESK COLLECTIBLE PROMO (FEB. 15)

Our Pagani Desk Collectible promo is having another run this year. Limited-edition desk collectibles will be available until March 15 for customers who gas up at Petron.

2ND PETRON CUP (FEB. 23)

We celebrated an exciting afternoon at the 2nd Petron Cup held at the Manila Polo Club. This event, conducted in partnership with BMW, demonstrated our commitment to excellence and our drive to remain at the top of our game.



MARCH



NATIONAL WOMEN'S MONTH PROMO (MAR. 1-8)

This International Women's Day 2020, Petron gave a special treat to women motorists who stopped by Petron stations to gas up.

MARCH TO SUMMER PROMO (MAR. 11)

Motorists who gassed up received as much as 40 additional points for their PVCs.



SET BOUNDARIES.

It is important to separate home and work in this kind of setting. Designate a comfortable workspace and if you live with other people, let them know where you're busy or if you're going to have any videoconference for the day. This will help them respect your space and keep the noise to a minimum when needed.

ADJUSTMENT TO NEW COVID-19 GUIDELINES (MAR. 17)

Some employees adopted the work from home arrangement in light of new government guidelines regarding COVID-19 and the start of the Enhanced Community Quarantine two days prior.

PETRON ASSURES STEADY FUEL SUPPLY AMID COVID-19 (MAR. 21)

We committed to providing steady fuel supply for the public and vital industries amid the COVID-19 crisis.



PVC DONATION DRIVE (MAR. 31)

We committed to providing steady fuel supply for the public and vital industries amid the COVID-19 crisis.

PETRON FUELS MMDA'S LIBRENG SAKAY PARA SA HEALTHWORKERS AT FRONTLINERS INITIATIVE (MAR. 20)

We fueled the Manila Metropolitan Development Authority's (MMDA) shuttle program for health workers and frontliners. Amidst the suspension of public transportation, the shuttles ferried our frontliners to their destinations.



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GOT STORIES, PHOTOS, IDEAS,
OR FEEDBACK YOU WANT TO SHARE?
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