

HUMANITY NEWS

TOWARDS THE FRIENDSHIP OF CITIZENRY

Vol. III No. 38 August 26-Sept.1, 2019 P 10.00 ISSN No.: 2672-3034



Vice Mayor Ony Cantimbuhan
Imus City, Cavite

CAVITE HOSTS MONEY & MARKET ENCOUNTER FOR CALABARZON MSMES

Graduates of the Department of Trade and Industry's Kapatid Mentor ME (KMME) program in CALABARZON convened on August 16, 2019 at the Tagaytay Country Hotel in Tagaytay City for the launch of Money and Market Encounter (MME), with hopes of acquiring assistance and opportunities from various platforms that can

help scale up their business.

DTI-IV-A Regional Director Marilou Toledo welcomed participants to the event, a supplementary program for KMME graduates from the provinces of Cavite, Laguna, **(cont. P.3)**



Sen. Revilla calls for a new round of increase in war veterans' monthly pension



Just months after the enactment of a law providing a P15,000-monthly increase to Filipino war veterans, another round of increase is being proposed to be granted to them, their dependents included this time.

Sen. Bong Revilla has filed a bill seeking a P3,000 increase in the monthly pension of war veterans.

In filing Senate Bill No. 456, Revilla cited the State's policy in providing immediate and adequate

care, benefits and other forms of assistance to war veterans and veterans of military campaigns, their surviving spouses and orphans.

"This bill aims to further this policy by increasing the monthly pension due our war veterans by P3,000. This will be of great help to our veterans and their

dependents during these trying times where the cost of our basic necessities is at an all-time high," the senator said.

"More than the monetary value of this proposed measure, we are showing our veterans that to this day, we have not forgotten their loyalty and bravery," Revilla added.

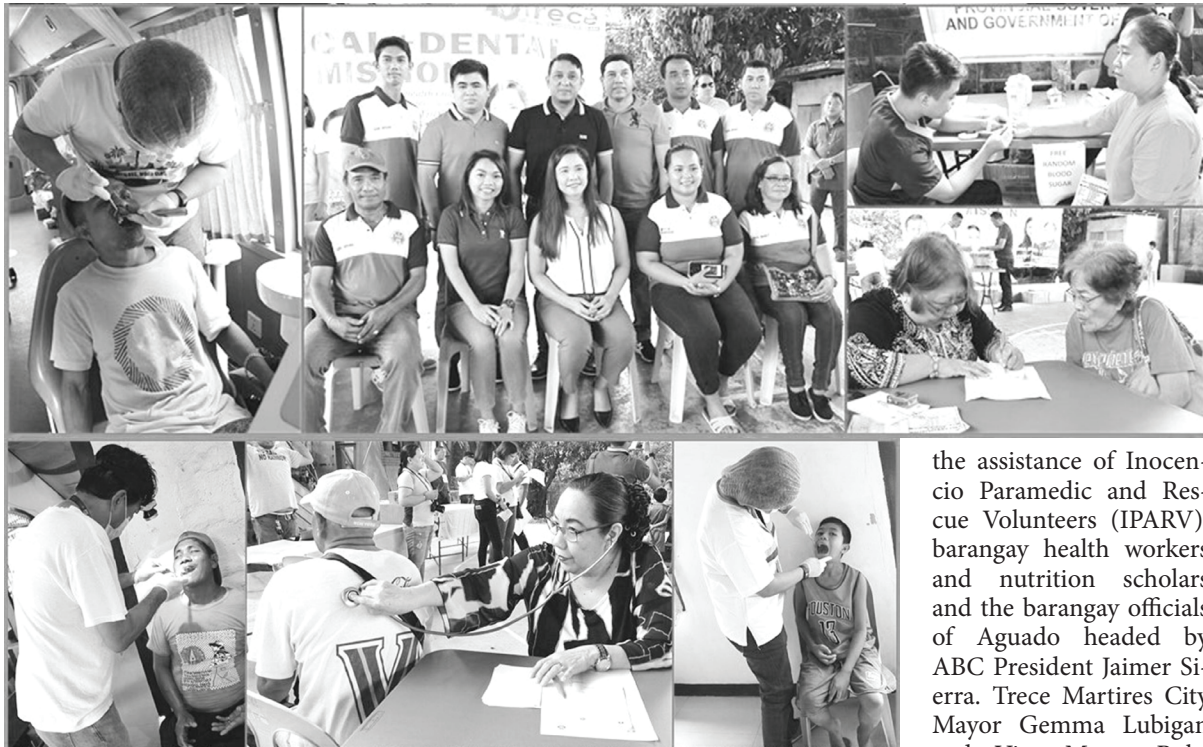
Under the measure,

the monthly pension shall be granted directly to the war veteran and in case of death, his pension shall be released in favor of his surviving spouse and in case of the latter's incapacity, to the oldest legitimate child of the war veteran.

The amount necessary for the

(cont. P.7)

PGC PARTNERS WITH TRECE MARTIRES CITY LGU FOR HEALTH SERVICE TO RESIDENTS



More than 500 Treceños availed the free healthcare services provided by the Provincial Health Office in cooperation with Trece Martires City Health Office during the medical and dental mission conducted in

Brgy. Aguado on August 20, 2019. Seventy residents underwent tooth extraction performed by the dental team of PHO and TMCHO while the medical team of Gen. Emilio Aguinaldo Memorial Hospital checked the

health status of more than 400 patients who were also given the prescribed vitamins and medicines. Multilab Diagnostic and Health Services also rendered free random blood sugar test. The mission was made possible thru

the assistance of Inocencio Paramedic and Rescue Volunteers (IPARV), barangay health workers and nutrition scholars and the barangay officials of Aguado headed by ABC President Jaimer Sierra. Trece Martires City Mayor Gemma Lubigan and Vice Mayor Bobby Montehermoso with the Sangguniang Bayan members were present at the event and expressed their appreciation to the provincial government's effort in providing health assistance to Treceños. **PICAD**

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PAGGALANG

1. Ang galang sa kapwa'y lubhang mahalaga,
Akala ng iba mayaman ang bida,
At ang mga dukha, galang ay wala na,
Akalang ganito ay masama't lisyua.
2. Ang bansang mayaman bigay ay ayuda,
At may taling pisi ang iaalay niya,
May mga kondisyon na tali sa iba,
Kaya naisulong ang kapakanan niya.
3. Sa bigay na tulong na may taling pisi,
Nawala ang galang sa bansang pinili,
Subali't talamak ang ganitong gawi,
Di agad makita kung di nagsusuri.
4. Ang bigay na tulong kung talagang tulong,
Ibibigay ito sa tulong na layon,
Kung makamahirap bansang may donasyon,
Magbigay sa salat, wala nang kondisyon.
5. Pagka't pag ang dukha ay nakahalata,
Na ang tulong pala ay pakitang-kapwa,
Alam niyang ang galang doon ay nawala,
At relasyon nila ay puwedeng masira.
6. Ang isang kaibigan dapat na igalang,
At hindi estado ng buhay batayan,
Kung kunwari'y galang at turing basahan,
Magiging masama itong palagayan.
7. Paggalang ay dapat manggaling sa puso,
Dapat ito'y tapat sa magandang turo,
Dapat ito'y pantay sa nais magkuro,
Dapat ay totoo, tunay, hindi biro.
8. Merong galang ngayon na pakitang-tao,
Sa madla pakita'y totoong totoo,
Nguni't lisyua ito sa tunay na mundo,
Paggalang ay dapat na laging iwasto.

Humanity news publication is an English/Filipino Weekly Published every Monday Province of Cavite



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Papi

MEMBER:
PUBLISHERS ASSOCIATION
OF THE PHILS, INC.

Subscription Rates: 1 year 52 Issues = Php 520.00
 Legal Notices: 1 col. Per cm. rates = Php 160.00
 Advertisement Rate: Per column = Php 200.00

Medical Mission a success at SM City Calamba



A total of 1,155 indigent Calambeños benefited from SM Foundation's Medical Mission at the Terminal 1 of SM City Calamba. Men, women, children and senior citizens from marginalized barangays of Calamba City flocked to the mall as early as 8am.

SM Foundation's medical mission was dubbed, "Gamot para sa Kapwa". Beneficiaries were able to consult with doctors as well as have tooth extraction services free of charge. Aside from these,

X-ray, ECG, eye check-up, uric and hemoglobin tests were also provided. Medicines and reading glasses were given for free, much to the delight of the patient-beneficiaries.

SM Foundation and SM City Calamba is very grateful to the Calamba City Health Office, University of Perpetual Help Medical Center - Biñan, Dr. Jose P/ Rizal Memorial District Hospital, Asia Pacific College, The Eyclab - SM City Calamba, Integrated Philippine Association of Optometrists, Philippine National Police, GMA 7 - Kapwako, Mahal ko and other volunteers who selflessly contributed their time and effort and made the medical mission a success.

The medical mission is conducted every year as part of SM's commitment to serve the community. **KAREN CHRISTINE H. TIQUI**

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 SM CITY SAN PABLO

Cavite hosts money and market encounter... (from p. 1)

Batangas, Rizal, and Quezon to help them innovate and be at par with the competition in the global market. The director also disclosed during her welcome remarks that by the end of this year, 402 MSMEs under the KMME program are expected to graduate. RD Toledo likewise thanked DTI-Cavite Provincial Director Noly Guevara for hosting the first MME, as well as to the Go Negosyo Adviser for MSME Development Engr. Merly Cruz, for bringing MME in the region.

Meanwhile, USEC Cruz on the overview of the Money and Market Encounter and Innovative Approaches in Developing MSMEs, underscored the value of MME mentee-graduates, plus its impact

on bridging the gap for inclusive growth as the program can link them to different financial institutions and market opportunities.

During the money forum with Sumo Takoyaki Owner and Franchiser Bong Magpayo, mentees learned from a variety of micro finance loans that will increase their capital. Presenters who came from banks and MFIs including the Development Bank of the Philippines (DBP), Small Business Corporation, Card SME Bank, Inter Asia Development Bank and Banko Mabuhay-Tanza laid their loan programs for the benefit of MSMEs. They also shared the importance of simple financial management, especially

when it comes to record-keeping, reminding business owners of the famous line, "Debit, Credit, Walang Kupit," for sustainability of the business.

Participants also took the opportunity from the money forum to solicit commitment of the financial institutions, asking banks to somehow prioritize MSMEs by not considering them as risks but instead, as partners for growth.

On the other hand, the Market Forum proper moderated by the President of the Laguna Food Processors Association, Mr. Clarke Nebrao, also from Go Negosyo talked about penetrating the Brick and Mortar Platform. Operations managers of malls together with

DTI-Rizal PD Mercedes Parreño discussed about trade fairs and bazaars where MSMEs can participate, saying that DTI is consistently looking for opportunities in linking with marketing groups.

Among the issues raised in the market forum were cases of being taken advantage by trade fair organizers, terms of getting paid, tedious process of application and negotiation with the merchandising department of stores/malls, repacking and the not-so-marketable showcase areas being given for MSME products. Due to these concerns, Mr. Nebrao and the participants all agreed for the conduct of a regional dialogue where leaders of various sectors

can sit down and wrap up agreement among market players and mall managers.

Aside from talks on the money and market side, digitalization also became a topic which was facilitated by Ms. Chie Malaki of Highly Succeed, a Philippines-based IT servicing company that specializes on a wide range of web-based services. Resource speakers who came from G-Cash, Shopee Philippines, Cashalo, Philippine Center for Entrepreneurship (PCE) and ROC.ph Digital Marketing Services all believed that in today's economic climate, one must not be afraid of digital transformation particularly in doing business.

The one-day activity

also had booth set ups and consultation, as mentorship session to further discuss mentees' needs.

Concluding the program was PD Julieta Tadosa of DTI-Quezon with her words of challenge and encouragement to MSMEs in the region to continue with their positive mindset. On behalf of the DTI family and all beneficiaries of the KMME program, she thanked Presidential Adviser for Entrepreneurship and Go Negosyo Founder Joey Concepcion for the nonstop assistance in strengthening MSMEs, as well as the Philippine Center for Entrepreneurship for extending help in achieving a smooth program flow. PICAD

GENTRI MOMS JOIN BUNTIS CONGRESS 2019



Over 240 pregnant women took part in the Buntis Congress 2019 carrying the theme "Pagbubuntis ng Ina ay Mahalaga, Kaya't Magpa-check-Up Na!", led by the General Trias City Health Office (CHO) headed by Dr. Jonathan P. Luseco with the assistance of the Provincial Health Office (PHO) at General Trias

Convention Center on August 16, 2019. The program aims to intensify awareness on the significance of regular pre-natal check-up and proper nutrition for maternal and child health during pregnancy.

General Trias City Councilor Atty. Kristine Perdito-Barison, Chair of Sangguniang Panlungsod

Committee for Health, delivered an inspirational message that emphasized the importance of the program in the journey to motherhood as it creates consciousness on how to achieve a safe pregnancy. Meanwhile, City Councilors Florencio Ayos, Pafoo Lozares, Jonas Labuguen and Isagani Culanding also graced the program

and shared their own experiences being husbands to their pregnant wives, as they play a vital role in ensuring successful and safe childbirth. In their messages, they stressed out that health needs attention and should be prioritized.

Series of discussions were provided to the expectant mothers to ensure that they will be guided throughout their maternity. City Nutrition Action Officer Ms. Leonavie Baylen elaborated on the First 1000 Days of the Baby, which serves as a stepping stone towards a child's better quality of life and highlighted that exclusive breastfeeding should be given on

the first 6 months of the baby. Safe Motherhood and Family Planning was conversed by Essential Intrapartum and Newborn Care Coordinator Ms. Gloria Feranil. She underscored the importance of pre-natal visit, eating nutritious foods and having their baby vaccinated. Moreover, Dr. Suzette Pulido discussed the positive impact of Oral Healthcare to Pregnancy and gave them some essential tips on how to prevent dental problems like pregnancy gingivitis.

Various services were also available during the event such as HIV counselling/screening by Provincial HIV-AIDS Co-

ordinator Ms. Haydelisa Maderazo, Asst. Prov'l TB Program Coordinator/TBHIV Nurse Mr. Raffy Macdonald and CHO staffs, free oral prophylaxis rendered by Provincial Oral Health Coordinator Dr. Mary Ann Montenegro, Department of Health and CHO dentists, free ultrasound by Batangas Medical Center, free massage by City Social Welfare and Development Training Center - Community-Based TESDA, free make-up and facial by Mary Kay, maternity set from Mega Soft Hygienic Products and raffle prizes sponsored by different GenTri Lying-in clinics. -PICAD

Congratulations

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General Trias, Cavite

Mayor Nonong Ricafrente
Rosario, Cavite

AN ULTIMATE OPM JAM AT EK'S "O PINOY MAGALING KA!" MUSIC FESTIVAL

It was a night filled with music and feels last August 17 as some of the most sought-after OPM artists come together at Enchanted Kingdom's Spaceport grounds for "O Pinoy Magaling ka!" Music Festival 2019.

Performing various music genres such as pop, hiphop, soul, and alternative song among others, the audience got a dose of easy listening songs from Feel Day, The Juans, Janine Tenoso, and This Band.

Leading the stellar musical performances was the alternative rock band, Feel Day. The all-male, 6-piece band The Juans made the audience swooned

over with their refreshing songs. Singer-songwriter Janine Teñoso singlehandedly serenaded the audience with her heartfelt version of Itchyworm's "Di Na Muli." This Band also rocked the night via chart-topping hits, "Kahit Ayaw Mo Na" and "Hindi Na Nga."

Showing the richness and diversity of Pinoy music, the concert served as an act of paying tribute and genuine respect to Filipino language as the month of August generally touted as the "Buwan Ng Wika."

The musical night was capped with stunning fireworks display.

Paul B. Hernandez



Feel day



The Juans



Janine Teñoso



This Band

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MUSIC FOR LIFE CONCERT WITH GARY V.

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the Junior/Senior, PWD, and other special rates/discounts.

Promo runs from August 25-26, 2019 only.

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Enchanted Kingdom is proud to present a very special, one-night only show entitled MUSIC FOR LIFE with none other than Mr. Pure Energy Gary Valenciano!

This August 31, 2019, head over to EK's ENCHANTING EVENTS PLACE and watch Gary perform his best hits and many more, for the benefit of Real Life Foundations! Get your tickets now because this will be a night to remember!

WEEKLY REPORT
on the Activities & Programs of *Carmona*



MAYOR ROY LOYOLA RECEIVES PMA SANDIGAN '82 ASSOCIATION INC. AWARD. On July 28, 2019, Atty. Roy M. Loyola, Municipal Mayor of Carmona, Cavite, received a plaque of recognition from the PMA Sandigan '82 Association Inc. at the BNS Social Hall, Philippine Navy Officers Clubhouse, Bonifacio Naval Station, Fort Bonifacio, Taguig City in honor of his exemplary performance and dedication in providing quality and effective public service in Carmona.



NAPOLCOM RECOGNIZES FORMER MAYOR DAHLIA LOYOLA AS CSOP CHAMPION. A Certificate of Recognition from the National Police Commission (NAPOLCOM) was given to Hon. Dahlia A. Loyola for being a champion of Community and Service-Oriented Policing (CSOP) System during her term as Municipal Mayor of Carmona.

The award was given on July 31, 2019 during the culminating activity of the 24th Police Community Relations (PCR) Month at Camp Vicente Lim in Calamba, Laguna. The PCR Month celebration aims to develop closer interaction between the police and the community in handling peace and order concerns.



CARMONA LGU RECEIVES PLAQUE OF RECOGNITION FROM DENR CALABARZON. The Department of Environment and Natural Resources Environmental Management Bureau (DENR-EMB) Region IV-A recognized the solid waste management programs of the Municipality of Carmona on July 30, 2019 during the Environmental Summit held in Tagaytay City, Cavite. The said programs make use of Best Environmental Technology (BET) and Best Available Practices (BAP) which further helps in making the programs sustainable and more eco-friendly.



CARMONA LGU STRENGTHENS PARTNERSHIP WITH SISTER CITY JIYANG COUNTY, CHINA. In line with reinforcing its partnership with its sister city from the People's Republic of China, the Municipality of Carmona and Jiyang County held a "Signing Ceremony of the Agreement on Strengthening Cooperation between Sister Cities" on July 29, 2019, at the Carmona Community Center (C3).

Party Secretary Lu Canhua led their team alongside Jinan Jibei Economic Development Zone Management Committee Deputy Director Li Shusen, Jiyang District Financial Bureau Director Dong Faming, Jiyang District Natural Resources Bureau Director Zhang Shidong, Jiyang District Investment Promotion Bureau Director Ai Jun, and Philippine Special Envoy to China and adopted son of Carmona Ambassador Carlos Chan. The association between two cities started two years ago, September 7, 2017, when the "Letter of Intent for Establishing Friendly Cooperation" was first signed. This was followed by their visit in the municipality last December 11, 2018.

DILG VISITS CARMONA FOR SGLG NATIONAL VALIDATION. On August 14, 2019, a national validation for the Seal of Good Local Governance (SGLG) was conducted in Carmona by the Department of Interior and Local Governance (DILG).



This validation is annually conducted as an instrument in promoting the imperatives of good governance, setting high standards of service and management in the local government unit. The validation includes interviews, document reviews, and site visits in which the aspects of financial administration, disaster preparedness, social protection, peace & order, business-friendliness & competitiveness, environmental management, and tourism, culture & arts were inspected.

Carmona had received four SGLG awards since 2015 and is vying for its fifth award this year.



CARMONA WINS AT 14TH KNOWLEDGE EXCHANGE CONFERENCE. The Carmona IT unit won the 2019 QPL ICT Innovation Award at the recently concluded 14th Knowledge Exchange Conference held at Puerto Princesa City, Palawan on August 16, 2019. This is in recognition of the innovative use of modern ICTs for community and manpower development.

HEALTH & WEALTH NOTHING COMPARES.

Green Barley is a Superfood



P275
ORGANIC & NATURAL
FDA
No. FR 113742

BARLEY is mentioned in the Bible 37 times for food and medicinal purposes.

John 6:9-14 : Feeding of the 5000
"There is a lad here who has five barley loaves and two fish"

II Kings 4:38-44
"Get some barley meal. Throw it in the pot and kill the poison"

- 11 times the calcium in cow's milk
- 5 times the iron in spinach
- 7 times the Vitamin C in oranges
- 2 times the Beta Carotene in carrots
- 80 mg of Vitamin B12 per 100 grams
- Antioxidants
- 25,000 orac value per 100 grams

Green Barley contains

- 16 Amino Acids
- 16 Vitamins
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FDA U.S. Food and Drug Administration
FDA Finalizes Health Claim Associating Consumption of Barley Products with Reduction of Risk of Coronary Heart Disease

Benefits of Chia Seeds

- Anti-inflammatory Effects and Pain Relief
- Promote heart health
- Stabilizes blood sugar
- Increased metabolism
- Improved memory and concentration

Chia Seeds and Green Barley

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- Fiber
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- US FDA GRAS Status
- Antioxidants
- Endurance Boosting

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5. Helps regulate diabetes
6. Fights aging
7. Helps in weight management
8. Asthma
9. Gold mine of vitamins and minerals
10. Dragon fruit to treat acne



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Cancer	Dengue	Hepatitis	Liver Cirrhosis	Tuberculosis
Cervical Cancer	Dysmenorrhea	Hypertension	Mental Tiredness	Thyroid problem
Colon Prolapsed	Epilepsy	Insomnia	Migrane	Vertigo

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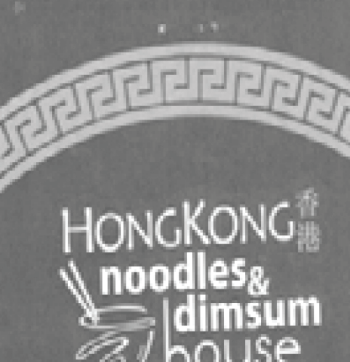
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PGC's MEDICAL AND DENTAL MISSION, CULTIVATING STRONGER COMMUNITY



Another community in the City of Gen. Trias benefited from the free healthcare services provided during the medical and dental mission held on August 15, 2019 at El Pueblo- Tierra Nevada Subdivision Club House in Barangay San Francisco. The humanitarian endeavor which continuously prioritizes public health towards a safer and stronger community was made possible thru the collaborative efforts of the provincial and city health office. Hundreds of patients thanked the team of volunteers for the medical assistance, while some took the opportunity to seek help from Board Member Kerby Salazar who was present during the outreach program to monitor constituents' needs. Likewise, Punong Barangay Eduardo Umali who welcomed guests and volunteers, thanked Governor Jonvic Remulla for the health outreach program and JCI President Kyle Salazar who visited them on behalf of Mayor Ony Ferrer. The homeowners association, as well as the barangay health workers and staff of BM Salazar were also appreciated by the residents. -PICAD



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HK Beef Tapa w/ Garlic Rice P220.00	Miki Bihon P110.00	Chopsuey P190.00	Hot & Sour Soup P135.00	
HK Smoked Bangus w/ Garlic Rice P155.00	Pancit Canton P115.00	Lohan Vegetables P190.00	Solo Serving P60.00	
HK Gong Hiong w/ Garlic Rice P130.00	Crispy Fried Noodles (All Meat) P130.00	Sweet & Sour Fish Fillet P240.00	COMBO MEAL	
DIMSUM		Sweet & Sour Pork P220.00	Sweet & Sour Fish Fillet P229.00	
Mantao P 30.00	Crispy Fried Noodles (Seafood) P130.00	Beef w/ Ampalaya P230.00	Pork Asado P229.00	
Buchi P 69.00	Birthday Noodles P135.00	Beef Brisket Hot Pot P320.00	Spring Roll P229.00	
Giant Pork Siomai P175.00	Hofan Noodles P150.00	Beef w/ Broccoli P320.00	Sweet & Sour Pork P229.00	
Giant Hakao P195.00	RICE		Salt & Pepper Squid P249.00	
Asado Siopao P 79.00	SOLO REGULAR	Lechon Macau P300.00	HK Emperor Chicken P309.00	
Bola Bola Siopao P 89.00	Yangchow Fried Rice P80.00	Canton Special P275.00	Macau P309.00	
Chicken Feet P 95.00	HK Golden Fried Rice P100.00	DESSERT		
Pork Siomai P 85.00	Salted-Fish Fried Rice P105.00	Black Gulaman P 50.00		
Japanese Siomai P 89.00	Pineapple Fried Rice P115.00	Black Gulaman w/ Lychee P 55.00		
Baencurd Roll P 89.00	HOUSE SPECIAL		Almond Jelly w/ Lychee P 55.00	
Shark's Fin Dumpling P 80.00	(Good for 2 to 3 persons)	Squid Tausi P105.00	Halo Halo P 65.00	
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Beef Brisket P105.00	HK Fried Chicken (half) P220.00	Sweet & Sour Pork P145.00	Iced Tea P 45.00	
Beef Brisket w/ Wanton P110.00	Salt & Pepper Fried Chicken (whole) P490.00	Beef Brisket P155.00	Pineapple P 45.00	
CONGEE		Spareribs Tausi P140.00	Red Tea P 45.00	
Bola - Bola P 85.00	Fried Chicken (half) P260.00	Chicken Feet & Spareribs P145.00	Mango Smoothie P 85.00	
Fish Fillet P 85.00	Patatim P490.00	Salt & Pepper Squid w/ Egg Rice P160.00	Milk Tea P 69.00	
Pork Asado P 95.00	Steam White Chicken (whole) P530.00	Rice P160.00	Banana Smoothie P 75.00	
Chicken P 95.00	Steam White Chicken (half) P260.00	HK Fried Chicken w/ Egg rice P160.00	Mineral Water P 25.00	
Pork & Century Egg Special P100.00	RICE TOPPINGS		Soda in Can P 70.00	
ADD ONS		Squid Tausi P105.00	Bottomless Iced Tea P 90.00	
Century Egg P 60.00		Sze Chuan Squid P105.00		
Prawn Chips P 70.00		Fish Fillet Tausi & Beancurd P150.00		
Lechon Con Tofu P 55.00		Pork Asado Rice P150.00		

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*** If you take care of your being, God will take care of your becoming.**

Sen. Revilla calls... (from p. 1)

implementation of the measure will be included in the yearly appropriations of the Department of National Defense (DND).

"Our nation will forever be grateful for the sacrifices they have made for the Filipino people. This act institutionalizes

the gratitude of a nation who will never forget those who came before them," said Revilla.

It was only on Dec. 20 last year that the law increasing the P5,000 monthly old-age pension of veterans of World War II, Korean War and the Vietnam War was

increased to P20,000 following President Duterte's signing of RA 11164.

This law, however, covers only the eligible living senior veterans and their pensions are not transferable to any of their family members or dependents.###

Health Benefits...

KAALAMAN TUNGKOL SA OREGANO BILANG HALAMANG GAMOT

Scientific name: Coleus amboinicus Lour. ; Coleus aromaticus Benth.; Coleus suganda Blanco; Plectranthus aromaticus Roxb.

Common name: Oregano, Suganda (Tagalog); Country Borage, Oregano (Ingles)

Ang oregano ay isa sa mga kilalang pampalasa o herb na karaniwang ginagamit sa mga lutuin. Ito ay maliit lamang na halaman na gumagapang, ang dahon ay mabalalibo at makatas at may bulaklak din na kulay lila. Kilala ang angking amoy ng halamang ito kung kaya't karaniwan itong pananim sa mga taniman at ginagamit na pampalasa. Madali itong tumutubo saan mang lugar sa mundo partikular sa India at mga bansang Malaya.

ANO ANG MGA SUSTANSYA AT KEMIKAL NA MAAARING MAKUHA SA OREGANO?

Ang iba't ibang bahagi ng halamang oregano ay maaaring makuhanan ng maraming uri ng kemikal at sustansya na maaaring may benepisyo sa kalusugan:

Ang halaman ay may taglay na carbohydrates, proteins, phenols, tannins, flavanoids, saponins, glycosides.

Ang dahon ay kinukuhanan ng langis na may thymol, eugenol, trans-caryophyllene, at carvacrol

ANONG BAHAGI

NG HALAMAN ANG GINAGAMIT BILANG GAMOT, AT PAANO GINAGAMIT ANG MGA ITO?

Maaaring gamitin bilang gamot ang ilang bahagi ng halaman tulad ng:

Dahon. Ang dahon pangunahing bahagi ng halamang oregano na ginagamit sa pangagamot. Maaaring ito ay dikdikin, ipantapal, ilaga, at inumin na parang tsaa.

ANO ANG MGA SAKIT NA MAAARING MAGAMOT NG OREGANO?

1. **Paso.** Ginagamit ang dinikdik na dahon ng oregano upang maibsan ang pananakit ng paso sa balat.

2. **Pananakit ng ulo.** Ang dahon naman na bahagyang pinitpit ay inilalagay sa sentido para mabawasan ang pananakit ng ulo.

3. **Kagat ng insekto.** Ipinangtatapal din ang dahon na bahagyang dinikdik sa bahagi ng katawan na apektado ng kagat ng insekto, at tusok ng alupihan at alakdan.

4. **Hika.** Ang pinaglagaan ng dahon ng oregano ay mabisa rin para sa kondisyon ng hika.



5. **Bagong panganak.** Pinaiinom naman ng pinaglagaan ng dahon ng oregano ang mga ina na bagong panganak.

6. **Kabag.** Mabisa rin para sa kondisyon ng kabag ang pag-inom sa pinaglagaan ng oregano.

7. **Pigsa.** Ang pigsa sa balat ay matutulungan naman ng pagtatapal ng dinikdik na dahon ng oregano. Ginagawa ito ng apat na beses sa isang araw.

8. **Sore throat.** Ang pananakit ng lalamunan dahil sa sore throat ay maaaring matulungan ng paglunok sa pinaglagaan ng pinatuyong dahon ng oregano.

9. **Pananakit ng tenga.** Mabisa naman na pangtanggap sa pananakit ng tenga ang pagpapatak ng sariwang katas ng dahon sa loob mismo ng tenga

10. **Ubo.** ang ubo na mahirap gumaling at pabalikbalik ay maaaring matulungan ng pag-inom sa pinaglagaan ng oregano. Maaari ding lunukin ang isang kutsara ng sariwang katas ng dahon ng oregano.

DTI'S MENTOR ME ON WHEELS, CAPACITATING CAVITE MSMEs

Another leg of the Department of Trade and Industry's (DTI) program on free mentorship to further capacitate Cavite MSMEs was brought this time at the City Mall in Anabu, Imus City on August 16, 2019. It also

covered a business clinic held on the next day, August 17. Entrepreneurs benefited from the one-on-one consultation offered during the Mentor Me On Wheels (MMOW), which equipped them with the proper business



Photo shown Certificate of Recognition awarded to Naic Mayor Junio C. Dualan for his support in Community and Service-Oriented Policing (CSOP) System

Congratulations!

VICE-MAYOR MAURITO C. SISON

for being elected as the Cavite Vice Mayors' League (CVML) President for the year 2019-2022



knowledge that will guide them through their business journey.

Maliksi welcomed guests and participants, thanking DTI-IV-A Regional Director

Marilou Toledo, DTI-Cavite Provincial Director Noly Guevara and Provincial Cooperative Development Council Chairman Emeritus Rodrigo Camia for gracing the event. Around 76 mentors

imparted expertise and shared entrepreneurship strategies to more than 500 attendees who look forward to being part of the many successful entrepreneurs fueling the economy of the country. PICAD



Two major regional Gawad Kalasag awards were given to the City of Bacoor. Bacoor was conferred as Regional Winner for the Best City Disaster Risk Reduction and Management Council (Component City Category) and as Regional Finalist for the Best Local Government Emergency Management and Response Team Category. The awards were given by the Office of Civil Defense CALABARZON and were received by Mayor Lani Mercado Revilla and BDRRMO Head Richard Quion, accompanied by the rest of the members of the City DRRM Council. Congratulations City of Bacoor!

DO YOU KNOW ?

Grasshoppers at times become locusts which are pests to farmers. The control known to man is catching them for food which is more nutritious than beef.

(Shared by Fellowship with Humanity)



Province of Cavite

PRESIDENT: AURELIO PAREDES BAUTISTA

Fellowship with Humanity is a Family-Based Masonic Charity Group registered in Cavite to help in a small way alleviate the conditions of the poor. The funds come from the family income of the Bautista Family members.